



WINGSPREAD



Band of the West heralds in holiday season

Second Lt. Christina A. Muncey, United States Air Force Band of the West flight commander and associate conductor, conducts members of the USAF Band of the West during the Holiday in Blue concert Dec. 7 at the Edgewood Independent School District Theatre for the Performing Arts in San Antonio.



Courtesy photo

Airmen receive prestigious award, page 6



FSS January schedule of events, pages 7-10



Photo by Joel Martinez

Cookie drive delights Airmen, page 12

COMMENTARY

SERVICE BEFORE SELF

Remember the gift of life: Give blood this holiday season

By Katie Lange
Department of Defense News
Defense Media Activity

A lot of military families give to charity during the holidays. One they should always be thinking about is giving in a way that's crucial to injured service members – blood donations.

The winter months are slow for blood donation centers, especially around the holidays when many service members are on leave visiting their families. But it's a key time to donate.

"It's a time of giving, so we hope to remind people to remember to give that gift of life," said Navy Capt. Roland Fahie, Armed Services Blood Program director, which supplies blood products to deployed and injured American troops worldwide. "We still have troops out there who aren't going to be able to come home for the holidays and who are still in harm's way."

The ASBP has to keep a steady supply of blood, platelets and plasma on hand at all times for wounded service members, and it has to be prepared when military operations or crises come up.

"We always have to be ready. We don't know what tomorrow's going to bring for us," Fahie said. "Our folks are working 24/7 to make sure we can support any contingency operation around the world."

People don't have to look any further for proof of how important blood supplies are to the ASBP than Army 1st Lt. Nicholas Vogt. Vogt received more than 500 units of blood – more than any other survivor in U.S. combat history – after stepping on a roadside bomb in Kandahar, Afghanistan, in 2011.

Vogt's heart stopped five times before he was stabilized and he lost both of his legs. He received a majority of his blood transfusions while in Kandahar, with

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Navy Capt. Roland Fahie
Armed Services Blood Program director

much of the supply coming from more than 300 service members on post who rallied to help him.

Vogt survived and has since received the Bronze Star. Needless to say, those who gave their time to give blood helped save his life. But it's a mission that can be challenging for the ASBP.

Contrary to what many service members believe, the ASBP is the only outlet that specifically collects blood for the military community. Civilian organizations such as the American Red Cross work with the ASBP in times of need and will collect donations on military installations, but most of that supply doesn't go to military members.

Fahie said it can be a challenge to clear up that confusion.

"Service members may see an American Red Cross vehicle or some other agency on their base and they're thinking they're supporting the military directly, but they're really not," Fahie said. "The primary mission of a civilian agency is not really to support the military. Our primary mission is."

The only way to ensure your donation will go to support service members is to look for the ASBP blood drop logo. Donors can give blood at any of the

20 ASBP donation centers on military installations around the world, or when mobile blood drives are held.

Those interested in doing so can sign up to make an appointment online. Anyone can donate, but the most frequent donors are service members and Department of Defense civilians and contractors, Fahie said.

Since many military members can't donate because of deployments that restrict them from doing so, the ASBP often looks for new donors at schools within the DoD, and it focuses on repeat business.

"It makes it more challenging for us, and it does impact the blood supply and our efforts to collect blood," Fahie said.

But it's an endeavor he said is more than worthwhile for the heroes it helps.

"Our troops that always support us – our soldiers, airmen, Marines, Coast Guardsmen, sailors and their families – we want to thank them and hope they have a safe and joyous holiday season," Fahie said.

So if you're looking for more ways to give this year, consider this small gift. You never know who might need it someday.

WINGSPREAD

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The next issue of the Wingspread
will be available Jan. 8.
See you in the new year.

Live Oak partners formally side with JBSA on development

By Dan Hawkins

Joint Base San Antonio-Randolph Public Affairs

The city of Live Oak formally adopted the 2015 Joint Base San Antonio-Randolph Joint Land Use Study recommendations Dec. 8, becoming the second community to take that step in efforts toward ensuring the 12th Flying Training Wing's mission remains compatible with planned development.

In a 5-0 vote, the city council approved the resolution, becoming the second community, along with the city of Schertz, to take formal measures to adopt the study. The JLUS adoption formally recognizes the need for joint development planning between the city and JBSA-Randolph.

"The city of Live Oak has been a steadfast partner in this effort to protect our flying mission at JBSA-Randolph," Col. Matt Isler, 12th Flying Training Wing commander, said. "The JLUS adoption shows Live Oak's steadfast commitment to growth that remains compatible with

See DEVELOPMENT P5



Photo by Randy Martin

Col. Matt Isler, 12th Flying Training Wing commander, addresses the Live Oak City Council Dec. 8 to answer questions about the Joint Land Use Study during its meeting. The council voted 5-0 to adopt the study, ensuring joint development planning and compatible land use between the city and Joint Base San Antonio-Randolph.

Band of the West brings holiday spirit to military, community

By Airman 1st Class Stormy Archer

Joint Base San Antonio-Randolph Public Affairs

The Air Force Band of the West performed their annual Holiday in Blue concert Dec. 5 and 7 at the Edgewood Theatre of Performing Arts in San Antonio.

The concert offered an opportunity for members of the military and the local community to come together and enjoy holiday music, reflect on service members stationed around the world and away from their families during the holidays and a chance to thank the people of San Antonio for their continued support of the military.

“Holiday music is a lot of fun, but what’s really neat is that we have the opportunity to give back to the San Antonio community for the support they have given us all year long,” 2nd Lt. Christina Muncey, Air Force Band of the West flight commander, said. “The holiday season is always a time for cheer, family and friends. It can be an especially challenging time for military members and their families who have loved ones deployed overseas and are unable to come home for the holidays. Hopefully this concert will be a good reminder to folks to look out for each other this holiday season.”

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2nd Lt. Christina Muncey

Air Force Band of the West flight commander

The USAF Band of the West travels more than 125,000 miles annually and provides hundreds of performances to military and civilian audiences throughout Texas, Oklahoma, Louisiana, Mississippi, Alabama, Georgia and Florida.

Airmen assigned to the Air Force band are highly trained professional musicians who have dedicated themselves to telling the Air Force story through music.

“My favorite thing about doing these concerts is being able to represent the other Airmen in the Air Force to our audience,” Senior Airman Emily Matter, Air Force Band of the West bassoonist, said. “As band members we are able to go out into the public where some of the other career fields aren’t, and this is our way to show that the excellence and dedication you see on stage is representative of the rest of the United States Air Force.”



Photos by Johnny Saldivar

Santa and Mrs. Claus display a children’s book while the United States Air Force Band of the West performs holiday music during the Holiday in Blue concert Dec. 7 at the Edgewood Independent School District Theatre for the Performing Arts in San Antonio.



The United States Air Force Band of the West performs during the Holiday in Blue concert Dec. 7 at the Edgewood Independent School District Theatre for the Performing Arts in San Antonio. The concert included a variety of holiday songs from around the world, a children’s story and a sing-a-long. Attendees included members of the Joint Base San Antonio community and retirees.

DEVELOPMENT from P3

our mission and we are extremely thankful for their sincere investment in our mission and care for our Airmen and their families."

The JLUS, completed in July 2015 and funded by grants from the Department of Defense and Office of Economic Adjustment, along with contributions from Bexar County, is focused on putting military installations and their local community partners at the same table to focus on finding solutions in mutual areas of concern, such as incompatible land use around airfields.

With a large retired military population living inside the city limits, Live Oak is happy to be able to continue the close community partnership that has been developed between the two neighbors, Scott Wayman, Live Oak City Manager, said.

"The JLUS was a tremendous process to work through," Wayman said. "As the study started and progressed, people really saw the value in a strong relationship between the city and the base."

Ensuring the flying training mission stays at JBSA-Randolph, as well as keeping Live Oak's development processes robust, was a key decision point in the city electing to move forward with the JLUS adoption.

"At the end of the day, Live Oak wants to be amicable about development and keeping the Air Force's mission right here at Randolph," Wayman said. "Everyone has learned a lot through this."

Community partners impacted by the JLUS include

Bexar, Comal and Guadalupe counties, along with the cities of Cibolo, Converse, Garden Ridge, Live Oak, San Antonio, Schertz, Seguin, Selma and Universal City.

JBSA-Randolph is home to more than 11,900 personnel, include active duty, Reserve, Guard and civilian personnel and their families, contributing more than \$1.15 billion to the local area economy in fiscal year 2014.

Major mission partners at JBSA-Randolph include Headquarters Air Education and Training Command, Air Force Personnel Center, Headquarters 19th Air Force, Air Force Recruiting Service and the 12th Flying Training Wing.

Headquarters Air Education and Training Command was established and activated in January 1942, making it the second oldest major command in the Air Force. Its training mission makes it the first command to touch the life of nearly every Air Force member. Members of AETC operate at 10 installations across five states.

The 19th Air Force headquarters is responsible for 19 training locations, 10 regular Air Force wings supported by six Guard and Reserve wings, about 32,000 personnel and more than 1,350 aircraft spanning 29 different models.

Members of the Air Force Personnel Center execute programs covering the entire life-cycle of military and civilian personnel for the Air Force, from accession through retirement, including recreation, growth, development and deployment. AFPC's diverse workforce,

with 10 subordinate units, has more than 2,700 Air Force military, civilian and contractor personnel responsible for worldwide operations for 1.77 million total force Airmen, retirees and family members.

The mission of Headquarters Air Force Recruiting Service is to inspire, engage and recruit future Airmen to deliver airpower for America. The command is responsible for accessing 100 percent of the enlisted force, 90 percent of the service's health professions officers, about 16 percent of the line officers and 100 percent of Air Force chaplains.

The 12th FTW, with 148 total aircraft assigned, conducts flying training utilizing T-1 Jayhawk, T-6 Texan II and T-38C Talon aircraft. More than 850 instructor pilots, 350 combat systems officers and 500 remotely piloted aircraft pilots and sensor operators graduate each year. The wing also operates a satellite airfield in the south Texas area at Seguin Auxiliary Airfield. Additionally, dedicated military training airspace extends across south and central Texas to support the wing's mission.

In addition to JBSA-Randolph, JBSA major installations include JBSA-Lackland, JBSA-Fort Sam Houston and JBSA-Camp Bullis. It is the largest joint base in the Department of Defense with more than 84,000 personnel, 135,000 students and 266 mission partners across 11 operating locations, contributing more than \$12.7 billion to the local area economy during fiscal year 2014.

560th FTS student earns prestigious award for sortie against ISIL

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

An Air Force captain who is training to be a pilot instructor at the 12th Flying Training Wing's 560th Flying Training Squadron has earned an honor whose past recipients have included acclaimed aviators such as Gens. Hap Arnold and Jimmy Doolittle and Brig. Gen. Chuck Yeager.

Capt. David Kroontje, a 560th FTS pilot instructor training student, received the National Aeronautic Association's 2014 Mackay Trophy for the role he played as an F-16C co-pilot in destroying three Islamic State of Iraq and the Levant blockades, numerous armored vehicles, an observation post and some 80 ISIL fighters in Iraq's Sinjar Mountains in August 2014.

The NAA, the oldest national aviation organization in the United States, has awarded the Mackay Trophy since 1912. It is presented for "the most meritorious flight of the year" by an Air Force military member or aircrew.

Kroontje and the lead pilot, Capt. Gregory Balzhiser, the aircrew of the Pacific Air Forces' Ironhand 41 Flight during the sortie, received their honor at the NAA Fall Awards Ceremony Dec. 3 in Arlington, Va. They were assigned to the 13th Fighter Squadron at Misawa Air Base, Japan, but deployed to Jordan at the time of the sortie.

Kroontje said receiving the award was a "humbling experience."

"It's what we're trained to do every day," he said. "The positive impact this sortie had is what sepa-



From left: Gen. Mark Welsh III, Air Force chief of staff, presents Capt. David Kroontje, 560th Flying Training Squadron student instructor pilot, and Capt. Gregory Balzhiser, 31st Operations Group weapons officer at Aviano Air Force Base, Italy, the 2014 Mackay Trophy Dec. 3 in Arlington, Va.

rates it from others."

Balzhiser and Kroontje's eight-hour night sortie, which included four attacks, came in response to an August 2014 ISIL invasion of Iraqi towns that were home to the ethnic minority Yazidis. ISIL forces began a mass execution of Yazidi civilians, causing more than 40,000 Yazidis to flee north to Mount Sinjar, where they received humanitarian airdrops of food and water, but were subject-

ed to brutal heat, ISIL blockades and constant gunfire by ISIL fighters.

"We didn't know it was going to go down the way it did," Kroontje said. "We were just keeping an eye on the cargo birds dropping food and water."

Because of the gravity of the situation – the mass murder of innocent civilians – Balzhiser and Kroontje were instructed to destroy specific targets.

"We dropped bombs and hit all our targets, so it was a successful

sortie," Kroontje said.

In a letter to Gen. Lori Robinson, Pacific Air Forces commander, informing her of the selection of Balzhiser and Kroontje as Mackay Trophy winners, Gen. Mark Welsh III, Air Force chief of staff, described the aircrew's heroism.

"Capt. Balzhiser and Capt. Kroontje distinguished themselves while operating in the Sinjar Mountains, Iraq, in August 2014," he wrote. "Captains Balzhiser and Kroontje expertly coordinated and employed numerous munitions helping to free 40,000 Yazidi refugees being executed by the Islamic State of Iraq and the Levant."

Kroontje, who said the conclusion of the sortie included a joint simultaneous attack with Marine F-18 fighter pilots, said it was the first time he had dropped all his weapons in one sortie.

"Later we realized the impact of our attack," he said. "It was not something we initially set out to do."

Lt. Col. Joe DeBoer, 560th FTS commander, said it is exciting to see Kroontje honored for his actions.

"I am amazed at the incredible airmanship and absolute professionalism of our instructors and students," he said. "Many times, their acts of courage and the impacts of their actions in the skies are not publicized and often go unnoticed. Fortunately, the Air Force was able to recognize one of our students, Capt. Kroontje, as one of the two individuals to receive the Mackay Trophy.

"Their actions saved the lives of thousands of the trapped Yazidis," DeBoer said. "Many, if not all of them, will probably never know their names."

Texas DOT urges drivers to plan for sober rides during holidays

From Texas Department of Transportation

The Texas Department of Transportation's "Plan While You Can" campaign urges party goers to plan for a sober ride this holiday season. The campaign runs through Jan. 1, 2016 and coincides with an increase in DUI patrols and enforcement.

"The holidays are a time of celebration and family, but they also require responsible decisions and planning if alcohol is involved," retired Marine Corps Lt. Gen. Joe Weber, TxDOT executive director, said. "Our goal is to save families from the heartbreak of losing a loved one. Finding a sober ride is easy and it can save you from being arrested, injured or killed. There is no excuse for drinking and driving."

During last year's holiday season (Dec. 1, 2014 - Jan.

1) there were 2,412 alcohol-related traffic crashes in Texas, resulting in 190 serious injuries and 110 fatalities. This was nearly an 8 percent increase in alcohol-related traffic fatalities over the previous holiday season.

Central to the "Plan While You Can" campaign (<http://www.txdot.gov/driver/sober-safe/holiday-pass.html>) is a statewide tour featuring an interactive dodgeball game that uses custom gaming technology to replicate the effects of alcohol on a person's reflexes. As participants play, virtual drinks are added and the players' on-screen avatars become less able to dodge incoming "snowballs." The game demonstrates how even one drink can slow reaction times.

Additionally, TxDOT is hosting a contest on its Facebook (<http://www.facebook.com/TxDOT>), Twitter (<http://www.twitter.com/TxDOT>) and Instagram (@txdot)

social media accounts. Participants who tag up to three friends in a tweet or a post with the hashtag #PlanWhileYouCan will be entered into a giveaway for a donated gift card from a retailer, restaurant or entertainment venue. To enter and learn more, follow TxDOT on its social media accounts.

TxDOT officials strongly encourage everyone to plan for a sober ride before going out. Visit <http://www.SoberRides.org> to find alternatives to drinking and driving, such as:

- Calling a taxi or using a transportation app on your smartphone.
- Using mass transit.
- Asking a sober friend or family member for a ride home.
- Spend the night.



Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Events

January

Bowling

Bowling Center honors Martin Luther King Jr. Day

Celebrate the holiday weekend Jan. 16-18, during normal business hours, at the JBSA-Randolph Bowling Center. Bowl for the special rate of \$2.50 per game, per person. This promotion does not include cosmic bowling. Rental shoes are \$2.50. For more information, call 652-6271.

Bowlers play unlimited games

The JBSA-Randolph Bowling Center offers a Leagues Gone to Vegas Special Jan. 19-21, 5-8 p.m. Enjoy unlimited bowling for \$15 per person. Shoe rental is not included. For more information, call 652-6271.

Pizza and wings are delivered

The JBSA-Fort Sam Houston Bowling Center delivers pizza and wings Friday, 5-8 p.m., Saturday, 1-8 p.m., and Sunday, noon to 4 p.m. Cost is \$20 for pizza and wings and \$25 for pizza, wings and a two-liter soft drink. For more information, call 221-5029.

Fridays are dollar days

Stop by the JBSA-Lackland Skylark Bowling Center Friday, 11 a.m. to 2 p.m., for \$1 bowling games and \$1 rental shoes. For more information, call 671-1234.

Lunch specials offered

Susie's Kitchen, located in the JBSA-Lackland Skylark Bowling Center, serves lunch 11 a.m. to 2 p.m. Stop by Tuesday for the new Tony's Club Special, which includes a club sandwich, a fountain drink and a bag of chips for \$5.50. For more information, call 671-1234.

Clubs

January birthdays are celebrated with a buffet

The JBSA-Randolph Parr Club offers a complimentary buffet every month for members with birthdays in that month. Members with January birthdays are honored Jan. 5. The buffet includes salad, two vegetables, two starches, two entrées, soup and birthday cake. This is free for birthday members. Cost is \$11.95 for members without a birthday in January, \$5.95 for members' children, 6-12 years, \$13.95 for nonmembers and \$7.95 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. For more information, call 652-4864.

Chef serves dinner specials at the Club

The chef at the JBSA-Lackland Gateway Club creates a special evening dining experience in the Mesquite dining room, 5-8 p.m., with satisfying menus for all. Cost is \$16.95 for members and \$18.95 for nonmembers. The Jan. 8 menu features filet mignon, sautéed jumbo shrimp, duchess potatoes, broccoli, salad and dessert. The Jan. 15 menu

features a 16-ounce portion of prime rib au jus, roasted potatoes, asparagus spears, salad and dessert. The menu for Jan. 22 includes a porterhouse steak topped with onion rings, a baked potato, grilled corn on the cob, salad and dessert. The Jan. 29 menu features a New York strip steak with mushrooms, seasoned steak fries, broccoli, salad and dessert. For more information, call 645-7034.

Club offers a variety of musical entertainment

The JBSA-Lackland Gateway Club hosts Variety Night as Doggin' Dave Productions plays a wide variety of music in the Lone Star Lounge Jan. 8 and 29. DJ LJU provides music Jan. 15 and 30 and DJ J Rock entertains Jan. 22. For more information, call 645-7034.

Entertainment is provided in the Sky Lounge

Stop by the Sky Lounge in the JBSA-Randolph Parr Club for musical entertainment provided by Stevie Mac Jan. 8 and the Tobias Band Jan. 22, 6:30-10:30 p.m. Enjoy hors d'oeuvres 5-6 p.m. Admission is \$3 for members and \$5 for nonmembers. For more information, call 658-7445.

Entertainment and fun marks the middle of the month

Celebrate "We're Halfway There" at the Maverick Lounge inside the JBSA-Lackland Gateway Club Jan. 15, 5-8 p.m., with Doggin' Dave Productions. Enjoy music while relaxing in the lounge or while enjoying the weather on the patio with pool tables and big screen televisions. For more information, call 645-7034.

Singers take the stage

Enjoy a night of karaoke and a cold beverage in the JBSA-Lackland Gateway Club Lone Star Lounge featuring DJ Dee Dee Jan. 16, 8 p.m. For more information, call 645-7034.

Members are appreciated with a party

The JBSA-Randolph Parr Club and the JBSA-Randolph Kendrick Club host a membership appreciation party Jan. 19, 5-9 p.m., at the Parr Club. All Randolph Club members are invited to enjoy entertainment with a buffet, soup, salad and a dessert bar. Prizes are given away throughout the evening and members must be present to win. One drawing ticket is issued to each family and one buffet ticket is provided for each club member. This party is for adults only. For more information, call 652-3056.

Guests are invited to beach-themed buffet

Wash away winter blues during the JBSA-Lackland Gateway Club Beach Party buffet Jan. 21, 11 a.m. to 3 p.m. Cost is \$10.95 per person. Feast on Maryland fried chicken, fried fish, roast pork loin topped with mango salsa, pepper steak, orange chicken breasts, Asian spaghetti, red potatoes, rice pilaf, broccoli, mixed vegetables, soup, salad, deviled eggs, pineapple coleslaw, ambrosia, watermelon, banana

cake, lemon meringue pie, coconut cake and pound cake with mixed berries. For more information, call 645-7034.

Customers are guests of honor

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night in the Fiesta Ballroom. Entertainment is provided by Doggin' Dave Productions Jan. 26, 5-8 p.m. Cost is \$10.50 for members and \$12.50 for nonmembers and the menu features a salad bar, beef tenderloin with port wine sauce, shrimp Alfredo, chicken breast with mushroom sauce, wild rice, roasted potatoes, broccoli, brandied baby carrots, baked rolls, fruit and turtle caramel brownies. For more information, call 645-7034.

Friday finally arrives

Close out the month during Final Friday Jan. 29 in the Maverick Lounge at the JBSA-Lackland Gateway Club. Music is provided by DJ LJU. Relax and hang out on the patio or play pool after a month of hard work and deadlines. For more information, call 645-7034.

Meals are prepared to go

The JBSA-Randolph Parr Club offers adult and child portions of meals to go. Staff is staged outside of the main entrance in the drive-through driveway to greet customers, take orders and provide meals. Meals are available 4-5 p.m., while supplies last. The January dish is Chicken Marsala with mushrooms, egg noodles and steamed broccoli. Cost is \$9.95 for nonmembers, \$7.95 for members and nonmembers' children and \$5.95 for members' children. For more information, call 658-7445.

Community Programs

Shoppers are invited to search for bargains

The JBSA-Randolph Bargain Warehouse is tentatively scheduled for Jan. 13 in building 1139. Service members E1-E6 may shop 8-9 a.m. All other Department of Defense ID cardholders may shop 10 a.m. to 2 p.m. Only checks and cash are accepted as payment and a limited number of people are allowed in the building at one time. For more information, call 652-5142.

A crime is solved in a theater performance

Come to the JBSA-Fort Sam Houston Harlequin Dinner Theatre Jan. 15 to Feb. 27 to watch the play "Death by Design." A playwright and his wife head to their country home. When guests arrive unexpectedly, one is murdered and it is left to an Irish maid to solve the crime. "Death by Design" mixes the brilliant wit of Noel Coward with the intricate plot of Agatha Christie. This is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. To make reservations or for more information, call 222-9694.

Fitness

A new program is offered for the new year

Join the JBSA-Randolph Rambler Fitness Center in the New Year, New Program activity Jan. 1 to Dec. 31, during normal business hours. This is a self-monitored program and the goal is to run or walk 70 miles, attend 24 group aerobic classes and bike 36 miles. Program cards can be picked up at the front desk to track progress. For more information, call 652-7263.

Resolutions begin with a run

Celebrate the first day of the new year with the JBSA-Randolph Rambler Fitness Center at Eberle Park Jan. 1, 8 a.m., with a 5K run or walk. For more information, call 652-7263.

Fitness Center hosts wallyball tournament

The JBSA-Lackland Gillum Fitness Center hosts a coed wallyball tournament Jan. 15, 11 a.m. to 1 p.m. Register six-person teams, consisting of at least one female, no later than Jan. 1, noon. All Department of Defense ID card holders, 18 years and older, are eligible. For more information, call 977-2353.

Strength training class teaches the basics

Learn the proper way to lift and get stronger during the beginner strength training class at the JBSA-Randolph Rambler Fitness Center Jan. 15, 11:30 a.m. This course is free and is located in room 128. For more information, call 652-7263.

Bikers cycle away calories

Participate in a spin-a-thon with two hours of indoor cycling at the JBSA-Fort Sam Houston Medical Education and Training Campus Fitness Center Jan. 23, 10:30 a.m. to 12:30 p.m. This event is free and open to all Department of Defense ID cardholders 16 years and older. Registration ends Jan. 16. For more information, call 808-5713.

Men and women compete in lifting challenge

The Fitness Center at the JBSA-Fort Sam Houston Medical and Education Training Campus hosts a 1,000- and 500-pound challenge Jan. 23, 11 a.m. to 1 p.m. Men lift 1,000 pounds and women lift 500 pounds. Bench press, dead lift and squat totals are combined to calculate the total weight lifted. Participation in this challenge is free and all Department of Defense ID cardholders 16 years and older can join. Registration ends Jan. 16. For more information, call 808-5713.

Fitness challenge leads to change

Join the 16-week Lifestyle Change program Jan. 25 at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center or the Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus. This free challenge encourages people to stick to their resolutions to become healthier in the new year. Each month focuses on a new challenge. For more information, call the JBSA-Fort Sam Houston Jimmy Brought Fitness Center at 221-1234 or the Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus at 808-5713.

**NEW YEAR'S DAY
BOWLING SPECIAL**

**JAN. 1
1-8 P.M.**

Come to the JBSA-Randolph Bowling Center and bowl for the special rate of \$2.50 per game, per person. Rental shoes are \$2.50. For information, call 652-6271.

www.myjbsa-fss-mwr.com

THE FORCE SUPPORT SQUADRON

Lifters meet up to bench press

Show off lifting ability and strength improvements during the Iron Bench Press Meet Classic Jan. 30, 9 a.m., at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center. This event is open to all active-duty personnel, Department of Defense civilians and dependants. Participants must be 18 years and older to compete and entry fee is \$20. For more information, call 221-1234.

Golf

Golf bags are for sale

JBSA-Lackland Gateway Hills Golf Course members receive a \$15 discount on in-stock golf bags. Nonmembers receive a 10 percent discount. This special ends Feb. 28. For more information, call 671-3466.

New Year's Day is celebrated with a tournament

The JBSA-Randolph Oaks Golf Course hosts a New Year's Day Tournament Jan. 1, 7-9 a.m. The format is a one-person scramble and each player gets one mulligan per hole. Gift certificates for Pro Shop merchandise is awarded to the top teams and cost is \$10 per person plus green fees and cart rental. For more information, call 652-4653.

Golfers compete in a scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior Four-Person Scramble Jan. 8 with a 12:30 p.m. shotgun start. Cost is \$25 for members, \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart, dinner and gift certificates for the winners of longest drive and closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

Martin Luther King Jr. Day is celebrated with golf

The JBSA-Randolph Oaks Golf Course hosts a Martin Luther King Jr. Tournament Jan. 18, with 7-9 a.m. tee times. This is an individual low-net, low-gross tournament and entry fee is \$10 plus green fee and cart rental. For more information, call 652-4653.

Discounts are offered throughout the day

The JBSA-Lackland Gateway Hills Golf Course offers an all-day special Monday, Wednesday and Friday during January. Cost is \$24 and includes green fee and cart rental. This special may not be combined with any coupon or additional discount and is not valid for tournaments or holiday rounds. For more information, call 671-3466.

Golf clubs are revived

Order or purchase a new grip at the JBSA-Lackland Gateway Hills Golf Course during January and have it installed for free. For more information, call 671-3466.

Information, Tickets and Travel

Special offer is extended

Universal Orlando has extended the military or Department of Defense special offer. Stop by the JBSA-Lackland Information, Tickets and Travel office to purchase a one-day park-to-park ticket and get two days free. Tickets must be purchased by May 18 and used by May 31. There are no blackout dates. This offer is valid for all DoD ID cardholders and an eligible member must activate the tickets at the park gate and accompany guests. There are no limits on the number of guests that may join. Adult tickets are \$147 and tickets for children 3-9 years are \$142. For more information, call 671-3059.

Joint Base San Antonio
FREE!

Ready! Set!
Snow Fest!
Jan. 22
4:30-7:30 p.m.
Lackland Amphitheater

Snow in Texas? JBSA 502 FSS turns the Lackland Amphitheater into a snowy downhill slope. The FREE event includes two snow slides, a large snow pit, a climbing mountain, an interactive obstacle course, a bouncy house, a K9 demo and a fire truck to explore. Refreshments available for purchase.

Sponsored by

AirForce SECURITY SERVICE

JBSA Community Programs
www.myjbsa-fss-mwr.com
For more information, call 652-5763

THE FORCE

Trip plans for Valentine's Day are happening now

Make Valentine's Day a day to remember with tickets from the JBSA-Lackland Information, Tickets and Travel for a five-day Western Caribbean Valentine's Day cruise booked through Carnival. The cruise begins in Galveston, Texas, travels to Progresso and to Cozumel. Rates start at \$394 per person for an inside cabin, \$444 per person for an ocean view and \$574 per person for a room with a balcony. Gratuities are not included. Full payment and a \$10 service fee are due at booking. For more information, call 671-3059.

The rodeo is right around the corner

The JBSA-Fort Sam Houston Information, Tickets and Travel office, located in the Sam Houston Community Center receives tickets for the San Antonio Stock Show and Rodeo®. This rodeo has grown to be one of the largest and most prestigious single events in San Antonio with animals and agriculture, family entertainment, food, live music, shopping, special events, youth activities and a Texas Wildlife exposition. The 2016 rodeo dates are Feb. 11-28. For more information, call 808-1378.

Sports tickets are discounted

The JBSA-Fort Sam Houston Information, Tickets and Travel has discounted Spurs, Rampage and Stars tickets. Get ITT's same discounted tickets from the convenience of home or office by visiting <https://www.spurs.com/fortsamhoustitt> and using the discount code: FORTSAM. For more information, call 808-1378.

Tickets are available for a variety of upcoming events

The JBSA-Randolph Information, Tickets and Travel offers current Ticketmaster® events. Stop by for tickets to upcoming plays, concerts and shows in the local area. For more information, call 652-5142.

Local attractions are open daily

The JBSA-Fort Sam Houston Information, Tickets and Travel and the JBSA-Randolph ITT have tickets to local attractions, open daily. Purchase discounted tickets to the San Antonio Zoo, Natural Bridge Caverns and more. For more information, call the JBSA-Fort Sam Houston ITT at 808-1378 and the JBSA-Randolph ITT at 652-5142.

Library

Winter jackets are donated

The JBSA Libraries' Winter Jacket Drive ends Jan. 15. Donate jackets to help children and families secure winter gear and stay warm. Donation drop boxes are at each JBSA library. All donations go to families in need around the San Antonio area. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, JBSA-Lackland Library at 671-2678 and the JBSA-Randolph Library at 652-5578.

Workshop helps participants prepare for the workforce

The JBSA-Fort Sam Houston Keith A Campbell Memorial Library hosts workshops to help patrons new to the workforce look professional on a budget. Workshops include Men's Edition Jan. 5, 4-5 p.m., Women's Edition Jan. 12, 4-5 p.m., and Tie Tying Jan. 26, 4-5 p.m. For more information, call 221-4387.

More than just books

The JBSA Libraries offer a variety of resources for the military and their families to include: books, audio-books, magazines, newspapers, videos, music, video games and more. A computer lab with printing and scanning capabilities and conference rooms are also available. E-resources such as e-books, e-audiobooks, e-subscriptions and informational databases are also available in-person and online at <http://www.jbsalibraries.org>.

Enjoy a story or two and an activity at the JBSA libraries. Story time is hosted at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library Thursdays, 10 a.m., the JBSA-Lackland Library Tuesdays, 10 a.m. and the JBSA-Randolph Library Wednesdays, 10 a.m. Registration is not required. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.



**Frosty
50
Mile
Team Run**

This team driven event starts at 7 a.m. on Jan. 30 and is open to all DOD ID cardholders. Teams must consist of 5 to 10 members. All teams must be registered at the Fitness Center on the METC by Jan. 22.

For more information, call 808-5713.

MyJBSA-FSS-MWR.com

FORCE

Military & Family Readiness

Facilities close for the holidays

All JBSA Military & Family Readiness Centers are closed Jan. 1 and 18 for the holidays. JBSA-Fort Sam Houston M&FRC is closed the first and third Thursday of each month, 1-4 p.m. for in-service training. JBSA-Lackland is closed the first and third Thursday, 2-4 p.m. for in-service training. For more information, call the JBSA-Fort Sam Houston M&FRC at 221-2418, the JBSA-Lackland M&FRC at 671-3722 and the JBSA-Randolph M&FRC at 652-5321.

Service members attend purse career training

Transitioning service members attend a two-day workshop to receive guidance in selecting a technical training school and technical fields, Jan. 7 and 8, 8 a.m. to 4 p.m. at the JBSA-Randolph Military & Family Readiness Center. Review the application process for accredited career technical training institutions, identify requirements, Veterans Affairs education benefits and more. Patrons must have completed the Transition Assistance Program workshop before registering for the Career Technical Training Track. For more information, call 652-5321.

Four Lenses™ Discovery Workshop held

The JBSA-Fort Sam Houston Military & Family Readiness Center hosts The Four Lenses™ Discovery workshop Jan. 8, 9 a.m. to noon. This workshop teaches participants to identify temperament styles and how each style measures self-worth in similar ways. The interactive workshop exposes attitudes and the probable motivation behind behavior. Learn to map out the strengths of an entire team, work more effectively with natural talents and embrace diversity by appreciating and tolerating the differences in others. Registration is required. For more information, call 221-2380.

Naturalization ceremony held

Citizenship and Immigration Assistance is offered to qualifying service members and their families at the JBSA-Fort Sam Houston Military & Family Readiness Center Jan. 12 and 26, 9 a.m. to noon. Information is provided on American customs and culture, and an officer from the United States Citizenship & Immigration Services is on site for assistance with application and naturalization questions. A naturalization ceremony, administering the oath of allegiance, is slated for Jan. 26, 2 p.m. For more information, call 221-2705.

Youth mentor training offered

Participants of the training course Jan. 14, noon to 1:30 p.m., at the JBSA-Randolph Military & Family Readiness Center receive information and resources to aid in becoming a mentor for youth. After completion of the training, mentors are placed into one of the local schools. For more information, call 652-5321.

Survivor benefit plan workshop offered

The JBSA-Randolph Military & Family Readiness Center holds a Survivor Benefit Plan workshop Jan. 19, 8-9:30 a.m. or 1-2:30 p.m. Military personnel and spouses meet with a SBP counselor to become familiar with various options, effects, and advantages. For more information, call 652-3633.

Workshop helps nominate volunteers for awards

Review the new nomination form for the 2016 Volunteer of the Year Award and the Volunteer Excellency Award and learn how to write a winning nomination Jan. 13 and 20, 9-11 a.m. at the JBSA-Fort Sam Houston Military & Family Readiness Center. Nominations submitted on forms from previous years are not accepted and the deadline to submit is Feb. 29. For more information, call 221-2380.

Guests take a guided tour

Join the JBSA-Fort Sam Houston Military & Family Readiness Center on the Trails and Tales guided tour of JBSA-Fort Sam Houston Jan. 22, 8 a.m. to 1 p.m. Participants learn about old and new structures that share a rich history dating back more than 150 years. Registration is required. For more information, call 221-2705.

Heart Link spouse orientation offered

Military spouses are invited to attend the quarterly spouse orientation, Heart Link, at the JBSA-Lackland Military & Family Readiness Center Jan. 26, 8:30 a.m. to 2:30 p.m., or at the JBSA-Randolph M&FRC Jan. 20, 8:30 a.m. to 1:30 p.m. Receive information about resources, programs located on JBSA and the surrounding area, military customs, courtesies, ranks, acronyms and more. For more information, call the JBSA-Lackland M&FRC at 671-3722 or JBSA-Randolph M&FRC at 652-5321.

Free financial help offered to military families

All JBSA patrons attending the Heroes at Home Financial Event Jan. 26, 9-11 a.m., at the JBSA-Lackland Gateway Club receive financial information. This event is put on by the JBSA-Lackland Military & Family Readiness Center and focuses on a variety of financial topics that educate and prepare service members to be financially responsible. For more information, call 671-3722.

Adoption and foster care seminar offered

The JBSA-Lackland Military & Family Readiness Center hosts an Adoption and Foster Care Seminar Jan. 28, 9 a.m. to noon. Attendees learn to get started in adopting a child or in becoming a foster parent and discover what is required. Topics include process length, Texas laws and cost, terms and benefits, Defense Enrollment Eligibility Reporting System and more. This seminar is facilitated in party by M&FRC, Texas Adoption Resource Exchange and the Department of Family and Protective Services. For more information, call 671-3722.

Outdoor Recreation

Concealed handgun license class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides concealed handgun license classes Jan. 9 and 30, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. Cost is \$65. Students must be 21 years and older or active-duty military 18 years and older to participate. This program is for Department of Defense ID cardholders only. For more information, call 363-2332.

Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a three-dimensional archery competition Jan. 23-24, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course must be completed by 1 p.m. The fun shoot is \$15, the competition shoot is \$20 and children 12 years and younger participate for \$5. For more information, call 295-7529.

Guests stay two nights and get the third night free

During January, guests can rent any lodging unit at the JBSA Recreation Park @ Canyon Lake and stay three nights for the price of two. For more information, call 830-964-3576.

Boats rented for half price

Rent any boat at the JBSA Recreation Park @ Canyon Lake for half price during January. Cost includes all required safety equipment but does not include fuel. Rentals are on a first-come, first-serve basis and renters must have completed the Boater's Safety Course through the State of Texas, the JBSA Recreation Park @ Canyon Lake or through an Outdoor Recreation at any of the JBSA installations. For more information, call 830-964-3576.

The JBSA-Lackland Equipment Rental offers half-priced weekend boat rentals now through the end of February. Prices vary depending on size and type. Weekend checkout begins Friday, 8 a.m. to 3 p.m., and ends Monday, 3 p.m. For more information, call 925-9112.

Youth and Children

Membership cards are renewed for the new year

Remember to renew JBSA-Randolph Youth Programs membership cards. Membership cards are for children 9 years and older and can be used to participate in clubs, activities or open recreation during the year. Check out the preteen game room or the Teen Zone and join in club meetings and other fun activities. This program does not include instructional classes, league sports or School Age Care programs. For more information, call 652-3298.

Holiday camp youth registration begins

Register children, 5 years and in kindergarten to 12 years, in the JBSA-Lackland Youth Programs day camp for Martin Luther King Jr. Day, Jan. 18. The deadline to sign up is Jan. 4. Cost varies according to household income and late registrations are subject to a \$15 late fee. For more information, call 671-2388.

Soccer registration begins

Register youth, 5-14 years, for Spring Soccer Jan. 4-29 at JBSA-Lackland Youth Programs. Cost is \$50 per person and athletes must have a current sports physical at the time of registration. Practices begin Feb. 22 and volunteer coaches are needed. For more information, call 671-2388.

Youth dance into the new year

Bring dancing shoes to the JBSA-Randolph Youth Programs Jan. 8, 6-9 p.m., and dance the night away with friends. Cost is \$3 for members and \$5 for nonmembers. For more information, call 652-3298.

Basketball season begins

The JBSA-Fort Sam Houston Youth Sports basketball program begins Jan. 9. Games are played at 9 a.m. in buildings 1630, 1705 and 2515. For more information, call 221-5513.

Youth Center closes for Martin Luther King Jr. Holiday

The JBSA-Fort Sam Houston Youth Center is closed Jan. 18, in honor of the Martin Luther King Jr. Holiday. For more information, call 221-3502.

Give Parents a Break program is offered

JBSA-Randolph Youth Programs hosts Give Parents a Break and Kids Adventure Night Jan. 21, 1-5 p.m. Registration is Jan. 1-20. This event is at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and

older. Cost is \$25 with a multiple-child discount and free for GPAB waiver holders. For more information, call 652-4946.

JBSA-Lackland Youth Programs presents Give Parents A Break Jan. 22, 6:30-10:30 p.m. Parents drop off children 5-12 years at Youth Programs for activities, entertainment and snacks. Cost is \$25 per child with multiple child discounts or free with a GPAB referral. Preregistration is required. For more information, call 671-2388.

January youth lock in held

The JBSA-Fort Sam Houston Youth Programs January Lock-in is held Jan. 22, 9 p.m. to 7 a.m., in building 1630. Cost is \$10 per person for members and sign up is held at the Youth Center. Permission slips are required. For more information, call 221-3502.

Middle school invites youth to dance

The JBSA-Fort Sam Houston Youth Programs invites youth to the Middle School Dance Jan. 29, 7-10 p.m. Cost is \$3 or participants may bring four donated items for an animal shelter. Supplies can include pet toys, canned cat or dog food, dry food, bedding, fur wipes and more. Enjoy music, games, fun and food at the dance in building 1630. All sixth to eighth-grade youth are eligible to attend. For more information, call 221-3502.

Youth are prepared for careers

The JBSA-Fort Sam Houston Youth Programs helps students learn to evaluate and package professional skills in the weekly Career Readiness 101 course Wednesday, 4:30 p.m. This program is open to all Department of Defense ID cardholders, 13-18 years. Sessions are held at the Youth Center, building 1630. Topics include career knowledge, self-management, interpersonal skills, job search skills, career exploration, writing résumés, planning for the future, success on the job, interviewing skills and more. For more information, call 221-4533.

Parents stay informed

Parents looking to learn more about the JBSA-Lackland Teen Programs can sign up for the email list and receive information and reminders via email. Mailing list recipients receive information regarding field trips, youth workshops, parenting teens and preteen workshops, special events, youth contests and youth clubs. To sign up, stop by the front desk or call 671-3380. For more information, call 671-2388.

STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<http://www.myjbsa-fss-mwr.com>



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.

Joint Base San Antonio-Randolph News Briefs

Clinic holiday closures

Due to upcoming holidays and Air Education and Training Command family days, 59th Medical Wing clinics and pharmacies will be closed Dec. 24, Dec. 25, Dec. 31 and Jan. 1.

The 59th MDW Urgent Care Center in the Wilford Hall Ambulatory Surgical Center basement will remain open regular hours, serving walk-in patients 24 hours a day, seven days a week. The UCC can be reached at 292-7331.

Legal Assistance Center parking

Due to construction near the Legal Assistance Center, building 202, parking is limited for legal office customers. For best access to the Legal Assistance Center during this period, it is recommended that customers park on A Street or in the commissary parking lot closest to the Legal Assistance Center.

Dr. Martin Luther King observance

The Joint Base San Antonio Dr. Martin Luther King Jr. commemorative observance will be held from noon to 1 p.m. Jan. 15 at the JBSA-Randolph Chapel. For more information, call 652-6121.

Check expiration dates on IDs

All Defense Enrollment Eligibility Reporting System, Command Access Card and military ID card locations throughout Joint Base San Antonio are by 100 percent appointment only and wait time for an appointment can be up to 30 days. Civilian and military members need to remember

their CACs and military IDs expire and must schedule renewal appointments appropriately. Plan ahead for family members when their ID cards or DEERS updates need to be made. Appointments can be made online at <https://rapids-appointments.dmdc.od.mil>.

Construction planned for Golf Road

Joint Base San Antonio-Randolph's Golf Road is closed with a planned reopening Feb. 2, 2016. The 502nd Civil Engineer Squadron is working on a pavement rehabilitation, which includes replacement of pavement and curbs.

Construction staging for the project is located on the crossover road intersection of Golf Rd., North of Taxiway Echo and Delta and South of Taxiway Foxtrot and Delta.

Demolition and construction is occurring in a single phase forcing commercial and privately owned vehicle traffic entering JBSA-Randolph's South Gate to be re-routed to the West Perimeter Road. The West Perimeter Road detour for drivers is located on the second left entering the South Gate. Traffic exiting the South Gate will also use West Perimeter Road as a detour route. Traffic to and from Randolph Oaks golf course is accessible from the South Gate and West Perimeter Road. Airfield traffic is not affected by the project.

The outbound lane being used for early morning traffic is closed from 6-8:30 a.m. until construction is completed. The jogging path close to the construction is closed until the end of the project.

Holiday cookie drive spreads cheer to JBSA-Randolph Airmen

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Volunteers helped pack and deliver thousands of cookies to Airmen at Joint Base San Antonio-Randolph during the fourth annual JBSA-Randolph holiday cookie drive Dec. 9-11.

The JBSA-Randolph Air Force Sergeants Association and the 502nd Security Forces and Logistics Support Group teamed up to organize this year's cookie drive.

Staff Sgt. Nichole Brown, JBSA-Randolph Air Force Sergeants Association vice president, said volunteers helped pack and deliver 156 bags of cookies to 100 Airmen.

JBSA-Randolph members dropped off the cookies at the JBSA-Randolph Chapel kitchen Dec. 9, where volunteers received, packed and prepared the cookies for delivery. The cookies were delivered to Airmen at the Single Airmen Dinner Dec. 10 at the Chapel kitchen and on Dec. 11 to Airmen at their dorms and work buildings, including the Air Force Personnel Center and the Air Education and Training Command.

Butch Hales, 502nd SFLSG civilian executive officer, said each bag the Airmen received contained 18 cookies. Also on Dec. 11, Hales said an additional 400 cookies on platters were delivered to Airmen at the flying training school graduation, the JBSA-Randolph Fire Department and 902nd Security Forces Squadron.

More than 3,200 cookies were delivered to the Airmen, the highest number of cookies received and delivered since the holiday cookie drive began four years ago, Hales said.

In addition to the volunteers, Brown said 25 of the cookie bags were decorated by children from the JBSA-Randolph Youth Center.

Volunteers who helped out on the holiday cookie drive included Col. Matthew Isler, 12th Flying Training Wing commander; Mai Lan Isler; Chief Master Sgt. Troy Palmer, 12th FTW command chief master sergeant; Col. Michael Gimbrone, 502nd SFLSG commander; Jennifer Gimbrone; and Chief Master Sgt. Katie McCool, 502nd SFLSG group superintendent.

Gimbrone said this was the second year he has helped out on the cookie drive since taking command of the 502nd SFLSG in August 2014.

"There are a couple of things that make this event great," Gimbrone said. "All of the volunteers who bake and buy the cookies get into the holiday spirit and are giving back to the base community. This is Airmen and Soldiers taking care of our own as a community. Also, it helps give Airmen a taste of home, although they are far away from the families they grew up with."

Gimbrone said he and 502nd SFLSG leaders started planning the cookie drive several months ago. Based on the feedback they received from last year's event, they made several improvements, including better signage directing JBSA-Randolph members where to drop off the cookies, better publicity for the event and getting more volunteers to help out.

Through the cookie drive, McCool said JBSA-Randolph is taking time to take care of their Airmen.

"No matter how busy we get, it's important for our Airmen to understand we are thinking about them during the holiday season," she said.

Linda Winter, JBSA-Randolph Enlisted Spouses Club vice president, said this was her first year helping out.

"When my husband was an Airman, he got help from organizations," she said. "So I'm paying back."



Photos by Joel Martinez

Col. Matthew Isler (left), 12th Flying Training Wing commander, and Chief Master Sgt. Troy Palmer, 12th FTW command chief, along with other JBSA-Randolph members, help bag cookies Dec. 9 during the cookie drive at Joint Base San Antonio-Randolph. The program provides baked goods to single Airmen who otherwise may not get home-cooked treats during the holidays.



Col. Michael Gimbrone (right), 502nd Security Forces Logistics Support Group commander, delivers Christmas cookies to 502nd Civil Engineer Squadron firefighters Dec. 11 at JBSA-Randolph.

Bike ride, 'Resolution Run' highlight fitness center's holiday season

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

The Christmas season is a time when the pursuit of physical fitness goals often takes a back seat to holiday feasts and other family activities, but Joint Base San Antonio-Randolph's Rambler Fitness Center is again doing its part to promote wellness with two annual events.

Open to all Department of Defense ID cardholders, the Holiday 10-Mile Bike Ride at 8 p.m. Saturday and the Resolution Run 5K at 8 a.m. New Year's Day will attract cyclists and runners to routes starting at Eberle Park.

"We hold the bike ride to remember our troops who don't have the opportunity to enjoy the holidays with their families at their homes here on American soil," said Tommy Brown, Rambler Fitness Center recreation aide.

Brown said participation at the bike ride has held steady at about 20 cyclists in recent years.

"We're expecting the same number this time around," he said. "We have a wide variety of participants, including active-duty members, civilians and even children."

The bike ride is not a competitive event, Brown said, but fitness center staff members will keep time for participants who like to keep track of their race times.

"At the end of the event, participants are allowed to pick up one of our giveaways, which usually consists of anything from towels with the Rambler logo to T-shirts."

Riders will start at Eberle Park and head south on Perimeter Road to the golf course and north past Randolph High School, where a turnaround point will be established for the same route back to the park.

Brown said cyclists like the event because it's a refreshing departure from rides during the scorching heat of summer.

"Riders who like to ride in cooler weather appreciate the event," he said. "The route itself is very laid back and easy to enjoy."

Brown called the Resolution Run 5K a "great way to start the new year."

"For many people, achieving fitness or spending time at the gym is a new year's resolution, so this is a way to kick-start the year," he said. "Runners also use it to train for a longer event, such as a marathon."

The 5K event attracts mostly runners, Brown said, but walkers are also welcome.

"More than 50 people attended last year's run, and we're expecting more this year," he said. "We'll be passing out T-shirts to all participants."

Runners will leave Eberle Park and head north on Perimeter Road to a turnaround point near the East Gate for their return to the park. Water will be available at the halfway mark.

Duane Dunkley, 502nd Force Support Squadron unit training manager, said he will again participate in the Resolution Run 5K.

"I just feel it's an awesome way to kick off the year," he said.

A regular visitor to the Rambler Fitness Center, Dunkley said he's passionate about fitness.

"I just finished the San Antonio Rock 'n' Roll Marathon, and the Resolution Run provides an opportunity for me to stay focused on my goals going into 2016," he said. "I'm looking forward to it."

Brown said preregistration is not planned for either event. He encouraged participants to arrive early to sign up.

Call 652-7263 for more information.

Stage 1 water restrictions implemented across JBSA

By Benjamin Martinez

Joint Base San Antonio
Water Conservation Manager

The 10-day average of the Bexar County index well J-17 has reached Stage 1, with water restrictions for all Joint Base San Antonio locations is triggered at the following levels. According to the Edwards Aquifer Authority website at <http://www.edwardsaquifer.org>, the J-17 well serves as the official well for recording ground-

water elevations in the San Antonio Pool of the Edwards Aquifer.

The JBSA Base Civil Engineer decided Stage 1 water restrictions effective immediately, in accordance with the current JBSA Critical Period Management Plan and Biological Opinion issued by the U.S. Fish and Wildlife Service.

The biological opinion limits JBSA's water draw from the Edwards Aquifer in order to protect eight endangered species which live in the aquifer and its associated springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The restrictions within Stage 1 facing base residents and personnel are substantial and all residents and workers must comply with the JBSA Critical Period Management Plan.

All the Stage 1 restrictions in addition to Stage Normal water restrictions are in place:

- Continue Stage 1 normal water use measures, except as noted or replaced by Stage 1 rules.
- Landscape watering with an irrigation system, sprinkler or soaker hose is allowed only once a week before 10 a.m. or after 8 p.m. on your designated watering day, as determined by your address or facility number.
- Reduce water consumption by any means available.
- New turf/landscaping may be watered as identified in Stage Normal until adequate growth is maintained.
- Privately owned vehicle washing allowed once per week on Saturday or Sunday as long as there is no water waste. A positive shutoff nozzle must be used with hoses when washing cars to prevent water waste. Water should not be allowed to run into the street.
- All swimming pools must have a minimum of 25 percent of the surface area covered with evaporation screens when not in use. Inflatable pool toys or floating decorations may be used.
- Hand watering with a handheld hose, soaker hose, drip irrigation, bucket or watering can is permitted at any time on any day.

• Washing impervious cover such as parking lots, driveways, streets or sidewalks is prohibited, except to correct life, health or safety concerns.

• Irrigation of athletic fields is permitted only as required to maintain the turf viability and safety. Athletic fields continue Stage Normal water use measures.

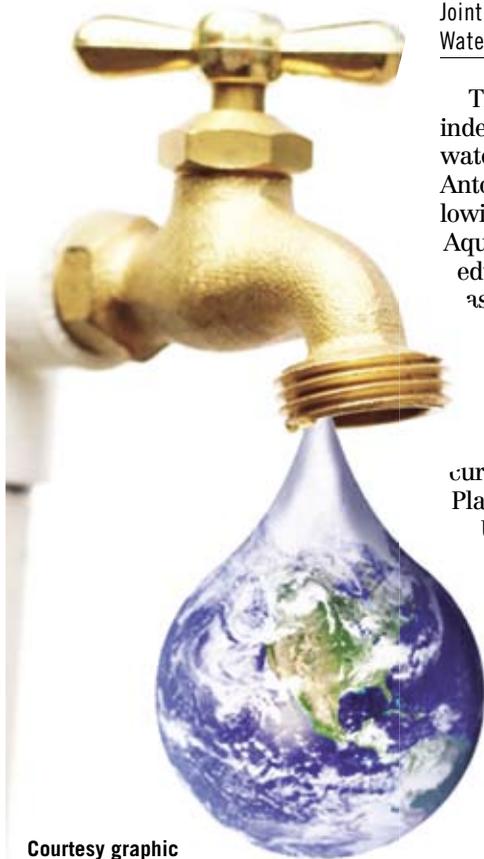
• Landscape on golf courses are required to follow one-day-per-week watering

• Use of fountains, waterfalls or other aesthetic water features outdoors or indoors is prohibited, unless a variance has been granted for 100 percent non-potable water use.

In Stage 1, the watering days are as follows if address/facility number ends in 0 or 1, Monday; 2 or 3, Tuesday; 4 or 5, Wednesday; 6 or 7, Thursday; and 8 or 9, Friday

All water restriction measures and details are listed in the JBSA Critical Period Management Plan available online at www.jbsa.af.mil/shared/media/document/AFD-130809-013.pdf

Call 652-2392 to report water abusers. Those found not abiding with the JBSA Critical Period Management Plan may face potential disciplinary measures. Reports will remain anonymous.



Courtesy graphic