



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 25 • JUNE 26, 2015



**Crew readies C-17
for final destination**

PAGE 3

INSIDE ... FIREWORKS SAFETY, P4 ... FSS SCHEDULE OF EVENTS, P7-10 ... KITCHEN ADDICTION, P13

COMMENTARY

Manage risk on Fourth of July weekend

From 37th Training Wing Safety Office

The Fourth of July is a great opportunity for family and friends to relax and enjoy a little summer fun in the sun. Unfortunately, with the excitement that comes with a little time off, there is a tendency to overlook the risk factors that may be involved in activities. Adopting a risk management plan before setting out for a holiday celebration is an important part of ensuring a safe holiday weekend. Forethought and common sense must be exercised with any activity.

To meet the challenge of this extended Fourth of July weekend, keep in mind the following tips to minimize risks and prevent injury or even death to you or one of your family members:

Alcohol

• Moderation, moderation, moderation; drink responsibly and know when enough is enough.

Barbecue Safety

• Follow manufacturer's instructions for lighting and extinguishing gas grills. Gas buildup has led to explosions where people have been severely burned. For those charcoal grill users, what really burns the hair off your face is adding lighter fluid to hot coals. Lighter fluid turns to a heavy gas at a relatively low temperature. While liquid lighter fluid burns, evaporated (gaseous) lighter fluid explodes. Follow the instructions exactly and don't let lighting charcoal become a game.

Boating Safety

• Take a boating safety course.
• File a float plan. A float plan includes a description of the boat, a list of who is on board, a description of the safety equipment on board, along with a description of where you are going and when you plan to return.
• Never exceed the boat's maximum capacity and wear a personal flotation device.

• Keep an eye on the weather and avoid alcohol when operating a boat.

Swimming

• Swim where lifeguards are present. They are trained to identify hazards and assist swimmers.

• Never dive unless the water depth is known and obstacles are identified. A bad decision can leave a swimmer paralyzed for life.



Fireworks

• The Consumer Product Safety Commission estimates that 240 people on average go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday. In most cases, it is best to leave fireworks to professionals. If fireworks are legal in your community, it is still important to use caution. Always follow the manufacturer's instructions for use. Careless use of fireworks can cause serious pain, injury or death.

Driving

• Make sure vehicles are in excellent operating condition before a road trip.
• Carry a roadside emergency kit, first aid kit and extra water.
• Buckle up. It is a simple habit and can mean the difference between walking away from a crash or being carried off on a stretcher; it's also the law.
• Keep children safe. The back seat is the safest place for children to ride, and all children must be restrained with the correct safety equipment.
• Don't speed. Excessive speed reduces a driver's ability to steer safely around curves or objects in the road. You never know what's around that next corner, a deer, stalled car or a pedestrian in the roadway.
• If you are operating a motorcycle, training, protective equipment and maintaining control of the vehicle are critical to safe cycling. We make a number of choices each day but these choices can mean the difference in walking away from a mishap or being carried away. Most military members involved in fatal motorcycle mishaps are the result of excessive speed and loss of control.

• Most importantly, do not drink and drive and don't get into a vehicle with a driver who has been drinking. A designated driver is your best alternative and if that plan falls through, and you need a plan B, consider using a group such as JBSA Armed Forces Against Drunk Drivers for a safe ride home. They can be contacted at AFADD.JBSA@us.af.mil.

• For situational awareness, Texas Department of public Safety has a roadside assistance hotline for use to report non-life-threatening situations on Texas roads and highways. The number, 1-800-525-5555, is printed on the back of virtually all Texas driver licenses and ID cards. Examples of when a motorist should call the roadside assistance hotline include: stranded with car problems, hazardous road conditions, debris in the roadway, suspicious activity at a rest area, and obviously intoxicated or dangerous drivers. DPS then passes the info to the appropriate local police agency.

Off-road Driving

• Ensure you have the proper training if you're thinking about off-road driving.
• Know the conditions and route so speed can be altered as necessary in areas with limited visibility or poor road conditions.
• Maintain proper speed and wear personal protective equipment

Whatever your plans are for this holiday, please take some time to consider the risk involved in your activities and take the action necessary to lower that risk to an acceptable level. Tragedy can strike when least expected – identifying and managing risks will help keep you and your loved ones safe this holiday.

ON THE COVER

Members of the 502nd Trainer Development Squadron and aircraft transportation contractors prepare a C-17 Globemaster III fuselage June 21 for its journey to the U.S. Air Force School of Aerospace Medicine at Wright-Patterson Air Force Base, Ohio. For the complete story, see page 3.

Photo by Senior Airman Alexandria Slade

WINGSPREAD

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C-17 aeromedical trainer hits road, bound for Ohio



Photo by Johnny Saldivar

A C-17 Globemaster III fuselage exits the west gate during the early-morning hours Tuesday to begin its journey from the 502nd Trainer Development Squadron at Joint Base San Antonio-Randolph to the U.S. Air Force School of Aerospace Medicine at Wright Patterson Air Force Base, Ohio. Since its arrival in 2011, the fuselage was transformed into the Air Force's first fully functioning aeromedical evacuation trainer. The C-17 will be used to train more than 1,300 medical personnel annually. The fuselage is the last piece to be delivered and its trek to Ohio will take about 10 days.

By Airman 1st Class Stormy Archer
Joint Base San Antonio-Randolph Public Affairs

The final section of a C-17 Globemaster III fuselage left Joint Base San Antonio-Randolph during the early hours of Tuesday. This section will be reunited with the other pieces of the aircraft at Wright-Patterson Air Force Base, Ohio, where it will be used as an aeromedical evacuation trainer.

The move is the culmination of a project that started four years ago by the members of the 502nd Trainer Development Squadron at JBSA-Randolph.

"I've never seen anything like this before," Col. Michael Gimbrone, 502nd Security Forces and Logistics Support Group commander, said. "Our experts in the 502nd Trainer Development Squadron spent more than four years transforming what was once the rust-covered shell of a C-17 into a state-of-the-art aeromedical trainer, complete with the ability to replicate in-flight and ground conditions such as sound, vibration and temperature."

The C-17 will travel an estimated 2,500 miles down back roads and highways on

its journey from JBSA-Randolph to Wright-Patterson Air Force Base where it will help train about 1,300 students in aeromedical operations every year.

"With this they won't have to park a C-17 on the taxiway for people to come train," said Michael White, 502nd Trainer Development Squadron project manager. "Once they finish all their training on this platform they can go out on the actual aircraft and do one check ride. It's very cost effective."

The aeromedical trainer will allow doctors, nurses, pharmacists and other medical personnel to practice their skills in a realistic environment.

"In the long run we expect this to save (the Air Force) countless dollars and allow operational aircraft to stay in the fleet, rather than be pulled aside to support the training mission," Gimbrone said. "This is going to be useful for years to come. Seeing this final piece leave JBSA on the journey to Wright-Patterson Air Force Base was a long time coming. It's very satisfying to see."

The fuselage is expected to arrive at Wright-Patterson AFB July 2.



Motorists, pedestrians must stop at JBSA-Randolph south taxiway

The Joint Base San Antonio-Randolph south taxiway intersection with Golf Road, located just north of the Randolph Oaks Golf Course, requires motorists and pedestrians to stop as directed at the intersection.

The taxiway and Golf Road intersection is marked on both sides by large stop signs with blinking red lights, warning pedestrians and private motor vehicles to look both ways and yield to crossing airfield traffic.

Taxiway traffic can include varying aircraft, airfield support vehicles such as fuel trucks and ground equipment vehicles or emergency vehicles responding to an emergency on the flight line. Failing to yield to any of these vehicles puts both parties at risk of a collision or delayed assistance should there be an emergency situation.

JOINT BASE SAN ANTONIO SAFETY MESSAGE

JBSA Fire Emergency Services offers safety tips for using fireworks

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Fireworks displays will light up the skies in areas around Joint Base San Antonio locations next week as service members and their families observe the July Fourth holiday.

While the sight of fireworks shooting and popping up in the air can provide for a spectacular display, JBSA Fire Emergency Services officials are urging service members and their families to be careful and use common sense if they plan to handle or be around fireworks to celebrate the holiday.

James Smith, JBSA Fire Emergency Services fire prevention inspector at JBSA-Randolph, said fireworks can cause injuries or property damage if they are not used properly.

Each year an average of 240 people are taken to hospital emergency rooms in the U.S. with injuries from fireworks within the month around Independence Day, according to the National Fire Protection Association.

Smith said the possession and use of fireworks are banned at JBSA locations and within the city limits of several area cities around JBSA locations, including San Antonio.

Weather conditions will determine whether or not fireworks are permitted in unincorporated areas of Bexar County. Service members should know and follow local laws concerning the possession and use of fireworks.

Smith said he advises JBSA service members and families not to use fireworks and instead go to a public fireworks display sponsored by professionals.

But if service members and their families decide to use fireworks in the areas where it's legal, he said several precautions need to be taken to prevent injuries to those who will handle or be near fireworks.

First, children should never be allowed to play with or ignite fireworks by themselves without adult supervision, Smith said.

The NFPA said that children ages 5 to 14 have the highest risk of being injured by fireworks.

Fireworks should be lit on a smooth, flat surface away from a building, house, grass and flammable materials, Smith said. Avoid areas with dry grass that could catch fire quickly.

Firecrackers should be lit on the ground, not when they are being handled as to avoid injuries and burns to the hands and other parts of the body. Before lighting a firecracker, Smith said individuals should be kept at a safe distance and out of the range of the fireworks.

If a firecracker doesn't go off the first time, do not try and light it again, Smith said.

"If you attempt to light one and it doesn't go off, don't see what's wrong with it," he said. "You don't know if it's a dud or whether it's a delayed explosion."

"If you attempt to light one and it doesn't go off, don't see what's wrong with it. You don't know if it's a dud or whether it's a delayed explosion."

James Smith

Joint Base San Antonio Fire Emergency Services fire prevention inspector at JBSA-Randolph



Courtesy photo

Smith said people should know the type of fireworks they are using and what they will do, whether they shoot up, spin around or explode.

Make sure a bucket of water, garden hose or fire extinguisher is accessible in case of a fire.

Smith said firecrackers should never be lit inside homes and vehicles.

He said fireworks should not be thrown or used like a weapon by pointing them at individuals or property. Do not light them in metal or glass containers or put them in a fire pit, where the sparks and embers could shoot out, possibly injuring and harming people in the vicinity.

Follow the weather conditions, such as if it's dry

or windy, to determine if it would be safe to use fireworks in those conditions, Smith said. Never drink alcohol when handling and setting off fireworks and purchase the fireworks from a reliable, licensed fireworks dealer.

Smith said common sense is essential in making sure individuals use fireworks responsibly.

"If it doesn't look right or feel right, don't do it," he said.

For more information about fireworks safety visit the NFPA website at <http://www.nfpa.org/education> or call the JBSA Fire Prevention offices at JBSA-Randolph, 652-6915; JBSA Lackland, 671-2921; and JBSA-Fort Sam Houston, 221-2727.

Capstone Week changes, becomes Airmen's Week

By Tech. Sgt. Joshua Strang
Air Education and Training Command Public Affairs

Capstone Week was officially changed to Airmen's Week May 11 to better reflect the training and trainee mindset expected of the week following Basic Military Training.

"The name Capstone Week was a working title," Kevin Adelsen, Air Education and Training Command Airmen's Week program manager, said. "The name change does not mean a change in strategy. It symbolizes a trainee's transition from Basic Military Training to earning the title of Airman."

During the inaugural week of Capstone, Airmen and training staff were polled for ideas. The top five names were given to the AETC commander, Gen. Robin Rand, who chose the final name.

Col. William Fischer, 737th Training Group commander, said the new name mirrors the training and mentality of the Airmen who graduate from the course.

"The name Airmen's Week reflects the idea that the week belongs to the Airmen as they go through the program," Fischer said. "We encourage them to take ownership of their first Professional Military Education experience."

More than 7,000 Airmen have attended Airmen's Week since it began on March 23 and the feedback from the Airmen has been very positive.

"Airman after Airman has stated that they feel better equipped for the challenges of the Air Force after taking the course," Fischer said. "However, the Airmen have also made suggestions to improve the training. We take that feedback very seriously because it helps us identify where we need to refine lessons to reach our target audience."

Fischer explained that the addition of Airmen's Week is one of the first steps in implementing the Chief of Staff

of the Air Force's broader culture of excellence initiative.

"We created an opportunity to enhance Airmanship skills in a post-BMT week, focused on character development," Fischer said. "BMT teaches them what they must know, be able to do, and how to behave. Airmen's Week teaches them to think critically. The course strengthens their resilience and makes them more self-aware."

Brig. Gen. Trent Edwards, 37th Training Wing commander, said Airmen's Week is helping to change the culture of Airmen and shaping the future of the Air Force.

"Airmen's Week reinforces the fact that an environment of professionalism, dignity and respect is absolutely mission critical," Edwards said. "Ultimately, we hope to give our Airmen the strength, character and resiliency to make decisions that are consistent with our Air Force Core Values. The goal of Airmen's Week is to produce more professional, resilient Airmen, inspired by our heritage, committed to the Air Force Core Values, and motivated to deliver airpower for America."

Fischer adds that through this educational construct, Airmen are given opportunity to self-reflect and self-actualize in order to internalize the Air Force Core Values.

With Airmen's Week focused on character development, measuring success of the program isn't as quick and easy as a grading a written exam.

"Our measure for success is not a test score this week, but better Airmen for the operational Air Force," Fischer said. "We look forward to feedback from the field on how the program is doing."

Fischer said Airmen's Week helps AETC stay committed to ensuring the Air Force has the finest, highly disciplined, educated, and critically-thinking warriors in the world.

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- YouTube: Joint Base San Antonio



PTSD Awareness Day planned at JBASA-Randolph

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Starting in 2010, Congress set aside June 27 as a day to promote awareness of post-traumatic stress disorder, a psychiatric condition that has historically been associated with military service members and veterans but can impact anyone.

Joint Base San Antonio-Randolph will have its own PTSD Awareness Day today, when professionals from the 359th Medical Operations Squadron Mental Health Clinic visit the JBASA-Randolph Medical Clinic from 8-11:30 a.m. and the Rambler Fitness Center from 12:30-4:30 p.m. to provide education and screening.

“It is paramount to have observances such as PTSD Awareness Day and, in theory, our patient-centered clinical practices should make it so each day is designated as such,” Capt. Erik Ringdahl, 359th MDOS clinical psychologist, said. “We, as providers to those who serve our country, have a duty to disseminate important information on the topic of PTSD, such as signs and symptoms, the importance of early mental health help-seeking

and empirically validated psychological interventions.”

According to the U.S. Department of Veteran Affairs’ National Center for PTSD, post-traumatic stress disorder can occur after a person has been through traumatic events such as combat exposure, sexual or physical abuse, a terrorist attack, serious accidents and natural disasters.

Stress reactions may include fear or anxiety, sadness or depression, guilt and shame, anger and irritability, and behavior changes. Common symptoms are re-living the event, avoiding situations that remind the person of the event, negative changes in beliefs and feelings, and feeling keyed up, also called hyperarousal.

Ringdahl said PTSD is not a disease, but “a problem of recovery.”

“When individuals recognize that, the idea of seeking assistance may become more palatable,” he said.

Ringdahl explained that the science community is trying to understand how individuals develop PTSD from biological, psychological, social and environmental perspectives.

“Everyone is vulnerable to the psychological, social, physical and spiritual impact of stress, and it turns out that each individual is different in that regard.”

Capt. Erik Ringdahl

359th Medical Operations Squadron clinical psychologist



From a psychological standpoint, he said, “Whether individuals develop PTSD depends on several factors, some of which seem to include how folks make sense of the thoughts, feelings and behaviors associated with trauma, as well as how the experience influenced perspectives of themselves, others and society.”

Ringdahl said the majority of the general population will be exposed to trauma at some point in their lives.

“People are resilient, but bad things happen,” he said. “Or, by virtue of a profession, folks may be exposed to different situations or potentially traumatic events more frequently.

“Everyone is vulnerable to the psychological, social, physical and spiritual impact of stress, and it turns out that each individual is different in that regard,” Ringdahl said. “The beauty of it is that everyone has varying levels of risk factors and protective factors.”

Ringdahl said “a concerning number” of military members who served in Operation Iraqi Freedom and Operation Enduring Freedom have gone on to develop PTSD.

“This seems to be associated with the battlefield environment, exposure to trauma, mental health stigma and resistance to early mental health help-seeking, among other factors we are still trying to understand,” he said.

Ringdahl said people need not suffer long term from PTSD. He said research suggests that most individuals recover from exposure to trauma within one year and, for those who struggle, there are several empirically supported interventions.

“From a treatment standpoint, there are great interventions that have repeatedly been associated with reducing symptoms, improving quality of life and restoring one’s functional capacity,” he said.

Two of the most empirically supported psychological interventions for PTSD include prolonged exposure and cognitive processing therapy, both of which have

been disseminated across the Department of Defense and Veterans Affairs system, Ringdahl said.

“Decades’ worth of research indicates that the two treatments are similar in their outcomes if people live the protocol, meaning that they devote themselves to symptom recovery, not just from a mental health perspective, but also from social, physical and spiritual standpoints,” he said. “Treatment for PTSD, by its very nature, epitomizes concepts military members are acutely familiar with, such as Comprehensive Airman Fitness.”

Ringdahl said treatment may take an hour to an hour and a half once each week for 12-15 weeks and that individuals also have “out-of-session” assignments.

“Treatment is difficult,” he said. “I don’t sugarcoat that for anyone, but if the individual is willing to engage during and outside of session to his or her fullest extent, change is possible and people get better. It’s the most beautiful thing to see.”

There are also pharmacological interventions for PTSD, but Ringdahl said they are generally not as effective without co-occurring psychological interventions, particularly with respect to long-term symptom management and recovery.

“Medications have their place, but don’t teach skills,” he said. “People diagnosed with PTSD need skills to recover and sustain their hard work.”

Ringdahl said he hopes PTSD Awareness Day “will help people understand that they are not alone and that recovery is possible.

“PTSD Awareness Day among JBASA locations affords providers opportunities to promote early mental health help-seeking while simultaneously working to destigmatize mental health by promoting awareness of helping agencies and helping people to understand that, by actively participating in treatment, they can get their lives back,” he said.



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

July

Bowling

Fall leagues are forming

Sign up now for the JBSA-Fort Sam Houston Bowling Center fall bowling leagues. Leagues run Tuesdays through Saturdays for 32 weeks and begin Labor Day week. For more information, call 221-3683.

Sign up at the JBSA-Randolph Bowling Center to participate in the following fall leagues.

Sunday First Nighters begins Sept. 13, 6 p.m., and is a four-players mixed format with two men and two women.

Sunday Youth Sport begins Sept. 13, 6 p.m., and is for single youth players only, age 15 and older.

Monday Extramurals begins Sept. 14, 5:30 p.m., with a five-player mixed format.

Tuesday Ladies Early Birds begins Sept. 8, 9:30 a.m., with a four-player format.

Tuesday Night Mixed Doubles begins Sept. 8, 6:30 p.m., with a four-player mixed format with two ladies and two men.

Wednesday Rowl Ladies begins Sept. 9, 9:30 a.m., with a three-player format.

Wednesday Vince Best Memorial begins Aug. 26, 6 p.m., with a five-player mixed format.

Thursday Morning Ladies begins Sept. 10, 9:30 a.m., with a four-player format.

Thursday Night Mixed begins Sept. 10, 6:30 p.m., with a four-player mixed format.

Friday Pioneer Senior League begins Sept. 11, 11 a.m., with a four-player mixed format consisting of members 55 years and older.

Saturday Ben Friedli Youth Memorial League begins Sept. 12, 10 a.m., and is for youth ages 5 and older.

Actual start dates are subject to change. For more information, call 652-6271.

Celebrate the freedom to bowl

Spend July 4, noon to 3 p.m., at the JBSA-Lackland Skylark Bowling Center and take advantage of \$1 games, \$1 hot dogs and \$1 small fries. Shoe rental is normal price. For more information, call 671-1234.

The JBSA-Randolph Bowling Center offers a special rate of \$2.50 per game, per person July 3-5. Shoe rental is not included. Enjoy 50 cent hot dogs at the Spare Time Grille while supplies lasts. For more information, call 652-6271.

Bowlers take on a challenge

The JBSA-Lackland Skylark Bowling Center offers bowlers a chance to bowl in a 9-pin no-tap tournament, July 25, 1 p.m. Bowlers play five games across 10 lanes for \$25 per person. Sign up is noon the day of the tournament and start time is 1 p.m. For more information, call 671-1234.

Community Programs

Facilities close in honor of Independence Day

All JBSA Military & Family Readiness Centers are closed for the Air Education and Training Command family day and Federal Holiday, July 2-3. JBSA-Lackland M&FRC is closed Thursdays, 2-4 p.m., and JBSA-Fort Sam Houston M&FRC is closed the first and third Thursday, 1-3 p.m. For more information, call JBSA-Fort Sam Houston M&FRC at 221-2418, JBSA-Lackland M&FRC at 671-3722 and JBSA-Randolph M&FRC at 652-5321.

Service members prepare for retirement

Service members planning to separate or retire from the military must attend a mandatory retirement and pre-separation counseling before attending other transition assistance programs. Sessions are held July 8, 22 and 29, noon to 4 p.m., at the JBSA-Randolph Military & Family Readiness Center. Appointments may be scheduled up to two years prior to retirement or one year prior to separation. For more information, call 652-5321.

New spouses learn about Joint Base San Antonio

Military spouses are invited to attend the Spouse Information Fair, July 9, 9 a.m. to noon, at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Spouses can meet and connect with more than 20 military and civilian agencies to learn about available services. Some of the agencies on site include legal assistance, the Exchange and Commissary, health care providers, the 502d Force Support Squadron, school liaison services and child care providers. For more information, call 221-2705.

Workshop supports resiliency

Leaders, managers, team members, parents and spouses learn to identify the innate strengths, talents and motivations of a team or family. Sign up for the Four Lenses™ Discover Workshop, July 10, 9 a.m. to noon, at the JBSA-Fort Sam Houston Military & Family Readiness Center. 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. For more information, call 221-2380.

Troops learn to teach

JBSA military personnel and veterans interested in becoming public school teachers may register for the Troops to Teachers workshop at the JBSA-Fort Sam Houston Transition Assistance Program, building 2263, July 11, 1-3 p.m. Topics include how to obtain certificates, how to identify financial aid sources, available internships and job placement opportunities. Registration is required and seating is limited. For more information, call 221-1213.

Single parents find support

The Single Parent Support Group meets July 16, noon to 1 p.m., at the JBSA-Randolph Military & Family Readiness Center. Participants discuss various issues related to being a single parent. This month's topic focuses on power struggles. For more information, call 652-5321.

Families attend movie night

All families are invited to the free movie night at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797, July 18, 6:30 p.m. Attendees can enjoy free popcorn and snow cones while supplies last. No pre-registration is required. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 652-5763.

Summer camp starts with the arts

The JBSA Exceptional Family Member Program hosts "Starts with the Arts" summer camp for JBSA EFMP special needs children ages 5-18 and their siblings. The camp provides an opportunity to engage and inspire through the arts with fun activities in music, dance, drama and visual arts. Registration is ongoing until full. The JBSA-Randolph camp is July 20-24, 9 a.m. to noon, at the Religious Activities Center. To sign up, call 652-5321.

Youth receive school supplies

The JBSA School Liaison Office hosts the fifth annual Build-A-Backpack Program July 20 through Aug. 5, which provides backpacks full of school supplies for local military children. The goal is to provide the opportunity for children to start school with the supplies needed for success. Squadrons, private organizations, offices and individual groups can help make a difference. For more information, email jbsa.slo@us.af.mil.

Community hosts information fair

The Community Extravaganza Fair takes place July 28, 9-11 a.m., at the JBSA-Fort Sam Houston Golf Club, 1050 Harry Wurzbach Rd. All Department of Defense ID cardholders can visit with representatives from post agencies and local businesses to learn more about JBSA and the surrounding area. For more information, call 221-2307.

Leadership attends Ombudsman basic training

Attend the JBSA-Fort Sam Houston Military & Family Readiness Center workshop Aug. 11-13, 7:30 a.m. to 4:30 p.m., building 2797. This three-day workshop is required for all command Ombudsman. Navy commanding officers, executive officers, senior enlisted leaders and their spouses must register by July 28. For more information, call 221-2418.

Key spouses attend training

Military spouses who have volunteered or been appointed by a unit commander as a key spouse must attend this training at JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797, July 30, 8:30 a.m. to 1 p.m. This training covers key spouse roles, resiliency, suicide awareness and sexual assault prevention and response. For more information, call 221-2418.

Clubs

Chef serves up special dinners

The JBSA-Lackland Gateway Club chef creates special evening dining experiences in the Mesquite dining room, 5-8 p.m. Cost is \$16.95 for members and \$18.95 for nonmembers.

The menu for July 10 features bacon-wrapped filet mignon with Béarnaise sauce, sautéed jumbo shrimp, Duchess potatoes, roasted asparagus with red peppers and a house salad.

The July 17 menu features cod topped with lemon dill sauce and fried jumbo shrimp, rice pilaf, broccoli and cauliflower mix, clam chowder and a house salad.

On July 24, the menu includes prime rib au jus, twice baked potato, broccoli spears with Hollandaise sauce and a house salad.

For July 31, enjoy a porterhouse steak with fried onions, rosemary roasted red potatoes, string beans and a house salad. For more information, call 645-7034.

The Kendrick Club provides bingo fun

Celebrate our independence during Patriotic Bingo by wearing red, white and blue or patriotic attire July 2 at the JBSA-Randolph Kendrick Club and compete for best dressed patriot. The first-place winner receives \$50 in club bucks, second-place winner receives \$35 in club bucks and third-place winner receives \$25 in club bucks.

Bingo Extravaganza is held July 6 and 20 at the JBSA-Randolph Kendrick Club. Win \$15,000 in total jackpots, with a complimentary buffet at 5:30 p.m. and Early Bird bingo at 6 p.m.

Birthday Bingo is held at the JBSA-Randolph Kendrick Club July 14. Birthday members receive one free machine and cake. Randolph club members only; ID and club card is required. For more information, call 652-3056.

Fans watch fight at the club

Join Fight Night Frenzy and watch the Ultimate Fighting Championship in Gil's Pub at the JBSA-Randolph Kendrick Club July 11. Enjoy great food and beverage specials along with a chance to win a trip for two to a live UFC fight in Las Vegas. There are also lots of prizes for club members such as Force Support Squadron gift cards, UFC T-shirts and other prizes sponsored by Budweiser. This event is open to all Department of Defense ID cardholders. No federal endorsement of sponsor intended. For more information, call 652-3056.

Anniversary calls for celebration

Everyone is invited to join the JBSA-Randolph Air City Bar & Grill for lunch July 16, 11 a.m. to 1:30 p.m., as they celebrate their three-year anniversary. The first



five customers get to draw from a basket of goodies for complimentary gift certificates. For more information, call 652-4864.

Music on the patio makes for a good time

Join the JBSA-Randolph Kendrick Club on the Nite Club Patio for great music by Soul Funk July 17, 6-10 p.m. Social hour food is served 5-7 p.m. For more information, call 652-3056.

Guests are treated to Italian Wine Night

Join the JBSA-Randolph Parr Club July 24, 7-10 p.m., for Italian Wine Night in the Sky Lounge. Indulge with light hors d'oeuvres and wine tasting. Entertainment is provided and a cash bar is available throughout the event. The price for this extravaganza is \$30 for members and \$40 for nonmembers. Guests may make reservations beginning July 9. Reservations and pre-payments are required. Coupons are not accepted and refunds are not available after July 21. For more information, call 652-4864.

Customers are appreciated

The JBSA-Lackland Gateway Club honors customers with a special buffet in the Fiesta Ballroom July 28, 5-8 p.m. Entertainment is provided by Doggin' Dave Productions and the cost is \$10.50 for members and \$12.50 for nonmembers. The menu features a build-your-own salad bar, beef brisket, fried catfish fillets, herb baked chicken, hush puppies, rustic whipped potatoes with brown gravy, rice pilaf, bourbon baked beans, French-cut green beans, okra gumbo, cornbread, freshly baked rolls, peach cobbler and vanilla ice cream, fresh fruit and homemade pecan brownies. For more information, call 645-7034.

The club provides opportunities for relaxation

Head over to the JBSA-Lackland Gateway Club to wind down and relax throughout the month at Variety Night in the Lone Star Lounge. Doggin' Dave Productions entertains July 10 and 24, DJ J Rock provides music July 11 and DJ LJU takes the stage July 17, 25 and 31. Relax in the lounge or enjoy pool tables and large screen televisions on the patio.

Sing or just enjoy entertainment and a frosty beverage in the Lone Star Lounge on Karaoke Night, July 18, 8 p.m. to midnight, featuring DJ Dee Dee.

Close out the month July 31 in the Maverick Lounge to music provided by DJ Doggin' Dave Productions. After a month of hard work and deadlines, patrons relax on the patio or shoot some pool. For more information, call 645-7034.

Fuel up with a good breakfast at the club

Enjoy breakfast at the JBSA-Randolph Kendrick Club Monday-Friday, 6-8 a.m. The menu includes omelets, ham, bacon, pancakes, French toast, burritos, fresh fruit and more. Also, choose from the Grab and Go breakfast menu for a meal on the run. For more information, call 652-3056.

Club membership pays off

Sign up by July 29 to become a member at either JBSA-Randolph club and receive free dues for three months from the date of sign up and lunch for two. The club card application grants entry to the drawing for a 50-inch television and cash prizes. The drawing is July 31 and the squadron or organization that signs up the most members receives up to \$1,000 credit towards the holiday party at the Kendrick club. For more information, call 658-7445.



Equestrian Center

Riders attend horsemanship camp

Join the JBSA-Fort Sam Houston Equestrian Center for one-week horsemanship camps during July and August. Camp is 9 a.m. to 3 p.m. for children 7 years and older and reservations are required. Cost is \$275 and a \$50 deposit is required at the time of registration. The Equestrian Center is sponsored in part by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 224-7207.

Fitness

Runners display patriotism at 5K

Celebrate our independence with the JBSA-Randolph Fitness Center during the Stars and Stripes 5K run/walk July 1, 7:30 a.m. at Eberle Park. For more information, call 652-7263.

Athletes compete triathlon

Participants' endurance is tested with a 400-meter swim, 10-mile bike ride and a two-mile run at the JBSA-Fort Sam Houston Aquatic Center July 12, 7 a.m. Pre-registration for the summer triathlon is \$20 and the registration deadline is July 6. For more information, call 221-4887.

Indoor biathlon makes participants feel accomplished

Everyone is invited to participate in the JBSA-Randolph Fitness Center Indoor Biathlon July 13-17, during normal business hours. Each participant runs 15 miles and bikes 30 miles. Pick up an indoor biathlon challenge booklet from Fitness Center staff. As each challenge is completed, have a fitness team member initial the item before progressing to the next one. Once the challenges are completed, return the booklet to Fitness Center staff. For more information, call 652-7263.

Competitors face the ultimate challenge

Join the JBSA-Fort Sam Houston Jimmy Brought Fitness Center July 18, 9 a.m., in the second annual Fitness Challenge Combine. Participants compete in eight different events to include bench press, a 40-yard dash, 20-yard shuttle run, broad jump, medicine ball throw, obstacle course and tire flip. This event is open to all Department of Defense ID cardholders. The deadline to register is July 13. For more information, call 221-1234.

Weight lifters display technique and strength

Visit the JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus July 18, 10 a.m., to attend the dead lift competition. Cost to compete is \$5 and fees are non-refundable. The event is open to all Department of Defense ID cardholders 16 years and older. All participants receive a T-shirt. Registration ends July 10. For more information, call 808-5713.

Joggers conquer the half marathon run

The JBSA-Randolph Fitness Center hosts a half-marathon run July 18, 6:30 a.m., at Eberle Park. Run 13.1 miles for personal fulfillment or as training for a full marathon. This is the second of three summer marathon training runs. For more information, call 652-7263.

Golf

Warrior teams compete for prizes

Golfers are invited to play in the Warrior Four-Person Scramble July 3, 12:30 p.m., at the JBSA-Fort Sam Houston Golf Course. Cost is \$25 for members and \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart and dinner. Gift certificates are presented to the winners of the longest drive and closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

Independence is celebrated with a tournament

Attend the JBSA-Randolph Golf Course Red, White and Blue Tournament July 3, with 7-9 a.m. tee times. This is an individual, low-net, low-gross tournament and teeing locations alternate; red is on hole one, white on hole two and blue on hole three. Entry fee is \$10 plus green fee and cart rental. For more information, call 652-4653.

Joint Base San Antonio
SUMMER RANDOLPH DUAL
JULY 25-26
Cost for members is \$90 per person.
Cost for nonmembers is \$130 per person.
7-9 A.M. TEE TIMES

- Two person event
- Ghin® handicaps or other verifiable handicap source
- Scramble Saturday
- Shamble Sunday
- Barbeque dinner Saturday
- Drawing to win golf merchandise
- Winning teams receive Pro Shop gift certificates

For more info, call 652-4653.

J FORCE www.jbsa-fss.mil.com

Golf course stays green

In an effort to provide the best playing conditions possible, it is necessary to perform seasonal maintenance on the greens that may disrupt the putting surface. The JBSA-Lackland Gateway Hills Golf Course is scheduled to aerify the greens July 6 and 7, depending on weather conditions. During maintenance, the golf course is reduced to nine open holes each day and the greens are sandy for about 10-14 days following the procedure. The golf course is still open to assist members with scheduling tee times at another JBSA golf course, if needed. For more information, call 671-3466.

Professionals teach junior golfers the basics

Youth golfers, 7-17 years old, are invited to register for the JBSA-Lackland Gateway Golf Course Junior Golf Camp. Camp dates are July 13-17, 9 a.m. to noon, and the fee is \$125. Sessions are taught by a Professional Golf Association certified instructor. The camp includes instruction, rules and etiquette, on-course play, drinks and snacks. Golfers may bring personal clubs or use the set provided. For more information, call 671-3466.

Golfers compete in the British Open Golf Tournament

The JBSA-Lackland Gateway Hills Golf Course hosts the British Open Golf Tournament July 18 with an 8 a.m. shotgun start. Partners are drawn from Professional Golf Association players from the 2015 British Open Championship. Cost is \$30 and includes prizes and food after the tournament. For more information, call 671-3466.

The JBSA-Randolph Golf Course hosts the British Open Blind Draw Tournament July 18 with 7-9 a.m. tee times. This is a low-net, low-gross tournament. The golf course combines each participant's score with a PGA Pro from the 2015 British Open Championship. The entry fee is \$10 plus green fee and cart rental. For more information, call 652-4653.

Pro shop provides discounts

Golfers receive 10 percent off all in-stock bags purchased at the JBSA-Lackland Gateway Hills Golf Course during July and August. JBSA golf course members receive an additional 15 percent off. For more information, call 671-3466.

Information, Tickets and Travel

Water lovers cool down with a splash in town

The JBSA-Fort Sam Houston Information and Ticket office has daily tickets to Splashtown available through Aug. 23. Splashtown opens at 10:30 a.m., and the daily ticket prices are \$16 per person for ages 2 years and older. Season passes are also available for \$35. For more information, call 808-1378.

Discounted tickets make it a great day for the circus

The Ringling Bros.® & Barnum Bailey Circus is back at the Joe Freeman Coliseum. Bring the family to see jugglers, clowns, high wire acts, trapeze artists, animals and more.

Pick up circus tickets at the JBSA-Fort Sam Houston Information and Ticket office for opening night July 1. The ticket price special is \$14. All other date prices are \$17 for adults and \$12 for children. For more information, call 808-1378.

JBSA-Lackland's Information, Tickets and Travel has discounted prices for excellent seats at the circus. Prices range from \$13 to \$40, July 1-4. For more information, call 671-3059.

The JBSA-Randolph Information, Tickets and Travel, located in the Community Services Mall also has discount circus tickets for July 1-6. For more information, call 652-5142, option 1.

Families enjoy Fiesta Noche Del Rio

Fiesta Noche Del Rio takes place Fridays and Saturdays, 8:30 p.m., at the Arneson River Theater through Aug. 15. Fiesta Noche Del Rio is an outdoor musical extravaganza featuring the music and dance of Mexico, Spain, Argentina and Texas and is the longest running open-air musical venue of its kind in the United States. The JBSA-Fort Sam Houston Information and Ticket office has adult and senior tickets for \$13.50, tickets for children 6-14 years are \$7 and children 5 years and younger are free. JBSA-Randolph Information, Tickets and Travel, located in the Community Services Mall, has tickets for \$13.75 for guests 15 years and older and \$6.75 for children 6-14 years. Children 5 years and younger are free. For more information, call JBSA-Fort Sam Houston at 808-1378 or JBSA-Randolph at 652-5142.

Library

Readers 'Read to the Rhythm' this summer

JBSA libraries encourage families to shake, rattle or roll to the library for the "Read to the Rhythm" summer reading program. Over the next two months, the libraries host a range of free activities for children, teens and adults that encourage and support a love of reading. Register now through Aug. 1. Participants win prizes for reaching reading goals. Visit the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library Thursdays at 10 a.m., the JBSA-Lackland Library Tuesdays at 10 a.m. and the JBSA-Randolph Library Wednesdays at 10 a.m. to take part in special activities. 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 or visit <http://www.jbsalibraries.org>.

Outdoor Recreation

Archers take aim at three-dimensional targets

Avid archers can practice taking aim on 30 targets randomly set throughout a wooded area July 25-26, 8 a.m. to 1 p.m., at the JBSA-Camp Bullis Rod-N-Gun Recreation Center. Targets are set at various distances ranging from 10 to 55 yards. Same-day registration is 8-10 a.m. Cost for the fun shoot is \$15, the tournament is \$20, archers 12 years and under participate for \$5. For more information, call 295-7529.

Guests beat the heat with a Canyon Lake sunset cruise

Head to JBSA Recreation Park at Canyon Lake Friday evenings during July for a sunset cruise on Canyon Lake; July 3 is not included due to the holiday. Cast off from the Hancock Cove Marina at 7:30 p.m. and enjoy a scenic ride around the lake on a chartered pontoon boat. The ride lasts approximately 90 minutes and cost is \$10 for adults and \$6 for children 12 years and younger. Guests are welcome to bring drinks and snacks, but glass and Styrofoam is prohibited. Due to the extensive rains South Texas has had, be sure to call in advance to ensure the cruise is still taking place. For more information, call 830-226-5357.

Summer boating has arrived

It is the time of year to hit the lakes so be sure to reserve a boat for rental at JBSA-Fort Sam Houston Outdoor

Recreation. Available boats include pontoon boats, ski boats, bass boats and kayaks. Boater's safety certification and Department of Defense ID card is required for reservations. For more information, call 221-5225.

Student Activity Center

DJ gets the sound right

All JBSA-Fort Sam Houston Medical Education and Training Campus students are invited to enjoy the latest and greatest sounds of today's music, featuring a live DJ in Club Zero July 10 and 24, 6:30-10 p.m. Club Zero has a large dance floor and comfortable sitting areas for students to get together and enjoy the music. This is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 466-5049.

Karaoke singers take the stage

Come to the JBSA-Fort Sam Houston Medical Education and Training Campus Club Zero Tuesdays, 6-8:30 p.m., to sing Karaoke. Club Zero has a state of the art sound system and plenty of tunes to match everyone's singing style. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 466-5049.

Youth and Children

Preteens are fulfilled with summer camp

JBSA-Fort Sam Houston Youth Programs invites all youth ages 11-12 to register for summer camp through Aug. 21. Weekly activities include field trips to Natural Bridge Caverns, the USS Lexington, sports, games and more. For information, call 221-3630.

Children register for sports

Register children, 5-14 years, for JBSA-Lackland Youth Programs flag football and fall soccer July 1-31. Cost is \$50 per child and a current sports physical is required at sign up. Volunteer coaches are needed. For more information, call 671-2388.

Register children ages 5-18 for JBSA-Randolph Youth Programs flag football, cheerleading, volleyball and Lil Renegades soccer July 1-Aug. 14. The cost is \$50 for football, cheerleading and volleyball. Lil Renegades soccer for toddlers 3-4 years costs \$35 and is a six-week introductory sport. For more information, call 652-3298.

Before and afterschool programs keep children happy

Registration for the JBSA-Randolph Youth Programs' 2015-2016 "Before and After School" Program takes place July 13-17 for priority one: single/dual military assigned to JBSA and wounded warriors. Registration is July 20-24 for priority two: active-duty military or Department of Defense civilian assigned to JBSA with a working spouse or attending school full time. Registration for all others is July 27 until full. Paperwork is available July 8. Children must be 5 years old and enrolled in kindergarten. For more information, call 652-3298.

Youth enjoys programs for free

Celebrate recreation and summer fun by participating in JBSA-Randolph Youth Programs during July 13-18. There

is no membership card needed to participate during this week. Youth Programs has a lot of activities, programs, camps and classes for children to enjoy over the summer and during the school year. Stop by JBSA-Randolph Youth Programs, building 585, to learn more. For more information, call 652-3298.

Youth stay active

JBSA-Lackland Youth Programs hosts a fun-filled week of activities including ultimate Frisbee, badminton, team handball and other outdoor games to encourage youth to be active. This takes place July 20-24, 9 a.m. to noon, for children ages 9-12 and 1-4 p.m. for teens ages 13-18. Cost is \$20 per person. For more information, call 671-2388.

Toddlers and tots make friends

Register children 3-5 years for the JBSA-Randolph Youth Programs Part Day Enrichment Program. This program is designed to help children learn how to work in a group setting. Registration begins July 29 and the program begins Sept. 7. For more information, call 652-1140.

Everyone screams for ice cream

Invite a friend and cool off at JBSA-Lackland Youth Programs July 31, 7-9 p.m., with an ice cream bar, games and music. Cost is \$3 per person for children ages 9-12 with a membership card or \$5 per person without a membership card. For more information, call 671-2388.

Parents escape with a break

The JBSA-Lackland Youth Programs Give Parents a Break/Parents Night Out is July 31, 6:30-10:30 p.m. This program provides children, 5 (in kindergarten)-12 years, with activities, games, entertainment and snacks. The fee is \$25 per child with multiple child discounts or free with a GPAB referral. Preregistration is required. Late pickup is subject to a \$5 fee for first five minutes and \$3 for every minute following. For more information, call 671-2388.

JBSA-Randolph Youth Programs hosts Give Parents a Break/Kids Adventure Night July 11, 1-5 p.m. Registration is July 1-8. This event is held at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and older. Registration for GPAB waiver holders is free and all others pay \$25. There is a multiple child discount. For more information, call 652-4946.

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

Gate maintenance

Routine maintenance will take place at the Joint Base San Antonio-Randolph Main Gate from 7 a.m. to 2 p.m. Saturday. Traffic will be reduced to one lane inbound and outbound and drivers are asked to proceed with caution while passing the construction.

Football camp

A free football camp open to grades one through eight takes place 1-4 p.m. July 7 and 9 a.m. to noon July 8 at the Joint Base San Antonio-Randolph Rambler Fitness Center sports complex. Space is limited and sign up is on a first-come, first-served basis. Terrance Williams, Dallas Cowboys football player, will be instructing during the camp. To register, call 652-3298.

Sports physicals

The 359th Medical Group will perform sports physicals 8-11 a.m. Aug. 8. These exams are by appointment only for children between the ages of 10-18 years who are enrolled with the 359th MDG. Participants are asked to wear athletic attire and must be accompanied by a parent or guardian 18 or older. Required forms include:

- Completed school sports physical forms, available for download from <http://www.uil-texas.org/files/athletics/forms/preparticipation-physical-evaluation.pdf>.
- A current copy of shot or immunization record, which can be printed from <https://imr.afms.mil/imr/MyIMR.aspx>.

Other medical issues or medication refills will not be included in the sports physical.

Sports physical appointments can be booked by calling 916-9900 between 7 a.m. and 4:30 p.m. Monday through Friday.

Stars and Stripes 5K

Runners are invited to take part in a 5K at 7:30 a.m. Wednesday at Eberle Park. For more information, call 652-5971.

Spouse information fair

Joint Base San Antonio military spouses are invited to attend the Spouse Information Fair 9 a.m. to noon July 9 at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Spouses can meet and connect with more than 20 military and civilian agencies to learn about available services. Some of the agencies on site include legal assistance, health care providers, the 502nd Force Support Squadron, school liaison services and child care providers. For more information, call 221-2705.

Troops learn to teach

JBSA military personnel and veterans interested in becoming public school teachers may register for the Troops to Teachers workshop 1-3 p.m. July 11 at the JBSA-Fort Sam Houston Transition Assistance Program, building 2263. Topics include how to obtain certificates, how to identify financial aid sources, available internships and job placement opportunities. Registration is required and seating is limited. For more information, call 221-1213.

Drinking water quality report

All water suppliers must prepare a water quality report for their customers. This year's analysis was made by using data from the most recent U.S. Environmental Protection Agency required tests and will be available no later than Wednesday at the following link: <http://www.jbsa.af.mil/shared/media/document/AFD-150615-050.pdf>.

The drinking water on JBSA-Randolph meets or exceeds all federal drinking water requirements, and the overall quality of the water is excellent.

Children learn golfing skills at JBSA-Randolph golf camp

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Children at Joint Base San Antonio-Randolph learned how to play golf or bettered their golf skills at the Randolph Oaks Golf Course Junior Golf Camp held June 15-19.

Forty children, ages 6 to 13, took lessons from volunteer instructors and played a few holes on the course on the last day of the camp.

Clay Kauha, Randolph Oaks Golf Course pro shop manager, said the number of students in the camp increased from 2014, when 25 youngsters participated. The golf course members have hosted the junior golf camp for 20 years.

During the week-long camp, Kauha said the young golfers learned a variety of basic golf skills, including the proper mechanics for holding and swinging a club and iron, chipping and putting, golf safety and etiquette and sportsmanship.

He said the camp is geared towards children who are both beginning and experienced golfers and to help them maintain their interest in golf.

"We do this every year," Kauha said. "It's a lot of fun. This is to help promote the game. Hopefully, they will get involved and get their parents involved."

In addition to teaching the students golf skills, Kauha said instructors made the camp fun for the children by holding putting contests on the putting green in which the golfer whose ball was closest to the hole received a prize, including a sleeve of golf balls or a golf towel.

Kauha said instructors allowed the young golfers to play a few holes on the last day of the camp so that they could experience what it was like to play on a real course.

Justin Sandmann, 13 years old, Vittoria Castagnetto, 11 years old, both participated in the camp.

Sandmann said the skills he learned from the camp will help improve his golf game when he plays with his father, Capt. Chad Sandmann, who works at San Antonio Military Medical Center at JBSA-Fort Sam Houston.

"I've learned more about putting and chipping than I knew before," he said.

Sandmann said he plays golf because he finds the sport both relaxing and fun.

Castagnetto said she is looking forward to playing with her father and brother once she completed the camp. Her favorite part of the camp, she said, was when she got to hit golf balls on the long range to work on her concentration.

"I learned how to grip and how to hit properly," Castagnetto said.

Castagnetto said the camp's instructors were always willing work with her to improve her golf skills.

Billy Houston, a volunteer camp instructor, said he attended junior golf camp when he was 10 and 11 years old. By participating in the camp, Houston said it sparked his interest in golf, which led him to play on the golf team at Clemens High School in Schertz and currently on the golf team at the University of Texas at Dallas, where he will be a sophomore in the fall.

This is Houston's first year volunteering as an instructor at the junior golf camp.

"I like it because I see a lot of myself in these kids," he said. "I want them to have the same realization I had that you can play golf the rest of your life. I made some friends and established some bonds. I wouldn't be the same person if I hadn't started playing golf seriously."



Photo by Harold China

Billy Houston (right), volunteer golf instructor, coaches a child attending the Randolph Oaks Golf Course Junior Golf Camp June 17 at Joint Base San Antonio-Randolph.

Enrollment for Westover Medical Home begins Wednesday

By Lori Newman
Brooke Army Medical Center Public Affairs

The Westover Medical Home on the Northwest side of San Antonio is scheduled to open in August. TRICARE beneficiaries who would like to enroll at the new medical home can do so starting Wednesday.

"We encourage people to enroll as soon as possible, so they will be sure to obtain a spot at the new location," said Anthony O'Bryant, clinic administrator.

Beneficiaries who sign up for care at the new clinic will need to see their provider at the Joint Base San Antonio-Fort Sam Houston Clinic or the Taylor Burk Clinic at JBSA-Camp Bullis until the clinic opens.

"People may be a little inconvenienced in the interim, but we feel it will benefit them in the long term," O'Bryant said.

The 12,500-square-foot community-based medical home will house 13 board-certified providers with varied backgrounds and a multitude of experience to serve their patients. People will also have the benefits of on-site laboratory capabilities and a drive-through pharmacy.

The address is 10010 Rogers Crossing, which is located

off State Highway 151 and Westover Hills Boulevard.

"We use a team approach to health care with licensed vocational nurses, registered nurses and physicians all working together to take care of our patients," O'Bryant said. The clinic will see patients from two weeks old and up.

"We hope that the addition of this new patient-centered medical home on the Northwest side of San Antonio will be of great value to our military beneficiaries on that side of town," O'Bryant said.

"We want our military beneficiaries to take advantage of what military medicine offers. We want to be their first choice for health care," he added "Our intent is always to provide the best access to military medicine for our beneficiaries."

Westover is one of nearly a dozen military medical clinics across San Antonio and one of several community-based medical homes designed to offer convenient, high quality care to military families throughout the region.

TRICARE beneficiaries who would like to enroll to any of the clinic locations or move to the new Westover location can visit <https://www.humanamilitary.com/> or call 1-800-444-5445. Those people 65 years or older can call 808-2721 to enroll.



Courtesy photo

The Westover Medical Home on the Northwest side of San Antonio is located at 10010 Rogers Crossing, off State Highway 151 and Westover Hills Boulevard.

Cooking class continues with summer sessions, new name

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

A class designed to provide Airmen living in the dorm with cooking skills during the renovation of Joint Base San Antonio-Randolph's Rendezvous Dining Facility is now open to all Airmen E-4 and below.

Formerly called "Dorm to Gourm," the class has been renamed "Kitchen Addiction" and will continue through the summer with sessions scheduled July 17, July 30, Aug. 6 and Aug. 27 at the Human Performance Resource Center, building 999.

"We're responding to our customers," Shae Peters, 359th Aerospace-Medicine Squadron Health Promotions Program coordinator, said. "They've told us they'd like to see classes for Airmen who live off-base as well."

Airmen who live in the dorm may now use their meal cards to eat at the Kendrick Club while the DFAC is being renovated, but the Dorm to Gourm cooking class, which began April 3, was initiated to give Airmen another option.

Kitchen Addiction will build on the success of Dorm to Gourm, which Peters estimated was attended by more than half of the Airmen's dorm residents during its seven sessions.

"There were two or three times when we had to turn people away because we reached the maximum number," she said.

Peters said the Kitchen Addiction classes are based on the suggestions of students who completed surveys for the Dorm to Gourm classes. She said the young Airmen are interested in a hands-on approach to cooking healthy meals on a budget.

"The summer schedule encompasses all the feedback we've received," Peters said.

Upcoming class themes are "The Great Stromboli," "Chill and Grill," "Skirt Steak Pinwheels," "Crockpot Tres" and "The Great Gumbo Cook-Off."

Veteran chefs Dianna Ackerley and Paul Rossmeier will continue to provide their expertise during the summer classes, Peters said.

"They're giving students tips and techniques that are groundbreaking, with the latest kitchen tools," she said. "They're teaching safe cooking practices and showing students how to equip a kitchen.

The tips have been amazing."

Peters said the classes have been "a huge team effort" supported by the JBSA-Randolph Chiefs' Group, HPRC staff members, the chefs and Airmen themselves, who are providing assistance in areas such as marketing and helping to set up and clean up.

One of the Airmen will be an instructor during Kitchen Addiction. Airman 1st Class Sean Murgo, Air Force Personnel Center separation technician, will teach the class on "Skirt Steak Pinwheels" at 5:30 p.m. July 30 at the HPRC.

"I learned how to make stuffed mushrooms from a family recipe and skirt steak

pinwheels from a friend I made here at JBSA-Randolph," he said. "It is simple to make but sounds complicated and I am excited to teach everyone how to make one of my most famous dishes."

Murgo said the sessions have exceeded his expectations.

"My expectation was a class that taught how to prepare easy-to-make and creative foods, and it did that and some more, from learning to make sushi, omelets and lasagna to preparing fruits and vegetables," he said. "I have actually learned quite a bit from the class and am glad to be a part of it."

Airman 1st Class Ariana Rodriguez, 359th AMDS Aerospace and Operational

Physiology Flight technician and Team Randolph Airmen's Council president, said she has benefited from the classes professionally and personally. She has also helped with marketing.

"I've met a lot of people from the dorm by attending these classes, learned new cooking techniques and cooked with new utensils that I had no idea existed," she said. "I am very excited to see the program grow and expand in such a short amount of time and also hearing about all the great experiences, whether it's networking, socializing or eating healthier."

For more information on Kitchen Addiction, call the HPRC at 652-2300.



Photo by Melissa Peterson
Veteran chef Dianna Ackerley (right), teaches Joint Base San Antonio-Randolph Airmen healthy cooking habits on a budget while making sandwich wraps and pasta salads during the Kitchen Addiction cooking class at the Joint Base San Antonio-Randolph Human Performance Resource Center.