



WINGSPREAD

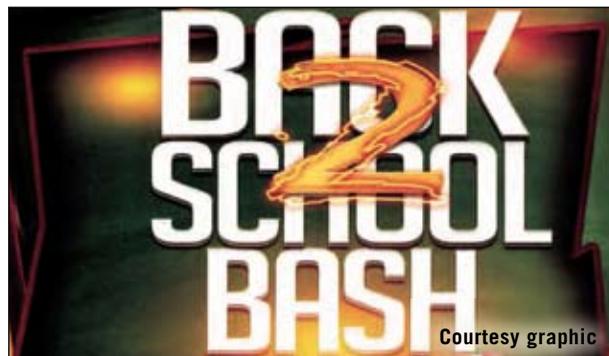


Jeremy Sebesta, 12th Operations Support Squadron air traffic controller, looks for incoming aircraft and birds June 15 at the Joint Base San Antonio Randolph East Control Tower.



Photo by Airman 1st Class Philip Bryant

Commander laid to rest, page 3



Courtesy graphic

FSS schedule of events, pages 7-10



Photo by Joel Martinez

Outstanding NCO of the Year, page 11

COMMENTARY

Every Airman important, deserving of respect

By Airman 1st Class Kristan Campbell
432nd Air Expeditionary Wing
Creech Air Force Base, Nev.

President Barack Obama once said, "Every single American – gay, straight, lesbian, bisexual, transgender – deserves to be treated equally in the eyes of the law and in the eyes of our society."

In light of June being LGBT Pride Month, the Air Force has made strides in how we regard these individuals, as both military members and human beings, since the repeal of the "don't ask, don't tell" policy in 2011. What used to be taboo has now become widely accepted by the Department of Defense.

Even though many in this age are accepting of these changes, things weren't always so easy for my better half, Emily, and I. When I met her, I had just arrived at Creech Air Force Base, Nev., and was balancing work, career development courses, on-the-job training, fitness and deployment readiness.

I made her acquaintance through a friend who worked with her in the 432nd Maintenance Squadron munitions flight. When we met, we instantly clicked and began dating after a few weeks of knowing each other.

We had many obstacles to overcome,

such as sharing our relationship with family, friends and co-workers. It was a process that was difficult and sensitive and we weren't sure what we would be facing, but we pressed on.

In the beginning, Emily's mom didn't take it well. Adding to our difficulties, she received orders for her first deployment three weeks out from the date of her departure.

For a while, it seemed like everything was against us. For Emily, the unwillingness of individuals to accept our relationship was perhaps the hardest part.

"People think it's not the same as loving someone of the opposite gender, and that there's something wrong with you," Emily said. "I've never once questioned it; I just knew how I felt and acted on it. It's not about gender, but how someone makes you feel."

Luckily, I was able to find strength and resiliency through my Air Force family. I will never forget the day I came out to my co-workers in my office.

Although it was a day I had anticipated, I was nervous to see their reactions. To my surprise, they gave me unwavering support and treated me with the same level of respect as everyone else in my shop.

My fellow Airmen and supervisors

checked on me regularly, offered me their help and let me lean on them when I needed it most. With the support of my shop, Emily and I were able to power through all our obstacles and remain hopeful, and eventually things became much easier.

These days, our families are more accepting of our relationship. Emily's mom messages me daily and we update each other continuously while Emily serves downrange.

For those who are going through similar struggles, I can only urge you to be proud of who you are, whether you identify as gay, straight, lesbian, bisexual or transgender. Coming out may seem hard at first, but it gets easier with time.

Everyone was made differently. We all think, look and feel differently and we interpret our lives through very unique lenses. As the president and other top leaders have said, everyone deserves respect and should be evaluated based on character and merit, not sexual preference.

Every Airman is important and has something unique to bring to the fight. Embrace what makes you different. Trust in your Air Force family and they will take care of you.

WINGSPREAD

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Diamond Sharp Award



Master Sgt. Robert Payne (left), 359th Medical Group first sergeant, presents Airman 1st Class Anna Patricia Ledesma with the Diamond Sharp Award June 14 at Joint Base San Antonio-Randolph. The Diamond Sharp Award recognizes Airmen who have actively demonstrated their commitment to the Air Force values or have gone above and beyond in helping others.

Photo by Joel Martinez

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Photo by Airman 1st Class Philip Bryant

Special tactics members pay their final respects to Lt. Col. William “Bill” Schroeder during his interment ceremony June 16 at Arlington National Cemetery, Va.

By Senior Airman Ryan Conroy
24th Special Operations Wing
Public Affairs

Two months after Lt. Col. William “Bill” Schroeder was fatally shot during an incident of workplace violence, the U.S. Air Force Honor Guard laid him to rest with full military honors June 16 at Arlington National Cemetery.

More than 100 family members, teammates and service members attended the service to honor Schroeder, who was the commander of the 342nd Training Squadron at Joint Base San Antonio-Lackland.

“As a professional, his calm demeanor, patience and genuine concern for everyone he came in contact with was unparalleled,” said Maj. Jay Syc, who served with Schroeder at the 10th Combat Weather Squadron at Hurlburt Field, Fla., and is a godfather to one of his sons. “He taught me how important it was to take care of my

men, to be there for them when they needed someone, and to stick to your morals and ethics no matter what the situation.”

But Schroeder, 39, of Ames, Iowa, was more than an Airman, a special operations weather officer and commander. He was also a dedicated father. According to those close to him, Schroeder and his wife, Abby, had two boys, whom he was deeply devoted to.

“Bill was the finest example of commander, leader, husband, father, and friend. He was amazing in all those roles. Bill always did the right thing the right way – especially when it was a tough decision,” said Maj. Jonathan Sawtelle, who served as his director of operations at 10th CWS. “Bill was patient, never vindictive, slow to anger.”

Growing up, Schroeder was an Eagle Scout, played football and basketball in high school and later enjoyed running marathons

See **COMMANDER P13**

12th Operations Support Squadron keeps aircraft flying at JBSA-Randolph

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

At Joint Base San Antonio-Randolph, hundreds of thousands of aircraft landings and takeoffs occur each year and the unit responsible for coordinating the large volume of air traffic is the 12th Operations Support Squadron Airfield Operations Flight.

The functions of the 12th OSS Airfield Operations Flight include air traffic control of incoming and departing aircraft and the maintenance, inspection and safety of the airfield, the runways and airspace surrounding JBSA-Randolph.

Lee Sims, 12th OSS Airfield Operations Flight chief, said the unit consists of 32 members, including 20 air traffic controllers, airfield managers and other personnel. The controllers coordinate air traffic at both the east and west flightline runways and the airfield managers are responsible for making sure the runways are safe for aircraft to take off from and land on.

“The airfield operations flight is responsible for taking care of all flying operations on the base,” Sims said. “We are responsible for the airfield itself – all the runways, taxiways, parking ramps, making sure we have a safe environment for aircraft to taxi, lines, signs and lighting. Anything that has to do with the movement of aircraft we are responsible for.”

With two runways, each with its own control tower, JBSA-Randolph has an average of 200,000 aircraft operations per year, takeoffs and landings, Sims said. Aircraft operations include T-38C Talon, T-6A Texas II and T-1A Jayhawk aircraft at JBSA-Randolph, as well as aircraft that fly in from other military installations.

Sims said JBSA-Randolph is the only installation in the Air Force to have two control towers.

“Based on the type of operations we have here, Randolph is actually the busiest airfield in the Air Force,” Sims said. “We have maintained that position over the last five years.”

The airfield is in operation from 7 a.m. to 7 p.m. Monday-Friday, with extended hours for night operations when required and twice a month on weekends for cross country training aircraft returns.

Jerry Molina, 12th OSS airfield management operations manager, said his airfield crew conducts inspections of runways, taxiways and lights in the morning before aircraft operations begin at 7 a.m. and periodic inspections during the day. The inspections range from checking to make sure there are no hazards or obstacles on and around the airfield to checking on grass height and runway markings.

Any problems that are spotted at the airfield are referred to the 502nd Civil Engineer Squadron.

If an aircraft emergency occurs, including an

engine or landing gear malfunction, Molina said the airfield crew alerts several JBSA-Randolph units, including JBSA Fire Emergency Services, the 12th Flying Training Wing, 902nd Security Forces Squadron and flight safety.

Geren Fawver, 12th OSS airfield manager, said the airfield crews check the airfield pavement to determine if it is strong enough for any aircraft that will use it and is not overstressed.

Keeping the airfield maintained and safe is important to the flying training mission at JBSA-Randolph, Fawver said.

“The airfield and airspace is our students’ classroom,” Fawver said. “We’ve got to maintain it so it’s safe and ensure the students have the proper environment to accomplish their training.”

Sims said air traffic control crews are responsible for the safe, efficient and expeditious movement of aircraft, including emergency helicopters that may have to fly through JBSA-Randolph’s airspace to take patients to area hospitals.

Air traffic control crews are qualified to work at both the east and west flightline towers. The east tower controls air traffic for the T-38C and T-1A aircraft and the west tower for T-6A aircraft. Crews rotate between the towers every two weeks.

See 12TH OSS P5



Photo by Airman 1st Class Lauren Ely

Jack Syers, 12th Operations Support Squadron airfield management operations manager, examines a damaged area of concrete on the flightline during an airfield inspection June 16 at Joint Base San Antonio-Randolph.



Photo by Joel Martinez

Christina Casey, 12th Operations Support Squadron controller in charge, oversees all operations June 15 at the Joint Base San Antonio-Randolph West Control Tower.



Photo by Joel Martinez

Gary Thompson, 12th Operations Support Squadron air traffic manager, monitors flight data June 15 at the Joint Base San Antonio-Randolph West Control Tower.

12TH OSS from P4

Air traffic control crews consist of a controller-in-charge, who oversees the entire crew and makes final decisions on landings and takeoffs; ground controller, who communicates with aircraft not on the runway; local controller, who talks to the aircraft on the runway and in the air; and flight data controller, who coordinates with the San Antonio International Airport on aircraft going out of JBSA-Randolph airspace and is the go-between for the local and ground controllers.

Gary Thompson, 12th OSS air traffic manager, said on very busy days at JBSA-Randolph there can be an average of 94 aircraft takeoffs and landings per hour.

Sims said air traffic controllers in the 12th OSS are mostly civilians who are Air Force veterans or retirees who received their training in technical school and passed a Federal Administration Aviation test to earn their certification.

Thompson said the average experience of an air traffic controller in the 12th OSS is 28 years, with an average of 9.5 years working at JBSA-Randolph.

Robert Calderon is a retired Air Force service member who has been an air traffic controller for 30 years.

"Every day is different," Calderon said. "I like the challenge and dynamic of it. You've got to make decisions, you've got to make them quickly and you got to get them right because people's lives depend on us and that is the challenge. Our job is to make sure the pilots go home safely to their families at the end of the day."

Christina Casey was the controller-in-charge June 15 in the East Tower. She said she acts as a second set of eyes in the control tower and helps coordinate emergency helicopters coming into JBSA-Randolph air space or Cessna planes that are used to monitor the natural gas pipeline surrounding JBSA-Randolph.

"This position is a heavy responsibility," Casey said. "It can get intense, and it requires focus, knowledge of facilities and air traffic rules."

Sims said he is grateful to members of the 12th OSS for the work they do.

"I can't express how blessed I am to have these professionals," he said. "I am completely in awe of them."

JBSA-Randolph holiday gate hours

On July 4, the Joint Base San Antonio-Randolph Main Gate will be the only gate open during regular hours. On July 5, the Main Gate will be open for regular hours and the South Gate will be open 6 a.m. to noon. The Visitor Center will be closed both days.

59th Medical Wing posts holiday hours

Due to the upcoming holiday and Air Education and Training Command family day, 59th Medical Wing clinics and pharmacies will be closed July 4 and 5.

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, seven days a week. The UCC can be reached at 292-7331.

Drinking Water Quality Report

Every year, all water suppliers that serve the same people year round must prepare a consumer confidence report, or water quality report, for their customers. The report tells customers where their drinking water comes from, what is in it and how they can protect it. Bioenvironmental Engineering demonstrates its commitment to public health protection and the public's right-to-know about local environmental information. The analysis was made by using the data from the most recent U.S. Environmental Protection Agency required tests and is presented at the following link: <http://www.jbsa.af.mil.aspx>. Mouse over the Information tab at the top, click on environmental. The water quality report for 2015 will be on the right hand side of the screen under the section titled "JBSA Environmental Documents." The report will be available no later than July 1. We hope this information helps you become informed about what is in your drinking water. Our Drinking Water on RAFB Meets or Exceeds All Federal EPA Drinking Water Requirements, and the overall quality of the water is excellent.

Joint Base San Antonio-Randolph News Briefs

Marriage Checkup

Joint Base San Antonio-Randolph Clinic behavioral health consultants are offering a Marriage Checkup as part of a research study sponsored by the U.S. Army Medical Research and Materiel Command. The checkup is offered to active-duty members and their spouses who would like to find out more about the health of their marriage.

The Marriage Checkup offers tools and resources to strengthen the marriage connection. Couples may receive compensation for participating in the study. For dates and times, call 446-8857 or email marriagecheckupusaf@gmail.com.

Pride month event

Participants will learn the origins of "Gay Pride and the Military" 11:30 a.m. Tuesday at the Pfingston Reception Center at Joint Base San Antonio-Lackland. This is a brown bag lunch event.

JBSA-Randolph Library

The Joint Base San Antonio-Randolph Library offers a host of resources to JBSA-Randolph members. Library hours are Monday-Thursday: 9 a.m. to

7 p.m.; Friday: 11 a.m. to 6 p.m.; Saturday-Sunday: closed; Story Time: Wednesday at 10 a.m. For more information, call 652-5578.

Dining facility to re-open

The Joint Base San Antonio-Randolph Dining Facility renovation is near completion. A grand opening is scheduled Aug. 11.

AAFES service station operational status

The following is an overview of the projected timeline to return the JBSA-Randolph AAFES Service Station to fully operational status:

- Regular unleaded is available at pumps 1-4; super unleaded is available at pumps 5-8; midgrade is not yet available.
- 502nd Civil Engineer Squadron repair of the asphalt surface around the service station takes place in two phases:

Phase 1 – The area behind pumps 4 and 5 should be nearing completion and all pumps are accessible.

Phase 2 – Projected date: through June 25 for the area behind the service station.



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

July

Bowling

Summer bowling offered to youth

The JBSA-Lackland Skylark Bowling Center invites youth to summer bowling through Aug. 17, 11 a.m. to 3 p.m. Children, 5-18 years, bowl Monday, Wednesday or Friday for \$1 per game. Shoes are regular price. For more information, call 671-1234.

July Fourth brings weekend special

Spend time in the air conditioning at the JBSA-Randolph Bowling Center July 2-5. The holiday rate is \$2.50 per game, per person and does not include rental shoes. The snack bar special is hot dogs for 50 cents, while supplies last. For more information, call 652-6271.

Bowling puts a band on the lanes

Come to the JBSA-Lackland Skylark Bowling Center and enjoy the Palacios Brothers play live on the lanes July 16, 7-10 p.m. This event is sponsored by Budweiser®. No federal endorsement of sponsor intended. For more information, call 671-1234.

Weekly lunch includes bowling

All JBSA Bowling Centers host a weekly No Tap Lunch Tournament. Stop by the JBSA-Fort Sam Houston Bowling Center Tuesday through Friday, 11 a.m. to 1 p.m.; the JBSA-Lackland Skylark Bowling Center Monday through Friday, 11 a.m. to 2 p.m.; and the JBSA-Randolph Bowling Center Monday through Friday, 11 a.m. to 2 p.m. Enjoy lunch and bowl. Cost is \$12 and includes a burger, fries and a drink, as well as three games of bowling in the nine-pine no tap tournament. \$5 from every entry goes towards the prize fund. The highest score from the previous week is paid the following Monday. For more information, call 671-1234.

Summer giveaway leads to prizes

Sign up for Summer Giveaway prizes at the JBSA-Lackland Skylark Bowling Center. The July giveaway is a San Antonio Spurs, Tony Parker, autographed basketball awarded July 29. Entry forms are presented when paying for bowling. Participants and the winner must be 18 years or older. Participants must bowl Monday, Wednesday or Friday, 11 a.m. to 3 p.m. to receive entry into the drawing. For more information, call 671-1234.

Clubs

Summer karaoke contest continues

The JBSA-Randolph Kendrick Club Summer Karaoke Contest runs until Aug. 19. At least 15-25 contestants are needed per week and sign up is 6-6:55 p.m. Select a song from a variety of 1,000 top tracks of different genres. The first contestant begins at 7 p.m. and is rated on a scale of 1-10 by a panel of three judges. Participants are scored

Wednesday nights and can compete weekly to increase their score. Contestants with the top 10 scores compete Aug. 19 for first, second and third place prizes. The first place prize is a 45-inch smart TV. Second place wins a tablet and third place wins a champagne brunch for two at the JBSA-Randolph Parr Club. For more information, call 652-3056.

Sky Lounge hosts live entertainment

Stop by the Sky Lounge in the JBSA-Randolph Parr Club for musical entertainment provided by the Tobias Band July 1, 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.

Bingo events held at the Club

Come to the JBSA-Randolph Kendrick Club for Bingo Extravaganza July 4. Play with \$15,000 in total jackpots and enjoy a complimentary buffet at 1:30 p.m. Early bird bingo is at 2 p.m.

The JBSA-Randolph Kendrick Club hosts Birthday Bingo July 12. Birthday members get one free machine, cake, champagne and lots of fun. This event is for Randolph Club members only. ID and club card are required.

Participate in Bingo Extravaganza July 18 at the JBSA-Randolph Kendrick Club with \$15,000 in total jackpots, a complimentary buffet at 5:30 p.m. and Early Bird bingo at 6 p.m. For more information, call 652-3056.

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. Pick up is 4-5:30 p.m., while supplies last. The July 6 menu includes rotisserie chicken, served with roasted potatoes, carrots and a dinner roll. 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.

Deck night offers food and fun

Join the JBSA-Randolph Parr club for Deck Night July 7, 5-8 p.m. Enjoy an evening of relaxation, flavorful food and live music. The bar is available 4:30-8 p.m., and the buffet is open 5-7 p.m. This event is open to all Department of Defense ID cardholders. Cost is \$8 for members, \$13 for nonmembers and \$6.50 for children 6-12 years. For more information, call 652-4864.

July 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 July birthdays are honored July 13, and 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 July, \$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 offers dinner specials

The JBSA-Lackland Gateway Club chef creates a special evening dining experience July 15 in the Mesquite Dining Room, 5-8 p.m., with satisfying menus for all. Cost is \$16.95 for members and \$18.95 nonmembers, unless otherwise stated. Enjoy blackened prime rib, rosemary red potatoes, asparagus spears with red peppers, salad and dessert. The July 22 menu includes Texas T-Bone topped with onion rings, seasoned steak fries, grilled corn on the cob, salad and dessert. July 29 features a special Surf and Turf menu with lobster tail, filet mignon, seafood linguine, roasted asparagus spears, salad and dessert; cost is \$23 members and \$27 nonmembers. For information, call 645-7034.

Music is played on the patio

Join the JBSA-Randolph Kendrick Club on the Nite Club Patio for music provided by the Show Band July 15, 6:30 p.m. For more information, call 652-3056.

Guests fly in to the Auger

Join the party at the JBSA-Randolph Parr Club Auger Inn for "old school" camaraderie, free light refreshment and great music July 22, 5 p.m. Meet neighbors, folks from other squadrons and leadership. There is no cover to join the fun. For more information, call 658-7445.

Customers are appreciated

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night July 26, 5-8 p.m., in the Fiesta Ballroom with entertainment provided by Doggin' Dave Productions. Cost is \$10.50 members and \$12.50 nonmembers. The menu includes Southwest chicken chili, potato salad, coleslaw, mesquite brisket with carver, smoked sausage with red and green peppers, barbecue chicken, fried chicken, bourbon baked beans, creamed corn, pickle spears, sliced onion, jalapeno peppers, green beans, cornbread, biscuits, peach cobbler with vanilla ice cream, strawberry shortcake and watermelon wedges. For information, call 645-7034.

July brings special bingo prize

Join the JBSA-Randolph Kendrick Club for bingo. Every time participants play the last game of the night and win the game, their name gets entered into the drawing that takes place in December. The prize is worth \$4,000. For more information, call 652-3056.

Community Programs

Oldies but goodies are at the Harlequin

Come to the JBSA-Fort Sam Houston Harlequin Dinner Theatre through July 23 to view "Those Oldies but Goodies" by Shawn Kjos. This is a musical revue with classic oldie groups including the Four Seasons, Beach Boys, the Chiffons, the Platters, the Crystals, the Drifters, the Rosettes, the Tokens, the Supremes and more. Make reservations today. Group rates are available. This show is sponsored by THE GUNN AUTOMOTIVE GROUP and Broadway Bank. No federal endorsement of sponsor intended. For more information, call 222-9694.

Fitness

Independence Day is celebrated with a run or walk

Join in the Stars and Stripes 5k run or walk July 1, 7:30 a.m., with the JBSA-Randolph Rambler Fitness Center at Eberle Park. For more information, call 652-7263.

Firecracker run held in honor of July Fourth

Celebrate independence July 8, 7:30 a.m. at the JBSA-Lackland Gillum Fitness Center running trails located on Security Hill. The run is open to Department of Defense ID cardholders. Runners may sign up the day of the event no later than 4:15 a.m. or at the Gillum Fitness Center. For more information, call 977-2353.

Indoor Biathlon offers encourages daily workout

Participate in the Indoor Biathlon July 11-15, during normal business hours, at the JBSA-Randolph Rambler Fitness Center. Each participant completes a 15-mile run and a 30-mile bike ride. Pick up a challenge booklet from Fitness Center staff. As each challenge is completed, have a fitness team member initial the item and move on to the next one. Once all activities are completed, turn the booklet in to staff. For more information, call 652-7263.

Triathlon comes with a challenge

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center and the Fitness Center on the Medical Education and Training Campus hosts a triathlon July 12, 7 a.m. This triathlon can be completed as an individual or as a relay team. Cost is \$20 per person and each team is responsible for their own bike. The triathlon consists of a 300-meter swim, 10-mile bike ride and a 2-mile run. For more information, call 221-4887.

Eight events decide the winner

Participate in the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Fitness Challenge Combine July 16, 9 a.m., next to the Fitness Center on the Medical Education and Training Campus. This event is free and includes a 40-yard dash, bench press, broad jump, vertical jump, 20-yard shuttle run, tire flip, medicine ball throw and an obstacle course. All Department of Defense ID cardholders may participate. For more information, call 221-1234.

Men and women lift to compete

Join the JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus for the 500- or 1,000-pound challenge July 23, 10 a.m. Lifts include bench press, squat and deadlift. This event is free and open to all

Department of Defense ID cardholders 16 years and older. Register at the Fitness Center on the METC by July 16. For more information, call 808-5709.

Golf

Golfers compete in a scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior four-person scramble July 1, 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.

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SPONSORS: CONTECO, UNICORP, JBSA-FSH, J4 FORCE

Firecracker open held

Join the JBSA-Fort Sam Houston Golf Course for the Firecracker Open July 4, 7:30 a.m. Cost is \$25 for members, \$35 for nonmembers and includes cart rental. The first 72 players to sign up receive a free patriotic flag cap. For more information, call 222-9683.

Independence Day comes with golf

The JBSA-Randolph Oaks Golf Course hosts a Red, White and Blue tournament July 4, with 7-9 a.m. tee times. This is an individual, low-net, low-gross tournament and a JBSA Cup qualifying tournament. Cost is \$10 plus green fee and cart rental. For more information, call 652-4653.

Individual stoke tournaments held

The JBSA-Lackland Gateway Hills Golf Course hosts the Red, White, Blue Tournament July 4, the Across the Pond Championship July 16 and the Gateway Hills Golf

Association Championship July 30. Cost is \$30 plus green fees and cart rental. For more information, call 671-3466.

Summer brings Randolph Dual

Compete in the JBSA-Randolph Oaks Golf Course Randolph Dual July 9-10, with 7-9 a.m. tee times. This is a two-person event, flighted based on Golf Handicap and Information Network® handicaps. The format is a scramble Saturday and a shamle Sunday. Barbecue, prepared by Carl Null and Son, is provided Saturday. Golfers who place in this tournament are given a gift certificate towards pro shop merchandise. Cost is \$90 for members and \$130 for nonmembers. For more information, call 652-4653.

Learners get golf ready

The JBSA-Lackland Gateway Hills Golf Course offers golf classes with four days of lessons, one day of play and three nine-hole rounds of golf with cart upon completion of class. Cost is \$150 per adult and includes clubs. Classes are July 12, 14, 19, 21 and 26, 6-7:30 p.m. For more information, call 671-3466.

Chef's Dinner Special

July 8
5-8 P.M.

Members \$16.95
Nonmembers \$18.95

Rib Eye Steak Grilled to Perfection
Topped with Garlic Butter, Baked Potato,
Corn-on-the-Cob, Salad & Dessert

JBSA-Lackland Gateway Club
Mesquite Dining Room 471-0771 • Bldg. 2490
www.MYJBSA-FSS-MWR.com

J4 FORCE SUPPORT SQUADRON

Golfers play with the pros

The JBSA-Randolph Oaks Golf Course hosts the British Open Blind Draw Tournament July 16, with 7-9 a.m. tee times. This is an individual, low-net, low-gross tournament. Scores are combined with a Professional Golfers Association pro from the British Open. Entry fee is \$10 plus green fee and cart rental. For more information, call 652-4653.

Scores are combined

Participate in the Professional Golfers Association Championship Blind Draw July 30, with 7-9 a.m. tee times,

at the JBSA-Randolph Oaks Golf Course. This is an individual, low-net, low-gross tournament and scores are combined with a PGA pro from the PGA championship. Entry fee is \$10 plus green fee and cart rental. For more information, call 652-4653.

Golf course hosts scrambles

Come to the JBSA-Lackland Gateway Hills Golf Course Wednesdays, 5:30 p.m., to play nine holes of golf scrambles. Teams are paired by blind draw. Entry fee is \$20 and includes green fee and cart rental. Prizes are awarded to the winners and closest to the pin. For more information, call 671-3466.

Information, Tickets and Travel

Fiesta brings a cultural experience

The JBSA-Lackland Information, Tickets and Travel and the JBSA-Randolph ITT offers discount tickets for Fiesta Noche Del Rio performed at the Arneson River Theater on the San Antonio River, Friday and Saturday, 8:30 p.m., through Aug. 13. Local artists perform the music, songs and dance of Mexico, Spain, Argentina and Texas. Cost is \$13.75 for adults and \$6.75 for children 6-14 years. Youth 6 years and under are free. For more information, call the JBSA-Lackland ITT at 671-3059 or the JBSA-Randolph ITT at 652-5142.

Circus comes to town

Discount tickets for the Ringling Bros. and Barnum & Bailey® circus are on sale at JBSA-Lackland Information, Tickets and Travel July 1-4. The show is at the AT&T Center and tickets are \$16, \$21, \$26 and \$41. For more information, call 671-3059.

Library

Story time is at the library

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. Story time helps reinforce a lifelong love of learning in children and includes stories, songs, rhymes and movement activities. A parent or caregiver is to remain in the library during story time. 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.

Readers read to win

The JBSA-Libraries Summer Reading Program "2016 Read for the Win" is open to all military-affiliated readers. Registration is ongoing, visit <http://www.jbsalibraries.org> or visit a local library to pick up a registration package. Through July 28, the JBSA Libraries hold weekly activities and give away prizes. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, 221-4702; JBSA-Lackland Library, 671-2673; and the JBSA-Randolph Library, 652-5578.

The 502d Force Support Squadron Presents
Monte Carlo Night July 22
 JBSA-Randolph Parr Club
 6:30-11 p.m.
 \$20 per person
 (Cost includes entertainment & hors d'oeuvres)
 Gaming: 7-10 p.m.
 Auction: 10-11 p.m.

Attendance is limited and reservations go quickly. Call 652-4864 starting July 1 to make reservations. This event is open to all DOD ID cardholders. Reservations/prepayments are required; no refunds issued after July 19, 4 p.m.

Have a chance to win:
 Two Large HD Flat Screen TV (1080p),
 tablets, fitness trackers,
 gift cards, gift baskets
 and more.

Logos: RBFCU, USAA, THE FORCE, SECURITY SERVICE, AIR FORCE, First Command, ICE, www.mysba-for.com

Small text: No federal endorsement of sponsors intended.

Military & Family Readiness

Co-parenting workshop fulfills court requirements

Children in the Middle is slated for July 6 and 20, noon to 4 p.m. at the JBSA-Fort Sam Houston Military & Family Readiness Center. Both dates must be attended in order to receive credit for the Texas court ordered requirements for divorcing parents. For more information, call 221-2418.

Service members pursue technical career

Transitioning service members attend the two-day Career Technical Training Track workshop to receive guidance in selecting a technical training school and fields, July 7-8, 8 a.m. to 4 p.m., at the JBSA-Fort Sam Houston Transition Assistance Program and at the JBSA-Randolph Military & Family Readiness Center. Dates for the JBSA-Lackland M&FRC workshop are July 18-19, 8 a.m. to 3 p.m. Participants review the application process for accredited career technical training institutions, identify requirements and Veterans' Affairs education benefits. Completion of the TAP-Goals Plans Success workshop is required before registering. For more information, call the JBSA-Fort Sam Houston M&FRC at 221-1213, the JBSA-Lackland M&FRC at 671-3722, or JBSA-Randolph M&FRC at 652-5321.

It starts with the arts at summer camp

The JBSA Exceptional Family Member Program offers a free week-long summer camp for EFMP youths of all types of disabilities and their sibling, 5-18 years. Camp is offered at the JBSA-Fort Sam Houston Dodd Field Chapel July 12-15, 9 a.m. to noon and at the JBSA-Randolph Religious Activities Center July 19-22, 9 a.m. to noon. Start with the Arts camp provides fun activities in music, dance, drama and visual arts. Registration is required and is

ongoing until the camps are full. For more information, call the JBSA-Fort Sam Houston Military & Family Readiness at 221-2705, the JBSA-Lackland M&FRC at 671-3722, or the JBSA-Randolph M&FRC at 652-3084.

Savvy planning helps prepare for retirement

The JBSA-Lackland Military & Family Readiness Center hosts an Investing for the Future workshop, July 12, 11:30 a.m. to 12:30 p.m., to debunk common myths associated with investing and explain how to invest for retirement while on a budget. Also attend the Social Security and You workshop July 18, 10 a.m. to noon, to review implemented changes to Social Security and how it may affect retirement. Registration is required. For more information, call 671-3722.

Parents prepare children for a new sibling

Review common reactions children may display when introduced to a new sibling July 13, 1-2:30 p.m., at the JBSA-Lackland Military & Family Readiness Center. For more information, call 671-3722.

New arrivals are welcomed to JBSA

Beginning in July, the Spouse Information Fair is held in conjunction with the Newcomers Orientation brief. Guests attend the JBSA-Fort Sam Houston Military & Family Readiness Center mandatory in-processing Newcomer's Orientation July 15, 8 a.m. to noon; participants must be seated by 7:50 a.m. Supporting agencies are onsite at 10:30 a.m. to meet with participants and spouses to discuss information one on one about available services. For more information, call 221-2705.

Buyers take control of car buying experience

Participants of the car-buying workshop review the ins and outs of car buying and predatory lending July 22, 10-11:30 a.m., at the JBSA-Randolph Military & Family Readiness Center. For more information, call 652-5321.

Stand-alone workshop available for warriors

Patrons exempt from the mandatory five-day Transition Goals, Plans, Success workshop must attend the Veteran's Affairs Stand Alone workshop, July 29, 8 a.m. to 2 p.m., at the JBSA-Randolph Military & Family Readiness Center to review critical VA programs and services. For more information, call 652-5321.

Preschool playgroup opens to school-aged children

The Helping Us Grow Securely playgroup for infants and toddlers opens to youth 11 years and younger during the summer to accommodate school-age families. HUGS meets Tuesdays at the JBSA-Fort Sam Houston Middle School Teen Center and parents must be present at all times. For more information, call 221-2418.

Outdoor Recreation

Concealed handgun licence class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides concealed handgun license classes July 2 and 16, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. To register for a class, visit <http://www.chlregistration.com>. 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 July 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.

Sunset cruises offered at the lake

Come to the JBSA Recreation Park @ Canyon Lake Friday evenings in July for a sunset cruise on the lake. Cruises are not available July 1. Cast off from the Hancock Cove Marina at 7:30 p.m. and take a scenic ride around the lake on the chartered pontoon boat. This ride lasts approximately one and a half hours as the lake is toured and the sunset falls over the hillside. Cost is \$10 for adults and \$6 for children 12 years and younger. Guests may bring drinks and snacks, but Styrofoam and glass are prohibited. Reservations are required. For more information, call 830-226-5357.

Youth and Children

Teens are live in Texas

Registration for the JBSA-Fort Sam Houston Teen Camp, Live in Texas, ends Aug. 19. Field trips include activities such as tubing, Stars basketball game, state parks adventures and trips to the movies. Painting with a Twist, Culinary Arts and Dance camps are also offered. Cost is \$130 per week and includes breakfast, lunch, snack and the weekly field trip. For more information, call 221-3502.

Summer camp is upgraded

Register youth, in sixth to seventh grade, for the JBSA-Fort Sam Houston Youth Programs Ultimate Summer Camps. Camps run through August and the Middle School Teen Center provides educational and recreational programs with week trips during the summer. Parents are required to register Middle School youth at Parent Central. For more information, call 221-4871.

Sports registration begins

Register youth for JBSA-Randolph Youth Sports July 1 to Aug. 19. Flag Football is for youth 5-14 years; cost is \$50 per child. Volleyball is for youth 9-19 years; cost is \$50. Cheerleading is for youth 5 years and older; cost is \$45. Lil' Renegades soccer is for youth 3-4 years; cost is \$35; this is a six-week introductory sport. Physicals and shot records are required at the time of registration. For more information, call 652-3298.

Facility closes for holiday

The JBSA-Lackland Youth Programs is closed July 4 in observance of Independence Day. Hours of operation for school-age care are reduced July 5 for the Air Education and Training Command family day and all recreational programs are closed. Programs resume normal operating hours July 6. For more information, call 652-2388.

2016 fall soccer registration begins

Register youth, 5-14 years for fall soccer with the JBSA-Lackland Youth Programs July 6-29, 8 a.m. to 3 p.m., Monday through Friday. Cost is \$50 per youth and parents must bring a current sports physical and shot records at

the time of registration. Practices begin Aug. 16 and the season runs September to November. Volunteer coaches are needed. For more information, call 671-2388.

Parents are offered a break

The JBSA-Lackland Youth Programs can give parents a much-needed break through the Give Parents a Break or Parents' Night Out program July 8, 6:30-10:30 p.m. Children, 5 years, and in kindergarten, to 12 years are provided snacks and entertained with activities and games. Cost is \$25 per child with a multiple-child discount or free with GPAB referral. Late pickup is subject to \$5 for the first five minutes, then \$3 for every minute after that. For more information, call 671-2388.

Youth dance in freedom

Youth, 9-18 years, are invited to join the JBSA-Lackland Youth Programs for a patriotic themed dance, the Star Spangled Slide July 8, 7-9 p.m. Cost is \$3 for members with a membership card or \$5 for guests without a card. Hot dogs and punch are served and snacks are available for additional purchases. For more information, call 671-2388.

Youth participate for free

Celebrate recreation and summer fun and participate in the JBSA-Randolph Youth Programs for free July 11-16. Youth Programs has a lot of activities, programs, camps and classes to enjoy over the summer and during the school year. For more information, call 652-3298.

Soccer academy encourages excellence

The JBSA-Fort Sam Houston Soccer Academy of Excellence Camp is July 12-21, 9-11:45 a.m. Youth 4-16 years may participate and camp is held on the soccer fields in the Dodd Field area. For more information, call 221-5513.

Specialty camps offered for summer

Youth 11 years and older are invited to participate in the JBSA-Fort Sam Houston Youth Programs specialty camps in building 2515. Space is limited and cost is \$15 per person, per weekly camp. Tennis camp is July 12, 13, 14 and 15, 4-5 p.m.; rotengo camp is July 14-28, 4-5 p.m.; painting with a twist camp is July 25, 27 and 30, 4-5 p.m. Participants must register Wednesday before the camp begins. For more information, call 221-3630.

Families are invited to Bistro Night

Dinner is served at the JBSA-Fort Sam Houston Youth Center July 14 and 28. After dinner, enjoy family game night or movie night. This event is free and reservations are required. For more information, call 221-4492.

First steps fall soccer registration begins

Registration for JBSA-Lackland Youth Programs First Steps fall soccer program is July 15-19. The program teaches basic fundamentals of soccer with gross motor movements of preschool and early school age children, 3-5 years. In addition, parents are required to participate as an extension of the instructor so that the element of fear is eliminated. The program is open for all Department of Defense children, on and off JBSA-Lackland. A current physical and immunization record are required at the time of registration. Cost is \$45 for six weeks of instruction, one hour per week. For more information, call 671-2388.

Basketball is played until midnight

Youth 11 years and older are invited to participate in Midnight Madness July 16, 7 p.m. to midnight, at the JBSA-Fort Sam Houston Youth Center, building 1630. Participation is free and youth in grades 6-8 play until approximately 9 p.m. Youth in grades 9-12 play until midnight. Healthy snacks are served during games. For more information call, 221-3502

Flag football and cheerleading registration begins

Register youth for flag football or cheerleading beginning July 18 with JBSA-Fort Sam Houston Youth Programs. Cost for each sport is \$50 per child. Registration is held at Parent Central, building 2530, on Funston Road or at the Youth Center, building 1630. Shot records and a health assessment are required at the time of registration. For more information, call 221-5513.

Youth register for before and after school programs

Register youth for the JBSA-Fort Sam Houston Youth Programs Before and After School Program for 2016 to 2017. Priority one registration is July 18-22 and includes single and dual military parents assigned to JBSA and Wounded Warrior. Priority two registration is July 25-29 and includes active-duty military or Department of Defense civilians assigned to JBSA with a working spouse or a spouse attending school full time. All other priorities may register Aug. 1 until registration is full. Paperwork is available July 15 and a copy of shot records and a health assessment is required at the time of registration. Children must be 5 years and enrolled in Kindergarten to participate. For more information, call 221-4871.

Register youth for the JBSA-Randolph Youth Programs Before and After School Program July 19-22 is for Priority 1. July 26-29 is for Priority 2 and Priority 3 begins Aug. 1 until full. Registration paperwork and priority definitions are available July 8 at <https://www.myjbsa-fss-mwr.com>. A copy of current shot records and a Leave and Earnings Statement is required to register. Children 5 years, and enrolled in Kindergarten, and older must register at the Youth Center, building 585, 9 a.m. to 5 p.m. For more information, call 652-3298.

Youth celebrate J.K. Rowling

Join the JBSA-Fort Sam Houston Youth Programs in celebrating J.K. Rowling's birthday July 25-29, 3 p.m. Watch a Harry Potter movie each day and enjoy cake and ice cream Friday. For more information, call 221-3502.

STAY CONNECTED

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

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



Budget analyst earns AFRC's Outstanding NCO honor

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Tech. Sgt. Gilberto Hernandez, 340th Flying Training Group budget analyst, may have been the most surprised person in the room when he received one of the Air Force Reserve Command's most prestigious awards in April.

"I was shocked that I won," he said. "I never shook so many hands in my life."

Hernandez, 340th FTG financial management budget analyst, who led the processing of more than 25,000 military pay transactions with a 98.6 percent accuracy rate in 2015, was announced as the AFRC's Outstanding NCO of the Year for 2015 at a banquet April 16 in Jacksonville, Fla. He advances to represent the command in the competition for Air Force Outstanding Airman of the Year honors.

"I was very humbled to receive the award for AFRC's Outstanding NCO of the Year," Hernandez said. "There are many outstanding NCOs in the Air Force Reserve all across the country. To be named as the overall outstanding NCO is an honor and legacy I will try my best to live up to as the winners before me have done. I am truly grateful and appreciate that my peers and superiors believe I belong in this prestigious group."

Hernandez' supervisor, Master Sgt. Amy Whitman-Rector, 340th FTG Financial Analysis Section chief, called him an asset to the 340th FTG, AFRC and Air Force.

"Hernandez is the epitome of hard work, discipline and dedication," she said. "This is evident in not only the fact that the 340th FTG consistently far exceeds AFRC standards for military pay, but also in the manner in which he carries himself



Photo by Joel Martinez

Tech. Sgt. Gilberto Hernandez (left), 340th Flying Training Group NCO of the year, briefs Maj. Thallas Lumpkin, 340th FTG comptroller, June 15 at Joint Base San Antonio-Randolph.

and provides leadership and mentorship to those around him."

In addition to providing support and leadership to the 340th FTG, Hernandez excelled academically, Whitman-Rector said.

"Hernandez diligently completed Community College of the Air Force course work, Department of Defense financial management certification and Certified Defense Financial Management in minimal time and far ahead of both his peers and leadership," she said. "He set the training/certification bar for 340th FTG financial management."

Whitman-Rector also recognized Hernandez for his contributions to the community.

"He devotes hundreds of hours to

youth in his community by voluntarily teaching youth investment courses, being a Big Brother and providing leadership and guidance to young Airmen inbound to basic training through his volunteer work with San Antonio United Service Organizations," she said. "This is all a mere drop in the bucket of everything Hernandez has accomplished or been involved with."

Among Hernandez' accomplishments as budget analyst were his designation as a superior performer during the 340th FTG's compliance evaluation inspection; creating permanent-change-of-station and temporary-duty processes for flight training programs, which expedited \$53,000 in pay to students; and developing inter-

agency cross-talk, which resulted in quicker start-pay and mitigated hardships on members. He was also pivotal in the development of bonus pay procedures, helping to eliminate a three-month backlog and reduce processing times by 75 percent.

Hernandez, who grew up in Del Rio, Texas, before moving with his family to Louisville, Ky., attended the University of Louisville for two years and enlisted in the Air Force, serving as a munitions systems specialist.

After separating from the Air Force four years later, he became a U.S. Border Patrol agent while serving with the Air National Guard and later pursued a finance degree at the University of Texas at San Antonio. He joined the Air Force Reserve in 2012 and assumed a contracting position at San Antonio Military Medical Center, which led to his present position.

Hernandez, who is married and the father of a three, credited his life experiences, especially honing his communication skills as a Border Patrol agent, with his success as a budget analyst.

"You have to be 100 percent customer service-oriented," he said. "You have to treat everyone's pay like it's your own."

Hernandez said he was able to provide "a pair of fresh eyes" when he started his present job.

"I saw areas we could improve on," he said. "We were able to develop a better customer service relationship with our geographically separated units. We also established better timelines for pay document submission with fewer errors."

Hernandez also credited his success to the colleagues in his office for working together as a team.

New command chief joins JBSA team

By Senior Airman Krystal Wright

Joint Base San Antonio-Lackland Public Affairs

The 502nd Air Base Wing and Joint Base San Antonio community welcomed a new command chief who believes teamwork will be key to the continued success of the wing.

Chief Master Sgt. Brion Blais, a career explosive ordnance disposal technician, assumed responsibility for the morale, welfare, professional development and combat readiness of the joint force across JBSA in May. Since arriving here, he has made strides in continuing the 502nd ABW and JBSA mission of becoming the premier joint base in the Department of Defense.

“My first priority as the JBSA command chief is in line with our mission statement and is to ensure we have the trained and equipped force necessary to deliver unrivaled installation services and support to the 266 mission partners that call JBSA home,” he said.

“Additionally, I will be focusing on the professional development of our workforce and the repositioning of our service members and their family from military life to civilian life,” he added. “For the professional development, I don’t want to focus on just the enlisted force but also our civilian workforce and officers. I think that our junior force don’t get the professional development attention that they need, so I am going to constantly focus on that.”

In addition to ensuring the total force of JBSA has the resources they need to complete their particular mission, the command chief considers taking care of families as equally important and “part of being in the Air Force and the military.”

“The JBSA community can expect that I will always advocate for the resources they require to do their job and the services they need to take care of the families,” Blais said. “I want to get the appropriate resources to their units. I also want to make sure we have the morale, welfare and recreation programs and facilities; medical facilities; child care; and similar things they need to do their job and keep their families safe and secure.

“In turn, I expect them to keep foremost in their minds that we are entrusted with vast responsibility and have all taken a vow to serve our country; not as we see fit, but as those appointed over us ask us to,” he added. “Also, that we be the same service members out of uniform as we are in uniform.”

The command chief, who has served in the Air Force for 22 years, is no stranger to working in joint environments and he brings a wealth of knowledge and experience he hopes will further instill the team concept throughout JBSA and its mission partners.

“My leadership philosophy has always been simple: you will succeed as a team or fail as a team,” he said. “So, put as much energy into those around you as you do for yourself. If you do so, you will be blown away by what your team can accomplish. Successful leaders always note that they were recognized for the accomplishments of their units. If you build a winning team, you cannot help but succeed.”



U.S. Air Force photo

Chief Master Sgt. Brion P. Blais is the command chief master sergeant for the 502nd Air Base Wing and Joint Base San Antonio, which spans more than 64 miles and is comprised of 266 mission partners with more than 80,000 employees.

At the beginning of his Air Force career, he encountered one such situation, which first taught him that concept.

“I went through a naval technical training school,” Blais recalled. “I was there with the Army, Marines, Navy and Air Force. All of us were in a small classroom and it really was a team environment. Our class was 8 ½ months long and we all made sure we made it through together.

“That really instilled the team concept in me and I have really seen it throughout my career,” Blais continued. “I can honestly say that I would not be here if not for the people who worked for me and I have worked with. My accomplishments are a direct result of working in teams. When you surround yourself with people who are successful, you tend to rise to their level.”

To help the JBSA enlisted force to similar success, the new command chief provides a few tidbits of wisdom.



“My nuggets of advice for Airmen in today’s Air Force is broken into two messages. For those more seasoned, I would say that change is not good or bad; it is just inevitable. We need to get over the resistance to change and shape the result we desire. For my younger Airmen, I would say that the Air Force is a cross section of our country; it is filled with different generations, backgrounds and experiences. If you want to be successful, be open-minded and learn something from everyone.”

Chief Master Sgt. Brion Blais

*502nd Air Base Wing and Joint Base San Antonio
command chief master sergeant*

“My nuggets of advice for Airmen in today’s Air Force is broken into two messages,” Blais said. “For those more seasoned, I would say that change is not good or bad; it is just inevitable. We need to get over the resistance to change and shape the result we desire. For my younger Airmen, I would say that the Air Force is a cross section of our country; it is filled with different generations, backgrounds and experiences. If you want to be successful, be open-minded and learn something from everyone.

“To be the premier installation in the DOD is a tall order, but we will rise to the challenge,” he said. “With the fiscal challenges our government is under and the threats to our way of life, we do our job more efficiently and effectively where we can, but we must also innovate new ways to reach our goals, even if it means a drastic change to the way we do our mission. Do not avoid the tough challenges; instead, dig in deeper.”

Respect the flags: Stay cool, hydrated this summer

By Jose T. Garza III

Joint Base San Antonio-Lackland Public Affairs

Heat stress can leave people regularly involved in outdoor working environments or outdoor recreational activities in many various hot predicaments.

Exposure to high temperatures or extreme humidity can result in heat stroke, heat exhaustion, heat cramps or heat rashes.

As part of the Air Force's 2016 Summer Safety Campaign initiative that runs from Memorial Day to Labor Day weekend, Roy Gutierrez, 37th Training Wing occupational safety specialist, urges the public to stay hydrated and listen to their bodies when outdoors this summer during work or leisure.

"You should drink water in moderation before, during and after work or play," he advised. "For people who work outdoors or in a heated environment, they need to breaks in shaded or air-conditioned environments to prevent heat injury situations."

According to the National Institute for Occupational Safety and Health, symptoms of heat stroke, which occurs when the body is incapable of controlling its temperature, include:

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures and coma

Heat stroke can develop as a result of heat exhaustion or heat cramps when the body's response to excessive water and salt loss comes from sweating. Heat exhaustion is also a potentially dangerous condition and symptoms include:

- Rapid heart beat
- Massive sweating

- Acute weakness or fatigue
- Dizziness
- Nausea and vomiting
- Irritability
- Fast and shallow breathing
- Slightly elevated high temperature

Heat cramps can produce muscle cramps, pain or spasms in the abdominal area, arms and legs.

Individuals showing any symptoms of heat stress should be moved indoors or into shade. If they are wearing outer garments, such as a uniform top, it should be removed to help cool the individual down, Gutierrez advised.

"If they are wearing vests, jackets, protective gear and hats, put them in the shade to cool their bodies," he said. "If you can, get them in an air conditioned environment, fan them and use wet towels to cool their bodies and restore their normal body temperature."

If an individual shows signs of extreme heat stress, or if removing them from the environment does not improve their symptoms, members are encouraged to call 911 or transport them to a nearby medical facility.

At Joint Base San Antonio locations, the bioenvironmental engineering flights assess heat stress conditions and dictate the appropriate flag conditions/heat category according to the Wet Bulb Globe Temperature Index. The WBGTI temperature is calculated by measuring air temperature, humidity, air speed and radiant heat. The results of these measurements are used to determine one of the following heat stress categories or flag conditions and JBSA members must adhere to these guidelines.

White Flag: The white flag is the lowest heat condition. It has no restrictions attached and allows strenuous activities

HEAT CONDITION CATEGORY CHART

RISK	TEMP	RISK MITIGATION	HEAT INJURY SIGNS AND SYMPTOMS
White Flag MINIMAL	< 82 WBGT	Time to exercise! Drink water/sports before/after exercise	Recognize early symptoms and take appropriate action to prevent serious heat disorders in yourself and others.
Green Flag LOW	82-84.9 WBGT	Drink at least 1 qt of water/ sports drink every 20 min	Recognize early symptoms and take appropriate action to prevent serious heat disorders in yourself and others.
Yellow Flag MEDIUM	85-87.9 WBGT	Take rest breaks during exercise and keep drinking fluids	HEAT CRAMPS LIKELY: Painful contraction of muscles, weakness
Red Flag HIGH	88-89.9 WBGT	Consider reducing workout intensity	HEAT EXHAUSTION LIKELY: Dizziness, nausea, vomiting, headache, fainting, disorientation, weakness
Black Flag EXTREMELY HIGH	> 90 WBGT	Extreme Caution! Exercise indoors in a cooler setting	HEAT STROKE HIGHLY LIKELY: Extremely high body temp, confusion, convulsions, unconsciousness, death

CAUTION: If you experience a heat related injury, call 911 immediately! Move to a shaded area and treat for shock (lie down, cool body with cold compresses, elevate feet)

without rest.

Green Flag: This condition is in effect between 80 and 84.9 degrees. This flag allows supervised heavy exercise outdoors with a 30-minute rest every half hour.

Yellow Flag: This condition is in effect when temperatures rise from 85 to 87.9 degrees. While under a yellow flag, the same 30/30 rest-work rule applies. However, personnel who are not acclimated to the area should refrain from these activities.

Red Flag: A red flag is raised when the temperature reaches 88 degrees. While in this condition, extreme caution should be used when working outdoors. After 20 minutes of work, a 40-minute rest should be taken.

Black Flag: When the WBGTI reaches 90 degrees, a black flag is in effect. While under black flag conditions, all non-essential outdoor physical exercise should be postponed.

Heat injury prevention is of high importance across JBSA, as South Texas temperatures remain well over 90 degrees during the summer season. Also due to the vigorous training mission at JBSA which includes Air Force Security Forces training, Air Force Basic Military Training, the Department of Defense Medical Education and Training Campus and several others, heat safety is paramount.

Supervisors are encouraged to stay educated on thermal injury signs and symptoms; first aid procedures; work and rest; work and warming cycles; additive effects of personal protective equipment; and the importance of proper hydration.

Members can call their respective 502nd Air Base Wing Safety Offices with any questions or concerns at: JBSA-Randolph, 652-1842; JBSA-Lackland, 671-5028 or JBSA-Fort Sam Houston, 221-4543.

COMMANDER from P3

and ultra-marathons, which Sawtelle said reflected his careful and patient nature.

Later, he became one of the few special operations weather officers leading special tactics Airmen and was the officer component of the world's only tactically trained meteorological force.

"He was a commander who cared about his people more than anything else. Everything he did was focused around the Airmen," said Chief Master Sgt. Shane Wagner, who served as his chief enlisted man-

ager at the 10th CWS. "He was someone you could count on to be there when you needed him. He would never say no when you needed help.

"As an enlisted person, there are very few people that I would say I would follow anywhere, and Col. Schroeder is one of them," Wagner added.

Schroeder recognized a perilous situation developing in his unit and reacted swiftly by putting himself between an armed individual and his first sergeant. In the process, he saved the lives of other squadron members

while being fatally wounded.

The events that took place that day are still under investigation, but Schroeder was posthumously awarded the Airman's Medal, given to those who distinguish themselves by a heroic act in a non-combat situation.

Schroeder entered active duty in July 1999 and in addition to an Airman's Medal, he had earned a Bronze Star, two Joint Service Commendation Medals, two Air Force Commendation Medals, the Defense Meritorious Service Medal and three Meritorious Service Medals.