



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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JBSA firefighters hone skills during night training

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Firefighters from Joint Base San Antonio-Randolph Fire Emergency Services extinguish an aircraft engine fire Oct. 17 at the Camp Talon fire training grounds on JBSA-Randolph.



Photo by Airman 1st Class Dennis Hoffman

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COMMENTARY

'Good night, love you, see you in the morning'

By Senior Airman Rose Gudex
21st Space Wing Public Affairs
Peterson Air Force Base, Colo.

I used to say "I love you" every night to my mom when I was a child. As I became a temperamental teenager, those words were said less often and then not at all as I began to notice my family wasn't like anyone else's.

At the time, I did not realize how important it was to have a support system. I also didn't understand the concept family does not have to be related and could be anyone who cared enough to make sure you were OK.

I strived to be everything I could be. My father was back home on the farm, drinking his sorrows away or passed out cold somewhere in the barn. I did everything I could to be anywhere but there.

I thought if I excelled in school, if I was a student leader, worked hard at my after-school job, it would cancel out the negativity at home and validate my self-worth. Maybe then my dad would stop drinking, stop shouting at me and telling me I wasn't good enough.

My mother didn't spend much time with me either. She didn't come to my after-school activities, help me do my hair for prom or make sure I applied to colleges. We didn't have a bad relationship, but it seemed non-existent to my younger self.

She just shut down and, at the time, I didn't understand. It wasn't until years later, when I was hours away in college, that I realized the strength it took to keep her composure as well as she did.

After 4½ of college, I graduated with my bachelor's degree and didn't need any help. Still, I felt compelled to be part of something larger than myself and decided to join the Air Force. I breezed through basic and technical training, where I became a photojournalist. Not long into my Air Force career, my life changed once again.

I was sexually violated. After a lengthy process set in place to ensure justice was served, the individual was acquitted and I had to learn from it and move on as best I could.

That was a major obstacle I never imagined I would have to endure.

I thought I had no one and tried to pretend it never happened. I felt guilty, worthless and more alone than ever.

It took a coworker noticing something was wrong for me to realize I wasn't as alone as I felt. It strengthened my conviction to do what I felt was right. As evidence was collected and interviews conducted, my peers started to judge me based on what they assumed took place, and I bared my soul for everyone to hear during the legal process.

In the midst of all that, I found out my mom had cancer.

Luckily, I finally began to understand I had wingmen on my side. My entire chain of command was supportive and there for me if I needed anything. I realized family doesn't necessarily mean we share the same DNA. When I raised my right hand and recited the oath of enlistment, I entered a family of brothers and sisters who had my back, no matter what fight I was in.

In an attempt to get my life back under control, I began kickboxing. The tighter I strapped the gloves and the harder I struck the bag, the better I felt. The more I worked out, the smoother the days and nights became.

It wasn't long before I was working out simply because I enjoyed it. It felt good to be strong again.

The strength I felt didn't last as long as I had hoped and life threw another hurdle at me. This time I knew I was part of a strong family and had Airmen I could look to for support – and I certainly needed it.

Just after I returned from an extended temporary duty and right before I tested for promotion, my mom's cancer worsened. She was hospitalized and I thought that was it. I thought I was about to be a 26-year-old without parents because one decided to not be part of my life and the other lost a long, hard-fought battle with a horrible disease.

Instead, she was released from the hospital, which was good news. The downside was she went home with hospice care, which wasn't such good news. I remember the conversation like it was yesterday because I was outside the office on a rainy afternoon and couldn't distinguish the tears from the rain on my face. Hospice care meant there was no light at the end of the tunnel.

From my past experiences, I knew to keep leadership informed and when I did, I was immediately asked how they

could help. I soon flew home to be with my brothers and mom before I missed my chance.

I spent time doing all the things that annoyed me as a moody teenager. I did my mom's laundry, I cooked, I washed dishes and I cleaned the house, but this time I wanted to do those things. We went out for fresh air and I pushed her wheelchair wherever she wanted to go. Her fatigue and the slow deterioration of muscles was hard to see in a woman I had come to realize was strong as an oak.

For several months I sat at work wondering every day if that was the day the call would come requesting my presence back home. Each day I talked to her on the phone, I could hear the shakiness in her voice. There was fear where there used to be strength.

I felt completely helpless because there was absolutely nothing I could do to make things better or easier for her. On the good days, I talked to my mom about what Harry Potter movie she watched or the crazy things my niece and nephew were up to. On the bad days, I called my wingman and cried.

I knew I finally had a support system there for me when I needed it. I have wingmen in my close friends, coworkers and leadership. When the time came, all I had to do was reach out to my Air Force family.

When the call came, I was on the soonest flight to my mom's side. I have never had anyone squeeze my hand so hard as when I told my mom I was there for her and not going anywhere. I watched my mom decline in front of my eyes, spent the night with her as life left her body and her grip on my hand loosened. As her breathing slowed, I caught myself holding my own breath. Then it stopped.

I knew it was coming, but I wasn't prepared to say goodbye to the woman who stood silently behind me, supporting me. I wasn't prepared to say goodbye to the woman who taught me how to be strong through everything.

It wasn't until I returned to Colorado that I realized even the strongest people need support sometimes and it's OK to ask for it. My mom never asked for anything until the very end and I'm happy I was able to be there for her.

Good night, mom. I love you.

WINGSPREAD

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Live fire training helps JBSA firefighters hone skills

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Fires roared on the east side of Joint Base San Antonio-Randolph three nights last week, providing a realistic scenario for an important training exercise that is repeated at least twice a year.

Attired in full gear, JBSA-Randolph Fire Emergency Services firefighters engaged in live fire training, battling blazes in and around a large metal aircraft mockup, the focal point of the Camp Talon fire training grounds near the recycling center.

Although aircraft fires are rare at JBSA locations, engaging in ARFF – aircraft rescue and firefighting – training gives firefighters the ability to successfully contain and extinguish blazes should they occur on or off base.

“The purpose of the aircraft live fire training is to provide a realistic and safe opportunity for firefighters to apply techniques learned and honed throughout their careers,” said Mark Ledford, JBSA FES chief.

The mockup, which uses a much safer and cleaner-burning propane system instead of diesel or jet fuel, is designed to simulate fire in engines, auxiliary power units, batteries, cargo areas and flight decks, Ledford said.

“What’s really unique is the person controlling the fires can create differ-



Photo by Airman 1st Class Lauren Ely

Firefighters from Joint Base San Antonio-Randolph Fire Emergency Services extinguish an aircraft engine fire Oct. 17 at the Camp Talon fire training grounds on JBSA-Randolph.

ent scenarios so we can exercise various types of aircraft configurations,” he said. “As the firefighters apply firefighting agent, the fires can be reduced or if they don’t use the correct techniques, the fires can increase or spread to other areas.”

Firefighters attend to various tasks, including driver duties, approaching the aircraft, preparing a rescue path, putting boots on the ground and advancing on the fire if it’s safe to do so, said Cliff Martinez, JBSA-Randolph FES section

chief. They also practice fire stream maneuvers, such as how to apply foam, and fight fires involving flammable and combustible liquids. Foam is not used during the live fire training, but techniques are discussed in great detail.

“Our first priority is life, then property,” he said.

Teamwork and safety are essential, Martinez said.

“We work on overall communication – how to work together as a team,” he said. “Even in training, it’s still a dangerous situation, so safety is a main consideration.”

Ledford also emphasized the importance of safety in live fire training.

“There is always a safety officer assigned and a team of firefighters standing by in full gear,” he said.

Live fire training prepares firefighters for many scenarios, said Tech. Sgt. Jared Rhodes, JBSA-Randolph assistant chief of training.

“We have aircraft here, so we have to have the ability to do live burns,” he said. “Fires can happen anywhere – on or off base. That’s why we also try to do exercises with surrounding communities.”

In addition, live fire training gives firefighters the opportunity to practice under controlled conditions, Ledford said.

See TRAINING P11

By Randy Martin

12th Flying Training Wing Public Affairs

Air Force Secretary Deborah Lee James met the first four students to participate in the Enlisted Pilot Initial Class, or EPIC, during a visit to the Air Force’s Initial Flight Training school Oct. 17 at Pueblo Memorial Airport in Pueblo, Colo.

The three master sergeants and one technical sergeant began a class with 20 recently commissioned officers Oct. 12 and will continue their remotely piloted aircraft, undergraduate flight training at Joint Base San Antonio-Randolph, Texas later this year. Two more groups of four enlisted Airmen, also fully integrated with commissioned officers, will follow the first EPIC students later in the fiscal year.

The Air Force announced the initiative to integrate the enlisted force as RPA pilots Dec. 17, 2015, starting with the RQ-4 Global Hawk.

During her walking tour of the training facilities, James congratulated students on becoming the

newest “pioneers” in a career field that is new, vital, and growing.

“The integration of enlisted RPA pilots into RQ-4 Global Hawk operations is part of a broader effort to meet the continual RPA demands of combatant commanders in the field, ensuring they are provided with intelligence, surveillance and reconnaissance capabilities in their areas of responsibilities worldwide,” James said.

“It’s always great when senior leaders come to see what we’re doing on the ground level,” said Master Sgt. Travis, a student in the first enlisted pilot class. “I really like the direction that she shared with us and the direction she wants to go.”

IFT is given by instructors at the 1st Flying Training Squadron in Pueblo under the 306th Flying Training Group at the U.S. Air Force Academy in Colorado Springs.

(Editor’s note: Only first names were given because the Air Force limits disclosure of identifying information to first names for all RPA pilots and sensor operators throughout their careers.)



Photo illustration by Randy Martin

Secretary of the Air Force Deborah Lee James poses with the first four Enlisted Pilot Initial Class students in the U.S. Air Force Initial Flight Training School Oct. 17 at Pueblo Memorial Airport in Pueblo, Colo.

Energy conservation: choose Energy Star approved models

By Jerry McCall

JBSA-Fort Sam Houston Energy Manager

We hear a lot about “Energy Star” these days, but what does it really mean? It’s one of the Joint Base San Antonio energy policy requirements when choosing new or replacing old equipment and appliances, after all.

I decided to do a little research and find out. The first thing I did was search the Internet for “Energy Star” – profound, huh? Google came up with 917 million results with the first non-commercial one being the Energy Star home page (<http://www.energystar.gov>), which tells me Energy Star “is a government-backed program helping businesses and individuals protect the environment through superior energy efficiency.” That sounds logical.

Now I have several choices for more information: Find Energy Star Products, Energy Star Qualified, About Energy Star, Federal Tax Credits, Rebate Finder and Buildings and Plants.

Let’s look at “About Energy Star.” This contains information on how much mon-



ey the program has saved us in home and business and how much it has protected the environment.

I want to know more about what it means if a product has an Energy Star label though, so I’m going to check out the “Energy Star Qualified” choice. Here I learn that the product has to meet the following “key guiding principles” to get the coveted label (which is quite a list):

- Product categories must contribute significant energy savings nationwide.

- Qualified products must deliver the features and performance demanded by consumers, in addition to increased energy efficiency.

- If the qualified product costs more than a conventional, less-efficient counterpart, purchasers will recover their investment in increased energy efficiency through utility bill savings, within a reasonable period of time.

- Energy efficiency can be achieved through broadly available, non-proprietary technologies offered by more than one manufacturer.

- Product energy consumption and performance can be measured and verified with testing.

- Labeling would effectively differentiate products and be visible for purchasers.

OK, we know what the criteria are for a product to get the label. Now let’s try an example. Say we want to purchase a new computer for the office.

I go to “Find Energy Star Products” on

the home page and I find a categorized product listing, and under “Business & Government” and “Imaging Equipment” is a list of computers which can be downloaded in several different formats depending on your interest.

Here’s an interesting tidbit I ran across while researching: If all computers sold in the U.S. met Energy Star requirements, the savings in energy costs would grow to \$1 billion each year, reducing greenhouse gas emissions equivalent to those from more than 1.4 million vehicles.

So the next time you buy equipment for the office, remember you are required to choose from the Energy Star approved listing. But it’s a good idea to check this list when buying appliances at home as well. Even if the purchase price appears a little higher than some other brands, you will save money over the long haul.

For more information, call a JBSA energy manager at one of the following locations: JBSA-Fort Sam Houston at 671-1537, JBSA-Lackland at 671-0252 or JBSA-Randolph at 671-6468.

Battle of the Badges: Fire Dawgs vs Defenders



Photo by Airman 1st Class Lauren Ely

Members of Joint Base San Antonio-Randolph Fire Emergency Services perform a fire truck pull during the Battle of the Badges competition Oct. 22 at Eberle Park on JBSA-Randolph. The Battle of the Badges is an annual competition between the 902nd Security Forces Squadron "Defenders" and the JBSA-Randolph FES "Fire Dawgs."

San Antonio readies 'Celebrate America's Military' events

From 502nd Air Base Wing Public Affairs

Since 1970, the San Antonio Chamber of Commerce has organized Celebrate America's Military, or CAM, an annual tribute to the military. The two-week celebration during the month of November features events presented with community partners, making it the largest event of its kind nationwide.

The following events are open to the public:
CAM Opening Ceremony and 30th Anniversary Vietnam Veteran Memorial Dedication

Date/time: Nov. 1, 10-11 a.m.

Location: 100 Auditorium Circle, Tobin Center for the Performing Arts Steps

In honor of the 30th anniversary of the dedication of the Vietnam Veteran's Memorial, the Chamber hosts an opening ceremony to kick off CAM and commemorate the building of San Antonio's Vietnam War veterans memorial.
San Antonio Symphony Veterans Day Concert "Salute to Service," featuring the U.S. Air Force Band of the West and the 323d Army Band "Fort Sam's Own."

Date/time: Nov. 2, 7-9 p.m.

Location: Majestic Theater, 224 E. Houston St.

The San Antonio Symphony, the U.S. Air Force Band of the West and the 323rd Army Band "Fort Sam's Own" present a patriotic musical celebration honoring the nation. While the event is free of charge and open to the public, tickets are required. Ticket holders have

pre-access to the Majestic Theater when doors open at 6 p.m. Non-ticket holders will enter at 6:45 p.m.
UIW Military Appreciation Football Game

Date/time: Nov. 5, 2:30 p.m.

Location: Benson Stadium at the University of the Incarnate Word, 4301 Broadway

The University of the Incarnate Word Cardinals football team plays the Southeastern Louisiana University Lions, with kickoff at 2:30 p.m. UIW Athletics and Extended Academic Programs host a pre-game military appreciation tailgate. Free admission to the game for all active-duty military, veterans and Department of Defense employees with ID and their families. Parking is \$8 per vehicle. First 500 fans will receive a military appreciation drawstring bag. Half-time events include enlistment ceremony and UIW and Army band performance. To contact the UIW Cardinal ticket office, call 805-3000. Children 2 and up will need a full price ticket. For tickets, visit <https://uiw.universitytickets.com>.

Humor for Heroes

Date/time: Nov. 5, 7 p.m.

Location: Texas A&M-San Antonio Auditorium, One University Way

Humor for Heroes strives to demonstrate our appreciation to current and former military members by providing an entertaining night of comedy, fostering connections with military resources and contributing much needed financial support to military charities. This is a ticketed event and

open to the public. Tickets are \$15 each or two for \$25.
UTSA Celebrates America's Military (Downtown Campus)

Date/time: Nov. 9, 3-6 p.m.

Location: UTSA Downtown Campus, 501 W. Cesar Chavez Blvd.

Veterans resource fair and speaking engagements.
Hiring Red, White and You!

Date/time: Nov. 10, 9 a.m. to 1 p.m.

Location: Freeman Coliseum Expo Hall 2, 3201 E. Houston St.

Join the Texas Workforce Commission, Workforce Solutions Alamo for the 4th Annual Hiring Red White and You Job Fair. This event is designed to connect employers seeking qualified candidates with Texas veterans and their family members seeking employment.

UTSA Celebrates America's Military (Main Campus)

Date/time: Nov. 10; 11 a.m. to 3 p.m. veterans resource fair;

Nov. 10; 3 p.m., veteran's study room dedication;

Nov. 10; 4 p.m., Army and Air Force ROTC pass

and review

Location: 1 UTSA Circle

Wish For Our Heroes Ride Texas San Antonio

Date/time: Nov. 10, 2:30 p.m.

Location: Toyota Field

See CAM EVENTS P13



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

November

Aquatics

Skylark Aquatic Center open for business

The JBSA-Lackland Skylark Aquatic Center remains open for lap swimming on Monday, 11:30 a.m. to 1 p.m. and Tuesday - Friday 11 a.m. to 1 p.m. Open swimming continues Monday - Friday 4-7 p.m. and Saturdays 1-5 p.m. For more information, call 221-3780.

Arts and Crafts

Framing

The JBSA-Randolph Community Services Mall has expert framers on staff to help with custom framing orders. In addition the custom frame shop matches any off-base price on a comparable custom framing job with no sales tax. For more information, call 652-5142.

Auto Hobby

Auto Hobby keeps vehicles moving

The technicians at JBSA-Lackland Auto Hobby keep cars in top-notch condition. The full service department can provide many vehicle maintenance services including tune-ups, battery tests, oil changes, CV axles, front end service, alignments and state inspection. The self-service side gives do-it-yourselfers a place to work on a vehicle and access to tools that may not be on hand in home garages. Fall is here and vehicles need to have cooling systems serviced and tires rotated. Call today to set up an appointment to get vehicles ready for the fall and winter ahead. For more information, call 671-3549.

Bowling

Veterans Day

Thank all the veterans you know for their service and then come by the JBSA-Lackland Skylark Bowling Center to bowl an unlimited number of games for \$1 per game and \$1 shoe rental Nov. 11, 11 a.m. to 4p.m. For more information, call 671-1234.

Veterans Day Bowling Special

Come out to the JBSA-Randolph Bowling Center to celebrate Veterans Day from 2-10 p.m. Nov. 11, from noon to 7 p.m. on Nov. 12 and from 1-4 p.m. Nov. 13. The special bowling rate is \$2.50 per game, per person with \$2.50 shoe rental. For more information, call 652-6271.

Turkey Shoot Out

The JBSA-Fort Sam Houston Bowling Center hosts a turkey shoot out Nov. 15-18, 11 a.m. to 2 p.m. Bowl unlimited games during these times. The highest series out of two games receives a free turkey Nov. 18.

The more games bowled, the more chances to bring home a Thanksgiving Turkey. For more information, call 221-3683.

Thanksgiving Bowling Tournament

Visit the JBSA-Randolph Bowling Center Nov. 23 at 6 p.m. for the annual Thanksgiving Bowling Tournament. The tournament will be a scratch match game format. The cost is \$50 per person and prizes will be given out based on the number of entries. To sign up, call 652-6271.

Thanksgiving Family Day

Treat the family to a fun-filled day at the JBSA-Randolph Bowling Center Nov. 25 from 1-4 p.m. and take advantage of the "Rent-a-Lane" special. This special includes two hours of bowling, a 20-ounce soda each and a large pizza, does not include rental shoes and costs \$50. For more information, call 652-6271

Thanksgiving Weekend Special Bowling Rate

Come out to the JBSA-Randolph Bowling Center Nov. 26-27 for the special Thanksgiving rate of \$2.50 per game, per person with \$2.50 shoe rental. Excludes Cosmic Bowling. For more information, call 652-6271.

Party packages offered

The JBSA Bowling Centers offer multiple party packages to enjoy during normal business hours. The JBSA-Fort Sam Houston Bowling Center offers three party packages to choose from while, JBSA-Randolph has two party packages to enjoy. For more information, call the JBSA-Fort Sam Houston Bowling Center at 221-3683. For the JBSA-Randolph Bowling Center, call 652-6271.

Clubs

Turkeys & Hams to Go

Relax this Thanksgiving and let the JBSA-Randolph Parr Club do the cooking for you. The cashiers will accept orders starting Nov. 1 and all orders must be picked up by Nov. 23 no later than 5 p.m. No pickups will be allowed Thanksgiving Day. Customers will be given a receipt at time of purchase, which needs to be presented at time of pick-up. Reheating instructions will be included. If patrons wish to pick up the food hot there will be a \$15 charge. The cost for the turkey meal is \$75 for members and \$85 for nonmembers. Meals feed 5-6 people. The meal includes an 18-20 pound turkey, cornbread dressing, mashed potatoes, gravy, green beans, candied yams, cranberry sauce, bread and pumpkin or pecan pie. To purchase just the turkey without the side dishes, the price is \$39.95 for members or \$44.95 for nonmembers. The ham meal includes a quarter pit ham with cornbread dressing, mashed potatoes, gravy, green beans, cranberry sauce, bread and pumpkin or pecan pie and feeds 5-6 people. The cost is \$60 for members

or \$70 for nonmembers. Additional slices of ham are available for purchases for larger parties. If purchasing just the ham without the side dishes, the price is \$40 for members or \$45 for nonmembers. Coupons, club bucks or gift certificates are not accepted as payment for this event. For more information, call 652-4864.

Holiday Meals to Go

Save some time during the hustle and bustle of the holidays by taking advantage of the JBSA-Lackland Gateway Club Holiday Meals-To-Go Nov. 1 through Dec. 17. The price for a roast turkey, 12-14 pounds, is \$50 for members or \$55 for nonmembers and for a glazed Virginia pit ham, 9-11 pounds, it is \$55 for members or \$60 for nonmembers. Save even more time when ordering an entire meal. Roast turkey meals are \$80 for members or \$85 for nonmembers and ham meals are \$90 for members or \$95 for nonmembers. Sides include cornbread dressing, whipped potatoes with gravy, sweet potatoes, corn O'Brien, green beans almandine, cranberry chutney and apple pie. Orders must be placed at least two days in advance. Please add \$15 per order to pick up freshly prepared hot meals specifying at the time of order. The last day to order is Dec. 15 and the last day for pick up is Dec. 17. No coupons accepted. For more information, call 645-7034.

Meals are prepared to go

The JBSA-Randolph Parr Club offers adult and child portions of meals to go. Staff is staged outside of the main entrance in the drive-through driveway to greet customers, take orders and provide meals. Pick up is 4-5:30 p.m., while supplies lasts. The Nov. 2 menu is chicken Parmesan. A 6-ounce chicken breast, 4-ounce for child's portion, topped with marinara sauce and parmesan cheese, served over a bed of linguini noodles, broccoli and served with garlic bread. 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.

Chef offers dinner specials

The JBSA-Lackland Gateway Club's chef creates a special evening dining experience in the Mesquite dining room Fridays in November, 5-8 p.m., Cost is \$16.95 for members and \$18.95 nonmembers, unless otherwise stated. The menu for Nov. 4 features 16-ounce prime rib with burgundy au jus, rosemary red potatoes, asparagus spears with red peppers, salad and dessert. Guests are treated to a special Surf and Turf dinner Nov. 18 with lobster tail, bacon-wrapped filet mignon, shrimp linguini, with a side of broccoli spears, salad and dessert. The cost for this special Nov. 18 meal is \$25 for members and \$27 for nonmembers. For more information, call 645-7034.

Night life

Join the JBSA-Lackland Gateway Club for entertainment throughout November. Kick off the beginning of the month Nov. 4, 5-8 p.m., in the Maverick Lounge featuring Doggin' Dave Productions. Enjoy bar food, cold drinks, friends and music. DJs spin favorite tunes at Variety Night Fridays, 5 p.m. to 1 a.m., in the Lone Star Lounge. DJs include DJ LJU Nov. 4, DJ Tony Style Nov. 18 and Final Friday is Nov. 18 with DJ LJU providing the entertainment. For more information, call 645-7034.

November 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 birthdays are honored Nov. 8. The buffet includes salad, two vegetables, two starches, two entrées, soup and birthday cake. Cost \$11.95 for members without a birthday in November and \$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.

Bingo events held at the Kendrick Club

The JBSA-Randolph Kendrick Club hosts Birthday Bingo Nov. 9. 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. For more information, call 652-3056.

Veterans' Appreciation Brunch

In celebration of Veterans Day, all veterans are invited to brunch on Nov. 13 at the JBSA-Randolph Parr Club. Veterans receive half off the price of brunch. Club Card and military ID will be required to receive the discount. For more information, call 652-4864.

Pre-Thanksgiving Feast

Join the JBSA-Lackland Gateway Club for a pre-Thanksgiving feast Nov. 17, 11 a.m. to 3 p.m. Cost is \$10.95 per person. The all-you-can-eat buffet includes roasted tom turkey with cornbread dressing and cranberry chutney, honey-glazed ham, fried chicken, roast beef au jus, baked tilapia with white wine sauce, whipped potatoes with brown and gibley gravy, macaroni and cheese, brandied yams, green beans with cranberries and walnuts, corn O'Brien, freshly baked rolls and a soup and salad bar. Desserts include pumpkin spice cake, pumpkin pie topped with whipped topping, peach cobbler, pecan pie and Thanksgiving cake. For information, call 645-7034.

Thanksgiving Feast

Thanksgiving is right around the corner on Nov. 24. JBSA-Randolph club members may begin making reservations for the fabulous feast at the Parr Club starting Nov. 1 and all others can start making reservations Nov. 8. The buffet includes items such as carved roast turkey with sage gravy, carved brown sugar glazed ham, peel and eat shrimp, mashed potatoes, cornbread dressing, candied yams, rice almandine, green bean casserole, Waldorf salad, tomato basil salad, loaded baked potato salad, assorted desserts and more. This event is sold out every year so the club urges patrons to make reservations early. The price

for this feast is \$24.95 for adult members, \$28.95 for adult nonmembers, \$12.50 for members' children 6-12 years, \$14.50 for nonmembers' children 6-12 years and children 5 and younger eat for free. Seating times are 10:30 a.m., 11 a.m., 11:30 a.m., noon, 12:30 p.m., 1:30 p.m., 2 p.m. and 2:30 p.m. The last day to cancel a reservation with a refund is Nov. 21; no refunds will be issued after this date. Please make reservations by calling the cashier's cage. To ensure quality service is provided to all attending, once all times and rooms are booked there will be no additional seating added. Dress attire is business casual. Coupons, club bucks or gift certificates are not accepted as payment for this event. For more information, call 652-7445.



Fitness

3-on-3 Basketball Tournament

The JBSA-Lackland Gillum Fitness Center's 3-on-3 basketball tournament Nov. 4, 7-8:30 a.m., is a double elimination tournament with games lasting 10 minutes. If the game is tied after 10 minutes there will be a three-point shootout. Teams must have at least three players and no more than six. For more information, call 977-2353.

Bench Press Competition

Patrons can stop by the JBSA-Lackland Kelly Fitness Center to show their strength and see how much they can bench Nov. 9, 6 a.m. to 3 p.m. Accomplishments are recorded for comparison for this day-long competition. For more information, call 925-4848.

Veteran's Appreciation Day

The JBSA-Randolph Rambler Fitness Center appreciates veterans. The Fitness Center is hosting an open house Nov. 11 from 11 a.m. to 1 p.m. for veterans in recognition of all those who have served this great country and in appreciation for all their sacrifices. Come take a tour to see how the fitness center can help improve quality of life. The fitness center offers top-of-the-line equipment and excellent programs. Fitness center staff will be on hand to answer questions. All of these events are sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. Fitness Center events are open to all valid Department of Defense ID cardholders. For more information, call 652-7263.

2016 Lackland Bodybuilding Classic

JBSA-Lackland Fitness and Sports hosts the 2016 Lackland Bodybuilding Classic Nov. 12 at the Hyatt Regency Downtown. Last year's event saw more than 200 competitors. Prejudging begins at 9 a.m. and finals begin at 6:30 p.m. Prejudge tickets are \$20, finals tickets are \$40 and VIP tickets are \$80. To purchase tickets or for more information, call 671-0854.

Intramural Basketball

Intramural basketball season starts Nov. 14 at the JBSA-Lackland Warhawk and Chaparral Fitness Centers. The Warhawk will be utilized on Monday and Thursday nights and the Chaparral will be utilized on Tuesday and Wednesday nights. For more information, call 977-2353, 671-1632 or email brett.cannon@us.af.mil.

JBSA-Lackland Gateway Hills Golf Course

NOW SERVING BREAKFAST

Tuesday through Sunday

Breakfast Lunch

6:30 - 10:30 a.m. 10:30 a.m. to 2 p.m.

Gateway Hills Golf Course, Bldg. 2901
671-3466 or 671-2006

Turkey Trot or Great American Smoke Out Run or Walk

Come out to JBSA-Randolph Rambler Fitness Center jogging trails while members trot their way to a healthy holiday season and support "The Great American Smoke Out" by running or walking a 5K on Nov. 18 at 11 a.m. All participants will be entered in a drawing to win a turkey for a holiday feast. All of these events are sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. Fitness Center events are open to all valid Department of Defense ID cardholders. For more information, call 652-7263.

Turkey Trot

Join JBSA-Fort Sam Houston Nov. 19, 9 a.m. for the annual Turkey Trot fun run or walk. Prizes are awarded for the best turkey costume and turkey call. No registration is required. Sign in on the day of the run no later than 8:30 a.m. This is a free event. For more information, call 808-5713.

Golf

Compete in Warrior golf scramble

Come out to the JBSA-Fort Sam Houston Golf Course Nov. 4, with a 12:30 p.m. shotgun start. Golfers are invited to play in the monthly Warrior Four-Person Scramble. Cost is \$25 for members and \$35 for nonmembers. This fee includes 18 holes of golf, shared golf cart rental, prizes and social. Prizes are for the winners of longest drive and closest to the pin. Team prizes are for low net and gross. For more information, call 222-9386.

Wedge Clinic

Sign up for the Callaway Wedge Clinic at JBSA-Lackland Gateway Hills Golf Course, Nov. 5, 8:30-10:30 a.m. The cost of the clinic is \$125 per person. For more information, call 671-3466.

Couples fun scramble

JBSA-Fort Sam Houston Golf Course hosts a Couples Fun Scramble Nov. 6, with a 1 p.m. shotgun start. All couples or teams must have one male and one female for this 18-hole scramble. The cost is \$30 for members and \$50 for nonmembers. Fees include cart, prizes and post-event social. For more information, call 222-9386.

Veterans Day Tournament

Join JBSA-Randolph Oaks Golf Course for a one-person scramble Veterans Day tournament Nov. 11. Tee times are 7-9 a.m. Cost is \$10 to enter plus green fees and cart rental. For more information, call 652-4653.

Turkey Shoot

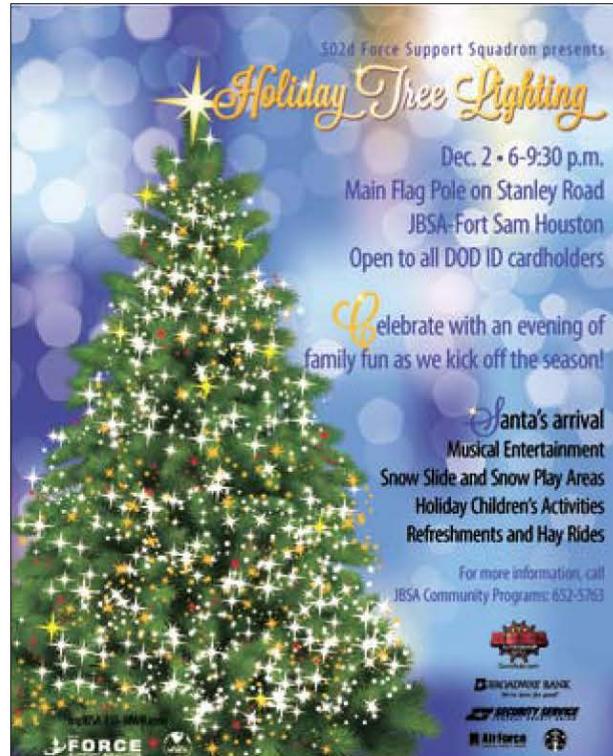
Join JBSA-Fort Sam Houston Nov. 12-13, 8 a.m. shotgun start, for a two-person scramble. Cost is \$60 for members and \$80 for nonmembers. The fee includes cart, prizes and social after Sunday's round. Sign up in the Pro Shop. For more information, call 222-9386.

Putting for turkeys

Come putt for a chance to take home the Thanksgiving turkey Nov. 16, 11 a.m. to 1 p.m., at JBSA-Fort Sam Houston Golf Course. This free putting contest takes 20 minutes to play. Winners receive a turkey. For more information, call 222-9386.

Movies on the Green

Join the crowd Nov. 18, 8 p.m., at JBSA-Randolph Oaks Golf Course for "Movie on the Green." Enjoy a family-friendly movie, golf cart seating for your viewing, popcorn and soda or water. Cost for this event is \$20 per family of four. For more information, call 652-4653.



Thursday Steak Nights

Take a break from the kitchen on Thursday and dine at the JBSA-Lackland Green Side Grill. Dinner is served from 4-7 p.m. or until the steaks run out. Make reservations before noon on Thursday and cost is \$15 or after noon on Thursday and cost is \$17. The meal includes a steak, potato, vegetable, dinner roll, dessert and a fountain drink. For more information, call 671-2006.

Wake up to a sunny morning at the golf course

JBSA-Lackland Gateway Hills Golf Course now serves breakfast Tuesday through Saturday, 6:30-10:30 a.m. For more information, call 671-3466.

Information, Tickets and Travel

Wurstfest "Salute to Sausage"

JBSA-Randolph Information, Tickets and Travel is the Wurstfest connection. Wurstfest is a unique celebration rich in German culture and full of Texas fun. Patrons enjoy the New Braunfels ten-day "Salute to Sausage," with a variety of live entertainment, delicious food and fun for the entire family. The event runs Nov. 4-13. For more information, call 652-5142.

Notre Dame versus Army

See the Fighting Irish and the Black Knights battle it out at the Alamodome Nov. 12, 2:30 p.m., with discount tickets

from JBSA-Lackland's Information, Tickets and Travel. Price per ticket is \$30. For more information, call 671-3059.

Exotic Western Caribbean group cruises available

JBSA-Lackland Information, Tickets and Travel helps travelers set sail to the beautiful waters of the Western Caribbean. Travel from Galveston, Texas to Cozumel, Belize and Mahogany Bay Isa Roatan Nov. 12-19. Rates start at \$488 per person for an inside cabin, \$488 for ocean view and \$768 for a cabin with a balcony. Gratuities are not included. A \$250 per person deposit and a \$10 service fee is due at booking. For more information, call 671-7111.

Kinder Casino trips

Travel to the Grand Casino Coshatta in Kinder, La., with JBSA-Randolph Information, Tickets and Travel. The trip includes round-trip motor coach transportation, hotel accommodations, \$23 voucher from the casino and friendly service from the bus driver. The bus departs at 7:30 a.m. and returns at approximately 9 p.m. the next day. Cost is \$65 for double occupancy or \$130 for single occupancy. The last remaining 2016 trip is Nov. 15-16. The 2017 trip schedule is Jan. 10-11, Mar. 14-15, May 9-10, July 11-12, Sept. 12-13 and Nov. 14-15. For more information, call 652-5142.

Holiday Paris explorer

JBSA-Lackland Information, Tickets and Travel Leisure Travel offers an unforgettable week in Paris with an insider's perspective of one of the greatest cities in the world. Dec. 17-25, a native Parisian shares the sights, sounds and numerous hidden gems. Rates start at \$3,100 per person and includes airfare. Additional discounts may be available. Take advantage of an early payment discount valid by Oct. 27. A \$200 non-refundable, land only deposit per person and a \$10 service fee is due at booking. If airfare is purchased via Trafalgar, a \$350 non-refundable air deposit is required at time of booking. For more information, call 671-7111.

Military and Family Readiness

Patrons learn about changes to Social Security

The U.S. Social Security Administration facilitates a Social Security and You workshop, Nov. 2, 10-11:30 a.m., at the JBSA-Randolph Military & Family Readiness Center. For more information, call 652-5321.

Workshop provides holiday stress management tips

Register for Stress during the Holidays at the JBSA-Lackland Military & Family Readiness Center Nov. 2, 11:30 a.m. to 1 p.m. Review methods for practicing stress management techniques and strategies to help guide children through the holidays with minimal stress. For more information, call 671-3722.

Co-parenting workshop fulfills court requirements

Children in the Middle is slated for Nov. 7 and 28, 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.

New spouses acclimate to military lifestyles

Join JBSA-Randolph Military & Family Readiness Center Nov. 9, 8:30 a.m. to 2 p.m. Learn about the military mission, lifestyle, protocol, available programs and take a guided tour of the Taj Mahal. For more information, call 652-5321.

Family Readiness Group leadership academy

The JBSA-Fort Sam Houston Military & Family Readiness Center hosts a review of key elements of the Family Readiness Group, working with volunteers, and roles and responsibilities of the command and families, Nov. 15-16, 8:30 a.m. to 4:30 p.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center. For more information, call 221-2418.

Caring for aging family members

The Bexar County Agency on Aging and JBSA-Lackland Military & Family Readiness Center hosts a "Role Reversal: Caring for Those who Cared for You" seminar, Nov. 17, 10 a.m. to noon, to discuss resources in caring for an aging parent, both long distance and locally. For more information, call 671-3722.

Outdoor Recreation

Special Winter Boat Rates

Now through February 2017, spend time on the open water while the weather is cooler and avoid the crowd. JBSA-Lackland Outdoor Recreation offers all weekend boat rentals at half off regular rates through February 2017. This time frame covers boat orders picked up on Friday between 8 a.m. to 3 p.m. and returned the following Monday between 8 a.m. to 3 p.m. Offer does not include canoe or kayak rentals. For more information, call 925-5532.

Outdoor Recreation for the Holidays

Let JBSA-Outdoor Recreation make the holidays less stressful. There is no need to cram everyone under one roof or pay outrageous hotel room fees for holiday guests. Outdoor Recreation has an assortment of campers to accommodate between four to eight people that are perfect for keeping guests close and allowing everyone a little elbow room. Outdoor Recreation has catering needs covered for a memorable holiday feast including banquet tables and chairs, turkey roasters, chafing dishes and more. For a day watching holiday bowl games there are ice chests, drink chillers and nacho cheese dispensers as well as assorted games to keep the kids busy like corn hole, horse shoes, flag football and bouncy houses to make game day a success. For more information, call the JBSA-Lackland ODR at 925-5532, JBSA-Fort Sam Houston ODR at 221-5224 and JBSA-Randolph ODR at 652-5142.

Half Price Bunkhouses and Bungalows

Rent one of the bunkhouses or bungalows for half price at JBSA-Recreation Park @ Canyon Lake. The cost is \$12.50 for the bunkhouse or \$17.50 for the bungalows per night during the months of November and December. Enjoy the cool crisp air at the lake during the day and at night bask in the warmth of this cozy one room bunkhouse or bungalow. The bungalow is equipped with a refrigerator, sink, microwave, a full-size bed, bunk beds and sleeps four, air conditioning, heating, and a bathroom with a hot

shower. The bunkhouse is equipped with air conditioning, heating and a refrigerator and will sleep four. Customers must bring their own linen for both accommodations. JBSA-Recreation Park @ Canyon Lake is a popular place in the fall and winter month so make reservations early. For more information, call 1-800-226-5357.

Half price boat special

Rent any boat at the JBSA-Recreation Park @ Canyon Lake for half price November and December. Cost includes all required safety equipment such as life vests, but does not include fuel. The rentals are on a first-come, first-serve basis. Participants must have taken the Boater's Safety Course through the State of Texas. JBSA offers the course at the JBSA Recreation Park @ Canyon Lake or the Outdoor Recreation locations on JBSA installations. For more information call 1-830-226-5357.

Youth and Children

SMART Girls

Girls, ages 9-18, are invited to join JBSA-Lackland Youth Programs for SMART Girls Mondays, 4:40 p.m. These are free girls only meetings with discussions, workshops and fun activities to promote self-esteem, self-awareness and deterrents to avoid peer pressure. Join the #GIRLSTRONG. Smart Girls for younger girls is held in School Age Program. For more information, call 671-2388.

Youth participate for free

Celebrate recreation and fall fun and participate in the JBSA-Randolph Youth Programs for free Nov. 7-12. Youth Programs has a lot of activities, programs, camps and classes to enjoy during the school year. For more information, call 652-3298.

Register for Thanksgiving Holiday Camp

JBSA-Randolph Youth Programs hosts Thanksgiving Holiday camp. Registration for the November holiday camp runs Nov. 7-17 and the camp is Nov. 21-23. This program is open to youth in Kindergarten through 6th grade, 5-12 years. Fees are based on total family income and all required paperwork must be on file. Pay stubs and shot records are required. For more information, call 652-3298.

Month of the Military Family Ice Cream Social

Join JBSA-Randolph Youth Programs for a free appreciation Ice Cream Social Nov. 17 from 5-6 p.m. at the Youth Center, building 585. For more information, call 652-3298.

Volleyball madness at Fort Sam Houston

JBSA-Fort Sam Houston Youth Programs hosts, a round robin of volleyball games in building 1630 Nov. 18, 6-10 p.m. This is a no-cost event with music, food and activities for all. For more information, call 221-3502.

USO Teen Night

JBSA-Fort Sam Houston Youth Programs hosts USO Teen Night, Nov. 18, 6-11 p.m. Enjoy a great partnership with the downtown USO. This event is geared towards youth 13-18 years. The USO has a lot of activities planned from computer games, movies, cooking class and much more. Please contact a Youth Programs advisor for a registration form. For more information and pricing, call 221-3630.

#GIRLSTRONG Self Awareness Safety Class

JBSA-Lackland Youth Programs hosts the #GIRLSTRONG Self Awareness Safety Class for girls 8-18 years, Nov. 19, 1-5 p.m. The class will cover situational awareness and some basic safety maneuvers and techniques to use during unsafe conditions. The cost is \$20 per girl. Register Monday-Friday, 8:30 a.m. to 5 p.m. by Nov. 14 or until the maximum of 40 participants have been registered. For more information, call 671-2388.

Basketball is played until midnight

Youth, 11 years and older, are invited to participate in Midnight Madness Nov. 19, 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.

MST Fall Camp

JBSA-Fort Sam Houston Youth Programs host Middle School Teens fall camp Nov. 21-23, 6 a.m. to 6 p.m. For youth 11-17 years. Registration is open through Nov. 18 for Fall Camp. Weekly activities include arts & crafts, sports & fitness, field trips to natural parks, bowling, movies and more. For more information, call 221-3630.

Youth Programs Fall Camp

Nov. 21-23, 6 a.m. to 4 p.m., JBSA-Fort Sam Houston holds Fall Camp for youth grades 8 and up or ages 13 and up at building 1630. Field trips, activities and breakfast, lunch and snack are provided. The cost is \$25 per day or \$60 for the week. For more information call 221-3502.

Family Thanksgiving Lunch

Come and join JBSA-Fort Sam Houston Nov. 22, at noon for a traditional Family Thanksgiving lunch. All the Youth programs families are invited. Bring a favorite dish to share or just come and enjoy. For more information, call 221-3502.

Classes for the kids

Instructional classes for JBSA-Lackland Youth Programs are held at building 8210. Register for classes at the JBSA-Lackland Youth Programs Monday-Friday, 8:30 a.m. to 5:30 p.m., at building 8420. Classes include dance, tumbling, guitar, piano, violin, BabyJam, KinderJam, ToddlerJam, Tang Soo Do and karate. For more information, call 671-2388.

STAY CONNECTED

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

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



MOVIE LISTINGS

JBSA-Randolph Fleenor Theater Schedule

Friday

The Magnificent Seven
(PG-13) 7 p.m.

Saturday

Queen Of Katwe (PG) 3 p.m.
Miss Peregrine's ... Peculiar Children (3D) (PG-13) 7 p.m.

Sunday

Queen Of Katwe (PG) 3 p.m.

Joint Base San Antonio-Randolph News Briefs

Flu Shots now available

Flu vaccinations are now available at the Joint Base San Antonio-Randolph Clinic. Walk-ins are welcome Monday-Friday, 7 a.m. to 4:30 p.m. For more information, call immunizations at 652-3279.

REAL ID Act in effect at JBSA

Joint Base San Antonio will no longer allow unescorted access of individuals with driver's licenses from American Samoa, Minnesota, Missouri and Washington as proof of identity. Visitors, vendors and contractors requiring access with IDs from the above listed states must be escorted by the organization or individual sponsor or must possess and present an alternate form of identification as required by Department of Homeland Security guidance.

Additionally, as part of DHS REAL ID phase

implementation, starting Jan. 10, visitors, vendors and contractors seeking access to JBSA using a driver's license or identification card from the following states will be denied access or must be escorted if they cannot present an alternate identification credential: Alaska, Arkansas, California, Guam, Idaho, Illinois, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Montana, N. Marianas, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, Texas, Virginia and the Virgin Islands.

Fall CCAF Graduation

The Fall Community College of the Air Force graduation is 3 p.m. Tuesday at the Fleenor Theater at Joint Base San Antonio-Randolph.

TRAINING from P3

"If they don't apply a correct technique, we can always back up and start over again versus having a real-world situation where there's only once chance to get it right."

Live fire training also provides mentorship opportunities and builds

morale, Ledford said.

"It's the perfect opportunity for the more experienced firefighters to show the less experienced how it's done," he said. "It's also a great morale builder as most of the firefighters enjoy a chance to show off their skills."

Crimes and punishment at Joint Base San Antonio

From 502nd Air Base Wing Judge Advocate

During September 2016, Joint Base San Antonio commanders administered 18 non-judicial punishment actions under Article 15 of the Uniform Code of Military Justice.

The punishments imposed reflect the commander's determination of an appropriate punishment after considering the circumstances of the offense and the offender's record.

A "suspended" punishment does not take effect unless the offender engages in additional misconduct or fails to satisfy the conditions of the suspension. The suspension period usually lasts for six months unless a lesser amount is specified.

Administrative discharge may also be an option for commanders after the conclusion of an Article 15, depending on the circumstances. The following are some of the non-judicial punishment actions that closed out in September. Decisions regarding discharge are not included.

Conduct unbecoming an officer: A major plagiarized an assignment in the Air Command and Staff College distance learning program. The member received forfeiture of \$3,724 pay for one month, suspended for-

feiture of \$3,474 pay per month for one month and a reprimand.

Willful dereliction of duty: A senior airman willfully failed to refrain from engaging in offensive, inappropriate and service-discrediting behavior on social networking platforms. The airman received a reduction to the grade of airman first class, forfeiture of \$1,041 pay per month for two months with one month suspended, 45 days of extra duty and a reprimand.

Other offenses under Article 134 (providing alcohol to a minor): An airman first class in technical training unlawfully provided alcohol to another member who was under the age of 21. The member received a reduction to the grade of Airman, forfeiture of \$878 pay per month for two months with one month suspended and a reprimand.

Willful dereliction of duty: An airman basic in technical training was caught looking at another student's test during an examination. The member received 14 days extra duty, 14 days restriction to base, forfeiture of \$783 pay per month for two months with one month suspended and a reprimand.

Larceny: An airman basic in technical training stole six lipsticks and a tube of eyelash glue from the Base Exchange. The member received 30 days extra duty,

30 days restriction to base, forfeiture of \$783 pay per month for two months with one month suspended and a reprimand.

Drunk and disorderly, disrespect to a commissioned officer, wrongfully altering an ID: An airman basic in technical training was found drunk and vomiting in the bathroom of a building. When Security Forces arrived to assist, the member was disrespectful to a commissioned officer, calling him "bro" and "dude." It was also discovered the member had altered the birth date on his ID card to make 1997 look like 1992. The member received 30 days extra duty, 30 days restriction to base, forfeiture of \$783 pay per month for two months with one month suspended and a reprimand.

Use of a controlled substance: An airman first class in technical training tested positive on a urinalysis for the use of marijuana. The member received a reduction in grade to airman basic, forfeiture of \$783 pay per month for two months (suspended) and a reprimand.

Failure to go, failure to obey: A technical sergeant failed to go to his prescribed place of duty and failed to provide work materials to a superior as directed to do. The member received a reduction to the grade of staff sergeant (suspended), 45 days extra duty and a reprimand.

By Ricardo S. Campos
502nd Fire Emergency Services

Ghosts, goblins and other monsters will be coming up your sidewalk this weekend, but of course, these non-threatening creatures of the night are none other than children who are enjoying Halloween festivities.

With the excitement of this annual event, Joint Base San Antonio-Fire Emergency Services asks parents to follow a few tips to ensure the night is filled with fun and not tragedy.

In 2013, an estimated 6,100 pedestrian deaths and 160,000 medically consulted nonfatal injuries occurred among pedestrians in motor vehicles, according to Injury Facts 2015, the statistical report on unintentional injuries created by the National Safety Council, or NSC.

The NCS research revealed the reasons for pedestrian deaths and injuries varied by age. Darting or running into the road accounted for about 70 percent of pedestrian deaths or injuries for those ages 5 to 9 and about 47 percent of incidents for those 10 to 14.

The American Academy of Pediatrics, or AAP, has compiled a list of Halloween safety tips (<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Halloween-Safety-Tips.aspx>) to help ensure adults and children have safe

holiday. This includes the do's and don'ts on the trick-or-treat trail:

- All costumes, wigs and accessories should be fire-resistant.
- If children are allowed out after dark, fasten reflective tape to their costumes and bags to make sure they are visible.
- When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first.
- Watch for children walking on roadways, medians and curbs.
- Enter and exit driveways and alleys carefully.
- At twilight and later in the evening, watch for children in dark clothing.
- Instruct your children to travel only in familiar, well-lit areas and avoid trick-or treating alone.
- Tell your children not to eat any treats until they return home.
- Teach your children to never enter a stranger's home.

To learn more Halloween safety tips, visit the National Fire Protection Association's website at www.nfpa.org/education or the National Safety Council at www.nsc.org/learn/safety-knowledge/Pages/halloween-safety.aspx.

For more information, call JBSA-Fort Sam Houston at 221-1804; JBSA-Lackland at 671-2921 or JBSA-Randolph at 652-6915.



Photo by Airman 1st Class Lauren Ely

The Joint Base San Antonio Fire Prevention Team and Sparky hosted an open house in recognition of Fire Prevention Week at the JBSA-Randolph Fire Department Oct. 15. JBSA Fire Emergency Services is following the Fire Prevention Week theme "Don't Wait – Check the Date! Replace Smoke Alarms Every 10 Years" in stressing to JBSA residents and the public the importance of properly functioning smoke alarms and smoke alarm safety.

CAM EVENTS from P6

Join the San Antonio Spurs and "Wish for Our Heroes" Riders for a welcome party to San Antonio and to be on site to see a few wishes granted to military heroes. Twenty-four riders and a convoy of support staff travel from Wichita Falls, Texas, to Corpus Christi, Texas, in the span of five days, covering just over 500 miles. The event begins Nov. 7 and concludes Nov. 11. RIDE TEXAS began in 2011 and has successfully taken a unified team across the state each year since. The event is led by wounded heroes and the purpose of the team is to assist our wounded heroes in completing this journey. Each day is filled with single day events such as meet and greets, parades and dinners. These single day events are used to not only meet the community but to raise funds for our Military members and to grant wishes.

Texas A&M University-San Antonio Celebrate America's Military

Date/time: Nov. 11, 8:30 a.m.

Location: Patriots' Casa, Texas A&M-San Antonio, One University Way

Texas A&M University-San Antonio will honor service members with a flag raising along with a wreath-laying ceremony on Veterans Day at the Patriots' Casa. This event is free and open to the public.

Moment of Silence and National Roll Call Texas A&M University-San Antonio

Date/time: Nov. 11, 9 a.m.

Location: Patriots' Casa, Texas A&M-San Antonio, One University Way

Texas A&M University-San Antonio will honor service members with a moment of silence and National Roll Call on Veterans Day at the Patriots' Casa. This event is free and open to the public.

Fort Sam Houston National Cemetery Veteran's Day Ceremony

Date/time: Nov. 11, 9:30 a.m.

Location: Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Road

Music prelude begins at 9:30 a.m. with ceremony at 10 a.m. Guest speaker is Allen B. Clark Jr., West Point graduate and Vietnam veteran.

Bexar County Buffalo Soldiers Commemorative Ceremony

Date/time: Nov. 11, 1:30 p.m.

Location: San Antonio National Cemetery, 517 Paso Hondo St.

Comprised of former slaves, freedmen and Black Civil War veterans, the historic Buffalo Soldiers persevered through difficult conditions to become some of the most elite and most decorated units in the U.S. Army. The annual Bexar County Buffalo Soldiers Commemorative Ceremony at the San Antonio National Cemetery honors these past heroes with a keynote speaker, the reading of a memorial list, military honors and taps and a benediction. Speaker is Rear Adm. Rebecca McCormick-Boyle, commander, Navy Medicine Education and Training Command.

San Antonio Spurs Veterans Appreciation Night

Date/time: Nov. 11, 7:30 p.m.

Location: AT&T Center, One AT&T Center Parkway

The San Antonio Spurs host the Detroit Pistons with tip-off at 7:30pm. All military and friends of CAM can access this special offer by going to <http://spursgroups.com/2016veteransday> and using the OFFER CODE: MILITARY. Tickets purchased through this offer will receive a special military-themed T-shirt at the game. Instructions on where to pick up T-shirt will be emailed to the address provided at the checkout 48 hours prior to the game. Children 24 months and younger get in free.

U.S. Military Veterans Parade and Wreath Laying at the Alamo

Date/time: Nov. 12, 10 a.m. wreath laying, parade at noon

Location: Alamo Plaza

The U.S. Military Veterans Parade Association presents the annual Veterans Parade in downtown San Antonio, during the San Antonio Chamber of Commerce's Celebrate America's Military Week. Representatives from each branch of the military services and special guests speak briefly then carry wreaths to the entrance of the Alamo in recognition of the nation's and Texas veterans. Line the downtown streets and wave your American flag and show your pride as veterans past and present are honored. For more parade information, visit http://www.usmvp.com/index-PARADE_DATE.html. Honorary parade marshal is World War II Navy veteran Susano Ortiz and grand marshalls are District 26 Sen. Jose Menendez and District 19 Sen. Carlos Uresti.

Army West Point Tailgate Party

Date/time: Nov. 12, 10 a.m. to 1:30 p.m.

Location: Alamo Beer Company, 202 Lamar St.

Pricing: Tailgate, free; barbecue plate and iced tea, \$10; souvenir beer glass (beer discounted with purchase), \$10; parking, \$10; shuttle bus to/from game (one mile from tailgate to stadium), \$6. Kids' activities

include free Fun Zone. For stadium game tickets, contact Army West Point at 845-938-2526. For more information and tailgate registration, visit <https://secure.west-point.org/wpsst/armytailgate>. For information regarding tailgate registration, email wpsst@live.com.

Segs4Vets Mobilizing America's Heroes 5K Run/Walk

Date/time: Nov. 13; registration, 7:30-8:30 a.m.; event, 9 a.m. to noon

Location: Freetail Tap Room, 2000 S. Presa St.

Segs4Vets (www.Segs4Vets.org) provides mobility devices to military members severely injured while serving overseas in Operation Enduring Freedom and Operation Iraqi Freedom. Segs4Vets started in 2005 and has since awarded over 1,400 mobility devices to men and women who have served our country. This event will feature a 5K run/walk beginning at the Freetail Tap Room, with an awards ceremony and door prizes afterwards. For more information, email at Segs4Vets5k@gmail.com or call 913-2563.

San Antonio Rampage Military Family Night

Date/time: Nov. 18, 7:30 p.m.

Location: AT&T Center, One AT&T Center Parkway

The San Antonio Rampage hockey team hosts the Charlotte Checkers with the puck dropping at 7:30 p.m. All military and friends of CAM can access this special discounted ticket offer by going visiting <http://spursgroups.com/novemberhockey> and using the offer code MILITARY. Children 24 months and younger get in free.

The Stars Behind The Stripes

Date/time: Nov. 19, 6 p.m.

Location: La Fontana Springs, 27618 Natural Bridge Caverns Road

A night of wining and dining presented by AUSA, myKlick and friends. This special dinner is to honor the spouses and significant others who support the members of the armed forces. For more information, visit myklick.city/myklick-1000strong-event-stars-behind-the-stripes/.

To advertise in the
Wingspread, call 250-2052.

Members encouraged to stay fit-to-fight during National Emotional Wellness Month

By Ashley Palacios

JBSA-Randolph Public Affairs

Emotional wellness, which often carries a negative stigma, encompasses a wide variety of skills such as a proactive, instead of a reactive, approach to life, the ability to remain calm while facing adversity, remaining nonjudgmental of others and yourself, and even being able to express your feelings in a healthy and assertive way.

“A common misconception of emotional health is that a person with emotional health is always happy or positive,” said Gina Ramirez, 359th Medical Group Mental Health Office outreach and resiliency coordinator.

“Life has its peaks and valleys. There is never a constant state of joy. It’s in our reactions to life that we discover who we truly are,” she said. “No one is perfect, but in practicing healthy behaviors we begin to move toward positive behavior.”

Another common misconception about emotional wellness is that it’s a weakness to seek out help.

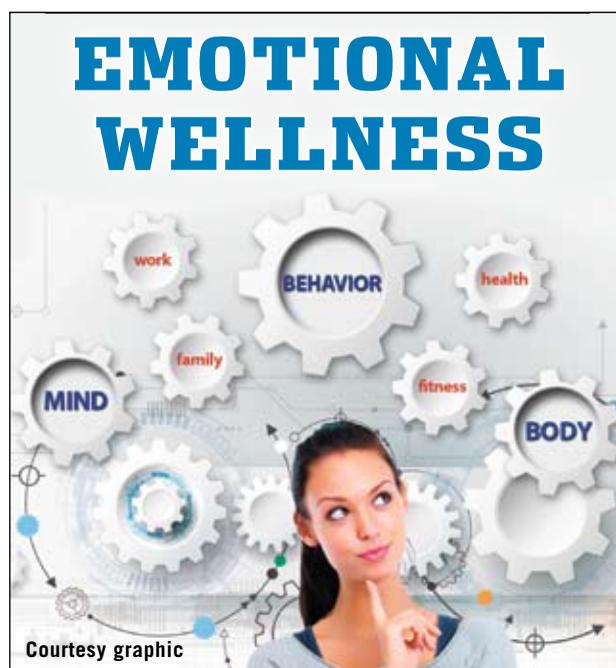
“Seeking out help is actually a strength,” Ramirez said. “The weakness is in lack of self-awareness.”

“Military members may be concerned the mental health visit will go onto their record and affect their career,” she said. “Like a medical appointment, it does go into their record, however, the percentage of people whose careers are negatively affected by mental health is slim.”

The negative impact comes from waiting to seek help and spiraling downward, Ramirez said. This spiral is what affects job performance, the mission and ultimately the active duty member’s career.

While there are several reasons people aren’t more proactive with their emotional well-being, Ramirez believes the main reason may be getting caught in the “busyness” of life.

“We live in this constant tension between productivity and well being,” Ramirez said. “It’s easy to get caught



up in taking care of the everyday tasks and putting ourselves last on the priority list. When we do that, we end up with an emotional bank that’s depleted. But when we put ourselves first on the list, we end up with an emotional bank that’s full.”

“We’re then able to take care of those urgent tasks without feeling spent and able to build those vital relationships,” she continued.

Understanding the mind-body-behavior connection is also critical to emotional well-being.

“Controlling our mind and feelings goes a long way in emotional health,” Ramirez said.

“Taking care of yourself touches on each domain of the Comprehensive Airman Fitness Model. If small, positive steps in each domain can be taken before something

becomes a major issue, it will make a huge impact in Airmen’s long-term emotional well-being,” she added.

Some signs Airmen may need to seek help include difficulty in coping with the day-to-day, impulsive mood swings, excessive sadness or worry, thoughts of hurting oneself or others, and using food, alcohol or drugs to numb the pain.

Ramirez stressed the importance of Airmen getting involved with the events on base and taking a proactive approach to their emotional health.

“We all go through seasons and changes in life that take a greater toll on our emotional well-being,” Ramirez said. “Deployments, a permanent change of station, a new job, the birth of a new baby and a death in the family, but there are several things Airmen can do to take a proactive approach to their emotional well-being.”

Family Advocacy, Mental Health, Military & Family Readiness Center and the chaplain’s office are a few of the agencies across Joint Base San Antonio with resources to help Airmen maintain a healthy mind-body-behavior connection, she said.

“The 5K’s, Life Skills classes, theme months and the workshops offered around base are all valuable resources Airmen and their families can take advantage of,” she added.

It is important to recognize the role leadership plays in Airmen’s emotional well-being, Ramirez said.

“When you know what your Airmen are going through, you can ask questions when something doesn’t seem right,” she said. “Also, encouraging your people to take care of themselves by allowing them to take physical training time and creating an atmosphere where your people feel valued and respected is vital to helping your Airmen stay emotionally and physically fit for duty.”

To learn more about ways you can be proactive in your emotional well-being, contact the 359th MDG Mental Health Office at 652-2448.