



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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Wounded Warriors travel road to recovery

PAGE 8



Retired Staff Sgt. Tino Uli throws a discus Jan. 22 during the South Central Regional Warrior Caregiver, Adaptive and Rehabilitative Sports, Recovering Airmen Mentorship Program, and Employment and Career Services event.

Photo by Airman 1st Class Stormy Archer



Photo by Sean Schroeder

JBSA Front and Center, page 4



Photo by Joel Martinez

AETC commander visits JBSA, page 5



Courtesy graphic

FSS schedule of events, pages 9-12

COMMENTARY

DUI aftermath: Who's affected?

By Master Sgt. Robbin Robertson
1st Communications Maintenance Squadron
Ramstein Air Base, Germany

I used to wonder if people would look at me different if they knew. Would they whisper about me? Would they tell others what happened? Does anyone actually have the guts to ask me what happened? Are they looking at me as the girl who's related to a child killer?

I'm sure they were. I'm sure they wanted to ask the questions; wanted to know the true story and all the juicy details. But the truth is, I didn't know all the details. I only knew my brother killed a 7-year-old child.

It was May 18, 2001, when my first sergeant called me to his office and instructed me to bring my supervisor and flight chief. I had never even been in trouble before. Actually, I didn't even know who my shirt was or what he did. I just knew he wanted to see me and my leadership immediately. He was waiting outside his office with a look of concern on his face when I walked down the hall. Was this because I was in real trouble or because he had bad news? I didn't know. I only knew my heart was racing, my hands were sweaty and the tears were coming.

After we entered his office, he instructed me to sit. He asked me if I had heard from any of my family members that day and when the last time I spoke to my brother was.

I stated no to the family question and informed him that I had spoken to my brother the night before. He then handed me the telephone and instructed me to call my mother. I asked him what was going on and he said it would be best if I heard it from my mother.

So I dialed ... but no answer. I called my brother ... but no answer. After three or four attempts, he told me to stop dialing. He told me that news cameras were at the main gate of the base asking about me.

At the time, I was stationed at Scott Air Force Base, Ill. It wasn't a high visibility base, I wasn't popular and I didn't have ties to the community, so I had no idea what he was talking about.

He then took me in to the orderly room and turned on the television. There was a breaking news story being

"The harsh reality of a DUI is clear. The drunken driver isn't the only one affected. I don't know if Airmen understand that. I wonder if they know that getting a DUI is more than losing a stripe, performing extra duty and forfeiture of pay. I wonder if Airmen know they can and will kill someone if they drink and drive. "

broadcasted about a drunken driver who had killed a child at the St. Louis Zoo. My heart was still racing until I heard the reporter say my brother's name. My heart stopped. I felt all the blood in my face rush to my chest. I couldn't hear the television anymore. I only saw people staring at me. What were they saying? What were they thinking?

Then I felt someone squeezing my arm.

It was my shirt. He was asking me to come back into his office. I sat in his office for about 15 minutes with everyone staring at me. No one spoke, they just stared. Finally I asked if I could go home. He said yes, but I had to talk to public affairs first before I could leave the base.

After signing several documents agreeing not to make any statements to reporters and not to be seen on camera in my uniform, I was allowed to leave the base.

Eventually I made contact with my mother and was instructed to go to a nearby hospital.

Once I arrived, police took my necessary information and informed me that my brother was speeding through the St. Louis Zoo and ran into a crowd of children on a school field trip, killing one child on impact. His blood alcohol level was 0.26.

I asked if I could see my brother and the cop said, "Ma'am, I'll be honest with you, we aren't supposed to let anyone see him, but I will give you five minutes because this is the last time you are going to see him for a while."

He was correct. It would be seven months before I would lay eyes on my brother again. His trial started Nov. 27, 2001, and on Jan., 31, 2002, one month after his 20th birthday, he was sentenced to 20 years in prison for involuntary manslaughter.

The child was 7 years old. It was his first field trip to the St. Louis Zoo. His mother bought him new shoes the night before to wear for his special trip and he spent the entire night breaking them in for his big day. Neither he nor his mother knew that this field trip would also be his last.

My brother was going 64 mph in a 20 mph zone. He swerved too far to the right and ran into the crowd of children heading back to their bus after their exciting trip. The child was killed instantly. Another child suffered a crush injury to the foot and a teacher suffered a broken pelvis.

My brother ended up with a broken femur and other minor injuries. Was that enough? Did he deserve more? I've had several people tell me that my brother should have died during the accident. I had a woman tell me he should receive the death penalty for taking the life of a child. Do I share her same sentiment? No, but that's from the love of a sister. If I was that child's mother, would my answer be different? Maybe. I can't say for sure. What I do know is that my brother's accident has haunted me and affected me since May 18, 2001.

Part of my brother's sentence and plea deal was to pay restitution to the family. That responsibility fell on me.

See DUI AFTERMATH P3

WINGSPREAD

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Texas firearms laws changes do not apply on JBSA

By Brig. Gen. Robert D. LaBrutta

502nd Air Base Wing
and Joint Base San Antonio commander

As most of you are aware, as of Jan. 1, a Texas law now allows citizens with a concealed handgun license to openly carry a handgun. With a license, license holders may now carry a handgun concealed or in plain sight using either a shoulder or belt holster in most places.

Even so, I want to be perfectly clear, these changes do not apply to Joint Base San Antonio. Federal law prohibits the carrying of firearms in federal facilities and as the installation commander, I want to make sure you understand that all JBSA locations will continue to prohibit both open and concealed carry of privately owned firearms, or POFs, by military members and civilians. This prohibition applies to all JBSA facilities both inside and outside the fence line. State concealed carry licenses and Law Enforcement Officer Safety Act credentials are not valid on JBSA.

All privately owned firearms on JBSA are subject to the following restrictions:

1) POFs within JBSA must be registered with Security Forces via Air Force Form 1314. Once registered, they may be stored in military/privatized housing if they are secured in an appropriate locked container. They must also be rendered inop-



Brig. Gen. Robert D. LaBrutta

erable to unauthorized users by mechanical locks or other safety devices. POFs and/or ammunition shall not be stored in vehicles, barracks, unaccompanied quarters, transient quarters, dormitories, lodging rooms, temporary lodging facilities, privatized lodging, guest houses, or JBSA camping and recreational vehicle areas. Residents or visitors at these facilities must immediately store any POFs in a Security Forces Armory.

2) If transporting a POF on JBSA, it must be unloaded, separated from ammunition and transported in the rear-most portion of the vehicle. Individuals transporting a POF must notify entry controllers of

“Federal law prohibits the carrying of firearms in federal facilities and as the installation commander, I want to make sure you understand that all JBSA locations will continue to prohibit both open and concealed carry of privately owned firearms, or POFs, by military members and civilians.”

the POF when entering JBSA. They must then proceed directly to the appropriate range or authorized storage facility and cannot store their POF in the vehicle for later use. POFs shall not be transported on motorcycles, bicycles or other two or three-wheeled vehicles.

Please also note that across the state of Texas, handgun carry is still prohibited in some places. For example, it will still be a felony to carry a firearm onto the premises of a business like a bar at which more than 51 percent of the revenue comes from the sale of alcohol. It will also still be illegal to carry a firearm into courts or court offices, election polling places, racetracks, public sporting events, and secured areas of airports. You also cannot carry a gun if you are intoxicated. Additionally, private property owners may prohibit individuals from carrying a handgun, either concealed or openly, on their property.

Bottom line: JBSA is a complex environment and it is my judgment

that allowing everyone to carry a concealed handgun will make the job of our security professionals more difficult; thus, the workforce and our families would be less safe.

JBSA is a complex environment. Fortunately, we have exceptional security forces and investigation professionals who are on duty 24/7/365 ensuring the safety, security and asset protection for all of us who live and work on JBSA.

Therefore, if you plan to own a handgun, it is your responsibility to obtain the required training and licenses, to follow the law and requirements of JBSA and to become familiar with the applicable laws in your jurisdiction and across the State so that you do not violate those provisions.

As always, please accept my thanks to all of you and your families for your hard work, dedication and the professionalism you display daily in executing your part of the critical missions that provide for the security of this great nation!

DUI AFTERMATH from P2

I pay \$500 a month to the family and \$3,000 every time my brother meets the parole board, which is every four years.

- \$500 per month x 20 years + interest = more than \$184,000
- Parole at \$3,000 x every four years + interest = more than \$10,000
- Total payment over the 20-year sentence = more than \$200,000

Is anyone's child, wife, husband, mother or father worth this amount of money? We all know the answer. Drunken drivers know the answer. They know the answer before the first drink. But the answer becomes irrelevant once the keys are in the ignition.

I have volunteered for Airmen Against Drunk Driving several times throughout my career. Every time I do it, I wonder how AADD would have affected my brother that day in 2001. If he was military, would he have called AADD? Would he use this free resource that would have saved the life of that little boy? Probably not. Some Airmen, like my brother, are no stranger to drinking and driving. The fact is they haven't gotten caught.

The harsh reality of a DUI is clear. The drunken driver isn't the only one affected. I don't know if Airmen understand that. I wonder if they know

that getting a DUI is more than losing a stripe, performing extra duty and forfeiture of pay. I wonder if Airmen know they can and will kill someone if they drink and drive. I wonder if their families have the means to pay their restitution. Will their families see their story on the news and get stared at by total strangers? Is their family ready for the hateful comments that will be spewed at them? Are their families ready to see them in prison on Saturdays from 9 a.m. to 2 p.m. for the next 20 years? No. From personal experience, one is never ready for that.

Like most Airmen, I look forward to the weekend, however, my excitement is

for different reasons. I'm excited to see how many Airmen call AADD for assistance. I get excited to see how many cars are heading out the gate to pick up Airmen in need. I'm happy to see all the volunteer vehicles out of their spaces, because that lets me know that Airmen are making smart decisions.

However, as a first sergeant, it saddens me when I have to pick someone up for a DUI and tell them my story. It makes me angry to know that they have the resources to prevent it at their fingertips, but choose not to use it.

Let's face it, drinking and driving is a choice; a choice that affects everyone in your path.

JOINT BASE SAN ANTONIO FRONT AND CENTER

Lure of outdoors draws Airman to cable, antenna systems career

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Ever since he was a boy growing up in a Kansas City, Mo., suburb, Staff Sgt. Adam Nichols has enjoyed the great outdoors.

His days of Boy Scout campouts are behind him, but now Nichols is serving his country in a job that allows him to spend much of his time outdoors.

Nichols, who joined the Air Force eight years ago, is a cable and antenna systems craftsman with the 502nd Communications Squadron at Joint Base San Antonio-Fort Sam Houston.

"I like being out in the sun," he said. "I couldn't imagine a job where you sit in a room behind a desk all day. I like doing physical work."

One of Nichols' tasks is climbing antenna support structures and wooden poles to maintain and install cable and antenna systems. He said it's his favorite part of the job.

"I like working out and climbing is probably one of the best workouts you can get," he said.

Nichols said he considered a military career at an early age because he wanted to serve his country and help people, and he followed his mother's advice to enlist in the Air Force. Pursuing his career field choice, he studied electronic principles at Keesler Air Force Base, Miss., and attended technical school at Shepard Air Force Base, Texas, before applying his skills at Incirlik Air Base, Turkey; Yokota Air Base, Japan; JBSA-Lackland and JBSA-Fort Sam Houston.

Nichols said 502nd CS members at JBSA-Fort Sam Houston serve more than 40,000 joint military and civilian customers and more than 600 buildings at their home location as well as JBSA-Camp Bullis and JBSA-Camp Stanley, attending to duties that include installing telephones on people's desks and local area network connections on the walls, installing and maintaining antennas, and maintaining communications towers. They're responsible for thousands of miles of copper, fiber-optic cable and infrastructure.

"We also trouble-shoot cable inside manholes, test fiber optics inside buildings and do a lot of LAN category-6 installations," he said. "Most of our work is preventive maintenance and repair."

Nichols' supervisor, Tech. Sgt. Kristofer Canales, 502nd CS NCO in charge of cable and antenna systems at JBSA-Fort Sam Houston, JBSA-Camp Bullis and JBSA-Camp Stanley, called him a "very skilled and knowledgeable cable and antenna technician."

"Words can't explain how much of an asset Staff Sgt.

"Words can't explain how much of an asset Staff Sgt. Nichols is to this work center. He's not afraid to step up and get dirty. Whether it's climbing a 200-foot communications tower or splicing cable in a manhole, he's always ready to go."

Tech. Sgt. Kristofer Canales

502nd Communications Squadron NCO in charge of cable and antenna systems at JBSA-Fort Sam Houston, JBSA-Camp Bullis and JBSA-Camp Stanley

Nichols is to this work center," he said. "He's not afraid to step up and get dirty. Whether it's climbing a 200-foot communications tower or splicing cable in a manhole, he's always ready to go.

"He has very strong communication skills and I haven't received one negative feedback from our customers or supervisors," Canales said.

Nichols, who was the 502nd CS NCO of the third quarter, said his squadron's work affects everyone – "anyone who depends on a computer or phone."

"You enable so many different people," he said. "You touch everything. Without us, nobody would be able to do their jobs."

(Editor's note: Joint Base San Antonio Front and Center is a series of stories highlighting outstanding members of the community while showcasing their impact on the missions that take place at JBSA.)



Photo by Sean Schroeder

Staff Sgt. Adam Nichols, 502nd Communications Squadron cable and antenna systems craftsman, climbs an antenna Sept. 14, 2015, at Joint Base San Antonio-Fort Sam Houston.

AETC commander visits Joint Base San Antonio

By Steve Elliott

Joint Base San Antonio-Fort Sam Houston
Public Affairs

“Airpower starts here.”

With those words, Lt. Gen. Darryl Roberson, commander of Air Education and Training Command, kicked off his visit Jan. 20 with several hundred Joint Base San Antonio service members, civilians and contractors at the Student Activity Center on JBSA-Fort Sam Houston.

The general spent three days – Jan. 20 through Friday – immersing himself in the vast array of missions and activities the 502nd Air Base Wing accomplishes at JBSA-Fort Sam Houston, JBSA-Randolph and JBSA-Lackland. He was accompanied by his wife, Cheryl, as well as the new AETC command chief, Chief Master Sgt. David Staton and his wife, Kimberly.

“It is an honor and a privilege to be commander of AETC,” Roberson said. “Every one of you plays a vital role in the success of AETC and I’m here to learn what is important to you.”

After talking about his life in the military and relating his father was a U.S.

Navy senior master chief specializing in avionics, the general explained AETC’s strategic focus areas.

The first area is motivational mission accomplishment, and he emphasized building up and inspiring people must be part of how we operate. “Our mission is to serve and protect our country,” he stated, so it’s vital that people feel committed and motivated to do it.

“During times like now – with budget cutbacks, sequestration, etcetera – we have to stay focused on taking care of our people,” Roberson said of his second focus area of compassionate care of Airmen and their families.

His third area is innovation. “Innovation is the key in our ability to adapt and stay ahead of our enemy,” he said. “Innovation comes from you. Change can be hard at times, but change is a constant.”

Leadership is the general’s final focus area. “Leadership is the most important thing we have to pay attention to. We have to have strong leadership from an Airman’s first supervisor level all the way to the top of the chain of command.”

See ROBERSON P17



Photo by Joel Martinez

Members of the 502nd Trainer Development demonstrate how the Air National Guard Advanced Joint Tactical System works for Lt. Gen. Darryl Roberson, commander of Air Education and Training Command, Jan. 22 at Joint Base San Antonio-Randolph.

Q & A with Lt. Gen. Darryl Roberson, AETC commander

Roberson talks about bringing airpower to fight while reducing risk to life, limb

By Tim Barela
Air Education and Training Command Safety Directorate

He's responsible for the well being of more than 60,000 command members and nearly 300,000 students each year – many of them teenagers who still feel bullet-proof. And the cold reality is that at some points during his reign, he will lose Airmen under his command ... not to war, but to preventable mishaps.

That's enough to keep anyone up late at night.

But Lt. Gen. Darryl Roberson, who took over as the Air Education and Training Command commander in late July, doesn't shrink from that challenge. He believes the command can reduce mishaps and fatalities.

While there's no magical formula, he does believe there are some simple solutions, which he details in this question and answer session.

Q: AETC is unique in that we get most Airmen in the infancy of their Air Force careers. How do you go about instilling solid risk management principles in them?

A: It's important when we take Airmen off the street that we start them off on the right foot and show 'em what right looks like. They are joining the Air Force and this is a military organization that requires discipline and requires us to do things a certain way to be successful to bring airpower to the fight.

We have to show them what the expectations are – what the standards are – from the very beginning. Then they have to understand that if they don't follow the standards what the implications or repercussions are. They need to know they will be held accountable. If we demonstrate and teach you the right way to do things, then I think 99 percent of our Airmen are going to do the right thing, the right way, the first time.

Q: What do you think is the best way to reach the high-risk group, ages 17-25, to prevent mishaps and instill risk management into their professional development and personal lifestyles?

A: We need to focus in on what they are doing. It's a combination of everyone working together – from peers and their wingmen all the way through their first-line supervisors and highest-level commanders. We have to constantly evaluate how our youngest Airmen are learning, how they accept information and how to get the message across to them. And every generation is different. So it's actually fun in many ways to try to make sure we're staying in tune with how best to message our youngest Airmen. Safety is one of those things that needs to be constantly talked about. Even though some Airmen, especially the younger ones, don't necessarily want to hear the repetition, safety really is our effort to

try to take care of them. And caring for our Airmen is one of our basic priorities.

Q: What safety violations or issues drive you crazy?

A: Tech order compliance concerns me. If after an accident we find out that folks were not following tech orders, that's a big deal to me. It shows that we have lost a little bit of our discipline; that we perhaps weren't paying attention and focused as critically as we needed to be. Our operations put lives on the line every day; so it's really important that we follow the tech orders and we do the operations the way we know how.

Another concern is motorcycles. The thing that gets me about two-wheeled vehicles compared to four-wheeled is that in many of the cases in which someone was either killed or paralyzed for life, they were doing nothing wrong. They were wearing the proper equipment. They were obeying the traffic laws. They weren't doing anything unusual. And yet they got taken out. Because there is less protection, riding motorcycles, especially in a city or congested environment, is very risky business.

And, last but not least, texting while driving gets my attention. Every time I get out on the road I see people swerving. Then I see them on their phones texting or talking. We need to get this under control as it has become one of our most dangerous activities.

Q: As a commander, what types of mishaps have you witnessed or reviewed that stick out in your mind?

A: The ones I remember the most and the ones that are the most tragic for me are the ones that could have been prevented if just one link in the mishap chain had been broken. It's the fact that nobody stepped up to break one of those links before the actual huge tragedy happened that makes it even worse. I lost an F-4 flight commander in training back in the early 1980s. It was a night mission out over the water; the weather was bad. We really didn't need to be out there. The training was not so important that we had to be out there doing it in those conditions.

We ended up losing two people in an F-4 crash over the Gulf of Mexico.

To get the mission done, they ended up compromising in a couple of areas they shouldn't have. And the supervisors knew about it but didn't stop it. Really unfortunate stuff. If we have leadership that accepts less than doing it the right way then we're compromising and putting everyone involved at risk, whether ground or flight operations.

Q: What are your "keys to success" for commanders and first-line supervisors regarding the execution of a safety program?

A: Keys to success are discipline, enforcing the standards, having a strong risk assessment program, holding people accountable and the ability for everybody to be able to call a knock-it-off. Even the youngest, lowest-ranking Airman should feel empowered to be able to say, "OK, stop. This is not right. We're going to hurt somebody or break something." We are in the Air Force, and any military requires discipline to be successful. So we need to have the discipline to execute what we know works and to call a knock-it-off when things aren't going right.

Q: If you had the last word before an Airman departed for leave or had a chance to give some last tidbits of advice, what would you say to him or her?

A: Do the risk assessment. Think about what you're going to do and kind of mentally chair fly what you're going to do. How far of a drive do you have? Should you break it up into a couple of days travel? Do you know the route? What's the safest way to go? What's the weather look like? After you've done the assessment and selected a plan that reduces the risk, then stick to your plan. Avoid last-minute changes. I speak from experience because I was in a hurry to get home when I was young too.

Q: The Air Force is rapidly changing. With sequestration budget cuts and reduced manning do you believe we are putting ourselves at more risk for mishaps? If so, how can we mitigate this risk as we try to adapt to this "new reality" while continuing at a high ops tempo?

A: Well the reality is we are the smallest Air Force that we've ever been in our history. And nothing really has come off the plate. So operations continue the way they were when we had a lot more Airmen. We have had to adapt to that situation. Because of this change, it actually makes our safety program even more important. Safety is not only critical for saving lives, limbs and resources, it's mission imperative. Now more than ever, we cannot afford to lose even a single Airman to a preventable mishap because the impact on the mission is devastating.

I know we're short on people. We're short on time. We're short on resources. But none of that should drive us to the point that we're compromising on these operations that need to be done. Doing it right the first time is critical.

Please don't ever feel so pressured to get something done for mission accomplishment that it's going to compromise someone's life. There is no training event that occurs in AETC that is more important than the lives of the people doing it.

902nd SFS defenders save lives responding to car crash

By Senior Airman Alexandria Slade
Joint Base San Antonio-Randolph Public Affairs

Security forces members across the Air Force secure personnel and equipment every day, but it's not every day their actions directly prevent loss of life.

What began as a normal day of checking identification cards and managing traffic flow through the Joint Base San Antonio-Randolph West Gate Dec. 10, 2015, ended in an emergency situation involving a major vehicle accident with five vehicles and several injured people.

The first responders on scene were Staff Sgt. Robert Vogel and Airman 1st Class Rose Dror, 902nd Security Forces Squadron installation patrolmen, both of whom were posted at the West Gate when the accident took place.

"Our training immediately kicked in and we didn't hesitate to help those affected," Vogel said. "Our consistent education, combined with our ready mindset, prepared us to respond quickly and efficiently."

The closest vehicle held a JBSA-Randolph Airman who had been leaving the base as she was struck, but was not seriously injured. As Vogel and Dror ensured the Airman was moved to safety, Officer Jimmie Pearson and Senior Airman Shasa Honse, 902nd SFS installation patrolmen, arrived on scene from where they had been assisting posts at the Main Gate.

Once they had moved the injured Airman safely from the accident area, Vogel and Dror turned their attention to the unconscious individual who was in the truck which struck the vehicle exiting the base and whose truck was now on fire.



Photo by Senior Airman Alexandria Slade

From left: Airman 1st Class Rose Dror, Senior Airman Shasa Honse, Officer Jimmie Pearson and Staff Sgt. Robert Vogel, 902nd Security Forces Squadron installation patrolmen, responded to a severe car accident Dec. 10, 2015, at the Joint Base San Antonio-Randolph.

Pearson attended to a third injured driver in a separate vehicle, while Honse joined Vogel and Dror as they dealt with the growing fire and the unresponsive driver who had caused the accident.

"Looking back I realize how grateful I am for the Self-Aid/Buddy Care training I have received during my Air Force and security forces training," Honse said. "We had to make split second decisions to move this man as safely as possible despite his injuries due to the threat of the fire in the engine compartment. He was struggling to breathe and remain conscious and our training helped us keep him alive until paramedics arrived."

Honse and Dror were able to get to the man quickly due to two unknown bystanders who helped them remove the driver's side door, Honse said. Meanwhile, Vogel used a fire extinguisher to keep the

fire from spreading to the cab of the truck until the driver was removed and JBSA-Randolph firefighters arrived.

On the other side of the street, Pearson provided spinal immobilization to the third injured person, an elderly woman struck during the accident who

had suffered various life-threatening injuries.

"I was able to rely on my 20-plus years of experience, as well as my teammates," Pearson said. "Everything flowed well, from our communication with each other and other JBSA-Randolph first responders, to the help of bystanders who directed traffic around the accident."

The passengers of the other two vehicles hit during the accident were not seriously injured and Universal City first responders arrived shortly after to provide further medical care, transport and clean up.

Dror, who recently graduated from security forces technical training, said she learned the importance of everyday tasks in the career field during the accident.

"I learned that gate duty and patrol are about more than just those jobs; you have to be ready for anything at any time," she said. "If I could give advice to my peers currently in training, I would tell them to take it seriously. You never know when you'll need those skills to save lives."

CARE event helps smooth Wounded Warriors' road to recovery

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs



Photos by Joel Martinez

Above: Retired Staff Sgt. Tino Uli (left), participates in an Air Force Wounded Warrior Caregiver, Adaptive and Rehabilitative Sports, Recovering Airmen Mentorship Program, and Employment and Career Services event Jan. 19 at Joint Base San Antonio-Randolph's Rambler Fitness Center. Right: Wounded warriors participate in sitting volleyball during an Air Force Wounded Warrior CARE event Jan. 19 at JBSA-Randolph's Rambler Fitness Center.



After participating in an Air Force Wounded Warrior event two months ago at Joint Base Andrews, Md., medically retired Master Sgt. Amy Dotson felt more at ease last week at Joint Base San Antonio-Randolph's Rambler Fitness Center as she enjoyed a session of wheelchair basketball.

"It was hard for me emotionally," she said, describing her first attempt at playing wheelchair basketball at JB Andrews. "I didn't feel like I had control, but I learned to trust the equipment."

Dotson, who was diagnosed with multiple sclerosis in 2014, was one of more than 100 wounded, ill or injured service members and veterans who attended the South Central Regional Warrior CARE Event Jan. 19-22 at JBSA-Randolph.

CARE stands for Caregiver, Adaptive and Rehabilitative Sports, Recovering Airmen Mentorship Program, and Employment and Career Services, and that perfectly describes the scope of the regional CARE events, which began in August at JB Lewis-McChord, Wash.

Warriors engage in adaptive and rehabilitative sports, discover ways to achieve employment and career readiness goals, and receive training on how to become mentors. The events also provide their caregivers with the training and support they need.

For Dotson, the events have social and emotional advantages as well.

"The two main benefits for me are keeping connected to my Air Force family and opening my eyes to the fact that there are a lot of things I can do," she said. "I can still enjoy life."

Marsha Gonzales, Air Force Personnel Center AFW2 Warrior and Survivor Care Division deputy chief, said CARE events "offer programs that will help wounded warriors in their recovery."

Adaptive and rehabilitative sports play an important role in the recovery process, Gonzales said.

"We adapt the sports to meet their needs," she said, referring to adaptive sports such as wheelchair basketball and sitting volleyball.

Warriors at last week's event also participated in swimming, track and field, archery, shooting, rowing, cycling and yoga. Some of them will move on to compete in the 2016 Air Force Trials Feb. 26-March 3 at Nellis Air Force Base, Nev., a qualifying event for the 2016 Warrior Games in June.

Senior Master Sgt. Bob Lumby, an Air Force reservist at JBSA-Lackland's 433rd Civil Engineer Squadron, said the CARE events have shown him that he is capable of competing in sports.

"There are different things I can do now," he said. "I didn't think I could bike, but I was able to get on a recumbent bike and exercise aggressively enough to get winded."

"For me, 'adaptive sports' is not just a catch-phrase," Lumby said. "It's an actual thing."

Employment transition workshops provide warriors

See CARE P13



Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Events

February

Bowling

Valentine drawing leads to dinner

Purchase a basket combo Feb. 9-12, 11 a.m. to 2 p.m., at the JBSA-Fort Sam Houston Bowling Center and be entered to win a \$50 Visa gift card for a valentine dinner. Combo meals range from \$6 to \$8.50 and the winner is selected Feb. 13, 3 p.m. For more information, call 221-3683.

Seafood special available during Lent

Stop by the JBSA-Fort Sam Houston Bowling Center Feb. 10 to March 24 for a seafood basket. The catfish combo includes two 5-ounce fish fillets, fries and a soft drink for \$8.50 or purchase a catfish sandwich for \$4.50. The shrimp combo includes 8 ounces of shrimp, fries and a soft drink for \$7. Hush puppies can be substituted for fries for an additional cost. A side order of hush puppies is \$2. For more information, call 221-3683.

Presidents Day brings bowling specials

Come to the JBSA-Randolph Bowling Center to celebrate Presidents Day weekend Feb. 13-15. The special bowling rate for the entire weekend is \$2.50 per game, per person with a \$2.50 shoe rental. Cosmic Bowling is not included. For more information, call 652-6271.

Sweethearts play in a tournament

Celebrate Valentine's Day at the JBSA-Randolph Bowling Center Feb. 14, 12:30 p.m., with the Sweethearts' Mixed Doubles Tournament. Teams must include one male and one female and participants must register in advance. Cost is \$30 per couple and doors open at noon. For more information, call 652-6271.

Lunch is combined with bowling

Stop by the JBSA-Fort Sam Houston Bowling Center Tuesdays-Fridays, 11 a.m. to 2 p.m., for a lunch special and fun, friendly bowling competition. Games and rental shoes are \$1.50 each. For more information, call 221-3683.

Spend lunchtime at the JBSA-Lackland Skylark Bowling Center. Bowl for \$1 per game with \$1 rental shoes Fridays, 11 a.m. to 2 p.m. For more information, call 671-1234.

Clubs

Chef creates special dinners at the club

The chef at the JBSA-Lackland Gateway Club creates a special evening dining experience in the Mesquite dining room, 5-8 p.m., with satisfying menus for all. Cost is \$16.95 for members and \$18.95 for nonmembers.

The Feb. 5 menu includes filet mignon with Gorgonzola cream sauce topped with bacon and green onions, sautéed jumbo shrimp, Duchess potatoes, broccoli spears, a house salad and dessert. The Feb. 12 menu features lobster tail, bacon-wrapped filet mignon, Duchess potatoes, roasted

asparagus spears and a house salad. For Feb. 19, enjoy prime rib au jus, rosemary roasted potatoes, asparagus spears with red peppers and house salad. The Feb. 26 menu includes a porterhouse steak with mushrooms and onions, baked potato, grilled corn on the cob and a house salad. For more information, call 645-7034.

Guests attend Monte Carlo Night

The JBSA-Fort Sam Houston Golf Club hosts Monte Carlo Night Feb. 5, 6:30-11 p.m. Enjoy a night of gaming, food and the chance to win several prizes including a flat-screen TV, tablets, gift cards, gift baskets, wireless fitness trackers and more. Cost for this event is \$20 and space is limited. Reservations are required. For more information, call 222-9386.

Club offers entertainment and drinks

The JBSA-Lackland Gateway Club is the hot spot on base for nighttime fun all month.

Kick off the month with First Friday at the Maverick Lounge with Doggin' Dave Productions Feb. 5, 5-8 p.m. Enjoy bar food, drinks, friends and music.

Musical entertainment is provided in the Lone Star Lounge with DJ LJU, Feb. 12, 5-6 p.m., and 9 p.m. to 1 a.m. with the 4th Quarter Band playing 6-9 p.m.

Check out "We're Halfway There Night" at the Maverick Lounge Feb. 19, 5-8 p.m. DJ LJU provides entertainment while guests relax.

Close out the month in the Maverick Lounge Feb. 26, 5-8 p.m., with music by Doggin' Dave Productions. Relax and play pool. For more information, call 645-7034.

Sky Lounge hosts live entertainment

Stop by the Sky Lounge in the JBSA-Randolph Parr Club for musical entertainment provided by Bugz Garza & The Alliance Feb. 5 and the Tobias Band Feb. 19, 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.

Football fans watch the "Big Game"

Watch the "Big Game" and cheer for a favorite team at the JBSA-Lackland Gateway Club Feb. 7, 3 p.m. Large-screen TVs capture every play-by-play moment. Purchase items from the bar menu during the game. For more information, call 645-7034.

Join the JBSA-Randolph Kendrick Club for the "Big Game" 50 Feb. 7. The Nite Club is open 11 a.m. to the end of the game for a tailgate party. Food specials are offered all day and coupons are accepted. Halftime includes a hot wings eating contest and the winner receives a \$100 Army and Air Force Exchange Service gift card. This event is sponsored by Budweiser®. No federal endorsement of sponsor intended. For more information, call 652-3056.

Valentine's Day is celebrated early with a meal

Visit the JBSA-Lackland Gateway Club for a pre-Valentine's Day buffet Feb. 11, 11 a.m. to 3 p.m. Cost is \$10.95 per person and the menu includes roast beef au jus, chicken breast with mushroom sauce, fried chicken, cranberry-kissed pork chops, baked tilapia with white wine sauce, mixed wild rice, whipped potatoes with brown gravy, macaroni and cheese, corn O'Brien, glazed carrots with snow peas, soup, a salad bar, fresh fruit, red velvet cake, Boston cream pie, Hershey kisses, Valentine's Day cake, carrot cake, chocolate cake and cherry cobbler. For more information, call 645-7034.

Sweethearts dine at the club

The JBSA-Lackland Gateway Club treats sweethearts to a romantic dinner in the Mesquite Dining Room Feb. 13, 5-8 p.m. Enjoy shrimp cocktail, a spring-blend salad with strawberries, mandarin oranges, pecans, feta cheese with raspberry vinaigrette, Chateaubriand for two, Duchess potatoes, roasted asparagus spears, rolls, chocolate sorbet, New York cheesecake topped with mixed berries and champagne. Cost is \$30 for single members, \$55 for member couples, \$40 for single nonmembers and \$65 for nonmember couples. For more information, call 645-7034.

Bingo fun is at the club

The JBSA-Randolph Kendrick club hosts a bingo extravaganza Feb. 1 and 15 with \$15,000 in jackpots and a complimentary buffet at 5 p.m. Early Bird bingo beings at 6 p.m.

Join in Birthday Bingo at the JBSA-Randolph Kendrick Club Feb. 9. Birthday members receive one free machine, cake and champagne. This event is for Randolph club members only and ID and club card are required.

Valentine's Day bingo is held at the JBSA-Randolph Kendrick Club Feb. 14. The Wheel of Fortune doubles any prize landed on. A dessert and coffee station is available.

A mini bingo extravaganza with \$5,000 in jackpots is played Feb. 29 at the JBSA-Randolph Kendrick Club. A complimentary buffet is offered at 5 p.m. with Early Bird bingo at 6 p.m. For more information, call 652-3056.

February 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 February birthdays are honored Feb. 16 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 January, \$5.95 for members' children, 6-12 years, \$13.95 for nonmembers and \$7.95 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. For more information, call 652-4864.

Community Programs

Sports fans watch the "Big Game"

Watch the "Big Game" at the JBSA-Lackland Skylark Community Center Feb. 7, 5:25 p.m. Prizes are given out during halftime and food and drink specials are available throughout the game. For more information, call 671-3191.

Fitness

Lifters compete in challenge

The Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus hosts a 100-Ton Challenge Feb. 1-28. Contestants lift 100 tons or 200,000 pounds in one day using free weights or plate-loaded machines. This event is open to all Department of Defense ID cardholders 16 years and older. This program is completed during normal business hours. No registration is required. For more information, call 808-5713.

Join the JBSA-Randolph Rambler Fitness Center and try to join the 100-Ton Club Feb. 17, during normal business hours. Stop by the front desk to pick up a 100-ton logbook to track progress and use any free weight or plate-loaded machine to lift 100 tons of weight in one day. Take the amount of weight used for an exercise and multiply it by the number of repetitions completed. Then, add up the totals of every exercise performed throughout the day. Once the total equals 100 tons, turn the logbook in at the front desk and become a member of the Rambler 100-Ton Club. For more information, call 652-7263.

Runners and walkers take on a 5K

Join the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Feb. 13, 7 a.m., for a Presidents Day 5K run or walk. This event is free. For more information, call 221-1234.

Fitness celebrates Valentine's Day

Push the limits with the JBSA-Randolph Rambler Fitness Center with a Valentine's Day run, bike, run Feb. 13, 8 a.m. at Eberle Park. Participants run a 5K, bike 10 miles and run an additional 1.5 miles. For more information, call 652-7263.

Zumba® gets the body moving

Join the Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus Feb. 27, 9:30-11:30 a.m., for a two-hour Zumba® Fest. Get the heart pumping to energizing music while dancing. This event is free and open to all Department of Defense ID cardholders. For more information, call 808-5709.

Golf

The "Big Game" is honored with a tournament

The JBSA-Lackland Gateway Hills Golf Course hosts a "Big Game" Tournament Feb. 7, with an 8 a.m. shotgun start. This is a two-person-team format tournament. Cost is \$40 per person plus cart and green fees. Enjoy prizes, food and beverages. For more information, call 671-3466

Golfers compete in a scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior four-person scramble Feb. 8 with a 12:30 p.m. shotgun start. Cost is \$25 for members, \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart, dinner and gift certificates for

JBSA-Fort Sam Houston Harlequin Dinner Theatre,
The 502d FSS and the GUNN AUTOMOTIVE GROUP presents:

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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.

Golf is played Valentine's night

Visit the JBSA-Fort Sam Houston Golf Course Feb. 12, with a 4:30 p.m. shotgun start, for a nine-hole game. Enjoy a buffet afterwards and finish the evening with a night putting tournament. Cost is \$25 for members, \$35 for nonmembers and includes golf, a shared cart, a social and prizes. For more information, call 222-9386.

Presidents Day comes with a tournament

Visit the JBSA-Randolph Oaks Golf Course for a Presidents Day tournament Feb. 15, with 7-9 a.m. tee times. This is a low-net, low-gross tournament and entry fee is \$10 per person plus green fees and cart rental. For more information, call 652-4653.

Lunch is served

During the renovation of the JBSA-Lackland Gateway Hills Golf Course kitchen, a limited lunch menu is served Tuesdays-Sundays, 10:30 a.m. to 1:30 p.m. The menu includes hamburgers, hot dogs, ham, turkey and tuna sandwiches, chips and sodas. Coffee may be purchased in the pro shop. For more information, call 671-3466.

Pro shop offers score specials

The JBSA-Lackland Gateway Hills Golf Course offers all members a \$15 discount and nonmembers a 10 percent discount on all in-stock golf bags during February. Also, order or purchase a new grip and installation of the grip is free during February. For more information, call 671-3466.

Information, Tickets and Travel

San Antonio Stock Show & Rodeo® tickets available

The San Antonio Stock Show & Rodeo® has grown to become one of the largest events in San Antonio with animals and agriculture, family entertainment, food, live music, shopping, special events, youth activities and a Texas wildlife exposition. The 2016 Rodeo dates are Feb. 11-28 and the JBSA-Fort Sam Houston Ticket Office has discounted tickets. For more information, call 808-1378.

Military pricing available for Disney

Disney World® and Disneyland® have announced a military salute program for 2016. Place an order for tickets through the JBSA-Lackland Information, Tickets and Travel office. Prices are \$194 to \$228 for Disney World® and \$140 for Disneyland®. The new dates end Dec. 19, 2016. The limit per active or retired ID card is six. Both parks have blackout dates in the spring. For more information, call 671-7111.

JBSA-Lackland Arnold Hall Community Center
671-2619 • Bldg. 5506
www.myjbsa-fss-mwr.com

Fierce

A Fashion Show For All

Feb. 5

8-11 p.m.

Admission: \$10

Arnold Hall
Community Center

Fun

Presented by
the JBSA-Lackland
Performing Arts Group

Food

Music • Dancing
Cash Bar

CE FORCE

Valentine's Day cruise goes to Mexico

Make Valentine's Day a day to remember with tickets from the JBSA-Lackland Information, Tickets and Travel for a five-day Western Caribbean Valentine's Day cruise Feb. 13-18. The cruise begins in Galveston, Texas, travels to Progresso and to Cozumel. Rates start at \$394 per person for an inside cabin, \$444 per person for an ocean view and \$574 per person for a room with a balcony. Gratuities are not included. Full payment and a \$10 service fee are due at booking. For more information, call 671-7111.

Renaissance fare takes visitors back in time

Pick up discount tickets at JBSA-Lackland Information, Tickets and Travel office and step into the Renaissance era at

the Sherwood Forest Fare. Enjoy music, games, entertainment, shows and crafts. The Fare is open weekends February through March. For more information, call 671-7111.

Special offer extended

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

Travelers visit Italy

The seven-day Jewels of Italy Cost-Saver Group Tour travels to Rome, Florence and Venice March 12-20. JBSA-Lackland Information, Tickets and Travel has rates starting at \$2,100 per person, including airfare. Additional discounts are available. Full payment and a \$10 service fee per booking is due at booking. If airfare is purchased via Trafalgar, a \$300 non-refundable air deposit is required at time of booking. For more information, call 671-7111.

Tourists take a trip to Costa Rica

Spend spring break in Costa Rica for four nights and five days March 13-17. This all-inclusive package travels from San Antonio to Riu Guanacaste via the Liberia Airport. JBSA-Lackland Information, Tickets and Travel offers this trip with round-trip airfare, airport transfers and all-inclusive hotel accommodations. Rates start at \$1,360 per person or \$5,435 based on two adults and two children, 10-12 years. Full payment is due at booking. For more information, call 671-7111.

Aransas Queen brings the casino closer to home

The JBSA-Lackland Information Tickets and Travel has tickets for the Aransas Queen Casino. This floating casino offers Las Vegas-style gaming with a Gulf Coast convenience. It is 20 minutes from Corpus Christi and three miles from Port Aransas. Enjoy two sailings seven days a week, 11 a.m. and 7 p.m., and a complimentary snack buffet, three full bars, live music, sun deck, in addition to more than 200 slots, live blackjack, craps, roulette, three-card poker, Let It Ride and Sportsbook. The Aransas Queen is proud to salute the military with discount tickets available for \$20, a savings of \$7.05, at all JBSA ITT offices. For more information, call 671-7111.

Library

Library provides more than books

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

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

The JBSA-Randolph Parr Club Presents

To Go



Dinners

Baked Lasagna

Made from scratch with layers of noodles, marinara sauce, ground beef, Italian sausage and four cheeses. Served with garlic toast and a garden salad.

- Feb. 24, 4-5 p.m., or until sold out
- \$9.95 for adult meals and \$7.95 for kid meals
- \$2 off for club members

www.military-fss-mwr.com

For more information, call 652-4864.



Military & Family Readiness

Workshop teaches basic military customs

Civilian employees new to the military workforce and military spouses interested in learning more about rank structure, chain of command and basic military structure are invited to attend the Army Family Team Building Military Knowledge workshop, Feb. 3, 9 a.m. to 12:30 p.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center. Participants review military acronyms, terms and the similarities between branches. For more information, call 221-2380.

Married patrons review financial matters

JBSA-Lackland hosts a Matri-Money and Marriage workshop Feb. 3, 1-2:30 p.m., at the Wilford Hall Annex, building 4600. Participants review financial concerns, challenges, emotional connections to financial matters, goal setting strategies and practicing effective communication. For more information, call 671-3722.

Soon to be parents are introduced to recourses

The Air Force Aid Society, in partnership with the JBSA-Randolph Military & Family Readiness Center,

provides information on budgeting for a baby, dental and pediatric clinics, the New Parent Support Program and more Feb. 5, 8:30 a.m. to 12:15 p.m. All active-duty service members and their expecting spouses may attend. For more information, call 652-5321.

Exceptional Family Member workshop offered

The JBSA-Fort Sam Houston Military & Family Readiness Exceptional Family Member Program hosts a workshop Feb. 11, 1-3 p.m. Patrons explore how three pillars of the program, medical, human resource and family support, work and what each pillar offers to Exceptional Family Member sponsors and their families. For more information, call 221-2705.

Survivor benefit plan workshop available

The JBSA-Randolph Military & Family Readiness Center holds a Survivor Benefit Plan workshop Feb. 16, 8-9:30 a.m., or 1-2:30 p.m. Military personnel and spouses meet with a SBP counselor to become familiar with the options, effects, and advantages of SBP. For more information, call 652-3633.

Course focuses on leadership training

The Briefer Training Course, Feb. 17, 8 a.m. to 1 p.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center, is open to all Department of Defense ID cardholders. This course teaches how to prepare and deliver effective, impactful presentations and is required for all volunteer speakers. Registration is required. For more information, call 221-2380.

Workshop helps nominate volunteers for awards

Review the new nomination form for the 2016 Volunteer of the Year Award and the Volunteer Excellency Award and learn to write a winning nomination Feb. 10, 9-11 a.m., and Feb. 17, 1-3 p.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center. Nominations submitted on forms from previous years are not accepted. The deadline to submit is Feb. 29. For more information, call 221-2380.

Facilities close for holiday

All JBSA Military & Family Readiness Centers are closed Feb. 15 due to the federal holiday. JBSA-Fort Sam Houston M&FRC is closed the first and third Thursday, 1-4 p.m., for in-service training. JBSA-Lackland M&FRC is closed the first and third Thursday, 2-4 p.m., for in-service training.

Military members, civilians and families pledge to save

The JBSA-Fort Sam Houston Military & Family Readiness Center honors Military Saves Week Feb. 22-27 with free events to help save money and avoid debt. The Military Saves program encourages service members, their families and civilian employees to take the Military Saves pledge at <http://www.militarysaves.org>. For more information, call 221-2380.

Outdoor Recreation

Paintball special offered for sweethearts

Play a game of paintball with a valentine at the JBSA-Lackland Outdoor Recreation Center Feb. 13, 9 a.m. to 5 p.m. The special for couples is \$36, which includes

two markers, 1,000 paintballs, all day play and a box of chocolates. Singles play for \$20 for the package with 500 paintballs. For more information, call 925-2998.

Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a three-dimensional archery competition Feb. 27-28, 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.

Boat rental prices are reduced

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

The JBSA-Lackland Equipment Rental offers half-price weekend boat rentals during February. Prices vary based on size and type. Weekend checkout begins Friday, 8 a.m. to 3 p.m., and ends Monday, 3 p.m. For more information, call 925-9112.

Guests stay two nights and get the third night free

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

Annual passes help save money

Purchase an annual JBSA Recreation Park @ Canyon Lake pass for \$65 and receive access to both the Sunny and Hancock Cove sides of the park with a vehicle and boat or tailor pass, valid for one year from the date of issue. Daily entry fee without an annual pass is \$7 per visit, per vehicle. For more information, call 1-800-280-3466.

Youth and Children

Membership cards are renewed for the new year

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

Youth participate in day camp

Register children, 5 and in kindergarten to 12 years, for day camp with JBSA-Lackland Youth Programs. Cost varies according to household income. Late registration is subject to a \$15 fee. Registration for the Feb. 12 camp ends Feb. 1 and registration for the spring break camp ends Feb. 29. For more information, call 671-2388.

Young soccer players begin to learn the game

Registration for First Steps Spring Soccer is Feb. 1-5 at JBSA-Lackland Youth Programs. First Steps teaches the basic fundamentals of soccer to children, 3-5 years, in

harmony with the gross motor movements of preschool and early school-age children. Cost is \$35 per child and a sports physical and shot record is required at the time of registration. Parents must participate in the six-week session as an extension of the instructor to eliminate the element of fear. For more information, call 671-2388.

Sports registration is here

Youth, 5-14 years, sign up for baseball Feb. 1-26 at JBSA-Lackland Youth Programs. Coed t-ball is for youth 5-6 years and costs \$45; youth must be 5 years by March 15. Coach Pitch is for youth 7-8 years and costs \$50. Baseball and softball are for youth 9-18 years and costs \$50. Athletes must have a current physical at the time of registration. Practices begin April 11. Season play begins April 23. Coaches are needed. For more information, call 671-2388.

The JBSA-Fort Sam Houston Youth Sports registration is Feb. 1-29. Youth 3-14 years are eligible to participate and registration is completed at Parent Central, building 2530, or at the Youth Center, building 1630. A current physical is required. Baseball, softball and t-ball season runs March through May. For more information, call 221-5513.

Spring sports registration for JBSA-Randolph Youth Sports is Feb. 1-29. Coed t-ball is for youth 5-6 years and costs \$60; youth must be 5 years by March 15. Coach pitch is for youth 7-8 years and costs \$70. Baseball and softball is for youth 9-18 years and costs \$70. All youth must have a current annual physical, immunizations record and sports registration form on file to participate. For more information, call 652-3298.

Art is displayed

All entries, photography, drawings and sketches for the Image Makers and Fine Arts contests must be brought to the JBSA-Fort Sam Houston Youth Center, building 1630, by Feb. 5 to be entered in the competition. All youth on the installation may join. For more information, call 221-3502.

Basketball clinic focuses on improving skills

All JBSA military dependents can join JBSA-Lackland Youth Programs Sorts to improve basketball skills Feb. 5 at the Annual African-American Heritage Committee Youth Basketball Clinic. Youth practice dribbling, shooting, conditioning, offense and defense. Youth 5-9 years practice 4:30-6 p.m. and youth 10-15 years practice 6-7:30 p.m. A maximum of 60 kids per age group may participate and cost is one canned good. All participants must bring a basketball. For more information, call 671-2388.

Youth attend football party for the "Big Game"

Cheer on a favorite football team and enjoy food and games at the JBSA-Fort Sam Houston football party Feb. 7, 4-9 a.m. All middle school and high school youth are invited to attend. For more information, call 221-3502.

Sweethearts celebrate Valentine's Day early with a dance

All preteens are invited to celebrate Valentine's Day early at the JBSA-Randolph Youth Programs Feb. 12, 6-9 p.m. Bring dancing shoes and dance the night away with friends. Cost is \$3 for members and \$5 for nonmembers.

Give Parents a Break program is offered

JBSA-Randolph Youth Programs hosts Give Parents a Break and Kids Adventure Night Feb. 19, 6-10 p.m.

Registration is Feb. 1-17. This event is at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and older. Cost is \$25 with a multiple-child discount and free for GPAB waiver holders. For more information, call 652-4946.

Youth register for spring break camp

The JBSA-Randolph Youth Programs School Age Spring Break Camp Registration is Feb. 15-26, during normal business hours. Camp runs March 10-14, 6:30 a.m. to 5:45 p.m., and youth 5-12 years may participate. Fees are based on total family income and all required paperwork must be on file including pay stubs and shot records. For more information, call 652-3298.

Red is the color to dance in

Youth, 9-12 years, grab a friend and wear red in support of deployed troops at the Red Red Dance Feb. 19, 7-9 p.m. at the JBSA-Lackland Youth Programs. Cost is \$5 and door prizes are given away. For more information, call 671-2388.

Middle school lock-in held

All JBSA-Fort Sam Houston middle school youth in 6-8th grade are invited to attend the middle school lock-in Feb. 26, 9 a.m. to 7 a.m. Cost is \$10 per person for registered members. Permission slips are required to attend and sign up ends Feb. 24. For more information, call 221-3502.

Youth go for the gold

Attention 14-23 year olds: sign up at JBSA-Randolph Youth Programs for the Congressional Award Program and set goals in personal development, voluntary public service, physical fitness and expeditions or explorations. Earn an award presented by Congress after reaching the bronze, silver or gold medal level. Participation in this program is a great addition to college applications. For more information, call 652-3298.

Clubs are educational and fun

The JBSA-Fort Sam Houston Youth Programs offers leadership clubs including Keystone and torch, 4-H, photography, Smart Girls, Passport to Manhood, robotics and sports clubs. All clubs are working on Service Learning Projects and have a variety of activities and trips planned. Meetings are held at 4:30 p.m. and participants are eligible to become club leaders. 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>





Photos by Airman 1st Class Stormy Archer

Above: Retired Senior Master Sgt. Jessey Baca throws a shot put Jan. 22 during the South Central Regional Warrior Caregiver, Adaptive and Rehabilitative Sports, Recovering Airmen Mentorship Program, and Employment and Career Services event at Joint Base San Antonio-Randolph's Rambler Fitness Center.

Top left: Retired Senior Airman Chris Fugitt and retired Master Sgt. Craig Zaleski row during a 1,000-meter relay race Jan. 22 during the CARE event.

Bottom left: Wounded Warriors play wheelchair basketball Jan. 22 during the CARE event at JBSA-Randolph's Rambler Fitness Center.

CARE from P8

with the tools they need to find jobs, Gonzales said.

"Employment workshops are personalized to meet their needs," she said. "We help them with interviews, tweak their resumes and help them figure out what jobs they can transition to since most of them do not meet duty requirements."

Also during the CARE event, caregivers such as parents, spouses and siblings receive training on subjects ranging from self-care and resiliency to post-traumatic stress disorder, Gonzales said.

In addition, the event provides caregivers with a break from their duties, she said.

"We provide care during the week so they have time for themselves," Gonzales said.

Mentorship training is yet another aspect of the CARE event, said Shawn Sprayberry, AFW2 senior communications and outreach coordinator.

"Mentorship training is provided by program staff," he said. "They're teaching wounded warriors how to be mentors for other warriors. We try to connect them with

warriors with similar disabilities so they can talk about the issues they may run into.

"We also have sports mentors to help wounded warriors through the sports process," Sprayberry said. "We're creating group leaders."

Evenings are devoted to art therapy and music therapy.

"'Painting with a Purpose' is done by Greg Miller, a wounded warrior," Sprayberry said. "He used art in his therapy and found out it was the one thing that helped him. It was also a way for him to give back to the Wounded Warrior community."

Dotson discovered that she enjoyed painting.

"It's another way of relieving stress and expressing yourself," she said. "It's a lot of fun."

"Rock to Recovery" is a music activity and the name of a nonprofit organization started by Wes Geer, former guitarist of the band Korn.

"He comes to events and gets wounded warriors to play instruments," Sprayberry said. "They work together

to write a song and perform it at the end of the week. Geer uses it for recovery of all types."

Gonzales said AFW2 program members, subject-matter experts, coaches and dozens of volunteers provided their expertise and support throughout last week's event.

"We have a robust staff here," she said. "Seventy volunteers from AFPC and JBSA prepared lunches, provided water, set up equipment and performed other duties. They get as much out of this as the Airmen in recovery."

Sprayberry said CARE events help wounded warriors feel connected – to the Air Force and to each other.

"Here they get a sense of teamwork and find camaraderie," he said. "They have something to pursue and they create close friendships."

"When they arrive on the first day, they're nervous, but by the end of the first day, they're high-fiving one another," Sprayberry said. "At the end of the week, they don't want to go home."

JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.

Joint Base San Antonio-Randolph News Briefs

Blue Cross/Blue Shield Federal Employee Program

A representative from the Blue Cross/Blue Shield Association will be at Joint Base San Antonio-Randolph for a health benefits site visit from 9 a.m. to 2 p.m. today at building 399, Pitsenbarger Hall, in the second floor conference area, room 222.

Volunteers needed

The 359th Medical Group and American Red Cross are seeking volunteers who would like to give back to the men and women who serve and have served in our Armed Forces. There are various volunteer positions available and the only criterion is that those interested in volunteering have a valid Department of Defense Identification Card. For more information, call the Joint Base San Antonio-Randolph Air Force Base's 359th Medical Group and American Red Cross Volunteer Coordinators office at 652-6372.

Valentine's Day fitness event

The Joint Base San Antonio-Randolph Rambler Fitness Center hosts a Valentine's Day run, bike, run event Feb. 13 at 8 a.m. at Eberle Park. Participants run a 5K, bike 10 miles and then run an additional 1.5 miles. For more information, call 652-7263.

Golf tournament

The Randolph Oaks Golf Course hosts a Presidents' Day tournament Feb. 15, with 7-9 a.m. tee times available. For more information, call 652-4653.

Survivor benefit plan workshop

The Joint Base San Antonio-Randolph Military & Family Readiness Center holds a Survivor Benefit Plan workshop Feb. 16, 8-9:30 a.m., or 1-2:30 p.m. Military members and spouses will meet with a SBP counselor to learn the options and advantages of SBP. For more information, call 652-3633.

Enlisted commissioning briefing

Enlisted members interested in obtaining a commission while on active duty are invited to attend a brief 2-3:30 p.m. Feb. 16 at building 5612. The brief will provide an overview of available enlisted commissioning programs and

their respective application processes. The class is limited to 42 openings. To register, visit the following share point link at <https://cs3.eis.af.mil/sites/00-ED-AE-15/default.aspx>.

Street construction planned

The 502nd Civil Engineer Squadron will conduct a repavement project on 5th Street West, including replacement of existing pavement, curbs and sidewalks from F Street West to C Street West. Demolition and construction will occur in various phases and will require street and parking closures on 5th Street West for the time periods below:

- Saturday and Sunday: Asphalt will be milled off the roadway from F Street to C Street.
- Phase I, through Feb. 26: 5th Street West will be closed from F Street to E Street.
- Phase II, Feb. 29 – April 1: 5th Street West will be closed from E Street to D Street.
- Phase III, April 4 – May 13: 5th Street West will be closed from D Street to C Street.
- Repaving, May 21: 5th Street West will be closed from F Street to C Street for paving.

Detour routes will be marked.

For more information, call 652-1224.

Golf Road construction delayed 30 days

A 30-day delay has pushed the estimated completion date of the South Gate/Golf Road crossover project to March 3. All access to the area will continue to be restricted, directing all South Gate traffic to East/West perimeter roads. During this time, motorists are encouraged to use the Main, West and East Gates.

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

The West Perimeter Road detour for drivers is located on the second left entering the South Gate. Traffic exiting the South Gate will also use West Perimeter Road as a detour route. Traffic to and from Randolph Oaks golf course is accessible from the South Gate and West Perimeter Road. Airfield traffic is not affected by the project.

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

Healthy relationships key to preventing teen dating violence

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

February is Teen Dating Violence Prevention and Awareness Month across the U.S., and Joint Base San Antonio-Randolph Mental Health Clinic members will be educating teenagers, young adults and their parents on how to prevent or stop abusive relationships by using skills and habits that can lead to healthier relationships.

The classes being offered by the JBSA-Randolph Mental Health Clinic in February will educate teenagers and young adults by teaching them how to identify the signs of an abusive relationship.

"We are helping families recognize healthy relationships and recognize abuse," said Gina Ramirez, 359th Medical Operations Squadron Mental Health Flight outreach and resiliency coordinator. "It's helping teenagers and young adults recognize what healthy boundaries and relationships are like."

Ramirez said an unhealthy relationship can include both physical and verbal abuse. The signs of an abusive relationship can include being inconsiderate, disrespectful, distrustful, making threats or physically hurting a significant other.

Small incidents in an abusive relationship, such as name-calling, could lead to violence, Ramirez said.

"It always begins small and escalates," Ramirez said. "It's not just somebody hitting you, punching you or slapping you. Those are the extremes. How the abuse begins is what we want to get across to

the parents and to the teenagers."

According to surveys, teenage dating violence and abuse is widespread. One in 11 high school students, according to the website <http://www.kidshealth.org>, said they were physically abused on a date. In addition, 80 percent of teenagers say that verbal abuse is a problem for their age group.

Ramirez said a healthy relationship is based on trust, respect and honesty. She said partners in a healthy relationship can respect each other's choices and decisions even if they disagree with them, have equal say and respected boundaries and can communicate their feelings in an open and honest way.

Classes and forums offered in February for Teen Dating Violence Prevention and Awareness Month include:

- Feb. 10 – "A Cup of Prevention," 8:30-9:30 a.m., at the JBSA-Randolph Medical Clinic MDOS Conference Room. Parents learn about and discuss healthy relationships, social courage, self-image and awareness, coping strategies and communication in their children's teenage years. Forum is facilitated by the Texas Advocacy Project, a non-profit law firm that provides free legal services to victims of domestic and dating violence, sexual assault and stalking, according to the law firm's website.

- Feb. 10 – "In Their Shoes," 5-6:30 p.m., at the JBSA-Randolph Youth Center. Put on by the Texas Advocacy Project for teenagers. In this forum, six teenagers re-enact scenes from the experiences of real life teenagers in relationships, including a dat-

ing partner, family and friends. Forum includes the film "Teen Talk: In Their Shoes."

- Feb. 17 – "Responsible Social Media Teen Talk," 5-6:30 p.m., at JBSA-Randolph Youth Center. Teenagers learn about the appropriate uses of social media and the pitfalls, including cyber-bullying, and how to avoid those pitfalls. Class is taught by Farrah Smith, 802nd Force Support Squadron Family Life Program educator at JBSA-Fort Sam Houston.

- Feb. 22 – "Dangers of Social Media," 11 a.m. to 1 p.m., at the JBSA-Randolph Human Performance Resource Center. Parents get educated about social media, how their children are using it, the pitfalls of it and how they can protect their children from social media pitfalls. Class is taught by Smith.

- Feb. 23 – "Body Image and Nutrition," 5-6 p.m., at JBSA-Randolph Youth Center. Class is taught by Danette Blair, JBSA-Randolph Chapel youth coordinator. Children are taught that making healthy eating and lifestyle choices can lead to healthy relationships.

The JBSA-Randolph Youth Center is sponsoring a teen dating violence essay contest for ages 13-18. The essay topic is teen dating violence in today's culture; essay must be 500 words or less. Deadline for essay submission is Feb. 19 at the youth center.

Essays will be judged by the JBSA-Randolph First Sergeant's Council.

To register to participate in the classes and forums, call the JBSA-Randolph Mental Health Clinic at 652-2448.

JBSA-Randolph packs nutrition session as part of agreement with BiblioTech

By Jose T. Garza III

Joint Base San Antonio-Lackland Public Affairs

The Joint Base San Antonio-Randolph Library will host a seven-week nutrition class starting at 4 p.m. Friday as part of JBSA's approved agreement with BiblioTech, Bexar County's Digital Library, which was created in October to provide digital resources to military families stationed at all three installations.

As part of the program instructed by the Texas A&M Extension Services, the class will cover the following topics:

- Healthy families
- Healthy foods
- Making the Most of MyPlate
- Play It Safe Mealtime Miracle
- The Power of Planning
- Setting Your Limits
- Foods that Pack a Phone
- The Choice is Yours

The nutrition program is the second of three scheduled quarterly special

programming events to be held at each installation on a rotating basis per the agreement with the purpose of fostering the partnership between JBSA and BiblioTech so community members can learn how to use digital resources. JBSA-Lackland hosted a genealogy session in November.

"The library is an edifying environment for people to learn plus discover books, magazines and other resources that they might want to learn about and check them out," said Laura Cole, BiblioTech administrator for Bexar County.

Besides the quarterly events, BiblioTech delivered 150 Nook e-readers, a BiblioTech Discovery Terminal kiosk and other digital resources to enhance each of the three libraries services in December 2015 under the agreement, which was described in a press release as the "first of its kind" for the Department of Defense.

Jennifer Robertson, JBSA's lead li-

brarian who is based at JBSA-Fort Sam Houston, is "ecstatic" about the JBSA and BiblioTech partnership.

"I am happy we are able to bring these digital services to the JBSA community," she said. "As a JBSA library, we are technically an Air Force library, but we are also part of the Army General Library Program. We get to provide our patrons not only with Army digital resources but Air Force digital resources and e-resources provided by BiblioTech."

"We are able to be a triple threat for our community and help them in different ways to utilize e-resources. With this partnership, it puts us in a new age of librarianship as far as distributing better resources for our patrons because not only are we bringing them programming, resources and tablets, but we are able to have more one-on-one interactions with them to teach them how to use the resources and better serve this community." Before the agreement, BiblioTech already

staged a presence in military community. BiblioTech opened a library branch at the Warrior and Family Support Center located at JBSA-Fort Sam Houston in July 2014.

Both JBSA and BiblioTech library officials are optimistic about the partnership's future. "I hope we continue to expand our programming efforts with JBSA," Cole said. "We will do what we can to help them out."

"I feel this is the beginning of a beautiful partnership," Robertson added. "I think we will grow in regards to helping each other in our communities, especially in programming elements. We are going to find a way to link programs that are applicable not only for the JBSA community but the San Antonio community."

Active duty members and dependents with a Bexar County address are eligible to register for a BiblioTech library card and use BiblioTech digital resources at <http://www.bexarbibliotech.org>.

JBSA-Randolph youth learn basketball skills the 'Spurs Way'



Children from the Joint Base San Antonio-Randolph Youth Center huddle up with Rasual Butler, San Antonio Spurs forward, during a basketball skills camp Jan. 19 at the JBSA-Randolph Rambler Fitness Center. The camp is part of the Silver and Black Give Back program hosted by the San Antonio Spurs, offering young people age 5-16 an opportunity to play basketball and improve their athletic skills while learning teamwork, cooperation and discipline in a positive and safe environment.

Photo by Airman 1st Class Stormy Archer

JBSA-Randolph Chapel Schedule

This revised schedule begins in February

PROTESTANT

Sunday

8:15 a.m. traditional service in the Main Chapel

11 a.m. contemporary service
in the Religious Activity Center (building 975)

CATHOLIC

Tuesday-Thursday and 1st Friday of the month

Mass @ 11:30 a.m. in the Main Chapel

Saturday

Confession @ 4-4:30 p.m. in the Main Chapel

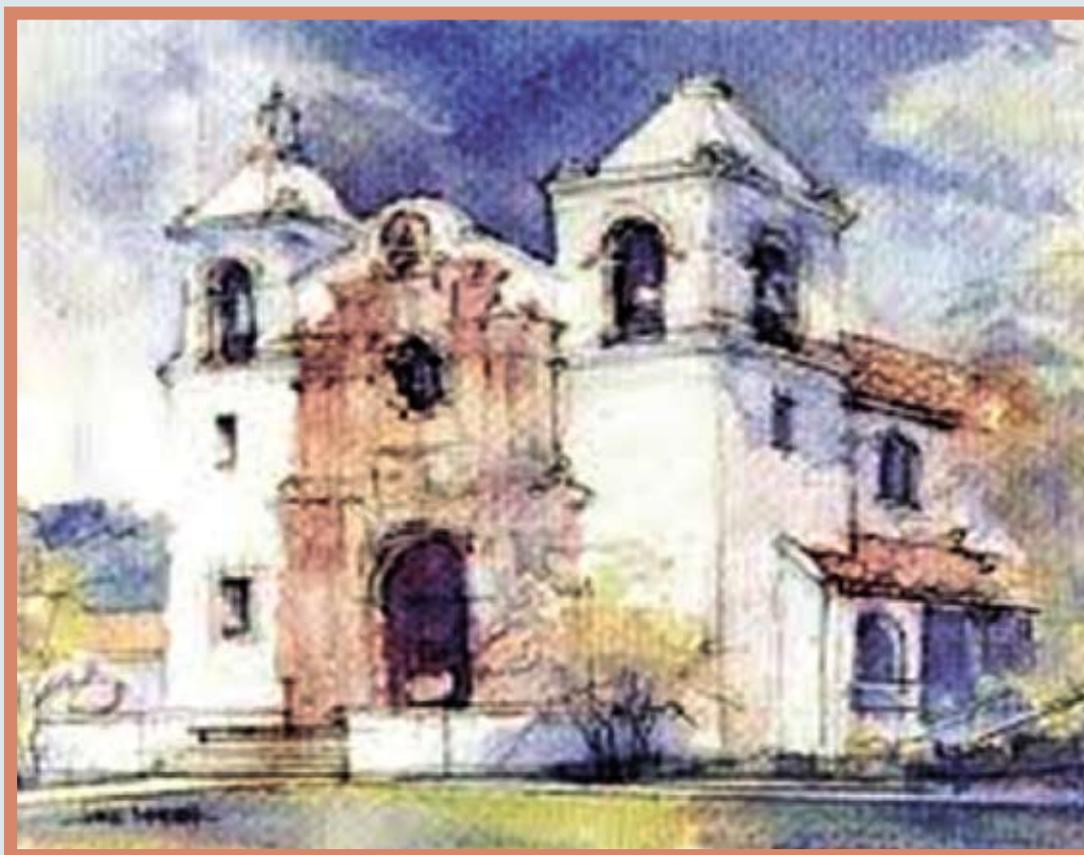
Mass @ 5 p.m. in the Main Chapel

Sunday

Mass @ 8:30 a.m. in the

Religious Activity Center (building 975)

Mass @ 11:30 a.m. in the Main Chapel



Courtesy graphic

JBSA-Randolph club brings soccer enthusiasts together

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

A soccer club at Joint Base San Antonio-Randolph is bringing together players from different generations and age groups who play for the love of the sport.

The Randolph Football Club Ramblers are made up of active-duty service members, dependents, JBSA civilians and military retirees. The club is a member of the San Antonio Soccer Association and competes against area teams including those from JBSA-Lackland and JBSA-Fort Sam Houston. Games are played on Sundays at the Schertz Soccer Complex, 75 Maske Road, in Schertz, or the San Antonio Spurs Soccer Complex, 5130 David Edwards Drive, in San Antonio.

The club is coached by Staff Sgt. Wayne Burke, 359th Aerospace-Medicine Squadron Dental Flight NCO in charge preventive dentist at the JBSA-Randolph Dental Clinic. Burke has coached the Ramblers for two years.

Burke said the team has 42 players, from 16 to 50 years of age, who really enjoy playing soccer and have a passion for the game.

"We don't do it so much because we want to win all the time," Burke said. "We just do it for the enjoyment and love of it. There's a lot of camaraderie whether you win or lose. It's a great workout."

The club practices twice a week, on Mondays and Wednesdays, at the field across from the JBSA-Randolph Rambler Fitness Center. The Ramblers play fall, winter and spring schedules, consisting of 10 games each.

The Ramblers started off their fall schedule with a 1-5 record. Burke said the club's biggest challenge has been to get every player to play together on a consistent basis because of temporary duty, work and deployment schedules.

Burke said the Ramblers defend and pass the ball well, but need to improve on taking advantage of their scoring opportunities near the opponent's goal if they are to turn their season around.

Despite their slow start, Burke said the Ramblers are



Courtesy photo

Randolph Football Club members take a team photo after a recent match.

still hoping to make the San Antonio Soccer Association playoffs. The Ramblers compete in a 14-team division, with the top 10 teams in the division qualifying for the playoffs.

"We are not giving up on it," said Burke about getting a playoff bid. "We are going to see if we can get something out of it."

Burke said Marlin Richardson, Rambler Fitness Center fitness and sports director, and Rikk Prado, Rambler Fitness Center sports programmer, have been supportive of the club. He said the center bought the equipment the club practices with, including goals, nets, balls and gear.

Staff Sgt. Camilo Guzman, 902nd Security Forces

Squadron controller, has played with the Randolph Football Club for two years. Guzman said he got involved with the club when he saw them playing on a field by the dorms and then participated in a practice.

Guzman said he enjoys playing with the Ramblers because everyone on the team helps and learns about soccer from each other.

"Everybody on this team is on the same page," Guzman said. "Nobody talks bad about other players and everybody is encouraging others to get better and have fun."

Burke said new players are always welcome to join the Ramblers. Anyone interested in joining the club, can contact Burke at 652-3301 or 202-538-4437.

ROBERSON from P5

Roberson transitioned into describing his own leadership philosophy. "What it comes down to for me are the three Cs ... competence, care and character."

In regards to competence, he said, "Lead from the front and lead by example. Leave no doubt for the people you lead that you know what you're talking about. Make the effort to become competent in whatever position you may find yourself in.

"If you're going to lead, your people must know that you care about them," Roberson said. "It takes active mentoring and really getting to know and caring about your people and their families."

The general then stressed the importance of integrity and character and how all three Cs come together to equal trust.

Roberson also discussed some of the "big picture"

concerns facing the Air Force and AETC.

Talking about threats posed by fighters with the Islamic State of Syria and Iraq, he said, "We take ISIS fighters off the battlefield routinely. We're using airpower to help Iraq and others defeat this ISIS threat.

Touching on the new T-X jet trainer that will replace the T-38 Talon as the primary trainer for Air Force undergraduate pilot training, Roberson said, "This is the next-generation trainer for the fighter and bomber pilots of tomorrow, so we need to get it right."

In talking about remotely piloted aircraft, he pointed out the differences between RPAs and drones. "RPAs always have a pilot. These pilots are becoming increasingly important to the Air Force. In fact, as of this year, we now have more RPA

pilots in the Air Force than any other kind."

Wrapping up his "big picture concerns," Roberson turned to a somber subject: suicides and sexual assaults. "Until we get to zero in these two areas, we have a lot of work to do. Just know there are many people ready to work with you on these issues. Be that wingman who reaches out and says and does something to take care of your fellow wingman."

After taking a few questions from the audience, Roberson wrapped up by lauding the commitment and achievements of JBSA, the largest joint base in the Department of Defense.

"I could not be more genuine when I say I am so appreciative of what all of you do every day at JBSA," the general said. "You are setting the standard in so many ways for the rest of the DOD."