



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH
No. 39 • SEPTEMBER 30, 2016

**59th MDW clinics
extend hours
to accommodate
patient access to care**

PAGE 5



Photo by Senior Airman Stormy Archer
Photo illustration by Maggie Armstrong



Together
we can end
domestic abuse

Courtesy graphic

Domestic violence awareness, page 3



Courtesy photo

National Night Out, page 6

**HORRIFYING
HAUNTED
HOUSE**

Oct. 28 & 29 7-10 p.m.

JBSA-Lackland
Hall Community Center-Bldg. 5506

Courtesy graphic

502nd FSS schedule of events, pages 7-10

COMMENTARY

EVERYDAY CONNECTIONS

#BeThere before you get the call

By Master Sgt. Wendy Barraza

Headquarters Individual Reservist Readiness and Integration Organization
Buckley Air Force Base, Colo.

When the phone rings in the middle of the night, it's like an alarm going off in your brain. No one calls at one in the morning to say "just thinking of you."

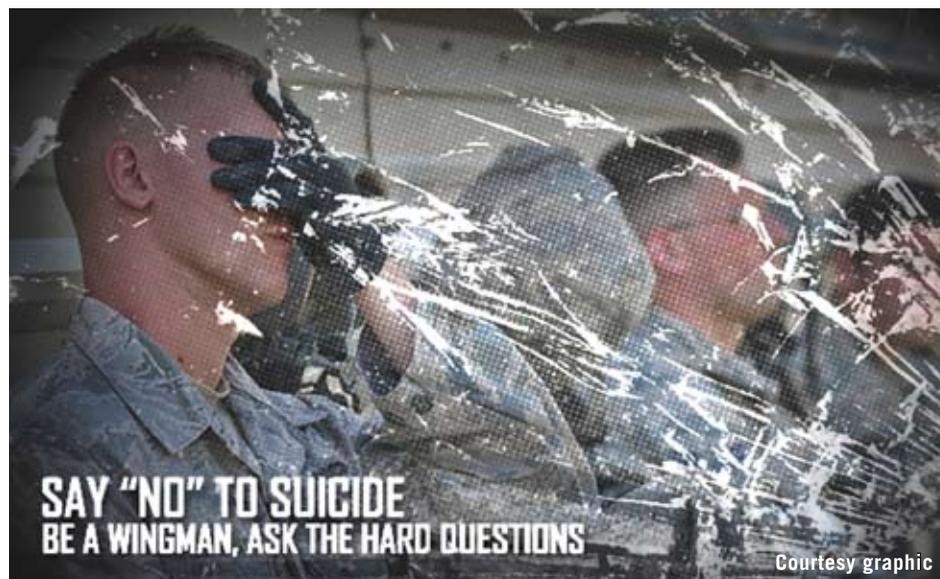
I received one of those calls 13 years ago and woke to my mom telling me my dad had died from a self-inflicted gunshot wound. The words didn't sink in right away; I had to ask her to repeat herself. I can't imagine the difficulty she endured to do this.

My dad was a Navy veteran and a high performer. He was incredibly successful as a nuclear power engineer. Unfortunately, he was not able to tackle life's challenges without substance abuse or an addiction. These varied over the years, from gambling to drinking, to smoking, to overeating; he would replace one with another in a constant struggle to adapt to life.

I don't know for sure, but I suspect he filled the void with those substances because he didn't have anyone to help him. As the breadwinner for the family, I think he felt he had to appear strong and deal with things on his own. This left him alone with no one he could just open up to about how he was feeling.

At the time, it was very difficult for me to process my dad's suicide without resentment. I felt he had damaged my mom. I felt he had committed a horribly selfish act. I felt angry that my mom and brother missed him so much when I didn't find him to be a particularly good person. It never occurred to me how alone he felt in that moment, alone enough to see suicide as the only solution to end his pain.

A few years after this, I became a first sergeant and received extensive training on how to help those struggling with suicide. I also began counseling with suicide survivors and victims. These encounters educated me and gave me a new perspective on how people think when they are considering suicide and how to respond to them.



When someone's arm is cut off, we don't just tell them to change their frame of mind and they'll feel better. When someone is diabetic, we don't tell them it's unhealthy to take medication every day to survive. When someone has the flu, we don't ask them, "Have you ever tried not having the flu?"

What I came to understand is we should never minimize someone's struggle and we need to be there for our wingmen when they are going through rough patches. Isolation and hopelessness are dark times, and the permanent effects of decisions made in those times can create a ripple effect of sadness through families and organizations.

If I were to hold a glass of water in my hand and stretch it out parallel to the floor, I could hold that glass for a while. But at some point, my arm would get tired and I would want to lower the glass. Life is like this.

Everyone has a different point of exhaustion and we must be aware of our own breaking point and our wingman's. While we all cope differently with this exhaustion, building our social, mental, physical and spiritual resiliency is at the core of our strength.

The theme of this year's Suicide Prevention Month is #BeThere and it stresses the social pillar of resiliency.

This campaign resonates strongly with me because if my dad had just one person to give him hope, he might still be here today. It's no one's fault he is gone, but I believe if he felt the care from people who did care for him, he would have given life another chance.

My challenge to you this month is to spend time building your community again. Reconnect with a friend and spend time together. I know we all have limited resources that make it difficult to set aside quality time for one another, but those moments build the trust, loyalty and commitment needed to open up to each other when things aren't going well.

Think about who you feel comfortable reaching out to and ask yourself who feels comfortable reaching out to you. Let's mean it when we say, "I will never leave an Airman behind." Let's win the battle to save lives so no one else has to answer that call in the middle of the night. Everyday connections with our wingmen matter.

(Editor's note: If you are struggling with thoughts of suicide or depression, seek help immediately. Talk to your wingman, chaplain or mental health professional. Confidential help is also available by contacting the Military Crisis Line at 800-273-8255, Opt. 1 or <http://www.MilitaryCrisisLine.net>.)

WINGSPREAD

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Domestic violence awareness: why leaving is never that easy

By 2nd Lt. Taryn Hagerman
Family Advocacy intern

In the minute it takes for a single cup of coffee to brew, about 20 Americans experience domestic violence, according to the National Coalition Against Domestic Violence. This social epidemic affects more than 10 million people annually and includes physical, emotional and sexual abuse.

The victims are not numbers. They are mothers and fathers, daughters and sons, coworkers and service members. One of those victims could be standing in your formation, struggling to stay safe.

It's easy to understand how domestic violence can erode families and impede mission readiness; however, it is much harder to see a problem that no one is looking for. When most people learn about instances of domestic violence, it comes as a complete shock.

To outsiders, it's unfathomable to live in a home where physical, sexual, or emotional abuse is a regular occurrence. And this naivety will often take the form of a question: "Why didn't you just leave?"

It's effortless how those words manage to slip from one person's mouth and pierce straight into a victim's core. In the midst of trauma, they are now facing judgement from those whom they have trusted with their greatest secret, pain and shame.

To offer support to domestic violence victims, people must become educated on the problem and change the conversation about victims. It's easy to label victims as weak individuals who willingly gave up their power.

However, victims are not people who have accepted violence as much as they have made excuses for the people they deeply love. Hasn't everyone made an excuse for love at some point?

Victims almost never date a violent person. They fall in love like everyone else, to a person who is attractive, charming and loving. The abuse starts later, often after they are married and this can make it even more difficult to leave the relationship. For many people, ending a marriage is the same as accepting that they have failed.

The transition from a loving and safe relationship to abuse is gradual, much like boiling a pot of water. If someone were to place his hand in the water from the beginning, he would certainly notice it becoming hotter, but he would also acclimate to the heat each time it increased. The temperature increases so slowly that even though the water is becoming unbearably hot, it was not much hotter than it was previously.

Victims do not feel as though they are weak for staying in their marriages; in fact, they often perceive themselves as strong for staying with a flawed partner through their darkest times. Many will work to love the hate out of the abuser. Like all spouses, they inherently want to believe their partner, especially when they show remorse and

October is Domestic Violence Awareness Month

Together we can end domestic abuse

Courtesy graphic

promise it won't happen again.

Even when the victims stop believing the abuser's remorse they face many other challenges.

It's never as simple as leaving.

Fear, financial dependence, access to resources and children are all powerful influences for victims to stay in an abusive relationship. Demands of a military career can exacerbate the concern for children's safety. Some victims fear not being able to keep their children safe.

Others worry about maintaining a relationship with their children through deployments and frequent relocations, if the offender has primary custody of the children.

Fear is a major factor and rightfully so. The intensity of threats and attacks frequently increase once the victim leaves the relationship. According to the National Coalition Against Domestic Violence, 75 percent of domestic violence deaths occur after the victim leaves.

Abusers typically isolate their victims from friends and family, creating yet another obstacle between the victims and safety.

Domestic Abuse Victim Advocates, or DAVA, at

Joint Base San Antonio offer support to adult victims or non-offending parents of child victims of domestic abuse. Eligible service and family members can contact a DAVA confidentially by calling 292-0418. Reports can be restricted or unrestricted.

The Family Advocacy Program also offers education and treatment services to support military families and maintain mission readiness.

Ending domestic violence starts with bringing awareness to the problem and continues through changing the perception of victims. In only one minute, 20 people are victimized. These are not numbers or strangers; they are neighbors, friends, and service members. It's time to recognize that being a victim is not a sign of weakness. Despite having been victimized, they are survivors; and through support and local resources, they can begin to thrive again.

For more information on available services, call the Family Advocacy Program at the following JB SA locations: JB SA-Fort Sam Houston, 539-6350; JB SA-Lackland, 292-5967; or JB SA-Randolph, 652-6308. Additional information on domestic violence is available at <http://www.ncadv.org>.

Take a deep breath: Workshop teaches stress relief, resiliency

By Senior Airman Stormy Archer

Joint Base San Antonio-Randolph Public Affairs

A workshop will teach Joint Base San Antonio members how to use breathing techniques to build resiliency and relieve stress Thursday through Oct. 10 at the JBSA-Randolph Religious Activities Center, building 975.

The Power Breath Meditation Workshop is a mind-body resilience building program that uses breath based tools to decrease stress, anxiety, anger and improve sleep and personal well-being.

The workshop, which consists of five three-hour sessions, teaches a variety of breathing techniques with Power Breath at the core of the course.

Leslye Moore, Project Welcome Home Troops national director, said the program helps build resiliency and relieves stress due to any service or life related trauma someone may have experienced.

"The breath is the connection between the mind and the body," Moore said. "Through breath we are able to help regulate emotion and the mind."

"What we find when people go through the workshop is they are able to become more responsive rather than reactive. Someone who might have trouble accessing emotions, or are always expressing anger are able to experience a broader spectrum of emotion and reconnect with loved ones in a more meaningful way."

In addition to the mental benefits of the workshop, Power Breath can offer physical benefits such as relief from physical pain, normalizing cortisol levels (a stress hormone) and lower cholesterol Moore said. However, one of the immediate benefits is improved sleep.

"We've had people that hadn't slept for more than three hours in the past 40 years, but after one day of the course they slept for more than five hours straight, and they couldn't believe it," she said.

The nature of emotion is intimately connected to the breath Moore said.

"With every emotion there is a corresponding rhythm of the breath," she said.

"Whether you are feeling angry or sad or joyful, each of those has a rhythm of the breath. We can quickly change the quality of someone's life by changing the rhythm of their breath and by doing that we give them tools that can quickly soothe their mind, and quickly

deescalate any kind of situation before it gets out of hand."

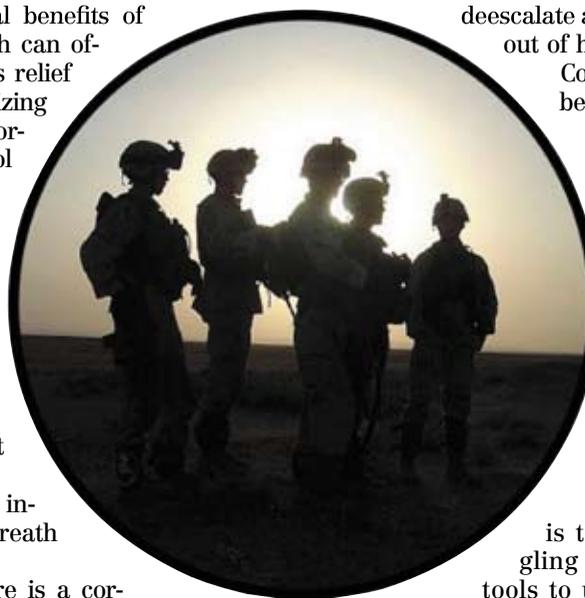
Couples may also may also find it beneficial take the class together.

"Often times I have spouses write to me tell me, "Thank you, my husband is a new and improved version of himself." Moore said. "They feel reconnected to themselves and more present in the world, and it helps them understand what the other has gone through. We commonly hear from veterans after the workshop, 'I got myself back.'"

The focus of the workshop is to help people who are struggling by giving them natural, easy tools to use.

"This is an opportunity to invest in yourself," Moore said. "If there is some aspect of your life that could use some support or improvement this may be the program for you."

Space in the workshop is limited. To reserve a spot, call 830-232-5061.



Run for Life 5K held at JBSA-Randolph



Photo by Senior Airman Stormy Archer

Runners begin the fourth annual Joint Base San Antonio-Randolph Suicide Awareness and Prevention 5K Run for Life Sept. 24 at JBSA-Randolph. Each JBSA location hosted a 5K run in recognition of Suicide Prevention Awareness Month and to support individuals dealing with depression. The event was organized by the 59th Medical Wing.

59th MDW clinics extend hours, expand patient access to care

From the 59th Medical Wing

In its continuing effort to meet patient needs, 59th Medical Wing leaders announced changes to various clinic hours throughout the wing. Extended hours began Sept. 15 at the Joint Base San Antonio-Randolph Clinic. Also, beginning in October, some clinics on JBSA-Lackland will be open as late as 7 p.m. The current list of extended hours, subject to change, are below:

JBSA-Randolph Clinic - effective Sept. 15

- Family Health Clinic: 7:30 a.m. to 4:30 p.m., Monday, Wednesday, Friday; 7:30 a.m. to 5:30 p.m., Tuesday and Thursday
- Pediatric Clinic: 7:30 a.m. to 4:30 p.m., Monday, Wednesday, Friday; 7:30 a.m. to 5:30 p.m., Tuesday and Thursday
- Optometry: 7:30 a.m. to 4:30 p.m., Monday through Wednesday and Friday; 7:30 a.m. to 5 p.m. Thursdays

JBSA Dental Services - effective Sept. 21

- Dunn Dental Clinic (general dentistry):

7 a.m. to 6 p.m., Wednesday (active-duty members only)

JBSA Reid Clinic - effective Oct. 17

- Flight and Operational Medicine Clinic: 7 a.m. to 7 p.m., Monday through Friday, except Wednesday

- Trainee Health Clinic (trainee population only): 7 a.m. to 7 p.m., Monday through Friday; 7 a.m. to 4 p.m., Saturday; and 7 a.m. to noon, family days

Wilford Hall Ambulatory Surgical Center - effective Oct. 3

- Family Health Clinic: 7:30 a.m. to 6 p.m., Monday through Friday

- Pediatric Clinic: 7:30 a.m. to 6 p.m., Monday through Friday

- Adolescent Medicine Clinic: 7:30 a.m. to 6 p.m., Monday through Friday

- Dermatology Clinic: 7:30 a.m. to 6 p.m., Monday through Friday

- Physical Therapy Clinic: 7:30 a.m. to 6 p.m., Monday through Friday

For more information about clinic hours, call your clinic or visit the military treatment facility pages online at <http://www.59mdw.af.mil>.

JBSA to host National Night Out events Tuesday

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

Events with family-friendly activities, games, demonstrations and entertainment will be held throughout Joint Base San Antonio Tuesday for National Night Out.

All three JBSA locations will host events raising awareness for crime prevention and neighborhood safety through community involvement. National Night Out is an annual event observed throughout the U.S. which focuses on fighting crime through community and law enforcement partnerships.

JBSA-Randolph will hold its National Night Out event from 6-8 p.m. at North Park, adjacent to the Parr Officers' Club. The event kicks off with an invocation and singing of the national anthem.

Event activities include canine and taser demonstrations by the 902nd Security Forces Squadron, a dunking booth, a bouncing castle, face-painting, vehicle displays from both the 902nd SFS and JBSA Fire Emergency Services, a 902nd SFS weapons display, appearances from McGruff the Crime Dog and Sparky the Fire Dog, and free food, including hot dogs, hamburgers, chips and snow cones.

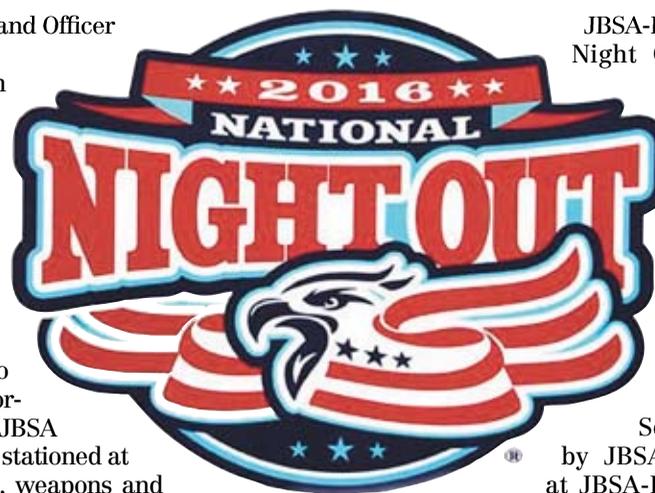
In addition, several JBSA-Randolph units, mission partners and organizations will have information tables, including 502nd Air Base Wing Safety Office, Military and Family Readiness Center, Family Advocacy Program, Alcohol and Drug Abuse Prevention and Treatment Program, JBSA-Randolph Youth Center, 502nd ABW Public Affairs, JBSA Chaplain Services, Military

OneSource and Enlisted and Officer Spouse Clubs.

At JBSA-Fort Sam Houston, National Night Out will be from 6-8 p.m. at the Lincoln Housing headquarters, 2739 Dickman Drive, building 407. Activities include prize giveaways, a display from the 4th Reconnaissance Battalion, San Antonio Police Department motorcycle display, displays by JBSA Fire Emergency Services stationed at JBSA-Fort Sam Houston, weapons and vehicle displays from the 502nd Security Forces Squadron and music by the 323rd Army Band.

Lt. Steven Dews, 502nd SFS police supervisor and crime prevention manager at JBSA-Fort Sam Houston, said attendees will be given chance to win prizes by visiting each of the 23 vendors and tenant command representatives at the National Night Out event. Once attendees have visited and checked off each vendor and tenant command representative on the form, they will be able to turn in the contest form for a prize giveaway.

Making an appearance will be McGruff the Crime Dog, who will be handing out gift prizes to three children wearing the best Halloween costumes, and Sparky the Fire Dog.



JBSA-Lackland will host National Night Out from 6-8 p.m. at the Balfour Beatty Community Center, located at 2254 Brian McElroy Drive.

Senior Airman Hunter Templeton, 802nd Security Forces Squadron National Night Out project officer, said the event includes canine and taser demonstrations and weapons and vehicle displays by the 802nd Security Forces Squadron, a fire truck display by JBSA Fire Emergency Services at JBSA-Lackland, face painting and relay tricycle races for children, a bouncing castle and a dunking booth in which attendees will get a chance to dunk a person dressed as a burglar.

At one display, members of the 802nd SFS will provide goggles to attendees simulating how a person would feel when driving under the influence of alcohol and drugs.

In addition, the JBSA-Lackland Information, Tickets and Travel office will have a wheel in which event goers can spin to win prizes and the Air Force Sergeants Association will be giving out free snow cones, popcorn and snacks. Free hot dogs and drinks will be provided by members of the Balfour Beatty Community Center.

JBSA Outdoor Recreation: hunting, fishing rules to know

By Jose Garza III

Joint Base San Antonio-Lackland Public Affairs

National Hunting and Fishing Day, celebrated the fourth Saturday of every September, recognizes hunters and fishermen as responsible supporters of conservation and scientific wildlife management as the hunting and fishing season begins.

All sportsmen must obtain the required licenses to legally hunt and fish, which helps ensure proper responsibility of the environment and proper management of wildlife.

Department of Defense members can obtain hunting and fishing licenses and stamp endorsements at any Joint Base San Antonio Outdoor Recreation Center.

Military members who are also a resident of Texas can procure licenses free of charge. DOD civilians who are Texas residents between the ages of 17 and 64 can purchase also purchase a variety of hunting and fishing licenses packages that range from \$25 to \$68. A range of license packages are also available to non-Texas residents 17 years of age and older. All packages, with the exception of the Year-From-Purchase All-Water Fishing Package, are available to Texas residents ages 65 and over at lesser prices, which can be found on the Texas

Parks and Wildlife website at <https://tpwd.texas.gov>.

People hunting or fishing without a license are issued a Class C Parks and Wildlife misdemeanor that is punishable up to a \$500 fine, according to Texas Parks and Wildlife.

Resident hunters must complete a small arms training class before obtaining a license, which is available at JBSA-Camp Bullis.

Resident fishermen, ages 23 and up, planning to rent a boat have to complete a 95-minute boating class that is available at any JBSA Outdoor Recreation Center. Non-residents may take the boating course if they provide proof of residence at a Texas address. Otherwise, they must take the class on the Texas Parks and Wildlife website.

Residents born on or after Sept. 1, 1993, must take boater's safety course through the Texas Parks and Wildlife website.

Once sportsmen acquire their licenses, Lisa Muse, JBSA-Lackland Outdoor Recreation manager, advises them to learn Texas Parks and Wildlife rules and practice safety before embarking in hunting and fishing.

Travis Kilpack, 502nd Air Base Wing ground safety manager, cautions fishermen to know their surroundings and be on the lookout for tides. When operating a

boat, they should wear life preservers and check all of the boat's components as a safety precaution.

"You want to make sure your boat is top notch," Kilpack said. "You can enter bad elements when on a boat and things could go wrong. You do not want to be caught off guard."

There are also precautions hunters should take.

For, example, they should wear appropriate hunting gear and be aware of any moving parts downrange to avoid accidentally shooting someone, or something that is not the target.

"Be careful and don't shoot each other," urged Muse. "Hunters should wear bright clothes so they don't get mistaken for deer."

"Make sure you get a clear shot of the target," Kilpack added. "Also make sure people know where you're at and when you're coming home."

For JBSA Outdoor Recreation operating hours and other hunting and fishing information, call JBSA-Camp Bullis at 295-7577 or 295-7529; JBSA-Fort Sam Houston at 221-5224 or 221-5225; JBSA-Lackland at 925-5532 or 925-5533; or JBSA-Randolph at 652-5142.

For information on hunting and fishing licensing and regulations, visit Texas Parks and Wildlife at <https://tpwd.texas.gov>.



Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Events

October

Aquatics

10-miler shadow run at JBSA-Fort Sam Houston

The JBSA-Fort Sam Houston Aquatic Center hosts a 10-miler shadow run Oct. 9, 7 a.m. This free fun run mirrors the official Army 10-miler held the same day in Washington D.C. Open to all Department of Defense ID cardholders 16 years and older. The run starts at the Central Post Fitness Center. T-shirts and participation memorabilia awarded to all runners while supplies last along with men's and women's first-, second- and third-place awards. Same day registration begins at 6:15 a.m. at the Central Post Gym. For more information, call 221-4887.

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.

Bowling

Columbus Day weekend special bowling rate

Come to the JBSA-Randolph Bowling Center to celebrate Columbus Day Oct. 8-10. The special bowling rate is \$2.75 per game, per person, excluding cosmic bowling, for the entire weekend with \$2.50 shoe rental. For more information, call 652-6271.

National Sausage Pizza Day

Patrons that mention it is National Sausage Pizza Day Oct. 11, 4-6 p.m., at the JBSA-Lackland Skylark Bowling Center receive \$1 off their sausage pizza. For more information, call 671-1234.

Karaoke at the Skylark

Stop by and lend an ear or a voice to the entertainment during karaoke at Primo's Lounge in the JBSA-Lackland Skylark Bowling Center Oct. 13 and 27. Festivities begin at 6 p.m. For more information, call 671-1234.

Tuesdays and Wednesdays are special

Come to the JBSA-Lackland Skylark Bowling Center for some cool fun. Get three games of bowling and shoes for \$5 all day Tuesdays. Wednesdays, pay \$1 for a game of bowling and \$1 for shoe rentals all day. Both specials are good throughout October. For more information, call 671-1234.

Family special days

Up to four people can get one lane with one hour of bowling, shoes, one large one-topping pizza and soda for \$50 at the JBSA-Lackland Skylark Bowling Center on

Saturdays throughout October. For more information, call 671-1234.

Fall league fun at JBSA-Fort Sam Houston

Sign up for a weekly league at the JBSA-Fort Sam Houston Bowling Center. Leagues include Tuesday and Wednesday morning women's trio, Wednesday, Thursday and Friday night mixed teams. For more information, call 221-3683.

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 Fort Sam Houston Bowling Center at 221-3683. For the JBSA-Randolph Bowling Center call 652-6271.

Clubs

Fight Night Frenzy

Come to Fight Night Frenzy Oct. 8 in Gil's Pub at the JBSA-Randolph Kendrick Club. This event is open to all Department of Defense ID cardholders. Watch the UFC® fights on the Kendrick Club's seven large screen TVs for a chance to win a trip for two to a live UFC® fight in Las Vegas. Cost is \$5 for nonmembers and free to club members, must be a club member to win. This is sponsored by Bud Light®. No federal endorsement of sponsor intended. For more information, call 652-3056.

Meals are prepared to go

The JBSA-Randolph Parr Club offers adult and child portions of meals to go. Staff is staged outside of the main entrance in the drive-through driveway to greet customers, take orders and provide meals. Pick up is 4-5:30 p.m., while supplies lasts. The Oct. 4 menu is baked lasagna. The lasagna is made from scratch with layers of noodles, marinara sauce, ground beef and Italian sausage and four kinds of cheese, served with garlic toast. 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.

Sky Lounge hosts live entertainment

Stop by the Sky Lounge in the JBSA-Randolph Parr Club for musical entertainment provided by the Tobias Band Oct. 7, 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.

Chef offers dinner specials

The JBSA-Lackland Gateway Club's chef creates a special evening dining experience in the Mesquite dining

room Fridays in October, 5-8 p.m. with satisfying menus for all patrons to enjoy. Cost is \$16.95 for members and \$18.95 nonmembers, unless otherwise stated. The menu for Oct. 7 includes rib-eye steak, topped with sautéed mushrooms, seasoned steak fries, grilled corn on the cob, salad and dessert. Oct. 14 features 16-ounce. prime rib with burgundy au jus, baked potato, asparagus spears with red peppers, salad and dessert. Oct. 21, come by for Texas T-bone steak, parsley red potatoes, broccoli spears, salad and dessert. Oct. 28, the menu is extra special with lobster tail, filet mignon, shrimp linguini, roasted asparagus spears, salad and dessert. The cost for this special Oct. 28 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 October. Kick off the beginning of the month Oct. 7, 5-8 p.m., in the Maverick Lounge featuring Doggin' Dave Productions. Enjoy bar food, cold drinks, friends and music. We're Half Way There is Oct. 14, 5-8 p.m., in the Maverick Lounge with DJ LJU providing entertainment. DJs spin favorite tunes at Variety Night Fridays, 5 p.m. to 1 a.m., in the Lone Star Lounge. DJs include DJ LJU Oct. 7, DJ Doggin' Dave Productions Oct. 14 and DJ Rock Oct. 21. For more information, call 645-7034.

Bingo events held at the Club

The JBSA-Randolph Kendrick Club hosts Birthday Bingo Oct. 11. 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.

October 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 Oct. 11 and the buffet includes salad, two vegetables, two starches, two entrées, soup and birthday cake. Cost \$11.95 for members without birthday in October, 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.

Jazz and R&B played on the patio

Join the JBSA-Randolph Kendrick Club on the Nite Club Patio for Jazz and R&B music Oct. 14, 5 p.m., until closing. Social hour is 5-7 p.m. with live music at 6 p.m. by The Show Band. For more information, call 652-3056.

JBSA FSS

Guests fly in to the Auger

Join the party at the JBSA-Randolph Parr Club Auger Inn for "old school" camaraderie, free light refreshments and great music Oct. 14, 5 p.m. Meet neighbors, folks from other squadrons and leadership. There is no cover to join the fun. For more information, call 658-7445.

Customers are appreciated

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night Oct. 25, 5-8 p.m., in the Fiesta Ballroom with entertainment provided by Doggin' Dave Productions. Cost is \$10.50 for members and \$12.50 for nonmembers. The menu includes a build-your-own salad bar, clam chowder, prime rib au jus, chicken Bordeaux, baked tilapia with mango salsa, rosemary red potatoes, mixed wild rice, roasted asparagus spears, branded baby carrots, freshly baked rolls, fruit cups and carrot cake. For more information, call 645-7034.

Pre-Halloween lunch buffet

Don't get scared to come to the pre-Halloween lunch buffet at JBSA-Lackland's Gateway Club Oct. 27, 11 a.m. to 3 p.m. The cost is \$10.95 per person and includes fried chicken, roast beef au jus, grilled pork chops, chicken breast with mushroom sauce, whipped potatoes with brown gravy, mixed wild rice, green beans almandine, California blend vegetables, freshly baked rolls, soup and salad bar, build-your-own-hot dog bar, orange velvet cake, Halloween cakes, Halloween cupcakes, pecan brownies, peach cobbler, Halloween cookies and trick or treats. For more information, call 645-7034.

Halloween Party

Dress up in haunted costumes and come party at the JBSA-Lackland Gateway Club Halloween Party Oct. 28. Choose entertainment from one of the two lounges at the club. DJ Tony Style spins records in Maverick Lounge, 5-8 p.m. and DJ LJU starts the party in the Lone Star Lounge, 5-6 p.m. The Fourth Quarter Band plays 6-9 p.m. and DJ LJU provides entertainment 9 p.m. to 1 a.m. For more information, call 645-7034.

Community Programs

Festive giant holiday card contest

JBSA-Lackland Arnold Hall Community Center awards units up to \$500 in Club Bucks in the best giant holiday card competition in December. Cards are displayed throughout the holiday season in front of the Gateway Club. The competition is open to all JBSA-Lackland units. Club bucks can be used for unit functions taking place at the club. Unit representatives are invited to attend a meeting Oct. 12, 2 p.m., at Arnold Hall Community Center to learn all the details. If there are less than 10 submissions for the contest, one winner chosen. If more than 10 cards are submitted, a first- and second-place winner chosen. For more information, call 671-2619.

Music lessons available

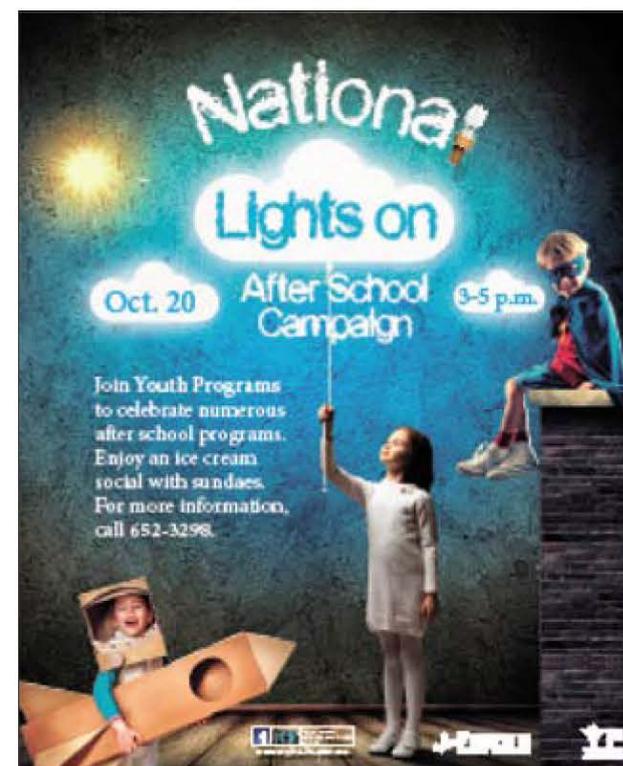
The JBSA-Lackland Arnold Hall Community Center offers lessons in piano and guitar. Guitar classes are Wednesdays, 4-6 p.m., and Saturdays, 9-11 a.m. Cost is \$15 per student for a one-hour session. Students must bring

their own instrument. Piano classes are Monday, Tuesday and Thursday, 4:30-7 p.m. Cost is \$20 per student for each 30-minute session. For more information, call 977-2353.

Fitness

Basketball trials camp

The Air Force men's basketball trial camp takes place at the JBSA-Lackland Chaparral Fitness Center Oct. 13-31. The top players from across the Air Force compete to earn a spot on this year's team. The Air Force is seeking a ninth consecutive gold medal in the upcoming Armed Forces tournament in Quantico, Va. Practices and scrimmages are free and open for all. For more information, call 671-2401.



Teamwork at 3-mile wingman relay

JBSA-Randolph Rambler Fitness Center hosts a 3-mile WingMan Relay at Eberle Park Oct. 14, 7:30 a.m. The first team member must complete the 1.5-mile run route in order for the second team member to start running the next 1.5-mile portion. All 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.

Spin-A-Thon

The Fitness Center at the Medical Education and Training Campus on JBSA-Fort Sam Houston hosts a Spin-A-Thon Oct. 15, 10:30 a.m. to 12:30 p.m. Enjoy two exhilarating hours of indoor cycling. This is a free event open to all Department of Defense ID cardholders 16 years and older.

Registration ends Oct. 11. Seats are limited to the first 25 registrants. For more information, call 808-5713.

Celebrate fall with Oktoberfest fitness celebration

Participate in the JBSA-Randolph Rambler Fitness Center Oktoberfest fitness celebration Oct. 22, 7:30 a.m. This is an event for the whole family. The fitness celebration consists of a 5K run or walk for walkers and runners and a 1.5 mile walk or run for young athletes and parents who would like to participate together. Bikers are not forgotten, a 10k bike ride starts after the 5k is completed. Members enjoy fall weather while getting fit with family and friends. All 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.

500/1000-Pound Challenge on JBSA-Fort Sam Houston

Men and Women lift 1,000 pounds and 500 pounds respectively in a combined Bench Press, Dead Lift and Squat challenge Oct. 23, 10 a.m. T-shirts presented for those men who achieve 1,250 pounds and women who achieve 600 pounds while supplies last. Medallions presented for 1,000 pound men and 500 pound women while supplies last. This free challenge held at the JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus. Open to all Department of Defense ID cardholders 16 years and older. Register no later than Oct. 15 at the METC Fitness Center. For more information, call 808-5713.

Camp Gladiator

JBSA-Community Programs and Camp Gladiator conducts a free workout clinic at JBSA-Lackland Warhawk

Fitness Center track Oct. 29, 8-10 a.m. Exercise for approximately 20 minutes at four different stations with multiple Camp Gladiator trainers. Stations include bear crawls, tire flips, sprinting, team activities and more. Trainers provide tips on how to start or continue a healthy lifestyle. Prizes are given out for the most spirited and best dressed Halloween outfit. This event is sponsored by Camp Gladiator. No federal endorsement of sponsor intended. For more information, call 652-5763.

Zombie 5K fun run/walk

All zombies looking for a challenge are invited to come to the JBSA-Lackland Gillum Fitness Center trails and participate in the annual Halloween-Zombie 5K Fun Run or Walk Oct. 31. Registration starts at 6:30 a.m. and the run begins at 7:30 a.m. Prizes awarded to the top three finishers and the best zombie costume. The race is free and runners can sign up on the day of the event. For more information, call 977-2353.

Golf

Couples fun scramble

JBSA-Fort Sam Houston Golf Course hosts Couples Fun Scramble Oct. 2, with a 1 p.m. shotgun start. All couples or team must have one male and one female for this 18-hole scramble. The cost is \$30 for members and \$40 for nonmembers. Fees include cart, prizes, post-event social and awards. For more information, call 222-9386.

Compete in Warrior golf scramble

Come out to the JBSA-Fort Sam Houston Golf Course Oct. 7, 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, green fees, golf cart, dinner and gift certificates for the winners of longest drive and closest to the pin and for first-, second- and third-place winners of the scramble. For more information, call 222-9386.

Fairway fest

Join JBSA-Fort Sam Houston Golf Course Oct. 13, 3-7 p.m. Major golf companies are on hand with clubs to demo and club fitters to help find the right club for golfers. Children are welcome to enjoy the fun Kids Golf Zone. Join the putting contest. For more information, call 222-9386.

Club Championship

JBSA-Fort Sam Houston Golf Course hosts a club championship tournament Oct. 15 and 16, with a 8 a.m. shotgun start. Cost is \$45 for members and \$65 for nonmembers. Fees include green fees, shared cart both days, awards, social and prizes. Check-in begins at 7 a.m. Deadline to register is Oct. 12. For more information, call 222-9386.

JBSA-FSS golf classic

The JBSA-Randolph Golf Course hosts The JBSA-Force Support Squadron Golf Classic Oct. 28, with a 12:30 p.m. shotgun start. The format is a four-person scramble. The cost is \$60 per person and includes lunch before the tournament, green fee, cart and gift certificates to the teams that place. Payouts are awarded to the first-, second-

and third-place teams and the amount of the payoff is based on participation. There are also prize drawings for golf merchandise. This event is sponsored by Randolph-Brooks Federal Credit Union and Silver Eagle Distributors. No federal endorsement of sponsors intended. For more information, call 652-4653.



Grid Iron Series

The JBSA-Lackland Gateway Hills Golf Course hosts the Grid Iron Series with the start of National Football League football. The Grid Iron Series is a football-season long golf league where players blind draw a football team when they sign up. Whomever their team is playing that week is who they play against in 18-hole stroke-play competition with full handicap. Players earn points for winning the golf match and their football team winning the game, with the player earning the most points being declared the winner. All ties decided by net best ball of holes 16-18.

Players do not need to play together, but need to start the round before the team finishes the games. All scores must be attested by another golfer. If a team has a bye week, participants do not need to play a match that week.

Players earn points throughout the entire season with the top six players in each division advancing to the playoffs. The four players with the highest point totals get a first-round bye and everyone else re-draws for teams and continue to re-draw for teams each week they advance.

The entry fee is \$10 per week. The winner receives \$12 with the remaining \$8 going towards payouts at the end of the year. For more information, call 671-3466.

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

Dallas Cowboy packages

JBSA-Lackland's Information, Tickets and Travel has travel packages for Dallas Cowboy football fans that will make other fans green with envy. Group bus trips include Oct. 30 versus Eagles and Nov. 24 versus Redskins, includes transportation to the game with a 400-level seat, tailgate party with buffet, autograph and photo opportunity with a Cowboy legend, hotel for one night, breakfast and more. Two-night packages are available for every home game. These packages include all of the above except transportation to Arlington. For more information, call 671-3059.

Kinder Casino trips

Travel to the Grand Casino Coshatta in Kinder, La., with 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. For more information, call 652-5142.

Holiday Paris explorer

JBSA-Lackland Information, Tickets and Travel Leisure Travel office 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.

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.

Outdoor Recreation

Concealed handgun licence class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides concealed handgun license classes Oct. 1 and 15, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. To register for a class, visit <https://www.chlregistration.com>. For more information, call 363-2332.

Hunter's Education course available

Attend the Hunter's Education Course Oct. 9, 9 a.m. to 4 p.m., at the JBSA-Camp Bullis Rod-N-Gun Recreation Center. Cost is \$15 per student, cash or check only and Department of Defense ID cardholders 9 years and older may participate. Students under 17 years must be supervised at all times during the course and a minimum of 10 students is required. Social security numbers are also required for registration. Students should bring a packed lunch and a drink for the day. Provide names and ages during registration. For more information, call 827-9091.

Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a three-dimensional archery competition Oct. 22-23, 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 295-7577.

Annual pass saves money

Annual passes are not just for the summer. Purchase a JBSA Recreation Park @ Canyon Lake annual pass for \$65. Enjoy all of the amenities the park has to offer. This pass gets patrons into both the Sunny Side and Hancock Cove areas of the park for a full year from when purchased. Otherwise, the daily entry fee for the park is \$7 per visit, per vehicle. Annual passes include a vehicle and boat and trailer pass and are valid for one year from date of issue. For more information, call 830-226-5357.

The weather is great for being outdoors

Fall is a great time to be outdoors. The JBSA Outdoor Recreation locations have the equipment to enhance fall plans with sporting and camping goods for whatever plans are made. Take the family or go camping with friends with travel trailers that can sleep five to eight people. Hit the water with one of the wide array of speedboats, fishing boats and pontoon boats. For parties, barbecues and group gatherings, Outdoor Recreation has popcorn machines, chocolate fountains, champagne fountains and margarita mixers as well as sporting equipment for the more active bunch. Add more fun with bouncy castles and sumo wrestling suits. 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.

Fall is active at Canyon Lake

JBSA Recreation Park @ Canyon Lake has year round activities. The Texas heat is starting to give way; yet the weather is still warm enough to enjoy all the activities the lake has to offer. Enjoy all of the water recreation activities like boating and swimming, so come out to stay at the park in one of the many lodging facilities and give the family a chance to make autumn memories. For more information, call 800 280-3466.

Half price boat special

Rent any boat at the JBSA Recreation Park @ Canyon Lake for half price starting in October. 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

Basketball Registration

Registration begins Oct. 3 and continues until full at JBSA-Fort Sam Houston Youth Programs. Families may register at Parent Central, building 2530, or at the Youth Center, building 1630. Basketball practices begin in December and the season starts in January. A copy of the child's shot record and a health assessment is required at the time of registration. Cost is \$50 per participant. For more information, call the Youth Sports office at 221-5513.

1st Step Basketball Registration

Registration begins Oct. 3 and continues through November at the JBSA-Fort Sam Houston Youth Programs. Cost is \$45 per child. Families may register at Parent Central, building 2530, or at the Youth Center, building 1630. A copy of the child's shot record and a health assessment is required at the time of registration. For more information, call 221-5513.

Celebrate National Youth Science Day

JBSA-Fort Sam Houston Youth Programs conducts an engineering challenge and Drone Discovery Oct. 5, 4:30 p.m. Youth are engaged with fun and educational activities related to aerospace, flight, and unmanned vehicles. The event continues throughout the afternoon and early evening. Youth interested in drones and science or engineering, come and meet the challenge. For more information, call 221-3502.

Youth participate for free

Celebrate recreation and fall fun and participate in the JBSA-Randolph Youth Programs for free Oct. 10-15. Youth Programs has a lot of activities, programs, camps and classes to enjoy during the school year. For more information, call 652-3298.

Basketball is played until midnight

Youth, 11 years and older, are invited to participate in Midnight Madness Oct. 15, 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.

Teen Halloween Dance

The JBSA-Fort Sam Houston Youth Center hosts a High School Halloween Dance Oct. 21, 8 p.m. to midnight, for grades 9-12. Cost is \$5 per registered member, or \$2 and 4 cans of food. Cost is \$10 for nonmembers, or \$6 and 4 cans of food. The Keystone Club conducts a food drive for the San Antonio Food Bank in conjunction with the Halloween Dance. This is one of the service learning projects the Keystone Club conducts throughout the year. For more information, call 221-3502.

Annual Haunted House assistance needed

JBSA-Fort Sam Houston Youth Programs hosts an annual Haunted House Oct. 22, 29 and 31, 6-9:30 p.m. Youth Programs is looking for units or individuals interested in assisting with the construction of the Haunted House and in playing characters in the Haunted House. More information about the Haunted House will be announced closer to those dates. For more information, call 221-3502.

Fall Hi-Jinx

JBSA-Randolph Youth Programs hosts Fall Hi-Jinx, a safe alternative for Halloween participants Oct. 31, 5-8 p.m. in the Youth Center gym. Join in the fun of games, prizes and contests. Children and youth of all ages are welcome to participate. This is a free event sponsored by Randolph-Brooks Federal Credit Union and THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsors intended. For more information, call 652-3298.

Basketball and cheerleading registration ongoing

Register youth for basketball or cheerleading at JBSA-Randolph Youth Programs. Season games run December to March for boys and girls 5 to 18 years. Registration cost is \$50 for basketball and \$45 for cheerleading. All players must have a current physical on file by the start of the season. Interested coaches contact the youth programs sports director. For more information, call 652-3298.

Classes for the kids

Instructional classes for JBSA-Lackland Youth Programs are held at building 8210. Register for classes at the JBSA Lackland Youth Program 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.

Youth register for before and after school programs

Registration for before and after school care is accepted until all spaces are full at the JBSA-Lackland Youth Programs. Registration paperwork and priority definitions are available at <https://www.myjbsa-fss-mwr.com>. A copy of current shot records and leave and earnings statement are required to register. Children 5 years and older must be enrolled in kindergarten and register at the Youth Center, building 8420. Children 4 years and enrolled in Lackland Independent School District pre-kindergarten must register at the Lackland Child Development Center, building 8210. 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

Randolph's Fleenor Theater Schedule

Friday

Mechanic: Resurrection (R)
6 p.m.

Saturday

War Dogs (R) noon
Mechanic: Resurrection (R) 3 p.m.
Hands of Stone (R) 6 p.m.

Sunday

Mechanic: Resurrection (R) noon
Hands of Stone (R) 3 p.m.

Joint Base San Antonio-Randolph News Briefs

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.

Chiefs gathering

The 32nd Annual Chief's Gathering hosted by the Randolph's Chiefs Group takes place 5 p.m. Oct. 15 at the Blue Bonnet Palace in Selma, Texas. All active duty, retired chiefs and spouses (or guests) are invited. This is an informal, fun event which brings together old and new chiefs for an evening of remembrance and esprit de corps. RSVP by calling 652-2930 or 652-2398.

JBSA Randolph landmark to undergo preservation project

A preservation project has been awarded for the Joint Base San Antonio-Randolph's landmark building 100, the "Taj." Base personnel and visitors can expect to see work begin this month. The work involves the removal and repair of exterior windows and doors and is being done in accordance with the Secretary of Interior's Standards for Preservation. For details, call 652-0181.

Reunion to commemorate women in AF

Joint Base San Antonio-Lackland will host a reunion of the Women in the Air Force members Oct. 7 to honor the pioneering organization's legacy. Nearly 80 former WAF members will be participating in a tour of JBSA-Lackland that will include viewing the basic military training graduation, touring an Airmen Training Complex and visiting the Airman Heritage Museum. It will conclude with a luncheon, keynote address and historical fashion show, which will feature women's uniforms throughout historical periods.

The senior ranking WAF member attending is retired Chief Master Sgt. Dorothy Holmes, the first woman to serve 30 years in the Air Force.

WAF was founded in 1948, which enabled thousands of female service members to find jobs in the Air Force.

WAF members and prior service civilians who wish to attend can contact the Airman Heritage Museum at 671-3972.

Mammogram Walk-In Day

The Brooke Army Medical Center mammography section will hold a screening mammogram walk-in day from 8 a.m. to 3 p.m. Oct. 7 with no appointment necessary. The screening is open to all TRICARE beneficiaries who are due for a routine screening mammogram. Call 916-4229, option 1, or 916-3736, option 1 for more information.

— See BRIEFS P12

JBSA first sergeants attend educational symposium



Photo by Senior Airman Krystal Wright

Master Sgt. Tammanica Muse, 324th Training Squadron first sergeant, answers questions during the First Sergeant Symposium Sept. 22 at the Joint Base San Antonio-Lackland theater. The four-day symposium provided networking opportunities, training and updates for the ever-changing role first sergeants play in the Air Force. The JBSA First Sergeant's Council hosted the educational symposium Sept. 19-22 for first sergeants and those interested in becoming one.

Check us out on • Facebook:

Joint Base San Antonio, JBSA-Fort Sam Houston,

Lackland JBSA and JBSA-Randolph

• Twitter: @JBSA_Official; @JBSAFSH;

@JBSALackland and @JBSARandolph

• YouTube: Joint Base San Antonio

• Flickr: Joint Base San Antonio Public Affairs



BRIEFS from P11

Car Seats 101

A class for parents who want to learn more about the safety and use of their child's car seat will be held from 1:30-3:30 p.m. Oct. 7 at the Joint Base San Antonio-Randolph Military and Family Readiness Center, building 693. To register, call 652-6308.

Domestic Violence Awareness 5K Run/walk

A Domestic Violence Awareness 5K Run/walk takes place 7:45 a.m. Oct. 22 at the Joint Base San Antonio-Fort Sam Houston's Community Aquatic Center.

Home Alone class

Children can acquire the basic tools and knowledge needed to stay home alone during a Home Alone class 5-6 p.m. Nov. 3 at the Joint Base San Antonio-Randolph Military and Family Readiness Center, building 693. The class is for youth ages 10 and older. Attendance for parents is optional. To sign up or for more information, call 652-3298.

Infant Massage class

Parents can learn how to relax their child, relieve discomfort and help baby sleep better during an infant massage class. For more information on the one-on-one sessions, call 652-3708.

JBSA-Randolph Health Promotions classes

Joint Base San Antonio-Randolph Health Promotions offers the following classes. To sign up, call 652-2448.

• **Stress & Time Management** - noon to 2 p.m. Oct. 14.

Attendees will examine the different causes of stress and learn time management techniques to more effectively cope with every day stressors.

• **Dad's: The Basics** - 3-6 p.m. Oct. 19. Participants gain helpful information related to pregnancy, labor and delivery, communicating with their spouse, caring for an infant and managing family issues.

• **Fit Mom Class** - 10-11 a.m. Oct. 28. Moms will learn which exercises are safe, the benefits of exercise for both mom and baby and what to watch out for during exercise. The class is held at the dental conference room of the JBSA-Randolph Medical Clinic.

• **Children in the Middle** - 1:30-3:30 p.m. Tuesdays. Attendees acquire information on how families can meet the needs of children growing up between two homes due to divorce or separation. This class meets Texas court-mandated requirements.

• **Master Your Emotions** - 11 a.m. to noon Tuesdays. Participants learn to cope with anger in healthy ways.

Crimes, punishments at Joint Base San Antonio

From the Joint Base San Antonio Judge Advocate General

During August 2016, Joint Base San Antonio commanders administered 36 nonjudicial 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 nonjudicial punishment actions that closed out in August. Decisions regarding discharge are not included.

Damaging non-military property: A major damaged more than \$500 worth of hotel property by throwing objects from a rooftop. The member received forfeiture of



\$1,000 pay per month for one month and a reprimand.

Conduct unbecoming an officer: A captain viewed pornographic material on a government computer. The member received forfeitures of \$2,246 pay per month for two months (with one month suspended) and a reprimand.

Dereliction of duty, willful: A master sergeant used her government travel card to make unauthorized purchases. The member received a reduction to the grade of technical sergeant, forfeiture of \$1,886 pay per month for two months and a reprimand.

Drunk and disorderly, dereliction of duty: willful, absent without leave, disrespect to a commissioned officer, and disrespect to a non-commissioned officer: An airman basic unlawfully consumed alcohol while under the age of 21. The member subsequently failed to report to work on time and when confronted on the matter, was disrespectful to a major and a technical sergeant. The member received 45 days restriction to base, 45 days extra duty, forfeitures of \$783 pay per month for two months and a reprimand.

Dereliction of duty: willful, false offi-

cial statement, and other offenses under Article 134: An airman first class possessed alcohol in the dormitory, lied about attending an appointment and attempted to avoid physical training by hiding behind an electrical box. 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.

Simple assault: A technical sergeant pulled the ear of a trainee on more than one occasion. The member received a suspended reduction to the grade of staff sergeant, forfeitures of \$1,583 pay per month for two months, and a reprimand.

Abusive sexual contact, simple assault, and other offenses under Article 134: An airman in technical training touched the vagina of a fellow airman without her consent. The member also forcefully grabbed the arm of another airman with his hand and persistently harassed fellow trainees with unwanted sexual and insulting comments. The member received a reduction to the grade of airman basic, received 30 days restriction to base, 30 days extra duty, forfeiture of \$783 pay per month for two months and a reprimand.

False official statement: An airman first class forged a signature on an Air Force Fitness Assessment scorecard. The member received a reduction to the grade of airman basic, forfeiture of \$783 pay per month for two months suspended through Jan. 18, 2017, 45 days extra duty and a reprimand.

— To advertise in the Wingspread, call 250-2052. —

JBSA Proud Week helps keep up appearances

From 502nd Civil Engineer Squadron

In keeping with Joint Base San Antonio's culture of installation excellence, Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, has designated Oct. 3-7 as "Joint Base San Antonio Proud Week."

The JBSA clean-ups are scheduled from 7:30 a.m. to 4:30 p.m. each day.

JBSA mission partners at all locations are asked to join forces to improve and maintain the appearance of our installation by organizing a team of volunteers to pick up and properly dispose of trash, debris and clutter in their respective areas.

Items to look for are trash, old pallets, junk furniture, tree branches, old cones and other unsightly items. Items too large for organizations to safely transport can be picked up by the 502nd Civil Engineer Squadron, which will have curbside service available to remove large debris.

Teams are asked to place items at curbside to allow for easy access by civil engineers. Don't

put items in the street.

In addition, civil engineers will designate "self-help" locations at JBSA-Camp Bullis, JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph to provide clean-up and appearance improvement items for organizations to use in this effort. Rakes, brooms, trimmers, trash bags, wheel barrows, gloves and safety goggles will be provided on a first-come, first-served basis from the designated self-help locations.

Organizations are asked to augment the items provided to help ensure adequate safety and clean-up supplies are available for JBSA Proud Week. Once trash bags are filled, individuals can deposit them in one of the designated dumpsters in their area. Dumpsters will be available for green waste and regular trash.

If you have questions call the civil engineer customer service line at 671-5555, the civil engineer heavy repair line at 671-3015 or the civil engineer energy management control system desk 671-2288 or 671-2289.