



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 30 • AUGUST 2, 2013



**Helping hands
facilitate learning**

COMMENTARY

LIFELONG LEARNING

Personal, professional advancement keys to satisfaction, success

By Chief Master Sgt. Joel K. Berry
Command Chief Master Sergeant,
Medical Education and Training Campus

Let me first say CONGRATULATIONS to our newest Joint Base San Antonio promotees! Whether you are an officer, enlisted, or civilian member, it seems as though across our joint-service environment the summer season has been good to all of us.

“Promotion” is a good word, and when we think of it, another closely related word we can also think about is “Advancement.”

Advancement can come in many different forms and instances and can be defined differently by each individual. The perspective I want each of us to consider is the advancement within and among JBSA. Advancement is the result of a maturation process, only achieved via personal and professional focus.

Personal advancement should be front-burner initiative for all of us. This is a two-pillar process. The first pillar is the individual itself. Whether it is planning, structuring or setting personal goals, an individual should have the mental toughness and drive to “want” the advancement.

Next, the individual must validate his or her efforts with a stern self inspection process that can show the

person the real fruits of those efforts. In doing so, the person can then evaluate true strengths and weaknesses.

As the individual evaluates his efforts, part of that criteria must include an internal look at own professionalism, tactfulness, and a positive attitude. These are also key attributes in achieving and sustaining future advancement.

The second pillar to personal advancement is supervisory leadership. Supervisors play a key role in the personal advancement of their people. Simply, we must take care of our people.

If you’re a supervisor, do you know your personnel’s stories? Knowing the story of an individual is critical to the understanding of what drives and motivates individuals to go above and beyond.

Personal advancement can come in many forms of success. This can range from new instructors honing their qualifications early and never being on the non-instructional-duties list, to potential annual awards for our work force. Are you or your people ready for personal advancement?

Let us now consider professional advancement. Professional and personal advancement are related. But professional advancement relates deeper into the core of

See **ADVANCEMENT P3**

Airman urges reaching out to others

By Staff Sgt. Marissa Tucker
Joint Base San Antonio- Lackland Public Affairs

Out of the more than 20,000 people in Joint Base San Antonio community, where do I fit in?

It’s a question I’ve asked myself several times since I arrived here, and while I know my primary job, I like to think I serve another purpose. It causes me to get uncomfortable on an everyday basis and sometimes feel like I’m making a fool out of myself, but I do it anyway.

I speak to everyone I encounter, every day. It gets pretty awkward sometimes, because even though my job requires me to speak to strangers frequently, I’m still a bit of an introvert. Sometimes it’s easy and the person responds, some people

just walk past and sometimes I get strange looks.

So why do I keep doing it?

Because in 2012, at least 349 service members committed suicide.

Maybe I’ve never met any of them and maybe there was nothing anybody could do, but we just don’t know who is next. My small part in the battle against suicide is to simply acknowledge people exist and let them know I’m glad I saw them that day.

It might go unnoticed by many, but maybe I’ve come across someone looking for a reason or a sign not to hurt himself or to know someone cares he is alive. I might never know if it works, but I never want to know what happened when they needed it and no one was there.

It’s a grim thought, but it’s a fact that the number of suicides in the military is increasing each year. Chances are there’s going to be more before 2014.

Although we have numerous resources at our disposal such as resiliency programs, free and confidential access to mental health professionals, chaplains and many other avenues to help service members cope with suicidal thoughts, I think one small thing we can all do is reach out to those around us, even the ones that seem happy all the time.

No online or mass training can beat one-on-one interaction. While these tools can prepare us to notice the signs of a suicidal behaviors,

See **SUICIDE AWARENESS P3**

ON THE COVER

Sonia Premdas (right), a child care program assistant, at Joint Base-San Antonio-Randolph Child Development Center assists Eli Scannon July 17 with an art project. Sonia's efforts support military families living and working on base.

Photo by Don Lindsey

WINGSPREAD

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ADVANCEMENT from P2

our professions or occupations. I'm asking each of you to take a minute and reflect.

Ask yourself, when was the last time I became professionally smarter about something? This question refers to your ability learn, and it can come in many facets.

A wise man once told me that if you take 15 minutes to peruse a newspaper every day, you'd know enough about current events to have the ability to talk with anyone about almost anything. I would say, you've just have become smarter in just 15 minutes! Imagine taking those 15 minutes and reading about your profession and or occupation? Fifteen minutes do not seem like much time, right?

Becoming professionally advanced may be as easy as understanding how to take advantage of your time to become professionally competent. And in doing so, you'll become even more able to look at your operations and streamline,

revamp, and innovate.

It's very easy to become complacent by stating one does not have the time to learn about this or that. The truth is that we can never stop learning. And lack of time is certainly no excuse. Never stop seeking professional advancement.

Advancement is the key to personal and professional satisfaction. All of us must "want the ability to advance." Once we have adjusted our attitude to do just that, then we can work on a plan to the road of advancement success.

Advancement does not come without extensive amount of time and energy. At times it can literally consume all of our time, and at other times, one just has to dedicate just a few minutes a day.

In the end, personal and professional advancement are great things. Being committed to it, and seeking it, will make you better and will make your organization even much better!

SUICIDE AWARENESS from P2

what helps us apply these skills is getting to know the people around us. How can we know if someone is exhibiting the signs if we don't know anything about them?

It's impossible to meet everyone, but if we all took an active role getting to know the people in our own workplaces and mini-communities throughout JBSA, imagine how many people we could reach? What if they need just one person to ask how they are doing that day? Wouldn't it be worth it to get a little awkward?

It's not enough to go about your day worrying only about yourself as if 349 of our sisters and brothers-in-arms didn't die at their own hands last year. As if more than 100 haven't died the same way this year. The stats tell us there are going to be more. What are we going to do to prevent it?

One situation I'll always keep in mind is about an Airman who worked in the dining facility at my first base. His demeanor was always cheerful

and fun and people seemed to love being around him. The last thing I remember about him is asking if he wanted to buy gifts as part of a Valentine's Day fundraiser. Being the kind guy he was, he bought ten, one for each of the females in his flight.

A few weeks later as we received media calls and queries about this Airman after he committed suicide, I began hearing the backstory about his struggles. He wore a smile, but he had struggles in his career which most people did not know about and that ultimately led to his decision. At the memorial, his close friends, still in a state of confusion, spoke about their friend who seemed to love life. Most of us assumed that he was happy and well adjusted.

If you have the chance, ask someone how they are doing and stick around for the answer. Make it a little awkward if you have to. It might be the only sign they get that day that someone cares.

————— To advertise in the Wingspread, call 534-8848. —————

NEWS

JBSA, 502nd ABW commander hosts town hall meetings

By Airman 1st Class Lincoln Korver
and Staff Sgt. Marissa Tucker
Joint Base San Antonio Public Affairs

Brig. Gen. Bob LaBrutta, Joint Base San Antonio and 502nd Air Base Wing commander, hosted three town hall meetings July 17, July 18 and July 24 at JBSA-Lackland, JBSA-Randolph and JBSA-Fort Sam Houston, respectively, where he gave a personal introduction and discussed sequestration and the impact of fiscal constraints with location residents.

Though the challenges JBSA faces are prominent, the hopeful general is far from discouraged when it comes to working with his team to develop a solution.

“We can no longer do things how we did them in the past,” LaBrutta said. “Some people say this is a ‘new normal,’ but I disagree. Sequestration and furloughs are not normal – this is a new reality.”

Quick and uncomfortable decisions need to be made, he said.

“When we became Joint Base San Antonio in 2010, we were given a temporary budget protection, which allowed certain things to happen without our budget being affected,” LaBrutta said.

“When the protection was lifted in 2013, Joint Base San Antonio became just like every other installation in the Air Force, including the way our budget is treated.”

When sequestration took effect, Air Education and Training Command officials modified the budgets of AETC installations, including JBSA.

“This modification decreased Joint Base San Antonio’s 2012 budget from \$285 million to \$186 million for 2013,” LaBrutta said. “Because of this, we had to make very difficult, yet necessary decisions on what we offer and what we need to adjust.”

Despite a nearly \$100 million reduction, LaBrutta said it isn’t going to stop there.

“We don’t have a firm number yet, but as you know, sequestration doesn’t seem to be going away any time soon,” he said. “As a result of that, our budget is going to be further reduced with a projected budget deduction of \$40 million for fiscal year 2014.”

JBSA residents can also expect to see a difference in several base services, as civil engineering funds, the largest part of the JBSA budget controlling services such as facilities cleaning and lawn care will be cut substantially.

Community members were encouraged to take an active role in the upkeep of JBSA, by policing themselves and each other to help ease the strain



Photo by Airman 1st Class Lincoln Korver

Brig. Gen. Bob LaBrutta, Joint Base San Antonio and 502nd Air Base Wing commander, hosted town hall meetings at JBSA-Lackland, JBSA-Randolph and JBSA-Fort Sam Houston.

of the sequester and maintaining a foundation of togetherness through mutual cooperation, said Maj. Gen. Perry Wiggins, deputy commanding general for operations at JBSA-Ft. Sam Houston at the July 24 meeting.

“No matter what happens with sequestration, this is our house, and we have a responsibility to take care of it, and that goes for family members, service members and civilians,” Wiggins said, as he praised members of the neighborhood watch program for stepping up to help the community.

LaBrutta said working with the functional managers at each location is going to be the key in making important decisions for fiscal year 2014.

“I’m a firm believer each one of our locations is different,” he said. “When it comes time to make decisions, we need to remember each location has different populations, demands and missions.”

While the 502nd ABW must make critical and seemingly harsh cuts, LaBrutta vowed to evaluate the impact of his decisions and try to decrease the strain where possible. A few examples include adjusting the hours at the child development center and opening previously closed pools and fitness centers to decrease overcrowding.

While he cannot ensure what the future holds for other base functions, core mission requirements are the top priority for JBSA.

“We are going to look at some of the things we do that aren’t part of our core missions and make adjustments from there,” LaBrutta said.

Process improvement is going to be a step held at high importance to the joint base, he said.

On a lighter note, LaBrutta and members of JBSA leadership discussed ways they are trying to lighten the burden on both civilian and military members affected by the furlough. At all JBSA locations, force support facilities are offering extensive discounts to civilian employees.

Also, a Freedom center, which was approved several years ago and will be built with funds allocated from a prior fiscal year, is set for construction at JSBA-Ft. Sam Houston in early 2014. This facility, designed to resemble Freedom Crossing at Fort Bliss Army Post in El Paso, will feature a ten-screen, first-run movie theater, open-air shopping complex and more.

“There are a lot of challenges ahead,” LaBrutta said. “I know it’s going to be different, but I’m an optimist. We may have to do less, but we will not do it less well.”

JBSA-Randolph Chapel Regular Schedule

• CATHOLIC

Monday-Friday

11:30 a.m. - Chapel 1

Saturday

5:30 p.m. - Chapel 1

Sunday

8:30 a.m. - Bldg. 975

11:30 a.m. - Chapel 1

Confession

Saturday

4:30-5 p.m. - Chapel 1



• PROTESTANT

Traditional

Sunday Service

8:15 a.m. - Chapel 1

Contemporary

Sunday Service

11 a.m. - Bldg. 975

Joint Base San Antonio-Randolph News Briefs

Operation Homefront school supplies

Register with Operation Homefront to receive a pick up time and get a backpack full of school supplies. Pick up date is 11 a.m. - 4 p.m. Aug. 11. Register at <http://bit.ly/120llpN>.

Youth enjoy the end of summer bash

Randolph Youth Programs offers children a summer farewell with fun-filled games and activities 2-5 p.m. Aug. 22. Activities include face painting, arts and crafts, relay races and more. For more information, call 652-3298.

River Rafting Adventure

A team-building river-rafting event takes place Aug. 17. Team members will learn skills such as basic paddling and the recovery drill – a wipe-out scenario where rafters learn to recover rafts, equipment and team members. Rafters will also participate in various competitive races and sports games such as toob ball.

Pick up is 9 a.m. at the Joint Base San Antonio-Fort Sam Houston parking lot near the Akeroyd Blood Donor Center, building 1240 (former “big tent” location). To register, visit the JBSA-Randolph Community Services Mall, building 895, call 652-3702 or email stephen.knechtel.1@us.af.mil. Space is limited to 32 people, first-come, first-served; with stand-by option. Registered participants must call Aug. 12-14

to confirm attendance. Unconfirmed registrations will defer to stand-by.

Swimming clothes, water shoes, sunscreen, hats, sunglasses with security strap, towel, quick-dry clothes or a second set of dry clothes are highly recommended. Water guns and sponge balls are permitted, but styrofoam and glass are prohibited.

Three-Week Delay on CAC/ID Cards Appointments

Appointment times at main Joint Base San Antonio DEERS ID Card/Common Access Card issuance facilities at are about three weeks out due to a high volume of customers during the summer months. Emergency walk-in wait times can range from one to three hours. All military members, retirees, dependents, civil service employees and contractor customers needing a new or updated CAC/ID card are encouraged to schedule their appointments accordingly. CAC cardholders who receive an email notification their card is within 60 days of expiration should make an appointment immediately. Appointments are scheduled in 20 minute intervals, 8 a.m. to 3 p.m. Monday through Friday. Customers can schedule appointments at any of the JBSA facilities by visiting <https://rapids-appointments.dmdc.osd.mil> or by calling the 502nd Force Support Squadron in building 367 at JBSA-Fort Sam Houston, at 221-0415; 802nd FSS in building 5616 at JBSA-Lackland, at 671-4178; or 902nd FSS in building 399 at JBSA-Randolph, at 652-1845.

Officials advise how to treat suspicious packages

By Robert Goetz
Joint Base San Antonio-Randolph
Public Affairs

A suspicious package may be nothing more than a harmless unattended item, but it's important that anyone who makes the discovery follow the proper protocol in reporting it, Joint Base San Antonio security forces officials said.

The first rule of thumb is to leave the package alone, Master Sgt. Leif Gisselberg, 902nd Security Forces Squadron NCO in charge of operations, said.

"If you find something that seems out of place, see if there's anyone around the area it might belong to, but don't touch the package," he said. "Do not disturb it in any fashion."

Gisselberg said to "gather as much visual data" about the package as possible, including its size, dimensions, color, markings, sounds and odors – "anything and everything about it.

"Then leave the area and contact security forces," he said.

Master Sgt. Robert Brinson, 802nd Security Forces Squadron NCO in charge of operations, also advised to "keep everyone away from the item until emergency personnel arrive."

That means notifying a nearby building's facility manager, if possible, or its occupants, Gisselberg said.

"You want to keep people away, at a safe distance," he said. "You don't want to jeopardize anyone's safety."

Gisselberg said it's also important for people near the site to comply with emergency responders' instructions.



"If you find something that seems out of place, see if there's anyone around the area it might belong to, but don't touch the package. Do not disturb it in any fashion."

Master Sgt. Leif Gisselberg
902nd Security Forces Squadron NCO in charge of operations

Determining that a package is suspicious depends on "multiple things," Brinson said. They include no return address, excessive postage, misspelled words, strange odors, oil stains or discoloration, excessive tape and a ticking noise.

Other red flags are that the package is mailed from a foreign country and that it's addressed to someone's title, not a person, he said.

Emergency responders who arrive on the scene follow their own protocol, Brinson said.

"The fire chief and security forces lead will meet and establish the appropriate cordon for the size of the package and get the affected area evacuated," he said. "Explosive ordnance disposal specialists will access the package and determine its hostility. If it is deemed hostile, it will be controlled detonated."

One of the most recent reports of a suspicious package at Randolph – a mailed item – occurred last month at Air Force Personnel Center, Gisselberg said.

"The hazmat response team responded and declared

it was not a threat," he said.

Another report of a suspicious package occurred in April when a parcel was found outside the medical clinic, Gisselberg said.

"We took all the necessary precautions, such as evacuating the clinic and calling the EOD unit at Lackland," he said.

The package turned out to be a box of clothes, but the reporting person "did the right thing" by calling security forces, Gisselberg said.

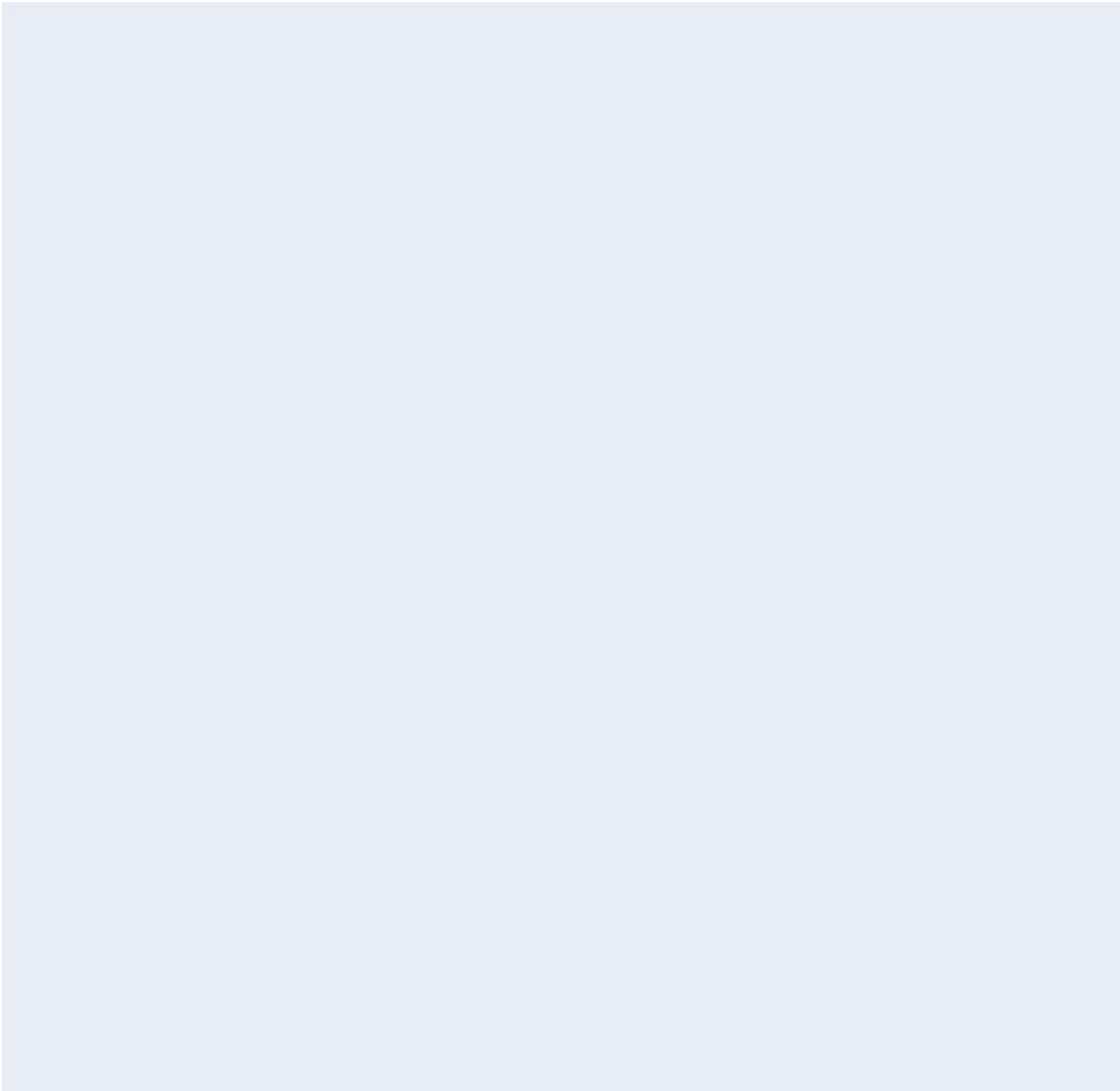
Brinson said most suspicious packages turn out to be "unattended items."

"Most of the time, the flight sergeant will evaluate the package and see that it is not hostile," he said.

The bottom line, Gisselberg said, is that "the safety of everyone on base is our top priority on every response and course of action we develop.

"We err on the side of safety," he said. "We go through a process and keep people safe."





Critical Days of Summer highlights basketball safety

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

While it may take years of practice, thousands of free throws and several pairs of sneakers to become a true "Basketball Jones," it doesn't take much to get hurt on the hardwood if not careful.

Since May, 10 Class-C injuries labeled "sports recreation and individual fitness" have been reported in Air Education and Training Command, resulting in lost work days, Staff Sgt. Gary Lund, 502nd Air Base Wing ground safety technician at Joint Base San Antonio-Randolph, said.

Basketball accounts for many of these injuries Air Force-wide because it can be played indoors and "people get injured not only during the summer, but year-round," Lund said.

"Basketball Jones," a weekly topic for the 2013 Critical Days of Summer campaign, informs Airmen about the basics of basketball safety.

The most common hoops injuries include ankle sprains, finger jams and knee pops from collisions, slippery floors and aggressive play, Lund said.

"Calling basketball a 'noncontact sport' is a misnomer," Rikk Prado, 902nd Force Support Squadron Rambler Fitness Center sports manager, said. "There are numerous times when bodies are flying around at top speed. It is particularly dangerous underneath the basket where 'big men' do everything in their ability to get a loose ball."

Competing against people with similar skill levels can reduce incidental contact.

"Court awareness is the No. 1 key to avoiding injury," Prado said. "The ability to see things around you and anticipate what could happen next gives you an advantage to staying healthy longer.

"Play within the speed you can keep up with," he added. "Some people will say in order to get better, you have to play against better competition, but before you do that, practice to get stronger and faster."



Photo by Rich McFadden

Gage Belyeu shoots during a basketball game at the Rambler Fitness Center, Joint Base San Antonio-Randolph, July 29. During the Air Force's 2013 Critical Days of Summer campaign, safety officials seek to inform Airmen of basic basketball safety through its weekly campaign topic called "Basketball Jones."

Before the first dribble, players can safeguard their health by performing a few safety measures.

"Stretch for at least 35 to 40 seconds, do some lunges to warm up the legs and keep the environment safe," Lund said.

Maintaining a safe environment entails checking for dusty or slippery spots, loose floorboard nails and ensuring no one feels threatened by any players before a game, Lund said.

Wearing the right gear such as comfortable basketball shoes, ankle wraps and mouth guards are must-haves when taking the sport seriously, Prado said.

Protective gear such as knee braces is essential for players who have preexisting medical conditions, Lund added.

If tempers flare during a heated contest, a good attitude can prevent physical altercations.

"Keep calm, accept the misgivings of others and I guarantee less flying elbows and pushing or shoving will happen," Prado said.

Above all, proper hydration – drinking a bottle of water before and after a game should suffice – and bringing enough water for extended periods of play will keep the body running at maximum speed, Lund said.

DOD releases same-sex spouse federal benefits guide

The Defense Civilian Personnel Advisory Service has issued guidance, to include an "Employee Handout" which addresses changes in federal benefits coverage of same-sex spouses due to the recent ruling on the Defense of Marriage Act.

To view the DCAPS guidance via myPers go to: https://gum-crm.csd.disa.mil/app/answers/detail/a_id/25427/p/1%2C2

Employees married prior to June 26, 2013, have until August 26, 2013, to enroll eligible family members in

these program areas. Employees married after June 26, 2013, will have 60 days from the date of marriage to enroll. Benefits that may be extended to same-sex spouses and eligible family members include health insurance, life insurance, dental and vision insurance, long-term care insurance, survivor annuities, and reimbursement of medical expenses if the employee is enrolled in a flexible spending account.

Currently the Employee Benefits Information System is not capable of processing same-sex FEHB enrollments. Air Force employees must contact the Total Force Service Center by phone at 1-800-525-0102, select option 2. More information can be found on myPers, https://mypers.af.mil/app/answers/detail/a_id/12808.

Life insurance changes are made through EBIS, <https://w20.afpc.randolph.af.mil/AFPCSECURENET20/>

[CheckPortal.aspx](#).

Additional information on dental and vision insurance, long-term care insurance and flexible spending accounts can all be found on the myPers Benefits and Entitlements website, <https://gum-crm.csd.disa.mil/app/categories/p/1%2C2/c/89>

Any other questions and concerns about federal employee benefits can be directed to the Benefits and Entitlements Service Team at 1-800-525-0102.

Visitor control center serves as portal to JBSA-Randolph

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

One of the busiest facilities at Joint Base San Antonio-Randolph is also one of its most vital in terms of force protection.

The visitor control center, a one-story structure that lies just outside the main gate, is Randolph's portal for thousands of people each year. It's the place where they obtain access – or are denied entry – to the location.

“Our role in controlling access is critical to the protection of our personnel, resources and missions,” Mary Brice, 902nd Security Forces Squadron Randolph Visitor Control Center lead, said. “Controlling access allows us to ensure that only people who are authorized to be on Randolph are granted entry, that they are who they say they are and that they meet the appropriate levels of character and conduct.”

The four active-duty members and three civil service employees assigned to the visitor control center process a variety of identification cards and passes; some of their most important tools are local and national crime databases, including the Texas Law Enforcement Telecommunications System, also known as TLETS, which allow them to see if visitors have a criminal background or outstanding warrants for misdemeanors or felonies.

“People can be denied entry to Randolph for various reasons,” Brice said. “Some have no affiliation with the installation; others may have a criminal history. Sometimes it's as simple as not having a valid form of ID or proper vehicle insurance.”

People wanted for more serious offenses are detained until an officer from the appropriate law enforcement agency is called to escort them from the 902nd SFS,

Randolph Visitor Control Center changes hours

The Joint Base San Antonio-Randolph Visitor Control Center implements new hours of operation Monday. The VCC, located outside the Main Gate on Harmon Drive, will be open 7 a.m.-6 p.m. Monday-Saturday. Passes will be issued from the Main Gate for those who require passes after 6 p.m. or on Sundays, holidays and family days. For more information, contact the VCC at 652-3939.

while those who are wanted on a minor violation, such as a parking or traffic ticket, are told to take care of it before they can enter the installation.

Brice said specific requirements exist for sponsorship of visitors and for special events.

“Failure to comply with these requirements can also result in denial,” she said.

The procedure for people requesting access to Randolph is to sign in at the visitor control center and submit information such as their name, their sponsor, their company and their destination as well as a photo ID. If they intend to drive onto the installation, they must provide proof of vehicle insurance.

The visitor control center issues Defense Biometric Identification System cards and temporary visitor passes – credentials that only give a person access to the location, Brice said.

“Between the two we issue around 100,000 annually,” she said.

Common access cards and military IDs are issued at the 902nd Force Support Squadron by appointment, Brice said.

Airman 1st Class Maria Fuentes, visitor control center pass and ID clerk, said DBIDS cards are issued to non-military workers who are authorized access to the base but are not authorized to receive a military ID card.

“These people require access to Randolph to provide services to the community,” she said. “They include vendors, housekeepers and child care providers. DBIDS cards are issued for six months or up to a year.”

Implemented in 2010, DBIDS is a database that allows installation entry to Common Access Card and other Department of Defense-authorized cardholders. Gate guards scan the cards of incoming motorists to see if access is authorized.

“At Randolph, we average over 100,000 scans per month, so it's well over a million per year,” Brice said.

Other forms of identification issued at the visitor control center include Geneva Convention cards and privilege passes.

“Geneva Convention cards are ID cards that are issued to military medical and religious members who are covered under the Geneva Convention when they are deployed,” Fuentes said. “These cards are produced manually at the visitor control center and require a completed Department of Defense Form 1172 from their unit to document their eligibility for the card.”

Privilege passes grant access to people who are not authorized military ID cards, but have the responsibility to care for someone who has military entitlements Fuentes said.

“For example, if a person is divorced from a military member but takes care of their dependent child, the child is entitled to certain benefits like medical care,” she said. “In order for them to get on base, we issue the divorced spouses a privilege pass. Entitlements are not based on the pass; they are based on what the child is entitled to. The force support squadron determines the eligibilities; the pass just grants them access.”

Another example is someone who assists military members or dependents with disabilities, Fuentes said.

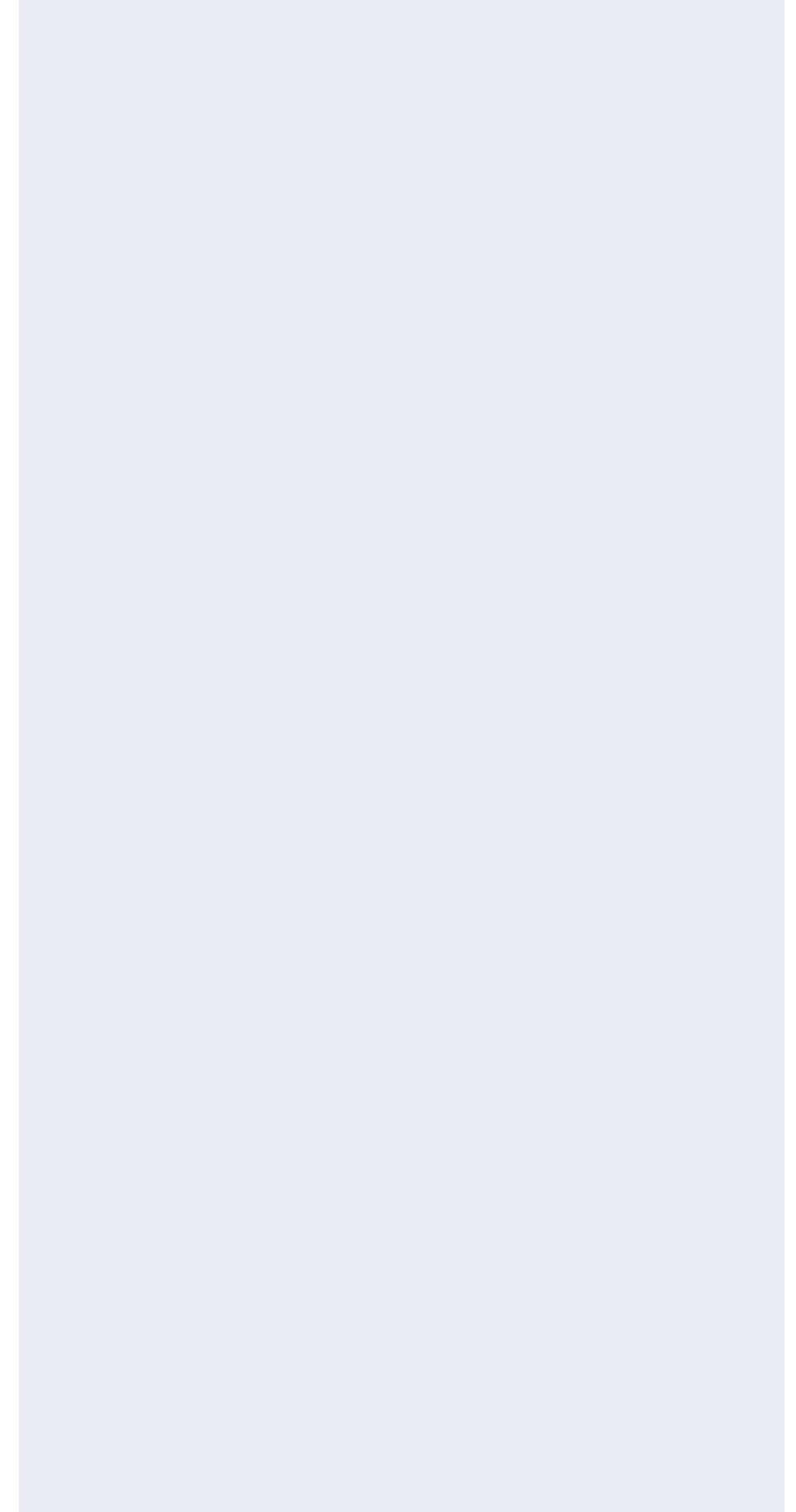
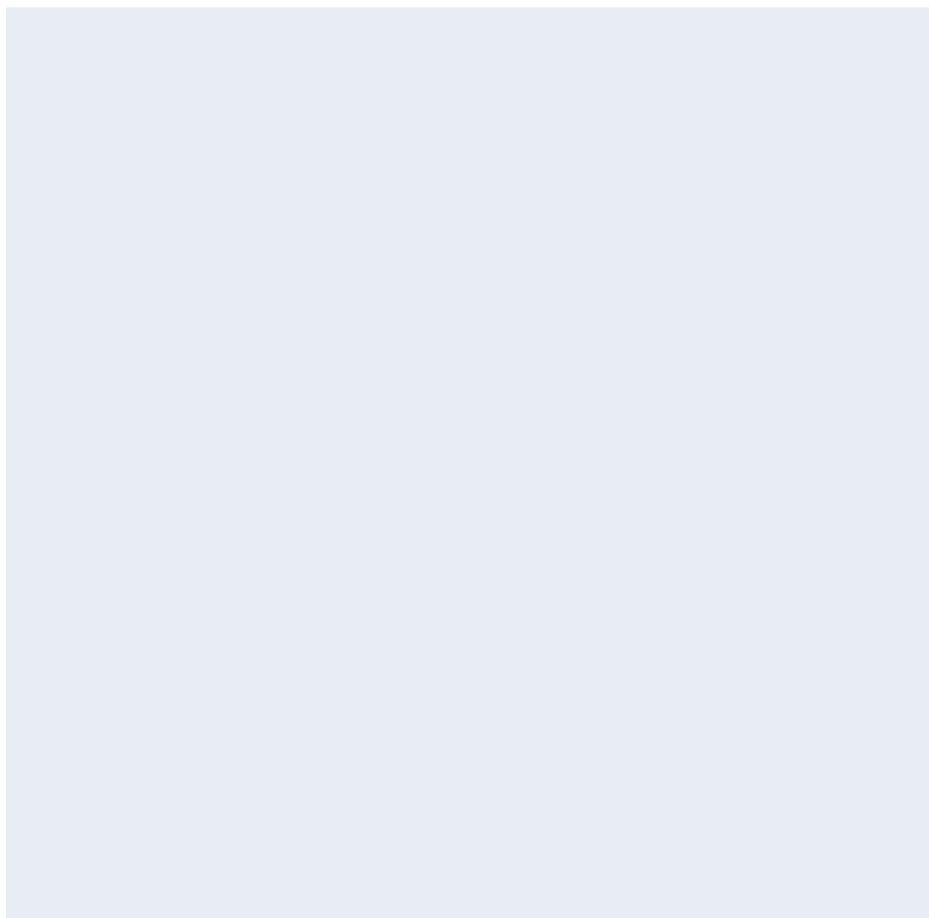
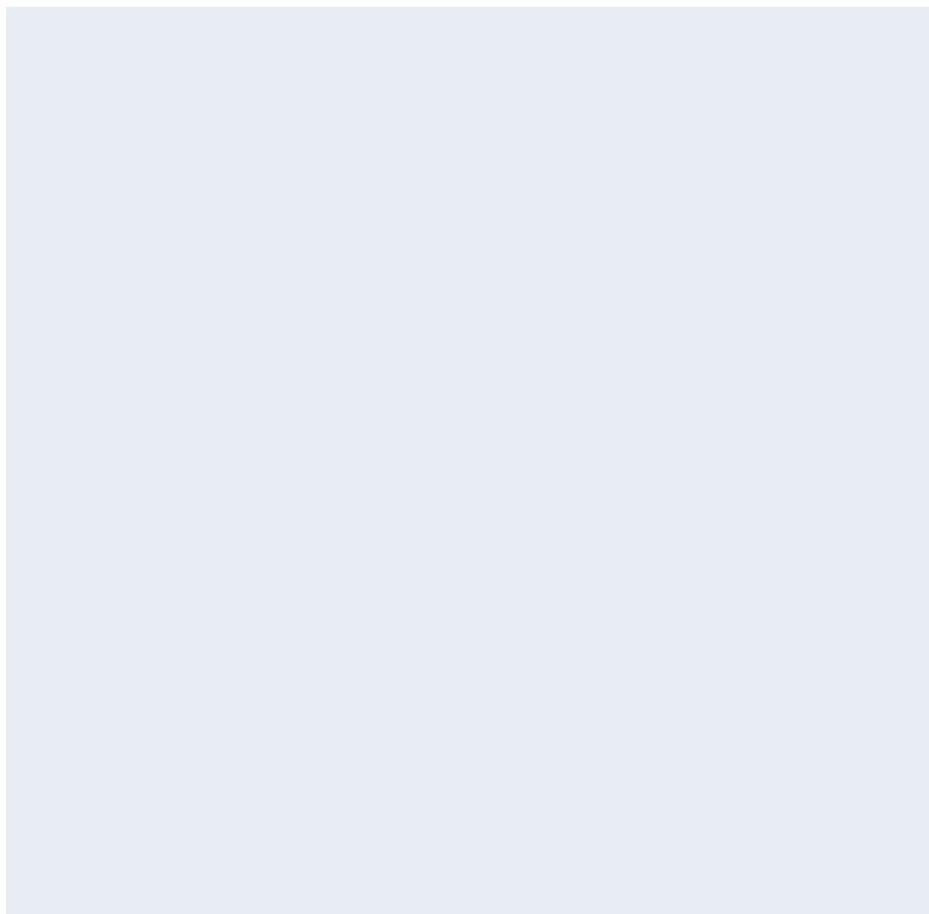
Brice said the visitor control center's most important function is to “control access to Randolph while balancing our customers' needs.

“Our purpose is to verify proof of identification, to vet an individual's conduct and character, and validate their need to enter the base,” she said. “There are specific requirements for base entry, sponsorship of visitors and entry authorization for special events. If these requirements are not met, it may result in the delay or denial of base entry.”



Photo by Joel Martinez

U.S. Air Force Reserve Staff Sgt. Maureen Gonzalez, 902nd Security Forces Squadron, photographs Senior Airman Robert West, 902nd Security Forces Squadron, at the Joint Base San Antonio-Randolph Visitor Control Center July 24.



Joint Base San Antonio-Randolph

Sports BRIEFS

10K bike ride

The Randolph Rambler Fitness Center challenges patrons to "go the distance" by biking a 10K at 7:30 a.m. Saturday at Eberle Park. For more information, call 652-7263.

Fall sports

The Randolph Youth Programs registration for fall sports ends Aug. 16. All youth must have a current annual physical and sports registration form on file. The cost is \$45 per child for flag football for age 5 and older; volleyball for age 9 and older; and cheerleading for age 5 and older. For more information, call 652-3298.

Rambler 120 teams

JBSA's premiere adventure race, the Rambler 120, takes place Oct. 5. Teams that sign up before Aug. 24 will pay last year's fee of only \$100 for Xtreme teams (four people) or \$150 for relay teams (five-eight people). After Aug. 24, the fees increase to \$120 for Xtreme teams and \$180 for relay teams. Teams can start training for the 22-mile bike course, the 6-mile run and the 2-mile raft event. The deadline to enter is Sept. 20. Entry forms are available at the JBSA-Randolph Rambler Fitness Center, building 999 and Community Services Mall, building 895. A pdf registration packet is available online at <http://www.randolphss.com>. For more information, call 267-7358.

• To submit a brief for publication, email all information to randolph-publicaffairs@us.af.mil.

SPORTS - HEALTH - FITNESS

Two JBSA-Randolph officers train for AF Marathon

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Two officers assigned to Joint Base San Antonio-Randolph will join eight other Airmen, including five from JBSA-Lackland, on the Air Education and Training Command team at this year's Air Force Marathon.

Lt. Col. Robert Vietas, 12th Flying Training Wing chief of inspections and instructor pilot, and Capt. Adam Vannoy, Air Force Materiel Command program manager, will run in the half marathon at the annual event Sept. 21 at Wright-Patterson Air Force Base, Ohio. They and other team members were chosen based on their credentials from previous races.

Vietas said his selection as captain of the AETC team – which he joked was based on his age – has allowed him "to know some outstanding athletes and Air Force professionals in the San Antonio area.

"I'm blown away by the dedication that they have shown," he said. "All of these Airmen are holding down full-time jobs with families, deployments and the lot – all while training."

Vannoy, who said he was "not much of a runner until October 2011," said it "means an incredible amount being selected for this team.

"I am competitive and enjoy teamwork," he said. "This opportunity is unique in that we are running for ourselves and each other. Being a part of something larger than myself will push me more knowing my team is on the line."

Vietas said this year's Air Force Marathon – which consists of 10K, half marathon and full-marathon events – will be his second half marathon.

"The first one was the Angkor Wat Half Marathon in Cambodia, which I recommend to anyone," he said. "I've run one full, the Philadelphia Marathon, back in 1999 and it wasn't pretty. I'm hoping to redeem myself someday – maybe the San Antonio in November."

Vietas called his wife "the real runner in the family."

"She has run three marathons and I've always had a difficult time hanging with her," he said. "She beat me in the Philadelphia Marathon and I'll never live that down."

Vannoy's first half marathon was the San Antonio Rock 'n' Roll Half Marathon



Capt. Adam Vannoy, Air Force Materiel Command program manager, and Lt. Col. Robert Vietas, 12th Flying Training Wing chief of inspections and instructor pilot, train for a marathon July 25 at Joint Base San Antonio-Randolph.
Photo by Joel Martinez

in November 2011; he has also run in the Austin Livestrong Marathon and two half marathons in Dallas and Austin.

"I moved to Randolph in June 2011 and had never run more than 6 miles at any given time," he said. "In an effort to meet people I joined the Air Force Personnel Center running club, which then motivated me to participate in the Rock 'n' Roll run. I built upon that momentum and have since competed in over 20 races to include runs, mud runs, triathlons and bike races."

Vietas and Vannoy have their own individual regimens to prepare them for the event.

"I am preparing for the half marathon by running three times per week – one run at my goal pace, one long run at a slower pace and one run that includes hills or sprints," Vietas said. "On the off days I'm throwing in weight training or crossfit-type activities."

Vannoy said his normal routine, which he is using to prepare for the half marathon, includes "mixing various distance runs with interval training.

"I run several times a week, saving longer runs for weekends," he said. "I personally enjoy running outside with an up-tempo music playlist."

The Randolph participants are also running with the AETC team once or twice a week for a group run.

Vannoy said he'd like to run the half marathon in under one hour, 30 minutes.

"My best time thus far is one hour, 37 minutes," he said. "This is a big improvement from my first half marathon finish of one hour, 52 minutes."

Vietas said his goal at the event is to "finish training and the half marathon without injury – and of course win the major command trophy for AETC."

Ten Airmen score 90 percent or better on CDC



Courtesy photo

Ten Joint Base San Antonio Airmen were recently recognized by JBSA senior enlisted leaders for receiving scores of 90 percent or better on their Career Development Course end-of-course tests. Pictured from left, front row, are Senior Master Sgt. Nancy Windham, 802nd Mission Support Group Legal Office superintendent; Tech. Sgt. Kelly Blankenship, 802nd MSG/JA (93 percent); Staff Sgt. Matthew Liimaaka, 802nd Security Forces Squadron (94 percent); Staff Sgt. Matthew Giacona, 802nd Civil Engineer Squadron (92 percent); Staff Sgt. David Deters, 802nd SFS (93 percent); and Staff Sgt. Chase Valmoja, 802nd SFS (97 percent). In the back row, from left, are Chief Master Sgt. Billy Humphrey, 802nd Comptroller Squadron command chief; Staff Sgt. Jordan Hermes, 802nd SFS (91 percent); Airman 1st Class Brett Olsen, 902nd CES (95 percent); Master Sgt. Jeffrey Martin, 902nd MSG superintendent; Tech. Sgt. Cornelius Horne, 902nd CES (95 percent); Staff Sgt. Ronald Farris, 802nd Contracting Squadron (91 percent); Senior Master Sgt. Wayne Mobley, 502nd CPTS superintendent; 502nd MSG Command Sgt. Maj. Bryan Witzel; and Chief Master Sgt. Jose LugoSantiago, 502nd Air Base Wing and JBSA command chief. Not pictured is Senior Airman David McCune, 802nd SFS (91 percent).