



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 24 • JUNE 21, 2013



JBSA observes Safety Day

INSIDE ... BUS SERVICE CANCELLED, P4 ... FLIGHT MILESTONE, P8 ... NEW FITNESS KIOSK AT RAMBLER, P13

COMMENTARY

IT'S A PROCESS

'Rebluing': Why do we say that?

By Chief Master Sgt. Donald Felch
I.G. Brown Training and Education Center

Since shortly after its birth as a separate service, American Airmen have worn the color blue.

Blue represents the sky above earth; a medium the Air Force first aimed to conquer. Blue in our uniforms, in our shield and in our official symbol is also commonly connected to loyalty and courage. Airmen have shown loyalty and courage in every significant conflict since the dawn of flight and continue doing so today.

Air Force blue begins entering our lives in basic military training. We learn about being Airmen. We share common experiences, learn attention to detail and become eager to dedicate ourselves to the mission. We are forged in the furnaces before proceeding to technical training where we learn a skill. Our instructors teach us the professional standards we need to follow in our specific career fields. Here, we are shaped and polished. When we report to our first assignment we are "blue." Our blue is

strong, straight and true. We have become weapons of our nation – weapons of the highest quality and accuracy.

As we go about our daily lives, on and off duty, in and out of uniform, we face challenges, weather storms, experience occasional failures and meet with other forms of adversity. We listen to others complain. We grow tired of facing the same obstacles at every turn. Sometimes we run across situations we haven't been trained to handle and get discouraged. Since we are human, these things can wear away at our blue. They can make us dull. As with any weapon or tool, constant use without periodic maintenance can lower effectiveness. Airmen are no different.

Bluing is a process often used by gun manufacturers, gunsmiths and gun owners to improve the cosmetic appearance of, and provide corrosion resistance to, firearms, according to Walter J. Howe in his 1946 book, "Professional Gunsmithing." All blued parts still need to be properly oiled to prevent rust.

Professional military education is a

rebluing process for Airmen.

In the course of our studies, activities, and even social events, we improve our cosmetic appearance – reminding one another about the proper wear of the uniform and the importance of a professional image. We obtain corrosion resistance as we discuss the core values and the NCO and senior NCO responsibilities. We reaffirm our collective dedication to professional standards. This reaffirmation defends us from cynicism, negative thoughts and griping. Just as it does with worn firearms, our rebluing process returns us to the highest quality and accuracy.

In Air Force professional military education, the rebluing process serves exactly the same purpose it serves with any worn weapon. It improves cosmetic appearance, prevents corrosion and improves overall functionality.

When America takes up arms to defend herself against those who would destroy our way of life, her aim is straight and true because as Airmen, we remain blue.

ON THE COVER

Officer Rick Olivares takes the fingerprints of 18-month-old Caegan Smith as his mother, Katherine, holds him during the Joint Base San Antonio Summer Safety Day June 11 at JBSA-Fort Sam Houston. For more coverage of the event, see page 9.

Photo by Lori Newman

WINGSPREAD

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Gate Hours change across JBSA

JBSA-Lackland

• Phase I - started June 17

Base Operations Automated PIN code access entry only

Growden Gate 4 a.m. – 8 p.m. daily

• Phase II – starting Monday, June 24

Luke West Inbound 6 a.m. – 2 p.m. Monday – Friday

Outbound 3:30 – 5:30 p.m. Monday – Friday

Security Hill Inbound 6 a.m. – 2 p.m. Monday – Friday

Outbound 3:30 – 5:30 p.m. Monday – Friday

• Phase III – starting July 8

Selfridge West Closed

Selfridge East Inbound 6 a.m. – 2 p.m. Monday – Friday

Outbound 3:30 – 5:30 p.m. Monday – Friday

JBSA-Randolph

• Starting July 8

Main Gate 24/7

East Gate Inbound 6:30 – 8:30 a.m. Monday – Friday

Outbound 3:30 – 5:30 p.m. Monday – Friday

West Gate 6 a.m. – 6 p.m. Monday – Friday

Closed Weekends and Holidays

JBSA-Fort Sam Houston

• Phase I - started June 2

Wilson Gate 6 a.m. – 10 p.m. Monday – Friday

Closed weekends and holidays

SAMMC Beach Gate 6 a.m. – 7 p.m. Monday – Friday

Closed weekends and holidays

Harry Wurzbach

West Gate Closed

New Braunfels Outbound only 3:30 – 5:30 p.m. Monday – Friday

• Phase II – started June 16

Holbrook Gate Closed

Nursery Gate 6 a.m. – 10 p.m. daily

Winans Gate 6 a.m. – 10 p.m. daily, open by patrol 4:30 – 6 a.m.

to allow residents access to Harry Wurzbach.

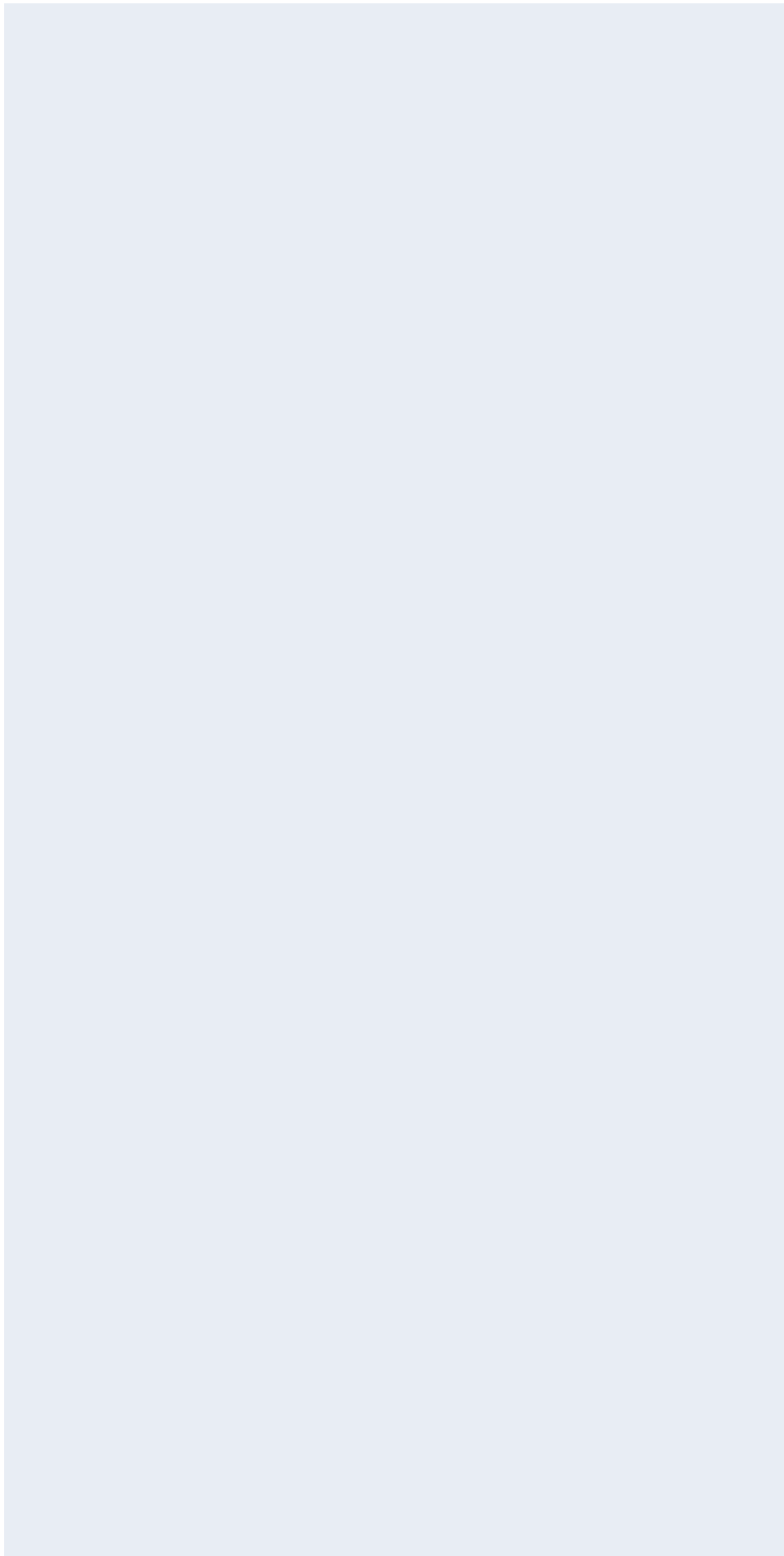
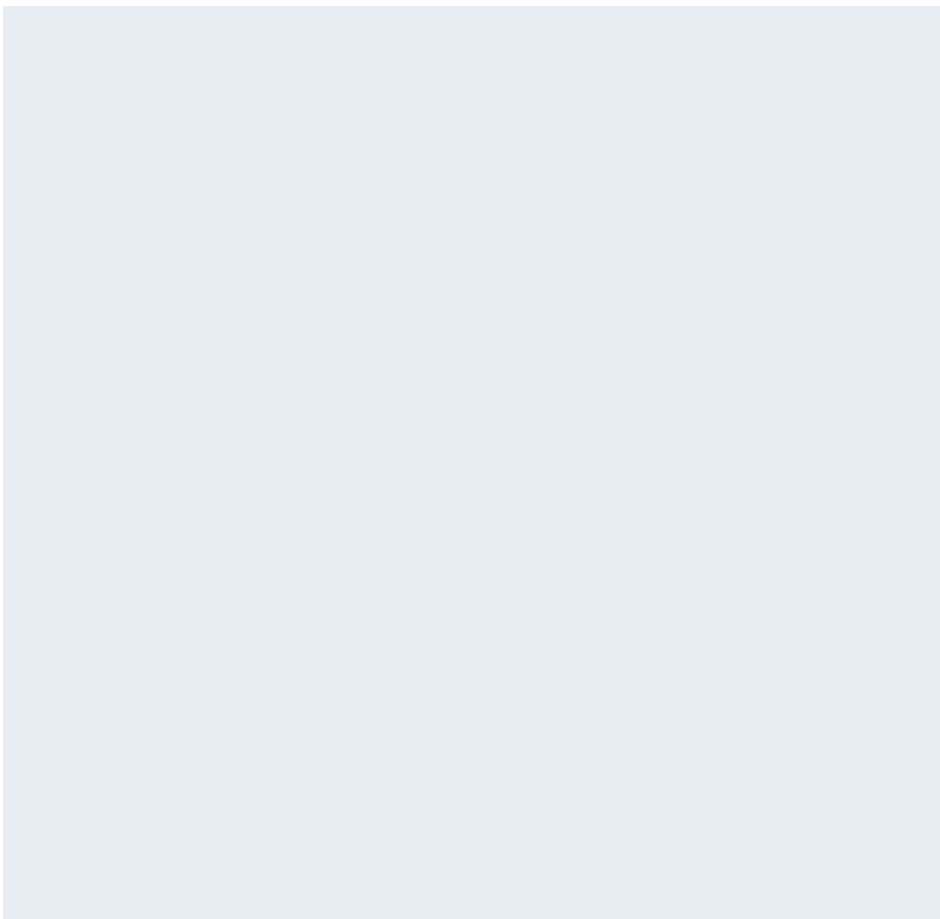
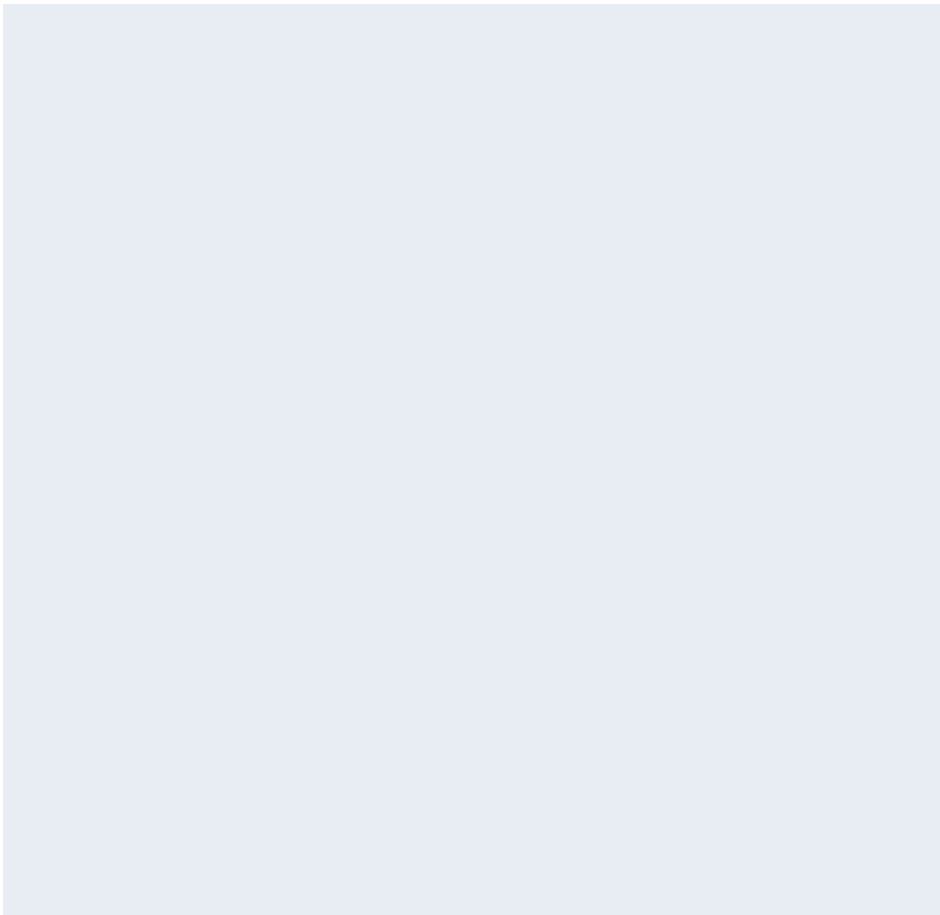
Winans and Nursery new hours have no impact

to the elementary school bus route.

Jadwin Gate Posting reduced and no privately owned vehicles

• Phase III – starting June 30

Personnel posted at all remaining gates will be reduced. Security patrols may be reduced as available manpower dictates.



NEWS

School, military officials explore options after school bus service terminated

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Joint Base San Antonio-Randolph and Randolph Field Independent School District officials are exploring options to ensure the safe passage of children to and from Randolph Elementary School following the discontinuation of bus service by JBSA-Randolph's vehicle operations element.

The service, which is not a mission requirement by the Air Force but is allowed under provisions of Air Force Instruction 24-301, is being terminated starting with the 2013-14 school year due to the effects of sequestration and a very resource constrained environment, Randolph officials said.

"Sequestration has driven contract reductions, manning cuts and reduced funding for logistics readiness squadrons throughout Joint Base San Antonio, eliminating the excess resources and capacity previously used to provide the school bus service," Col. Christine Erlewine, 902nd Mission Support Group commander, said.

Erlewine said the consolidation of JBSA logistics readiness squadrons' vehicle fleets means Randolph's excess resources, including vehicles and drivers, are now required to support missions across the joint base.

"We empathize and fully understand the impacts and risks involved in this decision," Brig. Gen. Bob LaBrutta, 502nd Air Base Wing commander, said. "However, in this very difficult resource-constrained environment, exacerbated by the late reductions that amounted to a \$50 million reduction of our operations and maintenance funds across all of our installation support accounts JBSA-wide, we are having to make some very difficult, but necessary decisions on how to make our very limited resources cover our core mission requirements."

Randolph's vehicle operations element, which most recently provided three buses and drivers every morning, and seven buses and drivers every afternoon for Randolph Elementary School, has provided the service for years.

"We were able to do it because the logistics readiness squadron at Randolph had excess capacity," Brian Roush, 902nd MSG deputy commander, said. "We can no longer assure those resources will be available."

The most recent numbers showed two buses provided service to 105 students in base housing in the morning and afternoon, one bus transported 50 students from Randolph Youth Programs to the elementary school in the morning and five buses moved 155 students from the school to youth programs in the afternoon.

Randolph Field ISD does not provide bus service for its



Photo by Airman 1st Class Lincoln Korver

elementary school students, except for those with special needs, because Texas Education Code Title 2 stipulates that students living within two miles of a school are not entitled to district-provided transportation.

However, the Texas Education Code does allow the school district to provide bus services for children living within two miles of the school if there is a hazard such as children having to cross a major highway to get to school.

"The active runway between base housing and the middle and high schools meets the Texas Education Code definition of a hazard," Linda Howlett, Randolph ground safety manager, said. "Therefore, the district does provide bus service for students who attend Randolph Middle School and Randolph High School."

The Traffic Engineering Committee, which includes representatives from the 902nd MSG, 902nd Civil Engineer Squadron, 902nd Security Forces Squadron and other organizations, is exploring options for the safe passage of children. Randolph ISD officials and several parents have been invited to join the working group.

"Understanding the risks at JBSA-Randolph, we are working diligently on ways to mitigate the safety concerns and provide options to Randolph parents,"

LaBrutta said. "You have my commitment to provide the safest possible environment as our children walk or ride with their parents to school next year."

Options include routing traffic around the school to reduce congestion on Harmon Drive, establishing "safe routes" utilizing parents as volunteer crossing guards and changing speed limits on main traffic routes during the school morning and afternoon rush hours.

Other possibilities being discussed are additional sidewalks with markings and flashing solar-powered light-emitting diode pedestrian warning signs, additional sidewalks and speed humps at strategic locations.

Randolph Field ISD officials are also exploring options and seeking a plan by July 1, according to a statement by Lance Johnson, superintendent.

"In response to the JBSA decision to not continue the transportation services to our students, we will evaluate the resources we have available to ensure that we continue to provide the best education possible, in the safest environment possible," he said. "We are reviewing data, and considering all options, to develop a plan that the district will move forward with."

A town hall meeting with parents will be scheduled after a plan is developed, Johnson said.

Weather official warns of dangerous conditions

By Alex Salinas
Joint Base San Antonio-Randolph
Public Affairs

Stormy weather, a topic covered in this year's Air Force-wide Critical Days of Summer campaign, includes the usual suspects of lightning, hail and tornadoes, but it's flash flooding that especially concerns safety and weather officials from Joint Base San Antonio-Randolph.

"Flooding can occur with as little as a quarter-inch of rain," Wes Fillmore, 12th Operations Support Squadron lead meteorological technician, said. "In many local areas, stone – mostly limestone – is directly beneath the soil, so when it rains, water may only sink a few inches and then build on top of the stone."

In other words, "dry ground doesn't accept moisture as quickly as it rains," Fillmore said.

Rapid water buildup coupled with a topography that descends from north to south, producing sloped paths and low water crossings, means "south central Texas is very prone to flash flooding," Fillmore added.

A recent example of deadly flash flooding in San Antonio occurred during Memorial Day weekend when a storm dispensed 10 inches of rain, killing three people and putting some parts of the city

underwater. The city's all-time average precipitation for the month of May is 3.59 inches; in May 2013, 13.19 inches of rain fell, according to the National Weather Service.

Record South Texas flooding during an October 1998 weekend killed 31 people, 26 of which had drowned. Seventeen of the drowning victims were in vehicles driving into water or swept away by rising water, according to a report from the U.S. Commerce Department.

The Texas Department of Public Safety reported that more than 50 percent of flood-related drownings happen in vehicles.

"Nearly eight out of 10 vehicle-related flood fatalities in Texas occur in the dark, between 6 p.m. and 6 a.m.," Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist, said. "Driving at night makes these situations even worse because visibility is limited and it is difficult to judge how deep the water may be."

Never attempt to drive or walk through flooded low water crossings.

"Stop, turn around and find a safer route," Joyce said.

When it comes to bad weather in Texas, storm systems called stationary fronts, which result from the collision of two different air masses, are

See WEATHER P6



Local military officer mentors local police officer

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

A young man's dream of joining the Air Force, nearly derailed by a bout with cancer almost five years ago, became reality this month when he was sworn in during an induction ceremony at Joint Base San Antonio-Randolph's Military Entrance Processing Station.

Joined there by his fiancée, his parents, his stepfather and an Air Force officer who had become his mentor in a most unusual way, 25-year-old Jonathan Thier experienced a range of emotions that June 3 morning, from anxiety and stress to excitement and exuberance.

"I was definitely excited about the outcome," he said.

Thier said he was also "ecstatic" that Lt. Col. Todd Ernst, 12th Flying Training Wing Innovation and Cost Conscious Culture director, came to swear him in.

"It meant a lot to me that he took time out from his day to do something like this," he said.

Thier's and Ernst's paths crossed more than a year ago, when Thier, a Bexar County deputy, pulled the Air Force officer over for a speeding violation. Ernst, who was on his way to work in the early morning hours, received a warning. He also became Thier's mentor that day when he learned of the deputy's

desire to join the Air Force.

Thier, who had already visited an Air Force recruiter to begin the process to join, said he asked Ernst a few questions about career opportunities in the Air Force and other pertinent topics. Ernst offered Thier his business card, and the relationship was born.

"It was an open invitation to contact me," Ernst said. "I've given others the same opportunity, but never has anybody taken me up on it, except Jonathan."

Thier and Ernst subsequently met for lunch a few times and kept in touch through phone calls, text messages and emails.

"The things that impressed me about Jonathan were that he's gone to college and he'd been out in the workforce," Ernst said. "He sees things from a different perspective. He knows the Air Force is where he wants to be."

Thier, who graduated from Reagan High School in San Antonio in 2006, was attending the University of Texas at San Antonio for his second semester of college in 2008 when he was diagnosed with testicular cancer. Surgery followed three weeks later.

Thier said he was fortunate that he knew the symptoms. His father had also been treated for testicular cancer.



See **RECRUIT P9**



Courtesy photo

Lt. Col. Todd Ernst, 12th Flying Training Wing Innovation and Cost Conscious Culture director, congratulates Jonathan Thier on his induction into the Air Force June 3.

WEATHER from P5

"Stationary fronts brew thunderstorms that don't move," Fillmore said. "They persist and linger, and are able to produce prolonged precipitation and storm trains."

The "training effect" occurs when storms develop and move through a region over and over again, following a single-path pattern like train cars on a track, Fillmore said.

For San Antonio, stationary fronts are the product of warm moisture from the Gulf of Mex-

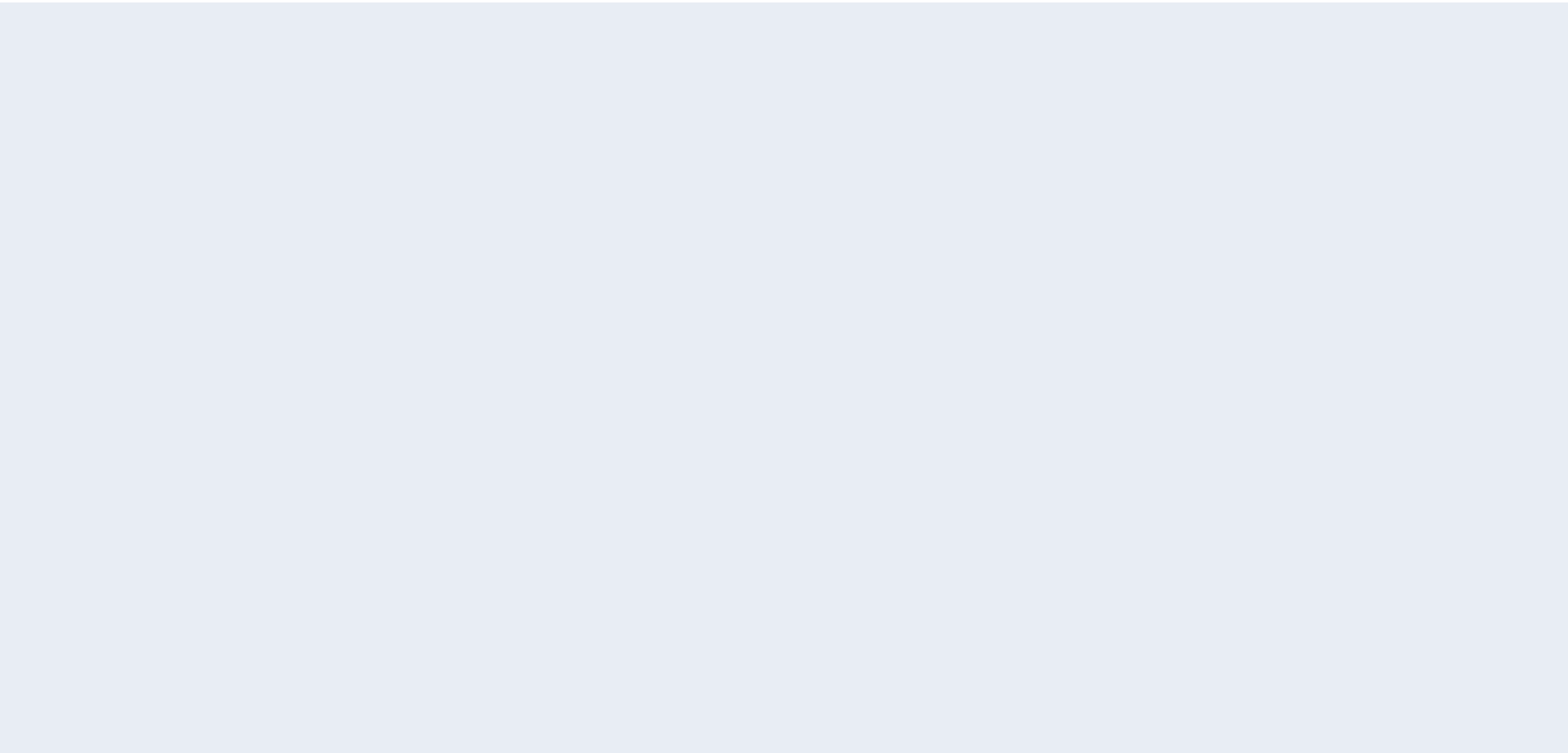
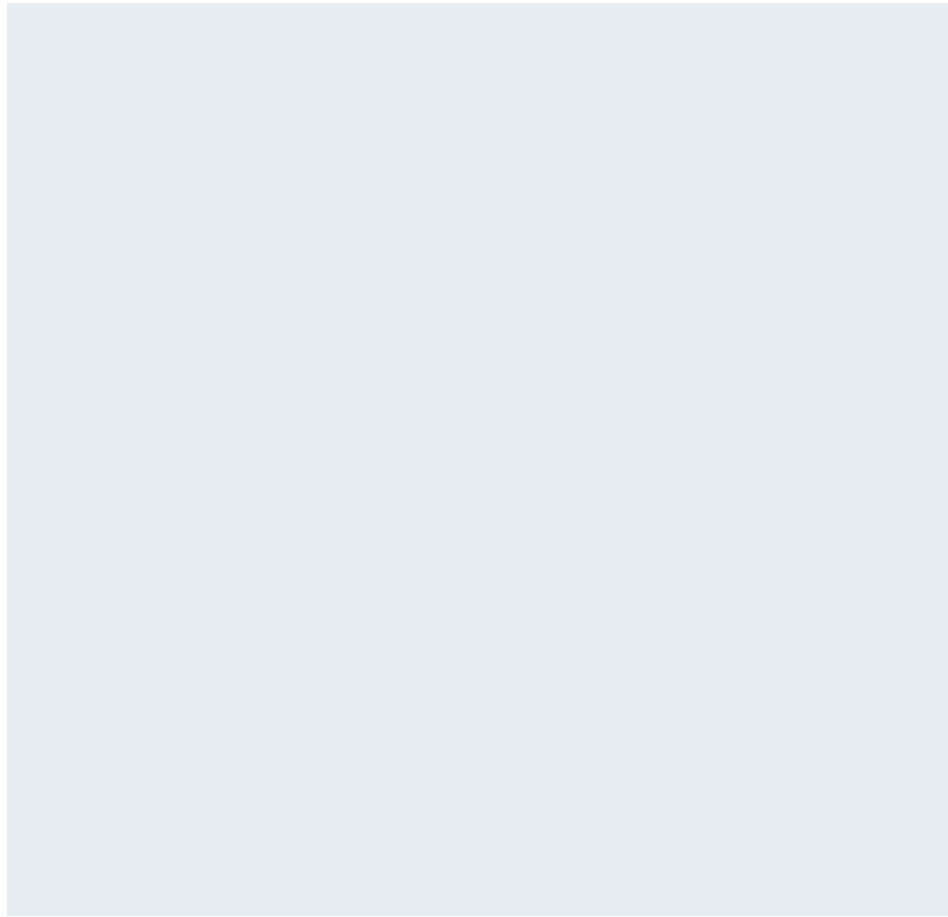
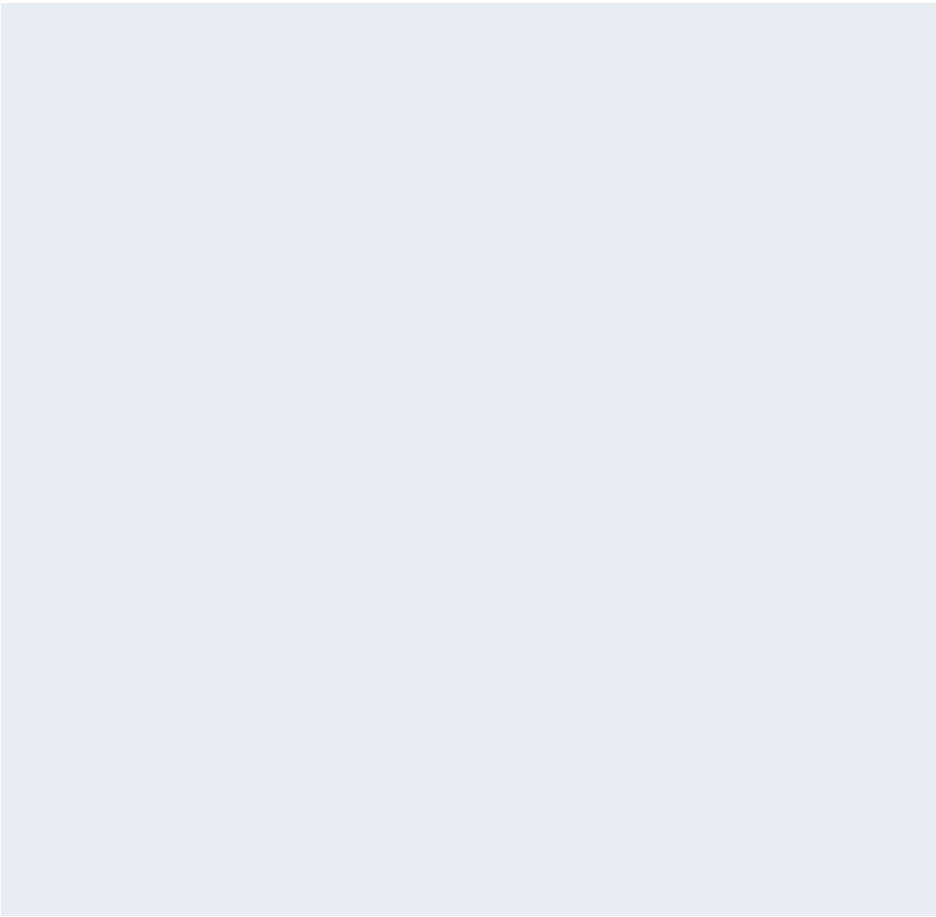
ico colliding with cold air from the north, which may not only cause flash flooding, but numerous lightning strikes.

In Texas, lightning strikes killed 24 people from 2003-2012, but many were avoidable.

"Most of the lightning deaths occur when people are caught outside in a thunderstorm," Joyce said. "Be cautious of dark clouds. Never hide under trees and stay indoors if possible."

If a tornado forms and touches down, stay off the roads and seek shelter in a basement or in the center of a sturdy building, away from doors and windows.

"In South Texas, rapid weather changes are common; it can go from being a nice, sunny day to severe weather conditions," Joyce said. "When it comes to severe weather, early preparation and awareness are important to help ensure everyone's safety."



Instructor pilot logs 5,000 hours in T-38

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs



He hopped in a jet to perform an everyday functional check flight June 7 at Joint Base San Antonio-Randolph, but upon landing on the east flightline, the occasion was anything but ordinary. Lt. Col. Jeff Wallace had reached his 5,000th hour in a T-38 Talon.

The 39th Flying Training Squadron director of operations is the only pilot at Randolph who's logged 5,000 hours in a T-38, and only the squadron's second person to reach that many hours in any aircraft.

"I've been at Randolph since 2003, but I've been flying T-38s since December 1990," Wallace said. "I love flying. I try to fly at least once a day."

"We rose to 39,000 feet above the ground and went supersonic (hitting the speed of sound), which is a pretty unusual sortie (or mission)," Wallace said about his milestone flight.

The T-38 was introduced into the Air Force in 1961, and while an unspecified number of pilots, especially from NASA, specialized in flying the trainer aircraft for years, Wallace's achievement as a reserve instructor pilot is "almost unheard of," according to Lt. Col. David Youngdale, 39th FTS assistant director of operations.

"He's one of a handful, probably no more than 10 guys, to accomplish this," Youngdale said. "The average sortie typically lasts one hour, so it's as if this was his 5,000th sortie."

"This is really huge for the squadron and the base,"



Photo by Joshua Rodriguez

Lt. Col. Jeff Wallace, 39th Flying Training Squadron director of operations, steps out of a T-38 Talon while his son sprays him with water after reaching his 5,000th flight hour in the T-38 June 7 at Joint Base San Antonio-Randolph.

Lt. Col. Leon Morris, 39th FTS commander, said.

Wallace tried to keep his morning landing quiet, but his family and squadron members gathered to congratulate him and give him the traditional wet down.

"It's just another day for me, but I do look back and think about all the people I've flown with and places I've been," Wallace, who's also been stationed at Columbus Air Force Base, Miss., and Moody AFB,

Ga., said. "I don't want it to end."

Wallace said he will make a decision to continue active-duty service or retire after his contract ends in the summer of 2015.

After 23 years of military service, Wallace said he still loves to look at the jet and reflect on its history.

"The one I flew today is 44 years old," he said, "and after all these years, it still looks sharp."

AF Needs Assessment Survey 2013: A strong community depends on you

By Meg Reyes

502nd Air Base Wing Director of Integration

"A Strong Community Depends on You" is the theme of the 2013 Air Force Needs Assessment Survey.

This important survey is sponsored by the Air Force Integrated Delivery System. Its goal is to make known the opinions and needs of the entire Air Force Community including active duty members, Reservists, Air National Guardsmen, their spouses and Air Force civilian employees.

"Everything we do depends on our people, the living engine of our Air Force," said Secretary of the Air Force Michael Donley. "The entire Air Force leadership team is committed to doing all we can to support our Total Force Airmen and their families. We know that through your valuable input, the state of our Air Force will remain strong, ready and capable of

delivering airpower, whenever and wherever the nation calls."

The survey, sponsored by the Air Force Integrated Delivery System, will be completely anonymous – neither the Air Force, the government, nor the contractor can link any aspect of community members' responses to personal identifiable information.

The results will be used by base leadership and the Air Force to target resources where they are most needed, to improve the delivery of services and to enhance the well-being of members.

Past survey findings have resulted in providing additional services and programs to benefit both service members and families.

Active duty members, Reservists, Air National Guardsmen and appropriated-fund civilian employees will be invited to complete the survey via email invitations. Postcard invitations will be mailed to spouses

inviting them to complete the survey also. Each invitation will include a link to the online survey.

"Our Air Force is all about people ... caring for Airmen and their families," said Air Force Chief of Staff Gen. Mark A. Welsh III. "Please invest some time in sharing your thoughts and opinions on how we can do this better and make our Air Force community stronger."

"We need to make sure our programs are meeting the needs of Airmen and their families," added Chief Master Sergeant of the Air Force James Cody. "This survey is one way we can learn how well we're doing that. It's every Airman's responsibility to provide some honest feedback to help."

Through the completion of the assessment, survey responses can directly influence family services and related support activities at local

bases and throughout the Air Force.

Results from previous assessments have impacted the policies and programs that support both the Air Force and Reserve members and their families. Some of these include:

- Increased support networks for families such as the Adopted Family Program, the INTRO program and Singles Network group
- Expanded financial counseling programs for members and their families
- Job opportunities for spouses

"The AF Needs Assessment Survey 2013 provides community members a wonderful opportunity to improve the Air Force Community," said Col. Jay M. Stone, deputy director for Air Force Psychological Health. "We hope those selected will do everything they can to respond to the survey as quickly as possible."

For more information about the AF Needs Assessment Survey 2013, call 808-7505.

Walkin' the Line



Photo by Lori Newman

Officer Gilberto Santos from the San Antonio Police Department assists Spc. Angelia Moore as she tries to walk a straight line wearing goggles that simulate the effect of alcohol impairment during the Joint Base San Antonio Summer Safety Day June 11 at JBSA-Fort Sam Houston. The safety day event hosted representatives from organizations such as the JBSA-Lackland recycling program, the U.S. Corps of Engineers and the San Antonio Police Department. Topics addressed included the importance of recycling at home and at work, water safety, finger printing for infants and the dangers of texting while driving.

Stand-Down Day Monday allows discussions, training

From 502nd Air Base Wing Public Affairs

Members of the 502nd Air Base Wing will observe a Sexual Assault Prevention and Response Stand-Down Day Monday.

At each of the Joint Base San Antonio locations, Brig. Gen. Bob LaBrutta, 502nd ABW commander, will hold a commander's call. The schedule is 8:30 a.m. at JBSA Lackland's Bob Hope Theater, 10 a.m. at JBSA-Fort Sam Houston's Evans Theater and 12:30 p.m. at JBSA-Randolph's Fleenor Auditorium.

The day's events – directed by the Secretary of Defense and top Air Force leaders – will include interactive commander's calls at group, squadron and directorate levels, plus small-group discussions and training across the wing.

During the stand-down day, members of the 502nd Air Base Wing will have a chance to talk about situations involving sexual assault prevention and response.

The calls and training will emphasize that sexist behavior, sexual harassment and sexual assault will not be overlooked or ignored; Airmen at all levels, both military and civilian, will be held accountable for their conduct and behavior; and victims of these criminal acts will be treated with dignity and respect, as well as provided the best medical and rehabilitative care available.

Please keep in mind that during Monday's Sexual Assault Prevention and Response Stand-Down Day non-emergency services will be curtailed. The JBSA Sexual Assault Hotline is 808-SARC (7272) and the Department of Defense Safe Helpline is (877) 995-5247.

RECRUIT from P6

The cancer went into remission and Thier was monitored for three months, then once every three months, every six months and every year. He also had medical bills to pay, so he sought full-time employment, joining the Bexar County Sheriff's Office in May 2010 after attending the Alamo Area Regional Law Enforcement Academy.

After a cousin joined the Air Force, Thier started to think about military service as an option.

"The Air Force sounded to me like a career, not just a job," he said.

Thier began the process to join the Air Force, but it would take time – and test his patience – to clear the medical hurdles created by the cancer he had overcome.

"I knew it would be an uphill battle," he said.

Finally, in May, Thier received his

medical clearance and was given a date and time to report for his induction ceremony.

It was an emotional event for Thier and his mother, Marti Moulder; his father, Ruben Thier; and his stepfather, Ed Moulder.

"I had never seen my dad or stepdad tear up before," he said.

Thier, who now awaits orders for basic training, said Ernst played an important role in his journey to the Air Force.

"He was very encouraging," he said. "He was always there to answer my questions."

Ernst said Thier has set high goals and believes he will respond to the challenges that lie ahead.

"I think he'll be better prepared after persevering through all the medical requirements," he said. "He's willing to do all the work."

Upcoming Exercise

All Joint Base San Antonio locations are scheduled to participate in Emergency Evaluation Team exercises Thursday and July 15-16 to test the 502nd Air Base Wing's ability to respond to a specific contingency, and NOT a real emergency situation.

Exercise messages will be delivered via email and giant voice. Messages will also be posted to the Straight Talk Line and social media sites. All exercise related messages will begin and end with the words "Exercise-Exercise-Exercise."

Members of the base community should be alert and report suspicious activity to security forces. Please follow instructions from security and emergency response personnel. Be patient and expect delays in traffic flow and at the entrances to most facilities.



JBSA-Randolph Chapel Regular Schedule

• CATHOLIC

Wednesday and 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

Band of the West performances

The Air Force Band of the West rock band, "Top Flight," will perform at 6:30 p.m. July 3 at the Schertz Annual Jubilee at Pickrell Park. The concert is free and open to the public, and suitable for all ages. The Band of the West Concert Band will perform Independence Day tribute concerts at the following dates and times. Concerts are free and open to the public. For more information, call the Band of the West at 671-3934.

- June 28, 7 p.m. at the New Braunfels Civic/Convention Center
- June 30, 3 p.m. at the Kerrville Cailloux Theater. Tickets are available at all Bank of the Hills walk-in locations.
- July 2, 7 p.m. at the Schertz Civic Center. Tickets are available at the Schertz Civic Center.
- July 5 and 6, 7 p.m. at SeaWorld San Antonio. This concert is free with admission to the park.

Commissaries implement furlough days

Beginning in July, most military commissaries including all Joint Base San Antonio commissaries will be closed Mondays. The closures will be up to 11 days between July 8 and Sept. 30.

Free baseball tickets for JBSA members

All JBSA locations offer complimentary tickets to watch the San Antonio Missions Wednesday against the Tulsa Drillers, July 31 against the Corpus Christi Hooks and Aug. 31 against the Frisco Rough Riders. All games start at 7:05 p.m. Tickets can be picked up at the ticket office in the JBSA-Fort Sam Houston Community Center, ITT in JBSA-Lackland's Arnold Hall and ITT in the JBSA-Randolph Community Services Mall. For more information, call 808-1378 at JBSA-Fort Sam Houston, 671-3133 at JBSA-Lackland and 652-5142, option 1 at JBSA-Randolph.

Discount tickets

The ticket office in the JBSA-Fort Sam Houston Community Center, Information, Tickets and Tours in JBSA-Lackland's Arnold Hall and ITT in the JBSA-Randolph Community Services Mall offer discounted local theme park tickets for Schlitterbahn Waterparks, Six Flags Fiesta Texas, SeaWorld and Splashtown. For more information, call 808-1378 at Fort Sam Houston, 671-3133 at Lackland and 652-5142, option 1 at Randolph.



Can it be recycled?

Numerous materials including used oil, plastic or glass bottles, used electronics, cardboard, paper, aluminum cans and various other scrap metals can be dropped off at the Joint Base San Antonio-Randolph Recycle Center. Items are accepted from both the home and workplace.

For more information, visit the JBSA-Randolph Recycle Center, located in building 1152, or call the JBSA-Randolph Recycle Team at 652-5606 or 652-1160.

WHASC Urgent Care Clinic implements appointment system

From 59th Medical Wing Public Affairs

Due to recent patient feedback, a new appointment-based system takes effect July 1 at Wilford Hall Ambulatory Surgical Center's Urgent Care Center. The new system will allow patients to pinpoint the time they will be seen for acute and non-emergency treatment, ultimately reducing wait times in the UCC.

Results from a recent survey indicated 70 percent of patients preferred an appointment-based system.

Medical care at the UCC is provided by military and civilian family health physicians, physician assistants, nurses and medical technicians, and is available to eligible Defense Department beneficiaries over the age of two.

To make an appointment, patients should call the Consult and Appointment Management Office appointment line at 916-9900.

"This new system will better serve the patients," said Maj. Kimberly Reed, UCC flight commander. "It will provide better continuity of care, and support patient centered medical home care, which makes the patients the focal point of care – and that's what's best for everybody."

During normal duty hours, patients will be scheduled with their primary care management team. If the patient's PCM team does not have an available appointment, they will be given an appointment with the UCC. After duty hours, calls to the CAMO will be forwarded to the nurse advice line.

Patients who believe they have a serious medical emergency, or who believe the absence of medical attention could lead to loss of life, limb or eyesight, should call 911 or seek medical care at the nearest emergency medical facility.

Patients who will likely need specialized care, surgery or inpatient admission within 24 hours should proceed to the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston, where medical services are available 24 hours a day.

Joint Base San Antonio-Randolph *Sports BRIEFS*

Marathon training

The JBSA-Randolph Rambler Fitness Center invites marathon runners to Eberle Park 7 a.m. Saturday to run a 10-mile course. This will be the first of three marathon-training runs. For details, call 652-7263.

3D Archery Shoot

The JBSA-Camp Bullis 3D archery shoot takes place Saturday and Sunday. Registration is the day of the event from 8-10 a.m. This event is open all DOD ID cardholders. For more information, call 295-7577.

Randolph pool hours

JBSA-Randolph's Center Pool is open 1-8 p.m. Monday, Wednesday, Thursday and Friday; 11 a.m.-8 p.m. Saturday and 1-6 p.m. Sunday. Lap swim and swim lessons are available at the South Pool. For details, call 652-3702.

Swim lessons

JBSA-Randolph parents may still register their children for swim lessons. Dependents must meet age and prerequisite skill requirements. Parents must bring their Department of Defense ID card to register. Registration is on a first-come, first-served basis. For details, call 652-3702.

Season pool passes

Season pool passes are available for purchase. For details, call 652-3702.

Canyon lake offers sunset cruise

The JBSA Recreation Park at Canyon Lake offers sunset cruises at 7:30 p.m. every Saturday in July and August (excluding July 6). The boat casts off from the Hancock Cove marina. For reservations, call 830-226-5065.

SPORTS - HEALTH - FITNESS

JBSA-Randolph receives virtual fitness kiosk

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs



The Joint Base San Antonio-Randolph Rambler Fitness Center will kick off an innovative set of classes June 24 with "Fitness on Request," a program of preloaded workouts from a kiosk led by a virtual instructor.

Each class, held in room 128 at the fitness center, will accommodate 35 people with gym access on a first-come, first-served basis and is cost-free.

Randolph's listed courses are core arms aerobic, fusion, kinetics, step and TKO-kickboxing.

"The classes will be displayed in our studio using a 120-inch projector screen and surround sound," Rey Salinas, Rambler Fitness Center fitness programs manager, said. "It's a nice setup."

Partly to engage unit physical training sessions in a new way and partly to "spice up" old exercise regimens for everyone else, "Fitness on Request" arrives at Randolph at a perfect time, adding variety to the fitness center's existing courses, Kim Rennert, Rambler Fitness Center fitness assessment cell evaluator, said.

"Because of home workout videos already on the market, some people might feel more comfortable with a virtual instructor," she said. "The setting will be more relaxed and people can go their own pace."

Each video shown on the projector features one virtual instructor plus two assistants who perform routines at different skill levels, so anyone can achieve a sufficient cardio workout, Rennert said.



Photo by Airman 1st Class Alexandria Slade

Rey Salinas, 902nd Force Support Squadron Rambler Fitness Center programs manager, demonstrates how to use the new Fitness on Request kiosk June 12 at the Joint Base San Antonio-Randolph Rambler Fitness Center.

Classes will last 45 minutes.

"This program is an extra stepping stone to fitness," Salinas said. "It will help people better utilize our facility, and different class times should accommodate those who are interested."

Debut classes happening June 24 are kinetics at 6 a.m., TKO-kickboxing at 7 a.m. and another kinetics session at 3:15 p.m. On days when "extreme" is notated on the schedule, workouts will be more challenging than usual, Rennert said.

Fitness center staff members will update the "Fitness on Request" schedule and rotate courses on a week-by-week basis.

All three JBSA locations received a "Fitness on Request" kiosk. The kiosks are part of a Total Force Fitness Initiative to save millions of dollars Air Force-wide, Anthony Alcalá, AFPC fitness program specialist, said.

For more details, call the Rambler Fitness Center at 652-2955.

FITNESS

ON REQUEST

Monday

- 6 a.m. – Kinetics
- 7 a.m. – TKO-Kickboxing
- 3:15 p.m. – Kinetics

Tuesday

- 6 a.m. – Step
- 7 a.m. – Fusion
- 3:15 p.m. – TKO-Kickboxing

Wednesday

- 6 a.m. – Core Arms Aerobic
- 7:15 a.m. – Core Arms Aerobic
- 3:15 p.m. – Core Arms Aerobic

Thursday

- 6 a.m. – TKO-Kickboxing
- 7 a.m. – Step
- 3:15 p.m. – Fusion

Friday

- 6 a.m. – Kinetics
- 7 a.m. – Fusion
- 3:15 p.m. – TKO-Kickboxing

*Classes begin Monday in room 128
For more information, call 652-7263.*