



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 42 • OCTOBER 24, 2014

A nighttime photograph of the JBSA-Randolph tower, illuminated with purple and white lights. An American flag flies on a tall pole to the left. In the foreground, several large, white, arrow-shaped sculptures point upwards.

JBSA-Randolph  
observes  
Domestic Violence  
Awareness Month

*PAGE 8*

*INSIDE: SAFEGUARDING DIGITAL FOOTPRINT, P3 ... HONORARY COMMANDERS VISIT JBSA, P12*

## COMMENTARY

# Nurturing relationships in a culture of caring

By Deborah Hall

436th Medical Operations Squadron  
Family Advocacy Program outreach manager

When life gets challenging, stressors can build and conflicts can escalate, sometimes leading to abuse. Preventing domestic abuse is fundamental to basic relationship maintenance. Partners in healthy relationships work together every day to nurture their relationships, taking care to address issues and concerns when they occur. Healthy relationships should be safe, respectful and positive.

October is Domestic Violence Awareness Month across the country and throughout the Department of Defense. Domestic violence is in direct conflict with the culture of dignity and respect fostered by the professional values of the armed forces. Unfortunately, almost 9,000 cases of the more than 18,000 incidents reported to the Family Advocacy Program in 2013 met DOD criteria for domestic abuse or intimate partner violence.

### Relationships should be safe.

Feeling safe in a relationship, both physically and emotionally, is essential. Individual and family stress can escalate and sometimes lead to domestic abuse. Abuse is never acceptable. Trusting your partner and committing to your relationship completely helps build a safe environment for both of you. "Fighting fair" through the use of nonviolent conflict resolution and being kind to one another are essential ingredients of a safe relationship. Learning to forgive, owning your mistakes, and apologizing also contributes to a healthy bond.

### Relationships should be respectful.

Respecting your partner is one of the fundamental ways to show love. Trust, mutual respect and open communication are the foundations of a fulfilling and safe relationship. Healthy relationships must

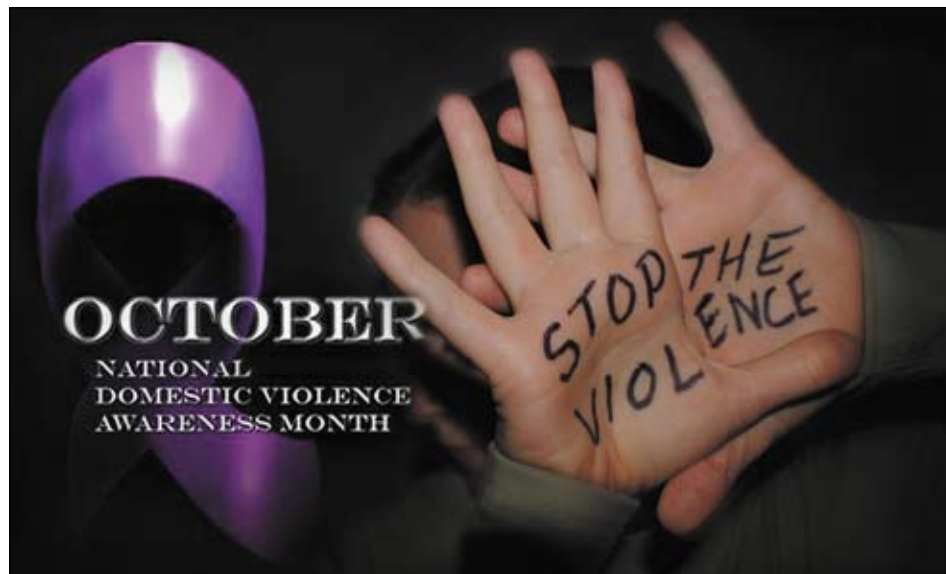


Photo illustration by Senior Airman Luis Loza Gutierrez

Domestic Violence Awareness Month is observed to connect advocates across the nation working to end violence against women and their children. Victims in danger of domestic violence are advised to call 911 for help or the National Domestic Violence Hotline at 1-800-799-7233 or TTY.

be nurtured and they require motivation, commitment and ongoing work by both partners. Every couple faces challenges at some point. Working through those problems together in a healthy way can strengthen the relationship.

### Relationships should be positive.

For you, your partner and your children – put effort into your relationships. Supporting your partner and working together as a team toward a common goal contributes to an enjoyable relationship. Encouraging those you love and being a good example for your children pays great dividends. Children learn about relationships by watching the people they know best. Set an example by practicing healthy relationship skills with your partner. Most importantly, enjoy life together.

We all have a role in preventing domestic violence. In our roles as wingmen,

military members, military spouses and DOD civilians, look out for each other and act to promote the safety and well-being of all. Be alert to risk factors for domestic violence such as: family discord, extreme jealousy and behavioral health concerns; and encourage early intervention. Being an observant and caring wingman may help a military member preserve their family, health and career.

As a good wingman, how can you help? Good wingmen know that seeking help is a sign of strength. There are a significant number of resources available to Airmen that support healthy, nurturing relationships. By knowing these resources and encouraging your fellow Airmen to seek assistance during times of need, you are creating a wingman culture of caring. We are all members of the Air Force family – a relationship to be nourished, resulting in a culture of caring.

## ON THE COVER

The Joint Base San Antonio-Randolph Taj Mahal is illuminated purple in recognition of Domestic Violence Awareness month Oct. 7. For the complete story, see page 8.

Photo by Airman 1st Class Alexandria Slade

## WINGSPREAD

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The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to randolphpublicaffairs@us.af.mil.

## JBSA Halloween trick-or-treat hours, Pumpkin Patrol

Across Joint Base San Antonio, Halloween ghouls and ghosts will roam base neighborhoods for sweet treats. For the safety of the trick-or-treaters and their families, participants are asked to conduct their candy conquests during specific hours.

Trick-or-treating hours at JBSA-Fort Sam Houston and JBSA-Lackland are 5-8 p.m. At JBSA-Randolph, the hours are 6-8 p.m.

The 902nd Security Forces Squadron will be monitoring the base neighborhoods as an additional safety measure during the 2014 JBSA-Randolph Pumpkin Patrol 6-8 p.m. Oct. 31. Any volunteers interested in helping with this event will be required to attend a briefing and be issued gear at 5:30 p.m. at building 235.

To volunteer, call 652-1645.

# Military members urged to safeguard digital footprint



Courtesy photo

By Tech. Sgt. Steve Grever  
Air Force Public Affairs Agency

Social media is a great resource for Airmen and their families to share information and stay connected to relatives at home and abroad.

Although many depend on these wonderful tools, recent events have encouraged us to re-evaluate our digital footprint to ensure personal and professional information is protected from online predators and individuals who want to do harm.

While social media use can be entertaining and informative, it poses potential operations security weaknesses, and Air Force Instruction 1-1, Air Force Standards, provides guidance on appropriate social media use by Airmen.

Operational security and personal privacy concerns should be paramount when using social media. Military members have recently been threatened on social media by terrorist organizations looking for information they can use to harm military families and disrupt Air Force operations.

The following tips will make it more dif-

ficult for unwanted users to acquire personal data through social media:

- Be cautious when accepting friend requests and interacting with people online. You should never accept a friend request from someone you do not know, even if they know a friend of yours.

- Don't share information you don't want to become public. Remember, once you put something out there, you can't control where it goes.

- Disable location-based social networking, or geo-tagging, on all social media platforms. Geo-tagging is the process of adding geographical identification to photographs, video, websites and text messages.

- Avoid posting work or personal schedules and travel itineraries, especially deployment information and return dates for yourself, a loved one or a unit.

- If you ever hesitate before clicking 'post', reconsider the content you are about to share. Our team follows the motto: When in doubt, throw it out!

- Adjust your privacy settings to ensure your posts and profile information are secure

and seen only by approved audiences. These tips apply to any social media platforms you may use, but since Facebook is the most widely used, we want to share this detailed how-to guide on securing your profile.

Practicing good OPSEC and helping family members follow these security measures is essential to protecting personal and mission-critical information on social media. If you ever feel you are being threatened or you notice vulnerable information online, be sure to alert the social media platform's help center and your local OPSEC manager for assistance.

Resource Links:

- Air Force Instruction 1-1, Air Force Standards

- Air Force Social Media Guide

- U.S. Central Command FAQs on Social Media

- Military Community and Family Policy Social Media Guide

- How to change your Facebook privacy settings

- See more at: <http://airforcelive.dod-live.mil/2014/10/securing-your-digital-footprint/#sthash.NDGrzgES.dpuf>



# New 19th Air Force commander outlines way ahead

By Dianne Moffett

Air Education and Training Command Public Affairs

Maj. Gen. Michael A. Keltz formally becomes the 19th Air Force commander in a ceremony at Joint Base San Antonio-Randolph, Texas, today.

Keltz' assumption of command of the 19th Air Force, authorized Oct. 1, 2014, marks another milestone for Air Education and Training Command and its flying education and training program for the Air Force, other services, and the nation's allies.

In 2011, Secretary of the Air Force Michael Donley directed a cost-cutting reorganization of the Air Force and deactivated 19th AF and other numbered Air Forces by merging air operation centers.

Nineteenth Air Force's mission is to execute operational-level command and control of all formal aircrew flying training missions within AETC and provides world-class Airmen to the Combat Air Forces and Mobility Air Forces. The 19th AF provides operational control and administrative authority to support the training of world-class aircrews, air battle managers, weapons directors, Air Force Academy Airmanship programs, and survival, es-

cape, resistance, and evasion, to sustain the combat capability of the United States Air Force.

Keltz said a major difference between this 19th AF and its predecessor is the addition of a permanent Reserve technician, Brig. Gen. Stephen "Fritz" Linsenmeyer, as the vice commander. Nineteenth Air Force will benefit from the leadership and capabilities of Linsenmeyer, who exemplifies the founding principles of the Air Force's Total Force concept.

In addition to a one-star vice commander, 19th AF will also have a command chief with an "outstanding track record" as former wing command chief at Nellis Air Force Base, Nevada, said Keltz.

"Chief Master Sgt. Robert Boyer is a tremendous guy," said Keltz. "He is a great mentor and has tremendous experience. As a dedicated chief for 19th AF, he can now help Chief Tapia [Chief Master Sgt. Gerardo Tapia, AETC command chief] provide the Air Force with the best-educated and best-trained Airmen in the world."

While 19th AF utilizes experienced leadership to mentor junior leaders, it also implements emerging equipment and methodologies to instruct the next generation of trainees.

On leveraging new technology, the general said

there are a number of advances to include electronic flight bags, tablets and digital media to enhance flying training, but the real advance involves high-fidelity simulator training.

"The quality of students is superior because of the high-fidelity simulators," Keltz said. "This allows the trainer to teach the tasks repetitively which are validated in the air. It's the ground-based training system that will make or break the next generation of pilots."

Another point the general makes about flying training technology is advancement on the future T-X, which he said will take the Air Force's flying training program even further.

"The T-38 is 1950's technology. It teaches pilots how to land century-series aircraft," said Keltz. "None of our tactical aircraft, such as the F-16, F-15 or the F-22, fly or land like that. The T-X training system will serve as the bridge from the T-6 Texan and produce pilots ready for fifth-generation fighters."

In addition, Keltz said the T-X trainer meets the full category range of flying training simulators, including simulation training for the F-35 Lightning II.

See 19th AIR FORCE P6

# World War II hero posthumously awarded Silver Star

By Sgt. 1st Class Wynn Hoke

U.S. Army North Public Affairs

In a ceremony held at Joint Base San Antonio-Fort Sam Houston's historic quadrangle Friday in front of more than 200 in attendance, Col. James Gunn III was posthumously awarded the Silver Star for actions from Aug. 17-31, 1944, during World War II.

The award was presented to Gunn's widow Eileen Gunn and family by Lt. Gen. Perry Wiggins, U.S. Army North (Fifth Army) commanding general and Army senior mission commander for JBSA-Fort Sam Houston and Camp Bullis.

"What a great day to celebrate the stellar service of a true American hero," Wiggins said. "Today we recognize the sacrifice and service of that true American hero, a national treasure."

"It is humbling to stand here, when you are giving an award of this magnitude and today we are going to present one of the highest awards for valor that we can bestow upon those in our formation."

On Aug. 17, 1944, Gunn, a B-17 bomber pilot was shot down near the Ploesti oil fields in Romania. After being taken prisoner of war and sent to a Bucharest prison camp for 10 days, the Romanian government surrendered and aligned with the allies against the Germans.

Due to Romania's surrender and realignment, the Germans immediately began bombing Bucharest. Gunn, now an ally, immediately coordinated his return to Italy by flying in the fuselage of a one-pilot Romanian ME-109 at an altitude of 19,000 feet. The flight would take Gunn and the pilot, Constantin Cantacuzino, a member of the Romanian royal family, through extremely dangerous enemy airspace and anti-aircraft fire and on into Italy covering over 600 miles. With the American flag painted on the sides of the ME-109 to help identify the plane as an ally of the United States, Gunn laid motionless and helpless until the plane landed in San Giovanni airfield, Italy, without incident.

Upon his return to the American airbase in Italy, Gunn coordinated fighter strikes against the German military in Romania and WWII's greatest air rescue mission of more than 1,160 prisoners of war held in Bucharest.

"Winston Churchill said, life is a great honor and you should live to the fullest, but only live it once. Well my father lived once, but I think he lived it to the fullest," William Gunn, the medal awardee's son, said. "The principle of this award is not to my father or to my family so much as to the military; we take care of our own and leave no one behind."



Photo by Sgt. 1st Class Wynn Hoke

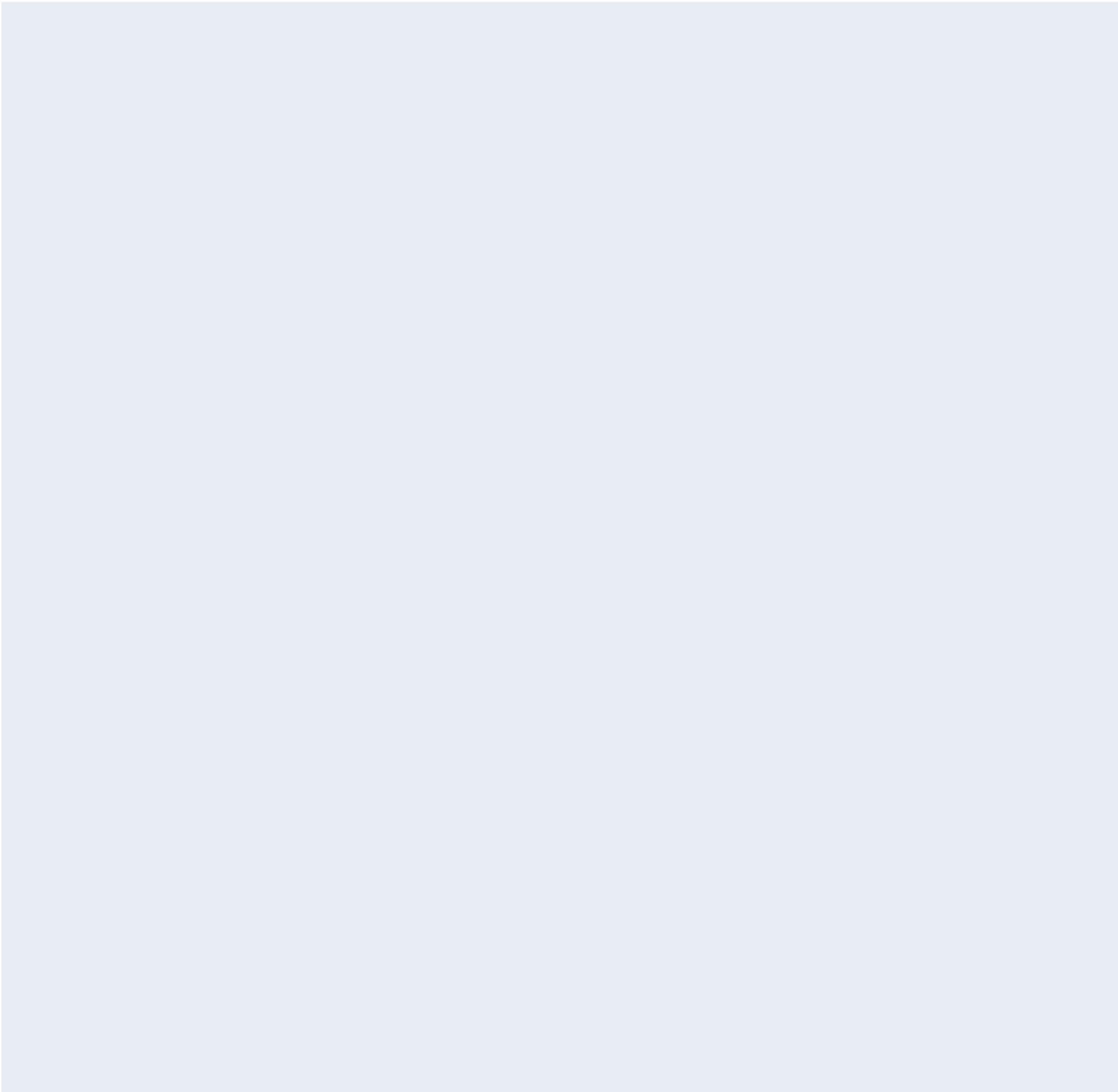
Lt. Gen. Perry Wiggins (left), U.S. Army North (Fifth Army) commanding general and senior Army commander of Fort Sam Houston and Camp Bullis, presents the Silver Star to Eileen Gunn, widow of Col. James Gunn III, and family, for his heroic actions from Aug. 17-30, 1944, during World War II. Gunn escaped and evaded the enemy and eventually coordinated the largest air rescue mission of more than 1,160 POWs while also coordinating air strikes on the enemy.

"We are humbled beyond description and it is an overwhelming honor to be here at this presentation," said William Gunn.

Wiggins encouraged everyone to read about this historic event to help

honor Gunn and the bravery of our Soldiers.

The full story on Gunn's heroic actions can be read at [http://legendsintheirrowntime.com/Content/1945/AN\\_4503\\_reunion.pdf](http://legendsintheirrowntime.com/Content/1945/AN_4503_reunion.pdf).



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### 19th AIR FORCE from P4

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According to Keltz, approximately 50 to 75 women annually go through the recruiting sources at the Air Force Academy or Officer Training School but are denied the opportunity to fly because they are too short to operate the T-38.

“In the last 20 years, statistically speaking, that’s 1,000 women who were exceptional leaders who could have made a significant impact,” said Keltz. “We have zeroed-in on this issue, and are making strides in diversity in the Air Force.

“The new trainers will help prevent the elimination of almost 30 percent of female students,” Keltz said. “Due to anthropometrics of not being able to meet rotor rudder pedals, the T-38 is just not suitable for all female student pilots.”

Another advantage of the 19th AF is the Uniform Code of Military Justice authority that comes with “G” Series orders. Keltz said he can better advocate for the 16 flying training wings, which includes active, Air National Guard and Reserve wings, totaling more than 32,000 Airmen and 1,350 aircraft, and provide solid mentorship to young wing commanders.

“We tried the directed efficiencies two years ago. But when you have wing commanders and nothing in between them and a four-star commander, we found there was something missing,” said Keltz.

The activation of 19th AF allows AETC flying wing commanders the ability to enforce non-judicial punishment or an Article 15 with the AETC vice commander as the appellate authority instead of the Vice Chief of Staff of the U.S. Air Force, Keltz said.

“The NAF reinforces proper oversight and relieves some of the dual-role responsibilities of the AETC commander,” Keltz continued. “We can fully focus on the mission of flying training.”

With a dedicated numbered Air Force like the 19th, AETC will provide mentorship, leadership, and first-class flying training to the next generation of aviators. The 19th AF will be a benchmark for all Airmen who want to receive exceptional pilot, aircrew and maintenance, combat systems operator, and RPA aircrew training, said Keltz.

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To advertise in the Wingspread, call 250-2440.

## ***Operation Home Cooking benefits trainees***

Operation Home Cooking, a program that allows area families to host a basic trainee for Thanksgiving from Joint Base San Antonio-Lackland, begins Nov. 3. The hotline opens up that day and hours of operation are 8 a.m. to 3 p.m. Mon. - Fri., and it is closed weekends and holidays.

For more information, or if interested in participating in Operation Home Cooking, call 671-5453/5454/3701.

## **Joint Base San Antonio Combined Federal Campaign Points of Contact**

The 2014 Combined Federal Campaign continues through Oct. 31. The following is a list of points of contact for the 502nd Air Base Wing:

• 502nd Air Base Wing: Master Sgt. Thomas Shockley; Alternates: Master Sgt. Kerry Thompson, Tech. Sgts. Mark Barnette and Angelica Guerrero, Staff Sgts. Christopher Sutherland, Gary Lund and Henry Roberson. • 502nd Force Support Group: Maj. Steven Parker • 802nd Force Support Squadron: Capt. Linda Aria • 502nd Force Support Squadron: Chris Neubeck • 502nd Installation Support Group: Michael Guzman • 502nd Civil Engineering Squadron: Joseph McCullough • 502nd Communication Squadron: Staff Sgt. Rodney Hill • 502nd Operations Support Squadron: Staff Sgt. Kerry Prado • 502nd Security Forces and Logistic Support Group: Master Sgt. Peter Esparza • 902nd Security Forces Squadron: Master Sgt. Orlando Bowman • 502nd Logistics Readiness Squadron: Tech. Sgt. Joan Dixon-Scott



# Run/walk, shelter drive conclude Domestic Violence Awareness Month at JBSA

By Robert Goetz  
Joint Base San Antonio-Randolph Public Affairs

As Domestic Violence Awareness Month draws to a close, a 5K run/walk and shelter drive at Joint Base San Antonio-Fort Sam Houston will conclude a month's worth of activities at JBSA locations that draw attention to a problem that, according to the Centers for Disease Control and Prevention, affects nearly one in four women.

The run/walk will start at 8 a.m. Saturday at JBSA-Fort Sam Houston's Jimmy Brought Fitness Center; participants are encouraged to show their support of domestic violence prevention by wearing purple.

The shelter drive supporting Family Violence Prevention Services Inc. is scheduled throughout the run/walk; donations of bedding, blankets and towels for families seeking shelter to escape abusive homes will be accepted at drop boxes at JBSA-Fort Sam Houston.

Other events this month included the I Can We Can Art Project at the JBSA-Randolph Medical Clinic, a socially engaged art project that asked participants to consider what they can do to raise awareness and help break the silence around domestic abuse, and information booths at JBSA-Randolph's National Night Out and JBSA-Randolph's Oktoberfest.

In addition, the Taj Mahal at JBSA-Randolph is illuminated in purple throughout the month as a reminder of the toll domestic violence takes on its victims.

"Purple is the official color for awareness of domestic violence," Emily Mueller, 359th Medical Operations Squadron Family Advocacy intervention specialist, said. "Lighting the Taj purple gets people talking and asking questions in a new and unique way."

Mueller said domestic violence is a "pattern of behaviors that involves violence or abuse by one domestic partner

*"We offer support through individual and/or family counseling, educational classes and group settings. If you are an alleged victim and want to know your options for support, including options for restricted versus unrestricted reporting, call our Domestic Abuse Victim Advocates hotline at 367-1213."*



Emily Mueller

359th Medical Operations Squadron Family Advocacy intervention specialist,

against another" in relationships such as marriage, cohabitation or involvement with an intimate partner.

"Domestic abuse includes physical abuse, emotional or verbal abuse, sex-

ual abuse and neglect," Mueller said.

Domestic violence is so prevalent that a CDC survey in 2011 estimated

See DVA MONTH P11

# 59th MDW emphasizes medical readiness

By Staff Sgt. Kevin Iinuma  
59th Medical Wing Public Affairs

More than 2,000 Airmen from the 59th Medical Wing ascend on a training site at Joint Base San Antonio-Lackland every year. Their arrival marks the organization's commitment to medical readiness training and its support for contingency operations around the world.

Military members receive the biennial deployment readiness training at a site near the Wilford Hall Ambulatory Surgical Center. The requirement also applies to anyone who is tasked to deploy at a moment's notice.

The hands-on program is a requirement for all Wing personnel who support medical operations around the world. The training also includes familiarization with policies in a deployed environment, and learning about prescribed procedures for developing and sustaining comprehensive medical systems abroad. The program also provides, assesses and monitors deployment readiness training and medical skills training for military personnel.

Master Sgt. Richard Arthur, NCO in charge of 59th MDW deployment readiness training and Joint Base San Antonio Self-Aid Buddy Care alternate program advisor, organizes this two-day course every week.

"We, as cadre, are able to influence every individual who is deploying from the WHASC and the San Antonio Military Medical Center," said Arthur. "We impart what we know to help make their deployment less taxing; one has enough to worry about prior to deploying."

"When we send our personnel out the door, there is a less than 1 percent chance that those individuals will have a

(deployment) discrepancy, arriving at the (deployed location) without training of some sort," he said. "This is the lowest in the Air Force, and it is a constant."

Students receive several different lectures in this course, including weapons safety. With litter carry training, students learn how to safely transport patients to and from an ambulance to a helicopter or transport plane, vital training a student can use if deployed to a Contingency Aeromedical Staging Facility.

"I had a student tell me the other day that she was able to save her brother's life because of what I imparted to her," said Arthur. "Always stay calm and relax because if you are excited, you will not be able to save a life. As I was taught early in my career, check your pulse and your breathing. If you have those two things down, you can save a life."

Airman 1st Class Tyler Garcia, 959th Clinical Support Squadron laboratory technician who attended the course in July, said he now has a hands-on feel for what it's like to deploy. A Garcia, a first-term Airman, had never experienced deployment readiness training until now.

"The best experience in this course was to know how to carry the litters around," said Garcia. As a lab technician, Garcia would typically not perform ambulatory duties, but the possibility increases in a deployment environment.

"It's everyone's job to do that," he said. "You always have to be prepared; now I feel that I am."

Although 59th MDW deployment training is typically available to Airmen, Navy personnel who are assigned to an Air Force unit may attend the course as part of their deployment requirement.



Photo by Staff Sgt. Kevin Iinuma

Airmen from the 59th Medical Wing perform triage July 25 during the deployment readiness training exercise at Joint Base San Antonio-Lackland.



# VIA Metropolitan Transit expands weekend Express bus service

From the 502nd Air Base Wing Public Affairs Office

The 502 Air Base Wing and VIA Metropolitan Transit officials recently partnered to expand weekend Express service from Joint Base San Antonio-Lackland and JBSA-Fort Sam Houston to the downtown United Service Organization on both Saturday and Sunday.

## Express Route 16 service to JBSA-Fort Sam Houston

operates the following hours:

- Saturday from 8:45 a.m. to 10:30 p.m. (every 30 minutes and once an hour for the last three hours)
- Sunday from 9:45 a.m. to 7 p.m. (once an hour)

**Express Route 65 service to JBSA-Lackland** operates the following hours:

- Saturday from 8:15 a.m. to 10:30 p.m. (every 30 minutes and once an hour for the last 3 hours)

- Sunday from 9:15 a.m. to 7 p.m. (once an hour)

The cost is \$2.50 each way or a \$4 day pass can be purchased with exact change at the bus or from the JBSA-Lackland Information, Tickets and Travel office.

VIA bus service to other routes (including local theme parks) is available with stops just outside the gates at both locations.

For detailed information, visit <http://www.viainfo.net>.

**16 Bus continues as 65**

Transfer point to indicated VIA route  
Time point (see schedule)  
Points of Interest

**SATURDAY**

INBOUND: TRAVELS FROM A → B		OUTBOUND: TRAVELS FROM B → A	
A	B	B	A
<b>Ft. Sam Houston</b>		<b>USO Club</b>	
<b>AM</b>	9:18, 9:48, 10:18, 10:48, 11:17, 11:47	<b>AM</b>	8:45, 9:15, 9:45, 10:15, 10:45, 11:15, 11:45
<b>PM</b>	12:17, 12:47, 1:17, 1:47, 2:17, 2:47, 3:17, 3:47, 4:17, 4:47, 5:17, 5:47, 6:17, 6:47, 7:47, 8:47, 9:47	<b>PM</b>	12:15, 12:45, 1:15, 1:45, 2:15, 2:45, 3:15, 3:45, 4:15, 4:45, 5:15, 5:45, 6:15, 6:45, 7:15, 8:15, 9:15, 10:15

**65 Bus continues as 16**

Transfer point to indicated VIA route  
Time point (see schedule)  
Points of Interest

**SATURDAY**

INBOUND: TRAVELS FROM A → B		OUTBOUND: TRAVELS FROM B → A	
A	B	B	A
<b>Lackland Visitor Center</b>		<b>USO Club</b>	
<b>AM</b>	FG 8:19, FG 8:49, FG 9:19, FG 9:48, 10:18, 10:48, 11:18, 11:47	<b>AM</b>	8:45, 9:15, 9:45, 10:15, 10:45, 11:15, 11:45, 12:15
<b>PM</b>	12:17, 12:47, 1:17, 1:47, 2:17, 2:47, 3:17, 3:47, 4:17, 4:47, 5:17, 5:47, 6:17, 6:47, 7:47, 8:47, 9:48	<b>PM</b>	12:45, 1:15, 1:45, 2:15, 2:45, 3:15, 3:45, 4:15, 4:45, 5:15, 5:45, 6:15, 6:45, 7:15, 8:15, 9:15, 10:15

FG & TG - From or to VIA garage at 1021 San Pedro

**HOLIDAY SCHEDULES**  
Bus service on VIA observed holidays will be provided as follows:

**Saturday Schedule** - Martin Luther King Day, Memorial Day & Friday after Thanksgiving

**Sunday Schedule** - New Year's Day, Labor Day, Thanksgiving and Christmas

Please look for notices on the bus, at [www.viainfo.net](http://www.viainfo.net) or call Customer Service at 362-2020 (select option 5) for holiday service for Independence Day, Veteran's Day, Christmas Eve, and New Year's Eve.

**PERSONAL TRIP PLANNER:** Plan your own trip online 24 hours a day at [www.viainfo.net](http://www.viainfo.net). You can also get directions by transit at [maps.google.com](http://maps.google.com). These online tools are easy to use and will provide step-by-step instructions and a map of your trip.

**BIKE & RIDE:** You and your bike can go anywhere VIA goes. On Primo there are bike racks inside the vehicle and on all other buses the bike rack is outside the bus in the front. It takes only seconds to load your bike and be on your way. Call Customer Service at 210-362-2020 for more information.

**SERVICES FOR RIDERS WITH DISABILITIES:** All VIA buses and many stops are now accessible to riders with disabilities. You can get bus schedule and other information in accessible formats. Please call 362-2020 or TTY 362-2019.

FG & TG - From or to VIA garage at 1021 San Pedro

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**ON BOARD SAFETY TIPS:** Get a grip. Use handrails at all times as the bus may need to stop suddenly. Remain seated until the bus has completely stopped. Watch your footing, especially while boarding and exiting.

**PERSONAL TRIP PLANNER:** Plan your own trip online 24 hours a day at [www.viainfo.net](http://www.viainfo.net). You can also get directions by transit at [maps.google.com](http://maps.google.com). These online tools are easy to use and will provide step-by-step instructions and a map of your trip.

## Joint Base San Antonio-Randolph News Briefs

### **Storage for contingency/deployment entitlement**

Effective immediately, storage for contingency/deployments of 90 days or longer is not authorized, if the member concurrently receives Basic Allowance for Housing in the commuting area of the permanent duty station, per AFI 24-501, Personal Property Moving and Storage, paragraph 1.6.2.2, dated Oct. 10.

This is a major change from the previous entitlement, which authorized storage at government expense by utilizing squadron O & M funds without regard to BAH entitlement provided to the service member. Any future requests received by the Installation Transportation Officer from commanders for storage based on a deployment must reflect the member is not receiving BAH for local housing. There is, however, a grandfather clause to allow continued storage at government expense for members who have approved storage even though they are receiving BAH. For further clarification or questions contact the Personal Property Processing Office JBSA-Lackland, at 671-2821, PPPO-JBSA Ft Sam at 221-1605 or PPPO-JBSA Randolph at 652-1848.

### **502nd Comptroller Squadron to host town halls**

The 502nd Comptroller Squadron will host three town hall events in November, one at each Joint Base San Antonio location, for the launch of a new accounting system.

The Defense Enterprise Accounting and Management System is an accounting enterprise resource planning solution, based on the Oracle e-business suite for use by the Air Force and by U.S. Transportation Command. It improves Air Force auditability through the updating and automating of practices, streamlining of procedures and improved data sharing. DEAMS is expected to be fully operational in February 2015 for all Air Education and Training Command.

The town halls are scheduled at the following locations:

- 9 a.m., Nov. 4, Arnold Hall, JBSA-Lackland
- 9 a.m., Nov. 5, Evans Theater, JBSA-Fort Sam Houston
- 9 a.m., Nov. 6, Fleenor Auditorium, JBSA-Randolph

Learn more about DEAMS online at <http://go.usa.gov/WPqQ>.

### **Combat Breakfast**

A 'Combat Breakfast,' in conjunction with Celebrate America's Military Week, is 7 a.m. Nov. 4 at the Joint Base San Antonio-Randolph Kendrick Enlisted Club. Those interested in attending must reserve a seat by Thursday. Tickets are \$15 per person.

For more information, call 565-0438 or 824-1134.

### **Veteran's Day concert**

The U.S. Air Force Band of the West concert band performs 7 p.m. Nov. 11 at the Majestic Theatre, 224 E. Houston Street in San Antonio. The concert is free and open to the public. Ticket holders will be let in at 6 p.m. and non-ticket holders will be able to enter at 6:45 p.m. For ticket information, call 925-8763 or visit <http://www.bandofthewest.af.mil>. Tickets are also available at all JBSA ITT and MWR offices.

### **2014 Federal Employees Health Benefits Fair**

JBSA-Randolph's Civilian Personnel Section hosts the 2014 Federal Employees Health Fair 8 a.m. to 3:30 p.m. Nov. 13 at the Military and Family Readiness Center Ballroom, 555 F Street, building 693. Health insurance representatives will be present to answer questions and provide information. For more information, call 652-5153.

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**DVA MONTH from P8**

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22 percent of women and 14 percent of men experience severe physical violence by an intimate partner. In addition, domestic violence is the leading cause of injury to women – more than car accidents, mugging and rapes combined – according to the Texas Council on Family Violence.

The unique stresses of the military lifestyle place military couples and families at risk for domestic violence, but the Department of Defense takes a proactive approach, Mueller said.

“The DOD has directives for all military services when it comes to prevention of domestic violence and child maltreatment,” she said. “Anyone who suspects maltreatment is occurring should make a report. For immediate safety concerns, contacting local authorities by calling 911 is imperative.”

At JBSA, the Family Advocacy Program, with offices at three locations, works with individuals and families to reduce the risk of maltreatment through safety, education, fostering healthy relationships and strengthening families, Mueller said.

“We offer support through individual and/or family counseling, educational classes and group settings,” she said. “If you are an alleged victim and want to know your options for support, including options for restricted versus unrestricted reporting, call our Domestic Abuse Victim Advocates hotline at 367-1213.”

Mueller said prevention is the “name of the game” at Family Advocacy.

“That’s why we offer so many prevention programs such as couples’ enrichment classes, stress management, emotions management, communication and parenting,” she said. “Additionally, we offer prevention counseling and/or connect folks to the vast array of options available, from our mental health and behavioral health providers to our chaplains, Military and Family Life Counselors, Military OneSource and TRICARE providers.”

For more information, call the Family Advocacy offices at JBSA-Fort Sam Houston and JBSA-Lackland, 292-4775, and JBSA-Randolph, 652-6308.

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**To advertise in the Wingspread, call 250-2440.**

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# Comprehensive Airman Fitness domains like 'legs on a chair'

By Capt. Jason Smith  
Air Education and Training Command  
Public Affairs

Comprehensive Airman Fitness promotes a holistic approach to health in four domains: mental, physical, social and spiritual.

The Air Force Instruction for CAF, AFI 90-506, hit the streets in April 2014, but the new instruction doesn't make comprehensive fitness a new lifestyle concept.

Air Combat Command adopted CAF in 2009 based on the Army's framework of the Army Comprehensive Soldier Fitness Program. One of the four domains of CAF, social health, is addressed in an October 2010 Defense Centers of Excellence newsletter. The article states "social fitness includes financial health, social connectivity, leadership skills, relationships with family and friends, and unity and work relationships."

According to Gina Ramirez, Joint Base San Antonio-Randolph Outreach/Resiliency counselor, social health can be defined

as the ability to communicate and make meaningful connections with others. It's an effort to maintain a social network with an ability to work well with others.

"As one of the four domains, (social health) can be likened to legs on a chair," said Ramirez. "You should have all four; mental, physical, social and spiritual; to make up healthy living. Although there will always be room for improvement, no matter which domain, each brings an essential element of wellness. Within the social domain is our ability to communicate. Communication runs through each domain and is our way of relating to the environment and those around us."

Ramirez said getting to know coworkers is important for better relationships.

"Encourage team and moral building events within and outside of the office," said Ramirez. "Notice what other social avenues the person has out of work; friends, family, creative groups, sports groups, church organizations. Where do they get their social needs met? There

*"As one of the four domains, (social health) can be likened to legs on a chair. You should have all four; mental, physical, social and spiritual; to make up healthy living. Although there will always be room for improvement, no matter which domain, each brings an essential element of wellness. Within the social domain is our ability to communicate. Communication runs through each domain and is our way of relating to the environment and those around us."*

Gina Ramirez

Joint Base San Antonio-Randolph Outreach/Resiliency counselor

are many resources on base to help Airmen get plugged into the community – on or off base."

Airmen wanting to learn more about CAF can visit Air Force Portal and click on the CAF button on the front page.

## 502nd Air Base Wing honorary commanders tour JBSA locations *Local leaders gain valuable understanding of 502nd ABW mission*



Joyce Brown (left), 502nd Air Base Wing honorary commander, listens to Tech. Sgt. Thom as Humphreys, 937th Training Support Squadron Aeromedical Evacuation Patient Staging course supervisor, as he gives a tour of a C 130 Hercules that has been converted into a medical training platform during an honorary commanders immersion tour Oct. 10 at JBSA Camp Bullis. Honorary commanders from the local area toured JBSA Lackland and JBSA Camp Bullis to get a better understanding of the missions that take place at the two locations and to build a stronger bond between the community and the military.



Photos by Airman 1st Class Stormy Archer

Lynne Carter (left), 502nd Logistics Readiness Squadron clothing issue assistant flight chief, gives a tour of clothing issue to 502nd Air Base Wing honorary commanders during an immersion tour Oct. 10 at Joint Base San Antonio Lackland. Brig. Gen. Bob LaBrutta (far right), 502nd Air Base Wing and JBSA commander, was the host of the event.

# Randolph Field ISD expands cafeteria menu



**Photo by Melissa Peterson**  
Wini Turner, Randolph Field Independent School District high-school cafeteria worker, prepares salads Sept. 12.

**By Alex Salinas**  
Joint Base San Antonio-Randolph Public Affairs

The Randolph Field Independent School District removed itself from the National School Lunch Program this school year after facing a financial deficit in food services in recent years. But, with a revamped cafeteria menu, improvements are already showing.

In a two-week snapshot from this school year to last, RFISD schools have served about 700 more meals equaling \$1,600 in profit, Lance Johnson, RFISD superintendent, said.

"The meals are still nutritious, but they taste great as well," he said. "Our intention is to allow our nutritional staff to be creative while providing quality meals that our student population will eat, and to bring our food service fund into a fiscally positive position."

Previously, RFISD followed federal dietary guidelines while in the National School Lunch Program, which heavily regulates a meal's calorie and sodium counts. Federal reimbursements were then dished out for every meal served based on a percentage of economically disadvantaged students.

According to the Texas Education Agency, about 60 percent of Texas students were eligible for free or reduced-cost meals during the 2013-14 school year. At Joint Base San Antonio-Randolph, that percentage is significantly lower, meaning RFISD received less federal repayment, Johnson said.

"The RFISD board of trustees voted in June to get out of the program based on several factors, including the amount

of food the district wasted due to the lack of students participating," he said. "We had a \$53,633 negative balance in food service revenues for last school year alone."

Cynthia Moczygamba, Randolph Field ISD child nutrition director, said children have been receptive to the new cafeteria menu.

"Before, students would throw away whole portions of food or bring their own lunch, but now they seem to enjoy what they're eating," she said. "We aren't restricted to using only whole-grain ingredients anymore, for example, and can add more flavor."

Fresh salads, fruit bowls and baked chips are still offered daily, and the cafeterias still won't cook fried foods, "but we can be a little more creative," she said.

Additionally, when meals had strict caloric limits, "our athletes and marching band members, who make up nearly 90 percent of our high school population, would often be left hungry by the end of the day," Johnson said.

An increase of students eating food at the cafeteria is reversing a steady decline of those who would purchase cafeteria food in past years, Moczygamba added.

"I have eaten in our cafeteria several times this year and I encourage all of our students and parents to give our menu a try," Johnson said. "As we progress throughout the year, we will continue to try new items and improve our offerings."

Parents can visit the Randolph Field ISD website at <http://www.rfisd.net> and click "Cafeteria" to view posted menus or make online payments to their child's meal account.