



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 38 • SEPTEMBER 25, 2015



JBSA honors POWs/MIAs

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Photo by Airman 1st Class Stormy Archer



Courtesy photo

Suicide prevention, page 2

Oktoberfest

Friday Oct. 16 4-10 p.m.

Saturday Oct. 17 3-9 p.m.

Joint Base San Antonio

Open to the JBSA Community

Children's Activities Tent Entertainment & Fun

Parking lot across from the JBSA-Fort Sam Houston

Live Performances

Courtesy graphic

502nd Force Support Squadron events, pages 9-12



Photo by Airman 1st Class Stormy Archer

Rockin' at the Rambler 120, pages 16-17

COMMENTARY

SUICIDE PREVENTION MONTH

Suicide prevention: The Wingman

By Airman 1st Class Brandon Valle
90th Missile Wing Public Affairs
F.E. Warren Air Force Base, Wyo.

Suicide prevention is a high priority in the Department of Defense, focusing on the numerous resources available to those with suicidal thoughts. What we sometimes fail to discuss is how we can be there for others and how we can use our core values to help our wingman.

We need to incorporate the wingman mentality as a way that we respond to and work with others. When we see people who are showing signs of distress – whether it's from a recent break up or family life – we need to be able to step in and get them the help they need.

Throughout our Air Force careers, we are taught to live by the core values of integrity first, service before self and excellence in all we do. We learn to apply these concepts in our daily life. The core values are key in maintaining a professional and respectable Air Force.

Many of us know the core values well and apply them to the decisions we make for ourselves, but we may fail to apply them to the idea of being a wingman to others.

Being a wingman to your Air Force brothers and sisters is an unwritten core value. We learn to be wingmen during basic military training, where we have to follow the rule to never be without our wingman. We utilize the concept as a way to learn how to work as a team and accomplish tasks together, creating a stronger unity within the Air Force.

Once we leave BMT, many forget to continue that concept. Instead of working together and maintaining the strong team bond, Airmen sometimes start to look out for themselves and only place value in their own decisions.

Before I was in the Air Force, I learned how being a wingman to a friend can save their life. As a freshman in high school, I knew many people from many different walks of life. With friends scattered among various groups, it was difficult for me to learn how to recognize signs that they may have been giving.

"About a month later my friend confided in me that the phone call with me had saved her life. She had said after a really long and difficult day, she had felt like she wanted to give up. She had been sitting there getting ready to end her life when I called."



Late one night, I had called my friend to talk to her. Speaking with her, I could feel that something was wrong in the way she spoke. She seemed distant, as if she had been crying.

We spoke for over an hour and as the conversation went on, she seemed to return to her normal self and her voice seemed to get some strength. We said our goodbyes and I returned to whatever I was doing.

About a month later my friend confided in me that the phone call with me had saved her life. She had said after a really long and difficult day, she had felt like she wanted to give up. She had been sitting there getting ready to end her life when I called. She wasn't expecting to be swayed away from her decision, but that simple conversation made her believe that she could make it through.

Although I hadn't been paying attention during the day and didn't notice anything off with her, I still became a

wingman when I made the call. I began checking in with friends more often, making sure to hang out with people more and making sure to call those who I haven't talked to in a while.

I learned that it takes a simple act to change the lives of others. Something as small as a simple "hello" can help turn someone's day around. A small conversation or a few minutes of your day has a major impact with someone who felt their life had no purpose.

Being a wingman and recognizing if a coworker or a friend is having an issue can help. Approaching them and talking about their problems and helping them contact the appropriate resources can save their life.

Remember to be a wingman each and every day. Our Air Force depends on each and every one of us to be there for each other. Be there as a friend for those around you, and they will be there for support when you need it.

WINGSPREAD

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Joint Base San Antonio observes Air Force birthday

Lt. Gen. Darryl Roberson (left), commander of Air Education and Training Command, and Airman Sierra Caselle, 502nd Contracting Squadron, cut the cake during the Joint Base San Antonio celebration of the Air Force's 68th birthday Sept. 18 at the J.W. Marriott in San Antonio. Celebrating the Air Force's birthday is a chance to foster tradition and heritage, build esprit de corps and commemorate the service's legacy.

Photo by Johnny Saldivar

NEWS

Welsh cites heroes, talks modernization during Air Force Update

By Master Sgt. Amaani Lyle
Secretary of the Air Force Public Affairs Office

Air Force Chief of Staff Gen. Mark A. Welsh III shared the spotlight with a cross-section of people he called his heroes during an emotional multimedia presentation Sept. 15 at the Air Force Association's Air and Space Conference and Technology Exposition in Washington D.C.

During his Air Force Update, the general leveraged videos, photos and music to highlight the service's history, current capabilities and future operational requirements, while recognizing attendees and even military therapy dogs who exemplify the Air Force's core values.

Welsh recognized French train hero Airman 1st Class Spencer Stone, honoring him with a surprise promotion to staff sergeant effective Nov. 1. Stone sews on senior airman in early October.

The general wonders, he said, if pioneers such as first Air Force Secretary Stuart Symington, first Air Force Chief of Staff Gen. Carl Spaatz, and Gen. Henry "Hap" Arnold, would recognize the same level of effort in today's Air Force. He said he believes so.

In July 2015, for example, Air Force Vice Chief of Staff Gen. Larry O. Spencer and Sen. John McCain recognized 2nd Lt. John Pedevillano, the 306th Bomb Group's youngest bombardier who was shot down during a historic raid, captured and subsequently liberated from a prison camp in Germany 70 years ago.

Among others, the general recognized Air Force Capt. Christy Wise, the HC-130 King pilot who nearly lost her life during a paddleboat trip after a fishing boat claimed her right leg. Wise has since competed in the Defense Department's Warrior Games and is currently preparing for the Army 10-miler in October.

"There's just something special about this profession; there's something special about the people who share it, and there's something really special about the pride that consumes them," Welsh said.

He pondered the source of that pride.

"Maybe it's not the airplane that hooks you at all," Welsh said. "In some of the places our Airmen serve, maybe it's the science of flight or maybe it's the friendship that captures you."

The general said whether it's a local air show, simple observation of a civilian airliner thundering overhead or even a teacher blowing on a piece of paper to explain the concept of lift, the Air Force, for some people, becomes a passion and a commitment to a community that understands.

And Welsh takes equal pride in the service's operational feats as he does in the people to whom he bestowed recognition during the event.

Since Welsh's last update, the Air Force has finished its 24th consecutive year of combat operations.

"No Air Force has ever done that before," he said.

But the "meat and potatoes of the fight," Welsh insisted, are equipment programs such as the combat



Photo by Scott M. Ash

Air Force Chief of Staff Gen. Mark A. Welsh III makes his Air Force Update address at the Air Force Association's Air and Space Conference and Technology Exposition Sept. 15 in Washington, D.C.

rescue helicopter, which he said is tied to the fabric of the Air Force.

Similarly, while the joint surveillance target and reconnaissance system is "phenomenal," it's time to re-capitalize this airframe, Welsh said.

He also noted that the service continues its "incredible" success story of launch by Air Force Space Command and its global partners.

"Our great Air Force Space Command team continued to make sure that if you drop a precision weapon on the other side of the planet, it will hit where you're aiming," he said.

In offensive and defense space control, Welsh said senior airmen and staff sergeants are affecting every activity that occurs in the counter-terrorism war.

Welsh described the intelligence, surveillance and reconnaissance team as "unbelievable," noting some 1.6 million flying hours with 35,000 ISR Airmen who support every U.S. military activity on the globe.

The cyber team, Welsh said, is broadening its knowledge base with Airmen who have been involved in over 9,000 cyber operations, in addition to defending fellow Airmen and their networks from security breaches.

Welsh described the Air Force's mobility machine as "awesome," citing the U.S. air refueling fleet passage of some 200 million gallons of fuel, movement of nearly a billion passengers, and execution of about 900 global

aeromedical evacuation missions for diseased, injured and severely-wounded Airmen.

"We now have the capability developed by (mobility) Airmen to actually do critical surgeries in-flight," Welsh said. "Can you imagine?"

Some of the Air Force's "hidden gems," Welsh shared, are the 50,000-plus Airmen conducting command and control, including airborne and dynamic targeting at air operations centers around the globe.

Of his recent visit to the 624th Operations Center at Joint Base San Antonio-Lackland, the general reported, "We now have Airmen who've taken the concept of air operations centers, ISR and global operations ... and are ... developing a way of allocating resources to provide cyber support to forces from all services, all commands, all the time, all over the world." And this concept, he was "a PowerPoint slide" three years ago.

Meanwhile, air staff has been developing the Air Force Future Operating Concept, which fits into a series of documents encompassing the service's vision statement, while its global vision, reach and power outline the products the service provides theater commanders and national leaders.

But, according to Welsh, the future operating concept is more specific than an aspirational document, because it's potentially what the Air Force could look like in 20 years.

The overall intent is to reach toward the "call to the future," a 30-year focus on research and development, and science and technology against a changing global landscape.

The Air Force Strategic Master Plan, Welsh added, is the actual road map for getting to these goals. "Based on the money we have, what are we going to buy, develop, teach and train ... to reach that operating concept?"

The future-operating concept will be released this week when Air Force Secretary Deborah Lee James gives the final approval, Welsh explained. "You can even get the (application) for your phone."

The fundamental missions, however, are not going to change, the general said. "I think the chief of staff of the Air Force number 35 or 40 is going to be standing right here - maybe as a hologram by then - and telling you that the mission of the United States Air Force is going to stay the same for the next 20 years."

But, Welsh acknowledged, he hopes that future Air Force chief doesn't report the equipment remains the same. "We must modernize our Air Force."

As such, Welsh and other senior leaders have been trying in earnest to retain the funding for and timelines on the F-35A Lightning II, the KC-46 Pegasus and the long-range strike bomber.

"The secretary has been very faithful to these programs," he said.

Welsh said the Air Force must continue funding for its space capabilities, as well as reinvestments in the nuclear infrastructure and cyber domain.

"If we want to have acquisition reform, we are all going to have to accept some risk," Welsh said.



Photo by Lisa Braun

Basic Medical Technician Corpsman Program students practice patient assessment skills Sept. 11 at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston.

METC prepares future medics for any situation

By Tony Hearst

502nd Air Base Wing Public Affairs

The Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston graduates an average of 11,000 Air Force medics and Navy corpsmen from the Basic Medical Technician Corpsman Program annually.

During their training, future medics and corpsmen, like Airman 1st Class Spencer Stone, learn to react and be ready for any emergency.

On Aug. 21, Stone tackled and disarmed a suspected terrorist, saving countless lives aboard a high speed train headed to Paris, France.

After using a choke hold to neutralize the gunman, Stone's instincts as a trained medic took over as he rushed to save the life of a fellow passenger who was bleeding from a bullet wound.

Realizing the need to stop the bleeding, Stone put his fingers into the open wound on the victim's neck and applied pressure directly to the artery to stop the bleeding.

Stone, who was recently promoted to staff sergeant by Air Force Chief of Staff Gen. Mark Welsh, was able to react to the situation and use his life saving skills because of the training he received as a BMTCP student.

The 14-week program consists of a variety of lectures, repetitive hands

on instruction and clinical practice to ensure the medics in training can perform life saving measures when called upon.

"We're creating the next generation of medics," Staff Sgt. Amber Langsteiner, BMTCP instructor, said. "We are insuring our knowledge continues on. Each of the instructors here have anywhere between five and 15 years of experience. We've learned a lot and we have a lot to teach these students; ensuring they have the tools necessary to go out and apply their skills elsewhere."

To complete the course, students must remain focused, be willing to learn and have the ability to react to any situation at all times.

"We want to make sure our students understand their training is not just for them to deploy," Tech. Sgt. Lakisha Mosley, BMTCP instructor said. "They can be in the commissary, the post exchange, in a local mall or grocery store and need to assist someone."

By training the next generation of medics for the department of defense, the instructors at BMTCP are able to impact lives around the world.

"Having our students apply what they learn here is the most rewarding part of our job," Langsteiner said. "We teach 11,000 students every year; if every student saves one life, that is a lot of lives saved."

Joint Base San Antonio honors POWs, MIAs

By Airman 1st Class Stormy Archer
Joint Base San Antonio-Randolph Public Affairs

A ceremony honoring prisoners of war and missing-in-action service members took place Sept. 17 in front of the Missing Man Monument at Joint Base San Antonio-Randolph.

The ceremony, hosted by the 12th Flying Training Wing, capped off a weeklong homage to POWs and MIAs that also included a POW/MIA breakfast and remembrance run.

“Our nation honors the warriors that defend us,” Col. Matthew Isler, 12th FTW commander, said. “Today, we honor and remember those who fought for our country from behind the bars of a prison cell, who kept faith in their fellow prisoners and returned with dignity. We also remember today those who did not come home, those who remain missing in action and their friends and families who daily wait and hope for their loved ones.”

Remembering the sacrifice of POWs and MIAs goes hand in hand with the creed every Airman recites at the beginning of their career.

“This ceremony shows that we truly are not going to leave any Airman behind,” Chief Master Sgt. Troy Palmer, 12th FTW command chief master sergeant, said. “We will not falter or fail until we return them back home.”

National POW/MIA Recognition Day is observed nationwide on the third Friday of September every year. During this time, all military installations fly the National League of Families’ POW/MIA flag, symbolizing the nation’s remembrance of those who were captured and imprisoned during wartime operations and those who still remain missing.

“We who came home will never forget those who could not,” Isler said. “We are proud to remember our prisoners of war, our missing in action and their families. We are proud to walk in their footsteps; to earn our place in this long blue line. We are proud to continue in their tradition of honor and their legacy of valor.”



Photo by Joel Martinez

Col. Matthew Isler, 12th Flying Training Wing commander, speaks about remembering those who have not returned home during the Prisoners of War and Missing in Action Retreat ceremony Sept. 17 at Joint Base San Antonio-Randolph.



Photo by Joel Martinez

Members of JBSA-Randolph salute during the Prisoners of War and Missing in Action retreat ceremony Sept. 17 at JBSA-Randolph.



Photo by Joel Martinez

Members from JBSA-Randolph participate in the POW/MIA run Sept. 16 at JBSA-Randolph.



Photo by Airman 1st Class Stormy Archer

Members of the Joint Base San Antonio Honor Guard fold the flag during the Prisoners of War and Missing in Action retreat ceremony Sept. 17 at JBSA-Randolph.

After 40 years, retired Navy aviator returns to Air Force as civilian pilot

By Dan Hawkins

Joint Base San Antonio-Randolph Public Affairs

For retired U.S. Navy Capt. Pieter Vandenberg, flying in the Air Force was his ultimate dream job while growing up in Holland. However, there was one very large problem standing in his way.

Now, 40 years later, the former Air Force second lieutenant finds himself back with the service, this time as a government civil service instructor pilot with the 451st Flying Training Squadron at Naval Air Station Pensacola, Fla., after graduating Sept. 16 from Pilot Instructor Training.

Being able to bring back experienced military aviators such as Vandenberg as civilians is a big win for the Air Force according to U.S. Air Force Lt. Col. Oliver Johnson, who commands the 451st FTS.

“Having these seasoned pilots back in the fold, with their flight experience, immense talent and love of flying, is a force multiplier for us,” Johnson said. “Their dedication to the mission of training prospective air warriors is second-to-none. It’s like managing an all-star team with a legacy of professionalism without equal.”

As a T-1A Jayhawk instructor pilot, Vandenberg will train undergraduate Combat Systems Officer students in the advanced phase of flight training as part of the advanced phase of training operations for the 479th Flying Training Wing.

After commissioning through the Reserve Officer



Photo by Kathleen Salazar

Retired Navy Capt. Pieter Vandenberg prepares for a training flight in a T-38 Talon flight Sept. 16 at Joint Base San Antonio-Randolph.

Training Program as an Air Force second lieutenant in 1975, Vandenberg found himself getting dropped from both pilot and navigator training because of the need to downsize the flying force after the Vietnam conflict.

Still desiring to fly, Vandenberg resigned his commission from the Air Force and in 1976, entered the Navy with the rank of ensign and joined

the Aviation Officer Candidate program.

With the Navy’s need for aircraft carrier aviators at the time, Vandenberg went directly to undergraduate pilot training at Naval Air Station Kingsville, Texas. After graduation, Vandenberg began his career in the A-6 Intruder and flew 20 different aircraft overall, logging more than 11,000 flight hours and 929 carrier landings.

Vandenberg culminated his Navy career as an air wing commander.

Prior to coming back to the Air Force, Vandenberg worked as a civilian pilot for the Navy, flying and instructing in the T-39 Sabreliner.

As a CSO instructor, Vandenberg will fly on a daily basis with students, perfecting low-level visual navigation, radar navigation air-to-ground strike training routes and airways navigation sorties. He will also train them to serve as mission commanders for electronic warfare, weapons systems and navigation, to employ kinetic and non-kinetic weapons to dominate the battle space.

Having spent 20 of his 40 years in the aviation world in a military instructional role, teaching and mentoring future warriors, Vandenberg feels confident in his new students.

“Judging by the professionalism, enthusiasm, conduct and character of our young aviators I’ve seen since coming back, our future is promising and secure,” Vandenberg said. “There is no doubt we are living up to the high standards set by our predecessors.”

Mouthguards: Use them or lose them (your teeth)

By Senior Airman Derek Heers
59th Dental Group

Imagine what you would look like if you lost some of your front teeth.

More importantly, imagine what it would be like to talk and eat without them. Losing your front teeth would make it impossible to pronounce certain words correctly and extremely difficult to bite into your favorite foods.

If you play contact sports or engage in activities like bike riding, skateboarding or gymnastics, you should consider wearing a mouthguard to protect your teeth.

According to the American Dental Association, athletes are 60 times more likely to suffer harm to the teeth if they're not wearing a mouthguard. Participants in non-contact activities are at a higher risk for dental injury as well.

Also called mouth protectors, mouthguards help cushion any impact to your lips, cheeks, tongue, and teeth if you accidentally take a hit to the face. They absorb the shock that would otherwise be suffered by your mouth.

It's a simple precaution you can use to reduce the risk of injury, and it is inexpensive. You can purchase sports guards for just a few dollars at your base exchange or any local sporting goods store.

If you want to go beyond the basic sports guard, your dentist can make a custom mouthguard for you. A custom mouthguard gives a more precise, comfortable fit, which can provide more protection.

While custom mouthguards are more expensive, if you participate in sports or other physical activities frequently, they are highly recommended.

The 59th Medical Wing's Dunn Dental Clinic at Joint Base San Antonio-Lackland is planning an upcoming event to make free custom mouthguards for members of all services, their dependents and Department of Defense civilian employees. More details – including time, date and location – will be shared as soon as they are available.

For more information about mouthguards and other dental health topics, visit <http://www.mouthhealthy.org>.



Photo by Airman 1st Class Siuta B. Ika

Mouthguards should be worn during training and sporting activities that can place the face and mouth in danger of trauma as a result of head-to-head contact, hazardous falls, teeth clenching or blows to the mouth.



Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Events

October

Bowling

Columbus Day specials offered

Celebrate Columbus Day at the JBSA-Randolph Bowling Center Oct. 10-12. Bowl for a special rate of \$2.50 per game, per person. Cosmic bowling is not included. Shoe rental is \$2.50. For more information, call 652-6271.

Families bowl together

Come to the JBSA-Fort Sam Houston Bowling Center Sundays, noon to 5 p.m., for group bowling and get a bowling lane for one hour, a one-topping pizza, sodas and bowling shoes for \$50. For more information, call 221-4740.

Bowling includes a light show

Join the JBSA-Fort Sam Houston Bowling Center Friday and Saturday, 9-11 p.m., for cosmic bowling. Grab a bite to eat and bowl a couple of games. For more information, call 221-4740.

Bowlers find a great deal

The JBSA-Fort Sam Houston Bowling Center offers \$1 games and shoe rentals Tuesday-Friday, 11 a.m. to 2 p.m. For more information, call 221-4740.

Clubs

Nightlife is full of fun at the club

The JBSA-Lackland Gateway Club kicks off the month during First Friday at the Maverick Lounge with Doggin' Dave Productions Oct. 2, 5-8 p.m. Enjoy bar food, cold drinks, friends and music.

Karaoke Night is Oct. 3 and 17, 8 p.m. to midnight, in the JBSA-Lackland Lone Star Lounge.

Check out Variety Nights Oct. 9 and 23 with DJ Doggin' Dave Productions in the JBSA-Lackland Lone Star Lounge. DJ LJU provides the music Oct. 2 and 16 and DJ J Rock entertains Oct. 10.

Celebrate the middle of the month at "We're Half Way There" Oct. 16, 5-8 p.m., in the JBSA-Lackland Maverick Lounge with music provided by DJ Doggin' Dave Productions. For more information, call 645-7034.

Guests enjoy live music

Join the JBSA-Randolph Parr Club Oct. 2, 5-11 p.m., for entertainment by Two for the Road Band and Oct. 16, 5-11 p.m., for entertainment by the Tobias Band. Complimentary hors d'oeuvres are served 5-6 p.m. Admission is \$3 for club members and \$5 for nonmembers. For more information, call 652-4864.

Club hosts Fight Night Frenzy

Stop by the JBSA-Randolph Kendrick Club for Fight Night Frenzy Oct. 3. All Department of Defense ID cardholders watch the Ultimate Fighting Championship®

fight on large-screen televisions and have a chance to win a trip for two to Las Vegas. Must be a club member to win. Cost is \$5 for nonmembers and free for club members. This is sponsored by Budweiser. No federal endorsement of sponsor intended. For more information, call 652-3056.

Club hosts bingo events

Join bingo extravaganza at the JBSA-Randolph Kendrick Club Oct. 5 and 19 with \$15,000 in total jackpots, a free buffet at 5 p.m. and Early Bird Bingo at 6 p.m.

The JBSA-Randolph Kendrick Club hosts a Columbus Day bingo extravaganza Oct. 12 with \$5,000 Mini Bingo X, a light buffet, door prizes and champagne punch.

Celebrate October birthdays with bingo at the JBSA-Randolph Kendrick Club Oct. 13. Birthday members get one free machine, cake, champagne and lots of fun. This is for Randolph club members only. ID and club card required.

Join the JBSA-Randolph Kendrick Club for Bingo Appreciation Oct. 22, 5 p.m., and enjoy a complimentary buffet and a chance to win a \$500 Force Support Squadron gift card. A bingo package must be purchased to receive dinner tickets.

The JBSA-Randolph Kendrick Club holds a kiddie costume contest and bingo Oct. 25, 11 a.m. Children 12 years and younger play five bingo games for free, enjoy a complimentary buffet and have a chance to win door prizes. This event is open to all Department of Defense ID cardholders.

Dress up to attend the JBSA-Randolph Kendrick Club Halloween Costume Bingo Oct. 29, 11 a.m., for a free buffet, 5-7 p.m., and a chance to win door prizes. For more information, call 652-3056.

Fly-in turns old school

Join Old School Camaraderie at the JBSA-Randolph Parr Club Auger Inn Oct. 9 and 23, 5 p.m., with free refreshments and a live band. For more information, call 652-4864.

Chef prepares specials for every palate

The JBSA-Lackland Gateway Club hosts dinner specials, 5-8 p.m., in the Mesquite dining room. The Oct. 9 menu features filet mignon, sautéed jumbo shrimp, potatoes, roasted asparagus and a house salad. The Oct. 16 menu includes a porterhouse steak, corn, toast and a house salad. The Oct. 23 menu features prime rib, potatoes, green beans and house salad. Cost is \$16.95 for members and \$18.95 for nonmembers. For more information, call 645-7034.

Participants play bar poker

Play bar poker at the JBSA-Randolph Kendrick Club Oct. 21, 6 p.m. Customers take receipts from the day to the

DJ booth to get a card and the best hand wins \$20 in club bucks. For more information, call 652-3056.

Club goes dress to impress

Come to the JBSA-Randolph Kendrick Club Oct. 23, 5 p.m., dressed in outfits from the 1920s for a chance to win \$25 in club bucks. The winner is selected at 9 p.m. For more information, call 652-3056.

October feast honors culture

Join us at the JBSA-Randolph Parr Club Oct. 24, 6-8:30 p.m. for Oktoberfest. Enjoy German beer, wines and food. Cost is \$18.95 for members and \$22.95 for nonmembers. Reservations are accepted beginning Oct. 6. No refunds are issued after Oct. 21. Coupons are not accepted. For more information, call 652-4864.

Club shows appreciation

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night, Oct. 27, 5-8 p.m., in the Fiesta Ballroom. The menu features a salad bar, prime rib, chicken, tilapia stuffed with shrimp and crab, red potatoes, wild rice, asparagus spears, baby carrots, baked rolls, cheesecake topped with berries and pecan pie. Cost is \$10.50 for members and \$12.50 for nonmembers and entertainment is provided by Doggin' Dave Productions. For more information, call 645-7034.

Club puts on Halloween feast

Eat at the JBSA-Lackland Gateway Club Halloween buffet Oct. 29, 11 a.m. to 3 p.m. Cost is \$10.95 per person. This buffet features fried chicken, roast beef, pork chops, chicken breast, pulled pork sandwiches, potatoes with gravy, rice, green beans, vegetables, baked rolls, soup, salad and desserts. For more information, call 645-7034.

Chef cooks up surf and turf

Join the JBSA-Lackland Gateway Club, Oct. 30, 5-8 p.m., for Surf and Turf Night. The menu includes lobster tail, steak, potatoes, asparagus, rolls, salad and lemon sorbet. Cost is \$25 for members and \$27 for nonmembers. For more information, call 645-7034.

Community Programs

Customers are appreciated with Oktoberfest event

In connection with Oktoberfest, the 502d Force Support Squadron shows appreciation to the JBSA community with Customer Appreciation Day Oct. 2, 5-10 p.m., at the JBSA-Lackland Amphitheater. Enjoy a free German dinner, kid's meals, activities, prizes, giveaways, German drafts, music and more. This event is sponsored by THE GUNN AUTOMOTIVE GROUP, Security Service Credit Union, Air Force Federal Credit Union, DELL®, Sprint, USAA and Silver Eagle

Distributors. No federal endorsement of sponsor intended. For more information, call 652-5763.

Dogs take a swim

All Department of Defense ID cardholders and their dogs are invited to the JBSA-Fort Sam Houston Aquatic Center, building 3300, on Williams Road for Doggie Dip Oct. 3, 10 a.m. to noon. This event includes swimming for dogs, a best-dressed dog contest, beverages for the owners, treats and giveaways for the dogs. Owners must have proof of their pets' current distemper or leptospirosis and rabies vaccinations. Tags are not an acceptable form of proof. Chows, Doberman Pinschers, Presa Canarios, Pit Bulls, American Pit Bull Terriers, American Staffordshire Terriers, Staffordshire Bull Terriers, Rottweilers, any wolf hybrid, or any mix of the aforementioned breeds are unable to attend this event. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 652-5763.

The boys take on Broadway

Come to the JBSA-Fort Sam Houston Harlequin Dinner Theatre Oct. 10 to see the "Boys of Broadway" musical. This is a revue highlighting the traditional and contemporary songs of Broadway's leading men and is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

Families enjoy Ocktoberfest

Join the 502d Force Support Squadron for Oktoberfest Oct. 16, 4-10 p.m., and Oct. 17, 3-9 p.m., at JBSA-Fort Sam Houston Military & Family Readiness Center parking lot. Enjoy authentic Biergarten, festive food, activities, crafts and more. Music is provided by OMG Sounds, Mario Flores and the Soda Creek Band and the Army 323rd Heatwave Band. This event is sponsored by THE GUNN AUTOMOTIVE GROUP, Security Service Credit Union, Air Force Federal Credit Union, DELL®, Sprint, USAA and Silver Eagle Distributors. No federal endorsement of sponsor intended. For more information, call 652-5763.

Theater goers take in a play

Come to the JBSA-Fort Sam Houston Harlequin Dinner Theatre Oct. 23 to Nov. 14 to see "Blithe Spirit." Charles is a novelist and arranges for an eccentric medium to hold a séance. The medium inadvertently summons Charles' late wife, Elvira, which leads to a hilarious array of miscommunication. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

Community shares information

The JBSA-Fort Sam Houston Golf Club hosts a Community Extravaganza Oct. 27, 9-11 a.m. All Department of Defense ID cardholders are welcome to visit representatives from post agencies and local businesses to learn about Joint Base San Antonio and the community. This event is sponsored by SeaWorld®, Broadway Bank, The University of the Incarnate Word, Security Services Credit Union, Sprint, First Command, MI Homes and Granite Financial Solutions. No federal endorsement of sponsor intended. For more information, call 221-2307.

Equestrian Center

Horseback riding lessons offered

The JBSA-Fort Sam Houston Equestrian Center offers horseback riding lessons for beginners and advanced riders, 7 years and older, in English and Western style riding. Therapeutic riding lessons are also available. Horses, saddles and tack for lessons are provided if needed. Cost is \$60 per hour for a private lesson, \$175 for five group lessons, \$225 for five partially private lessons and \$250 for five private lessons. For more information, call 224-7207.

Fitness

Fitness center changes operation hours

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center hours of operation are 5 a.m. to 10 p.m., Monday-Friday, and 9 a.m. to 5 p.m., Saturday-Sunday and holidays. Pool hours are 5 a.m. to 8:30 p.m., Monday-Friday, and 9:30 a.m. to 4:30 p.m., Saturday-Sunday and holidays. See fitness staff to register for the 24/7 Unmanned Fitness program. For more information, call 221-1234.

Lifters hit the weights

Register no later than Oct. 7 for the JBSA-Fort Sam Houston Medical Education and Training Campus weightlifting challenge Oct. 10, 11 a.m. to 1 p.m. Men and women lift 1,000 pounds and 500 pounds, respectively, in bench press, dead lift and squat. This event is free and open to all Department of Defense ID cardholders 16 years and older. For more information, call 808-5709.

Runners participate in wingman relay

Get a teammate and meet the JBSA-Randolph Rambler Fitness Center at Eberle Park Oct. 16, 7:30 a.m., for the

Wingman Relay. The first team member runs 1.5 miles in order for the second team member to start running the next 1.5 miles. For more information, call 652-7263.

Tennis players learn new skills

Come to the JBSA-Randolph Rambler Fitness Center tennis courts Oct. 17 for the T3 Tennis Clinic. Youth 3-10 years participate noon to 1:15 p.m., juniors 11-18 years participate 1:30-2:45 p.m., adults play 3-4:15 p.m. and the pro exhibition is 4:30-5 p.m. This program is free to all Department of Defense cardholders. For more information, call 652-7263.

Zumba® lovers party in pink

October is Breast Cancer Awareness Month, so get groovin' to find a cure at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Party in Pink Zumba® Fest Oct. 24, 9:30-11:30 a.m. Cost is \$12 per person and all participants receive a Zumba® T-shirt and two hours of fun and exercise. This is open to all Department of Defense ID cardholders. For more information, call 221-1234.

Fitness is celebrated

Celebrate fall with the JBSA-Randolph Rambler Fitness Center at Eberle Park Oct. 24, 7:30 a.m. All Department of Defense ID cardholders join in a 5K run or walk followed by a 10K bike ride. Children may join the 1.5 mile run or walk. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263.

Zombies run through Security Hill

The JBSA-Lackland Gillum Fitness Center looks for all zombies to join in the third-annual Halloween Zombie 5K

run or walk Oct. 30, 7:30 a.m., at Stapleton Park on Security Hill. Prizes are given to the best dressed male and female zombie. The race is free and runners can sign up the day of the event. Non-zombies may also participate. For more information, call 977-2353.

Oktoberfest 5k scheduled

All Department of Defense ID cardholders are invited to participate in the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Oktoberfest 5K run Oct. 31, 7 a.m. For more information, call 221-1234.

Basketball players dress up and shoot hoops

Attend the Count 21 Halloween Shootout at the JBSA-Lackland Kelly Fitness Center Oct. 31, 11 a.m. to noon. Prizes are awarded for best costume and score. For more information, call 952-4848.

Golf

Golfers compete in a scramble

Golfers are invited to play in the JBSA-Fort Sam Houston Monthly Warrior Four-Person Scramble Oct. 2, 12:30 p.m. Cost is \$25 for members and \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart, dinner and gift certificates for the winners of longest drive and closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

Golf players tee off

Participate in the Second Annual JBSA Championship Oct. 10 at the JBSA-Lackland Gateway Hills Golf Course, Oct. 11 at the JBSA-Randolph Oaks Golf Course and Oct. 12 at the JBSA-Fort Sam Houston Golf Course. This tournament is open to all Department of Defense ID cardholders and JBSA golf members. Each day has an 8 a.m. shotgun start and cost is \$130 for all Air Force and Army gold course club members, \$170 for nonmember DoD ID cardholders and \$185 for civilians. Deadline to sign up is Oct. 7 or until registration is full. Full payment is due upon registration. For more information, call the JBSA-Fort Sam Houston Golf Course at 222-9386, the JBSA-Lackland Golf course at 671-2517 or the JBSA-Randolph Golf Course at 652-4653.

Columbus sails into golf

Join the JBSA-Randolph Oaks Golf Course for a Columbus Day golf tournament Oct. 12 with 7-9 a.m. tee times. Cost is \$10 plus green fees and cart rental. For more information, call 652-4653.

Men's club championship set

Compete in the JBSA-Fort Sam Houston Men's Club Championship Oct. 17 and 18 with an 8 a.m. shotgun start. This tournament is a 36-hole stroke play competition and is open to all JBSA-Fort Sam Houston golf club members and Department of Defense ID cardholders stationed at JBSA-Fort Sam Houston. Cost is \$50 for members and \$70 for nonmembers. For more information, call 222-9386.

Golf gets competitive

Come to the JBSA-Randolph Oaks Golf Course Oct. 23, with a 12:30 p.m. shotgun start, to compete in the JBSA

Force Support Squadron Golf Classic. This is a four-person scramble with a drawing for door prizes. Cost is \$50 per person and includes lunch, green fees, cart fees and gift certificates for the placing teams. This event is sponsored by Randolph-Brooks Federal Credit Union and Silver Eagle Distributors. No federal endorsement of sponsor intended. For more information, call 652-4653.

Information, Tickets and Travel

Summer fun is not over yet

Purchase Six Flags® Fiesta Texas tickets from the JBSA-Randolph Information Tickets and Travel located in the Community Services Mall, building 895. Have Texas-size fun on weekends through Dec. 20. The park is also open daily Dec. 21 to Jan. 2, excluding Dec. 24-25. Daily passes for attendees 3 years and older are \$39.65. Prices are subject to change. For more information, call 652-5142.

The 2016 Force Support Squadron and THE GUNN AUTOMOTIVE GROUP present

Oktoberfest

Joint Base San Antonio

Friday Oct. 16 4-10 p.m.

Saturday Oct. 17 3-9 p.m.

Open to the JBSA Community
Parking lot across from the JBSA-Fort Sam Houston Military & Family Readiness Center (building 2787)
Free Admission & Parking

Children's Activities Tent
Entertainment & Fun
Inflatable Training Camp
Rocky Mountain Climber
Bungee Run
Giant Twister
Mechanical Bull

Riddle Carnival Tables
Spin-a-Rama
Tubs of Fun
Thraupaloo Thing

Live Performances
OMG Sounds
Friday 6:30-8:30 p.m.
Marie Flores and the Soda Creek Band
Saturday 4-5 p.m.
323rd Army Band Heatwave 5:30-8 p.m.
The New Waves

Authentic Biergarten
Tapping of the Keg
German beers on tap

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MyJBSA-FSS-MWR.com

Dallas Cowboy ticket packages available

Reserve 2015-2016 "Tailgate Getaway All-Inclusive" packages for Dallas Cowboy home games starting at \$399 per person at the JBSA-Lackland Information, Tickets and Travel office. Price includes deluxe motor-coach transportation, a breakfast buffet, transportation to the stadium, a barbecue buffet, a tailgate party with unlimited beverages, live entertainment, an autograph session with a Dallas Cowboy legend, a 400-level game ticket and refreshments en route. For more information, call 671-3059.

Festival visits 16th century

Stop by the JBSA-Randolph Information Tickets and Travel, located in the Community Services Mall, building

895, for Texas Renaissance Festival tickets. This is one of the nation's largest renaissance theme parks where the sights, sounds, tastes and beauty of the 16th century come alive. The festival runs weekends October-November. For more information, call 652-5142.

Wursfest tickets available at ITT

The JBSA-Randolph Information, Tickets and Travel office, located in the Community Services Mall, building 895, has tickets for Wursfest. This event runs Nov. 6-15 and is a celebration rich in German culture and full of Texas fun. Enjoy the New Braunfels 10-day "Salute to Sausage" with a variety of live entertainment, delicious food and family fun. For more information, call 652-5142.

Disney special ticket offer extended

Disney has extended the special admission ticket for active-duty military and retirees until Dec. 17. The limit of tickets that can be purchased has increased from six to 12 per military member or retiree. Military members must accompany the group to the gate to activate the tickets. JBSA-Lackland Information, Tickets and Travel has four-day park hopper tickets for \$175.50 or a four-day park hopper with four additional days for Disney water parks and Disney Quest for \$250.50. The additional four-day admissions must be used within 13 days of the original tickets. ITT also carries three-day park hopper admission tickets for \$130. For more information, call 671-7111.

Tickets available for local attractions

The JBSA-Fort Sam Houston Information, Tickets and Travel office is open Saturdays and has tickets for a variety of events and attractions. For more information, call 808-1378.

ITT offers European getaway

The JBSA-Lackland Information, Tickets and Travel can help customers book 2016 spring break adventures in Europe. Payment plans are available for the London, Paris, and Rome 10-day group tour with prices starting at \$3,500 and the "Simply Italy" eight-day group tour starting at \$3,000. For more information, call 671-7111.

Library

Libraries offer more than books

The JBSA libraries offer a variety of resources for the military and their families including books, audiobooks, magazines, newspapers, videos, music, video games and more. A computer lab with printing and scanning capabilities and conference rooms are also available. E-resources such as e-books, e-audiobooks, e-subscriptions and informational databases are available in person and online at <http://www.jbsalibraries.org>. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.

Children enjoy interactive story times

Enjoy a story or two and an activity to follow at the JBSA libraries. Story time is hosted at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library Thursdays, 10 a.m., the JBSA-Lackland Library Tuesdays, 10 a.m.

and the JBSA-Randolph Library Wednesdays, 10 a.m. No registration is required. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.

Military & Family Readiness

Workshop helps holiday spending stay under control

Attend the JBSA-Fort Sam Houston Military & Family Readiness Center Holiday Spending workshop Oct. 2, 11 a.m., and plan in advance for the holidays to help reduce stress and overspending. For more information, call 221-2705.

Parents prepare for baby

Participate in the Bundles for Babies workshop at the JBSA-Randolph Military & Family Readiness Center Oct. 2, 8:30 a.m. to 12:15 p.m., or at the JBSA-Lackland M&FRC Oct. 14, 1-4:30 p.m. Active-duty expecting parents receive information on financial planning from conception to college, support programs offered within the community and parenting skills. For more information, call the JBSA-Randolph M&FRC at 652-5578 or the JBSA-Lackland M&FRC at 671-3722.

Survivor benefit plan workshop offered

The JBSA-Randolph Military & Family Readiness Center holds the Survivor Benefit Plan workshop Oct. 13, 8-9:30 a.m. or 1-2:30 p.m. Military personnel and spouses meet with a SBP counselor to become familiar with the options, effects and advantages of SBP. For more information, call 652-5578.

Budgeters learn about credit

Join the JBSA-Randolph Military & Family Readiness Center budgeting workshop Oct. 19, 9-10:30 a.m. A credit report and credit score affects all aspects of life. Learn to interpret a report and score and to correct common errors. For more information, call 652-5578.

Super heroes come to the rescue

The JBSA-Fort Sam Houston Military & Family Readiness Center hosts Super Heroes Howl Down Halloween, a free event for all JBSA families Oct. 23, 4:40-8 p.m. Exceptional Family Member Program families enjoy a sensory-friendly hour 4:30-5:30 p.m., a DJ, haunted house, arts and crafts, sensory gross out station, costume contest, trick or treating, pumpkin decorating, photo booth, food and more. For more information, call 221-2705.

Parents develop a new understanding

JBSA-Lackland Exceptional Family Member Program welcomes guest speaker and developmental pediatrician, Dr. Patricia Harkins, to the monthly support group Oct. 29, noon to 1:30 p.m., building 3850. Parents learn to understand what stems frustration and anxiety and discover ways to help children with disabilities work through frustrations. For more information, call 671-3722.

Outdoor Recreation

Concealed Handgun License Class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides Concealed Handgun License classes Oct. 10 and

24, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. Cost is \$65. Students must be 21 years old and older or active-duty military 18 years old and older to participate. For Department of Defense ID cardholders only. For more information, call 363-2332.

Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a three-dimensional archery competition Oct. 24-25, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course must be completed by 1 p.m. The fun shoot is \$15, the competition shoot is \$20 and children 12 years and younger participate for \$5. For more information, call 295-7529.

Families saddle up

The JBSA-Lackland Saddle Club hosts an open house Oct. 24, noon to 4 p.m. The day includes food and fun for the whole family with horse riding demonstrations, pony rides, haunted hay rides, trick-or-treating, paint the horse and pictures. For more information, call 925-5532.

Skylark swimming is ongoing

The JBSA-Lackland Skylark Aquatics Center has lap swimming Monday, noon to 1 p.m. and Tuesday-Friday, 11 a.m. to 1 p.m. Open swimming is Monday-Friday, 4-7 p.m., and Saturday, 12:30-4:30 p.m. Swim lessons are available for children 3 years and older and a swim team for youth, 7 years and older. For more information, call 671-3780.

Saddle Club rentals available

The JBSA-Lackland Saddle Club has stalls available for \$60 per month along with membership dues of \$25 per month. For more information, call 837-6741.

Youth and Children

Youth register for basketball and cheerleading

Register children for JBSA-Randolph Youth Programs basketball and cheerleading Oct. 1-30. The season runs December to March for boys and girls 5-18 years. Registration for basketball is \$50 and cheerleading is \$45. Children must have a current physical on file by the start of the season. For more information, call 652-3298.

Youth programs available for free

Youth may participate in JBSA-Randolph Youth Programs during Oct. 5-10 for free. There is no membership card needed to participate during this week. Youth Programs has a lot of activities, programs, camps and classes for children to enjoy all year long. Stop by Youth Programs, building 585, to learn more. For more information, call 652-3298.

Parents get a break

JBSA-Lackland Youth Programs presents Give Parents A Break Oct. 16, 6:30-10:30 p.m. Parents drop off children, 5-12 years, at Youth Programs for activities, entertainment and snacks. Cost is \$25 per child with multiple child discounts or free with a GPAB referral. Preregistration is required. Parents with children 6 months to 5 years should call 671-3675 to make reservations. For more information, call 671-2388.

JBSA-Randolph Youth Programs hosts Give Parents a Break/Kids Adventure Night Oct. 16, 6-10 p.m. Registration

is Oct. 1-14. This event is at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and older. Cost is \$25 with a multiple-child discount and free for GPAB waiver holders. For more information, call 652-4946.

Lights stay on after school

Join the JBSA-Randolph Youth Programs staff Oct. 16, 4-5 p.m., to celebrate numerous after-school programs and enjoy snow cones. For more information, call 652-3298.

Youth are locked in for fun

The JBSA-Fort Sam Houston Lock-In is at the Middle School Teen Center, building 2512, Oct. 23, 9 p.m. to 7 a.m. All youth in grades 9-12 are invited to participate. Cost is \$15 per person. For more information, call 221-3630.

Casper takes over the fun house

Adventure through a haunted house at the JBSA-Fort Sam Houston Youth Programs, building 1630, Oct. 23, 24, 30 and 31, 6-9 p.m. each day. Cost is \$3 for children 13 years and older and \$2 for children 12 years and younger. Visit the Casper the Ghost Fun House for arts and crafts, climbing obstacles and Halloween cartoon shows for children 2-6 years. Cost is \$1. For more information, call 221-3502.

Get jinxed during fall

Join JBSA-Randolph Youth Programs in the gym Oct. 29, 6-8 p.m., for Fall Hi-Jinx, which is a free, safe Halloween alternative. Children enjoy games, crafts, costume contests and prizes. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 652-3298.

Children trick or treat at Halloween carnival

Get candy and fun at the JBSA-Fort Sam Houston Youth Programs Halloween Carnival Oct. 30, 4-8 p.m., in building 1703. This event is open to the community and includes games, activities, face painting and a small haunted house. For more information, call 221-5151.

Haunted hands are needed

The JBSA-Fort Sam Houston Youth Programs is looking for volunteers to help design, set up and become characters in the annual haunted house. Volunteers interested in creating a haunted extravaganza or dressing up are welcome. For more information, call 221-3502.

STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<http://www.myjbsa-fss-mwr.com>



Army Golden Knights to perform at JBSA air show

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

Known for their precision jumping skills, the U.S. Army Golden Knights Parachute Team has been impressing audiences with their demonstrations at air shows for more than 50 years.

The public will have a chance to see the array of breathtaking aerial demonstrations the Golden Knights have performed around the world at the Joint Base San Antonio Air Show and Open House Oct. 31 and Nov. 1 at JBSA-Randolph.

Twelve members of the Golden Knights Gold demonstration team will perform at the air show, said Sgt. 1st Class Shelby Bixler, a member of and spokeswoman for the U.S. Army Golden Knights Parachute Team.

Since they were started in 1959, the Golden Knights have performed in over 16,000 shows throughout the U.S. and the world, including 48 countries.

Traveling 275 days a year to air shows around the world, Bixler said the Golden Knights serve as goodwill ambassadors for the Army and are one of three Department of Defense sanctioned aerial demonstration teams, which include the Navy Blue Angels and the Air Force Thunderbird flight squadrons.

"We go out and interact with the American public," Bixler said. "In many instances we are sometimes the first contact the American public has with a Soldier."

Stationed at Fort Bragg, N.C., the parachute unit consists of 89 soldiers and civilians in several sections including two demonstration teams, Black and Gold, a tandem team, a competition team and aviation detachment and headquarters detachment.

Bixler said the Golden Knights will perform demonstrations that include free-fall maneuvers and forma-



Courtesy photo

A member of the U.S. Army's Golden Knights Parachute Team comes in for a landing May 18, 2000, in the center of the Pentagon Parade Field.

tions starting from 13,000 feet in the air. The parachutists jump out of a C-31A Friendship aircraft, with each parachutist releasing red smoke from two canisters attached to their left ankle and creating a bomb burst effect as they separate from each other.

"The first parachutist out of the aircraft will narrate the demonstration for the audience," Bixler said. "Some of the parachutists will fly the American, POW and Texas

flags underneath their parachute during the show."

The demonstrations can involve speeds of hundreds of miles per hour, Bixler said.

"The combined closing speed of these jumpers is 300 miles per hour when they get within 50 to 100 feet of each other," Bixler said.

At the end of the show, Bixler said members of the Golden Knights will be at the Army recruiting booth to sign autographs and allow the public to assist them in repacking their parachutes.

Members of the Golden Knights are active-duty Soldiers who are selected for the unit through an extensive selection process that includes several tryouts. The tryouts are held each year in the fall and include those that test a Soldier's flying and parachute canopy skills.

To try out for a spot on the Golden Knights team, a Soldier must have completed 100 military or civilian free-fall parachute jumps and must be on active-duty status with the Army, said Bixler.

Bixler said most of the jumpers, including her, have deployed several times and perform various jobs in the Army.

A four-year member of the Golden Knights, Bixler has served in the Army for 14 years, including two deployments in Iraq. Belonging to the Golden Knights gives her the chance to share her experiences about being on the parachute team and the Army, she said.

"It's an honor," Bixler said. "I love the opportunity to share my individual Army story with younger girls and women because they need to know that there are many opportunities available for women in the military, especially in the Army."

Information about the U.S. Army Golden Knights Parachute Team can be found at <http://armygoldenknights.army.mil/>.



LaBrutta engages leaders from city of San Antonio

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, addresses community leaders during the State of Joint Base San Antonio luncheon Sept. 16 at Fort Sam Houston. During the event, LaBrutta spoke to attendees about the JBSA mission and how it can't be accomplished without support from the city of San Antonio.

Photo by Joel Martinez

Joint Base San Antonio-Randolph News Briefs

DEA National Drug Take-Back Day

Individuals with base access are invited to bring unused or expired medication for safe disposal to the Joint Base San Antonio-Randolph base exchange satellite pharmacy from 10 a.m. to 2 p.m. Saturday. Medications should be placed in a plastic bag prior to disposal to expedite the process.

Fall Festival

The Randolph Field Independent School District Parent Teacher Organization hosts a Fall Festival from 4 p.m. to 7 p.m. today at Randolph Elementary School. The festival is open to the base community. Tickets are 25 cents and the event is sponsored by the Randolph ISD PTO as a way to bring community families together. For more information, visit <http://www.randolphpto.org>.

JBSA 5K Run For Life

The final 2015 5K Run For Life takes place 8 a.m. Saturday at the Gillum Fitness Center on JBSA-Lackland. Free registration begins at 7 a.m. The event promotes suicide prevention awareness and the resources available to assist service members and their families with fitness and resiliency. All participants receive an "I Run For Life" reflective belt and dog tag, while supplies last.

For more information, visit <http://www.facebook.com/JBSArunforlife> and <http://www.facebook.com/JointBaseSanAntonio>.

2015 Retiree Appreciation Day

The 2015 Retiree Appreciation Day takes place 8 a.m. to noon Oct. 3 at the Blesse Auditorium, building 2841, at Joint Base San Antonio-Fort Sam Houston. Identification card services, a BAMC health fair and representatives from various retiree-aid organizations will be available. For more information, call 221-9004 for JBSA-Fort

Sam Houston, 671-2728 for JBSA-Lackland or 652-6880 for JBSA-Randolph. For the full story on this year's events, visit <http://www.jbsa.mil>.

JBSA-Randolph National Night Out

The Joint Base San Antonio-Randolph National Night Out takes place 6-8 p.m. Oct. 6 at the North Park Median at Joint Base San Antonio-Randolph. NNO is held each year to encourage communities to come together and fight against crime and illegal drugs. NNO will include crime prevention tips, McGruff the Crime Dog, Sparky the Fire Dog, a patrol car display and a fire truck display. For details, call 652-1645.

JBSA Proud Week Fall Clean-up

Joint Base San Antonio will conduct a JBSA-wide fall cleanup operation Oct 7-9. Proud Week provides a specified time period where resources are allocated to conduct general area building maintenance, environmental maintenance (landscaping) and clean-up of work areas in order to promote pride and maintain a high beautification standard throughout Joint Base San Antonio. Mission partners, tenant units, organizations and agencies participating in the JBSA Cleanup operation will be responsible for providing manpower. For more information, call 671-3015.

Joint Base San Antonio Halloween Trick-Or-Treating Hours

Halloween ghouls and ghosts will soon 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 are 5-8 p.m. Oct. 31; at JBSA-Lackland and JBSA-Randolph, the hours are 5-8 p.m. Oct. 29. Please keep an eye on your witches and goblins and have a safe Halloween night.

Triathlon provides challenge for fitness center patrons

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

A fitness event that required participants to run, bike and row a total of 50 miles over a five-day period challenged Joint Base San Antonio-Randolph Rambler Fitness Center patrons last week.

The fitness center's Indoor Triathlon, which was open to patrons Sept. 14-18, consisted of running/walking 15 miles on a treadmill or the indoor track, biking 30 miles on a stationary bike and rowing 5 miles on a stationary row machine.

"Events like this give people an incentive to get started on different things," Marlin Richardson, Rambler Fitness Center fitness and sports manager, said. "It breaks up the monotony of their everyday routines. It's a challenge to see what kind of shape they're in."

Participants came to the fitness center and received a card they used to log the dates and mileage totals for each of the three challenges. They did not have to complete the triathlon in one day, but could do so gradually throughout the course of the five-day event. After completing each challenge, they brought their cards to a fitness team member to initial the item.



Photo by Airman 1st Class Stormy Archer

Latoya Marble, Air Force Personnel Center force support career field administrator, pulls the handle of a rowing machine during an in-door triathlon Sept. 18 at the Joint Base San Antonio-Randolph Rambler Fitness Center.

"They can complete the triathlon any way they want to," Richardson said. "Some people can do it in a day, but the average is three days."

Tommy Brown, Rambler Fitness Center recreation aide, said events such as

the triathlon provide motivation for patrons. Like Richardson, he said the triathlon offers them a challenge.

"It breaks up their routine and keeps them interested," he said.

Brown said no one is timed, so par-

ticipants aren't competing to win any awards. Those who finished the triathlon received a carrier bag.

"It's more like a competition within yourself, but you'd be surprised how competitive they can be."

Not everyone finished the event, but Brown said they still had the satisfaction of trying.

Latoya Marble, Air Force Personnel Center force support career field administrator, said she participated in the triathlon because it involved exercises that she does not perform on a daily basis.

"Cycling and rowing are important exercises, but they are not my favorite," she said. "My strategy was to complete my strongest exercise, running, first and complete the rowing and cycling little by little."

Marble, who exercises every day and has completed three half-marathons and one marathon in her lifetime, said rowing was the most challenging part of the triathlon.

"I had not done that in a few years," she said.

Brown said rowing, which works the entire upper body, is difficult for many participants.

"It shocks a lot of people," he said. "It really throws people off how hard it is," he said.

Motorists encouraged to drive defensively, use patience in Washington Circle

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

Driving through Washington Circle can pose a serious safety challenge for motorists who use the intersection to get around Joint Base San Antonio-Randolph.

Knowing the traffic laws and driving defensively are the best ways motorists can make it through the circular intersection safely without getting into any accidents, said Linda Howlett, 502nd Air Base Wing safety manager at JBSA-Randolph.

"One of the biggest problems with Washington Circle is that not everybody knows the proper procedures," Howlett said. "The key to Washington Circle is to drive defensively. You can't assume that if you are doing it right that everybody else is going to do it right."

The circle, located near the Taj Mahal, is used by motorists who are entering and leaving JBSA-Randolph and going to other parts of the base. Harmon Drive and four other feeder roads connect into Washington Circle.

In Washington Circle, traffic travels one way, counterclockwise, whether a motorist is entering it from Harmon Drive or one of the four feeder roads.

Traffic laws require that motorists entering



Photo by Joel Martinez

Washington Circle traffic travels one way, counterclockwise. Motorists entering the circle must yield to traffic already in the circle.

Washington Circle must yield to traffic already in the circle. Once they enter the circle, motorists must stay in the outside or right lane if they plan to depart the circle at the first or second exit. Drivers who leave the circle

from the third exit or beyond need to use the inside or left lane until they are ready to exit.

Motorists must use their turn signals when changing lanes or exiting the circle. If two vehicles are side by side, the vehicle in the outside lane has the right of way.

Tech Sgt. Matthew Brown, 902nd Security Forces Squadron NCO in charge of operations, said motorists need to be patient while driving in Washington Circle.

"Don't drive aggressively, yield the right of way," Brown said. "It's important to know your exit will come again if you miss it."

Brown said during peak traffic hours motorists have the option of using alternate routes, including roads that lead to the west and east gates of JBSA-Randolph, to avoid Washington Circle.

Within the last five years, nine accidents have been reported in Washington Circle, said Staff Sgt. Michelle Guerrero, 902nd Security Forces Squadron NCO in charge of reports and analysis at JBSA-Randolph.

Howlett attributes the low number of accidents at the circle to motorists being careful.

"There are more close calls than accidents because people are driving defensively, which is a good thing," Howlett said.

Joint Base San Antonio hosts Rambler 120 Team Challenge

Individuals from across Joint Base San Antonio and beyond competed during JBSA's premiere adventure race, the Rambler 120 Team Challenge, Sept. 19 at the JBSA Recreation Park at Canyon Lake. Thirty-four teams competed in the 22-mile bike route, 6-mile run and 2-mile rafting course this year. The winning teams were:

- Male Fastest Extreme: AARP Can Wait
- Female Fastest Extreme: Diamonds in the Rough
- Overall Fastest Extreme: Just for Fun
- Overall Fastest Relay: Rambling Red Tails
- Coed Extreme Bronze: Team SFLSG
- Coed Extreme Silver: Under Trained/Over Confident
- Coed Extreme Gold: Code Blue
- All Military Extreme Bronze: Rough Riders
- All Military Extreme Silver: A3V Sweatys
- All Military Extreme Gold: Arnorth G3 FUOPS
- All Female Relay: Sweaty House Wives
- All Male Relay: NTTC Lawmen



Photo by Senior Airman Alexandria Slade

Brig. Gen. Bob LaBrutta (center), 502nd Air Base Wing and Joint Base San Antonio commander, congratulates Tim Hanson (left), Air Force Recruiting Service chief of marketing, and Bill Relyea (right), civilian software test manager, both from the Just For Fun extreme team with an overall winning time of 2 hours, 33 minutes, during the 2015 Rambler 120 Team Challenge Sept. 19 at the JBSA Recreation Park at Canyon Lake.



Photo by Johnny Saldivar

Rambler 120 competitors race down a hill of the 22-mile bike race portion of the annual competition Sept. 19 at the JBSA Recreation Park at Canyon Lake.



Photo by Airman 1st Class Stormy Archer

From left: Army Lt. Col. Stephen Walker, Army North operational planner, Army Lt. Col. Andy Brenington, Army North strategic planner, Army Capt. John Robinson and Army Lt. Col. Hoa Ewing, Army North operational planners, paddle during the 2-mile rafting portion of the annual Rambler 120 Sept. 19 at the JBSA Recreation Park at Canyon Lake.



Photo by Senior Airman Alexandria Slade

Competitors pedal the 22-mile bike race portion of the annual Rambler 120 Sept. 19 at the Joint Base San Antonio Recreation Park at Canyon Lake.



Photo by Senior Airman Alexandria Slade

Tyler Goehring, Senior Master Sgt. Daniel Stellabotte, 381st Training Squadron dental lab career development course writer, and Maj. Sarah Wheeler, 359th Medical Group dentist, run with their team on Canyon Lake dam Sept. 19 during the Rambler 120.



Photo by Johnny Saldivar

Col. Michael Gimbrone, Kelly and Joseph Thomas and Chief Master Sgt. Kathleen McCool, Team SFLSG, race down a hill Sept. 19 during the 22-mile bike race portion of the annual Rambler 120.