A publication of the 502nd Air Base Wing – Joint Base San Antonio

WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

66th Year • No. 39 • SEPTEMBER 28, 2012

JBSA-Randolph commemorates National POW/MIA Recognition Day

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COMMENTARY

EXCELLENCE IN ALL WE DO

Airmen strive for highest standards

Lt. Col. T. Corwin Pauly
802nd Operations Support Squadron commander

"So how do we overcome the 'if the minimum wasn't good enough it wouldn't be the minimum' mindset?"

Our Air Force heritage is a proud one, dating back to even before we became a separate service.

We take great pride in how well we execute our missions every day. From the accuracy of our ordnance to the timeliness of our paperwork and every mission in between, we strive for excellence in all we do.

But recently, I've noticed something slightly, and at times far, below our standard of excellence; you have also, but may not even realize it. Where, you might ask? At the last fitness assessment you attended.

I recently spoke to a commander who asked members of his squadron to sound off at his commander's call with important numbers associated with their fitness assessment. As expected, all the numbers came from Air Force Instruction 36-2905, attachment 14, the dreaded fitness assessment score charts.

The surprising part for this commander was that the vast majority of numbers mentioned were associated with an asterisk near the bottom of the charts. Everyone seems to know the minimums, but is targeting the minimums good enough?

At my last fitness assessment, I also was surprised by a fellow Airman's explanation of his performance on the test.

During both the push-up and sit-up portions of the assessment, this Airman stopped performing the exercises long before the one-minute time limit, and also before completing the number of repetitions required to earn maximum points.

When I asked him about his decision, his response shocked me. According to this Airman who, by the way, was capable of exceeding the "maximum" repetitions, it "wasn't worth the extra effort" for the few additional points. This Airman went on to run significantly slower than he expected and nearly failed his test.

Unfortunately, most of us know this is not an isolated incident of stopping short of excellence. So how do we overcome the "if the minimum wasn't good enough it wouldn't be the minimum" mindset?

As a commander, chief, shirt, supervisor, or peer, we can all make a difference.

For some Airmen, the change in mindset is driven by an encouraging reminder – your goal is the top of the chart, not the bottom. It may require a friendly challenge – fewest sit-ups, push-ups or slowest run buys lunch. For others, it may take a more direct form of leadership and in a few cases it may require some form of discipline.

The bottom line is, we can all make a difference every time we attend a fitness assessment, one Airman at a time.

Vince Lombardi was quoted as saying "Gentlemen, we will chase perfection, and we will chase it relentlessly, knowing all the while we can never attain it. But along the way, we shall catch excellence."

As you prepare for your upcoming fitness assessment, commit to a Lombardi mindset, and if you decide to look at numbers, focus on the ones at the top of the chart.

Don't shoot for the minimum; target perfection and settle for excellence!

Graphic by Rich McFadden

ON THE COVER

Joint Base San Antonio-Randolph Honor Guard members fold the flag in front of the Taj Building during the National POW/MIA Recognition Day retreat and wreath laying ceremony Sept. 21 at JBSA-Randolph. Inset: Tech. Sgt. Nidia Hodge, Randolph Honor Guard NCO in charge, stands with the wreath placed at Randolph's Missing Man Monument during the POW/MIA Recognition Day ceremonies. *Photos by Melissa Peterson*

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Editorial content is edited, prepared and provided by the Public Affairs Office of JBSA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to 502ABW.pa.wingspread@us.af.mil.

NEWS

Drug Take-Back Day takes place Saturday

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

The Joint Base San Antonio-Randolph Exchange satellite pharmacy will be the site Saturday of another Drug Enforcement Agency National Prescription Drug Take-Back Day.

Scheduled from 10 a.m.-2 p.m. in the BX pharmacy lobby, the event provides a convenient, central location for the safe return and disposal of left-over medicines.

"During the last drug take-back day in April, we collected 329 pounds of medications, which was triple the amount we collected last October," Capt. Timothy Weigle, 359th Medical Support Squadron satellite pharmacy officer in charge, said. "That was a record for Randolph and it placed us second in the Air Force behind JBSA-Lackland. This time we want to be the No. 1 collection site in the Air Force."

Nationally, the DEA drug take-back day in April – the fourth such event – was also a record as participants turned in 552,161 pounds, or 276 tons, of unwanted or expired medications at 5,659 take-back sites throughout the country.

Weigle said the event helps stop medications from falling into the wrong hands and being flushed and contaminating water supplies. Teenagers who abuse prescription drugs often get them from the home medicine cabinet, while unused medications thrown in the trash can be retrieved and abused or illegally sold.

According to the DEA, unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose and abuse.

"People who come to the event will be assured the medicines will be disposed of in the best way possible," Weigle said.

He said 902nd Security Forces Squadron members will be available during the event and medications will be securely transported to an approved facility for incineration, which is the industry standard for safe disposal of unwanted medicines.

Weigle said participants should remove labels with identifying information from the medications. At the collection site, contents will be removed from their plastic bottles; participants will be asked to dispose of their containers.

"However, for liquids and some other unique cases, the containers will be accepted," he said. "Also, we cannot accept sharps or needles."

> *"People stockpile medications because they don't know what to do with them. This event offers the safest way to dispose of old drugs."*
>
> **Capt. Timothy Weigle**
> *359th Medical Support Squadron satellite pharmacy officer in charge*

Weigle encouraged the Randolph community to take part in drug take-back day.

"People stockpile medications because they don't know what to do with them," he said. "This event offers the safest way to dispose of old drugs."

Weigle said people who do not participate in the program may still dispose of old drugs by taking the medications out of their bottles, mixing them with something like coffee grounds or kitty litter and water, sealing them in a zip-close bag or similar container and throwing them away.

For more information, contact Weigle at 652-6742.

Air Force Birthday Ball

Far left: Gen. Edward A. Rice Jr., Air Education and Training Command commander, and Airman 1st Class Elizabeth Hunter, 59th Medical Wing, Joint Base San Antonio-Lackland, prepare to cut the birthday cake during the Air Force 65th Birthday Ball Sept. 21 at the Omni Hotel in San Antonio.
Left: Military members from Joint Base San Antonio perform a short skit depicting the Air Force heritage during the Joint Base San Antonio Air Force Birthday Ball Sept. 21 at the Omni Hotel in San Antonio.
Photos by Don Lindsey

National POW/MIA Recognition Day

Photos by Melissa Peterson

Above: Airman 1st Class Logan Keese, Band of the West trumpet apprentice, performs taps during the National POW/MIA Recognition Day ceremony Sept. 21 here at the Missing Man Monument.

Left: Randolph's Honor Guard members render a 21-gun salute here during the National POW/MIA Recognition Day ceremony Sept. 21.

Energy-Saving Tips

- Lower the thermostat on your water heater to 120 degrees: Water heaters sometimes come from the factory with higher temperature settings than are necessary.
- If any of your appliances come with energy-saving features, be sure to use them.
- Replace any incandescent bulbs with energy-saving compact fluorescents light bulbs. CFLs can last up to 10 times longer and use one-fourth to one-third the energy compared to incandescent bulbs.
- Install water-saving showerheads and faucet aerators as needed.
- Clean the lint filter after every load of laundry to improve air circulation and don't over-dry clothes.
- Use the cool-down cycle to allow clothes to finish drying with residual heat.
- In natural gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed.
- Don't over-dry your clothes. If your machine has a moisture sensor, use it.
- Dry towels and heavier cottons in a separate load from lighter-weight clothes.

Courtesy of the Joint Base San Antonio-Randolph Energy Office

Air Force officials migrate civilian personnel records

By Tech. Sgt. Steve Grever
Air Force Personnel Center Public Affairs

Officials at the Air Force Personnel Center project the migration of the Air Force version of each employee's electronic Official Personnel Folder to the Office of Personnel Management's government-wide eOPF version will take place in November.

The eOPF is a digitized version of a hardcopy personnel folder that contains official human resource records for each federal employee.

Officials said the system enhances portability of civilian human relations records and increases employee awareness and accountability through email notifications of personnel actions.

"The OPM eOPF provides ease of access to individual personnel records of Air Force civilian employees while protecting and securing the information contained in those records," said Sal Lara, AFPC's Civilian Future Operations Branch personnel systems project officer. "The OPM eOPF is a Web application that is very similar to what civilian employees use today, and we anticipate a seamless migration to OPM."

The migration includes more than 152,000 electronic personnel records with about 14 million documents. AFPC will continue to manage civilian personnel information, but OPM will control the eOPF database.

More information about the eOPF migration will be available on the myPers website at http://mypers.af.mil.

National Night Out event brings community together

By Airman 1st Class Lincoln Korver
Joint Base San Antonio-Randolph Public Affairs

National Night Out was established in 1981 to educate communities on how to fight against drugs and crime.

NNO is annually observed the first Tuesday of August. However, the Joint Base San Antonio-Randolph community has participated in NNO on Oct. 2 for the last two years because of extreme summer heat.

"I'm looking forward to National Night Out," Senior Airman Jesse Angulo III, 902nd Security Forces Squadron police services, said. "It's a very exciting event that allows our agencies to interact with the public and actually make personal contact with them."

This year, Randolph will celebrate NNO from 6 to 8 p.m. Oct. 2 near the housing area on North Park Street.

"We're going to have great things for people of all ages," Staff Sgt. Eric Simmons, 902nd SFS NCO in charge of police services, said. "The squadron is teaming up with a number of other Randolph organizations to include the 902nd Force Support Squadron, fire department and wing safety."

Some things participants will see at the celebration include a security forces crime prevention tips booth, McGruff the Crime Dog and a patrol car display, Simmons said. FSS will have activities for children, like three-legged races, a football throw, baseball throw and an obstacle course. Sparky the Fire Dog will also be in attendance along with a fire truck display sponsored by the 902nd Civil Engineer Squadron Fire Emergency Services.

To go with the wide variety of visual displays at the event, there will also be food, cotton candy, snow cones, beverages, a disc jockey and a live band provided by Hunt Housing.

"NNO is more than just a celebration or an event; it's a time when people can come together, have a good time and learn ways to keep their family and community safe," Simmons said.

"National Night Out is held nationwide and gives agencies the perfect opportunity to meet, educate others about crime and drug prevention, and for neighbors to meet and get to know one another."

Joint Base San Antonio-Randolph NEWS BRIEFS

JBSA water restrictions in effect

Joint Base San Antonio is in Stage II water restrictions. Watering times and days are once per week, with watering times 3-8 a.m. and 8-11 p.m. on the designated watering day. Other major restrictions include avoiding new landscaping unless material is already on order, washing government vehicles only twice per month and washing privately owned vehicles only on landscape watering days.

JBSA holds Special Needs Resource Fair

JBSA's Exceptional Family Member Program invites local military service members to the Special Needs Resource Fair 10:30 a.m.-1:30 p.m. Oct. 13 at Morgan's Wonderland. Participants must register by Oct. 9. For more information or to register online, go to http://jbsaefmp.wufoo.com/forms/jbsa-3rd-annual-resource-fair-and-child-find-event/.

Chapel staff offers workshops

- The chapel is scheduled to hold a four-part workshop from 9-11 a.m. Oct. 4, 11, 18 and 25 to assist parents on how to parent without screaming. To register, contact the Family Advocacy Program at 652-2448.
- The chapel is scheduled to hold a four-part workshop from 1-3 p.m. Oct. 4, 11, 18 and 25 that offers couples an opportunity to strengthen their marriage.

To register for either one or both of these workshops, contact the Family Advocacy Program at 652-2448.

Hispanic Heritage Month holds fun run

The 2012 Randolph Hispanic Heritage Observance Month Committee is scheduled to hold a 5K fun run at 7 a.m. Oct. 6 at Eberle Park. For more information, contact Staff. Sgt. Carla Rutledge at carla.rutledge@us.af.mil.

Health and Wellness Center holds stress management classes

The Health and Wellness Center offers stress management classes from noon-1 p.m. the first Thursday of each month. To register, call 652-2300.

NOW SHOWING
at the
Joint Base San Antonio-Randolph Theater

"The Bourne Legacy" (PG-13)
Edward Norton, Jeremy Renner, Rachel Weisz
Today at 7 p.m.

"Diary of a Whimpy Kid: Dog Days" (PG)
Zachary Gordon, Robert Capron
Saturday at 6 p.m. and Sunday at 3 p.m.

$5 for adults, $2.50 for children 11 and under

Randolph Chapel Schedule

- ***CATHOLIC***

Monday-Friday
11:30 a.m. - Bldg. 102
Saturday
5:30 p.m. - Bldg. 102
Sunday
8:30 a.m. - Bldg. 102
11:30 a.m. - Bldg. 102
Confession
Saturday
4:30 p.m. - Bldg. 102

- ***PROTESTANT***

Traditional
Sunday Service
8:15 a.m. - Base theater
Contemporary
Sunday Service
11 a.m. - Base theater

Arrive alive. Don't drink and drive.

JBSA-Randolph security forces stage exercise

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

The actions taken to ensure the safety of Joint Base San Antonio-Randolph members, including the Giant Voice, are examples of timely measures the military takes in response to active shooter incidents.

In preparation, Randolph held a mandated active shooter exercise Sept. 17 and 18 to simulate what it would be like if an individual or group used weaponry in an attempt to cause harm to others.

While information about the active shooter response process compiled by the 502nd Air Base Wing Force Protection Office does not change, active shooter exercises conducted on a military installation are anything but routine; they present opportunities for enhancement, Henry King, 502nd ABW Exercises and Inspections chief, said.

"As with most exercises, we have identified several areas in which we can improve," he said.

Communications and notifications were two operations that could be tweaked, King said.

However, strengths from the exercise included initial response, next-of-kin notification and casualty affairs, King said.

The exercise also provided invaluable training for Randolph's fire department and its supervisors to prepare for a real-time incident.

"Exercises permit supervisors the opportunity to place trainees in controlled situations where they can apply newly learned skills," Mark Ledford, 902nd Civil Engineer Squadron fire chief and incident commander, said. "Table top or practical exercises can be scripted in ways only limited by imagination and tailored to match any mission requirements.

"Having the ability to practice, before faced with a real world situation, is absolutely essential to the development of firefighters at all levels."

Randolph's security forces – who King said quickly responded to prevent the simulated active shooter from "harming" others after the exercise began – were also vital participants in keeping the base safe.

"At the tactical level, it enables my team to build confidence in their training and abilities, which is a critical component to ensuring their successful execution of tactics and inoculating them to stressors they may confront," Maj. Gregory Bodenstein, 902nd Security Forces Squadron commander, said.

After the simulated active shooter was apprehended, a "hot wash" was set up after the lockdown for quality assurance as prescribed by the Homeland Security Exercise Evaluation Program.

"An exercise player hot wash is a facilitated discussion which allows players to engage in a self-assessment of their exercise play and provides a general assessment of how the entity performed in the exercise," King said.

The simulated active shooter event primed Randolph's leaders to better prepare for the unknown.

"Training exercises afford me the opportunity to determine whether my unit has the proper capabilities to deal with the challenges we may face, assess capability shortfalls and determine whether to mitigate the shortfall with equipment, policy and/or training," Bodenstein said.

Photos by Don Lindsey

From left, Senior Master Sgt. Ronald Freeman, JBSA-Randolph's deputy fire chief, and Fire Chief Mark Ledford, incident commander, perform duties such as reporting back to the Emergency Operations Center and assessing the scene during the active shooter exercise Sept. 17 and 18.

902nd security forces members apprehend the suspected active shooter during the Joint Base San Antonio-Randolph active shooter exercise Sept. 17 and 18.

Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events October

Service Member and Family Readiness

Foreclosure workshop covers alternatives

The Randolph Airman and Family Readiness Center is offering a Foreclosure Avoidance Seminar Oct. 3, 11 a.m.-noon. Some of the topics include: foreclosure alternatives, information on VA programs available to homeowners facing possible foreclosure and actions to take if foreclosure is imminent. For more information, call 652-5321.

Job fair offers employment opportunities

The Fort Sam Houston Employment Readiness Program hosts a Job Fair Oct. 4, 4-7 p.m., at the Roadrunner Community Center, Bldg. 2797, for active duty military, retirees and family members and DoD civilian card holders. Representatives from more than 40 agencies and organizations will offer information on available positions. For more information, call 221-0427 or 221-0516.

Tips on writing effective resumes

Lackland Airman and Family Readiness holds a Resume Writing Class Oct. 9, 11:30 a.m.-1:30 p.m. Resume formats, what items to include and how to write cover letters and reference lists will be discussed. To sign up, call 671-3722.

Orientation gets service members off on the right foot

Lackland Airman and Family Readiness hosts Right Start newcomers' orientation for military personnel Oct. 10 and 24, 8 a.m.-2:30 p.m., at the Gateway Club. Participants must preregister with the base intro monitor to attend. For details, call 671-3722.

Seminar helps members transition to civilian jobs

Lackland Airman and Family Readiness holds several three-day Transition Assistance seminars to help military personnel transition to civilian employment. Available dates are Oct. 2-4, Oct. 23-25 and Oct. 30-Nov. 1. Classes meet 7:45 a.m.-4 p.m. The seminar covers multiple employment-related topics presented by the Texas Workforce Commission. A pre-separation briefing and DD Form 2648 must be completed before attending this class. Dress code is civilian attire. To sign up, call 671-3722.

Exceptional Family Member Program recruits buddies

The Fort Sam Houston Exceptional Family Member Program is recruiting buddies and volunteers for activities on Oct. 13 and 30 for JBSA Special Olympics Nov. 3. For more information or to volunteer, call 221-2962.

Preschool children are invited to don their costumes for a Halloween tradition, Spooky Story Time, Oct. 27, 2-3 p.m. at the Keith A. Campbell Memorial Library on Fort Sam Houston. Costumes are a must to enjoy ghoulish stores, a trick-or-treating parade and fun crafts. Preschool children up to age 5 are welcome to join the excitement. For more information, call 221-4702.

Morgan's Wonderland entertains military children

Exceptional Family Member Program military children and their families are the guests of honor at the JBSA Special Needs Resource Fair and Child Find Event Oct. 13, 10:30 a.m-1:30 p.m., at Morgan's Wonderland. Entrance is free for these family members and three immediate military family members. Additional family members pay $10 each at the door. Child Find is a service for parents or caretakers who have questions about whether a child between the ages of 0-5 is developmentally on track. Specialists will be available to answer questions. Families must register for the event by Oct. 9 at noon. Registration to volunteer at the fair is online at http://jbsaefmp.wufoo.com/forms/z7x2k5/. For more information, call 221-2962.

Armed Forces Action Plan welcomes great ideas

Armed Forces Action Plan is the community voice. It's a chance for service members, DoD civilians, retirees and family members to submit ideas to improve Joint Base San Antonio. The deadline for submissions is Oct. 19 at http://bit.ly/AFAP12. Since 1983, Armed Forces Action Plan has addressed more than 600 issues and each one originated as an idea that someone decided to pursue including development of the BOSS Program, the need for School Liaison Officers and so much more. Armed Forces Action Plan also offers volunteer opportunities. For more information, call 221-2336.

Arts and Crafts

Halloween wreath craft class at Lackland

Lackland Arts and Crafts Center holds a Halloween wreath class Oct. 15, 5-7 p.m. The one-session class costs $10 and all supplies are included. To sign up, call 671-2515.

Monster Smash non-juried art exhibit

Lackland Arts and Crafts Center invites all artists to display their work at the non-juried Monster Smash exhibit Oct. 12, 5-8 p.m. The art theme is "Monsters, Mayhem and More!" All submissions must be ready to hang, and received no later than Oct. 10, 4 p.m. For details, call 671-2515.

Vendor spots available for Lackland craft fair

Lackland Arts and Crafts Center is accepting applications until Oct. 26 for vendor spots at the holiday craft fair taking place Nov. 8, 10 a.m.-4 p.m. The fee is $30. One table, two chairs and a lunch are included in the price. For complete details, call 671-2515.

Bowling Center

Bowling specials offered for holiday weekend

Bowlers can celebrate the Columbus Day holiday at the Randolph Bowling Center with a special rate of $2 per game, per person (excluding Thunder Alley) Oct. 6-8. Shoe rental is $2. For more information, call 652-6267.

Thunder Alley gets spooky for Halloween

Join the Randolph Bowling Center for Halloween Thunder Alley Oct. 27, 8 p.m.- midnight. There will be a DJ, bowling games, prizes and Spare Time Grille specials. The cost is $10 per person for ages 17 and older, and $5 for ages 16 and younger, plus $2 per game (includes shoe rental). The prizes include a bowling ball and bag, bowling shoes, bowling pin bank, games of bowling and much more. This event is sponsored by Randolph-Brooks Federal Credit Union.

Halloween "Boo-ling" lights up the lanes

Lackland Skylark Bowling Center features Halloween "Boo-ling" Oct. 27, 8-10 p.m. Glow-in-the-dark bowling balls and pins, laser lights, and a DJ will add to the party atmosphere. Patrons with the best costume will take home a prize. For more information, call 671-1234.

The content and layout in the Force Support section of this newspaper was provided by Joint Base San Antonio FSS Marketing Team. No federal endorsement of sponsors intended.

Bowling Center hosts Special Olympic athletes

Exceptional military children, ages 7-18, are invited to Special Olympics Bowling Oct. 30, 5:30 p.m. at the Fort Sam Houston Bowling Center. Check-in time is at 5 p.m. Special Olympic athletes must be military-affiliated and have either a 504 plan, Individualized Education Plan or be enrolled in the Exceptional Family Member Program. For more information, call 221-2962.

Bowlers battle in the lanes during Monday night football

While the NFL battles on the gridiron, bowlers can compete at the Fort Sam Houston Bowling Center in the Battle of the Branches every Monday, 6:30 p.m. Bowlers compete for a football jersey, a bowling bag prize pack or free bowling. Bowl three games a week for 16 weeks in a trio scratch, nine-pin, no-tap league format for $45 per three-man team or $10 for singles. Each week, one team from each branch with the highest series wins a free week of bowling. For more information, call 221-3683.

Clubs

Parr Club holds German night on the deck

The Randolph Parr Club hosts a German-themed party on the deck Oct. 4, 5-8 p.m. The buffet includes bratwurst, schnitzel, German egg noodles, kartofelsalat and streusels. Entertainment will be provided by the ABW Trio. The bar is open from 4:30-8 p.m., the buffet from 5-7 p.m. and entertainment from 5-8 p.m. This event is sponsored by Randolph Family Housing and Budweiser. The cost for the buffets is $5 for Randolph club members or $10 for nonmembers. All-you-can-eat is an additional $2.50 and $3 for children six and younger. For more information, call 652-4864.

Prime rib buffet a crowd pleaser

Lackland Gateway Club features a prime rib buffet Oct. 12, 5-8 p.m. Entrees of prime rib, stuffed pork chops and baked tilapia with white sauce are on the menu along with side dishes, soup and salad bar and bread pudding with bourbon sauce for dessert. Member price is $17.95 per person and nonmember price is $19.95. For more information, call 645-7034.

Tasty treats from the sea

Lackland Gateway Club holds a seafood platter special Oct. 13, 5-8 p.m. The meal features baked and fried fish, snow crab legs, crab cake, shrimp, corn-on-the-cob, new potatoes, cole slaw, hush puppies, broccoli, clam chowder and salad. The member price is $29.95 per person and nonmember price is $33.95. For more information, call 645-7034.

Gateway Club hosts "spooktacular" Halloween party

Lackland Gateway Club hosts an adult Halloween party Oct. 27, 9 p.m.-2 a.m., in the Lonestar Lounge. There will be a costume contest, and a DJ entertain throughout the night. Admission is free for club members and $3 for nonmembers. For more information, call 645-7034.

Win big at Football Frenzy

Lackland Gateway Club hosts Football Frenzy every Monday night in the Lonestar Lounge. Patrons can enjoy watching an NFL game on big-screen TVs. Members are eligible to enter a contest to win an all-expense paid trip for two to an NFL game or the Super Bowl. Game schedules are available at www.lacklandfss.com or call 645-7034, for more information.

Randolph Kendrick Club hosts Football Frenzy every Sunday and Monday during the NFL season, with lots of food specials, prize drawings, giveaways and discounted Budweiser products. The first big drawing Oct. 12 with a chance to win a trip to the Atlanta vs. New Orleans game on Nov. 11. Football Frenzy is open to all DoD ID card holders but you must be a Randolph Club member to win. For more information, call 652-3056.

NFL Sunday Ticket is showing every week at the Fort Sam Houston Community Center, Bldg. 1395 Chaffee Rd. on a choice of several 70-inch flat screen TVs. Game-time beverages, snacks and food are available in the community center at the Java Café. For more information, call 224-2721.

Kiddie bingo and costume contest pays out

The Randolph Kendrick Club hosts their annual Kiddie Costume Contest and Bingo Oct. 28, 11 a.m. in the ballroom. Children ages 12 and younger play five games for free and have a complimentary buffet with chicken tenders, hot dogs, French fries, cookies and fruit punch. In addition, all kids will be issued a door prize ticket for an AAFES $100 shopping spree. A Halloween costume contest will be judged in three categories: most original, cutest and scariest. For more information, or to be a volunteer judge, call 652-3056. This event is open to all DoD ID cardholders and is sponsored by Randolph-Brooks Federal Credit Union.

Community Programs

Rambler 120 deadline approaching

Rambler 120 is a four-part fitness event that challenges participants physically, and mentally with a 22-mile bike ride, six-mile run, two-mile rafting adventure and a mystery event. As in previous years, there are two team divisions: Xtreme with four members and Relay with up to eight members. There are also three categories in each division: all male, all female and coed. Participants may be employees of any Federal government agency or a DoD ID cardholder. The deadline to enter is Oct. 5. Entry forms are available at the Rambler Fitness Center and at www.randolphfss.com. For details, contact call 267-7358. This event is sponsored by Randolph-Brooks Federal Credit Union, Budweiser, Rio Rafts and Rockin' R.

Lackland hosts dance contest

Lackland Arnold Hall Community Center holds its version of "So You Think You Can Dance" Oct. 19, 6-8 p.m. Contestants in age categories 16-19 and 20 and older are invited to compete. Trophies will be awarded for first, second and third place in each category. Participation and the show are free and open to all JBSA customers. Call 671-2619 for more information or to sign up as a contestant.

Operation Rising Star calls for auditions

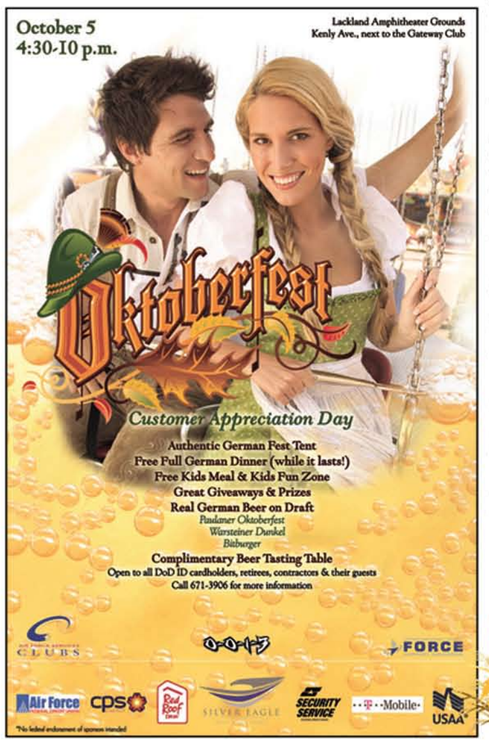
Auditions are now open for singers who hope to perform in the 2012 Operation Rising Star Oct. 26, 7 p.m. at the Fort Sam Houston Community Center, Bldg. 1395 on Chaffee Rd. The contestants will first sing acapella in front of a three-judge panel. The judges will select the top five finalists who will then sing with an accompaniment. For the second round, the judges and the audience select the winners. The second and third place winners receive $250 and $100, respectively. The first place winner at the Fort Sam Houston competition receives $500, with a video of their performance moving on to be judged among other winners worldwide. The grand prize winner of the 2012 Operation Rising Star wins $1,000 and a trip for two to Los Angeles for a professional recording studio experience, valued at more than $18,000. To sign up for an audition, call 221-4016.

Arnold Hall invites gamers to Halloween XBOX tourney

Lackland Arnold Hall Community Center holds the last XBOX tournament of the year Oct. 26, 6 p.m. A practice session begins at 5 p.m. Participants are asked to come in costume. Prizes will be awarded for game play and best costumes. Complimentary snacks are available. The event is free and open to ages 16 and older. For details, call 671-2619.

Talent workshop hones performance skills

Lackland Arnold Hall holds a talent workshop every Tuesday, 6-7 p.m. Participants learn microphone techniques, stage presence, vocal showmanship, wardrobe and song selection and general information about the music business. The class fee is $15 per lesson. To sign up and for more information, call 671-2619.



JBSA hosts Tope in Blue

Joint Base San Antonio hosts a free Tops in Blue show at the Laurie Auditorium Nov. 4, 4 p.m. Seating at the Laurie Auditorium is on a first-come, first-serve basis but patrons must have a ticket to get in. Tickets can be picked up at the Randolph Community Services Mall (Bldg. 895), Sam Houston Community Center, and Lackland ITT (Bldg. 5506) starting Oct. 9. Doors at the Laurie Auditorium will open no earlier than 45 minutes prior to show time. Tops in Blue is proud to be sponsored by Coca-Cola and Randolph-Brooks Federal Credit Union.

Fitness and Sports

Celebration to kick off Fall fitness

The Randolph Rambler Fitness Center hosts an Oktoberfest Fitness Celebration, Oct. 6, 7:30 a.m., at Eberle Park. There will be a 5K run/walk open to all DoD ID card holders and a 1.5 mile run/walk for young athletes and their parents. There will also be a 10K bike ride, which starts after the 5K is completed. For more information, call 652-7263.

Fitness Center goes pink for awareness

The Rambler Fitness Center is promoting breast cancer awareness during the month of October. If patrons wear something pink to the following classes, the class is free: Oct. 4, 10 a.m., Senior's class; Oct. 10, 5:15 p.m., Cycling class; Oct. 22, 6 p.m., Yoga class; Oct. 27, 9 a.m., Kickboxing; and Oct. 30, 6 p.m., Kickboxing. For more information, call 652-7263.

Wingman relay three-mile course

The Randolph Fitness Center will host a three-mile Wingman Relay Oct. 18, 7:30 a.m. at Eberle. The first team member must complete the 1.5-mile run route in order for the second team member to start running the next 1.5-mile. This event is sponsored by Randolph Family Housing. For more information, call 652-7263.

Halloween dodgeball tournament

Lackland Medina Fitness Centers hosts a team Halloween dodgeball tournament Oct. 26, 5:30 p.m. Teams must include six members with at least one female player. Participants are asked to come in costume. Prizes will be awarded for best costume and the winning team. Call 671-4477 to sign up.

Fitness center puts on wicked Zumba class

Costumes are welcome for a wicked Zumba workout Oct. 27, 10 a.m.-noon at the Fort Sam Houston Fitness Center on the Medical Education Training Campus, Bldg. 1369. Participants take home giveaways and t-shirts.

Youth, ages 13-15 years old, are welcome to work out with a parent or guardian. For more information, call 808-5709.

Halloween fun run free for all

Lackland Bennett Fitness Center hosts the second annual Halloween 5K fun run Oct. 30, 5 p.m. Participation is free. For details, call 925-4848.

Zombies invade running trail

Lackland Gillum Fitness Center hosts the Zombie 5K fun run/walk Oct. 31, 7:30-9 a.m. Participants are asked to come in costume, and prizes will be awarded to the best dressed male and female zombie. The event is free. For details, call 977-2353.

Players recruited for intramural sports

Basketball players may submit their letters of intent between now and Nov. 5, to play in the Intramural Basketball League at the Fort Sam Houston Fitness Center on the Medical Education Training Campus, Bldg. 1369. The season begins Nov. 26. Bowlers may submit their letter of intent between now and Nov. 26 to play in the Intramural Bowling League at the Fort Sam Houston Bowling Center. The season begins Jan. 7. Letters of intent may be picked up and dropped off at the Medical Education Training Campus Fitness Center. Intramural sports are available to ages 18 years old and older. For more information, call 808-5710.

Golf

Golf scramble brings together generations of troops

Golfers are invited to play in the Wounded Warrior Four-Person Scramble Oct. 5, 12:30 p.m. shotgun start at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach Rd. The cost is $25 for members and $35 for nonmembers. The scramble includes 18 holes, dinner, gift certificates for the winners of the longest drive and the closest to the pin and for first, second and third place. The Golf Club is open daily from 6 a.m.-8:30 p.m. The illuminated driving range is open daily 6 a.m.-8 p.m. The Golf Pro Shop is open daily 6:45 a.m.-8 p.m. Mulligan's Snack Bar is open daily 6:45 a.m.-6 p.m. For more information, call 222-9386.

Columbus Day Golf Tournament

Randolph Oaks Golf Course hosts a Columbus Day tournament Oct. 8, with tee times from 7-9 a.m. The entry fee is $10 per person plus greens fee and cart. For details, call 652-4570.

Randolph Classic awards top teams

The Randolph Classic takes place Oct. 26 with a 12:30 p.m. shotgun start. The cost is $40 per person and includes green fee, cart, range balls, four mulligans per team and a hamburger lunch. The following prizes will be awarded at the completion of the tournament: first place team, $50 pro shop gift certificate for each member; second place team, $40 pro shop gift certificate for each member; and third place team, $30 pro shop gift certificate for each member. Ties will be broken by "Western Breakdown." There will be drawings for other prizes such as a flat screen TV, a Kindle reader, golf umbrellas, drivers, putters, hybrids and more. This event is sponsored by Randolph-Brooks Federal Credit Union and Budweiser. For more information, call 652-4653.

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JBSA FSS

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JBSA FSS

Information, Tickets and Travel

Fort Sam Houston ticket office announces fall hours

Fall and winter hours for the Fort Sam Houston Ticket Office are Tuesday-Friday, 10 a.m.-5 p.m. The ticket office will reopen on Saturdays in spring 2013. For more information, call 226-1663.

Ticket office sells discount tickets for winter ballets

The Fort Sam Houston Ticket Office in the Community Center, Bldg. 1395, is selling discount tickets for the winter showings of the Moscow Ballet, Dec. 28, 7 p.m. and Dec. 29, 2 p.m. and 7 p.m. Discount tickets are also available for the Nutcracker, Dec. 21, 7:30 p.m., Dec. 22, 2 p.m. and 7:30 p.m. and Dec. 23, 2 p.m. For more information, call 226-1663.

Library

Library provides virtual and traditional entertainment

Fort Sam Houston patrons are welcome to enjoy some virtual fun at Gaming Day Oct. 7, 2:30-5:30 p.m. The library offers X-Box 360, PS3 and Wii, along with a host of old-fashioned board games.

Patrons sharpen skills at business writing workshop

The Lackland Library will hold a Business Writing Workshop Oct. 9, 6-7:30 p.m. Participants will learn to sharpen their business communication skills. To sign up, call 671-3610.

Hispanic Heritage Month craft project

The Lackland Library celebrates Hispanic Heritage Month with a free maracas craft project Oct. 10, 1-6 p.m. Patrons can make the maracas at the library or take the pieces with them to assemble at home.

Library hosts Boo-fest for young readers

The Randolph Library to host a Boo-fest Oct. 25, 3:30 p.m., with games, crafts and light refreshments. For more information, call 652-2617.

Outdoor Recreation

Camp Bullis begins fall hours at the sportsman range

The Camp Bullis Sportsman range is open Saturday-Sunday, 10 a.m.-2 p.m., beginning Oct. 6. The range offers DoD card holders a place to shoot their personal pistols, rifles and shotguns. Firearms must be registered at Camp Bullis. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. For details, call 295-7577.

Camp Bullis opens archery deer hunting season

Archery hunting season for deer is open Friday-Sunday, 5:30 a.m.-dark at Camp Bullis. Hunters must have preselected permit to hunt deer. Scouting of pre-selected hunting areas continues. For more information, call 295-7577.

Fishing boats offered half price during October

The JBSA Recreation Park at Canyon Lake is offering half price center console fishing boats during the month of October. A boater safety course is required to operate any boats from the marina and anglers must have a valid Texas State Park and Wildlife fishing license. For more information, call 830-964-3804.

Youth Programs

Registration for basketball and cheerleading underway

Registration for Randolph youth basketball and cheerleading programs takes place Oct. 1-31. These programs are for boys and girls ages 5-18 years old and the registration fee is $45. All players must have current physical on file by the start of the season. Coaches are also needed for the season. The season runs Dec. 2012-March 2013. For more information, call 652-3298.

Lackland Youth Programs holds basketball registration Oct. 2-19 at the Youth Center. The program is open to ages 5-17 and the fee is $45 per child. A current sports physical is due at registration. Call 671-2388 for more information.

Worldwide Day of Play gets kids moving

Lackland Youth Programs celebrates the Worldwide Day of Play Oct. 5, 4-6 p.m., at the Youth Center. The program is free and focuses on children ages 9-12. Families with children ages 5-8 are also encouraged to attend. Call 671-2388 for more information.

Youth Programs falls into fitness

Randolph Youth Programs to host their quarterly 2.5-mile Fit Family Fun Run/Walk Oct. 13, 8:30 a.m., at Heritage Park. This is a free event and requires no preregistration. For more information, call 652-3298.

Campaign promotes after school programs

Randolph Youth Programs to hold a National Lights On After School Campaign event Oct. 19, 3–5 p.m., where they will celebrate numerous after school programs with ice cream sundaes. For more information, call 652-3298.

Parents get an afternoon off

Lackland Youth Programs and the Gateway Child Development Center hold Give Parents a Break/Parents Day Out Oct. 19, 1-6 p.m. Care is provided for children ages six weeks to 12 years old. Participants will enjoy an afternoon of supervised fun, games and a snack. Preregistration is required. The fee is $10 per child or free with a Give Parents A Break referral. To sign up, call the Lackland Youth Center at 671-2388 or the Gateway CDC at 671-1052.

Lock-in offers overnight fun for preteens

Randolph Youth Programs to hold a preteen lock-in Oct. 19, 9 p.m.-7 a.m. for youth ages 9-12 years old. The night of fun activities includes cooking projects, a fashion show, karaoke and more. The cost is $20 for members. Sign up no later than Oct. 17. For more information, call 652-652-3298.

SKIESUnlimited opens curtain for young thespians

Youth, ages 4 and up, can take the stage after a long day at school in the Theatre Arts Program on Mondays and Wednesdays at Fort Sam Houston School Age Services, Bldg. 1705. The after school program runs from 4-5 p.m. for ages 4-6, from 5-6 p.m. for ages 7-10 and from 6-7 p.m. for ages 11 and up. The cost is $80 for a month of biweekly classes. For more information, call 221-3381.

Fort Sam Houston calls for home providers

Family Child Care on Fort Sam Houston is looking for family members interested in providing licensed child care in their homes. Providers can earn additional income at home, full or part time. For details, call 221-3828.

New tumbling classes available at Lackland

Lackland Youth Center now offers tumbling classes for ages five and older. Sessions are Fridays, 6:30-7:30 p.m. The fee is $45 per month. Preregistration is required. To sign up, call 671-2388.

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SPORTS - HEALTH - FITNESS

Joint Base San Antonio-Randolph Sports BRIEFS

Appreciation event at fitness center today

The Rambler Fitness Center is hosting a Customer Appreciation Day today. The following classes will be provided free: step class at 9 a.m., cycling class at 11:15 a.m. and a yoga class at 5:30 p.m. For more information, call 652-7263.

Register now for Rambler 120 teams

The seventh annual Rambler 120 Team Challenge at Joint Base San Antonio Recreation Park takes place Oct. 20. Participanting teams will bike through the Texas Hill Country, run across Canyon Lake dam and raft along the shoreline for the ultimate team challenge. For more information, call 267-7358.

Bowling center staff holds BOGO Mondays

The Randolph Bowling Center is offering buy one game, get one free bowling game from 1-4 p.m. Monday. For more information and to check lane availability, call 652-6271.

Registration for basketball, cheerleading underway

Registration for Randolph youth basketball and cheerleading programs takes place throughout October. These programs are for boys and girls ages 5-18 and the registration fee is $45. All participants must have a current physical on file by the start of the season. Coaches are also needed for the season. For more information, call 652-3298.

Senior leaders announce improved health system

By Linda Frost
59th Medical Wing Public Affairs

The San Antonio Military Health System celebrated a year of historic and unprecedented change in military medicine Sept.14.

During a press conference at the San Antonio Military Medical Center, Joint Base San Antonio-Fort Sam Houston senior military leaders announced the successful accomplishments of the new military health system as well as increased partnerships with the city of San Antonio.

Under SAMHS, nearly 2,000 Airmen and civilian personnel were integrated with the Army beginning Sept. 15, 2011, at SAMMC. The health system employs 12,000 military and civilian employees with combined budgets of over $1.18 billion annually.

"Our Airmen are honored to serve side-by-side with their Army colleagues here at SAMMC, the Department of Defense's only Level 1 trauma center in the U.S.," said Maj. Gen. Byron Hepburn, director of SAMHS.

"At JBSA-Lackland, we flawlessly established the DoD's largest ambulatory surgical center and are now constructing a new world-class facility," Hepburn, who is also the commander of the 59th Medical Wing, said.

SAMHS provides oversight for the health care delivery of more than 240,000 DoD beneficiaries in the San Antonio metropolitan region. Health care services are provided by SAMMC, Wilford Hall Ambulatory Surgical Center, 19 primary care clinics and more than 100 specialty services.

Hepburn and Army Maj. Gen. Ted Wong, SAMHS deputy commander and Southern Regional Medical Command and SAAMC commander, stood in concert before a crowd of community and military leaders, noting the many successes of the past year, including the improved accessibility to patient-centered medical homes and enhanced secure email communication between providers and patients. San Antonio has also been chosen as one of three test sites for the DoD and Veterans Administration integrated Electronic Health Record, which ties into the Affordable Care Act.

"The SAMHS fosters an opportunity for synergy, enabling SAMMC and the 59th Medical Wing, in collaboration with health care partners, to make system-wide improvements that elevate our quality of care and increase the efficiency in delivering health care," Wong said.

Photo by Staff Sgt. Corey Hook

Air Force Maj. Gen. Byron Hepburn (left), San Antonio Military Health System director and 59th Medical Wing commander, and Army Maj. Gen. Ted Wong, San Antonio Medical Health System deputy commander and San Antonio Military Medical Center commander, are interviewed by local media during the celebration of the SAMHS one-year anniversary at SAMMC at Joint Base San Antonio-Fort Sam Houston Sept. 14.

> *"Our patients will remain our top priority and our sole reason and purpose for our existence, as we provide high-quality, safe and accessible care, while maintaining our patients' trust and confidence,"*
>
> **Army Maj. Gen. Ted Wong**
> *San Antonio Medical Health System deputy commander and San Antonio Military Medical Center commander*

"Our patients will remain our top priority and our sole reason and purpose for our existence, as we provide high-quality, safe and accessible care, while maintaining our patients' trust and confidence," Wong said.

SAMHS oversees clinical, educational and business operations for all military treatment facilities in the San Antonio area. The goal is to create a premier health system dedicated to enhancing quality care, advancing biomedical research, enriching graduate medical education and training, and maintaining a first-class global readiness mission.

"In the months ahead we will continue to transform military medicine here in San Antonio. We will further our transition from health care to preventative health, and will optimize all of our facilities in an integrated manner," Hepburn said. "It is our pledge to provide a safe, high-quality and positive experience that is patient-centered and family-supportive."

For more information about SAMHS, visit www.health.mil/About_MHS/Organizations/MHS_Offices_and_Programs/SAMHS.aspx.

Local retirees gather for annual event

By Airman 1st Class Lincoln Korver
Joint Base San Antonio-Randolph Public Affairs

An annual retiree appreciation day event Sept. 22 at Joint Base San Antonio-Randolph attracted more than 500 retirees, nearly double last year's attendance of 277.

The event honoring retired military members, sponsored by the Randolph Retirees Activities Office, was held from 8 a.m. to noon at the Kendrick Club.

"Retiree Appreciation Day is an opportunity for active-duty military members to say 'thank you' to retirees and provide informational exhibits about things that could make their lives easier," Jon Lindgren, Randolph Retirees Activities Office director, said.

"It takes about two to three months to set up this event," he said. "We had 35 exhibitors this year, not including the 14 tables set up by the medical group."

Within the four-hour event, 266 flu shots were administered and 20 retirees received new ID cards, according to Lindgren.

Retiree Appreciation Day is not only something that is positive, but it is required.

"We're covered by an Air Force Instruction requiring an annual appreciation day or seminar hosted by the installation commander," Lindgren said. "The event helps promote the relationship between retirees and active-duty forces."

"Retiree Appreciation Day is open to retirees from all military services," he said. "This may be the only time they come to Randolph, so when they do, they get to make those connections, they get to see what modern-day military members are doing, and get a look at today's equipment and compare it to what they used."

Senior Airman Kelly Boos (left),359 Medical Operations Squadron medical technician, takes a blood pressure reading for Bill Jurczyn during the Retiree Appreciation event at Joint Base San Antonio-Randolph Sept. 22.

It's a chance for retirees to come out and say 'I'm here' and it's a chance for the active duty who come to this event to say 'thank you' once again."

"Some people go to Retiree Appreciation Day events to get flu shots," Lindgren said. "Some people come for the camaraderie, and some of us come because we want to see what's going on today in the military."

Even though the tasks and duties of putting this event together leave those who work in the retiree office busy, they are able to keep an optimistic attitude.

"Everything we do in the office is personally rewarding," volunteer Bill Decamp, said. "We never feel like our time is being wasted while we're in here. It's our pleasure to be able to help people."

For more information about the Randolph Retirees Activities Office, call (877) 282-2441.

Joint Base San Antonio-Randolph Professional Organizations

Airmans Council

General membership meetings take place at 3 p.m. the last Friday of each month at the Kendrick Club.

Rising 5/6

General membership meetings take place at 3 p.m. every third Friday of each month at the Parr Club Auger Inn.

Top 3

General membership meetings take place at 3 p.m. every third Friday of each month at the Kendrick Club.