



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 24 • June 21, 2013

Nemo's new home

Military working
dogs honored at
Security Forces
Museum

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Sentry Dog "NEMO" A534
On 4 December 1966, Sentry Dog, NEMO,
engaged the enemy during an attack on
Tan Son Nhut Air Base, Republic of Viet
Nam. He was severely wounded, he saved
the lives of his handler and
successful attack

Courtesy photo

The Nemo Memorial, pictured above, was dedicated Nov. 15, 2005, to honor the efforts of a military working dog that saved his handler's life during an attack on Tan Son Nhut Air Base, Vietnam, Dec. 4, 1966. The Nemo Memorial committee recently completed an initiative to move the memorial to the United States Air Force Security Forces Museum at Joint Base San Antonio-Lackland. **Story, Page 10.**

Filling squares

By Senior Master Sgt. Vincent Miller
2nd Maintenance Squadron

As Airmen, we are more than familiar with the need to fill the proverbial squares as we strive to progress in our military career.

To be competitive for awards and promotions, we must commit ourselves to goals such as education, passing the fitness exam, and community service. It is through completion of these expectations and requirements that we become better leaders, managers and Airmen. However, somewhere along the way, we fail to internalize the importance of why we fill these squares.

In reality, the squares are designed to make us better and provide a separation between the willing and unwilling – the committed and uncommitted. The squares help identify Airmen who are motivated and willing to go the extra mile to better themselves, their team, and the Air Force. It is this drive to-

wards self-improvement that separates one from the masses and establishes his or her true identity.

One square that requires a great deal of commitment is the pursuit of education. As we continually strive to become that “whole person,” we must challenge ourselves intellectually and work toward attaining a certification; associate, bachelor’s, or even a master’s degree. Attending school is not easy and takes sacrifice. It means spending your time writing a research paper, while everyone else is enjoying the weekend. It means taking your textbook on the flightline and studying every chance you get. It means being the security forces Airman I saw reading a biology book while eating breakfast in the dining facility.

At this moment some of you are saying there is no time to attend school; high operations tempo, 40-hour work week, and spending time with family are a few reasons that prevent you from

taking classes. Additionally, some of you may feel we should be evaluated solely on work performance.

Honestly, these excuses are hindering you from progressing and improving yourself. If you continue to hide behind them, like I once did, you will never take yourself to the next level.

It took a long time to realize that fear and toxic excuses prevented me from seeking an education. Constant mentorship and a few one-way “conversations” from a chief master sergeant propelled me down the road of education.

Dedicating yourself to filling the squares is a decision only you can make. By filling them you demonstrate the willingness of constant self-improvement and unwavering commitment, which directly benefits you, your team, and the Air Force. Filling the squares also establishes separation from your peers and it is through this separation that you are most likely to fulfill your career aspirations and goals.

The choice is yours and yours alone. Be willing to accept the consequences. Don’t say, “He/she only got Senior Airman below-the-zone because he went to school.” Rather, you must say, “I lost because I chose not to go to school. I chose not to fill the squares.”

502nd Air Base Wing stands down Monday

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

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

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

During the stand-down day, members of the 502nd Air Base Wing will

have a chance to talk about situations involving sexual assault prevention and response.

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

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

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Deadline for submissions
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NEWS IN BRIEF

INFORMATIONAL

SAPR OFFERS ANNUAL TRAINING

The JBSA-Lackland Sexual Assault Prevention and Response office offers annual training every Wednesday.

The annual training is in addition to the training Community Advocates offer to units.

The classes are at 10 a.m. and 2 p.m. in the SAPR classroom, Building 9020, Room 204.

Attendees must pre-register; walk-ins are not permitted.

To register, email 37TRW.CVK@us.af.mil.

For additional information, call at 671-7273.

LACKLAND ISD FOUR-DAY WORK WEEK

Lackland Independent School District, including Lackland Elementary School and Stacey Junior-Senior High School, has started 4-day work weeks through Aug. 1. Summer hours are Monday through Thursday, 7 a.m. to 5 p.m.

For additional information, contact Lackland ISD at 357-5000.

PTSD EDUCATION CLASSES

The Wilford Hall Ambulatory Surgical Center Mental Health Clinic conducts Post Traumatic Stress Disorder education classes every first and second Wednesday of the month, 3-4:30 p.m.

The walk-in, two-part classes teach participants how to recognize normal reactions to trauma and the signs of possible PTSD. Classes also provide information on what to expect with the various treatment options available.

Classes are open to service members who may or may not have yet been diagnosed with PTSD. The classes are also open to family members who are TRICARE beneficiaries of service members who may have PTSD.

No advance sign-up is required and participants do not need to be seen at the clinic to attend. Check in at the clinic's front desk on the fourth floor.

For additional information, call Senior Airman Ashlee Thoryk at 292-7361.

TALESPINNER SUBMISSION DEADLINE

To submit items for community briefs, email tale.spinner@us.af.mil by noon Friday the week prior to publication.

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

By Meg Reyes

502nd Air Base Wing Director of Integration

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

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

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

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

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

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

Active duty members, Reservists, Air National Guardsmen and appropriated-fund civilian employees will be invited to complete the survey via email invitations. Postcard invitations will be mailed to spouses inviting them to complete the survey also. Each invitation will include a link to the online survey.

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

"We need to make sure our programs are meeting the needs of Airmen and their families," added Chief Master Sergeant of the Air Force James Cody. "This survey is one way we can learn how well we're doing

that. It's every Airman's responsibility to provide some honest feedback to help."

Through the completion of the assessment, survey responses can directly influence family services and related support activities at local bases and throughout the Air Force.

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

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

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

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

Drinking water meets EPA requirements

Annual reports detailing the quality of drinking water provided on Lackland and the Lackland Training Annex were recently released by base officials stating that drinking water on base meets Environmental Protection Agency requirements and is safe to drink.

"We continually ensure that the drinking water is safe for potable use by our customers on base," said Lt. Col. Richard Bert, the 559th Aerospace Medicine Squadron Bioenvironmental Engineering Flight commander.

He said though the report is required annually, water is tested

throughout the year to ensure customers are receiving the highest quality water.

Each year, the bioenvironmental engineering office is required by the EPA and the Texas Commission on Environmental Quality to conduct separate water sample analyses and testing of the two locations and provide separate Consumer Confidence Reports.

Two reports are required annually because each location is served by different water distribution systems.

The report pointed out that some contaminants are naturally occurring in the environment and all drinking

water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants.

According to Lt. Col. Bert, the presence of these contaminants does not indicate that the water poses a health risk. The bacteriological samples taken from Lackland and the Lackland Training Annex are collected by Bioenvironmental Engineering technicians and the samples are analyzed by a state-certified laboratory and validated by the TCEQ.

To view the reports, visit <http://www.jbsa.af.mil/library/environmentalinformation.asp>.

BMT HONORS

Congratulations to the following 53 Airmen for being selected as honor graduates among the 531 Air Force basic military trainees who graduated today:

320th Training Squadron*Flight 409*

Adam Allen
Christopher Alley
Perry Denton
Dustin Mullen
Austin Oliver
Cody Poe
Darryl Scarver II
Dylan Underwood
Timothy Varvel

Flight 410

Brianna Creveling

321st Training Squadron*Flight 411*

Joshua Figur
Nicholas Gram

John Moody III
Matthew Prutzanni
Jackson Stumph

Flight 412

Michael Aris
Erik Cedarblade
James Craig
Jonathon Davis
Polk Harville
Richard Samuels

322nd Training Squadron*Flight 415*

Kyle Anderson
William Brady
Timothy Hilgert
John Hovde
Kyle Koepkey
Samuel Kwon
Jarrod Sherrill
David Soler

Flight 416

Bridgette Dalmas
Kyli Day

323rd Training Squadron*Flight 407*

Kyle Lapinsky
Matthew Ley
Tavian Mcfarland
Thomas Rysavy
Stephen Slavin Jr.

Flight 408

Justin Davis
La De Sean
Justin Harrison
Peter Illicete
James Mitcham
Cody Salzman
Quinn Sarkies

Flight 413

Timothy Balson
Robert Chatterton
Derek King
Dylan Monteith
Robert Peacey
Daniel Yi

Flight 414

Christopher Holland

Aleksey Lazarev

Ryan Spero
Joshua Wetmore

Top BMT Airman

Jackson Stumph
321st TRS, Flight 411

Most Physically Fit*Male Airmen*

Tristan Wentworth
323rd TRS, Flight 414
Humberto Aguilar
320th TRS Flight 409
William Leader
321st TRS, Flight 411
David Soler
322nd TRS, Flight 415

Female Airmen

Sabrina selby
320th TRS, Flight 410
Aviana Genovesi
320th TRS, Flight 410
Vanessa Mesham
320th TRS, Flight 410
Susan Chester

322nd TRS, Flight 416

Male Flights

323rd TRS, Flight 413
323rd TRS, Flight 414
321st TRS, Flight 412
321st TRS, Flight 411
320th TRS, Flight 409
322nd TRS, Flight 415
323rd TRS, Flight 408
323rd TRS, Flight 407

Female Flights

322nd TRS, Flight 416
320th TRS, Flight 410

Top Academic Flights

320th TRS, Flight 409
322nd TRS, Flight 415
322nd TRS, Flight 416
323rd TRS, Flight 408
321st TRS, Flight 411
323rd TRS, Flight 413
320th TRS, Flight 410
321st TRS, Flight 412
323rd TRS, Flight 407
323rd TRS, Flight 414



Photo by U.S. Army Sgt. Josie Walck

Senior Airman Jonathon Haley and his wife, Heather, check into the Urgent Care Clinic on May 29. Beginning July 1, the Urgent Care Clinic will implement an appointment-based system in order to reduce wait times for patients. Haley is a member of the 86th Security Forces Squadron at Ramstein Air Base, Germany.

Urgent Care Clinic implements new appointment-based system

By Nathan Simmons
59th Medical Wing Public Affairs

Due to recent patient feedback, a new appointment-based system will take effect July 1 at Wilford Hall Ambulatory Surgical Center's Urgent Care Center.

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

The new system will allow patients to pinpoint the time they will be seen for acute and non-emergency treatment, ultimately reducing wait times in the UCC.

Medical care at the UCC is provided by military and civilian family health physicians, physician assistants, nurses and medical techni-

cians, and is available to eligible Department of Defense beneficiaries over the age of two.

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

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

During normal duty hours, patients will be scheduled with their primary care management team. If the patient's PCM team does

not have an available appointment, they will be given an appointment with the UCC. After duty hours, calls to the CAMO will be forwarded to the nurse advice line.

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

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

Joint Base San Antonio Gate Hours

JBSA-Lackland

Phase I - began June 17

Base Operations

Automated PIN code access entry only

Growden Gate 4 a.m. to 8 p.m. daily

Phase III - begins Monday

Luke West

Inbound 6 a.m. to 2 p.m.

Monday through Friday

Outbound 3:30 to 5:30 p.m.

Monday through Friday

Security Hill

Inbound 6 a.m. to 2 p.m.

Monday through Friday

Outbound 3:30 to 5:30 p.m.

Monday through Friday

Phase IV - begins July 8

Selfridge West Closed

Selfridge East

Inbound 6 a.m. to 2 p.m.

Monday through Friday

Outbound 3:30 to 5:30 p.m.

Monday through Friday

JBSA-Randolph

Begins July 8

Main Gate (no change) 24/7

East Gate (no change)

Inbound 6:30 to 8:30 a.m.

Monday through Friday

Outbound 3:30 to 5:30 p.m.

Monday through Friday

West Gate 6 a.m. to 6 p.m.

Monday through Friday

Closed Weekends and Holidays

JBSA-Fort Sam Houston

Phase I - began June 2

Wilson Gate 6 a.m. to 10 p.m.

Monday through Friday

Closed weekends and holidays

SAMMC Beach Gate 6 a.m. to 7 p.m.

Monday through Friday

Closed weekends and holidays

Harry Wurzbach West Gate Closed

New Braunfels Outbound only 3:30 to 5:30 p.m.

Monday through Friday

Phase II - began June 16

Holbrook Gate Closed

Nursery Gate 6 a.m. to 10 p.m. daily

Winans Gate 6 a.m. to 10 p.m. daily, open by a

patrol 4:30 to 6 a.m. to allow house residents access to Harry Wurzbach. Winans and Nursery new hours have no impact to the elementary school bus route.

Jadwin Gate Posting reduced and no

privately owned vehicles

Phase III - Begins June 30

Personnel posted at all remaining gates will be

reduced. Security patrols may be reduced as available manpower dictates.

AF weather official warns of flash flooding danger

By Alex Salinas
JBSA-Randolph Public Affairs

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

"Flooding can occur with as little as a quarter-inch of rain," Wes Fillmore, 12th Operations Support Squadron lead meteorological tech-

nician, said. "In many local areas, stone – mostly limestone – is directly beneath the soil, so when it rains, water may only sink a few inches and then build on top of the stone."

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

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

A recent example of deadly flash flooding in San Antonio was during the Memorial Day weekend storm, which dispensed 10 inches of rain, killing three people and putting some parts of the city underwater. The city's all-time average precipitation for the month of May is 3.59 inches; in May 2013, 13.19 inches of rain fell, according to the National Weather Service.

Record South Texas flooding during an October 1998 weekend killed

See FLOOD Page 8



**Be Responsible!
Seat Belts Save Lives!
Buckle Up And Wear Yours!**

FLOOD from Page 6

31 people, 26 of which drowned. Seventeen of the drowning victims were in vehicles driving into water or swept away by rising water, according to a report from the U.S. Commerce Department.

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

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

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

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

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

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

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

For San Antonio, stationary fronts are the product of warm moisture from the Gulf of Mexico colliding with cold air from the north, which may not only cause flash flooding but numerous lightning strikes.

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

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

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

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

HEROIC CANINE MEMORIAL MOVES TO NEW LOCATION

By Mike Joseph
JBSA-Lackland Public Affairs

A Joint Base San Antonio-Lackland memorial to military working dogs has moved from its original location to the United States Air Force Security Forces Museum.

Completed in late 2005 at the then 37th Security Forces Squadron kennel compound, the Nemo War Dog Heroes Memorial now resides outside the Security Forces Museum. The museum is located at the corner of Carswell Avenue and Femoyer Street on the basic training side of JBSA-Lackland. "The move was facilitated by the projected relocation of the 802nd

Security Forces Squadron MWD kennels to the Medina Training Annex," said Bill Cummings, a former Air Force sentry dog handler and Nemo Memorial committee member.

"Moving to the Security Forces Museum will protect the integrity and heritage of an iconic memorial to military working dogs past, present and future," Cummings said.

The Nemo Memorial Committee partnered with several organizations on the relocation. They included the 802nd SFS, the 37th Training Wing, the 37th TRW Office of History and Research, and Tech. Sgt. Jason Adams, 802nd SFS kennel master.

Others who played a role in the project were past kennel masters Master Sgt. Jonathan Matthews, Master Sgt. Brian Hoglen, and retired Tech. Sgt. Uliani Bio.

"There were many members of the 802nd SFS, the former 37th

SFS and the 37th TRW who were instrumental in preserving the history of this memorial," Cummings said.

The 802nd Civil Engineer Squadron also worked with the Nemo Memorial committee by helping to incorporate a section of the original concrete kennel pad, built in 1967, at the new location.

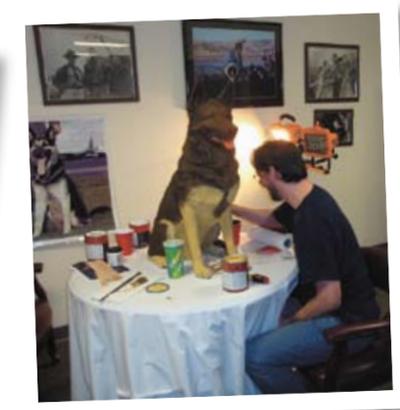
"Moving a section of the original pad to the new site continues the lineage of representing a home for the Vietnam era canine heroes," said Cummings, also a member of the Vietnam Security Police and Vietnam Dog Handlers Associations.

Along with the new kennel pad, the original kennel sign about the memorial has been reproduced and a Nemo sculpture was refurbished by local artist Phil Brink, a former Airman. Cummings said the committee also plans to erect an additional marker at the new site.

"The Security Forces museum already had an exhibit about military working dogs," said Tracy English, 37th TRW Office of History and Research director. "Moving the Nemo Memorial next to it made perfect sense."

The original Nemo Memorial was dedicated Nov. 15, 2005 in remembrance of the Dec. 4, 1966 predawn attack on Tan Son Nhut Air Base, Republic of Vietnam. Nemo saved his handler's life in the assault and helped repel the Viet Cong while losing his right eye and suffering a gunshot wound to the face.

In June 1967, the Air Force directed Nemo be returned to the United States as the first sentry dog officially retired from active service. Nemo spent most of his retirement years at the Department of Defense Dog Center on Lackland assigned to a permanent kennel before dying at Andrews Air Force Base in late 1972.



Courtesy photos

The first Air Force sentry dog, Nemo, is honored above for his actions in saving his handler's life during an attack on Tan Son Nhut Air Base, Vietnam, Dec. 4, 1966. During the attack, Nemo helped hold off enemy forces, saving his handler, but losing an eye in the battle. A memorial constructed in 2005 was recently moved to the Security Forces Museum at Joint Base San Antonio-Lackland to help tell the story of military working dogs.

LOCAL BRIEFS

THURSDAY

TSGT PROMOTION RELEASE SOCIAL

Please come out to congratulate JBSA-Lackland and JBSA-Fort Sam Houston's newest class of technical sergeants Thursday at 3 p.m. at the Gateway Club.

The social will be hosted by 502 Air Base Wing Commander Brig. Gen. Robert LaBrutta and Command Chief Master Sgt. LugoSantiago. Finger foods and non-alcoholic beverages will be provided and a cash bar will be open.

JUNE 28

BAND OF THE WEST CONCERTS

The United States Air Force Band of the West concert band will perform free Independence Day tribute concerts in the local area.

The schedule includes:
June 28 – New Braunfels Civic/Convention Center, 7 p.m., doors open at 6 p.m.;

June 30 – Kerrville Cailloux Theater, 6 p.m. Tickets are available at all Bank of the Hills walk-in locations;

July 2 – Schertz Civic Center, 7

p.m., doors open at 6 p.m. Tickets are available at the Schertz Civic Center, Monday through Friday, 8 a.m. to 5 p.m.; and

July 5 and July 6 – SeaWorld San Antonio, free with park admission, 7 p.m. each night.

For additional information, call the Band of the West at 671-3934.

COMBAT DINING-IN JUNE 28

The Airmen's Voice council will host the first JBSA-Lackland Combat Dining In June 28, from 2 to 5 p.m. The cost is \$5. Airmen E-4 and below are invited to attend. Scheduled events include, but are not limited to, an obstacle course, water balloon fights, tricycle race and tug of war challenge. Contact Airman 1st Class Straw at daniel.straw.1@us.af.mil for more information.

JULY 15

VACATION BIBLE SCHOOL

Freedom Chapel will hold vacation Bible school July 15 through July 19, 5:30-8:30 p.m.

Registration is being accepted for children ages kindergarten through completed fifth grade.

For additional information, contact Rev. Beth Key at 671-6208.

INFORMATIONAL

LIBRARY OPERATING HOURS TO CHANGE

New JBSA-Lackland Library hours begin Sunday.

The new operating hours will be: Monday-Wednesday, 9 a.m. to 8 p.m.; Thursday, 9 a.m. to 7 p.m.; Friday, 9 a.m. to 6 p.m.; Saturday, 11 a.m. to 5 p.m.; and Sunday, closed.

The library has also consolidated all services to the main branch, including the patient library located at Wilford Hall Ambulatory Surgical Center. Call 671-3610.

LACKLAND THRIFT SHOP CLOSURE

The Lackland Thrift Shop will be closed for the entire month of July, and reopen Aug. 6.

For additional information, call 671-3608 or visit <http://www.lacklandosc.org>.

STARBASE KELLY SUMMER PROGRAM

Starbase Kelly, sponsored by the 433rd Airlift Wing, offers a free summer educational program to children who are associated with Joint Base San Antonio-Lackland, and who have completed either the fourth or fifth grade.

The program includes aircraft tours, scientific experiments,

teamwork and goal setting, rocket building and launching, computer aided design, and computer flight simulation.

Two sessions are offered, July 15-19 or July 29-Aug. 2. Program hours are 9 a.m. to 2:30 p.m.

The sessions are held at the 433rd AW ramp in Building 909. Children need to bring lunch.

Register via email by submitting the child's name, address, home telephone and grade completed this year. Include the sponsor's name, organization and duty phone, and the session requested to starbase@clear.net.

For additional information, e-mail Starbase Kelly or contact Ron Jackson at 925-5397.

CARSWELL AVENUE DETOUR

All lanes of Carswell Avenue between Luke Boulevard and Building 9129 will be closed until July 31 for installation of a troop bridge to connect the Airman Training Complex east campus to the ATC west campus.

North-south traffic on Carswell will be routed west of Building 9129 and the softball complex. Please adhere to posted speed limits.

YOUTH SUMMER BASKETBALL COACH NEEDED

The Youth Center is in dire need of a volunteer summer basketball coach for children ages 7-8. An application & training is required for this position.

For additional information, contact Johnny Bailey, 210-394-0437 or johnny.bailey@us.af.mil.

SUMMER READING PROGRAM

The summer reading program is in full swing at the library with story time from 10-11 a.m. each Tuesday for younger children and Wednesdays for older children. Both sessions meet from 10 -11 a.m. Next week's theme is Japan! Sign up is free and open to all children.

COUPLE'S ENRICHMENT

Every relationship needs nurturing to stay connected and strong. This three-part class centers on reconnecting with your partner in three areas that always need attention: commitment, communication, and intimacy. Classes are being held from 3 p.m. – 5 p.m. July 8, 15, & 22, at the Health and Wellness Center.

For information and to register, call (210) 221-0349.

CHAPEL SERVICES

PROTESTANT

Freedom Chapel -Building 1528

Sunday
Contemporary Service 9:30 a.m.
Religious Education 11 a.m.
Gospel Service 12:30 p.m.
Wednesday
AWANA 6 p.m.

Hope Chapel -Building 10338

Sunday
Contemporary Service 11 a.m.
Spanish Service 12:30 p.m.

Airmen Memorial Chapel -Building 5432

Sunday
Liturgical Service 8 a.m.

DENOMINATIONAL

BMT Reception Center -Building 7246

Sunday
Church of Christ 7:30 a.m.

Gateway Chapel -Building 6300

Saturday
Seventh-day Adventist 12:30 p.m.

Education Classroom -Building 5200 Rm. 108

Sunday
Christian Science 7:30 a.m.

ROMAN CATHOLIC

Freedom Chapel -Building 1528

Sunday
Religious Education 9 a.m.
Mass 11 a.m.
Monday - Friday
Daily Mass 11:30 a.m.

Hope Chapel -Building 10338

Saturday
Reconciliation 4:30 p.m.
Mass 5:30 p.m.

ORTHODOX CHRISTIAN

Airmen Memorial Chapel -Building 5432

Sunday
Religious Education 8 a.m.

WICCA

BMT Reception Center -Building 7246

Sunday
Military Open Circle 12:30 p.m.

Freedom Chapel -Building 1528

1st Tuesday
Military Open Circle 6 p.m.

JEWISH

Airmen Memorial Chapel -Building 5432

Friday
Sabbath & Kiddush 4 p.m.

Sunday
Religious Education 12:30 p.m.

ISLAMIC

Global Ministry Center -Building 7452

Friday
Jummah Prayer 1:15 p.m.

Sunday
Religious Education 9 a.m.

BMT Reception Center -Building 7246

Sunday
Buddhist 10 a.m.

Gateway Chapel -Building 6300

First, third and fifth Saturdays
Eckankar 12:30 p.m.

First, third and fifth Saturdays
Baha'i 11 a.m.

OTHER FAITH GROUPS

THE CHURCH OF LATTER-DAY SAINTS

Hope Chapel -Building 10338

Tuesday
Religious Education 6:30 p.m.

Thursday
LDS Institute 6:30 p.m.

Sunday
LDS Service 8 a.m.

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608

Enlisted Spouses' Club	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.af.mil
My Air Force Life	http://www.MyAirForcelife.com

WHAT'S HAPPENING

Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE AIRMAN AND FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW. CALL AFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

FRIDAY

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon.

MONDAY

- ▶ Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

TUESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon.

WEDNESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 2:30 p.m.

THURSDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m. For additional information, call 800-973-7630 or 671-4057.

JUNE 28

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. For details, call 800-973-7630 or 671-4057

JULY 1

- ▶ Family readiness briefing, manda-

tory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.

- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

JULY 2

- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon. For additional information, call 773-354-6131.

JULY 4

- ▶ The Airman and Family Readiness Center is closed for the July 4th holiday.

JULY 5

- ▶ The Airman and Family Readiness Center is closed for Air Education and Training Command Family Day.

JULY 8

- ▶ Family readiness briefing, manda-

tory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.

- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

JULY 9

- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon. For details, call 773-354-6131.
- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.

JULY 10

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 2:30 p.m.
- ▶ Officers' first duty station personal financial readiness briefing, mandatory within 90 days of arrival at JBSA-Lackland, 9-11 a.m.

Monthly Meetings

ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandosc.org>.

MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

On the web
<http://www.lacklandfss.com>

3 x 4.75

3 x 4.75

JBSA SUMMER SAFETY DAY EVENT



Photos by Lori Newman
Garland Ireland, with the U.S. Corps of Engineers, hands out goodies to Maria Saddler and her daughters, 4-year-old Sofia and 18-month-old Mariah, reminding them to wear life preservers to be safe in the water.



Officer Gilberto Santos from the San Antonio Police Department assists Spc. Angelia Moore as she tries to walk a straight line wearing goggles, that simulate the effect of being impaired by alcohol.

sports

JBSA-Lackland Airmen run for AETC Marathon Team



By Jose T. Garza III
JBSA-Lackland Public Affairs

The Air Education and Training Command plans to have strong Joint Base San Antonio-Lackland representation on its team during the 2013 Air Force Marathon.

Of the 10 runners who comprise the 2013 AETC Air Force Marathon Team, five members are from JBSA-Lackland.

Airman 1st Class Melissa Maskulka, Tech. Sergeants Gretchen Barton, David Ellingwood, and Nathan Spradley, and Lt. Col. Rebecca Welch make up the JBSA-Lackland contingent, which will travel with

the AETC team to Wright-Patterson Air Force Base, Ohio, to participate in the event Sept. 21. The AETC team will compete against other teams from Air Force major commands among more than 15,000 marathon participants.

Barton, Maskulka, Ellingwood and Spradley will compete in the half-marathon and Welch will compete in the full-marathon.

To participate in the annual marathon, Airmen had to fill out an Air Force Form 303 and submit it to their respective sports and fitness directors after approval from their chain of command.

"It's a big honor to be a member of the AETC marathon team," said Spradley, Headquarters Air Force Security Forces Center. "AETC has hundreds of members to choose from so it's definitely a high honor. I am looking forward to the marathon."

For Maskulka, a communications signals analyst from the 93rd Intelligence Squadron, she is happy that she will combine her two passions – the Air Force and running – at the marathon. She also shares the same birthday as the Air Force, Sept. 18.

"Running for me gets me a break from everything," Maskulka said. "It's really an opportunity to maintain fitness on a physical, emotional, and spiritual level. If

you have a difficult day, you can go out and run. If you have a good day, you can run."

Spradley has previously competed in half and full Iron Man races. Competing in those races helped him build his endurance for the Air Force Marathon, he said.

He runs six to 12 miles six days a week to prep for the marathon.

"If you have a good platform when it comes to endurance sports, you can cross train into other endurance sports, whether it's running, cycling, etc. It's all respiratory and cardiovascular fitness."

Maskulka ran the Air Force Marathon last year for the first time and has competed in various triathlons and half-marathons for the past three years. She trains five to six days-a-week and performs short distance runs while working on her speed and interval training.

Maskulka is embracing this year's marathon with a will-to-win mentality.

"I am going into it wanting to compete instead of being satisfied just to finish," Maskulka, said. "I think representing JBSA-Lackland and all of AETC is definitely an overarching goal to make sure that I can perform my best."

59th MDW Airmen honored for performance at 2013 Warrior Games



59th Medical Wing Vice Commander Col. James McClain poses with members of the 59th Medical Wing Patient Squadron and the Wounded Warrior Project June 12 at the Wilford Hall Ambulatory Surgical Center. Wounded Warriors from the Patient Squadron were recognized for winning six of the Air Force's 30 medals at the 2013 Wounded Warrior Games.

Story and photo by Senior Airman Courtney Moses
59th Medical Wing Public Affairs

Eight Airmen from the 59th Medical Wing Patient Squadron were recognized for their performance at the 2013 Warrior Games during a ceremony held June 12 at the Wilford Hall Ambulatory Surgical Center.

Cpts. Sarah Evans and Wesley Glisson, Master Sgts. Shawn Schwantes and Sherri Nel, Staff Sgts. Jason Caswell and Lara Ishikawa, Senior Airman Orion Orellana, and Airman 1st Class Clint Williams were honored amongst friends, family and colleagues when the 59th Medical Wing Vice Commander Col. James McClain, commended their ability to recover, reintegrate and thrive after overcoming significant physical and behavioral

challenges.

"Without your tenacity and dedication, this accomplishment would not have been possible," McClain said. "I know that successes like this are not automatic and are the result of practice, hard work and sacrifice, and I hope this unique experience has helped you in your recovery process."

Although each Airman was physically successful, some had to look past their doubters, as well as within.

"Just because somebody says you're done with this and done with that, doesn't mean you are," said Caswell, who won a bronze medal in both shot put and discus. "The biggest challenge I was faced with was not to hide behind my injury."

The eight wounded warriors brought

home six of the Air Force's 30 medals, to include gold in the women's 100, silver in the women's 200, silver in men's tandem cycling and men's 1500, as well as bronze in shot put and discus. Held May 11-16 in Colorado Springs, Colo., the 2013 Warrior Games showcase the resilient spirit of wounded, ill or injured service members from all branches of the U.S. military.

Evans, who lost her leg to bone cancer in 2012, said she garners motivation by observing the achievements from those who have come before her.

"It was a big learning experience," Evans said. "When you're freshly disabled you think that you can't do these things anymore and when you can see others that are able to do these incredible events and perform at a high

level. That's what motivates me."

Participation in adaptive sports activities is an important part of healing and recovery for wounded, ill or injured personnel, but Caswell said mental determination is the key to accomplishing any obstacle he may face.

"You have to find that internal drive, and once you find that internal drive grab a hold of it and you will be surprised by what you can do," said Caswell. "The world never stops, your life doesn't stop. You get injured and then you learn to adapt. That's why it's called adaptive sports."

New Professional Development Guide now available

The new Professional Development Guide, or PDG, AFPAM 36-2241, is now available at www.e-publishing.af.mil.

Printed guides will be distributed to all promotion-eligible active duty Airmen in the grades of E-4 through E-8 and airmen first class with at least two years in service. Base and unit Weighted Airman Promotion System monitors will assist with the distribution of printed guides slated for early fall.

Effective date of the new guide is Oct. 1, 2013. Master sergeants testing this December will be the first examinees to use the guide to prepare for promotion testing.

To assist Airmen studying for promotion, PDG study tools including audio files, interactive exercises, smart phone and computer applications, e-Reader files and Military Knowledge and Testing System, or MKTS, survey results are also available. Airmen can access these tools on the Airman Advancement Division's website at <http://pdg.af.edu>. New interactive exercises will be posted monthly on the site to enhance Airmen's knowledge of the PDG.

Additional information and updates can be found on Facebook at <https://www.facebook.com/AFP362241>.