

LACKLAND

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Basic Military Training superintendent retires

Photo by Benjamin Faske

Chief Master Sgt. Kenneth A. Williams, Air Force Basic Military Training superintendent, marches the BMT instructor flight down the bomb run during the BMT parade Sept. 27 at Joint Base San Antonio-Lackland. Williams retires Friday after 30 years in the Air Force. **See story Page 3.**

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ONLINE | <http://www.jbsa.af.mil>

Joint Base San Antonio Energy Awareness Campaign begins

By Brig. Gen. Bob LaBrutta
502nd Air Base Wing and JBSA Commander

The Department of Defense is looking for ways to save money without having to sacrifice services. I am convinced energy conservation is a way the Joint Base San Antonio community can do its part to help.

JBSA is instituting a new energy conservation awareness campaign aimed at making all of us more focused on energy and water conservation. We cannot do this alone and need our JBSA mission partners' help. Each of us can make a difference in our success – just by adjusting daily habits in small ways. The results may surprise you.

Take an Army post in Germany that has implemented an effective energy awareness campaign. They estimate saving 2,500 kilowatts of electricity per year by simply turning off lights in rooms not occupied. How easy is that?

Here are some quick and easy things you can do at home to help conserve energy:

- Turn hot water to 110 to 120 degrees.
- Place computers in sleep/hibernate mode when not in use after 10 minutes.
- Set thermostats to 77 degrees to maximize energy efficiency during cooling season.
- Repair leaky faucets.
- Turn the water off while brushing your teeth.
- Consider using water efficient shower heads.
- Wash clothes in cold or warm water, vice hot.
- Place the refrigerator temperature setting between 35 to 40 degrees or a middle dial setting.
- Place the freezer at zero degrees.
- Replace the rubber gasket around refrigerator doors if worn/cracking,

- Turn OFF lights and ceiling fans in any room you're not using.
- Unplug battery chargers when the batteries are fully charged or the chargers are not in use.
- Participate in the JBSA recycling programs.

So, in coming weeks, you will see more information concerning Energy Awareness and what you and I personally can do at home and in our workplaces to reduce energy consumption. You will see energy awareness tips in your email, while traveling around the installation, and in common areas. I thank you very much for your assistance and for your service to our country.

It is an honor to serve with you and I have no doubt that together, we can promote a culture of energy awareness and stewardship that will make Joint Base San Antonio the premier energy conserver in the Department of Defense!

Leading change betters performance

By Lt. Colonel Rodney Jorstad
325th Medical Support Squadron

How many times have you been waiting in a line for service wondering why something takes so long when it seems like it should be an easy process? Or worse, you waited in line and finally get to the customer service representative and find out you are missing a document and must come back later?

You leave frustrated and wonder why someone doesn't fix the process, or have a way to let you know you needed the document before you waited in line.

Finally, you compose yourself, get the

needed document and return to stand in line the next day. You are prepared this time! You wait in line again, get to the front of the line and feel obligated to tell the new customer service representative at the window the situation from the previous day only to find out you really didn't need the document after all.

Does this describe where you work?

How do we change our processes to be less frustrating for the end user of our services or products we supply as Air Force members?

Change starts with you. You are trained to be an expert in your field: use your expertise to critically review how you do your job and the functions you perform daily.

Utilize an "outsider" perspective to determine if steps in a process are value added for the end user or an internal requirement. If a step doesn't add value, determine if it is required by law or instruction. The idea here is to eliminate waste or legacy processes that are no longer applicable to what you do today.

Identifying waste and developing solutions to improve your day-to-day processes is a great way to achieve a deeper understanding of your specialty and develop leadership skills. It can be done at any level.

Your leaders are looking for people to

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Lackland
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For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.

JBSA-Fort Sam Houston: 466-4630

JBSA-Lackland: 671-6397

JBSA-Randolph: 652-7469

NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY

LPAG PLAY PRODUCTION

Tickets are on sale at Arnold Hall Community Center for "You Know the Old Slaying," a production by the Lackland Performing Arts Group.

Show times are 7 p.m. Friday and Saturday. Light hors d'oeuvres are included with admission and reserve seating is available.

For additional information, call 671-2619.

OCT. 26

PRESCRIPTION DRUG 'TAKE BACK' DAY

The Drug Enforcement Agency "Take Back" Day on Joint Base San Antonio-Lackland is 10 a.m. to 2 p.m. Oct. 26.

Old, outdated or unwanted prescription medications can be turned in for disposal at the Satellite Pharmacy parking lot, between the Army & Air Force Exchange Service main base exchange and the commissary.

Additional local area "Take Back" locations can be found at <http://www.dea.gov>.

For additional information, contact Charles Nail, 559th Medical Operations Squadron, at 671-9483 or Lisa Frantz, 802nd Security Forces Squadron, at 671-2262.

INFORMATIONAL

MOBILE INFLUENZA UNIT

The mobile influenza vaccine unit is scheduled for various areas of Joint Base San Antonio-Lackland in October.

The unit will be at each location from 8-11 a.m. and 12:15-2 p.m.: Military Personnel Flight, Tuesday; Air Force Medical Operations Agency, Wednesday; Security Hill, Oct. 29; and Airman Leadership School and NCO Academy, Oct. 30.

The influenza vaccine is mandatory for all active-duty members.

CAC/ID CARDS APPOINTMENTS

Department of Defense Common Access Card/ID cardholders in need of new or updated cards are encouraged to make appointments online.

Appointments are scheduled in 20-minute intervals between 8 a.m. and 3 p.m. Monday through Friday.

Visit <https://rapids-appointments.dmdc.osd.mil> or call 671-4178 for more information..

BMT superintendent retires after 30 years



Photo by Benjamin Faske

Retired Gen. Edward A. Rice Jr., former Air Education and Training Command commander (right), and Chief Master Sgt. Kenneth A. Williams, Air Force Basic Military Training superintendent, congratulate each other after a successful BMT parade Sept. 27 at Joint Base San Antonio-Lackland. This was the final BMT parade for Rice and Williams in their official roles as AETC commander and BMT superintendent respectively.

By Mike Joseph

JBSA-Lackland Public Affairs

When a former command chief master sergeant arrived at Joint Base San Antonio-Lackland in April 2011 to become Air Force Basic Military Training superintendent, he used a plethora of expressive phrases to illustrate his feelings about BMT.

"To be selected to rejoin Air Force Basic Military Training is a joy," Chief Master Sgt. Kenneth Williams said shortly after his arrival. "I want to be the model of proper behavior, character and core values that we expect of our military training instructors. I'm just in awe of our MTIs."

Williams' enthusiasm and passion for BMT are as evident today as they

were two and a half years ago. No doubt those emotions will come out during his retirement ceremony today at Forbes Hall.

In reflecting on the final assignment of his 30-year Air Force career, Williams had yet another set of descriptive phrases.

"To culminate a career where you started, it seems almost like a fairy tale," said Williams, who had a five-year assignment as a military training instructor at Lackland in the mid-1990s. "It's been a rewarding career and it seems surreal to end at Lackland.

"I've been fortunate enough, even blessed, to be able to help and develop people when I've been put into their lives and paths," he said.

Williams' initial assessment of the BMT environment when he arrived was to emphasize professionalism, build awareness for self improvement among MTIs and develop and grow the MTI Corps.

Several months into his assignment, Air Education and Training Command began an investigation into the MTI Corps for misconduct allegations that would challenge BMT leadership. Subsequent recommendations from the investigation led to a number of changes for instructors in basic training.

"When faced with challenges and adversity, does adversity build character or reveal character?" Williams

See BMT Page 4

BMT from Page 3

said. "I think throughout this, we are growing the remaining NCOs, instructors and incoming instructors to become better instructors and leaders within BMT.

"I like this quote: 'To build trust a leader must exhibit competence, connection and character,'" he said. "They are showing that character. A character lacking reveals itself."

A highlight during Williams' tenure was the opening of Airman Training Complex No. 1 in December 2012, followed by Dining/Classroom Facility No. 1 and ATC No. 2 earlier this year.

He lauded the efficiencies and time savings created by the new facilities, and is excited about BMT's future when the two ATCs and DFC under construction are complete.

"They create efficiencies in time," Williams said. "That's time MTIs can

use for application on training objectives. We teach trainees objectives, but a large part of training is built on application. Those applications will sustain and carry them throughout their Air Force careers."

While peers have told Williams to take time off after his retirement ceremony, he plans to do no such thing.

"I don't see this as truly retirement," he said. "It's more or less transitioning into another chapter of my life. I don't see where a break is needed.

"I've had the privilege for 30 years to serve with fine professionals, officers and enlisted. It all starts here at Lackland. We are the bedrock, the starting point, for our enlisted corps. It's very important that we develop our young Airmen and that our NCOs grow as well.

"In transitioning out, I would charge every leader as they take on challenges to still make character our leaning post."

JBSA Energy Tip



Setting it smart

For optimal energy savings, set thermostats at 78 degrees for cooling in the summer and 68 degrees for heating in the winter. According to the Department of Energy, this will save 10-20 percent of cooling costs and 5-20 percent of heating costs.



**JBSA
Social
Media**



On Facebook: Joint Base San Antonio, JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph



On Twitter: @JBSA_Official, @JBSAFSH @JBSALackland and @JBSARandolph



On YouTube: Joint-BaseSanAntonio.

BMT HONORS

Congratulations to the following 63 Airmen for being honor graduates among the 632 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 609*

Bryan Browne
 Nicholas Campbell
 Merit Davey
 David Felkins
 Parker Gill
 Alex Johnson
 Nathan Luechauer
 Spencer Siler
 Mengyu Zhao
-Flight 610
 Brittany Brown
 Savannah Johnson

322nd Training Squadron*-Flight 611*

Christopher Duree
 Brent Hickman

Eric Johnson
 Josiah Magnusson
 Robert Phillips
 Dustin Simmons
 Gerald Tulga
-Flight 612

Alex Arble
 Kahlil Bates
 Anthony Velarde
 Taylor Wharton
 Brian Wilbanks
-Flight 621
 Jason Gale
 Armando Munoz
 Chad Nelson
 Robert Wallace

323rd Training Squadron*-Flight 615*

Ryan Marzetta
 Daniel Moore
 Gilbert Nasui
 Layne Plummer
-Flight 616
 Emalee Becraft

Jamie Crowley
 Micaela Davis
 Aleen Johnson
 Stefani Loisel

326th Training Squadron*-Flight 617*

Eric Click
 Kevin Davis-Ferrero
 Jason Landl
-Flight 618
 Derek Dasilva
 Wyatt Hall
 Tyler Hill
 Joseph Sardina
 Anthony Trull
-Flight 619

Nicholas Alm
 Gregg Anderson Jr.
 Andrew Smith
-Flight 620
 Channer Bok
 Isaac Gallardo
 Colton Webb

331st Training Squadron*-Flight 613*

William Dangilan
 Joshua Drewno
 James Duffy
 Dustin Eckhout
 William Hooker
 Casey Kerkhoff
 Raymond Ortiz
 David Salmonowicz
-Flight 614
 John Essigmann
 Brandon Hagler
 Caleb Hegie
 Trent Olsen
 Patrick Smythe

Top BMT Airman

Ryan Marzetta
 323rd TRS, Flight 615

Most Physically Fit*-Male Airmen*

Robert Munoz
 326th TRS, Flight 620
 Joseph Alberts

322nd TRS, Flight 621
 Gerardo Perez
 320th TRS, Flight 609
-Female Airmen
 Jessie Motley
 320th TRS, Flight 610
 Alexis Brunson
 323rd TRS, Flight 616
 Jennifer Russell
 322nd TRS, Flight 622
-Male Flights
 322nd TRS, Flight 621
 326th TRS, Flight 617
 331st TRS, Flight 613
-Female Flights
 323rd TRS, Flight 616
 320th TRS, Flight 610
 322nd TRS, Flight 622
Top Academic Flights
 323rd TRS, Flight 615
 322th TRS, Flight 612
 323rd TRS, Flight 616
 320th TRS, Flight 609
 331st TRS, Flight 613
 331st TRS, Flight 614

AETC welcomes new commander



Photo by Rich McFadden

From left: Air Force Chief of Staff Gen. Mark A. Welsh III (left), Gen. Edward A. Rice Jr., outgoing Air Education and Training Command commander, and Gen. Robin Rand, incoming AETC commander, arrive at the AETC change of command ceremony at Joint Base San Antonio-Randolph Oct. 10.

By Tech. Sgt. Beth Anschutz
Air Education and Training Command

Gen. Robin Rand took command of Air Education and Training Command from Gen. Edward A. Rice Jr. during a ceremony Oct. 10 at Joint Base San Antonio-Randolph.

Gen. Mark A. Welsh III, Air Force Chief of Staff, presided over the ceremony.

"This is a special day, not just for the Rice and Rand families, but for the command and our Air Force family," said Welsh. "We get to acknowledge the profound impact of a great leadership team and thank them as they move on to new adventures in life, and we get to welcome another great leadership team to what is clearly one of the greatest jobs on earth."

Welsh reflected on Rice's service

with reverence, noting some of his accomplishments along the way.

"For the past three years, AETC was led by Ed Rice with distinction. He worked tirelessly to create an environment of pride, and has been a spectacular role model ... for all of us," Welsh said. "During Ed's past three years at the helm, the great professionals of AETC have trained nearly a million Airmen, in every specialty in our Air Force; Active, Guard, Reserve, civilians and contractors ... you train them all! And Ed Rice leads the charge!"

Welsh said San Antonio is a great place to celebrate the end to Rice's tenure as AETC commander and also 35 years with the Air Force.

"For the last 35 years of service, Ed has been a giant in our Air Force," Welsh said. "I think it's fitting that he finishes his career in AETC, right

where he started it back in 1978 as a pilot training student at Williams Air Force Base."

As Welsh reflected on the past, he noted that Rand has big shoes to fill, which will not be a problem for the new general in command.

"One of the greatest things about the Air Force is that every time we watch a great leader walk out the door and you get that sinking feeling in the pit of our stomach and worry about being able to replace him, amazingly, another great leader seems to walk in that door," Welsh said. "That's certainly what's happening today."

Rand previously served as the commander of 12th Air Force, Air Combat Command. He is a command pilot with more than 5,000 flying hours, including 470 combat hours. He has held multiple flying tours, served as

an air liaison officer with the U.S. Army and has had staff tours on the Joint Staff, Office of the Secretary of Defense and Air Staff.

As Rand addressed the men and women of AETC, he recalled the first time he arrived at Randolph with his wife, Kim, as a second lieutenant, 33 years ago for T-37 Instructor Pilot training.

"Never in my wildest imagination would I have envisioned being here on this stage today," Rand said.

Rand said he is grateful to be able to serve in our Air Force with great Airmen, who are currently serving in combat operations or humanitarian missions in every theater, on every continent of the world.

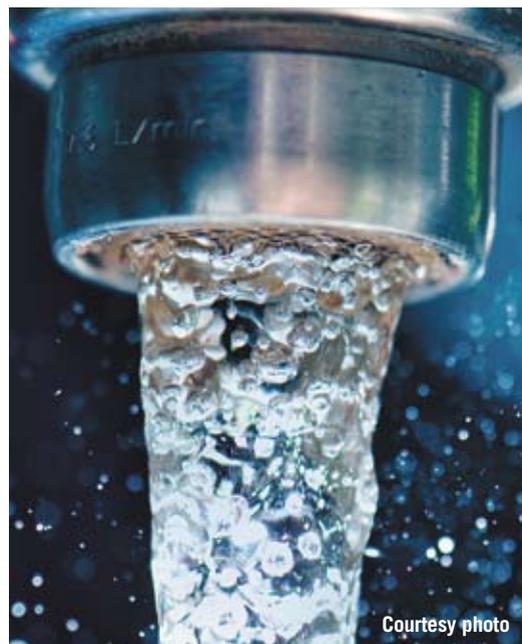
"Let no one forget that these phenomenal Airmen are fully engaged

JBSA Water Tip

Stop the drip!

If a faucet is dripping at the rate of one drop per second, you can expect to waste 2,700 gallons per year which will add to the cost of water and sewer utilities.

REPORT IT TO YOUR
FACILITY
MANAGER IMMEDIATELY.



Courtesy photo

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE
808-SARC(7272)

DOD SAFE HELPLINE
(877) 995-5247

JBSA CRISIS HOTLINE
367-1213

JBSA DUTY CHAPLAIN
365-6420

WELCOME from Page 6

and they and their families work and pay for their service with blood, sweat and tears," Rand said. "Let no one forget that each and every one of these Airmen got started, shaped and molded in the first command, right here in Air Education and Training Command."

As the new AETC commander, Rand is charged with recruiting, training and educating America's Airmen

through innovation. With an assigned force of more than 60,000 active-duty Airmen, Reservists and civilians, AETC trains and educates more than 300,000 American and International students on bases throughout the country.

Rand's pledge for the command is simple.

"I will do everything humanly possible to ensure the Airmen trained in the First Command will be prepared to carry the nation's load."

JBSA Safety Office schedules motorcycle instructor course

By Mike Joseph

JBSA-Lackland Public Affairs

The Joint Base San Antonio Safety Office has scheduled a Motorcycle Safety Foundation class for mid-November at JBSA-Lackland to train volunteer military motorcycle instructors.

Bill James, traffic safety manager, said the seven-day, 56-hour RiderCoach preparation class is tentatively set for Nov. 16-22. The sign-up deadline is Wednesday, with a class size limited to 12 people.

RiderCoach trainers certified by the Motorcycle Safety Foundation will teach the course.

"As a RiderCoach, you'll be called upon to give your time to teach RiderCourses," James said. "RiderCourse RiderCoaches are motivated by their desire to help reduce motorcycle accidents, injuries and deaths."

James said a prospective RiderCoach candidate must be a licensed motorcyclist who rides frequently,



has several years of varied riding experience, good communication skills, can provide a current driving record and a commander's or supervisor's approval to attend the course. Prospective candidates must also be able to teach a minimum of four basic RiderCourse classes per year.

Classes will be held in building 7065 at JBSA-Lackland. Class hours will be 7:30 a.m. to 4:30 p.m., Nov. 16-22, with additional time at the JBSA-Lackland riding range.

For more information, call James at 671-6274.

**To place a
classified ad in
the Lackland
Talespinner
call
250-2345**

CHANGE from Page 2

find ways to be more efficient by cutting wasted time and money on unnecessary processes, or steps in a process. Leading change can be challenging, but starting early in your career with small projects will help develop the skills needed to affect change on a larger scale.

How do you get started leading change in your organization? First, realize the need to change and determine how to improve your job or efficiency.

Most problems in processes are communication issues, especially between organizations or sections. Determining the communication breakdown and developing a solution is a great way to get started improving your workplace.

Next, discuss your idea with a few trusted peers, get their input and adjust fire as needed. Technology is not always the answer; remember to keep things simple.

Your new process or change needs to be sustainable.

The challenge is the few people who refuse to change after most people are ready to implement your plan. If they are not on board it can cause mission failure for your new idea to improve your work area. Determine why they are not behind the plan. Some people are only motivated by the “what’s in it for me” mentality. Highlight how your change will make their job easier or how it improves your customers’ satisfaction or saves money or time.

Learning what motivates people and how to get

them to change will develop you as a leader.

The most difficult part of leading change is sustaining the improvements made. Most of us are in organizations that turn over personnel on a continuous basis, so having the new process written down and captured in operating instructions is paramount to ensuring your change doesn’t revert back to the old way of doing things. There is a reason it was broken in the first place, and many times you will find it is because the process was never written down and people have developed their own way of completing their tasks.

So the next time you are frustrated at a process or standing in line, think about your job. What can you do to lead change in your organization and create a better experience for your customers?

Cuts to ‘Impact Aid’ affect JBSA schools

By Staff Sgt. Marissa Tucker
JBSA-Lackland Public Affairs

The independent school districts of Joint Base San Antonio have endured major budget constraints since March of this year due to sequestration.

The largest impact to the school districts was the rapid, dramatic decrease in the amount of funding allocated to each location. Because the schools are

operated on military bases, a large part of their funding comes from a Department of Education program called Impact Aid, which is provided to offset the budgets of school districts on federally owned land that receive lower amounts of funds from the state because of their tax exemption.

When sequestration began, Impact Aid was not spared from the across-the-board cuts, and the school districts saw an immediate difference in their

yearly budgets. Because Lackland, Fort Sam Houston and Randolph Field ISD’s senior leadership paid close attention to the developing situation over the years, they were prepared when the sequester occurred, said Dr. Bernie Roper, Lackland ISD superintendent.

“We’ve been planning for sequestration for at least

See **IMPACT** Page 13

Moving the cyber operations mission forward



Now into its fifth year of operation, 24th Air Force, responsible for extending, maintaining and defending the Air Force portion of the Department of Defense global network, and providing U.S. Cyber Command with trained and ready cyber forces to plan and conduct operations, is working to ensure it is the

right size and structure to meet the country's future needs in cyberspace operations.

"We are working to protect our key cyber terrain through focused, deliberate operations," said Maj. Gen. J. Kevin McLaughlin, 24th Air Force commander.

"By working together with our higher headquarters, sister services and other government and industry partners, we continue to shape our command and prioritize our efforts to provide the capabilities our country needs to protect U.S. interests in cyberspace."

Here are two stories, addressing how the units falling under the NAF are changing to meet the needs of the Air Force and the nation.



U.S. Air Force courtesy photo

Members of the 3rd Combat Communications Group stand in formation at Tinker Air Force Base, Okla. The 3rd CCG was officially inactivated Sept. 30, along with the 689th Combat Communications Wing at Robins Air Force Base, Ga.

Combat communications wing, group inactivate

By 2nd Lt. Meredith Hein
24th Air Force Public Affairs

The 689th Combat Communications Wing at Robins Air Force Base, Ga. became inactive Sept. 30, along with the 3rd Combat Communications Group at Tinker Air Force Base, Okla.

With this change, the 5th Combat Communications Group at Robins will be the only active duty combat communications group in the U.S. Air Force.

The inactivations are the result of an evaluation of the need for combat communications. As aircraft operations are reduced worldwide, the need for aircraft support operations, including combat communications, is also diminished.

Commanders worked over the past five years to examine how much combat communications capability they would need in the future to support airpower, closing several guard combat communications units in the process.

The 3rd CCG, affectionately

known as the "3rd Herd," was activated in South Ruislip, England in 1957 and has participated in every major military conflict since that time, as well as a large number of humanitarian missions.

The 5th CCG, or "the 5th Mob", is nearly identical to the 3rd CCG. It is a newer group, founded in 1964, and made up of about 750 Airmen in five squadrons who train, deploy and deliver communication, air traffic control and landing systems for humanitarian relief and dominant combat operations.

Combat communications are one of the first units involved in an operation, working to set up communication equipment in deployed, "bare base" environments. In addition, these groups have supplied relief efforts over the last decade to disasters such as Hurricanes Katrina and Rita, Superstorm Sandy and the Moore, Okla., tornado in May. The 5th CCG was also the last communications unit to leave Iraq during the drawdown of American forces in 2011.

Col. Richard Folks II, the vice commander of the 689th, stated that despite the inactivation, the combat communication mission will remain strong. "We will continue to supply the capabilities that were provided by the 3rd and the 5th combat communications groups to ensure the same level of airpower protection."

The 750 Airmen who made up the 3rd CCG have moved on to other bases, been reassigned, or retired or separated from the Air Force. Civilians were given priority placement by the Civilian Person-

nel Office in order to locate jobs at Tinker.

The wing commander left in June.

Activated in 2009, the 689th brought the 3rd and 5th groups together into one wing under the 24th Air Force, which conducts the full range of cyber operations missions for Air Force Space Command.

Closing the wing will help improve efficiency, as the 5th CCG will become a direct reporting unit under 24th Air Force, and the Air Force will avoid the cost of sustain-

ing a separate wing.

Folks noted that the Air Force will have "more reliance on the total force," to complete the combat communications mission, utilizing reserve and Air National Guard units.

"There is no major difference between guard, reserve and active duty Combat Communications units," said Maj. Barry Roche, the commander of the 5th Combat Communications Support Squadron. "We all provide the same capabilities, just in different amounts."

Combat communications units

are currently re-shaping their employment concepts, moving to a focus on smaller operations while retaining the capability to stand up communications for Air Expeditionary Wings when called upon during future conflicts.

"We will use the innovation technology provides to reduce manpower and our equipment footprint to accomplish the operation," said Folks. "The future of combat communications is to become a lighter, leaner and more capable force. We will use technology to be more efficient and as mobile as possible."

Two wings re-designated as "cyber"

By 2nd Lt. Meredith Hein
24th Air Force Public Affairs

What is in a name? In the Air Force, legacy, history, emblems, unit colors and mottos are just a few of the things that are a part of a unit's designation.

The 67th Network Warfare Wing, located at Kelly Field Annex, Lackland Air Force Base and the 688th Information Operations Wing at Lackland Air Force Base are being re-designated as the 67th Cyberspace Wing and 688th Cyberspace Wing, respectively. The two units will maintain the history accrued under their old names, stretching back more than half a century each.

"From a historical perspective, it's nice to acknowledge a new mission, while still maintaining past lineage and traditions," said Dr. Gregory Ball, command historian for 24th Air Force.

To change a unit's name first requires a request by the unit commander. Once approved, the major command under which the unit falls will then issue the order to change the unit's designation and the date at which the name change will become effective.

Once the re-designation is approved by the Air Force, the Air Force Historical Research Agency, which is responsible for determining organizational lineage and honors, forwards the approved re-designation request to the U.S. Army's Institute of Heraldry.

The Institute of Heraldry, which, by law, provides heraldry services to the Department of Defense, will then create a new emblem and flag drawing with the approved designation.

Finally, units hold a ceremony in which the organizational flag with the old designation is cased, and the new flag is unfurled.

Unit re-designations can occur for many reasons, but in this case, the purpose is standardization.

"Throughout the Air Force, you have fighter wings, bomber wings and training wings," said Ball. "Renaming these units as 'cyberspace wings' is a logical step, since it says very clearly what we do."



The 67th Cyberspace Wing was first activated in 1947 as the 67th Reconnaissance Wing. The unit flew combat reconnaissance missions during the Korean War, providing photographic coverage of enemy activity. The 67th RW continued its flying mission until 1993, when it became an intelligence wing and, eventually, a network warfare wing.

One of the 67th RW's squadrons, the 91st Network Warfare Squadron, has a unique history dating back to 1917. It was established at Kelly Field, Texas as the 91st Aero Squadron and flew photographic reconnaissance missions in Europe during World War I as part of the Army Air Service.

The 688th Cyberspace Wing started out in 1953 as the Air Force Special Communications Center at Kelly Field, where it produced and disseminated intelligence data for the Air Force Security Service Agency. By the 1960s, the center had become involved in electronic warfare, and in 1975 became the first U.S. Air Force electronic warfare center. The early 1990s saw the rise of information warfare, and the organization became the Air Force Information Warfare Center in 1993, ultimately becoming the 688th Information Operations Wing assigned to the 24th Air Force. Since its inception, the unit has remained in San Antonio.

"It's interesting how you can start on either end of the spectrum - reconnaissance and electronic warfare - and eventually meet in the middle as cyber," said Ball.

The re-designation became effective officially on Sept. 13 for the 688th and Oct. 1 for the 67th.



Joint Base San Antonio 2013 Energy Action Month



ENERGY ACTION MONTH 2013 PROCLAMATION

WHEREAS, Each year Energy Action Month is celebrated in October and
WHEREAS, Throughout the United States, Energy Action Month is observed and used to
save natural resources through conservation measures

WHEREAS, this, October 2013, is the third JBSA Energy Action Month and
WHEREAS, let every individual at Joint Base San Antonio now think and act with
energy awareness, seeking to Power the Force and Fuel the Fight to conserve energy
and water that will foster a brighter future for all individuals; and

WHEREAS, Joint Base San Antonio and our mission partners are proud to be part of Energy
Action Month and urge all to do their part to promote energy and water conservation; now

THEREFORE BE IT RESOLVED, that I, Brigadier General Bob D. LaBrutta, 502nd ABW
commander, in our tradition to honor and care of our earth's natural resources during Energy
Action Month and throughout the year, join with all Joint Base San Antonio to
honor, preserve, and conserve energy and water, do hereby proclaim October 2013 as...

Energy Action Month at Joint Base San Antonio!

IMPACT from Page 9

the past three years,” Roper said. “We came up with tiered plans depending on how bad the cuts would be,” Roper said. “This year we’re at tier one, where we’ve asked our staff to cut up to 30 percent of their operating costs. We hope to never make it to the tier three plan, the worst case scenario, but we have to be proactive.”

While operating through the decrease in the budget, several elective programs across JBSA school districts have been eliminated, such as a Spanish course, pre-kindergarten programs and more. Although there are budget limitations, the level of education students are receiving has not been compromised thus far, which school superintendents largely attribute to their staffs’ dedication to the students, Roper said.

“We have had to reduce the number of electives offered to students and eliminated our choir program,” said Dr. Lance Johnson, Randolph Field ISD superintendent. “We also had to reduce staff and increase class sizes.”

To show lawmakers exactly how the budget cuts are affecting the students of military members now and possibly into the future, the superintendents met

with Texas congressional members in Washington D.C., as part of the National Association of Federally Impacted Schools. Through this organization, the superintendents speak directly to their congressmen to relay the effects of sequestration. If a deal is not reached to remove or pardon the Impact Aid Program from the increasing cuts that are scheduled throughout the next eight years the school districts will see a devastating decline in their available funding.

“This is a very tough time, so if the cuts continue, it is only going to make our situation more difficult,” said Dr. Gail Siller, the superintendent of the Fort Sam Houston ISD, the largest military school district in San Antonio. “Impact Aid is our lifeblood, so my concern is that it would directly impact whether or not we could exist.”

In addition to Impact Aid, the school superintendents, Siller especially, must also explain the neces-

sity of funding for the Individuals with Disabilities in Education Act. At the Fort Sam Houston ISD, more than 16 percent of the students are special-needs children and IDEA funds are essential to providing the staff and resources necessary for quality education and development programs.

As discussions continue, the Fort Sam Houston, Lackland and Randolph Field ISD’s leaders are dedicated to informing lawmakers that their existence relies on continued funding of the Impact Aid Program. Johnson encourages parents, students and anyone in the military community to write their representatives in Congress to show solidarity in the fight to keep the program from being cut.

“We all need to keep elected officials informed and educated about the Impact Aid Program and how sequestration will eliminate it over the next eight years if something does not change,” he said.

A reason to save water on Joint Base San Antonio

By Aaron Farmer
JBSA-Lackland Energy Manager

Water conservation is already important to most members of the San Antonio community, but it is especially important to consider during Energy Awareness Month in October.

Water conservation at Joint Base San Antonio falls under the energy program, which is designed to comply with federally mandated water use goals while maintaining our important missions.

Water reduction goals are specified by Executive Orders 13423 and 13514, which requires federal installations to reduce water use intensity (gallons per square foot) by two percent every year for 13 years. Thus, the Air Force will reduce water use intensity by a total of 26 percent by 2020, using a baseline water use from 2007.

Water conservation at JBSA locations is a specific concern of Brig. Gen. Bob LaBrutta, JBSA and 502nd Air Base Wing commander. In his Command-

er's Guidance Summary dated June 10, the general's objectives include making JBSA the conservation showplace of the Department of Defense and to reduce environmental strain by instituting resource discipline.

In addition to federal mandates and commander-driven goals, water conservation on JBSA is important to the sustainability of the San Antonio community.

JBSA draws the vast majority of its potable water from the Edwards Aquifer, which contains several endangered species. The U.S. Fish and Wildlife Service provides its Biological Opinion, which provides guidelines on the amount of water JBSA can draw each month from the aquifer.

Everyone is encouraged to be vigilant and persistent in our efforts to reduce water consumption. Keep conservation in mind at all times – not only to meet base goals, but to become good stewards of our natural resources for generations to come.

Here's a simple checklist with ideas you can do in

your office or at home to reduce water use:

- Buy WaterSense certified fixtures and appliances such as dishwashers, washing machines, toilets and shower heads.
- Turn off the sink faucet while you shave, brush your teeth or lather your hands.
- Never run the dishwasher without a full load. This practice will save water, energy, detergent and money.
- Check for hidden water leakage such as a leak between the water meter and the house. To check, turn off all indoor and outdoor faucets and water-using appliances. The water meter should be read at 10 to 20-minute intervals. If it continues to run or turn, a leak probably exists and needs to be located.

Report all water leaks and waste in your building to the facility manager or energy monitor. For more information about water conservation, call the JBSA energy managers at 221-4203 for JBSA-Fort Sam Houston, 671-0252 at JBSA-Lackland and 652-6988 for JBSA-Randolph.

Flu vaccines available across Joint Base San Antonio

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

Health officials are recommending people get their flu vaccines as the weather is starting to change. The vaccines are available throughout all Joint Base San Antonio locations.

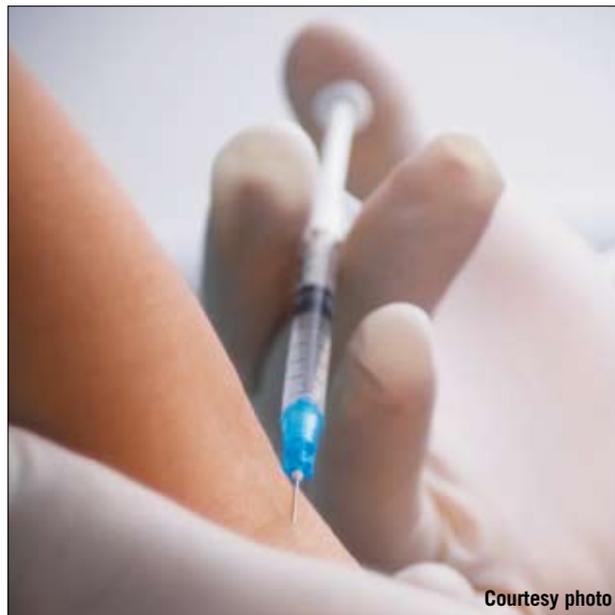
"A yearly flu vaccine for everyone 6 months of age and older helps protect against influenza," said Lt. Col. (Dr.) Yi Yang, the 359th Medical Operations Squadron's director of immunizations at JBSA-Randolph.

"It is designed to protect against the three main flu strains that are expected to cause the most illness during the flu season."

The three main strains are H3N2, influenza B and H1N1. Populations at higher risk for flu-related complications include pregnant women, young children, people 50 years of age and older, people with chronic medical problems and health care workers.

At the Wilford Hall Ambulatory Surgical Center, there is a limited amount of the influenza vaccine available at the WHASC atrium. The vaccine is prioritized for active duty members preparing for deployment, 59th Medical Wing medical personnel and high-risk patients, according to Joe Bela, 59th MDW public affairs director.

"All others should stand by for further announcements when we get the full amount," Bela said. "Medical personnel assigned to Joint Base San Antonio-Randolph and JBSA-Fort Sam Houston should plan to get their vaccines at those locations, as well as non-risk groups who get their



Courtesy photo

primary care at those other locations."

Vaccination is mandatory for all active duty members and all hospital employees. In general, contractors are not eligible. Active duty members can check their medical readiness status as well as retrieve shot records for themselves and any dependent under 16 years old at <https://imr.afms.mil/imr/MyIMR.aspx>.

At WHASC, flu shots are available from 7:30 a.m. to 4 p.m. Mondays through Wednesdays and Fridays, and from 7:30 a.m. to 3 p.m. Thursdays.

A mobile flu vaccine unit is also scheduled for various areas around JBSA-Lackland in October. The unit will be in each location from 8-11 a.m. and 12:15-2 p.m.: Military Personnel Flight, Tuesday; Air Force Medical Operations Agency, Wednesday; Security Hill, Oct. 29; and the Airman Leadership and Noncommissioned Officers Academy Oct. 30.

In addition, TRICARE Prime's reimbursement program entitles military beneficiaries to receive influenza and pneumococcal vaccines at TRICARE retail network pharmacies at no additional cost. It's recommended to call the nearest store to ascertain availability of the vaccine at specific locations.

The North Central Federal Clinic, which serves Veterans Affairs and TRICARE patients, has flu vaccines available without an appointment. The NCFC is located at 17440 Henderson Pass, just off Highway 181 and Loop 1604.

For information on other VA locations, visit <http://www.southtexasva.gov/locations/index.asp>.

On JBSA-Fort Sam Houston, flu vaccination clinics will be held from 9 a.m. to 4 p.m. Wednesdays and Fridays in October and November at the Military and Family Readiness Center, building 2797.

Active duty service members, Department of Defense civilians, retired service members and their family members can receive the vaccines. Shots for retirees will also be available from 8 a.m. to noon Saturday at building 2841 at the U.S. Army Medical Department Center and School on JBSA-FSH during a Retiree Appreciation Day.

(Editor's note: Some information in this article has been previously published)

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

- ▶ Federal resume process, 11:30 a.m. to 1:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

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, 10:30-11:30 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, 2:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

TUESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 802nd Logistics Readiness Squadron IDRC briefing room, 9 a.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

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.
- ▶ Create an effective resume, 11:30 a.m. to 1:30 p.m.
- ▶ AWANA Clubs, 6-8 p.m., Freedom Chapel.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

THURSDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, 1 p.m., building 7246. Call (800) 973-7630 or 671-4057 for more information.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

OCT. 25

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Interview With Confidence, 11:30 a.m. to 1:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

OCT. 28

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assign-

ments, 10:30-11:30 a.m.

- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, 2:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For details, call 773-354-6131.

OCT. 29

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ Pre-deployment briefing, required for all Airmen preparing for deployment, 802nd Logistics Readiness Squadron IDRC briefing room, 9 a.m., building 5160.
- ▶ Federal employment process by the Office of Personnel Management, 1-4 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

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>

Compiled by Mike Joseph,
JBSA-Lackland Public Affairs

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

WEDNESDAY

ENLISTED ASSOCIATION MEETING

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the Gateway Club. Call 658-2344 for information.

OCT. 29

WHITE HOUSE RECRUITING TEAM VISIT

The White House Communications Agency recruiting team will conduct a recruitment briefing at 9 a.m. Oct. 29 in Arnold Hall Community Center.

Call 202-757-6063 or visit <http://www.disa.mil/whca> for qualifications.

OCT. 30-31

WINGMAN CULTURE FOCUS GROUPS

Informal discussion-focus groups on how to strengthen the Wingman culture will be held Oct. 30-31 at Joint Base San Antonio-Lackland.

Researchers from the Pentagon, Air Force Medical Operations Agency and the University of Rochester-New York will conduct the 60 to 90-minute sessions to hear experiences and views. Separate sessions will be held for senior airmen and below, and

NCOs/leadership.

To register for one of the groups or for more information, contact Larry Kirkpatrick at 395-9295.

NOV. 5

AFA COMBAT BREAKFAST

Air Education and Training Command, Vice Commander Lt. Gen. James M. Holmes will be the guest speaker at the "Combat Breakfast" 7 a.m., Nov. 5 at Kendrick Enlisted Club on JBSA-Randolph as part of Celebrate America's Military in San Antonio.

The Alamo Chapter Air Force Association and the Air Force Recruiting Service with the San Antonio Chamber of Commerce are the event sponsors. Tickets are \$12 per person and the reservation deadline is Nov. 1.

For more information, contact Master Sgt. Carmellea Abercrombie-Stokes at 565-0392.

NOV. 19

CUSTOMER SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes on the third Tuesday each month in the second floor conference room of

building 5160.

The classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For details or registration, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

INFORMATIONAL

FILIPINO AMERICAN HERITAGE MONTH

To become involved in October's Filipino American Heritage Month in San Antonio, contact Laura Allison, Organization of Filipinos in Texas, at 787-0558.

HIP, KNEE REPLACEMENTS AVAILABLE

The San Antonio Military Medical Center Orthopedic Service announces that hip and knee replacements are available to all TRICARE beneficiaries including patients over the age of 65.

Candidates for hip or knee replacement surgery should ask their primary care provider for a referral to the Orthopedic Clinic at SAMMC.

For details on these procedures, call 916-6386 to schedule a joint replacement information session.

802ND LRS CUSTOMER SERVICE

The 802nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

Contact customer service at 210-671-2575/3611/3801, 925-1490/1049/1048, or email 802lrs.customerservice@lackland.af.mil.

AAFES' FEE-FREE LAYAWAY

Army & Air Force Exchange Service's fee-free layaway plan is back.

Through Dec. 24, the Lackland Exchange will waive the \$3 processing fee for all layaway purchases. In addition to the exchange's year-round layaway program, from Nov. 1 through Dec. 16 shoppers can put computers, laptops, notebooks and tablets on layaway. The weekend of Nov. 29-30 is excluded from the program. A deposit of 15 percent is required when starting the layaway process. Shoppers can visit customer service for complete program details

RESEARCH PROJECT SEEKS FAMILIES

The University of Houston's Sleep and Anxiety Center for Kids needs

military and civilian families for a Department of Defense funded study that researches the psychological and social adjustment among families of deployed service members.

The Military Families Project study will examine the effects of deployment on children and the non-deployed spouse, identify specific problem areas and aim to develop early intervention and/or prevention programs to help build resiliency against identified problems in military families.

For more information about the study, call 713-743-3400 or visit <http://www.uhmilitaryfamilies.org>.

WHASC E-HEALTH GUIDE ONLINE

The Wilford Hall Ambulatory Surgical Center e-Health Guide is available online at <http://www.whasc.af.mil/shared/media/document/AFD-130827-039.pdf>.

The new guide for military beneficiaries is a source for information on a variety of military health care services and online resources. It includes TRICARE, MiCare and RelayHealth programs.

The guide also has instructions on how to enroll in several health care programs and a directory.

CHAPEL SERVICES

—PROTESTANT

• Freedom Chapel – building 1528
Contemporary Service Sun. 9:30 a.m.
Religious Education Sun. 11 a.m.
Gospel Service Sun. 12:30 p.m.
Spanish Service Sun. 3 p.m.
AWANA Wed. 6 p.m.
• Gateway Chapel – building 6300
Liturgical Service Sun. 11 a.m.

—DENOMINATIONAL

• BMT Reception Center – building 7246
Church of Christ Sun. 7:30 a.m.
• Gateway Chapel – building 6300
Seventh-day Adventist Sat. 12:30 p.m.
• Education Classroom – building 5200 Room 108
Christian Science Sun. 7:30 a.m.

—PENTECOSTAL RE

• Gateway Chapel – building 6300
Pentecostal RE Sun. 2:30 p.m.

—ORTHODOX CHRISTIAN

• Gateway Chapel – building 6300
Religious Education Fri. 4 p.m.

—WICCA

• BMT Reception Center – building 7246
Military Open Circle Sun. 12:30 p.m.
• Freedom Chapel – building 1528
Military Open Circle First Tues. 6 p.m.

—REFUGE STUDENT CENTER

• building 9122 (Tech Training & TDY Students)
Wednesday Bible Study 6:30 p.m.
Thursday 6–8 p.m.
Friday 6–11 p.m.
Saturday Noon to 9 p.m.
Sunday 11 a.m. to 5 p.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

• Gateway Chapel – building 6300
Religious Education Tues. 6:30 p.m.
LDS Institute Thurs. 6:30 p.m.
LDS Service Sun. 1 p.m.

—JEWISH

• Gateway Chapel – building 6300
Sabbath & Kiddush Friday 4:30 p.m.
Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

• Freedom Chapel – building 1528
Religious Education Sun. 9 a.m.
Reconciliation Sun. 10 a.m.
Mass Sun. 11 a.m.
Sun. 5 p.m.
Reconciliation Sun. 4:15 p.m.
Daily Mass Mon, Tue & Thurs 11:30 a.m.
Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

• Global Ministry Center – building 7452
Jumma Prayer Fri. 12:45 – 1:15 p.m.
Religious Education Sun. 9 a.m.

OTHER FAITH GROUPS

• BMT Reception Center – building 7246
—Buddhist Sun. 10 a.m.
• Gateway Chapel – building 6300
—Eckankar
First, third & fifth Saturdays 12:30 p.m.
—Baha'i
First, third and fifth Saturdays 11 a.m.

For more details, contact
Freedom Chapel - 671-4208
Gateway Chapel - 671-2911

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

JBSA-Lackland patrons experience South African fitness concept

Story and photo by Jose T. Garza III
JBSA-Lackland Public Affairs

At the Chaparral Fitness Center, Joint Base San Antonio-Lackland patrons kicked up their legs and moved their arms left and right, up and down to the rapid tempo of pop 40 music.

They performed guitar solos and lasso hand gestures as they drew numbers, letters, and arrow signs with their feet all while rocking front and back and side-to-side.

On Oct. 9, participants were introduced to Bokwa as part of a one-day demo session. Bokwa is a fitness program that began in 2000 and spread worldwide.

International fitness personality Paul Mavi, a leading Los Angeles-based group fitness instructor, created the concept by melding his South African dance roots into an easy-to-learn dance format that incorporates kickboxing and kwaito, a

cultural and traditional dance.

The seminar was conducted by Ingrid Gatica-Lujan, a certified Bokwa and Zumba instructor. She instructs Zumba on Mondays and Wednesdays at the Chaparral.

She learned about Bokwa from a fellow instructor and checked out what the hype was about on YouTube.

She would check out Bokwa classes every chance she got and loved the party atmosphere it provided.

"I like to offer variety in my classes so my students can work different parts of their bodies, and the classes would challenge them," Gatica-Lujan said. "The class is nonstop."

Gatica-Lujan said the class appeals to both children and adults.

"They can do all the steps at the same time," she said. "The kids can play by drawing numbers or letters and the same thing for adults. Bokwa becomes a game for everybody no matter the



Fitness instructor Ingrid Gatica-Lujan demonstrates her electric air guitar skills during a one-day Bokwa session Oct. 9 at the Chaparral Fitness Center.

gender or age."

"You can put your own level of intensity in the class. If you want to jump, you can jump, and if not, you can just walk it. You are still moving, sweating and having a good time."

"My vision is to see families coming together to workout and get healthier and happier by letting their energy out in one class."

Gatica-Lujan hopes that JBSA-Lackland will allow her to instruct Bokwa

full time at its fitness centers depending on feedback from participants and approval from the 802nd Force Support Squadron's chain of command.

Frances Guthrie would like to see Bokwa offered on base after experiencing it for the first time. She enjoyed the class and felt great afterward.

"The class was fantastic because it was continual," she said. "You break a sweat and you just keep it rolling. You don't have time to cool off."

The Warhawk Fitness Center fully opens after months of renovations

By Jose T. Garza III
JBSA-Lackland Public Affairs

The Warhawk Fitness Center on Joint Base San Antonio-Lackland resumed normal operations Oct. 7 after three months of renovations.

Renovations include basketball court, men's locker room, and family fitness room. During that time, only the main fitness room was open to customers.

In the family fitness room, a new air conditioning unit was installed and contractors replaced the room's concrete floor with rubber tile. They painted the walls and put in new windows as well.

The men's locker room was ex-

panded with two new shower areas, including one for handicap accommodations.

"The new renovations will provide a nice look and nice feel for our patrons," Dwayne Reed, Joint Base San Antonio-Lackland assistant fitness and sports director, said. "I'm pleased with the job that was done to the Warhawk."

The basketball court was upgraded with an underlayment on the wooden floor to ease impact on basketball and volleyball players' knees.

The fitness center is open from 4:30 a.m. to 10 p.m., Monday through Friday. For more information about JBSA-Lackland fitness centers and programs, go online to <http://www.lacklandfss.com>

Refueling your body with good nutrition

By Senior Airman Catherine S. Scholar,
59th Medical Wing

Consuming certain types of foods after strenuous activity helps replenish, restore, repair and build your muscles. It refuels your body with energy in the form of glucose so that you are physically and mentally prepared to continue your day.

Follow these tips to make sure you recover adequately:

- Replenish your depleted glycogen and glucose by eating complex carbohydrates like whole

grain breads, pasta, whole grain crackers, fruits (apples, bananas oranges), low fat milk or yogurt.

- Repair and build muscle with protein such as protein shake/bar, peanut butter, soy, chicken, fish, etc.

- Be sure to eat 30-45 minutes after you work out.

- HYDRATE!

Nutrition program classes are offered at the Wilford Hall Ambulatory and Surgical Center, Outpatient Nutrition Clinic. To speak with a Registered Dietician/Technician contact 292-7578.