



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 7 • February 21, 2014



## JBSA leaders visit veterans

Photo by Melissa Peterson

Maj. Gen. Peggy Poore, Air Force Personnel Center commander, talks with Andrew Roca, Veterans Administration Voluntary Service volunteer, during the 2014 National Salute to Veteran Patients Program Feb. 14 at San Antonio's Audie Murphy VA Hospital.

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# Integrity is essential to leadership

By J. R. Tillery

JBSA-Lackland Technical Director for  
Installation Support  
502nd Installation Support Group

This is a rewrite of a short paper I wrote 16 years ago at Air War College, but still find it relevant today as a senior civil servant.

Over the past 34 years, I've had the opportunity to observe and work with myriad military and civilian leaders throughout the armed forces. Each one placed a different emphasis on the essential qualities of a leader. Some of my highest-level supervisors and commanders stressed excellence and technical competence, while others focused on character and ethics.

However, the one quality on which all appeared to agree was integrity.

Integrity is essential to leadership and the key to building organizational esprit de corps. At the heart of integrity is a consistent value system that promotes respect and trust.

Integrity requires moral fitness and self-discipline. In uncertain and difficult situations, morally centered integrity is the compass that consistently guides a leader along a path of committed ethical behavior.

Good leaders – and the Air Force has many – navigate toward the right course of action based on the Air Force core values: integrity, service before self and excellence in all we do.

Integrity creates trust. It's the one leadership character trait

“Integrity creates trust. It's the one leadership character trait that can't be compromised.”

– J. R. Tillery  
502nd Installation Support Group

that can't be compromised. Within that trait are four integral moral and ethical factors: courage, responsibility, accountability and consistency.

Courage involves doing the right thing. A courageous leader must act in the best interest of the organization, even when that interest calls for great personal sacrifice. Courage under fire conveys a sense of self-confidence. Self-confidence engenders the confidence in others. People will follow those in whom they have trust and confidence.

Responsibility requires an acceptance of duty without excuse or exception. It requires protecting the people and resources that take care of the mission. Subordinates willingly follow those who show responsibility in their words and deeds.

Accountability means you are responsible for your actions and the actions of the people you command whom you could have reasonably influenced.

Leadership based on integrity doesn't blame, shift or scapegoat. It assesses the facts and makes a fair determination based on those facts.

People trust others who always accept accountability for their actions and the actions of those under their command.

Consistency requires adherence to a principled course. An inconsistent leader risks being viewed as unreliable, insincere and untrustworthy. Consistency also requires harmony between actions and words. An exceptional colonel under whose command I served best expressed the importance of this harmony.

In explaining the concept of consistency, one of my former commanders said “I hear what you say. I see what you do. Now, I know what you mean.” This commander truly understood the importance of our actions as an endorsement of our spoken word. He was a highly effective leader that rose to the rank of lieutenant general.

The moral and ethical qualities of courage, responsibility, accountability and consistency are essential to effective leadership. The question then becomes, why is integrity, as characterized by these four factors, so important to leadership in a military organization?

First, integrity is important because of the nature of the military profession – the profession of arms. Second, those who follow a leader must relinquish a degree of autonomy and self-determination.

In some respects, this relinquishment of power and control

creates vulnerability. However, subordinates do not relinquish the need to be secure and confident in their decision to follow and are likely to rebel against leadership they don't trust.

General of the Army “Hap” Arnold described the importance of integrity best in a letter to Lt. Col. LeRoy Stefen dated Nov. 5, 1946. Responding to Stefen's request for career advice, Arnold wrote, “Personal integrity also means moral integrity.”

Regardless of what appears to be some superficial ideas of present-day conduct, fundamentally, today as always, the man who is genuinely respected is the man who keeps his moral integrity sound and is trustworthy in every respect.”

In the end, regardless of how leadership is defined or packaged, the nature of our profession dictates that leadership must be built upon a foundation of integrity.

In “The Art of the Leader,” retired Maj. Gen. William Cohen advises, “If you want to build esprit de corps, you must demonstrate integrity and if you do, it won't be long before everyone in your organization knows that you can be trusted, that you say what you mean and you mean what you say. The members of your organization will demonstrate integrity in dealing with you, and each other, and the esprit de corps in your organization will soar.”

Integrity is essential to leadership ... in every situation ... and at every level.

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## Joint Base San Antonio- Lackland Editorial Staff

BRIG. GEN. BOB LABRUTTA  
502ND AIR BASE WING/JBSA  
COMMANDER

TODD G. WHITE  
502ND AIR BASE WING/JBSA  
PUBLIC AFFAIRS DIRECTOR

OSCAR BALLADARES  
JBSA-LACKLAND PUBLIC AFFAIRS CHIEF

LESLIE E. FINSTEIN  
INTERNAL COMMUNICATIONS CHIEF  
MANAGING EDITOR  
671-4111

AIRMAN 1ST CLASS KRISTAL M. JEFFERS  
EDITOR

MIKE JOSEPH  
SENIOR WRITER

JOSE T. GARZA, III  
SPORTS/STAFF WRITER

DOROTHY LONAS  
PAGE DESIGN/ILLUSTRATOR

### Office

1701 Kenly Ave. Suite 102  
JBSA-Lackland, Texas  
78236-5103  
671-2908;

(fax) 671-2022

Email: [tale.spinner@us.af.mil](mailto:tale.spinner@us.af.mil)

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P.O. Box 2171,  
San Antonio, Texas 78297  
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Deadline for story submissions is noon Wednesday the week prior to publication.

## NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### TUESDAY-THURSDAY

#### JBSA COMMAND CHIEF ENLISTED CALLS

Chief Master Sgt. Alexander D. Perry, 502nd Air Base Wing and Joint Base San Antonio command chief master sergeant, will conduct enlisted calls at all three JBSA locations.

The times, dates and locations are: 9 a.m. for Airmen, 1 p.m. for NCOs and 3 p.m. for senior NCOs Tuesday at JBSA-Lackland, Inter-American Air Forces Academy conference center, building 7356; 10 a.m. for Airmen, NCOs and senior NCOs Wednesday at JBSA-Fort Sam Houston, building 247, second floor conference room; 9 a.m. for Airmen, 10:30 a.m. for NCOs and 1 p.m. for senior NCOs Thursday at JBSA-Randolph, Fleenor Auditorium.

#### 502ND ABW PROMOTION CEREMONY

The February 502nd Air Base Wing promotion ceremony is 3 p.m. Thursday at the Joint Base San Antonio-Lackland Gateway Club.

For more information, call 671-4896/6705/2265.

### FEB. 28

#### 59TH MDW ANNUAL AWARDS BANQUET

The 59th Medical Wing annual awards banquet is Feb. 28 at the Gateway Club. Social hour begins at 5:30 p.m.

The event's guest speaker is retired Chief Master Sgt. Robert D. Gaylor, fifth chief master sergeant of the Air Force. Tickets are \$35 each.

For information or tickets, contact Master Sgt. Meoka Crowder at 221-4638, Master Sgt. Simone Lewis-Livous at 671-9894, Tech. Sgt. Harmony Prisk at 292-7303, Tech. Sgt. Morgan Northcutt at 671-9876, Tech. Sgt. Christine Trejo at 671-9876, Master Sgt. Katrina Bowers at 292-7047, Staff Sgt. Brandi Campbell at 295-4822, Tech. Sgt. Courtney Amaker at 292-6633 or Staff Sgt. Brooke Alf at 292-5989.

### INFORMATIONAL

#### STAFF SERGEANT TESTING MOVED

The 2014 staff sergeant testing window has been moved up 30 days. The new window is April 1 to May 16.

For additional information, call 671-8764.

# Retired commander focuses on equality at heritage luncheon

By Mike Joseph  
JBSA-Lackland Public Affairs

The longest serving African American in Department of Defense history made equality the centerpiece of his remarks during the annual Joint Base San Antonio-Lackland African American Heritage Month luncheon Feb. 13 at the Gateway Club.

Retired Maj. Gen. Alfred Flowers, who is the longest serving airman in Air Force history, also spoke about African Americans in American history and the civil rights movement.

"I like to talk in terms of American history and the contribution of African Americans," said Flowers, who retired in 2012 after serving 46 years in the Air Force.

"I believe it doesn't matter what your race is, if you're an American you're a part of American history," he said. "We must learn from the past, live in the present and plan for the future."

This year's national theme for

Black History Month is Civil Rights in America, the Golden Jubilee. The Civil Rights Act was passed 50 years ago in 1964 and was signed into law July 2 that year by President Lyndon Johnson.

At the bill's signing, Johnson said, "We believe that all men are created equal. Yet many are denied equal treatment. We believe that all men have certain unalienable rights. Yet many Americans do not enjoy those rights."

"We believe that all men are entitled to the blessings of liberty. Yet millions are being deprived of those blessings – not because of their own failure, but because of the color of their skin ... The purpose of the law is simple."

Each of the 11 federal titles that compose the act took historic steps to further make all Americans equal. For example, Title II outlawed discrimination based on race, color, religion or national origin in hotels, motels, restaurants, theaters and all

other public accommodations while Title IV encouraged the desegregation of public schools.

"The civil rights movement was about equality," Flowers said. "We must continue to embrace it."

He explained what the letters in equality represented to him along with a brief explanation to elaborate his point: E represented education; Q, question what is unclear; U, understand choices that are made; A, attitude; L, leadership; I, integrity; T, trust; and Y, why teaching and training tomorrow's leaders is important.

"Attitude is a big one for me," Flowers said. "It's all about attitude, and attitude is about choice. We choose our attitude and it belongs to us – only us. I believe our attitude toward equality defines what we think, how we act and who we are."

"I believe we've made a lot of progress in civil rights in America," he added. "Remember: equality is a journey, not a destination and we must stay on course."

## 24th AF CCC speaks on new role

From 24th Air Force Public Affairs

Chief Master Sgt. Brendan Criswell has only been in San Antonio a few weeks, but he is already excited to start making an impact on 24th Air Force.

**Q.** What do you hope to accomplish in your time here?

**A.** My overall goal when I am done here is to simply leave the 24th better than I found it. I will continue to build upon the great work of the first two command chiefs to develop Air Forces cyber and Airmen.

**Q.** What are you most excited about in coming to 24th AF?

**A.** We are on the cutting edge of unprecedented change and I can't wait! If there is one business go-

ing through a tremendous transition right now it's cyber and I'm excited to be involved in this growth industry at such a foundational stage. There is much work to be done to define the cyber mission for the Air Force and the joint team.

**Q.** What do you see as the most difficult part of your job?

**A.** The cyber domain is unlike any other domain as it's entirely man-made. We are simultaneously creating the environment and developing how we can use that environment to our advantage. This is new territory to operate, defend and, if necessary, defeat the adversary in. It's also difficult to grow a new mission in an increasingly resource constrained Air Force. There will be pressure to cre-

ate an ideal cyber architecture coupled with a fiscal reality that won't support all of the requirements. From developing the weapons systems to developing the Airmen who fly them, it will be a tough challenge - but Airmen have faced tough challenges before.

**Q.** What are your expectations of our Airmen?

**A.** I call on leaders at all levels throughout 24th Air Force to show our young Airmen how to be proud to serve. The Air Force is in tough times now with the budget and reduced numbers. All too often this is what consumes our thoughts, but we are not defined by our budget. We

**AFCCC from Page 3**

are defined by our legacy of great Airmen accomplishing the impossible. Cyber is yet another element in our incredible history where smart Airmen are turning what was once impossible into just another day at the office. The thing that will get us through trying times is great leadership building great teams focused on service and the mission. An Airman should never be left to make a dollar-for-dollar comparison between their jobs in the Air Force and on the outside. Being an Airman is so much more than a paycheck. This is more than a job – it is a calling to serve something greater than oneself.

**Q.** What is your leadership

philosophy?

**A.** Leadership is about relationships. The Air Force and leadership relationship is a human endeavor, whether you are dealing with a small group, large group or an individual. You need trust first. You build trust through communication. That means lots of listening, insightful conversations, being believable and being in touch. Strong leadership is simply an extension of strong relationships. Without one, the other will fail

**Q.** What is the most important lesson you've learned that you are bringing with you to 24th AF?

**A.** Here are a few of the core beliefs that I have developed over my years in the Air Force. These beliefs form the foundation and framework

for how I approach the mission and the Airmen that drive it:

- Understanding why we do what we do is essential and drives how well we do it.
- We are the absolute best in the world, but there is room for improvement.
- The outcome of big things is often the result of little things.
- For smart Airmen working as a team, nothing is impossible.
- We can change the Air Force one Airman at a time.

**Q.** What do the Airmen of the 24th AF need to do to be better Airmen?

**A.** If any of us thinks we have cyber all figured out we are wrong. This is a complicated mission and we are still a nascent industry. In order

for us to keep our combat edge, the Airmen of 24th AF need to be the smartest, most innovative and most capable Airmen in the Air Force. Our mission demands it. In order to be at the top of our game, each of you need to be mentally, physically, socially, and spiritually resilient. Resiliency is not a program, it's personal and you all need to take stock of where you may have weakness. This is not something you can fix in hindsight.

**Q.** In your eyes, why are you qualified for this position?

**A.** This is a team sport and I'm a team player. I will do whatever my position avails me of to ensure the success of the team. Let me know where there are roadblocks to success and I will take them head-on.

## WATER CONSERVATION TIPS!

- When building a new home or remodeling a bathroom, install a new low-volume flush toilet that uses only 1.6 gallons per flush.
- Test toilets for leaks. Add a few drops of food coloring or a dye tablet

to the water in the tank, but do not flush the toilet. Watch to see if the coloring appears in the bowl in a few minutes. If it does, the toilet has a leak that needs to be repaired.

- Never use the toilet to dispose

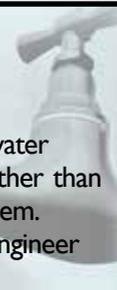
of cleansing tissue, cigarette butts or other trash. This wastes a great deal of water and also plays an unnecessary load on the sewage treatment plant or septic tank.

- Use the garbage disposal sparingly

or start a compost pile.

- Use a small pan of cold water when cleansing vegetables, rather than letting the water run over them.

(Compiled by 502nd Civil Engineer Squadron)



# AF Inspection Agency conducts last Health Services Inspection

By Staff Sgt. Jerilyn Quintanilla  
59th Medical Wing Public Affairs

The completion of the 59th Medical Wing's Health Services Inspection Feb. 6 marked the final HSI in the Air Force.

First implemented in the Air Force 30 years ago, the HSI is an in-depth compliance-based inspection performed at AF medical units every three years.

Its purpose is to assess medical processes used at each facility, ensuring they adhere to AF standards.

The HSI is completed over the course of three days during which the Air Force Inspection Agency team, based out of Kirtland Air Force Base, N.M., is charged with reviewing and assessing several functional areas including medical, dental, nursing, public health, bio-environmental engineering, mental health, education and training, administrative and executive.

As the HSI process phases out, the Unit Effectiveness Inspection will be implemented in its place.

According to Air Force Inspection Agency Medical Operations Director Col. John Sell, the HSI assessed health care and administrative functional areas from a compliance perspective. The medical component of the UEI will focus on mission and patient effectiveness.

With a new name and slightly altered format, the overall goal of the inspection will be to ensure military treatment facilities provide safe and quality healthcare in an efficient, patient-focused and professional manner.

"As the Air Force transitions to the -UEI, one thing is certain – patient safety is paramount and will always be a top priority," Sell said. "It's our goal to ensure patients are receiving the best, safest care possible."

The last HSI in the Air Force was completed with the 59th Medical Wing scoring an "Excellent" rating.



Photo by Staff Sgt. Jerilyn Quintanilla

59th Medical Wing leaders meet with inspectors from the Air Force Inspection Agency after the Air Force's final Health Services Inspection. The 59th Medical Wing scored an "Excellent" rating in the Air Force's final HSI.

## Air Force Chief of Staff Reading List 2014

### Books and Films

#### Message from Air Force Chief of Staff General Mark A. Welsh III

Fellow Airmen,

This year's CSAF Reading List was designed to build understanding. There are stories of Airmen, fellow service members, and leaders from many different backgrounds. I bet there's a book, a movie, a piece of artwork, or a TED Talk in there that you can relate to. I encourage you to try and find your own story in one of the selections.

I'm no Bill Shakespeare ... but I know good books when I see 'em!  
I hope they inspire you to tell your Air Force story.



Mark A. Welsh III General,  
USAF Chief of Staff

#### Message from the Chief Master Sgt. of the Air Force Chief Master Sgt. James A. Cody

Fellow Airmen,

Every day is an opportunity to tell our Air Force story; books offer the knowledge to help appreciate and at times better understand these stories. These three books provide new perspectives. They offer new ideas on how we can connect and communicate to reach personal and professional goals.

Abraham Lincoln once said, "The things I want to know are in books." I am confident these books contain "things" worth knowing.  
I hope they inspire you to make your Air Force story one of the greatest ever told.

James A. Cody  
Chief Master Sergeant of the Air Force



More information on the CSAF reading list, including the photo and art lists for 2014, can be found on the Air Force Portal.

#### Books

*The Doolittle Raid* by Carroll V. Glines, published in 1988

*A Higher Call* by Adam Makos and Larry Alexander, published in 2013

*The Unseen War* by Benjamin S. Lambeth, published in 2013

*On Combat* by Dave Grossman and Loren W. Christensen, published in 2004

*Undaunted* by Tanya Blank, published in 2013

*Fearless* by Eric Blehm, published in 2013

*House to House* by David Bellavia and John R. Bruning, published in 2008

*Switch: How To Change Things When Change Is Hard* by Chip and Dan Heath, published in 2010

*Worm: The First Digital War* by Mark Bowden, published in 2011

*The Art of Significance* by Dan Clark,

published in 2013

*Crucial Conversations* by Joseph Greeny, Ron McMillan, Kerry Patterson and Al Switzler, published in 2002

*Sticking Points* by Haydn Shaw, published in 2013

#### Films

*Band of Brothers*, executive produced by Tom Hanks and Steven Spielberg, released in 2001

*Command Decision*, directed by Samuel Wood, released in 1948

*Inside Combat Rescue*, produced by National Geographic, released in 2013

*The Invisible War*, directed by Kirby Dick, released in 2012

*The Battle of Algiers*, directed by Gillo Pontecorvo, released in 1966

*Zero Dark Thirty*, directed by Kathryn Bigelow, released in 2012

*Memphis Belle*, directed by Michael Caton-Jones, released in 1990

## AROUND JBSA-LACKLAND



Photos by Airman 1st Class Justine K. Rho

The 688th Cyberspace Wing hosted a Valentine's Day themed meal for families lodging at the Joint Base San Antonio-Lackland Fisher House Feb. 14. The Fisher House provides free housing for families of patients receiving treatment at Wilford Hall Ambulatory Surgical Center and San Antonio Military Medical Center.



Volunteers from the 688th Cyberspace Wing prepare lunch for families lodging at the Joint Base San Antonio-Lackland Fisher House. Fisher House management appreciated the support and the opportunity it provided for residents to socialize.

Joint Base  
San Antonio-  
Lackland is on



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## DID YOU KNOW?

The U.S. Army has been providing military medical care in San Antonio since 1879, when a temporary 12-bed hospital was built at Fort Sam Houston to meet this need.

Since then, there have been several iterations of hospitals culminating in the current world-class facility responsible for taking care of wounded warriors, service members from around the world, military retirees, family members and those in the local area who require immediate medical attention.

The 1879 temporary facility was replaced by a more permanent structure in 1886, which was eventually replaced by the Station Hospital in 1908. A distinguishing feature of the new facility was its increased capacity – up to 84 beds were available.

The Station Hospital was used over the next few decades, but saw an additional two wings added in 1910, which increased the number of beds to 152. Around 1912, an isolation ward and maternity ward were also added to the facility.

Things remained mostly unchanged until the late 1930s, when construction began on a new

Station Hospital. The project took about three years to complete, but when done, it was a state-of-the-art facility with a 418-bed capacity.

Due to the influx of patients from the battlefields of World War II, the hospital kept expanding by converting barracks into hospital wards. This peaked when Annex IV was opened, increasing the overall bed capacity of the hospital to 7,800.

In 1942, the Station Hospital was renamed the Brooke General Hospital, named after former Station Hospital commander Brig. Gen. Roger Brooke. The facility was redesignated as Brooke Army Medical Center in 1946.



Construction of the current facility broke ground in 1987, opened in 1996 and now includes the most recent addition – the 760,000-square foot Consolidated Tower and 1,800,000-square foot parking garage, which opened in 2011.



# Airmen can 'chat' live via myPers for personnel support

By Janis El Shabazz

Air Force Personnel Center Public Affairs

Air Force Personnel officials have implemented a live chat capability on the myPers website to allow real-time communication between Airmen and personnel specialists.

Launched in 2012, myPers represents a shift from primarily face-to-face personnel interaction to a process that enables Airmen to handle their personnel transactions on demand and 24/7, from a military or personal computer using a common access card or login identification and password. In 2013, AFPC added the chat feature to ensure the tools available to Airmen keep pace with emerging commercial technologies.

MyPers provides direct online access to reliable, integrated, secure information and answers, enhancing an Airman's ability to monitor and manage personnel information, said 2nd Lt. Zachary Newman, the AFPC Transitions Branch support officer.

"The chat feature gives Airmen a fast and convenient way to get answers di-

rectly from subject matter experts on specific questions that may not be available on the website," he said.

The chat feature comes up automatically when members search for key topics like retirement, separation or retraining. Force management is not a topic that generates a chat but Airmen can ask about related questions during a retirements or separations chat. For example a service member applying for retirement or separation will be able to chat with a customer service representative about their application or ask a specific question on force management and get a real time response through chat or be directed to the proper reference by the customer service representative.

Following the session, the Total Force Service Center, or TFSC, emails a chat transcript to the member for his or her records. Records of a member's previous chats are also available on the myPers website. Chat hours are Monday through Friday, 7:30 a.m. to 3:30 p.m. CST.

While myPers information is constantly refreshed to ensure Airmen have the most up to date information at their fingertips, the chat feature is a true ex-

ample of a just-in-time to help Airmen through the current heightened force management activity, Newman said.

"We want to ensure Airmen always know where they can find the most current information," he said. "This is especially important in this climate of transformation. We do everything possible to ease the stress that is inherent whenever major policy changes occur. MyPers offers answers to questions covering a vast array of Air Force personnel issues, such as separations, base-of-preference, and the latest news on the upcoming force management programs."

The site recognizes users as officers, enlisted, civilians, reserveists or guardsmen, and provides customized access to personnel information and links to the most commonly used applications. Airmen can also find information on processing requests and timelines on the site.

"The myPers website should be the first

stop for Airmen seeking access to personnel information services," Newman said. "However, if they find they need further assistance they can call the (TFSC) to speak to a customer service representative. The TFSC centralizes processes and access for most military and civilian personnel services and center phone staff can answer whatever questions an Airman might have on personnel topics."

To contact the TFSC, call 210-565-0102, DSN 665-0102 or toll free at 800-525-0102. Airmen can also select the contact us link to email questions to the TFSC.

"We are constantly seeking new ways to better serve our Airmen," Newman said. "The myPers website with its multitude of topics and information gives Airmen efficient and timely tools to access and manage their personnel information anytime and anywhere they might be."

For more information about general personnel issues or the latest force management news, visit myPers.

*AF seeks fathers to test new app:*

# Mobile Dad



By Airman 1st Class Krystal M. Jeffers  
Joint Base San Antonio-Lackland Public Affairs

Because the first 13 months of development entails multiple stages of growth that often bring with them multiple levels of frustrations for new dads, the Air Force in collaboration with the University of Michigan designed an app to help.

The free app, Mobile Dad, needs volunteers in the San Antonio area to use the program and provide feedback. Developers hope to use the information to further improve the product.

"We were looking for an innovative way to capture dads' attention and provide them with information they will find helpful and enhance their relationship with their child," said Lt. Col. Wendy Travis, Air Force Medical Operation Agency Mental Health Division Policy and Program Evaluation chief, who is in charge of the research and development of Mobile Dad.

"We have been doing classes and programs through family advocacy for many years but the participant rate for fathers has been low," Travis continued. "We know military

members travel a lot – even civilian dads travel for work and are away from their families and can't come to classes sometimes. So, we are taking the information to the dads instead of expecting them to come to us."

Mobile Dad provides information twice a week for eight weeks about what developmental stage the child is in and their abilities at that time, like starting to learn vocabulary and the ability to eat more solid food. The app then provides various activities for fathers to do to engage the baby's new abilities, enhancing learning and growth.

"It is more challenging to reach dads than moms during pregnancy and the early years of life," said Meg Walker, AFMOA Family Advocacy New Parents Support Program director. "It seems that that time period is more mother-focused and we want to reach out to engage dads in our (Family Advocacy) services. We want to let them know they are important and have a large part to play in the baby's life."

The program is available only for iPhones, iPod touch, and iPads though there are plans on expanding to Android devices if testing is successful. Fathers interested in using the app can go to <http://www.mobiledadapp.org> and fill out a questionnaire – which takes approximately 15 minutes – before downloading it from

the Mobile Dad website.

The anonymous questionnaire covers topics to include general questions about the child like their age and name, parental knowledge and the relationships between the child, father and mother. The questionnaire not only allows researchers to learn the knowledge level of the fathers before using the app, but it will also tailor the program to the father and child, allowing the program to send age-appropriate information.

The app is designed to benefit not only first-time fathers but also experienced fathers.

"I love the app," one Mobile Dad user said in anonymous feedback. "At first I thought it would be more useful for first-time fathers but, it turned out to be so helpful even though I already have kids. It reminded me that all kids aren't the same and has helped me try new things."

One type of information both experienced and new fathers can appreciate is the twice a week push notification that informs them what developments stage their child is entering.

"At that young age children develop rapidly so, what you see one week might be very different from what you would see a month later," Walker said. "They have different capabilities and because of that there are different things parents can do to

engage them to enhance their brain power and abilities."

Another Mobile Dad user said, "Getting activity ideas from the app would plant the seed for things to do over the weekend when I have the most family time."

Mobile Dad doesn't show just activities for when the father is home with the child but, when the father is just that – mobile, whether he is on temporary duty assignment, a deployment or a business trip.

"If the child is in the same town as the father, he can read the content for 'at home dad,'" explained Travis. "But, the content is also tailored to give the dad things to do if he goes TDY or gets deployed. For example, instead of 'read a book to the child at bed,' it will show 'record yourself reading a book.' It's giving dads a way to be with their child even if they aren't in the same place."

A third user was appreciative of that ability.

"Right now I'm TDY and away from home," said the father. "The app helps me keep up with what the baby's doing while I'm away."

All the information and activities provided are verified to be accurate and safe by an array of professionals in child care.

"It was developed by a university in collaboration with us, AFMOA, and we have reviewed the content to en-

sure that it is accurate and valid," Walker said. "There is a possibility people find information that is inaccurate on the web and not even safe."

"We had our content vetted by our Air Force pediatric consultant and follow the American Academy of Pediatrics guidelines closely so that the recommendations are safe for babies of this age."

"Dads can feel confident that the information they get is appropriate, helpful and safe," added Travis.

In addition, the app was designed to present the information in a humorous manner and without any military jargon to make it relevant to civilian fathers.

"We wanted to speak to husbands of military women who aren't military men," Travis said.

Another feature includes tracking the child's milestones – like first words and steps – with logs, videos and photos. The father has the ability to give permission for other people – like the other parent, relative, caregiver or guardian – to see his Mobile Dad account and what he uploaded to it using their own user name and password.

Any content a user uploads to the app cannot be viewed by anyone but the father and those he has given permission to. The only thing viewable by the researchers is the app's usage, not content.

"Pictures, videos and content won't be used in any research study; that's private to the father and not part of the research," Travis said.

After the 8 week participation period, the father will receive a DVD containing everything that was uploaded, like his logs and digital imagery.

A third feature of the app is resources and referrals, which is where the program connects users with parenting resources both on the user's local installation and off; like parenting classes and child care centers. While Mobile Dad is in testing phase, it is set up to show resources only in San Antonio.

"This is the first test of the app," Travis said. "We don't know if it will do what we hope it will do, which is to reach fathers. We spent the last year building it and we really need dads' input on it so we can know if we are on the right track, need to tweak things or are way off the mark."

Fathers of 18 years or older with either have Department of Defense dependent newborn to 13 months or expecting a child in two months to be are eligible. They also need an iPad, iPhone or iPod touch. Installing and using the app is free.

For more information, go to <http://www.mobiledadapp.org> or contact Dr. Shawna Lee at 734-763-6565 or [Shawnal@umich.edu](mailto:Shawnal@umich.edu).

# AF Charity Ball a lifeline for Airmen



By Christina Lynch and Jodie Edwards  
2014 Air Force Charity Ball Silent Auction Committee

The Air Force family joins together April 5 in Springfield, Va., to celebrate the Air Force Charity Ball and Silent Auction. This annual event has become an 11-year tradition of charitable giving in support of the Air Force Aid Society and the thousands of Airmen and families the AFAS assists.

The Air Force Aid Society, the Air Force's officially recognized charity, offers a lifeline for Airmen and their families.

The AFAS helped Staff Sgt. Arrin Tune, from Minot Air Force Base, Neb., pick up the pieces after her home was severely damaged by the flooding of the Souris River in 2011.

"When I got the call about the Air Force Aid Society helping me, I cried," Tune said. "It was a huge relief and a weight lifted off my shoulders.

"I don't know how to show my appreciation, so all I can do is say thank

you to all who have helped me rebuild my home," Tune said. "There are not enough words to express how grateful I am."

"The Air Force Charity Ball and Silent Auction is one of the largest fundraisers for the AFAS and has generated more than \$5.4 million dollars since its inception," said 2014 Air Force Charity Ball Chairman Tanya Harencak.

Funds raised support the Air Force mission by improving the lives of Airmen and their families through a variety of programs. These programs offer emergency aid, educational assistance and community enhancement.

Additionally, programs have been designed specifically to support the families of deployed Airmen as well, such as "Give Parents a Break" and "Car Care Because We Care."

"Your support will directly make a difference to all Air Force families in need," Harencak added. "We can't do it without help."

Ticket sales end March 1. Attendance and donations are encouraged and there is still a need for silent auction donations.

To learn more about the Air Force Charity Ball and Silent Auction, visit <http://www.airforcecharityball.org>. For more information about the AFAS, visit <http://www.afas.org>.

## Military Saves Week promotes financial readiness for service members, families

By Lori Newman  
JBSA-Fort Sam Houston Public Affairs

Fewer than 50 percent of Americans say they have a savings plan with specific goals, according to the Military Saves website.

During Military Saves Week, which runs from Monday through March 1, Joint Base San Antonio Military and Family Readiness Centers will hold several events to encourage people to take the Military Saves Pledge and commit to saving money, reducing debt and building wealth over time.

“Our basic goal is to encourage service members and their families to plan for their future,” explained Devon Paul, a work life specialist at the MFRC at JBSA-Fort Sam Houston. “To save more money; whether it’s something as simple as opening

up a savings account, paying off a credit card or looking at their current allotments to see if they are on target for retirement.” An information fair will be held from 3-7 p.m. today at the Military and Family Readiness Center on JBSA-Fort Sam Houston.

The fair will feature vendors from several agencies such as banks, credit unions and the Better Business Bureau and information sessions will be presented about different financial readiness topics like saving for retirement, buying a car and using coupons.

A scholarship seminar will also be held from 4:30-5:30 p.m. for high school students and their parents to learn about different ways to save money and prepare for college expenses.

“The cool thing is we are making the event kid friendly, because it is being offered in the

afternoon-evening time frame,” Paul said. “If parents want to bring their children, we are going to have things like face painting and refreshments.”

Military Saves is part of the Department of Defense’s Financial Readiness Campaign and has partnered with the DOD since 2003.

Military Saves encourages individuals to save a portion of each paycheck; develop a personal financial plan; establish good credit and enroll in programs such as the Thrift Savings Plan.

Since the launch of Military Saves Week in 2007, more than 158,000 individuals have taken the saver pledge or re-pledged.

Service members and their families, retirees, veterans and DOD civilians and contractors can take the pledge online at <http://www.militarysaves.org>.

JBSA Financial Readiness offers several classes throughout the year and has counselors available for one-on-one financial counseling.

“Sometimes people have specific needs or personal issues



Photo by Olivia Mendoza

(From left) Kevin Keith, Criselda Smith and Devon Paul from the Joint Base San Antonio Military and Family Readiness Centers watch as Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, signs the Military Saves proclamation Tuesday. Military Saves Week is Monday through March 1.

they don’t want to discuss in a classroom setting, so they can call and make an appointment with a financial counselor,” Paul said. “Anyone with a DOD ID card can utilize this service including military retirees and

DOD civilians.”

For more information or to make an appointment, call 221-2380 at JBSA-Fort Sam Houston; 671-3722 at JBSA-Lackland; and 652-5321 at JBSA-Randolph.

### Electrical Safety

Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These are second nature for most of us. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind.



#### SAFETY TIPS

- » Have all electrical work done by a qualified electrician.
- » When you are buying or remodeling a home, have it inspected by a qualified electrician.
- » Only plug one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) into a receptacle outlet at a time.
- » Major appliances (refrigerators, dryers, washers, stoves, air conditioners, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
- » Arc fault circuit interrupters (AFCIs) are a kind of circuit breaker that shuts off electricity when a dangerous condition occurs. Consider having them installed in your home. Use a qualified electrician.
- » Use ground fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.

- » Test AFCIs and GFCIs once a month to make sure they are working properly.
- » Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don’t have to use extension cords.
- » Use light bulbs that match the recommended wattage on the lamp or fixture. There should be a sticker that indicates the maximum wattage light bulb to use.

#### IMPORTANT REMINDER

Call a qualified electrician or your landlord if you have:

- Frequent problems with blowing fuses or tripping circuit breakers
- A tingling feeling when you touch an electrical appliance
- Discolored or warm wall outlets
- A burning or rubbery smell coming from an appliance
- Flickering or dim

[www.nfpa.org/education](http://www.nfpa.org/education)



## LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### SATURDAY

#### JBSA-FORT SAM HOUSTON BASURA BASH

The fourth annual Joint Base San Antonio-Fort Sam Houston Basura Bash will be held from 9 a.m. to noon Saturday at Salado Creek Park. Volunteer check in begins at 8 a.m. followed by a safety briefing at 8:45 a.m.

The annual cleanup of Salado Creek is held in conjunction with the city-wide cleanup effort for the tributaries of the San Antonio River.

All volunteers must have military identification or common access card and sign a waiver to participate.

To register, visit <http://www.basurabash.org> or call Tray Cooper at 652-0181 for more details.

#### ANNUAL TEEN POETRY SLAM

The Joint Base San Antonio Family Advocacy Program will host its fourth annual Stand, Speak, Listen, Teen Poetry Slam from 6-9 p.m. Saturday at the JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797.

The event recognizes February as Teen Dating Violence Awareness

Month. Military dependent teens ages 14 to 18 are eligible to perform or read their original poetry and compete for prizes. Preregistration is required for participants.

For additional information, contact JBSA-Lackland Family Advocacy Outreach at 292-3501 or 292-0400.

### MONDAY-TUESDAY

#### DEFENSE THREAT REDUCTION AGENCY COURSE

The Defense Threat Reduction Agency's Defense Nuclear Weapons School will hold an awareness-level course at the San Antonio Fire Training Academy, 300 South Callaghan.

The free course, "Introduction to Radiological and Nuclear Incident Response," was developed to increase confidence and skill in responding to and mitigating the consequences of radiological accidents and terrorist weapons of mass destruction events.

For details, contact Master Sgt. Jared Ray at 505-846-6313 or Staff Sgt. Nicholas Martin at 505-853-6372.

### TUESDAY

#### SENIOR NCO ENHANCEMENT SEMINAR

A mandatory supplemental Joint Base San Antonio senior NCO profes-

sional enhancement seminar for master sergeant selects and newly promoted master sergeants is from 8 a.m. to 3 p.m. Tuesday through Feb. 28 at Arnold Hall Community Center.

The seminar is designed to provide newly selected master sergeants with an in-depth view of their increased supervisory, leadership and managerial responsibilities. It also provides assistance in making the transition to senior NCO status more effective.

For more information, contact Master Sgt. Tracette Abney at 671-1575 or Master Sgt. Sanelle Romero at 652-2525.

### WEDNESDAY

#### LIVE PROFESSIONAL DEVELOPMENT COURSE

The Association of Old Crows will present its introductory live online webcast professional development course, Electromagnetic Battle Management Concepts noon to 3 p.m. Wednesday. The short web course reviews new doctrinal concepts and current processes in electronic warfare and spectrum management. For information, visit <https://www.crows.org/details/260-electromagnetic-battle-management-concepts.html>.

### 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.

### MARCH 6-8

#### WORLD WAR II MEDICAL SYMPOSIUM

The U.S. Army Medical Department Museum Foundation, in association with the Uniformed Services University of the Health Sciences, will sponsor the World War II Medical Symposium March 6-8 at the U.S. Army Medical Department Museum, 2310 Stanley Road, building 1096 on Joint Base San Antonio-Fort Sam Houston.

Details and the registration form for the symposium is available at [www.ameddmuseumfoundation.org](http://www.ameddmuseumfoundation.org).

### MARCH 18

#### CUSTOMER SUPPLY TRAINING

The 502nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes the third Tuesday each month in building 5160, second floor conference room.

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.

Contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

### INFORMATIONAL

#### MOTORCYCLE SAFETY CLASS

The Air Force Safety Office has contracted with Cape Fox Professional Services to hold a Motorcycle Safety Foundation class in mid-March at Joint Base San Antonio-Lackland to train volunteer military motorcycle instructors.

Bill James, JBSA traffic safety manager, said the eight-day RiderCoach preparation class will be held between March 17-26.

For details, call 671-6274.

#### NEW ONLINE TOOL FOR SPOUSES

Military spouses who need guidance on education and careers have a new online tool, MyICP (My Individual Career Plan), through the Spouse Education and Career Opportunities program on the Military OneSource website.

MyICP helps spouses build a virtual career roadmap based on their specific goals and objectives.

For more information, visit <http://www.militaryonesource.mil/seco>.

## 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  
Divine Liturgy Sun. 8 a.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 Fri. 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.

- Gateway Chapel – building 6300  
Daily Mass Mon., Tues. and Thurs. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

### —ISLAMIC

- Global Ministry Center – building 7452  
Jummah 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 and 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	<a href="http://www.lacklandesc.org">http://www.lacklandesc.org</a>
Force Support Squadron	<a href="http://www.lacklandfss.com">http://www.lacklandfss.com</a>
Lackland ISD	<a href="http://www.lacklandisd.net">http://www.lacklandisd.net</a>
Officers' Spouses' Club	<a href="http://www.lacklandosc.org">http://www.lacklandosc.org</a>
JBSA Public website	<a href="http://www.jbsa.af.mil">http://www.jbsa.af.mil</a>
My Air Force Life	<a href="http://www.MyAirForceLife.com">http://www.MyAirForceLife.com</a>

# WHAT'S HAPPENING

## Family Support Events

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

### FRIDAY

- ▶ Understanding Veterans Administration benefits, 10 a.m. to noon.
- ▶ Interview with confidence, noon to 2 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

### SATURDAY

- ▶ TAPPestry conference, 8:30 a.m. to 4:15 p.m., Education Service Center 20, 1314 Hines Ave.

### 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.
- ▶ Saving and Investing 101, 11:30 a.m. to 1 p.m.

- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 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, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.
- ▶ Thrift Saving Plan, 11:30 a.m. to 1 p.m.
- ▶ Exceptional Family Member Program, contents of the IEP, 12:30-1:30 p.m., building 3850.
- ▶ AMVETS national service officer available by appointment only. For additional information,

call 773-354-6131.

### WEDNESDAY

- ▶ Houston Police Department recruiting, 9 a.m. to 1 p.m.
- ▶ Create an effective resume, 11:30 a.m. to 1:30 p.m.
- ▶ Basic Money 101, 11:30 a.m. to 1 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

- ▶ Car buying, 11:30 a.m. to 1 p.m.
- ▶ Exceptional Family Member Program support group, noon to 1:30, building 3850.
- ▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, 1 p.m., building 7248. For additional information, call 773-354-6131.
- ▶ AMVETS national service officer

available by appointment only. For additional information, call 773-354-6131.

### FEB. 28

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

### MARCH 3

- ▶ 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, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-54-6131.

## 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

# Common bond links two All-Air Force coaches together

Photo and story by Jose T. Garza III  
JBSA-Lackland Public Affairs

As All-Air Force boxers spar against each other, their coaches stand diagonally on opposite sides of the ring watching each fighter's progress.

While head coach Steven Franco and his assistant Bobby De Leon look intently at their fighters' progress, they may know what one another is thinking about.

"I can look at him and he can read my mind and he will know what I'm thinking before I can spit it out," Franco said. "It's scary."

They currently have one common goal during training camp at the Chaparral Fitness Center: To win the San Antonio Regional Golden Gloves.

"We have the same mindset," Franco added. "We don't want our boxers to just learn something. We want them to learn to win."

One reason the coaches are so in tune with each other is because they have history together. In 2000, they met while stationed at Kunsan Air Base, South Korea, and discovered they both trained under the same coach in San Antonio years before.

"Boxing is a small community," De Leon explained. "It's one of those ties you have with other fighters. We both knew Joe Souza, so we both started out at same place. We just chatted from there and we hung out."

Joe Souza, who was a notable cutman in the professional boxing world, trained the two aspiring amateurs at San Fernando Gym. He passed away in 2011.

For Franco and De Leon, boxing was an outlet for them to stay away from trouble.

"I left New York at 16 to move to San Antonio and live with my brother," Franco recalled. "My dad told me I had to move out of New York to stay out of trouble. I started with San Antonio Parks & Recreation (under Souza) in 1992 because I wanted to fight.

"My brother told me to pursue boxing if that's what I wanted to do. So that's when I went to Souza."

De Leon recalled how he began training with Souza.

"My parents took me to the gym after I got into a scuffle with my ex brother-in-law," De Leon remembered. "After that little scuffle, they told me 'this is where you can unleash your aggression.'"

After Franco and De Leon graduated high school in 1993 and 2000, respectively, they joined the Air Force and immediately pursued participation on the All-Air Force Boxing Team.

The coaches lost contact with each other after De Leon relocated to Joint Base San Antonio-Lackland from Korea. They reunited in 2005 at San Fernando gym after Franco permanently changed duty stations and moved to JBSA-Lackland.

De Leon was looking to step away from amateur ranks at the time but wanted to give boxing one more go around first and sought out Franco to be his trainer.

"I said let's do it," explained Franco, who at that time, already retired from the ring and had volunteered to be the All-Air Force Boxing assistant coach. "I worked with him a little bit. He went up against a guy who was one of the toughest fighters in San Antonio and he did okay against him."



All-Air Force Boxing coaches Bobby De Leon, left, and Steven Franco pose for a photo February 2014 at JBSA-Lackland Chaparral Fitness Center. De Leon and Franco have known each other since 2000 when stationed together at Kunsan Air Base, South Korea. They have coached the team as a duo since 2012.

They once again became separated as De Leon relocated to F. E. Warren Air Force Base, Wyo. in 2008 while Franco moved to Vandenberg Air Force Base, Calif. in 2010 and became the All-Air Force Boxing Team head coach.

At first, Franco oversaw the team primarily by himself but, after a few years, he realized that he needed to look for an assistant who he could trust.

Who better to go to than someone he knew had the same passion for boxing he did?

"When we went to the Armed Forces Boxing Championships in 2012, some of the guys who knew us as fighters remembered us," he recalled. "They saw us as coaches, they were like 'oh man, I can't believe they are together' and they said, 'Here comes trouble,' because they knew we were

tough in our day."

Their close relationship is noticeable even among people outside the boxing community.

"Everywhere we go, people ask us if we are brothers," De Leon said. "We act and think the same. We get mad at the same stuff."

This year could be the last year the duo imparts their boxing knowledge on the All-Air Force Boxing Team. Franco is contemplating retiring from the Air Force after 20 years of military service. If the New York native retires, he has full confidence that his amigo DeLeon can take over the program.

"I believe in him 100 percent," Franco said.

De Leon realizes he has pretty big shoes to fill if he becomes

**COACHES** from Page 16

head coach.

“Because of him, I am a better coach,” the assistant said. “I have a better understanding of different things. I feel more comfortable with doing different things.”

Franco notified his team this could be his last year coaching. He expects

to bookend his All-Air Force coaching career with victory.

“I told them we need to win first place,” the head coach said. “At last year’s regional Golden Gloves, we had first place in the team competition on the last night, but we lost it at the end and took second place.”

“When you are close to achieving first place, it makes you want it

even more.”

Both coaches are grateful to have competed and coached in the All-Air Force Boxing program.

“It’s been real good to me,” De Leon explained. “The program has produced different types of fighters and personalities.”

“Being an All-Air Force boxer helped me become a better coach at

the end,” Franco added. “Having won and lost during my time in the program, I can relate to my boxers as far as the training and preparation it takes to succeed.”

“As a coach, we are not just trying to make better boxers or athletes. We are trying to make better Airmen for the Air Force. We are trying to instill leadership qualities in them.”

**UPCOMING****2014 INTRAMURAL BASKETBALL TOURNAMENT**

The Joint Base San Antonio-Lackland Fitness and Sports Department hosts the 2014 Intramural Basketball Tournament beginning Monday. Letters of intent have already been sent out, and contact unit sports representatives for details. If there is no unit sports representative contact Daniel Ayon at 671-2725 for details on how to register a team.

**JBSA-LACKLAND BASEBALL TEAM**

Men 18 years of age and older with prior competitive experience at the high school level or higher are welcome to join the JBSA-Lackland baseball team. Games are played on the weekends, mostly on Sunday. Active duty, civilians, and their dependents are eligible to play. Contact Daniel Ayon at 671-2725 for more details.

**RUNNING IMPROVEMENT PROGRAM**

The Running Improvement Program is a 30 day program that meets Monday through Friday. The instructor led program will teach participants how to run more efficiently while also improving cardiovascular fitness. An education class begins March 6 at 7 a.m. The official class starts March 10 at 6:30 a.m. Call Byron Black at 671-7480 for more details.

**VOLUNTEER SOCCER COACHES NEEDED**

The Joint Base San Antonio-Lackland Youth Center needs volunteer coaches for the upcoming soccer, which begins March 1 for children ages 5-14. Training is provided. For more information, call Johnny Bailey at 394-0437.

**Pound down, drop pounds in new fitness class**

By Jose T. Garza III  
JBSA-Lackland Public Affairs

Joint Base San Antonio-Lackland patrons can “rock out with drumsticks while burning calories in a new fitness class offered at the Kelly Fitness Center.

Instead of pounding down on the drums, they pound down on floor mats to the beat of various artists from hip hop, rhythm and blues and house music.

Pound Fitness, created by fitness experts and music enthusiasts Kirsten Potenza and Cristina Peerenboom, joined the JBSA-Lackland fitness calendar in February. It is a 45-minute full body jam session that combines light resistance with simulated drumming; fusing cardio, Pilates, plyometrics and isometric poses and movements.

Veronica Banks, a certified Zumba and Bokwa instructor with a bachelor’s

degree in dance, conducts the class Mondays and Wednesdays at 11:30 a.m. After discovering Pound via Google, she sought certification to teach the program and achieved it in April 2013.

Letty Martinez, Air Force Medical Support Agency SQL database administrator, said she had difficulty shedding inches off her waist following the birth of her second child, so she began taking Banks’ class off base in October after receiving positive reviews from friends.

Martinez has lost 20 pounds and gone down three pant sizes in four months. Her goal is to fit into size 8 pants.

“I am going to get there eventually,” Martinez said. “Give me a couple of more months and I’ll be there.”

Pound has also helped her build strength in her arms, legs and core body, she said.

“After months of doing this workout,

I can see that my legs are structured differently,” the database administrator explained. “I am seeing definition in my abdominals and shoulders.”

Martinez added that she has also gained confidence from taking the class.

“At first, I couldn’t do the workout,” she said. “I can hit the floor and I can stay through the whole workout. Core was my biggest weakness, but now I can do it.”

Banks recommends the class for Airmen who are looking to achieve specific goals of their own. She noted that the exercise can help Airmen pass the physical training test as well as develop or enhance strength.

Each Pound Fitness session costs \$2. Call the Kelly Fitness Center at 925-4848 for more details.

**Air Force kicks off High Flyin’ BBQ Challenge**

By Staff Sgt. Ian Hoachlander  
Air Force Personnel Center Public Affairs

The Air Force Personnel Center Directorate of Services is hosting the inaugural Air Force High Flyin’ BBQ Challenge now through September.

The competition is open to all active duty Airmen and sister service members at Air Force-led joint bases in the contiguous United States who think their barbecue is the best in town and want to prove their barbecue prowess.

“The intent of this program is to encourage Air Force member participation in locally sanctioned barbecue competitions in an effort to improve morale and resilience, as well as foster local community involvement,” said Scott Black, AFPC special proj-

ects officer.

To apply for the competition Airmen must submit an essay by April 18 to AFHighFlyingBBQ@MyAirForceLife.com explaining in 500 words or less why their barbecue skills are the best.

“The top two essay writers from each of the three geographic regions will earn the chance to compete in an officially sanctioned local barbecue competition this summer,” Black explained.

AFPC will announce the essay winners April 25, and those winners will be automatically entered to compete in local competitions slated for May 23 through Aug. 23.

“All regional competitions will be held at sanctioned events throughout

the continental United States,” Black said. “The top three winners from the regional events will win a trip to the Air Force barbecue finals in September.”

The three Air Force finalists will compete during the San Antonio Stock and Rodeo Show’s Fall Fest, held in September. All participants will receive a commemorative gift for participating in the High Flyin’ BBQ Challenge, and additional prizes will be awarded to winners of the regional and grand final competitions.

For more information about the High Flyin’ BBQ Challenge visit [www.MyAirForceLife.com/bbq](http://www.MyAirForceLife.com/bbq). To find out about other quality of life programs visit <http://www.usafservices.com> or [www.MyAirForceLife.com](http://www.MyAirForceLife.com).