



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 45 • November 14, 2014

837th TRS goes global



Courtesy photo

Senior leadership and instructors from the 37th Training Wing and the Inter American Air Forces Academy are pictured after a culmination ceremony in early September in Guatemala. International Professional Military Education instructors from the 837th Training Squadron traveled to Guatemala to teach PME to both officers and noncommissioned officers from the Dominican Republic, El Salvador, Guatemala, Honduras and Panama armed forces and national police organizations.

37th TRW Veterans Day message

From Col. Trent Edwards
37th Training Wing commander

Thanks to the veterans, past and present, who have sacrificed so much for our nation; from our early beginnings in the Continental Army to World War I in 1914, to helping save the world from tyranny in World War II, aiding South Korean forces repel a North Korean invasion between 1950 and 1953 and fighting a very unpopular war in Vietnam.

Our Vietnam veterans returned home to a society that didn't view them as heroes, but instead, vilified and ridiculed

them for serving their country. Some of our veterans were even afraid to admit that they served in Vietnam.

A new generation of veterans answered our nation's call in the 1990s serving in Operations Desert Shield and Desert Storm, helping liberate Kuwait.

In the last decade, veterans participated in Operations Iraqi Freedom and New Dawn in Iraq and Enduring Freedom in Afghanistan and countless other peace-keeping and small scale contingencies and capacity building operations across the globe.

Veterans have been involved in helping Americans and the people of the world

impacted by natural disasters; hurricanes, fires, floods, tsunamis and other relief operations.

I personally thank all veterans for their courage, commitment, service and sacrifice to the nation and the world.

In 1954 President Dwight D. Eisenhower issued the first Veterans Day Proclamation to recognize those who fought on the seas, in the air and on the land to keep America free and help make the world a better place.

Tuesday marked our nation's veterans and I salute all veterans, past and present. Thanks for keeping us safe and free!

Enlisted promotions: how can I join the top 1 percent?

By Tech. Sgt. Steve Grever
Air Force Public Affairs Agency

Do you want to get promoted, expand your level of leadership and join the enlisted force's top one percent? We researched how chief master sergeants worked their way through the enlisted ranks, and found these common tips on how they made the most of each promotion opportunity.

Set goals and create a study plan

Chief Master Sgt. Patrick Edem, 7th Air Force Directorate of Logistics chief enlisted manager, recommends Airmen dedicate deliberate time to studying for their Promotion Fitness Exam and Specialty Knowledge Test. Edem believes that setting goals and developing a comprehensive study plan will help Airmen retain the most information when the time comes to test for their next stripe.

"Being fully prepared and ready requires more time than just a glance over; you must digest and absorb the PDG, CDC material and any other career field requirements to do well," Edem said.

Using flash cards, notes, audio aids and alternating study times and locations will help Airmen stay focused and on track to be successful on the day of testing. You may need to set aside time on nights and

weekends and find quiet, isolated locations that are conducive to learning to get the most out of your dedicated study sessions.

Dedicate time to meet other promotion requirements

Chief Master Sgt. Vincent Miller, 2nd Maintenance Squadron superintendent, advises Airmen to dedicate themselves to completing their education requirements and go the extra mile to pursue other self-improvement and community service activities. Miller states that Airmen need to demonstrate a willingness to separate themselves from their peers, which can give them a leg up to fulfilling their career aspirations and goals.

"To be competitive for awards and promotions, we must commit ourselves to goals such as education, passing the fitness exam and community service. It is through completion of these expectations and requirements that we become better leaders, managers and Airmen." Miller said.

Participating and leading professional development sessions and being involved in professional organizations are also excellent ways to round out your promotion portfolio.

Find a mentor

Miller believes identifying a mentor early in his career helped propel him

through the enlisted ranks. Chief Master Sgt. Von Burns, 190th Operations Group superintendent, also shared his insight about mentorship, acknowledging that mentors can be used to help Airmen grow and develop personally and professionally throughout their careers.

"Consistent mentorship and a few one-way 'conversations' from a chief master sergeant propelled me down the road of education," Miller said.

Mentors come in many forms and Airmen shouldn't be afraid to walk up to a successful civilian, enlisted member or officer and ask them to share their career advice and become a mentor. Mentors wear a lot of hats. They can serve as trusted counselors and suggest career paths and opportunities that match your individual goals. Their advice and guidance can lay the foundation for you to join the senior noncommissioned officer corps.

Commitment to the mission and your career field, and putting in the time to prepare and study for promotion opportunities will lead you on a path to joining the enlisted force's top one percent.

Share your thoughts on what works for successful development and promotion online at <http://airforcelive.dodlive.mil/2014/10/enlisted-promotions-how-can-i-join-the-top-1>.

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

SENIOR AIRMAN LYNISIE NICHOLS
EDITOR

JOSE T. GARZA, III
SPORTS/STAFF WRITER

DOROTHY LONAS
PAGE DESIGN/ILLUSTRATOR

Office

2230 Hughes Ave.
JBSA-Lackland, Texas
78236-5415
671-2908;
(fax) 671-2022

Email: tale.spinner@us.af.mil

Straight Talk: 671-6397 (NEWS)

For advertising information:
EN Communities
P.O. Box 2171
San Antonio, Texas 78297
250-2440

This newspaper is published by EN Communities, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with JBSA-Lackland, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Talespinner are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or EN Communities, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of the 502nd Air Base Wing. All photos, unless otherwise indicated, are U.S. Air Force photos.

Deadline for story submissions is noon Wednesday the week prior to publication.

Straight Talk Line

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

12 OUTSTANDING AIRMEN OF THE YEAR NOMINATIONS DUE APRIL 2

Nominations for the 2015 12 Outstanding Airmen of the Year are due to the Air Force Personnel Center April 2 and must include examples of leadership and job performance in the nominee's primary duty, significant self-improvement, and base or community involvement accomplished between Jan. 1 and Dec. 31.

All nominees must be enlisted in the Air Force through Sept. 30, 2016. Nominees projected to separate prior to that date must extend or reenlist in the Air Force to remain eligible. Local military personnel section officials may approve or disapprove extensions for the purpose of the 12 OAY program.

Organization and base-level personnel must contact their MAJCOM, field operating agency, direct-reporting unit or MAJCOM-equivalent for applicable suspense dates.

For details about the Air Force awards program and other personnel issues, visit the myPers website at <https://mypers.af.mil>.

AIR FORCE SEEKS 2015 FIRST SERGEANT OF THE YEAR NOMINEES

Air Force officials are soliciting nominations for the 2015 First Sergeant of the Year award.

Nominations must include examples of leadership and job performance in the nominee's primary duty, significant self-improvement and base or community involvement accomplished between Jan. 1 and Dec. 31. Nominees must have served as a first sergeant for at least six months during the award period.

Organizations and base-level personnel must contact their major command, field operating agency, or direct reporting unit for applicable suspense dates and additional information regarding nomination procedures.

Each MAJCOM, FOA or DRU may submit one nomination. Completed nomination packages are due to the Air Force Personnel Center by April 2, 2015.

For details about other personnel issues, go to myPers at <https://mypers.af.mil>.

DIMO HOSTS COURSES, BRINGS TOGETHER INTERNATIONAL PARTNERS IN HEALTH

The Defense Institute for Medical Operations will conduct its third annual "Seminar on Gender-Based Violence and Women's

Chief of Naval Personnel speaks with Sailors at All Hands Call

By Airman Justine K. Rho
502nd Air Base Wing Public Affairs

Chief of Naval Personnel Vice Adm. Bill Moran spoke with junior and senior Sailors from across Joint Base San Antonio at an All Hands Call at JBSA-Lackland Nov. 7.

Moran began his tour of the area Nov. 6 at JBSA-Fort Sam Houston, meeting with leadership and students at the Navy Hospital Corpsmen A-School and visiting wounded warriors at the Center for the Intrepid. Prior to the All Hands Call Nov. 7, Moran toured the Navy Master-at-Arms A-School grounds at JBSA-Lackland.

Moran explained the importance of an open communication between senior leadership and naval personnel, specifically in a joint force training environment.

"It's crucial for senior leadership to keep communication lines open with junior Sailors in the fleet," Moran said. "We need their feedback to know what's making them proud of their service and what aspects are distracting them; from there, we can fix those issues that are important to the Sailors, their families and their command."

"We are a joint force and Sailors that are living and operating in these environments have a lot to tell us about where we are successful and those aspects that we need to address more," continued Moran.

Sailors from across JBSA had the opportunity to ask the CNP about topics affecting their everyday military life and career. Some topics included uniform requirements, shorter deployments, pay and benefits, the loan repayment program, transitioning to a civilian career and the growing naval force.

Moran told Sailors to be open and speak with their leadership.

"Don't wait for guys like me to show up to voice what is going on," explained Moran. "Sailors help themselves and their leadership by voicing issues; which in turn, helps leadership evolve and adapt."

The forum, with its question-and-



Photos by Airman Justine Rho/released

Chief of Naval Personnel, Vice Adm. Bill Moran, addresses topics affecting Sailor's every day military life and career at an All Hands Call Nov. 7 at Joint Base San Antonio-Lackland. Moran's tour of the area began Nov. 6 at the Navy Hospital Corpsmen A-School and Center for the Intrepid at JBSA-Fort Sam Houston. Prior to the All Hands Call Nov. 7, Moran toured the Navy Master-at-Arms A-School grounds at JBSA-Lackland

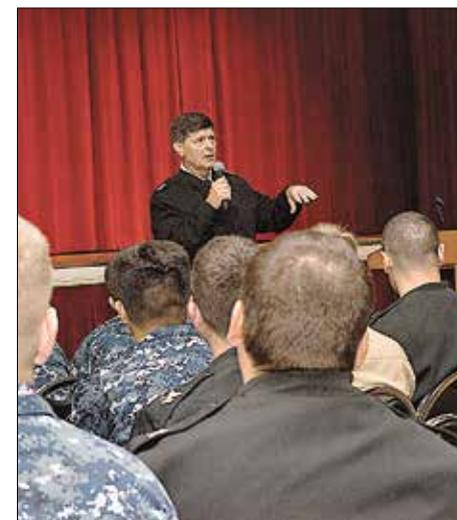
-answer session, had positive reactions from the participants.

"The setting allowed for questions to be answered right then and there," said Chief Petty Officer Aaron Ward, stationed at the Basic Medical Technician Corpsmen Program at JBSA-Fort Sam Houston. "As opposed to someone speaking to us, stating the information they want to relay and maybe answering one or two questions."

Participants were asked why they think it's important to have face-to-face interaction with senior leadership.

"I think it was very informative for the CNP to come out and be with the Sailors in an area with little naval presence," said Petty Officer 1st class John Escobedo, Navy Recruiting District San Antonio. "There is communication through news letters or emails, but there is nothing better than face-to-face meetings with leadership."

"I think a leader should always be able to be present around their people; so their people understand who they are, what they expect and what they are moving forward with," explained Ward.



Chief of Naval Personnel, Vice Adm. Bill Moran, tells Sailors to be open and speak with their leadership at an All Hands Call Nov. 7 at Joint Base San Antonio-Lackland. Sailors from across JBSA had the opportunity to ask questions directly to the CNP. Some topics included uniform requirements, shorter deployments, pay and benefits, the loan repayment program, transitioning to a civilian career and the growing naval force.

Enlisted promotion system changes continue with weighted factor adjustments

This January, changes to the Weighted Airman Promotion System will continue with adjustments to the scoring model for promotions to technical sergeant and below, all designed to help ensure job performance is the most important factor when evaluating and identifying Airmen for promotion.

The current WAPS enlisted performance report calculation model for technical sergeant and below uses the last five years of enlisted performance reports (up to 10 EPRs total) with a maximum value of 135 points. The revised system places increased emphasis on job performance, specifically relative to recent performance.

The weighted EPR points will increase to 250 points and only the most recent closed out EPRs (up to three) when an Airman is promotion eligible at each grade will be considered. In other words, an Airman's EPR calculation will reset to zero after each promotion.

The first EPR produced on the static close out date after an Airman becomes promotion eligible for the next higher grade will be the first weighted EPR used for WAPS points. Airmen will continue to accumulate weighted EPRs until they are selected for promotion to the next higher grade; however, points will only come from the three most recent EPRs. Any EPRs in excess of the maximum three will not be considered.

Those Airmen entering their first year of promotion eligibility will have one EPR used to calculate weighted points. Airmen with more than one EPR on file since becoming promotion eligible for their next higher grade will have up to three EPRs used for calculation.

In the coming months, the Air Force will release new enlisted performance reports for airman basic through technical sergeant, master sergeant through senior master sergeant and chief master sergeants. A change to the new evaluations creates a distinct performance assessment during every reporting period, with a second section of the form documenting a commander's promotion recommenda-

| WAPS SCORING MODEL | | | |
|---|-----------------------|--------------------|----------------------|
| Current as of 30 Oct. 2014 | | | |
| Weighted Factors for promotions to SSgt thru MSgt | Current Maximum Score | CY15 Maximum Score | Future Maximum Score |
| Specialty Knowledge Test (SKT) | 100 | 100 | 100 |
| Promotion Fitness Examination (PFE) | 100 | 100 | 100 |
| Decorations | 25 | 25 | 25 |
| Enlisted Performance Reports | 135 | 250 | 250 |
| Time in Service | 40 | 26 | -- |
| Time in Grade | 60 | 40 | -- |

| Current EPR Ratings | Weighted Points |
|---------------------|-----------------|
| 5 | 250 |
| 4 | 220 |
| 3 | 200 |
| 2 | 150 |
| 1 | 50 |

| Test/Examination | Minimum Required Score |
|---|------------------------|
| Specialty Knowledge Test (SKT) | 40 |
| Promotion Fitness Examination (PFE) | 40/45* |
| USAF Supervisory Examination (USAFSE) | 45 |
| Combine PFE/SKT -or- PFE only (doubled) | 90 |

| Example Promotion Eligible TSgt | Weighted Factors | Weighted Points |
|---|------------------|-----------------|
| Specialty Knowledge Test (SKT) (receives score of 50 out of 100) | 50 | 50 |
| Promotion Fitness Examination (PFE) (receives score of 50 out of 100) | 50 | 50 |
| Decorations (entire career) | 2 AFAM, 2 AFCEM | 8 |
| Enlisted Performance Reports (250 x .50 + 220 x .30 + 220 x .20) | 5, 4, 4 | 235 |
| Time in Service | 11.5 yrs | 14.51 |
| Time in Grade | 4 yrs | 16 |
| Total WAPS Score | | 373.51 |

tion. The promotion recommendation will only be provided when an Airman is promotion eligible, with that rating contributing to an Airman's EPR score in WAPS.

For the 2015 cycle, prior to releasing the new EPR forms, the Air Force will only count EPRs (maximum of three) closed out while an Airman was promotion-eligible. The service plans to implement the new forms over the next year with all in place for the 2016 promotion cycle.

Under the revised system, when an Airman has three years or more in the eligibility window, the top EPR is worth 50 percent, the middle EPR is worth 30 percent and the oldest of the three EPRs is worth 20 percent

of the weighted EPR points. If an Airman has only two promotion-eligible EPRs, then the top EPR is worth 60 percent of the weighted EPR points and the bottom EPR is worth 40 percent. For Airmen with only one promotion eligible EPR, it is worth 100 percent of their weighted EPR points. These changes also increase emphasis on an Airman's most recent duty performance.

Other changes to the WAPS model include a reduction in the points associated with time in service and time in grade to place further emphasis on performance. The multipliers for calculating total time-in-grade and time-in-service points will be reduced by one third for the 2015 promotion

cycle, and future reductions are planned for subsequent years with complete elimination in approximately three years.

Finally, the Air Force is implementing minimum score requirements on both the skills knowledge test (SKT) and promotion fitness examination (PFE). Airmen must achieve a minimum score of 40 on each promotion examination with a minimum combined score from both examinations of 90 or higher. An Airman scoring a 40 on either the SKT or the PFE will be required to score a minimum of 50 or higher on their other examination.

For Senior NCOs administered the U.S. Air Force Supervisory Examination, a minimum score of 45 will be required for promotion consideration. Additionally, those Airmen testing PFE only, to include those who have recently gone through retraining, will have their PFE score doubled during the promotion calculation. Airmen in this category will require a minimum score of 45 for a total of 90 points after the examination score is doubled. Airmen who fail to obtain the required minimum scores will be considered promotion non-selects.

Staff sergeants competing for technical sergeant will be the first group impacted by the new weighted factors when the technical sergeant promotion list is released in late spring.

"The latest changes continue the implementation of our new enlisted evaluation and promotion system and are consistent with our commitment to ensure performance is the primary driver when it comes to selecting Airmen for promotion," said Lt. Gen. Sam Cox, the deputy chief of staff for manpower, personnel and services. "Additional information on the master sergeant evaluation board and details on the changes to the senior NCO promotion process will be released in the coming months."

For additional details about these and other evaluation and promotion system changes, visit the Air Force Personnel Center website at <http://www.afpc.af.mil> or visit myPers.

(Information courtesy of Air Force Public Affair).

Inaugural Memory Mile honors military sacrifice

By Wayne Amann
25th Air Force Public Affairs

For the first time in the eight-year history of the Rock 'n' Roll San Antonio Marathon, the 2014 event will pay tribute to those in the military who have paid the price for freedom.

Members of 25th Air Force are teaming with marathon organizers to create the San Antonio Memory Mile, to honor the sacrifices of military veterans and their families.

Between the seventh and eighth mile markers, volunteers will display flags and photographs of fallen veterans and cheer veterans running. Runners will have the opportunity to pause, pay their respects and say thank you to those who have served or are currently serving.

Last year's race attracted more than 21,600 participants from all 50 states and 13 countries. This year's race is slated for Dec. 7, the

73rd anniversary of the attack on Pearl Harbor.

"Given the historical significance of the date and the size of the race event, I thought this would be a great opportunity to honor the sacrifices veterans have made," said Maj. Trevor Smith, who sits on the 25th Air Force Memory Mile Planning Committee.

Competitor Group Inc., the company hosting the race, has been on board with the project from the start. They'll provide the Memory Mile initiative with a tent, tables and chairs on race day. Plus, their marketing department is determining how to best incorporate the Memory Mile into the final messaging sent to all the registered runners.

"Competitor Group is doing whatever they can to contribute to our success," Smith said. "They're connecting us with the Wounded Warrior Project, which has a team of runners and volunteers for this race."

Next year, Competitor Group plans

to provide Memory Mile floor space and a tent during its pre-race weekend expo in the Alamodome to increase awareness of the pro-military efforts.

Besides honoring the sacrifice of veterans and their families, the Memory Mile Committee is also partnering with Blue Skies of Texas, formerly Air Force Village, and Fisher House, Inc., to raise awareness about their respective missions of service to the military.

T-shirts, sporting Blue Skies of Texas and Fisher House logos, will be available for Memory Mile volunteers and runners to purchase.

The Memory Mile tent in the event's Charity Village will be near the start/finish line providing a meeting place for veterans and their families prior to the race, a rallying point throughout the day and a place for post-race relaxing and socializing with veterans.

With San Antonio's reputation as

Military City USA, organizers expect the Memory Mile will be a welcome addition to the Alamo City's signature running event.

"San Antonio is very military friendly with a significant number of retired and active duty veterans comprising the population," Smith said. "Once people learn about (the Memory Mile), it will become a popular way for them to say thank you to veterans and their families."

To have a veteran honored or for those who want to volunteer along the Memory Mile by holding American flags or images of fallen veterans, send an email to sa.memorymile@gmail.com. For news and updates about the event, check the Facebook page, <http://www.facebook.com/memorymile>.

"Personally, being able to honor just one veteran who has given their life in service to our nation is gratifying for me," Smith said. "And I know we'll be honoring many on race day."

BMT HONORS

Congratulations to the following 52 Airmen selected as honor graduates among the 524 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 635*

Cyrus Afarin
Dylan Downey
Bradley Ferry
Christopher Gaudet
Daniel Klietz
Jayson Matias
Philip McMullen
Gary McPherson
Flight 636
Jared Garner
Kyler Hitt
Robert Hollingsworth
Andrew Smith

321st Training Squadron*-Flight 643*

Matthew Barnes
Dalton Boyd

Ryan Fitzgibbons
-Flight 644
Rebecca Dorval
Brianna Gladden
Candace Jones

322nd Training Squadron*-Flight 637*

Frontera Acosta
Jade Brown
Michael Deisch
Charlie Trilles
Drew Wolfe
-Flight 638
Allan Harle Jr.
Andrew Klegraeffe
Josiah Molyneux
Kendrick Morrison
James Perry

326th Training Squadron*-Flight 645*

Riley Adcock
Keith Bevacqui
-Flight 646
Jada Anderson

Samantha Montgomery
Samantha Pearce
Daisy Rosalez
Tamara Zeman

331st Training Squadron*-Flight 639*

Patrick Cox
Dakota McKenzie
Jeremy Steinacker
-Flight 640
Jessica Dowd
Kristina Ginter
Courtney Parker
Elizabeth Welsh
Courtney Young
-Flight 641

Paul Harding
Rogers Moody
Michael Morin
Justin Tarr
-Flight 642

Walid Ekhlas
Ryan Green
Brian Martens
Antoine Tarnowski

Spencer Whetzel

Top BMT Airman

Cyrus Afarin
320th TRS, Flight 635

Most Physically Fit*-Female Airmen*

Lynette Hrzich
321st TRS, Flight 644
Brianna Gladden
321st TRS, Flight 644
Dynasty Guzman
326th TRS, Flight 646
Jessica Dowd
331st TRS, Flight 640

-Male Airmen

Henry Elling
320th TRS, Flight 641
Tiraus Epps
326th TRS, Flight 645
Riley Kolenc
326th TRS, Flight 645
Fernando Serrano
331st TRS, Flight 641
-Female Flights
326th TRS, Flight 646

331st TRS, Flight 640
321st TRS, Flight 644
-Male Flights

320th TRS, Flight 635
331st TRS, Flight 641
320th TRS, Flight 636
331st TRS, Flight 639
326th TRS, Flight 645
322nd TRS, Flight 638
322nd TRS, Flight 637
331st TRS, Flight 642
321st TRS, Flight 643

Top Academic Flights

322nd TRS, Flight 638
320th TRS, Flight 635
320th TRS, Flight 636
322nd TRS, Flight 637
331st TRS, Flight 642
321st TRS, Flight 643
331st TRS, Flight 641
331st TRS, Flight 640
326th TRS, Flight 646
321st TRS, Flight 644
331st TRS, Flight 639
326th TRS, Flight 645

837th TRS supports USSOUTHCOM in Guatemala

Staff Sgt. Marissa Garner
JBSA-Lackland Public Affairs

In accordance with U.S. Southern Command initiatives to promote prosperity throughout Central America, members of the 37th Training Wing's Inter American Air Forces Academy traveled to Guatemala in September to provide Air Force professional military education to partner nation service members.

The historic event, sponsored by U.S. Army Gen. Martin Dempsey, Chairman of the Joint Chiefs of Staff, marked the first time members of Central American armed forces and national police jointly participated in PME courses in the host nation of Guatemala, according to the IAAFA staff.

"The most important aspect of this event was the opportunity the host country, Guatemala, granted us to deliver a professional military education course that brought neighboring nations together, and welcomed a totally different perspective to their military values and customs," said U.S. Air Force Capt. Edson Veglio, International Squadron Officer School (ISOS) course director.

The mission was a 40-day Central America regional PME course for both NCOs and officers and was executed by the 837th Training Squadron's International PME flight. The 34 students included captains and NCOs from the Dominican Republic, El Salvador, Guatemala, Honduras, Panama, and the United States.

The course curricula taught to these partner nations mirrored Air University's Squadron Officer School and the NCO Academy, but were taught entirely in Spanish. To qualify to administer these courses to partner nations, instructors from the 837th TRS had to earn proper accreditation through the Air University and the Barnes Center for Enlisted Education, ensuring the quality of the course is in line with U.S. Air Force standards.

The primary objective of the event was to build partner capacity and strengthen inter-American relationships while fostering multilateral engagement opportunities for countries facing common challenges in the region. "Leadership, teambuilding, problem solving and communications skills to effectively manage programs and lead personnel were also heavily emphasized", said Tech. Sgt. Rene Anderson, 837th TRS International NCO Academy (INCOA) instructor.

"During a visit to IAAFA, former Chief Master Sgt. of the Air Force James A. Roy presented the idea, 'Be a Bold Leader.' I emphasized the same sentiment during the Guatemala mobile training course, offering our students the proven tools and methods needed to continue to succeed as an excellent military leader and follower," Anderson said.

Another important aspect of this event was the integration of officers and NCOs in a professional working environment. The event combined multiple mission tasks and blocks of instruction to pro-



Courtesy photo

Members of Latin American partner nations stand in formation during a lesson as part of an International Professional Military Education course taught by instructors from the Inter American Air Force Academy's 837th Training Squadron in September in Guatemala. The PME instructors traveled to Guatemala to teach officers, enlisted members and national police.

mote and empower enlisted personnel to effectively work together with officers as a team. Throughout the course, NCOs had the opportunity to act as team leaders, in charge of both officers and NCOs.

"It was amazing to see the transformation of some of the military members as they progressed through the course," said Col. Trent Edwards, 37th Training Wing commander who traveled to Guatemala for the culmination festivities. "There was one young man who couldn't read very well and he didn't have a lot of confidence yet, but he worked extremely hard and was able to progress into that leadership role because of the lessons taught during the course. To see enlisted personnel leading officers in such a professional manner gave such a sense of pride."

Human rights training was also integrated into the curriculum in accordance with the Human Rights Initiative originated by USSOUTHCOM which seeks to bring together representatives of the military, security forces, civilian government and civil society to develop a model human rights program focused in four areas: doctrine, education and training, internal control systems, and cooperation with civilian authorities.

"Being part of the IAAFA cadre tasked to go downrange, allowed me to proudly represent my beloved country of El Salvador while at the same

time be an ambassador of the U.S. Air Force in Guatemala," said El Salvadorian air force Capt. Evert Cartagena, who taught ISOS alongside the Air Force instructors. "I feel very proud of planting the seeds of change for an entire region and I look forward to witnessing the impact this training had on these officers and the new generation coming up under their leadership and command."

The culmination ceremonies at the end of the program, which were attended by several 37th TRW and IAAFA senior leaders, reiterated the significance and absolute professionalism of the 837th TRS personnel, the Guatemalan hosts and the students who completed and excelled during the course, said Edwards, who also emphasized that the mutual respect between all participants added to the success of the program.

Although the courses are finished and the instructors and students have returned to their normal duties, the impact of the program remains constant in both a personal and strategic context, said U.S. Air Force Capt. Louis Colón, one of the ISOS instructors.

"This amazing opportunity to learn from the dynamic environment was invaluable to us as International PME instructors and to our everyday contributions to the Air Force's Building Partner Capacity and Security Cooperation mission," he said.

25 AF command chief ushers in new era

By Master Sgt. Andrew Leonhard
25th Air Force Public Affairs

As the Airmen of the Twenty-Fifth Air Force get comfortable with their new organization name and other changes, they also have a new senior enlisted leader to guide them into the next era of Air Force intelligence, surveillance and reconnaissance.

Command Chief Master Sgt. Roger Towberman, took over the reins of the highest enlisted member in the 25 AF in September and hit the ground running to ensure the re-organization was as seamless as possible for more than 27,500 active-duty, Guard, Reserve, civilians and contractors. For the Chief that meant asking what he could do to help and “stay out of the way” of professionals he labels as “amazing Intel Airmen,” as they work to make the re-organization a success.

“There’s no other place I’d rather be--this is the place to be right now in our Air Force,” said the career cryptologic language analyst. “To bring all our Airmen under one commander really punctuates how important our mission is.”

When asked for his reaction about being chosen as the first command chief of the 25 AF the chief responded, “It’s a fabulous opportunity and a super honor.

“This is a big deal, and from the Air Force perspective with the priority General Welsh [Chief of Staff of the Air Force] has put on ISR; aligning us under the biggest MAJCOM in the Air Force--make this opportunity an awesome endeavor.”

The analogy the chief used to express the level of this new era is that of being on a surf board paddling toward a set of big waves.

“You think to yourself, I have trained for this, I have all the right equipment and I’m ready, but man the size and the complexity of the mission--it’s daunting.” He continued by stating the importance of the mission and the impact it has on thousands of Airmen lives, is something no one should take lightly.

“We can’t forget that for all the technology and advancements, at the end of the day it’s all about the Airmen--they are the weapon systems. So to be a part of taking care of them gives me a healthy respect for the mission.”

It’s a responsibility and respect for the mission the chief has been accustomed to for nearly a quarter of a century. The career intelligence Airman has more than 4,500 hours of flight time as an analyst and 10 different assignments around the world. He’s had the honor to serve with thousands of Airmen, which has taught him a few important lessons.

“I’ve discovered that you have to learn how to get out of your own way,” he explained. “Sometimes when you’re motivated, excited and emotionally charged about the mission or a project; and you quote/unquote “know you’re right,” you can lose site of the bigger picture and more important battles. You have to learn to implement your plan



Photos by William Belcher

Command Chief Master Sgt. Roger Towberman, 25th Air Force, stands at parade rest with the Air Force Intelligence, Reconnaissance and Surveillance Agency guidon prior to the start of the re-organization ceremony Sept. 1. The chief advises the commander on all issues regarding the health, welfare, morale and effective utilization of more than 27,500 military, civilian and contractor personnel within the 25 AF.

with passion and excitement, but when you develop the plan, you should be analytical, objective and measured.”

The chief shared that at times he’d let his passion get in the way ... both on and off duty. That’s when he turned to others for their input.

“You should seek out alternative opinions and points of view to make sure you’re not just clinging to an idea because it’s your idea. You should be willing to change and be willing to be questioned. I find that you should actually be excited about those things [other’s opinions and points of views] because they give you the opportunity to defend your stance or to admit that you may be wrong. This allows you to change; work it out; and re-vector to move forward--making the final



Command Chief Master Sgt. Roger Towberman, 25th Air Force, chats with Tech. Sgt. Philip Carey, scientific applications specialist training manager, during the Alamo Armed Forces Communications and Electronics Association Chapter Event Oct. 29. Towberman became the first command chief of the 25 AF in September after serving as the command chief of the 480th Intelligence, Surveillance and Reconnaissance Wing at Joint Base Langley-Eustis, Va.

outcome even better.”

The Wisconsin native shared a simple statement about the many changes going on in the Air Force today.

“The most important thing is that if you come to work every day and you ask the Air Force, ‘what do you need me to do?’ Then you go out and do it better than everyone else; then sure, all of these current changes are going to affect you, but not really--because you’re going to be fine.”

In other words, “The Air Force is going to find you and take care of you because you’re going to self-identify as somebody who’s deserving,” he said.

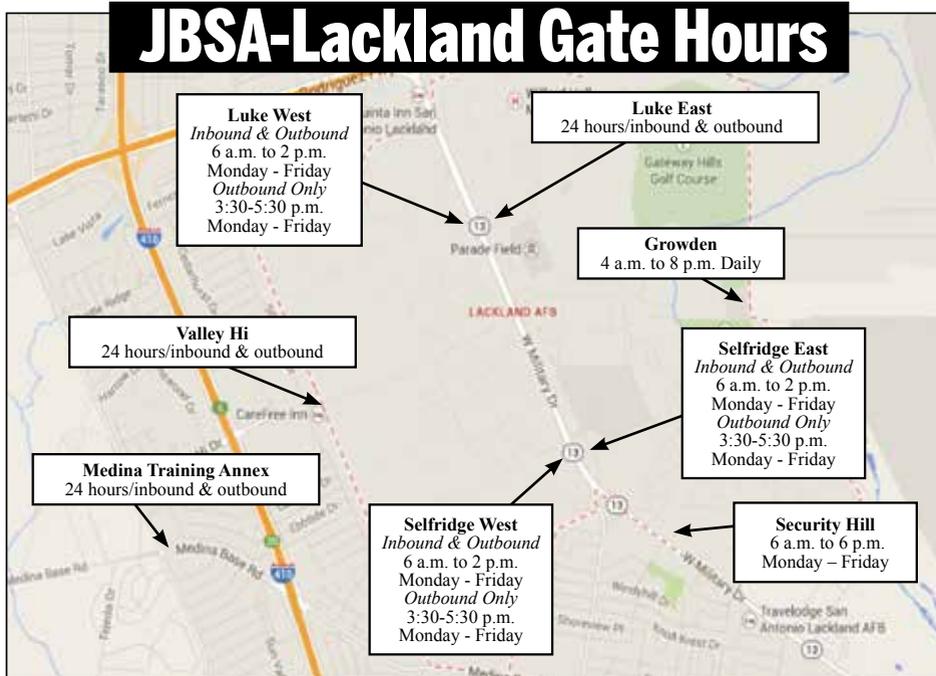
He has a similar stance on promotions.

“I wish our Airmen would spend most of their energy focusing on the difference they make on other human beings; the difference they can make on the mission and let the stripes take care of themselves. It’s not ‘how do I get promoted,’ it’s about ‘how do I make a difference.’”

The fact the Chief uses to support his stance is that everyone’s career will be done one day.

“When your career is done, all the stripes, no matter how many you have, are coming off. If you made a living out of collecting your stripes like Pokéman, you’re going to be sitting there at the end of the day with nothing, but if you made a living out of making a positive change in other people and making a difference in the world and an impact on the mission, then no matter how many stripes you have, you’re going to carry that forever.”

“It’s a beautiful place to be in control of your own happiness,” concluded the Chief. “And you can really control it if you choose that your self-worth will be measured by the difference you make and not the stripes on your sleeve.”



WHAT'S
To find out **HAPPENING**

contact Military & Family Readiness at 671-3722 or email 802fss.fsfr@us.af.mil

Fraud, Waste or Abuse

Members of the public, military members, Department of Defense civilian and contractor employees may report suspicious activity concerning fraud, waste or abuse and employee or management misconduct.

Report suspected FWA to your local inspector general, the 502nd Air Base Wing IG or the DOD FWA Hotline.

502 ABW/IG FWA Hotline 808-1000, <http://www.jbsa.af.mil/fwa.asp>

DOD Hotline 800-424-9098, <http://www.dodig.mil/hotline>

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

NEWS IN BRIEF
from Page 3

Health” and 14th annual “HIV/AIDS Planning and Policy Development” courses Dec. 5-16 in San Antonio.

The seminars will bring together participants from 17 different countries and provide them with a platform to better understand the worldwide scope and consequences of HIV/AIDS and gender-based violence.

A faculty of subject matter experts will provide attendees with insight into the varied global manifestations of gender inequality, as well as, presenting case-based solutions in the development of corrective action plans

The “HIV/AIDS Planning and Policy Development” course is structured around peer-based education and emphasizes the understanding and implementation of recognized best practices of military HIV and AIDS engagement programs.

The goal of this course is to present the issues of HIV and AIDS within the military and civilian sectors in order to demonstrate and instruct on successful practices that will engage and inspire the attendees to implement lasting change.

DIMO is a military organization devoted to strengthening international partnerships through global health education and training.

For additional information about DIMO, visit <http://www.dimo.af.mil/>.



One of the best things about ICE is

that people can let service providers know when they do a great job, not just for poor service. It takes five minutes or less to submit a comment at <http://ice.disa.mil>.

LOCAL BRIEFS

TOMORROW

CAMP BULLIS NEANDERTHAL RUN

The JBSA-Camp Bullis Training Support Company will host the 2014 Neanderthal, Warrior Trail Run. The six miles terrain race is open to all Department of Defense cardholders. There are two categories, team and individual. Teams can be no more than five and must include one female competitor. Competitors should arrive no later than 7:30 a.m. and the race begins at 8 a.m. This is a free event. Call 295-7943 for more information.

THURSDAY

\$5 BAG SALE

The Lackland Thrift Shop holds a \$5 bag sale Thursday from 10 a.m. to 4 p.m. The shop will be closed Nov. 25-27 for the Thanksgiving holiday. Regular hours are 10 a.m. to 2 p.m. Tuesday through Thursday in the One Stop, building 5460. Call 671-3608.

TELL ME A STORY

The Family Life Program in partnership with Parent to Parent will host 'Tell Me a Story,' 5:30-8:30 p.m.

Thursday at the Joint Base San Antonio-Fort Sam Houston Military and Family Readiness Center, building 2797. 'Tell Me a Story' is an initiative created to empower military children by using literature and their own stories through a fun learning experience.

The featured book for this event will be "More Than Anything Else" by Marie Bradby. This book tells a true story of Booker T. Washington and his quest to learn to read. There will be a special guest to read the book to the children as well hands-on activities and snack.

Each family will also leave with a free copy of the event book. Space is limited to reserve a seat. Email PtoP.JBSA@MilitaryChild.org.

DIABETES AWARENESS MONTH

SPECIAL EVENTS

The Wilford Hall Ambulatory Surgical Center medical management team will host special events Thursday for Diabetes awareness month in the General Surgery Clinic, room BL13. Session names and times to follow: Diabetes round table discussion with Nina Watson, 9-11 a.m.; natural medicines with Andrya Mammen, clinic pharmacolo-

gist, 10-10:45 a.m.; 'Let's play Nutrition Jeopardy' with Jennifer Honig, dietitian, provided by the Diabetes Center of Excellence in room 6C17, 11-11:45 a.m.; Insulin pump group with special guest Allen Sproul, insulin pump specialist, 1-3 p.m.

NOV. 22

PRE-THANKSGIVING DINNER

FOR WOUNDED WARRIORS, FAMILIES

The African American Cultural Association at Joint Base San Antonio-Lackland, along with other organizations and businesses, will prepare a pre-Thanksgiving dinner for wounded warriors and their families Nov. 22 at the Warrior Family Support Center on JBSA-Fort Sam Houston. Dinner served at 2:20 p.m. Call 872-5748 for more information.

JBSA SECURITY FORCES "TURKEY BOWL" FLAG FOOTBALL TOURNAMENT

The 343rd Training Squadron hosts the third annual Joint Base San Antonio Security Forces "Turkey Bowl" flag football tournament Nov. 22 at the Warhawk fitness center, football field. This is an 8-on-8, no contact, flag football competition. The first game will start at 9 a.m.,

opening remarks will be at 8:45 a.m. Registration deadline is today. Contact Tech. Sgts. Eric Hammons and Dennis Lopez to sign up.

NOV. 27

Thanksgiving meals on base Active duty family members, retirees and their immediate dependents are authorized to eat Thanksgiving dinner at the JBSA-Lackland Training Annex Dining Facility, building 124. The hours of operation for the traditional Thanksgiving Day dinner at the dining facility is 11 a.m. to 5 p.m. Prices are a la carte and reservations are required to better plan for this special event. Contact 671-2009/3866 no later than Nov. 21.

OPERATION HOME COOKING

Families wanting to host two Airmen or basic trainees for Thanksgiving can call 671-5453, 5454 or 3701. The phone banks will take calls beginning Monday. Calls will be answered weekdays from 8 a.m. to 3 p.m. Reservations are required to host the Airmen and trainees.

FIT BLUE RESEARCH STUDY

Active duty participants are need-

ed for a research study conducted by Wilford Hall Ambulatory Surgical Center in partnership with the University of Tennessee Health Science Center. The FIT BLUE research study aims to help active duty members with body mass index greater than 25 to lose weight.

Participants enrolled in this evidence-based program will receive free weight loss tools and support. To learn more, call 855-FITT-NOW (855-342-2663) or visit <http://www.uthsc.edu/fitblue>.

ADAPT CLINIC RELOCATES

The Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Clinic at Wilford Hall Ambulatory Surgical Center is now located on the fifth floor.

Visitors should proceed to Room 5B29 to check-in. For additional information, call 292-4452.

502ND LRS CUSTOMER SERVICE

502nd Logistics Readiness Squadron Customer Service is the focal point for supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions. Call 671-2575/3611/3801.

CHAPEL SERVICES

—PROTESTANT WORSHIP SERVICES

Freedom Chapel – Building 1528

Contemporary Service Sun. 9:30 a.m.
Religious Education Sun. 11:00 a.m.
Gospel Service Sun. 12:30 p.m.
Spanish Service Sun. 3:00 p.m.

LITURGICAL SERVICE

Airman Memorial Chapel – Building 5432

Sun. 8:00 a.m.

CHURCH OF CHRIST

New BMT Reception Center – Building 6330

Sun. 7:30 a.m. (Rm. 175)

SEVENTH - DAY ADVENTIST

Gateway Chapel – Building 6300

Sat. 12:30 p.m.

CHRISTIAN SCIENCE

New BMT Reception Center – Building 6330

Sun. 7:30 a.m. (Rm. 112)

—ORTHODOX CHRISTIAN

Airmen Memorial Chapel – Building 5432

Sun. 9:30 a.m.

—WICCA

New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 (Auditorium)
Freedom Chapel – Building 1528
Wicca Open Circle 1st Tues. 6 – 7 p.m.

—REFUGE STUDENT CENTER

Building 9122 (Tech Training & TDY Students)

Wednesday 6 – 8 p.m.
Thursday 6 – 8 p.m.
Friday 6 – 11 p.m.
Saturday 12 – 9 p.m.
Sunday 11 – 5 p.m.

—JEWISH

Airmen Memorial Chapel – Building 5432

Sabbath & Kiddush Fri. 4:30 p.m.
Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

Freedom Chapel – Building 1528

Religious Education Sun. 9:00 a.m.
Mass Sun. 11:00 a.m.
Reconciliation Sun. 10 a.m. & 4:15 p.m.

Daily Mass Mon., Tues. & Thur. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

Global Ministry Center – Building 7452

Jumu'ah Prayer Fri. 1:30 p.m. – 2:30 p.m.

—BUDDIST

New BMT Reception Center – Building 6330

Sun. 10 a.m. (Rm. 175)

—ECKANKAR

Gateway Chapel – Building 6300

1st, 3rd, and 5th Saturdays 12:30 p.m.

—BAHA'I

Gateway Chapel – Building 6300

1st, 3rd, and 5th Sun. 11:00 a.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. 1:00 p.m.

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

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

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

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

Celebrate America's Military 2014 Events

The schedule for Celebrate America's Military in San Antonio continues through Nov. 22.

Since 1970, the San Antonio Chamber of Commerce has organized an annual tribute to our nation's military. During CAM, the San Antonio community expresses appreciation to the men and women who serve and have served. It is one of the oldest and largest community-wide celebrations of the military throughout the U.S. and why San Antonio is known as "Military City USA."

Nov. 14, 11 a.m. to 3 p.m.

JBSA-Fort Sam Houston's Salute to Veterans ceremony and celebration, MacArthur Parade Field. Events include French Legion of Honor presentations to U.S. World War II veterans, a U.S. naturalization ceremony and a celebration with food, drinks and musical entertainment. Free and open to the public. Dress is casual for civilians and the required duty uniform for military personnel. Access JBSA-Fort Sam Houston through Harry Wurzbach Road gate. Visit <http://www.arnorth.army.mil> for information.

Nov. 15, noon to 8 p.m.

GrillsGiving, Grilling With a Mission, Mission County Park, VFW Boulevard and Padre Drive, between South Presa Street and Roosevelt Avenue. Join us for CPS Energy's inaugural GrillsGiving at Mission County Park. Participants and guests will enjoy a festival-like atmosphere, including a competitive barbeque cook off, local food truck favorites, live music, artisans and activities for the kids. Kids under 12 are free! Tickets can be purchased online at <http://www.eventbrite.com/e/grillsgiving-at-mission-county-park-grillin-with-a-mission-tickets-13271867513>.

Nov. 22, 8 p.m.

San Antonio Symphony Veterans Day Concert "Salute to Service," Laurie Auditorium, Trinity University, 1 Trinity Place. The San Antonio Symphony will again partner with the Air Force Band of the West for their annual patriotic "Salute to Service" show in San Antonio. This event has grown in years past, and space is limited. This concert is free and open to the public. Call 554-1004 or visit <http://www.sasymphony.org/> for more information.



"The appearance of hyperlinks does not constitute endorsement by the 502nd Air Base Wing, the United States Air Force, or the Department of Defense of the external website, or the information, products, or services contained therein."

The 2014 Combined Federal Campaign continues through Dec. 15.

COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The following is a list of points of contact for Joint Base San Antonio:

502nd Air Base Wing:

Master Sgt. Thomas Shockley

Alternates:

Master Sgt. Kerry Thompson,
Tech. Sgts. Mark Barnette and
Angelica Guerrero, Staff Sgts.
Christopher Sutherland,
Gary Lund and
Henry Roberson.

502nd Force Support Group:

Maj. Steven Parker

802nd Force Support
Squadron:
Capt. Linda Aria
502nd Force Support
Squadron:
Chris Neubeck

502nd Installation Support Group:

Michael Guzman

502nd Civil Engineering
Squadron:
Joseph McCullough



502nd Communication Squadron:

Staff Sgt. Rodney Hill

502nd Operations Support
Squadron:
Staff Sgt. Kerry Prado

502nd Security Forces and Logistic Support Group:

Master Sgt. Peter Esparza

902nd Security Forces
Squadron:
Master Sgt. Orlando Bowman
502nd Logistics Readiness
Squadron:
Tech. Sgt. Joan Dixon-Scott

.....
• To access the 2014
• San Antonio Area
• Combined Federal
• Campaign charitable
• agency brochure on-
• line, visit <http://www.cfc-sanantonio.org>.
.....

Armed Forces best golfers take swing at championship title

By: Airman 1st Class Alexandria Slade
JBSA-Randolph Public Affairs

Battling wet and windy weather, the top 72 golfers from the Air Force, Army, Navy and Marine Corps came together to compete in the 2014 Armed Forces Men's and Women's Golf Trials and Championship Nov. 3-9 at the Randolph Oaks Golf Course Joint Base San Antonio-Randolph.

This event marked the first time the championship was hosted at Randolph Oaks Golf Course, but it was also a first for the services' trials and championship to be held at the same location.

The purpose of using a single location for the entire event was an effort to be more financially efficient, Doug Quirie, Air Force Golf team coach, said.

With two of the usual top AF players missing from this year's competition and the additional 5 inches of rain within a two day period approaching the final rounds; a mix of factors opened the floor for new victors.

"This is the first time all four services have had a chance to look at the golf course and not have a home-field advantage," Quirie said. "This really leveled the playing field for this year's competition."

The competition wasn't only unique for its location or weather conditions, but also for where the victors will be headed next.

Navy Lt. Nicole Johnson, Air Force Maj. Linda

Jeffery, Army Sgt. Kaleb Nichols, AF Senior Master Sgt. Spencer Mims, Army Capt. Joseph Cave, Army Spc. Jordan-Tyler Massey, AF Staff Sgt. Kyle Wesolowski and Navy Lt. Will Boyd, the championship players who make up the 2014 Armed Forces Golf Team, will be heading to represent the U.S. in the eighth International Military Sports Council World Military Golf Championship Nov. 13-21 in the Kingdom of Bahrain.

In previous years, the Air Force has claimed the Armed Forces championship men's event with the last 10 titles, while the Air Force women's team won from 2006-2010 successively.

This year, Massey and Jeffery have earned the Army and Air Force bragging rights in their respective men's and women's divisions until next year.

"It's been a tough week with the weather and the fast greens, but it's been fun," Massey said. "The world championships are going to be awesome, and I'm curious how we are going to cross the language barrier and mix our different cultures throughout the event."

The event concluded in the evening of Nov. 9 with a banquet wherein the victors were announced and guest speaker Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, encouraged the players for their next stage of the competition.

"This is about friendships through sports, but also



Photo by Melissa Peterson

(Left to right) U.S. Navy Lt. Eric Stinson, U.S. Army Spc. Alexa Boucher, and U.S. Army Col. Shauna Snyder compete in the second part of the trial rounds for the 2014 Armed Forces Golf Championship Nov. 4 at Randolph Oaks Golf Course on Joint Base San Antonio-Randolph.

about partnerships," LaBrutta said. "For those of you going on to Bahrain, remember that you represent all of us serving in uniform, along with all Americans and their families."

Whatever the outcome at their upcoming competition overseas, this year's Armed Forces team can arrive with heads held high knowing that out of 72 to arrive and compete at JBSA-Randolph, they were the eight left standing.

Gateway Fitness Center expands, adds aerobic room

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

Since August, Gateway Fitness Center customers have had more room to perform individual or group routines without getting in each other's way.

The Gateway Fitness Center was expanded in February to include a 1,400-square-foot aerobic room that customers can utilize for stretching, performing individual workouts and for squadrons to conduct group physical training.

The aerobic room is also used for an intense circuit training class at 11:30 a.m. Mondays and Wednesdays and the "Core Cut-Up" class at the same time Tuesdays and Thursdays.

The classes were previously conducted in the Gateway's main fitness room, creating occasional congestion.

"People were trying to work out and they couldn't



walk in the middle of the floor without worrying about bumping into someone," said Charlie Jew, Gateway Fitness Center recreation aide. "The aerobic room gives our customers the space to do what they need to do."

Osmar Alaniz, Gateway Fitness Center manager, attributed the need for a new aerobic room to demand from various squadrons located in the area that wanted to exercise close to work.

The manager said that delivery of additional gym equipment for use in the aerobic room is expected soon.

For additional information on the aerobic room and classes, call the Gateway Fitness Center at 671-2565.

Photo by Jose T. Garza III

Intense Circuit Training students perform lunges during the class Nov. 5 at the Gateway Fitness Center aerobic room.



Photo by Staff Sgt. Marissa Garner

Gateway Fitness Center trainer Mike White sets Tech Sgt. Rebeca Mendoza's resistance levels for leg press training Nov. 6 at the Gateway Fitness Center. Mendoza, 433rd Medical Squadron education and training manager, is training to compete in the San Antonio Rock 'n' Roll Half-Marathon Dec. 7.

AF Reservist preps to “rock ‘n’ roll” in honor of nephew

By Jose T. Garza III
JBSA-Lackland Public Affairs

It's 9:45 a.m. Nov. 6 and it's “leg day” at the Gateway Fitness Center for Tech Sgt. Rebeca Mendoza. The 433rd Medical Squadron education and training manager gasps for breath after each workout, consisting of squats, one-legged extensions and one-legged presses before going out on a short run with Mike White, Gateway Fitness Center trainer.

A bike ride follows the run, but Mendoza can't take it easy and cut the session short even though the technical sergeant wishes she could after each taxing workout.

The Lorenzo, Texas native is training for the San Antonio Rock 'n' Roll Half Marathon Dec. 7 and participating in the event has extra meaning to her. Mendoza will be running in the event to honor her nephew, Christopher Hinojos, who was starting to become an active runner before his death in January 2013.

Every day Mendoza trains and her legs “feel like lead” after a workout, the memory of her nephew is used as inspiration, she said.

“When I feel tired and feel like giving up, I think of him and it pushes me harder every time,” said Mendoza, an Air Force Reservist who noted that Hinojos was close cousins with her son who was the same age.

The technical sergeant began training for the Rock 'n' Roll Marathon in May under the coaching of White, who she reached out to for assistance after taking his Intense Circuit Training class on Mondays and Wednesdays. Mendoza performs weight training at the Gateway Fitness Center on Tuesdays and Thursdays, and runs four to five times a week. Each weight training session – consisting of a lower body workout one day and an upper body exercise the next day – is followed by a bike or elliptical exercise.

Mendoza, who has competed in the Air Force Marathon as well as local marathons and triathlons, credits White for pushing her to keep training. “He is awesome,” she said. “I needed someone

who can push me to lift weights and he is not the type to yell. I don't want to disappoint him.”

White said he makes sure Mendoza performs the exercises with the right form while ensuring she doesn't coast.

Since she hasn't slacked off and because of that commitment, the fitness trainer feels Mendoza will do “awesome” at the marathon.

“She pushes herself harder than I want her to,” White said. “Mendoza wants to go that extra mile and sometimes I want to bring her back in, but she just takes off.”

Mendoza's family, including her sister, Hinojos' mother, will be cheering her on at the marathon.

“I'll have them on my mind knowing that they are going to be there,” she said.

Mendoza runs five miles once a week and aims to run between eight to 10 miles by the time of the marathon. She said her goal is to complete the race in less than two hours.

“I am confident I can do that as long as I maintain my pace,” Mendoza said.