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LACKLAND TALESPINNER

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Edwards takes lead

Photo by Benjamin Faske

Col. Trent Edwards (right) accepts the 37th Training Wing guidon from Maj. Gen. Leonard Patrick, 2nd Air Force commander, during a 37th TRW change of command ceremony June 20. Edwards assumed command of the Air Force's largest training wing as part of the June 20 Air Force Basic Military Training graduation parade. **See Story Page 3.**

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Is the Air Force in you?

By Chief Master Sgt. Edward Edgar
317th Recruiting Squadron superintendent

> "Identify with the institution! Step out of your comfort zone and into leadership, mentorship and warrior ethos that build opportunities consistently and deliberately."
>
> *– Chief Master Sgt. Edward Edgar*
> *317th Recruiting Squadron superintendent*

When I think about being a good Airman first, there are two quotes that have framed my focus.

The first came from Chief Master Sgt. A.C. Smith, the command chief master sergeant for the 388th Fighter Wing at Hill Air Force Base, Utah. It was part of his address to the Team Hill 5/6 Association; I was attending as president of Hill's Top 3. He said.

"I was 19 years old when I got into the Air Force ... I was 32 when the Air Force got into me."

I heard the other quote while attending a senior NCO induction seminar at Joint Base San Antonio-Lackland. We were being addressed by the commander's panel, and one of the members urged us to "Be visible in uniform with your stripes, be it on the flight line or on base at the commissary ... be visible."

These two senior leaders spoke to committing more to the Air Force than just your technical expertise, which should be a given.

"Be a great Airman first" as a slogan encompasses enlisted development institutional competencies, specifically the personal competency of 'embodies Airman culture.' There are sub competencies to 'embodies Airman culture' which you can read in the Professional Development Guide or at the LeMay Center for Doctrine Development and Education website at http://www.au.af.mil/au/lemay/main.htm.

The point is that although vital to force multiplication, simply recruiting is not enough. Being a great Airman requires ethical leadership that promotes the Air Force core values both within and outside your unit.

It requires building warrior ethos by honing skills to support employment of military capabilities; skills that stagnate when we simply focus on tasks in our job description. It also requires self-development that continually increases breadth and depth of knowledge and skill.

What does all this mean? In my perspective we tend to compartmentalize in recruiting much more than traditional Air Force specialty codes. You've no doubt heard the old saying that when you ask a U.S. Marine Corps member what they do, their response is "I'm a Marine," or "Sailor" or "Soldier" for the other services.

However, ask an Air Force member what they do and you might hear, "I am a heavy equipment operations technician." While this pride in specialty is admirable, overall growth comes from service pride.

Identify with the institution! Step out of your comfort zone and into leadership, mentorship and warrior ethos that build opportunities consistently and deliberately. The good news is the opportunities are endless. Educational institutions (professional and personal), professional organizations (Top 3, Toastmasters, Veterans of Foreign Wars), shadow programs, community, etc. - you can't go wrong as long as you are committed and passionate in your selection.

As most readers are not 19, I'll ask:

"What age will you be when the Air Force gets in you?"

Fourth of July Weekend Base Service Closures.

Find holiday closure information for July 4 and 7 for all Joint Base San Antonio locations online.

http://www.jbsa.af.mil/library/announcements/closures.asp

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

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

ICE Interactive Customer Evaluation

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 5 minutes or less to submit a comment at http://ice.disa.mil.

TALESPINNER

Joint Base San Antonio-Lackland Editorial Staff

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502nd Air Base Wing/JBSA
Commander

Todd G. White
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Public Affairs Director

Oscar Balladares
JBSA-Lackland Public Affairs Chief

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Internal Communications Chief
Managing Editor
671-4111

Senior Airman Krystal M. Jeffers
Editor

Mike Joseph
Senior Writer

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
Commander's Action Line
http://go.usa.gov/jhXh
Straight Talk: 671-6397 (NEWS)

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

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

Edwards takes command of 37th TRW

By Mike Joseph
JBSA-Lackland Public Affairs

The Air Force's newest Airmen helped welcome the new 37th Training Wing commander in a change of command ceremony that was folded into the June 20 Air Force Basic Military Training graduation parade at Joint Base San Antonio-Lackland.

Maj. Gen. Leonard Patrick, 2nd Air Force commander, presided over the ceremony in which Col. Trent Edwards assumed command of the Air Force's largest training wing from Col. Mark Camerer in front of 488 graduating Airmen and more than an estimated 2,000 people in the stands.

"Today is a remarkable day in many ways," Patrick said prior to passing the 37th TRW guidon to Edwards. "I've got a commander and his spouse (Camerer and his wife Julie) we are getting ready to send on a new journey for their second command.

"I've got another commander (Edwards) whose getting ready to start his second command in a new Air Force journey," Patrick said. "It just doesn't get any better than that."

In bidding farewell, Patrick called Camerer's leadership at JBSA-Lackland the past 21 months as noble, professional and said "I'm proud to call you a Wingman."

"You and Julie are an incredible Air Force couple and I can't wait to see you wearing those stars," Patrick said. Camerer was promoted to brigadier general at JBSA-Randolph following the 37th TRW change of command ceremony.

Photo by Benjamin Faske

Col. Trent Edwards addresses the crowd after assuming command of the 37th Training Wing during a change of command ceremony June 20 at Joint Base San Antonio-Lackland.

Patrick, a former 37th TRW and 502nd Air Base Wing and JBSA comander, called Edwards and his wife Vanessa another fantastic Air Force couple during his welcome remarks to the new commander.

"Trent's been watching the last couple of weeks on what this wing does, not only on the parade field but throughout the rest of the (five) training groups," Patrick said. "He's ready."

Edwards comes to the 37th TRW after spending the past two years as commander of the 42nd Air Base Wing at Maxwell Air Force Base, Ala.

He was responsible for all base operating support, infrastructure and services support for 42,000 active-duty, Reserve, civilian and contractor personnel, students and families at Maxwell and Gunter Annex in direct support of Air University.

In addressing the crowd after assuming command, Edwards said Camerer's leadership and commitment to the training mission made a big difference across the wing and throughout the Air Force.

"Vanessa and I look forward to building on your success," Edwards said.

"To General Rand (Gen. Robin Rand, Air Education and Training Command commander) and General Patrick, I am honored and humbled for this privilege to command the 37th TRW.

"Thank you for your trust and confidence in my leadership," he said. "This is the opportunity of a lifetime."

CAMERER PROMOTION CEREMONY

Retired Gen. Edward Rice Jr. and Julie Camerer pin the one-star general officer's rank on Col. Mark Camerer, former 37th Training Wing commander, during his promotion ceremony June 20 at Joint Base San Antonio-Randolph. Camerer was promoted to brigadier general.

Photo by Johnny Saldivar

News in Brief

FRIDAY

LISD ACCEPTING HIGH SCHOOL TRANSFERS

The Lackland Independent School District is accepting a limited number of student transfers at Stacey High School, grades 9 through 12 only, for the 2014-2015 school year.

Transfer acceptance will be based on the number of available slots at each grade level and will be filled on a first-come, first-served basis. Potential transfer students must meet transfer eligibility criteria in order to be considered.

Complete transfer application packets are available at the Stacey Junior-Senior High School office from 8 a.m. to 4 p.m., Monday through Thursday.

For details, call 357-5100.

TUESDAY

IAAFA 5K FUN RUN

The Inter-American Air Forces Academy will host a 5K fun run Tuesday.

The run starts at 8 a.m. by the IAAFA Circle of Flags, corner of Selfridge and Carswell Avenues. Participants can run in distinctive flag colors or carry a flag.

Pre-race registration is $10 or $12 on the day of the run. For more information, call 671-0215.

INFORMATIONAL

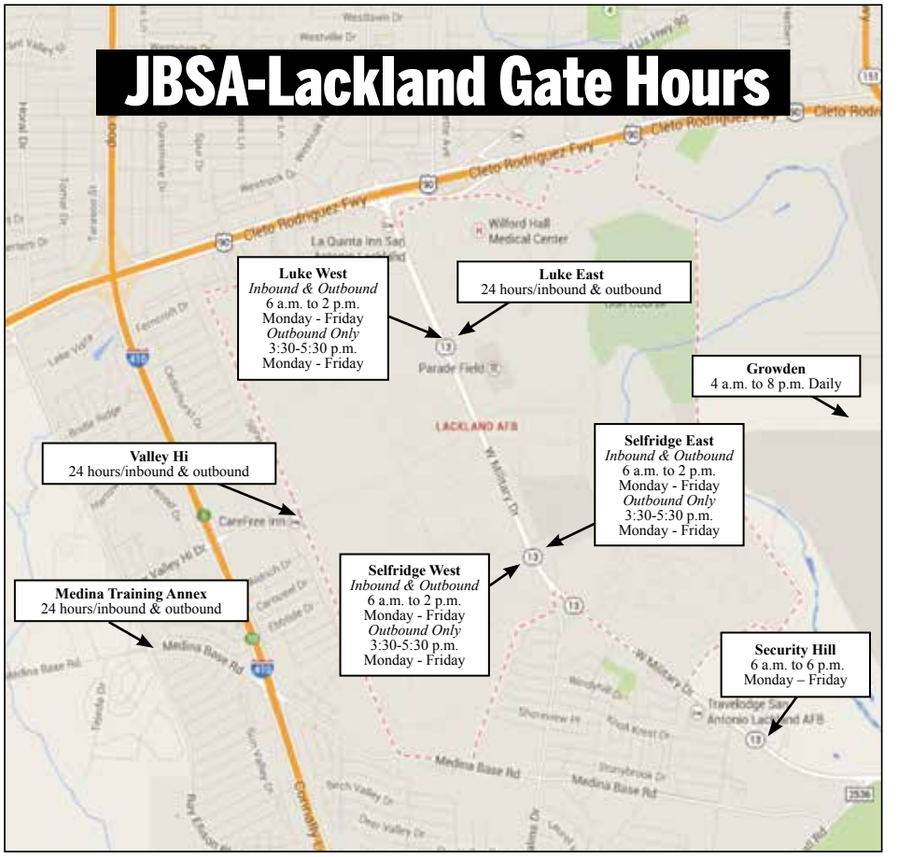
BAH RECERTIFICATION

The Air Force has started the recertification process mandating that every Airman provide their servicing finance office with documentation for all dependents by Dec. 31.

The recertification is part of Air Force audit readiness for 2015 as required by the 2010 National Defense Authorization Act. The one-time process allows the Air Force to validate the $5.4 billon spent annually on BAH entitlements and also ensures the money spent on BAH is fully auditable.

For additional information, call 652-1851 or email finance.callcenter@us.af.mil. The finance office at Joint Base San Antonio-Lackland is located in building 5616, Suite 1; on JBSA-Randolph, the finance office is in building 399, Suite 2; and on JBSA-Fort Sam Houston, the finance office is in building 4196.

The finance offices are open to walk-in customers Monday, Tuesday, Thursday and Friday from 8 a.m. to 3 p.m., and Wednesdays from 8 a.m. to 2 p.m. Appointments are not required.


JBSA-Lackland Gate Hours
Luke West
Inbound & Outbound
6 a.m. to 2 p.m.
Monday - Friday
Outbound Only
3:30-5:30 p.m.
Monday - Friday
Luke East
24 hours/inbound & outbound
Growden
4 a.m. to 8 p.m. Daily
Selfridge East
Inbound & Outbound
6 a.m. to 2 p.m.
Monday - Friday
Outbound Only
3:30-5:30 p.m.
Monday - Friday
Valley Hi
24 hours/inbound & outbound
Selfridge West
Inbound & Outbound
6 a.m. to 2 p.m.
Monday - Friday
Outbound Only
3:30-5:30 p.m.
Monday - Friday
Medina Training Annex
24 hours/inbound & outbound
Security Hill
6 a.m. to 6 p.m.
Monday – Friday
Cleto Rodriguez Fwy
Wilford Hall Medical Center
Parade Field
LACKLAND AFB
CareFree Inn
Medina Base Rd
Connally

24th AF hosts ANG GO Cyber Summit

By 1st Lt. Meredith Hein
24th Air Force Public Affairs

Air National Guard leaders from across the country gathered in San Antonio June 4-6 for the ANG General Officer Cyber Summit.

"A lot of this cyber summit is about relationship building," said Col. Tony Burris, ANG advisor to the commander, 24th Air Force. "The partnership is truly here in the 24th. That's the way it's built and it provides great opportunities for the future in cyberspace."

During the summit, ANG leaders from 10 states met to discuss the way forward for ANG involvement in the Cyber Mission Force and building the force structure, according to Col. Kelly Hughes, Chief, Cyber Warfare Operations Division for the Air National Guard.

"The Guard has been involved in the full spectrum of operations, training and qualifications with our active duty counterparts," Hughes said. In addition, there have been evaluators from the ANG performing certifications for active duty members to improve training.

"Bringing civilian talents into the cyber arena to support the mission of the active duty component allows the Air Force to gain the civilian expertise, training and qualifications for the parent service," said Maj. Gen. Tom Thomas, ANG advisor to the commander, U.S. Cyber Command.

"The processes we have here mirror the kinetic world. I have Guard and Reserve members aligned with active duty," said Col. Bradley Pyburn, 624th Operations Center commander. "This is total force integration."

Air National Guard leaders from across the country met in San Antonio for the ANG General Officer Cyber Summit June 4-6. ANG forces provide support to units throughout 24th Air Force.
U.S. Air Force graphic

Total force integration has been a critical piece of conducting cyber operations in 24th Air Force, with approximately 10,000 members coming from reserve components.

"One of our significant challenges is capacity," said Col. Paul Welch, 24th Air Force vice commander. "How do we support the joint mission and bring capabilities to support air component commands? There is a wonderful partnership with the Air National Guard to help support that."

"We are constantly working with the Council of Governors, Congress, Cyber Command and the National Guard Bureau, trying to get everyone moving in one direction for the joint fight," said Maj. Gen. William Reddel, New Hampshire's adjutant general. "Active duty, Guard and Reserve work together in other areas and cyber is no different."

Training and exercises, such as Cyber Flag and Cyber Guard, allow for integration across all Air Force components, according to Brig. Gen. Paul Maas, ANG Assistant to the commander, Air Force Space Command.

"The Guard provides much needed

See CYBER Page 15

Master Sgt. Sean Stewart, 91st Network Warfare Squadron first sergeant, sweeps debris from the parking lot June 18 at the Warhawk Fitness Center. Members of the First Sergeants Council got together to clean up around Joint Base San Antonio-Lackland as part of a community service initiative issued to professional military organizations by Brig. Gen. Bob Labrutta, 502nd Air Base Wing and JBSA commander.

Master Sgt. Sheritta Washington, Headquarters Air Force Security Forces Center first sergeant, removes weeds from the rock bed June 18 at the Warhawk Fitness Center on Joint Base San Antonio-Lackland.

First shirts clean up JBSA-Lackland

Master Sgt.. Courtney Walker, 24th Air Force first sergeant (left) and Senior Master Sgt. Juan Vagas, 322nd Training Squadron first sergeant (right), rake leaves June 18 at the Warhawk Fitness Center.

Master Sgt. Amanda Fitzpatrick, 59th Medical Support Group first sergeant, aerates mulch June 18 at the Warhawk Fitness Center.

Photos by Senior Airman Lynsie Nichols

Feds Feed Families helps San Antonio Food Bank feed South Texas

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

With the Agriculture Department's annual "Feds Feed Families" food drive underway, the Department of Defense has once again been asked to help with logistical support and food donations.

The campaign, which runs through August, is a voluntary effort undertaken by federal employees to bring nonperishable food items to their offices for distribution to local food banks.

"The 2013 food drive was overwhelmingly successful, as food donations across the federal government totaled 9 million pounds, with DOD alone contributing more than 1.9 million pounds of food," said Deputy Defense Secretary Bob Work in a memo to Defense Department leaders.

So where does the food collected during the campaign go? Who benefits?

"San Antonio is Military USA and whether you are active duty, retired, civil service or a family member … our support comes from the community," said Eric Cooper, president and chief executive office of the San Antonio Food Bank, located on Highway 151 just north of Joint Base San Antonio-Lackland. "This campaign is an important strategy to bring awareness about the food bank to federal employees and military families as well as bringing tons of food and grocery products to those who need it most.

"When I think of our military, they are always taking care of business and taking care of the needs of the people and the nation," Cooper said. "There is no more basic need than food. This campaign is a way to help build a safety net, which some military members and federal employees needed during last year's government shutdowns. A lot of people are often just one emergency or one unexpected bill away from not being able to put food on the table."

The San Antonio Food Bank provides food and grocery products to more than 500 partner agencies – such as food panties, shelters, churches, soup kitchens, senior center and shelters – in 16 counties through South Texas, helping almost 60,000 people. The SAFB service area reaches north to Kerrville, south to LaSalle County, west to Uvalde, and east to Seguin.

In fiscal year 2013, the SAFB provided nearly 50 million pounds of food. It relies on the generosity and support of local businesses, churches, foundations, corporations, government, civic groups and individuals in order to successfully continue serving Texans who are at risk of going hungry.

Who receives emergency food assistance? According to the SAFB, 36 percent of their clients are children under the age of 18 years old, 46 percent of households include at least one employed adult, 67 percent have incomes below the federal poverty level during the previous month and 8 percent are homeless.

Hunger crosses all societal lines as about 22 percent of SAFB clients are non-Hispanic white, 7 percent are non-Hispanic black, 69 percent are Hispanic and the rest are from other racial groups.

"This campaign is a great way for the military community to impact the community in a positive way," Cooper said. "It brings awareness to the issue of hunger and awareness helps spur action."

Cooper added that the SAFB's iconic red barrels should start showing up at locations throughout Joint Base San Antonio any day. The most critical non-perishable food items needed include rice, beans, peanut butter, tuna, macaroni and cheese, chili, canned stews and soup, canned luncheon meats, pop-top food items and full meals in a can or box.

For more information about the Feds Feed Families campaign, visit http://www.usda.gov/fedsfeedfamilies. For more information about the San Antonio Food Bank, visit http://www.safoodbank.org.

Some AFSCs removed from eligibility for retention boards

Courtesy of Secretary of the Air Force Public Affairs

Fewer Airmen than originally expected will meet involuntary retention boards this summer and fall, Air Force officials said June 13.

Air Force leaders eliminated approximately 4,000 Airmen from eligibility for the upcoming boards at Secretary of the Air Force Deborah Lee James's direction to bolster manning for nuclear-related air force specialty codes and to account for budgetary uncertainty regarding proposed force structure changes.

"Establishing full manning in our nuclear positions underscores the vital importance of this mission," James said. "It also offers these critical Airmen a more stable work schedule and improves their quality of life. Budgetary uncertainty regarding proposed force structure actions is also driving us to retain more Airmen in some career fields. Adjusting our force management programs reduces risk at this point."

Commanders will be provided updated eligibility rosters for their units reflecting these changes; however, given the short timelines associated with these updates, Airmen should check their respective AFSC, grade or year group on the updated matrices posted on myPers, to ensure they know their latest status.

The enlisted retention boards and officer enhanced selective early retirement board for Airmen who are still eligible occurred in June with results released in late July or early August.

"Based on our discussions with Air Force senior leaders, the secretary and I decided to retain 4,000 Airmen who were previously eligible for the involuntary retention boards this summer," said Air Force Chief of Staff Gen. Mark A. Welsh III. "This adjustment is necessary because we're not sure whether we'll be allowed to execute the difficult decisions we made to divest force structure next year and because of our recent decision to increase manning in the nuclear mission.

"We don't want to cut a single Airman more than the number absolutely necessary to keep our force in balance. This adjustment is another action that keeps us aligned with that principle. Thanks again for who you are, what you do and what you stand for," Welsh said.

Updates to information on force management and other personnel programs will continue to be available on myPers.

Airmen can also use the force management graphic on the Air Force Portal, which will take them to updated matrices and force management program details.

Joint Base San Antonio-Lackland is on Instagram

Share your JBSA-Lackland photos with us by tagging us @JBSALackland

Every Airman can change how the Air Force does business

By Debbie Gildea
Air Force Personnel Center Public Affairs

Creative, motivated Airmen are the key to changing how the Air Force does business, and every Airman has an equal opportunity to make a lasting contribution through the Airmen Powered by Innovation program, Air Force Personnel Center officials said.

Launched in April, API was initiated thanks to the success of the Make Every Dollar Count initiative (which generated 11,616 ideas in one month). Airmen Powered by Innovation combines and streamlines the processes of four legacy improvement programs: Innovative Development through Employee Awareness, Productivity Enhancing Capital Investment, Best Practices and Air Force Smart Operations for the 21st Century.

API is an enduring program that provides an outlet where Airmen's ideas can be tested and implemented.

"API is more than just another suggestion program," said Roger Flynt, AFPC API program manager. "We must fundamentally change how we do business at every level of the Air Force and we must watch how we spend every dollar. Nobody is more aware how much time, effort and money is wasted because of bad processes than the Airmen who do the job every day. That's who we need to get involved in API."

According to Flynt, in the month since the program launched, hundreds of Airmen have submitted ideas and those are being reviewed by field experts and decision makers to determine if implementation is feasible.

"Some of those ideas may not be accepted, but many will. A good rule of thumb is to suggest ideas that will save money, improve quality or productivity, decrease cycle time, improve processes or improve morale," said Flynt.

API is not the right venue for some concerns, however. Airmen who have personal complaints or concerns need to work through their chain of command to resolve those issues.

"We also ask that Airmen not submit a problem without a suggested solution. We need the bright, creative minds out there working together to help us solve problems, so if you see something that is wrong, tell us how you think it can be fixed," said Flynt.

Making a suggestion starts with developing and clearly articulating an idea to improve a process, situation or method.

"Look at your area of influence, look at where you work, question what you're spending, ask 'can we do it differently, do we have to spend that much for it?' They're questions we'd ask ourselves if we were sitting at home balancing our checkbook," said Gen. Larry Spencer, Air Force Vice Chief of Staff.

When developing a suggestion, Flynt recommends Airmen gather information about likely benefits, cost of implementation and who will be affected by the change, and advises that they take time to visit the local Air Force Smart Operations for the 21st Century representative for support, guidance and information.

"We're in this for the long haul, so suggestions need to be comprehensive and clearly beneficial to other Airmen, our service and our country," said Flynt.

Once an idea is ready for submission, Airmen can go to the API submission page at https://ipds.afpc.randolph.af.mil.

Each submission is quality checked to determine if the idea is ready for evaluation. If the idea is not specific enough, the AFPC idea cell will work with the submitter and may direct the submitter to their local AFSO 21 experts.

Ideas that are clear, specific and ready for evaluation will be reviewed by the idea cell and within three days will be submitted to the office with the authority to approve and implement the idea.

That office - the wing commander or higher - has 30 days to respond with an approval decision and intention to implement.

"Depending on the nature of the idea, implementation may take months to accomplish and up to a year to quantify results as far as dollar or manpower savings," said Flynt.

Airmen will be notified when their idea is forwarded to the decision maker (within three days) and when the decision maker responds (up to 30 days).

While past suggestion programs relied heavily on monetary incentives to

See CHANGE Page 16

Friday has been designated National PTSD Awareness Day to bring greater awareness to the issue of Post Traumatic Stress Disorder.

Joint Base San Antonio, the San Antonio Military Health System, the Department of Defense and the Veterans Administration have resources that offer information on PTSD and treatment options. Those resources are available to service members, veterans, military/veteran families, and the general public.

PTSD
POST TRAUMATIC STRESS DISORDER
SOME WOUNDS AREN'T VISIBLE

San Antonio Area

San Antonio Military Medical Center
http://www.sammc.amedd.army.mil

Wilford Hall Ambulatory Surgical Center Outpatient Mental Health Clinic
292-7361

WHASC Alcohol and Drug Abuse Prevention and Treatment
292-4452

WHASC Chaplain Services
292-7373

JBSA-Lackland Family Advocacy
292-5967

JBSA-Fort Sam Houston Soldier & Family Assistance Center
916-7322

JBSA-Fort Sam Houston Army Community Service
221-2705

JBSA-Randolph Family Advocacy
652-5321

JBSA websites

JBSA Chapel
http://www.jbsa.af.mil/jbsachapel/index.asp

JBSA Family Advocacy
http://www.jbsa.af.mil/needhelp/familyadvocacy.asp

SAMMC
http://www.jbsa.af.mil/library/jbsa-medicalservices/index.asp

Military and Family Readiness
http://www.jbsa.af.mil/military&familyreadiness/index.asp

JBSA Helping Agencies
http://www.jbsa.af.mil/needhelp/

JBSA Mental Health
http://www.jbsa.af.mil/library/jbsa-medicalservices/mentalhealth.asp

STRONG STAR
562-6742, http://www.strongstar.org
Strong Star is funded by DOD and the VA. It specializes in treating combat-related PTSD. Strong Star conducts research to develop the most effective treatments for military members and veterans with PTSD; currently enrolling patients in a number of treatment studies.

Education classes

WHASC Mental Health Clinic, fourth floor:
WHASC Mental Health Clinic, fourth floor: The walk-in class meets on the second Wednesday of the month. Participation is open to all TRICARE beneficiaries, including service members who have not yet been diagnosed with PTSD and those who have been diagnosed, as well as to family members of those with PTSD. No advance sign up, and participants do not need to be seen in the clinic to attend.
For more information, call 292-7361.

National Resources

National Center for PTSD
http://www.ptsd.va.gov

The Association for Behavioral and Cognitive Therapists
http://www.abct.org

Department of Defense, Defense Center of Excellence for Psychological Health and Traumatic Brain Injury
http://www.dcoe.health.mil

Military OneSource
http://www.militaryonesource.com

Military Pathways
http://www.militarymentalhealth.org

SAMSHA's National Mental Health Information Center
http://mentalhealth.samhsa.gov

Afterdeployment.org
http://www.afterdeployment.org

Deployment Health Clinical Center, http://www.pdhealth.mil

TRICARE
1-888-874-9378

Veterans Administration Mental Health Benefits Information
1-800-827-1000,
http://www.mentalhealth.va.gov

Tragedy Assistance Program for Survivors
1-800-959-TAPS (8277),
http://www.taps.org

U.S. Army Center for Health Promotion and Preventive Medicine
1-800-222-9698
http://chppm-www.apgea.army.mil

Information resource

The South Texas Research Organizational Network Guiding Studies on Trauma and Resilience, or STRONG STAR
http://www.strongstar.org

JBSA offering safeTALK training courses

By Gloria Kwizera
JBSA-Lackland Public Affairs

Joint Base San Antonio officials have started a series of safeTALK training sessions to continue the Air Force tradition of taking care of people and providing them with the best possible support programs.

SafeTALK, which stands for Suicide Alertness For Everyone; Tell, Ask, Listen and Keep Safe, is a suicide prevention program designed to provide Airmen, Department of Defense civilians and family members with the skills needed to identify people who might have thoughts of suicide. SafeTALK-trained personnel can connect the individual at risk to suicide first aid and intervention caregivers for assistance.

Based on a concept developed by LivingWorks Education, safeTALK trains individuals to be aware of opportunities to help a person with thoughts of suicide that are commonly missed, dismissed or avoided.

Photo by Senior Airman Lynsie Nichols
Chaplain (Maj.) James Anderson, 502nd Air Base Wing branch chief for technical training, instructs a safeTALK Class, June 17 at the Freedom Chapel at Joint Base San Antonio-Lackland.

"This training is important because it provides you with the tools and confidence needed to intervene when you recognize suicidal warning signs instead of avoiding them," said Senior Airman Christopher Bibikan, 502nd Air Base Wing chaplain assistant. "In turn, this provides a healthier, safer community because there are more resources available out there in the work place for those who need it.

"The best way to prevent the situation is to be direct and ask the question 'Are you thinking about suicide?'" he said. "You will be surprised by how honestly people answer this question; nobody wants to die, we all want to survive and live."

The three-hour hands-on suicide alertness training course includes lectures, small group discussions and role play. At JBSA-Lackland, it will be held at the Freedom Chapel, building 1528, and at the Gateway Chapel, building 6300, at various times this summer.

"Our goal is to train 450 individuals and so far we have reached 240,"said Chaplain (Maj.) James Anderson, 502nd ABW branch chief for technical training.

Anderson said community involvement is needed in suicide prevention because early identification and intervention is key to saving lives.

"Base personnel are encouraged to get involved and also know that they are not just limited to the scheduled courses," Anderson emphasized. "We are available to come by the squadrons or units around the base and JBSA to provide safeTALK training to individual units.

"This program is meant to be more than just suicide awareness; it trains individuals to be more actively involved in taking care of Airmen who are at risk and connecting them with resources."

For more information on how to become a safeTALK-trained suicide alert helper, call 671-2911.

Fitness program to test Airmen physically, mentally

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

Airmen at 18 installations will see a new era of physical fitness as the Air Force Personnel Center Directorate of Services introduces the Air Force Team Cohesion Challenge.

The pilot program, built around special operations training, is designed to teach leadership, promote unit cohesion and inspire teams to perform their best.

"This program was developed to provide Airmen the opportunity to participate in a team-based event which incorporates the five Cs of comprehensive Airmen fitness - caring, committing, connecting, communicating and celebrating," said Benjamin Evers, Air Force Personnel Center outdoor recreation specialist. "It will not only challenge Airmen physically but also demand they work as a unit to tackle both physical and mental obstacles."

The challenge involves two elements: a base-wide 5K run and the rucksack challenge. The 5K run is open to everyone on base and is mandatory for all participants who registered for the main event.

Airmen can sign up for the rucksack challenge individually or with their friends and coworkers. Once registered, the force support squadron places members on a 30-person team, known as their GORUCK family.

"The 5K run creates awareness for the new program and is also an icebreaker for the GORUCK family," Evers said. "We highly encourage participants in the 5K run as a unit so as to mimic the GORUCK Light. For example, teams could hold a rope during the entire run or run in some sort of formation."

The day following the 5K, members who registered for the rucksack challenge will participate in a 4-to-5-hour team event during which a special forces veteran, called a Cadre, will lead the team in military-inspired challenges and missions, including

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CYBER from Page 5

capacity to support cyber operations, along with the experience and skillsets of civilians working in industry, academia and other government agencies," Maas said.

Retention of this knowledge is a necessity to moving operations in cyberspace forward, especially for active duty members transitioning out of the Air Force, according to Brig. Gen. James Witham, ANG deputy director.

"Do we want to lose that expertise altogether or retain it in the reserve components? We have some of the industry leaders on the technology side who are also serving their country," Witham said.

The reserve components provide the needed capacity to serve on both the national and state levels, according to the general.

"Cyber operations are critical to our national security," Witham said. "As you look at it through the critical infrastructure perspective, it gets more important to the states. The presence in the reserve components is crucial."

Maj. Gen. J. Kevin McLaughlin, 24th Air Force commander, highlighted the importance of Total Force Integration.

"The Air Force knows how to build a powerful Air Force cyber force with the right combination of active duty, Guard and reserve components. We have created powerful total force constructs in other Air Force domains and we will absolutely continue to do so in the future in Air Force cyber operations."

CHANGE from Page 9

generate ideas, API is about Airmen and their stake in a better Air Force.

"Every Airman has a stake in making every dollar count," Flynt said. "Whether active duty, Reserve, Guard or civilian employee, we are all on the same team and we want what's best for our teammates and our service. That was abundantly clear in the number of type of ideas submitted so far."

For more information about API, go to the Air Force Portal at https://my.af.mil and enter "API" in the search window. To submit an idea, go to https://ipds.afpc.randolph.af.mil.

For information about other personnel issues, visit the myPers website at https://mypers.af.mil.

BMT HONORS

Congratulations to the following 46 Airmen for being honor graduates among the 466 Air Force basic military trainees who graduated today:

320th Training Squadron

–Flight 395

Ryan A
Conno
Cody F

–Fligh

Eric D
Austin
Logan
Kristo
Jeffrey

–Fligh

Jason
Daniel

–Fligh

Traci I
Morga
Amand
Pamel
Margo
Megan
Rebec

321st Training Squadron

–Flight 393

Jordan Eveland
Timothy Heath
Daniel Kreisler
Phillippe Moore
Roman Melendez

–Flight 394

Robert Campos
Joshua Garay
Shelumiel Gondola
Cameron Martin
Wyatt Suthard
Mathew Warnecke

326th Training Squadron

–Flight 397

Kyle Caldwell
326th TRS, Flight 397

Most Physically Fit

–Male Airmen

Joseph Jenkins
321st TRS, Flight 394

Kyle Caldwell
326th TRS, Flight 397
Guy Mosley
331st TRS, Flight 391
Brandon Gray
321st TRS, Flight 394

–Female Airmen

Tanisha Jones
326th TRS, Flight 398

320th TRS, Flight 395
326th TRS, Flight 397
321st TRS, Flight 393
320th TRS, Flight 399
331st TRS, Flight 392
321st TRS, Flight 394
326th TRS, Flight 398

CHALLENGE from Page 15

basic training calisthenics, swimming, lifting and marching. Throughout the event participants will wear a backpack filled with 30 to 40 pounds of equipment.

"This program is physically demanding which promotes a 'hard work in, positive results out,' attitude and we have specifically selected this event for the military relevance and focus on group and team dynamics, explained Evers.

The Team Cohesion Challenge is a centrally developed and centrally funded program which builds upon the current popularity of adventure and mud races.

The AFPC Directorate of Services partnered with GoRuck to provide trained cadre for each event.

GORUCK is a veteran owned enterprise consisting of former special forces members who strive to provide a rewarding fitness experience.

Photo by 2nd Lt. Michael Alvarez

The Air Force Personnel Center Directorate of Services will introduce the Air Force Team Cohesion Challenge at 18 installations this summer. The pilot program, built around special operations training, is designed to teach leadership, promote unit cohesion and inspire teams to perform their best. For more information about the Air Force Team Cohesion Challenge contact participating force support squadrons.

Installations participating in the pilot program include Altus Air Force Base, Okla., Beale AFB, Calif., Buckley AFB, Colo., Cannon AFB, N.M., Eglin AFB, Fla., Grand Forks AFB, N.D., Holloman AFB, N.M., Joint Base San Antonio, Little Rock AFB, Ark., March Air Reserve Base, Ga., Minot AFB, N.D., Mountain Home AFB, Idaho, Patrick AFB, Fla., Robins AFB, Ga., Scott AFB, Ill., Vance AFB, Okla., Westover ARB, Mass., and Whiteman AFB, Mo.

Airmen interested in testing their abilities can sign up for the Air Force Team Cohesion Challenge at participating force support squadrons.

For information about the Air Force Team Cohesion Challenge contact participating force support squadrons. For more information about Air Force Services activities and programs visit http://www.myairforcelife.com or http://www.usafservices.com.

Local Briefs

TUESDAY

MARRIAGE ENHANCEMENT LUNCHEON

The Joint Base San Antonio-Lackland Chapel will hold a marriage enhancement luncheon from 11:30 a.m. to 1 p.m. Tuesday in the Gateway Club's Alamo Room.

The luncheon's topic is "Moving from Conflict to Connection" and is free with lunch provided. Seating is limited.

For details or registration, call Gateway Chapel at 671-2911.

JULY 23

RETIRED ENLISTED ASSOCIATION MEETING

Retired Enlisted Association Chapter 80 meetings are held at the Gateway Club every fourth Wednesday of the month at 1 p.m.

For additional information, call 658-2344.

INFORMATIONAL

CCAF DIPLOMA PICK UP

Community College of the Air Force graduates have until July 31 to pick up diplomas before they will be returned to CCAF.

Diplomas are available in the Education Services office, building 5725, room 143.

LACKLAND THRIFT SHOP CLOSURE

The Lackland Thrift Shop will be closed for the entire month of July.

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

RESIDENCY PROGRAM SEEKS PATIENTS

The Wilford Hall Ambulatory Surgical Center Endodontic Residency Program, Air Force Postgraduate Dental School Department of Endodontics is offering free treatment for patients who require root canal therapy.

The service is available to military retirees, their immediate family members and family members of active duty service members. Patients must have been diagnosed recently with an endodontic condition requiring root canal therapy.

Eligible patients should obtain a written consultation from their referring dentist and bring it to the dental clinic during normal duty hours, or fax it to 292-6431. Patients will be selected based on the needs of the endodontic training program.

For details, call 292-7831/3974.

SAFETALK TRAINING CLASSES

SafeTALK training classes are scheduled over the next three months at Joint Base San Antonio-Lackland.

The classes teach how to recognize persons with suicidal thoughts and assist them in seeking help resources. The program concentrates only on recognition and referral.

The JBSA-Lackland classes will all be held at Freedom Chapel, building 1528. The dates are July 17, 8-11:30 a.m. and 1-4:30 p.m.; Aug. 7, 1-4:30 p.m.; and Sept. 25, 8-11:30 a.m. and 1-4:30 p.m.

To register for the class or for additional information, call 691-2911.

Maximum class size is 40 except for the Aug. 7 class, which has a maximum size of 30.

SIJAN AWARD NOMINATIONS

The Air Force Personnel Center will accept nominations for the 2014 Lance P. Sijan U.S. Air Force Leadership Award will be accepted through Aug. 29.

The Sijan award recognizes the accomplishments of officers and enlisted members who have demonstrated the highest quality of leadership in the performance of their duties and their personal lives.

Nominees will be rated on their scope of responsibility, professional leadership, leadership image and community involvement between July 1, 2013 and June 30, 2014.

The award categories are senior officer, junior officer, senior enlisted and junior enlisted.

Each major command, forward operating agency or direct reporting unit may submit one nomination in each of the four award categories. Completed nomination packages are due to the Air Force Personnel Center by Aug. 29.

For details about the Sijan award and other personnel issues, visit the myPers website at https://mypers.af.mil.

502ND LRS CUSTOMER SERVICE

502nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

For details, contact customer service at 671-2575/3611/3801, 925-1490/1049/1048, or email 502lrs.customerservice@lackland.af.mil.

WHASC CART DRIVERS NEEDED

The 59th Medical Wing Volunteer Service Office needs licensed drivers, who are at least 20 years of age, for its step saver program.

Qualified volunteers will transport patients to and from clinic entrances and parking lots in the vicinity of the Wilford Hall Ambulatory Surgical Clinic. Carts operate from 8 a.m. to 4 p.m., Monday through Friday. Training is available.

For details, call Terryca Fuller at 292-6591.

BALFOUR BEATTY HOUSING

Balfour Beatty Communities is accepting applications for two and three-bedroom housing for qualified members in Frank Tejeda West.

Applications are open to active duty, active Reserve, accompanied and single service members, Department of Defense contractors, retirees, federal civil service employees, retired federal civil service employees, foreign military members and medical officer students.

For details, contact Balfour Beatty Community at 674-9366.

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.

• Airmen Mem. Chapel – building 5432

Liturgical Service	Sun.	8 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

• Airmen Mem. Chapel – building 5432

Divine Liturgy	Sun.	9:30 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

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

WHAT'S HAPPENING

Military & Family Support Events

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

FRIDAY

▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.

▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

MONDAY

▶ 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 more information, call 773-354-6131.

TUESDAY

▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.

▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

WEDNESDAY

▶ Entry Level Separation, Technical Training, 8-9 a.m.

▶ Entry Level Separation, Basic Training, 2:30-3:30 p.m.

▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

THURSDAY

▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

JULY 4

▶ The Military Family and Readiness Center is closed for the Fourth of July holiday.

JULY 7

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

JULY 8

▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.

▶ Resume writing techniques, noon - 2 p.m., Arnold Hall Community Center.

▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

JULY 9

▶ Entry Level Separation, Technical Training, 8-9 a.m.

▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to noon.

▶ Positive Parenting, 10 a.m. to noon, JBSA-Lackland Health and Wellness Center.

▶ Federal resume writing, noon to 2 p.m., Arnold Hall Community Center.

▶ Dating 2.0, 2-4 p.m., JBSA-Lackland Health and Wellness Center.

▶ Entry Level Separation, Basic Training, 2:30-3:30 p.m.

▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

JULY 10

▶ Interview With Confidence, noon to 2 p.m., Arnold Hall Community Center.

▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

JULY 11

▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

Monthly Meetings

ENLISTED SPOUSES CLUB

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

OFFICERS SPOUSES CLUB

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

MILITARY COUNCIL OF CATHOLIC WOMEN

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

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

Spend Fourth of July weekend injury-free

By Airman 1st Class Kenna Jackson
JBSA-Randolph Public Affairs

The first celebration of Independence Day was in 1777, six years before Americans knew whether the new nation would even survive the war. According to the National Geographic, the use of fireworks was to ignite the population; to get them to believe they could be their own nation.

Now it's a day that many celebrate by taking off work, grilling outdoors and watching fireworks displays.

Don't let patriotic enthusiasm ruin the celebration by carelessly using fireworks.

"Fireworks are great fun and are an exciting way to celebrate our nation's freedom, whatever your age, but it's important to remember that they are not toys," Staff Sgt. Gary Lund, 502nd Air Base Wing ground safety technician. "They are explosives and the injuries they can cause, especially to the eyes, can be devastating."

According to the Centers for Disease Control and Prevention, about 7,000 people were treated in emergency departments for fireworks-related injuries in 2011. The CDC reported that the highest injury rates occurred in children 10-14 years old. The majority of injuries involved hands, fingers, eyes and legs. Extreme cases resulted in the loss of fingers, limbs and vision.

"Good preparation is crucial for a successful and safe display," Lund said.

The following tips about fireworks can help avoid injury and encourage an injury-free Fourth of July.

When using fireworks, use common sense:

- Never use fireworks in your home. Always set them off outside on a driveway or sidewalk
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have copious amounts of water handy.
- Be aware of other people around you and make sure they are out of range of the fireworks you are using.
- Never point or shoot fireworks at another person.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Do not try to re-ignite a "dud" as it could explode near your face or hands.
- Only light one at a time.
- Do not try to make your own fireworks.
- Read instructions on the fireworks before igniting it.
- Never drink and use fireworks.

Lund notes that even if the holiday isn't spent setting off personal fireworks but watching them at a public event, there can still be risks, especially ear injuries to young children.

Here are a few tips to heighten safety during public firework displays.

At fireworks shows:

- Be aware of increased vehicle and pedestrian traffic.
- Be cautious of other drivers and people who may have been drinking.
- Be prepared and bring chairs or blankets, plenty of water to drink, sunscreen for the day and bug repellent for the night.
- Bring earplugs for every family member. You can find them at drug stores or sporting goods stores for a few dollars or less. But, for children 7-8 years old, these earplugs may be too big, so consider child-size earmuffs. Ear protection must fit properly in order to provide adequate protection.

"When attending public fireworks displays, sit at least 500 feet from where the fireworks are launched," Staff Sgt. Justin Lee, 359th Aerospace Medical Squadron NCO in charge of the readiness element, said. "The noise from fireworks, for spectators 800 feet away, ranges from 88 to 126 decibels. However, from 10 feet away, it's 155 decibels – louder than a military jet takeoff."

Lee added if an adult or child experiences a ringing or buzzing in the ear, then it's best to move farther away or spend time in a quieter environment.

With these tips in mind, Joint Base San Antonio residents can help eliminate fireworks-related injuries this year and declare independence from accidents with fireworks safety.

"Remember to make smart decisions when using fireworks and to take proper precautions as indicated on the labels," Lund said. "If you or someone with you is injured by fireworks, seek immediate help or dial 911."

For additional information, call the Joint Base San Antonio-Randolph's 502nd Air Base Wing safety office at 652-1842.

UPCOMING

9/11 COMMEMORATIVE RUN

The Robert D. Gaylor NCO Academy will be hosting a 9/11 remembrance run from 7 a.m. to 4:11 p.m. Sept. 11 at the Medina Fitness Center. The event is open to all JBSA Department of Defense cardholders and dependents. Contact Tech Sgt. Martin Venegas at 671-3766 for registration. Registration closes Sept. 1.

AF SPIRIT AND PRIDE 5K

This fun run, hosted by the Joint Base San Antonio-Lackland First Sergeants Council, takes place at 8 a.m. July 26 at the Basic Military Training Reception Center. The run is an opportunity for all Airmen to demonstrate Airmanship and Air Force pride. Pre-registration is $15 and $20 on day of the event. Call for additional information.

IAAFA 5K

Join in a fun run hosted by the Inter-American Air Force Academy at 8 a.m. Tuesday at the Circle of Flags. You can run with your distinctive flag colors, carry a flag or simply represent your heritage. Preregistration is $10 or $12 on the day of the event. Call 671-0215 for more details.

FIRECRACKER 5K FUN RUN/WALK

The Firecracker 5K Fun Run/Walk takes place at 6:45 a.m. July 11 at the Gillum Fitness Center. The race is free and runners can sign up on the day of the event. The run will start at Stapleton Park on Security Hill and finish at the Gillum Fitness Track. Call 977-2353 for more information.

PUSHUP/SITUP CONDITIONING

Need help passing the Physical Training Test? The Joint Base San Antonio-Lackland Health and Wellness Center offers classes for all components of the test. Contact 671-0566 for additional information.

Undefeated 149th Fighter Wing softball team tallies up wins and good times

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

The defending Joint Base San Antonio-Lackland intramural softball champions 149th Fighter Wing Gunfighters is a jovial bunch who enjoys each other's company with banter.

After the team defeated the 543rd Support Squadron Spartans 4-1, June 17, shortstop Tech Sgt. Ralph Chavez, a fuels handler, quipped with coach Senior Master Sgt. Oscar Macias, operations superintendent, about his occupation, telling him that his job duty is to "pass gas."

They later bring third baseman Master Sgt. Jason Session, who they picked up in the player's pool years ago, into the conversation and tease him about missing an "S" at the end of his last name because it sounds better.

The ribbing is all in good fun.

"We all like to joke around and talk smack with each other," Chavez said. "A little joke here and there doesn't hurt anybody. We try to keep it lively."

The Gunfighters' relaxed attitude has boded well for them this season. The champions are 7-0 so far.

Macias attributes the successful start to having a team of good and dedicated players who show up ready to play on offense and defense.

"We have always had a great defense throughout the years here, and everyone knows how to get base hits," he explained. "Everybody stays within their role on this team and knows where to hit."

Chavez agreed.

"We have come together in key moments of a game," the shortstop remembered. "For instance, the first game we played (a 10-9 victory over 543rd SPTS), we played the starters for three innings then took them out and put the backups in. We ended up going extra innings.

"The young guys that were in came through in the end to pull the game out."

One of the young contributors on the team is outfielder Tech Sgt. Juan Flores.

A first year player on the team, he had been looking to join the Gunfighters for awhile, but school and work commitments prevented him from playing.

When the Gunfighters were seeking players to join the team, Flores jumped at the chance and signed up.

"They have a good reputation," said Flores, a 149th FW recruiter. "I always heard about them since I have been in the unit and I always wanted to be a part of the team, but I couldn't because of my schedule. Now that I am a part of this team, it feels good. I can see these guys are real tight."

The team's reputation as a cohesive unit is why Macias has the confidence they can repeat as intramural champions this year.

Jason Session, 149th Fighter Wing Gunfighters first baseman, chats with teammate David Diaz after the team's 4-1 victory over the 543rd Support Squadron Spartans June 17 at Joint Base San Antonio-Lackland.

"You always have to have that mindset that you are going to repeat as champions," the coach noted. "We have done it before and other squadrons have done it before. Maybe this year is our turn to repeat."

And the good times will continue rolling.

Warhawk soccer coach seeking players for Defender Cup tourney

By Jose T. Garza III
JBSA-Lackland Public Affairs

After two consecutive first round exits from the Defender Cup tournament, Joint Base San Antonio-Lackland Warhawks varsity soccer coach Nana Saahene is looking to retool the team in hopes of reversing its fortunes this year.

The rebuilding process began with tryouts Tuesday at the Warhawk Football Field located by the Warhawk Fitness Center at JBSA-Lackland and will be conducted on Tuesdays and Thursdays for about a month. Saahene will then select 30 players and later trim the roster to 25.

He currently coaches the Warhawks in the San Antonio Soccer Association. However, the coach will evaluate current players and walk-ons during the tryouts.

The Defender Cup takes place Aug. 29-Sept. 1 at the South Texas Area Reginol Soccer Complex in San Antonio.

"Teamwork and team chemistry killed us the past two years," Saahene remembered. "I am looking to add more people to the team we have right now. We have a good team, but there might be people who just recently moved to JBSA-Lackland whom can contribute to the team."

The coach suggested players watch the FIFA World Cup, currently taking place in Brazil until July 13, to learn how to improve their teamwork and individual skills in hopes of landing a spot on the team.

"If they are not watching the World Cup then they are not ready to contribute to this team," Saahene said. "They should watch the games so they can try to add to their skill level."

For details about the tryouts, call Saahene at 671-9873.