



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 36 • September 12, 2014



Photo by Senior Airman Cory Payne

A four-Airman combat camera team of photojournalists and broadcasters from the 3rd Combat Camera Squadron, JBSA-Lackland, Texas, is visiting critical Air Force Space and Cyber missions throughout September. Senior Airman Alex Goad, Tech Sgt. Scott Olguin, Staff Sgt. Jarrod Chavana and Airman 1st Class Krystal Ardrey (left to right), will travel around Air Force Space Command highlighting the mission and the people of AFSPC. Their work will be posted on the Air Force Space Command website, Facebook page and on Twitter @afspace under #30daysAFSPC. **See story page 4.**

Taming the 'Tyranny of the Urgent'

By Lt. Col. Aaron Hopper
71st FTW Safety Office

Many Airmen lead incredibly busy lives, full of unfinished tasks. We often wish we had more hours in the day to fit it all in. In our professional lives, budgets remain tight, the Air Force is shrinking and we are challenged to do more with less.

Yet the demands on our time never seem to diminish. We are overdue on annual online training, our shop will be inspected next week, our co-worker just deployed (their work is now ours), our inboxes are full and we recently accepted another Outlook invitation for a meeting whose purpose is a mystery.

In our personal lives, we rush to juggle kids' activities, clean the house, make ends meet with both parents working, attempt to resolve the latest family drama and maybe, just maybe, fit in a workout. We work hard. We hurry to complete tasks. But we never seem to have time to finish our "to do" lists.

Moreover, when we collapse exhausted at the end of the day, we are not quite sure whether we spent our time working on the right things. We may even feel guilt or remorse over the way we spent our day or the things that we did not do.

Our problem, however, is not the length of a day, but rather the misdirection of our attention and priorities. Even if we had 48 hours in a day, we would quickly fill those hours with additional tasks. The additional time would not guarantee an unhurried or well-ordered life.

In 1967, the late Charles Hummel, a former president of Barrington College in Rhode Island (no longer in operation), detailed this problem in a short essay that he called, "The Tyranny of the Urgent."

In it, he wrote, "We live in a constant tension between the urgent and the important. The problem is that the important task rarely must be done today or even this week ... (but) the momentary appeal of (urgent) tasks seems irresistible and important, and they devour our energy."

Unfortunately, we live in a fast-paced, high-tech environment, where cell phones, email and social media relentlessly compete for our attention and invade the precious moments we set aside to deal with important matters.

Distractions are rampant and demands for our time are unending. In the midst of all of our busyness, how do we focus on the important and tame the "Tyranny of the Urgent?"

I have a few suggestions:

1. Identify your priorities. What is most important at home and at work? It could be a long-term project that is more important than two dozen unread emails in your inbox. It could be a talk with your teenager that is more important than the extra hour at work you need to meet an urgent suspense.

2. Schedule your priorities. Urgent suspenses always finds a way to shove aside the important suspenses when you fail to schedule priorities. If a new fitness goal is your top priority, then block off time on your calendar to work out.

3. Don't manage priorities by emails or phone calls. The fact that someone emails or calls you does not mean they require your immediate attention. Voice mail is a wonderful tool, it allows a caller to leave a message and return the call when the important task is complete. In my home, for example, family meals are sacred. We almost never answer the phone or a text message during a meal, regardless of who is calling.

Do not feel the need to read or answer every email when it arrives or

in the order it was received. Scan for priority messages, write down tasks that arrive by email, prioritize those tasks, then turn off the email and work your list in priority order.

I was assigned to the Pentagon when Gen. Mark A. Welsh became our chief of staff. The first week on the job, he notified us that he checks email only twice per day and that we had to visit or call his office if we had a matter that was important enough to warrant his immediate attention. If it works for our chief, it can work for us.

4. Reschedule the urgent. Once your priorities have been scheduled, it will be clear how much time and attention you can devote to urgent, but less important matters. Delegate, reschedule, refuse or request extensions for urgent tasks that are not truly important. If conflicts exist, or another shop believes their urgent request is more important than your priorities, use your chain of command to resolve and/or reprioritize the conflicts.

5. Remain flexible. At times, there are phone calls and emails that genuinely demand our immediate attention and priority. Though fewer and further between than we might think, we must be able to identify new priorities and reorder our schedules to accommodate tasks that are both urgent and important.

The most important things in our lives are not always the most urgent things. We frequently and easily set aside important tasks to deal with those whose urgency appears to make them important. Our challenge is not so much the amount of time we have, but the way in which we spend that time.

As former astronaut Story Musgrave remarked during a lecture I once attended, "You have time in life to do anything you want, but not time to do everything you want."

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 KRISTAL 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

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

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



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>.

NEWS IN BRIEF

FLU SHOTS FOR ACTIVE-DUTY SERVICE MEMBERS

The flu vaccine is available the Wilford Hall Ambulatory Surgical Center Immunizations Clinic to all active-duty personnel. Active-duty service members are required to receive the vaccine by Nov. 21.

Flu shots are available to all Department of Defense beneficiaries at the WHASC atrium. Flu shots are administered Monday through Friday from 7:30 a.m. to 4 p.m. Active-duty members have priority. Patients with booked appointments may receive the vaccine from their primary care manager.

The immunizations clinic's Mobile Flu Unit will also administer the vaccine at active-duty job locations across the base, to include the Lackland Training Annex. Dates, times and locations will be announced. For more details, call 292-4278.

RUNWALK FOR LIFE

The Joint Base San Antonio-Lackland 5K Run/Walk for Life will be Sept. 20 at the Gillum Fitness Center on JBSA-Lackland.

Open to valid Department of Defense ID cardholders, the event will raise money for JBSA suicide awareness and prevention campaigns. Participants should check in at 7 a.m. The race begins at 8 a.m.

The \$15 registration fee includes a T-shirt for every participant.

Register on the day of the event or online at <http://www.athleteguild.com/group/joint-base-san-antonio/event>.

LEGION OF MERIT PRESENTED

Chief Master Sgt. Jason Wagner was presented with the Legion of Merit Sept. 5 by Maj. Gen. Bart Iddins, 59th Medical Wing commander at the Wilford Hall Ambulatory Surgical Center Auditorium.

Wagner earned the Legion of Merit for his outstanding contributions as the Health Services Management Career Field manager, Air Force Medical Operations Agency, from June 6, 2009, to June 30, 2013.

Established in July 1942, the Legion of Merit is presented to those who have demonstrated exceptionally meritorious conduct in the performance of outstanding services.

QUALITY OF LIFE ISSUES REQUESTED

The Joint Base San Antonio Armed Forces Action Plan team wants to know quality of life issues on JBSA. Submissions are due by Oct. 1. For more information call 221- 9196 or 221-0918.

'Universal Giving' comes to Combined Federal Campaign

The fall 2014 Combined Federal Campaign marks the first time that federal employees nationwide can designate to local organizations outside their permanent duty station.

This means if they have a favorite CFC-approved charity in their hometown or another location beyond their current work assignment, employees can now give to those organizations in addition to the normal local charity listing.

All campaign regions are offering donors the opportunity to give through universal giving – the ability to donate to any national, international, or local charity not denied participation in the CFC.

Prior to offering this nationally, the Office of Personnel Management had been moving the CFC in this direction since 2006. First came the implementation of a universal coding system in 2006, then the universal designation system was successfully piloted in three markets (Chicago, Alabama and Portland, Ore.) in 2011 and 2012.

Now, any federal employee has the option to give to any participating CFC charity they choose, without regard to geographic boundaries. However, all campaigns must honor their donors' valid universal giving pledges.

The print version of the CFC charity list ("Catalog of Caring") will continue to be designed as it has in the past, as it will contain the national and international charity information provided by the OPM and the unique local charity section based on the Local Federal Coordinating Committee review of local charity applications. The printed list will not contain information on charities that did not apply to the local campaign area and were not approved by the LFCC.

The "Universal Giving List," on the other hand, is a single nationwide list of local charities and is determined through a combination of all campaigns' eligibility decisions. It will be compiled from all approved local charities. This list will only be made available to donors electronically.

In the case of a charity that belongs to different federations in different campaign regions, the charity will be listed on the "Universal Giving List" as belonging to the federation to which it is a member in its local campaign region.

OPM will produce and provide a "Universal Giving List" in both/either an online search tool on its website (<http://www.opm.gov/cfc>) and a searchable PDF file. Donors presenting pledge forms with valid charity codes from this list must be processed by all Principal Combined Fund Organizations.

Charity contact information, disbursement addresses and Electronic Funds Transfer data will be provided to campaigns as needed, based on the universal giving pledges they receive. Again, all campaigns must honor their donors' valid universal giving pledges without regard for the pledging method used.

(Source: Department of Defense Voluntary Campaign Management Office)

The 2014 Combined Federal Campaign began Sept. 1.



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 & 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 2013 San Antonio Area Combined Federal Campaign charitable agency brochure online, visit <http://www.cfcsanantonio.org>.

JBSA takes back unwanted prescription drugs Sept. 27

People can help prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs from 10 a.m. to 2 p.m. Sept. 27 at National Prescription Drug Take Back Day locations throughout Joint Base San Antonio.

Three collection sites will be located at JBSA-Fort Sam Houston. The first is at the medical mall in the San Antonio Military Medical Center. The second is at the community pharmacy, located at corner of Scott and Allen Roads, near the main exchange. Another location is available during the Military Retiree Appreciation Day at building 2841 from 8 a.m. to noon.

There will also be collection sites at the JBSA-Randolph Exchange refill pharmacy located in the main exchange. At JBSA-Lackland, the satellite pharmacy, across from the main exchange, will collect medications. The service is free and anonymous.

All pills should be emptied into a zip-lock or plastic bag and only the bag of pills should be brought to the collection site. Medication bottles can be disposed of through local recycling programs.

Additional local "Take Back" locations can be found at <http://www.deadiversion.usdoj.gov/drug-disposal/takeback/>.

Thirty days with space and cyber Airmen

By Senior Master Sgt. Dean J. Miller
Air Force Space Command Public Affairs

Air Force Space Command invites Airmen, their families and the public to follow online as the 3rd Combat Camera Squadron based at Joint Base San Antonio-Lackland tells the story of Airmen and mission partners conducting critical space and cyber missions during the month of September. The team will have unprecedented access to critical national defense missions and the Airmen who conduct them.

A four-Airman combat camera team of photojournalists and broadcasters is visiting critical Air Force space and cyber missions throughout the month. The story began the first week of September in Colorado Springs, Colo., at Air Force Space Command Headquarters and the 21st Space Wing at Peterson Air Force Base, and then the 50th Space Wing at Schriever AFB, Colo.

Later in the month, the team visits Cape Cod Air Force Station, Mass.; the Massachusetts Institute of Technology Lincoln Labs; New Boston AFS, N.H.; Patrick AFB, Cape Canaveral AFS, Hurlburt Field and Eglin AFB, Fla.; Kirtland AFB and Socorro, N.M. and then Vandenberg AFB and the Space and Missile Center, Calif.

AFSPC Airmen form the nation's mission-ready space and cyberspace forces and deliver capabilities for North American Aerospace Defense Command, U.S. Strategic Command and other combatant commands around the world. The command provides global Air Force network operations, manages a global network of satellite command and control, communications, missile warning and space launch facilities. The command is also responsible for space system development and acquisition.

"Space and cyberspace capabilities are foundational to every mission of the Defense Department," said Col. John Dorrian, AFSPC director of public affairs. "Our joint, interagency, coalition partners and people around the world rely on AFSPC Airmen and the critical missions we conduct; this is an opportunity to showcase our people and the great missions the command executes every day."

AFSPC Airmen will share their stories with the American people through the lens and pen of the combat camera team. Stories and images will collectively represent the missions of 40,000 space and cyberspace professionals assigned to 134 worldwide locations.

The combat camera team is led by Tech Sgt. Scott Olguin and includes Staff Sgt. Jarrod Chavana, Senior Airman Alex Goad and Airman 1st Class Krystal Ardrey.

Olguin, from Albuquerque, N.M., is the 3rd CTCS Documentation Flight, broadcast element NCOIC. With 15 years in the Air Force, his previous experience includes running the largest English-language

30
DAYS
with Space & Cyber
AIRMEN

Join the conversation

www.facebook.com/AirForceSpaceCommand
Follow us on Twitter: @afspace #30daysAFSPC

Courtesy graphic

radio station in Tokyo and serving as operations manager for the Armed Forces Network in the United Kingdom and Afghanistan.

Chavana, from Rockport, Texas, is a social media specialist with seven years in the Air Force. His previous experience includes documentation of Air Force operations in Iraq, to include the 2010 Iraqi elections and withdrawal of U.S. forces. In 2013 he deployed to Soto Cano Air Base, Honduras, where he served as the Joint Task Force-Bravo Public Affairs NCOIC.

Goad, from Bremerton, Wash., is a combat broadcaster with three years in the Air Force. Previous experience includes documentation of the first U.S. Air Force detachment's activation in Poland.

Ardrey, from Susanville, Calif., is a combat photojournalist with three years in the Air Force. Previous experience includes documentation of a subject matter expert exchange between the U.S. and Mexico.

"Our team is excited to visit AFSPC Airmen and their work centers to share their mission with the American people through photos, stories and a

social media effort," Olguin said. "The Airmen and the command have an amazing scope of responsibilities; from operating the GPS constellation and providing that signal to the world, to managing global Air Force network and cyber operations, to providing Space Situational Awareness and managing national space launch and range resources... and so much more."

"We want this effort to be interactive and we encourage Airmen, their families and the public to join the conversation on Facebook and Twitter," Olguin said. "This is a chance to express pride in space and cyber units, missions and the Airmen who make it all possible."

Throughout the mission, Olguin and his team will post coverage on the official Air Force Space Command website: <http://www.afspc.af.mil> and on the Air Force Space Command Facebook site: <http://www.facebook.com/AirForceSpaceCommand>.

The team will also highlight activities and Airmen on the command Twitter account: @afspace. Audiences can follow Twitter coverage under #30daysAFSPC.

Payne takes command of AFMOA

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

Col. Lee E. Payne assumed command of the Air Force Medical Operations Agency from Brig. Gen. Sean L. Murphy during an Aug. 29 ceremony at Port San Antonio.

Lt. Gen. Thomas W. Travis, Air Force surgeon general, presided over the ceremony.

Payne takes charge of the agency responsible for executing Air Force surgeon general policies, which support expeditionary capabilities, health care operations and national security strategies across 75 military treatment facilities worldwide. AFMOA's reach affects 40,000 medical Airmen in support of approximately 2.6 million beneficiaries.

"This is so important to the Air Force," Travis said. "What happens here in AFMOA affects Air Force medicine worldwide."

Travis spoke of the vital role Murphy played in establishing the AFMOA six years ago, hailing him as the architect of the organization strategy. He also noted how instrumental the AFMOA has been to health care operations and to the overall readiness mission.

"There are a number of things that (Murphy) has

been involved with that have made a deep imprint and a lasting impact on Air Force Medicine," Travis said.

After reflecting on both the outgoing and incoming commanders' careers, Travis highlighted parallels between the two and expressed confidence in Payne's ability to lead AFMOA.

"We've chosen very well the next AFMOA commander to follow Brig. Gen. Murphy, and that's Col. Lee Payne," he said.

Prior to being chosen to lead the AFMOA, Payne served as the deputy assistant surgeon general for health care operations where he was responsible for executing health care policy.

Payne, who was promoted to brigadier general later that afternoon, expressed his gratitude for taking command and spoke directly to the men and women of the AFMOA.

"I'm honored to be the next AFMOA commander," Payne said. "To team AFMOA, I know these are difficult times and challenging times but from experience, I can tell you that every time faces a unique obstacle. It's just when we're going through it, it seems like the most difficult and the most challenging. I really look forward working with you as we tackle those obstacles."



Photo by Johnny Saldivar

Col. Lee E. Payne addresses the audience after assuming command of the Air Force Medical Operations Agency Aug. 29 at Port San Antonio. Payne will be responsible for leading consultative support of more than 43,000 personnel and 75 military treatment facilities with a \$6.1 billion budget.

Airmen get head start on supervisor roles, responsibilities

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

Seventy senior airmen from the 59th Medical Wing who were recently selected for promotion, attended the wing's first Staff Sergeant-Select Professional Enhancement Seminar Aug. 19 at the Wilford Hall Ambulatory Surgical Center.

The seminar highlighted several key concepts and areas of interest for the soon-to-be supervisors to help them prepare for their new roles and responsibilities.

"Traditionally, an Airman is selected for promotion, waits to attend Airman Leadership School, and then promotes, sometimes a year later," said Senior Master Sgt. Alan Weary, 59th MDW career assistance advisor.

"The objective of the seminar is to start developing these Airmen now," Weary said.

Seminar topics included Airmanship, progressive discipline, an overview of the Comprehensive Airman Fitness system and Air Force personnel programs of interest to the new junior leaders.



Airmen also participated in a question-and-answer session with 59th MDW Command Chief Master Sgt. Maurice James and several group superintendents.

"I got so much helpful information from listening to the chief's panel," said Senior Airman Sarah Watson, 959th Inpatient Operations Squadron. "I also felt the Progressive Discipline lesson was helpful. I will definitely be using the methods I learned."

Every Airman received a certificate and commemorative poker chip from the command chief and their respective group superintendent after completing the seminar.

Photo by Staff Sgt. Jerilyn Quintanilla

Senior Master Sgt. Robert Powers, 59th Medical Wing Mental Health flight chief, speaks about the new Airman Comprehensive Assessment during the Staff Sergeant-Select Professional Enhancement Seminar Aug. 18 at the Wilford Hall Ambulatory Surgical Center auditorium, Joint Base San Antonio-Lackland. Topics of discussion included Airmanship, progressive discipline and Air Force Personnel programs.

Biomedical sciences education, commissioning program application windows open

By Debbie Gildea
Air Force Personnel Center Public Affairs

Airmen interested in biomedical sciences education or commissioning opportunities may be eligible for one or all of the four Biomedical Sciences Corps programs now accepting applications.

Available BSC programs include the Army Baylor Doctor of Physical Therapy Training, the Uniform Services University of the Health Sciences PhD Clinical Psychology Training Program, the Interservice Physician Assistant Training Program and the Direct Accession Program.

Eligible active duty Air Force officers and enlisted members may apply for any of the four programs. Air Force Reserve and Air National Guard members are eligible to apply for the Ph.D. Clinical Psychology Program at USUHS.

Army Baylor Doctor of Physical Therapy

- Leads to a commission as a physical therapist.
- Applications are due by Nov. 25 for training beginning in October 2015.
- Active duty enlisted, officers and cadets may apply. Eligibility criteria include the following:
 - Must be a U.S. citizen.

- Bachelor's degree (or in-final semester for degree).
- Qualified for duty worldwide.
- Minimum total Graduate Record Examination score of 1,000 (297 new); minimum 450 (150 new) on verbal;
- Minimum 100 hours of physical therapy observation
 - Minimum GPA of 3.25;
 - Complete required courses in anatomy, physiology, biology, physics, chemistry, psychology, statistics and social science;

Enlisted selective reenlistment bonus recipients: must have completed 50 percent of their enlistment before applying.

Ph.D., Clinical Psychology Training Program

- Leads to a commission as a clinical psychologist.
- Applications are due to the Uniformed Services University of Health Sciences by Dec. 1, for training beginning in August 2015; USUHS will forward accepted packages to AFPC for candidate selection.
 - Active duty, Reserve and Guard Airmen may apply. Eligibility criteria include the following:
 - Must be a U.S. citizen;
 - Must meet commissioning requirements according to Air Force Instruction 36-2005, Appointment in Commissioned Grades and Designation and Assignment in Professional Categories - Reserve of the Air Force and United States Air Force. To review the AFI, go to ePublishing at <http://www.e-publishing.af.mil> and enter "AFI36-2005" in the search window.
 - GRE score of 1,100 (302 new format); GRE scores must have been completed within two years of the USUHS application date.

- Must meet entry requirements for attendance at USUHS; for application and submission information, go to <http://www.usuhs.mil/mps/militaryprograms.html>

Interservice Physician Assistant Training Program

- Leads to a commission as a physician assistant.
- Applications are due Jan. 25, 2015, for the 13-month training program at Joint Base San Antonio-Fort Sam Houston beginning in August for selected officers and Enlisted attending either December 2015, or April or August 2016. The 13 month program is followed by 16 months of Phase II training.
 - Active duty enlisted, officers and cadets may apply. *Enlisted eligibility criteria include the following:*
 - Must be a U.S. citizen.
 - Have earned 60 semester hours.
 - Qualified for duty worldwide.
 - Minimum total SAT score of 1,425 and 450 on each category;
 - Minimum of two years and maximum of 14 years of time in service;
 - Minimum 2.5 cumulative grade point average, 3.0 for math/science;
 - Must have completed prerequisite courses; and
 - SRB recipients must have completed 50 percent of their enlistment before applying.
 - *Active duty officer and cadet eligibility criteria*
 - Qualified for worldwide duty.
 - Minimum total SAT score of 1,425 and 450 on each category.
 - Must have a maximum of five years of time in service. (Waivers considered for more than five years

See BIOMEDICAL Page 8

A Visitor for the AFNet

By Capt. Chris Sukach,
Air Force Space Command Public Affairs

Over the upcoming months, Air Force Space Command will field an application called "DOD Visitor" throughout the Air Force Network.

DOD Visitor will allow any Department of Defense common access card holder temporary access to the non-secure Internet Protocol Router Network when away from their home bases. Non-Air Force Network users, including those from sister services, can log into an AFNet computer and work without an AFNet user account.

"DOD Visitor is a (Defense Information Services Agency)-directed application already in use at Army and Navy locations around the world," said Brig. Gen. Kevin Wooton, Air Force Space Command director of communications and information. "Now that we've migrated to a centralized AFNet, we're

able to begin providing some of the benefits of a centralized network, which in turn makes life easier not only for the end user, but for our communications specialists who support the network as well."

The implementation of DOD Visitor will eliminate the need for local communication focal point personnel to create temporary accounts for visitors to the AFNet.

"This process is fully automated and eliminates the burden of manually creating user accounts," said Maj. Christopher McMillian, Air Force Space Command action officer. "Following installation, DOD Visitor should require little to no local support as temporary accounts will both auto-create and auto-delete 24 hours after visitors no longer need them."

Through the DOD Visitor application, temporary users of the AFNet will have access to programs installed on AFNet computers as well as access to webmail, Defense Travel System and their home service's web portal.

"The implementation of DOD Visitor should make accessing the AFNet so much easier, not only for CAC members

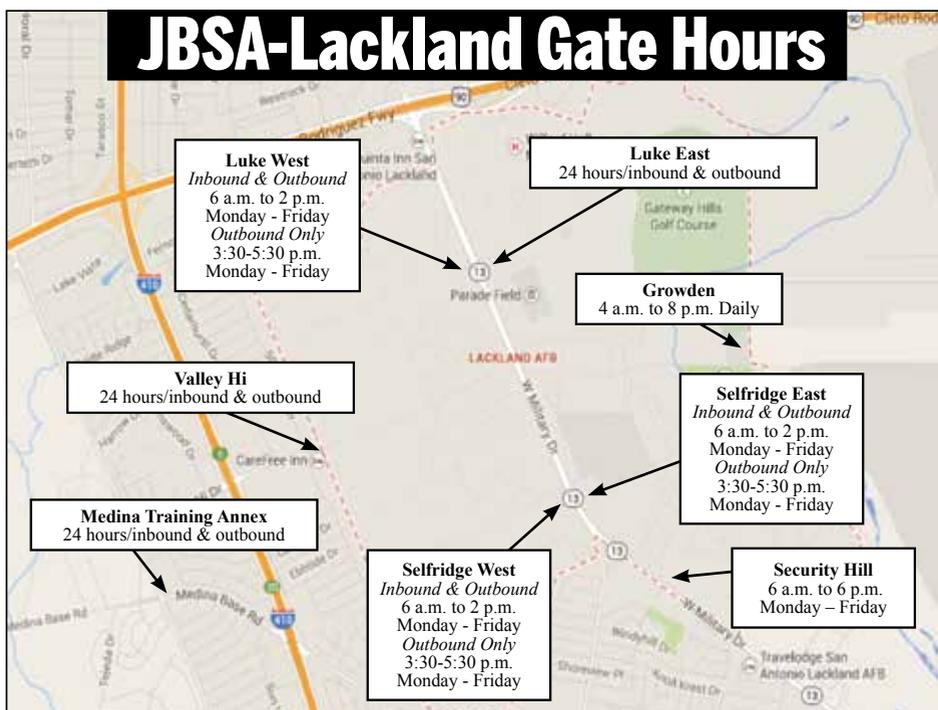
See **AFNET**, Page 8

MISSION PARTNERS IN ACTION: 3RD COMBAT CAMERA



Photo by Staff Sgt. Jonathan Snyder

Senior Airman Andrew Walck (right), 3rd Combat Camera Squadron aerial combat broadcast journalist, documents maintenance Airmen working on a MC-130H Combat Talon II Aug. 28 at Kirtland Air Force Base, N.M., The 3CTCS mission is to support Air Force priorities through the worldwide acquisition and distribution of global imagery during all phases of military operations and campaigns.



BIOMEDICAL from Page 6

TIS but fewer than seven years).

- Must have minimum 2.5 cumulative GPA, 3.0 for math/science;
- Completed prerequisite courses in anatomy, physiology, biology, microbiology, chemistry, medical terminology, psychology, algebra, English and social science.

BSC Direct Accession Opportunities

- Open to enlisted, line officers and cadets.
- Opportunities vary by fiscal year for commissions into the aerospace physiology, laboratory, public health and bio-environmental engineering fields. Opportunity and application updates are available on the Air Force Medical Service Knowledge Exchange webpage.

Eligibility Criteria;

- Must meet degree eligibility criteria for commissioning appropriate for available Air Force specialty codes (42S clinical social worker, 43A aerospace and operational physiologist, 43E bio-environmental engineer, and 43T biomedical laboratory).

- Must meet commissioning requirements according to AFI 36-2005.

For more information on BSC education and commissioning opportunities, including additional eligibility criteria and application instructions, log in with a common access card to the AFMS Knowledge Exchange at <https://kx2.afms.mil/kj/kx3/afbsceducation> or <https://kx2.afms.mil/kj/kx4/afbscutilization>.

For more information about developmental and other personnel issues, visit the myPers website at <https://mypers.af.mil>.

BMT HONORS

Congratulations to the following 50 Airmen for being selected as honor graduates among the 507 Air Force basic military trainees who graduated today:

321st Training Squadron

-Flight 527

Mark Burdick Jr.
Kyle Easley
Connor Murt
Eric Padro
Jason Seiberg
Mario Silveira
Anthony Spaugh
Daniel Wade
Anthony Wroblewski

-Flight 528

Romero Bounthavy
Omar Brandt
Christopher Reed
Devin Western

322nd Training Squadron

-Flight 531

Bradley Barkdoll
Lane Howard

-Flight 532

Chelsea Mezzatesta
Whitney Smith
Kayla Wands
Desirae Weimer

326th Training Squadron

-Flight 525

Sean Hummel
Forrest Touchstone
Alex Twaroski

-Flight 526

Matthew Cadiz
Stephen Davis
Mark Lasorsa
Logan McMillan
Stephen Meekins
William Ray
Ian Stewart
Joshua Travers

-Flight 529

Chasen Hutchison

-Flight 530

Mary Dawkins
Meredith Leno
Siana Rosado

331st Training Squadron

-Flight 523

Robert Barusefski
Robert Bush
Ian Connell
Andrew T. Draves
Caton Fisher
Christopher Funke
James Haire
Brendan Maxner
John Mountjoy
Anthony Natale
Ridge Osgood
Shawn Sullivan
Corey Williams

-Flight 524

Nakeisha Ekpe
Katie Gonder

Top BMT Airman

Shawn Sullivan
331st TRS, Flight 523

Most Physically Fit

-Female Airmen

Amber Jamison
322nd TRS, Flight 532
Justine Romero
322nd TRS, Flight 532
Colleen Connell
322nd TRS, Flight 532
Lisa Berta
322nd TRS, Flight 532

-Male Airmen

Robert Bush
331st TRS, Flight 523
Jacob Tierney
321st TRS, Flight 527
Caleb Steeves
326th TRS, Flight 526
Omar Brandt
321st TRS, Flight 528

-Female Flights

322nd TRS, Flight 532
326th TRS, Flight 530
331st TRS, Flight 524

-Male Flights

326th TRS, Flight 526
331st TRS, Flight 523
326th TRS, Flight 529
326th TRS, Flight 525
322nd TRS, Flight 531
321st TRS, Flight 527
321st TRS, Flight 528

Top Academic Flights

331st TRS, Flight 523
331st TRS, Flight 527
326th TRS, Flight 525
321st TRS, Flight 528
326th TRS, Flight 526
322nd TRS, Flight 531
331st TRS, Flight 524
326th TRS, Flight 529
322nd TRS, Flight 532
326th TRS, Flight 530

Joint Base San Antonio-Lackland is on

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



AFNET from Page 7

visiting (United States Air Forces Europe) bases, but for our communications focal point folks as well," McMillan said. "It should be almost as convenient for the end user as accessing the network from their home station machine."

Implementation of DOD Visitor is just one of the many ways in which the Air Force is progressing to the DOD's Joint Information Environment, a network construct that should eventually unite the entire military around a single set of shared infrastructure and information technology services.

Office of Personnel Management announces eOPF upgrades

By Janis El Shabazz

Air Force Personnel Center Public Affairs

The Office of Personnel Management has announced recent upgrades to its electronic personnel filing system to provide smarter and more efficient service to employees.

The OPM eOPF is a secure electronic personnel folder which provides civilian employees virtual access to their personnel records. This includes notifications of personnel actions and benefit election documentation such as Thrift Saving Plan contributions, life insurance and health benefits.

"This upgrade provides substantially improved navigation," said Chuck Zedek, the Air Force Personnel Center eOPF project manager. "Employees who have not done so should set up an eOPF account and review their records to ensure they are correct and up to date."

"Ultimately, we're all responsible for managing our own future and professional development," he said. "Ensuring our records are correct will help us achieve our professional goals."

To help employees do that, AFPC sends all employees an annual email reminder during their birth month.

To create an eOPF account, go to myPers at



<https://mypers.af.mil>. Under the "I would like to..." section, select "Learn how to access my Electronic Official Personnel File." Scroll down to the "Creating eOPF Account" section and follow the instructions.

Employees must have a valid work email address in the eOPF in order to create their user account.

The eOPF email data field is updated from the employee's email address in MyBiz. Therefore, employees should check their MyBiz email address to make sure it's accurate. To do that, go to <https://compo.dcpds.cpms.osd.mil>. It takes approximately 24 hours for MyBiz email updates to flow to the eOPF.

The eOPF can only be accessed from a government or military computer network. The eOPF and MyBiz are secure applications, so employees do not need to worry about their data being compromised, Zedek said.

"Using the myPers self-service applications and the eOPF puts employees' personnel information at their fingertips," Zedek said. "They can now complete actions, which previously took an inordinate amount of time out of their day, with the click of a mouse."

Employees can initiate requests for corrective action for certain eOPF errors or omissions such as date of birth correction, name change and Social Security number correction.

To learn more about self-service updates, visit the myPers self-service page, accessible via the home page "I would like to" section.

For more information about other personnel issues, visit the myPers website, <http://mypers.af.mil>.



By Jonathan Stock
Air Force Surgeon General Public Affairs

All Airmen have a responsibility that last much longer than a one-month campaign. This responsibility extends beyond ourselves and includes our work environment, our families, friends, fellow Airmen and our communities.

While Suicide Prevention Month is observed across the United States in September, the month-long event is a reminder of everyone's 24/7, 365-day responsibility to be a true Wingman. That means knowing our fellow Airmen, family members, coworkers and what is happening in their lives, as well as being willing and able to support them when they are facing challenges that test their resilience.

The Air Force has undertaken several initiatives to improve resilience for individuals and our communities. These efforts can be found under the umbrella of Comprehensive Airmen Fitness, which focuses on maintaining a balanced and healthy lifestyle across physical, mental, so-

cial and spiritual domains. Individuals practicing comprehensive fitness are more likely to seek help when needed and be able to identify risk factors and warning signs when an individual is off balance.

"Prevention begins with each individual working to strengthen and maintain their overall well-being across all CAF domains, as well as being able to identify when they need help," said Lt. Col. Kathleen Crimmins, Air Force Suicide Prevention manager. "A good Wingman offers help knowing what resources are available, and follows up to stand by their side throughout a challenge. Assisting Airmen to get help – whether peer or professional – is what a Wingman does."

A number of resources are available to include the Air Force Suicide Prevention website at <http://www.airforcemedicine.af.mil/suicideprevention>, the Airman's Guide for Assisting Personnel in Distress at <http://www.airforcemedicine.af.mil/airmansguide>, or go online to chat at <http://www.militarycrisisline.net>,

with access to peer counselors in person and through online chats and text messaging. People can also call the Military Crisis Line at 800-273-8255, press 1, text 838255.

The Air Force Wingman Online-Suicide Prevention website is available at <http://www.wingmanonline.org/Home> and people can also call 866-966-1020.

You can also find help by contacting your local agencies who make up the installation Integrated Delivery System.

In addition to the crisis phone line, help is also available through the Vets4Warriors peer support chat line at 855-838-8255 or online at <http://www.vets4warriors.com>. This line will connect an individual with veteran peers who understand the unique challenges of military life and assist with problem solving and resolution.

Family members, retirees, and veterans can also use these resources for themselves if they feel the need to speak with someone.

According to Crimmins, Air Force

mental health clinics reported an increase in the number of visits annually over the last few years which are positive results of the Air Force's effort to remove the perceived stigma of seeking help.

Leaders at all levels must continue to promote and encourage individuals to seek support agencies and clinician services as a normal step in maintaining a good work and life balance.

Early resolution of stress helps Airmen maintain a balanced lifestyle, which in turn allows them to withstand, recover and grow in the face of adversity.

"We can all make a difference by helping our Wingmen understand they are not alone," Crimmins said. "Sharing our stories and highlighting our own personal resilience and perseverance will let others know their Air Force family is behind them and those needing help are not alone."

The Joint Base San Antonio Helpline can be reached at 877-995-5247 and the JBSA duty chaplain is at 221-9363.

commentary

The unexpected power of listening

By José (surname withheld)

U.S. Air Forces in Europe and Air Forces Africa

My name is not José. I was asked not to use our real names if I write down what I recently learned about the events of 2002. He's not 'Steve,' either. Steve agreed to share his part, and I will tell you mine – our two sides of one story.

What follows is our recollections of then and now.

José: Steve and I used to play one of those multiplayer online games when they were just becoming popular. I was at Wright-Patterson Air Force Base, Ohio; he was at Aviano Air Base, Italy. We chatted online through the game interface almost daily when our duty schedules allowed. The time difference meant not many players were online when we overlapped, so we just texted for hours. There were times when our real life, "RL" as we called it, was all we'd talk about. The game was just the place to catch up on the latest going on in bella Italia or sunny Dayton, Ohio.

Steve: In late 2002, I wasn't just unhappy, I was bottoming out. My seven-year Air Force career was the only thing in my life that seemed solid; the ops tempo was crazy after 9/11. A year later, when things started to settle down in mid-2002, we got into a new rhythm. As the pace changed, the demands of the job faded into a 'new normal;' all the problems piling up were pushing back into the center stage. All the things I didn't want to deal with because of the pain could not be ignored. I think I was depressed.

José: I knew Steve was upset sometimes, as he often vented about his day or his week. We all did. Then he'd feel bad, like he was griping too much. I'd tell him, "no, man, that's what friends are for. Tell me." So he did. Then one day he was online, but didn't feel like talking. It seemed strange. So we joined a larger group of players and found some battle to fight. I knew I could circle back later and ask him



what was wrong. I remember thinking that his dad dying earlier that year was probably still on his mind.

Steve: It got to a point where our online gaming couldn't distract me for more than a few moments at a time. Those painful burdens with no resolution continued to mount – nothing made the days brighter. I think if I had just been stressed out, at least some of the good things in my life would have made me feel better. They didn't. Nothing made me feel better.

The pain that settled over me, marital troubles and losing my father to cancer, among other things, made all the good things in my life seem irrelevant. I felt numb. There were times I would just sit still, and catch myself forgetting to inhale. I had to remind myself to breathe. Early one week I checked my blood pressure and the diastolic was about 20 points above the threshold considered "high." Even that, I didn't care about. I was numb all the way to my core. I couldn't imagine what hope was any more.

Then one day I started making a plan in my mind. I felt good, for a change – the pain would soon be over.

José: We kept adventuring over a week or so, and it still bothered me that Steve wasn't messaging as much as usual. As Friday rolled into Saturday and Sunday, the main combat game zones got overcrowded, and we reverted back to message chatting instead of straight-up gaming.

After several hours, Steve told me how low he was feeling and asked me what I would do in his place. I never lost a family member; I didn't know what to tell him. I thought of telling him how time heals everything; just give it long enough and everything gets better. It felt like an empty promise even as I typed it. I sent it anyway. Then I listened for a while. He had much more to say once I made it clear I didn't think it was our place to judge each other. "I got your back, bro," I told him.

Steve: He just listened that weekend. He didn't tell me how to feel and didn't

advise me on all the things I needed to do or not do. He didn't try to manage my life from 10,000 miles away ... and he didn't log off until I had talked it all out.

I didn't tell him then that I changed my mind about killing myself that day. I let him know in the summer of 2013.

José: So Steve lays this on me when we were chatting a couple months ago. I was completely blown away. Even though the man had the courage to share his pain and even though that is now safely in the past it scared me. I couldn't sleep.

My wife once told me "sometimes the only way out of something is through it." Thinking about 2002, I think that's what Steve was doing – he was going through it to get to the other side. He didn't have a magic wand to make it better and he didn't feel comfortable going to a chaplain or mental health – though I'm sure he knew they were there for him. I don't know if I was the second or the seventh person he reached out to in his personal life, but it freaks me out that he was close to doing something bad to himself.

Steve: I haven't talked about this much – no one's proud to admit life got the better of them. I wanted to end it. I wanted to die. José listened, occasionally asking questions to gently challenge my one-track mindset. It made me realize I hadn't considered other perspectives. I was locked on the one 'escape' from all life's problems that seemed the most obvious answer at the time.

Talking through a computer chat interface meant he couldn't hear my voice or see my expressions, but he noticed things were off. He didn't ignore that difference, and that made all the difference.

My wife and our two young children, though they don't know the details, appreciate that he listened that weekend too. I'm thankful – after many years, that the pain of 2002 is mostly gone, and I am alive.

(This article originally appeared online in December 2013)

Know the do's and don'ts before scheduling an event

By Maj. Airon Mothershed

Air Force Recruiting Service Staff Judge Advocate

A private organization is a self-sustaining special interest group (i.e., the chiefs' group, a unit booster club, etc.) formed by individuals acting outside the scope of their official duties. The following are some important rules to which private organizations must adhere:

A booster club may not use the seal, logo or insignia of the Department of Defense, their squadron or any military organization on their letterhead, correspondence or in its title. Booster clubs must not use official Air Force letterhead in sending out any of its correspondence. This means that recruiting squadron booster clubs cannot use their squadron number in their name, the words "recruiting squadron" or the abbreviation "RCS."

That means any RCS booster club with a name

along the lines of "375th RCS Booster Club" is unlawful. However, mascots can be lawfully incorporated in the name. So, if the 375th RCS was also known as the Panthers, the booster club could rename itself as the "Team Panthers Booster Club." Booster clubs are also not authorized to sell alcoholic beverages.

If Air Force personnel participate in a booster club event, they may only do so on their personal time and in their personal capacity. Air Force members cannot be in uniform when soliciting donations or participating in a fundraising event.

In addition, members may not participate while in duty status, therefore, if it's during the work day, members must be on leave to participate.

Air Force members may not use government resources (e.g., funds, equipment, vehicles, supplies, postage) in support of a booster club event or campaign. The only exception is that Air Force

members may use government email to let other members of the booster club know about the event. The email should be written in language that does not lead one to believe the Air Force, the group or the squadron is endorsing the event.

Emails about booster club activities should not be sent out by supervisors, first sergeants, commanders, etc. Otherwise, a perception may be made that participation by unit members is mandatory.

Air Force members may not personally solicit funds or other support for a booster club from their subordinates or from any "prohibited source." Prohibited sources include Air Force contractors or businesses that the Air Force does business with.

Participation in booster club events is voluntary and must always remain so. Individuals in leadership positions cannot mandate participation.

Booster clubs can only do two fundraisers per quarter.

Booster clubs may solicit off-base and in local communities for its own purpose - i.e., to support the unofficial unit functions so long as booster club members clearly indicate that any donations are to the booster club, as a private organization, and not to the Air Force. The booster club should also make clear to donors that recognition for donations may not be made publicly.

Booster clubs cannot hold a fundraiser, wherein a prime parking spot is auctioned off or contributing members are allowed to wear civilian clothing to work (instead of their uniforms).

Booster clubs may send letters to local businesses asking for donations, however, the letters must be carefully written. The AFRS Judge Advocate office has a template of an authorized donation letter. For an electronic copy, contact Master Sgt. Ines Fret-Caraballo at 565-4734.

If a booster club plans to fundraise on a base, be aware that such fundraising can only occur after base officials have approved the event and ensured the event will take place away from the workplace. (Typically the base FSS has an individual in charge of approving events, and that individual will assist in providing the paperwork that must be completed prior to approval.)

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>

DOD employees required to abide by political participation guidelines

By Jacquelyn M. Christilles

502nd Security Forces and Logistics Support Group Judge Advocate Office

It is hard to miss when the political season is in full swing. Signs dot front yards and media is riddled with commercials.

Active duty military personnel and Department of Defense civilian employees are encouraged to carry out the obligations of citizenship by exercising their Constitutional right to vote. As employees of the federal government however, there are certain restrictions on political activities.

For active duty personnel, the general rule is that a member may not participate in "partisan political activities." That rule prohibits pretty much anything but mere attendance at fundraisers, rallies and conventions. Of course, members should not attend in uniform.

The rules also prohibit publishing political articles, letters or endorsements. When it comes to social media, these rules still apply. In short, a member can "like" something or someone on social media or express his or her views on a subject, but is prohibited from sharing the item with others or indicating DOD endorsement.

Finally, members are permitted to display appropriate bumper stickers, but large partisan political signs are not allowed. Material on a bumper sticker or in a social media post that violates the Uniform Code of Military Justice or service regulation is still subject to disciplinary action. That means steer clear of messages that show contempt for public officials, release sensitive information or contain unprofessional material that is prejudicial to good order and discipline under the UCMJ.

The above list of prohibitions is not exhaustive, in fact there is an entire DOD directive on this subject, so be mindful of political activities and check with your local legal office when in doubt.

Political activities for DOD civilian employees are regulated by a number of sources including a federal law called the Hatch Act. DOD civilian employees, except Senior Executive Service employees, are allowed to volunteer with a political campaign or political organization while in their personal capacities.

These employees are however, prohibited from soliciting or receiving political contributions.

As with many restrictions on use of the federal workplace, federal employees may never engage in political activities while on-duty or in a federal building. This means that employees may not send or forward political emails or post political messages to social media while in a federal building (including when off-duty), even if the employee is using his or her personal smartphone, tablet or computer. Further guidance can be obtained from your local legal office.

Letter to Airmen: RAND study

By Gen. Mark A. Welsh III

Chief of Staff of the U.S. Air Force

Many of you have recently been invited to participate in the 2014 RAND Military Workplace Study.

This web-based survey assesses your recent experiences with military workplace relations, professionalism and personal safety. It's not "just another survey."

This one is part of our newly designed, recurring set of surveys that will allow both the Air Force and the Department of Defense to establish baselines and measure progress against issues that keep you or those around you from feeling like the critically important member of the team that you are. We've worked hard to stagger these surveys so we periodically give each of you a chance to help us improve the Air Force without burying you in surveys over time.

This week marks the mid-way point for the survey and I want to personally thank the 30,000 plus Airman who have already completed it. The secretary and I appreciate getting your direct feedback on these issues.

If you have been invited to take the survey but

have not completed it yet, I hope you recognize its importance and will find a few minutes to sit down privately and answer these questions about your experiences. It really doesn't take long and your input is critically important to making our Air Force a better place to live and work.

This survey can be completed using a government computer during duty hours or on a smartphone or home computer. The RAND Corporation, which is conducting the study, will protect the confidentiality of your survey responses. No one in the Air Force or in the DOD will ever be able to identify your individual survey responses.

By just taking a few minutes of your time to complete the survey, you will help us provide a stronger and healthier workplace for all Airmen. No one else can give us your perspective; we need to hear it!

Thanks for your help with this, and thanks for the incredible things you do every day! Continue to take care of each other.

Mark A. Welsh III

General, USAF

Chief of Staff

LOCAL BRIEFS

FRIDAY

RESERVATIONS REQUIRED FOR MIXER

Reservations for the San Antonio BBQ Mixer are due by Friday. The event, presented by the Airman's Voice, the BOSS Program and Airman's Council, will take place Oct. 3 from noon to 4 p.m. at Freedom Park, 3138 Rawley Chambers Road on Joint Base San Antonio-Fort Sam Houston. Open to all junior enlisted E-1 through E-4 stationed within the JBSA area, the mixer will feature free food, drinks and entertainment. For more information, call 671-4881 or to make reservations, go to <https://einvitations.afit.edu/inv/anim.cfm?i=208988&k=00614A00735F>.

SATURDAY

SPIRIT OF 9/11 5K

The Spirit of 9/11 5K run will be held Saturday beginning at the Pfingston Reception Center retreat pad. Registration will start at 7 a.m. and the race will get underway at 8 a.m.

The registration fee is \$15 and each registered participant will receive a challenge race chip. Awards will go to first-through third-place

finishes in seven age categories.

For more information, contact the BMT Scheduling Office at 671-3026/3027.

MONDAY

FEDERAL RESUME PROCESS

Learn how to write a competitive federal resume highlighting your accomplishments and navigate the USA Jobs website. The session will take place noon to 2 p.m. Monday at JBSA-Lackland Arnold Hall. Call 671-3722 at JBSA-Lackland to register.

THURSDAY

POW/MIA REMEMBRANCE RUN

The 37th Training Wing, along with other JBSA-Lackland organizations, will hold the sixth annual POW/MIA Remembrance Run Thursday beginning at 8 a.m. and continuing 24 hours to the morning of Sept. 19.

Military members, civilians and family members are invited to participate by signing up to carry a baton on one of seven tracks across base. In addition, commemorative t-shirts will be on sale with proceeds going to the National League of POW/MIA Families through the Combined Federal Campaign.

Starting run locations are the 320th/331st Training Squadron and 322nd TRS drill pads and the 321st TRS, 323rd TRS, Warhawk, Security Hill and Medina Annex tracks.

For additional information, see your squadron point of contact or call 671-3836.

SEPT. 24

EMPLOYMENT INFORMATION SEMINAR

The 2014 Military and Veterans Employment Information Seminar "Closing the Loop" is set for Sept. 24 from 9 a.m. to 4 p.m. at Texas A&M University-San Antonio's Central Academic building, One University Way.

The event is a full day of information, education and employment opportunities designed for transitioning service members, veterans, Reservists and hiring managers, including breakout sessions from the Texas Veterans Commission, the U.S. Department of Veterans Affairs, Job Search Strategies and the Military & Veterans Community Council, among others.

Vendor displays and panel discussions with audience question-and-answer sessions will also take place during the event.

For additional information, call 916-9252. Register online at <http://www.eventbrite.com/office-of-personnel-management-2955782645?s=26794003>.

SEPT. 25

SAFETALK TRAINING CLASSES

SafeTalk training classes will take place Sept. 25 at Joint Base San Antonio-Lackland.

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

The classes will all be held at Freedom Chapel, building 1528, from 8-11:30 a.m. and 1-4:30 p.m. The maximum class size is 30.

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

SEPT. 27

RETIREE APPRECIATION DAY

The 2014 Military Retiree Appreciation Day is Sept. 27 from 8 a.m. to noon at building 2841 on Joint Base San Antonio-Fort Sam Houston for all military retirees and family members of all armed services members.

The event includes representa-

tives from legal services, the Texas Veteran's Commission, South Texas Veterans Affairs, the Texas Department of Insurance and others. A San Antonio Military Medical Center Health Fair will also be held to provide flu shots and accept unwanted or expired medications. Call 221-9004 or 671-2728 for additional information.

OCT. 3

5K GLOW RUN, FUN WALK 1K

JBSA-Lackland 5/6, will host their inaugural 5K Glow Run and Fun Walk 1K Oct. 3 at the JBSA-Lackland 1.5-mile track.

A preregistration discount of \$20 for the 5K and \$15 for the 1K walk is available through Sept. 22. After Sept. 22, the entry costs for each increase by \$5.

Sign in, late registration and T-shirt pickup begins at 6:30 p.m. on race day. The walk begins between 7:30 and 8 p.m.; the run starts at 8:10 p.m.

Children who complete the Fun Walk 1K will earn a medal.

For additional information, visit <https://www.eventbrite.com/e/jbsa-lackland-56-fun-walk-1k-glow-run-5k-tickets-12259130389>.

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.

—REFUGEE 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

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

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

MONDAY

- ▶ Transition Goals, Plans, Success, 7:45 a.m. to 4 p.m.
- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

TUESDAY

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

WEDNESDAY

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer

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

THURSDAY

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

SEPT. 19

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

SEPT. 22

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ Federal resume writing techniques, noon to 2 p.m., Arnold Hall Community Center.

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

SEPT. 23

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

SEPT. 24

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

SEPT. 25

- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.

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

SEPT. 26

- ▶ 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.

SEPT. 29

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

SEPT. 30

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For more 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.lacklandesc.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>

JBSA-Lackland Youth Swim Team

Growing up one lap at a time



Sinead Bolton, 17, left, and Cassie Resler, 12, right, perform 25-meter flutter kicks Aug. 12 at the Skylark Aquatic Center, Joint Base San Antonio-Lackland.

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

Walk into the Skylark Aquatic Center, and it feels like a sauna – flat out muggy on a hot San Antonio summer day. Everyone inside is using the pool to keep cool, but not everyone is there to relax and kick back.

On the far right end of the pool, swimmers, ages 5-17, are swimming laps, starting with completing 100-meter freestyle, back and butterfly strokes. The workout intensifies with 12, 25-meter sprints in freestyle and using a kick board to isolate the legs.

After a 40-second cool-down period, the children hope that the training gets easier for the last 15 minutes, but they know better.

Joint Base San Antonio-Lackland Youth Swim Team Coach Stephanie Soto has the children come out of the pool and do lunges from one point to the other followed by pushups. The team swims one final length back to their starting point and then hops back out to do planks for their final exercise.

Since May, the JBSA-Lackland Youth Swim Team has been training three days a week for city and state competitions.

The team recently represented Region 15 - City of San Antonio in the Texas Amateur Athletic Federation Summer Games State Swim Meet in College Station, Texas July 31 through Aug. 3, by each swimmer individually placing in the top three of every event they competed in.

Even though none of Soto's students won in their respective categories, she is proud of them for making great strides throughout the season.

"It's a great accomplishment," she said. "Most of these kids are new and I am more concerned with them dropping time and helping them reach their goals."

The children's goals for swimming vary.

Cassie and Chloe Resler, 12 and 10, respectively, both aim to compete in the Olympics one day.

The sisters love being competitive swimmers.

"Being on swim teams is fun. I like

being part of a team," said Cassie, who placed 28 out of 33 swimmers in the girls 11-12-year-old 100-yard freestyle, 31st out of 37 swimmers in the 50-yard breaststroke, and 30th out of 35 swimmers in the 11-12-year-old, 100-yard instant medley race at the state swim meet.

"It's fun competing in swim meets," said Chloe, who finished 32nd out of 34 swimmers in the girls 9-10, 50-yard freestyle, 37th out of 39 in the 25-yard backstroke and 34th out of 37 in the 25-yard breaststroke.

Their fellow teammate, Sinead Bolton, 17, said she will be attending Luther College in Iowa this fall, and would like to continue swimming at the collegiate level. Bolton feels her time on the swim team has prepared her for it.

"I would like to scrimmage for the school's team first and as I progress, maybe I can participate in more competitive meets," explained Sinead, who placed 55th out of 65 swimmers in the women's, 15-17-year-old, 50-yard butterfly and 77th out of 103 swimmers in the women's, 15-17-year-old, 50-yard freestyle.

Her brother James Bolton, 15, is not sure what his goals are in the sport, but he said he enjoys the camaraderie of being on the swim team.

"It is healthy and fun being on the team," James explained.

Five-year-old Nathaniel Wilbanks, shares the same enthusiasm.

"Being on the swim team is awesome," he said.

Soto notices the spirit and dedication that her swimmers display. She noted that the children often show up 30 minutes early, eager and ready to practice.

Soto hopes their dedication to the sport pays off in the future.

"Who knows where they end up years from now?" said the swimming instructor. "I could see some of these kids in the Olympics, and it will be good seeing them. My goal is to get them into a sport that I know that they are going to like, and for them to continue being good at it. I would love to find out that these children broke world records."

For more information on the JBSA-Lackland Youth Swim Team, call 671-2413.

All-AF Men's Softball Team focused on winning gold medal after two-year drought

By Jose T. Garza III
JBSA-Lackland Public Affairs

The All-Air Force Men's Softball Team announced its 15-player roster Sept. 2.

Representing the Air Force this year in the Armed Forces Men's Softball Championships are:

Senior Airmen Johnny Allen, Grand Forks Air Force Base, N.D., Chadon Bowman, Ramstein Air Base, Germany, and Cody Marshall, Tyndall AFB, Fla.

Staff Sgts. Jose Otero, March Air Reserve Base, Calif., and Will Twaddell, Scott Air Force Base, Ill.

Tech Sgts. Antonio Rivera III, Hill AFB, Utah, Kevin Cumbie, Spangdahlem AB, Germany, and Travis Wollison, Wyoming Air National Guard Base, Wyo.

Master Sgts. Rich Burley, Ellsworth AFB, N.D.; Travis Herrell, MacDill AFB, Fla.; Dexter High, Nellis AFB, Nev.; Lenny Myers, Joint Base Pearl Harbor-Hickam, Hawaii; Roger Stewart, Tyndall AFB, Fla.; Chris Markey, Vandenberg, AFB, Calif.; and Mike Charvat, Joint Base San Antonio-Lackland.

The team will compete against All-Army, Marine Corps and Navy men's softball teams in a triple round-robin tournament Sunday through Sept. 19 at Fort Sill, Okla. and will attempt to win



Photo by Joshua Rodriguez

The 2014 All-Air Force Men's Softball Team gathers on the practice field at Joint Base San Antonio-Lackland. Back row, left to right: Head Coach Steve Shortland, Master Sgt. Lenny Myers, Tech Sgt. Kevin Cumbie, Senior Airman Johnny Allen, Master Sgt. Christopher Markey, Senior Airman Chadon Bowman, Staff Sgt. Will Twaddell, Senior Airman Cody Marshall, Master Sgt. Dexter High and Assistant Coach Master Sgt. Gary Lafon. Front row, left to right: Team trainer Master Sgt. Toby Urenda, Tech Sgt. Antonio Rivera III, Master Sgt. Travis Harrell, Staff Sgt. Jose Otero, Master Sgt. Roger Stewart, Master Sgt. Richard Burley, Tech Sgt. Travis Wollison and Master Sgt. Michael Charvat.

its first championship since 2011. The All-Air Force Men's Softball Team took home silver medals in 2012 and 2013, losing both years to the All-Army team.

Training camp began Aug. 28 at JBSA-Lackland with 26 players and Coach Steve Shortland said it was a difficult decision process picking the best 15 players to represent the team. He is happy with the final roster, adding that this year's squad is "a special team."

"There is more talent here than we've ever had," the coach said. "It seems like their chemistry is pretty good. As a coach, you can select the best players, but you have to go to be on bended knee every night hoping that the chemistry is right and that is the part you can't put into an equation."

Shortland hopes good team chemistry equates to a gold medal victory because he is accepting nothing less. The coach

said that two consecutive second place finishes has left a sour taste in the team's mouths.

"We are going in there with the mindset of being super focused to win it all," he explained.

Two players who are extra focused on winning the Armed Forces Men's Softball title are Master Sgts. Dexter High and Chris Markey. Both Airmen, who are veterans on the team, will retire from the active duty Air Force at the end of the year and want to end their careers on a high note.

"I would be absolutely elated (to win one final gold medal)," said Markey, 30th Medical Group superintendent of education and training, who has been selected to the team eight times since 2002. "I will be the happiest man on the planet. There is not a team I would want to win a gold medal with than this one."

"It will be bittersweet to win a final gold medal in my final year on the All-Air Force Team, after winning a gold medal in my first year in 2002," said High, 57th Aircraft Maintenance Squadron specialist section chief, who has made seven All-Air Force Men's Team appearances since 2002. "Hopefully my veteran leadership can help this team win."

Warhawks make progress despite shortcomings

By Jose T. Garza III
JBSA-Lackland Public Affairs

The good news for the Joint Base San Antonio-Lackland Warhawks varsity soccer team is that they advanced past the first round of the Defender Cup Military Varsity Tournament. The bad news: They were unable to capitalize on their momentum in the second round.

After defeating the team from Fort Sill, Okla., 2-1, the Warhawks suffered a 4-0 defeat to Laughlin Air Force Base, Texas, Aug. 31 at the tournament held at the South Texas Area Regional Soccer Complex.

For a team who began practices in June with the goal of making it far in

the tourney after two consecutive first-round exits, the result was extremely disappointing.

"We worked hard all summer," said left wing Senior Airman Kevin Figueroa, an 802nd Security Forces Squadron corrections specialist. "We definitely played well as a team, but we had some guys go down to injury. It's disappointing that we gave it all we had and couldn't get the win."

The Warhawks showed grit and determination despite the losing effort. They had several scoring opportunities in the first half that were deflected by Laughlin goalkeeper Matthew Underwood.

All four of Laughlin's points came in the second half. Center Jon Gwei

contributed two of the four goals, including one on a free kick. Forwards Garrett Getsehow and Alex Zuniga chipped in one goal each.

Figueroa credited Laughlin's defense for putting a lot of pressure on the Warhawks' offense.

"We didn't have the opportunity to spread the ball to the sides and we couldn't build from the back the way we would have liked," he said.

Even though the Warhawks came up short again in the Defender Cup, the team's progress from last year to this year is "night and day," according to Figueroa.

"We definitely showed that we can play with the best," Figueroa said. "To

see the guys from day one at practice to now, it is just night and day.

"Our practices were intense because they took place in the middle of the summer when it's more than 100 degrees outside. We were running and going hard for two hours. The intense training prepared us because none of our guys showed signs of fatigue."

Coach Spencer Priesterbach was pleased with the Warhawks efforts in the tournament and credited them for being in shape throughout the year.

"We had several opportunities to score, but we were just a hair short," Priesterbach said. "I can't get upset about that. I thank the guys here for the effort they put in."