



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 35 • September 5, 2014

## PROUD FAMILIES, CROWDED STREETS; BMT, BASE TRAFFIC



Photo by Joshua Rodriguez

Families and friends watch the Basic Military Training Airmen's Coin and honor graduate ceremonies Aug. 28 at the Recruit Family Inprocessing and Information Center, Joint Base San Antonio-Lackland. Each week 3,000-5,000 people come to JBSA-Lackland for graduation events, affecting traffic and the 37th Training Wing safety office wants base personnel to be aware and plan accordingly. **See story Page 10.**

# Can we ask too much of Airmen who refuse to fail?

By Gary W. Boyd  
Air Education and Training Command Historian

Leadership comes with a cost to those being led, and it is incumbent upon Air Force leaders to ensure that planning, resources and military necessity are equal to the sacrifices being exacted on our people. Never was that calculus ever so strained as on Black Thursday, Oct. 14, 1943.

Black Thursday is the popular name for the Second Schweinfurt raid by the 8th Air Force. It was a deep penetration strike into the heart of the Third Reich that, it was hoped, would deliver a crippling blow to the German ball-bearing industry – most of which was in and around the central German city of Schweinfurt. Strategically, the raid seemed like a tremendous idea – if it could work.

Unfortunately, Schweinfurt lay well beyond the range of escort fighters in October 1943. Additionally, the 8th AF had already hit Schweinfurt once. The Germans had thus intelligently concluded that the clustered ball-bearing industry needed to be dispersed around their occupied territories. They began to do that in earnest by late autumn.

Then there was the truly alarming aspect: A bombing mission into the heart of Germany would mean a substantial risk to the 8th AF and very high casualties in the bomber force.

It would give the Luftwaffe hours of warning, allow the defense fighters to concentrate all along the route of the mission, and allow even obsolete Luftwaffe aircraft a chance to participate with no friendly fighters to intervene. And they could land, refuel and rearm and intercept the bombers again.

Thus, a second strike on Schweinfurt in October 1943 was not a great idea at all. It had a limited shelf life which passed with the first mission the previous August, or until at least the bombers could be escorted there and back by friendly fighters.



Even on the most harrowing day of the bombing campaign, combat photographers accompanied the bombers on the Second Schweinfurt mission. Unfortunately, most were lost with their crews and few shots remain of the actual attacks and the heroes who carried them out.

The decision to return to Schweinfurt was therefore fraught with danger and the Airmen who participated in it, against all odds and peril, are some of the giants of our heritage. Unlike the TIDAL WAVE Ploesti attack, which had its own strategic blunders and staggering losses, there would be no Medals of Honor in the Second Schweinfurt raid.

There were scores of Airmen who doubtless deserved the honor, but it was a day where astounding heroism was asked of every crewman, and it became almost impossible to highlight any one crew's action when 60 B-17s had been strewn all over central Europe.

During the arduous mission, perhaps no better example of living the core values was Staff Sgt. Winston Toomey, a farm boy from Porter County, S.D.

Assigned to the 407th Bomb Squadron, 92nd Bomb Group, Toomey was a "togglie," a newly created crew position where a highly-trained enlisted gunner could take over as a bombardier in B-17s.

Since the groups released their bomb loads as a team over the target, a toggler would follow the lead aircraft and drop the bombs and man nose gun positions.

On Black Thursday, Toomey was badly

wounded by flak, but refused to leave his crew position. So many had been sacrificed for the opportunity to destroy the ball-bearing factories that he felt obligated to stay to the bitter end. He dropped the bombs with the rest of the group and was later found dead still clutching his bomb release control. For his selflessness, integrity and excellence in his duties, he received the Distinguished Service Cross.

Of the 291 bombers dispatched to Schweinfurt, 60 were lost outright, 17 were damaged beyond repair and a staggering 121 others required battle damage repair. An unbelievable 590 Airmen were killed and another 65 captured that day – and all who survived bore scars of war that remained almost unbearable the rest of their lives.

Television commentator Andy Rooney believed that the war of almost certain death waged by the early 8th AF was the most excruciating sacrifice of World War II.

Yet, on this blackest of Air Force days, the bombing accuracy of Airmen in crisis was among the very best of the war. They devastated the factories in and around Schweinfurt – though the time had passed when this would have had a telling impact. Their sacrifice was not in vain however. In fighting against the incredible odds, the bombers destroyed dozens of fighters. In fact the Luftwaffe had begun to lose more than 15 percent of its overall strength every month, even without escort fighters. The Luftwaffe, even on a day that Americans considered a disaster at the time, had already been effectively broken.

Black Thursday was one of the mistakes which Airmen, through their valor and sacrifice, made into something quite different in the longer arc of history. What a remarkable legacy they left us – a wise leader will take heed of the lessons of Black Thursday.

Airmen truly live by the creed of "I will not fail and will follow you to Hell and back," even if wisdom failed their leaders. We must never be too zealous in pursuing a strategy no longer consistent with reality.

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

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## NEWS IN BRIEF

### AIRMEN PROFILES IN COURAGE

Nominations are being accepted and reviewed for inclusion in Portraits in Courage, Vol. IX, now through Oct. 13. Air Force officials said packages should focus on leadership, valor, courage, exemplary performance and commitment, or service above self in either a combat, combat support role or extraordinary event outside the normal call of duty.

Submissions, including 300- to 500-word narratives, should highlight the nominees' accomplishments during the previous two years and appeal to an audience of Airmen, their families and civilians.

Individuals wishing to submit a story should contact their base public affairs office and submit their nomination packages to their respective major command, two-letter or direct reporting unit, who can each send up to five packages. Questions regarding submissions can be emailed to [usaf.pentagon.saf-pa.mbx.portraits-in-courage@mail.mil](mailto:usaf.pentagon.saf-pa.mbx.portraits-in-courage@mail.mil).

### AETC SJAN AWARD NOMINEES

Air Education and Training Command announced Aug. 28 that the following individuals are the command nominees, in their respective categories, for the 2014 Lance P. Sijan U.S. Air Force Leadership award:

Senior Officer: Lt. Col. Wendy Walker, LeMay Center, Maxwell Air Force Base, Ala.

Junior Officer: Capt. Ralph Johnson, 343rd Training Squadron, Joint Base San Antonio-Lackland

Senior Enlisted: Master Sgt. Jason Trickey, 71st Operations Support Squadron, Vance Air Force Base, Okla.

Junior Enlisted: Tech. Sgt. Christina Camp, 334rd TRS, Keesler AFB, Miss.

### JBSA-LACKLAND PUBLICATIONS AND FORMS

All official publications and forms must conform to the joint base environment. All JBSA-Lackland publications and forms have been rescinded and must be, if the responsible office determines a need to maintain these, converted to either a JBSA or 502nd Air Base Wing publication and form, based on the affected populace.

It is imperative that responsible offices for these publications and forms communicate with the subject matter experts at the three locations to formulate the new JBSA for 502nd ABW publications and forms.

See **NEWSBRIEFS** Page 6

## New 502nd ISG commander returns to make a difference

By Senior Airman Lynsie Nichols  
JBSA-Lackland Public Affairs

The new 502nd Installation Support Group commander's No. 1 goal is straightforward: Improve communication within Joint Base San Antonio.

"(I want to) help the ISG reach maturity with everybody in the 502nd Air Base Wing understanding what we are, what we do and also the processes that we have," said Col. Alexander Smith, 502nd ISG commander.

"Having grown up in this area, I want to make sure the decisions I make support the needs of the military but also take into account the concerns of the local area where possible," Smith said.

Smith comes from a military background. He was born at Tachikawa Air Base, Tokyo, Japan, but was raised in San Antonio where his father retired from the Air Force in 1976 and the family settled here. Smith later graduated from local John F. Kennedy High School in 1985 and received a Bachelor of Arts and Mathematics from the University of Texas at Austin.

This current assignment was not Smith's first time back home since

joining the military; he was stationed at what was then Lackland Air Force Base in November 2007 through June 2009 as the network operations division chief, communications directorate for the Air Force Intelligence, Surveillance and Reconnaissance Agency.

"The biggest change [I've seen since my last assignment] is the joint 502nd ABW," he said. "When I was leaving, it hadn't fully stood up yet. The consolidation of the organization as a result of that change has been big."

One of the differences about JBSA from other bases is that it is one installation but with different locations that have histories, expectations and missions that are somewhat different, Smith explained.

"How we are functioned within the 502 ABW is unique," he said. "There are three support groups and each of us is responsible for non-overlapping functional areas. To have a group that specifically focuses on certain functions is unique."

Smith hopes that communication awareness will help him achieve his goals of providing the best support.

"[I want to] communicate an un-

derstanding of not just how things are supposed to work in theory, but what the reality is and the challenges that the organization faces, whether it be because of geography, manning or the environment," he said.

The 502nd ISG commander knows this is a job that cannot be done alone.

"This is a team effort. I need to rely on the whole team to ensure that we are successful," he said. "We have a lot of folks who have experience and expertise, so listening and relying on those who deal with these issues every day is important."

Returning home for this assignment means a lot to Smith, he added.

"I'm excited about being here, I think I've been blessed to have been given this opportunity because not everybody gets to go home to do something important."

Smith took over command of the 502nd ISG from Col. William Eger in a ceremony July 11 at JBSA-Lackland. His last duty assignment was chief of joint information in the environment division for the Air Force Cyberspace Operations directorate at the Pentagon, Washington, D.C.

## Joint Base San Antonio Combined Federal Campaign underway



By Steve Elliott  
JBSA-Fort Sam Houston Public Affairs

The San Antonio Area Combined Federal Campaign began Monday and is in full swing, with military members and federal civilians being asked to make a difference in the lives of those less fortunate by making a donation to their favorite charity.

The Combined Federal Campaign is the once-a-year workplace campaign available to federal employees which eliminates year-round on-the-job solicitations, while allowing employees a convenient way to give to the charitable organizations of their choice. The San Antonio area campaign is made

up of 160 local military and federal organizations with more than 66,000 employees.

It is also the only authorized solicitation of federal employees in their workplaces. The Office of Personnel Management regulates the CFC and provides guidance and oversight to the local campaigns. The OPM is accountable for assuring federal employees that their designations are honored and distributed to the charitable organizations of their choice and maintains strict eligibility and public accountability criteria that all participating CFC charities must meet.

In 2013, despite sequestration and civilian furloughs, the contributions of Joint Base San Antonio members totaled \$4,062,234, making San Antonio the sixth-largest CFC campaign in the world. For 2014, the goal has been set at \$4.6 million.

"As with all CFC campaigns, the overall goal is to ensure that all eligible military and federal employees are given the opportunity to make a pledge to the charity or charities of their choice," said Rick Robel, CFC director for the United Way of San Antonio and Bexar County. "While the monetary target this year is \$4.6 million, we will continue to focus on efforts to ensure 100 percent of the personnel are contacted. If done properly, the overall amount raised will take care of itself."

There are new ways people can contribute and get information about CFC-approved charities, in addition to the traditional contributions by check and cash, Robel noted. If desired, contributions can also be made anonymously.

See **CFC** Page 8

# 502nd Commander represents JB SA at wreath laying ceremony

By Airman 1st Class Stormy Archer,  
JB SA-Randolph Public Affairs

Each year on Aug. 27, a wreath is placed at Lyndon B. Johnson National Historical Park on the grave site of the former president in observance of his birthday.

The event is a long standing tradition sponsored by the National Historical Park service that includes an Air Force senior officer, to honor the only U.S. president born and raised in Texas.

“It is my distinct pleasure and honor to represent the members of our armed forces and in particular, the men and women of Joint Base San Antonio, as we pay special tribute to one of our nation’s foremost leaders, President Lyndon B. Johnson,” Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander said. “One hundred and six years ago a visionary who led our nation, who was determined to build ‘a great society,’ was born here, our only president born and raised in the



Photo by Airman 1st Class Stormy D. Archer

Russ Whitlock, Lyndon B. Johnson National Historical Park superintendent, and Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, salute the grave of President Lyndon B. Johnson during a wreath laying ceremony Aug. 27 at LBJ National Historical Park. The event is a long-standing tradition sponsored by the National Historical Park Service that honors the only U.S. president born and raised in Texas.

great state of Texas. Today with this wreath laying ceremony, we not only remember his birth, but celebrate his life, his lasting legacy.”

Johnson focused on ways to make the United States a better place to live, work and raise a family during his time in office.

LaBrutta quoted President Johnson saying, “If future generations are to remember us with gratitude rather than contempt, we must leave them more than the miracles of technology,” President Johnson said. “We must leave them a glimpse of the world as it was in the beginning, not just after we got through with it.”

LaBrutta also stated that, Johnson’s dream of building a better way of life for all Americans was evident in the bills that he championed during his tenure in office regarding urban renewal, education, environmental beautification and conservation. Moreover, he led Congress to the passage Medicare, Medicaid, ad-

See **JOHNSON** Page 12

# DIAMOND SHARP

**Airman 1st Class Kevin Kay**  
**Unit:** 502nd Communications Squadron  
**Duty title:** Client Systems Technician  
**Time in service:** 1 year, 5 months  
**Hometown:** Pittsburgh, Pa.



“Airman 1st Class Kevin Kay of the 502nd Communications Squadron is a textbook example of a remarkable client systems technician. His technical resolution skills and software programming aptitude has saved the work center more than 100 man hours. Pinpoint application of his training has led to a tremendous decline in network vulnerabilities, affecting the workload of 20 technicians. At the same time, he has been able to complete all of his requirements for upgrade training two months in advance. He has demonstrated remarkable leadership characteristics and is continuously going above and beyond the call of duty. He is treasurer of his squadron’s booster club and has raised more than \$3,500 in less than six months. Kay also, while off duty, helped to extinguish an electrical fire on Pue Road that threatened Kriewald Elementary School and, if left unchecked, could have cost the City of San Antonio thousands of dollars in repairs.”

– **Russell Mullens Jr.**  
*First Sergeant, 502nd COMS*

**Staff Sgt. Lance Mayfield**  
**Unit:** 24th Air Force  
**Duty title:** Enlisted Aide  
**Time in service:** 18 years  
**Hometown:** Tacoma, Wash.



“When I think of someone who is sharp, respectful and always displays the proper customs and courtesies, Staff Sgt. Lance Mayfield always comes to mind. He made such a great impression that then-24th Air Force Commander Lt. Gen. J. Kevin McLaughlin personally selected Mayfield to temporarily fill in as his enlisted aide when the position suddenly opened due to a humanitarian reassignment. With no formal training, he quickly became a valuable asset to the “cyber” house and oversaw the transition of two households as the 24th Air Force change of command ceremonies took place. Between promotion parties, family dinners and 24th Air Force events, Mayfield performed as though he had been an enlisted aide his entire career. His dedication to duty and constant professionalism is why I can think of no other who deserves this award more.”

– **Master Sgt. Courtney Walker**  
*First Sergeant, 24th AF*

**Airman 1st Class James M. Cason**  
**Unit:** 3rd Combat Camera Squadron  
**Duty title:** Broadcast Producer  
**Time in service:** 1 year, 3 months  
**Hometown:** McCormick, S.C.



“Airman 1st Class James M. Cason is both a highly motivated Airman and talented professional. His drive to excel led him to coordinate, shoot and narrate two professional development guide productions where he logged 10 hours of field documentaries. Cason’s actions would eventually lead to highlighting the roles of the Air Force Honor Guard as well as the mission-oriented protective posture levels for the Chief Master Sergeant of the Air Force’s efforts promoting greater Air Force awareness. Cason directly contributed to generating a viewership of more than 200 personnel around the world when he broadcasted a general officer-level subject webinar on development of the public affairs career field. His duties included directing of a live video control switcher for the Air Force Public Information Management System seminar. Cason achieved a 90 percent on his career development course test, finishing four weeks ahead of schedule, on a seven-volume curriculum. He is truly a shining example of an Airman and a vital part to the success of the 3rd Combat Camera Squadron’s mission.”

– **Tech. Sgt. Rico Sison**  
*Additional Duty First Sergeant, 3rd CTCS*

**More Diamond Sharps on page 6**



*Diamond Sharps continued from page 5*

# DIAMOND SHARP

**Tech. Sgt. Anthony K. Modeste**  
**Unit:** 59th Medical Wing, Division of Education and Training  
**Duty title:** Wing Training Manager  
**Time in service:** 12 years  
**Hometown:** Boston, Mass.



“Tech. Sgt. Anthony Modeste exemplifies the qualities and traits of what every non-commissioned officer in the Air Force should be striving for. As a follower, he actively engaged supervisors and senior leadership, implementing wing-wide processes to improve the Upgrade Training program sustaining the capability of 47 Air Force specialty codes and more than 276 active duty personnel for six medical groups across Joint Base San Antonio. As a leader, he directed unit compliance by advising and collaborating with 27 additional duty training managers, resulting in a 99 percent end-of-course passing rate and a more effective team. Despite the challenges of being a recent cross-trainee himself, Modeste skillfully balanced his own upgrade training requirements along with the demands of attending the Non commissioned Officer's Academy. His efforts resulted in completion of his career development courses within one month, earning him the Commandant's Award. Without a doubt, Modeste quickly established himself a valuable asset to the Division of Wing Education and Training and the 59th Medical Wing.”

– **Master Sgt. Amanda A. Fitzpatrick**  
*First Sergeant, 59th MDW*

**Airman 1st Class Jenny N. Wilson**  
**Unit:** 959th Medical Operations Squadron  
**Duty title:** Aerospace Medical Service Technician, OB/GYN Clinic  
**Time in service:** 1 year, 5 months  
**Hometown:** Rochester, Mich.



“Airman 1st Class Jenny Wilson is an exceptional Airman, great technician and an example for her peers to follow. She is eager to learn new skills and is always the first to volunteer for any new projects within her duty section, squadron or group. She recently stepped up to assist with the coordination of the retirement ceremony of Col. (Dr.) Matthew Retzlaff, chief of Reproductive Endocrinology and Infertility. Displaying a professional military image at the 959th Medical Operations Squadron's change of command ceremony, she was also asked to do the same for Retzlaff's retirement ceremony. Wilson is dedicated to improving her skills as a medical technician, taking the initiative to earn the Mock Code Training Certification. She was the lowest-ranking individual in the class but showed the greatest understanding of the material. As part of the squadron morale committee, Wilson helped with the organization of the annual squadron picnic. She has devoted 16 hours to the Armed Forces Against Drunk Driving program and is in the process of planning a tri-service professional development event.”

– **Master Sgt. Robert Payne**  
*First Sergeant, 959th MOS*

**Airman 1st Class Alicia M. Hernandez**  
**Unit:** 59th Dental Training Squadron  
**Duty title:** Dental Assistant  
**Time in service:** 1 year 9 months  
**Hometown:** Fairfield, Calif.



“Airman 1st Class Alicia Hernandez serves as a dental assistant in the Department of Defense's largest dental organization and the Air Force's largest Advanced Education in General Dentistry two-year residency program. A key player in this tri-service, international training program, she assisted a Naval dental resident with the delivery of the equivalent of \$39,700 in high-quality comprehensive care to 40 patients. Her support enabled the dental group to sustain its seven-day access to specialty care for 235,000 beneficiaries, topping the AF goal by 21 days. Hernandez coordinated treatment of seven dental specialties for 201 Joint Base San Antonio patients and was instrumental to the unit's 96 percent dental readiness rate for five wings. In addition, she led the infection control program for 15 personnel, inspecting 40 treatment rooms and identifying and correcting 10 discrepancies. Her keen attention to detail and management of this wing-level program was integral to the 59th Medical Wing passing the Accreditation Association for Ambulatory Health Care inspection with flying colors. Finally, Hernandez has enthusiastically pursued professional development and has been an activist in the San Antonio community. She attended development seminars on writing and problem solving and, in addition, has dedicated 10 hours to the Animal Defense League and local children's shelter. She is a definitive Air Force asset and truly exemplifies the whole-person concept.”

– **Master Sgt. Jason Fitts**  
*First Sergeant, 59th Dental Group*

**Senior Airman Caylea Ringsrud-Williams**  
**Unit:** Allergy/Immunizations clinic  
**Duty title:** Immunization Technician  
**Time in service:** 5 years  
**Hometown:** Grand Forks, N.D.



“Senior Airman Caylea Ringsrud-Williams has been an asset to the Allergy/Immunization Clinic from the very first day she began working here. Her work ethic was immediately apparent not only to leadership but to her peers who work alongside her. She works diligently during the busy times as well as when there is downtime. She utilizes that time appropriately, either making sure the area is presentable or coming up with ways to make the clinic run smoother. She was chosen as the immunization clinic shift leader because of her leadership skills and decision-making ability and has been exemplary in the task. Williams was recently deployed to Bagram Air Base, Afghanistan, where she carried that same attitude to her deployed location and was a top performer there staying consistent with the excellence and expertise she showed here at Joint Base San Antonio-Lackland. Williams is a shining example of an Airman who is ready to be a part of the NCO tier. She is a vital member of the allergy/immunization team and a well deserving candidate for the First Sergeant's Diamond Sharp Award.”

– **Master Sgt. Lawrence Snyder**  
*First Sergeant, 59th Medical Operations Group*

**Tech. Sgt. Michelle Mendez**  
**Unit:** 26th Operations Support Squadron  
**Duty title:** Wing Operations Training Air Force Intranet Control Manager  
**Time in service:** 16 years  
**Hometown:** San Francisco, Calif.



“Tech. Sgt. Michelle Mendez is responsible for the coordination and implementation of Air Force cybercrew training for the 26th Network Operation Squadron's Air Force Intranet Control weapon system at Gunter Air Force Base, Ala., one of six Air Force cyberspace weapon systems for the 67th Cyberspace Wing. She recently assisted the unit in producing operations training procedures and a new master training task list for newly established mission-ready crew positions. Off duty, she is the vice-president of the squadron's booster club, and she recently led her unit's efforts in the build-a-backpack program for distribution to youths on Joint Base San Antonio-Lackland. Mendez is also a wing committee lead for the Vietnam Veterans Commemorative Program, an effort to thank and honor Vietnam veterans over the next 10 years through program partners holding several hometown events each year. She selflessly volunteers throughout the community and continuously makes time to mentor her fellow Airman, even while performing her assigned duties in an outstanding manner.”

– **Master Sgt. Jason Nipp**  
*First Sergeant, 26th Network Operating Squadron*

## NEWSBRIEFS from Page 3

For a listing of the JBSA-Lackland publications and forms, or any questions regarding the conversion process, contact the 502nd ABW Publications and Forms Team either by phone, 466-7827 (DSN: 450-7827) or send an email to: [usaf.jbsa.502-abw.mbx.502-cs-pubs-forms-workflow@mail.mil](mailto:usaf.jbsa.502-abw.mbx.502-cs-pubs-forms-workflow@mail.mil).

### IMPROVED GI BILL COMPARISON TOOL DEBUTS

The Department of Veterans Affairs recently launched an improved version of the GI Bill Comparison Tool, which went online in February.

The online tool is designed to make it easier for veterans, service members and family members to estimate their GI Bill education benefits and learn more about VA's approved college, university, and other education and training programs across the country. It also provides key information about college affordability and value to help beneficiaries choose the best education program to meet their needs.

The newest version of the tool is available at <http://department-of-veterans-affairs.github.io/gi-bill-comparison-tool>.



## AIR FORCE MEDICAL OPERATIONS AGENCY CHANGE OF COMMAND



**Photo by Johnny Saldivar**

Col. Lee E. Payne, right, accepts the guidon from Lt. Gen. Thomas W. Travis, Surgeon General of the Air Force, as he assumes command of the Air Force Medical Operations Agency during a change of command ceremony Aug. 29 at the Joint Base San Antonio-Lackland Kelly Field Annex. AFMOA oversees the execution of the Air Force Surgeon General, policies supporting Air Force expeditionary capabilities, healthcare operations and national security strategy. Payne will be responsible for leading consultative support of more than 43,000 personnel and 75 medical treatment facilities with a \$6.1 billion budget.

## 688TH COMMANDER DELIVERS



688th Cyberspace Wing Commander Col. Michael Harasimowicz, and his wife, Allyson, toss pizzas as they prepare food for Fisher House III Aug. 25, at Joint Base San Antonio-Lackland. The 688th CW cooks for the Fisher House III residents every quarter as a way to give back and build unit cohesion.

Photos by Benjamin Faske



## CFC from Page 3

For example, there is now a “search charities” tool on the San Antonio Area CFC website at <http://www.cfcsanantonio.org> that connects to an online database – identical to the printed charity brochure – where donors can review more than 2,900 charities by name, location, category, fundraising rates and more.

The database can display national, international and local organizations that have met CFC eligibility requirements. Key elements include: the organization’s new five-digit CFC code, the legal name in parentheses shown if it is “doing business as” under another name, the employer identification number, a 25-word statement of purpose, its administrative and fundraising expense rate and its service categories (taxonomy codes).

Military members and DOD civilians can also make payroll deductions directly from their myPay accounts as well by using the San Antonio Area CFC website’s direct link to the myPay website (<https://mypay.dfas.mil>) with instructions on how to contribute.

“For 2014, we are excited to include an on line payroll deduction pledge option for all military and DOD civilians through myPay,” Robel said. “This option allows employees to make their pledge directly with Defense Finance and Accounting Services, thus eliminating the need for coordinators to physically walk paper pledge forms to finance.”

Donors can contribute to charities that work around the world or right in their backyards. In the San Antonio area, there are 274 participating charities, including six local federations.

“Thanks to the generosity of JBSA contributors in 2013, San Antonio is No. 1 in Texas and No. 6 out of 184 CFC campaigns worldwide,” Robel said. “The CFC belongs to you – the federal employee. It doesn’t belong to the federal government, the United Way or to the charitable organizations that benefit from it. You control where your gift will go.

“You don’t have to go far to find people in need. Many of our family members, friends and neighbors will, at some point, benefit from the services of charities participating in the CFC,” Robel added. “Whether it’s advances in medicine provided by research, support for our aging parents, wounded warrior care, disaster assistance or the opportunity for a child to participate in after school programs – the CFC enables each of us to truly make a difference.”



# Traffic Traffic Traffic Getting Around Need Not Be Horrific

By TSgt. Antonio Williams  
37th Training Wing Safety Office

"Officer, what seems to be the problem with the traffic flow?" "Why is traffic so backed up?" "What's really going on at Joint Base San Antonio-Lackland on Thursdays and Fridays?"

If you have found yourself asking these questions, then here's a little light on the situation.

Basic Military Training graduations make Thursday and Friday the two busiest and most challenging days of the week when it comes to traffic flow in and around JBSA-Lackland.

Some 3,000 to 5,000 family members visit JBSA-Lackland 50 weeks a year. Traffic at the gates backs up, pedestrians and motorists ask for directions and, to top it off, some impatient motorists, possibly running late, cut in and out of traffic.

A recent study conducted by the 802nd Security Forces Squadron and the Texas Department of Transportation revealed that, from 6-9 a.m., Monday through Friday, traffic through the Luke East gate almost equals the amount of traffic at all the other gates on Military Drive combined. The Luke East gate is considered to be the main gate to the base and, in particular, the main entrance for the Wilford Hall Ambulatory Surgical Center.

This study evaluated the normal traffic flow. But an additional 1,200 vehicles enter the installation each Thursday and Friday, driven by visitors attending BMT graduation events.

It becomes evident why the interstate and major access points, like the Luke East gate, are congested on a daily basis.

In addition, major construction projects on base such as the new Basic Military Training complex and new Wilford Hall Ambulatory Surgical Center, have caused the closure of other gates.

This, in turn, forces more traf-

fic through the Luke East gate and other gates on Military Drive. Completion of these projects is not expected until at least 2015 and 2016. Their contribution to base traffic issues will not disappear anytime soon.

But military and civilian personnel assigned to JBSA-Lackland, retirees and the local population can help alleviate the congestion by making a

few simple changes in their routines.

One way is to consider using another gate. Driving an extra half a mile to the next gate could save 10-15 minutes in waiting time. The heaviest periods of congestion are 6-9 a.m. and 3:30-4:30 p.m. If it is possible to alter arrival and departure times, it could provide a huge relief.

To help you understand and plan around weekly graduation festivities, see the schedule of events for the times and location for events such as the Airman's Run, the Airman's Coining Ceremony and Graduation Parade. These cause a lot of traffic congestion at gates and along Truemper Street.

Also, limiting travel in and around these locations during these periods on Thursdays and Fridays will help. A little preplanning and some patience could go a long way in making this process go more smoothly.

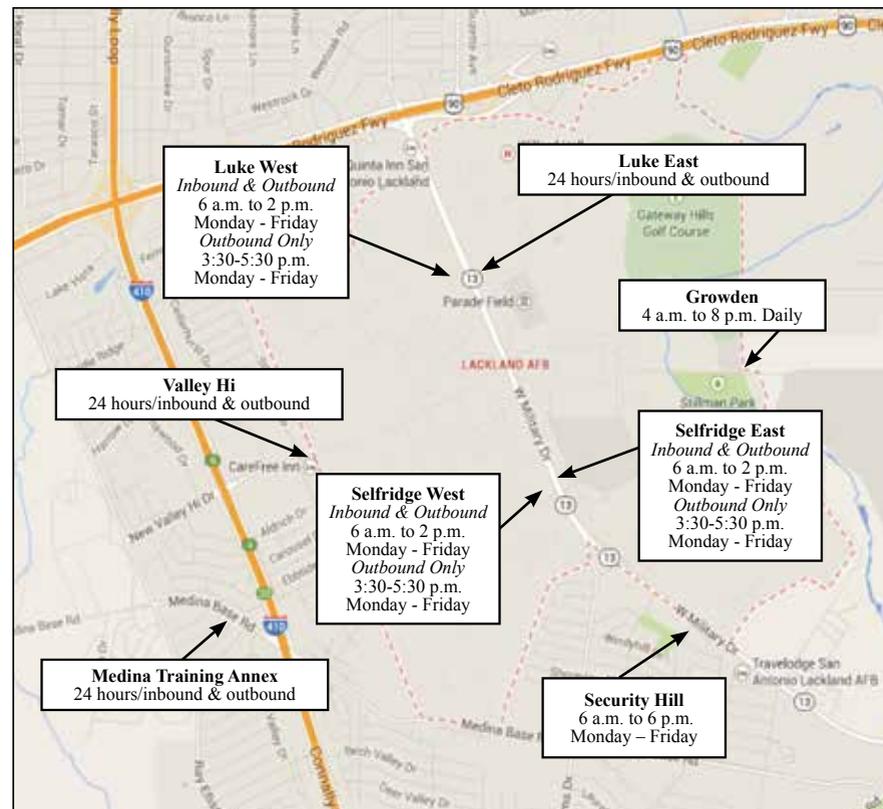
While the situation gets frustrating at times, there is no good excuse for violating traffic rules. That only adds to the problem and increases the potential of an accident.

So, the next time you find yourself at a standstill on a Thursday or Friday while trying to enter the base, consider some of the other gates and additional techniques to get you on your way smoothly.

It should always be good practice to know alternate routes to your work center, clinic, base exchange or other destination. Try leaving a few minutes earlier or later to beat the traffic or get behind the rush. Stay calm and don't violate any traffic rules to get ahead in line.

Stay safe and enjoy your commute on JBSA-Lackland.

## JBSA-Lackland Gate Hours



# Graduate Family, Visitor Information

## :: Thursday events

- 6 AM Reception center opens  
 7 AM Event Briefing (25 minutes)  
 8 AM Airman's Run  
 9 AM Event Briefing (25 minutes)  
 10:45 AM Honor Graduate ceremony
- 11 AM Airman's Coin/Retreat ceremony (45 min)  
**\*\* Airmen will be released on BASE LIBERTY immediately following Retreat.**
- 1 PM Airmen/spouse/parent orientation  
 8 PM Airmen are due back to their dorms.

## :: Friday events

- 6:15 AM Reception center opens.  
 7:15 AM Event Briefing (25 minutes)  
 9 AM Graduation Parade (45 min)  
**\*\*If Parade is cancelled due to weather conditions, a Graduation Ceremony will take place at the Squadron where your Airman is assigned.\*\***  
 10:15 AM until  
 11:15 AM Squadron Open House  
*(A tour of your Airman's living quarters)*  
**\*\* Airmen are released on TOWN PASS upon signing out at Squadron Open House.**
- Noon PM Airmen/Spouse/Parent Orientation  
 8 PM Airmen are due Back to their dorms.

## :: Saturday events (reception center open 8-10 am)

- 9 PM Airmen are released from squadron area for **TOWN PASS**.  
 9:20 PM **Only Saturdays :: VIA bus begins departures every 20 Min from reception center to downtown USO.**  
 6:40 PM **Last bus departs downtown USO to reception center.**  
 8 PM Airmen are due back to their dorms.

## :: Sunday Events (reception center closed)

- 9 AM Airmen are released for **BASE LIBERTY**  
**Set up a meeting place with your Airmen. You may attend Church Services with your Airman.**  
 6 PM Airmen are due back to their dorms.

## Base Liberty and Town Pass

Base Liberty: Airmen are granted liberty within Lackland Air Force Base.

**\*\*While on Base Liberty, Airmen may ride in vehicles, but are Not authorized to drive.**

Town Pass: Airmen are granted liberty within the San Antonio Metropolitan Area.

Off limit areas: Airmen are not authorized to visit tech schools/dormitories or base housing (unless invited).

**\*\*Please keep in mind that BASE LIBERTIES and TOWN PASSES are "earned privileges" and your Airman can be denied or have these privileges restricted at any time for disciplinary reasons. Your Airman will brief you on their particular situation.**

## Visitor Access Pass

All individuals 18 years or older and without a valid DOD ID card (e.g., common access card, retired military ID) must carry a visitor access pass and photo ID while on Lackland AFB.

Visitors should have received their guest passes in the mail from the graduating Airmen. All additional passes can be acquired from the Visitor's Centers located at the Valley Hi (open 6 a.m. to 10 p.m. daily) or the Luke East gates (open 24 hours daily).

## Transportation and Parking

Park in designated parking spaces: BMT Reception Center, Bowling Center, overflow lots or mini malls.

After Base Liberty and Town Pass, your Airman may be dropped off in the squadron area. **Absolutely no parking or lingering in the squadron areas.** The only individual allowed out of the vehicle is the Airman. After drop off, the vehicle must be driven out of the designated area.

Friday Graduation: From 7:15 - 8:30 a.m., buses depart from the Reception Center to the Parade Grounds. Visitors may either park at the bowling alley and walk to parade or park at the Reception Center and be bused to parade. After graduation, buses will depart from the Parade Grounds back to the Reception Center. Your Airman may ride back with you.

VIA Bus (Saturdays only): The cost is \$2.50 per person each way. You must have Exact change.

## Miscellaneous

- Please Do Not SurPrise Your Airman.
- Parents have missed their Airman an entire day because their Airman departed on pass not knowing they had visitors.
- Visitation is not allowed until Thursday after Retreat.
- We recommend casual dress and comfortable shoes for all ceremonies/events.

- Smoking is only authorized in the rear of the Reception Center building behind the bleachers. Please extinguish all smoking materials in the red butt cans.
- Visitors are NOT required to sign in or sign out for their Airmen.
- It is illegal to talk on a cell phone while driving a car on base.
- All traffic must stop at 5 p.m. when the retreat is played over the loud speakers and must remain stopped while it plays.

## Event Briefings

Areas Briefed include:

- Schedule of Events (Thursday-Sunday)
- Flight Locations During Ceremonies
- Local Activities

**\*\*All briefings are the same and are held in the center auditorium.**

## Helpful phone numbers

Reception center  
 210-671-3024  
 210-671-3069

Basic video productions  
 Pictures/Ceremonial Video  
 210-695-4979

Hotel, car rental & airline reservation  
 855-676-4574  
 Base Lodging (Space Available Basis)  
 210-671-3622

## Places to eat on Base

Mini Mall (bldg 10345)  
 Mini Mall (bldg 7025)  
 Popeye's (bldg 2306)  
 BX (bldg 1385)  
 Burger King (bldg 1286)  
 Godfather's Pizza (bldg 2300)  
 Smoking Joe's BBQ (bldg 2233)

## San Antonio Venue Directions

### Wolff Stadium (SA Missions games)

Exit the Luke East Gate,  
 Right on Military Drive  
 Take US-90 East to Callaghan  
 Use the Turnaround Lane  
 Wolff Stadium will be on the right side

### AT&T Center

Exit the Luke East Gate Right on Military Drive  
 Take US-90 East. It becomes I-10 E Exit Houston St (Exit 579)  
 Left on Houston  
 AT&T Center will be on the right side

## 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>

**Joint Base  
San Antonio-  
Lackland  
is on**



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

**JOHNSON** from Page 4

ditional voting rights and civil rights.

Aaron Hernandez, a 2014 graduate of Texas State University, was also at the event and spoke about the president's legislative accomplishments.

"Fifty years ago, President Johnson formulated his all inspiring vision, 'The Great Society,'" Hernandez said. "As a true Texan, he knew what he wanted to do and how to do it. He truly believed in civil rights for all."



**Photo by Airman 1st Class Stormy D. Archer**

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, speaks at the Lyndon B. Johnson wreath laying ceremony Aug. 27 at LBJ National Historical Park. Each year a wreath is placed at the grave site of President Johnson in observance of his birthday Aug. 27.

Hernandez also quoted President Johnson saying, "While emancipation may be a proclamation, it is not fact until education is blind to color; until employment is unaware of race."

A short time after that interview, Congress passed the Civil Rights Act of 1964. The following year, the Voting Rights Act of 1965 was also enacted. These legislative accomplishments laid the foundation for Johnson's vision of 'a better tomorrow.'

"The Great Society did not end with his presidency," said Hernandez. "The Great Society lives on. It is our job to continue the vision he set before us."

**BMT HONORS**

Congratulations to the following 58 Airmen for being selected as honor graduates among the 582 Air Force basic military trainees who graduated today:

**320th Training Squadron***-Flight 519*

Jacob Hill  
John Scully

*-Flight 520*

Ryan Boyd  
Samuel Glascock  
Dalton Langley  
Tory Osmundson  
Matthew Ross  
Amit Thombare  
Matthew Walters

**321st Training Squadron***-Flight 511*

Avery Fried  
Sean Johnson  
Michael Kicak  
Johnpaul Plank

*-Flight 512*

Maurice Cullen IV  
Kerry Flores  
Jesse Hood  
Jason Johnston  
Wesley Ray

**322nd Training Squadron***-Flight 517*

Robert Becerra  
Brandyn Byrnes  
Jaeger Kass-Mcgrady  
Zachary Lockwood  
Asa Powell  
Matthew Smith  
*-Flight 518*  
Jeremy Lazarus  
Dyllan Trautmann

**323rd Training Squadron***-Flight 513*

Dylan Stovall  
*-Flight 514*  
Trevor Azeredo  
Shawn Kesinger  
Cale Spencer

*-Flight 515*

Jared Allen  
Derrick Crawford  
Edward Everett IV  
Skyler Shotwell

*-Flight 516*

Marissa Ayres  
Audrianna Krause  
*-Flight 521*

Kevin Barber  
Johnathan Barrows  
Eric Colon-Gonzalez  
Benjamin McGregor  
*-Flight 522*  
Anastasia Belobrova  
Catherine Lubbe  
Mallory Rowley

**331st Training Squadron***-Flight 509*

Taylor Dekok  
John Ehrensperger  
Matthew Fagnani  
Derian Gewecke-Kreutz  
Stephen Gillum  
Timothy Hongkham  
Rafael Leon

John Nipp

Matthew White  
Taylor Williams

*-Flight 510*

Annabella Gonzales  
Cassandra Kraemer  
Thanh N. Le T  
Rhanesha Radford  
Ashley Senter

**Top BMT Airman**

John Scully  
320th TRS, Flight 519

**Most Physically Fit***-Female Airmen*

Hailey Warren  
331st TRS, Flight 510  
Brittany Wilson  
331st TRS, Flight 510

Hailey Sloat

323rd TRS, Flight 522

Anastasiya Klyushnik  
323rd TRS, Flight 522

*-Male Airmen*

Tory Osmundson  
320th TRS, Flight 520  
Ty Hulst  
323rd TRS, Flight 514

Eric Colon-Gonzalez  
323rd TRS, Flight 521  
Brandon Galan

320th TRS, Flight 519

*-Female Flights*

323rd TRS, Flight 522

331st TRS, Flight 510

323rd TRS, Flight 516

*-Male Flights*

331st TRS, Flight 509

321st TRS, Flight 511

323rd TRS, Flight 521

**Top Academic Flights**

331st TRS, Flight 509

323rd TRS, Flight 513

323rd TRS, Flight 515

320th TRS, Flight 520

321st TRS, Flight 512

321st TRS, Flight 511

323rd TRS, Flight 514

323rd TRS, Flight 521

322nd TRS, Flight 517

320th TRS, Flight 519

323rd TRS, Flight 522

322nd TRS, Flight 518

331st TRS, Flight 510

323rd TRS, Flight 516

## LOCAL BRIEFS

### FRIDAY

#### SPOUSE CAREER DAYS

The Joint Base San Antonio-Lackland Military Family Readiness Center is sponsoring Spouse Career Days Friday at Arnold Hall Community Center. The workshops, which began Thursday, run from 8:30 a.m. to 2:30 p.m. each day.

Participants will talk about utilizing LinkedIn, steps for preparing a successful interview, and meet employers representing local and national companies, staffing agencies and non-profits that will provide advice on San Antonio opportunities.

For more details, call 671-3722.

### SUNDAY

#### MISSION WINDS TO PERFORM

The Mission Winds, a clarinet quartet from the U.S. Air Force Band of the West, will play at two local events in September.

A performance at the San Antonio Children's Museum, 305 Houston St., will begin at 2 p.m. Sunday, while "A Day of Remembrance" ceremony will take place at the San Antonio Public Library's Memorial Branch, 3222 Culebra Road, Thursday starting

at 6:30 p.m.

Visit the unit's website at <http://www.bandofthewest.af.mil> for details and listings of additional performances.

### TUESDAY

#### CONVERSION OF DEGREE PLANS REQUIRED

Students with degree plans on file must convert their current plan to an E-Degree prior to Tuesday.

To request conversion, email 802fss.fsdee@us.af.mil.

#### NEW PROVIDER CANDIDATE ORIENTATION CLASS

The Family Child Care program will have new provider candidate orientation classes from 8 a.m. to 4 p.m. Tuesday through Thursday in building 6629.

The FCC program needs individuals who can care for children with special needs or chronic health problems, including children with HIV. Providers are needed to care for infants, toddlers, preschoolers, school-age children and children with special needs during evenings, weekends, swing and midnight shifts, extended duty hours and for the expanded child care program. All start-up materials and training is provided by the Family

Child Care Office.

For additional information, call 671-3376/3379.

### WEDNESDAY

#### WOUNDED WARRIORS TO PLAY NFL GREATS

The Wounded Warrior Amputee Football Team will challenge former National Football League greats in a flag football game from 6-9 p.m. at Toyota Field in San Antonio.

Attendance is free to all children; the first 3,000 military members; retirees and their families and special needs families of San Antonio. Tickets are available at <http://www.wwaft.org>.

The wounded warriors will compete with more than 25 former NFL, University of Texas and Texas A&M players led by Pro Football Hall of Famer Randy White of the Dallas Cowboys and ex-Houston Oilers quarterback Dan Pastorini.

### SEPT. 13

#### SPIRIT OF 9/11 5K

The Spirit of 9/11 5K run will be held Sept. 13 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 additional information, contact the BMT Scheduling Office at 671-3026/3027.

#### THRIFT SHOP BAG SALE

The Lackland Thrift Shop will hold a \$5 Bag Sale Sept. 13 from 10 a.m. to 2 p.m. The shop is located inside the One Stop at 2240 Walker Ave. and is open every Tuesday through Thursday from 10 a.m. to 2 p.m. For additional information, call 671-3608 or email [thrifthshop@lacklandosc.org](mailto:thrifthshop@lacklandosc.org).

#### OCT. 18 POW/MIA RUN

The 37th Training Wing, along with other JBSA-Lackland organizations, will hold the sixth annual POW/MIA remembrance run 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 JBSA. In addition, commemorative t-shirts will be on sale across JBSA

with proceeds going to the National League of POW/MIA Families through the Combined Federal Campaign. Starting run locations are the 320/331 BMT and 322 BMT drill pads and the 321 BMT, 323 BMT, Warhawk, Security Hill and Medina Annex tracks.

See your squadron point of contact or call 671-3836.

### 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

- 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. 1:30 – 2:30 p.m.
- Religious Education Sun. 9 a.m.

### OTHER FAITH GROUPS

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

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

## JBSA-LACKLAND

### KEY FAMILY SUPPORT RESOURCES

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

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

# WHAT'S HAPPENING

## 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.

### MONDAY

- ▶ Personal and family readiness briefing, mandatory for personnel deploying longer than 30 days or on remote assignments, 10:30-11 a.m.
- ▶ Resume writing techniques, noon to 2 p.m., Arnold Hall Community Center.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

### TUESDAY

- ▶ 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.

### WEDNESDAY

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

### THURSDAY

- ▶ 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 more information, call 773-354-6131.

### SEPT. 12

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

### SEPT. 15

- ▶ 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.

### SEPT. 16

- ▶ 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.

### SEPT. 17

- ▶ 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.

### SEPT. 18

- ▶ 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.

### SEPT. 19

- ▶ 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.

### 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 more 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 more information, call 773-354-6131.

### SEPT. 24

- ▶ 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.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>

# Military couple push each other toward success



Photos by Josh Rogriguez

(Left) Staff Sgt. Tanisha Chaney, a 37th Training Support Squadron combat weapons instructor, and her husband, Tech Sgt. Eric Chaney, 37th TRSS NCO in charge of combat operations flight, smile at each other after a workout outside the Warhawk Fitness Center.

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

The Warhawk Fitness Center on Joint Base San Antonio-Lackland is packed with people of different ages, body types and fitness goals.

In one of the fitness center's three weight rooms, a military couple, standing amongst a variety of individuals, ponders what exercises they want to do.

After deciding on chest presses, Tech. Sgt. Eric Chaney, 37th Training Support Squadron NCO in charge of combat operations flight, grapples with two 140-pound dumbbells, taking them off the rack. He settles into a firm sitting position on the bench, gripping his weights as his wife, Staff Sgt. Tanisha Chaney, a 37th TRSS combat weapons instructor, stands behind the bench and

spots him. He simultaneously lifts the hefty weight with so much tenacity that his face appears ready to explode and it looks like his chest is going to rip through his Superman tank top.

Eric Chaney reciprocates the help by spotting his wife through a shoulder exercise and encouraging her to perform one more rep, telling her 'you got it, baby.'

Since their first date in 2009 – a blind date orchestrated by co-workers that included "listening to horrible karaoke," according to Eric Chaney – and marriage two years later, the couple have had each other's backs, and shoulders, chests, legs, etc. when training for a sport they share a common passion for – bodybuilding.

"She's always my training partner," said the master sergeant. "There are

some guys at the gym who walk up to me when I start using weights and ask me if I need a spotter and tell them no. I don't need them because one, I have my wife and I trust her with everything and two, she knows how to push me. She's not going to pull weight off unless I need it. Tanisha is going to push me because if she doesn't, then I'm not happy."

"There are days when I cry that I don't want to go to the gym, and he will tell me 'get in the car we are going,'" Tanisha Chaney explained. "He pushes me and I push him so it works out."

Eric Chaney admits his personal fitness has fluctuated since joining the Air Force 19 years ago – citing his time deployed in Korea in 1999 as the best physical shape he was in before entering bodybuilding. While deployed to Iraq in 2003, Eric realized his fitness

level and strength had dropped and he wanted to do something about it.

After returning to Joint Base San Antonio-Lackland from deployment, he decided to check out the 2004 Lackland Bodybuilding Classic. Watching various competitors show off their physiques gave Eric Chaney the idea that, with dedication, he could be good at it.

"Training for this sport is 365 days a year with no off days," the Plattsburgh, New York native noted.

He entered the sport in 2007 and his commitment paid off this year when he earned first-place honors in the middle-weight novice division at the Branch Warren Classic July 12 in The Woodlands, Texas.

The 5-foot 9-inch bodybuilder chokes up reminiscing about the phone call to the couple's three children – daughters Hailey and Mya, and son Cameron, after finally winning a competition at the show.

"It just re-enforced to them hard work, dedication and commitment pays off – no short cuts and no easy way to do it," he insists. "And to have them yell and scream 'yay daddy' was so motivating for me."

Tanisha Chaney was on the verge of getting kicked out of the Air Force because she was overweight. Her goal at first was to lose weight and tone her body, she said. Once she started working out with her future husband, the power of lifting weights motivated her to build strength in her arms.

"Once my muscle definition was noticeable, someone told me that I could do figure bodybuilding," said the combat weapons instructor. "Now, I like to train and be competitive."

Tanisha Chaney has made a name for herself in her short time as a competitor.

The staff sergeant has finished in second place in her first two competitions – the 2012 Lackland Bodybuilding Classic in the Women's Figure Military division and the Ronnie Coleman Bodybuilding and Fitness Classic in the Women's Figure B-Class division.

Because she placed in the top two in her category, Tanisha became nationally qualified to earn an International Federation of Bodybuilding and Fitness pro card. She looks to com-

## UPCOMING

### CHAPARRAL FITNESS CENTERS NEW HOURS

The Chaparral Fitness Center is open from 4:30 a.m. to 11:30 p.m. Monday through Friday and on weekends from 7 a.m. to 7 p.m. Call 671-2401 for more details.

### ALL-AIR FORCE MEN'S SOFTBALL CAMP

The Joint Base San Antonio-Lackland Fitness and Sports program hosts the 2014 All-Air Force Softball Camp with athletes representing United States Air Force bases across the world. All scrimmages and practices take place through Sept. 12 at the Warhawk Softball Field. For additional information, call 671-2725 or 671-2632.

### TRX TRAINING

The Kelly and Gateway Fitness Centers offer TRX Training at 6:30 a.m. Monday and Wednesday and 10 a.m. Tuesday and Thursday, respectively. TRX delivers a total body workout that helps build the core body and increases muscular endurance. For details, call the Kelly Fitness Center at 925-4848 and the Gateway Fitness Center at 671-1348.

### INTRO TO FREE WEIGHTS CLASS

Need help getting acclimated to working out? The Kelly Fitness Center offers an "Intro to Free Weights" class at 2 p.m. Mondays, Wednesdays, and Fridays. Call 925-4848 for additional information.

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pete at the National Physique Committee USA Bodybuilding Championships in July 2015 in Las Vegas.

Being close to pro status makes the staff sergeant want to push herself harder at the gym, she said.

"I know that I will have to work even harder to get to the level that all the other girls at the national level are at," explained Tanisha. "With the help and support from my husband, family and friends I know it is achievable."

Generally, couples celebrate anniversaries, birthdays and work promotions with a nice dinner out on the town or dancing at a nightclub. The Chaney's can't afford to do that when they are in preparation for future contests.

When they are not at work, their free time is spent at the gym – individually or together – and eating home prepped meals consisting of eggs, oatmeal, fish, turkey and chicken.

The couple says that they could chow down at Burger King if they wanted to, but consuming fast food could stop their progress.

To not be deterred from their goals, they both admit they have a "tunnel vision" mindset.

"There are times when we are detached from everything else," Eric said. "If it is not a means to the end of what we are working for, we are not interested in it. It's not a bad thing, but we have to be that way if we want to get positive results."

Their strict mindset leads to occasional ribbing from co-workers.

The Chaney's admit that colleagues tease them to eat something they know the couple can't eat.

"Come on, have this cheeseburger," said Tanisha of the jibes.

Even though the married couple takes the

good-natured ribbing in stride, their commitment to the sport is nothing to scoff at.

Their dedication to the sport includes turning off fast-food commercials whenever they watch television, the couple said.

"It's one of those things we have to do," Eric said. "It's not that we can't control ourselves because obviously, if we have made it this far, we know can do it, but we don't want to see those commercials if we don't have to."

The Chaney's do set aside some time at least once a month and put away the gym gear to spend some quality time together.

A typical date for them isn't going to the movies and spending \$10 on popcorn and soda or dining out at restaurants.

Rather, a "date" consists of strolling around the mall or visiting SeaWorld.

"We will go to a comedy club or do anything that's not associated with training because we need the break mentally," Eric said.

But after a day of relaxation, it is back to the gym and back to motivating each other to achieve their goals.

"He knows when I want to give up and I am annoyed that I can't do a certain exercise," Tanisha said "He will tell me to put a weight down and do this exercise instead or a modification of it so I don't give up."

All it takes is one look at his wife to realize that Eric can't give up on training when he feels the need to, he says.

"I know she expects me to train hard," he said. "There is no greater motivation. She expects me to work hard."

"If I tell him to do one more rep, he is going to do one more because he doesn't want to say that he couldn't do what I asked of him," his wife interjects.

The couple's commitment to bodybuilding has peaked family members' interest. The Chaney's said that their three children love playing outdoors and eating healthy foods. However, the couple does not enforce the

same strict eating and exercise regimens on them, Eric said.

"If they want pizza, we will feed them pizza – they are kids," he said. "We have pictures of our kids doing different body poses. They love it."

At a recent show, Tanisha said her mother and 13-year-old brother, who she described as "hefty," want to go to the gym.

"It makes me proud that our family is being influenced," said the Clute, Texas, native.

Knowing family members are interested makes the hard work worth it, said her husband.

"If I didn't have family or friends who appreciate what I do or weren't motivated by what I do then it means nothing," Eric said. "Bodybuilding is a great sport, and it is a sport that I sacrifice for to get people into it."

The Chaney's future goals in bodybuilding aren't necessarily to keep piling up trophies. Eric explained he wants to continue adding muscle mass and overall weight to "hang with the big boys and not get outsized."

"For me genetically, I am 100 percent certain that being between 202 to 212 pounds is my limit," said the technical sergeant. "I'm comfortable there because I'm still agile and not getting winded just walking around."

Tanisha said she doesn't have any specific goals for bodybuilding, but she adds she wants to continue being healthy and keep competing. In the future, she says she wants to earn her personal trainers license and help other people reach their own specific goals.

"I really enjoy helping people, and we have talked about opening our own gym," she noted. "If that's the road we go down, then that's the one we go down."

Whatever road they decide to take in their careers, one thing is for certain: They will have more than each other's backs.

# JBSA-Lackland Intramural Flag Football season begins

By Jose T. Garza III  
JBSA-Lackland Public Affairs

For some military and civilian personnel at Joint Base San Antonio-Lackland, fall started early and on the 50-yard-line.

The JBSA-Lackland Intramural Football season begins Monday, and is slated to feature 24 teams competing in two conferences, the Ameri-

can and National.

Conference games take place Mondays and Wednesdays and Tuesdays and Thursdays, respectively.

JBSA-Lackland Intramural Sports Manager Daniel Ayon said the top five teams from each conference will make the playoffs.

Last year, the intramural flag football season was cut short midway through the season due to

the government shutdown.

Ayon sympathizes with participants who were disappointed with the incomplete season and said he feels that they will be inspired to compete.

"The fact that the season was cut short will motivate every team to bring their A-game," he said.

For additional information on JBSA-Lackland intramural sports programs, call 671-2725.