

LACKLAND

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New medical training teaches life-saving skills

Photo by Staff Sgt. Michael Ellis

Staff Sgt. Reginald Gilchrist (front right), 59th Medical Operations Squadron NCO in charge of Sustainment for Trauma and Resuscitation Skills Program, teaches Airman 1st Class Amber Decrane (center) on the anatomy and physiology of the upper airway and the importance of proper insertion and securement of an advanced airway device such as the laryngeal mask airway April 21 at the Wilford Hall Ambulatory Surgical Center on Joint Base San Antonio-Lackland. **Story on Page 5.**

Military instinct made it clear: I had to adapt and overcome

By Staff Sgt. Lealan Buehrer
182nd Airlift Wing Public Affairs
Peoria Air National Guard Base, Ill.

My firstborn child recently turned 2 months old. Amidst the irresistible joy of having a new little buddy, I look back over these last eight weeks and wonder how my spouse and I survived.

I am a writer, but there are no words I can find adequate enough to describe the terror of sleeplessness that was brought down upon us. Remember doing dorm guard duty in basic training? It was kind of like that but instead of one shift a week, we had to be awake every two hours, every night. No weekends. No sleeping in. Pure torture.

There were times — exaggerated by the fog of exhaustion — when I honestly thought my body was going to give out and I would simply die. Don't judge. You either know what I'm talking about or maybe someday will be in for the same surprise.

There was no option; the little guy completely depends on his mommy and daddy to survive. That is the mission — to keep him sustained and thriving as efficiently as possible. Military instinct made it clear: I had to adapt and overcome. But how?

Air Force Chief of Staff Gen. Mark A. Welsh III said the well-being and care of ourselves, each other and our families is the focus of Comprehensive Airman Fitness. It's about mental, physical, social and spiritual wellness. That is where I started. Yes, I referenced an Air Force doctrine to apply at home because it works.

Coping was the first step to everything else. It really helps to just acknowledge that yes, I am going to be beyond tired; no, I am not going to feel rested; and no, it is not going to feel good.

When I remember to focus on that situational awareness, it somehow doesn't burn me out quite as badly when the baby alarm sounds off at o-dark-thirty in the morning. Having that mindfulness helps work through the frustration when the baby projectile pukes everywhere, hoses down the walls or goes nuclear on a fresh diaper.

I do not get it right every time, but every success is a success, and it helps.

I am a big cardio person. My day does not feel right if I don't get a good 45 minutes in at the gym in the morning. In this new world of exhaustion, burning calories at the gym may sound counterproductive. On the contrary, the physical fitness helps keep me mentally fit. Being able to test my endurance while blasting some tunes

is my meditation.

Getting back into a routine of good nutrition was just as important. It is convenient to pop a carbed-up pizza or lasagna in the oven, but it is not what my body needs. Sometimes the easier option in physical fitness is not the best option.

Sustaining those healthy habits post-baby takes extra work and I will never be perfectly consistent, but every good day helps.

We had tons of support from family and friends, but I was not expecting my fellow Airmen to ask how the family was doing every time they saw me.

When I'm walking the halls like a lost zombie, that simple communication and connectedness makes a difference. Not only do they let me unload the weight of the struggles, but I also get good advice because most of them have been there and done that. That's teamwork.

It is not just ears to listen and a reminder that they are thinking about my spouse and me. It is a social support from Airman to Airman, and every little bit helps.

Spiritual fitness covers such a multitude of areas in this experience. It is the underlying principle that motivates me in all the other areas.

See ADAPT Page 12

JBSA Makes Cent\$ helps ensure every dollar counts

By Brig. Gen. Bob LaBrutta
502nd Air Base Wing and
Joint Base San Antonio Commander

Do you have an idea on how to eliminate waste?

Don't let that idea get away, because the 502nd Air Base Wing and Joint Base San Antonio needs you to identify any wasteful practice you see via a JBSA Makes Cent\$ submission.

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ment to, or eliminate waste in, what we're doing, save resources and still accomplish our mission — then we want to hear about it.

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

News in Brief

STARBASE KELLY SUMMER PROGRAM

The 433rd Airlift Wing is sponsoring Starbase Kelly, which offers a free, fun summer educational program to children who are associated with Joint Base San Antonio-Lackland and who have completed either the fourth or fifth grade and have not attended before.

The program includes aircraft tours, scientific experiments, teamwork and goal setting, rocket building and launching, computer aided design and computer flight simulation.

Two sessions are offered: June 13-17 or June 20-24. They will be held 9 a.m. to 2:30 p.m. at the 433rd AW ramp in building 909. Children must bring their own lunch.

Register via e-mail by submitting the child's name, address, home telephone and school grade completed this year. Include the sponsor's name, organization, duty phone, and the requested session to starbasekelly@gmail.com.

For additional information, email starbasekelly@gmail.com or call 925-5397.

JBSA-LACKLAND HOSTS HIRING FAIR MAY 25

The Joint Base San Antonio-Lackland Military & Family Readiness Center will host a job fair Wednesday from 9 a.m.-11 a.m. and from 1-3 p.m.

The employers are looking to hire more than 100 seasonal employees located near JBSA-Lackland. Participants must call 671-3722 to sign up and must have a resume. Once they sign up, they will be asked to attend either session.

Attire is business casual. For more information, call 671-3722.

AIR FORCE SECURITY FORCES MUSEUM ANNEX REOPENS

The Air Force Security Forces Museum Annex, located in building 10501 on the corner of Metzger Street and Femoyer Street on Joint Base San Antonio-Lackland, is open Monday, Tuesday and Friday from 9 a.m. to 3 p.m., and on Thursday from 10:30 a.m. to 5:30 p.m.

The facility is the only museum dedicated to the past and present defenders of the Air Force Security Forces career field.

The location is available for retirement and promotion ceremonies and holds a classroom with a projector available by reservation.

For more information or to make arrangements to use the facility, call 671-0809.



World War II veteran visits JBSA-Lackland, reflects on career

By Jeremy Gerlach

JBSA-Lackland Public Affairs

A World War II veteran has been taking a trip down memory lane over the past year, visiting each base he was stationed at as a U.S. Army Air Corps gunner.

Jobie Hammock, one of the 800,000 remaining U.S. World War II veterans honored May 8 for Victory in Europe Day, concluded his road trip at Joint Base San Antonio-Lackland May 10.

During the tour, which he described as a "fantastic experience," the 93-year-old veteran visited basic military training dormitories, 802nd Security Forces military working dog kennels and the United States Air Force Airman Heritage Museum among other on-base locales.

As he passed by building after building, he kept thinking the same thing: "This place wasn't as big the last time I was here," Hammock laughed. "Everything is different."

The only two parts of JBSA-Lackland Hammock recognizes are the building where he studied Morse code and one of the on-base chapels. But, as a veteran with two decades of service, Hammock is used to change.

Hammock joined the Army Air Corps in 1943 and during his service he was assigned to Keesler Air Force Base, Miss.; Altus Air Force Base, Okla.; San Antonio Aviation Cadet Center, which later became Lackland Air Force Base; Harlingen Air Force Base, Texas; and San Angelo Army Airfield, Texas, before ending up at Nellis Air Force Base, Nev. After the Allies declared victory in the European and Pacific theaters in 1945, he transitioned to the U.S. Army Reserves before separating in 1963.

"For years, ever since I was about this high," Hammock said, holding his hand a few feet off the ground, "my vision was to be an Army Air Corps fighter pilot."

But being a pilot at that time required a college degree – something a young man who'd just scraped through Depression-era West Virginia couldn't afford, he said.



Photo by Staff Sgt. Marissa Garner.

Retired U.S. Air Force Maj. Jobie Hammock speaks about his time in the military May 10 at the Joint Base San Antonio-Lackland Gateway Club. Hammock, who joined the Army Air Corps in 1943, was stationed at the former Kelly Air Force Base San Antonio as a bombardier instructor. He recently visited JBSA-Lackland to learn about current operations and to visit the U.S. Air Force Airman Heritage Museum.

So, Hammock took the longer route to the skies by working his way through the ranks to become a gunner.

When asked for his motivation to serve, Hammock said his call to service was similar to many other enlistees of the era.

"All my friends had joined and I also wanted to (be able to) afford to get married and go to college," said Hammock, who did eventually achieve these goals thanks to the Servicemen's Readjustment Act of 1944, more commonly known as the G.I. Bill.

That success resulted in purchasing a house in San Angelo, a promising career and, most importantly,

a big family.

Linda Graham, Hammock's daughter, is the youngest of six children. She along with her husband, John Graham, have been Hammock's traveling companions during the road trip down memory lane.

"It's been emotional watching him," Linda said. "Some of his tales I've heard all my life, but when you're young, you're so self-centered they just seem like dusty old stories. You can't really realize what he's telling you."

Visiting the locales has brought

Trailblazing defender donates several artifacts to Security Forces Museum

By Jeremy Gerlach
JBSA-Lackland Public Affairs

On the eve of his retirement, Col. Chris Bargery, Air Force Security Forces Center commander, donated several artifacts to the Air Force Security Forces Museum Annex during a ceremony held in his honor Friday.

Bargery, described as a pioneer by his contemporaries at the ceremony, was instrumental in countering insurgent threats to Airmen stationed in Iraq as part of Operation Desert Safe Side Task Force 1041.

Bargery, along with Maj. Gen Bradley Spacy, Air Force Installation and Mission Support Center director of expeditionary support, took a revolutionary approach by assembling a security forces team that proactively attacked enemy positions “outside the wire” at Balad Air Base in Iraq, rather than waiting for threats to approach the installation, he said.

“We kicked down barriers as to what people thought Airmen could or couldn’t do,” Bargery explained. “By focusing on an information-driven strategy ... we were able to accomplish more in 60 days than other ground forces did in six months of battling insurgents.”

The task force, despite being in “several scrapes,” didn’t suffer a single combat casualty, he added. Bargery, whom Spacy will replace as AFSFC commander, gifted the Security Forces museum with a framed TF 1041 guidon, as well as the only group picture of the entire task force.

“In the Air Force, war isn’t always fought at 30,000 feet,” Bargery recalled. “Sometimes it’s up close and personal ... and that’s what we did with Desert Safe Side; we revived our fighting spirit.”

The information-based tactics didn’t just make American and coalition service members safer – it also fostered a more positive relationship between the TF 1041 and the local Iraqis.

“When bad guys kept disappearing in the middle of



Photo by Senior Airman Krystal Wright

Maj. Gen Bradley Spacy, Air Force Installation and Mission Support Center director of expeditionary support, (left) and Col Chris Bargery, Air Force Security Forces Center commander, (right) present a framed Operation Desert Safe Side Task Force 1041 Guidon and group photo to Rudy Purificato, Security Forces Museum director of operations. Purificato accepted the award on behalf of Lt. Gen Darryl Roberson, Commander of Air Education and Training Command.

the night, the Iraqis saw we weren’t just rounding up military-aged males and taking them away – we were (just) going after the bad guys,” Bargery explained. “And Iraqi mothers realized we weren’t taking their sons.”

That’s not to say Operation Desert Safe Side came without complications, Bargery continued. From the start of the operation, the philosophy was wracked with skepticism from many high-level leaders as the methods were not standard Air Force operations.

Still, Bargery’s gifts to the museum represent a fundamental milestone in security forces history. The colonel’s involvement and implementation of Operation Safe Side left a security forces legacy that continues to shape ground operations at Air Force and other

service installations around the world, Spacy said.

“Airman can fight on the ground too — that’s the lesson we learned,” Spacy added. “We still have more to do, because there’s an enemy out there right now and we’re going to have to continue learning how to fight them.”

The Air Force Security Forces Museum Annex is the only exhibit in the Air Force solely dedicated to defenders. Visitors can find more information on Bargery and the artifacts he bequeathed to the museum at <http://www.securityforcesmuseum.org/> or visit the location at building 10501 on the corner of Metzger Street and Femoyer Street. The facility is open Monday, Tuesday and Friday from 9 a.m. to 3 p.m., and Thursday from 10:30 a.m. to 5:30 p.m.

Cadaver training prepares Air Force medics for real-world encounter

By Staff Sgt. Michael Ellis
59th Medical Wing Public Affairs

The study of human anatomy has helped further medical science since the third century. Often reserved for medical students or researchers, cadaver training at the 59th Medical Wing is helping medical technicians today build confidence and hone critical life-saving skills.

The new breed of Air Force medics is testing the concept by verifying the effectiveness of cadaver training in the Sustainment for Trauma and Resuscitation Skills Program, according to Staff Sgt. Reginald Gilchrist, NCO in charge of STARS-P.

"The high fidelity medical simulators we utilize during the course are some of the most advanced on the market, but still do not compare to working on cadavers," Gilchrist said.

The training environment is also a safe place for students to experience the gamut of emotions that come from being in a situation where someone's life may depend on how a medic reacts.

Unless one has worked in a trauma unit, "most medics don't get to observe and treat patients with life-threatening injuries until they deploy," Gilchrist said. "Most will experience it for the first time when they get to a combat environment."

Airman 1st Class Edward Robinson, 559th Medical Operations Squadron aerospace medical technician, said the hands-on training was very beneficial since she has yet to deploy.

"Now I have a mental picture of what to expect and won't freeze up from the shock of seeing something like this for the first time," she said.

That's what Gilchrist aims to do with students so they can experience their

emotional reactions in a classroom setting first.

"It gives us the opportunity to go through the steps and talk about what we can do for the patients, along with what we can do for ourselves to prepare psychologically for these encounters," he added.

Another student described how the uncertainty from not knowing what to do turned into self-confidence after she completed the course.

"This training gets rid of the shock and anxiety, so when the time comes I can hit the ground running and be ready to perform," said Tech. Sgt. Frances Hodge, 433rd Aerospace Medicine Squadron NCO in charge of physical exams. "Ultimately, all the hands-on experience I can get will just make me a better medic."

The transformation students make once they attend the course is a rewarding experience for Gilchrist.

"You'll see someone hesitantly walk in the room, feeling nervous and not wanting to even look toward the operating table," he said. "Later, that same person will perform with confidence and take the initiative as we go through the various procedures learned during the course."



Photo by Staff Sgt. Michael Ellis

Airman 1st Class Kasey Bober, 59th Medical Operations Squadron aerospace medical technician, learns how to palpate for proper placement of an intraosseous needle prior to fluid therapy April 21 at the Wilford Hall Ambulatory Surgical Center on Joint Base San Antonio-Lackland.

JOINT BASE SAN ANTONIO FRONT AND CENTER

Airman helps fellow military members navigate legal processes

By Senior Airman Alexandria Slade
Joint Base San Antonio-Randolph Public Affairs

For Tech. Sgt. Danyall Bowie, the Office of Airmen's Council disability paralegal manager, each day is an opportunity to help Airmen navigate the process of participation in their medical and physical evaluation boards.

"On a daily basis as a paralegal, we give clients arriving at Joint Base San Antonio-Randolph an initial briefing to make them aware of their rights and what to expect while here with us and afterward," Bowie said. "We also help clients go through their medical records, set them up with attorneys and prepare them for their court hearing."

As the only unit of its kind in the Air Force, Bowie and her team at the OAC offer their legal services to all Airmen, including Air National Guard and Air Force Reserve members.

Bowie has been an advocate of Airmen with the OAC for more than three years at JBSA-Randolph.

"This job is one where I wake up every day and I'm excited to come to work," Bowie said. "I enjoy meeting and getting to know so many different Airmen and their stories during this process."

Bowie initially joined the Air Force as a munitions specialist and then cross trained into the paralegal

career field.

"The knowledge and experience I gathered in the six years I served in the Air Force before becoming a paralegal gave me the tools I needed when it came to dealing with cases and special situations within my job," she said. "Regular Air Force experiences ultimately helped me help my clients. I'm still the same Airman with the same aspirations. Now the only difference is that I have more experience, job knowledge and have been molded by a lot of great leaders in the hopes of following in their footsteps."

Another pillar of Bowie's job performance is her childhood experiences and current family life.

"My parents instilled the foundation of who I am today and joining the Air Force continued to build on that foundation," Bowie said. "I was raised with morals, discipline and taught to work hard and to never give up. My values and the things that I believe in are important in everything I do."

Bowie believes that even when successful, one should still look for ways to improve.

"Outside of work I do a number of things to better myself," Bowie said. "I always ensure that I am spiritually, mentally and physically sound. These things are my foundation and I work overtime to keep them solid.



Photo by Senior Airman Stormy Archer

Tech. Sgt. Danyall Bowie is an Office of Airmen's Council disability paralegal manager. As the only unit of its kind in the Air Force, Bowie and her team at the OAC offer their legal services to all Airmen, including Air National Guard and Air Force Reserves members.

I constantly look for ways to grow personally and professionally."

To contact the OAC, call 565-0739 or 855-MEB-JAGS.

VISIT from Page 3

these stories to life for Linda. The family has visited as many of the bases where he was stationed as possible – some have since closed down – and even found Hammock's original residence in San Angelo.

"Being able to see all these places that he's been gives you more appreciation when you realized what his orders were," Linda explained.

Though Hammock never saw combat, he still carried home his fair share of battle scars. To this day, he uses a hearing aid due to an accident where a gun was discharged a few feet from his ear.

That's not to say Hammock didn't come close to

the battlefield, however. As a gunner, he was eventually assigned a mission to attack Japan's coastal defenses at Okinawa and soften them up for eventual invasion by bombing them at a low level.

But as it turned out, luck was on Hammock's side.

"A week before we were supposed to fly out, our order was canceled ... mysteriously," Hammock said. "No one told us why, but we later found out the U.S. government had just successfully tested the first atomic bomb."

That good fortune extended to Linda.

"If he had flown that mission, it's possible that I wouldn't be here; that none of us would have been

born. That really brings the story home," she said. "His life expectancy, if he'd had to fly that bombing run, was maybe a few minutes."

Rather than lasting a few minutes, Hammock has been "going strong" for more than seven decades since his mission was canceled, with enough energy left over to take on a trip of this magnitude.

For the veteran, touring the bases where his military career took place is a fitting bookend to his experience with the armed forces.

"World War II veterans are part of a dying breed now," Hammock said. "I wouldn't presume to give any advice to today's Airmen ... because so much is different now, but I am still proud to have served."

NTTC Lackland welcomes Kearsarge Association



Photos by Chief Master-at-Arms Natalie Dymond

Veteran Sailors who served aboard USS Kearsarge (CV/CVA/CVS 33) between 1946 and 1970 and their family members pose for a photo during their visit to the Naval Technical Training Center Lackland at Joint Base San Antonio-Lackland May 5 as part of their semi-annual reunion. The visitors had an opportunity to observe Master-at-Arms "A" school students perform some mechanical advantage control holds and demonstrations by two military working dog teams.

By Master Chief Petty Officer Natalie Dymond
Naval Technical Training Center

Members of the Kearsarge Association toured Naval Technical Training Center Lackland at Joint Base San Antonio-Lackland May 5 as part of a semi-annual reunion to reunite Kearsarge Sailors.

The Kearsarge Association serves to organize reunions for those Sailors and their families who served aboard Kearsarge (CV/CVA/CVS 33). Membership is also open to those Sailors who are serving or have served aboard USS Kearsarge (LHD 3).

Kearsarge (CV 33), commissioned in 1946, was the third ship to bear the name. The ship underwent modifications in the 1950s, serving initially as an attack carrier and then as an anti-submarine carrier. The ship was decommissioned in 1970 after 24-years of service.

"I am humbled to be in your presence as I am a plank owner of USS Kearsarge," said Cmdr. Jeffrey Martin, NTTC Lackland commanding officer. "I remember this very group coming to our commissioning in October 1993 down at Pascagoula, Miss. You all shared stories about the Project Mercury Orbital Space flight recovery of astronaut Walter Schirra and his space capsule, Sigma 7, in August 1962. This group talked about the importance of the Kearsarge namesake and what would be required to live up to the high standards of what it is to be called a Kearsarge Sailor."

The visitors toured NTTC Lackland's Master-at-Arms "A" School where they observed students



Petty Officer 1st Class Crystal Phillips (left) and Petty Officer 1st Class Robert Early (right) answer questions from a group of veteran Sailors and their families at Joint Base San Antonio-Lackland May 5.

demonstrate mechanical advantage control holds. They also observed military working dogs and their handlers demonstrate obedience, patrol and narcotic detection training.

When asked why reunions like this one are important retired Command Master Chief Petty Officer C. V. Lindley, native of Pensacola, Fla., said, "They help keep the Navy spirit alive although service periods varied as much as 20-30 years apart. You never lose the

camaraderie experienced on a U.S. Navy ship. For Sailors currently serving, it lets them know that those that served before them still care about the Navy and support today's Sailors that are doing the job."

Lindley, who served onboard Kearsarge from December 1959 to September 1961, spoke with today's Sailors, advising them to be on time, keep their noses clean, do their job and not worry about things higher than their paygrade.

"The experience was very humbling," said Senior Chief Petty Officer Jason Morris, who served as tour guide for the visiting group. "Being able to interact with Sailors having served more than 50 years ago; listening to the specific details of events they could recall with such accuracy such as man overboard incidents, fires and port visits to name a few. Whether it was for four or 30 years of service, these Sailors paved the path in their own blood and sweat to implement policy change and procedures that have positively influenced the Sailors of today."

"It is important we know our heritage and the Sailors who stood the watch before us," Martin said as he thanked the Kearsarge Association for spending time with NTTC Lackland Sailors.

Kearsarge Association members spent the week in San Antonio and, in addition to visiting JBSA-Lackland, they toured the Alamo, Riverwalk, National Museum of the Pacific War and JBSA-Fort Sam Houston.

Kearsarge veterans have reunions every two years to reminisce and catch up. The 2018 reunion is scheduled to take place in Jacksonville, Fla.

Air Force names top analysts: AETC team, individuals take home top honors

By Ashley Palacios

Air Education and Training Command Public Affairs

The Air Education and Training Command's Battlefield Airmen Physical Fitness Study Team and three AETC individuals took home top Air Force level awards in the 2016 Air Force Analysis Award Competition.

Winners are: Battlefield Airmen Physical Fitness Study Team, Air Force Analytic Innovation Award; Capt. Kimberly Hale, 2016 Air Force Company Grade Analyst of the Year; Maj. Katherine Batterton, Air Force Field Grade Analyst of the Year honorable mention; and 1st. Lt Sara Roberts, Air Force Outstanding Junior Analyst of the Year honorable mention.

Air Force team award

AETC's Battlefield Airmen Physical Fitness Study Team was presented with the inaugural Air Force Analytic Innovation Award May 4. The award recognizes an outstanding research team that uses unique and innovative techniques to conduct their research.

The team championed an Air Force study that encompassed a major objective of the secretary of defense-direct-
ed Women in Service Review.

"This is a transformational moment for the Department of Defense, the Air Force and for women in service. While most career fields in the Air Force were open to women, there were still a few career fields from which women were excluded. The Women in Service Review was aimed at helping the secretary of defense decide if those exclusions should continue or be removed," said Lt. Col. Murphy, AETC Studies and



Photo by Capt. Jose R. Davis

A female subject wears a 20-pound vest and 50-pound rucksack while lifting a 185-pound simulated casualty, June 19, 2015, as Dr. Neal Baumgartner (right) and researchers from the Air Force Fitness Testing and Standards Unit ensure her safety. Air Education and Training Command's Battlefield Airmen Physical Fitness Study Team and three individuals took home top Air Force level awards in the 2016 Air Force Analysis Awards competition.

Analysis Squadron commander.

While all Airmen must regularly complete a standardized physical fitness test, some career fields require a more specialized physical fitness test, known as a Tier 2 PT test.

The Battlefield Airmen Physical Fitness Study Team developed a prototype PT test that is indicative of the physical capabilities needed for combat. In other words, this prototype test could be used to determine if an Airman is physically well suited for some of the more rigorous Air Force career fields, such as tactical air control party

or pararescue.

Determining those results was no easy task, as the team had to develop innovative new scales and measurements to collect and analyze the physical test data.

Using simulations and controlled environments, the team conducted tests, analyzed the data, developed new scales and proposed standards.

"This test is predictive," Murphy said. "The analysis is rigorous and transformative. Not compromising combat capability is the main concern – you don't want to make sweeping changes that you don't fully understand. This study allows the Air Force to make those sweeping changes without fear of reducing combat capability. The results of this study allow us to defend our decision to allow women into combat roles."

Dr. Neal Baumgartner was the team's lead. As chief of the Air Force Exercise Science Unit and exercise physiology consultant for Headquarters Air Force, Baumgartner is responsible for determining the physical fitness tests and standards for the Air Force.

"Our job was to design a test that predicts physical success in the operational environment," Baumgartner said. "There are many aspects of operational readiness – emotional, mental, physical, motivational, etc. – but our job is to help determine the physical component of readiness. When you make decisions based on science and research you know you're giving the best product to the Airmen and that you're getting the best Airmen in these career fields. It gives the Airmen and their leaders the confidence to know that they can physically handle their combat mission."

Baumgartner compared the study's relevance to a fighter aircraft. "You wouldn't want to send a jet into combat that isn't designed or fully capable of carrying out the combat mission. In the same way, we wouldn't want to send our Airmen into combat roles when they aren't operationally capable."

AETC's Battlefield Airmen Physical Fitness Study Team includes:
Dr. Neal Baumgartner (team leader)
Maj. Katherine Batterton
Staff Sgt. Erin Flerlage
Capt. James Graves
Master Sgt. Matthew Gruse

Capt. Kimberly Hale
Lt. Col. Ryan Logan
Lt. Col. Eric Murphy 1st Lt. Sara Roberts
2nd Lt. Luis Vieyra

Individual award

Hale was recognized as the Air Force Company Grade Analyst of the Year for her work not only on the Battlefield Airmen Physical Fitness Team Study but on other research projects she spearheaded for the Air Force. While attending the Air Force Academy, Hale was selected to attend Pardee RAND Graduate School where she earned her Ph.D. Now, Hale is a flight commander at SAS.

Hale is the lead for AETC's involvement with RAND's Project Air Force. She selects the studies that get funded while making sure AETC's needs are being met. She is involved in study design, survey design and recently gave a talk on innovational survey analysis, which was lauded by Headquarters Air Force Studies, Analysis and Assessments, at the Military Operations Research Society Symposium. She also recently helped design, administer and analyze a survey for Air Force Recruiting Service that led to 140 policy recommendations.

"She's an absolutely stellar leader – both in terms of analysis and also as an officer," Murphy said. "She teaches analysts, helps them grow as officers, and helps them understand what it means to be an Airman in the Air Force."

Honorable mentions

Receiving honorable mentions were Batterton and Roberts.

Batterton, SAS director of operations and chief scientist, received an honorable mention for the Air Force Field Grade Analyst of the Year.

"Batterton took on many additional responsibilities that weren't expected of her when she arrived. I have never met a better military analyst in my almost 20 years in the Air Force. She's spectacular – she's going places," Murphy said.

Roberts, who is currently assigned to Pacific Air Force was given an Honorable Mention for the Air Force Outstanding Junior Analyst of the Year. She was an integral member of AETC's Battlefield Airmen Physical Fitness Study Team as well other AETC projects.

JBSA-Randolph to host Asian American festival

By David DeKunder
JBSA-Randolph Public Affairs

Performances, displays and a fashion show are the activities scheduled at the Asian American and Pacific Islander Cultural Festival Tuesday from 11:30 a.m. to 1 p.m. at the Joint Base San Antonio-Randolph Religious Activities Center, building 975.

The festival is being held in recognition of Asian American Pacific Islander Heritage Month in May, which commemorates the contributions of Asian and Pacific Islander descendants in the U.S. The event includes 16 cultural displays of Asian countries, the Pacific islands and the Hawaiian Islands, performances by a Filipino folk and Pacific Islander dance groups, a fashion show of Asian and Pacific Islander costumes and food.

Senior Master Sgt. Catherine Gaco-Escalera, 359th Medical Support Squadron superintendent and JBSA-Randolph Asian American Pacific Islander Heritage Month Committee chairperson, said attendees at the festival will get to learn and experience the culture, traditions and customs of Asian Americans and Pacific Islanders.

"They will learn more about the culture," Gaco-Escalera said. "We are able to bring the culture here without service members and their dependents having to go overseas."

In 2015, 250 JBSA members attended the festival held at the JBSA-Randolph Youth Center.

One of the most popular activities at the festival is the performance of the Filipino folk dance group, which has interested children of Filipino-American descent, Gaco-Escalera said.

The folk dance group will perform the tinikling, the national dance of the Philippines that includes bamboo poles as part of their performance.

"A lot of Filipino-American children have never seen the folk dances," Gaco-Escalera said. "We like to provide them that opportunity to be educated about the folk dances. They are amazed and they want to learn more about it."

The performers in the dance groups and models in the fashion show are active-duty members, family members or retirees.

Gaco-Escalera, a first generation Filipino-American, said having festivals and events expose younger generations of Asian-Americans and Pacific Islanders to their culture and customs.

"I learned about my culture through festivals like this," Gaco-Escalera said. "That's why these festivals are important."

On Monday members of the JBSA-Randolph Asian American Pacific Islander Heritage Month Committee will be at Randolph Elementary School to read to children books on Asian-American and Pacific Islander culture, heritage and history. In addition, they will par-

ticipate in several activities with the children, including paper fan folding and Japanese origami, folding paper into several shapes and designs.

Other Asian American Pacific Islander Heritage Month activities held at JBSA locations included a 5K run/walk May 14 at the JBSA-Randolph Heritage Park and a celebration at JBSA-Fort Sam Houston Military and Family Readiness Center May 13.

The celebration at JBSA-Fort Sam Houston, which the 106th Signal Brigade hosted, included remarks from Charles Bunch, United Services Organizations San Antonio site manager. Bunch's speech was based on the theme of Asian American Pacific Islander Heritage Month: "Walk Together, Embrace Differences and Build Legacies."

Service members of Asian American and Pacific Islander descent make up eight percent of the armed forces, according to <http://www.statista.com>. Asian Americans and Pacific Islanders have fought and served in several wars, beginning with the War of 1812 when Filipinos fought alongside General Andrew Jackson in the Battle of New Orleans in 1815.

In World War II, 21 of the 24 Medal of Honor recipients from that conflict were Japanese-Americans serving with the 442nd Regimental Combat Team, making it the most decorated unit in the history of the U.S. armed forces.

According to the U.S. Department of Veterans Affairs, a total of 31 Asian American and Pacific Islanders have received the Medal of Honor for their actions in both war and peacetime.



Charles Bunch, USO-Rally Point 6 site manager, speaks at the Asian American Pacific Islander Heritage Month event May 13 at JBSA-Fort Sam Houston.



Photo by Joel Martinez

Renee Park from the HulaHalau Ohana Elikapeka dance group performs during the Asian American Pacific Islander Heritage Month event May 13 at Joint Base-Fort Sam Houston.

25th Air Force Airmen help ensure local seniors will not go hungry



Photos by William B. Belcher

Air Force Maj. Erin K. Brilla and Master Sgt. Michael C. Knapp, Meals on Wheels volunteers, drop off a fresh hot meal to Five Palms neighborhood resident Jovita Miranda. Every other Tuesday, Brilla and Knapp deliver up to 20 meals consisting of at least 15 hot lunches and five cold breakfasts to 11 residences during the one-hour trip.

By William B. Belcher
25th Air Force Public Affairs

Every other Tuesday, 25th Air Force's Maj. Erin Brilla and Master Sgt. Michael Knapp give up their lunch breaks to work as volunteers for the Meals on Wheels program by delivering freshly prepared meals to seniors living in the nearby Five Palms area.

"I would say we deliver up to 30 meals. Looking at past lists, we've delivered anywhere between 18-28 meals on a given day, depending on the number of people on the list," Brilla said. "And for holidays and double meal deliveries, it's even more."

The San Antonio Meals on Wheels program is a function of Christian Senior Services, a non-profit organization serving senior residents of Bexar County. Through the program, Bexar County seniors get hot, nutritious meals each weekday.

Brilla and Knapp pick up the prepared meals at

the Crossroads Community Church on Ray Ellison Boulevard, near the Joint Base San Antonio-Lackland Medina Training Annex. They then organize the meals and delivery list, which takes about an hour.

Many of the residents Brilla and Knapp serve just outside JBSA-Lackland's Security Hill gate area are connected to the military themselves, being former military families, disabled veterans and even Air Force widows.

"Not only is Meals on Wheels an amazing opportunity to strengthen ties with our local community," Brilla said. "It's a chance to take care of our own and reconnect with former generations of service members living right here."

If there is no response at a recipient's door, they leave a Meals on Wheels card on the doorknob, letting the residents know they were there.

"There is always a need for good people to do good things in our communities," Knapp said. "One such need is to prevent our elderly and disabled from go-

ing hungry. The Meals on Wheels program is an excellent way to get involved, to make a difference and to achieve a sense of fulfillment and communion with the community."



Every other Tuesday Brilla and Knapp will spend their lunch hour delivering individual meals, both breakfast and lunch, to elderly recipients in the Five Palms area near Security Hill.



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes five minutes or less to submit a comment at <http://ice.disa.mil>.



JBSA-Randolph legal office wins AETC award

By David DeKunder
JBSA-Randolph Public Affairs

Over the last year, members of the 502nd Security Forces and Logistics Support Group Office of Staff Judge Advocate at Joint Base San Antonio-Randolph have had to adjust to several changes, including several of their personnel being called to temporary duty.

Despite those changes, the 502nd SFLSG/JA legal office continued to perform their duties with distinction, including providing legal assistance to active-duty service members and retirees, prosecuting criminal cases and participating in community outreach programs.

Members of the 502nd SFLSG/JA legal team have been recognized for their efforts by being selected as the 2015 Air Education and Training Command Outstanding Legal Office of the Year in the small office category.

Maj. Todd Swensen, 502nd SFLSG/JA acting staff judge advocate, said the award was well deserved for the 15-member legal office.

“We have worked very hard in the office,” Swensen said. “With a lot of turnover and changes during 2015, our office was good at being flexible, picking up other jobs that we don’t normally do and stepping in for each other. A lot of extra hours were worked because of the personnel changes.”

The AETC award is based on three criteria: accomplishments, office leadership and professional development and base and community involvement and outreach.

The 502nd SFLSG/JA legal office puts together wills and estate planning for active-duty service members and retirees, works on cases involving issues with civilian employees at JBSA-Randolph and provides legal advice for the leaders of the 502nd SFLSG,

See LEGAL Page 16



Courtesy photo

Members of the 502nd Security Forces and Logistics Support Group Office of Staff Judge Advocate are recognized as the 2015 Air Education and Training Command Outstanding Legal Office of the Year in the small office category May 12 at Joint Base San Antonio-Randolph. The AETC award is based on three criteria: accomplishments, office leadership and professional development and base and community involvement and outreach.

New Reid Clinic to service Air Force basic, tech training

By Capt. Michael Zimmer
559th Medical Group

With an expected completion date of May 2018, the 59th Medical Wing’s new Reid Clinic will enhance health care delivery for 80,000 patients on Joint Base San Antonio-Lackland.

The \$35.2 million project will reflect the 559th Medical Group’s mission of optimizing trainee readiness and patient-centered care through collaborative health delivery, education, training and research. Construction on the two-story, 80,000 square-foot, state of the art facility is set to begin in December.

“The new Reid Clinic will consolidate most medical care for Airmen in Air Force basic military and technical training. Instead of being spread out at three locations, routine medical care will occur in one location on JBSA-Lackland,” said Col. Verne Futagawa, 559th MDG commander.

“We’ll provide our trainees with the safest and best quality health care available. Our goal is to return them medically fit, in an expeditious manner, so they can continue with their training program,” Futagawa said.

In addition to supporting basic and technical training, the 559th MDG delivers primary and operational health care services to more than 130 units at JBSA-Lackland, including students from around the world studying at the Defense Language Institute English Language Center and the Inter-American Air Forces Academy.

The current 52,000 square-foot facility has served as the gateway for medical care at basic training for 49 years. All enlisted Airmen have spent time in the building, which is named after Senior Master Sgt.



Courtesy image

The 59th Medical Wing’s new Reid Clinic will enhance health care delivery for 80,000 patients on Joint Base San Antonio-Lackland. Construction on the two-story, 80,000 square-foot, state-of-the-art facility is set to begin in December.

David Reid, who died in a C-130 Hercules aircraft crash in 1985.

“All enlisted members begin their career receiving care in Reid,” said Lt. Col. Gwendolyn A. Foster, 559th Trainee Health commander.

The new Reid Clinic will be built across from its current location on Hughes Avenue. Construction for the facility is founded on evidence-based design principles. EBD uses a scientific method – presenting a hypothesis, test it in various ways, reporting the results – to determine ways in which individual elements of the building environment affect people and performance.

The new clinic’s design and construction will:

- Create a patient-centered environment

- Improve the quality and safety of health care
- Create a positive work environment design for maximum standardization, future flexibility and growth
- Incorporate green, environmentally friendly aspects and minimize the energy consumption footprint, and
- Reduce facility life-cycle costs

“Not everyone knows the mission of the 559th MDG, but everyone knows Reid. At Reid, it is about providing the highest quality care possible, and the men and woman who serve at Reid will continue to do just that,” Foster said.

For additional information, visit <http://www.59mdw.af.mil>.

What you should know about blood pressure

Each May, the National Heart, Lung, and Blood Institute encourages everyone to actively learn about preventing and controlling high blood pressure.

When you have high blood pressure, the force of blood pushing against the walls of your arteries is too high. When you're active, it is normal for your blood pressure to increase. Once the activity stops, your blood pressure should return to your normal range. When it doesn't, you may have high blood pressure.

Unfortunately, the diagnosis of high blood pressure is based on blood pressure readings. If you don't get regular medical care or check your blood pressure regularly, high blood pressure can go undetected for years. It is often not discovered until some organs start to show the effects of long standing high blood pressure.

According to NHLBI, some common high blood pressure complications are:

- Kidney disease
- Eye damage
- Heart attack



Courtesy photo

- Heart failure
- Stroke

A blood pressure check is quick and easy. It can be done in any health care provider's office or clinic. TRICARE covers blood pressure screening as part of its clinical preventive benefit.

Children are screened every year between the ages of 3 and 6, and every two years after.

Adults may get a blood pressure screening every two years, but usually a health care provider checks it each visit.

If diagnosed with high blood

pressure, a health care provider will work with you to come up with a way to treat the condition. You may have to make lifestyle changes, like weight loss and exercise.

You may benefit from prescription medications. Whatever you do, be sure to follow your provider's plan for your care. This may be the best way to lower your blood pressure and maintain normal blood pressure readings.

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

(Source: TRICARE)

ADAPT from Page 2

Spiritual fitness takes effort and choice just like any other aspect of Comprehensive Airman Fitness.

What kind of parent am I going to be? I want to be the best parent a baby could ask for, so I try to pay attention to my attitudes and reactions under stress. I try to persevere when weak, because it is all for the kiddo.

Perspective is good fuel for a tired mind. It gives me a new

sense of purpose to sacrifice my needs for his. I keep reminding myself that the complications of having a newborn are temporary, because it is true.

Part of spiritual fitness is finding that silver lining in what looks like only dark clouds. Obviously, it is not always easy to be spiritually solid and I do not always get it right, but every little win helps.

It may all sound like Parenting 101 to the uninitiated, but I promise it hardly feels that

simple in the moment. Life's challenges never do. That is why it is so important to practice mental, physical, social and spiritual wellness on a regular basis.

That is why the Air Force built the Comprehensive Airman Fitness doctrine. You can never be ready for the trials life throws at you, but you can be prepared. In the meantime, what can you do to support your fellow Airmen's fitness during their struggles?

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

Gateway team takes innovation training to SAMMC



Courtesy photo

Students simulate checking in and tracking patient movements in a mock clinic during the Gateway Academy's "Seven Wastes" class April 26 at the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston. The goal of the class was to find ways to eliminate wasted time during appointments which would help enhance patient care.

By Shannon Carabajal
59th Medical Wing Public Affairs

With a proven track record and increasing demand for its services, the 59th Medical Wing Gateway Innovation Center deployed its mobile training team to the San Antonio Military Medical Center at nearby Joint Base San Antonio-Fort Sam Houston April 25-29.

Thirty-one students, including 10 from other military treatment facilities around the U.S., learned innovative problem-solving techniques at the week-long course designed to help students and their sections work smarter, better and faster.

"This is something we've been looking forward to; there's huge interest from our SAMMC team and others around the Air Force (for the course)," said Master Sgt. William Rapoza, 59th MDW chief medical officer, Gateway Academy and Innovation Center NCO in charge.

The center provides instruction on innovative problem solving techniques, inspires people to challenge the status quo, and teaches leadership skills that foster empowerment, trust, and respect.

Since the first class graduated in January 2015, more than 300 Gateway graduates at the Wilford Hall Ambulatory Surgical Center at JBSA-

Lackland have been the catalysts behind 73 Rapid Improvement Events, more than 200 "Just Do It" projects and 394 Lean Daily Management projects, saving the Air Force more than \$9.1 million, said Tech. Sgt. Vanessa Arthur, Gateway Innovation Center NCO in charge.

"The overall goal of the Gateway is to get people looking at processes with a different set of eyes. When students graduate, they go back to their units with an enhanced skill set. They'll have new problem-solving techniques, some new tools, and they can go back and look at their processes and look for ways to add quality and value for the patient," Arthur explained.

Studying the same curriculum as the class offered at WHASC, students in the mobile class received instruction from a myriad of experts in innovation, process improvement, leadership and customer service.

"The class allowed me to gain more experience working with Air Force members and I was able to see how we can improve processes in our joint work centers at SAMMC," said U.S. Army Staff Sgt. Anthony Wright, SAMMC Nutrition Care Department NCO in charge of education and training.

"Also, with the course being held here it made

it more accessible for Army personnel to attend," Wright added.

The mobile course takes seven days to complete: five at the mobile location, and a two-day wrap-up session at WHASC.

It's the same curriculum with one exception. "During the regular nine-day course, we plug in project time. With the mobile class, we take the project time out," Rapoza said.

"Students first take the five-day class and then, in two months, they come to WHASC for the two-day wrap-up. They'll tour the San Antonio Toyota plant, do the clinical research tour and brief their projects," he added.

"As a young Airman, I am constantly told to be an innovative thinker; the Gateway actually gives me the tools to be one," said Airman 1st Class June Bell, 47th Medical Group at Laughlin Air Force Base, Texas. "The Gateway also showed me how to come up with a plan, execute and pass on the information to others."

The 59th MDW will offer the next mobile class this summer at the Medical Education and Training Center on JBSA-Fort Sam Houston. The team will continue to improve the course based on student feedback and it hopes to receive funding to carry the course to other Air Force military treatment facilities.

Bringing the Gateway class to people outside of the 59th MDW and San Antonio will bring the Air Force a little closer to achieving the perfect patient experience, said Lt. Col. Stacey Van Orden, 59th MDW Business Innovation Center chief and High Reliability Operations deputy chief.

"Individual and unit processes are part of the bigger picture. You might not see patients on a day-to-day basis, but what you do impacts that perfect patient experience," she said. "The idea of the Gateway is just to enhance that. Everything we do serves the patient; that's why we're here."

For more information about the Gateway Innovation Center, call 292-8303.



To advertise in the Talespinner, call
250-2345 for classifieds or contact

Michelle Bogue
at 250-2052 for retail ads

LOCAL BRIEFS

SATURDAY

PARENTS' NIGHT OUT

Youth Programs can give parents a much-needed break from their children through the Give Parents a Break/Parents' Night Out program 1-5 p.m. Saturday and June 18.

Kids, ages 5 (in kindergarten) to 12 years old, will be provided snacks and entertained with activities and games.

The cost is \$25 per child with a multiple-child discount or free with Give Parents a Break referral.

For more details, call 671-2388.

KARAOKE NIGHT

Sing or just enjoy the entertainment and a frosty beverage in Gateway Club's Lone Star Lounge featuring DJ Dee Dee. Karaoke night is 8 p.m. to midnight Saturday, and June 4 and 18.

For additional information, call 645-7034.

MONDAY

DASH, DOT

Coding literacy is recognized as an important part of understanding

today's technology. The ability to create change through programming is a key skill for kids – and interested adults too!

The Joint Base San Antonio-Lackland Library is hosting Dash and Dot 4:30 p.m. Monday and Tuesday, and 4 p.m. Wednesday.

Meet kid-friendly, programmable robots Dash (the explorer) and Dot (the storyteller). There is a Dash and Dot app for every age group and learning level.

For more information, call 671-2678

TUESDAY

CREATE AN EFFECTIVE RESUME

The Military & Family Readiness Center is hosting the Create an Effective Resume workshop 2-4 p.m. Participants will construct a draft resume while reviewing the writing process for career objectives, descriptive accomplishments, and other key elements.

To register, call 671-3722.

MAY 27

POOLS OPENS

The Warhawk Pool opens for the summer and its hours are 4-7 p.m. The daily pool pass cost is \$3 for in-

dividuals or \$2 for children 10 years old and younger. A season pass is \$45 for individuals, \$35 for military students, \$85 for family of three or \$50 for E-1 thru E-4. For each additional member, it's \$10 each.

Daily swimming fee and seasonal pool passes are required for recreational swimming. Family season passes are limited to sponsors and their dependents. Season pool passes are available for purchase at the Skylark Aquatics Center, building 6482.

For more details, call 671-3780.

MAY 28

FLEA MARKET

Find bargains and treasures 8 a.m. to noon at the Skylark Community Center quarterly Flea Market at the Warhawk Fitness Center parking lot. Shoppers can enjoy browsing, music and food and sellers can rent spaces for \$10 and tables for \$5 each.

For more details, call 671-3191.

MAY 31

WOUNDED WARRIOR

BENEFITS INFORMATION FAIR

Wounded warriors and caregivers are invited to a wounded warrior

benefits information fair 9 a.m. to 1:30 p.m., Arnold Hall Community Center. They will meet with representatives from the M&FRC, American GI forum, Operation Homefront, Veterans Affairs, Better Business Bureau and Soldier & Family Assistance Center. Attendees will learn about available services, Social Security disability Insurance and more. To register or for more information, call 671-3722.

JUNE 1

BUILDING A HEALTHY MARRIAGE

Patrons will review what it takes to build a healthy marriage and develop communication skills, conflict resolution strategies and personal boundaries. The course will be 1-2:30 p.m. at the Military & Family Readiness Center, building 1240. To register, call 671-3722.

JUNE 3

SCHOOL IS OUT FOR SUMMER

Pre-teens, ages 9-12, are invited to a free afternoon with snow cones, games and fun to celebrate the end of school 3-5 p.m. at the Youth Center. Youth Program members with current cards with them will receive a prize.

For more details, call 671-2388.

JUNE 6

YOUTH GOLF CLINICS

Youth ages 8-18 are invited to learn the game of golf in one of four sessions offered at the Gateway Hills Golf Course. There are two sessions June 6-10 and another two June 20-24 from 8:30-9:30 a.m. and 10-11 a.m. Each session has four days of instruction and one day of play with lunch. The classes cover golf basics, grip, stance, swing, chipping and putting. Classes are \$150 per person. Deadline to sign up is two weeks before camp starts. Each session is limited to 12 golfers.

For more details and to sign up, call 671-3466

JUNE 28

TRAVELING LEGO MAKERSPACES

MakerSpaces allows students to collaboratively and creatively extend their learning by doing or making. Children can put their imagination to the test with Legos, robots and circuits. It will be 4 p.m. at Joint Base San Antonio-Lackland Library. Admission is free, reservations are not required. Visit <http://www.jbsalibraries.org> for more information.

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.
Youth Ministry Mon. 6:00 p.m.

—LITURGICAL SERVICE

Airman Memorial Chapel – Building 5432

Sun. 9:45 a.m.
Religious Education Sun. 10:45 a.m.

—CHURCH OF CHRIST

New BMT Reception Center – Building 6300

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 6300

Sun. 7:30 a.m. (Rm. 113)

—ORTHODOX CHRISTIAN

Airmen Memorial Chapel – Building 5432

Sun. 8:00 a.m.

—PENTECOSTAL

Religious Education Building 6300

Sun. 8:00 & 9:30 a.m. (Rm. 112)

—WICCA

New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 a.m. (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.

Adult Religious Education Sun. 9:15 – 10:15 a.m.

Mass Sat. 5:00 p.m. Sun. 11:00 a.m.

Youth Ministry Sun. 4:00 p.m.

Reconciliation Sat. 4:00 – 4:45 p.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.

—BUDDHIST

New BMT Reception Center – Building 6330

Sun. 10:45 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.

—LUTHERAN CHURCH MISSOURI SYNOD

Gateway Chapel Building 6300

Every third Sun. 3:30 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
Thrifty 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.mil
My Air Force Life	http://www.MyAirForceLife.com

For more details, contact Freedom Chapel - 671-4208

• Gateway Chapel - 671-2911

BMT HONORS

Congratulations to the following 63 Airmen for being selected as honor graduates among the 630 Air Force basic military trainees who graduate today:

322nd Training Squadron

-Flight 367
William Argo
Joshua Jones
Rusty Lee
Trenton Mouser

-Flight 368

Rogelio Bracamonte III
Liam Clancy
Levi Dickinson
Caleb Hayes
Matthew Izzo
Nicholas Lamonica
Jacob Stauffer
Justin Whittles

-Flight 369

Joshua Bennett
Elijah Boss
Joshua Cowart
Tanner Dryden
Tyler Hill
Patrick Ryan

-Flight 370

Rebecca Berggren
Briann McClure
Cierra Roy
Sarah Staab

323rd Training Squadron

-Flight 363
Prosper Amoro
Derek Blair
Mario Bynum
Brandon Lavocat
Alexander Lemke
Austin Lewis

-Flight 364

Jeffery Dubose
Trever Flynn

Thales Haskell
Taylor McNally

-Flight 365

Joshua Hummer

-Flight 366

Alexa Boggs
Erin Hopper
Angel Lagana
Kawennio Lawrence
Alethea Perry

331st Training Squadron*-Flight 359*

Hogan Lambeth
Jonathan Lopez

-Flight 360

Jarrold Arroyo
Parker Huff
Benjamin Lisenbee
Michael Magrady
Angel Molina
Kramer Runager

-Flight 361

David Ahn
Emanuel Hicks
Jordan Huber
James Townsel
Paul Wickliffe
Bakkar Williams
Bryant Witt

-Flight 362

Jenna Bruzual
Kayla Carswell
Dallas Duffey
Breanna Kasl
Kelsey Macisaac
Naomi Pippen
Mary Ratcliff
Sandia Sanchez
Shelby Stuff
Kristen Young

Top BMT Airman

Matthew Izzo
322nd TRS, Flight 368

Most Physically Fit*-Female Airmen*

Sarah Staab
322nd TRS, Flight 370
Kawennio Lawrence
323rd TRS, Flight 366
Mariah Archibald
322nd TRS, Flight 370
Aiesha Hooper
322nd TRS, Flight 370

-Male Airmen

Eduardo Gonzalez-Ayala
331st TRS, Flight 359
Julian Cornwell
331st TRS, Flight 361
Bryant Witt
331st TRS, Flight 361
Dylon De Leon
331st TRS, Flight 359

-Female Flights

322nd TRS, Flight 370
323rd TRS, Flight 366
331st TRS, Flight 362

-Male Flights

322nd TRS, Flight 369
331st TRS, Flight 361
323rd TRS, Flight 363
322nd TRS, Flight 367
331st TRS, Flight 360
322nd TRS, Flight 368
331st TRS, Flight 359
323rd TRS, Flight 364
32nd TRS, Flight 365

Top Academic Flights

331st TRS, Flight 361
331st TRS, Flight 362
323rd TRS, Flight 363
323rd TRS, Flight 365
322nd TRS, Flight 369
331st TRS, Flight 360
323rd TRS, Flight 364
322nd TRS, Flight 367
322nd TRS, Flight 368
331st TRS, Flight 359
323rd TRS, Flight 366
322nd TRS, Flight 370

**Plan ahead on how to escape a housefire**

By Ricardo S. Campos
Public Fire and Safety Educator,
JBSA Fire Emergency Services

It's the middle of the night. You and your family are sound asleep when suddenly the smoke alarms in your house go off. It's dark and the house is filling quickly with smoke. You cannot see your hand in front of your face. Family members are screaming and panicking.

Fire experts say you have about two minutes to get out safely. Would you and your family know what you should do?

By planning ahead, everyone would know what to do and where to go if there is a fire, since you may have only a few minutes to get out safely once the smoke alarm sounds.

What to do ahead of time:

- Make a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.

- Know at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.

- Have an outside meeting place – like a tree, light pole or mailbox – a safe distance from the home where everyone should meet.

- Practice your home fire drill at night and during the day with everyone in your home, twice a year.

- Practice using different ways out.
- Teach children how to escape on

their own in case you can't help them.

- Close doors behind you as you leave.

If the alarm sounds:

- If the smoke alarm sounds, get out and stay out. Never go back inside for people or pets.

- If you have to escape through the smoke. Get low and go under the smoke to your way out.

- Call the fire department from outside your home.

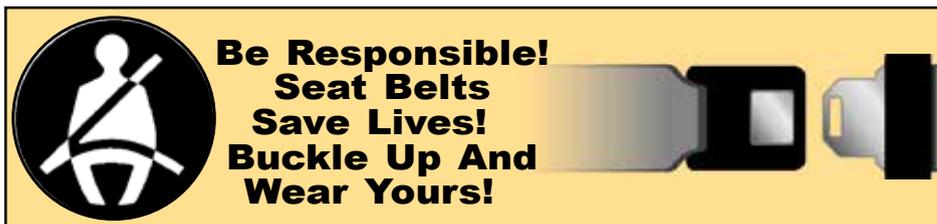
Home escape plan facts:

- According to a National Fire Protection Association survey, only one of every three American households have actually developed and practiced a home fire escape plan.

- While 71 percent of Americans have an escape plan in case of a fire, only 45 percent of those have practiced it.

- One-third of American households who made an estimate thought they would have at least six minutes before a fire in their home would become life-threatening. The time available is often less. And only eight percent said their first thought on hearing a smoke alarm would be to get out.

To learn more, visit the National Fire Protection Association website at <http://www.nfpa.org/education> or contact the Joint Base San Antonio fire prevention offices. For JBSA-Fort Sam Houston, call 221-2727; JBSA-Lackland, call 671-2921; and JBSA-Randolph, call 652-6915.



JBSA promotes National Safe Swimming, Boating Week

By Jose T. Garza III
JBSA-Lackland Public Affairs

National Healthy and Safe Swimming and National Safe Boating Weeks are both observed the week before Memorial Day to promote safe and responsible swimming and safe boating experiences.

Proper water safety measures are taken regularly throughout Joint Base San Antonio to ensure people enjoy their experiences safely.

Stephanie Soto, JBSA-Lackland aquatics director, recommends people who will be engaging in water activities to apply sunblock and drink water to stay hydrated and avoid heat exhaustion. In addition, they should wait 30 minutes to an hour before stepping into water after they have consumed a meal.

"You end up overexerting yourself and end up sick," Soto said about eating before swimming. "You get into the water and you work out muscles you're not accustomed to using."

Before stepping into any area of water, 502nd Air Base Wing safety officials encourage people to take the proper safety precautions in case a situation emerges.

Scotty Johns, 502nd ABW occupational safety and health specialist, suggests swimmers know their limitations and take critical assessments of the water.

"If you can't swim, put on a vest," he advises boaters and swimmers. "Take step-by-step healthy risk assessments every time you're about to get in the pool."

John McLaughlin, 502nd ABW occupational safety and health specialist, advocates for parents to familiarize their children with the water and register them for swimming lessons.

"Teaching your children how to swim is a major portion of being safe in any water environment," he said.

Swimming lessons are offered to both adults and children at the Skylark Aquatics Center and they



can register for lessons from 10 a.m. to 1 p.m. starting Tuesday. Classes, which cost \$65 per student, begin June 7.

Classes for youth ages 3 and up are at 9 a.m. with limited evening classes available. Adult swim lessons are offered early evenings during the weekdays. All classes are taught by American Red Cross-certified swim instructors.

Children go through the following four levels of swim lessons:

Level I – Introduction to water skills for children to be in the pool without adult supervision.

Level II – Fundamental aquatic skills for youth able to submerge their face in the water, blow bubbles and do assisted floats.

Level III – Stroke development, submerging of head and flutter kicks on their front and back with arm action.

Level IV – Improvement of stroke, coordinated front and back crawls with rotary breathing, butterfly kicks and basic butterfly body motion.

If they pass all four levels, they have the op-

portunity to try out for the JBSA-Lackland Youth Swim Team, which competes in local and regional meets. Tryouts are scheduled for Tuesday and practices take place Tuesdays, Wednesdays and Fridays from 6-7 p.m.

Swimming skills are essential for children to protect themselves, Soto said.

"Children are excited to show their parents something they learned," she explained. "They also want to jump in the pool without their parents watching them, or be able to help if something happens, which is why it's necessary to introduce these survival skills."

Swimming ability isn't the only factor in safe water experiences.

Soto, provided rules for safe play at any JBSA pool:

- No running or horse-playing
- People who are ill or have open wounds are not allowed in the water
- Children 3 years old and under are not allowed to swim in the Skylark pool and instead are encouraged to go into the baby pool, which is located at the Warhawk gym
- Children 3-10 must have adult supervision at all times
- Youth ages 11-13 may use the pool without an adult if they pass a swim test. If they pass the test, they will receive a card that displays proof.
- No hard toys are allowed in the pool
- Scuba gear is not allowed

Swimming classes aren't the only classes available.

The JBSA-Lackland Outdoor Adventure Center hosts 95-minute classes on basic boating procedures, which are a requirement to rent a boat from the center. Classes are offered Mondays and Thursdays at 1 p.m. and Tuesdays and Fridays at 9 a.m.

For more information on JBSA pool policies, call 671-3780 or 671-2413. For the JBSA-Lackland OAC call 925-5532.

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the 12th Flying Training Squadron and JBSA-Randolph tenant units including the Air Force Personnel Center, Air Force Recruiting Service and AETC.

In addition, the members of the legal office worked on cases involving court martials, discharges, Article 15s, prosecuted several cases in federal magistrate court including assaults and drug possession and investigated accidents involving Air Force trainees.

The 502nd SFLSG/JA legal office also worked with the 12th FTS on issues concerning development and encroachment near JBSA-Randolph.

Within and outside the JBSA-Randolph community, the legal office helped set up the IRS tax center to help active-duty members and retirees with their income tax filings. Office paralegals did volunteer work for the San Antonio Legal Aid Clinic, providing pro bono assistance for clients in need.

Other community activities included putting on a law day at Randolph High School in which 250 students attended and learned about the functions of the legal office, giving tours to local high school students of the 502nd SFLSG/JA legal office and courtroom located in the Taj Mahal and holding mock trials for students in court room.

"We think it's important to reach out and educate the public and school children on military law and what we do in the military," Swensen said. "We get lots of high schools and home school programs that reach out to us and who want us to come and educate them about military law."

Until May, the 502nd SFLSG/JA office was led by Lt. Col. Justin Trumbo, 502nd SFLSG staff judge advocate, who is retiring.

Col. Polly Kenny, AETC staff judge advocate, said the 502nd SFLSG/JA legal office received the award because of their ability to work together to serve their

clients and the Air Force.

"They are a fantastic group that works really well together to help execute the mission of JBSA and the 12 FTS," Kenny said.

Kenny said members of the legal office provided legal assistance to 2,600 clients, including active-duty service members, family members and retirees, and drew up 540 wills, saving clients \$526,000 in legal fees.

The JBSA-Randolph legal office was also active in the community by chairing the JBSA-Randolph Retiree Appreciation Day, benefiting 250 retirees, and teaming up with the Federal Bar Association to host a continuing legal education seminar in which 30 civilian, military and Department of Defense attorneys were able to meet their licensure requirements, Kenny said.

"They are definitely an outstanding legal office that has great leadership built on shoulders of the whole team," Kenny said.

UPCOMING

MEMBERSHIP DRIVE CONTINUES

Register at any Joint Base San Antonio golf course through Sunday to become a JBSA golf member. Membership benefits include preferred advance tee times, no daily green fees, excluding cart rental, five free rounds of golf at each of the other two JBSA locations, 10 percent discount off all merchandise purchased in the pro shops except for Ping products, priority for club storage and locker rental, free handicap service, discounted fees for all JBSA-sponsored tournaments, access to member-only tournaments and events, five percent discount for catered events at the clubhouse, etc. Call 671-3466 for more details.

SUMMER BASKETBALL REGISTRATION

Parents can register youth, ages 5-14, for summer basketball through Thursday. The cost is \$50 and parents must bring a copy of a current sports physical at time of registration. Practices begin in June and the season runs July through August. Volunteers that are interested in coaching are needed. For more information, call the Joint Base San Antonio-Lacklan Youth Sports Office at 671-2388.

737th TRG Airmen pedal towards a cure for diabetes

By Jose T. Garza III
JBSA-Lackland Public Affairs

Airmen from the 737th Training Group pedaled 103 miles across Southeast Texas during the Tour de Cure for the American Diabetes Association May 14.

This was the first year Master Sgt. Ian Perry, 737th TRG NCO in charge of protocol; Lt. Col. James Young, 737th TRG Military Training Consult Service flight commander; Maj. Anna Fedotova, 737th TRG physician; and Senior Master Sgt. Kristopher Kiger, 321st TRS first sergeant, rode together as a unit.

Perry has locally cycled in the tour since moving to San Antonio in 2012 and said he believes cycling in events with a cause links him with his local community.

"You move from base to base as a military member and if you don't connect with that community, then it is not home," he said. "Connecting with the community in any way possible as an Airmen shows we are doing good things for our community, on and off duty."

Young's participation in the tour hit more close to home.

He rode in honor of his mother-in-law,



Courtesy graphic

Betty McCormick, who is diabetic.

"She deals with it on a daily basis," Young said. "I hope more research will lead to better treatment or a cure."

Fedotova cycled in the tour for competitive purposes, in addition to raising awareness for diabetes, as she is training for an Ironman 70.3 triathlon competition.

When her colleagues asked her if she wanted to join the tour, she replied, "100 miles? Sure I am in, 'Let's do it tea,'" as she believes cycling allows her to further promote fitness in the Air Force.

"I am passionate about overall health

and well-being among our Airmen," Fedotova said. "As leaders in the military and the community, we don't necessarily have to be able to ride 100 miles, but we do set examples of striving for healthy living and fitness. Diabetes is just one of the causes worth riding for."

Although they may have had different personal reasons for riding, one concept inspired the Airmen to ride together: camaraderie.

Perry said there is nothing better than building camaraderie amongst his peers.

"Finding people with common interests can be tough," he said. "It's important for people to find a hobby, or something they do to connect with others. We need people to get in the mindset that there are things going on that are fun and build physical fitness."

"Fostering esprit de corps through cycling provides a challenge that doesn't happen often," Young said. "So I think that's what makes us appreciate that time more than we would otherwise."

Fedotova shared the same sentiments.

"There is nothing quite like physical challenges, especially for a worthy cause, to bring us together," she said.

STATE REPRESENTATIVES VISIT THE ALAMO WING



Photo by Benjamin Faske

U.S. Rep. William Hurd (center), 23rd District of Texas, and Rep. Mac Thornberry (left), 13th District of Texas, visited the 433rd Airlift Wing May 3 at Joint Base San Antonio-Lackland. Col. Thomas Smith (right), 433rd Airlift Wing commander, provided a mission brief to the congressmen where they had the chance to ask questions about the wing and the C-5M conversion later this year. After the brief, the congressmen toured a C-5M Super Galaxy. Smith led them through the cargo compartment and flight deck where the congressmen viewed the cockpit and berthing area of the aircraft.

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