



TALESPINNER

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24th AF command chief retires

Photo by Robert Talenti

Chief Master Sgt. Alfred Herring, 24th Air Force command chief, discusses his role as an approachable leader to members of the 5th Combat Communications Group at Warner-Robins Air Force Base, Ga., in July 2012. **Read more about Herring's leadership philosophy and reflections on his Air Force career, page 3.**



LaBrutta hosts town hall

Photo by Senior Airman Lysie Nichols

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, hosted a town hall meeting to discuss projected changes to the Joint Base San Antonio-Lackland community Jan. 24 at the Bob Hope Theater. **See story Page 2.**

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It is not just about you anymore

By Senior Master Sgt. Shae Alamo
U.S. Air Forces Central Command Public Affairs

I could break out any Air Force Instruction, The Enlisted Force Structure, Air Force Doctrine Document 1-1, or even "The Little Blue Book" of the Air Force Core Values, all of which will tell you how to be the Airman you are supposed to be. All NCO's should know these to make themselves better Airmen and to ensure all Airmen whose paths they cross are moving in the right direction.

I have had people ask me before, "Have you filled all the boxes to become a master sergeant, senior master sergeant and chief master sergeant?" Many have asked me what boxes they need to check to make it to these ranks. The boxes I am referring to are such things as completing your Community College of the Air Force degree, course 14, fitness standards and participation in professional organizations. While these must be met as you prepare to make the next rank, this is not all that needs to be done.

As an Airman, I was working on what I needed to do to be successful. I was not worried about anyone but myself. Once I transitioned into an NCO, I gained Airmen under my watch. I was no longer responsible for just myself, but for others who were following down the same path. This was a learning experience for me, because I was transitioning from an all-about-me mentality to an all-about-me and the Airmen in my work center mentality.

I was only worried about my Airmen

staying out of trouble, fulfilling their requirements and looking better than everyone else in the accolades department. All the while, unbeknownst to me, I was slowly transitioning and evolving as an Airman myself through many mentors, leaders, peers and Airmen that crossed my path. That is when the epiphany hit; it is not just about you anymore.

As I began transforming into a senior NCO, I began reflecting on the good and bad leaders along my career path and what they did that really made an impression on me. I literally created a journal of all these notes, writing down the characteristics that I wanted to have to make me a better Airman. But I also wrote down those characteristics I did not want to inherit. Airmen will quickly tell you of their not-so-good leaders and why they were not so good to them. It too was easy for me to bring these negative traits to light far more quickly than those of the good leaders.

My way of thinking began to change from negativity breeds negativity to positivity breeds positivity. I wanted to be that positive role model that Airmen were going to emulate, as well as being their mentor; teaching them how to be great Airmen and leaders who others will follow.

It does not matter whether you are in a one-deep shop over a flight, over an entire squadron or higher; you should always take the time to learn what agenda and expectations of your leader's leader. This will guide you in understanding, not only what it takes to ensure the success of your organization and your leader, but also the

ability to explain to your Airmen their role they play in the bigger scheme of things.

Each Airman is vital in ensuring the Air Force mission does not fail. They are dependent upon those leading them to be capable of explaining the importance of their role in the Air Force. No matter what level of responsibility you are at, you affect every single Airman that you come into contact with – not just those you supervise.

Everyone has heard the phrase, "first impressions are lasting impressions." This is so true as an NCO. Airmen will know if you are in it for yourself and if you are just "filling the blocks" towards promotion. Once again, it is not just about you anymore. Your simplest acts that you do will be noticed. Such things as picking up trash that is in your path, starting a care package program for those deployed, taking the time to ask about families, saying happy birthday or saying hello to everyone you walk by shows you care enough to put forth the effort to make everyone realize their importance.

Be the leader that does not just sit behind a desk, hides behind emails or only checks the blocks for the next rank. There is no way of checking a box when it comes to taking care of Airmen! Be active, be involved and be the individual that leads by example for all Airmen to follow, mentoring them down the right path as they will eventually replace you as the next generation of leaders of our Air Force!

When you take care of the Airmen, you are taking care of the Air Force. It is not just about you anymore.

JBSA commander updates community at town hall

By Senior Airman Lynsie Nichols
JBSA-Lackland Public Affairs

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, hosted a town hall meeting to discuss projected changes to the Joint Base San Antonio-Lackland community Jan. 24 at the Bob Hope Theater.

The meeting began with a recap of the reductions and adjustments made during fiscal year 2013 and brought the community up to

speed with the situation for FY 14. To provide context, LaBrutta explained how sequestration affected the 502nd ABW and JBSA installation support functions through budget and manpower reductions incurred during FY13.

"When you have furloughs and government shutdowns, it impacts the workforce significantly, and our ability to execute installation support across JBSA. However, I'm pleased to report that despite the obstacles, no mission failed because the 8,000 members of the 502d ABW worked hard and used their

innovative spirit to provide the required service and support our customers expect and deserve. Bottom Line: "we made our mission happen," LaBrutta said.

Some of the significant changes to the base community discussed were the implementation of fees at base swimming pools, adjustments to the fitness center hours, grounds maintenance and custodial service adjustments, closing of the libraries, initiating

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

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News in Brief

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FEB. 11

WHITE HOUSE RECRUITING TEAM VISIT

The White House Communications Agency recruiting team will conduct a recruitment briefing at 9 a.m. Feb. 11 in the Bob Hope Theater.

Call 202-757-6063 or visit <http://www.disa.mil/whca> for additional information.

FEB. 24-25

DEFENSE THREAT REDUCTION AGENCY COURSE

The Defense Threat Reduction Agency's Defense Nuclear Weapons School will hold an awareness-level course at the San Antonio Fire Training Academy, 300 South Callaghan.

The free course, 'Introduction to Radiological and Nuclear Incident Response,' was developed to increase confidence and skill in responding to and mitigating the consequences of radiological accidents and terrorist weapons of mass destruction events.

For additional information, contact Master Sgt. Jared Ray at 505-846-6313 or Staff Sgt. Nicholas Martin at 505-853-6372.

FEB. 28

59TH MDW ANNUAL AWARDS BANQUET

The 59th Medical Wing annual awards banquet is Feb. 28 in the Gateway Club. Social hour begins at 5:30 p.m.

The event's guest speaker is retired Chief Master Sgt. Robert D. Gaylor, fifth chief master sergeant of the Air Force.

For additional information or tickets, contact Master Sgt. Meoka Crowder at 221-4638, Master Sgt. Simone Lewis-Livious at 671-9894, Tech. Sgt. Harmony Prisk at 292-7303, Tech. Sgt. Morgan Northcutt at 671-9876, Tech. Sgt. Christine Trejo at 671-9876, Master Sgt. Katrina Bowers at 292-7047, Staff Sgt. Brandi Campbell at 295-4822, Tech. Sgt. Courtney Amaker at 292-6633 or Staff Sgt. Brooke Alf at 292-5989.

Tickets are \$35 each.

INFORMATIONAL

SKYLARK INDOOR POOL CLOSURE

The Skylark Community Center indoor pool is closed for maintenance and will not reopen until further notice.

For additional information, call 671-3780.

People: Our legacy

By 2nd Lt. Meredith Hein
24th Air Force Public Affairs

"Leadership is a gift. It is given by those who follow."

This statement, given by Gen. Mark A. Welsh III, then the U.S. Air Forces in Europe commander and now the Air Force Chief of Staff, to the cadets of the United States Air Force Academy in 2011, puts into words the philosophy Chief Master Sgt. Alfred Herring has been following throughout his 30 year career in the Air Force.

After nine ranks and 13 assignments, the 24th Air Force's second command chief master sergeant is retiring. One thing has remained constant throughout his time in the Air Force, however, and that is the importance of people.

"People are our legacy," said Herring. "We need to invest in people. That's what has the biggest impact for me. If I was able to invest in one Airman and make a change for the better, then I feel like I've done my job."

With social media and email taking the place of day-to-day conversations, Herring says he made it a point to go out to where Airmen work and speak to them on a personal level every day.

"Whether you're a supervisor of five or a supervisor of one, find someone every day and have a conversation with them about anything that will help them be great or help them be great in the

Air Force," said Herring. I challenge everyone to have face-to-face conversations. We need analog leadership in this digital world."

Though many individuals, supervisors and others made an impression on Herring as an Airman, he cited two who impacted him as a leader.

"Sgt. Kathy Carlton taught me the basics about being an Airman," said Herring. "Chief Master Sgt. Stephen Sullens taught me how to be a chief - by example."

People, Herring noted, are also what made every one of his assignments great.

"People make a place, and when you leave, you don't miss an Air Force institution or a location. You miss the people. And that is why I never had a bad assignment in the Air Force," said Herring.

Enlisting in the Air Force in 1984, Herring has seen a lot of changes since his time as an airman basic at Lackland Air Force Base. He noted particularly that it is a much smaller Air Force than the one he entered, but that the quality of the Airmen serving has only increased.

"When I joined in 1984, there were probably 700,000 active duty Airmen alone. Now, there's 698,000 total force Airmen - active duty, Guard, Reserve and civilian. I've seen that a quality force doesn't always come in large numbers," said Herring. "We're continuing to do the

same mission and more, and do things more creatively."

Herring noted the benefits of knowing everyone else's job and how it benefits the efficiency of the Air Force mission.

"If every Airman in a shop-officer, enlisted and civilian-knew every task and could do every job, I'd go back to that," he said. "There would be no single points of failure that way, because everyone would be able to help each other out and check each other."

Herring began his Air Force career as a "supply guy" in logistics, with a background in materiel management. He moved on to become a group superintendent and ultimately a command chief.

"My favorite job I've had has to be supply," said Herring. "But at the end of the day, the job that gave me the greatest satisfaction was the one that allowed me to influence and help people, and that was command chief."

The greatest benefits of being a chief, Herring said, stem from talking to people. "Every day, I get to talk to Airmen about their lives, challenges, frustrations and interests. Every day."

Each of these interactions, he says, has contributed to his long and oftentimes challenging journey, but Herring says he wouldn't change anything.

"Changing any of those assignments or experiences would change where I am now," Herring said. "I wouldn't change a thing about it."

Every assignment, job and rank, said Herring, has been a valuable experience and contributed to who he is today. The challenges of attaining senior



Chief Master Sgt.
Alfred Herring

NCO officer ranks in particular have been rewarding experiences.

"Every rank has been a good rank. Thirty years ago, I was an airman basic with no stripes. Now, I'm a chief. I wouldn't trade any of those stripes. It's all been special," said Herring.

As an airman basic, Herring recalls the misery of the first day of Basic Military Training, waiting at the airport in San Antonio, riding the bus to Lackland Air Force Base and eating a meal of what he believed to be cold chicken in the early hours of the morning.

He contrasts this time with the final day of BMT, as he walked down the bomb run on graduation day.

"The sense of accomplishment and pride that you accomplished something greater than yourself - that was the best memory," he said.

Herring has carried this pride throughout his 30-year career, and hopes to pass on some simple advice to this next generation of Airmen: "There are no new lessons in leadership - only ones we've forgotten. The very basic one is know your job and do your job. The rest will take care of itself."

JBSA Sexual Assault
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DOD SAFE HELPLINE • (877) 995-5247

JBSA CRISIS HOTLINE • 367-1213

JBSA DUTY CHAPLAIN • 365-6420

DOD releases new religious accommodation instruction

By Cheryl Pellerin
American Forces Press Service

The Department of Defense released a new instruction that details its updated policy on making religious accommodations requested by service members, Pentagon spokesman Navy Lt. Cmdr. Nathan J. Christensen said Jan. 22.

A DOD instruction implements a policy or prescribes the manner or plan of action used to carry out a policy, operate a program or activity, and assign responsibilities.

“The new policy states that military departments will accommodate religious requests of service members,” Christensen said, “unless a request would have an adverse effect on military readiness, mission accomplishment, unit cohesion and good order and discipline.”

When a service member requests such an accommodation, he added, department officials balance the need of the service member against the need to accomplish the military mis-

sion. Such a request is denied only if an official determines that mission accomplishment needs outweigh the needs of the service member, Christensen said.

Requests to accommodate religious practices will be assessed on a case-by-case basis, the spokesman noted.

“Each request must be considered based on its unique facts, the nature of the requested religious accommodation, the effect of approval or denial on the service member’s exercise of religion, and the effect of approval or denial on mission accomplishment, including unit cohesion,” he added.

Immediate commanders may resolve religious accommodation requests that don’t require a waiver of military department or service policies that address wearing of military uniforms and religious apparel, grooming, appearance or body-art standards.

Accommodation requests that require a waiver will be forwarded to the respective military department for determination.

Christensen said that factors used to determine if religious apparel interferes with military duties include whether the item:

- Impairs the safe and effective operation of weapons, military equipment or machinery;
- Poses a health or safety hazard to the service member wearing the religious apparel;
- Interferes with the wear or function of special or protective clothing or equipment such as helmets, flak jackets, flight suits, camouflaged uniforms, protective masks, wet suits and crash and rescue equipment; or
- Otherwise impairs the accomplishment of the military mission.

The spokesman said department officials believe the new instruction will enhance commanders’ and supervisors’ ability to promote the climate needed to maintain good order and discipline, and will reduce the instances and perception of discrimination toward those whose religious expressions are less familiar to the command.

“The new policy states that military departments will accommodate religious requests of service members.”

– Navy Lt. Cmdr. Nathan J. Christensen
Pentagon spokesman

“The DOD places a high value on the rights of members of the military services to observe the tenets of their respective religions and the rights of others to their own religious beliefs,” Christensen said, “including the right to hold no beliefs.”

If you don't like it, change it

By Airman 1st Class Zachary Vucic
Air Force News Service

My experience at Air Force Basic Military Training is seared into my brain. Though the specifics are slowly fading, I will always remember feeling every emotion on the spectrum on a daily basis, thanks in large part to “the monster,” my military training instructor, Tech. Sgt. Matthew Zien.

He was always lurking. He seemed to have an endless amount of energy; if we were awake, he was there. I remember seeing other MTIs and thinking, “Man, how bad is my luck that I drew Zien?”

It seemed the “I” in MTI stood for intimidation, rather than instructor, but as my flight progressed through the eight-week training, blind fear gave way to a profound sense of respect. His lessons on resiliency still resonate with me today, and during a recent trip to Buckley Air Force Base, Colo., those lessons from BMT were reinforced beyond what I could imagine.

It's been more than two years since BMT, so I was surprised when I got a phone call from my old MTI. Zien had been working on a leadership newsletter to distribute to his wing, and called me to take a cursory look before he sent it out. Along with the newsletter, he sent his autobiography. As I read through the chronicling of his past year, I knew I had to act. His story needed to be told.

Due to medical issues, Zien nearly lost his life. During his recovery, he relapsed into post-traumatic stress disorder and attempted suicide. Once he made the decision to get better, he shifted his focus from his own pain to mentoring.

He mentors anyone, military and civilian alike, drawing on his near-death experience for inspiration. During my two days with him, he took a day to speak to elementary school students, told his story to the cameras at the Buckley Air Force Base public affairs shop and mentored the Airmen he works with in one-on-one sessions. His message was consistent: “If you don't like it, change it.”

For a man who still fights his own PTSD symp-

toms daily, he was steadfast in his dedication to others. He would roam the halls of his work center and with genuine concern, he asked coworkers how their day was. When Airmen mentioned being stressed or having trouble in their personal lives, he encouraged them to take action. He held conversations with them until they felt better about their situation.

His job at the medical wing was to heal, but he told me that's not the way he operates. He didn't want to sit idly by knowing there was work to be done. As he observed his surroundings, he saw where improvements could be made and, without hesitation, jumped at chances to make an impact.

After spending just a day at his work center, I observed firsthand as he assisted Airmen both personally and professionally. He made phone calls to clarify processes, offered advice and talked through situations with several Airmen – all before noon. He was no longer the intimidating figure I knew him to be at BMT; he was an instructor in every sense of the word – a true leader.

“If you don't like it, change it.” It was this message that I took with me. I now, like him, wake up with the deliberate intention of having a good day and making an impact. When something goes wrong or I get frustrated, his message echoes and I change it.

502nd ABW honors its award winners



Photo by Airman 1st Class Krystal M. Jeffers

The 502nd Air Base Wing honored annual award winners Jan. 17 in a banquet at the Joint Base San Antonio-Lackland's Gateway Club. Brig. Gen. Bob LaBrutta, 502nd ABW and JBSA commander, commended the 11 honorees (only nine pictured, two were deployed) for their consistent display of excellence during 2013.

Individual category winners are:

- Junior Enlisted Member of the Year: Airman 1st Class Corey Linder, 502nd Civil Engineer Squadron
- NCO of the Year: Tech. Sgt. Latoria Ellis, 502nd Contracting Squadron
- Senior Enlisted Member of the Year: Master Sgt. Ruben Lerma, 502nd Communication Squadron
- First Sergeant of the Year: Master Sgt. De'Lisa Harris, 902nd Security Forces Squadron
- Company Grade Officer of the Year: Capt. Robert Carter, 502nd Comptrollers Squadron
- Honor Guard Junior Enlisted Member of the Year: Airman 1st Class James Gianotti, 690th Network Support Squadron
- Honor Guard NCO Member of the Year: Staff Sgt. Desmond Darden, 902nd Force Support Squadron
- Civilian Non-Supervisory of the Year in Category I: Nathan Woodward, 502nd Force Support Squadron
- Civilian Non-Supervisory of the Year in Category II: Jacquelyn Christilles, 502nd Security Forces and Logistic Support Group, Judge Advocate
- Civilian Supervisory of the Year in Category I: Jennifer Martinez, 802nd Force Support Squadron
- Civilian Supervisory of the Year in Category II: Scott Ruiz, 502nd Security Forces and Logistic Support Group

DID YOU KNOW?

Active shooter incidents can be prevented

By Robert P. Vickers
902nd Security Forces Squadron

Columbine High School shooting: 12 murdered, 24 injured; Virginia Tech shooting: 32 murdered, 17 injured; Fort Hood shooting: 13 murdered, 30 injured; Aurora, Colo., theater shooting: 12 murdered, 70 injured; Sandy Hook Elementary School shooting: 27 murdered; Washington Navy Yard shooting: 12 murdered and three injured.

Each of these active shooter incidents and countless others all has something in common. They all involved a perpetrator that did not just snap and randomly start shooting people. Each of the perpetrators progressed through a series of steps that required a personal grievance, the idea that only violence could solve that grievance. They researched and planned

their attacks. They prepared for their attacks and they overcame whatever security measures were in place and initiated their attack. These steps are called the "path to intended violence" and virtually each step is accompanied with observable behaviors that could have stopped the attacks.

The path to violence can be interrupted and the threat of an attack diminished or eliminated through effective strategies. Extensive research in targeted violence has shown there are many courses of action that can be employed to prevent these terrible acts from occurring. The first effective course of action for commanders and leaders to recognize already exists within their unit which is, creating a safe and secure working environment.

As a commander or leader, ask yourself these questions; do your personnel not only know but fully

understand your unit policy on acceptable and unacceptable behavior? Are they fully aware of your support for reporting incidents of inappropriate behavior, regardless of how minor they perceive the incident to be? Do they know who and how they can report infractions or concerning behavior without fear of repercussions or ridicule? Clearly articulating your commander's policy regarding workplace conduct regarding acceptable and unacceptable behavior can and does greatly reduce the chances of an active shooter incident occurring within your organization. There are a multitude of other effective strategies that can be employed by unit commanders and through consultation with the security forces squadron.

For more information, contact security forces at 652-5600 or send an email to robert.vickers.1@us.af.mil.

BMT HONORS

Congratulations to the following 67 Airmen for being honor graduates among the 679 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 105*

Michael Hayes
Mario Miranda

Eric Mukes
Garret Teegerstrom

-Flight 106

Erica Crossen
Melinda Stokes
Candace Weiss

321st Training Squadron*-Flight 107*

Keoni Chavarria
Andrew Christian
Alexander Lomonte

James Roncarati
Grant Schooley

Jarrett Schott

-Flight 108

Ethan Adams
Jeremiah Cottingham
Paul Gordon

Nicolas Hertzberg

Keegan Jones

Christopher Osborne

Jordan Overby

Brett Pointer

Jonathan Wirkkala

323rd Training Squadron*-Flight 111*

Justin Crump

David Markey

Christian Ramirez

-Flight 112

Ian Belford

Hunter Blackmon

Nicholas Driver

Michael Ketterling

Caleb Woodson

-Flight 115

Michael Coumes

Cruz Dela M

Brandon Edgerly

Darion Hopkins

Chase Jones

Marshall Jones II

Jeffrey Mangione

Cameron Miller

Moya Otero A

Devin Smail

Zachary Willard

-Flight 116

Christopher Daniels

326th Training Squadron*-Flight 117*

Vincent Ganassin J

Kevin Hendershott Jr.

Patrick Lawley

William Marsengill Jr.

James Stewart

Cole Vanderlinden

-Flight 118

Kimberly Deveau

Rosemary Gudex

Rachel Hammes

Amanda Hardcastle

Linda Morrow

Quacherra Stoves

331st Training Squadron*-Flight 109*

William Brooks

Dustin Davis

Robert Epperson

Tyler Hockett

Alexander Hoffarth

Craig Juergens

Collin Quinlivan

James Roberts

Jose Toledo

-Flight 110

Checotah Price

-Flight 113

Curtis Dorval

-Flight 114

Whitney Heard

Krisdon Stetson

Top BMT Airman

Curtis Dorval

331st TRS, Flight 113

Most Physically Fit*-Male Airman*

Brian King

331st TRS, Flight 113

Gregory Stanley

321st TRS, Flight 107

Patrick Amair

323rd TRS, Flight 115

-Female Airmen

Karla Montes

320th TRS, Flight 106

Amanda Hardcastle

326th TRS, Flight 118

LaTrey Ross

320th TRS, Flight 106

-Male Flights

321st TRS, Flight 107

323rd TRS, Flight 115

323rd TRS, Flight 116

-Female Flights

326th TRS, Flight 118

331st TRS, Flight 114

320th TRS, Flight 106

Top Academic Flights

323rd TRS, Flight 111

321st TRS, Flight 107

323rd TRS, Flight 115

321st TRS, Flight 108

320th TRS, Flight 105

331st TRS, Flight 109

326th TRS, Flight 118

326th TRS, Flight 117

323rd TRS, Flight 116

331st TRS, Flight 113

Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.

- JBSA-Fort Sam Houston: 466-4630
- JBSA-Lackland: 671-6397
- JBSA-Randolph: 652-7469



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.

African American Heritage Month events



Feb. 1

JBSA-Lackland African American Heritage Committee's free annual gospel fest, 6 p.m., Gateway Chapel.

Feb. 6

JBSA youth basketball camp, ages 5 to 9, 4:30-6 p.m.; ages 10 to 15, 6:05-7:35 p.m., JBSA-Lackland Youth Center.

Feb. 11

Children's reading, 9-10 a.m., JBSA-Lackland, Lackland Child Development Center.

Feb. 12

Children's reading, 9-10 a.m., JBSA-Lackland Gateway Child Development Center.

Feb. 13

Children's reading, 9-10 a.m., JBSA-Lackland, Kelly Child Development Center.

Annual luncheon, retired Maj. Gen. Alfred Flowers featured speaker, 11 a.m., Gateway Club.

Feb. 22

JBSA-Lackland African American Heritage Committee's fashion show, 7-11 p.m., Arnold Hall Community Center. Adults \$10, children under age 5 free.

Feb. 26

JBSA annual expo, 11 a.m. to 2 p.m., building 171, JBSA-Kelly Field Annex.

March 1

JBSA annual scholarship banquet, Col. Vincent Fisher, 37th Training Wing vice commander, featured speaker, 6 p.m., Gateway Club.

JBSA-Lackland Tax Center opens Monday

By Mike Joseph
JBSA-Lackland Public Affairs

The Joint Base San Antonio-Lackland Tax Center opens Monday, providing free tax preparation and e-filing of both federal and state income tax returns for active duty, Reserve, National Guard, retired military and their dependents.

The tax center will operate from Monday to April 15. The hours of operation are Monday through Thursday, 8:30 a.m. to 4 p.m., and Friday, 8:30 a.m. to 3 p.m. The center is closed on holidays. It is located in the basement of building 2484, room 041, 1701 Kenly Ave.

Starting Monday through Feb. 14 the tax center will accept walk-ins. After Feb. 14 the tax center will be primarily appointment only. Tax filers can call the tax center at 671-8331/8475 to schedule appointments. Those filing basic 1040 EZ returns may be seen on a walk-in basis from 8:30 a.m. to 3 p.m., Monday through Friday, throughout the tax-filing season.

Capt. Drew Cutler, 502nd Installation Support Group/Judge Advocate Corps, as-

sistant staff judge advocate, said Air Force Basic Military Training trainees will have priority in order to minimize disruption to their training.

"We recommend that you call ahead to determine wait time for walk-ins," said Cutler, the center's officer in charge. "There is no limitation on rank or income. However, the tax center will not be able to prepare certain complex returns."

Cutler said the center will be staffed by 45 volunteers from organizations across JBSA-Lackland selected by their commanders. A number of volunteers who will be preparing returns have previous experience working at volunteer tax centers and they are trained to look for every deduction, credit and adjustment to minimize a taxpayer's tax liability.

"Our volunteers are eager to help their fellow Airmen and have been trained and certified to the advanced tax preparation level," said Cutler, who volunteered at the Dover Air Force Base, Del., Tax Center the past two years. "It is a rewarding experience when you complete a return for someone who is in the middle of some financial difficulty and you find that they

qualify for a credit that gives them a substantial refund."

Cutler said tax returns may only be completed with the payer(s) present. He added persons who are filing joint returns should bring their spouse or make arrangements for the spouse to stop by the center to sign the documents.

Before coming to the tax center, filers should have all relevant tax documents including last year's tax return, an official photo ID for each taxpayer, a Social Security card for each payer and dependent, and a cancelled check for direct deposit refunds.

Cutler said documents to look for, which may not be available until on or after the center opens, are W-2s, mortgage statements, interest statements, tuition statements, receipts for charitable contributions, education expenses and unreimbursed travel expenses.

"If you're not sure whether an expense is deductible or not, bring it in," he said. "Certain uniform expenses may be deductible. If you had a permanent change of station last year and didn't get reimbursed fully, bring in those receipts.

"Since tax preparation can take anywhere from 30 minutes to a few hours, it is recommended that child care arrangements be made," he added.

Cutler also offered some tips that might affect military members:

- For those deploying, it may be helpful to designate someone to represent you on a federal tax matter. To do this, fill out and sign IRS Form 2848, Power of Attorney and Declaration of Representative, and provide it to the person you want to file your taxes. Forms can be downloaded at <http://www.irs.gov>.

- For U.S. Armed Forces personnel serving in a combat zone, the Internal Revenue Service automatically extends the deadline for filing tax returns, paying taxes, filing a claim for a refund, and taking other actions related to federal income tax.

- Members may apply for a deferral of taxes owed if they can show that their ability to pay taxes was adversely affected by their military service.

- Members who prefer to self-prepare and e-file taxes may do so at <http://www.militaryonesource.com>.

Fostering Heroes:

Raising a military working dog

By Leslie Finstein
JBSA-Lackland Public Affairs

Always watching with sharp eyes, sharp ears and all senses in tune; protecting our nation on the front-lines of Afghanistan, in our airports, on our streets and in our backyards; these warriors are fierce, powerful, highly trained and ready for action.

But before they can serve our nation, they have to stop being so darned cuddly and definitely get housebroken.

Just as it takes a village to raise a child, the same goes for raising a Belgian Malinois to be a military working dog.

For Dr. Stewart Hilliard, Perry "Shawn" Geurin and the breeding program team at the 341st Training Squadron on Joint Base San Antonio-Lackland, every day is devoted to breeding and raising America's next generations of four-legged heroes.

The Department of Defense hired Hilliard in 1998 to start the military working dog breeding program in April of that year at then Lackland Air Force Base.

Hilliard's background in breeding and raising dogs combined with his doctorate in behavioral neuroscience, "a fancy way of saying animal learning" said Hilliard, made him the perfect candidate to lead the program and why he's been in the job ever since.

Why start a military working dog breeding program?

Hilliard, a tall man with salt-and-pepper hair who looks ready to work with the dogs at any time in his working boots, camo pants and layered long-sleeve shirts, said the DOD would purchase MWDs from breeders in Europe where they have at least 100 years of raising and breeding these working dogs, such as police dogs.

In the late 1990's, after decades of bringing in dogs from Europe, the DOD saw a need to breed and raise their own in response to the nation's growing need for dogs.

"Dogs are really surprisingly important to the modern military," Hilliard



Military working dog and new mom, Lisa, with her six puppies at Joint Base San Antonio-Lackland Saturday. The puppies are the WW4 litter which is the 101st litter born at JBSA-Lackland under the Department of Defense military working dog breeding program.

Courtesy photo

said. "We think of this as an age of high technology: Satellites, GPS, computers and technologies of all kinds and it is a surprising fact that dogs, properly trained dogs, especially explosives detecting dogs, are still the single most effective countermeasure against the kinds of things that people use to try to hurt our people"

"A good bomb detector dog is still the most flexible, the most efficient, the most cost effective means for us to find (improvised explosive devices

and things like that."

Hilliard said that, while the MWD bloodlines and training theories are European in origin, DOD models their breeding program on the way Seeing Eye dogs and similar service dogs are raised.

It's a community approach. The DOD "essentially leverages volunteer labor to get the dogs raised," Hilliard said.

"The puppies go through three phases of life and there is a team of

people around them every step of the way," said Geurin, former active duty Navy and Air Force police officer, and now Air Force civilian.

Love for the job and for these dogs permeates the program.

First, the whelping staff works with the mother dogs through the pregnancies and helps with their newborn pups. This team is hands on, 24/7 with the pups through the first six weeks

See PUPPIES Page 15



Photos by Leslie Finstein

Above: Foster families receive all the supplies they need from the program while raising their puppies including food, toys, crates, leashes and collars. The program works closely with foster families to ensure that they and their puppies receive lots of support.

Left: Puppies from the TT4 and UU4 litters take a nap while waiting to meet their foster families at Joint Base San Antonio-Lackland.

PUPPIES from Page 10

of their lives.

Kimberly Davis, puppy development specialist working at JBSA-Lackland since 2007, has worked in all departments of the military working dog program and now is here in the whelping kennel sitting in her scrubs in the lobby. The nondescript building has a bucket of bleach out front to clean shoes in to prevent germs from reaching the pups. The puppies were visible on the monitors in the corner, playing and sleeping in their kennels.

At this age, 6 weeks, they had been separated from their mothers in anticipation of their fostering that begins the following week.

When asked why she loves her job, Davis pointed to the screens above her.

"They are fun, cute and adorable and they need someone to take care of them," Davis said.

They are always learning, imprinting and discovering things, Davis said, adding that she gets to experience it all up close.

"There is a lot of work involved too. They need feeding, bathing, sometimes medicating. We have to ensure the health and welfare of these guys.

"There are many rewards to it, I mean, who doesn't love puppies?"

Next comes the foster stage, where Geurin is the unit lead.

Foster families have been part of the program since the very beginning

and without the fosters, the program could not run, said Hilliard.

Fosters are volunteers who help the DOD raise well-adjusted puppies for military service.

From 6 ½ weeks to 7 months every potential future working dog born in the unit will spend time with a foster family.

After the foster stage, the dogs return to base to begin months of training and testing to become military working dogs.

The goal of the foster program is to socialize the puppies and instill some basic skills like obedience, playing with rubber balls and other toys, playing tug of war, and the building blocks of military training through weekend courses on the base.

To Hilliard's surprise, the people who have volunteered to foster the puppies have become very committed to the task.

"Our most productive volunteer has raised 13 or 14 puppies for us," Hilliard said. "That's six or seven years of her life with one of our puppies in her home."

The fosters have become their own community with a (private) Facebook page separate from the official Facebook page for the program.

"It's like a club," Hilliard said. "These people are completely committed to this."

"I think it's a combination of being devoted to what we do, and thinking (they) are making a valuable contribution to the military, supporting

the military, national defense and all that," Hilliard said. "It's (their) patriotic thing to do.

"And some people just love having puppies around."

Anyone living within two hours' drive of the base is eligible to apply.

After a family/individual passes all the necessary requirements, including a home visit by Geurin they get to play a part in raising a hero.

The goal is to ensure puppy safety and that their family life is supportive of raising a puppy, i.e. having no more than 3 other dogs/pets and no children under the age of 5.

Fosters then become part of the "breeding program family" and Geurin and his team are there every step of the way.

"I always have my 'bat-phone' on," Geurin said. "My job is to guide them through those months of fostering."

The fosters also lean on each other for advice and play dates. Their Facebook group, comprised of more than 100 former and current fosters, built a community to help them serve their country through this program.

Marie Takeshita, a foster since 2011 and Air Force master sergeant working at Wilford Hall Ambulatory Surgical Center as an operating technician, has fostered four dogs of her own and "baby-sat" dozens of them.

The puppies can't leave the local area so if a foster has to go away, there are plenty of past fosters who volunteer to babysit.

"We have a great support net-

work, the fosters are never alone," Takeshita said.

"It's very rewarding to know that the dog that I helped foster and grow, and learn a little bit of the basic obedience training, is going to go out there and save people's lives," Takeshita said.

The opportunity to serve the nation and support the military was a common theme among the fosters. What was also common was the use of the word family to describe the community of people who raise, foster and train these dogs.

A community of people forged around a common purpose: raising the next generation of American military working dogs, four legged heroes who are on the front lines every day.



Current Litters

TT4 and UU4: 13 puppies, currently fostered

VV4: 9 puppies, foster period begins Monday

WW4 and XX4: 16 puppies, foster period begins in early March

Basic qualifications for fostering a military working dog:

- ♥ Must live within two hours of JBSA - Lackland
- ♥ Must have no more than three personal dogs in the household
- ♥ Must not have any children in the household under 5 years of age

Other qualifications are discussed with applicants in consultation with the foster coordinator and breeding program staff.

If interested and can dedicate five and a-half-months to foster a puppy, please send an email to MWD.Foster@us.af.mil.



CHIEFchat:

CMSAF talks about force management, EPRs

By Staff Sgt. Devon Suits
Air Force News Service

Chief Master Sgt. of the Air Force James A. Cody addressed upcoming changes to enlisted performance reports and effects of force management during his 2nd worldwide CHIEFchat at Defense Media Activity in Washington Jan. 9.

CHIEFchat is a recurring initiative, designed to give Airmen around the world a direct connection to the chief master sergeant of the Air Force. The chief received questions via video message, social media outlets and from members of a studio audience.

An Airman, via a video message, asked how the upcoming changes to the enlisted performance reports will affect Airmen in the future.

As you look at it today, with the current enlisted evaluation system we wouldn't have to get too deep into a discussion before we understand how inflated the system is, Cody said.

"That's why General Welsh directed the senior enlisted leadership of our Air Force to look at this and make recommendations to transform the enlisted evaluation into something that, first and foremost, values performance," Cody said.

According to the chief, rating Airmen as threes, fours and fives will be a thing of the past.

"We're not even looking at those numbers fields in the future." Cody said. "...We're looking at whether you fit into this word picture; does this word picture describe you as an Airman and your performance?"

Airmen will start to see the evolution of the enlisted evaluation system once the new feedback form, or Airman Comprehensive Assessment, is released, Cody said. The new assessment will force supervisors to get to know their subordinates by asking deeper questions about finances, relationships and other things that can impact an Airman's career.

"Most people are used to being told they are the best, even though they know they really aren't the best," Cody said. "...We're going to have to do a good job of working through that emotional response and reaction to it and realizing this is for the good of all."

The change in EPRs wasn't the only topic on Airmen's minds. Under the current force management actions, some Airmen lost the opportunity to retrain in a new career field. An Airman asked the chief via social media when these cross training opportunities will open up again.

"We suspended (cross training), but not totally... there are still Airmen retraining but they are retraining into career fields that aren't taking those reductions," Cody said. "We will look at it again this summer... when we start to put together (the list) for

fiscal year 2015 retraining opportunities."

With a lot of things changing in the Air Force, an Airman in the audience asked Cody his advice on how current and future supervisors should handle these changes.

"We have to know our people," Cody said. "If you really want to be a good supervisor you have to know about the people you are supervising. You have to know what's important to them, what their goals and aspirations are. You have to know what's going on in their lives to the degree that you can support them, understand them and appreciate them....The more you know about your people, the more they will know you care about them and the more they will care about what they are doing."

Furthermore, Cody said, because of the current force management actions, it is critical that supervisors spend time with their Airmen to ensure they are not alone in this process.

Closing this session of CHIEFchat, Cody answered a question on what Airmen should say to people who have questions about joining the Air Force.

Changes in Air Force benefits and entitlements are expected due to Department of Defense budget constraints, the chief said.

However, "It's still going to be an exceptional environment to be part of," he added. "All those benefits, all those entitlements, they may slow but they're still going to be really good, and you would be hard pressed to find anything comparable outside our Air Force."

"This is the world's greatest air force because of the men and women that serve and while we go through this significant force reduction ...it's still going to be the world's greatest air force," Cody said. "There is still going to be a lot of men and women out there that want to come in and serve their nation."

Airmen can join the conversation with the Chief Master Sergeant of the Air Force by following him on Facebook at <http://www.facebook.com/cmsafcody>.

Security Forces contractor, wife become U.S. citizens



Photo by Airman Justine Rho

Former British citizens Jean and John Shackell proudly display their certificates of U.S. citizenship following their naturalization ceremony Jan. 22 at Headquarters Air Force Security Forces Center on Joint Base San Antonio-Lackland. Anthony D. Marshall (far right), Citizenship and Immigration Services supervisory officer for the San Antonio field office, administered the oath of naturalization to the Shackells. Eric Holman (left), CIS San Antonio field office employee, worked with John Shackell at HQ AFSFC.

By Mike Joseph
JBSA-Lackland Public Affairs

A former British Royal Air Force wing commander and his wife completed a life-changing process in front of friends and colleagues Jan. 22 at Headquarters Air Force Security Forces Center on Joint Base San Antonio-Lackland.

John Shackell, a senior program manager at HQ AFSFC, and his wife Jean started the day as British citizens. Shortly after 3 p.m., they became the newest U.S. naturalized citizens at JB-SA-Lackland.

The oath of naturalization was administered by Anthony D. Marshall, Department of Homeland Security, Citizenship and Immigration Services, supervisory immigration services officer for the San Antonio field office. Marshall is responsible for the adjudication of the naturalization applications in the San Antonio jurisdiction by all

U.S. military personnel and the certifying official for all military points of contact in the San Antonio area.

The ceremony was witnessed by more than 70 friends and co-workers who had squeezed into the HQ AFSFC conference room.

"We're very excited," said Jean Shackell. "It's a big thing and we're very proud."

"This is a wonderful opportunity for Jean and me," John Shackell said. "I hope we can live up to the responsibilities. I'm proud to be a U.S. citizen and that Jean joins me."

Their road to U.S. citizenship began in 1998 when John Shackell arrived at HQ AFSFC as part of an active-duty officer exchange program between the U.S. Air Force and the British Royal Air Force.

In 2000, he was offered the opportunity to retire from the RAF after 28 years and remain at the center as a

technical services contractor at the recommendation of Brig. Gen. Richard Coleman, HQ AFSFC director from 1997 to 2000.

"So I did," said John, a native of Worcester, Worcestershire, England. "General Coleman was responsible for me staying."

He said the couple has been humbled by the enthusiastic emails of support they've received from friends and co-workers about their decision to become U.S. citizens. Family members in England were also very supportive, particularly their three grown daughters.

"They think it's cool," John said about the girls' reaction. "We've been here a long time (15 years) and they've been coming across for a decade. They've just accepted that we live here."

"And my brother's been telling me for almost 10 years I should become a U.S. citizen. It's a big decision to make and something we've talked about for a number of years."

To become U.S. citizens, the Shackells had to make an application, be interviewed and investigated, and then file a formal petition for naturalization, which is provided for in the 14th amendment to the U.S. Constitution.

Naturalization requirements include: lawful entry for permanent residence; five years of residence; good moral character as displayed during the period of residence; attachment to the constitution; an understanding of English, including an ability to read, write, and speak it except where physical disability prevents; knowledge and understanding of the fundamentals of U.S. history and government; and residence of six months in the district of the naturalization court.

They received permanent residency in 2008 after Jean received her green card to work at University of Texas at San Antonio.

"Once you've got permanent residency you're on the way if you want to

follow the naturalization route," John said. "From 2008 on, it's been an ongoing process. We became eligible in May 2013."

Jean added, "We waited a couple of months (after being eligible) and talked about it. It took about four months once we started (the process) in mid-September."

The couple spent countless hours studying U.S. history for the naturalization test. Out of a possible 100 history questions, passing required correctly answering six out of 10 questions.

"I'm absolutely convinced both of us could have answered any of the 100 questions," John said.

How the Shackells took the oath at HQ AFSFC was another part of their road to citizenship.

"One of the reasons we did it here is this has been my professional family for 15 years," John said. "A lot of people wanted to go to the official ceremony (in a downtown San Antonio federal courtroom)."

"I used a throw-away line of, 'there are so many people who've expressed an interest in seeing it, what if we could hold a ceremony here?'"

The off-handed remark led to contacting Eric Holman of the Citizenship and Immigration Services San Antonio field office. Holman had worked for John at the center in the late 1990s.

"Eric effectively became the standby to the judge and it snowballed from there," John said.

Several benefits the Shackells now enjoy as U.S. citizens are the right to vote in federal elections, the right to run for public office and being able to have U.S. passports.

"We have to report a change of status and one of the first things we'll do after that is registering to vote," John said before adding with a grin, "But I think that's part of a cunning plan for us to turn up at the next jury duty selection."

UPDATE from Page 2

room fees at the clubs and eliminating appropriated funds at non-appropriated business activities.

"The Air Force will continue making tough trade-offs to preserve core capabilities and deliver on commitment to national defense," LaBrutta said. "One of the ways the Air Force will do this is

by reducing end strength by 25,000 in the next 12 to 18 months which means "we have an obligation to ensure they, and their families, have the information they need to make good decisions and then provide them the best assistance possible as they transition to the civilian sector," he said.

Col. John Andrus, 59th Medical Operations Group commander, briefed

the audience on changes coming to Wilford Hall Ambulatory Surgical Center and how they will impact the JBSA community.

Amongst the changes was the construction of the new Wilford Hall building and projected move-in date, the primary care plan, enrollment in family health care and pediatrics, the new MiCare program and TriCare services.

"We are very focused on how your experience is while you are there," Andrus said. "Our priorities have to do with how available our services are to you."

The briefing concluded with a question and answer session allowing community members to ask questions directly of LaBrutta. All questions focused on topics that were covered during the meeting.

Small bat colony found at JBSA-Lackland basic training dorm

By Nathan Simmons
59th Medical Wing Public Affairs

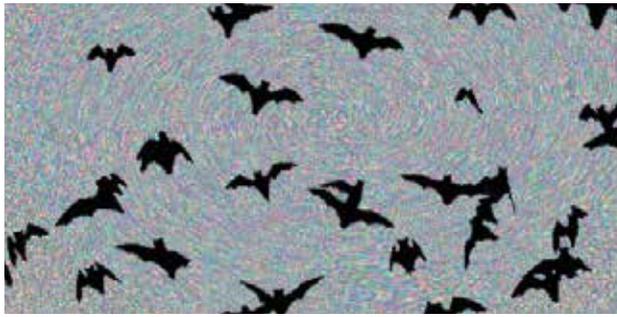
A San Antonio-area bat control contractor assisted Joint Base San Antonio officials in determining that a small colony of bats is hibernating in the exterior walls of the large brick dormitory building belonging to the 331st Training Squadron at JBSA-Lackland.

The colony is made up of about 500 to 600 Mexican free-tailed bats. Mexican free-tailed bats are common in Texas and the San Antonio area and are widely-regarded as the most abundant mammal in North America. Large roosts of more than 10,000 bats are commonplace.

The investigation into possible bat roosting was launched when bats were observed by trainees in four areas within the building during the past few weeks.

While the bats were found to be nesting in the exterior walls of the building, they most likely entered the living quarters through windows that were left open overnight during unseasonably warm weather in early January.

Since finding the bats, JBSA officials have ordered the windows remain closed and, to ensure the bats have no access to the living quarters, civil engineers have aggressively been working to seal the interior of the building and installed mesh covers over all interior vents while checking ceiling tiles and doors.



As a further precaution, officials have established a nighttime manned watch of all interior living quarters to ensure that no bat makes it inside the dormitory without being detected while trainees are sleeping.

"We're taking every precaution to ensure that the bats don't reenter the living quarters; if one does make it in, we'll be able to detect it before it comes into contact with a trainee," said Brent Boller, JBSA spokesman.

Boller said the next step in the process involves sealing the exterior of the building in a way that allows bats to exit but not return. That process is estimated to be complete in late February. As a final precaution, all basic training dormitory buildings are being inspected to be certain that bats aren't roosting elsewhere.

None of the trainees have reported being bitten or scratched by the bats and rabies test results have come back negative for one of the bats captured from the dormitory building.

However, Lt. Col. Brad Winterton, 559th Aerospace Medicine Squadron Public Health Flight Commander, said the Air Force has implemented protocols established by the Centers for Disease Control and Prevention, immunizing those trainees who, after close consideration, were determined to be at risk for exposure to the bats.

"We work hand in glove with our civilian colleagues at both the local, state and national levels," Winterton said. "Contacts at the state health department and the CDC were engaged once we understood the breadth of the situation. Questionnaire templates from the CDC helped us focus quickly on making a good assessment of exactly which trainees were at risk."

The 205 trainees who have begun the vaccination process will be finished with the series by Monday.

Rabies is not contagious person-to-person, and the rabies vaccine is 100 percent effective when given prior to the onset of symptoms. Joint Base San Antonio officials do not consider this a public health emergency, but are exercising an abundance of caution.

(Editor's note: The 502nd Air Base Wing/Joint Base San Antonio Public Affairs office contributed to this article.)

WATER CONSERVATION TIPS!

- Throw trimmings and peelings from fruits and vegetables into your yard compost to avoid using the garbage disposal.
- When you have ice left in a cup from a take-out restaurant, don't throw it in the trash, dump it on a plant instead.
- Have a plumber reroute your "grey water" to trees and gardens rather than letting it run into the sewer. Check with your city codes and if this is not allowed in your area, start a movement to get that changed.
- Keep a bucket in the shower to catch water as it warms up or runs, Use this water to flush toilets or water plants.
- When you are washing your hands, don't let the water run while you lather.

Compiled by 502nd Civil Engineer Squadron

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FEB. 7

AARP SMART DRIVING COURSE

An AARP Smart Driver program will take place from 12:30-5 p.m. Feb. 7 at Air Force Village 2. The course covers driving strategies, new laws and challenges with local driving.

Participants will receive a certificate, good for three years. By completing the class, some insurance companies may offer driver discounts for class completion.

The cost is \$15 for AARP members and \$20 for non-members.

Contact Allen Wesson at 557-2173 or via email awesson@earthlink.net for details and to register.

FEB. 18

CUSTOMER SUPPLY TRAINING

The 502nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes the third Tuesday each month in the second floor conference room of building 5160.

The classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock

Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For information or registration, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

FEB. 22

BASURA BASH 2014

The fourth annual Joint Base San Antonio-Fort Sam Houston Basura Bash will be held from 9 a.m. to noon Feb. 22 at Salado Creek Park. Volunteer check in begins at 8 a.m. followed by a safety briefing at 8:45 a.m.

The annual cleanup of Salado Creek is held in conjunction with the city-wide cleanup effort for the tributaries of the San Antonio River. Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hat and sunscreen.

All participants under 18 must have a parent or guardian onsite and dropoffs are not allowed.

All volunteers must have military identification or common access card and sign a waiver to participate. To register, visit <http://www.basurabash.org> or call Tray Cooper at 652-0181 for additional information.

ANNUAL TEEN POETRY SLAM

The Joint Base San Antonio Family Advocacy Program will host its fourth annual Stand, Speak, Listen, Teen Poetry Slam from 6-9 p.m. Feb. 22 at the Joint Base San Antonio-Fort Sam Houston Military and Family Readiness Center, building 2797.

The event recognizes February as Teen Dating Violence Awareness Month. Military dependent teens ages 14 to 18 are eligible to perform or read their original poetry and compete for prizes. Preregistration is required for participants.

For details, contact JBSA-Lackland Family Advocacy Outreach at 292-3501 or 292-0400.

FEB. 25-28

SENIOR NCO ENHANCEMENT SEMINAR

A mandatory supplemental Joint Base San Antonio senior NCO professional enhancement seminar for master sergeant selects and newly promoted master sergeants is from 8 a.m. to 3 p.m. Feb. 25-28 at Arnold Hall Community Center.

The seminar is designed to provide newly selected master sergeants with an in-depth view of their increased supervisory, leadership, and managerial responsibilities. It

also provides assistance in making the transition to senior NCO status more effective.

The registration deadline is Feb. 9. For details, contact Master Sgt. Tracette Abney at 671-1575 or Master Sgt. Sanelle Romero at 652-2525.

FEB. 26

LIVE PROFESSIONAL DEVELOPMENT COURSE

The Association of Old Crows will present its introductory live online webcast professional development course, Electromagnetic Battle Management Concepts. The short web course reviews new doctrinal concepts and current processes in electronic warfare and spectrum management. For more information, visit <https://www.crows.org/details/260-electromagnetic-battle-management-concepts.html>.

ENLISTED ASSOCIATION MEETING

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the Gateway Club. Call 658-2344.

MARCH 6-8

WORLD WAR II MEDICAL SYMPOSIUM

The U.S. Army Medical Depart-

ment Museum Foundation, in association with the Uniformed Services University of the Health Sciences, will sponsor the World War II Medical Symposium March 6-8 at the medical museum on Joint Base San Antonio-Fort Sam Houston.

Detailed information and the registration form for the symposium is available at www.ameddmuseum-foundation.org.

INFORMATIONAL

MOTORCYCLE SAFETY CLASS

The Air Force Safety Office has contracted with Cape Fox Professional Services to hold a Motorcycle Safety Foundation class in mid-March at Joint Base San Antonio-Lackland to train volunteer military motorcycle instructors.

Bill James, JBSA traffic safety manager, said the eight-day RiderCoach preparation class will be held between March 17 - 26.

Classes will be held in building 7065 at JBSA-Lackland. Class hours will be 7:30 a.m. to 4:30 p.m. with additional time on the JBSA-Lackland riding range.

For additional information on the motorcycle safety class, contact James at 671-6274.

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.
- Gateway Chapel – building 6300
Liturgical Service Sun. 11 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

- Gateway Chapel – building 6300
Divine Liturgy Sun. 8 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

- Gateway Chapel – building 6300
Sabbath & Kiddush Fri. 4:30 p.m.
Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

- Freedom Chapel – building 1528
Religious Education Sun. 9 a.m.
Reconciliation Sun. 10 a.m.
Mass Sun. 11 a.m.
Sun. 5 p.m.
Reconciliation Sun. 4:15 p.m.

- Gateway Chapel – building 6300
Daily Mass Mon., Tues. and Thurs. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

- Global Ministry Center – building 7452
Jummah Prayer Fri. 12:45 - 1:15 p.m.
Religious Education Sun. 9 a.m.

OTHER FAITH GROUPS

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

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

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

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

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

*Finding stride:***59th MDW interns educate on running forms**

By Jose T. Garza III
JBSA-Lackland Public Affairs

Wilford Hall physical therapy interns educated people on different running forms Jan. 16 at the Health and Wellness Center.

Those in attendance learned the benefits and risks of heel strike, forefoot and midfoot running.

"As different running styles are becoming more popular, we just wanted to let people know that there is a transition process of switching from one running style to another and that they know how to transition properly so injuries that are common can be prevented," explained 1st Lt. Andrew Golden, 59th Medical Wing, physical therapy intern.

The characteristics of heel-strike running are that your knees extend and the stride length is greater than the other two styles. Heel striking

can also lead to increased vertical movement.

The exercise works your anterior leg and quadriceps muscles.

When runners run with their forefoot first, the forefoot strikes are under the body, the knees are slightly bent, and the strides are short. There is also reduced vertical movement.

One of the possible benefits of forefoot running is reduced risk of knee injuries such as chronic exertional compartment syndrome.

However, possible risks of forefoot running are Achilles tendinopathy, metatarsal stress fracture, and cumulative strain injuries.

"With Achilles tendinopathy, the calf muscles tend to get overused. With forefoot striking, you are putting more strain on your calves because you are shifting your weight to the front of the foot so that can lead to pain in the back of the calves," Golden explained. "With metatarsal stress frac-

tures, you are shifting your force to the front of your foot so you are putting stress on the bones."

The interns educated the audience on motion control, or minimalist, shoes that can also help in curtailing injuries.

Minimalist shoes are flexible and allow you to take your toes to your heel, explained 1st Lt. Andrew Golden, a physical therapy intern with the 59th Medical Wing.

"The rise on the heel is much lower so there is not as much cushion on the heel to absorb the heel impact," he said.

The lieutenant said it was important to educate the Airmen on the different running forms since most of them are athletes.

"It's important to protect our active duty service members and let them know that there is a good transition program to help them adapt to do different running styles," Golden added.

AF seeks nominees for awards

The Air Force seeks nominees for three awards, Air Force Personnel Center officials announced.

They are the 2014 National Association for the Advancement of Colored People Roy Wilkins Renown Service Award, the 2014 League of United Latin American Citizens Excellence Award, and the 2014 Society of American Indian Government Employees Meritorious Service Award.

The Wilkins award honors military members and Department of Defense civilian employees who have supported the DOD mission or overseas contingency operations, or whose epitomize the qualities and core values of their respective military service. The award performance period is from April 1, 2013 through April 30, 2014.

Each major command, field operating agency and direct reporting unit may submit one nomination. Nomination packages are due by March 13.

The LULAC award honors individual civilian employees and military members who supported the Department of Defense mission or overseas contingency operations, or whose activities best demonstrate the core values of their respective military service or agency.

Each major command, field operating agency and direct reporting unit may submit two nominations, which are due March 4. The period of performance for this award is from April 2013 through April 2014.

The SAIGE award honors male and female military members and Department of Defense civilian employees who support the DOD global conflict and humanitarian missions.

Each major command, field operating agency, direct reporting unit may submit two nominations (one military, one civilian) no later than Feb 25.

For more information about the awards, visit the myPers website at <https://mypers.af.mil>.

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Photo by Senior Airman Cory D. Payne

Airman 1st Class Joshua King (left) and Scott Jackson, 2nd Combat Camera Squadron Team 4 team members, drag a downed enemy during Ability To Survive and Operate exercise at Air Force North Auxiliary Airfield, S.C., Jan. 17. The 1st Combat Camera Squadron conducts an ATSO exercise every year as a culminating training event to reinforce skills taught throughout the year.