



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 23 • June 13, 2014



502nd Air Base Wing stands down for SAPR

Photo by Senior Airman Krystal M. Jeffers

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, speaks to JBSA-Lackland personnel about sexual assault prevention and response during a commander's call at Bob Hope Theater June 6 as part of SAPR Stand down day at Joint Base San Antonio-Lackland. In response to feedback from previous SAPR Stand Down days, the general spoke frankly about sexual assault and broke down the official Department of Defense definition of the crime. **See story Page 4**

Own your attitude

By Chief Master Sgt. Maurice James
Command Chief, 59th Medical Wing

Every morning is a gift; it's called the present. This gift is comprised of 86,400 seconds. How are you using them? Are you whining and complaining about what you don't have and all of the challenges you are facing? Or are you putting on a positive attitude and trying to find solutions?

A couple of weeks ago, I was speaking with a few Airmen about some of the challenges we are facing in our Air Force. I heard some very germane inputs from these soon-to-be NCOs but one of the biggest concerns was with leadership.

They told me they want leadership that leads from the front. They want leaders who are not afraid to roll up their sleeves and get their hands dirty right alongside them; leaders who are physically fit and who look the part; leaders who will provide honest feedback on their efforts, not florid observations that do nothing to challenge and help them continue to grow and develop.

They want leaders who don't hesitate to tell them like it is and how it should be. They want leaders who will reward them when they do well but who are also willing to be firm when needed and hold them accountable when necessary. They want clear standards set and they want those standards applied across the board for everyone. They're tired of seeing people who continue to violate our standards and core values; and are particularly tired of seeing weak and non-engaged leaders stand by and do nothing about it. The bottom line is they want leaders who'll show them what it really means to be a leader and all-around good NCO.

"Don't allow the actions or inactions of others to bring you down. Hang around those with a positive attitude, and try to help those with negative attitudes."

— Chief Master Sgt. Maurice James
Command Chief, 59th Medical Wing



Afterward, one of the Airmen stayed behind and queried me on how I stay motivated with all the challenges I face every day. He alluded that I always seemed to be positive, with a good attitude, and did not seem to let anything bother me. And he was very curious as to how I did this.

I shared with him what I've believed for a very long time – no one can control your attitude but you. It's not rocket science, but it is a simple truth.

I shared further: don't wait for the time-off pass, the big vacation, the primo assignment or some other enticements to be thrown your way before you can be happy. No one can make you unhappy and no one can bring you down if you refuse to be brought down.

You may be given a hard task, deployed over the holidays multiple times, or assigned to a location you'd never choose to go. However, I still assert no one but you gets to decide how you're going to respond to these situations. You decide whether to have a positive or a negative attitude about your circumstances, and regardless of how you choose, that's the attitude you will have. So refuse to be negative!

Don't allow the actions or inactions of others to bring you down. Hang around those with a positive attitude and try to help those with negative attitudes. Carry them as far as you can. If they catch on before you get exhausted, great. If not, cut them loose and move on.

If you need help shaping your attitude, try something I do.

Each day, I wake up knowing I'm part of something greater than myself. I'm part of an organization of phenomenal Americans on the noblest of missions. We deliver world class health care to the warfighters, enabling them to advance the cause of freedom, eliminate safe havens for terrorists and their supporters, and save American and coalition lives while doing so.

How can I not be excited? I don't have the time or the desire to be distracted by negative people or attitudes. I'm the only one who gets to adjust my "attitude" lever and I set mine on the highest setting first thing every morning.

Where do you set yours? What will you do in the present? Your team, your Air Force, your country and your family is counting on you.

Let's get after it!

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San Antonio, Texas 78297
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Editorial content is edited, prepared and provided by the Public Affairs Office of the 502nd Air Base Wing. All photos, unless otherwise indicated, are U.S. Air Force photos.

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

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

- JBSA-Fort Sam Houston: 466-4630
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NEWS IN BRIEF

THURSDAY

HOME BUYERS' SEMINAR

There will be a home buyers' seminar from 1:30-4 p.m. Thursday in the Fellowship Room at Freedom Chapel.

Seminar topics include the home buying process, how much money is needed, current market conditions, mortgage basics, information about the Veterans Administration and Texas Veterans Commission loan programs, credit information/tips and a question-and-answer session.

For reservations and additional information, call 375-5149.

JUNE 20

JBSA BAH MASS RECERTIFICATION

A mass recertification for Joint Base San Antonio Airmen on the service-wide basic allowance for housing entitlements recertification process is from 8 a.m. to 1 p.m. June 20 at JBSA-Lackland, building 5616, room 118.

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

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

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

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

INFORMATIONAL

PASS AND REGISTRATION MOVE

The Pass and Registration Office has relocated to building 9504, next to the Valley Hi gate, from building 5616.

JBSA-Lackland temporarily housing immigrant minors



Courtesy photo

The Department of Health and Human Services' Administration for Children and Families is overseeing the care and housing for immigrant minors at a recruit housing and training facility on Joint Base San Antonio-Lackland.

By Mike Joseph
JBSA-Lackland Public Affairs

The only sounds heard inside the Hackney Training Complex at Joint Base San Antonio-Lackland eight months ago were usually the commands given by Military Training Instructors and the responses returned by trainees in Air Force Basic Military Training.

There has been silence at the Recruit Housing and Training facility since the 321st Training Squadron relocated to Airman Training Complex No. 2 last November.

For the next 90-120 plus days, however, there will be reverberation within the confines of the 215,000-square foot RH & T. Those sounds will mainly be the voices of 62 Spanish-speaking case managers and of the children they are trying to assist.

The former BMT facility was turned into a temporary shelter May 18 by the Department of Health and Human Services' Administration for Children and Families. The shelter is for unaccompanied Central American minors who have been caught illegally crossing into the United States.

At HHS' request, Secretary of Defense Chuck Hagel directed U.S. Northern Command to provide a temporary facility at

JBSA-Lackland. U.S. Army North, USNORTHCOM's Army component command headquartered at JBSA-Fort Sam Houston, has been coordinating the DOD support between HHS and JBSA-Lackland.

A recent sharp increase of Central American children trying to cross the border led the Department of Homeland Security to declare a level-four alert in mid-May. By declaring the highest alert condition for agencies handling children who cross illegally, it allowed Homeland Security officials to call on emergency resources from other government agencies.

During a June 5 tour of the shelter for local and national media given by HHS/ACF representatives, officials said 1,820 children ages 12 to 17 have been housed at JBSA-Lackland since it opened while federal officials seek their relatives or sponsors.

Officials also said 840 children have been released to vetted family members or sponsors through June 3. The facility can house up to 1,200 children at one time.

The media tour showed most everything needed to run the shelter is encapsulated within the RH&T.

Staffed by BCFS Health and Human Services, a faith-based non-

502nd CES responds quickly to HHS needs

By Mike Joseph
JBSA-Lackland Public Affairs

The 502nd Civil Engineer Squadron responded with lightning speed after the call came late on a Friday afternoon in mid-May to establish an emergency shelter to house up to nearly 1,200 unaccompanied alien children at a Joint Base San Antonio-Lackland facility.

In less than 24 hours, the 502nd CES notified the Department of Health and Human Services that the Recruit Housing and Training facility to serve as the shelter was ready to accept children after the May 16 call. The first children arrived May 18.

"We knew it was coming but we couldn't start until we got the actual 'go,'" said John Heye, JBSA-Lackland deputy base civil engineer.

Heye said prior to the May 16 notification, the 502nd CES assessed the former basic military training facility in anticipation of its use by DHHS. The building, constructed in November 2013 when the 321st Training Squadron relocated to Airman Training Complex No. 2.

"We had to resurrect the building if you will," Heye said. "It had been 'quiet' since BMT had moved out. Our crew really jumped on it. We had 15 to 20 personnel who worked the whole weekend. They did a lot of inspecting and repairing at the same time."

The prior building assessments and no need for major repairs, coupled with the experience of having prepared a similar shelter, albeit on a much smaller scale, for HHS two years ago, helped speed the process along.

"The comprehensive work and monumental effort our 502nd CES professionals committed in preparing this facility to receive these children, with such short notice, further demonstrates the incredible capabilities and work ethic our

LaBrutta on sexual assault, rape:

Not in our house, not in our family, not in our Air Force!

From JBSA-Fort Sam Houston Public Affairs

Understanding the sexual predator, to include how he or she thinks and acts, was a focus for this spring's Sexual Assault and Response Stand Down Day.

Preventing sexual assaults is a top priority for the military, so knowing more about how a perpetrator operates, to include manipulating people and the environment, will help our community identify and intervene before an assault occurs.

Part of the SSD included watching video clips depicting real life sex offenders talking about the methods they used to create vulnerability and accessibility in their victims and described the resulting assaults.

Brig. Gen. Bob LaBrutta, commander, 502nd Air Base Wing and Joint Base San Antonio, warned the audiences of approximately 400 JBSA personnel at each JBSA location during a series of discussions that the briefing was graphic and frank but he wanted to present facts and

ensure, without veiled innuendo, that sexual offenses of any nature are not, nor will be tolerated on JBSA.

"When you listen to these accounts," LaBrutta told his audience, "take note of the language the offender uses, the way the offender manipulates a somewhat normal situation. Think about the offender's actions; what was he doing; what decisions he was making."

The second part of the SSD commander's call included the general highlighting the influence that each of us has within our culture to ensure sexual assaults do not occur.

LaBrutta shared a fiscal year 2012 Defense Department "Workplace and Gender Relations" Survey of Active Duty Members where 3,259 Air Force service members responded they had been sexually assaulted, while only 790 reported the incidents, with 449 of those reports going unrestricted and being investigated.

"That means that 86 percent of sexual assaults were not investigated, mostly

due to the element of fear within our culture to come forward and report," LaBrutta declared.

LaBrutta discussed ways in which Air Force members can positively influence the culture, making it difficult for perpetrators to assault teammates.

"We have the influence," LaBrutta said.

He ended the commander's call by reviewing the Air Force's SAPR Strategy: Deter perpetrators; Ensure victims feel safe to come forward; and, Reinforce a positive Air Force climate.

LaBrutta also reiterated his own vision for success against sexual assault: Conviction, Courage and Commitment.

As a community, we must be convinced that there is a problem in our Air Force, have the courage to step in and stop or report inappropriate behavior when it happens and be committed to solving this issue, he said.

"We should be outraged if one of us is impacted by this crime – one!" LaBrutta emphasized. "We will not rest, we will

not lose our focus – we will continue our efforts until this number is zero."

For more information contact the JBSA SAPR Advocacy Centers: JBSA-Lackland, 617-7273; JBSA-Randolph, 652-4386; JBSA-Fort Sam Houston, 221-3796. The JBSA Crisis Hotline is 808-7272. The DOD SafeHelpLine is 1-877-995-5247.

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**JBSA-LACKLAND
HAS ENTERED THE
SOCIAL NETWORKING
SCENE**

Edmondson becomes BMT commander

By Mike Joseph
JBSA-Lackland Public Affairs

Air Force Basic Military Training welcomed a new commander Monday during a change of command ceremony at the Recruit and Family In-processing Information Center on Joint Base San Antonio-Lackland.

Col. Michele C. Edmondson assumed command of the 737th Training Group from Col. Deborah Liddick. Liddick spent the past 20 months as BMT commander and following the change of command ceremony, retires after 25 years in the Air Force.

Col. Mark Camerer, 37th Training Wing commander, was the ceremony's presiding official.

"It is a special day, a momentous occasion," Camerer said to the crowd, which included a 500-person BMT flight formation representing the group's nine squadrons and MTI Corps.

"Your efforts have laid the foundation of success for Colonel Edmondson as she takes command," Camerer said in remarks about Liddick. "Today we're (BMT) better off because of your service.

"You will walk away from here today without a title, but you will have something more valuable: You'll have a testimony of distinguished service."

To Edmondson, Camerer said, "You should savor this command. Treat every day, treat every minute, indeed treat every moment, as a precious gift. Your Airmen need your leadership, your mentorship and your guidance. I know you're well prepared."

Edmondson comes to JBSA-Lackland after serving the past two years as the 381st Training Group commander at Vandenberg Air Force Base, Calif.

The 381st TRG provides initial training for the nation's space and Intercontinental Ballistic Missile operations and ICBM and air launched cruise missile maintenance forces.



Photo by Joshua Rodriguez

Col. Mark Camerer (left), 37th Training Wing commander, passes the 737th Training Group guidon to Col. Michele Edmondson during a change of command ceremony Monday. Edmondson replaces Col. Deborah Liddick (right) as BMT commander.

MWD monument founder still giving back

By Mike Joseph
JBSA-Lackland Public Affairs

He labored for 13 years to get the first national monument dedicated to U.S. Military Working Dog teams built at Joint Base San Antonio-Lackland. Yet even after completing that monumental task, the project's driving force still wants to give back to the military.

"When I have an opportunity to speak to the military, I jump on it," said John Burnam, who made it a personal quest to have military working dog teams recognized with a national monument. The \$2.1 million MWD monument was dedicated near the Air Force Basic Military Training parade field last October.

More than 60 Airmen filled the U.S. Security Forces Museum auditorium to hear Burnam address the JBSA-Lackland 5/6 June 4, an enlisted professional organization of staff sergeants (E5s) and technical sergeants (E6s).

Burnam was invited to speak to the NCO group about leadership by Tech. Sgt. Christopher Dion, 5/6 vice president. Dion and Burnam had worked together last fall on the dedication ceremony for the monument.

"I thought a presentation on some of the things I did during the

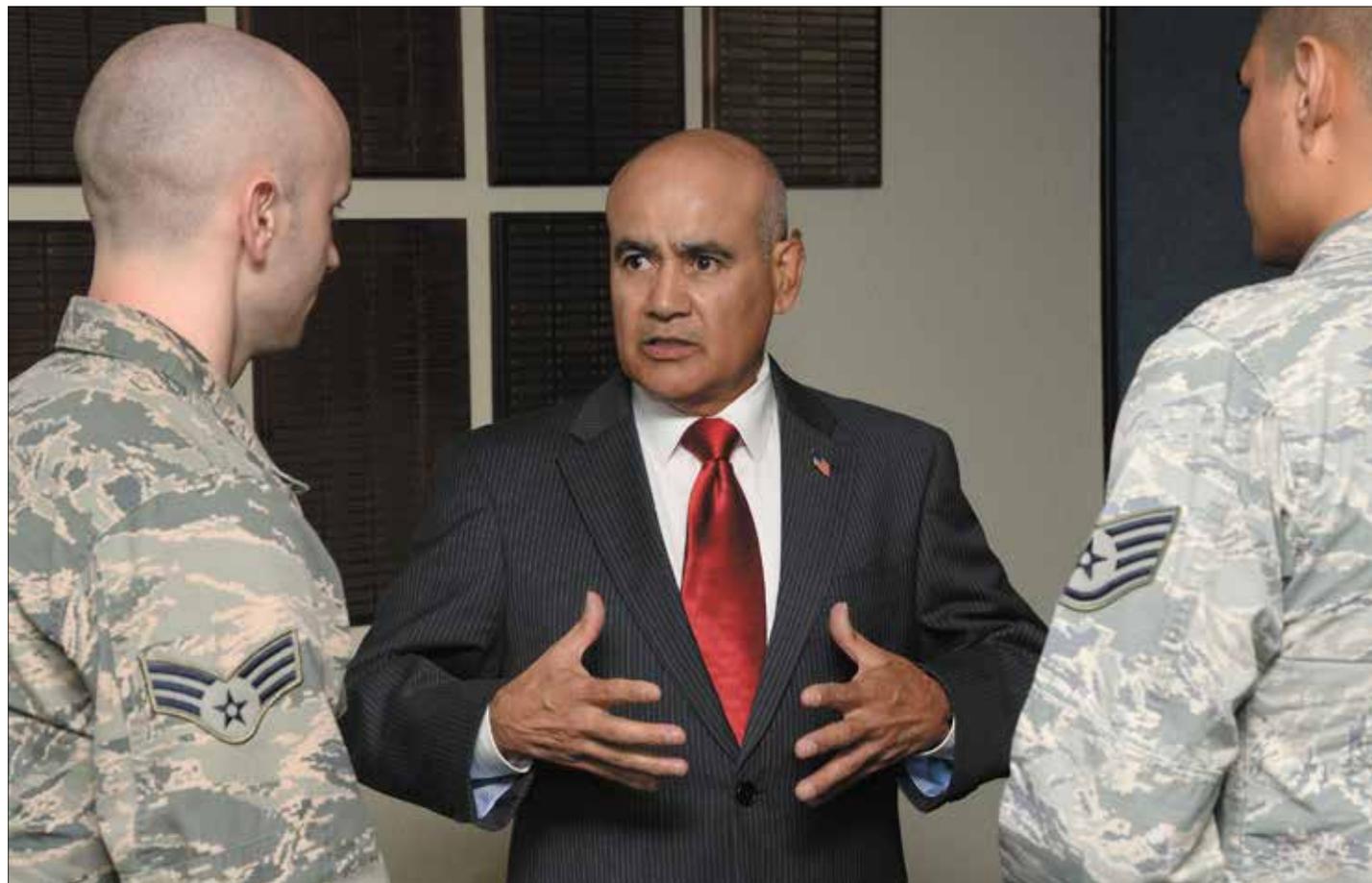


Photo by Johnny Saldivar

John Burnam (center), who developed and designed the U.S. Military Working Dogs Team monument unveiled last year, visits with several members of the Joint Base San Antonio-Lackland 5/6 following his recent presentation to the professional organization June 4.

See MWD Page 11

Medical mission, timeliness affected by 'no-shows'

By Maj. Steven Fox
59th Medical Operations Group

The U.S. Air Force's commitment to provide world-class health care to military members and their families is not taken lightly.

At the 59th Medical Wing, we are proud to honor that commitment, but we need your help.

Recently, there has been a significant increase in patients not showing up for medical appointments.

In January 2014, records show 1,220 patients did not show up for their medical appointment in the Primary Care clinics alone.

Medical appointments are a precious

resource for those seeking medical assistance, and each lost visit decreases our beneficiaries' access to a needed medical appointment. Lost visits also contribute to problems booking an appointment. Interferences with patient care aren't the only problems tied to lost visits – there's also a financial cost.

Each of the 1,220 missed appointments costs the wing \$327, which amounts to \$398,940 for January 2014. A significant amount of money that can best be used to enhance health care.

Calling ahead of time to cancel or reschedule an appointment is the only way a patient can help us recapture some of the losses.

There are a number of ways to cancel or reschedule an appointment should the need arise.

The Consult and Appointment Management Office is available from 6:30 a.m to 4:30 p.m. Monday through Friday to assist you in cancelling and/or rescheduling appointments. In addition, they serve as your source for setting up initial appointments, as well as any referral information. They can be contacted at 916-9900.

Patients can also cancel an appointment when they receive the automated appointment reminder phone call. TRICARE Online can also be used to cancel a non-acute appointment.

Each of these tools can help avoid

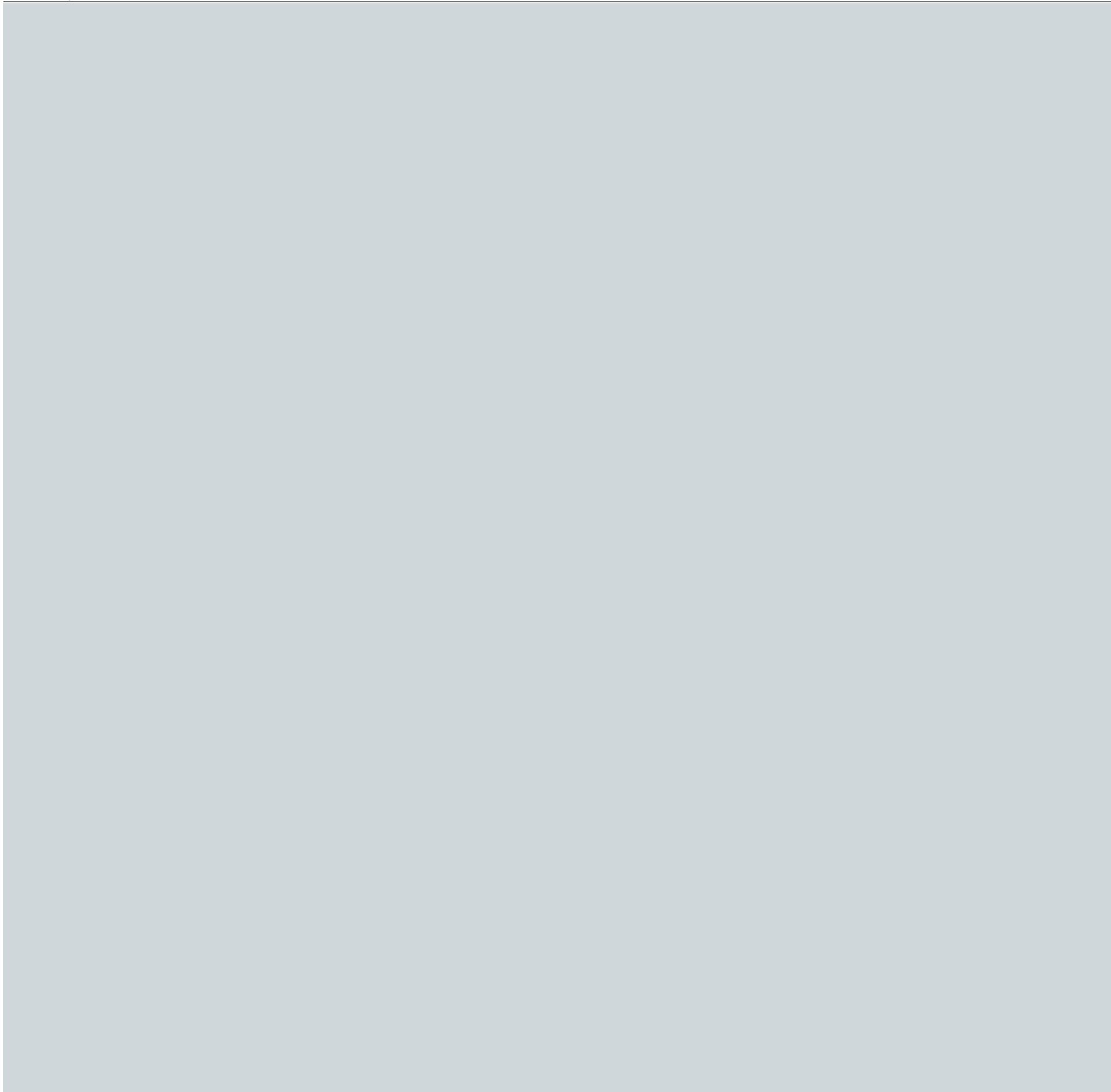
the unnecessary loss of available appointments and improve access for everyone.

It is our goal to provide you access to the medical care you need when you need it. Your help in cancelling your appointment when plans change will make it possible for someone else to make an appointment in our clinic at a time when they may need it the most.

Joint Base
San Antonio-Lackland
is on



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



**DID YOU
KNOW?**

Designed by Herbert S. Green, a local architect who designed buildings throughout the southwestern United States and Mexico in the 1920s and 1930s, the Air Education and Training Command commander's house, aka The Clark House, was built in 1931 on then-Randolph Air Force Base at a cost of \$25,000, which was thought excessive at the time.

The house, located directly across from the Administration Building, is 6,000 square feet with 15 rooms.

So imposing and impressive was the house that on several occasions, past commanders have experienced befuddled young lieutenants knocking on the door, confusing the residence for the Officers' Club.

The story goes, in the 1950s when Lt. Gen. Charles Myers was in residence, there were a couple of young lieutenants who were visiting the base on temporary orders. One evening, they asked directions on how to get to the Officers' Club and were directed to the main circle. "It's a big white building - you can't miss it," they were told.

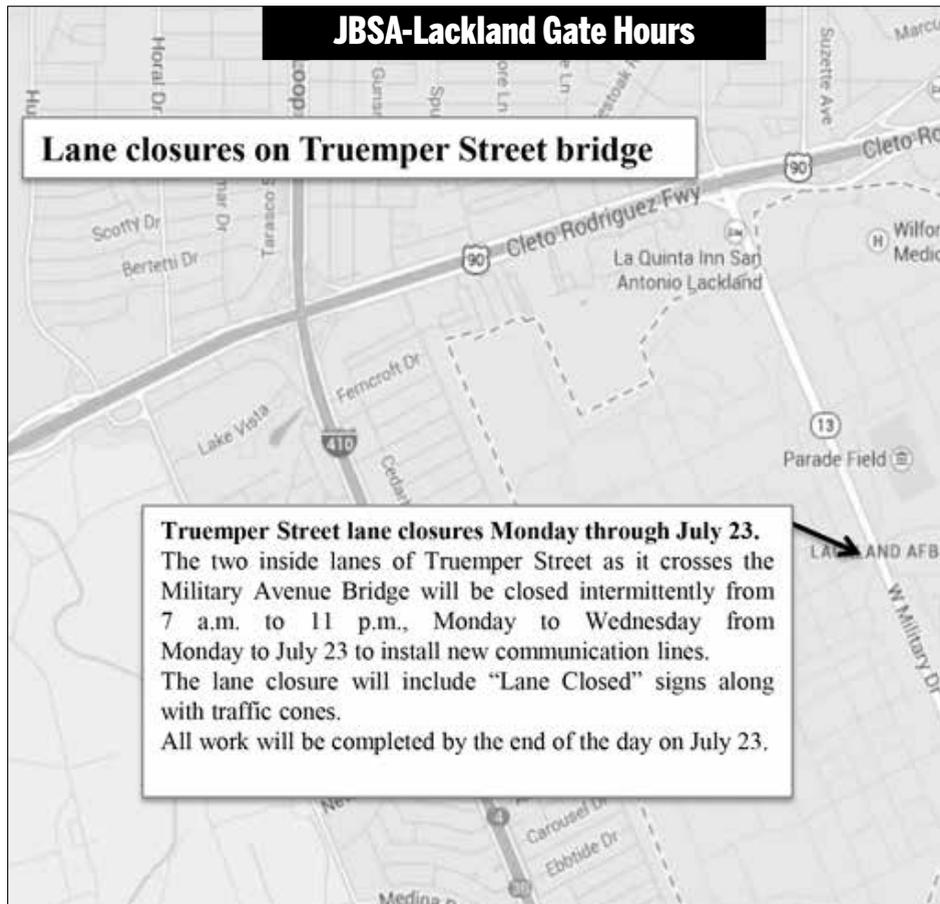
The young lieutenants walked over to the circle, came across this big white building and let themselves in.

Myers was home, relaxing in his easy chair in his civilian clothes, when the young lieutenants came in and sat down.

After a moment, one of the lieutenants asked, "So what does it take to get a drink around here?" The general asked them what they would like to drink, went out to his kitchen and came back with some drinks. A few more moments passed and the other lieutenant asked, "So is it always this slow of an evening at the Officers' Club?"

Myers responded, "Well, I don't know about the Officers' Club, but it is here in my living room."

Although the story originated then, it carried over into modern times, as two recent AETC commanders, Gen. Henry Viccellio and Gen. Joseph Ashy, also had people mistake the house for the Officers' Club and walk in unannounced.



IMS officers display commitment to security cooperation, assistance mission

By Airman Justine Rho
JBSA-Lackland Public Affairs

International Military Student officers from the 37th Training Support Squadron at Joint Base San Antonio-Lackland illustrate dedication to the Department of Defense security cooperation and assistance mission by integrating international students into Air Force training curriculum, promoting positive international relations and acting as student liaisons.

IMS officers – who are enlisted military members assigned to the 37th TSS – act as student advocates for international military students and are often asked to take late night calls, display cultural sensitivities and foster positive impressions of the American military culture with their students from all over the world.

The IMS office program annually coordinates training for more than 400 students from up to 130 countries and falls under the same security cooperation and assistance mission as the Defense Language Institute English Language Center and the Inter-American Air Forces Academy.

However the students from the IMS office are set apart from the other programs because they are taught Air Force technical training curriculum in English.

The international military student, having adequate English comprehension levels, allows them to be integrated into technical training at Joint Base San Antonio with American service members.

Officers commit themselves to resolving whatever issues may arise for international students during the duration of their training. They display dedication to the overall well-being of their students, because a positive experience of American military and cul-



Photos by Airman Justine K. Rho

The 37th Training Support Squadron International Military Student office program accepts foreign military members, with adequate English comprehension levels, to share the same classroom as U.S. Air Force Airmen. Because of this integrated classroom setting, natural sponsorship takes place between the students. The IMS office mission plays an important role in the Department of Defense security cooperation and assistance mission.

ture is essential to the DOD security cooperation and assistance mission, according to Master Sgt. Joseph Frantz, a recently retired IMS officer.

The IMS office is managed by Tech Sgt. Jeannette Trenkle, Master Sgt. Eddie Ross and Staff Sgt. James Lincoln.

Frantz was chief IMS officer and played a large role in the development of this program at JBSA.

“As soon as our students step off the plane, we want their first impression of the Air Force to be pleasant,” Ross said. “We are there to meet them and make them comfortable. Our job is almost like a concierge service, but we focus on having a more personalized and individual service.”

This individualized attention allows IMS officers to coordinate the enrollment of more than 400 students’ in 37 different courses, such as logistic readiness officer training, safety, weapons, medical and hypoxic training.

Examples of the aid that

the IMS office program provides are organizing lodging, assisting students with pay issues, providing dietary accommodations, counseling, assisting their family or spouses and coordinating transportation.

The overall wellness of the IMS students also includes providing a positive classroom environment.

“Students try to communicate their issues with the instructors, but often instructors change multiple times throughout a course,” Frantz said. “One of the ways we try to avoid any misunderstandings is by introducing our students to their instructors and laying out any issues that may come up. We also provide the instructors with share points that give them a little insight into each of the student’s unique cultural background.”

Student sponsorship is also a significant element in the integration of the international students in the classroom.

“Within the classroom stu-

dents develop relationships and in turn become sponsors,” Trenkle said. “The natural development allows students to become comfortable and have an overall positive experience.”

“We want them to feel at home in their class and make lasting friendships,” added Frantz.

Fostering friendships and having an overall positive view on American culture is an important element for the security cooperation and assistance program.

“The end gain is improved international relations,” Frantz said. “We treat all of our students with respect. We don’t know what influence they have back home.”

“Some students say ‘Come visit!’” Ross said. “That’s all from building these relationships.”

The IMS officer is on the clock 24/7 and their gratification is simple.

“It’s rewarding enough every time a student thanks us at the airport,” Ross said.



Tech. Sgt. Jeannette D. Trenkle, 37th Training Support Squadron International Military Student officer, helps coordinate training for more than 400 students from up to 130 countries annually.

“Sometimes a new student says that they’ve heard so many good things about us from our prior students. That’s our pat on the back.”

Permissive TDY allowed for voluntary force management separation

By Debbie Gildea

Air Force Personnel Center Public Affairs

Airmen who separate under voluntary and involuntary force management programs may be eligible for permissive temporary duty.

Airmen should check their separation orders to ensure the statement is included in the remarks block. The statement should read "Member separating voluntarily under Force

Management program and may be eligible for PTDY according DODI 1327.06. SPD Code may not convey this benefit; however, MPS is authorized to permit."

An SPD code identifies entitlements and benefits associated with types of separations. The benefit is new for voluntary FM separations and a new SPD code is being developed. In the interim, a statement is added to the separations orders.

"If you're separating under a voluntary force management program and your orders do not include that statement, please contact the Total Force Service Center to get your orders corrected," said Lt. Col. Rick Garcia, AFPC separations and retirements chief.

The TFSC can be reached at 565-0102 or DSN 665-0102.

"We want to remind Airmen that permissive TDY is not an entitlement. Commanders will use discretion to ap-

prove or not approve a PTDY if their absence impacts the mission or if they don't have enough time on active duty to use the benefit," Garcia explained.

For more information about force management programs and other personnel issues, visit the myPers website at <https://mypers.af.mil>. For FM programs, select "search all components" from the drop down menu and enter "Active Duty: FY14 Force Management Programs" in the search window.

MWD from Page 6

Vietnam War with (military working) dogs and also what it took to build the monument (might help) them as young leaders on what leadership is and what it takes to build something from scratch," said Burnam, who flew in from Washington, D.C., at his own expense.

Burnam, an author of two books on military working dogs, used a photo slide presentation to tell his story, beginning with his military experience in Vietnam as a scout dog handler. He served in South Vietnam from 1966-68 in the 44th Scout Dog Platoon.

He described how building the monument began with an idea in 2000 and the steps it took over 13 years to get it completed. It included taking his message about honoring the military working dogs on the road during his spare time for speaking engagements, working on television documentaries, writing articles and doing television and radio interviews.

Burnam also talked about how he worked with U.S. Rep. Walter B. Jones of North Carolina in getting a law passed for national monument status, establishing a foundation for the project and how he secured corporate sponsors and donors to raise the \$2.1 million.

"I like sharing," Burnam said. "That's why I came because I enjoy telling stories and I enjoy talking about the monument - it's my passion."



Photo by Benjamin Faske

(From left) Col. Mark D. Camerer, commander 37th Training Wing, Lt. Gen. James Holmes, vice commander Air Education and Training Command, John C. Burnam, founder of the U.S. Military Working Dog Teams National Monument, Brig. Gen. John L. Poppe, chief of U.S. Army Veterinary Corps, and Brig. Gen. Bob D. Labrutta, commander 502nd Air Base Wing, cut the ribbon to the U.S. Military Working Dog Teams National Monument Oct. 28, at Joint Base San Antonio-Lackland. JBSA-Lackland is the home to the Department of Defense Military Working Dog Program and is where the U.S. Armed Forces has been training its military working dog teams since 1958. It is the world's largest training center for military dogs and handlers and is also home to the largest veterinary hospital for military working dogs.

IMMIGRANTS from Page 3

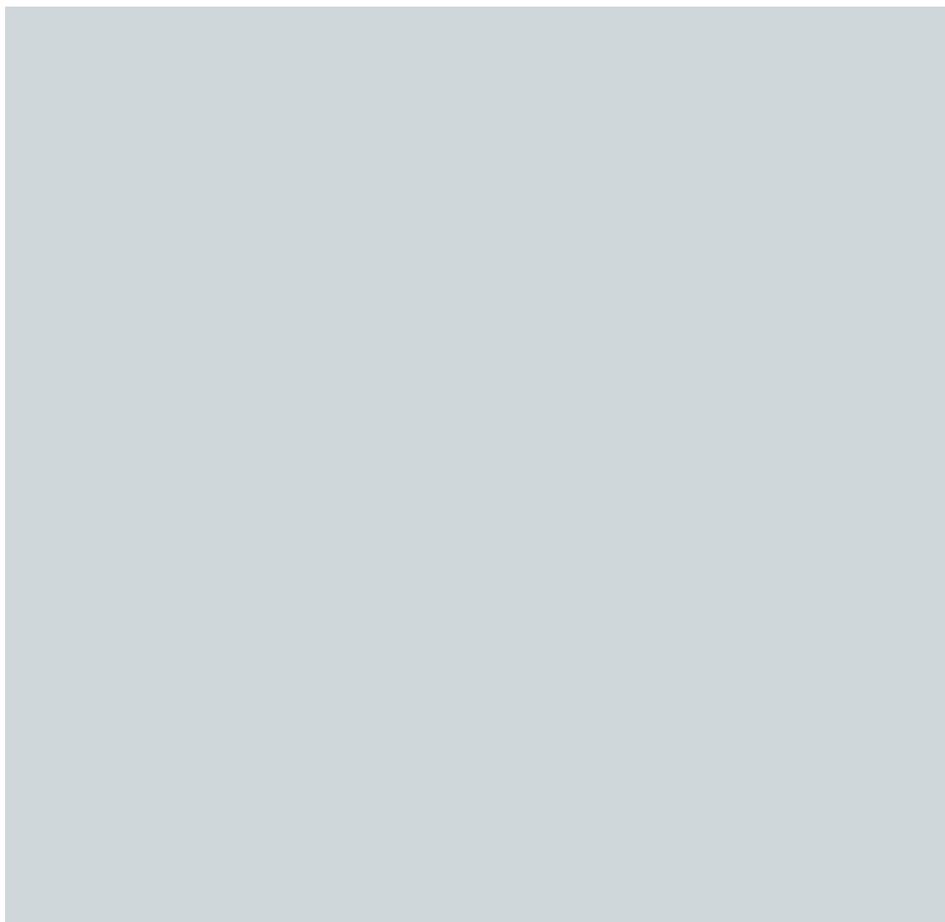
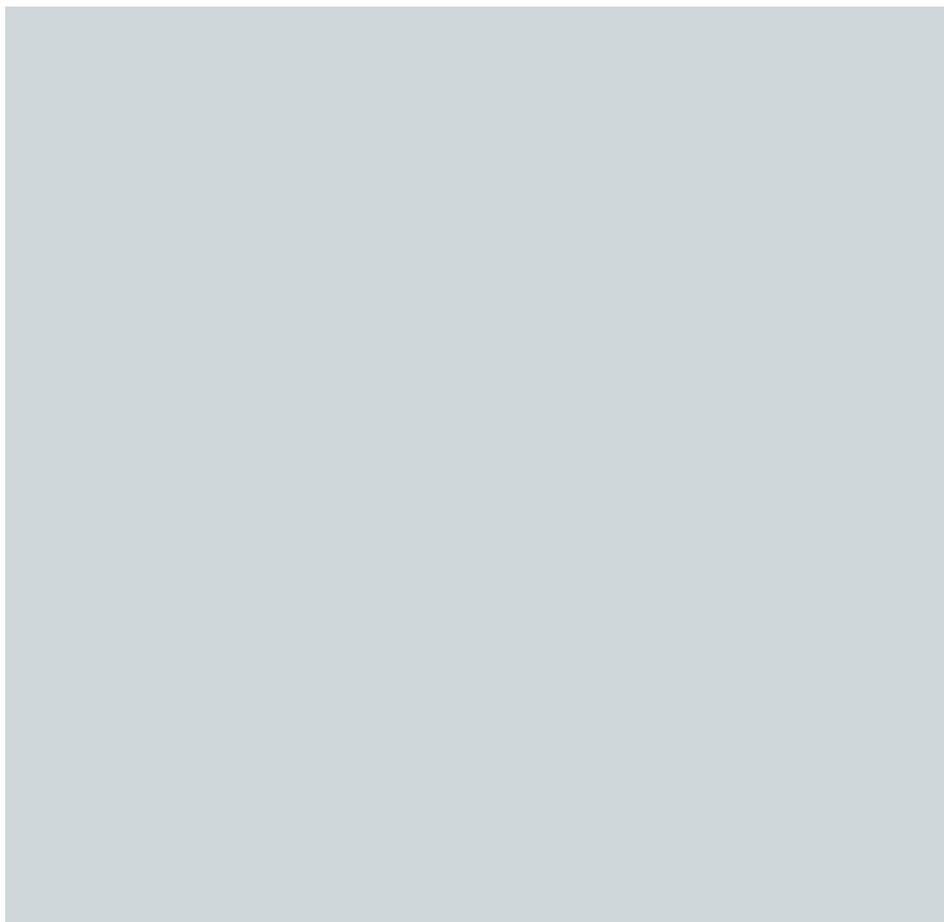
profit organization, children are served three meals and two snacks in the facility's dining hall. Also within the screened, fenced-in area are soccer areas, a basketball court, arts and crafts, basic English and math classes, and religious studies. Each child at the shelter has a cot and locker, and is issued new clothes on arrival. Laundry access for staff and children is also onsite.

Ten security officers representing the Texas Department of Public Safety, San Antonio Police Department and the Bexar County Sheriff's Office work in shifts to keep the perimeter secure and inaccessible to unauthorized personnel.

Children receive a medical screening, vaccinations and treatment for lice or scabies before arriving at JBSA-Lackland. They are also re-screened on arrival and re-treated if necessary. There are 58 medical professionals who work at the shelter, including an emergency room pediatric physician and one on call.

Paramedics are stationed at each wing in the shelter and a mobile medical unit is parked right outside the shelter. The adult staffers work 12-hour shifts and the child-to-adult ratio is 12 to 1.

Children released to family members or sponsors are expected to appear at court proceedings. The court will decide whether the child stays in the U.S. or is eventually sent home.



BMT HONORS

Congratulations to the following 70 Airmen for being selected as honor graduates among the 705 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 367*

Clinton Begnoche
Nicholas Buitron
Kyle Castro
Marshall Hobbs
Thomas Phalen

-Flight 368

Nicole Argento
Demi Garcia
Lesley Gore
Brittany Marino
Katherine Martin
Verenice Mondragon-Jaimes
Jessica Rennicker
Rachael Somers

321st Training Squadron*-Flight 370*

Matthew Corcoran

322nd Training Squadron*-Flight 375*

Michael Bowman
Deshone Davie
Earl Devaughn
Jason Easley
Clayton Foster
Jonathan Franks
Ryan Haynes
James Verderamo
-Flight 376
Michael Ahern
Jacob Dwire
Garrick Gilbert
Wojciech Jazwierski
Cody Newton
Ryan Parker
Anthony Paro
Dustin Valdez
Jake Whitson
Gregory Wood
-Flight 373
Cody Dhondt
Orin Henderson
Ryan Smith
Jacobi Williams

-Flight 374

Stephan Ardell
Tommaso Carli
Brandon Demarest
Nicholas Garcia
Deandre Moore
Dakotah Percy
Aaron Williams
-Flight 379
Sean Gorsche
Zachary Lange
-Flight 380
Brenna Keegan
Taylor Pleva

331st Training Squadron*-Flight 371*

Mekah Baker
Jeremy Bell
Jacob Eddings
Thomas Garrity
Austin Goodin
Tyler Guyton
Brittin Kimmel
Timothy Larsen
Michael Morales
Ryan O'rourke

-Flight 372

Yasser Ashby
Michael Gardner
Jordan Gofigan
Kevin Golden
Thomas Lewis
Gavin Marmonti
Christopher Robinson
James Smith
-Flight 377
Casey Clark
Mitchell Donovan
Jeffery Hatmaker
Austin Joyce
-Flight 378
Robin Adams

Top BMT Airman

Michael Gardner
331st TRS Flight 372

Most Physically Fit

-Male Airmen
Edward Valdez
322nd TRS, Flight 376
Jacob Peart
331st TRS, Flight 372

Ian Smith
322nd TRS, Flight 375
-Female Airmen
Brittany Marino
320th TRS, Flight 368
Vanessa Amundson
320th TRS, Flight 368
Natalie Little
320th TRS, Flight 368
-Male Flights
322nd TRS, Flight 376
331st TRS, Flight 371
320th TRS, Flight 367
-Female Flights
320th TRS, Flight 368
323rd TRS, Flight 380
331st TRS, Flight 378

Top Academic Flights

322nd TRS, Flight 376
322nd TRS, Flight 375
331st TRS, Flight 371
323rd TRS, Flight 374
331st TRS, Flight 377
323rd TRS, Flight 373
331st TRS, Flight 372
320th TRS, Flight 368

ment Team will hold a briefing at 12:30 p.m. Wednesday at the Wilford Hall Ambulatory Surgical Center Auditorium.

The Special Missions Unit is organized to be aligned with the Department of Defense's highest priority and most elite special operations forces. The unit, based at two locations in North Carolina, was created for the application and development of tactics involving a wide variety of unique special operations skills.

The briefing is open to all JBSA service members regardless of Air Force Specialty Code.

THURSDAY

JBSA-LACKLAND JUNETEENTH EXPO

The Joint Base San Antonio-Lackland African American Cultural Association will host a Juneteenth Expo from 11 a.m. to 1 p.m. June 19 in building 171 on Port San Antonio.

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

Free food samples will be served, local vendors will introduce their goods and services (no selling), and artists will display their talent through praise dancing and singing.

JUNE 21

FREE CHRISTIAN MUSIC CONCERT

A free Christian music concert begins at 6:30 p.m. June 21 at the Refuge Student Ministry Center.

The concert features recording artist Living Water Sound.

For more information, call 830-765-2476.

JUNE 25

RETIRED ENLISTED ASSOCIATION MEETING

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

For more information, call 658-2344.

INFORMATIONAL

LACKLAND THRIFT SHOP CLOSURE

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

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

WHASC CART DRIVERS NEEDED

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

Qualified volunteers will transport patients to and from clinic entrances

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

For additional information, call 292-6591.

SAFETALK TRAINING CLASSES

SafetALK training classes are scheduled over the next three months at Joint Base San Antonio-Lackland and JBSA-Randolph.

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

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

The JBSA-Randolph class at the chapel annex is June 23, 8:30 a.m. to noon.

To register for the class or for more information, contact Senior Airman Christopher Bibikan or Senior Airman Benjamin Ross at 691-2911. Maximum class size is 40 except

for the Aug. 7 class, which has a maximum size of 30.

AAFES HOMEWARD BOUND CAMPAIGN

The Army & Air Force Exchange Service's Homeward Bound campaign has a variety of June giveaways to celebrate the homecoming of America's warfighters and honor those who serve.

Shoppers who visit the Exchange's Facebook page at www.facebook.com/AAFES.BX.PX have a chance to win various prizes throughout the month.

LANCE P. SIJAN AWARD NOMINATIONS

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

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

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

CHAPEL SERVICES

—PROTESTANT

- Freedom Chapel – building 1528
- Contemporary Service Sun. 9:30 a.m.
- Religious Education Sun. 11 a.m.
- Gospel Service Sun. 12:30 p.m.
- Spanish Service Sun. 3 p.m.
- AWANA Wed. 6 p.m.
- Airmen Mem. Chapel – building 5432
- Liturgical Service Sun. 8 a.m.

—DENOMINATIONAL

- BMT Reception Center – building 7246
- Church of Christ Sun. 7:30 a.m.
- Gateway Chapel – building 6300
- Seventh-day Adventist Sat. 12:30 p.m.
- Education Classroom – building 5200 Room 108
- Christian Science Sun. 7:30 a.m.

—PENTECOSTAL RE

- Gateway Chapel – building 6300
- Pentecostal RE Sun. 2:30 p.m.

—ORTHODOX CHRISTIAN

- Airmen Mem. Chapel – building 5432
- Divine Liturgy Sun. 9:30 a.m.

—WICCA

- BMT Reception Center – building 7246
- Military Open Circle Sun. 12:30 p.m.
- Freedom Chapel – building 1528
- Military Open Circle First Tues. 6 p.m.

—REFUGE STUDENT CENTER

- building 9122 (Tech Training & TDY Students)
- Wednesday Bible Study 6:30 p.m.
- Thursday 6 – 8 p.m.
- Friday 6 – 11 p.m.
- Saturday Noon to 9 p.m.
- Sunday 11 a.m. to 5 p.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

- Gateway Chapel – building 6300
- Religious Education Tues. 6:30 p.m.
- LDS Institute Thurs. 6:30 p.m.
- LDS Service Sun. 1 p.m.

—JEWISH

- Airmen Mem. Chapel – building 5432
- Sabbath & Kiddush Fri. 4:30 p.m.
- Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

- Freedom Chapel – building 1528
- Religious Education Sun. 9 a.m.
- Reconciliation Sun. 10 a.m.
- Mass Sun. 11 a.m.
- Sun. 5 p.m.
- Reconciliation Sun. 4:15 p.m.
- Gateway Chapel – building 6300
- Daily Mass Mon., Tues. and Thurs. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

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

OTHER FAITH GROUPS

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

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

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

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

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

WHAT'S HAPPENING

Military & Family Support Events

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

FRIDAY

- ▶ Interview with Confidence, noon to 2 p.m.
- ▶ Federal employment process taught by the Office of Personnel Management, 1-3:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

MONDAY

- ▶ Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer

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

TUESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

WEDNESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

THURSDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, 1 p.m., building 7248. For details, call 773-354-6131.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

JUNE 20

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Parenting for One, 11:30 a.m. to 1 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

JUNE 23

- ▶ Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

JUNE 24

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ Pre-deployment briefing, required for all airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.

Monthly Meetings

ENLISTED SPOUSES CLUB

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

OFFICERS SPOUSES CLUB

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

MILITARY COUNCIL OF CATHOLIC WOMEN

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

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

Protect your natural body armor this summer

By Lt. Col. Kari Bruley
U.S. Army Public Health Command

Attention all sunbathers, golfers and outdoor enthusiasts!

Skin cancer is the most common form of cancer in the United States with more than 3.5 million cases diagnosed annually. Ninety percent of all skin cancer diagnoses are associated with sun exposure.

If you think your risk for developing skin cancer is low, the fact that one in five Americans is diagnosed in their lifetime may prompt you to better care for your own skin and that of your family members.

You and your family can still enjoy the great outdoors this summer while protecting yourselves from excess risks associated with sun exposure if you simply take a few precautions.

These precautions are extremely important at the beach and swimming pools since water and sand are known to reflect up to 80 percent of the sun's rays, which elevates your overall sun exposure.

Precautions include:

- Wear clothing that covers skin (to include wearing a wide-brimmed hat and sunglasses that advertise ultra-violet radiation protection).
- Wear protective clothing that contains a UV Protection Factor of 30 or greater (a UPF 30 garment allows 1/30th of the sun's UV radiation to penetrate the cloth).
- Spend periodic time under a UPF umbrella.
- Take advantage of shaded areas when possible, particularly between 10 a.m. and 4 p.m. when the sun is the most intense. (On overcast days, 70-80 percent of UV rays penetrate through the clouds.)



Use plenty of sunscreen. Here are some tips for using sunscreen.

- Choose a broad-spectrum sunscreen (UVA/UVB).
- Choose a water-resistant sunscreen.
- Select a sunscreen with a Sun Protection Factor 30 or higher. (SPF 30 provides protection from 97 percent of UVB rays.)
- Apply it to the entire body (before you put on a bathing suit to ensure full coverage) 30 minutes before sun exposure.
- Re-apply every two hours or immediately after swimming, toweling off or excessive sweating.

Sunscreen is recommended for use on infants who are 6 months or older.

Proper and routine sunscreen use helps prevent sunburn, reduce skin cancer risk and helps prevent early signs of skin aging.

In addition to sun exposure protection, the American Cancer Society and the Skin Cancer Foundation recommend avoiding UV tanning booths, examining your skin once per month and seeing a physician once per year for a professional skin evaluation.

During the monthly self-examination, you should look for spots or sores that itch, hurt, scab or bleed; an open sore that does not heal within two weeks; or a skin growth, mole, brown spot or beauty mark that changes in color or texture, increases in size or thickness, is asymmetrical or irregular in border, is larger than 6 millimeters (size of a pencil eraser), or appears after age 21.

Reducing your risk of skin cancer should become a matter of habit, part of the daily routine.

HHS from Page 3

engineers provide in support of Joint Base San Antonio 24/7/365!" said Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and JBSA commander.

Repairs were made to the air conditioning system and hot water boilers along with operational checks on the electrical and fire alarm systems. Doors also had to be repaired for security and fire egress, a bee hive removed, debris cleaned up, furniture moved, an environmental assessment completed and a lease signed.

"We'd have done the same things regardless of who would have gone into the building," Heye said. "We are fortunate to have the dedicated and skilled craftsmen that made this effort go smooth so we could support their mission."

AF releases new feedback forms

By Staff Sgt. Carlin Leslie
Air Force Public Affairs Agency

During the past year, Air Force leaders have been shaping a new and more comprehensive Air Force evaluation system for officers and enlisted Airmen.

The new system is designed to better meet the needs of the Air Force and Airmen, differentiate more effectively between good and great performers, and value job performance first and foremost, Air Force leaders said.

One change Airmen asked for was an improved feedback process, and the Air Force delivered.

The Airman Comprehensive Assessment, or ACA, is now available, for both officers and enlisted Airmen, according to a letter to Airmen released by the Chief of Staff of the Air Force Gen. Mark

A. Welsh III and Chief Master Sgt. of the Air Force James A. Cody.

"The form facilitates a purposeful dialogue between supervisors and the Airmen they lead," they stated in the letter.

Both leaders emphasized the importance of communication between supervisors and team members.

"We must get this right. Proper feedback is the most important element of a strong evaluation system."

In a recent roll call, Cody said all Airmen need meaningful and purposeful feedback to reach their full potential.

"The importance of feedback is not new to our Air Force," he said, "yet we often struggle to capitalize on this opportunity to strengthen our team."

"We all need feedback, and we need it often ... it enables us to accomplish

great things for our nation, as individuals and as a team," Cody said. "It's one of the most powerful influences on learning and achievement ... it is essential to winning the fight, strengthening the team and shaping the future."

The new AF Form 931 (airman basic through technical sergeant) and AF Form 932 (master sergeant through chief master sergeant) replace the current versions of the performance feedback forms and are a major step toward launching a new enlisted evaluation system.

The AF Form 724 will replace the current version of the officer performance feedback, aligning it with the current officer performance report.

"When you see the new feedback form hit the streets, that will be the first signal to our Air Force that the evolu-

tion of the enlisted evaluation system has begun," Cody said. "We will let (the feedback form) be in the field for about six months before we begin to phase in the changes to the enlisted evaluation system."

The ACA will open more in-depth, two-way communication between rater and those rated and include a self-assessment, a detailed evaluation of expected and/or current performance, and specific discussion areas/questions, like personal finances and relationships.

"It's not in a judgmental way, but we are going to talk about the implications of (finances and relationships)," Cody said. "We cannot have those things impact an Airman's life down the road because we failed to talk about them."

"We're excited about this first step, and we hope you are, too," Welsh and Cody said. "We are moving out in the right direction. We need a strong commitment from each of you to sustain this purposeful momentum going forward."

UPCOMING

9/11 COMMEMORATIVE RUN

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

FLAG FOOTBALL TRYOUTS

Joint Base San Antonio-Lackland Varsity Flag Football tryouts take place from noon to 2 p.m. every Saturday during the month of June at the Warhawk Football Field. For more information, call 314-749-3559 or 434-426-8033.

COMBAT HAPKIDO

Learn self-defense to incorporate a variety of strikes, kicks, joint locks, pressure points, ground survival and disarming techniques in Combat Hapkido class, which takes place at 6 p.m. on Mondays. The class is \$60 per month. For more information, call 671-3490/2016 for details.

FIRECRACKER 5K FUN RUN/WALK

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

PUSH-UP/SIT-UP CONDITIONING

Need help passing the physical training test? The Joint Base San Antonio-Lackland Health and Wellness Center offers classes for all components of the test. Contact 671-0566 for more details.

AF Reservist uses TBT class for weight loss



Photo by Benjamin Faske

Master Sgt. Nina Cottrell, Air Force Intelligence, Surveillance and Reconnaissance Agency reservist, moves a sand bag from side to side as she takes part in the Total Body Toning program at Gillum Fitness Center June 4 Joint Base San Antonio-Lackland.

By Jose T. Garza III
JBSA-Lackland Public Affairs

Remembering growing up in Washington D.C., a 35th Intelligence Squadron master sergeant described herself as a “chubby chicken” who didn’t make wise eating choices.

As part of her Hispanic heritage, Master Sgt. Nina Cottrell, 35th IS individual mobilization augmentee to the NCO in charge of mission support, recalls eating beans and rice regularly and only exercising when she was a part of the dance program in high school.

Even after joining the Air Force as an active-duty Airman 18 years ago and later transitioning to the reserves and having three children, the brunette had always struggled to lose weight by performing cardio and reach her goal weight of 138 pounds. Cottrell was perplexed about why she wasn’t seeing progress.

After overhearing a conversation from co-workers at the Air Force Intelligence, Surveillance and Reconnaissance Agency, her civilian job, about the

Total Body Toning class at the Gillum Fitness Center, Cottrell decided to give the class a shot to see if the results would be different.

Since taking her first TBT more than a year ago, the class has paid off for the master sergeant. She has lost 20 pounds and her pants size has gone down from a size 10 to a size 4.

“This is the best shape I have ever been in my life,” said Cottrell, the AFISR Agency chief of reserve affairs, about the class that incorporates various weight-training exercises to work out the core body, arms and legs.

Her improved fitness has rubbed off on her family.

“My kids see me happy and in shape,” Cottrell said. “I have them working out with me.”

After shedding weight and inches, her new goal is to build muscle throughout her body.

The TBT class has helped her relieve stress and build confidence, in addition to staying fit, she said.

“My husband (Tech Sgt. Jamaal Cottrell, AF ISR Agency NCOIC of proto-

col) has been on deployment for seven months, and with three kids at home, the class is a getaway for me,” the master sergeant explained. “Exercising helps release endorphins, and I can put my energy into lifting weights, pounding the sand bag and doing sprints.

“I am trying to stay young and not look older. I plan on staying in the Air Force Reserve for the next 20 years.”

Cottrell believes Airmen should give TBT a try because performing high-interval training in the class would help with their push-ups and sit-ups for the physical training test and build muscle.

“It builds your core, and you will see results in this class. Give it a try,” she continued. “Once you see the results, you will love it.”

Nancy Talbot, TBT trainer, is appreciative of Cottrell’s love for the class.

“It is people like her that push me,” she said. “Students like her think I am helping them when in fact they are actually helping me. When I hear stories like hers, it motivates me to keep going and push harder.

“I know that I am helping people’s lives and that the Air Force is their career, so they depend on fitness to pass their PT test,” Talbot said.

The Total Body Toning class is offered at 11:30 a.m. Monday, Wednesday and Friday. For more information, call the Gillum Fitness Center at 977-2353/2354.



Photo by Benjamin Faske

Cottrell performs a squat thrust as part of the Total Body Toning program at Gillum Fitness Center June 4 Joint Base San Antonio-Lackland.