

WHAT'S HAPPENING

Military & Family Support Events

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

MONDAY

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

TUESDAY

- ▶ Resume writing techniques, learn effective resume formats and writing techniques, noon to 2 p.m., Arnold Hall Community Center.

WEDNESDAY

- ▶ Federal resume process, a review of civilian hiring practices for federal jobs, noon to 2 p.m., Arnold Hall Community Center.

THURSDAY

- ▶ OPM federal employment process class, learn how to apply for federal jobs, 1-4 p.m.
- ▶ Interview with confidence, learn how to make the right impression,

noon to 2 p.m., Arnold Hall Community Center.

OCT. 17

- ▶ Single parent support group, brown-bag forum for single parents to connect with each other and base resources, pre-registration required, 11:30 a.m. to 1 p.m., Arnold Hall Community Center.

- ▶ The Heartlink program, open to new or veteran military spouses, will be held from 8:30 a.m. to 1:30 p.m. at the Freedom Chapel. Learn more about the military and connect with other spouses in an effort to provide information and help ease the transition into the Air Force culture.

OCT. 23

- ▶ Dress for Success, learn to make a great first impression in civilian business dress, 1-4 p.m., Arnold Hall Community Center.

OCT. 29

- ▶ "Social Security and You," taught by the Social Security Administration, 10 a.m. to noon at the Military Family Readiness Center, building 1249. Call 671-3722 for additional information on this important topic.

OCT. 30

- ▶ EFMP Parent Support Group, meet other parents and learn from a presentation on feeding challenges for picky eaters from South Texas Behavioral Institute, noon to 1:30 p.m., JBSA-Lackland Bldg. 3850 .

ONGOING IN OCTOBER

- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.
- ▶ Pre-deployment briefings, mandatory for all Airmen scheduled to deploy,

go TDY longer than 30 days, or on a remote assignment, are held Tuesdays 9-9:30 a.m., building 5160. Post-deployment reunion/reintegration briefings, are mandatory for all Airmen returning from deployment. These sessions are held Mondays from 2:30-3:30 p.m. at building 5160. Spouses are highly encouraged to attend.

- ▶ Personal and family readiness briefings, mandatory for personnel deploying longer than 30 days or on remote assignments, are Mondays 10:30-11 a.m.

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, call 671-3722 to get next available date.

- ▶ Transition GPS, 5-day mandatory workshop to separating members, call 671-3722 for next available date.

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>

JOURNEY from Page 12

and work experiences together.

"This is my 12-page paper reduced to an infographic, using skills learned through UT, an opportunity provided to me by USAA. This is the new executive summary for the 21st century. You can have a bad, good or great experience. It's all up to you," Wiltz said to his attentive audience.

"Lloyd is an example of a civilian taking advantage of the many civilian development education programs the agency has to offer," said Myra Evans-Manyweather, Wiltz's supervisor and 502nd Installation Support Group resource advisor. "In this case, it benefits the employee, the agency as a whole and the participating company."

While Wiltz was sponsored by USAA for the 90-day market research, innovation development and executive presentation certification course, Amirault did it on his own.

"There is a certificate called the Program Manager Professional certificate; the PMP is one of the leading industry standards for program management professional," he said. "I decided as part of my industry experience that I would get that certificate for myself.

"We have a lot of students that would go out no matter what their specialty is and search for that opportunity to get certified, but on the civilian side, it's kind of on their own initiative."

For more information about the EWI program, contact the applicable career program management offices or the myPers website at <https://mypers.af.mil>.

'Lunch Bunch' chows down on competition

By Jose T. Garza III
JBSA-Lackland Public Affairs

Walking through the Warhawk Fitness Center during lunchtime, one may discover a group of Airmen, civilians and retirees playing volleyball.

Rather than stuffing down a meal on Tuesdays and Thursdays at 11:30 a.m., the "Lunch Bunch," as they call themselves, are focused on spiking the volleyball down each other's court sides.

The intense competition is all for the love of the sport.

"There is a very tight-knit community that plays volleyball in San Antonio," said Tom Tanaka, 35th Intelligence Squadron program target development analyst, who started the group in 1995. "Once you start playing the game, you fall in love with it."

"Volleyball is one of those sports where very few play it, but once you find people that do play it, it becomes a family thing. It gets very competitive at a high level and we try to keep it at a decent level of play," said Henry Roper, regional director to the services of the Armed Forces of the American Red Cross.

Tech Sgt. Shawn Dube, 341st Training Squadron military working dog instructor, joined the "Lunch Bunch" family more than a year ago and quickly discovered how competitive the matches were.

"If the ball goes over you or you miss a dig, you will hear about it," he said.

Seeing retirees and civilians playing gives Dube motivation to continue being active long after his Air Force career.

"It's nice to see that after I retire, I can still be physically active," the instructor said. "Some of these guys are a lot better players than me and are 20 years older than I am. It makes me want to be better."

Most players in the group are intensely prepping for San Antonio league and tournament play which, Tanaka said, the group competes in three to six times a year.

"These games are repetitions to get your body prepared for a tournament because they are all-day tournaments," Roper said. "We have a great competitive level here, but during tournament time, the level of competitiveness and the skill level is higher. The games are faster and you go a lot harder on the court, so practicing gets the mind right to keep us playing."

Tanaka and Roper said they welcome individuals of all experience levels to come to the Warhawk and play. If people are a little rusty from volleyball inactivity, Tanaka said the rust will "fall off quickly."

Roper said the "Lunch Bunch" wants to continue after some of the players retire or transfer to other duty stations.

"If we can get more people interested, we will teach them how to play," he explained. "It's a skilled type of sport that, if you get a lot of inexperienced players, it throws off the balance and people get hurt from being in the wrong position sometimes."

Senior Airman Mason Poteet, 802nd Security Forces Squadron police officer, recommends coming out if you want to learn new volleyball skills. Poteet, who discovered the "Lunch Bunch" through a friend, said he has improved as a volleyball player since joining the group three years ago.

"I couldn't pass when I first started here, so I just worked on it and improved," he explained. "I am glad I found these guys."

To find out how to join the "Lunch Bunch," call Tanaka at 346-5674 or just show up to the Warhawk Fitness Center gym between 11:30 a.m. and 1 p.m. Tuesday or Thursday.

Photo by Joshua Rodriguez

Henry Roper, regional director to the services of the Armed Forces of the American Red Cross, goes airborne to hit the volleyball over Jason Law, 341st Training Squadron military working dog consignment evaluator, during lunchtime volleyball Oct. 3 at the Warhawk Fitness Center.



News

ARMED FORCES WOMEN TAKE SILVER AT ASA CHAMPIONSHIPS

Salomon Vieyra, Air Force Intelligence, Surveillance, and Reconnaissance Agency functional manager, coached the Armed Forces Women's Softball Team to a silver medal in the Amateur Softball Association National Championships Sept. 28 in Edmund, Okla. Vieyra earned the coaching position after leading the All-Air Force Women's Softball Team to the Armed Forces Women's Softball Championship Sept. 18 in Fort Sill Okla.

UPCOMING

ALL-AIR FORCE BASKETBALL CAMP

Joint Base San Antonio-Lackland Fitness and Sports hosts the 2014 All-Air Force Basketball Camp Oct. 19-Nov. 5. All practices and scrimmages will be held at the Chaparral and Warhawk fitness centers. Call 671-2632 for more details.

ZOMBIE 5K FUN RUN/WALK

Join the Zombie 5K Fun Run/Walk at 7:30 a.m. Oct. 31 at the Gillum Fitness Center. Prizes will be awarded for best-dressed male or female zombie. Participants may sign up on the day of the free event. Non-zombies are welcome. For more information, call 977-2353.

LACKLAND BODYBUILDING CLASSIC

Tickets are currently on sale for the 34th annual JBSA-Lackland Bodybuilding Classic. The event takes place Nov. 8 at the Bob Hope Performing Arts Theatre. Pre-judging begins at 9 a.m. and the finals start at 6:30 p.m. Pre-judging tickets are \$15 and finals tickets are \$25. Call 671-0854/2632 for details.

BEGINNERS BOXING

Learn basic boxing skills 6 p.m. Monday and Tuesday at the Chaparral Fitness Center. The class is \$50 per month. Call 671-2401.

Staff sergeant to chase his dream of being on All-AF Men's Basketball Team



Photo by Airman Justine Rho

Staff Sgt. Artis Gandy, Air Force Life Cycle Management Center administrator, will be one of 24 prospects vying for an All-Air Force Men's Basketball Team roster spot during training camp starting Oct. 18 at Joint Base San Antonio-Lackland.

By Jose T. Garza III
JBSA-Lackland Public Affairs

A self-described quiet person, Staff Sgt. Artis Gandy, Air Force Life Cycle Management Center administrator, feels like a different person once his size 12 sneakers hit the floor.

The staff sergeant describes the basketball court as his safe haven – an area where he doesn't think about anything else.

"I am very passionate about the game," he said. "When I am on the court, I can be loud and very vocal."

Gandy will have the opportunity to display his passion for the sport in front of All-Air Force Men's Basketball Team coaches, as he will be one of 24 prospects vying for a roster spot during training camp starting Oct. 18 at Joint Base San Antonio-Lackland.

The final 12-man roster

will move on to compete in the Armed Forces Men's Basketball Championships against All Army, Marine Corps and Navy teams Nov. 6-14 at Marine Corps Base Camp Lejeune, N.C. where the Air Force will attempt to capture its eighth consecutive title.

This year will be Gandy's first time trying out for the team. He said work commitments and injuries through the years have kept him from competing for a

roster spot.

"It is a dream come true to compete with the very best in the Air Force and against the best in the Armed Forces," Gandy said.

The 6-foot-tall basketball player's resume includes competition at the high school level as well as at the intramural and varsity levels on bases during his eight-year Air Force career, with stints at Barksdale Air Force Base, La.; Spangdahlem Air Base, Germany; Osan Air Base, South Korea; and Joint Base Pearl Harbor-Hickam, Hawaii.

To prepare for training camp, Gandy goes to the gym after work to lift weights and perform basketball drills, usually finishing around 10 p.m. The extensive work and training days are small sacrifices, he said.

"My body aches every time, but it is worth it," Gandy said. "Making the All-Air Force Men's Basketball Team would be a great accomplishment."

The staff sergeant tries to play like players Le Bron James and Kevin Garnett whenever he works on his game.

"Le Bron is a well-rounded player on both ends of the court," Gandy said. "I love Garnett's intensity and his love for defense. I try to emulate his jump shot."

Gandy feels he has the intangibles needed to contribute to the All-Air Force Men's Basketball Team's success.

"I feel I am a good defender on and off the ball," the Jasper, Fla., native said. "I also feel I am good at rebounding and being a leader. I can step up and make shots, get players involved and make everyone better."