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LACKLAND TALESPINNER

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New facilities dedicated to Medal of Honor recipient

Photo by Alan Boedeker

Retired Chief Master Sgt. Robert Gaylor, left, fifth chief master sergeant of the Air Force, Col. Deborah Liddick, commander 737th Training Group, and members of Chief Master Sgt. Richard Etchberger's family, unveil a plaque dedicating the Etchberger Training Complex. Etchberger was posthumously awarded the Air Force Cross in 1968, later upgraded to the Medal of Honor, for extraordinary heroism during the Vietnam War.

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Holiday meals: staying healthy key to avoiding weight gain, broken resolutions

By 2nd Lt. Samantha Nees
Deputy Director, 502nd ABW Public Affairs

The clock strikes midnight and just like that it's the start of a new year. It is also time to make a New Year's resolution. Is it going to be another year of "I am going to get in better shape?" It doesn't have to be.

Losing weight is the number one New Year's resolution in America year after year, and a driving factor of that resolution is due to holiday weight gain.

According to the New England Journal of Medicine, the average person gains one pound over the holidays, but most people never lose that pound of weight.

Since the average amount of weight gain during adulthood is about one or two pounds a year that means much of midlife weight gain can be explained by holiday eating.

While a pound or two might not sound like much, think of the effect it can have over time. Before you know it, one pound becomes five. Then five becomes ten. I think you get the idea.

Take control of your health this year. It might sound daunting, but with a little effort you can get through the holidays. The first step is to set a realistic goal. Then make a plan and stick to it.

"Initially working out and eating healthy can seem like a chore, but once you get in the habit it is easy to maintain because the results are so beneficial – both mentally and physically," said 2nd Lt. Clare Welsh, a certified personal trainer with the 315th Training Squadron.

One excuse used to justify holiday

weight gain is that holiday food makes it impossible to stay fit. If you want to stay fit, you can find a way to do so. You might have to make some sacrifices. For example, you might need to cut back on your mother's special bacon and cheese mashed potatoes soaked in butter. Try to limit yourself to one plate of all of the foods you love. Moderation is the key. Just because you are trying to be healthy doesn't mean you have to starve yourself or stay away from your holiday favorites.

"You need to find a balance between holiday comfort food and your normal diet," Welsh said.

Allow a few special cheat days on major holidays, such as Thanksgiving and Christmas. No one is perfect, but if you stick to a very healthy diet for the rest of the holidays you will leave yourself with the room to cheat on those few special occasions.

During the holidays you tend to have a lot more downtime and that can lead to excessive snacking. If you stay busy, then you won't think to snack.

Another option is to get creative. Try incorporating healthy recipes into your holiday cooking. It will remove temptation and give you the opportunity to try something new. If you don't want to change your recipes, consider looking into healthy substitutions within the recipes that you love.

"Consider keeping a food journal. This will help you keep track of what you are eating and keep you from needless snacking," Welsh said.

Online or with a smartphone try the Livestrong MyPlate Calorie Tracker at http://www.livestrong.com/thedailyplate which provides a very convenient way to stay on track. The site allows you to enter your current weight and then make a plan to either reach a goal weight or maintain your original weight. Other, similar online programs such as WebMD work well also. If none of that appeals, then you can always write one.

Eating healthy is only half the battle. If you want to avoid holiday weight gain, you need to stay active and find time to exercise. You can even plan activities that keep you active without feeling like they

See HOLIDAY MEALS PG4

Joint Base San Antonio Commander's action line

The Action Line is your avenue for addressing issues you've been unable to resolve through your chain of command or an appropriate agency.

It also allows you to give feedback and recognize outstanding people and units.

If you leave your name and telephone number or email address, you will receive a reply.

Your contact information allows us to obtain more information, if needed, to help resolve your issue.

To submit an Action Line comment, email the JBSA-Lackland Public Affairs Office at *actionline@lackland.af.mil.*

For issues related to the Wilford Hall Ambulatory Surgical Center, call the WHASC Action Line at 210-292-4567, or email your request to *59mdw.pa@us.af.mil.*

For issues related to basic training or technical training, email the 37th Training Wing at *37TRW.PA.INBOX@us.af.mil.*

Items of interest may be printed in the Lackland Talespinner.

Anonymous inquiries will not be published.

LACKLAND TALESPINNER

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

News in Brief

JBSA-LACKLAND HOLIDAY COOKIE CAPER

The Joint Base San Antonio-Lackland holiday cookie caper is Dec. 17 at Freedom Chapel. The cookie caper provides cookies for Airmen who will remain in base dormitories for the Christmas holidays.

Cookie donations can be dropped off Dec. 17 from 6-9 a.m. in the chapel parking lot, and volunteers are also needed to package cookies anytime that morning from 8-11:30 a.m.

For additional information or to volunteer, email *cookiecaper@lacklandosc.org.*

CHILDREN'S HOLIDAY PARTY AT KELLY

The Joint Base San Antonio-Lackland Top III and the Hope Foundation are sponsoring a children's holiday party Dec. 15, noon to 4 p.m., at Kelly Hangar 1610.

All Department of Defense card holders and their families are invited to attend. Children 12 years of age and younger can meet with Santa Claus to receive a gift.

For additional information, contact Tech. Sgt. Latasha America at 210-671-6511, Master Sgt. Jason Resler at 210-671-9414, Jade Phiasiripanyo at 210-671-8348 or Tech. Sgt. Bonnie Cunningham at 210-671-9889.

TOPS IN BLUE AUDITIONS

Air Force Tops in Blue is conducting its annual world-wide talent search for the 2013 cast. The online application and video submission deadline is Dec. 14.

Tops in Blue needs performers in various categories. They include vocalists, instrumentalists, dance and non-musical variety (comedians, magicians and dramatists). Audio, video, lighting and stage technicians, and driver spots are also available.

For details, call Percy Lewis at 210-671-2619 or *visit http://www.topsinblue.com.*

AAHC FISH FRY FUNDRAISER

The Joint Base San Antonio-Lackland African American Heritage Committee's annual fish fry is Jan. 11, 11:30 a.m. to 2 p.m., at Arnold Hall Community Center.

The $8 plate includes fresh fried catfish, potato salad, baked beans, cole slaw and bread.

Proceeds from the fish fry go to the African American Heritage scholarship fund.

Building Partnerships: IAAFA academy unites US Air Force, Latin American counterparts

By Mike Joseph
Senior Writer

Photo by Robbin Cresswell
U.S. Air Force Tech. Sgt. Janeth Cubeddu and Chilean army Sgt. Segundo Claudio Lopez Ramirez discuss the similarities and differences in hierarchies and structure between the U.S. and Chilean military services.

The NCO course at the Inter-American Air Forces Academy on Joint Base San Antonio-Lackland adds a personal touch to IAAFA's mission in an effort to foster cross-cultural understanding and communication creating enduring Inter-American partnerships.

The Inter-American Noncommissioned Officer Academy course integrates U.S. Air Force NCOs into the class with Latin American partner nation students in order to further IAAFA's mission through education and training.

Tech. Sgt. Janeth Cubeddu, assigned to the U.S. Air Force School of Aerospace Medicine at Brooks City-Base, said before the eight-week course was completed she'd already made bonds with several Latin American students she expects to be long lasting.

"We've been talking about this in and out of class," said Cubeddu, who is originally from Venezuela. "In the future, if we have the opportunity of working together, it's going to be easier. And, we're building relationships with students from more than one country."

Chilean army Sgt. Segundo Claudio Lopez Ramirez, a U.S. Air Force technical sergeant equivalent and school instructor in the Chilean army, said having U.S. Air Force NCOs in the course confirms to the Latin American students that they are equals.

"By having the U.S. and Latin Americans NCOs in the same room, I can see there are no hidden agendas," Ramirez said through Cubeddu, who served as his translator. "We're both getting the same type of professional development."

The course also prepares NCOs for more advanced leadership and management responsibilities. The Barnes Center for Enlisted PME at Maxwell Air Force Base, Ala., developed the curriculum under Air University guidelines. U.S. Air Force participants must be fluent in speaking, reading, and writing Spanish, and receive full NCOA credit after completion.

"The course has given me the tools to become a better leader," Ramirez agreed. "By having this experience, I'm able to go back to my country and share the concepts and implement the tools I've used here."

Col. Marc Stratton, IAAFA commandant, said integrating U.S. Air Force students into the class is beneficial now, and will pay dividends in the future.

"Our mission at IAAFA is to build partnerships within the Americas, and we use training and education as a means to that end," Stratton said. "There is no better experience for a U.S. Air Force NCO than to attend class with their counterparts from Latin American countries.

"The relationships built become personal, and those relationships clearly outlast graduation day," Stratton said. "With the Internet, email and social media, these military members can maintain communication with each other – we see it happen every day. When these leaders of tomorrow come out of this classroom, they have a bond."

Master Sgt. Christian Castillo, IAAFA International Professional Military Education flight chief, agreed with the IAAFA commander about the bonds that are built.

"The course brings together complete strangers, from both Latin American countries and the U.S., in one room," said Castillo. "They come in as strangers and equals, and when they finish the course, they leave almost as family members.

"Through their daily interaction in the course, they realize that although we may represent different countries and have different ways of doing and thinking about things, we as NCOs have the same concerns, stressors and challenges," he said. "We're able to identify with each other even more and realize that maybe perceptions or ideas we had about each other were not accurate. It breaks down barriers."

IAAFA also offers the full credit Inter-American Squadron Officer School course for U.S. Air Force captains, which started in 1998. The INCOA course became available for full credit to U.S. Air Force members in late 2010.

Stratton said it was largely through the efforts of Chief Master Sgt. of the Air Force James Roy that the INCOA course is available to U.S. Air Force NCOs.

"Chief Roy was instrumental in getting our NCOs into the course here," Stratton said. "Our partner nations see U.S. personnel attending this course and there's no question about its credibility.

"And now we've created an environment where it's not just U.S. Air Force members interacting with country X military and police forces," he said. "It's U.S. Air Force interacting with country X, and country X interacting with country Y. It's a regionalization of training and networking coming together. In the end that is our goal".

The most recent INCOA class, who graduated Dec. 12, had eight Latin American students from Chile, Paraguay and Panama, and two students from the U.S. Air Force.

HOLIDAY MEALS from PG2

are exercises. One often overlooked exercise is walking. It is usually easy to incorporate more walking into a vacation.

"A quick workout is better than no workout at all," Welsh said.

The final excuse people use to legitimize their holiday weight gain is that they have the rest of winter and spring to get their bodies beach ready again. You can stay in shape now instead of being another "get in better shape" resolution when New Year's rolls around. Plus, being fit is about more than looking good. Being healthy is the best thing for your body year-round, not just in the summer.

The decisions you make over the holidays can have long term effects on your health. You might not even notice that you are gaining weight immediately.

"You won't see body changes until two to three weeks after the damage has been done," Welsh said.

The key is to maintain a balanced diet and stay active. Take a stand for your health this year. The holidays don't have to be a time of binge eating followed by a regretful New Year's resolution. Make a plan and stick to it.

PICKING THE PERFECT CHRISTMAS TREE

Photo by Alan Boedeker

Two-year-old Grayson Barrera gives his tree the 'smell test' as part of his final decision in choosing the family tree Dec. 11, as mom Shanna, and brother, 1-year-old Landen look on.

Kids and adults spent the morning picking the perfect Christmas tree to take home to decorate for the holidays Dec. 11 at Joint Base San Antonio-Lackland. The four hundred trees, donated as part of an annual Christmas SPIRIT Foundation Trees for Troops® program which provides live Christmas trees to military families, were delivered for pick up by both active duty and deployed members' families at Outdoor Recreation. Christmas tree farmers – members of the National Christmas Tree Association – and families around the country donated thousands of fresh trees to the Trees for Troops program.

3 x 4.75

3 x 4.75

DIAMOND SHARP

Tech. Sgt Gene Harper
320th Training Squadron
Duty title: Military Training Instructor
Time in service: 13 years
Hometown: Jamestown, New York

"While attending to Charge-of-Quarter duties for the 320th Training Squadron, Tech. Sgt Gene Harper responded to reports of Technical Training Airmen being harassed in the vicinity of the squadron. Harper immediately went outside to challenge the individuals identified by the Airmen. He then called Security Forces and followed the individuals until Security Forces personnel responded. Harper's quick actions secured the area and ensured the safety of all individuals."

- Master Sgt. Rafael A. Meneses
First Sergeant, 320th Training Squadron

Staff Sgt. Leander Townsend
67th Network Warfare Wing
Duty title: NCOIC, Wing Knowledge Operations Management
Time in service: Six years, two months
Hometown: Germany

"Staff Sgt. Leander Townsend is worthy of Diamond Sharp recognition. He expertly leads the 67th Network Warfare Wing knowledge operations team, providing support to three groups and 17 squadrons. In addition to his many duties, Townsend always supports the base and surrounding community. He lent his support to retirement ceremonies and was a member of the Honor Guard "Blue-line" ceremony honoring the retirement of the 67th Network Warfare Wing command chief. Townsend is truly a leader."

- Master Sgt. Courtney Walker
First Sergeant, 91st Network Warfare Squadron

Senior Airman Niki York
91st Network Warfare Squadron
Duty title: Cyberspace Technician
Time in service: Two years 10 months
Hometown: Tampa, Fla.

"Senior Airman Niki York is an outstanding senior Airman. It is refreshing to see her showing proper customs and courtesies to fellow military members – York leads by example. In addition to providing combat support to U.S. and Allied forces, she excels at helping out in the community. York has given time to the Airman's Attic and San Antonio Food Bank. She was also selected to give a mission brief to visiting dignitaries. York has also found the time to complete her Community College of the Air Force degree, thus illustrating she is definitely Diamond Sharp!"

- Master Sgt. Courtney Walker
First Sergeant, 91st Network Warfare Squadron

More DIAMOND SHARP PG 7

6 x 4.75

JBSA plans memorial service for double ace

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Joint Base San Antonio will honor the legacy of one of the Air Force's most celebrated pilots and a former 12th Tactical Fighter Wing commander at a funeral service planned for 11:30 a.m. Monday in the former JBSA-Randolph theater.

The event will pay tribute to retired Col. Ralph Parr, Korean War double ace and 12th TFW commander from 1970-71, who died Dec. 7, Pearl Harbor Remembrance Day, at the age of 88 in a New Braunfels assisted-living facility.

Interment will follow the funeral service at 2 p.m. at Fort Sam Houston National Cemetery.

Col. Gerald Goodfellow, 12th Flying Training Wing commander, said Parr left "a special imprint" on the wing, which was called the 12th TFW from 1962-71.

"He was more than a war hero and an ace pilot; he was a leader," he said. "Also, he strived to be an educator of Airmen. He was always well-regarded for his willingness to share his wisdom and experience with younger pilots."

Goodfellow said Parr "will always be remembered, honored and have a special place in the hearts of all 12th Flying Training Wing Airmen."

Retired Col. Gary Baber, president of the Red River Valley Fighter Pilots Association chapter that bears Parr's name, described his fellow "River Rat" as a "larger than life" figure in the fighter pilot community "whose feats of heroism in Korea and Vietnam earned him the Distinguished Service Cross and Air Force Cross, making him a living legend."

Courtesy photo
Ralph Parr, one of the most decorated aviators in American history, flew fighter planes in World War II, the Korean War and the Vietnam War.

Photo courtesy San Antonio Express-News
Ralph Parr shared his flight knowledge at JBSA-Randolph officers' club gatherings.

"Ralph had blue Air Force blood flowing in his veins and he loved nothing better than to share a beer with a young Air Force captain in a flight suit at the Auger Inn on a Friday evening," he said. "He was a modest man, but when he spoke, it was worth listening to him."

Baber, a Selma resident, said Parr was an active member of the Red River Valley Fighter Pilots Association, which includes members of Air Force, Navy and Marine aircrews who flew combat missions over the Red River Valley of North Vietnam. He said the Parr chapter recently installed a bronze bust of the legendary fighter pilot in the lobby of the Randolph Officers Club, which was named for Parr in 2008.

"The Ralph Parr River Rats mourn his loss and we will continue to celebrate his life," Baber said.

Retired Chief Master Sgt. Bob Laymon of Universal City said he met Parr about 10 years ago at a meeting of the Order of Daedalians Stinson's Flight No. 2 when he was developing "a serious interest in Vietnam air war history."

Laymon said Parr's aerial warfare prowess is well-documented, but he contributed to the Air Force in other ways as well.

"Less well known is his continuing contribution to military leadership through his frequent Friday evening visits to the Randolph Officers Club Auger Inn, Order of Daedalians functions and other speaking opportunities," he said. "Nothing brought more joy to Colonel Parr than to sit down next to a young captain in a flight suit and discuss energy maneuverability during a dogfight. Who knows how much he inspired and motivated combat aviators and future Air Force leaders?"

Parr was a Portsmouth, Va., native. He is survived by his wife, Margaret, and three stepchildren.

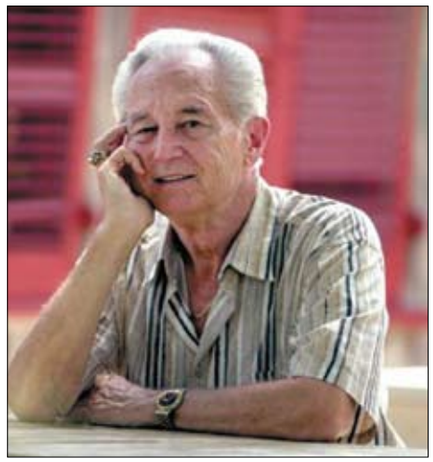


Photo courtesy San Antonio Express-News
Ret. Col. Ralph Parr, a fighter pilot in the Korean War with ten kills, lived in New Braunfels.

FOSTER a PUPPY

Department of Defense Military Working Dog Breeding Program

Worldwide need for detection dogs has increased dramatically. The Department of Defense Military Working Dog Breeding program breeds to meet the growing requirement for security at home and abroad.

A large part of the success of this program is dependent upon volunteers to provide temporary homes for developing puppies.

The 341st Training Squadron at JBSA Lackland operates a breeding program for military working dogs in support of the Department of Defense Military Working Dog program. These dogs are a vital part of our national defense and serve in Army, Navy, Air Force and Marine Corps units around the globe.

You can become part of this important effort by volunteering your home and time to raise a military working dog.

Call us at **210-671-3686**,
or email us at *341TRSPP@lackland.af.mil*

DIAMOND SHARP from PG5

DIAMOND SHARP

Senior Airman Michael Hoffmann
Cryptologic Systems Division
Duty title: Radio Frequency Transmission Systems Technician
Time in service: Three years, three months
Hometown: Corning, New York

"Senior Airman Michael Hoffmann is an expert technician. He repaired multiple, faulty, high frequency receiver systems that were returned to field after only two weeks downtime. Hoffmann was instrumental in performing scheduled maintenance on test stations, ensuring pivotal troubleshooting standards. He led the public address setup team of four Airmen during an enlisted call and high profile visit from Air Force Lifecycle Management Center Commander Lt. Gen. Clyde Moore. Hoffmann organized shop donations for Operation Christmas Child, a private organization that supports less fortunate children with educational supplies and toys. Hoffmann is a highly aggressive and self-motivated Airman; who consistently exceeds expectations, and is always leading by example."

- Master Sgt. Lawrence Snyder
First Sergeant, Cryptologic Systems Division

Senior Airman Ivan James
543rd Support Squadron
Duty title: Enterprise Support Technician
Time in service: Three years
Hometown: Oklahoma City, Okla.

"Senior Airman Ivan James exemplifies what it truly means to embrace the 'whole person concept.' James is a key member of a three-man team that manages over 100 Functional Data Owners across four different networks. As a result, the networks have provided data file management support to over 2,000 customers. In addition to managing permissions, James has also trained over 75 customers on policies and regulations surrounding the Functional Data Owner Program. James exhibits esprit de corps by remaining extremely active in squadron events and activities. He is the vice president of the Texas Games committee, and is coordinating over 25 different competitions to help boost morale of 3000 plus employees. Outside the squadron, James dedicated time to help raise $6,500 for the Squadron Booster Club as well as working with Habitat for Humanity building homes in the community. James has also taken a keen interest in ensuring each new member of the Enterprise Support Team is adequately trained to perform the necessary duties to accomplish the mission. Specifically, James trained 10 junior grade Airmen on new account management software, and created a classified waste program, safeguarding the destruction of classified waste.

The 543rd and the U.S. Air Force is fortunate to work with an outstanding Airman like James."

- Master Sgt. Sherlock Walker
First Sergeant, 543rd Support Squadron

6 x 4.75

Annual AETC FY12 Contracting Awards

Congratulations to the following awardees:

902nd Contracting Squadron
Ability One
LGCB Flight, 902 CONS
JBSA-Randolph

Master Sgt Brian A. Thornton
Outstanding Contracting Enlisted Member (SNCO
Superintendent Construction Services Flight, 902 CONS
JBSA-Randolph

Cheryl J. Johnson
Outstanding Contracting Support Unit Deployment and Training Manager
802 CONS|
JBSA-Lackland

Base Infrastructure Tenant Support Flight, 802 CONS
Outstanding Contracting Team
JBSA-Lackland

802 CONS
Outstanding Contracting Unit (Large)
JBSA-Lackland

Exchange Gift CARDS personalize troop support

By AAFES Public Affairs

Americans wishing to send support to deployed troops can send Army & Air Force Exchange Service gift cards. Whether in Afghanistan or Alaska, servicemembers appreciate the value and ease of using gift cards during the holidays.

According to a recent National Retail Federation survey, six in 10 shoppers polled said they'd like to receive gift cards this holiday season, the most in the survey's history.

"By sending an Exchange gift card, troops are empowered to choose items that make their lives easier wherever they are called to serve," said the Exchange's Senior Enlisted Advisor Chief Master Sgt. Tony Pearson. "Whether it's tacos, televisions or even just a tank of gas, Exchange gift cards personalize troop support."

Exchange gift cards, ranging in values from $10 to $500, can be addressed to a specific Soldier, Airman, Sailor or Marine or sent to "any service member" through the Fisher House Foundation, Air Force Aid Society, Warrior and Family Support Center or Navy-Marine Corps Relief Society.

While only authorized military shoppers can redeem Exchange gift cards, any American can send one by simply calling 800-527-2345 or *http://www.shopmyexchange.com*

EXCHANGE

3 x 3

3 x 3.25

2 x 6

Connect With Us!

JBSA-Lackland has entered the social networking scene

Follow us on Facebook at: *https://www.facebook.com/pages/Lackland-JBSA/114646985221400*

Go to our website at: *www.jbsa.af.mil* ***and look for social media.***

Follow us on Twitter at: *http://twitter.com/Lackland_JBSA*

E-mail us at: *Lackland.jbsa@gmail.com*

1 x 3

BMT HONORS

Congratulations to the 39 Airmen selected as honor graduates among the 417 AF basic military trainees graduating:

320th Training Squadron
Flight 037
Jacob Dlouhy
Matthew Skinner
Flight 038
Clay Eisenbach
Dylan Ferguson
Jeffrey Lewis
Daniel Linoff-Harpham
Brandon Mccoy
Scott Miller
Calvin Nickoley
Justin Odman
Kyle Swankie
Flight 039
Ian Harter
Andrew Hernandez
Garrett Jansen
Flight 040
Kaila Burtch
Michelle Fashandi
Amanda Olwig
Deidre Sheehy

321st Training Squadron
Flight 041
Akira Bright
Jeffrey Singler
Flight 042
Austin Dodds
Nicholas Gallegos
Timothy Miller
Kenzaburo Nagahama
Eric Ray
Peter Reich
Jason Tang

322nd Training Squadron
Flight 035
Seth Mcanally
Zachary Sampson
Harry Vong
Brandon Witherspoon
Flight 036
Braden Anderson
Daniel Hendricks
Nicholas Jarvis
Nickolas Shepard

323rd Training Squadron
Flight 043
Kevin Cerovich
Cameron Plouzek
Flight 044
Savannah Bernstein
Jacy Carpenter

Top BMT Airman
Calvin Nickoley, 320th TRS, Flight 038

Most Physically Fit
Male Airmen
Justin Short, 320th TRS, Flight 038
Samuel Crittenden, 320th TRS, Flight 038
William Domedion, 320th TRS, Flight 037
Jeffrey Lewis, 320th TRS, Flight 038

Female Airmen
Michelle Fashandi, 320th TRS, Flight 040
Sarah Rew, 320th TRS, Flight 040
Daniella Faulk, 323rd TRS, Flight 044
Marquita Carter, 320th TRS, Flight 040

Male Flights
320th TRS, Flight 038
320th TRS, Flight 037
323rd TRS, Flight 043
320th TRS, Flight 039
322nd TRS, Flight 035
322nd TRS, Flight 036
321st TRS, Flight 042
321st TRS, Flight 041

Female Flights
320th TRS, Flight 040
323rd TRS, Flight 044

Top Academic Flights
322nd TRS, Flight 036
323rd TRS, Flight 043
320th TRS, Flight 039
321st TRS, Flight 042
320th TRS, Flight 037
322nd TRS, Flight 035
320th TRS, Flight 038
321st TRS, Flight 041
320th TRS, Flight 040
323rd TRS, Flight 044

3 x 4.75

The 37th Training Wing opened Airman Training Complex No. 1 and Dining/Classroom Facility No. 1 with a ribbon cutting and re-dedication before a crowd of nearly 300.

Photos by Alan Boedeker

Retired Chief Master Sgt. Robert Gaylor, the fifth chief master sergeant of the Air Force (with scissors) and keynote speaker for the event, along with senior leaders, members of Richard Etchberger's family and construction officials get ready to cut the ribbon to open the Airman Training Complex #1.

Trainees align tables and chairs in the new dining facility for Airman Dining-Classroom Facility No. 1, which opened Dec. 7.

Col. Deborah Liddick, commander 737th Training Group, thanks members of the Chief Master Sgt. Richard Etchberger's family, after the Airman Training Complex #1 was dedicated to their father.

New training complex benefits Airmen, Air Force

By Mike Joseph
Senior Writer

The Air Force ushered in a new era for basic military training with the first new recruit housing facilities opened in 36 years at Joint Base San Antonio-Lackland during ceremonies Dec. 7.

The 37th Training Wing opened Airman Training Complex No. 1 and Dining/Classroom Facility No. 1 with a ribbon cutting and re-dedication before a crowd of nearly 300.

The facilities are the first completion of a two-phase, $900 million construction project begun three years ago. The new buildings are mission-specific facilities designed to house, educate, train and feed 1,200 recruits at any given time.

Phase one construction comprises the east campus – ATC No. 1 and DCF No. 1, as well as three other ATCs and another DCF.

The four ATCs and two DCFs of phase one will replace eight Recruit Housing and Training buildings built in the late 1960s and early 1970s that are scattered around Lackland. Each new ATC is a four-story structure with a running track, drill pad, war skills area and each campus has its own utility infrastructure.

"These are great facilities. Our wing, our Air Force and our nation will benefit from their use for decades to come," said Col. Mark Camerer, 37th TRW commander.

ATC No. 2 is scheduled to open in early 2013; ATC No. 3 and DCF No. 2 are targeted for completion in 2014. The east campus fronts Military Highway and is located directly behind the 737th Training Group headquarters building.

The second phase, a duplicate west campus located across from the east complex, is scheduled to begin construction in 2014. An overhead troop walk on Carswell Avenue will connect the two campuses.

A new BMT reception center and parking area under construction is adjacent to group headquarters and the east campus, all part of an overall plan to centralize BMT facilities.

"The planning actually began 10 years ago," said Army Col. Charles Klinge, commander, U.S. Army Corps of Engineers, Fort Worth district, the project manager for the Air Force.

"It has been a very challenging and complex project."

Retired Chief Master Sgt. Robert Gaylor, the fifth chief master sergeant of the Air Force, was impressed by the new training facilities.

"I know they cost a lot of money, but it's worth every penny," Gaylor, keynote speaker for the event, told the audience prior to cutting the ribbon.

The first training squadron, the 323rd TRS, moves Dec. 14 into ATC No. 1. In a re-dedication ceremony following the ribbon cutting, the name "Etchberger Training Complex" moves from the 323rd TRS' soon-to-be demolished recruit housing and training complex to ATC No. 1.

The new complex honors Chief Master Sgt. Richard Etchberger, who was posthumously awarded the Air Force Cross in 1968 for extraordinary heroism in military operations against an opposing enemy force during the Vietnam War. The award was upgraded in 2010 to the Medal of Honor.

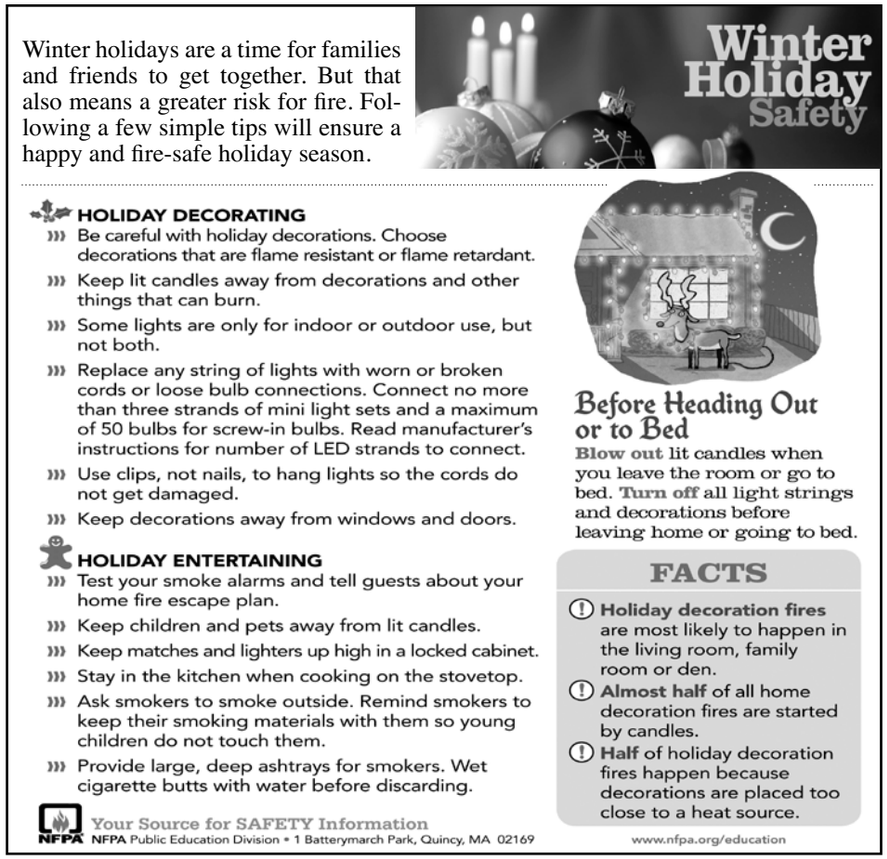
"Education means a lot to us," said Cory Etchberger, a son of the fallen pilot who spoke on behalf of the family. "This facility is the most inspirational thing I've seen in my life. We are especially proud to have our name associated with it."

Tech. Sgt. Justin Cook, 323rd TRS military drill and ceremonies NCO, said the Air Force and trainees will both benefit from efficiencies created by the new complexes.

"With these new buildings, we've got room to train like we need to train," Cook said. "We won't have the transit times like before, and those times will be given back to the military training instructors.

"Because the buildings are mission specific and from the efficiencies created in their design, we are going to have better trained Airmen," Cook said. "They are absolutely worth their weight in gold."

Chief Master Sgt. James Cody, AETC command chief, stands by as his wife, Athena, gets a hug from retired Chief Master Sgt. Robert Gaylor, keynote speaker for the event.



B/W

4 x 4.75

Be Responsible!
Seat Belts Save Lives!
Buckle Up And Wear Yours!

2 x 4

Local Briefs

802ND MSG AWARDS CEREMONY

The 802nd Mission Support Group's fourth quarter and annual awards ceremony is Dec. 18, 7:30 a.m., at the Gateway Club.

For more information, contact Master Sgt. Toni Wiser at 210-671-4744 or Angela Craig at 210-671-7050.

LACKLAND THRIFT SHOP HOURS

• The Lackland Thrift Shop will have extra shopping hours Dec. 17, 4-7 p.m.

• The thrift shop will close Dec. 25 and reopen Jan. 8.

Operated by the Lackland Officers' Spouses' Club, the thrift shop is located in the One Stop Facility, Bldg. 5460, on the corner of Walker and Selfridge Avenues.

For additional information, call 210-671-3608 or visit *http://www.lacklandosc.org.*

AAFES 'GO NUTS' SWEEPSTAKES

The Army & Air Force Exchange Service and Planters/Kraft are teaming up to give away 10 $1,000 gift cards in the "Go Nuts with Planters" sweepstakes.

Exchanges worldwide will have entry forms available for the "Go Nuts with Planters" sweepstakes through Dec. 31. Winners will be selected on or about Feb. 14, 2013.

DEPLOYED FAMILIES EVENT

The Wilford Hall Auxiliary will host an event Jan. 10, 6 p.m., for families of deployed military members at Pump it Up, 7723 Guilbeau Rd., Suite 102.

The event is open to all deployed families at Joint Base San Antonio-Lackland and Wilford Hall Auxiliary members and their families. Attendees will have 80-90 minutes of jump and play time followed by 30 minutes for dinner, which includes free food and drinks.

For more information or to make reservations, e-mail Jenn Jordan at *servicewha@gmail.com.*

The deadline for reservations is Jan. 3.

EMPLOYEE ASSISTANCE PROGRAM

Joint Base San Antonio-Lackland offers an Employee Assistance Program (EAP) to Department of Defense civilian employees and their families on a wide variety of personal issues.

The EAP seeks to help employees define problems and recommend problem-solving resources. It is a voluntary and private service that offers an off-base location for employees and their families to seek assistance from a certified counselor.

All contacts are confidential and at no cost to employees up to five sessions. If additional assistance is needed, referrals will be made with consideration of the employee's health plan and/or financial needs.

A help line and services are available 24/7, 365 days a year.

To contact a counselor, call 210-213-6454.

OFFICERS' SPOUSES' CLUB MEETING

The Lackland Officers' Spouses' Club December luncheon is Dec. 18, 11 a.m., at the Gateway Club.

For event details and reservation information, visit *http://www.lacklandosc.org.*

802ND LRS SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three customer supply training classes on the third Wednesday of each month in the second floor conference room of Bldg. 5160.

The classes and start times are Block I General Supply Training at 8 a.m., Block II Bench Stock Training at 8:45 a.m., and Block III Equipment Custodian Supplemental/Refresher Training at 9:30 a.m.

For details, call Ray Holland or Rain Virgino at 210-925-1140/2514.

LOSC SCHOLARSHIP APPLICATIONS

Lackland Officers' Spouses' Club scholarship applications are available online at the LOSC website. High school students or spouses of military officers and enlisted personnel permanently assigned to Lackland are eligible.

The application submission deadline is March 1, 2013. To download the application, visit *http://www.lacklandosc.org.*

RETIRED ENLISTED MEETING

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

For details, call 210-658-2344.

802ND LRS CUSTOMER SERVICE

The 802nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

For more information, contact the 802nd LRS customer service office at 210-671-2575/3611/3801, 925-1490/1049/1048, or email *802lrs.customerservice@lackland.af.mil.*

PREGNANCY PROFILE REQUIREMENT

All expectant active duty and civilian women working at Joint Base San Antonio-Lackland must report to the Public Health Office, Bldg. 6612, for a pregnancy profile within 24 hours of a confirmed pregnancy by a health care provider.

Individuals are seen on a walk-in basis Monday through Friday, 7:30 a.m. to 3 p.m., except the third Thursday of the month.

Supervisors are responsible that employees are aware of and comply with all Fetal Protection Program requirements, including reporting to the Public Health Office.

For more details on the pregnancy profile requirement, contact the Public Health Office at 210-671-9667/2690.

CHAPEL SERVICES

Christian

Catholic

Monday-Friday:
Freedom Chapel
Daily Eucharist, 11:30 a.m.
Saturday:
Freedom Chapel
Eucharist, 5:30 p.m.
Reconciliation after Eucharist
Sunday:
Freedom Chapel
Religious Ed., 9 a.m.
Eucharist, 11 a.m.

Orthodox

Reader's Service
Sunday:
Airmen Memorial Chapel
(Classroom)
8 a.m.–10 a.m.

Protestant

Saturday:
Gateway Chapel
Seventh-Day Adventist Service, 12:30–2:30 p.m.
Sunday:
Airmen Memorial Chapel
Liturgical Service, 8 a.m.
Freedom Chapel
Contemporary Service, 9:30 a.m.
Gospel Service, 12:30 p.m.
Children's Church provided
Religious Ed., 11 a.m.
Wednesday and Thursday:
Bible Study, 6 p.m.
Protestant family Sunday school, a one-hour youth and adult Christian Bible study, every Sunday at Freedom Chapel, 11 a.m. For details-contact Freedom Chapel at 671-4208.
Sunday:
Hope Chapel
The Church of Jesus Christ of Latter Day Saints, 8–10 a.m.

Islamic

Friday:
Global Ministry Center, Bldg. 7452
Jummah Prayer, 12:45–1:45 p.m.
Sunday:
Religious Ed., 9–11 a.m.

Jewish

Friday:
Airmen Memorial Chapel
Sabbath Eve Service, 4 p.m.
Sunday:
Religious Ed., 12:30 p.m.

Wicca

1st Tuesday of each month:
Freedom Chapel
Room 8, San Antonio Military Open Circle, 6 p.m.
Sunday:
Arnold Hall, Bldg. 5506
12:30–2:30 p.m.

Buddhist

Sunday:
BMT Reception Center
Bldg. 7246, 2nd Floor
10 a.m. to noon.

Eckankar

Every first, third, fifth Saturday:
Gateway Chapel
12:30–1:30 p.m.

Baha'i

Every first, third, fifth Sunday:
Gateway Chapel
11 a.m. to noon

Church of Christ

Sunday:
BMT Reception Center,
Bldg. 7246, 2nd Floor
7:30 a.m.–9:30 a.m.

Christian Science

Sunday:
BMT Processing Center,
Bldg. 5725, 1st Floor
7:30 a.m.–9:30 a.m.

For more details, contact Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911 • Hope Chapel - 671-2941

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
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

Family Support Events

DEC. 14

BMT FAMILY SEMINAR

The Air Force Basic Military Training Family Seminar begins at noon in the BMT Reception Center, Bldg. 7246.

The seminar provides information on the Air Force and its benefits to family members of graduating Airmen.

For additiobal information, call 210-671-3722.

DEC. 17

FAMILY READINESS BRIEFING

A mandatory family readiness briefing for personnel who are deploying is from 10:30-11:30 a.m. at the Airman and Family Readiness Center. The briefing is for personnel who are deploying longer than 30 days, or who are going on remote assignments.

For additional information, call 210-671-3722.

RETURN, REUNION SEMINAR

A return and reunion seminar is from 2:30-3:30 p.m. at the Airman and Family Readiness Center.

The seminar is an informal forum for family members who wish to talk about their individual experiences and the stress caused by deployment-related separations.

For more information, call 210-671-3722.

DEC. 18

AMVET REPRESENTATIVE

An American Veterans national service officer is available by appointment only to help with disability claims from 8 a.m. to noon at the Airman and Family Readiness Center.

For details or to schedule an appointment, call 210-699-5087.

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 *www.lacklandesc.org.*

OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit *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 information, call 210-671-4208.

On the web *www.lacklandfss.com*

DEC. 19

VA CLAIMS PROCESS

A Veterans Administration representative will discuss the VA claim process in a workshop from 10 a.m. to noon at the Airman and Family Readiness Center.

The class will cover VA benefits, how to fill out VA forms, the Power of Attorney process, and the VA claim processing time frame.

For additional information, call 210-671-3722.

AWANA CLUBS MEETING

Awana Clubs, a Bible-based children and youth ministry offering games and challenges, meets Wednesday, 6-8 p.m., at Freedom Chapel.

For additional information about Awana Clubs, contact Freedom Chapel at 210-671-4208.

DEC. 20

FREEDOM CHAPEL STUDY GROUP

A women's Bible study group meets from 9:30-11:30 a.m. at Freedom Chapel.

For details, call 210-671-4208.

DEC. 21

COUPON SAVERS MEETING

The Joint Base San Antonio-Lackland Scissor Savers coupon group meets from 1-3 p.m. at the Airman and Family Readiness Center.

For additional information, email *LAFBscissorsavers@gmail.com.*

DEC. 28

BMT FAMILY SEMINAR

The Air Force Basic Military Training Family Seminar begins at noon in the BMT Reception Center, Bldg. 7246.

The seminar provides information on the Air Force and its benefits to family members of graduating Airmen.

For details, call 210-671-3722.

The Airman and Family Readiness Center will be closed Dec. 24-25 and Dec. 31-Jan. 1.

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