

# The Hawk Talk

The 37TRW weekly rundown of events, news and need-to-know information



Sept. 20, 2021

## OF NOTE

**SPARK TANK 2022:** The [Guardian and Airmen Innovation Network \(G.A.I.N.\)](#) platform is now live and open for Spark Tank submissions. **The deadline for all submissions has been extended to Oct. 15, 2021.**

Spark Tank is an annual competition during which Airmen and Guardians pitch innovative ideas to top Department of the Air Force leadership and a panel of industry experts. Hosted each year at the Air Force Association's Warfare Symposium, thousands of attendees watch the pitch competition. The personnel with the most game-changing and upvoted ideas then compete at the culminating Spark Tank event. New this year to Spark Tank are innovation awards. Trophies/plaques will be awarded to recognize the innovative solutions proposed/developed by Airmen and Guardians across the enterprise. Please review the requirements (including a 3-minute video) for all submissions at <https://www.afwerx.af.mil/spark-tank.html>. Feel free to contact the Warhawk Improvement and Innovation Office lead, Ms. Jennifer Bear, at DSN 473-2314 or [jennifer.bear@us.af.mil](mailto:jennifer.bear@us.af.mil) for questions regarding Spark Tank submissions as well as any other CPI or Innovation related topics.

**ONE MILLION MEALS CHALLENGE** is Saturday, Sept. 25, from 9 a.m. – noon at the San Antonio Food Bank. For more information go to <https://www.eventbrite.com/e/jbsa-area-military-family-food-distribution-volunteers-tickets-167333423775?aff=ebdsoporgprofile>.

## WARHAWK UNIVERSITY



*Upcoming Courses: Scan the QR code for the latest opportunities.*

Got questions about Training & Development? Find out more at: [37TRW.Warhawk.University@us.af.mil](mailto:37TRW.Warhawk.University@us.af.mil)

## DIVERSITY & INCLUSION

How are you celebrating your diversity and inclusion using equity and belonging as your driving force? SHARE WITH US how you are incorporating D&I into your units. Also, any events you hold should be reported up to the wing through us. Please reach us at [37trw.dei.council@us.af.mil](mailto:37trw.dei.council@us.af.mil). We will add them to our calendar as well if you want support.

## DIVERSITY & BELONGING (Celebrating & Awareness):

Various NAMI Support Groups are available on a weekly basis. Mental health fosters belonging and applies to each one of us. Let's shoot for whole-body health and stamp out the stigma surrounding mental health and mental illness. (<https://www.pathwaystohope.net/>)



Hispanic Heritage Month – September 15 to October 15 (see graphic above for activities hosted by the 637 TRG, DLIELC)

National Self-Care Awareness Month

## National Suicide Awareness Month

## Self Improvement Month

### **INCLUSION (Training):**

Suicide is never an easy topic to talk about, but it definitely something that needs to be addressed.

In honor of Suicide Awareness Month, you are invited to attend a Suicide Prevention & Awareness Symposium hosted by Active Minds ([www.activeminds.org](http://www.activeminds.org)), a non-profit organization whose mission is to stamp out the stigma surrounding mental health while changing the conversation around suicide. As in years past, this event is presented by the Active Minds chapter of American Military University (AMU) / American Public University (APU). For more information, speaker bios and abstracts, please visit [www.apusactiveminds.com](http://www.apusactiveminds.com). This symposium is free and open to the community. Share with your friends and family as well if you'd like. Anyone can attend any session, to include the one geared toward classroom faculty/staff. Registration is required to obtain Zoom access information. #YouMatter #NeedYouHere

### **APUS Active Minds - 4th Annual Suicide Prevention & Awareness Symposium**

*17th & 24th September 2021*

Date	Times	Presentation Title	Presenter
17 Sept	12:00-1:00p ET	Suicide Prevention Awareness	Dr. Kimberlee Ratliff, <i>Chapter Advisor</i>
	1:30-2:00p ET	Uwill - Partnership w/APUS, Crisis Prevention Tool	Adam Ring, <i>Vice President of Strategy, Uwill</i>
	2:30-4:00p ET	Mental Health Issues in the Classroom: How to Help	Dr. Tonia Parker & Dr. Laura Bryant,
	4:30-5:30p ET	Mental Health in the Justice System	Judge Yolanda Huff, <i>County Court 12 &amp; Mental Health Court</i>
24 Sept	12:00-1:00p ET	Suicide in LGBTQ+ Youth: How You Can Help?	Dr. Lulu, <i>Life Coach</i>
	1:30-2:00p ET	V-A-R: Validate, Appreciate, Refer	Olivia Swarts, <i>Chapter Media Master</i>
	2:15-2:30p ET	Self-Care / Breathing session	Rhiannon Brown, <i>Chapter President</i>
	3:00-4:00p ET	Suicide in the BIPOC Community	Dr. Jody Adewale
	4:30-5:30p ET	COVID-19 & Mental Health	Dr. Mary Cooper, <i>Chapter Advisor</i>

American Public University System comprises American Military University and American Public University. It is an online-only university serving active duty and civilian students around the world. Active Minds ([www.activeminds.org](http://www.activeminds.org)) is a national organization that strives to change the conversation about mental health and stamp out the stigma surrounding it. Our APUS Active Minds chapter serves our university and local communities in bringing the Active Minds mission to all who will listen. See our website [www.apusactiveminds.com](http://www.apusactiveminds.com) for information, events, and our calendar, and follow us on social media, Instagram: [@apusactiveminds](https://www.instagram.com/apusactiveminds) and Twitter: [@apusactiveminds](https://twitter.com/apusactiveminds).

**REGISTER HERE:** <https://www.eventcreate.com/e/apusawarenessummit>.

Date: Sept. 24

Times: 11 a.m. to 5:30 p.m. (see schedule above)

Please direct any program questions to Rhiannon Brown ([rhiannon.brown@us.af.mil](mailto:rhiannon.brown@us.af.mil)).

The UPitt [Latinx Connect virtual conference](#) (Oct. 14-16) aims to move us beyond “celebrating” Latinxs, instead calling for empowerment and justice for the Latinx community, which faces numerous disparities in U.S. society, particularly those at the intersections of Latinx identity (e.g., Afro-Latinxs, Indigenous Latinxs, queer and Trans\* Latinxs, undocumented Latinxs). The 3-day virtual conference, free and open to all, will bring together students, educators, community leaders, political advocates, and others to dialogue about Latinx identities, cultures, and contemporary issues. Participants will discuss what it means to be Latinx/a/o/e/Hispanic in relation to intersectional identities, education, immigration, public health, arts & culture, history, and other topical areas. The conference will also serve as a culminating experience for **Latinx & Hispanic Heritage Month recognized annually from Sept. 15 to Oct. 15.**

**37 TRW D&I (Live) Calendar:**

[37 TRW D&I Calendar | Teamup](#)



## SOCIAL CONNECTION

**[Freeform Friday:](#)** Watch Season 2, Episode 9

Start: Welcome Warhawks to Season 2, Episode 9 of Freeform Friday

1:00 -- Lt. Col. (Dr.) Kieran Dhillon introduction

2:00 -- Dr. Dhillon's role at BMT

4:15 -- Human Performance Squadron goals & objectives

9:30 -- What is resiliency?

12:15 -- How to create stronger Airmen & military families

14:00 -- Happy Hispanic Heritage Month!

15:00 -- We Care Day!

16:15 -- POW/MIA Recognition Day

17:00 -- 37 TRG Drill Down & Air Force Birthday

19:30 -- We want to hear your great ideas! Warhawk Solutions

21:00 -- Bridging The Gap

*Warhawks Train To Win!*

Maybe you are new to the Warhawk family and haven't heard of Freeform Friday? If not, be sure to follow us on Facebook at <https://www.facebook.com/37thTrainingWing>.

## MILITARY SPOUSES

**Friday, Sept. 24, 2-2:30 p.m.**

**Topic: Social Isolation & Loneliness: Mindfulness Meditation**

**Presenter:** Dr. Lakshmi Mahadevan, Texas A&M, Family and Community Health. Explore the differences between social isolation and loneliness, the potential risks to our personal and relational health and tips on how to effectively cope and manage.

Join ZoomGov Meeting: <https://www.zoomgov.com/j/16060898574>

Meeting ID: **160 6089 8574** | Passcode: **391070**

For more information, email POC, Valerie Barber at [valerie.barber@us.af.mil](mailto:valerie.barber@us.af.mil) or the LAK-M&FRC at [802fss.fsfr@us.af.mil](mailto:802fss.fsfr@us.af.mil)

**Looking ahead to Fridays in October!**

1 Oct: Domestic Violence Awareness

8 Oct: Spouse Reimbursement for Relicensing and Recertification

15 Oct: Exceptional Family Member Program

22 Oct: Lifestyle Choices & Your Health

29 Oct: Maintaining Strong Relationships - Virtual Resources for Military Couples

**For the 2021 trainings** listed below, call the LAK-M&FRC front desk at 210-671-3722/3723 to sign up!

Initial Training - Online	Contact the M&FRC Key Spouse Team for online instructions!	This training is currently completed online through Military OneSource's MilLife Learning Site. Must have an Appointment Letter on file at the M&FRC.
Refresher Training - Virtual	17 Nov 5:30-6:30 pm	Provided to Key Spouses and Key Spouse Mentors who have already completed the Initial Training. This session reviews program requirements, local trend and resource information, on and off the installation.
Mentor Training - Virtual	25 Oct 2:00-3:00 6 Nov 10:00-11:00 (Sat)	This is a one-time mandatory training, on a variety of topics, for all new Key Spouse Mentors and is intended to be taken after Initial Key Spouse Training.
Continuing Ed Training - Virtual	12 Oct 2:00-3:00 15 Nov 2:00-3:00	Provides networking and continuing education/training opportunities. Compliments Key Spouse initial training, offered quarterly.
SA - On-line	Complete prior to Dec 2021	<b>Suicide Awareness Prevention Training</b> can be completed on line at <a href="https://www.resilience.af.mil/Programs/Equipping-Families/">https://www.resilience.af.mil/Programs/Equipping-Families/</a> . Be sure to send the

		M&FRC a copy of Certificate of Completion.
SAPR-Virtual	4 Oct 10:00-11:00 6 Dec 10:00-11:00	<b>Sexual Assault Prevention Response Training</b> will be conducted via zoom by the JBSA-Lackland Installation SARC Representative. Note: Both parts (SA and SAPR) must be completed in the same year to meet KS annual requirement.
<b>Virtual Friday Q&amp;A for Military Spouses!</b> Join us each week to receive valuable resources and talk with experts as we explore ways to get connected and stay connected!		

**Resume Roundtable with Experts: Sept. 21, 11 a.m. to 1 p.m.** Want to know what employers look for on a resume? Want to know how to get past the HR gatekeeper? Get connected with industry professionals who will discuss how to improve your resume and get one step closer to being hired. <https://lackland-mfrc-uso-sep-virtual-resume-roundtable.eventbrite.com>.

*Virtual*  
**Résumé Roundtable**  
*With Experts!*  
**21 SEP 2021 \* 11AM-1PM**

Want to know what employers look for? Have questions about translating your military experience to civilian language? Join us as our panel of résumé experts share tips, insight, and advice!

Scan to register!

<https://lackland-mfrc-uso-sep-virtual-resume-roundtable.eventbrite.com>

Hosted by the USO & JBSA-Lackland M&FRC

**Bundles for Babies:** Oct. 6. If you have a new baby or are expecting one, this class is for you! Learn how to budget for a new baby, hear about free programs such as Child Care for PCS, Give Parents a Break, as well as Emergency Financial Assistance and Educational Programs that you may qualify for. Call the Randolph M&FRC at 210-652-5321 to sign up.

**Single Parent Support Group:** Oct. 14, 11:30-1:00. This is for both short and long term single parents. Join in to network, participate in open conversations and learn about community resources. Register by calling 210-671-3722.

**Adoption & Foster Care:** Oct. 15, 9:00-11:30. Review the adoption and foster care process, state and legal requirements, benefits, DEERS enrollment, and more. Facilitated by the Texas Department of Family and Protective Services. Call 210-671-3722 to register.

**The Steven A. Cohen Military Family Clinic at Endeavors:** Oct. 7, 1:00-3:00. Use your voice to educate, advocate & end bullying & cyberbullying! Register at [bit.ly/10useyourvoice21](http://bit.ly/10useyourvoice21).



**4 Lenses Discovery Workshop:** Oct 27, 9:00-noon. Whatever situation you may be in, understanding personality theory helps you to be successful. This workshop is designed to provide you with the tools required for identifying the 4 temperament preferences of others and yourself. Improve communication and embrace diversity by appreciating and tolerating the differences in others. Sign up now as spaces are limited due to social distancing requirements. Call the Lackland M&FRC at 210-671-3722 to register. Open to all DoD cardholders.

**Hiring Our Heroes:** Interested in a job listed in this week's Hot Jobs email? HOH Career Connectors are standing by to connect you directly with hiring representatives from military-ready employers. Visit <https://www.hiringourheroes.org/hot-jobs/>.

**JBSA Military & Family Readiness Center (M&FRC)** information for all 3 locations can be found at <https://www.jbsa.mil/Resources/Military-Family-Readiness/> or you can call any of the Centers for a list of services provided for you and your family! **Lackland: 210-671-3722 or email [802fss.fsfr@us.af.mil](mailto:802fss.fsfr@us.af.mil), Fort Sam Houston: 210-221-2705 or email [usaf.jbsa.502-abw.mbx.mfrc@mail.mil](mailto:usaf.jbsa.502-abw.mbx.mfrc@mail.mil), or Randolph: 210-652-5321 or email [randolphmfrc@us.af.mil](mailto:randolphmfrc@us.af.mil).**

**Events are open to ALL at JBSA!**

#### FEEDBACK



**Let your voice be heard! Use Warhawk Solutions to submit feedback!**

We hear you! When you submit a Warhawk Solutions, your questions/concerns are brought to leadership's attention. Answers are provided in various forums such as FreeForm Friday which is hosted live each Friday on the [37th TRW Facebook Page](#); commander's calls, and the [37th TRW Website](#).

#### JBSA HAPPENINGS & UPCOMING EVENTS

##### **BOWLING**

###### **\$5 Bowling Special**

**Tuesdays • Open to close**

Bowl three games for only \$5 -- what a great deal!

###### **Hourly Bowling Special**

**Fridays • 11 a.m. to 3 p.m.**

Bowl for only \$7.50 an hour

##### **CLUB**

###### **Fiscal New Year Party**

**Sept. 24, 5-11 p.m.**

Join us to celebrate the end of the fiscal year in the Lone Star Lounge featuring DJ Tony Style playing some great music. There will be dancing and contests with prizes. There is no admission cost. For more information, call 210-645-7034.

## ***FITNESS CENTERS***

Operating hours are as follows:

- LAK-Warhawk is limited to active duty, National Guard, Reserves and DOD Civilians with a CAC during operating hours
- All other Lackland Fitness Centers remain open with normal operating hours/access
- Wearing face coverings is mandatory except when showering or swimming
- Limited to 40% facility capacity indoors
- Racquetball/Basketball Courts open for single use only
- Courts/ballfields for Unit PT by reservation only
- Beaver Fit remains open with required social distancing and increased sanitation
- 24/7 Fitness Access remains closed

### **Chaparral Fitness Center**

#### **Roll a Dice Workout**

**Sept. 23 • 1-3 p.m. • Free**

This is a fun full body workout! Challenge yourself or bring a group of friends to the “Roll a Dice Workout.”

1. CHOOSE: Roll Dice A (Upper Body/Core) or Dice B (Lower Body)
2. ROLL: Dice A or B and Dice C (Time/Rep)
3. COMPLETE: The exercise and Time/Rep that faces upwards

This event is open to all DoD ID cardholders. For more information, call 210-671-2401.

### **Gillum Fitness Center**

#### **Bench Press Competition**

**Sept. 24 • 7 a.m. to 3 p.m. • Free**

Patrons will get three attempts with no bouncing of the bar and the reps must be touch and go. This is open to all DOD ID cardholders. For more info, please call 210-977-2353.

### **Kelly Fitness Center**

#### **Basketball Skills Challenge**

**Sept. 29 • 11 a.m. to 2 p.m. • Free**

Patrons test their ball handling, passing and shooting skills during this challenge at the Kelly Outdoor Sports Court. Competitors with fastest time and least mistakes win. Register NLT Sept. 27 @ noon.

## ***GOLF***

### **Junior Golf Clinics**

Junior Golf Clinics will be offered at Gateway Hills Golf Course on the first and third Wednesday of each month. These clinics are for youth ages 6-17. Starting time for the clinic will be at 5 p.m. and will last for one hour. This is a great program for those who would like to introduce their



child to the game of golf and for those children who are home schooled and in need of Physical Education credits. For pricing, program details and to sign up, call Brandon Ellis at 210-671-3466

## ***OUTDOOR RECREATION***

### **Equipment Rental**

Outdoor Recreation has box trailers to help move your college student back to campus. Sizes range from 6' to 16' and prices range from \$20 to \$45 per day. Plan for your fall gatherings by reserving equipment from Outdoor Rec. They have a large variety of party equipment to choose from including tables, chairs, bouncy houses and turkey fryers. Weekend rental prices are:

Tables: \$7 ea	Chairs: \$1.50 ea	Popcorn Machines: \$53 ea
Margarita Machines: \$83 ea	Electric Roasters: \$11 ea	Champagne Fountain: \$23 ea
Bounce Houses: \$113 ea	Turkey Fryer: \$23 ea	

## ***POOLS***

### **Skylark Pool**

Lap Swim Sept. 6-26:

Tues-Fri: 11 a.m. to 1 p.m.

Sat-Sun: closed

### **Warhawk Pool**

Open Rec/Lap Swim Sept. 6-26:

Sat-Sun and Holidays only: noon to 8 p.m.

## ***YOUTH PROGRAMS***

### **World Wide Day of Play**

**Sept. 21 • 4-6 p.m.**

Worldwide Day of Play is an annual event designed to encourage children to get away from their electronics and be physically active indoors and outdoors. This year's event takes place at all three Youth Programs and includes many fun and exciting outdoor activities. Healthy snacks and door prizes will be provided. If you can't attend in person, then pick up an activity bag. For more information, please, call JBSA-Fort Sam Houston at 210-221-3502, JBSA-Lackland at 210-671-2388 or JBSA-Randolph at 210-652-3298.

## **NEWS ACROSS THE 37 TRW/AIR FORCE/USSF AND DOD**

- Click [here](#) for the latest news from the 37 TRW.
- Click [here](#) for the latest news around the Air Force.
- Click [here](#) for the latest news around the Space Force.
- Click [here](#) for the latest news around the DoD.

## 37 TRW HISTORY OFFICE

**Sept. 23, 2001:** The new, distinctive Australian styled bush hat was approved for wear by female MTIs.



**Sept. 20, 1951:** A monkey "Yorick" and 11 mice survived a trip on a USAF Aerobee rocket that took them to an altitude of 236K feet; this marked the first time that the Air Force had recovered animals from a rocket flight and the first time a primate made it to space.



If you're a history buff you need to check out what your 37 TRW history office is all about.  
Check it out here: <https://www.facebook.com/103405661580662/videos/2816829155249392>

HAVE A SUBMISSION FOR THE HAWK TALK? EMAIL YOUR INPUTS TO [37TRW.PA.INBOX@US.AF.MIL](mailto:37TRW.PA.INBOX@US.AF.MIL).  
Trust our Resilient Airmen to Innovate and Nurture. Warhawks TRAIN to Win!