

# The Hawk Talk

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



Oct. 12, 2021

## OF NOTE

### JBSA TRICK OR TREAT

Joint Base San Antonio will have Trick or Treat at all base housing areas from 5-8 p.m. Oct. 31.

### COVID-19 BOOSTER SHOTS

The Fort Sam Houston COVID-19 Vaccination Site and Wilford Hall Ambulatory Surgical Center are now offering the booster shot for Pfizer recipients according to CDC recommendations. For information on JBSA vaccination sites, hours of operation and appointments, visit <https://www.jbsa.mil/coronavirus>.

The CDC recommends that the following groups SHOULD receive a booster shot of Pfizer COVID-19 Vaccine at least 6 months after completing their Pfizer- primary series (i.e., the first 2 doses of a COVID-19 vaccine):

A single booster dose of the Pfizer vaccine at least 6 months after a 2-dose primary series of the Pfizer vaccine:

- \* Should be given to persons aged  $\geq 65$  years and long-term care facility residents aged  $\geq 18$  years.
- \* Should be given to persons aged 50-64 years with underlying medical conditions.\*\*

The CDC also recommends that the following groups MAY receive a booster shot of Pfizer-BioNTech's COVID-19 Vaccine at least six months after completing their Pfizer primary series, based on their individual benefits and risks:

- \* People ages 18-49 years with underlying medical conditions,\*\* based on an assessment of their individual benefits and risks.
- \* People ages 18-64 years who are at increased risk for COVID-19 exposure and transmission because of occupational (e.g., health care workers, teachers, day care staff, and grocery workers) or institutional (e.g., homeless shelters and correctional facilities) settings based on an assessment of their individual benefits and risks.

**\*\*Underlying medical conditions include cancer; cardiovascular, cerebrovascular, chronic kidney, or chronic obstructive pulmonary disease; diabetes mellitus type 1 or 2; obesity (BMI ≥ 30); pregnancy and recent pregnancy; and smoking (a history of or currently). For questions regarding medical conditions, please consult with your PCM team.**

ONLY THOSE WHO MEET THE BOOSTER RECOMMENDATIONS AND RECEIVED PFIZER ARE AUTHORIZED A BOOSTER WITH PFIZER. No booster is authorized at this time for those who completed their primary series with Moderna or J&J. Only those who meet the booster recommendations and received Pfizer vaccines are authorized a booster at JBSA sites.

Please keep in mind that this is the first group of people eligible. The FDA and CDC will continue to evaluate data over the coming weeks and make determinations for additional populations going forward, including people who received the Moderna and J&J vaccinations. For more information on the booster shot, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>.

If you have additional questions or feel you meet the criteria, but your condition is not listed, please contact your provider team. Beneficiaries can make a same-day appointment on TRICARE Online or by calling the appointment line at 210-916-9900.

## 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/>)

### **October Awareness & Inclusion Observances:**

[Nat'l Economic Education Month](#)

[Breast Cancer Awareness Month](#)

[Down Syndrome Awareness Month](#)

[Dyslexia Awareness Month](#)

[Emotional Awareness Month](#) // [Emotional Intelligence Awareness Month](#)

[Nat'l Depression Awareness & Education Month](#) // [Antidepressant Death Awareness Month](#)

[Nat'l Domestic Violence Awareness Month](#)

[Nat'l Spina Bifida Awareness Month](#)

[World Blindness Awareness Month](#)

### **October Diversity & Inclusion Celebrations:**

[Global Diversity Awareness Month](#)

[Celebrating the Bilingual Child Month](#)

[Filipino American History Month](#)

[German-American Heritage Month](#)

[Italian-American Heritage Month](#)

[Polish American Heritage Month](#)

[LGBT History Month](#)

[Nat'l Dwarfism Awareness Month](#)

And many more -- October is a busy month!

See <https://nationaldaycalendar.com/october-monthly-observations/>

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

Next week your 16 AF L3 will be hosting a special D&I event with the Inter-American Air Forces Academy (IAAFA). Here we will take a deep look into how IAAFA employs principles of D&I to train students from over 20 countries. We will hear perspectives from the IAAFA leadership team, operations and IAAFA cadre.

We invite you to join us either in person or virtually as we take a look at how D&I is operationalized to achieve amazing results and complete the mission in one of the most diverse units in the Air Force.

### **Sixteenth Air Force Presents: Operationalizing Diversity and Inclusion Featuring IAAFA (A Special L3 Event)**

**Date and Time:** Oct. 21, 2-3:30 p.m.

**Location:** IAAFA Training Center, Bldg #7356, JBSA-Lackland (corner of Carswell Ave and Selfridge Blvd on Basic Training side)

**Location (virtual):** ZoomGov Meeting

<https://www.zoomgov.com/j/1602445289?pwd=ekZYNm8xOEEdKUWRVSzI4WDBBTVVmdz09>

Meeting ID: 160 244 5289

Passcode: heritage

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

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



## 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](#).

## SOCIAL CONNECTION

**Freeform Friday:** Watch Season 2, Episode 12

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

### **Oct. 15, 2-2:30 p.m.:** Exceptional Family Member Program

Presenter: Adrienne Beard, JBSA-Lackland EFMP Coordinator, will share information on how this program supports you and your family and the benefits of enrollment.

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)

### **Oct. 22, 2-2:30 p.m.:** Lifestyle Choices & Your Health

Presenter: Andrew Crocker, MS, Texas A&M AgriLife Extension Program Specialist, Family and Community Health! Explore the main factors that affect health, with a focus on lifestyle choices & receive resources to start making health the easy choice!

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

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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)

**Ending the month with another great topic – be sure to tune in.**

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

<b>For the 2021 trainings listed below, call the LAK-M&amp;FRC front desk at 210-671-3722/3723 to sign up!</b>		
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	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	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> <b>Join us each week to receive valuable resources and talk with experts as we explore ways to get connected and stay connected!</b>		

**Five to Thrive! New Quality-of-Life Initiative:** Chief of Staff of the Air Force Gen. Charles Q. Brown Jr. and his wife Sharene said “Caring for their son with autism gave them a window into the needs of Exceptional Families.” Read article here! <https://www.airforcemag.com/air-force-chief-of-staff-browns-son-autism-exceptional-families/>.

**MilSpouse Money Mission** is what the DOD considers its “primary resource designed for and to provide military spouses with trusted information they can use to be more empowered” and be an active partner in the financial decisions for their families. See resources for military spouses at <https://militarybenefits.info/milspouse-money-mission/>.

**2021 Domestic Violence Awareness Month Guide: Unite to End Domestic Abuse.** Share the resources in this guide with your service members and their family members. Download the guide at [https://www.militaryonesource.mil/products/domestic-violence-awareness-month-2021-messaging-and-resource-guide-999/?utm\\_campaign=spl-oct-2021&utm\\_content=text&utm\\_medium=email&utm\\_source=govdelivery](https://www.militaryonesource.mil/products/domestic-violence-awareness-month-2021-messaging-and-resource-guide-999/?utm_campaign=spl-oct-2021&utm_content=text&utm_medium=email&utm_source=govdelivery).

**Key Spouse Engagement Series, Advancing Career Portability and Developing Resilient Relocation Strategies** was recorded and is now available to view along with the resource guide, event slides, handouts and templates. Key Spouses and Key Spouse Mentors, listen here: <https://www.afpc.af.mil/Airman-and-Family/Key-Spouse-Program/>.

**The Psychology of Money: Understanding Service Members’ Financial Decisions, Oct. 19, 11 a.m. to 12:30 p.m.** This webinar will focus on behavioral finance and the impact of psychology on clients’ financial decisions, with an emphasis on building trust, being authentic with clients, and an introduction of communication essentials that can be applied directly in practice. [https://militaryfamilieslearningnetwork.org/event/104331/?utm\\_campaign=mos-news-oct2021&utm\\_content=text&utm\\_medium=email&utm\\_source=govdelivery](https://militaryfamilieslearningnetwork.org/event/104331/?utm_campaign=mos-news-oct2021&utm_content=text&utm_medium=email&utm_source=govdelivery).

**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!**

## **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**

### **Gateway Grill**

**Tuesday-Friday • 11 a.m. to 1 p.m.**

Check out the grill options which include hamburgers, chicken sandwiches, Philly steak and Reuben sandwiches and more. The combo includes fries or chips and a fountain beverage.

### **Variety Night**

DJ Tony Style plays a wide variety of music from 5-10 p.m. in the Lone Star Lounge. Relax in the lounge or enjoy the weather out on the patio with pool tables and big screen TVs on Oct. 15 and 22.

## **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**

#### **Flex Friday 100 Rep Curls Challenge**

**Oct. 22 • 11 a.m. to 1 p.m. • Free**

Each team shall consist of two athletes and each athlete will grab a 20 lb. straight bar or EZ bar to perform the curls. A 10 second rest will be allowed in the upright position. The bar is not allowed to touch the ground until someone hits a hundred curls. Athlete one starts doing the curls ensuring the bar hits thighs and chest on each rep. As soon as that athlete fails to complete a perfect rep, they pass it to the next athlete who then does the same. This is repeated until someone hits 100. If multiple athletes hit 100 on the same round, then whoever gets the most above 100 curls wins. Prizes will be awarded to the winning team. Deadline to sign up is Friday, Oct. 15 at 4 p.m. This event is open to all DoD ID cardholders. For more information, please call 210-671-2401.

### **Gillum Fitness Center**

#### **Two-on-Two Tug-of-War Contest**

**Oct. 15 • 7 a.m. • Free**

This tug-of-war will be a double elimination format. This is open to all DOD ID cardholders. For more information, please call 210-977-2353

## **KELLY FITNESS CENTER**

### **Push-up / Pull-up Challenge**

**Oct. 15 • 7a.m. to 2 p.m. • Free**

Competitors attempt to perform the most push-ups in one minute and most pull-ups in one minute. Takes place at Kelly Outdoor Sports Court. For more information, call 210-925-4848.

## ***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**

Plan now for all of your fall gatherings by reserving the needed equipment from Outdoor Recreation. 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	

## ***ALL JBSA YOUTH***

### **Youth Basketball and Cheerleading Registration**

**Oct. 1-29**

Are you ready for some basketball and cheerleading? Basketball is for ages 5 and older and costs \$55 per youth. Cheerleading is for youth ages 5 and older and costs \$50 per youth. A current sports physical, immunization records and flu vaccine are required at time of registration. For more information, call JBSA-Fort Sam Houston at 210-221-3502 or 210-221-5519, JBSA-Lackland at 210-671-2388 or JBSA-Randolph at 210-652-3298.

## ***LACKLAND YOUTH***

### **Give Parents a Break (GPAB) and Parents Night Out (PNO)**

**Oct. 16 • 1-5 p.m.**

Child and Youth Programs can give parents that much needed break through the GPAB or PNO Programs. These programs are for children 6 weeks to 12 years old. Cost is \$25 per child with a sibling discount or FREE with a Give Parents a Break referral. The last day to register is the Wednesday prior to the event. To register, call 210-671-2388.



## Lights On After School

**Oct. 22 • 4-5:30 p.m.**

Come out to the Lackland Youth Center to see what we have to offer at National Lights on After School. This is a yearly event that calls attention to the importance of afterschool programs and the need to keep the lights on and the doors open after the school day ends. Please join us for a day of fun crafts and activities.

## 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

**October 1948:** The first indoctrination class of Women of the Air Force (WAF) personnel began in mid-October and graduated in December. Up until this point, women were a part of the Women's Army Corp (WAC).



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!