

The Hawk Talk

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



Sept. 13, 2021

OF NOTE

SPOUSES VIRTUAL TOWN HALL will be held Tuesday, Sept. 14, at 9 a.m. via zoom. All spouses are invited to attend. This is an opportunity to get an update from Col Rockie Wilson, 37 TRW commander, about the “State of the Gate” as well as ask him questions on topics that are important to you. See the [flyer](#) for the Zoom info.

2021 WE CARE DAY is Sept. 17. Details are below. If you’d like to participate, please contact one of the POCs below.



JBSA We Care Day



- **What:** JBSA We Care Day in conjunction with World Suicide Prevention Day to tell Team JBSA “we care”
- **Who:** JBSA Airmen, Guardians and mission partners
- **Location:** JBSA Lackland: Valley Hi and Luke East
 - Fort Sam Houston: Main Gate
 - Randolph AFB: Main Gate
- **Date/Time:** **17 September** @ 0700 – 0830
- **Volunteer sign up:** <https://signup.com/go/CrCsDZC>
- **POCs:**
 - Capt Steven Blose: steven.blose.3@us.af.mil
 - TSgt Hali Klein: hali.klein@us.af.mil
 - TSgt Asia Guajardo: asia.m.guajardo.mil@mail.mil
 - TSgt Gregory Watson: gregory.m.watson22.mil@mail.mil



WE TRAIN THE FUTURE

ONE MILLION MEALS CHALLENGE is Saturday, Sept. 25, from 9 a.m. – 12 p.m. 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

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. 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

[Intergeneration Month](#)

[National Pain Awareness Month](#)

[National Self-Care Awareness Month](#)

[National Suicide Awareness Month](#)

[Self Improvement Month](#)

INCLUSION (Training):

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 8

Start -- Good morning & welcome!

1:00 -- 9/11 Reflections

6:00 -- Covid-19 Vaccination Mandate & Update

8:30 -- Suicide Awareness & Prevention Month

11:30 -- We Care Day - 17 September!

12:30 -- 59th Medical Wing Command Team immersion tour & visit

15:00 -- Thank you, Brig Gen Rebecca Vernon!

17:00 -- Human Performance Squadron update

19:00 -- OURA rings!

20:00 -- Congratulations! Aaron Deutsch for your selection to attend Air Command and Staff College (in residence)

20:30 -- Congratulations! Tech Sgt. Miriam Devito for being named Rookie of the Year for the 737th Training Group.

Warhawks -- TRAIN to WIN

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

MILITARY SPOUSES

Friday, Sept. 17, 2-2:30 p.m.

Topic: Preparing for Deployments as a Family

Presenters: MSgt Mckerlie, Superintendent, and TSgt Stewart, Readiness NCO, JBSA-Lackland M&FRC. Receive tips and resources designed to help your family get through deployments successfully.

Join Zoomgov Meeting: <https://www.zoomgov.com/j/16060898574> * Meeting ID: **160 6089 8574** | Passcode: **391070**

For more information, email POC, Daniel Borkowski.2@us.af.mil or the LAK-M&FRC at 802fss.fsfr@us.af.mil.

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 or the LAK-M&FRC at 802fss.fsfr@us.af.mil

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 MillLife Learning Site. Must have an Appointment Letter on file at the M&FRC.
Refresher Training - Virtual	15 Sep 2:00-3:00 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 200-3:00 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 2:00-300 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	Suicide Awareness Prevention Training can be completed on line at https://www.resilience.af.mil/Programs/Equipping-Families/ . Be sure to send the M&FRC a copy of Certificate of Completion.

SAPR-Virtual	4 October: 10:00-11:00 6 December: 10:00-11:00	Sexual Assault Prevention Response Training 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.
Virtual Friday Q&A for Military Spouses! Join us each week to receive valuable resources and talk with experts as we explore ways to get connected and stay connected!		

Bundles for Babies: 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 on Oct. 6.

Heart Link: A Virtual Military Spouse Orientation – learn about Air Force customs, courtesies, acronyms, resources throughout JBSA, and more! If you are a new spouse or have been here over the past few years and have never attended, please feel free to attend. Open to ALL spouses here at JBSA. Sept. 17 from 9- 11:30. To register at JBSA Randolph, call 210-652-5321 or email randolphmfrfc@us.af.mil.

DoDEA Virtual High School Expanded Eligibility Pilot Program (E2P2): New program aimed at expanding eligibility for dependents of members of the armed forces on active duty. Application window is open; Download the registration form here: <https://www.dodea.edu/dvs/e2p2.cfm>. For more information and eligibility requirements contact your installation School Liaison Office! See the [flyer](#) for additional details!

NMSI + DoD STEM Partnership Provides Opportunities for Military Families: The National Math and Science Initiative and Department of Defense STEM have launched the AP STEM Virtual Safety Net, a powerful program designed to provide high-quality Advanced Placement® learning opportunities in STEM for military-connected* students lacking access to select programs in their current education environments. See the [flyer](#) and learn more at <https://www.nms.org/>!

DoD AP STEM Virtual Safety Net! New Pilot Program fully funded by DoD; partnership with National Math and Science Initiative and Department of Defense STEM. Open to Active Duty, National Guard and Reserve dependents! For registration information, or about VHS Learning please contact, Jim Smithwick at jsmithwick@nms.org. For more information and eligibility requirements contact your installation School Liaison Office!

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>.

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**, **Fort Sam Houston: 210-221-2705 or email usaf.jbsa.502-abw.mbx.mfrc@mail.mil**, or **Randolph: 210-652-5321 or email randolphmfrc@us.af.mil**.


Open to ALL Branches of Service!



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

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

FALL FEST

Sugar is nice, but we want everything PUMPKIN SPICED! Come join FSS as we spice things up with our first official FALL FEST! Food Trucks, Inflatables, Live Entertainment, a Kid Zone, a Hay Maze, and of course...PUMPKINS! We'll have everything you need to kick off the Fall Season right, so bring the family out to the area above the JBSA-Lackland Amphitheater and adjacent to the Gateway Club on Sept. 18 from 11 a.m. to 4 p.m. We can't wait to see you there! All current HPCON guidance will be followed. This event is sponsored by the Gunn Automotive Group, GEICO, Air Force Federal Credit Union, Security Service Credit Union, USAA, Silver Eagle, AMG, First Command, Texas Department of Criminal Justice, Randolph-Brooks Federal Credit Union and HEB. No federal endorsement of sponsors intended. For more information, please visit JBSAtoday.com.

AUTO SKILLS

JBSA-Lackland Auto Hobby is open to all DOD ID cardholders. Spacing in stalls with at least 6-feet of social distancing is enforced.

The Auto Hobby Shop operating hours are:

Tues/Thurs: 10 a.m. to 7 p.m.

Wed/Fri: 9 a.m. to 6 p.m.

Sat: 8 a.m. to 5 p.m.

Sun/Mon: Closed

They are offering a FREE “Learn from a Pro” on Thursday, Sept. 16, from 6-7 p.m., which will cover the cover importance of Battery Maintenance. Please sign up at the Customer Service desk at the Auto Hobby Shop or call (210) 671-3549.

Auto Skills offers 15 bays for auto technicians and general patrons to work on vehicles. The bays can accommodate oil changes and lubes, brake and tire service, a complete engine rebuild and more. Our center offers professional tools and equipment that are excellent for automotive do-it-yourselfers. Bring your vehicle in today and fix a flat, service your air conditioner or have your vehicle analyzed with diagnostic equipment to help repair engine issues. Assistance and instruction are available from our staff for the less-experienced customer. All patrons must know how to setup and operate a lift. However, we also have an attendant who can instruct on how to do so.

Auto Skills is also a full service automotive department for those that can't or don't want to work on their own vehicles. For deployed spouses we're offering a free overall vehicle check of all fluids levels, tire checks, wipers, etc. We also offer a free State Inspection to any patron with any service over \$150. Let the technicians at the Auto Hobby Shop ensure your vehicle is in good shape, so call them for an appointment at 210-671-3549.

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

Variety Night

The Gateway Club hosts Variety Night on **Sept. 17** as 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.

FITNESS CENTERS

Effective immediately, 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

Chapman Fitness Center

Three-Point Shootout

Sept. 16 • 11 a.m. • Free

Each shooter will have 60 seconds to shoot five balls from each of the five racks positioned around the three-point line. One rack will be positioned at the top of the key, one on each wing, two on the baseline and one on each side of the hoop. Individuals can participate up to two times each. The competitor with the most shots at the end of 60 seconds will be declared the winner. The registration deadline is **Sept. 15**. For more information, call 210-671-4477.

Gillum Fitness Center

Push Up/Sit Up Competition

Sept. 17 • 7 a.m. to 4 p.m. • Free

Participants will have one minute to do as many push-up and sit-up as they can. This event is open to all DOD ID cardholders. For more info, please call 210-977-2353.

Kelly Fitness Center

Kelly Virtual Fitness Marathon

Sept. 17 • 7 a.m. to 2 p.m. • Studio Room • Free

Variety of fitness work-outs are conducted throughout the day using the premier on demand fitness provider (Wellbeats). Classes include kickboxing, circuit training, step aerobics, cycling and Dance Aerobics.

Warhawk Fitness Center

Bench Press Competition

Sept. 15 • 11 a.m. • Free

Come out to this friendly competition see how much you can bench press. Participants will have three lift opportunities and the highest lift will be recorded. Registration is not required. For more information, call 210-671-2016.

GOLF

JBSA Golf Fest

Sept. 18 • 8 a.m. Start

The JBSA Golf Fest, held at Fort Sam Houston Golf Course, is an entire day of golf, food, shopping and fun! It begins with a two-player scramble. Men 64 and younger will play the white tees. Men, 65 and older and women will play the red tees. The cost is \$20 per player plus cart and greens fees. The fee includes a “hotdog bundle” and prizes. Deadline to sign up is COB Sept. 15 and entries are limited to the first 72 teams.

All sign-ups will be done though The Greens @ JBSA App. Golfers will be sent their start times and all the necessary information.

<https://manager.gallusgolf.com/Register/26495/jbsa-golf-fest>

The event also includes a free Demo Day from noon to 4 p.m. Vendors will be on site to showcase their latest products and special pricing will be available for purchases made that day. In addition, there will be a BBQ from 4-7 p.m. which only costs \$10.25 per person and includes two meats, two sides and a beverage. Reservations are required for the BBQ to ensure adequate food is prepared. There will be lots of family activities during the BBQ. Then the evening culminates in golf cart drive-in movie at 8 p.m. The cost is \$20 per couple which includes a popcorn & drink for each person and one cart. Carts are limited to two people per cart. Reservations are also required for this event but you don't have to participate in the entire day to enjoy the movie. There will be other food and beverage options available for purchase. For more information, call 210-222-9386.

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 that are home schooled and are 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: \$23ea

Bounce Houses: \$113 ea

Turkey Fryer: \$23 ea

POOLS

Skylark Pool

Lap Swim Sept. 6-26:

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

Sat-Sun; Closed

Warhawk Pool

Open Rec/Lap Swim Sept. 6-26:

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

YOUTH PROGRAMS

JBSA Youth Programs Camping Trip @ Canyon Lake

Sept. 11-12

Camp out with your family and participate in group activities supporting mental health, family dynamics, resiliency & recovery. Also learn camping skills such as fishing, dutch oven cooking, solar box cooking, compass orienteering and tent setup. Cost is \$10 per person. For registration and more details, call Tom Lynds at (210) 288-8723.

Color Run

Sept. 11 • 8:30a.m.

Join us for a colorful morning run with Lackland Youth Programs. Children ages 5-6 run a half mile, ages 7-8 run a full mile, ages 9-12 and 13-18 run two miles and parents can run the 5K or run alongside their children. To register for the color run, please call (210) 671-2388 to reserve your spot.

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

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.
Trust our Resilient Airmen to Innovate and Nurture. Warhawks TRAIN to Win!