

## The Hawk Talk – March 14, 2022

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



Warhawks:

Last week I was on the road with my wingman Chief Mike Morgan; we visited the 345th Training Squadron at Fort Lee, Virginia. You can hear more about our visit on our Free Form Friday video (link below), which features the 345th commander, Lt. Col. Joe Harris, and the first sergeant, MSgt. Jonathan Rockwell. It was a whirlwind trip for us and our schedule was packed, but we met a lot of great Airmen and we learned a lot. Thanks for being such great hosts!

In addition to the Warhawk recognized by Colonel Irick below, we wanted to recognize the following 345 TRS Airmen as our Warhawks of the Week: Douglas Riney, Rhonda Clayton-Ravenel (not pictured), TSgt. Sean Gorten and SSgt. James Root. A big congrats to all! Mr. Riney provided critical continuity to the 345 TRS as their senior civilian; Mrs. Clayton completed review of 20 different records sets for 12 separate Tech Training courses; TSgt. Gorten supported the Army Garrison Mayor's Cell through Operation Allied Refuge, supporting Afghans attempting to gain special visas; and SSgt. Root excelled during a deployment to Southwest Asia providing in-transit visibility in support of the U.S. Foreign Military Sales Program for 85 aircraft. Also, a big thanks to TSgt. Shane Turner who, as a Pashto linguist, provided language support for Allied Refuge as well.



While we were at Fort Lee, we also had the pleasure of watching the Joint Culinary Training Exercise which was supported by our own 345 TRS to great result. The following is a message from BG Michelle K. Donahue, Deputy Commanding General, Combined Arms Support Command, in recognition of the USAF's performance during the event. As I understand it, this was the Air Force's first time sending a team to compete. We should all take great pride as the participants (names below) had all graduated from one of our Technical Training schools including Services, Enlisted Aide or our Flight Attendant's Course. Exceptional Warhawks!

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"I wanted to take a minute to share with you how impressed I was with the outstanding performance by the USAF Culinary Arts Team that competed during this year's Joint Culinary Training Exercise. We are elated that for the first time in competition history – the Air Force fielded a team! Please know that they represented themselves, their units, and the United States Air Force with distinction.

The team's achievements during the six competition days were highlighted by medals in the following categories: Armed Forces Chef of the Year (Bronze Medal) and Nutrition Hot Food (Bronze Medal). In total, USAF accumulated three (3) Bronze Medals, and put together a wonderful four-course dish (see pictures below) that received a bronze medal score by our American Culinary Federation Judges.

The team, led by their manager, MSgt Amanda Brodeur, consisted of: SSgt Lyric Cruz, MSgt Dionna Fountain, SSgt Charles Camantigue (Bronze), SSgt Ari Jumenez-Lugo (Bronze), MSgt Jacquelyn Gausemel (Bronze), A1C James Frazer-Davies, A1C Julia Estrada, A1C Tommiesha Bailey, A1C Titus O'Neal, and Amn Nicolas Vazquez.

As I watched the competitors prepare, cook, present, and then receive feedback from our ACF Judges, I was amazed by the quality of food that this team produced under stressful conditions and more importantly their commitment to learning from the feedback. I can attest firsthand to the motivation and dedication these Airmen have for the profession.

I appreciate our steadfast partnership in the development of culinarians across our services!"



I'd also like to congratulate some more Warhawk award winners. First off, the Inter-American Air Forces Academy, 837th TRS, was named Outstanding EPME Center of the Year in the 2021 AF Enlisted Professional Military Education (EPME) Awards Program for AETC. Outstanding job, IAAFA! Kudos also go to Vanessa Adame of the 37th TRW public affairs office, who is embedded, from the Wing Public Affairs Office, within IAAFA. She took third place in the New Writer category in the AETC Media Contest. Way to go, Vanessa!

## UPCOMING EVENTS

**WHAT:** Volunteers needed to clean Fort Sam Houston National Cemetery headstones

**WHEN:** March 19 and 26

**WHY:** To prepare for Memorial Day weekend visitors.

**HOW:** Volunteers will be asked to spray on a water-based biodegradable solution, with no scrubbing involved, that will dissolve the grim/dirt on the headstone and help restore its color, enhancing the appearance of the cemetery.

**WHO:** Contact SSgt. Rhys Nyanfor or MSgt. Thomas Burkhart at 210-565-5117 for more information.

**WHAT:** Spring 2022 Additional Duty First Sergeant Symposium, presented by the JBSA-Lackland First Sergeant Council

**WHEN:** April 11-14

**WHERE:** Bob Hope Theater, JBSA-Lackland

**HOW:** If you are a technical sergeant and above, haven't previously attended a 1SGT symposium, and are interested in attending, please contact SMSgt. Julian "JJ" Colunga at [julian.colunga@us.af.mil](mailto:julian.colunga@us.af.mil).

## WARHAWK RECOGNITION



Last Friday while I was out at Fort Lee, and so our Wingman Col Irick coined Rhi Brown at the 637th Training Group, Defense Language Institute English Language Center. She is the recipient of the 2021 NAACP Roy Wilkins Renown Service Award for Air Education and Training Command. Ms. Brown is a member of Active Minds, a non-profit organization supporting mental health awareness and education that impacts 800 university campuses and reaches students through awareness campaigns, events, advocacy, and outreach. As president of her chapter, her direct contribution through mentoring has impacted more than 946K individuals. She has also created the initiative "Cards of Kindness," which is a fun and creative way to fundraise for Active Minds while spreading a message of friendship and compassion in the community and was implemented nationally. Ms. Brown has also been asked to speak at four conferences that raise awareness for mental health issues and was requested to write a "best practices" blog to help usher the brick and mortar schools in operating virtually during the Coronavirus pandemic. Congratulations to Ms. Brown! (Photo above.)

## FREE FORM FRIDAY

Here's the [LINK](#) and the rundown on the latest Free Form Friday video.

Free Form Friday was conducted on the road this week as [#37TRW](#) leadership visited the 345th Training Squadron in Ft. Lee, Virginia.

0:38 345th TRS Leadership & intro to mission

5:19 37 TRW Invitational Drill Down and Black Rope program

8:05 Women's History Month shoutout

12:56 Operation Blue Suit

14:05 Company Grade Officer Council

14:55 Spring Break Safety Message



## AROUND THE WARHAWK WING



### **737TH TRAINING GROUP:**

Join us in congratulating our latest Military Training Instructor BASIC Course students, class 220113 as they graduated March 11 from the Military Training Instructor Course and received their Campaign Hats (photo above):

TSgt Cuong Dinh - 322 TRS  
TSgt Pedro Escobar - 323 TRS  
TSgt Raul Gutierrez - 320 TRS  
TSgt Akeem John - 323 TRS  
TSgt Cody Moehler - 331 TRS  
TSgt Landon Moore - 322 TRS  
TSgt Joseph Pullins - 320 TRS  
TSgt Juan Romero-Olmos - 324 TRS  
TSgt Gabriel Solazzo – 324 TRS  
SSgt Jordan Spann – 321 TRS



### **CGOC/TOP III:**

The CGO and Top III councils co-hosted a Brown Bag Cross-Mentorship session on March 9 in the PRC Chief's Room. The event was attended by a mix of 24 SNCOs and CGOs across the wing and discussed topics ranging from communication between the two tiers to expectations of each and general leadership perspectives. This first joint event has started the foundation for cross mentorship, open communication, and a great relationship between the two councils and their members. (Photos above.)

### 37th TRAINING GROUP:

On March 7, Col. Joyce Storm, 37th TRG commander, hosted a virtual panel on physical security for the Wichita State University School of Criminal Justice. The 37 TRG leaders spoke with the students about the importance of partnership within the security environment, and the intentionality that goes into every safety and training decision. Students learned how military working dogs and their handlers are trained, about the DOD's partnership with TSA, and the best practices for physical security and deterrence that our security forces trainees learn here in the 37 TRG. The panel included Lt Col Lawrence Wyatt, 37th TRG Deputy Commander; CMSgt Thaddeus Gravely, 37th TRG Superintendent; Timothy Ori, 37th TRG Training Director; Capt. Eric Mouyal, 341st Training Squadron; Zebulon Polasek, TSA Branch Manager; and TSgt. Jesse Ouverson, 343rd Training Squadron.

### MILITARY SPOUSES

The third **Key Spouse Engagement Series**, hosted by Sharene Brown, spouse of the CSAF, and Mollie Raymond, first lady of Space Force, is upon us.

**WHEN:** 29 March 2022, Session I: 0700-0900 EST; Session II: 1900-2100 EST

**WHERE:** ZoomGov Webinar - Direct link will be emailed once your registration is complete; please check your spam folders.

**WHO:** Registration opened 11 March to Key Spouses/Key Spouse Mentors and will open to all military spouses on 22 March.

Registration Link: [https://www.zoomgov.com/webinar/register/WN\\_UAfAnGtNTUScGru\\_Av0ieA](https://www.zoomgov.com/webinar/register/WN_UAfAnGtNTUScGru_Av0ieA)

**WHAT:** The agenda includes 2 panels:

- PCS Panel will focus on identifying ways to mitigate challenges associated with relocation
- Key Spouse Panel where spouses from across the DAF will share best practices in areas that impact family member and spouse quality of life and readiness

Mrs. Brown and Mrs. Raymond have created a short vignette to promote the event:

<https://youtu.be/KkPQvTkKtb8>. This is an exciting opportunity for Key Spouses and mentors to gain valuable knowledge and tools to share with spouses in their units.

Key Spouses, remember to spread the word to ALL spouses in your units! Registration for all military spouses opens March 22. Get the word out and share on your squadron KS FB pages as well!

This was also posted on the JBSA M&FRC Key Spouse Facebook page at <https://www.facebook.com/jbsaksp/>  
**Check out this and other information posted our page each week to stay in the know -- You will see it here first!**

**2022 Key Spouse Trainings:** Call the LAK-M&FRC front desk at 210-671-3722/3723 to sign up! \*Annotates evening or weekend training! Note: Dates, times and venues subject to change.

- **Initial Key Spouse (KS) Training** - Currently offered online through Military OneSource's MilLife Learning website.
- **Refresher KS Training** - 10:00-11:00: 22 Jun, 14 Sep, 16 Nov  
\*22 Mar, 5:30-6:30 pm & \*17 Sep, 10:00-11:00 (Sat)
- **Mentor KS Training** - 10:00-11:00: 25 May, 31 Aug, 10 Nov  
\*25 May, 5:30-6:30 pm & \*5 Nov 10:00-11:00 (Sat)
- **Continuing Education KS Training** - 11:00-12:00: 23 Mar, 22 Jun, 14 Sep, 18 Nov
- **Suicide Awareness (SA) Training** - Completed individually on line.  
<https://www.resilience.af.mil/Programs/Equipping-Families/>.
- **Sexual Assault Prevention Response (SAPR) Training** - 10:00-11:00: 4 Apr & 7 Nov

### Community Resources & Information:

**March is National Nutrition Month:** Practicing good nutrition boosts personal performance! Good health and peak physical fitness are key to our military community's force readiness. Read more here:

<https://www.militaryonesource.mil/health-wellness/healthy-living/fitness-nutrition-active-living/practicing-good-nutrition-boosts-personal-performance/>.

**Dad's The Basics:** Brought to you by the Family Advocacy Program, Dad's The Basics is intended to give you basic information about becoming a dad and your role as a father. Participants gain helpful lists, guides, and information related to pregnancy, labor, and delivery, communicating with your spouse, caring for an infant and managing family issues.

**When:** June 14, Sept. 13, and Dec. 13, from 1-4 p.m.

**Where:** Mental Health Clinic (3rd FL, Wing B, at Wilford Hall Ambulatory Surgical Clinic)

**Who:** All expectant dads welcome. Class is instructed by an experienced dad. To register call 210-292-5967.

**Four Lenses Temperament Discovery Workshop:** As we head back to the workplace, gain a deeper understanding of yourself and others, improve communication and build stronger teams. This workshop will help you identify and understand personality styles and successful ways of interacting. Wednesday March 23, 9 a.m. to noon, in person at the JBSA-LAK Gateway Club. Spaces are limited. Call 210-671-3722 to sign up or email [802fss.fsfr@us.af.mil](mailto:802fss.fsfr@us.af.mil).

**Fresh Look Federal Resume Workshop:** Take a fresh look at your current federal resume. Want to make it stand out? Learn how to craft or revise it by reviewing how to break down a federal job description. Wednesday, March 30, 1-4:30 p.m. Open to all DoD ID cardholders. This workshop will be a hybrid of in-person and virtual. For more information, call the JBSA-FSH M&FRC at 210-221-2705.

**Military Families Learning Network (MFLN) has a brand new name -- OneOp!** OneOp supports DoD's Military Family Readiness System by growing the professional readiness, knowledge, and networks of the service providers supporting our military service members and their families. Read more at <https://oneop.org/2022/02/22/coming-march-2022-an-announcement/>.

**Nutrition and Wellness** information can be found at <https://oneop.org/category/nutrition-and-wellness/>.

**Need Key Spouse information to set up your Key Spouse Program?** Commanders and First Shirts, we are here to support around the clock! Go directly to the link below to access documentation and information you need 24/7 to get your programs started. <https://usaf.dps.mil/teams/aetc-502fsg-802fss/mfrc/key%20spouse%20information/forms/allitems.aspx>.

**The Month of the Military Child:** Visit <https://www.dodea.edu/dodeaCelebrates/Military-Child-Month.cfm> to start planning the celebration now and all month long in April.

**JBSA Military & Family Readiness Center Classes & Events:** The M&FRC offers a variety of classes that support all Airmen such as Transition Assistance Programs, Financial Readiness, Goal Setting, Microsoft Office, etc. Classes are free and open to all DoD ID cardholders (military members, military spouses, teens, Gold Star families, retirees, and DoD civilian employees). The calendar of events booklet can be accessed via the following link: <https://www.jbsa.mil/Resources/Military-Family-Readiness/>. Call any of the M&FRCs for more information: **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)**.

**New location for the JBSA-Lackland M&FRC:** 1550 Wurtsmith Street, Bldg. 5725, (Education Bldg)

## DIVERSITY AND INCLUSION COUNCIL

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

<https://www.facebook.com/37trwdni/>

<https://teamup.com/ks4s41xupxuidzmv53>



## 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)

## FEEDBACK THROUGH WARHAWK SOLUTIONS



**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

### AQUATICS

#### **Water Safety Instructor Course**

**Skylark Aquatics Center, March 19-20 • 8 a.m. to 5 p.m.**

Students will earn an American Red Cross certificate in Water Safety Instruction once they pass the course. This class is for ages 16 and older and costs \$160 per person. To register, call 210-632-5868.

### 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

### FITNESS CENTER

#### **Chapman Fitness Center**

#### **March Mania HIT Challenge**

This challenge takes place throughout the month of March. Complete the challenge and win a workout towel.

Five sets of 30-seconds on the rower with a 15-second rest between each set

Five sets of 30-seconds on the Sky Erg

Five sets of 30-seconds on the assault bike

Five sets of 12 Wall Balls

For more information contact Kai at the Chapman Fitness Center at 210-671-4477.

### INFORMATION, TICKETS AND TOURS (ITT)

#### **Majestic Tickets Only at JBSA-Lackland ITT (210-671-3059)**

Rent (Farewell Tour)

March 18-20

Prices \$43 - \$93 per person

Summer (The Donna Summer Musical)

April 19-24

Prices \$48 - \$93 per person

Beautiful (The Carole King Musical)

June 10-12

Prices \$44 - \$89 per person

Jesus Christ Superstar

July 5-10

Prices \$43 - \$93 per person

**San Antonio Stay-cation Ideas**

**City Sightseeing SA – Hop on / Hop off Bus**

Adults \$22.95 / Children (5-11) \$12.95 – 24-hour ticket / 48-hour option also available

**Buckhorn Saloon & Museum**

Adults \$20 / Child (4-11) \$13

**Tower of the Americas**

Ages 4 and up \$10 – includes elevator to Observation Deck, “Flags of Texas” and “Skies Over Texas” 4-D Theater Ride

**2022 Walt Disney World Military Salute Promo Tickets Are Here**

2022 Military Salute ticket prices are valid through Dec. 12, 2022. A 4-Day Disney Military Salute Ticket with Park Hopper Option is \$83 per day for a total of \$329 and a 5-Day Disney Military Salute Ticket with Park Hopper Option is \$70 per day for a total of \$349 for ages 3 and older. There is a strict limit of six per U.S. active-duty military and 100% disabled veterans. Due to stock limitations, we ask that you order tickets 2-3 weeks prior to your travel date. For more information and eligibility rules, call 210-671-3059. Also, plan your resort stay with up to 40% off Walt Disney World Resorts.

**Leisure Travel Packages**

**4 Night/ 5 Day Costa Rica Memorial Day All Inclusive Vacation Package**

**May 26 –30**

Travel from: San Antonio to Liberia, Costa Rica.

Includes: Roundtrip airfare, airport transfers, travel protection and all-inclusive hotel accommodations

Rates start at: \$1,200 per person (price based on double occupancy). A \$325 per person deposit and a \$10 service fee are due at time of booking. Final payment due April 1.

Contact our office for a custom quote if your family is over two persons in the party or if you need different dates.

**3 Night/ 4 Day Las Vegas Getaways**

**April 11–14**

Travel from: San Antonio to Las Vegas

Includes: roundtrip airfare, hotel accommodations, & travel protection

Rates start at: \$375 per person. Price is based on two adults

Payments: Full payment and a \$10 service are fee due at booking.



## OUTDOOR RECREATION

### Equipment Rental

Spring is here, so be sure to check out the boats and travel trailers at the JBSA Lackland Outdoor Recreation available to rent for all your "Spring Break" and summer fun. Call for information on rental requirements and reservation availability. Reservations are taken up to one month in advance. Rental prices (per weekend) are:

19' Travel Trailer: \$287.50; 26' Travel Trailer: \$412.50; 20' Bay Boat: \$310; 18' Bass or Bay Boat: \$240; Ski Boat: \$360; Pontoon Boat: \$380.

## 37 TRW HISTORY OFFICE

**March 1985:** Amn. Virginia L. Queen, Air National Guard, became the first female to graduate the Security Specialist course at Lackland under the new program to accept females into the career field.



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

## NEWS ACROSS THE 37 TRW / AIR FORCE / SPACE FORCE / 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.

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!