

# SnapShot

944th Fighter Wing, Luke Air Force Base, Arizona

May 2016 Newsletter



## *Headlines:*

**One foot in front of the other**

**Goldfein nominated as 21st CSAF**

**Innovation Campaign kick-off**

**Airman honored with leadership award**

Master Sgt. Krystal Knight, 403rd Aeromedical Staging Squadron physical exams NCOIC, runs for cover during combat medical field training at Luke Air Force Base Auxiliary Field, Ariz. (U.S. Air Force photo by Tech. Sgt. Louis Vega Jr.)



# 944th Fighter Wing

# Monthly SnapShot

www.944fw.afrc.af.mil

Bringing the Heat

May 2016

## 944 FW KEY LEADERS

### Commander

Col. Kurt J. Gallegos

### Vice Commander

Col. Bryan Cook

### Command Chief

CMSgt. Rhonda L. Hutson

## 944th Fighter Wing Electronic Monthly SnapShot

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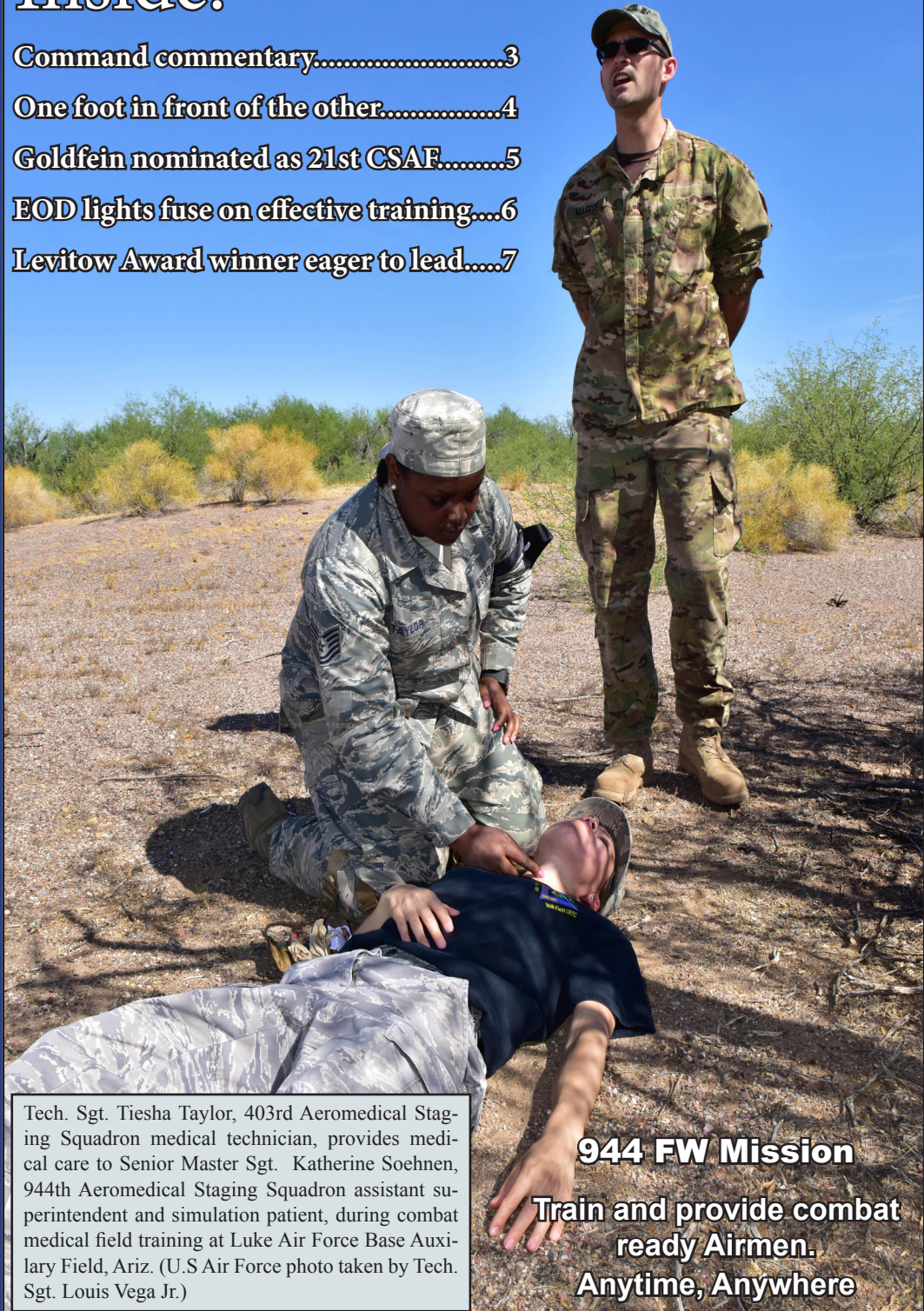
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Tech. Sgt. Tiesha Taylor, 403rd Aeromedical Staging Squadron medical technician, provides medical care to Senior Master Sgt. Katherine Soehnen, 944th Aeromedical Staging Squadron assistant superintendent and simulation patient, during combat medical field training at Luke Air Force Base Auxiliary Field, Ariz. (U.S Air Force photo taken by Tech. Sgt. Louis Vega Jr.)

## 944 FW Mission

Train and provide combat ready Airmen.

Anytime, Anywhere



## Command Commentary

# 101 critical days of summer safety

By Colonel Kurt Gallegos, 944th Fighter Wing Commander

Hello and welcome back fellow 944th Fighter Wing Warriors. This three day UTA will be the last UTA for over a month and we won't meet again until after Memorial Day.

As we work our way through Change-of-Command and annual tour season along with all our summer activities with family and friends, I want to stress the importance of 101 critical days of summer safety.

Poor decisions or lack of planning can have a life changing impact not only for you but for everyone around you. It is an unfortunate fact that most mishaps are preventable. By putting a little thought into the things we do each day and having a plan or stepping in when something doesn't sound or look right can potentially save or change a life. This applies to both on and off duty activities.

Most mishaps tend to be motor vehicle accidents when individuals are driving too fast, drinking and driving, or driving distracted (texting). By using some of the risk management skills we use every day completing our mission maybe we can save a life.



Photo by Staff Sgt. Nason

There is a lot happening this UTA. The Force Support Squadron has planned a hike through the White Tank mountain's with its beautiful scenery and landscape; the Medical and Aeromedical Staging Squadrons will be conducting an exercise, and will also have a Change-of-Command ceremony this weekend. If you can, please come out to support them and congratulate both Colonel Cook and Colonel Rossum as they trade positions.

Finally, I would like to acknowledge our Airman who participated in the Pat Tillman run this past weekend. Thank you for taking time out of your day to be a part of something that honors a man who unselfishly answered the call to serve. Unfortunately, he paid the ultimate sacrifice but his actions will not go unnoticed. Your actions represent the caliber of Airmen we possess, "Keep bringing the heat."

When you return in June we will hit the ground running with Commander's Call to recognize our outstanding performers. Let's take this break to reenergize and come back ready to work. Have a great UTA and enjoy your time off.

## Honor your word

By Chief Master Sgt. Rhonda Hutson, 944th Fighter Wing Command Chief

944th Warriors! Later this month we will observe Memorial Day, a day we set aside to honor those who gave their lives in the service of their country. We honor their sacrifice and celebrate the gift of freedom they gave us. They gave us another gift and it's that gift I am going to talk about today; honesty.

I'm sure you have all seen kids that don't listen to their parents. The scene is often the same. Mom or Dad issues an ultimatum, do this (or don't do that) or I will...the child does or doesn't do as they were told and the parent does nothing. My parents were firm. When they told me to behave in a certain way or there would be consequences, if I didn't behave as directed, there were consequences. They were not unreasonably strict nor were they mean. They just did what they said they would, it wasn't a threat, they were honest, I learned a lot from that. Just as those children we see disobeying their parents have learned their parents are not honest, they just make threats.

There is a powerful lesson in this for leaders or those who would be leaders. Only commit to that which you will do and do what you commit to. Will we fail sometimes? Of course. But if you fail let it be because you were not up to the task, not because you didn't act. When you say you will do something and don't act you are like the parents that children disobey.

Teams require every member to do their part or the team will fail. If you establish a reputation for not doing what you say you will do, you undermine your team. You undermine the faith and confidence of your peers, your seniors and those you lead. You establish a reputation for being dishonest, for not doing what you say you will do. In short, you undermine your team.

So, as you honor those brave patriots that have given their lives in the defense of this great country I want you to think about honesty. They believed in America and they acted to defend that belief. They were honest.

We owe them our honesty if we expect the gift of freedom they gave us to survive. Each of us must do our part. We must each do what we say we will do or our team is undermined. Don't be that person. Honor your word. Do what you commit to do and don't commit to what you won't do. 'Til next time Chief

## Welcome Home!!

SrA Ralph Armijo, 924th Maintenance Squadron, returned home from Incirlik AB, Turkey  
SrA William Bibbus, 924th Maintenance Squadron, returned home from Incirlik AB, Turkey  
SrA Enrique Carrillo, 924th Maintenance Squadron, returned home from Incirlik AB, Turkey  
SSgt Lyron Clark, 924th Maintenance Squadron, returned home from Incirlik AB, Turkey  
SrA Jesus Maldonado, 924th Maintenance Squadron, returned home from Incirlik AB, Turkey  
TSgt Charles Perez, 924th Maintenance Squadron, returned home from Incirlik AB, Turkey  
SrA Dane Sears, 924th Maintenance Squadron, returned home from Incirlik AB, Turkey



## Wing News

# One foot in front of the other



Courtesy photo

By Maj. Elizabeth Magnusson, 944th Fighter Wing Public Affairs

Being one of the Air Force's new cadre of F-35 Instructor Pilots and pulling multiple G-forces daily puts a toll on one's body, however, that's nothing compared to running a 100 mile race through rugged terrain.

Major Peter Cossette, a F-35 Instructor Pilot with the 944th Fighter Wing, ran the Zion 100 Mile Ultra Marathon along the outskirts of Zion National Park in Utah in just over 25 hours April 8-9.

"A year and a half ago I did not enjoy running," said Cossette. "I did it every once in a while when I thought I needed to get back in shape but I had no real desire to run a marathon let alone a 100-miles in the mountains. A friend recommended I read 'Born to Run' by Christopher McDougall. It taught me that what I thought I knew about running was all wrong and inspired me to figure out how to do it right."

Cossette signed up for the race in September and spent the next six months working on endurance training.

"These ultra-marathons usually take place in some pretty rugged terrain and often have

upwards of fifteen-thousand feet of climbing," explained Cossette. "I was really anxious about that so I practiced a lot. I'd get up around 4am, go for a couple hour run and be back in time to help get the kids ready for school and out the door to work. Saturday mornings I'd try and get a long climb in, so often times I'd throw on my headlamp and run up to the towers in the White Tanks...being sure to make it back in time for a donut run with the kids of course."

Most of the run was spent alone on the trail. Cossette only stopped to refill his water bottles, change socks and shoes and fuel the body with calories.

"The secret to running these ultra-long distances is to stay in the present," said Cossette. "Keep calories and water going in, and just keep putting one foot in front of the other. They say ultra-marathons are 90 percent mental, and the other 10 percent is mental too. You can't let your mind wander and think about the two thousand foot climb coming up at mile forty-two. When I wasn't thinking about pain I usually had one of my kid's children's songs stuck in my head."

After mile sixty Cossette's wife, Sarah, joined him for miles 71-78.

"I was excited for the company but by the time I met up with her I was exhausted and in a lot of pain," said Cossette. "She was really motivational and got me through a tough point in the race when all I wanted to do was lay down on the trail and sleep."

Finishing the race was a huge accomplishment but Cossette isn't done running yet. When asked what he was going to do next he instantly responded, "The Boston Marathon in 2018."

### May 2016 promotions:

#### Congratulations to the following

##### 944th Fighter Wing promotees

###### From Airman First Class:

SrA Katherine Carrillo, 924 MXS

SrA April Delgado, 944 FSS

SrA Paige Dixon, 944 FSS

SrA Christopher Lyon, 414 MXS

SrAChris Mauelshagen, 924 MXS

SrA Cory Molina, 924 MXS

SrA Nicholas Paxton, 924 MXS

SrA Michael Rosenberger, 924 MXS

###### From Senior Airman:

SSgt Casey Castleman, 944 CES

SSgt David Larson, 944 SFS

SSgt Joshua Maynard, 414 MXS

SSgt Zackary Melton, 924 MXS

SSgt Jeffrey Seastrand, 944 SFS

###### From Staff Sergeant:

TSgt Gregory Ally, 924 MXS

TSgt Angie Buenrostro, 47 FS

TSgt Tyler Butts, 414 MXS

TSgt Jon Gause, 924 MXS

TSgt Brian Gerten, 944 CES

TSgt Timothy Skeldon, 924 MXS

TSgt Perla Tapia-Cordero, 69 FS

## BRINGING THE HEAT

944th FIGHTER WING

### Wing PT Challenge "Combat Fitness"

30 April 2016  
1500 @ Base Track  
4-PERSON TEAM  
COED RECOMMENDED  
Sign Up Now!

Who will take the trophy HOME??



POCs: TSgt Goreski, 944SFS, 6-7464  
SSgt Tapia Cordero, 69FS, 6-9771



## Top Three Meeting!!!

Sunday,

May 1, 2016

at

11:30 to 1230

in

Dining Facility



# Goldfein nominated as 21st CSAF



Courtesy photo

By Staff Sgt. Alyssa C. Gibson, Secretary of the Air Force Public Affairs

Defense Secretary Ash Carter announced April 26 that the president has nominated Air Force Vice Chief of Staff Gen. David L. Goldfein to be the 21st chief of staff of the Air Force, succeeding Gen. Mark A. Welsh III, who has served in the position since 2012.

"I'm extremely humbled by the nomination to serve as the Air Force's 21st chief of staff. If confirmed, I pledge to serve our Airmen and their families unwaveringly and honor our remarkable heritage and legacy of integrity, service and excellence," Goldfein said. "I also look forward to joining my fellow service chiefs as a member of the Joint Chiefs of Staff. General Mark and Betty Welsh continue to be exceptional stewards of our service, and Dawn and I are honored to follow in their footsteps."

Goldfein entered the Air Force in June 1983 as a graduate of the U.S. Air Force Academy. He has been assigned to numerous operational, command and staff positions. He currently serves as the vice chief of staff, where he presides over the Air Staff and serves as a member of the Joint Chiefs of Staff Requirements Oversight Council and

Deputy Advisory Working Group. "I am pleased to support the nomination of General David Goldfein as our next chief of staff," said Air Force Secretary Deborah Lee James. "General Goldfein possesses the experience and vision needed to address dynamic global challenges and increasing military demand. He knows how to build and sustain key partnerships, has important warfighting experience, and will exercise the critical judgement required to balance our manpower and resources as we shape tomorrow's Air Force. There is not a better person to lead our Airmen into the next century of airpower dominance."

Prior to his current position, Goldfein was the director of the Joint Staff at the Pentagon in Washington, D.C., where he assisted the chairman of the Joint Chiefs of Staff in fulfilling his responsibilities as the principal military adviser to the president and secretary of defense.

"Dave Goldfein is an Airman who epitomizes warrior leadership, and that's exactly what our Air Force deserves," Welsh said. "He connects deeply with Airmen, he supports their families relentlessly, and he absolutely recognizes the criticality of our service's mission. Most importantly, he and Dawn understand the remarkable privilege they've been afforded in serving the nation."

Goldfein is a command pilot with more than 4,200 flying hours in the T-37 Tweet, T-38 Talon, F-16C/D Fighting Falcon, F-117A Nighthawk, MQ-9 Reaper, and MC-12W. He has flown combat missions in operations Desert Shield, Desert Storm, Allied Force, and Enduring Freedom. Goldfein has received numerous awards for his military service including the Defense Distinguished Service Medal with oak leaf cluster, the Legion of Merit with two oak leaf clusters and the Distinguished Flying Cross with Valor device and oak leaf cluster.

# Warrior of the Month



Photo by Tech. Sgt. Louis Vega Jr.

**Tech. Sgt. Thomas Navarro**, 944th Medical Squadron medical technician

**Time in Service:** 17 years

**Time with the 944th Fighter Wing:** 11 years

**Civilian Job:** Registered Nurse

**Hometown:** Los Angeles

**Hobbies:** Hiking, camping, traveling, playing and writing music, and of course spending time with family.

**Commander's comments:** Tech. Sgt. Navarro has done a lot, he moved an unconscious lady involved in a car accident to a safer distance because her car was on fire preventing further injury. He monitored the lady's vital signs and provided comfort until Emergency Medical personnel arrived.

He assisted in the set-up of the squadron's skills lab that housed medical equipment and supplies valued at \$500,000. He also provided centralized location and real life scenario to more than 50 medical personnel.

As a Nursing Services Education and Training Manager he ensured 50 nursing personnel were 100 percent compliant with Readiness Skills Verification and deployable anywhere/anytime.

**Why did you join the Air Force Reserves?** I was determined to make the Air Force a lifelong career. Unfortunately, I made the difficult decision to leave active duty. Having no desire to walk away, there was no other choice for me but to join the Air Force Reserve. It was a simply decision and one that I am grateful for.

**How does your job support the mission of the 944th Fighter Wing?** As a registered nurse, I bring to the table a higher level of knowledge and hands on experience, that I directly apply to our mission here at the 944FW. The training, mindset and discipline I have acquired in the military has afforded me the experience to approach situations in my civilian career with a greater degree of certainty, perspective and knowledge.

**If you were on a deserted island...?** I would see it as an opportunity to reflect and focus on the most basic elements of survival. Furthermore, I would see it as a challenge to utilize all of the skills I have acquired during my life for the simply goal of returning home to my loved ones.... with hopefully a great story to tell.



# EOD lights fuse on effective training



Story and photo by Staff Sgt. Nestor Cruz, 944th Fighter Wing Public Affairs

A bead of sweat trickles down his cheek as the bomb disposal technician kneels beside the makeshift bomb. With wire cutters ready in his hand, he struggles to decide between cutting the red and blue wires. He takes a deep breath and prepares to diffuse the bomb.

Hollywood has painted a tense and vivid picture of bomb disposal but it pales in comparison to a day in the life of the 944th Civil Engineer Squadron's Explosive Ordnance Disposal flight.

Airmen from the flight travelled to Gila Bend March

12 to conduct proficiency training.

"We go over techniques and procedures as well as general safety during proficiency training," said Master Sgt. Dave Barrett, 944th CES EOD flight chief. "In the real world, we must decide if the situation requires us to diffuse or render safe the device or if com-

plete disposal is in order. With disposal, we use as much explosives as necessary to get rid of the threat."

Gila Bend provides EOD a more favorable training environment than Luke AFB.

"Coming to Gila Bend allows us to conduct deployment operations in a safe environment far from the general populace," said Barrett.

The training is more than simply blowing up stuff.

"It's great exposure for our new Airmen coming to us fresh from technical school," said Master Sgt. Guy Gates, 944th CES EOD flight quality assurance.

Although proficiency training gives EOD Airmen invaluable experience in a learning environment, other challenges and obligations make it difficult to

conduct training more often.

"Our functional manager would like us to have three weekends (apart from our usual Unit Training Assembly weekends) to conduct training, but with our civilian commitments we can only do this on an annual basis, sometimes twice a year," said Barrett. "It's really nice to have these non-UTA weekends and the wing supports us as best they can."

At the end of the day, after the proverbial and literal smoke has cleared, the EOD Airmen take pride in a successful mission.

"Our primary mission is to protect people and property," Barrett said. "When we see how explosives affect our equipment and we figure out how to protect our people from that, then we know we've done our job."

## Innovation Campaign kick-off



From Lt. Gen. James F. Jackson, Air Force Reserve Command commander

Innovation, the word alone conjures up images of famous pioneers including the Wright Brothers, Thomas Edison, Steve Jobs, and Mark Zuckerberg.

The Air Force Reserve is full of innovators, too – and you're probably one of them. Dozens of Citizen Airmen just like you have already shared their ideas for improving the way we do business, and it has saved us time and money.

During my recent Commander's Call at Headquarters Air Force Reserve Command, I unveiled an innovation website -- [www.afrc.af.mil/AboutUs/Innovation.aspx](http://www.afrc.af.mil/AboutUs/Innovation.aspx). This resource will make it easy to share

your innovations with leadership. The site includes tools to submit ideas, discover other innovative Citizen Airmen, and learn about how AFRC will contribute to the future total force mission.

Our Innovation Program aims to capture ideas, implement them smartly, and make them available not only to the Air Force Reserve, but to the entire Air Force and Department of Defense.

The Wright Brothers changed the world in 120 feet. I can't wait to see what you can do!



944TH FIGHTER WING



MISSION:

TRAIN AND PROVIDE COMBAT READY AIRMEN. ANYTIME, ANYWHERE.

VISION:

DEVELOP ELITE INTEGRATED AIRMEN TO ANSWER OUR NATION'S CALL.





# Levitow Award winner eager to lead

By Tech. Sgt. Louis Vega Jr. 944th Fighter Wing, Public Affairs

Taking care of people who accomplish the Air Force mission is key and the number one priority for Tech. Sgt. Scott Jenkins, 924th Maintenance Squadron Aerospace Reclamation and repair crew chief.

Jenkins, won the prestigious John L. Levitow Award after attending the Non-Commissioned Officer's Academy at Sheppard Air Force Base, Texas, from February 16 to March 25 of this year. The award is given to the Airman who excels the most both academically and as a leader during the course.

"I attribute my success to a vested interest in higher learning," said Jenkins. "When I entered the Air Force in 2006, my supervisor expressed the importance of higher learning in regards to my career. Since then, I have accomplished two Community College of the Air Force degrees, a BA in English, and an MA in English, creative writing."

Before joining the 924th MXS in April 2013, Jenkins served as an Aircraft Hydraulics System Specialist and instructor on active duty. He has since cross-trained to the crew chief career field and became an Air Reserve Technician in December of 2013.

"Tech. Sgt. Jenkins sets the standard in what he does daily," said Master Sgt. Matthew Bradford, 924th MXS AR flight chief. "Being just good enough isn't in his nature. He wants to excel, such was the case with him attending NCOA and winning the John Levitow Award, in his class of 153 peers."

Jenkins expressed eagerness to lead and mentor at the flight level. Until then, he continues to learn and practice the skills gained from both the Air Force and his college education to better himself and those around him.

"Leaders must put 'the person' first and people must put 'the mission' first," said Jenkins. "The most important thing to me is people. I hold the mental and physical state of subordinates in high regard. When I was coming up in the Air Force, several supervisors exemplified true leadership; however, a

couple did not. The negative examples of supervisors who disregarded the wellness of subordinates taught me the true power of a leader. I use that experience to ensure no person is ignored or left feeling trapped."



Courtesy photo

Besides his love for aircraft maintenance, Jenkins also has a passion for writing. He has opened a website for his short stories, is working on a novel, and is a blogger and editor leading a team of military writers for 'Maintainer Nation.' These sites have gained a following and provided him the confidence to continue a dream he has had since youth, to become an author. By summer 2016 his first book will be released for sale on Amazon.

# Airman honored with leadership award

By Tech. Sgt. Louis Vega Jr. 944th Fighter Wing Public Affairs

Having an occupation that helps people get a fair shake speaks of the man and the caliber of Airman.

Tech. Sgt. Kent Lane, 944th Logistics Readiness fuels technician and Arizona Department of Transportation Disadvantaged Business Enterprise Supportive Services program manager, was awarded the Rosa Parks Diversity Leadership Award at the annual Women's Transportation Seminar in March.

"The event was an amazing tribute to women in the industry," said Lane. "Receiving the award has been humbling and I'm honored for the symbolism it represents."

The award honors organizations and individuals who are broadening multicultural initiatives and who demonstrate outstanding commitment to the advancement of women and minorities in the workplace.

"I help them compete for federal aid projects by providing tools to improve their business such as; assistance with bonding, access to capital, workshops, conferences, networking events, expos, and matchmaking opportunities," explained Lane. "By providing these services, it helps to improve the capacity of small businesses and increases DBE utilization on federally-funded transportation related projects."

Lane has been employed with the State of Arizona for almost 11 years and the last eight have been with ADOT. He has been a traditional Reservist with the 944 FW for 10 years.

"Kent is a great asset to us here at ADOT's Business Engagement and Compliance Office," said Kimberlay Swanson, ADOT Business Engagement and Compliance Office manager. "He's always willing to go the extra mile for his teammates, and provides outstanding customer service and support to small and disadvantaged businesses across Arizona."

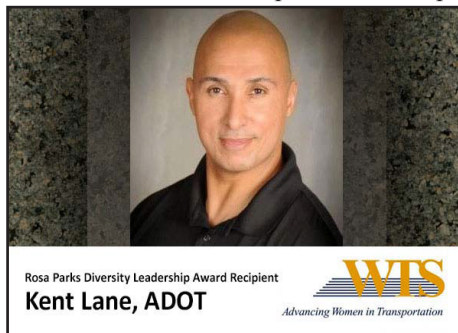
According to Lane, great strides across the board have been made for increased inclusion for diversity initiatives in workplace environments. He expressed the importance of encouraging diversity and inclusion in every spectrum possible, from the military to the private sector of organizations and businesses to also include closing the gap on equal pay for women.

The information of his civilian accomplishment almost went unnoticed which speaks for how humble and modest Lane's character is. A fellow co-worker at ADOT and 944 FW Reservist, Master Sgt. Mayline Wahinepio, 944th Aeromedical Staging Squadron mental health NCOIC, brought the information to his leadership.

"I am amazed by the exceptional leadership he provides in managing his program," said Wahinepio.

This is the second award Lane has won within the last two years from the transportation and contracting community for increasing diversity and assisting small businesses.

Receiving the award is tremendous to me but helping disadvantaged businesses to succeed by advocating for them, means everything to me," said Lane. "I feel a strong sense of camaraderie while working with fellow Reservists on the civilian side. The bond I experience with my civilian counterparts does not compare to that of my fellow 944 LRS team."



Courtesy photo



Tech. Sgt. Tiesha Taylor, 403rd Aeromedical Staging Squadron medical technician, provides medical care to Senior Master Sgt. Katherine Soehnen, 944th Aeromedical Staging Squadron assistant superintendent and simulated patient, during combat medical field training at Luke Air Force Base Auxiliary Field, Ariz. (U.S Air Force photo taken by Tech. Sgt. Louis Vega Jr.)

The SnapShot wants to highlight you and/or your unit. If you would like to submit an idea, article, or photo for the SnapShot, please e-mail [944fw.pa@luke.af.mil](mailto:944fw.pa@luke.af.mil) or call 623-856-5388.



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