

# SnapShot



944th Fighter Wing, Luke Air Force Base, Arizona

September 2016 Newsletter

**BeThere - How you can help**

**Running toward goal**

**Reservist hits USAF F-35 trans-Atlantic milestone**

**Air Force to reduce additional duties**

## 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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Cover Photo: The 944th Fighter Wing Honor Guard perform Aug 6 during a retirement ceremony. (U.S. Air Force photo by Staff Sgt. Nestor Cruz)

Above: Friends, family and Citizen Airmen filled every seat inside Club 56's ballroom August 6, 2016 as Chief Master Sgt. Anthony Harback, 944th Civil Engineer Squadron chief enlisted manager, retired from the Air Force Reserves.

Left: Col. Anne Gunter, Air Force Reserve Command director of manpower, Personnel and Services, affixes the retirement pin on Chief Master Sgt. Anthony Harback, 944th Civil Engineer Squadron chief enlisted manager, during a retirement ceremony Aug. 6, 2016 at Luke Air Force Base, Ariz. Harback's career spans 33 years and includes a nine-year stint on active-duty as an entomology Airman. (U.S. Air Force photos by Staff Sgt. Nestor Cruz)

# Bethere - how you can help

By Col. Kurt Gallegos, 944th Fighter Wing commander

Welcome back! I hope you enjoyed your summer activities, vacations, and quality time with family and friends. It is official; summer is over and the kids are back at school.

September is the end of our fiscal year and our financial team has been extremely busy wrapping up our year-end accounts. As we roll into October we will begin the new fiscal year, as we have the last couple of years, under a Continuing Resolution. One of the impacts on our wing is that the October UTA is later in the month over the weekend of the 15 – 16. In normal 944th manner though, we will push through the challenges in front of us and continue the Air Force mission.

September is Suicide Prevention Month. It's a time to step back and make sure you are taking care of yourself and your fellow Airmen. Suicide is a topic a lot of people shy away from but it is an epidemic in our military that is taking too many lives. The Defense Suicide Prevention office says that, "Every suicide is a tragic loss to our nation and those impacted," and I couldn't agree more! They explain that, "Suicide is the culmination of complex interactions between biological, social, economic, cultural and psychological factors operating at the individual, community and societal levels."

This year the Department of Defense

Suicide Prevention Campaign slogan is BeThere. The goal of the campaign is to encourage you to think about how you can help yourself, your Wingmen, or a Veteran feel less alone. The campaign also emphasizes helping those who are having thoughts of suicide find resources. As Wingmen, we look out for one another and take action when necessary. We need to use our UTA weekends to build and strengthen relationships that will last all year long.

The Air Force Reserve Command is dedicated to Comprehensive Airmen Fitness and creating social and physical conditions conducive to the resilience of AF Reservists across mental, physical, social, and spiritual domains. Here are some tips...

First, it starts with you. Are you showing warning signs? Are you thinking about hurting or killing yourself? Are you seeking access to pills, weapons, or other means of harming yourself? Are you talking or writing about death, dying or suicide? If you answered yes to any of these questions PLEASE contact a friend, family member, commanding officer, health professional, or the Military Crisis Line immediately!

It is also important to seek out professional help if you are experiencing any of these signs of concern:

- Being unable to sleep or oversleeping
- Withdrawing from friends, family or society
- Increasing alcohol or drug use
- Acting recklessly or engaging in risky behavior
- Experiencing excessive rage, anger or desire for revenge
- Having feelings of anxiety, agitation or hopelessness
- Reliving past experiences
- Experiencing dramatic changes in mood
- Feeling hopeless

If you aren't feeling any of the above but you know someone who is have the courage to ask the question. Stay calm and ask them directly; are you thinking of killing yourself? If they are, take care of your wingman. Calmly take control of the situation; do not use force and remember to be safe. Actively listen to show understanding and remove any means that could be used for self-injury. Never leave your buddy alone. Escort them to someone in your chain of command, a chaplain, a behavioral health professional, primary care provider, or call the National Suicide Prevention Lifeline at (800) 273-8255 (TALK).

Remember, there are a lot of tools out there for our use. A great place to find different tools in one location is the wingman tool kit at <http://afrc.wingmantoolkit.org/> which also has a



handy app for your phone. Or if you or someone you know needs to talk to someone and get help right away call the Military Crisis Line at 1-800-273-TALK and press 1 or you can chat online at <http://www.veteranscrisisline.net/ActiveDuty.aspx> with trained counselors who understand what service members and military families are coping with.

Each and every one of you is an important and valued member of our wing. If you ever have trouble your commanders, supervisors, and first sergeants doors are always open to you as is mine.

As always our wing is extremely busy and this weekend will be no exception. Thanks for all you do and continue bringing the heat!

**“Asking for help when you need it takes courage and strength.”**

— Former Secretary of Defense, Chuck Hagel

**BRINGING THE HEAT**

**944 FIGHTER WING**

# Staying mentally healthy

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

This month I'd like to explore the idea of being mentally healthy. Generally, we take our health for granted until we get sick or injured. Recently, I had the bad luck to smash one of my toes. This unfortunate circumstance got me thinking about the difference between physical and mental health. If you smash your toe, sprain your ankle, or break a bone the reason and course of action is obvious. However, if you suffer from a mental health illness it is much harder to identify as the symptoms might not be as obvious as a broken leg or they might be perceived as symptoms of everyday stressors. For myself, the most effective way to judge my mental state is to examine any changes I may have to these 10 tips on staying mentally healthy.

1. Connect with others. Spending time with friends and getting rid of bad influences.
2. Take time to enjoy something. Engage in hobbies or other activities.
3. Participate in shared interests. Join a club or group for something you are interested in.
4. Contribute to your community. Participate in helping others.
5. Take care of yourself. Exercise and eat well.
6. Challenge yourself. Set goals or learn and master a new skill.
7. Deal with stress. Be aware of what triggers stress and how you react. Practice relaxation.
8. Rest and refresh. Get plenty of sleep, practice good sleep habits.
9. Notice the here and now. Notice each of your senses every day, "Be in the moment."
10. Ask for help. You may be surprised how deep your informal support network really is. You will never know if you don't ask. Seek professional help when in doubt. Keep asking until you get help.

There is no such thing as a worry-free or stress-free life. Each one of us will experience bumps and bruises on the road of life. Births, deaths, retirement, and everything in between are all factors that play into the fabric of our lives. Mental health issues can sometimes sneak up on you without you noticing. Take time to really evaluate how you are doing so you can notice changes in yourself and know when to reach out for help. The wing has many resources that each of us can leverage. All you need to do is just ask. For all of our Airmen – be a Wingman. Get to know each other. How many of you can say that you know anything about me?

Keep doing all the great things that you are doing and take care of yourself and each other. Each Airman is singularly important to the overall mission of our great wing. We can always buy another airplane, vehicle, or building. We cannot buy another you! 'Til next time, Chief.



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**C: 907-378-0602**  
**Email: rexf16@hotmail.com**

**FRIDAY, NOVEMBER 4 | VERRADO GOLF CLUB | BUCKEYE, AZ**  
Benefiting the 944th FW Booster Club

**Top Three Meeting!!!**

**Sunday, September 11, 2016**

**at**

**1130 to 1230**

**in the**

**Dining Facility**

# Running toward goal



By Tech. Sgt. Louis Vega Jr., 944th Fighter Wing Public Affairs  
LUKE AIR FORCE BASE, Ariz.-Going the extra mile is nothing new to Citizen Airmen and Staff Sgt. Christian Enriquez, 944th Fighter Wing Detachment 1, F-16 avionics craftsman, thrives on it.

On September 17, Enriquez will be 1 of 10 marathon runners who will be representing the nearly 70,000 Air Force Reservists at the Air Force marathon at Wright Patterson Air Force Base, Ohio.

Almost 100 Citizen Airmen applied for the 20th Air Force Reserve Command Challenge

Team and Enriquez feels fortunate to solidify a spot on this year's team.

"The 944 FW Det. 1 was incredibly supportive and helpful with the application process to become a part of the AFRC race team" he said.

Enriquez is excited about representing AFRC in the marathon, however his main goal for the year is to compete in the Javelina 100, which is a 100 mile race through the desert, set for this October.

"I have been training all summer for the Javelina 100, running about 75 - 80 miles a week," said Enriquez. "However, due to an injury in July, my training was put on hold for about a month and a half. Having recently become healthy again and feeling

stronger than ever, I'm using the upcoming half marathon as a way to gauge my speed and fitness going into the Javelina."

This will be his second time competing in the Air Force half marathon. Enriquez placed 41st overall during the 2014 event.

"I wasn't on the Air Force Major Commands team back then," Enriquez explained. "It was the first race that I had taken seriously since high school and my goal was to run anything under 1:30, so I was ecstatic when I crossed the finish line in 1:27:32."

In preparation for the Javalina Enriquez runs an average of 18 to 20 miles per day and has competed in various half marathons in Tacoma, Washington and Glendale and Phoenix, Arizona throughout the year.

"I'm hoping to run under 1:16 with a top five overall finish," he said.

"I am genuinely excited for Sergeant Enriquez," said Chief Master Sgt. Warren Massey, 944 FW Det. 1 specialist section chief. "This is a unique opportunity to showcase our folks and what we as the 944 FW have to offer. Sergeant Enriquez is just one example that epitomizes the character the 944th personnel uphold on a daily basis."

As a full time student at Northern Arizona University, Enriquez has been a reservist with the 944 FW since 2015. He is currently studying Kinesiology, the scientific study of human movement, with a goal to become a physician's assistant.

"As a reservist we make sacrifices," continued Massey. "Sergeant Enriquez trained on his own time to qualify for this year's team. He is a very talented and motivated individual. He carries this type of dedication with him in his work. I and the rest of the 944th Maintenance team are lucky to serve with such a member."

All Air Force MAJCOMs have teams that represent them in the race. A traveling trophy will be presented to the winning MAJCOM commander at Fall CORONA. The trophy will be awarded based on a point system that factors in both participation and performance in the full and half marathon events.

## September 2016 promotions: Congratulations to the following 944th Fighter Wing promotees

### From Airman:

Airman First Class Andre Duncan, 924 MXS

Airman First Class Libby Wilson, 944 ASTS

### From Airman First Class:

Senior Airman Trevor Cameron, 944 ASTS

Senior Airman Jessica Claybourn, 944 FSS

Senior Airman Ishbel GonzalezAlves, 924 MXS

Senior Airman Michael Miller, 944 FW Det. 1

Senior Airman Jacob Owings, 924 FG Det. 2

### From Senior Airman:

Staff Sgt. Melissa Ayon, 924 MXS

Staff Sgt. Nairi Cornejo, 944 CES

Staff Sgt. Miranda Hamilton, 944 CES

Staff Sgt. Jesus Maldonado, 924 MXS

Staff Sgt. Justin Mason, 924 MXS

Staff Sgt. Peter Mcinnes, 944 CES

Staff Sgt. Jamie Moore, 944 MDS

Staff Sgt. Deanna Radtke, 944 FW

Staff Sgt. Lyndsay Sabanal, 944 ASTS

### From Staff Sergeant:

Tech. Sgt. Tyler Clark, 924 MXS

Tech. Sgt. Suley Kashiwagi, 69 FS

Tech. Sgt. Derek Thostenson, 944 CES

Tech. Sgt. Clinton Tinson, 944 FW Det. 1

### From Technical Sergeant:

Master Sgt. Joseph Murphy, 924 MXS

Master Sgt. Brent Russell, 924 MXS

Master Sgt. Trevor Sehr, 944 CES

## Welcome Home!!

**Tech. Sgt. Fransico Alocer, 944th Security Forces, returned home from Ahmed Al Jaber**  
**Lieutenant Colonel Shawn Ortiz, 944th Operations Group, returned home from Bagram**  
**Lieutenant Colonel Michael Roberson, 69th Fighter Squadron, returned home from Bagram**

# Reservist hits USAF F-35 trans-Atlantic milestone

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

**LUKE AIR FORCE BASE, Ariz.**-A native Arizonan and 944th Fighter Wing Reserve pilot achieved his lifelong goal while also hitting a milestone for the Air Force last month.

Maj. Daniel Daehler, 944th Operations Group Det. 2, F-35 instructor pilot, flew an F-35 Lightning II from Luke Air Force Base, Arizona, to Royal Air Force Fairford, England, making it his first trans-Atlantic flight and the first U.S. Air Force F-35 trans-Atlantic flight.

“Growing up you read about Charles Lindberg crossing the Atlantic and it’s been a cool life goal to do at some point,” said Daehler who transitioned to the F-35 aircraft from the F-16 earlier this year. “I never had the opportunity to make the flight when I flew F-16s, it just never worked out. So getting to make my first trans-Atlantic flight as part of a historic milestone for the Air Force in the F-35 was awesome.”

The historic flight required seven air-refuelings and just over seven and a half hours to complete. “The F-35 is a pretty remarkable aircraft. It has more capabilities, is better able to face today’s threats, can go into contested areas, and the technology is superior. It’s also a decently comfortable cockpit; more room than the F-16, which helps during a long flight.”

The trip to the United Kingdom was in support of the Royal International Air Tattoo at Fairford in southern England. The group from Luke flew three F-35’s to the air show allowing the crowds to witness an aerial performance and were able to get up close to the aircraft with a static display.

Daehler spent most of his time during the air show talking with spectators and answering questions about the F-35.

“There was a lot of interest from the folks attending the air show, a lot of people just coming up to see the jet for the first time,” said Daehler. “Most of the questions I got were about what it’s like to fly and my opinion of the aircraft.”

“I told them what I tell everyone. It’s like a spaceship, it brings a lot more capability,” explained Daehler. “The technology inside is awesome. It’s just years and years ahead of where we are with the F-16.”

The group also spent time before the airshow talking with individuals who had come out to watch the preshow.

When asked what his favorite thing about the trip was Daehler said, “Just the opportu-



*Courtesy photo*

nity to fly the airplane across the Atlantic for this historic event and seeing the views. It’s really remarkable flying up the East coast of the U.S. to Greenland. Greenland was clear both ways, going there and coming back and it’s a surreal life experience seeing Greenland with the mountains jutting out of the water, glaciers, snowcap, and icebergs floating in the water.”

“This trip across the Atlantic is also much more than just attending an airshow,” added Daehler. “It’s an important milestone for the F-35 and its ability to forward-deploy.”

The F-35 is a multi-role, next-generation fighter that combines advanced stealth with speed, agility and a 360-degree view of the battlespace. The F-35 will form the backbone of air combat superiority for decades to come and replace legacy tactical fighter fleets with dominant air-to-air and air-to-ground capabilities to deter and defeat adversaries.

# AF to reduce additional duties

By Mike Martin, Secretary of the Air Force Public Affairs  
**WASHINGTON (AFNS)** -Airmen need more time to focus on their core missions.

Air Force senior leaders said that's the message they received from Airmen and it's the reason they made the decision to reduce additional duties.

In a memorandum to Airmen released Aug. 19, Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Dave Goldfein announced the service has established a task force titled "Airmen's Time," charged with streamlining, and in some cases eliminating, additional duties.

"We have heard your concern and frustration," James and Goldfein said in the memo. "In meeting with Airmen at installations around the globe, we have heard consistently that additional duties assigned at the unit level affect our ability to focus on core missions, which in turn impacts our readiness."

After conducting a review of the duties under the direct control of the Air Force, the task force was able to eliminate, reassign or reduce 29 of 61 specific duties identified under Air Force Instruction 38-206, "Additional Duty Management."

Reassigned duties will be carried out by commander sup-

port staff, which are being re-established over time as a central part of Air Force squadrons, or through other means that do not require Airmen to be pulled away from their core missions.

Over the last several years, the Air Force began adding support manpower to squadrons to help relieve some administrative burdens, but it will take time before most units are able to begin absorbing some of the reassigned additional duties.

For additional duties being transferred to the CSS work center, further action is required to document the workload requirement in manning standards, fund sufficient manpower resources, and accomplish required training to execute these duties.

"Until the new CSS decisions are implemented and CSS manning is healthy, commanders are empowered at all levels to consolidate CSS-assigned duties as appropriate, and discontinue non-critical duties beyond their ability to resource," they said.

Those duties being reduced will no longer universally apply to all units, giving commanders much more flexibility in determining what duties are necessary for their type of unit, thereby reducing the need to train Airmen on functions that aren't needed in a particular unit.

Simultaneous to the revision of the instructions, the inspector general will begin to make updates to inspection checklists to reflect modifications to the AFI. Additionally, beginning this fall, the Air Force will establish a new screening process to review new policies and identify areas creating additional duties for Airmen with the goal of preventing unchecked growth of these functions in the future.

James understands there is more work to be done.

"This, I want to emphasize, will be a first step," James said. "And it's going to be followed up by a review of computer-based training and other ancillary requirements that take up a lot of our Airmen's time."

According to the memo, the service will focus on duties originating in law and Defense Department policy, and emphasize areas where the Air Force can eliminate, consolidate or streamline training requirements that have increased in recent years.

"Our squadron commanders, civilian leaders, superintendents, first sergeants, and Airmen feel firsthand the challenges associated with increased mandatory recurring training, a growing list of additional duties, and the challenge of a "do-it-yourself world," Goldfein said. "It is time to revitalize the squadron as the warfighting core of our Air Force."

The full list of additional duties impacted is available on the 'Reducing the Burden on our Airmen' fact sheet. [http://www.af.mil/Portals/1/documents/SECAF/160819\\_Fact\\_Sheet.pdf?ver=2016-08-19-123457-803](http://www.af.mil/Portals/1/documents/SECAF/160819_Fact_Sheet.pdf?ver=2016-08-19-123457-803)

## 944<sup>TH</sup> WING HONOR GUARD RECRUITMENT



Looking for 4-5 Highly motivated Airmen to grow our Wing Honor Guard team. Request Packets should be turned in by COB OCT UTA. Email TSgt Jackson for more information at: [eric.jackson.29@us.af.mil](mailto:eric.jackson.29@us.af.mil) for more information or questions



### Requirements

- ▶ E-3 to E-4
- ▶ 5 level
- ▶ 3 years retention left on contract
- ▶ No profile restrictions
- ▶ Supervisor and Commander approval
- ▶ Ability to be put on orders to train with Active Duty

### Benefits/Perks

- Branch Esprit de Corps
- Great Bullet/High Visibility
- Community Involvement
- Morale Builder



## Hispanic Heritage Luncheon



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POC: [SSgt Henry J. Perez](#)  
 DSN 896-3148  
 Alt POC: [TSgt Suley Kashiwagi](#)  
 DSN 896-9771/6288

R.S.V.P. by 7 October 2016

Cave Tonitrum

# Maintenance hiring flies over century mark



*By Tech. Sgt. Barbara Plante, 944th Fighter Wing Public Affairs*

**LUKE AIR FORCE BASE, Ariz.-** The 944th Fighter Wing Detachment 1 recently surpassed the century mark, by having well over 100 members assigned to the unit, which is a landmark piece to their development.

As part of the Air Force Reserve 944th Fighter Wing at Luke Air Force Base, Det. 1 stood up as a classic association with the 56 FW in October 2014. Their mission is to train combat-ready Airmen and provide mission ready equipment.

The unit is actively looking to fill many more vacancies. “The growth is accelerating as we currently have over 120 maintainers on the books and are ramping up to go even faster with an end goal of approximately 445 positions in the next couple of years,” said Maj. Karwin Weaver, 944 FW Det. 1 commander. There will be a mix of fulltime Air Reserve Technicians and part-time Traditional Reservists filling those positions.

The Det., which provides maintenance for both F-35 and F-16 aircraft and equipment, will eventually become a group within the 944 FW. The group will include both an Aircraft Maintenance Squadron which will have responsibility for aircraft maintenance and a Maintenance Squadron which will have responsibility for back shop maintenance.

In a classic association the aircraft belong to the active duty,

while the Reserve individuals will provide manpower and work side by side active duty members to maintain the aircraft and equipment.

While discussing the importance of their mission Weaver said, “The 56 FW is a great host, the Maintenance Group has brought our maintainers right into their shops with seamless integration. They have embraced us as part of their strategic visions for the growing mission of Luke AFB.”

For individuals interested in filling fulltime ART maintenance positions, they can put in applications through USAJOBS.com, which is the official website for listing civil service job opportunities with federal agencies. Note: ARTs are full-time civil service civilian employees who are required to serve as a military member of the Air Force Reserve one weekend a month and for a 15 day tour of annual training. On weekend Unit Training Assemblies and during their two-week annual tour of duty, ARTs train with fellow reservists.

For those interested in filling part-time TR maintenance positions they can contact the 944th Recruiting office at 623 856-7429. Note: TR’s serve in the Unit Program, where they are required to report for duty with their parent unit and serve as a military member of the Air Force Reserve one weekend a month and for a 15 day tour of annual training.

# Werewolves get new pack leader

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

**LUKE AIR FORCE BASE, Ariz. --** Lt. Col. Sean Rassas, took command of the 69th Fighter Squadron during a ceremony held here August 5.

Lt. Col. Saxon Yandell relinquished command to Rassas, former assistant director of operations for the 69 FS. The ceremony was presided over by Col. Robert Tofil, 944th Operations Group commander.

Military members, family and friends from both parties were at the well-attended ceremony.

Rassas is a command pilot with more than 2,760 flying hours primarily in the F-16C. Previous assignments include 944th Fighter Wing, chief of safety and 310th Fighter Squadron, Assistant Director of Operations, Luke Air Force Base, Arizona.

“Lt. Col. “Double” Rassas is one of the most experienced pilots we have and has been around here for the better part of a decade,” said Tofil. “You are the perfect choice to be the next 69 FS commander.”

The 944 OG will undergo a transformation in the next few years as the F-16s draw down and the F-35 mission phases in.

“This new fifth generation fighter will lead the Air Force’s air power well into the future,” continued Tofil. “The 69 FS will continue to be on the tip of the spear as F-16 pilot’s transition to the F-35 and Lt. Col. Rassas is the perfect person to lead that evolution.”

“I’d like to thank Col. Gallegos and Col. Tofil for the opportunity and confidence you placed in me by allowing me to command the most experienced F-16 unit in the Air Force,” said Rassas.

As commander, Rassas will oversee the 69 FS, which provides fully qualified, combat ready, Air Force Reserve Command F-16 instructor pilots to support all aspects of 56 FW formal course training, as well as providing support for contingency deployment needs of the Combat Air Forces.

“The men and women that stand in formation before you are a force multiplier,” continued Rassas. “They are the most experienced F-16 instructor pilots in the world. Each with an average of over 2,000 hours of flying time.”

As commander of the 69 FS, Rassas is now responsible for over 60 members of the United States Air Force Reserve’s most experienced F-16 squadron.



# Marijuana and the military

By Bo Joyner

ROBINS AIR FORCE BASE, Ga- As state recreational and medical marijuana laws change throughout the country, Air Force Reserve Command officials remind reservists that any marijuana use or possession by uniformed service members is still illegal under federal law. And the consequences for breaking this law could be career ending.

Air Force Reservists, like their active-duty counterparts, serve under Title 10 of the United States Code and are subject to the provisions of the Controlled Substance Act, which considers marijuana use or possession to be a crime, regardless of state laws.

“Even if a state has legalized medicinal marijuana, it is still illegal to use or possess it under the Controlled Substance Act, 21 U.S.C. 802, as it is a Schedule 1 drug,” said Lt. Col. Michael Roderick, AFRC staff judge advocate, Robins Air Force Base, Georgia. “According to the CSA, Schedule 1 drugs, substances or chemicals are defined as drugs with no currently accepted medical use and a high potential for abuse.”

Currently, recreational marijuana use is legal in four states -- Washington, Oregon, Colorado and Alaska -- and the District of Columbia. Limited medical marijuana use is now legal in 24 states. A number of states have recreational or medical legalization on the ballot this November.

The Department of Defense’s position on drug use

within the services, as stated on the Military OneSource website, is clear: “Drug abuse and dependence are incompatible with readiness, the maintenance of high standards of performance and military discipline. As a result of this position, each of the services conducts a drug testing urinalysis program to deter and detect drug misuse among members and to permit commanders to use the results to separate service members from the military.”

Under AFRC’s drug testing program, more reservists test positive for marijuana than all other illegal drugs combined.

“Marijuana continues to be the drug of choice for Air Force Reservists who test positive during routine urinalysis,” said Dr. Don Jenrette, the command’s Drug Demand Reduction Program manager. “In fact, for AFRC over the past 18 fiscal years, two-thirds of the positive drug test results are for THC, the active ingredient in marijuana.”

Jenrette said all reservists know that marijuana use is illegal while they are in military status, but some may wrongly believe that the laws in their state make marijuana use acceptable when they are not on duty. Reservists who use marijuana while they are away from their military job can still test positive if selected for a drug urinalysis test during a unit training assembly.

Some reservists also believe that having a prescription for medical marijuana protects them if they should test positive.

“Whether or not they have a valid prescription, mari-

juana use is still illegal for military members,” Jenrette said. “Most conditions that would require a prescription for marijuana would be disqualifying for a reservist anyway, but if a reservist is prescribed marijuana by his physician, he or she should refuse it and ask for an alternative.”

Reservists should also be careful if their spouse or other family members use marijuana, even if they use it legally either recreationally or for medicinal purposes. There have been reported cases among other services where the spouse of a service member placed medically prescribed marijuana in their vehicle, only to have it discovered by security forces members on base.

“Even if marijuana possession and limited use has been legalized in your state, military installations are considered federal property,” according to Military OneSource. “If you or a family member is found on an installation in possession of or using marijuana, you will be subject to the federal laws related to marijuana, not the state laws.”

Military OneSource goes on to warn military members against accidental ingestion or exposure.

“If limited possession and use is legal in the state in which you live, the availability of the drug can lead to accidental exposure or ingestion that could cause trouble for your military career,” according to the website. “You can minimize your risk by being aware of your surroundings, being cautious about eating foods in homes where marijuana is present and knowing whether establishments in the community allow recreational use. By remaining vigilant and avoiding establishments permitting recreational use of marijuana, members can help to ensure they do not jeopardize their careers.”

## Suicide Prevention: The Community’s Role in Building Resilience



*From Military One Source*

We all feel overcome by challenging emotions from time to time. Typically, those feelings will pass. But for some, finding a way to move on can seem impossible.

As a community member, family member or close friend, you may be able to recognize signs and changes in your loved one’s behavior, which puts you in a position to offer help. Suicide is never a solution, and those who believe it is need your support to see another way forward.

A sense of belonging is critical to the strength and resilience of each member of a community. In the military, our people are our greatest resource, and our community can make us feel

comfortable, understood and protected.

When people distance themselves from their community, unit or loved ones, their behavior can cause concern. If you see a family member, friend or co-worker in crisis, contact:

The Military Crisis Line (also called the Veterans Crisis Line)

- Call for help: Dial 800-273-8255 and press one
- Text for help: Text 838255
- Click for help: Chat online
- Receive free, confidential support 24/7 for all active-duty, National Guard and reserve members, their families and their friends
- Speak to qualified Veteran Affairs re-

sponders who understand the challenges of military life because many are veterans themselves

These additional resources can also help: The Defense Suicide Prevention Office

- Supports a resilient and ready force
- Encourages crisis counseling
- The “Supporting Military Families in Crisis” guide
- Highlights warning signs and risk factors
- Promotes lifestyle health and resilience programs

You don’t have to do this alone. Your military community can help get you and your loved one through trying times.

# Citizen Airman saves the life of stranger

By Tech. Sgt. Barbara Plante, 944th Fighter Wing Public Affairs

On his way home from a family Fourth of July outing to a baseball game in Tucson, Arizona, Senior Airman Joseph Youngberg, 924th Maintenance Squadron aircraft medicals technology journeyman, became someone's hero.

Due to his willingness to get involved and quick actions, Youngberg, a diplomatic security guard in his civilian career and a Reservist serving with the 924th Fighter Group at Davis-Monthan Air Force Base, saved the life of a complete stranger who was involved in a stabbing incident.

"I was heading home from a baseball game when I saw a man, who appeared to be homeless, standing in the median yelling, 'Please!' As I drove closer I saw the man's clothes were completely soaked in blood, I came to a stop, rolled down my window and asked the man what was going on. He replied that he had been stabbed and was bleeding out," said Youngberg.

Initially Youngberg thought the incident might be a set up for a robbery and was a bit hesitant about the whole situation. However, after further consideration and seeing the stab wound to the man's face he realized he needed to provide help. With his family in the car Youngberg wanted to ensure their

safety and instructed his wife to call the police, get the gun out of the glove compartment, lock the doors and get in the driver's seat. He also instructed his wife if anyone returned with a knife, she was to drive off with the children and leave him there.

As he exited the vehicle Youngberg immediately began to assess the victim. "He had two puncture wounds on his body, one to the left side of his chest just below his heart and another on the right side of his stomach. He also had a slash wound sweeping diagonally across his chest."

On further examination of the victim, Youngberg found a stab wound to his arm and a small stab wound to the leg.

"Most of the blood was coming out of his chest wound. This immediately became my number one priority. I laid the man down on his back and grabbed his shirt and used it to cover the chest wound and the stomach wound. I applied pressure to both wounds and monitored his other wounds."

Youngberg then began collecting information from the victim regarding the individual who stabbed him. He questioned him about the weapon used, how he knew the assailant, what caused the incident and if he knew what direction the attacker had possibly fled.

After 10 minutes of holding pressure on

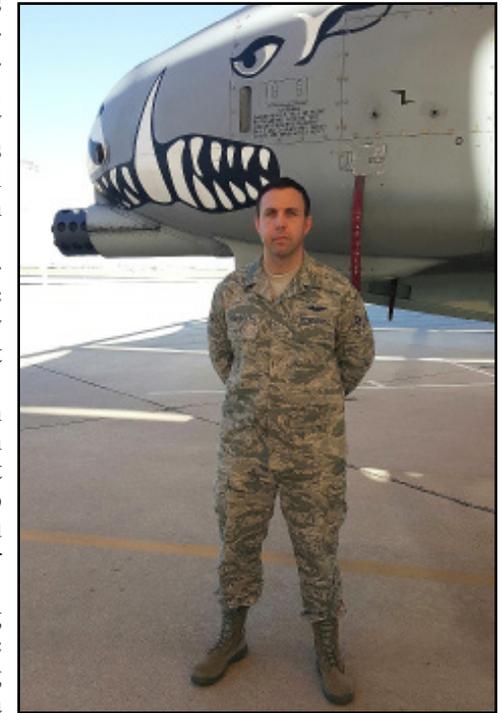
the victim's wounds, the first police officers arrived on the scene and began to take control. One of the officer's approached Youngberg and began discussing what transpired. After the man's wounds were addressed by the officers, Emergency Medical Systems arrived and took over providing medical care, at this point Youngberg had been on scene for over 20 minutes.

Youngberg credits his actions to a combination of experience with other traumatic incidents he has helped with, his military training and the fact that with his current civilian job he is given EMS training.

"My nature is to be calm, there have been at least 12 different incidents in Tucson where I have jumped into action. The first time I was almost in shell shock but after so many times your instinct just kicks in. You learn from each incident and try to do better the next time."

Thinking back on the event and knowing the individual he helped survived a horrific and potentially deadly attack, Youngberg said, "It really made me feel good to have a positive effect, it was really great. I just feel proud that I was able to put a positive light on the negative situation.

"The only thing I might have done different was to have my wife drive away and leave me there. I was worried about them,



Courtesy photo

however when I got back in the car my wife and four-year old daughter told me they had been praying about the event. When you help someone and your kids see it they start learning to help others."

## The summit and the sword

By Staff Sgt. Laruen Snyder, 944th Fighter Wing Public Affairs

Three 944 Fighter Wing Airmen accompanied Chief Rhonda Hudson, 944th Fighter Wing command chief, to an Enlisted Development Summit and co-occurring Order of the Sword ceremony hosted by the Air Force Reserve Command Headquarters at Robins Air Force Base on July 12-13, 2016.

Master Sgt. Joseph Gordo, 944th Aeromedical Stag-

ing Squadron delta flight chief and Senior NCOIC for the Joint Medical Operations Training Initiative, Tech. Sgt. Luis Castro, 414th Maintenance Squadron aircraft structural maintenance craftsman, and Senior Airman Elisabeth Yates 944th Medical Squadron aerospace medical journeyman, were selected to attend the Summit by the wing command chief after being nominated by their commanders and were all excited for the opportunity to travel and experience something new.

The Airmen spent most of their time in briefing gaining insight into Reserves and enlisted issues, and had many opportunities to network and discuss various pertinent Air Force topics.

Yates was particularly appreciative of the Chiefs panel on day one of the two day summit.

"[All the panel members] took questions ranging from the relevance of Enlisted Performance Reports to the changing budget of the Air Force...Continued on next page

# Remembering the fallen

## Luke AFB honors the 15th Anniversary of September 11th, 2001

Photo by Staff Sgt. Lauren Snyder



*Continued from page 10*

with grace and respect,” said Yates. “My question involved how the Numbered AF coordinates with [other] AFSCs across the nation. The answer wasn’t far off from how airmen handle working on programs; with delegation and strong communication. They also [stated the necessity] to balance the needs of the AF without hurting airmen. Their answer stuck with me. It was comforting to know these people struggle with the same kinds of issues we handle every day and that they respond to matters similar to how we do it in our units.”

On the second day, Gordo found the resiliency discussion striking. “An NCO shared her story about suicide and the steps she took in her long road to recovery. I admired her bravery for sharing such a private matter with all of us. The story really hit home as to why we have stand down and resiliency training. I was happy to hear that she had all the resources she needed right here in the Military.”

“You do not see very many people come forward to discuss the serious topic of suicide [with] their own attempt of the act,” added Yates. “This [made] me think about the importance of the work/life balance.”

The summit culminated with an Order of the Sword induction ceremony for Lt. Gen. James Jackson, former AFRC commander.

“The Order of the Sword Ceremony was adopted by Air Force NCOs back in 1967 and is the highest award the enlisted can honor an officer with for outstanding leadership, and contributions,” explained Castro. “We greeted the distinguished guests and formed two lines for Lt. General Jackson and his wife and kids to walk between [while we] cheered them on. The summit and Order of the Sword Ceremony was a great experience. Not only did I get to meet great Airman but also got to be a part of a historical ceremony. It was an honor to be a part of this event with all that attended.”

