SnapShot



3,000 flying hours and 20 years of service Month of the military child Luke Days 2018 Focusing on open doors and new beginnings

944 FW KEY LEADERS

Commander Col. Bryan E. Cook

Vice Commander Col. Robert R. Tofil

W

Command Chief CMSgt. Jeremy N. Malcom

944th Fighter Wing Electronic Monthly SnapShot

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Cover Photo: The U.S. Navy Blue Angels demonstrate the superior maneuverability of the F/A-18 airframe, during aerobatic maneuvers, to the spectators of Luke Days, at Luke Air Force Base, Ariz., March 17, 2018. Luke Days demonstrates the Air Force's continuing progress in building the future of airpower with military and civilian air acts including the U.S. Navy Blue Angels, F-35 and F-22 static displays, science, technology, engineering, and math exhibits, and military operations demonstrations. (Photo by Staff Sgt. Tyler J. Bolken)



Command Commentary _ priority: Readiness Our number one by Col. Bryan Cook, 944th Fighter Force Reserve Command readiness. for outstanding future success. We wel-

Wing commander

D eadiness, Readiness, Readiness. **N**That has been our number one priority since June, and our focus for the last three months. Well... we are ready, and we are going to maintain a state of readiness to meet the wing mission statement and defend our nation. Thanks to all for taking the time to get back into readiness training. The readiness training reemphasized the critical items we have always known, and the pieces that we may have forgotten. I know I garnered a new appreciation for those skill sets that should be "common core" to everyone in the Air Force. I cannot thank everyone enough for the training, but a few folks had a larger stake over the last three months. I want to throw a special shout out to the Logistics Readiness Squadron for organizing the training, the Security Forces Squadron for getting over 400 Airmen through the Combat Arms Training Management range and for the Aeromedical Staging Squadron and Medical Squadron for teaching vital combat lifesaving skills we all need to know. Thank you all for your dedication to the mission and Air

As we move into April, we celebrate the 70th anniversary of the Air Force Reserve Command! Along with celebrating AFRC's 70 years, last month we also celebrated part of the 944th Fighter Wing heritage with another wonderful Tuskegee Airman Commemoration ceremony. It was a great day to have an original Tuskegee Airman lay a wreath in honor of their service and their readiness to fight for a country that did not fight for them. They truly symbolize everything good with the Air Force and our core values. It gives me great pride to be able to look at the red-tailed F-16 every day outside our building to remind us of the great sacrifices that were made for our country and in building the foundation of our Air Force.

Additionally, this month we will say good-bye to the 924th Fighter Group commander, Col. Thomas "Narly" McNurlin. Narly has been the 924 FG commander for three years and has taken the 924th to new heights. He will be a sorely missed officer, leader, and pilot. His contributions will be felt for many years as he has worked tirelessly to set the 924th up

come Col. Brian "Slip" Cusson as the new 924th commander, and I could not be more excited. We also welcome Col. Miguel Pirelacruz as the new 944 MDS commander. Col. Pirelacruz has been with us for quite a while and he has honorably answered our call to take on a new challenge. As well as Maj. Enrique Navarro, the new 944th Maintenance Squadron commander. This is an exciting time for the 944th with three new commanders to lead us into the future.

Lastly, I want to put a word in about Officer and Enlisted development plans (ODP/EDP). There's a lot of miss-information about what the ODP/EDP does and what it is used for. By filling out your ODP/EDP you provide senior leadership a glimpse into your experience and desires for your AFR career. It is an opportunity to put on paper your desires and goals and inform your senior leadership team on the opportunities that you would like to take advantage of. This helps the team try to place you into positions and places that best fit you, your family, and your career. This is not just for full-timers, most importantly, it is for tradition-



al reservists. So if you are in the unique position to have the opportunity to fill out an ODP/EDP, please help us guide you to your future, and in helping you achieve your goals. Like the commercial says; there's no obligation after you fill it out, you will not be moved based on your ODP/EDP.

I appreciate all that you continue to do in these difficult times. We have financial difficulties, many of our Airmen are deployed, we are shorthanded and to top it off, all our buildings are torn apart. Amongst all these challenges, we continue to lead the way to being ready, developing our Airmen to be the best, and continue to honor our heritage. I'll see you around campus and keep' "Bringing the Heat!" -Op

First Sergeants are the backbone of our squadrons

By Chief Master Sgt. Jeremy Malcom, 944th Fighter Wing command chief

Tf you have ever wondered what a First Sergeant does or how to become one, please start asking questions. First Sergeants are the backbone of our squadrons! They do a lot of the heavy lifting with regards to personnel assistance, family advocacy and overall moral of our organizations. They work tirelessly to make sure you are all taken care of, no matter how long it takes. I say it that way because all 11 of our First Sergeants are Traditional Reservists. They all have demanding full time jobs during the week, but that does not stop them from taking those urgent phone

calls at all hours of the day and night. They are on call 24/7 and do it with a smile on their face. Each one of them are passionate about the Airmen in their squadrons and do everything possible to meet their needs. They have a great network with each other and their active duty counterparts to get the answers and help needed as fast as possible.

As the Command Chief, my job is to help support this group of exceptional Airmen. The knowledge and tools they are given during their First Sergeant Academy and training with their peers translate into amazing opportunities for career progression. Many of the First Sergeants in the Air Force Reserve go on to become

Group Chiefs and Command Chiefs.

We have a great "Under Shirt" program where you can shadow current First Sergeants for a period of time to see if that career path is for you. Again, if you have any interest in taking care of your fellow Airmen and taking your career to the next level please ask your "Shirt" how to get involved.



.Wing Spolight.

WARRIORS OF THE MONTH

(photo by Tech Sgt. Michael Lahrman)



NORTH



Rank/Name: SrA Eric Ruiz Castro
Duty Title: Squadron Aviation Resource Management (SARM) Technician
Time in Service: 3 years and 7 months
Time with the 944th Fighter: 3 years and 7 months
Civilian Job: Emergency Management Technician (EMT)
Hometown: Camp Verde, AZ
Hobbies: Fishing, hunting, and working out
Home-life: Proud father of my 3-year old daughter
Leadership/Supervisor's comments (MSgt Adam Raley):
Ruiz Castro is an integral part of the 69th Fighter Squadron and 944th Operations

Ruiz Castro is an integral part of the 69th Fighter Squadron and 944th Operations Group. There is nothing he cannot do. He encompasses what every leader in the military looks for. He is adaptable and dynamic when it comes to any task given and is constantly requested by our active duty counterparts; the consummate professional and Total Force Enterprise ambassador. He is personally credited for the F-16 and F-35 being piloted by 944 Fighter Wing aircrew.

Why did you join the Air Force Reserves?

I joined the Air Force Reserves because I wanted to be part of something that could develop me into a better person.

How does your job support the mission of the 944th Fighter Wing?

I directly support the flying mission, both for active associate and classic associate units. I ensure that each and every Airman that operates an aircraft is physically, mentally, and professionally qualified. I communicate with pilots during airborne operations.

If you were on a deserted island.....?

I would happily live there, surfing and fishing for the rest of my life.

Rank/Name: SrA Karen Champlain Duty Title: Command Support Staff Time in Service: 5 Years Time with the 944th Fighter: 3 years Civilian Job: Family Manager Hometown: Fresno, CA Hobbies: Camping hiking and ballet

Hometown: Fresno, CA *Hobbies:* Camping, hiking, and ballet *Home-life:* I've been married for 14 years. I have two daughters, 13 and 11 year-old. We have a dog and a cat. My life right revolves around my kids, we never stop between ballet and tennis. When we are not doing sports or dancing, we try to find a new trail or national parks to explore. I love going to the movies, shopping, and just being together as a family.

Why did you join the Air Force Reserves? The military has always been a big part of my life. I missed being a part of the military family. I needed something that would still allow me to be there for my children as well. With the Reserves I have that flexibility and best of both worlds. My family is my biggest support system. I couldn't do it without them.

If you were on a deserted island.....? I am very sociable person so for me that would be a challenge. I would probably start by finding shelter, kind of like the Swiss Family Robinson.

3,000 flight hours and 20 years of service

Story by Staff Sgt. Lausanne Kinder, 944th Fighter Wing

A lthough there was the deafening sound of an F-16 taxiing from a few feet away, the excited faces of family and fellow colleagues could not be contained.

Lt. Col. Ryan Savageau, 944th Operations Group deputy commander, landed here Feb. 27, after surpassing 3,000 hours in an F-16 over the span of 20 years of service in the United States Air Force.

"I'm just a pilot who's been lucky enough to fly F-16s my entire career," said Savageau, who first completed 1,000 hours while on active duty here in 2005, and 2,000 hours while deployed to Afghanistan in 2011.

According to www.f-16.net, there are less than 300 F-16 pilots from around the world who have completed 3,000 flying hours.

"When any of us reach a milestone like this, it is really just a testament to our outstanding aircraft maintainers who do miraculous things with these 30 year-old fighter aircraft," said Savageau. "I am always in awe of how great our maintainers are. All the credit goes to them."

Savageau's first F-16 flight was in April 2,000. His last flight will be later this year when he plans to retire.

(Photos by Maj. Elizabeth Magnusson)





Wing News -





It's easy to remember the sacrifices our military and civilian members make, but the ones we all too often have to leave behind during missions also deserve to be recognized. During the month of April, we celebrate our our smallest supporters and our biggest fans.



Meet the kids



(Top) Piper, 13, & Chloe, 12 (Bottom) Seth, 9, & Harper, 3

Dad: Lt Col Cedric Finnen, 944 LRS



Brenden, 9, wants to be an astronaut. Loves basketball & gymnastics

Mom: TSgt Perla Tapia, 69 FS



hygenist. Loves sports & pandas

Mom: TSgt Denise Willhite, 944 MXG



Roman, 8, wants to be an actor Sophia, 6, wants to an astronaut

S

Dad: Maj Peter Cosette, 944 OG



(Top) McKinley, 7 mo. & Jaxtyn, 4 (Bottom) Jace, 6, & Jaxon, 11

Dad: SSgt Tyler Bolken, 944 FW



Asia, 2, loves mac & cheese, hot dogs, music, dancing, and movies

Mom: Michelle Sullivan, 944 FW



Hannah, 6 mo., loves to laugh, blow bubbles, & snuggles with mom & dad



Sammy, 18, wants to be a sports agent and design sneakers for Nike

(Photos from left to right) Spectators watch a wall of wire ordinance display during an A-10 Thunderbolt demonstration during Luke Days at Luke Air Force Base, Ariz., March 18. Luke Days demonstrates the capabilities of modern military and civilian airpower through the display of more than 30 live air and ground demonstrations and static exhibits. (Photo by Staff Sgt. Tyler J. Bolken)

The U.S. Air Force Academy "Wings of Blue" parachute team demonstrate precision landing techniques during a performance jump to commence the Luke Days opening ceremonies, March 17. Luke Days demonstrates the Air Force's continuing progress in building the future of airpower with military and civilian air acts including the U.S. Navy Blue Angels, F-35 and F-22 static displays, science, technology, engineering, and math exhibits, and military operations demonstrations. (Photo by Staff Sgt. Chris Moore)

The U.S. Navy Blue Angels demonstrate the superior maneuverability of the F/A-18 airframe, during aerobatic maneuvers, to the spectators of Luke Days, March 17. (Photo by Staff Sgt. Tyler J. Bolken)

The Heritage Flight, comprising of the P-51 Mustang, A-10 Thunderbolt, F-35 Lightning II, and F-22 Raptor, flies over during Luke Days at Luke Air Force Base, Ariz., March 18, 2018. (Photo by Staff Sgt. Tyler J. Bolken)





Luke Days, 2018







Focusing on open doors and new beginnings

Story and photo by Senior Airman Alexandria Slade, 944th Fighter Wing

S ince her diagnosis with multiple myeloma in 2014, Kimberly Branche, 944th Fighter Wing human resource technician, has used her experience to recognize and act on new opportunities while helping other cancer survivors shift toward the positive possibilities in their own lives.

Three years later, Branche is still fighting her cancer in every way possible, but due to personal circumstances, has yet to start treatment for her illness.

"I've become a lot more aware of what I'm putting into my body and I've even started my own company of all natural cosmetics to help others do the same," said Branche. "Despite the obstacles I've encountered with my treatment, I'm not focusing on the closed doors, but the ones I can open."

Branche has also been networking with other cancer survivors to trade knowledge, resources and encouragement to never give up. One of the best ways Branche has found to connect is through sharing her experience. Recently, she shared her story during a local show, 'Survivors Take A Real Stage,' where she spoke about how her diagnosis has pushed her to make the most of her gifts and her time.

"When you have cancer, it's so much easier to go to someone else who can relate than to feel like you're consistently worrying your family and friends," said Branche. "I wasn't even sure I could connect with fellow survivors, because I haven't had treatment and I still have cancer, but I'm still

here. Despite being in between, I was encouraged to share my unique story, so my focus with this seminar and sharing is to inspire others struggling with their own illness. That there's healing to be found in moving forward."

Branche's efforts to create a wellness movement reaches beyond fellow survivors and into her work in the military community.

"Not only has my job in the Air Force helped me to have the flexibility I need physically, but it's given me a platform to host annual Department of Defense bone marrow drives," she said. "It's been a supportive work environment that I'm grateful for."

For more information about the marrow donor program, visit www.salutetolife.org.

(Background photo by Andrea U. Kinder)

Nutrition during and after a workout

By Capt. Kevin Watanabe, 944th Medical Squadron

Pre-workout nutrition is important to fuel your body before exercise, but you also need to consider how you refuel your body during and after a workout. Read below for some quick tips on timing your nutrition during and after exercise.

- During your workout: Stay hydrated. Water is all your need if you are working out for an hour or less. If you sweat a lot or work out longer than an hour, you may benefit from a sports drink to replace your lost electrolytes. Easily digested carbohydrates from sports drinks or fruit can help to fuel your body during long workouts.
- Within one hour after your workout: Your body uses stored energy (glycogen) during a workout. Immediately after a workout, your body will want to replenish that energy and rebuild muscle. A mix of carbo-hydrates and protein is best—think low-fat chocolate milk or a fruit smoothie made with yogurt. A PB&J sandwich or a granola bar with nuts can also provide a good mix of carbohydrates and protein. Limit fat in your post-workout snack.
- Two to three hours after your workout: Eat a well-balanced meal. Again, the focus should be on protein and carbohydrates to refuel and build muscle, but now is a good time to add in vegetables and healthy fats. Drink plenty of fluids to replace your water lost from exercise.
- 24 hours after your workout: Your body is still in a catabolic (muscle building) state well after a workout, so treat it well. Make sure you rest, rehydrate, and don't skip meals to ensure you get the most out of your workout.

Reporting outside of the chain of command

SEXUAL ASSAULT PREVENTION AND RESPONSE

- Victims can file a restricted or unrestricted report by signing a DD Form 2910 with their SARC or SAPR VA.
- A restricted report initiates confidential victim support without law enforcement investigation or command involvement.
- An unrestricted report initiates victim support, law enforcement investigation, and command support.
- If an alleged offender is the commander or in the chain of command, the victim, with the support from the SARC or SAPR VA, can go outside the chain of command to report the sexual assault.
 - The victim can:
 - Report to the next senior commanding officer
 - Report to commanders outside the chain of command
 - Contact Office of Special Investigations (OSI)
 - Contact an Inspector General (IG)
 - Talk to a SVC or Legal Assistance Attorney
 - Call the DoD Safe Helpline.
- If a victim decides to reports to the next senior commanding officer, report outside of the chain-of- command, or report to OSI or IG, the report will be unrestricted and, in most instances, a law enforcement investigation will be initiated.
 - The victim can still file an unrestricted report to receive victim advocacy services as well as support from the chain of command.

SAPR servies are available 24/7, for all locations including deployed locations. The Luke Air Force Base Sexual Assault Response Coordinator (SARC) can be reached at 623-856-4878 Ms. Evelyn mobile: 623-363-6590 or Ms. Latice mobile: 623-229-3691 SAPR Taking Points



Wing News -

Readiness

From Dr. Julie Reese, 944th Fighter Wing director of psychological health

As you continually prepare for readiness, it is important to recognize that this encompasses several realms of your life. While readiness training prepares you to answer the call at a moment's notice, you must ensure your mental, emotional and physical readiness are also ready. Taking care of your mind, emotions and body means that you are sleeping and eating well, communicating with your family and friends, engaging in physical activity, and living a healthy lifestyle in all that you do.

Find that space within yourself that remains steady and flexible, aware and alert, and capable. This will assist you in being in charge of your mind, emotions and physical well-being at all times. Stay focused on readiness and all this encompasses. Your successes as an Airman and as an individual will be exponential.

"Not being tense but ready. Not thinking but not dreaming. Not being set but flexible. Liberation from the uneasy sense of confinement. It is being wholly and quitely alive, aware and alert, ready for whatever may come." Bruce Lee

Outdoor safety tips for Spring

from Master Sgt. Richard Teets, 944th Fighter Wing Ocupational Safety Manager

It looks like winter is finally coming to an end in most parts of the country. If the warmer weather means you will be directing workers to get outside, clear winter debris, and get your facility ready for spring, make sure they do it safely.

Here are some safety tips for outside hazards, machinery, insects, heat, and more:

- Wear safety gear, sturdy shoes, and long pants when using lawn mowers and other machinery.
- Make sure equipment is working properly.
- Keep an eye on the thermometer and take precautions in the heat.
- Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades. Use sunscreen with an SPF of 15 or higher.
- When working in hot weather, remind workers to drink plenty of liquids, but not those that contain alcohol or large amounts of sugar, as they can cause you to lose body fluid.
- Pay attention to signs of heat-related illness, including high body temperature, headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness.

Remember if you hire a contractor for landscaping or other outdoor maintenance, it is important to inquire about the company's safety record and make sure they train and require employees to follow safe work practices. They may not be on your payroll, but if a contract worker is injured at your facility, OSHA can cite and fine not only the contractor, but the host employer as well.



Use these buttons when sending an e-mail to protect our wing's critical information.



Customer Support Corner



You can quickly get some important documents for your next loan without any trips or long lines!

Looking at a VA Home Loan?

 Go to myPers at https://mypers.af.mil/app/home or through the AF Portal, Click under "I would Like To…" 'Access the vPC Dashboard' then click the 'Action Requests' tab and you will see a link on the left side to 'Request a VA Home Loan Letter'

Need to verify your service?

- Go to vMPF through AFPC Secure or the AF Portal. Click on 'Self-Service Actions' 'Personal Data' then 'Proof Of Service Letter'
- Photo copies of your common access card (CAC) is against Air Force regulations.

To contact the Customer Support Office please email 944fss.fsmps@us.af.mil or call 623-856-5358. We are temporarily located in building 993, room 25.

CUSTOMER SUPPORT

Airman & Family Readiness Center

Check out these resources that are available to your children as a military child:

Military Child Education Coalition (MCEC)

• The MCEC is a 501(c)(3) nonprofit organization that solely exists to help the military child thrive on the face of transition and separation. The MCEC provides a number a number of programs, services, and professional development to meet the needs of military-connected students, parents, and professionals. Visit their website http://www.militarychild.org/ for more information.

Teen Leadership Summit

- June 17 22, Dahlonega, Georgia Application deadline: May 5 at 5 p.m.
- This 6-day, 5-night experience offers teens an opportunity to grow and develop not only in their own leadership abilities, but also as a reserve component military youth. Reserve component teens will experience high adventure elements including a climbing wall, rappelling down a rock-face, whitewater rafting, and other high-rope elements. Teens will have the opportunity to meet other military youth from around the globe and share experiences while making new friends. The objective of this summit is to introduce military teens to not only their parent's military service branch, but also to the growing joint nature of their work. Visit their website http:// www.georgia4h.org/jointreservesummit/ for more information.

FREE Military Parent-Teen Camps

- https://fcs-hes.ca.uky.edu/content/military-teen-adventure-camps
- The University of Kentucky Family and Consumer Sciences Extension is offering FREE camps for military parents and their teenage children ages 14-18 to attend together.

National Military Family Association

- http://www.militaryfamily.org/kids-operation-purple/
- Programs include Operation Purple Camp, Operation Purple Family Retreats and Operation Purple Healing Adventures. Also offers Military Spouse Scholarships.

Jessica Maldonado, 944th Fighter Wing A&FRC Director Office: 623-856-6683 • Mobile: 602-705-6828 • Email: jessica.maldonado.7@us.af.mil

Honorary Commander Spotlight

ANDREW SIEGEL 944th Fighter Wing Honorary Commander

Full Name: Andrew Siegel
Commander assigned to: Chief Master Sergeant Jeremy Malcom
Place of business: Wells Fargo
Duty title: Financial Advisor/Senior Vice President
City where you reside: Scottsdale, Ariz.
Where you were born/grew up: Chagrin Falls, Ohio
Family: Sons; Drew Siegel and Jake Siegel

A little about Andy in his own words:

I grew up in rural northeast Ohio. I have been in Arizona for 25 years. I play as much golf as I can and I like to mountain bike often. I love spending times with my kids, my eldest son just had a daughter. In the fall and spring, I travel around the country watching my son play lacrosse for the University of Colorado... Go Buffs!

I've been a financial advisor for 27 years. I manage money for a number of families in Arizona, California, New Mexico, Ohio, and Minnesota. Wells Fargo is the largest employers in Arizona. Wells Fargo is also very charitably involved and active in our state.

More from our Honorary Commander...

I love getting to know the enlisted personnel and try to help them whenever possible. I try to get businesses locally to understand the mission of Luke Air Force Base. I am happy to help in any way possible. Thanks for the opportunity.



What is an Honorary Commander?

An Honorary commander is a member of the local community who is assigned to each of the 944th Fighter Wing's five groups, 11 squadrons, wing commander, vice commander, and command chief. The program provides a great community outreach program and the abilitiy to foster relationships between local and civic business leaders. For more information, contact the 944th Fighter Wing Public Affairs Office at 623-856-5388.

IMPORTANT Phone Numbers

WING COMMAND SECTION

623-856-0944

WING SAFETY 623-856-5361 CHAPLAIN 623-856-5303 Command Post 62 3-8 56-5600 Equal Opportunity

EQUAL UPPORTUNIT 623-856-5560

FINANCIAL MANAGEMENT 623-856-5716

INSPECTOR GENERAL 623-856-6682

PUBLIC AFFAIRS 623-856-5388

STAFF JUDGE ADVOCATE 623-856-5333

RESERVE RECRUITING 623-856-5339

CUSTOMER SERVICES (IDS) 623-856-5358

> T RAINING / E DUCATION 623-856-5318

Family Readiness 623-856-8324

> HELP DESK 623-856-8024

SEXUAL ASSAULT HOTLINE (24/7) 623-856-4878

> WING KEY SPOUSE MENTOR 515-988-7951

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255

UPCOMING Events

APRIL 28 Deployment Event:

Wing News

- For families of deployed members
- More information contact Airman & Family Readiness: 623-856-8324

MAY 28 - SEP. 3

Blue Star Museums

- Free admission to active duty, guard, reserve military members and their families Memorial Day through Labor day.
- For a list of museums participating in 2018, visit: https://www.arts.gov/national/blue-star-museums

Visit our website:

http://www.944fw.afrc.af.mil to keep up-to-date on the wing happenings!

MAY 6 944 MXG Family Fiesta

- 11:30 a.m. to 4 p.m.
- Location: Fowler Park

MAY 6 Speed Mentoring

- Noon to 2 p.m.
- Location: Heat Seeker





Air Force Reserve Command Personnel and Administration Career Field Managers along with multiple Wing Functional Managers and Commander Support Staff members from around AFRC pose for a photo in front of an F-16 at Luke Air Force Base, Feb. 23. The members were here conducting a CSS operations working group. (Photo by Staff Sgt. Lausanne Kinder)