

SnapShot

944th Fighter Wing
Luke Air Force Base, Arizona
October 2018 Newsletter



Setting A-10 history
The 414th FG visits Luke AFB
From small town to touring internationally with the F-35
Civic Leader Tour: Getting the job done

944 FW KEY LEADERS

Commander

Col. Bryan E. Cook

Vice Commander

Col. Robert R. Tofil

Command Chief

CMSgt. Jeremy N. Malcom

944th Fighter Wing Electronic Monthly SnapShot

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Bringing the Heat

October 2018

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Cover photo: U.S. Air Force Lt. Col. Robin T. Sandifer, 47th Fighter Squadron A-10 Thunderbolt II instructor pilot, poses with the 5,000 flight hours milestone patch in front of an A-10 at Davis-Monthan Air Force Base, Ariz., Sept. 21, 2018. Sandifer reached this milestone after flying the A-10 for the last 29 years. (U.S. Air Force photo by Airman 1st Class Kristine Legate)



Home Life

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

As we excitedly welcome home many of you from recent deployments, we know that settling back in to typical home life can require some creative navigation. Switching hats at the front door can be difficult as you reintegrate into the normalcy of your family dynamic. Not only is this challenging for you at times, spouses and children can also experience difficulties with transitioning.

Most importantly, take good care of yourself! Resting, breathing, and tackling one task at a time is essential to reducing overload. Enjoy each moment with the family and be a good listener. Communication will be a powerful support during these times, whether to your spouse, a friend, a peer, and/or a professional. Please know your Air Force family is here for you!



Readiness, combat, & fun

By Col. Bryan Cook, 944th Fighter Wing commander

Welcome to the October Unit Training Assembly and the start of the a new fiscal year! Every October brings challenges for the Wing in executing our mission. The good news, for the first time in 10 years the Air Force has a budget to start off the year. This month we also get to celebrate a number of other things including our welcome home party, promoting nine of nine STEP II candidates, and changes in uniforms and squadron designations.

First and foremost, we will kick off with our much anticipated welcome home party. We finally get to say thank you to our deployers and their families for their service and sacrifice. A year ago, we were training, planning and getting ready to deploy, as well as getting the rest of the Wing “ready.” I’m proud to say that not only did we meet the AF objectives for readiness, we deployed over 200 of our Airmen to

locations all over the world. Most importantly, we brought everyone home safely with accolades from every location on the job that we accomplished. We are truly proud of the 944th Fighter Wing and what we bring to the fight.

In the coming months you are going to see quite a few changes across the AF. The first, I’m sure everyone is anxiously awaiting; the new uniforms, or OCPs. The new uniforms are going to mean a much improved quality of life for day-to-day operations. The uniforms will allow us to celebrate our identity as well.

Our identity as the Air Force Reserve and the 944th FW is extremely important to not only our heritage, but also for recruiting and retention. Part of revitalizing the squadron is to understand what it is to be in the AFR, the 944th, and your squadron. We need the general populace as well as our RegAF partners

to understand who we are, what we do, and what benefits we bring to not only the AF but to the American people.

I tell our newcomers every month; if you have a willingness and a desire to serve, we’ll figure out how to continue your service in one way or another. It may not be with the 944th, but it’s more important that you get to continue to serve. This is part of our identity, and who we are.

Another change you will see is that we will no longer be calling squadrons “Agile Combat Support” or ACS. The AF is going to adopt the same verbiage as our sister services to eliminate confusion during joint operations. We are a joint fighting force, so we need to start looking and sounding like one. All squadrons will now be considered one of three: Combat, Combat Support, or Combat Service Support.

The key to this—every squadron has



“combat” listed first, which means readiness. Although our deployment cycle may be over, I need everyone ready. That means concentrating our UTA’s on doing those things that make us proficient at executing the mission. There will be more to follow on this in the near future.

Congratulations to our newest promotees, including our nine new STEP II promotees! It is the first time I’ve seen a Wing get everyone promoted, and it is a true testament to the outstanding dedicated Airmen we have in the 944th. I am extremely proud of what we bring to the fight in the 944th, have a great weekend and keep “Bringin’ the Heat!”

Accountability in our “disciplined and lethal” force

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

Over the past year we have all heard Secretary of Defense James Mattis talk about the many things that are linked directly to Readiness. He began the year talking about “deploy or get out,” an initiative to focus our force on being prepared to deploy if called upon. This was directed at ensuring the burden of deploying was better spread throughout the force and not just the same people going downrange over and over again. Within eight months, the number of undeployable military members has dropped by more

than 100,000.

In August, the SECDEF again addressed readiness with his memo on Discipline and Lethality. He referred to General Washington’s defeat of Great Britain with an outmanned and outgunned “disciplined” force. The battlefield domain may be different these days, however the need to maintain a disciplined force remains imperative. “Discipline is a competitive-edge we must seek and maintain each day if we are to keep America safe from its enemies.”

He also talks about the enforcement of standards being a critical component of making our force more

lethal. In keeping with that idea, we have tried to ensure that standards within our wing are upheld and failure to meet those standards are met with accountability. I urge you to do your part in making sure our folks are trained properly and held accountable to do their jobs.

Readiness is one of our top priorities in the 944th Fighter Wing. We will continue to focus our efforts on ensuring we have a “disciplined and lethal” force, ready to defend our nation when called upon. Thank you for your help in ensuring our efforts toward readiness are a success.

September & October 2018 enlisted promotions:

Congratulations everyone!

From Airman Basic:

Amn Daro D. Vilalay, 944th AMXS

Amn Brenda L. Ortiz, 944th MXS

From Airman:

A1C Evan T. Silver, 414th MXS

A1C Scott A. Poulsen, 944th AMXS

From Airman 1st Class:

SrA Luis A. Rico, 944th CES

From Senior Airman:

Staff Sgt. Willie Z. Pearson, 414th MXS

Staff Sgt. Torriane D. Upshaw, 47th FS

Staff Sgt. Matthew T. Pope, 924th AMXS

Staff Sgt. Tyler J. Watson, 924th MXS

Staff Sgt. Joseph C. Youngberg, 924th MXS

Staff Sgt. Ricky Youngbloodfield, 924th MXS

Staff Sgt. Benjamin F. Ernst, 924th MXS

Staff Sgt. Noelia A. Parraz, 924th MXS

Staff Sgt. Brian M. Wesolowski, 924th MXS

Staff Sgt. Philip P. Qin, 944th CES

Staff Sgt. Shane R. Molina, 944th CES

Staff Sgt. Courtney R. Halsey, 944th CES

Staff Sgt. Brady L. Hesseltine, 944th LRS

From Staff Sergeant:

Tech. Sgt. Melissa C. Ayon, 924th AMXS

Tech. Sgt. Janine Phillips Ennis, 944th ASTS

Tech. Sgt. Cody R. Stapp, 944th AMXS

Tech. Sgt. Joseph W. Ralston, 944th AMXS

Tech. Sgt. James J. Jr. Luna, 944th FSS

Tech. Sgt. Joshua T. Oberheu, 944th LRS

Tech. Sgt. Jeffrey D. Kelnberger, 944th MXS

Tech. Sgt. Travis N. Thomas, 944th MDS

Tech. Sgt. Patrick G. Francia, 944th MDS

From Technical Sergeant:

MSgt. Luis A. Jr. Castro, 414th MXS

MSgt. Richard P. Baca, 924th AMXS

MSgt. Joseph L. Neveu, 924th MXS

MSgt. David M. Hart, 924th MXS

MSgt. Justin Sanderson, 944th ASTS

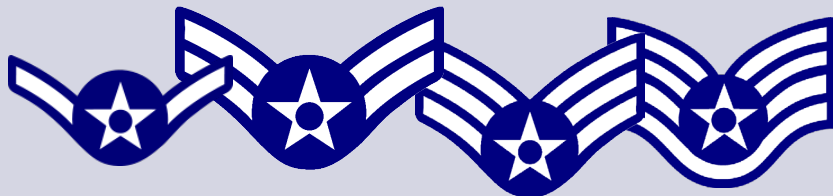
MSgt. Christopher L. Straub, 944th AMXS

MSgt. Julie P. McBroom, 944th LRS

From Master Sergeant:

SMSgt. Joseph C. Florio, 924th MXS

SMSgt. Michael L. Kuehler, 944th AMXS



Setting A-10 history

Story and photos by Tech. Sgt. Courtney Richardson, 944th Fighter Wing Public Affairs

Davis-Monthan Air Force Base, Ariz.-- Making it through pilot training is a huge accomplishment but what is there to look forward to after that? One pilot hit a milestone that few can claim.

Lt. Col. Robin "PB" Sandifer, a A-10C Thunderbolt II instructor pilot from the 47th Fighter Squadron reached the milestone of flying 5,000 hours September 21.

"There are lots of challenges that a pilot must face in order to get 4000 hours, let alone 5000," said Lt. Col. Abel Ramos, 47th Fighter Squadron commander. "To put this into perspective, our student pilots will usually graduate with only 80-90 hours in the A-10 after a six-month period. As A-10 pilots, our average sortie duration is only 1.75 hours to 2 hours."

For Sandifer to obtain the 5,000 hours he has to have flown roughly 2,500 sorties.

"PB has been a flying workhorse for over 30 plus years," Ramos said, "You don't get to 5000 hours without putting in long days and flying every opportunity that you get."

Sandifer is proud to say that he has had no breaks in service and has never gone more than a month without a flight.

While that in itself is a feat, earning this title put Sandifer in a very special group of pilots.

"What is most impressive is the fact that "PB", Sandifer, was able to achieve 5000 hours in a single aircraft type," Ramos said. "It's so difficult, that only five A-10 pilots have ever achieved this milestone in the history of the mighty Hawg and only two of them are still flying today."

Sandifer has learned a lot and loved every hour of flying in the A-10 Thunderbolt II.

"It's great flying single seat because you have to rely completely on yourself and there is no division of responsibility to operate the aircraft," Sandifer

said. "You have sole responsibility for its safe operation and weapons employment and that's makes you 100 percent responsible for mission accomplishment."

The military community is an ever changing one. There are people and missions moving all the time, for Sandifer to maintain his position in the A-10 community for as long as he has wasn't easy and is fairly uncommon.

"You have to be able to stay assigned to one aircraft for an extended amount of time, have outstanding maintenance support, and be physically capable of withstanding the harsh environment/forces that we fly in," Ramos said.

Sandifer has been in the fighter community since 1984 when he began flying in the F-15C. Even though he has switched airframes and has flown on active-duty, Air National Guard, and finally the Air Force Reserves, the standards have not changed.

"There is a robust physical requirement annually, plus diet, nutrition and rest are critical to safely operating high performance fighter aircraft," Sandifer said. "My only concern is a safe mission and I work hard to avoid complacency."

Ramos continues to say that "PB" is an outstanding instructor that has no lack of energy and appreciates his drive to do what needs to be done to complete the mission, whether it's admin work or sitting in the tower as the Supervisor of Flying.

"We are lucky to have him continue to fly with us," Ramos said. "His depth of experience and knowledge is an invaluable resource for the squadron."

Sandifer plans to retire in 2019 but until then he will continue instructing the next generation of attack pilots at every opportunity.



The 414th FG visits Luke AFB

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

Approximately 130 Reserve Citizen Airmen from Seymour Johnson Air Force Base, North Carolina, made a trip to the desert to visit their brothers in the 'Valley of the Sun,' here September 7 – 9.

The 414th Fighter Group, a geographically separated unit of the 944th Fighter Wing, flew in two F-15 Eagles and three KC-135 tankers filled with Airmen eager for some off-station annual tour training with their 944th counterparts. The majority of the passengers were F-15 maintenance Airmen, NCO's, and senior NCO's.

"This was breaking new ground for us," said Chief Master Sgt. Brian Jensenius, 414th Maintenance Squadron superintendent. "We [414th FG] have never done anything like this before. Bringing that many folks out here, we had to make sure everything was taken care of to get everyone from point A to B."

The 944th welcomed their GSU over the scheduled unit training assembly and arranged for them to observe F-16 maintenance, F-35 Lightning II engine runs and witness crew chief and avionics daily maintenance. They also got to see a static load display and get a first-hand look at troops loading weapons on an F-35 as well as other processes.

"I think it is very beneficial for them to see a different place, unit, aircraft, as well as different people," said Senior Master Sgt. Eric Jagodzinski, 944th Aircraft Maintenance Squadron F-35 section chief. "If we took our people to one of our GSU's to see what they do over a UTA weekend, I think it would be a tremendous benefit to us as well."

Despite the brutal heat of the Arizona desert the feedback was positive.

Jensenius stated how happy he was with their experience in dealing with everyone involved who made this event happen. He expressed his appreciation on how welcoming the wing was from a maintenance squadron standpoint as the senior maintainer.

"Everyone thought the trip was awesome," Jensenius said. "The only negative feedback we received was that they wanted to be here longer."

The success of the trip generated ideas and initiated talks of similar training events in the near future.

"This was a perfect opportunity for our 414th MXS to experience the differences in another fourth generation aircraft as well as introduce them to fifth generation maintenance concepts and differences," said Col. Bryan Cook, 944th FW commander. "We will continue to provide our Airmen opportunities to interact, share innovative ideas, and practices to enhance our capabilities at both the GSU's as well as here at the wing."



(Photos by Staff Sgt. Christopher Moore)

From small town to touring internationally with the F-35 Heritage Flight Team

By Staff Sgt. Tyler J. Bolken, 944th Fighter Wing Public Affairs



Growing up in a small town can feel isolating, like there is nothing else out there. This can lead some young men and women to opt to join the armed forces to see the world, be exposed to new opportunities, and to serve their country.

This can be said for one Reserve Citizen Airman who is part of the 944th Fighter Wing, Staff Sgt. John Baker, crew chief for the F-35 Heritage Flight Team out of Luke Air Force Base, Arizona.

Baker grew up in Carlisle, Iowa, a small community of less than 5,000 people 25 miles outside of Iowa's capital city, Des Moines.

"I knew when I was young I wanted to join the military, it wasn't until I was in high school that I decided on the Air Force," said Baker.

He said his grandfather was in the Air Force and decided ultimately that the Air Force was the path he wanted to pursue after graduating high school in 2008.

After six years of active duty, Baker was now a married man and decided stability for his family was his priority, leading him to separate from active duty. However, he did want to continue serving his country so he opted to stay in the Air Force Reserve. Baker is now an air reserve technician with the 61st Fighter Squadron and it is his reserve status that led to a unique opportunity to be a part of the F-35 Heritage Flight Team.

"I knew about the team and emailed their team chief to ask if they would be willing to interview a reservist," Baker explained.

After finding out the answer was "yes" and going through the interview process, Baker found out he was accepted.

"I was excited and anxious to have the opportunity to be a part of the team," he said.

The F-35 Heritage Flight Team performs flight demonstrations, both nationally and internationally, pairing modern aircraft with fighter aircraft from WWII, Korea, and Vietnam eras to celebrate the past and the future of the Air Force.

"It has been great to have him on the heritage team," said Lt. Col. Karwin Weaver, 944th Aircraft Maintenance commander. "He exemplifies how seamless integration between the 56th Fighter Wing and 944th MXG is here at Luke and Staff Sgt. Baker's opportunity to represent our Reserve Citizen Airmen on the F-35 Heritage Team gives testament to the caliber of Airmen we have in our group."

As an F-35 crew chief on the international stage, Baker says it is a privilege to be an ambassador for the Air Force and the United States on behalf of an aircraft he works on.

"I love the excitement people have toward our jet and seeing it fly," said Baker. "It is very humbling."

Of the various stops the team has made, Baker said his favorite was Rhode Island because of the people and great food.

When asked about explaining the F-35 to family and friends in layman's terms,

Baker said he compares the jet to a new iPhone, compared to its predecessors.

"The F-16 is like an iPhone 5, whereas the F-35 is like the iPhone X. It is the latest and greatest in the sky," said Baker.

Although the F-35 yields several advanced technological upgrades, as a mechanic, Baker said he prefers working on the F-35 over other jets.

"The design makes it way easier," he said.

In being a part of the F-35 Heritage Flight Team, Baker said it makes him appreciate more and more what he and the team do every day.

"I take pride in being an F-35 Crew Chief," he said. "It's something people remind me of at every air show."



Civic Leader Tour: Getting the job done

Story and photos by Tech. Sgt. Louis Vega Jr., 944th Fighter Wing Public Affairs

NELLIS AIR FORCE BASE, Nev. -- Some of Arizona's prominent civic and business leaders joined the 944th Fighter Wing for the 2018 Civic Leader tour, Sept. 25 – 26 helping them gain new insight into the Air Force mission.

Thirty 944th FW honorary commanders and local civic leaders, led by Col. Robert Tofil, 944th FW vice commander, were flown on a 445th Airlift Wing C-17 Globemaster III from Luke Air Force Base, Arizona, to Nellis Air Force Base, Nevada. The tour was an opportunity for the civic leaders to experience life as an Airman and talk with key leaders for a better understanding of how the Air Force gets things done.

"It'll get the job done," said Tech. Sgt. Timothy Chase, 823rd Maintenance Squadron HH-60G Pave Hawk helicopter expediter, in response to a question from a civic leader on how a helicopter he [Chase] maintains was still flying beyond its expectancy.

John Moore, 944th Operations Group honorary commander and Wendy's chief financial officer, asked Chase the question and was impressed with his "make it happen" attitude and response.

"That's something I think everyone needs to hear," said Moore. "We all have our circumstances, I have grills, fryers, and building issues. All of us are working toward something better but I like it when I hear from my people, 'we are getting it done.'"

During the tour, the group of civic leaders were given an opportunity to climb in a Pave Hawk helicopter and handle the weapons attached to it. They also visited the over 110,000 square foot, newly renovated Warrior Fitness Center, which included basketball courts, an indoor running track, and pool. They received mission briefs from the 99th Air Base Wing, 57th Wing, 926th Wing, and were given a tour of the Thunderbirds museum and hangar. Finally, the group visited the 6th Combat Training

Squadron, where they experienced the joint terminal attack controller training simulator.

This marks the 944th FW's third civic leader tour in four years and based off the feedback from the participants they have stayed consistent with another successful civic leader tour.

"I thought the tour was fantastic," said Andy Polito, Retailer Web Services director of sales and 69th Fighter Squadron honorary commander. "Flying on the C-17 was an amazing experience and I also enjoyed learning more about the Air Force and the various tasks that are performed by our troops."

Polito's sentiments were shared by others on the trip.

"As an honorary commander, I feel privileged to share experiences like this with my community and our local civic leaders in Arizona," said Terri Frankel, former 'Doublemint Twin' and current 944th Medical Squadron honorary commander. "Between Luke and Nellis AFB and bases around the world, I sleep well at night knowing our brave Airmen are 'at the ready' to defend our country."

Upon completion of the tour, Tofil commented on the success of the trip and his appreciation for all the civic leaders and honorary commanders involved.

"We are truly grateful to our hosts at Nellis AFB from the 99th ABW to the 57th and 926th Wings," he said. "This was a great experience for everyone involved. We can't thank our civic leaders and honorary commanders enough for taking the time out of

their busy schedules to join us on this trip. I hope they learned a little more about the Air Force and our Reserve Citizen Airmen and how important our missions are in today's environment."

The Civic Leader Tour is part of the 944th FW honorary commanders program and is a community outreach program designed to enhance relationships between local civic leaders and 944th FW personnel, promoting a better understanding of the Air Force Reserve Command and the wing mission. This provides the 944th FW and AFRC a unique platform to spread the word about their intentions and contributions in the defense of this country.



Terri Frankel, former 'Doublemint Twin' and current 944th Medical Squadron honorary commander, aims a weapon on a HH-60G Pave Hawk helicopter during the 944th Fighter Wing 2018 Civic Leader tour Sept. 25 at Nellis Air Force Base, NV.

Supplement Safety

From Capt. Kevin T. Watanabe, 944th Medical Squadron Nutritional Medicine Element Chief

If you want to run faster, do more push-ups, or just have nicer looking skin – chances are you have looked into taking a dietary supplement. Three out of every four adults (76%) in the United States take a dietary supplement. Most supplements can be beneficial to your health. For example, a prenatal vitamin is recommended for all women 18-45 years old and a study conducted in Southern Arizona found that many adults, despite living in an area with constant sunshine, were deficient in vitamin D. Vitamin and mineral supplements in these cases have the potential to prevent serious health and medical complications. It makes sense then that the majority of dietary supplements consumed are multivitamins and mineral supplements.

But what about the other supplements on the market? What about the ones that claim to make you stronger or faster?

These supplements fall into a category known as “ergogenic aids.” These are supplements that claim to improve your fitness or performance. In many cases these supplements are safe. Whey protein supplements, for example, have been shown in some studies to improve performance in strength training athletes. However, there are also unsafe supplements that everyone should be aware of. To find out if the supplements you are taking are safe, search <http://info.therapeuticresearch.com/dod> and click on the consumer version. On this website, service members can search supplements and find ratings on the safety of their supplements.

Additionally, Airmen should be aware that certain ingredients that are marketed as dietary supplements are banned by the Department of Defense. A current list can be found here: <https://www.opss.org/prohibited-department-defense>

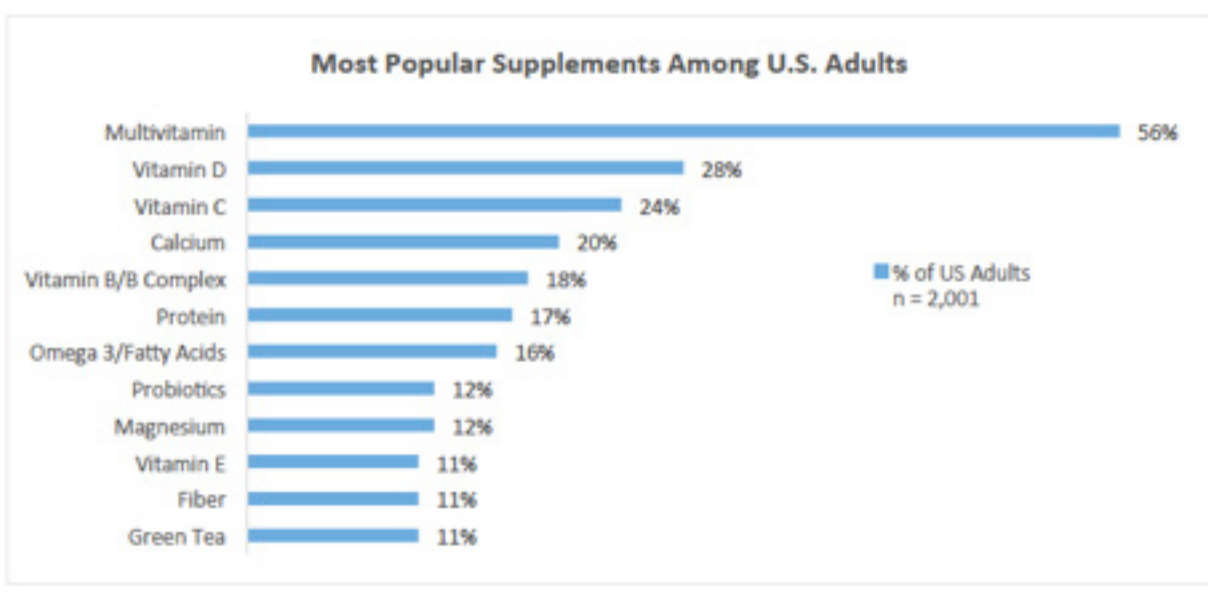
If you experience any adverse effects from taking a dietary supplement, immediately stop taking the supplement and report your symptoms to your healthcare provider. Adverse effects can range from headaches and nausea to irregular heartbeat and shortness of breath. Additionally, report any supplements that you are taking to your healthcare provider and monitor any changes to your health status.

For more information on dietary supplements, visit the Operation Supplement Safety website developed by the Department of Defense. <https://www.opss.org/>

References:

<https://www.crnusa.org/newsroom/dietary-supplement-usage-increases-says-new-survey>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4113473/>



Halloween Safety

From Master Sgt. Richard H. Teets Jr., 944th Fighter Wing occupational safety manager

Halloween has been celebrated on October 31st in the United States since the early 1800's and is traditionally a family-oriented holiday where children get to dress up and enjoy candy and other treats. Halloween is a time for fun with friends, family, and neighbors with children trick-or-treating door-to-door. Most people are friendly and nice but there are some who play cruel tricks on children and ruin the good time.

In order to assist our communities in enjoying this fun-filled holiday as safely as possible, the Police Departments have compiled the following safety tips so be sure to take a flashlight and/or reflective clothing when walking in the neighborhood with your little goblins.

Halloween Safety Tips:

- Children should trick-or-treat during daylight hours.
 - Children should never be allowed to go out alone on Halloween.
 - Children should never eat any treats until they have been examined.
 - All fruit should be cut and closely examined before eating.
 - Advise children that they should never enter strangers' homes.
 - Never invite children into your home.
 - Children should never accept rides from strangers.
 - Children should never take shortcuts through backyards or alleys.
 - Set a specific time limit for your children to be out on Halloween night.
 - Give wrapped homemade treats only to children you know.
 - Instruct children not to stray from their group.
 - A responsible adult should escort children while trick-or-treating.
 - Adult escorts should carry flashlights.
 - Don't leave your home unattended on Halloween night.
 - Keep pets inside your home or another safe place on Halloween night.
 - Children should walk, not run, during their trick-or-treat activities.
 - Parents should know what route their children will be taking.
 - All costumes should be made of light-colored, fireproof material.
 - Children should wear proper fitting, comfortable costumes and shoes.
 - Props such as toy guns or swords should be made of pliable material.
 - Realistic replica firearms should never be used.
 - Masks should not be worn if they impair vision.
 - Wigs should be fireproof and should not restrict vision.
 - Children should always use sidewalks, not the street, for walking.
 - Children should look in all directions before crossing the street.

Motorists should drive slowly, yield to young pedestrians and watch out for Trick-or-Treaters darting into the street.

Thunderbolt Cup and Triathlon

Airmen from the 56th Fighter Wing and the 944th Fighter Wing participated in a two-day event filled with sports and various other activities. The Thunderbolt Cup, which was held Sept. 27 to Sept. 28, is an olympic-style event that tests Airmen's physical and mental readiness.

(Photos by Tech. Sgt. Louis Vega Jr. and Staff Sgt. Lausanne Kinder)



944 FW ANNUAL AWARDS BANQUET

At the

R

RENAISSANCE®
HOTELS

When:

Sat, 9 Feb 2019

Cocktails 1700-1800

Dinner Served at 1830

Where:

Renaissance Hotel at West Gate

Price:

E1-E4 \$9.44

E5-E6 \$20

E7-E8 \$30

E9-O5 \$60

O6 and up \$80

Tickets On Sale In November



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