SnapShot

944th Fighter Wing Luke Air Force Base, Arizona January 2019 Newsletter

Andrea De Los Santos - Key Spouse highlight Robinson takes command of the Ninjas Reserve spouse to memorialize fallen EOD Airman

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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Cover photo: Andrea De Los Santos, 944th Civil Engineer Squadron key spouse. Learn more about her and the key spouse program on page 9! (Photo by Tech. Sgt. Louis Vega Jr.)



FIESTA BOWL

Check out our 944th Airmen being recognized at the Fiesta Bowl this year! Tech. Sgt. Dominguez (left), 944th Force Support Squadron and Tech. Sgt. Kent Lane, 944th Logistics Readiness Squdaron, pose for a photo with a mascot during the Fiesta Bowl at the State Farm Stadium, Glendale, Ariz. Jan. 1, 2019. Dominguez and Lane are currently attending Arizona State University and were both deployed to Southwest Asia in 2018. (Courtesy photos) Keep bringing the heat!

Command Commentary _

Happy New Year!

By Col. Bryan Cook, 944th Fighter Wing commander

Happy New Year 944th warriors! 2018 will rest well in our memories as a year when the 944th Citizen Airmen brought the heat in a big way. We started the year with the stand up of the 944th Maintenance Group, the 924th Fighter Group took to Michigan in a unit annual tour at Selfridge Air National Guard Base in July, and the October homecoming celebration for more than 200 of our warriors returning from the four corners of the world marked the closing of a tremendous commitment by our team to go where duty calls, any time anywhere.

2019 is already shaping up to be a busy year as our wing's dance card is quickly filling up. Leadership throughout the wing will be changing over, bringing with it opportunity for exponential growth. Your continued innovation and proactive approach to completing the mission is going to sustain the unit cohesiveness that makes us such a great team.

I will continue to focus on opportunities to acknowledge the great work accomplished by the men and women of the 944 FW to help the American people near and far experience pride in their military members by seeing how we continue to keep "Bringing the heat!"



Welcome to 2019 everyone!

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

I hope everybody had a great holiday season and got everything you asked Santa for. I'm excited to get started on the things we are working on for 2019.

First off is the 944th Fighter Wing Annual Awards Banquet. I love seeing the work being put into these packages. Our Airmen are working hard, going above and beyond what is asked of them, and highlighting those efforts is important. Last year we had one of our folks win at 10th Air Force and competed at Air Force Reserve Command. I am confident this year we will surpass that amazing accomplishment by getting a win at AFRC and compete for 12 Outstanding Airman of the Year. Keep up the hard work of writing these packages and we will continue to get our folks recognized.

standing career of our good friend and Vice Wing Commander, Col. Rob Tofil. He has been with the 944th FW for many years and has had guite the impact on this organization. His departure just reminds me of all the great men and women we have had here over the years. I do not think saying goodbye is appropriate as I am sure he will keep in touch and continue to visit from time to time. Please be sure to congratulate him if you get the chance this weekend.

We will continue to build on what was a very successful 2018 while keeping our focus on the mission and readiness. Please ensure your folks are well trained and equipped. If you find areas we can improve on, please don't keep that to yourself. Raise those ideas up through your leadership and I assure you I will work on making those changes.

Thank you all for continuing to make the 944th This month we also get to celebrate the out- FW a unit that people are proud to be part of!



December 2018 promotions:

From Airman A1C Zachary A. Staffiery, 944th CES

From Airman 1st Class SrA Jessica M. Brown, 924th AMXS SrA Daniel E. Fajardo, 924th AMXS SrA Jonathan D. Partridge, 944th AMXS SrA David E. Vazquez, 944th AMXS SrA David S. Moore, 944th ASTS SrA Ryan S. Talbot, 944th MXS SrA Sarah N. Githens, 944th SFS SrA John H. Baumann, III. 414th MXS SrA Wren R. Doyle, 944th MXG

From Senior Airman

Staff Sgt. Christopher R. Jacobson, 944th CES Staff Sgt. James L. Wallace, 944th CES Staff Sgt. Brandon G. Ritter, 944th SFS Staff Sgt. Anthony Troy Billy Jones, 944th SFS Staff Sgt. Joy B. Palmer, 944th MDS Staff Sgt. Shaquayla M. Estes, 414th FG Staff Sgt. Stuart D. Davis Jr., 414th MXS Staff Sgt. Ryan T. Osborne, 414th MXS

From Staff Sgt.

Tech. Sgt. Emanuel M. Sanchez, 924th MXS Tech. Sgt. Stephen J. Law, 944th AMXS
Tech. Sgt. Benjamin L. Richard, 944th AMXS Tech. Sgt. Joseph Sale, 944th CES
Tech. Sgt. Lonnie D. Muncy, 944th MXS
Tech. Sgt. Sean C. Jr. Parker, 944th MXS
Tech. Sgt. Estevan G. Garcia, 944th CES From Tech. Sgt.

Master Sgt. Troy H. Fixico, 924th AMXS Master Sgt. Charles E. Gonzalez, 944th AMXS Master Sgt. Alejandro P. Mendoza, 944th AMXS Master Sgt. Adam M. Dzurilla, 944th CES Master Sgt. Rochelle L. Lester, 924th MXS Master Sgt. Nicole McElwee, 944th ASTS Master Sgt. Jonathan D. Hays, 944th FSS



Congratulations to our newest Colonel Selects

Lt Col Darrel Hubbard, 924th OSF Lt Col Abel Ramos, 47th FS Lt Col Jason Reiss, 307th FS Lt Col Trena Savageau, 69th FS Lt Col Jason Young, AATC

Are you an annual award nominee?

If you don't already have your official photo, Public Affairs will have walk-in studio hours this January UTA.

Full length photos - Hangar 999

7 a.m. to noon, Jan. 12 Head and shourlder photos - Bldg 988 rm 120 7 a.m. to 3:30 p.m., Jan 12

2018 Fourth Quarter Award winners

Airman:

SrA Stuart D. Davis, 414th MXS

Non-Commissioned Officer: TSgt Lakisha R. First, 944th FSS

Senior Non-Commissioned Officer: MSgt Kenneth D. Brown, 414th MXS

Company Grade Officer: Capt James J. Owen, 944th MDS

Field Grade Officer: Maj Rachael M. Mooney, 924th FG

Instructor Pilot: Maj Daniel H. Levy, 47th FS

Instructor Weapons Systems Officer: Maj Regginal E. Ramsey, 307th FS

2018 Air Force Reserve Command Outstanding Financial Management and Comptroller Awards

Financial Management Civilian of the Year (GS-08 and below, Payband 1):

Maria Daniels 944th FW/FM



_ Wing Spotlight _____

WARRIOR OF THE MONTH Senior Airman Catelynn Curnutt 944th Aeromedical Staging Squadron medical technician



Time in Service: Two years **Time with the 944th Fighter Wing:** Two years **Civilian Job:** Full-time nursing student

Civilian Job: Full-time nursing stude

Hometown: Centerville, OH

Hobbies: Traveling as much as I can, watching the Dodgers, working out, reading, and taking my dogs on adventures.

Home-life: I live with my boyfriend, 5-month-old chocolate lab and a 10-week-old golden retriever.

Why did you join the Air Force Reserve?

Growing up, my dad was in the Air Force which took us all over, including Germany for seven years. There, I went to middle school near the Landstuhl Regional Medical Center. Passing it every day on my way to school, I witnessed the amount of bus-loads and Air-Evac patients coming from Iraq and Afghanistan. From then on, I knew I not only wanted to be in the medical field, but I wanted to help those serving our country. I grew up watching my dad tie his boots every morning and could not imagine myself in any other branch besides the Air Force. I did not want to wait until I was done with school to start my career in the Air Force so I reached out to an Air Force Reserve recruiter and figured out I could do both

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

As an aerospace medical technician, we can support the mission by making sure all Airmen stay healthy, combat ready, and able to fly, fight, and win. As emergency medical technicians we can even potentially save one of our own or treat them if injured. As a member of the 944th ASTS, I help to ensure safe movements of injured military members to higher echelons of care to be able to return home to their families. Also, when I am assisting command support staff, I am ensuring that our members have orders to get the mission done. By making sure paperwork and vouchers are correct, I relieve the members of stress so that they are able to focus more on the task at hand. Letting the members know that they are supported and cared for in their own work environment helps morale and builds us all together as a team.

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

I would get a good tan while I collect all the trash and plastic bottles that wash up from the ocean so I can build a boat out of all the plastic.

Robinson takes command of the Ninjas



From the 944th Fighter Wing Public Affairs, photos by Staff Sgt. Lausanne Kinder

As the sun rises over the Saguaros of the Arizona desert, Lt. Col. Eric C. Puels, 944th Operations Group Detachment 2 outgoing commander, passes the torch to Lt. Col. Justin Robinson, 944th OG/Det 2 incoming commander, during a change of command ceremony here, December 7.

The ceremony, attended by family, friends, and personnel from both the 56th and 944th Fighter Wings, was presided over by Col. Korey Amundson, 944th OG commander.

The 944th OG Det 2, known as the Ninjas, is a team of Reserve and active duty Airmen, civilians, and contractors responsible for executing the F-35 Foreign Military Sales program, training and advising fighter pilots from Israel, Japan and South Korea. Additionally, the Ninjas provide highly experienced F-35 instructors, aligned with the 56 FW in supporting the F-35 partner nation training.

"During his command tour, Lt. Col. "Bodhi" Puels was 100 percent mission focused, all while taking care of his people and ensuring the highest of morale in the Ninjas...a feat not always accomplished by commanders," said Amundson.

Puels commanded the Ninjas from September 2017 to December 2018.

Incoming commander, Robinson, received his commission from the U.S. Air Force Academy in 2000 and went on to earn his wings at Columbus Air Force Base and was later

selected to become an F-16 pilot at Luke Air Force Base in 2001. He later assisted in the F-35 bed down and standing up the 61st Fighter Squadron at Luke in 2014.

"Lt. Col. 'Tang' Robinson, you've been handed the keys to a well-oiled machine," said Amundson. "There is no time to rest on laurels; the Ninjas are a growth product in a rapidly changing environment, expect the unexpected and be ready to flex. I have full confidence in your leadership ability."

Amundson also addressed the audience.

"The future of the 944th OG Det 2 is exciting as we continue to grow our manning, sunset the current FMS mission next year, and assimilate into the partner nation squadrons to continue in our famous Luke AFB Classic Association Total Force Enterprise," continued Amundson. "If [and] when the FMS is stood back up here at LAFB, we'll have a built-in seasoned set of experienced Air Force Reserve Command F-35 instructor pilots ready to pick up and run with the mission. This is what the AFRC was built for here in the 944th OG."

The Ninja's, have played a key role in standing up every single F-35 squadron on this base. They built the world's first F-35 FMS squadron from the group up. The Ninjas have authored tactics manuals and syllabi for the U.S., Australia, Norway, Italy, Israel, Japan and South Korea, and set the foundation for how to train the next generations of warriors.

"Lt. Col. Peuls did an amazing job as the commander of Det 2," said Robinson. "I hope to keep Det 2 on the course of success he so brilliantly established."





Wing News



Enhancing strength and growth in the new year

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

As we embark upon the new year and the January Unit Training Assembly, it will be key to acknowledge and draw from each other's expertise and strengths. It is important to take a few minutes to build upon individual areas of potential growth and opportunities for strength building. We must remain vigilant and proactive in our efforts of identifying and supporting each other, especially those who are struggling with stressors and overwhelming situations.

Additionally, we must continue to respect each other professionally on and off base, including everyone's opinion and creativity. Having the moral character and fortitude to approach each day and situation with strength and positivity will support a healthy sense of well-being overall. Building on individual character and strengths, while remaining focused on resilience is essential to individual determination and growth. Identifying and practicing healthy coping mechanisms will assist in achieving personal and professional success, as well as effective execution of the 944th Fighter Wing mission. Let us strive to see our most significant growth in 2019!

Make healthy nutrition habits

Turn small nutrition goals into healthy habits! A habit is a behavior pattern acquired by frequent repetition. It's an action associated with a cue that's associated with a performance. For example, Service Members always cover their heads before stepping outside. The cue is "going outside," and the action that follows is "putting on your cover."

Once you form a habit, you do the action without thinking. And if you don't do it, you likely will realize that something isn't quite right. These same principles can be linked to changing healthy eating behaviors. So, use these tips to make a new "healthy eating habit."

- 1. Set a small goal. You might think, "I'll eat an apple every day."
- **2.** Plan a simple action you can do daily. You might think, "Every time I work out, I'll eat an apple afterwards."
- **3.** Choose a time and place to perform the action. You might think, "I'll go to the gym every afternoon."
- **4.** Do the action during the designated time. The cue is "working out," and the action that follows is "eating an apple."

Write it down. Sometimes it helps to keep a written record while you're working on a new goal. Doing so can help you track progress and celebrate successes.

It's commonly thought that it takes 21 days to form a new habit. However, recent evidence suggests it actually takes 66 days to 10 weeks before the habit's yours for good. Remember: It gets easier each day that you do it. Before long, you won't be thinking about it at all. The more you tie your actions to

cues and make the actions automatic, the easier it will be to include the habit into your daily life.

Still, you might experience setbacks along the way. Don't get discouraged. Try again the next day. Take the time to make one new eating habit, which will give you confidence to make other healthy changes!



from https://www.hprc-online.org/articles/make-healthy-nutrition-habits

Psychological

Health rogram

Reserve spouse to memorialize fallen EOD Airman

By Tech. Sgt. Nestor Cruz, 944th Fighter Wing Public Affairs

B ronze statues can be seen almost anywhere but one rarely hears the amazing stories behind their creation.

The spouse of a Reserve Citizen Airman here at Luke Air Force Base, Arizona, recently sculpted a bust of Senior Airman Daniel Johnson, 30th Civil Engineer Squadron explosive ordnance disposal technician, Vandenberg Air Force Base, California. Johnson was killed in action Oct. 5, 2010 while serving during Operation Enduring Freedom.

"My husband has a contact with the EOD Warrior Foundation, so through the contact we came up with the idea to give back in some way because the military family and the EOD family had done so much for our family," said Stephanie Hunter, spouse of Senior Master Sgt. Stephen Hunter, 944th Civil Engineer Squadron EOD program manager. "Lauren (the point of contact) was very

helpful. She got behind the idea and sent out emails looking for Gold Star families we can honor."

Gold Star families are those with family members in the U.S. Armed Forces who made the ultimate sacrifice in service of their country.

The response was massive. Stephanie and her husband received a flood of emails from families hoping to memorialize their fallen heroes. One email in particular connected with Stephanie in a special way.

"We chose to honor Senior Airman Johnson because his duty background mirrored my husband's, plus Johnson is from Minnesota, my home state, so I felt a bit of a hometown connection with him."

Johnson was assigned to the 30th CES at Vandenberg AFB. He deployed in 2009 in support of Operation Iraqi Freedom. Johnson de-



(U.S. Air Force photos by Senior Master Sgt. Stephen Hunter)

ployed again in 2010, this time to Kandahar, Afghanistan. There, he was credited with single-handedly saving an Afghanistan National Army soldier injured by an improvised explosive device.

"I just wanted to make the Johnson Family proud of this memorial for their son and realize that he's not forgotten," Stephanie said. "The Johnson Family has been very supportive of this project."



Hunter said he's very proud of his wife's contribution to his military family.

"I'm in awe of Stephanie's unique way of supporting the EOD community and our fallen comrade," he said.

Even though sculpting the bust was a labor of love, Stephanie was dissatisfied with her work.

"I'm an artist and extremely critical of my own work," she said. "Sometimes all I can see is what's wrong with the project. But Jim Johnson (Senior Airman Johnson's father), gave me approval to move forward. I felt great."

The sculpted bust is now at a foundry where a mold will be made before being cast in bronze.

"The sculpture is going to

change a couple times before the final product, so it'll be a different feeling when I finally see it in bronze," Stephanie said. "It'll be permanent."

The Johnson Family intends to place the finished bust at a climbing center in Mukwonago, Wisconsin.

Stephanie hopes her work will encourage others to give back to the Air Force family.

"I just want to inspire others to do the same thing for their military family and do something outside of themselves," she said. "I'm extremely honored and humbled to be part of this project and I'm thankful to the EOD Warrior Foundation for helping to support this project."

To support the EOD Warrior Foundation, visit http://www.eodwarriorfoundation.org/.

Wing News

944TH FIGHTER WING

KEY SPOUSE

Andrea De Los Santos

944th Civil Engineer Squadron key spouse

for the Total Force

Profession: Investment Services Representative/Licensed Financial Advisor Representative

City you live in: Surprise, Ariz.

Where you were born/grew up: Born in the Philippines, grew up in New Jersey

Significant other name / Children / family: spouse, John Hampsey; son, Jack; daughter, Sofia

A little about Andrea in her own words ...

Spending time with my family is the best part of my day. People who know me best say that I'm self-motivated and have the willingness to learn. I enjoy traveling and experiencing different cultures. My philosophy is to always have a positive attitude.

Why Andrea wanted to become a Key Spouse:

A key spouse is more than a position or title. It is an opportunity to build relationships among the military community. It is my passion to help and serve others and be a resource for families through all aspects of the military cycles. I want to build camaraderie among military families.

Key Spouse Program

The Key Spouse Program is an official unit/family program designed to enhance readiness and establish a sense of Air Force community.

It is a commander's program that promotes partnerships with unit leadership, volunteer Key Spouses appointed by the commander, families, the Airman & Family Readiness Center and other community and helping agencies. The program has been standardized across the Air Force to address the needs of all military families with special emphasis on support to families across the deployment cycle.



Air Force Key Spouse Program offers additional deployment support resources

- in most units that have a first sergeant
- serve as an ongoing community connection at all times and especially across the deployment cycle
- provide a volunteer opportunity for spouses interested in giving back to their communities

For more information, contact the Airmen & Family Readiness Center: 623-856-6683.

Wing News

Holiday 5K Fun Walk/Run

















Men: 1. Cisco Vegas (18:40) 2. Will Gonzalez (19:00) 3. TSgt Andre Basurto (19:09)







Women: 1. SrA Andrea Evans (22:15) 2. Capt. Silvia Felder (22:29) 3. SrA Tabitha Fouch (22:30)



Thank you to everyone who participated in the holiday 5k. Congratulations to our winners: Wing News -

U P C O M I N G E V E N T S

MARCH 13

Award

follow

APRIL 6

Graydon Williams

Tempe - more info to

Operation Reserve Kids

For more information, call the

Airman and Family Readiness

Register by March 1.

Center (623) 856-8324

FEBRUARY 9

Annual <mark>Awards</mark> Banque<mark>t</mark>

Renaissance Hotel Social hour - 5 p.m. Dinner - 6 p.m.

FEBRUARY 9

Commanders Call

Hangar 999 at 2 p.m.

Visit our website:

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

IMPORTANT Phone Numbers

WING COMMAND SECTION 623-856-0944

WING SAFETY

623-856-5361

C H A P L A I N 6 2 3 - 8 5 6 - 5 3 0 3

Command Post 623-856-5600

EQUAL OPPORTUNITY 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 / EDUCATION 623 - 856 - 5318

Airman & Family Readiness 623-856-8324

HELP DESK 623-856-8024

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

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255

OPERATION: OPERATION:

When:

GHTEN

Saturday, April 6, 2019 12:30-4:00pm

Registration deadline: March 1, 2019 More information to follow.

Space is limited, first come, first serve.

A simulated deployment experience for children 6-15 years old.

For more information call:

944th Airman & Family Readiness at (623) 856-8324

