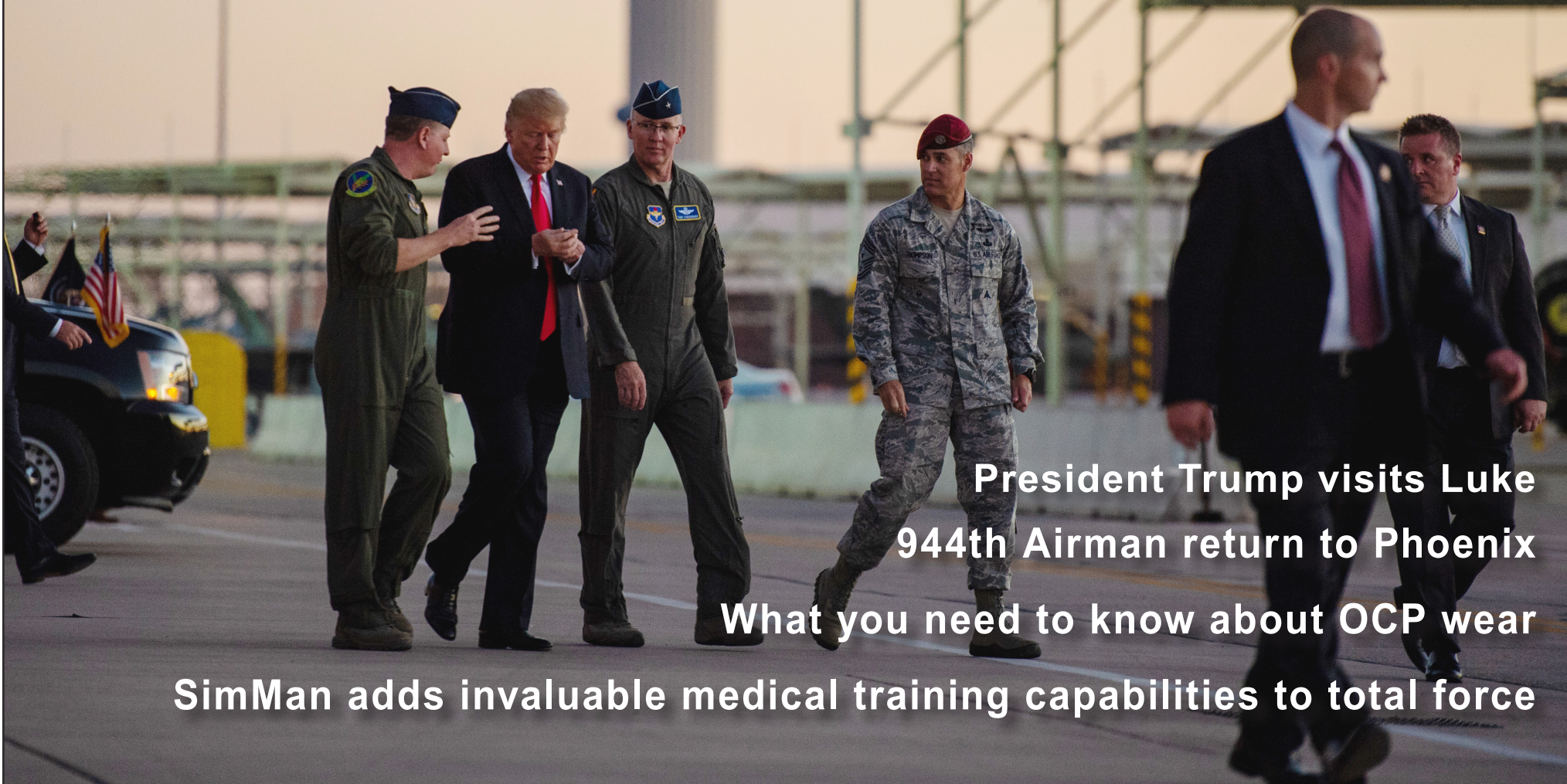


# SnapShot

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



**President Trump visits Luke  
944th Airman return to Phoenix**

**What you need to know about OCP wear  
SimMan adds invaluable medical training capabilities to total force**



## 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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# SnapShot

www.944fw.afrc.af.mil

Bringing the Heat

November 2018

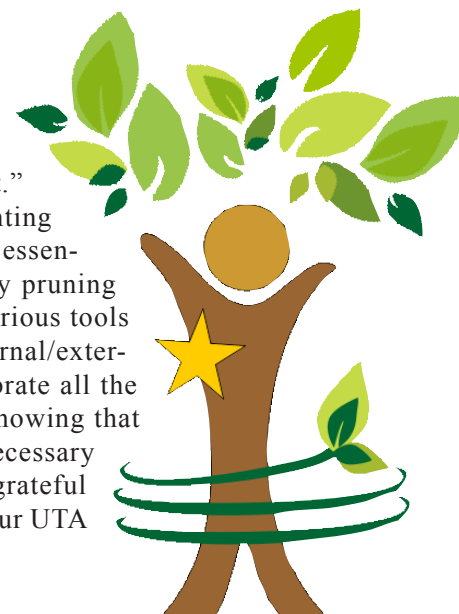
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**Cover photo:** President Donald Trump visited Luke Air Force Base, Ariz., Oct. 19, 2018, to discuss military weapons and technology capabilities and learn about the 56th Fighter Wing's pilot training mission. (U.S. Air Force photo by Senior Airman Alexander Cook)

## Good Harvest

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

In 1621, the feast that has become our traditional Thanksgiving Day feast, was initially celebrated by the pilgrims in Plymouth as the result of a "good harvest." This feast was focused on celebrating all the hard work that had been put in to planting and pruning all season long. We can use this as a lesson for our lives today, as it is essential that we continue to plant new and sustainable opportunities, while continually pruning to ensure our "harvest" is robust and that weeds do not infiltrate our hard work. Various tools are available to help us get to the harvest, including spirituality, family time, internal/external coping skills, open communication, and physical activity. Taking time to celebrate all the effort, challenges, and fight we put in at work and in life allows us to feel pride knowing that our goals have been fulfilled. Creativity, self-reflection, and maintenance are a necessary part of our growth process if we want to sit back and celebrate. With a humble and grateful heart we can move mountains and fulfill our mission at the 944th together. Enjoy your UTA weekend and the upcoming holidays with your family! (www.silverlining.com)



# Reinforcing our pillars

*By Col. Bryan Cook, 944th Fighter Wing commander*

Welcome to the November Unit Training Assembly, can you believe the holidays are upon us? This year has flown by with all of our events and deployments, and now 2019 is around the corner. This month we are getting back to the business of readiness. Purposely, there is very little on the calendar for the Wing allowing time for our squadrons to train and get back to readiness. I would like to take a quick moment to reflect on events that have taken place since last month; our Honorary Commander induction ceremony, the visit by POTUS and Sky Ball 2018.

Last month we inducted 22 new Honorary Commanders (HC) to the 944th Fighter Wing. Additionally, we kept 10 HCs for a second term. This is very exciting for us, and new to the 944 FW HC program. By granting HCs a second term, this creates a great opportunity

for our new HCs to learn and become acquainted with their individual squadrons quicker by leaning on our 2nd term HCs and will hopefully facilitate the interaction and integrate them into our family sooner.

Additionally, we honored Ms. Terrie Frankel as our first and only lifetime Honorary Commander. Terrie has been instrumental with all things military, both here at Luke and in our local communities. She toured all over the world with the USO and has been a constant fixture with our medical squadrons. Congratulations Terrie! We are very happy to keep you as part of our family.

The surprise event last month was the POTUS visit to Luke Air Force Base. It was only the fourth visit by a sitting U.S. President to Luke AFB and it was quite an event. In true Luke fashion the 944 FW and 56th Fighter Wing put their

best foot forward. The visit was a huge success, and many of our Airmen got to meet the President. Look for the many photos from Public Affairs that are circulating.

Also, in October, the 56 FW and 944 FW supported Sky Ball 2018 at the Dallas Fort Worth International Airport. Sky Ball is a one of a kind charity event for the Air Power Foundation supporting numerous military charities including Military Kids, POW/MIA foundation and Adaptive Wounded Warrior Athletes to name a few. It was a great event that hosted 12 Medal of Honor Recipients and over 20 U.S. Prisoners of War. It was an honor to support the event, and I hope we are invited again next year.

So, why do I mention these three



events? These events fall into Family, Leadership and Heritage. Our HCs come to us to learn and spread the word of the Air Force and Air Force Reserve. They integrate with our squadrons and truly become part of our family. The visit by the Commander and Chief was an opportunity to demonstrate what our leadership is concentrating on. Supporting Sky Ball showed us how the long blue Air Force line continues, and how we celebrate our heritage. The very things that are our 944 FW pillars and important to the future of the Air Force and Air Force Reserve.

Please have a safe and productive weekend and I hope to see you around campus. Keep "Bringin' the Heat!"

## Taking care of our Airmen and families this holiday season

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

Every month Col. Cook and I address our newcomers and welcome them into the 944th Fighter Wing family. We talk about our wing priorities and pillars, one of those pillars being family. During the few minutes I have with them I usually give a brief summary of my journey to become the command chief. I talk about the family culture within ammo and how I found a home here in the 944th FW. I honestly believe that if I didn't have that supportive work environment, I would have got out of the military many years ago.

As we come into this holiday season I would ask

that you get to know everyone in your shop/squadron. Find out if they have family in the area and what they are planning for the holidays. I would encourage those that have the room and means to invite your fellow Airmen over for a friendly hangout and a hot meal. This is the time of year we need to look out a little more for one another and be that wingman others may need.

If you know of anyone that needs a little extra help this holiday season, please have them see their First Sergeant right away. We have several agencies available and ready to help out no matter what the need may be. This has

been a great year for the 944th FW family. Let's close it out the right way by taking care of each other!





# Commander's Call take-aways

- OCPs authorized Nov. 1 with unit commander approval.
- Airmen authorized to wear previously-owned, **SERVICABLE** OCPs, including OEF Multi-cams
- Airmen will wear basic configuration consisting of name and USAF tapes, U.S. Flag, and rank (**mandatory**).
- Higher headquarters patches will be worn on **right** sleeve centered under the U.S. flag. AFRC patches will be distributed by units.



MAKE SURE TO READ AFI36-2903 AND AFGM2018-03 28 Sept 2018 ON UNIFORM WEAR.

<https://www.afpc.af.mil/Career-Management/Dress-and-Appearance/>

(continued on next page)

## Congratulations to the 3rd Quarter Award winners

### AMN:

SrA Ian I. Timbreza  
924th Aircraft Maintenance  
Squadron

### CGO:

Capt. Jason T. Barron  
944th Civil Engineer Squadron

### FGO:

Maj. Bradley K. Sullivan  
69th Fighter Squadron

### NCO:

TSgt Ryan M. Read  
944th Maintenance Group

### IP:

Maj. Jason P. Wall  
944th Operations Group Det 2

### SNCO:

MSgt Christopher J. Lyon  
414th Maintenance Squadron

### IWSO:

Lt Col. Timothy J. Foery  
307th Fighter Squadron



# What you need to know about OCP wear

## ANG/AFRC OCP FIELDING PLAN

### KYLOC ONLINE CLOTHING WEBSITE

The following timeline depicts when the OCP Uniform will be available at AAFES Military Clothing Stores (MCS). OCPs are currently all unisex. Production of women's OCP coat and trouser have just begun and will lag initial distribution. Limited quantities of women's OCP coats and trousers are projected to be available for purchase in Feb 2019. OCP cold weather gear will also lag initial distribution and is projected to be available for purchase in Spring 2019 with priority fielding to northern tier installations.

*Note: The locations and zip codes below represent the member's unit, not physical location.*



- The subdued black and green cloth flag is authorized for wear until June 1, 2020, then the spice brown US flag will be the only accepted version.
- Infrared US flags are not authorized
- The USAF name tape, blouse name tape and rank must be either Velcro or sewn--they must all be affixed in the same manner
- Independently, the patrol cap name tape and occupational badge may be either sewn or Velcro and do not have to match the rest of the blouse or each other in

that manner

- Unit patches are still in development.
- Authorized duty identifier tabs are listed in AFGM2018-03 28 Sept 2018 Table 5.3.
- Airmen may wear other services' qualification badges, if earned and awarded, i.e. Ranger tab, Air Assault or Pathfinder. Award criteria for other services' qualification badges will be in accordance with the awarding service's directives. Sister service and joint badges can be worn in their current color configuration and will

not be converted to the spice brown color criteria.

- Airmen can wear desert sand or tan T-Shirts until June 1, 2020, when Airmen will only wear the coyote brown or Tan-499 T-Shirt.
- During initial transition, Airmen may wear either tan or coyote brown boots with OCPs until June 1, 2020, when only coyote brown boots are authorized.
- Airmen may wear coyote brown fleece with OCPs. Scarves, earmuffs and watch caps may be either coyote brown or black. Gloves must be sage green.



# SimMan adds invaluable medical training capabilities to total force

Story and photos by Staff Sgt. Lausanne Kinder

One drill weekend a month and 15 days of Annual Training is not a lot of time for Traditional Reservists to maintain their readiness status but members of the 944th Aeromedical Staging Squadron have maximized their time by incorporating the SimMan 3G into their training days.

SimMan 3G, is an advanced patient simulator that provides a wide range of scenarios allowing for real time responses and life like training.

“The pupils can dilate, the sweat glands can be activated and it even has blue lights to simulate that the patient’s lacking oxygen,” said Master Sgt. Kevin Maiorano, 944th ASTS medical technician. “Jason allows us to practice the most basic skills to the most advanced, from a cough to compressions to IV’s. One mannequin can function with all the capabilities.”

The 944th ASTS has had the simulator, also known as Jason, since 2011.

“In the beginning he was mainly used in-house, meaning just our unit,” said Senior Master Sgt. Katherine Soehnen, 944th ASTS nursing services superintendent. “However, over the years Jason has flourished to provide quality training to 944th units, 56 Medical Operations Squadron, Army, Navy, Marine,

and our local police force as a result of our Joint Medical Operation Training Initiative program.”

Since having Jason, the different units have taken advantage of the seemingly endless capabilities of one machine.

“Our [simulator] has the ability to provide continuing education units training which in turn allows us to maintain our Emergency Medical Technician license,” said Soehnen. “The simulations also offers us a platform for junior Airmen to demonstrate skills during upgrade training.”

Traditional Reservists who only have monthly unit training assemblies to accomplish certain tasks have especially benefited from Jason.

“Time is of the essence,” said Soehnen. “Therefore, Jason really comes in handy for our upgrade trainees. We can spend half the day practicing or demonstrating our skills and then immediately turn around and document this training in our Air Force training records.”

It has the ability to challenge students and build confidence in patient care, she added.

When asked about Jason’s limitations, Soehnen only had one.

“Well he can’t walk, so I guess that would be a limitation,” she said. “But he can sure talk up a storm!”



(Left) Staff Sgt. Jeremy Cox, 944th Aeromedical Staging Squadron medical technician, prepares to establish a definitive airway on Jason, a simulated patient, Oct. 14, 2018. Jason is an advanced patient simulator that provides a wide range of scenarios that allow for real time responses and life like training.



# President Trump visits Luke

*By Senior Airman Ridge Shan, 56th Fighter Wing Public Affairs*

President Donald Trump visited Luke Air Force Base, Ariz., Oct. 19, 2018, to discuss military weapons and technology capabilities and learn about the 56th Fighter Wing's pilot training mission.

After touring a static display of the F-35A Lightning II and other military equipment, Trump convened with cabinet members, congressmen, and defense industry leaders in a roundtable discussion on current defense issues including cybersecurity, stealth technology, and F-35 development.

"We make the greatest military equipment in the world," Trump said. "American-made military products are more effective, more lethal, and more precise than any other equipment in the world. It's not even a contest, there's nothing close."

Trump acknowledged and emphasized the importance of Arizona's military presence, including Luke's role in building the future of airpower.

"This incredible state is home to six major military installations, more than 30,000 military personnel, and thousands of defense companies," Trump said. "Arizona's military defense industries support 76,000 jobs and create \$11.5 billion in economic output."

Additionally, Trump praised the F-35's capabilities and the progression of its pilot training program under the guidance and direction of Brig. Gen. Todd Canterbury, 56th Fighter Wing commander.

"It is an honor and a privilege to lead the more than 5,600 men and women of Luke Air Force Base," Canterbury said. "Our mission is simple: We train the world's greatest fighter pilots here. Luke Air Force Base is responsible for training about 95% of the United States Air Force's fighter pilots."

Trump concluded his visit with a meet and greet, where he spoke with, shook hands, and took photos with Thunderbolts from units across the base, before departing on Marine One.





# 944TH FIGHTER WING WELCOME HOME PARTY



(photos by Staff Sgt. Lausanne Kinder and Kelley Speer, Key Spouse)



# Spending the Holidays at Home this Year: 944th Airman return to Phoenix

(photo by Kelley Speer, Key Spouse)

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

It's fairly common to talk about how time flies, whether it's the happy times, the sad times, or just plain time in general. When you think of what occurs over the course of six months, be it birthdays, holidays, baseball games, weddings, or births to name a few when you have to be away from family for that long time actually seems to drag on instead of flying.

More than 250 local Reserve Citizen Airman, were celebrated recently at Luke Air Force Base, Arizona, as the 944th Fighter Wing welcomed them home after being deployed for six months overseas to the Middle East. These Airmen, made up the largest forward deployed group the 944th has sent overseas in more than 5 years.

Time passes quickly. The homecoming made up for lost time with live music, barbecue, and members of the 944th, to include friends and family.

During the six months these Airman were deployed, there were several surface level occasions we can all relate to. Halloween, Thanksgiving, Christmas, New Years, and not to mention, the World Series, the Super Bowl, March Madness, and the NBA Finals — if you're into sports.

"We made the most of it," said Senior Airman Samuel Olivas, a 944th Force Support Squadron services technician.

Olivas was deployed as part of the 380th Force Support Squadron. Working in services, his primary responsibilities really focus on troop morale, as he handles lodging, food services, the fitness center, and facilitating entertainment. This was his second deployment to the region.

It's a selfless sounding role, but Olivas, of Phoenix, said he was proud to fill it.

"We did whatever we could to make it feel just a little like home," said Olivas. "It was fulfilling to feel the importance of what we do and how we were appreciated."

He talked about how being in a deployed environment really provides perspective and gratitude.

Meanwhile, back home in Phoenix, Olivas' wife gave birth to their newborn daughter. Gratefully, Olivas said he was able to participate in the birth via FaceTime with support from his fellow Airman.

"That was the hardest part," he said.

He spoke about being able to hold his baby girl for the first time.

"She was a little bit hesitant," Olivas said. "She didn't quite know who I was."

Not far removed from the experiences of Olivas, another Airman, Staff Sgt.

Jack Turner, missed the birthdays of each of his three children.

"The time zone was the biggest challenge," said Turner, historian for the 944th. Turner was deployed as the historian for the 370th Air Expeditionary Unit. "Me and the family did most of our talking on Sundays."

Turner's children are seven, five, and one, and he joked, saying they were not really interested in having long conversations with dad anyway.

"My one-year-old had not seen me since he was six months old aside from pictures and FaceTime," said Turner. "I think he was weirded out when he actually saw me in 3-D."

From a professional perspective, Turner said he really appreciated the opportunity of his first deployment.

"I got the most pride in simply interacting with members of the wing to provide historical reference and documentation any way I could," he said.

Turner noted that one of the more historically relevant operations the 370th AEU participated in during the deployment was Operation Jagged Knife.

According to a press release from NATO's Resolute Support mission in Afghanistan, Operation Jagged Knife was a proactive U.S.-led operation targeting Taliban revenue streams where poppy is processed into illegal opiate



drugs such as heroin.

"The general feeling I got while we were there was that the active duty personnel really appreciated our support," said Turner. "It was felt that we brought the necessary experience and professionalism."

As for the upcoming holiday season, Olivas, Turner, and the other returning members of the 944th will be home, knowing time is precious, not soon forgetting where they spent the holidays last year.

"I am proud to wear the uniform," said Olivas. "It has given and helped me throughout my life."



# Get the FLU SHOT not the flu!

Date	Location	Hours
Saturday, Nov. 3	56th Medical Group/Base Clinic Hangar 999/944th ASTS	8 a.m. to noon 2 p.m. to 4 p.m.
Sunday, Nov. 4	Hangar 999/944th ASTS	10 a.m. to noon
Saturday, Dec. 8	56th Medical Group/Base Clinic Hangar 999/944th ASTS	8 a.m. to noon 2 p.m. to 4 p.m.
Saturday Jan. 12	56th Medical Group/Base Clinic	8 a.m. to noon

The forthcoming Department of Defense (DoD) Instruction 6205.02, "DoD Immunization Program," will require that all Active Duty and Reserve Component personnel, and DoD civilian health care personnel be immunized annually against influenza with vaccines approved for use by the U.S. Food and Drug Administration and in accordance with the recommendations of the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices. Accordingly, addresses should assure that their members receive their annual influenza vaccinations.

\*Please bring a copy of your vaccination records if you received the influenza vaccine from a civilian medical provider.





# Raw or cooked produce: What's healthier?

*From <https://www.hprc-online.org/articles/raw-or-cooked-produce-what-s-healthier>*

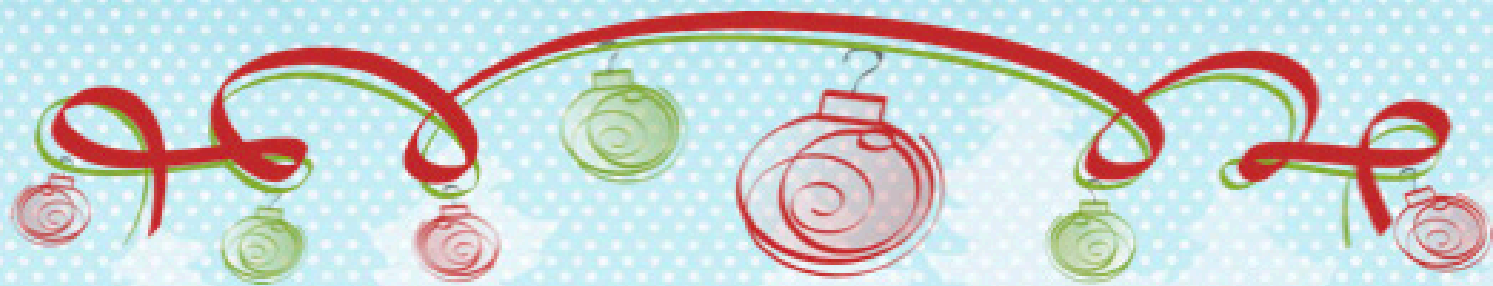
Many raw fruits and vegetables are tasty, low in calories and fat, and high in fiber. And eating them might help you feel fuller and consume less, which is especially helpful if you're trying to lose weight. However, some cooked produce can be just as delicious—and even more nutritious.

Many cooked fruits and vegetables (such as tomatoes, corn, spinach, carrots, and asparagus) provide more antioxidants, which protect cells and help your body function properly. For example, cooked tomatoes and asparagus release vitamin-rich lycopene, which can help lower your risk of heart disease and cancer. And cooked spinach provides greater amounts of calcium, iron, and fiber.

However, broccoli is best eaten raw because myrosinase, a valuable enzyme, is damaged during the cooking process. Vitamin C can be lost during cooking too. But you can find it in citrus and other foods. In the warmer months, eating raw produce can save time as well as keep your kitchen cooler since you won't be cooking! Still, raw fruits and vegetables might be hard to find when you're on a mission or in a smaller dining facility. So instead, choose from what's offered—whether it's dried, canned, frozen, or dehydrated.

Try to include a variety of produce in your meal plan, aiming for 2 cups of fruit and 2½ cups of veggies each day. Choose fruits and vegetables from the rainbow of colors (red, blue/purple, green, yellow, orange, and white) to maximize nutrient intake. Eat both cooked and raw varieties to make sure you're getting nutrients, antioxidants, and more. For example, eat raw carrot sticks one day and cook them on a different day. And enjoy the benefit of obtaining all that nature intended to provide!





**Dec. 9  
10am-noon  
Hangar 999**

# **944 Fighter Wing Santa Arrival!**

**Bring your families to enjoy:**

Cookie Decorating  
Coloring Station  
Reindeer Candy Cane Decoration  
Letters to Deployed Members  
Movie Room  
Face Painting  
Bounce House  
Trackless Train-Desert Dwellers Express  
Shriner's with Mini Cars and Clowns  
Sumo Suits  
Sporting Equipment  
Pictures with SANTA!!!!

