



# 944th Fighter Wing Monthly SnapShot

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October 2014

## 944 FW KEY LEADERS

### Commander

Col. Kurt J. Gallegos

### Vice Commander

Col. Robert D. Whitehouse

### Command Chief

CMSgt Rhonda L. Hutson

## Mission

Train and provide Combat-Ready Airmen.

Mission ■ Airmen ■ Family

## 944th Fighter Wing Electronic Monthly SnapShot:

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## 944th FW Remembers Mary Sprague

### In memory of Mary Sprague, 5/21/1950 to 9/11/2014

By Frances Kremer, 944th Force Support Squadron network operations

We lost a beautiful member of our 944th family. I have struggled with what to write to honor my friend, Mary. Mary was a civilian employee here in the 944th Force Support Squadron, working for the Communications Element. She was our Wing Publications & Forms Manager.

Everyone has a story, a journey that makes up their life. Mary's Federal civil service journey began right out of high school. At 18, she moved from Caribou, Maine to Washington DC, working out of the old Naval observatory building. At some point she worked at Loring Air Force Base and eventually moved cross-country to Luke Air Force Base where she worked at the Luke AFB hospital for 20 years prior to joining the 944th MaintenanceGroup.

It was in the mid-1990s that Mary joined the 944 MXG, starting in the Quality Assurance office as the Technical Order Distribution Office Manager. Later she moved over to the Maintenance Operations Flight in Plans & Scheduling. When our MXG was part of the Base Realignment and Closure in 2007, she was one of many who were part of the Reduction in Force. She then went to the

56th Maintenance Operations Squadron and worked there two years until coming back to our 944th family in 2009.

One of the most memorable events that Mary did every year was decorate our work area at

Christmas time. Truly, Mary was Santa's greatest elf; she transformed our work area into a holiday cottage that even Ms. Claus would be proud of. She even had a typed out set of instructions of how to setup all the holiday decorations! Our area was decked out with an assortment of Christmas trees (yes, plural, trees), beautiful quilts, angels, and Santa Claus figurines from each of the military services. Everyone who passed by was delighted by the warm glow of holiday decorations.

Mary was a kind person, even if not always politically correct. She would tell you how she felt about a subject and was unapologetic. You knew where she stood on an issue. She believed in fairness and honesty. We were her family here at work, she made us laugh, and she told it like she saw it (a straight shooter) whether you liked what she had to say or not. Mary had great stories she shared, her life journey was incredible and if you were lucky enough to get to know her just a little, you came away a better person.



Courtesy Photo



## 944th FW Cookbook

Send us your best recipes!

- Appetizers
- Entrees
- Desserts
- Mixed drinks etc.

For more information, contact 944th FW PA Office DSN: 856-5388 or email us at [944fw.pa@us.af.mil](mailto:944fw.pa@us.af.mil)



## Developing and maintaining trusted, valued friendships

*By Chief Master Sgt. Rhonda Hutson 944th Fighter Wing Command Chief*

944th Warriors!

Fall is upon us and where I live the leaves are changing into their autumnal colors. I am still getting used to the seasons in Arizona. The rain last month was crazy and I hope that everyone coped with them well. If not, please use your support networks to seek assistance.

This month I will be discussing the third pillar of Comprehensive Airman Fitness (CAF). As a quick reminder, the four pillars are mental, physical, social, and spiritual. I have already discussed the mental and physical pillars in previous articles. This month we will focus on the social pillar--which is the ability to engage in healthy social networks that promote overall well-being and optimal performance.

Now, the term social networks can be a charged term and mean very different things to each generation, especially in these days of Facebook 'friends', Twitter, etc. What is meant by social networking in this context is developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including the exchange of ideas, views and experiences.

Everyone needs to have a social group that they feel is beneficial and supportive. Now I am not going to knock social media sites, as they are tools that can help maintain connections virtually. Staying in contact with friends and family who might live far away so frequent personal visits are not possible is a great thing, if used in moderation. However, virtual 'friends' cannot replace the in person relationship experience. Maintaining a good balance with all your social tools is the best way to proceed.

For example, I have several sets of social networks that I rely on for support and find personally fulfilling. My Reserve family here at the 944th is my newest social network. I have met many wonderful people and find sharing experiences back and forth very enjoyable. As you might have guessed, without the support of the great wing staff folks I would be very much overworked and would have much more limited time to connect to the rest of the wing. I have my Air National Guard social network from my time as a Kansas Guardsman when I worked for the Air National Guard Advisors Office. I have a social network from my time deployed to Iraq, that I still stay in contact with. And I have my social network with my family and friends back home in Colorado Springs who all share similar backgrounds and interests. That's just naming a few, I'm sure that I could go on and on.

What about you? Think about your social networks, who do you talk to? Who do you hang out with? Who do you share stories and experiences with? If you can come up with many different groups then great, keep up the good work. If you cannot, then think about getting out there and meeting some new people. Find a group that shares like interests, maybe even a sports team, or hobby group. The point is, get out there and have a diverse set of friends. People, who you can call on when you might need support to enhance your resilience or maybe even enhance theirs.

Everyone has something great and interesting to offer, as I have seen so many times over the last few months. You only have one life to live, be an active participant and not just an observer. I am looking forward to sharing more stories in the coming months.

Til Next Time Chief

## Improving quality, efficiency and safety with 6S



*By Capt. Sabrina Ura, 944th Fighter Wing process manager,*

Do you want to simplify your work environment and reduce non-value activity while improving quality, efficiency and safety? . If you are asking yourself, is the workplace non-standard or standard? Is the placement of materials, equipment, and work instructions aimed at reducing waste? Do customers wait while you try to locate information or parts? Can you determine what is important by the visual status of work? Then the basic LEAN Tool called 6S can help you. By utilizing 6S it provides the foundation for visually managing the work place establishes standards to detect an abnormality and focuses on achieving visual order, organization, cleanliness, and standardization. Each "S" stands for a step in achieving workplace order:

**Sort**—Clean/organize, only keep what is necessary, when in doubt move it out, throw out, trash or recycle

**Straighten**—Organize everything in the work area, easy to find, color code, easy access, no reason to stop or move

**Shine**—Clean everything, inspect while cleaning, raise the bar and set a standard, establish a who what when cleaning schedule

**Standardize**—Easy to maintain and simplify, commonality in appearance, fastest, safest, best quality, repeatable steps, improve upon standards, audit self

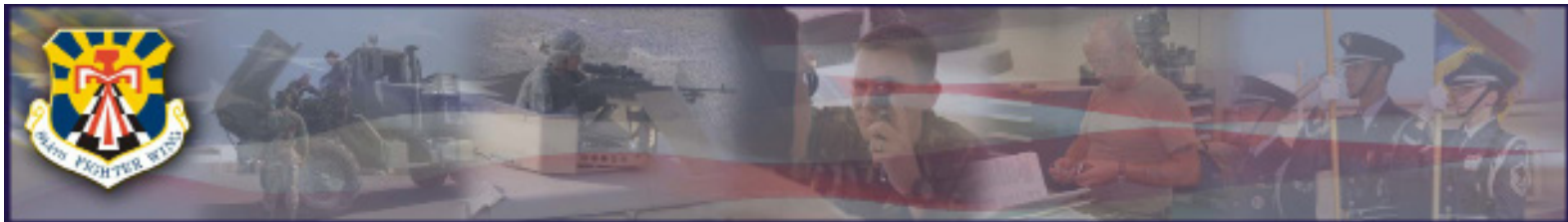
**Sustain**—Continue to train and maintain the standards, establish a system to monitor results, culture change

**Safety**—All improvements to the workplace must not degrade safe operations, aisles clear, less clutter and hazards, error proof hazards

The expected benefits of utilizing 6S include improved morale, improved safety, improved space utilization, and improved and self-maintaining workplace and pride.

If you would like to utilize this 6S LEAN tool to improve your unit, please contact me at DSN: 896-5313 and we can work together to make this happen and declare that section a 6S environment.





## Promotions:

The following members were promoted 1 October 2014:

Airman First Class Diego Campos to the rank of Senior Airman, 414th Maintenance Squadron  
 Airman First Class Marco A. Manzo Vasquez to rank of Senior Airman, 944th Civil Engineer Squadron  
 Senior Airman Lyron K. Clark to rank of Staff Sergeant, 924th Maintenance Squadron  
 Senior Airman Richelle Kiessling to rank of Staff Sergeant, 944th Aeromedical Staging Squadron  
 Senior Airman Niqorya A. Nettles to the rank of Staff Sergeant, 944th Logistics Readiness Squadron  
 Senior Airman Christopher White to the rank of Staff Sergeant, 944th Logistics Readiness Squadron  
 Staff Sergeant Joshua T. Fitzgerald to the rank of Tech. Sergeant, 414th Maintenance Squadron  
 Staff Sergeant Isaac M. Lambuth to the rank of Tech. Sergeant, 414th Maintenance Squadron  
 Staff Sergeant Kent T. Lane to the rank of Tech. Sergeant, 944th Logistics Readiness Squadron  
 Staff Sergeant David J. Martin to the rank of Tech. Sergeant, 944th Logistics Readiness Squadron  
 Staff Sergeant Jeremy C. Price to the rank of Tech. Sergeant, 414th Maintenance Squadron  
 Tech. Sergeant Chad C. Agredano to the rank of Senior Master Sergeant, 924th Maintenance Squadron  
 Tech. Sergeant Donald R. Blood to rank of Master Sergeant, 944th Security Forces Squadron  
 Tech. Sergeant Michelle K. Grover to rank of Master Sergeant, 944th Security Forces Squadron  
 Tech. Sergeant Larae M. Ketcham to rank of Master Sergeant, 944th Logistics Readiness Squadron  
 Tech. Sergeant Benjamin N. Loo to the rank of Master Sergeant, 414th Maintenance Squadron  
 Tech. Sergeant Christopher T. Martin to rank of Master Sergeant, 944th Aeromedical Staging Squadron  
 Tech. Sergeant Alan H. Raulerson to the rank of Master Sergeant, 414th Maintenance Squadron  
 Tech. Sergeant Matthew M. Walsh to rank of Master Sergeant, 944th Logistics Readiness Squadron  
 Master Sergeant Joshua L. Michael to the rank of Senior Master Sergeant, 944th Logistics Readiness Squadron  
 Senior Master Sergeant Michelle L. Harvey to the rank of Chief Master Sergeant, 944th Force Support Squadron



## 924th Maintenance Squadron gets new commander

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

Maj. Collin G. Shelton assumed command of the 924th Maintenance Squadron Sept. 14 during an assumption of command ceremony at Davis-Monthan Air Force Base, Ariz.

"I look forward to working with each of you, accomplishing our mission and challenging you to achieve your goals," Shelton told the gathered Airman.

Shelton comes to the 924th MXS from the 22nd Air Force, Dobbins Air Reserve Base, Georgia, where he served as the Chief of Aircraft Maintenance Branch. Shelton has also served as commander of both Aircraft Maintenance and Maintenance Squadrons.

Col. Thomas C. McNurlin, 924th Fighter Group commander, told the audience he is thrilled to have Shelton on the 924th FG team.

"Maj Shelton's complete skill-set of unique experience as well as his Airmen and mission focus, will help us make this the greatest maintenance organization the AFRC and the AF have ever seen."

"Bo, I only ask one thing," McNurlin continued. "You do it the Shelton way, it's the reason I hired you."

During the ceremony Shelton accepted the challenge of leading a growing squadron.

"There is no doubt we have some obstacles ahead of us, but I have no doubt we will tackle these challenges as they come," Shelton said. "Col McNurlin, thanks for your confidence in allowing me to be a part of this great organization. I assure you that I do not take this responsibility lightly, you will not be disappointed."

Shelton will lead more than 94 Air Reserve Technicians and 183 Traditional Reservists who directly support the 355th Fighter Wing in generating A-10C pilots. The 924th FG falls under the 944th Fighter Wing located at Luke Air Force Base, Ariz.



*Photos by Airman First Class Cheyenne Morigeau*



# AF releases criteria for new service medal



*Courtesy Graphic*

Col. Zannis Pappas, the missile operations career field manager. "The medal acknowledges the special challenges faced by those Airmen charged with supporting the nuclear enterprise and will be a point of pride by all who wear it."

Service members may be awarded the nuclear deterrence medal if they were assigned, deployed or mobilized to a wing, center or below in support of the nuclear enterprise for 120 consecutive days or 179 nonconsecutive days. Subsequent awards will only be authorized when a permanent change of station to a qualifying unit has occurred.

"The Air Force continues to demonstrate its support to the most vital part of the nuclear enterprise - the Airmen," said Maj. Gen. Garrett

WASHINGTON (AFNS)

Officials released nomination criteria for the new Nuclear Deterrence Operations Service Medal, following Secretary of the Air Force Deborah Lee James' May 27, 2014, authorization.

The medal will be awarded to individuals for their direct support of nuclear deterrence operations.

"This service medal provides a clearly visible way to recognize the dedication and professionalism of our Airmen who are the guardians of our nation's nuclear deterrence. Because of our success, often times nuclear deterrence operations can be overlooked as a critical function," said

Harencak, Air Force assistant chief of staff for strategic deterrence and nuclear integration. "This medal exists as a tangible way to acknowledge the importance of this mission and the dedication and pride that the men and women in the nuclear community show to their country. Having secretary of the Air Force-level interest testifies to the importance of this decoration and impact on nuclear operations."

The medal will be worn with an "N" device for those who dispatched to a missile complex for 179 nonconsecutive days in direct support of intercontinental ballistic missile operations or are in direct support of nuclear laden aircraft. Only one "N" device will be worn, regardless of the number of qualifying assignments. An oak leaf cluster will be worn for subsequent awards, which will only be authorized when a PCS has occurred.

Eligibility for the medal is retroactive to Dec. 27, 1991. Nominations for currently serving Airmen will be processed through their respective chain of command.

A member's current group commander is considered the awarding authority for the medal. Retired or separated Airmen can submit a request submitted to the Air Force Personnel Center recognition section for validation. The award can be presented posthumously, as well, so family members of deceased Airmen can also contact AFPC for information.

The medal is currently under development with a projected date of availability through the Defense Supply System of March 2015.

For more information and full eligibility criteria, go to myPers by clicking here. Guard, Reserve, retired and separated Airmen and their family members may contact the Air Reserve Personnel Center at 800-525-0102, for assistance.

## 944th FW supports CFC

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

The annual 944th Fighter Wing Combined Federal Campaign (CFC) kicked off Sept. 22.

The campaign raises millions of dollars for eligible non-profit organizations that provide health and human service benefits around the world.

"Last year, federal employees contributed more than \$1.1 million, supporting more than 1,137 charities," said J. Woodfin Thomas, 2014 Local Federal Coordinating Committee Chairman.

"The theme of this year's Maricopa County CFC campaign is 'Serving Our Country, Supporting Our Community,'" Thomas continued.

In Maricopa County the window for soliciting donations closes Nov. 7 which gives the 944th FW members two unit training assemblies to fully support the campaign, Oct. 18 to 19 and Nov. 1 to 2.

Master Sgt. Stephen Hunter, 944th Civil Engineer Squadron explosive ordinance and devices program manager, and Tech. Sgt. Kenneth Heng, 944th Medical Squadron medical technician, are the 944th FW CFC representatives.

"Our focus as facilitators for 944th FW is to employ squadron representatives assigned through the First Sergeant network," said Hunter. "The Maricopa county campaign contribution goal is \$1.25 million and our goal is to have 'meaningful contact' with everyone in the Wing.

For more information concerning CFC please contact your Squadron representative or visit the website at [www.maricopacfc.org](http://www.maricopacfc.org).







# Job Burnout and how it affects health

*By Senior Msgt. Dave Merris, First Sergeant, 944th Force Support Squadron,*

In our fast paced working world of deadlines, multitasking, and just doing more with less, individuals in the work place are experiencing what experts are calling Job Burnout. It is a very real and often overlooked mental state that can have physical effects. We all should know how to spot it in ourselves and others and know what action to take to prevent it.

According to the Mayo Clinic, Job burnout is a special type of job stress — a state of physical, emotional or mental exhaustion combined with doubts about your competence and the value of your work. If you think you might be experiencing job burnout, take a closer look at the phenomenon. What you learn may help you face the problem and take action before job burnout affects your health. Ask yourself the following questions:

- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started once you arrive?
- Have you become irritable or impatient with co-workers, customers or clients?
- Do you lack the energy to be consistently productive?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits or appetite changed?
- Are you troubled by unexplained headaches, backaches or other physical complaints?

If you answered yes to any of these questions, you may be experiencing job burnout. Some of these symptoms may also indicate certain health conditions, such as a thyroid disorder or depression so you may also want to consult your doctor or a mental health provider just to be sure. So what causes job burnout? Job burnout can result from various factors, including:

- Lack of control. An inability to influence decisions that affect your job such as your schedule, assignments or workload could lead to job burnout. So could a lack of the resources you need to do your work.
- Unclear job expectations. If you're unclear about the degree of authority you have or what your supervisor or others ex-

pect from you, you're not likely to feel comfortable at work.

- Dysfunctional workplace dynamics. Perhaps you work with an office bully, you feel undermined by colleagues or your boss micromanages your work. These and related situations can contribute to job stress.
- Mismatch in values. If your values differ from the way your employer does business or handles grievances, the mismatch may eventually take a toll.
- Poor job fit. If your job doesn't fit your interests and skills, it may become increasingly stressful over time.
- Extremes of activity. When a job is always monotonous or chaotic, you need constant energy to remain focused which can lead to fatigue and job burnout.
- Lack of social support. If you feel isolated at work and in your personal life, you may feel more stressed.

- Work-life imbalance. If your work takes up so much of your time and effort that you don't have the energy to spend time with your family and friends, you may burn out quickly.

Who's at risk of job burnout? You may be more likely to experience job burnout if:

- You identify so strongly with work that you lack a reasonable balance between your work life and your personal life
- You try to be everything to everyone
- You work in a helping profession, such as health care, counseling or teaching
- You feel you have little or no control over your work
- Your job is monotonous

What are the consequences of job burnout? Ignored or unaddressed job burnout can have significant consequences, including:

- Excessive stress
- Fatigue
- Insomnia
- A negative spillover into personal relationships or home life
- Depression and/or Anxiety
- Alcohol or substance abuse
- Heart disease
- High cholesterol
- Type 2 diabetes, especially in women
- Stroke
- Obesity
- Vulnerability to illnesses

Remember, if you think you may be experiencing job burnout, don't ignore your symptoms. Consult your doctor or a mental health provider to identify or rule out any



*Courtesy Photo*

underlying health conditions.

So we have identified the symptoms but what's the best way to handle job burnout? If you're concerned about job burnout, take action. To get started:

- Manage the stressors that contribute to job burnout. Once you've identified what's fueling your feelings of job burnout, you can make a plan to address the issues.

- Evaluate your options. Discuss specific concerns with your supervisor. Perhaps you can work together to change expectations or reach compromises or solutions. Is job sharing an option? What about telecommuting or flexing your time? Would it help to establish a mentoring relationship? What are the options for continuing education or professional development?

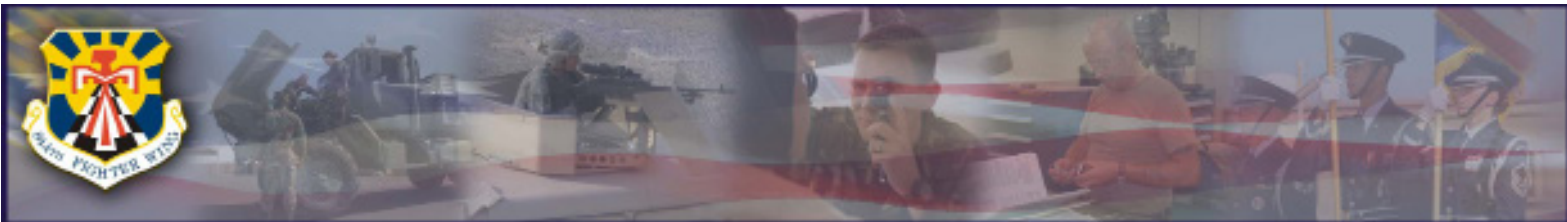
- Adjust your attitude. If you've become cynical at work, consider ways to improve your outlook. Rediscover enjoyable aspects of your work. Recognize co-workers for valuable contributions or a job well done. Take short breaks throughout the day. Spend time away from work doing things you enjoy.

- Seek support. Whether you reach out to co-workers, friends, loved ones or others, support and collaboration may help you cope with job stress and feelings of burnout. If you have access to an employee assistance program (EAP), take advantage of the available services.

- Assess your interests, skills and passions. An honest assessment can help you decide whether you should consider an alternative job, such as one that's less demanding or one that better matches your interests or core values.

- Get some exercise. Regular physical activity, like walking or biking, can help you to better deal with stress. It can also help get your mind off work and focus on something else.

The bottom line here is keeping an open mind as you consider the options. Don't let a demanding or unrewarding job undermine your health.



# Domestic Violence Prevention Month: “The fault, dear Brutus, is not in our stars, but in ourselves.” Shakespeare

by Jim Yang-Hellewell, M.Div., ACSW, LCSW

October in the Valley of the Sun is a time for outdoor barbecues and football tailgating parties. But October is also Domestic Violence Prevention Month. Domestic violence is one of those topics not often raised at those barbecues and tail gating parties. Yet, it is a fact. Domestic violence enters the lives of many in our larger community and it is a part of the lives of far too many at Luke AFB. In fact, there is a strong possibility that a percentage of people at those barbecues and tail gating parties have experienced it.

We, in the Air Force community, define domestic violence as any non-accidental emotional, physical, sexual, or neglectful act that results in a significant impact on the victim. In other words, “violence” in a family setting takes a variety of forms, all of them harmful.

Domestic violence came to America’s public attention, to a great degree, during the 70’s. It was, at this time, that the terms ‘battered woman’ and ‘batterer’ came to be used. Domestic violence was seen largely as a male on female phenomenon, with the consequent emergence of many of the related structures and systems, women’s shelters, advocacy groups etc. The image of the man as controlling, violent and dangerous and the woman as enabling and unable to separate came to dominate the field.

Although this type of domestic violence clearly exists and remains enormously dangerous and sometimes deadly, research and experience has shed light on other types or forms of Domestic Violence.

To start, research seems to indicate that, among all the forms of domestic violence, women are just as likely to offend or be perpetrators as men. Perhaps that is a shift over time, but it is the reality now.

Researchers have also identified several distinct types of domestic violence. Power and control remain the central dynamic of the first type, the Coercive Controlling pattern. One partner seeks to manage, overwhelm and dominate the other, be it emotionally, socially, financially, sexually or physically. Psychological oppression and manipulation is a central feature, and the victim often feels that they themselves are to blame for the violence and often feel “crazy”.

Another type of domestic violence, Violent Resistance, also has power and control as a central dynamic, but in reverse. At some point, the victim of coercion and control will react, sometimes violently. After a long period of oppression and victimization, an explosion will occur. The victim will strike back in desperation and rage and the oppressor becomes the victim.

Thirdly, there is the Situational type of domestic violence. Either partner commits the act that comes to the attention of authorities, but that singular act is often preceded by a downward spiral in the relationship over time. The act is the culmination of disagreements, fights, tensions, bad communication and stress. New relationships are especially vulnerable to this type. Being away from family and home, financial problems, young children, suspicions of infidelity, alcohol use, coupled with general inexperience and skills to cope, create fumes in the home that only need a match for an explosion.

Finally, the Separation-Instigated type of violence is identified; a couple splits up and the termination of the relationship is not

taken well by one of the partners. Separation and break-ups of an intimate relationship are enormously difficult and they rarely occur without residual feelings. Breaking-up often strikes at the very center of a person’s sense of self. The perception of being rejected or caste aside brings into question personal self-worth and may plunge a person into the worst depths of self-doubt and self-contempt. For some it is nearly unbearable. The reaction can often be rage either against the other person, or sometimes, tragically, rage turned inward, in the form of self-harm or suicide.

Having identified the various forms of domestic violence, the take away message is Shakespeare’s “the fault is within ourselves”. Domestic violence has existed in all cultures since the time humanity first huddled around fires to stay warm. It is not alien to our human condition. Inter-personal conflict exists because we are very, very human. We seek relationships and relationships are difficult. The struggle for love, intimacy and fulfillment in a relationship is a hard one. Relationships do not come ready made. They often are forged in the fires of conflict. But it is relationship we seek because we were not fashioned to be absolutely alone. And so, we desire and keep trying to find that other, that person, with whom to be.

Another quality of being very human is the aspect of hope. We want more and we want our lives to be better. We want to go beyond, to a place that is qualitatively “on the other side” of where we currently exist. In brief, we hope that the relationship we are in can be far more and far better, that we can actually reach a place of love, intimacy and fulfillment.

Fortunately, even in this, we are not alone. Our Luke community has many resources and tools. There are others who desire to assist and can share hope. There is no shame in being human and there is no shame in seeking support and coaching. It may take work or it may just need a little fix. But it can be better.

Family Advocacy has services that are confidential with providers who are expert in working with couples. There is also Airmen and Family Readiness, the Chapel, the Mental Health clinic, and a bucket full of other community resources.

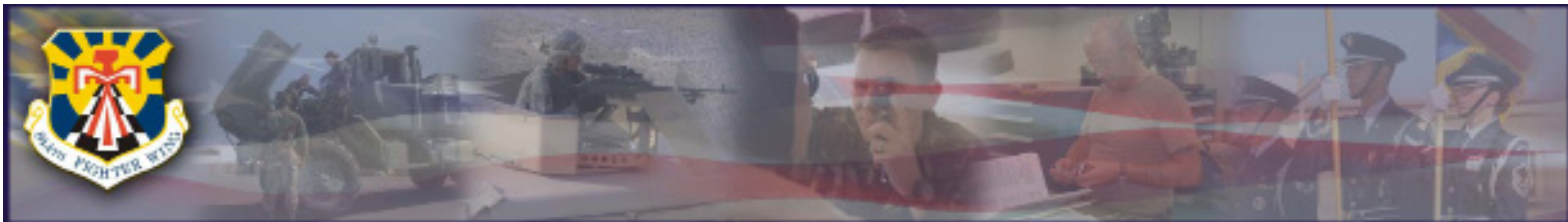
Even though the discussion of domestic violence types is pertinent, we are not merely research examples and we are not merely “types”. We are very human with profound relationship hopes and needs. And we might need a little help with that.

If you need assistance please contact Luke Domestic Abuse Victim Advocate 24/7 Crisis Line 623-255-3487 or National Domestic Violence Hotline (800) 799-7233.



Ms. Jessica Paul,  
944th Fighter Wing  
Family Advocacy  
Outreach Manager  
623-856-2289





# Airmen read their way to a better Air Force future

by Senior Airman Aja Heiden, 482nd Fighter Wing Public Affairs,

General Mark A. Welsh III, Chief of Staff of the Air Force, called on Airmen to submit suggestions for the 2015 Chief of Staff of the United States Air Force Professional Reading Program, which was created as a way of developing Airmen. The goal of this reading program is to develop a common frame of reference among all Air Force members. Each year the reading list centers on themes of leadership, strategic context, forward thinking and military heritage.

“As a whole, the reading list is very relatable,” said Senior Airman Giovanni Figueredo, air transportation technician for 70th Aerial Port Squadron here. The program aids in the development of Airmen, from the most junior enlisted to the senior officer.

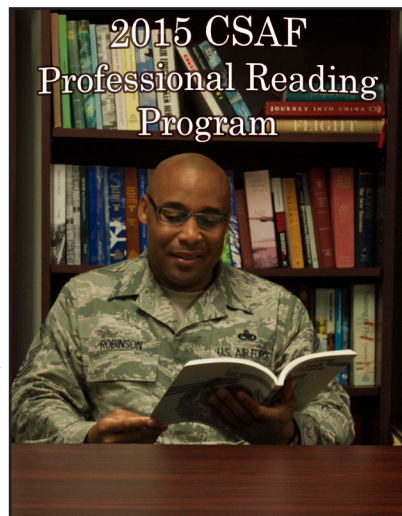
“The CSAF 2014 reading list was established to teach understanding and comprehension of key values to every Airmen, like leadership and compassion,” said Figueredo. “The entire list offers a new perspective on how to be a better Airmen and overall person.” The past years have brought recommendations for books, articles, films, art work and Technology, Entertainment, Design (TED) talks that tell stories of prisoners of war, embody the core values, and give life to the stories of service members.

“A Higher Call: An Incredible True Story of Combat and Chivalry in the War-Torn Skies of World War II” by Adam Makos is a book from last year’s reading list which demonstrates a characteristic today’s Airmen can learn from.

“This was a book I found to be very meaningful,” said Chief Master Sgt. Katdo Robinson, 482nd Fighter Wing acting Command Chief Master Sergeant. “It’s about a German airman who displayed great courage and saved the life of an American Airman in World War II. I’m about doing the right thing. It might not be the most popular choice, but this is something I live by.” Robinson advises Airmen to read the books on the upcoming 2015 reading list.

“The material seems to correlate with the times and expand on what’s going on in the Air Force,” said Robinson. Although the recommended material discusses a theme relevant to today’s Air Force, it also describes victories and battles from the past.

“The biggest benefit from the materials on the reading list is the historical education they provide,” said Robinson. “It helps Airmen understand how we arrived where we are and see the evolution from 1947 to the current war fighter in 2014.” The CSAF reading list uses lessons from the past to build a better Air Force now, and in the future. The 2015 Chief of Staff of the United States Air Professional Reading list will be available soon at <http://static.dma.mil/usaf/csafreadinglist/>.



Courtesy Graphic

## Maj. Gen. Undhjem Retires after 36 years



Photo By Staff Sgt. Lausanne Kinder

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

Maj. Gen. Lance D. Undhjem, mobilization assistant to the commander, Air Education and Training Command, retired after 36 years of faithful and honorable service October 10.

General Robin Rand, Air Education Training Command commander, Joint Base San Antonio-Randolph, Texas, was the presiding officer. Over 200 close friends and family attended the ceremony held at his former unit, the 944th Fighter Wing, Luke Air Force Base Ariz.

Gen. Rand had heartfelt words to say about his friend and Wingman on his retirement. He highlighted Maj. Gen. Undhjem’s storied career as a pilot both active duty and Reserves with over 4,400 flight hours and his passion for the job.

On Thursday, Maj. Gen. Undhjem had a fini-flight and flew with Gen. Rand, Brig. Gen Scott Pleus, 56th Fighter Wing commander, Col. Kurt Gallegos, 944th Fighter Wing commander, and Maj Ryan Savageau, 69th Fighter Squadron assistant director of operations.

**944th FW Group Photo!!!**

**will be on Nov. 1 on the north side of hangar 999 at 0730**

**CC call will directly follow**



**BRINGING THE HEAT!!!**

