

SnapShot

944th Fighter Wing, Luke Air Force Base, Arizona

October 2015 Newsletter



944 ASTS enhances cost effective training

A successful relationship is simple, kind of...

Air-Force sets weight restrictions for F-35 pilots

Understanding and communicating love languages

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944th Fighter Wing Monthly SnapShot

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Bringing the Heat

October 2015

944 FW KEY LEADERS

Commander

Col. Kurt J. Gallegos

Vice Commander

Col. Robert D. Whitehouse

Command Chief

CMSgt. Rhonda L. Hutson

944th Fighter Wing Electronic Monthly SnapShot

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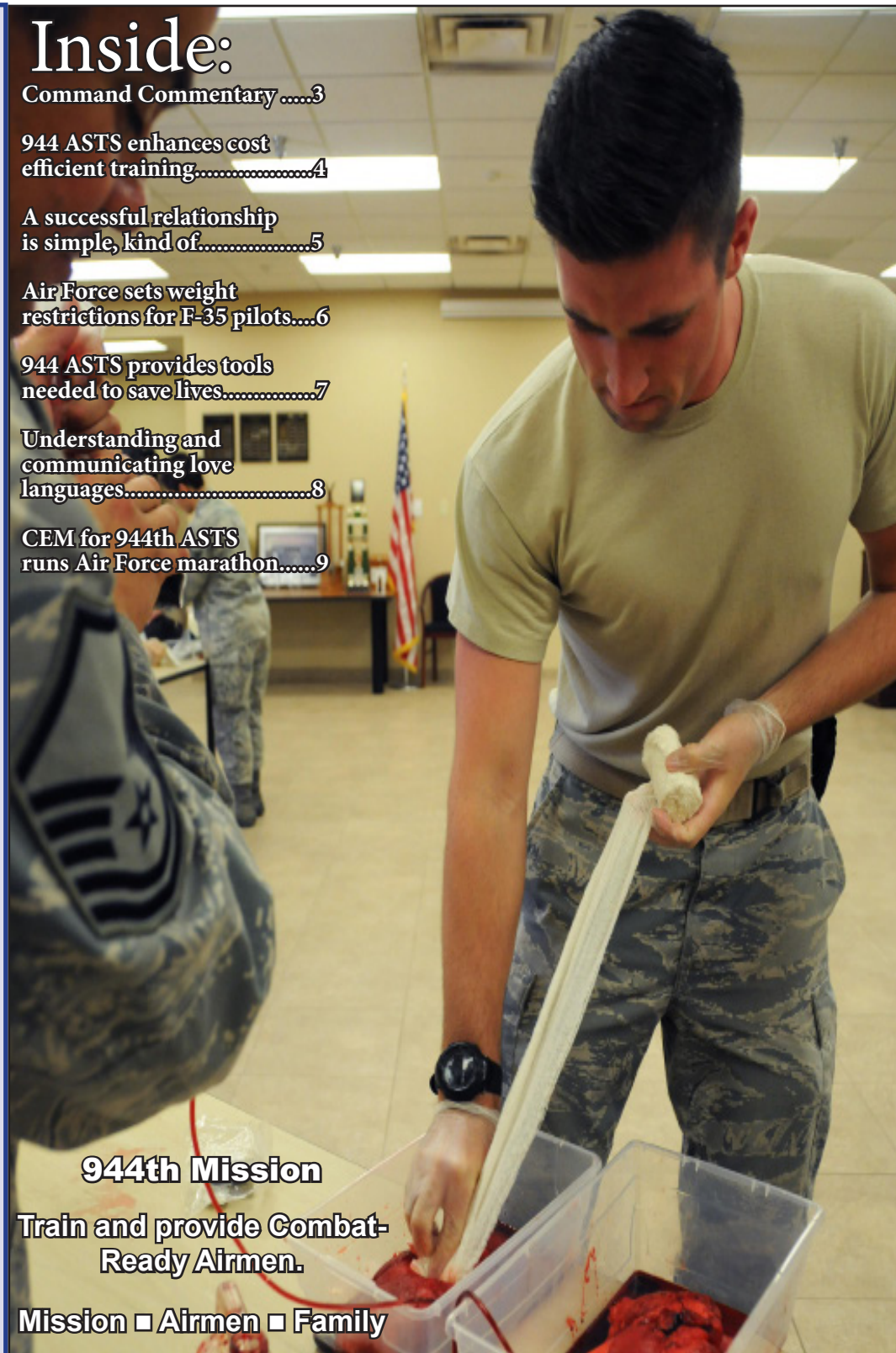
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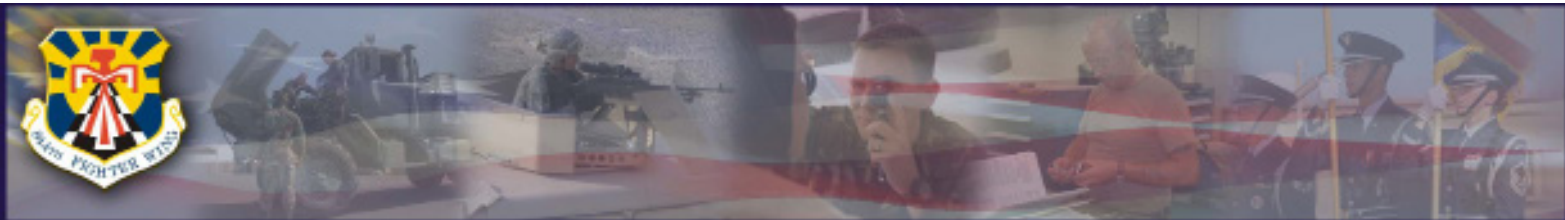
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944th Mission

Train and provide Combat-
Ready Airmen.

Mission ■ Airmen ■ Family





Command Commentary

Focusing on fostering positive relationships

By Colonel Kurt J. Gallegos, 944th Fighter Wing Commander

Welcome back. I hope you enjoyed the long break between UTA's and are ready to get back to work. October is a busy month but a fresh start to the fiscal year. This month I would like to recognize and pay observance to a couple of sensitive issues that are very important to many of us.

October is Breast Cancer Awareness Month. Breast cancer is a serious issue and hits close to home for many of us. If you know someone who has or is suffering from this, my heart and prayers go out to you. Remember regular check-ups and early detection is important in the battle against breast cancer in both men and women.

It is also Domestic Violence Awareness Month. This is a very serious issue and there is no place for it in our Wing. There are resources put in place to first of all, prevent domestic violence and second, in the unfortunate case you are a victim, a place to call for help and guidance. If you are a victim

of domestic violence or know someone who is please contact the Domestic Violence Victim Advocate (DAVA) 24/7 Hotline 623-255-3487. There is help out there so please just reach out. No one should ever have to suffer violence in the home.

Fostering positive relationships at home is an important way to help prevent domestic violence. Being self-aware and communication are always positive aspects of a healthy relationship. Knowing your partner's wants and needs as well as your own is important. During this UTA in the 944th Fighter Wing Family Readiness classroom on Sunday from 12 to 1pm, a class on determining your love language will be presented by Ms. Jessica Paul, our Family Advocacy Outreach manager. Please try to attend to learn more on how to understand yourself and partner better.

Supporting these issues and others are important and especially relevant now because it is Combined Federal Campaign season. Our goal is 100 percent contact

and representatives from the Wing will be contacting you this UTA about CFC. Please consider donating to your favorite charity to help those in need.

Let's have a great UTA and be prepared for an exciting November UTA. I can't wait to meet your boss and show him or her, the important job you do here at the 944th FW. It's the perfect opportunity to show them our appreciation for their support and how vital you are to the Air Force Reserve and the nation. Thank you for your service.

For more information on domestic violence and much more please contact Ms. Jessica Paul, 944th FW Family Advocacy Outreach manager at 623-856-2289.



Dedication, loyalty, service before self

By Chief Master Sgt. Rhonda Hutson, 944th Fighter Wing Command Chief
944th Warriors!

How's your focus? Last February, Chief of Staff Air Force Gen. Mark Welsh gave a speech to the Air Force Association during which he said Airmen are distracted. We are distracted by sequestration, furloughs, discussions about changes to retirement plans and compensation packages. Now add to that list the threat of government shutdown, continuing resolutions, debt ceilings, and its easy to understand why we are distracted. Gen. Welsh said the Air Force needs to focus on the things that really matter; fighting and winning our Nation's wars.

We indeed have the most technically and tactically advanced Air Force ever fielded and we are engaged around the world. This weekend you will prove our Wings operational readiness and I know that sustaining that readiness requires your focus and hard work. That we continue to do this in an environment of uncertainty is a strong testament to the dedication and loyalty of each and every one of you.

But here is reality. As Chief Master Sgt. of the Air Force James Cody pointed out in a speech last month, the Air Force is about 17,000 people smaller than it was a year ago. To be fair, we have about 5,000 fewer people engaged around the world than last year, so arguably we need 5,000 fewer people. So that means there are 12,000 fewer Airmen available to accomplish the Air Force mission than last year. Despite this, we are still engaged in places like Iraq, Syria, Eastern Europe, the Korean Peninsula and Africa and are still sustaining our efforts in Afghanistan and we must be ready to continue these operations and to accept more as the need arises.

So how do we continue to do this? In all my time in the Air Force, whenever we took force reductions the solution was we were going to work smarter, not harder. That's commendable, but how do we achieve this? Let's face it, most of us are already working as smart as we can to get the job done today and working harder than we ever have. But working harder, all of the time, drains your resilience and makes you less ready to put service before self when that call comes. You will be unable to surge. In the end, we all need to get smarter. The Air Force is working towards the goal of operating smarter. We have embraced innovation and are fielding many of the over 5,000 ideas that have been brought forward, already saving over \$37 million. If you have an innovative idea, I encourage you to bring it forward. You are our experts in the field and always know the best ways.

One thing we can all do to work smarter is to stop doing things that aren't. No one knows your job better than you do. When some new policy, rule or technical order is published and it just does not make sense, let your chain of command know and get it fixed. Smarter sometimes means to simply avoid redundancies and nonsense.

You all are familiar with the Enlisted Force Development program and all the good it has done. There is a personal aspect to development too. Chief Cody told the Air Force Association last month, today's AF ...*Commentary continued on page 5...*



Wing News

944 ASTS enhances cost effective training

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

Saving lives on the battlefield has always been the number one priority of the 944th Aeromedical Staging Squadron. Recently, they have adopted a new mission, saving the U.S. Air Force money by developing an efficient cost effective training program.

"We have developed an innovative teaching center where we expand knowledge, enhance skills, and provide certifications in order to create a deployable medical first responder force able to support any contingency, anywhere, anytime," said Master Sgt. Christopher Martin, 944th ASTS NCOIC Joint Military Operations Training Initiative and Critical Care Air Transport Team.

Col. Michael Chesser, M.D., Lt. Col. Leslie Wilson, officer in charge JMOTI, and Master Sgt. Christopher Martin will represent the 944th ASTS, the Total Medical Force Enterprise and JMOTI training as they present the TMFE/JMOTI concept and its established idea at the Association of Military Surgeons of the United States meeting in San Antonio, Texas later this year.

"Hopefully with the lives that are saved through this educational opportunity, the program will speak for itself," said Wilson.

The program can save the military money as well as time explained Martin. Members can accomplish 30 percent of readiness skills verification's through JMOTI courses. This on station training saves on travel and adds flexibility for scheduling since it is held locally. There is no need to outsource because training can be accomplished in a moment's notice since resources are available in the unit.

In this time of budgetary restraint, the 944 ASTS developed the JMOTI program for members to accomplish on-station sustainment and upgrade training resulting in reduced training costs through integration of



Photo by Staff Sgt. Joshua Nason

existing medical training platforms.

"We want to expand this within the Air Force," said Col. Chesser. "Our Total Medical Force Enterprise is a newer way of thinking and what we are building is a forum for ideas and mutual collaboration for all operational medics. We do not want to just meet training requirements, but build the most robust and versatile medics we can to meet future contingencies. We have managed to bring together a consortium of the Army, Navy, Air Force and Marines in the active duty and reserve components, and civilian first responders. We hope to share our experiences at the AMSUS meeting and further our networking so we can continue to learn and improve this concept."

The 944th ASTS vision and mission statement reflects the 944th Fighter Wing and fulfills its promise to train and provide combat ready Airmen by accomplishing what the program and courses offer.

October 2015 promotions:

Congratulations to the following 944th Fighter Wing promotees

From Airman:

A1C Mathew Cadle, 414th MXS
A1C Stephen Powell, 414th MXS

From Airman First Class:

SrA Ralph Armijo, 924th MXS
SrA Alana Richardson, 414th MXS

From Senior Airman:

SSgt Danielle Cuellar, 924th MXS
SSgt Jared Mosley, 924th MXS
SSgt Evan Phillips, 924th FG Det 2
SSgt Ricardo Rodriguez, 47th FS
SSgt Patrick Smith, 414th MXS
SSgt William Tylor, 414th MXS

From Staff Sergeant:

TSgt Maritza Castaneda, 924th MXS
TSgt Benjamin Davidson, 944th FW Det 1
TSgt Khrystal Fleming, 944th CES
TSgt Robert Hernandez, 944th CES
TSgt Anthony Maldonado, 414th MXS
TSgt Tiffany Millisor, 307th FS
TSgt Joshua Nason, 944th FW
TSgt Daniel Ramey, 414th MXS
TSgt David Shaw, 414th MXS
TSgt Adam Smith, 944th SFS

From Technical Sergeant:

MSgt Maria Guillen, 944th MSG
MSgt Richard Teets, 944th FW
MSgt Mayline Wahinepio, 944th ASTS

From Master Sergeant:

SMSgt Frederick Kistler, 944th MDS

SAVE THE DATE

BIRDIES & BOOGIES

GOLF INVITATIONAL

\$94 Military Members

FRIDAY, NOVEMBER 6 | VERRADO GOLF CLUB | BUCKEYE, AZ

Register with Skate Jennings at chad.jennings.4@us.af.mil or - sooner47@hotmail.com

Rising Six Presents:

The 944 FW PT Challenge

Sunday November 8th at the Sand Volleyball Court 1500-1600

Come cheer for your squadron or represent it in an attempt to win the trophy from the current champions: ASTS

POC SrA Krystal Broady
Krystal.broad@us.af.mil

*Minimum 6 players per team.
*Sand volleyball court is located across from the Bryant Fitness Center.

RIISING SIX IS A PRIVATE ORGANIZATION. IT IS NOT A PART OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS COMPONENTS AND IT HAS NO GOVERNMENTAL STATUS.



A successful relationship is simple, kind of...

By Jim Yang-Hellewell, M.Div.,
LCSW, Family Advocacy Outreach Manager

Although October is Domestic Violence Awareness Month, rather than dwell on the negatives of relationships, perhaps more attention should be focused on the components of successful relationships. Successful relationships have certain elements in common and these elements have been observed and verified in actual research. Some of these elements are so, so obvious and simple, yet we often do not practice them.

John Gottman, Ph.D., renowned researcher, author, speaker and therapist has been studying couples for years and has determined that there are certain universal and common practices that successful relationships employ.

Gottman has observed that successful couples are, simply, "friends". They basically "like" each other. This seems overly obvious, but the truth is when couples get to a point of ongoing irritation and even contempt, they are in trouble. Successful couples have strategies for keeping the friendship alive.

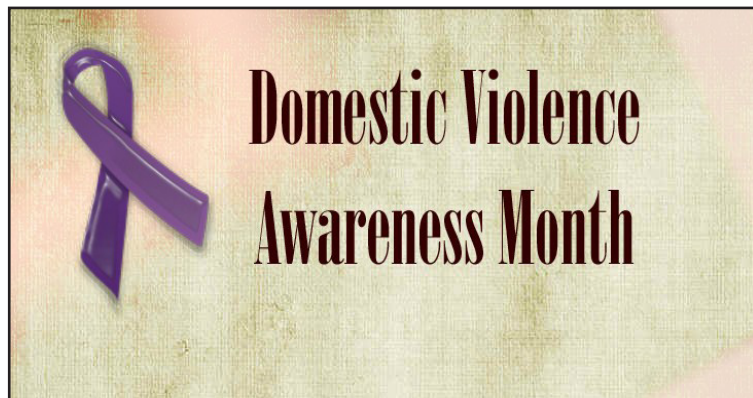
Successful couples are kind and considerate to one another. Successful couples spend time with one another, talk and have a sense of humor. They communicate respect in numerous small ways. They show interest in one another and scan their environ-

ment searching for opportunities to say "thank you", rather than searching for the mistakes. They reach out to one another and make bids for attention and, in turn, they respond more to the other person's bids. Successful couples respond to 96 percent of their partner's bids for attention, whereas couples headed for divorce only respond 30 percent of the time, and most couples only notice 50 percent of the positive things their partner is doing.

Successful couples have disagreements and still argue but they are better at recovering from those arguments. They find ways to diffuse an argument, change direction, divert and avoid the spinning wheel or long term gridlock. In short, they find ways to come back together after an argument.

Successful couples also accept their partners influence. In other words, they share power and allow themselves, their opinions and understandings to be moved and changed by the other person. There is no "my way or the highway" in a successful relationship. Successful relationships become "our way", worked out over time with respect and genuine openness to the other.

Very importantly, successful couples enhance their "love maps" that is, they take the time and attention to explore the landscape in their partner's heart and head. They explore those landscapes caringly. They come to know



Courtesy Art

the "other's worries, hopes and goals in life, their history, and the facts and feelings of their world." Successful couples then use these love maps to enhance communication, understanding and, yes, admiration for the other. Successful couples are not business partners, debating opponents or roommates. Rather, successful couples are "love map" makers.

Successful couples, share the meaning of their lives that is, they have a kind of shared spirituality, a shared way at looking and feeling the world on a deep level. These couples share an inner life that is "rich in symbols and rituals". They share life's goals and admire and respect each other's place in the world, and importantly their place within the family.

Finally, if these relationship practices are viewed as creating a rich interior life to a rela-

tionship, the outer structure, or wall supporting it all, is commitment...commitment to the growth, health, intimacy and longevity of the relationship. For one person in a relationship to secretly believe that they "can do better" is to allow a worm to borrow into the wall and undermine the structural integrity of the relationship.

As was stated, many of these practices are known to us already and are simple. Some couples are naturally more inclined to employ them. They are the fortunate ones. But, for the rest of us, these practices can be learned and strengthened over time with use, provided we are motivated and committed to the relationship.

If you are a victim of domestic violence please contact the Domestic Violence Victim Advocate (DAVA) 24/7 Hotline 623-255-3487.

Commentary Continued from page 3... enlisted Airmen are the best educated in our history. To bring these points together, one way to be smarter is to be exposed to new ideas and new ways of doing things. Continuing education is critical if we are to maintain our technical and tactical edge. Continuing education does not have to be a college program. Get a license or certificate in your area of expertise, read books from the AF reading list or just take a course. And take your new knowledge and experience and incorporate it into our work here.

Finally, remember that technical and tactical superiority is not enough. We require good leaders. The Air Force has extensive leadership development programs you all will participate in. Always look for opportunities outside the AF formal schools. One great place to start is to always give and demand honest feedback and areas where you can improve is the first step to self-improvement. 'Til next month. Chief



Air Force/Wing News

AF sets weight restrictions for F-35 pilots



Courtesy photo

From Secretary of the Air Force Public Affairs Command Information

Air Force leaders recently made a decision to restrict pilots weighing less than 136 pounds from flying the F-35A Lightning II due to safety concerns about the ejection seat in a portion of the flight envelope.

The manufacturer of the seat has been conducting tests to ensure the escape system works reliably and safely in all planned conditions. In a recent test, analysis identified an unacceptable risk of neck injury during parachute deployment/opening for lighter-weight pilots at low-speed conditions. The requirement is for the seat to be certified for any pilot weighing between 103 and 245 pounds. An unacceptable level of risk was discovered for pilots weighing less than 136 pounds.

Air Force leaders decided that as an interim solution, no pilot less than 136 pounds will be allowed to fly the aircraft until the problem is

resolved. As a result, one pilot was impacted.

There is also an elevated level of risk for pilots between 136 and 165 pounds. While the probability of an ejection in this slow speed regime remains very low, estimated at one in 100,000 flight hours, the risk of a critical injury in that circumstance is currently higher than legacy fighter ejection seats. The Air Force has accepted risk of similar magnitude in previous ejection seats. Based on the remote probability of an event occurring requiring ejection from the aircraft and pilot weight considerations, the airworthiness authorities recommended and the Air Force has accepted continuation of flight for pilots falling within the 136 to 165 pound range. No ejection system is without risk. The Air Force continues to work with the F-35 Joint Program Office to ensure the F-35 system meets this requirement.

"We expect the manufacturer to find and implement a solution," said Secretary of the Air Force Deborah Lee James. "We must ensure the ejection seat is tested to meet our specifications and weight requirements. We are going to ensure this gets done right."

Air Force headquarters and wing leadership took immediate action to inform and ensure the safety of the pilots, to address concerns, and ensure the manufacturer meets requirements for the seat. The F-35 is still in a development phase. As discoveries are made, fixes will occur, according to Air Force officials.

Concurrent testing and production of all models of the F-35 are per the plan laid out from the beginning of the program. The intent of concurrency is to get weapon systems to the warfighter as quickly as possible and strengthen manufacturing and supply chains. Several agencies are dedicated to solving the issue. The F-35 Joint Program Office is working in concert with the contractors to explore possible options to fix the ejection seat issue.

"While the F-35 is a program in development, safety is always at the forefront and a built in expectation," said Maj. Gen. Jeff Harrigian, the director of the F-35 Integration Office. "As issues are discovered, the Joint Program Office immediately works with the manufacturer to take action and get fixes in place."

The Air Force continues to work to identify any potential issues to ensure the best possible capability is delivered to the warfighter.

"The Airmen who maintain, launch, and fly these jets every day are doing tremendous work," said Air Force Chief of Staff Gen. Mark A. Welsh III. "Because of their hard work and long days in the training classrooms, briefing rooms, the back shops and on the flightline, we expect to achieve initial operational capability in 2016. However, we won't cut corners. The weight restriction is an interim fix and the expectation is for industry to reach a solution on the ejection seat as quickly as possible."



Left to Right: Staff Sgt. Perla Tapia Cordero, Mr. Fernando De La Ossa, El Mirage Asst. Principal, Master Sgt. Rickeita Conley, 944 RS, El Mirage Fire Team, Tech. Sgt. Tamika Culpepper, 944 RS and Roy Delgado, El Mirage Councilmember. (Courtesy photo)

Human Resource Development Council

The 944 Fighter Wing Human Resource Development Council has partnered up with HandsOn Greater Phoenix to provide service members with volunteering opportunities.

Staff Sgt. Tapia Cordero, volunteer lead with HandsOn Greater Phoenix led the group of volunteers to El Mirage Elementary School on October 19, 2015 where members participated in an initiative to highlight literacy in an attempt to break a Guinness Book record for most children read to in a 24 hour period.

If you would like to volunteer please contact SSgt Tapia Cordero at DSN: 896-2283 for more details.

HRDC Mentoring Luncheon

Join Us!



Every Saturday of the UTA in the DFAC

Session 1:
1100-1200

Session 2:
1200-1300

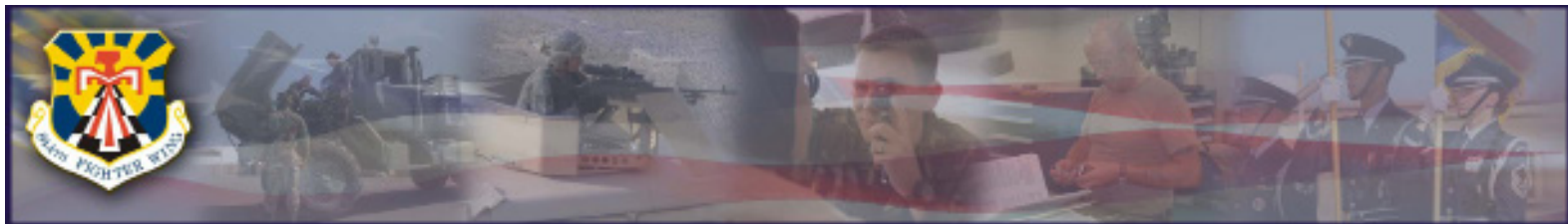
Want to be a Speaker? Contact me!

POC: SSgt Perla Tapia Cordero
DSN: 896-2283

THIS MONTH'S TOPICS:

Healthy Eating
Speaker: TSgt Haeccker
Session 1

Award Packages
Speaker: SrA Ivey
Session 2



Wing News

944 ASTS provides tools needed to save lives

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

The 944th Aeromedical Staging Squadron hosted a Tactical Combat Casualty Care course for emergency responders including medical technicians and nurses from the 944th ASTS and medical squadron September 23 to 25. 944th and 56th Civil Engineering Squadron explosive ordnance disposal technicians and Buckeye Police Department members also participated.

TCCC is an international course that provides education for first responders and helps share information from different sources. The training is based off current research evidence on the approach of emergency medicine in the field.

The course offers the member realistic combat experiences in a tactical environment to prepare for upcoming deployments. Working with other units, services, and civilian organizations has added different perspectives to the training and challenges participants to be more prepared for future events.

"This training is critical to our survival during combat deployments,"

said Staff Sgt. Jose Hernandez, 56th Civil Engineering Squadron EOD technician. "I hope that I never have to use this type of training, however, if the time to use it comes up I hope to increase the probability of patient survival."

The training provides the most current lifesaving skills information coming straight from the battlefield. Members who attend have the opportunity to practice their newly attained skills in labs and in the field.

Eleven instructors provided the valuable course information with the purpose of providing the students the tools needed to save lives on the battlefield.

"The class went very well," said Lt. Col. Leslie Wilson, 944th ASTS officer in charge TCCC and the Joint Military Operations Training Initiative lead. "It is through the collaboration of many entities, the 944 ASTS and the JMOTI mission is being realized. Because of the positive attitudes and willingness of everyone involved, this class and future classes was and will continue to be successful."



Photo by Staff Sgt. Joshua Nason

**Free event
Open to all military
rank E-6 and below
with ID**



Operation Holiday Open House
Saturday, December 19, 2015

NOSC Phoenix
14160 W Marauder St
Bld 300
Luke AFB, AZ 85309
11am-4pm

Military Assistance Mission has teamed up with local organizations to collect holiday gifts for our Arizona Military and their families.

On December 19th the donated gifts will be distributed to the families of our Arizona military during Military Assistance Mission's holiday event. **Operation Holiday Open House** is an event held for all military to come out and enjoy a day of free gift choosing, visiting with Santa, and many other fun filled activities.

Operation Holiday Open House will be held at the Naval Operations Support Center on Luke AFB. This event is for all branches (E-6 and below) of Active Duty, National Guard, Reserve and their families.

Family registration Required:
<http://www.azmam.org/holidays>

For more information,
Please call 602.246.6429

*Trackless Train *Face Painting *Santa
*Toys, Toys & More Toys *Fire Truck
*Arts and Crafts *Photo Booth *Bouncy House



Salute to Service at ASU Gammage

FREE Military Tickets

Rhythmic Circus - FEET DON'T FAIL ME NOW!
Tuesday, November 10, 2015 • 7 p.m. • ASU Gammage



ASU Gammage invites military, veterans and their families to a night of high energy and explosive fun with **Rhythmic Circus - FEET DON'T FAIL ME NOW!**

FEET DON'T FAIL ME NOW is a pure burst of funk, beat box, tap and hip hop energy. As well as the unreal sounds of beat boxer Heat Box.

Together these Minneapolis-based artists integrated an inventive style of rapid-fire tap, shuffle, stomp with multiple musical genres that creates a wildly creative show that brings audiences around the world to their feet to cheer out loud.

If you are a military service member or a veteran and would like to reserve your FREE tickets for this performance please contact **Amanda Arboleda** at amanda.arboleda@asu.edu. A limited amount of tickets will be available on a first come, first serve basis and should be reserved as soon as possible.

If handicap accessible seating is needed please note in RSVP to the event and ASU Gammage will do their best to accommodate.

**This program is part of American Airlines
Military Salute at ASU Gammage.**



**SALUTE AT
ASU GAMMAGE**





Wing News

CEM for 944th ASTS runs Air Force Marathon

From AFR Yellow Ribbon Program Public Affairs

The 944th Aeromedical Staging Squadron chief enlisted manager, ran her first half marathon with the Yellow Ribbon team on Sept. 19 as part of the 19th Annual Air Force Marathon.

"This was a great camaraderie-building experience to run this marathon with other Yellow Ribbon representatives I've been working with these past few years," said Chief Master Sgt. Chin Cox. "And I would absolutely do it again."

Cox, who works at Air Force Reserve Command at Robins Air Force Base, Georgia, as the event manager for the Yellow Ribbon program coordinates 18 base representatives for monthly national conferences. Many of these individuals trained for the full or half-marathon after committing to running eight months ago.

During a Yellow Ribbon conference in January, team captain Maj. Roxy Hambleton, 482nd Fighter Wing Force Support Squadron, military personnel section officer in charge, at Homestead Air Reserve Base, Florida, mentioned how running a full marathon and running the USAF Marathon in particular had been a goal of hers for years. Lt. Col. Lisa Banyasz, IMA to Chief, Health Services Management Division from Robins AFB, agreed to run with her and they recruited 11 other runners from the Yellow Ribbon

program.

"It seemed like a great idea eight months ago," said Capt. Jonathan Lester, a C-130 pilot from Dobbins Air Force Base, Georgia, and one of three team members to run the full marathon. "I enjoyed the event and the locale but, as of today, I'm not sure if I'll ever do another 26.2 again."

The race began at the steps of the National Museum of the United States Air Force with words from Gen. Ellen Pawlikowski, Air Force Materiel Command commander, and a fly over by a U-2 Dragon Lady. Runners who have completed each of the 18 previous Air Force Marathons were honored before a 7:30 a.m. shot from a starter's pistol set thousands of runners in motion.

The marathon, which was launched in 1997 with 4,000 runners, attracted over 15,000 runners who ran everything from the 10-kilometer race, the half marathon, and the full 26.2 mile-marathon.

The last 200 yards of the course was lined with aircraft displays. A light drizzle did not stop the cheering spectators watching as their friends and teammates finished. Each runner was presented a medal at the finish line by a general officer.

Lt. Col. Donice Wright, Air Force Reserve Command headquarters Yellow Ribbon program operations officer,



Courtesy photo

thanked each member of her team who ran the race and congratulated them on their achievement.

"I'm very proud of the staff who pushed themselves to run this race," Wright said. "You can't just show up and run a marathon. You have to train hard for a run of this caliber and our reps did just that."

Yellow Ribbon began in 2008 following a congressional mandate for the Department of Defense to assist Reservists and National Guard members in maintaining resiliency as they transition between their military and civilian roles. The program promotes the well-being of Reservists and their families by connecting them with resources before and after deployments. Each year, the program trains 7,000 Air Force Reservists and their family members in education benefits, health care, retirement information and more.

For more information about the Yellow Ribbon program, or to see if you qualify to attend, contact Master Sgt. Timothy Jasper at 623-856-5528.

Who's the **BOSS**

944TH FIGHTER WING BOSS'S DAY
November 7, 2015

It will be an experience of a lifetime and an opportunity to show our appreciation.

You're so awesome, you're BOSS-SOME!

HRDC 2nd Annual Christmas Letters to Luke Airmen

MSgt Heng and SSgt Tapia Cordero are **NOW** collecting unused Christmas Cards for our Luke Airmen. Last year 600+ cards were delivered! HRDC hopes to double last year's goal.

If you would like to donate or help out please contact them for details.

Dont wait until the last minute!!!

Top Three Meeting!!!

**Sunday,
October 25, 2015
at 11:30 a.m.
in the
Dining Facility.
"The Way Ahead"**



Family Advocacy Outreach

Understanding and communicating love languages

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

According to most relationship expert's communication is the key to developing a long lasting, healthy relationship. What if you don't speak the same language as your partner? How could you ever know what he or she expects and needs from you or vice versa?

With October being Domestic Violence Prevention month two upcoming events will be available to help Airmen discover, interpret, and communicate love languages. Both events are open to Luke Air Force Base Airmen.

The first event will be held on Sunday, October 25 from 12 to 1 p.m. at the 944th Fighter Wing Family Readiness, bldg. 993. Ms. Jessica Paul, 944th FW Family Advocacy Outreach manager, will be facilitating a class on love languages. Copies of the bestseller book *The 5 Love Languages* will be raffled off.

On Tuesday, November 17, from 2 to 3 p.m. at Glendale Community College B-202, Glendale Arizona, there will be a Relationship vs. Fairy Tales seminar facilitated by Ms. Lindra Fishleder, Counselor GCC counseling department.

Participants of both events will learn which relationships work better than others, which ones to avoid, and which ones to run from. Information on what your parents and birth-order have to do with successful relationships will also be provided at the November 17 event.

"The Relationship vs. Fairy Tales seminar is open and relevant to everybody even if you are not currently in a romantic relationship," said Fishleder. "If your relationship is with a parent, friend, sibling, or anybody it is applicable."

Fishleder recommends taking two assessments online before attending the seminar to help figure out who you are and what you need in a relationship.

The first assessment is the Human Metrics, www.humanmetrics.com, to help you identify your personality type. The second is *The 5 Love Languages*, www.5lovelanguages.com, to discover how you prefer to experience and express love which includes words of affirmation, acts of service, receiving gifts, quality time, or physical touch.

She emphasized how those who attend will get a lot from the seminar without the assessments but having concrete feedback helps the participant to confidently examine their choices.

"It really taught me the type of person I am in a relationship and my top love language," said Marlene Barrera, Administrative Secretary and GCC alumni, about the seminar. "Plus, it's free, open to the public, and you get to learn more about yourself."

After identifying their personality type, the seminar helps participants relate to people by discussing how to communicate the different nuances of their personality. It demystifies the preconceived notions of Mr. Perfect and Mrs. Right. It is constructed to help participants realize anyone can find a healthy relationship with communication and hard work.

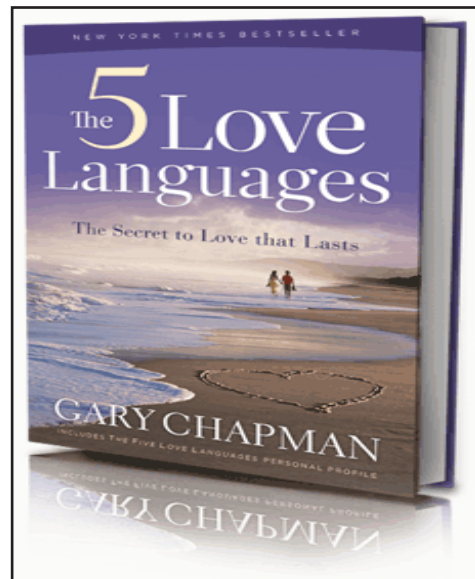
The seminar is interactive and some of the participants will get the opportunity to share their life experiences. For those who prefer a one-on-one session, arrangements can be made.

Fishleder has been facilitating the seminar for the past four years and has a Master's degree in counseling with training in counseling psychology. She has been working as a counselor for Maricopa County Community Colleges District for ten years.

"I hope participants take away a level of self-awareness so that they grow on an individual level," said Fishleder. "I also hope they leave with a better understanding of how to communicate effectively."

If you plan on attending the Relationship vs. Fairy Tales seminar, please send your RSVP to marlene.barrera@gccaz.edu. If you are unable to attend but are still interested in attending, this seminar is offered twice a year. No RSVP are needed for *The Love Language* class Sunday.

For more information on this subject and much more please contact Ms. Jessica Paul, 944th FW Family Advocacy Outreach manager at 623-856-2289 or GCC Counseling Services at 623-845-3064.



Courtesy photo

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