

# SnapShot

944th Fighter Wing, Luke Air Force Base, Arizona

July 2017 Newsletter



**Cook takes command of the  
944th Fighter Wing**

**Supporting the critical link**

**Girl Scout provides comfort to Airmen**

**Luke offers place for Airmen to come together**

## 944 FW KEY LEADERS

### Commander

Col. Bryan E. Cook

### Vice Commander

Col. Robert R. Tofil

### Interim Command Chief

CMSgt. James M. Nudd

### 944th Fighter Wing Electronic Monthly SnapShot

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**Cover Photo:** Reserve Citizen Airmen from the 944th Fighter Wing pose in formation for a wing photo June 3 at Luke Air Force Base, Ariz.

**Above:** Senior Airman Jahn Mathis guides Senior Airman Gerardo Candelario-Ordunez (inside forklift), both 944th Logistics Readiness Squadron vehicle operators, as part of training on picking up and moving cargo June 7 at Aviano Air Base, Italy. (U.S. Air Force photo by Tech. Sgt. Nestor Cruz)

**Left:** Senior Airman Ashley Arseo, 944th Logistics Readiness Squadron vehicle operator, fastens straps to secure a vehicle during vehicle recovery training June 7 at Aviano Air Base, Italy. Her 6-man vehicle operations team is was there for their annual tour. (U.S. Air Force photo by Tech. Sgt. Nestor Cruz)



# Are you ready?



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

Is it hot yet? First I want to welcome everyone to the July UTA and my first full UTA as your new Wing Commander. I cannot tell you how excited I am for the future of the 944th Fighter Wing and how proud I am to spread the word about what YOU are doing for the Air Force and for this great country. What an exciting year we have coming up.

I want to say thank you to everyone who attended the change of command and I want to reiterate the priorities and focus efforts that I set forth in my speech. Our wing priorities are, readiness, development of our Airman and furthering our Total Force Enterprise. Our focus efforts, the things that we hold valuable to us are our families, heritage and our leadership at all levels.

The 944 FW priorities help us achieve our mission to train and provide combat ready Airman anytime and anywhere. It also helps us focus on our vision to develop elite integrated Airman to answer our nation's call.

This month, I want to focus on readiness. How do you define it? What determines your readiness? How do you know you are ready? These are all questions that are difficult to answer, and readiness is sometimes even harder to define. Is your readiness based on your Individual Medical Readiness stats? Is it based on Officer Performance Reports or Enlisted Performance Reports being signed on time? Is it your core tasks and how long you spend in upgrade training? Well, to be honest, it's a little bit of it all.

The Air Force and I need you all to be ready. Ready to accomplish our daily mission, ready to perform your primary Air Force Specialty Code and most importantly to be mentally and physically ready at all times. This means taking caring of the little things; getting your immunizations, having

your OPR/EPR up to date, maintaining the AF fitness standards and being able to balance your family, work, and military life. It means you're ready to do what this nation may ask you to do...support and defend her at a moment's notice.

If you see shortfalls in your training, your equipment, or manning, get with your supervisors and commanders and let them know what you need. Your commander's have been empowered to ensure that your unit is resourced, manned and trained appropriately to accomplish your mission.

So take some time this UTA and talk about your unit's readiness.

The Aeromedical Staging Squadron is about to send over 30 members down range to do exactly that; the mission. Ask yourself, are we ready to deploy? Do we have the equipment required? Are we properly trained and have the skills needed to accomplish the mission? Are we READY? I know the ASTS is...are you?

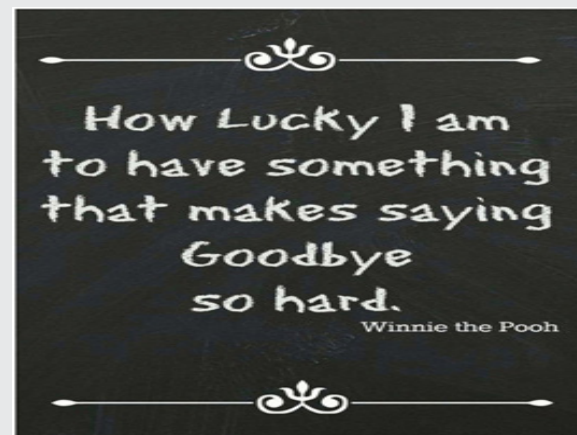
Have a great weekend, and keep "Bringing the Heat"!

# A heartfelt thank-you

*By Chief Master Sgt. James Nudd, 944th Fighter Wing interim command chief*

I just wanted to take this opportunity to pass along a quick heartfelt thank-you and fond farewell to everyone in the 944th Fighter Wing. Although my tenure here was only temporary and short I was welcomed with open arms and the awesome southwest hospitality this area is famous for. My time quickly passed but not before having the chance to meet and serve with some very amazing Airmen, both military and civilian, doing incredible work in support of our nation's defense. Many of you are overcoming the daunting challenges of balancing civilian careers and personal lives with the heavy demands required by the military. So from the bottom of my heart thank you so much for all you do and allowing me to serve my last few months in the Air Force's best Fighter Wing! So if you're ever up around Hill Air Force Base in Utah please don't hesitate to look me up, I'm a pretty good tour guide and can burn some tasty meat up on the grill...

Thank you and have a great UTA!



# BRINGING THE HEAT

## 944 FIGHTER WING

# Cook takes command of the 944th Fighter Wing

By Staff Sgt. Lausanne Kinder, 944th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. -- The 944th Fighter Wing welcomed their new wing commander during a formal ceremony here June 3.

Col. Kurt Gallegos relinquished command of the wing to Col. Bryan Cook, 944 FW vice commander.

The wing's guidon was exchanged during the ceremony as a symbolic gesture providing a tangible view of the command authority being transferred from one commander to the next.

The presiding officer was Maj. Gen. Ronald Miller, 10th Air Force commander, who opened with remarks.

"Always there," Miller said. "As the mission is changed and the wing grows, always there is important. So for all the Airmen out there why are you always here? What is your always there moment? Why are you doing what you're doing? You have a great mission and it's only going to get better as we fly fewer F-16s and fly more F-35s. We will always be there as a partner for the 56th Fighter Wing. We will always be there as a partner in the Air Force mission."

After taking command, Cook, who has been with the 944th since January 2016, addressed the Airmen highlighting his three priorities as the new commander: readiness,

Total Force Enterprise, and developing and mentoring our Airmen.

"I need you to be ready," said Cook. "Ready to deploy, ready both mentally and physically and make sure that that your families are ready."

He also talked about fostering relationships between the wing and their active duty partners, mentorship as a priority and the three focus areas he would like to improve upon.

"We need to embrace [our heritage] and create our own legacy," said Cook. "I need every Airman to be a leader both in and out of uniform... I need you to take care of your family not just at home but your Air Force family. Everybody standing next to you in uniform is part of your family."

Cook concluded by thanking Gallegos for his leadership, mentorship, and friendship throughout the years.

"You showed us how we take care of Airmen, and you've been a great leader for the 944th Fighter Wing," said Cook to Gallegos. "You've also been a great mentor to me and many others here and most of all, you've been a great friend. I can't

wait to get started. This is a great day and I couldn't be more proud of our Airmen in the 944th and the missions we accomplish."

Under Gallegos' command, the wing has integrated the Air Force Reserve pilot training programs for F-15E, A-10 and F-35 missions. The wing is also postured to stand up a 944th Maintenance Group and has grown by over 1,000 personnel.

"Col. Cook you are inheriting the best wing in the Air Force," Gallegos said. "It's the largest fighter wing in the world, phenomenal airpower, unbelievable troops, unbelievable staff, I'm jealous of you. To the Airmen, I love you and I salute you."

The change of command ceremony was followed by Gallegos' retirement ceremony after having served 32 years in the U.S. Air Force.



# Keeping it in the family

Story and photo by Tech. Sgt. Nestor Cruz, 944th Fighter Wing Public Affairs

AVIANO AIR FORCE BASE, ITALY -- Hollywood has given us the Corleone Brothers in "The Godfather," Jake and Elwood in "The Blues Brothers" and the Earp Brothers in "Tombstone." But the Air Force has a pair of cousins whose bond rivals the bond of actual blood brothers.

Tech. Sgt. Chris "Scotty" Saenz, 944th Logistics Readiness Squadron NCO-in-charge of operations, recently reconnected with his cousin during his annual tour here at Aviano Air Base, Italy. It's been five years since the two saw each other; prior to that, it was approximately 20 years.

"Five years ago, I told my immediate family I was heading to Italy and it was my mom who put two and two together and said, 'I think your cousin Carlos is somewhere in Italy, too. I'll ask his mom,'" Saenz recalls. "It was on Facebook so everything happened pretty quickly. She came back to me saying, 'Oh yeah, I did find out he IS in Italy, some place called Aviano.' And I said, 'That's where I am!' Literally two minutes later, she messaged me back with a phone number. I gave Carlos a call and said, 'Hey what's up? This is Scotty. I'm here on base.'"

Saenz's cousin, Master Sgt. Carlos Ornelas, 31st Communications Squadron radio frequency transmissions systems section chief, remembers the excitement he felt upon hearing his younger cousin was in Italy.

"I hadn't seen this kid since he was very little, maybe 10 years old, so I was pretty excited to see him," Ornelas said. "As soon as he called me, I was like 'I gotta see this kid.' It was funny because I showed up and I didn't even recognize him. He was much bigger than I remember. I mean, last time I saw him he was my son's size."

Ornelas invited his cousin to his home in Sacile where they

enjoyed a family barbecue and Saenz taught his nieces how to play guitar.

"I remember vividly when (Saenz) was nine years old, he used to sing Bon Jovi songs all the time," said Ornelas. "He was always the singer, the rocker. I never heard from him

again and lo and behold, he's here and he actually plays the guitar and he's a big musician now."

Thankfully, social media helped the two cousins stay in touch over the years since their reunion. Before returning to Aviano for this year's annual tour, Saenz contacted Ornelas, giving him enough "heads up" for his arrival.

"Once we were reunited, we kept that connection going via Facebook," Ornelas said.

"He asked if I was still here and I said 'sure enough.' He told me he would be here in a couple weeks and we were ready to hang out again.

"Last time sucked because when he found out I was here, he had less than a week left and I thought 'Oh man, if only I had found out sooner,'" he added.

Even though the two cousins have reunited briefly this time around -- Saenz is here temporarily for annual tour and Ornelas is preparing for a permanent change of station -- they understand this is the nature of military life.

"I'm sure everybody in the military can definitely relate and say they haven't been home in 2, 5 or 20 years and we all understand that sacrifice," Saenz said. "So it's pretty awesome when you finally get to see someone familiar from back home."

Story continued on page 7.



## July 2017 promotions: Congratulations to the following 944th Fighter Wing promotees

### From Airmen Basic:

Airman Luis Rico, 944 CES

### From Airman:

Airman First Class Gabriel Coronado, 944 FW Det. 1

Airman First Class Sergio Garcia, 944 CES

Airman First Class Rachel Montoya, 944 CES

Airman First Class Psalm Simmons, 944 CES

Airman First Class Anthony Thomas, 944 CES

### From Airman First Class:

Senior Airman Chase Andrews, 944 CES

Senior Airman Luis Calderon-Chavez, 924 MXS

Senior Airman Woodrow Edmiston, 944 CES

Senior Airman Matthew Griffin, 414 MXS

### From Senior Airman:

Staff Sgt. Ashley Arseo, 944 LRS

Staff Sgt. Alexis Chadbourne, 924 MXS

Staff Sgt. Jamahi Prado Cuevas, 944 MDS

Staff Sgt. Connor Glick, 924 MXS

Staff Sgt. Kyle Lundeen, 924 MXS

Staff Sgt. William Nall, 944 CES

Staff Sgt. Nikendra Sherman, 944 MDS

### From Staff Sergeant:

Tech. Sgt. Cesar Acosta, 944 FW Det. 1

Tech. Sgt. Arthur Crisostomo, 924 MXS

Tech. Sgt. Jason Elkins, 924 MXS

Tech. Sgt. Roxanna Moya, 944 MDS

Tech. Sgt. Arthur Walberg, 944 LRS

### From Technical Sergeant:

Master Sgt. Charles Perez, 924 MXS

### From Master Sergeant:

Senior Master Sgt. Michael Wilson,  
944 FW Det. 1

# Supporting the critical link

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

DAVIS-MONTHAN AIR FORCE BASE, Ariz.--How do 924th Fighter Group Reservist stay proficient when only working two days a month? With the dedicated effort between the supervisors and unit training managers.

Tech. Sgt. Stacie Riley and Staff Sgt. Kelvin Barnes are the 924 FG's unit training managers, and they both volunteered to help strengthen that gap.

"We manage the training program for the whole unit and it encompasses a lot; from formal training, education benefits, on-the-job training to upgrade training," Barnes said.

At any given time the unit can have 150 Airmen in some form of training.

"Right now we have more people in training than not and we are making progress to turn that around," Riley said.

Being a reservist can make it more difficult to complete required training.

"Reservist follow the same rules as active-duty which means instead of having 280 or so days of consistent training, reservist have 38," Riley said. "Adding to that, their drill days are filled with computer based training, medical requirements, and testing."

Barnes points out that the members must be able to put their mindset back into military mode when they arrive for duty.

"The member may have other commitments than drill, like families, schools, and civilian jobs. They have to really focus on what they have to do here and that can be hard for some," Barnes said. "We do our best to work with and around the member and their schedules."

With so many challenges, both Barnes and Riley remember the key to keeping the member-in-training on track.

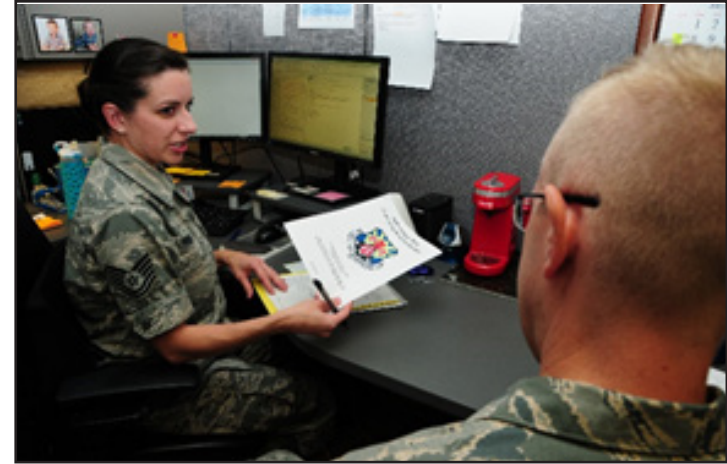
"We learned in technical school that the most critical link in training is the supervisor," Riley said. "We give them a lot of information and they have to filter it to their Airmen."

While training for everyone is important, Barnes explains that first-time supervisors are the ones who they focus on most.

"Most times they are just unaware of what they need to be doing for the member and that's where we step in and educate," Barnes said. "They must have the proper tools in order to help their Airman."

Training, whether they are active-duty, guard, or reserve, requires never-ending clear communication at all levels to ensure members are equipped to do their jobs.

"We have to constantly follow-up with the supervisor and member in person, talk through any deficiency, and educate," Riley said.



Riley and Barnes find being a training manager is a rewarding job and they both believe that their main goal is to help establish a culture of compliance for training within the unit.

Both Riley and Barnes transitioned from active-duty to become Reserve Citizen Airmen. Riley served 10 years as an active-duty airborne cryptologic language analysis, Arabic. Barnes served 11 years on active-duty with his last position being a cadet wing training manager for the Air Force Academy.

## Knowing your unique family system helps bring healthy balance

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

As we step into celebrating Independence Day and the month of July, we reflect upon our incredible freedoms bestowed on us through the sacrifices of so many. Fireworks, barbecues, and pool parties are just some of the celebrations with family and friends that create a feeling of togetherness and reminds us of how important our family truly is.

Families function interdependently and influence each other significantly. When someone in our family is happy, we all feel that happiness, and when someone in our family is sad or upset, the rest of the family feels that and is impacted by it as well. Families have different ways of

expressing emotions, and understanding how this looks for your unique family supports your ability to maintain a healthy balance of peace and harmony.

As a Military family, you are an important part of a larger family system that also functions interdependently and greatly depends on each member fulfilling their role. Ensuring your family feels integrated and supported by your Military family is essential to their success as they encounter change with you due to deployments, PCS moves, and TDYs. Being in tune to your family's needs is essential to maintaining a functional and happy home, and to your primary focus of fulfilling your Mission. Enjoy your celebrations with your family and friends and be safe!



## Welcome Home!!

Lt. Col. Chad Burdick, 69th Fighter Squadron, returned home from Kuwait

# OPSEC: Keeping safe outside the gate

By Dave Smith, 21st Space Wing Public Affairs staff writer, 21st Space Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. -- Operational security is not something to be taken lightly on base, and it should not be taken less seriously after work hours when it can be easy to loosen up and inadvertently give away information to an adversary.

The kind of information adversaries find useful varies greatly, but a little caution and awareness can prevent such things from getting into the hands of someone who may wish to harm individuals or the U.S. military.

“It’s the same thing as being on base,” said Staff Sgt. Michael Craddock, 21st Space Wing operational security coordinator. “Just because you take off the uniform when you go home does not mean your connection to the Air Force goes away.”

Compromising OPSEC off base has the same impact as if it were done on base, he said. Situational awareness, knowing what is happening around you, is the key to practicing good OPSEC at any time.

“Be aware of what’s going on around you,” said Craddock. “That kind of flows into everything else. Observe your surroundings and don’t become complacent.”

Many things people take for granted, such as items placed on or under vehicles or checking into locations online, can be used to do harm, said Paul Alvarez, Interagency OPSEC Support Staff customer service advocate. Those are just a few of the topics covered in the IOSS briefing on the subject. Craddock said he does not recommend placing the popular stick figure family decals or other identifiers on vehicles because it makes it easier for people with nefarious purposes to gain insight into personal information.

“My personal advice is not to put stickers on vehicles at all,” he said.

Alvarez said the use of unique vehicles, parking stickers and placards, and the use of vanity license plates can also be used to locate and identify a person, so they should be used cautiously or not at all.

Social media posts are of concern when OPSEC comes into play. Just like when a person is on base, these posts can open up routines and locations frequented by military members that an adversary can use. Craddock said they can be used to discover places people visit regularly, especially when geotagging is enabled. Geotagging adds geographical identification data to a variety of media like photos, videos and social media posts.

“When you make it public, you open yourself to vulnera-

bilities,” said Craddock.

Another area of OPSEC concern is wearing uniforms off base, said Craddock. Airmen should not wear their Airman Battle Uniform for extended periods off base as a matter of OPSEC and regulations. Air Force Instruction 36-2903 states that ABUs may be worn off base for short convenience stops and in some dining situations.

Alvarez said the use of specialized clothing and equipment, badges and organization-affiliated products can identify someone as being part of the military and lead to them being targeted by an adversary.

Technology is helpful and convenient, but OPSEC needs to be considered in its use, Craddock said. One of the biggest precautions one can take is to make sure and read what is in the agreements required to download applications for use on computers and mobile devices.

“Make sure you know what you are agreeing to,” he said.

For instance, Craddock said the popular Pokemon GO application user agreement allowed access to all data on the device to which it was downloaded. He also mentioned a flashlight application for cell phones that was discovered to allow malicious access.

It can be a difficult undertaking to be OPSEC aware at all times, but it’s a necessary task, said Craddock.

“It’s hard,” he said. “Watch out if someone seems particularly interested in your occupation or military service. Also, it’s back to situational awareness – does anything seem out of place?”

OPSEC outside the gate is not limited to the person who works on a military installation, but it extends to their family members, as well. Alvarez advised making sure OPSEC information is shared with your family members to make them difficult targets for anyone wishing them, you or the Air Force, harm.

## Protect yourself on social media:

- When posting remember, when in doubt, don’t post!
- Take notice of security settings: Each social network platform has security settings, but Airmen should not solely rely on those settings. Make sure your profile is as secure as possible.
- Disable location-based social media, or geotagging: this alerts others to your exact location, revealing more information than you want.
- Do not post work or personal schedules or travel itineraries: this is especially true if the travel is related to deployments. Posting this information could give adversaries information on troop locations and movements.
- Be aware of backgrounds in photos: sensitive or classified information could be in the photo. The background could also give clues as to where you are and what you are doing.
- Do not post information on casualties in your unit: the Air Force has procedures in place to respectfully notify next of kin for injury or death.

## UNCLASSIFIED

### 944 FW Critical Information List (CIL) – 5/2017 – PROTECT our CIL!

- Unclassified U.S. Government Accounts (user IDs, passwords, etc.)
- Access/ID Cards/Badges (CAC, RAB, etc.)
- Continuity Binders/Operating Procedures/Operations Checklists
- Personnel Rosters (Recall, Organization, Social, Access, etc.)
- Readiness/Status/Limitations/Deficiencies/Shortfalls/Capabilities/Vulnerabilities/Securities of Assets (people, aircraft, equipment, facilities, weapons, munitions, etc.)
- Unclassified information indicating or hinting at the location, dates, size, or other specifics of a deployment or mobilization
- Flying Schedules/Specific Mission Data
- Exercise Documents (Special Instructions [SPINS], plans, schedules, etc.)
- Specifics of Sensitive Operations or Activities (plans, codenames, dates, times, locations, etc.)
- Distinguished Visitor (DV)/VIP Itineraries
- Detailed Maps or Illustrations of Facilities
- Architectures and Configuration of IT/Communications/Utilities (electric/gas/water/fuel)
- Emergency Action and Preparedness capabilities, control/containment procedures, reaction times to crisis situations, AT/WMD defense, current defensive status (INFOCON/FPCON/THREATCON)

# Girl Scout provides comfort to Airmen

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



LUKE AIR FORCE BASE, Ariz. -- Reserve Citizen Airmen from the 944th Aeromedical Staging Squadron received a special delivery from a local Girl Scout troop during a visit to the unit here June 23.

Fiala Richard, 15, is in the process of making over 200 camo quilts for Airmen from Luke being deployed to the Middle East later this year.

Richard came up with the idea after a suggestion by her sewing teacher while she was looking for service projects to

earn a Girl Scout Gold award which must involve using her time to help others.

"Visiting Luke today was amazing," said Richard. "I love seeing people's reactions and I hope the quilts provide comfort for the Airmen."

The Airmen greeted the young lady with hugs as they lined up to individually receive a quilt from her. They asked questions about the process and time it took to complete them and a group photo was taken at the end of the visit.

"I was asked to help coordinate getting the quilts to the deployer's," said Lt. Col. Shawn Ortiz, 944th Operations Group officer. "I had no idea what the project really entailed but when I saw the camo quilts, I realized what an amazing effort it took Fiala and her team to make this happen. So much work and dedication went into making each one. They brought tremendous joy to all of the recipients, and it was truly touching."

Each quilt takes six to 10 hours to make and the first 24 were completed and delivered with the help of volunteers.

"For Fiala and the girl scouts to think of us and put so much time and effort into hand making those camo quilts, is remarkable," voiced one of the deploying Airmen. "I am very grateful and thankful for them thinking of us as we get ready to embark on our deployment."

Richard has a group of volunteers helping her with the

project. Not all her volunteers had prior sewing experience but she has a job for every skill level. Richard is always looking for more help to complete all the quilts before the service members deploy.

"We certainly thank you for everything you do and this is our way of giving back to you," said Deb Richard, Fiala's mother.

Richard has qualified and will receive the Girl Scout Gold award for her efforts.

For more information on how to help, contact the Ultimate Sewing Place in Glendale.



## Keeping it in the family contined from page 5.

When I was younger, Carlos was that cool, older cousin who drove a Camaro."

Both cousins feel strong bonds with their blood family as well as their Air Force family.

"The Air Force is my family," Ornelas said. "(Being in the Air Force) gives me a chance to serve others and make a difference. We're both serving and doing something bigger than both of us. I love seeing my family members making a difference for the United States. Five years ago, Scotty just put on technical sergeant and I was really proud of him."

Saenz feels especially blessed for having his cousin among his mentors in his Air Force career.

"As one grows up, you want to have mentors and pick up their positive qualities," Saenz said. "I think it's awesome having Carlos around. I'm sure I'm not the only one in our Air Force he's influencing."

"And I know all of our other cousins look up to him as well. We just had our grandfather's 80th birthday and when everybody heard I was coming here, they all spoke highly of him," he continued. "It's great seeing him just killing it in his Air Force career. Besides being a great Airman and great family member, he's a great dad, too. He's got a great personality everyone in our family has always loved and always swarmed around. His success just matches his personality. When people think of the Air Force now, they say 'Oh Carlos is doing awesome in the military.'"



# Luke offers place for Airmen to come together

By 944th Fighter Wing Public Affairs Staff

Reservist now have a place to go and relax on base while out for their weekend drill at Luke Air Force Base.

After a year of renovations the Community Commons at building 700 has become a new place for Airmen to go to relax both physically and mentally especially on the weekends.

“Airmen can come in and play the games, kick back and relax,” said Sandy Phillip, 56th Force Support Squadron community center manager. “We have the Aerobic spin classes, classrooms available to rent, the barbershop, and more. This facility is all about Airmen wellness.”

There is a room set up for videogamers and another with pool tables, foosball, dart boards, ping pong, and cornhole plus the Blitz Bar and Lounge. There is also patio grills and they have the NFL Network and UFC Fight Night. The best part is that it is all free except for the

food and drinks.

The venue enables Airmen to strengthen the social and mental pillars of Comprehensive Airmen Fitness by providing a place for community and giving Airmen a location to relax their minds so they can be focused when they are on the job.

The facilities have multipurpose rooms to rent for unit and squadron functions.

The Community Commons is a place to go and relax and is a place where Airmen can get together during their off time after hours or during the duty day for lunch. The hours are Monday through Wednesday 8 a.m. – 5 p.m., Thursday and Friday 8 a.m. – 11 p.m., Saturday noon – 11 p.m. and Sunday noon – 5 p.m.

For more information on the Community Commons call 623-856-7152 or visit them on Facebook to check out their upcoming events at [www.Facebook.com/LukeCommunity](http://www.Facebook.com/LukeCommunity).



**YOU** can save a life.



## Join the Registry of Bone Marrow Donors

Saturday, July 8, 2017  
1030 to 1230

Located in the 944th Fighter Wing  
Conference Room

For more information please contact

POC: Mrs. Kimberly Branche  
944th Force Support Squadron  
(623) 856-8095

[www.salutetolife.org](http://www.salutetolife.org) • 1-800-MARROW3

- You are eligible to join if you are
  - Active duty U.S. Military, member of the Reserves, National Guard, Coast Guard, and ID-card holding family members (s), or DoD Civilian employee
  - Between the ages of 18 and 60 years old
  - In general good health
- Joining the National Registry of Bone Marrow and Stem Cell Donors
  - Complete a consent form and check swab
  - It takes about 7 minutes to register
  - You will remain on the registry until you turn 61 years of age or ask to be removed
  - There is NO COST to join the Registry or medical cost
  - Required to understand your commitment



## YOU CAN BE A PACER!

Most of the time... pacing someone for a lap or two at a slow to moderate pace is all that's needed.

Meet fellow Airmen in the wing. (Everyone will love & appreciate you)

Feel great knowing that you helped improved someone's run time; or were the difference between a PT pass or failure of a fellow Airmen.

Improve your own fitness. (With practice, running sucks less).



For mere PT mortals (most of us), running sucks - most days of the year, most minutes of every hour! However, we are Airman, we have volunteered to answer our nation's call, and the Fitness Test is a mandatory requirement.

Make A Difference!

Leave No Airman Behind

For info contact TSgt Vandecruze (480)459-7307 text/call  
[Ralph.vandecruze@us.af.mil](mailto:Ralph.vandecruze@us.af.mil) / [rvandecruze@gmail.com](mailto:rvandecruze@gmail.com)

**Back Page Photos:** Senior Airman Christopher Stratocoglu, 944th Medical Squadron medical technician, demonstrates how to turn a patient with a suspected spinal or neck injury while a dummy waits to be rescued during first responder water training. The training was conducted to promote pool safety during the 101 critical days of summer and to ensure Airmen are combat ready. **Top:** Airmen from the 944th Medical Squadron place a simulated patient onto a backboard during first responder water training. (Photos by Staff Sgt. Lausanne Kinder)

