

SnapShot

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



Networking the past to the present
Stories from downrange
Overcome your weight-loss plateau
Honorary Commander and Key Spouse highlights



944 FW KEY LEADERS

Commander

Col. Bryan E. Cook

Vice Commander

Col. Robert R. Tofil

Command Chief

CMSgt. Jeremy N. Malcom

944th Fighter Wing Electronic Monthly SnapShot

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Bringing the Heat

May 2018

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Cover Photo: Fran Kramer, former 944th Fighter Wing network administrator, poses for a photo, April 12. Kramer served as the wing's first and only network administrator for the past 21 years. After 32 years with the 944th, Kramer is transitioning into a position with the 56th Fighter Wing Communications Squadron. Story on page 6. (Photo by Staff Sgt. Chris Moore)

Mental Health Awareness Month!

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



May is focused on “awareness” of our mental health. This awareness is about ensuring that each of us has the ability to mentally manage stressful events in our lives that can cause fatigue, lack of focus, emotional instability, insomnia, poor appetite, etc. It is about taking care of ourselves and ensuring that our physical, emotional, AND mental health are all in sync and are functioning at the highest level possible.

As Airmen, you know that life is not always smooth and easy, and that much is required of you as you have answered the call. Your mental health **MUST** be your focus as your emotional and physical wellbeing will be impacted and will shift tremendously. Remember to clear negative thoughts and to remain balanced between your rational and emotional mind. Be kind and generous to yourself as you fulfill this amazing mission!



Remembering our heritage

by Col. Bryan Cook, 944th Fighter Wing commander

Welcome to the May UTA! I couldn't be more excited as we welcome in the hot days of summer. This month, I want to touch on a couple of things that tie directly into our 944th priorities and pillars. First is our heritage with the month of May being military appreciation month. The other is in developing Airmen and our Total Force Enterprise that we live in each and every day.

When we think of our heritage, May is truly a month to celebrate. Memorial Day is the 28th of May; a day to remember all those who served before us and paid the ultimate sacrifice for the freedoms we enjoy in this great country. Many of you will get together with family and friends, have backyard BBQ's or travel to go camping and spend some quality time with your loved ones. I ask that during the Memorial Day weekend you take just one moment to remember the sacrifices that have been made for us. Sacrifices of those who paid the ultimate price and those who served and are still with us.

May is also military appreciation month across the country. The third Saturday of May, the 19th, is Armed Forces Day. This day we get to salute and pay tribute to all of us who are currently serving in the Armed Forces of the United States. I hope you will

take a moment and realize the impact that you have on this Nation's defense and security. It should not be lost on anyone currently serving in any capacity, the sacrifices that you make each and every day. I truly thank you for your service.

I recently had the opportunity to attend the Air Education and Training Command Spring Commander conference. The message that AETC is stressing is called the "Continuum of Learning". Many here at Luke have heard from Lt. Gen. Steven Kwast, AETC commander, the continuum of learning is attempting to transform our industrial-age pipeline production system into a more modern-age, learner-centric model.

This is a life-long learning model that works to capture experience and training together to change the way we teach and learn. Our culture of thinking has to change based on different learning styles and base it more on performance to effectively and efficiently train our Airmen. This includes modularized learning, blended learning, on-command and on-demand learning, as well as competency based learning that maintains a personalized record of each Airman.

We are transforming how the Air Force teaches our Airmen and how we learn. We have asked Airmen to be innovative in solving difficult problems. This is

innovation in action that will have a very deep and positive impact on the AF. The continuum of learning reaches each and every one of us, and ties into our Total Force Enterprise. I believe the Reserve will have a huge impact on the future of learning.

I think it also ties directly into our Developing Airman priority as well as our Leadership pillar. We need every Airmen to think outside the box, to come up with innovative and creative ways to better our AF to increase our efficiency and effectiveness across all Air Force Specialty Codes. This continuum of learning is already taking shape at Keesler Air Force Base, and I hope you get to hear from our returning Airmen on how different their training experience is.

So continue being innovative, look at everything we do and ask yourself if we can do it better. Better than we did one, five, or 30 years ago. As we celebrate service to our Nation this month, continue to make our AF better every day. One last friendly reminder, please don't forget about Mother's Day on Sunday the 13th.

I hope you all have a great weekend, and I hope to see some of you on the track Sunday!

Thank you for your service, and keep "Bringing the Heat!" ...Op

Your education is in your own hands

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

Many of you have seen the message put out by Chief Master Sgt. of the Air Force Kaleth Wright concerning the removal of Course 14 and 15 for the Active Duty component. The overwhelming sentiment from those affected is that this is a great move for the Air Force.

The big question on the Reserve side is, "How does this affect us?" Well for the most part it does not affect us at all. Chief Wright wrote "Effective im-

mediately, we've removed the requirement to complete Courses 14 and 15 for all Airmen serving in the Active Component. Air National Guard and Air Reserve Airmen have the option to complete their enlisted professional military education through distance learning or in-residence attendance."

If you are enrolled, please continue to complete your course. If you are about to enroll, consider your options of distance learning or in-residence and then **DO WHAT'S BEST FOR YOU!**

My belief is that you get more out

of in-residence courses with regards to social interaction with your Active Duty counterparts by bouncing ideas and theories off one another. It actually works both ways in that you are able to give the Reserve perspective on topics that come up during the training and discussions.

Ultimately, you have control of your own Enlisted Professional Military Education and how you get it done. Continue to work hard towards your career goals and good things will happen for you!



Warrior of the Month - SSgt Hernandez

(Photos by Staff Sgt. Lausanne Kinder)



Rank/Name: Staff Sgt. Joe Hernandez

Duty Title: F-35 Weapons Load Crew Team Chief

Time in Service: 9.5 years

Time with the 944th Fighter: 1.5 years

Hometown: Los Angeles, Calif.

Hobbies: Music, Movies, Sports

Home-life: Tacos and Chill

What is next for you? I plan on commissioning to the active duty Officer side this time next year.

How does your job support the mission of the 944th Fighter Wing? As a weapons troop, we provide the capability for the F-35 to be at the tip of the spear of air superiority. Without Weapons, Luke is just another Airport!

If you were on a deserted island.....? find some sea turtles.

1st Quarter Award Winners

Congratulations to our
Wing Quarterly Award Winners
for the first quarter!

AMN: SrA Angel F. Ceballo,
944th Maintenance Squadron

NCO: SSgt Joe A. Hernandez,
944th Aircraft Maintenance Squadron

SNCO: SMSgt Ralph E. Thompson,
944th Aircraft Maintenance Squadron

CGO: Maj. Francisco F. Ochoa,
944th Fighter Wing

FGO: Maj Nicholas P. Foster,
307th Fighter Squadron

IP: Lt Col Shane S. Willis,
47th Fighter Squadron

IWSO: Lt Col Timothy J. Foery,
307th Fighter Squadron

April 2018 promotions:

Congratulations everyone!

From Airman Basic:

Amn Zachary Staffieri, 944 CES

From Airman:

A1C Alberto Rodriguez, 924 MXS

A1C Lora Weaver, 944 FSS

From Airmen First Class:

SrA Jacob Wakefield Gonzalez, 924 MXS

SrA Blake Bushart, 924 MXS

SrA Daniel De Sart, 944 LRS

SrA Rocio Beltran, 944 MXS

SrA Gabriel Coronado, 944 MXS

SrA Jennifer Trejo, 944 SFS

SrA Bianca De Garriz, 944 MXG

SrA Ashley Hornback, 414 MXS

SrA Brian Davis, 414 MXS

From Senior Airman:

SSgt Abraham Camacho, 924 MXS

SSgt Earl Davis, 924 MXS

SSgt Gunther Littau, 924 MXS

SSgt Nathalie Sargent, 944 AMXS

SSgt Krystal Gutierrez, 944 ASTS

SSgt Jose Lee, 944 CES

SSgt Jose Armenta, 944 FSS

SSgt Alec Andsager, 944 FSS

SSgt Dwight Turner, 414 MXS

From Staff Sergeant:

TSgt Joseph Uptegrove, 924 MXS

TSgt Jason Dodd, 924 MXS

TSgt Ryan Cameron, 944 ASTS

TSgt Ryan Read, 944 MXS

TSgt Armando Salazar, 944 OG

TSgt Howard Grubb, 944 AMXS

TSgt Jesse Gaun, 414 MXS

From Technical Sergeant:

MSgt Brian Savoy, 924 MXS

MSgt Brandon Parks, 924 MXS

MSgt Timothy Rosio, 944 AMXS

MSgt Joshua Cameron, 944 CES

MSgt Ralph Vandecruze, 944 FSS

MSgt Jason Ward, 944 MXS

MSgt Eric Washburn, 414 MXS

From Master Sergeant:

SMSgt Keith Baumbaugh, 414 MXS

From Senior Master Sergeant:

CMsgt Stuart Brown, 414 MXS

From Captain:

Maj. Melanie Hardy, 944 MDS

Maj. Kirsta Lillich, 924 OSF

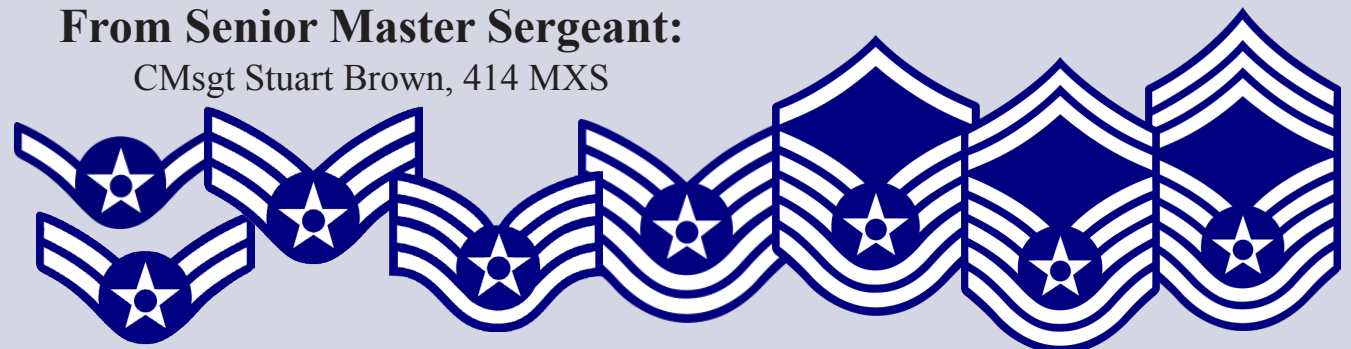
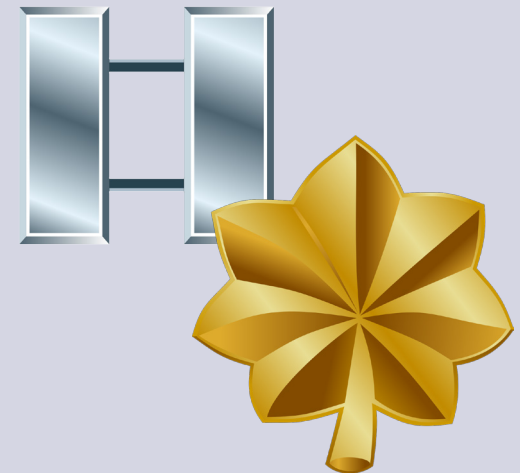
Maj. Julie Moroz, 47 FS

Maj. Francisco Ochoa, 944 FW

Maj. Tyler Shipman, 47 FS

Maj. Bridgette Thomas, 944 ASTS

Maj. Asha Cadogan, 944 ASTS



Networking the past to the present

Story and photo by Staff Sgt. Chris Moore, 944th Fighter Wing

Very few can claim the privilege of being somewhere from the beginning. In the military environment of constant movement and regular relocations, lineage is a remote endeavor for many individuals involved in inaugural programs. Despite the military culture of fluidity, the 944th Fighter Wing has had the fortune of continuity from the beginning of integrated systems through the service of a specific individual.

Fran Kramer undertook what was initially just an interesting new field of resource management and in time, became the backbone of the wing's network communications programs and infrastructure development. Kramer joined the 944th family as a traditional reservist in August of 1986 until January of 1987 when she was hired as an Air Reserve Technician. Kramer started her full-time carrier with the Air Force as the first female to be assigned as a jet engine technician for the F-16s with the 944 Maintenance Squadron.

"I watched the first new reserve F-16s roll onto the ramp in 1987," said Kramer. "I then took an ART position in 1989 as a production controller in the engine shop, typically referred to as Engine Tracking. Around 1993 through 94, I took another ART position, as a Program Analyst, still in 944 MXS."

As Kramer's role expanded within the wing, so did her legacy with the wing. Kramer began undertaking programs to develop and implement new technology such as rolling out Windows NT throughout the wing as the Air Force infrastructure rapidly evolved to keep pace with the ever evolving technologies of the the global theater. Kramer assisted in the development of network systems that are still used by the wing Airmen today.

"In July of 1997, I was interviewed and hired as the first civilian Network Administrator for the wing," said Kramer.

"I continued to serve as a traditional reservist in the 944th Communication Flight until 2002, when I retired from the AF Reserve after serving 21 years. It has now been 21 years serving as the wing's network administrator."

As Kramer continued to develop and maintain cutting edge technologies for communication within the wing, she also continued to develop and expand her own horizons as well. Education has been fundamental key in her successful career of technological evolution and implementation.

"Learning has been important to me in my career," she said. "I ended up with two CCAF [Community College of the Air Force] degrees in Applied Science, one Associate of Arts from Glendale Community College, and one Associate of Science in Computer Science from Park University. I did get my Bachelors of Science in Management/Computer Information Systems as well," said Kramer.

After a total of 32 years of service to the wing, Kramer, has accepted a new position with the 56th Fighter Wing Communications Squadron.

"Thanks to Ms. Kramer's endeavors and dedication, we are able to continue our mission to fly, fight, and win the ever present battle for air and space superiority. Fran will be sincerely missed, and her efforts have left a lasting legacy" said Maj. Jessica Takashige, 944th Force Support Squadron interim commander.

The 944 FW is left with not only the legacy of infrastructure created by Kramer but also her words of wisdom.

"Challenge the boundaries, ask questions, gain knowledge, but stay humble," she said. "There's always a stubby pencil and paper that will hold you over until your systems are back on line. I was born and raised in this wing and there are lots of opportunities and I hope to see people doing what they want to do to positively impact the mission."

Fran Kramer (middle), poses with her first unit with the 944th Aircraft Maintenance squadron. Kramer was the first woman hired to be a jet engine technician for the F-16s. (Courtesy photo)



Senior Master Sgt. Walker, a natural leader

Story by Tech. Sgt. Courtney Richardson, 944th Fighter Wing

DAVIS-MONTHAN AIR FORCE BASE, Ariz. -- Senior Master Sgt. Richard Walker, 924th Maintenance Squadron first sergeant, earned the title of the 10th Air Force First Sergeant of the Year 2018.

This award recognizes the important contributions and leadership qualities exhibited by Air Force members in the first sergeant special duty career field.

“Sergeant Walker earned this award due to the excellent way he takes care of the Airmen and that includes officers and enlisted,” said Chief Master Sgt. Catherine Buchanan, 924th Fighter Group superintendent. “He is a very kind, humble person and he doesn’t even realize how much he cares but his actions clearly show that.”

Buchanan explains that Sergeant Walker goes above and beyond her expectations of what a First Sergeant should be.

“My top qualities for a shirt is that they are fair, consistent, approachable, kind, and trustworthy and Sergeant Walker is all of that, easily a natural leader” said Buchanan.

She went on to say that Walker’s character speaks volumes to him earning this award.

“He is so selfless and constantly engaged with his unit even when he’s performing his civilian job as a Border Patrol Agent,” said Buchanan. “It is never about Senior Master Sergeant Walker, everything he does is about someone else.”

Walker is still in shock that he was recognized for what he calls “just doing his job”.

“It completely blows my mind that I won at that level,” said Walker.

Since taking on the position, Walker has found it hard to gauge whether he’s fulfilling his duties.

“One thing that has been different in this special duty versus my main duty as a maintainer is that when you fix a part and see the plane take-off you im-

mediately have job satisfaction, as a first sergeant it was really hard to get that instant gratification,” said Walker. “Since I started I had a feeling that I wasn’t doing enough or even doing my job right, I was always asking my commander, “Am I doing what I’m supposed to be doing?” and they would tell me I’m doing great but they had no one to compare me to.”

Even with the doubt, that didn’t stop Walker from doing what he loves.

“Dealing with people is my favorite part about this duty,” said Walker. “I work for the Airmen in my unit and I advise the commander on the programs that he runs that affect the Airmen, I’m the conduit.”

Walker values building relationships with his Airmen and helping them progress in their career.

“There is a stigma with First Sergeants that we only deal with people who are in trouble, that we are the disciplinarians and that’s not what we do,” said Walker, “We are constantly mentoring and learning about the individual Airman and finding ways to make them feel appreciated.”

He takes great pride in getting to know his team. He wants his Airmen to be comfortable talking to him about things that concern them whether it’s a personal problem or a work problem.

“If you have good rapport with your people you see the problem before it becomes a problem and can help them before the train crashes,” said Walker. “It could be something as simple as pulling them aside and asking what’s going on, or I could be providing them resources to help them with whatever it is that they are dealing with.”

Walker describes winning this award as is proof to himself that he’s not failing his Airmen.

“This recognition validates to me that I do I know what I’m doing and I am humbled and honored that other people see that too,” said Walker.

Buchanan has just one expectation for Walker since he won the award.

“I expect him to continue being himself, Senior Master Sgt. Walker,” she said.



Maj. Gen. Ronald Miller, 10th Air Force commander, Senior Master Sgt. Richard Walker, 924th Maintenance Squadron first sergeant, Chief Master Sgt. Catherine Buchanan, 924 Fighter Group superintendent, and Chief Master Sgt. James Loper, 10th Air Force command chief pose together at the Enlisted Symposium Air Force Reserve Outstanding Airmen on of Year banquet 28 March. Walker won the 10 AF First Sergeant of the Year 2018. This award recognizes the important contributions and leadership qualities exhibited by Air Force members in the first sergeant special duty career field. (Photo by Chief Master Sgt. Jeremy Malcom)

Arizona sisters deploy downrange

Story by Tech. Sgt. Louis Vega Jr., 386th Air Expeditionary Wing

SOUTHWEST ASIA -- Two Arizona women with a kindred connection have consistently been linked together throughout their lives and currently find themselves deployed together at an undisclosed location in Southwest Asia.

“When I arrived here I was tired from the trip so I climbed on a bunk and fell asleep,” said Senior Airman Jami Mora, 386th Expeditionary Security Forces fire team member.

Mora was assigned to a 20-woman tent upon arrival to her deployed location and out of all the beds available, she randomly chose a bed on a bunk occupied by Senior Airman April Delgado, 386th Expeditionary Force Support Squadron services technician.

Delgado had arrived the day prior and was not around to greet her new bunk mate.

“When I came in and saw her there, sleeping on the bunk, I tapped her on the head. It was an exciting family reunion,” said Delgado. “We took a picture and sent it home.”

Mora and Delgado are step-sisters deployed from the 944th Fighter Wing,

Luke Air Force Base, Arizona, and have consistently been linked together throughout their lives and currently find themselves together again, at an undisclosed location in Southwest Asia.

Both are reservists with the Air Force Reserve Command and have been on similar paths for quite some time.

“We went to the same elementary school and never knew our parents knew each other,” said Mora. “Our parents went to school together when they were in the 7th grade.”

Delgado’s father and Mora’s mother briefly shared a grade school romance but then went on with their lives eventually starting families of their own. Ten years ago, when the girls were 13 years old, their parents reconnected. They ended up getting married, making Mora and Delgado sisters.

Mora has wanted to enlist since she was six years old and joined the 944 FW first, right out of high school. Delgado followed her sister a few years after graduating high school. According to the sisters, the conjoined family, including six other siblings, share a

healthy competitive rivalry.

“We are both the same age and we’re really competitive with each other,” Delgado said. “I saw her enlist and I thought to myself, ‘if she could do it, I can do it.’”

This is their first deployment and they have been given a front row seat to witness how important their jobs are to the mission in the area of responsibility.

“I see how many people we affect every day,” said Mora. “Being deployed here and providing security for U.S. and coalition partner nations puts what I do in perspective and helped me see the big picture.”

Their father, Christopher Delgado, expressed how proud he and their mother are of them and what their initial thoughts were when they heard about the deployment downrange.

“We were concerned, worried, and stressed knowing that both of our daughters were going to be so far away,” said Christopher. “Both are the most strong minded of our eight children and coming from a strong faith-based family, we knew and still know they would be

just fine. God is with them and we pray they pursue and accomplish all of their hearts desires.”

Fate seems to continue to set the Arizona girls on the same path and the sisters say they have grown closer and their adventures in the military have taught them to lean on each other more.

“We are blessed that both our parents reconnected because if it wasn’t for Jami and my step-mom Sara, I wouldn’t have known about military life,” Delgado said. “Through my experiences in the reserve and time here, I’ve learned to follow, I’ve learned to lead, and I’ve learned to handle situations on the spot with confidence.”

(Left photo) Senior Airman Jami Mora, 386th Expeditionary Security Forces fire team member, and Senior Airman April Delgado, 386th Expeditionary Force Support Squadron services technician, pose for a photo April 18, 2018, during their deployment at an undisclosed location in Southwest Asia. (Photo by Master Sgt. Ralph Kapustka)

(Middle photo) Senior Airman Jami Mora, 386th Expeditionary Security Forces Squadron fire team member, greets Airmen at an entry control point April 22, 2018, before checking their identification at an undisclosed location in Southwest Asia. (Photo by Tech. Sgt. Louis Vega Jr.)

(Right photo) Senior Airman April Delgado, 386th Expeditionary Force Support Squadron services technician, wraps food for storage April 22, 2018, at an undisclosed location in Southwest Asia. (Photo by Tech. Sgt. Louis Vega Jr.)



Defenders are FAST to secure

Story and photos by Staff Sgt. William Banton, 386th Air Expeditionary Wing

SOUTHWEST ASIA -- A select group of 386th Expeditionary Security Forces Airmen are tasked with traveling with an aircraft at a moment's notice.

Their concern isn't directed at the long-term security or traditional police duties, but the safety of the aircraft and crew they are assigned to. They are the Fly-Away Security Team.

The Air Force currently flies to multiple locations in Iraq and Syria, all of which are in some way supported with security from Coalition or U.S. military forces. This allows the FAST members to focus solely on the aircraft, its crew and cargo. A tactic they call flight deck denial.

"Our job is to take care of the crew that's assigned to the aircraft ... they do a lot of missions that are on the spot, open engine running, type of drop-offs and our job is to make sure nothing happens while they are doing their job," said Staff Sgt. Alfredo Catolico, 386th ESFS FAST Team One lead.

Multiple factors contribute to how and why FAST Airmen are assigned to missions. Some of these variables include the location, type of cargo and the amount of time the plane will be on the ground.

"It's more for the peace of mind of the aircrew, so these guys are able to go into some areas that aren't fully secure," Catolico said. "They can do their job without having to worry about having to provide their own security."

"You don't want to be complacent so you try to do your scans and look out for things that might have changed since the last time you have been to the same airport", he said. "It's interesting.."

The mission requires a sense of flexibility and long hours, similar to what a flight crew experiences rather than a traditional security forces Airman.

"You have to be flexible because it's not a consistent shift," said Zoints. "One day you could be working in

an office from noon to midnight, and the next day you could be flying and have to be up at 10 a.m. and be flying to 2 a.m."

All FAST members are required to go through specialized training prior to arriving in the area of responsibility. The training is designed to help Airmen de-escalate situations verbally and in ways to prevent physical force. Catolico said the priority of FAST members is to maintain the safety of the aircrew and others working on the flight line.

(Top photo) Staff Sgt. Alfredo Catolico, 386th Expeditionary Security Forces Fly-Away Security Team, Team One lead, and Staff Sgt. Adam Zoints, FAST member, wait outside a C-17 Globemaster III prior to take off from an undisclosed location in Southwest Asia, March 4, 2018. FAST members to focus solely on the aircraft, its crew and cargo.

(Left) Staff Sgt. Alfredo Catolico, 386th Expeditionary Security Forces Fly-Away Security Team, Team One lead, and Staff Sgt. Adam Zoints, FAST member tests their equipment prior to departing an undisclosed location in Southwest Asia, March 4, 2018. FAST members to focus solely on the aircraft, its crew and cargo.

(Right) Staff Sgt. Alfredo Catolico, 386th Expeditionary Security Forces Fly-Away Security Team, Team One lead, tests his radio equipment prior to departing an undisclosed location in Southwest Asia, March 4, 2018. All FAST members are required to go through specialized training prior to arriving in the area of responsibility. The training is designed to help Airmen deescalate situations verbally and in ways to prevent physical force.



Upgrading the fuel structure in the AOR with experience and a strong work ethic

Story and photos by Tech. Sgt. Louis Vega Jr., 386th Air Expeditionary Wing

SOUTHWEST ASIA -- As the early morning sun rises, beads of sweat trickle down off the brow of Airmen exposed to the elements of the unforgiving desert in Southwest Asia. A unique team of petroleum, oil and lubricant Airmen display their strong work ethic, experience and positive attitude by controlling, distributing and testing mission essential fuels daily.

The 386th Expeditionary Logistics Readiness Squadron's fuels management flight is responsible for supplying approximately 150,000 gallons of fuel a day supporting Operation Inherent Resolve. The POL team works tirelessly to improve fuel efficiency, saving the Defense Logistics Agency and U.S. Air Force time and money. Maintenance upgrades to the fuel distribution structure is currently underway with a plan to redesign the system for effective expeditionary results.

"You will never hear, 'that's not my job,'" said Master Sgt. Bradley Tykoski, 386th ELRS fuels operations section chief, referring to the members of his team. "It is nothing short of amazing about how much work they are willing to do."

The team is currently adding extra

fuel lines to the existing fuel bladders and pumps, allowing twice as much fuel to be distributed to the aircraft and trucks as fast as possible. They are also installing communication wire to each pumping unit and connecting them to a servicing platform to control all the pumps by remote. The speed of fuel distribution throughout the installation will increase through the remote controls and make it much safer for everyone involved.

With the vision at hand and the time allotted to complete the workload ahead, the POL team is optimistic about their capabilities because of the characteristics they brings to the table.

"The constant process of degradation is extremely noticeable in a contingency environment," said Senior Master Sgt. Christopher Cady, 386th ELRS fuels management flight superintendent, deployed from Offutt Air Force Base, Nebraska. "We will probably not accomplish everything that needs to be done, but I am confident we will be working the whole rotation to leave this place better than we found it."

Along with the upgrades the POL team has improved the aviation gas

or AVGAS distribution process here. They are the sole AVGAS distribution hub for the Air Force Central Command. AVGAS is used for remotely piloted aircraft and the team supports U.S. services from multiple forward operation bases throughout the area of responsibility.

"We have streamlined the process from the top down," said Tech. Sgt. Garrick Tilley, ELRS fuels service center section chief, in charge of the AVGAS billing process. "From when we receive the request to the submission and issuing process. We have changed small things but we have made the standard process more efficient."

Preparing the AVGAS for storage and transportation is another phase to the process.

"I couldn't ask for a better team," said Staff Sgt. Alfredo Fuentes, 386th ELRS preventive maintenance noncommissioned officer in charge, deployed from Luke Air Force Base, Arizona. "It doesn't matter what section you work in, everybody is willing to help. It makes it much easier to accomplish a task."

Fuentes, on his seventh deployment, is a reservist with experience and oversees the AVGAS shipment

process. He ensures barrels and blivets are filled with AVGAS for shipments downrange according to loadmaster specifications. If a location cannot abstract the AVGAS from a barrel, a blivet is filled and sent instead.

The POL team is comprised of a combination of U.S. Air Force active duty and reservist Airmen and all work diligently to help each other accomplish tasks within smaller sections of the fuel information service center, operations, and fuels management areas of the flight.

"The real gem is the people," added Cady. "You never know what you are going to get on a deployment. You can have all the equipment or money in the world but if you don't have the people, it makes it so much harder to get things done. I think I have a pretty good box of chocolates."





PACKING PARTY!



Thank you, Packages from Home, for setting up this packing party for the 944 FW. A special thanks to our volunteers, Honorary Commanders, and local Girl Scouts who donated cookies as well as help pack more than 300 boxes! To all of our Airmen who are deployed, this one is for you!

Overcome your weight-loss plateau

From Senior Airman Palmer, 944th Medical Squadron

Have you been doing everything you can in regards to weight loss but still can't lose weight? You might be at a "plateau" in your weight-loss journey. Fortunately, with continued effort and persistence, you are more likely to achieve your weight-loss goals. If you want to shed those last few pounds, try these ideas on for size:

- **Go back to square one.** That is, make sure you are as careful about what you choose to eat now as when you first started on your weight-loss journey. Sometimes people lapse into old habits over time and start "allowing" unhealthy choices to creep back into their diet patterns. Keeping a food diary will help you track what you are really eating.
- **Stick to your healthy eating plan.** Include nutrient-rich, lean sources of protein such as fish, poultry, beans, nuts, and low-fat dairy products. Protein helps preserve lean muscle during weight loss, promote fat loss, and contribute to a feeling of fullness. Also rethink your drinks! Alcohol and sugary beverages such as soda, sweet tea, juice, energy drinks, and sports drinks can add too many calories and prevent you from losing weight.
- **Plan ahead.** Many people find it hard to make healthy choices, especially on the weekend—tailgate parties, family celebrations, and road trips all offer opportunities to "slip." But eating healthy is a full-time job, so it's important to plan ahead. Bring your own low-fat dish to a party and choose restaurants that offer healthy options.
- **Shake things up.** Varying the type, intensity, duration, and frequency of your exercise is a great way to challenge yourself and prevent boredom—and can make a big difference toward achieving your goals. Standing, rather than sitting, also can burn as many as 200–300 extra calories a day. Whatever you do, do not give up. Achieving and maintaining a healthy weight is better for your health, career, and performance. Last but not least, if you haven't done so already, be sure to speak with your healthcare provider or a registered dietitian to make sure the goals you've set for yourself are realistic, healthy, and sustainable. After that, it's time to get to work!

(Photo by Lucas from Pexels)

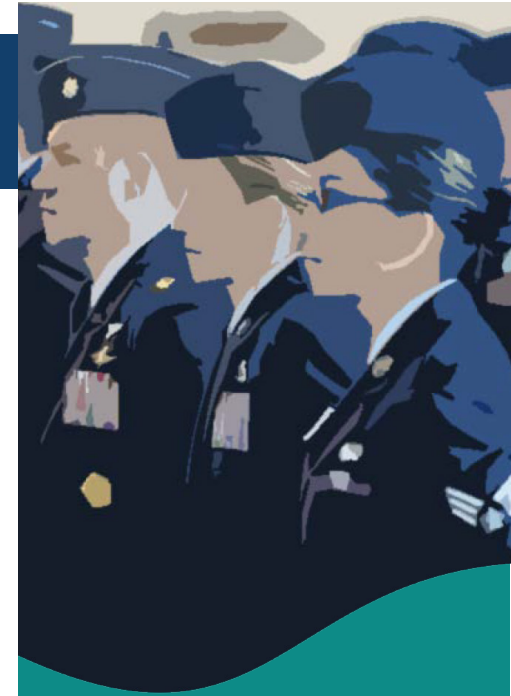
Original Source: <https://www.hprc-online.org/articles/overcome-your-weight-loss-plateau>

AVAILABLE RESOURCES

SEXUAL ASSAULT PREVENTION AND RESPONSE

- Individuals have the option of filing an unrestricted or restricted report and receiving services that are gender-responsive, culturally-competent, and recovery-oriented.
- The following resources are available for sexual assault victims when filing a restricted report:
 - SARC or SAPR Victim Advocate
 - Sexual Assault Forensic Exam (SAFE)
 - Special Victims' Counsel (SVC)
 - Mental Health (e.g. Counseling)
 - Medical (Primary Care)
 - Chaplain
 - DoD Safe Helpline
- Remember restricted reports initiate confidential victim support without triggering command knowledge or law enforcement investigation.
- SVCs and Chaplains have and maintain privileged communications with victims, but cannot accept an official sexual assault report. They can refer the victim to the SARC or SAPR VA who can accept an official report.
- As a reminder, Military OneSource has mandatory reporting requirements.
- Individuals filing an unrestricted report have the same resources available as individuals filing a restricted report. In addition to those resources, the following are also available:
 - Command Support
 - Expedited Transfer (ET). Only applies to military victims of sexual assault who file an unrestricted report. DoD civilians cannot receive a ET.
 - Military Protective Order (MPO)
- Remember that unrestricted reports initiate a law enforcement investigation and command support.
- Victims can opt to change their restricted reports to unrestricted at any time, but cannot change their unrestricted report to restricted.
- Here is a quick refresher on terms we just went over:
 - Sexual Assault Forensic Exam (SAFE) — Allows for collection of forensic evidence without giving up confidentiality and is not processed unless/until a victim converts their report to an unrestricted report. SAFE kits are retained by the Air Force for 5 years.
 - Special Victims' Counsel (SVC) — Attorneys who provide confidential legal assistance through independent representation to victims.
 - Expedited Transfer (ET) — Allows victims an option of a PCS or PCA to support immediate and future welfare of the victim.
 - Military Protective Order (MPO) — Ensures victim safety by prohibiting the alleged offender from contacting or communicating with the victim. MPOs are only enforceable on installations. Victims can also seek a Civilian Protective Order (CPO) when off the installation.

SAPR servies are available 24/7, for all locations including deployed locations.
The Luke Air Force Base Sexual Assault Response Coordinator (SARC) can be reached at 623-856-4878
Ms. Evelyn mobile: 623-363-6590 or Ms. Latice mobile: 623-229-3691



SAPR Taking Points

DoD
Safe Helpline
 24/7 Secure. Worldwide. Confidential.

Sexual Assault Support for the DoD Community

www.safehelpline.org
or 877-995-5247

Customer Support Corner

- Save a trip! Check your records online....no CAC required
- Set-up a DS Logon for you or your dependents so you can verify and/or update your information in DEERS without a CAC. You will also be able to access dozens of other government sites from the comfort of your own home without the need for your CAC or a reader.

Utilize milConnect to verify the personal records for you and your dependents

Information mirrors what is in DEERS
<https://milconnect.dmdc.osd.mil/milconnect/>

To contact the Customer Support Office please email 944fss.fsmps@us.af.mil or call 623-856-5358. We are temporarily located in building 993, room 25.

DS LOGON ?

Department of Defense Self-Service

DS Logon Username

DS Logon Password

[Forgot DS Logon Username?](#)

[Forgot DS Logon Password?](#)

[Login](#)

More DS Logon Options

Need a DS Logon?

Activate My DS Logon

Upgrade My DS Logon

Manage My DS Logon

DS LOGON Registration

Welcome to the registration wizard. Here you can create your DS LOGON account, whether you are a service member, veteran, or family member. ?

Select registration method

I have a Common Access Card (CAC) with accessible card reader. ?

I have a Defense Finance and Accounting Service (DFAS) myPay account. ?

None of the above conditions apply, however at least one of the following conditions is true:

1. I am a Veteran
2. I am a Dependent of a Veteran
3. I am a Survivor of a Veteran
4. I am registered in the Defense Enrollment Eligibility Reporting System (DEERS) ?

[Continue](#) [Cancel](#)

Airman & Family Readiness Center

Military Spouse Appreciation Month



During Military Spouse Appreciation Month, the Department of Defense is recommitted to honoring military spouses with the respect, dignity and support they deserve. Visit Military OneSource to find the resources you need to stay connected, healthy and mission-ready.

<https://tinyurl.com/militaryonesourcespouse>

Key Spouse Program

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

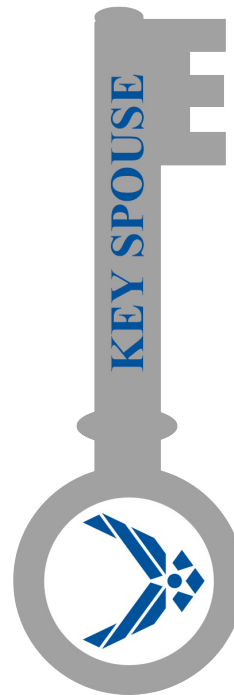
It is a commander's program that promotes partnerships with unit leadership, volunteer Key Spouses appointed by the commander, families, the Airman & Family Readiness Center and other community and helping agencies. The program has been standardized across the Air Force to address the needs of all military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

Air Force Key Spouse Program offers additional deployment support resources

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

Contact the Airmen & Family Readiness Center to find YOUR Key Spouse and for more information.

Meet Stacie Sudkamp, 944th Civil Engineer Squadron Key Spouse, featured on the next page!



Jessica Maldonado, 944th Fighter Wing A&FRC Director
 Office: 623-856-6683 • Mobile: 602-705-6828
 Email: jessica.maldonado.7@us.af.mil





944TH FIGHTER WING



Stacie Sudkamp

Stacie Sudkamp

944th Civil Engineer Squadron Key spouse

A little about Stacie in her own words...

I have been married to Senior Master Sgt. Brian Sudkamp for 12 years, and we have three children. I achieved my Bachelor of Arts degree at Franklin College in Indiana. I studied Political Science, Sociology and Music Vocal Performance. Upon graduation, I lived and worked in London, England, before returning to the U.S. to work in a variety of Financial Services & Pharmaceutical companies. My position was always sales, sales management, and operations. Half way through our marriage, I decided to dedicate myself to the final years of rearing our last child into adulthood. Being a stay-at-home mom has its own unique rewards and challenges, just like being a working mom did. I volunteer for school functions, have become an advocate for Gifted Education, and love serving anyone with any kind of need. Brian and I are marriage ministers with a special calling to help military members have healthy, thriving marriages.

Why Stacie wanted to become a Key Spouse:

We lived 95 miles from our last base. My husband had been stationed there for nine years, had been gone on many unit training assemblies, trainings, and temporary duty assignments, and not once had I ever been contacted by anyone to see how I was or how our children were doing. Before moving to Phoenix, I had calculated that my husband had been gone for almost three years of our nine-year courtship and marriage. I have always been patriotic and supported the military, but I never felt like I belonged. I felt like he had a separate life that I was not privy to because I was "just a Reservist's spouse." Those were never his words or feelings, but I had heard them from too many civilians and even service members. I never understood what it meant to be a part of the "military family" I had heard others speak of. Brian did everything he possibly could to keep us involved with formal, annual group and wing parties and such, but I did not know one other spouse nor child. When we moved to Phoenix, I saw our closer proximity to base as an opportunity for me to become involved and connect with other spouses. Once Brian became superintendent, I really began the process of making myself available to the other spouses in our shop, in hopes that they feel connected. I did not know what a Key Spouse was until I saw the position advertised. I learned more about the position and realized that this is the position I had been yearning for my entire military spouse career - to belong, to help others to know that they very much belong, and that we are all vital to The Mission.

A message from Stacie as a Key Spouse:

As a Key Spouse, I want to help every significant other know that they are not alone. I want them to feel like they have a real person who cares. I want them to know that they can turn to me and other Key Spouses if they have basic questions from how to navigate the base to more complex questions like where they would go to get help with finances, counseling, or get more plugged in, etc. My goal is that every significant other would know that they have an extended family with the military. I believe that supporting and encouraging loved ones creates a happier Airman and that always increases productivity and loyalty to the Air Force.



DON G. MAJORS, JR.

944th Fighter Wing Honorary Commander

Full Name: Don G. Majors, Jr

Commander assigned to: Lt. Col. Trena Savageau, 69th Fighter Squadron

Place of business/business: Discount Tire

Duty Title: Senior Vice President – Product Marketing

City you live in: Cave Creek, Ariz.

Where you were born/grew up: Youngstown, Ohio

Significant other name / Children / family: Spouse Marilyn S. Majors; daughters, Victoria Majors, 27 years old, and Alexandra Majors Scoville, 25 years old

A little about John in his own words:

I am originally from Youngstown, Ohio. I graduated from Youngstown State University in 1982, and began working for Discount Tire in 1982 in Houston, Texas. After various assignments over the years, I joined our corporate office in Scottsdale in 2003 and currently hold the position of Senior Vice President for Product Marketing and Development.

My wife Marilyn and I have two wonderful daughters, Victoria and Alexandra. Marilyn and I are always counting down the days to our next visit with our daughters and grandchildren.

I have been flying general aviation for nearly 20 years. I have been fortunate to be able to share my passion for aviation as a volunteer pilot for Angel Flight West and Flights for Life for many of those years. I also enjoy trail running, cycling and obstacle course racing with family and friends.

More from our Honorary Commander...

Through the Honorary Commander program, I hope to gain an even greater understanding and appreciation for the mission of the 944th Fighter Wing and the ways in which our dedicated men and women of the Air Force perform their mission so admirably. With this experience I will strive to share the story of Luke and its diverse group of Airmen, so our community better appreciates their contributions to our country and the many positive impacts Luke has on the Phoenix area and our state. Myself and two other Discount Tire colleagues that are also Honorary Commanders, hope to find opportunities to share experiences with our Squadron Commanders that may help to better serve both our organizations and the people we lead.



What is an Honorary Commander?

An Honorary commander is a member of the local community who is assigned to each of the 944th Fighter Wing's five groups, 11 squadrons, wing commander, vice commander, and command chief. The program provides a great community outreach program and the ability to foster relationships between local and civic business leaders. For more information, contact the 944th Fighter Wing Public Affairs Office at 623-856-5388.

IMPORTANT PHONE NUMBERS

WING COMMAND SECTION
623-856-0944

WING SAFETY
623-856-5361

CHAPLAIN
623-856-5303

COMMAND POST
623-856-5600

EQUAL OPPORTUNITY
623-856-5560

FINANCIAL MANAGEMENT
623-856-5716

INSPECTOR GENERAL
623-856-6682

PUBLIC AFFAIRS
623-856-5388

STAFF JUDGE ADVOCATE
623-856-5333

RESERVE RECRUITING
623-856-5339

CUSTOMER SERVICES (IDs)
623-856-5358

TRAINING/EDUCATION
623-856-5318

FAMILY READINESS
623-856-8324

HELP DESK
623-856-8024

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

WING KEY SPOUSE MENTOR
515-988-7951

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255

UPCOMING EVENTS

MAY 28 - SEP. 3
Blue Star Museums

- Free admission to active duty, guard, reserve military members and their families Memorial Day through Labor day.
- For a list of museums participating in 2018, visit: <https://www.arts.gov/national/blue-star-museums>



**Blue Star
Museum**
arts.gov/bluestarmuseums



MAY 13
Mother's Day!



MAY 19
Armed Forces Day



Visit our website:

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



They started their journey in the same womb. Now twin sisters, Wren and Chase Doyle, will continue to take the next step in their lives together as they recite the Oath of Enlistment administered by Lt. Col. Karwin Weaver, 944th Aircraft Maintenance Squadron commander. Also pictured with the twins is Tech Sgt. Joshua Cobb, Air Force Reserve Recruiter. After their basic training and tech schools, Chase will be with the 944th Medical Squadron and Wren will be with the 944th Maintenance Group. (Photo by Staff Sgt. Lausanne Kinder)