ShapShot

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

944th gains career advisory recognition, will receive additional support Air Force transitions to a single combat uniform

944 FW Chaplain team wins 5 of 5 awards

Key Spouse Spotlight

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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Monsoon Safety....

Cover Photo: The F-35 program took another step forward as the first Republic of Korea F-35 landed at here at Luke Air Force Base, May 21. This signifies the start of formal training for their pilots and aircraft maintainers. (Photos by Staff Sgt. Jensen Stidham)

Omega-3 Fatty Acids In Food 10

Amanda Maiorano, 944th ASTS Key Spouse 12



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Command Commentary

Ground truth safety

by Col. Bryan Cook, 944th Fighter Wing commander **T** f you are reading this and not drinking water, you are already behind the power-curve. It is the June L Unit Training Assembly and summer is here in all its glory. It is expected to be over 100 degrees this weekend, so please take the appropriate precautions and stay hydrated.

I am sure it has not escaped anyone over the last few months that the Air Force has had a rash of accidents. 2018 has not started off well, as we have lost several aircraft, and most importantly, we have lost some extraordinary Airmen. In order to dig into the root cause, General David Goldfien, Chief of Staff of the Air Force, has ordered a safety down day for the entire AF.

It is not lost on our leadership that this many accidents begins a very dangerous trend. There may not be a lot of commonality between the aircraft, the Airmen, or the incidents, but it is time for all of us to take a closer look at our AF Safety programs as well as our individual shop safety. A ground truth look at what we do every day, and how it impacts our work and the safety of our Airmen and equipment is just the first step.

Safety has always been integral to the AF way of

life. I hope that each and every one of us puts safety at the forefront of what we do. This weekend take a moment to look around and identify areas we may not be hitting the mark on. It does not matter if it is in the medical field, on the flight line, or in the air. Safety has to be part of what we do all the time. Great ideas on how to make things safer could come from anyone, at any time. So please involve everyone in your shop and take a moment and improve your safety programs.

As we talk about safety, let us remind everyone that we are in the 100 days of summer. As you plan your summer vacations, participate in boating, golfing, hiking, traveling, etc., do not forget to take you and your family's safety into consideration. Plan ahead, take the necessary first-aid equipment with you and keep your phone charged in case of an emergency. And lastly, do not keep it a secret when you decide to go camping or hiking. You are too valuable to your family and to our 944th Fighter Wing family.

Have a great weekend, have a great start to your summer and do not forget about Father's Day on June 17th. Continue to bring safety into your daily crosscheck and continue to improve our workplaces and activities so we all enjoy a long AF career. I appreciate your service to this great nation. Keep "Bringin the Heat!".....Op



Annual Tours are invaluabe training

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

s we come into the summer months, our Annual Tour **L** schedule is beginning to take shape. Many of you will have the opportunity to do off-station AT's giving you a great chance to hone your job skills in a training environment specifically set up to maximize your work exposure, while others will get to perform at home station in shops you are familiar with.

I want to emphasize that your AT is

extremely important to your career well during the two days a month and skill level development. The fifteen days you have to do your job lasting friendships I have made were in one solid block is invaluable. I formed during AT when we were just urge you to maximize your time in this training environment and get as much out of it as possible.

performing at your home unit, this is also time to forge those lasting relationships with your fellow Airmen. As a Traditional Reservist you might not get the opportunity to get to know those you work with very

you normally see them. Many of the hanging out after work getting to know people.

I hope you all enjoy the time Whether doing off station AT or you have this year to train and improve your job skills. I am always impressed with our wing's level of readiness and how well you all perform your jobs. Thank you all for being prepared to perform no matter what the challenge.



Warrior of the Month - SSgt Garcia





Rank/Name: Staff Sgt. Estevan Garcia **Duty Title:** Emergency Manager

(Photos by Senior Airman Alexandria Slade)

Time in Service: According to the Air Force I have seven years time in service. According to my LES I have over 10... however I joined the United States Marine Corps 12 years ago so four years active duty, two years in the USMC Reserve, and time in between those stints in the Inactive Ready Reserve

Time with the 944th Fighter: Three years, four months

Civilian Job: Middle school science teacher

Hometown: Chandler, Ariz.

Hobbies: Spending time with my family doing family adventures.

Home-life: Girlfriend of five years, Terrin; one-year-old daughter, Evie; five-year-old son, Max. Leadership/Supervisor's comments: SSgt Garcia is an outstanding Airman, always willing to help out wherever needed! He is an excellent role model for the younger Airmen. -MSgt.Tracey Kleppe

Why did you join the Air Force Reserves? I joined because I missed the camaraderie of the USMC. So when I tried to go back to the USMC Reserves, I was told that I would have to go to California to drill. That was not an option so I looked around at the different options and found that the Air Force had the opportunity that most aligned with my goals of being in EM and I felt that the AF had a better understanding of taking care of their people.

How does your job support the mission of the 944th Fighter Wing? As an EM'er, I support our mission by training our general populace to be chemical, biological, radiological and nuclear (CBRN) defense smart, or to survive and operate in a chemical or biologically contaminated environment.

If you were on a deserted island.....? I would be ecstatic that I finally got to have some alone time!

May 2018 promotions:

Congratulations everyone!

From Airman: A1C Daonapa Phimmasone, 944 FSS A1C Andre Spears, 944 MDS

From Airmen First Class:

SrA Alberto Sanchez, 924 MXS SrA Kaleb Thornhill, 924 MXS SrA Spencer Ross, 944 FSS SrA Sierra Wahl, 944 MDS

From Senior Airman:

SSgt Joshua Walter, 414 MXS SSgt Kasheika Wallace, 414 MXS SSgt Brandon Templin, 414 MXS SSgt Robert Peat, 944 AMXS SSgt Braden Harrison, 944 CES SSgt Shawn Bryant, 944 CES SSgt Akeal Odom, 944 LRS SSgt Anthone Moore, 944 MXG SSgt Jennifer Arreola, 944 MDS SSgt Christopher Lamay, 944 SFS SSgt Scott Roby, 944 SFS SSgt Terry Molina, 944 SFS SSgt Steven Mendivil, 944 SFS

From Staff Sergeant:

TSgt Joshua Maynard, 414 MXS TSgt James Kennaugh, 944 ASTS TSgt Paul Randall, 944 MXS TSgt Joel Dominguez Correa, 944 MDS

From Technical Sergeant: MSgt Jonathan Keehart, 944 MXS Wing Spolight.

Bringing the Heat Around the Wing



the 944th Fighter Wing pose for ting from the NCO Leadership

(Above) Airmen from the 944th Fighter Wing pose for a photo after gruaduating from the NCO Leadership Development Course May, 11. (Photo by Staff Sgt. Lausanne Kinder)

(Photos to the right) Airmen from the 944th Maintenance Group enjoyed a day with their families during the Family Fiesta at Fowler Park, May 6. The group provided food, drinks, games, and other morale boosters.



(Photos by Tech Sgt. Michael Lahrman & Staff Sgt. Christopher Moore)



944th Maintenance Group Family Fiesta!











(Left photo) Terrie Frankel (left), 944th Medical Squadron honorary commander, presents Tech Sgt. Jessie Keller (middle), 944th Civil Engineer Squadron fire protection, with a Visions of Vets Portrait of herself and Chrach, retired military working dog, during an assembly and MWD demonstration at Glassford Hill Middle School, Prescott Valley, Ariz., May 17. Keller was recognized for her time served with the 56th Security Forces Squadron as a MWD handler before joining the 944th team. Also photographed (from left) is, Staff Sgt. Kyle Quigg, 56 SFS MWD handler, Tessa, 56 SFS MWD, Lisa Pasalich, Vision of Vets, Bruce Roscoe, photographer, and Kyle Alltop, former 56 SFS MWD handler and Prescott Police Officer, who adopted Chrach upon his retirement. (Courtesy Photo)



Wing News



944th gains career advisory recognition, will receive additional support

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

ir Force Reserve Command recently announced 39 new full-time career assistance advisor positions command-wide. To empower these new advisors, they will be equipped with the tools and training to best support Airmen as it relates to incentives, career counseling, and professional enhancement programs.

The 944th Fighter Wing's new career advisor is slated to start at the end of May, said Chief Master Sgt. Michelle Harvey, 944th Force Support Squadron superintendent.

"As it relates to enlistments, extensions, training, and bonuses, it can be difficult for Reserve Airmen who are only here two days a month, which is equally difficult for us advisors in the same boat," said Master Sgt. Burton Piper, 944th Mission Support Group career advisor. "This new position will expedite the processes for important needs, and allow more time for Airmen to address and take care of these needs."

These programs and resources have been a priority for the 944th Fighter Wing and its leadership for some time. In 2016, the wing hosted a collective training for all the career advisors allowing them to better network with one another and learn and grow from each other's respective experience and expertise within career assistance. The wing's goal with this alignment strategy was to strengthen cohesiveness, improve retention, and to support the overall connection with Airmen in the wing as a whole. "A lot of us had never even met each other before that training," said Piper. "During these past couple of years, we have really been able to reach out and help one another after training together and meeting face to face."

This alignment and networking strategy implemented by the wing has continued on and was recently recognized and recommended by Headquarters Air Force Reserve Command as a best practice during a three-day working group hosted to help improve career advisory support across the command.

For more information regarding career advisory support, send an email to michelle.harvey.1@us.af. mil.



AIR FORCE TRANSITIONS TO A SINGLE COMBAT UNIFORM

Secretary of the Air Force Public Affairs



Patrol caps will be worn with name tapes placed on the back using velcro or sewn on. Officer rank will be sewn on the front of the hat and centered 1/2 inch above the visor.

Right Sleeve

(max. 2 Velcro patches) Subdued U.S. Flags are mandatory and will be centered at the top of Velcro.

The following patches are approved to be worn under the U.S. Flag:

- Highter headquarters (HHQ) subdued cloth patch
- Directorate subdued cloth patch
- Inspector General identification subdued cloth patch
- Or subdued cloth patches/ badges of awarded campaigns/combat while assigned to the awarding unit

Boots will be Coyote Brown.

Air Force OCP Uniform Guidance:

Further official wear guidance will be available soon in AFI 36-2903, Dress and Personal Appearance. **EONDO**

T-shirt will be Tan (Coyote Brown will be worn after April 2019). Use of unit colored shirts will not be authorized.

> Name and USAF tape embroidery will be spice brown thread.

Left Sleeve

(max. 2 Velcro patches) Organizational unit of assignment subdued cloth will be centered at the top of the Velcro area unless one of the following patches are worn:

Duty Identifier Tabs, or Joint qualification tabs may be worn, (e.g. Army Ranger, Sapper, Airborne, Air Commando, SERE, EOD) above the unit patch.

Right or Left Sleeve

The following patches will be worn on either sleeve in place of either the HHQ or organizational unit patch:

- Weapons Instructor Course patch (graduate or instructor)
- USAF Test Pilot School and School of Advanced Air patch
 - Space Studies patch
 - Critical Care Air Transport Team patch, Test Pilot School graduate patches or other completed equivalent schools

INTEGRITY SERVICE BEFORE SELF SELF EXCELLENCE IN ALL WE DO

Core Values

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

Integrity, Service before self, and Excellence in all we do, are the core values each Airman practices and models continually. These core values are essential to your growth as an Airman and individual, as well enhancing the growth of your fellow Airmen. Ensuring that you are at your best and that you are taking care of you is important. If you are not okay, nobody around you is okay, and you will not be able to fulfill the Mission at hand. Being supportive of your fellow Airman and giving to others highlights your character, strengths, and leadership qualities.

Expecting excellence from ourselves in all our endeavors supports us in superior preparation physically, mentally, and emotionally. Reaching high and refusing to allow subpar approaches will ensure that your best shines through at all times. It is not about being perfect: it is about being your best and reaching your goals. Understand that while the journey builds character and growth, the outcome is also important as it is evidence that you are ready to step up to the next level. Have a wonderful UTA weekend!

944 FW Chaplain team wins 5 of 5 awards

944th Fighter Wing Public Affairs

The chaplain team from the 944th Fighter Wing brought home five out five award categories for the 2017 U.S. Air Force Reserve Command Chaplain Corps Awards.

The three categories for unit awards included Ministry of Presence, Outstanding Chaplain Corps Program, and Chaplain Corps Readiness. Individual Excellence awards were also presented to Chaplain (Capt.) Matthew Wilson, 944 FW deputy wing chaplain, and Staff Sgt. Brianna Creveling, 944 FW chaplain's assistant.

"The first responsibility for chaplains is defending all Airmen's First Amendment right to the free exercise of religion," said Wilson.

Not only does he want to ensure Airmen have the freedom to practice any faith but to ensure they are able to practice their own specific faith.

Wilson also expressed his gratefulness for receiving

such a high level of support from the 944th leadership enabling the Chaplains team to focus on the mental, emotional, and spiritual fitness of the Airmen.

"We've been able to go with the units on their Annual Tours and spend time with them," said Wilson. "We were also able to go through the [units] and get to know people because the commanders have opened their doors to us."

"Our Chaplain team is an extremely talented and compassionate group that really cares about the individuals in this wing" said Col Bryan Cook, 944 FW commander. "It is not surprising to anyone here that they swept the awards this year."

While the Chaplain team is appreciative of the recognition, they feel the awards are simply a byproduct of their passion for the care of the Airmen with which they have been given charge.

"I believe God has blessed us with an incredible

team where all of us have the same passion and we are all excited about putting on the uniform," said Wilson. "It is a privilege to get to spend time with our wing and with our units."



(Photo by Senior Airman Alexandria Slade)

Monsoon Season June 15 - Septmeber 30

Compiled by Master Sgt. Richard Teets, 944th Fighter Wing Occupational Safety Manager

What happens during a monsoon?

Monsoon storms range from minor dust storms to violent thunderstorms. They can even spawn tornadoes, though that is very rare. Typically, Arizona monsoon storms start with heavy winds sometimes resulting in a visible wall of dust hundreds of feet high moving across the Valley. These dust storms are normally accompanied by frequent thunder and lightning often leading to heavy downpours. Monsoon rains average about 2-1/2", about 1/3 of our yearly rainfall.

Is there damage during monsoon storms?

Serious damage can occur from high winds, or from debris being tossed by those high winds. It is not unusual for trees to be downed, power lines to be damaged, and roof damage to occur. As you might imagine, homes that are not as sturdy, like some manufactured homes, are more susceptible to wind damage. Power outages for short periods of time are not uncommon.

What about the roads?

When such high volume rain descends upon the Valley of the Sun, the ground and especially the surface streets flood. Most roads in the area are not built to drain water quickly since such rain is too rare to justify the extra costs involved in constructing

(Photo by Staff Sgt. Lausanne Kinder)

an elaborate drainage system. Quite often the rain pools on streets during and for a few hours after monsoon storms causing dangerous driving conditions.

The worst areas for flooding are the many washes in the area, small gullies where heavy rains drained off the land long before roads were built through them. That is where drivers will normally encounter signs cautioning against crossing the road when flooded.

It may seem strange to have signs posted in the middle of the desert, but they do serve a practical purpose. Those signs should be heeded carefully. Even if the water rushing across the road looks only an inch or two deep, it may very well be so deep that vehicles, including high clearance trucks, stall and get stuck in the wash. Firefighters and other rescue workers generally have to be called in to rescue motorists stuck in washes before their vehicles are covered by the unexpected deep runoff.

Wing News

Omega-3 Fatty Acids In Food

Foods High in Omega-3 Content				
Item	Serving Size	mg/Serving		
Walnut, English*	1 oz	2,500		
Salmon**	3 oz	1,824		
Tuna, canned white **	3 oz	733		
Shrimp**	3 oz	235		
Source: USDA Food Composition Databases *Omega-3 as ALA **Omega-3 as DHA+EPA				



From Senior Airman Joy Palmer, 944th Medical Squadron

Mega-3 fatty acids make up a family of polyunsaturated fatty acids that are essential for health. They are an important component of every cell wall, including your heart, brain, and eye tissue. They play a role in reducing inflammation, keeping blood vessels healthy, and developing and maintaining brain, nerve, and eye health. The three main omega-3 fatty acids are alpha-linolenic acid (ALA), docosahexaenoic acid (DHA), and eicosapentaenoic acid (EPA). The body cannot create ALA or make enough EPA and DHA from the ALA you get from foods to meet your body's needs, so you need to consume EPA, DHA, and ALA omega-3 fatty acids from food sources.

Plant-based foods and oils including; walnuts, canola, soybean, flaxseed or linseed, are sources high in ALA. EPA and DHA can be found primarily in seafood. Cold-water oily fish (salmon, herring, mackerel, anchovies, sardines, and tuna) has the most EPA and DHA. Other fish and shellfish, such as shrimp and oysters, also contain omega-3 fatty acids, but in lesser amounts. Although not high in omega-3 fatty acids, some game meat (elk, deer, and antelope) contain a small amount. Some foods now have omega-3 fatty acids added, so you can find it in certain eggs, soymilk, juices, and other beverages too.

There are no official recommendations for EPA and DHA. However, the 2015–2020 Dietary Guidelines for Americans suggests consuming at least 8 ounces (approximately 2 servings) per week of cold-water fish, which will provide about 250 mg of EPA+DHA per day.

Learn more about the health benefits of omega-3 fatty acids from the National Institutes of Health. Foods that are high (>900mg/serving) in Omega-3 content include: flaxseed oil, english walnuts, whole flaxseeds, salmon, canola/rapeseed oil and soybean oil.

Source: https://www.hprc-online.org/articles/omega-3-fatty-acids-in-food photos from pexel.com

Wing News .

Victim Rights and Legal Assistance

SEXUAL ASSAULT PREVENTION AND RESPONSE

- Sexual assault victims have the following rights (DD Form 2701):
 - The right to be treated with fairness and respect for your dignity and privacy;
 - The right to be reasonably protected from the accused offender;
 - The right to reasonable, accurate, and timely notice of public preliminary hearings, pretrial confinement hearings, court proceedings, and clemency and parole hearings related to the offense;
 - The right to be present at all public proceedings related to the offense unless the hearing officer or military judge determines that your testimony would be materially altered if you as the victim heard other testimony;
 - The right to reasonably confer with the prosecutor/Trial Counsel in the case;
 - The right to receive available restitution;
 - The right to be reasonably heard at: 1) a public hearing concerning the continuation of any pretrial confinement of the accused; 2) a sentencing hearing related to the offense; 3) a public Military Department Clemency and Parole Board hearing related to the offense;
 - The right to submit a written statement for the consideration of the Convening Authority prior to taking action on findings and sentence;
 - The right to proceedings free from unreasonable delay;
 - The right to be provided information, if applicable, about the conviction, sentencing, imprisonment, Convening Authority's action, appellate review, and release of the offender.
- Special Victims Counsel Provide confidential and at no cost legal assistance through independent representation to victims.
 - The relationship between a victim who obtains an SVC is an attorney/client one—meaning privileged communication and confidentiality are maintained.
 - SVCs cannot accept an official sexual assault report, but can refer victims to the SARC or SAPR VA who can accept an official report (DD Form 2910 required).
 - Unrestricted reports SVCs can provide assistance in OSI interviews, obtaining Military Protection Orders, Expedited Transfers, Trial and Defense Counsel interviews, Court-Martial, complaints about retaliation and reprisal, etc.

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



24/7 Secure. Worldwide Conf<u>identi</u>

SAPR

Taking Points

Helpline

or 877-995-5247

Sexual Assault Support for the DoD Comunity www.safehelpline.org

DoD

Safe

KEY SPOUSE

Amanda Maiorano

944th Aeromedical Staging Squadron Key spouse

for the Total Force

A little about Amanda in her own words...

I met my husband in 2004 and immediately knew we would spend the rest of our lives together. We married about seven months after meeting. Our eldest daughter was born shortly after in 2006. We then moved to Corpus Christi, Texas and had our two daughters Gianna and Cara. We spent about seven years in Texas and then decided to move back to Arizona to be around family. In 2017 we decided to get our license to foster and were soon called to take care of a little baby girl who was only two weeks old. My husband deployed when she was about four months old and when he got home we were able to adopt her.

944TH FIGHTER WING

Why Amanda wanted to become a Key Spouse:

I became interested in the Key Spouse program when we were preparing for deployment. I loved the idea of being able to be more involved in military life especially while my husband was away.

A message from Amanda as a Key Spouse:

I want to be able to connect the military spouses with the military not only while their service members are deployed but also when they are home.



Imanda Maiorano

For more information on the Key Spouse program, contact the Airman and Family Readiness Center. Jessica Maldonado, 944th Fighter Wing A&FRC Director Office: 623-856-6683 • Mobile: 602-705-6828 • Email: jessica.maldonado.7@us.af.mil

IS YOUR ADDRESS UP TO DATE?

Updating Your Address is As Simple As 1...2...3!

Step One: Update your address in your virtual Record of Emergency Data

- Log on to the AF Portal and click on the 'vMPF' link.
- Verify your information is current; when you are finished updating data (as needed), click on 'I have verified my email and phone' and then continue logging into vMPF.
- Once you are logged into vMPF scroll down until you see 'Most Popular Applications' on the left hand side of the screen. Click on 'Record of Emergency Data.'
- Click 'Edit' or 'Add' or 'Delete' in the respective sections to update information and submit once complete. Please note updating your address here is critical as it updates other databases.

Step Two: Update your address in DEERS via milConnect, https://milconnect.dmdc.osd.mil/milconnector

- Click on 'Sign In'
- Select appropriate log in type
- Consent screen will populate, click 'Ok'
- Click on 'Update personal contact info'
- Fill in required fields
- Click on 'Apply Changes for:' and/or 'To the Following Dependents:' if any of the information applies to them
- Click 'Submit'
- Click on any family member directly under 'Family Members' and their respective hyperlink to view or change their information
- Click 'Submit'
- Updates will flow to the DEERS system usually within 24 to 48 hours

Step Three: Update Your Address with Military Pay

- Log on to the AF Portal and go to myPay
- Under **Pay Changes** click on **'Correspondence Address'** and update your information or once you have allowed 24 to 48 hours for system updates to occur you can visit your local pay office to update your address.

To contact the Customer Support Office please email 944fss.fsmps@us.af.mil or call 623-856-5358.

CUSTOMER SUPPORT CORNER

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

> T R A I N I N G / E D U C A T I O N 6 2 3 - 8 5 6 - 5 3 1 8

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

Wing News

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

JUNE 17 Happy Father's Day!



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

JUNE 21 Summer Solstice

• A summer solstice is the moment in time when the Earth's tilt towards the Sun is at its maximum and the Sun reaches its highest position in the sky.

Detachment 2 and their Lockheed Martin partners pose for a photo infront of an F-35, May 21. (photo by Staff Sgt. Lausanne Kinder)

OG/DE