

SnapShot

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



Republic of Korea Air Force F-35A pilot takes first flight
Developing leaders within AFRC
LRS NCO aims high

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

August 2018

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Cover photo/Below right: Maj. Kiyun Jung, Republic of Korea Air Force F-35A pilot, prepares for his first solo mission July 20, at Luke Air Force Base, Ariz. Jung prepared for this flight through months of intensive academic, simulator, and hands-on training with the 944th OG Det. 2 and the 56th Fighter Wing.

Below left photo: A Republic of Korea Air Force F-35A crew member and Maj. Kiyun Jung, ROKAF F-35A pilot communicate July 20, before take-off at Luke Air Force Base, Arizona. After a year of preparation and instruction through the 944th Operations Group Detachment 2, Lockheed Martin and their active duty team members at the 56th Fighter Wing, Maj. Kiyun Jung flew his first solo mission. (U.S. Air Force photos by Tech. Sgt. Louis Vega Jr.)



BRS eligibility and options

By Col. Bryan Cook, 944th Fighter Wing commander

Welcome to the August UTA, and truly one of the hottest UTAs we have all year. There is a lot going on this weekend, so please check with your sections to ensure you don't miss any of the great training.

As we cross the half-way point of 2018, I want to remind everyone about the Blended Retirement System or BRS. Those eligible should have received notification about your eligibility and options for BRS. It is very important for everyone to fully understand exactly what your options are. Many of you have some difficult decisions about your military service retirement. If you have any questions, please seek out help with Airman and Family Readiness, and look into the on-line training. You want as much information as possible as you move forward.

Two weeks ago, I got to go TDY with our 924th Fighter Group to Selfridge Air National Guard Base, Michigan. This was an opportunity to take students who are getting ready to graduate from A-10 training, away from Davis-Monthan Air Force Base to experience a new environment. The fact that they have never flown there,

different weather patterns and unfamiliar airspace put added stress on them, enhancing their training.

Overall, there were many challenges to the TDY, and the men and women of the 924th stood up to the test and had a great training experience. And most of you may not know that our own 944th Logistics Readiness Squadron and Medical Squadron supported them as well. It truly proves that it takes an entire Wing, and entire family, to support all our Airmen in the many missions of the 944th.

Before we embark on another great UTA, let's not forget our men and women who are returning from their deployment. Over the course of the last month, many have returned, and by the September UTA I hope to have everyone home. Then in October, we're going to throw a "Welcome Home" party to show the deployers and their families how much we appreciate their service.

Please be safe this weekend and stay hydrated. I hope to see you around the campus, and keep "Bringing the Heat!"



Developing leaders within AFRC

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

We talk a lot about developing leaders within the Air Force Reserve Command. That means you all have to be ready to take that next step in your career when you are called upon. I have said many times that I never tried to "climb the ladder to success," I was just always ready when the opportunity presented itself.

For those of you that are happy doing your job and are not necessarily looking for that leadership challenge, I encourage you to keep doing what you're doing. As long as you are meeting the standards and being a productive member of our unit, I want to keep you around as long as you can serve.

I have talked a lot lately about working hard and doing the job you have been hired to do. My focus is on empowering you all, especially the Senior NCO core, to make decisions and empower those below you to do their jobs as well. I want each of you to feel like you have the ability and backing to make decisions at your respective level.

The Air Force Reserve has so many opportunities to serve in whatever capacity is right for you. We want to provide the opportunity for career development and advancement for everyone. I hope you all have found a career path that is rewarding and makes you happy.



LRS NCO Aims High



By Tech. Sgt. Nestor Cruz, 944th Fighter Wing Public Affairs

A Reserve Citizen Airman with the 944th Logistics Readiness Squadron is preparing to take to the skies.

Tech. Sgt. Vladimir Mirochnitchenko, 944th LRS NCO-in-charge of general purpose vehicle maintenance, was recently selected to attend Officer Training School and Undergraduate Pilot Training.

As a civilian systems test engineer for Raytheon Missile Systems in Tucson, Ariz., Mirochnitchenko hopes to soon work on the other end of the weapons he designs.

“Today I engineer weapons but have little experience with actually using them,” he said. “Becoming a pilot will certainly provide me with the experience that will help me design better weapons for tomorrow’s military.”

Upon receiving orders for training, Mirochnitchenko will attend OTS for two months prior to attending UPT for a year. Every student flies the T-6 Texan then either the T-1 Jayhawk or the T-38 Talon depending on whether the student is tracked to fly cargo aircraft (T-1) or fighter/bomber aircraft (T-38).

Introduction to Fighter Fundamentals will be the next step in Mirochnitchenko’s training if he can get sponsorship from a fighter or bomber unit.

Story continued on page 5...

2nd Quarter Award Winners

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

AMN: SrA Angelica Santamaria,
924th Maintenance Squadron

NCO: SSgt Jessica Armenta,
944th Force Support Squadron

SNCO: MSgt Kevin Galdamez,
414th Maintenance Squadron

CGO: Capt Andrea Vail,
944th Aeromedical Staging Squadron

FGO: Lt Col Patrick Smiley,
47th Fighter Squadron

IP: Maj Robert Rock,
307th Fighter Squadron

IWSO: Maj Andrew Sisler,
307th Fighter Squadron

July 2018 promotions:

Congratulations everyone!

From Airmen Basic:
Amn Anjelica Morales, 47 FS

From Airmen:
A1C William Brice, 414 MXS

From Airmen First Class:
SrA James Boehm, 924 MXS
SrA Ishmael Hermosillo, 944 CES
SrA Cody Keagle, 944 AMXS
SrA Zackary Krosky, 944 MXS
SrA Neil Allen Marciano, 944 MXS
SrA Elizabeth Obrien, 944 CES
SrA Richard Patterson, 414 MXS
SrA Kathryn Pickett, 944 MXS
SrA Kenneth Valles, 414 MXS
SrA Darion Varela, 944 CES

From Senior Airman:
SSgt Jonathan Bass, 924 AMXS
SSgt Veronica Bedoya, 944 MDS
SSgt Jeremy Cox, 944 ASTS
SSgt Matthew Monk, 944 AMXS
SSgt Riley St John, 944 AMXS
SSgt Sandy St John, 924 MXS
SSgt Joseph Strecker, 944 CES
SSgt Ashley Wells, 944 MDS

From Staff Sergeant:
TSgt Amber Abasta, 414 MXS
TSgt Ignacio Aguilar III, 944 ASTS
TSgt Evan Alston, 414 MXS
TSgt Jesse Bowman, 924 AMXS
TSgt Brian Leatherman, 924 MXS

From Master Sergeant:
SMSgt David Rogers, 944 MXS



WARRIOR OF THE MONTH



Staff Sgt. Gage Carter, a 944th Maintenance Squadron munitions combat plans and training manager, has been a part of the Air Force for over ten years and has been a member of the 944th MXS for the past three years. Outside of the military, Carter is an ordnance equipment mechanic and lives in Phoenix, Ariz. He is married and has a son and daughter, and enjoys exploring the Southwest with his family.

WHY DID YOU JOIN?

To continue serving and help stand up the 944th MXG. I also saw the potential to mentor and develop new Airmen in the proud heritage that is the 944th Fighter Wing.

HOW DOES YOUR JOB SUPPORT THE 944TH Fighter Wing MISSION?

We provide our pilots with the munitions they need to be certified so that they can be integrated into the Combat Air Force and fly missions all around the world.

IF YOU WERE ON A DESERTED ISLAND?

If I was on a deserted island I would make my own version of Wilson and create the best gold course you've ever seen... if I couldn't escape.

LRS NCO continued... "If I do not find a unit to sponsor me then I will end up being assigned to a cargo platform," said Mirochnitchenko. "If I do find a unit to sponsor me then I will fly that airframe during the final part of training and afterward. I want to be assigned to a fighter or bomber unit so I can work with weapons and get the experience that I am looking for."

Whether Mirochnitchenko trains to fly cargo aircraft or fighters, he hopes to someday become an instructor.

"If I end up flying cargo at first, I hope to eventually be able to transition to fighters or bombers," said Mi-

rochnitchenko. "Either way, I want to become an instructor pilot and eventually attend weapons school."

Mirochnitchenko also hopes to rejoin Team Luke later in his career.

"If the stars line up, I will hopefully end up back here at Luke as an instructor pilot for F-35," he said.

The LRS NCO credits his leaders within the 944th Fighter Wing for helping him achieve his dream. Those leaders, in turn, are excited as Mirochnitchenko embarks on a new career path.

"I think M15's (his nickname within the squadron) selection for OTS is a testament to his dedication

and hard work as well as the level of professionalism within the LRS," said Lt. Col. Cedric Finnen, 944 LRS commander.

"I'm looking forward to seeing him do great things as an Air Force officer and pilot."

With this new chapter opening for him, Mirochnitchenko doesn't plan on ending his career anytime soon.

"After graduation, and by graduation I mean becoming a mission qualified pilot, I plan to fly full time until I am no longer medically qualified to do so," said Mirochnitchenko.

Republic of Korea Air Force F-35A pilot takes first flight

By Tech. Sgt. Senior Airman Alexandria Slade, 944th Fighter Wing Public Affairs

The first Republic of Korea Air Force F-35A pilot soared into history for his country when he took to the skies July 20 at Luke Air Force Base, Arizona.

After a year of preparation and instruction through the 944th Operations Group Detachment 2, Lockheed Martin and their active duty team members at the 56th Fighter Wing, Maj. Kiyun Jung, ROKAF F-35A pilot, flew his first solo mission.

“This flight is a huge milestone for the Republic of Korea, and for us to be a part of that is an amazing honor because we realize the magnitude of this event for both countries,” said Lt. Col. Eric Puels, 944th OG Det. 2 commander. “For us to be able to forge these relationships and get to know these pilots during their journey toward fifth generation airpower is incredible.”

Jung prepared for this flight through months of intensive academic, simulator, and hands-on training with the 944th OG Det. 2 and the 56th FW.

“I felt so excited for this flight, and because of my instruction, this aircraft felt familiar and I was able to have a smooth experience,” said Jung. “This is my job and it felt great to finally take-off and work on becoming the best F-35 pilot I can be. My goals moving forward as an F-35 pilot is to lead and teach my fellow pilots in Korea to become the best in the world.”

During the historical event, ROKAF, 944th and 56th FWs and Lockheed Martin staff all worked together to ensure a safe and efficient flight for Jung.

“It’s very rewarding to work with and witness these pilots grow through the course,” said Maj. Michael Hobbson, 944th OG Det. 2 chief of training and ROK flying course manager. “Over the past year, I’ve been involved with not only creating and executing their course material, but working with their leaders in Korea and helping them to have the best possible experience in our country as they worked toward this point where we were able to take that first flight today.”



“Each of us in the wings played an important part in making this momentous event happen; civilian and Airmen alike,” said Lt. Col. Jason Bartels, 56th Operations Group Foreign Military Sales director. “Many others in Pacific Air Forces, Korea, and the F-35 Joint Program Office also contributed to arrive at today. Together we are building the future of airpower not only for the United States, but with our great allies around the world. I am proud and humbled to see our two nations work together and build closer ties in the world’s most advanced fighter.”

Jung is the first student in the Korean chapter of flight training for the five year FMS program. Two more classes of ROK students are scheduled to be trained as F-35A pilots.



PENTAGON ANNOUNCES CHANGES TO POST-9/11 GI BILL

By Department of Defense

The Department of Defense issued a substantive change today to department policy on the transfer by service members in the Uniformed Services of "Post-9/11 GI Bill" educational benefits to eligible family member recipients.

Effective one-year from the date of this change, eligibility to transfer those benefits will be limited to service members with less than 16 years of total service (active duty service and/or selected reserves as applicable). Previously, there were no restrictions on when a service member could transfer educational benefits to their family members. The provision that requires a service member to have at least six years of service to apply to transfer benefits remains unchanged in the policy.

"After a thorough review of the policy, we saw a need to focus on retention in a time of increased growth of the Armed Forces," said Stephanie Miller, director of Accessions Policy, Office of the Secretary of Defense. "This change continues to allow career service members that earned this benefit to share it with their family members while they continue to serve." She added "this change is an important step to preserve the distinction of transferability as a retention incentive."

If a service member fails to fulfill their service obligation because of a "force shaping" event (such as officers involuntarily separated as a result of being twice passed over for promotion, or enlisted personnel involuntarily separated as a result of failure to meet minimum retention standards, such as high-year tenure), the change will allow these individuals to retain their eligibility to transfer education benefits even if they haven't served the entirety of their obligated service commitment through no fault of their own.

All approvals for transferability of Post-9/11 GI bill continue to require a four-year commitment in the Armed Forces and, more importantly, the member must be eligible to be retained for 4 years from the date of election. This policy affects service members in the Uniformed Services which includes the U.S. Coast Guard as well as the commissioned members of the U.S. Public Health Service and National Oceanic and Atmospheric Administration.

For more on the policy, visit <http://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/134113p.pdf>. grate into the hospital system which is a rare training opportunity."



UPCOMING EVENTS:

944th FW Top 3 cordially invites you to a...

August 5, 2018 : 1200 - 1400 hrs

69 FS Main Briefing Room| Bldg 976 (South entrance)

Bring Career Datat Brief (from vMPF), pen/notepad

MENTORING EVENT!!!

POC: SMSGT JAQUELINE FLORES

DSN: 896-0369

MORE INFORMATION TO FOLLOW

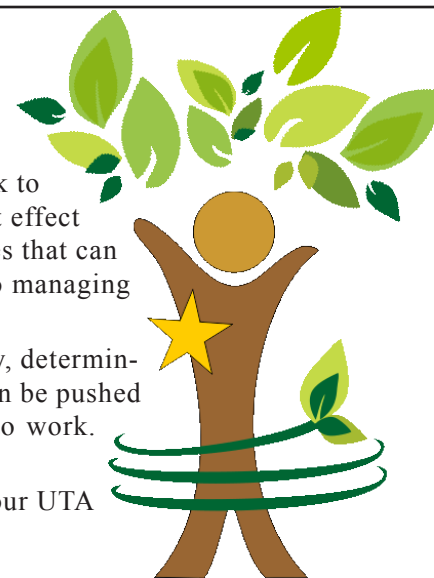
Stress

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

In the heat of the summer, with work piling up, children headed back to school, worrisome financial strains, family stressors, and changes that effect our lives, it is important that we lean on internal and external resources that can be supportive. Prioritizing is one of the most beneficial approaches to managing several important tasks.

Rather than stewing over how to get everything done in the same day, determining what can be done today, what can wait until tomorrow and what can be pushed out a bit is key. Put each item in their perspective buckets and get to work. Remember that positive stress is still stress.

Take one task at a time and do your best. You've got this. Enjoy your UTA weekend!



Protein requirements for performance

From the 944th Medical Squadron

Protein is not a primary energy source, but it does contribute to energy production. Its primary function is the repair and growth of every cell in your body, especially muscles. Carbohydrates are your body's first choice for energy, but if you don't get enough carbs, your body will use protein for energy rather than for muscle repair and growth.

Consuming lean, high-quality protein from whole foods is the preferred way to get the protein you need, but when high-quality protein foods aren't available or aren't practical, protein supplements are acceptable.

Aim for 20–25 g of protein for a recovery meal or snack after periods of strenuous physical activity lasting longer than one hour (for example, military training, combat patrols, and exercise).

Low-intensity/short-duration activities include exercise lasting up to 60 minutes, hiking, a recovery run, lighter workout days, and general strength training. Protein intake should be 0.6–0.7 grams per pound body weight.

Endurance training involves vigorous exercise that challenges the aerobic system, including running, cycling, swimming, and sports such as basketball or racquetball. Protein intake should

be 0.5–0.6 grams per pound body weight.

Strength training involves resistance exercise such as weight training, lifting heavy objects, and use of resistance bands. The goal of muscle building usually is to increase lean body mass without gaining fat, so it's important to eat right and maintain energy balance. Protein intake should be 0.6–0.8* grams per pound body weight.

To achieve high energy demands combined with insufficient calories your protein intake should be 0.7–0.9 grams per body weight.

*Up to 0.8 grams of protein per pounds of body weight each day is enough for strength training, even if you're a hardcore bodybuilder, as long as you're getting enough calories overall to support your daily activities. Eating too much protein could result in weight gain in the form of fat.

For more information please visit: <https://www.hprc-online.org/articles/protein-requirements-for-performance>





AFRC

Senior Airman Matthew Pope, 924th Aircraft Maintenance Squadron crew chief, demonstrates to Chief Master Sgt. Catherine Buchanan, 924th Fighter Group command chief, how to take an oil sample from an A-10 Thunderbolt II at Selfridge Air National Guard Base, Mich., during the 924th FG annual tour, July 24, 2018. (U.S. Air Force Photo/ Tech. Sgt. Courtney Richardson)