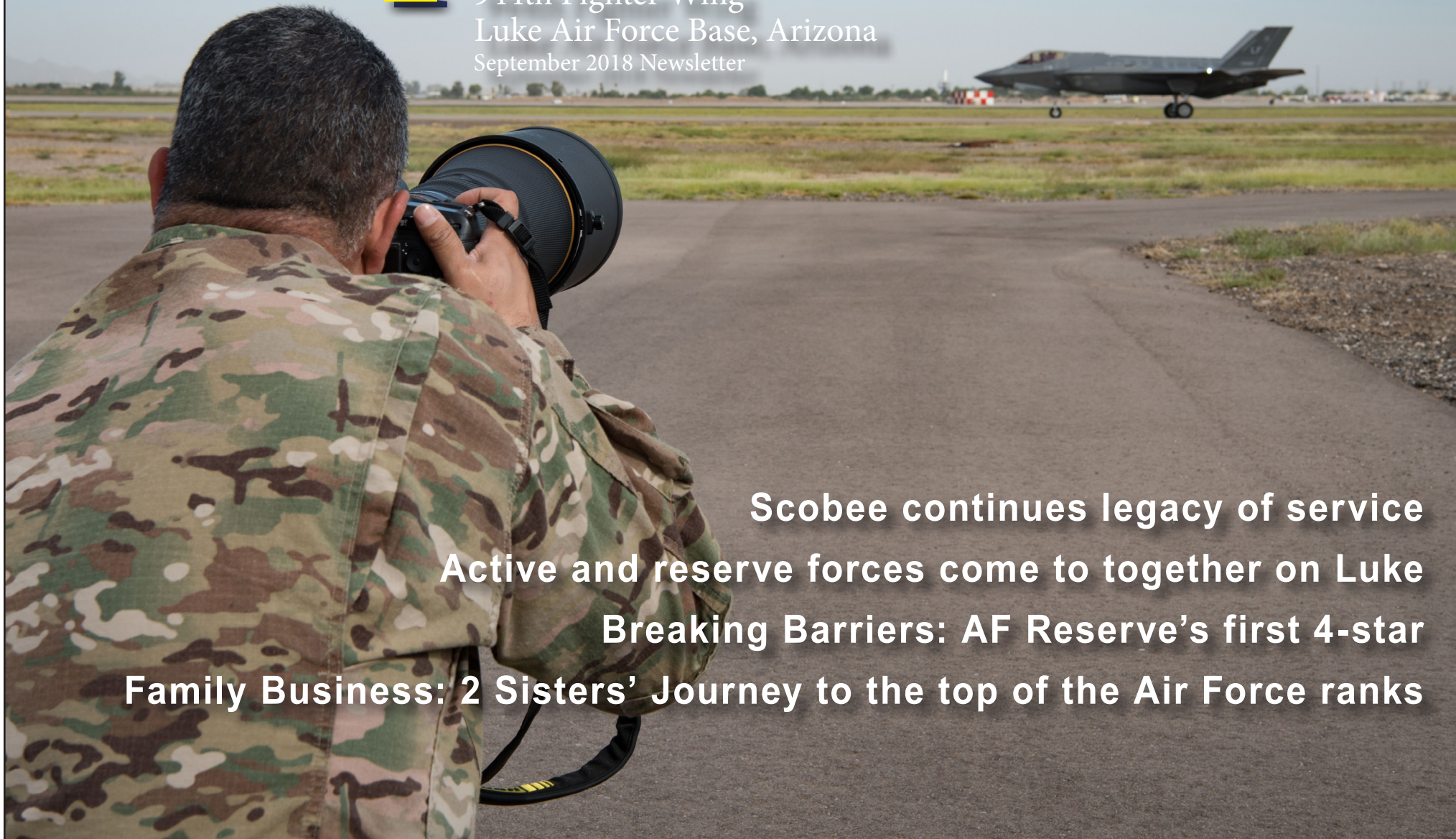


SnapShot

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



Scobee continues legacy of service
Active and reserve forces come to together on Luke
Breaking Barriers: AF Reserve's first 4-star
Family Business: 2 Sisters' Journey to the top of the Air Force ranks

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

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Cover photo: Tech. Sgt. Louis Vega Jr, 944th Fighter Wing Public Affairs operations chief, takes a photo of an F-35 taxiing on the flight line Aug. 30. Vega was selected as the Warrior of the Month during the August Unit Training Assembly. (photo by Staff Sgt. Lausanne Kinder)



A Learner's Heart

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

As we step into September UTA, let's reflect upon our learning capacity and if we are open to personal and professional growth. Do we have a learner's heart? According to Leman and Pentak, "People with negative attitudes don't have a learner's heart" (The Way of the Shepherd, 2004). Negativity can disrupt many opportunities for personal and professional development, as open-mindedness and flexibility cannot flourish.

With a positive attitude, we can expose ourselves to incredible growth and opportunities that can catapult our development personally and professionally. Remain positive throughout the craziness of life and challenges will not seem so overwhelming. Embrace the path laid in front of you, while being open for learning and opportunities up ahead. Hold on to the belief that you can impact others around you to also gain a learner's heart.



Integrity, respect, and love of country

By Col. Bryan Cook, 944th Fighter Wing commander

Welcome to the September Unit Training Assembly. I cannot tell you how excited I am to tell you that all of our deployers from RCP-7 have returned home safely. We will not have all of them back for the UTA until October, but they are all home. In October we will get to say thank you and celebrate their home-coming with our families during our welcome home bash! It will be a great event with food, fun and festivities.

As we celebrate the home-coming of our 944th Airmen, let us not forget that we are celebrating their service. Their service to the 944th, the Air Force and this great nation. I say it often, not everyone can do this. It takes a very special person to voluntarily serve our country.

As I am writing this, we also lost a great American who served our country, and our country's ideals; Arizona Senator John McCain. Putting all politics aside, he served in the United States Navy and as a United States senator for many years. While in the Navy he was shot down during the Vietnam war and served as a prisoner of war for more than five years. He was given an opportunity to be released due to his family, but re-

fused and remained a POW until everyone else was released.

Sen. McCain dedicated his life to service of this great country. He stood for the ideals of this country, and to the service "of a greater cause." He was tough, he was fair, and he was honest. The very values that we hold true in our Air Force.

I had the distinct honor in attending Sen. McCain's memorial service here in Arizona last week. Hearing about Sen. McCain's life, he truly upholds the values and ideas that this country was built on. He believed that you could argue tooth and nail on opposite sides of a policy, but made it clear, in the end; we are all on the same team. Integrity, respect, and love of country is what he stood for.

These values, these ideas and these actions is what our service is all about. Serving a cause that is greater than yourself, is what Sen. McCain believed in, and it is why we serve. I am very proud of the men and women of the 944th and what you stand for and what you bring to the fight. Have a great UTA and keep "Bringin the Heat!"



Contratulations to our superior performers

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

As you may have heard by now, the 944th Fighter Wing recently got the results of the 2018 STEP II promotion board. I am thrilled to say that every package we submitted was approved and we will promote all nine members. This success rate is due to the hard work and attention to detail you all have been putting into those award packages. We have done extremely well as a wing overall this year, to include our 10th Air Force win and package submission to Air Force Reserve Command for the 2018 Outstanding Airman of the year.

Please continue to work with your Airmen on the writing process and get all supervisors involved with drafting Enlisted Performance Reports, awards, and decorations. The earlier in your career you get started, the more proficient you will be later in your career.

Congratulations to all those that will be promoted soon, and a sincere thanks to all of those supervisors that put in the efforts to ensure those STEP packages were well written. Getting your airmen promoted is a feather in your cap as a supervisor.



August 2018 enlisted promotions:

Congratulations everyone!

From Senior Airman:

SSgt Ronald Robinson, 414 MXS
SSgt Ivan Villa Higuera, 414 MXS
SSgt Eric Ruiz Castro, 69 FS
SSgt William Gerrish, 944 MDS

From Staff Sergeant:

TSgt Ronald Morgan, 944 LRS
TSgt Jeffrey Bagge, 944 AMXS
TSgt Nelson Bergemann, 944 AMXS
TSgt Gage Carter, 944 MXS
TSgt Nicholas Parker, 924 MXS

From Technical Sergeant:

MSgt Kenneth Brown, 414 MXS
MSgt Kurt Kyder, 414 MXS
MSgt Robert Jones, 924 AMXS
MSgt Chelsea Farrington, ANG/AFR Test Cell



944 FW Promotion Selectees from the CY18 Stripes for Exceptional Performers II board.

100% of our nominees, or 9 out of 9 were selected for promotion!!

Selected for promotion to TSgt:

SSgt Patrick Francia, 944 MDS
SSgt Jeffrey Kelnberger, 944 MXS
SSgt James Luna, 944 FSS
SSgt Joshua Oberheu, 944 LRS

Selected for promotion to MSgt:

TSgt Luis Castro, 414 MXS
TSgt Julie McBroom, 944 LRS
TSgt Justin Sanderson, 944 ASTS

Selected for promotion to SMSgt:

MSgt Timothy Jasper, 944 OG/Det 2

Selected for promotion to CMSgt:

SMSgt Robert Pacheco, 924 MXS

Congratulations to our newest
Lieutenant Colonels!



**Lt.
Col.**

Wyckliffe Furcron, 944 OG Det 2

Robert Hansel, 69 FS

Jeremy Hedges, 69 FS

Joseph Hext, 47 FS

Justin Hicks, 69 FS

Nicholas Holmes, 69 FS

Andrew Korsmo, 47 FS

Matthew Lande, 69 FS

Mark Malan, 47 FS

Timothy Mitchell, 47 FS

Raymond Naylor IV, 944 FW

Brian Perkins, 69 FS

Reginald Ramsey, 307 FS

Andrew Tenenbaum, 47 FS

Peter Cossette, 944 OG Det 2

Elizabeth Magnusson, 944 FW

WARRIOR OF THE MONTH

TECH. SGT. LOUIS VEGA JR.
944TH FIGHTER WING PUBLIC AFFAIRS OPERATIONS CHIEF



(photos by Staff Sgt. Lausanne Kinder)

Time in Service: 21 years

Time with the 944th Fighter: 11 years

Civilian Job: Air Reserve Technician

Hometown: Born and raised in Peoria, Ariz.

Hobbies: I love spending time with my family, working on my yard, and watching NFL football particularly “America’s Team,” the Dallas Cowboys.

Home-life: I am married with four children and have three dogs.

Why did you join the Air Force Reserves?

I enjoy the structure that military life offers. After coming back home from serving the U.S. Army for 10 years, I joined the Air Force Reserves to be near my family and friends and still be able to contribute to my country. I am blessed to have the best of both worlds.



How does your job support the mission of the 944th Fighter Wing?

We tell the Air Force Reserve story to include the many achievements and contributions our Airmen offer in uniform and in their civilian careers. We also provide video, photography, protocol, audio/visual, media, and community relations support.

If you were on a deserted island.....?

I would make the best out of my situation and enjoy the free uninterrupted time there as long as I could. It probably wouldn’t last very long.

Right photo: Tech. Sgt. Vega recently deployed to Southwest Asia in support of Operation Inherent Resolve.



Scobee continues legacy of service

Headquarters Air Force Reserve Command

ROBINS AIR FORCE BASE, GEORGIA -- Maj. Gen. Richard Scobee was nominated by President Donald Trump and confirmed by the U.S. Senate for promotion to the rank of Lt. Gen. Sept. 4.

With this promotion, Scobee will become the Chief of the Air Force Reserve and commander of Air Force Reserve Command where he will serve as principal adviser on reserve matters to the Secretary of the Air Force and the Air Force Chief of Staff and assume leadership of nearly 70,000 Reserve Citizen Airmen including the supervision of all U.S. Air Force Reserve units around the world.

A graduate of the U.S. Air Force Academy, he joined the Air Force in 1986. He is a command pilot with more than 3,800 flying hours in the F-16 Fighting Falcon, including 248 combat hours. Prior to his current assignment as the deputy commander of Air Force Reserve Command, he was the commander of the Air Force Reserve's 10th Air

Force, Naval Air Station Fort Worth Joint Reserve Base, Texas. Scobee commanded at the squadron, group and wing levels and held numerous staff positions at the unit, Air Staff and Combatant Command levels.

Scobee continues his legacy of service as the son of retired Lt. Col. Francis Richard Scobee, Air Force aircraft mechanic, test pilot and National Aeronautics and Space Administration astronaut who logged more than 6,500 flying hours and flew 45 types of aircraft. Lt. Col. Scobee was the commander of the Space Shuttle Challenger which suffered a catastrophic booster failure in 1986. For his significant accomplishments, Lt. Col. Scobee was awarded the Congressional Space Medal of Honor and inducted into the Astronaut Hall of Fame.

The Air Force Reserve is committed to building our future leaders and preserving a capable force for the defense of our nation.

For more information, contact the Air Force Reserve Command Public Affairs Office at 478-327-1748.



General Scobee's time with the 944th Fighter Wing...



Brig. Gen. Thomas Coon, 10th Air Force commander, congratulates Col. Richard Scobee as he takes command of the 944th Fighter Wing on July 14, 2007. (U.S. Air Force photo by Airman Gustavo Gonzalez)



Brig. Gen. Richard Scobee, 10th Air Force Commander, honored the wing by providing the keynote speech for the 944th Annual Awards Ceremony Feb. 7, 2015. (U.S. Air Force photo by Staff Sgt. Joshua Nason)



Maj. Gen. Richard Scobee, 10th Air Force commander and Chief Master Sgt. James Nudd, 944th Fighter Wing interim command chief, visit with Airmen from the 944th Fighter Wing on Apr. 14, 2017. (U.S. Air Force photo by Tech. Sgt. Louis Vega Jr.)

AF Reserve's first 4-star

From Headquarters Air Force Reserve Command

ROBINS AIR FORCE BASE, GEORGIA -- Lt. Gen. Maryanne Miller was nominated by President Donald Trump and confirmed by the U.S. Senate for promotion to the rank of General yesterday.

Miller will become the first Citizen Airman in the history of the Air Force Reserve to pin on a 4th star. In 2016, she became the first female in the history of the Air Force Reserve to be chief of the Air Force Reserve and commander of the Air Force Reserve Command.

She joined the Air Force in 1981, a distinguished graduate of the ROTC program at The Ohio State University. She is a command pilot with more than 4,800 flying hours in numerous aircraft. Prior to her current assignment, she was the deputy to the chief of the Air Force Reserve in Washington D.C, commanded two wings and held numerous staff positions at the unit, Air Staff and Joint Staff levels.

Miller will become the first Reserve Citizen Airman to lead Air Mobility Command, a Total Force mission supported by the Air National Guard and Air Force Reserve.



Bouncing back: A Reserve Citizen Airman's journey from near homelessness

By Tyler Grimes

ROBINS AIR FORCE BASE, Ga. -- As a young man working in a grocery store in 2000, Daniel Faust didn't realize the ups and downs life had in store for him. But he would soon find out.

While working in the grocery business, Faust made the decision to join the active Air Force in October of 2000.

"I wanted to do something more significant with my life than just working at a grocery store," he said during a recent interview at Robins Air Force Base, Georgia.

He spent several years on active duty and had a number of different careers, including work in aircraft maintenance, security forces, information management, the postal service and mental health.

One of Faust's assignments took him to Germany. While there, he said he started to feel like he was

being called to do something greater with his life. He felt compelled to help others rise to their highest potential.

"My initial motivations were purely selfish and to chase rank and assignments," he said. "It was gaining a faith and connecting with the Spangdahlem (Air Base) Chapel Navigators Ministry that started to change my focus."

It was during his next assignment at Joint Base Lewis-McChord, Washington, that Faust faced some major life challenges.

"I got married, changed jobs and was tasked to deploy all within a two-month time period," he said. With so much happening in his life all at one time, Faust felt overwhelmed and said he started wrestling with the idea of divorcing his wife, who was pregnant at the time.

This was definitely a low point in Faust's life, but

he said things took a turn for the better when he received a care package from his wife. In it was a book titled "Positive Personality Profiles" by Dr. Robert Rohm. The book and some long talks with his Air Force chaplain helped him further discover and refine his life's purpose. That purpose, Faust said, is to teach people how to have better relationships.

"It was the first time in my life I understood how God wired me and others, especially my wife," he said. "Since then, everything I do – no matter where I am financially – is to help others thrive in their relationships. God has given us so much and it's in our hearts to serve."

With a new focus in his life, Faust decided to leave active duty in July 2012 and try to make a living helping others. He started his own business, focusing on church staffs as his clients, in Arkansas shortly after leaving active duty. *(continued on page 9)*

Family Business: 2 Sisters' Journey to the top of the Air Force ranks



By Staff Sgt. Tyler J. Bolken, 944th Fighter Wing Public Affairs

Cohesion and camaraderie are cultural norms in the military. This bond, brought on by service, is not always easy to describe to family and friends on the outside. There are exceptions to this.

Two sisters, Chin Cox and

Chi Swanson, have made military life their “family business”. The two have committed to careers in the U.S. Air Force, which has seen them rise through the ranks to both becoming chief master sergeants.

The family business started in Taiwan, where the sisters’ father was stationed early in his Air Force career.

Swanson and Cox spent their adolescent years overseas between Taiwan, Japan, and England, growing up in the Air Force. Both say the thought of joining the Air Force was never far from their minds, as they witnessed how good the military was to their family and their way of life.

“I always knew I was going to join the Air Force,” said Swanson, who is active-duty and currently the superintendent of the medical operations division and the aerospace medical service functional manager in the Office of the Command Surgeon Headquarters United States Air Forces in Europe and Air

Forces Africa at Ramstein Air Base, Germany.

Cox spoke of the impact their father had on her decision to follow in his footsteps.

“He was a huge influence in letting me know the military was an option after high school,” she said.

Cox is currently the senior enlisted leader to the Office of the Joint Staff Surgeon at the Pentagon in Washington, D.C.

Cox, eldest of the two by four years, decided to enlist in 1991. Swanson enlisted four years later in 1995.

When it comes to their age, Swanson says many people have asked if they were twins over the years.

“I either look young enough to be four years younger or she looks old enough to be four years older,” said Cox.

When they are confused for one another, Cox said it makes her proud knowing it is because of the favorable impression her sister left on them.

Throughout their careers, Swanson and Cox both mentioned how nice it has been to lean on each other.

“That girl is my best friend,” said Cox. “We are both strong personalities. On the leadership side we keep each other in check.”

The two discussed how invaluable their sisterly bond has been as they have been able to be sounding boards for one another through the hardships and variety of experiences a career in the Air Force can present.

“My big sister is one of my greatest role models,” said Swanson. “She is very disciplined, sometimes she has to reel me in.”

With each sister having served 20 plus years and counting in the same career field, they have surpris-

ingly never been deployed or stationed together.

The only times they have been in the same location in uniform was for each of their respective promotions to chief master sergeant. Cox was promoted at Luke Air Force Base, on August 1, 2015 and Swanson was promoted at Ramstein AB, on October 1, 2017.

“It was special,” said Cox.

Reaching chief master sergeant was never necessarily part of the plan for Swanson and Cox. Between their drive and motivation, the Air Force clearly saw it differently.

“Dad retired as a senior master sergeant,” said Cox. “We thought if we got master sergeant, we did well.”

Their father passed away before either of them reached chief master sergeant, invigorating a deeper sense of responsibility as each felt they had to carry on the legacy of their father and family.

“We agreed we would do our best,” said Cox. “Then chief selection came and blew our minds.”

“She makes me stronger,” said Swanson. “When I see her do it, I know I can too.”

As the two sisters serve in the latter parts of their careers, they have started to think about what will be next.

“I think Chin and I will always be in business together,” said Swanson. “Even on the civilian side.”

Cox looks forward to hopefully being in the same city after their careers are complete.

As far as the family business continuing in the Air Force, Swanson and Cox have raised the bar and shown that with grit, persistence, and support – two sisters, together, can make it to the top in the Air Force.

(continued from page 7) Bouncing back: A Reserve Citizen Airman's journey from near homelessness

It was a decision that would lead his family to the brink of homelessness.

Looking back, Faust said, "This was possibly the worst decision I made in my life. It takes a long time for people to build trust in a services-based business. When my savings were reduced to six weeks of expenses, I had to start looking for another job."

Unable to find work right away, Faust said he reached a point where he only had \$300 in his checking account and he and his family were days away from being homeless.

"We have actually been close to homelessness three other times," he said.

"It's hard to look into your wife's and kids' eyes and tell them that we might have to live in a homeless shelter and it's hard to have to work six jobs at one time, barely seeing your family, with little money to show for all the time you put in," he said.

Faust said the last time he and his family were facing homelessness, he "was praying to God, asking what to do" when he received a deposit of \$700 into his checking account.

Faust's disability claim with the Veterans Administration had just come through and he received a letter confirming his claim from the VA that same day.

It was shortly after the Faust family received their money from the VA that they got more good news. Faust received a job offer with the Air Force Reserve and was able to finalize his military contract.

"It was a huge blessing to be back in the service and to be able to take care of my family," he said. "My experience in the Reserve has been extremely fulfilling. It has allowed me to meet great people, travel around the world and finally get to be the

person I want to become and perform my calling."

Today, Tech. Sgt. Faust serves as a unit training manager for both the 944th Fighter Wing's Medical Squadron at Luke Air Force Base, Arizona, and at the headquarters of Air Force Reserve Command at Robins.

Senior Master Sgt. Marlos Davis, AFRC's functional manager for education and training, is one of Faust's supervisors and said the technical sergeant is a good representative of his fellow Reserve Citizen Airmen.

"I think his story is synonymous with many other Reservists," Davis said. "Reserve Airmen are a very unique and invaluable brand of Airmen within the Air Force family. This is true because Reserve Airmen are typically Citizen Airmen and bring to the Air Force their varying skills, knowledge, expertise and capabilities from their civilian careers."

For those who may be interested in joining the Air Force Reserve – whether they are prior-service or not – Faust has some advice.

"It is not always easy to transition from active duty or civilian status and the drill weekends will be a sacrifice, but the experience is well worth it," he said. "If you are on the fence, come talk to me or another Reservist. There is so much opportunity and satisfaction when you connect with the right person and do not give up."



bootjunky.com

Senior leader shadows A-10 crew chief for a day

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

SELFREDGE AIR NATIONAL GUARD BASE, Mich. -- Not many Airmen have the opportunity to give their leadership a first-hand look into their job and one Airmen did not let that chance slip away.

Senior Airman Matthew Pope, 924th Aircraft Maintenance Squadron tactical aircraft mechanic, spent a day showing the 924th Fighter Group Superintendent, Chief Master Sergeant Catherine Buchanan, what it takes to be a A-10 Thunderbolt II crew chief.

"I have a passion for teaching so when I was asked to show her the ropes, I thought, cool this is right up my alley," Pope said.

Pope is one of many Airmen responsible for everything on the A-10 as well as coordinating with other shops such as weapons and avionics to make sure the jet is ready for the mission.

"I've always wanted to experience what my crew chiefs and those folks on the flightline experience on a daily basis," Buchanan said.

The Chief's excitement for learning rubbed off on Pope, reminding him of his excitement when he initially became a crew chief and he gave her an in-depth perspective starting with the basics.

"The first thing we covered was the safety aspect of the jet, where to walk, where to stand, what to touch, what not to touch, and how to see if an aircraft is unsafe to touch," Pope said. "Then we went through the actual launch procedures, moving step-by-step through the technical order."

Buchanan was impressed by the dedication of her crew chiefs.

"I've always had a huge level of respect for Airmen who work outside in the elements but going out there watching and working as each of the 10 aircraft launches and seeing the Airmen go from one spot to the next helping each other out, was admirable," Buchanan said. "It's wingmanship at its finest."

Buchanan learned how to perform a pre-flight inspection and then launched her first A-10 which was piloted by 924th Fighter Group commander.

"It was a great experience and I felt very lucky," Buchanan said. "Pope was patient, extremely knowledgeable, and answered every question I had at a level that I could understand."

To Pope's surprise Buchanan remained on the flightline with her Airmen to recover the aircraft and perform a thru-flight inspection as well.

"It showed a lot of character for the chief to learn about my job and stay for the whole day. She even helped us clean up a bird strike," Pope said. "She was just so spitfire, like 'yeah, let's do this'."

Pope gained so much more respect for the chief.

"She didn't let her rank define how involved she was going to be, she did whatever it took to be a crew chief for the day," Pope said. "It was great!"

Buchanan thinks that these opportunities are great strides to strengthening a unit's capabilities and building ones' own character.

"I think shadowing any Airman in your wing, group, or unit no matter what their job is extremely important to the senior leader as well as the Airman," said Buchanan. "They are proud of their work and if you take the time to learn about it you will have a better level of respect, improve communication, and become more patient."

Buchanan will continue shadowing her Airmen. She feels this is the best way to help the mission, build camaraderie, and find out what's important to them so she can help them achieve their goals.



Production Super, Top 3 liase between maintenance and operations groups

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

DAVIS-MONTHAN AIR FORCE BASE, Ariz. -- There is one unique relationship that makes the flight training mission for the 924th Fighter Group possible, the 924th Aircraft Maintenance Squadron production superintendent and the command leadership Top 3.

Senior Master Sgt. Shannon Tutt, 924th Fighter Group Aircraft Maintenance production superintendent, and Lt. Col. Darrell Hubbard, 924th Operations Support Flight commander and Top 3, explain how vital that relationship is.

Production Superintendent's are responsible for all e aircraft belonging to the unit.

"In simple terms, we check the maintenance and configuration status of the aircraft, schedule future

maintenance, and coordinate with the Top 3," Tutt said.

Tutt explains that whoever holds the position must be knowledgeable in every job on the flightline and the back shops.

"Our Airmen are looking to us as the experts, when our jets come down and need maintenance we have to determine who to bring out to help fix it or point the Airman in the right direction to get it taken care of," Tutt said.

Tutt used one word to describe his role, liaison. Whether it's between the crew chiefs and the other maintenance organizations or between the crew chiefs and the operations group.

"We check the flying status with the Top 3 daily to make sure we have the aircraft configured to what the instructor pilots and students need for their flight," Tutt said.

The Top 3 is made up of experienced instructor pilots nominated by the commander. They are singularly responsible for the flying schedule for the day.

"We are checking the weather for the entire mission, airfield status, interfacing with maintenance to get jet information or pass along what we need for the day such as weapons configurations," said Hubbard. "The Pro Super tells me about any minor problems with the jets and I will either confirm or deny we can fly with it and then determine which experienced pilot I will put in it."

The Production Superintendent and

the Top 3 must have open communication to help accomplish the mission.

"Communication makes the flow of the day go smoother," Tutt said. "For instance, I was short on experienced crew chiefs and I needed a lot of engine runs done for the aircraft, so I called ops to let them know where we were, and they offered to help me get them done. They sent out three of their pilots who helped complete the engine runs."

Without that assistance, those aircraft would not have gotten cleared for a second flight for the day and that cooperation works both ways.

Hubbard explains that being in a training squadron can make the Top 3 a little easier or make it more challenging. Each pilot has a different capability and the flying is dictated by a syllabus. The Top 3 has to understand how different issues like aircraft configuration can affect meeting the syllabus' objectives.

Tutt goes into detail about how being the middle man between the maintainers and ops group is like an endless game of Tetris.

"Each plane has a different configuration and each pilot has a different training requirement such as which weapons they need to train on," Tutt said, "If they need something different from what the jet is already set up for I either contact weapons and we make the change or talk to the Top 3 and switch the pilots and aircraft around."

Through communication and partnership the Top 3 and the Production Superintendent must always be on the same page when it comes to accomplishing the flight training mission for the day.



Active and reserve forces come to together on Luke

Story and photos by Airman 1st Class Aspen Reid, 56th Fighter Wing

Total Force Integration is an effort to bring active, reserve and guard units together to consolidate cost and support combatant commander requirements.

The 56th Fighter Wing and the 944th Fighter Wing, a reserve unit at Luke AFB, are the primary example of TFI on Luke as they work together to train the world's greatest fighter pilots and combat ready Airmen.

The active duty and reserve units here play a vital role in total force integration blending the line between each other.

Active duty Airmen provide new and innovative ways to complete tasks on the flight line.

"There's a lot of positives with TFI. Reservists may get stagnant because we're here for an extended period of time" said U.S. Air Force Reserve Senior Master Sgt. Ralph Thompson, 944th Fighter Wing weapons section chief. "The active duty Airmen help give us that extra push to complete short term projects."

For many active duty Airmen assigned to Luke, it's their first duty location after technical school and their tour typically lasts two to three years. Reservist can stay in one location for as long as 12 years.

"At a base like this where we get a lot of Airmen out of technical school, reserve Airmen are able to teach with a lot of ownership and expertise on the job," said Thompson, who has integrated into the 62nd Aircraft Maintenance Unit.

There is a culture difference between active duty and reserve Airmen in the Air Force. Though members are able to look past the differentiation to work as a functional unit.

"For nearly the last two years, I have worked with and for active duty members and not once have I not had their trust or confidence to do what any other one of their capable staff sergeants can do" said U.S. Air

Force Reserve Staff Sgt. Joe Hernandez, 62nd Aircraft Maintenance Unit F-35A Lightning II Weapons team chief. "I think one thing the active duty member's gain is knowing they have a confident, certified F-35 weapons team chief at their disposal to go forth and get the job done as they see fit."

Along with Airmen, Luke is also home to the U.S. Navy Operational Support Center-Phoenix which supports 19 reserve units with more than 660 Sailors from all ranks and specialties. They conduct training on base two weekends each month to main readiness in order to provide essential capabilities to the Navy.

"Supported by the leadership of the 56th Fighter Wing, NOSC-Phoenix has been seamlessly integrated into the into the Air Force's operation plan, allowing it to be a premier asset of the Navy Reserve," said U.S. Navy Commander Justin Collins, NOSC-Phoenix commanding officer.

Not only does TFI help to complete the mission and bring Airmen from both sides together, it also saves room in the budget.

"When leadership looks at the big dollars, when a reserve unit runs an aircraft it's a lot cheaper than active duty, by reducing the cost of manning." Thompson said.

From wing leadership to first term Airmen, Luke has embraced TFI.



"It has been a seamless transition," Thompson said. "Most of the time you can't tell who is active or reserve on the flightline."

Fast-food fix

Fast food is often overloaded with calories, fat, and sodium, so it's best to choose it less often and eat nutritious meals made at home or in the dining facilities. But juggling the demands of military service, family, friends, and life in general can leave little time to shop, cook, and clean. Sometimes fast food might be your only option, so follow these tips to avoid the pitfalls:

- Make substitutions. Choose grilled chicken for your sandwich instead of fried chicken, and ask for a wheat bun. For your sides, trade in fries or onion rings for a side salad, fruit cup, or plain baked potato.
- Watch your toppings. Toppings such as bacon, cheese, and even sauces provide more fat and calories than you might realize. Skip these toppings and ask for extra veggies on your burger or sandwich. If you want a sauce, stick with ketchup or mustard.
- Go for greens. More and more restaurants offer salads as entrees, which is a great way to increase your veggie intake. But just beware of high-calorie additions such as bacon bits, croutons, fried tortilla strips, and creamy dressings. Instead, look for nutrient-rich toppings such as nuts, seeds, beans, fruit, and lean protein, and ask for a light dressing such as vinaigrette on the side.
- Keep your portion sizes small. Bigger portions mean more calories. Opt for the smallest size when it comes to burgers, fries, sodas, and desserts, and avoid value-sized meals. Doing so can save you a couple hundred calories or more!

Fueling with fast food every day isn't ideal, especially if you want to perform well. Just keep in mind that when you do eat it, making small changes such as these can have a big impact on your health.

<https://www.hprc-online.org/articles/fast-food-fix>





944TH FIGHTER WING



Jill Kuehler

944 AMXS / LRS / MDS

Jill Kuehler

Key spouse for the 944th Aircraft Maintenance Squadron, 944th Logistics Readiness Squadron, and 944th Medical Squadron

A little about Jill in her own words...

I'm married to Senior Master Sgt. Michael Kuehler. Over the last few years his role as First Sergeant for the 944th Fighter Wing has opened new opportunities for me to get involved in the Air Force as a spouse. This has allowed me to experience the Air Force from a very different role and doing my part to ensure the other spouses of our members are included as well. The Air Force is rich in traditions which I value just as my husband does. Being a key spouse allows me to interact with our military members and their spouses who are both serving our great country.

I am a National Sales manager for a Pet Nutrition company which keeps me extremely busy, but in my spare time I love Seahawks football (is there any other kind??), Country music concerts, volunteering and traveling with family and friends.

Why Jill wanted to become a Key Spouse:

I am so proud of my husband every day! I could not do what he does! But through the Key Spouse program I can contribute in my own small way to the mission. This is accomplished by supporting families, building our sense of community, and celebrating all the GREAT things about being a military family!

A message from Jill as a Key Spouse:

The Air Force Reserve life requires a balance that is unique in its challenges and rewards. I personally want all of the families to know there is always a friend on the other end of the line, and I am sincere when I ask "how's it going?" So spread the word!

Also, I want to connect with other families and help build a fun, active and well informed 944th Fighter Wing community!



For more information on the Key Spouse program, contact the Airman and Family Readiness Center.

Jessica Maldonado, 944th Fighter Wing A&FRC Director

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Luke service members showcase football skills

GLENDALE, Ariz. -- Active and reserve, U.S. Air Force, Navy, and Marine service members from Luke Air Force Base, Arizona, participated in the 2018 USAA Salute to Service National Football League Boot-Camp experience, at the University of Phoenix Stadium in Glendale, Arizona.

Around 65 Luke participants were put through drills used to evaluate NFL talent, including the 40-yard dash, 3-cone shuttle, vertical jump, receiving, and QB passing.

Winners received tickets to Arizona Cardinals games this season.

(Photo by Tech. Sgt. Louis Vega Jr.)

