

The Luke Air Force Base Thunderbolt

“We train the world’s greatest fighter pilots and combat ready Airmen”

March, 2023
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Luke RAPCON: Eyes of the fighters

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LUKE SUPPORTS FLYOVER

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Story and photos by
U.S. Air Force Senior Airman
DOMINIC TYLER

56 FW

From a dark windowless room beneath the air control tower, the 56th Operations Support Squadron radar approach control team vigilantly monitors Luke’s airspace.

As Luke fighter pilots take to the skies, the RAPCON team coordinates and monitors the flight paths of military and civilian aircraft surrounding 8,000 cubic miles of airspace outside Luke’s local area.

“In simple terms, we make sure pilots get from point A to point B without flying into another aircraft’s flight path,” said U.S. Air Force Senior Airman Kristen McQueen, 56th OSS air traffic control specialist.

“While the air traffic controllers in the tower monitor five miles out for landing and takeoff, the rest of the airspace is left for the RAPCON team.”

This monitoring requires constant communication with Phoenix approach controllers as well as other airports and aircraft training centers across multiple states surrounding Arizona. This high volume of air traffic makes the Luke RAPCON team the 10th busiest in the Air Force.

“It’s like playing 3D chess,” said U.S. Air Force Senior Airman Tyler Turnbull, 56th OSS air traffic control specialist. “Before we make a decision, we have to factor in every aircraft that might conflict with the next aircraft’s line of flight in the future. We have to stay focused and plan multiple steps in advance.”

While this job may be a daunting task to some, monitoring radar and coordinating



U.S. Air Force Senior Airmen Kristen McQueen (left), Nicholas Anderson (center), and Tyler Turnbull (right), 56th Operation Support Squadron radar approach control trainers, monitor flight paths of aircraft, Jan. 27, 2023, at Luke Air Force Base, Arizona.



U.S. Air Force Senior Airman Sean McCoy, 56th Operation Support Squadron radar approach control specialist, adjusts aircraft’s arrival and departure times, Jan. 27, 2023, at Luke Air Force Base, Arizona.

aircraft is a team effort, with every Airman playing a specific role in the mission.

“Anytime an approach control Airman is watching the scope, there’s a team backing

them up,” said McQueen. “There’s a person to their left called the ‘assist’ who’s there for anything the approach control needs. Behind the assist is the ‘coordinator,’ who stays in contact with the tower for back-up. Behind all of them is the ‘watch supervisor,’ ready to back up the whole room. We have to have each other’s backs in that room at all times.”

The RAPCON team is always on call for weekend flights and big events that require a large number of departures, keeping military and civilian passengers safe. Though it can often be a highly demanding job, Senior Airman Anderson expresses his feeling of working while under pressure.

“One thing I love is the intensity of the job,” said U.S. Air Force Senior Airman Nicholas Anderson, 56th OSS air traffic control specialist. “We have to stay vigilant at all times. You’ll be staring at the radar, tracking multiple aircraft, calculating multiple flight paths, and communicating with multiple pilots and controllers. Next thing you know, hours have flown by.”

Many moving parts are required for the U.S. Air Force’s largest fighter wing to continue fulfilling the mission. RAPCON plays a key role in that mission, being the eyes of our fighters while they train to be the world’s greatest fighter pilots and combat ready Airmen.



U.S. Air Force photos by Senior Airman Dominic Tyler

U.S. Air Force Senior Airmen Sean McCoy and Julio Santana, 56th Operation Support Squadron radar approach control specialists, monitor flight paths, Jan. 27, 2023, at Luke Air Force Base, Arizona.

Thunderbolt

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Housing assistance section	623-856-7643
Housing facilities section	623-856-3007
Housing maintenance	623-935-2676
Identification cards	623-856-7832
Information, tickets and travel	623-856-6000
Law enforcement desk	623-856-5970
Legal assistance	623-856-6901
Library	623-856-7191
Lodging office/switchboard	623-856-3941
Maintenance control center	623-856-5469
Marine Corps	623-856-2417
Marine Corps 24-hour duty desk	602-421-5806
Marketing	623-856-3245
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Retiree Activities office	623-856-3923
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Security forces	623-856-5970
Security incidents	623-856-7777
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Luke hosts 19th Air Force leadership

By Senior Airman
DOMINIC TYLER

56th Fighter Wing Public Affairs

U.S. Air Force Maj. Gen. Phillip Stewart, 19th Air Force commander, and U.S. Air Force Chief Master Sgt. Justin Apticar, 19th Air Force command chief, visited Luke Air Force Base, Arizona, Feb. 15, 2023, and engaged with Luke Airmen to gain insight on the successes and challenges unique to the 56th Fighter Wing.

This is Stewart's first visit to Luke after taking command of the 19th AF in August of 2022

During their visit, Stewart and Apticar toured premier fighter squadrons, aircraft maintenance units and base facilities including the 61st FS, the 62nd AMU and the 56th Maintenance Group munitions squadron.

At the 61st FS, Stewart spoke with pilots on the importance of Luke's coalition training.

"One of the most important things to the Air Force is training integration with our coalition partners," said Stewart. "We fight side-by-side as a coalition, and Luke is shaping the future of F-35 training."

After their tour of the squadrons, Stewart and Apticar held an All Call event where they introduced themselves, discussed their priorities and expectations, and fielded questions from Airmen.

At the All Call, Apticar spoke to



U.S. Air Force photos by Senior Airman Dominic Tyler

U.S. Air Force Maj. Gen. Phillip Stewart, 19th Air Force commander (center), and U.S. Air Force Chief Master Sgt. Justin Apticar, 19th Air Force command chief (far right), engage with Airmen at Luke Air Force Base, Arizona, Feb. 15, 2023. During their visit, Stewart and Apticar toured premier fighter squadrons and air maintenance units. The purpose of the visit was to gain insight on the successes and challenges unique to the 56th Fighter Wing.

supervisors about being frontline leaders for their Airmen.

"Without trust, you're just a supervisor," said Apticar. "To be a frontline leader you have to build trust and communicate with your Airmen. A frontline leader listens to their people and shows them respect so everyone has full capability to complete the mission."

Later on, Stewart and Apticar met

with U.S. Air Force Brig. Gen. Jason Rueschhoff, 56th FW commander, and U.S. Air Force Chief Master Sgt. Jason Shaffer, 56th FW command chief, as well as members of the Balfour Beaty Communities Housing Office to discuss initiatives and future plans surrounding the Luke AFB housing community.

See LEADERSHIP, Page 10



U.S. Air Force photo by Senior Airman Dominic Tyler

Medal of Honor recipients

Airmen and family members listen to stories from Medal of Honor recipients at a MoH panel on Feb. 10, 2023, at Luke Air Force Base, Arizona. This panel was held to give recognition to four Congressional MoH recipients through military and community engagement. The speakers included: Retired U.S. Navy Lt. Thomas Norris; Retired U.S. Navy Lt. Michael Thornton; U.S. Army Sgt. 1st Class Pay Payne; and U.S. Army Sgt. Gary Rose.

Thunderbolt editorial staff

Publisher Aerotech News and Review
Editor KC Rawley
Designer Tinna Sellie
Advertising sales 877-247-9288

Luke Air Force Base

Commander..... Brig. Gen. Jason Reuschhoff
Public affairs chief Capt. Chris Herbert

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Luke Veterinary Facility will move to new location

By Airman 1st Class
Elias Carrero

56 Fighter Wing Public Affairs

The Luke Air Force Base Veterinary Treatment Facility plans to expand its services by moving into an upgraded facility located across the Block House in March 2023.

The current facility located outside the Lightning Gate is able to provide generalized wellness and basic sick calls to the dogs and cats of active duty, reserve, and retired service members and their dependents.

"We'll have three exam rooms," said Dr. Rachel Hallman, Luke AFB Veterinary Treatment Facility veterinary medical officer. "We'll have an extra room, a kennel room, surgery room, a break room, and we can let clients in because there will be space to put them."

In September of 2022, Hallman was hired to provide full time support to the facility which closed sporadically due to a lack of staff. Now she seeks to spread awareness of the current and future services the facility provides.

"We are here for service members and taking care of your family."

"The treatment we offer is incredibly important, because if you are worried about your dog, you're not going to do well at your job," Hallman said. "We are here for service members and taking care of your family."

Hallman said in addition to increased access to treatment for pets, the facility is looking to also alleviate financial stress that comes from medical care.

"We're a small clinic, but we have a very personable staff," said U.S. Army Sgt. Am-



U.S. Air Force photos by Airman 1st Class Elias Carrero

Dr. Rachel Hallman, Luke Air Force Base Veterinary Treatment Facility veterinary medical officer, interacts with Mayo, a Labrador retriever, Jan. 13, 2023, at Luke AFB, Arizona. Hallman assessed Mayo for a health certificate to ensure they can move with their owner.



Dr. Rachel Hallman, Luke Air Force Base Veterinary Treatment Facility veterinary medical officer, soothes a pet before administering treatment, Jan. 13, 2023, at Luke AFB, Arizona.

bria Crooks, Luke AFB Veterinary Treatment Facility non-commissioned officer in charge. "We work hard to make sure your animals are taken care of."

Currently the facility is open Monday through Wednesday from 8 a.m. to 4 p.m. with options for medicine pick up on Thursday.

"I'm full time so we can be open four days a week," said Hallman. "We're looking to be open on Fridays."

The facility staff can care for pets other

than cats and dogs on a case-by-case basis. Hallman said the best thing to do is call and ask for specifics regarding what care is available for your pet.

"There are so many treatment options that do not have to be a financial strain," Hallman said. "We are not here to make a profit. We are treating you, because you are family."

For additional information, call the Luke AFB Veterinary Treatment Facility at 623-856-6354.



Dr. Rachel Hallman, Luke Air Force Base Veterinary Treatment Facility veterinary medical officer, uses a pet scale, Jan. 13, 2023, at Luke AFB, Arizona. The Luke AFB Veterinary Treatment Facility is currently located off base outside the Lightning Gate.



Dr. Rachel Hallman, Luke Air Force Base Veterinary Treatment Facility veterinary medical officer, processes payment from U.S. Air Force Staff Sgt. Nicholas Goodrich, 100th Maintenance Squadron aircraft electrical and environmental systems craftsman, Jan. 13, 2023, at Luke AFB, Arizona. The Luke AFB Veterinary Treatment Facility offers its services to active duty, reserve, and retired service members and their dependents.

FLOTUS visits Luke

First Lady of the United States, Dr. Jill Biden, visited Luke Air Force Base, Arizona, Feb. 3, 2023. Biden took the time to personally thank and acknowledge the service of Airmen, recognizing the dedicated service of military personnel. She met with

While Biden was in the state she attended the Super Bowl in Glendale, Arizona, where the Kansas City Chiefs beat the Philadelphia Eagles 38 to 35. Luke AFB provided support for the all-female fly-over of State Farm Stadium (see pages six and seven for photos) by Navy flyers.

Biden also visited Mesa Community College in Mesa, Arizona, to talk about the Mesa College Promise program which allows high school students to attend college with fully funded tuition and fees.



U.S. Air Force photos by Airman 1st Class Mason Hargrove



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Chaplain's Corner ...

Prioritizing the five F's to increase resiliency

By Chaplain (Maj.)
ALEX CALINISAN

IMA, 56th Fighter Wing

We face difficulties today that could destabilize our world. It is crucial to regularly pause, reflect, and reevaluate. Since you have taken the time to read this despite having a busy schedule, let's concentrate on the five F's of life: faith, family, fitness, finances, and friends. Although everyone's priorities will differ, these five areas of our lives have a significant impact on our general health and happiness.

First, there is faith. From my tradition, the Bible defines faith as the assurance of things hoped for and the conviction of things not seen. For many people, their lives are very much centered on their expression of faith. It offers serenity, purpose, and direction. Whether it's religion, spirituality, or personal beliefs, having faith in something greater than us can help us get through obstacles and find the

meaning of life. So, how can we prioritize and strengthen our faith? Prioritizing faith can come in many forms and expressions, such as attending religious gatherings or meeting with people who share similar passions. It's about deliberately prioritizing your faith by consistently taking actions that increases your faith.

Second, there is family. For many, family is the reason they work as hard as they do. It's crucial to prioritize our families in our everyday lives. We can prioritize them by scheduling regular family events, dinners, and vacations. For those of us who have children, we can prioritize providing meaningful support for our children's activities by being physically and emotionally present.

Third, there is fitness. Our emotional and physical wellness depend on being physically fit. We can feel better, have less stress, and have more energy by prioritizing regular exercise. Whether it's running, working



Courtesy photo
Chaplain, Maj Alex Calinisan

out, or participating in a sport, it's imperative to pick a physical activity we enjoy and make it a regular habit.

Fourth, there are finances. As opposed to thinking primarily in the short term, we must prioritize that which gets us closer to our long-term financial goals. Setting up and adhering to a budget is crucial. Additionally, we must develop a good financial foundation through acquiring more skills in knowledge in this discipline. We may lower stress and enhance our

See RESILIENCY, Page 10

Service members should avoid foods with poppy seeds

By
JIM GARAMONE

DOD News

Service members may want to hold off ordering that "everything" bagel.

It's not an urban legend: Eating poppy seeds can cause diners to test positive for codeine on a urinalysis, Defense Department officials said in a memo released Feb. 21, 2023.

"Recent data suggests certain poppy seeds varieties may have higher codeine contamination than previously reported," said Gilbert R. Cisneros Jr., the undersecretary of defense for personnel and readiness. "Consumption of poppy seed products could cause a codeine-positive urinalysis result and undermine the department's ability to identify illicit drug use."

This comes as something of a surprise for the department. At one point, some meals ready-to-eat contained lemon poppy seed cake, and dining facilities often served poppy seed salad dressing.

Officials became aware of the problem in 2022 and have worked to review the "limited scientific studies and also contracted with an independent laboratory to have the codeine and morphine contamination of multiple poppy seed brands analyzed," officials said. "The analysis and other

recently published studies were the catalyst for the warning regarding poppy seeds."

The poppy seed memo calls on the Army, Navy and Air Force to notify service members "to avoid consumption of all poppy seeds, including food products and baked goods containing poppy seeds. "Bagels, rolls, salads and salad dressing are the most common foods with poppy seeds, but there are many other foods where poppy seeds are used as spice. Many foods contain poppy seeds in the Balkans, the Middle East, and central and Eastern Europe."

It's possible that some service members have been disciplined or discharged for "innocent or unknown ingestion" of poppy seeds, an official said. "We are currently working that analysis and focusing on codeine-only positive tests from fiscal year 2019 to present," the official continued. "This timeline is based on currently available information. The amount of poppy seeds consumed, concentration of codeine detected in urine, and time of consumption relative to the drug test are also important factors. As we gather more information, we will reassess and update, as appropriate."

In his memo, Cisneros said service members should work with their local legal office for any related concerns with urinalysis results.



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LUKE AFB SUPPORTS NAVY FLYOVER

By Senior Airman
DOMINIC TYLER

56th Fighter Wing Public Affairs

The 56th Fighter Wing supported a U.S. Navy flyover at the 2023 Super Bowl, featuring a first — an all-female crew during Super Bowl LVII at the State Farm Stadium in Glendale, Arizona, Feb. 12, 2023.

Every year the U.S. military supports one of the most watched sporting events in the world, fostering a long-standing partnership between the National Football League and military communities.

This year's flyover commemo-

rates 50 years of women flying in the U.S. Navy, while also serving as an opportunity for members of the Air Force and Navy to conduct a mission cooperatively. The first eight women began flight school in 1973 Pensacola, Florida, and one year later six of those eight women, titled "The First Six," earned their Wings of Gold. Since then, women have served, operated, and led at every level of Naval Aviation.

"The Air Force has been absolutely amazing here at Luke," said U.S. Navy Lt. Cmdr. Calli Zimmerman, assigned to Strike Fighter Squadron (VFA) 122 and one of the pilots involved in the flyover. "They have welcomed us with open arms, and since we got to Luke, ev-

erything has been seamless — from planning our arrival to the effort they've put forth since we've been here. We really couldn't have done it without them."

A large event, such as the Super Bowl, requires base-wide support from Luke including security, medical, aircraft maintenance and other various base support operations. The week was an opportunity for Luke Airmen to exercise working in joint scenarios and integrate mission operations with their sister service's personnel and aircraft.

"It's not every day we get to work with our sister service," said U.S. Air Force Tech. Sgt. Zach Vega, 56th Security Forces Squadron

Pass and Registration noncommissioned officer in charge. "The ability to adapt and overcome in order to execute the mission anytime, anywhere is a key strength of our military and the 56th FW and the Navy did just that in coordinating a flawless event for the community."

The 56th FW is also responsible for hosting and participating in various events leading up to Super Bowl Sunday, including a Medal of Honor recipients panel, an NFL Hall of Fame event, a wheelchair championship football game, and a celebrity flag football game. These events are an opportunity for Airmen and families to celebrate and foster community relations

between the base and the local community.

"The 56th Fighter Wing team extends beyond our gates," said U.S. Air Force Brig. Gen. Jason Rueschhoff, 56th FW commander. "Our Airmen, their families, and our community partners are key to our mission here. It's not every day the Super Bowl comes to Glendale, and Thunderbolt Nation is happy to host our U.S. Navy partners here at Luke and thrilled that our Airmen get to celebrate this event with the community."

The 56th FW is comprised of multi-capable Airmen who can adapt and integrate with sister-services while still accomplishing the training mission every day.



U.S. Air Force photo by Airman 1st Class Mason Hargrove

U.S. Navy pilots, speak with NFL Hall of Famers during Luke Air Force Base's Community Relations Day, Feb. 9, 2023, at Luke AFB, Arizona. Luke AFB brought together NFL Hall of Famers, U.S. Navy personnel, and Luke AFB community members for a pre-Super Bowl celebration.



U.S. Air Force photo by Airman 1st Class Mason Hargrove

NFL Hall of Famer Darrell Green speaks during Luke Air Force Base's Community Relations Day, Feb. 9, 2023, at Luke AFB, Arizona. Luke AFB brought together NFL Hall of Famers, U.S. Navy personnel, and Luke AFB community members for a pre-Super Bowl celebration.

Meet the all-female

by
STUART IBBERSON

Aerotech editor

It is the ultimate football game in the United States, and this year an estimated 110 million people watched.

Super Bowl LVII saw the Kansas City Chiefs beat out the Philadelphia Eagles 38-35 Feb. 12, 2023, in Glendale, Arizona. And while football is the main focus of the event, many tune in to watch the commercials and, the half-time show, it was the pre-game events that had a lot of people talking.

This year, the U.S. Navy provided the military aircraft for the pre-game flyover.

And to honor the 50th anniversary of the first female Navy pilots to get their gold wings in 1973, the Navy aircraft featured at the 2023 Super Bowl were flown by all-female crews.

"It's not a feeling I can even put into words," U.S. Navy Lt. Katie Martinez, a flight officer assigned to one of the squadrons working on an aircraft in the flyover, said in a statement. "It doesn't get bigger than the Super Bowl, and I am humbled and honored to be able to participate with my friends and fellow naval aviators as part of this once-in-a-lifetime opportunity."

The Navy aircraft were: An F-35C Lightning II from U.S. Navy Strike Fighter Squadron 97 (VFA-97), the "Warhawks" from Naval Air Station Lemoore, California. Two F/A-18F Super Hornets of Navy Strike Fighter Squadron 122 (VFA-122), the "Flying Eagles," also from NAS Lemoore, and One EA-18G Growler electronic warfare aircraft from Electronic Attack Squadron 129 (VAQ-129), the "Vikings,"

from NAS Whidbey Island, Washington.

Additionally, most of the logistics and maintenance personnel who travelled to Luke Air Force Base, Arizona, in support of the flyover were also female.

The Navy personnel conducting the flyover were:

• **Lt. Arielle Ash from Abilene, Texas.**

Ash is a graduate of Texas Tech University. She flew the F/A-18E/F Super Hornet, Navy Strike Fighter Squadron 122 (VFA-122), the "Flying Eagles."

• **Lt. Margaret Dente of North Salem, New York**

Dente graduated from the University of Southern California. She was onboard an EA-18G Growler electronic warfare aircraft of Electronic Attack Squadron 129 (VAQ-129), the "Vikings." Dente has accumulated 1,300 hours of flight time and was recently deployed operationally on a cruise aboard the aircraft carrier USS Theodore Roosevelt. Dente's grandfather was a U.S. Marine helicopter during the Vietnam War and her father is also a pilot.

• **Lt. Lyndsay Evans from Palmdale, California**

Evans is a graduate of the University of Southern California. She was onboard an EA-18G Growler electronic warfare aircraft as a member of the elite Electronic Attack Weapons School. She was deployed operationally during 2018 onboard the USS Carl Vinson (CVN-70).

• **Lt. Saree Moreno of Tampa, Florida**

A graduate of the U.S. Naval Academy at Annapolis, Md, Moreno flies the F/A-18F Super Hornet for Navy Strike Fighter Squadron 122 (VFA-122), the "Flying Eagles." She has accumulated 1,200 flying hours. Moreno was deployed aboard the USS Abraham Lincoln (CVN-72).

FLYOVER DURING 2023 SUPER BOWL



U.S. Air Force photo by Senior Airman Dominic Tyler

Two U.S. Navy F/A-18F Super Hornets assigned to the "Flying Eagles" Strike Fighter Squadron (VFA) 122 and an F-35C Lightning II assigned to the "Warhawks" Strike Fighter Squadron (VFA) 97 out of Naval Air Station (NAS) Lemoore, California, sits on the flightline at Luke Air Force Base, Arizona, Feb. 7, 2023.



U.S. Air Force photo by Staff Sgt. Noah D. Cogger

U.S. Navy Lt. Suzelle Thomas, F-35C Lightning II VFA-97 pilot, departs the flightline at Luke Air Force Base, Arizona, Feb. 7, 2023. The Navy was at Luke AFB preparing for a flyover during the 2023 Super Bowl at the State Farm Stadium in Glendale, Arizona, which commemorated 50 years of women flying in the U.S. Navy.

female flyover crew



Navy photograph by PO2 Aron Montano

Lt. Lyndsey Evans and Lt. Margaret Dente, both Naval Aviators attached to Electronic Attack Squadron (VAQ) 129, exit an EA-18G Growler after arriving at Luke Air Force Base, Arizona, Feb. 7, 2023, in preparation for their flyover of Super Bowl LVII at State Farm Stadium in Glendale on Feb. 12.

• **Lt. Naomi Ngalle of Springfield, Virginia**

Ngalle graduated from the U.S. Naval Academy and is a member of Strike Fighter Squadron 2 (VFA-2), the "Bounty Hunters." She flies the F/A-18F Super Hornet and has more than 565 flying hours.

• **Lt. Caitie Perkowski of Albuquerque, New Mexico**

She is a graduate of the U.S. Naval Academy at Annapolis, Maryland, and is

a member of Strike Fighter Squadron 192 (VFA-192), the "World Famous Golden Dragons. Perkowski has accumulated 602 flying hours and currently flies the F/A-18E Super Hornet.

• **Lt. Suzelle Thomas of Birmingham, Alabama**

She is a graduate of the U.S. Naval Academy at Annapolis. Thomas flies the F-35C Lightning II for Strike Fighter Squadron 97 (VFA-97), the "Warhawks."



U.S. Air Force photo by Airman 1st Class Mason Hargrove

KC Wolf, Kansas City Chiefs mascot, poses in front of a U.S. Air Force F-16 Fighting Falcon during Luke Air Force Base's Community Relations Day, Feb. 9, 2023, at Luke AFB, Arizona. Luke AFB brought together NFL Hall of Famers, U.S. Navy personnel, and Luke AFB community members for a pre-Super Bowl celebration.



U.S. Air Force photo by Staff Sgt. Noah D. Cogger

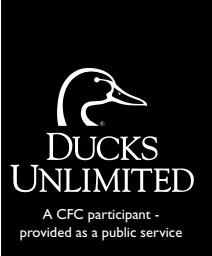
U.S. Navy ADC Tabitha Bledsoe catches an EA-18G Growler assigned to the "Vikings" of Electronic Attack Squadron (VAQ) 129, Oak Harbor, Washington, at Luke Air Force Base, Arizona, Feb. 7, 2023. The Navy is at Luke AFB preparing for a flyover during the 2023 Super Bowl at the State Farm Stadium in Glendale, Arizona.



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Our Members Are the Mission

Kids Place plan Mariah's Miracle fundraiser

Kids Place West in Goodyear, Arizona, has been treating area children, including Luke Air Force Base dependents, with pediatric physical, occupational, and speech therapies since 2008.

In 2020, Kids Place lost one of their pediatric physical therapists, Mariah Devries, to cancer. Mariah joined Kids Place West in January 2018 after graduating from Northern Arizona University with her Doctor of Physical Therapy. She quickly became a favorite among her many pediatric patients and co-workers. Mariah was married to Brian in 2017, and the two found out they were pregnant with their first child in 2019.

Towards the end of her pregnancy, Mariah learned she had an aggressive form of cancer that had already spread to her liver, ovaries, rib cage, spine, and brain called epithelioid angiosarcoma.

At 26 years old, Mariah became a new mother, giving birth to a beautiful and healthy baby girl, Clara, on Jan. 19, 2020. But at a time when new mothers should spend bonding, nursing, and taking care of their infant, Mariah was fighting for her life and more time. Mariah's coworkers

still struggle every day to learn how to live without her but take comfort knowing Mariah's legacy will live on forever through her family, her beautiful daughter Clara, and the countless friends, coworkers, people, and children she touched in her short time.

Mariah's Miracle is a 501(c)(3) foundation created to further expand her life and legacy. Through events and fundraising, Mariah's Miracle establishes a fund to help pediatric therapy patients and their families offset the cost of therapy and equipment that insurance does not otherwise provide.

Last year's inaugural event raised more than \$20,000 when 80 teams competed (160 participants) with more than 100 additional spectators and 17 lane sponsors. These funds have helped Mariah's Miracle award 17 more children grants in 2022. This year, our goal is 100 teams, double the spectators, and more than \$25,000 raised.

This year, the Mariah's Miracle Cornhole Tournament and Fundraiser will be on Saturday, April 1, 2023 at The Cabin, 9868 West Northern Ave., Peoria, Arizona. For more information go to www.MariahsMiracle.org/Cornhole.

Mariah's Miracle
Cornhole Tournament & Fundraiser

1st \$400
2nd \$200
3rd \$100
Prizes!

SATURDAY, APRIL 1, 2023

THE CABIN | 9868 WEST NORTHERN AVE | PEORIA

Fun Friends | Music | Great Eats and Drinks | Spectators Encouraged!

ALL PROCEEDS BENEFIT MARIAH'S MIRACLE FOUNDATION, A 501(C)(3) NON-PROFIT ORGANIZATION HELPING PEDIATRIC THERAPY PATIENTS

FOR MORE INFORMATION, VISIT WWW.MARIAHSMIRACLE.ORG



U.S. Air Force Maj. Gen. Phillip Stewart, 19th Air Force commander, engaged with members of the Balfour Beaty Communities Housing Office at Luke Air Force Base, Arizona, Feb. 15, 2023.



U.S. Air Force photos by Senior Airman Dominic Tyler
U.S. Air Force Maj. Gen. Phillip Stewart, 19th Air Force commander (center), and U.S. Air Force Chief Master Sgt. Justin Apticar, 19th Air Force command chief (far left), engage with Airmen at Luke Air Force Base, Arizona, Feb. 15, 2023. During their visit, Stewart and Apticar toured premier fighter squadrons and air maintenance units.

LEADERSHIP (from Page 2)

“At the end of the day, we’re here to make our Airmen’s lives better,” said Stewart. “Holding town hall meetings gives us an opportunity to address the concerns of our people directly as well as discuss the best solution for problems.”

Stewart and Apticar culminated their visit with a briefing from the Community Initiatives Team. They visited with Luke AFB community and civic leaders to discuss extensive growth surrounding the base, the Auxiliary Airfields, and the actions taken to preserve Luke’s long-term mission.

The 19th AF commander thanked Airmen and their families for their hard work and support while Luke continues the mission of training the world’s greatest fighter pilots and combat ready Airmen.

The 19th AF oversees the 56th FW and is responsible for the training of more than 30,000 U.S. and international military students annually, in a variety of specialties ranging from manned aircraft aircrews, remotely piloted aircraft crews, air battle managers, weapons directors, Air Force Academy Airmanship programs, and Survival, Escape, Resistance, and Evasion specialists.

RESILIENCY (from Page 5)

general well-being by taking charge of our pocketbooks and prioritizing our finances.

Fifth, there are friends. If we can visualize the idea of being flustered by a whack-a-mole machine, then we have

a great visualization of moles popping up everywhere and our friends coming in to help pop more moles on the head. Like the moles, our problems can become overwhelming. Friends can come along side of us and provide the support we need to get through difficult times and

celebrate our achievements. Prioritizing time with them is the key to preserving our friendships.

In summary, we must take the five F’s and reverse engineer how we can achieve success in each area, then we can prioritize actions in each area. This allows us to

make each area of concern less daunting and more achievable.

For information about Luke AFB Chaplain Corps programs and events, “like” us on Facebook @ Luke AFB Chapel. Feeling like you need to talk? For confidential counseling, call 623-856-6211.



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By advertising in Aerotech News' special PCS guide, you will be well-placed to attract new customers as they arrive in our community. We offer our advertisers a targeted, employed readership due to our distribution agreements with military installations and defense industry contractors. You will also have access to thousands of readers who follow us online. New arrivals are typically in need of:

- **Housing** - Where to live (especially if base housing is in short supply)?
- **Education** - Charter or private school options for children, higher education for adults
- **Food/ Entertainment** - What are options for eating out, recreation and socializing?
- **Transportation** - Who has military financing for vehicle purchase or leasing?
- **Worship** - Where are the local churches, synagogues, etc?
- **Specialized medical and dental care** - What providers are available in the community to supplement on-base services?
- **Pre-school and child care** - Who can be trusted to care for children of dual-income families?
- **Goods and services** - Where are the best places to go for furniture and home goods, car repair, and specialty goods and services?

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Falcon Dunes

JUNIOR GOLF CLINIC

Mar. 5 • 10-11am • \$25 • Sign-up by Mar. 3
Participants learn grip, stance, driving, chipping, putting techniques, and etiquette.

PING DEMO DAY

Mar. 18 • 10am-3pm • Free
Try out the newest equipment offered by PING. In addition, receive 20%-Off all golf shop merchandise including sale items (excludes golf clubs).

GET GOLF READY

Apr. 10-13 • 4:30-6:30pm • Ages 18 & older
\$99 Sign-up by Apr. 7
Participants learn grip, stance, driving, chipping, putting techniques, and etiquette.

NOW SERVING PIZZA & WINGS

Choose from: Personal 8" Pizzas - Cheese ... \$8.75 or Pepperoni ... \$9.25; and Personal 8" Pizza & Six Wings - Cheese ... \$15; or Pepperoni ... \$15.50.

FALCON DUNES GRILL

The Falcon Dunes Grill is open daily from 7am-1:30pm. For more information call 623-856-0004.



ST. PATRICK'S DAY lunch special

\$12.75

MAR 17 • 10:45 AM - 1:30 PM

Plated meal includes corned-beef, cabbage, potatoes, carrots, assorted rolls, and a fountain drink

Falcon Dunes • Bldg. 2202
623-535-8334
Facebook.com/LukeGolfCourse



BMX PROS TRICK TEAM

Mar. 11
3-6pm • Free
Blockhouse
Parking Lot

"Kids Only" BMX & Anti-Bullying Demos from 3-3:30pm, followed by the grandstand show featuring BMX bikes, Motocross, and Big Tricks!

In addition there will be face painting, food trucks, bounce houses, bicycle show & shine with prizes, and tons of fun!

Sponsored in part by

USAA | bang ENERGY | USO | Outdoor Rec • Bldg. 247 - 623-856-6267 | AIR FORCE | OUTDOOR RECREATION

Facebook.com/LukeODR

*No Federal endorsement of sports is intended

At Ease

The "At Ease" is a monthly recreation supplement to the Thunderbolt. All information was accurate at the date of publication and is subject to change without notice.

www.56fss.com
[Facebook/LukeEvents](https://www.facebook.com/LukeEvents)
[Instagram/Luke_Events](https://www.instagram.com/Luke_Events)
[YouTube:56FSSEvents](https://www.youtube.com/56FSSEvents)

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Bryant Fitness Center — Outdoor Rec

RUNNING IMPROVEMENT PROGRAM
 Apr. 3 - May 12 • Open to All • Free
 Program meets Mon.-Wed.-Fri., 6am and Tues. & Thurs. 4pm - Fitness Center Track • Tues. & Thurs., 6am - Strength Class, Combat PT Center
 Register at: [Facebook.com/LukeFitnessCenter](https://www.facebook.com/LukeFitnessCenter).

Library

MARCH BOOK CLUB
 Mar. 9 • 10:30am • Free • Ages 12 and older
 Read or listen to, "All The Light We Cannot See" by Anthony Doerr.

SHARKFEST FAMILY NIGHT
 Mar. 20 • 6pm • Free
 Join us for a special "fin"tastic evening! Shark crafts, shark trivia & prizes and a visit from the Library Shark!

RAGE ROOM
 Mon.-Fri. • 9am - 5pm • 15 minute time slots -
 Up to one hour per person, per day • \$5 each for 20 small items • \$10 each for two large items

TANDEM HANG-GLIDING
 Mar. 18 • 6am-2pm • R4R Single Airmen and Deployed Family Members - \$30 • Limited to 20 participants

BLACK CANYON ATV ADVENTURE
 Mar. 25 • 7am- 1pm • Open to all • \$90
 Limited to 12 participants

OCTANE RACEWAY
 Apr. 1 • 8:30am - 4pm • R4R - Single Airmen and Deployed Family Members Only - \$30
 Limited to 12 participants

GLASS BLOWING
 Apr. 8 • 3-8pm • \$30 • R4R - Single Airmen and Deployed Family Members Only • Limited to 12 participants

HORSEBACK RIDE
MacDonald's Ranch - Scottsdale
 Apr. 15 • 6:45am - Noon • Open to All Airmen and Deployed Family Members - \$30
 All Others - \$120 • Limited to 12 participants

SKYDIVING TANDEM JUMP
 Apr 22 • 7am-1pm • Open to All • R4R Single Airmen and Deployed Family Members - \$30
 All Others - \$200 • Limited to 20 participants



St. Patrick's DAY 5K
MAR. 17
 7 a.m. • Free • Fitness Ctr. Track
 Trophies for top three male & female runners.
 T-shirts • Prize drawings • Refreshments
 Sponsors in part by: Fitness Center • Bldg. 820
 623-856-6241
 Facebook.com/LukeFitnessCenter
 No alcohol endorsement intended



Looking for a Summer Job?
 Outdoor Recreation is now hiring for **RECREATION AID/LIFEGUARD** positions at the **Silver Wings Pool**
QUALIFICATIONS/TO APPLY -
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 • Submit application & resume along with certifications at:
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 Facebook.com/LukeODR



MEN'S PHYSIQUE
WOMEN'S FIGURE & BIKINI
COMPETITION
Aug. 5
 Base Theater
 Weigh-ins - 11am
 Preliminary Round - 1pm
Final Competition - 5pm
 Must be 18 yrs. & older to compete
 1st-3rd in each category & overall awards
 4th & 5th medals
 Military - \$80 • Nonmilitary - \$85
 Register by Jul. 14
 Late Registration Add \$15
Spectator Admission
 Preliminary Show - 1pm - \$5
 Finals Show - 5pm - \$8
 Both Shows - \$10
 Under 10 - FREE
 (Proof of Age Required)
 Fitness Center • Bldg. 820 -
623-856-6241
 Facebook.com/LukeFitnessCenter



BASE CAMP
APR. 21-22
FOWLER PARK
 Family of Four - \$20
 \$5 for each additional member
DINNER • GAMES & ACTIVITIES
MOVIE & S'MORES
CONTINENTAL BREAKFAST
 Camping package - \$15 - Includes 10x10' tent & four sleeping bags
 Campout Set-up • 4 p.m.
 Outdoor Recreation • Bldg. 247 - 623-856-6267
 Facebook.com/LukeODR

Community Commons

CACTUS ROCK PLANTERS

Mar. 3 • 8am - 5pm • Free Take-&Make Craft Kits *While supplies last*

LITTLE BRUSHES - Baby & Toddler Painting Class

Mar. 13 • 10-11am • Ages six months - 5 yrs. old & parent • Free
We'll create a floral/spring-themed painting

CONCEALED CARRY PERMIT COURSE

Mar. 16 • 5-9:30pm • Sign-up by Mar. 13
Active-duty, 19 yrs. & older • all others, 21 yrs. & older \$70 each - Permit \$60 (*additional - Money Order required*) Learn firearms safety, selection, and laws. Fingerprinting, and submission of CCW packet included. This is a non-shooting course. No real firearms will be used or presented. Sign-up via e-mail at: 56.CommunityCenter@gmail.com

ST. PATRICK'S DAY SCAVENGER HUNT

Mar. 17 • Open to all • Families - 10-11am, Airmen 4-5pm • Free - No sign-up required
Test your Irish luck and search for you own "pot-of-gold" on the lower level, refreshments and crafts available upstairs

AIRMEN NERF WAR

Mar. 20 • 3-4pm • R4R Single Airmen - Free • All others - \$20

AIRMEN GAMING TOURNAMENT

Mar. 24 • 4-7pm • Free • No sign-up required
Prizes awarded • Open rec and game room open extended hours

COLOR-CRAZE SPOUSES

Mar. 30 • 5-8pm • \$5 drink tickets
Pick a color and come dressed head-to-toe in your color. Enjoy socializing, cocktails, a color-themed craft and assorted snacks



EASTER EGGSTRAVAGANZA

Apr. 8 • 9:30am-noon • Fowler Park Egg Hunts
Free • Egg Hunts schedule: 0-4 yrs. old - 10am
5-6 yrs. old - 10:20am • 7-8 yrs. old - 10:40am
9-12 yrs. old - 11am
Find the Golden Egg for a special prize - Limit one per family

PANCAKE BREAKFAST & PHOTOS WITH THE BUNNY

Apr. 8 • 9-11am during the Eggstravaganza
Free • Youth Center • Open to all

BALLOONY TUNES

Mon. - Fri. • 8am-4pm • Community Commons
Check-out our selection of balloons, balloon bouquets & gifts for every occasion. Prices vary.

Arts & Crafts

WONDERSPACES ART EXHIBITS FIELD TRIP

Mar. 4 • 1-8pm • \$10 per person includes transportation and admission • R4R Single Airmen and Deployed Family Members Only • Limited to 12 participants

TISSUE PAPER PAINTING CLASS

Mar. 11 • 10am-Noon • \$15 includes all supplies • Ages 18 & older • Limited to six participants • Sign-up by Mar. 8

SPRING WREATH CLASS

Mar. 25 • 10am-Noon • \$30 includes all supplies • Ages 18 & older • Limited to 6 participants • Sign-up by Mar. 22

Easter Brunch
Seatings at:
Apr. 8 • 11am and 1pm
Reservations required by Apr. 5 at Club Five Six or online at: memberplanet.com/events/lukeafbclubs/2022annualeasterbrunch13001400
Club Members - \$35 • Nonmembers - \$40
Ages. 6-12 - \$15 • Children 5 & Younger - Free
Our menu features an omelet station, Belgium waffles, scrambled eggs, bacon, sausage, hash browns, and many other breakfast favorites, Prime Rib and baked ham carving stations, a variety of vegetable side dishes, fresh fruits and cheeses, assorted salads and desserts, dinner rolls, tea, coffee, and mimosas (one per paid adult)

Club Five Six • Bldg. 1d1 • 623-856-6446
Facebook.com/ClubFiveSix

AIR FORCE
FOOD & BEVERAGE

BUY or SELL!
LUKE COMMUNITY
YARD SALE & Craft Show!
Mar. 18 • 10am-2pm
Base Theater Parking Lot
Cost is \$10 per spot, or \$25 for spot with 6' table and two chairs
Sign up by Mar. 4 • No MLM products • Set-up begins at 8am

2nd Fl. Bldg. 2d7 • 623-856-6502
Facebook.com/LukeArtsCrafts

AIR FORCE
ARTS & CRAFTS

Youth Programs

YOUTH PROGRAMS ANNUAL MEMBERSHIP
 Ages 9-18 • \$84 • Register at the Youth Center
 Youth Programs is affiliated with the Boys & Girls Club of America, 4-H, and the National Alliance for Youth Sports, so the possibilities are endless on what we offer. We focus on the Boys & Girls Club's five core areas daily,

which includes the Arts, Leadership & Service, Health & Wellness, Education, and Sports & Recreation. These core areas closely align with the developmental needs of all youth.

School Age Care

SCHOOL AGE CARE PROGRAM REGISTRATION
 Register now • Youth Center • Ages 5(K)-12
 Prices based on total family income • Register at: militarychildcare.com

Program includes breakfast, an after-school snack, transportation (pick-up and drop-off in front of Youth Programs) to-and-from Luke, Dreaming Summit, and Heritage Elementary schools, and lots of enrichment programs after school to keep your kids active and involved.

Family Child Care

BECOME AN FCC PROVIDER

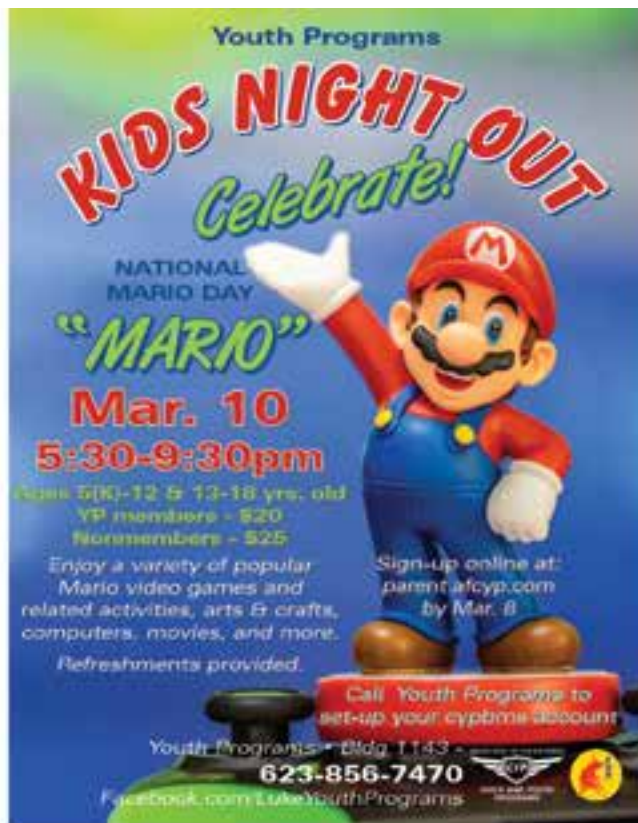
Spouses of active duty and retired military members living on-and off-base, are eligible to become licensed Family Child Care (FCC) providers. Providers must be at least 18 yrs. old, speak, read, and write English, have a high school diploma/GED, obtain liability insurance, and attend trainings. Call 623-856-2684 or e-mail; patricia.mangrum.1@us.af.mil, or visit: militarychildcare.com.

56th Force Support Squadron

TELEPHONE DIRECTORY

(Area Code 623)

Arts and Crafts Center	856-6502
Auto Hobby Shop	856-6107
Bryant Fitness Center	856-6241
Bryant Fitness Center Annex	856-8299
Child Development Center	856-6338
Club Five Six	856-6446
Community Commons.....	856-7152
Falcon Dunes Golf Course	535-9334
Falcon Dunes Grill	856-0004
Family Child Care	856-2684
Fighter Country Inn (Lodging)....	856-3941
Fort Tuthill.....	928-774-8893
G-Force Cafe.....	856-6446
Hensman Dining Facility.....	856-6396
Information, Tickets and Travel..	856-6000
Library.....	856-7191
Marketing.....	856-3245
Military & Family Readiness	856-6550
NAF Human Resources.....	856-7755
Outdoor Recreation.....	856-6267
Saguaro Skies FamCamp.....	856-4891
School Age Programs	856-7471
Silver Wings Pool	602-739-4826
T-Bolt Cafe.....	856-6420
Wood Hobby Shop	856-6566
Youth Programs.....	856-7470
Unite Program	856-2472



Youth Programs
KIDS NIGHT OUT
 Celebrate!
 NATIONAL MARIO DAY
"MARIO"
Mar. 10
5:30-9:30pm
 Ages 5(K)-12 & 13-18 yrs. old
 YP members - \$20
 Nonmembers - \$25
 Enjoy a variety of popular Mario video games and related activities, arts & crafts, computers, movies, and more.
 Refreshments provided.
 Sign-up online at: parent.afcyp.com by Mar. 8
 Call Youth Programs to set-up your cypbms account
 Youth Programs • Bldg. 1143 • **623-856-7470**
Facebook.com/LukeYouthPrograms



YOUTH PROGRAMS
Spring Break!
TRIPLE-PLAY CAMPS
 CREATING HEALTHY HABITS
 Promoting Overall Health & Wellness
 Learn to Eat Smart - Keep Fit - Handle Stress and Form Positive Relationships

Mar. 13-17 8:30am - 1pm • \$75 Ages, 9-18 • Register at: parent.afcyp.com by Mar. 8	Mar. 20-24 8:30am - 1pm • \$75 Ages, 9-18 • Register at: parent.afcyp.com by Mar. 15
--	---

Immunization record and proof of flu shot are required
 Youth Programs • Bldg. 1143 • **623-856-7470**
Facebook.com/LukeYouthPrograms



Youth Programs
SOFTBALL / BASEBALL
 Ages 5(K)-15
 Wednesdays
Mar. 24 - Apr. 28
 4:30-5:30pm
 Youth Programs • Bldg. 1143 • **623-856-7470**
Facebook.com/LukeYouthPrograms

Co-ed
 Baseball
 Ages 8(K) - 15
 Softball
 Ages 9-15
 Register at: parent.afcyp.com by Mar. 24
 Call the Youth Center to set-up your cypbms account
 Sports physical, immunization record and proof of flu shot are required
\$35



Youth Programs
START SMART BASEBALL
 \$25 Includes Tee-shirt
 Ages 3-5
Mar. 28 - May 2
 Each Tuesday for six weeks
4:30-5:30 p.m.
 Register Mar. 6-24 at: parent.afcyp.com
 Call the Youth Center to set-up your cypbms account
 Limited to 15 participants
 Sports physical, immunization record, and proof of flu shot is required
 Youth Programs • Bldg. 1143 • **623-856-7470**
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