

The Luke Air Force Base Thunderbolt



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

Sept. 2023
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Fab Flight is fabulous

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Airman 1st Class Katelynn Jackson
AFETS CIVILIANS ESSENTIAL TO MISSION
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By Airman 1st Class
KATELYNN JACKSON

56th Fighter Wing Public Affairs

The 56th Equipment Maintenance Squadron employs a unique multi-faceted approach to executing the aircraft maintenance mission at Luke Air Force Base. The fabrication flight is one of multiple flights dedicated to inspecting aircraft, precision structural repair, and producing support equipment necessary to keep Luke AFB’s jets in the air.

“We manufacture, produce, and repair F-16 and F-35 parts to perfect the structural integrity of aircraft,” said U.S. Air Force Master Sgt. Ray Frederick, 56th EMS fabrication flight chief.

The fabrication flight is made up of over 120 personnel in four distinct sections, including Non-Destructive Inspections (NDI), Aircraft Metals Technology (AMT), Low Observable (LO), and Aircraft Structural Maintenance (ASM).

The NDI division conducts flightline inspections to assess abnormalities not always visible to the human eye. Such inspections are crucial for identifying required maintenance to confirm an aircraft’s structural integrity and keep jets in the air.

“NDI examines the structure of the aircraft using different methods,” said Frederick. “Dye penetrant, ultrasonic inspections, X-ray, and other advanced technologies help us find cracks or defects within the structure of the aircraft.”

NDI works to detect any found irregularities while the other three sections are then tasked with correcting them.

Personnel working in the AMT section fabricate and repair aircraft apparatuses and provide additional support to supplemental projects using machinery and welding proficiencies.

“We perform maintenance on and off the F-35s,” said U.S. Air Force Airman 1st Class Kamryn Giddings, a 56th EMS metals technology apprentice. “With our know-how, aircraft are repaired promptly and safely.”

Another essential player in the task of ensuring aircraft’s mission capability is LO.

The fifth-generation stealth capabilities of the F-35 are accredited to LO technology that makes it very difficult to detect, track, or target by radar with surface-to-air missiles or enemy aircraft. This makes the detail-oriented tasks accomplished by LO Airmen critical to mission success in enemy airspace.

“Our low observable section maintains the outer-coating on the F-35 fleet, contributing to the jet’s stealth and combat readiness,” said Frederick. “They also perform audits to make sure that any damages in that LO coating are appropriately identified.”



U.S. Air Force Senior Airman Caden Koranda, 56th Equipment Maintenance Squadron structural maintenance technician, paints a canopy closeout fairing, Aug. 14, 2023, at Luke Air Force Base, Arizona. Personnel working in the AMS section fabricate and repair aircraft apparatuses and provide additional support to supplemental projects using machinery and welding proficiencies.



U.S. Air Force Airman 1st Class Kamryn Giddings, 56th Equipment Maintenance Squadron metals technology apprentice, performs metal inert gas welding, Aug. 14, 2023, at Luke Air Force Base, Arizona. Giddings is a part of the fabrication flight within the 56th EMS, which is made up of over 120 personnel in four distinct sections, including Non-Destructive Inspections, Aircraft Metals Technology, Low Observable, and Aircraft Structural Maintenance.



U.S. Air Force photo by Airman 1st Class Katelynn Jackson

U.S. Air Force Airman 1st Class Kamryn Giddings, 56th Equipment Maintenance Squadron metals technology apprentice, performs metal inert gas welding, Aug. 14, 2023, at Luke Air Force Base, Arizona. Metals technicians support the mission by utilizing fabrication techniques to repair and overhaul multiple tools and aircraft parts.

Thunderbolt

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<https://www.luke.af.mil> and social media



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Luke AFB graduates 1,000th F-35 pilot

By US Air Force Senior Airman DAVID BUSBY

56th Fighter Wing Public Affairs

The 56th Fighter Wing's F-35 training program graduated its 1,000th student, U.S. Air Force Capt. Audrey Wilson, on Aug. 3, 2023. The mission at the 56th FW is to train the world's greatest fighter pilots and combat-ready Airmen and Luke has served as one of the first bases for student fighter pilots since 1941.

"What a remarkable event for the 56th Fighter Wing," said U.S. Air Force Lt. Col. Eric Ringelstetter, 56th Training Squadron commander. "It's hard to believe Team Luke has produced 1,000 F-35 pilots, some of which are currently deployed. We continue to improve our persistent and efficient output of fighter pilots who will fight and win, should our nation call."

For her final training flight, Wilson executed

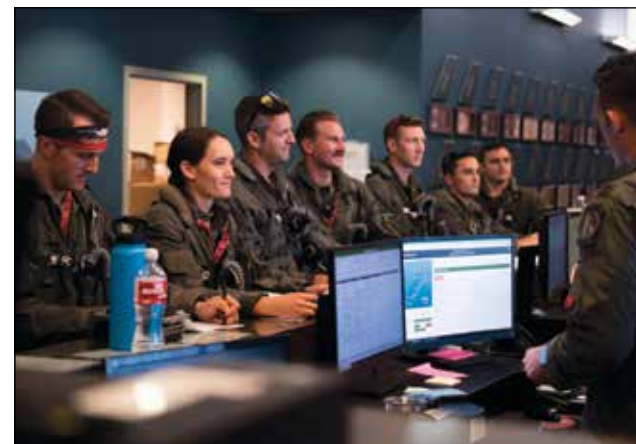


U.S. Air Force photo by Senior Airman David Busby

U.S. Air Force Capt. Audrey Wilson, 56th Training Squadron student pilot, and Staff Sgt. Brian Chavis, 56th Aircraft Maintenance Squadron crew chief, prepare a U.S. Air Force F-35 Lightning II for takeoff Aug. 3, 2023, at Luke Air Force Base, Arizona. Having completed all required syllabus events and procedures, Wilson is the 1,000th graduate of the F-35 Lightning II pilot program at Luke AFB and exemplifies its core mission to train the world's best fighter pilots and combat ready Airmen.

a six-versus-four offensive counter air training operation. This exercise prepares pilots for contested air environments with air threats, surface-to-air threats, and designated targets to strike to achieve mission success.

"There's a lot of work



U.S. Air Force Capt. Audrey Wilson, 56th Training Squadron student pilot, prepares for her graduating flight Aug. 3, 2023, at Luke Air Force Base, Arizona.



U.S. Air Force Capt. Audrey Wilson, 56th Training Squadron student pilot (right), Staff Sgt. Brian Chavis, 56th Aircraft Maintenance Squadron crew chief (left), and Airman 1st Class Jacob Nault, 63rd Aircraft Maintenance Unit crew chief (middle), complete final pre-flight checks for a U.S. Air Force F-35 Lightning II Aug. 3, 2023, at Luke Air Force Base, Arizona.

that goes into flying in any capacity," said Wilson. "The last couple of flights are a culmination of everything we've learned; definitely tough training."

To achieve her goals, Wilson also relied on support from the 63rd Aircraft Maintenance Unit to ensure her aircraft's readiness for takeoff and landing throughout her training.

"I'm proud of the 63rd

FS and AMU," said Wilson. "All my instructors really helped me out and I am very thankful for everything they've taught me."

Wilson achieved her goal of completing pilot training and holds a special place among her U.S. Air Force peers as Luke AFB's 1,000th F-35 pilot graduate. Wilson now flies with the 95th Fighter Squadron at Tyndall AFB, Florida.

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Creating hope through action in September

By
LUKE AFB

Integrated Prevention Team

September is dedicated to Suicide Prevention when all come together to make a positive impact. Let's #BeThere and #BeThe1 to support friends, family, and coworkers in need. By learning the warning signs and talking openly about suicide, we can create a safe and understanding environment.

Suicide is complex issue with various factors involved, and it can affect anyone, regardless of their background. According to the World Health Organization (WHO), having a safe, support-

ive environment plays a large role in suicide prevention. Additionally, social connections can act as a buffer against the impact of stressful or negative life experiences on mental health. When people feel secure in their surroundings, they experience less anxiety and depression, improve their physical health, have fewer instances of substance abuse, and experience an overall improved quality of life and life expectancy.

"Taking care of our people is a top priority of the Secretary of Defense and this report guides the Department as we seek to eliminate suicide across our military community," said

Elizabeth Foster, Executive Director, Office of Force Resiliency. "While it is encouraging to see the active component suicide rate decrease from 2020 to 2021, one such tragedy is too many, and we must redouble our efforts to prevent these deaths." As Secretary Austin has emphasized, "mental health is health, and so we must continue to work to break down barriers to help seeking, address stigma, and build healthy climates and a culture of connection where all our Service members can thrive."

Alongside the data, the report outlines the Department's efforts in CY2021 to advance a comprehensive and integrated primary prevention approach to suicide prevention with a focus on three key areas — fostering a supportive environment and quality of life, addressing stigma as a barrier to help-seeking, and promoting a culture of lethal means safety.

Under Secretary of Defense

for Personnel and Readiness Gilbert Cisneros, Jr. signed a policy to implement the Brandon Act and improve the process for service members to seek mental health support.

"Our greatest strength is our people, and we are committed to their well-being," said Cisneros. "Therefore, I firmly believe that seeking mental health treatment is a sign of strength and resilience. This policy, spurred by the passage of the Brandon Act, is an important step in ensuring that our service members can seek mental health treatment when and how they need it. We honor U.S. Navy Petty Officer Brandon Caserta's memory by ensuring that our Military Services have procedures and processes in place that allow service members to seek help confidentially, for any reason, at any time, and in any environment, and aim to reduce

See HOPE, Page 5



Courtesy photo

U.S. Navy Petty Officer 3rd Class Brandon Caserta, shown here at age 17 at his boot camp graduation. Caserta died by suicide in 2018. The Brandon Act was enacted this year to improve the process for service members to seek mental health support confidentially and to reduce stigma by allowing them to seek help.



Work can't stop for heat: hydrate!

By
56TH FIGHTER WING

Public Affairs

There is no denying the heat in Arizona, especially after breaking the record of 19 consecutive days of temperatures above 110 degrees Fahrenheit! Running from the heat may seem to be the smartest choice, however it is not always feasible to have the luxury of being in cool conditions. Having the right information will help you from being the next causality from a heat related injury.

When it comes to knowing heat illnesses, the three H's are crucial!

- Heat Cramps
- Heat Exhaustion
- Heat Stroke (Medical Emergency! Call 911)

Without proper precautions and care, these stages can progress quickly. The most dangerous of the three being "Heat Stroke," which can lead to permanent brain damage or death.

Hydration is a huge factor when it comes to precautionary measures, especially during these hotter months, but proper hydration should be practiced year-round! Water and some sport drinks containing electrolytes are great ways to keep yourself hydrated throughout the day.

Unfortunately, caffeinated drinks do not count as proper hydration, so limit your enjoyment of these drinks such as coffee and energy drinks and substitute them for water. If you are thirsty, it is already a late sign/symptom that you are dehydrated. Clear and copious amount of urine

is a good indication that you are hydrated.

Your local Bioenvironmental Engineering office works with the Command Post to help keep our base aware of the flag conditions and provide hydration and work/rest cycles recommendations. Following these hydration and work/rest cycles are crucial to your health and the mission.

Ensure careful planning and take proper safety measures, such as working in the shade and wearing sunblock, to protect everyone on base! It is important to be able to recognize signs and symptoms heat-related illnesses, not only in yourself, but also in your fellow wingman.

Here are some warning signs of a heat related illness:

- Slurred speech, confusion, or dizziness (Medical Emergency!)
- Headache
- Excessive sweating
- Weak, rapid pulse
- Nausea or vomiting
- Muscle pain or spasms

If you suspect heat related injury, unless it is a medical emergency (stated above), it is recommended to move the individual (or yourself) out of the sun, into shade or a cool air condition environment.

Have the individual drink (if conscious and able to safely swallow), a cool, non-alcoholic beverage, which will help regulate and stabilize body temperature.

The heat in Arizona is no joke. Please be safe and do yourself a favor; stay hydrated, follow your work rest/cycle, and look out for your airmen/wingmen. Keep yourself as a vital part of the mission instead of becoming the next hot topic.

HEAT EXHAUSTION: WHAT TO WATCH FOR

- Headaches
- Faint or dizzy
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature
- Muscle cramps
- Cool, pale, clammy skin

WHAT TO DO:

- Lie down in shade or air-conditioned place
- Drink plenty of water
- Keep cool with a cold compress, shower or bath



Luke celebrates with Singapore partners

By Senior Airman
DOMINIC TYLER

56th Fighter Wing Public Affairs

US Air Force 56th Fighter Wing Airmen and leadership celebrated alongside the Republic of Singapore Air Force partners during their National Day event Aug. 8, 2023, at Luke Air Force Base, Arizona.

Typically observed on Aug. 9, National Day of Singapore is an annual event that commemorates Singapore's day of independence, becoming recognized as a sovereign nation in 1965.

"National Day of Singapore holds great importance for the people of Singapore as it marks the beginning of Singapore's journey to independence," said RSAF Capt. De Li Lew, 425th Fighter Squadron F-16 pilot.

Luke AFB has a long-standing partnership with the RSAF and in May of this year, Luke Airmen and RSAF Airmen from the 425th FS celebrated 30 years of partnership.

"We're honored to celebrate this day with Singapore after such a long-standing partnership," said U.S. Air Force Brig. Gen. Jason M. Rueschhoff, 56th FW commander. "In the Air Force, especially at Luke, we have the distinct opportunity to train and celebrate alongside our foreign partners, bridging cultural gaps and exchanging valuable knowledge, so we can fight and win together."

Shouldering the shared task of training F-16 and F-35 pilots, the 56th FW is dedicated to enhancing fighter pilot training while fostering lasting partnerships with their foreign allies.

The RSAF is among five foreign national partners that train at Luke AFB, all contributing to the mission of training the world's greatest fighter pilots and combat-ready Airmen.



Courtesy photos

56th Fighter Wing Airmen and leadership celebrate alongside their Republic of Singapore Air Force partners with a potluck at a National Day of Singapore event Aug. 8, 2023, at Luke Air Force Base, Arizona. Typically observed on Aug. 9, National Day of Singapore is an annual event that commemorates Singapore's day of independence, becoming recognized as a sovereign nation in 1965.



56th Fighter Wing Airmen and leadership celebrated alongside the Republic of Singapore Air Force partners at a National Day of Singapore event Aug. 8, 2023, at Luke Air Force Base, Arizona.

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Luke Air Force Base

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- Tricare

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RAO Office: (623) 856-3923

Directions to Event: Enter at LIGHTNING GATE, take first right onto N. COMMISSARY RD. and follow the signs to BUILDING 1150.

HOPE (from Page 3)

the stigma associated with seeking mental health care.”

The Brandon Act is a law that creates a self-initiated referral process for service members seeking a mental health evaluation and aims to reduce stigma by allowing them to seek help confidentially. The law honors the life of US Navy Petty Officer 3rd Class Brandon Caserta who died by suicide in 2018. The legislation was signed into law by President Joe Biden on Dec. 27, 2021, as part of the National Defense Authorization Act for Fiscal Year 2022. The measure also mandates that the Department of Defense provides annual training on how to recognize when members may need a mental health evaluation.

Remember, you are not responsible for fixing the problems the person may be encountering, just assisting with connecting the person to safety. It’s important to ask directly if someone is having thoughts of suicide. Your role is to be there for those in need, listen patiently, don’t challenge the person’s thoughts, and do not make moral judgement. Do not leave the person alone and initiate assistance if needed with connecting them to a helping agency.

Suicide is preventable and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities. The Integrated Prevention Team at Luke AFB, hope that their actions and the actions of others encourage people who are despairing and thinking about suicide to know that there is a full continuum of mental health and wellness support available to service members worldwide, and at Luke AFB. Remember, suicide

prevention is about reducing risk factors and building resilience. Together, we can make a difference in our communities.

The Luke AFB, Integrated Prevention Team is in Bldg. 465, from 5 a.m. to 2 p.m., Monday through Friday, or can be reached at 623-856-9032 (9031, 9035, or 2716)

Additional mental health resources include the 988 Veterans Crisis Line, Military One-Source for non-medical counseling, and the 24/7 Psychological Health Resource Center. For more information, visit health.mil/mentalhealth.

If you or someone you know is struggling with mental health-related distress, reach out to the resources listed below for support and crisis assistance. Remember, you are not alone, and help is available. Let’s continue “Creating hope through action” together to make a positive impact on suicide prevention.

24/7 availability:

- Chaplain 623-856-6211, after hours through the command post 623-856-5600
 - Suicide Prevention Lifeline 1-800-273-TALK, or www.suicidepreventionlifeline.org for confidential chat
 - Veteran Crisis Line NEW: 988 for confidential chat or www.veteranscrisisline.net
 - MY3-support network: Free APP for Android and iPhone
 - Military One Source: 1-800-342-9647
 - Valley Hospital ER, 3550 E. Pinchot Ave, Phoenix, AZ 85018, 602-952-3939
 - Banner Thunderbird ER, 5555 Thunderbird Rd, Glendale, AZ 85306, 602-865-5555
- M-F 0730-1630 availability:**
- Mental Health Clinic, 2nd floor of the Medical Group, 623-856-7579



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AFETS PERSONNEL ESSENTIAL TO LUKE AFB'S MISSION

By U.S. Air Force Airman 1st Class
KATELYNN JACKSON

56th Fighter Wing Public Affairs

Comprised of highly qualified veteran specialists, the U.S. Air Force Engineering and Technical Services civilians collaborate closely with active-duty Airmen and their Lockheed Martin counterparts, offering continuity of knowledge and decades of experience to aviation maintenance across the Air Force.

Luke AFB currently hosts nine AFETS personnel working under the direction of the 56th Maintenance Group. These tremendous individuals cover multiple aircraft systems within the F-35 Lightning II and F-16 Fighting Falcon, such as airframes, avionics, low observables, and weapons.

"We cover pretty much every system on the aircraft," said Jose Flores, 56th MXG AFETS low observable (LO) senior equipment

specialist, who has over 20 years of experience in LO. "We work hand-in-hand with the leadership, units, and our Lockheed Martin counterparts that we have here on base."

AFETS specialists at Luke perform multiple capabilities, including long-term on-sight field engineering support, specialized technical training, and assist in troubleshooting and repairing complex technical issues.

These experts work directly with military personnel in their units. They accompany them on temporary duty assignments and are even fully deployable as noncombatants.

Another member of the AFETS team is Nelson Bergemann, 56th MXG AFETS avionics senior equipment specialist. Nelson has over 14 years of experience, including eight years of active-duty as an F-16 tactical aircraft maintenance crew chief, and four years in the Air Force Reserves as an F-35 tactical aircraft maintenance crew chief. While in the Reserves, he also worked for Lockheed Martin Aeronautics Company as an F-35 "nose-to-tail" aircraft mechanic tasked with maintaining and repairing all systems of the aircraft.

"We are the Air Force's premier source of technical support; powered by knowledge, experience and ingenuity anytime, any-

where," said Bergemann. "We try to live by that vision when we're working with these maintainers to provide possible solutions and training to get these aircraft

Gary Bayer, 56th MXG AFETS airframe senior equipment specialist with 34 years of experience in aircraft maintenance, shares this sentiment.

"We all have decades of experience but in different perspectives," said Bayer. "With our combined knowledge and diverse perspective on the aircraft, we can find solutions that not only that something can be done successfully, but that it can be successful repeatedly and safely in any environment."

In addition to troubleshooting capabilities, AFETS personnel develop and conduct specialized training for maintainers in different units.

"We go out there day to day and give these new maintainers the tools they need to excel," said Bayer. "Not just for themselves, but also install the ability to pass this knowledge down to the next generation of mechanics 10 years down the road."

They may not wear the uniform, but these warriors are essential to Luke AFB's mission every day, training the world's best fighter pilots and combat-ready Airmen.



Nelson Bergemann (second from right), 56th Maintenance Group Air Force Engineering Technical Services avionics senior equipment specialist and U.S. Air Force Airmen assigned to the 308th Fighter Squadron, push a diesel hydraulic cart, July 19, 2023, at Luke Air Force Base, Arizona. The AFETS program supports both the F-35 Lightning II and F-16 Fighting Falcon platforms covering multiple aircraft systems such as avionics, low observables, and weapons and propulsion.

RIGHT: U.S. Air Force Senior Airman Jamir Rosales (left) and Senior Airman Cameron Smith (right), 309th Fighter Squadron aerospace propulsion specialists, stand by as ground control during installed engine operation certification for the General Electric F110 powered Bock 40 in a F-16 Fighting Falcon from a block swap with Holloman Air Force Base, New Mexico, July 20, 2023, at Luke Air Force Base, Arizona. The GE F110 is an afterburning turbofan jet engine that powers the F-16 Fighting Falcon.



SION

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to provide the best
crafts in the air.”
senior equipment
craft maintenance,
different skillsets,”
and diversity of per-
sonnel that make sure not
to be complacent, but that it can be
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to the world’s greatest



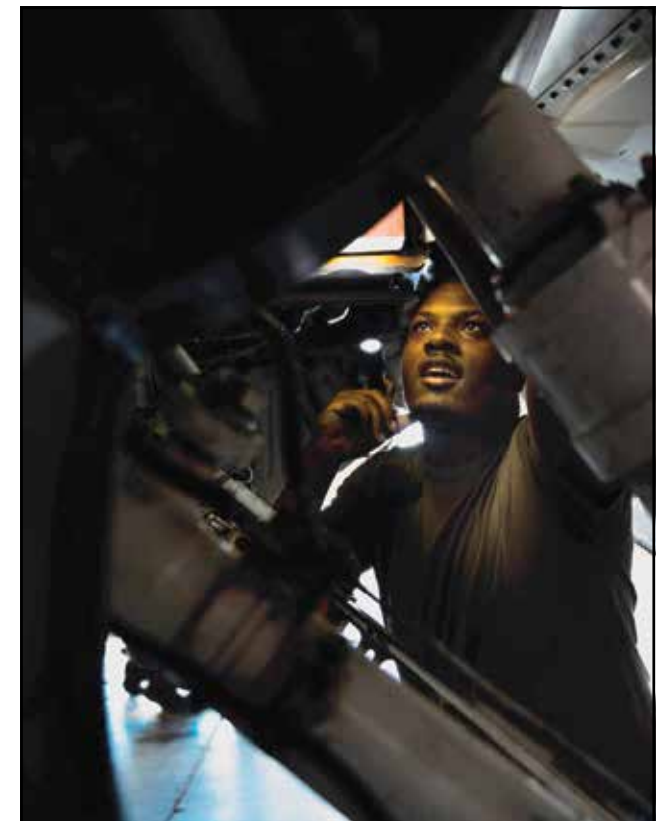
Air Force Engineering Technical Services personnel and U.S. Air Force Airmen assigned to the 56th Fighter Wing, prepare to conduct installed engine operation certification, July 20, 2023, at Luke Air Force Base, Arizona. Under the direction of AFETS personnel, the maintainers performed engine startup and shutdown procedures, engine idle, intermediate and maximum operation, and a review of all emergency procedures for their initial engine operation certification.



U.S. Air Force photo by Airman 1st Class Katelynn Jackson





Nelson Bergemann (left), Gary Bayer (middle), and Jose Flores (right), 56th Maintenance Group Air Force Engineering Technical Services specialists, conduct installed engine operation certification, July 20, 2023, at Luke Air Force Base, Arizona..



U.S. Air Force Senior Airman Ayo Motley, 309th Fighter Squadron engine specialist, examines an F-16 Fighting Falcon, July 20, 2023, at Luke Air Force Base, Arizona.



U.S. Air Force Senior Airman Jamir Rosales (left) and Senior Airman Cameron Smith (right), 309th Fighter Squadron aerospace propulsion specialists, stand by as ground control during installed engine operation certification for the General Electric F110 powered Bock 40 in a F-16 Fighting Falcon from a block swap with Holloman Air Force Base, New Mexico, July 20, 2023, at Luke Air Force Base, Arizona. The GE F110 is an afterburning turbofan jet engine that powers the F-16 Fighting Falcon.

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We boast an outstanding and innovative ambulatory health care center that serves an estimated 190,000 Native Americans, most of whom are Navajo. In addition to our ambulatory services, we offer a vast amount of resources to our patients to ensure they receive health care to the fullest extent.

Winslow, AZ is located just east of Flagstaff, and is at the heart of some of the most picturesque landscapes the United States has to offer. Just south of the Four Corners, we're surrounded by National Parks, like the Grand Canyon, Bryce Canyon and Natural Bridges in Utah, and Mesa Verde in Colorado. Phoenix is a short drive south and includes everything you would want in a big city. Whether you like the country or the city, living in the Winslow area means there's something for everyone!

Join the Winslow Indian Health Care team...we are actively recruiting at both the Winslow Indian Health Care Center and the newly opened Dilkon Medical Center.

How to Apply
To apply please visit:
www.wihcc.com

WIHCC Recruitment
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email: jobs@wihcc.org • www.wihcc.com




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someday becomes
...when?



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Glendale mayor thanks Luke Firefighters



Courtesy photo

By U.S. Air Force Senior Airman
DAVID BUSBY

56th Fighter Wing Public Affairs

Jerry P. Weiers, Glendale, Arizona mayor, congratulates and coins Staff Sgt. Joseph Bove, 56th Civil Engineer Squadron firefighter, and Senior Airman Colby Cole, 56th CES firefighter,

Aug. 9, 2023, at Luke Air Force Base, Arizona. Bove and Cole responded to an off-base call and directly assisted the Glendale Fire Department in putting out a debris fire in Glendale, Arizona. Weiers thanked the 56th CES Airmen for their outstanding performance and dedication to the health and safety of both the installation and the local area.

THE MEDICAL GROUP WILL BE CLOSED ON THE FOLLOWING DATES:

Friday, Sept. 1 — Closes at Noon

Monday, Sept. 4 — Labor Day

Monday, Oct. 9 — Columbus Day

The Medical Group is closed on Wednesdays for Medical Readiness Training from 7:30 to 9:15 am

In the event of an emergency please dial 911 for immediate assistance.

NURSE ADVICE LINE

The MHS Nurse Advice line is available at MHSNurseAdviceLine.com, or (623) 856-2273, option 1.



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D-Fellows develops Luke Airmen

By Senior Airman
DAVID BUSBY

56th Fighter Wing Public Affairs

The U.S. Air Force consists of many exceptional individuals with various talents and expertise. Even with all the talent that it holds, the Air Force is constantly looking for ways to innovate and develop its people.

The Decentralized Fellowships program (D-Fellows) is an industry immersion program that allows military members the opportunity to experience civilian workplaces by shadowing employees, observing job sites, and doing project-based work with local companies. U.S. Air Force Staff Sgt. Donte Alexander, 372nd Training Squadron F-35 avionics instructor, is one Airman who sought to broaden his horizons through the program.

By working as an understudy in the civilian sector, Alexander has not only learned new processes and strategies but has provided a military perspective to enhance work-ethic, morale and management to On Point Solar Power, a Phoenix based solar power company, further bridging the gap between Luke Air Force Base and the local community.

"It's nice to see the civilian side of things," said Alexander. "I've been working with management to implement programs for multi-capable employees, much like the Multi-Capable Airman."

D-Fellows not only provides a unique opportunity for Airmen at all levels to see how the civilian sector functions firsthand but also provides insight into potential employment opportunities post-enlistment.

"As a former Marine, I think one of the big take-aways for a young Airman would be seeing how people operate on the outside," said Daniel Hartzog, On Point Solar Power executive director of business development. "It gives you a more conceptualized understanding of where you're at, in and outside the military."

On Point Solar provides solar equipment



U.S. Air Force Staff Sgt. Donte Alexander, 372nd Training Squadron avionics instructor, reads through lines of code Aug. 23, 2023, at On Point Solar Power, Phoenix, Arizona.

and services as well as home surveillance systems to their customers in Arizona. Alexander has focused on working as a software developer for the company during his six-week term.

"Alexander has been doing a wonderful job," said Hartzog. "It's good to have someone with a military background who understands that the job is done when it's done, not just at five o'clock."

Alexander has sought ways to improve project management and training processes within the company, as well as easing the workload for other employees at On Point Solar.

"We're in the middle of a big tech upgrade right now," said Hartzog. "So, I'm glad Alexander's been around to take on some of our duties and allow our Chief

Information Officer to focus on the bigger picture. Alexander came at a really important time."

Alexander is grateful for the experience and ready to bring back lessons learned.

"I think there is a lot to gain in bridging the gap between the military and civilian sector," said Alexander. "Their attention to detail regarding finances and customer care is excellent and worth learning and incorporating into military life. I'm thankful to the Air Force and On Point Solar Power for the opportunity to gain value and give a military perspective where I can."

Programs like D-Fellows are imperative to Luke Air Force Base's mission, strengthening relationships with the local community and providing crucial skillsets for the Air Force's future leaders.



U.S. Air Force photo by Senior Airman David Busby
U.S. Air Force Staff Sgt. Donte Alexander, 372nd Training Squadron avionics instructor, poses for a photo at On Point Solar Power, Phoenix, Arizona, Aug. 23, 2023. Alexander is participating in the Decentralized Fellowship program which allows service members the ability to provide military perspective to local companies while learning new processes and management systems that can be brought back to Luke Air Force Base and the U.S. Air Force.

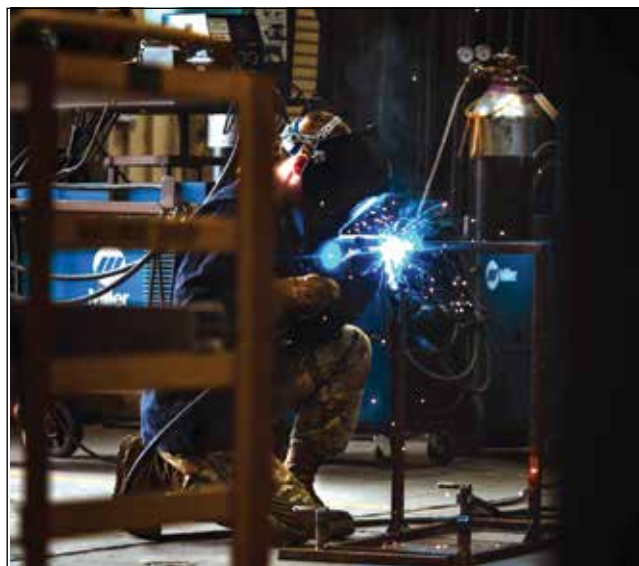


U.S. Air Force Staff Sgt. Donte Alexander, 372nd Training Squadron avionics instructor (left), and Matt Hoffman, On Point Solar Power director of operations, stand with a solar panel Aug. 23, 2023, at On Point Solar Power, Phoenix, Arizona.



U.S. Air Force photo by Airman 1st Class Katelynn Jackson

U.S. Air Force Senior Airman Caden Koranda, 56th Equipment Maintenance Squadron structural maintenance technician, paints a canopy closeout fairing, Aug. 14, 2023, at Luke Air Force Base, Arizona. Personnel working in the AMS section fabricate and repair aircraft apparatuses and provide additional support to supplemental projects using machinery and welding proficiencies.



Airman 1st Class Kamryn Giddings, 56th Equipment Maintenance Squadron metals technology apprentice, performs metal inert gas welding, Aug. 14, 2023, at Luke Air Force Base, Arizona. Metals technicians support the mission by utilizing fabrication techniques to repair and overhaul multiple tools and aircraft parts.

FLIGHT (from Page 1)

In addition to stealth upkeep, fabrication flight uses its advanced technology to further innovate and expand capabilities.

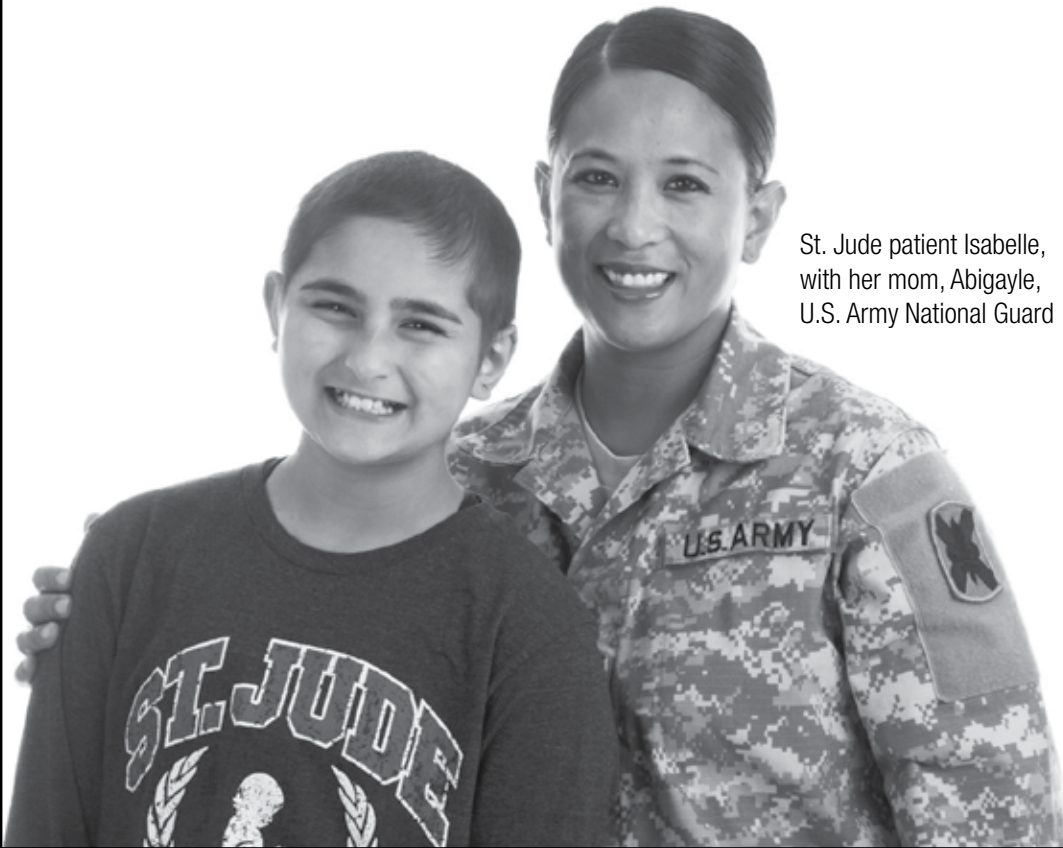
"A lot of the technology that we work with allows us to come up with and establish new ways of repairing aircraft," said Frederick. "Not only for Luke AFB, but also making parts for joint program office assets for other U.S. F-35 bases, the Marine Corps, and foreign partners."

The members of the 56th fabrication flight continually face new challenges; collaboration is necessary to overcome these obstacles and accomplish the mission.

"FAB flight is the best flight," said Giddings. "All the different sections here work together to complete a shared mission, creating an environment of teamwork and partnership that I look forward to working in every day."

The Fabrication Flight continues to foster cohesive teamwork, developing proficiencies and taking on new processes and projects that are instrumental to the 56th FW's mission of training and developing the world's greatest fighter pilots and combat-ready Airmen.

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Bring Your Pups to Silver Wings Pool for a Free Pool Party
Sep. 30 • 11am - 2pm

Swimming Fun for Canines and their Human Pack Members
 Goodie Bags • Snacks & Treats for Pets & Humans
 To register call 623-856-6267 or e-mail 56.Outdoor@gmail.com
 Proof of rabies vaccinations is required at registration.



Outdoor Recreation • Bldg. 247 - **623-856-6267**
 Facebook.com/LukeODR



Arts & Crafts



KOALA ACRYLIC PAINTING CLASS
 Sep. 7 • 5-7pm • \$40
 includes all supplies
 Ages 18 & older
 Limited to eight
 Sign-up by Sep. 5

DIY PLANT BAR CLASS

Sep. 9 • 1-3pm • \$20 includes all supplies • Ages 18 & older • Limited to 20 • Sign-up by Sep. 5

"FALL" DOUBLE-SIDED WOODEN BANNER CLASS

Sep. 16 • 10am - Noon • \$25 includes all supplies • Ages 18 & older • Limited to six
 Sign-up by Sep. 12

gumball machine ornament

Sep. 30 • 10am - Noon
 \$25 includes all supplies
 Ages 18 & older
 Limited to six
 Sign-up by Sep. 26



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SUMMER RATES • NOW - OCT. 31, 2023

	E1-E4	All Others
Multi-Family A-Frame	\$250	\$390
A-Frame	\$140	\$235
Premium Cabin	\$90	\$165
Cabin	\$80	\$150
Hotel	\$70	\$130
Yurt	\$50	\$80
RV	\$20	\$35
Tent Site	\$10	\$25

RV sites up to 40', include water & electric hook-ups, and an on-site dump station. The bathhouse (showers and rest rooms), is accessible to all campground guests.



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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.

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LABOR DAY BASKETBALL CLASSIC

RUNNING IMPROVEMENT PROGRAM

Sep. 18 - Oct. 27 • Open to All • Free Program meets Mon.-Wed.-Fri., 5am - Fitness Center Track • Tues. & Thurs., 6am - Strength Class, Combat PT Center Register at: [Facebook.com/LukeFitnessCenter](https://www.facebook.com/LukeFitnessCenter).

VIRTUAL INSTRUCTOR EXERCISE CLASSES

Open scheduling • Free • Community Commons Aerobics Room • Beginner to advanced classes. Squadron PT reservations available.

TRAVEL ASSISTANCE & DISCOUNTS

Book domestic and overseas airfares, car rentals, receive a 15% discounted room rate through [ChoiceHotels.com](https://www.choicehotels.com), and choose from incredible itineraries offered by Carnival, Princess, Norwegian, Royal Caribbean, and Disney cruise lines. Email your travel inquiries to TicketsandTours@LukeEvents.com.



ARIZONA CARDINALS FOOTBALL SALUTE TO SERVICE GAME

Sep. 17 • Tickets available in the 400 level, starting at \$90 per person

MOVIE THEATER TICKETS

Harkins VIP Gold - \$11 • Popcorn Voucher - \$7 AMC Movie Theaters: Yellow - \$9.50 • Black - \$11.50

LOCAL ATTRACTIONS - Castles N' Coasters, Phoenix Zoo, Wildlife World Zoo, Medieval

Times, Arizona Science Center, OdySea Aquarium, Sealife AZ Aquarium, iFly, SunSplash GolfLand Waterpark, and Sedona Red Rock Jeep Tours

SO/CAL ATTRACTIONS - Seaworld, San Diego Zoo & Safari Park, San Diego Harbor Cruise, the Catalina Express, Disneyland, Universal Studios, Knott's Berry Farm, & Six Flags Magic Mountain.

KNOTT'S SCARY FARM

Sep. 21 - Oct. 31 • Pricing varies by date *Not recommended for children under 13*

HALLOWEEN TIME @ DISNEYLAND

Sep. 1 - Oct. 31
1-Day, 1-Park - \$110 • 1-Day Park Hopper - \$169 - *Family Friendly*

22ND ANNIVERSARY 9/11

NEVER FORGET

RUN TO REMEMBER

SEP. 8 • 6AM
Falcon Dunes Golf Course
Open to all • Free • Trophies for 1st-3rd place male & female runners

22 Is Too Many ...

22-A-DAY CHALLENGE
22 Push-ups
22 Sit-ups • 22 Squats

VIRTUAL VIDEO
Sep. 5-26 • Free
Sign-up at Bryant Fitness Center Facebook Page - Group 22 Challenge

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9/11 TOWER-2-TOWER CHALLENGE

SEP. 11
5am - 7pm
Open to All • Free
Sign-up by Sep. 8

Climb 110 flights of stairs in observance of 9/11

Times must be verified by Fitness Center staff

Fitness Center • Bldg. 820 - DEPARTMENT OF THE AIR FORCE
623-856-6241
[Facebook.com/LukeFitnessCenter](https://www.facebook.com/LukeFitnessCenter)

LABOR DAY SALE 20% OFF SPECIAL OFFER
SEPT. 2-4

All Golf Shop Merchandise
(Excluding Golf Clubs)

Anniversary Tournament

Sep. 19 • 7:30am
Shotgun Start
Four-Player Scramble Format
Club Members - \$56
Nonmembers - \$61
Guests - \$66
Includes green fees, range balls, cart rental and lunch • Prizes awarded

Falcon Dunes • Bldg. 2202 -
623-535-9334
[Facebook.com/LukeGolfCourse](https://www.facebook.com/LukeGolfCourse)

NERF WAR

CONCEALED CARRY PERMIT COURSE

Sep. 21 • 5-9:30pm

Active-duty, 19 yrs. & older, all others, 21 yrs. & older \$70 each
Permit \$60 (additional - Money Order required)
Fingerprinting, and submission of CCW packet included.
This is a non-shooting course..
Sign-up via e-mail by Sep. 18 at: 56.CommunityCenter@gmail.com

Sep. 25 • 3-4pm
R4R Single Airmen Only
Free - No sign-up required
NERF gun-themed battleground featuring professional course and scenarios

Community Commons • Bldg. 700 -
623-856-7152
[Facebook.com/LukeCommunityCenter](https://www.facebook.com/LukeCommunityCenter)

Outdoor Rec

SEPTEMBER TOURS

DUTCHMAN TRAIL HIKE

Sep. 9 • 7am - 3pm • \$30 • Open to all
Limited to 12 participants

GLASS BLOWING

Sep. 16 • 3-8pm • \$90 • Open to all • Limited to 16 participants • Sign-up by Sep. 13

COLORADO RIVER RAFTING -

Sep. 22-24 • R4R Single airmen and deployed family members - \$400 • All others - \$1000
Limited to 11 participants

ATV RIDE and SHOOTING ADVENTURE

Sep. 23 • 6am - 3pm • \$30 • R4R - Single airmen and deployed family members only
Limited to 12 participants
Enjoy a two-hour ATV ride in the Sonoran

Club Five Six

LUNCH SPECIALS

Club Five Six features daily lunch specials served from 11am - 1pm, Mon. - Fri.

WINGMAN WEDNESDAY

Wednesdays • 3:30-6:30pm • Zemke's Grill Wings - 75¢ each • Boneless wings and bar menu available

FIRST FRIDAY

Slated the First Friday of each month from 3:30-6:30pm
FREE appetizers and drink specials

Desert, then take-aim with half-mag SMGs

DOLLY STEAMBOAT TWILIGHT DINNER CRUISE

Sep. 30 • 3-9pm • \$115 • Open to all
Limited to 12 participants • Sign-up by Sep. 22
Meal includes food and soft drinks - adult beverages available for purchase

Princess & Pirate Party
Sep. 18 • 6pm
Arrrr - you looking for some fancy fun? Grab an eye patch or crown and join us or books, crafts, snacks, and treasures your princess or pirate is sure to love! Costumes welcome!
Library • Bldg. 219 - **623-856-7191**
Facebook.com/LukeLibrary

OCTOBER TOURS

SAGUARO LAKE RANCH STABLES HORSEBACK RIDE

Oct. 7 • 7am - 1pm • \$120 • Open to all
Limited to 12 participants

TANDEM SKYDIVING ADVENTURE

Oct. 14 • 7am - 1pm • \$30 • R4R - Single airmen and deployed family members only
Limited to 20 participants

Women In the Wilderness

WHITE MESA TRAIL SEDONA HIKE

Oct. 14 • 8am - 5pm • \$30 • Ladies Only - Open to all • Limited to 12 participants

VERDE CANYON RAILWAY TOUR

Oct. 21 • 8:30am - 8pm • \$99 • Open to all
Limited to 12 participants

KARTCHNER CAVERNS TOUR

Oct. 28 • 9:45am - 7:45pm • \$75 • Open to all
Limited to 12 participants

Library

SEPTEMBER COVER to COVER BOOK CLUB

Sep. 14 • 10:30am • "Verity" by Colleen Hoover.
Oct. 12 • 10:30am • "The Innocent Man" by John Grisham.

BROWN BAG BOOK CLUB

Sep. 11 • 6pm • "365 Days" by Blanka Lipinska.
Oct. 2 • 6pm • "Down for the Count" by Christine Bell.

Karaoke party & Contest!
Sep. 7 • 5-8pm
Free Admission
"Street Tacos" & Drinks Available for Purchase
Sign-up to participate by Sep. 1 at:
memberplanet.com/events/lukeafbclubs/allaboutthebasekaraoke_1

Club programs sponsored in part by: LOCAL OFFICE
602-234-3426
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DANCE FIT PARTY
Sep. 15 • 6-10pm
Free Admission • DJ Music
Food & Drinks Available for Purchase
Free Drinks available for Designated Drivers

Throwback '80s BINGO! FUN
Sep. 22 • 5-8pm
Club Members - FREE!
Nonmembers - \$7
Food and drinks available for purchase
Sign-up by Sep. 15 at:
memberplanet.com/events/lukeafbclubs/throwback80sandbingofun_1

2-4-1 - Pasta Buffet
Sep. 21 • 5:30-7:30pm
Club Members - \$15 • Nonmembers - \$20
Children 5 yrs. old and younger - Free • Sign-up by Sep. 15 at:
memberplanet.com/events/lukeafbclubs/members2for1pastanight_1

Club Five Six • Bldg. 161 - **623-856-6446**
Facebook.com/ClubFiveSix

Youth Programs

YOUTH PROGRAMS (YP) MONTHLY MEMBERSHIP

Ages 9-18 • \$25 per month • Register online at: parent.afcyp.com. Call Youth Programs to set-up your *cypbms* account • Current immunization record and flu shot are required to participate • Youth Programs are designed to encourage members to realize a wide variety of positive outcomes, a strategy for developing the "whole child." Youth Programs offers tested, proven, and nationally recognized programs in five core program areas that include: the arts, leadership & service, health & wellness, education, and sports and recreation, that closely align with the developmental needs of all young people.

Family Child Care



USDA FOOD PROGRAM

Luke's Child Development Center (CDC), School-Age Care Program (SAC), and Family Child Care Program (FCC) partner with the USDA

Child and Adult Care Food Program. Meals are made available to enrolled children at no separate charge without regard to race, color, national origin, sex, age, or disability. Any person who believes that he/she has been discriminated against in any USDA related activity should call 202-720-5964, or write to: USDA, Director, Office of Civil Rights, Rm. 326-W, Whitten Bldg. 14th and Independence Ave., SW, Washington, D.C. 20250-9410.

INSTRUCTORS WANTED

Youth Programs is looking for instructors for piano, gymnastics, martial arts, archery and tap-ballet, classes.

School Age Care

Looking for a Safe, Fun & Inviting Place for Your Children, Before & After School?



Ages 5(K)-12 • Cost is 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.

56th Force Support Squadron

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Barber Shop (Community Commons)...	856-5742
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
Customer Support Section.....	856-7875
Education Center.....	856-7722/7723
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
Post Office.....	856-6516
Saguaro Skies FamCamp.....	856-4891
School Age Programs.....	856-7471
Silver Wings Pool.....	602-739-4826
T-Bolt Cafe.....	856-6420
Warrior PT Center.....	856-2291
Wood Hobby Shop.....	856-6566
Youth Programs.....	856-7470
Unite Program.....	856-2472

Youth Programs



Sep. 8 • 5:30-9:30pm

Ages 5(K)-18

YP Members \$20, Nonmembers \$25

Arts & crafts, computers, movies, video games, open gym, free refreshments, and more!
Athletic shoes must be worn in the gym

Sign-up on-line by Sep. 6 at parent.afcyp.com

Call Youth Programs to set-up your *cypbms* account



Sep. 15 • 6-8pm • FREE

Open to All Luke Families (*military I.D. cardholders*) with children, 0-18 yrs. old • Great prizes including the grand prize of a gaming system, and snacks (*while supplies last*) • Sign-up by Sep. 13 at:

LAFB-YP-DAYFORKIDS2023.eventbrite.com

Youth Programs • Bldg 1143 - 623-856-7470

[Facebook.com/LukeYouthPrograms](https://www.facebook.com/LukeYouthPrograms)

