

# The Luke Air Force Base Thunderbolt

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



Sept. 2022  
Vol. 21, No. 10

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### FEATURE



U.S. Air National Guard photo by Staff Sgt. James A. Richardson Jr.

#### FUELED FROM ABOVE

See Pages 8 and 9

# BUSINESS IS BOOMING: Air Force Combat Operations Competition

Story and photos by Airman  
**MASON HARGROVE**

56th Fighter Wing Public Affairs

Members of the 56th Equipment Maintenance Squadron took part in an Air Force Combat Operations training event Aug. 11, 2022. Officials designed the training to test and help prepare munition systems technicians for an upcoming high-intensity competition.

Eight Air Force munitions teams from across the Air Force will compete for four days in Volk Field, Wisconsin in multiple munitions-themed events, including installing bomb fuses, airfoil



U.S. Air Force Airman 1st Class Eric Mitchell, 56th Equipment Maintenance Squadron munition systems technician, tightens screws on a KMU-572 tail kit, Aug. 11, 2022, at Luke Air Force Base, Arizona. Munition systems technicians are a vital part of the maintenance force that are responsible for ensuring their aircraft are combat-ready.



LEFT: U.S. Air Force Master Sgt. David Walker, 56th Equipment Maintenance Squadron assistant section chief, motivates his troops during an Air Force Combat Operations Competition training event, Aug. 11, 2022, at Luke Air Force Base, Arizona.



U.S. Air Force 56th Equipment Maintenance Squadron munition systems technicians gather materials during an Air Force Combat Operations Competition training event, Aug. 11, 2022 at Luke Air Force Base, Arizona. During the training, Airmen were tested on building munitions on a conveyor assembly to strengthen their skills and remain mission ready.



U.S. Air Force Master Sgt. David Walker (center), 56th Equipment Maintenance Squadron assistant section chief, helps his troops attach a KMU-572 tail kit onto a GBU-38, Aug. 11, 2022, at Luke Air Force Base, Arizona.

groups, and other components into 500-to-2,000-pound bombs, to determine AMMO’s most combat-ready Airmen.

“The overall goal of the competition is to become stronger as AMMO,” said U.S. Air Force Tech Sgt. Lewis Hudgings, 56th Equipment Maintenance Squadron munition systems technician. “It’s designed to broaden our training and make us better AMMO troops, so that way, if and when we deploy, we are ready, prepped with the experience and knowledge, to handle business.”

“AFCOCOMP was created to synergize AMMO readiness training efforts across the globe,” said U.S. Air Force Master Sgt. David Walker, 56th Equipment Maintenance Squadron assistant section chief. “The overall objective is to increase combat readiness throughout the career field by having home units reinforce training and best practices through the spirit of competition.”

To claim the title of the “Best of the Best,” units will need to train harder than ever.

“The increased training will continue to boost our career field’s readiness,” said Hudgings. “All the while bringing the AMMO community closer together.”

Regardless of who’s crowned, the goal of the competition is to increase readiness and create a more lethal force.

## Thunderbolt

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Luke56thFW @LukeAFB

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of the month

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**15th day of the month**  
prior to date of publication

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## 56 FW comes together for Brig. Gen. Rueschhoff first all-call



U.S. Air Force photos by Senior Airman Noah D. Coger

**U.S. Air Force Brig. Gen. Jason M. Rueschhoff, 56th Fighter Wing commander, speaks with an Airman from the 56th FW following his first all-call since taking command, Aug. 5, 2022, at Luke Air Force Base, Arizona. Rueschhoff personally met with Airmen, addressing questions and talking about ideas for the future.**



**U.S. Air Force Brig. Gen. Jason M. Rueschhoff, 56th Fighter Wing commander, speaks to Airmen of the 56th FW, Aug. 5, 2022, at Luke Air Force Base, Arizona. Rueschhoff recently took command of the 56th FW and hosted his first all-call, where he formally introduced himself to Airmen and spoke about his priorities, expectations, and hopes for the future of Luke AFB.**

## Congratulations on retirement



U.S. Air Force photo by Airman 1st Class Jakob Hambright

**U.S. Air Force Chief Master Sergeant Daniel C. Weimer speaks to the crowd during his retirement ceremony Aug. 26, 2022, after serving as the command chief of the 56th Fighter Wing from September 2020 to August 2022. Weimer served more than 29 years in the Air Force, with assignments all over the world including Florida, Texas, Republic of Korea, Philippines, Guam, New Mexico and more. During the ceremony Weimer was presented with the Legion of Merit, certificates of appreciation for his service and received a retirement flag following a flag folding ceremony.**

### Thunderbolt editorial staff

**Publisher .....** Aerotech News and Review  
**Editor .....** Jenna Bigham  
**Designer .....** Tinna Sellie  
**Advertising sales .....** 877-247-9288

### Luke Air Force Base

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

### Editorial Information

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# In assessing his first year, Kendall sees achievement but many challenges ahead

By  
**CHARLES POPE**

Secretary of the Air Force Public Affairs

**ARLINGTON, Va. (AFNS)** — With his West Point pedigree and nearly five decades serving in active duty, the upper reaches of the Department of Defense, and assorted national security endeavors, Frank Kendall had a highly refined idea for what he would face when took his seat as Air Force secretary in 2021.

Now, after one full year on the job, Kendall's assessment of what his leadership has brought (and what it hasn't), and how that has shaped the Air Force and Space Force to better address the global threats facing the United States, is generally positive.

"I'm reasonably comfortable with where we've come in the last year," Kendall said in a recent interview that ranged across a broad number of topics relating to how he has performed in the last year and how that translates to where the Air Force and Space Force are headed.

But with his experience and knowledge, Kendall quickly offered some well-informed nuance.

"I think now there's, if not quite a consensus, at least close to it in terms of the direction of change that we need," he said. "So that's all positive. Now it's going to be up to us to execute."

He also offered a blunt assessment of the stakes confronting not just him but the entire Total Force and the nation, and why the challenge from China must be understood and met without delay.

"I regard the current situation (posed by China) as more stressing than the one I experienced for 20 years during the Cold War," Kendall said, offering an assessment that is all the more remarkable given his habit of being understated and for carefully choosing his words.

Today, with the emergence of China, "We have a well-resourced, strategic, innovative competitor who is trying to defeat not just our current capabilities but thinking ahead to the capabilities that we're going to field and has already started down the road of developing capabilities to counter those," he said.

"It's a game of chess in which we have to think a few moves ahead and we have to take action. Our ability to sustain deterrence depends upon our success doing that. And I think this is a greater challenge even than the ones that I faced and was part of during the Cold War."

That, more than anything, explains perhaps Kendall's clarion call during his first year as secretary — seven Operational Imperatives is the blueprint he developed for rapidly changing the hardware, policies and cultures of the Air and Space Forces to better position them to confront current and emerging threats. The Operational Imperatives are the tool by which Kendall hopes to reshape and refocus the services to contest, and if necessary, defeat China

and other near-peer powers.

On more than one occasion over the last year, Kendall acknowledged that the Air Force is working to close a capability gap and that being forced to carry older, less capable equipment is slowing progress at a time when time is short.

That reality is the reason that the Air and Space Forces must transform, and fast, Kendall emphasized nearly every day, pointing out urgency is needed, and the Joint Force must become more seamless.

That is one reason the first of the seven imperatives is focused on space. On that front, Kendall said frequently in public appearances that the Space Force "is developing a resilient force design to modernize and deliver new capabilities at operationally relevant speeds" in a once "benign" domain that is now a highly contested area.

He endorsed the military-wide push toward a new generation of joint operation known as Joint All Domain Command and Control, or JADC2, but with a caveat. The Air Force's contribution to the larger effort, known as the Advanced Battle Management System, is showing promise, Kendall said. However, the "deliverable" must be "identifying the tangible benefits we need to get into the hands of warfighters to make an operational impact."

That focus is another common refrain for Kendall, based largely on his role as high-ranking procurement officer in the Department of Defense during the Obama administration. Pilot programs, vague prototypes and good ideas without a strong basis for an actual product at the end are a constant target for Kendall. Those efforts, he said, will end up in the valley of death at a time when combatant commanders need actual equipment and practices that are ready to be used in the field.

"We have plenty of risk to manage in the portfolio that we have today," Kendall said. "But what I'm focused on more than anything else is ensuring that our programs are structured and resourced to get real capability into the field, to get meaningful operational capability into the hands of our operators as quickly as possible."

There remain other thorny problems too, Kendall said. They include traditional ones such as retention and quality of life, determining the correct mix of "capability versus capacity" and surprises such as Russia's invasion of Ukraine, the bumpy withdraw from Afghanistan, the continued stubborn presence of COVID-19, and coping with the financial fallout of unexpected inflation.

But across his first year, Kendall said even with those big, unanticipated issues, he is satisfied with how the year was navigated.

As for the Total Force, Kendall, the former Army officer, is impressed.

"I'm delighted with the capabilities and the talent and the sense of mission that I encounter everywhere I go in the Air Force and the Space Force," he said. "These are people who are dedicated to serving their country; they work tirelessly, have an enor-



Courtesy Photo

mous amount of capability, and they serve the country very well every day."

Kendall said he is comfortable with the budget proposed for the next fiscal year, for instance, and more importantly, that Congress has generally embraced the reasons driving the request even if they have questions about some line items. He is pleased with the continued growth of the fledgling Space Force and with the leadership of Chief of Space Operations Gen. John "Jay" Raymond. The same is true for Air Force Chief of Staff Gen. Charles CQ Brown, Jr. and Gina Ortiz Jones, the department's under secretary, Kendall said.

"It's been just a delightful experience to have such a cohesive senior leadership team to work with," he said. "From day one, that's been very positive, and I think it's allowed me to do a lot of things from my perspective over the last year that have moved the Air Force and the Space Force both forward and in the direction we need to go."

He has been heartened by the way the Total Force has embraced his, "One Team, One Fight" credo.

Those realities provide the foundation

for progress on what Kendall says is the most important — and urgent — priority, his Seven Operational Imperatives.

"That list of seven Operational Imperatives has been how I focused effort within the Department of the Air Force to identify the things that we need to do to stay ahead of the threat," he said.

The purpose is twofold, Kendall said. First, is articulating goals and tasks that are specific enough to generate actual results and, in Kendall's words, "put capability directly into the hands of warfighters."

The second, and according to Kendall, more important, is to instill a sense of urgency.

"One of things that I've said over the past year is that if there were one thing I could do, it would be to inculcate everyone involved a sense of urgency about getting on with things and moving forward," he said.

"I still feel that way. I think that's something of a cultural change, which is still in progress. I think we've made a lot of progress on that, but I'm not sure that everybody appreciates the need for that sense of urgency and how important that is."

## 61st AMU maintains the mission



U.S. Air Force Airman 1st Class Elie Madrid, 61st Aircraft Maintenance Unit F-35 Lightning II crew chief, halts an F-35A, Aug. 8, 2022, at Luke Air Force Base, Arizona.

U.S. Air Force photos by Airman Mason Hargrove



U.S. Air Force Airman 1st Class Elie Madrid, 61st Aircraft Maintenance Unit F-35A Lightning II crew chief, directs an F-35A to its designated spot, Aug. 8, 2022, at Luke Air Force Base, Arizona. Crew chiefs are a vital part of the maintenance force that ensure aircraft are airworthy and mission-ready.



U.S. Air Force Airman 1st Class Elie Madrid, 61st Aircraft Maintenance Unit F-35A Lightning II crew chief, checks the canopy of an F-35A, Aug. 8, 2022, at Luke Air Force Base, Arizona. Aircraft maintainers perform pre-, post- and between-flight safety and function checks, including triple-checking fluid levels, landing gear and flight control functionality, and running diagnostics on the electrical systems.

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# September is Suicide Prevention Month

## KNOW THE WARNING SIGNS

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Feeling hopeless or having no purpose
- Drug and/or alcohol abuse
- Sleeping too little or too much
- Acting anxious, agitated, or reckless
- Showing rage or talking about seeking revenge

## ASK QUESTIONS

- “Do you ever think about suicide?”
- “Do you plan to hurt or kill yourself?”
- “Have you attempted suicide before?”
- “Have you thought about when you would do it (today, tomorrow, next week)?”
- Have you thought about what method you would use?”

## DO'S

- Let the person talk and LISTEN to them without judgement
- Reassure them that treatment and help is available
- Tell them what they are experiencing is treatable and that suicidal feelings are temporary

## DON'T'S

- Don't try to minimize problems or shame a person into changing their mind
- Don't try to convince a person who is suicidal that “it's not that bad”
- Don't preach about suicide being right or wrong

\*\* Information provided by [www.adaa.org](http://www.adaa.org)



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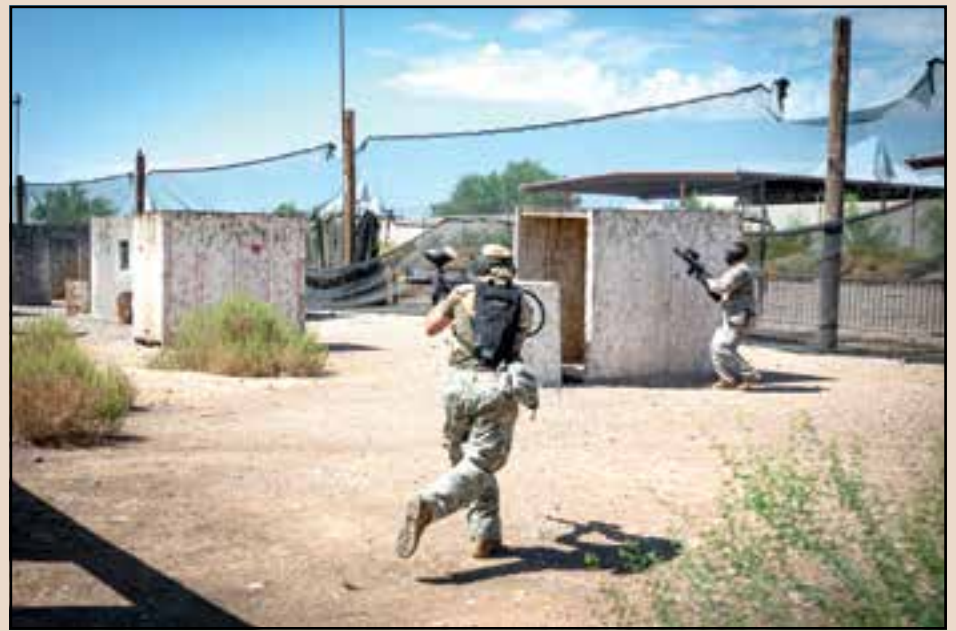
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# Reserve Citizen Airmen of 944th FW Security Forces conduct life-saving training



U.S. Air Force photo by Staff Sgt. Tyler J. Bolken

Airmen of 944th Fighter Wing Security Forces conduct Tactical Combat Casualty Care training at Fightertown Paintball Park in El Mirage, Arizona, Aug. 12, 2022. TCCC is standardized training to equip every Airman with the basic skills to save lives in combat operations.



Security Forces Defenders from the 944th Fighter Wing conduct Tactical Combat Casualty Care training at Fightertown Paintball Park in El Mirage, Arizona, Aug. 12, 2022. With the goal of delivering care and or evacuation under fire or threat, the Airmen worked together through various scenarios with simulated combat engagement.



Airmen of 944th Fighter Wing Security Forces conduct Tactical Combat Casualty Care [TCCC] training at Fightertown Paintball Park in El Mirage, Arizona, Aug. 12, 2022. The Airmen worked through various scenarios amidst simulated combat engagement with the goal to deliver care and or evacuation under fire or threat.



## Chaplain's Corner ...

### Discovering resilience every day

By Airman 1st Class  
**ALEXIS LOPEZ,**  
RELIGIOUS AFFAIRS APPRENTICE

56th Fighter Wing Chapel

When you hear the word resiliency, what comes to mind? Resilience is the ability to bounce back from challenges, changes, and fears one may encounter in life. For some it may be easier and take less time to recover, while others may experience difficulties and take longer to overcome certain obstacles in life.

Discovering and utilizing the Four Pillars of Resilience has helped me become more resilient.

The first pillar of resilience is Mental, being able to acknowledge problems and find ways to manage them. Some ways are through positive thinking, planning, and even being versatile.

During college I took six courses from Monday through Sunday in one semester. I remember feeling overwhelmed, but through the use of time management, planning, and positive thinking I was able to reduce my stress levels. My past experiences helped me develop strategies that I can use in my work and daily life today.

The next pillar is Physical, which is related to your body and well-being. Having healthy habits such as good sleep, exercise, and nutrition can have an impact in your life. I am originally from the East Coast and I am not used to Arizona's extreme high temperatures and dry heat, but my body is learning to adjust to a new climate. It is important to recognize the different effects your body can have in your life and being able to adapt to these changes.

The third pillar is Social, it can mean different types of relationships, support, and communication with others. Changes such as moving to a new location, new leadership, or even a new

position can be difficult for anyone, especially when we get comfortable where we are. Arizona is far and very different from New York City, which is where I'm from. They have different climates, food, laws and even different transportation. Going from a fast paced environment with lots of noise to a slower and calmer atmosphere forced me to adapt to a new environment that I was not accustomed to. With the help of my family, coworkers, and the friends I have made through the Oasis, it has made this new transition easier for me.

Lastly, the fourth pillar is Spiritual, which is composed of our beliefs, morals and principles.

It can help us find our purpose, determine our views, and actions. It is the center ground of who we are and what we stand by. I have several principles which I live by — respecting others, being kind, and being honest. We do not know what someone might be going through so a simple hello and "How are you?" can make a difference. I have flourished throughout the years and I'm still learning and growing in my personal life every day.

Picking ourselves up can be difficult, but we have to remember we can overcome anything with time, patience and effort. It is important to acknowledge the problem, have healthy habits, asking for help, and even relying on our core values to help us bounce back during difficult times.



Airman 1st Class Alexis Lopez

# CLOSURE NOTICE

The 56th Equipment Maintenance Squadron Munitions Storage Area will be closed Sept. 9-16, 2022, to conduct a 100% munitions inventory. Only emergency issues will be handled during this time. The last date for munitions turn-in is 4 p.m. on Sept. 9.

Normal operations will resume Sept. 16, 2022.

For more information, call Technical Sgt. Tatiana Greer at **623-856-6975**

or Master Sgt. Brian Devlin at **623-856-7092**.

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**U.S. Air National Guard Master Sgt. Vince Jones, 197th Air Refueling Squadron boom operator, conducts an air refueling mission with F-16 Fighting Falcons and F-35A Lightning IIs from Luke Air Force Base, Arizona, on Aug. 6, 2022. The 197th is part of the 161st Air Refueling Wing out of Goldwater Air National Guard Base and regularly conducts air refueling missions with their regional partners at Luke Air Force Base.**



**A Royal Norwegian air force F-35A Lightning II from Luke Air Force Base waits to be refueled by a KC-135 Stratotanker with the 161st Air Refueling Wing during a local sortie on Aug. 6, 2022.**



**Three U.S. Air Force F-16 Fighting Falcons from Luke Air Force Base prepare to be refueled by a KC-135 Stratotanker from the 161st Air Refueling Wing during a sortie over Arizona on Aug. 6, 2022.**

U.S. Air National Guard photos by Staff Sgt. James A. Richardson Jr.



# FUELED FROM ABOVE



*A U.S. Air Force F-35A Lightning II from Luke Air Force Base prepares to be refueled by a KC-135 Stratotanker with the 161st Air Refueling Wing during a local sortie on Aug. 6, 2022. The 161st out of Goldwater Air National Guard Base, conducts regular air refueling missions with their regional partners at Luke Air Force Base.*



*U.S. Air National Guard Maj. Adam McAuley, 197th Air Refueling Squadron pilot, conducts pre-flight inspections prior to a local air refueling mission with fighter aircraft from Luke Air Force Base on Aug. 6, 2022. As part of the 161st Air Refueling Wing out of Goldwater Air National Guard Base, Phoenix, Arizona, the 197th regularly conducts air refueling missions with their regional partners at Luke Air Force Base.*



*U.S. Air National Guard Maj. Adam McAuley, 197th Air Refueling Squadron pilot, reviews flight logs prior to a local air refueling mission with fighter aircraft from Luke Air Force Base on Aug. 6, 2022. The 197th is part of the 161st Air Refueling Wing out of Goldwater Air National Guard Base and regularly conducts air refueling missions with their regional partners at Luke Air Force Base.*



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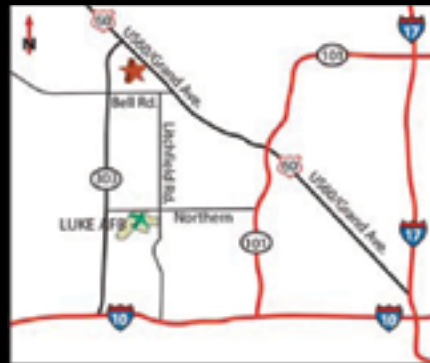
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# “Around the Air Force”



## Seymour Johnson Reserve philanthropist develops e-course to help others fly

By  
CAROLYN HERRICK

4th Fighter Wing Public Affairs

**SEYMOUR JOHNSON AIR FORCE BASE, N.C. (AFNS)** — When she was a little girl, U.S. Air Force Capt. Kristin Bodie, 77th Air Refueling Squadron KC-46A Pegasus pilot, used to lay in the grass with her grandmother on their farm in rural Saluda, South Carolina, and watch the fighter jets from nearby Shaw Air Force Base and McEntire Joint National Guard Base fly overhead, wondering where they were going and what it would be like to fly through the clouds.

Her journey to become an Air Force pilot took years, and she flew all around the world to reach her goal, but Bodie took the things she has learned and developed an online course to help others find their path more easily.

### “Girls don’t fly planes”

Bodie remembers sitting in church as young as 5 years old, hearing the preacher talk about serving in the military or as a missionary and thinking, “He’s talking about me. Someday, I am going to leave my family and serve.”

Her love of watching airplanes spurred a strong desire to fly them.

“Every time I mentioned becoming a pilot, teachers in school would say, ‘Girls don’t do that,’” Bodie said. “I didn’t know of any female pilots, so I believed them — until I got to college and a good friend took flight lessons and asked if I wanted to go on a flight.”

Bodie, who was attending Clemson University, immediately fell in love with being in the air.

Determined to become a professional pilot, she enrolled in a program at Embry Riddle University. Upon completion of her Master of Business Administration in aviation management and obtaining her flight ratings, Bodie landed her first flying job doing aerial surveys in a Cessna 172. As a brand-new pilot, she was in charge of all aspects of each mission, from coordination to logistics, refueling and maintenance.

“That taught me a lot about myself as a person and pilot,” she said. “I was out there traveling the country by myself with nothing but my suitcase and this tiny little airplane. It put me out of my comfort zone and made me more confident.”

### Giving back

After eight months, Bodie began flying mapping missions in the King Air 200s, working seven days followed by seven days off. Looking to fill her time off, Bodie found Wings of Hope, a humanitarian organization that flies to highly remote locations to provide lifesaving care interventions to people who have never had the chance to see a doctor.

This mission was close to her heart for personal reasons.

“When I was around 8 years old, I watched my cousin Loren struggle through leukemia, so it meant a lot to me to fly these missions,” Bodie said. “When my cousin died, it was so



U.S. Air Force photo by Carolyn Herrick

**U.S. Air Force Reserve Capt. Kristin “Bodie,” 77th Air Refueling Squadron KC-46A Pegasus pilot, poses on the flightline at Seymour Johnson Air Force Base, North Carolina, July 20, 2022. Bodie is a reservist who flies the Airbus 320 as a first officer for American Airlines full time.**

impactful; my entire life, I knew I needed to give back.”

As the only young woman volunteering, Bodie had to work hard to build her credibility there.

“I would clean the hangar, mop, and trade apple dumplings and pecan pie to learn,” she said.

There, she learned to weld, do engine overhauls, change gears, fabrication, upholstery and more. After a few months, she began flying children with terminal illnesses and disabilities around the country for treatment.

Bodie became more and more involved with Wings of Hope, eventually becoming a board member and assisting on a global level. She also started volunteering in the organization’s SOAR into STEM program, partnering with Boeing to bring high-risk youth into the hangar to mentor them.

“We would talk about the military and show them how to join and get college paid for, to help get them out of situations they’re in and into something fulfilling,” she said.

### Becoming an Airman

“Pretty much from the minute I first flew at Clemson in 2009, I wanted to join the military,” Bodie said. “For years, I tried to email my package to all the units I was interested in and was not getting any response.”

By 2015, Bodie was finished with her MBA, fully rated, and working for Republic Airlines as a first officer flying the Embraer 170. Through all those years, that nagging feeling that she would serve in the military had never left.

Standing out among her peers with higher education and 3,000 flying hours, she was selected for Officer Training School and Undergraduate Pilot Training after a recruiter suggested Bodie put in an unsponsored package. Several squadrons called to interview her, and she joined the 916th Air Refueling Wing at Seymour Johnson AFB, as a KC-135R Stratotanker pilot.

“It was a backward way of doing things and a very hard way to get into the Reserve,” said Bodie, who jokes that she had to fly all the way around the world to get to her goal of serving in the military.

### Forging an affordable path for others

Driven by a desire to help others streamline the process of obtaining a pilot’s license, joining the military and volunteering, Bodie found and connected with BogiDope, an aviation career consulting resource, and became their first female coach. For a year, Bodie researched and compiled all the best resources into “Affordable Paths for Launching Your Aviation Career,” a free e-course for aspiring aviators. It contains information about scholarships, guidance on how to create a winning application, in-depth explanations of military assistance programs for enlisted personnel, and information about tools and resources available to aspiring and current pilots.

“If it helps one person win a scholarship or figure a path they didn’t know about, the entire year working on it and

years building up to are worth it,” she said.

Bodie has helped several Airmen in her reserve unit, including U.S. Air Force Senior Airman Antonio Frost, a KC-46 crew chief from Florence, South Carolina, who is entering his senior year of college hoping to commission and become a pilot.

“If she wasn’t helping me, I would probably be paying for the remainder of my flight hours out of pocket,” said Frost, who is in the process of applying for a \$20,000 scholarship with Bodie’s assistance. “She showed me the e-course for scholarships and grants, and is helping me write an essay and submit other documents.”

While volunteering at a convention for military aviators, Bodie’s dream of flying for a major airline materialized. She now flies the Airbus 320 as a first officer for American Airlines in addition to her Air Force Reserve commitment and spends countless hours pouring into others through a myriad of philanthropic outlets. Bodie is now the vice president of the North Carolina chapter of Women in Aviation, which awards women scholarships to fly, internationally.

“I always thought my gift was aviation,” Bodie said. “During COVID when everything was paused, I had an epiphany: my gift is not flying, my gift is my compassion and my love for people and wanting to help them any way I can. God gave me airplanes as a vehicle to spread my compassion more. I would always do it, but with airplanes I can do it on a larger scale through the world.”

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## Outdoor Rec

continued from page 1  
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Oct. 9 • 8am Shotgun Start • Four-Player  
Scramble Format • Sign-up by Oct. 7 • Club  
Members - \$54

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 22 Push-ups, 22 Sit-ups, 22  
 Squats each, for 22 days.  
 Sign-up at Bryant Fitness  
 Center Facebook page - Group 22  
 challenge

**RUNNING IMPROVEMENT PROGRAM**  
 Sep. 12 - Oct. 21 and Oct. 24 - Dec. 2, the final  
 program of the year • 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).

**LUKE MILITARY CHALLENGE**  
 Sep. 30 • 6-10am • Fitness Ctr. Track • Free  
 Open to All Branches, Active-duty Only  
 Sign-up by Sep. 16. Eight-member teams  
 (must include one female), will compete in a  
 series of events including tire flip, Humvee  
 push, litter carry, tug-of-war, and more.

**SMOOTHIES, JUICE, & COFFEE BAR**  
 Mon. - Fri. • 6am - 6pm  
 Smoothies, protein shakes, and coffee.

**STORYTIME RETURNS!**  
 Each Wednesday • 9:30am • Ages 18 mos. - 4 yrs.  
 Kindergarten readiness is the basis for everything  
 we do in Storytime. Join Ms. Kathryn for songs,  
 stories, and crafts to instill an early love of



reading! Join us on Sep. 28 for a special visit  
 from the Arizona Game and Fish Dept., when  
 we'll learn all about animals native to Arizona.

**SEPTEMBER BOOK CLUB**  
 Sep. 8 • 10:30am • Free  
 Read or listen to any Fairy Tale Retelling.  
 A selection of titles is available at the Library.

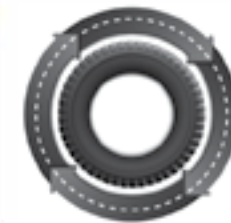
**Book Tok TEEN BOOK CLUB**  
 Sep. 12 • 4:30pm • Free - snacks included  
 Read or listen to "Harry Potter and the  
 Sorcerer's Stone" by J.K. Rowling  
 First four teens/preteens to register in person,  
 receive a free copy of the book!

**OCTOBER BOOK CLUB**  
 Oct. 13 • 10:30am • Free  
 Read or listen to "Chasing the Boogeyman" by  
 Richard Chizmar.

## Auto Hobby Shop

**SEPTEMBER'S FEATURED SERVICE -  
 MOTORCYCLE TIRE MOUNT AND BALANCE**

\$50 Per wheel - tire off  
 Prices vary - wheel on, de-  
 pending on type of  
 motorcycle. Includes tire  
 mount & balance, and check  
 tire pressures.




**DisneyLand**

**Stir-Crazy Comedy Club**  
 ARIZONA BROADWAY THEATER  
 Hurricane Harbor Park  
 Catalina Express  
 KNOTT'S BERRY FARM

Castles & Coasters  
 CRUISE LINES  
 San Diego Zoo and  
 Wild Animal Park

**TICKETS & TRAVEL**

I Fly Phoenix  
 Harkins and AMC Movie Theaters  
**SeaWorld** SAN DIEGO HARBOR EXCURSION  
 Legoland Eludusions  
 Arizona Science Center MEDIEVAL TIMES  
 MADAME TUSSAUDS  
 Universal Studios  
 LAS VEGAS PERKS  
 COUPON BOOKS

**Disney World** Orlando  
 PHOENIX RACEWAY K-1 Indoor Go-Kart Racing  
 OdySea Aquarium and Butterfly Wonderland

Wildlife World Zoo & Aquarium  
 SEDONA RED  
 ROCK JEEP TOURS

21st ANNIVERSARY

NEVER FORGET  
 9/11  
 FUN RUN

REPRESENT  
 YOUR  
 SQUADRON!

SEP. 9 • 6AM

Falcon Dunes Golf Course • Open to All • Free  
 Trophies for 1st-3rd place male & female runners

Sponsored in part by:

BlueCross BlueShield  
 THE JOINT chiropractic  
 FEP BlueDental

Fitness Center • Bldg. 820 -  
 623-856-6241  
 Facebook.com/LukeFitnessCenter

"No Federal endorsement intended"



Information Tickets & Travel • Bldg. 1500 • 623-856-6000  
 Facebook.com/LukeTicketsTravel

**Arts & Crafts**

**BEGINNING SEWING CLASS**  
 Sep. 10 • 10am - Noon • Sign-up by Sep. 8  
 \$35 includes all supplies • Ages 18 & older

**FALL FLORAL SIGN CLASS**  
 Sep. 17 • 10am - Noon • Sign-up by Sep. 15  
 \$35 includes all supplies • Ages 18 & older

**HEARD & PHOENIX ART MUSEUMS OUTING**  
 Sep. 22 • 9am - 2pm • Sign-up by Sep. 20  
 R4R single airmen and deployed family members only • \$5 each includes admission to both museums and transportation • Limited to 12 participants. Cost of lunch not included.

**POTTERY CLASS**  
 Sep. 24 • 10am - Noon • Sign-up by Sep. 22

\$35 includes all supplies • Ages 18 & older

**ACRYLIC PAINTING CLASS**  
 Oct. 8 • 10am - Noon • Sign-up by Oct. 6  
 \$35 includes all supplies • Ages 18 & older

**Youth Programs**

**START SMART SOCCER**  
 Tues., Oct. 11 - Nov. 15 • 4:30-5:30pm  
 Ages 3-5 • \$25 includes T-shirt • Limited to 15 participants • Sign-up Sep. 19 - Oct. 7.  
 Parents work one-on-one with their child. Sports physical, immunization record, and proof of flu shot required.

**BOYS & GIRLS YOUTH SOCCER LEAGUE**  
 Weds., Oct. 12 - Nov. 16 • 4:30-5:30pm  
 Ages 5(K)-15 • \$35 • Sign-up Sep. 16 - Oct. 7  
 Sports physical, immunization record, and proof of flu shot required.

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

**OCT. 1 • AGES 5-18**  
**FOWLER PARK • FREE**

Register Sep. 5-30 at: [2022youthprogramsakr.eventbrite.com](https://2022youthprogramsakr.eventbrite.com)

**Ages 5-6 • one-lap • 9am**  
**Ages 7-8 • two-laps • 9:05am**  
**Ages 9-18 • four-laps • 9:10am**

**Youth runners receive a free T-shirt**  
 (Youth can run alone or with a parent)

Youth Programs • Bldg 1143 - **623-856-7470**  
 Facebook.com/LukeYouthPrograms

**Tues. and Thurs. • Oct. 25 - Apr. 13 • 4:30-5:30pm**  
**Ages 5(K)-15 • \$50 • Sign-up Sep. 26 - Oct. 21**

Learn track & field fundamentals, sportsmanship, teamwork, and self-confidence  
 Sports physical, immunization record, and proof of flu shot are required

Youth Programs • Bldg 1143 - **623-856-7470**  
 Facebook.com/LukeYouthPrograms