

# AFTERBURNER

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# AFTERBURNER

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**Command Chief**

Chief Master Sgt. Clinton Dudley

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**U.S. Air Force Col. Reed Drake, 144th Fighter Wing commander (far left) and Chief Master Sgt. Clinton Dudley (far right), 144th Fighter Wing command chief, pose with the Outstanding Airman of the Year winners Nov. 4, 2017. This years wing winners are: Airman 1st Class Angela Her (not present), Staff Sgt. Alejandro Marlow, Senior Master Sgt. Troy Scott, Master Sgt. Larry Wright, Capt. April Partin, and Lt. Col. Christopher Ridlon. Winners will go on to participate at the state level competition. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)**

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## Commander's Comments

**By Col. Reed Drake**

*144th Fighter Wing Commander*



I am proud to announce Col. Daniel Kelly will be your new Vice Wing commander effective immediately. He has been an outstanding Maintenance Group commander for the last 11 months and will continue his standard of excellence in his new role. We have much work in front of us as we continue to define our normalized “battle rhythm” and Col. Kelly will be an excellent leader in that pursuit.

Lt. Col. John Lundholm will serve as the interim Maintenance Group commander as I look for a new commander who stands for excellence and is worthy of joining our 144th Fighter Wing team. Lt. Col. Lundholm has extensive experience in maintenance, serving as a

maintenance officer, Aircraft Maintenance Squadron commander, and most recently as the Maintenance Squadron commander; I am fully confident in his abilities to lead the group until a permanent Maintenance Group commander is hired.

Additionally, please congratulate Col. Mark Groves as he transitions to the 129th Rescue Wing, where he will serve as their Mission Support Group commander. Col. Groves has been a member of the 144th FW for 23 years and has been an outstanding Mission Support Group commander for my entire Wing commander tenure. He has always represented your interests well and will continue his standard of excellence at Moffett.

Like the Maintenance Group, I will start a nationwide search for our new Mission Support Group commander as soon as Col. Groves transfers to Moffett at the end of this month. In the interim, Lt. Col. David Jaurique will lead the Mission Support Group. Lt. Col. Jaurique joined our team in 2013 as the Logistics Readiness Squadron commander and has been instrumental in leading us through our conversion, and most recently, the unit inspection.

These are exciting times. Please congratulate Col. Kelly, Col. Groves, Lt. Col. Lundholm, and Lt. Col. Jaurique as we turn a new leaf of the 144th FW's senior leadership ranks.



# Chief's Corner

By Chief Master Sgt. Lynn Williams

Maintenance Operations Flight Superintendent



As we all know people come and go. Our team dynamics are in constant flux. You may see a new player or teammate brought in, and you may see this substitution break the rhythm of the team's mission focus. Just know leadership is aware that this type of turnover can be hard on mission accomplishment.

In a perfect world, it makes sense to minimize turnover, to bring in good people, help them succeed, and take pains to keep them. This is where you and your teammates play a key role in the process. Strengthen the team by way of positive influence to get the job done and win the fight!

Let the momentum of your positive influence start right now! Someone is going to come in contact with you that needs the best of what you have in order to give their best today. Don't underestimate the capability of your influence. It may not be your teammate that you're directly dealing with that receives the greatest impact from you; it may very well be the customer, family member or total stranger that is greatly impacted by someone because you gave your best!

Continue to do your part to help bring new teammates up to speed. Take them under your wing. Get to know them. Help them get

to know the wing and our mission priorities. Let them know how their contribution and achievements are critical to the overall success of the team. Build from this positive platform, and let your teammates know you have their back! Keep our units vibrant and motivated to meet the needs of our nation.

*"A team can't function well unless the members individually function well, and the performance of each person acts as a catalyst to the others"*

-Lt. Cmdr. Tom Schibler,  
U.S. Navy.

## Mind Your Vehicle on Base

By Staff Sgt. Christian Jadot

The 144th Security Forces Squadron is starting to ramp up inspections to enter, drive and park a vehicle on the Fresno Air National Guard Base.

If you use a private vehicle on base, you are required to have and carry a valid driver's license, valid and current vehicle registration and automobile insurance. You cannot use a vehicle on base if you are dealing with a driving under the influence or driving while intoxicated conviction. If you are given a restricted license from a DUI or DWI to drive to and from work you may still drive on base.

These requirements will be enforced by the 144th SFS through various measures. Random patrols will check license plate tags for currency and random driver's license inspections at entry control points.

If a vehicle is found to have an out of date registration, the owner of the vehicle's commander will be notified and proper actions will be taken. If the problem is not corrected within 30 days, the vehicle will no longer be allowed on base.

Parking on base is for short term only. The Fresno National Guard Base does not have long term storage for private automobile, trailers, recreational vehicles, boats or any other type of vehicle. If, during daily patrols, a vehicle appears to have been parked for storage purposes, the owner and commander will be notified and asked to remove the vehicle. If someone is on a long temporary duty assignment or deployment, you can obtain a TDY courtesy parking form from the 144th SFS. You will be able to store your vehicle with this form displayed on your dashboard.

These policies are in place to ensure the 144th Fighter Wing is in compliance with state and federal laws, military regulations and to manage limited parking on the Fresno Air National Guard Base.

# The 144th Defends the Night Skies

By Senior Master Sgt. Christopher Drudge

FRESNO AIR NATIONAL GUARD BASE, California – For the past week, the Airmen of the 144th Fighter Wing have been engaged in a slightly different training environment, darkness.

Not everything transpires during daylight hours, so this practice sharpens the pilots skills required during real combat operations.

Night missions are planned out thoroughly. The aviators of the 194th Fighter Squadron don't jump in the jet with night vision goggles on and take-off, they first go through the mission in simulators. In the sims, every aspect of the flight is programmed so the pilots know how to react to every situation from engaging the enemy to an electrical failure.

“We fly at night because that is most likely when the combatant commanders will employ the fighter aircraft to engage the enemy,” said Capt. Chris LaCroix, 194th Fighter Squadron pilot.

Spatial disorientation is one of the issues the pilots face during night time flights. The pilots train for this from starting in flight school and continue training throughout their careers. This training focuses them on the instrumentation and to trust what the data is telling pilot.

Night flying gives the pilots an opportunity to utilize special aircrew flight equipment to operate the F-15 Eagle fighter allowing them to locate targets and combat enemy aircraft. This equipment is prepared and tested by the Airmen in the Aircrew Flight Equipment work center.

U.S. Air Force F-15 Eagle fighter jets stand ready for a week of night flying at the 144th Fighter Wing Nov. 27, 2017. Night flying is an essential part of the 194th Fighter Squadron's training regiment to be ready to support combatant commanders around the globe. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

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Airmen from the 144th Fighter Wing perform pre-flight operations prior to the launch of a night flying mission Nov. 27, 2017. Night flying is an essential part of the maintainers' training to ensure the mission can be carried out day or night. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

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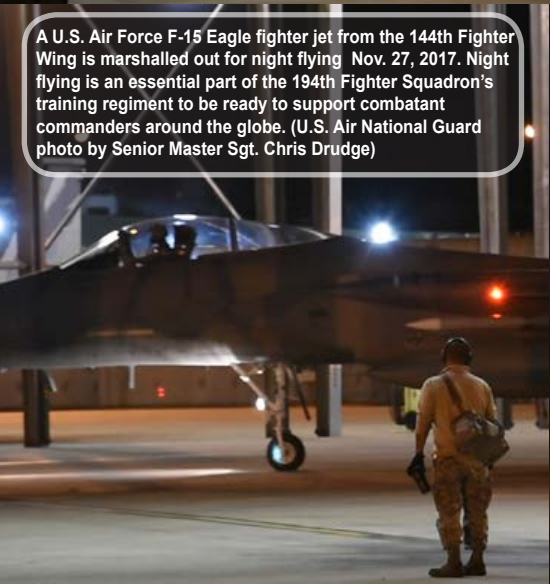
“The biggest adjustment we make is getting the night vision goggles prepared and ensure the pilots have any additional items they need to take with them on the flight,” said Master Sgt. Benita Johnson, 144th Operations Support Squadron AFE supervisor.

The 144th's primary mission with the F-15C Eagle is Air Superiority and that does not adhere to any time schedule or have any set hours. Night time training operations also help the maintainers sharpen their launch and recovery skills. Keeping these skills honed enables them to generate, launch and repair F-15 Eagles 24 hours a day if needed.

Switching to night operations does take a lot of logistical planning. Entire work centers have to ensure that the right manpower is adequate and available to perform the mission at hand. Airmen have to adjust their personal and professional lives in order to participate in this training environment.

The efforts made by all Airmen of the wing culminate in the essential training that the pilots are required to maintain proficiency with their night flying requirements.

“The training is an essential part of the Ready Aircrew Program. RAP tracks the type of sorties needed to be combat mission ready,” said Lt. Col. Cesar Gonzalez, 144th Aircraft Maintenance Squadron commander. “With their skills up to speed, the 194th Fighter Squadron pilots are able to provide combatant commanders the ability to complete vital missions, day or night anywhere in the world.”



A U.S. Air Force F-15 Eagle fighter jet from the 144th Fighter Wing is marshalled out for night flying Nov. 27, 2017. Night flying is an essential part of the 194th Fighter Squadron's training regiment to be ready to support combatant commanders around the globe. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)



A U.S. Air Force F-15 Eagle fighter jet from the 144th Fighter Wing takes off in afterburner for night flying Nov. 27, 2017. Night flying is an essential part of the 194th Fighter Squadron's training regiment to be ready to support combatant commanders around the globe. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)



## Squadron Airman of the Year Awards

By Tech. Sgt. Charles Vaughn

FRESNO, California -- More than 400 Airmen and guests of the 144th Fighter Wing came together at Tornino's Banquets Nov. 4 for a ceremony to honor the wing's top Citizen Airmen.

The nominees from the wing's various groups, squadrons and flights were also recognized for their outstanding contributions to the unit and its ongoing missions. Col. Reed Drake, 144th FW commander, recognized the Airmen and their families thanking them for their support.

"Thank you again for your contribution to another very successful year" he said. "Each of you make a difference in this wing and together we make the wing excel!"

The 144th Fighter Wing Outstanding Airmen are:

Airman of the Year: Airman 1st Class Angela Her, 144th Logistics Readiness Squadron

Noncommissioned Officer of the Year: Staff Sgt. Alejandro Marlow, 144th Communications Flight

Senior NCO of the Year: Senior Master Sgt. Troy Scott, 144th Aircraft Maintenance Squadron

1st Sgt. of the Year: Master Sgt. Larry Wright, 144th Maintenance Squadron

Company Grade Officer of the Year: Capt. April Partin, 144th Fighter Wing Headquarters Staff

Field Grade Officer of the Year: Lt. Col. Christopher Ridlon, 144th Operations Group

U.S. Air Force Master Sgt. Larry Wright, 144th Fighter Wing's 1st Sgt. of the Year award winner, is escorted by his wife Mei Ling Wright during the Wing's Outstanding Airman of the Year, Nov. 4, 2017. The Airmen nominated have gone above and beyond what is expected of them on the job and in their civilian life. Wing winners will go on to compete at the state level. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)

# Combined Federal Campaign Season

By 2nd Lt. Eric E. Jensen

The mission of the Combined Federal Campaign is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. The CFC is the world's largest annual workplace charity campaign, with almost 200 CFC campaigns throughout the world raising millions of dollars each year. Pledges made by donors during the campaign season (September 1st to December 15th) support eligible non-profit organizations that provide health and human service benefits throughout the world.

## What's New in 2017?

This year the CFC has implemented THREE major changes to contribution eligibility:

1. Drill Status Guardsman can now make yearly donations as opposed to years prior when DSGs could only make one lump sum donation. Members who wish to donate may now do so via credit card, bank account, or payroll.
2. Federal Retirees can now donate through CFC via bank account or credit card.
3. Members may now volunteer their time to a charitable cause of their choosing in lieu of a monetary donation.

## What to Expect?

Federal employees and military members have donated millions of dollars to help support efforts toward youth programs, disease awareness, Make a Wish, persons in need, and veterans assistance. You can expect your donation to have a positive impact on the lives of those in your community and throughout the country. Donations are entirely Tax Deductible!



### How you can contribute:

1. Visit [- 3. Click "Add" to Select a Charity and then click "Checkout"
- 4. Select your Payment method and Frequency
- 5. Review your Pledge
- 6. Print the Confirmation for your Records](http://opm.gov>ShowSomeLoveCFC</a> to Create an Account</li><li>2. Click )

GIVING PORTAL

### Questions?

144th CFC Point of Contact:

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# Help Make the 144th App Better

By Senior Master Sgt. Christopher Drudge

The 144th Fighter Wing's App has been out since early March of this year. It is still in its infancy and we are looking for suggestions to make it a better communication tool for the Airmen of the wing.

There have been significant changes made due to the recommendations of all the users. Other wings across the country are starting to use this same App. If you have a friend or colleague at another base and their App has a function that ours does not, let us know. With your input and patience, the 144th App can have the same useful functions.

Personnel have had concerns about the app permissions such as accessing contacts, email, photos and social media, but those are standard and required rights. The app only uses those parts of your phone when you decide to share a photo or comment on social media, or send an email to us through the app.

The app is hosted by Straxis with a heavily protected firewall. They go to great lengths to ensure that your devices are kept safe and secure.

The app is only going to be successful if it is used by as many Airmen as we can get to use it. The mobile app provides a new way for the wing to stay connected to you, its most valuable resource.

The last function that was introduced to the 144th FW App was "Groups." It's an easy way to connect and instantly communicate with a group the users set up.

Creating your own group is a simple process, but still requires review by Public Affairs to ensure that all operational security measures are kept within standards. The groups that are created are private and members can interact without exchanging contact information. For more information on creating a group, please contact us using the App.



# Coping with the Holidays

By Stephanie Grant, LCSW, Director of Psychological Health

The holidays are a source of stress for the majority of us, especially those who struggle with anxiety, depression, eating disorders and substance abuse. We are exposed to the many media messages of people smiling and laughing, spending time with family and friends, and receiving lavish gifts. The reality is that for some of us, the holidays are a sad and lonely time of year.

Many experience financial stress as they search for the perfect gift or cannot afford to buy their loved ones what they want. The truth is that most people don't get new vehicles with big red bows on them! In addition, images of joyful people being together with family, friends, and co-workers conflict with the reality that some of us dislike being around our family or feel stressed in social gatherings with lots of people, food and excitement. The merriment of decorations light up the neighborhoods, replacing natural sunlight as we hibernate in the warmth of our homes, causing many to experience the winter blues and some to experience Seasonal Affective Disorder.

With the season upon us here are ten tips to help you enjoy the holidays to the fullest by being realistic, planning ahead and seeking and using supports to help ward off anxiety and depression.

**Be aware and acknowledge your feelings.** If someone close to you has recently died or your loved ones cannot be with you during the holidays, it is normal to feel grief and sadness. It is ok to take time to cry or to express your feelings. You cannot force yourself to be happy just because it is the holiday season. Accept emotions and thoughts. The intensity of emotions will reduce over time. Be aware of negative thinking.

**Reach out.** If you feel lonely or isolated, seek out family, community support, religious activities or other social events. Volunteering your time to help others is also a good way to lift your spirits and broaden your friendships. When people feel depressed they often want to withdraw and isolate so it is important to take action by planning activities to be with other people.

**Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions often change. Choose a few to hold onto and be open to creating new ones.

**Set aside differences.** Try to accept family members and friends as they are even if they don't live up to all of your expectations. Set aside personal grievances until a more appropriate time for discussion.

**Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Stick to your budget. Don't try to buy happiness.

**Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus, make your shopping list.

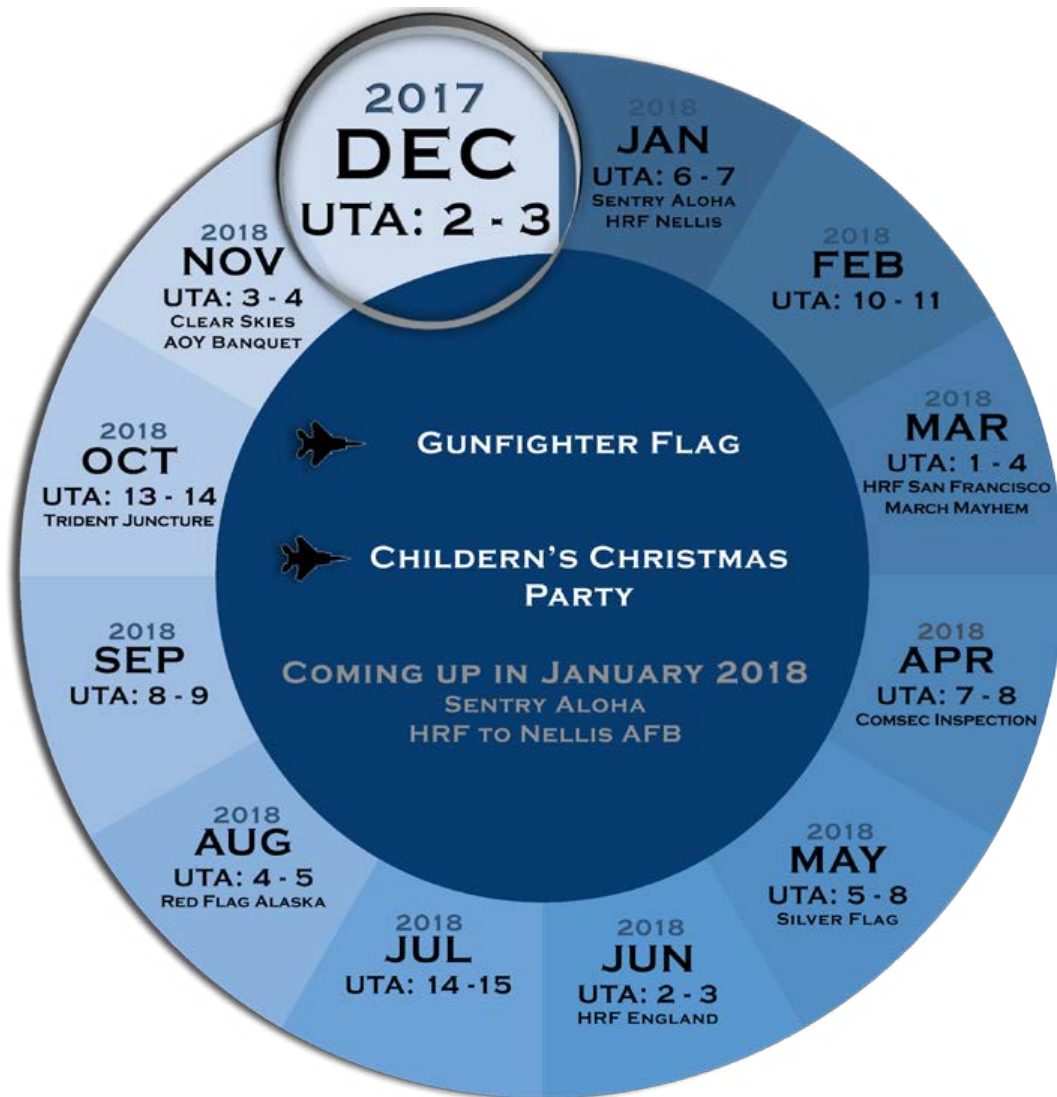
**Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

**Don't abandon healthy habits.** Don't let the holidays become a free for all with food and drinks. Overindulgence only adds to stress and guilt. Think before you drink, knowing your limits and committing to them.

**Take a breather.** Make some time for yourself. Spending even 15 minutes, without distraction i.e. cell phones, Facebook, media, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, being present, and slowly breathing and restoring inner calm, whether it is reading, going outside, cooking, tidying up, taking a walk, reading a book, listening to music, taking a hot bath/shower.

**Seek professional help if you need it.** Despite your best efforts you may feel persistently sad, anxious, plagued by physical ailments, unable to sleep, irritable and hopeless, or unable to face routine chores. If these feelings last for a while, talk to your doctor, chaplain or mental health provider.





# Upcoming Events & Announcements

## Legal

Legal Assistance is available on UTA weekends at the following times:

- Article 137 briefings held in the Chapel Sat. at 3 p.m.
- Sun. 9 a.m. - 11:30 a.m., walk-ins are available for deploying service members
- Please visit our website: <https://aflegalassistance.law.af.mil/las/las.html> to receive a ticket number to bring with you to your appointment

## Base Children's Christmas Party

- Base Children's Christmas Party will be on Dec. 6 in the DFAC at 6:30 p.m.

## Blended Retirement System Information Class

- A Blended Retirement System class will be held in the MSG classroom on Dec. 2 from 11:00 a.m. to 1:00 p.m. and Dec. 6 from 9:00 a.m. to 11:00 a.m.

### FIVE-STEP

BLENDDED RETIREMENT SYSTEM (BRS)  
CHECKLIST TO SUCCESS

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
<p><input type="checkbox"/> Determine your eligibility</p>	<p><input type="checkbox"/> Take the mandatory BRS Opt-In Course</p>	<p><input type="checkbox"/> Educate yourself on the BRS and use the BRS Calculator to analyze your estimated benefits.</p>	<p><input type="checkbox"/> Schedule an appointment to consult your installation personal financial manager/counselor</p>	<p><input type="checkbox"/> Make your decision between January 1, 2018 and December 31, 2018.</p>

[www.militarysaves.org](http://www.militarysaves.org)

# AFTERBURNER



## Mission Statement

**Federal Mission** - The 144th Fighter Wing is to provide Air Superiority in support of worldwide joint operations as well as Air Defense of the United States. Additionally, the wing provides agile combat support, and intelligence, surveillance and reconnaissance to combatant commanders around the globe. The Wing also provides a variety of homeland defense capabilities to U.S. NORTHCOM.

**State Mission** - The 144th Fighter Wing provides a variety of Defense Support of Civil Authorities (DSCA) capabilities to the Governor of California. Primary contributions include Ready manpower, reconnaissance assets, response to chemical, biological and radiological attacks, security, medical, civil engineering and command and control.



Mike Murphy, Merced mayor, and U.S. Air Force Col. Drake Reed, 144th Fighter Wing commander, take a moment for a photo after the wing's City of Honor aircraft dedication ceremony at the Fresno Air National Guard Base, Calif., Nov. 16, 2017. The Merced city shield was revealed on a U.S. Air Force F-15C Eagle fighter jet to honor the support from the local community. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

## Top 3 Priorities

### 1. BE READY TO DEPLOY AT A MOMENT'S NOTICE.

All 144th Fighter Wing Airmen will be combat ready whenever the Combatant Commander calls or a deployment tasking is assigned.

### 2. BE READY TO PERFORM OUR STATE MISSION.

All Airmen must be ready when the Governor calls and needs the support of the 144th Fighter Wing.

### 3. CONTINUE ALERT OPERATIONS.

We have a 24/7/365 alert mission -- we must flawlessly continue to execute that mission.