

AFTERBURNER

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AFTERBURNER

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Command Chief

Chief Master Sgt. Linda Brown

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Crowds gather around a static display of an F-15C Eagle fighter jet from the 144th Fighter Wing during the 2017 Open House held Oct. 14, 2017 at Fresno Air National Guard Base, California. More than 10,000 people from the local communities attended the 2017 Open House to learn more about the mission of the 144th FW. (U.S. Air National Guard Photo by Staff Sgt. Christian Jadot)

This funded monthly newsletter is an authorized publication for members of the United States military services. Contents of this newsletter are not necessarily the official views of, or endorsed by, the U.S. Govt., Dept. of Defense, Dept. of the Air Force, the National Guard Bureau, or the 144th Fighter Wing.

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Commander's Comments

By Col. John Blackburn

144th Medical Group Commander



My wife and I have been invited to a wedding in December. It is a big band, swing dance themed wedding. This presents quite a challenge for us because we are not dancers, let alone 'lead and follow dancing.' We decided to become proactive and take dance lessons with a group of friends also invited to the wedding. We did not want to be wall flowers at the wedding. We have learned a few steps, a few turns, some spins, and we have had a lot of fun. They see we are having fun with this whole experience. We are not fast, and we have to count the rhythm in our heads, but we enjoy it and we are getting better with each lesson.

As we proceed through our Tuesday night lessons, we practice without music to get the steps and movements down. We rotate partners so we don't get into habits of making the same mistakes. The others dancers in the class are at all levels of experience. Some are in the class to help those of us that are finding our rhythm, some have not danced in many years but are experienced, and some have different dance style backgrounds, but all bring a positive

attitude and willingness to learn and figure it out. At the end of the lesson there is a gathering of all the dance classes and a sharing of what we learned. Before anyone leaves, the swing music begins and everyone gets on the floor to practice what was learned that night and what we learned previously. Practice what you learned before you leave so you remember it for the next time. Just so you know, no one leaves early!

This struck me as a pattern for what we do at the 144th Fighter Wing. We have an invitation to participate in an exercise, to deploy, to use our talents and skills to participate in a mission. We have more experience in flying jets, maintaining them, in construction, in medical, in making the mission happen, but we constantly practice our skills. Each Group looks for ways to rehearse their specific mission to ensure members are ready to jump in and make things happen—to be in step with the rhythm of our mission. We have all levels of training and skills, and we share that with each other to spread knowledge, understanding, and readiness.

We are not a Fighter Wing that sits on the sideline, we get out on the floor and dance.

We lead the way, as shown by the efforts of all the Airmen through what we have accomplished over that last four years. Exceptional leadership at all levels has brought us through multiple inspections, training evolutions, deployments, drill weekends, HRF exercises and daily requirements. We don't miss a step, we stay with the beat, we lead the way, and we seem to always enjoy what we are participating in. Our ability to take on any and every task and assignment that comes our way speaks to the ability of our Wing to rise to any opportunity.

We continue to practice our steps to stay in rhythm. Those of us who come out on the weekend bring our outside skills with us to augment the Airmen working at the base every day. We are one team driven to success in all we undertake, and we are ready to go if called within 72 hours, we are ready to perform our State mission, and we Continue Alert operations. We don't miss a beat.



Chief's Corner



Chief Master Sgt. Clinton Dudley
144th Fighter Wing Command Chief

I would like to start off by introducing myself. I am Chief Master Sgt. Clinton Dudley. I was born in Nashville, Tennessee on December 31, 1973, but grew up in Vernal, Utah where I graduated from Uintah High School in 1992.

I started my military career right after graduation when I enlisted in the Delayed Entry Program and left for Air Force Basic Training in January 1993. I loved Lackland Air Force Base in Texas so much that I decided to stay for the Air Force Law Enforcement Specialist course.

My first active duty assignment was to Bitburg Air Base, Germany, where I was stationed for just under a year before the base was closed. I was then transferred to the 701st Special Security Squadron at Ramstein Air Base, Germany.

While at Ramstein, I was heavily involved with the Honor Guard, where I participated in over 200 events to include the 50th Anniversary of D-Day, World War II ceremonies, and the prestigious Order of the Sword.

I moved to the 162nd Fighter Wing in

Tucson, Arizona under the Palace Chase program when my time at Ramstein came to a close in 1996. My career encompassed a myriad of positions and assignments within the Security Forces career field ranging from the Phoenix Raven Course to the Combat Arms Apprentice course.

I have been on many overseas Temporary Duty Assignments to include a deployment to Bagram Air Base, Afghanistan in 2001 in support of Operation Enduring Freedom while stationed with the 152nd Security Forces Squadron, 162nd FW.

One of my more memorable moments of my career was when the National Guard Bureau hand-picked me to train the Air National Guard Defender Challenge Team in 2000. The challenge is a worldwide Security Forces event representing all major Air Force commands to include Australia and Great Britain.

I left Security Forces in 2004 and became a recruiter. In 2008, I became the Retention Office Manager and finally

became the Recruiting Office supervisor in 2010. I took all the experience I had amassed over the last 21 years and was selected as the Recruiting and Retention Superintendent for the California Air National Guard's Headquarters in Sacramento in March 2014.

I left Headquarters in 2015 and came to the Fresno Air National Guard Base as the Security Forces Manager with the 144th SFS until I was honored to be selected as your new Command Chief in October.

I do have a life outside the Air National Guard as well. In my free time I enjoy traveling, hiking, camping, and stand-up paddle boarding. I have been married to my wife, Debra, for 11 years and we have two sons, Brenden and Alex.

I am very passionate about leadership and development of the Airmen. My door is always open and I look forward to serving as your Wing Command Chief.

Congratulations!

To
**The 2017 Outstanding
Airman of the Year
Nominees**

*Airman 1st Class Andrew Funk,
Airman 1st Class Angela Her
Airman 1st Class Fernando Nateras
Senior Airman Nao Chue
Senior Airman Jonathan Martin
Senior Airman Jacob Reddick,
Senior Airman Jarrett Schott
Senior Airman Ramon Vasquez III
Senior Airman Patrice Wilborn
Senior Airman Adriana Wright
Staff Sgt. Michael John Cordova
Staff Sgt. Karressa Kerr
Staff Sgt. Alejandro Marlow
Staff Sgt. Jessica Pultz
Tech. Sgt. Micaela Aguiar
Tech. Sgt. Daniel Darby
Tech. Sgt. Blake Glazebrook
Tech. Sgt. Micaelah Tweedy
Tech. Sgt. Roger Van Tassel
Tech. Sgt. Albert Vasquez
Master Sgt. Barbara Clark*

*Master Sgt. Mark Crespo
Master Sgt. Vincent Di Primo
Master Sgt. Benita Johnson
Master Sgt. Glenn Marte
Master Sgt. Jesus Mata
Master Sgt. Joseph Villalobos
Master Sgt. Larry Wright
Senior Master Sgt. Emilano Avila
Senior Master Sgt. Christopher Drudge
Senior Master Sgt. Manuel Hernandez
Senior Master Sgt. John Milor
Senior Master Sgt. Troy Scott
2nd Lt. Eric Jensen
2nd Lt. Jason Sassano
Capt. Trevor Haagenson
Capt. April Partin
Capt. Chance Pasley
Maj. Katharine Corliss
Maj. Benjamin Leestma
Lt. Col. Jeremiah Cruz
Lt. Col. Christopher Ridlon*

144th FW Opens the Gates

By Staff Sgt. Christian Jadot

FRESNO, California -- The 144th Fighter Wing opened its gates to the local communities for the 2017 Open House Oct. 14, 2017 at the Fresno Air National Guard Base, California.

Several exhibits were available for public viewing and participation including an F-15C Eagle fighter jet static display, an F-16D Fighting Falcon static display, the historical aircraft display, a car show and various commercial vendors.

“We like to open up the gates to show the community what we do here at the 144th FW,” said Col. Drake Reed, 144th FW commander. “We are a community-based organization and it is very important that we let the people see what we do. It is great to get people to come out here to demonstrate the capabilities of the F-15 and show the great people we have at the wing. We are defending America right here in Fresno, and we are always ready to go anywhere in the world with 72 hour notice.”

Over 10,000 people from around the local area and beyond came to attend the 2017 Open House event and gained a greater understanding of the 144th FW's role in

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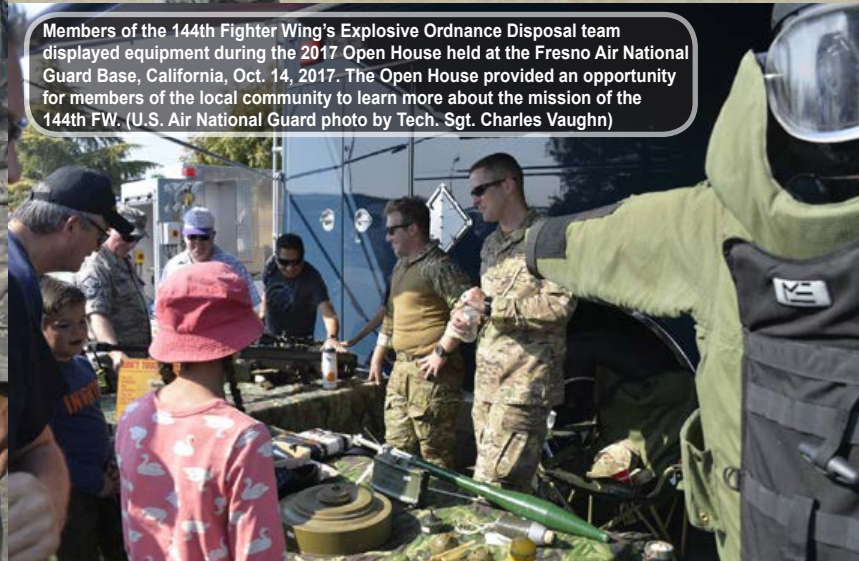
Members of the local communities viewed cars and aircraft on display during the 144th Fighter Wing's Open House held at the Fresno Air National Guard Base, California, Oct. 14, 2017. The Open House provided an opportunity for citizens to get a closer look at the mission of the 144th FW. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)

U.S. Air Force Staff Sgt. Pedro Aguilar, 144th Maintenance Group, explains how an F-15C Eagle fighter jet weapon system operates during the 2017 Open House held at the Fresno Air National Guard Base, California, Oct. 14, 2017. The 144th FW hosts an Open House every few years as an opportunity for the local communities to come on base and learn more about the mission of the Wing. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)



U.S. Air Force Airman 1st Class Whitney Harris, 144th Operations Support Flight intelligence, stands during a United Service Organizations music group performance during the 144th Fighter Wing's 2017 Open House Oct. 14, 2017 at the Fresno Air National Guard Base, California. (U.S. Air National Guard Photo by Staff Sgt. Christian Jadot)

Members of the 144th Fighter Wing's Explosive Ordnance Disposal team displayed equipment during the 2017 Open House held at the Fresno Air National Guard Base, California, Oct. 14, 2017. The Open House provided an opportunity for members of the local community to learn more about the mission of the 144th FW. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)



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national defense. "It is so nice to see the community interested in what we really do," said Senior Airman Joshua Chaplain, 144th Medical Group technician. "We are there for them and now they get to see what goes on behind the scenes. It is a great opportunity for us to meet with the community and find out what their concerns are, what they are interested in and to let them know what the Air National Guard does."

The 2017 Open House allowed an opportunity for attendees to get a closer look at the mission of the 144th FW.

"Going around and seeing the cockpits of F-15s and F-16s is pretty cool," said Alexie Stookey, an open house attendee. "It is just something I don't get to do every day."

A U.S. Air Force F-15D Eagle fighter jet from the California Air National Guard's 144th Fighter Wing piloted by U.S. Air Force Lt. Col. Rob Swertfager, Director of the State Partnership Program for California, with General Viktor Muzhenko, Chief of the General Staff of the Armed Forces of Ukraine, taxi back to base during a State Partnership Program incentive flight Oct. 26, 2017. The purpose of the SPP is to enhance military ties and strengthen partnerships with nations around the world. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

Ukraine Dignitary Visit Wing

By Master Sgt. Senior Christopher Drudge

FRESNO, California -- General Viktor Muzhenko, Chief of General Staff of the Armed Forces of Ukraine, and his delegation visited the 144th Fighter Wing Oct. 26, 2017 to see firsthand how the unit's maintenance and operations worked together to perform the Aerospace Control Alert mission.

California's partnership with Ukraine formed more than two decades ago. Their State Partnership Program began in 1993 following the collapse of the Soviet Union. Since then, the relationship between Ukraine and California has grown into more of a family rather than a partnership according to General Muzhenko.

The State Partnership Program is a Joint Department of Defense program managed by the National Guard, executed by the geographic combatant commands and sourced by the National Guard of the partner States. The SPP links a state's National Guard with a partner nation's military/security forces in a cooperative and mutually beneficial relationship.

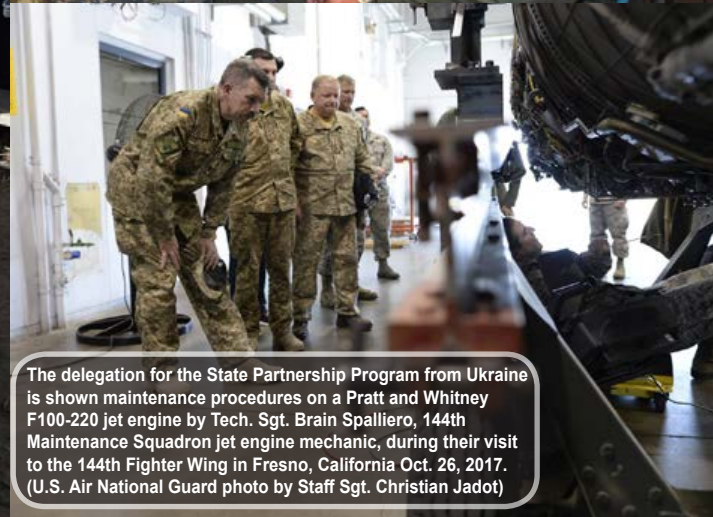
"The SPP is a vehicle for us to build diplomacy, increase capability across the world, and bring the U.S. closer to our partner nations" said Lt. Col. Rob Swertfager, Director of the SPP for California.

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U.S. Air Force Staff Sgt. Robert Hurst, 144th Civil Engineer Squadron firefighter, assists Col. Hennadiy Kovalenko, Chief of Directorate of the General Staff of the Armed Forces of Ukraine, with the jaws of life during an equipment demonstration at the 144th Fighter Wing in Fresno, California Oct. 26, 2017 on a State Partnership Program visit. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)



Ukraine General Viktor Muzhenko, Chief of the General Staff of the Armed Forces of Ukraine, has his flight equipment checked by U.S. Air Force Tech. Sgt. Ruben Madrigal, 144th Operations Support Flight Aircrew Flight Equipment technician during a State Partnership Program tour and incentive flight Oct. 26, 2017. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)



The delegation for the State Partnership Program from Ukraine is shown maintenance procedures on a Pratt and Whitney F100-220 jet engine by Tech. Sgt. Brain Spalliero, 144th Maintenance Squadron jet engine mechanic, during their visit to the 144th Fighter Wing in Fresno, California Oct. 26, 2017. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

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The National Guard is the perfect conduit for the SPP. Most Airmen and Soldier's careers are spent within the same state, if not the same units. This enables the partners to "grow-up" together forming a tight bond and comradery that can't be duplicated. The bond builds trust and this trust allows the U.S. government to display its commitment to our partner nations.

"The most important part of the SPP is realizing what a powerful instrument it is for our government to establish friendly relationships abroad," said Swertfager.

Over the last two decades, California has gone from sending a contingency of four or five people at a time to sending a group of 300 Soldiers and Airmen to convey tactics, techniques, and procedures to our partner nation.

"The State Partnership Program is highly beneficial and should be expanded in a larger scope and format. I am extremely confident that it will produce positive results for both Ukraine and the California National Guard," said Gen. Muzhenko.

Members of the 144th Civil Engineer Squadron take a moment for a photo op with Brig. Gen. Clay Garrison (center), Calif. Air National Guard commander, at the fire forward operating base in Sonoma County during their activation to help support firefighting efforts taking place throughout the entire state. (Courtesy photo)



144th Helps Fire Fighting

By Master Sgt. Adolph Dominguez, 144th CES

SONOMA COUNTY, California -- Six Airmen from the California Air National Guard's 144th Civil Engineer Squadron in Fresno were activated on Oct. 22, 2017 to support wildfire mitigation agencies in Sonoma County, California. The team's specific mission was to serve as a small maintenance team to deliver expedient base maintenance and construction 24 hours a day. The CES base support team was comprised of five different Air Force specialty codes and their area of responsibility covered 2 counties (Sonoma and Napa). With the small size and various trade backgrounds the team was able to maximize their effectiveness when executing their mission of providing fire forward operating base support.

After convoying six hours from Fresno to Santa Rosa the CES team hit the ground running when they were tasked to immediately bed down 50 Security Forces personnel within a dirt field that was temporarily supplied by a local construction company. The first 17 hour workday, including travel, incorporated the strategic placement of six Alaskan Shelter Systems, three generators, two light-cart's, six heating, ventilation and air conditioning units and the placement of over 300 feet of high voltage electrical cable. The mission proved to be a success and it set the bar for all future tasking's placed on the team while on their ten day activation.



144th HRF Trains For Disaster

By Staff Sgt. George Solis

SAN FRANCISCO, California -- A dirty bomb has gone off in a building in the downtown area of San Francisco Oct. 28, 2017. There's destruction, radiation being emitted, and people screaming for help. This was the scenario presented during a FEMA Urban Search and Rescue Task Force training exercise at the Treasure Island Training Facility just outside of San Francisco.

Several civilian and federal agencies participated in the exercise that included the San Francisco Fire Department, Oakland Fire Department, Alameda Fire Department, F.B.I and FEMA. Nearly 50 members of the Homeland Response Force team from the 144th Medical Detachment 1 participated in the event.

The HRF team from the 144th MedDet 1 was responsible for all the medical support during the exercise.

"The HRF team's job during the exercise was to stabilize, treat, and then evacuate casualties that were removed from a mass casualty incident," said U.S. Air Force Capt. Chance Pasley, 144th MedDet 1 medical plans officer.

The importance of these exercises revolve around the opportunities that the HRF can come out and integrate with their civilian counterparts. This assists in becoming familiar with who they are and what each can learn from one another.

"If something were to happen, our civilian counterparts have the confidence in our abilities and know they have the ability to call on us when needed," Capt. Pasley added.

According to Capt. Pasley, the 144th MedDet 1 HRF team tries to participate in at least two collective training exercises per year in a mass casualty incident.

U.S. Air Force Maj. Benjamin Bonnes, 144th Medical Detachment 1 physician, assesses a moulage victim during a FEMA Urban Search and Rescue training exercise held at the Treasure Island Training Facility Oct. 28, 2017. The exercise simulated a dirty bomb going off in a commercial area of San Francisco. The use of moulage volunteers created a level of realism to enhance the training environment. (U.S. Air National Guard photo by Staff Sgt. George Solis)

“The Root of Joy is Gratefulness”

By Stephanie Grant, LCSW, Director of Psychological Health

With Thanksgiving almost upon us we will soon take time to reflect on what we are thankful for. The benefits of this simple act can offer benefits throughout the year. For decades, researchers have studied the effects of thankfulness on psychological health, physical health, and relationships finding that there are substantial benefits. According to Robert Emmons, a leading expert on gratitude, individuals that habitually practice gratitude report numerous benefits:

Physical - improved immunity, less bothered by aches and pains, lower blood pressure, exercise more and in better health, sleep longer and wake up refreshed.

Psychological - more positive emotions, more alert, more joy and pleasure, more happiness and optimism

Social - more forgiving, more outgoing, more helpful, generous, and compassionate, feel less lonely and isolated. Gratitude allows us to enjoy the present. When we are thankful and appreciate what is happening in our current situation we give it meaning and value. We are less likely to take life for granted.

Gratitude blocks negative emotions. Experts agree that people who have high levels of thankfulness exhibit low levels of envy

and resentment. Grateful people are more resilient and stress resistant. A number of studies show that individuals with a grateful demeanor are able to deal with difficult circumstances and recover much quicker.

Grateful people feel better and have a higher sense of self-worth. When you are grateful you can see the contributions that others have made in your life and the value that others place on you. This process can be transformative in helping us keep a positive attitude about our place in life.

There are some simple strategies that we can utilize to help us maintain a grateful attitude. We can keep a gratitude journal and list five things we are grateful for each week. It helps us to focus our attention intentionally on the positive aspects of our life. Another simple idea is to practice counting our blessings on a consistent basis such as first thing in the morning or before you go to bed at night. Practicing gratitude does not have to be written down on paper to work.

Another strategy is to “pay it forward” and think of ways that you can help someone in need. When we focus our attention on others who are less fortunate it helps cultivate our sense of thankfulness. Consistently practicing an attitude of gratitude can have a profound effect on how we live our life each and every day.

Trunk or Treat!

By Dorene Vierra, 144th FW Family Readiness

Family Readiness Volunteer Carolyn Chase coordinated the 1st Trunk or Treat Event for the 144th Fighter Wing on Oct. 29, 2017. Over 25 vehicles participated in the decorating contest. The first place winner was, the massive pirate ship included buried treasure in real sand in the trunk, a cannon, a pirate’s treasure chest filled with treats, sails, themed music, and a fully dressed crew. The second place winner was a nether portal from the world of Minecraft trunk, which had plenty of features including a black light, activity center for kids to build Minecraft blocks, and several other hidden treats. The third place winner was Beauty and the Beast, which showed so much creativity. It was a great event at the Wing.



Upcoming Events & Announcements

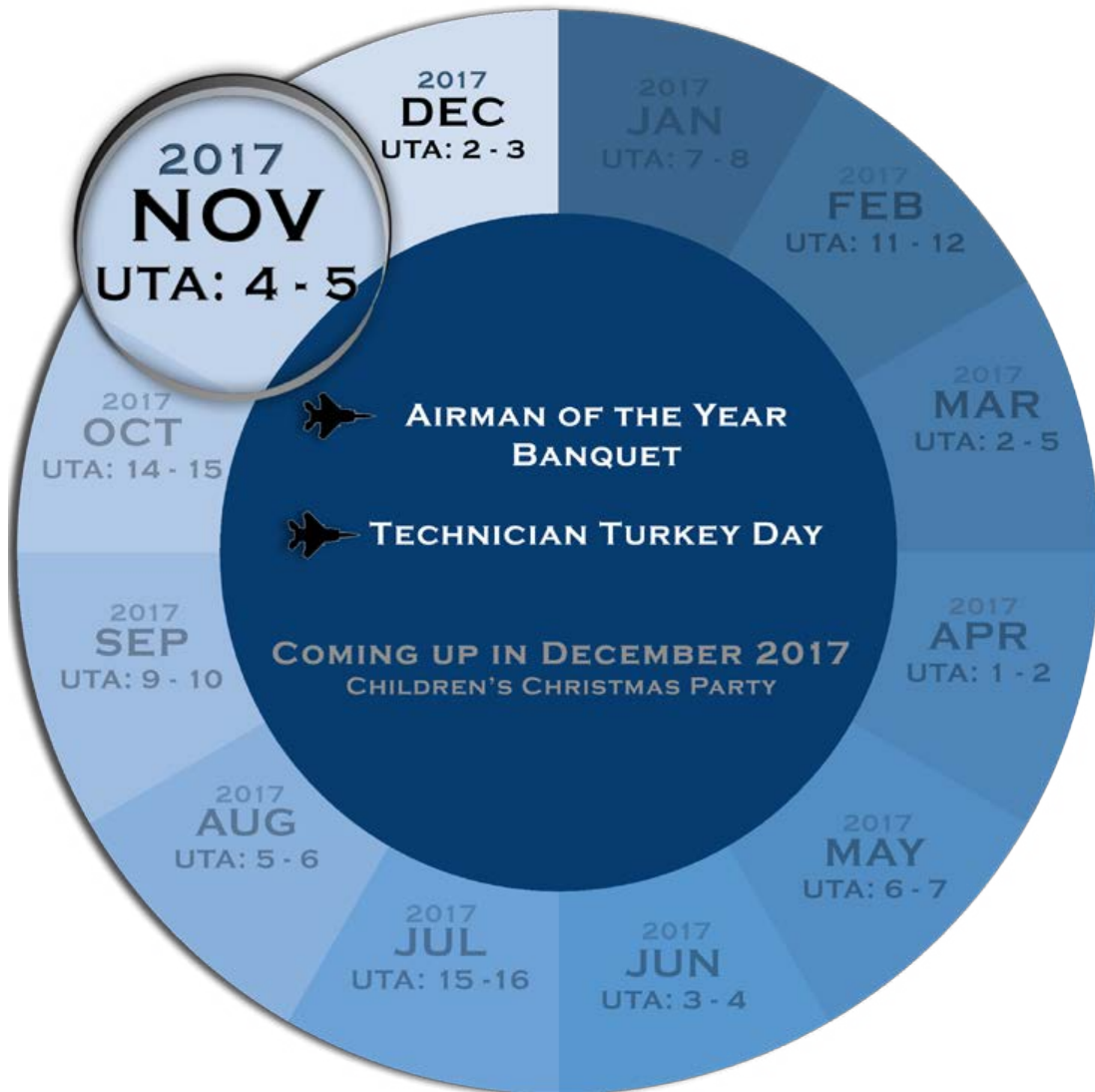
Legal

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/lass/lass.html>
to receive a ticket number to bring with you to your appointment

Health Fair

- Our health fair will be on Nov. 8 in the DFAC from 12:30 p.m. to 2:30 p.m.
- 2017 Federal Benefits Open Season will be from Nov. 13 to Dec. 11
- <https://www.abc.army.mil/FederalBenefitsOpenSeason.html>



144 FW Children's Christmas Party
When: **December 6, 2017**
Where: **Base Dining Facility**
What: **Santa Claus, snacks and photo booth**
Time: **1830 - 2030**

POC: MSgt Gonzalez 454-5258
And MSgt Lopez 454-5130
Please deliver all gifts to Airmen & Family
Readiness Office 454-5383
(Wing Building/across from customer service)
NLT 1600, 6 December 2017

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.



(Top) The 144th Fighter Wing was honored to fly a four ship fly over for the opening game of the 2017 Major League Baseball World Series at Dodgers Stadium in downtown Los Angeles. (Courtesy photo by Matt Hartman)

(Bottom) The Airmen of the 144th Fighter Wing who were involved with the Game 1 World Series fly over were brought on the field at Dodgers Stadium and recognized in front of more than 50,000 people. (Courtesy photo by Daniel Quezada)

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.