

AFTERBURNER

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AFTERBURNER

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U.S. Air Force Lt. Col. Chris Corliss, 144th Fighter Wing pilot, checks the weapon systems on an F-15C Eagle fighter jet before his flight during the Weapon Systems Evaluation Program Sept. 18, 2017 at Tyndell Air Force Base, Florida. The WSEP's purpose is to evaluate a unit's ability to effectively deliver munitions through all stages, from ammo build to weapons loading to the actual launching or dropping of the weapons from the aircraft. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)

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Commander's Comments

By Col. Sean Navin

144th Fighter Wing Vice Commander



It's time to say goodbye!

Where has the time gone? Seems like just yesterday (1997) I was arriving in Fresno, to start my assignment as an F-16 pilot. I remember walking into the base club (yes, back in the day we had a base club) and seeing a sign "the animals." I quickly moved past that table of crazies, and bought a drink. They in turn demanded I try some hot sauce from Mexico or I'd have to leave. I tried it and still have a few tears running down my face from the heat. Recommend you stay away from that retired group. Next thing I know, I'm in Panama at Howard AFB sitting alert with a pager attached to my belt for scramble notifications. A few years later were running around Prince Sultan Air Base, Saudi Arabia trying not to get taken out by the

giant camel spiders. Next up, 9-11 and many months of flying 24/7 to defend our way of life and our freedoms. Finally, in about 2004, we start to get into a semi-normal battle rhythm of two TDY's per year, Alert, Outstanding Airman of the Year banquet, and parties.

This is where we are today, moving the base into post UEI/ TSP/Conversion, and into a normal battle rhythm. It's not easy with all the demands on the mission sets the 144th Fighter Wing provides to transition to a consistent battle rhythm the base can depend on, but Col. Drake and I are committed to trying our best to make this happen. A reminder you are our greatest sounding board. I walk around the base often, and speak with our Airmen, and love to get feedback on how things are

going (good and bad). Getting honest feedback on the tempo of our base provides invaluable information to us a decision makers when we're plotting out another year of events. So, please keep it coming ... normal battle rhythm has arrived and we need your help and feedback to keep it that way.

Finally, I leave the 144th FW this weekend to become the Wing Commander of the 163rd Attack Wing in Riverside, California. The 144th FW has provided me, and my family 20 years of the greatest friendship, support, and memories one could ever ask for. I could spend the next decade saying thank you and it wouldn't be enough to tell you all how much you mean to me. So I won't, I'll just say a heartfelt thank you, and I'll miss you all.

2017 Outstanding Airman of the Year Banquet



November 4th at Tornino's

1800 No Host Bar
1900 Dinner
2130 Dancing



E-1 to E-4 \$20
E-5 & E-6 \$30
E-7 & Up \$40
*Complimentary photo for
E-4 & Below*

Sign up through your orderly room!



Chief's Corner

By Chief Master Sgt. Linda Brown
144th Fighter Wing Command Chief



As my time as Command Chief comes to an end, I am filled with pride in the accomplishments of our men and women of the 144th Fighter Wing, and I am humbled to have had the opportunity to serve with each of you. This has been a great journey, and what a journey!

As I reflect back over my tenure, I can't help but sing your praises. We successfully came through the conversion, came up on Alert in record time, successfully completed our validation event at Red Flag to be Fully Operational Capable, and then successfully deployed a few months later with a large footprint in support of Operation Atlantic Resolve.

In the scope of the last five years, we were tasked with a number of deployments, some longer than others involving Security Forces, Civil Engineering, Fire Department, Force Support, Public Affairs, Logistics Readiness and Maintenance personnel.

Through your dedication and hard work we proved ourselves mission ready as demonstrated through our capstone Unit Effectiveness Inspection and Air Force Operations Activity/Alert Force Evaluation inspections, Homeland Response Force and Joint Reception and Onward Staging Integration validation/certification. We were also tasked by our Governor for wildfire and natural disaster support, you were and always remain ready!

Even though we have been extremely busy ensuring we meet our Top 3 Priorities; be ready to deploy at a moment's notice, be ready to perform our State mission, continue Alert Operations 24/7/365, we continue to be deeply rooted in our local and surrounding communities supporting numerous events along with many Wing functions.

Our Recruiters were also very busy this year reaching our 100%

total manning goal, the only Wing in California who achieved this goal. With this great achievement, they received several awards; the California Air National Guard's Commander's Cup for excellence in Recruiting and Retention, California Air National Guard Strength Management Team of the Year and California Air National Guard Rookie Recruiter of the Year awarded to Tech. Sgt. Washington. This is just another example of the caliber of Airmen we have in our Wing.

Keep challenging yourself personally and professionally to be the best that you can, you demonstrate your professionalism every day through your dedication to excellence in all that you do. I quote Shakespeare, who said, "All's well that ends well." My time here now ends extremely well. Thank you. I wish all of you every success for the future, stay safe and maintain the passion!



144th Fighter Wing Weapons Test

By Master Sgt. David Loeffler

Tyndall Air Force Base, Florida-

Over 100 California Air National Guardsmen assigned to the 144th Fighter Wing, out of Fresno, California, deployed to Tyndall AFB, Florida to participate in the Weapon Systems Evaluation Program, September 8th through the 24th.

Although delayed by Hurricane Irma, the team from the 144th FW put it

into high gear to make the most of the training opportunity where the smallest ground crew action to the firing of live AIM-120 missiles is closely observed and scrutinized to make for a more effective fighting force.

“This has been an outstanding WSEP, the best one I’ve seen and been a part of,” said Lt. Col. Cesar

Gonzales, 144th Aircraft Maintenance Squadron commander. “We have fired 34 missiles and have validated that our aircraft are ready to go. It proves that we are lethal up in the air.”

Tyndall is home to the 83rd Fighter Weapons Squadron which conducts the Air Force Air-to-Air Weapon System Evaluation Program. The

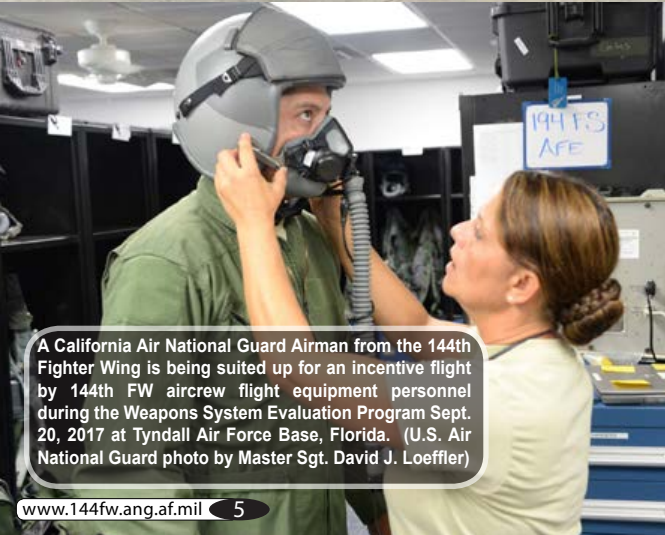
squadron evaluates the total air-to-air weapons system including aircraft, aircrew, support equipment, technical data and maintenance actions.

“We’re here at WSEP really testing the three main weapons of the F-15C,” said Lt. Col. Chris Corliss, 144th Operations Support Flight commander. “It helps build proficiency for the *(continue on pg. 5)*

A U.S. Air Force F-15C Eagle fighter jet assigned to the 144th Fighter Wing takes off during the Weapons System Evaluation Program Sept 20, 2017 at Tyndall Air Force Base, Florida. During WSEP the 144th FW fired 34 live missiles worth more than \$18 million and 3,000 rounds of 20mm ammunition. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)



California Air National Guard maintenance personnel from the 144th Fighter Wing remove a jet engine from an F-15C Eagle fighter jet during the Weapons System Evaluation Program Sept. 20, 2017 at Tyndall Air Force Base, Florida. The WSEP's purpose is to evaluate a unit's ability to effectively deliver munitions through all stages, from ammo build to weapons loading to the actual launching or dropping of the weapons from the aircraft. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)



A California Air National Guard Airman from the 144th Fighter Wing is being suited up for an incentive flight by 144th FW aircrew flight equipment personnel during the Weapons System Evaluation Program Sept. 20, 2017 at Tyndall Air Force Base, Florida. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)



A California Air National Guard Airman from the 144th Fighter Wing transports a missile to be loaded during the Weapons System Evaluation Program Sept. 20, 2017 at Tyndall Air Force Base, Florida. During WSEP the 144th FW fired 34 live missiles worth more than \$18 million and 3,000 rounds of 20mm ammunition. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)

(continued from pg. 4)

pilots, confidence in the pilots and confidence in the equipment we are shooting. The data comes back from the shots which allows us to replicate and train to realistic scenarios. When we go to combat we will know what we are facing and how to react to it. "

During the two week exercise both, ground crews and the F-15C Eagle pilots gleaned valuable insight that prepares them for real world contingencies.

"As a first time shooter at WSEP, it gave me the opportunity to see the missile come off the rail and the confidence that when I hit the pickle button, the missiles are going to work and all the systems on the jet are going to function as well," said 1st Lt. Sean Rabenau, 144th FW F-15C Eagle pilot. "It was awesome! It was a bigger jolt then I thought it would

be. The missile came off the rail and started tracking the target. It was sweet!"

The 144th FW participates in WSEP every two years and flies against similar and dissimilar aircraft. During sorties multiple aircrafts from F-22 Raptors to F-16 Falcons rapidly launch into the skies of the Gulf of Mexico as ground crews prep jets, ammo personnel deliver munitions and weapons personnel load missiles with lightening like speed.

"When I know the jets are able to go out and shoot actual missiles, and when they come back and I see that those missiles have been utilized, it's quite an accomplishment for me," said Tech. Sgt. Alan Young, 144th FW crew chief. "The teamwork from the 144th FW has shown that if our jets have to put missiles down range, for whatever the reason, they are ready and capable."

144th DNA

By Lt. Col. Cesar Gonzales

The Weapons System Evaluation Program at Tyndall Air Force Base, Florida provided a first for the Pearson family. It was the first temporary duty exercise for Senior Airman Andrew Pearson and his sister, Airman 1st Class Rebekah Pearson, to work together outside of the 144th Fighter Wing in Fresno, California.

Andrew is an F-15C Eagle Aircraft Integrated Avionics Journeyman and Rebekah is an F-15C Eagle Aircraft Armament Systems Apprentice for the 144th Aircraft Maintenance Squadron.

The siblings' call to service runs deep in the Pearson blood, since their father, David, served as a crew chief for the 144th AMXS when Fresno flew the F-16 Fighting Falcon. In AMXS, there are three career fields: crew chiefs, avionics, and weapons. The Pearsons not only represent all three of the Air Force Specialties, the wife and mother, Karen, has been a key volunteer for AMXS for the last three years.

Andrew Pearson, a hard charging young Airman, joined the unit in December of 2013 and has been on three TDYs and one three month deployment to Romania. Being dispatched by his supervisor to lead crews to repair broken aircraft and then *(continue on pg. 6)*

California Air National Guard Senior Airman Andrew Pearson, 144th Aircraft Maintenance Squadron integrated avionics journeyman and Airman 1st Class Rebekah Pearson, 144th AMXS aircraft armament systems apprentice, maintain an aircraft together during the Weapons System Evaluation Program Sept. 20, 2017 at Tyndall Air Force Base, Florida. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)





(continued from pg. 5) providing good aircraft to the pilots topped Andrew's memorable moments for the deployment to Europe.

"Knowing that I left that footprint on our mission and our NATO allies over there was the best," said Senior Airman Pearson. "Whether we are defending the West Coast or overseas, the F-15C is a very complicated machine that is dependent on critical avionics systems for its lethality and survivability."

Rebekah Pearson is the youngest member from the weapon's shop to be part of the most recent WSEP. Her first TDY to Tyndall AFB for WSEP is considered to be the super bowl for armament systems personnel. During the evaluation exercise, Rebekah helped contribute in over 350 missile downloads and uploads to support the live fire missions.

"It's an accomplishment," said Airman 1st Class Pearson. "I didn't think I could contribute like this so early in my career."

Thanks to the contributions of the Pearson family and everyone else involved, the 144th FW was able to validate the 4th generation aircraft weapons systems on the California Air National Guard's F-15C Eagles.

California Air National Guard Senior Airman Andrew Pearson, 144th Aircraft Maintenance Squadron integrated avionics journeyman, and Airman 1st Class Rebekah Pearson, 144th AMXS aircraft armament systems apprentice, pose for a photo during the Weapons System Evaluation Program Sept. 20, 2017 at Tyndall Air Force Base, Florida. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)

Keep Yourself Mentally Strong

By Stephanie Grant, LCSW, Director of Psychological Health

The resilience initiative Comprehensive Airman Fitness (CAF) is built on a set of foundational skills that foster optimal performance, mental toughness, strong leadership, and goal achievement. The skills from all CAF domains (mental, spiritual, physical, social) are designed to help you take action on your goals and values, acknowledge and accept counterproductive thoughts so you can focus on taking effective action, and increase your awareness of strengths so you can cultivate awareness of positive events. Considering specifically the mental domain of CAF, Psychologist Amy Morin suggests 18 ways you can train your brain to run at its peak.

1. They practice gratitude

Counting their blessings instead of their burdens helps mentally strong people keep life in perspective. Their choice to be grateful shines through in their mood and behavior.

2. They retain their personal power

Mentally strong people don't give negative people power over them. They refuse to blame anyone for holding them back or dragging them down.

3. They accept challenges

Mentally strong people view adversity as an opportunity to grow stronger. With each obstacle they overcome, they gain confidence in their ability to become better.

4. They focus on the things they can control

Mentally strong people stay productive and effective by focusing on the things they can control. Rather than waste their energy worrying about whether a storm will come, they invest their efforts into preparing for it the best they can.

5. They set healthy boundaries

Creating healthy emotional and physical boundaries gives mentally strong people the room they need to grow. They're willing to say no, even if it means disappointing others.

6. They take calculated risks

Mentally strong people balance their emotions with logic to calculate the risks they face. They're willing to step outside their comfort zone and seek opportunities that will help them reach their goals.

7. They make peace with the past

Mentally strong people reflect on the past so that they can learn from it, but they don't dwell on it. They refuse to live a life of regret, and they are able to let go of grudges.

8. They learn from their mistakes

Mentally strong people focus on learning from their mistakes. They accept full responsibility for their behavior and choose to move forward in a productive manner.

9. They create their own definition of success

Rather than resent other people's good fortune, mentally strong people feel free to share in their joy. They recognize that other's achievements don't diminish their own.

10. They view failure as an opportunity for growth

Failure is part of any long journey toward success. Mentally strong people accept this and choose to use each failure as an opportunity grow wiser.

11. They set aside time to be alone

Mentally strong people take time to be alone with their thoughts. Whether they write in a journal, practice meditation or prayer, or sit silent and reflect, they now a little solitude is essential to their well-being.

12. They accept full responsibility for their lives

Mentally strong people create opportunities for themselves. They don't waste time waiting for the world to give them what they think they're owed.

13. They practice perseverance

Mentally strong people know that the best things in life are worth waiting for. They exercise patience and persistence as they strive for their goals.

14. They modify their unhealthy beliefs

Mentally strong people refuse to allow self-limiting beliefs to restrict their potential. They understand their minds can be their best asset or their worst enemy.

15. They expend their mental energy wisely

Instead of complaining about things they can't change or rehashing events that already happened, mentally strong people devote their energy to productive tasks. They don't waste limited resources like time and energy on things that aren't helpful.

16. They practice realistic optimism

Mentally strong people talk to themselves like a trust coach. They refuse to believe pessimistic predictions and don't allow themselves to become overconfident.

17. They tolerate discomfort

Mentally strong people aren't afraid to endure a little pain. Whether they keep running when their legs are tired or they resist instant gratification, these people practice self-discipline even when it's uncomfortable.

18. They stay true to their values

Mentally strong people keep their priorities in line with their beliefs. They're courageous enough to live according to their values, even when it's not the popular choice.

Upcoming Events & Announcements

Legal

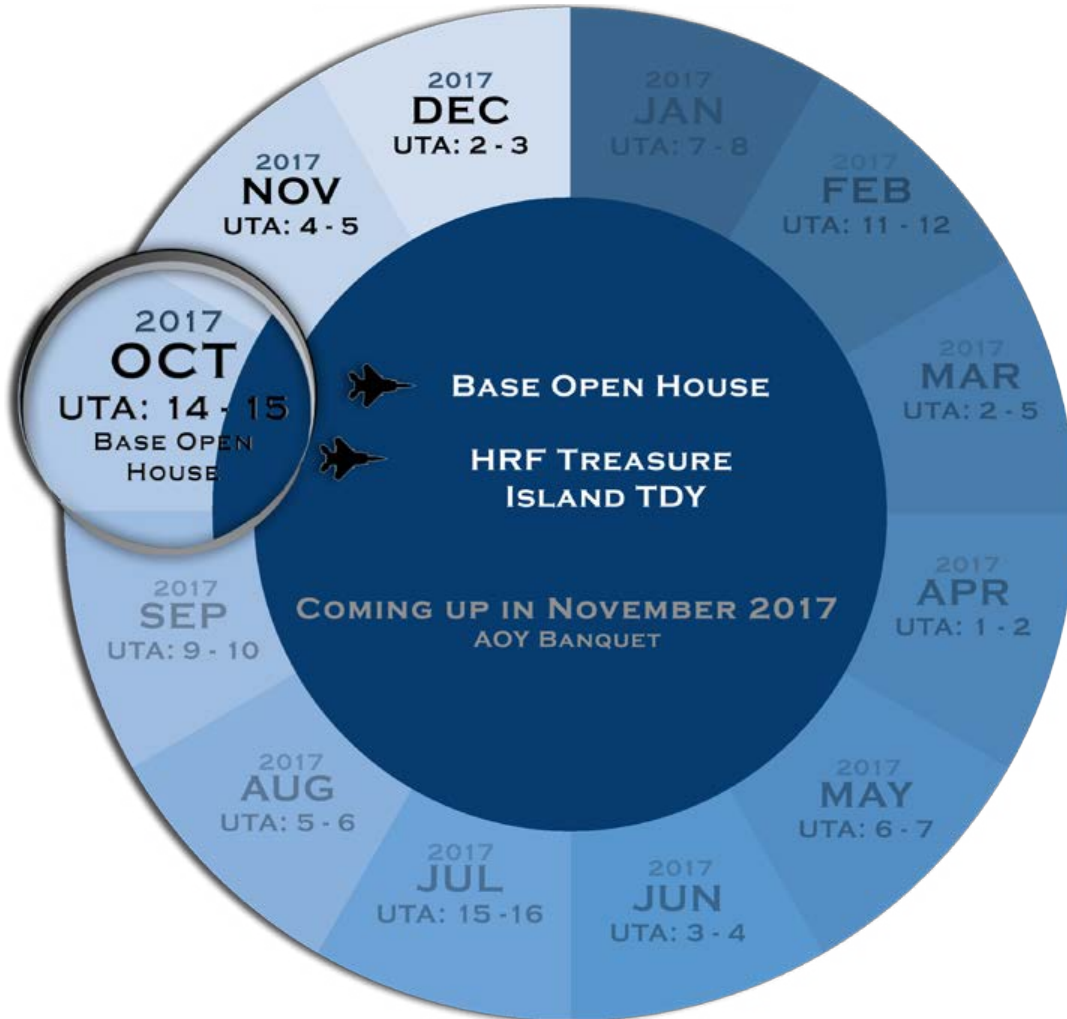
- Legal Assistance is available on UTA weekends at the following times:
- Article 137 briefings held in the Chapel Sat. at 3 p.m.
- Sun. 9 a.m. - 11:30 a.m., walk-ins are available for deploying service members
- Please visit our website:
<https://aflegalassistance.law.af.mil/lass/lass.html>
to receive 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>

Airman of Year Banquet

- This year the banquet will be on Sat., Nov. 4, at Tornino's
- Ticket prices are: \$20 - AMN, \$30 - NCO, and \$40 - SNCO & Officers
- Sign up can be done through your orderly room
- Complimentary photo for all E-4 and below
- Deadline to sign up is Tuesday, Oct. 31



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.



U.S. Air Force Col. Reed Drake, 144th Fighter Wing commander, has a bucket of water poured on him by Senior Master Sgt. Christopher Drudge, 144th FW public affairs, during the 2017 Combat Dining In, Sept. 9, 2017 at the Fresno Air National Guard Base, California. A Combat Dining In's purpose and goal is to enjoy a relaxing evening of esprit-de-corps and camaraderie in the company of your peers. (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.