AFTERBURNER

Vol. 9, Issue 1

A Publication of the 144th Fighter Wing Public Affairs Office

January 2018



AFTERBURNER

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The 144th Fighter Wing participated in Operation Quick Draw December 21, 2017. The operation was the wing's first ever large-scale aircraft generation exercise. The 144th FW was able to generate 16 of 16 F-15 Eagle fighter jets with only a 24hour notice. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

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This newsletter may use materials supplied by the Armed Forces Press Service, the Air Force News Service and the Air Combat Command News Service.

The editorial content is edited, prepared and provided by the Public Affairs office, 144th Fighter Wing. Submissions are subject to editing. Full names, rank, titles and contact phone number must accompany all submissions.



The mission of the U.S. Air Force, and the 144th Fighter Wing, is to Fly, Fight, and Win in the air, space and cyberspace. Over the past 18 months together we have all honed our combat skills to create one of the most effective warfighting teams that I have ever had the privilege to be a part. In establishing our Air Superiority "Battle Rhythm," we have harmonized the efforts of all of the groups and squadrons across the wing, and the USAF has taken notice.

We are ready.

With the start of the New Year. let's take a few moments to contemplate what that means for all of us in 2018. Last month President Trump published his new National Security Strategy (NSS). Simply put the new NSS puts "America First." It also recognizes that we live in a competitive world and explicitly asserts that "China and Russia challenge American power, influence. and interests, attempting to erode American security and prosperity. At the same time the dictatorships of the Democratic People's Republic of Korea and the Islamic Republic of Iran are determined to destabilize regions,

threaten Americans and our allies and brutalize their own people." It goes on to proclaim "these competitions require the United States to rethink the policies of the past two decades – policies based on the assumption that engagement with rivals ... would turn them into benign actors and trustworthy partners. For the most part, this premise turned out to be false."

Commander's

Comments

By Col. Steven Early

144th Operations Group Commander

The NSS also reasserts American leadership. From the NSS "we learned the difficult lesson that when America does not lead, malign actors fill the void ... when America does lead, however, from a position of strength and confidence and in accordance with our interests and values, all benefit."

What we can take away from this new strategy is the current administration will be more proactive with utilizing all the instruments of national power - Diplomatic, Informational, Economic and the Military - to quickly reassert and reestablish American dominance on a global scale. And with the start of 2018, we are starting to see the manifestations of this new assertive NSS. 2018 will be busy.



On Wednesday we sent out our ADVON team to Hawaii for Sentry Aloha 18-1. In addition this week the Wing is conducting a formal aircraft sortie generation exercise to evaluate our ability to rapidly generate combat power and get the F-15Cs to Hawaii.

At Sentry Aloha we will integrate with the Hawaii ANG F-22s to work on our F-22/F-15C Fighter Integration (FI) tactics. This is a special Sentry Aloha as the 18th Aggressor Squadron from Eielson AFB will be at JB Hickam providing all of the adversary air. The 18th AGRS are true professionals and will simulate the most advanced threats we could encounter in combat. Then in March 2018 we will be attending Red Flag 18-2 at Nellis AFB.

Again we will be flying all Blue Air and this time fighting against the 64th Aggressor Squadron from Nellis. This will be another opportunity to fly FI sorties with F-22s but this time in a Large Force Employment (LFE) scenario and against the robust threat array of the Nevada Test and Training Range. Later in the summer, we are scheduled to attend Red Flag Alaska 18-3, to fly in PACOM missionized

Commander's Comments Continued

array and work FI with the Alaska F-22s. Both Red Flags are designed to test our mettle in the "highend" fight, where we "make our money" in the Air Superiority mission set.

In October 2018 we will then be traveling to Europe to fly in both the Ukraine and Norway. The "Clear Skies" exercise will give us the opportunity to integrate with the Ukrainian Air Force, our main State Partnership Program partner nation. Then we will participate in "Trident Juncture" a multi-national NATO-sponsored exercise fighting in/about the Arctic Circle.

All of these exercises highlight the Trump Administration's resolve in actualizing the new NSS.

And while doing all of this, we will be inspected on our NORTHCOM Aerospace Control Alert mission with NORAD evaluations in the spring and late summer. The Fighter Alert Force Evaluation (FAFE) is our biennial report card on how well we execute our Homeland Defense mission. We will continue to dedicate the manning and effort required to win at this "no-fail" mission of defending the United States.

The 144th FW is ready to Fly, Fight and Win, both at home and overseas. If there was any doubt of this just reflect back on all of the successes we had in 2017, culminating with the unprecedented 16-ship we generated during the "Quick Draw" exercise in late December. The USAF has taken notice and they are now relying upon us to be a full-partner to do our part to support the new NSS. We are ready. So buckle up and prepare for an exciting and fulfilling 2018!

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Chief's Corner

By Chief Master Sgt. Dawn Gillaspy Equipment Maintenance Flight Superintendent

Every kid has heard the statement, "respect your elders!" Of course your mom was not only referring to your grandparents and uncles but to your bossy older sister who sometimes picked on you. It didn't matter what the she did, "respect your elders" was the mandate to show a certain level of respect for someone based on age no matter what. As a kid it seemed absurd.

As you got older and smarter, you discovered the principle that said, "respect must be earned." If someone didn't earn it or deserve it, they didn't get it. That took the pressure off. Your whole view of respect changed. Now there were strings attached. As a result you developed two categories for respect: things you respected and things you didn't. From then on it was easy and convenient to simply put things in the "no respect" category and let your feelings be your guide. What your mom was really saying was that you must show EVERYONE and EVERYTHING a certain level of respect. Respect is more than a feeling, but an obligation. You were to respect your friends and your enemies. You were to respect your own toys and your neighbor's.

Understand that even in the heat of a battle, respect plays a critical role. In fact, respect can even be a secret weapon. There's nothing better to disarm an angry customer or harassing individual than to respond with respect and professionalism. There's no better way to oppose an unjust rule or change the system than to communicate your firm opposition with respect. We cannot as a society continue to disregard these things, we cannot fly off the handle on Twitter, Facebook, or Instagram and call people names or accuse them of things that the facts do not support. We have to respect one another regardless of our feelings towards a

person. We should treat all the way we want to be treated.

I was raised to respect my elders and people in general by giving my seat to them when they walked into the room to sit down, to not question every request given to me or talk back in a disrespectful manner because I did not approve of what I had been asked to do. As I have aged, "respect must be earned" has played an important role in my life and even though someone has not "earned" my respect I still treat them with dignity and kindness. We as a society have to get back to the basics and remember that not one person is better than the other and that no one deserves to be disrespected even if you feel it is justified.



2017 Year In Review By Staff Sgt. Christian Jadot

2017 was a year of activity and change for the 144th Fighter Wing. The 144th FW traveled around the United States and abroad for both training and real world missions.

In February the 144th FW inducted five local community members as honorary commanders. The honorary commanders program aims to bridge the gap between military members and community members.

During the month of March, the 144th FW deployed more than 120 personnel and eight F-15 Eagle fighter jets to Joint Base Pearl Harbor-Hickam, Hawaii that participated in Sentry Aloha 2017. Sentry Aloha is a National Guard Bureau-sponsored exercise that provides an opportunity for dissimilar aircraft combat training between the F-15 Eagle and F-22 Raptor fighter aircraft.

May saw 54 Airmen from the 144th Medical Group to participate in Operation Kula Aloha, at Joint Base Pearl Harbor-Hickam, Hawaii. Operation Kula Aloha is an exercise to enhance integration, communication and logistics between the National Guard and FEMA on the west coast of the United States.

During the summer month of July the 144th FW sent five F-15C Eagles and roughly 80 Airmen to Kingsley Field, Oregon, that partook in Sentry Eagle 2018. Sentry Eagle is a large scale air-to-air dissimilar aircraft combat exercise hosted by the Oregon National Guard.

In August, 30 members of the 144th Civil Engineering Squadron traveled to the country of Moldova and put their training to the test to restore two local schoolhouses. Members of the 144th Security Forces Squadron travelled to Camp Bullis to participate in the Combat Leadership Course to enhance their training and provided training support for the active duty participants.

During the month of September over 100 Airmen and nine F-15 Eagles braved hurricane season and traveled to Tyndall Air Force Base, Florida, for Medical Collective Training Exercise scenario that involves the Hawaii and California National Guards' Medical Detachments supporting one another after a large-scale hurricane. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

As other team members observe, U.S. Air National Guard Maj. Benjamin Bonnes, 144th

Medical Detachment 1 physician, instructs Lt. Col. Roxellen Auletto, 144th MedDet 1 nurse practitioner, on proper technique for inserting a chest tube on a simulated

victim during Operation Kula Aloha May 4, 2017. The operation is a FEMA Region IX





Tech. Sgt. Raymond Gipaya, 144th Civil Engineer Squadron structural specialist, trues a soviet era built wall prior to tiling at a school near Chisinau, Moldova. The 144th CES completed a variety of projects meant to improve conditions for school children in Moldova. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)



U.S. Air Force Tech. Sgt. Miguel Saldana from the 144th Fighter Wing's Security Forces Squadron participates in Combat Leaders Course as a member of the opposition force Aug. 16, 2017. This training is used to challenge and develop the students' leadership skills. (U.S. Air National Guard photo by Staff Sgt. Nicole Wright)



(continued from pg. 4)

the Weapons System Evaluation Program. WSEP is designed to evaluate the total air-to-air weapons system and it also gives the pilots and ground crew a chance to train with live ammunition and ordnance.

October welcomed the local communities when the 144th FW opened its gates for the 2017 Open House. Over 10,000 people came to see the 144th FW and learned about the Wing's mission and capabilities. Some of the static displays included the F-15C Eagle, the F-16D Falcon and other historical aircraft.

In November, the 144th FW held the Outstanding Airman of the Year banquet. The Outstanding Airman of the Year winners were Airman 1st Class Angela Her, Staff Sgt. Alejendro Marlow, Senior Master Sgt. Troy Scott, Master Sgt. Larry Wright, Capt. April Partin and Lt. Col. Christopher Ridlon.

Rounding out the year in December the 144th FW hosted an active shooter exercise. The Fresno Police and Fire Departments also participated in the exercise, streamlining procedures and communication between the agencies. The 144th FW also conducted Exercise Quick Draw to launch 16 aircraft on short notice.

Overall the 144th FW participated in over 2,000 sorties and had over 2,800 flying hours. Airman of the 144th FW have also been hitting the books, this year 44 individuals received a Community College of the Air Force degree.

With a full calendar, 2018 promises to be a high tempo and busy year with missions and exercises around the globe.



"Quick Draw" Surprise By Senior Master Sgt. Chris Drudge

FRESNO, Calif. – The 144th Fighter Wing exercised their ability to generate a large number of fighter jets during Operation Quick Draw Dec. 21, 2017.

The mission of the exercise was to test the Airmen preparedness and aircraft readiness of the 144th FW when called upon by a combatant commander during a war time scenario.

The main goal was to launch and recover 16 F-15 Eagle fighter jets for combat with only a 24-hour notice.

The Airmen of the 144th FW. from maintenance to logistics, all worked together to get 16 jets ready to fly in support of the requesting combatant commander. The hard work and dedication by all played part in 16 of 16 F-15 Eagles taking off to engage in a simulated combat training sortie. "We had an exercise where we had a combatant commander that called and requested our need. We are also ready for whenever our Governor calls. We always have a 24/7 alert commitment for anything that happens in North America. We have jets at the ready," said Col. Reed Drake, 144th FW commander.

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The 144th Fighter Wing participated in Operation Quick Draw December 21, 2017. The operation was the wing's first ever large-scale aircraft generation exercise. The 144th FW was able to generate 16 of 16 F-15 Eagle fighter jets with only a 24-hour notice. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge) U.S. Air Force F-15 Eagle fighter jets from the 144th Fighter Wing stand ready for launch during Operation Quick Draw December 21, 2017. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

The 144th Fighter Wing participated in Operation Quick Draw December 21, 2017. The operation was the wing's first ever large-scale aircraft generation exercise. The 144th FW was able to generate 16 of 16 F-15 Eagle fighter jets with only a 24-hour notice. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge) (continued from pg. 6)

While the maintenance personnel where preparing the jets for the launch, all of the Operations Group were working feverously to ensure all the mission and flight plans were on target as well.

"We have a couple mission sets but one of the main is air superiority and getting F-15 Eagles helps America have air superiority. We did a lot of tactical intercept training to get our guys familiar with the combat type environment but really this is a team effort," said Vice Wing Commander Dan Kelly.

In the end the144th was able to generate and launch 16 out of 16 F-15 Eagle fighter jets, a 100% success according to Col. Drake.

"Rest assured and sleep easy at night that the 144th Fighter Wing is here to protect you," Col. Drake added.

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The accomplishments of the 144th Fighter Wing in 2017 were tremendous and I expect 2018 will be even more successful. We deployed to Sentry Aloha in March. Sentry Eagle in July, Weapon System Evaluation Program or WSEP in September, had countless "Adaptive Basing" events and topped it off with a successful Unit Effectiveness Inspection or UEI where we demonstrated to the Air Combat Command Inspector General that we are the premier F-15 unit. We are off and running in 2018, starting with a Phase I Exercise and a Sentry Aloha deployment. We will turn around after that with a Red Flag Exercise at Nellis, AFB, Nevada in March, an Alert Force Operational Assessment and a summer Red Flag Exercise in Alaska. We'll round out the year with a deployment to Trident Juncture in Europe. While deployed to Europe we will also participate in an exercise with our State Partner. Ukraine. This will be a busy year. Get up for it. I thank you for your tremendous devotion to the mission.

We have also seen changes in our leadership ranks. Col.

Kelly took over as the Vice Wing Commander, Lt. Col. Lundholm is doing a tremendous job leading the Maintenance Group and Lt. Col. Jaurique has the Mission Support Group running on all cylinders. As we continue building our Homeland Response Force, or HRF mission, Col. Blackburn has our Medical Group well positioned. I am proud of each and every one of you, for it is because of you that our team is the best in the business.

As we develop our leaders, please join me in congratulating Col. Early as he transitions to serve the California ANG by working directly with Maj. Gen. Garrison, Commander, California Air National Guard. Col. Early has been a tremendous asset to the 144FW team for the last two years and has completely defined a normalized F-15 "Battle Rhythm." He has brought us through conversion, declared the 144 FW's full operational capability, and immediately orchestrated a successful European Theater Security Package deployment. And over the past year Col. Early's

leadership was fundamental to our successful UEI performance and building our reputation as an outstanding F-15C wing. The 144FW continues to improve the CA ANG through force development tours and Col. Early is the latest in what the 144FW stands for -excellence. It will be great to have Col. Early's expertise and strategic vision on the staff at Joint Force Headquarters.

I am also proud to announce that, effective Jan. 7, 2018, Col. Sikora will join our elite team as the interim **Operations Group Commander.** Col. Sikora is a career Guardsman and has been proudly serving in the California ANG for more than 35 years. He enlisted into the 144th Maintenance Group in 1982 and graduated from Cal Poly, San Luis Obispo with a degree in Aeronautical Engineering in 1989. He is a 1989 graduate of the Academy of Military Science, and completed Undergraduate Pilot Training in 1990, then gualifying in the F-16A Fighting Falcon. He's held assignments as an Instructor Pilot, Flight Examiner, Chief of

Safety, Chief of Standardization and Evaluation, Operations Support Flight Commander, Fighter Squadron Commander, Vice Wing Commander for the 144FW, and most recently, the Director of Operations for the California ANG at JFHQ. Col. Sikora is a Command Pilot with more than 3,000 total military flight hours. He has flown the T-37/T-38. F-16 A/B/C/D, RC-26, F-15C/D, and has combat operations experience in the F-16C. Having held almost every position in the Operations Group, Col. Sikora is the obvious choice to lead the Operations Group as I begin the search to find a permanent Commander. Please join me in congratulating Col. Sikora and Col. Early on their new positions.

These are exciting times. Thank you for all your hard work and dedication. It takes every person in the 144FW to make this a successful endeavor. This is a TEAM event. It is because of YOU that we are a successful TEAM. I am humbled to be your Wing Commander.



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

144th Fighter Wing Basketball Tournament

- The 144th Fighter Wing Health and Wellness Committee will be organizing a five-on-five bracket style basketball tournament that will take place at 5:00 p.m. on Sat., Jan. 6, at the Clovis Rec Center at 3495 Clovis Ave, Clovis, CA 93612

- Tournament Basics:

Teams will consist of up to 12 members, male and/or female

Games will be two 15-minute halves with a running clock; the last two minutes of each half the clock stops on fouls and dead-ball situations

Each team will have three timeouts per half; 2 20-second and onefull timeouts

Overtime periods will be five minutes, and played like the last two minutes of each half with clock stoppage

Standard two and three point baskets

- For more information contact Tech. Sgt Matthew Klundt at: matthew.j.klundt.mil@mail.mil

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Realistic Resolution for the New Year

By Stephanie Grant, LCSW, Director of Psychological Health

Accreditation of Family Readiness By Senior Master Sgt. Chris Drudge

The beginning of a new year is often a time we reflect on the past year and promise to make positive lifestyle changes moving forward.

However, "setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life.

The American Psychological Association suggests some simple tips for setting realistic New Year's resolutions:

Start small

Make resolutions that you think you can keep. If, for example, your

aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Mental health professionals are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

After a year of participating in a program run through the Council on Accreditation, the California National Guard Family Program, to include the California Air National Guard's Family Readiness Program, has been accredited.

The COA is an independent, not-for-profit, accrediting organization that partners with human service organizations worldwide to improve service delivery outcomes by developing, applying, and promoting appropriate best practice standards.

"Accreditation is a tremendous achievement that demonstrates that our organization has been recognized as a provider that has successfully implemented high performance standards and is delivering the highest quality services to all of its stakeholders," said Jennifer Lucero, California National Guard State Family Program Director.

The accreditation process was a rigorous one and there was much work done along the way. The process took approximately 12 months and required the cooperation and support from several units and agencies within the California Military Department.

The accreditation assures CMD leadership that military families are receiving the highest quality services available.

In a release from September 2016, Director of the Joint Staff, Brig. Gen. Laura Yeager stated, "This national accreditation is a strategy to strengthen, measure and validate our program's effectiveness against the highest standards in the human services field, while still focusing on our unique missions and the needs of the people we serve."

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 Tech. Sgt. Michael Sweeney, 144th Security Forces Squadron, and a Fresno Police officer, clear a building during a mass shooting exercise at the Fresno Air National Guard Base, Calif., Dec. 7, 2017. U.S. Air National Guard members simulated a mass shooting incident at the Fresno Air National Guard Base in order to test the 144th Fighter Wing's ability to respond to and recover from a mass casualty event. (U.S. Air Force photo 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.