

AFTERBURNER

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AFTERBURNER

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Command Chief

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Cover Photograph



A U.S. Air Force F-15C Eagle and pilot assigned to the 194th Fighter Squadron, prepares to depart the Fresno Air National Guard Base in support of a U.S. Pacific Command Theater Security Package, March 11, 2019. F-15C Eagle fighter jets from California Air National Guard's 144th Fighter Wing and Louisiana Air National Guard's 159th Fighter Wing deployed to Kunsan Air Base, Republic of Korea, demonstrating continued U.S. commitment to stability and security in the Indo-Asia-Pacific region. (Air National Guard photo by Master Sgt. Charles Vaughn)

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Commander's Comments

By Lt. Col. Walter Miller
144th Civil Engineer Squadron



“Have you lost sight of the LEGO mission? Have you forgotten what this organization represents? Well, it’s about helping others. Fighting the good fight. Engineering better solutions. Doing whatever it takes, wherever it takes us. And how do we do all that? We build on each other.” – Clutch Powers, LEGO: The Adventures of Clutch Powers

TSP 2019 made it out the door and is officially on mission. RCP-02 deployments have begun and, as Maj. Yamamoto mentioned in last month’s Afterburner, the 144th Fighter Wing is on track to have boots on ground in six out of seven continents on this earth before the summer is out. That’s a huge effort and a huge accomplishment!

While we all focus on the mission over there, or the mission down the road don’t forget about what’s going on here, today. In the Civil Engineer Squadron, we will be deploying over half of the squadron to eight different countries and three different theaters. There is still plenty of work to be done at home.

You must attempt great things to expect great things. This summer your engineers will be executing an ambitious project list to include four roof replacements, overhauling hangar fire suppression systems, installing new aircraft arresting systems and upgrades on the airfield, replacing aging heating, ventilation, and air conditioning systems all over base, repairing leaks in the walls of the base gym, Anti-Terrorism Force Protection upgrades, and installing new drinking fountains. All of these projects were part of

the massive FY18 end of year program where the Finance, Contracting, CE team, along with inputs and support from the base captured roughly \$3M in NGB funding.

For FY19, we have an equally ambitious list. On deck there are projects for upgrading power to the hangar, improving HVAC for Alert, a permanent fix to the main gate, utility mapping, upgrades to the base solar system, new doors on the clinic, partner projects with the City of Fresno to enhance the airfield, and the crowd pleaser, lots of concrete work! That’s just getting started. Other areas of CES will be busy as we host a Domestic Operations showcase on May 3, highlighting the various capabilities on base to our regional partners. Additionally we will all be prepping for what is forecasted to be a busy fire season.

None of this happens if we don’t build on each other. CES can’t execute without funding and contracts, if materials are not received, or base access is not granted. If nobody bring ideas on how to make this place better, or creative solutions to tear down roadblocks, nothing will change.

Regarding TSP and RCP-02, I have no doubt those folks will represent the Wing well to the world this summer. While they are gone, the team at home, the rest of us, will conquer challenges, whether they be personnel shortages, fiscal and execution constraints, the pending Unit Effectiveness Inspection midpoint, we will have victory because that’s what we do. Most important, we will do it as a team. Whatever it takes, wherever it takes us.

New Vice Commander



Col. Christopher Austin

Please join us in welcoming our new Vice Wing Commander, Col. Christopher Austin, to our 144th Fighter Wing family.

Col. Austin is an Air Force Academy graduate with 22 years of service, and he is a Command pilot with over 2,800 F-16 flight hours, over 1,000 instructor hours and 510 combat hours.

He is joining us after serving as the active duty Director of Operations for 12th Air Force at Davis Monthan AFB, Arizona. He has also served as an Air Liaison Officer, an instructor pilot, evaluator pilot and a war planner.

Col. Austin is relocating to Fresno with his family. Please make him feel welcome!



Chief's Corner

By Chief Master Sgt. Emiliano Avila

144th Logistics Readiness Squadron

Leadership Qualities That Make Good Leaders Honesty, Integrity & Inspiring Others



The 34th President of United States, Dwight D. Eisenhower once said, "The supreme quality of leadership is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office." Honesty and integrity are two important ingredients which make you a good leader. How can you expect your Airmen to be honest when you lack these qualities yourself? Leaders succeed when they stick to their core values and always strive to do the right thing.

With 31 years in the military, I quite often sit back and reflect over the course of my career. I think back to special experiences, specific deployments and most often, the personal relationships I've built over this time. Fresh out of basic training and going to Whiteman Air Force Base, Missouri

was an experience I will never forget. It established my foundation for the leader I am today; making the right choices, doing my best and treating everyone with respect. Yes, there were times when I got hit with adversity, but that just made me a stronger person, learning from it and pressing forward to the next challenges ahead.

As leaders we must persuade our Airmen to follow us and inspire them by setting a good example. When the going gets tough, they look up to us and see how we react to any situation. If we handle it well, they will follow us. We should think positive and this positive approach should be visible through our actions; staying calm under pressure and keeping our motivation level high. I know we can't do everything right, but we just need to focus on key responsibilities

while leaving the rest to others. We must allow and empower our Airmen to help us on achieving our objectives while providing them with all the resources and support they need to accomplish the mission.

The military today has its challenges and it's not always easy to keep motivated, especially when we are doing our day to days ops with multiple tasks. But I'm telling you that you always have to have a positive attitude and always push forward for success no matter if a wingman stumbles we must be there to help and lift them up. We must continue to influence, inspire, and motivate our Airmen to always do their best, make the right choices, no matter what position they hold because at the end, everyone is equally important to the mission, one team, one fight.



144th FW Deploys to Pacific in Support of TSP

By Senior Master Sgt. Christopher Drudge

FRESNO AIR NATIONAL GUARD BASE, Calif.—More than 225 Airmen and a dozen F-15C Eagle fighter jets from California Air National Guard's 144th Fighter Wing and Louisiana Air National Guard's 159th Fighter Wing deployed to Kunsan Air Base, Republic of Korea, as the 194th Expeditionary Fighter Squadron in support of the U.S. Pacific Command Theater Security Package March 11, 2019.

Members of the wing put in long days right up to the day of departure. Maintenance personnel maintained the operations tempo while packing everything they would require

to support the Eagles overseas. The Logistics Readiness Squadron had shipped out 17 semi-truck trailers with over 181 short tons of cargo to Travis Air Force Base in preparation for the TSP.

For the duration of the 90-day deployment, the 144th FW will conduct training alongside our Pacific allies and partners to strengthen interoperability and to demonstrate U.S. commitment to the region as a whole.

The U.S. Air Force routinely deploys fighter aircraft and personnel to the current region to provide U.S. Pacific Command and Pacific



(continued from pg. 4)

Air Forces with Theater Security Packages, which help maintain a deterrent against threats to regional security and stability.

“The 144th FW’s participation in this TSP deployment and combined training with our allies and partners demonstrate that we share a commitment to promoting a peaceful and stable region,” said U.S. Air Force Col. Daniel Kelly, 144th FW commander. “I am proud of our hardworking Citizen Airmen, who continue to support National Security here at home, and those abroad who are supporting our allies and partner nations.”

Movement of U.S. Air Force TSPs into the region has been a routine and integral part of U.S. PACOM’s force posture since March 2004.

For the 144th FW, the last TSP movement was in July of 2016 when the wing deployed to the Eastern European region of Bulgaria and Romania.

These theater security packages demonstrate the continuing U.S. commitment to stability and security in the Indo-Asia-Pacific region.

Airmen from the 144th Fighter Wing prepare to deploy to Kunsan Air Base, Republic of Korea, March 11, 2019. (Air National Guard photo by Master Sgt. Charles Vaughn)



144th Fighter Wing Hosts Central Valley Education Forum

Photos by Senior Master Sgt. Christopher Drudge



The 144th Fighter Wing Center of Influence event at the Fresno Air National Guard Base April 4, 2019, was well received by all the educators from the Central Valley. The forum was put on to introduce the Air National Guard to the attendees and discuss all the benefits available to its members. The event included a discussion with the wing commander, Col. Dan Kelly, and a tour of several shops around the wing. (U.S. Air National Guard photos by Senior Master Sgt. Chris Drudge and Master Sgt. Charles Vaughn)

144th FW Breakfast for Retirees

Photos by Senior Master Sgt. Christopher Drudge



The annual 144th Fighter Wing retirees’ breakfast took place April 5, 2019 in the dining facility on base. All retired members are invited annually to reminisce and catch up on the current events taking place at the wing. Retired Airmen from WWII to the Gulf War were treated to a breakfast prepared and served by the wing’s Chief Master Sgts. After their breakfast, they were invited to stay and tour the base. (U.S. Air National Guard photos by Senior Master Sgt. Chris Drudge)



144th Fighter Wing assists Captain Marvel

By Capt. Jason Sanchez

Multiple exciting events followed the 144th Fighter Wing's participation in the "Captain Marvel" film. These events included a Disneyland flyover, a private screening of the film, an F-15 display at Disney California Adventure Park, and the Captain Marvel world premiere in Hollywood, California.

During the Captain Marvel World Premiere event in Hollywood, California, March 4, 2019, Airmen from the 144th FW had the opportunity to interact and with actors, celebrities and film crew, including actress Brie Larson, actor Samuel L. Jackson, and directors Anna Boden and Ryan Fleck.

Members from the U.S. Air Force Thunderbirds Air Demonstration Squadron also attended the premiere after performing a flyover for the event earlier in the evening.

F-15s from 144th Fighter Wing were used during filming, along with over 50 Airmen from the 144th Fighter Wing and the 412th Test Wing. Filming occurred at Edwards Air Force Base, California for about 21 days. The jets from the 194th Fighter Squadron, can be identified in the film by the griffin on their tails.

U.S. Air Force 1st Lt. Charlie Jamieson, 144th Fighter Wing fighter pilot said, "We had a blast filming for Captain Marvel; we used the F-15s for those high-speed action shots to keep Captain Marvel going higher, further, faster."

Col. Dan Kelly, 144th Fighter Wing Commander, greets Airmen and family members during a private screening of the Captain Marvel film in Fresno, Calif., March 9, 2019.



U.S. Air Force Staff Sgt. Amanda Rubio, 144th Maintenance Group, talks with three excited young theme park visitors about her role in Marvel Studios's "Captain Marvel" March 3, 2019. Rubio and other members of the California Air National Guard advised and collaborated in the making of the film, which features F-15s from the 144th Fighter Wing. (U.S. Air National Guard photo by Master Sgt. Charles Vaughn)



Members of the 144th Fighter Wing collaborated with Disney California Adventure Park on the Captain Marvel display that will be a part of California Adventure for the next two years. (Disneyland Resort photo)

Airman First Class Kimberly Self and Staff Sgt. Michael Ahrens talk with excited fans following an F-15C Eagle flyover at Disney California Adventure Park in Anaheim, Calif., March 3, 2019. (U.S. Air National Guard photo by Master Sgt. Charles Vaughn)



U. S. Air Force, (r-l) Brig. Gen. Jeannie Leavitt, Lt. Gen. Jacqueline Van Ovost, Brig. Gen. Kristin Goodwin, Col. Daniel Kelly and members of the U. S. Air Force and California Air National Guard join together at Disney California Adventure Park in Anaheim, Calif. as F-15s fly from the 144th Fighter Wing perform a flyover, March 3, 2019. (Disneyland Resort photo)

Eighteen Ways You Can Train Your Brain to Run at its Peak

By Dr. Stephanie Grant, Director of Psychological Health

Recently, I was reminded of Psychologist Amy Morin's 18 suggestions for training and optimizing your brain. This is valuable information for us both individually and collectively as we embark on an increased operations tempo with high demands and stressors. What I like about the suggestions is that they incorporate all four domains of resilience. You will find ideas for fostering mental, physical, social, and spiritual wellness. Please take some time to read and consider the suggestions. Which ones resonate with you? Are there some that you are already doing? Are there some that you can incorporate into your day? Taking the time to self-reflect and consider ways you can strengthen your brain's capacity could have a big impact on how you optimize your abilities to complete tasks in the days ahead.

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 to 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.



144th FW DOMESTIC OPERATIONS SHOWCASE

COME OUT AND SEE HOW THE 144TH CAN SUPPORT CIVILIAN EMERGENCY RESPONSE OPERATIONS!

DISPLAYS WILL INCLUDE: COMMAND AND CONTROL TRAILER, SEARCH AND RESCUE PACKAGE, ROBOTS, EXPLOSIVE DETECTION EQUIPMENT, MOBILE POPUP BUILDINGS, MOBILE PA SYSTEM, TENTS, MOBILE KITCHEN, AND MUCH MORE.

WHEN: MAY 3, 2019 FROM 11 AM – 3 PM

WHERE: FRESNO AIR NATIONAL GUARD BASE TRACK

144TH PARTICIPANTS: EOD, FIRE, EMERGENCY MANAGEMENT SFS, MEDICAL, AND SERVICES

NOTE: If you do not have a U.S. military ID card to gain access to the base, please contact Carla Glazebrook for pre-registration and screening information

For additional questions, please contact Tech. Sgt. Christian Asprez at 559-454-5321



F-15C Eagle fighter jets assigned to the California Air National Guard's 144th Fighter Wing and Louisiana Air National Guard's 159th Fighter Wing deploy to Kunsan Air Base, Republic of Korea, March 11, 2019. (U.S. Air National Guard photo by Master Sgt. Charles Vaughn)

Upcoming Events & Announcements

Legal

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

- Walk-ins available Sun. 9 a.m. to 11 a.m.
- Article 137 held in the Chapel at Sat. 3 p.m.
- Deploying before next UTA? - Come in anytime

- For Power of Attorney see Master Sgt. Garcia, Mon. to Fri. 7 a.m. to 4:30 p.m.
- Call 454-5153 ahead of time to ensure someone is available Visit our website for your "Ticket Number" to bring with you at: <https://aflegalassistance.law.af.mil/las/las.html>

Customer Service

DEERS/ ID Cards

- Mon. to Fri. 8 a.m. to 11 a.m. Walk in Hours
- Mon. to Fri. 11:30 a.m. to 3:30 p.m. Appointments Only
- UTA Saturday: 12:30 p.m. to 3 p.m.
- UTA Sunday: 8 a.m. to 11 a.m. and 12 p.m. to 3 p.m.
- Note: ID card actions over UTA weekends are limited to wing members only. The Friday before every UTA we offer walk-ins from 8 a.m. to 11 a.m. and 11:30 a.m. to 3:30 p.m. for wing members and their dependents.

Renlistments, Extensions, Separations

- Mon., Tue., Thu, Fri: 8:30 a.m. to 11 a.m. and 12 p.m. to 3 p.m.
- Wed 1 p.m. to 3:30 p.m.
- To schedule ID card appointments visit RAPIDS at: <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=605>
- Please direct any questions to Customer Service at 454-5274

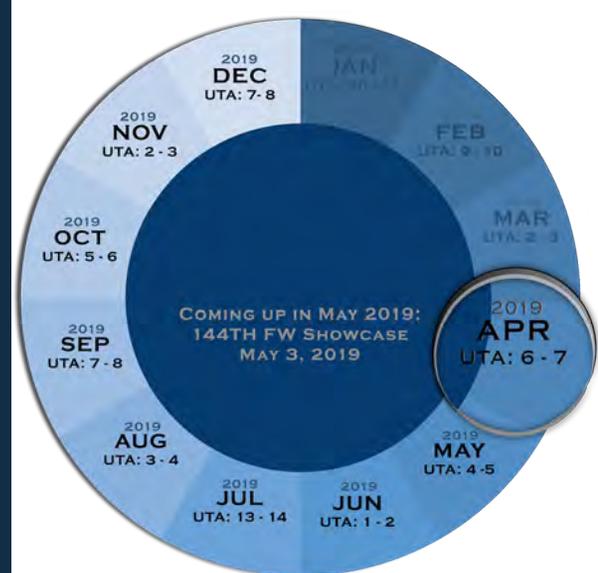
Airman and Family Readiness

- Please let your family and friends know that the 144th Airman and Family Readiness Office is here for them upon your absence! If there is anything they need or have questions about, please refer them to our office.

- Ms. Dorene Vierra, 144th Fighter Wing Airman and Family Readiness Program manager: Work: (559) 454-5383 Cell: (559) 530-7807. Please call me any time!
- Command Post's 24/7 number: (559) 454-5155. They are an important contact to relay information to commanders, chaplains or anyone else at the Wing.

Public Affairs Shared Image Drive

- Images taken by Public Affairs are now available on base through a shared drive. Any one intrested in these images can map your base computer to \\144fw-fs-v7\publicmedia.



Airmen from the 144th Fighter Wing board a Boeing 767 as they prepare to deploy to Kunsan Air Base, Republic of Korea March 11, 2019. (U.S. Air National Guard photo by Master Sgt. Charles Vaughn)



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.



144th Fighter Wing retirees' are served breakfast by the wing's Chief Master Sgts April 5, 2019 in the dining facility on base. All retired members are invited annually to reminisce and catch up on the current events taking place at the wing. After their breakfast, they were invited to stay and tour the base. (U.S. Air National Guard photos by Senior Master Sgt. Chris Drudge)

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.