

AFTERBURNER

Vol. 10, Issue 7

A Publication of the 144th Fighter Wing Public Affairs Office

July 2019



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AFTERBURNER

Wing Commander

Col. Jeremiah Cruz

Command Chief

Chief Master Sgt. Clinton Dudley

Address:

5323 E. McKinley Ave. Fresno, CA 93727-2199
559-454-5246 FAX: 559-453-5472

EMAIL: usaf.ca.144-fw.mbx.hq-public-affairs@mail.mil

Website: www.144fw.ang.af.mil/

Facebook: www.facebook.com/144thFighterWing

Maj. Jennifer Piggott
Chief of Public Affairs

Capt. Jason Sanchez
Public Affairs Officer

Senior Master Sgt. Chris Drudge
Public Affairs Superintendent

Tech. Sgt. Charles Vaughn
Photojournalist / Staff Writer / Editor

Staff Sgt. Christian Jadot
Photojournalist / Staff Writer

Cover Photograph



U.S. Air Force Capt. Benjamin Martin, an F-15C pilot with the California Air National Guard's 144th Fighter Wing, flies a low pass over Los Alamitos Army Airfield during the 4th of July Fireworks Extravaganza at Joint Forces Training Base, Los Alamitos, California, July 4, 2019. The annual fireworks show is hosted on the base in partnership with the cities of Los Alamitos and Seal Beach. (U.S. Air National Guard photo by Senior Airman Crystal Housman)

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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.



Commander's Comments

By Lt. Col. Christopher "Cliff" Ridlon
194th Fighter Squadron



The 194th Expeditionary Fighter Squadron Griffins deployed 12 F-15Cs and over 225 personnel for 94 days to the Indo-Pacific region to support the U.S. Pacific Command as part of a Theater Security Package. The 194th EFS consisted of personnel from all of the Groups within the 144th Fighter Wing.

Despite having to overcome many logistical challenges during the deployment, we flew out of six different bases, flying 501 sorties, for a total of 920.9 hours.

The Griffin maintainers did such an amazing job that Pacific Air Force leaders asked to see the squadron's past Mission Capable Rates because they didn't believe a success rate above 90% was possible.

In the air, the Griffins flew in two major exercises, including the Australian Weapons Instructor Course where we helped 28 new instructors graduate from the Royal Australian Air Force equivalent of Top Gun.

In four different countries, the Griffins established themselves as the experts in

Air Superiority while flying missions with 13 different types of aircraft from three countries. At the same time continued to sit the Aerospace Control Alert mission at home, keeping the West Coast safe without fail for almost four months. And this was despite having almost two-thirds of the Airmen from operations and maintenance deployed.

These are impressive numbers, but they don't tell you about all the hard work that took place behind the scenes to make these missions happen.

People don't realize that all sorts of behind the scenes actions go into them. For example, these actions include the Oil Analysis Program that tests the F-15's engine oil to make sure the engine isn't about to fail, or the work from both operations and maintenance to make sure the ejection seats are ready in case of the worst. People don't see the months of work by the Project Officers and Airmen to organize the logistics of moving a flying operation to the other side of the world. They don't see the effort of the personnel that stayed home to get

Commander's Comments

everyone ready to deploy; then they have to continue flying operations at home. I could name countless other examples, but each person's contributions are critical to getting the mission done.

Our adversaries however were watching our operations every day and did notice the air superiority generated by everyone's efforts. Against the backdrop of the President negotiating with both North Korea about nuclear weapons and China about trade, we provided the strength to allow our diplomats to negotiate in peace, and we reassured our allies that we are committed to their safety and security.

I want to personally thank every member of the 144th Fighter Wing for the support you provided, and especially the 194 EFS Griffins for absolutely dominating the TSP. Please also thank your families for all they do to support you in accomplishing the mission. Your efforts have directly contributed to keeping our great country free and preserving peace.



During my time as command chief, I have always thought of my time as "on the watch." I always tried take care of the Airmen and protect their best interests whenever I spoke to the command staff, officers, and supervisors.

Just this past week, I was watching the movie, 13 Hours: The Secret Soldiers of Benghazi. While watching, I started thinking about my own upcoming retirement and the nearly 27 years of service that started when I was 17 years old.

While there were several great lines in the movie, one stood out the most. "Warriors aren't trained to retire." This resonated with me because I will retire from my military career on October 1, 2019 and start my civilian career the very next day.

Chief's Corner

By Chief Master Clinton Dudley

144th Fighter Wing

Handing Over the Watch

The 144th Fighter Wing has played an integral role in my life for the last five years. It is a time and experience that my wife, Deb, and I will hold close to our hearts. I consider it both a privilege and an honor to have been your Command Chief.

Together we have seen and accomplished some amazing things. Visions were built, goals were created, and aspirations, which started out as ideas, more often than not, became reality.

Our success is a testament to the hard work and dedication of each and every Airman of the 144th FW. We have worked together, disagreed together, shared our problems and hopes together, and established ourselves as the premier F-15 wing in the Combat Air Force – not always in agreement, but always together.



I would like to thank you for your dedication, your commitment, your innovative ideas, and your professionalism. Thank you for the memories that I will take with me, thank you for the opportunities that were offered to me and thank you for the friendships forged over the last several years.

Deb and I are looking forward to the opportunities and challenges that await us in retirement. I know they will be varied and will force me out of my comfort zone. As I look back on my time here at the 144th FW, I see a time well spent, a time with no regrets!

Please know that I will always be an Airman and an advocate for our service. May God bless you and your families.

You have the watch.

Airmen Return Home from Overseas Deployment



Over 180 Airmen from the 144th Fighter Wing returned home June 15, 2019 after being deployed overseas for over 90 days to augment missions in South Korea and Australia. They deployed to the region as part of a Theater Security Package in support of the U.S. Pacific Command and allied nations. (U.S. Air Force photos by Master Sgt. Charles Vaughn and Master Sgt. Emmanuel Matsamura, Jr.)

144th Medical Detachment Trains with Civilian First Responders

By Technical Sgt. Jason Ramirez

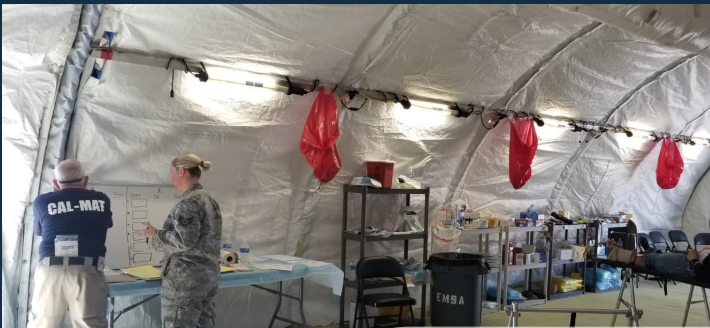
The 144th Medical Detachment participated in a joint medical mass casualty exercise on the NASA Ames Research Center at Moffett Field, California, June 11 to June 14. The 144th medical team joined the Veteran Affairs Administration Medical Transportation Unit, the California Emergency Medical Service Authority, the California Medical Assistance Team, FEMA Urban Search and Rescue Task Force 1, and FEMA Urban Search and Rescue Task Force 3.

Over the course of the three day event, members of the 144th Medical Detachment trained with and integrated with state partners who are responsible for mass casualty responses. Training included, casualty care, patient tracking, patient movement, and incident command structure and procedures.

The final day of training included an exercise that involved all state partners with a portion of the event occurring during the night. The exercise scenarios included a large earthquake near Northern California's San Francisco Bay

Area along with secondary aftershocks and subsequent fires. During the scenario, trapped casualties were identified, extricated from the rubble pile by FEMA Urban Search and Rescue teams, and transported to the medical tent, which was staffed by the 144th Medical Detachment and civilian providers.

Exercises and training events with state and federal partners play an important role in the response for mass casualty events. By understanding what each organization brings to the fight and the way they operate, the 144th Medical Detachment is able to leverage and integrate resources that are difficult to access in a mass casualty event.



General Jones Visits Fresno ANG

U.S. Air Force Maj. Gen. Gregory Jones, California Air National Guard commander, talks with Master Sgt. Thomas Crane, 144th Logistics Readiness Squadron first sergeant, at the Fresno Air National Guard Base, California, June 1, 2019. Maj. Gen. Jones' visit consisted of meeting and interacting with members of the 144th Fighter Wing to gain perspective and mission updates from various Airmen. (U.S. Air National Guard photo by Tech. Sgt. Christian Jadot)

Left. U.S. Air Force Staff Sgt. Karessa Kerr teaches members of the California Medical Assistance Team how to track incoming and outgoing patients during a mass casualty event while inside the medical tent. Above. Participants from multiple agencies treat patients during the training exercise. (U.S. Air National Guard photos by Tech. Sgt. Briza Guzman)

Capitalizing on Our Time and Making the Most of Each Day!

By Dr. Stephanie Grant, Director of Psychological Health

Every day we have the opportunity to make a difference and live life to the fullest. Recognizing that time is a resource that is not renewable. Making the most of each day in the present is critical. We recognize that time is something we can't get time back once it has passed. Here are some ideas for how we can have an impact and make each day worthwhile.

Counting our blessings and being grateful -

Being thankful for who we are, what we have, and what we do is the simple act of acknowledging all the good that's in our life. It is easy to forget or fail to recognize, given our busy lives, all the blessings we have. An attitude of gratitude helps us shift our focus away from negative thoughts, irritations or emotions and reframe our thinking on the positive aspects of our lives. When we appreciate and share gratitude with others we develop and enjoy meaningful and lasting connections with others.

Fostering creativity/expressing yourself - Creativity is something that everyone can practice. When we take the time to be creative, we are more relaxed and refreshed. We don't have to be a Picasso or Rembrandt to be creative. There are numerous ways to foster creativity in our lives such as planting a garden, fixing cars, playing music, etc. We can express ourselves through activities that we enjoy.

Seeking beauty in everyday experiences - When we look for beauty in our daily lives, we begin to see it everywhere. We find it in through music on our smartphones, the scenery of our backyard, and in the expressions of those we love. Choosing to be intentional about seeking beauty in our everyday lives helps us see it all over the place. What do you find beautiful in your life? When you look for it you will find it. I guarantee it!

Share a little kindness - When we experience the joy of helping others in need, sharing a special moment with those we care about, or supporting a friend through a tough time, it can add meaning and a sense of purpose to our lives. It can also benefit our psychological and physical well-being. **Laugh with others** - We've heard it said that laughter is good medicine. We all have experienced the joy that laughter can bring to our lives. When we were children, laughter was as natural as breathing. Sometimes as adults we need reminders about the benefits of laughter and finding humor in our everyday life. Research has demonstrated that laughter is good for our health, strengthens our immune system, and reduces our stress.

Try something new - Today there is a plethora of information available to us at our fingertips. Is there a subject that you have always wanted to learn more about? With the information available to us on the internet we can learn something new every day. Studies have demonstrated that life-

long learning has a huge impact on our feelings of accomplishment and relevance.

Don't forget to play - It is easy to forget the value of play even as we get older. Taking the time to play is a valuable way to connect with simple pleasures and foster positive emotions. It also helps us inspire creative thinking and use our imagination and problem solving skills, which are all important tools we can use each day.

Do what you love and love what you do! - Doing what we love nourishes and inspires us. When we are passionate and engaged in the activities we love to do, we come alive, and we inspire others to do the same. For every person, the answer to what brings us joy will be unique. Whether we do what we love in our job, business or free time, making time to enjoy those things is what makes life more joyful and fulfilling.

Another way we can think about how to make each day count is to ask ourselves the questions, "If I only had a month left to live, what would I do?" and "Am I spending time doing what truly matters to me most?"

We each have different things that are important to us, and engaging in those things we value the most will bring us more joy and happiness. When we choose to live a life we love, we will find ourselves in love with the life we're living.



**California Yellow Ribbon
Post Deployment Event
Saturday, August 17, 2019
CA ANG Hosting in Fresno Area
Venue: To Be Determined**



Who can attend?

Members who will have 90 consecutive days of Title 10 Orders in the last 365 days, other than for training away from home station. (Technical Schools do not count).

Purpose:

To provide pertinent resource information to members and their families. To prepare them for the challenges of their upcoming deployment or for their reintegration back into the workplace, social circles, their community, and with their families.

Dress Code: Business Casual

Arrangements to alternative Yellow Ribbon Events in the state of your HOR only may be made, if needed. Funding arrangements must be made prior to any alternative YR Event.

***** Free Childcare (0-5 y/o) ***
Project Y.E.S. (6-17 y/o)**

Please contact your local Wing Yellow Ribbon Coordinator with questions:

**144th FW and 163rd ATKW: Steven Formanek
(909) 731-5735
steven.p.formanek.ctr@mail.mil**

**129th RQW: Jessica Noll (916) 479-0162
jessica.r.noll.ctr@mail.mil**

**146th AW: Chuck Craig (805) 216-0690
charles.r.craig18.ctr@mail.mil**

Register Here by *Aug. 5*

August 17, 2019

Post Deployment Event Registration:

<https://www.yellowribbon.mil/event-registration/52923bdf-1db1-d537-a14f-11e96129c623/new>



**Coordinate With Your
Orderly Room:**

- Military members must coordinate with their Orders Clerk for ST Orders to be in AROWS prior to event date

- Members will be allowed two Invitational Travel Orders (ITO) for dependents, outside of the commute distance

Important Event & Travel Info:

- 51+ miles = 2 ST days, 1 night lodging
- 150+ miles = 3 ST days, 2 nights
- All guests participating/attending this event must be registered.
- Unless stated otherwise, Rental Cars & Valet Parking are not reimbursable.
- Room cancellations MUST be made by 8 a.m. **Aug. 14**, 72 hours prior to event

Long Term Parking for TDY, Deployers



The two areas outlined in red have been designated for long term parking for members who have no other option but to leave their vehicle on base while they are on an extended TDY or deployment. This will assist the Security Forces if an incident were to occur on base, and they will not have to try and locate vehicle owners in adjacent buildings.

Post-9/11 GI Bill Deadline Extended

The deadline to process transfer requests for the Post 9/11 GI Bill has been extended to January 12, 2020. After that date, Air National Guard members with over 16 years of service will not be able to transfer Post-9/11 GI Bill benefits to their dependents.

The process of transferring benefits in MilConnect must be started as soon as possible. Complete and return the statement of understanding to the Retention Office.

Master Sgt. Michael Wilson, Retention Office manager, will be traveling to the National

Guard Bureau office in June to process transfer requests for 144th FW members, and he needs to make sure their requests have been submitted before he leaves.

Everyone, who has applied to transfer their benefits, needs to contact Master Sgt. Wilson directly to confirm its complete.

Several members have applied for a transfer, but have not completed the process. Please contact Master Sgt. Wilson at 559-454-5283.

Yellow Ribbon Event Scheduled for August 17, 2019

For Airmen from the 144th Fighter Wing who are returning from the Theater Security Package to USPACOM, a Yellow Ribbon Reintegration Program event will be held August 17, 2019. National Guard members are required to attend this event if it is their first deployment or if they have been deployed for at least 90 days.

The Yellow Ribbon Program is a Department of Defense-wide effort to promote the

well-being of National Guard and Reserve members and their families and communities by connecting them with resources throughout the deployment cycle.

Airmen need to register by August 5, 2019. For questions, please contact Steve Formack, the Yellow Ribbon Coordinator, at (909) 731-5735. To register for the event, please access their website at: <https://www.yellowribbon.mil/event-listing>.

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/lass/lass.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.

Medical Group

UTA Weekends Hours

- Saturday: 6 a.m. to 6:45 a.m. for physical training exemptions
 - Sunday: 8 a.m. to 12 p.m. for due or overdue PHA items
- ### Customer Service Hours:
- Mon., Tue., Thu, Fri: 9 a.m. to 11 a.m. and 1 p.m. to 3 p.m.
- ### Provider Schedule and Audiograms:
- Tue. 8 a.m. to 11 a.m.
 - Thur. 1 p.m. to 4 p.m.
 - By appointment only
 - MGD Appointment Line: (559) 454-5247
 - Closed every Wed.

Public Affairs Shared Image Drive

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

UTA Weekend

Saturday, July 13, 2019

- Rising Six Council, the 144th FW Jr. Enlisted Council
- 12:30 p.m. in the Operations Main Briefing Room
- All members E-1 to E-6 are welcome

Other Announcements

Climate Survey

- All 144th FW members are encouraged to complete the climate survey at <https://www.deocs.net/user4.1/login/login.cfm> which has been extended to Sunday, July 14, 2019. Please see your supervisor for the access code to the survey.

Changes to Lodging for Category III members

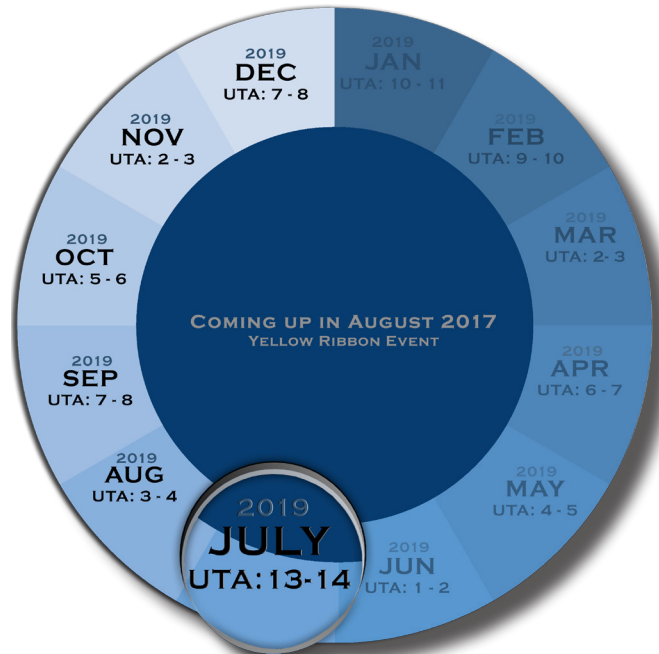
- Due to funding constraints effective July 1, 2019, enlisted members E-7 and below and officers O-3 and below will be assigned double occupancy rooms during regularly scheduled drills.

Post-9/11 GI Bill Deadline Extended to January 12, 2020

- Contact Master Sgt. Michael Wilson, Retention Office manager, to confirm that transfers have been completed.

Scheduled Munitions Inventory

- IAW AFMAN 21-201 A3.2.1.7, The Munitions Flight will be conducting its next two monthly 10% stockpile inventories from July 12 to July 19, 2019 and August 2 to August 9.



UTA Menu

Dining Facility open 11 a.m. to 12:30 p.m.
Meals are \$5.60 for AGR, officers, and members on orders.

Saturday

Main Line: BBQ Ribs, Pulled Pork, Chicken Wings
Sides: Baked Mac and Cheese, Corn on the Cob, Green Beans

Short Line: Hamburgers, Turkey Burgers, French Fries, Onion Rings, and Mini Pizzas

Sunday

Main Line: BBQ Chicken, Grilled Chicken, Alfredo Sauce, Fettuccini Noodles
Sides: Broccoli, Zucchini

Short Line: Hamburgers, Turkey Burgers, French Fries, Onion Rings, and Corn Dogs

AFTERBURNER



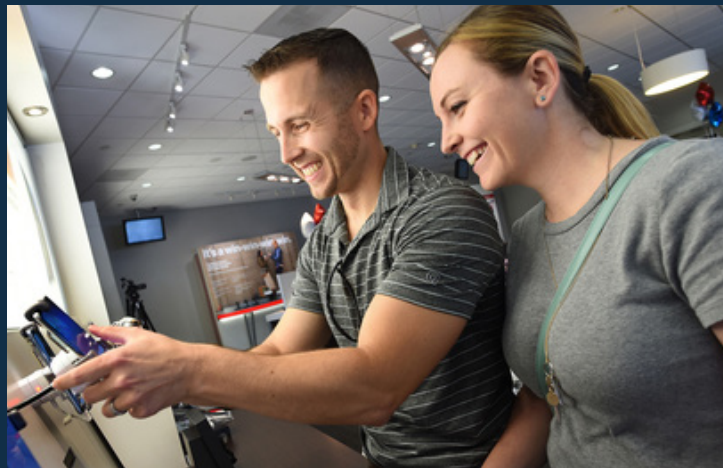
Vision

Provide disaster and combat ready forces to our civilian and combatant commanders

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.



Jenny Hansen of Fresno, California was awarded a \$1,000 gift card for a tech makeover by Verizon. Verizon hosts this contest annually to show their support for military family members and to honor service members. Jenny Hanson is the wife of 1st Lt. Ryan Hanson, an intelligence officer at the 144th Fighter Wing. (Courtesy photo by The Fresno Bee)

Wing 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.

Commander's Priorities

1. People
2. Mission
3. Mentorship
4. Internal Controls