# AFTERBURNER

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# **AFTERBURNER**

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144th Maintenenace Group Airmen prepare an F-15C Eagle for static display at the California Capital Airshow Oct. 4 2019 at Mather Airport near Sacramento, Calif. All five wings from the California Air National Guard participated in the airshow, demonstrating their commitment to making connections with local communities within the state. (U.S. Air National Guard photo by Capt. Jason Sanchez)

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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



# Commander's Comments

By Maj. Jose Carlos 144th Fighter Segurity Forces Squadron



#### What We Hold Sacred

Defenders sense of identity from Air Police to Security Police to Security Forces has always involved "standing apart." Defenders have set the standard in appearance, bearing, and performance A Defender's identity is captured by the badge we wear, the beret we earn, and the general orders we follow!

Shield - The legacy of our shield is long stemming from our original shield in the 1950's during the days of the Army Air Corps. During the 1960's there were 5 designs of shields circulated until the Air Police Career Field was renamed to Security Police in 1966, and then again when renamed in 1997 to Security Forces.

Defensor Fortis - Defenders of the Force -Our symbol is the Falcon over crossed runways. Derived from the heraldry of the Vietnam era Operation Safe Side 1041st Security Police Squadron it serves as the model for modern Security Forces operations. Blue alludes to the sky, the primary theater of Air Force operations. Yellow refers to the sun and the excellence required of Security Forces members. The crossed runways represent all bases and all Air Force operations.

Our Defender Fortis symbol is rich in tradition, culture and heritage.

Beret - No symbol identifies a Defender more than the blue beret. In 1975, then Chief of Security Police, General Thomas Saddler made the decision to adopt the beret as the official headgear of the Security Police.

General Orders - Security Forces duties, responsibilities, and missions vary greatly from one location to another, but the General Orders overarch the whole spectrum of Security Forces duties; stemming from the 1967 eleven General Orders for Sentries. A long tradition from Air Policeman to the current 21st Century Defender remains unchanged. The Air Force Security Forces condensed version formed three basic General Orders.

Small Arms Expertise – The only Airmen to bear arms every day not to train, but to conduct operations/missions. Defenders employ deadly force when/if necessary and receive the highest level of training to prepare for those situations if they should occur.

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#### Commander's Comments

**Guardmount** - A formal military formation and is the first call to duty for Defenders. Instrumental aspect of the career field conducted prior to every duty day regardless of location or mission. Guardmount is a common ground for all Defenders, It signifies every Defender is prepared for duty and defines a common theme not often spoke of, a Defender's mentality that they will be the first to the fight

Post Briefings – Stemming back to the Roman legions, when commanders conducted what is now called battlefield circulation and approached a sentry at a remote outpost. The ability of a Defender to confidently state who they are, what their mission is, and doing so while under some level of pressure provides the ability to deal with real world situations under pressure if and when necessary.

**All-weather Day/Night Force** - Regardless of the weather, snow, hurricane, lighting within five miles, a major power or communication outage, or the threat of an attack. Defenders are counted on to be there and take precautions but get the mission complete.

**Meals** – Breaking bread with each other. Getting out of the heat/cold and taking care of the team while engaging and listening to what is going on in our Defenders life. This simple thing helps figure out where we all derive from and binds our team tighter.

**Dress & Appearance** – Defenders the first to be seen when enter an Installation, reminiscent of a recruiting poster. Pride every day in our dress and appearance; we are the Installation Commander's Ambassadors at every entry control point ... the face of the Air Force to the public displaying "don't mess with us, we have our act together."



After a deployment, it is a great opportunity to reflect upon our successes, the challenges we faced, and how we have grown as professionals. It is also a great time to reflect on life's priorities and the time that we spend with family and friends.

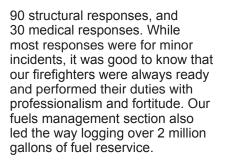
I just returned from a sixth month deployment to AI Dhafra Air Base in the United Arab Emirates, where I served as a fire chief and a civil engineering manager to 47 firefighters and almost 280 civil engineering Airmen within 380th Mission Support Group. I was impressed by the men and women's can-do attitudes. They were always willing to do whatever the mission required.

Our CE team made significant upgrades to Al Dafra Air Base, including electrical upgrades, infrastructure repairs, and facility additions. On the fire side, we had 120 in-flight emergencies,

# Chief's Corner

By Chief Master Sgt. M

144th Fire Department



At the conclusion of our time there, our men and women were recognized as the highest superior performers in the Air Force Central Command, and their recognition was well deserved. During the deployment, many Airmen were challenged to take on additional leadership roles, and as events arose, our Airmen rose to meet those challenges head on. First time supervisors oversaw engineering projects, fire and emergency responses, and fuels distribution, to name a few, with superb performance and execution. Their dynamic attitude and their strength



were inspirational, and I was proud to serve along side them in a challenging deployed environment, away from the comforts of home, our family members, a regular work schedule, friends, and even the simplest of conveniences.

These achievements couldn't have been done without the support systems from the 144th Fighter Wing. The 144th FW ensured we were ready to go and they kept our families informed.

When compared to other deployments, I noticed that this one focused more on family and reconnection, which was wholeheartedly valued by the Airmen. I know I appreciated the focus on family. Any deployment brings a sense of renewed focus on life priorities. With the support of the 144th FW, reintegration was smoother. Those priorities were welcomed with satisfaction and gratitude from our Airmen.

# U.S. Air Force Lt. Col. Dirk Lough, a pilot with the 194th Fighter Squadron, greeted visitors from the cockpit of an F-15C Eagle at the California Capital Airshow near Sacramento, Calif. Oct. 5, 2019. (U.S. Air National Guard photo by Capt. Jason Sanchez) www.144fw.ang 4

## ANG Represents at Capital Airshow

By Capt. Jason Sanchez, 144th Public Affairs Office

Rancho Cordova, Calif. – The California Air National Guard and all five of its wings participated in this year's California Capital Airshow at Mather Airport near Sacramento, California, Oct. 5 and Oct. 6, 2019. The Air Guard demonstrated their unique capabilities to support both state and federal missions while putting on a great performance for airshow guests.

Besides the aircraft demonstrations during the flying portion of the airshow, guests got to see some of the Air Guard's aircraft up close on static display. Guests also interacted with pilots, aircrews, and Airmen on the ground.

Maj. Gen. Gregory Jones, California Air National Guard commander, said, "We had a great presence at the airshow. Our Airmen demonstrated what the California Air Guard can do, and our Airmen performed multiple demonstrations with expert precision."

As the first aircraft from the California ANG to perform in the airshow, the 146th Airlift Wing executed a water drop using their C-130J's Modular Airborne Fire Fighting System, or MAFFS. These aircraft are routinely used to assist Cal Fire and the U.S. Forest Service in efforts to suppress wildfires throughout California.

The 129th Rescue Wing performed a search and rescue demonstration, which included an HC-130J Combat King II, an HH-60G Pave Hawk helicopter, and their elite team of pararescue jumpers. During the demonstration, the PJs parachuted from the C-130 and were joined by aircrew on the ground who rappelled from the Pave Hawk, reenacting search and rescue missions. Following the search and rescue demonstration, the 129th RQW accomplished midair refueling of the Pave Hawk helicopter from the C-130.

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While the 129th RQW aircraft were in the air, an F-15C Eagle from 144th Fighter Wing roared overhead and completed several lower passes as the busy airspace cleared. The 144th FW brought two F-15C Eagles to the airshow; one was on static display and one flew during each day.

Maj. Matt Eslow, 144th Fighter Wing pilot, flew the F-15C Eagle during both flying demonstrations, but he also spoke to airshow attendees in front of the static display.

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answering questions and greeting visitors. Maj. Eslow was impressed by the questions that come from some of the younger boys and girls.

"They have very specific questions, indicating that they are somewhat knowledgeable about aviation," said Eslow. "These are the kids that have the same passion that drives most fighter pilots to succeed, and I hope that I helped to grow that passion."

The 163d Attack Wing provided a static display of the MQ-9

Reaper, a remotely piloted aircraft. The MQ-9 is now regularly used to survey vast areas of California during wildfires. Finally, the 195th Wing, which includes intelligence and space operations, hosted a tent with tactical equipment for airshow guests to see and explore.

Darcy Brewer, California Capital Airshow executive director, said, "The crowds were wowed by the California Air National Guard performances! I feel confident that the public went back into their communities sharing a far better understanding of the unique humanitarian and defense missions the dedicated citizen-Airmen serve for our state, our nation and beyond."

Senior Airman William Socha, 144th Fighter Wing engine maintainer said, "The enthusiasm from the little kids and young people made it worth it. Seeing their eyes light up when they came over to take a picture right next to the aircraft never failed to make me smile."

The 2019 California Capital Airshow had about 120,000 guests in attendance this year, which was the largest crowd to date.





Wing and family members of Lt. Col. Seth "Jethro" Nehring traveled to Ukraine for a memorial service honoring both Lt. Col. Nehring and Col. Ivan Petrenko who were killed in a plane crash on Oct. 16, 2018.

which was built by the men and women of the Ukrainian Air Force to honor the fallen pilots.

During the trip, Lt. Col. Nehring's family were able to meet friends in the Ukrainian Air Force who had known Lt. Col. Nehring for years through the State

and Ukraine. His family also met Col. Petrenko's family and visited a museum in Vinnytsia, Ukraine, which has a memorial dedicated to all Ukrainian pilots who have been killed in training missions, which now includes Lt. Col. Nehring's name.

Tactical Pause
Air National Guard Photos by Master Sgt. Charles Vaughn



Col. Chistopher Austin, 144th Fighter Wing vice commander, held an all call to discuss the importance of the Resilience Tactical Pause Oct. 6, 2019.

Over the months of November and December squadrons will lead small-group workshops,

which Airmen will attend, in order to facilitate comraderie, wingman support, and the use of mental health services when needed.

The Resilience Tactical Pause is in response to record-high numbers of suicides that have occured in the military within the last year. The military/ veterans crisis line is 1-800-273-8255. For more information please visit https://www. ang.af.mil/suicideprevention/





## Remember to Express Gratitude This Holiday Season

By Dr. Stephanie Grant, Director of Psychological Health

November is the time of year that many of us look forward to with Thanksgiving just around the corner.

We connect with those closest to us and enjoy delicious recipes together. However, the holiday season can also be tinged with difficult memories. feelings of being overwhelmed, and increased anxiety. For many, it is a mixed bag with both positive and difficult experiences and memories.

Thanksgiving provides an inherent protective factor essential to the holiday that we can use to our benefit. The act of expressing gratitude is foundational to the Thanksgiving season and especially during the holiday itself.

We know from research on the topic that expressing gratitude can actually make you feel better and mitigate feelings of sadness or depression. In positive psychology research, gratitude is associated with increased happiness, positive emotions, and an increased ability to deal with adversity and sustain strong connections with others.

The word gratitude comes from the Latin word gratia, which means graciousness, grace, or gratefulness. When people practice gratitude, they are able to acknowledge the positive and good aspects of their lives. Harvard Medical School lists some helpful ways to cultivate gratitude on a regular basis.

Write a Thank-You Note - You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Thank Someone Mentally - No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

**Keep a Gratitude Journal** - Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day. Count



your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Pray - People who are religious can use prayer to cultivate gratitude.

**Meditate** - Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

During this Thanksgiving season, being intentional about expressing gratitude can have a huge impact on you and those around you. In the midst of shared meals and fun holiday gatherings modeling the behavior and attitude of "thankfulness" is a great way to "be there" for your fellow airman fostering resilience through the practice of gratitude.



#### Reno Air Races





Members of the 144th Fighter Wing spoke to race fans at the STIHL National Championship Air Races in Reno, NV Sept. 13-15, 2019. The Wing took two F-15C Eagles as static displays for the races and airshow that brings in more than 30,000 aviation fans each year. (U.S. Air National Guard photo by Maj. Jennifer Piggott)

#### THE FRESNO VETERANS MEMORIAI



"Some people live an entire lifetime and wonder if they have ever made a difference in the world. A veteran does not have that problem." - Ronald Reagan

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." - Harry S. Truman



144 FW Children's Christmas Party When: December 11, 2019 Where: Base Dining Facility What: Santa Claus, snacks and photo booth

POC: MSqt Gonzalez 454-5258 Please deliver all gifts to Airmen & Family Readiness Office 454-5383

YOU ARE CORDIALLY INVITED TO ATTEND THE

UNVEILING OF THE

FRESNO VETERANS MEMORIAL

Please RSVP to Daniel by November 1, 2019 at 621-7865 \*\* Parking will be relaxed in the City Hall North Lot near Fresno Street \*\*

FRIDAY, NOVEMBER 8, 2019 at 10:00AM

Fresno City Hall

2600 Fresno Street Fresno, CA 93721

(Wing Building/across from customer service) NLT 1600, 11 December 2019





#### Secretary of the Air Force

Barbara Barrett was sworn in as the 25th secretary of the Air Force Oct. 18, 2019. "The men and women of our Air Force are in capable hands under her leadership," said Chief of Staff Gen. David L Goldfein.



2020

2019

2021

\*The OCP works in all climates and across the spectrum of missions we perform

The OCP will bring back Air Force heraldry.

The OCP celebrates our joint warfighting excellence and close ties with the Army

AIR FORCE OCP UNIFORM GUIDANCE

# 2019 Federal Giving Campaign Oct. 18 to Dec. 18



We are the Guard, citizen Airmen, community focused. Represent the 144th.

For more information about the campaign, contact Capt. Jason Sanchez





Confidential chat at Military CrisisLine.net or text 838255





#### **UTA Menu**

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

#### Saturday: Holiday Meal: \$9.10

Soup of the Day: Corn Chowder Soup Both Lines: Seasoned Roast Beef, Roasted Turkey, Baked Ham Sides: Turkey Gravy, Mashed Potatoes, Cornbread Dressing, Green Beans, Whole Kernel Corn, Dinner Rolls, Full-Service Salad Bar Desserts: Glazed Sweet Potatoes, Pecan Pie, Pumpkin Pie, Cranberry Sauce

Full-Service Salad Bar

#### Sunday: Burger Burn: \$5.60

Both Lines: Hamburgers, Turkey Burgers, Veggie Burgers, Sides: Seasoned French Fries, Beer-Battered Onion Rings, Personal-Sized Pizza, Bacon, Mixed Veggies, Full-Service Salad Bar Dessert: Cherry Pie, Chocolate Chip Cookies

\*\*Menu items are subject to change\*\*

## Upcoming Events & Announcements

#### Saturday, Nov. 2, 2019

- 144th Fighter Wing Assumption of Command Col. Jeremiah Cruz will assume command of the 144th Fighter Wing
  - Ceremony beginning at 10:30 a.m.
  - In the Aircraft Maintenance hanger
- Maj. Gen. David Baldwin, The Adjutant General, and Brig. Gen. Gregory Jones, Assistant Adjutant General for the Air National Guard, and other distiguished visotors with be in attendance

Charity Fair

- 144th FW 2019 Federal Giving Campaign 12 noon to 1:30 pm outside the Dining Facility
- Donate to a cause!
- Meet representatives from local charities

Rising Six Meeting

- 12:30 p.m. in the Operations Main Briefing Room
- All members E-1 to E-6 are welcome

Resillency Tactical Pause Facilitator Training?

- 1 to 2 p.m. in the Communications Flight Classroom
- Contact Dr. Stephanie Grant for questions
- Facilitator lead sessions will be held during November and December UTAs

Top Three Meeting

- 1 p.m. in the Maintenance Conference Room
- All F-7 and F-8 welcome to attend

Catholic Mass

- 2 p.m. in the Headquarters Classroom

Airman of the Year Banquet

- Doors open at 6 p.m.
- At the Fresno Convention Center
- Contact your orderly room for more information

Sunday, Nov. 3, 2019

Protestant Worship Service

- 11 a.m. in the Headquarters Classroom

Latter Day Saints Worship Service

- 2:30 p.m. in the Headquarters Classroom

#### **Upcoming Events**

**CGO Council Meeting** 

- The Friday before each UTA
- 12 noon in the wing conference room

Self Defense Classes

- Mondays and Tuesdays
  4 p.m. to 5 p.m. in building 120
- From now until Dec. 10, 2019
- Contact Staff Sqt. Thomas Perkins for information

2019 Federal Giving Campaign

- Hosted by the 144th FW
- From Oct. 18 to Dec. 18
- Weekly emails sent with updates
- Donate to the many worthy charities
- Contact Capt. Jason Sanchez for information

Toys 4 Tots Gift Drive

- The 144th CES Fire Department is placing collection boxes throughout the base - New unwrapped toys for needy children
- The collection deadline is Dec. 9, 2019
- Contact Ricky Lacy with questions at 454-5145

City of Fresno Veteran's Memorial Dedication

- Friday, Nov. 8, 2019 at Fresno City Hall - At 10 a.m. on Fresno St.
- Please RSVP to Airman Malicha Alcantar at Malicha.Alcantar@fresno.gov by Nov. 3, 2019

Veteran's Day Parade and Fly Over

- Monday, Nov. 11, 2019 in downtown Fresno
- Save the date!

- Silent Sleigh Wednesday, Dec. 11, 2019
- Save the Date

Children's Christmas Party

- Wednesday, Dec. 11, 2019
- In the base Dining Facility
- Contact Master Sgt. Cynthia Gonzalez for information

2019 Service Member of the Year Banquet - Hosted by the California Military Department

- Saturday, Jan. 18, 2020 in San Diego, CA
- RSVP by Dec. 19, 2019, Tickets are \$75 each - https://californianationalguard.regfox.com/2019smoy

#### Other Announcements

Power Outages and Fires

- If you have been affected by the rolling power outages or the California wildfires, please contact Family Readiness at (559) 454-5383
- They can assist with insurance claims, support services and emergency support

Calling 911 for On-Base Emergencies

- If 911 is called from a landline, the on-base authority and first responders will be contacted
- If 911 is called from a cell phone, the caller will need to tell the 911 operator its an "Air Guard" emergency so on-base authorities can respond

Scheduled Munitions Inventory

- IAW AFMAN 21- 201 A3.2.1.7, the Munitions Flight will be conducting a 10% inventory of munitions from Nov. 1 through Nov. 8, 2019

#### Legal

Legal assistance available UTA weekends and the Friday prior to UTA

- 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 Call 454-5153 to ensure someone is available
- For additional assistance visit: 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 Thurs. 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. - ID card actions over UTA weekends are limited to

wing members only. Reenlistments, 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. 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
- Sunday: 8 a.m. to 12 p.m. for due or overdue PHA itéms

**Customer Service Hours:** 

- Mon., Tue., Thu, Fri: 9 a.m. to 11 a.m. and 1 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.

#### **Event Listings in the Afterburner**

- If you would like your UTA event to be listed in the next Afterburner, please send the information to Capt. Jason Sanchez at:
- jason.a.sanchez30.mil@mail.mil
- Please use "UTA Event" in the subject line of the email, and please include the date, location, and time of the event

# 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.



Almost 100 Airmen from 144th Maintenance Group and the 144th Fighter Wing wore pink to show thier support for a fellow Airman who is currently undergoing medical treatment to fight cancer. The Group posed in front of the Aircraft Maintenance Hangar at the Fresno Air National Guard Base in Fresno, Calif. (U.S. Air National Guard photo by Master Sqt. Charles Vaughn)

# 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