As this calendar year comes to a close, I want to take this opportunity to thank you for your amazing efforts, wish you all Happy Holidays, and to reflect upon an amazing year. As you attend holiday parties with your units over the unit training assembly, command staff and I hope you will take the time to be present and enjoy the company of your teammates.

From there, please take time to connect with your families and friends, enjoy the holiday, take some time for rest and relaxation, and be safe.

During the past year our Wing has hit it out of the park! We have shown that we maintain the highest levels of readiness; we conducted an overwhelmingly successful operations plan validation deployment across the Pacific region while simultaneously supporting two Combatant Commanders.

Even more impressive, this operation consisted of split operations across both the Korea Theater of Operations and PACOM Theater of Operations. All the while, we maintained 100% readiness and lethality at our home base covering 24/7 Air Defense of the United States. We also successfully executed our State Partnership program with Ukraine, hosting Ukrainian pilots further contributing to the integration of Ukrainian forces with NATO forces.

Furthermore as part of our federal mission, we still have 70 personnel deployed to seven countries in support of Reserve Component Period 2, or RCP2, serving the combatant commands in AFRICOM, EUCOM, and CENTCOM.

Beyond these extraordinary feats, our Homeland Response Force participated in Vigilant Guard in Guam, our members responded to fires in California as part of our Defense Support to Civil Authorities mission, our Recruiting and Retention office won multiple awards, and our Airmen performed all of our mission sets with excellence. When
As your new Command Chief, I promise to make decisions that are defendable, consistent and as transparent as possible. I believe that the stripes on my chevron should be earned every day, and I intend to do just that as I stand alongside Col. Cruz.

Over the past couple Unit Training Assemblies, I have been able to meet with Commanders, Chiefs and First Sergeants, and I have been able to see Airmen at work. To me, it is already obvious that Airmen are accomplishing impressive tasks across the Wing.

At the annual Outstanding Airmen of the Year banquet, each Group was well represented, and with more than 400 guests in attendance, it was obvious that the Wing is supporting its members. That support was demonstrated by the supervisors, peers, friends and family members who attended the event. I’m super excited that my ever changing flight plan has landed me here at the 144th Fighter Wing! Over my career, I have had opportunities to serve at levels of command, which pushed me to operate outside my comfort zone. At all times, especially the most challenging times, I ensured I had a Wingman by my side.

With a Wingman at your side, I encourage you to ask yourself some important questions, just as I do wherever I am in my career. What does success look like for you? Where is your flight path headed? When is the last time you’ve challenged yourself to learn something new? And most importantly, who has your six?

A good Wingman scans for external impediments, but only you know when the internal gauges need attention. Unless you inform them of low fuel levels, physical, mental, spiritual or family limitations, you’ll continue to the next landing zone as planned. Don’t forget to communicate with your Wingman when you will need to adjust your flight plan.

Within the U.S. Air Force and our Wing, our most important asset is you, and we need you to be ready for the next state or federal mission. It’s important to our command team that all our Airmen know they are valued members. The command will continue to set an atmosphere of respect and inclusion, all while adhering to standards and keeping our core values: unwavering integrity, service before self, and continuing the excellence you’ve already established.

I reflect upon this past year, I am humbled by the level of excellence that you all demonstrate on a regular basis and I am grateful to be a part of this amazing team.

As we move forward in 2020, we are giving more time back to our Airmen as our only planned major muscle movements are a deployment to Sentry Aloha in January and an Exercise during March Super-Drill.

I have complete faith that the State of California can continue to depend on us to protect its people and our communities from Fires, Earthquakes, Floods, and any other State Emergency. At the same time American can depend on you to be this Country’s Most Lethal Weapons System.

Thank you for being the Shield of our State and the Sword of our Nation!

Take Care of yourselves this holiday season and thank you for all that you do. I look forward to working with you and for you in 2020.
FRESNO, Calif.– More than 400 Airmen and guests of the 144th Fighter Wing came together at the Fresno Convention Center Nov. 2, 2019 for a ceremony to honor the Wing’s top Citizen Airmen. The nominees from the Wing’s various groups, squadrons and flights were also recognized for their outstanding contributions to the unit and its ongoing missions. Col. Jeremiah Cruz, 144th FW commander, recognized the Airmen and their families, thanking them for their support.

The 144th Fighter Wing Outstanding Airmen are:

Airman of the Year: Airman 1st Class Jonathan Engelman

NCO of the Year: Tech. Sgt. Jessica Couch

SNCO of the Year: Master Sgt. Christopher Perez

1st Sgt. of the Year: Master Sgt. Thomas Crane

CGO of the Year: Capt. Jacob McCoy

FGO of the Year: Lt. Col. Cesar Gonzalez

144th Support Group and California State Guard member of the Year: Senior Airman Stewart Shavinsky

Airman of the Year Banquet
By Master Sgt. Charles Vaughn, 144th Public Affairs Office

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FRESNO, Calif.- Airman from the 144th Fighter Wing participated 100th Annual Central Valley Veterans Day Parade, Nov. 11. Thousands of people gathered in downtown Fresno to honor veterans during the parade which is well known for being the largest Veterans Day Parade West of the Mississippi River.

Starting at 11:11 am, after a flyover of F-15 Eagles assigned to the 144th Fighter Wing, taps and a moment of silence for fallen veterans, the color guard stepped forward, kicking off the parade. Beginning in front of City Hall and ending near Chukchansi Park,

bands, color guards, floats and other groups made their way through Fresno’s streets. The 144th FW was represented by members from various sections on base to include EOD with the bomb disposal tuck and gear, the base fire department along with a tender, Medical with Homeland response equipment and Maintenance with truck and trailer displaying various weapons.

The Airmen walked the parade route greeting the community and veterans lined along the route.

Larry Duba is the Assistant Parade Coordinator. He said for the 100th year they wanted to go bigger than ever making all veterans feel appreciated.

Duba said about 40,000 people watched the parade. But, the best part was seeing the reactions on the veteran’s faces.

“My favorite part is just to see a lot of the older veterans you know and how much they enjoy it and how much it has grown,” Duba said.
As the second time frame of the Reserve Component Period comes to a close, Airmen from the 144th Fighter Wing who have been deployed overseas to support Federal missions will finally be returning home.

In all, over 120 Airmen from the 144th FW have been deployed during RCP2 to various locations around the globe, including Germany, Kuwait, Jordan, Iraq, Qatar, Djibouti, and Niger in support of U.S. Air Forces in Europe, the U.S. Central Command, and the U.S. African Command.

So far about 50 Airmen have already returned home from their tours of duty, but over 70 Airmen from the 144th Fighter Wing are still deployed and are not expected to return until early in 2020.

By the end of January, all but a few Airmen are expected to return home. Then by March or April, the last few Airmen from the Wing will have returned, completing the RCP2 cycle.
The Wing is seeking volunteers to serve as Victim Advocates from the Groups. To begin your application process, please contact Mr. James Sowers, the 144th Fighter Wing Sexual Assault Response Coordinator. Mr. Sowers can be reached at james.d.sowers.civ@mail.mil, his office (559) 454-5152, or a 24-hour cell number (559) 285-3667. His office is located in the bldg. Rm 25.

To serve as a Volunteer Victim Advocate, Air National Guard personnel must have no patient-related duties, and they must be an E-4 or above who is at least 21 years of age for enlisted members. The minimum rank for officers is O-2; however, officers in the grade of O-1 that were prior enlisted are eligible to become VVAs.

Eligible personnel who are interested in volunteering must schedule an interview with their SARC, complete DD Form 2950, complete the VVA application and screening criteria, and complete a 40-hour training course.

Once a VVA receives their Department of Defense Sexual Assault Advocate Certification Program certification, the VVA will be given a Special Experience Identifier code of 0V for officers or 003 for enlisted. Then, the SARC will document the training on the AF Form 2096, sign the form and submit it to the Military Personnel.

The 40-hour course is instructed by a current Wing SARC. Additional Wing SARC’s from other states may also be an instructor at the course.

AFI 90-6001 Volunteer Victim Advocate Eligibility and Requirements provides additional information about VVA requirements.

Available For
- Service members who are active duty
- National Guard and Reserve Component members who were sexually assaulted when performing active service
- Military dependents 18 years and older
- Navy ROTC midshipmen who report sexual assaults that occurred while they were in active duty status.

Limitations
Remember, if you initially make a restricted report, you can change it to an unrestricted report at a later date. However, if you initially make an unrestricted report, you cannot change it to a restricted report.

What to Expect
Regardless of the reporting option chosen, the victim has the following services available to them:
- Victim Advocacy
- Counseling
- Legal Assistance
- Chaplain Support
- Medical Care

Contact
If you do not want to contact your local resources, contact the DoD Safe Helpline.
- Call: 1-877-989-5524
- Text: 55-2427(061), 262-470-5546 outside the U.S.
- Web: http://www.safehelpline.org/
The holidays can bring up different feelings and emotions as we anticipate the season. As you navigate the additional commitments and activities it is important to practice your own self-care and be intentional about managing your own stress levels. For some of us, annual traditions may have to be altered due to current circumstances. Being realistic, planning ahead, and connecting with your support system can go a long way in helping you enjoy the season to the fullest.

Be aware and acknowledge your feelings. If someone close to you has recently died or your loved ones cannot be with you during the holidays, it is normal to feel grief and sadness. It is okay to take time to cry or to express your feelings. You cannot force yourself to be happy just because it is the holiday season. Accept emotions and thoughts. The intensity of emotions will reduce over time. Be aware of negative thinking, “I cannot cope with this” and reframe these thoughts “I have the skills to cope and I will get through this.” Be gentle with yourself.

Reach out. If you feel lonely or isolated, seek out family, community support, religious activities or other social events. Volunteering your time to help others is also a good way to lift your spirits and broaden your friendships. When people feel depressed they often want to withdraw and isolate so it is important to take action by planning activities to be with other people. For those of you who struggle with anxiety, plan ahead to know and recognize when to take a break. This is about knowing your limits and being proactive to step outside of you need a break or need time to refuel. Consider communicating a signal with a friend or family member to support leaving an event if beginning to feel overwhelmed.

Be realistic. The holidays don’t have to be perfect or just like last year. As families change and grow, traditions and rituals often change. Choose a few to hold onto and be open to creating new ones. This is about flexibility and adjusting to the realities of your present situation and making new meaning and embracing traditions that serve you.

Chances are they are feeling the effects of holiday stress and/or depression.

Set aside differences. Try to accept family members and friends as they are even if they don’t live up to all of your expectations. Set aside personal grievances until a more appropriate time for discussion. If need be, limit time or find events and activities that may buffer tensions and promote shared enjoyment. Also be understanding if others get upset or distressed.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Stick to your budget. Don’t try to buy happiness. Consider these alternatives:

1) Donate to a charity in someone’s name.
2) Give homemade gifts.
3) Start a family gift exchange.
4) Go to a free holiday themed show/event with loved ones.
With winter and the holidays upon us, we at the Safety Office want to make sure that everyone will have a happy and safe holidays. Here are some tips to ensure your holidays are hassle and accident free.

Vehicle Safety
1. Maintain your car. Check battery, tire tread, windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your anti-freeze. Have on hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), warning devices like flares, and blankets. For long trips add food, water, medication, cell phone and charger.
2. For long drives, plan your route. Allow plenty of time for your trip and check the weather and leave early if necessary. Be familiar with maps/directions and let others know your route and arrival time.

Decorating Safety
1. Use non-flammable decorations
2. Check holiday lights annually for excessive wear, and replace strings of lights with worn or broken cords or loose bulb connections
3. Do not link more than three strands of holiday lights
4. Keep decorations away from windows, fireplaces and doors
5. Place burning candles in stable holders where they cannot be knocked down easily, and never leave them unattended
6. Keep Christmas trees away from heat sources and exits
7. Never use electric lights on metallic trees
8. When using a ladder to hang decorations, always make sure the ladder is on even and solid ground, and keep three body parts in contact with the ladder at all times

Winter Sports and Recreation Safety
1. Stay Hydrated - just because the weather isn’t hot doesn’t mean you’re not depleting fluids. Breathing in cold air can be dehydrating. This can lead to exhaustion and put you in danger.
2. Dress the Part - Just because it’s cold outside doesn’t mean you won’t break a sweat while being active. Damp clothes can lower body temperature, so dress in layers you can easily take on and off.
3. Tell a friend - Never leave without telling someone where you’re going and when you expect to be back. Tell your contact what your itinerary is and don’t forget to notify them once you get home safely.
4. Wear the appropriate PPE
5. Be avalanche aware - Be cognizant of the avalanche potential in your area. Heed warnings and observe conditions. Avalanche dangers are higher during and right after snowfalls. Any slope greater than 30 degrees can have significant avalanche risks.

Winter Safety
By Senior Master Sgt. Glenn Marte, Base Occupational Safety Manager

ALS Graduate Recognized
Leadership from the 144th Aircraft Maintenance Squadron attended an ALS graduation ceremony last week at Edwards AFB, Calif. to recognize Senior Airman Paul Rojeski, a crew chief from the Wing. Rojeski was one of four who earned distinguished graduate from his class of 51 Airmen. (Courtesy photos)
144th Fighter Wing
2019 Federal Giving Campaign
Oct. 18 to Dec. 18

144th Fighter Wing Volunteers Annual Toy Giveaway
7 December 2019 0700-1600
8 December 2019 0700-1600

There will be two locations to serve you: Engine Shop and Maintenance Orderly Break Room

Please pick up from only one location, with one visit per family. Thank You!

The intent is to support our young Airman and Families E-6 and below.

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: Potato Soup
Main Line: Seasoned Roast Beef, Baked Ham, Beef and Chicken Tamales
Sides: Gravy, Mashed Potatoes, Mexican Rice, Green Beans, Whole Kernel Corn, Dinner Rolls
Desserts: Glazed Sweet Potatoes, Cherry Pie, Blueberry Pie, Vanilla and Chocolate ice-cream with variety of toppings
Full-Service Salad Bar

Sunday: Breakfast Meal: $3.45
Served 8:30 a.m. to 10 a.m.
Main Line: Scrambled Eggs, Chorizo and Eggs
Sides: Bacon, Sausage, Country Potatoes, Hash browns, French Toasts
Sticks, Boiled Eggs, Biscuits, Cream Biscuit, Assorted Cereal, Tortillas
Limited Salad Bar: Bananas, Strawberries, Assorted Cereal, Sliced Bread, Peanut Butter, Salsa

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

POC: Maj Gonzalez 454-5258
Please deliver all gifts to Airmen & Family Readiness
Office 454-5383
(Wing Building/across from customer service)
NLT 1600, 11 December 2019

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

www.144fw.org
Upcoming Events & Announcements

Saturday, Dec. 7, 2019

Command Chief Assumption of Authority
- Chief Master Sgt. Lorene Kitzmiller will assume authority as the command chief of the 144th Fighter Wing
- Ceremony beginning at 10 a.m.
- In the Aircraft Maintenance hanger

Charity Fair
- 144th FW 2019 Federal Giving Campaign
- 11 a.m. to 12:30 p.m. inside the Dining Facility
- Donate to a cause!
- Meet representatives from local charities

Dining Facility
- Lunch Served from 11 a.m. to 12:30 p.m.

Top Three Meeting
- 1 p.m. in the Maintenance Conference Room
- All E-7 and E-8 welcome to attend

Catholic Mass
- 2 p.m. in the Headquarters Classroom

CCAF Graduation Ceremony
- 3 p.m. in the Headquarters Classroom

Sunday, Dec. 8, 2019

Dining Facility
- Breakfast Served from 8:30 a.m. to 11 a.m.

Protestant Worship Service
- 11 a.m. - 12:30 p.m.

Unit Holiday Parties
- 11 a.m. - 12:30 p.m.

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, Tuesdays and Fridays
- 4 p.m. to 5 p.m. in building 120
- From now until Dec. 10, 2019
- Contact Staff Sgt. Thomas Perkins

2019 Federal Giving Campaign
- Hosted by the 144th FW
- From Oct. 18 to Jan. 10
- Close out date extended!
- Weekly emails 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

Silent Steigh
- Wednesdays, Dec. 11, 2019
- Floats are still needed for the event!
- Contact Staff Sgt. Ashley Burnett

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

Upcoming Events

Other Announcements

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 Dec. 6 through Dec. 13, 2019

Legal

Legal assistance available UTA weekends and the Friday prior to UTA
- Walk-ins available Sun. 9 a.m. to 11 a.m.
- Mon. 11:30 a.m. to 3:30 p.m.
- Appointments Online
- 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
- Renewals, Extensions, Separations
- Mon., Tues., Thu. 8:30 a.m. to 11 a.m. and 12 p.m. to 3 p.m.
- Wed. 1 p.m. to 3 p.m.
- To schedule ID card appointments visit RAPIDS at: https://rapids-appointments.dmcf.osd.mil/appointmentbuilding.aspx?BuildingId=805
- Please direct any questions to Customer Service at 454-5274

Customer Service

DEERS/ ID Cards
- Walk-ins available to 11 a.m. Walk in Hours
- Mon. to Thurs. 11:30 a.m. to 3:30 p.m.
- Appointments Only
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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 exemptions
- Sunday: 8 a.m. to 12 p.m. for due or overdue PHA items

Customer Service Hours:
- Mon., Tue., Thu. 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-vip\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
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.

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.

Vision

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

Commander’s Priorities

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