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.

(continued on pg. 3)
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 Al 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, 90 structural responses, and 30 medical responses. While most responses were for minor incidents, it was good to know that our firefighters were always ready and performed their duties with professionalism and fortitude. Our fuels management section also led the way logging over 2 million gallons of fuel reservice.

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 alongside 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.

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.

ANG Represents at Capital Airshow
By Capt. Jason Sanchez, 144th Public Affairs Office

(continued on pg. 5)
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, 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.
Members of the California Air National Guard, 144th Fighter 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.

At the memorial, a monument was unveiled with both pilots’ names, 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 Partnership Program between the California Air National Guard 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.
Col. Christopher 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/
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.
The 144th Fighter Wing hosted its annual Family Day event at the Fresno Air National Guard Base, Calif. Oct. 6, 2019. The event provides an opportunity for Airmen to showcase their many unique jobs to family members and friends in addition to hosting fun events for children and adults alike. This year’s Family Day included Explosive Ordnance Disposal and Maintenance demonstrations, a volleyball game, bounce houses and face painting for the kids. (U.S. Air National photos by Master Sgt. Charles Vaughn)
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)

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.

Reno Air Races

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

POC: Msgt 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

TIMELINE

2019
- 1-JAN

2020
- 1-JAN

2021
- 1 JAN

AIR FORCE OCP UNIFORM GUIDANCE

www.144fw.ang
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*

For more information about the campaign, contact Capt. Jason Sanchez
### 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 hangar
- **Maj. Gen. David Baldwin, The Adjutant General, and Brig. Gen. Gregory Jones, Assistant Adjutant General for the Air National Guard, and other distinguished guests will be in attendance**

#### Sunday, Nov. 3, 2019
- **Protestant Worship Service**
  - 11 a.m. in the Headquarter Classroom

#### Monday, Nov. 4, 2019
- **Rising Six Meeting**
  - Meet representatives from local charities
  - 12 noon to 1:30 p.m outside the Dining Facility
  - 12 noon to 1:30 p.m. in the Headquarters Classroom

#### Tuesday, Nov. 5, 2019
- **Resilience Tactical Pause Facilitator Training**
  - 1 to 2 p.m. in the Communications Flight Classroom

#### Wednesday, Nov. 6, 2019
- **Catholic Mass**
  - All E-7 and E-8 welcome to attend
  - 11 a.m. in the Maintenance Conference Room

#### Thursday, Nov. 7, 2019
- **Rising Six Meeting**
  - Meet representatives from local charities
  - 12 noon to 1:30 p.m outside the Dining Facility
  - 12 noon to 1:30 p.m. in the Headquarters Classroom

#### Friday, Nov. 8, 2019
- **Rising Six Meeting**
  - Meet representatives from local charities
  - 12 noon to 1:30 p.m outside the Dining Facility
  - 12 noon to 1:30 p.m. in the Headquarters Classroom

### Other Announcements
- **Power Outages and Fires**
  - If you have been affected by the rolling power outages of the California wildfires, please contact Family Readiness (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 cell phone, the caller will need to tell the 911 operator its an “Air Guard” emergency so on-base authorities can respond

#### 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 6 p.m.
  - In building 120
  - From now until Dec. 10, 2019
  - Contact Staff Sgt. Thomas Perkins for information

- **2019 Federal Giving Campaign**
  - Hosted by the 144th FW
  - From Oct. 18 to Dec. 9
  - Donate to the many worthy charities
  - Contact Capt. Jason Sanchez for information

- **Veteran’s Day Parade and Fly Over**
  - Nov. 11, 2019 in downtown Fresno
  - Save the date!

- **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-ι7\publicmedia.

### Airman and Family Readiness
- **Attend the next CRAW**
  - 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
  - Call 454-5274 for on-base emergencies

- **FRG Council Meeting**
  - Please use “UTA Event” in the subject line of the email, and please include the date, location, and time of the event

### Medical Group
- **U.T.A. 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

### Public Affairs Shared Image Drive
- **DEERS/ID Cards**
  - Mon. to Fri. 6 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.

- **ID card actions over UTA weekends are limited to the following**
  - Reenlistments, Extensions, Separations

#### Event Listings in the Afterburner
- **Contact to relay information to commanders, chaplains or anyone else at the Wing**

#### 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
  - 454-5163 or extension 220.
  - Please RSVP to Airman Malicha Alcantar at Malicha.Alcantar@fresno.gov by Nov. 3, 2019

- **车辆**
  - All members E-1 to E-6 are welcome
  - 1 p.m. to 2 p.m. in the Communications Flight Classroom

- **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

#### Customer Service
- **DEERS/ID Cards**
  - Mon. to Fri. 6 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.
  - 12 noon in the wing conference room

- **ID card actions over UTA weekends are limited to**
  - Reenlistments, Extensions, Separations

- **To schedule ID card appointments visit RAPIDS at:**

- **Please encrypt any questions to Customer Service at:**
  - 454-5274

- **Appointments 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-ι7\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

- **Use “UTA Event” in the subject line of the email, and please include the date, location, and time of the event**

- **IT IS UTA WEEKENDS**
  - Please use “UTA Event” in the subject line of the email, and please include the date, location, and time of the event

### 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 6 p.m.
- In building 120
- From now until Dec. 10, 2019
- Contact Staff Sgt. Thomas Perkins for information

#### 2019 Federal Giving Campaign
- Hosted by the 144th FW
- From Oct. 18 to Dec. 9
- 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
- 10 a.m. to 12 noon
- Please RSVP to Airman Malicha Alcantar at Malicha.Alcantar@fresno.gov by Nov. 3, 2019

#### Veterans’ 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. 13, 2019
- Tickets are $75 each

### Upcoming Events & Announcements

#### 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 6 p.m.
- In building 120
- From now until Dec. 10, 2019
- Contact Staff Sgt. Thomas Perkins for information

#### 2019 Federal Giving Campaign
- Hosted by the 144th FW
- From Oct. 18 to Dec. 9
- 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
- 10 a.m. to 12 noon
- Please RSVP to Airman Malicha Alcantar at Malicha.Alcantar@fresno.gov by Nov. 3, 2019

#### Veterans’ 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. 13, 2019
- Tickets are $75 each
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.

Almost 100 Airmen from 144th Maintenance Group and the 144th Fighter Wing wore pink to show their 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 Sgt. Charles Vaughn)

Commander’s Priorities

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