

AFTERBURNER

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AFTERBURNER

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Senior Airman David Geil, a firefighter from the 144th Fighter Wing in Fresno, Calif., cuts through metal during the PATRIOT North 18 exercise at Volk Field, Wis., July 15, 2018. PATRIOT is a Domestic Operations disaster-response training exercise conducted by National Guard units working with federal, state, and local emergency management agencies and first responders. (U.S. Air National Guard photo by Senior Airman Julia Santiago)



Commander's Comments

By Lt. Col. Jordan Darnauer
144th Medical Detachment Commander



During a recent meeting, Col. Daniel Kelly summed it up in two words why we're all here... to ... "Defend America." This holds especially true with our remaining missions in Fiscal Year 18 and upcoming deployments in Fiscal Year 19 to globally support Northern Command, European Command, Central Command, Pacific Command, and African Command missions. For some of you this isn't your first rodeo. Yet, for others, this will be your first deployment to put all your training into action and showcase why the military members of the 144th Fighter Wing are the best in the nation!

That being said, deployments can also place a lot of stress on both one's physical and psychological well-being. So what does this mean for those of you tasked to deploy? We want to ensure that when you deploy you're physically and psychologically sound and upon your return home we're here to assist you with your transition to the same state of health and wellness as when you left. The challenges that you may face can be managed by your ability to adapt, following some simple preventative measures will help to

keep you both physically and mentally healthy throughout your deployment. Here are a few recommendations from our providers that you should follow while deployed:

1. Develop and maintain a sleep-rest cycle as soon as possible. Proper rest is important for both your safety and the safety of others. Sleep deprivation can lead to accidents, illness, and disease.
2. Proper nutrition is equally important to promote energy, foster clear mental function, and as a defense against disease.
3. Adequate hydration is essential. Staying hydrated keeps your memory sharp, your mood stable, and your motivation intact. Additional benefits include prevention of dry mouth, promoting cardiovascular health, keeping your body cool, and help muscles and joints work better.

4. Stress is not always harmful. Good stress allows you to stay alert and focused. For example, in a life-threatening situation, the stress response ultimately can have life-

saving results. It can also help you in challenging situations. However, there is also bad stress. Bad stress can cause damage to your overall well-being. Recognizing "bad stress" in oneself or in one of your military colleagues can assist in getting the help you need to minimize the impact on you and the mission.

Our staff is working diligently with your Unit Health Monitors to schedule you over the next several months to ensure you meet the medical requirements required by your respective Combatant Commands. Please help us help you, by meeting your scheduled appointments times in the clinic. For those of you not tasked to deploy, maintaining your physical and mental health are just as important. Especially over the next year and half, while your fellow Airmen are deployed this base will truly be doing more with less.

I wholeheartedly believe we will meet and exceed all mission requirements at home and overseas!

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Work-Rest Cycles and Guidelines



Chief's Corner



By Chief Master Sgt. Michelle Flaherty
144th Medical Group Chief

out to your chief or commander and tell them how they can do things better. Maybe you should take the initiative to go to your leadership or mentor and ask "How am I doing?" every once in a while. Now if you do this, be prepared, they may not reply with "You're doing great!" But by asking, you are showing that you are willing to grow as an Airman and are willing to make changes to be better.

In the quest to achieve one of the top three enlisted ranks or become that respected field grade officer you hope to be, you have to open yourself up to constructive criticism. It may not always be comfortable, but most of the time it will open your eyes to something you are not seeing.

How are you at receiving constructive criticism? How are you at giving it? Both can be difficult, but both can be helpful and beneficial.

Giving constructive criticism is the same as a mentoring moment and whether you want to or not, if you spend enough years in the military, you will be someone's mentor. That person is looking to you to help guide them to be a better Airman. Experience is a priceless tool that many of us have and are responsible to share. The first thing you need to consider when contemplating giving constructive criticism is how the recipient is going to take it. You may want to ask him or her, "Can I give you some constructive criticism?" This way they have been

warned and will be prepared to hear something that may not be pleasant. I had to give some constructive criticism recently where the recipient had a habit of interrupting during conversations. The recipient of the constructive criticism was somewhat defensive about the criticism at first but admitted that they didn't realize they were doing it and was thankful that it was a mentor that pointed it out.

Receiving constructive criticism can be hard at times but you should always open yourself up to it. Make sure those around you know that you welcome it. As a chief, I routinely ask my Airmen, "how am I doing?" Ok, not all of leadership is going to accept your constructive criticism, so please don't rush

To estimate how much time it will take to perform a task or operation while in MOPPs 3 and 4:

- 1) Determine the appropriate column for the outside temperature.
- 2) Find the work rate using the examples in the table above as a guide (e.g. light, moderate, heavy).
- 3) Find the task time multiplier by reading across the work rate line and down the temperature column.

EXAMPLE: A rapid runway repair team is working while the outside temperature is 60°F. The task normally takes 2.5 hours to complete. By using the chart, rapid runway repair is listed as a heavy work rate under the activities examples. Also, by using the outside temperature (60°F) for that work rate (heavy), the task time multiplier can be found. In this case, the task time multiplier is 2.1. Take the task time multiplier and multiply it by the time it normally takes to do the job (2.1 x 2.5 hours = 5.25 hours). Therefore, the time it takes to do the job in MOPP 4 is 5 1/4 hours.

Work Rest Cycles and Fluid Replacement Guidelines, 1 June 2004

Heat Category	WBGT Index (°F)	Light (Easy) Work		Moderate Work		Hard (Heavy) Work	
		Work/Rest*	Water Intake† (Qt/Hour)	Work/Rest*	Water Intake† (Qt/Hour)	Work/Rest*	Water Intake† (Qt/Hour)
1	78-81.9	NL ²	1/2	NL	3/4	40/20 min	3/4
2	82-84.9	NL	1/2	50/10 min	3/4	30/30 min	1
3	85-87.9	NL	3/4	40/20 min	3/4	30/30 min	1
4	88-89.9	NL	3/4	30/30 min	3/4	20/40 min	1
5	>90	50/10 min	1	20/40 min	1	10/50 min	1

NOTES:
1. If wearing MOPP 4, add 10°F to Wet Bulb Globe Temperature (WBGT). If wearing personal body armor in humid climates, add 5°F to WBGT.
2. Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
3. CAUTION: Daily fluid intake should not exceed 12 quarts. Hourly fluid intake should not exceed 1 quart. The work/rest time and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified work category. Individual water needs will vary = 1/4 quart hour.
4. NL= no limit to work time per hour.

Work Intensities of Military Tasks

Light (Easy) Work	Moderate Work	Heavy (Hard) Work
<ul style="list-style-type: none"> ☑ Weapons maintenance ☑ Walking on hard surface at 2.5mph, with <30 pound load ☑ Marksmanship training ☑ Tower operations ☑ Operations NCOs/officers ☑ Pilot ground activities ☑ Command Post & UCC activities 	<ul style="list-style-type: none"> ☑ Walking on loose sand at 2.5 mph, with no load ☑ Walking on hard surface at 3.5 mph with <40 pound load ☑ Calisthenics ☑ Patrolling ☑ Individual movement techniques such as low/high crawl ☑ Refueling ☑ Avionics Shop ☑ Aircraft maintenance ☑ Unit post attack reconnaissance 	<ul style="list-style-type: none"> ☑ Walking on hard surface at 3.5 mph, with >40 pound load ☑ Walking on loose sand at 2.5 mph with any load ☑ Armament crew ☑ Heavy aircraft repair ☑ Specialized Teams such as NBC recon, search & recovery, rapid runway repair, CCA, fire protection, decontamination, medical, damage assessment and repair, and EOD

MOPPS 3 and 4 Task Time Multiplier

WORK RATE	20 to 49°F -7 to 9°C	50 to 84°F 10 to 28°C	85 to 100°F 29 to 38°C
LIGHT	1.2	1.4	1.5
MODERATE	1.3	1.4	3.0
HEAVY	1.7	2.1	5.0

PATRIOT North 2018

By Staff Sgt. Christian Jadot

Approximately 15 Airmen from the 144th Fighter Wing and 900 other military and civilian emergency personnel came together for the training exercise PATRIOT North at Volk Field Combat Readiness Training Center and the Fort McCoy Total Force Training Center, Wis., July 17 – 19, 2018.

PATRIOT North is a training exercise designed for civilian emergency management and responders to work with military entities in the same manner that they would during disasters.

“This exercise gave our firefighters an opportunity to gain operational skills and tactical training,” said Chief Master Sgt. Joseph Gallegos, 144th Civil Engineering Squadron fire chief. “It allows them to focus more on their training and gave them the opportunity to move into different positions.”

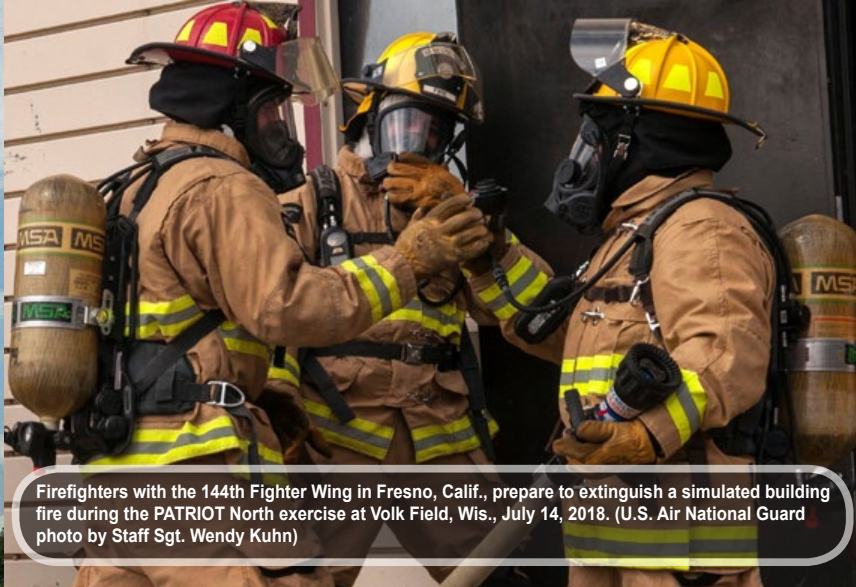
The exercise tests the National Guard and civilian counterparts' abilities to support emergency response operations based on simulated scenarios, such as an earthquake creating collapsed buildings, mass casualties, and the need for search and rescue along

(continue on pg. 5)

U.S. Air Force Staff Sgt. Robert I. Hurst, a firefighter with the 144th Fighter Wing, California Air National Guard, performs a victim pick-off at the PATRIOT North 18 exercise at Volk Field, Wis., July 15, 2018. PATRIOT is a Domestic Operations disaster-response training exercise conducted by National Guard units working with federal, state, and local emergency management agencies and first responders. (U.S. Air National Guard photo by Senior Airman Cristina J. Allen)



U.S. Air Force firefighters extinguish a simulated aircraft fire using a rapid intervention vehicle (mini-pumper squad) during the PATRIOT North exercise at Volk Field, Wis., July 14, 2018. PATRIOT is an annual domestic operations training exercise sponsored by the National Guard that focuses on increasing the ability of local, state, and federal organizations to coordinate and work together in response to a natural disaster or man-made emergency. (U.S. Air National Guard photo by Staff Sgt. Wendy Kuhn)



Firefighters with the 144th Fighter Wing in Fresno, Calif., prepare to extinguish a simulated building fire during the PATRIOT North exercise at Volk Field, Wis., July 14, 2018. (U.S. Air National Guard photo by Staff Sgt. Wendy Kuhn)



Firefighters with the 144th Fighter Wing in Fresno, Calif., extinguish a simulated building fire during the PATRIOT North exercise at Volk Field, Wis., July 14, 2018. (U.S. Air National Guard photo by Staff Sgt. Wendy Kuhn)

(continued from pg. 4)

with evacuations of injured.

“Many guardsmen haven’t had the opportunity to work in this type of environment and PATRIOT gives our Soldiers and Airmen a chance to hone their skills to respond to a natural disaster and work with emergency management agencies,” said Lt. Col. Roger Brooks, exercise director for PATRIOT. “This exercise will help all of us prepare for any disaster.”

The training scenarios increased members situational awareness and taught interagency communications.

“The 144th Fighter Wing did exceptionally well,” said Chief Master Sgt. Gallegos. “The Branch Manager, Master Sgt Carlos Chavez, was recognized as a superior performer during the exercise.”



Director of Psychological Health Honored

Courtesy Article

The 144th Fighter Wing's Director of Psychological Health, Dr. Stephanie Grant, was selected as the DPH of the Year for Region 4. She actively supports the commander's leadership team in addressing the psychological health of the wing reflecting her commitment to service, continued growth through education, and active leadership--all aimed at improving and sustaining a ready force.

Dr. Grant is an experienced leader in her field and recently completed a doctoral degree. Her completed dissertation entitled *Military Social Work: Utilizing Interprofessional Practice and Education to Increase Efficacy* reinforces her dedication to serving airmen. Over the past 18 months, she was featured at three peer-reviewed national social work conferences highlighting her work to foster resilience and psychological health. She recently partnered with the Army Behavioral Health Officer and Fresno State University to develop a workshop for community therapists to increase qualified referral sources.

Dr. Grant has served as the Wing's Suicide Prevention manager since August, 2015, leading the program to 100% compliance in the 2017 Unit Effectiveness Inspection. In March, she briefed 1200 airmen emphasizing the importance of fostering pre-deployment resilience and mental health wellness strategies. Dr. Grant also serves as the Community Action Team Chair and leads the Disaster Mental Health team, actively engaging with leadership, Family Readiness, Chaplains, EO, IG, Medical, First Sergeants, and community providers seeking innovative strategies to improve resilience and prevention as well as implementing an effective collaborative crisis response.

This year Dr. Grant acquired a military facility therapy dog named Paige to be her partner in building relationships with Airmen. She is Paige's primary handler, and has 10+ proven cases of members reporting reduced depression and anxiety directly due to interaction with the wing therapy dog. Dr. Grant attended Red Flag at Nellis AFB supporting the airmen in this mission essential exercise in a field environment. In January 2018, while actively serving the 200 Airmen at Sentra Aloha, she was able to respond to an emergency situation and mitigate negative consequences for an airman in the field. Due to Dr. Grant's innovative strategies and active efforts, she has experienced an increase in consultations and cases by 50 percent in the past year--greatly improving wing medical readiness.

144th Fighter Wing Assists with Wild Fires

By Senior Master Sgt. Christopher Drudge

With several fires burning throughout California, a strain has been put on state and local resources. The 144th Fighter Wing has responded with volunteers to assist with the disaster response. So far, 31 Airmen from the wing have stepped forward to ensure the Defense Support to Civil Authorities mission is carried out. Airmen from the Force Support Squadron, Security Forces Squadron and Public Affairs were among the first to take action. As the fires rage on, the Airmen of the 144th FW will continue to ensure that the DSCA mission is completed successfully.



California National Guardsmen walk the line while conducting operations in support of CAL Fire at the Carr fire near Redding, Calif. (Courtesy photo by the California Military Department)

Take COMMAND

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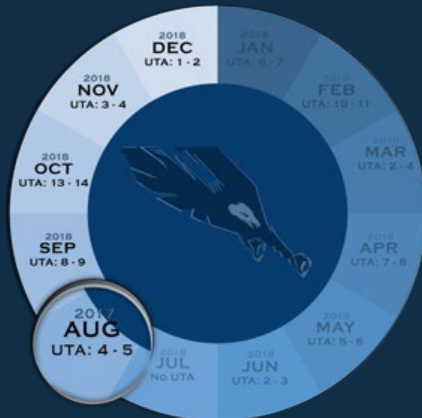
Federal Benefits Open Season runs **Nov. 12 – Dec. 10, 2018.**

To learn more and sign up for alerts, visit tricare.benefeds.com or tricare.mil/fedvip.



#takecommand

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WHAT YOU NEED TO KNOW

for Coverage Beginning in

2019

2018 Open Season:



[NOV. 12 – DEC. 10]



TRICARE® is implementing an Open Season for enrollment. You can only enroll in TRICARE Prime or TRICARE Select or switch plans during Open Season or after a qualifying life event (QLE). The TRICARE Retiree Dental Program (TRDP) is ending on Dec. 31. Many TRICARE-eligible beneficiaries will qualify for the Federal Employees Dental and Vision Insurance Program (FEDVIP).

I am a(n)...	I Want to Change My TRICARE Plan	I Want to Enroll in a FEDVIP Vision Plan	I Want to Enroll in a FEDVIP Dental Plan
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Active Duty Family Member	You can change plans during the 2018 Open Season.	You must enroll during Open Season.	You do not qualify to purchase a FEDVIP dental plan. You can get your dental care through the TRICARE Dental Program.
<small>*Not including adult children enrolled in TRICARE Young Adult</small>			
Reserve Component Member or Family Member enrolled in TRICARE Reserve Select*	No action needed. This doesn't apply to you.	You must enroll during Open Season.	You do not qualify to purchase a FEDVIP dental plan. You can get your dental care through the TRICARE Dental Program.
Retired Service Member or Family Enrolled in TRICARE Prime®, TRICARE Select®	You can change plans during the 2018 Open Season.	You must enroll during Open Season.	TRDP ends December 31, 2018. You must enroll in a FEDVIP dental plan during Open Season to maintain coverage.
Retired Service Member or Family Member using TRICARE For Life	No action needed. This doesn't apply to you.	You must enroll during Open Season.	TRDP ends December 31, 2018. You must enroll in a FEDVIP dental plan during Open Season to maintain coverage.

To learn more about Open Season, visit www.tricare.mil/OpenSeason.

For a full description of FEDVIP plans and coverage options, visit www.tricare.benefeds.com.

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The 144th Departs to the Northern Frontier

144th Public Affairs Article

Over 150 Airmen and several F-15C Eagle fighter jets from the 144th Fighter Wing departed at the end of July to participate in Red Flag Alaska 18-3.

Red Flag-Alaska (RF-A) 18-3, is a Pacific Air Forces-sponsored exercise designed to provide realistic training in a simulated combat environment is scheduled to begin early Aug. with primary flight operations over the Joint Pacific Alaska Range Complex.

U.S. Army and Navy aviators and Air Force Airmen are expected to fly, maintain and support more than 100 aircraft from more than a dozen units during this iteration of the exercise. In addition to U.S. aircrew, their counterparts from Australia, Canada and Great Britain are also scheduled to participate, enabling an exchange of tactics, techniques and procedures while improving interoperability with fellow airmen. The majority of aircraft will be based at and fly from Eielson Air Force Base and Joint Base Elmendorf-Richardson, Alaska.

Red Flag-Alaska exercises provide unique opportunities to integrate various forces in a realistic threat environment and dates back to 1975 when they were held at Clark Air Base in the Philippines and designated COPE THUNDER. This iteration of RF-A marks the last of the 2018 calendar year.



Upcoming Events & Announcements

Legal

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

- Article 137 briefings held in the Chapel, Sat. at 3 p.m.
- Sun., 9 a.m. - 11:30 a.m., walk-ins are available for deploying service members
- Please visit our website:
<https://aflegalassistance.law.af.mil/las/las.html>
to receive a ticket number to bring with you to your appointment

144th Fighter Wing Retirement Event

Retirement Event

-Sun., August 5, 2018 in the maintenance classroom 1:00 - 3:30 p.m.

Pick Up Free School Supplies
Sponsored by 144th Fighter Wing
Volunteers, Airmen & Family Readiness

When: August 4, 2018
Location: Engine Shop Classroom
Hours: 8:00 a.m. to 3:30 p.m.

AFTERBURNER



Mission Statement

Federal Mission - The 144th Fighter Wing is to provide Air Superiority in support of worldwide joint operations as well as Air Defense of the United States. Additionally, the wing provides agile combat support, and intelligence, surveillance and reconnaissance to combatant commanders around the globe. The Wing also provides a variety of homeland defense capabilities to U.S. NORTHCOM.

State Mission - The 144th Fighter Wing provides a variety of Defense Support of Civil Authorities (DSCA) capabilities to the Governor of California. Primary contributions include Ready manpower, reconnaissance assets, response to chemical, biological and radiological attacks, security, medical, civil engineering and command and control.



U.S. Air Force Lt. Col. Christopher Ridlon, incoming 194th Fighter Squadron commander, accepts the guidon of the 194th FS from Col. Victor Sikora, 144th Operations Group commander, during the 194th FS's change of command ceremony at the Fresno Air National Guard Base, Calif., June 2, 2018. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

Top 3 Priorities

1. BE READY TO DEPLOY AT A MOMENT'S NOTICE.

All 144th Fighter Wing Airmen will be combat ready whenever the Combatant Commander calls or a deployment tasking is assigned.

2. BE READY TO PERFORM OUR STATE MISSION.

All Airmen must be ready when the Governor calls and needs the support of the 144th Fighter Wing.

3. CONTINUE ALERT OPERATIONS.

We have a 24/7/365 alert mission -- we must flawlessly continue to execute that mission.