

AFTERBURNER

Vol. 9, Issue 2

A Publication of the 144th Fighter Wing Public Affairs Office

February 2018



**144th FW Lands at
Sentry Aloha 18-1**

Page 4

**Phase I Exercise
Deployment Lines**

Page 6

**Windows 10
Migration**

Page 8

AFTERBURNER

Wing Commander

Col. Reed Drake

Command Chief

Chief Master Sgt. Clinton Dudley

Address:

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

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

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

Facebook: www.facebook.com/144thFighterWing

Maj. Jennifer Piggott
Chief of Public Affairs

1st Lt. Jason Sanchez
Public Affairs Officer

Senior Master Sgt. Chris Drudge
Public Affairs Superintendent

Tech. Sgt. Charles Vaughn
Photojournalist / Staff Writer

Staff Sgt. Christian Jادت
Photojournalist / Editor

Cover Photograph



U.S. Air Force F-15 Eagle from California Air National Guard's 144th Fighter Wing takes flight over Diamond Head during Sentry Aloha 18-01 Jan. 22, 2018 at Joint Base Pearl Harbor-Hickam, Hawaii. Sentry Aloha provides the Air National Guard, U.S. Air Force and DoD counterparts a multi-faceted, joint venue with supporting infrastructure and personnel that incorporates current, realistic integrated training. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

This funded monthly newsletter is an authorized publication for members of the United States military services. Contents of this newsletter are not necessarily the official views of, or endorsed by, the U.S. Govt., Dept. of Defense, Dept. of the Air Force, the National Guard Bureau, or the 144th Fighter Wing.

This newsletter may use materials supplied by the Armed Forces Press Service, the Air Force News Service and the Air Combat Command News Service.

The editorial content is edited, prepared and provided by the Public Affairs office, 144th Fighter Wing. Submissions are subject to editing. Full names, rank, titles and contact phone number must accompany all submissions.



Commander's Comments

By Col. Daniel Kelly

144th Vice Wing Commander



I am humbled and take great pride in being part of the 144th Fighter Wing. Members of the 144th FW have been working hard for years. That hard work is critical to the defense of our nation. As you have been working, we have had several opportunities to show off your efforts to distinguished visitors. Your excellence is being noticed. Here is just a sampling of some recent quotes to demonstrate the trend and standard of excellence the 144th FW exemplifies.

When recently, Lt. Gen. Williams, the 1st Air Force Commander, came by to see what we were up to he noted, "I'm glad I came. They are absolutely knocking it out of the park." Williams added, "The morale is high, the strength is high, readiness is high, they are thinking about what could be next, how can they best defend America, how can they best deploy, and how can they be ready to do whatever the country needs them to go do."

Last summer, after the Unit Effectiveness Inspection, Col. Murchison, the Head Quarters Air Combat Command Inspection Team Chief stated, "The 144th FW was

highly effective at executing its primary mission in support of worldwide joint operations." His report detailed our efforts in Operation Atlantic Resolve, Noble Eagle, Inherent Resolve, Red Flag, Defense Support of Civilian Authority, the alternate Joint Operations Center, State Emergency Management, Counter Drug, and more.

Just last month, the Director of the Air National Guard, Lt. Gen. L. Scott Rice told the California Adjutant General and Maj. Gen. Clay Garrison that the 144th FW was "Amazing." Lt. Gen. Rice's staff was impressed by your positive attitude base wide as well as our mission focus. Lt. Gen. Rice also mentioned that the 144th FW "gets it" with respect to Full Spectrum Readiness.

Those are impressive accolades for you from leaders across the total force. Nicely done.

To keep this high standard, we need to ensure we have the right people to do the job. This starts with getting to 100% manning. With more base members we can share the mission

and additional duties across more people. This will allow us to maintain our excellence while reducing the workload on any given member.

Most think that that is the recruiter's job. They play a big role for sure, but actually the most effective member of our team for achieving full manning is the frontline supervisor. When the frontline supervisor sits down with their direct reports and explains the mission and the important part the member plays in the mission, morale goes up. When morale goes up, retention goes up. Recruiting becomes additive and not a replacement function. Please meet with your direct reports this year and we will continue the legacy of excellence here at the 144th.

You are that small percentage of Americans that serve in the military. It is an important service because more and more our country depends on the guard for defense. You are operating at an elite level for critical mission sets and leadership all across the country is taking notice.

Thank you for your Excellence. Keep it up.



Chief's Corner



By Chief Master Sgt. Anne Rice

144th Wing Weapons Manager

Saying goodbye to people I care about has always been difficult for me. Maybe it's because it sounds so final - like we'll never see each other again. And the older I get, I'm not interested in anything that sounds like its "final" so I would prefer to just say "see you later" instead (or maybe it helps me try to stay strong).

True story: When I enlisted in 1978, one of my older sisters and my four year old niece dropped me off at the Detroit MEPS center where I left for Basic Training. I was so ready and anxious to become an Airman, see new places, meet new people, conquer the world ... BRING IT ON! But when she got to the drop off area, "dust" came out of nowhere making my eyes water and I realized that I didn't have any sunglasses to help me get through this, (if you know me, you know I hate crying). Knowing this, my sister handed me a pair of bright red plastic kids' sunglasses that belonged to my niece. They barely fit my face! Those sunglasses were a life saver that day. It also helped that I

looked completely ridiculous wearing these little red sunglasses and soon we began laughing which helped me regain some composure as I gave the last hugs and handed them back to her before I stood tall and walked away to begin my military career.

I have used this same tactic on MANY occasions throughout my last 40 years - all over the world - on and off duty. Most recently at Sentry Aloha where I was taken by surprise (ambushed, really) on my last day there as we were finishing serving lunch and all the troops were gathered at the pavilion. One of my guys (Master Sgt. Gamber) walked in carrying this HUGE cake and a beautiful gift of an engraved Hawaiian Koa paddle. I was taken by surprise and I wasn't prepared for this to happen at all. So, I immediately reached down into my left side pocket for my sunglasses and put them on - Ahhhh, that's better, (BUT IT WASN'T). As John began his presentation, I suddenly felt volcanic ash fill the air; I couldn't breathe, my vision

began to blur and I began to choke. I wasn't prepared to speak and had a very tough time finding my words. In the background, I heard Chief Dudley say "you got this" as the silence just hung there. I know, ME at a loss for words? ... must be a first, right? It was overwhelming as I tried to speak and not cry at the same time. I think I failed much of that and I don't remember everything that I said. But I do know that what I did say was from my heart and knew that I wouldn't ... COULDN'T say "goodbye" to the men and women of the 144th when I leave. That's what you all mean to me. And while I always try to maintain composure, it's not always possible. My heart gives me away every time. (DANG IT!) When the heck did I get issued a heart and where did these FEELINGS come from!

I feel so blessed that God gave me plenty of room for all the Airmen He has put in my path over the past 40 years and I especially thank Him for you. You are what has continued to drive me. The

pride that I feel in having the honor of serving so many incredible Airmen is overwhelming and I'm so grateful to be a member of the 144th Fighter Wing. To look back on all of the phenomenal accomplishments you have done over the past 6 years shows the caliber of Airmen that you are. It shows what you are capable of doing. It shows the world that your efforts and hard work are relevant. It shows the love for what you do. It shows you are a force to be reckoned with! Thank you for being the best of the best and just know that you have been such a big part of my life for the past 6+ years and because I know that the world is a very small place, I'm sure that we will cross paths again. Please know that no matter where life may take any of us, I'm only a text, call, or email away if there is anything you need. I'll always be there for you. My commitment to our Airmen will never end. So as I put my sunglasses on, I want to tell you how lucky I have been to have something that makes saying "see you later" so hard.

Eagles Over Hawaii

By Senior Master Sgt. Chris Drudge

JOINT BASE PEARL HARBOR-HICKAM, Hawaii – Despite a missile scare and government shutdown, more than 150 Airmen and eight F-15 Eagle fighter jets from the California Air National Guard's 144th Fighter Wing participated in Sentry Aloha 18-01 January 10th through the 24th.

Sentry Aloha is an ongoing series of fighter integration exercises, hosted by the Hawaii Air National Guard's 154th Wing, involving multiple types of aircraft and services. The exercise provides tailored, cost effective, and realistic combat training for U.S. Air Force, Air National Guard and other Department of Defense assets to provide U.S. warfighters with the skills necessary to perform their homeland defense and overseas combat missions.

"The training we get from Sentry Aloha aligns well with our mission taskings at home and abroad," said Col. Victor Sikora, 144th Operations Group commander. "The Airmen of the 144th FW are taking this training to heart and giving a 100% effort to ensure the missions succeed."

With only one sortie being missed, the overall mission completion rate for the 144th FW while in Hawaii was well over 99% and the overall MC rate for the exercise for all units involved is a very healthy 98.6%.

"The maintenance role for Sentry Aloha is to ensure we keep all our F-15s operational and that our pilots have fully functioning aircraft when executing their mission," said Senior Master Sgt. Jose Salas, 144th Maintenance Squadron superintendent. "We give them a weapon system that is safe and reliable."

(continue on pg. 5)

U.S. Air Force Senior Airman Adriana Wright, 144th Fighter Wing, marshals an F-15C Eagle fighter jet from the 144th FW at Joint Base Pearl Harbor-Hickam, Hawaii prior to Sentry Aloha 18-01 Jan. 8, 2018. Sentry Aloha provides tailored, cost effective, and realistic combat training for U.S. Air Force, Air National Guard and other Department of Defense assets to provide U.S. warfighters with the skills necessary to perform their homeland defense and overseas combat missions. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

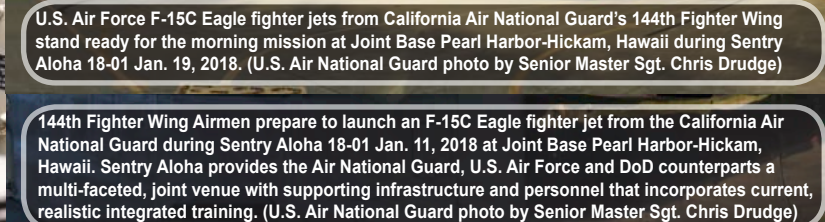




U.S. Air Force Staff Sgt. Erin Miles, 144th Operations Support Flight aircrew flight equipment specialist, tacks the straps of an oxygen mask at Joint Base Pearl Harbor-Hickam, Hawaii during Sentry Aloha 18-01 Jan. 19, 2018. Sentry Aloha provides tailored, cost effective, and realistic combat training for U.S. Air Force, Air National Guard and other Department of Defense assets to provide U.S. warfighters with the skills necessary to perform their homeland defense and overseas combat missions. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)



U.S. Air Force F-15C Eagle fighter jets from California Air National Guard's 144th Fighter Wing stand ready for the morning mission at Joint Base Pearl Harbor-Hickam, Hawaii during Sentry Aloha 18-01 Jan. 19, 2018. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)



144th Fighter Wing Airmen prepare to launch an F-15C Eagle fighter jet from the California Air National Guard during Sentry Aloha 18-01 Jan. 11, 2018 at Joint Base Pearl Harbor-Hickam, Hawaii. Sentry Aloha provides the Air National Guard, U.S. Air Force and DoD counterparts a multi-faceted, joint venue with supporting infrastructure and personnel that incorporates current, realistic integrated training. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)



The California ANG's 144th Fighter Wing and Hawaii ANG's 154th Wing received realistic air-to-air combat training enabling them to better perform defense and combat operations during the fourth and fifth generation fighter aircraft integration engagements.

"This training environment gives the Airmen from maintenance to operations a chance to work with each other and realistically train without many of the distractions of working at home station," said Salas.

The exercise has multiple benefits for all participating units. The 154th Wing F-22 raptor pilots don't have many opportunities to train against dissimilar aircraft, so the F-15 Eagles and F-16 Falcons are welcome adversaries. The F-15s also get to fly with the F-22s in various operations against the smaller, more agile F-16s posing as an aggressor force.

"It's a great time for the Airmen of the 144th FW to show what they can do," said Lt. Col. Cesar Gonzalez, 144th Aircraft Maintenance Squadron commander. "We generate sorties and create combat airpower every day, where ever we are needed."

Phase I Exercise Executed

By Senior Master Sgt. Chris Drudge

The 144th Fighter Wing completed a Phase I Operational Readiness Exercise over January's unit training assembly at the Fresno Air National Guard Base. The purpose of this exercise was to assess the wing's mobility readiness and to identify the areas of improvement that could increase its ability to perform the mission.

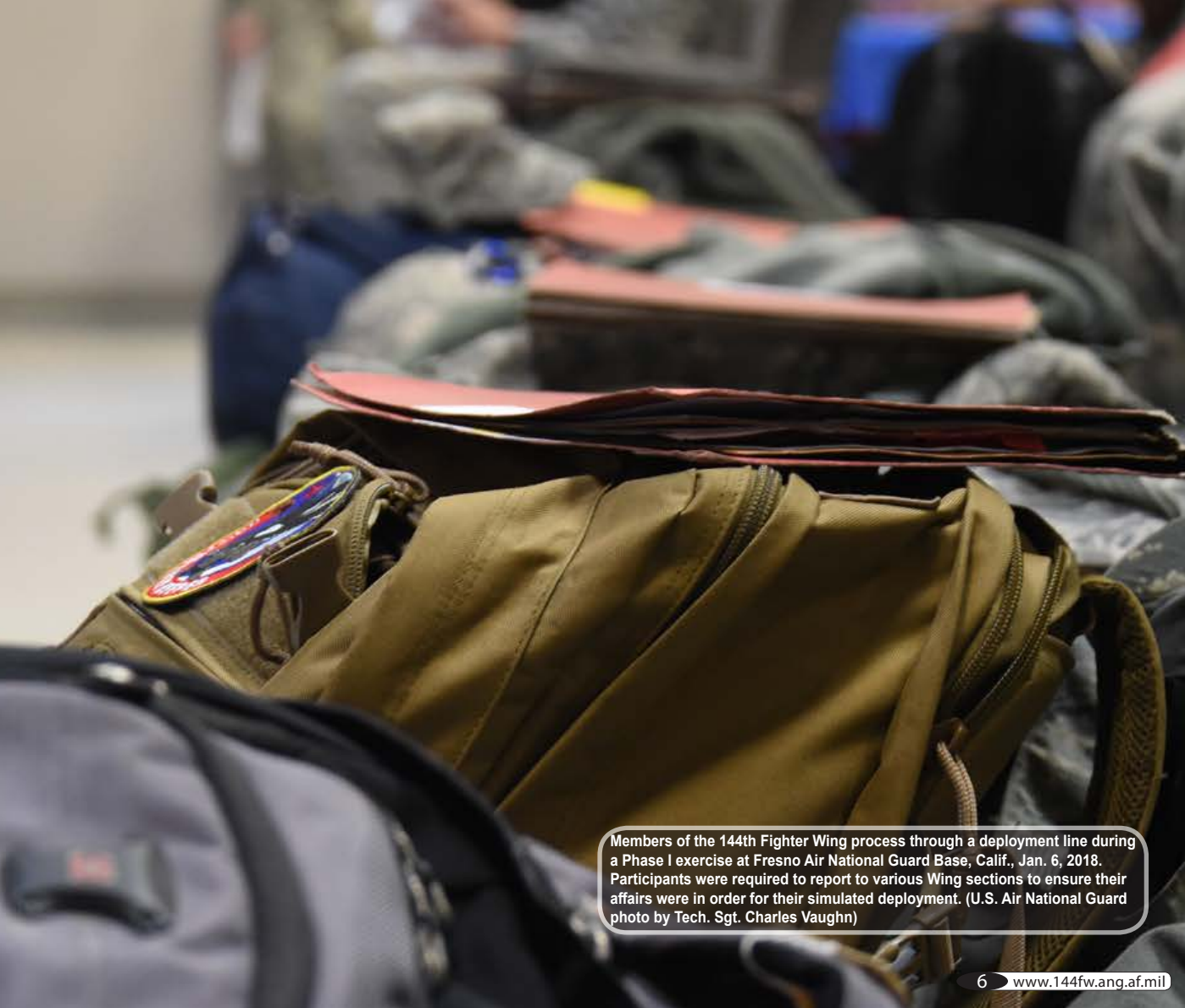
140 Airmen were tasked short notice to process through the personnel deployment function line. This meant everyone tasked had to do a bag drag to include a lengthy list of personal items and mobility gear.

After weighing-in and processing through the line, all Airmen attended several briefings, from public affairs to communications security, to inform them of the conditions and hazards of their simulated deployed locations.

"We receive a number of briefings throughout the process," said Master Sgt. Gordon Pipes, 144th Communications Flight. "They not only gave us valuable information, but help us focus on the task at hand."

The exercise also helps the drill status guardsmen become more familiar with how an actual deployment tasking would proceed. New Airmen were able to experience the exercise beside veteran Airmen who have been participating in these exercises for years.

"The Phase I gives the Airmen right out of basic training and tech school the chance to see what will be expected of them," said Staff Sgt. Anthony Erwin, 144th Maintenance Squadron. "A lot of good information comes from doing this sort of exercise."



Members of the 144th Fighter Wing process through a deployment line during a Phase I exercise at Fresno Air National Guard Base, Calif., Jan. 6, 2018. Participants were required to report to various Wing sections to ensure their affairs were in order for their simulated deployment. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)

Self-Compassion: Treating yourself the same as a good friend

By Stephanie Grant, LCSW, Director of Psychological Health

We've probably all heard about the golden rule that reminds us to treat others as we would want to be treated. The truth is, we often wouldn't treat an acquaintance the same as we sometimes treat ourselves inside our heads or in our thoughts!

Have you ever said to yourself?

"What a screw-up!" or "You're so lame!"

We are naturally kind to the people we care about. We extend grace to them when they make mistakes recognizing that humans are not perfect. We often reassure and support others when they feel insecure or doubt themselves. We provide comfort when they are dealing with sad or difficult circumstances. All in all, the majority of us are very good at being kind and compassionate to others in our lives. However, how many of us are not as good at showing compassion to ourselves?

Think of all the caring people you know that continually beat themselves up. It has become accepted in our culture as a norm. Often people think if they are not hard on themselves they will be seen as self-centered and egocentric? In reality, beating ourselves up only increases depression, insecurity, and fear. For the past decade, Dr. Kristen Neff, at UC Berkeley has conducted research on self-compassion and has found that individuals who show compassion to themselves have less depression, anxiety, insecurity, and stress. They are much happier, resilient, optimistic, and motivated to make positive changes in their lives. They tend to enjoy better relationships and they experience greater psychological well-being.

According to Neff, self-compassion has three main components which include kindness, common humanity, and

mindfulness. Common humanity recognizes that all humans are imperfect and make mistakes. It provides us a more realistic perspective on our own personal difficulties and shortcomings. Mindfulness is defined as the acceptance and awareness of what is happening at the present moment. Being aware of feelings in a balanced manner helps us accept and not ignore what is going on. Fortunately, most of us extend kindness, understanding, and compassion to those we care about. With self-compassion all you need to do is apply the same skills toward yourself. The results could be a game changer in how you experience life.

For more information regarding Kristen Neff's work visit www.self-compassion.org. On the website is a self-compassion test you can take to see how self-compassionate you are.

Windows 10 Migration

By Senior Master Sgt. John Milor



The 144th Fighter Wing has been going through an operating system migration of all workstations and laptops, transitioning from Windows 7 to Windows 10. This migration is an Air Force downward directed mandate. As of the date of this article, there are still quite a few Windows 7 computers in use on the 144th Fighter Wing network. Moreover, some of these computers are out of warranty, and targeted for turn-in.

To enforce this migration, the Air Force will disable all remaining non-compliant Windows 7 computers by March 1, 2018. We will have no local control over this action. To avoid any potential work stoppages, we recommend that anyone who is using a Windows 7 computer, please report the location of this computer to the Communications Flight Helpdesk, 555-5800.

Also keep in mind, per AFMAN 17-120, User Responsibilities, para 2.6.1, that backing up data files on computers is a user responsibility. The preferred method of backup is to a DVD. This is especially the case for any backups exceeding 50 Mb, because the server hosting user directories is rapidly filling up. CF personnel who are working on migrating systems, are doing their best to backup systems prior to migration, but if data files are stored in non-standard locations, users should practice due diligence and take measures to back those files up to external media.

If there are any questions regarding this migration, or any concerns related to network operations or to the Communications Flight in general, feel free to call Senior Master Sgt. Milor, 453-5455.

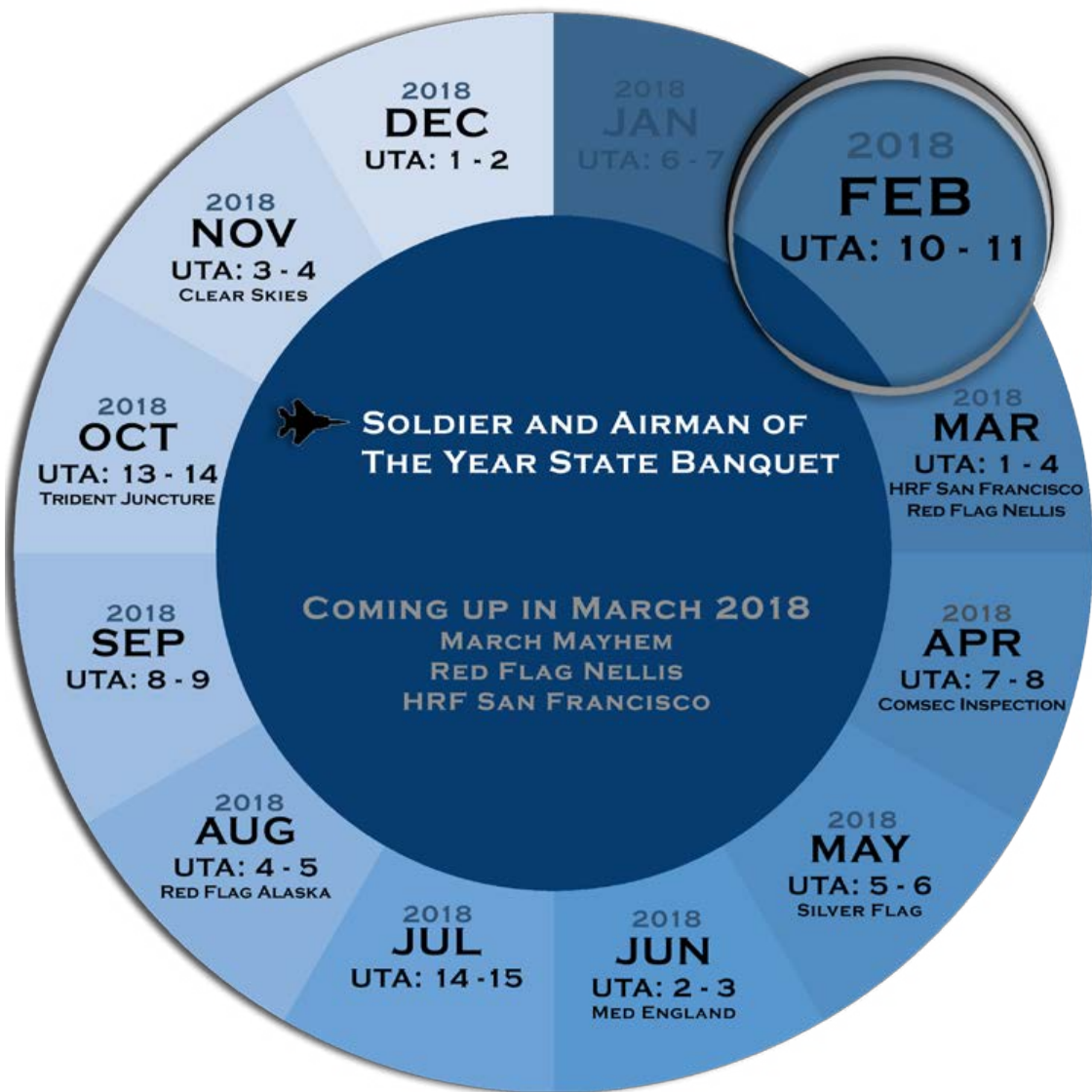


Upcoming Events & Announcements

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/lass/lass.html>
to receive a ticket number to bring with you to your appointment



Now Taking Appointments

On behalf of the 144th Fighter Wing Customer Service Section we would like to highly encourage members to create appointments for themselves and their dependents as opposed to walking in. Doing so will help alleviate long wait times and eliminate the amount of traffic in and around the Customer Service Section. Making an appointment ensures you will be seen at or very close to the time you sign up for and makes you a priority over any walk in. We do not create appointments during UTA weekends due to training requirements and our hours of business fluctuate based upon military member's needs. We will continue to accept walk-ins but please be advised appointments will always have priority and wait times can vary depending on the number of appointments ahead of you.

You can make your appointment through the web here:

<https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=605>

If you have any questions or concerns feel free to contact us at 559-454-5274.

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.



Lt. Gen. L. Scott Rice, the Director of the Air National Guard, meets with Col. Reed Drake, 144th Fighter Wing commander, during a visit to the Fresno Air National Guard Base, Calif., Jan. 7, 2018. Lt. Gen. Rice took a tour of the base, meeting Airmen from a variety of career fields and discussed the state of the ANG and the role of the 144th FW. (U.S. Air National Guard photo by Master Sgt. David J. Loeffler)

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.