

THE

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Fully Operational Capable for One Year

By Staff Sgt. Christian Jadot, 144th Fighter Wing Public Affairs



U.S. Air Force Senior Airman Corey Davids, 144th Maintenance Squadron crew chief, salutes Lt. Col. Robert Swertfager, 194th Fighter Squadron pilot, at the Fresno Air National Guard Base June 22, 2016. (U.S. Air National Guard photo by Senior Airman Klynn Pearl)

FRESNO AIR NATIONAL GUARD BASE, Calif. – In June, 2016, the 144th Fighter Wing was declared Fully Operational Capable with the F-15C Eagle by the U.S. Air Force.

Over the past year, the 144 FW maintained its continual alert mission and carrying out successful intercepts, sorties in defense of the

West Coast of the United States. In addition to the alert mission the 144 FW went on an overseas deployment and a training exercise in Hawaii.

After achieving FOC, the 144 FW deployed as a Theater Security Package for Operation Atlantic Resolve in July 2016. The 144th flew sorties overseas with live weapons to

ensure air superiority and stability in the Northern Command and European Command Theaters of Operation.

The 144 FW deployed to several different countries around Eastern Europe including Bulgaria, Romania and Estonia. In Europe,

(cont. on pg 6)

INTEGRITY - WHAT IS IT?

By Col. Mark Grooves, 144th Mission Support Group Commander



Integrity is a favorite topic amongst commander's and keynote speakers ... why is that?

Integrity is the foundation of our character and is key to promoting respect and trust within any organization. It requires self-discipline and can only be accomplished when we use courage, responsibility, accountability, and consistency in our day-to-day life.

Let's look at what this one simple word really means and why it is so important.

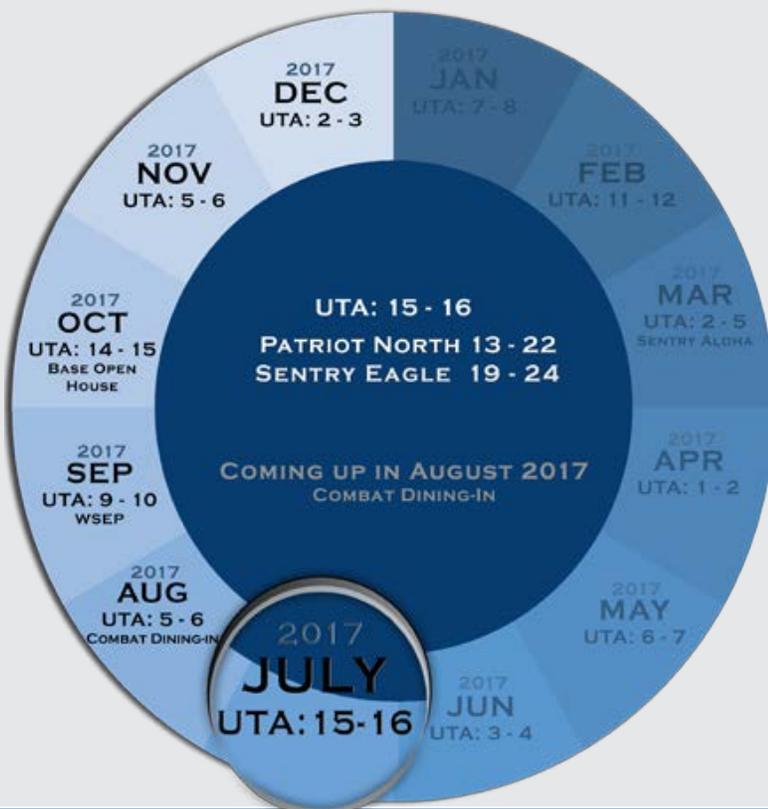
Webster's Dictionary defines integrity as "completeness; wholeness; unimpaired condition; honesty; sincerity." Simply put, integrity means if you give your word that you will do something you do exactly that, even if no one is watching.

Courage involves doing the right thing. A courageous person acts in the best interest of the organization or others, even when that interest calls for great personal sacrifice. Responsibility requires an acceptance of duty without excuse or exception. It requires us to protect the resources and people that are entrusted to us by our words and deeds. Accountability means you are responsible for your actions and the actions of the people you influence. When things go right you get the credit, when things go wrong you don't look for a scapegoat or shift the blame. You own your actions. Consistency requires

harmony between actions and words. An inconsistent person risks being viewed as unreliable, insincere, and untrustworthy.

Integrity is not just one of the Air Forces core values; it is the first core value and is not optional or negotiable. We should apply it regardless of age, experience, rank, or position. When we don't apply integrity to areas such as workplace problems, budget constraints, deadlines, suspense's, and pressure from the boss, etc., we run the risk of basing our actions on "the path of least resistance." Once we start down this path, history has shown that the only possible result is apathy, mixed with moral and disciplinary problems that must be corrected at a later date, at much higher price to personal and unit pride and standing.

Remember, integrity is not just a word, it is the cornerstone for all of our actions, it does not have an on/off switch - it is always on.



Upcoming Base Events

Sentry Eagle
July 19-24, 2017

Combat Dining-In
August 5, 2017

FERS Retirement class
August 8-9, 2017

Airman of the Year Banquet
November 2017

Reveille and Retreat

By Chief Master Sgt. Clinton Dudley, 144th Security Forces Squadron



President Woodrow Wilson once said, “This flag, which we honor and under which we serve, is the emblem of our unity, our power, our thought and purpose as a nation. It has no other character than that which we give it from generation to generation. The choices are ours. It floats in majestic silence above the hosts that execute those choices, whether in peace or in war. And yet, though silent, it speaks to us -- speaks to us of the past, or the men and women who went before us, and of the records they wrote upon it.”

For both past and current military members, rendering a salute has always been deeply imbedded in their minds as part of the U.S. Armed Forces. Sword salutes, gun salutes, greetings and honoring the American flag - while distinct salutes - are all similarly done to express honor and respect.

According to Air Force Pamphlet 34-1202, 8.4.2, the hand salute today, while it varies across the globe, says in effect, “I greet you.” Returning the salute says, “I return your greeting.” It is rendered with pride as a sign of recognition and respect between comrades in the honorable profession of arms.

Whether during organized physical training, walking in formation or wearing civilian attire while outdoors, most Airmen maintain proper etiquette during the daily playing of reveille and retreat. However, some may have forgotten the appropriate protocol.

According to AFPAM 34-1202, 14.10.1, Reveille and Retreat, the U.S. flag is flown daily from reveille until retreat. Reveille, the raising of the colors for the day’s activities, is a ceremony in which the unit honors the U.S. flag when it is raised in the morning. Retreat, the retirement of the colors from the day’s activities, is a ceremony in which the unit honors the U.S. flag when it is lowered in the evening. Here at the 144th Fighter Wing, reveille takes place at 7:30 a.m. and retreat takes place at 5:00 p.m.

During the playing of reveille and retreat, uniformed military personnel should stand at attention and face the American flag, or face towards the direction of the music if a flag is not visible. If Reveille or Retreat is followed by the national anthem or “To the Color,” military

personnel should salute (during the entirety of the song).

If Reveille or Retreat is played as a prelude to the national anthem or “To the Color,” military personnel and veterans who are present but not in uniform may render the military salute when outdoors. All other individuals stand at attention and place their right hand (with a hat if they’re wearing one) over their heart. Vehicles in motion should stop.

When outdoors in Mess Dress, Semi-Formal, or PT gear, saluting is not required. However, if outside at Retreat in PT gear, render appropriate salute.

So remember to render the proper customs and courtesies next time you’re out and about during Reveille or Retreat.



Crew Chief for a Day

By Master Sgt. Troy Scott, 144th Maintenance Squadron



U.S. Air Force Master Sgt. Christopher Arend, 144th Comptroller Flight, practices flight line hand gestures preparing to marshal an F-15C Eagle to launch at the Fresno Air National Guard Base June 22, 2017. Master Sgt. Arend participated in the Crew Chief for a Day program aimed to help broaden the understanding of flight line operations of all personnel. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

FRESNO AIR NATIONAL GUARD BASE, Calif. – How can we remind Airmen of our core mission? How do you raise morale for a bunch of hot, greasy and tired Maintainers? One solution is the Crew Chief for a Day program.

Think of our mission like a spear, in fact you hear “we are the tip of the spear” all the time. At the actual tip is a pilot flying an F-15C into combat. The step just shy of that tip is the Maintainer who puts that jet up. The vast majority of Airmen are the support for that tip and staring at a monitor all day or doing an inventory, working on payroll, or making an ID card can make that spear seem abstract.

How do we bridge that gap - short of giving everyone an incentive flight? Why not bring out Airmen from across the Wing to be Maintainers, to see what it takes to get this high maintenance classic aircraft

into the air? I’ve kicked the Crew Chief for a Day idea around for a couple of years now. Whenever I’m TDY, I try to get everyone out to launch a jet and have witnessed the excitement both from the folks that work away from the flight line and the big smiles from the maintainers helping that Airman. The difficulty is repeating that moment at home.

Every shop needs every Airman in place every day - so when this idea had been brought up in the past, there has been a bit of resistance. Enter Chief Rice. I had a quick conversation filling her in on a meeting with Command Chief Brown. A small part of that quick conversation was mentioning this Crew Chief for a Day idea. I mentioned that Chief Brown liked the idea and was going to follow up on it. Chief Rice, after I left, picked up the phone to call other Chiefs around the unit and had an instant list of names; beginning this

program the very next week and it’s been awesome!

June 13th was our first Crew Chief for a Day; Staff Sgt. Lucy Arellano, came out. That first jet had two Red Ball issues on launch, made it in the air and flew Code 1. Volunteer to be Crew Chief for a Day or ask Senior Airman Kim Peck or Staff Sgt. Lucy Arellano to explain that (cont. on pg 5)



U.S. Air Force Staff Sgt. Alejandro Marlow, 144th Communications Squadron, salutes 1st Lt. Sean Rabeneau, 194th Fighter Squadron pilot, at the Fresno Air National Guard Base June 20, 2017. Staff Sgt. Marlow participated in the Crew Chief for a Day program aimed to help broaden the understanding of flight line operations of all personnel. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)

Crew Chief for a Day (cont. from pg 4)

By Master Sgt. Troy Scott, 144th Maintenance Squadron



U.S. Air Force Chief Master Sgt. Anne Rice, 144th Maintenance Squadron, congratulates Staff Sgt. Alejandro Marlow, 144th Communications Flight, on a successful aircraft launch at the Fresno Air National Guard Base June 20, 2016. Staff Sgt. Marlow participated in the Crew Chief for a Day program aimed to help broaden the understanding of flight line operations of all personnel. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)

last sentence. We will host Crew Chiefs for the day on Tuesdays and Thursdays. Talk with your supervision on how to get on the list. Talk with the folks that have done it to see how much they learned.

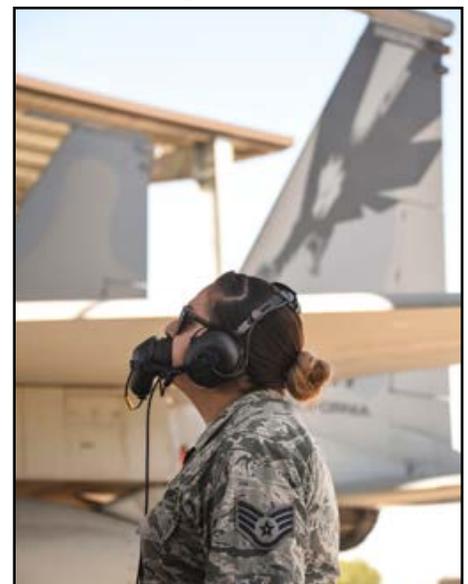
We are one team at the 144th and Show time is 6:30 a.m. Your day will start at 6:45 a.m. at the Production Meeting. During this meeting you will see all the moving parts that get these jets off the ground. Then you will head down to the Crew Chief break room where you will get the morning brief and assignments. Don't be put off by the Crew Chiefs way of doing business. They have a lot to do with a tight time table. The Crew Chiefs will welcome you as if you're a new hire. They will explain what to watch out for and what they are doing. Most of these explanations will be while you walk. You will see how a jet is set up for the flying day, then before you know it the Pilots will be at the jet. As you stand there in the pre start silence, while the pilot buckles in, your heart rate will increase. The pilot will make a funny gesture with his fingers that

the A man will mimic then comes the noise! That jet fuel starter starts and you jump. The jet is coming to life and your palms are sweating. You will be on a Y cord with the A man so you can hear the Crew Chief and Pilot talk. Follow that Crew Chief as he makes the final ground checks before disconnecting the Comm. Then step out front and be prepared to marshal the jet out. Now your heart is hammering and you struggle to remember everything the Crew Chief said, don't worry they are standing right behind you. The Pilot twirls his fingers in the air and you look fore and aft to make sure it's clear, then marshal. When the jet starts moving you'll panic, everyone does the first time. As the jet taxis past you wave it on then snap to attention, make eye contact with that Pilot and crack of one of the most important salutes of your career. You just sent that Pilot, that Airman, into the air.

The jet taxis to the End of Runway inspection, then takes off. While the jets are in the air things quiet down. You'll hang with the Crew Chiefs

while they work jets that didn't fly or complete IMDS. Before you can get too comfortable, the jets come back. You'll be there when they taxi in and the Crew Chief refuels and completes the Thru Flight inspection so they can do the dance all over again in a two hours. All of this happens before 11:30 a.m. Then you go back to your work center.

We reap many benefits from this. The Crew Chief for the Day gets close to the tip of the spear. The Crew Chief, in explaining what they do, gets reminded about how cool this job is. We network and put faces to names that help us in so many other areas on base. Maybe get a little understanding why an email isn't immediately answered. Maybe as a unit we get a little closer. You've all heard the statement while TDY "why can't we work this way all the time?" We can and with everyone's commitment, Crew Chief for a Day will start that process.



U.S. Air Force Staff Sgt. Lucy Arellano, 144th Mission Support Group, prepares to launch an F-15C Eagle at the Fresno Air National Guard Base June 13, 2017. Staff Sgt. Arellano participated in the Crew Chief for a Day program aimed to help broaden the understanding of flight line operations of all personnel. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

Fully Operational Capable for One Year (cont. from pg 1)

By Staff Sgt. Christian Jadot, 144th Fighter Wing Public Affairs



A U.S. Air Force F-15C Eagle fighter jet from the 144th Fighter Wing takes off from the Fresno-Yosemite International Air Terminal to participate in routine training June 30, 2017. Approximately one year ago, the 144th Fighter Wing was declared Fully Operational Capable with the F-15C Eagle by the U.S. Air Force. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

the 144th trained with NATO and other allied forces practicing the Total Force Concept.

In March 2017, the 144th participated in Sentry Aloha 17-03 at Joint Base Pearl Harbor-Hickam, Hawaii. Sentry Aloha is a National Guard Bureau sponsored exercise that provides an opportunity for fighter integration training between the F-15C Eagle and the F-22 Raptor. F-16 Fighting Falcons were also included in the exercise to provide dissimilar aircraft combat training.

“This past year we have proven ourselves time and again with the completion of successful missions around the globe,” said Col. Sean Navin, 144 FW Vice Commander. “The F-15C Eagle has been the ideal weapons platform for our state and federal missions. We look forward to continuing success of our unit’s outstanding performance through the hard work and dedication of all the Airmen of the 144 FW.”



Presents

PROFESSIONALISM: ENHANCING HUMAN CAPITAL

Sponsored by: 144th CA ANG



A word cloud graphic centered around the Air Force Eagle logo. The words are in various sizes and orientations, including: oath, cyber, virtues, mission, humans, Commitment, vision, team, teamwork, Fight, USAF, lead, oneself, cooperation, culture, Core Values, virtue, Airpower, code of conduct, duty, warrior, honesty, fitness, Tough habits of thought, history, airpower, deliberately, engineered, teamwork, creed, focus, National Security, relationships, honor, respect, resilience, courage, leadership, Trust, lead, Fly, accountability, Win, air, Excellence, Service, heritage, values, diversity, ethos, Win, oath, Fly, honesty, Wingman, Fight, Loyalty, selflessness, Win, Airpower, Fly, collaborate, Integrity, communication, innovation, discipline, USAF, Fight, Win, character, inclusion, fitness, Win, Fight, National Security, honor, respect, heritage, values, Service, diversity, ethos, Win, oath, Fly, Win, air.

 **Local POC:**
SMSgt Angelina Perez
559 454-5337

Guest Speaker: SMSgt Keith Castille
6 August 2017 Location TBD
0830-1500 lunch 1130-1300
www.airman.af.mil



Estate Planning Fundamentals
People often ask about estate planning tools and what each can accomplish. Here is a list of the most commonly used tools and brief description of their purpose.

1. Last Will and Testament.

This allows you to specify “who gets what” when you pass away. Without your own Last Will and Testament, your assets will be distributed according to state guidelines. In a Will you also name guardians for your minor children. This is important because, without a Will, if something happens to you and your spouse, state courts will decide who will have legal authority over your minor children. This could very well be a person or institution you would never have chosen to have such authority.

2. Durable Powers of Attorney.

These allow you to choose the people who will make decisions for you in

the event of incapacity. A power of attorney lets you designate a person you want to make financial, legal, and healthcare decisions on your behalf.

3. Advance Directives.

An advance healthcare directive, also known as a Living Will, allows you to choose, in advance, the types of medical treatments you want (or don't want) in an end-of-life situation.

4. HIPAA Authorization.

The Health Insurance Portability and Accountability Act (HIPAA) established national standards to protect the privacy of patients' health care information by regulating the use and disclosure of “protected health information.” A HIPAA Authorization ensures your loved ones and decision makers can gain access to medical information about your condition when they need it.

5. Trusts.

There are many types of trusts capable of helping you accomplish a variety of goals. However, when most people think about trusts, a revocable living trust is the one they have in mind. A revocable living trust allows you to maintain complete control over the assets you place in it, while you are alive and after you have passed away. You don't have to transfer your assets to the trust all at once, you can do so over time and even add to the trust as you acquire new assets. You can also remove items from the trust or

amend the provisions of the trust while you are living. Other benefits of a revocable living trust include:

A. Avoiding probate.

Probate is an expensive, time consuming, court managed process to distribute your assets in accordance with your Will or, if you do not have a Will, in accordance with state law.

B. Revocable.

It can be changed as family circumstances or personal preferences evolve over time.

C. Reduces disagreements among family members.

It can help eliminate challenges to the Will and ensure beneficiaries receive what you have intended for them.

D. Allows for ongoing financial management even in the event of incapacity.

These tools are not just for the elderly—each of us needs to have a written plan regardless of age.

Estate planning is not a “launch it and leave it concept.” Your estate plan is a “what if” plan that needs to be reviewed periodically as time passes, laws change, and your situation changes. Make your plan with a professional today and review it at least every other year! You (and your family) will be glad you did.

Welcome Paige, the Therapy Facility Dog

By Stephanie Grant, DPH

Please help me welcome my new partner Paige to the 144th Fighter Wing as our new facility therapy dog. She is an eager-to-please and very friendly yellow lab. She was flown here by a trainer on the 4th of July from Florida where she received extensive training her first two years of life by Southeastern Guide Dogs.

According to Col. Milburn, a 29 year Air Force veteran at MacDill AFB, "Having a therapy dog is a great opportunity to bring a warm and pleasing presence into the workplace

in an environment with a high work tempo."

Unlike a typical service dog that cannot accept petting while in work mode, Paige's sole purpose is to spread cheer and good will. Petting and affection are always welcome and appreciated! Paige has already proved her talent at spreading kind and positive energy.



Stephanie Grant, 144th Fighter Wing director of psychological health, and Paige, 144 FW therapy facility dog, pose for a photo at the Fresno Air National Guard Base July 10, 2017. (U.S. Air National Guard courtesy photo)

Paige will be out and about visiting the various shops but please don't hesitate to come see her at the DPH office located in the Chaplain's area of the Headquarters building.



U.S. Air Force Lt. Col. Seth Nehring, 194th Fighter Squadron pilot, strapping on his helmet preparing to launch an F-15C Eagle for his fini-flight at the Fresno Air National Guard Base June 30, 2017. Fini-flights are the last flight a pilot has before retirement or before moving to a non-flying assignment. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

Top 3 Priorities

By Col. Reed Drake, 144th Fighter Wing Commander

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.

144FW 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.

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