

# AFTERBURNER

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# AFTERBURNER

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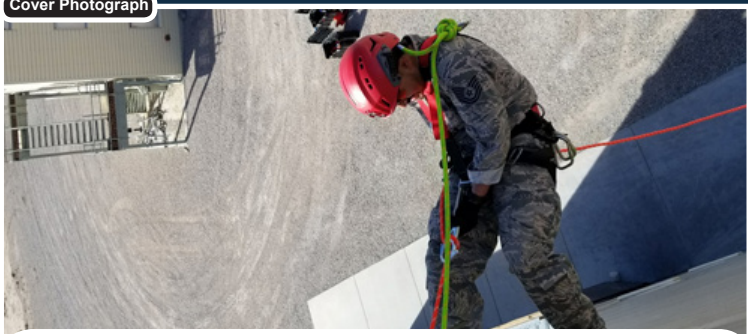
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Staff Sgt. Alberto Padilla, 144th Medical Group, repels down the side of a building during a Homeland Response Force patient extraction exercise at Nellis Air Force Base, Nev., Jan. 29, 2018. (Courtesy photo by Tech. Sgt. Micaela Aguiar)

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## Commander's Comments

By Lt. Col. John D. Lundholm  
144th Maintenance Group Commander



As I prepared to write this article I took some time to reread what I and other leaders have submitted to this publication over the past several years. In each of them there was something of significance that members of the 144th had accomplished or were preparing to accomplish. You have established a tremendous record of accomplishment over the past several years giving our wing great credibility across the nation and it is my pleasure and privilege to serve with each of you.

We are an outstanding organization across the board, with a commendable list of accomplishments to each Airman's credit, but I think our greatest attribute as a wing is the way we look after each other. In times of tragedy, which we have shared too often, and in times of stress, which I believe have been constant since 9/11, Airmen within our wing take the time to be good "Wingmen." Each of us in this business needs this, we need to know that when the chips are down we can count

on those to the right and left of us, no matter what, to overcome the challenge or hardship we face. As each of us in uniform get ready to deploy, fight, and protect those who can't protect themselves, we need to continue this outstanding mutual support.

The closeness which embodies the 144th extends beyond the boundaries of the base as well. You can feel the sense of connectedness throughout the Central Valley when you run into local citizens and business owners around our valley who have some connection to the 144th Fighter Wing. This positive relationship makes me very proud and it should light your fire as well; you've earned it! In my opinion we are the example of community basing at its best. The Central Valley and each city within, is in fact proud of you as Citizen Airmen in the Combat Air Force.

During my tenure with the 144th we have endured senior leadership changes in the

past and our future will be no different as we get ready to say farewell to one of the best Wing Commanders the 144th has had the pleasure to serve under. Regardless of the change in senior leadership, the wing will continue to perform at the high level those around the state and nation have now come to expect. There is a lot on our plate right now with Full Spectrum Readiness, March Mayhem, Red Flag 18-2, and the list goes on, but there is always a lot on the plate. Our ability to "get'r done" will rely heavily on our resolve and the wing's natural ability to care of each other. Have faith in your ability to do your job and do it well, while at the same time taking care of your teammates.

There is no doubt in my mind about the 144th's continued ability to meet every challenge and exceed every expectation! Thanks for your continued service, dedication, and outstanding efforts ... don't let up!

# Congratulations!

The State Soldier and Airman of the Year Winners



## California Army National Guard

**Soldier of the Year:** Specialist David Enriquez-Ortiz, 100th Troop Command

**NCO of the Year:** Staff Sgt. Salvador Gutierrez-Zepeda, 100th Troop Command

## California Air National Guard

**Airman of the Year:** Senior Airman Mayaly Macias, 195th Wing

**NCO of the Year:** Tech. Sgt. Roy T. Davis, 195th Wing

**Senior NCO of the Year:** Master Sgt. Scott A. Weger, 195th Wing

**First Sergeant of the Year:** Master Sgt. Dane C. Norem, 163rd Attack Wing

## California State Military Reserve

**Service Member of the Year:** Specialist Jose Ramos, Sunburst Youth Academy

**NCO of the Year:** Master at Arms 1st Class Kevin J. Powers, North Harbor Detachment One, Maritime Support Command



## Chief's Corner

By Chief Master Sgt. Joseph Gallegos

144th Fire Chief



As we wind ourselves through another challenging year, we find ourselves at yet another crossroads with domestic and global requirements. Every generation has experienced them, which is how we as Airmen set the tone for success by being professionally and personally ready to answer the nations call.

During your career there are going to be instances where you will make a difference and times you won't. Sept. 11th comes to mind, during this tragedy the wing stood up in under six hours providing Air Superiority to a Nation in crisis.

The remarkable thing was that there was no call, everyone just showed up and

went to work. Every Airman is going to experience some level of commitment that requires sacrifice.

The training and leadership within ourselves will prove essential when we are all called upon.

Personal readiness was implemented initially when in-processing through this wing. Ensuring that you are spiritually and physically ready to go eases the apprehension during these critical times.

Standing up the mission and completing active duty requirements in a fraction of the time allotted is a huge undertaking, but that's what makes the 144th Airmen exceptional.

# Treating Through Technology

By Senior Master Sgt. Chris Drudge

Being in the military away from home is hard enough, now imagine you get hurt or fall ill. Who do you go see? Luckily, on most occasions, there is a flight surgeon willing to step in and help you in any way they can.

“The flight surgeon is here for more than just taking care of the pilots,” said Major Benjamin Bonnes, 194th Fighter Squadron flight surgeon. “We’re here to tend to anyone that needs our services.”

Being an Emergency Department physician in his civilian job, Maj. Bonnes sees a variety of patients, adult and children, for standard and trauma scenarios. Emergency physicians provide triage level care and immediate stabilization of all patients which falls perfectly into the role of a flight surgeon.

“The flight surgeon is always there allowing a certain trust to be built between the member and doctor,” said Bonnes. “As an emergency doctor, this is a perfect scenario that allows me to intervene and help.”

During a recent deployed exercise, a member of the wing received a very difficult phone call from his wife about their seriously ill child. This member, having built a solid relationship with the flight surgeon, confided in him about the issue.

“Being a flight surgeon allows me to build trust with the Airmen,” said Bonnes. “That trust allows me to go above and beyond a mere doctor-patient relationship and something I don’t take lightly.”

After discussing the child’s symptoms and previous diagnosis, Maj. Bonnes determined a video consult would

*(continue on pg. 5)*

U.S. Air Force Maj. Benjamin Bonnes, 144th Medical Group flight surgeon, re-enacts facetimeing with a patient to demonstrate the power of technology with a high-tech house call. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)



give much more information than a simple phone call.

He had only done this type of consult once before with his own wife and child, but does admit it is becoming more and more accepted to diagnose and treat patients.

“Facetiming or video consults are extremely helpful when the patient or doctor is in need of a particular specialist that is not available in the local area,” Maj. Bonnes added.

After a few minutes of facetiming with the mother and child, Maj. Bonnes had a recommendation for the attending physician. A new course of action was taken and a new diagnosis was determined. The treatment was a complete success and the patient fully recovered.

“Bringing my experience from a hospital’s emergency department to the guard has made me a much better flight surgeon,” said Maj. Bonnes. “At the same time, my experience in the Air National Guard has made me a better ER doctor as well.”

## Time Spent with Family and Friends is Important

By Stephanie Grant, LCSW, Director of Psychological Health

Research shows that taking time to spend with friends and family makes a huge difference when it comes to your happiness. Social time, even for introverts, leads to contentment and overall feelings of joy.

### Family Time

Spending time with family is a great way to create memories. The time spent with family creates treasured memories that will last a lifetime. This is really important if you have children. Most likely, if your children are young you spend a lot of time with them already. However, with older children and teenagers it may be more of a challenge to set aside quality family time.

Some practical ideas for creating time to spend together include playing a board game after a meal together at the dinner table, taking a walk to the park or a hike in the mountains. Get the family involved with exploring opportunities to spend together especially doing things that everyone is interested in. This might be a challenge at first but can quickly become a family favorite. Prioritizing family time can make a huge difference in the long run fostering close relationships and family unity. In addition, the time spent together helps each family member experience greater contentment and joy.

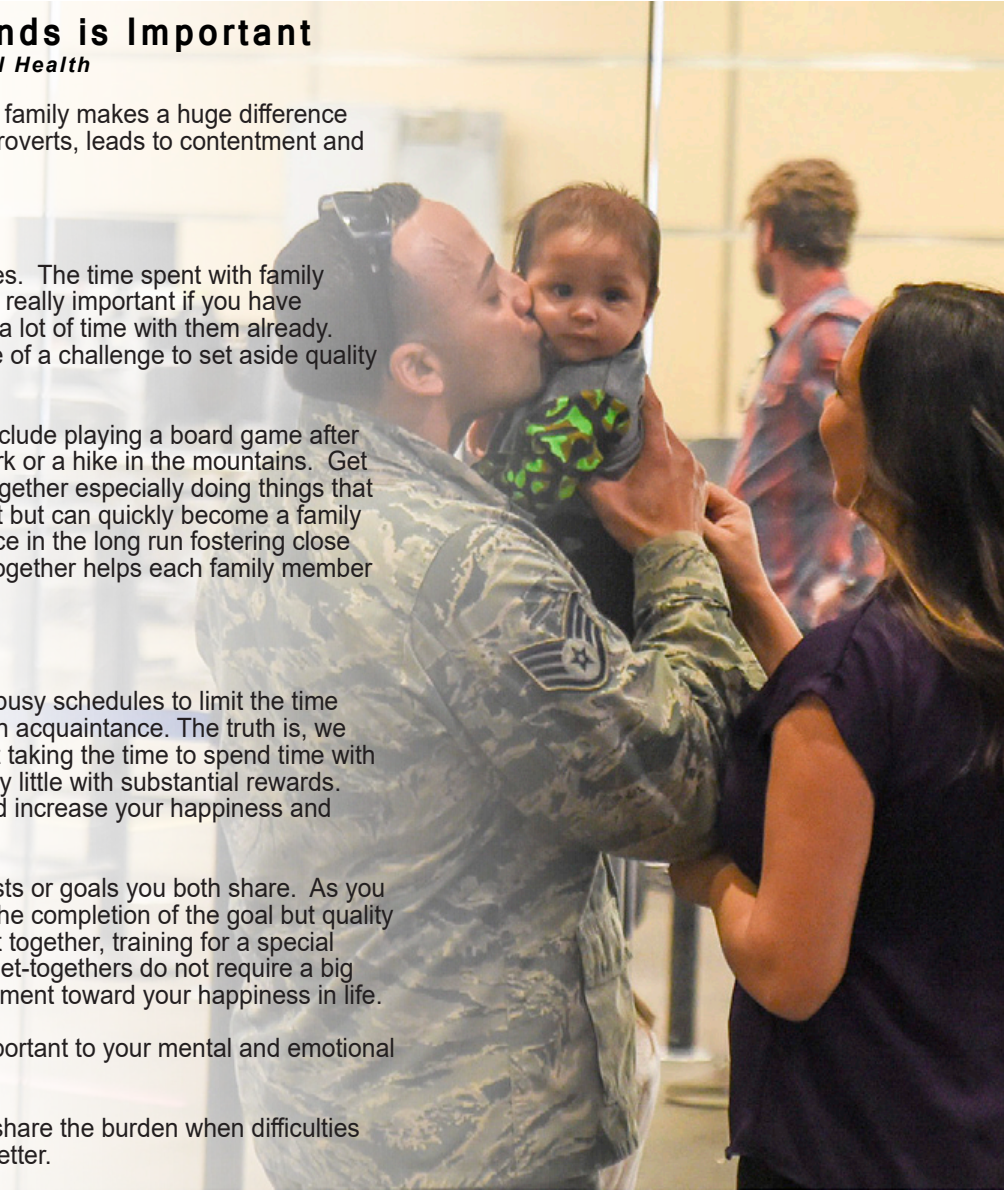
### Friends

Life is busy! It is easy to allow our various obligations and busy schedules to limit the time we have with friends. Your once “best friend” is now just an acquaintance. The truth is, we can prevent this from happening by being intentional about taking the time to spend time with our friends. It is one of the few pleasures that can cost very little with substantial rewards. Spending time with your friends can help reduce stress and increase your happiness and contentment with life.

One way to take time with friends is to find common interests or goals you both share. As you work together to accomplish the goals you share not only the completion of the goal but quality time together as well. Some examples include working out together, training for a special race, or trying out a new hobby or skill. Simple outings or get-togethers do not require a big investment of time or money but can provide a huge investment toward your happiness in life.

Taking the time to spend with your family and friends is important to your mental and emotional wellbeing as well as the quality of your relationships.

Sharing life with family and friends gives you the ability to share the burden when difficulties come and the opportunity to make your good times even better.



# NEW READINESS POLICIES MAY IMPACT YOU

*Attributed to Tara Copp, Pentagon Bureau Chief for Military Times*

New Defense Department policies currently under review could impact your military career. The policy will require the services to process members who are non-deployable for 12 consecutive months for administrative or medical separation.

“This new policy is a 12-month deploy or be removed policy,” said Robert Wilkie, the undersecretary of defense for personnel and readiness. “However, there are exceptions.”

Military Times reported these exceptions would include pregnancy and medical boards will be reviewing wounded personnel, and each service will retain the ability to grant exceptions to wounded warriors.

Currently, 11 percent, or 235,000, of the 2.1 million personnel serving on active duty, in the reserves or National Guard are non-deployable according to Command Sgt. Maj. John Troxell, the senior enlisted advisor to Joint Chiefs Chairman Gen. Joe Dunford.

Almost 100,000 of the non-deployable force are in that situation due to administrative reasons, such as immunizations or dental examines. About 20,000 are due to pregnancy, and 116,000 are not deployable due to either short- or long-term injuries.

There are ways to get yourself off the list. One of the easiest is to simply get the administrative actions completed or to get your annual dental examine.

The draft retention policy is a result of Defense Secretary Jim Mattis' direction, in a July 21 memo, to focus on non-deployable troops and other factors, such as excessive training requirements, which he saw as impacting both “warfighting readiness and force lethality.”

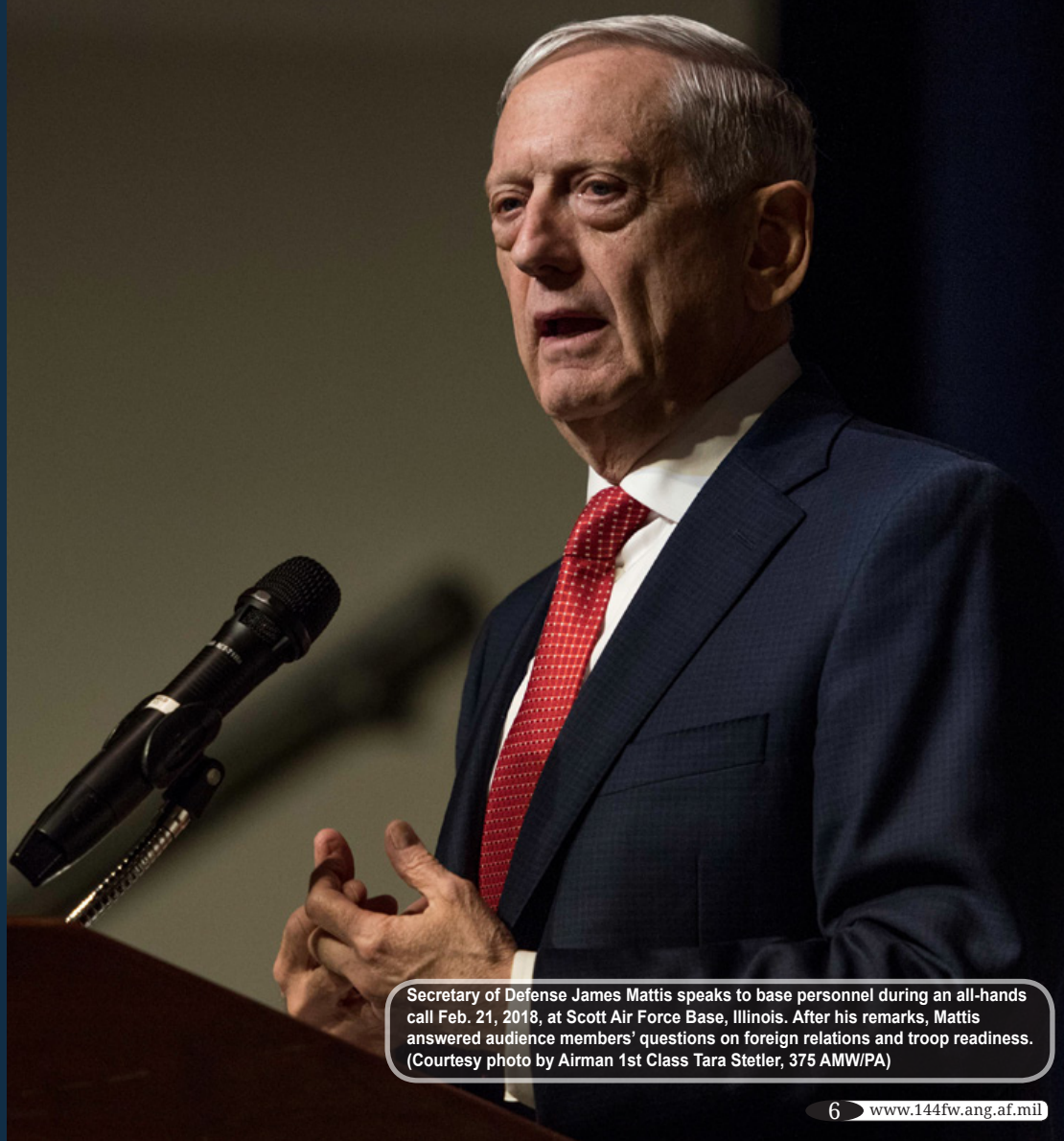
When asked about the new policy, Mattis reiterated the importance of improving force readiness — a priority he has pushed since his first day on the job.

“Make no mistake, our enemies are watching,” he said in a statement to Military Times.

“We must remain focused on improving warfighter readiness. That is our first line of effort — building a more lethal joint force that is capable of operating anywhere in the world.”

For more information:

<https://www.airforcetimes.com/news/your-military/2018/02/05/deploy-or-get-out-new-pentagon-plan-could-boot-thousands-of-non-deployable-troops/>



Secretary of Defense James Mattis speaks to base personnel during an all-hands call Feb. 21, 2018, at Scott Air Force Base, Illinois. After his remarks, Mattis answered audience members' questions on foreign relations and troop readiness. (Courtesy photo by Airman 1st Class Tara Stetler, 375 AMW/PA)

# March Mayhem Schedule

FRIDAY - 2 March 2018	730	830	930	1030	1130	1230	1330	1430	1530	1630	1730						
Mountain View Church - Mass TNG		Col Drake - All Call 30 min	No Fear 10 min, EO Tng 20 min	Ms. Wu 10 min	Force Prot CTIP 30 min	SMR/ESGR 20 min	BREAK 10 min	Green Dot (inc Suicide prev, SAPR Tng) 50 min	EM (inc CBRN aware) 50 min	PA 10 min	LUNCH 60 min	Mental Health 20 min	Free Ex Relig 10 min	BDR Tng 30 min	JAG 10 min	Ex Active Shooter 50 min	MX TNG - 3 HRS
SATURDAY - 3 March 2018	630	730	830	930	1030	1130	1230	1330	1430	1530	1630						
Fitness Assessments		Boot Camp Area															
CBRN Hands On/Equip Issue		CBRNE #1 (behind LRS)		CBRNE #2 (LRS)			CBRNE #3 (LRS)		CBRNE #4 (LRS)								
CPR/PTL TNG		CPR/PTL #1 - (DFAC)					CPR/PTL #2 - (DFAC)										
Medical - PHAs		194th PHAs 715-915		MOF 0930-1030			FW 1245-1345										
		CPTR PHAs 730-815		OG PHAs 830-1030			MSG 1315-1415										
		LRS PHAs 0800-1000			CF 10-11			CES 1400-1530									
		OSF PHAs 0830-1030			MXG PHAs												
Church Services									Catholic								
DFAC						LUNCH											
Bioenvironmental		Gas mask fit testing															
Comm Classroom		Individual ADLS PACAF TNG as required (Protecting Info, Cyber Awareness, Sere 100.2 Lvl A)															
SFS TNG		Shoot/Move/Communicate TNG															
SUNDAY - 4 March 2018	630	730	830	930	1030	1130	1230	1330	1430	1530	1630						
Fitness Assessments		Boot Camp Area															
CBRN Hands On/Equip Issue		CBRNE #5 (behind LRS)		CBRNE #6 (LRS)			CBRNE #7 (LRS)										
CPR/PTL TNG		CPR/PTL #3 - (DFAC)					CPR/PTL #4 (DFAC)										
Medical - PHAs		SFS PHAs 0730-0830		FSS 0915-1000						SFS PHAs 1530-1630							
		AMXS PHAs 0800-1000			MXS PHA		MXS PHA 1200-1500										
Church Services		Protestant				LDS											
DFAC						Lunch											
Bioenvironmental		Gas mask fit testing															
Comm Classroom		Individual ADLS PACAF TNG as required (Protecting Info, Cyber Awareness, Sere 100.2 Lvl A)															
JAG		Customer Service															

TEAM BUILDING 1500-1600

TEAM BUILDING 1500-1600

# 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

## California Warrior Experience

Test your fitness and challenge the Army at the upcoming California Warrior Experience! You can choose from eight different events' or just attend the free festival.

This event is open to the public so bring your friends and family. It will be held March 24, at Camp San Luis Obispo, California.

Register here: <https://camilitary.redpodium.com/cawarrior>. CMD members (Army & Air Guard, CSMR, and Cadets) are free.

More info at <https://californiawarrior.org>

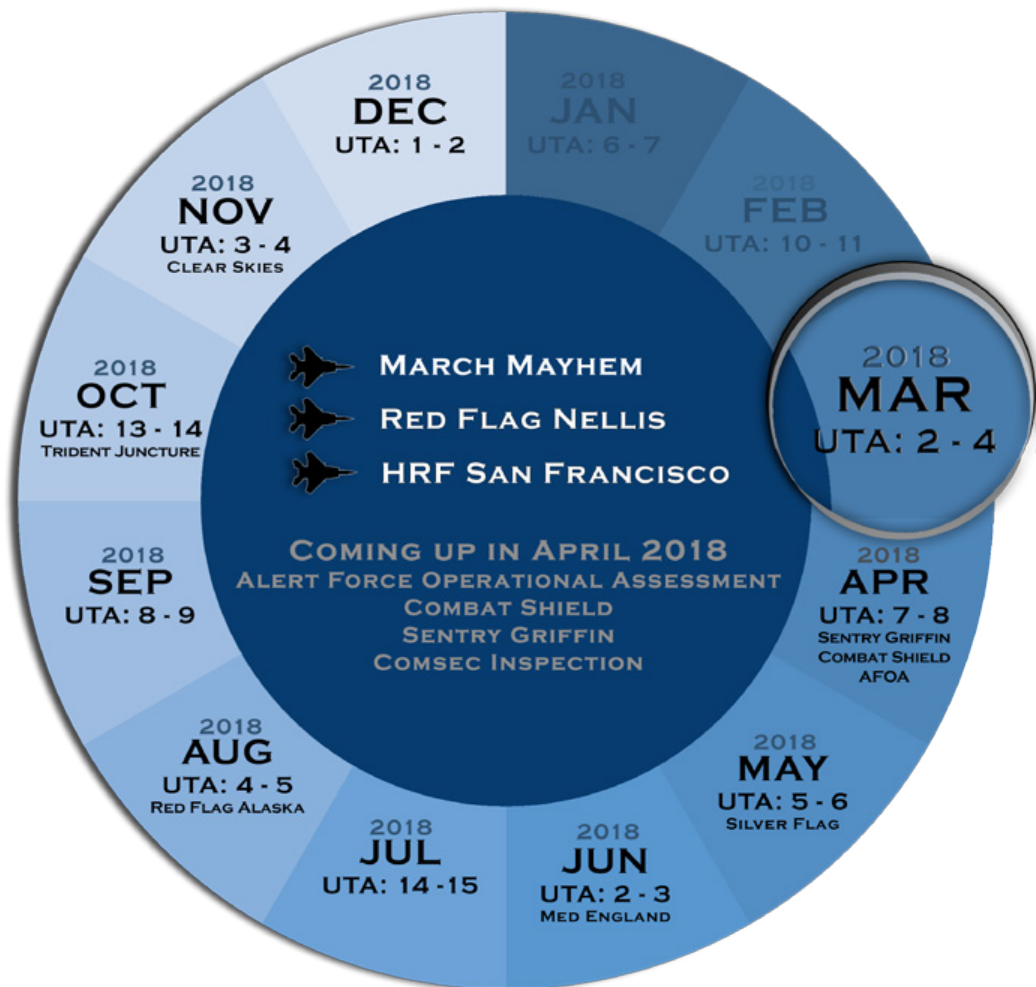
## Clothing Issue Hours

IEE (Clothing Issue) and IPE (Mobility) are creating set customer service hours. We will be adhering to these hours unless we need to change the hours for mission essential purposes.

Tuesday/Thursday: 8 a.m. - 11 a.m. and 12 a.m. - 3 p.m. as well as the Friday before each drill.

UTA: 9 a.m. - 3 p.m. Coverage during UTA lunch hours will be provided. A sign will be posted on our door here shortly notifying customers of the change of hours.

Hope this finds you well. If you have any questions or concerns, please call Staff Sgt. Bryan 454-5121.





# 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 Col. Reed Drake, 144th Fighter Wing commander, addresses members of the 144FW during the wings Unit Training Assembly "March Mayhem" March 2, 2017, Fresno, Calif. (U.S. Air National Guard photo by Master Sgt. David 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.