

# AFTERBURN

Vol. 10, Issue 9

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History is made as  
144th FW F-15 touches  
down on Ukrainian soil

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# AFTERBURNER

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A U.S. Air Force F-15C Eagle fighter jet lands for the first time ever, Oct. 6, on Ukrainian soil to participate in Clear Sky 2018. The exercise promotes regional stability and security, while strengthening partner capabilities and fostering trust. The training at Clear Sky greatly improves interoperability among participating countries. The F-15C landed at Starokostiantyniv Air Base, where the majority of the multinational exercise involving approximately 950 personnel from nine nations will take place. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)

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## Commander's Corner



By Col. William Johnston

144th Mission Support Group

It's hard to believe summer is over, school is in session, and Christmas is right around the corner. Where does the time go? It seems that each passing year goes by faster than the one before and it often feels like we spend more time dedicating ourselves to our work, our mission, our state, and our nation than we do with the single most important piece of our lives, *Family*.

Over the next two UTAs (October and November), we have an opportunity to spend some of that precious time with our families. The first is the upcoming "Family Day" where we can call a "knock it off" from work and enjoy a few

hours or so hanging out with spouses, parents, kids, significant others here at the base.

We get a break from CBTs, training, and travel vouchers so that we can relax, play, and barbeque. We get to enjoy watching some very athletic and not-so-athletic folks take part in some friendly competition. Mostly, we get to take a breather to enjoy much-needed time with the most important people in our lives.

The second event is the Airman of the Year Banquet on Saturday night of the November UTA. Yes, we will be recognizing this year's superstars for the "above and

beyond" hard work they've accomplished for this wing. But, equally important, it is an opportunity to include our spouses and significant others and recognize THEM for their willingness to go above and beyond in their support to our service. Without them, our mission will not happen. They are as much a part of this wing as you and I are and they deserve a special night out to celebrate, too!

We don't get to do the things we do without them. Please, treat your family to these two special events. They've earned it and deserve it! And so do you.

## Deployment Support

By Dorene Vierra, 144th Fighter Wing Airman & Family Readiness

Are you a spouse/significant other, parent, or family member of one of our wing members who will be deploying soon? Many of our Families are currently experiencing the effects of deployment.

My name is Dorene Vierra and I work in the 144th Fighter Wing Airman & Family Readiness. I'm here to provide deployment support and be one of your points of contact for any questions you may have during your loved one's deployment. If you have any specific questions or concerns now, or at any time, please feel free to contact me in person or call me at (559) 454-5383. I am available weekdays, from 8:00 am - 5:30 pm and on drill weekends.

I am very proud of the contributions our wing makes every day to the Air National Guard and the mission of the Air Force. Let me send out a heartfelt "Thank You" for your support during this deployment and future deployments. As a 20 year military spouse and military civil servant, I am no stranger to being away from family. It is a sacrifice to be separated from those you care about and I know there will be missed anniversaries, birthdays and holidays. It is never easy, but as I'm sure you understand, these deployments are important to the United States Air Force and our country.

I am here to support you, so feel free to reach out to me or visit the Family Readiness Office. Every month, I will post new information on the Family Readiness Facebook page, Maintenance Facebook page, Civil Engineering Facebook page and Wing Facebook page. I will provide information in an attempt to keep members informed on employment, personal financial management, transition, relocation and deployment issues. In addition, I will keep you informed of social events, such as Family Day and Trunk or Treat.

Lastly, we are planning a Yellow Ribbon event for Dec. 8, 2018. Please save the date as we are encouraging families attend this fun and informational event.



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## How to Reduce, Prevent and Cope with Stress

By Dr. Stephanie Grant, Director of Psychological Health

It may seem that there is nothing you can do about stress. In reality, you have more control than you think. In fact, the simple realization that you are in control of your life is the foundation of stress management.

Identify the sources of stress in your life

Stress management starts with identifying the sources of stress in your life. Look closely at your habits, attitude, and excuses:

- Do you explain away stress as temporary, even though you can't remember the last time you took a breather?
- Do you define stress as an integral part of your work or home life?
- Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional?

Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

Unhealthy ways of coping stress:

- Zoning out for hours in front of the TV or computer
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outburst, physical violence)
- Withdrawing from friends, family, and activities
- Drinking too much
- Overeating or undereating
- Sleeping too much
- Procrastinating
- Smoking

Learning healthier ways to manage stress:

There are many healthy ways to manage and cope with stress but they all require change. When deciding what option to choose think of the 4 A's: Avoid, Alter, Adapt, or Accept.

- Avoid unnecessary stress – Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised however, by the number of stressors in your life that you can eliminate.
- Alter the situation – If you can't avoid a stressful situation try to alter it. Figure out what you can do to change things so they problem doesn't present itself in the future.
- Adapt your outlook – If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.
- Accept the things you can't change – Some sources of stress are unavoidable. You can't prevent or change a serious illness, etc. In such cases, the best way to cope with stress is to accept things as they are. It may be difficult, but in the long run, it is easier than railing against a situation you can't change.

**Finally, make time for fun and relaxation and adopt a healthy lifestyle!**



## Building Relationships; Partners for Peace

By Maj. Jennifer M. Piggott, 144th Fighter Wing Public Affairs

Relationships. It is all about relationships. This is the resounding theme from all individuals involved in the State Partnership Program that bonds the United States and Ukraine.

An important facet of the U.S. Ambassador to Ukraine and the U.S. European Command is the Office of Defense Cooperation based in Kyiv, Ukraine with a common goal that a strengthened, resilient Ukraine contributes to regional stability and is effective in responding to domestic and transnational security challenges.

The ODC plans and executes security cooperation and other military-to-military programs with Ukrainian armed forces to further partner development goals of EUCOM.

“We wear many hats, but our goal at ODC is one team, one fight. We are the connectors, and it takes many people to connect all of our programs, agencies, and engagement efforts between the two countries,” said U.S. Army Lt. Col. Charles B. Hill, Bilateral Affairs Branch Chief, ODC.

Of the 20 plus people assigned to the ODC, with various services (U.S. Army and U.S. Air Force), many are members of the California National Guard, providing an in-depth look at the programs and growing relationship between the U.S. and Ukraine.

These assignments allow U.S. personnel the ability to gain familiarity of this part of the world, customs, cultures, traditions, and study the regional sensitivities and embrace the language.

For example, Hill is on a three-year assignment to the ODC and is a member of the California Air National Guard.

“While this is a very challenging assignment and you have a lot to learn upon taking the job, it is a strategic level position that is unique and extremely rewarding,” added Hill.

As the Bilateral Affairs Officer, Hill is The Adjutant General for California’s forward presence in theater, helping to develop military-to-military events.

Similar to many military assignments, the ODC rotates people and positions, but cooperation and partnership with Ukraine have stayed consistent for 25 years.

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Pilots from the U.S. Air Force and Ukrainian air force greet each other during the opening ceremony for the Clear Sky 2018 exercise at Starokostiantyniv Air Base, Ukraine Oct. 8. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)







The Motherland Monument, also known as the Ukrainian Statue of Liberty, stands just outside of Kyiv, the capital of Ukraine. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)



A Sukhoi Su-27 takes off from Starokostiantyniv Air Base, Ukraine Oct. 9 as part of the Clear Sky 2018 exercise. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)



A U.S. Air Force F-15C Eagle assigned to the 144th Fighter Wing takes off from Starokostiantyniv Air Base, Ukraine Oct. 9 for the Clear Sky exercise. Exercises and engagements with our allies and partners demonstrate and strengthen our shared commitment to global security and stability. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)

“Military cooperation is like a big ship on a course, the crews change out, but the course is pretty much the same. We stay consistent and have enjoyed a consistent 25-year relationship with Ukraine. Post 2014, we have picked up speed on the course and we are now moving more quickly towards our common goals,” said U.S. Army Col. Robert Peters, Chief of the Office of Defense Cooperation.

Peters shared his top goal moving forward with Ukraine and the State Partnership Program, which is celebrating its 25th Anniversary of partnership between the U.S. and Ukraine.

“Our goal is to work with them while honoring their right to choose to move towards the West. As part of that, we help them defend their sovereignty and territorial integrity through our defense corroboration programs,” said Peters.

Engagements are a large component of the State Partnership Program and the Clear Sky 2018 exercise currently taking place on Starokonstantinov Air Base, Ukraine.

“For this exercise, what ODC does is a piece of a big pie,” said Peters. “The Clear Sky 2018 exercise is a very visible, high profile event, and our role is to augment what is planned and executed by USAFE and the California ANG. We help fill the gaps, and the State Partnership Program is a huge component of that. It’s all about relationships and no one comes close to what the California ANG SPP brings in terms of consistency and continuity.”



## 144th Heritage Jet Comes to Life

By Senior Master Sgt. Chris Drudge, 144th FW Public Affairs

The Heritage Jet represents far more than the 75 years the 194th Fighter Squadron has been around. It represents the pride and comradery that flows through our unit. It represents our heritage and lineage.

The 144th Fighter Wing Heritage jet pays homage to the 194th Fighter Squadron, the Griffins, who can trace their lineage back to the 372D Fighter Group that was activated October of 1943 during World War II.

The Griffins were an operational training unit preparing Army Air Corp pilots in combat tactics and maneuvers while flying the P-39 and P-40 Warhawks.

The idea for the “Heritage jet” started over two years ago by the dedicated Airmen of the 144th Maintenance Group.

“The plan started with a simple drawing on a napkin and grew from there,” said Senior Master Sgt. Troy Scott, 144th Maintenance Squadron production supervisor.

Scott added, “It took several iterations to get the graphics just right and to properly represent the proud heritage of the fighter squadron and the fighter wing.”

Master Sgt. Landon Tompkins and his shop took the lead after the design was approved by the wing commander.

It only took Tompkins and his crew 22 days to prepare and paint the F-15C Eagle once it was in place.

All told, there were more than 700 man-hours involved in the creation of this piece of art. The project was a team effort that included several volunteers from various sections around base helping out when they could.

The heritage jet takes to heart Chief of Staff of the Air Force Gen. David Goldfien’s initiative to revitalize the squadron,” said Col. Daniel Kelly, 144th Fighter Wing commander. “The heritage jet brings back the focus to the squadron which is the beating heart of the United States Air Force.”

The 144th Fighter Wing’s Heritage jet flies over head during the Capitol Airshow in Sacramento Sept. 22, 2018. The jet pays homage to the 194th Fighter Squadron’s 75th Anniversary. (U.S. Air National Guard photo by Lt. Col Jeremiah Cruz)





## Running to Remember

By Senior Master Sgt. Chris Drudge

Prisoner of War/Missing in Action (POW/MIA) Recognition Day events were held around the globe September 21, 2018 to include a run at the 144th Fighter Wing's Fresno Air National Guard Base.

POW/MIA Recognition Day was established in 1998 to honor those who were prisoners of war and those who are still missing in action.

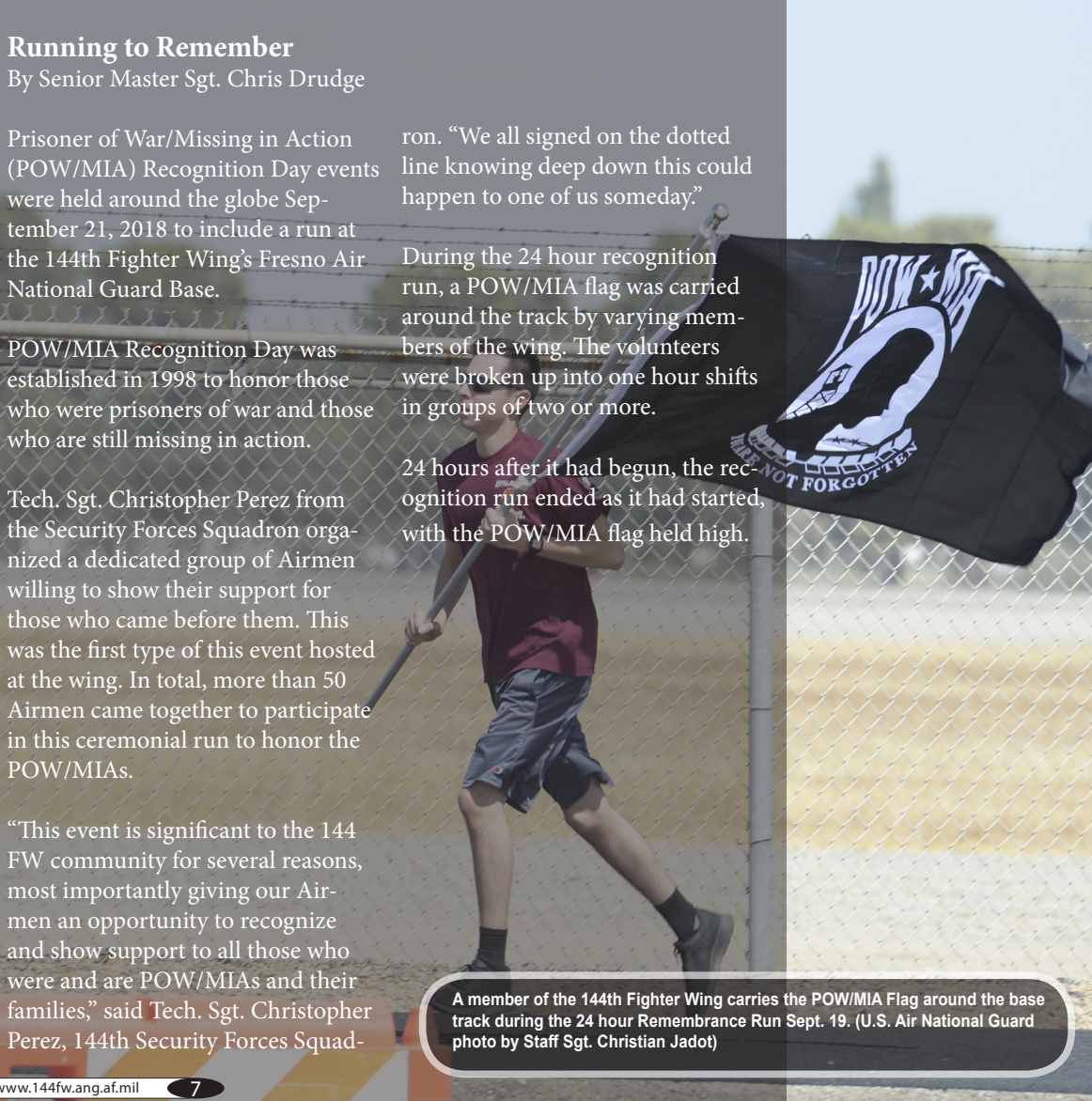
Tech. Sgt. Christopher Perez from the Security Forces Squadron organized a dedicated group of Airmen willing to show their support for those who came before them. This was the first type of this event hosted at the wing. In total, more than 50 Airmen came together to participate in this ceremonial run to honor the POW/MIAs.

"This event is significant to the 144 FW community for several reasons, most importantly giving our Airmen an opportunity to recognize and show support to all those who were and are POW/MIAs and their families," said Tech. Sgt. Christopher Perez, 144th Security Forces Squad-

ron. "We all signed on the dotted line knowing deep down this could happen to one of us someday."

During the 24 hour recognition run, a POW/MIA flag was carried around the track by varying members of the wing. The volunteers were broken up into one hour shifts in groups of two or more.

24 hours after it had begun, the recognition run ended as it had started, with the POW/MIA flag held high.



A member of the 144th Fighter Wing carries the POW/MIA Flag around the base track during the 24 hour Remembrance Run Sept. 19. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

## 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

### UTA DFAC Meal Menu

#### Saturday

Cream of Broccoli Soup  
Orange Chicken  
Fried Rice  
Chow Mein  
Chkn Egg Roll  
Stir Fry Blend  
Fried Cabbage  
\*\*Short Line\*\*  
Hamburger  
Turkey Burger  
Corn Dog  
French Fries  
Onion Rings

Blueberry Pie  
Boston Cream Pie  
Cantalope  
Grapes

#### Sunday

Family Day Lunch  
will be served  
at the Pavillion.  
Hot dogs  
Hamburgers  
Chips and Drink

# 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.



Airmen from the 144th Fighter Wing board a C-17 Globemaster III departing for Ukraine to participate in Clear Sky 2018. The exercise promotes regional stability and security while strengthening partner capabilities and fostering trust. (U.S. Air National Guard photo by Senior Master Sgt. Chris Drudge)

## 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.