

AFTERBURNER

Vol. 9, Issue 8

A Publication of the 144th Fighter Wing Public Affairs Office

September 2018



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AFTERBURNER

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An F-15 Eagle from the 144th Fighter Wing, Fresno, Calif. prepares to taxi to the runway at Joint Base Elmendorf-Richardson, Alaska, Aug. 14, 2018 as part of a Red Flag-Alaska training exercise. Red Flag-Alaska provides realistic training in a simulated combat environment for pilots, maintainers, and support personnel from the U.S. Army, Navy, Air Force, as well as international partners. (U.S. Air National Guard photo by Capt. Jason Sanchez)

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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.



Chief's Corner



By Chief Master Sgt. John W. Milor
144th Communications Flight

The famous comedian Rodney Dangerfield frequently declared, "I don't get no respect!" He then cited a few examples. "I looked up my family tree and found out I was the sap. When I was a kid, my parents moved a lot, but I always found them. A girl phoned me the other day, said 'Come on over, nobody's home.' I went over. Nobody was home."

Rodney was famous for his respect jokes, or lack thereof, because everyone can relate to them. Respect is arguably a universal value, highly praised around the world, and found in every world religion. Respect is also integrated into the fundamental fabric of all branches of the military. It is the core of military bearing, the oil in the gears of diversity, and the cure for discrimination, sexual harassment, and the bulk of insubordination.

We have respect within ourselves by exemplifying personal integrity,

and we externally display respect in our dress and appearance, and customs and courtesies. Respect is also service before self. Respect for one's country is paid to Old Glory, the National Anthem, and to every oath of office. We show respect to officers with every salute. Whether we are in leadership roles or not, we demonstrate respect for one another as wingmen. Within the Profession of Arms, and inherent in the Code of Conduct, the respect we have for each other as brothers and sisters in arms, is a sacrifice up to and including our very lives.

Some people are high-maintenance, i.e. easily offended, prone to having bad days, bringing personal problems into the work place, or testing the waters of tolerance to see what they can get away with. Every situation deserves individual consideration, but there are a few general rules that apply to everyone. The first

step in receiving respect, is giving it. We should also be quick to forgive, and slow to anger. This is the very nature of respect. We should likewise give others the benefit of the doubt, and not jump to conclusions. Miscommunication is often the underlying reason behind many offenses.

A common aspect of human nature, is to easily identify faults in others, while simultaneously overlooking our own. When it comes to respect, if we ever find ourselves in a Rodney Dangerfield moment, our first response should not be an emotionally charged, immediate reaction. Before jumping up on our soap box and demanding the respect we think we deserve, we should take time out to cool off, and reflect on our own behavior first. Respect is a two-way street, and we always want to make sure we're giving 110% percent, for everyone's sake.

September - Suicide Prevention Month

By Stephanie Grant, Director of Psychological Health

Your action could save a life.

Suicide prevention is the responsibility of everyone – from the newest trainee to the most senior of Airmen. It is important to BeThere for your fellow wingman every day of the month and every month of the year! However, September is a special month where we can take time to dig deeper into suicide prevention strategies and consider both individually and collectively what we can do to BeThere for each other!

Suicide is a complex public health issue that touches the lives of millions of people throughout the world. Noticing subtle changes in behavior and seeking support is important! Some of the warning signs can include posting negative thoughts on social media, appearing anxious or stressed, acting out of sorts, or struggling with a relationship. We need to pay attention to those around us as well as consider our own well-being. If you believe that you or your friend is at risk it may be hard to reach out particularly if you are worried about potential consequences for seeking help or you are worried about your friend's reaction. It is important to remember that seeking help reduces consequences and mitigates negative outcomes. In fact, research shows that seeking help early greatly reduces the magnitude of the problem.

There are many choices for seeking support during difficult times. I am available as your DPH full-time at 559-453-5461 or Stephanie.grant9.civ@mail.mil. The Military Crisis Line is 1-800-273-8255. The Department of Defense has established the BeThere Peer Support Call and Outreach Center to provide Active Duty, Army Guard, Air National Guard, Reserves, and their family members with peer support for everyday challenges 24/7. The Center's peer specialists are Veterans and military spouses who combine their personal military-life experience with training to offer support with the right resources at the right time, including follow-up support to ensure resolution. Their motto is "We've been there, now we're here for you!"

Call: 844-357-PEER (7337)

Text: 480-360-6188

Chat live or visit: <https://www.BeTherePeerSupport.org>



Leadership Info Sheet

AFI 90-506, Comprehensive Airman Fitness (CAF)

- Overall goal: strengthening our morale, camaraderie, and esprit-de-corps
- Mental, spiritual, physical, and social pillar focus
- Teamwork in sports often increases camaraderie in the professional environment.
 - Various options in physical activity are provided in order to account for all levels of fitness.
- Members will be required to participate
 - Members will receive a half/sheet with map and list of stations. They will be required to turn in stamped form to their unit at the end to receive credit.

During September UTA members interested in participating in the following Wingman Day Oct. UTA events are encouraged to sign up to reserve a space:

- Volleyball Tournament (Contact Capt. Pasley at chance.m.pasley.mil)
- 2-Mile Run (Contact Staff Sgt. Asprec at aubrie.l.asprec.mil@mail.mil)
- Yoga Classes in DFAC (Contact Stephanie Grant at stephanie.grant9.civ@mail.mil)
- Relaxation Therapy in EMS classroom (Contact Stephanie Grant at stephanie.grant9.civ@mail.mil)

144 FW Wingman Day

Sunday OCT. 14, 2018
0730 - 1130

<p>Mental</p> <ul style="list-style-type: none"> M1. Relaxation Therapy Station M2. Brain Training/Neuro Therapy M3. VET Center M4. NAMI Fresno M5. American Red Cross M6. LMFT Erin Calahan M7. American Red Cross <small>K9 Therapy Dog</small> 		<p>Physical</p> <ul style="list-style-type: none"> P1. Volleyball Tournament P2. 2 Mile Run P3. Dead Lift Challenge P4. Registered Dietician P5. "By the Numbers" <small>Blood Sugar Testing</small> P6. Fitness Fair
<p>Spiritual</p> <ul style="list-style-type: none"> S1. Meditation and Prayer S2. Four Corners Yoga S4. Strong Bonds S5. Love Languages S6. Clovis Hills Military Ministry 	<p>Social</p> <ul style="list-style-type: none"> So1. Team RWB So2. Spirit Horse Connections So3. Fresno State Veterans So4. Four Lenses So5. Alcohol Awareness Relay 	

144th FW Eagles Fly North to Red Flag Alaska

By Capt. Jason Sanchez

Several F-15 Eagles and over 150 Airmen from the 144th Fighter Wing, from Fresno, California, participated in Red Flag Alaska 18-3 for four weeks during August and September along with military units from across the country and the world.

Red Flag Alaska is a regularly scheduled training exercise that provides pilots, air crews, maintainers, and support personnel necessary experience within a joint coalition tactical air combat environment.

One of the areas of focus for the training is providing pilots with additional combat experience so that they are able to sharpen their skills and more seamlessly operate in a joint coalition environment.

U.S. Air Force Lt. Col. Cesar Gonzales, 144th Aircraft Maintenance Squadron commander, described the maintenance group's role in that mission and how the Airmen feel about that responsibility.

"These sorties matter to the pilots and these sorties matter to the maintainers. When we lose a line really, everyone understands that we just lost an opportunity for a pilot to gain proficiency for him to go to war," said Gonzalez. "That means a lot. It's personal for us. We're going to try to do whatever we can to make sure the pilots get that opportunity."

Lt. Col. Russ Piggott, 194th Fighter Squadron, 144th FW, pilot, praised the maintenance group for providing mission-capable jets.

"The maintenance team has been delivering the number of jets that we need consistently, and our mission capability rate is second to none," said Piggott. "That has allowed the pilots to be able to fly our missions and get the training that we need to be able to provide air superiority anywhere in the world, any time."

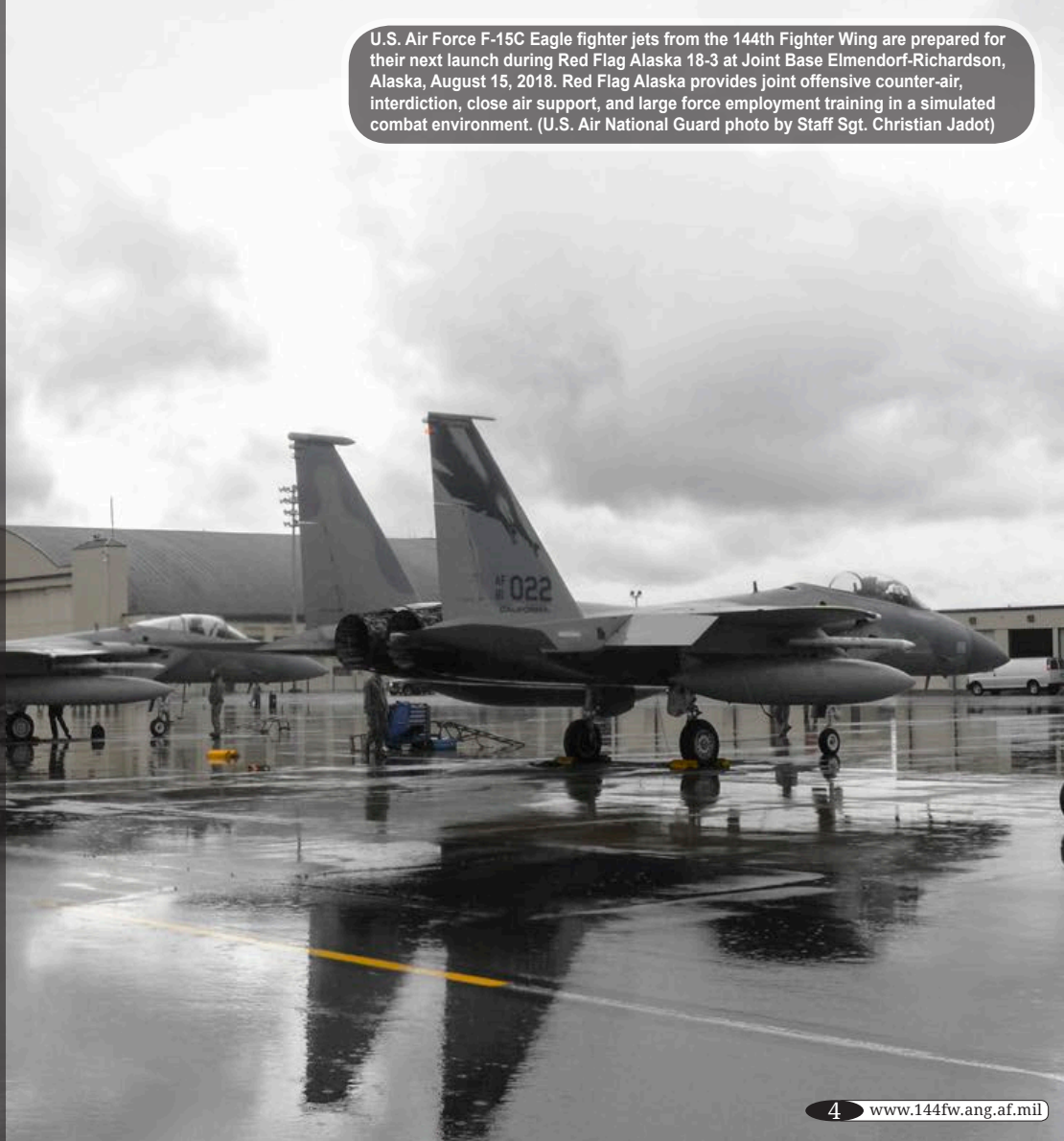
Involvement in a Red Flag exercise is one of the requirements for a military unit to have the status of fully mission capable.

Staff Sgt. Michael Ahrens, 144th Aircraft Maintenance Squadron crew chief, said, "Being able to mobilize with multiple aircraft successfully and have the fully mission capable rate that we have is an accomplishment in itself."

Airman 1st Class Jake Curtis, Aircraft Fuel Systems apprentice, also emphasized the importance of keeping jets mission capable while having a limited number of aircraft. He explained that all

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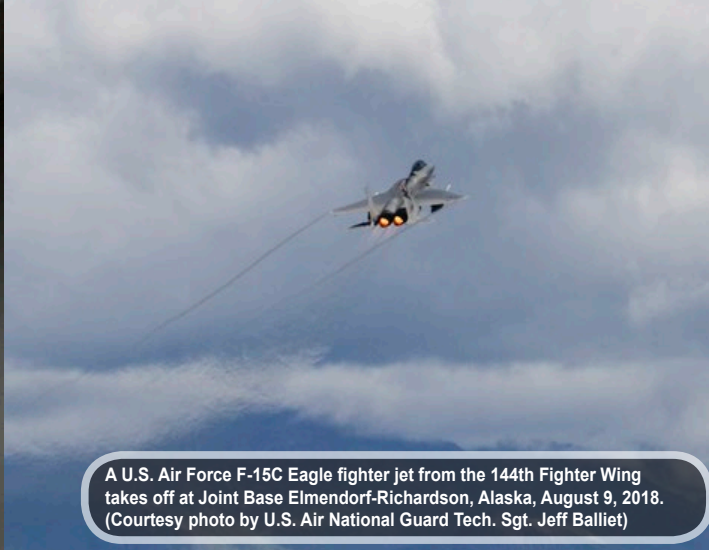
U.S. Air Force F-15C Eagle fighter jets from the 144th Fighter Wing are prepared for their next launch during Red Flag Alaska 18-3 at Joint Base Elmendorf-Richardson, Alaska, August 15, 2018. Red Flag Alaska provides joint offensive counter-air, interdiction, close air support, and large force employment training in a simulated combat environment. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)



U.S. Air Force Senior Airman Joshua Manzo, 144th Aircraft Maintenance Squadron avionics technician, performs a diagnostic test on an F-15C Eagle after the morning mission during Red Flag Alaska 18-3 at Joint Base Elmendorf-Richardson, Alaska, August 15, 2018. Red Flag Alaska is a regularly scheduled training exercise that provides air crew, pilots and support personnel necessary experience within a joint tactical aircraft environment. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)



A U.S. Air Force F-15C Eagle fighter jet from the 144th Fighter Wing takes off at Joint Base Elmendorf-Richardson, Alaska, August 9, 2018. (Courtesy photo by U.S. Air National Guard Tech. Sgt. Jeff Balliet)



U.S. Air Force Tech. Sgt. Richard Marsteller, 144th Aircraft Maintenance Squadron avionics technician, helps recover an F-15C Eagle after the morning mission during Red Flag Alaska 18-3 at Joint Base Elmendorf-Richardson, Alaska, August 15, 2018. (U.S. Air National Guard photo by Staff Sgt. Christian Jadot)

(continued from pg. 4)

maintenance must be completed before the pilots are scheduled to fly. If a jet breaks, a pilot will miss that opportunity.

“You do not have a back-up,” said Airman 1st Class Curtis. “It makes you more determined.”

Missions like Red Flag Alaska add valuable experience for everyone involved, especially the pilots.

“They need proficiency up in the air in these large force employments that have so many aggressors, so many fighter jets, so many things that we just can’t replicate in Fresno,” said Lt. Col. Gonzalez.

Dr. (Maj.) Benjamin Bonnes, 144th Fighter Wing flight surgeon, described the high level of activity that he experienced during the exercise.

“This has been one of the most dense operational environments I’ve been in on an exercise with a variety of crews from other countries, a variety of other air frames,” said Bonnes. “I’ve had the opportunity to see some of their people both professionally, but also as a flight surgeon, flying along on their aircraft and seeing how they operate.”

The volume of activity and the level of training make Red Flag a truly unique training experience.

“Our operations tempo for the last several years has been high, but our success is proven in missions like these,” said Lt. Col. Piggott.

A Red Flag exercise is known for its high level of operations and multiple airframes. The 144th FW’s F-15 Eagles flew with F-22s, F-16s, and KC-135s, in addition to other aircraft, performing both combat training and refueling missions. This iteration of Red Flag included units from the U.S., as well as, units from Australia and Great Britain.

Dr. Bonnes said, “It basically taxes all of us at a high level and hones our skills so that we can operate 100% when needed.”

National Guard Assists Cal Fire

By Staff Sgt. George Solis

Over 400 California National Guardsmen supported Cal Fire to help contain the Carr Fire, one of the largest wildfires in California's history. Guardsmen, primarily from Southern California Army National Guard units, are working as Type II Hand Crews to assist with the fire fighting efforts.

"We're trained by Cal Fire to tackle Type-II wildfire work, which is not the smokejumpers or the hotshots, but to be a little bit behind them in more of the black areas," said U.S. Army Maj. Caleb Christians, Task Force 144 Executive Officer. "What they encounter is sometimes putting out hot spots, maybe smoldering or burning trees, cutting handline, retrieving hose, putting hose together across a lot of difficult and challenging terrain."

Many of the members of Task Force 144 have recent experience with working as Type 2 hand crews. According to Army 2nd Lt. Garrett Arnold, a member of Task Force 144 Hand Crew 5, "A lot of our guys are returning members from the previous fire up at the Salmon August one and the Mission Fire. There are a few new guys here, but they're learning quickly. They're looking forward to working hard and getting ahead of the fire."

The Type 2 hand crew work being done by guardsmen in affected areas of the Carr Fire is greatly appreciated by Cal Fire.

"They've helped us out all over the state of California," said Cal Fire Public Information Officer Israel Pinzon. "They're essential because they're doing work just as good as a Type 2 hand crew that could be from a federal resource."

The Carr Fire has burned over 225,000 acres of land and destroyed over 1,000 homes.

Members of Task Force 144, from the California National Guard, ship out to support Cal Fire in the ongoing effort to contain the Carr fire in Redding, Calif. Aug. 16, 2018. The Task Force work 12 hour shifts, leaving at 6:30 a.m. and arriving back on base around 7 p.m. (California National Guard Photo by California State Military Reserve Senior Airman Patrick Moran)

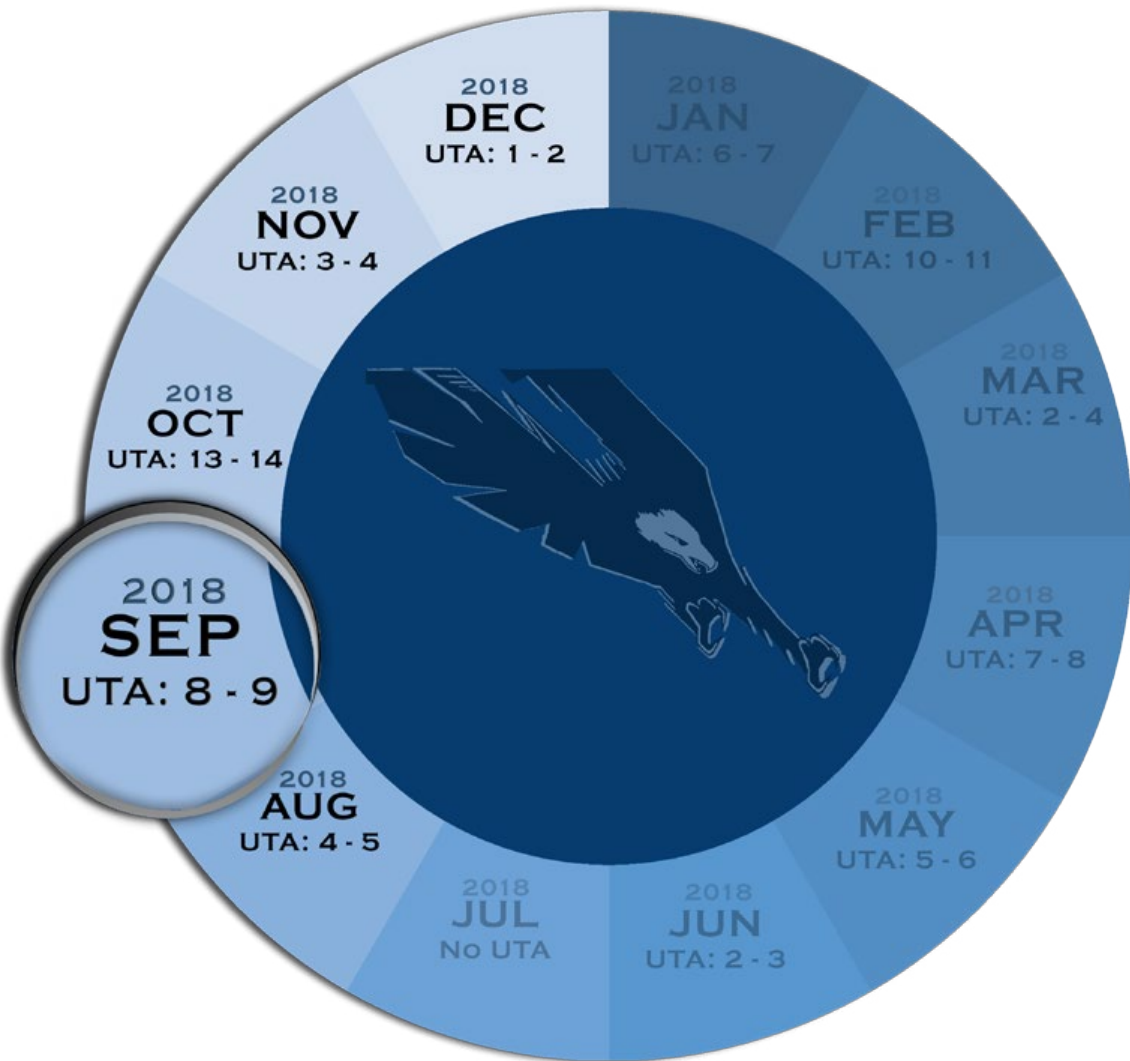


Upcoming Events & Announcements

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



UTA DFAC Meal Menu

Saturday	Sunday
Potato/Bacon soup	Bean & Bacon Soup
Rib Eye Steak	BBQ Pork Ribs
Turkey Breast	Lemon Herb Baked Chicken
Shrimp Scampi	Baked Beans
Brown Gravy	Mash Potatoes
Turkey Gravy	Rice Pilaf
Baked Potatoes	Chicken Gravy
Garden Mix Rice	Fiesta Blend
Corn on the Cob	Corn
Steamed Carrots/Peas	Dinner Rolls
Chocolate Layer Cake	***Short Line***
Lemon Cake	Hamburger
Salad Bar	Grilled Chicken Sandwich
Dinner Rolls	Queadillas
Watermelon	Taquitos
Grapes	French Fries
	Onion Rings
	Veggies
	Chili Beans
	Bacon
	Salad Bar
	Chocolate Cake
	Lemon cake
	Grapes
	Watermelon

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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.



Top performers from the 144th Fighter Wing were publicly recognized by Maj. Gen. Clay Garrison, Assistant Adjutant General, California Air National Guard during a visit to Joint Base Elmendorf Richardson, Alaska, Aug 16, 2018. (U.S. Air National Guard photo by Capt. Jason Sanchez)

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.