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.
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!”

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)

www.144fw.ang.af.mil

Call: 844-357-PEER (7337)
Text: 480-360-6188
Chat live or visit: https://www.BeTherePeerSupport.org
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
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)

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.
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

Upcoming Events & Announcements

Saturday
- Potato/Bacon soup
- Rib Eye Steak
- Turkey Breast
- Shrimp Scampi
- Brown Gravy
- Steamed Carrots/Peas
- Chocolate Layer Cake
- Salad Bar
- Grapes
- Watermelon

Sunday
- Bean & Bacon Soup
- BBQ Pork Ribs
- Lemon Herb Baked Chicken
- Baked Beans
- Mash Potatoes
- Corn
- Dinner Rolls
- Hamburger
- Grilled Chicken Sandwich
- Taquitos
- French Fries
- Onion Rings
- Veggies
- Chili Beans
- Bacon
- Chocolate Cake
- Lemon cake
- Grapes
- Watermelon
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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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)

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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.