

# AFTERBURNER

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# AFTERBURNER

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## Command Chief

Chief Master Sgt. Clinton Dudley

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U.S. Air Force Col. Dan Kelly, 144th Fighter Wing commander (far left) and Chief Master Sgt. Clinton Dudley (far right), 144th Fighter Wing command chief, pose with the Outstanding Airman of the Year winners Nov. 3, 2018. Winners will go on to participate at the state level competition in February 2019. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)



## Commander's Comments

By Col. Daniel Kelly

*144th Fighter Wing Commander*



It has been an extremely busy year, challenging year, and an emotional year! As I observed the memorial and funeral of our fallen Airman, Lt. Col. Seth “Jethro” Nehring, and recently visited the scene of the Paradise fire – I have taken some time to reflect on what is REALLY important. The answer is simple! The answer is YOU – all of you! We cannot do our mission without you. We cannot be ready at a moment’s notice without all of you. We cannot get through significant emotional events alone! We need each other and I am very thankful for all of you.

In this season of giving, I want to give all of you some time to pause this drill, enjoy your holiday parties, and reflect on this amazing team and all we have accomplished and conquered this year. It is truly jaw dropping what we have done as a Wing in 2018! We could not have done it without each other.

I wish all of you a very happy holiday season and hope you can enjoy some well-deserved quiet time with your family and friends. Again, thank you – I am so grateful and thankful for all of you!

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# Chief's Corner

**By Chief Master Sgt. Michele Flaherty**

*144th Medical Group*



The 144th has been heavily tasked this year with exercises, TDY's, and deployments. To say our operations tempo is high would be an understatement! I had the privilege of recently working in a joint military/civilian environment for the Paradise fires over the past two weeks. I say privilege because it was awe inspiring what I saw our Airman and members across the state accomplish together. The 144th Medical Group was called up (along with Civil Engineering, Services, and Security Forces) to support with search and recovery, medical relief in the six shelters that were open to the evacuees, building up a base-camp as well as putting up tents at the shelters, feeding the

military, and ensuring the safety of everyone involved. It was a complex operations, with many moving parts. We partnered with our Army counterparts as well as the civilian side of the house and made amazing things happen! The gratification felt from being able to help those who had lost so much is indescribable. Working with the Army and having that one team one fight mentality in a joint environment makes everything we train towards a reality. It only took a few hours to form that bond that was needed with the civilian incident commander and their Army counterpart. This is why we are here and this is why we train so hard. We never hope for tragedy, especially

like this one where so many perished and so many more are now homeless and jobless, but when tragedy happens we are there to help pick up the pieces and try and make things a little bit better.

Before the fires we had a large contingent in Ukraine where we worked with our Ukrainian counterparts to make things happen ... another joint environment. I watched with absolute awe as the maintainers, pilots, chiefs, personnel staff, and so many more made that extremely complex operation a success. The relationship that we had with our Ukrainian counterparts was a huge part of our mission success.

Joint operations are a big part of our world and when we embrace it, great things happen. At the end of the day, we all want the same thing, to have a successful mission. So when pushed to train hard, remember that it's for a reason. We don't just train to train. We don't know what tomorrow will bring, but as for the 144th we will be ready to take on any task thrown in our direction and we will ALWAYS succeed!



## Airman of the Year Awards

By Tech. Sgt. Charles Vaughn

FRESNO, California -- More than 400 Airmen and guests of the 144th Fighter Wing came together at the Golden Palace Banquet Hall Nov. 3 for a ceremony to honor the wing's top Citizen Airmen.

The nominees from the wing's various groups, squadrons and flights were also recognized for their outstanding contributions to the unit and its ongoing missions. Col. Daniel Kelly, 144th FW commander, recognized the Airmen and their families, thanking them for their support.

"Thank you again for your contribution to another very successful year" he said. "Each of you make a difference in this wing and together we make the wing excel!"

The 144th Fighter Wing Outstanding Airmen are:

Airman of the Year: Airman 1st Class Kimberly Self, 144th Comptroller Flight


Noncommissioned Officer of the Year: Tech. Sgt. Moneshia Washington, 144th FW Headquarters

Senior NCO of the Year: Master Sgt. Adam Batesole, 144th Aircraft Maintenance Squadron

1st Sgt. of the Year: Master Sgt. Melinda Motta, 144th Maintenance Squadron

Company Grade Officer of the Year: Capt. Sean Rabeneau, 194th Fighter Squadron

Field Grade Officer of the Year: Maj. Jennifer Piggott, 144th FW Headquarters



U.S. Air Force Master Sgt. Bernard Borchardt, 144th Communication Squadron's Senior NCO of the Year award nominee, is escorted by his wife Terri during the Wing's Outstanding Airman of the Year, Nov. 3, 2018. The Airmen nominated have gone above and beyond what is expected of them on the job and in their civilian life. Wing winners will go on to compete at the state level. (U.S. Air National Guard photo by Tech. Sgt. Charles Vaughn)



# Medical Provides Fire Aid in Joint Environment

By Senior Master Sgt. Chris Drudge

On November 17, U.S. Air Force Lt. Col. Jordan Darnauer, 144th Medical Group Detachment 1 commander, received a request for medical assistance for the Paradise fire response. Within six hours, Darnauer had two - ten person medical strike teams ready to roll out to assist Joint Task Force 49 of the California National Guard.

JTF49 is a search and recovery unit that was deployed to Northern Calif. to help their civilian counter-parts. JTF49 also has medical capabilities to take care of the health needs of soldiers, Airmen and civilians.

When JTF 49 was stood up, they quickly realized that they were going to need an additional small medical force that could forward deploy with them to provide search and recovery medical support and provide organic medical capabilities to keep their soldiers healthy during the mission. Without the organic medical support, the soldiers would have to leave the area of operation to seek medical attention, causing longer down times for individuals involved.

U.S. Air Force Chief Master Sgt. Michele Flaherty, 144th Medical Group medic and acting medical element deputy commander, said "it was incredible getting to do what we train for and experience working side-by-side with our civilian and Army counterparts. We

worked very well as one team helping out the people in the shelters."

Lt. Col. Darnauer stated that this was the first time an Air National Guard medical detachment had been tasked for a search and recovery tier one response. A tier one response are the support services who come in right behind the first responders.

The tier one teams are a force multiplier for the first responders, enabling them to extend their reach to assist more individuals in need.

The first medical strike team, search and recovery, were partnered with the Army National Guard to ensure that there was sufficient coverage for the mission.

The second medical strike team was split up amongst the six shelters where their skill set and services were required the most. Both ten person teams consisted of a mid-level care provider, two critical care nurses, six medics, and one medical logistician.

Over the last two weeks, the medical teams assisted in treating over 730 patients. That number is expected to rise as the mission continues over the next three to four weeks.

"Overall, the mission couldn't have gone better," said Darnauer. "There has been

a lot of proof of concept done during these missions. Our teams have gone above and beyond providing medical care for everyone involved."

The 144th MDG Detachment 1's medical response force is designed to deploy within six hours of notification to provide lifesaving support for the state's Homeland Response Force Defense Support to Civil Authorities mission.

The 144th MDG Detachment is made up of 47 Airmen from emergency medical technicians and logistics personnel, to doctors and nurses. Of those 47, 20 were initially deployed to assist and another ten are preparing to deploy now to relieve the first team.

The search and recovery missions are drawing down, so the 144th MDG Detachment 1 Airmen will proceed to the shelters, continuing the medical support needed by everyone affected.

"Our Airmen are very resilient. They are a close-knit team, which is something that is required when working in this type of high pressure, emergency response situation," said Darnauer. "They all look out for each other, bringing to life the actual wingman concept while serving the community we live in."



Members of the California National Guards Joint Task Force 49 provide search and recovery assistance to their civilian counterparts during the Paradise fire response. (Courtesy photo)



*144 FW Children's Christmas Party*  
*When: **December 12, 2018***  
*Where: **Base Dining Facility***  
*What: **Santa Claus, snacks, pizza and photo booth***  
*Time: 6:30 to 8:30 pm*



*POC: MSgt Gonzalez 454-5258 and*  
*MSgt Clark 454-5280*  
*Please deliver all gifts to Airmen & Family Readiness*  
*Office 454-5383*  
*(Wing Building/temporarily in the Chaplain's office)*  
*NLT 4 pm, 12 December 2018*



# Coping with the Holiday Stress

By Stephanie Grant, LCSW, Director of Psychological Health

The holidays are a source of stress for the majority of us, especially those who struggle with anxiety, depression, eating disorders, and substance abuse. We are exposed to the many media messages of people smiling and laughing, spending time with family and friends, and receiving lavish gifts. The reality is that for some of us, the holidays are a sad and lonely time of year.

Many experience financial stress as they search for the perfect gift or cannot afford to buy their loved ones what they want. The truth is that most people don't get new vehicles with big red bows on them! In addition, images of joyful people being together with family, friends, and co-workers conflict with the reality that some of us dislike being around our family or feel stressed in social gatherings with lots of people, food and excitement. The merriment of decorations light up the neighborhoods, replacing natural sunlight as we hibernate in the warmth of our homes, causing many to experience the winter blues and some to experience Seasonal Affective Disorder.

With the season upon us here are ten tips to help you enjoy the holidays to the fullest by being realistic, planning ahead and seeking and using supports to help ward off anxiety and depression.

Be aware and acknowledge your feelings. If someone close to you has recently died or your loved ones cannot be with you during the holidays, it is normal to feel grief and sadness. It is ok to take time to cry or to express your feelings. You cannot force yourself to be happy just because it is the holiday season. Accept emotions and thoughts. The intensity of emotions will reduce over time. Be aware of negative thinking.

Reach out. If you feel lonely or isolated, seek out family, community support, religious activities or other social events. Volunteering your time to help others is also a good way to lift your spirits and broaden your friendships. When people feel depressed they often want to withdraw and isolate so it is important to take action by planning activities to be with other people.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions often change. Choose a few to hold onto and be open to creating new ones.

Set aside differences. Try to accept family members and friends as they are even if they don't live up to all of your expectations. Set aside personal grievances until a more appropriate time for discussion.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Stick to your budget. Don't try to buy happiness.

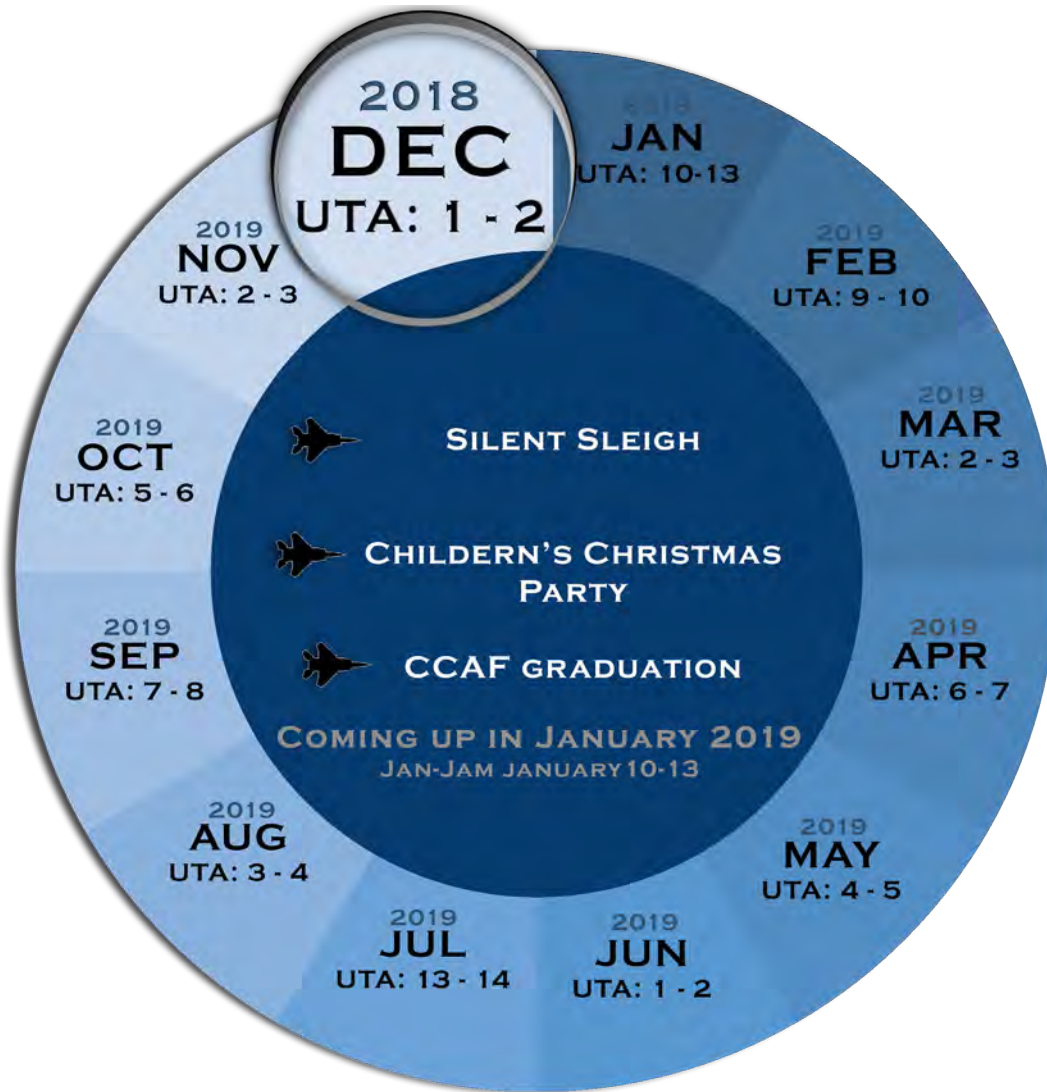
Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus, make your shopping list.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't abandon healthy habits. Don't let the holidays become a free for all with food and drinks. Overindulgence only adds to stress and guilt. Think before you drink, knowing your limits and committing to them.

Take a breather. Make some time for yourself. Spending even 15 minutes, without distraction i.e. cell phones, Facebook, media, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, being present, and slowly breathing and restoring inner calm, whether it is reading, going outside, cooking, tidying up, taking a walk, reading a book, listening to music, taking a hot bath/shower.

Seek professional help if you need it. Despite your best efforts you may feel persistently sad, anxious, plagued by physical ailments, unable to sleep, irritable and hopeless, or unable to face routine chores. If these feelings last for a while, talk to your doctor, chaplain or mental health provider.



## 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

### Base Children's Christmas Party

- Base Children's Christmas Party will be on Dec. 12 in the DFAC at 6:30 p.m.

### Jan-Jam

- January UTA will be the 10 - 13, off base activities will be held at the Clovis Veterans Memorial District. Parking available at Clovis Rodeo grounds.

### State AOY

- State AOY to be held February 9 in Anaheim

### Shared Image Drive

- Images taken by Public Affairs are now available on base through a shared drive. Any one intrested in these images can map your base computer to \\144fw-fs-v7\publicmedia.

### Family Readiness Update

Important dates:

- Dec. 1 & 2, 2018- Toy Giveaway – CE Classroom
- Dec. 9, 2018 – Yellow Ribbon Event
- Dec. 12, 2018- Silent Slay & Children's Christmas Party



# 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.



**Members of the 144th Medical Group Detachment 1** pause for a picture during their recent activation to assist Joint Task Force 49 of the California National Guard. JTF49 is a search and recovery unit that was deployed to Northern Calif. to help their civilian counter-parts. (Courtesy photo)

## 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.