



BIOGRAPHY

UNITED STATES AIR FORCE

STAFF SERGEANT JEFFREY N. CAINES

Staff Sergeant Jeffrey Caines is an Aerospace Propulsion Instructor, 372 Training Squadron, Detachment 2, Shaw AFB, South Carolina. Sergeant Caines was born on 18 December 1986 in Whiteville, North Carolina. He is married to Ashlynn Williamson Caines and has one son, Benjamin. He attended West Columbus High School in Cerro Gordo, NC and graduated in 2005. He enlisted in the Air Force and graduated Basic Military Training in January of 2010. Upon completion of basic training he arrived at Sheppard AFB, TX where he completed the Aerospace Propulsion Apprentice course.

Staff Sergeant Caines arrived at his first duty location in May of 2010 at the 366th Component Maintenance Squadron at Mountain Home AFB. Where he became proficient on the F100 P&W 220 & 229 engines that are flown in the F-15. He then came to Shaw AFB in May of 2013. Here he became experienced on the F110 GE 129B engine that is in the F-16.

EDUCATION & CERTIFICATIONS

2015 Airman Leadership School, Shaw AFB, SC
2015 Associate in Applied Science, Aviation Maintenance Technology,
Community College of Air Force
2016 Basic Instructor Course Sheppard AFB, TX



ASSIGNMENTS

1. May 10 – Apr 13, Aerospace Propulsion Journeyman, 366th Component Maintenance Squadron, Mountain Home AFB, ID
2. Apr 13 – Mar 16, Aerospace Propulsion Journeyman, 20th Component Maintenance Squadron, Shaw AFB, SC
3. Mar 16 – Present: Aerospace Propulsion Instructor, 372d Training Squadron Detachment 2, Shaw AFB, SC

MAJOR AWARDS AND DECORATIONS

Air Force Achievement Medal
Meritorious Unit Award w/ two oak leaf cluster
AF Outstanding Unit Award w/ one oak leaf cluster

EFFECTIVE DATES OF PROMOTION

Staff Sergeant – September 1, 2015