



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

Pride, Professionalism, Patriotism

Barnes Air National Guard Base

April 2018



Airmen from 104th Fighter Wing receive chemical, biological, radiation and nuclear training from members of the 104th Civil Engineering Squadron emergency management team on March 3, 2018. (U.S. Air National Guard Photos by by Airman 1st Class Rahdall Burlingame)

Commander's Column

By Lt. Col. Gary Archambault, 104th Medical Group Commander



As luck would have it, it's my turn to write this piece, and it follows the Medical Group's first *PHAst Track*. In order to accomplish wing readiness and all our taskings, we need time back within our units to train and do our jobs. One of the ways the Medical Group could assist in that endeavor was to maximize the efficiency of our PHAQ, Deployment Medicine, Occupational, and Flight Physical processing.

This event was the first, and will continue, to utilize new expedient processes. While this event was well executed, it can always be better. We have already begun the improvement process to capitalize more time for the 104th FW Airmen during the next *PHAst Track*.

My challenge to Senior Master Sgt. James Brown (JBRO) was to develop a schedule that maximized efficiency and throughput. It didn't take much to see that the scheduling tools he developed hit the target.

This *PHAst Track* event was focused on a few units. It took a lot of effort from the MDG full-time staff to pull this one off. But we did not work alone. The unsung "heroes" of *PHAst Track* has to be the Unit Health Monitors. For the March event, the MDG worked with Master Sgt. Jackie Comer, Master Sgt. Tina Scobie and Staff Sgt. RyAnn Parker from the Maintenance Group, Master Sgt. Cynthia Watkins from the Operations Group, as well as Master Sgt. Beverly Nunez, Tech. Sgt. Brenda Sanderson and Tech. Sgt. Jennifer Tittle from the Mission Support Group. These six individuals were the key to resolving scheduling conflicts and for ensuring members were on-time for their appointments. We couldn't have done it without their help.

Several years ago I participated in an exercise with the Homeland Response Force and General Johnson, the former 26th MEB Commander, asked an officer briefing him on the weather, "Where's the so what? What's the potential mission impact?" What's the

"so what" with the *PHAst Track*? Ultimately it's providing time back to members and units during future RSDs. Time is the Wing's most precious commodity. We may eventually get new jets, even our physical infrastructure may get updated and replaced, but time is different. Once it goes by, we can't get it back, and Congress can't give us more. The MDG worked hard over the past few months with the goal of preserving your time. Hopefully, units will be able to utilize that white space for a variety of mission-related activities that don't include a lot of time in Building 29.

From my perspective, that's a pretty good "So what!"

As always, the MDG is open to suggestions and ideas for future events. If you have any to share, please contact Senior Master Sgt. James Brown and let him know your thoughts.

Be safe and enjoy this spring weather. And don't forget to start preparing for your next fitness assessment. The time to start is now. As I mentioned earlier, once time goes by you can't get it back.

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Alcoholism is treatable!
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First Sergeants Corner: I Am an American Airman, Wingman, Leader, Warrior

By Master Sgt. Christopher Duval, Logistics Readiness Squadron

Here at the 104th, our Unit Training Assemblies have been continually busy as we train and maintain readiness to meet our nation's needs. Each of us holds a commitment to our mission that we take very seriously, but we also have other commitments in life, to our families, our professions, and personal obligations. As part of our readiness, it is important to ensure that all of our affairs are in order and that we are prepared when we are called to serve away from home. Likewise, when our coworkers and peers are tasked to support our nation, we may have to change roles or assume more responsibilities outside of our normal daily operations. Despite the demands placed on us, and whether abroad or at home, our focus should always be on our people, with an awareness of how we are affected by individual circumstances.

As Airmen, we should all be familiar with the wingman concept. It is vital to our interactions both personally and professionally. It is outlined in The Enlisted Force Structure (AFI 36-2618) as enlisted Airman and NCO responsibilities and again in Air Force Standards (AFI 1-1). All Airmen are encouraged to be good wingmen. Being a good wingman means taking care of your fellow Airmen, and taking action when you see potential trouble. The wingman concept was founded in aviation, a pilot flying into potential danger would be accompanied by another aircraft and pilot called his wingman. The wingman's responsibility is to fly with and protect the lead aircraft by watching his back. Fitting to our heritage in aviation, the Air Force uses the wingman concept across the force for all Airmen, on the ground or in the air—we watch out for each other.

Both at home and abroad we need to be wingmen for each other. Look out for those around you, and they will do the same for you. This isn't always an easy task when someone is having a hard time. Be ready to spot problems and be alert to the warning signs. If you suspect that someone is struggling, get involved. It requires courage to check in with someone. The fact is if you don't intervene the consequences could potentially be much worse. If you aren't comfortable getting involved, talk to a First Sergeant, supervisor or leadership.

The Wingman concept doesn't stop when your work day is over, or when you leave for the day. It isn't just for Airmen; it extends to friends, family, and coworkers. It isn't only when you are deployed or TDY, it can be at home, in your shop, or at the gym. It isn't only about intervening when something bad is about to happen. Being a good wingman means treating others with respect and opening the door to genuine communication; put down the distractions, stop looking at the clock and listen to what is being said. Foster esprit de corps by getting involved, be social and invite others to partake, participate in group fitness, and support organized activities. Staying active and involved will not only foster a positive outlook for yourself, but it will build stronger bonds with your fellow airmen, and you will be there to spot trouble if it arises.

Remember that we are all Airmen, and we are all in this together. Don't be afraid to reach out if you need help, and likewise always look out for those around you. Each of us is responsible as Airmen, to also be a wingman. Never leave an Airman behind.

3rd Annual Command Chief Master Sgt. Patrick J. Shaughnessy Scholarship

The 104th Fighter Wing Chiefs Council is once again offering **two \$250 scholarships in 2018**. The Command Chief Master Sergeant Patrick J. Shaughnessy Scholarship is available to any enlisted member of the 104th Fighter Wing attending a two or four year college. Chief Shaughnessy was a leader, mentor, and friend to many unit members, both officer and enlisted. He taught and lived the whole Airman concept long before the phrase became popular, and he exemplified Air Force Core Values both on and off duty.

Applicants must submit a 500 word essay (approximately 2 paragraphs) explaining how they incorporate Air Force Core values into their everyday life. Essays must be submitted to Chief Master Sgt. Tom Orifice or Chief Master Sgt. Jim Burke by the close of business on April 8, 2018. Late submissions will not be accepted. Selections will be made by blind committee. The winners will be announced, and checks will be presented during the May RSD.

Please contact Chief Master Sgt. Orifice at x698-1434 or at Thomas.b.orifice.mil@mail.mil, or Chief Master Sgt. Burke at x698 1325 or at James.p.burke2.mil@mail.mil for additional information.

Chiefs Corner: Tips for a Successful Military Career

By Senior Master Sgt. James Brown, 104th Medical Group Superintendent

The roadways of a military career can be long and winding. It is much better to be the driver than the passenger if you want to achieve your goals. Here are a few things that I have learned over the years that can help keep you in the driver's seat and make your military career a successful one.

1. Find a Mentor—Maybe the most important tip I can give you is to find a mentor. A mentor is an advisor who you can trust and is experienced in a comparable line of work as you (in this case the military). This person will most likely have experienced similar issues that you are bound to run into throughout your career and can help you avoid potential pitfalls. There is no shame in asking others for help and developing a mentor relationship with someone can be invaluable as you navigate your career. Did you know that the 104th Fighter Wing has a mentorship program? The program is designed to help match individuals with mentors. You can find out more information using the following link: <https://cs2.eis.af.mil/sites/10819/PFWG/Mentorship/layouts/15/start.aspx#/SitePages/Community%20Home.aspx>

2. Know what it takes to get to the next level—If you have aspirations of assuming greater responsibilities, you will need to know the promotion requirements for each rank. Don't assume someone will keep tabs for you. Although your supervisor and commander will be watching how you are progressing towards the next grade, the onus always falls back on the member to ensure that promotion requirements are being met. Some requirements, like the CCAF degree, cannot be fulfilled overnight and can easily derail your chances at promotion. Your Commander's Support Staff or the Military Personnel Flight can help you determine what you are missing for the next grade. Additionally, there is a tool called the Enlisted Scorecard to help keep track of the broader picture of your career. This tool gives recommendations based on where you are at in your career, helping to ensure you have met all the squares for assignments and developmental education. Contact your supervisor and First Sergeant for more information regarding the Enlisted Scorecard.

3. Seek out developmental opportunities—Seeking out developmental opportunities is also important to a successful career. Developmental opportunities help broaden your perspective on the military whether it be within your functional community or becoming a better manager. After cross-training to Medical, I attended a High Potential Officer and Enlisted Course for medical

personnel. This was a great introduction to the medical arena that featured flagstaff speakers and peers who were able to share their experiences from their careers. It proved to be a valuable course. Our Adjutant General, Maj. Gen. Gary Keefe, recently spoke about the importance of seeking out developmental opportunities and its significance to making us well-rounded citizen Airmen. The fact that the Adjutant General took time to brief this information to us speaks to its importance. The Air National Guard has a great webpage dedicated to developmental opportunities. You can find it at the following link: <http://www.ang.af.mil/Careers/Force-Development/>

4. Keep an eye on your records—There is a multitude of data and records systems that comprise your military records. They include manually entered information and automated information. Sometimes errors may occur. Like promotion requirements, it is the member's responsibility to know what is in their records. Missing documentation such as enlisted/officer performance reports can have a negative impact when it comes time to for promotion. Missing points can lead to a bad year for retirement, which could be an unpleasant surprise when you go apply for retirement. Two systems that you should check at least annually are the Personnel Records Display Application (PRDA) and Virtual Military Personnel Flight (vMPF). You can access these systems through the Air Force Portal. Your Commander's Support Staff as well as the Military Personnel Flight can assist you with ensuring your personnel records are accurate and answer any technical questions that you may have.

5. Above all else, keep positive and stay motivated—As I said in the beginning, the roadways of a military career can be long and winding. There may be detours along the way, and I am sure there will be a few potholes. Keeping positive and staying motivated is paramount to ensuring a successful military career. Like any long road trip, you may need to take an occasional break to refocus and get your motivation back. That's okay. We all need a little rest from time to time, however, make sure you never lose sight of that focus. As you grow in your career, others will take notice of what you say and do. Your positivity and motivation level will also be noted. Be an example for others to follow and things will turn out alright!

Installation Security is Everyone’s Business

By Senior Master Sgt. Julie Avey

“While Security Forces actively defends the installation’s people and assets every day, it is the responsibility of all personnel to contribute to security,” said Senior Master Sgt. Todd Canedy, Security Forces Operations Superintendent.

Canedy said by adopting a “see something, say something,” approach, everyone can do their part to maintain a safe environment in our surrounding community and around the base.

“The best way for individuals to be proactive is to get out and know their surroundings,” said Canedy. “Knowing their surroundings will help them to recognize and understand what belongs and does not belong. This allows them to “See something in order to “Say something”

Canedy said Security Forces has what is called “Defense in-depth.” It is a layered repetition of defense within a defense.

“All of us in the Air Force strive to follow our core values of integrity, service before self, and excellence in all we do,” said Canedy. “We as Defenders also follow three General Orders. When these orders are followed, the rest will fall in place. They are: I will take charge of my post and protect personnel and property for which I am assigned until properly relieved. I will report all violations of orders I am instructed to enforce and notify my supervisor in case not covered by instruction or regulations. I will sound the alarm in case of emergency or disorder.”

Every Airmen is a sensor, explained Canedy.

“Being provided with the size, activity, location, uniform, time and equipment of a threat, allows Security Forces or EOD personnel to respond and locate the correct threat being reported in the least amount of time,” said Canedy.

CBT provides excellent guidance on staying alert and what to look out for.”

Canedy said the best information is not generalized, but specific. If you see a suspicious vehicle, get the make, model, color and plate number.

“The defense of all installations doesn’t just include the fence line. It starts with all of us at home and around our community,” said Canedy. “Our neighbors, dependents, local law enforcement, all play an integral part in ensuring a safe place for us to accomplish our mission.”

To report suspicious activity, Airmen can call Security Forces at (413) 568-9151 ext. 698-1426

Eagle Keepers

See Something: S-A-L-U-T-E

Size: The Number of persons and vehicles seen or size of object
Activity: Description of enemy activity (assaulting, fleeing, observing)
Location: Where the enemy was sighted (grid coordinate or reference point)
Unit: Distinctive signs, symbols or identification on people, vehicles, aircraft or weapons (numbers, patches, or clothing type)
Time: Time the activity is observed
Equipment: Equipment and vehicles associated with the activity

See- Serve-Protect

Please report any suspicious activities to Security Forces at (413) 568-9151 Ext. 698-1426

To report suspicious behavior use the S-A-L-U-T-E reporting method.

SALUTE stands for: Size, Activity, Location, Uniform, Time and Equipment.

“Members should be looking for things which just seem out of place or someone acting odd or suspicious. When in doubt, report it. They started evacuating Khobar Towers because a truck looked out of place. That split decision by a Defender resulted in dozens of lives saved. The Force Protection

104th FW Airman Strengthens Medical Skills in Massachusetts Air National Guard, at Westfield State University

By Airman 1st Class Randall S. Burlingame

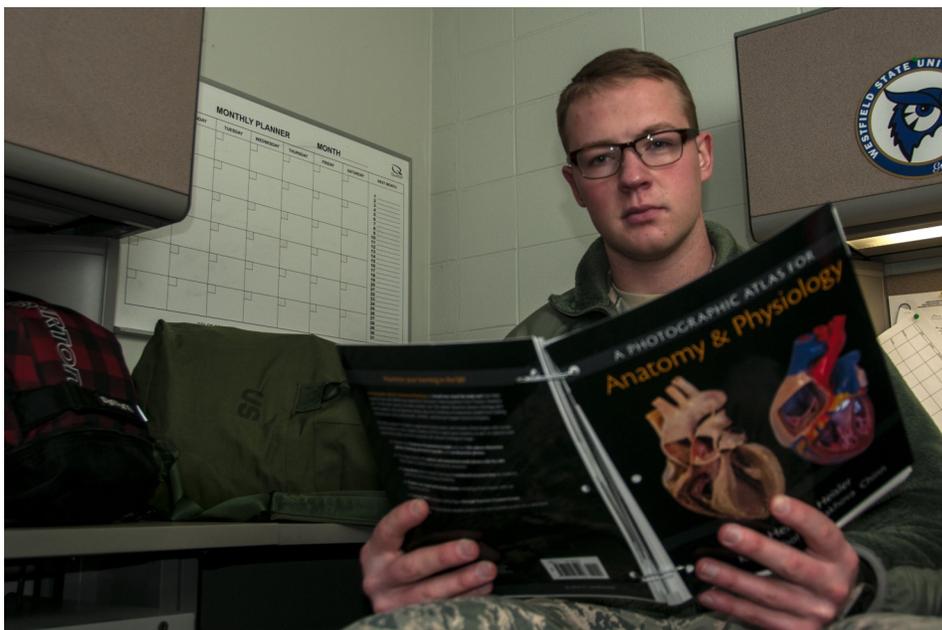
For most Airmen at the 104th Fighter Wing in Westfield, Massachusetts, a career in the Air National Guard means a part-time commitment balanced with school or another job outside of the military. Senior Airman Michael C. Reynolds, 104th Medical Group aerospace medical technician and resident of Westfield, Massachusetts, works at the 104th FW in addition to attending Westfield State University as a pre-med student and working as a ski instructor in the winter.

Reynolds' eclectic collection of responsibilities serve as a stew of experiences he can draw from to achieve his goals as an Airman and a civilian career. Reynold's medical skills are needed both home on domestic operations and serving abroad.

"My Air Force training helps me in my academic classes and provides an opportunity to use my skills on the outside as an EMT if I choose to do so," said Reynolds. "As for my civilian experiences for growth, I would say that I've become more confident in my work."

The 21-year-old said some of his goals include deploying, getting accepted into an MD and Ph.D. program and commissioning as an officer in the Air Force.

"The experience I'll get from a deployment or supporting domestic operations, I can't get anywhere else," said Reynolds. "I would be working directly with the flight surgeons and doctors. I would be the second-hand man. I'll be attending to any medical emergencies, helping with medications and giving basic



Reynolds is constantly studying to improve his skills and knowledge. (U.S Air National Guard Photo by Airman 1st Class Randall S. Burlingame)

clinical care."

Reynolds said the experience and hands-on training provided by the ANG in conjunction with his classes at WSU are helping him feel more prepared for serving, and he feels like he has all the appropriate tools at his disposal to achieve his goals.

"There's always room for improvement," said Reynolds. "You can always brush up on stuff to make sure you're top-notch ready to go, but through all the training and opportunities I've had here, I'm definitely up to the task."

Recently the 104th FW held training for Self-Aid and Buddy Care where Reynolds was one of the instructors showing other Airmen pressure bandaging, different ways to stop bleeding, opening airways and splinting. All

of which are things he thinks are important for Airmen, especially to know so they can be prepared and potentially help save someone's life.

Reynolds has also gone away for specialized training called Expeditionary Medical Support. EMEDS training provides Airmen in various career fields, including medical, logistics and administration, the opportunity to work together in setting up a field hospital.

"It's a deployed setting down in San Antonio," said Reynolds. "It's hands-on trauma stuff."

The aspiring medical professional went on to describe his experiences and plans in one short career goal.

"Be there for the people who need it," said Reynolds. "Just point blank, be a good medic."

Financial Coaching Schedule



Did you know the 104th has its own financial coach? That's right, Gil is a CPA and a CFP®, and he works out of the Equal Opportunity Office. Below is the schedule of the financial workshops being offered on upcoming Wednesdays in the Equal Opportunity office upstairs in Building 1, or in the Chaplin's Building in their classroom if the group is too large for the EO office.

The Financial Coaching workshop schedule will be as follows at 10:00 a.m. on the selected dates:

April 11 - Stupid Investing: Seven ways to lose all your money and retire broke!

April 18 - Managing debt & credit (Do NOT put your security clearance at risk)

April 25 - Investing in TSP Funds 101

Interested attendees are asked to email Gil to express an interest in the class and any topics they would like covered in future workshops.

Wilbert Guilford, CFP(r)
Westover ARB/ Barnes ANG
Personal Financial Counselor
Phone (480) 403-1086

E-mail: PFC.Westover.USAFR@Zeiders.com

Legal Assistance on Base

As a friendly reminder, if you are interested in setting up an appointment with the legal office for legal advising, please send an email to usaf.ma.104-fw.mbx.legal-assistance@mail.mil.

In regards to our office assisting you with the execution of your Will or a Power of Attorney (POA), please complete the following tasks:

1. **Go to the following website:** <https://aflegalassistance.law.af.mil>
You can do this from home as the website does not require a CAC.
2. Fill out the appropriate worksheet (Will or POA or Both) and when done you will receive a ticket number
3. **IMPORTANT:** You must retain the ticket number, or the legal office cannot access the document
4. Email usaf.ma.104-fw.mbx.legal-assistance@mail.mil providing the ticket number provided by the legal assistance website
5. The legal office will contact you to setup an appointment
6. At the appointment, a JAG will review your Will and/or POA with you and then execute the estate planning documents

If you have any questions at any time in the process, please do not hesitate to contact the Legal Office at **x698-1244** or **x698-1380**

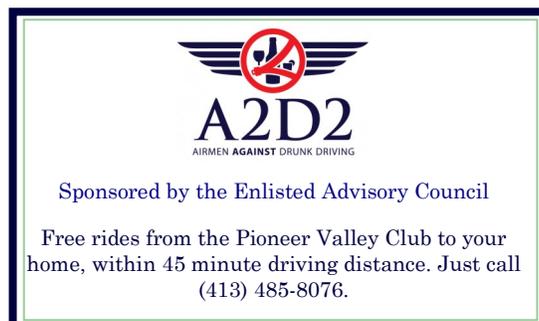
Wing Designated Driver Program Sponsored by the Enlisted Advisory Council

This program is voluntary based. Although the EAC is the sponsor, any member from the wing can volunteer to assist. The support will mostly be used during large base functions such as retirements, Oktoberfest, Winter Fest, etc. Prior to the event an email will be sent base wide establishing our support and asking for volunteers. There will be business cards available at the event being held.

Any questions please contact Tech. Sgt. Ashlee Bard at 698-1257 or Senior Airman Tammy Midwood at 698-1954.

* Understand volunteers are assuming personal liability if/when they drive someone home.

** Volunteer must have valid license, insurance, and registration.



DPH Column: Sleep – If Its So Important How Come It Is So Hard To Get!

By Michelle Pennington, 104th Fighter Wing Director of Psychological Health , x698-1536

Not too many things are better than a good night's sleep. But no one gets a good night's sleep every night, right? Everybody is tired because of work, kids, social obligations right? Temporary situations happen to all of us. Deployments and TDYs are perfect examples. Factors such as travel across time zones or hotel sleeping can mess with your body's normal routines. WebMD has a few suggestions on fighting jet lag. Travel eastward can cause more problems than traveling west. It is harder to advance your sleep time than delay it. The most effective way to prepare is to adapt yourself to new time zone as soon as possible. If able, slowly start to adjust your sleeping habits to your destinations time zone several days before you leave. Once on your flight reset your watch for the new time zone. While in flight try not to sleep too much. Make sure to hydrate! Dehydration makes it hard for your body to adjust to a new rhythm. If you need to nap upon your arrival – limit to 2 hours. Daylight helps to reset your internal clock. Try getting outdoors for a brisk walk or run outdoors as soon as you get up. Do not drink too much caffeine, limit alcohol and avoid tobacco products. Keep yourself engaged and practice good sleep habits in your new environment. Sometimes the new sleep environment can be an adjustment as well. If possible, bring a few items from home that may help with adjustments like a blanket, pillow, pictures, or a coffee mug. Check your room for anything that could interrupt sleep like lights shining through the drapes and room temperature. So when does having a few things on your mind, a temporary illness or a deployment that effects your sleep turn into a problem. Insomnia is defined by the National Sleep Foundation as: difficulty falling asleep or staying asleep, even when a person has the chance to do so. People with insomnia feel dissatisfied with their sleep and usually experience one or more of the following symptoms: fatigue, low energy, difficulty concentrating, mood disturbances, and decreased performance at work or school.

The Center for Deployment Psychology has found three -factor categories affecting sleep quality. First are those factors that Predispose you to sleep disturbances. These include your genetics – are you a light or heavy sleeper, adverse childhood events, worry or rumination tendency, sleep schedule, environment, previous episodes of sleep disturbance, and deployment sleep problems/patterns. Precipitating Factors are acute situations that add to Predisposing Factors. Precipitating Factors include: situational stressors, illness/injury, environmental changes, acute stress reaction, combat exposure, shift work/irregular scheduling, and hyper-

vigilance. Without intervention, these added stressors can cause maladaptive habits or Perpetuating Factors to develop. At this point, nightmares, distorted thinking, and fatigue from lack of good sleep can lead to the use of energy drinks, drugs or alcohol to stay awake, catch up on sleep or calm nerves. The initial sleep disturbance has now turned into insomnia. More than just nodding off at a work meeting, extreme fatigue can impact work productivity, physical reaction times and abilities, social enjoyment, family relationships, decrease the ability to handle stress, depression, irritability, anger. Prolonged sleep deficiency can lead to chronic health conditions such as diabetes, heart disease, and obesity. So how do you fix it before sleeplessness becomes a chronic problem?

The CDP has created Sleep Hygiene Guidelines to establish a healthy sleep routine. Here are those guidelines. 1) As much as possible, maintain your sleep schedule. Go to bed and wake up around the same time every day – including weekends to establish sleep routine. Spending excessive time in bed can lead to shallow sleep so only sleep as much as you need to feel rested. 2) Keep your bedroom dark and quiet. Make sure the temperature is comfortable – rooms too hot or too cold can disrupt sleep. Turn clock faces away from you – clock watching can increase anxiety about sleeping. 3) Do not go to bed with your electronic devices. This includes phone, laptop, tablet, reader or television. The type of light generated from these devices disrupt your body's natural sleep cues. 4) Avoid caffeine 4-6 hours before bedtime. Even in people who do not "feel" the effects of caffeine can have their sleep affected by caffeine. Those with insomnia are more sensitive to mild stimulants than normal sleepers. Caffeine can even be found in over the counter medications like Excedrin, Bayer Back and Body and Midol. Coffee, mocha and chocolate ice creams can have as much or more caffeine than tea. For those that are curious, the Center for Science in the Public Interest has published an expansive list of caffeine levels in various products. 5) Avoid nicotine before bed. Although some smokers say smoking helps them to relax, nicotine is a stimulant. Smoking, vaping, dipping should be avoided near bedtime. 6) Avoid alcohol after dinner. Though a small amount of alcohol can help induce sleep, as it is metabolized by our bodies it causes arousal and disrupted sleep. 7) Sleep Aids. Science has shown that sleep medications lose their effectiveness after 2-4 weeks when taken regularly. When sleeping pills have been used for an extended period can make it worse and lead to an "insomnia

Continued on Page 8

rebound.” As a result, people are left feeling they need medication to sleep. If you are taking a sleep aid, talk to your doctor regularly about its effectiveness and never stop a prescribed medication without discussing it with your doctor. 8) Avoid exercise two hours before bedtime. Regular versus sporadic exercise in the later afternoon or early evening seems to aid sleep.

However, exercise close to bedtime may activate the nervous system and hamper falling asleep. 9) Avoid daytime napping or limit naps to 10-20 minutes no later than 3:00 pm. 10) A light bedtime snack may promote sleep – warm milk, a banana, or a small bowl of cereal. Avoid heavy snacks such as potato/corn chips or raw

foods that may cause gas. Limit fluid intake as well to decrease the need for disrupting trips to the bathroom.

If you have been experiencing difficulties falling or staying asleep and notice changes in your health, mood or relationships because of it, speak to your doctor to determine the cause.

Visit the Psychological SharePoint Site for more information as well as the Center for Deployment Psychology website

www.centerfordeploymentpsychology.org.

104th Alumni Association & Family Readiness support next Generation

By Airman 1st Class Randall S. Burlingame

For over 70 years 104th Fighter Wing Airmen have breathed life into a culture of community and family that resonates into retirement.

Men and women that served at the 104th FW have the option of getting involved with the Alumni Association and attend any number of the five dinners that are hosted every year.

The money raised by these dinners, often donated to the Family Readiness Group here, helps to support the newer generation of Airmen and their Families. Many of the FRG volunteers are also alumni or family of alumni.

“We are available for any help that they need on the base,” said Pam Spear, 104th FW Alumni Association president. “Like when they had the Airshow. We had volunteers.”

In addition to volunteering for base events, Bobbi Delaney, co-chair of the FRG, said that alumni have also volunteered for various FRG activities such as the annual Halloween party.

“The Alumni also have people that belong to the Shriners, and they have volunteered to come in,” said Delaney. “They get us tickets for free to the kid’s circus.”

Delaney said that many of the annual FRG events are able to take place because of the donations received from the Alumni Association. Some of these events include Family day, an Easter egg hunt, Halloween party and Christmas party.

Last year’s Christmas party all the kids were able to receive toys. The most recent Easter Egg hunt was a day filled with crafts, gift giving, food, and fun.

“This is what he told us to do,” said Delaney in reference to Len Frigon, the Alumni Association Secretary-Treasurer. “If we ever need anything, contact him, and



Olivia, 4, visits with the Easter Bunny during the Spring party on Barnes Air National Guard Base, March 25, 2018. The Spring party included a visit from the Easter Bunny, an Easter egg hunt and arts and crafts. (U.S. Air National Guard photo by Senior Master Sgt. Julie Avey)

he would see how they could help us out. I would tell him about how much we would need, and they would give us what they could.”

Pat Connors, the FRG treasurer, has been involved with the base for many years and views the entire process as a group effort.

“I felt that I needed to give back,” said Connors. “That’s how it all started. It’s a big family.”

Connors reminisced about times where members of the 104th deployed, and what it was like when they finally returned home.

“When those guys came home, we were here waiting for them and spent days welcoming them home,” said Connors.

104th FW Trains on Life Saving Techniques

By Airman 1st Class Randall S. Burlingame

March Madness. Super Drill. The Rodeo. These were some of the names being used for the drill weekend on March 3rd and 4th at the 104th Fighter Wing in Westfield Massachusetts.

Airmen at the 104th FW recently implemented a new approach to training.

“It is overall readiness training for overseas operations,” said Tech. Sgt. Fabricio Ochoa, 104th Civil Engineering Squadron emergency management journeyman. “It doesn’t matter your job. It’s the type of training that brings us together and gets people into deployment mode.”

Chemical, Biological, Radioactive and Nuclear training was one of the things covered over the weekend, and according to Senior Master Sgt. Christopher McCrary, the 104th CES emergency management flight chief, the new way of handling CBRN training was more time efficient for his team.

“Instead of doing training every weekend, small classes, we’re able to do a couple of weekends a year of training and gain all the other weekends back for Air Force Specialty Career Field Training,” said McCrary.

McCrary said the time would also be used preparing for an upcoming large-scale CBRN exercise called Phase II. The exercise will simulate what it’s like to operate in a deployed environment while under attack by conventional and chemical munitions

“How do we operate in that environment,” said McCrary. “How do we react, how do we launch jets? The weekends that we’ve gained back will largely be used to prepare for that.”

McCrary went on to say that he has heard nothing but positive feedback in regards to the quality of training provided by the emergency management team.

“It gives everyone what they need up to the point where they would deploy,” said McCrary. “I think it’s important for people to take CBRN training and preparedness seriously. The mentality of ‘it’s never happened to us before,’ doesn’t mean we shouldn’t prepare and know how to use our gear.”

The Airmen that went through CBRN training also spent time practicing Self Aid and Buddy Care with Master Sgt. Tony D. Linton, 104th Medical Group



Senior Airman Thinkh Tran, 104th Civil Engineering Squadron emergency management Airman, checks the seal on an Airman’s gas mask March 3, 2018, here. Emergency management instructors spent the majority of the weekend conducting chemical, biological, radiation and nuclear training. (U.S. Air National Guard Photo by Airman 1st Class Randall S. Burlingame)

medical technician, and his team of instructors.

Linton said he believes that SABC training provides Airmen with a platform of medical knowledge that can put them in a more confident position.

“That’s what I keep in mind when I’m giving the SABC training,” said Linton. “I want to make sure I capture the younger troops because I know that’s maybe the first time they’re going around, and a lot of new things might be happening.”

The medical technician said his team covered subjects such as pressure bandaging, different ways of treating bleeding, splinting and making sure Airmen recognize their actions can make a difference and possibly save a wingman’s life.

“With those basic tools, you can make a difference,” said Linton.

Master Sgt. James A. Brown, the 104th Medical Group superintendent, said additionally Airmen were seen by the medical group over the weekend for immunizations, blood draws, and audiograms.

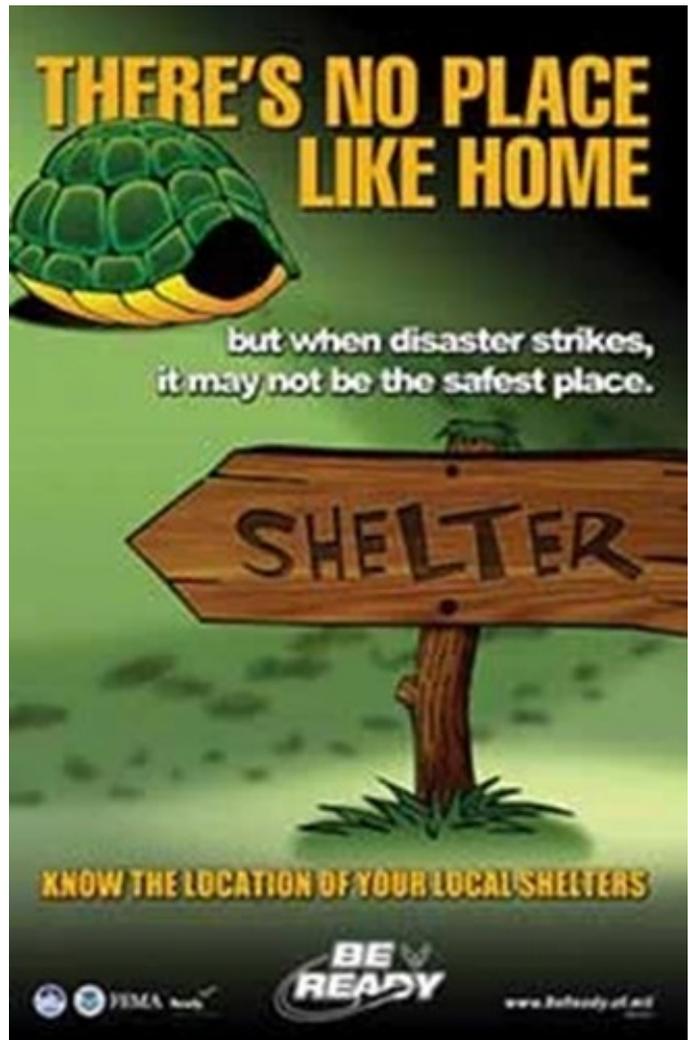
Be Ready Barnestormers!

By Senior Airman Amanda Bruso



During certain emergency situations, it might be safer to stay inside and Shelter in Place rather than evacuating. Weather conditions such as a tornado warning or a suspected hazardous substance release into the air are both examples of when you would SIP.

Do you know where the Shelter in Place locations are in your shop? Each SIP location is marked overhead on the wall with yellow and black signs and contains a backpack of emergency supplies such as a NOAA weather radio, first aid kit, sheets of plastic, duct tape and a SIP procedures binder. Keep in mind that when a SIP notification is issued, it is usually for only a short period of time until the hazard passes and it's safe to go outside again. Take a moment during the April drill and familiarize yourself with the SIP locations near you, as some buildings may not have them due to their design. If you have any questions about SIP locations, contact the base Emergency Management office at 698-1295.



Public Affairs Information

How we can help you:

Among Public Affairs capabilities and responsibilities, we can provide official studio photography, videography and photography support of events. Please email a completed AF833 request form to usaf.ma.104-fw.list.pa@mail.mil We typically hold studio time between 10:00-11:00 a.m. on the Saturday of a drill. Please route all requests for Base Tours to Maj. John Keeler at john.d.keeler.mil@mail.mil

How you can help us:

We want to know about your achievements, training, and new beginnings! Let us know when your section will be training when a member receives an award or graduates a course.

The Airscoop:

The deadline for submissions to the upcoming Airscoop will be two Mondays before that drill weekend. All submissions should be sent to usaf.ma.104-fw.list.pa@mail.mil. It is helpful if articles are Word documents written in 12pt. Times New Roman. Please submit pictures as individual JPEG files.

For Your Information

Pioneer Valley Club Upcoming Events



Cinco De Mayo: May 5, Beirut Tournament, Taco Bar \$6.00, Frozen Margaritas (while supplies last)



PVC Info: Did you know that the Pioneer Valley NCO Club is a Non-profit organization? Are you aware of what your membership money goes towards each year? A lot of people don't realize that the NCO Club is more than just a bar. We make donations to many different organizations on behalf of its members throughout the year. Your membership money goes towards all maintenance and improvements made at the NCO Club as well. Without your annual donations, none of this would be possible.

Volunteer Lately? Honor Guard is looking for volunteers to take part in base and community events representing the U.S. Air National Guard. POC: Master Sgt. Christine Lupacchino at 698-1420
For information on how to join the Base Honor Guard, please contact Master Sgt. Christine Lupacchino at 698-1420

Need Help With Your Run for Your PT Evaluation?

Join the Running Club on base!

Tuesday's and Thursday's at 3:00 p.m.

Meet at Logistics Readiness Squadron

Contact Senior Master Sgt. Scott Sanderson for more information. x698-1384

scott.r.sanderson.mil@mail.mil



Master Sgt. Brian Charron and Chief Master Sgt. James Burke, left, 104th Fighter Wing, load equipment onto a C-17 Globemaster III, assigned to the 445th Airlift Wing, Wright Patterson Air Force Base, Ohio. The C-17 departed Barnes Air National Guard Base, March 14, 2018, as part of a Theater Security Package in support of Operation Atlantic Resolve. (U.S. Air National Guard photo by Airman 1st Class Randall S. Burlingame)



The 104th Fighter Wing of the Massachusetts Air National Guard launches the 142nd Fighter Wing F-15s as a part of a Theater Security Package in Support of the Atlantic Resolve, Once in theater, the aircraft will forward to multiple locations throughout the theater, participating in exercises and training with our allies and partners. (U.S. Air National Guard Photos by Tech. Sgt. Lindsey Sarah Watson-Kirwin)



Recruiting & Retention: Every Airman is a Recruiter

We currently have three Air National Guard recruiters for the 104th Fighter Wing. We rely heavily on unit referrals and ask that unit members help us recruit potential airmen within our communities. If you wear the uniform, you too are a recruiter. Please snap a picture of the recruiter information below to have it readily available or stop by our office to pick up business cards.

The 104th Fighter Wing Recruiting & Retention Team



Retention &
Recruiting Manager
Tech. Sgt.
Glendaennis
Schuster
(413) 237-0427



Tech. Sgt. Matthew
Bahosh
(413) 237-4525
Worcester Area



Staff Sgt. Kayla
Gallagher
(413) 207-5186
Western
Massachusetts



Tech. Sgt. Nathaniel
Poudrier
(413) 426-3487
Western
Massachusetts

Helpful Links for Our Barnestormers

Massachusetts State Tuition & Fee Waiver

(Go to college for FREE)

<https://tuition.chs.state.ma.us/login.aspx>

POC: Senior Master Sgt. Goodreau: 413-598-9151
ext. 698-1224

Veterans Affairs

Toll-Free Number: 1-888-GI BILL1 (1-888-442-4551)

<http://www.va.gov>

Applying for Ch.33 Post 9/11

<https://www.vets.gov/education/>

Transfer of Education Benefits Requests

(Already Finished College? Great, send a family member to college!)

<https://www.dmdc.osd.mil/milconnect>

<https://www.ebenefits.va.gov/ebenefits/vonapp>

Web Automated Verification of Enrollment

<https://www.gibill.va.gov/wave/index.do>

Community College of the Air Force

(Earn a degree for your Air Force training with only a few civilian college classes!)

Transcript Request, go to

<http://www.au.af.mil/au/barnes/ccaf/transcripts.asp>

Mail Transcript Request to:

CCAF/DESS

100 S. Turner Blvd

Maxwell-Gunter AFB, AL 36114

Hip Hip Hoppity Spring Fun! Easter Bunny Visit!

Photos By Senior Master Sgt. Julie Avey



Bryce, 4, takes a photo with the Easter Bunny and his dad at Barnes Air National Guard Base, March 25.



Sophia, 10, takes part in the spring festivities at the 104th Fighter Wing. Maj. Sarah Sinclair, left, volunteered at the craft tables during the Spring party.



Brynn, 5, left, and Soleil, 5, smile for a photo after receiving their prizes from an Easter egg hunt at Barnes.



Evie, 7, and Nellie, 3, smile for a photo with the Easter bunny during the Wing's Spring party.



Ella, 5 1/2, places bunny ears on her dad's head during the 104th Fighter Wing's Easter party.



Anya, 6, colors eggs during the Wing's Easter party and is surprised by the results of the perfect color.



Golf Tournament
 "Birdies for Vets"
 Scramble 4-person teams

To Whom It May Concern,

On Saturday, August 18, Project New Hope will be hosting their third annual "Birdies for Vets" golf tournament in honor of our local veterans. The event will be held at Heritage Country Club located at 85 Sampson Road, Charlton, MA 01507. The tournament will be played as a 4-man Scramble. Registration starts at 12p.m. with a shotgun start at 1pm. The entry fee is \$125.00, which includes a round of golf, cart, steak dinner, and prizes.

Project New Hope located at 70 James Street, Worcester, MA was founded in 2010 and established in January 2011 by a disabled Air Force Veteran, William H. (Bill) Moore. The vision of this program is one of hope for every Service Member, Veteran, Gold Star Honoree, Survivor and Wounded Warrior who has felt the impact of military service. They welcome Veterans of all eras from across the United States and offer the veteran, their spouse or partner, and their children the chance for a full life without judgment. The belief of this organization is in the healing power of mutual support, targeted services, and camaraderie of friends. Project New Hope is where Veterans can rebuild their life with honor.

In addition to the money received from those who play in the event we are reaching out to the community for further support. You can support this event and Project New Hope in the following ways: 1. Hole Sponsor - "Gold Sponsor" of \$500.00 or a "Silver Sponsor" of \$250.00. A sign with your name and/or business will be placed at the hole and on the donation flyer; 2. \$100.00 Donor - your name or business information will be placed on the donation flyer; 3. Donate a Gift Card or item for the Raffle; 4. Sponsor the lunch and/or snack cart; or 5. Donate a monetary gift in the amount you can afford. With the help of individuals coming together our goal is to raise over \$20,000.00 for Project New Hope and aid in fulfilling their vision to foster the most successful well-adjusted generation of Veterans in our nation's history.

If you are interested in offering support or have additional questions, please contact CDR Robyn Coons, Tournament Administrator, at 978-796-1084 or 508-887-6264. You can also email me at rcoons@bop.gov.

Thank you in advance for your generosity,

CDR Robyn Coons, Tournament Administrator

501c (t) 47-1365507

DATE: Saturday, August 18, 2-6pm
 TIME: Registration Starts at 12pm
 Shotgun Start at 1pm
 PLACE: Heritage Country Club
 85 Sampson Road,
 Charlton, MA 01507
 ENTRY FEE: \$125.00 per player
 (Includes round of golf, cart, steak dinner, and prizes)
 REGISTER: 1. To pay by Credit Card go to
 Event Bright at: <http://www.eventbrite.com/e/project-new-hope-birdies-for-vets-golf-tournament-tickets-43561536729>. Register as an individual but make sure you identify a team captain of your 4-person team and enter their name.
 2. To pay by Check- Make checks payable to NECOA and mail to:
 CDR Robyn Coons, 60 Shrine Ave, West Boylston, MA 01583



Other ways to Participate:

SPONSOR A HOLE: Gold - \$500.00 or Silver - \$250.00
 (A sign/flag with your name and/or business will be placed at the hole.)
 DONOR: \$100.00 donor (your name and/or business will be placed on the donation flyer)
 RAFFLE: Donate a Gift Card or item for the Raffle
 SPONSOR A VET(S): Sponsor a Vet to play by donating registration fee(s)
 CONTACT: CDR Robyn Coons, Tournament Administrator
 978-796-1084 or 508-887-6264 ~ rcoons@bop.gov



OPERATION MILITARY KIDS KLUB
BOYS & GIRLS CLUB OF GREATER WESTFIELD
 413-562-2301 www.bgctestfield.org



Airman & Family Readiness Office
Personal & Family Life Programs

WE CAN HELP

Any parent will agree that babies need a lot of stuff! The Barnes Baby Club would like to help welcome your new baby Barnestormer!

Join the club now for a Welcome Basket of Goodies and quarterly newsletters full of tips.

Need help with some of the larger necessities for a nursery? Inquire with the Airman & Family Readiness Office to see how we can assist you.



BARNES

Welcome baskets available for ages 0-2 years old.

Sizes from Newborn - 2t available

For more details or to register, please contact Airman & Family Readiness Office 413-568-9151 ext 6981183 or Lisa.m.potito.civ@mail.mil

All requests will be filled based on available stock.

*Lisa Potito, Airman & Family Readiness Program Manager
104 Fighter Wing, 413-568-9151 x 6981183, 413-564-1252 - Cell, Lisa.m.potito.civ@mail.mil*

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- Conflict Management
- Communication Techniques
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Choose from among 10 incredibly enlightening sessions guaranteed to supply the tools you need... give you the direction you're looking for... and show you great new possibilities for your career and your life—and spark the passion to turn them into action.

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Testimonials:
 "As a wife, mom and business owner, I appreciated meeting others and learning how to successfully manage a rewarding and fulfilling lifestyle." — Pamela Wilson
 "Your instructors were excellent, motivational and well-educated. I learned a lot of new information and gained a new perspective on how to make the changes to be successful and happy." — Wendie Saville
 "Motivating, inspirational, empowering—a fantastic course! Thank you!" — Rhennie Harris

10th Annual Women Veterans' Network Conference

Saturday, May, 19, 2018, Devens Common Center
 31 Andrews Parkway, Devens, MA 01434
 Secure reservations at <https://mawvannualconference2018.eventbrite.com>
 Share a ride, set up your carpool at <https://www.carpoolworld.com/carpooling.html?e=10wvannualconference2018>

Keynote Speakers
 Author, Lila Holley from Camouflaged Sisters

CAMOUFLAGED SISTERS

Featuring special guest singing our National Anthem Ms. Ayla Brown, an American Idol

Susan J. Blumenthal, MD, MPA
 First Deputy Assistant Secretary for Women's Health
 Former US Assistant Surgeon General
 Rear Admiral (ret)

I Am **#WomenVeterans**

WOMEN VETERANS GROUP

WOMEN VETERANS GROUP

Vet Center

95 Ashley Ave. West Springfield, MA

Group meets the 2nd & 4th Monday of every month at 1:00pm

For more information contact:
 Rebecca Padberg, LMHC (413)737-5167

WOMEN VETERANS GROUP

Divorcing, Separated and Single Veteran Fathers

ONGOING GROUP @ Springfield Vet Center

Group will be on the second and fourth Monday of every month. 7pm-8:30pm

Springfield Vet Center, 95A Ashley Ave. W. Spfld 01089

To Register call the Vet Center at 413-737-5167; For more Information contact: Rick Hendricks, Workshop Facilitator, Licensed Marriage and Family Therapist, Retired Army Veteran, Father of three (two OIF Veterans), Stepfather of two, Grandfather of eight at richard.hendricks2@va.gov

CALL: (413)737-5167

For those who are going through the courts or are challenged by custody concerns or raising children in a difficult circumstance.

SPRINGFIELD Vet Center

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Military Kids Summer Camp

Day Camp Grades K - 8 | Overnight Grades 2 - 11

Project New Hope and Grotonwood have partnered once again to provide an awesome week of summer camp for kids of Active Duty Service Members, National Guard and Reserve. Proof in the form of Birth Certificate must be provided a minimum of 10 days prior to attendance and, military ID shown on check in day. All campers need to provide the following information prepared and, signed by a licensed health care provider. This must be received at least two weeks before the camper arrives:

- 1- Current medical history which lists allergies, required medications and any health conditions or impairments which may affect the individual's activities while attending camp.
- 2- A certificate of immunization including MMR, Polio, DTaP and Hepatitis B.
- 3- A report of a physical examination conducted during the preceding 24 months.
- 4- Copy of health insurance information.

Once we have received your online registration we will email you our Guide to a Great Summer Experience, this includes a packing list, rules and other information.

For Overnight Camp

Check in is on Sunday between 2:00PM and 4:00PM. Check out is on Friday between 6:30PM and 7:00PM.

For Day Camp

Check in is daily at 8:30AM and Check out is at 5:00PM Monday to Friday.

The cost of your child's session is being funded by the generous donations of the Grotonwood Scholarship fund and Project New Hope.

Register online at www.grotonwood.org



WHEN is it?

August 12th - 17th, 2018



WHERE is it?



Grotonwood Camp & Conference Center
167 Prescott St.
Groton, MA 01450

Project New Hope | 70 James Street, Suite 157 Worcester, MA 01603 | P: (774) 243-7859 | www.projectnewhopema.org



Sully Strong Baby Pantry – Project New Hope Inc. Worcester
&
Scarlett's Baby Pantry – Project New Hope Inc. Holyoke
www.projectnewhopema.org



OUR MISSION: To offer assistance and enhance the well-being and quality of life for our military members and to assist them in their time of need. We also provide referrals to other agencies that may be able to further assist with things like rent or utility bills.

Our Sully Strong Baby Pantry is open to all military personnel (active duty, direct family or Veteran) that lives in Central or Western Massachusetts, is Active Duty Military, National Guard, Reserve and Coast Guard members in Massachusetts.

During scheduled hours they are welcome to come in, show Military ID, U.S. Department of Veterans Affairs ID, or DD214, and "shop" free of charge for Personal Hygiene, baby items, toys and more. Remember to take only what you need so others can use the Sully Strong Baby Pantry also.

*Baby items like baby bath, baby shampoo, formula, diapers, diaper rash cream, baby powder, toddler meals, teething snacks and Gift cards.

**indicates an item very much needed and seldom donated due to cost*

Thank you for your support for our troops, their families and our veterans. With continued community support we can make a huge difference in their comfort and peace of mind.

In partnership with Dorothy's Baby Pantry – Massachusetts Military Support Foundation, Joint Base Cape Cod. <http://massmilitarysupportfoundation.org/>

We could not accomplish what we are able to do without the support of our Corporate Partners. On behalf of those we serve – thank you!

Ann Taylor, Babies"R"Us, Carter's, Dollar Tree, and Toys"R"Us,

Project New Hope Inc.
70 James Street, Suite 157
Worcester, MA. 01603
774-243-7859

Project New Hope Inc.
476 Appleton Street, Suite 3
Holyoke, MA. 01040
413-315-3873



PTSD Retreat

With Special Guest Silouan Green

Escape the darkness of PTSD and other life struggles with clear goals and a solid plan. This Ladder UPP retreat will help you figure out where you are going and how to use your traumas and trials as fuel to live.

You will learn tools for recovery, PTSD and depression, or just a difficult trial or transition in life. Join us on this retreat and take a step toward living free. The Ladder UPP is a data-driven program that has been proven effective and might just be the step up you need.

The creator of The Ladder UPP, Silouan Green, survived a tragic jet crash as a US Marine only to face the demons of PTSD and a whole host of other medical conditions. Shattered and hopeless, staring into the abyss, he was given a choice, continue down the same devastating path, or live free. He chose to live free.

Learn more about Silouan and The Ladder UPP at www.silouan.com.

These retreats are about peace, calm, healing and just getting back to basics. There is ample time for quiet reflection, hiking, biking, kayaking or sitting around the camp fire. Lodging and meals are provided at no cost. Everything is FREE. Our retreats are a 100% alcohol and drug free. Transportation to or from retreat not included.

REGISTER FOR THIS RETREAT TODAY
www.ProjectNewHopeMA.org/Retreats



WHEN is it?

April 20th - 22nd, 2018



WHERE is it?



Grotonwood Camp & Conference Center
167 Prescott St.
Groton, MA 01450

Project New Hope | 70 James Street, Suite 157 Worcester, MA 01603 | P: (774) 243-7859 | www.projectnewhopema.org



You are invited to join in the
102d Retirees Luncheon
June 27th 2018, Wednesday

102d Arnold Hall (DFAC), 159 Granville Ave, Buzzards Bay, MA 02542

Doors open at 1030, Lunch at 1100

RSVP by 6 June 2018

\$15.00 PP--make checks payable to 102 IW Chief's Council

Submit the following completed form by email to:
usaf.ma.102-iw.list.retireesaffairoffice@mail.mil
or mail to: 102 IW Chief's Council
158 Reilly St box 39
Otis ANGB, MA 02542

Name/Rank _____

Significant Other _____

Address _____

Town _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____ Birthday _____

Years at 102d _____ Section(s) _____
MM/YY to MM/YY

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**DEPARTMENT OF THE AIR FORCE
MASSACHUSETTS NATIONAL GUARD**
Human Resources Office
2 Randolph Road
Hanscom AFB, Massachusetts 01731-3001



ACTIVE GUARD RESERVE (AGR) – MILITARY VACANCY ANNOUNCEMENT #104-18-17

OPEN DATE: 26 MARCH 2018 EXPIRATION DATE: 26 APRIL 2018

Open To: All current members of the Massachusetts Air National Guard and those eligible to enlist.

Number of Positions:	1
Position Title:	Command and Control Technician
Unit/Duty Location:	104 th Fighter Wing, Westfield, Massachusetts 01085
Minimum/Maximum Grade Authorized:	A1C/E-3 – SSGT/E-5
Duty AFSC:	1C3X1
Required ASVAB:	Admin: 55 General: 67
Security Clearance:	TOP SECRET
PULHES:	2, 2, 2, 1, 2, 1
Position POC:	SMSgt Peter Botalico, 413-568-9151 ext. 698-1993
Technician Advertisement Refer to:	N/A

HRO Remote: MSgt Heather Dragon [413]568-9151 Ext 698-1290, email heather.a.dragon.mil@mail.mil

POSITION IS CONTINGENT UPON THE AVAILABILITY OF FUNDS AND RESOURCES

Position Description:

- Performs C2 actions to support NORAD Aerospace Control Alert, Homeland Security, National Defense, and Air Force operations.
- Receives, processes, and disseminates AF and NORAD EAM's via voice and record copy systems.
- Receives, authenticates and transmits NORAD scramble orders.
- Relays C2 instructions for diversion, recall, evacuation, recovery, and reconstitution of forces.
- Flight-follows and manages aerospace resources and monitors mission status to include aircraft, aircrew support, transportation, maintenance support, fleet services, and passenger and cargo support.
- Monitors status and location of key personnel, such as group commanders and above, to facilitate immediate communications with higher headquarters when necessary.
- Maintains and disseminates local current and forecasted weather to include watches, advisories and warnings to installation populace and aerospace resources.
- Prepares and submits operational, readiness, SORTS, international treaty, and aerospace asset reports.
- Operates and monitors voice, data, and alerting systems.
- Receives and disseminates time-critical information to and from the commander to internal and external agencies during daily operation, natural disasters and wartime and contingency operations.
- Coordinates actions to ensure prompt response during EM operations including immediate mobilization of resources and participation of agencies and organizations.

ANNOUNCEMENT # 104-18-17 EXPIRES: 26 APRIL 2018

- Maintains proficiency in C2 systems and aircraft flight following and mission management systems such as Theater Battle Management Core Systems (TBMC'S) and Global Decision Support System - 2 (GDSS2) and Patriot Excalibur (PEX).
- Maintains Communications Security (COMSEC) to include receiving, safeguarding, utilizing, inventorying, issuing and destroying.
- Manages work flow and assignment of personnel to shift schedules.
- Performs other duties as assigned.

SPECIAL REQUIREMENTS

Must be able to obtain and maintain a TOP SECRET security clearance

Length of Tour: Initial AGR tour orders are probationary. The probationary period will not exceed three years. Follow-on tour will not exceed six years and will not be extended beyond an enlisted Airman's Expiration Term of Service (ETS) or an Officer's Mandatory Separation date (MSD).

MINIMUM QUALIFICATION REQUIREMENTS

- Air National Guard, Air Force Reserve or the United States Air Force members who have not achieved a passing Fitness Assessment score are ineligible for entry into the AGR program.
- Air National Guard members must meet the physical qualifications outlined in AFI 48-123 prior to entry on AGR duty.
- An applicant on a medical profile may apply for AGR tours as long as meet the aforementioned requirement and subsequently are medically cleared off any DLC/medical profile prior to starting a new AGR tour.
- Applicants who do not hold the duty AFSC for the advertised position must meet minimum ASVAB requirements.
- Must meet any Special Requirements as specified in the Position Description.
- Failure to obtain and maintain a SECRET or TOP SECRET (if applicable) security clearance will result in removal from the AGR program.
- Selected individual must extend/re-enlist for a period equal to or greater than initial tour end date.
- IAW ANGI 36-101, paragraph 5.3., to accept an AGR position, an applicant's military grade cannot exceed the maximum military authorized grade for the AGR position. Overgrade enlisted applicant must indicate, in writing, the willingness to be administratively reduced in grade when assigned to the position. Officers may not enter into the AGR program in an overgrade status.
- IAW ANGI 36-101, paragraph 5.7, an individual must not have been previously separated for cause from active duty or previous Reserve Component AGR tour.
- IAW ANGI 36-101, paragraph 5.10, applicants should be able to complete 20 years of active federal service prior to Mandatory Separation Date (MSD). Individuals selected for AGR tours that cannot attain 20 years of active federal service prior to reaching mandatory separation must complete a Statement of Understanding contained in Attachment 3 of ANGI 36-101.
- IAW ANGI 36-101, paragraph 6.6.1., members should remain in the position to which initially assigned for a minimum of 24 months. TAG may waive this requirement when in the best interest of the unit, State, or Air National Guard.
- IAW ANGI 36-101, paragraph 4.1.6.3., Applicants for E-8 positions must have completed the Senior Noncommissioned Officer Academy to apply for the AGR position.
- Entry/retention requirements for AFS are outlined in the AFEC2/AFOC2.

ANNOUNCEMENT # 104-18-17 EXPIRES: 26 APRIL 2018

APPLICATION REQUIREMENTS

- 1. NGB Form 34-1, signed (<http://www.thenationsfirst.org/assets/ngb-form-34-1.pdf>)
- 2. Current Report of Individual Personnel (RIP): Obtain from Virtual Military Personnel Flight (vMPF)
- 3. AF Form 422: Must be obtained and verified within 6 months from Medical Group (698-1639)
- 4. Air Force Fitness Management System II (AFFMS) Fitness Report: Current, passing within 12 months
- 5. SF 181, Ethnicity and Race Identification (<http://www.thenationsfirst.org/assets/sf-181.pdf>)
- 6. Pre-Employment Reference Check Form (<http://thenationsfirst.org/assets/pre-employment-reference-check2.pdf>) (not required for on board AGRs)
- 7. CORI, signed (not required for on board AGRs)
- 8. Copy of driver's license, front and back (<http://thenationsfirst.org/assets/cori-request-baker-2016.pdf>) (not required for on board AGRs)
- 9. Last 3 EPRs (if applicable)
- 10. Retraining Acknowledgment Document (required for applicants who do not hold the AFSC)

- Applications must be submitted in person or by email NLT 2359 on the advertisement expiration date
- Include ONLY the documents listed above
- If submitting application by email, all required documents must be submitted as ONE .pdf file to usaf.ma.104-fw.list.104fw-hroremote@mail.mil

Please visit the 104th SharePoint >MSG> FSS> Human Resources > AGR Job Documents section to retrieve blank forms

MPCN: 1C0976021



COME CELEBRATE WITH US!

36 YEARS OF SERVICE!

BBQ, BEER, SODAS AND CHEERS!

PIONEER VALLEY CLUB

TICKETS: \$25



MSGT TODD FAPPIANO'S RETIREMENT PARTY

SATURDAY, THE SECOND OF JUNE 2018 AT 1700

FOR TICKETS PLEASE SEE:

MSGT MATTHEW CHAPMAN

SMSGT TINA DIMINO-FRAZER

JEFF DUBOIS

SSGT AMARILIS RODRIGUEZ

TSGT JENNIFER TITTLE




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Promotions

Airman

Alysha Ely, FSS

Senior Airman

Jean Santiago-Reyes, FSS

Lucas Santolini, LRS

Chelsey Silva, OSF

Matthew Blanchette, MXS

Staff Sergeant

Daniel Avtgis, MXS

Tammy Midwood, FSS

Nicolle Vella, FSS

Michael Kosior, LRS

Technical Sergeant

Brain Whitman, MXS

Kyle Sorensen, AMXS

Michael Poudrier, AMXS

Master Sergeant

Michael Hoar, CES

Andrew Coty, MXS

Michel Booth, MXS

Senior Master Sergeant

Jeremiah McClosky, CES

Major

Adam Tardif, LRS

Vacancies

FINANCIAL MANAGEMENT TECHNICIAN,
104th Fighter Wing

<https://www.usajobs.gov/GetJob/ViewDetails/494536700>

Appointment Type: Permanent Grade: GS 8

Closes: April 8

PRODUCTION CONTROL (AIRCRAFT), 104th
Fighter Wing

<https://www.usajobs.gov/GetJob/ViewDetails/494531400>

Appointment Type: Permanent Grade: GS 9

Closes: April 8

AIRCRAFT MECHANIC, 104th Fighter Wing

<https://www.usajobs.gov/GetJob/ViewDetails/492563600>

Appointment Type: Permanent Grade: WG 10

Closes: April 21

LOGISTICS MANAGEMENT SPECIALIST, 104th
Fighter Wing

<https://www.usajobs.gov/GetJob/ViewDetails/491298500>

Appointment Type: Permanent Grade: GS 12

Closes: April 14

IT SPECIALIST (NETWORK SERVICES), 104th
Fighter Wing

<https://www.usajobs.gov/GetJob/ViewDetails/491298500>

Appointment Type: Permanent Grade: GS 11

Closes: April 8

Worship Opportunities on Drill Weekends

Saturday:

General Protestant - Study in the Word and Prayer, 11:30 a.m. - 12:15 p.m.

Sunday:

Orthodox/Catholic - Divine Liturgy of the MASS, 11:30 a.m. - 12:15 p.m.

If you need to talk, the Chapel Team will be out and about. You can also stop in for a chat at the Base Chapel (Building 12, aka. the Fitness Center) or call ahead at ext. 698-1057.

1100-1300 AGR & OFFICERS MEAL RATE \$5.60



SATURDAY RSD

Soup

Chicken & Dumpling
Italian Wedding

Entrees

Chicken Alfredo
Beef Pot Roast

Starch

Fettuccini Noodles
Mashed Potatoes

Vegetables

Broccoli
Carrots

Short Order

Cheeseburger, Chicken Sandwich, Spiral Fries

Dessert

Brownies, Carrot Cake, Ice Cream
Salad Bar & Dinner rolls

SUNDAY RSD

Soup

Chicken & Dumpling
Italian Wedding

Entrees

Baked Ham
Stuffed Pork

Starch

Potatoes Au Gratin
Wild Rice

Vegetables

Herbed Green Beans
Corn

Short Order

Cheeseburger, Chicken Sandwich, Spiral Fries

Dessert

Brownies, Carrot Cake, Ice Cream
Salad Bar & Dinner rolls

Welcome!

Airman Basic Daniel Thibeault, MXS
Airman 1st Class David Masse, AMXS
Staff Sgt. Justin Trainor, FW

Farewell!

Chief Master Sgt. Todd Fappiano, CES
Lt. Col. Sean Halbrook, OSF

Thank you for your Dedicated Service!



(U.S. Air National Guard Photo by Master Sgt. Kurt Skoglund)

Barber Shop Open

The Barber Shop will be open for the RSD dates. Enter Building 008, South Entrance. POC for the Barber Shop operations call: (413) 568-9151, x698-1234.

Proud of our Airmen!



Catch our Airmen in action
on Instagram at 104fw!

#104fw

#MassGuard

#AirPower



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We're on the Web

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