



“I lived and worked in Boston for the entirety of the 2016 calendar year (January to December) before coming out here at Barnes on Temporary Technician orders in Airfield Management and have always been a huge fan of the city and its people, it's a truly incredible place,” said Airman 1st Class Calvin Cooper. “Partaking in the marathon was a great opportunity for me to witness the marathon from another perspective as well as challenge myself physically of completing 26.2 miles (took me roughly 7.5hrs to complete).”

“It's been a goal of mine to run the Boston Marathon for the past few years, so given the chance to march it in uniform I couldn't pass it up. The experience was amazing, so much energy from the crowd, from the runners, and from other marchers that the 26.2 miles flew by for me,” said Senior Airman Timothy Reardon!

(U.S. Air National Guard Photo)

Dignity, Honor, Respect, 104th FSS at its Finest

By Maj. Dean Lambert, Commander Force Support Squadron

I recently had the opportunity to attend Mortuary Officer's training at the Air Force Mortuary Affairs Operations located on Dover AFB, Dover, Delaware. The primary mission of Air Force Mortuary Affairs Operations is to fulfill the nation's sacred commitment of ensuring dignity, honor and respect to the fallen and care, service and support to their families. A solemn dignified transfer of remains is conducted upon arrival at Dover Air

Force Base, Delaware, from the aircraft to a transfer vehicle to honor those who have given their lives in the service of our country.

The Dover port mortuary first opened in 1958, and in 2001 it became the only place where the remains of troops killed in action return to the United States. The sequence of the dignified transfer starts with the fallen being returned to Dover by the most expedient means possible, which may mean a direct flight from theater, or a flight to Ramstein Air Base, and then to Dover. Once the aircraft lands at Dover, service-specific carry teams remove the transfer cases individually from the aircraft and move them to a waiting mortuary transport vehicle.

The Air Force's mortuary affairs programs are streamlined in to a unit that provides a single voice to Air Force families, Air Force leadership, other Services and the Joint community on all mortuary matters.

In March 2009, the Secretary of Defense announced a change in policy that, upon consent of the family of the deceased, allowed media access to cover dignified transfers. The only dignified transfers that will be open to media coverage, with family approval, are those personnel who die in the line of duty supporting Operation Enduring Freedom.

The Air Force Mortuary Affairs Division operates under the direction of the AFMAO commander and deputy commander. In carrying out the mission, Mortuary Affairs personnel provide around the clock availability to Headquarters Air Force, Air Force MAJCOMs and Installation Mortuary Officers and Technicians to ensure

immediate and continued support is provided to fallen Airmen and their families. In addition to the Air Force mission, they have provided support in times of national crisis or natural disasters.

AFMAO relies on total force support consisting of active duty Soldiers, Sailors, Airmen and Marines as well as Guardsmen, Reservists and civilians. Many of the operations taking place at AFMAO are conducted by Airmen of the Force Support Squadron. These duties include, but are not limited to; organizing and performing dignified transfers, assisting in processing of remains, accounting for personal effects, conducting Person Authorized to Direct Disposition of the remains briefs, coordinating transportation of remains, as well as reviewing entitlements with the Primary Next of

(Honor Cont. on page 3)

AIRSCOOP

104th Fighter Wing

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Table of Contents

2-3	Commander's Column
4	IG: Midpoint Unit Evaluation Inspection
5-6	Taser Training
7-8	DPH: Morning Drag
8	First Sergeants' Corner
9	Red Sox Flyover
10	Wing Safety
11-12	Enlisted Force Development
13	State Youth Symposium
14	Strategic Planning Workshop
14	Chief Roy's Retirement
15-16	For Your Information
17	Menu, Promotions, Welcomes & Farewells

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(Honor Cont. from page 2)

Kin or PADD.

Prior to June 2008, in cases where the PADD elected could not be notified of, or receive subsequently identified portions of remains, the Mortuary effected appropriate disposition in line with industry standards. These subsequently identified portions of remains were taken by military escort to a local contract funeral home or mortuary for cremation. The cremated remains were then released to a private contractor for incineration, with a military escort present to witness the event. In 2008, the director of the Dover Port Mortuary reviewed this process and recommended to the Central Joint Mortuary Affairs Board that the Services implement a retirement-at-sea option as more fitting for subsequently identified portions of remains where the family chose not to be notified or take possession. Following the transfer of 14 sea salt urns to the U.S. Navy, the first retirement at sea of cremated remains took place in January 2011.

The Fisher House for Families of the Fallen at Dover Air Force Base, Delaware, is a unique facility among the Fisher House Foundation's other facilities currently operating worldwide. It is the only one of its kind designed for families of the fallen and is also managed by uniformed personnel. The 8,462 square foot house is equipped with nine suites that include private, handicapped-accessible bathrooms and common areas that include a multi-cooking station kitchen, and large communal dining and family rooms. It is designed to provide short-term, on-base lodging to families who travel to Dover to witness the dignified transfer of their loved one. The dignified transfer is not a ceremony; rather, it is a solemn movement of the transfer case by a carry team of military personnel from the fallen member's respective service. A dignified transfer is conducted for every U.S. military member who dies in the theater of operation while in the service of their country. A senior ranking officer of the fallen member's service presides over each dignified transfer. An adjoining 1,714 square foot Meditation Pavilion provides a quiet place for families to gather, pray and reflect during their stay at the Fisher House. Built with private donations to Fisher House Foundation, both structures are gifted to the Air Force and were dedicated Nov. 10, 2010.

The Charles C. Carson Center for Mortuary Affairs, a \$30 million, 70,000-square-foot, state-of-the-art facility, became home to the mortuary in November 2003.

In 2003, the Charles C. Carson Center for Mortuary Affairs replaced the 48-year old Dover Port Mortuary facility that had been in use since 1955. The center is named after Charles C. Carson, Sr. (Aug. 19, 1925-Aug. 8, 2002), a civilian mortician for the U.S. Air Force.

The rendering of Military Funeral Honors is a way to show the nation's deep gratitude to those who, in times of war and peace, have faithfully defended our country. This ceremonial paying of respect is the final demonstration a grateful nation can provide to the veteran's family. By tradition, the remains travel feet-first whenever they must be moved, and there are military personnel on hand to render honor, standing at attention and saluting at each transfer point. At times the honors may be the sole responsibility of the specially trained military escort who accompanies the remains.

Before 2007, the remains were taken only as far as the major airport nearest to the burial place and then transported by hearse. That could mean a long-distance trip for the family to meet the plane. The 2007 National Defense Appropriations Act now requires a direct flight on a military or military-contracted plane from Dover to the closest airport, even if it is small. A military escort also is required by law. The family may request that commercial aircraft be used or that a military family member or friend escort the remains. The duties of the military escort are complete when the remains are delivered to the funeral home where interment will be held.

While the remains are transported in an aluminum case rather than a traditional coffin, the case is adorned with a special "honor" cover. According to the Department of Defense, The honor cover is a reinforced cardboard cover that fits on top of the airline industry's standard air tray for coffins. The cover is embossed with an American flag, and the Defense Department seal on both ends. The Army designed the honor covers in cooperation with the Air Transport Association, so they are standardized throughout the airline industry. The covers are not used more than once and are treated to make them waterproof. When the remains reach their final destination, the honor cover is removed and an American flag is placed over the coffin.

Dignified transfers are one step in a fallen service member's long journey home. Remembering the people inside those caskets can be one small part in our role as a grateful nation.

104th Fighter Wing Completes Midpoint Inspection

By Lt Col Peter Carr, 104FW Inspector General

During the May drill we hosted Air Combat Command's Inspector General staff for our midpoint Unit Evaluation Inspection, which is the wing-level inspection arm of the broader Air Force Inspection System. This inspection comes 24 months in to our four-year UEI cycle, during which 24 inspectors traveled to our base last month to conduct the on-site portion of our midpoint assessment. This look follows their virtual inspection regarding how we document our self-assessment program at the squadron level, as well as how we inspect ourselves through our Wing IG office.

The purpose of the mid-point UEI was to validate and verify the Commander's Inspection Program and provide an independent assessment of resource management, leadership, process improvement efforts and our ability to execute the mission, making up the AFIS four major graded areas. While the mission of the ACC IG is to "enable ACC Airmen to achieve a higher level of effectiveness," their motto is to "evaluate, innovate and educate." Their vision is that we inspect to improve, while identifying our shortfalls, in an effort to build long-term sustainable standards and processes, while mitigating and accepting risk at the Commander level. Everything we do should cascade off the Commander's priorities, as AFIS/CCIP is a Commander's Program.

As you have all heard before, "No one expects perfection in a resource constrained environment." We need to continue to prioritize what is important while looking at what we can do to reduce or even eliminate work flow that is not truly value added. My office spent a lot of time with ACC IG Team Leads, Mr. Tom Gilkey and Chief Eric Butts. We discussed the T waiver process at length and the recent change with ACC/CC philosophy regarding pursuing waivers for activities that we either shouldn't be required to perform or activities that are of low priority and should be looked at for procedural overhaul. This subject has been socialized by our Ops Group Commander and former IG, Col. Tom Bladen over the past year, and now has the support of our new Wing Commander, Col. Jim Suhr. Expect to hear more on this topic in the near future. Start looking at what you think you shouldn't be required to do and bring that message up the chain.

From my perspective, as the 104th Fighter Wing's Inspector General, the non-graded midpoint evaluation went well. ACC IG identified 23 deficiencies and 8 strengths putting us in the middle of to pack, compared to other ACC-gained ANG fighter units. Some of the strengths highlighted in our final report were as follows: having a dedicated full-time JAG; a strong Building Manager Program (CES), a highly effective Key & Lock Program in Munitions (MXS), an outstanding Stan Eval Program (OG), a great EOD QA Program (CES), and a very strong Emergency Management Program (CES). Additionally the team highlighted three superior performers:

Master Sgt. Chris McCrary (CES), Master Sgt. Dana Thayer (SFS), and Tech. Sgt. Kayla Morin (FSS). While this was obviously a wing-level team effort, please congratulate them on a job well done!

While the 104FW's CCIP program was found to be effective, we need to look at improving our self-assessment programs at the squadron level. This continues to be a trend level recommended improvement area for both the Air National Guard as well as the Air Force. According to Lt. Gen. Anthony Rock, the Air Force Inspector General, it takes 7 to 10 years to change an inspection culture in an enterprise as large as the United State Air Force and we are only 3 years in to the new AFIS Program. We are doing well with regard to where we are today but we must continue to make AFIS and CCIP part of daily business in accordance with AFI 1-2, Commander's Responsibilities and AFI 90-201, The Air Force Inspection System.

The ACC IG will return to look at us again in June 2019 for our Capstone inspection. We will receive a grade for that event. I thank all of you for your effort and support of our CCIP program while encouraging you to continue doing the best job you can in the one you're in, while focusing on Mission, People, and programs associated with Mission and People, per our Wing Commander strategic guidance found in our Inspection Operations Directive.

Thanks again for what you do, and as always, call or email questions.

Inspection Overview of 104 FW	
TYPE	TOTAL
HHQ Deficiencies (Total)	0
- Critical	0
- Significant	0
- Minor	0
Strengths	1
Recommended Improvement Areas	1
Wing Deficiencies (Total)	23
- Critical	0
- Significant	2
- Minor	21
Unit Identified Deficiencies	0
- Strengths	8
- Recommended Improvement Areas	20
Benchmark Submissions	0

Taser Training is Shock to System for Willing Participants at 104th Fighter Wing

The adrenaline in the air was palpable at the 104th Fighter Wing as security forces Barnestormers circled around a red mat during the early Sunday morning of April drill. In moments, volunteers would experience the sensation of 1,200 volts of electricity as part of Taser exposure training.

A Taser delivers a crackling electric charge of 50,000 volts. Once the electricity enters the body the energy drops to 1,200 volts. Either way, it's a nasty shock.

"This is a voluntary exercise," said Staff Sgt. Christopher Krutka who lead the exercise. "But it is recommended you experience it once in your career."

Emergency medical technicians and police officers were on hand for the duration of training. The weapon was unloaded into the shoulder and lower back to ensure the safety of the willing victims.

The first volunteer, 23-year-old Staff Sgt. Chelsey Potter stepped onto the mat and allowed the probes to be placed into position. She took deep breaths to steady her shaking hands, a clear sign of nervousness.

"I can already feel it tingling," she said.

"Survivors ready? Taser, Taser, Taser!" Krutka called and administered the crackling weapon.

Potter let out a guttural cry, flushed bright red and scrunched up her face in pain as her spotters lowered her jerking body to the ground.

"It felt like tingles everywhere. I was expecting it to feel different," said Potter after. She was relatively unscathed by the weapon save for small marks at the entry sites.

"The pain is gone now," she said. Her hands still shook with residual adrenaline as she reached to brush a hair out of her face.

Senior Airman Steven Lent agreed the weapon delivered a full-body tingling pain. As the 1,200 volts coursed through his body the 26-year-old broke into a fit of hysteric laughter. He remained face down on the mat as his recovered from the ordeal. A purple vein bulged in his forehead.



Staff Sgt. Chelsey Potter is lowered to the ground as she is tased. (U.S. Air National Guard Photo by Tech. Sgt. Lindsey Sarah Watson-Kirwin)

"It was like time traveling. Warp speed!" he joked upon standing.

Senior Airman Ross Letoile remained relatively stoic on his controlled fall to the mat.

"I'm just trying not to make weird noises," Letoile said.

He called this exercise a fun, morale-boosting experience despite the discomfort of the Taser.

(Taser Cont. on page 6)

(Taser Cont. from page 5)

“I was totally incapacitated,” Letoile said. “But I would definitely do it again.”

The 29-year-old later paired up with a partner to try a shock to the inner forearm.

Tasers, night sticks and pepper spray are non-lethal weapons used to deescalate tricky situations. While the other tools are used at close range, Tasers further protects officers and responding parties by benefit of being used at a distance.

“It’s a safer way of deescalating a situation,” said Senior Master Sgt. Steven Jeffers. “Tasers give us the capability of yet another tool without resorting to lethal force.”

Following the voluntary exercise, security forces ventured outside into the snow and slush where two dummies—a silicone head and torso atop a plastic base--were set up against the tree line. Each 104th member had a turn to build skills and gain practice shooting probes at their target.



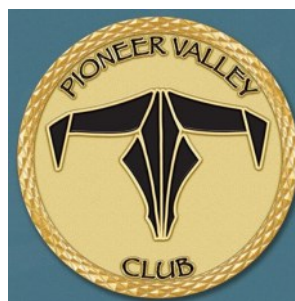
Lt. Col. Vincent Heitman lead by example and participated in the Taser training with his troops. (U.S. Air National Guard photo by Tech. Sgt. Lindsey Sarah Watson-Kirwin)

The synthetic dummy adversaries didn’t seem to mind the voltage.

PIONEER VALLEY CLUB PRESENTS THE PVC 2017 MEMBERSHIP COIN A TRIBUTE TO THE TEN YEAR ANNIVERSARY OF THE EAGLE AT BARNES



THE MIGHTY EAGLE DESCENDS UPON ITS PREY; A RUSSIAN SU-27 (NATO CODE NAME FLANKER)



THE COW SKULL LOGO OF THE WORLD FAMOUS PIONEER VALLEY CLUB

MORNING DRAG

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

Ever wish you had a little more “umph” in the morning or that your energy did not evaporate in the afternoon? Believe it or not, there are some simple changes you can make to your morning routine to address both. Dr. Travis Bradberry has compiled a list of 10 things to improve your morning routine. He reviewed the research at the University of Nottingham from 83 separate studies on energy and self-control and found some common themes.

A common thread was that energy and self-control are not only woven together but also finite. Though we may not always realize it, as we fatigue we have increased difficulty maintaining self-control and focusing on work. As tasks become more difficult our mood declines. This exhaustion of self-control over the course of the day impedes our productivity. So ...the morning hours are the most important hours of the day. To make the most of them we need to maximize our energy and do the things that are most important in the morning to set the tone for the rest of the day. Here are some not so shocking but easily taken for granted ideas.

Exercise: researchers at the University of Bristol found that those who exercised during the workday had more energy and a more positive outlook. In as little as 10 minutes of movement, the neurotransmitter GABA is released – having the effect of soothing your brain and self-control.

Drinking lemon water in the morning: Lemons are nutrient rich – potassium, vitamin C and other antioxidants. Drinking it when you first wake up starts your day with steady, natural energy both mentally and physically. Because of lemon’s combination of nutrients it can also aid in digestion and hydration. It is recommended to drink lemon juice with water as it is acidic and hard on tooth enamel. healthline-7 Ways your Body Benefits from Lemon Water

Avoid screen time before breakfast: What!! Yes. Do something relaxing before you jump into Facebook, emails and texts. Exercise, mediation, deep breathing, bird watching out your window sets a calming,

positive tone for the day. Diving into electronics, the needs of other people or work is a stressful way to start the day.

Eat a good breakfast: Taking the time to eat a good breakfast not only fosters a relaxing start, it bolsters energy, improves short-term memory and concentration for longer periods than if you just have coffee or wait to eat.

Set goals for the day: Research shows setting a few, concretely achievable goals everyday increases confidence and sense of control. Goals should be able to be broken down into do-able steps so you feel that sense of moving toward something.

What about once you get to work....

Pick up your work space: A Princeton University study found that clutter pulls your attention away from work, it is distracting. That those who worked in a clean work space out performed those who worked in a cluttered space.

No emails until you’ve eaten 3 Frogs: I actually use this on my kids with their homework or chores. Get the toughest or most dreaded things (the frog) done first and you are free and clear! What could be worse than eating a frog? So at work, try to utilize your mornings for the high concentration/things you don’t want to do. Tackle a few frogs before you start emails. Emails are a major distraction, waste mental energy and lead to procrastination.

“Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.”
- Mark Twain

Keep morning meetings on task: Inform everyone at the beginning of the meeting that you plan to stay on schedule. Keeping morning meetings on time motivates everyone to be more focused and efficient.

Don’t MULTI-TASK: Can I get another What?? Research done at Stamford University confirmed that

(DRAG Cont. on page 8)

First Sergeants' Corner

By Master Sgt. Erin Barr, Fuels Training Supervisor

As first sergeants we play a large role in the morale of our Airmen. We are constantly thinking and talking to each other on what can be done to take care of everyone. It is a role that we take seriously. It is important to know and understand what your group, squadron, or flights' obstacles are and how it effects morale. This is not just a first sergeant issue. As leaders it is easy for us to say "everyone can be replaced," but that is not the right answer. Look around, is there a high turnover rate in your work center? At some point we have to stop finding outside reasons to blame and look inward. The mission can be demanding, but if the environment is one of taking care of each other and working together, we are more likely to retain Airmen for the long haul.

So why is this important? For those of us that have 15 years or more, think back on your career. I'm sure it has had its ups and downs, but you've stuck it out. Why? Was it because you enjoyed the people you worked with? Or the comradery that cannot be found outside these gates? No matter your reasoning, I'm sure if you look back to when you first entered the service, you didn't know if you would reenlist. Yet something led you to stay. We need to convince more Airman like you that have invested all those years to continue to contribute. Your knowledge cannot easily be replaced. We can we find someone to fill in your spot. The knowledge that comes from years on the job cannot be replaced. With that being said, retaining our young Airmen is just as important for the future of our base as keeping our seasoned Airmen. The 104th Fighter Wing can only maintain its high standards by investing in the young.

I encourage everyone to take a minute to reflect and ask yourself how you can help us not just in the present, but in the future as well. No matter your rank, it is easy to blame everything around you for low morale, when really, taking ownership is what we should be doing. As leaders we can take all the leadership courses out there, but unless we have the ability to let our defense mechanism down and truly listen to those around us, change cannot happen. Let's get the conversation started, let's talk to those that have 20 years of service or more down to the Airmen that has 6 months of service. And to our young Airmen, you will be the leaders of the 104th FW someday, you have the ability to effect change.

If you do have ideas, please find a first sergeant and share. We would love to hear your feedback.

Join Us at the 2017 Westfield International Air Show!!

<https://www.westfieldairshow.org/>

Saturday August 12 and Sunday August 13

(DRAG Cont. from page 7)

multi-tasking is less productive then concentrating on one thing at a time. Those who are regularly juggling several different streams of information cannot pay attention, recall information or switch from one task to another as well as those who complete one task at a time. Trying to do more tasks at once ultimately takes more time than doing those same tasks one at a time.

Say no: My favorite but often hard to do. However,

saying no to the 50th commitment honors those you already have and ensures they will be done well. California Berkeley Researchers found that the more difficulty you have saying no, the more likely you are to experience stress, burn-out or depression.

To learn more lifestyle tips look into GPS for the Soul at the Huffington Post or work by Dr. Bradberry.

Massachusetts Air National Guard's 104th Fighter Wing Performed Flyover for Red Sox Season Opener

By Allyson Morin, Public Affairs Intern

Barnes Air National Guard Base was honored to perform an F-15 flyover for the Red Sox Season Opener at Fenway Park Apr. 3.

At the conclusion of Boston Children Choir's national anthem at 3:50 p.m., two F-15 Eagles manned by Maj. Daniel "Riddler" Yerrington and Maj. Jay "Fat" Talbert streaked across the sky at 1,000 feet met by cheers by the crowd.

"Most of us are fans of New England sports teams. If I was on the ground I would be just as excited as any local person to see the flyover," said Yerrington.

The native of Bethlehem, Penn. also performed a flyover at a Patriot's game in the Fall.

Timing their arrival perfectly was no easy task. During practice on Apr. 2 a guardsman carefully timed each line of the National Anthem as sung by the children's choir. These figures calculated against the F-15's ground speed aided the pilots path over the stadium to occur at the right moment. A Barnestormer on the ground provided radio support to the men in the sky.

"It's in our own backyard, we wouldn't want another unit to do the flyover," said Yerrington, a self-described Red Sox fan.

The Massachusetts Air National Guard F-15 Eagles fly in formation as a symbol of patriotism. Since the first flight as an independent service in 1947, the Air Force has provided our Nation's most responsive and effective source of global vigilance, reach and power in peacetime and war.

The flyovers performed by the 104th Fighter Wing's F-15 Eagles during special events display the Air National Guard's presence; serve as a training opportunity for the pilots and ground crews and for recruiting future members.

American Airmen bring airpower to the joint flight. The Massachusetts Air National Guard is a component of the United States Air Force total force.

Today's diverse Airmen stand ready to fly, fight and win against worldwide threats in air, space and cyberspace. Our Air Force is fully engaged as part of America's Joint Force in every region of the world and every mission area across the full spectrum of military operations.

"It's an honor to conclude the National Anthem with a show of military support," said Yerrington.

Father Takes Son on Fini Flight

Chief Warrant Officer 4 Timmy Tompkins flew his fini flight April 27 at the Army Aviation Support Facility #2 located on Barnes Air National Guard Base in Westfield Massachusetts. Chief Warrant Officer 4 Tompkins flew his final flight with his son Staff Sgt. Trevor Tompkins, an Alert Crew Chief at the 104th Fighter Wing here at Barnes Air National Guard Base. "He is the best pilot I have ever met," said Staff Sgt. Tompkins. "He got to go out doing what he loves, flying. He was all smiles the whole time. He is the real deal tree top flyer."

"It has been a great time," said Chief Warrant Officer 4 Tompkins. "I am very proud of Trevor."



(U.S. Air National Guard Photo by Tech. Sgt. Lindsey Sarah Watson-Kirwin)

Wing Safety How-Goes It

By Master Sgt. Shannon M. Huard, Occupational Safety Manager

The unit has experienced 0 injuries since the last How-Goes-It.

The unit has experienced 0 mishaps since the last How-Goes-It

Memorial Day weekend is the unofficial start of summer and, with higher temperatures ahead and winter behind us, it is time we start to think about the safety aspects of this time of year. Between Memorial Day in May and Labor Day in September, we tend to participate in activities that could be potentially dangerous if precautions are not taken. Summer is the largest vacation period of the year. The sun is shining and people are out swimming, boating, visiting family and friends far away, playing and having a good time. It is also a time of celebration, recreation, staying awake long hours and driving more than your body has the energy for. With all of those fun summer activities, the following safety tips are offered to make your summer journey a safe one.

Heat Injuries: In order to prevent heat injuries, you should acclimate to your environment, hydrate with water and/or sports drinks, avoid exercising during the hottest part of the day, and wear light, loose clothing and sunscreen.

Boating: Operating a boat requires concentrated skill and a keen sense of awareness in the boat and on of the water. A clear head and a responsible outlook are necessary to make a day on the water as smooth and safe as possible. Know what your boat can and cannot do. Maintain good situational awareness. Ensure your passengers wear a personal flotation device. Know and respect the weather and heed any weather warnings.

Swimming: Always swim with a partner, never allow young children to swim without adult supervision, never swim when you are tired or under the influence of alcohol, drugs or medication, know and observe your limitations and capabilities, observe warnings, and stay out of the water during severe weather.

Rip Currents: A strong channel of water flowing

seaweed from the shore. This can occur at any beach with breaking waves. To escape a rip current: relax; don't swim back to shore directly against it. You risk exhaustion and drowning. Calmly float or tread water to conserve energy. Swim parallel to shore until outside of the rip or in a diagonal direction towards the shore

Road Trips: Before embarking on a long drive ensure you inspect your vehicle for safety. Check the oil, brakes, tire wear and pressure, coolant and steering fluid, windshield wipers, and don't forget about your spare tire. It may also be a good idea to have on hand a first aid kit, blankets, extra clothes and an emergency roadside kit in case your car breaks down.

According the National Highway Traffic Safety Administration, 28 people in the United States die every day in an alcohol-related crash—that's one person every 53 minutes. Drunk driving fatalities have fallen by a third in the last three decades; however, the chance of being in an alcohol-impaired crash is still one in three over the course of a lifetime. These deaths and damages contribute to a cost of 52 billion dollars each year. In every state, it's illegal to drive with a blood alcohol level of .08 or higher, yet one person is killed in a drunk-driving crash every 53 minutes. If you will be drinking, plan on not driving. Plan your safe ride home before you start the party. Designate a sober driver in advance. If you become intoxicated, do not drive for any reason, call an Uber, a taxi, a friend or family member. If someone you know has been drinking, do not allow that person to get behind the wheel. Take their keys, take them home, or help them arrange a sober ride. If you see an impaired driver on the road, contact local law enforcement. Your actions could help save someone's life.

Use risk management in both on- and off-duty activities. Have a safe and happy summer.

ENLISTED FORCE DEVELOPMENT PROGRAM



Looking to enhance your military career?
Interested in how your field operates at the state level?

APPLY NOW!

"After spending 18 years at Barnes in the same squadron, I was looking for something new and different. This program presented me with an opportunity to not only do that, but gain some career broadening as well."

- MSgt. Darci Furr (104FW)
Aide to the
State Command Cheif

Requirements:

1. Letter of intent with First Sergeant endorsement (supervisor endorsement if AGR/Technician)
2. Resume (two-page limit, any format)
3. Current passing fitness assessment
4. Copy of vMPF Records printout (all pages)

Due by 1500 on 4 June 2017 to
SMSgt. Nick Kollett
nicholas.f.kollett.mil@mail.mil
(339) 202-3073



"The additional responsibility I was given and the feeling that my opinion, knowledge, and input were important to the process was incredibly rewarding."

- MSgt. Paul Stewart (102IW)
ANG DOMPOS
NCOIC

JOINT FORCE HEADQUARTERS - MASSACHUSETTS AIR NATIONAL GUARD**MILITARY OPPORTUNITY ANNOUNCEMENT****EXPIRES: 4 June 17 DATED: 19 April 2017**

THE FOLLOWING CAREER BROADENING POSITIONS ARE AVAILABLE FOR ELIGIBLE ENLISTED MEMBERS OF THE MASSACHUSETTS AIR NATIONAL GUARD. THESE ARE TEMPORARY TOURS TO BEGIN IN AUGUST 2017 AND WILL CONCLUDE IN JUNE 2018.

Packages must be received by e-mail to SMSgt Nicholas Kollett NLT **1500 on 4 June 2017**.

POSITION(S): ENLISTED FORCE DEVELOPMENT (EFD) (Drill Status Guardsmen positions)

MINIMUM GRADE: SSgt / **MAXIMUM GRADE:** MSgt

STATUS: Any enlisted Airman in grades above

AFSC: Any PAFSC; except A2 - Must hold a 1NX PAFSC

DUTY LOCATION: Joint Force Headquarters (JFHQ), 2 Randolph Road Hanscom AFB, MA 01731

WORKCENTERS: Seven (7) positions to assist the A1 (1), A2 (1), A3/5/7 (1), A4 (1), A6 (1), A8 (1) and State CCM (1)

POINT OF CONTACT: SMSgt Nicholas Kollett, State Enlisted Force Development Manager

MINIMUM QUALIFICATIONS/ADMINISTRATIVE NOTES:

- The intent of this program is for Airmen in the grades of Staff Sergeant thru Master Sergeant to obtain JFHQ career broadening as outlined on the Air National Guard Enlisted Scorecard. Members selected for this program will perform Regular Scheduled Drills (RSD) and Annual Training (AT) at JFHQ starting on the JFHQ August 2017 RSD and concludes in June 2018 after the five day JFHQ AT.
- This is not a full-time program, however, current Active Guard Reserve (AGR) and Technicians are eligible to participate in this program. If a member is AGR/Technician, their supervisor must concur on their letter of intent in addition to the First Sergeant endorsement as outlined below.
- Previous program selectees are not allowed to re-apply; previous non-selectees may re-apply.
- Must be highly motivated, capable of fulfilling multiple duties with minimal supervision and possess exceptional communication, leadership and managerial skills.
- Must meet minimum USAF standards and overall image must exceed minimum standards; maintain a minimum score of 75 on the PT assessment.
- Selected personnel are loaned from their respective unit and as such their Operational Control (OPCON) will be JFHQ.
- Personnel selected for this program must agree to serve the entire tour tenure at JFHQ.
- Selected member(s) will have their AT orders processed by their unit and will be required to perform 15 days with JFHQ. Does not apply to AGRs.
- The EFD Manager will provide an initial performance feedback and the tour will conclude with an AF Form 77 (Letter of Evaluation) for the individual(s).

"I would absolutely recommend this program to other members. As a result of this program, I have been exposed to much more that the Massachusetts Air National Guard has to offer."

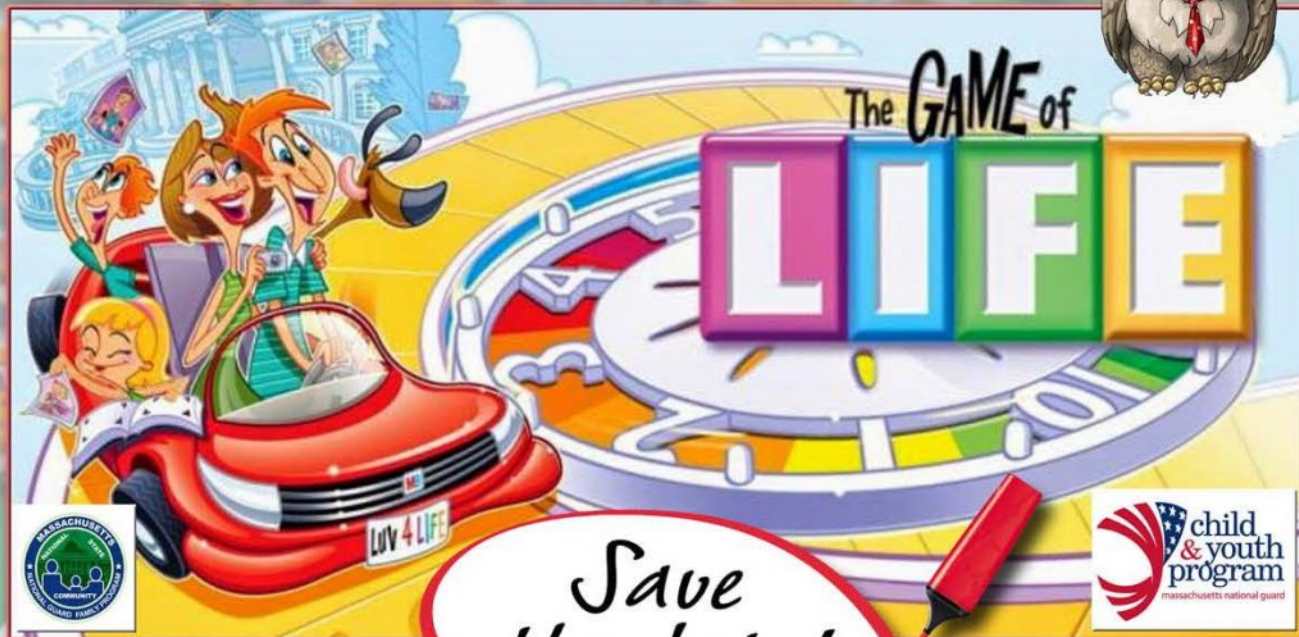
- MSgt. Robert Oliquist (104FW)
DOMOPS and SPP

"At the end of the year, they return to the wings a more valuable asset and are ready for positions of greater responsibility."

- SMSgt. Nick Kollett, Enlisted
Force Development Manager

2017 State Youth Symposium

For Massachusetts National Guard Teens Ages 13 - 17



Save
the date!



Mark your calendars now for a fun weekend of training, networking, and recognition! It's never too early to start preparing for the "game of life." Take home valuable skills for any path you choose to follow.

104th Fighter Wing Strategic Planning Workshop

By Col. Peter T. Green, Wing Vice Commander

The great Chinese general, military strategist and philosopher, Sun Tsu once stated, "Strategy without tactics is the slowest route to victory, tactics without strategy is the noise before defeat."

Effective leadership of an organization or project requires time to effectively plan to achieve the desired goals and objectives. This is something we have learned and used as a Wing at multiple levels for decades. It's what has made us successful in all our mission areas. Plan the plan, work the plan. During the 104th Fighter Wing's annual Strategic Planning Workshop, the senior leadership and the Wing Strategic Planning Group spent three days reviewing our Wing's Strategic Plan, listening to a number of external subject matter experts brief on what they see as the current environments within Congress, the Department of Defense, The National Guard Association, the Enlisted Guard Association, the Air Force, the Air National Guard and our Commonwealth of Massachusetts that could affect our unit. Before the event, the teams are required to review numerous policy and other documents in addition to the guest speakers presentations during the workshop. They use the information to conduct a SWOT (Strength, Weakness, Opportunities and Threats) analysis, which helps determine where we should focus our planning efforts. The team leaders then lead their groups through developing action plans



Col. Peter T. Green, the 104th FW Vice Commander spearheaded the 2017 Strategic Planning Workshop held at the Southbridge Conference Center in Southbridge Massachusetts. (U.S. Air National Guard Photo By Tech. Sgt. Lindsey Sarah Watson-Kirwin.)

in our focus areas of Mission, People, Facilities and Partnerships in their group breakouts. The final result is a revised Strategic Plan that provides focus for the Wing to plan and execute the most important initiatives and action items over a rolling 5 year plan for the future of the unit. Plan the plan, work the plan. Success does not happen, it is the result of effective planning.

Chief Rob Roy Retired Surrounded by Family and Friends



Approximately 200 people attended Chief Master Sgt. Rob Roy's retirement party, held Friday, April 28, 2017 at the Pioneer Valley Club. The crowd included a mix of family, friends, current 104th Fighter Wing members and alumni. Chief Roy has accepted civilian employment as a customer service representative/production coordinator with LM Tarbell - Advanced Bearing Specialists.

Pictured left to right: Chris Roy (son), Matt Roy (son), Lillian Hakala (step daughter), Chief Master Sgt. Rob Roy, Tammy Roy (wife) and Abby Hakala (step daughter)

(U.S. Air National Guard Photo)

For Your Information

Walk in Legal Assistance

The Legal Office provides legal assistance to all ANG members on the following legal deployment related issues: Wills, Powers of Attorney (Family Care Plans), Service members Civil Relief Act, and Employment and to Reemployment Rights. Walk In

Hours are available every Friday 9:00 a.m.-11:00 a.m. Saturday of the RSD from 9:30 a.m.-11:30 a.m.

In an effort to better serve you, the legal office has setup an organizational box for legal assistance appointment requests.

Please send requests for legal assistance to: USAF MA 104 FW Mailbox Legal Assistance (usaf.ma.104-fw.mbx.legal-assistance@mail.mil).

If you are unable to come during this time, please call our office at ext. 698-1244 to make an appointment. We would be happy to accommodate your schedule. Notary Public Services also available.

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

State Sponsored Life Insurance Available to Massachusetts National Guardsman

I bet you did not know you have \$1000 worth of free life insurance coverage as a member of the Massachusetts National Guard. It's true and you did not need to do anything other than be a member. It is courtesy of the State Sponsored Life Insurance (SSLI) program and is derived from the United States Public Law 93-289, May 1974, title 37, Section 707 and is offered through the Massachusetts National Guard. The National Guard Association of Massachusetts is a member of the Militia Insurance Trust (MIT), which is composed of 14 National Guard Associations.

Every eligible member of the Massachusetts National Guard is covered with \$1,000 SSLI at no cost to the member. Many of our National Guardsman have not understood this and are not familiar with this benefit. To address this issue, Mr. Joe Spencer, retired Command Sergeant Major, ARNG will be on base during Sunday of the May UTA and possibly the Sunday of the June UTA and is willing to provide information to any member. He will be in the dining hall at 0900 and 1000 on the UTA. If you are interested, please call him at 1-801-662-9390. To learn more about the National Guard State Sponsored Life Insurance, you can go to www.NGSSLI.com.

For Your Information



Pioneer Valley Club

Beirut Tournament

6 May 2016 1630

Taco bar- \$5.00

Frozen Margaritas

(while supplies last)!

Non-alcoholic beverages available



Worship Schedule

General Christian Worship

11:00 a.m. Saturday, April 1, 2017

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.

Public Affairs Information

How we can help you: Among Public Affairs capabilities and responsibilities we can provide studio photography, videography support of events, and photography support of events. Please submit an AF833 to PA to request support lindsey.s.watsonkirwin.mil@mail.mil . We typically hold studio time 1000-1100 Saturdays of drill. Please route all requests for Base Tours to Lt. Col. Brenda Hendricksen brenda.c.hendricksen.mil@mail.mil .

How you can help us: We want to know about your achievements, trainings, 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 coming Airscoop will typically be two Mondays before that drill weekend to lindsey.s.watsonkirwin.mil@mail.mil . It is helpful if articles are Word documents written in Times New Roman 12pt. Please submit pictures as individual JPEG files if you can.

On This Day in History?: May 6, 1937 the Hindenburg exploded upon arrival in Lakenhurst New Jersey

Riddle/Question of the Month: What was the first professional baseball team?

(The answer will be in the next Airscoop.)

1100-1300 AGR & OFFICERS MEAL RATE \$5.55

**SATURDAY RSD****Soup**

Tortilla
Broccoli & Cheddar

Entrees

Chicken Fajitas
Beef Enchiladas

Starch

Spanish Rice
Refried Beans with cheese

Vegetables

Calico Corn
Spinach

*Salad Bar, Dinner rolls, Mexican Cornbread &
Assorted Desserts*

SUNDAY RSD**Soup**

Tortilla
Broccoli & Cheddar

Entrees

Honey Glazed Chicken
Baja Fish Tacos

Starch

Oven Roaster Potatoes
Orange Rice

Vegetables

Buttered Cauliflower
Seasoned Carrots

Salad Bar, Dinner rolls & Assorted Desserts

Promotions

Airman First Class

Katrina L. Ely OG

Senior Airman

Maimuna B. Marques LRS
Moriah E. Coleman CES
Christopher Allen CES
Victoria E. Sieracki MDG
Bridgette Nunes MDG
Alan Guin MDG

Master Sergeant

Matthew B. Osowski AMXS
Timothy R. Mutti 131FS

Senior Master Sergeant

Peter V. Bottalico FW

Welcome!

Airman Basic Shane M Mastello AMXS
Tech. Sgt. Gary T. Guilbeault CES

Farewell!

Lt. Col. Harold S. Anderson FS

**Thank you for your Dedicated
Service!**

Barber Shop Open

The Barber Shop will be open for the 2016 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



Massachusetts Air National Guard
104th Fighter Wing - PA
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We're on the Web

WWW.104FW.ANG.AF.MIL



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