



# AIRSCOOP

**104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD**

*Pride, Professionalism, Patriotism*

*Barnes Air National Guard Base*

**June 2009**



An F-15 four ship fly's over the F-100 Rededication Ceremony held on Saturday, May 2, 2009.

(Photo by Technical Sgt. Melanie J. Casineau)



*Col. Robert T. Brooks, Jr.*

**AIRSCOOP**

**104th Fighter Wing  
Barnes Air National  
Guard Base**

Barnes Air National Guard Base  
175 Falcon Drive  
Westfield, MA 01085

**Wing Commander**  
Col. Robert T. Brooks, Jr.

**Vice Wing Commander**  
Lt. Col. James J. Keefe

**Command**  
**Chief Master Sergeant**  
Chief Master Sgt. Al Reale

**Chief of Staff**  
Lt. Col. Mike Cousins

**Wing Executive Staff Officer**  
Capt. Matthew T. Mutti

**Public Affairs Officer**  
Capt. Mary L. Harrington

**Photo and Graphic Support**  
Senior Master Sgt. Rob Sabonis  
Public Affairs - Multimedia

# Commander's Column

By Col. Robert T. Brooks

Barnestormers, thank you all for the way in which you perform your duties. In the past two weeks I have seen us pull together as a family and as a unit. In less than two weeks, we rendered military honors to one of our retired members, buried three family members of those who serve in the 104<sup>th</sup>, and hosted a fundraiser for the family of a member we lost in the spring. It is important we value our fellow warriors and their families, it is important we remember those we have lost and it is critical we take care of one another every day. These past weeks made me especially proud and humble to be the commander of the 104<sup>th</sup> Barnestormers. We must continue to be good wingmen to one another and watch each other's backs. In the end, it is these types of things that matter most. I heard the words "perspective" and "do the best you can, with what you have, wherever you are" from Chief Reale last week. These are great words for all of us to live by and a great way to stay focused on what is important. What I write in this article simply cannot adequately describe what transpired over the past two weeks, however, I do want to thank everyone who represented the 104<sup>th</sup> in a first class manner and took care of our fellow Airmen.

I would also like to welcome and thank our Exercise Evaluation Team (EET) members who traveled here to help us in our preparation for our Phase 1 Operational Readiness Inspection (ORI) scheduled for the summer of 2011. Their own operational tempo is high like ours, and taking time away from their own wings is not always easy. In our preparation, remember that attitude is everything and if an EET member is giving instruction, it behooves us as a wing to listen to their advice. Most of these folks have recently been through a Phase 1 and can help us properly prepare. Two of the most critical things we want to accomplish are these: 1) Get our current Phase 1 processes going in the right direction and vector 2) Find out what processes are missing from our radar and get those up and running. Once we have all the pieces to the puzzle, we will start putting them together in the proper manner. We will then refine these processes over the next two years; "Outstanding" is our end state goal.

In addition to our ORE in June, we also have PERSCO Field Training at Camp Edwards, Services Combat Training at Dobins

AFB, a MXG AFSO-21 event, the Paraguay Air Force visit, and Diversity Training in the next three weeks. By the time June drill is over, we will be two and half months away from our first Red Flag in the F-15, and approximately eight months away from the Air Sovereignty Alert station standup in which almost one quarter of our full-time force will be on a 24/7/365 rotating work schedule. To say 'we have a lot going on' is an understatement. It is critical we continue working together as a team to achieve our vision of becoming the most respected Fighter Wing in the Combat Air Force.

Lastly, thanks to everyone who served in some capacity on Memorial Day from the fly bys...to speaking at local events...and to those of you who marched in parades. William Harvard once said: "The greatest glory of a freeborn people is to transmit that freedom to their children." I have also heard it said: "Those who cannot remember the past are condemned to repeat it." It is important we remember...

## Table of Contents

Title	Page
Commander's Column.....	2
Chief's Column.....	3
First Sgt's Column .....	4
Award Winning Dining Facility .....	5
Above & Beyond .....	6
Employers Needed .....	6
EAC Column .....	7
A Full Measure of Sacrifice .....	7
Exercise, Exercise, Exercise .....	8
The Process of Enlisting.....	9
Being On The Scene .....	10
Leadership & Teambuilding.....	11
Esplanade Volunteers Needed.....	11
Safety "How Goes-It?" .....	12
Physical Activity .....	12
104th Alumni Reunion .....	13
What's My Line?.....	13
Annual Award Submissions.....	14
Women Veteran's Conference .....	14
Welcome, Retirements, Promos....	15
Traditional Job Positions .....	15
Roll Call .....	16

**Alcoholism is treatable!**

**Need help? Call 1-800-410-2560**



## Senior Enlisted Perspective

### 'Game Face'

By Chief Master Sgt. Larry Heller

There is an ancient Latin saying - Ut vicis adepto lentus, lentus adepto iens which

loosely translated, means - 'When the times get tough, the tough get going'. In anticipation of the upcoming 4 day Phase 1 ORE, which will self-test the wing's ability to survive and operate effectively during deployment, all 104th Fighter Wing members should take that Latin maxim to heart by putting on our best "Game Face."

Be prepared to tackle possible scenarios and challenges as we move forward to our ORI in 2010. We will rehearse all the steps needed to mobilize and deploy people and equipment, launch jets and arrive at a potentially hostile environment.

I am sure we are prepared and our people have had the needed training to come through with positive results by Sunday afternoon. Although we are all going to be working hard, this will be a unique challenge for our aircraft operators and maintainers. They will be especially busy, getting themselves and the jets ready to go, and planning for the first F-15 simulated combat mission coming out of Barnes.

During a hard hitting ORE, it's more critical than ever for all of us to "be tough," maintain the proverbial stiff upper lip, increase our situational awareness, and intensify our sense of urgency. Having a Game Face during the upcoming exercise means that you are able to take in and fully understand the impact of challenges and of potentially negative events and handle them in a calm, professional manner.

What is a Game Face in the context of an ORE? In a nutshell, it is displaying positive attitudes. Having your Game Face on shows that you are well prepared and showing the proper sense of urgency and drive that we want to see in events sur-

rounding an ORE.

Why is a Game Face so important? Even though we train, train and train some more, adversity is unavoidable, even in good times. By wearing your Game Face, you show that each situation is just another opportunity to solve a problem, learn a lesson and move forward - honing our spear in anticipation of a future ORI.

So how do we keep our Game Face on? I would suggest that we do the following.

1. As in everything we do from UTA to UTA, SAFETY IS PARAMOUNT. Keep your eyes and ears open for anything that could be dangerous to personnel and equipment. Make sure you and those you are responsible for aren't taking shortcuts. During an exercise, everyone can go home at the end of the duty day, have a couple of cold ones and drop their guard. Make sure you are ramped up for the next day - put your Game Face back on!

2. Look for the opportunity to correct a problem. Every occurrence during this exercise provides a lesson or insight. Set up a system to prevent similar mistakes in the future.

3. Focus on what you can do better. Concentrate on your area of responsibility and control rather than focusing on things you can't control. Focus on the capabilities, skills and strengths you, your peers and your subordinates have working in your favor.

4. Focus on your relationships with other shops/sections. Take care of your fellow warriors from outside of your area to strengthen your relationships. Anticipate their needs and be a consultant when needed.

5. *"If everybody is thinking alike, then somebody isn't thinking."* (General George S. Patton Jr.) Involve others in problem solving. By inviting others to bring their best thinking and a different perspective, you not only get the value of team effort, but you also grow and de-

velop future leaders.

6. In preparing for this UTA, take care of yourself physically and mentally. Get plenty of rest and take time for yourself in order to reflect and re-energize. It's up to you to provide the best example of an Airman who is always prepared to step up to the plate when times get tough.

NCOs! Our people will be looking for guidance and reassurance if things become difficult this weekend. They might not like your tough decisions, but will come to understand them. As their enlisted leader, you need to help them work through the challenges and maintain their focus on the critical activities and key result areas of this exercise. As the enlisted leadership, we are always there, and because we are always there, Airmen expect more from us. They expect us to understand them, help them, and suffer with them. Do have an "attitude of gratitude". Be sincerely grateful for what your Airmen have done and show them your appreciation. Congratulate your team on good efforts, big or small.

For longtime wing members who proudly bear the scars of past OREs/ORIs, this is an opportunity again to practice our skills, while operating with the additional burdens of built-in stress. Let's especially keep an eye peeled for our large number of unit members who have never experienced an ORE. We can expect to stumble and falter at times, but we will learn from our mistakes... This is an opportunity to hone and polish the skills and abilities which are the hallmark of the 104th Fighter Wing. Now..... Let me see your Game Faces!



## First Sgt.'s Column

### By Master Sgt. Donald Wright, MXS First Sgt.

#### Respect

I recently visited Lackland Air Force Base for a Basic Military Training graduation and one of the events scheduled was the Airman Coin Ceremony. As I stood there watching nearly 700 Recruits become Airman, a great sense of pride came over me. I was part of the finest Military in the greatest Country on Earth. As I stood there at position of attention, during the Retreat Ceremony, the hair on the back of my neck stood up when the National Anthem started to play and the Flag was retired for the day. At that moment I was reminded of an article I had read a few years back written by Maj Mike Stolt of the 97<sup>th</sup> Flying Training Squadron.

#### On that day ... An officer's reminder why the National Anthem plays

"It was July 14, 2005, on a hot Tuesday afternoon. I was leaving Bldg 403 after updating my base vehicle sticker. As I walked toward the double-glass doors leading to the parking lot, I encountered a small group of people standing just inside the door – two Airmen, a civilian employee and one captain. As I reached for the door, the captain said, "You don't want to go out there right now." I looked out and saw traffic stopped and several people frozen in the hot July sun, gazing westward, some saluting, some standing at attention, some with their hands laid on their chests. No, I don't really want to go out there right now. I looked at my watch – 4:30 pm. I stood with the group that now numbered five. No one spoke. One Airman made a call on her cell phone; the other shifted his gaze back and forth between his shoes and the wall. The captain sifted through a folder of papers. The civilian and I watched through the glass doors as a technical sergeant stood at attention, saluting ... a sweat ring growing on his back. It seemed to go on forever. The base loudspeakers squeaked out the last recorded notes of the National Anthem.

The cars rolled forward, the technical sergeant lowered his salute. The civilian pushed our door open and walked out. The rest of us followed. When the heat hit me, I felt fortunate that my timing had kept me inside during the long ceremony.

I thought about that day for weeks. Images of the episode flashed through my mind as if I'd witnessed a crime – the plate-sized sweat ring, the glow of the cell phone on the airman's cheek, the civilian's hand resting on the door handle, the glare of the sun, the heat. I recently read an article about the War on Terror and learned that we average 2.35 American dead and 10 wounded every day in the AOR. That day leapt back into my thoughts. A few hours of research helped



me identify the date – July 14, 2005. On July 14, 2005, 23 year old corporal Chris Winchester and 22 year old corporal Cliff Mounce were killed when their vehicle was targeted by an improvised explosive device in Baghdad. On that day, 21 year old private first class Tim Hines, Jr. died when an IED hit his Humvee. On that day, 34 year old staff sergeant Tricia Jameson was killed by a secondary IED while she was treating a victim of the primary IED. 'She, Chris Winchester, and Cliff Mounce all died in Trebil.' We can assume she was treating Chris, Cliff or another in their group. She volunteered to go to Iraq and had been in country three weeks. On that day, four American soldiers died in Iraq and numerous others were wounded. On that day, four families were plunged into mourning. On that day, I flew one sortie, sifted through e

-mail, updated my base vehicle sticker and hid from the heat behind a glass door. Why does it matter that I avoided, on a technicality, participating in retreat? Some may think its silly symbolism, that it's not real. An aircraft is real. A computer, a vehicle sticker – they're real. I believe that anything that you allow to move you, or that inspires those around you to search their hearts, is as real as the bomb that tore Chris Winchester's body apart last summer. Anything that forces an entire base to stop and listen to their thoughts for a while is real. Anything that causes you to pause and acknowledge that American soldiers may be under fire, as you listen to the National Anthem, is real. As we five stood inside that doorway, the soldiers killed and wounded that day may have been bleeding, screaming and dying in the sand. If my timing is ever again as perfect as it was that day, I'll be prepared. I'll be ready with, "Yes, I do want to go out there right now." You may not come with me, but I'll bet you think about it for weeks. If I'd stepped outside to pay respect to the flag and to the four soldiers who died that day, how long would it have taken?

One minute and 28 seconds."

When you hear the National Anthem played, what do you do, what do you think? Does the hair on the back of your neck stand up? Will you 'step outside' to pay Respect to the Flag and to the men and women who have laid down their life in defense of this Great Nation?



# Award Winning Dining Facility

By Senior Master Sgt. William Butman

It was 10 years ago last month when the new 104th Dining Facility opened its doors. The ribbon cutting took place at the front entrance with U.S. Rep. John Oliver, D-Amherst, Lt. Col. Dan Swift, Wing Commander, Maj. Gen. Raymond Vezina, State TAG, Maj. Gen. Richard Platt and Sam Carpetta, the general contractor. The \$2.2 million building

verified facilities are really going to be in the best shape for future use” referring to the multipurpose use of the facility. And what’s good for the base is good for the city, said Mayor Richard K. Sullivan, Jr.

“The city is well aware that without this unit there probably wouldn’t be any Barnes Airport,” The base, home to the 104th Fighter Wing, is



the city’s largest employer, with over 1,100 employees. Maj. Gen. Raymond A. Vezina, Adjutant General of the Massachusetts National Guard, praised the close ties between the base and the city. The old dining facility (Building 008 now referred to as the Club) didn’t have the seating capacity nor

with 11,300 square feet enabled feeding 300 base personnel at one sitting. Congressman John Oliver, who was instrumental in supporting the state funds to build the new Dining Facility, received the first plate

the equipment to serve the wing during UTA weekends. “You get a bit bottlenecked in the line” said Tech. Sgt Dean Lambert, the former Dining Hall Supervisor. The new 11,300 square-foot facility, nearly doubles the capacity of the existing dining hall. “We have a world-class organization here, and this will give us a world class facility to take care of them here” said Lt. Col. Daniel P. Swift, Commander of the 104th Fighter Wing.



of food from Tech. Sgt. Jay Salus at its grand opening. Oliver reiterated what he said during the groundbreaking, “The strongest, most di-

Master Sgt. James Tierney, the current Dining Facility Superintendent, is a 38+ year veteran at the 104th Fighter Wing. He recalls when the old dining facility was origi-



nally the Base Fire Station. “The garage doors would open up at each end, the fire trucks would pull out of the station bays while the wooden picnic tables that CE built would be moved from against the walls and positioned in the bays as the dining area. The problem we had was once the garage doors were opened, it would cool off the food. Then the heavy wooden picnic tables would have to be stored to the side as we swept the concrete bay for the Fire Trucks to pull back in”. Pat Connors, Real Property Manager, verified building 008 was built in 1950 with building 001 to follow in 1951.

For the past 10 years the dining facility hosted a vast variety of functions other than drill weekend meals. The annual Chamber of Commerce Breakfast, Family Pasta Night and the Children’s Halloween, Christmas and Easter events have always joined the local community and the 104th Families together. Most of all, the 104th Services Flight is proud to be a two time winner of the SMSgt Kenneth W. Disney Award winner in 2003 and 2009.



# Above and Beyond

## By Capt. Matthew T. Mutti, Wing Executive Staff Officer

This story begins on March 7<sup>th</sup> when The Adjutant General, Major Gen. Joseph Carter came to Barnes for a medical appointment before his trip to Key West with the wing. During his visit, he had lunch at the dining facility with a few Airmen from throughout the base. During lunch, Staff Sgt. Karla Belliveau of the Civil Engineering Squadron, and full-time teacher at the Millbury Elementary School, shared a story with Gen. Carter, highlighting her school and their support of her involvement in the Guard. At the end of the discussion Gen. Carter suggested that she speak to the Massachusetts ESGR (Employer Support of the Guard & Reserve) committee and see if they would recognize her school department for their support.

Immediately following lunch, Staff Sgt. Belliveau and I discussed the different programs ESGR has to recognize employers who go above and beyond to support the members of the base. With all the options, the first step is contacting a representative of ESGR and submitting a nomination form through the ESGR website [www.ESGR.org](http://www.ESGR.org).

After nominating her superintendent and principal for the ESGR Patriot award, the local ESGR committee recognized that the impact of the school's commitment, and worked with Sgt. Belliveau to recognize the Millbury Public School District with a Seven Seals Award for actions above and beyond in support of the guard.

During the school's annual Memorial Day ceremony held May 21st, representatives from ESGR, Maj. Steve Dougherty, the Civil Engineer Squadron and I traveled to the Millbury Elementary School and publically presented the schools administrators rec-

ognition awards for their efforts to ensure Staff Sgt. Belliveau is able to deploy and support the commonwealth's missions. Ms. Sue Frederick the school principal and Ms. Sue Hitchcock the school department's superintendent were recognized for their support. Mr. Richard Bedard, the schools business manager received the award on behalf of Ms. Hitchcock and stated, that the school was very excited to receive this recognition. They were very proud of work Sgt. Belliveau does for the school, and they are pleased to support her dedication to the Air Guard.



Staff Sgt Karla Belliveau, Mr. Earl Bonett (Western MA ESGR Chair), and Maj. Steve Dougherty (104 FW Civil Engineering Commander), present Ms. Sue Frederick and Mr. Richard Bedard the ESGR recognition awards during the school's Memorial Day ceremony. (photos by Capt. Matthew T. Mutti)

# Employers Needed

## By Capt. Matthew T. Mutti, Wing Executive Staff Officer

During the August deployment to Nevada to support Exercise Red Flag, the unit would like to invite some employers to come along, learn what we do, and thank them for supporting you. The unit has tentatively planned flying the employers down to Nevada on Thursday, August 27th, and returning back to Barnes on Saturday, August 29, 2009.

Before any real plans can be made,

employers need to be nominated to attend this trip. If you are a traditional member who would



like to nominate your boss, please discuss with them the tentative

dates and see if it will work within their schedule before submitting them for nomination to Capt Matthew Mutti.

The cost for the employers to attend this trip will be approximately, \$100.00, which will cover some of the costs that cannot be covered by the Boss-lift program. There will be room for 30 employers on the trip, and the seats will be filled as the nominations are made.

## EAC Column

### By Senior Airman Jennifer Krutka, Command Post Controller

The Enlisted Advisory Council's May meeting started off with another successful Scarecrow Program outcome. Both Staff Sergeant Cyr and Master Sergeant Bush from personnel received a First Sergeant coin, along with a scratch ticket. The scarecrow that SSgt. Cyr found was not wearing a belt. The other scarecrow was wearing unauthorized sun glasses. The third scarecrow was unfortunately not found, who was wearing a scrunchy in her hair; scrunchies are not authorized in accordance with AFI 36-2903. The scarecrow program will continue on the Sunday of June drill.

During the June UTA, camping has been authorized over the 4-day drill, however, due to the exercise schedule, the Club will remain closed Thursday, Friday, and possibly Saturday. This is because the NCO Club building is used for a good portion of the exercise. Please keep in mind that this exercise is testing us for our ORI, and we all need to keep

our undivided focus this UTA.

On a more informative note, there are now new restrictions to taking photos on the flight line or of our F-15 jets. If you have pictures from Barnes or unit deployments, that contains close-up images of our aircraft please do not post them on social sites such as Facebook, Myspace, or on a personal web page. The new restrictions are part of the units security program in that both our ramps and planes are now Protection Level 3 assets, and need to be treated as such. Public Affairs has posted some photos and videos of our F-15s on the new base Myspace and Facebook, these photos have been cleared for public use, so if you would like to use one of these photos, please do. For further photography guidance speak to the Public Affairs Office.

Also, on another informative note; if you are using billeting at the Holiday Inn, please book your UTA rooms more than a week in advance. You are able to book multiple UTAs in one phone call. This is a problem because by the

week of drill, the rooms that have been set aside for us, will start being given away.

We are also still looking for volunteers to help plan the 2009 Veteran's Ball. If you are interested, please contact SrA Jennifer Krutka, TSgt. Wade Rivest, or TSgt. O'Fallon know.

On behalf of the Enlisted Advisory Council, please be safe this drill and continue to utilize us to improve the 104 Fighter Wing!



## A Full Measure of Sacrifice

### By Army Sgt. James C. Lally, Massachusetts National Guard Public Affairs

MILFORD, Mass. – The Massachusetts National Guard held a ceremony to dedicate a memorial to its fallen Soldiers at the Massachusetts National Guard's Joint Force Headquarters here, May 21, 2009.

Maj. Gen. Joseph C. Carter, The Adjutant General Massachusetts, dedicated the memorial wall and a battle field cross in memory of 11 Soldiers who died in support of Operation Iraqi Freedom and Operation Enduring Freedom.

The memorial relates the story of each Soldier's personal sacrifice and serves as a reminder of the gravity of a Guardsmen's commitment to the Nation.

Addressing an audience made up of Massachusetts National Guardsmen, civilian employees and leaders representing Federal and State Government organizations, Maj. Gen. Carter said, "Unfortunately, we in the Massachusetts National Guard have learned the meaning of sacrifice in its fullest measure, the supreme sacrifice that is biblical in magnitude, where one's life is forfeited so that others may live to persevere and prosper. Theirs is the greatest sacrifice, one that we must never forget. Their families have endured, and continue to endure, the unending pain of separation and loss. We must not forget them either."

The wall is adorned with the encased photos of the Soldiers, identification tags and an inscription from the Soldiers chain of command. One of the Soldiers remembered by the dedication was Spc. Matthew M. Pollini, 772nd Military



Army Sgt. Jimi Lok, a member of the 54th Massachusetts Volunteer Infantry Regiment, Massachusetts Army National Guard, salutes while Taps is played during a memorial dedication ceremony at the Joint Force Headquarters Massachusetts National Guard in Milford, Massachusetts, May 21, 2009.

Police Company. Pollini, 21, of Rockland, Mass., died Jan. 22 near al-Kut of injuries sustained during a vehicle roll-over.

Pollini's unit is still serving in Iraq and members of the unit were unable to attend his funeral or the memorial wall dedication. This happens often so Soldiers who are still in a theater of operations such as Iraq and Afghani-

stan often hold memorial services by arranging a set of boots, rifle and helmet to form a battle field cross. The battle field cross at the Massachusetts National Guard Joint Force Headquarters honors the tradition.

After the dedication ceremony Maj. Gen. Joseph C. Carter, The Adjutant General Massachusetts, Brig. Gen. Thomas J. Sellers, Land Component Commander, Massachusetts Army National Guard and Command Sgt. Maj. David Costa, State Command Sergeant Major, placed their command coins in the boots of the battle field cross as a token of honor and respect to the memory of the Soldiers.

In the future, Officials, dignitaries and VIPs that visit the headquarters will be invited to visit the wall; those who have coins will be given an opportunity to place their command coin in the boots of the battle field cross.

Each Soldier that has made the ultimate sacrifice to the Nation has contributed the collective greatness of the American people, but for every fallen Soldier there is a family's personal story of loss that must not be forgotten.

# Exercise, Exercise, Exercise!

## By Technical Sgt. Marnie Wallace, 104 SFS



Exercise, Exercise, Exercise! This is a familiar phrase to us all. The present tempo of world affairs is continuously presenting new challenges for all Air Force Personnel. Many of us have seen our fair share of deployments over the past decade as a result of either Operation Enduring Freedom or Operation Iraqi Freedom. Real world missions have provided us with volumes of on the job training, but nonetheless we continue to train hard in order to address the palpable demands that today's religious, financial, and political challenges present.

I will never forget my first Readiness Exercise, and I have come to realize that neither will my fellow squadron members. Determined to prove just how high speed I was, I showed up with rolling luggage, needless to say I will never live it down. Following several deployments, my "high-speed" luggage had proven itself useless as it had fallen apart along the way. I knew what I had to pack without having to glance at a checklist. I can actually remember a time when the Security Forces Squadron deployed so often that my readiness bags were ready at all times. We had be-

come a well oiled machine prepared to fall-in at a moment's notice. Today, we continue to rise-up and face the world-wide demands made upon us all. With all of the irreplaceable real world training we have received, why do we continue

world. If we should ever have to respond to a CBRNE threat, it will hopefully be an automatic reflex based on the



104th Security Forces confront a possible terrorist during a Security Forces training exercise in April 2009. (photo by Master Sgt. Mark Fortin)

amount of training we do. The April UTA exercises also helped to highlight the anonymity of the enemy, and the danger of stereotyping that today's threat presents. As I watched Airman trying to navigate their way through a conversation with someone who speaks, and looks differently than us, despite their menacing tone, their biggest complaint was that our base was too close to their children's school.

to train so hard?

their children's school.

With the impending Operational Readiness Inspection, Security Forces is eager to prove their hard-earned skills, and train with a sense of pride and urgency. During the April UTA I found myself observing Security Forces Troops training, and thoughts of

As we move ahead, we train for an



Senior Airman Glendaennis Santos stands vigilant as Airman Ben Roncarati secures the base entrance during a training exercise. (photo by Master Sgt. Mark Fortin)

"why train so hard?" began to slowly creep into, and poison my mind. When I witnessed troops donning their chemical gear with that familiar sense of impending crisis, I realized that there is training that I hope, and pray we never experience in the real



104th Security Forces confront a possible terrorist during a Security Forces training exercise in April 2009. (photo by Master Sgt. Mark Fortin)

ever-changing mission which presents new challenges and obstacles. Our skill sets and determination to master new responsibilities is dependent upon the training we receive. The next time you hear exercise, exercise, exercise, focus on the key role all experience, and training plays in the success, and strength of

# The Process of Enlisting...from an Enlistee

By Airman Basic Ross Larson, Ammo Flight

During my time as an intern at the 104<sup>th</sup> Fighter Wing, my interest in becoming a part of the Wing increased daily. It was a pleasure to work with so many different people, but I was unsure of the process that was necessary to join the Air National Guard (ANG), and become a member of the 104<sup>th</sup> Fighter Wing.

The first step I took to begin my enlistment was a crucial one indeed. I thought to myself, "Is this really something I want to do?" The answer was "Yes, this is a smart decision and can only better me in the long run." Assure yourself that this is something that you want, are going to follow through with, and not regret later on. Talk to a recruiter and get to know the facts about what it means to enlist. It will give you a stronger sense of confidence and remove all those unsure feelings of jumping into the unknown.

After coming to the conclusion that joining the Air National Guard was something I really did want to do, I set up an appointment with a recruiter to learn more about the opportunities that were available at the base. I also learned about how the ANG will pay for college tuition and fees, a big factor in my book. Going to college next fall would have had a large financial impact on my parents and me but with the benefits of the ANG there will be no student loans now and I can focus on the more important aspects of school. Another upside to enlisting is that the ANG has great financial benefits. Depending on the field of work you enter into, there may be an enlistment bonus that comes along with it. In addition, the amount of pay you receive for working two days a month is unbeatable.

The next step was to get a physical exam that showed I am physically qualified for military service. Also, I had to take the Armed Service Vocational Aptitude Battery (ASVAB) test which, based on my score, will give me a list of career fields that I am eligible for. To prepare for the ASVAB, I took

a few practice tests online to get a feel for what the test was going to be like and I highly recommend taking them. Once prepared, I scheduled a date and took the two tests at Westover Air Force Base in Chicopee, Mass. It was an overnight program which entailed taking the ASVAB in the evening, spending the night in a nice "hotel" on base, and being awakened early the next morning to begin the second test; the Military Entrance Processing Physical. The six hour long physical was composed of many different tests such as hearing, eye sight, blood and urine tests, and a general physical. Passing these two tests is necessary in beginning your Air Force career, so they should be taken seriously.

The next step in my enlistment process was to go to the 104<sup>th</sup> Fighter Wing to take a tour of the shops and departments that my ASVAB scores determined I was eligible for. In my case, I enlisted later than I should have, giving me a slim choice on what jobs were readily available. If you are dead set on obtaining a certain job, then make sure you give yourself enough time to reserve a spot. After my recruiter took me around and introduced me to the available shops, I made my decision. This is also a very important step and should not be taken lightly. This is the job that you will be doing for the next six years, or however long your enlistment is, as a member of the Guard. Lucky for me, the shop that I was originally interested in still had vacancies.

To finalize the process, there is an exorbitant amount of paperwork that needs to be completed. The forms may seem repetitive, yet, reading them closely is a must. You should know what you're getting into and what all the papers you are signing mean. By raising your hand and reciting the oath you are now, officially, part of the Massachusetts ANG.

Being a new recruit, it would be very wise to go to the Student Flight program which takes place during the monthly Unit Training Assemblies or

UTAs. The Student Flight Commander helps to teach the new recruits about Basic Military Training and technical training school, giving a well appreciated heads-up for what is coming down the road. Getting the recruits ready physically with PT workouts, mentally with classroom time, as well as listening to many different speakers, the Student Flight program provides the newly enlisted recruit with an impression of what their next step in the Air National Guard will be like.

If I were to map out a timeline for my enlistment, it would be rather lengthy, but much of the time line depends on how proactive the member is while completing appointments and paperwork. I began filling out my first few sheets of paperwork in late November, and by the end of March the enlistment was finalized. This may seem like a long time to most people, but it worked out well for me. I had certain opportunities that not everyone gets the chance to participate in. My high school internship class provided me with the special opportunity to work with members of the 104<sup>th</sup> Fighter Wing prior to my enlistment. My assignments included interviewing members of many different shops and departments, such as Security Forces, Avionics, Munitions, and the Fire Department. Thus, I had the ability to look into possible career fields beforehand. This helped in my decision as to what career field I was going to choose and enlist into. The time between November and March included the tests, meetings with the recruiter, and more paperwork. Everyone's timeline may differ, from a few weeks to a few months. The important aspect to remember is that anyone interested in joining the Air National Guard should allow for the appropriate amount of time to complete the process. It's important and well worth the time.



# Being On The Scene

By Ms. Caresse Parenteau, Southwick Tolland Regional High School Intern

The traditional media is decreasing in popularity, while new media is on the rise. Web pages for businesses are becoming necessary for an organization to keep the public informed, and the 104<sup>th</sup> Fighter Wing is jumping into this cyber world by acquiring Facebook, Twitter, Flickr, and Myspace accounts, to name a few. This will give the Public Affairs office other avenues of accomplishing its mission of informing the public about the 104<sup>th</sup> Fighter Wing.

The reason for the wing to host these social pages is to provide alternate avenues for the unit to reach the local population that is not informed through typical newspaper or magazine publications. Each page has its own unique utility in reaching a new population, publicizing the base information. Flickr is an emerging photograph sharing site, hosting many photographs of the unit's aircraft and events. With



this site, it is important to make sure the pictures are well protected in case other users want to utilize them. For our pictures, there will be a watermark within the pictures to secure the ownership of who took and owns each photograph.

A new trend in these markets is real-time posts, allowing for cyber followings. Twitter is mainly an event driven "What you doing" kind of site. Twitter allows you to post pictures on a profile, but it also allows the user to post events

and other comments to outside 'followers'. This site is more personal than Flickr, allowing the user to follow someone, or be followed,



and can view other user's profiles. This site will help the base tell the public about upcoming events or awards that are being given.

MySpace and Facebook are sites to contact friends and have fans.

MySpace allows you to post pictures and events, send messages, and chat with friends. It's a site to show what you are about. The user can



design their own profile and add any graphics, including songs. The user can answer surveys and send gifts to their friends. This site allows the base to post videos and events that are coming up, as well as informing the public a little about the base.

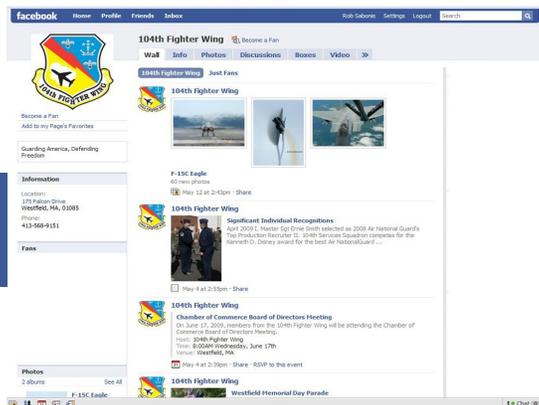
Facebook is a lot like Myspace, but more personal. There are more applications that the user can utilize. For example, there is an application for sharing



bumper stickers with friends. There's also more interaction between friends. Businesses and organizations with profiles can

gather fans. Fans can view the profiles and comment on certain items, allowing the base to receive feedback from the public. It also helps the Public Affairs office by sending messages about the base to those who don't hear it.

Airman Ross Larson, a newly enlisted airman in Munitions Flight, started the wing Facebook page while interning for Public Affairs. Having a profile himself, he feels it's pretty simple to use. He doesn't have any family members on Facebook, but many of his friends are on, and they are the ones who got him into Facebook. For the base profile, events and videos are posted for the public to view. In response to what Ross thinks about the base having a Facebook profile, he says, "It's a good way to create a bridge for those who aren't affiliated with the base to get to know and understand what Barnes is all about." After only a few days of its creation, the base has over 150 fans. It's a great new way to share the Public Affairs' messages and interact with the public.



# Leadership and Teambuilding

**By Senior Master Sgt. Patrick Scanlon, Wing Human Resource Advisor**

Throughout military training we are taught that as a team, we can accomplish anything. To achieve the demanding goals of the ANG, individual efforts are important, but high performance teams are essential. The fact is that while all teams are groups, not all groups are teams. A group becomes a true team only when its members support and enhance each other's performance and contributions... when they work together to achieve results that are bigger and better than those that could be realized individually. Winning teams and committed members will be required to succeed.

The National Guard Bureau is committed to provide tools so commanders can address the challenges of force management and force development. NGB, through the Office of Cultural Transformation (NGB/CFT), has provided funding for each wing to host a leadership-training course called Diversity Champions. This course was developed by Lt.

Col. Ondra Berry, an officer in the Reno ANG. The principles of this course have benefited corporations and businesses nationwide to build cultures that value diversity and fully use the strengths and talents of their employees. Satori Team, which is the company that offers this training, will be here at Barnes this month to facilitate the course.

---

“The Diversity Champions course is a fast-paced training experience that teaches how to build high performance teams. It generates passion for “leveraging” people’s strengths. With a focus on leadership skills, it teaches the power of respecting individual uniqueness and diversity. Participants leave with a shared vision and with tools to mentor and grow future leaders.”

Lt. Col. Ondra Barry

---

The Diversity Champions course progresses in three integral phases: Day 1 Developing Leadership Qualities; Day 2 Building High Performance Teams; Day 3 Leading in YOUR Organization. On June 10-12, approximately 30 key members from the 104th, JFHQ, as well as some MA Army Guard personnel will attend this intense training. These individuals will be challenged to return to their respective units to share the gifts of being a stronger leader and developer of high-performance teams.



# Volunteers needed for July 4th Boston Esplanade detail

**By Capt. Matthew T. Mutti, Wing Executive Staff Officer**

We are looking for volunteers to support the 4th of July event in Boston, on the Esplanade. This year we will be looking for 30 individuals to support this state mission. All volunteers will be on State Active Duty Orders for July 4 and 5th. The mission will carry over into the morning hours of the 5th; we will be home a little after Midnight.

If you are interested, please reply to me with the following information:

- (1) Name \_\_\_\_\_ (2) Rank \_\_\_\_\_ (3) Status (AGR/Tech/Trad) \_\_\_\_\_
- (4) Home E-mail \_\_\_\_\_ (5) Cell Phone \_\_\_\_\_
- (6) Years of Service \_\_\_\_\_ (7) if you will meet at BARNES or at the PARK n'RIDE \_\_\_\_\_

Here are the preliminary details:

The vans will depart Barnes at 0700ish on July 4 with one stop in Auburn at the ‘Park n’Ride’ for members who live in the East. We will receive a State Police escort into Boston (so all members must ride with us). There will be four meals provided and the uniform for the detail will be BDUs or ABUs. Our mission will be “Show of presence” and to work with local law enforcement folks. Our detail will last from 1000 on the 4th of July to 0100 on the 5th of July. Our unit will be stationed on the Cambridge side of Charles River. AGRs may support this detail, but they will not be on SAD. This mission is open to all members of the 104th and GSUs.

If you have any questions, please contact:

Capt Matthew T. Mutti, Wing Exec Staff Officer / SARC / Public Affairs  
 104th Fighter Wing, Barnes Air National Guard Base, 175 Falcon Drive, Westfield MA, 01085  
 matthew.mutti@mabarn.ang.af.mil





# Safety, 'How Goes-It?'

By Master Sgt. Shannon Huard, Ground/Weapons Safety NCO

## May

### Injuries

1. Worker injured; strained back; lifting line replaceable unit; their was no lost time
2. Worker injured; strained back; lifting equipment cases; their was no lost time
3. Worker injured; corneal abrasion; poked in eye; prescription medication

Worker distress; heart palpitations; admitted to hospital for diagnostic tests.

### 1 Mishaps

GSA pickup truck damaged; spare tire fell off; undercarriage components broken; \$200 damage

In the month of May, back strains were the most common types of injuries that occurred on this installation. Utilizing proper lifting techniques can aid in the prevention debilitating back injuries. The Occupational Safety and Health Administration (OSHA) considers back injuries as one of the nation's biggest safety problems. According to the Bureau of Labor Statistics (BLS), back injuries account for one in every five workplace injuries and illnesses. In addition to the pain and suffering of employees, back injuries cost industry billions of dollars in compensation and indirect costs.

Preventing back injuries in the workplace is a major safety challenge. No approach has been found

for totally eliminating back injuries caused by lifting; however, injuries can be reduced in numbers and severity with effective training, ergonomic design, proper lifting techniques, and worker fitness.

Keep your back healthy and lift safely!



# Making Physical Activity a Part of Your Life!

By Lt. Col. Anita Compagnone, Health Promotions Officer



### Why should I be physically active?

Physical activity can make you feel stronger and more alive. It is a fun way to be with your family or friends. It also helps you improve your health.

### How many times a week should I be physically active?

Be active at least 3 days a week.

### How much physical activity do I need to do?

Do **both** aerobic activities and strengthening activities. Adults should do activities to **strengthen** muscles and bones at least **2 days a week**. Each offers important health benefits. For example, you can do sit-ups or push-ups.

### For best success

- Team up with a friend. It will keep you motivated and be more fun.
- Pick activities that you like to do and vary your work outs.
- Track your time and progress. It helps you stay on course.
- And remember, some physical activity is better than none!



# 104th Alumni Reunion

Compiled by Chief Master Sgt. Ted Gloss (Retired)

104th Alumni Reunion will be July 15th, 2009, at the NCO Club, Barnes ANG base. Attitude adjustment hour is at 1800 hrs and include appetizers, then dinner will follow at 1900. The meal will include grilled steak, baked potato with sour cream, seasonal vegetable, rolls with butter, garden salad, dessert and coffee for \$13.00. Guests are welcome. Make your checks payable to **104th Mass ANG Alumni Association** and mail to Len Frigon at 778 West Street, Ludlow, MA 01056. Please include your guest's full name (no nick names). This information is needed for the guest list given to the main gate. Please Remember....**ADVANCE RESERVATIONS ARE REQUIRED.** The cut-off date will be Monday, July 13th. **YOUR CHECK MUST BE RECEIVED BY JULY 13th.** Checks received **AFTER** that date will be returned to you and a dinner will not be available. Payment at the door **WILL NOT** be accepted. Walk-ins may attend, but will not be served dinner. Payments and reservations **WILL NOT** be processed if received after July 13th. Reservation cancellations made prior to 5pm on the July 13th will entitle you to a full refund. "No-Shows" are not entitled to a refund.

Along with our 50/50 raffle, we will be holding our annual July raffle where we ask everyone attending to bring an item, such as wine, Dunkin Donut gift cards, MacDonald's, etc. Donations are very much appreciated.

We hope to see you on the 15th.

All communications related to reservations and payment must be made directly to Len Frigon at (413)589-9157. If you have any questions related to our reunion, please call Pam Spear at 569-2422 or Len at 589-9157.

## What's My Line Winner!



Photo by Senior Master Sgt. Robert Sabonis

Submit your funny, creative and appropriate caption for this photo..

We will run the winner and a runner-up in next months Air-Scoop.

Submit your entry to:

[PA.104fw@mabarn.ang.af.mil](mailto:PA.104fw@mabarn.ang.af.mil)

### Last month's winners are:

"Hey! I thought this was a one-way mirror...."

- Master Sgt. Chris Curtis

"The Safety team reminds us that even a game of Patty-Cake needs ORM".

- Master Sgt. David Frates

## What's My Line?



Photo by Senior Master Sgt. Robert Sabonis

# Annual Award Submissions

Time to start working on those award packages for your outstanding troops. The Chiefs Council would like to remind you that it is time to start working on the packages for The General Keefe Award. The information and Air Force form 1206 process can be found on the Y drive in the folder marked General Keefe Award. The submission date to the Chief's council is NLT 18 September 2009.

*“Don't tell people how to do things, tell them what to do and let them surprise you with their results.”*

- General George S. Patton

The information and sample 1206 can be found on the Y drive under General Keefe Award folder and use 1206 sample and the General Keefe Enlisted award comm. info doc. With a submission deadline of 18 September to the chief's council.

## General Keefe Enlisted Award:

### Presented from the Enlisted Voice

Award Criteria: Leadership-taking care of people, setting a positive example and still being grounded, discipline, responsible, integrity & a strong family connection.

Use standard AF Form 1206 to submit candidate choices to Chief council for board. Submissions start in August and end in October of the UTA.

Prepare and post a draft 1206 template with sample bullets for use.

The Chief's Council will have a board to select the honoree in November.

The award will be from the Chief's Council & purchased by the Chief's council.

## Barnestormer & 131st Fighter Squadron T-shirt for sale

Black shirts with 131st patch, Gray shirts with 131st patch and the BarneStormers F-15 logo, and Red shirts with the F-15 Silhouette are on sale for \$15 each. Shirts are available in sizes Medium—Extra Large

Supplies are limited



Please contact of the individuals listed below:

- 1) Lt. Nate "Sniper" Oswald at Nathaniel.oswald@mabarn.ang.af.mil
- 2) Capt. Neal "Rug" Byrne at Neal.byrne@mabarn.ang.af.mil
- 3) Lt. Corey "Tin'em" Mackey at Corey.mackey@mabarn.ang.af.mil

## Women Veteran's Conference

The first statewide Conference for Women Veterans will be held at Holyoke Community College on Saturday, June 27, 2009.

The conference program consists of a keynote address by Lydia Rodriguez, a local woman who served in Kuwait. There will be four workshop sessions offered and an exciting exhibit area. Lunch will be provided as well as time for networking with vet-sisters. The conference is free but registration is required.

You can get more information and register online at [www.mass.gov/vets/womensconference](http://www.mass.gov/vets/womensconference).

This event is sponsored by the Commonwealth of Massachusetts, but the content and topics aren't necessarily state-specific so women from anywhere are encouraged to attend.

## New Wing Coins in Stock

The new 104<sup>th</sup> Fighter Wing coins are on sale for \$5.00



To purchase, please contact your first sergeant.

## Welcome to our Newest Members

1 APR 09	KELMELIS, SAMUEL	AMXS
4 APR 09	CONDIKE, JAMES	AMXS
4 APR 09	DECORMIER, DANIEL	AMXS
7 APR 09	CYR, ROBERT	AMXS
5 MAY 09	WACHTA, TIMOTHY	MXS
6 MAY 09	WHITMAN, BRIAN	MXS



Photo by Senior Master Sgt. Robert Sabonis

## Public Affairs Traditional Opening

**Positions:** Videographer

**Titles/Grades:** Traditional / E-6 TSgt

**Minimum Grade eligible to apply:**  
None

**Supervisor:** Capt. Mary Harrington /  
pa.104fw@mabarn.ang.af.mil

**Application Deadline:** August 8

**Duties-** Document the units activities through media stories, releases and advisories. Provide material for local, regional, national media outlets as well as on the unit's web page.



## 567th ANG Band First Sgt. Opening

**Maximum/Minimum Grade:** MSgt/TSgt

**Unit:** JFHQ, Milford, MA

**Application Deadline:** 19 April '09 / **Board:** 2 May '09

**POC for more information:** Capt John D. Keeler,  
DSN: 256- 6675; Commercial: (508) 233-6675

Email: [john.keeler@us.army.mil](mailto:john.keeler@us.army.mil)

## Chaplain Assistant

**Maximum/Minimum Grade:** E-5 / SSgt

**Unit:** 104th Fighter Wing

**POC for more information:** Master Sgt. Petee at  
petee.thomson@manbarn.ang.af.mil

DSN 698-1311; Commercial (413) 568-9151 x 1311

## Congratulations on your Promotions

### To Airman (E-3)

Airman Basic Serrano, Desiree, LRS

### To Staff Sgt. (E-5)

Airman 1st Class Costa, Mark, Student Flight

### To Tech. Sgt. (E-6)

Staff Sgt Phillips, Todd, AMS

Staff Sgt Mimitz, Brandy, LRS

### To Master Sgt. (E-7)

Tech Sgt. Dorman, Timothy, MXS

### To Senior Master Sgt. (E-8)

Master Sgt. Kleciak, Clint, CF



## Congratulations to our Retirees

Couture, Richard	CES	30 Mar 09
Fiske, Scott	LRS	30 Mar 09
Meyer, Tina	MSF	30 Apr 09
Maio, Ruth	SVF	7 May 09
Guyette, Rolland	MOF	23 Jun 09
Moore, David	FW	3 July 09
Rhodes, Charles	SFS	30 Aug 09

Retirement Luncheon

For

**Senior Master Sgt. Dave Moore**

Location: Westwood Restaurant, Elm St  
Westfield

Date: Friday, 12 June at 1130-1400

Menu: Chicken Marsala & Roast Pork

Cost: \$20.00

*Tickets can be purchased from the Safety Office at x1116*



Week of May 6 – May 12, 2009

### Proposed Post-9/11 GI Bill transferability rules

Department of Veterans Affairs representatives are ready to begin accepting sign-ups for the Post-9/11 GI Bill May 1 and Defense Department officials are working to get the word out on the proposed policy regarding the bill's transferability provisions to help servicemembers decide if the new benefit is right for them.

Proposals call for enlisted or commissioned members of the armed forces serving on active duty or in the Selected Reserve on or after Aug. 1 to be eligible to transfer their benefits as long as they qualify for the Post-9/11 GI Bill.

Another Pentagon proposal would cover servicemembers who will reach the 20-year service mark, making them retirement-eligible, between Aug. 1, 2009, and Aug. 1, 2013.

The breakdown on this proposal:

- Those eligible for retirement on Aug. 1, 2009, would be eligible to transfer their benefits with no additional service requirement
- Those with an approved retirement date after Aug. 1, 2009, and before July 1, 2010, would qualify with no additional service
- Those eligible for retirement after Aug. 1, 2009, but before Aug. 1, 2010, would qualify with one additional year of service after approval to transfer their Post-9/11 GI Bill benefits
- Those eligible for retirement between Aug. 1, 2010, and July 31, 2011, would qualify with two additional years of service after approval to transfer
- Those eligible to retire between Aug. 1, 2011, and July 31, 2012, would qualify with three additional years of service after approval to transfer

The service member's 36 months of benefits, the equivalent of four nine-month academic years, could be transferred to a spouse, one or more children or any combination.

Find Airman's Roll Call Online Here: <http://www.af.mil/library/viewpoints/>

Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.

#### 104TH FIGHTER WING

Barnes Air National Guard Base  
175 Falcon Drive  
Westfield, MA 01805

Phone: (413) 568-9151  
Fax: (413) 525-1515  
E-mail: [PA.104fw@ang.af.mil](mailto:PA.104fw@ang.af.mil)  
Web: [www.104fw.af.mil](http://www.104fw.af.mil)



*PRIDE  
PROFESSIONALISM,  
PATRIOTISM.*

**We're on the Web**

**[WWW.104FW.ANG.AF.MIL](http://WWW.104FW.ANG.AF.MIL)**

*Copyright (c) 2006 104th Fighter Wing Air National Guard. All rights reserved. This funded Air Force newspaper is an authorized publication for members of the U.S. Military services. Contents of the Airscoop are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force or the Air National Guard.*