



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

Pride, Professionalism, Patriotism

Barnes Air National Guard Base

June 2010



Equipment is palletized and mobilized during the Operational Readiness Exercise at the 104th Fighter Wing on April 30, 2010. (Photo by Senior Master Sgt. Robert J. Sabonis)



Col Robert T. Brooks, Jr.

Commander's Column

By Col. Robert T. Brooks, Jr.

On June 6, 1944...with sheer tenacity, allied troops stormed the beaches of Normandy, overcoming insurmountable odds as they forged forward from their initial landing sites toward countless Nazi machine gun pits that sprayed bullets down at them. As soldiers, marines, and sailors trudged forward through this rain storm of bullets and shrapnel, they did not stop, even as their friends were dying around them. They were committed, and there was no turning back. It was either take the beach heads, or perish. If it wasn't for the commitment of those veterans to reach and defeat those enemy gun batteries, D-Day certainly would not have been successful.

doing it to the best of their ability; this commitment coupled with the ideals of teamwork will provide the vehicle for success.

The other topics of accountability and attitude point back to the leadership of this unit and how we are committed to holding each other accountable for our actions. With more than 600 NCO's in our unit, we should have strong leadership each and every day. Being driven and committed to being a leader every day, in both words and deeds along with a commitment of accountability at all levels, will help us to be professionally competent, thus helping us reach our goal.

Just as the allied troops demonstrated a true commitment toward reaching their objective, we too need to take the word commitment and turn it into an adjective that describes the passion in which we approach each task. I am confident in our abilities and I know we will succeed, I am proud of the hard work you've all demonstrated, and look forward to continued success in the future.

In today's society, the word commitment has begun to take on the feel of a negative trait; wireless plans offer talk-time without commitment, infomercials offer a chance to try-out a product without a commitment to buy. I argue that commitment is a requirement for military service, and it is essential to our success as we continue to face new challenges. In 1776, an extraordinary group of men signed a document that affirmed their God-given right to "life, liberty, and the pursuit of happiness." By attaching their signatures to our great Declaration of Independence, they, in effect, were signing their potential death warrants.

Indeed, the last line of our Declaration reads, "For the support of this declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes and our sacred honor." Many of these men, and many of their countrymen, the first generation of American Patriots, would die fighting for American liberty.

Everyone is personally driven to succeed by different things. For some it's money, others it's religion or family, and yet for some it's the pride in knowing they've done a good job. In this organization, people seem to be driven by the latter, coupled with a strong sense of patriotism. Regardless of what drives you, I insist that commitment to our vision is imperative.

During wingman day, I spoke about 5 topics that are tied back to our vision of being the most respected Fighter Wing in the combat Air Force. First, and most important, is building a culture of professional competence. We all need to be committed to being the best at what we do. Each person here provides a critical strength-together, those strengths make-up an unstoppable team. We need everyone at every level of this organization to be committed to their job, and

AIRSCOOP

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

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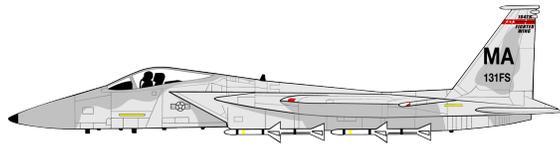
Chief Master Sergeant's Column

By Chief Master Sgt. Rob Roy

The 104 Fighter Wing has been a part of the Western Massachusetts community for over 63 years. While the wing has varied in both size and mission

during those years, one thing has remained a constant. We as members in this unit are, in some way, visible to the community that we pledge to defend when we joined the military. Our F-15s flying overhead each day are of course the constant symbols of our wing but think about how you as an individual contribute to the public awareness of the 104 Fighter Wing and our mission. April and May of this year we were very visible to the public, putting a "face" on many local events. Press coverage of major mission changes on the base such as the ASA. Volunteers supporting local and state wide events such as Patriots Day, Boston Marathon, Veteran's Home Renovation in Springfield and of course Memorial Day.

Each of these events required a commitment from the members of this wing to be there, to be visible and put a "face" on the 104 Fighter Wing. Some events had more participation than others but what is important is that we all remember that every person that volunteers for these events collectively puts a face on our unit to remind the public that we are here and we do more than just put F-15s into the sky.



Two of our wing goals (which have been wing goals for as long as I can remember) are to "support Family Programs and Readiness" and to "foster strong community relations". When you ask yourself what part you play in the mission of our Wing remember that we all provide the "face" that our communities, civil

leaders and everyday people remember. There are 977 "faces" in the 104 Fighter Wing. Those of you that have been part of the "face" of the 104th, Thank-you! Keep it up! Those of you that have seen the invitations and calls for volunteers go by in e-mails, newsletters and briefings, ask those that have done how rewarding it is to get a "thanks for your service" or to see the happiness on a kids face when you talk about what we do to provide for the common defense of their country. Our wing has faced many challenges (and of course will face new challenges) which many of you are well aware but our constant challenge is to be visible and approachable to people we serve. Our Air show will be an opportunity for all of us to again put a face to the 104th but remember that the many little things we do in our community throughout the year will bring big rewards for the "face" of the 104 Fighter Wing.



Safety: How Goes It!

By Senior Master Sgt. Thomas Dumais

3 injuries & 5 mishaps since last UTA.

Injuries

- positioning jack; Lacerated face: Slipped jack; <1st aid.
- disconnecting LOX Cart; Lacerated Finger; Inattention; >1st aid.
- lifting; Aggravated condition; Repetitive movement; >1st aid.

Mishaps

- On base 2W POV Skid out; Minor POV Damage; Slipped on patch of sand; No injuries.
- Civilian MSF Rider injured; Drove into fence; Lost control; Transported to hospital.

- CATM missile gouged; Lift truck impact; Close clearance; Repairable \$100.

- GOV damaged by GOV; Backed into; Inattention; \$1000 Damage.

- Bird Strike; No Damage; Unknown time; No damage.

Well here we are already into the "101 Critical Days of Summer" and as of writing this we have not experienced any tragedies in our unit. This however does not mean we can let our guards down. In the blink of an eye this can change. As good airmen and wing men we must all do our parts to ensure fun remains just that, fun! Almost all of what you are doing or plan to do comes down to common sense. All we ask is that you apply it where

necessary. Have a Safety Summer!

The last item we would like to bring up is our on base traffic safety. I think everyone can agree the base is relatively small however small or not we all must obey the rules. .

- 1) Ear buds are NOT authorized while jogging or walking on base roadways.
- 2) Cell phone use must be hands free. Stop signs on base are no different than off base.
- 3) Stop means Stop!
- 4) Texting while driving is not allowed.
- 5) Slow down! We recently had one operator stopped for doing in excess of 45MPH on the main road.



First Sergeant's Column

By Master Sgt. Don Wright, MXS 1st Sgt.

No need for 1st Sergeants? "There wouldn't be a need for first sergeants if immediate supervisors would do their supervisory duties." That was a quote, in a September 2007, Bolling AFB commentary, from Senior Master Sgt. C.D. McFadden, 11th Mission Support Squadron.

Just stop and think about this statement for a second. What is the difference between an involved immediate supervisor and a First Sergeant? A First Sergeant and a Supervisors' responsibilities are very similar. Both are there to ensure mission accomplishment through the supervision and training of those Airmen assigned to them. In order for an Airman to focus on their primary job, which is mission accomplishment, they have to have their head in the game. If there are any outside distractions, then they will not be able to give 100 % on the job because their mind is somewhere else. Outside distractions could be related to pay issues, family problems, legal troubles, education concerns, etc. Both the supervisor and First Sergeant can make referrals to any base agency or Air Force resource such as, Military Equal Opportunity Office (MEO), Medical Group, Finance, Chaplin, Legal Office (JAG), Family Support, Military One Source, Employer Support of the Guard and Reserve (ESGR). However, most immediate supervisors are reluctant to make that call.

Who knows the Airman better, the immediate supervisor, who observes their

troop on a regular basis, or the First Sergeant, who sees the Airman occasionally? The immediate supervisor is in a better position to observe the growth of an Airman and to pick up on any changes in performance, behavior and attitude. Yet when issues arise, how often does the supervisor say "this is a good job for the First Sergeant, go see him" or "I don't want to get involved with their personal life, isn't that your job Shirt"? What the supervisor is really saying is that the Airman isn't important enough for them to take the time to get involved.

Here is a brief description of what a First Sergeant is responsible for:

- Advise and Assist the Commander in maintaining discipline and standards.
- Promotes Morale, Health and Welfare of enlisted personnel.
- Informs enlisted members of the Commanders policies, goals and objectives.
- Informs the Commander of the impact of his policies, goals and objectives on the enlisted force.
- Ensure enlisted personnel are Mission Ready which means they are, qualified to perform their duties, medically qualified to deploy and their family needs are met.
- Advise the Commander on Programs such as promotions, reenlistments, extensions, fitness, family care plans, PME, selective retention, force management and morale.

- Give guidance on leadership, military courtesy, personal appearance, career planning & progression, counseling and mentoring.
- Correct conduct prejudicial to good order and discipline.

Sound familiar? It should, because General Responsibilities of NCO's and SNCO's, outlined in AFI 36-2618, The Enlisted Force Structure, are basically the same as those of a First Sergeant, only at a different level. If these responsibilities don't sound familiar, I suggest you read up on them. Take the time to get involved with your Airman and get to know them. Mentor your subordinate NCO's and shape their future so they become good Wingman, Leaders and Warriors. Correct substandard behavior and performance immediately so they don't become habits. Solve problems at the lowest level possible before sending it up to the Command level. When or if you find yourself in over your head on a particular situation, then refer to your Supervisor, First Sergeant, Commander or Base Agency.

The role of the First Sergeant is a time honored tradition. There will always be a need for First Sergeants and by all means continue to use them, but remember that the responsibilities of the First Sergeant are those responsibilities that are shared by each and every Supervisor. Make sure you are involved in the career of your Airman! "Mission First, People Always".

History of the F-100 Memorial ~ Part X

By (Army) Spc. Lisa Pauli

This series has been on-going for a year, sharing with the unit the stories behind the names affixed on the F-100 memorial. This memorial was created to honor the memories of the members of Barnes who had lost their lives in the service of their

country. The last name on the wall is Capt Hugh M. Lavalley who died when his F-86 crashed in a wooded area in Warren County, NY, while he was on a low level navigational mission in May of 1961.



The investigation never identified a cause to the crash.

ORE Explained - Part 2, Sharpshooter 2010

By Senior Airman Matthew Benedetti, Public Affairs

Benjamin Franklin once said, “By failing to prepare, you are preparing to fail.” The wisdom of the American statesman was not lost on the members of the 104th as they prepared for and executed the Operational Readiness Exercise (Sharpshooter 10-02) on the Apr/May UTA.



The purpose of the exercise was to generate and deploy an F-15C Aviation Package to Base X, recover and regenerate for combat operations in theatre.

Over 400 airmen were mobilized and all unit members played a role in the two-day exercise designed to prepare Airmen for the deployment process if they were called to active duty. Identifying challenges associated with deploying is a key Component of the drill. Each section is faced with tasks and challenges unique to its capabilities.



Senior Master Sgt. James Burke of the Logistics Readiness Squadron (LRS) has managed several inspections during his time at the 104th. Logistics is responsible for ensuring that personnel and equipment arrive to the intended destination during the scheduled time. “We are accomplishing and fine tuning

our processes. Every time we improve and adapt so they work better. The last three exercises, we operated from three different areas to get personnel flowing and cargo to flow in the most efficient way,” he said.

“The process has been smoother than last time. By identifying shortfalls in paperwork—we have improved in that area—we provide better supporting documentation for the inspectors,” he noted. “During this exercise, we will be close to 100 percent. If we can’t fill a position, we are going to show them why and give them a good reason and hopefully eliminate the possibility of any sort of write up,” Burke said. Tech. Sgt. James McMullen, the Unit Deployment Manager (UDM) for the Force Support Squadron (FSS), was pleased with the performance of unit members and shared his view of what he focuses on. “Accuracy amongst all the personnel in the unit and making sure all the folders are the same,” he said. “Communication and attention to detail are also very important,” he said. “It flowed well on Friday and our pax was ahead of schedule for most report times. Some minor details need to be worked out but we are improving each time,” observed McMullen.

At the Medical Group, the functions are distinct but the mission is the same—generating personnel through the deployment process. Maj. Dave Archambault, the senior health administrator, explained some of the elements of the process, “The preparation started a few months ago. We had to pull everyone’s medical records that were processing and make sure they are medically qualified to deploy. The deployment line went fairly smooth,” he said. “It is important to remember that if unit members experience a change in medical status, we need to know prior to the exercise,” he advised.

Maj. Gary Archambault, the public health officer, deployed in one of the chinks and echoed his brother’s sentiment. “You might go to your doctor for medicine and it may not classify you as non deployable. If there is no replacement and they shortfall the position—then it affects the bigger



mission,” he said. “If you are having your blood drawn or get a shot, try to get it done prior to the exercise. Over 200 shots were administered in the line and it is not the ideal place for it,” he cautioned. “We need to ensure that the computer records match the hard copies.”



Sharpshooter (10-02) was designed to evaluate the way our members were able to prepare unit personnel to travel overseas in support of a federal activation. The simulated deployment, designed to identify shortfalls and inconsistencies, was considered a success.

“Overall, this exercise was a huge success. Although the inspectors found many areas needing improvement, I’m confident we’ll get squared away in time for next summer’s Phase I inspection,” Col EJ Gunning, 104th Mission Support Group Commander, said after Sunday’s exercise out brief. “Sometimes it can be a little tough to hear you’re not doing things correctly, but, it’s this constructive criticism that provides the roadmap for us to reach our goal – an OUTSTANDING grade for the Operational Readiness Inspection.”

(Photos by Senior Master Sgt. Robert J. Sabonis)

Summer Safety has Attention of Top Leaders

The 101 Critical Days begins when you leave work on Friday 28 May until you return to work on Tuesday 7 September.



THE SECRETARY OF THE AIR FORCE
CHIEF OF STAFF, UNITED STATES AIR FORCE
WASHINGTON DC



MAY 18 2010

MEMORANDUM FOR ALL AIR FORCE PERSONNEL

SUBJECT: Critical Days of Summer

As we approach the summer months, it is important to reiterate the importance of safety and risk management as we increase participation in outdoor sports and recreation, whether at home or deployed. Every year, we lose Airmen in summer-related mishaps, many of which are preventable. This summer, our goal is ZERO preventable mishaps. Help us accomplish this objective by exercising good personal judgment and by being a good Wingman, both on and off-duty.

Last summer we lost 21 Airmen. Eighteen of those died in private motor vehicle crashes, and 71% of summer related fatalities involved reckless behavior. This summer, please enjoy the warm weather with family, friends and fellow Airmen. As you do, consider the following issues and put them into practice.

Reject Reckless Behavior. Drinking and driving, speeding, inappropriate alcohol use and extreme maneuvers are “sure-fire” ways to get hurt. Four of the six auto fatalities this fiscal year have been alcohol related. Set a high standard for yourself and your Wingman, and remember that our actions have consequences.

Use the Right Equipment. Protective equipment and clothing can minimize injury and increase your chances of surviving a mishap. Three out of the six auto fatalities this fiscal year were attributable to a decision not to wear a seatbelt. Always use your seatbelt, helmet, life jacket, and other appropriate safety equipment, and expect your Wingman to do the same—it may save a life!

Engage in Risk Management. Carefully take stock of your experience level, condition of equipment, weather, and other key factors necessary to identify and mitigate risk.

Act, Care, Escort (ACE). Recognize and respond to distress in your own life and the life of your Wingman. This year, there have already been more suicides than private motor vehicle fatalities; we must be vigilant for our own well-being and that of our Wingman.

Thank you for your contribution to freedom across the globe. You are the vital ingredient of our combat capability. Have a great summer, but be safe and remain alert for your Wingman!


Michael B. Donley
Secretary of the Air Force


Norton A. Schwartz
General, USAF
Chief of Staff


James A. Roy
Chief Master Sergeant of the Air Force

Caring for Our Families

By Lt. Col. Robin Peterson, Staff Judge Advocate



Serving in the Air National Guard is a unique profession that can require members to deploy for short or long periods of time, sometimes with short notice, leaving family members at home. As members of the Air National Guard subject to deployment it is our responsibility to make sure our families are cared for in our absence. Air Force Instruction 36-2908, Family Care Plans outlines procedures governing family care plans. All ANG members who are single parents or who are dual military (military member married to another military member) who have an unmarried child under the age of 19 must fill out an AF Form 357, Family Care Certification and provide it to their First Sergeant. AFI 36-2908, Family Care Plans provides "All Air Force members with families will have family care arrangements that reasonably cover all situations, both short and long term."

First Sergeants are required under the AFI to brief all members that require a Family Care Plan annually on family care responsibilities. Member must complete the AF Form 357 and return it to their First Sergeant "within 90 days of being notified of the requirement." AFI 36-2908 states "Commanders or first

sergeants may grant the member an additional 30 days to submit an acceptable family care plan. Further extensions are not authorized." If a member "fails to make adequate and acceptable family care arrangements" for their dependents, the AFI provides that the Commander "takes disciplinary or other action" and member may be subject to an involuntary administrative discharge.

In addition to filling out the AF Form 357, unit members who are required to have a Family Care plan are required to fill out a special power of attorney for dependent care for the persons they have named as the short and long term care givers on the AF Form 357. The special power of attorney for dependent care (also call "in loco parentis") allows the person you designated as your "attorney in fact" to take temporary custody and maintain and care for your children until you can return and resume your parental duties. This is critical as the special power of attorney allows your appointed attorney in fact/care giver to do important tasks like enroll your child in school and seek medical care for your child in your absence. Special powers of attorney

only take 10 minutes to accomplish and the legal office provides them on a walk in basis on drill weekends. You do not need an appointment. Stop by the base legal office in building 1 during the UTA weekend and we will provide you the powers of attorney while you wait.

The Defense Department recently announced that "family care plan policy will be expanded in the coming months to encompass a wider population of military parents." "The new policy will require military parents with custody of children from a previous relationship to file a family care plan," said Army Col. Shawn Shumake, the director of the Pentagon's office of legal policy. "The requirement already is in place for dual military couples and single parents with custody." "The aim is to avoid problems in the first place," Colonel Shumake said. "We want to mitigate or avoid the problems before they happen," he said. "Deployments are stressful enough without the added worry of care for your children back home."

If you need assistance developing a family care plan visit the Family Support Office. They are an excellent source of assistance in family readiness.

Airman in Focus - Technical Sgt. Sandra Pulliam

By Senior Airman Matthew Benedetti, Public Affairs



(Photo by Senior Master Sgt. Robert J. Sabonis)

TSgt Sandra Pulliam has been described as indispensable. A command post controller, she is tasked with supporting the Air Sovereignty Alert mission here at the 104th. She is instilled with a mission centered attitude and it is reflected in her approach to every task assigned.

Among her many duties, several are classified, she is charged with ensuring that all assets among wing personnel and equipment are squared away. She also monitors and carries out duties relative to the overall mission status of the base and its assigned units, base wide security, initiating emergency procedures, aircrew recall, and other tasks critical to the conduct of the mission.

Tech. Sgt. Pulliam, formerly of aviation

resource management, was selected for the position last year and graduated from the Command Post Apprentice Course at Keesler AFB in Miss in January. A recent graduate of UMass/Amherst, Pulliam hopes to pursue an MBA in the near future.

The Florida native and Greenfield resident boasts 10 years of military service beginning on active duty as a member of the 74th Fighter Squadron at Pope AFB in Fayetteville, NC. "I seem to be moving further north," she remarked.

She aspires to serve in an assignment at CMOC (Cheyenne Mountain Operations Center) in Colorado, The ANG Command Center or the ACC Command Center. Her proudest moment was being awarded the State NCO of the Year 2008 Award.

Childcare Offered During UTA's By Capt. Mary Harrington, Public Affairs Officer



For parents in the National Guard, arranging safe, reliable and fun child care during drill weekends is often a challenge.

Thanks to the efforts of Master Sgt. Tina Dimino-Frazer, Mission Support Group Admin, and Sandra Wakefield, Family Programs Coordinator, members of the 104th Fighter Wing, now have a viable option: Childcare through the Boys and Girls Club of Westfield, Massachusetts.

Over the past year, child care has been offered intermittently to members with children at Barnes Air National Guard Base, including the 104th FW and the 226th Army Aviation Support Battalion. The child care was provided sometimes just for one day of the UTA, or both days of the UTA and/or neither days. "As the program is more consistent, with permanent funding, we anticipate greater participation," said Master Sgt. Dimino-Frazer.

Over twenty children participated in the program during the April 2010 Unit Training Assembly (UTA). The kids had two, well-planned days of swimming, arts-and-crafts, outdoor fun and more. "I love coming here and being with my friends," said one little girl who was briefly willing to pull herself away from the fun. "It's a blast!" she said.

The program is for kids from ages 4 to 12, is currently funded by a grant from the Operation Military Kids. The program is slowly gaining recognition and support, garnering the attention of leaders including Senator John Kerry. "To date, we've been fortunate to receive funding, and we hope it will continue well into the future," said Sandy Wakefield. "We are the pilot program for this service, and it could potentially be a benefit eventually offered to members throughout the state and nation."

While the program will not solve all scheduling challenges, it certainly will help. The Sloan Work and Family Research Network at Boston College, a center for sharing life/work research and statistics, cites several studies conducted over the past decade that indicate that workplace childcare enhances

morale, performance and attendance. They cite these examples:

"According to a 2005 study by media company Viacom, by offering its employees high-quality backup child care, Viacom saved employees 528 days of unscheduled absences, which resulted in a substantial savings in productivity costs for the company."

More than 68% of parents indicated they would have missed work if they had not used the center, leading to productivity savings of nearly \$400,000 U.S."

"In its first year, use of the CIBC (Canadian Imperial Bank of Commerce) Children's Center, by the 800 employees enrolled in the program, resulted in 2,528 work days saved—the equivalent of 10 work years."

Active duty stations often provide daycare services for members. As an Air Force "brat," I distinctly remember my mom dropping off my four brothers and me for a couple of hours, while she ran to the Commissary and Base Exchange for shopping. "It was a great service," my Mom said. "It would have been a significant challenge to shop with five kids in tow, ages two to seven, when Dad was TDY."

Today, there are not necessarily drop-off child care centers at military installations, but similar programs to help families, such as Operation Military Child Care (OMCC), a program to help activated or deployed members. OMCC helps families find daycare providers and subsidizes the costs. Military Child Care in Your Neighborhood (MCCYN) is another program for active duty members and offers similar services to families of single parents, two working parents or one attending school. The extent of help depends on the challenges faced by the parent(s) including income, geography and available funding.

"The Air Force requires all single parents and member married to military member with children to have a dependent care plan on file," said Lt. Col. Robin Peterson, "and the policy is

about to expand." Previously, those required to complete a dependent care plan were single members and dual-military with custody of children. Once the policy is revised members with custody of a child from a previous relationship will also be required to have a dependent care plan. "So before, if you had child from a previous relationship and subsequently married another person, you weren't required to have a dependent care plan on file. But once the new policy comes out individuals with 'blended families' will also be required to have a dependent care plan in place."

"Family support is high priority for the 104th Fighter Wing and the Massachusetts National Guard," said Col. Robert Brooks, Commander. "We are very pleased to offer our members this additional support during drill weekends."

"My boys love the program," said Master Sgt. Dimino-Frazer. "They do so much while they're there, that when they get home at the end of the day, they're exhausted", she said with a big smile. "And beyond that, they have new bonds with the Wing, and friends to play with when we have our events, such as the Air Show and Family Day. It's great!"

During the June UTA, there will be childcare offered on both Saturday and Sunday. If parents want their children to attend, they can contact Sandra Wakefield at 413-568-9151, x1183 or Sandra.wakefield@ang.af.mil. "Members need to sign up at least a week before the UTA, so that we can make sure we have the right ratio of caretakers. Right now, there is no limit on how many kids can be in the program. The more the merrier," said Wakefield. "Hopefully more grants or some kind of permanent funding will be available so we can continue to offer child care in the future."



NE Patriot Sammy Morris Visits Barnes

By Maj. Matthew Mutti, Wing Executive Officer

On May 7, 2010, New England Patriot Running back Sammy Morris visited the 104th Fighter Wing to meet with the Airman during a day dedicated to teamwork and safety.

Semiannually, the Fighter Wing organizes a day in which the full-time members of the wing (358 members) take time to refocus on teamwork, leadership and safety initiatives. This event occurs across the Air Force and has been officially titled a 'Wingman Day', drawing reference to the idea that a wingman looks out for his/her other wingmen.

The wing invited Sammy Morris to



(Photo by Senior Master Sgt. Robert J. Sabonis)

share some insight on teamwork from their 2008 Super Bowl season as well as to meet the Airman. Morris traveled to Iraq in 2009 to meet with troops during a recent USO tour, he was also the Ed Block Courage Award recipient in 2008. This honor is voted on by teammates and bestowed annually upon the player who best exemplifies the principles of courage and sportsmanship while also serving as a source of inspiration.

"I think it's important for our Airmen to get an opportunity to hear about Teamwork from one of the teams that best embodies this principal. In the same way that each member of the New England Patriots is relied upon to perform on game-day, we too have that expectation from our men and women," said Col. Robert Brooks, 104th Fighter Wing Commander. "There are many similarities that can be drawn between a successful football program and a successful military organization, and we are excited to host Mr. Morris to highlight these similarities."



(Photo by Senior Master Sgt. Robert J. Sabonis)

Sammy Morris is no stranger to the military, his father, Samuel Morris II, was a Staff Sergeant in the Air Force and his brother, Brien Morris, is a Technical Sergeant in the Air Force stationed in Texas.

Harassment Prevention Orders

By Master Sgt. Christopher Curtis, Legal

The recent Phoebe Prince case reminds us that unfortunately, bullying and harassment still occur. On May 10th of 2010, a new law will go into effect in Massachusetts which allows people to obtain a harassment prevention order from the courts.

M.G.L. Chapter 258E allows victims of harassment to petition the court for relief under several circumstances. Victims can apply for an order if they have been the subject of specific crimes committed by the defendant, including many sex crimes and stalking or criminal harassment. An order may also be obtained if they have been the subject of three or more acts of willful and malicious

conduct with the intent to cause fear, intimidation, abuse or damage to property, and which does result in fear, intimidation, abuse, or property damage.

Obtaining a harassment prevention order does not replace other court actions that might be taken against a person who commits a criminal act, but may be sought in addition to such actions.

If you think you might be the victim of criminal harassment or other acts that a harassment prevention order is intended to stop, contact your local police department, the district court, or the base legal office who will give you a referral.



Meet Your Family Readiness Board



Front left to right

Pat Connors - Chairperson

Lyn Richards - Secretary

Kneeling Tina Dimino-Frazer - Youth Coordinator,

Sandy Wakefield - Wing Family Coordinator

Cindy Patnode - Treasurer

Missing Beth St.Clair, Co-Chair



Tina Dimino-Frazer—Youth Coordinator

Each month one Family Readiness Board Member will be featured

Tina Dimino-Frazer has been a volunteer with the 104th Family Readiness Group for the past four years, and has served as the Youth Services Liaison for the last two years. Tina and her husband Todd have been regular volunteers at many of the 104th Family Readiness functions including spaghetti dinners, parades, trips and the Children's Halloween Party. To stay current on family and children's issues, she has attended the Massachusetts National Guard Family Conferences and participates in on-line classes offered from the Joint Services Support Center.

At this year's Massachusetts National Guard Family Conference held in Southbridge, MA, Tina, along with 3 other board members were recognized for over 100 hours of volunteer service and issued a Presidential Volunteer Award Certificate with bronze pin. In

2007, she was also recognized with the Outstanding Family Readiness and Support Award for the Massachusetts Air National Guard.

As Youth Services Liaison, Tina has worked diligently with Sandy Wakefield, the 104th Wing Family Program Coordinator and the Westfield Boys and Girls Club to develop a UTA childcare program called the Military Kids Club (MKC). Started in 2006, the MKC has established a remarkable relationship between the 104thFW and the Westfield BGCA. Westfield BGCA is a proud supporter of the military and federally endorsed by programs such as Operation Military Kids. The BGCA offers so many programs for not only military dependent children, but all children. "The MKC is a great program with a lot of potential. I'm so privileged to be working on this pro-

ject and I'm excited to see it come together. Our goal is to secure funding so we can offer this program every drill weekend. Right now this program has gained federal interest. We are striving for federal recognition and funding.....stay tuned!"

Tina is a full-time AGR employee and works as an administrative assistant for Col. EJ Gunning, the Mission Support Group Commander. Tina loves her work at the 104th and her extended family here. "I am so blessed within my faith, my family at home and my family here. "She lives in West Springfield, MA with her husband, three children, Airman 1st Class Alicia Dimino, 104th FW Ops Squadron, twins Lukis and Donevin Frazer and three dogs. In her spare time enjoys time with her family, cooking and giving back to the community.

Tax Credit Extended for Military Members By Col. Timothy Mullen, Attorney Advisor

Members of the military and certain other federal employees serving outside the U.S. have an extra year to buy a principal residence in the U.S. and qualify for the credit. Thus, an eligible taxpayer must buy, or enter into a binding contract to buy, a principal residence on or before April 30, 2011. If a binding contract is entered into by that date, the taxpayer has until June 30, 2011, to close on the purchase. Members of the uniformed services,

members of the Foreign Service and employees of the intelligence community are eligible for this special rule. It applies to any individual (and, if married, the individual's spouse) who serves on qualified official extended duty service outside of the United States for at least 90 days during the period beginning after Dec. 31, 2008, and ending before May 1, 2010.

Read Full Story at IRS Website:
<http://www.irs.gov/newsroom/article/0,,id=215594,00.html>



104th FW Family Readiness & Family Support Volunteer Group

By Maj. Matthew Mutti, Wing Executive Officer

During the weekend of April 23-25th, the Massachusetts National Guard Family Program hosted their annual Joint Services Volunteer Workshop at the Southbridge Hotel and Conference Center in Southbridge, MA. Participants from all different Military walks of life attended. Leaders and Volunteers from the Air Force, Air Force Reserve, Marine Reserve, Army Reserve, Army and our own Air and Army National Guard joined together to Connect!

During the workshop weekend, participants had the opportunity to enhance their professional skills and knowledge of the vast community resources available. Breakout sessions offered valuable information, as well as network avenues to assist in enhancing their Family Readiness Teams.

The workshop included recognizing

all volunteers for their continued hard work and dedication to the Families and Military members of all branches of service.

Special recognition was also given to acknowledge recipients of the 2010 Presidential Service

Award, an honor recognized with a certificate of appreciation signed by the President of the United States and official Presidential volunteer pin. This year's recipients included: Lyn Richards, Cindy Patnode, Tina Dimino-Frazer, and Pat Connors all of the 104th FW Family Support Volunteer Group.



L-R: Sandy Wakefield, Tina Dimino-Frazer, Cindy Patnode, Lyn Richards, Beth St. Clair, Pat Connors, Bobbi & Joe Delaney

The 2010 Air National Guard —Outstanding Family Readiness and Support Award was presented to Lyn & John Richards from the 104th Fighter Wing. Lyn and John were selected for their exceptional dedication and outstanding contributions in support of the Families of the 104th Fighter Wing. Congratulations to them all.

Air National Guard Salutes Husband and Wife

By Mrs. Patricia Connors, Civil Engineering

At a recent State Family Readiness Conference in Southbridge, MA., which brought together representatives from Massachusetts and the surrounding states, Helen (Lyn) Richards and her husband John Richards were awarded the Air National Guard's "Outstanding Air Readiness and Support Award for the year 2009" for the state of Massachusetts. Lyn was also awarded "The President's Volunteer Service Award" for over 100 volunteer's hours in 2009.

Lyn and John spend their lives putting service above self. They have spent numerous hours dedicating their time to being family readiness volunteers during times of many training deployments.

Lyn accepted the position of Secretary to the 104th Family Readiness Group in 2008. This key position allowed her to blend the wing's military needs with volunteer capabilities. Both John and Lyn have devoted their times working at Easter egg hunts, pasta dinners, annual Children's Christmas party which over 250 children attend and other family events to name a few.

Their commitment to an ongoing family readiness program has also resulted in many successful fund raising events. Hundreds of the 104th members and their families have directly benefited from all that Lyn and John Richards have contributed as family readiness volunteers. John and Lyn have two children; John – Equine Facilities Director at



Johnson & Wales University and TSgt Aaron Richards a Crew Chief at the 104th Fighter Wing.

Prescription Medication Use and Potential Abuse

Submitted by 102 IW/Medical Group

When you complete a Physical Health Assessment (PHA), you'll recall that you are asked if you are taking any new medicines, either non-prescription or prescription. This does not mean that the only time you should notify the 104th Medical Group (MDG) is during your annual PHA. Notify us whenever new medicines are taken.

Certain medicines and certain conditions could affect your status for potential deployment, and even for retention.

The MDG can help provide advice and guidance in these instances. It's important to point out that although it's understandable that you might be concerned about the implications of your health status on your deployability or career status, you are obligated to be forthright with your medical information. But, you should be reassured about the potential implications of medical findings. The MDG can help process most medical information in a manner that is conducive both to your health and your military service. If you are starting a new medication, follow the directions for use carefully; learn what effects and side effects the medication could have and inform your healthcare provider of any other medications you may be taking (including over-the-counter medications or health supplements), since these could potentially interact with a prescribed medication.



Medicines and Drug Testing

All members are subject to routine drug testing. Should a controlled substance be detected on your drug screen for which you do not have a record or a prescription, the legal consequences could be severe. Drug testing is designed, obviously, to detect illicit drug use. Certain drugs are always illegal: marijuana and cocaine are examples, and these drugs will be detected by screening. Certain other prescription medicines, called controlled substances (such as narcotics, certain sedatives, and certain stimulants) will also be detected by screening. If you take these medicines it is imperative that you provide prescriptions AT THE TIME THEY ARE PRESCRIBED.

Even with prescriptions, these drugs can be abused. The medicines must be taken exactly according to their prescription,

under the care of the prescribing healthcare provider. The Department of Defense defines abuse of prescription medications as being taken by someone other than the patient for whom the medication was prescribed, or taken in a manner or dosage other than what was intended by the prescribing healthcare provider.

So in layman's terms, abusing prescription drugs includes everything from taking a friend's prescription painkiller for your backache, taking a child's cough medicine because you have come down with their illness, taking the prescribed medication for an ailment other than what it was prescribed or snorting ground-up pills to get high. These are all considered drug abuse. Medical prescriptions are written for people who have a true medical need for the prescription drug but we all know many households have a drawer filled with old prescription bottles containing leftover drugs. Expiration dates are on all medications and should be disposed of when 'expired'. Please do yourself and your family members a favor - throw them out! Be proactive -- ask your Healthcare Provider and/or Pharmacist about your prescription. A few simple questions to get you started are; can I work, drive, or exercise taking this medication? If you have further questions about prescription medication use and abuse, please call the 104th Medical Group at (413) 568-9151 ext. 1402.

House Passes Bills To Help Veterans By Staff Sgt. Rosanne Frieri, Public Affairs

Recently announced that the U.S. House of Representatives voted to approve seven measures that would improve benefits and services to veterans provided by the Department of Veterans Affairs (VA).

H.R. 4810- End Veteran Homelessness Act 2010: This bill increases funding to successful programs for homeless veterans, requires each VA medical center that provides supporting housing services to provide housing counselors, and pays special interest to the needs of homeless women veterans and homeless veterans with children.

H.R 1879- National Guard Employment Protection Act Of 2009: One of the protections provided by the USERRA, is to require employers to support a service member's absence for up to five years if called to active military duty. This bill provides necessary

reemployment rights for certain individuals ordered to full-time National Guard duty.

H.R. 3976- Helping Heroes Keep Their Homes Act of 2009: This bill extends expiring protections that safeguard veteran homeowners from foreclosure for nine months following deployments.

H.R.4667-Veterans' Compensation Cost-of-Living Adjustment Act of 2010: This bill increases the rate of compensation for veterans with service-connected disabilities and the rates of dependency and indemnity compensation for the survivors of certain disabled veterans.

H.R.4592- Energy Jobs for Veterans Act: This bill increases job opportunities for veterans by reimbursing energy employers for the cost of providing on-the-job training



for veterans in the energy sector.

H.R. 4360- Major Charles R. Soltes, Jr., O.D. Department of Veteran Affairs Blind Rehabilitation Center: This bill designates the Department of Veterans Affairs blind rehabilitation center in Long Beach, California, as the "Major Charles R. Soltes, Jr., O.D. Department of Veterans Affairs Blind Rehabilitation Center."

Student Flight - Recruit Sustainment Program Training

By Airman 1st Class Theresa Stanhope, Student Flight

On May 14th 2010, along with fellow student flight members made our bus trip to Camp Edwards to begin our RSP (Recruit Sustainment Program) weekend. For the most part no one knew what to expect as we entered the base. We then met up with other students from the 102nd to form one group. From that point on my weekend was packed with exercise and activities to better prepare me for basic training. What I have learned will give me a greater advantage than others as I embark on my adventure in just a few short weeks.

Throughout my weekend the instructors and student leaders were there every step of the way. We also had the chance to meet a training instructor (also known as a TI) starting with a intense "shakedown" and a Basic Military Training (BMT) briefing. The staff offered their knowledge and critiqued us to ensure we gave 110%, and extreme attention to detail. I am thankful for the staff, who is very dedicated to ensuring readiness of trainees who are on their journey to BMT.

Physical training and the obstacle courses were the largest parts and most challenging of the weekend. We



were split into groups that for the rest of the day worked together. Our first task was the Leadership Reaction Course (LRC) that would test our abilities to work together to physically and mentally solve problems. During this course I learned to work as a team member and collaborate on ideas to complete our missions. The individuals in my team formed a bond almost instantly when we accomplished the first obstacle. Our team "Bravo" ended the course by winning the tie breaker, which gave us an unsurpassed sense of accomplishment. From there we



headed to the obstacle course where we tested our physical ability, and I learned I need to work on my upper body strength! The hardest for me was the "Over-Under" obstacle, where if I did not have my team members I would not have accomplished the task. As I began to have difficulty, just hoping for strength, I looked up and there was a hand and words of encouragement. At that moment, the whole weekend came together for me, and for that, I will always be grateful. In just a few short hours my team, who before today I did not know, had formed a bond that I will never forget.

The rest of my weekend was filled with education about moving as a team and practicing facing movements. It was informative, and actually enjoyable to me. As we struggled along we became much better at what we were doing in a short period of time. I think I can speak for all the trainees that we have learned a great deal. In the end, we will understand just how lucky we are to have this program. I feel much more confident as I look forward to basic training that is fast approaching. I want to thank EVERYONE who participated, and cannot wait to come back to my home at the 104th Fighter Wing!

Environmental Award

By Maj Matthew T. Mutti, Wing Executive Officer

There are many things the Barnes is known for: operational excellence, it's alert mission, and its environmental protection program.

The 104th Fighter Wing's environmental office, led by Mr. John Richardson was award for the second time this year for its dedication to protecting the environment.

Earlier this year, Richardson and the assistant base environmental manager, Ms. Jennifer Marsh, were recognized with a presidential award for

their electron waste recycling program.

Again, Richardson and his team were recognized, this time by the National Guard Bureau.

The wing was awarded the 2009 NGB-A7 Environmental Quality Award. A7 is the Installation and Mission Support Directorate of the Air National Guard. This directorate oversees the units Environmental Management programs.

The Environmental Office was



Mr. John Richardson (middle) receiving this award (staff photo)

awarded for its work with the F-15 conversion and ensuring the base was complaint with all state and federal environmental regulations.

New Fitness Requirements Take Effect July 1st

By Air Force Fitness Program Manager

The new Air Force Instruction 36-2905, Fitness Program, can now be found on the Air Force Publications Website, but doesn't take effect until July 1, 2010.

The new requirements are:

- Technician's and AGR's under Title 32 test annually.
- Fitness Test will be twice a year. This pertains to Title 10 only i.e; mobilized or Stat Tour at NGB.
- Minimum requirements must be passed for each component to include achieving a passing score of 75 or greater.

All components of the fitness assessment must be completed within a three-hour window on the same day.

Airmen not medically cleared to complete the 1.5-mile run will be assessed by the 1-mile walk as determined by the exercise physiologist/fitness program manager unless otherwise exempted.

Alternate Aerobic Test

Airmen are required to walk 1 mile as quickly as possible. They must walk, but not run, keeping at least one foot in contact with the ground at all times.

Upon completion, the heart rate is recorded immediately by reading the value from the heart rate monitor. Scoring is calculated by taking the member's estimated VO2 max through a formula incorporating



body weight, age, gender, time to complete 1 mile, and post-exercise heart rate. Details on formula used to calculate will be available in the forthcoming Air Force instruction.

Minimum Component Requirements				
Must have composite score of 75.0 AND meet all minimums below to pass test				
MALE				
Age	Body Comp (AC)	Run Time	Situps	Pushups
30	39.0"	13:36	42	33
30-39	39.0"	14:00	39	27
40-49	39.0"	14:52	34	21
50-59	39.0"	16:22	28	15
60+	39.0"	18:14	22	14
FEMALE				
30	35.5"	16:22	38	18
30-39	35.5"	16:57	29	14
40-49	35.5"	18:14	24	11
50-59	35.5"	19:43	20	9
60+	35.5"	22:28	11	7

Chief Master Sgt. Induction Ceremony

Chief Master Sgt Todd Sheffield and Chief Master Sgt Robert Beaulieu will be publically promoted to the rank of Chief Master Sgt during a Chief Master Sgt Induction Ceremony on Sunday June 6 at 3:00 p.m. in the Dining Facility.



The 104th Family Support Volunteer Group

is proud to offer discounted tickets to the production of Summer Children's Theater

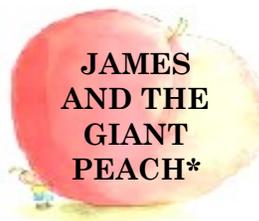
Tuesday, 13 July 2010 at 10:00 am

At the Majestic Theater, 131 Elm St., West Springfield, MA 413-747-7797

Tickets \$3 each. Reservations are REQUIRED!

Please submit your name, # of tickets requested and \$\$ to Tina Dimino-Frazer x1206 by 6 July 2010.

*Part of the Majestic Theater's Children's Summer Theater Series



National Recognition - Senior Master Sgt. Thomas Puccio

Senior Master Sgt. Thomas A. Puccio of the 104th Security Forces Squadron, 104th Fighter Wing, Massachusetts Air National Guard is selected as Security Forces Support Staff Senior NCO for 2009.

This award exemplifies the fighting spirit of our Air National Guard Security Forces. The long hours and his dedication to duty have paid dividends to the Air National Guard, the United States Armed Forces and the citizens of this great nation.

For Your Information

June is AF Back Health Month

By Lt. Col. Anita Compagnone, 104th Medical Group

Quick tips to a healthier back

Following any period of prolonged inactivity, begin a program of regular low-impact exercises. Speed walking, swimming, or stationary bike riding 30 minutes a day four times a week can increase muscle strength and flexibility. Yoga can also help stretch and strengthen muscles and improve posture. Ask your physician or orthopedist for a list of low-impact exercises appropriate for your age and designed to strengthen lower back and abdominal muscles.

- * Always stretch before exercise or other strenuous physical activity.
- * Try not to slouch when standing or sitting. When standing, keep your weight balanced on your feet. Your back supports weight most easily when curvature is reduced.
- * At home or work, make sure your work surface is at a comfortable height for

you.

- * Sit in a chair with good lumbar support and proper position and height for the task. Keep your shoulders back. Switch sitting positions often and periodically walk around the office or gently stretch muscles to relieve tension. A pillow or rolled-up towel placed behind the small of your back can provide some lumbar support.
- * Wear comfortable, low-heeled shoes.
- * Don't try to lift objects too heavy for you. Lift with your knees, pull in your abdominal muscles, and keep your head down and in line with your straight back. Keep the object close to your body. Do not twist when lifting.
- * Maintain proper nutrition and diet to reduce and prevent excessive weight, especially weight around the waistline that taxes lower back muscles. A diet with sufficient daily intake of calcium,



phosphorus, and vitamin D helps to promote new bone growth.

- * If you smoke, quit. Smoking reduces blood flow to the lower spine and causes the spinal discs to degenerate.

For more information on a healthier back you can visit:

<http://www.nlm.nih.gov/medlineplus/backpain.html>

Financial Planning Events in the Area

College Admissions - "How to Get your High Schooler into College" and **After the Acceptance** - "How to Pay for it Once They're Accepted"

Tuesday, June 8th

Parents and Students are invited to attend:
Part 1: College Admissions from 6:00 pm - 7:00 pm

Part 2: After the Acceptance from 7:30 pm - 8:30 pm

- Attend one or both seminars!
- Open to **ALL** Military Branches!
- MEFA representatives will present live in Milford and seminars will be broadcasted to the Distance Learning Centers listed below.
- Participants at all locations will be able to ask questions and interact with presenters!

MA National Guard Distance Learning Centers

Milford - JFHQ

50 Maple Street
Milford, MA 01757

Wellesley - Military & Family Support Center

14 Minuteman Lane
Wellesley, MA 02481

Reading—Camp Curtis Guild

25 Haverhill Street
Reading, MA 01867

Rehoboth - 79th Troop Command

13 Firetower Road
Rehoboth, MA 02769

Bourne - 101st Regional Training Institute

Bourne/Camp Edwards

Springfield - 126th BSTB Headquarters

1501 Roosevelt Avenue
Springfield, MA 01109

Worcester - 181 INF Headquarters

50 Skyline Drive
Worcester, MA 01605

To register or for more information, contact

Jonathan Harrington, Personal Financial Counselor at 508-233-7951 or via email at MAfinancialreadiness@gmail.com

Young America Saves

Spending all your money on cheeseburgers, video games, or another pair of jeans might sound like a good idea today, but tomorrow...not so much. Enroll as a Saver at www.militarysaves.org and start saving now to build wealth later. That, or get used to hanging out on your parent's couch...when you're 40.

The Massachusetts Joint Family Support

Assistance Program is sponsoring FREE programs for teens, ages 13 - 18. These programs will help educate teens on:

- Buying a car
- Paying for college
- Picking the right bank account
- Using credit wisely
- Making their money work for them

Tuesday, June 22nd

Military & Family Support Center
14 Minuteman Lane

Wellesley, MA 02481

Thursday, June 24th

Westover AFB
Chicopee, MA 01022

Tuesday, June 29th

50 Maple Street
Milford, MA 01757

Thursday, July 1st

5222 Turpentine Road
Camp Edwards, MA 02542

Tuesday July 13th

Fort Devens
Devens, MA 01434

All programs will be held from **9:00 am - 5:00 pm**. Lunch, snacks and prizes will be provided!

For Your Information

Local Museum Freebies

The Cape Cod Museum of Art announces the launch of Blue Star Museums, a partnership with the National Endowment for the Arts (NEA), Blue Star Families, and more than 600 museums across America to offer free admission to all active duty military personnel and their families from Memorial Day through Labor Day 2010. "The Cape Cod Museum of Art is thrilled to open its doors to America's military personnel and their families. This summer, the museum has exciting exhibitions planned from photography to Plein-Air paintings to a contemporary site installation to an exhibit of some of Cape Cod's finest representational artists," says Debra Hemeon, CCMA Deputy Director, also retired from the US Navy.

<http://www.ccmoa.org/>

Cape Cod Children's Museum 3rd Annual Military Appreciation Day Saturday, July 10th 11am-3pm.

Note: If you'd like to visit for free before July, visit your local Library to reserve their discount pass.

<http://www.capecodchildrensmuseum.org>

In addition to the Cape Cod Museum of Art, the following Massachusetts Museums are also participating in the Blue Star Museums Initiative, offering free admission to all active duty military personnel and their families from Memorial Day through Labor Day 2010:

Boston Children's Museum

Boston, MA

Cape Cod Museum of Art

Dennis, MA

Children's Museum at Holyoke

Holyoke, MA

Children's Museum in Easton

North Easton, MA

Discovery Museums

Acton, MA

Fairbanks House

Dedham, MA

Fuller Craft Museum

Brockton, MA

Historic New England

Boston, MA

Institute of Contemporary Art, Boston

Boston, MA

Isabella Stewart Gardner Museum

Boston, MA

Martha's Vineyard Museum

Edgartown, MA

Museum of Fine Arts, Boston

Boston, MA

Nantucket Historical Association

Nantucket, MA

Norman Rockwell Museum

Stockbridge, MA

North Andover Historical Society

North Andover, MA

Old South Meeting House

Boston, MA

Peabody Essex Museum

Salem, MA

South Shore Natural Science Center

Norwell, MA

Sterling and Francine Clark Art Institute

Williamstown, MA

Vilna Shul, Boston's Center for Jewish Culture

Boston, MA

For a complete state-by-state list see:

<http://www.arts.gov/national/bluestarmuseums/index.php>

Ryan J. Poe Foundation

Founded in 2007, the Ryan J. Poe Foundation was created by world-renowned aerobatic pilot Greg Poe as a means of supporting a youth program called "Elevate Your Life". This exciting and nationally recognized program came about as a result of Greg's son Ryan's tragic drug related death in August of 2002.

The Foundation supports Elevate Your Life and other positive youth programs, an upcoming scholarship initiative, and other notable domestic and international projects that currently include a school and housing recovery effort for

underprivileged families in El Salvador. The Ryan J. Poe Foundation is a licensed not-for-profit 501 (c) 3 charitable organization.

You can now make online donations using your credit card or PayPal account! Your donations are fully tax deductible, and will go exclusively to the support of our many efforts to help children realize their hopes and dreams. Go to <http://www.ryanjpofoundation.org/> to make your donation today - no amount is too small! If you wish to have your contribution go to a specific project,

please specify so in the notes area supplied when you complete your transaction.





AIR NATIONAL GUARD NONCOMMISSIONED OFFICERS ACADEMY

Satellite Class SP 11-1

**IS IT TIME TO TAKE YOUR CAREER TO THE NEXT LEVEL?
TAP INTO THE KNOWLEDGE BASE THAT WILL HELP YOU HONE
YOUR LEADERSHIP AND MANAGEMENT SKILLS.**

**JOIN US IN *AUG 2010*, WHEN THE SATELLITE NCO ACADEMY
AT JFHQ IN MILFORD MA. OPENS ITS DOORS.**

REQUIREMENTS:

**TSGT-NO MINIMUM T.I.S. & 7 LEVEL
SSGT- SEE YOUR TRAINING MANAGER**

THE HOME STATION PHASE AT JFHQ MILFORD MA.:

**START: 10 AUGUST 2010 FINAL BROADCAST: 28 OCTOBER 2010
TUESDAY & THURSDAY NIGHTS: 1800 - 2200**

**THE TWO-WEEK IN-RESIDENCE PHASE AT MCGHEE-TYSON, TN:
8 NOVEMBER – 23 NOVEMBER 2010**

**IF INTERESTED OR NEED ADDITIONAL INFORMATION CONTACT:
CMSGT RICHARD BEDELL 508-479-3352
LEAD SITE FACILITATOR FOR MILFORD**

OR YOUR UNIT TRAINING MANAGER

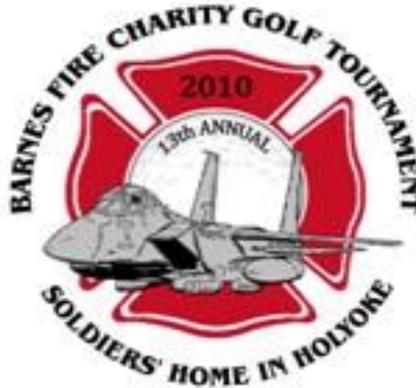


**The Satellite NCO Academy
"Going The Distance" Here In
Massachusetts Since 1995**

13th ANNUAL

BARNES FIRE CHARITY GOLF TOURNAMENT

To Benefit:
**Soldiers' Home
In Holyoke**



Sponsored by:
**104th Fighter Wing
Fire Department**

When: **FRIDAY, July 23, 2010**

Where: **Southampton Country Club**
329 College Highway, Southampton, MA 01073

Cost: **\$320 per foursome, (\$80/player)**

Includes: **Lunch at the turn, Buffet Dinner and Giveaways**

Great Prizes for Hole in One, Longest Drive, Closest to Line & Closest to Pin Contests.
Take a chance on a Skins Pool, Silent Auction & Raffle Prizes.

Please fill out lower portion and return prior to July 16, 2010
Shotgun start at 9:30 am, please arrive early for check-in.

For questions contact Larry Buell or Tom Zuffelato
Tel# (413)-568-9151 ext1291 or (413)-330-9260

Make Checks Payable To: **"BARNES FIRE CHARITY GOLF"**
Remit To: **Barnes Fire Charity Golf**
104th Fighter Wing Fire Department
175 Falcon Drive
Westfield, MA 01085

Captain: _____ Player 2: _____
Address: _____ Player 3: _____
Phone: _____ Player 4: _____
E-mail: _____

Vietnam: Service Remembered

Honoring a Sacrifice and Contribution to Freedom

Deadline for Submission is June 25, 2010



To the members of the 104th Fighter Wing:

Do you have an immediate family member who served in the “Southeast Asian Theater” during the Vietnam War?

Father, Mother, Grandfather, Grandmother, Uncle, Aunt or next door neighbor?

On Friday night, August 20th, the 104th Fighter Wing would like to honor their service at a special tribute. At this time, seating is limited to the first 300 attendance requests; attendance is limited to the honored veteran, 1 guest and the sponsor. As this is still in work, details and times for Friday evening have yet to be finalized, but will include period music, displays and artifacts from the Vietnam War. **DEADLINE FOR VETERAN NOMINATIONS IS: FRIDAY 25 JUNE 2010**

If you have questions regarding the tribute please direct them to:

Master Sgt. Lynne Bolduc, ext 1288 or email: lynne.bolduc@ang.af.mil (invites/guest list)

Chief Master Sgt. Jack Major, ext 1071 or email: john.major@ang.af.mil (overall reception)

What’s My Line Winner!



(Photo by Senior Master Sgt. Robert J. Sabonis)

Last month’s winner is:

“So You think your going to have a Ribbon Cutting without inviting me!!! I Don't Think So”.

Submitted by Marty Canty

Last month’s runners-up are:

“I am just dying to run with these”.

Submitted by Senior Master Sgt. David Frates

Has anyone seen my scissors?”

Submitted by Senior Master Sgt. Rob Sabonis

What’s My Line?



(Photo by Senior Master Sgt. Robert J. Sabonis)

Submit your funny, creative and appropriate caption for the photo on the right. We will run the winner and a runner-up in next months AirScoop. Submit your entry to: 104fw.pa@ang.af.mil

Welcome to our Newest Members

Eric Breault	MXS
Jeffrey Ciccone	CES
Samantha Klein	FSS

Congratulations to our Retirees

McGrath, David	FW	14 Jun 10
Daniels, John	SFS	31 Jul 10
Pisano, Douglas	SFS	31 Jul 10
Belbin, Timothy	MXS	30 Aug 10

Religious Services

Saturday, 5 June, at 1600 in the following locations:

Catholic service will be held in the MDG large classroom, building 29, room #41.

Protestant service will be held in the Bldg 1 admin conference room, second floor.

Commissary Case Lot Sale

The Hanscom AFB Commissary will be hosting a case lot sale (pre-book) on 9-11 July in the Base Hangar at Westover. Only limited amounts of "other items" will be available for this sale, therefore onsite shopping will be limited.

Ask your supervisors for the two spreadsheets containing sale items, along with instructions to place your orders. Items will be picked up on 9-11 July. The suspense date on pre-book orders is 30 June 2010. Please direct all comments and questions to Anthony.Gardner@DECA.MIL or Charles.Mosier@DECA.MIL, (781)377-4210 or DSN 478-4210.

Congratulations on your Promotions

To Airman 1st Class (E-3)

Ross Larson, 104 Student Flt



To Senior Airman (E-4)

Allen Brendan, 104 MXS

Charlie Diaz 104 MDG



To Staff Sergeant (E-5)

Matthew Benedetti, 104 FW

Timothy Blaisdell, 131 FS



To Master Sergeant (E-7)

Gerald Condo 212 EIS



WESTFIELD INTERNATIONAL AIR SHOW

FREE ADMISSION

USAF

**BARNES MUNICIPAL AIRPORT
WESTFIELD, MASSACHUSETTS 01085**

HOME OF THE 104TH FIGHTER WING
MASSACHUSETTS AIR NATIONAL GUARD

AUGUST 21 & 22, 2010

Contact Information:

Commercial Phone Number
1-800-241-3005

E-mail address
Info@WestfieldAirShow.net

Website address
www.WestfieldAirShow.net

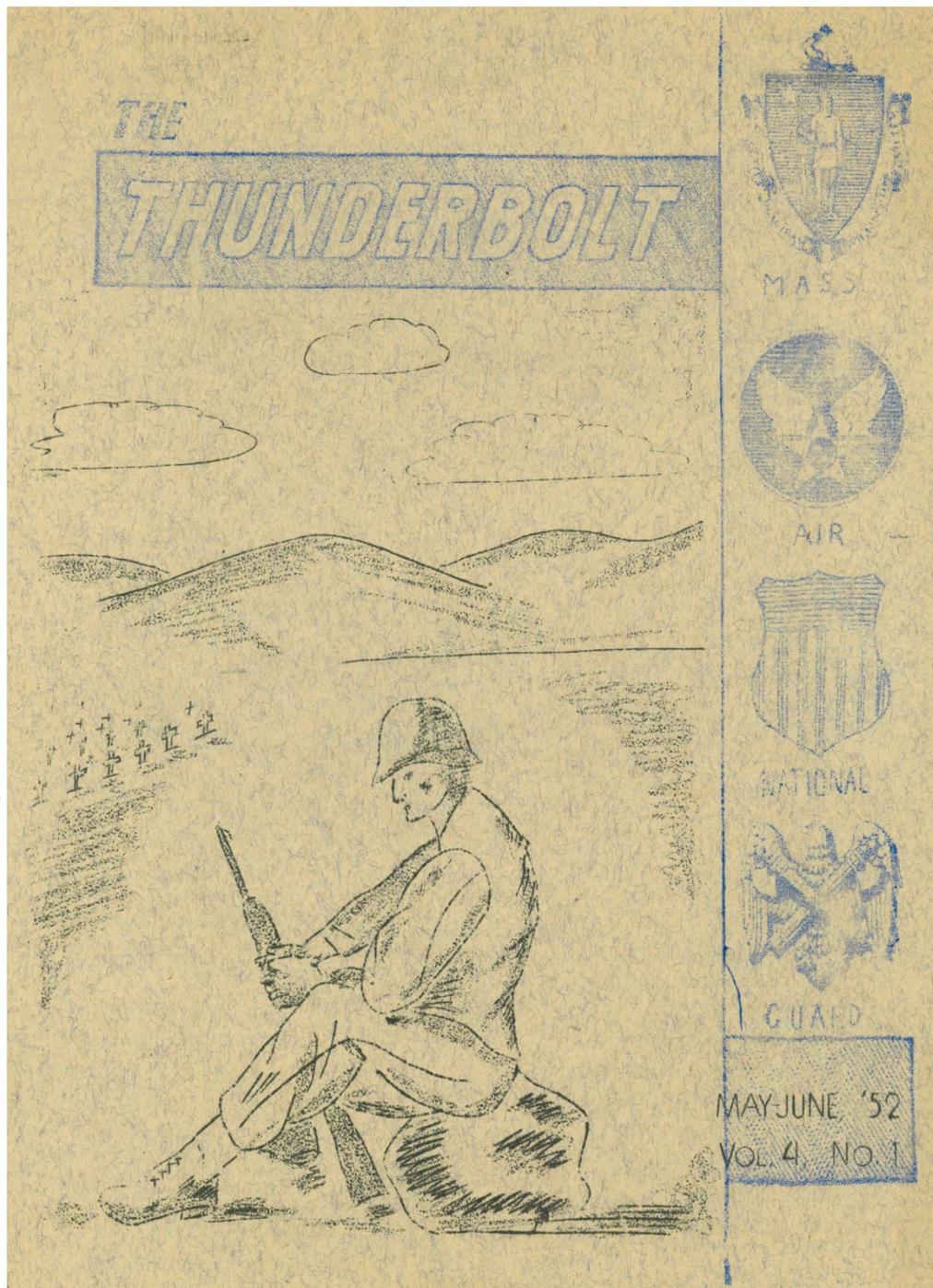
This Month in History

The back cover of the Airscoop will now be dedicated to the history of the unit and the Air Force. We will feature historic covers or articles from the archives and highlight a few historic headlines. (side note) From 1947 to 1954 the Base Newspaper was named the Thunderbolt. The first official Copy of the Airscoop was published in January 1954.

JUNE HEADLINES:

June 6, 1944 - **D-Day**, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the north coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

June 1947 - the Westfield City Council approved 62 acres of land to be used for hangars, machine shops and other buildings that would become Barnes Air National Guard Base. Within the next six months, aircraft and other equipment arrived, pilots were checked out in the P-47s and the unit was on duty. In its first year, it was estimated the unit had a \$1 million economic impact on the local area.



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