



August 2010



Members of the 104th Fighter Wing's Fire Department held it's 2nd annual "Boot Drive" to collect donations for the Holyoke Soldier's Home on June 5, 2010.

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



Col. Robert T. Brooks, Jr.

**AIRSCOOP**

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# Commander's Column

By Col. Robert T. Brooks, Jr.

### Barnestormers,

Welcome to the August UTA - I trust everyone had a good summer. As you know we will be hosting the 104th Fighter Wing Open House combined with the Westfield International Air Show this weekend. We expect over 200,000 visitors to our base including many distinguished visitors. This is an excellent opportunity for the patriots of Westfield and the surrounding community to see the amount of work and effort you all have put in since BRAC actions took effect in 2005. While I know this air show has taken a herculean effort, the dividends it pays with respect to public relations is critical and certainly does not hurt the future of our wing; the extra work you put in goes much deeper than just a good time for our patriotic guests. We will also be paying tribute to some heroes this weekend – the veterans of the Vietnam War. Friday night we will host a special reception honoring these men and women from all branches of the armed services. Some of these veterans are also part of a 104th FW. We will also host an F-100 reunion which will take place in conjunction with the air show. On behalf of the warriors of the 104th FW, I want to extend a hearty welcome to all of these veterans and their families.

For all of you who volunteered to deploy with the aviation package recently, I want to thank you for your patience. We are truly on the tail end of the train as the details continue to trickle down. Your commanders have the firm go – no go date and can pass this to you. From a relevance standpoint this deployment is a good thing, however more importantly we have a mission to accomplish and that is what we will do. This deployment will add to the over 200 airmen from the 104th who have deployed into multiple AORs performing real-world missions in an Expeditionary Combat Support role over the past two years. Combine these deployments with our steady state Air Sovereignty Alert, Operation Noble Eagle tasking, ORI prep, DOC TASKING, CERFP, state mission, achieving FOC while bringing in and accepting 17 new (old) F-15s, and I would say we have some opportunities to shine. I realize maintaining focus is difficult at best, but I believe we are at a critical time in the Air Dominance world, and it is better to be proactive than not. So, thank you all for your steadfast commitment to the 104th and to one another. There is no better example of a wing executing the “Operational Reserve” role vice the old paradigm of the “Strategic Reserve”. In fact, due to your volunteerism – I believe it is simply safe to say we are “Operational”. For the DSGs, thank you for your volunteerism for the

24/7 operations in July, we met 100 percent of our assigned tasking.

While there is an extremely long list of people to thank for this open house, in this column I would like to recognize the overall lead officer, Lt. Col. Ken “Hatman” Fedora and Chief Master Sgt. Jack Major. “Hatman” has done a superb job to say the least – and we owe him debt of gratitude. Chief Major has done an outstanding job of organizing our Friday night reception for our Vietnam Veterans. For our ASA airmen – thank you for getting the J-O-B accomplished to enhance our open house and air show. You all are on the way to making Barnes the “Center of Gravity” for ASA operations. Speaking of ASA, I would like to reiterate some comments I made during our April ASA/Munitions/Fire Station ribbon cutting ceremony; “...and what makes America so different is because of what we believe, and that is: regardless of your color, or your gender, your religious belief, or your social class... that has no bearing on what you can be in these great United States. All that matters is the amount of determination that you bring to use your talents to exploit the opportunities that you make or are presented to you. And Barnes-tormers...I will tell you this, you all have made the most of the opportunity given to us, you know the price it cost to be free, and I am extremely proud and humbled to be your commander, where the Stars and Stripes, and Eagles fly. Thank you and God Bless”.

Title	Page
Commander's Column .....	2
Chief Master Sergeant's Column.....	3
Chief Induction Ceremony.....	3
First Sgt's Column .....	4
Historic 104th aircraft return .....	4
Safety "How Goes It" .....	5
Vehicle Decals are back .....	5
Wikileaks site banned .....	6
Civilian acts for air show.....	7
Scholarship to honor First Sgt. Dupont....	8
Control your cholesterol .....	8
MARE prepares base for air show.....	9
Loophole aided theft of data.....	10
104th Law Office .....	11
Personal Responsibilities .....	12
Fire Department Boot Drive .....	12
Meet your family readiness board .....	13
Get off the bus .....	13
Iron Chef competition .....	14
Memorial Day essay .....	15
Cards for Hope .....	15
FYI: Online personal services .....	16
What's My Line?.....	17
Welcome, Retirements, Promos .....	18
This Month in History .....	19



## Chief Master Sergeant's Column

By Chief Master Sgt. Albert Reale

Well the air show is finally here. Many people have been working very hard for the past several months to ensure that the wing was set up for a successful event. Many of you are just finding out exactly what your role is for the weekend.

The list of tasks required to make the air show a success is lengthy and diverse. That said, we all have one task in common: representing the wing as best as we possibly can to every individual we meet.

This is an opportunity for members of the general public to come out and see the base, to see the "Air Force" up close and personal. Most local residents hear and see F-15s on a daily basis. Some are thrilled to see them fly over and others may view them as excess noise and disruption to their lives. It's hard not to like something or someone when you know them "personally". That is a big part of what having an air show is all about making Barnes a part of the community and having the rest of the community feel as if we are in fact their hometown air force, so let's make sure they feel welcome. Make them feel a part of the unit as all of us do. No matter what your job is this weekend, you will be

coming face to face with the public. You will be the "face" of the base so your appearance, your attitude; your actions are no longer yours alone, they are now those of the 104th FW.

Whether you are parking cars, pedaling ice cream, standing by a static display or screening patrons at the gates, try and have fun with it by being personable and positive. We can make a huge, positive impact on the civilian population this weekend if each and every one of us goes out of our way for every individual we meet. If they ask a question, do your best to answer it or find someone who can. If they need assistance, assist them to the best of your ability. Above all, please be patient, courteous and professional. As always, safety is paramount. So pay particular attention and be vigilant of potential problems before they get out of hand. People smoking near airplanes, young children getting lost, heat exhaustion and dehydration to name a few. It is YOUR job to intervene if you see something or someone that needs attention.

So enjoy the weekend, have fun with your families and the general public, and please make us all proud by represent the 104th FW as the stellar member that you truly are!

## Chief Induction Ceremony

By Airman First Class Bonnie Harper, Public Affairs

Three senior NCOs were promoted to the level of chief master sergeant on June 6 during a chief induction ceremony here.

Promoted were Robert Beaulieu, Todd Sheffield, and Robert Roy. They were each honored to have their family and friends there to recognize their achievements.

CMSgt Robert A. Beaulieu is the 104th MXG Wing Weapons Manager. In this position, CMSgt Beaulieu primary responsibility is the wing's focal point for all weapons loading and armament systems related matters. The WWM's primary efforts focus on compli-

ance, continuity, and standardization.

CMSgt Beaulieu has served in the Air National Guard for 22 years in the aircraft armament systems maintenance career. He is married to the former Sharon E. Krol of Chicopee Massachusetts and they reside in Hadley, Massachusetts with their three children, Celeste, Joselyn and Chloe.

**"It was a proud moment for myself and especially my family that attended," said Chief Master Sgt. Sheffield, reflecting on the event. "It was also an honor to have Col. Gary Keefe be the guest speaker."**

CMSgt Todd R. Sheffield is the 104th Vehicle Maintenance Superintendent. In this position, Chief Sheffield's primary responsibility is to provide and maintain the vehicle fleet for the 104th Fighter Wing.

He served six years enlisted in the Army National Guard. He later joined the 104th in 1991. Chief Sheffield resides in South Hadley Massachusetts and has one son Anthony.

**"The highlight of the ceremony for me was being able to publicly recognize my family for their support throughout my career,"** said Chief Master Sgt. Roy. **"It was extremely fortunate for me to have my father and mother in attendance to see my induction to chief, what is essentially the pinnacle of an enlisted career."**

CMSgt Rob Roy is the chief enlisted manager (CEM) for the 104th Fighter Wing Air Sovereignty Alert.



From left to right: Chief Master Sgt. Robert Beaulieu, Chief Master Sgt. Todd Sheffield and Chief Master Sgt. Robert Roy.

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

In his present position, he is responsible for the combat readiness of the Air Sovereignty Alert Mission.

Chief Roy has served 28 years in both the United States Air Force and Air National Guard.

Chief Roy resides in Wilbraham MA with his wife Tammy, sons, Christopher and Matthew, step daughters Abigail and Lillian.





## First Sergeant's Column

By Master Sgt. Lynne Bolduc, FW 1st Sgt.

By now you have received Col.

**Brooks' letter**, in it he talked about OPSEC and remembering to

watch what we say to the public.

This is really important, especially as we walk around as Ambassadors. I want to remind all of you that even if **you aren't officially in the "role" of Ambassador** because you are parking cars, performing security duties, performing your AFSC duties or working in a concession booth, you are still an Ambassador for the 104<sup>th</sup> Fighter Wing. People will talk to you, people will ask you questions. Be mindful of what you say. Remember, names,

numbers and details should not be released – ever! Lt. Col. Tomasko, our former senior intelligence officer, **used to tell us it's not necessarily** what one of us said, but what all of us said together that can become the problem. Keep that in mind also.

**You may think "I didn't say anything bad", but if we all think that way, we might let information slip that shouldn't be out there. I know it** seems like I am talking in circles, but **hey that's part of the point isn't it?**

So, what do you say? Well, start with what a great organization we work at, and then tell them what you do. Tell people how long you have been in, are you a traditional, what is **that like. If you don't know about the**

**aircraft, part, area etc. don't talk** about it like you do. That can lead to a whole heap of problems. Send them to the experts, they are out there. Keep it positive. But most of all, be aware of what you say, how **you say it and know that you don't** know who you are talking to, and **most importantly, you don't know** who is standing around listening to you. That age old saying is true **"OPSEC is everyone's business" & "Loose Lips DO Sink Ships"**.

Have a great airshow weekend. Enjoy whatever it is you are doing, and as always, if YOU have a question, ask. We: the Shirts, PA and ALL of your leadership are here to help you!

## Historic aircraft of the 104FW to fly again in Westfield

By Maj. Matthew Mutti, Wing Executive Officer

During the Westfield International Air Show, August 21 and 22, six of the nine aircraft historically flown at Barnes will perform during the two-day air show.

A staple to the modern air show, historic warbirds have become as large of a draw as the modern day fighters. Historic aircraft are often kept as museum pieces, but a few have been taken on the road as mobile museums that showcase the Air Forces lineage and heritage.

The Westfield International Air Show will highlight six aircraft that had flown at Barnes Air National Guard Base. Spectators can expect to see the P-47 Thunderbolt (1947-1951), P-51 Mustang (1951-1954), C-47 Skytrain (1947-1955), F-100 Supersabre (1971-1979), A-10 Thunderbolt II (1979-2007) and the F-15 Eagle (2007-present).

These aircraft along with other historic military aircraft will perform heritage flights. The heritage flights consist of the historic aircraft flying in formation with the platform that performs the same mission today. During this show, we will have three

heritage flights. A fighter heritage flight, with F-16, P-51, P-47 aircraft, a transport aircraft heritage flight with a C-17 and C-47 and a naval heritage flight with a F-18 and a F-4U.

In addition to the warbirds that will be flying during the show, we will also have a number of warbirds

on static display. These displays will be open for the public to walk through the aircraft and learn more **about their role forming our nation's** military.

We will have aircraft that represent every major conflict from the **World War I to today's engagements** in Iraq and Afghanistan.





## Safety: How Goes It!

By Senior Master Sgt. Thomas Dumais

Since the last UTA, we have experienced 6 injuries and 2 mishaps.

### Injuries:

Operator injured leg: GMVO flipped on side; speed and traction; no lost time

Worker injured hip: fell to ground; high step down; lost time

Worker injured eye: cutting wood; adjusting goggles; no lost time

Worker cut head: impact aircraft panel; situational awareness; staples

Worker cut head: impact aircraft fastener; situational awareness; staples

Worker cut head: impact aircraft door; situational awareness; stitches

### Mishaps:

GMVO damaged: flipped on side; traction and speed; \$200 damage

LOX bottle damaged: fell off trailer; tie down and speed; cost TBD

As you can see, we have had several Eagle bites related to rushing and situational awareness. So what does this tell us? Slow down, and before you move your head anywhere, **make sure it isn't going to strike anything.**

The other items of interest are the flipped vehicle and the dropped LOX bottle. In regards to the flipped vehicle, as you may know there are a lot of different Gator type vehicles on base which were purchased by individual units to fill voids in their vehicle allowances. These vehicles have a lot of torque on the wheels and most are 4-wheel drive. What this means is given the right speed, when you attempt to turn the vehicle, the axles will grab the pavement at different points, thus making the vehicle want to overturn. The reason it does this is because these vehicles are meant to

operate in off road environments not on blacktop. Dirt moves as the wheels grab, blacktop does not! If you operate one of these vehicles, check the operator manual for any and all warnings and cautions.

Then there is the LOX bottle falling to the ground. There are numerous lessons learned in this event, but none more important than to apply the rule that whenever you move anything, make sure it and everything on it is secured. Coming from a munitions background, I can tell you first hand that this rule works both ways. Check your load to make sure everything is tied down and nothing **ever happens! However, if you don't**, then gravity and inertia will do their thing.

As we approach Labor Day, we would like to remind everyone to remain focused on staying safe. So far

the AF has experienced nine fatalities. This year we are seeing a slight change in the causes and reasons for the fatalities. In the past we would see motorcycle fatalities being higher, but so far this year we have not seen this trend. What we do see when we look back over the previous years is the rise in fatalities in the last few weeks leading up to and including Labor Day Weekend. This is also where we can see the involvement of alcohol on the cause of the fatalities. During this holiday, we ask that you once again use personal risk management in whatever it is you have planned to do.

We hope that all of the above information is used in a positive way to help better our safety posture so we **can continue to "Make it happen; SAFELY!"** The Safety Staff



## Vehicle decals are back

By Master Sgt. Joseph Carnevale, Security Forces

The Air Force eliminated the DoD 2220's vehicle decals about two years ago, due to the implementation of 100 percent ID checks, which is when our Security Forces office stopped issuing the decals. However, the Air Force has reinstated the program once again. Everyone is asked to visit Security Forces in building 031 during the following hours: Tuesdays, Wednesdays and Thursdays from 1300-1600 during the week. UTA hours haven't been determined as of yet. Unit members will need to bring a copy of their vehicle registration with them. If unit members have any questions, they can contact Master Sgt. Brenda Sanderson at (413) 568-9151 ext. 1144, or Master Sgt. Joe Carnevale at ext. 1278.



# Military orders all personnel to stay away from WikiLeaks site

By Rowan Scarborough, The Washington Times

The U.S. armed services are issuing internal messages to all personnel barring them from visiting the WikiLeaks website, which recently posted 77,000 classified diplomatic and military messages on the long war in Afghanistan.

Pentagon spokesman Bryan Whitman confirmed Thursday for The Washington Times that all four services "have put out such messages" after The Times had obtained copies of Navy and Marine Corps messages banning troops from accessing WikiLeaks.

Mr. Whitman later told The Times that the Army and Air Force had not yet issued such statements.

The orders seem to be the most far-reaching effort by the Pentagon in its ongoing effort to stop the release of classified information. The military is telling the troops they cannot even view what is publicly available, even though the WikiLeaks documents are on hundreds of websites.

In addition, the Pentagon is demanding that WikiLeaks return the classified documents it posted on the Internet, as the whistleblower website apparently is preparing another huge document dump.

A July 29 message from the National Security Litigation Division of the Navy's Judge Advocate General's Corps tells all sailors that:

"[Department of the Navy] personnel should not access the WikiLeaks website to view or download the publicized classified information. Doing so would introduce potentially classified information on unclassified networks."

"There has been rumor that the information is no longer classified since it resides in the public domain. This is NOT true," said the internal message, a copy of which was obtained by The Times.

Titled "Wikileaks Website Guidance," the Navy message further

states:

"Government information technology capabilities should be used to enable our war fighters, promote information sharing in defense of our homeland, and to maximize efficiencies in operations. It should not be used as a means to harm national security through unauthorized disclosure of our information on publicly accessible websites or chat rooms."

A similar message from the Special Security Office of the Marine Corps Intelligence Department addressed to ALCON (all concerned) threatens to discipline offenders:

"By willingly accessing the WIKILEAKS website for the purpose of viewing the posted classified material - these actions constitute the unauthorized processing, disclosure, viewing, and downloading of classified information onto an UNAUTHORIZED computer system not approved to store classified information, meaning they have WILLINGLY committed a SECURITY VIOLATION."

"Not only are these actions illegal, but they provide the justification for local security officials to immediately remove, suspend 'FOR CAUSE' all security clearances and accesses.

Commanders may press for Article 15 or 32 charges, and USMC personnel could face a financial hardship as civilian and contractor personnel will be placed on 'Administrative Leave' pending the outcome of the [criminal] investigation," the message states.

An Army intelligence analyst is suspected of leaking the classified materials - Pfc. Bradley Manning, 22, of Potomac, Md., who is being held in a military detention center at Quantico, Va.

Pfc. Manning had been arrested in May and charged with providing to Wikileaks a classified video showing



a U.S. airstrike killing civilians and two Reuters news agency workers in Iraq in 2007.

Days before WikiLeaks posted the classified documents, Defense Secretary Robert M. Gates sent out a memo threatening personnel with criminal prosecution if they leaked secrets.

Now the Pentagon is turning its attention to WikiLeaks, whose founder, Julian Assange, is seeking to expose all sorts of government secrets. His website also has released e-mails by climate specialists that suggested collusion and misinformation in the formation of climate change policies.

At a news conference Thursday, Pentagon press secretary Geoff Morrell said the Defense Department is asking WikiLeaks to "do the right thing" and return the classified documents it posted. However, Mr. Morrell did not say how the Pentagon would make the website do that.

Meanwhile, the Associated Press reported that WikiLeaks had posted a large encrypted file named "Insurance" to its website, sparking speculation that it was preparing another huge dump of classified documents.

Bloggers noted that the file, which consumes 1.4 gigabytes, is 20 times larger than the batch of 77,000 secret messages about Afghanistan that the website released last month.

WikiLeaks and Mr. Assange had no comment about the file, the AP reported.

# Civilian acts add flavor to military air show

By Maj. Matthew Mutti, Wing Executive Officer

During the Westfield International Air Show, August 21 and 22 at Barnes Municipal Airport, 35 acts will perform, showcasing the military but also the world of civilian aviation.

Nine civilian acrobatic pilots will perform in various aircraft, each have a unique story to tell.



Greg Poe will fly the Fagen ethanol powered aircraft, the first of its kind. Poe will fly a modified MX-2 aircraft. This high-G capable aircraft will perform hardcore unlimited aerobatics, set to entertain, enlighten and elevate the spectators. Poe will focus his stay in Westfield by trying to motivate the local youth to aim for the sky and elevate themselves away from influences that could harm their future. Poe lost his son to a drug-related death in 2002, and since then he has traveled around the globe sharing his story through the Ryan J. Poe foundation. While in Westfield, Poe will fly with some children of the community, allowing them a chance to truly reach for the sky.



John Klatt is no stranger to the Air National Guard, a seasoned combat F-16 pilot, Klatt flies the Air National Guard's Staudacher S-300D, a

1,250 lb aircraft that can travel at speeds in excess of 250 mph. Klatt has flown a wide variety of aircraft. His commission in the ANG gave him the opportunity to fly C-130 military transports delivering crucial supplies during Operation Desert Storm. John later transitioned from the C-130 into the F-16 "Fighting Falcon" and has completed three combat tours flying F-16's in Iraq. John has logged more than 2,000 hours at the controls of the F-16, and is assigned to the 148th Fighter Wing in Duluth, MN.

The World Famous GEICO Skytypers Air show Team brings a unique mix, bringing a civilian flying team that uses six vintage WWII airplanes performing precision flight maneuvers. They are the only civilian squadron currently appearing at air shows and flying WWII aircraft, specifically the SNJ-2s they are flying are six of the 11 remaining planes still in existence. They perform a low-level, precision-flying formation, combined with a thrilling aeronautical demonstration highlighting the unique capabilities of the aircraft. In addition, this team skytypes in the sky, a unique process, where they fly in formation and type a giant message in the sky with their smoke, like a dot-matrix printer.

There are two New England natives performing at the show, Mike Goulian, a veteran performer from Massachusetts and Rob Holland, the 2005 world acrobatic champion and Nashua New Hampshire native. Both these performers have been thrilling the air show circuit for years, and are three-time performers at this air show. They are requested to perform **each year from the show's fans, we have been lucky enough to draw them for the last three shows, as they are among the most sought after acts worldwide.** Goulian has lately become a house-hold name as he has competed in the Red Bull Air Races, where he is currently in seventh place world-wide.

What would an air show be with-



out a bi-plane, in our case, what would the show be without 2 bi-planes. This year we will be hosting a new bi-plane duo called the Red Eagles, flying two Talon Eagle Aircraft. The team flies a high-powered aerial ballet routine, with fast passes and delicate wing-tip formations set to music.



**Another first for this year's show** is Dan Buchanan, a performer who **fly's an un-powered glider.** What **makes Buchanan's act unique is that he is paralyzed from the waist down.** In 1981, Buchanan was injured in an accident which rendered him paralyzed. Buchanan launches himself into the sky with a truck pulling him down the runway and once airborne he will fly in formation with some of our other civilian performers; adding a very unique contrast between powered and unpowered flight.

Following in the traditions of the New England air shows, we will be hosting a jet-powered ground vehicle. **This year's vehicle will be a school bus.** The jet-time school bus will perform a routine were it will travel down the runway at 300 mph. This act will be complimented by a jet-powered outhouse, a one-of-a-kind act that adds a little comedy to the high-powered show.

# \$50,000 scholarship to honor First Sgt. Kevin Dupont Submitted by the Community Foundation of Western Massachusetts

As the one-year anniversary of **First Sgt. Kevin Dupont's tragic** death approaches, family and friends of this Chicopee native honor his life and enduring legacy by establishing a memorial scholarship in his name at the Community Foundation of Western Massachusetts.

On June 17, 2009, Kevin Dupont succumbed to injuries sustained during a combat patrol mission in Afghanistan in support of Operation Enduring Freedom. A 1976 graduate of Chicopee High School, Dupont had served his country for more than 30 years, first in the United States Marine Corps and later with the Massachusetts Army National Guard.

An accomplished soldier, Dupont had received 30 awards and decorations, including the Bronze Star Medal, Purple Heart Medal and the

NATO Medal. Before volunteering to deploy to Afghanistan in 2008, Dupont turned down a promotion that would have kept him out of conflict. Instead, he arrived in Afghanistan where he worked with tribal leaders to identify insurgents. He was severely burned on March 8, 2009 when an improvised explosive device struck his vehicle while he was conducting a combat patrol mission. Dupont succumbed to his injuries three months later while being treated at Brooke Army Medical Center in San Antonio, Texas.

**“The Chicopee community was incredibly supportive, comforting my family and raising money to help us travel to Kevin’s side in Texas,” said Christopher Dupont, Kevin’s brother of Belchertown. “We wanted to honor him and the Chicopee community**

that he cared for and that had cared for him so much.”

To honor Kevin’s life of service and the generous community that was so supportive to his family in their time of need, the family established the First Sgt. Kevin Dupont Memorial Scholarship Fund at the Community Foundation of Western Massachusetts.

Beginning on January 1, 2011, graduates of Chicopee High School and Chicopee Comprehensive High School are invited to apply to the Foundation for this scholarship award.

To learn more about this scholarship fund, please call Kristin Leutz or Katie Allan Zobel at the Community Foundation at (413) 732-2858 or visit the foundation’s website at [www.communityfoundation.org](http://www.communityfoundation.org)

## Control your cholesterol

By Lt. Col. Anita Compagnone, Medical Group

Did you know that having knowledge about cholesterol levels in your food can help you fight heart disease? It is important to know and understand your cholesterol scores as well as know the difference between HDL, LDL, and triglycerides as high cholesterol has long been proven to lead to heart disease, the number one killer in the US.

Your SCORES Include:

Low Density Lipoprotein (LDL) – This is the "BAD" cholesterol that actually can build up within your arteries and lead to heart attack and stroke. Keep this level under 100 mg/dL for an optimal score.

High Density Lipoprotein (HDL) – This is the "GOOD" cholesterol that you want to be higher. Keep this level above 60 mg/dL.

Total Cholesterol – A score under 200 mg/dL is ideal and anything above 230-240 requires immediate efforts to decrease.

Triglycerides – This score represents a type of fat found in the blood stream. This number should be less than 150 mg/dL. Along with cholesterol, the body needs

triglycerides for energy, but increased levels are detrimental to your health.

Here is a list of what to do to lower LDL and raise HDL:

- Eat a healthy diet low in saturated fats and cholesterol
- Start to exercise more to burn fat
- Lose weight
- Take medication if needed

In most people a healthy diet, keeping fit, and loss in weight will help control high cholesterol, but in some cases medication is needed. Your doctor may recommend a medication that will work best for you. NOTE – If you have a family history of high cholesterol – start working today to keep it low!

What to Eat / Not Eat:

According to the National Institute of Health, foods lower in cholesterol, saturated fat, and higher in complex carbohydrates and fiber can help you better fight higher LDLs. Here is a list of DO's / DON'Ts - though it is not a complete list:

Eat More:

- Skim milk
- Fish (tuna/salmon)
- Lean meat/beef
- Bread, pasta
- Fruits/vegetables (raw/steamed)
- Rice
- Potatoes
- Oat, barley, bran, nut
- Vegetable / olive oil
- Yogurt

Eat Less:

- Whole milk
- Red meat (or trim fat)
- Fatty meats / organ meat
- Butter, fatty sauces on foods
- Fatty foods / processed -sugar
- Fried rice
- French fries
- Granola
- Shortening / lard
- Sour cream

# MARE prepares base and community for air show

## By Airman First Class Bonnie Harper, Public Affairs

Members of the 104th Fighter Wing participated in a major accident response exercise on July 13 in preparation for the Westfield International Air Show on August 21 and 22 here.

The MARE was a practice drill designed to test the base's ability to work with local civilian agencies and act efficiently in case of an emergency.

**"We need to make sure that we are prepared in the event that an emergency does occur,"** said Chief Master Sgt. Armand Lamour, the base fire chief.

This exercise featured a simulated C-130 crash the day of the air show, resulting in two simultaneous incidents. The first mock incident was caused by part of the C-130's engine falling into the air show crowd, resulting in deaths and injuries. Following this, the plane crashed into Savage Arms, a firearms manufacturing company located approximately a half-mile south of the base.



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

Base and community emergency response teams responded to these incidents. Coordination between the base and community organizations took place months prior to the exercise, said Senior Airman Zachary Wigham, from the emergency management office and one of the main coordinators for the MARE.

The exercise documentation was designed according to the Department of Homeland Security's exercise and evaluation program, Wigham said.

An emergency operations center was established for the exercise, which incorporated various internal offices from the base. Other military agencies, such as the base fire department and family support, played a role in the MARE.

Community organizations that were involved in the MARE included the Massachusetts Emergency Management Agency, Westfield Fire Department, am-

balance companies from Springfield, Western Massachusetts EMS, Westfield and Springfield police departments, and County Ambulance from Pittsfield. Agencies from Springfield provided inflatable dummies, which were used to represent the victims of the plane crash.

Since this MARE involved many areas of the base, as well emergency response personnel from the community, it provided a unique, hands-on experience for everyone involved.

This was a contrast to previous MAREs, which involved discussing scenarios in the dining facility using a table-top method.

This MARE was a big change due to the fact that so much coordination was done with outside agencies and the homeland security aspect was addressed. This brings the base and community together to build relationships and build the area up together, Wigham said.

**"This challenged the base with something new, and hopefully set a standard that we can continue to develop ourselves by,"** he said.



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

# Loophole may have aided theft of classified data

By Thom Shanker, The New York Times

WASHINGTON: The soldier accused of downloading a huge trove of secret data from military computers in Iraq appears to have exploited a loophole in Defense Department security to copy thousands of files onto compact discs over a six-month period. In at least one instance, according to those familiar with the inquiry, the soldier smuggled highly classified data out of his intelligence unit on a disc disguised as a music CD by Lady Gaga.

Criminal charges were filed this week against the soldier, Pfc. Bradley E. Manning, 22, who was accused of downloading more than 150,000 diplomatic cables, as well as secret videos and a PowerPoint presentation. Since his arrest in May, with initial accounts blaming him for leaking video of a deadly American helicopter attack in Baghdad in 2007, officials have sought to determine how he could have removed voluminous amounts of secret data without being caught.

A Defense Department directive from November 2008 prohibits the use of small thumb drives or larger external memory devices on any of the estimated seven million computers operated by the Pentagon and armed services. The order was issued to forestall the accidental infection of national security computer networks by viruses, and the intentional removal of classified information.

Defense Department computers have their portals disabled to prevent the use of external memory devices that are ubiquitous in homes, offices and schools, officials said. A recent amendment to the order allows the rare use of thumb drives, but only with official approval as required by a current mission.

But the Pentagon directive and the amendment did not ban the use of compact-disc devices, which are built into many computers and therefore not included in the prohibition against the use of external memory devices.

According to Pentagon officials

and one former hacker who has communicated with Private Manning, he appears to have taken compact discs that can accept text, video and other data files into an intelligence center in the desert of eastern Iraq to copy and remove the classified information.

He was able to avoid detection not because he kept a poker face, they said, but apparently because he hummed and lip-synched to Lady Gaga songs to make it appear that he was using the classified computer's CD player to listen to music.



Adrian Lamo, a well-known former hacker, had traded electronic messages in which Private Manning described his unhappiness with the Army; and, Mr. Lamo said, his activities downloading classified data.

Mr. Lamo said Private Manning described how he had used compact discs capable of storing data, but tucked inside recognizable music CD cases, **“to bring the data out of the secure room.”**

**“He indicated he disguised one as a Lady Gaga CD,” Mr. Lamo said** Thursday in a telephone interview. **“He said he lip-synched to blend in.”**

The four pages of official charges against Private Manning accuse him of downloading and removing the classified data from last November to May. The charges say he also loaded unauthorized software onto a **computer linked to the military’s classified computer network**, called the SIPR-Net. The charges do not explain the significance of that action, nor how it might have aided his alleged effort to download classified files.

In downloading more than 150,000

diplomatic cables, the charges state, **Private Manning did “intentionally exceed his authorized access on” the SIPR-Net.** This statement appears to be at least a partial explanation of how a soldier assigned to an Army brigade outpost in eastern Iraq was able to gain access to classified diplomatic cables on a variety of unrelated subjects.

At a Pentagon news conference on Thursday, Defense Secretary Robert M. Gates and Adm. Mike Mullen, the chairman of the Joint Chiefs of Staff, said they would reserve judgment on whether to order a sweeping review of security measures until it was determined whether the actions of which Private Manning is accused represent a broader problem.

**“What this illustrates is the incredible amount of trust we place in even our most junior men and women in uniform,” Mr. Gates said. “We have over two million men and women in uniform, and I believe we should always err on the side of trusting them because virtually all of them, not 100 percent, but nearly 100 percent, give us reasons every single day to continue trusting them.”**

Pentagon officials said they expected investigators to review the **actions of Private Manning’s supervisors** to determine whether enforcement of security rules was lax in a remote outpost where soldiers are assigned to duty at computers virtually around the clock.

Another line of inquiry is expected to look at whether digital red flags were raised, or should have been **raised, by Private Manning’s actions**, including the accusation that he spent time downloading information from classified databases not directly related to the mission of his unit, the Second Brigade of the 10th Mountain Division, based at Contingency Operating Station Hammer east of Baghdad.

Steven Lee Myers contributed reporting from Baghdad.

# Changing faces of the 104th Law Office

By Lt. Col. Robin Peterson, Staff Judge Advocate

The 104th Law Office has undergone some recent noteworthy changes. Our former Staff Judge Advocate, Timothy Mullen has been promoted to Colonel and moved up to State Staff in Milford.

While it was difficult to see Colonel Mullen go, we were pleased to see Lt. Col. Robin Peterson become our new Staff Judge Advocate. And we are happy to welcome Maj. Sean Lardner to our staff as the Deputy Staff Judge Advocate. The paralegals for the law office are Master Sgt. Christopher Curtis and Staff Sgt. Kristin Anderson.

Lt. Col. Robin Peterson

Lt. Col. Robin Peterson is the Staff Judge Advocate at the 104th Fighter Wing. She has been a member of the Air National Guard for 21 years and has been in the legal career field for 20 years. For Lt. Col. Peterson, serving at the 104th Fighter Wing is a family affair. Her father, retired Tech. Sgt. Bob Peterson, ran the machine and welding shop at Barnes ANG Base for many years. He retired after 23 years of service here. Lt. Col. Peterson's sister, **Roberta Sarnacki**, also served at Barnes ANG Base for 10 years in Base Operations and then in the Medical Group. Lt. Col. Peterson has fond memories of coming to Barnes ANG Base for air shows and base family picnics in the 70s and 80s. In the civilian world, Lt. Col. Peterson works for CVS Pharmacy in their Real Estate Department. There she is responsible for purchasing and leasing the land for new and relocating CVS Pharmacies in her territory, as well as managing the construction. Lt. Col. Peterson currently manages approximately 300 new and

relocating potential CVS stores. Lt. Col. Peterson resides in Barrington, RI, with her husband and two children. **Colonel Peterson's hobbies** are kayaking and reading.



From left to right: Staff Sgt. Kristin Anderson, Maj. Sean Lardner, Lt. Col. Robin Peterson and Master Sgt. Christopher Curtis.

Maj. Sean Lardner

Maj. Sean Lardner is the Deputy Staff Judge Advocate at the 104th Fighter Wing. In his civilian capacity, he is the Chief of Contract Law at Joint Base McGuire-Dix-Lakehurst. He is responsible for providing advice in contract formation and administration legal issues, as well as fiscal law. He also provides advice on employment and labor matters as well as legal advice pertaining to the Joint Ethics Regulation.

Prior to joining the Air National Guard, he served as a judge advocate on active duty for ten years, practicing in all areas of the law. He has served as a deployed staff judge advocate (Eskan Village, Saudi Arabia), a deputy staff judge advocate, a disability counsel, and an area defense counsel. Major Lardner practiced law in Rhode Island and served as a foreign legal consultant for a law firm in Pusan, Korea, prior to accepting his commission. Major Lardner lives in Southamptton, New Jersey, with

his wife and three children. His favorite hobby is coaching his son's flag football team.

Master Sgt. Christopher Curtis

Master Sgt. Christopher Curtis is the Law Office Superintendent for the 104th legal office. Sergeant Curtis joined the 104th in the fall of 2006. Prior to being in the 104th, Sergeant Curtis was a member of the 212th Engineering and Installation Squadron for 15 years and installed telecommunications cable. He deployed in 2003/2004 overseas to Al-Udeid with a forward deployment to Kandahar, Afghanistan. Sergeant Curtis lives in Holden with his 16-year-old daughter. Sergeant Curtis

**has a master's degree in Criminal**

Justice from Anna Maria College. In the civilian world, Sergeant Curtis is a Lieutenant on the Worcester Police Department. **Sergeant Curtis' hobbies** include fitness, sports, crossword, and trivia.

Staff Sgt. Kristin Anderson

Staff Sgt. Kristin Anderson is a paralegal in the 104th Legal Office. She joined the 104th in February of 2004 where she worked in Security Forces until March of 2009. Sergeant Anderson graduated Liberty University with a degree in Criminal Justice in 2009. She has one child who is 3 years old. In her civilian life, she continues to pursue her education, aiming for a Masters in Human Services. In her free time, Sergeant Anderson enjoys spending time with her daughter, snowboarding, and shooting.



# Personal Responsibilities

By Capt. Angelia Russell, MA ANG NC

As another ORE has past and the ORI quickly approaching, in traditional guard terms, we must learn from our mistakes and assume responsibility. The meaning of the word responsibility is the ability to respond. Choosing to respond or to be responsible is choosing to be held **accountable. It is the member's responsibility to maintain 100 percent accountability for one's medical mobility status.** Are you medically qualified to deploy?

A day prior to the ORE, the Immunization Office offered immunizations throughout the day. The Immunization Clinic gave out 37 vaccines. A day later, during the PDF line, 212 vaccines were given to the **400 persons that "deployed."** More than 50 percent were not qualified to deploy. Currently, Barnes sits at 92 percent compliant with the Air Force Immunization Program. Therefore, out of the 1,062 members, only 979 are immunized appropriately for deployment. The Air Force upper leadership has access to our numbers. If the Air Force has a similar unit with a similar mission to Barnes, for ex-

ample 98 percent, compared to our 92 percent, with which unit would you choose to deploy? Which unit is more cost effective to deploy and requires less man power to get those ready to deploy? I believe the answers to these questions are pretty obvious.

It is more than insuring your immunizations are current. It is your overall medical status, for instance, annual dental exam. I know this from personal experience. I fear the dentist more than anything and will delay going to the dentist until the last possible moment. I had a bad experience years ago while getting a cavity filled. I metabolize novocaine and lidocaine quickly, meaning I am numb only for short periods and require more medication to stay numb during procedures. I was given an injection of novocaine through the roof of my mouth. Worst pain I have ever felt. I have broken my hand, gave natural child birth to an 8 lb 2 oz baby, and dislocated my knee and shoulder, all without tears. Novocaine injection in my palate, cried like a baby. So, when my annual

dental exam came, I kept putting it off that is until I was redlined from a Christmas party drill and was placed on a 4T profile. This was a lesson learned.

Do not let us pull you at the last minute from the PDF line for a medical issue that occurred months previous and cause a shortfall for the wing. Any change in your medical status to include medication change, surgery, pregnancy, if you are questioning it bring it to the Medical Group much sooner than later. We can start the process and get the ball rolling to keep you qualified. We are here to help you stay fit and qualified to better serve Barnes, the Air National Guard, and in the end each other.

I try very hard to follow my own motto, "**Lead by example, not by command.**" The reason some do poorly or morale in a unit suffers is not from lack of leadership, but from a lack of an example to follow. If we at Barnes all strive to be an example, Barnes will receive an outstanding on our ORI, so stay qualified and be the example.

# Fire Department Boot Drive

By Tech. Sgt. Larry Buell, FD Charity Golf Coordinator

During the June UTA, the 104th Fighter Wing Fire Department held its 2nd Annual Boot Drive. Once again, all proceeds are benefitting the Soldiers' Home in Holyoke.

A big thank you to everyone who generously gave during the two day

boot drive. This year's total of \$1,500 brings the two year boot drive total to \$3,100. All boot drive donations, along with proceeds from the 13th Annual Barnes Fire Charity golf Tournament, to be held on July 23rd, 2010, will go a long way toward **helping out the veterans at the Soldiers' Home.** On behalf of the 104th Fire Department, and the Soldiers' Home, we appreciate your support!

The Firefighters who were out there collecting were Andy Jolicoeur, Brian Charron, Jason Smith, Paul Mikaniewicz, Leo Picuch and Allen Warren. A big thanks to them as well.



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



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

## Meet Your Family Readiness Board



From left to right:

Pat Connors - Chairperson

Lyn Richards - Secretary

Kneeling Tina Dimino-Frazier - Youth Coordinator,

Sandy Wakefield - Wing Family Coordinator

Cindy Patnode - Treasurer

Missing Beth St. Clair- Co-Chair

Each month one Family Readiness Board Member will be featured

Sandy Wakefield worked for the South Hadley School Department for 25 years. She was also the Executive Director of the Pioneer Valley USO for 14 years. Sandy has been the Airman & Family Readiness Manager here at Barnes for almost



Sandy Wakefield—  
Wing Family Coordinator

## Get off the bus

By Senior Master Sgt. Douglas Daponde, Student Flight NCOIC

**GET OFF THE BUS!** This has become the signature rallying cry that kicks off the beginning of the Recruit Sustainment Program (RSP) weekend at Camp Edwards on the Cape. Once a quarter the 104th Fighter Wing and the 102nd Intelligence Wing combine their student flights for various training activities that will mentally and physically prepare these members for basic training and to become full-fledged airmen of the Massachusetts Air National Guard. The Air National Guard utilizes the Army facilities that are offered at Camp Edwards. These facilities are shared with the Army National Guard recruits during the same weekend.

Student flight members, or trainees as they are called, are exposed to various activities that Camp Edwards has to offer. Just recently, the trainees had to utilize their leadership, communication, and team building skills to overcome an assortment of scenarios and obstacles presented to them via the Leadership Reaction Course (LRC). This course was designed by Adolf Hitler to challenge his officers and their ability to overcome these obstacles. Other ac-

tivities that the trainees get involved in are the obstacle course, established in 2000, which is a simulator like our own FATS program on base. Also, we just booked for the summer of next year the Tactical Training Base (TTB), which will simulate forward deployment.

Trainees are exposed to a number of team building activities as well. Each morning they participate with the Army in their physical training component. The trainees will be timed in push-ups and sit-ups and then run 1.5 to 2 miles with the Army recruits. Often is the case that the Air Force trainees out-perform the Army recruits during these activities. Our trainees take pride in the fact that they represent the Air National Guard and they let their performance speak for themselves. Other team builders include team sports, problem solving activities and watching inspirational movies.

All of these activities and the logistics that accompany the student flight program would not be a success without the folks that implement the program. Not only do these individuals prepare months in advance but they commit more time

**than the required “one weekend a month.” This program has been up and running for over a year and I would like to thank the following individuals for their hard work, commitment to the program, their ideas that made the program better, and their loyalty to the 104 FW and Air National Guard to personally take an interest to see that their replacements, our future leaders, are properly being prepared to the utmost of our abilities. These members are: Maj Dave Mendoza, Master Sgt. Fred Fopiano, Master Sgt. Mark Gaskalka, Tech. Sgt. Justin Racliffe and Tech. Sgt. Brian Simeone.**

Finally, I would be remiss if I left out those who have filled in and **contributed to the program’s success** when called upon. These individuals include 1st Lt. Liz Mesecher, Tech. Sgt. Tom Landon, Staff Sgt. Jen Krutka, Staff Sgt. Neftali Rivera, and Staff Sgt. Dan Gosselin. Your efforts and contributions have not gone unnoticed and you are appreciated. This program has grown leaps and bounds from what it was just a few short years ago. I am proud to be associated with the 104th Student Flight.

# Iron Chef competition heats up June UTA

By Airman First Class Bonnie Harper, Public Affairs

Running back and forth across the kitchen, searching for ingredients, taste testing the main entrees and cheering each other on are all part of the fun that takes place during an Iron Chef competition.

The base services staff hosted their fourth Iron Chef competition on June 5 during the monthly unit training assembly here.

The competition was between Major Ramon Diaz and Tech. Sgt. Brad Caney. Each chef prepared a chicken meal that was served during lunch to servicemembers at the dining facility.

Two months prior to the competition, each chef chose a family chicken recipe that they wanted to make for the event, said Senior Master Sgt. William Butman, the base services manager. The services staff made sure that the dining facility had all of the necessary tools and ingredients for the competition, Butman said.

Each chef had their



(Photos by Master Sgt. Mark W. Fortin)

own team with four additional cooks to help them prepare the meals the day before the judging would occur.

**“It’s all about the teamwork,”** said Maj. Diaz, the operations officer for the Force Support Squadron here.



(Photos by Master Sgt. Mark W. Fortin)

Two years ago, he decided to start the Iron Chef competition here as a fun way to hone the **squadron’s food service** skills while creating a team building atmosphere, he said.

For a typical meal at the dining facility, customers can choose one of two main entrées, but for the Iron Chef competition, the portion sizes were made smaller than usual so that each customer could try **both chefs’ creations.**

The customers were given a survey, voting card as they waited in line, which they completed and turned back in after they had finished their meal and chosen the entrée that they liked best.

The customers voted between season baked

chicken, cooked by Tech. Sgt. Caney, and Italian dressing chicken, cooked by Maj. Diaz.

Previously, the Iron Chef competitions have been between a seasoned NCO and a newly enlisted airman, who had just completed tech school. The freshly trained airmen have typically been the chefs to win.

Maj. Diaz broke this **trend by winning June’s** Iron Chef competition against Tech. Sgt. Caney.

Iron Chef will continue providing an opportunity for fun and camaraderie to the dining facility staff, as well as great food to the servicemembers here.

## Memorial Day essay

Submitted by Rachel Cousins

To adolescent children, Memorial Day is just a day to stay home and have fun for there is no school. However, Most adults are quick to correct them. This is because Memorial Day is far more than a day on the calendar to sleep in late and go for a picnic. Memorial Day is a day to celebrate those that are keeping **America “the land of the free,” free** for years to come.

Memorial Day started a while back, after the Civil War. It was **originally dubbed “Decoration Day”** for it was the day where people would go out and decorate the graves of soldiers that had died with fresh flowers and American flags. Nowadays, we still celebrate it to honor those who have fought for our country, but we have a few different ways to celebrate it. For example, while people still clean up the graves of departed soldiers, there are also ceremonies held in honor of the veterans alive and departed, plus picnics and luncheons are held in honor of soldiers past and present. Either way,

this holiday remains to be an important, yet somber day, in which many people feel strongly about.

Memorial Day is a significant holiday because without it, many **people’s great acts of patriotism, by** going abroad and risking their lives so that we may remain free and safe from harm while we call America our home, would go without proper recognition. It is especially important to thank and pray for the ones who died fighting for our freedom. Finally, Memorial Day is important because it reminds us to support and pray for the troops fighting for us as we speak.

Memorial Day means something different to everybody. To me it means thousands of soldiers, fighting for my future so that I may always live my life in freedom. It is a day for me to thank my family for leaving their immediate family to go fight for their bigger family, America. My dad fought during Operation Iraqi Freedom when I was 8, my grandfather fought in World War II and my great

grandfather before him fought in World War I. I am thankful that they all returned back home safe and pray **for those who won’t. Memorial Day** always makes me think about other people in other countries who are not lucky enough to live in freedom as I do. It makes me remember that I must not take all that I have for granted, for without all the fearless soldiers it would all be gone. Most importantly, Memorial Day is about personally thanking soldiers for their great patriotism for defending our home.

In conclusion, when Memorial Day was declared a national holiday in 1882 it was for a reason. It was, and still is, a day to recognize soldiers that risk their lives so that we can remain free. It is to honor those who died during harsh combat. In closing, Memorial Day is a day to be thankful for the great acts of patriotism our soldiers have shown by defending our country.

## Cards for Hope

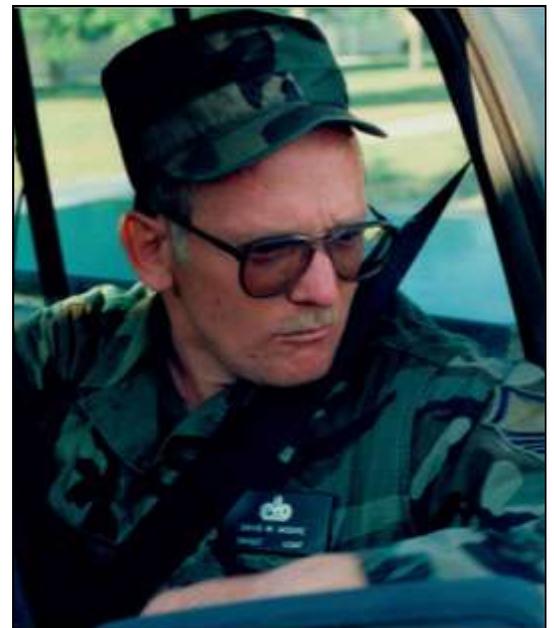
Submitted by the Safety Office

**For those of you who don’t know** Dave, he is a great guy who has given his all his whole career to both defend our country and to help anyone he could along the way. He retired from the 104<sup>th</sup> FW on 3 July 2009 on his 60<sup>th</sup> birthday and then retired as a truck driver. In February 2010 he attempted to donate blood and was found to have Acute Myeloid Leukemia (AML). The good news is they have located a bone marrow donor for him and on 11 August 2010, he will be admitted to UMass Medical Center to begin his high dose Chemotherapy and transplant. If you would like to join me in sending him a **“Card of Hope”**, **below is the ad-**

**dress to send it to.** He is scheduled to be in the hospital from 12 August until 18 September 2010. Thanks, The 104<sup>th</sup> FW Safety Office.

### Send “Cards of Hope” to:

SMSgt Dave Moore, (Retired)  
C/O The Bone Marrow Transplant Unit, 8<sup>th</sup> Floor West  
UMass Medical Center, University Campus  
55 Lake Avenue North  
Worcester, MA 01655



Vietnam Veteran, MA ANG Retiree  
David W. Moore, SMSgt MA ANG, Retiree,  
3 July 2009

# For Your Information

## Online personnel services and total force center support

### Submitted by the Force Support Squadron

Do you want to avoid waiting in line at your Military Personnel office? Did you know that you can perform many personnel actions from your home using a variety of online services? For ANG members, the virtual Personnel Center-Guard and Reserve (vPC-GR), the virtual Military Personnel Flight (vMPF), and the Personnel Record Display Application (PRDA) are all online services and available for your use 24/7. Some of the applications available in vPC-GR include, initiate and process decoration nominations; request corrections or changes to your federal awards and decorations; view your duty history and request a correction or change to your duty history; submit a **voluntary separation discharge/resignation or retirement application; write, sign, and submit evaluation's including LOE's and request a copy of your EPR/OPR forms. Applications for your use in vMPF include view/print a visual display of your federal awards and decorations; view your data verification brief, access your record review and update some of the data; as well as update your emergency data information.** The Personnel Record Display Application (PRDA) allows you to view and print forms from your official military personnel record.

You can access vPC-GR, vMPF and PRDA from the AF Portal, [www.my.af.mil](http://www.my.af.mil), under the Top Portal Links section. For an all inclusive view of what services are available, please refer to the Online Personnel Services Brochure. A copy can be obtained from your Military Personnel office or you can view/print a copy from the Air Force Portal, Life and Career Tab, ANG Page.

The Total Force Service Center is available for customer support and provides processing for online services. Contact the Total Force Service Center (TFSC) at 1-800-525-0102 if assistance is needed.

#### Awards and Decorations – ANG members

Have you just been awarded a federal award or decoration? Well now you can view/print a visual display of your Federal Awards and Decorations using virtual Military Personnel Flight (vMPF). Do you want to recognize outstanding airmen? You can use virtual Personnel Center-Guard and Reserve (vPC-GR) to initiate and process decoration nominations such as Meritorious Service Medal (MSMs), Air Force Commendation Medals (AFCMs) and Air Force Achievements Medals (AFAMs).

#### Retirement/Voluntary Separations or Discharge – ANG members

**Wow...how time flies when you are having fun! You can't believe it has been at least 20 plus years since you were in Basic Training and wondering what in the world was I thinking! It is now time to say good-bye and transition into that new career you've been dreaming about.** Remember you do not have to wait until drill weekend to begin the separation/retirement process. You can start the process at home with online services. Go to virtual Personnel Center – Guard and Reserve (vPC-GR) to submit a voluntary separation discharge/resignation or retirement application.

#### Proof of Service Letter/20 Year Letter – ANG members

Do your current goals include purchasing a new home, refinancing your current residence, applying for a new job or preparing for military retirement. Just a reminder when you start gathering the necessary paper-

**work the Veteran's Administration, bank or credit union** requires, you can utilize online services to request a **"Proof of Service Letter" from virtual Military Personnel Flight (vMPF) or a "20-year letter" from virtual Personnel Center – Guard and Reserve (vPC-GR).** **If you're stepping off into a new career you apply for retirement using vPC-GR if an ANG unit member and vMPF if an ANG Statutory Tour member.**

#### Evaluations, Evaluation's – ANG members

Is it time to draft, sign, or submit an evaluation and you cannot attend the scheduled Unit Training Assembly this month? Did you know that you can keep the process moving using online services? In virtual Personnel Center- Guard and Reserve (vPC-GR) you can write, sign, and submit evaluations, including LOEs. You can also request a copy of previous EPR/OPR forms. If needed, you can view your evaluation data to include reporting official information in virtual Military Personnel Flight (vMPF).

#### Electronic Military Personnel Records – ANG members

If you are planning to go to the Force Support Squadron on drill weekend and ask for copies of forms from your military personnel record – think again – because electronic records are now available and you can access them 24/7 from your home! Just use the Personnel Record Display Application (PRDA) to view and/or print forms from your official military personnel record.

# For Your Information

## Online personnel services and total force center support

### Continued

#### EPR/ OPRs Records Copy – ANG members

Applying for a Technician or Statutory Tour position or just need a copy of your current or past Enlisted/Officer Performance Records (EPR/OPRs)? The information is just a click away! You can use virtual Personnel Center-Guard and Reserve (vPC-GR) to request a copy be sent to you from the Total Force Service Center-Denver or use the Personnel Record Display Application (PRDA) view and/or print a copy. You can also view your evaluation data to include reporting official information online by accessing virtual Military Personnel Flight (vMPF).

#### Updating your Personnel Information – ANG members

Have you recently had a change in your status? Did you get promoted, reenlist, married, divorced, move into a new home/apartment, have an addition or reduction to your household or sent a child off to college? If any of

the circumstances mentioned above or any others have occurred in your life; this is a reminder to review your personnel military records and to submit the required supporting documentation to correct or update your personnel data. You can review and update some of your personal data online using virtual Military Personnel **Flight (vMPF) or contact your servicing Commander's Support Staff or Military Personnel Section.** Access vMPF and vPC-GR systems from the AF Portal, [www.my.af.mil](http://www.my.af.mil), under the Top Portal Links section.

#### Duty History - ANG members

**Every job position you've held in the Air National Guard is important and should be properly documented in your military personnel record.** You can use virtual Military Personnel Flight (vMPF) to view your duty history and request a correction or change to your duty history. **If you're already in vPC-GR, you can request corrections to your duty history from there as well.**

## What's My Line Winner!



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

**Last month's winner is:**  
*"They have no idea this isn't a Red Bull".*  
Submitted by Senior Airman Austin Putnam

**Last month's runners-up are:**  
*"Don safety gear - check. Drink Red Bull - check. Get wings... maybe I missed a step?"*  
Submitted by Senior Master Sgt. David Frates

*"Yeah.... If you had an orange vest with white reflective tape, then you could be cool like me too..."*  
Submitted by Senior Master Sgt. Chris Curtis

## 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](mailto:104fw.pa@ang.af.mil)

Welcome to our Newest Members

Jacob Boucher	AMXS	1 Jun 10
Sean Lardner	FW	4 Jun 10
Miriam Thorne	MDG	4 Jun 10
Joshua Bush	CES	25 Jun 10
Susan Chamberlain	FW	29 Jun 10
Daniel Parker	MXS	2 Jul 10
Ryan Haug	MDG	15 Jul 10
Keith Foster	MDG	16 Jul 10
Sharon Jarmolowicz	MDG	16 Jul 10
Robert Pelotte	AMXS	27 Jul 10

Congratulations to our Retirees

Richard Baker	FSS	1 Jun 10
David McGrath	FW	14 Jun 10
John Daniels	SFS	31 Jul 10
Douglas Pisano	SFS	31 Jul 10
Timothy Belbin	MXS	30 Aug 10

Healthy Holiday Eating Tips

Medical Group, building 029, classroom 41, Sat, 11 Sept from 1130-1200 All invited.



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

Congratulations on your Promotions

To Airman First Class (E-3)



Kevin MacLellan, 104 FW STU

Mitchell Kleciak, 104 FW STU

To Senior Airman (E-4)



Andrew Grincavitch, 104 FW CF

Michael Kendall, 104 FW MXS

Heather Dragon, 104 FW FSS

Jamie Santiago, 104 FW MXS

Katie Fiore, 104 FW FSS

To Staff Sgt. (E-5)



Amanda Giovannella, 104 FW LRS

Lindsay Verderber, 104 FW FSS

Jen Rodriguez, 131 FS

Kevin Gould, 104 FW MXS

Neisha Nixon, 104 FW

Matthew Annis, 104 FW CES

Mitchell Charette, 104 FW AMXS

To Technical Sgt. (E-6)



Stephen Jeffers, 104 FW SFS

Michael Gauthier, 104 FW AMXS

Nathaniel Donnachie, 104 FW MOF

Andrew Fredette, 104 FW CF

To Master Sgt. (E-7)



Jason Hickox, 104 FW AMXS

To Senior Master Sgt. (E-8)



Denis Brennan, 104 FW

To Capt. (O-4)



Wendy Kiepkke, 104 FW

## This Month in History

The back cover of the Airscoop is 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.

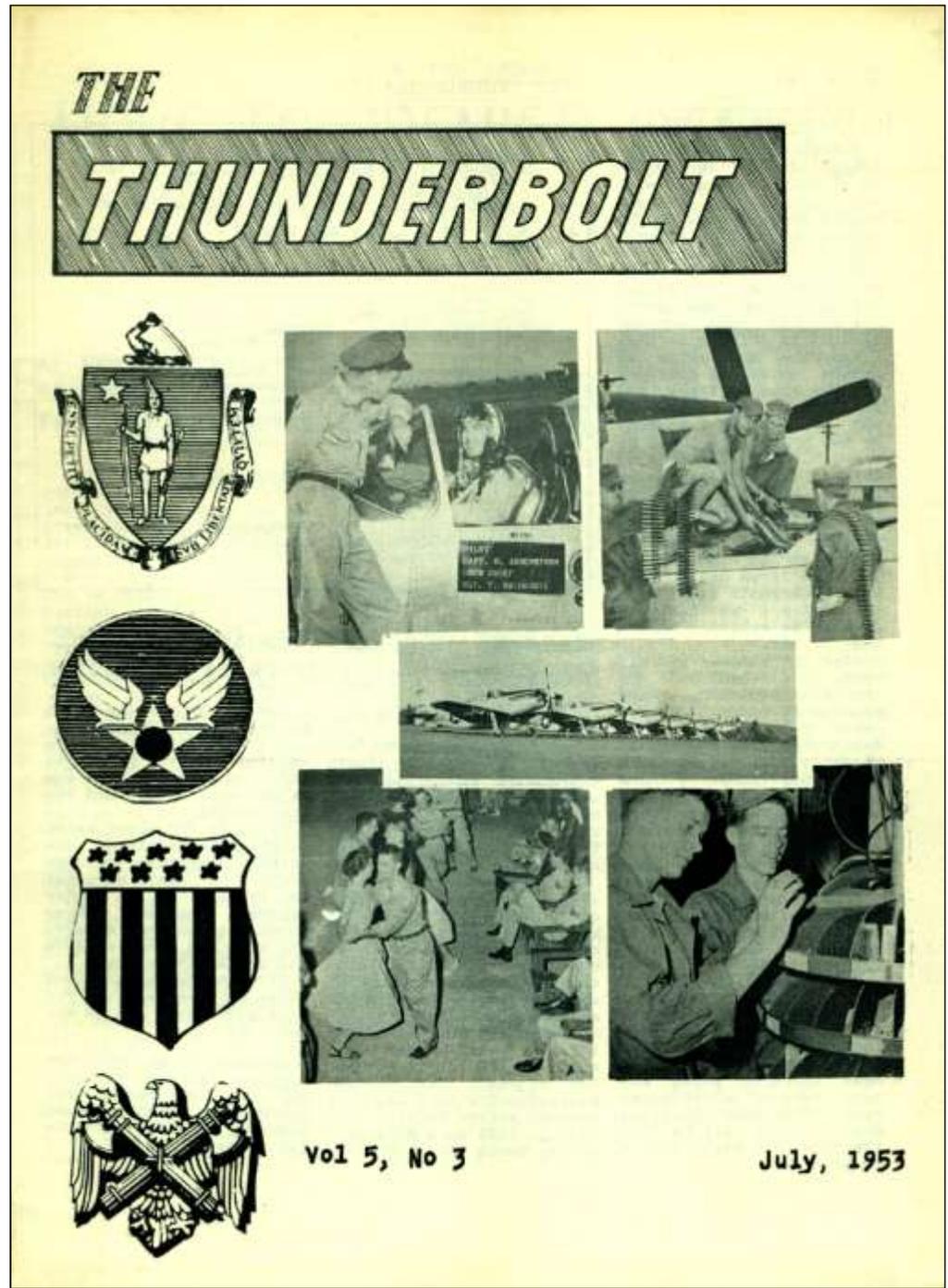
### August Headlines:

1945 On this day in 1945, at 8:16 a.m. Japanese time, an American B-29 bomber, the Enola Gay, drops the world's first atom bomb, over the city of Hiroshima. Approximately 80,000 people are killed as a direct result of the blast, and another 35,000 are injured. At least another 60,000 would be dead by the end of the year from the effects of the fallout.

1949 President Harry S. Truman signs the National Security Bill, which establishes the Department of Defense. As the Cold War heated up, the Department of Defense became the cornerstone of America's military effort to contain the expansion of communism.

1963 Representatives of the United States, the Soviet Union, and Great Britain sign the Nuclear Test Ban Treaty, which prohibited the testing of nuclear weapons in outer space, underwater, or in the atmosphere. The treaty was hailed as an important first step toward the control of nuclear weapons.

1974 Richard Nixon announces that he will resign the office of the President at noon the next day, August 9. He had been engulfed by a major political scandal that began with the bungled burglary and wiretapping of the Democratic Party's campaign headquarters in the Watergate apartment complex in Washington, D.C., on June 17, 1972.



## MASSACHUSETTS AIR NATIONAL GUARD

Barnes Air National Guard Base  
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Westfield, MA 01805

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