



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

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Barnes Air National Guard Base

April 2012



Recipient of the Air Force
Outstanding Unit Award



On April 4, 2012, Col. Tony Gwosch, Col. EJ Gunning, and Col. Ken Lambrich wish farewells to 104th Fighter Wing troops heading overseas for the central command area of responsibility. (Photograph by Senior Master Sgt. Robert J. Sabonis)



Col. John A. Gwosch

AIRSCOOP

104th Fighter Wing
Barnes Air National
Guard Base

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Vice Commander's Column

By Col. John A. Gwosch, 104th FW Vice Commander

Barnestormers, 13 April 2012
From the desk of the 104th Vice Commander and Acting Wing Commander, Col. John Gwosch It is my pleasure to write the AIRSCOOP Commanders column this month. **This month's column is going to be blog style.** I am going to list Col. Brooks CC Notes that he put out just prior to deploying, the CV **notes I wrote last week, and LTC Jeff Blake's** comments from the AOR. I will than finish up with what our focus needs to be in the short term.

From the desk of Col. Robert Brooks
27 March 2012

Barnestormers, As we make final preparations to send a large contingent of personnel and equipment to the central command area of responsibility, it is critical that we finish strong this last week and a half. We need to get all of the equipment over on the first attempt. We will be the first ANG unit at this particular location with this particular equipment. Everyone and everything needs to show up on time ready to go looking professional. This is a Phase 1, and we have performed four of those over the past three years. Pay attention to detail and finish strong – **let's get the J.O.B. done without compromising safety.** That means doing things right and doing the right thing (safety card if needed). We have had 200 plus Expeditionary Combat Support Barnestormers in the AOR over the past three years, and you all will continue our strong tradition. Professional Competence; Accountability; Teamwork; Attitude; Leadership at all levels.

Speaking of personnel and equipment, I want to thank all the personnel involved in the F-15E divert scenario last week. This wing continues to grow a reputation of excellence throughout the CAF and it took **"the few" going above and beyond to help our E-model brethren** turn an emergency divert situation into a positive and memorable experience. On 13 March, with virtually no notice, we went from preparing a morning launch to recovering aircraft, bedding them down and providing the aircrew with the necessary support to successfully turn them out **of here. You didn't hesitate to do the right thing** and it was noticed. The aircrew were extremely surprised and appreciative of the world-class Barnestormer support they received from the men and women of the 104 FW and I guarantee these first impressions will serve you all well as a matter of first impressions where you are headed.

Looking to the future, over May Drill we will have our F-100 dedication and Memorial Day flyby. Maj. Gen. Rice will also present us the Air Force Outstanding Unit Award for the

time period of 2009-2011. You all earned every ounce of that award, and you should be very proud of that. In a recent planning meeting, we have made some changes to the UTA schedule. For the August UTA, we are moving that from 4/5 Aug to 11/12 Aug, to deconflict from the Westover Air Show. As a reminder, August will be our Family Day. For the September UTA, we will have a Commanders Call and Welcome Home Ceremony, combined with an OctoberFest. September promises to be a fun UTA. We moved the 6/7 Oct UTA to 13/14 Oct. We did this to deconflict from the Columbus Day weekend. We were also forced to move the Phase 2 ORE from Oct to Nov UTA. This will allow us to ensure we have received all of our equipment back from the AOR and properly roll into the Phase 2. None of these changes were made without a lot of discussion and consideration of our Drill Status Guardsmen and your schedules. However, the changes made are what is best for the overall wing, and group commanders will be able to make exceptions within mission constraints for those with valid conflicts.

As most of you know Col. Gwosch will be the acting Wing CC while I am deployed. I know you all will give him the same level of support you gave me and work as a TEAM to ensure the 104th reaches its objectives each day. There is a lot to do back home, so continue the marathon with a <next page>

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Vice Commander's Column continued...

positive mental attitude and continue the process everyday of making things better. The wing must move forward toward our objectives in the spring and summer or we will be significantly behind the power curve in August. ACA is still a top priority, and I ask that everyone keep a proper focus on that mission.

Winston Churchill once said: "History will be kind to me, because I plan to write it". I think in terms of you all with that quote, and as I have said many times, you all are writing a history that will be kind to you. Likewise, you are only as good as your last event, so keep the positive mental attitude and finish strong. Take care and see you soon.

Yours,
L.A.

Robert T. Brooks Jr., Col, MA ANG
104th Fighter Wing Commander

From the desk of Col. Robert Brooks
6 April 2012

ALL, Months of preparation for our AEF deployment culminated with a near perfect F-15 launch yesterday. We started **down this road right after last year's very successful LCAP / UCI inspections** and from everything I have seen and heard, the first phase of the deployment was executed with OUTSTANDING results. You have essentially performed a Phase I Operational Readiness Inspection (Mobilize, Generate and Deploy). Virtually every section in the wing contributed to these outstanding results, this was truly a team effort! I have consolidated some remarks that came in after the launch-

Col. Brooks had this to say about what we did- **"I want to thank all of y'all for your outstanding performance.** To go through a conversion (and lots of construction), a year plus of inspections, followed by an AEF (and superb AEF launch) is simply phenomenal. It is not just the fact the 104th did it, but it is HOW you all did it – in a first class manner second to none. Your focus and attention to detail has established a new culture at Barnes, and you all can be proud of that (nothing wrong with **the old, but I think we've embraced the new**). Thanks again, you are all great Americans, and it is folks like you that keep **me energized."**

From the desk of Col. EJ Gunning
Just a quick note to say "well done" on the deployment phase for this AEF. Now that all the jets are airborne and en route (catcher's mitt and both air spares just landed back at Barnes), we're officially on our way to "Phase II" - employment. I know there were some steep challenges getting all these folks trained, making arrangements

to move the cargo and pax, coordination with the 42APS, orders/travel/payroll, passports, etc... but it all went very well.

Thanks for all your hard work making this happen... obviously your efforts are critical to the success of the overall operation. Please pass my thanks to the members of your team that helped make this **Phase I a success."**

From the desk of Lt. Col. Robert Henry
All, I will keep it short, 104FW's performance was "OUTSTANDING"!! I have turned over all minor discrepancies to Col. Gwosch, 104CC/CV/EET, to ensure full credit for mobilization, deployment, generation and the launch. Now it is up to the "deployed experts" to continue this excellence for the "employment phase".

Proud to serve with you!!!

From the desk of Col. Kenneth Lambrich
Col Lambrich comments were short, sweet and to the point- **"Deployment prep,** Mobilization, Generation and Launch were the best seen to date!! Thanks to everyone who had a hand in making this an OUTSTANDING operation!! - Jethro

From the desk of Col. Tony Gwosch
The 104th Fighter Wings vision is- Be the Most Respected Fighter Wing in the Combat Air Forces. What we just accomplished has placed us closer to achieving that vision. As usual, you ALL walked the talk, and we have again received outstanding results. You have all set a standard of excellence that cannot be found in most organizations. Col Brooks, I and all the group commanders are very grateful for what you do each and every day. From the bottom of my heart- Thank you!!

Please remember that we are now just beginning our AEF cycle and Operational Security will be more important than ever. There have been some media inquires and our position remains- **"The 104th FW is participating in its regularly scheduled AEF."** Should anyone from the media contact you, please refer them to the 104th FW Public Affairs office and Major Matt Mutti.

From the desk of Lt. Col. Jeffrey Blake
Today our Barnstorming Eagles landed in the CENTCOM AOR. Finalizing a chapter of testing, preparation and hard work. We now open a new chapter of Air Dominance over one of the world's most valuable regions. As all the Barnstormers who have been a part of the GWOT before us, we will carry the colors for them as they have for us.

The last few days told every single Airmen of the deployed 104th that they should be proud that right now they are guarding

not only the Persian Gulf, but the 104th FW stateside was continuing with the ACA mission on the other side of the planet. They make me proud to be a Barnstormer.

They know the mission.

They know how hard they all worked to get on top.

They know what it takes to stay on top.

I pray mercy for the people who try to knock us off the top.

Fox-3, LTC Jeffrey Blake

From the desk of Col. Tony Gwosch
AEF Project Office and Fighter Pilot

Now that you are up to date, let's take a look at the future. First and foremost, your focus- if you are on the AEF second rotation, you need to make sure all your deployment squares are filled and you are ready **to deploy, after that refer to everyone else's** focus. If you are not deploying, you should be looking at preparing for the November Operational Readiness Exercise (ORE). Now that statement is very open to interpretation, and it will mainly depend on your grade and status. If you are a young Airman, it could be as simple as making sure you are as proficient as possible in your AFSC and knowledgeable on the topics covered in our 104FW Phase II Smart Pack. If you are a senior NCO, Officer or a commander, I am expecting you to know what the young airman knows, as well as taking a hard look at the January ORE After Action report and starting to make corrective actions, as well as updating your portion of the Base X Plan. Corrective actions could mean additional training, process improvements, equipment buys etc, etc. The November ORE will be a full scale exercise running from 1 to 4 November with the 2nd and 3rd being 24 hour operations. Next month I will line out what the master plan **will look like for practice ORE's from September 2012 up to the October 2013 Operational Readiness Inspection.**

I apologize for rambling, all I meant to do was to give you a short synopsis on where we are at with AEF and ORE prep, **but there is so much going on it's hard to be brief.** LA is a great writer, most of my stuff is one big run-on sentence, and I'm sure I will get emails critiquing my style and choice of words, but at least you receive the information. If you have questions on any of this, please ask your supervisor, your officers, or me when I am passing thru your section. Just bear in mind that there are a number of moving parts in what we have going on. Finish strong! - Col. Gwosch





Chief Master Sergeant's Column

By Chief Master Sgt. Todd Fappiano, 104th FW Command Chief

This month I believe it is necessary to write about social media. With the emergence of social media, information sharing

continues to be dynamic and evolving. Social media is a global cultural phenomenon, and for many Americans it has become such a part of their daily activities they can't imagine living without Facebook or Twitter. Social media is not only a great avenue for staying connected with family and friends; it is also a great tool for sharing the overall Air Force story and the stories of our Airmen. In general, the Air Force views personal social media sites positively and respects your rights as Americans to use them to express yourself. However, by the nature of your profession, you are always on the record and must represent our core values. When you engage via social media, don't do anything that will discredit yourself or the Air Force. Use your best judgment because your writing can have serious consequences. Remember that you are always on duty

and your social media interactions are subject to the Uniform Code of Military Justice. Also, don't forget your operations security (OPSEC) considerations. Consider how a post can be interpreted by the public. Be cautious about crossing the line between funny and distasteful. If you have doubts about whether you should post something, err on the side of caution. If the post in question concerns the Air Force, discuss the proposed post with your supervisor or your local PA office. Ultimately, you alone are responsible for what you post. The primary concern for Airmen using social media is maintaining operations security. Information moves and evolves quickly via social media, which means OPSEC awareness is more important than ever before. Make sure you understand the risks and communicate them to other Airmen. Review all content (photos, videos, links to articles, etc.) for OPSEC violations prior to posting. Remember to take a holistic approach when evaluating whether or not your content violates OPSEC. Don't provide adversaries any advantage by posting classified, controlled unclassified information or sensitive information (for example, troop movements, force size,

weapons details, etc.). When compiled, such details can potentially cost the lives of your fellow Airmen or jeopardize missions. If you're using smartphones or tablets to take pictures and access social networking sites, you or your family could be inadvertently posting the exact geographic location of your home, workplace or even daily travel patterns. This technology is known as geo-tagging. Many phones, tablets and digital cameras are set up to geo-tag by default. If deployed and using your phone or digital media devices in this capacity, you must disable this function. You may want to consider turning it off for home use.

For more information on how to be safe on social networks, please refer to the Air Force Public Affairs Agency Social Media Divisions "Navigating the Social Network, The Air Force Guide to Effective Social Media Use" available on the Information Assurance Sharepoint page, a sub-site of the Communications Focal Point page on your homepage. A direct link can be found here: <https://104fw-sp01.ang.ds.af.mil/CFP/IA/UserTraining/Forms/AllItems.aspx>



First Sergeant's Column

By Master Sgt. Frederick Fopiano, 1st Sgt, Mission Support Group

Since U Been Gone... no I'm not going to break into a Kelly Clarkson song. What

do we do while they, our co-workers, friends and family are gone? On a personal note, I'm missing my wife, my friend, my companion.

I'm now temporarily a single parent raising our nine year old daughter. I know there are many of you out there already doing that on a more permanent basis, and I'm sure it's difficult at best. I guess I've been lucky enough to have the luxury of my wife. But what else has changed?

Well, my dining habits have changed a bit. No more fine home-cooked meals, the review of the day's

events, or the sparkling eyes across the table. It's just my daughter and me. Loneliness... that's different.

We seem to take the things we have grown accustomed to for granted, and sometimes it takes a loss to truly see what we have or had. Well, our fellow Airmen are gone, and it will be quite some time before they all return.

We are all one large family (or O'Hana, as my wife calls it) regardless of age, color, ethnic background, etc... As a family, we need to take care of one another, and we have Family Support to assist with that. If you find yourself in need, or concerned about something, please call your local family, Family Support for assistance.

As for our deployed family; well,

they're overseas doing what NEEDS to be done. To help put their minds at ease we need to keep our house, "Barnes", ready, willing, and able to do what is needed, asked or required during their absence. During this time of minimal manning everything you do, every job, every person is more important than ever.

We now have the burden of carrying the torch of freedom minus our friends, family, and comrades in arms.

It'll be hard for us to carry this burden alone, but we've proven ourselves time and time again. What doesn't kill you makes you stronger. Yes, another Kelly Clarkson song, sorry... had to do it.

CC call recognizes hometown heroes and future deploying members

By Senior Airman Bonnie Harper, 104th FW Public Affairs

A **Commander's Call** was held on March 3rd in the main hangar honoring award recipients and past and future deploying unit members.

Several distinguished visitors attended the event including U.S. Sen. Scott Brown of Mass., U.S. Sen. Kelley Ayotte of N.H, Mass. Rep. Richard Neal, Secretary Coleman Nee, Mass. Secretary of Veterans Affairs, Maj. Gen. Joseph Carter, the Adjutant General of the Mass. National Guard, Westfield Rep. Don Humason, Northampton Rep. Peter Kocot, Maj. Gen. Scott Rice, Commander of the Mass. ANG, and Brig. Gen. Gary Keefe, Assistant Adjutant General for the Mass. ANG.

"This room today shows the power of American example, not an example of American Power," said Rep. Neal.

The first award was the Bronze Star Medal, presented to Tech. Sgt. Robert Eisnor of the 104th Civil Engineer Squadron. He received this honor through his leadership and dedication to duty as a team leader for an Explosive Ordinance Disposal unit in support of Operation Enduring Freedom from Feb. 5 to Aug. 4, 2011.

Meritorious Service Medals were presented to Lt. Col. Joseph Daley, Maj. David Archambault, Senior Master Sgt. Andres Huxtable, Senior Master Sgt. Tom Puccio, Master Sgt. Todd Canedy, Master Sgt. Shane Cekovsky, Master Sgt. James Parnell, Master Sgt. Marnie Wallace, and Master Sgt. Casey Walsh.

The Distinguished Pistol Badge was also presented to Tech. Sgt. Chris Cekovsky for recognizing his first place finish at the regional marksmanship competition. This badge is worn by less than 1 percent of the active military. Tech Sgt. Cekovsky will compete at the national level in April.

Several of the distinguished visitors had the opportunity to address the audience, showing their support and appreciation for the wing.

"We know that freedom is not free," said Sen. Kelly Ayotte, wife of Lt. Col. Daley who attended the event for her **husband's retirement ceremony.** **"We have our democracy and freedoms**

because of service members like you and we admire your service and dedication. My greatest privilege is to **be a military spouse," Ayotte added.**

Following the presentation of awards, the base recognized more than 30 individuals who deployed over the last year as part of the Hometown Heroes program. This program was developed to honor those who have served overseas for 30 days or more since the beginning of Operation Noble Eagle in 2001. This program also honors family members with medallions, gift sets, and medals for **the children with the words "We Served Too," acknowledging the sacrifices of military families.**

A change of command ceremony also took place for the 131st Fighter Squadron. Lt. Col. Alexander Haldopoulos took command of the squadron, and the former commander Lt. Col. Harold Anderson assumed responsibility for alert operations on base. The ceremony also paid tribute to the guardsmen that will soon be deploying to the Middle East, with Haldopoulos as their deployed commander.

"This unit is about to deploy pilots and personnel for the third time in ten



On March 3, Maj. Gen. Joseph Carter, the Adjutant General of the Mass. National Guard, presents a Bronze Star to Tech. Sgt. Robert Eisner in the main hangar on base. (Air National Guard photo by Master Sgt. Mark Fortin)

years, and will deploy to the Central Command Area of Responsibility (AOR) to support those who depend on U.S. Air Power," said Maj. Gen. Joseph Carter. "The 104th Fighter Wing has courage, valor and fidelity, and I wish **them a safe and successful mission."**

"We have been in combat in the desert for 21 years, and have had complete air superiority in the Middle East since 1991," said Col. Robert Brooks, 104th Fighter Wing Commander, during his closing remarks. "You are ready for this deployment, you are the leaders of our **nation, and you will be successful."**



Members of the 104th Fighter Wing, gather at a Commander's Call to recognize fellow unit members for their superior performance and service to duty on March 3. (ANG Photograph by SMSgt. Robert J. Sabonis)

Family Readiness Group puts on 'Egg'-cellent Easter event

By Senior Airman Bonnie Harper, 104th FW Public Affairs

Pastel decorations, smiles, and laughter filled the NCO Club as families gathered on March 25th at 1 p.m. for the annual Easter Egg Celebration here.

The 104th Fighter Wing Family Readiness Volunteer Group organized the event, featuring activities geared toward children ages ten and under.

"We like getting families together," said Cindy Patnode, the secretary for the Family Readiness Volunteer Group.

These free events are fun for the kids, but also provide a great opportunity for the parents to make new friends and find people that they can relate to, especially after deployments, Patnode said.

More than 100 children were expected to attend the celebration based on the RSVP list, said Sandy Wakefield, the Airmen and Family Readiness Program Manager here. Attendees enjoyed refreshments, arts and crafts, and the famous Easter egg hunt.

There were stations for coloring Easter pictures and dying hard-boiled eggs. A long table was also set up with piles of free toys for the children including puzzles, jump ropes, play-doh, magic kits, kaleidoscopes, crayons, bouncy balls, slinkys, and stuffed animals. These items were donated by the Dollar Tree in Westfield, said Master Sgt. Tina Domino-Frazier of the 104th Fighter Wing, and a member of the Family Readiness board.

"It is amazing what they donate," she said.

Bringing the celebration to life, the Easter Bunny hopped in to pay the children a visit.

"Ooh! Look behind you. It's the Easter Bunny!" a little boy excitedly said to his friend as the character walked through the door. Children lit up and giggled as the bunny walked around the room, and many ran up to give the bunny high-fives and hugs before the Easter egg hunt began.



(Photograph by Senior Master Sgt. Robert Sabonis)

The egg hunt was set up all around the outside of the NCO Club, with four areas marked off for the different ages groups.

"Whoa! I got a candy bar!" shouted three-year-old Aurelio as he opened one of his Easter eggs.

His mother, Master Sgt. Nina Gutierrez, works in the Medical Group as the full-time Health Technician. She said, **"My boys had a great time! They were really excited to come to the base today."**

Her older son, Leandro, 5, said his favorite part was picking up the eggs.

The Gutierrez family enjoys coming to these events, this being their second time attending the Easter Egg Celebration.

"It's nice to come and associate with military families," Gutierrez said. **"I like that aspect of the family readiness program."** She has been stationed at two other locations besides Barnes but decided she would come back here prior to retiring. **"I love it here! It's like a family,"** she added.

After the egg hunt, the children and their parents waited in line to get a formal photo taken with the Easter Bunny. A few kids even gave the Easter Bunny pictures they had drawn at the craft table.

The invitation to the event was also extended to the service members at the Army Aviation Support Facility #2 on base. Army Chief Warrant Officer 3 Colleen Picard, a helicopter pilot at Barnes, has brought her two-year-old son to other Family Readiness Group events, but this was their first time to the Easter activity. **"He loved it and was all smiles,"** she said.

"I love that the Air Force includes us [Army members] in these events," Picard added. **"There is not a family support program set up at our Army facility."** Sandy is great about providing information on family occasions, which helps me feel part of the larger Barnes family, Picard said.

The next Family Readiness Group event will be an ice cream social where children can make cards to send to their family members overseas. The event is scheduled to occur on April 25 at 6:30 p.m. in the dining facility.



(Photograph by Senior Master Sgt. Robert Sabonis)



(Photograph by Senior Master Sgt. Robert Sabonis)

April is sexual assault prevention awareness month

By Maj Matthew T. Mutti, Wing Sexual Assault Response Coordinator

Sexual assault is not a matter the DoD takes lightly, and rightfully so. With sexual assault being the most commonly occurring violent crime in the U.S., it makes sense that the DoD is taking a stand to change the culture, **and it's starting with its own membership.**

The Air Force's posture on the issues of sexual assault/violence is zero-tolerance, but prosecuting the crime is only one side of the coin; preventing the crime all together is the crux of the AF and ANG's program.

100% of the Air Force is required to participate in Bystander Intervention Training. This training is a very proactive, and a revolutionary approach to combating this silent crime. I say **'silent' because in addition to being the most commonly occurring violent crime in the U.S. it is also the most under-reported crime, with less than 40% of assaults ever being reported.**

During April, the Chief of the National Guard Bureau, General McKinley echoed the words of President Obama, **"This month, we stand**



with survivors of sexual assault, join together to break the silence, and re-commit to ending this devastating crime."

In an effort to meet the President's and Gen McKinley's vision, all members of the military need to identify the problem of military sexual assault and also understand that they are a crucial part of the solution. The only way the culture will change, is if we change.

The Bystander Intervention model taught to each service member has a very strong message, identifying the truths about assaults, and how active, not passive bystanders can make a difference.

If help is needed, there are resources available. The DoD created a 24-hour Sexual Assault SAFE Help line 1-877-995-5247. In addition, the state and the Fighter Wing has a robust sexual assault prevention and response program, centered on victim care.

We are a smarter force, now we have to prove it!

By Master Sgt. Douglas Daponde, 104FW Force Support Squadron

We are a highly educated force and **if we don't prove it our jobs could be at stake!** In light of the recent BRAC announcements the Air National Guard was hit harder than our brother components, the reserves or active duty. As our bosses, Gen McKinley and Lt. Gen Wyatt are fighting to keep us, the Air National Guard relevant, one major area that Congress looks at in its decision making process is the education level of the three air components. Unfortunately we, the Air National Guard, is lacking behind in every category imaginable. This is hard to imagine considering that most Air Guard units offer more educational benefits than just the G.I. Bill. With data like this it is an easier decision of what component should be downsized first. So what does this mean here at Barnes? It means that with all the success we have had here at Barnes we are not immune and jobs could be lost.

What do we need to do to help our commander and those at the Guard Bureau make the argument for our relevance more substantial is to report our education levels. We are a highly educated force and we need to prove it. Whenever you achieve the next higher education level you need to get an official copy of your transcripts and bring them to the customer service desk on the second floor of building one. That is it. The Force Support Squadron will update your education level, and overall update the level of our base, thus making us more relevant to stay in the fight.

As we rise through the ranks we fill in the squares needed so that we are prepared to take the next step. That next step for the top two enlisted ranks is going to become harder to achieve for those that do not hold their CCAF degree. If not already in place it will be very soon that Master Ser-

geants that do not hold at least a CCAF degree will not be promoted to **the next rank and so for SMSgt's to Chief.** Education will become more important to your career as you can see. Inquire at the Base Education and Training Manager in building one to see what you need to do to complete your CCAF degree. If you have completed your 5-level training chances are you are only a few classes away from achieving this degree.

We have risen to the occasion each and every time we have been challenged here at Barnes ANG and this is yet another challenge. You are working very hard to achieve higher education levels and you need to report your success to the base. Your success translates to a higher educated force. In turn, translates to a more relevant force wanting to stay in the fight.

What would you do? (re-print from *Combat Edge Magazine*)

By Mrs. Betty J. Tittus, ACC Ground Safety

Television's 'Primetime' centers on investigative reports, crime, and human interest stories. It recently ran a series called "What Would You Do?" in which hidden cameras were set up to capture bystanders' reaction to a challenging situation. Sometimes the camera captures people stepping up and doing the right thing, but other times the viewing audience is shocked at the lack of apathy people have for one another.

What do you think you would do if you saw someone being harmed or doing something unethical? Would you feel obligated to intervene, or would you feel it's none of your business?

If you're in the Air Force, the response to that question should be easy. A good Wingman will step up and intervene when he or she knows someone is in need of help or when unethical practices are put into play. It sounds easy to do, but in reality it's not--perhaps it's even more difficult to do when it involves family or friends. The easy way out is to simply do nothing. Studies have proven that's often what happens, nothing. Why is it that several of us choose to do nothing?

There are so many different forces that could inhibit one from being a good Wingman. For one instance, you could be caught up in the "Bystander Effect." The Bystander Effect occurs when a group of people witness a situation, but no one feels it's their job to take action.

Each person waits to see what the other is going to do. A good example of this phenomenon was captured on national television during an NFL pre-season football game when fans from two teams became involved in a brawl.

Many people stood and watched and did not take any action to stop the fighting. There is also a German term, Schadenfreude, meaning pleasure derived from the misfortune of others.

Have you ever been in the situation where you derived pleasure from seeing a rival embarrass herself/himself in front of the boss?

This may sound farfetched, but most people have probably been guilty of some form of Schadenfreude at one time or another. And then there's also fear. Fear of being injured physically, fear of reprisal, fear of not being believed, lack of trust in the system, fear of being embarrassed, rejected or ostracized, or perhaps sued if you step up to try to do what's right.

Everyone has witnessed someone who tried to right a wrong only to be criticized and called a troublemaker or whistleblower. So many forces work against being a good Wingman. The military culture ingrains early on that every Soldier, Sailor, Airman, or Marine will always place the mission first, never accept defeat, never quit, and

never leave a fallen comrade—sometimes resulting in a total disregard for one's own safety. Service members watch out for each other and will go as far as to take a bullet for their comrades—they have each other's back, always. With all that being said, could you actually expose a fellow Airman for doing something wrong?

Being a good Wingman isn't rank or gender based. Young Airmen, seasoned Airmen, and commanders included, all have to work at doing what's right.

In the private sector there is so much corruption found in the workplace every day.

Many business places are littered with stories of unethical behavior and many times the behavior is coming from an individual at the top of the corporate ladder.

Similar stories of military misbehavior have surfaced in the press over the years. So what should you do, and how do you be a good Wingman?

The "Tulsa Beacon" printed a story about Army General Norman Schwarzkopf, and how he decided what to do. When visiting Tulsa, Okla., following the first Gulf War, General Schwarzkopf relayed a story about doing the right thing.

As he was walking in to his new job at the Pentagon, out came his senior who stated he would be out for the next several months on a base tour. But General Schwarzkopf said, "I just got here and really don't know what I'm supposed to do." The Four Star General looked at young Schwarzkopf and said, "There are only two things you need to remember, two things Norman, to take charge and do the right thing."

Schwarzkopf remarked that the advice given him kept him in good standing throughout his military career. Doing the right thing is some times hard to pull off and can be hurtful to yourself and others. We would all like to feel we would rise to the occasion and do what's right.

If Primetime's "What Would You Do" rolled on to your base to try and capture you on camera, would the viewing audience be shocked at your actions? Below are just a few circumstances that could be occurring in your office that might involve a friend or co-worker. How do you think you would handle the situation if you knew the following actions were taking place?

- Drinking and driving
- Texting while driving on or off-base
- Failing to wear seat belts
- Riding motorcycles or bicycles without proper protective equipment
- Sexual harassment
- Abusing one's position or rank by covering up or failing to take action of a subordinate or coworker's indiscretions of alcohol, travel, or other inappropriate behavior

The above situations are types of unsafe human behaviors and could turn out to be destructive to not only the individual but their family and co-workers and certainly test one's resiliency.

For instance, sexual harassment can not only affect an employee's work performance, but also their well-being. According to many studies, sexual harassment may often lead to high blood pressure, sleep disorders, and may even lead to suicidal behaviors. The abuse of alcohol or drugs can certainly have safety implications. A stop at the local bar for a drink that leads to several drinks could easily lead to a tragic traffic accident.

You may ask why failing to do an honest day's work for a fair day's pay be destructive. Just ask a co-worker who works alongside of someone who doesn't pull their fair share of the load.

This action committed by just one individual drains a co-worker's productivity, and morale and pumps up stress levels. The National Institute for Occupational Safety and Health (NIOSH) Publication Number 99-101 states that "job stress poses a threat to the health of workers ... evidence is rapidly accumulating to suggest that stress plays an important role in several types of chronic health problems--especially cardiovascular disease, musculoskeletal disorders, and psychological disorders."

We are all guilty of doing something we're not proud of, and many of us will justify our bad behavior to make us feel better. But no one needs to be worried if 'Primetime' did pay a visit to your base if you follow the Air Force core values. The Air Force's very first core value "integrity first" and being a good Wingman are synonymous.

One of the Navy's most highly decorated officers, Vice Admiral James B. Stockdale, USN, says this about integrity: "Integrity is one of those words which many people keep in that desk drawer labeled 'too hard.' It's not a topic for the dinner table or the cocktail party. You can't buy or sell it. When supported with education, a person's integrity can give him something to rely on when his perspective seems to blur when rules and principles seem to waiver, and when he's faced with hard choices of right or wrong." Should you be put to the test on being a good Wingman by the "Primetime" crew, do you think you could stand up to the many forces that could make you fall short?

I wonder if I could, or would I get caught up in the "bystander affect," find myself in a Schadenfreude situation, or would fear hold its grip on me from doing the right thing?

A portion of this article was excerpted from Tulsabeacon.com

Unit members march in local St. Patrick's Day parade

By Maj. Matt Mutti, 104th FW Headquarters

On March 18, the city streets of Holyoke, Mass. hosted the largest recorded crowd for the annual **St. Patrick's Day parade**.

The 104th Fighter Wing (FW), Mass. Air National Guard was the only military unit represented at the parade, other than a small contingency from the Army National Guard Band. The military members were welcomed with applause, praise and appreciation.

The following members volunteered their time and represented the 104th FW at the parade:



Capt. Wendy Kiepke, Chief Master Sgts. Shayne Newton, Todd Fappiano, Sue Morse, and Brian Mapel march in the Holyoke, Mass. St. Patrick's Day Parade on March 18, along with other members of the 104th Fighter Wing, Mass. Air National Guard. (Photo courtesy of WGGB FOX 6 News)

Brig. Gen. Gary Keefe, Maj. Matt Mutti, Capt. Wendy Kiepke, Chief Master Sgts. Shayne Newton, Todd Fappiano, Sue Morse, Brian Mapel, Todd Sheffield, and Tony Swana, Senior Master Sgts. Kyle Kiepke, Jose Rijos, Keith Buckhout, Joe Delaney, Tom Puccio, Terri Hathaway, Tom Orifice, and Mike O'Neil, Master Sgts. William Craig, Katie Fredette, Bob Oleksak, Leo Burbee, and Scott Odell, Technical Sgts. Jeff Wojcik, Julie Acker, Judy Flores, and Nicole Picard, Staff Sgts. Scott Hathaway, David Madry, Todd Lambert, Daniel Soares, Rose Frieri, Travis Miller, and Josh Daniel, Senior Airmen Lauren Wundt and Luis Colon, Airmen 1st Class Amarilis Rodriguez and Brandon Prouty.



Chief Mast Sgt. Todd Sheffield, along with other members of the 104th Fighter Wing, Mass. Air National Guard volunteered their time and marched in the Holyoke, Mass. St. Patrick's Day parade on March 18. This parade had the largest recorded crowd in the parade's history. (Photo courtesy of WGGB FOX 6 News)



Members of the 104th Fighter Wing Honor Guard, carry the colors in the St. Patrick's Day parade in Holyoke, Mass. on March 18. (Photo courtesy of WGGB FOX 6 News)

Local High School donates items to deploying troops

By Maj. Matt Mutti, 104th FW Headquarters

With the impending AEF deployment, the students from Westfield High School's Ambassador program went to work collecting items for the BarneStormers to take with them as they traveled overseas.

The Ambassadors collected toiletries and other related items, which the Airmen and Family Readiness Center consolidated into travel kits for each of the traveling Airmen.

The members of the 104th Fighter Wing want to recognize and thank the students and faculty at Westfield High School for their continued support of the Wing.



Dracut officer a hero for saving Lowell sergeant's life

By Robert Mills, reporter for the Lowell Sun

DRACUT -- Officer Christopher Jacques joined the Dracut Police Department in November 2010, and until last May, he had never been called on to use the defibrillator that is kept in his police cruiser.

The first time he used the device he was credited with saving the life of a fellow officer. The second time he used it, he was credited with saving the life of that same officer a second time.

Who was that officer? Sgt. Jack Davis, a 31-year Lowell police officer, and the brother of Boston Police Commissioner Edward Davis.

"We answer medical calls all the time, but to be able to save the life of the same person twice -- that's extremely unusual," said Dracut Police Chief Kevin Richardson.

In his first year on the job, Jacques, a 2003 Dracut High School graduate and Air Force veteran who served two tours in Iraq, managed to earn himself a lifesaving award, the respect and praise of the state's most well-known cop, and the designation as Dracut's Officer of the Year.

"He's really a blessing for our family and he made all the difference in the world," Boston Commissioner Edward Davis said. "I've often said police officers matter, and this was a clear example of that."

Jacques wanted to be a police officer ever since his days of walking the halls at Dracut High. He was told that serving in the military could help him get a badge.

He was a military police officer for the Air Force, serving tours in Iraq in 2006 and 2008.

He still serves with the Air National Guard.

"This guy is like Superman

around here," Jack Davis said. "Chris is unbelievable."

The first incident came on May 6, when Jacques was dispatched to Cleveland Health and Fitness, at 17 Darrin Road, for a report of a man who had just collapsed while using a treadmill.



Dracut Police Officer Christopher Jacques holds the certificate he received for saving the life of Lowell Police Sgt. Jack Davis, center, during two heart attacks months apart last year. Dracut Police Chief Kevin Richardson joins them at the Dracut Police Station on Feb. 10.

Jacques said he arrived, found a man whose heart had stopped, did rescue breaths, performed chest compressions, and then shocked the man in distress three times with the defibrillator before firefighters and EMTs arrived to rush the man to the hospital.

Jacques goes to the same gym and said the man looked familiar, but he didn't know who he was.

"Firefighters ended up telling me who he was," Jacques said. "It was an added bonus to know he was a brother officer."

Sgt. Davis, who has long been a street supervisor on the 4 p.m.-to-midnight shift in Lowell, said from his home last week that stents were put in his arteries after that first heart attack on May 6.

On Oct. 4, Davis again collapsed. The stents in his arteries had caused scarring. His heart stopped once

again.

And once again, Officer Jacques was dispatched to a medical call. It would be the second time he ever had to use the defibrillator in his cruiser.

Jacques said he recognized the address he was sent to that night -- he had gone to the house and notified

Davis' wife when her husband had his first heart attack.

He arrived and ran to the third floor. He found Davis unconscious on the floor without a pulse, performed chest compressions and used the defibrillator.

Firefighters and EMTs soon arrived and took Davis to Lowell General Hospital, where he made a full recovery.

"It was unbelievable that he was there," Edward Davis said, "that he was in a position to help on two separate occasions."

Jacques said he relied on training to get through his first two encounters with heart attacks.

"This put my training to the test," he said. "That's for sure."

Jack Davis said he had quadruple-bypass surgery following the second heart attack. He is still in cardiac rehabilitation, and will have to retire from the Lowell Police Department due to his heart condition.

He was already planning to retire in about six months, so he just missed a regular retirement.

As Davis leaves a long and respected career with Lowell police, Jacques is at the beginning of what commanders hope will be a storied career at the department next door.

Richardson, whose department has faced challenges in recent years, makes no bones about describing Jacques as a native-born source of pride for his department.

Energy use and saving

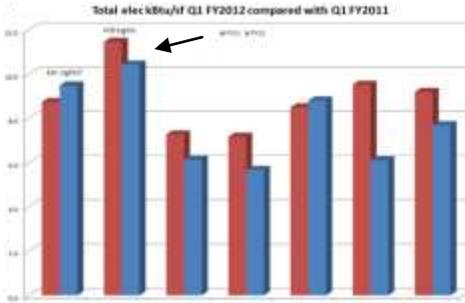
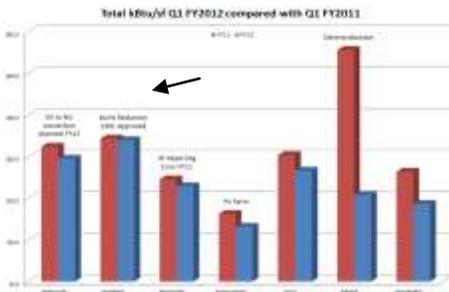
By Lt Col Denis Boyer, 104th Fighter Wing Base Civil Engineer

The Air Force is waging a “Biggest Loser” contest and Barnes ANG base is NOT winning.

Legal drivers include Executive Order (EO) 13423, “Strengthening Federal Environmental, Energy, and Transportation Management” of January 24, 2007 and Executive Order (EO) 13514, “Federal Leadership in Environmental, Energy, and Economic Performance” of 5 October 2009.

Air Force Energy Policy stated in Air Force Policy Directive (AFPD) 90-17, *Energy Management*, dated 16 July 2009, and Air Force Instruction (AFI) 90-1701, *Energy Management*, dated 16 July 2009, requires a reduction in installation energy intensity by 3% per annum for a total reduction of 30% in 2015 based on the 2003 baseline year.

The Bad News: Barnes has the highest energy intensity (energy use per square foot) of any ANG base in the Northeast and was on track to be the second largest energy hog in the entire ANG. Energy reduction since 2003 baseline is only 2% compared with the 18% target for FY 2011 reports. Look at the graphics below to see how we compare to our neighbors. Barnes needs to go on an energy “diet”.



From left to right in all three charts: BANGOR, BARNES, BRADLEY, BURLINGTON, OTIS, PEASE, & QUONSET

From the Charts you can see the results for FY11 (red) and FY 12 (blue). Last year Pease was the worst in the NE region. They have made significant improvements. Now Barnes is the biggest energy hog in every category.

The Good News: Civil Engineering has developed and has secured funding for a number of “get skinny” projects.

We purchased and installed 9 LED street lamps on Tank Destroyer Boulevard as a demonstration project with bonus funding from NGB.

Since “You can’t manage what you can’t measure”, we have smart meters being installed around the base which will soon allow CE to perform energy forensics and figure out exactly where it is being used. The ability to issue building level reports on energy use in facilities will provide visibility to building managers and allow us to track progress over time. As part of the smart meter project, the entire base wide direct digital control system is being upgraded to allow CE to view and analyze the performance in each building.

Retro-commissioning is underway in 11 facilities, to increase efficiency in the way Heating, Ventilating and Air Conditioning (HVAC) is delivered. A \$100,000 project will begin later this year to make energy efficiency improvements in the ASA complex; including new lighting in the ASA bays and insulating two 36,000 gallon water tanks that are part of our High Expansion Foam (HEF) fire suppression system.

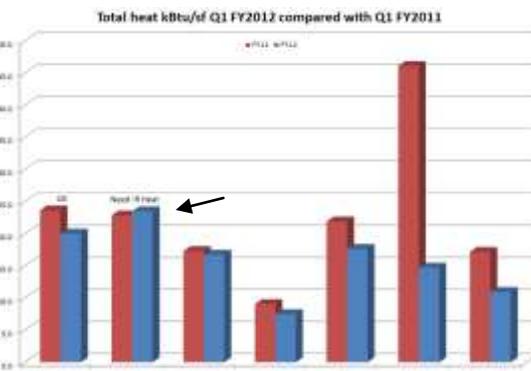
We have started design on a \$450,000 project to replace our ex-

terior lighting (wall packs and street lights) with LED and other high efficiency lighting. This project is funded for construction in Fiscal Year (FY) 2013.

Finally, Barnes has just been approved for an additional \$2,800,000 project, also to be designed this year and awarded in FY13, that will help us achieve energy conservation in almost all of our facilities. This project will include installing energy efficient fixtures, devices, and smart controls to turn off heat ventilation and lights when not in use. When finished, these energy conservation projects have the potential to reduce energy use at Barnes by more than 40%. But we cannot get there without your help.

How can you help: Civil Engineering is establishing an Energy Steering Group (required by regulation). The group will be working on a new Energy Management Plan for Barnes. We are looking for a few enthusiastic volunteers to help with this effort. Most building managers know their buildings the best and are in the best position to generate ideas related to saving energy. But to be truly effective, energy conservation needs to become a way of life at Barnes. When you leave your office, turn off your lights. If your computer doesn’t automatically go into sleep mode when idle, then turn it off when you leave for the day. This will not only reduce the electricity your lights and computer uses, but will also reduce the heat load on the building and reduce the amount of energy needed to cool the building during summer months. If your building is too hot or cold, let Engineering know instead of just opening a window or overhead door. A hot or cold building may be a sign of equipment malfunction that may be wasting energy. Often we can make adjustments with our Direct Digital Control (DDC) system to improve the situation. Let’s get “energy skinny” together by following the Air Force slogan from the top of this story -

“Make Energy a Consideration in All We Do”.



Airmen in Focus: Master Sgt. Kristin Martin

By Senior Airman Bonnie Harper, 104th FW Public Affairs

Master Sgt. Kristin Martin, a native of Goshen, Mass., has been a member of the 104th Fighter Wing (FW) since her initial enlistment in August of 1999. Ever since she was a little girl, she would visit the base with her mother, who still works in the dental clinic.

By the time she was a senior in high school, her plan was to join the guard for educational benefits and because she was already familiar with the unit. When a full-time technician position opened in the engine shop in 2003, Martin decided to focus on her military career and took the job.

In 2006, she also began working part-time in the Maintenance Operations Center (MOC).

Once the unit began to make the transition from A-10s to F-15s, Martin switched from serving full-time in the engine shop to full-time in the MOC, she said.

The MOC is the information collection point for all of maintenance, Martin said. The workers in this shop are responsible for documenting what maintenance needs to get done and when

it is accomplished. They track aircraft statuses and do debriefings with the pilots and then relay the information to maintenance. The MOC deals with the daily information, acting as the central point of all current maintenance issues.

Martin's favorite part about being in the guard is the family aspect. "There are people at this base that I've known since I was a little kid," she said. "It's a steady piece of my life that always been the same." The guard has always been a constant and strong means of support for me, and now I try to be that support for others, Master Sgt. Martin said.

Throughout her career, Martin has gone on many of the temporary duty assignments that the unit is tasked for including the 2003 deployment in support of Operation Iraqi Freedom and multiple Red Flag exercises. She also went to Germany for three weeks as an administrative aide for the USAFE Logistics Conference.

Martin was selected as the 2011 NCO of the Year for the 104th FW for her professionalism, teamwork, and her instrumental contributions toward the



(Photographs by Senior Master Sgt. Robert Sabonis)

mission. "It's not just me, obviously," she said. Without the help of the traditional guardsmen and other members of her shop, she would not have been able to do the detailed preparation needed for the UCI last June, Master Sgt. Martin said.

She wants to continue working hard in her career field and is working towards finishing her Community College of the Air Force degree, she said.

Martin currently resides in Brimfield and is engaged to Nick Hebert, who works in barrier maintenance here at the 104th FW.

OPSEC is everyone's responsibility

By Staff Sgt. Matt Benedetti, 104th FW Public Affairs

Members of the 104th Fighter Wing have earned a reputation for taking the lead in missions both at home and abroad. The vital role of the Barnestormers continues to evolve as we continue to actively respond to threats to our country.

Tasked with the Air Sovereignty Alert mission, a critical homeland security component, the need for vigilant Operational Security (OPSEC) becomes even more acute.

Unit members should always be discreet regarding information pertaining to domestic and overseas missions. Unnecessary candor relative to numbers, locations or capabilities online or in person can potentially cause harm to individuals and affiliated organizations.

While family, friends and neighbors may ask questions out of concern, care or interest, it is important to keep a few guidelines in mind:

1. Do not discuss locations, times, or dates.
2. Do not discuss capabilities, mission, or purpose.
3. Photos or data relative to deployments, exercises and all wing related missions should never be posted online or on Facebook.
4. Stress the importance of OPSEC with family members and their role in keeping mission essential information off the internet and Facebook.
5. Ensure that your Wingman is adhering to all security directives.

Bottom-line, do not give our enemies information that may prove helpful to them and make sure you never post base related

business in a public venue.

We must always remember, we do not work for a typical company and seemingly innocuous information could prove harmful in the wrong hands. Facebook is public information and easily monitored.

"When in doubt....leave it out!"

Initiation of expanded prescription drug urinalysis testing

Effective 1 May 2012, the Department of Defense (DOD) will expand military drug testing of the more commonly abused prescription drugs, to include pain killers and anti-anxiety drugs. Benzodiazepines, Oxycodone and Oxymorphone are among the new drugs tested. Common names for these include but are not limited to Vicodin, Percocet, OxyContin, Valium, Xanax, and Klonopin. They are potentially highly addictive and their use outside of medical supervision places the military member and their comrades at risk. Service members who are using prescription drugs that have not been prescribed or given by their health care provider are encouraged to voluntarily seek medical treatment and rehabilitation for themselves in a military medical treatment facility on a self-referral basis prior to the initiation of testing for these drugs. Our DOD and military department policies state that indi-

viduals who do not self-refer for treatment and are subsequently identified as positive for controlled substances for which they do not have a valid prescription may be considered in violation of the Uniform Code of Military Justice for drug misuse/abuse.

Prescription drugs are inappropriately used when they are used outside their intended purpose, beyond their prescribed dates, in excess of the prescribed dosing regimen, or when a **service member uses another individual's** prescribed medications. Military members seeking substance use counseling can talk to their doctor, chain of command or self-refer to the substance abuse programs in their service.

In addition, Military OneSource has contracted civilian counselors that provide confidential assessment and counseling to military personnel and their families.

Military OneSource can be con-

tacted at 1-800-342-9647, or through the web at: WWW.MILITARYONESOURCE.COM/MOS/ABOUT/COUNSELINGSERVICES.ASPX.

A Note on Supplements:

As a general guideline regarding supplements, make sure the supplement is manufactured in the US in an FDA certified lab. Please note that the FDA doesn't "approve" supplements, however if it is mass marketed in the US, there is a level of security. You should always consult your doctor, take only the directed amount, and read all you can about it before taking anything not prescribed to you as there are usually contraindications and warnings that go along with anything you ingest.

For questions, please call your Substance Abuse Program Coordinator, TSgt Beverly Duhamel @ 508-233-6690

Recruiting and Retention awarded national honors

By Maj. Matthew T. Mutti, 104th Fighter Wing Executive Officer

The Massachusetts Air National Guard Recruiting & Retention Team was recently awarded the Golden Eagle Award for Best recruiting and retention team in the nation for FY11. The team was presented the award by Brigadier General Brian G. Neal, Commander, Air National Guard Readiness Center while attending their 2012 National Recruiting and Retention Training Workshop in New Orleans, LA, on 20 March 12. The award recognizes the top recruiting and retention team with superior programs and production. Highlighted were 42 officers being appointed, an outstanding 93.7% retention rate, overachievement in diversity accessions, storefront model, personal development and **contributions to the community**. **"I am surrounded by a group of motivated, diverse ANG recruiters and retainers driven to provide the best asset to this organization; its quality people."** Chief Pete Johnson, Recruiting & Retention Superintendent stated. **"We extend thanks to our Commanders, Command Chiefs, JFHQ team, and all supporting**



agencies in helping us achieve this award." **Peter T. Green III, Director of Staff** noted **"I believe it is due to personal leadership, commitment to excellence in what you do, commitment to**

each other as teammates and to the stellar leadership of your team in Chief Johnson."



Safety: How goes it

By Senior Master Sgt. Thomas Dumais, 104th FW Safety

This unit has experienced 4 injuries since the last newsletter.

1. Participant injured in kickball; Sprained ankle; Rushing; 2LWDS
2. Worker lacerated thumb emptying trash; Thumb lacerated; Improper glass disposal; <1st aid
3. Worker experienced chest pain; Chest tightness; Stress; < 1st aid
4. Worker injured by cardboard box; Lacerated finger; Improper handling; 4 Stitches and 10RDDS

This unit has experienced 3 mishaps since the last newsletter with 1 resulting in minor injuries.

1. Operator injured in PMV4; lacerated head; Operator error; 1LWD
2. A/C #2 engine FOD; Damaged blades; FOD; \$156
3. GMV4 impact rear of PMV4; Front bumper Paint damage; Operator Error; \$480

Each and every month, again and again, we see our people getting hurt and our equipment getting damaged which should prompt each of us to ask why this continues to happen. True, it can be said that “Some mishaps are truly accidents, but the percentage is very small.”

As I have always said and still say today: “Accidents Happen, but Mishaps are Preventable.” My hope is you can identify that each of the above situa-

tions was indeed a mishap and not an accident. Each was preventable by the operator or person had the proper risk management been employed. Even in the case of the engine FOD, it too could have been prevented with better and more effective FOD control. With that said, I ask each of you to look forward to spring and the good weather. Below are some items I ask you to consider as you spring into spring and get ready for summer.

If you are going to work on your house think about fall protection, proper ladder use, and electrical lines.



If you are going to use power tools make sure you review the safety precautions and wear the correct

PPE.

If you are going to get the mower, chain saws, and weed whacker ready and back in service, make sure you again follow the safety precautions especially if children are involved. Remember, flip flops and bare foot mower operations are always a bad idea!



Motorcycle riding- If you think you remember how your bike responds on the road, think again. Take it slow and give yourself time to relearn what could save your life when someone in a car drops their cell phone and ends up in your lane.

If you are planning on doing some

car work make sure the remote start is disabled. I also ask you to consider never getting under anything you cannot bench press off your chest if it



should fall on you. If you get under a vehicle make sure it is properly supported on jack stands or ramps

with wheel chocks.

Lastly we ask you to think about any chemicals you are using. Whether its petroleum products or cleaners make sure you know what you can and cannot do with them in regards to exposure and mixing. We all know that bleach and ammonia mixed together are very bad, but how about the laun-



dry soap and dish detergent your friend told you works great for cleaning decks? Can they be mixed? If not what will happen if you do?

In closing, I would like to say that prevention is the key to your overall safety and well being, but it is up to you to make it happen. All I ask is for you to think about what **you're going to do, BEFORE YOU DO IT!** If it can hurt you, it eventually will and the steps you take IN ADVANCE really do make the difference between band aids and stitches. On and off the job you are the one in charge of the outcome and its success or failure. We **hope you choose to “Keep on Making it Happen; SAFELY!”**

Call to Conference

The 107th Annual National Guard Association of Massachusetts (NGAMA) conference will be held on April 21 at 9 a.m. at the Sheraton Framingham Hotel and Conference Center in Framingham, Mass. All officers are encouraged to attend!

For more information, visit www.ngama.org



Run to Home Base supports Veteran's with PTSD and TBI

By Master Sgt. Nina Gutierrez, 104th FW Medical Group

On May 20, Tech Sgt. Jay Salus, 104th Medical Group and a team from the Veteran's Affairs (VA) Regional Office in Providence, R.I. will be participating in the 9K Run to Home Base race.

The Run to Home Base program is a unique and special event that celebrates our military heroes and raises necessary funds for the Red Sox Foundation and the Massachusetts General Hospital Home Base Program. The Home Base Program is committed to serving the needs of veterans with combat stress and/or traumatic brain injury and their families.

Tech Sgt. Salus is a traditional guardsman with the 104th Fighter Wing, Massachusetts Air National Guard and works full-time at the VA office in Rhode Island.

At the VA he sees first hand on a daily basis the impact that post-traumatic stress disorder (PTSD) and traumatic brain injuries (TBIs) have on our service members and veterans. Jay is running with a team of co-workers from the VA and each runner is committed to personally raise \$1,000.

Tech Sgt. Salus' teammates include Lt. Katie Curtin, who is a new Judge Advocate General (JAG)

officer in the Mass. Army National Guard. Lt. Curtin is based at Joint Force Headquarters, making this race a joint force effort.

Also running with the VA team is Carlye Crosby, a personal trainer and kickboxer who works with and



Tech Sgt. Jay Salus, 104th Medical Group runs in the 30K race in Clinton, Mass. (Air National Guard courtesy photo)

trains wounded warriors.

Your support to the Home Base Program will help to ensure local veterans who served our country receive the clinical treatment they need for combat stress and/or

traumatic brain injury, and that their families get the guidance and support they need. The Home Base Program also seeks to advance innovative treatments that hold the most potential for helping veterans with combat stress and/or traumatic brain injury and their families.

Help support our veterans by making a donation to the "2012 Run-Walk to Home Base" (<http://www.runtohomebase.org>). No contribution is too small. Your support will make a direct and significant impact in the lives of veterans.

Tech. Sgt. Salus and his VA teammates are extremely grateful for the support or for helping to get the word out in order to help out the Home Base Program.

To Make a Donation-long onto www.runtohomebase.org

Once on the site click on Donate to a Runner or Walker .

Enter "Jay Salus" or "VA Providence" in the search field and click on his name or a team member from the VA (Katie Curtin and Caryle Crosby).

Click the icon "make a donation" Please help Jay or his teammates reach their individual goal of \$1,000 each.

2012 Run-Walk to Home Base

Presented by New Balance

Fenway Park

May 20

This 3rd annual event is a fundraiser to benefits the Red Sox Foundation and Massachusetts General Hospital Home Base Program. It is a 9K (5.6 mile) run or 3 mile walk that begins on Yawkey Way, wind through Boston and ends with a timed finish at the Green Monster and photo finish of participants crossing home plate at Fenway Park. Military participants are required to pay a \$50 registration fee, but not required to fundraise the \$1000 that other participants are required to raise. There are a limited number of discounted spots reserved for service members, so interested members are encouraged to register early.

For more information, visit: www.runtohomebase.org
To register, visit: <https://register.gorun.org/runtohomebase>



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU'RE WELCOME HERE

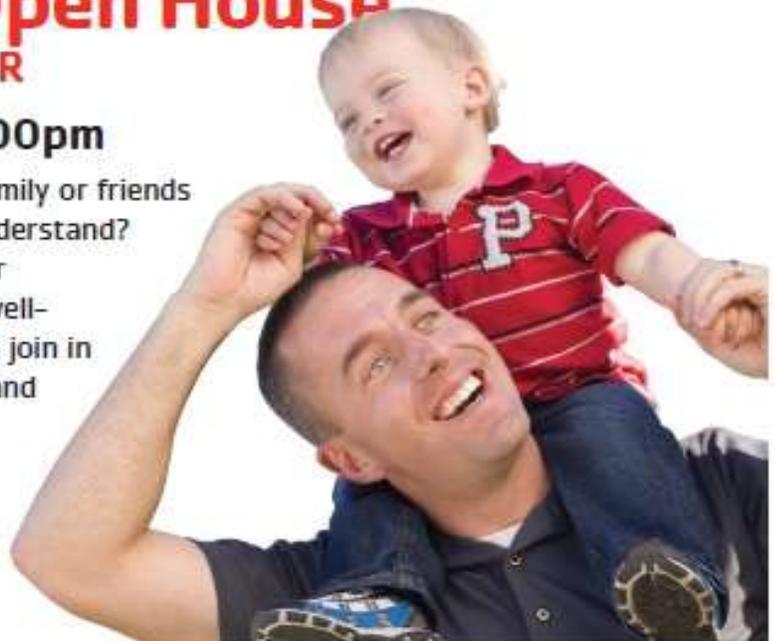
Military Families Open House
SCANTIC VALLEY Y FAMILY CENTER

Saturday, May 12 5:00pm-7:00pm

Have you relocated? Feel isolated? Don't have family or friends nearby? Want to spend time with people who understand? Get connected with other military families in your community. Share resources while having some well-deserved fun! Families of all ages are welcome to join in pizza, games, and swimming. Open to members and non-members. Pre-registration is necessary but there is no fee to attend.

Please stop by or call 596-2749 to register.

springfieldy.org





**Massachusetts Air National Guard (MA ANG)
JOINT FORCE HEADQUARTERS
Military Vacancy Announcement (MVA)**

(Must be a current MA ANG member only)

2012-003- SERVICES OFFICER (Major to Lieutenant Colonel)

**(Must meet this rank requirement at closeout date)*

Closeout Date: May 21

This position is a Headquarters MA ANG *Traditional Guardsmen Tour* at JFHQ-MA (Joint Force Headquarters Massachusetts National Guard). Must possess a fully qualified Air Force Specialty Code (AFSC) 038F3/4, 34M3 or 21R3 (Logistics AFSC must retrain to 38F3). Must have secret clearance, at a minimum.

GENERAL DUTIES AND RESPONSIBILITIES:

Assist unit level operations within and across assigned FEMA Regions. Individual will Provide staff assistance to unit-level operations with an emphasis on field training and mobility readiness. Individual selected is responsible to JFHQ –State, unit and staff agencies for successful conduct of unit level tasking under both on base and deployed conditions. Develop and distributes plans and policies. Establishes plans and policies for field units on resources, program operation, personnel and facilities. Monitors operations for compliance with policies and standards. Tracks financial performance, provides financial oversight, and ensures adequate financial controls. Monitor field organizations; determine resource allocation- people, money, facilities, and equipment—to accomplish organizational tasking. Coordinates with JFHQ – State, JFHQ JOC, NGB-JOC, AFNORTH (T10) wing, group, squadron and flight organizations to ensure proper and timely completion of mission assignments

SPECIALITY QUALIFICATIONS:

Knowledge. Knowledge is mandatory of readiness and mobility operations; food service, lodging, fitness and recreation practices; civilian and military personnel policies; APF and NAF financial management principals of accountability, propriety and stewardship; and business management principals. Education. For entry into this specialty, undergraduate academic specialization is desirable in hospitality, restaurant and hotel management, recreation, fitness, business administration management, finance, accounting or public administration management. Training. All training requirements based on LWRRH MISCAP, AFI 10-214, Prime RIBS Program Manager guide, Ancillary, and PME. Experience. For award AFSC 34M3, a minimum of 24 months experience in Services assignments is mandatory.

TRAINING REQUIREMENTS:

- Must complete National Incident Management System (NIMS) training.
- Must complete Contingency Wartime Planning Course.
- Must complete Deliberate and Crisis Action Planning and Execution Segments (DCAPES) Program
- Joint Operation Center (JOC) 101 Training.

Application Packages: Officers applying for this Traditional Guardsmen position at JFHQ-MA ANG must include the following in their application package:

Military Resume, Virtual Military Personnel Flight (VMPF) report on individual personnel (RIP), Copies of at a minimum last 4 OPRs, Letter of Recommendation from Group and/or Wing Commander, Copy of a current Physical Fitness Test

Mandatory criteria as indicated in the MVA must be documented on the members report on individual personnel (RIP). If it is not indicated on the RIP, it is incumbent upon the applicant to ensure that the applicable source documentation is provided with the application. Must meet the above stated grade/rank requirement by closeout date of advertisement. Applicants must have a SECRET CLEARANCE and be able to obtain a TS/SCI level clearance to apply for this position. Officers applying for this position must have a minimum of a Bachelors Degree prior to applying. **Application for this MVA signifies agreement to the following statement: "I certify that, to the best of my knowledge and belief, all of the information on or attached to this application is true, correct, and complete and made in good faith. I understand that false or fraudulent information on or attached to this application may be ground for rejection. I understand that any information I give may be investigated."**

Applications should be sent to:

JFHQ MA ANG
(Attn: COL Green)
50 Maple St.
Milford, MA. 01757

Questions regarding this advertisement can be sent to: peter.green@ang.af.mil

For Your Information

Medical Group Training Manager Position Available

Position/Title/Grade: Training Manager E-6
 Minimum Grade eligible to apply: None—see below for Special Qualifications
 Unit: 104th Medical Group
 Supervisor: Col. Sean Collins
 Application Deadline: Open until filled

POC for more information: Col. Sean Collins, e-mail: sean.collins@ang.af.mil or Master Sgt. Marnie Wallace at marnie.wallace@ang.af.mil

The 104th MDG is looking for a traditional guardsman to fill our training manager position. We are looking for an energetic and knowledgeable individual. Interested individuals must understand principles, policies, and procedures of Air Force Education and Training programs; interviewing and counseling techniques; training techniques and instruction methods; task analysis procedures, learning process, curriculum development, training evaluations, and Education and Training systems and products; effective writing skills; editing practices; instructional media application, training reporting, program and curriculum validation, and implementation procedures; training program management; scheduling training events and facilities; conducting assistance visits and training meetings; work center and individual job qualification standard development; education institution registration requirements; military personnel classification system and policies; application of communicative interpersonal skills. Knowledge of AFTR computer training and tracking program.

This individual administers all Education and Training programs, serving as the MDG Education and Training program manager responsible directly to the MDG/CC. They consults on ISD process and career field Education and Training plans (CFETP). They advise on: Education and Training materials and services; conducts work center visits, and organizes programs to develop and conduct job site training. Identifies Education and Training providers, capabilities, and resources, and ensures availability of materials. Recommends revisions to Education and Training programs and CFETPs. Records and evaluates the history of Education and Training achievements, establish goals, and enroll in classes, courses, and programs. Prepares and maintains records, files, and materials.

Application package must include:

- Cover sheet
- Letter of application
- Resume
- Current passing fitness assessment
- RIP (record of individual personnel)

Paralegal Positions Available

Position/Title/Grade: Paralegal/E-6
 Minimum Grade eligible to apply: None—see below for Special Qualifications
 Unit: 104th FW // Staff Judge Advocate
 Supervisor: Lt. Col. Robin Peterson
 Application Deadline: Open until filled

POC for more information: Lt. Col. Peterson, cell (479) 430-3223, email: robinpeterson@cox.net

Technical/Educational background desirable: Prior experience in legal or paralegal work desirable but not mandatory. Ability to multi-task and excellent attention to detail is mandatory. Outstanding interpersonal communications skills, untouchable personal ethics and integrity. Individual must be a self-starter, with exceptional organizational skills and the ability to manage large client loads in high tempo situations.

Duties and Responsibilities: Prepare documents such as wills, powers of attorney, promissory notes, bills of sale, etc. Process correspondence and maintain suspense files. Performs legal research. Process special and general courts-martial proceedings. Process Article 15 and UCMJ actions. Assist with investigations. Examine and process legal actions.

Special Qualifications: Individual must possess a minimum 5-level in any AFSC. Must have a minimum General ASVAB score of 50 (60 preferred) and be able to type 25 WPM.

Training: Completion of the Paralegal Apprentice course in residence is mandatory. The course six weeks at Maxwell, AFB, Ala.

Application package must include:

- Cover sheet
- Letter of application (what you can bring to the position)
- Resume
- Current passing fitness assessment
- RIP (record of individual personnel)
- Commander concurrence (email 104FW/Orderly rm)
- Letter of recommendation (optional)

Application Procedures: Mail/e-mail to Lt Col Robin Peterson, Staff Judge Advocate, 104th FW/JA, Barnes ANGB, 175 Falcon Drive, Westfield, MA 01085. You may also email your resume to robinpeterson@cox.net.

For Your Information

Airman and Family Readiness Program Assistant

MASSACHUSETTS AIR NATIONAL GUARD

FULL-TIME ADOS (TITLE 32) TEMPORARY TOUR will end 30 Jun 12

104 FW / A&FRP

BARNES ANG BASE, MA 01085

Applications accepted from 11 APR – 17 APR 2012

1. **ELIGIBILITY:** This job is open to all enlisted members who are current members of the 104 FW and are in good standing.

Position: Airman and Family Readiness Program Assistant

Min Grade: SrA/E-4

Max Grade: TSgt/E-6 AFSC: Immaterial

Salary: Full-time Military Pay & Allowances based on rank and time in service

2. **REQUIREMENTS:**

a. Member must submit the following paperwork to be considered for employment:

1. Current PT Score
2. Current RIP (Not older than 2 weeks)
3. AF 422
4. **“Sign Off” Letter from supervisor**

5. Narrative addressing: What assets you would bring to the A&FRP based on the duties listed below.

b. Member **MUST** be able to work some non-traditional days/hours (i.e. non drill weekends and nights)

c. Member will report to Airman & Family Readiness Program (A&FRP) during UTAs

d. Must live in local commuting area (there is no travel money associated with this position)

3. **QUALIFICATIONS:**

a. Be a member of the 104FW and in good standing.

b. Possess a valid driver's license.

c. Have strong communication skills both verbal and non-verbal.

d. Must be proficient in Microsoft programs (Word, Powerpoint, Excel and Publisher).

e. Familiarity with Family Readiness, Yellow Ribbon and other related support programs and agencies is preferred.

4. **JOB DESCRIPTION:**

Duties to include, but not limited to:

Execute both day-to-day and project specific communications outreach for the 104FW/ A&FRP including direct mailing campaigns, family deployment cycle contact, Family Readiness Group programs, newsletters and social media. Assist A&FRPM with preparation and performance of both standard and special family & volunteer events and programs. Coordinate and support units, families, members, and the state Deployment Cycle Support Team regarding Yellow Ribbon Reintegration event **attendance, preparation and support, including orders and vouchers. Maintain daily client contact and activity logs on AF's A&FRP online tracking system.**

Applications will be accepted until Tuesday, April 17, 2012 by 1600 hours and can be submitted to:

Email: sandra.wakefield@ang.af.mil

In Person: Airman & Family Readiness Office, Bldg 1

Fax to 413-572-1528

(Please call 413-568-9151 x698-1183 or email sandra.wakefield@ang.af.mil (to ensure receipt of fax) No hard copy mailing please.

Upcoming Family Readiness Group events

20 April — Lunchtime Burger Burn, Base Clean-up Day (Earth Day)

25 April – **Ice Cream Social for Deployed Member's Families; 6:30pm at NCO Club**

2 May – Family Readiness Group Meeting, 5pm at NCO Club

10 May – Pasta Night, 4:45pm at the Dining Facility

8 June – **Cookout for Deployed Member's Families at the NCO Club, serving begins at 5:30pm****

11 July – Family Readiness Group Meeting, 5pm at NCO Club

5 Sept – Family Readiness Group Meeting, 5pm at NCO Club

For Your Information

Tutor.com for Military Families

Overview The Department of Defense MWR Library Program and Yellow Ribbon Reintegration Program provide online tutoring and homework help from Tutor.com at no charge to students in National Guard, Reserve and Active Duty military families, regardless of deployment status. Tutor.com for Military Families allows students to connect to a live tutor online at any time for help with homework, studying, test prep, proofreading and more.

Around-the-Clock Help Access to Tutor.com for Military Families is free 24 hours a day, seven days a week. All students worldwide can use the online service, regardless of where they attend school. Military members can get eligibility details and create an account at www.tutor.com/military.

All Subjects, All Skill Levels

- Math: Elementary, Mid-Level, Algebra I and II, Geometry, Trigonometry, Calculus, AP level
- Science: Elementary, Earth Science, Biology, Chemistry, Physics, AP level
- Social Studies: U.S. History, World History, AP level
- English: Essay Writing, Grammar, Literature, AP level

Every Tutor.com tutor is a carefully screened expert. Our team of more than 2,000 tutors includes certified teachers, college professors, graduate students, select undergraduates from accredited universities and other professionals. Tutor.com tutors are primarily based in the U.S. and Canada, with some bilingual specialists located internationally.

Our commitment to safety starts with our rigorous application process, an extensive background check, and a probationary period before an applicant becomes a certified Tutor.com tutor. Students and tutors always work anonymously and no personal information is shared during sessions. Ongoing session review and mentoring ensure that our tutors maintain the highest standards of quality and safety at all times.

Go to www.tutor.com/military/eligibility to see who is eligible to access Tutor.com for Military Families. For more information contact Meg Sauvé at 347.819.2939 or msauve@tutor.com.

Help the 104th Celebrate Earth Day on April 20

To celebrate, the members of the 104th will be conducting a base wide spring clean-up day on Friday, 20 April. Civil Engineering will be supplying mulch and vehicle support and a limited number of tools and personal protective equipment.

How can you help? Please bring your own small lawn and garden equipment (shovels, rakes, wheelbarrows, etc...), work gloves and a good attitude. Civilian clothing has been approved for the day, so dress for the project. We will be weeding, placing mulch and generally sprucing up the out-sides of our facilities. Rumor is there may be a **burger burn at lunch...** More details to follow. See you there.



TRICARE Retiree Dental Program

The TRICARE Retiree Dental Program is available to all military retirees (including gray area retirees) and their eligible family members, unremarried surviving spouses and their eligible children, as well as MOH recipients and their eligible immediate family members. The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective; after 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. (New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12-month waiting period for major services; supporting documentation is required)

The Enhanced TRDP provides every enrollee an annual maximum of \$1,200 per person (\$1,000 for Basic Program enrollees), a \$1000 annual maximum for dental accidents and a \$1500 lifetime maximum for orthodontics. It is important to note that the money that the TRDP pays out for preventive and **diagnostic services doesn't count against the annual maximum** – those benefits are in addition to the \$1200. Retirees can find more information on the program, as well as enroll 24/7/365, online at trdp.org.

TRDP enrollees realize the maximum program savings (an average of 22%) when seeing a network provider. To find a network provider, as well as utilize the Consumer Toolkit to print ID cards, view annual maximum information, see if claims have been paid and sign up for e-mail updates, please visit trdp.org.

If you have any questions or need any assistance, please call Doug Schobel at 401-732-0297 or e-mail him at DSchobel@delta.org.

Website: www.trdp.org
Telephone: 888-838-8737

Mr. Doug Schobel,
regional representative for
TRICARE Retiree Dental Program
DSchobel@delta.org

Welcome to new members

Marc Gauvin	LRS	21 Feb 2012
Amanda Chaloux	CptFt	22 Feb 2012
Jonathan Gaines	SFS	24 Feb 2012
Jesse Delorto	SFS	29 Feb 2012
David Stanley Jr.	SFS	29 Feb 2012
Bryan Murdoch	131FS	2 Mar 2012
Andrew Jacob	131FS	2 Mar 2012
Chelsey Potter	SFS	6 Mar 2012
Jason Edinger	AMXS	7 Mar 2012
Courtney Vatousiou	MDG	8 Mar 2012
Stephen Turner	AMXS	9 Mar 2012
Hannah Graydon	SFS	13 Mar 2012
Samuel Schrader	SFS	15 Mar 2012

Congratulations on your Retirements

Michael O'Neil	MXS	29 Apr 2012
James Krizansky	FW	30 Apr 2012
Rosanne Frieri	FW	17 May 2012
Susan Pennison	FSS	20 May 2012
George Labonte	MXS	14 Jun 2012
Dennis Hudgins	MXS	20 Jun 2012
Robert Gleason	LRS	25 Jun 2012

CCTV broadcast line up

- Channel 7 - Training videos & Base Info
- Channel 9 - Warrior Network
- Channel 10 - Pentagon Channel



Ancillary training schedule - channel 7

<u>Morning</u>	<u>Training Video</u>
0900-0940	Forklift Fundamentals and Ops
0940-1013	Confined Space Awareness
1013-1023	Basic Ladder Safety
1023-1053	Lockout/Tagout
1053-1101	FOD Prevention
1101-1108	Copyright Infringement

<u>Afternoon</u>	<u>Training Video</u>
1300-1340	Forklift Fundamentals and Ops
1340-1413	Confined Space Awareness
1413-1423	Basic Ladder Safety
1423-1453	Lockout/Tagout
1453-1501	FOD Prevention
1501-1508	Copyright Infringement

Congratulations on your Promotions

To Senior Airman (E-4)

Robert Burns	104FW MXS
Corey Day	104FW MXS
Ross Larson	104FW MXS
Devan Laudato	104FW AMXS
William Myers	104FW AMXS
Israel Rosario	104FW MXS
Orlando Santos	104FW MXS



To Staff Sgt. (E-5)

John Carrington	104FW MXS
Christine Grier	104FW MXS
Brian Hoffman	104FW AMXS
Tayna Kawolis	104FW MXS
Chris Kochanek	104FW AMXS



To Tech. Sgt. (E-6)

Matthew Chapman	104FW MXS
Matthew Gibbs	104FW FSS
Lucas Hagopian	104FW AMXS
James Jyz	104FW OSF
Michael Kearns	104FW AMXS
Tiffany Slaven	104FW MOF



To Master Sgt. (E-7)

David Nye	104FW AMXS
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Religions notes:

Ecumenical time of Prayer & Reflection

Saturday, 6:50 to 7:20 a.m.

in the Chaplain's Office

Protestant Services:

Saturday, 4 p.m.
in the building 1 Conference Room

Catholic Services:

Saturday, 4 p.m.
in the Base Chapel, building 12



This Month in History

April Historical Events

April 30, 1908 - Aviation buffs in the 1st Company, Signal Corps, New York National Guard, set up an aeronautical corps to learn about balloons. This effort was the earliest known involvement of the guard in aviation.

April 28, 1919 - Leslie Irving made the first jump from an airplane with a free-type backpack parachute at McCook Field, Ohio. He jumped from a DH-9 flown at 1,500 feet by James "Floyd" Smith, the parachute's designer.

April 20, 1923 - Maj. Henry "Hap" Arnold led a group of Army Air Corps Airmen from Rockwell Field, Calif., to prove the possibility of in-flight refueling. Major Arnold and his men ran a hose between two DeHavilland DH-4Bs for the first in-flight contact. Although no fuel transferred during the 40-minute test, the modified tankers demonstrated the feasibility of gravity-flow air refueling.

April 18, 1942 - In the early morning hours, 16 B-25B Mitchell bombers, led by Lt. Col. James Doolittle, struck Tokyo, Kobe, Nagoya and Yokohama. "Doolittle's Raid" inflicted little physical damage to Japan, but it gave a needed lift to morale in the U.S. In Japan, the psychological damage of the attack was more important, and caused the Japanese to extend its defensive perimeter.

April 24, 1943 - The first class of women pilots graduated from U.S. Army Air Force flight training.

April 1, 1972 - Air Training Command activates the Community College of the Air Force at Randolph AFB, Texas.

April 28, 1993 - Secretary of Defense Les Aspin announced that women would be allowed to serve in combat roles. This policy change allowed female pilots to fly U.S. Air Force aircraft.

April 9, 1997 - Rollout of the Lockheed-Martin-Boeing F-22 Raptor stealth air superiority fighter designed to secure air dominance for the United States in the 21st century.

April 17, 1999 - The U. S. Air Force sent the RQ-1 Predator on its first flights into a combat zone during Operation Allied Force to perform reconnaissance over Serbia.



Volume 11

April 1960

Number 5

Operational Readiness Tests Planned for all 104th Activities

ANG Marchers in Holyoke



STEPPING SMARTLY, one of the three formations of Airguardsmen passes the reviewing stand in Holyoke's second annual Saint Patrick's Day parade. The event was held on Sunday, March 20, the date of the full-day training assembly of the 104th Tactical Fighter Group here. The Airguard paraders received much praise for their appearances and marching from the parade viewers.

A practice Operational Readiness Inspection is to be the governing activity of the two-day weekend training assembly of all three groups of the 102d Tactical Fighter Wing today and tomorrow.

All units of the 102d Tac Fighter Group at Logan Airport, Boston; the 103d Tac Fighter Group at Bradley Field, Windsor Locks, Conn.; and the 104th Tac Fighter Group here have similar programs scheduled.

The Air Advisers' staffs at the three locations have set up problems to test the effectiveness of the operational and support activities, with the accent on the latter.

Operational Readiness Inspections are normally centered so heavily on the flying activities, according to Col Robert C Brown, Wing Air Force Adviser, that supporting activities get little or no chance to be properly appraised.

The schedule for this weekend brings both operational and support activities into equal prominence.

The flying end of the test will in-

Continued on Page Ten

MASSACHUSETTS AIR NATIONAL GUARD

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

www.104fw.ang.af.mil

Social Media Sites:

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PRIDE,
PROFESSIONALISM,
PATRIOTISM

We're on the Web

WWW.104FW.ANG.AF.MIL

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