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June 2012



Recipient of the Air Force
Outstanding Unit Award 2009-2011



Col. Tony Gwosch places a wreath at the base of the F-100 Memorial commemorating fallen unit members during the F-100 Rededication Ceremony held at the 104th Fighter Wing on May 5, 2012. (Photograph by Master Sgt. Mark W. Fortin)



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, I hope this June UTA finds you all happy and healthy. For the most part we are still rocking and rolling here at Barnes, even with a large part of the wing deployed (and they are rocking and rolling even more than we are). In fact, we are doing an outstanding job in three countries. Here at Barnes we recently participated in, flawlessly I might add, an alert engagement that made the national news, an effort that validated our performance in the Homeland defense arena. In Jordan, while participating in the Exercise EAGER LION, all indicators show that we are setting a new standard in that international event. If you did not know, in order to support EAGER LION, we needed to forward deploy many of our members from our AEF location, yet still maintain our presence at the undisclosed base. From what I hear, we have done it all, all while still maintaining a high degree of readiness at each site. Please read the excerpts from e-mails received by members of our team overseas to learn what the deployed commanders, as well as the CENTCOM leadership had to say about the 104th FW. I will continue to do the Commanders column blog style since I think it best fits the needs of trying to get all the participating commanders', and Chiefs', comments out to the wing. I'll start with Col. Ken "Jethro" Lambrich and Lt. Col. Alex "Snip" Haldopoulos comments (Jethro was the deployed Wing CC and Snip was the 131st FS CC while participating in the Exercise EAGER LION). After that you will read from Col. Brooks comments to Generals Rice and Keefe on our AEF and EAGER LION participation. Finally, I have included some comments by Chief Master Sgt. Galen Wilson about the second Generation Exercise the AEF troops participated in, and what their senior leadership thought about the 104ths performance. At the conclusion of this article I will provide you some of my insight on current events back home.

From Col. Lambrich: (27 May)
The Barnestormer Exercise in Azraq Jordan was an overwhelming success! The Barnes family accounted for about half of the population of the 346th Air Expeditionary Group and 99 percent of the personality. The energy on the base is noticeably less with the departure of the 131st Expeditionary Fighter Squadron back to their AEF location.

The leadership provided by Lt. Col. Haldopoulos, Capt. Tatlock and Senior Master Sgts. Allen and Roy was evident in the unprecedented mission results for EAGER LION 12. The Barnes team hit the ground running, putting up 8 sorties the day after arriving in Jordan, and didn't let up throughout the deployment. In spite of 17 weather cancels, we

actually flew more sorties than originally planned...world class!

During our short stay we hosted 6 General Officer visits, including the Royal Jordanian Air Force Chief of Staff and we were also visited by the Command Chief Master Sgt. of the Air Force and the CENTCOM Command Chief Master Sgt. Each of these distinguished visitors relayed to me how impressed they were with the Air Expeditionary Group as a whole and ANG personnel in particular. It was great to showcase the proud Barnestormer tradition of excellence.

The main focus of the exercise was building partner nation capacity and relationships. The Barnes team excelled in this area by quickly building a solid rapport with their Jordanian counterparts in the F-16 Wing at Azraq and developing this into great working relationships throughout the course of this exercise. Our folks also took full advantage of the cultural opportunities offered in Jordan during their off-duty time. Whether relaxing at the Dead Sea or touring one of the many archaeological or historical sites nearby, the Barnestormers represented the 104 FW as well around town as they did on base.

EAGER LION 12 was a great deployment and enjoyed by all involved.

From Maj. Peter Carr (May 31)

We just had a Group scheduling meeting and Lt. Col. Haldopoulos was recognized for the outstanding effort put forth during the EAGER LION deployment (97 sorties, 0 GABS) and he in turn recognized Maintenance (MX) for all they did. Additionally, MX was recognized during that same meeting for not missing a single line in May.

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Vice Commander's Column (cont)

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

From Lt. Col. Haldopoulos: (23 May) Barnestormers, While we wrap up EAGER LION - **allow me to brag a bit... Our 104th FW Maintenance did a superb job during this exercise.** It was obvious that we set foot in this country with one goal in mind - to get the mission accomplished and represent the Guard in true Barnestormer fashion!

As of today, we flew more than 79 sorties without a single ground abort. Not a single pilot stepped to a spare aircraft during the two weeks here! Amazing! We asked for additional lines and Maintenance didn't hesitate to support. Both the Saudis and Jordanians commented several times on how much they enjoy flying with the American Eagles because of our professionalism. We conducted many host nation engagement events and built strong relationships with our Jordanian partners.

I'm telling you, everywhere we go, we continue to strengthen our reputation. With our leadership team deployed within the AOR (Col. Brooks, Col. Lambrich and Capt. Byrne) and split operations at both locations in addition to providing homeland defense back home in Mass., the Barnestormers are doing great work. I am proud to be part of such a professional organization!

(Gwosch Comment - The Operations team took the exercise to a whole new level. They have set a standard that will probably never be topped. Lt. Col. Haldopoulos wrote the previous message on 23 May, and Col. Lambrich provided the final stats and maintenance performance comment on 30 May "The final EAGER LION Stats go like this: Sorties planned - 94; Sorties flown - 97; Weather Cancels (CNX) - 17; Maintenance CNX - 0; Ops CNX - 0; Spares used - 0; Maintenance effective sortie rate - 121 percent; Total effective sortie rate - 103 percent. Maintenance performance here needs a category above Outstanding!")

The next excerpt was sent from Col. "LA" Brooks to Generals Rice and Keefe. It describes Col. Brooks' Memorial Day visit to the troops at the AEF location and all the great remarks about what the 104th has been doing.)

From Col. Robert Brooks: (28 May) Sen. Kerry visited the Barnes aviation package's deployed location, a good picture is included. I went down to the deployed aviation package location over the weekend, and the deployed Barnestormers are no kidding "taking that Wing to a new level" -- as told to me by the deployed Wing Commander, Vice Wing Commander, Operations and Maintenance Group Commanders. Their sentiment has been echoed and what I've been hearing from the AFCENT A-4 for 2 months. I spoke with Brig. Gen. Harrigan last night, he was still at the EAGER LION deployed location with AFCENT leadership, and he had nothing

but praise for the 131st EFS/104 FW with regards to EAGER LION.

In a nutshell, your deployed TEAM is setting a standard that their group command structure here wants other squadrons to emulate. I was able to see firsthand how the deployed leadership team under Lt. Col. Haldopoulos' command is performing; and it is in a first class manner. Lt. Col. Blake, the overall project and operations officer, is performing at an extremely high level, and is keeping the team performing at just-as-high a level and as a TEAM. Maintenance has really stepped up to the plate, led by Maj. Mike Dibrindi, Chief Master Sgt(s) Wilson and Reale, along with Senior Master Sgt. Gary Allen and Master Sgt. Larry Brace (and several others). While there have been some aborts, Maintenance has not missed a line at either location (very impressive). I have 8 Barnestormers here at my deployed location, and they are doing well. One of them prepares our fallen heroes for their flights back to the states, a very humbling job as described by her.



(The following is an email Chief Master Sgt. Galen Wilson sent to Col Gwosch and Lt. Col. Henry in reference to the 2nd AEF Generation)

From Chief Master Sgt. Wilson (13 May): It was truly an amazing event. While the Raptors (F-22) and the Strikes (F-15E) struggled with their Generation efforts, we blew through ours like it was just another day at the office. Matter-of-fact, immediately following the Alert scramble (that all of Wing leadership witnessed - 20+ spectators on-hand), the base commander, Gen. Lofgren, walked past all spectators and Eagle Supervision and directly to the Crew Chiefs that launched the Eagles (Our F-15s) and congratulated them on a spectacular job. He wanted to talk to OUR Crew Chiefs; no one else. The General **made the Crew Chiefs' day!**

After congratulating and talking to each Crew Chief he walked around and shook all of our hands on a job well done. I shook his hand, but actually I wanted to hug him for the way he made our guys feel. Gen. Lofgren is a true professional and a great leader.

Before I got here I wanted to prove to the active duty that we are as good as them. Yesterday, I was asked by my F-15E counterpart (Strikes AMU Chief Liburg) how we do it? He is amazed by our 'One Team One Fight' mentality and our ability to aggressively work jets. This week I will walk with him and visit with his guys, observe maintenance and try to get a feel of his Aircraft Maintenance Unit.

Today I realized we have nothing to prove to the active duty as we are as dedicated, as committed, as loyal to the mission as any **active duty component. I'm proud to be in the AOR, and equally proud to be a Barnestormer!**

My only issue with all that has been said about our participation in AEF and Eager Lion is that I have not been able to participate in the action. I am very jealous of those **that got to deploy! Somehow I'll get over it.**

Speaking of our deplorer's, I was honored to greet our swap out troops back home the night of 29 May. Representative Humason, myself, Col Gunning, LT Cols Henry, Bigelow, Wilson and Hamilton, along with Chief Master Sgt. Fappiano got to greet the troops as they deplaned at Westover, and again we chatted with them at the Dining Facility at Barnes while we were waiting for their bags to be delivered. I was very proud of what **they have accomplished, and I'm sure their replacements will do equally well.**

I would like to make special mention that our 104th shooters, the best in the **state... they participated in the Winston P. Wilson Sustainment Exercises (National Shooting Match)** held at Little Rock, Arkansas. While they did not bring home the gold, the team led by Tech. Sgt Chris Cekovsky represented the Massachusetts National Guard, and themselves, very well. Congratulations!!

While one may think with the aviation package deployed, life back home in Operations may be a little slow...quite the contrary. Our Airfield Management team just completed their higher headquarters inspection, and **produced 'Outstanding' results. They were inspected on 245 items, and had 0 critical deficiencies, and fielded an impressive 96% in compliance rating, great work.**

Additionally, 104th FW guardsman participated in numerous Memorial Day events across the Commonwealth, from marching in the Westfield Parade to speaking engagements in numerous surrounding towns. Thanks to all who participated. Please keep in mind that the August UTA dates changed. The new dates are the 11th and 12th. This change was made so you could attend the Westover Airshow if you so desire. Last but not least, please keep in mind that we are in the 101 Critical Days of Summer! Be Safe.



Chief Master Sergeant's Column

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

Barnestormers, our Joint Force Headquarters, namely Chief Master Sgt. Shayne Newton, State Command Chief and Chief Master Sgt. Richard MacDonald, State Human Resource Advisor, are hosting a conference called TIME, (Technical Sergeants Involved and Mentoring Enlisted), to be held July 9 – 12 at the Southbridge Convention Center in Southbridge Mass.

This three-day workshop will include initiatives on Force Development, Air Force Core Values, Leadership, Resiliency, Mentorship and Diversity. It will feature key speakers and facilitators from various back-

grounds with unique expertise in these subjects. Chief Master Sgt. Denise Jelinski-Hall, the National Guard Senior Enlisted Advisor and Chief Master Sgt. Christopher Muncy, the Air National Guard Command Chief Master Sergeant are just a few of the key note speakers.

The reason for reaching out to Technical Sergeants is simple, Airmen at this stage in their career progression are at a crossroad in their military career and their decision to stay or leave the Guard has a significant and direct impact on the unit. We want to ensure **they don't underestimate their value** to the organization.

A Technical Sergeant's skills are invaluable as they are some of our best mentors and will fill our future leadership positions. This workshop will serve as a force multiplier; the information shared will no doubt inform, educate and motivate the Tech. Sgts.

that were invited to attend. I am positive it will provide them with the tools they need to be successful leaders in our unit and in the Air National Guard. We all hope those who attend will share the knowledge and experience they receive when they get back to their units, and motivate others.

The electronic invitations went out to our Tech. Sgts. on 25 May, if you were one of the folks who were invited, please take the time to respond to the e-vite soon so we can obtain an accurate head-count.

This conference is the first of its kind here in the Massachusetts Air National Guard, it is hoped to be **something we can do many more times.** I'd like to thank the Commanders who have supported their Airmen to attend this week of learning; it will pay huge dividends for our future.



First Sergeant's Column

By Master Sgt. Jeffery Almeida, MX Squadron First Sgt.

Wingmen, welcome to the June UTA. The warm temperatures of the past week remind

us that summer is fast approaching. Soon it will be time to uncover boats, dust off motorcycles, put on swim shorts and engage in all sorts of outdoor activities. March 25th marked the kick off of the Air Forces 101 Critical Days of Summer Campaign. This **year's theme, "Safety - It's Personal"** reminds us that when it comes to safety, individual decisions can directly impact loved ones, friends, co-workers and the entire Air Force family. Between Memorial Day and Labor Day, more Airmen die in off-duty mishaps than at any other time of the year. The Air Force's vision this year is to ensure all of our Airmen have zero preventable fatal mishaps and an injury-free summer.

In the early days of summer we all want to rush out and enjoy the out-

doors, here are some points to keep in mind when participating in outdoor activities on hot days:

Condition your body – Starting slowly helps build endurance after months off from an activity.

Warm up – **It's important to warm up** your muscles for at least 10 minutes even on hot days.

Take heat precautions – Drink plenty of fluids to avoid dehydration.

Choose the right clothing – Loose-fitting light colors are best, dark colors **absorb the sun's heat.**

Avoid alcohol – Alcohol lowers the **body's tolerance for heat and dehydrates** you.

With regard to activities involving motor vehicles such as motorcycles, ATVs, boats etc. Practice sound risk management decision making. Ensure some-

one knows your destination, consider the weather, carry tools and spare parts for minor emergency repairs and wear/carry the proper safety equipment. Remember you are responsible for your safety and the safety of any passengers you are carrying. To enhance awareness of risk management decision-making, and offset the chance of mishaps, the Air Force Safety Center has created a 101 Critical Days of Summer public webpage to help everyone enjoy a mishap-free summer.

In addition to tools and features, this one-stop resource contains videos with important messages for all Airmen. For more information visit the CDS website at afsec.af.mil/criticaldaysofsummer/ Take time over the next few months to enjoy yourself and your families. Have a safe summer and I look forward to seeing all of you back here happy and healthy in August.

F-100 Rededication honors fallen heroes

By Senior Airman Bonnie Harper, 104th FW Public Affairs

An F-100 memorial rededication ceremony was held on May 5 at Barnes Air National Guard Base, Westfield, Mass., honoring the memory of 12 unit members who have given their lives in performance of their duties to the state and country.

“We as a Nation, need to remain focused on the reason we mark May the month of memorials,” said Col. Tony Gwosch, the 104th Vice Wing Commander. **“We are able to stand here proudly, free from tyranny and oppression, because many brave generations came before us and gave of themselves so that we could be free.”**



(Photograph by Master Sgt. Mark Fortin)

The F-100 monument was originally dedicated on May 17, 1987, by the Chief Master Sergeants Council, and has stood as a constant reminder of the impact of these guardsmen in the history of the unit. Engraved upon the memorial are the names of unit members who passed away in aviation related events:

- 1st Lt. Edward W. Meacham, Monomoy Point, Mass., Aug. 17, 1948
- Maj. Robert Anderstrom, Granby, Conn., May 7, 1954
- 1st Lt. Richard Brown, Granville, Mass., Oct. 19, 1954
- Tech. Sgt. Austin A. Cooper, Granville, Mass., Oct. 19, 1954
- Capt. Frank A. Gibe, Westfield, Mass., July 28, 1956
- Maj. Richard W. Mahoney, New Orleans, La., April 22, 1961
- 1st Lt. Joseph F. Crehore, Chalons, France, March 21, 1962
- Capt. Hugh M. Lavalie, Upstate New York, Nov. 16, 1963
- Capt. John H. Paris, Westfield, Mass., July 17, 1964
- Maj. James Romanowicz, Granby, Mass., Feb. 1, 1965
- Capt. Leonard E. Bannish, Wilkes-Barre, Pa., May 30, 1968
- Maj. John S. Southrey, Wells, N.Y., Sept. 17, 1986

“As we stand around this memorial,” said Col. Gwosch, **“I cannot help but to think of our team, who are away from home right now, prepared to carry the flag if called. I am assured from our leadership overseas that everyone is doing well and that they are all focused and succeeding in their mission.”**

The ceremony also honored current unit members by celebrating recent achievements through the presentation of awards, including the Air Force Outstanding Unit award, which was earned by the 104th for the eighth time.

“This recognition is well deserved, and fitting to be presented here, because it signifies that the values and traditions of our fallen heroes continue today,” said Maj. Gen. Scott Rice, the acting Adjutant General of the Mass. ANG and one of the distinguished visitors for the event. **“It also reinforces that the culture of excellence, established from this unit’s forefathers, is still alive and well, in each one of you. This unit’s proud tradition of excellence is what makes it so special.”**

Staff Sgt. Travis Wilson, from Ludlow, Mass., received the National Guard Bureau



(Photograph by Technical Sgt. Melanie Casineau)

Crew Chief of the Year Award for his outstanding contributions toward the Aerospace Control Alert mission during various operations, exercises and inspections while assigned as an F-15 crew chief here.

Tech. Sgt. Dana Thayer, from Westfield, was recognized as the Air National Guard and First Air Force Security Forces Non-commissioned officer of the year through his accomplishments in working with base security systems, equipment, and supporting the ACA mission. In addition, the 104th Security Force Squadron was selected as the 2011 Air National Guard and Air Reserve Component Security Forces Unit of the Year. Maj. Steve Reynolds, the Security Forces Commander, was there to accept the award on behalf of his unit.



(Photograph by Technical Sgt. Melanie Casineau)

“These are not wing or state awards,” said Col. Gwosch, acknowledging the award winners and unit members. **“These are national level awards— you are the best in the country.”**

Members of the 104th continue to provide support throughout the world, with group and individual deployments, being trained and ready 24 hours a day, 7 days a week. The awards presented and people recognized at this ceremony validate the excellence of unit members both past and present.

Other distinguished visitors at the ceremony who came to show their support, in addition to Maj. Gen. Rice and his wife, Nancy, were Lt. Col. Emille Bryant, the NGB global mobility branch chief, and Mass. Rep. Don Humason (R-Westfield).

The wing is grateful for the support, historical and ongoing, from the local communities, families and friends. Without support such as this, the 104th could not maintain relevance in today’s defense environment.



(Photograph by Senior Master Sgt. Robert Sabonis)

Guard participate in Operation Camp Moses Storm

By 2nd Lt. Anthony M. Mutti, 104th Fighter Wing Public Affairs

On May 19, 2011 members of the Mass. National Guard descended on H. A. Moses Scout Reservation in Russell, Mass. to participate in the 2012 Spring Camporee – dubbed Operation Moses Storm.



The National Guard was asked to participate in order to provide the scouts with an alternative, and more realistic, view of the military from the one popularized in video games and movies, demonstrating the true strength of their local Guard.

“We wanted to show the scouts that the military isn’t like many video games and movies, but rather there are numerous people with various skills,” explains Jerry Franklin, Asst. Boy Scout Advancement Chairman. **“We wanted to have the scouts learn that**

He added, that the skills learned as young scouts could later be translated into job-skills within the military. He wanted to emphasize that Scouts live by a similar Honor Code as the military members embody: character traits like: Service, Integrity and Excellence. Brigadier General Paul G. Smith, Assistant Adjutant General - Army, Mass. National Guard, opened the event with a short address. Himself a scout as a child, General Smith extolled the various benefits of scouting, and directly attributed his becoming a leader with what he learned and did as a Boy Scout in his youth.

The Mass. National Guard members setup over a half-dozen interactive demonstrations around the campsite that tied the Guards vast skill-sets with either the Boy Scout Handbook or part of a Merit Badge requirement.

Members of the 104th Fighter Wing out of Barnes Air National Guard Base in Westfield provided classes on Fire Safety, Emergency Preparedness, Survival and Explosive Safety.

Scouts had an opportunity to pilot a Remote Ordinance Neutralization System (RONS) bomb-disposal robot, as Master Sgt. Greg Pauli shared stories of his work overseas disarming or destroying improvised explosive devices. **“It’s important for the Scout’s to learn the value of leadership and teamwork, part of our everyday life in the Guard,”** said Sgt. Pauli.

Fire safety and weapons safety

were also discussed, as Scouts earned merit badges for participating in two different displays hosted by Mass. Guard members.

During the fire safety class, Matthew Ball and Travis Witbeck stressed to the Scouts that camp fires, if not handled correctly, can cause extensive damage. The class, which provided the scouts the opportunity to earn a Merit Badge, stressed proper ways to start and extinguish a fire.



All photos by Senior Master Sgt. Robert Sabonis

As the Guard serves as one of the lead agents for natural disasters response, one of the demonstrations garnered a lot of interest from the Scouts following the natural disasters the effected Western Mass last year. Tech. Sgt. Karla Belliveau and Master Sgt. Dan Devin taught the Scouts how to survive after a severe storm as well as how the military prepares to survive after chemical attacks. All aspects of Emergency Preparedness are important for these junior leaders.

“It’s important that we get out here and show them what we go through. They get to wear our gear and get a better idea of the kind of effort and teamwork it takes to be in the military – It’s not easy,” said Sgt. Devin, 104th Fighter Wing Emergency Management.

The Mass. National Guard is proud to support events like this: our participation truly demonstrates the value of our integration with the community.



scouting has many aspects of the military: teamwork, leadership, senior members in charge, goal oriented, many capabilities, requirements, etc.”

Guard member represents Mass. ANG on Jeopardy

By Maj. Matthew Mutti, 104th FW Wing Executive Staff Officer

The category is *famous people in the Mass. Air National Guard.*

The \$2,000 answer is **“A member of the Mass. Air National Guard who will be seen on Jeopardy June 5th”....**

‘beep-beep’, “Who is Master Sgt. Fran Frederick?”

That’s right, Master Sgt. Fran Frederick, from the 104th Fighter Wing competed in February on the NBC game show Jeopardy, and her program debut will air June 5th.

After completing the initial online qualification test, along with 100,000 competitors, Fredrick was selected among 3,000 candidates to compete for a game-show spot at an **in-person 2nd round ‘interview-game’** in Boston.

The second round was then narrowed down to 300 contestants, whom will compete this year on the program.

A traditional Guardsman in the **wing’s Equal Opportunity Office, Fredrick** works full-time as a Adjustment Councilor in Springfield Mass. In February, when the episode was filmed, she flew out to California to the NBC studio, and brought along 5 guests for **support. In the audience, Frederick’s Mom and Dad** can be heard cheering her on.

“I have always wanted to compete in Jeopardy,” said Frederick. **“I first tried-out 13 years ago, and did not make the cut, but as I tell all my students, if you want something, be per-**



sistent and keep trying.”

When asked if there were any parts of your military career that have helped you in achieving this goal, **Frederick said the educational** benefits from the Guard allowed her to achieve her second **master’s degrees, specifically without accumulating** any student load debt. Donning her Air Force Service Dress uniform, Frederick was introduced as a member of the Air National Guard. As Alex Trebek, the show host, introduced each contestant, Frederick shared a

humorous anecdote about her first deployment overseas as a member of the Guard, one that involved a portable bathroom and a crane operator.

When pressed for details about the show, Frederick declined commenting on the any specifics, but she did share a little **insight. “I can’t talk about the outcome of the show, or if I won, but I can share that it was an exciting game where the audience will have to watch to the end to see who wins,”** said Frederick. **“I did have an opportunity to answer a ‘daily-double’, but I did not make it a true daily double.”**

This program will air just a few **days after Frederick’s birthday, and she anticipates celebrating the airing as well as her birthday with some of her closest friends.**

When ask what she will do with any **winnings she shared, “I plan to use some of it to travel, some to pay for some home improvements, and I will be making a donation to the West Springfield Library system...as a thank you for supporting me as a prepared for this opportunity to compete.”**

212th Engineering Installation Squadron returns from Afghanistan

By Maj. Matthew Mutti, 104th FW Wing Executive Staff Officer

The Massachusetts National Guard welcomed home 27 Airmen from the 212th Engineer Installation Squadron (EIS), Massachusetts Air National Guard, on Wednesday, May 16, 2012 at Bradley International Airport. They arrived home at 11:15 p.m. to a warm welcome from families and friends

The 212th EIS based out of Milford

Massachusetts, upgrades, restores, and installs fixed cyber communication infrastructure systems to in-

clude towers, telephone, computer, radio, radar, video and air traffic control landing systems for Air Force and DoD customers Worldwide.

For the past six months, 212th EIS teams have been deployed to Afghanistan, to design and install enhanced cyber communication systems

and capabilities, providing war fighters with state of the art, resilient communications systems needed to sustain successful operations.

This arrival was an informal homecoming where service members reunited with their family, friends and community. A formal welcome home ceremony will be held at a later date.



Photos by 2nd Lt Anthony Mutti



Airman in Focus - Mr Christopher Gouin

By Senior Airman Bonnie Harper, 104FW Public Affairs

Mr. Christopher Gouin, a native of South Hadley, Mass., joined the civil engineering department at Barnes in Oct. 2006. He attended the Stockbridge School of Agriculture, which led him to work with maintaining grounds, golf courses, plowing, and tree removal. With a young family at home, Gouin was looking for a more stable job in his specialized career field, and Barnes was a great option.

He is currently the roads and grounds supervisor for CE. He oversees five full time roads and grounds employees, and during the winter months he also manages one of the snow removal teams on the flight line. Training staff, making sure training requirements are filled, scheduling of employees, completing performance reviews and ordering materials and parts are **some of the responsibilities that Gouin's** role as a supervisor includes.

The roads and grounds shop supports the mission of the 104th and Aerospace Control Alert by vacuum sweeping the airfield, taxiways and aircraft parking areas to reduce foreign object

debris, Gouin said.

There are times when CE is called and needed to report to the base quickly, not always in the event of a disaster. In the spring of 2011, the runway started to deteriorate due to a multitude of factors. One Monday afternoon, CE was called to repair some of the affected spots. There were people here within 30 minutes of the first call and temporary repairs were completed in a couple of hours. Every snow also requires quick CE response. The command post will call either shift lead when snow starts to accumulate. From that point we call in necessary personnel to keep the airfield clean, Gouin said.

Seeing ordinary people working together to achieve extraordinary results **is Gouin's favorite aspect of working for** the Air National Guard.

Mr. Gouin was recognized at the Feb. 2012 awards banquet as the CE Squadron civilian of the year for his meticulously maintenance of the Pest Management Operations and the Integrated Pest Management Plan for the 104th and GSU, combined with his ex-



(Photograph by Technical Sgt. Melanie Casineau)

cellent performance in his other duty requirements. Additionally, Mr. Gouin is the union steward for the Service Employees International Union.



Chaplains Corner

By Fr. (Capt.) Ken DeVoie, 104th FW Chaplain

If you have walked through this life for any amount of time, you cannot help but to notice that there are major differences in how people respond to major life changes. Some deal with them with great grace and class that they even seem to exude tremendous peace in the midst of such adversities. Others seem to always stumble at the slightest change or obstacle that life throws at them and they are always living in a continual state of Drama. They even seem to move from drama to drama in life. It almost defines their personality and how people interact with them. As a Christian pastor, and in counseling people, I point out that at the heart of drama is some human brokenness and most often sin (anger, jealousy, envy, hatred, coveting, lust, sloth,

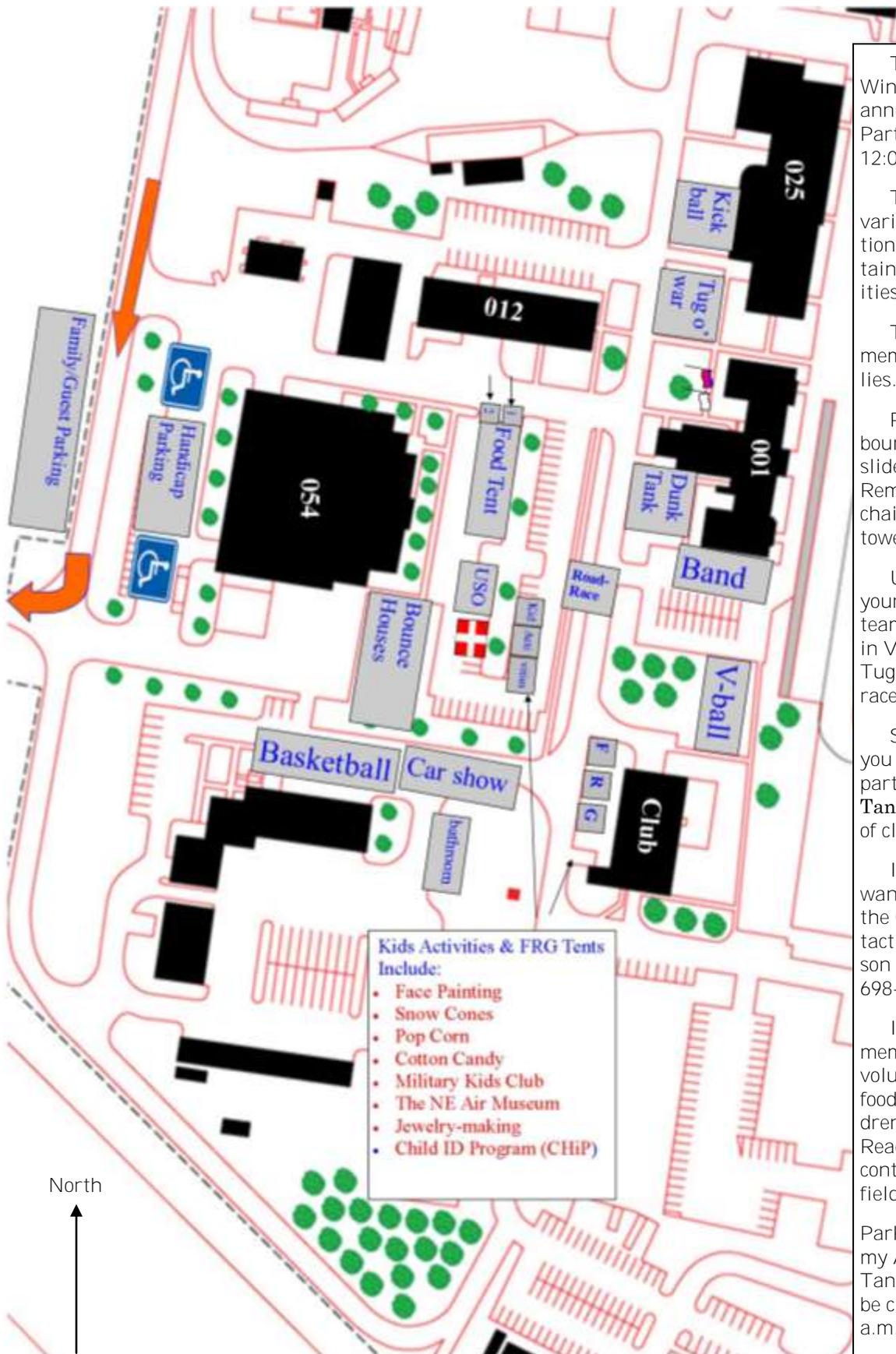
etc...). **The Greek word for "sin" translated is amartia, which literally means to "miss the mark;" as in an** archer not hitting the bulls-eye on the target when he shoots an arrow at it.

These life changes I refer to include, but are not limited to: job changes or loss of job, deployments, illnesses, death of loved ones, failures in important or broken relationships, moving, having children, or retirement. We can be sure that there is no life lived that does not face change and adversity of some sort. How we respond to these, many times un-planned events, can make all the difference in our health and finding lasting joy in life. [Note: I did not say happiness. Happiness is a temporary state of mind and is very conditional on the circumstance of the moment, but joy is transcendent of all these variables.]

It is no secret that those who have established a meaningful spiritual di-

mension as part of their life-style, handle adversity and change with greater ease and are able to find a lasting joy in living life, despite the circumstances that do not always seem fair. Joy can be more easily had by fostering this spiritual dimension in our lives. Prayer, worship, meditation, scriptural contemplation, joining a church, synagogue, temple or mosque are a couple of means that can help an individual connect and foster a deeper meaning to life that brings joy even in the face of adversity and change. I want to encourage you to foster this dimension for a lasting balance in life and for your overall resilience as a member of the military **family. The Chaplain's are available for** consultation, advice and a variety of other services that you may need. Stop by Building 12 anytime and stay away from Drama.

Family day map — Sunday Aug 12th 1200-1630



The 104th Fighter Wing will host its second annual Family-Day Block Party on August 12th from 12:00 to 4:30 p.m.

The day will include various sport competitions, music, food, entertainment, and youth activities.

The event is open to members and their families.

Parents, there will be bounce houses, and water slides for the children. Remember to bring lawn chairs and blankets and towels.

Unit members, talk to your supervisors about the team sport competitions, in Volleyball, Basketball, Tug of War and a Road race.

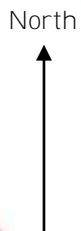
Supervisors, remember you will be scheduled to participate in the Dunk Tank...so bring a change of clothes.

If members or families want to bring a vehicle for the Car Show, please contact Lt. Col. Charles Wilson for more details at ext 698-1307.

If members or family members would like to volunteer to help serve food, work with the children or with the Family Readiness Group, please contact Ms. Sandy Wakefield at ext 698-1183.

Parking will be in the Army Aviation parking area, Tank Destroyer Blvd. will be closed to traffic at 10:00 a.m.

- Kids Activities & FRG Tents Include:**
- Face Painting
 - Snow Cones
 - Pop Corn
 - Cotton Candy
 - Military Kids Club
 - The NE Air Museum
 - Jewelry-making
 - Child ID Program (CHIP)



New diversity council...it's not what you think

By Senior Master Sgt. Douglas Daponde, 104FW Human Resource Advisor

By the end of the September drill the 104th Fighter Wing will have hosted its first Diversity Council meeting. Currently, we do not have a Diversity Council but this UTA I will begin assembling a team of talented individuals who will help mold this program into a working group, with a mission to help highlight the diverse workforce here at Barnes and also **strengthen the base's relationships with the community.**

Late last month, there was a Diversity Conference in Reno, Nevada in which one of the focuses was how to establish a diversity council. Since the conference, I have spoken to a few folks around base about being part of this group, but I am going to need a few more volunteers in order to ensure this team reflects not only the cultural differences at Barnes, but also the different military specialties, genders and civilian work experiences that paint a clearer portrait of our bases family.

Before I ask people to step forward as volunteers, let me explain how I envision this diversity council functioning as well as define what diversity really is.

Diversity is not about quotas, nor is it all about gender, race, and ethnicity...it is actually about all our differences, to include our jobs, life experiences, and even our hobbies and interests. Differences are what give a unit its character...and our unit has a lot of character.

First, one of our teams main focuses is going to be strengthening relationships with the surrounding community. I have had a few meetings with Major Mutti, our Wing Executive Officer, and he is going to be a liaison between the council and the community. We have a great relationship with the surrounding cities, and this council will help strengthen those connections. Let me be clear, this group is not going to be a community service team, rather, it will serve as the team that

represents the larger interests of the base and our members.

Secondly, we will focus on creative ways to expose the base to diversity issues. The council will consist of at least one member from each unit on base. These representatives will act as a conduit between their unit and the council. The Diversity Council will take an active role in addressing diversity issues as well as educating commanders on how their unit can better emphasize the importance of diversification.

Finally, the council will assist in promoting the different months throughout the year that have diversity themes, enriching our understanding of different cultures.

How often we will meet and what is the best time to meet will be determined at the first meeting. Please contact me at 698-2476 or stop me on the street if you have any further questions or would be interested in being part of this council.

Family Readiness Group news

By Master Sgt. Tina Dimino-Frazer / Mrs. Beth St. Clair, Family Readiness Group

May 10th was the semi-annual Pasta Night at Barnes.

The dinner was hosted & sponsored by your Family Readiness Group. Over 300 people enjoyed the dinner and lively conversation as old and new friendships were celebrated.

Thanks to the Family Readiness Group members and volunteers for the shopping, chopping and their cooking talents, we enjoyed a tasty night of Pasta, Salad Bar, and Garlic Bread. The USO provided delicious desserts and beverages, and **Westfield Friendly's provided ice cream.**

Thanks to the Military members and volunteers for serving, prepping and clean-up, and to Barnes Dining Facility personnel for their assistance. During the event, we were also able to provide an opportunity for



(Photograph by Senior Master Sgt. Robert Sabonis)

families to connect with their loved ones overseas. Senior Master Sgt. Rob Sabonis compiled a slideshow of photos from overseas, as well as worked with Airman RyAnn Parker to produce a video telegram for the members overseas. Family members were able to enjoy seeing deployed loved ones photos and sending a personal hello. In addition, there was a card-making station, where children created 60 cards that were mailed out to the deployed members.

We also want to thank those who donated items for the FUN Raising:

- Col. Brooks
- N.C.O. Club
- Valley Marketing
- Big E Supermarket
- Patricia Connors

It was very nice to have members of the Wing/State leadership team in attendance with their families...demonstrating their commitment to the FRG. Thank you Maj. Gen. Scott Rice and his wife Nancy, Col James Keefe and his wife Yvonne, Col Gwosch and his wife, Donna, Command CMSgt Todd Fappiano and his wife, Sheryl with their family for attending the event.

We will be scheduling a Fall Pasta night later this year.

We also want to recognize Ms. Cindy Patnode, she was recently awarded the State Volunteer of the Year award at the



State-Volunteer Conference. Cindy was recognized for her years of service and dedication to the members of the 104th Fighter wing..Congratulations, well-deserved.

Here's a list of upcoming FRG events – All are Welcome!:

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

*11 July – FRG Meeting, 5pm at NCO Club

*5 Sept – FRG Meeting, 5pm at NCO Club

Interested in helping out? We welcome all volunteers! FMI contact any of the Board Members

Thank you., The FRG Members



Safety: How goes it?

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

This unit has experienced 1 injury (Deployed member) since the last How-Goes-It.

Worker injured back; strained back; lifting personal equipment; 7 lost work days

This unit has experienced 2 mishaps since the last How-Goes-It

Aircraft impact bird; No damage; Bird Strike; No damage

Power conditioner destroyed; Caught fire; Cause Unknown; \$30.2K damage

As with all mishaps we can learn something that will hopefully help us prevent or at least be better prepared for a similar event. The three above are no exception. In the back strain injury it may just be a fluke event, but at a minimum it should remind each of us to take our time and to the best extent limit any twisting motion. In the aircraft impacting a bird mishap this should raise our awareness to what we see on the airfield and surrounding areas. The one thing we know is birds and airplanes **don't mix and anything we can do to limit their encounters is a good thing.** This means if you see large or numerous birds around or on the airfield we ask you to notify airfield management in Base Operations of your observance. Your phone call could help save a pilot and a jet! The last item we saw was a real world fire in building 26 Avionics mechanical room. Although there is not much that can be done to prevent an electrical component from failing and catching on fire, there is something we can do to make sure we have done the other part to be ready for it. Making sure areas are not cluttered with debris, and making sure we **don't block access to mechanical rooms** really helps the fire fighters efforts when things do go bad. It is also a reminder to all of us to figure out your role in such an event. Items such as what do you do, who do you call, and where is everyone going to rally to ensure everyone is out, are things you need to know before the fire. We want to wish you all a safe UTA and summer! With your help we can make this a reality! Thanks in advance for the help!

“101 Critical Days of Summer”

25 May-4 September 2012

Here we are at the UTA and just starting week 2 of our summer safety campaign. As of today (Tuesday 29May) the USAF has already experienced two losses during this safety campaign. Both fatalities were motorcycle operators; one was a 23 year old, and the other was a 27 year old. For those

who operate motorcycles, please do so safely and with all the required gear. For those of **you who don't operate motorcycles please look twice; motorcycles are everywhere!** We additionally know we will not be seeing many of you until the UTA in August; however **that doesn't mean safety takes a rest.** Summer months and activities means now more than ever each of us has to do our part to make sure safety happens in our lives and off duty activities to include your families. Below is a snapshot of each week of the **summer month's safety campaign and some brief safety tips for each.** Our hopes are that you can use these to help keep this summer a summer of fun. SAFELY!

25May-31May- **Safety it's Personal!**

Completed

1Jun-7Jun- Sober is Safer: Thinking Then Drinking! Tip- Enough said, just do it!

8Jun-14Jun- PMV-4 – Slow Down; Pay Attention! –Tips- Buckle up, keep your distance, watch your speed, and be aware of children, bicycles, and motorcycles. Behind a **rolling ball is someone's child.**

15Jun-21Jun- Trip Planning! Tips- You **know where you're going, but do you know how you will get there safely?** Rest stops, Hydration, coffee, taking turns driving are keys to your puzzle.

22Jun-28Jun- Home and car repairs! Tips- Did you disable the remote start? Pulleys and belts can take off fingers. Is the vehicle properly supported? Be cautious of your airbags deploying.

29Jun-5Jul- Celebrate the 4th – Live to see the 5! Tips- **Don't drink and drive, boat, or swim! Having a good time today doesn't mean kill yourself or someone else!**

6Jul-12Jul- PMV-2 Ride Smart, Motorcycle, Bicycle, ATV! Tips- If it has 2 wheels **or if it's a recreational vehicle, wear your protective gear,** and use your head for more than something to put your helmet on.

13Jul-19Jul- Water Safety-Have Fun & Be Safe! Tips- Never swim alone, know your **swimming location and currents, If you don't know what a rip tide is look it up and make sure you are ready for it should you encounter one,** have a sober person watch the **children, people who can't swim must be wearing their floatation device in a small boat,** and everyone else needs to have one within reach. Someone drowning happens because of something someone not doing something they were supposed to.

20Jul-26Jul- Taking care of you! Tips- Stay hydrated (not beer!); wash your hands, hot food need to stay hot and cold foods need to stay cold. Bad food will remind you why!

27Jul-2Aug- Enjoy the Great Outdoors Safely! Tips- Tell someone where you are going, make sure you have a cell phone and a **whistle for when it doesn't work,, and make a plan to check in with someone daily at a certain time. Don't be the camper or hiker everyone is looking for when you don't show up for work.** The following week!

3Aug-9Aug- BBQ Safety Tips! Tips- Never light a gas grill with the cover closed, never use anything other than charcoal lighter fluid (no gas) to light charcoal, never cook with a grill indoors; even on a balcony! If you **don't have one, buy a small fire extinguisher** and know how to use it.

10Aug-16Aug- Beat the Summer Heat! Tips- Hydration, shade, a fan, and a cool pool or shower will work wonders on lowering your blood pressure. You also need to be aware of heat stroke and regular stroke in the high temperatures of summer. Use FAST- Look at their Face- and have the person smile- does one side of their mouth droop? Arms- have the person raise both arms and hold them up; does one drift down? Speech- Ask the person to repeat a simple phrase; is their speech slurred or strange? Time- If you observe any of these signs call 911 immediately and get them help. Time lost is brain lost!

17Aug-23Aug- Summer Weather! Tips- **Last year's tornadoes are good reminder for all of us to know what to do when things get bad in a hurry!** Knowing where to take cover and more importantly where not to, can be difference between life and death. Stay indoors away from windows or stay in your **car, don't take cover under trees.**

24Aug-30Aug- Sports & Rec, Not Wreck! Tips- **Whether it's a dirt bike, jogging,** kayaking, canoeing, or a jet ski; there are safety rules for each. Follow them! In the blink of an eye, good times can turn into tragedy. Something as simple as a mini-bike with an unprotected sprocket or chain can really hurt!

31Aug-4Sep- Countering Fatigue! Tips- Labor Day weekend is the marking of the end of summer and the kids returning to **school. Don't let the end of a great summer end up in an emergency room.** Know your limitations and the limitations of those around you as you poor that next beer or try to drive that extra half hour to get home.

— BE SAFE —

Annual Boot Drive a success

By Technical Sgt. Lawrence Buell, 104FW Fire Department

During the August UTA, the 104th Fire Department will be conducting their 4th Annual Boot Drive to support the Soldiers' Home in Holyoke.

Over the past three years, base personnel have donated over \$4,000 during the boot drive event.

This year, Fire Department personnel will be at the base entrance gate on Sat and Sun from 6:00 a.m. To 8:00 a.m. collecting donations for the **Soldiers' Home**.

The total base donation **collected during last year's** golf tournament totaled over \$11,000, which included the donations from the boot drive.

The four year total base donation exceeds \$35,000, which was given directly to **support 'quality of life' initiatives** at the Holyoke Soldiers Home. We appreciate all the base's support.



(Photograph by Senior Master Sgt. Robert Sabonis)

June is Air Force back health month

By Lt. Col. Anita Compagnone, Health Promotion

Quick tips to a healthier back

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

* Always stretch before exercise or other strenuous physical activity.

* Try not to slouch when standing or sitting. When standing, keep your weight balanced on your feet. Your back supports weight most easily when curvature is reduced.

* At home or work, make sure your work surface is at a comfortable height for you.

* Sit in a chair with good lumbar support and proper position and height for the task. Keep your shoulders back. Switch sitting positions

often and periodically walk around the office or gently stretch muscles to relieve tension. A pillow or rolled-up towel placed behind the small of your back can provide some lumbar support.

* Wear comfortable, low-heeled shoes.

* **Don't try to lift** objects too heavy for you. Lift with your knees, pull in your stomach muscles, and keep your head down and in line with your straight back. Keep the object close to your body. Do not twist when lifting.

* Maintain proper nutrition and diet to reduce and prevent excessive weight, especially weight around the waistline that taxes lower back muscles. A diet with sufficient daily intake of calcium, phosphorus, and vitamin D helps to promote new bone growth.

* If you smoke, quit. Smoking reduces blood flow to the lower spine



and causes the spinal discs to degenerate.

For more information on a healthier back you can visit:

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



Run to home base in the AOR

By Maj. Matthew T. Mutti, 104th FW Executive Officer

When you are a die-hard fan, there is little that can stand in the way of showing support for your team, even 5,800 miles, and 4 time zones; that was made abundantly clear by Red Sox fans who deployed to the Middle East with the 104th Fighter Wing.

On May 20th, members of the deployed aviation package, stationed at an undisclosed location in the Middle East

, participated in a simultaneous 'Run for

Home Base', along side the rest of Red Sox Nation...the only difference was the 131 Air Expeditionary Squadron runners didn't enjoy the cool spring Boston air, they battled 90 degree temperatures at 4:30 in the morning as they ran around their military base, finishing on the home plate of a dust covered softball field.

The differences aside, the members from the Massachusetts Air National Guard understood and appreciated the significance of this event, and wanted to show their support for the cause.

In total 83 runners participated in the The 5.6 mile run, with the fastest time being set

at 40 minutes and 5 seconds.

"We have run the race for a number of years," said Tech. Sgt. Mike Stula. "It would be a shame if we couldn't participate in our own way out here. This event is a big morale boost, it reminds us that distance is relative and we can still be part of activities back home."

"We were so pleased to have (the Barnes members) join us in this special event," said Ms. Catherine Moore, from the Red Sox Foundation. "We shared the shadow run with our supporters through facebook, twitter, and a special announcement at the race."

The event was coordinated by Chief Master Sgt. Al Reale, a three- time runner of the event in Boston. "The race went extremely well," said Reale. "We can't wait to do it at Fenway in 2013."



Airman is first...and last...to receive Avionics class ACE award

By Dan Hawkins, 82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas -- Airman 1st Class Justin Halpin received the ACE award for academic excellence in completing the F-15/A-10 Avionics Attack Control Systems "A" shred apprentice course during a graduation ceremony here May 15.

He was perfect across the board for seven tests, earning him the coveted award given to students who maintain a 100 percent average for the entire course.

The award is made more special by the fact Halpin is the first ever "A" shred student to accomplish the feat. Halpin will also be the last Airman to achieve the ACE award for the shred as the course is being reorganized as the Air Force blends the former Avionics "A", "B" (flight controls and instruments) and "C" (communications and electronic warfare)

shred classes into one course.

"This course has been in existence for five years," said Tech. Sgt. Adam Schlingman, an instructor supervisor for the course. "That covers 435 students who have taken the course...it's pretty impressive to think about."

For Halpin, who was a distinguished graduate from the electronic fundamentals course at Keesler Air Force Base, Miss., prior to coming to Sheppard, earning the ACE award was a goal from the first day of class.

"I set out to do it (earn the ACE award)," Halpin said. "Pushing myself is something I want to do, no matter what I'm doing."

"The A-10 navigation block was pretty tough," Halpin said. "On the last test I was really second-guessing myself, making sure I got everything right. I wanted that 100%!"

"He has a photographic memory," Schlingman said. "We've had some people come close (to the ACE award), but nobody has had the focus or attention to detail like Halpin."

The 23-year-old Halpin is assigned to the 104th Fighter Wing in Westfield.



Pamela Jeanne Memorial Vintage Baseball Game

THE 104TH BARNESTORMERS VS. THE WESTFIELD WHEELMAN

Donations to Benefit the Dr. Pamela J. Diamond-Baethen Scholarship Fund

June 2, 2012 - 5:00PM at the 104th Baseball Field

Unit Family Member and Escorted Guests Welcome

Contact: Brian Kellum 413-348-3174 or pjam@nms.comcast.net

Federal Employee Picnic

Who: All Federal Employees (ANG Members) and Family
 Where: Nonotuck Park, Easthampton MA (pavilion #3)
 When: Sunday June 24th (Lunch served 1-2:30)
 Cost: \$8 p/p or \$20 for the family

Many activities scheduled:
 Pie Contest (3 pm)
 Softball Game (4 pm)
 Volleyball (5 pm)



Register by June 18th by calling 877-841-5709

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



“Free” Retreat for Women Vets

Register @ www.projectnewhopema.org

When: October 5th – 7th, 2012 Barton Center, Oxford, MA

About the Women Veterans’ Retreat:

These 3-day retreats are a powerful, energizing way for women who have experienced the human impact of being in a war zone to recover their personal strength and vitality. Participants may use this retreat to recover from whatever way they feel that the war has personally affected them, whether that is healing from combat stress, PTSD or MST, re-adjusting to civilian life, addressing other personal issues, or gaining practical everyday skills in the company of others who have been in similar circumstances.

In the aftermath of military service, many women find that their ‘comfort zone’ in the civilian world has become smaller, and that their lives have become constricted in one way or another. One’s range of activities, self-expression, and ways of being with others and one’s self can narrow in an effort to ensure safety and predictability. As a result, confidence in one’s ability to negotiate relationships and unfamiliar situations can drop. These retreats provide an open and affirming forum for women to take steps toward the fuller life that they envision for themselves. The nourishing natural environment, and the support of others on a similar path, gives women in the retreat a series of opportunities to recognize their strength and capabilities, and to practice new ways of managing unfamiliar situations and relationships.

The path to growth and recovery almost always involves working outside of one’s comfort zone, and it can sometimes feel awkward or uncomfortable. This ‘stretch’ will be different for each woman, but common themes that may emerge include trust, setting boundaries, asking for support, finding one’s strength and competence, practicing positive ‘self-talk’, and staying present in the presence of fear. You will have complete choice about whether you participate in any activity, and to what degree. Your facilitators will help you explore your options, and provide education about how to make self-affirming choices.



Scholarship Program 2012

The Federal Executive Association of Western Massachusetts (FEAWM) is proud to announce the first annual Federal Executive Association of Western Massachusetts Scholarship Program. New in 2012, the FEAWM Scholarship is available to the dependent children of federal employees. This year, one scholarship amount of \$1000 will be awarded to an eligible dependent child of a civilian federal, military, or postal employee.

This year’s scholarship award will be presented at the annual FEAWM Awards Banquet that will be held on Monday, September 17, 2012 at the Log Cabin Banquet Facility in Holyoke, MA. This awards banquet celebrates the achievements of federal employees in the Western Massachusetts area.

Please review the criteria and requirements below to ensure that you are eligible and that your application is complete. Applications must be received no later than Friday, July 13, 2012.

Criteria: Applicants are required to be a dependent child of a federal employee who has worked at least three (3) years for the federal government and presently works in the Western Massachusetts Counties of Hampden, Hampshire, Franklin or Berkshire. In addition, the scholarship applicants will be judged on academic work completed; leadership in school, on the job, or in the community; and an essay.

Applicants must successfully submit the following in order to be considered:

- Letter of acceptance or letter from registrar showing current enrollment from an accredited college or university
- The most current high school or college transcript (a copy is acceptable)
- A written summary of the leadership experiences gained from school, on the job, and/or in the community
- A written essay of 200 words or less on the subject, **“What does public service mean to me?”** Please double space; 12 inch font with 1” margins and Times New Roman font. Please note that the essays are judged on both presentation *and* content

Essay Cover Sheet with the following information:

1. Applicant Name
2. Name of Federal Employee and relationship to applicant
3. Employing Federal Agency
4. Duty Station
5. Applicant email address
6. Applicant telephone number
7. Employee email address
8. Employee telephone number
9. College/University, Degree Pursued, and Year of Graduation

A copy of federally employed parent’s current Standard Form-50 (SF-50) from their employer. Return your completed package to:

FEAWM
c/o Ron Grzelak, SSA
200 High Street
Holyoke, MA 01040

Welcome to new members

SRA	Brendan Ferreira	CE
AB	Adam Bourdon	MXS
AB	Christopher Allen	CE
AB	Norman Torer	MXS
TSG	Robert Link	AMXS

Congratulations on your Retirements

George Labonte	MXS	14 Jun 2012
Dennis Hudgins	MXS	20 Jun 2012
Robert Gleason	LRS	25 Jun 2012
Dana Bein	CES	24 Jul 2012
David White	CF	5 Sep 2012
Keith Buckhout	MXS	24 Nov 2012
James Parnell	SFS	1 Dec 2012

CCTV broadcast line up

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



Ancillary training schedule - channel 7

Morning Training Video

- 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

Afternoon Training Video

- 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)

Bryan Plaza	104FW CES
Ryan Labonte	104FW MXS



To Staff Sgt. (E-5)

Brian Merriam	104FW MXS
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To Tech. Sgt (E-6)

Kevin Kane	104 FW LRS
Donald Freeman	104 FW MXG
Neftali Rivera	104 FW CE
Dario Trifone	104 FW SFS



To Master Sgt (E-7)

Dana Thayer	104 FW SFS
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To Senior Master Sgt (E-8)

Donald Wright	104 FW MXS
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To Chief Master Sgt (E-9)

Thomas Puccio	104 FW MXS
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To 1st Lt (O-2)

Joe Wynn	104 FW OG
Martin Clark	104 FW OG



To Lt. Col. (O-5)

Donald Hamilton	104 FW LRS
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Religions notes:

General Christian Service: Saturday of the UTA, at 1600 hrs, in the Base Chapel /building 12, Chaplain Stephen Misarski presiding.



Satellite NCOA Class 13-1

Base Training is now accepting Formal Training School Request (FTSRs) forms for the next Satellite NCOA Class. Interested Tech Sgts, please see your Unit Training Managers to determine your eligibility to attend, and to fill out the FTSR forms. We must have one name signed up by 21 June 2012, and full site information (minimum 8, maximum 14 students) is due to us by 6 July. Phase I (Home Station) is 20 August-16 November, and Phase II (Resident Phase) is 26 November-12 December. Each Satellite NCOA class can host two Staff Sergeants, interest SSgts, please see your UTM to determine eligibility, and fill out the FTSR forms.

This Month in History

June Historical Events

June 1, 1951

Maj. (Dr.) John P. Stapp survived 45 "Gs" in a rocket sled powered by a 4,000-pound thrust engine.

June 8, 1971

The Air Force and Navy signed a joint agreement to develop the AIM-9L, Short Range Missile for the F-15. The Air Force approved the F-100 engine design for the F-15.

June 26, 1972

The Air Force unveiled the F-15 superiority fighter in ceremonies at the McDonnell Douglas facility in St. Louis.

June 1, 1979

Maj. Gen. Philip J. Conley Jr., the commander of the Air Force Flight Test Center at Edwards AFB, Calif., accepted the first F-15C for the Air Force.

June 28, 1994

McDonnell Douglas delivered the final nine F-15s to the Air Force.

June 2, 1995

Two B-1B Lancers flew around the world in record time -- 36 hours, 13 minutes and 36 seconds lasting through June 3. The bombers received inflight refueling six times from KC-135s and KC-10s.

Jun 25, 1996

Terrorists bomb the Khobar Towers near King Abdul-Aziz AB in Saudi Arabia, killing 19 Air Force people and injuring some 300 other Americans.

Jun 10, 1999

NATO suspended airstrikes against Yugoslavia after its president agreed to withdraw Serb forces from Kosovo. That capitulation made Operation Allied Force the first war won by airpower alone. Meanwhile, through July 8 Air Mobility Command airlifters deployed Task Force Falcon and elements of Task Force Hawk to Macedonia to help constitute the U.S. military portion of the Kosovo Force, the multinational peacekeeping force in Kosovo.



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June, 1979

Group receives A-10 Thunderbolt II Seventeen more scheduled by September

New A-10 contrasts With delivery of War weary F-100s

The 104th Tactical Fighter Group here officially received the new A-10 Thunderbolt II ground support fighter on June 19.

Delivery of the new craft was direct from the production line of the Fairchild Republic plant in Hagerstown, Md., where the final assembly is performed. This is a significant advance over the former policy of supplying war-weary and obsolescent aircraft to the reserve components. The A-10 acceptance contrasts dramatically with the arrival of the F-100s eight years ago directly from Vietnam, by homeward-bound pilots of the 35th Wing which had flown them in combat.

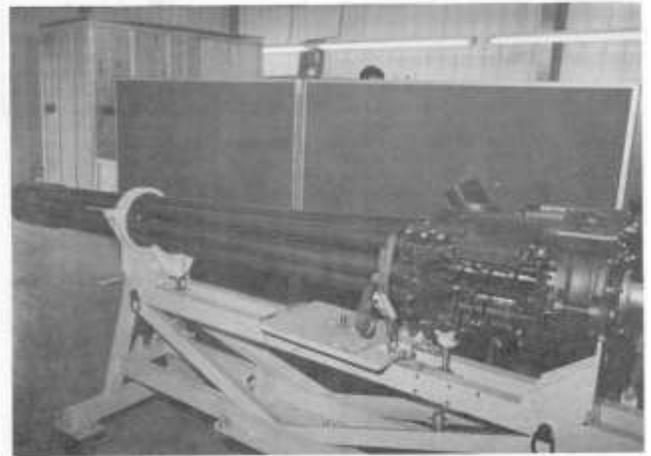
Five aircraft are scheduled for delivery here in July and four or six more in August and the remaining in September to bring the unit up to the authorized 18 aircraft.

An additional 33 military positions are authorized to support the new planes, as well as an additional eight full time air technicians.

A-10 VERY QUIET

The A-10 is a twin-jet fighter with very quiet and smokeless engines and is expected to be well received by local environmental agencies and area residents who object to the F-100 noise level.

The craft is specifically designed to destroy tanks and armored vehicles, performing that task with a seven-barrel Gatling gun which can fire up to 4000 rounds per minute as well as a variable mixture of bombs, laser guided rockets and Maverick missiles. It can carry up to 16,000 pounds of ordnance. Its 30mm, armor piercing rounds can penetrate any medium and heavy tank. It can take off in 4,500 feet with a maximum load, only needs 1,900 feet of unimproved runway for tactical deployment with four 500-pounders, 750 rounds of ammo and 4,000 pounds of fuel.



The one-man plane flies in the relatively slow 280-320 mph speed range through assistance of about 2,400 miles without refueling. Its wing span is 57 feet and is 53 feet long. It weighs over 20,000 pounds empty and has a maximum takeoff weight of 47,200 pounds. The aircraft is powered by two General Electric turbofan engines, each rated at 9065 pounds of thrust. The A-10 is similar in size to the old B-25 which was the most heavily armored airplane of its time.

BRADLEY GETS THEM TOO

The Air Guard unit at Bradley Field in Windsor Locks, Conn., received its first A-10 last month. The two units are the first in the country to receive the new jets. Syracuse, New York, is due to receive the new A-10s later this year.

Lt.Col. Connie Coward, air commander and director of operations, is the only pilot qualified to fly the A-10. Maintenance personnel have been commuting back and forth to Bradley since April for training on the new aircraft.

The training will continue through August. In addition, Lt.Cols. Malcolm Snow and Robert Reynolds are currently attending A-10 upgrading school in Tucson, Ariz.

More pilots are going to Arizona for resident training in the near future, and upon return they will serve as instructors here.

Training will continue through fall until the entire Barnes unit is fully qualified in maintenance and flight of the new jets.

MASSACHUSETTS AIR NATIONAL GUARD

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