



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

Pride, Professionalism, Patriotism

Barnes Air National Guard Base

May 2013



A C-130 Hercules transport aircraft, carrying select members from the 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Mass., departs April 24. The group is bound for Nellis Air Force Base, Nev., for training over the next couple of weeks in support of the Weapons Instructor Course (WIC).

U.S. Air National Guard photo by Senior Master Sgt. Robert J. Sabonis



Col. James J. Keefe

AIRSCOOP

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Commander's Column

By Col. James J. Keefe, 104th FW Commander

BarneStormers: In the weeks that followed our last drill, much has happened. We were inspected by the NORAD IG on our alert mission; our homeland response capabilities were put to work following the marathon bombing in Boston; 100 of our members were deployed to Nellis AFB to support the USAF Weapons School; and we learned that our Aerospace Control Alert (ACA) mission will relocate to Otis Air National Guard Base during our runway construction project this summer/fall.

Amidst the recent veil of uncertainty, I applaud the way you have performed and for remaining focused on the tasks at hand. We were rated "Mission Ready" (the highest rating allowed) by the NORAD IG with an impressive 23 strength areas. The results are the culmination of an impressive team effort from across the Wing! The inspection team noted that we were one of the top ACA units in their opinion. When Boston was transformed into a small war-zone, the entire base rallied to support the missions in the East. A few days later, we received a very short-notice request to deploy part of our aviation package to support the USAF Weapons School; without our help, they might not have been able to accomplish their training requirements—again, no one hesitated to help. It is this dedication to serve with excellence that sets us apart from many of our peers.

In order to celebrate that spirit, Saturday afternoon, following the F-100 rededication ceremony, the 104FW officers and I will host an enlisted appreciation event at the Pioneer Valley Club. Officers will serve the food as a way of saying thanks to the 90% enlisted force that is the "muscle" behind the sword this wing swings in defense of our nation. This may be one of the last times the unit will be together, as we begin to set the plan in motion to set-up flying operations at an alternate location during runway construction.

This month, as we remember those who have given the ultimate sacrifice for this great nation, take some time to think about the values which drive them to serve: selflessness, dedication, and honor. I will repeat this theme during my remarks at the F-100 rededication

this weekend—the greatest way to honor those who have sacrificed so much, is to pick-up the flag and carry it forward!

This was re-enforced on Patriot's Day as we deployed members of our security forces team in support of security efforts in the wake of terror attacks during the Boston Marathon. Defending the homeland is one of the most honorable missions to have. Our vigilance, focus, and commitment are imperative to our success.

Change is inevitable, stress is inherent, and focus is imperative. As we move forward toward splitting off our flying operations to an alternate location, take the time to do the small things right. Be safe and communicate with your team—help is out there, so don't be afraid to ask for it. I appreciate all you have been doing for this unit, our state, and this great country...thanks!

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Chief Master Sergeant's Column

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

If you knew a major snowstorm was coming, would you keep your snowblower and shovels in the back of the shed? If you

knew you had to take a long road trip, would you leave with your gas tank on empty? If you knew you had to take a fitness test in June, would you wait till the end of May to do your first push-up of the year?

These questions are rhetorical because the answers are easy...in every case you would get prepared for what you could predict. So I ask myself, why in the world do we have so many unit members not prepared to get promoted? The worst place to be, in regard to promotion, is in your own way.

Every year we accept packages for the Airmen Leadership School, Noncommissioned Officer and Senior NCO academies, and every year, we have to turn people down because they are not able to meet the prerequisites.

We take a lot of pride in having some of the brightest and most talented leaders here at the 104th. Our enlisted force receives countless national awards and is often invited to other units to show them how the 104th does business... so why can't we get folks promoted?

I have been grappling with this question for the past few weeks and the only solution I have is: We may be so busy taking care of our customers and meeting our mission that we're losing sight of taking care of ourselves.

Do you know what the minimum for promotion is? ANGI 36-2502 makes it very easy to determine if you meet the minimum requirements. But, I would never encourage anyone to strive for the minimum. People are selected for promotion because they earn it. What are you doing right now in your job to show that you are ready for the next level or responsibility? How do you stand apart from the pack?

If you take the time to study the Little Brown Book (AFI 36-2618), the Enlisted Force Structure will help you understand what it takes to achieve the next higher grade.

Commanders and Senior NCOs, you should look at your Airmen for the potential they have to lead others, as subject matter experts, and as well-rounded community-focused members of this unit.

Airmen and Junior NCOs: Think about what you want to aspire to be and then make it happen by demonstrating your ability to meet suspense dates, to meet requirements, and show interest in improving your craft.

Some people may say that a successful promotion program is tied directly to an effective mentorship program... and I say they are right.

Let this article serve as the impetus to start a positive conversation with your supervisor. Meet with your supervisor and ask— Am I ready for promotion? Don't take offense to the feedback, instead, let it help you and guide you to meeting your goal. Self-improvement equals Wing-improvement, so let's keep this Wing the best it can be.



First Sergeant thoughts

By Master Sgt. Thomas Moriarty, 104th LRS First Sgt.

As some of you may know, my wife and I ran the Boston Marathon April 15.

I was half a mile from finishing the race, and my wife was approximately 200 yards from the finish line when she saw in great detail the two explosions and the suffering that followed. As she stood there, motionless, trying to comprehend what had occurred, a Boston police officer gave my wife a push and told her to run back in the direction she had come from.

Approximately 90 very long minutes later, I was able to track my wife down and reunite with her. She shared with me how she felt during that moment, and I think it is relevant

to every member of the unit. She told me she was trying to figure out a way to help the injured, but did not have the skills to treat such traumatic injuries. She decided the best thing she could do after running over 26 miles was to not become a drain on the first responders who were trained to help.

Every member of the unit is required to attend annual first-aid classes. For a lot of us, we go through the motions to get the class over with and check the box. When I got closer to the finish line, I helped some off-duty state troopers get cleaned up after performing first aid on all those injured spectators. The one thing I kept hearing was, "it was like a battle field." The responders were using techniques we learn about - like how to

apply a tourniquet - as the injured awaited transport to the hospital.

The thing I want to impart on all of you is do not take the training you are provided for granted. You never know when you will be called upon to step up and do what you have been trained to do. Pay attention to the course of instruction, it may someday save a life, maybe even your own. I also urge you to know your limitations. Have the ability and insight to know when you are more of a hindrance than a help. Sometimes taking a step back is the best course of action to allow someone who may be more skilled the room to work.

Take care of yourselves and one another. We are all committed to the same values: integrity, service before self and excellence in all we do.

Memorial meaning

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

Every day, we drive by it. Every year, we rededicate it. But have you taken the time to learn about the peoples' names affixed to it?

Since 1947, members of the 104th Fighter Wing have sacrificed to preserve freedom. Some of those warriors died while involved in aircraft related accidents.

The F-100 Memorial, originally dedicated by the 104th Fighter Wing's Chiefs Council in 1987, was dedicated to memorialize those members; the dedication followed the death of Maj. John Southrey who was in an aircraft accident over Wells, New York in his A-10 aircraft on Sept. 17, 1986.

Maj. Southrey is the last name on the monument, preceded by 11 other BarneStormers.

1st Lt. Edward W. Meacham's name is the first to appear on the monument. Meacham was 28 when he died performing dive-bomb attacks south of Chatham Mass. Aug 17, 1948. His P-47 Thunderbolt crash marked the first aircraft lost for the 131st Fighter Squadron (then known as the 131 Fighter Group.)

Six years later, Maj. Robert Anderstrom of West Springfield lost control of his F-51 on May 7, 1954. Anderstrom was returning home following a military-planning

conference at Mitchel Air Force Base, outside of Long Island NY. (Mitchel AFB was decommissioned in 1961.)

The names are not all officers, one enlisted member, Tech. Sgt. Austin Cooper's name appears next to 1st Lt. Richard Brown. Cooper was the aircraft mechanic who was flying in the backseat of Brown's T-33. The two perished in Granville Mass. shortly after takeoff on Oct. 19, 1954. In addition to being on the memorial, Cooper's name is on the Blvd. that encircles the base's perimeter.

Later, in 1958, Capt. Frank Gibe was unable to safely land his aircraft here at Barnes; after making multiple attempts to land, he crashed in a wooded area off the main runway.

The danger of training was made evident by the unfortunate crash of an F-86, while Capt. Hugh Lavallee was performing low-level navigation training near Warren County, NY in 1963.

Every crash was not fatal, as learned by Maj. Philip B. Burke, who was the passenger of a 131st Fighter Squadron F-94C piloted by Maj. Richard W. Mahoney. As they returned from a cross country mission, the F-94C's jet engine flamed out over New Orleans Naval Air Station April 22, 1961. Burke walked away from the

crash. Very unfortunately, Mahoney, the previous 131st FS Commander, incurred fatal injuries in the crash.

March 21, 1962, 1st Lt. Joseph F. Crehore was the only wing casualty during its deployment to Phalsbourg AB, France. During a flight over Chalons France, his F-86 aircraft crashed into a wooded area during a low-level navigation mission.

In 1964, the Wing transitioned to the F-84F Thunderstreak. On Feb. 1, 1965, while returning from a weapons exercise at MacDill Air Force Base, Fla., Maj. James Romanowicz died when his aircraft crashed North East of Westover Air Force Base.

Romanowicz was a seasoned combat pilot with 1,200 hours of flight time. He flew the F-51 Mustang, F-47 Thunderbolt and P-40 Warhawk, as well as the C-45 and C-47 transport aircraft.

The last of the 11 fallen 104FW members that preceded Maj Southrey name is Capt. Leonard E. Bannish of Westfield, Mass. Bannish passed away when his F-84F Thunderstreak crashed during a training flight near Wilkes-Barre, PA., May 30, 1968. He crashed while attempting an emergency landing at the Wilkes-Barre PA airport.

This Saturday, we rededicate our F-100 Memorial to remember these individuals.

USO Gala

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

While most of the 104th Fighter Wing members were attending last month's annual awards banquet, one member was across town and recognized for his outstanding accomplishments by the Pioneer Valley USO.

On the evening of April 6, 2013, at the annual Pioneer Valley USO Gala, a new member of the 104th, Capt. Sean Cahill from the Civil Engineering Squadron, was recognized for his service during his recent deployment to Afghanistan.

Capt. Cahill deployed in 2011-2012 where he served with the 212th Engineering Installation Squadron (EIS).

The 212 EIS was deployed for over six months to southern Afghanistan, supporting U.S and coalition forces in support of Operation ENDURING FREEDOM.

During this time Capt. Cahill was assigned to the U.S. Army 335th Signal Command, where he and his team helped

to transition the tactical communications infrastructure on various U.S. Army forward operating bases into a more robust fixed communications architecture.

The USO Gala is a dinner-dance fundraising event where a select number of military honorees are recognized for excellence in service. On this evening one member each from the Air Force Reserves, Air National Guard, U.S. Army, U.S. Marine Corps and U.S. Navy were recognized.

The Gala, now an annual tradition, is one of the many ways the Pioneer Valley USO gives back to local service members. This year the USO has supported many events, to include the recent wing change of command, the enlisted appreciation night and the drill-weekend childcare program.

Besides the recognition paid to the military award winners, another high

point of the night was a presentation by the keynote speaker U.S. Air Force Col. (retired) Mark Tillman. Tillman spoke of the eight years he spent as the lead pilot on Air Force One during the administration of President George W. Bush.



Mr. David Jubinville, the USO Board President stands with Capt. Cahill as Col. Tillman (ret) presents the award. (Photograph by USO photographer Mr. Tom Overlock)

Mass. ANG band director nationally recognized

Compilation of articles in the University of Hartford publication and Danbury News



1st Lt. Steven Ortiz said he is grateful for the education he received in the Danbury public schools, which he thinks do not get the credit they deserve.

The summa cum laude graduate of Western Connecticut State University holds a master's degree from the Hartford School of Music at the

University of Hartford and is now the band teacher at Windsor High School.

The 30-year-old father of two also is one of 95 citizens who will receive an Ellis Island Medal of Honor at a ceremony on the island May 11.

"It's very humbling," Ortiz said, noting the company he is joining. Recipients include six presidents of the United States, Nobel Prize winners, athletes, artists and leaders of industry.

Since 1986, the National Ethnic Coalition of Organizations has sponsored the Ellis Island Medals of Honor, which honors living U.S. citizens who are native or naturalized and satisfies one or more of the following criteria: helps others at a community or national level; preserves and celebrates the history and traditions and values of their ancestry; strives for acceptance between ethnic, racial and religious groups; and shares their personal and/or professional gifts for the benefit of humanity.

Ortiz, one of the newest members of the 104th Fighter Wing, has served as the commander and conductor of the Air National Guard Band of the Northeast, which has played at the Ellis Island medal ceremony for years.

It's the last year they will perform because the unit is being dissolved due

to budget limitations and Air Force restructuring.

NECO spokesman Otto Coca said he's worked with Ortiz for years at the ceremony and they felt Ortiz deserved to be honored.

"He's a great example. He loves music. He loves his country and he gives back," Coco said. "We are proud to have him part of the Ellis Island award recipients."

Lt. Ortiz's parents were born in Costa Rica. As a child, he followed his mother's example and collected used clothing to send to family members and the needy in Costa Rica. When he was just 15 years old, Ortiz founded The Good Samaritan Project, which to date has provided thousands of pounds of new and slightly worn clothing to people throughout Latin America.

Over the years, his generosity and humanitarian work in Costa Rica have expanded. For example, when Ortiz heard about a young man in his mother's village who had obtained scholarships to attend college, but did not have money for bus fare and textbooks, Ortiz provided him with funds so that he would be able to pursue his education.

As a college undergraduate, Ortiz founded the Danbury Youth Band and served as a musical director for The Sons of Portugal School of Music.

As a Danbury, Connecticut native, he has worked hard to give back to his local community, teaching music at the Danbury elementary schools for a year, then at Immaculate High School before going to Windsor six years ago.

He has served as a mentor and credits mentors in Danbury for helping him find his path.

While in middle school, he joined the Danbury Police Explorers, which were led by Lt. Matt McNally, who he called an important mentor to him.

"It's a sound, sound program," he said, and McNally helped him learn about respect, hard work and integrity.

In high school, he ran cross country and track under Danbury High School coach Rob Murray.

"He was a phenomenal mentor, whose lessons on how to run better really became lessons on how to be a better person," Ortiz said.

"They really touched my life," he said.

"Even though my parents didn't come through Ellis Island, they symbolize the immigrant experience," he said. "Everyone is an immigrant in this country and we've all come together to make it the great place it is."

The medals are presented on Ellis Island, in a dramatic ceremony, to American citizens for their outstanding contributions to their communities, their nation and the world.

Past recipients include Presidents Bill Clinton, George H.W. Bush, Ronald Reagan, Jimmy Carter, Gerald Ford, and notable figures such as Rosa Parks, Cesar E. Chavez, Muhammad Ali, Frank Sinatra, Wayne Newton, Itzhak Perlman, Joe DiMaggio, Gloria and Emilio Estefan, Bob Hope, Quincy Jones, Mickey Mantle, and many other distinguished entertainers, prominent religious figures, successful entrepreneurs, senators, congressmen, and military personnel.

"I am beyond humbled to have been nominated and selected to receive such an honor," Ortiz said. "I humbly receive this honor and share it with my fellow airmen in the Air National Guard Band of the Northeast and in the Massachusetts Air National Guard as well as my alma mater."

The Ellis Island Medal of Honor ranks among the nation's most prestigious awards. The U.S. Senate and House of Representatives have officially recognized the Ellis Island Medals of Honor, and each year the recipients are listed in the Congressional Record.

Reference articles:

<http://www.hartford.edu/daily/Article/View/14817>

<http://www.newstimes.com/default/article/Danbury-schools-grad-receives-Ellis-Island-award-4424954.php>

If it isn't you, it is the person next to you

By Senior Airman, Kelly Galloway, Westover Air Reserve Base, Public Affairs

"Hey sexy... you single?"

I turned to see a fellow Airman in training; standing about five foot eight, dark hair and eyes. Over the next four months, I heard my fellow classmate repeat the same line more than a couple dozen times. It wasn't just me that he had an eye for; it was a handful of my new girlfriends as well. We laughed it off... all of us had just completed basic training and were beginning another chapter in our brand-new military careers at technical school. Why make enemies at the start?

About a month in, I grew tired of the cheesy pick-up lines and over-used sexual innuendos that this Airman used. I asked one of our ropes (student leader) to step in to have a chat with the guy regarding how uncomfortable he made me. Unfortunately, that chat didn't have much of an effect of the Airman and as "luck" would have it, I sat next to this airman during class.

Lucky me, right?

I was pretty good at letting his suggestive comments flow in one ear and out the other, careful not to show it bothered me (as that only added fuel to his fire). Up to this point, his words were the only offensive thing he had been doing. But then I dropped my pencil. As I stooped over to pick it up I heard a loud voice boom throughout the classroom...

"ARE YOU SERIOUS, AIRMAN?"

Startled, I nearly smacked my head off the table trying to sit back up. With our entire class now looking back towards us our two class leaders, Marines, shrugged them away and stated "We'll talk about this at break -- carry on."

Unbeknownst to me, this guy had just executed one of the foulest and sexually suggestive hand gestures behind my head... The Marine class leaders luckily sat behind us and saw what he had just done. That was the final straw. The Marines already knew how annoyed I was by this kid and asked if I wanted to take this latest development "up the chain." I had no intention of getting anyone in trouble since we were all brand-new to the military. I'd hoped that the class leaders had scared him enough by this point and decided against it -- asking only to move seats to get away from him.

With my new location in the classroom, I felt a bit more at ease. Although the Airman now had one of his male friends start to jeer me because I had gotten him in trouble. I felt beaten and angry. I had no control over the situation, it wasn't "MY" fault he did what he did. He was lucky I didn't take it up the chain of command.

About a week after the hand gesture incident, I'd had it with the remarks from him and his friend. That's when I asked one of our former ropes in our dormitory to have a talk with these two guys. This former rope

commanded the respect of all the guys in the Airman dormitory; certainly he would be able to have an impact on this guy. Shortly after the discussion this time, the jokes and rude remarks stopped all together. The Airman and his friend now completely avoided me... victory at last!

Fast-forward three months to two weeks before our class graduation date. The female class instructor came up to me as I was on my way back from a class assignment. "Airman Galloway, follow me, please." I proceeded down the hallway and into a small room with a handful of computers and two girls from my class already in place.

Confusion and a spark of panic overcame me when the door was shut behind me and I realized something serious was going on. One of the female Airmen had been crying and her eyes were still puffy and red. "Galloway -- As I understand, you had a harassment issue with a particular Airman?" my instructor asked. I acknowledged her question and explained my experience with the group and asked why this was just coming to light as the incident happened nearly three months prior.

Her response shook me to the core as she explained that the two female Airmen, fellow classmates, had just had the same type of harassment, only it had gone above what this man had done to me.

This Airman apparently grabbed one of the girls and cornered her in an area where we kept our equipment. He put his hand over her mouth and pushed her back against the lockers -- pressing his body against hers and proceeded to kiss his hand in a suggestive way.

This was why I was being called into the room, the other girl had played witness to what happened and they wanted to open an investigation after speaking with the sexual assault response coordinator (SARC) representative on the base. They knew I had been in a situation and wanted to know if I also wanted to open an investigation. Realizing that what was thought to be as simple, but annoying, joking was turning into something much more serious. How much more would his behavior deteriorate? What if I had reported this incident when it happened to me? Would this still have happened to this girl?

The thoughts in my mind raced... I agreed to speak to the SARC.

We were brand-new to the military. The concept of an entire office committed to sexual assault boggled me. I had no idea what was in store as the three of us walked into the SARC office to explain what happened to yet another person. To my relief, the officer was approachable and sincere; she made every effort to ease our minds and explained what was going to happen.

All three of us had to give her our written statements separately and without prejudice.

After reviewing our statements, she concluded that there was a definite issue and asked us individually if we wanted to proceed with restricted or unrestricted report.

A restricted report requires the member to be in status and can only report the incident to Medical, SARC or a victim advocate, but an unrestricted report means the member can report the incident to investigative agencies such as OSI or SFS, as well as to members in their chain of command such as the first sergeant, supervisor, or commander. All three of us wanted the unrestricted report.

We were sent back to the dormitories after meeting with the SARC to speak with our military training leaders (the two that were in charge of the Airmen in training). Upon arrival, the captain was already waiting for us. As we entered her office, at attention and visibly shaken, she asked us to sit down. Up until this point, we had not had any personal interaction with this busy officer and had grown to fear having to report to her.

"Ladies, first of all I want you to know that you are not alone. Secondly, I want to assure you that this Airman will be dealt with and I will do everything to ensure your safety and confidentiality of this situation, but you need to ensure the confidentiality on your end as well."

"Yes, Ma'am" we simultaneously squeaked out. We had already signed confidentiality agreements and were ordered not to talk about the situation to any of our classmates. After an hour of conversing with the captain, she released us to go back to our rooms to deal with what had just occurred in our own manner. What had started as a normal day had taken such a dramatic turn of events. Our minds were warped. We were mentally exhausted.

A team of OSI agents came to our dormitory as well as military police, who went through the Airman's room seeking incriminating evidence. They pulled him from class and brought him back to the dorms so that he could pack his belongings.

He was being isolated from the rest of the dorm, moving onto the first floor where our MTL's offices were. We were only two weeks from graduating. Because of this incident, that Airman jeopardized his marriage, his security clearance -- and his military career.

Straight from basic training, all of the advice from my MTI already had prepared me for something like this, though I never thought I would be involved in a "SARC" case. It was something we had joked and laughed about during basic training. Yet my MTI knew better. Before we left his watchful eye he warned us that an alarming number of tech school SARC cases do happen and will happen and that we should prepare ourselves. His words still rang in my ear like reveille in the morning.

"If it isn't you, it's the person next to you."



It's about TIME...again

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

Professional Military Education (PME) is a vital piece in mentoring airmen. The enlisted ranks begin the

mentoring process at Lackland, Air Force Base, Texas. Today our airmen spend eight weeks transitioning from civilians into motivated airmen, still needing much more refining when they return to us after tech school.

The formal mentoring process continues after that. To become a Staff Sgt., one must attend Airman Leadership School (ALS). To become a senior NCO (Noncommissioned Officer) you must attend the NCO Academy. Today, you must attend the Senior Noncommissioned Officer Academy (SNCOA) to put on Senior Master Sgt. and Chief Master Sgt.

So what about Tech. Sgts.? What do they get? The answer is TIME.

TIME stands for Technical Sergeants Involved in Mentoring Enlisted Airmen. This is a three-and-a-half day workshop developed specifically for motivated Tech. Sgts. This workshop is the brainchild of Command Chief Master Sgt. Rick MacDonald. He believes that these mid-level managers are worth investing TIME into - reinvigorating and motivating these airmen.

His vision for this conference is threefold. First, he wants these newly motivated Tech. Sgts. to return to their units with a new sense of purpose and pride. Secondly, they will have a full understanding of what it means to be a productive mentor to their peers and subordinates. Finally, the return on investment as the retention rates for these experienced and knowledgeable airmen rise. The cost to replace one Tech. Sgt. alone is worth the investment.

The workshop itself takes place at a conference center in Southbridge, Mass. Each day is filled with motivational speakers, topics revolving around mentoring, and guest speakers.

This year's workshop is scheduled to include a Dining-In. Transitions are smooth as new topics of discussion are continuously introduced to include dynamic speakers specifically handpicked. This year there will be slots opened up to our sister services, as well as to other Air National Guard (ANG) units throughout New England.

We will be soliciting commanders and First Sgt.'s for names to attend this year's conference. The conference is tentatively scheduled for July 8–July 11. If you're a Tech. Sgt. who did not attend last year, and would like to attend this year, please approach your chain of command. Highly motivated Staff Sgts. will also be considered for this opportunity.

If you want verification on how well the conference was last year, ask someone who attended and they will verify the relevance of this workshop.



Chaplain's Corner

By Lt. Col. Stephen Misarski, 104th FW Chaplain

Fresh in our memory are the events of April 15, 2013 even as the new broadcasters try to find new angles on which to report.

My Chaplain Assistant, SSG Jen Fulton and I were called to state active duty to help those who were there in the midst of the blast. We listened to their stories and their feelings of shock, panic, anger, guilt, sadness and frustration. Their minds were reeling and emotions were all over the map. Some were willing to talk and others just clammed up. Every possible reaction was evidenced on this team of airmen and soldiers.

What do we do when stuff literally or figuratively blows up around us? It may be a national or global event or it may be local, personal and relational situation. Regardless of its magnitude, we are impacted and immediately begin to process the event. We want our lives to go back to normal but many times we have to find a "new normal."

If you have been or know someone in a "blast area," here are some things to think about:

1. Emotions are normal. Feelings of anger may alternate with sadness. Tears may be close to the surface. Guilt may appear. Everyone reacts differently. Acknowledging those feeling is important. Trying to stuff your feelings is not helpful.

2. Time. Your mind and emotions need time to sort through the trauma. It may happen in your dreams as well, as waking hours. Your body may show evidences of stress e.g. lack of sleep; too much sleep; more appetite or less appetite. It may take days or weeks. If the symptoms persist, you may need to get some help. You can talk to a chaplain, the Director of Psychological Health, a counselor or therapist. Military OneSource is another avenue.

3. Family/Friends. We all need a support network. The most important resource is our family and friends and es-

pecially your team members. The worst is to feel you are alone in your pain. To know someone has your back can give you the security you need to process the event.

4. Spiritual Resources. Knowing that God walks with you through trauma and the after effects can be healing. He will listen to all your pain and is big enough to hear your anger. Prayer and the discipline of giving thanks can help focus your soul. Scripture can be a comfort like Isaiah 43, "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not overwhelm you... For I am the Lord your God..."

We at the Chapel are always here to listen and help and of course, our counsel is confidential. Call us at 698-1057 or visit us at the Chapel in the front of Building #12 (the Gym).

39th Annual Awards Banquet—Unit members recognized

By Staff Sgt. Matthew Benedetti, 104th FW Photojournalist

The 39th Annual Awards Banquet for the 104th Fighter Wing (FW) was held on Saturday, April 6, 2013 at the Sheraton Hotel in Springfield, Mass. The well attended banquet gave Wing members an opportunity to salute their peers for commitment to service and excellence in their respective fields.

Approximately 100 Airmen were recognized for their contributions and presented with awards at the festive evening. Members were honored from the squadron, group and wing levels. The event included remarks by the Adjutant General of the Massachusetts Air National Guard, Maj. Gen. L. Scott Rice; the Assistant Adjutant General for Air, Brig. Gen. Gary Keefe; former Wing Commander of the 104th Fighter Wing, Brig. Gen. Robert Brooks; and the current Commander of the 104th FW Wing, Col. James Keefe, who lauded the efforts of the unit members.

"This annual awards ceremony is an opportunity to recognize the very best of the best," said Col. James Keefe. "I am extremely proud of these individuals, who exemplify our tradition of excellence. We also want to thank the families who supported these members. Without family and community support, we would not succeed," he said.

The banquet commenced with the posting of the colors by members of the 104th Honor Guard. Following dinner and a year in review video,

the award ceremony began, first acknowledging the Community College of the Air Force graduates, followed by the squadron, group and overall 104th Fighter Wing award winners.



U.S. Air National Guard photo by Tech. Sgt. Melanie J. Casineau

Awards included Airman of the Year, for grades E-4 and below; NCO of the Year, grades E-5 and E-6; Senior NCO of the Year, grades E-7 through E-9; AGR/Technician of the Year, full-time Air Guard Reserve and dual-status technicians; Company Grade Officer of the Year, grades O-1 through O-3; First

Sergeant of the Year; Honor Guard Member of the Year and Civilian of the Year.

The event was made possible by the banquet committee, including Master Sgt. Dominique Chapman, Staff Sgt. Matthew Chapman, Staff Sgt. Dacia Lucas, Master Sgt. Todd Fappiano and Senior Master Sgt. Rob Sabonis. The overall Wing award winners include:

- Airman of the Year: Staff Sgt. Charles Diaz, Medical Group
- NCO of the Year: Tech Sgt. Mike Kearns, Maintenance Group
- Senior NCO of the Year: Master Sgt. Yasser Menwer, Operations Group
- AGR/Technician of the Year: Tech. Sgt. Jeremiah McClosky, Civil Engineering Squadron
- Company Grade Officer of the Year: Capt. Osme Benedict, Operations Group
- First Sergeant of the Year: Master Sgt. Larry Brace, Maintenance Group
- Civilian of the Year: Mr. Jeremy Dubois Civil Engineering Squadron

Three 104th Security Forces Squadron members were also recently recognized by the National Guard Bureau as recipients of the 2012 Security Forces Annual

Award. Members include:

- Support Staff Senior NCO of the year: Master Sgt. Jose E. Rijos-Ortiz
- Support Staff NCO of the year: Tech. Sgt. Ronald C. Brown
- Civilian of the year: Ms. Michelle M. Freeman.

Congratulations to all award recipients, "the very best of the best."



Safety: How goes it?

By Senior Master Sgt. Thomas Dumais, I04th FW Safety

The unit has experienced one injury since the last How-Goes-It.

- Worker injured back lifting; lower back strain; not greater than first aid

The unit has experienced 3 mishaps since the last How-Goes-It

- GMV driver door impact metal beam while backing out; damaged driver door; \$1813
- Chaff/flare mods fell from delivery module during transport; damaged items; \$1506
- A/C engine FOD; damage still being assessed; cost TBD

What's on your mind?

Each month, as I prepare myself to write an article for the AirScoop, I find myself asking: "What am I going to write about?" This month I find myself asking some down to earth questions: What could possibly be on someone's mind while they back-out of a parking spot with the front wheels cut so the driver door makes contact with the facility? What could possibly be on someone's mind to have them forget to latch the doors on a delivery module and allow the items to fall out? How does a person lose focus to the point where they are not fully aware of what they are doing? If we each take a look at ourselves, we can all relate to the idea of 'process saturation,' and in some cases, having an action become so second nature that we actually trust that whatever we are doing is being done

correctly. Think about driving... how often do you look up from the road and realize 20-30 seconds has gone by while you were daydreaming? Is this task saturation or a learned reflex? Have you ever stopped at a traffic light and when it turned green you have no recollection of it doing so, yet you accelerate as if you had? The point I am attempting to make here is that staying focused is a tough thing, especially when we have multiple distractions (things or thoughts)!

We all have hundreds of things running through our mind at any given moment, yet somehow we are able to do our jobs and process the information. This is an amazing feat, however, every now and then the amazing feat goes bad and we experience a mishap. I challenge each of you to think about the last time you experienced an injury or mishap and ask you to remember back to it. What was the first thing that came to mind? In some cases it may be something like "you dummy," "stupid" or something similar. This is due to you knowing what you did wrong immediately after or while doing it, and yet our minds could not process what we knew was correct all along. When we look at the damaged door on the GMV, and the munitions falling out of the truck, I know I am safe in saying the drivers knew what they should have been doing and making a mistake probably embarrassed them.

So knowing this, what can we do to help prevent such things from happening to us and our fellow airmen in the future? Below are a few suggestions to think about,

and possibly discuss as a shop, to help lower some of the risks associated with what we do not only here, but also off duty.

- Know yourself and your people! Problems either here or at home do affect our work performance and overall safety. Bills, money, cars, relationships, family, work, lack of rest, and operations tempo are all contributing factors to everyone's ability to process everything that needs to be processed. Be a good wingman to yourself and your co-workers. If you or they are going through some tough times, be a friend to yourself and to them by making sure processing saturation doesn't result in a mishap.
- Check, then re-check your work. Make sure all required steps were completed and completed correctly. If a simple checklist would help; make one!

Our business here is dangerous and we all have to work as a team and take care of each other—both on and off duty. If you or a coworker is possibly inundated with life's challenges, keep the safety of yourself, our operations and our workers in mind. No one needs to get seriously hurt due to 'task saturation'! Working together and taking care of each other, we can get the job done--SAFELY!

Thank you all for your continued safety efforts.

Alternatives to CCAF credit without tuition assistance

All of the general education requirements for the Community College of the Air Force can be completed with free College Level Examination Program (CLEP) or Defense Activity for Non-Traditional Education Support (DANTES) testing.

You can get the study guides from your [education office](#), library, or you can hit the link to the [Peterson's Air Force Education Resource Center](#). At the Peterson's site, you will find practice tests for all 33 subjects and the e-book section has "Master the CLEP"...a book with subject reviews and practice exercises for the five general CLEP subject tests that are required for your CCAF (college composition,

humanities, college mathematics, natural sciences, and social sciences/history).

Apply for pell grants and/or student loans at www.FAFSA.ed.gov. This grant can provide you up to \$5,500/year which will pay for 4-7 classes (and books). FAFSA can also provide information on low interest loans to pay for tuition.

You can also use your 9/11 GI Bill, but word of caution...using the bill while you are still in can cause you to lose money in the long run...part timers get paid less than full time students and you will also not get the BAH \$ that you are eligible once you separate/retire...the numbers are [here](#), and you should also discuss this with your education office.

HARM/SARM courses at Dyess AFB and Fort Dix can also count towards your CCAF...if your unit has the funds and are willing to send you in this fiscally strained environment.

Hit up your base education office to see what scholarships are available and how to apply for them. If you are willing to do some school work...a short essay for the scholarship should be a piece of cake!

Paying tuition outright...I know, it is a lot of money. But, if you can afford it, the amount of [tax benefits](#) for students can be huge. For example, the [American Opportunity Tax Credit](#) provides a maximum annual credit of \$2,500.

For Your Information

FREE PASTA DINNER



What: Dinner for Barnes ANGB Families
Where: Dining Facility
When: May 22 from 4:00 pm to 7:00 pm

CPR CLASSES



What: CPR Classes for members & families
Where: Dining Facility
When: All-day May 22

ALUMNI NEWS

15 MAY — ALUMNI REUNION DINNER

Reunite with old colleagues and friends—all are welcome

What: Alumni Reunion Dinner

When: 15 May — 6 pm social / 7 pm dinner

Where: Pioneer Valley Club

Menu: Chicken Cordon Bleu, Garlic Potatoes ...etc.

Cost: \$15.00 per person

Guest speaker: Frank Ludwig, the Western Mass. Field rep for U.S. Family Health will provide information about recent Tri-Care coverage changes that will effect retirees.

To RSVP: Contact Len Frigon by sending in your reservation check. Make the check payable to the 104th Alumni Association.

Address: 778 West Street, Ludlow MA 01056

Escorted guests are always welcome, please indicate your guests name when you RSVP in order to coordinate with Security.

All RSVPs must be received by 5pm 13 May, if cancelations are made by this date, a full refund will be provided

Did You Know...The myPers website provides a 24/7 online self-service capability to numerous personnel actions?

Log on to myPers.af.mil using your CAC:

Go to myPers.af.mil
 Click the "CAC" Login" selection
 Select the appropriate certificate
 Input your Personal Identification Number (PIN #)
 Review the home page and select from the helpful links to learn more about services available

--OR--

If accessing with your Username (User ID) and Password:

Go to myPers.af.mil
 Click in the "User ID" box and input your user name
 Click in the "Password" box and input your password
 Click "LOG-IN"

Can't remember your User ID and/or password? Click on the link, "Forgot your username or password?" and simply follow the steps provided. Please note using the "User ID/Password" option will limit access to some online self-service applications.

The myPers website is your Total Force source for personnel information and online service. Go check it out!

CLUB COINS ARE IN



The 2013 Pioneer Valley Membership Coins are available now. Join the club for \$10 and receive a limited edition F-94 Starfire coin.

Contact any member of the club council or stop by the club this drill to get your coin.

DFAC MENU

Saturday

Entrée – Grilled Sirloin Steak, boneless, Baked Boneless Chicken Breast Piccata, Au Gratin Potatoes, Rice Pilaf, Vegetables, Mixed Blend, Green Beans
 Soup – Ground Beef, Chili

Dessert – Banana Pudding, Peanut butter Cookies, Vanilla Cake, Frosted with Vanilla Frosting

Sunday

Entrée – Buttered Spaghetti or Ziti, Meat Sauce made with Hamburger and Italian Sausage Marinara Sauce, Chicken Parmesan, Fresh Broccoli
 Soup- Cheese Tortellini in Chicken Broth

Dessert – Strawberry Cheesecake, Blueberry Cobbler, Brownie/ walnuts, Pears canned, chunks

Sign up TODAY to receive the Barnes Family Flyer, a weekly email with information on benefits, entitlements, events and job opportunities for our Barnes family community! Call or email Jennifer Cesaitis today at x 6981183 or email Jennifer.cesaitis@ang.af.mil

For Your Information

BASE HONOR GUARD LOOKING FOR NEW MEMBERS

- Be part of the tradition of excellence
- Represent the ANG & AF at military burials
- Display the flag at military & sporting events
- All ranks/specialties can apply

Contact Senior Airman Colon at 698-1311
or email the honor guard at :
104FW.HonorGuard@ang.af.mil



UPCOMING ASVAB & AFOQT DATES

Air Force Classification Test (ASVAB) FY13

Listed are the dates when the AFCT will be offered

May 24, 2013 at 0900, bldg 1

August 23, 2013 at 0900, bldg 1

Air Force Officer Qualification Test FY13

Listed are the dates when the AFOQT will be offered

May 10, 2013 at 0900, bldg 1

August 16, 2013 at 0900, bldg 1

104TH MEDICAL GROUP—HEALTH PROMOTIONS

Health Promotions- The 104th Medical Group is now offering a health promotion class on Sunday of the UTA. 104th Medical Group will be starting Health Promotion classes for all Wing members to attend. No appointment necessary, just walk-in and join the group. The class will meet on Sunday morning from 1000- 1100 at the 104th Medical Group - back training lab (RM18).

Health Promotion Calendar

May- summer safety

June - TBD

JULY- no class

Aug - Balancing Calories

Sep - no class

OCT- no class

NOV- dental health

DEC -Healthy Holiday eating

News from JFHQ-A1

Joint Officer Qualification

The deadline is quickly approaching for self-nominations for retroactive experiences for joint qualification. For qualifying joint assignments prior to 1 October 2013 officers may request retroactive joint credit until 30 September 2013. Beginning 1 October 2013 all experiences must be self-nominated within one year of completion. If you have completed an experience that meets the definition of joint matters now is the time to self-nominate!

In order to earn joint credit, your experience must meet the definition of joint matters. There are three distinct parts of the definition – the “who,” the “what,” and the “unified action.” In order to satisfy the definition, one element of the “who” **and** the “what” must be fulfilled in a way that a unified action is achieved. Below please find the definition of joint matters

Definition of Joint Matters

(1) ..matters related to the achievement of unified action by integrated military forces in operations conducted across domains such as land, sea, or air, in space or in the information environment, including matters relating to – (A) national military strategy; (B) strategic planning and contingency planning; (C) command and control of operations under unified command; (D) national security planning with other departments and agencies of the United States; or (E) combined operations with military forces of allied nations.

(2) In the context of joint matters, the term “integrated military forces” refers to military forces that are involved in the planning or execution (or both) of operations involving participants from: (A) more than one military department; or (B) a military department and one or more of the following: (i) Other departments and agencies of the United States. (ii) The military forces or agencies of other countries. (iii) Non-governmental persons or entities.

Colonels and below must self-nominate through the JQS Website:

<https://www.dmdc.osd.mil/appi/jimis/JQSindex.jsp>

Upon logging into the website you have an opportunity to go the National Guard Joint Officer Management page to get more information regarding submitting your self-nomination by clicking the blue National Guard (ARNG & ANG) link. Or go to:

<https://gkoportal.ngb.army.mil/sites/NGB/JM/JOM/default.aspx>

For additional information regarding Joint Officer Qualification you may contact the NGB/J1 JOM, Lt. Col. Lawrence Hopkins, Commercial 703-607-5497/DSN 327-5497 lawrence.v.hopkins@us.army.mil or Maj. Danielle MacDonnell, Commercial 703-607-1462/DSN 327-1462 danielle.macdonnell@us.army.mil.

For Your Information

Traditional Officer Vacancy

Logistics Readiness Officer

AFSC: 21R3

Rank: Commission eligible to Major

POSITION QUALIFICATIONS

Integrates logistics processes within the base mission. The major logistics processes include distribution, materiel management and contingency operations. Directs and manages distribution management, materiel management, contingency operations, fuels management, airlift operations, and vehicle management. Plans and programs logistics support for wartime requirements.

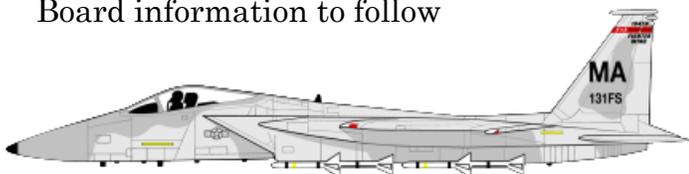
SPECIALTY QUALIFICATIONS

For entry into this specialty the member must possess a bachelorettes degree. Undergraduate academic specialization in logistics management, economics, management, business administration, computer science, information management systems, finance, accounting, petroleum engineering, chemical engineering, or industrial management is desirable.

SUBMIT APPLICATIONS TO: Barnes ANG Base, 104th Force Support Squadron, 175 Falcon Drive, Westfield, MA 01085.

APPLICATION DEADLINE: Aug 4 2013

Board information to follow



Traditional Officer Vacancy

Budget Officer

AFSC: 65F3

Rank: Commission eligible to Major

POSITION QUALIFICATIONS

Financial Management Officers accomplish financial operations for supported agencies to ensure funds are available for the manpower, equipment, supplies and services our units need. They account for current and future requirements in spending reports and budget projections. Establish work flow efficiencies with personnel and procedures to ensure customer service while maintaining audit readiness in accordance with current laws/directives intended to prevent fraud and fund losses. Financial Officers also perform cost estimates, oversee distribution and establish internal controls and quality assurance programs that protect scarce DOD resources for both training and contingency operations.

SPECIALTY QUALIFICATIONS

For entry into this AFSC, an undergraduate academic degree math, engineering, economics, business management, accounting, and finance are desirable. A minimum of 24 semester hours in economics, accounting, finance, management and statistics subjects (6 of which must be in accounting) is mandatory. The member must also have no record of conviction by a civilian court for offenses involving larceny, robbery, wrongful appropriation, burglary, or have received non-judicial punishment under the Uniform Code of Military Justice (UCMJ) for fraud or offenses involving acts of larceny, wrongful appropriation, robbery, burglary or fraud 132 or never been convicted by military courts-martial for these same offenses.

SUBMIT APPLICATIONS TO: Barnes ANG Base, 104th Force Support Squadron, 175 Falcon Drive, Westfield, MA 01085.

APPLICATION DEADLINE: May 5, 2013
Board information to follow

Religion notes

General Christian Service: Saturday of the UTA, at 4:00 p.m., in the Base Chapel / building 12, Chaplain Stephen Misarski presiding.



Orthodox Catholic Mass: Sunday of the UTA at 3:30 p.m., in the Base Chapel of Bldg. 12. Fr. Devoie presiding.

Congratulations on your retirements

Turner Fawkes	AMXS	7 May 2013
Richard Cote	CF	11 May 2013
Donald Graham	MXS	31 May 2013
Anita Compagnone	MDG	1 Jun 2013
Robert Stokes	AMXS	5 Jun 2013
Robert Cross	MDG	10 Jun 2013
David Cooper	OSF	30 Jun 2013

CCTV broadcast line up

Channel 7 - Training videos & Base Info

Channel 9 - Warrior Network

Channel 10 - Pentagon Channel - inop



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 Airman. (E-2)

Hannah Graydon, SFS



Chelsey Potter, SFS



To Staff Sgt. (E-5)

Wesley Sabczyk, CF



To Tech. Sgt. (E-6)

Justin Traynor, FW

Welcome to new members

Travis Hazeltine	131 FS
Erin Miles	OSF
Matthew Maurer	FSS



This Month in History

May 17, 1919 - The War Department ordered use of national star insignia on all planes.

May 21, 1927 - Charles A. Lindbergh, a captain in the Missouri National Guard's 110th Observation Squadron, landed his Ryan Monoplane, the "Spirit of St. Louis," in Paris after the first nonstop solo flight across the Atlantic.

May 25, 1927 - Lt. James H. Doolittle performed the first known successful outside loop.

May 21, 1937 - Amelia Earhart and Fred Noonan left San Francisco on a West-to-East around-the-world flight. Their trip ended on July 2 when they disappeared near Howland Island in the Pacific.

May 25, 1948 - Using a modified B-29 as the tanker aircraft, the Air Force completed its first in-flight refueling. Prior to this event, Boeing conducted the refueling demonstration program.

May 16, 1955 - U.S. Air Force marking approved for use on aircraft wings.

May 21, 1957 - Maj. Robinson Risner flew Lindbergh's transatlantic route with a F-100 in six hours 40 minutes (as compared to 33.5 hours).

May 10, 1972 - The Fairchild-Republic A-10A prototype, an entry in the U.S. Air Force's A-X competition to select a close-air-support fighter, completed its first flight at Edwards AFB, Calif.

May 4, 1979 - The A-10B "Evaluator" flew its first flight at Edwards AFB, Calif.

May 15, 1983 - The comparative flyoff between the F-16XL and F-15 in a dual-fighter role ended at Edwards AFB, Calif.

May 2, 1987 - The first F-15E arrived at Edwards AFB, Calif., for flight testing.

May 25, 1996 - During Air Fete '96", an annual air show at Royal Air Force Station Mildenhall, the first joint MiG 29, F-15C and F-15E formation flyby in aviation history occurred as a featured display lasting through May 26. The F-15s came from nearby Royal Air Force Lakenheath, while the MiG-29 came from the Slovak Republic for the airshow.

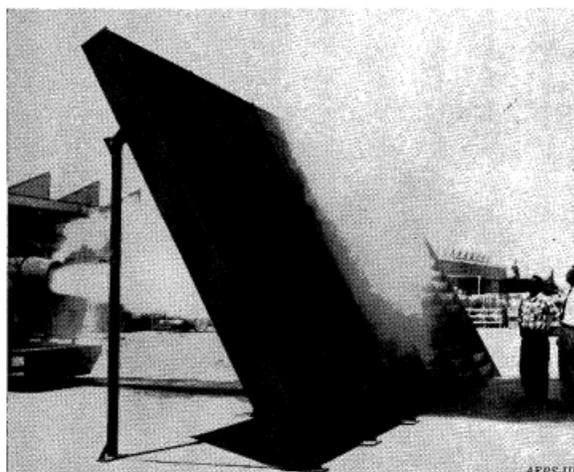


Volume 10

May 25 1958

Number 1

New Squadron Born Here, Old Units Streamlined, As Group is Reorganized



BLIND FENCE—A venetian blind fence more than 5,000 feet long has been erected at Castle AFB, Calif., to serve as a deflection device to control smoke, heat and flying debris from jet aircraft exhaust. A section of fence is shown here.

The long awaited reorganization of the 104th Fighter Group and its squadrons took place on April 10th, 1958, changing the authorized base strength to 86 officers, seven warrant officers and 650 airmen. The previous authorization was for about 100 officers and 850 airmen.

Relatively minor changes in the Group headquarters and the Dispensary leave them both looking more streamlined, but not too different in structure from what they were before the change. With the other three squadrons, however, the tale is quite different. The Fighter Squadron loses all but its aircrews, administrative and operations-type personnel. The Aircraft maintenance sections of both the Fighter and Materiel Squadrons, including the specialists, electronic and armament functions, are regrouped into a new unit, the 104th Consolidated Aircraft Maintenance Squadron (abbreviated to CAMRON for easy handling). The remaining sections of the Materiel Squadron including base supply, motor pool,

(Continued on Page 10)

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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www.twitter.com/104fighterwing
www.flickr.com/photos/barnesangb



PRIDE,

PROFESSIONALISM,

PATRIOTISM

We're on the Web

WWW.104FW.ANG.AF.MIL

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