



104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD
Pride, Professionalism, Patriotism *Barnes Air National Guard Base*

November 2013

Members of the 104th Fighter Wing continue to fly training missions while temporarily stationed at Westover Air Reserve Base, Chicopee, Mass., Sept. 18, 2013. *(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

A belated happy fiscal new year! I am glad we are back together as a Wing after the government shut down. I want to touch on our plans for the upcoming months to keep you informed and mentally prepared to meet the challenges that we will face in fiscal year 2014.

Our runway project is going well and is on schedule. The new surface should last us for at least the next 25 years. The estimated completion date is December 2. We have begun planning for the return of our F-15s from both Westover and Otis. If the completion date for the runway holds, we should see our alert jets back on the ramp during the first week of December, prior to the Unit Training Assembly (UTA). We have an aviation training deployment to Tyndall AFB, FL; with a departure date scheduled for December 6 and a return date of December 20. The jets that are not deploying to Tyndall will return from Westover over the December UTA.

Unfortunately the ramp project, the companion to the runway construction project, was a victim of timing. The shutdown and lack of budget, coupled with colder temperatures (not good for asphalt work), will put that part of the project on hold until next spring. We expect funding for the ramp project early in the calendar year. We may be operating home station flying from taxiway bravo to make this happen. Also, we hope to get funding for our main hangar project next spring prior to our scheduled June 2015 Combined Unit Inspection (CUI, former Operational Readiness Inspection, or ORI). This project's funding was cut due to last year's sequestration actions, which removed funding for the overall Air National Guard (ANG) budget. As disappointing as this is, we have benefited immensely these last two years from an aggressive team composed of our civil engineering, contracting, and finance sections; which has allowed us to add many new construction projects to the base.

Speaking of CUIs, once we get everyone and the jets back home, we will start to focus on Operational Readiness Exercises (ORE) and Staff Assisted Visits (SAVs) to ensure our success under the new Air Force

Inspection System (AFIS). We are putting together a robust inspector general section to meet these new requirements. As with all inspections, the key is hard work and preparation. We have three combined phase I/II OREs planned for FY14, with several part task training weekends. Sprinkled in between these events will be planned training deployments to Hawaii and Malaysia, an awards banquet, a family day, and an Alert Forces Operational Assessment (AFOA).

November is the month we recognize our brothers and sisters in arms who have gone before us to defend this great nation. I want to thank in advance those who have volunteered to march or speak during upcoming Veteran's Day ceremonies. I believe there is no better way to honor our veterans than to continue their legacy of outstanding service and selfless dedication by focusing on what we do best here at the 104th Fighter Wing - providing the best air superiority and expeditionary support forces in the world!

Thanks for your continued dedication...

Cobra

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Chief Master Sergeant's Column

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

Barnestormers, I know this past year has been a very difficult one for all of us, especially for our technician

teammates, first with sequestration furloughs and then government shutdown furloughs.

I am sorry and angry that our government is unable and unwilling to come together and pass a long term budget. We are now feeling the effects across our great nation, not just in the military, but every government funded program.

Fortunately, our technicians are back to work. During the difficult times, the

information flow was the best it could be. Kudos to our Airman and Family Readiness Program Manager, Jennifer Cesaitis. Through a variety of information channels and resources, Jen helped us navigate through the hard times. For ongoing support, please visit the Barnes Family Readiness Facebook page at <https://www.facebook.com/barnesfamilyreadiness>.

As we look positively at our most recent achievements and into the future, despite challenges, we see that our runway is 65 percent complete, our addition to life support project has started and is slated to be complete in the spring of 2014, and the new snow removal equipment building is scheduled to be complete this November - just in time for

winter. The energy reduction project has been awarded and will start this fall.

To the fullest extent possible, Barnes and the Massachusetts National Guard leadership has poised our base to ensure we are BRAC proof. Barnes is recognized by the National Guard Bureau as a "model base," a small foot print located on a municipal runway with updated infrastructure and low utility bills.

Through all the hard times, if we work together and use the Wingman concept, we will continue to operate as one unified unit.

Keep the faith, and stay positive.



First Sergeant thoughts

By Master Sgt. William Craig, 104th Security Forces Squadron First Sgt.

There are several definitions of the word pride. The one that stands out the most for me, is as follows... "pleasure or satisfaction taken in something done by or belonging to oneself or believed to reflect credit upon oneself: *civic pride*". This definition defines me belonging to the awesome mission and the never fail attitude I share with the hundreds of military men and women of the 104th Fighter Wing.

There have been many times that I can remember being proud of serving my country. Returning from a temporary duty (TDY) always brings pride - walking to the baggage claim area of an airport and seeing family and Wing members for the first time in months. Marching in one of three local parades always fills me with pride: the St. Patrick's Day Parade in Holyoke, the Veterans Day Parade in Westfield or the parade for Westfield Day at the

Big E. Marching in a parade and seeing a senior citizen in the crowd, wearing a veterans ball cap and saluting our group as we march past, brings a huge amount of pride.

But the last few months I have experienced a unique and different situation that is causing me to be filled with pride. This is the first time I have experienced pride by having my bases planes being at another location. With the runway project taking place and *our* planes being at Westover Air Reserve Base in Chicopee, the talk on the town are the fighter jets. I overhear people discussing them at the barber shop, the grocery store, as well as at my local neighborhood diner. Sometimes I am asked about the jets flying over, I think people notice my haircut and are eager to ask if I am in the service, but most of the time I just enjoy hearing what they have to say. Some things you hear are very comical and other things are very surprising. I hear people talk about the

power the jets have and the protection they provide day in and day out. I also hear people mention the times the jets take off - all are happy that the military thinks about the public and do not start daily flying missions too early in the morning.

It does not matter what the jet conversation is about, I sit back and become filled with the power of pride. It makes coming to base every day, to do my part, worth every minute. The Bible mentions pride over and over again. There is pride mixed with arrogance in Proverbs 8:13 and there is pride mixed with humbleness in 2 Chronicles 32:26. Like Hezekiah, I will beam with pride and humble myself at the same time. I will enjoy every day at the 104th Fighter Wing, and share in the pride it brings me, the rest of my 104th Family.

Welcome back!

By Master Sgt. Jeffrey Almeida, 104th MXS First Sgt.

In my 17 years with this unit, last October's UTA cancellation was a first. While I'm sure I'm not the only one that appreciated having an extra weekend (Sunday was my three year old daughter's birthday and I was able to spend it with her) it was bittersweet for me. Even though I enjoyed being able to cook Madison breakfast on her birthday, I was troubled by the circumstances that allowed me to be there. As Airmen, we are trained to always be ready, follow

the job guide, and be where you're supposed to be when you're supposed to be there. So, missing a UTA, and the opportunity to interact with members of my Squadron/Group, really bothered me.

As a first sergeant, I can't help but worry about all of you, and how the Furlough is affecting the full time technicians. Is there anyone out there that is really struggling? Most of us, myself included, have a tendency to

"suffer in silence," but I encourage anyone that needs help to seek it out.

There are many resources available to you, tell a friend, call a chaplain, talk to a first sergeant. Don't let your situation get out of control. The past six months have been stressful, take a minute to check in with yourself. We need everyone on our team to be at 100 percent. Take care of yourself and let's get back to work!

Understanding a good year toward retirement

by Senior Airman Deborah Robinson, 512th Airlift Wing Public Affairs

DOVER AIR FORCE BASE, Del. - When asked how many points are needed for a good year toward retirement, Tech. Sgt. Jason Fitler had to put on his thinking cap.

"Let's see, you get four points each Unit Training Assembly and one point for each active duty-day; you probably need around 50 points each year," said the 712th Aircraft Maintenance Squadron crew chief.

Although he was a little unsure about his answer, he was right.

Unlike Sergeant Fitler, some reservists may be unaware of how many points make a good year toward retirement and how it will impact their retirement pay at age 60.

The retirement point system can be difficult to comprehend especially for Airmen new to the Air Force Reserve. Knowing the basics and where to find information can assist reservists with the challenge of understanding and planning for their retirement.

For reservists to total 20 years of satisfactory service, a minimum of 50 points each year must be accumulated by

the date they joined the Air Force Reserve. This date is called the retention and retirement date or the date the Airman enlisted into the service. If a reservist doesn't earn 50 points in this year, it's considered a bad year and doesn't count toward retirement.

A reservist automatically earns 15 membership points for just being in the Reserve. The other 35 points can be accrued by attending UTAs.

Points are also earned for annual tours, readiness management periods, correspondence courses and flying training periods, said Chief Master Sgt. Caroline Miller-Horton, 512th Mission Support Squadron chief, military personnel programs.

Reservists can download their Point Credit Summary at the Virtual Military Personnel Flight web site.

"It's important for all military members to be aware of the personnel programs that affect their careers," said Chief Miller-Horton. The point credit accounting system can be confusing at first glance, but if one takes the time to review and understand the program as it

relates to their personal service history, it becomes clear.

"This system is the basis for determining our retirement eligibility, so it's very important that we all understand it," said the chief.

Retirement pay is based on two factors, the highest grade held and points accumulated. How retirement pay is calculated for reservists is explained in the 2009 Guard and Reserve Personnel Fact Sheets, which can be downloaded at <http://www.arpc.afrc.af.mil/shared/media/document/AFD-090128-038.pdf>.

This is not only a great desktop reference reservists can refer to for retirement benefits, it also has information on pay charts, promotions, entitlement benefits and assignments, said Chief Miller-Horton.

There's also an online retirement benefits calculator located in the vMPF.

With all the tools available, Airmen can have a better understanding of what it takes to have a good year, which contributes to a better retirement plan.

Combined Federal Campaign

By Maj. David Mendoza, 104th Fighter Wing, Executive Officer

Every year from Sept. 1 through Dec. 15, the Combined Federal Campaign (CFC) raises money for more than 20,000 nonprofit charity organizations across the country. The CFC is the world's largest workplace giving campaign. Last year, Federal employees raised over \$258 million dollars on behalf of charitable organizations across the country and overseas.

The CFC mission is to promote and support philanthropy through an employee-focused, cost-efficient, and effective program. All federal employees are given the opportunity to improve the lives of millions of Americans by participating in this fundraising program.

The Connecticut and Western Massachusetts Combined Federal Campaign is one of 160 geographic regions throughout the U.S. and overseas.

As part of this regional CFC, the 104th Fighter Wing will host various events during the campaign season. Each squadron/flight and council is asked to promote one group fundraising activity. Already committed to this, is the Civil Engineering Squadron who hosted a breakfast on October 30th at the Dining facility. Additionally, The Chief's Council is hosting a lunch fundraiser, where customers will have the opportunity to pre-order a complete lunch consisting of a

choice of a meatball or turkey or roast beef grinder, bag of chips, dessert and drink.

"This fundraiser will be able to include all employees working at Westover as well as those working at Barnes", as stated by team organizer, Chief Master Sgt. Tony Swana.

As great as the group fundraisers are, the number one method for raising funds for charity is Pay-Roll deduction. This method is the easiest and hands down the single biggest contributor to the campaign. It allows you to select the charity you care about. As a large agency, if you take the pure volume of the wing and how many people work here, and if those people just make a small donation, it will really add up.

The campaign took a slight hit due to the federal government shutdown but thankfully is up and running and no delays are forecasted for this campaign. Many events are scheduled to take place in the next two months to include, the Force Support Squadron holding a chili cook-off. Fighter Wing will have an ice cream scoop-a-thon held during the November Unit Training Assembly. The ice cream was donated from Hood. The dining facility personnel will turn off the soft serve ice cream machines during lunch to encourage unit members to make the \$1 donation per scoop of ice cream in support of the CFC.

The Security Forces Squadron will offer

a breakfast to go. With a \$5 donation, members will be able to place an order for breakfast burritos with SFS and then swing by the Dining facility and pick-up their order on their way into work.

Other events that are coming up will be sponsored by the Communications Flight, the Operations Squadron, the Medical Group, Fighter Wing, Fire Department and the Logistics Readiness Squadron. Unit members are encouraged to look out for more information regarding these events and to contribute to the CFC cause.

Each unit that hosts an event will be able to choose a local charity to receive their fundraised money.

The Office of Personnel Management encourages all federal employees to take part in this service opportunity.

"In these challenging economic times, it is more important than ever to open our hearts – and our wallets – to extend a helping hand," said John Berry, former OPM director.

Historically, the CFC has received donations from an average of 57 percent of federal employees. For more information about ways to contribute in our area, please visit www.ctandwmacfc.org

The Big E - Westfield Day parade

By Senior Master Sgt. Robert Sabonis, 104th Fighter Wing, Public Affairs

On a sunny fall afternoon, Sept. 26, 2013, the 104th Fighter Wing's base Honor Guard and approximately 45 Wing



Photo by Technical Sgt. Melanie Casineau

members, led by Col. James Keefe, the Wing Commander, marched in the Westfield Day Parade at the Big E in West Springfield, Mass.

Approximately 50 family members also marched in the parade as part of the Family Readiness Program. These family members marched to show their support of their loved ones in the unit.

The members gathered at 4 p.m. where they entered the Big E grounds to participate in the 45 minute march, which started down the Avenue of States and ended at Gate #1.

As they marched around the fairgrounds, hundreds of spectators

cheered and waved as they showed their support for the military and the 104th Fighter Wing, Massachusetts Air National Guard.



Photo by Senior Master Sgt. Robert Sabonis



Safety: How goes it?

By Senior Master Sgt. Thomas Dumais, 104th Fighter Wing Safety

Seatbelt check highlights safety compliance problem for some unit members.

The unit has experienced two injuries/medical events since the last How-Goes-It.

Worker sprayed in eyes with jet fuel; procedure error; first aid

Participant sprained ankle; basketball game; outcome TBD.

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

Aircraft impact bird; during landing; no damage.

Operator broken/cracked bones; on base motorcycle mishap; outcome TBD.

M4 Carbine Destroyed; during live fire training; \$1,214 High Accident Potential (HAP) report filed

Some of you may have noticed the Wing Safety Staff at the main gate recently, as you exited the base. During this seatbelt and cell phone check, to our disappointment, we stopped five unit members departing the base without wearing their seatbelts, and had them buckle up. In addition to this, they observed another who was using their cell phone while driving. Last but not least, one individual who was not wearing their seatbelt just kept on going and did not stop for us. I am going to cut right to the chase: this is not acceptable behavior and we as a Wing need to fix this.

Keeping our people safe is a key element and with traffic safety being the number one cause of loss of life; it demands all of our attention. Not too long ago we lost a unit member due to him choosing to not wear his seatbelt, and when he and his head impacted the

pavement it was too late to think about putting it on. Dead is dead, and if you think it can't happen to you; think again!

Each day the safety staff asks each of you for your support to make our operations and our assets safe and asks for your support in doing what is required and right. Buckle up and put

down your cell phone! It's the law and it's the Air Force regulation to do so.

On another note, the cooler weather is reminding us that winter is coming, and with the coming of winter comes a new set of hazards. Dark mornings, dark evenings, children playing in leaf or

snow piles, slippery walkways, driving in slippery weather, closing up our homes and turning on our heat are a few items that come to mind. Each of these by themselves is a hazard demanding our attention, but together reminds us we all need to start getting into winter mode. Below are a few recommendations for each item:

Make sure your children can be seen and never play in leaf and snow piles near the road.

Start thinking about obtaining some sand and salt now before the slippery times are here.

If you have not done so make sure your vehicle is winter ready. Good tires, good wiper blades, and a service inspection are a good place to start.

If you burn anything for heat (natural gas, oil, wood, pellets) ensure you have a working CO detector.

No matter what you heat with, or where you live, make sure you have working smoke detectors.

The last item we would like to bring to your attention is having a plan for the

unexpected. In the last several years we have had some pretty crazy weather resulting in power loss, flooding, heavy snow, extremely cold temperatures, and high winds. We ask that you make sure you have a plan in place for what you and your family would do should one of these occur. Having a plan and having a kit with a few select items can make all the difference. We recommend you take a look at www.ready.gov to get some ideas. September 1938 was only 75 years ago, and if you don't know it, both in 38 and again in 54, our areas experienced hurricanes with winds exceeding 100mph and heavy rains. The time to think about what you would do is before you need too. Things that come to mind are escape plans, escape routes, food, water, fuel, bathrooms, and pets. The following link speaks about several New England storms. http://www.masslive.com/news/index.ssf/2012/10/new_england_hurricane_history.html

On behalf of the Safety Staff I would like to thank each of you for your support in our safety efforts. With your ideas, planning, and prevention we are making a difference in the overall safety



of our operations both on and off duty. Thank You! For those of you who refuse to wear your seatbelts and put down your phones, all we can say is we hope you change your ways. If not, we hope you like walking on base!



Chaplain's Corner

By Capt., Kenneth M. DeVoie, 104th Fighter Wing Chaplain

The hardest job you'll ever have...

I've been married for 26 years now, and I think I am beginning to "get it."

On my wedding night, just prior to the ceremony, my father and Best Man gave me some advice. I did not understand it until many, many years later.

He said, "You don't have to show up to every fight you are invited to...you don't have to pick up every dead fish that is thrown on your plate, and you need to decide on what beaches you are willing to die on." Great dad! Thanks! I smiled, and like every "know-it-all" 22 year old, I filed it away somewhere in my brain.

Well, as life would have it, I did not have the perfect marriage, nor wife, nor kids, nor job, nor...whatever! The bulldozer had long run over the "white picket fence" we thought would encompass our house, and we discovered the real work that marriage is all about.

When the warm fuzzy feelings of marriage and "love" fade, something happens, the real work of LOVE begins. Love, I discovered, was not a feeling, it was

and is a decision, a choice if you will. I choose to love my wife, my children and all of those truly important people in my life. You see, if love were merely a feeling, the moment I no longer felt in love, I would consider divorce...which is exactly what I did (twice...and seriously). I was very interested in the wonderful feeling of love, but not so much in the hard work that real love entailed.

Two things kept me in my marriage; my vows before God and to my wife, and my children. My integrity to my word and the horrible thought that someone else may raise my kids kept me in the fight and moved me to engage in the real meaning of the word love – self sacrifice and learning to live for someone else.

In Genesis chapter 2, God gives man two things; the law – so that man learns to live under authority, and marriage – so that man learns to live for another person. God understood the selfish nature man had taken on after the Fall, He knew that He needed to create something to help man beyond his fallen selfish self. He created marriage to do that. When done properly, marriage can be the most wonderful thing a human-being experiences this side of eternity, if done

wrongly, it can be hell on earth.

The Military still has one of the highest divorce rates per capita in our culture. Marriage is the very bedrock of our society and is still the best place to raise healthy and happy children. No one has improved upon marriage yet, despite what our popular culture and movies portray (i.e. that marriage is a drag and boring, and that marriage people don't have any fun).

I can honestly say that after 26 years of marriage (yes – to the same woman), that I am a better man and person because of my wife, my marriage and making the decision to LOVE rather than being led simply by my feelings.

The 104th Fighter Wing just completed it's Fourth Strong Bonds Marriage event called "Laugh Your Way to A Better Marriage." We, as Chaplains, understand how difficult life is and most particularly how hard marriage can be.

We are here to support you and encourage you in your marriage. Please don't wait until it is too late. Seek us out. We can help. Jump in on one of our upcoming weekends. Know we care and pray for you!

AF implements changes to the PT assessment

By Staff Sgt. David Salantri, Air Force Public Affairs Agency

WASHINGTON (AFNS) --

The Air Force has released further guidance on the implementation of several changes to the physical assessment test, which will take place Oct. 21.

The new guidance includes additions to the body composition component of the fitness assessment, delegation of appeal authority for fitness assessments and changes to the walk test.

According to the new policy, those taking only the abdominal circumference component of the fitness assessment will pass with the component minimum score as opposed to the composite 75 score as was previously required. Males must now achieve an abdominal circumference of 39 inches, which is also the component minimum. Females must now achieve an abdominal circumference of 35.5 inches, which is also their component minimum.

Airmen who fail the abdominal circumference, or AC, measurement but

score 75 points out of the remaining 80 points on the other components will take the body mass index, or BMI, screen, the policy states. If the Airman does not pass the BMI screen, the Airman will take a body fat assessment, or BFA. If the Airman passes either the BMI screen or BFA, the Airman passes the body composition component of the fitness assessment.

This addition to the body composition component upholds our confidence in the AC measurement while allowing those rare Airmen who fail the AC measurement, but do very well on the other three components, to meet the DOD body fat standards.

Additionally, the policy states that to pass the BMI screen, regardless of age or gender, the Airman must achieve a BMI equal to or less than 25 kg/m². This figure is obtained using the height and weight measurements taken at the beginning of the fitness assessment. To pass the BFA, males must achieve a body fat percentage equal to

or less than 18 percent. Females must achieve a body fat percentage equal to or less than 26 percent. These percentages are obtained using the two or three site taping procedures.

The wing commander or equivalent will be the first appeal authority for fitness assessments. This change will expedite the appeals process and put the chain of command back in the appeals process. The second appeal authority will be the Fitness Assessment Advisory Board at Air Force Personnel Center. The final appeal authority is the Air Force Board of Correction of Military Records.

The last clarification that has been made is to the walk test.

In an effort to simplify administration of the walk test, the heart rate measurement will no longer be required. An Airman must now walk two kilometers in a certain amount of time dependent on age and gender. The walk test will be pass / fail.

Drug use... a career ending choice

By Master Sgt. Brian Redfern, 104th Fighter Wing, Paralegal

When we all voluntarily signed the dotted line stating that we “solemnly swear to support and defend the Constitution of the United States against all enemies, foreign and domestic; and will bear true faith and allegiance to the same; and will obey the orders of the President of the United States and the orders of the officers appointed over me, according to law and regulations,” we were inducted into a career like no other. We are now subject to the military justice system and have certain rules that we must now abide by; many of these rules our civilian counterparts may or may not be held to. Our employer (The U.S. Government) expects us to follow all “Laws and regulations that govern military personnel” throughout our enlistment, not just on drill weekend. According to the Department of Defense Directive 1010.1, “Drug use is incompatible with DoD military and public service.” (Always)

The numbers show that drug-use throughout the DoD has been improving dramatically with the inception of the Drug Testing program. Since 1980, with the “zero tolerance” policy, the military as a whole has reduced illicit drug use from 28 percent to below 3 percent, which includes the Guard and Reserve components. However, our resolve needs to remain strong; we have experienced a marked increase in positive results over the last year. We are approaching twice the number of positives we had in 2012. When you look at the data, there is a trend that indicates we need to do a better job educating our force on how the military views members (mis)-using their families/friends prescription drugs.

First, we need to clarify what constitutes incompatible drug use, which seems a fairly self-evident description. The United Nations drug control convention does not recognize a distinction between licit and illicit drugs,

the UN describes only use to be licit or illicit. An example of legal vs. illegal use is a prescription for oxycodone. It is legal for the person it is prescribed for; however, it is not legal for their family and friends. If you do not have a prescription, the drug use is illegal. There is a portion of the population at large which has been taking “just one” of your significant other’s “pain med.” Taking any medication will cause you to “pop” positive, and if not prescribed, which will result in a discharged from the Air National Guard. Moreover over-the-counter prescription drugs can be just as addictive when used outside the controlled environment of Physician supervision.

I was recently afforded the opportunity to attend an Active Duty Court-Martial where a Staff Sgt. with six years of service on active duty was tried for drug use. This member had only used “a few times” over the last year. This member came up for a random drug test and tested positive. The end result of the court-martial had the member placed in confinement, reduced to rank of Airman, forfeiture of all pay and allowance and a Bad Conduct Discharge. This member gave up a promising career for a recreational activity and is now ineligible for employment in her chosen military career field and will have a difficult time finding employment in the civilian world with a Bad Conduct Discharge.

So why does the DoD have this hardline stance? The reason is that abuse of illicit drugs and misuse of prescription drugs impairs individual and unit performance and negatively impacts situational awareness in the uniquely hazardous conditions of the military work environment.

In 1971 it was reported by the Army that 41 percent of military personnel returning from Vietnam had used some type of opiate and were physically dependent. Later that year, the Army

instituted a stiffer policy including an amnesty program and mandatory drug testing. These measures reduced the positive results by 50 percent from 1971 to 1980. But that does not mean we should lose our focus; in May 1981, an aircraft accident aboard the Air Craft Carrier Nimitz resulted in 14 deaths, 48 injured, seven planes destroyed, and 11 planes damaged with a cost of \$150 million dollars. In the final report it was found that six of those killed had marijuana in their systems. Yes that is a worst case scenario however we already work in an inherently dangerous profession; should we increase the potential hazards in this environment and endanger our fellow Airmen by adding performance impairing drugs to the equation?

Now let’s look at what could happen if you do test positive as a member of the Air National Guard. First, you will be processed for separation, and the requirement for separation is not optional. Regardless of the type of discharge, potentially a Under Other than Honorable Circumstances, you will also receive a special code to indicate your discharge was for drug use. You are now no longer eligible for any future military service. We are in the digital age, and every employer now reviews your background. This code will show up in these reviews and exempt you from federal employment. Even when applying to McDonalds they review your history and ask questions regarding discharge from military service. With this code causing disqualification for employment in a number of professions, and with the current unemployment rate, any employment disqualification has economic effects that will last a lifetime.

Now ask yourself how it will affect your family?

104th Members amongst the best marksman

By Maj. Mary L. Harrington 104th Fighter Wing, Public Affairs Officer

Three members of the 104th Fighter Wing (FW), Security Forces Squadron, and one member of the 102nd Intelligence Wing (IW), competed at the 2013 MAC-I Regional Warrior Challenge, hosted by the National Guard Marksmanship Advisory Council, Region 1.

This intense New England Warrior Challenge, which took place from 13 to 15 September 2013 at Fort Devens, Mass., brought together hundreds of the very best expert shooters in the region.

Throughout the three days, Army and Air representatives competed in a variety of rifle and pistol matches, as individuals and teams. Ranges were from 25 to 300 yards in sitting, standing, squatting/ kneeling and prone positions.

The Massachusetts Air National Guard team included the following members from the 104th FW: Master Sgt. Casey Walsh, Master Sgt. Chris Cekovsky, Master Sgt. Todd Canedy. Master Sgt. David Newman from the 102nd IW, made the fourth and final member of the team.



Photos by Maj. Mary Harrington

Awards were presented at the well organized and smoothly run event for the myriad of matches, including the ultimate team and warrior.

Individual awards earned by our team members included:

Master Sgt. Casey Walsh (104FW) - Match 201 Pistol, Open 2nd Place;

Master Sgt. Chris Cekovsky (104FW) - Match 201 Pistol, Open 3rd Place and Match 310 Reflexive Fire, Open 3rd Place;

Master Sgt. David Newman (102IW) - Match 321 Rifle, Open 3rd Place and Match 305 Close Quarter Battle (CQB), Open 2nd Place.

The overall regional warrior competition team winners were from Maine (3rd) and Vermont (2nd and 1st).

Kids Halloween party

By Senior Master Sgt. Robert Sabonis, 104th Fighter Wing, Public Affairs

The 104th Fighter Wing's Kid's Halloween party was held at the Westfield Boy's and Girl's Club on Oct. 25, 2013.

Approximately 60 children participated in the event. This was the first time the event was held somewhere other than on base.

The children arrived around 6 p.m. dressed in a variety of costumes, and enjoyed many activities, such as decorating pumpkins. The USO was present serving snacks and drinks for all. Volunteers from the Boy's and Girl's Club

setup and ran the haunted house in which the children walked through.

Judging by the many smiling faces, both on the children and adults, everyone had a great time.

Photos by Senior Master Sgt. Robert Sabonis



Aiding Shelter Animals by Recycling Refundable Cans and Bottles!



All donated proceeds from the 104th Fighter wing will go to the Thomas J. O'Connor Animal Adoption Center to benefit shelter animals of Western Mass.



Save your Cans - Save a Life!



If interested in voluntary program,
 Contact Environmental
 Office for pickup of bags
 (413) 568-9151
 X1753/1710
jennifer.baker.2@ang.af.mil



For Your Information

Traditional Officer Positions

POSITION TITLES: Public Affairs Officer

MIN/MAX GRADE: Members immediately eligible for commission through the rank of Major

LOCATION: 104 Fighter Wing, Barnes ANG Base (Westfield)

CLOSING DATE: All applications are due by 3 Dec 2013 with an expected board date during the December UTA (7-8).

LENGTH OF ASSIGNMENT: These positions require a reserve commissions, and a minimum 4 year service commitment

WHO MAY APPLY: These positions are open to all individuals who meet commissioning qualifications to include education, age, fitness requirements

DUTIES AND RESPONSIBILITIES:

Public Affairs Officer: Public Affairs Officers use their diplomatic expertise to educate the public while safeguarding the details of our endeavors from foreign threats. This requires developing a strong working relationship with media representatives across all channels as well as serving as liaison with civilian organizations and other groups. Public Affairs Officers also develop plans and operational procedures for communication about aircraft and missile accidents, natural disasters, environmental incidents and other newsworthy events concerning Air Force activities.

QUALIFICATIONS:

- Must be at least 18 years old and a U.S. citizen
- Must be commissioned before the age of 35 (unless prior service)
- Must meet medical and fitness requirements (after selection must have a commissioning physical)
- Must possess a baccalaureate or higher degree
- Must obtain a minimum scores on the Air Force Officers Qualification Test (AFOQT) reference AFI 36-2005, table 3.21 or ANGE 36-2005, table 3.4
- Must attend and graduate from the Academy of Military Science

APPLICATION REQUIREMENTS: All applications should include a cover letter, resume, and full record review report (RIP). Applications may also include letters of recommendation, and supporting materials. Please send all application packages to Maj. Dave Mendoza at david.mendoza@ang.af.mil or (413) 568-9151, x698-1800.

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



SHAKER FARMS COUNTRY CLUB SPECIAL

Shaker Farms CC in Westfield is offering a special membership rate to members of the base. Contact the Country Club for more details.



Berkshire East Resort honors the service of the military by offering outstanding discounts, to service men and women and their immediate family.

A valid US military ID must be shown prior to purchase. Military rates will be extended to the person(s) immediate family members only (spouse, child, sibling or parent).

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

OCT- no class

NOV- dental health

DEC -Healthy Holiday eating

For Your Information

News from JFHQ-A1

We were recently alerted to the fact that some flavors of Chobani Greek yogurt contain hemp seeds. As a reminder willfully ingesting products that have hemp seeds noted in the labeling is a UCMJ violation.

Air Force Instruction 44-121, Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program paragraph 3.2.2 states:

“Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of tetrahydrocannabinol (THC), an active ingredient of marijuana which is detectable under the AF Drug Testing Program. In order to ensure military readiness, the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited. Failure by military personnel to comply with the prohibition on the ingestion of products containing or products derived from hemp seed or hemp seed oil is a violation of Article 92, Uniform Code of Military Justice (UCMJ).”

Please be mindful of products that may contain hemp seed and hemp seed oil. When trying new products be sure to read the ingredients before purchasing. Also beware of nutritional supplements currently on the market that are hemp-based, some brand names include, Nutiva, Hempola, and Manitoba.

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BARBER AVAILABLE

Every Thursday/Friday before UTAs, we will have a barber shop on-base! Nick's Barber Shop (outside the James St gate at Westover) will be operating a satellite location, under contract with AAFES, in bldg 008. A good haircut at a reasonable price – and eliminate the travel time!



Details:

Location: Bldg. 008 (NCO Club) – use the South entrance adjacent to the garage door

When: Every Thursday/Friday before UTAs from 0800-1500

Cost: \$11 (standard AAFES rate)

Payment: Cash only

Schedule: Walk-ins only for now (look for an on-line scheduling system soon)

BARNES FAMILY FLYER

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 (413) 568-9151x 698-1183 or email Jennifer.cesaitis@ang.af.mil

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

WHAT'S FOR LUNCH?

Saturday: Roasted Turkey, Baked Ham or Stuffed Shells, Mashed Potatoes or Sweet Potatoes and Stuffing, Butternut Squash or Corn.

Appetizer: Shrimp.

Sunday: Rigatoni with Meat or Marinara Sauce or Chicken Françoise, Oven Browned Potatoes, Cauliflower or Carrots

Short Order: Hamburger, Cheeseburgers, Hot Dogs, Grilled Chicken Served with French Fries, Salad Bar.

Soup: Sat & Sun – Chicken Chili.

Desserts: Sat – Pumpkin Pie, Pecan Pie, Peanut Butter Cookies. Sun—Jell-O Cake and Oatmeal Raisin Cookies

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 11:30 p.m., in the Base Chapel of Bldg. 12. Fr. Devoie presiding.



Congratulations on your retirements

Joseph Delaney	CPTF	11 Oct 2013
Jeffrey Leigh	MOF	11 Oct 2013
Frederick Bogalhas	MXS	31 Oct 2013
Shawn Wood	MDG	31 Oct 2013
Christopher Plotniak	OSF	31 Oct 2013
Jarrood Cabral	OSF	31 Oct 2013
Daniel Devin	CES	14 Nov 2013
Ronald Perry	FSS	14 Nov 2013
Douglas Fredette	CF	30 Nov 2013
Galen Wilson	AMXS	30 Nov 2013
Stephen Patrick	CES	30 Nov 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)

Howard Passley LRS



To Airman 1st Class (E-3)

Christopher Allen LRS
Hannah Graydon SFS



To Senior Airman (E-4)

Angel Cazarreal-King MXS
Ari Gunning CPTF
Joshua Moynahan MXS
Jeremy Polastry AMXS
Eric Poulin MXS
Taylor Stedman AMXS
Alfred Van Der Burg MXS



To Staff Sgt. (E-5)

Cameron Day MXS
Michael Hennessy AMXS
Matthew Jasmin STF
James Louis FW
Joseph Mancini MXS
Obrien, Patrick SFS
Michael Patnaude SFS
William Ragusa AMXS



To Technical Sgt. (E-6)

Joseph King AMXS
Paul Sim MXS



To Master Sgt. (E-7)

William McIsaac CF
Patrick Renna LRS
Aaron Richards AMXS



Welcome to new members

Adam Britton	MXS	12 Oct 2013
Lane Bubka	FW	22 Oct 2013
Francheska Boria	SFS	24 Oct 2013
Arthur Mitchell	MXS	29 Oct 2013



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Runway Extension to Start By Middle of Next Month



A TROPHY FROM THE FAR NORTH arrives safely at Barnes. Guarding it are Capt Charles F Holt, SSgt Robert J Della Penna, MSgt Leonard E Raymond, TSgt Alfred J MacDonald and A2C Michael Szumski. The antlers were a gift to MSgt Ben Williams from MSgt Tony Aussant's brother in Anchorage.

Lengthening the present north-south runway here from 7000 to 9000 feet is slated to start some time between the 5th and the 20th of April, according to Capt Joseph Pasteris, base engineering facilities officer.

Bid notices were sent out on March 8th, with the awarding of contracts due on April 5th. The contractors then have fifteen days from that date in which to start the job.

Normal completion, calculated at 200 days, would see the job all done by mid-November.

The work to be done includes the 2000-foot extension at the south end of the runway, the last 400 feet of which will be concrete to withstand the jet heat from the Century series type fighters. An extension of similar length is also needed for the taxiway.

An epoxy resin overlay, 3/4" thick, will be applied to a 400-foot length at the north end for jet

Continued on Page Ten

MASSACHUSETTS AIR NATIONAL GUARD

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

www.104fw.ang.af.mil

Social Media Sites:

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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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