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August 2014



Senior Airman Tristan Flynn and Master Sgt. Larry Buell from the 104th Fighter Wing, Mass. Air National Guard's Fire Department, collect donations during the annual "Boot Drive" on June 8, 2014. A record amount was raised during the event. Read more on page 5.

Photo by Senior Master Sgt. Robert J. Sabonis



Col. James J. Keefe

AIRSCOOP

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Commander's Column

By Col. James Keefe, 104th Fighter Wing Commander

Welcome back! I trust many of you have taken some time off from your civilian and military jobs to enjoy our short New England summer. After a long cold winter and an even longer wet cool spring, it has finally warmed up. This will be the first drill back from our long trip to Malaysia and our Cope Taufan exercise.

The exercise was a huge success for our wing and was the furthest movement of aircraft that we have ever performed here at the 104th. It could not have been accomplished without our standard Barnes team effort! Operations, Maintenance, Logistics, Finance, Security, CE, Medical, Legal and Force Support all had a hand in making this happen. The PACAF leadership was very impressed with our operations and our professionalism during this two week exercise. Our pilots were able to fight Russian fighters to include the Mig-29 and Su-30 aircraft, something that only a handful of U.S. pilots have been able to do. It was extremely valuable to see firsthand the capabilities of possible adversary aircraft, and our pilots increased their threat knowledge immensely. Logistically, moving a force that large, that far, was a great test of our expeditionary skill sets. We showed the PACAF leadership that they could count on the 104th FW if needed...anytime, anywhere. Thanks to everyone for their extra efforts in making this deployment a huge success!!!

August drill will be busy! As we come to the close of FY14 and look to FY15, I see another busy year in the making. A major focus for the wing will be the ACC/IG visits in November and June. November will be a small team visit to check on our AFIS compliance, and June of 2015 will be our IG "Capstone" visit. During our AT week next week, we will be hitting many of the compliance topics and issues that fall under DODIs, AFIs, and ANGIs. You will also see many of the ancillary training events and sessions that are requirements to make sure you are prepared to perform your duties during both war and peace. Expect to see another change on how ancillary training is performed in FY15. This has been a major focus of many at the ANG readiness center and many of the ADFAC meetings. It seems as if the MAJCOMs are listening to us at the unit level.

We still have many challenges in the short time remaining in FY14. We have several major construction projects we are

trying to push through, to include our aircraft parking ramp and our main hangar. It looks as if we will start the ramp project this fall and, if all goes as planned and the funding streams are there, we hope to get the main hangar started early next FY. We are still dealing with the possible loss of three aircraft from our PAA number. Our state and federal representatives have been engaging with the USAF on our behalf, but we have not been successful in keeping the iron on the ramp to date. We will not go down without a good fight. I will be attending the national NGAUS conference this month, and this will be a major topic of discussion among the TAGs and the states affected by this shortsighted decision.

Keep doing what you've been doing! The way we get noticed in a positive light is by being successful. We are successful when we each focus on our jobs, support each other, and give the extra effort that has been the hallmark of the 104th Fighter Wing.

Thanks for your continued leadership and effort!!!

Cobra

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First Sergeant's thoughts

By Master Sgt. Lynne Bolduc, 104th Fighter Wing 1st Sgt.

So what exactly do you do??

Friday, Aug. 1, is my six year anniversary of graduating from the First Sergeant Academy (FSA). Over the past six years I don't know how many times people have asked me, "So what do you do?" and, "Why are you called Shirt?" Let's answer the easy question first. I actually found this answer on a print at the FSA. Back in the civil war when uniforms were issued, the first uniform was always issued to the highest ranking enlisted member; the First Sergeant was considered the highest ranking enlisted member and is therefore referred to as the First Shirt. In today's time, the Shirt may not be the highest ranking enlisted member, but is advisor to the commander and, with that responsibility, can act on the commander's behalf and this has kept the tradition of being called Shirt alive and well.

Now, let's answer the harder question. The technical answer is the First Sergeant is the extension of the commander. First Sergeants exercise general supervision over all assigned enlisted personnel. We act as the commander's voice, ensuring the commander's policies, goals and objectives are communicated, understood and complied with. In this role, the First Sergeant is responsible for advising the commander on a wide range of topics,

including the health, esprit de corps, discipline, mentoring and well-being of the enlisted force. We do this by acting as the commander's eyes and ears, closely monitoring enlisted issues, morale, and quality of life.



So, what does that mean? The way I look at it is First Sergeants have to know the procedures and policies of the AF, ANG and the wing. We also have to know our commanders' goals. We know the supervisors: what they are thinking and how they are doing. We then know our Airmen and what our Airmen would like to accomplish. We have our fingers on the pulse of the wing; we have to. First Sergeants advise commanders and supervisors on promotions, awards and decorations, bonuses, incentive rides, TDYs, and even discipline. Although the

supervisor is the frontline in maintaining discipline, the First Sergeant is the focal point for ensuring that discipline is fairly and equitably maintained. We need to know what is going on and why.

Our deployment responsibilities include billeting inspections, personnel accountability (knowing where our Airmen are at all times), establishing and maintaining contact with the local JAG, hospital, and MWR office and being the focal point to make sure our deployed personnel are housed and fed.

As First Sergeants, we received training on all the outside agencies that are available to assist us and our Airmen; from debt counseling to employer support — there is an agency that can help you! If you need help ask one of us. If we can't personally help you, we can help find someone who can.

So, what do we do? You name it; it's a little bit of everything. We are referees, coaches, friends and sometimes the person you really don't want to see. But, in the end, all we want is what's best for the unit and you.

We have an awesome job, the best job in the world. I want to thank everyone for an amazing six years; I am a better person, leader and senior NCO because of you. Once a diamond always a diamond; it might not be on my sleeve but I am still around...just onto my next adventure.

Director Air National Guard directs Safety Day

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

During the latter part of FY13, the overall Air Force mishap rate spiked. As we began FY14, the ANG alone logged over 400 reportable mishaps in the first quarter. While many of these mishaps are relatively minor in nature, such events often serve as leading indicators related to poor decision making, lapse in regulatory compliance, or loss of focus.

SAFETY DAY: To address this concern, I am directing that a Safety Day be accomplished at all Air National Guard wings NLT 31 August 2014. My intent is maximum flexibility for Wing Commanders to shape both the timing and format of the

Safety Day. The Safety Day may be accomplished stand alone, or in conjunction with a scheduled Wingman Day.

*Thank you for your support.
STANLEY E. CLARKE III
Lieutenant General, USAF
Director, Air National Guard*

In light of this direction from the Director of the Air National Guard, the Wing Commander, has directed the safety staff to initiate a safety day here at the 104th on Friday, 8 August, 2014. The focus

of this day will be to take a look at our mishap and injury statistics and to talk about how we are doing in relation to overall safety both on and off duty. The agenda is still being developed, but the basics will be a wing assembly in the main hangar at 0800 (in your seats), Commander's opening comments, safety discussions/presentations, risk management, suicide prevention, and sexual assault prevention. After the morning session personnel will be released back to their duty sections for lunch and follow on training at the direction of their individual commanders.

104th participates in multinational exercise in Malaysia

By Staff Sgt. Matthew Benedetti, 104th Fighter Wing, Public Affairs Journalist

Airmen from the 104th Fighter Wing took part in Exercise Cope Taufan 2014, a biennial large force exercise between the Royal Malaysian Air Force (RMAF) and the United States Air Force from June 9-20, 2014.

The objective of Exercise Cope Taufan is to enhance the combined readiness and interoperability of the Malaysian and U.S. Air Forces while promoting peace and stability in the region. The deployment also demonstrates a U.S. capability to project forces strategically in a combined, joint environment.

The tactical and cultural exchange provided 104th pilots the opportunity to engage with F-22 Raptors of the Hawaii Air National Guard and MIG 29 Fulcrums of the Royal Malaysian Air Force in a realistic live-fly training environment.

The Southeast Asian exercise marked the farthest distance the 104th FW has deployed the F-15 Eagle and

support personnel, as well as the first training exercise outside the continental United States (OCONUS). The austere conditions at the air base, RMAF Butterworth, and oppressive heat, reaching 100% humidity at times, presented a myriad of challenges for the Massachusetts Guardsmen.

The expedition proved a rigorous test of the unit's operational and logistical capabilities.

Col. Alexander Haldopoulos, 104th Operations Group Commander, found the deployment to be a vital training opportunity for pilots and maintenance personnel.

"Cope Taufan was a great tactics sharpener and relationship builder," said Haldopoulos, a native of Peachtree, Georgia and resident of Longmeadow, Massachusetts.

"It is important for our unit to deploy OCONUS and practice our tactics, techniques and procedures in order to continue to perform the defensive and

offensive counter air missions that we focus on. At Cope Taufan we were able to practice these tactics with the F-22 Raptors and against the Mig 29 Fulcrums," said Haldopoulos. "As well, we were able to work closely with our partners in the Hawaiian Air National Guard in the Pacific Command area of responsibility. It was a great experience," he said.

Haldopoulos grew to appreciate the distance between the U.S and the Malaysian peninsula.



"From a logistics perspective, we learned some valuable lessons. Ensuring that we bring the equipment most commensurate with the need and conceptualizing the distance required to ship items was important," said Haldopoulos. "As our military pivots to Asia, we need to recognize the investment in infrastructure required to reflect that commitment."

Flying against aircraft of the former Soviet platform was a huge benefit to the pilots.

"Most of our guys had never flown against a MIG," he said. "Prior to deploying, we spoke extensively about engaging these aircraft; so flying against them in a basic fighter maneuver environment was an invaluable training experience."

"I have flown for a long time, but have to admit it that flying against the Mig 29 was an exhilarating experience," he added.

During these simulated engagements, the 104th pilots consistently

outmaneuvered their adversaries and demonstrated a level of expertise that left little doubt as to the victor.

"Our pilots represented the USAF well and our maintenance folks went above and beyond. They did a fantastic job-working late and doing extra tasks to allow us to perform at the highest level," he said.

Chief Master Sgt. Richard Tudisco, the 104th Maintenance Squadron Superintendent and non-commissioned officer in charge, was pleased with the

ability of unit members to surmount difficulties and offer practical solutions to problems.

"The airlift was a challenge and keeping track of everything wasn't easy, but we did extremely well," said Tudisco, a native of Derby, Connecticut.

"The temperature was 'Gurkha hot' and we needed to watch rest cycles, hydration, and any heat related issues. No one can recall experiencing climate and conditions similar to Malaysia. It was a challenging work environment but we

accomplished the mission. I am proud of our people," he said.

Haldopoulos lauded the efforts of the 104th Airmen involved in Cope Taufan 2014.

"We have some very capable leaders and experts in their respective fields," said Haldopoulos. "Our folks are well trained, experienced and pretty damn smart. Cope Taufan 2014 was a huge success due the hard work and trademark professionalism of 10th Fighter Wing personnel."

Unit leaders expect to deploy to similar exercises in the future.



WWII Vets visit Barnes

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



floor conference room. Col. Green was an enlisted member, working for Lt. Col. Jackson 20+ years earlier.

The visitors then loaded a bus and drove out to Munitions where they watched four F-15 Eagles take off. They were then brought to the Weapons Hangar where they were given a walk-around tour of the F-15 aircraft by Master Sgt. Thomas Pavelcheck.



Lt. Col. (Ret.) Ronald Jackson brought 11 seniors from his men's church group, including three World War II veterans, to visit Barnes Air National Guard base on July 15, 2014.

The tour began with a Welcome to the 104th Fighter Wing briefing presented by Col. Peter Green, 104th Maintenance Group Commander, in the Headquarters building second



compact".

The next day Lt. Col. Jackson sent an e-mail to Col. Green, offering a sincere thank you to all of the unit members that took time from their busy schedules to host the church's men group at the base that day. They had nothing but thank-you's from the guys for this most personal and informational tour of the 104th. (U.S. Air National Guard photos by Senior Master Sgt. Robert J.)



At the end of the tour, the group formed up for a group photo in front of the F-15, and then thanked everyone who hosted their visit.

"The visit brought back many memories," said Lt. Col. Jackson. Jackson went on to say, "The base has changed so much since I was a member many years ago, and everything is so



"Boot Drive" raises record amount for Soldiers Home

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

June 8, 2014, Senior Airman Tristan Flynn and Master Sgt. Lawrence Buell, from the 104th Fighter Wing's Fire Department, collect donations from unit members as they enter the base as part of the Fire Department's annual "Boot Drive" event.

The Boot Drive is an annual fund raising event held to raise and donate funds to the Soldiers' Home in Holyoke, Massachusetts. This year's Boot Drive raised over \$2,200, which will help make a difference in the lives of the veterans at the Soldiers' Home.



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

Local responders attend homeland security training

By Lt. Col. Gary Archambault, 104th Medical Group

Emergency Responders from the 102 MDG and 104 MDG, of the Massachusetts CERFP, recently completed training offered by the Center

Andrew Barroso (102), SrA Andrew Hill (102), SrA Torrey Cox (102), SrA Anthony Fappiano (104), A1C Ashley Paolini (102), and A1C Mikayla Provenzano (102).

Noble Training Facility, the nation’s only hospital dedicated to training healthcare professionals in disaster preparedness and response.



The CDP develops and delivers advanced training for emergency response providers, emergency managers, and other government officials from state, local, and tribal governments. The CDP offers more than 40 training courses focusing on incident management, mass casualty

A number of resident training courses culminate at the CDP’s Chemical, Ordnance, Biological, and Radiological (COBRA) Training Facility. The COBRA is the nation’s only facility featuring civilian training exercises in a true toxic environment using chemical agents. The advanced hands-on training enables responders to effectively prevent, respond to, and recover from real-world incidents involving acts of terrorism and other hazardous materials.

for Domestic Preparedness (CDP), in Anniston, Alabama. The CDP is operated by the United States Department of Homeland Security’s Federal Emergency Management Agency and is the only federally-chartered Weapons of Mass Destruction (WMD) training facility in the nation.



response, and emergency response to a

Responders participating in CDP training gain critical skills and confidence to respond effectively to local incidents or potential WMD events.

The members who attended this advanced training are Lt. Col. Gary Archambault (104), Lt. Col. Dave Archambault (104), Lt. Col. Abe Timmons (104), Maj. Mary Newton (102), Maj. Michael McGourty (102), Cpt. Dennis Swift (102), Cpt. Ryan Haug (104), 1Lt. Elise Ellsworth (102), CMSgt Shayne Newton (104), MSgt Daniel Lariviere (102), MSgt Kelly Collins (102), TSgt Daniel Moe (102), TSgt Christopher Farrar (102), SSgt Peter Sable (102), SSgt Tanya Rego (102), SSgt Jenna Oleksak (104), SSgt Derek May (102), SrA Nicole Hartle (102), SrA



catastrophic natural disaster or terrorist act. Training at the CDP campus is federally funded at no cost to state, local, and tribal emergency response professionals or their agency.

Information about CDP training programs can be found at <http://cdp.dhs.gov>. Visit the “News & Media” tab at the top of the site to download images, share CDP training articles, and find out what others are saying about CDP training. For more information about the CDP, contact the CDP External Affairs Office, at (256) 847-2212/2316 or email pao@cdpemail.dhs.gov.

Resident training at the CDP includes healthcare and public health courses at the



Military service members and mobile phone plans

Is your military service disrupting your cell phone service? More to the point, are you paying for mobile service under a long-term plan that you are unable to use because of an overseas deployment or transfer?

What you may not realize is that relief options for men and women serving on active duty in the U.S. military (including reservists called to active duty status) are available through the Servicemembers Civil Relief Act (SCRA).

Qualifying for Relief

Under SCRA Section 535a, servicemembers can suspend or cancel long-term wireless/mobile phone contracts without penalties or extra fees when deployed for 90 days or longer or when permanently transferred if change of duty results in:

- An inability to use the service
- An inability to satisfy the terms of the contract

Additionally, servicemembers deployed overseas for more than 90 days may suspend their contracts at no charge until the end of their deployment without being required to extend the length of the original contract term.

How to Proceed

To exercise these rights under SCRA, servicemembers must provide their mobile/wireless telephone service contractors with

copies of their military orders. Upon receiving a request for termination or suspension of service, the telephone service contractors must comply without imposing an early termination fee or a reactivation fee for suspension of the contracts.

If you have questions about whether SCRA applies to you, the Department of Justice's SCRA web page (www.justice.gov/crt/spec_topics/military/scra.php) recommends contacting your nearest Armed Forces Legal Assistance Program office to see if the SCRA applies. (Use the military legal assistance office locator (legalassistance.law.af.mil/content/locator.php) to find the nearest location and contact information for each branch of the armed forces.) Dependents of servicemembers may also contact or visit military legal assistance offices.

For more information from the DOJ on servicemembers' rights, visit www.servicemembers.gov.

More About SCRA

SCRA is a federal law that provides protections for military members as they enter active duty. It covers issues such as rental agreements, security deposits, prepaid rent, eviction, installment contracts, credit card interest rates, mortgage interest rates, mortgage foreclosure, civil judicial proceedings, automobile leases, life insurance, health insurance and income tax payments.

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For More Information

For information about other communications issues, visit the FCC's Consumer website at www.fcc.gov/consumers, or contact the FCC's Consumer Center by calling 1-888-CALL-FCC (1-888-225-5322) voice or 1-888-TELL-FCC (1-888-835-5322) TTY; faxing 1-866-418-0232; or writing to:

Federal Communications Commission
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 Consumer Inquiries and Complaints Division 445
 12th Street, S.W. Washington, DC 20554

Existing tools help users reduce PII breaches

By 1st Lt. Meredith Hein, 24th Air Force Public Affairs

Joint Base San Antonio—Lackland TX (AFNS)
 -- Members of 24th Air Force are refurbishing an old email tool to help Air Force users reduce breaches of personally identifiable information, or PII.

The Digital Signature Enforcement Tool, or DSET, which currently prompts users to provide a digital signature when an email contains an active hyperlink or attachment, is being reconfigured to scan emails and attachments for PII. DSET was first introduced to Microsoft Outlook in 2009 by the Air Force Life Cycle Management Center.

"DSET was originally designed to mitigate risk from socially-engineered email or phishing attacks. Now, it provides some protection of messages transmitting PII," said Alonzo Pugh, a cyberbusiness system analyst for 24th AF. "The tool provides awareness for users of risks before the email leaves the workstation, giving users the chance to correct the identified risk."

PII includes items such as an individual's social security number, driver's license information and financial information. Breaches occur when this information is inadvertently released. User awareness is one of the biggest issues associated with PII breaches, Pugh said.

"When users release PII that is not protected,

that puts information at risk for being intercepted by adversaries," he said. "These adversaries can then use that information to target users to gain access the network. Air Force network users must do their due diligence when sending an e-mail containing PII. They need to make sure the information is protected."

DSET capability should encourage users to be more involved in the process of preventing PII breaches, Pugh said. "The user is afforded the ability to take action in checking their emails to make sure they are not inadvertently releasing PII, and given the opportunity to protect it. DSET makes users more aware that they need to double check their emails and ensure that they are in accordance with policy; the responsibility for preventing breaches ultimately falls on them."

The tool itself is straightforward to use, Pugh said, and will give users simple prompts to follow in sending emails. In addition, there is a function allowing information which was falsely identified as PII to still be sent.

"While our software solution will support the Air Force's efforts to reduce PII breaches, it is still important for personnel to be aware and vigilant with their handling of documents containing PII," said Col. Eric Oliver, the 24th Air Force director

of cyber systems.

The tool's new usage is still in its initial stage, focusing on social security numbers. Developers hope that DSET will ultimately be able to scan for a variety of PII to prevent future breaches.

"It is imperative that we protect one another as we move each Air Force mission forward," said Maj. Gen. J. Kevin McLaughlin, the 24th Air Force commander. "Avoiding the release of PII is part of being a good wingman, but it is also part of protecting the network and accomplishing the Air Force mission."

In preparation for the release of DSET, you can access training for the new tool using the following link:
https://afpki.lackland.af.mil/assets/files/OE-15-40-064_QRG-DSET_v0001.pdf

Additional training on how to encrypt Microsoft Office documents can be accessed at: <http://www.24af.af.mil/shared/media/document/AFD-140701-064.pdf>

Users have multiple tools at their disposal to protect PII if encrypting e-mail is not feasible, but if electronic transmission of sensitive PII is operationally required, users can leverage approved Department of Defense file exchange services at: <https://safe.amrdec.army.mil/safe/>



Chaplain's Corner - Selfish or Selfless

By Fr. Ken DeVoie, 104th Fighter Wing Chaplain

What Marriage Can Teach Us?

As a parent, one of the things that struck me most when my children were very young, was which words they learned first. The obvious ones came first; mama, dada, yes, no, etc... The one that amazed me most with both my kids was the word "mine." "Mine" was used by both of them to show their possession of whatever they had and did not want to share; whether it be with my wife and me or with another child. How was it possible that these beautiful, innocent and young children could be so selfish?

In our Judeo-Christian understanding, this intrinsic selfishness we see in our children is an inherited propensity toward sin that we received from our first parents in their rebellion against God as accounted in Genesis known as "The Fall of Man." This selfishness was not part of our nature prior to the Fall. We lived in harmony with God and with each other. As we inherit the genetic DNA of those who have gone before us in our family line, so too do we inherit and suffer from the spiritual effects of our first parent's rebellion against God.

In Genesis Chapter 2, God gives man law so that he learns to live under authority, and He gives us marriage so that we learn to live for another

person. That's right...so we learn to live for another person. When we are hungry, we eat, when we are thirsty, we drink, when we are hot, we cool ourselves, when we are cool, we cover up. Our whole life is spent satisfying the physical need that our body screams needs to be taken care of. In short, we have become self-centered and self-serving.

One of the great designs of marriage is to help us overcome this selfish side of who we are. In any successful marriage, both the man and woman need to surrender a great deal of this selfish side and learn to compromise wants, desires, agendas and sometimes needs for the sake of the other person they are married to. Marriage requires us to look outside of ourselves toward the other person. When the "feeling" of love goes away – and it does at times, a decision to love is required. Our culture has conditioned us to believe that marriage is about you being personally satisfied and fulfilled – another appeal to that broken selfish side of who we are. The culture does not tell us that marriage is about self-sacrifice, a personal dying to self for the sake of another person, a setting aside of my immediate wants, desires and needs in order to live for another person – that love is more than a "feeling." Divorce rates swell with couples who never rightly understood what marriage was designed to do – that it was designed

by God to teach us to live for another person and to also draw us toward a relationship with Him.

So, how's your marriage going? Marriage is one of the toughest jobs you will ever have – but, if stayed with and worked through, will be the most life rewarding experience any human being could ever experience. IT's not about YOU !! It's all about the other person.

If you are interested in learning some important information that will greatly assist in improving your marriage, I'd like to invite you to attend the "Laugh Your Way to A Better Marriage" Get Away weekend that is scheduled for this 19-21 September. The get away weekend is part of the Strong Bond's program and is led by the Chaplain's office. It is a fully paid for weekend at a nice hotel (meals included). It is not a seminar where you have to take lots of notes and be bored out of your minds. It really is a lot of fun and full of laughs. It is super guy friendly too...no "getting in touch with your 'feminine' side" guys!

Contact Chaplain Misarski, myself or Family Programs to sign up.

Please be assured of our thoughts and prayers for you, your loved ones and your marriages. Be safe!

Fr. Ken+

104th FW supports Westfield Vocational School

By 2nd Lt. Bonnie Harper, Public Affairs Officer

The 104th Fighter Wing provided an F-15 Eagle aircraft as a static display for the Westfield Vocational School Advisory Committee's meeting held on July 8, at Westfield-Barnes Regional Airport here.

"The F-15 Eagle serves as a visual reminder of the role airpower plays in our nation and our community here at the 104th Fighter Wing, co-located with the Westfield-Barnes Regional Airport," said Col. Pete Green, 104th Fighter Wing Maintenance Group Commander.

The meeting focused on the idea of creating a new Airframe and Powerplant program through the vocational school. Students would be offered an accelerated program in airplane maintenance and manufacturing at Barnes Airport. After graduating

high school, students would move directly into an expanded air-related program at Westfield State University, certified with the A&P license.

The goal would be to increase the number of qualified aircraft mechanics who are ready to work for local companies who are seeking licensed workers. The Westfield area is already a hub for the air industry, including the 104th Fighter Wing and other industries such as Gulfstream, Aero Fastener Co., and B&E Precision Aircraft Components.

"Having the military in our community is invaluable," said Rob Ollari, Director of Student Services at Westfield Vocational School. "This program is a great opportunity for collaboration between local civilian and military aviation."

Early education is a viable pathway to the field of aviation, and Westfield Voke is also in the process of starting a Junior Air Force ROTC program in conjunction with the 104th Fighter Wing, said Ollari.

In addition to a Junior Air Force ROTC program, graduates of Westfield Voke can look to the Air National Guard as a means for continuing their aviation education, employment, and college funding. By joining the Air National Guard, all actively participating Airmen are entitled to a 100% reduction of tuition and fees at any state-funded college program as a full-time or part-time student. Westfield State University is one of more than 30 schools in Massachusetts eligible for the



Photo by Senior Master Sgt. Robert J. Sabonis

Mass. National Guard 100% Tuition Waiver Program.

"The 104th Fighter Wing's Maintenance Group is a potential full and part time employer for students who graduate through this program," Green said. "We are always looking for trained, talented people who are passionate about aircraft maintenance to join our team. We look forward to supporting the Westfield Vocational School as they move forward with implementing the A&P program."

The program is still in the initial stages of development, with hopes to be up and running as early as Fall 2015, said Airport Manager Brian Barnes.



Photo by Senior Master Sgt. Robert J. Sabonis



Safety: How goes it?

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

The unit has experienced 10 injuries since the last How-Goes-It.

- On duty PT pushups; strained back, returned to duty
- On duty active shooter training; bruised eye; returned to duty
- On duty active shooter training; strained leg; returned to duty
- Off duty PT injury; fractured leg, restricted duty
- Off duty food poisoning; ate bad food; hospitalization/returned to duty
- On duty unloading cargo bin; lacerated head; 8 stitches
- On duty in shower after PT; strained back with cold water; returned to duty status
- On duty folding equipment item; pinched finger, ER visit prescription meds
- On duty using hand tool; punctured hand; ER and restricted duty
- On duty moving under jet; impacted head/laceration; ER staples.

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

- TDY aircraft bird strike; no damage; returned to status
- TDY aircraft bird strike; engine blade nicks; repaired and returned to status
- TDY aircraft bird strike; no damage; returned to status
- Government vehicle impact bollard; damaged door; \$3,981.29
- Government vehicle impact government vehicle; damaged rear of vehicle; \$600



As I'm sure you can see by the injuries and mishaps the summer has been a busy one in regards to safety. Too often we take for granted the little things that keep us safe from injuries. Items such as protective gloves, eyewear, and footwear are great tools to help reduce injuries and injury severity. The caveat to this is the stuff must be worn.

So here we are approaching the closure of the "101 Critical Days of Summer," which will officially come to a close when you return to work after the Labor Day weekend. What does this mean to you? It means don't let your guard down now! Rip tides are still Rip Tides; driving fatigue is still driving fatigue, speeding is still speeding, and drunk anything is still drunk! We need you to remain diligent and not allow yourself, family, loved ones, or friends to do something you or they wish you hadn't. It a dangerous world all by itself and no one needs you to add to it by doing something stupid. The safety staff asks each of you to do your best to end your summer fun; SAFELY!

New on base bicycle requirements

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

The safety staff would like base personnel to be aware of the new requirements for bicycles and bicycle riders. The basic requirements are; highly visible outer garment, reflective at night, helmet, and front and rear lights. See below for requirements from the AFL.

AFI 91-207

3.6.4. All persons who ride a bicycle, tricycle, or other human powered vehicle, including motorized bicycles, on an AF installation roadway, to include flight lines will: (T-2)

3.6.4.1. Wear a highly visible outer garment during the day and outer garment containing retro-reflective material at night.

3.6.4.2. Wear a properly fastened, approved (e.g., Consumer Product Safety Commission, ANSI, Snell Memorial Foundation or host nation equivalent) bicycle helmet.

MAJCOMs will be the approving official on what qualifies as host nation equivalent.

3.6.4.3. Ensure bicycles are equipped with a white front light visible for 500 feet and red reflector or

light clearly visible from the rear for 300 feet.



104th FW receives \$50k total rebate from WG&E

The 104th Fighter Wing received a \$30,143 rebate check from Westfield Gas and Electric on July 10, 2014, at Barnes Air National Guard Base due to the base's accomplishments in energy conservation.

Col. James Keefe, Commander 104th Fighter Wing, Col. Ken Lambrich, Vice Commander, Chief Master Sgt. Maryanne Walts, Command Chief, Capt. Sean Cahil, Deputy Base Civil Engineer, accepted the check, presented by Sean Fitzgerald, WG&E Energy Specialist and Customer Liaison.

"We are constantly looking for ways to be stewards of the environment and be efficient in our energy uses," said Col. James J. Keefe, Commander 104th Fighter Wing.

Due to the 104th Fighter Wing's efforts to reduce energy usage, Barnes Air National Guard Base was eligible for WG&E Industrial Retrofit Program. The program targets cost-effective electric and natural gas energy efficiency improvements, with a maximum rebate of \$50,000 per year, per customer.

In July 2013, Barnes proposed two energy-saving projects for the WG&E program. The first project targeted improving water tank insulation and hangar lighting, resulting in a \$19,857 rebate check in October 2013. The second project focused on improving exterior lighting, bringing Barnes to a total rebate of \$50,000 for their 2013 proposed projects, Fitzgerald said.



Photo by Senior Master Sgt. Robert J. Sabonis

New licensed psychologist at Barnes: Frank Gallo, Director of Psychological Health



Photo by Senior Master Sgt. Robert J. Sabonis

Dr. Frank Gallo started his new full time position as the Director of Psychological Health at Barnes on June 30, 2014.

"I love doing what I do, and having the opportunity to give back to so many men and women of the 104th keeping me safe," said Frank J. Gallo, Ph.D, a Licensed Psychologist, and Health Service Provider. Dr. Gallo went on to say, "I'm here working for you".

Since 2010, Dr. Gallo has been working with people struggling in the aftermath of trauma. He was the Director of the Uniformed Services Program at the Brattleboro Retreat, Vermont, a partial hospitalization program providing specialized and dedicated trauma and addiction treatment to uniformed service professionals including service members, veterans, police officers, firefighters, corrections officers, paramedics, and EMTs. Dr. Gallo left the Retreat and

joined the Center for Human Development (CHD) in Springfield, Massachusetts to create and develop the Traumatic Stress Recovery Center. A program dedicated exclusively to trauma-informed care, treatment, and services. Dr. Gallo has experience and specialty training in cognitive and behavioral therapies including Acceptance and Commitment Therapy (ACT), and evidence-based treatments for Posttraumatic Stress Disorder (PTSD). He has also trained many mental health professionals in the delivery of ACT to diverse treatment populations.

Besides Dr. Gallo's clinical experience, he was an Associate Professor of Criminal Justice at Western New England University. He left the University and CHD to work exclusively with uniformed service professionals: to advocate, promote, and guide their psychological fitness for life readiness.

Dr. Gallo received a Ph.D. in Psychology from the University of Rhode Island, and clinical psychology specialization from the University of Massachusetts Amherst. He is a retired police officer from the Cranston, RI, Police Department. His police experience included uniformed patrol, detectives, and the special reaction team, which involved training in specialized tactics and weapons to resolve high-threat situations.

"My police experience has been extremely valuable in my work with service members and veterans," said Dr. Gallo.

Dr. Gallo has published numerous articles in the field of Police Psychology, and has written police training manuals. He has also provided police recruit and in-service trainings, seminars on delivering psychological services to uniformed service professionals and integrating psychological treatment and uniformed services training to increase psychological flexibility, valued living, and work performance. Dr. Gallo's research interests include PTSD and effective treatments for uniformed service professionals.

"I am excited to be at the 104th and to develop innovative trainings that simply work for our Airmen, and help them live rich, full, and meaningful lives," said Dr. Gallo.

Frank J. Gallo, Ph.D.
Licensed Psychologist HSP
Retired Cranston, RI, Police
Director of Psychological Health
USAF ANG 104th Fighter Wing
175 Falcon Drive
Barnes ANG Base
Westfield, MA 01085
Office: 413-572-1536
DNS: 698-1536
Cell: 413-485-8173

New Mindfulness-Based Stress Reduction Class

By Mr. Frank Gallo, 104th Fighter Wing. Director of Psychological Health

Imagine a time when you were driving to that very familiar place like home, or your favorite restaurant, and you drove past the street. How did that happen? Chances are you got caught up in your thoughts, lost contact with the world around you, and missed that street. We are always thinking. Our minds tell us all sorts of things. That's what minds do much of the time. It is hard to stay present continually. Sometimes our minds hook us with a good story leading us to lose contact with and engage in whatever is happening around us. Instead of being fully aware, we operate on cruise control just going through the motions and forgetting to pay attention like missing that street. MBSR training can help.

During your training, you will practice remembering to pay attention, noticing your thinking thoughts and feeling feelings without being swept up in them or knocked off your feet by them. And thus, becoming aware of what life has to offer you each moment so you can do what it takes in the service of what you want your life to be about in the big picture. As people get better at just noticing thoughts and feelings for what they are, they tend to feel better and experience healthy changes in daily living.

In closing, I would like to leave you with a story about Sid and his dog Fido and a question to think about. Fido is a small dog about the size of a Chihuahua. Most days, Sid takes Fido out for a walk. They walk about a half hour from the house and then walk back. Sid and Fido get their exercise, and Fido goes to the bathroom. Well, one day Sid opens the door to begin their walk when he notices the sky is very dark. It looks like rain any moment. But, Sid sees some small openings in the clouds, and a blue sky. So he takes a chance and goes for a walk with Fido. After all, they need to get their exercise and Fido needs to go to the bathroom. Sid and Fido walk almost to the point where they usually turn and head back when it suddenly starts to downpour. Now, Sid is pissed and starts yelling at Fido. "I knew this was going to

happen. It's all your fault. You had to go to the bathroom." Sid begins to walk very fast dragging Fido on the leash. Fido tries to keep up, but he has little legs. As Sid walks quickly, the leash often chokes Fido because he can't keep up with Sid. Sid continues to curse at Fido the entire walk back. Sid and Fido finally arrive at home, and both are soaking wet. Sid reaches into his pocket for his keys and finds no keys. He must have dropped them along the way. Now he is really pissed and begins cursing at Fido again. Sid walks quickly back dragging Fido with him. He almost reaches the point where they turned around, and he spots his keys on

the ground. "I cannot believe this." Sid picks up his keys, and walks back quickly dragging Fido with him and continuing to curse at him. Sid and Fido arrive home. Sid takes his keys out and opens the door. He throws the leash in the house with Fido attached. Fido goes sliding into the house on the hardwood floor. Sid takes the leash off, throws his keys on the table, and plops down on a chair. Meanwhile, Fido calmly and slowly walks over to a lit fireplace, walks a couple times around a scatter rug in front of the fireplace, lies down, and goes to sleep. My question to you is who do you want to be in life, Sid or Fido?



Mindfulness-Based Stress Reduction (MBSR)

Healthy Living Through Being Present



What is mindfulness?

- ✓ Remembering to pay attention
- ✓ Being awake to what life has to offer each moment
- ✓ Being aware of thoughts and feelings without getting swept up in them
- ✓ A skill you can use anytime

How can it help you?

- ✓ Experience less distress
- ✓ Be less reactive
- ✓ Increase focus and awareness
- ✓ Improve relationships
- ✓ Learn new ways to work through demanding situations
- ✓ Stop beating yourself up

When:
 Daily 1400 – 1430
 Monday through Friday
 Sundays on UTAs
 Join the group anytime

Where:
 Building 12 Classroom

You'll train with other service members, learning and practicing Mindfulness, because life is always right now

For more information about the training, please call 698-1536

Massachusetts Air National Guard Historical Association

About

The Massachusetts Air National Guard Historical Association was created in 1974 in response to the increased appreciation of history brought about by the celebration of the United States' Bicentennial.

The Association's objectives include maintaining archives, displaying memorabilia and fostering an appreciation of the role of the Air National Guard and its members. It does this with special emphasis on Massachusetts Air Guard Units and Massachusetts Air Guard Members.

The Association has been granted space by the Adjutant General of Massachusetts in the Massachusetts National Guard Military Museum at 91 Everett St, Concord, Massachusetts for its displays and archives.

Join Us

Join the Association and help us preserve and display the proud history of the Massachusetts Air National Guard. Your membership will help us to keep this history alive for present and future generations.

You will help if you do no more than become a Member of the Association, but you can also help in other ways, if you wish, such as participating in our Annual Meeting and/or serving on one or more of the Association's committees. Some committees can function via e-mail whereby committee members may participate without leaving home, while other committees are more "hands-on" and meet together to work on projects such as creating displays or restoring vintage aircraft.

**Join With Us and
Help Preserve
Mass ANG History!**



Visit us on FaceBook!
www.facebook.com/MassANGHS

Military and Family Life Counselors

Purpose of this email is to provide an update on the OSD JFSAP Military and Family Life Counselors (MFLC). Beginning August 14, 2014, support will change from a three/four member team to Military OneSource (800-342-9647 and www.militaryonesource.mil). OSD decided on this plan to better meet the needs of all service members and families. They are adapting to this sole delivery system in response to the drawdown of deploying forces and corresponding reduced funding levels.

The Military OneSource program can be accessed through online, telephone or face-to-face non-medical counseling sessions within 15 miles/30 minutes of the service member or family by independently licensed counselors for up to 12 sessions per issue; per service and family member. This network of Military OneSource (non-medical counseling) is available regardless of deployment status and is expected to provide enhanced, seamless support.

The change to Military OneSource:

- * helps to expand support and service delivery
- * ensures there is no limitation to support tied to deployment
- * provides greater non-medical counseling delivery methods, better accommodating our Guard member's busy lives
- * ensures the counseling will be of the same high-quality support by masters-level counselors

Respectfully,

Ivan E. Denton

BG, USA

Director, J1 Manpower and Personnel

National Guard Bureau
Arlington Hall Station 2
111 S George Mason Dr
Rm PI-124
Arlington, VA 22204-1373

(703) 604 9540
Ext 4 9540
DSN 664 9540
(BB) (571) 218 9591



For Your Information

104 FW 1st Sgt Position

NOTE: Selectees may be moved to any valid First Sergeant Position within the Wing at the request of the Wing Command Chief and with the concurrence of the unit Commander.

Position Title/Grade: First Sergeant / E-8 Eligible applicants: Must be an E-7 who is immediately promotable to E-8. Position is a MINIMUM three year tour with a maximum of 6 years. Members must carefully review AFI 36-2113 to ensure they meet minimum standards and qualifications for position requirements and responsibilities before applying.

Applicants must possess excellent communication and administrative skills, exceed fitness standards and exemplify Air Force Core values.

Applicant must receive concurrence from current commander for consideration.

Applicant selected for this position must agree to serve tenure of no less than three years from date of graduating from First Sergeant Academy (FSA). If the member was a prior First Sergeant, the tenure starts the day of assignment.

Applicant must have three years retainability prior to being placed in the UMD 8F000 position. Applicant must agree to complete the SNCO Academy Course in residence or by correspondence within 1 year from date of assignment. If a First Sergeant does not complete the SNCO Academy within one year from date of assignment, he/she must be removed from the position.

Training: Applicants (if selected) should be able to attend the First Sergeant Academy at Gunter Annex, AL at the earliest available school date and must complete the SNCOA in residence or by correspondence within 12 months of selection.

Application package must include:

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

Any package that is late or incomplete WILL NOT BE CONSIDERED.

Unit: 104th Fighter Wing

Supervisor: 104th Fighter Wing Commander

Submit Applications via electronic format (word, pdf, etc) via email to: Maj. Matthew Mutti at, matthew.mutti@ang.af.mil
104FW/FSS, NLT 1200, 27 June 2014.

Board date: TBD.

For more information contact: Chief Master Sgt. Maryanne Walts at maryanne.walts@ang.af.mil 413-568-9151 x698-1418.

Security Forces Operations Officer Position

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 21 July 2014 with an expected board date during the August 2014 UTA (2-3).

LENGTH OF ASSIGNMENT: The position requires a reserve commission, and a minimum four year service commitment.

WHO MAY APPLY: The position is open to all individuals who meet commissioning qualifications to include education, age, and fitness requirements.

DUTIES AND RESPONSIBILITIES:

Security Forces Operations Officer: Leads, manages, supervises, and performs security force activities, including air base defense, priority level resource security; antiterrorism; law enforcement; armament and equipment; training; pass and registration; and combat arms. Directs air base defense functions, controls and secures the terrain inside and adjacent to military installations as well as the personnel, equipment and resources within. Responsibilities include the organizing, equipping and training of Security Forces Defenders for garrison, domestic and expeditionary operations. Additionally, responsibilities include directing both mounted and dismounted team patrols, tactical drills, battle procedures and antiterrorism duties, as well as enforcing standards of conduct, adherence to laws and directives, and planning future security measures.

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 ANGI 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. Matthew Mutti at matthew.mutti@ang.af.mil or (413) 568-9151, x698-1285.

For Your Information

Full-time AGR Command Post position

A vacancy will be opening in the 104FW Command Post.

Please watch the following sites for the official posting:

<http://states.ng.mil/sites/MA/careers/agr/default.aspx>;

[https://104fw-sp-](https://104fw-sp-01.ang.ds.af.mil/Mission%20Support%20Group/default.aspx)

[01.ang.ds.af.mil/Mission%20Support%20Group/default.aspx](https://104fw-sp-01.ang.ds.af.mil/Mission%20Support%20Group/default.aspx)

Position: Full time AGR Command and Control Technician

Unit: 104FW/CP, Min Grade: A1C - Max Grade: SSgt

ASVAB: Admin:55 and Gen:67

Position description: Performs C2 actions to support NORAD Aerospace Control Alert, Homeland Security, National Defense, and Air Force operations.

Receives, authenticates and transmits NORAD scramble orders.

Maintains proficiency in C2 systems and aircraft flight following

and mission management systems such as Theater Battle

Management Core Systems (TBMCS) and Global Decision Support

System - 2 (GDSS2) and Patriot Excalibur (PEX).

Must have a SECRET security clearance. Qualified to be awarded a

Top Secret clearance. Selectee must be fully AFSC qualified in

1C3X1 or agree to attend the first available qualification course.

POC: Senior Master Sgt. Mark Bolduc e-mail:

mark.bolduc@ng.af.mil, phone: (413) 568-9151, 698-2050

or Master Sgt. Kevin Royer e-mail: kevin.royer@ang.af.mil; phone : (413) 568-9151, 698-1221.

104 MDG Training Manager Position

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

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

If interested in the position please contact TSgt Christine Lupacchino at extension 698-2218 , e-mail Christine.Lupacchino@ang.af.mil, or Maj. Matthew Mutti at extension 698-1285.

Massachusetts ESGR State Chair

The Massachusetts committee for the Employer Support of the Guard and Reserve (ESGR) is seeking applications for the position of State Chair. The ESGR, a Department of Defense office, was established in 1972 to promote cooperation and understanding between Reserve Component Service members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment. ESGR is supported by a network of more than 4,900 volunteers in 54 committees located across all 50 states, the District of Columbia, Guam-CNMI, Puerto Rico and the U.S. Virgin Islands.

The State Chair is a non-paid, volunteer position. The State Chair is responsible for all aspects of state ESGR operations. The Massachusetts ESGR committee currently has 65+ volunteers. The State Chair must have excellent leadership and communication skills. Chairs frequently address influential people, or groups of influential people, including governors, TAG, Guard/Reserve general/flag officers, federal, state, and local officials, legislators, mayors, CEOs, business and industry leaders, Chambers of Commerce, and civic groups. Chairs develop and execute the state's annual spending plan and budget. For more information, see: ESGRI 1250.02, Aug. 11, 2010.

Term: The State Chair is appointed for a three-year term, and can serve no more than two terms.

Skills and Qualifications: Applicants must have demonstrated leadership; time available to execute the ESGR mission; motivational, organizational and communication skills; understand the importance of National Guard and Reserve missions; understand business and industry; prior business experience; prior experience with volunteer organizations; ability to plan and organize the activities of a large number of volunteers; understand the strategic planning process; understand the Joint Ethics Regulations as they apply to representing the Department of Defense re: the use of appropriated funds, gifts, travel, and relationships with non-DOD organizations (public sector, private sector, and nonprofit organizations).

Selection Process: The Massachusetts ESGR State Chair Search Committee is currently accepting applications for the position of State Chair. The State Chair search committee will review applications, schedule interviews, and recommend a candidate for appointment. State Chair appointments are made by the Assistant Secretary of Defense for Reserve Affairs. Interested applicants should submit a cover letter and resume to the Search Committee Chair by mail at the following address not later than Feb. 7, 2014. Interviews are tentatively scheduled for Feb. 15, 2014. Final selection is scheduled for May, 2014 with appointment to commence Oct. 1, 2014.

Robert J. Pomeroy
Search Committee Chair
PO Box 1491

For Your Information

BASE HONOR GUARD LOOKING FOR NEW MEMBERS

- Be part of the tradition of excellence
- Honor those who have fallen at military funerals
- Represent the ANG & AF at military & sporting events
- All ranks/specialties can apply

Please contact Tech Sgt. Christine Lupacchino or Maj. Matthew Mutti by e-mail at: 104FW.HonorGuard@ang.af.mil



SGLI CHANGES

Effective July 1, 2014, the Servicemembers' Group Life Insurance program will adjust the SGLI monthly premium rate from 6.5 cents to 7 cents per \$1,000 of insurance. This means, for example, a premium increase from \$26 to \$28 a month for Servicemembers with the maximum \$400,000 of life insurance. All Servicemembers will continue to pay an additional \$1 for Traumatic Injury Protection coverage. Please visit www.benefits.va.gov/insurance to view a table of the new rates for all coverage amounts and learn more about the premium change.

The Department of Veterans Affairs manages the SGLI program and always strives to keep SGLI premiums as low as possible while also ensuring that the program remains financially strong and competitive. However, due to the combination of the 2008 SGLI premium reduction and decreases in interest rates, SGLI reserve funds have decreased significantly, and it is now necessary to adjust the monthly premium rate by a half cent per \$1,000 of insurance.

The new premium rate will take effect on July 1, 2014. Servicemembers with SGLI coverage can expect to see the adjusted premium rate reflected in their Aug 1, 2014 Leave and Earning Statement. Members drilling for points towards retirement, or not receiving pay for other reasons, will be billed by their service for the higher premium on the regular billing schedule.

If you have any questions regarding the new rates or your SGLI coverage, please contact your military personnel section or visit www.benefits.va.gov/insurance.



BARBER AVAILABLE

The Barber Shop will be open the following dates from:

0730-1500 hours.

Enter Building 008, South Entrance.

August 21-22

September 4-5

September 18-19

POC for Barber Shop operations is Senior Master Sgt. Bill Butman, he can be reached at (413) 568-9151, x698-1234.



PVC CORNER

Did you know that the Pioneer Valley NCO Club is a Non-profit organization? Are you aware of what your membership money goes towards each year? A lot of people don't realize that the NCO Club is more than just a bar. We make donations to many different organizations on behalf of its members throughout the year. This past year we have donated to The Family Readiness Group, we have sponsored a hole in a Golf Tournament for the Soldiers Home fundraiser, and sponsored 10 Veterans from the Soldiers Home for the UTA Thanksgiving Meal just to name a few. Your membership money goes towards all maintenance and improvements made at the NCO Club as well. Without your annual donations none of this would be possible.

It's that time of year again, and the Pioneer Valley NCO Club Coins are available at the NCO Club and with Club Council Representatives. The cost is \$10.00.

We look forward to your continued support for 2014!

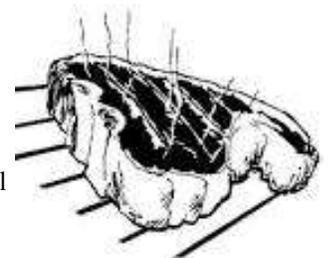


COOK YOUR OWN STEAK NIGHT

Come join us for **Cook Your Own Steak Night** at the Pioneer Valley Club Thursday, August 7, 2014 5-8pm

Dinner to Include: Steak & Potato with Salad, and Roll
RSVP only

**Tickets will be available for sale until Friday, August 1st
\$12 each



Religion notes

Protestant Service on Saturday, 2 August at 1100 at the Chapel. Chaplain Stephen Misarski presiding.

Orthodox/Catholic Service on Sunday, 3 August at 1130 at the Chapel. Father Ken DeVoié presiding.



Promotions

To Staff Sgt. (E-5)

Jennifer Tittle FW



To Maj (O-4)

Jeremy Dugan CES



Scuba classes

Are you SCUBA certified? Or are you interested in learning to SCUBA dive?

If so, contact SMSgt Billy Midwood to learn more and to show your interest in joining a **Barnes SCUBA diving club!**

SMSgt Billy Midwood
104FW Maintenance Operations Flight
Barnes ANGB, Westfield, MA 01085
DSN 698-1366.
COMM 413-433-1168
Cell 413-433-1168



Congratulations on your retirements

Staff Sgt. Francesco Devito	AMXS	4 Aug 2014
Master Sgt. Jacqueline Stubbs	MDG	5 Aug 2014
Tech. Sgt. Edward Robinson	AMXS	31 Aug 2014
Tech. Sgt. Richard Winkler	LRS	1 Sep 2014
Tech. Sgt. Jeffrey Wojcik	LRS	8 Sep 2014
Tech. Sgt. David Karam	LRS	8 Sep 2014
Master Sgt. Gregory Westcott	MXS	15 Sep 2014

CCTV broadcast line up

Channel 7 - Training videos & Base Info

Channel 9 - Warrior Network

Channel 10 - Pentagon Channel - inoperative



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

Welcome to new members

Jason Gillette	CF	1 July 2014
Bryan Abert	CF	2 July 2014
Jeremy Ethier	MXS	3 July 2014
Dmitriy Kozodoy	MXS	3 July 2014

DFAC MENU

WHAT'S FOR LUNCH?

Saturday

Roasted pork loin with gravy or chicken fajitas, O'Brien potatoes or mexican rice, cauliflower or corn

Soup: Tomato soup or chicken with rice

Salad bar: A variety of vegetables, salads, and toppings

Dessert: Peach cobbler or yellow cake with frosting

Short Order: Grilled cheese, grilled tuna melt or grilled chicken sandwiches served with french fries

Sunday

Hotdogs, hamburgers, potato salad, macaroni salad, toss salad, chips, drinks and condiments.

104th Tac Fighter Group

Barnes Airport
Westfield, Mass.



Volume 15

August 1963

Number 1

131st Fighters to Fly In STRICOM Maneuvers

Blue Army Ready to Fight Reds

After a concentrated series of air battles over the border area since July 21, it is expected that the Blue nation will protect itself by attempting an invasion of the hostile territory of Columbia by tomorrow, with Red troops massed to meet and engage the Blue forces.

This is the simulated military situation on which this year's U S Strike Command exercise, Swift Strike III, is based.

Both sides are composed of joint task forces drawn from both Army

Continued on Page Ten



Showing the right way and the right place to mount the new Base bumper decals, SSgt Phil Barland readies his Chevy Impala for some smooth sailing through the gates of Barnes Airport and Otis AFB.

Most of the jet pilots of the 131st Tactical Fighter Squadron who have achieved their "combat capable" rating will take part in the forthcoming Operation Swift Strike during the field training period.

There will be 14 pilots of the 131st on hand at the deployment site, Travis AFB, Georgia, during the whole operation, with rotation planned to give all eligible pilots a crack at the combat maneuvers.

About 60 airmen and a couple of officers will also be deployed to support the strike force, with a few of these also being rotated. They will make the trips to and from Travis in C-97's of an Air National Guard Transport Group, probably from Grenier AFB, New Hampshire.

Our F-86 fighters will be part of the 909th Provisional Wing, headed by Gen Frye of Kansas. The Wing will include the 104th and 102d Groups from Massachusetts and the 184th from Kansas. The latter unit flies F-100's.

As part of the Blue Air Force,

Continued on Page Ten

MASSACHUSETTS AIR NATIONAL GUARD

104th Fighter Wing—PA
Barnes Air National Guard Base
175 Falcon Drive, Westfield, MA 01805

www.104fw.ang.af.mil
www.westfieldairshow.net

Social media sites:
www.facebook.com/barnesang
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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