



November 2014



Two F-15's from the 104th Fighter Wing wait to taxi out before take off on Tuesday, Sept. 20, 2014, with the autumn colors in the background.

Photo by Senior Master Sgt. Robert Sabonis



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PRIDE, PROFESSIONALISM, PATRIOTISM

Commander's Column

By Col. Ann Ware, 104th Mission Support Group Commander

Saying Thank You to the Greatest Generation.

A few weekends ago I was at a youth sporting event and the National Anthem started to play. The sky was bright and blue and the breeze allowed the Stars and Stripes to stand straight and proud. It made me think of our current Barnestormers who are far from home, and also of the Greatest Generation, those World War II veterans who sacrificed so much for us and continued to give when they returned from conflict. Since Veteran's Day is upon us, I'd like us to take a moment to consider the enormity of their contributions.

This generation's identity was formed on a trajectory that spanned riches to extreme poverty. Most were born in the 1920s —The Roaring 20s. Americans were celebrating victory in World War I and looked enthusiastically toward the future. By the early 1930s, the country was plunged deep into the Great Depression. Unemployment was rampant and millions of families were forced to make do with little to nothing. A war was brewing in Europe and, with fresh memories of the most recent conflict, United States' isolationism was the prevailing sentiment. That sentiment rapidly dissolved on the 7th of December, 1941, when the Japanese bombed Pearl Harbor. Suddenly, the national objectives turned to defeating the Axis nations of Germany, Italy and Japan.

America's youth stood up proudly to meet these challenges. Driven by a sense of duty, honor and patriotism, these Americans left their farms, cities, and schools. They not only protected democracy and the United States' way of life, they blazed trails that we still travel today. They were courageous, had a tremendous sense of integrity, and were tough as nails.

Take, for example, the harrowing and terrifying experience of Lt. Louis Zamperini, upon which the book and film "Unbroken" are based. A promising track star, Lt. Zamperini joined the United States Army Air Corps in 1941. In 1943, his B-24 Liberator was shot down over the Pacific Ocean and just three men survived. In the ensuing 47

days, they floated on the ocean with virtually nothing to eat or drink. One of the initial survivors passed away in the raft and the raft was strafed by Japanese forces. When the two survivors finally made landfall, they were taken as prisoners of war. Lt. Zamperini was subjected to inhumane treatment for the next 2 ½ years in Japanese prison camps. But as the title of the book and movie states, he was unbroken by his experience and exhibited moral and spiritual courage, as well as an emotional resilience that leaves me in awe. We sadly lost this American hero earlier this year.

Our Greatest Generation blazed trails that paved the way for so many of us. The Tuskegee Airmen were the first African-American military aviators in the United States military. Remember that racial segregation was sadly still the norm during this time period. These "red tails"

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flew bomber escorts with skill, prowess and a passion to contribute to the defense of our nation. Ladies, we were fortunate to be preceded by The Women's Army Corps, formed to fill the void in the military support roles. Female members of the Army, without being in any official status, they didn't receive the same pay and benefits and would not be afforded any legal protection or medical care. Ultimately, women would be afforded all of the same pay and benefits. These ladies paved the way for us to lead and contribute on par with any male colleagues.

Our Greatest Generation also had guts and spunk. Think about the Doolittle Tokyo Raiders. In 1942, the Imperial Japanese forces were marching across the Pacific, seemingly unstoppable. A group of eighty daring aviators flew their B-25 bombers off the deck of the USS Hornet. The plan was to drop their ordinance over Tokyo and then land in a section of China that was

still free. As we know, no plan survives contact with the enemy. They accomplished the bombing run but the landing areas were not available. We lost great men that day but the United States gained a huge strategic psychological advantage over the Imperial forces. The islands of Japan had been considered a safe haven and untouchable by our forces. The Raiders proved this to be incorrect, highlighting their geographic vulnerability and causing a shift in resources to defend their homeland. Sadly we have lost most of our Raiders but their memory and contributions will live forever.

When the Greatest Generation returned home, after years of separation from wives and children, with only sporadic communication and few, if any visits, they filled our universities, using their GI Bill benefits, earning degrees in law, engineering, and mathematics. The group opened their own businesses, renewed ties with families and produced the Baby Boomers. They recognized and

appreciated what they had and didn't tend to pine for excess monies or riches. Their riches came through volunteering in their community and in the rich love of their families. Not ones to brag, these Americans quietly kept their stories of heroism mostly amongst themselves, but outwardly displayed a robust patriotism for our great nation.

These stories of bravery, spunk, patriotism and integrity have filled thousands of books and movies. I encourage you to visit the Air Force Digital Library and pick out a story. As Veteran's Day approaches, take the time to learn more about our veteran forefathers and remember that we are here today because of their innate drive. Better yet, when you see a member of the Greatest Generation, take a moment and thank him or her. We owe it to them.



First Sergeant's thoughts - Making a difference

By Master Sgt. Larry Brace, 104th Maintenance Squadron 1st Sgt.

Last UTA I had the opportunity and pleasure to address student flight.

These young men and women, who I call kids because my children are now older than they are, are the future of the 104th Fighter Wing. I tried to stress their importance to the Wing. Every profession is important in accomplishing the mission. No matter what your profession is, the mission cannot be accomplished if you're not doing your part. We do what we do every day to practice for the real thing and keeping our minds focused is instrumental in ensuring we're ready when the call comes. We all need to realize that we as individuals, and collectively as a Wing, have a direct influence on people and situations around us. Stepping up and doing the right thing will cause a chain reaction. It doesn't matter what your age or rank is. Never underestimate the power of a kind word or positive action.

A couple of weeks ago I was walking wings on a tow job being supervised by "MOT". When the aircraft

was in the spot, I chocked the left main tire. For those of you outside of maintenance, our Tech Data states that the wheels must be "chocked and laced." Lacing the chocks consist of placing the rope on the chock in the groove of the chock to ensure the chocks stay in place. The ropes are a little bigger diameter than the groove on the chock. When I laced mine, I tucked the end of the rope into the chock but didn't ensure the rope was in the groove the entire width of the chock. After the tow job was complete, MOT walked around the jet to ensure everything was complete. As he checked the chocks, he took the time to force the rope into the chock the correct way. This may seem like a small thing but the result was huge. He didn't yell or insult me, he just did the right thing. On the next tow, I ensured the chock was properly laced. It didn't take any extra time and one of the guys that were standing off to the side noticed it as well. MOT's actions as the tow supervisor caused a chain reaction without saying a word. You don't have to be a supervisor to make this impression. If I had seen an

airman fresh out of tech school doing what MOT did, it would have had the same result. When we do the right thing, it's noticed and has a positive influence on our coworkers and our work environment. Tech data violations and the headache that goes along with that were avoided by the simple act of properly lacing a chalk.

The Wing has been through a tough couple of months. Times like these bring to light the fact that we operate as a team. We can't do our jobs without the support of those around us. Student Flight members, please realize the impact you can have on the Wing and the community. The things you do now set the foundation for your careers. You do make a difference and will continue to do so for years to come. To those of us that have been around for years, I think the challenge is to continually realize our importance to the mission. We do our jobs every day but it's always refreshing to see somebody that's never been up close to an F-15 walk into the hangar and see their eyes light up. We do have the coolest jobs in the world.

Emerging threats via social media

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

Newspapers remain stacked high at a corner convenience store. Land line phones hang on the wall like a museum piece from an earlier, quaint era. Without the steady traffic of bills and official correspondence, a US Postal carrier would have scant reason to make his designated rounds. In the last few years, the manner in which we communicate and transmit information has been irrevocably altered due to the emergence of social media and technology.

Today, we instantaneously learn about events across the world and are able to contact friends, family and business colleagues through the click of a button. We seamlessly stay connected to those we know and are capable of reaching out to those who we are not yet acquainted.

It is true of course, that these technological advances have enhanced the quality of life for countless individuals by enabling friends and families to remain close despite geographical distances. For military members and their families, Facebook, Twitter and a host of other sites have become invaluable tools and have eased the burden of deployment by providing a direct and personal link to one another regardless of the location. However, this emerging network of new media also presents a new set of vulnerabilities and threats to our operational and personal security.

The Army Threat Integration Center (ARTIC) recently urged a renewed emphasis on the responsible use of social media and issued a special assessment relative to online threats made against service members and their families. As uniformed members of the military, we are justifiably proud of our service but must always be mindful of how we are perceived online. Our adversaries have garnered much attention recently regarding their sophistication in matters pertaining to social media. Please adhere to the latest guidance from the Department of Defense and follow these recommended steps to protect yourself online:

- Be cautious when accepting friend requests and interacting with people online. You should never accept a friend request from someone you do not know, even if they know a friend of yours.
- Don't share information you don't want to become public. Remember, once you put something out there, you can't



control where it goes.

- Disable location-based social networking, or geotagging, on all social media platforms. Geotagging is the process of adding geographical identification to photographs, video, websites and text messages.
- Avoid posting work or personal schedules and travel itineraries, especially deployment information and return dates for yourself, a loved one or a unit.
- Remember to always adjust your privacy settings to ensure your posts and profile information are secured and seen only by approved audiences.
- Review privacy settings on social media pages.
- Limit any reference, current or former, to military, government or law enforcement employment on social media.

Always be vigilant and mindful of the data that you post. We are living in an uncertain era and even seemingly innocuous information posted on a Facebook page can be helpful to a hostile adversary.

Always remember, "When in doubt, leave it out."

Check out this video for more information.

<http://www.youtube.com/watch?v=xCHTmzfsGmI>

While no specific Force Protection condition increase is recommended, all individuals are encouraged to remind personnel to properly report any suspicious activity to Security Forces, AFOSI, and/or local law enforcement personnel.

Below are suggestions personnel should consider in order limit themselves as a potential target for extremist actors:

- Review AT/FP Level I training.
- Minimize the wear of uniforms off base.
- Limit any reference, current or former, to military, government or law enforcement.

employment on social media

- Take off license plate holders, stickers, and other visual items on your vehicle that may affiliate you or family members to the military, government or law enforcement.
- Consider manner of dress when out in public, to include shirts, hats, jackets, etc. that reference military, government or law enforcement affiliation.
- Educate family members on basic personal security measures, "watered-down" AT/FP Level I training.

The course link below is intended for contractors and family members and can be accessed from home without a CAC.

<http://jko.jten.mil/courses/at11/launch.html>

Maintain awareness of your public surroundings. See something – say something:

<http://www.dhs.gov/if-you-see-something-say-something%e2%84%a2>

National terrorism advisory system public guide:

<http://www.dhs.gov/publication/national-terrorism-advisory-system-public-guide>

F-15A Future Static Display Aircraft Cocooned By Chief Master Sgt. Wayne Brown, 104th Maintenance Group

During the Base Realignment and Closure (BRAC) of 2006 the 104th Fighter Wing learned that our mission had changed and we would be exchanging our beloved A-10 Thunderbolt IIs for the F-15C/D Eagle. Sadly, our brothers and sisters at the east end of our state, the 102nd Fighter Wing from Otis ANGB, were also changing missions and would become the primary source of our replacement aircraft. Late in the summer of 2007, the 104FW started receiving its replacement aircraft.

During this transition, Otis was fulfilling several tasks including "overhauling" F-15C/Ds from Kadena AFB and preparing to fly them to Barnes, and also preparing several older F-15As for flight to the boneyard, never to be flown again. Col. Kenneth Lambrich, then a pilot at Otis, was reviewing the list of aircraft to be flown to the boneyard when he came across aircraft 77-0104. At first opportunity he mentioned the tail number to Col. Kerdauid, then Base Commander of the 104FW, and suggested it would be the perfect candidate to become a static display at Barnes. Col. Kerdauid agreed and started the paperwork process needed to acquire the aircraft before it reached the boneyard. Shortly there-after, the National Museum of the United States Air Force approved the transfer of F-15A aircraft 77-0104 from Otis ANGB to Barnes ANGB. Col. Lambrich had the distinct privilege of flying the aircraft for the very last time to its final resting place here at the 104th.

Since Barnes maintainers were still attending training classes on how to maintain its newest acquisition, Otis personnel arrived to de-arm the aircraft, which basically means to safe the aircraft; remove all explosive devices, fuel, and other potential items that may pose a hazard to personnel. Once completed, the aircraft was unceremoniously towed to the other side of the base to a cement pad next to the hush house where it was moored in-place and all but forgotten...until September 2013.

After a static meeting chaired by Col. Lambrich mid-summer, the push was on to start thinking about "de-militarizing" the aircraft. Every aircraft that is to become a static display must be de-mil'd (for short), which involves a lot of time and effort removing specific systems, internally trashing some while putting others back in the supply system for use, manufacturing fixed flight control rod so surfaces don't move, covering openings to prevent nesting and bees, ensuring all explosives have been removed, hazardous

fluids drained, removal of certain instruments that have radio-active components and much, much, more. The folks at the boneyard require three months to de-mil an F-15 aircraft. We needed to find a way to de-mil aircraft 77-0104 without interfering with daily operational and maintenance requirements...no small task! As of this writing, this F-15A static display is destined to be displayed on public grounds at the future proposed new gate out by the Army entrance off Route 202.



Photo by Chief Master Sgt. Wayne Brown

Having worked the A-10 static display many years ago I had some insight on what must be done. My first call was to some old contacts at the National Museum of the USAF, Mrs. Sherry Howard, Mr. Mark Miller and Mr. Mark Wertheimer. They sent me a very large PDF de-mil package that had to be sent in three separate email attachments. Armed with the process, I broke the package down into four binders for distribution to various shops to make things easier. Next, after conferring with MXG Commanders and Production supervisor, we felt we could make a significant impact in the de-mil process while we were relocated to Westover, AFRB and Otis ANGB during the runway construction project.

The next step was to contact Civil Engineering (CE) to kill the bees swarming throughout the aircraft which had been sitting stationary for six years! With the help of the Fire department and one of their trucks used to hose down the aircraft, CE and Fire department personnel battled the bees on multiple separate occasions in July before we could consider moving the aircraft to the Corrosion hangar to start de-milling the aircraft. However, it took another two weeks of continuously closed doors to kill-off the rest of the bees before we could work the Aircraft. I can't tell you how many bees I squashed underfoot in that hangar but it must be close to being a Guinness Book World record!

Now the serious work started. Weapons, Avionics and Egress shops had to complete large checklists to ensure specific equipment

items were left installed, removed, turned into supply, destroyed (internally), names plates removed, etc. Propulsion had to join the two sections of the motor for install. APG, Phase and R&R removed and replaced panels and actuators; R&R had the tires filled with solid foam; Electric shop removed specific wiring and parts; Metals Tech manufactured fixed rods to secure flight controls and securing devices to hold the partial engines in-place solidly; and Structural shop fabricated missing panels,

covered opening where possible, riveted doors closed, secured the rudders, and manufactured covers for both the aircraft intakes and exhaust systems.

With the de-militarization process finally completed almost a year later to-the-day, there were still two more pieces to the puzzle to be completed. Since the aircraft is not going to be placed on display for a while, there was no reason to have it painted and stickered at this time. This will be a future contract to be accomplished prior to being displayed at the future new gate. Additionally, the last thing we want is to have all the hard work to be undone by the elements, father time, or to have bee's re-infest the aircraft! Research and work on a contract to cocoon the aircraft in shrink-wrap started in July 2014. By the time the aircraft de-mil was completed, so were the particulars of the contract.

A company called Atlantic Shrink Wrapping Inc., managed by Dustin Hoover, was selected for the project. They had never shrink wrapped an F-15 before but had experience with helicopters and smaller aircraft. They did an outstanding job, completing it in two days in October. With the wheels exposed, the aircraft can be towed and moored as necessary. The process included bubble wrapping the aircraft first to protect the shrink wrap from sharp edges, desiccant material placed in the larger openings between bubble and first layer of shrink wrap, and finished with two layers of shrink wrap material.

De-militarizing the F-15A took a herculean effort and ingenuity from many personnel in shops and offices across the base. Col. Green, Lt. Col. Bigelow, Lt. Col. Carr, Maj. Dibrindisi, Lt. Hickox, and I would like to thank all those that helped bring the process to this point including the supervisors who found the time to allow their folks to work the aircraft, and most of all, to the Production supervisor who may have occasionally wondered why some things took a little longer to fix than expected. The following personnel and offices deserve a well-earned pat-on-the-back!

Services is prepared for a mission they hope they never get

By Maj. Matthew Mutti, 104th Force Support Squadron Commander

Units earn their reputation by the things they do well; and the 104th Services Flight is no exception, but they are making a name for themselves in a job they hope they will never have to do.

The Services career field is rather diverse, tending to the feeding, housing, fitness and recreation of the base community—but when disaster strikes, the 104th Services Flight maintains a seldomly publicized, but very critical role of transporting and preparing the remains of those whom have been lost.



Stock photo

The Fatality Search and Recovery Team (FSRT) is a component of the Homeland Response Force, and was established to support the Federal Emergency Management Agency (FEMA) in the event of a large scale man-made or natural disaster. The FSRT's primary mission is to search for and recover those whom may have perished in a disaster.

The FEMA Region-1 has two 11-person FSRTs that are ready to respond within 7 hours of an event. The Barnes team recently completed its biennial certification evaluation;

where the FSRT demonstrated its ability to go into an austere environment and recover casualties and remains.

"This job is not glorious," said 1st Lt. Steven Ortiz, the FSRT OIC. "But in a disaster, recovering those who didn't survive is a critical part of the mission, and one that we take very seriously." Ortiz added, "In some disasters, there are more casualties than survivors, and it's our job to recover and transport these members of our community with dignity and work to reunite families."

The FSRT also trains to work in a toxic environment, donning chemical protection suits that allow them to operate when chemical or biological agents are in play. These suits are extremely hot and difficult to operate in, and force the team to shift operations, working in the "hot-zone" for about 45 min per extraction event.

The accident scene is sectioned into 3 areas: Hot, Warm and Cold. Each time the team needs to complete an extraction, the members must transition in and out of the zones, to ensure that they and the remains they are transporting are decontaminated and prepared for transfer to the next destination like a local funeral home or morgue. Each transition can take upwards of 10 minutes, which require the members of the team to work very expeditiously.

"The evaluation scenario we just completed involved a plane carrying a toxic chemical crashing into the Eastern State Expo; and there were hundreds of injuries," said Master Sgt. Tina Dimino-Frazer, 104th Prime Ribs Manager. "This scenario reinforced that most large-scale events have the potential for

something catastrophic to occur, and if it did, we need to be ready to respond."

The FSRT works alongside medical providers from the 104th and 102nd Medical Group, the CBRN Assistance and Support Element (CASE), the Army National Guard Extraction Element, and the Army National Guard's Decontamination Element. In total 577 members work together to find, extract, DeCon and triage and transport those affected in a mass-casualty event.

After 6-days of evaluations, the 104th



Stock photo

FSRT was rated among the best in the country, receiving the best possible score in all graded areas. The team is one of the gems' within the Homeland Response Force, a team of professionals that are dedicated to protecting the homeland and supporting the community. Regardless of how prepared they are, if you ask the team, they would tell you, they are glad they are prepared, but pray they will never be needed.

Funeral service for Tech Sgt. Patrick Rud

By Senior Airman. Loni Kingston, 104th Public Affairs Photojournalist

Funeral services for fallen Airman Tech Sgt. Patrick Rud were held at 11 a.m., Oct. 9, at the War memorial building in Holyoke, Massachusetts.

Many coworkers and friends from the 104th Fighter Wing were in attendance to pay their final respects.

Tech Sgt. Rud joined the 104th Fighter Wing in May 2006. He began working full-time as a weapons technician for the wing in February 2010. Prior to that he was an active duty member of the U.S. Marine Corp.

He had a distinguished career in the active duty, serving in Japan, Kuwait and was also deployed to Iraq and Afghanistan.

Tech Sgt. Patrick Rud proudly served his country and will be greatly missed.

Patrick A. Rud, 32, of Holyoke, was killed while driving a motorcycle on Route 5 at about 9:30 p.m., Oct. 3.

Several other people were also injured in the accident. The cause of the accident is still under investigation by the Holyoke Police Department traffic bureau.





Safety: How goes it?

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

The unit has experienced 2 injuries since the last How-Goes-It.

- Worker descending stairs; slip fall; lost workdays
- Worker removing hot pan; burnt arm; first aid

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

- PMV2 impact PMV4; multiple injuries; fatal
- PMV4 departed roadway; multiple injuries; hospitalization

In the 2 mishaps we have experienced we once again see that traffic safety is one of the most important items for us to focus on. In regards to the motorcycle fatality we are still awaiting the final police accident reconstruction report, but once again we see a motorcycle vs. an SUV as not a good situation for the bike rider! This is why it is imperative we continue to stress the use of PPE and we provide our riders free training to give them the tools they will need to have a better chance on our roads. In the second mishap we saw a car operator who became distracted and ended up in a high speed spinout and ultimately impacting a tree with the side of their car. Had they not have been wearing their seatbelt; they too would have been a fatality. Yes; Seatbelts

Save Lives! In both of these mishaps they were our own. This may explain why you periodically see the Safety Office out there doing seatbelt and cell phone use compliance checks. Our hope is that it simply becomes second nature to Buckle-Up and put down your phone and drive!

This leads me into the cold weather we are starting to see. Below are a few tips to consider as we start to see the days get short, dark and cold. If you have not done so or have been putting off checking out your vehicle, now is the time to do so. Items such as making sure you have good tires, a good battery, belts, and hoses can go a long way to help you safely make it to your destination. If you do break down on a snowy day do you know what to do? Do you stay in the vehicle? Do you walk for help? If possible we suggest you pull over to a safe location away from traffic and turn of your hazard flashers. If you can get over far enough we recommend you stay in your vehicle where you are protected from the cold and the possibility of someone out of control, or not seeing you, crashing into you walking on the side of the road. Use your head, survey your surroundings and make sure you are safe.

So if things don't go so well, what do you have to make things better for you if you are stuck in the storm? It's your winter

breakdown kit! You don't really need a lot, but you should have some items if you have to hunker down and ride out the storm. It can be you sliding off the road into a ditch or merely stuck on a hill with other cars, you will need something's for the short term. Items we recommend you have in your kit are a snow scraper and brush, small collapsible snow shovel, washer fluid, sand or kitty litter, jumper cables, flares, a flashlight and batteries, a whistle, some matches or lighter in a zip lock bag, a first aid kit, and some basic tools, electrical and duct tape. You should also have a vehicle cell phone charger for your phone, an emergency blanket, a dry coat, some dry foods like granola bars and nuts, and a couple bottles of water. If you need them, great you have them! If you don't, you just might be cold, hungry and you will be angry at yourself for not tossing these few items together.

If you have not done so yet, check your smoke and CO detectors and change the batteries! Your life and the lives of others might depend on it! Your safety relies on you! For additional information and being prepared we recommend you go to www.ready.gov to see some additional ideas.

Kid's Halloween Party

by Senior Master Sgt. Robert Sabonis, 104th Public Affairs Manager

The 104th Fighter Wing's Kid's Halloween party was held in the base Dining Facility on Friday, Oct. 24.

Approximately 80 children participated in this years event, arriving around 5 p.m., dressed in a variety of costumes. They enjoyed many activities, such as decorating pumpkins and coloring. The children were also entertained by a magician who astonished them with his many illusions. The night concluded with the haunted hayride around the base.

The USO was present serving snacks and drinks for all. Volunteers from the base helped the Family Readiness Group set up for the party, and also assisted during and after the event.





Letting Go, Taking Action, Moving Forward: A Warrior's Path to Living Meaningfully

Dr. Frank Gallo, Director of Psychological Health

In October, we focused on you recognizing the unworkability of using the problem

solving approach to pain, and instead practice noticing when you have painful thoughts or difficult feelings and what you do next. What did you notice? When you look at your Matrix diagram, what do you see? Do you see a habitual pattern of moving away from your pain over-and-over again? Each time you do something to move away from unwanted painful thoughts or difficult feelings and it provides you some relief, you strengthen that storyline. The chances of you doing an away move again when pain shows up is good, especially when such behaviors help you feel better right now. So your mind keeps on telling you what to do, and insisting you go along for the ride.

Treating whatever painful stuff shows up as a *problem to be solved* is natural. There is an evolutionary benefit to figuring out a solution to fight with, flee from, or numb out to something that is dangerous in order to survive. Maybe you learned in training to be tough, strong, and invulnerable, putting on the Iron Man suit to shield yourself from feeling difficult feelings. Maybe you learned from books about how to escape from or control things that your mind says are dangerous. Besides, when you repeatedly fix broken things like a flat tire or get rid of broken things like a clothes iron, it makes sense to use the same problem solving strategy to painful things that show up in your inside world.

Have any of your solutions stopped your thinking painful thoughts or feeling difficult feelings? The best we can say is yes and only in the short run. What in terms of valued living have been the long-term costs to you? In the exercise below, you will investigate how using the problem-solving approach to pain has cost you valued living.

Look at the different areas of living listed on the Values-Powered Living diagram located on the back cover.

Begin with the box labeled “i”, which stands for importance. Think about how important this area is in your life right now, and write your rating in that box: 0 = *not very important*, to 10 = *very important*. You may have the same ratings for different areas of living (e.g., Family = 10, Health = 10) so don't rank order them.

Go to the box labeled “b”, which stands for behavior. Think about how much, on average, you have been doing in this area of living over the past six months, and write your rating in that box: 0 = *not doing very much*, to 10 = *doing a lot*. You may have the same ratings for different areas of living so don't rank order them.

Do the following subtraction for each area of living: value i – value b = _____ and write that value in the battery box. Then circle either the negative symbol for a negative answer, the positive symbol for a positive answer, or circle neither if the answer equals zero.

Below are some examples:

- Positive answer: 10 (i value for Family) – 5 (b value for Family) = +5.
- Negative answer: 7 (i value for Friends) – 10 (b value for Friends) = – 5.
- Zero answer: 10 (i value for health) – 10 (b value for Health) = 0.

Here are possible meanings for your numbers:

High importance ratings might indicate what is clearly important to you.

Low importance ratings might indicate avoidance.

- Value might represent unpleasant experiences.
- A lack of awareness that this value may be a source of pleasant experiences.
- A lack of experience in contacting this area of living.

Low values to the subtraction problems:

- High importance and high behavior = consistently doing things in this area of living.
- Low importance and low Behavior = Putting about as much effort into this area of living as you value it.

High values to the subtraction problems:

- High importance and low behavior (+) = Area of living to increase behaviors.
- Low importance and high behavior (–) = area of living to decrease behaviors because burn-out, resentment, greater distress, or a growing sense of meaninglessness might happen over time.

Remember: You are an historical being and bring with you a rich history of behaviors to every life moment. To complete this exercise, you went to your experience to generate the numbers. The meanings of your numbers in the battery boxes are greatly influenced by how you came to value each area of living (i.e., the importance ratings).

In summary, when you are busy living life on the left side of the Matrix, you put valued living on the shelf. Relating to your pain the same old way over time, you might lose contact with what's important to you. The more you strengthen your habitual patterns of away moves, the more afraid you might become to go into what scares you — the more easily irritated you might become by painful thoughts or difficult feelings: thin skinned and easily provoked into doing the same old familiar thing trying to move away from pain. You might create a future in which you are less able to stay with the pain that shows up in life and the conditions for valued living that come along rarely.

Now that you can see the costs to you, what's the alternative to the problem solving approach to pain? Next month, we will explore Willingness. That is, holding your pain differently and in a way that frees you up to live the life you want to live. Until the next Airscoop, I invite you to continue noticing your inside world behaviors and what you do next.



Chaplain's Corner - The value of a friend

By Lt. Col. Stephen Misarski, 104th Fighter Wing Chaplain

Wingman; Battle Buddy; Friend. We have this amazing privilege to call someone in this world our friend. In fact our job in the military requires it. In fact, it is almost "Government Issued." Most jobs in the civilian world ignore this component. American men in general, are some of the worst in the world at making and maintaining male friendships. Not so in the military. In addressing any of the issues (like suicide, sexual assault, grief, etc.) that we try to address in the military, we call upon the "Wingman Concept" to be an integral part of the solution. But how do we move from a concept to a living reality? Here are a few suggestions:

1. Commit to the idea beyond an Air Force concept. The Christian scriptures emphasize the importance. "Two are better

than one..., if one falls down, his friend can help him up..., though one may be overpowered, two can defend themselves..." (Ecclesiastes 4:19-12. It is often quoted at weddings but the point is about friendship).

2. Reach out. Don't be a loner. Get out of your cubicle; out of the corner of your shop and make the effort. If you think you are lonely, there is probably someone lonelier. Press through the fear of rejection and use the energy to start a conversation. It may change your perspective on that person.

3. As leaders, commanders, first sergeants, etc. emphasize this concept and incorporate it as a value in your area. Provide time and events that would foster such camaraderie. Be aware of those who isolate themselves and have others reach out to them.

4. Maintain those bonds by dealing with conflict and frustrations quickly and directly. Relational stuff just doesn't just go away over time. It just hides in the background and like a computer virus, affect everything around it. Take the time to iron out those tensions before they grow.

In the context of the losses we have experienced in the last two months, it is important to strengthen these bonds. It may feel like we want to not become close to our fellow Airmen because losing a friend is so painful. But the alternative is worse. Let's continue to build friendships that we can lean on whenever hard times come.

Your Wingman, Chaplain Steve Misarski (Wing Chaplain)

If you want to talk, the Chapel Team is here. Call us at 698-1057 or stop by the Chapel in Building #12 (same as the Gym).



MANG MOBILE APP



Search:
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or use the QR Code below

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What is the Matrix?

- ✓ A simple and easy tool to help you sort your life stories
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- ✓ A tool to help you notice how your unworkable solutions are costing you valued living
- ✓ A tool to help you draw out what you want your life to be about in the big picture

What will you do?

- ✓ Draw out your problem solving approach to stressors
- ✓ Notice what hooks you in life
- ✓ Practice getting unhooked
- ✓ Choose what you want your life to be about
- ✓ Set goals and take committed action

For more information about the training,
please call Frank J. Gallo, Ph.D. at 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 message is to provide an update on the OSD JFSAP Military and Family Life Counselors (MFLC). Beginning Aug. 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 online, by 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

Family Readiness Group Pasta Dinner

- Thursday, Nov. 13
- Dining Facility, Bldg. 3
- 4:00 – 7:00 pm serving
- Pasta Dinner, Raffles, slideshow of our deployed members
- RSVP to 104fw.familysupport@ang.af.mil or Jenn Cesaitis 698-1183



The Barber Shop will be open the following dates: Wednesday and Thursday Only, Oct. 29 & 30, from 8:00 a.m. - 3:00 p.m. Enter Building 008, South Entrance. POC for Barber Shop operations is Master Sgt.



Tina Dimino-Frazier, and she can be reached at (413) 568-9151,

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. We look forward to your continued support for 2014!



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

Rally for Moose

Honor the memory of Lt. Col. Morris "Moose" Fontenot by attending the Rally for Moose Cross Country Run at the Ashley Reservoir in Holyoke, Massachusetts on Nov. 9. Start time will be at 1:31 p.m.



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



Angel Tree

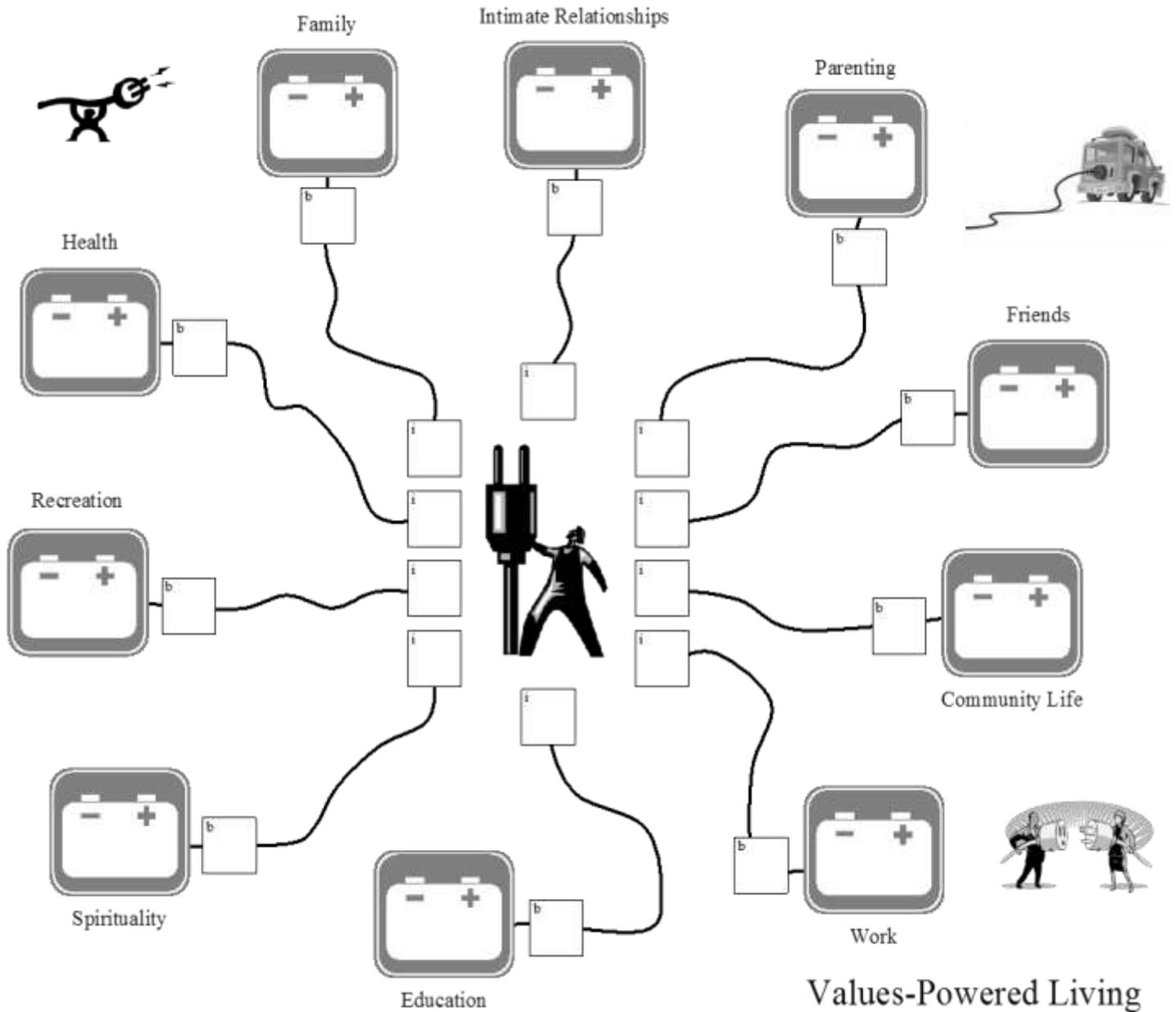
- Nominations for families in need due NLT Nov. 14
- Names and wish lists available by Nov. 19 – can be done via email.
- Gifts due back to AFRP NLT Dec. 17

CHILDREN'S HOLIDAY PARTY

- Sunday, Dec. 7
- Location TBD
- 12:30 – 3:00 pm
- Sponsored by Noble Visiting Nurse & Hospice
- Gifts, bounce houses, Dollar Tree stocking gifts

Values-Powered Living diagram

Dr. Frank Gallo, Director of Psychological Health



MASSACHUSETTS AIR NATIONAL GUARD

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PRIDE,
PROFESSIONALISM,
PATRIOTISM

We're on the Web

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