



 **December 2014**



An F-15 Eagle from the 104th Fighter Wing "popping off" flares during a simulated alert response training mission on Nov. 12, 2014.

Photo by Master Sgt. Mark Fortin



Col. James J. Keefe

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PRIDE, PROFESSIONALISM, PATRIOTISM

Commander's Column

By Col. James Keefe, 104th Fighter Wing Commander

Happy Holidays!

Another year has rushed by in what seems to be a blink of an eye! As we wind down 2014 and look to the future of 2015, we have much to be proud of and thankful for as a wing. The year 2014 was witness to several firsts for the wing. Here are some of the highlights...

While executing our wing's primary air superiority mission we deployed to the Pacific Command Area of Responsibility twice, with deployments to Sentry Aloha, Hawaii, in March; and to Cope Taufan in Malaysia in June. Both of these deployments were highly successful and are in keeping with the DoD's emphasis on the Pacific region. Our trip to Malaysia was the furthest we had ever deployed wing assigned jets in our history. The PACOM commander, General "Hawk" Carlisle, had nothing but great things to say about us as we seamlessly operated with F-22 Raptors from the Hawaii Air National Guard. We had over 300 104th FW personnel deployed to PACOM, CENTCOM, and the EUCOM theaters of operations this past year. And while we were performing those functions, we continued to defend the northeastern United States with our ACA mission. We operated out of Otis in August to support Operation Noble Eagle. Our Firefighters, Civil Engineering, Logistics, Emergency Management, and Security Forces personnel have filled critical agile combat support missions around the globe. On the state side we support the Boston Marathon and the Esplanade.

We had several of our wing member's volunteer for duty and extended tours to places like the ANG Readiness Center, ACC Headquarters, the Pentagon, and 1st AF. We recently had one of our officers, Maj Andy "Bishop" Jacob, 131st FS, accepted to the prestigious USAF School of Advanced Air and Space Studies (SAASS) program at Maxwell Air Force Base, a first for the 104th Fighter Wing. We are making an impact not only within the state and the F-15C community, but at the national level as well. We successful stood up our new Air Force Inspection System (AFIS) program and had a visit from the ACC/IG in November. Feedback from their team lead indicated that not only were we on track in

terms of the required timelines indicated in the program action directive (PAD 13-01), but were ahead of many other units in terms of developing a mature AFIS program. Although we have more work to do in getting ready for our ACC/IG Capstone visit in June, my feeling is that we are on a good glide slope to be in compliance and impress the IG when they visit in mid-2015.

We successfully partnered with the local community through various engagements to include the Westfield Chamber of Commerce, the Westfield Boys and Girls club, the Pioneer Valley USO, the Spirit of Springfield, the city of Holyoke St. Patrick's Day Road Race and Parade, and the 104th Family Readiness Group. The 104th Medical Group provided Guard Care for local school children. We delivered multiple Veterans Day and Memorial Day Speeches, and conducted base tours. We hosted Governor Patrick and participated in the new runway dedication ceremony in January. We held successful family and

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Alcoholism is treatable!
Need help? Call 1-800-410-2560
Sexual Assault S.A.F.E. helpline
1-877-995-5247

Commander's Column continued

MWR events to include the Children's Easter Egg Hunt, Oktoberfest, Wing Family Day, the Children's Halloween party, and multiple FRG dinners...partnering with places like Noble hospital and the USO. We had unfortunate news with the loss of two of our fellow airman, Lt. Col. "Moose" Fontenote and Tech Sgt. Pat Rud. The impact of the loss of our fellow airmen will be felt for many years, but the outpouring of support to

their families and friends from the 104th FW and the local community has been nothing less than amazing...a moment that made me understand what it means was to be a "Barnestormer"...

I am sure 2015 will bring its share of planned and unexpected challenges. I am positive we will meet these as we have in the past, with professionalism, dedication and teamwork. I would like to remind everyone of the awards banquet that will

be held January 10, 2015, at the Sheraton in Springfield. Please plan on attending to congratulate your fellow wingman who will be recognized for going above and beyond the call of duty in making this wing the outstanding unit it is. I would like to thank all of you for all you have done for our wing this past year. You have made me proud to be your commander!

Sincerely, Cobra

Coming to a computer near you—Air Force Network (AFNET) By Senior Master Sgt. Jeffrey Samuelson, 104th Communications Flight

The 104th Fighter Wing will soon begin migrating its computers and users onto a central Air Force Network (AFNET). Beginning in mid-January, and taking roughly two months, technicians will begin migrating 104 FW workstations, network users and servers into the AFNET.

The AFNET migration project is a *major* change to how the Air Force manages computer networks, and is one of the most complex DoD technology initiatives ever attempted. The goal of AFNET migration is to bring all Air Force components together onto one centrally-controlled shared network.

Until recently, each component of the USAF operated its own independent network. With no single organization or commander responsible for the network, problems including reduced security, increased costs and limited situational awareness were the order of the day.

The AFNET migration addresses these issues by putting all Air Force Cyber

Operations under the operational control of a single commander. This approach will yield a significant improvement in the Air Force's ability to securely provide the right information to the right people at the right time. Centralized services such as enterprise data storage, account management, and more will significantly improve network security and standardization, leading to the elimination of redundant systems and services. This reduces costs and frees taxpayer dollars for use in conducting combat operations in all battlespaces, including cyberspace.

How will this affect you?

Most of the changes should be transparent, and should not interrupt your day-to-day activities. However, as more bases complete the migration, you'll find it easier to log on to your network account from any Air Force facility without having to request an additional account. This means "easy access" during deployments and TDYs, and allows visitors from the active

and reserve Air Force to use Barnes workstations without having to bring their own equipment or fill out extra paperwork. Sites such as the Air Force Portal, Air Force Personnel Center, Defense Finance Accounting Service will remain easily accessible regardless of duty location. In addition, the AFNET migration introduces new channels for getting help with your most frustrating computing problems.

As the 104 FW approaches its projected start date, a teams of technicians from the 104th Communications Flight, the 299th Network Operations Support Squadron, the Air Force Network Integration Center, and the 690th Cyber Operations Group will be busy preparing equipment and resources to facilitate the migration of over 1,000 users here at Barnes. To ensure a smooth transition to the AFNET, look for future 104 CF-generated advisories.

Please contact the 104 CF Communications Focal Point at 698-1204 if you have any questions

The more things change: New e-mail system coming By Senior Master Sgt. Jeffrey Samuelson, 104th Communications Flight

Starting in October, 2014, the ANG began migrating NIPRNet email services to the cloud-like Department of Defense Enterprise Email (DEE) - NIPRNet provided by the Defense Information Systems Agency (DISA). This migration is currently scheduled to come to the 104th Fighter Wing in late Winter to early Spring, 2015, after the AFNET migration.

This new platform will provide significant improvements to email users because DEE improves efficiency and facilitates collaboration across DoD organizational boundaries. You'll gain email

storage capacity (4 Gigabytes per user), have CAC access to email from any authorized device regardless of TDY status or duty location, be able to share calendars across the DoD enterprise, and easily find contact information for all DoD email users worldwide. Finally, cross-domain functionality will allow NIPRNET users to send documents to SIPRNET.

The most immediate and obvious change will be the format of your email address. Rather than the familiar `first.last@ang.af.mil`, you will instead have a `first.middleinitial.last.mil@mail.mil` address

(e.g. `jill.a.snuffy.mil@mail.mil`, `joe.b.snuffy.civ@mail.mil`). Public Folder functionality will also be replaced by organizational mailboxes. Also, unlike the AFNET migration, this move will require some work on your part. But don't worry, the 104th Communications Flight will provide more information, including simple, easy-to-follow guidance as we approach the migration date.

Please contact the 104 CF Communications Focal Point at 698-1204 if you have any questions.

What does it mean to be a leader?

By Senior Master Sgt. Doug DaPonde, 104th Fighter Wing, Human Resource Advisor

Is being a leader innate? Do we all have the ability to be a leader? Do you even want to be a leader? Does leadership come with age? How about experience? Or does leadership come with just rank? Now you have achieved this rank and automatically you're a leader? Do you know how to lead? Do you know if you are effective at leading? Wow, all these questions about leadership! Maybe we should start with defining leadership? *What is leadership?*

First, a leader is a person who has the ability to lead people to accomplish an organization's vision, mission and goals. This is a simple definition that is open to interpretation on how it is to be accomplished. To be an *effective* leader one must possess a number of character traits.

Inherent to being a leader is the ability to foster professional growth

among staff, facilitate cooperation and teamwork, and provide an inclusive work place that promotes diversity among its people and processes. A



leader will take the time to make well-informed, effective and timely decisions—even if the decisions are not popular. A leader needs to be a problem solver. One who will collect all the facts, determine their relevancy, and then

come up with possible solutions and a plan of action to implement the solutions. After implementation of these solutions an effective leader will follow up to see how affective the solutions really are.

Finally, a leader needs to understand their limitations and builds consensus through providing opportunities for subordinates to get involved, allowing them to take ownership of the problem solving and reaching of goals. A leader needs to have influence over others to translate vision into action. They are accountable for their actions and are not afraid to take risks when the situation demands it.

The bottom line is that an effective leader has a variety of attributes they possess and are able to influence and guide others with these characteristics.

Ammo donates 104 turkeys to Salvation Army

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

The 104th Fighter Wing Munitions Group donated 104 turkeys to the Westfield Salvation Army on Nov. 20. The turkeys were purchased with money raised during the 2013 Ammo Can Drive. This year Master Sgt. Kenny McElroy and Staff Sgt. Brian Whitman were the two munitions troops who picked up and delivered the 104 turkeys. Gail LaGasse, Westfield Salvation Army Director, and Luz Rodrigues, Case Worker, accepted the turkey donations.

These turkeys will be the centerpiece of the Thanksgiving Day food baskets being handed out to the less fortunate families in the local area. The Munitions group has been donating 104 turkeys every year for more than ten years. They also accept canned food donations during the can drive, which are donated to the Westfield food bank or the USO. Ultimately, anyone from the 104th Fighter Wing or Army Aviation Support Facility #2 who contributes during the annual December Ammo Can Drive is responsible for making this donation possible. Thanks for your continued support.



From left to right, Staff Sgt. Brian Whitman, Luz Rodrigues, Master Sgt. Kenny McElroy and Gail LaGasse at the Westfield Salvation Army.

Photo by Senior Master Sgt. Robert J. Sabonis

104th Fighter Wing hosts DoD bone marrow registry By Senior Master Sgt. Thomas Dumais, 104th Fighter Wing Safety Office

Give someone with Cancer the gift of hope this Christmas! Consider registering in the National Bone Marrow Registry! What's required? Four mouth swabs and some paperwork!

Place: Barnes ANGB, Building 003 Dining Facility

Date and Time: Sunday, Dec. 7, 7:30 a.m.-11:00 a.m. (during brunch hours)

Please bring with you: Primary/alternate contact information for persons **NOT LIVING WITH YOU**. Address/phone/e-mail so that if matched someday, the registry can locate you.

Time required: to fill out the information sheet and obtain 4 mouth swabs - 10-15 Minutes

For additional information: Contact Senior Master Sgt. Tom Dumais, Wing Safety Office, 698-1116

Bone Marrow Registry Drive

Give something special to someone you don't know this Christmas! Hope! Hope to someone that's sick! Please consider registering for the National Marrow Donor Program! If you match someone you can help save their life! What a Gift! Getting registered is as simple as four mouth swabs and providing some basic medical and

contact information. If matched, you will be contacted, and if you concur, donation is as simple as a blood platelet donation.

To register you must be between 18-60 years of age and a member of the DoD; active duty military members and their dependents, DoD civilians, Reservists, National Guard and members of the Coast Guard. For additional information on the program and typical donation you can go to

<https://www.salutetolife.org> ,
<https://www.facebook.com/DODMarrow>
or
<http://www.youtube.com/watch?v=rYpbd8WVXWk>

If you have already registered in the DOD or other registry you don't need to reregister. All of the registries are linked together in the global registry. However, if you have moved or some of your information has changed you can update your contact information at <https://www.salutetolife.org/updateinfo.html> .

There are literally thousands of people, children included, with a blood born cancer such as leukemia or lymphoma out there who are waiting to be matched to someone who can give them another shot at life after being dealt

some bad cards. You could be that person if you are a match! Please consider at least getting into the registry.

If matched, all the way up to the donation, you will have the chance to say no.

For those of you not in a registry, we hope to see you stop by and at least check it out! For those of you who are in a registry, know someone who has helped someone, or have a question stop by and say Hi.



Benefits of exercise

By Lt. Col. Moira Brophy, 104th Medical Group

For many members of the 104th, December marks the time for the annual PT test. Many members are filled with dread, wondering about their score. Wouldn't it be nice if this wasn't a concern? Incorporating daily exercise into their routine can alleviate this apprehension.

There are many benefits to regular exercise, some well-known, others not so much. Most people are aware that exercise can help a person maintain or lose weight. It also is common knowledge that many diseases can be prevented or kept in check by daily

exercise, such as high blood pressure, diabetes and heart disease. What some people are not aware of is that weight lifting or aerobic activity can also improve one's mood as well as enhance sleep, develop one's endurance and increase energy levels.

The holidays are right around the corner. Make a commitment to incorporate exercise into your routine. You will be glad you did.





Safety: How goes it?

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

The unit has experienced four injuries since the last How-Goes-It:

1. Worker assisting with tent tear down; injured knee; less than 1st Aid.
2. Worker participating in exercise in CBRN gear; heat stress; greater than 1st Aid.
3. Participant jogging; trip fall; less than 1st Aid.
4. Participant lifting weights; injured back; TBD.

The unit has experienced one mishap since the last How-Goes-It:

1. GOV backed into bollard; left rear damage; 1K estimated.

When we look back over the previous year and how we did in regards to safety, we have two tragic events to reflect on. The first is the loss of Lt. Col. Fontenot and AC 157, and the second is the loss of Tech Sgt. Pat Rud due to an off duty motorcycle mishap. Each of these are tragic and reminds us all of just how fragile and sacred life really is. This is why

safety has to be part of what you do, every day, every time, and everywhere! Make no mistake about it, in the blink of an eye your life, or the life of someone else, may be changed forever! The safety rules and

Happy Holidays

the basics are all there to help us mitigate risks. If however we choose not to use them, we too are subject to a potentially life changing event! What am I referring to? The simple stuff! Not drinking and driving, always wearing your seat belt, coming to a full stop at a stop sign, personal protective equipment such as eye wear, gloves and boots are all tools to help you and others stay SAFE!

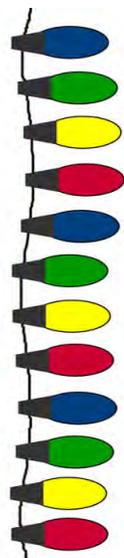
So with the ending of 2014 and the starting of 2015 we ask you to take a look at 2014 and learn from the errors made by others to help you prevent your own. It may be on or off-duty, the message is the same! Make safety part of everything you do, every day, every time, every day! Below are some tips to help you; Always wear your seat belt; always ensure the children are properly restrained in the vehicle; drive a serviced vehicle with good tires; slowdown in bad weather; have a safety kit in your car and home; check your smoke and CO detectors; always assess the risks and hazards of anything you do before you do it. As simple as these items are many don't think to do them until they wish they had! As always we ask that each of you keep making it happen; SAFELY! On behalf of the Wing Safety Staff, we wish each of you and your families a safe and Merry Christmas and a safe and Happy New Year!



Gift wrapping for Santa

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

Volunteers from the 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Mass. wrap Christmas gifts, Dec. 3, for the Children's Holiday Party scheduled for this drill weekend. The Children's Holiday Party is an annual event hosted by the Family Readiness Group and held for the children of unit members during the December Unit Training Assembly.





Chaplain's Corner - Merry Christmas

By Maj. Ken DeVoie, 104th Fighter Wing Chaplain



On December 25th, our National holiday observes the birth of Jesus Christ of Nazareth. Jesus is clearly the single most influential person in all of human history. I looked up Christmas on-line and thought a history lesson might be interesting to share. The following is from Wikipedia:

“The Chronography of AD 354, an illuminated manuscript compiled in Rome, is an early reference to the date of the nativity as December 25. In the East, early Christians celebrated the birth of Christ as part of Epiphany (January 6), although this festival emphasized celebration of the baptism of Jesus.

Christmas was promoted in the Christian East as part of the revival of Catholicism following the death of the pro-Arian Emperor Valens at the Battle of Adrianople in AD 378. The feast was introduced to Constantinople in AD 379, and to Antioch in about AD 380. The feast disappeared after St. Gregory of Nazianzus resigned as bishop in AD 381, although it was reintroduced by John Chrysostom in about AD 400.

Christmas or Christmas Day (Old English: Crīstesmæsse, meaning "Christ's Mass") is an annual festival

commemorating the birth of Jesus Christ, observed generally on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it closes the Advent season and initiates the twelve days of Christmastide, which ends after the twelfth night. Christmas is a public holiday in many of the world's nations, is celebrated culturally by a large number of former or non-Christian people, and is an integral part of the Christmas and holiday season.

While the birth year of Jesus is estimated among modern historians to have been between 7 and 2 BC, the exact month and day of his birth are unknown. His birth is mentioned in two of the four canonical gospels. By the early-to-mid 4th century, the Western Christian Church had placed Christmas on December 25, a date later adopted in the East, although some churches celebrate on the December 25 of the older Julian calendar, which currently corresponds to January 7 in the modern-day Gregorian calendar. The date of Christmas may have initially been chosen to correspond with the day exactly nine months after early Christians believed Jesus to have been conceived, or with one or more ancient polytheistic festivals that

occurred near southern solstice (i.e., the Roman winter solstice); a further solar connection has been suggested because of a biblical verse identifying Jesus as the "Sun of righteousness."

The celebratory customs associated in various countries with Christmas have a mix of pagan, pre-Christian, Christian, and secular themes and origins. Popular modern customs of the holiday include gift giving, Christmas music and caroling, an exchange of Christmas cards, church celebrations, a special meal, and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly. In addition, several closely related and often interchangeable figures, known as Santa Claus, Father Christmas, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and have their own body of traditions."

So, no matter how you observe this National holiday of Christmas, now you know a little more about the person and the significant history of the celebration of the birth of Jesus Christ.

A most blessed holiday to you and your loved ones!

Fr. Ken

Military Night at Bright Nights

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

Members of the 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Mass., attended Military Night at Bright Nights in Forest Park, Springfield, Mass., on Dec. 3. The Wing Commander, Col. James Keefe, as well as Col. Peter Green and Col. Alexander Haldopoulos were on hand welcoming busloads of veterans into the park.

The admission fee for Bright Nights was waived that night for active members of the armed forces, which includes the U.S. Air Force, Army, Marines, Navy, Coast Guard and National Guard. Bright Nights also gave the children of veterans free tickets to ride the merry-go-round, which is now right outside Santa's work shop.

The Spirit of Springfield and the Springfield Parks Division proudly salute the men and women serving in the United States Armed Services.





104th Fighter Wing 2015 Goals



Be the Most Respected Fighter Wing in the Combat Air Forces

Maintain Highest Degree of Combat Capability

- Meet 100% of the Overseas Contingency Operations and Homeland Defense taskings
- Budget/Provide for realistic training opportunities for all assigned UTCs
- Properly man and fund the Commander's Inspection Program and FW/IG office to foster a culture of continuous improvement

Provide AFNORTH Commander with Highly Trained and Reliable Alert Forces

- Fill 100% tasked ACA requirements
- 100% response time within 1 AF/CC criteria
- Maintain a strong relationship with EADS and 1 AF
- Continue unit ACA training opportunities on a monthly basis

Promote Safe, Secure Working Environment, with Zero Human Error Induced Mishaps and Zero Security Infractions and Incidents

- Maintain a proactive safety program to find and fix potential safety issues
- Empower all wing individuals to be "safety champions"

Develop and Take Care of our Airmen and Families

- Fully support family programs
- Promote a climate that supports officer and enlisted development at all levels
- Enhance communications with our DSG Airmen and families through a wide variety of media and a proactive public relations and strategic communications plan
- Recognize achievement through a robust awards and decorations program

Maintain Unit Strength Numbers Above 100%

- Retention > 98%
- Partner with JFHQ recruiting to target needed AFSCs
- Continue to recruit a diverse workforce

Partner with our Civilian Community

- Foster strong community relations through an active Military Affairs Committee and engagements with local, state and federal government entities
- Partner with JFHQ and SAF PA offices, and maintain an active Public Affairs posture with local and national media on positive wing accomplishments

*The 104th Fighter Wing Presents
The 4th Annual Awards Banquet
Saturday, the Tenth of January
2015*

*Sheraton, Monarch Place
Springfield*

Cocktail hour at 1700

Awards Presentations at 1800

Dinner and Dancing to Follow

Tickets: Airman--Master Sgt \$35.00

Senior Master Sgt- Chief \$ 50.00

Officers \$50.00

Civilians \$35.00

For Your Information

Thanks to pasta dinner volunteers

Thanks to all who arrived to help chop, stir, cook, steam, serve, clean & scrub for the fall Pasta Night! We served over 135 people, and sent food to the Fire Dept., Security, and others, to be sure everyone had a good dinner. We had the best turnout of helping hands that we have ever experienced, and I thank all of you! Thanks to the USO for always being ready with delicious desserts & beverages too! My best regards, Beth St. Clair

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 2015!



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



PATRIOTS GAME #3

The World USO proudly sponsored Senior Airman Barbara Plange from the Logistics Readiness Squadron and Tech Sgt. Heather Dragon from the 104th Force Support Squadron with free tickets to attend the Patriots game #3, on November 23.



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

PVC HOLIDAY CELEBRATION



Pioneer Valley NCO Club
Dec. 6, 2014
Free pizza
Entertainment provided by DJ Erik



Happy Holidays!

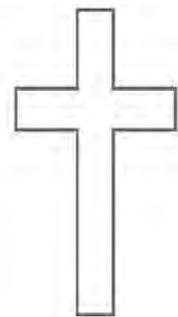
AND



Religion notes

Protestant Service on Dec. 6, at 11 a.m. in the Chapel. Chaplain Stephen Misarski presiding. The service will involve scripture and caroling.

Orthodox/Catholic Service on Sunday, Dec. 7, at 10:30 a.m. in the Chapel. Father Ken DeVoie presiding.



CCTV broadcast line up

Channel 7 - Video schedule & Base Info

Channel 9 - Training videos/Warrior Network

Channel 10 - Pentagon Channel - inoperative



Morning Training Video

- 0900-0940 Forklift Fundamentals and Ops
- 0940-1013 Confined Space Awareness
- 1013-1023 Basic Ladder Safety
- 1023-1053 Lockout/Tagout
- 1053-1101 FOD Prevention
- 1101-1108 Copyright Infringement

Afternoon Training Video

- 1300-1340 Forklift Fundamentals and Ops
- 1340-1413 Confined Space Awareness
- 1413-1423 Basic Ladder Safety
- 1423-1453 Lockout/Tagout
- 1453-1501 FOD Prevention
- 1501-1508 Copyright Infringement



Promotions

To Senior Airman (E-4)

- Sean White LRS
- Victoria Williamson LRS

To Staff Sgt. (E-5)

- Amarilis Rodriguez CES
- Nicholas Semenyck AMXS

To Tech Sgt. (E-6)

- Heather Dragon FSS
- Susan Jefferson MDG



Congratulations on your retirements

- Master Sgt. Kevin Leahy MXS 9 Dec 2014
- Master Sgt. James McKenna III LRS 30 Dec 2014
- Senior Master Sgt. Robert Keach AMXS 16 Jan 2015
- Chief Master Sgt. John Stec MOF 16 Jan 2015
- Tech Sgt. Benjamin Turnberg MSG 26 Jan 2015

Welcome to new members

- Juan Ochoa MXS 4 Nov
- Avery Chekovsky MXS 5 Nov
- Marcus Nelson SFS 7 Nov
- Jonathan McNeil AMXS 9 Nov
- Ashlee Bard LRS 12 Nov
- Justin Marshall AMXS 14 Nov
- Brenda Hendricksen FW 16 Nov
- Justin Chauvin LRS 19 Nov
- Trevor Larson AMXS 20 Nov

DFAC MENU

WHAT'S FOR LUNCH?

Saturday - 1100-1300 - \$7.70 for AGRs & Officers

Appetizer: Shrimp cocktail

Entrée: Chicken marsala or prime rib or stuffed shells, garlic mashed or long grain Wild rice, green beans or carrots

Soup: Turkey chili, chicken noodle

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

Dessert: Assorted pies and ice cream

Sunday - Brunch 0900-1200 - \$5.35 for AGRs & Officers

Appetizer: Shrimp cocktail

Entrée: Eggs, scrambled or omelets, bacon or sausage, oven browned potatoes, French toast
blueberry muffins, chicken marsala (left over)
prime rib (left over)

Soup: Turkey chili, chicken noodle

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

Dessert: Assorted pies and ice cream

Short Order: Burgers or grilled cheese, tuna melt or grilled chicken, French fries



Letting go, taking action, moving forward: A warrior's path to living meaningfully

Dr. Frank Gallo, Director of Psychological Health

In November we worked on completing the Values-Powered Living exercise in which you noticed how

living on the left side of the Matrix has cost you valued living. Now, you can keep doing what you have always done, but you will probably get what you have always gotten. Being willing to stay with your pain (thinking painful thoughts or feeling difficult feelings) instead of trying to escape it can free you up to live the life you want to live.

Staying with your pain begins with building a foundation for valued living. The process is similar to your weapons training during basic. You probably first practiced the building blocks for shooting excellence like breathing, stance, grip, sight picture, sight alignment, trigger control, and follow through. With practice and over time, doing these things became natural. Eventually, you did some target and combat shooting and maybe some force-on-force shooting. However, you first focused your attention on practicing the fundamentals. The essence of the fundamentals remained the same despite the different shooting situations.

Like shooting, let's begin with your learning and practicing skills to develop a stable platform from which to engage valued living. It begins with good breathing. Good breathing gives you a sense of feeling well and has important implications for your long-term health. Each breath contributes to balancing your blood's acid/alkaline levels keeping your cellular pH levels optimal. Taking five or six breaths incorrectly can alter your blood's pH level and delivery of oxygen throughout your body. Years of incorrectly over-breathing (hyperventilation) might put you at risk of developing a range of respiratory, cardiovascular, neurological, gastrointestinal, muscular, psychological, or general health problems.

Good breathing is also about a correct exchange of gases. Taking oxygen (O2) into your body during inhalation (breathing in), by which it enters the blood, circulates throughout the body, and tissues and organs use it. Carbon dioxide (CO2) is a by-product of your tissues and organs metabolizing O2. You expend this exhaust during exhalation (breathing out). However, CO2 has another important function. It is responsible for distributing O2 to the tissues and organs, and maintaining optimal pH blood and electrolyte levels.

Diaphragmatic breathing is good breathing. It uses the diaphragm muscle, which is a dome-shaped sheet of muscle separating the stomach cavity from the chest cavity. A respiratory cycle consists of inhalation and exhalation. The diaphragm and intercostal muscles contract during inhalation, pulling the lower part of your lungs downward and moving the belly out. The muscles and lungs relax during exhalation and return to their resting position moving the belly in. The diaphragm and intercostal muscles are the appropriate muscles to use during inhalation.

The bottom line is breathing well can lead to being well. Breath training is an important part of any life skills or self-regulation training, counseling, or medical treatment program. Diaphragmatic breathing in which the abdomen rises and falls while the upper chest remains still is good breathing. It involves taking in an appropriate amount of O2 to meet the metabolic demands in the moment, expending and using an appropriate amount of CO2 to maintain a healthy body chemistry yielding long-term health. Other benefits can include deactivating the stress response and activating the relaxation response freeing up energy to focus on doing in the moment what matters, increasing awareness and your ability to respond to stress better, improving sleep, lowering heart rate, having less anger, and relieving pain.

Your overall goal in breath training is breathing a little slower, deeper, smoother, and a little quieter. As you practice diaphragmatic

breathing, you will find that the duration of an inhalation and exhalation will become roughly the same. Breath training should feel comfortable: don't force it. Breathing should be smooth with no pauses before or after inhaling or exhaling. Your optimal breath rate should range between five and seven respiratory cycles per minute. Nasal breathing in which you inhale and exhale through your nose instead of your mouth is healthier for you. It cleans, warms, and moisturizes the air you breathe. It promotes diaphragmatic breathing whereas breathing through your mouth can lead to over-breathing.

Before you begin your training, diaphragmatic breathing might be strenuous for some beginners especially for those in distress and holding their diaphragm in partial contraction. And mild diaphragmatic cramps are possible. If such cramps get worse, persist, or cause you discomfort, you should discontinue the training. Your physical condition as with any exercise and training might contraindicate the safety and benefits of diaphragmatic breath training. Such conditions include:

- muscle, tissue, or organ injury;
- metabolic acidosis for which over-breathing might be a compensatory behavior (e.g., diabetes, insulin-dependent diabetes, kidney disease); and

low blood pressure or related conditions like syncope (or fainting; breath training might cause a significant drop in blood pressure, and reduce insulin dependence).

As with any exercise and training, consult a physician about your condition and whether diaphragmatic breath training is appropriate for you. The below exercise focuses on using the diaphragm muscle to breathe. You may want to record the exercise and listen to it regularly. The more you practice the better you get at it. In the next Airscoop, you will continue learning skills to stay with your pain and building a foundation from which to engage valued living.

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