



March 2015



Members of the UMASS Amherst AFROTC Detachment 370 watch as an F-15 Eagle takes off from the 104th Fighter Wing, Massachusetts Air National Guard, during the cadets tour of the base, Feb. 27, 2015.

Photo by Senior Master Sgt. Robert Sabonis



Col. James J. Keefe

AIRSCOOP

104th Fighter Wing
 Barnes Air National Guard Base
 175 Falcon Drive
 Westfield, MA 01085

www.104fw.ang.af.mil
 E-mail: 104fw.pa@ang.af.mil

Wing Commander
 Col. James J. Keefe

Vice Wing Commander
 Col. Kenneth Lambrich

Command Chief Master Sergeant
 Chief Master Sgt. Maryanne Walts

Public Affairs Officer
 Maj. Mary L. Harrington
 1st. Lt. Anthony Mutti

Managing Editor
 Senior Master Sgt. Robert J. Sabonis

Photo and Graphic Support
 Public Affairs - Visual Information

PRIDE, PROFESSIONALISM, PATRIOTISM

Commander's Column

By Col. James Keefe, 104th Fighter Wing Commander

Last month we held a Strategic Planning conference at the Southbridge Convention Center. Approximately 50 members from the wing, representing all groups, AFSCs, ranks and statuses, met to discuss the future of the 104th Fighter Wing. Our goal for this event was to determine what the wing should look like in the 5-10 years that lies ahead of us, and then to develop an actionable plan to get there. We would hold true to our core values while moving towards our vision of being the most respected fighter wing in the combat air forces, the first unit that would be called upon when F-15C air superiority or combat support force are needed to defend our nation.

An important and enlightening part of this conference were the briefings we received from members of the Air National Guard Air Staff (A-staff); to include personnel, programming, requirements, and facilities. We were also briefed by Brig. Gen. Gary Keefe, ATAG-Air, MA ANG, and Maj. Neal Byrne, from Lt. Gen. Clark's staff. A common theme from all the briefings was that to be successful in today's ANG, a unit must maintain its relevancy.

Relevancy can mean many things to different audiences. For the Governor of Massachusetts (our Commander in Chief under Title 32 state duty), relevancy is measured in our ability to support domestic operations. The NORTHCOM commander needs alert forces on the proper status to protect the homeland. For the USAFE commander, it's the ability to project air superiority forces to check the recent aggressiveness of Putin's Russian military forces. The same can be said of the PACOM commander in his desire to show China that we can deploy from great distances then employ with one of our Pacific Rim allies. The CENTCOM commander needs could be more support force...like getting EOD, FSS, or SFS defenders to Afghanistan. Our mission sets cover all theaters of operations with a wide variety of skills. Within the last 30 days, we have 104th FW members in, returning from, or preparing to deploy to all of these AORs

...we are as relevant today as we have ever been. The challenge is to maintain that relevancy well into the future, and that is where our Strategic Planning process comes into play.

Looking at all the information we had available to us going into the planning conference, we came to an educated conclusion (which I won't expand upon in this short article) that within the next 10 years: we would still be flying the F-15Cs; we would continue to deploy to support the war effort; we would be sitting ACA alert here at Barnes; we would be a TFI unit with active duty personnel embedded into the wing; we would see an increase in DOMOPS/DSCA taskings; and lastly, that the DoD budget would continue to decline year over year.

We then broke the conference attendees into three groups: Missions, People and Partnerships, and Facilities. The task was to then identify strengths, weaknesses, threats, and opportunities within each group that would affect the wing in the future. A wide range of questions were posed to the groups with the intent of helping us chart our path into the future. What facilities do we need to be effective in our missions? What new mission could the 104th FW absorb? Who are the power players that make decisions that affect us...and how

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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

can we affect the outcome of those decisions? How can we leverage local partners to increase our mission effectiveness and efficiencies? What developmental tools do our people need to not only be successful now, but into the future? These are some of the many questions asked and debated over the two-day event. Although we did not end the conference with an updated "completed" Strategic Plan, the group did an enormous amount of work in laying the foundations for a

bright future.

I thought it was important to let you know that we are not sitting idle with respect to the future of this wing. In the near future we will publish the updated Wing Strategic Plan with specific actionable tasks to help us remain in the fight, and ensure our ability to do so into the future. Our base master plan, last updated in 2007, was also reviewed and will be modified to allow us to enhance our current missions while possibly opening the

door for new missions here at the 104th. The conference was a huge success and will allow us to focus our energies, resources, and time, to ensure we will be as relevant in 10 years as we are today, all the while maintaining our tested warrior ethos. Expect more information on our strategic planning process in the near future...for as a famous dead guy once said, "Failing to plan ...is planning to fail."

Why I Ruck

By Staff Sgt. Michael Patnaude, 104th Fighter Wing Security Forces

Last year I endeavored upon a noble feat. To walk with military bearing, under a physical load, in the memory of a fallen Marine. It seemed easy enough, to walk straight forward with a ruck-sack on my back for up to eight hours. Seldom do we anticipate the finer details in life.

Lance Cpl. Walter K. O'Haire of Lynn, Massachusetts was KIA, May 9, 2007, in Fallujah Iraq. I was in the same platoon as Walter through Recruit Training, and the School of Infantry. We both served in 2nd Battalion, 6th Marines. He in Golf Company, and myself in Fox Company. I can say with full honesty that I loved this man, and that is why I honor him.

On a beautifully crisp spring morning, three hundred soldiers and airmen began an epic journey. Travelling down the historic streets of Lexington and Concord, in the very footsteps of our beloved Minutemen, one can be filled with patriotic pride. In observance of the battles of Lexington and Concord, we celebrate Patriot's Day. The Tough Ruck is typically held on the grounds of the Boston Marathon. However, the marathon bombings have changed this event forever.

Enter the National Park Service, and the Trustees of Reservations.

These two entities gladly opened up the Old Manse, and the Battle Trail to this event. It was an experience I'll never forget. To see the sites of the battles of Lexington and Concord, the shot heard 'round the world, the Revolutionary era houses, and the British and Colonist graves randomly scattered about the grounds of Minuteman National Historic Park is amazing. Not to mention that it's Patriot's

Day weekend, and the park is full of role players and visitors, it's quite the event.

The weight of the ruck places a constant burden on your economy of movement. The terrain varies from old city streets, dirt paths and marshlands, wooden planks, rolling hills, farms, and forested gravel paths, a drastic change from the asphalt streets of the Boston Marathon. Now it's your show and all eyes are on you, the modern Minuteman.

I choose to do things that those who have paid the ultimate sacrifice, are no longer able to do. I endure the good times, the bad times, the pain, and the pleasures of being alive. Lance Cpl. O'Haire was a great Marine, and an even greater person, a short, bespectacled Irishman, from a very large family of natural and foster children. He would do everything for anyone in need.

With his father dying after a long fight with cancer, Walter wanted to make him proud. Walter's father died while we were in boot camp. He never saw his son become a United States Marine.

Walter, better known as "Gator" after his favorite childhood cartoon character, was a Boston Bulldog through and through; stubborn,

morally straight, and always fighting the good fight.

I rucked with a yellow ribbon bearing his name. As I crossed the finish line, with throngs of supporters cheering me on, I couldn't help but feel emotionally overwhelmed, thankful that I was wearing sunglasses to hide my tears, not because I was mourning his loss, but because he has inspired me to act in his name. I successfully completed the Tough Ruck, but at a price. I had literally skinned my pinkie toes raw, and they still look different to this day.

This year I am rucking in memory of Lt. Col. Morris Fontenot Jr. I know the misery's of the Tough Ruck, and I look forward to experiencing them again. I hope to be joined by those that are motivated and inspired as I am to honor those that gave all.

TOUGH RUCK 2015
CONCORD FUELED BY
The Boston Marathon - National Park Service - Trustees of Reservations

104th Fighter Wing TEAM MOOSE
 A Team Fundraising Page Benefiting Military Friends Foundation



<https://www.classy.org/fundraise/team?ftid=43380>



Safety: How goes it?

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

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

Participant swimming in surf; lacerated leg; greater than 1st aid.

Worker slipped on ice; injured elbow; less than 1st aid.

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

4 F-15 aircraft engines damaged taxiing; FOD/nicked blades; blades blended (repaired).

The official start of spring this year is March 20, and this year I think it has special meaning. What I mean by this is that this winter, especially the last 45-60 days or so, have been really rough. Rough in the amounts of snow we have seen and rough in the low temperatures we have experienced. All of this leads us to approach good weather in different ways. Some of us may simply want to continue on at the same pace as we always do, but for others, this is the time to get out there and enjoy the semi-warm weather and get some stuff done. Below are a few items we ask you to consider before doing so.

Motorcycles and vehicle operators- For those of you who ride, the covers will be coming off soon and the spring battery and

basic maintenance before the first ride will begin. For the new riders we would like to remind you that if you ride in a military or UTA status, you are required to complete rider safety training and obtain an initial and preseason documented safety briefings. For those of you who are already riders, you are required to obtain a documented preseason briefing. See the March UTA training schedule for locations and times. For those of us who operate cars, trucks and SUVs, we too have our parts as well. The slogan look twice save a life is a true statement. Pay attention and drive!

Pedestrians- We only have one road and it is shared with everyone. This means walkers, joggers, motorcycle riders, vehicles, bicyclists, skate boarders, and children are all trying to use the same roadways. We ask that if you are a vehicle operator you take heed and give the right of way when it's due. To the pedestrians we ask that you use your head as you once again take to the roads. Always make sure you can be seen; always go against traffic if walking or jogging and with traffic if riding a bike. If there are PPE or illumination/reflective requirements, use them.

Home and car repairs- As stated before,

the winter has been tough and this is our chance to fix that gutter, trim that tree branch, clean the yard, repair that chimney, or fix and clean your vehicle. Each of these and many more require tools. Some of them will be power tools and others will be a simple hand tools. Each demands our respect and the minute you don't, it will likely remind you that you should have. If there is personal safety equipment required; wear it! If there are specific safety rules to use; use them. Don't take shortcuts.

This is simply a short article to remind you to walk before you run into spring. The biggest factor in your safety is you and only you can make sure you are safe. This means thinking ahead and really understanding the job or task before you try to do it. Ask yourself the following questions: What are the hazards? How can I manage or control the hazards? Then put into place the actions required for your safety. It may be as simple as a set of jack stands, the correct ladder, some protective eyewear, gloves, or something else. Whatever it is, we ask that you use it so you can accomplish your task; SAFELY! This way you can look forward to summer!



Chaplain's Corner - Making right relationships

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

There was a sappy movie from the hippy days (1970's) simply called "Love Story." For us old guys, we recall the sound track and the now famous quote, "Love means never having to

say you're sorry." The quotation is now more familiar than the movie itself. It presents a fallacy that persists into our day.

Healthy relationships mean having to say you're sorry **often**.

In the Christian tradition, this season is the most sacred of the year. Ash Wednesday begins the season by us remembering that we are dust. In the Jewish tradition, this season reminds us that we were once slaves in need of freedom and redemption. We focus on renewing our relationship with God, but hopefully we also look at our relationship to others.

Whether in marriage, in families, in friendship or at work, relationships can get way out of whack. Impatience leads to anger that leads to harsh words exchanged that could lead to worse. After the "shock and awe", a "cold war" may set in. Relationships are strained and conversations, if any, become

shallow and insincere. What do you do when things get this way? How do you fix it? How can you get back to being real friends, colleagues, wingmen? Regardless of what the other person does, what can I do to make it right?

Here are some suggestions:

1. Remember that you are dust. Whether we are religious or not, we must recognize that we are not perfect. Someone may have said or did something to us, but we made the choice to react. My reactions are not always the right ones. Everyone is in the same condition. Humility is the best policy.

2. As far as it concerns you, make peace with everyone. It is stressful to function in a tense, adversarial environment for long periods of time. But you cannot change another person. You can only change YOU and your reaction to a situation. Make the first move to mend broken relationships.

3. Be willing to make restitution. "How can I make this right?" There are hurt feelings that may go away but there is often loss of time, property or value. Willingness to pay the cost, shows that your words and intentions are sincere.

4. Dial into your own spirituality. For Christians, we have the example of Christ on the cross, "Father, forgive them..." For Jews, there are mitzvot (good deeds) that are performed and the Scriptures are full of examples of restitution. Each faith group has a way to deal with forgiveness. Start the reconciliation process between you and God first and then go out from there.

5. Bottom line, say it out loud first to yourself, to God and then to others. "I am sorry. I have blown it. Please forgive me." For those of us who have deployed to war environments, we know that the stress wears on you. No one can live there long term. Do what YOU can to live in peace.

SAVE THE DATE: Our next Strong Bonds Event is for Married Couples: April 24-26; Laugh Your Way to a Better Marriage. Call or email and reserve a slot. Stay tuned for a Family Event.

If we can help in any way at the Chaplains Office, give us a call (698-1057) or stop in (Building 12; same as the gym). We love to be of use to you.



COMMAND CHIEF AIM POINT

Renew Our **COMMITMENT** to the Profession of Arms

- Core Values (Integrity/Service/Excellence)
- AFI 36-2618 "Little Brown Book"
- Focus on Performance and Training
- Leadership/ Mentorship/ Supervision
- Deliberate Development of Airmen
- Education Requirements

HEALTH of the Force

- Resilience- Mental, Physical, Social, Spiritual,*Fiscal
- Wingman Concept- SAPR, Safety, Distress
- Employ Technology

RECOGNIZE/ EMBRACE our Accomplishments

- Recognition Informal/ Formal
- Each of you fit into the mission
- Tell Your Story





COMMAND CHIEF AIM POINT

Renew Our **COMMITMENT** to the Profession of Arms

Core Values- The Core Values are much more than minimum standards. They remind us what it takes to get the mission done. They inspire us to do our best at all times. They are the common bond among all comrades in arms, and they are the glue that unifies the force and ties us to the great warriors and public servants of the past.

AFI 36-2618 "Little Brown Book"- All Airmen and Officers should become familiar with the enlisted force structure. This is your basic guide for each tier in your enlisted career.

Performance- "If you can't perform, why are we considering anything else? If you can't do what you are here to do for our Air Force...all the other questions are somewhat irrelevant."-CMSAF

Training- Focus on skill-level training. Priority train on your mission.

Leadership/Supervision/Mentorship- EPR, Feedback, etc., all tied to "eye-to-eye" contact with your Airmen. INCREASE human interaction in a 360 degree manner.

Deliberate Development of Airmen- It is imperative that we all pay attention to our individual development and as supervisors, mentors and leaders; we deliberately develop those who will lead in the future.

Education Requirements- CCAF requirements for E8/9. Focus on PME at the right point in your career.

RECOGNIZE/ EMBRACE our Accomplishments

Focus on the importance of what we do; ensure we let our Airmen know how well they have accomplished what we ask of them and how each of us fits into the mission of our Air National Guard at home and abroad.

- Recognition Informal/ Formal
- Each of you fit into the mission
- Tell Your Story



www.ang.af.mil/resources/angccmpage/index.asp



www.twitter.com/chiefhotaling



www.facebook.com/CommandChiefMasterSergeantoftheAirNationalGuard



www.youtube.com/user/TheAirNationalGuard

HEALTH of the Force

Resources to build resilience- Embrace the four pillars of resilience (Mental, Physical, Social, Spiritual). While not one of the four pillars, * fiscal resiliency is also important. Each wing with a master resilience trainer (MRT). Maximum support for Directors of Psychological Health (DPH), Chaplain Corps, team building activity, etc.

SAPR- Sexual Assault Prevention and Response. WE take care of all Airmen, WE are one team, WE protect each other from harm.

Airmen/Family Readiness Programs- Ensure our AFRPM is engaged in all that we do.

Employ Technology- Make availability of technology a force multiplier for our ANG.

"The value of an Airman INCREASES within a resource constrained environment"



Shepard family's thank you

Thank you for the beautiful flower arrangement & all the support you have offered to both Jim & us through this difficult journey. We could not have made it through this without the support of the wonderful people of the 104TH.

Our hearts are touched & forever grateful.

The Shepards - Dad, Brenda & Dan

*Your kind expression
of sympathy
is deeply appreciated
and
gratefully acknowledged
by the family of*

James P. Shepard



James Patrick
Shepard
May 23, 1990
December 15, 2014

Come to Me

God saw you getting tired
And a cure was not to be.
So He put His arms around you
And whispered "Come to Me."
With tearful eyes we
Watched you,
And saw you pass away.
Although we loved you dearly,
We could not make you stay.
A golden heart stopped beating,
Hard working hands at rest.
God broke our hearts to
Prove to us,
He only takes the best.

St. Pierre-Phaneuf Fairview Chapels

For Your Information

Barber Shop Open



The Barber Shop will be open for the 2015 UTA dates. Enter Building 008, South Entrance. POC for Barber Shop operations is Master Sgt. Tina Dimino-Frazer, at (413) 568-9151, x698-1234.



PVC Upcoming 2015 Events

March UTA: On Sat., March 7, the Pioneer Valley Club will host a Beirut tournament. Beirut is a game in which players throw a ping pong ball across a table with the intent of landing the ball in a cup at the other end. The game typically consists of two teams of two players each with 6 or 10 cups set up in a triangle formation on each side. Each team then takes turns attempting to shoot ping pong balls into the opponent's cup. If a ball lands in a cup, the cup is removed from the table. The first team to eliminate all of the opponent's cups is the winner. If you would like to participate in this event, please contact Staff Sgt. Mike Kennedy or Senior Airman Ari Gunning for more information. Even if you do not plan to participate in the tournament, come cheer on your friends and join us in celebrating St. Patrick's Day while enjoying some green beer and Reuben sandwiches.

May UTA: On Sat., May 2, the Pioneer Valley Club will be hosting a "Cinco de Mayo" celebration. Frozen margaritas will be available for purchase.

June UTA: On Wed., June 10, the Pioneer Valley Club will be hosting a "Cook Your Own Steak Night". Reservations are required for this event. See your PVC Council representative for more information.

*Non-alcoholic beverages are always available.

Do you have an event coming up and need a venue? The Pioneer Valley Club is available for rental by PVC members. Please contact Master Sgt Shannon Huard for more 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.



ANG BOWLING TOURNAMENT

Save the Date
 October 10-11, 2015
 ANG Northeast Regional Bowling Tournament
 AMF Chicopee Lanes
 Primary POC: Mary Ann Lemire (bobmaryann2@charter.net)
 On-base POC: SMSgt Scott Sanderson (scott.sanderson.3@us.af.mil)



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

WALK IN LEGAL ASSISTANCE

The Legal Office provides legal assistance to all ANG members on the following legal deployment related issues: Wills, Powers of Attorney (Family Care Plans), Service members Civil Relief Act, and Employment and Reemployment Rights. Walk In Hours are available every Saturday UTA from 0900 - 1100 hours. If you are unable to come during this time, please call our office at ext. 1244 to make an appointment. We would be happy to accommodate your schedule.



NOTARY PUBLIC SERVICES ALSO AVAILABLE



Religion notes

Protestant Service on Saturday, Mar. 7, at 11 a.m. in the Chapel. Chaplain Stephen Misarski presiding.

Orthodox/Catholic Service on Sunday, Mar. 8, at 11:30 a.m. in the Chapel. Father Ken DeVoie presiding.



Welcome to new members

Michael Bednaz	AMXS	5 Feb 2015
Zane Collier	LRS	5 Feb 2015
Nicholas Nihill	FSS	7 Feb 2015
Meagan McCole	CF	7 Feb 2015
Brendan Schomer	AMXS	7 Feb 2015
William Bladen	131FS	8 Feb 2015
Victor Agyenim Boateng	FSS	11 Feb 2015
Emmanuel Danso Agyei	FSS	11 Feb 2015
Andrew Gale	SFS	11 Feb 2015
Neil Donnelly	AMXS	12 Feb 2015
Thin Tran	CES	17 Feb 2015
Devon Porter	MXS	19 Feb 2015
Karl Burston	FSS	20 Feb 2015
Matthew Woodfield	131FS	24 Feb 2015
Timothy Mullane	AMXS	25 Feb 2015

CCTV broadcast line up

- Channel 7** - Video schedule & Base Info
- Channel 9** - Training videos/Warrior Network
- Channel 10** - Pentagon Channel - inoperative



<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

Promotions

To Airman 1st Class (E-3) Ernie Santiago	CES	
To Senior Airman (E-4) Janice Cintron	FSS	
To Staff Sgt. (E-5) Benjamin Digiammo	AMXS	
To Technical Sgt. (E-6) Gregory Gay	FW	
To Master Sgt. (E-7) Lori Rowe	MSG	

Congratulations on your retirements

TSgt Jeanette Boos	CES	11 Mar 2015
SMSgt Willard Stewart	SFS	1 Apr 2015
TSgt Michael Michaud	MXS	1 Jun 2015
SSgt John Kostka	AMXS	7 Jun 2015
TSgt James O'Brien	AMXS	7 Jul 2015
MSgt Thomas Miskiv	CES	17 Jul 2015



WHAT'S FOR LUNCH?

Saturday - 1100-1300

Entrée: Salisbury steak with gravy or boneless roast turkey w/fix'ns, rice, mashed potatoes, cauliflower, corn

Soup: Chili, veg soup

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

Dessert: Brownies or chocolate cake

Sunday - 1100-1300

Entrée: BBQ chicken, baked scrod w/ lemon herb panko crumb, oven-browned red potatoes, rice pilaf, carrots, broccoli

Soup: Chili, veg soup

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

Dessert: Apple cobbler or chocolate chip cookies

Short Order: Burgers, grilled tuna & cheese, grilled chicken sandwiches and fries

AGR & Officer Meal Rate \$5.55



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

Dr. Frank Gallo, Director of Psychological Health

This month we continue your training with learning and practicing skills to stay with thinking painful thoughts or feeling difficult feelings

related to a life story.

Let's begin with the fact that your mind is busy telling you all sorts of things much of the time. And, you already have the capacity to listen, pay attention, be present, and ignore what your mind tells you to do. For example, maybe you remember having a meaningful conversation with someone important to you. Your mind, out of nowhere, throws you a thought to do something like "punch the person in the mouth." Now, you don't act on it and wonder where did that thought come from. There was something about that moment linked to the words "punch the person in the mouth" in the vast relational network of thoughts in your experience. Having a curious, nonjudgmental, and flexible attention to whatever thoughts or feelings arise moment to moment without acting on them is the essence of being available for what life has to offer you.

You can only work on this type of attention though when pain shows up. You can notice the pain, be patient with it, get curious about it, and know that it's going to trigger you to do what you've always done. In that moment of discomfort, your mind will tell you that whatever your addictive behavior is, it will work and make you feel better. Does it? Will it this time? The best you can say is yes, briefly. However, you know deep inside your heart that it won't in the long run, but the addictive urge to do the usual thing is still there at some gut level. You will still think that if you do the habitual thing you will feel better. In the long run, you are just strengthening your habits, which are keeping you stuck in a cycle of suffering. Trying to escape from your inescapable life story cripples you from living a rich, full, and meaningful life.

The fact is, thinking painful thoughts or feeling difficult feelings related to a life story are fluid, not static, or fixed behaviors. Your thoughts and feelings have a quality of *impermanence*, fleeting and changing moment to moment.

In the following exercise, you will practice looking at your thoughts and feelings, and letting them go. Watching your thoughts and feelings flow one after another, you can notice when you shift from looking at them to looking from them, and when they hook you pulling you away from your experience. When you do this, you become

awake to their impermanence so relax wholeheartedly into the fact that things change. You may record the exercise on your own and use it regularly. You can also find the exercise podcast on the Wing's training web site in the Me Noticing section.

1. Begin by finding a quiet and comfortable place where you can sit in a chair and pay attention.

2. Place your feet squarely on the ground. Sit up in the chair so your back is straight but not rigid. Relax your shoulders and arms, and place your hands with palms down on your lap, and fingers naturally open. Your head should feel level looking forward. This posture helps you stay awake. There is nothing particularly difficult about doing this exercise. It just requires your attention.

3. Close your eyes now, or find a place in front of you like the floor or wall where you can fix your gaze, and focus on your breathing.

4. Breathe in through your nose, feeling your belly going out when you inhale, and breathe out through your nose, feeling your belly going in when you exhale (*pause 30-seconds*).

5. As you inhale, feel the cool air flowing in through your nostrils filling you up. With each inhale, think, "I feel awake and ready" (*pause 20-seconds*). As you exhale, feel the warm air flowing out through your nostrils emptying you out. With each exhale, think, "I feel warm and calm" (*pause 20-seconds*). Now move into your feeling awake and ready when you inhale, and warm and calm when you exhale (*pause 20-seconds*).

6. Continue practicing your breathing. Feel the heaviness of your body as you exhale through your nose. Its weight falls naturally on your belly. Its energy through your legs and feet, and into the ground. Feel the sense of groundedness through your whole body (*pause 30-seconds*).

7. Remember, breathe in through your nose feeling your belly going out, and exhale through your nose feeling your belly going in. Focus on breathing a little slower, deeper, smoother, and quieter, relaxing more-and-more with each exhale (*pause 30-seconds*).

8. Now imagine sitting up on a rock next to a flowing stream. As you look down at the stream, you notice leaves on the surface of the water. Keep looking at the leaves, watching them drift past you, down the stream, and out of your sight (*pause 30-seconds*).

9. Sooner or later your mind will wander away to thinking thoughts or feeling feelings. That is what it does, and it's okay. When you notice your mind doing this, put each thought or feeling, whether pleasurable or painful,

on a leaf as it comes closer to you. Watch it float by, down the stream, and out of your sight. If your thoughts and feelings stop, just return to watching the stream (*pause 30-seconds*).

10. Don't try to figure out the meaning or the relationship between your thoughts or feelings, even though your mind might tell you to. Just watch them flow one after another, putting them on leaves without jumping into the stream, and watching them float by, down the stream, and out of your sight (*pause 30-seconds*).

11. At some point you might notice leaves piling up in front of you, sensing that the stream stopped flowing, or jumping into the water with the leaves. Everyone does at some point. When that happens, back up a few seconds and see if you can catch what you were thinking or feeling just before the leaves stopped flowing. Then put those thoughts or feelings on leaves, watch them float by, down the stream, and out of your sight until the next time the stream seems to stop moving (*pause 30-seconds*).

12. One more thing you might notice is that the stream never gets moving, and you start thinking "It's not working" or "I'm not doing it right." You might also feel frustrated or upset. You can put those thoughts or feelings on leaves and send them down the stream (*pause 30-seconds*).

13. You can also imagine yourself as the stream. Being the stream, you hold each leaf, and notice the thought or feeling it carries with it as it floats by. There is no need to interfere with them. Just let them do what they do (*pause 30-seconds*).

14. Releasing your attention now from the stream, in your mind, shift your attention to the image of the room (*pause 10-seconds*). Gently open your eyes.

What did you notice as you did the exercise? Using the words "I noticed" in your response, was your attention more engaged with the exercise or more engaged with other things during the exercise (for example, "I noticed I was more engaged with the exercise")? Using the words "I am noticing" in your response, are you noticing having less distress now than you did before the exercise, about the same, or more distress (for example "I am noticing less distress")? What did you learn from doing the exercise?

Maybe you noticed during the exercise that the nature of thoughts and feelings is they won't feel pleasant all the time. You will experience loss and gain in life despite your natural tendency to seek lasting thoughts and feelings that are pleasant. Thoughts and feelings are fleeting, impermanent, and will pass.

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

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