



# AIRSCOOP

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

**April/May 2015**



Firefighters from the 104th Fighter Wing participate in training Exercise Eagle Claw, Barnes Air National Guard Base, Mar. 7, 2015.  
Story on page 4.

*Photo by Senior Master Sgt. Robert Sabonis*



*Lt. Col. David Halasi-Kun*

**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 M. Mutti

**Managing Editor**  
 Senior Master Sgt. Robert J. Sabonis

**Photo and Graphic Support**  
 Public Affairs Office

*PRIDE, PROFESSIONALISM, PATRIOTISM*

# Commander's Column

By Lt. Col. David Halasi-Kun, 131st Fighter Squadron Commander

The 131st Fighter Squadron, like any fighter squadron, holds a unique position on this base. We rely on everyone working here at Barnes to be able to do our job – to fly airplanes and defend our country. Conversely, no agency on this base relies on the 131st to do their jobs – we are consumers of the hard work done on this base. Everyone is working towards that moment when the crew chief shakes the pilot's hand and tells him the jet is ready. The pilot knows it will carry him to successfully execute the mission and then safely return him home. In an aircraft with a thousand moving parts and a base with a thousand people contributing to that sortie, when the pilot unquestioningly climbs the ladder and pushes that aircraft to its aerodynamic limits, he demonstrates an incredible sacred trust that is only found in the military.

We would have a ramp full of static displays if not for the dedication of our maintainers. All of our aviators would be grounded without the Medical Group ensuring the health of the pilots. We would never get parts for the airplanes or deploy from this base if our logisticians decided to not come to work. Finance and our personnel section makes sure we all have orders, benefits and pay. Civil Engineering takes care of the buildings, the fuel, the runway, the power and the firefighting. Our Security Forces troops keep all of us and our aircraft safe from harm. The breakdown of duties and contributions could continue all the way down to the newest Airman to walk onto this base. Thank you all. Thank you for deciding to serve, and in doing so, thank you for enabling our Fighter Squadron, this impressive instrument of national power, to defend our country. Whether sitting alert at home station or deploying to the forgotten corners of the world, nothing happens without each of your essential contributions.

When called to deploy, the 131st takes on the support role. We shift from being the final end product, to being another

piece in a much larger and more complex picture. Our capabilities and efforts are consumed by combatant commanders to achieve their goals. We defend assets and personnel on the ground, or we clear a path for a strike package to destroy enemy assets and personnel. We rely on our Barnes team, and we also rely on planners, intercept controllers, tankers, jammers, intel and space. The point being that everyone here at Barnes ANGB is contributing to something much bigger than themselves or their squadrons. The USAF is not the most powerful Air Force in the world because we all do our jobs. It is the most powerful Air Force in the world because we all choose to be here -because we all want to serve, and to be part of the chain that puts a bomb down the elevator shaft of our enemies. We are the Barnestormers. We are the team that delivers air superiority whenever and wherever needed.

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



## First Sergeant's thoughts

By Master Sgt. Larry Brace, 104th FW AMX 1st Sgt.

### Reveille and Retreat....Military Traditions

Those of us in the military know that military life is steeped in tradition. From the salute to military funerals, we are surrounded by traditions that show respect to those who have gone before us and respect the ideals that we uphold. In the coming weeks, we'll start practicing the tradition of reveille and retreat here at Barnes. There are some customs and courtesies that go along with this that we need to be aware of. Do you know the purpose of reveille and retreat or what to do when you hear the music for reveille and retreat?

Reveille is used to signal the beginning of the official duty day. Not originally intended as honors to the flag, it evolved over time to not only serve the needs of the day but to remind us of our history and tradition. Reveille originates from the French word for "wake up" and was originally used as a wake-up call for assembly and roll call. Today we honor the flag each time it is raised. We use that time as a brief moment

to reflect on those who have served before us, preserving the ideologies embodied in the flag itself.

First used by the French Army, retreat dates back as far as the 11th century and the Crusades.

Its original purpose was to notify the sentinels to begin challenging (meaning to "halt" and demand identification) until sunrise, and to inform the troops to head back to their barracks and sleep safely. The modern retreat originated in the 16th century during the Revolutionary War, when it was called "watch setting." The drum major of a regiment would advertise the changing of the watch by the beating of the drum. On the battlefield, sunset signaled the end of fighting for the day, and thus, retreat (which was played at sunset) signaled the end of the duty day. Retreat embodies and symbolized the finest qualities of soldiers for nearly 900 years.

During the sounding of reveille or retreat, personnel should follow the instructions outlined in AFI (Air Force Instruction) 34-1201, which states, "When outside and in

uniform, face the flag (if visible) or face the music. Stand at attention and salute on the first note of the music (or if no music, when you see the flag first being raised or lowered). Drop your salute after the last note is played, or when the flag has been fully raised. If in a vehicle during reveille or retreat, pull the car to the side of the road and stop. All occupants sit quietly at attention until the last note of the music has played. When in civilian clothes and outdoors, stand at attention and place your right hand (with a hat if wearing one) over your heart." Additionally, "during the playing of national anthems of friendly nations, military members and civilians should render the same customs and courtesies as those given during the playing of the United States national anthem."

Please remember to pay the proper courtesies as we start practicing this tradition here at the 104th Fighter Wing. The tradition of reveille and retreat not only signals the beginning and end of the duty day, but also serves as a reminder to the sacrifices made by past and future generations.

## What are you doing on Columbus Day weekend?

By Tech. Sgt. Brenda Sanderson, 104th Fighter Wing Logistics Squadron

Have you thought of what you'll be doing on the Columbus Day weekend yet, or are you up for ideas? Well here's one, why not take part in a bowling tournament? Seems like an odd suggestion right? But think about it, what else could you do in such a short period of time in October? Before you think up alternatives, let me tell you about one tournament in particular, the Air National Guard (ANG) Northeast Regional Bowling Tournament (NERBT), and see if this is something that might appeal to you.

The ANG NERBT was started by Tech. Sgt. Larry Terhune of the 158th Defense Systems Evaluation Group, Vermont ANG, in October 1977. It was "organized for the purpose of conducting bowling activities and to determine team and individual champions, it shall at all times foster and maintain the spirit of good sportsmanship." What makes this one unique is that participation is largely limited to current and retired members of the ANG, DoD personnel and their families.

NERBT is open to members from the following states: Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont, Virginia, Washington D.C., West Virginia, and Puerto Rico. Units from these states take turns hosting the tournament annually, and this year it

happens to be hosted by our own 104th Fighter Wing; an added bonus for those who would like the experience without having to travel. So if you want to meet and spend time with other ANG members in a fun and relaxed environment this may be a good way to do so.



A typical tournament will begin with a hospitality room on the Friday night at the host hotel where you will get your lane assignments and welcome package. This is a totally casual, pressure-free, time to socialize before the competition begins. The first day, Saturday, begins with opening ceremonies, which is immediately followed by tournament bowling – doubles and singles events. On Sunday is when team events and the awards banquet take place. A full weekend to say the least! Some bowlers return year after year, making it a reunion of sorts for many (It's also nice to get away and do some sightseeing each year).

Teams consist of four members and can be structured in any way you would like; all-male,

all-female, or a mix of the two. And, because it's a handicap scoring system, you don't have to be a great bowler to join in. (I've bowled in a few of these, and although I'll never be asked on the PBA tour, I've always had a great time. Not to worry though, there are scratch categories as well for those at that level.) Since the 104th FW is this year's host unit, we'd love to have as much representation as possible. (I envision various teams made up of flights/squadrons/units throughout the base "competing" against each other – a friendly rivalry of sorts.) We are also actively looking for volunteers to help us make this the best tournament possible.

This year's event will be held at the AMF Chicopee Lanes with the La Quinta Inns & Suites in Springfield serving as the host hotel. If you are interested in participating in, or volunteering to assist with, the 2015 tournament, please contact Mary Ann Lemire ([bobmaryann2@charter.net](mailto:bobmaryann2@charter.net)), or Senior Master Sgt. Scott Sanderson by email ([scott.sanderson.3@us.af.mil](mailto:scott.sanderson.3@us.af.mil)) and be sure to visit the [ANG Northeast Regional Bowling Tournament Facebook page](https://www.facebook.com/pages/ANG-Northeast-Regional-Bowling-Tournament/151944414949743) (<https://www.facebook.com/pages/ANG-Northeast-Regional-Bowling-Tournament/151944414949743>) for pictures and additional information.

Hope to see you there!

# Exercise Eagle Claw

By Senior Airman Loni Kingston, 104th Fighter Wing Photojournalist

Possessing the skills to aptly react in a crisis situation requires training. During the March UTA Airmen were given that training opportunity during Exercise Eagle Claw.

Exercise Eagle Claw provided Airmen with real-world scenarios to gauge their response and reaction times and methods to ensure they are within Air Force standards.



Photo by Senior Master Sgt. Robert Sabonis

According to Lt. Col. Tom “Sling” Bladen, 104th Fighter Wing Inspector General, “This exercise is conducted to make sure first responders act appropriately and command and control structures adequately handled the given scenarios.”

During Exercise Eagle Claw Airmen were required to respond to a suspicious package at the front gate, a suspicious person on base, bomb threats and bomb detonations.

“The purpose of this training is to ensure that we are equipped to handle situations that are not part of day-to-day operations and to train as we fight,” said Lt. Col. Bladen.

Master Sgt. Paul Barsalou, Fighter Wing Communications Flight Quality



Photo by Senior Master Sgt. Robert J. Sabonis

Assurance Manager and Wing Inspection Team (WIT) member agrees, “Training is always important when you are expected to react to particular situations; training is what will allow you to react properly. If you have to think about what actions need to be performed during an emergency situation then you are probably too late in performing them.”

Exercise Eagle Claw not only trained Airmen in emergency response, but also enabled leadership to observe any insufficiencies that a shop may have in its response.

“The point of this training is not to practice what we are already good at, we want to identify where there are weaknesses and improve on them,” said Master Sgt. Barsalou.

It took months of planning with many moving parts in order to see this exercise to fruition. WIT members designed the scenarios and were also responsible for monitoring and inspecting the actions of the players in the exercise.



Photo by Senior Master Sgt. Robert Sabonis

The development of Exercise Eagle Claw was a collaboration between the WIT members and their chains of command to decide how to create scenarios based upon the overall outcome that needed to be accomplished, said Lt. Col. Bladen. “After the scenarios were developed the WIT members and the IG team practiced each scenario to see what could potentially go wrong and from there were able to make necessary changes before players engaged in the actual exercise.”

Every day after the completion of the

scenarios, WIT members came together in a hot wash to compile all their observations and then they were



Photo by Senior Airman Loni Kingston

responsible for writing a report to be submitted for review.

According to Lt. Col. Blayden, “The goal at the conclusion of Exercise Eagle Claw is for Airmen to have a broad based understanding of what necessary actions need to be taken during a time of heightened awareness or during an emergency situation.”



Photo by Senior Master Sgt. Robert J. Sabonis

## Be aware of posting on social media

The use of the Internet and social networking sites by either DoD personnel or their family members can present unique security concerns that must be understood by all. It is likely that poor OPSEC and poor protection of personally identifiable information (PII) will result in increased security and force protection risks to units, individual service members and dependents.

The unintentional disclosure of critical information and PII may pose a risk to them, their family and the DoD mission.

Understanding the types of military and personal information that may be exploited, and how, is very important.

Service members need to learn about unsolicited contacts, unknown friends and followers, and how they may exploit and solicit them for sensitive personal, financial and military information.

Below is a list of guidelines (excerpts/paraphrased from NORTHCOM Force Protection Advisory 15-92) for social media interaction that addresses privacy settings and content that is crucial in safeguarding personal information:

### Privacy settings:

- Each social media site allows for all of your private profile information, as well as your posts, to be viewable by the public if you do not set the site's privacy settings to your desired level.
- Keep personal information away from others by setting your security settings to include only friends. Verify the identity of those you correspond with.
- Go through each of the privacy settings on each site that you frequent, and set them accordingly.
- Be on the lookout for geo-tracking features and disable them. Certain sites will track your physical location via a cell phone app, providing your exact whereabouts at any given time. Posted photographs from digital cameras may have GPS coordinates embedded.
- Report suspicious incidents as soon as possible.

### Content:

- Even with the strictest security settings in place, remember that there are certain details of your personal lives that if made public could be a security concern for you, your family or your military department.
- Information such as unit movements,

deployments, personnel rosters, weapons information, or other command critical information should never be posted online.

- Do not share private information such as where your children go to school, home addresses, phone numbers, times and locations of events you plan to attend, or other information that allows someone to track your routines and possibly guess when and where you or your family might be.

### Internet use safeguards:

#### Home:

- Secure your wireless network with unique names and passwords.
- Limit access to your wireless network.



- Ensure antivirus, anti-spyware and firewall software are up to date.
- Only send personal information through encrypted links.
- Avoid using public file sharing services.

#### Mobile:

- Assume mobile apps and public networks are unsecure. Consider using a virtual private network (VPN).
- Change device settings to avoid automatic connection to any available public network.
- Only send personal information through encrypted links.
- DoD members also need to understand that the threat of disclosure of sensitive personal info can result from phishing e-mail. Consider the following:
  - Do not click on links or open e-mail attachments from unsolicited email.
  - Even when in receipt of e-mail from a known source, consider the context of the e-mail before responding. If necessary, verify source of email through independent means.
- Ensure all DoD utilized sites (e.g., publicly accessible command pages, Facebook, etc.) are properly monitored

and in compliance with DoD policy.

- Although quite advanced, social networking sites are simply websites. Safe web browsing practices and OPSEC awareness are the best mitigation strategies for protecting all service members' information. A list of technical and behavioral best practices from all branches of service that can be implemented to mitigate the risks of using social networking sites can be found at the following DoD and FBI websites:
  - <http://www.defense.gov/socialmedia/education-and-training.aspx> and <http://www.fbi.gov/about-us/investigate/courierintelligence/internet-social-networking-risks> (all lower case).
  - All members should understand and implement sound personal security practices to reduce their vulnerability while in the surrounding community. Based on the local threat assessment, the following measures should be considered:
    - Minimize your profile by blending into the local community. Limit outward signs of DoD affiliation (using rank in your address, vehicle stickers, home decorations, using military slang in public). Uniformed service members present in public venues or attending public accessible events should exercise added vigilance.
    - Be unpredictable through the smart application of behavior, routines, or travel.
    - Be alert. Maintain good situational awareness by staying alert, knowing what to look for and what is wrong or out of place. Report all incidents of suspicious activity to appropriate authorities.

Further information and recommendations may be obtained from CJCS guide 5260, a self-help guide to antiterrorism and CJCS pocket guide 5260, antiterrorism individual protective measures.

It is recommended that service members and family members review antiterrorism level I training at <http://jko.jfcom.mil/>. Be aware of what you post online to protect yourself, your families, friends, and coworkers.

## Are You Up To Date?

### Airman 1st Class Tammy Midwood, Paralegal

Life is full of surprises. Some of these surprises are happy occasions, like getting married or having a child. Other surprises are not so pleasant, like the passing of a family member. Whether good or bad, when surprises happen, it's easy to lose focus of certain things that need to be taken care of. It is important to remember and ensure all of your estate planning is up to date.

First and foremost, it is imperative that you have an up-to-date will and power of attorney. Making sure these documents are up-to-date is a simple task. The first step is to get a will worksheet which can be found on the front door of the base legal office. It is a matter of filling out a worksheet, returning it to the base legal office, and coming in to sign your documents once they are complete. The importance of these documents cannot be stressed

enough. If you pass away without having a will the court will decide who will be the guardian of your children. Additionally, the court will decide where all of your assets will be distributed. There are ways to make sure that your family is taken care of in the event that something were to happen to you, but you must be proactive and have your documents updated as soon as your circumstances change.

Although a will is an important part of making sure your family is taken care of should something happen to you, there are a few other things that need to be kept up to date. Making sure you update the beneficiaries for your Servicemembers' Group Life Insurance (SGLI) and your Thrift Savings Plan (TSP) is critical as these funds may not be controlled by your will. If your will states that you would like specific

money from these accounts to go to your spouse, but you didn't make your spouse the beneficiary for your TSP or SGLI, you risk putting your family through protracted litigation in the probate court. It is important to note that your Virtual Record of Emergency Data (vRED) is not the same as changing the beneficiaries for your SGLI and TSP.

To find out more about updating your estate planning documents, and to get answers to your legal questions, visit the legal office in Building 1. The legal office now has walk-in hours from 9-11 every Saturday UTA in order to assist you in making a will and/or power of attorney, and we also offer notary services. If you cannot make it at this time, call us at x698-1244 for an appointment. We will be happy to accommodate you!

## Hemp seed warning... check labels carefully

By Lt. Col. Robin Peterson, 104th Fighter Wing Legal Office



AFI 90-507 22 September 2014

**1.1. Overview.** The Drug Demand Reduction Program (DDRP) directly impacts mission readiness. The success of this long-standing program can be traced directly to strong command support at all levels.

1.1.1. Illicit Drug Use. The Air Force does not tolerate the illegal or improper use of drugs by Air Force personnel. Such use:

1.1.2. Is a serious breach of discipline.

1.1.3. Is not compatible with service in the Air Force.

1.1.4. Automatically places the member's continued service in jeopardy.

1.1.5. Can lead to criminal prosecution resulting in a punitive discharge or administrative actions, including separation or discharge under other than honorable conditions.

1.1.6. Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of tetrahydrocannabinol (THC), an active ingredient of marijuana, which is detectable under the Air Force Drug Testing Program. In order to ensure military readiness, the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited. **Failure to comply with the mandatory provisions of this paragraph by military personnel is a violation of Article 92, UCMJ. Violations may result in administrative disciplinary action without regard to otherwise applicable criminal or civil sanctions for violations of related laws.**



## Safety: How goes it?

By Master Sgt. Shannon Huard, 104th Fighter Wing Safety Office

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

- Worker strained back; slip/fall on ice; Not greater than first aid.
- Worker strained back/slip/fall on ice; lost time.
- Worker lacerated hand; struck cotter key; not greater than first aid.
- Worker strained shoulder; slip/fall on ice; not greater than first aid.
- Worker lacerated hand; window shattered during opening; not greater than first aid.
- Worker lacerated head; struck by airborne drip pan; not greater than first aid.
- Driver suffered neck injury; Private Motor Vehicle (PMV4) crash; Lost time.
- Operator suffered multiple injuries; PMV2 crash; No lost time.
- Worker lacerated finger; struck aircraft panel; greater than first aid.

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

- GMV impacted garage door; door damaged; \$2000.
- Forklift struck building; building

damaged; \$1000.

- PMV4 crash; off-duty; operator injured; Not reportable.
- GMV4 slid into gate; head/tail lights damaged; \$1,285.

### Drowsy Driving

Being fatigued significantly increases the risk of a motor vehicle crash. It makes us less aware of what is happening on the road and impairs our ability to respond quickly and safely if a dangerous situation arises. Driver fatigue is believed to contribute to more than 30% of road crashes.

It is very difficult for drivers to accurately assess their own level of fatigue. The ability to self-assess becomes increasingly impaired as you get more fatigued, however the self-confidence in this ability remains. Nevertheless, there are some warning signs to look out for, including: Trouble focusing or narrowing of attention, head nodding, or inability to keep the eyes open, not remembering the last few minutes, poor judgment, slower reaction time, "zoning out," daydreaming and wandering thoughts, constant yawning or rubbing your eyes, and drifting in the lane.

Keep in mind that if you are experiencing any of these symptoms of driver fatigue, it is very likely that your driving performance is already impaired.

There are two main causes of driver fatigue: lack of quality/quantity of sleep and driving at times of the day when you would normally be sleeping. The end result is not getting enough sleep, which can lead to a build-up of a "sleep debt" – this is essentially the sleep that you "owe" yourself. The only way to repay this debt is by sleeping. Until you can catch up on lost sleep you will have a greater risk of having a fatigue-related accident.

In order to prevent drowsy-driving related motor vehicle mishaps, it is essential that all drivers are cognizant of their own ability to operate a vehicle safely. If you feel like you are too tired to drive, don't. Take a nap. Catch a few zzz's. Rest. Driving while fatigued is just as dangerous as drunk or distracted driving. If you are a supervisor, ensure your personnel are aware of the risks inherent with fatigued/drunk/distracted driving.



## Chaplain's Corner - Making right relationships

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

This month, we commemorate Holocaust Remembrance Day, April 16, 2105. The experience that rushes back to me

during these times is from a visit to the US Holocaust Memorial Museum in Washington D.C. One display affected me the most. They had built a plexi-glass tunnel through a pile of children's shoes. At the top, they had left a gap so that the smell of these mildewed leather shoes floated down upon me as I walked through the tunnel. I realized that not only were six million Jews exterminated, but one and a half million were innocent children. That memory will stay with me for the rest of my life.

What lessons can we learn as we remember?

1. Become a student and a teacher of history. "Those who cannot remember the past are condemned to repeat it," said George Santayana. It has been said that German children today are not taught about the Holocaust. I hope that is not true. Nonetheless, our children should be taught and they should see us remembering. That is what memorials, like our F-100 memorial, are all about.

2. Learn to appreciate people of all ethnic and religious backgrounds. Today, we live in an even more diverse ethnic environment. Every culture has something we can learn from to make us better people.

3. "Service before self" is an Air Force value that instructs us to be ready to defend the weak, the forgotten, and the marginalized. If we held this value at

the beginning of World War II, we may have entered the war earlier than the bombing at Pearl Harbor. Hindsight is always 20:20. Nonetheless, we have a job to do and to do well. We have a noble purpose. What will keep our nation great is our willingness to stand up and defend those who cannot. Keep doing what you do. You are making a difference!

\*General Christian Worship will be held Saturday, May 2, 2015 at 11:15 a.m. in the Chapel (Building 12).

If you need to talk, our Chapel team is available. Come visit us at Building 12 (the front of the gym) or call us (698-1057) and we will come to you. Blessings!

## Interim clothing guidance effective April 2, 2015

By 104th Fighter Wing Logistics Squadron

Due to budget cutbacks and excessive clothing expenditures throughout the Air National Guard (ANG), NGB/A4 has published interim guidance effective April 2, 2015, until a draft ANG Instruction (ANGI) is published. The guidance memorandum can be found on the LRS SharePoint, but here are some key points that will affect everyone here at the 104th FW.

Normal Fair Wear & Tear (FWT) replacements for unserviceable clothing items will not exceed one set of ABU's per fiscal year for full-time personnel, or a 36-month period for part-time personnel. For full-time technicians, please reference page 35, article 14, section 3 of the union contract for specific uniform guidance.

It is a member's responsibility to maintain issued uniforms. All members have the option to purchase uniform quantities over the set authorization with personal funds.

Replacements will not accumulate, e.g., if you are a full-timer and haven't replaced your uniforms in four years, you will not be able to order four at a time.

Weight gain/loss is **NOT** to be

considered as criteria under the normal FWT Program.

Sizes listed on the order form will be ordered; if the uniform does not fit upon receipt it is the members' responsibility. **PLEASE** try on our samples for accuracy.

Existing orders not already approved and processed due to funding will be reviewed to ensure compliance with this guidance. Orders not in compliance will be returned to the requesting member for re-submittal.

Members **MUST** turn-in the unserviceable uniform to receive the serviceable replacement without exception (not unlike our current policy).

Discharged members **MUST** out-process through retail sales and are required to turn in all issued uniforms, to include physical training gear, cold-weather parkas, and wet-weather gear. Members transferring to another Air Force unit may keep issued uniforms.

Personnel who are retiring are authorized to keep one set of Class A blues, all other issued uniforms must be turned in.

Statements of charges will be

processed for all outstanding turn-ins.

Retail sales will not stockpile standard issue uniform items (socks, t-shirts, etc.). There will be an order process and lead-time when ordering standard issue uniform items. **PLEASE** plan accordingly if you will be attending schools or other training.

The unit will purchase stripes for promotees, but will **NOT** pay for sewing. Operations and Maintenance funds are authorized to pay for sewing name tapes and rank insignias when replacing "damaged" Rip-Stop Airman Battle Uniforms (RABUs) only and must be done in accordance with AFI 65-601V1, **NOT** for normal FWT replacement.

Members will not receive additional uniforms for deployments, unless specifically stated in the AOR reporting instructions.

Please call 698-1255 or 698-1392 for further questions.

Additional information can be located on the LRS SharePoint at: <https://eis.ang.af.mil/org/104FW/MSG/LRS/SitePages/Supply%20Customer%20Service%20Page.aspx>

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## Wing Directors of Psychological Health (DPH)

Did you know that each wing has a Director of Psychological Health (DPH)? Do you know what the DPH does for the NG members?

The DPH assists commanders, program managers and supervisors to improve service member readjustment to civilian life by managing professional services and/or overseeing an individual's mental health needs. They coordinate programs and directives and provide consultation and support to help address organizational and individual health care situations that have a detrimental effect on service member readiness for deployment. They also provide consultative guidance and advice to the

Reserve senior leadership on specific mental health needs based on service member demographics and mental health status. The DPH provides assessment, referral services, follow-up and case management to assure that all service members and dependents receive the most effective and efficient care possible. The DPH can conduct clinically appropriate risk assessment, behavioral health screening and referral services on a 24/7/365 basis. These services may be conducted in person, telephonically or by email. Below please find the contact information for the DPH's currently assigned to the Massachusetts Air National Guard.

Director of Psychological Health  
104th Fighter Wing  
Barnes ANG Base  
Frank J. Gallo, Ph.D.  
Office: 413-572-1536  
DSN  
: 698-1536  
Cell: 413-485-8173

Director of Psychological Health  
102 Intelligence Wing  
Otis ANGB, MA  
Jill Garvin, LICSW  
Office: 508-968-4827  
DSN: 557-2827  
Blackberry 508-237-6652

# 2015 ANG Alumni Reunion

By Pamela Spear, Massachusetts Air National Guard Alumni Coordinator

Welcome to our second 2015 alumni reunion! We are looking forward to seeing all of you again (without the threat of snow or vicious cold winter). Mother nature seems to be easing up on us a bit, finally. So, let's get together and plan on attending. We have a guest speaker from the base who is going to present what appears to be a most interesting and informative program. We were told that it is excellent and the timing is right

Per popular request, Dick Oleksak will be bringing Alumni hats for sale to any interested member. He says the hats differ from the previous ones, so see him when you arrive. Omitted (for lack of space) in the March reunion notice was the 2015 Alumni reunion schedule. Here it is: Wednesday, 7/15, Wednesday,

9/16, Wednesday, 11/18. Please mark your calendar and attend. Bring a guest or a former guardsman.

### Alumni reunion information

Cost \$16

Date: Wednesday, May 20, 2015

Location: Barnes ANGB NCO Club

Social hour: 6 p.m.

Dinner: 7 p.m.

Menu: Baked ham with pineapple, garlic mashed potatoes, Italian green beans, tossed salad, rolls, desserts, coffee & tea.

### Registration information

Send your \$16 reservation check without delay to Len Frigon, 778 West Street, Ludlow, Ma. 01056 to make your dinner reservation and to be included on the list at the gate.

Checks must be made payable to the

104th Mass ANG Alumni Association. Please include the names of all guests in the memo section of your check. Please do not make checks payable to Len. Checks must be received by 5 p.m. Monday, May 18, 2015-- No Exceptions. Cancellations received by the cut-off date and time reflected above will receive a full refund. Any questions, please call Pam Spear at (413) 569-2422, or Len Frigon at (413) 589-9157.

Hope to see you on the 20th.

Guests are always welcome.



# Communication Flight award

By Lt. Col. John Desarro, 104th Communications Flight Commander

The 104th Communications Flight (8038) received an award for being the best Defense Reporting Activity (DRA) for January 2015. Tech. Sgt. Andrew Fredette is the primary and Tech. Sgt. John Niejadlik is the alternate custodians of the Wing information technology account, and their hard work was recognized with this award. AFMAN 33-153 provides guidance and direction for operational management of IT hardware and software. Hardware management guidance identifies responsibilities for supporting AF IT hardware.



## 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.



### 104th E1-E4 Council

I would like to invite all Airmen E-1 to E-4 to participate in a council with fresh perspectives. You are embarking on a career that will foster many new opportunities and experiences that not many other jobs can provide. As new airmen we would like to create an enthusiastic and initiative driven council that will foster a supportive, informal group atmosphere to share concerns and/or career irritants. This council will act as a voice of the junior enlisted, in which any and all topics can be discussed, and if necessary, brought forth to wing leadership to be addressed. All are welcome and our first meeting will be May 3rd at 1430 in the Dining Facility. If you have any questions please contact Senior Master Sgt. Doug Daponde at 413-568-9159, x698-1118.

### 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 ([christine.lupacchino@ang.af.mil](mailto:christine.lupacchino@ang.af.mil)) or Maj. Matthew Mutti ([matthew.mutti@ang.af.mil](mailto:matthew.mutti@ang.af.mil)) by e-mail.



### PVC Upcoming 2015 Events

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

**June UTA:** On Wed., June 10, the PVC 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 PVC is available for rental by PVC members. Please contact Master Sgt. Shannon Huard ([shannon.huard@ang.af.mil](mailto:shannon.huard@ang.af.mil)) for more information.

### 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](mailto: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

### 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](mailto:bobmaryann2@charter.net))  
On-base POC: SMSgt Scott Sanderson ([scott.sanderson.3@us.af.mil](mailto:scott.sanderson.3@us.af.mil))



### NEW HEADLIGHT LAW

A new Massachusetts law (Chapter 481 of the Acts of 2014 (<https://malegislature.gov/Laws/SessionLaws/Acts/2014/Chapter481>)) now requires motorists to turn on their headlights when "when the vehicle's windshield wipers are needed." Mass. General Laws Chapter 85 section 15 also states that headlights should be in use for a half hour before sunrise and sunset or when visibility is under 500 feet. The law became effective on April 7, 2015.





## A Warrior's Path to Living Meaningfully

### Dr. Frank Gallo, Director of Psychological Health

Last month, we explored thinking painful thoughts or feeling difficult feelings have a quality of *impermanence*, fleeting and changing moment to moment. 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.

So let's get started with the feeling of being stuck. Feeling stuck in painful thoughts or feelings related to a life story can feel like being in a smelly muddy swamp for hours or days. Getting stuck waist deep in the middle, the image or memory of that past life story constricts whatever you do whenever you connect with and engage in a new situation. The whole of it can feel overwhelming and inescapable. The key to walking through the swamp, because it stands between you and the direction you want to travel in life, is getting muddy, feeling icky and smelling.

When you are willing to make contact with that stuck feeling and stay with it as you engage your values, it begins to change by itself because that is the nature of all feelings. When you first contact that stuck feeling though, there is a good chance it will trigger fear and paralysis. Staying with it can feel like you're swinging backward to feeling worse. Given enough time, you eventually swing forward to feeling better.

In this exercise called *Swinging with Your Feelings*, you will practice swinging with your feelings to restore the natural swing of living life in which pain is impermanent. You may record the exercise on your own and use it regularly. You can also find the exercise podcast on the Wing's behavioral health training web site in the Matrix section under Me Noticing.

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. Shifting your attention now, ask your self, "How is my life stuck right now"? Stand back and just observe what your mind and body tell you (*pause 10-seconds*). What thoughts do you see (*pause 10-seconds*)? What feelings do you see (*pause 10-seconds*)? As you watch from a distance and sense the space between you and what you're thinking or feeling, say to your self, "Yes, that's there. I can see that there" (*pause 10-seconds*).

9. Shift your attention now to within your body and travel to the area around your heart. We'll call this area your *heartfelt place*. When you reach it, become aware of this area of your body. Sense all the heartfelt feelings it brings with it like appreciation, compassion, love, kindness, comfort, warmth, and calmness (*pause 30-seconds*).

10. Now, slowly and gently swing back to that place of feeling how your life is stuck now (*pause 15-seconds*). Swing forward again to your heartfelt place (*pause 15-seconds*). Swinging further forward, picture doing something that matters deep in your heart. Maybe having a loving

relationship with someone important, or doing whatever gives your life meaning (*pause 15-seconds*). What do you feel in your body (*pause 15-seconds*)? Swing back now to your heartfelt place (*pause 15-seconds*). Swing further back to that place of feeling of how your life is stuck now (*pause 15-seconds*). Swing forward again to your heartfelt place (*pause 15-seconds*). Again, swinging further forward, picture doing something different that gives your life meaning (*pause 15-seconds*). What do you feel in your body (*pause 15-seconds*)? Now swing back to your heartfelt place (*pause 30-seconds*).

11. Shifting your attention now in your mind, just focus on 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?

With practice and as you get better at staying with uncertainty, surfing impermanency, and swinging with your feelings, you can notice and track the connections and interactions between thoughts and feelings. You can notice all the details for what they are, no more, no less. The alternative would be feeling wobbly, trembly, tingly, and heart pounding without noticing the thoughts or feelings triggering them. Then all of sudden, your thinking something bad is about to happen, and feeling panic, you either flee or freeze. Feeling and thinking reinforce each other generating more catastrophic behavior. Remembering to come back to the present moment keeps you from buying a ticket and riding a runaway train to somewhere there or then.

Next month, we'll talk about the last quality of pain, which is *relative*. It's something worth having because what you'll discover in it are things you value.

#### MASSACHUSETTS AIR NATIONAL GUARD

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

[www.104fw.ang.af.mil](http://www.104fw.ang.af.mil)  
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