



June 2015



Members of the 104th Fighter Wing salute as a four ship formation of F-15 Eagles flies overhead during the 28th annual F-100 Rededication Ceremony at Barnes Air National Guard Base, May 3, 2015.

Photo by Senior Master Sgt. Robert Sabonis



Maj. Matthew Mutti

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PRIDE, PROFESSIONALISM, PATRIOTISM

Commander's Column

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

We have a mentoring problem! People need to be mentored! Without strong mentors, we will not be able to build good leaders for the future!

In my humble opinion, these emphatic statements are inaccurate. The problem is not that we don't have mentors—the problem is that the mentoring that occurs is not perceived or understood, or there are road blocks to good mentoring.

If you ask 10 people to define mentoring, you will get 10 different answers. Although complex definitions exist, at its most basic level, mentoring is the passing on of skills, knowledge, and wisdom from one person to another. Mentors do more than simply pass on knowledge, they impart lessons and arguably, mentoring is more effective than learning through the "school of hard knocks."

If you were to do a random poll of senior non-commissioned officers and commissioned officers, most would tell you that they mentor someone every day, both formally and informally. No matter what form is taken, the structure of the relationship is not as important as the learning that occurs. I would also propose that you consider that a good mentor-mentee relationship is exactly that – it's a dynamic professional interaction where both participants make the other better through honest and open dialog.

One of the problems is that most junior members don't recognize the feedback as mentoring. The concept of mentoring is really just a more honest and strategic version of feedback. Now, I will admit, giving true, honest and actionable feedback is hard, especially in the guard – because we all have friendships in the Guard and we are very sensitive to the feelings of our friends; but good leaders can separate the personal and professional in a way that true mentoring can foster.

How can we begin to fix this perceived issue and improve mentoring on base? There are really 3 simple steps: 1) Airmen (all uniformed members) need to recognize mentoring. 2) Airmen need to formalize the relationship with a mentor. 3) We need to not misunderstand mentoring for something that it is not. Mentoring should be: Open to all members, professional, and a way to steer members toward development opportunities to shape them to be better (professionally and personally). Mentoring should not be: a catalyst for favoritism, nor seen as brown-nosing or an Airmen looking for favoritism or jumping the chain.

Informal mentoring happens when people screw-up or do really good things, but strategic mentoring requires the mentee to want to be mentored and to have a vision of where they see themselves in the future ... and

a clue of what character in their lives they want to emulate to get there. The mentee has the responsibility to identify the need and initiate the relationship. Think about it, if every officer on this base randomly started to pull aside each Airman that they saw and said, – "Can I be your mentor..." it would be both weird and inappropriate. But if an Airman saw a leadership style or position, and said to themselves, "I want to be like that," then approached that senior member and said, "Can you help me become" That would be both appropriate and very healthy for the unit.

There is no right way to mentor. Every mentoring relationship is as unique as the individuals involved in it. However, no matter whom the individuals, setting some goals and completing some groundwork can help create a stronger and more productive relationship.

I personally mentor seven people, each of whom have asked me formally to advise them. Some are enlisted, some are officers, and one has not even joined the unit yet. I have three colleagues that I consider to be mentors, one enlisted, and two officers. In each of these relationships, the expectations are laid out—and the formality has been discussed.

What do I mean by "formality" – candidly, for those I mentor, they have made it clear what aspects of their career/lives, they would like my insight on – so as I see ways that they could either improve, or if I think of something that could assist them in their professional development, I will encourage it or

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Cupcake Wars

By Master Sgt. Karla Belliveau, 104th Fighter Wing CES 1st Sgt.

As we roll into an unfamiliar drill weekend with extended days, we face a new era in how our unit assesses our strengths and weaknesses. I personally feel a little discombobulated as I am used to the usual high stress Operational Readiness Inspection (ORI) where we grab our chem gear and prepare for war. As you read my article, you will probably think I have lost it, but hear me out!

I watched “Cupcake Wars” this weekend, and had an epiphany that what the competitors were experiencing was not so different than what we will be going through shortly. I know—pretty out there. They were all professionals who could undoubtedly make a cupcake, but they are asked to “do their job,” but with some added stressors. They now had a time constraint, secret ingredients to incorporate and people who judged their efforts. Sound familiar?

I thought it was interesting that a job which is quintessentially different than what we do in the military, could parallel the Capstone event. I felt that the stress the



competitors displayed could be applied to many of us this coming week. We are doing our jobs, but told to be extra vigilant and mindful of the basics—customs and courtesies along with knowing your rank and job responsibilities while knowing the inspectors are watching us.

Another comparison is how each of the competitors reacted to the pressure of the show. Yes, they were stressed and had to think fast on their feet, but there was an underlying excitement to make the best cupcake to impress the judges. To be judged the best of the best. Isn't that what we are doing here? We know we are the best of the best and now is our chance to prove it!

Be excited to show what you can do and what you bring to the Air National Guard. We are not only Airmen but lawyers, teachers, plumbers, students, electrician, accountant—you name it, we have it. Bring that diversity to the forefront and use it to your best advantage. Let's show what we can do and what we have.

Let's be the winner of the Cupcake Wars!

Have a wonderful drill.

First Sergeant's thoughts

By Master Sgt. Dawn Soldan, 104th FW LRS 1st Sgt.

Total Force Integration (TFI) is fast becoming part of our Air National Guard vocabulary. While TFI is by no means a new concept, the implementation of policies and procedures designed to maximize Total Force compliance are a real and present force here at home. We need to be aware of TFI when we step outside of our gates and join our active duty and reserve counterparts. We are beginning to work alongside Active Duty Air Force (AF) and reservists in almost every aspect of our guard careers, and it is important to be mindful of that as we prepare for our upcoming deployments, temporary duty (TDY), and technical training / Professional Military Education (PME) attendance.

Due to the demands of recurring deployments, the AF has increasingly called upon its Total Force (hey, that's us!) as essential partners in a wide range of operations. Down range, where it really counts, it is becoming harder to tell the difference between a guardsman, a reservist, or a member of the Active Duty Air Force – a testament to the effectiveness of the Total Force concept, and the requirement that when it comes to the mission, we truly are ‘One team...One fight.’

The Air Force continues to re-work processes and modify policy to bring our components into alignment. Dress and appearance is uniform across the components, scoring and methods of evaluation for physical fitness and job performance are being standardized, and individual requirements for health, career and professional development, and readiness are the same or equal across the board. While basic training and technical schools have been integrated for decades, in-residence PME academies and training schools for both enlisted and officers have recently re-written their curriculum and have integrated the classrooms with guard, reserve, and active duty. All of this in an effort to provide standardized core, developmental, and readiness training for all components so that we can operate effectively in the Total Force environment.

So what are some of our individual responsibilities, and how can we prepare ourselves to operate effectively in this Total Force environment? The answer is: readiness, training, and awareness. First, maintaining personal readiness by keeping our administrative information, immunizations and health exams, and our family care plans up to date is important to

ensure that we are ready to roll if we are called on to deploy or attend an academy. Next, achieving the appropriate current level of training in our Air Force Specialty Codes (AFSCs) and PME, and staying current in our ancillary training will provide us with the greatest utility in any work environment we are deployed to or called on to serve in. Finally, making the most of all opportunities to learn about the capabilities and service culture of our counterparts can help us to dispel myths and dissolve biases we may have adopted over the years, to break down any barriers between us and our components and do our part to embrace TFI.

“This is not the WE Air Force...this is not the THEY Air Force...this is the US Air Force!”

-CMSgt Paul Hughes, USAF First Sergeants Academy commandant.



104FW succeeds in Exercise Silver Flag

By Tech Sgt. Melanie Casineau, 104th Fighter Wing Photojournalist

More than 150 Airmen, with 90 percent being Guardsmen, contributed to the most successful bare-base deployment training course in seven years.

Approximately 25 members from the Force Support and Civil Engineer Squadrons, 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Massachusetts, participated in exercise Silver Flag May 10-17 at Ramstein Air Base, Germany, learning combat support training that will prepare them if they go to war.

Silver Flag is a U.S. Air Force training course designed to educate Airman with valuable skills, allowing them to know how to deploy using real-world equipment in real-world scenarios. The extensive two-phase expeditionary course consisted of classroom instruction combined with hands-on training, and ended with a two days of exercises in the field, testing their skills in combat scenarios.

"Members who participate in Silver Flag will bring to the fight the ability to go down range and set up from bare-base to sustainment," said Staff Sgt. Terry Cooper, a services training instructor for Silver Flag.

Members of the 104th proved their combat readiness throughout the week and during the final field training exercise May 16.

"Seeing an incident go from start to finish and seeing the big picture of everyone working their part in it was very helpful," said Colburn.

During the final exercise, Services members were able to serve both lunch and dinner from their single pallet expeditionary kitchen (SPEK), something that hadn't been done before, said Senior Master Sgt. Susan Morse, superintendent of sustainment services, 104th Services Flight.

"Emergency Management had every scenario taken care of without any issues," said Maj. Matthew Mutti, 104th Force Support Squadron commander, "You really can't get much better than that."

Airmen from the 104th Military Personnel Flight maintained accountability and provided casualty and personnel program support during the war-time scenario.

"It's clear from their performance that they are masters in their craft," Mutti said. "They met all their timelines and suspense's and got everything done. They are also showing their ability to learn new things."

Many of the Airmen from the 104th had never experienced Silver Flag before. The training experienced at Silver Flag, which is required before deploying, is very detailed, allowing Airmen more opportunities to learn very specific skills needed in combat situations.

"Training is important because we don't actually get to do this on a regular basis," Morse said. "I think the training that they provided the week prior to going into Silver Flag was very valuable. The cadre were definitely very knowledgeable, and they were easy to talk to. I like the way they've instructed."

Services learned about recreation, mortuary, fitness, and food.

Services members need to know all the areas of the career field, not just their specific job, so they can augment each other, said Master Sgt. Tanya Sweeney, 104th Services Flight noncommissioned officer in charge.



Photo by Tech Sgt. Melanie J. Casineau

During the week, Services members had the opportunity to do both a full search and recovery and an expedited one, simulating being in a hostile environment.

"I've never done an expedient search and rescue," said Master Sgt. Quincy Cope, Fatality Search and Recovery Team, non-commissioned officer in charge. "I've learned about it, but this was the first time actually participating in one which was helpful."

The Personnel members learned how to act as personnel for contingency operations (PERSCO), applying their home-station duties to a deployed environment.

"It's good to go out and see what is being taught to personnel units," said Senior Master Sgt. James Brown, 104th Manpower and Personnel Flight superintendent. "I have not deployed recently, so my experience may not be what they are teaching."

Emergency Management worked mainly on the response side of their job instead of preparation or recovery. They responded to incidents and used their equipment to clear rooms, take samples, and identify chemicals. Other training included how to do vulnerability assessments, and mapping and plotting for chemical and hazmat response.

"We have gotten away from the old war-time training and focused on the new, modern thinking of hazard materials," said Senior Airman Neal Colburn. "At home we have First Defender RMX equipment that I have not used before; here I was able to use it."

They were not only learning about job skills, but how to communicate with new people from different careers in the Air Force.

"Working with other bases helps you feed off of each other's knowledge and areas of expertise, and you learn how to blend them together when you deploy," said Master Sgt. Tanya Sweeney, 104th Services Flight noncommissioned officer in charge.

"I think that's the biggest part that I am taking from this is now you're working with not only just other bases, but you're working with other sections as well," Sweeney added in regards to working with Civil Engineering.

Throughout the week, the members continued to be excited about the opportunity to be at Silver Flag.

"I am excited to be here and to work together as a team," said Senior Airman Lorena Avendano, 104th Services Flight. "We have learned that communication is key to getting things done."

"Focus on communication and collaboration is emphasized over and over," Mutti said. "With Services and Civil Engineering not being in the same squadron, it is important for us to speak the same language and understand where both of us can help each other and rely on each other."

"When Silver Flag ended, the cadre extended the invitation for the 104th members to come out and augment them any time," Mutti added.

Overall, the week was a success and proved to be valuable to everyone who participated. The skills learned and tested at Silver Flag prepare the 104th members for future deployments and the ability to support a wide range of operations.

It's all about collaboration

By 2nd Lt. Bonnie Harper Joint Force Headquarters Public Affairs

When it comes to protecting and defending the United States, the Air National Guard and active-duty Air Force have different roles, primarily fulfilling state and federal missions respectively. But regardless of the chain of command each branch falls under, all Airmen wear the same uniform, train the same way, and train the way they fight.

In war-time contingencies, Airmen from both Guard and active duty are called to deploy and will have to integrate with each other while overseas. Having the opportunity to train together in a non-war environment provides great opportunities for learning and teamwork.

Approximately 50 members from the 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Massachusetts, recently deployed to Ramstein and Spangdahlem Air Bases to train and work with their active-duty counterparts May 4-17. "It's all about collaboration," said Maj. Matthew Mutti, 104th Force Support Squadron commander and project officer for the deployment.

The guardsmen who deployed all fall under the 104th Mission Support Group, working in the various units of services, personnel, security forces, logistics, emergency management, explosive ordnance disposal, and fire department.

Members of the Services Flight spent one week training in dining halls, gyms, and lodging facilities across Ramstein, giving them the opportunity to train on specific aspects of services that cannot be duplicated at Barnes. "I have taken full advantage of this training opportunity," said Staff Sgt. Adrienne Johnson, the noncommissioned officer in charge of lodging at Barnes.

Members of the 104th Military Personnel Flight spent a week working with the 786th MPF at Ramstein and had the unique opportunity to help them with the Kaiserslautern Military Community Joint Passport Outreach Day on May 6.

"The visiting members from the Massachusetts Air National guard augmented our passport agents and volunteers in an outstanding manner and with such a positive attitude," said Ms. Annette Davenport, chief of customer support, 786th Force Support Squadron.

In four hours, they were able to expedite 543 passports and birth registrations, helping the Kaiserslautern Passport Offices and the U.S. Consulate to cut the wait time from six to three weeks.

"This was a great team effort," Davenport said.

Additionally, a Guardsmen briefed the 786th MPF and U.S. Air Forces in Europe



Photos by Tech Sgt. Melanie J. Casineau

headquarters personnel (A1) staff on the virtual personal computer (vPC) platform, originally a Guard and Reserve program which active duty will transition to by September.

The 104th Explosive Ordnance Disposal Flight received invaluable training that they can't get at home by working with more than 20 people in the Ramstein flight, receiving training on a C-130 aircraft and providing training to their counterparts on the F-15.

104th Security Forces members, acting as augmentees, provided law enforcement and were able to use a police car, which they don't have at Barnes. They also worked with Ramstein's unit deployment manager, preparing more than 100 duty bags for incoming troops. With the base being undermanned, the 104th SFS members were able to help the base accomplish this task in a timely manner, said Mr. Marco Frisch, Ramstein security forces civilian police officer.

"It's awesome these guys are here to help us," Frisch said.

Guardsmen from the 104th Civil Engineer Squadron were stationed at Spangdahlem. Emergency Management members received biological training and performed a CBRNE (chemical, biological, radiological, nuclear and high-yield explosives) exercise.

The fire department guardsmen accomplished vehicle extraction training, local high school fire drills, and even trained the active-duty firemen on a new vehicle. "The Guard is well trained and just as capable of doing the same job that the active duty does," said Maj. Jeremy Dugan, 104th Civil Engineer Squadron commander.

Other Airmen from Barnes worked in the following sections: Knowledge Management Office, assisting with processing Freedom of Information Act (FOIA) requests; Travel Management Office, processing inbound and outbound packages; Contracting, assisting with site visits and creating a new file plan; Judge Advocate General, fulfilling the requirement to train with active duty every four years; and Logistics Readiness, planning aircraft assignments.



Due to the high deployment and permanent change of station rates this time of year at Ramstein and Spangdahlem, the active-duty units were grateful to have a group of guardsmen integrate and augment them while they were shorthanded.

"All commanders expressed how happy they were with our professionalism and work ethic and would love for us to return in the future," said Master Sgt. Matthew Chapman, the 104th Mission Support Group first sergeant.

While deployed, the 104th Mission Support Group guardsmen were able to integrate seamlessly with their active-duty counterparts, while having the opportunity to train on specific aspects of the career fields that cannot be duplicated at Barnes. The skills learned at Ramstein prepare the 104th members for future deployments and the ability to support a wide range of operations, Mutti concluded.

104FW EOD members participate in C-130 emergency response exercise

By Tech Sgt. Melanie Casineau, 104th Fighter Wing Photojournalist

Two Airmen from the 104th Explosive Ordnance Flight (EOD), 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Massachusetts, trained on a C-130 aircraft for an emergency response exercise May 13 at Ramstein Air Base, Germany.

The aircraft training that Staff Sgt. John Tourtellott and Staff Sgt. Robert Krider participated in covered one of the five major focuses that the Airmen have to train on every year for EOD: weapons of mass destruction, chemical biological agent, improvised explosive device, conventional munitions, and aircraft.

“At the 104th, I train on the F-15 aircraft; this is my first time training on a C-130 aircraft,” Krider said. “This is important training because we are emergency responders and are now able to respond to any emergencies involving C-130s in New England,” Krider said.

For example, “if Quansett, Rhode Island, a C-130 wing, is deployed and cannot take care of the aircraft, we are now qualified to

do it for them,” Krider said.

The training that was done on the C-130 aircraft is called “Safe-ing,” taking a system that is armed and de-arming it, making it safe, said Krider. EOD must eliminate all



Photo by Tech Sgt. Melanie J. Casineau

possible explosives.

“The three reasons we would safe an aircraft are an accident, mishap, or crash,” Krider said.

In an emergency situation in the states,

the fire department would be the primary response for egress if the pilot is unable to do it, but EOD must be trained and capable of responding as a backup.

If there is no fire department on base or it is an international fire department, then EOD would also come in as the primary response. Overseas there is a higher chance that the fire department on base is not familiar with American aircrafts, Krider said.

“I was overseas on a base that only had Polish aircraft and only a Polish fire department,” Krider said. “When an American aircraft had an emergency landing on their flight line, they were not familiar with the procedures to shut it down. The only people who were familiar with the aircraft besides the pilot were us (EOD).”

Krider and Tourtellotte are now more qualified than they were before this deployment and more valuable to their unit and the units around them. Additionally, they are better trained and prepared for their next deployment alongside their active duty counterparts.

104FW Airman trains on shipping at Ramstein

By Tech Sgt. Melanie Casineau, 104th Fighter Wing Photojournalist

An Airman from the 104th Logistics Readiness Squadron, 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Massachusetts, recently deployed to Ramstein Air Base, Germany, integrating with the 86th Logistics Readiness Squadron here.

Senior Airman Desiree Barnes, a full-time technician in the travel management office, experienced the way Ramstein processes the large volume of international and local packaging.

This training is not available at 104th Fighter Wing, as the guard base is much smaller and does not ship overseas often.

“We have been processing shipments from other bases making sure that the supplies are delivered properly to the receiving offices on Ramstein,” Barnes said.

Because the amount of packages that come and go at Ramstein is on such a large

scale, all the receiving offices are at separate sites. With the small capacity that the 104th Fighter Wing has, the receiving offices are all combined, said Barnes.



Photo by Tech Sgt. Melanie J. Casineau

The process is the same with active duty and guard when processing packages, but the type of packages that come and go are different, said Barnes. At Ramstein they

ship and receive household goods from Airmen retiring or changing base locations; the 104th does not because they are a guard unit.

“I have learned how to process packages at a larger volume and have learned how to work with customs,” Barnes said. She worked and trained with the active duty on all inbound and outbound processing procedures. At home station, Barnes does the shipment planning for outbound as well as inbound shipments ensuring that the packages are processed correctly and in a timely manner. There are approximately four or five shipments per day from various freight companies and they receive approximately 30 packages per day at the 104th.

Airman Barnes was very happy to have the opportunity to work and train with her active duty counterparts in an environment not available at the 104th Fighter Wing.

Commander's Column continued

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

bring it to their attention. Three of the members I mentor I speak with one to two times a week, some more frequently and some less...each relationship is defined by what the mentee needs. For those who mentor me – I have been upfront with what I would like their assistance with, and I go to them with my challenges and difficult decisions. In each of these relationships, I have grown as a leader and as a follower due to insights I would not have had on my own. These relationships have increased the diversity of my perceptions and steered me

toward my goals. My mentors, specifically, have also nudged me when I begin to drift off course or have a blind spot.

I hope that when you read this, a single theme jumps out ... mentoring is more the mentee's responsibility than the mentor. It also takes courage to accept guidance, advice and/or course corrections. I ask each one of you to think of your own experiences and think of times you have been mentored... and consider if it was helpful, it may be worth a discussion with the person who cared enough to help you, that a formal

relationship with clear expectations could change your outlook on mentorship and help you become the best leader/follower you can be. Don't assume that because you are successful or experienced in your field that you don't need a mentor, and never underestimate the impact of being one.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou

Guns versus Hoses

Tech Sgt. Sue Fopiano, 104th Fighter Wing, MXS

On March 23, Barnestormers competed in the "Guns versus Hoses" Wounded Warrior Project Benefit games at the XL Center in Hartford, Connecticut. This was the 5th annual event in this name and the first time a military team has partaken.

The 12 person team consisted of military personnel, seven of which were from Barnes. They are seen in photo as follows: Front from left: Nate Poudrier, Structural; Brett Pitoniak (Captain), NDI. Back, 4th through 8th from left: Gerry Flanagan, Weapons; Mark Rioux, R&R; Greg Pion, Avionics; Kyle Eckert, Engine Shop; and Derek Chandonnet, QA.

The team played the first game in the series and won, 5 to 2. They helped to raise over \$5,200 for The Wounded Warrior Project! The

following Youtube link is the full game.

<https://www.youtube.com/watch?v=YK3leS9Ap3M>

The Wounded Warrior Project's vision is to foster the most successful, well-

adjusted generation of wounded service members in our nation's history with a mission to honor and empower wounded warriors. To learn more or donate, please visit www.woundedwarriorproject.org.



Physical fitness

By Capt. Andrew Christo, 104th Medical Group

Regardless of our job title in the Air Force, we all must maintain a certain level of physical fitness. Physical fitness is defined as "The ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies." Regular exercise has numerous benefits, from enhanced cardiovascular health, weight management, improved quality of sleep, increased alertness and stress reduction. We're all aware of the benefits of regular exercise,

but between work, family, school and other commitments, finding time in our busy schedule for it can be a challenge. It's often the first extracurricular we eliminate from our hectic lives but we don't realize that maintaining a regular work-out routine actually improves our ability to perform our daily tasks.

The type and quality of our exercise plays an important role in maintaining our fitness. The CDC recommends a combination of aerobic and muscle strengthening activities of moderate

intensity for at least two and a half hours per week. For more information please visit www.cdc.gov/physicalactivity. For ideas on new exercises as well as demonstrations on how to prevent injury by maintaining proper form, please visit the following websites: www.exrx.net, www.xlathlete.com, www.rescueathlete.com and www.myfitnesspal.com. Remember, when starting any new exercise, be mindful of old injuries, use an appropriate weight for your fitness level and use proper form.



Safety: How goes it?

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

Memorial Day to Labor Day is not the only time to be safe!

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

Member dragged foot on carpet; broke top of foot, no lost time.

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

10K AT Forklift impact canopy, broke window and bent door, \$1,500.

This year the Air Force has changed its focus from seasonal campaigns such as our previous "101 Critical Days of Summer" to a year round strategy referred to as "Quest for Zero" with the zero being mishaps. This change in approach simply

highlights the need to control our hazards all year long and not just during a specific time of year. We think it would be silly to not highlight the time of year that traditionally has been one of the Air Force's increased fatality time due to summer activities such as swimming, boating, bicycling and other recreational activities. We hope that you agree that beginning Memorial Day and going through the Labor Day weekend we need to not let our guard down and allow the good times to turn bad!

By far the biggest hazard we all face during the good weather is the one when we fail to recognize. It could be the water, the bike, the boat, the car, the alcohol, or the trail; each demand our identification and control of the hazards associated with each. If we fail to identify the hazards, how on earth could we control them? Then of course some of us will add alcohol to the equation and that can be a real challenge to weigh both safety and fun at the same time.

We are not going to ask you to do something that doesn't make sense and in fact we want you to consider what does.

Does it make sense to swim by alone? No! Does it make sense to boat when you don't know how or don't have flotation devices? No! Does it make sense to drive extra-long distances when you are tired? No! Does it make sense to do that roof repair without being tied off and when no one else if there to summons help? No! Does it make sense to drive after drinking? No!

All we ask of you this summer is to be safe. How you accomplish it will take some thinking on your part. We ask that you use risk management not just for the summer; but always. If it can happen chances are it will. The question is how do you make it not happen? On behalf of the Safety Staff we would all like to thank each of you for your efforts each and every day to keep making things happen; SAFELY! Have a great, SAFE summer everyone!



Chaplain's Corner - Why do we do this?

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

As I sit down and begin to write this article, I mumble to myself, "I am so not into the military right now." And I am surprised by the honesty and the shocked that the words came out of my mouth. Twenty three years worth of weekends and deployments may be an easy excuse for this attitude. I know that I have met Airmen at Barnes who have many more years than that and are still sharp and enthusiastic about being part of the Air National Guard. So I want to explore **WHY DO WE DO THIS?** Why do we cut our hair, shave our beards and put on this uniform every month? Why do I leave behind a door that needs replacing, a lawn that needs mowing and a car that needs maintenance to tend to Uncle Sam's jets? Why do I say good bye to a spouse and

children or friends and family that want to spend time with us to spend time with my Barnes Family? Why do I give up a day at the beach or an afternoon kayaking to sit in a government building on a sunny day or sweat on the tarmac waiting for a late landing. Why do we do this?

1. **It is my job.** We get paid but probably not enough. We have made a commitment. Our word means something. We signed a contract and we have accepted a mission and it is up to us to fulfill it. Too little is made of doing what we committed to do even when there is a cost. Breaking agreements and renegeing on your promises is becoming too much a part of the American dream.

2. **My Wingman depends on me.** The job does not get done when half the team fails to show up. It is not about me. I also made a commitment to people. They may

be disappointed in me but more so, their capabilities are hampered by my absence. Each of us plays a significant role from the basic airmen to the full bird colonel. I don't want to let my Wingman down.

3. **My Country trusts me.** Regardless of what I do in the civilian world, I put on the uniform and represent the nation's finest. I am given the task to "support and defend the constitution of the United States against all enemies..." Our country, our people and my family depend on people like us sacrificing weekends and vacation time to help America be the safest country in the world.

Our Air Force values include "service before self." That is a definition of a hero or at least a really awesome human being. If you did not need to hear this today, I did. Let's get at it Barnestormers!

Have a Great Drill.



A Warrior's Path to Living Meaningfully

Dr. Frank Gallo, Director of Psychological Health

Over the last two AirScoop articles, we've explored two qualities of thinking painful thoughts and feeling difficult feelings: *uncertainty* and *impermanency*. And you've been learning and practicing exercises involving staying, holding, and making space for painful thoughts and feelings related to a life story without doing the habitual thing to move away from them. We'll call this *willingness*.

Living on the left side of the Matrix by following the story line to do the habitual thing, to do what feels familiar, to do what makes you feel better now, and move away from painful thinking and feeling just gets you what you've always gotten. Being willing to have pain naturally feels unnatural. The alarm goes off and it's natural to put on your emotional body armor and slip into problem-solving mode for protection. So why still be willing to have pain despite its qualities of *uncertainty* and *impermanency*? Besides, by now in your training your mind may be telling you, "I wanna get over to the right side," and it's still trying to figure out how to do that.

Pain is a normal part of being human when you value things. In valuing loving someone caringly and wholeheartedly is the fear that someone will hurt you. In valuing relating with a family member lovingly is the fear they will get hurt or die. Working in the Air Force and valuing protecting and serving others helpfully and effectively are the fears traumatic things will happen to you, coworkers, or others. You see, pain is *relative*. It's something worth having because what you will discover in it are things you value. So let's begin with Part 1 of an exercise called *Constructing Your Values* in which you will explore this third quality of pain.

Exercise: Constructing Your Values

Values are how you want to act on an ongoing basis. They are, what do you want to keep on doing (verbs), and how do you want to keep on doing it (adverbs), like helping people competently at work.

Values are statements in your head. They are thoughts always available to you here and now. You choose if, when, and how to act on them. Even if you choose to ignore them for years, they are always available for you to act on when you want.

Values are your internal horsepower for living meaningfully. When you genuinely plug into your values, they activate heartening-supportive feelings like appreciation, kindness, and care that synchronize your biological pacemakers and harness the power of your gut and heart to live your values. Plugging into heartening-supportive feelings can also power up your values.

Values are directions you want to go in life. They're like a compass heading giving you direction and keeping you on course toward valued living. They aren't the places you stop at along the way. Those are goals (or outcomes): what you want to get, have, or complete. For example, *graduating from NCO school*, *writing a report*, and *passing an inspection* are goals. Once you complete them, you're done. And they move you along the way of *working effectively*, which is a value. Working effectively is ongoing. You want to work this way despite what position you're in or job you have.

Here are a few more examples of how values and goals are different. Interacting with people respectfully is a value (how you want to act), and to get respect from people is a goal (what you want from others). Loving someone wholeheartedly is a value, and to get love from someone is a goal. Serving expertly is a value, and to become a sergeant is a goal. Acting affectionately is a value, and to feel happy is a goal. Behaving kindly is a value, and to never feel angry again is a *dead person's goal* (only a dead person can do that).

One more thing about valued directions, do you ever get there? Do you ever accomplish the mission? If you said no, you were correct. Living your values is a process like driving west toward the sunset. You never really reach it. However, you can enjoy the ride by appreciating the scenery and stopping at some fun places along the way.

Values are chosen by you. You choose them because they are important to you, and for no other reason. And in the long run, they are usually important to others. Values aren't what others want for you or what you think you *have to* or *supposed to* do.

Values are what matters to you. So they aren't something to be right or wrong about, and there is no need to explain or defend them. They are like your favorite foods. There is no need to justify your culinary taste. However, you'll need to choose what to eat at a restaurant that makes all your favorite foods. You'll need to prioritize

which to eat here and now. In the same way, your values are available all the time and you may need to prioritize what values you act on. For example, you may value *relating with people caringly*, and if someone attacks you, you defend yourself because your valuing *living safely and healthily* takes priority.

Below are some words for you to choose and construct your values in the different living areas. Fill in your values on the chart on the following page. You may also add other words to bring your values to life. I've listed a few examples to get you started.

What Do You Want to Keep on Doing?

Playing, Acting, Behaving, Interacting, Working, Being, Performing, Getting along, Helping, Living, Learning, Contributing, Giving, Applying, Serving, Relating, Connecting, Caring, Nurturing, Loving, Speaking up, Sharing, Communicating, Embracing, Engaging, Supporting, Advocating, Accepting, Maintaining, Providing.

How Do You Want to Keep on Doing It?

Skillfully, Energetically, Fairly, Righteously, Ethically, Proficiently, Willingly, Admirably, Strongly, Competently, Eagerly, Passionately, Wholeheartedly, Warmly, Appreciatively, Competitively, Supportively, Lovingly, Diligently, Humbly, Cooperatively, Generously, Helpfully, Honestly, Courageously, Compassionately, Respectably, Forgivingly, Creatively, Modestly, Kindly, Friendly, Purposely, Warmly, Tenderly, Thankfully, Enthusiastically, Eagerly, Wisely, Curiously, Acceptingly, Affectionately, Patiently, Honorably, Eagerly, Attentively, Knowledgeably, Understandingly, Thoughtfully, Capably, Kindheartedly, Gently, Perceptively, Industriously, Expertly, Intelligently, Productively, Spiritually, Loyal, Enjoyably, Faithfully, Emotionally, Intimately, Gratefully, Reliably, Responsibly, Orderly, Healthily, Mindfully, Patiently, Precisely, Truthfully, Accurately, Openly, Graciously, Intentionally, Positively, Actively, Courteously, Reflectively, Conscientiously, Boldly, Healthily, Vigorously, Caringly, Effectively, Safely, Usefully, Powerfully, Fearlessly.

Area of living	What do you want to keep on doing?	How do you want to keep on doing it?
Family	<i>Interacting with my family</i>	<i>enjoyably</i>
Friends		
Work	<i>Working with my co-workers</i>	<i>effectively</i>
Education		
Health	<i>Living life</i>	<i>actively, safely</i>
Recreation		
Spirituality		
Parenting		
Community		
Intimate Relationships		

Now that you constructed your values, where would you write them down in the Matrix? If you said the bottom right, you were correct. Remember, values are thoughts in your head. Fill in your Matrix now with your values. We'll stop here for now, and next month explore – if you think about these things you value, you will usually find on the flip side things that bring up pain in you. After all, if you didn't care about something, it wouldn't hurt.

For Your Information

Safety position available

Duty Location- 104 Fighter Wing, Barnes ANGB, Westfield MA

Position advertisement expires- 13 September 2015

Dated- 6 June 2015

AFSC Requirement to apply- 2WXXX, 2MXXX, 3E8X1

Position AFSC- 2WXXX, Weapons Safety Manager, SEI 375

Max grade- SMSgt, E-8

Requirements- Attendance in L3AZR2W071-0C2A, Weapons Safety Management Course and Lightning Protection for Air Force Facilities (AMMO 47) course are mandatory if selected. Attendance in the Air force Mishap Investigation Course Non-Aviation (MINA) will be strongly encouraged.

Status- Drill Status Guardsmen and Technicians may apply (AGRs are ineligible) Technician's selection is contingent upon a favorable compatibility waiver from HRO.

Duty Location- 104FW/SEW, Barnes ANGB, Westfield, MA

Duties and Responsibilities-See AFI 91-202 para 9.4, 9.5, and 9.11 and applicable 2WXXX Career Field Education and Training Plan (CFETP)

Application Procedures- Candidates will submit a one page letter of intent, resume (two-page limit), fitness assessment, and a copy of their vMPF Records Review List (RIP) by e-mail to SMSgt Thomas Dumais at: thomas.dumais@ang.af.mil and Jeffry.Blake@ang.af.mil. Applications must arrive NLT 1630

Hours 13Sep15. Late applications will be returned without action. 104SE will notify non-qualified applicants as soon as possible after receipt. All other applicants will be notified if interviews are required.

Barber Shop Open



The Barber Shop will be open for the 2015 UTA dates. Enter Building 008, South Entrance.
POC for Barber Shop operations call (413) 568-9151, x698-1234.



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) or Maj. Matthew Mutti (matthew.mutti@ang.af.mil) by e-mail.

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 9a.m.-11a.m. 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

PVC Upcoming 2015 Events

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

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)



NEW LEGAL OFFICE TROOP



Airman First Class Tammy Midwood joined the guard last year and attended Basic Military Training. She is the daughter-in-law to Senior Master Sgt. Bill Midwood who works in Maintenance. Midwood, located third from the left, will be working in the Legal Office.

Religion notes

General Christian Worship Service on Saturday, June 6, at 11:30 a.m. in the Base Chapel.

If you need to talk, the Chapel Team will be out and about. You can also stop in for a chat at the Base Chapel (Building 12 aka the Gym) or call ahead at 698-1057.



Congratulations on your retirements

SSgt John Kostka	AMXS	7 Jun 2015
MSgt Leo Maheux	AMXS	27 Jun 2015
TSgt James O'Brien	AMXS	7 Jul 2015
MSgt Thomas Miskiv	CES	17 Jul 2015
Col Kenneth Lambrich	FW	1 Sep 2015
MSgt Mark Fortin	FW	7 Sep 2015
TSgt Michael Trombley	LRS	13 Sep 2015
TSgt Robert Percy	MXS	22 Oct 2015
SSgt Sean Canty	LRS	27 Nov 2015

Welcome to new members

Jacob Hoban	AMXS	7 May 2015
Timothy Mannion	AMXS	11 May 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 Senior Master Sgt. (E-8)

Todd Canedy

SFS



WHAT'S FOR LUNCH?

Saturday - 1100-1300

Entrée: Corned beef or savory baked chicken, mashed potatoes or brown rice, mixed veggies
 Soup: Tomato soup w/pasta or chicken noodle
 Salad bar: A variety of vegetables, salads, and toppings
 Dessert: Assorted

Sunday - 1100-1300

Entrée: Baked cod or beef stew, rice or egg noodles, mixed veggies
 Soup: Tomato soup w/pasta or chicken noodle
 Salad bar: A variety of vegetables, salads, and toppings
 Dessert: Assorted

Short order – Burgers, cheeseburgers, grilled chicken sandwich and tater tots

AGR & Officer Meal Rate \$5.55

Airman Kendall takes action



On the way to Ramstein AB, we had an in flight emergency. An airman was having trouble breathing. Airman Kendall immediately took action, calmed the member down and provided him with oxygen. He is an Emergency Medical Technician (EMT) on the outside. His quick action calmed the situation and stopped it from becoming a full blown medical emergency. 1st Sgt. Chapman recognized Airman Kendall by providing him the German license plate in this photo.



MAINTENANCE GROUP RETIREMENT CEREMONY

104th Fighter Wing Dining Facility
Saturday, August 1st @ 15:00
Tickets \$12.00

Please join us as we pay tribute to the individuals
who dedicated years of honorable and loyal service
to the Barnes family and our great country!!

For Tickets Contact
2dLt Michael Disori
MSgt Larry Brace
MSgt Jeff Almeida
SSgt Dacia Lucas



Retirees and dates of service are as follows:

CMSgt Al Reale	9 JAN 78 - 1 DEC 14	MSgt Greg Westcott	8 NOV 76 - 15 SEP 14
CMSgt John Stec	13 JAN 87 - 16 JAN 15	TSgt Sean Amell	14 APR 92 - 4 NOV 14
SMSgt Robert Keach	23 JUN 72- 6 JAN 15	TSgt Michael Michaud	20 MAR 90 - 1 JUN 15
MSgt Kevin Leahy	97 JUN 90 -9 DEC 14	TSgt James Obrien	6 AUG 81 - 7 JUL 15
MSgt Leo Maheux	27 APR 84 - 27 JUN 15	SSgt John Kostka	25 FEB 82 - 7 JUN 15
MSgt Michael Warren	4 JUN 90 - 25 APR 15		

MASSACHUSETTS AIR NATIONAL GUARD

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

www.104fw.ang.af.mil
www.westfieldairshow.net
Social media sites:
www.facebook.com/barnesang
www.twitter.com/104fighterwing
www.flickr.com/photos/barnesangb



PRIDE.
PROFESSIONALISM.
PATRIOTISM

We're on the Web

WWW.104FW.ANG.AF.MIL

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