



# AIRSCOOP

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

**September 2015**



Members of the 104th Fighter Wing, Barnes Air National Guard Base in Westfield, Mass., return home on Aug. 28, 2015, after a successful two week deployment to Savannah, Georgia where they participated in Exercise Atlantic Spear. (Story on page 4.) *Photo by Senior Master Sgt. Robert Sabonis*



*Col. Peter T. Green*

# Commander's Column

By Col. Peter T. Green, 104th FW Vice Commander

“What a long, strange trip it’s been.” That is what I think my 18 year old, newly enlisted self would say if he could look ahead 33 years to today. I joined the 104th Tactical Fighter Group as a Security Policeman. I knew the first day on the base that this was a place I wanted to be part of...the sense of pride and patriotism was evident everywhere I looked and told me I made the right decision. Over the years, that has not changed. I have always worked at the job at hand; learning, making mistakes, learning from my mistakes and working with my teams to do my best for the people and the mission. From my early days as an Airman and Non-Commissioned Officer to serving as an officer and commander, I have always been challenged by my leaders to work hard and to do the right thing and did my best for them.

I was extremely humbled, when asked by Col. Keefe to serve as his Vice Commander. Over the last three decades, I have seen numerous past leaders in the role contribute heavily to serving the people and the mission over the years. It is due to these past leaders and their success, that I will continue the hard work needed every day, to support the Wing Commander and to help continue to build our culture and ensure we are the most respected fighter unit in the Combat Air Forces.

Last month, Col. Lambrich spoke about how he felt being a Barnestormer in the AirScoop. His pride was evident and I thank him for his passion for the fight, his friendship and his patriotism. He will be missed. Col. Lambrich spoke about why this unit has continued to succeed at every challenge it is faced with from mission change, higher ops tempo, to our strategic investments in our installation with our construction projects over the last three years. I agree it is our culture. It is the culture of pursuing the best in all facets of our mission that attracts the talent, which builds our reputation. This commitment to excellence is not easy. It means rejecting the status quo, looking for improvements, seeking out ways to differentiate yourself from others and most importantly, succeeding at your mission. This can add stress to our team and must be balanced with the resources and capabilities we have at our disposal but I submit to you, the alternative is not acceptable and is

incompatible with being ready, reliable and relevant to today’s Air Force.

The operations and personnel tempo now is constant. We are the operational reserve and part of the total force. The days of the strategic reserve and being on the sidelines are an era of the past. This is not the unit I joined in 1982. We will continued to be asked to do more and we must be able to respond to stay viable in today’s highly competitive, reduced budget defense environment. The Air Force is looking for more and the challenge for the Air National Guard (ANG) leadership at the state and national is to find the balance to this request with the need to add the critical resources to support the continued operationalization of the reserve components. The ANG has never been unavailable or not met a requirement and in most cases, have done it with volunteerism, but that starts to take a toll.

This weekend, Col. Keefe, Lt. Col. Halbrook, Capt. Gauvin and I, along with others from around the nation will converge on Nashville, Tennessee for the National Guard Association of the United States (NGAUS) annual conference. We serve as active members to help ensure our voices are heard as an F-15 Eagle and Alert unit.

*(Cont'd on page 3)*

## AIRSCOOP

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*PRIDE, PROFESSIONALISM, PATRIOTISM*

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## Commander's Column (cont'd)

This NGAUS organization, along with our National Guard Association of Massachusetts (NGAMA), are key to helping address the mission, people and equipment needs of the ANG as we are asked to do more (or conversely, when they try and cut missions) in the big Air Force budget reviews and force planning.

Our unit is just off a very successful Unit Effectiveness Inspection in June and our recent deployment to Savannah. Now we are prepping for the future Weapons School, Red Flag and other deployments in the near future, along with our finalizing planning for Family Day on Sunday and the support activities by the Family Readiness Group for the rest of the year to support our families. As you can see and feel, there is a lot going on and no matter where you look, people are engaged in planning projects to support and make this unit an effective fighter wing and team. Every section, every office and every person has to be part of this approach to make it successful.

I have spoken in the past about being customer focused. It's a way to understand how your organization works and what purpose you serve. In my view, our most important mission starts with the Operations Group ensuring that they have highly trained fighter pilots and are mission ready. We produce combat power

through our F-15's for the Combatant Commander. Every other organization needs to ensure that the product or service they provide is geared towards making this pilot successful. Take for example the Maintenance Group. They are solely focused on providing mission capable aircraft for our training and alert missions. This is their main customer. If they fail, the Wing fails at its primary missions. However, they or the Operations Group cannot succeed without the critical support of the Mission Support Group, Medical Group or the Fighter Wing headquarters. My point is that all of us, in whatever unit, must understand who is our primary customer in the organization, what we provide, how we know we are succeeding and what are we doing to improve in delivering our products or services.

If we fail at this, no one will be our champion to save our mission, our people or our base. Our mission focus is now being honed throughout our unit through the new Air Force Inspection System and our internal processes for assessing and improving in the four major graded areas of managing resources, leadership, improving the unit and mission in our daily efforts. I strongly believe our continued success in this area will help ensure we stay mission ready.

I will close with the following

thoughts: Many years ago, Maj. Gen. Platt used the term "change or die" when he was the Wing Commander. He saw the need for us to start to push for excellence as a Wing and it was tough at first, but once we fully committed, we have never looked back. All of us at every level within this wing must be committed to doing our very best, to work as a team while doing so and to take care of each other when things get tough or stressful in the days, months and years to come.

We have a responsibility to our nation, our state and to all of our retirees who shoulders we have stood upon in the past, to continue on with the tradition of pride, patriotism and excellence. It is what makes up our culture and our success. Personally, I know I have more of my career behind me now than in front of me. Like those who have gone before me, when the day comes that I put on the uniform for the last time, I will be confident that I did everything I could for the people and mission. I will leave the Wing positioned for success and will have been proud to have been a Barnestormer. I challenge all of you to do your best, serve your customers effectively and continue the legacy of the 104th Fighter Wing. Proud to serve with you.



## First Sergeant's thoughts

By Master Sgt. Thomas Moriarty, 104th FW 1st Sgt.

Welcome to September UTA. I sincerely hope each and every one of you has had a safe and productive month.

I have had the honor over the past two weeks, to come out to the base to sign promotion paperwork for three unit members. Two of those promotions are to senior enlisted positions. It jogged my mind to remind all junior enlisted officers and airmen to take great care in their individual upgrade training.

As many of you know, and some of you may not, the requirement to attend a in-residence academy to be promoted to Master Sgt. and up is going nowhere any time soon. The base Training Office and your Unit Training Managers are very aware of this requirement and are working

diligently to get as many unit members in to in-residence academies earlier in their Air Force career. Airman Leadership School was traditionally overlooked because a Senior Airman could be promoted quicker if they completed a CDC course. Current rules allow completion of the Airman Leadership School to be considered for promotion to senior enlisted positions later on in one's career.

I strongly encourage airmen to attend Airman Leadership School, or the satellite version held here at the 104<sup>th</sup>. It is a more drawn out program over several months, but it is held over the weekend and will allow the college age members of the unit to still be able to attend college courses during the week, and pursue advancement in the National Guard at the

same time.

The fight for slots in the NCO Academy and SNCO Academy is only going to get more competitive, with fewer slots being allowed to the base and the Air National Guard. I encourage all supervisors to mentor the 104<sup>th</sup>'s leaders of tomorrow, for it's those young faces you look at today who are going to bring this great unit into the future. Please give them every opportunity to learn, grow and lead as you train your replacement. Our time in the Air Force is finite, and its most important asset is its people. I thank you all for your service and task you with doing your very best. My door is always open if you would like to talk.

# 104FW participates in Exercise Atlantic Spear

## By Staff Sgt. Matthew Benedetti, 104th Public Affairs Photojournalist

Airmen and jets from the 104th Fighter Wing at Barnes Air National Guard Base in Westfield, Ma., participated in Exercise Atlantic Spear from Aug. 14-27.

This robust training exercise was a multi-faceted event designed to test and enhance the air to air dogfighting capabilities of participating fighter pilots in a simulated combat environment. During the exercise, 104th FW pilots had the opportunity to integrate with other platforms from across the military including units from Georgia, Texas, South Carolina, Florida, Oregon and California.

The Air Dominance Center (ADC), Savannah, Ga., previously named the Combat Readiness Training Center, hosted Exercise Atlantic Spear. The ADC was an ideal location for large scale fighter integration training due to its proximity to neighboring aerial units and vast coastal airspace which allows aircraft to ascend up to 60 thousand feet.

Lt. Col. David Halasi-Kun, the 131st Fighter Squadron commander, recognized the value of this joint training. "We are building partnerships with all the other platforms, F-18 Hornets, F-22 Raptors and F-35's. What is unique about this deployment is that we had our own exercise, Atlantic Spear and were also invited to participate in the Boar's Nest Exercise, a relatively large air to ground scenario," said Halasi-Kun. "We turned it into an air to ground and air to air joint exercise."

Halasi-Kun also appreciated the freedom of air space at Savannah. "Similar to our training in Hawaii, we operated in unrestricted airspace with no super-sonic restrictions and plenty of altitude. The dimensions allow for 30 or 40

aircraft to participate and we didn't have to worry about deconflicting by time or altitude," he said. "The ADC possesses the infrastructure to allow us to monitor

These simulated dogfight exchanges are proving a rigorous test of the 104th Fighter Wing's operational and tactical capabilities. Although, during many of these simulated engagements, 104th pilots have frequently outmaneuvered their adversaries and demonstrated a level of expertise that left little doubt as to the victor. Exercise Atlantic Spear is also proving to be worthwhile training for ground crew. Tech. Sgt. Greg Liptak, a member of the 104th Maintenance Group, has been impressed by the development of younger Airmen in a deployed environment. "It is great to see the next generation performing so well," he said. "These young Airmen are very capable and confident in their abilities. Based on what I've seen here and back home at Barnes, I feel good about the next generation at the 104th," said Liptak. The skills learned and tested at Atlantic Spear allowed 104th Airmen to prepare for any contingency and enhance mission readiness.

The 104th Fighter Wing Operations Support Flight commander, Lt. Col Sean Halbrook, found the training at the ADC to be particularly instructive given the potential for future deployments. "We have incorporated different platforms as adversaries-F-22, F-18, F-16 in coordination with the Boar's Nest Exercise. Intelligence has also provided us with injects to be prepared for any contingency," said Halbrook, who served as the project officer during the deployment. "Atlantic Spear has been a valuable training exercise and good preparation as we gear up for upcoming deployments," said Halbrook.



104th Fighter Wing maintainer ensures mission success despite the sweltering temperatures during Exercise Atlantic Spear on August 21, 2015.

the 'battle' and simultaneously track all the aircraft. Range training officers are on the ground making independent assessments to determine the winners of each exchange,"



Savannah Combat Readiness Training Center, GA - Capt. Martin Clark stands with Tech. Sgt. Greg Liptak, a resident of Westfield, after completing an incentive flight in a 104th Fighter Wing F-15C on August 18. Liptak is a 17 year veteran of the 104th Fighter Wing.

*Photos by Staff Sgt. Matt Benedetti*

said Halasi-Kun. "Savannah is a great deployment. Everything is already in place. We show up, plug in and we are integrated into the whole exercise," he said.

# 104FW hosts civilian employers during Atlantic Spear

## By Staff Sgt. Matthew Benedetti, 104th Public Affairs Photojournalist

Employers of Airmen from the 104th Fighter Wing, and members of the Employer Support of the Guard and Reserve (ESGR) observed training conducted at the Air Dominance Center (ADC) in Savannah, Georgia, a simulated deployed environment, during exercise Atlantic Spear, Aug. 20-22, 2015.

The mission of ESGR is to support National Guard members by raising awareness of the many positive attributes of a Guard/Reserve member; by raising awareness of the Uniformed Services Employment and Reemployment Rights Act (USERRA) that protects rights as civilian employees while they perform their regular Guard/Reserve duties and while deployed. In addition, the ESGR facilitates the resolution of conflicts that may arise between the employer and the employee through informal mediation. Given that the Guard and reserves comprise nearly

personally witness the vital duties performed by Guardsmen in their military roles.

The group of about 25 people traveled from Barnes on a KC-135

and see what their employees do -- 60 percent of the unit is comprised of part timers," said Keefe. "This visit gives them an idea of the sacrifices they make and the outcomes we get from drill

status guardsmen. The Maintenance guys are out here in the heat... We are providing combat training for our pilots-operating in a pretty hot environment. This isn't a vacation, it's training."

Joan Shea, a Human Resources Supervisor with UPS, found the visit to be instructive. In 2014, UPS launched an initiative to hire 50,000 veterans and have already hired 39,000. "This visit certainly gives me a better appreciation for what our folks are doing during the drill weekends and training exercises," said Shea. Shea has been involved with ESGR since 9/11. "We keep learning what is required of our guardsmen and it opens my eyes to the fact that through this training they are helping defend our country. In the event that we are called to war, this training



The Employer Support of the Guard and Reserve view an F-15 static display at the Combat Readiness Training Center after an action packed weekend learning about the work their Massachusetts Air National Employees do when they are away for training or deployment, August 22.

*Photos by Staff Sgt. Matt Benedetti*

Stratotanker, and viewed the airborne refueling of F-15 Eagles while enroute. Once in Savannah, the group was given a tour of the ADC, attended multiple



half of our military's force structure, it is more important than ever to have supportive employers.

The Massachusetts ESGR/Civilian Employer visit to Savannah is part of a larger initiative designed to bring influential employers and community leaders to military installations to

briefings, viewed a 104th F-15 Eagle on the flight line, watched a take-off, and enjoyed a visit the 8th Air Force Museum.

104th Fighter Wing commander, Col. James Keefe, appreciated the visit by ESGR personnel and civilian employers. "It's nice to have employers come down

provides a knowledge base to allow them to ready," she added.

After an action packed and exhausting weekend learning about the Guard, the visitors returned home safely to Barnes on Sunday, August 20, greeted happily by their families and friends.



## Safety: How goes it? Time to prepare for the cold to come

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

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

- Worker taking samples from aircraft, lacerated wrist, greater than first aid
- Worker carrying chairs, strained abdominal muscles, restricted from PT
- Worker trying to catch falling item, impact finger, less than first aid
- Participant injured knee on PT run, swollen, less than first aid
- Worker checking cargo impact head, head laceration, less than first aid
- Participant fell due to inattention, injured ribs, less than first aid
- Worker dehydrated, transport to ER for evaluation, less than first aid
- Worker dehydrated, ordered to dorm rest, less than first aid
- Worker training handcuffing, fell/fractured wrist, medical evaluation

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

- Government vehicle impact taxi light, taxiway light destroyed, \$200
- Government vehicle impact civilian vehicle, backing into parking spot, \$2000.

As we approach the fall season soon we will begin to feel the effects of shorter days

and longer nights. For many of us the cool mornings and evenings are welcome events after a relatively warm summer. As we begin to get ready for winter, one thing that comes to mind is heat. How do we plan on staying warm? For many of us it means you will soon be burning something like oil, gas, wood, or pellets in your homes to keep warm. The questions we all need to start thinking about are; is my heating system safe? When is the last time I had it checked or serviced? are my smoke and CO detectors still serviceable? Do they have fresh batteries?

Before you know it the cool mornings will turn to frost and now is the time to make sure you and your family is safe and warm. With a little thought and planning the small efforts you take today to make sure your heating system is running properly and your smoke and CO detectors have fresh batteries, will pay big dividends in the safety of you and your family.

Then there is your home and the challenges it poses to you in regards to having your home ready for the cold that will soon be here. Items such as cleaning out your gutters sounds fairly simple, until

to you look up and they are not within your reach. How about the drafty door that bothered you all last year? Did you get around to replacing the weather stripping? How about the snow blower that was sputtering as you put it away last season? Preparing for the shortening days and cooler nights does not have to be complicated or unsafe and in many cases is fairly simple. We recommend you make yourself a list of things to check or do and slowly start now to get them done now before the days are short and the air is cold. If there is something you do not feel comfortable doing such as the gutters, ask for help or hire a professional. The Fall is a season!

The little time and effort you take now will no doubt help ensure the safety of yourself and your families as you start to shut to windows and begin to turn on your heat. If you are unsure of anything or simply want to have a professional's advice, you can check with your heating service provider or local fire department. They may be able to assist you in making the right decisions about preparing for the cold. SAFELY!

## Family Day DoD Bone Marrow Registry

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

*Give someone with cancer the gift of hope! Consider registering in the National Bone Marrow Registry sponsored by the DOD! What's required? Four (4) mouth swabs and some paperwork!*

**Place** - Barnes ANGB, Building 54 (LRS), Family Day Area

**Date and Time** - Sunday 13Sep15, 1200 -1530 (during Family Day)

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

**Time required** - to fill out the information sheet and obtain four (4) mouth swabs- 10 to 15 Minutes

**For additional information** - Contact SMSgt Tom Dumais in the Wing Safety Office, 698-1116

### Bone Marrow Registry Drive

Give something special to someone you don't know; Hope! Hope for someone who's sick. Please consider registering for the National Marrow Donor Program. If you match someone you can help save their life.

What a Gift! Getting registered is as simple as four (4) mouth swabs and providing some basic medical and contact information. If matched, you will be contacted, and if you concur, donation is as simple as a blood platelet donation. To register you must be between 18-60 years of age and a member of the DoD; active duty military members and their dependents, DoD civilians, Reservists, National Guard and members of the Coast Guard. For additional information on the program and typical donation you can go to <https://www.salutetolife.org>, <https://www.facebook.com/DODMarrow> or <http://www.youtube.com/watch?v=rYpbd8WVXWk>

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

There are literally thousands of people, children included with a blood born cancer such as leukemia or lymphoma out there who are waiting to be matched to someone who can give them another shot at life after being dealt some bad cards. You could be that person if you are a match! Please consider at least getting into the registry. If matched you will be contacted and all the way up to the donation, you will have the chance to say no.

Note: If you have ever joined a bone marrow registry elsewhere such as for a local drive for a local person, American Cancer Society event, or any other local drives, you don't need to reregister. This DoD registry, along with many others worldwide, are linked together to create one international database. For those of you not in a registry, we hope to see you stop by and at least check it out! For those of you who are in a registry, know someone who has helped someone, or have a question stop by and say hi.



## Chaplain's Corner

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

This month we celebrate Family Day! I hope you can make it. Nonetheless, we want to let you know that at Barnes, we love families.

After a beautiful (too short) summer, we have sent our children back to school. Some have been looking forward to it and some have dreaded that this day would come. So how do help them succeed? We may or may not have been good students but as parents we know how important excellence is. We want our children to be better students than us. Here are few tips on helping your children succeed at school and life.

Don't underestimate your influence on them. Your words and actions may set them on a path that they will struggle or be nourished by for the rest of their lives. Use your words and living example to influence them. Although they are influenced by peers, studies show that you as a parent still have sway.

Spend time with them because you won't get it back. You don't get to hit the

replay button. It was after a year deployment that I realized how precious time with my family was. I missed a lot of mile markers in their lives. Having married off my oldest this summer brings back the lesson that time with your children is extremely valuable. Don't waste these years.

Realize that they are all different. Admit it, we have our favorites. We love them all, but some that are easier to handle than others. If you have attended our Family Wellness weekend you will remember the Flag Page game. Every child comes from a different "country" and they each have different motivations. Learning what makes each child "tick" can help you learn how to parent that child uniquely. Work with what God has worked in them rather than trying to force them into a particular mold.

Limit the electronic time. TV, movies, internet, Facebook, Snap Chat, texting etc. is not helpful for spending time with them. Oh yes, use this technology to engage them but don't let it replace real-time, face-to-face conversations and activity.

Talk, play games, laugh, read to one another, ride bikes etc. These are memories that they will hold on to later on in life.

Encourage their faith. Most life impacting spiritual decisions are made before a person turns 25 years old. They may walk away for a time but the influence of those decisions in their youth will bring them back. Live your faith genuinely before them and talk to them about their relationship with God. Don't delegate that responsibility to a "professional" religious person. Take up your responsibility to share your story as imperfect as it may be.

As you know, the 104th at Barnes is a multi-generational place. We have families that have sent members into this unit for years. Let's keep doing our best to make the next generation of Barnestormers better than the present.

Stop in to the Chapel, (front of Building #12, aka Gym), and say hello. If you need to talk we will be around. You can reach us at extension 698-1057.

## Know the law, save a life

By Airman 1st Class Tammy Midwood, 104th Fighter Wing Paralegal

It is common knowledge that cell phone usage on any military installation is prohibited, but it is important that every member knows and abides by the laws for distracted driving in his or her respective state. Each of the 50 United States has a slightly different idea as to what constitutes distracted driving with a cell phone. Some states feel that talking on the phone without a hand held device is acceptable, while others don't allow cell phone usage while driving at all. This article will cover the laws for Massachusetts and the 5 surrounding states.

In Connecticut, Massachusetts, New Hampshire (Effective 7/2015), and New York, all drivers are prohibited from texting and driving, but drivers over the age of 18 are allowed to utilize cellphones **with a hands-free device**. The penalty for breaking this law is a fine between \$100 and \$500 depending on the state and how

many times an individual is convicted of this offense. Similar to the previously listed states, Rhode Island and Vermont prohibit drivers from texting while driving. However, drivers over the age of 18 are permitted to talk on their cell phone while driving in these states.



Abiding by these laws will not only keep members from incurring a fine and points on their license, it will also allow them to drive safer and potentially save lives. Our Core Values are, "Integrity First, Service Before Self, and Excellence in All We Do." Part of maintaining these

Core Values on and off base is not only abiding by the law, but going one step further. Although a member's state may permit them to utilize a cell phone while driving, he or she can exhibit integrity and excellence by simply waiting to make or take a phone call until they arrive at their destination. There are few phone calls made that cannot wait until a person is in a safe location, where they can focus solely on the conversation at hand.

According to [Distraction.gov](http://Distraction.gov), "...An estimated 421,000 people were injured in motor vehicle crashes involving a distracted driver, this was a nine percent increase from the estimated 387,000 people injured in 2011." By being vigilant, and going the extra mile members can help prevent these incidents from occurring. Eliminating distracted driving isn't just about abiding by the law; it's a matter of saving your life and the lives of those around you.



## NATIONAL GUARD BUREAU

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WASHINGTON, DC 20330-1000

Fellow ANG Airmen and Family Members

03 SEP 2015

Each year, the long Labor Day weekend marks the unofficial end of summer and beginning of fall. Many of our children are back to school and some of our newest airmen are resuming their college studies. You continue to make me proud as you perform our dual state and national missions with integrity and excellence. Allow me to take this opportunity to outline my safety and risk expectations associated with the fall season.

**WINGMANSHIP CANNOT BE ASSUMED:** Good wingmanship requires attention to two areas: personal accountability and mutual support. When we take either for granted we expose ourselves and each other to unnecessary risk. One example from home is that historically more children are hit by cars in September due to drivers failing to account for changes in back-to-school traffic patterns. Don't let it happen. On or off duty, I would hope that each of you will continue to step up, prepare for the task at hand, and be accountable for your actions. Our leaders should discuss the meaning of mutual support and how taking care of each other is a mission enhancer.

**FISCAL YEAR FLYING DISRUPTIONS:** As we cross the fiscal year boundary, disruptions associated with our year-to-year funding system can creep into our operations. Though felt across all missions, such disruptions often hit aviation the hardest due to training and flying-hour uncertainty. Combine this with changes in weather and migratory bird activity around our airfields and risk levels can quickly spike. To address this, those of you involved in flying operations should perform thoughtful Risk Management assessments. Whether you fill out a prescribed ORM score sheet or not, please honestly assess your proficiency for today's mission, plan accordingly, and do not be afraid to call a KNOCK-IT-OFF when required.

**RISK MANAGEMENT FUNDAMENTALS:** As I highlighted in my summer safety message, most of our preventable fatal mishaps occur off-duty, off orders...many as a direct result of poor, or uninformed risk decisions. Statistics show that the end of summer does not give us a break from this phenomenon. As you continue to engage with friends and family in outdoor activities, whether high-risk or seemingly routine, I implore you to use Check-3 GPS—Gear, Plan, Skills. Our ANG Safety office has partnered with ACC to lead this effort for the Air Force. Learn more at: <http://Check3GPS.readyairman.org/>.

Airmen and their families are our most important assets. Let your wingmen know how important their safety and well-being are to you and the mission. Take a few minutes each day to assess risk and talk about it with your wingmen. We're all counting on you.

A handwritten signature in black ink, appearing to read "S. Clarke", is positioned above the typed name.

STANLEY E. CLARKE, III  
Lieutenant General, USAF  
Director, Air National Guard



## A Warrior's Path to Living Meaningfully

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

As you learned last month, unavoidable pain shows up when you're living a life guided by your values. So far in your training, you've been learning exercises involving staying, holding, and making space for painful thoughts and feelings. Instead of you doing the habitual thing to move away from them. We'll call this *willingness*. Being willing to stay with pain is not giving up and just accepting it. It's not using a grin and bear down strategy either. Staying with pain takes courage to hold onto something you can't control, to choose what you want to do and how you want to do it in life, and to take action in those chosen life directions you can control.

Being willing, you regain the energy and time you've been using trying to control what you can't control and for which there is no need to control. You can now use that energy and time to live a life guided by your values.

Being willing to just observe your mind saying all kinds of painful and scary things gets you *fear-less*. When you stop doing the habitual thing, the volume of painful thoughts and feelings goes down, their duration gets shorter, and fewer things provoke you. What you've been doing to get away from pain begins to fade into the background. It's as if you're playing baseball. I remember coaching my sons 10-12 baseball team and teaching them to field ground balls. I have them line up near third base to practice. Third base is a real hot spot for hits. The ball comes at you very fast with pull hitters. The goal is to field a ground ball hit to third base and throw it to first base to get the hitter out. And doing that is in the service of valuing *playing baseball skillfully*.

Now, I tell the boys to keep their butt down, glove in front of them, and eye on the ball. I also tell them it may feel pretty scary at first because your mind tries to hook you with a story about how the ball will take a bad hop, hit you, and you'll get hurt. Besides, the boys are usually afraid of making a mistake or looking bad in front of the other players watching them.

When I begin hitting grounders to the boys, they usually do a couple of things to avoid the possibility of getting hurt: turn their head and look away, or lift their head, butt, and glove off the ground while looking away. It turns out that these things increase the chance of getting hurt, making an error, and the other players talking or laughing.

However, when the boys are willing to keep their butt and glove down and eye on the ball, they field the ball, and throw it to first base to get the hitter out. The more they're willing to do that, the easier it gets, and the volume of fear goes down. Now sometimes the ball does take a bad hop, but the boys stay in front of it, knock it down, and still make the play to first base all in the service of *playing baseball skillfully*. Even the pros worry about making an error, but the volume of that stuff has gone down over the years of playing the game. Yet, sometimes their minds still hook them with a story about missing the ball especially after an error and they end up having a bad game.

Even with your new *Me Noticing* skills and being willing, you're human. We all get reeled into painful thoughts and feelings and get hooked by them sometimes in life. You may exercise, meditate, fly fish, see the values in your pain, and still want to punch someone in the mouth or say something mean. Painful thoughts and feelings have a way of showing up, trying to provoke you and pull you out of the present moment and into the past or future. Before you know it, you're upset, and you may end up doing things that only undermine your values, make you feel worse, and deny you what life has to offer in the situation.

If you find your self getting hooked by painful thoughts and feelings, here is an exercise to change the way you're relating to them.

#### **Exercise: Letting Go of Your Grip**

For this exercise, we'll work with an all-time unfavorable thought you may hold tightly and believe to be true about a life event. The thought goes something like this: *if I only did something different*, the outcome would have been different. Choose a thought like this one on your pain list. Whatever you decide, choose one that you really believe is true.

What thought are you willing to work with today? \_\_\_\_\_ Okay, now cut two pieces of paper, each about the size of your hand. Write down the thought on each piece of paper. Crumble them up, and hold onto one piece of paper in each hand. Close your hands, and squeeze them tightly. Keep squeezing as hard as you can and answer the following questions. You may write down your answers later.

When I hold this thought tightly, does it move me toward living my values?

When I hold this thought tightly, does it help me do things in valued directions?

When I hold this thought tightly, does it tie me up and prevent me from living my values?

Now, slowly open your hands and allow the thought to fall out. As you do this, how do your hands feel? Do they feel kind of stiff, stuck, and crimped at first? Do you notice the energy in your hands now as your blood begins to flow again? Move your fingers around. Do you notice your hands loosening up and becoming more flexible to do things? Whether the thought is true or false, being willing to let go of your grip on it frees you up to use your energy to live the life you want to live. Now don't forget to pick up your thought and take it with you. After all, it's yours you created it. You can hold and carry it differently though like putting it into your pocket.

In next month's AirScoop, we'll talk about more exercises and ways for you to get unhooked and create distance from painful thoughts and feelings.

# Retirement Luncheon

For

CMSgt Wayne Brown

**37 Years of Service**

**\$35  
Golf  
&  
Cart**



**\$25  
Lunch  
&  
Gift**

**Friday September 25, 2015**

***Golf, Buffet and Ceremony***

**Southampton Country Club**

**0700-1200 Golf Scramble poc: Mike Styckiewicz x1313**

**1200-1400 Lunch and Ceremony**

**Please RSVP**

[gary.r.allen3.mil@mail.mil](mailto:gary.r.allen3.mil@mail.mil)

[thomas.r.rudzik.mil@mail.mil](mailto:thomas.r.rudzik.mil@mail.mil)

# For Your Information

## Barber Shop Open



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



## 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

## BASE HONOR GUARD

### 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.

## 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))



## KID'S HALLOWEEN PARTY

Friday, Oct. 23  
 6:00 p.m. – 8:00 p.m.  
 Dining Facility, Bldg 3  
 Ages 10 years and younger.  
 Please sign up with Lt. Col. Brenda Hendricksen during the Oct UTA in the Dining Facility. Decorate a pumpkin, crafts, haunted hayride, refreshments.



Volunteers needed to fill diddy bags on Thursday, Oct. 22. Volunteers also needed to frighten the children during the haunted hayride. Please bring your own masks and costumes. RSVP to Lt. Col. Brenda Hendricksen at (413) 572-1800 or [brenda.c.hendricksen.mil@mail.mil](mailto:brenda.c.hendricksen.mil@mail.mil).

## PVC CORNER

Did you know that the Pioneer Valley NCO Club is a Non-profit organization? Are you aware of what your membership money goes towards each year? A lot of people don't realize that the NCO Club is more than just a bar. We make donations to many different organizations on behalf of its members throughout the year. This past year we have donated to The Family Readiness Group, we have sponsored a hole in a Golf Tournament for the Soldiers Home fundraiser, and sponsored 10 Veterans from the Soldiers Home for the UTA Thanksgiving Meal just to name a few. Your membership money goes towards all maintenance and improvements made at the NCO Club as well. Without your annual donations none of this would be possible.

It's that time of year again, and the Pioneer Valley NCO Club Coins are available at the NCO Club and with Club Council Representatives. The cost is \$10.



## Pioneer Valley Club Aircraft Series 2015 Membership Coin

A tribute to the P-47D Thunderbolt flown at Barnes ANGB from 1947-1950. \$10 per coin.

Please see a PVC council member below for your coin.

Master Sgt. Fredette, Master Sgt. Hilton, Master Sgt. Oleksak, Master Sgt. Odell, Master Sgt. Plotniak, Tech. Sgt. Lucas, Senior Airman Gunning, Tech. Sgt. Rodrigues, or Pete Lupacchino



## Legal position available

**Position/Title/Grade:** Paralegal/E-6  
**Minimum Grade eligible to apply:** None—see below for Special Qualifications  
**Unit:** 104<sup>th</sup> FW Office of the Staff Judge Advocate  
**Supervisor:** Lt Col Robin Peterson  
**Application Deadline:** Until filled  
**POC for more information:** Lt Col Peterson, (413) 568-9151, ext 698-1244, email: robinpeterson@cox.net  
**Technical/Educational background desirable:** Prior experience in legal or paralegal work desirable but not mandatory. Ability to multi-task and excellent attention to detail is mandatory. Outstanding interpersonal communications skills, untouchable personal ethics and integrity. Individual must be a self-starter, with exceptional organizational skills and the ability to manage large client loads in high tempo situations.  
**Duties and Responsibilities:** Prepare documents such as wills, powers of attorney, promissory notes, bills of sale, etc. Process correspondence and maintain suspense files. Performs legal research. Process special and general courts-martial proceedings. Process Article 15 and UCMJ actions. Assist with investigations. Examine and process legal actions.  
**Special Qualifications:** Individual must possess a minimum 5-level in any AFSC. Must have a minimum General ASVAB score of 60 preferred and be able to type 25 WPM.  
**Training:** Completion of the Paralegal Apprentice course in residence is mandatory. The course six weeks at Maxwell, AFB, AL.  
**Application Procedures:** Please submit a resume that includes all experience relevant to this position, both civilian and military, as well as a statement as to why you are applying for this position NLT the application deadline to Lt Col Robin Peterson, Deputy Staff Judge Advocate, 104<sup>th</sup> FW/JA, Barnes ANGB, 175 Falcon Drive, Westfield, MA 01085. You may also email your resume to robinpeterson@cox.net.

## Chaplains positions available

The Chaplain Office has three enlisted (traditional) Chaplain Assistant positions available: One NCOIC (E-7) position; and two E-4 up to E-6 positions.

According to AFI 52-101: "Chaplain Assistants. As non-clergy members of the Chaplain Corps, chaplain assistants partner with chaplains to form Religious Support Teams (RST). They provide religious program management, advice to leadership, crisis intervention, and unit engagement. . Chaplain assistants are trained to provide spiritual care in a religiously pluralistic environment. The chaplain assistant specialty description is specified in the Air Force Enlisted Classification Directory. The chaplain assistant is vital to the Chaplain Corps mission and will not serve in long-term additional Ready Program duties in accordance with the AFI 10-2501, Air Force Emergency Management (EM) Program Planning and Operations and AFPAM 10-243, Augmentation Duty. Chaplain assistants coordinate and facilitate force protection for chaplains. Chaplain assistants will qualify on the M9 and draw it as their primary weapon. Religious Support Team (RST): The RST is comprised of one chaplain and one chaplain assistant. The RST provides or provides for religious support (to include rites, religious observances, religious education, unit visitation, and spiritual and/or pastoral care, and provides religious advice to leadership (to include advice concerning spiritual, ethical, moral, morale and religious accommodation matters of personnel, as well as religious issues in the operational area)."

Chaplain Assistants, as Enlisted personnel, attend a 6 week Tech School at the AF Chaplain Corp College at Ft. Jackson, Columbia, SC. A Chaplain Assistant does not have to have any particular religious affiliation nor belief.

POCs: Chaplain Steve Misarski at (413) 568-9151, x698-1057 or DSN 698-1057; or Chaplain Ken DeVoie at (413) 568-9151, x698-1082 or DSN 698-1082; or the Recruiting/Retention Office at (413) 568-9151, x698-1569 or DSN 698-1569.

## Safety position available

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 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.

## Public Affairs Position available





**Job Title:** AUDIOVISUAL PRODUCTION SPECIALIST  
**Department:** Department of the Air Force  
**Agency:** Air National Guard Units (Title 32)  
**Job Announcement Number:** T15-104-42

<b>SALARY RANGE:</b>	\$64,543.00 to \$83,907.00 / Per Year
<b>OPEN PERIOD:</b>	Wednesday, September 2, 2015 to Friday, October 2, 2015
<b>SERIES &amp; GRADE:</b>	GS-1071-11
<b>POSITION INFORMATION:</b>	Full Time - Excepted Service Permanent
<b>DUTY LOCATIONS:</b>	1 vacancy in the following location: Westfield, MA <a href="#">View Map</a>
<b>WHO MAY APPLY:</b>	National Guard Membership Is Required
<b>SECURITY CLEARANCE:</b>	Secret
<b>SUPERVISORY STATUS:</b>	No
<b>JOB SUMMARY:</b>	

This is a AUDIOVISUAL PRODUCTION SPECIALIST position supporting the 104th Fighter Wing. This is a Bargaining Unit position. The unit point of contact and contact phone for this position is: Col Peter Green (413) 568-9151 ex 698-1280

**MASSACHUSETTS AIR NATIONAL GUARD**  
**TECHNICIAN VACANCY ANNOUNCEMENT**

For more information, please visit: <https://www.usajobs.gov/GetJob/ViewDetails/414125000>

## Religion notes

**Protestant Service** on Saturday, Sep. 12, at 11:15 a.m. in the Base Chapel.

**Orthodox/Catholic Mass** on Sunday, Sep. 13, at 11:30 a.m. in the Base Chapel.

Chaplain Office has openings for Chaplain Assistants?

Openings for: NCOIC (Traditional) E-7 (MSgt) and SrA or above. Attendance to 6 Week Tech School Required.



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 Fitness Center) or call ahead at 698-1057.

## Congratulations on your retirements

TSgt Michael Trombley	LRS	13 Sep 2015
SSgt John Wilson	MXS	1 Oct 2015
SMSgt Terri Hathaway	MXS	1 Oct 2015
CMSgt Wayne Brown	MXS	5 Oct 2015
TSgt Robert Percy	MXS	22 Oct 2015
SMSgt Nina Gutierrez	MDG	1 Nov 2015
TSgt Michael Pollender	FW	24 Nov 2015
SSgt Sean Canty	LRS	27 Nov 2015
Lt Col Christian Bigelow	MXG	11 Dec 2015

## CCTV broadcast line up

**Channel 7** - Video schedule & Base Info

**Channel 9** - Training videos



### Morning

### Training Video

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

### Afternoon

### Training Video

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

## Promotions

### To Senior Airman (E-4)

Garrett Greene	OSF
Bryan Nay	AMXS
Jared Piubeni	AMXS



### To Technical Sgt. (E-6)

Alan Bare	AMXS
Christopher Brown	OSF
Christopher Luke	AMXS



## Welcome to new members

Jorge Bracetty	CES	1 Aug 2015
John Koegel	131FS	2 Aug 2015



### WHAT'S FOR LUNCH?

#### Saturday - 1100-1300

Entrée: Baked cod or parmesan crusted pork chop, scalloped potatoes or broccoli rice confetti, carrots, summer squash, rolls

Soup: Minestrone or broccoli and cheese

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

Dessert: Assorted

#### Sunday - 1200-1400

Entrée: Family Day catered by Olde Towne Caterers: burgers, dogs, garden burgers, potato salad, mac salad, chips, beverages, watermelon, cookies

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

Dessert: Assorted

**Short order** – Cheeseburger or honey BBQ chicken or herb grilled chicken or veggie burger

*AGR & Officer Meal Rate \$5.55*





# Oktoberfest

## 104<sup>th</sup> Fighter Wing Pioneer Valley Club

Come Celebrate the 8th Annual Oktoberfest With Us!  
Sample a wide variety of beer from many local breweries.

<https://www.facebook.com/PioneerValleyClub>

# OCTOBER 3RD

**GERMAN DINNER WILL BE PROVIDED**

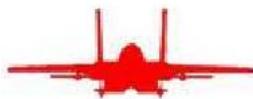
**ADVANCE TICKETS \$20 INCLUDES FOOD & OKTOBERFEST MUG!**

See Club Council Members for tickets – or call Katie Fredette @ (413) 568-9151, x698-1321

Open only to Barnes ANG & ARNG members & retirees with valid Military IDs & escorted guests



Purchase of a Pioneer Valley Club  
Oktoberfest Pint Glass will give  
you unlimited samples!



**OKTOBERFEST WILL START IMMEDIATELY UPON RELEASE ON  
OCT 3RD AT THE PVC**

Non-alcoholic options available



**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)  
[www.westfieldairshow.net](http://www.westfieldairshow.net)  
Social media sites:  
[www.facebook.com/barnesang](https://www.facebook.com/barnesang)  
[www.twitter.com/104fighterwing](https://www.twitter.com/104fighterwing)  
[www.flickr.com/photos/barnesangb](https://www.flickr.com/photos/barnesangb)



PRIDE.  
PROFESSIONALISM.  
PATRIOTISM

**We're on the Web**

**[WWW.104FW.ANG.AF.MIL](http://WWW.104FW.ANG.AF.MIL)**

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