



# AIRSCOOP

**104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD**

*Pride, Professionalism, Patriotism*

*Barnes Air National Guard Base*

**December 2012**



104th Fighter Wing's Fire Department responds to a simulated building fire during the Operational Readiness Exercise on November 3, 2012. Training exercises such as these are conducted to train base personnel to become proficient with their jobs, as well as prepare for the Operational Readiness Inspection in 2013.

*Photograph by Senior Master Sgt. Robert Sabonis*



*Col. Robert T. Brooks Jr.*

**AIRSCOOP**

**104th Fighter Wing  
Barnes Air National  
Guard Base**

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**Commander's Column  
By Col. Robert T. Brooks Jr., 104th FW Commander**

Barnestormers,  
It's hard to believe another year had come and gone, and what a year it has been. Last year at this time, I was writing to the Wing about taking some time to enjoy the holidays as we were preparing to send our aviation package overseas. I stressed how important it was to spend time with your families, and cherish the gifts we have all been given. I also discussed the importance of mentorship and developing our force, as well as the outlook that we as a unit will face—more challenges of operational demands in a climate of limited resources. All these messages are still very relevant today.

This will be my last article to you as Wing Commander. As you know, Maj. Gen. Rice has been fulfilling the role of The Adjutant General (TAG - acting) as we await a permanent selection from our state leadership. Effective immediately, I have been selected to work in a new capacity at the State HQ for Maj. Gen. Rice; and Col. Jim Keefe will move up to fulfill the role of 104th FW Commander. It is important we posture the Wing correctly as we are about 10 months to the first combined Phase 1 & Phase 2 ORI with an F-15C unit, both active duty or guard.

My moving out of the Wing Commander slot is not a surprise, and there have been many moving parts to prepare the 104th for future success! We will have a formal change of command as soon as feasible and I will have an opportunity to say farewell in a better forum than this article.

The last four years have been the best command of my Air Force career, and watching your accomplishments has been amazing. Gen. George S. Patton once said: "Don't tell people how to do things, tell them what to do and let them surprise you with their results." Well, I don't know if it's been a surprise or not, I think it has become a Barnestormer standard. You all have hit home run after home run and it has been a pleasure serving with you all and leading this team. Most active duty Wing Commanders only have the opportunity to command a Wing for two years, I've had the distinct pleasure for just over four years. While it has been extremely rewarding, it is also time to move on to new challenges and allow some great young officers the opportunity to step up and lead the team. I can think of no better man to lead the 104th Fighter Wing than Col. Jim Keefe. He is a proven warrior and leader, and I know he will lead the Wing to new heights.

I could write a book about the last four years and what you all have accomplished. I suspect 99% of them would not truly understand the challenges you truly

overcame. However, I will carry with me for the rest of my life a sense of pride of being a part of this Wing, 'The Most Respected Fighter Wing in the Combat Air Force.' You all are great Americans and it has been an honor to lead and serve alongside each and every one of you. You all have set the standard with and in the F-15C, which is still by the way undefeated in aerial combat. Will you keep it that way? I believe so!

This summer we were tasked to deploy with xx number of jets, and even though I was not there in person to witness our successes, I heard about them through CENTCOM channels "...this F-15C Guard unit showed up on station on time with the fragged number of jets, ready for any challenge!" While you all have continued to hit home runs, remember you are only as good as your last event. With this ORI approaching it is time to form up alongside Col. Keefe and continue to set the standard as the 'Most Respected Fighter in the Combat Air Force.'

In closing, you know I refer to you as "The few." How many people can say they have had the honor and privilege to command a Fighter Wing full of people like you - The few? Not many. Thank you all for being great Americans. I leave knowing that the reputation of the Barnestormers is a strong deterrence; the enemy will know if the 104th launches, it will bring hell as a wingman!

Respectfully,  
L.A.

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## Chief Master Sergeant's Column

### By Chief Master Sgt. Todd Fappiano, 104th FW Command Chief

What do we have to be thankful for? If I started a conversation with you which began with that question, and it was asked in a truthfully imploring voice, what would you say?

Would you give me examples of the events in our lives that transcend the expected, or would you ponder on how less fortunate some people are in relation to us? Would you take a moment, even just a small moment, and ask yourself the same question, thinking there may be a profound reason for my inquiry?

The simple truth is, we have a lot

to be thankful for, and even more to look forward to.

As we anticipate the close of 2012, it is normal to look back and think about all the blessings we have had, (safe deployments, limited impact from hurricane Sandy...and the list goes on); but it is also a chance to think about what's around the corner.

2012 was filled with significant milestones for the unit, and many for us individually...there were 17 new babies born, and five marriages, 21 new homes purchases, amid other great blessings. I am also sure there were losses and misfortunes too, but there is always a silver lining...no one went through it alone.

One of the joys of families like ours is that bad things are far more

bearable when you have the comfort of friends, and likewise, joys are even better when you can share them with others.

So back to the answer of my profound question that started this article: I am thankful for each and every one of you, and the ways you impact my life, for the better. I learn each day something new, and I have 1,000 of my closest friends to share it with. I know the next year will present some challenges, but I know that I will not be alone. I am also very aware that my service is a blessing to others, protecting their freedoms, and way of life, and I am thankful to be able to serve.

**Happy Thanksgiving, happy holidays and have a blessed New Year.**



## First Sergeant thoughts

### By Master Sgt. Larry Brace, 104th AMXS First Sgt

Before I jump into this article, I'd like to give my best to all of my fellow 104<sup>th</sup>

Fighter Wing members during the upcoming holiday season. I'm hoping you all had a nice Thanksgiving with family and friends. It is a time of year to focus on the positive things in our life and reflect on what we have. With that being said, Christmas time is the most likely time of year to experience depression. The suicide rate is higher in December than any other month, telling us holiday depression should be taken quite seriously.

Depression during this time of year can be brought on by a multitude of reasons, such as losses, failures and loneliness. It can be even more difficult to deal with Christmas depression because of the fact that many people are joyous during the holiday season, making people feel more isolated. Whether dealing with a loss or change, or just being overwhelmed by holiday sadness, the

most important thing an individual experiencing holiday depression can do is tell someone. If you are alone at Christmas and realize you're coming down with Christmas depression, reach out to someone. It can be a friend, relative or even a professional but the important thing is to talk to someone. We have many members that have experienced one of the above. Some have experienced a loss of a family member during the course of the year. Others have someone they love deployed during this time of year. The 104<sup>th</sup> Fighter Wing is a huge extended family. We need to watch out for one another. It's a great time of year but a time of year that we need to be watchful and sensitive to those around us. Please don't forget about the resources available to us on base. First Sergeants, Chaplains and the Family Support Office can get you the information you need or just be a listening ear.

I'd like to share a few of the things I'm thankful for this season,

beginning with my family. I'm thankful for the job I have that provides for my family and has given me the opportunity to become friends with many of you. I'm thankful to be able to experience in the positive things happening in the lives of friends around me. Seeing friends getting married and others having their children is an experience I wouldn't trade for anything. My children going to college is bittersweet because it means they'll be leaving the house in the coming years. I'm thankful they've turned out to be the young man and woman they've become.

I could go on and on but will stop there. I think it's important with all the changes and challenges we face here at the 104<sup>th</sup> to constantly reflect on the positive and be thankful for those around us. I am truly thankful for the relationships I've developed with all of you over the years. My best to you and your families for the upcoming holiday season and the new year.



## Little brown book By Senior Master Sgt. Douglas Daponde, 104th Human Resource Advisor

We all need guidance, a mentor to help us navigate through career progression, and even life when needed. As members of the Air National Guard, we are surrounded by some form of mentorship, depending on the scenario and delivery mechanism. First and foremost, we have our chain-of-command that should serve as our major conduit of mentorship. We have access to sponsors who help guide the transition from civilian life to a full fledged member here at Barnes. First Sergeants are in place, Unit Career Advisors, Family Support Office, the Retention Office, the Chaplains and the Human Resource Office are available to adapt to and solve career irritants and provide support to any individual who seek our services. One such mentoring device that is highly neglected but is readily available is AFI 36-2618, The Enlisted Force Structure, otherwise known as the Little Brown Book.

Chief Master Sgt. of the Air National Guard, Chief Master Sgt. Christo-

pher E. Muncy, requires all of us in the Air National Guard to have AFI 36-2618 on us at all times when in uniform. I have had the privilege to listen to Chief Master Sgt. Muncy speak at conferences and each time he has asked the audience to hold up their book to see who did not have one. Chief Master Sgt. Muncy then challenged enlisted members to always carry this book on them and to refer to it often when faced with dilemmas. Chief Master Sgt. Muncy explained in more detail the importance one book could have on the entire enlisted corp.

AFI 36-2618 basically defines the enlisted force structure and specifies responsibilities of each enlisted rank within the structure. The book also establishes mandatory responsibilities for all enlisted members. Because of the natural differences that are inherent across our functional and operational lines, there is a need for a common approach to career progression, professional development, and the assumption of increased supervisory and leadership responsibilities. This book provides all enlisted members a well-defined set of expectations, standards,

and opportunity for growth for all Airmen.

The Enlisted Force Structure, or AFI 36-2618, systematically breaks down the responsibilities by rank beginning with Airman Basic through Chief Master Sergeant. It starts out by defining general Airman, NCO, and SNCO responsibilities and then further focuses in by specific rank. The foundation for this book is founded on the attributes of the Air Force's Core Values (Integrity, Service Before Self, and Excellence In All We Do) and defines what value the enlisted force structure provides to accomplish the overall mission.

No matter what level you are in your career, this book will benefit you as it provides a clear and solid foundation for your role & responsibilities at your specific rank and your responsibility to your fellow Airmen. You owe it to yourself and those that you lead to know what your responsibilities are, and to mentor those that you come into contact with. Each of us adds value to this unit and we need to celebrate and nurture that value for the benefit of the 104th FW.... If you need a copy please let me know.



## Childcare, Christmas party and charities

The Westfield Boys and Girls Club (WBGCA) received a generous donation from Mass. Operation Military Kids and UMass 4-H Foundation to operate **UTA Childcare Saturday and Sunday** in December!

If you are interested in childcare this weekend, please register your children by contacting Cherise at the WBGCA Club direct at (413) 562-2301.

*\*Note: Sunday's program will include attendance at the FRG Children's Christmas Party at the WBGCA!*

- Drop off opens at 0700 the address to the location: WBGCA is 28 West Silver Street, Westfield
- All children require pick-up by 1730

The 104th Family Readiness Group is again hosting the annual **Children's Christmas Party** on Sunday, 2 December 2012. This year's party will be at the WESTFIELD BOYS AND GIRLS CLUB. Party hours are 1230-1530 and most enjoyed by children AGES 0 to 10

Please RSVP with your children's name, gender, and age to age to: [tina.dimino-frazer@ang.af.mil](mailto:tina.dimino-frazer@ang.af.mil) or [ryann.parker@ang.af.mil](mailto:ryann.parker@ang.af.mil).

This year's event will showcase bounce houses, arts and crafts, hot dogs, and of course, Santa.

There will also be a raffle where you could win one of four Christmas trees and stands. (Winners must be present at the raffle.)

**AMMO Can-Drive** As members arrive for Drill this weekend, don't be surprised to see Winnie the Pooh and other characters collecting canned goods for the annual **AMMO Can-Drive**.

During the past collections, the Ammo unit has been able to raise hundreds of dollars and collect thousands of pounds of non-perishable food items, which in turn are donated to the Westfield Food Bank and other charities throughout the greater Westfield area. The unit's generosity is greatly appreciated.





## Safety: How goes it?

By Senior Master Sgt. Thomas Dumais, 104th FW Safety

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

- 1) Worker inserted fingers into heater; lacerated finger; unguarded opening; small bandages
- 2) Worker injured; fell off ladder, injured ribs, lost time

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

- 1) 8PAX bus fire; fire damaged bus; electrical malfunction; 10K
- 2) Equipment mover impact overhead door; broken window; inattention; \$200
- 3) A/C impact bird on landing; no damage; BASH, no damage
- 4) A/C engine anomaly; no damage; undetermined; no damage

With the coming of winter and the holiday season we once again must turn our attention to items such as being in a closed house that is using something to create heat. It really

doesn't matter what you use; each of them deserves our respect. If it is a furnace, wood, or pellet stove you must make sure the poisonous gasses all make it to the exterior of your home. This means having a clean chimney and an annual inspection of your furnace or stove. If you have electric heat or use electric heaters once again you must use your head. Do you make sure portable heaters remain three feet away from curtains, couches and other items that can burn? How do you make sure nothing capable of burning such as a sheet of paper make its way into one of the electric heater units? Although these need to be looked at nothing is more important than having a good back up plan or insurance policy.

The backup plan has to be smoke and CO detectors just in case something goes wrong. If you don't have them, get them. If you have them; check them. Your life and the

life of your family could very well depend on it!

The second item to think about is your travel. How you plan on getting to where you are going and how you will get back to where you started is a very important consideration especially with inclement weather, lots of food, disrupted rest, and parties.

The safest way for you to get somewhere and back is to have a plan and wear your seatbelt. How long will you travel? How many stops will you make? What's your plan for designated drivers? These are all items to think about before you travel. Use your head, buddy up, and make a plan as your best defense to arrive at your destination and return back home—SAFELY! We wish you and your family a safe, happy and healthy holiday season. With a little help and risk management from you, hopefully it will be!



## C.W. Bill Young Department of Defense Marrow Donor Program

### Marrow donor program

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

#### Bone Marrow Registry Drive

Give something special to someone you don't know this Christmas! Give the gift of **Hope**; to someone that's sick! Get registered for the National Marrow Donor Program. If you match someone you can help save their life. What a Gift. Getting registered is as simple as four mouth swabs and providing some medical and contact information. If matched, you will be contacted and if you concur, donation is as simple as a blood platelet donation, not the horror sto-

ries you may have heard about drilling into the hip! 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.

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 is linked together to create one national database. For those of you not in a registry we hope to see you stop by and at least check it out!

**Place:** Barnes ANGB, Building 003 DFAC, by the front stage area

**Date and Time:** Sunday 2Dec10, 0800-1200

**Please bring with you:** Your primary and alternate contact information for persons NOT LIVING WITH YOU—address/phone/e-mail.

# Take action

By 2nd. Lt. Anthony Mutti, 104th FW Public Affairs

The big push towards an 'Outstanding' rating in the phase one and phase two consolidated unit inspections is upon us. With less than 12 drill weekends ahead, the unit must perfect our procedures and practices -- the pressure is on.

About 20 percent of the base population has ever been through this type of inspection as a member of the 104th. Many Airmen on the base don't understand why we are being evaluated this way or how the scenarios are constructed, said Robert T. Brooks Jr., 104th Fighter Wing Commander.

"This is a very important inspection. It is not an overstatement to say that the future of the 104th Fighter Wing could rest on the results of this inspection. By exceeding the demanding expectation set forth by the inspectors, and trusting in the chain of command, we demonstrate our ability to meet and exceed mission objectives," he said.

Sometimes the inspection scenarios appear to be unfair. Areas on base, such as the flight line, often spend less time wearing the gas mask than the rest of the base. Other times one part of the base will be bunkered down and in alarm red, while the rest of the base is operating as usual. The scenarios are built to test different aspects of command and control as well as test the command's ability to take calculated risk in order to achieve the mission.

During the inspection, the base is divided into four sectors: A, B, C and D. This allows the wing commander some flexibility for setting different protective postures based on the threats and the risks those threats pose, said Brooks.

Our primary mission is to get the F-15s airborne to provide offensive and defensive counter air. This is the most important thing we do and it affects a high percentage of the overall inspection score, said Brooks. In order to recover aircraft, or to get them in the air, the commander may prioritize more post attack reconnaissance teams to the flight



Photo by Master Sgt. Mark Fortin

line in order to clear it sooner, thus accelerate the launch times to meet the tasked mission. The commander may also be willing to accept a little more risk in order to get the mission accomplished. This may mean taking personnel essential to aircraft operations out of the gas mask sooner than the rest of the base.

The bottom-line is that if you're in a protective posture such as wearing a gas mask or bunkered down, it's for your own protection. If

these scenarios were real; those still wearing their gas-masks, are at significantly less risk to personal harm; but the command knows during the exercise the goal is still to move members out of protective posture quickly. "Our goal to get everyone out of their gas mask as soon as it's feasible to do so," said Brooks.

Some could say that the scenarios and situations used for evaluation are not accurate and do not simulate the way we deploy and employ our forces.

Although it is true that the typical air expeditionary force deployment of a 6- or 12-ship package does not typically include security police, firefighters or medical personal, but for the sake of the inspection there is some artificiality built in allowing for a more accurate assessment of our abilities. "What they try to do with these inspections is capture everybody all at one time and process and deploy the worst case scenario, which is going to be the harder thing to do," said Lt. Col. Kenneth Fedora, wing exercise and plans manager. "We have to be evaluated to the hardest and highest standard."

According to Brooks, the current worst-case scenario is built around an old soviet threat model, but portions of the scenarios are still relevant in modern-day conflicts. "With...some countries... postulated to have chemical weapons, our training is not unrealistic; it's just that we haven't seen it in any of the conflicts in the past 21 years."

This inspection, and the resources

devoted toward preparing for it, are very expensive and time consuming. Is it really worth it?

It is expensive when you factor in all the manpower, flying-hours, paperwork, training and behind the scenes work. There is a lot that goes into it, but the payoff is just as important and worth the expense, said Fedora. After the inspection, the base knows where it would stand in a worst-case combat environment, and it will also be measured against the active duty standard.

This inspection allows us to develop a "killer instinct" by training to the most difficult scenario, said Brooks.

The inspections are worth it, the question is whether the frequency of the inspections is too high, said Brook. This is the question many wing commanders are asking their senior leadership. With only 1/3 of the Air National Guard force full-time, preparing for these inspections is very resource intensive. "We need a little more whitespace on the calendar so we can deploy our folks and focus on AFSC training," said Brooks.

The unit needs to prove itself relevant by meeting and exceeding all expectations set by the inspectors. Everyone needs to be engaged if we are to achieve our goal of an 'Outstanding' rating in the upcoming inspection.

All members of the command team emphasized one very important point; if you see a process or a procedure that needs fixing, fix it. If you have a question, ask it. Everyone needs to take initiative -- take action!



Photo by Senior Master Sgt. Robert Sabonis

# Mass. Air Guard supports NY emergency response effort

## By Tech. Sgt. Kerri Cole, 102nd Intelligence Wing, Public Affairs

FLOYD-BENNETT FIELD, N.Y. — While everyone was heading home from the Unit Training Assembly on Nov. 4, five Airmen from Barnes and Otis Air National Guard Bases were tasked with a unique storm recovery mission here, in response to the effects of Hurricane Sandy, which hit the area Oct. 29.

Because many gas stations in New York City are dependent on fuel distribution terminals in Brooklyn that were damaged by the storm, the region was left in a fuel shortage crisis.

The Massachusetts Air National Guard team were the first Airmen to respond at Floyd-Bennett Field, Brooklyn, N.Y., where a fuel depot was established to aid in recovery operations by providing fuel distribution to emergency service vehicles. The initial efforts led by the team of Mass. Airmen evolved into a multi-state National Guard task force refueling operation.

“Our mission was to dispense gasoline to first responders such as the police department, nurses, doctors, sanitation departments, power companies, school buses and so on,” said Senior Master Sgt. Tom Orifice, non-commissioned officer in charge of the operation. “At one point, we even had taxi cabs coming in because the taxi fleet had become vital to getting people to where they needed to go for shelter and sustenance.”

The Massachusetts Air National Guard, along with the Army National Guard, provided a series of C-300 fuel trucks, which can hold 1,200 gallons of fuel and are capable of dispensing gasoline directly into vehicles. Approximately 350,000 gallons of fuel, provided by FEMA, were distributed to about 12,000 vehicles at the Floyd-Bennett Field fuel depot over the last two weeks.

“It was extremely chaotic when we first got there. The Army National Guard had set up a temporary fuel point but it was so hectic and wasn’t running as efficiently as possible at first,” Orifice said. “I went ahead and reconfigured the layout of the vehicle access points to make it safer and more efficient as far as getting vehicles in



The Massachusetts Air National Guard, along with the Army National Guard, provided a series of C-300 fuel trucks, which can hold 1,200 gallons of fuel and are capable of dispensing gasoline directly into vehicles. Approximately 350,000 gallons of fuel, provided by FEMA, were distributed to about 12,000 vehicles at the Floyd-Bennett Field, N.Y., in the aftermath of Hurricane Sandy. (National Guard photo by Senior Master Sgt. Tom Orifice/Released)

and out. After the reconfiguration, we were able to refuel about 50 percent more vehicles at a time.”

Many Guardsmen make the oath of enlistment for reasons like this — to assist their local communities in a time of need.

“In a deployed environment you don’t always have the opportunity to talk to the people you are helping — but when you’re doing a homeland emergency response, you are talking to the folks that you are helping and are able to listen to their stories and see the gratitude they have for [the National Guard],” said Master Sgt. John Abril, 102nd Intelligence Wing fuels specialist. “It was an amazing experience.”

Maj. Gen. L. Scott Rice, The Adjutant General, Massachusetts

National Guard, stated, “Our Relief and recovery operations were refocused to assist the storm-ravaged communities of New York. I’m very proud of the hard work our soldiers and airmen put in on behalf of the citizens of the Commonwealth. I’m confident these soldiers we sent to New York were just as dedicated to assist our neighboring state during their time of need.”

“They performed superbly under challenging and austere conditions. Senior Master Sgt. Orifice’s outstanding leadership organizing and running what evolved into a large, joint refueling operation has been singled out by Army leadership as particularly impressive and commendable,” said Lt. Col. Christopher Hurley, 102nd Mission Support Group deputy commander.

Sgt. Orifice said he couldn’t have asked for a better team of people to work with. The other Massachusetts Air National Guard team members included Master Sgt. John Abril and Staff Sgt. Rob Montgomery from the 102nd Logistics Readiness Squadron, Tech. Sgt. Kevin Kane and Staff Sgt. Jay Kinney from the 104th Logistics Readiness Squadron. Senior Master Sgt. Dale Swartz, 102 IW vehicle maintenance superintendent, made

an innovative conversion of the refueler nozzles on-site in N.Y. to support civilian vehicles which was noteworthy in the success of the operation.

More than 100 Army and Air National Guardsmen came from New York, Pennsylvania, Massachusetts, Delaware, Ohio, and Rhode Island to assist and worked around the clock to make the fueling mission successful.





## Honor Guard opportunities

### By Senior Airman Luis Colon, 104th FW Base Honor Guard

The base Honor Guard is a unique program on base that has one mission:

Represent the U.S. Air Force. That seems like a simple task; in fact in some ways, we all do this each and every day. So what makes the Honor Guard different? Simply, we represent the Air Force through fulfilling the most sacred traditions, embracing and highlighting our unique traditions, and doing so during highly visible events.

Protecting and presenting our nations colors, folding and presenting Old Glory at a Veteran's funeral, playing Taps or completing a 21-gun salute, are at the heart of what we do. Our motto is: Honor with Dignity; three powerful words that mean so much to the members of the Honor Guard.

There is no-more humbling a moment then representing OUR service, folding a presenting a flag in honor of a fallen heroes dedicated service, being the

voice that speaks for our nation's Air Force, as we say "On behalf of a grateful nation..."

You cannot imagine the feeling of immense pride, as you stand tall with our nations colors as the words ... "and the home of the brave" echo over deafening of cheers.

The team is comprised of all volunteers, members who understand the importance of being that representative. Within the last few years, the team's size has decreased significantly due to retirements and mission changes...and we need new members to accept the challenge and be part of this unique team. Everyone can join the Honor Guard, but we are looking for members who are dedicated to our mission. As you can imagine, some details are forecasted months in advance, but others, are sometimes coordinated within 48 hours. Some details are a lot of fun, like standing on the 40-yard line at Gillette Stadium, or center court at the TD Garden; yet some details are not as glamorous...but no less important. We need members who know

that they, singularly, represent our entire force—its and awesome honor Airmen and Junior NCO's, this program is great for getting seen and adding valuable experiences to your military resume. Officers, did you know that there is a need for you too, when an officer veteran is laid to rest, another officer should present the flag?

The Honor Guard office is located in Building 12, and practices every Tuesday night at 5:00 p.m. We would be more than happy to have you join us for a practice and learn more about the team. All new members start off slow, but are incorporated into the program quickly. Feel free to contact us with any questions at [104FW.honorguard@ang.af.mil](mailto:104FW.honorguard@ang.af.mil).



## Chaplain's Corner

### By Fr. (Capt.) Ken DeVoe, 104th Fighter Wing Chaplain

Greetings! Thanksgiving is now in the rear-view mirror, Christmas and New Year's are rushing toward us. This can be a crazy and stressful season for many people.

The JOY of the season can be thwarted by many external pressures (expenses of buying gifts, utility costs rise in colder months, recent deaths or anniversary of a death of a loved one, job stressors, lack of time to get things done, family dynamics and a myriad of other possible issues...ORE/ORI prep).

So, how do we keep JOY, or put JOY back into the Christmas Season? Well, the answer is easier to articulate than to implement...

In the Hebrew & Christian scriptures, God tells Moses that His name is "I AM." *Well that's nice Fr. Ken! But what does this have to do with my stress and the busy-ness of my life?* When God says that He is "I AM," He is not saying that

He is the God of "I Was" or "I Will Be." God is in the eternal now – the "I AM." There is no past and there is no future, just now. So here is the point... We, as human beings, have a very difficult time living in the moment (the NOW). We spend our lives looking to the past playing the "would of, could of, and should of" game in our heads and struggling with regrets of the missed moments, opportunities or mistakes.

The reality is, that not a single one of us can change the past - it is gone forever. We also live with anxieties about what tomorrow will bring – our calendars are chock-full. The interesting thing is; the future is rushing toward us already. It is coming whether we like it or not. There is nothing we can do to stop it from coming. When we spend our time focused on tomorrow, we, in fact, are running toward that future that is already rushing at us.

*Ok, Fr. Ken...get on with it!* My point is; when we spend our lives looking

at the past, that we cannot change, and we spend time worrying about the future, that is not yet here, we waste the moment right now, we waste TODAY. If we constantly are living in the regrets and thoughts of the past and the worries of the future, we are being poor stewards of our gifts "Right NOW."

We miss the moment that God has given us to live right now. To find true balance in life, or the peace and joy that seems to allude us, we need to spend more time in the NOW – we need to learn to enter into the "I AM" of who God is and what He has given us right now. This is the meaning of the celebration of Christmas. That God became man, so that man could become like God... Live today, yesterday is gone, and tomorrow is not yet.

Please be assured of our thoughts and prayers for you and your loved one's this Holy Season. Merry Christmas and Happy Chanukah!

# Guard flips the switch with Santa

## By Maj. Matthew Mutti, I04FW Executive Officer

On a picturesque November night, Maj. Gen. L. Scott Rice, The Massachusetts National Guard Adjutant General (Acting) stood alongside Lt. Gov. Timothy Murray and two long-time Guard supporters, Springfield Mayor Dominic Sarno and Santa Clause.

This was not the normal photo opportunity; it was the annual Bright Nights kick-off, where Santa and all his helpers count down to the beginning of what has now become one of the most visited holiday

lighting displays in the country.

“This kicks-off our 18th season,” said Ms. Judy Matt, Spirit of Springfield President. “Every year Bright Nights gets bigger and better due to the amazing support of the city, the state, and all our sponsors.” She added that Bright Nights at Forest Park has become the premiere holiday lighting displays in the country, with 450 ornamental display pieces and some 650,000 illuminating lights

This year the Spirit of Springfield will again host a military appreciation night, Nov. 28, where admission is free for members of the Armed Forces with valid military identification card. “I would like to sincerely thank Spirit of Springfield for its continued support of our Soldiers and Airmen with its annual Armed Forces event on Wednesday, November 28th during Bright Nights, sponsored by Columbia Gas of Massachusetts”,

said Gen. Rice in recent Spirit of Springfield Newsletter.

In addition to Bright Nights, the Spirit of Springfield also hosted the Parade of the Big Balloons, where this year’s parade marshal was Col. Robert Brooks, the 104th Fighter Wing Commander.

Col. Brooks along with his wife Aprile led the parade of 12 helium filled balloons, before a crowd of nearly 25,000 residents who came out to see the annual event.

Col. Brooks shared in a speech Nov 19th a Tower Square, that “... (He) was honored to represent the members of the Mass. National Guard who defend freedom both here at home and abroad.”



Photograph by Major Matthew Mutti



Photographs courtesy of Spirit of Springfield

# Fad diets to avoid

## By Lt. Col. Anita Compagnone, I04th Medical Group

Five ways to spot a fad diet If...

1. The diet is based on drastically cutting back calories. Starvation-type diets that require the body to fast often promise quick results. Our bodies simply aren't designed to drop pounds quickly. So most, of the weight lost on quick-weight-loss diets is not fat but water. And the body sucks this lost water back once a person starts eating normally again.
2. The diet is based on taking special pills, powders, or herbs. These are usually just gimmicks — and the only

- thing they slim down is your wallet. For most diet supplements, there's no reliable scientific research to back up their claims.
3. The diet tells you to eat only specific foods or foods in certain combinations. There's no reliable scientific proof that combining certain foods works. And limiting the foods you eat means you might not get all the nutrition you need.
  4. The diet makes you completely cut out fat, sugar, or carbs. Depriving our bodies of needed food groups is not a good idea. It's better to eat smaller

- portions in well-rounded meals (meals that contain servings of protein, grains, fruits, and veggies).
5. The diet requires you to skip meals or replace meals with special drinks or food bars. As with diets that ban certain food groups, skipping or substituting meals can mean you don't get the nutrition needed to support optimum health. Plus, you miss out on the enjoyment of sharing a meal with family or friends.
- **Nemours Foundation**

*The greatest wealth is health. ~Virgil*

## For Your Information

### Traditional Medical Group Training Manager Position Vacancy

Position/Title/Grade: Training Manager E-6

Minimum Grade eligible to apply: None—see below for Special Qualifications

Unit: 104th Medical Group / Supervisor: Col. Sean Collins / Application Deadline: Open until filled

POC for more information: Col. Sean Collins, e-mail: sean.collins@ang.af.mil or Master Sgt. Marnie Wallace at marnie.wallace@ang.af.mil

The 104th MDG is looking for a traditional guardsman to fill our training manager position. We are looking for an energetic and knowledgeable individual. Interested individuals must understand principles, policies, and procedures of Air Force Education and Training programs; interviewing and counseling techniques; training techniques and instruction methods; task analysis procedures, learning process, curriculum development, training evaluations, and Education and Training systems and products; effective writing skills; editing practices; instructional media application, training reporting, program and curriculum validation, and implementation procedures; training program management; scheduling training events and facilities; conducting assistance visits and training meetings; work center and individual job qualification standard development; education institution registration requirements; military personnel classification system and policies; application of communicative interpersonal skills. Knowledge of AFTR computer training and tracking program.

This individual administers all Education and Training programs, serving as the MDG Education and Training program manager responsible directly to the MDG/CC. They consults on ISD process and career field Education and Training plans (CFETP). They advise on: Education and Training materials and services; conducts work center visits, and organizes programs to develop and conduct job site training. Identifies Education and Training providers, capabilities, and resources, and ensures availability of materials. Recommends revisions to Education and Training programs and CFETPs. Records and evaluates the history of Education and Training achievements, establish goals, and enroll in classes, courses, and programs. Prepares and maintains records, files, and materials.

Application package must include:

- Cover sheet
- Letter of application
- Resume
- Current passing fitness assessment
- RIP (record of individual personnel)

## UMASS Minuteman 5th Annual Military Appreciation Night

Saturday, February 2, 2013 at 8:00 pm

UMASS Minutemen Versus The UMaine Black Bears

The Mullins Center Community Arena (200 Commonwealth Avenue, Amherst, MA)

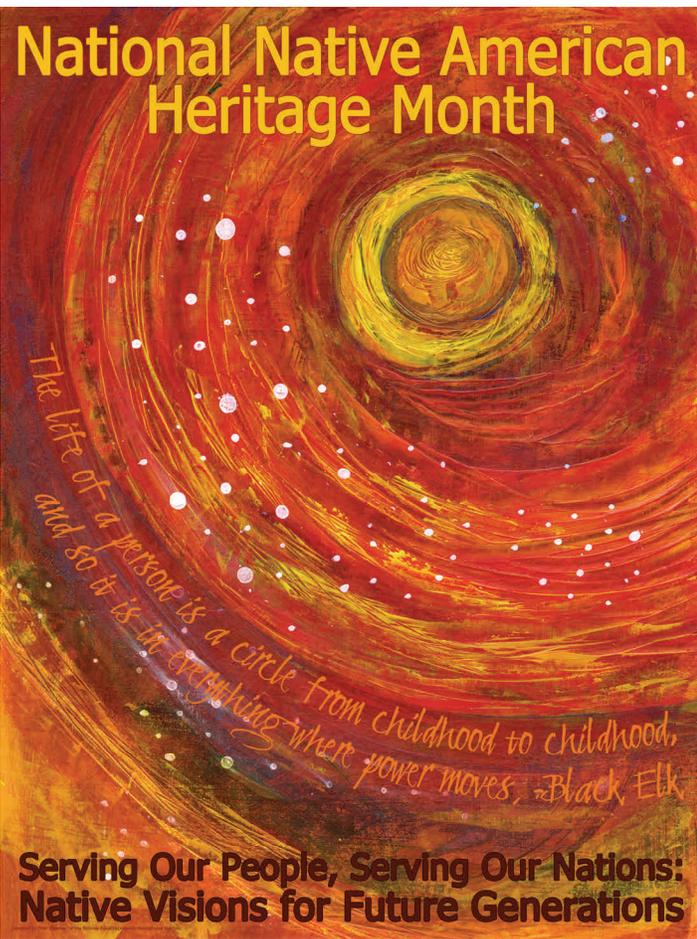
ADMISSION : FREE TO MILITARY AND RETIREES



The UMass Minutemen, American Collegiate Hockey Association, Division Two, Men's Hockey Team respectfully invite the military members, their families, their friends and the retirees from the 104th Fighter Wing/Barnes Air National Guard Base-Westfield MA, the 439th Military Airlift Wing/Westover Air Reserve Base-Chicopee MA and the ROTC Units which are part of the UMass Campus Family.

The purpose is to honor those men and women, past, present and future who represent the small part of our population who possess the character and the courage to wear the uniform and preserve our freedom with their own personal sacrifice.

## For Your Information



### MDG Health Classes

Looking for ways to create a healthy lifestyle? Live your life to the fullest? Eating right, staying physically active, and not smoking are a few examples of good habits that can help you stay healthy. Please join us in the clinic to learn about easy ways to stay fit and healthy.

**Health Promotions-** The 104th Medical Group is now offering a health promotion class on Sunday of the UTA. No appointment necessary, just walk-in and join the group. The class will meet on Sunday morning from 1000- 1100 at the 104th Medical Group - back training lab (RM18).

#### Health Promotion Calendar

Mark your calendars for the upcoming UTA Health Classes held Sunday morning from 1000- 1100 at the 104th Medical Group:

**Dec 2012:** Drinking and Eating Tips—Ways to keep those pounds off during the holidays and winter months

A key feature in how to be healthy is taking personal responsibility; it is the foundation of good health!

### TSP Roth now available

On 7 May 2012, the Federal Retirement Thrift Investment Board implemented a new TSP feature call TSP Roth. This new feature offers Federal employee the option to designate some or all of their contributions as Roth contributions. Effective 28 June 2012, employee can now make contributions to Roth TSP through the Employee Benefits Information System (EBIS) or the ABC-C automated telephone system 1-877-276-9287.

For additional information on TSP Roth, please visit the ABC-C TSP website at:

<https://www.abc.army.mil/>

<https://www.ebis.army.mil/>

### Important Tricare Update

Electronic payments required for TRICARE Reserve Select and Retired Reserve monthly premiums

<http://www.af.mil/news/story.asp?storyID=123320656>

To avoid losing coverage, beneficiaries enrolled in TRICARE Reserve Select (TRS) or TRICARE Retired Reserve (TRR) who pay monthly premiums by check need to switch to an electronic form of payment before Jan. 1, 2013.

Beginning Jan. 1, 2013, TRICARE will only accept monthly premium payments using recurring automatic payments by credit or debit card, or by recurring electronic funds transfer (EFT) from a linked bank account. To avoid confusion, beneficiaries should verify that their bank sends EFT payments.

The Defense Manpower Data Center is notifying current TRR and TRS beneficiaries directly by email, and new beneficiaries will be informed in their welcome package information when enrolling.

Electronic payments streamline account management and ensure continuous coverage for beneficiaries. Failure to pay premiums by the due date results in termination of coverage. Beneficiaries can contact their regional contractor to set up automatic payments and get more information. Contact information for each region is available online at [www.TRICARE.mil/contacts](http://www.TRICARE.mil/contacts).

TRS and TRR are premium-based health plans. TRS is available for eligible members of the selected Reserve of the ready Reserve and their families; and TRR can be purchased by retired Reserve members, their families and eligible survivors of deceased retired Reserve sponsors. For more information about TRS or TRR, go to [www.tricare.mil](http://www.tricare.mil).

## For Your Information

### 2012 Federal Benefits Open Season 12 NOV—10 DEC

Open Season is the time of year when you should think about your health, dental, vision, and tax-saving needs and to make changes to or enroll in one of the programs. The Programs that participate in the annual Open Season are:

- Federal Flexible Spending Ac-count Program (FSAFEDS)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)
- Federal Employees Health Benefits (FEHB) Program.

Open Season is the time to make elections you usually can't make any other time of year. If you are already enrolled in FEDVIP and FEHB, those enrollments will continue automatically although benefits & premiums may change.

For assistance,

- \* Visit [www.opm.gov](http://www.opm.gov)
- \* Find it on Facebook at fedbenefits
- \* Follow on Twitter at FedEmployeeBen
- \* See your Human Resources Office.

### Chief Council Fundraiser

The 104<sup>th</sup> Fighter Wing Chiefs Council is conducting a fundraiser to help sustain our efforts of supporting the programs within the enlisted force. The council has worked with Pilgrim Candle Company on Union Avenue in Westfield to develop a special candle for our event.

Please seek out the Chief in your Squadron or Group to get your candle today. The two fragrances are Home at Last and Cinnamon Bun. The cost is \$20 each.



### Upcoming ASVAB & AFOQT dates

#### Air Force Classification Test (ASVAB) FY13

Listed are the dates when the AFCT will be offered  
 March 22, 2013 at 0900, bldg 1  
 May 24, 2013 at 0900, bldg 1  
 August 23, 2013 at 0900, bldg 1

#### Air Force Officer Qualification Test FY13

Listed are the dates when the AFOQT will be offered  
 February 15, 2013 at 0900, bldg 1  
 May 10, 2013 at 0900, bldg 1  
 August 16, 2013 at 0900, bldg 1

### SARC Mobile App

The Department of Defense announced its new Safe Helpline Mobile Application.

With this new app, service members transitioning to civilian life will have access to critical resources that assists in managing the short and long-term effects of sexual assault.

“Victims want to choose when and where they get support so we are using technology to provide them as many options as possible,” said DoD Sexual Assault Prevention and Response Office Director Maj. Gen. Gary S. Patton. “This new app tied into the Safe Helpline is another tool to provide support to military victims of sexual assault.”

Users can connect with live sexual assault response professionals via phone or anonymous online chat from their mobile devices for support. Users can also navigate resources (e.g., disability assistance, medical benefits, housing help and employment assistance), or search for resources near their base or installation. The Safe Helpline mobile app is for short-term self-care and is not to be used as a substitute for professional medical advice or a mental health treatment plan.



### Enhanced TRICARE Retiree Dental

The Enhanced TRICARE Retiree Dental Program is available to all military retirees (including gray area retirees) and their eligible family members, un/re-married surviving spouses and their eligible children, as well as MOH recipients and their eligible immediate family members. The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective; after 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. (New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12-month waiting period for major services; supporting documentation is required)

The Enhanced TRDP provides every enrollee an annual maximum of \$1,200 per person, a \$1000 annual maximum for dental accidents and a \$1500 lifetime maximum for orthodontics. It is important to note that the money that the TRDP pays out for preventive and diagnostic services doesn't count against the annual maximum – those benefits are in addition to the \$1200. Retirees can find more information on the program, as well as enroll 24/7/365, online at [trdp.org](http://trdp.org).

TRDP enrollees realize the maximum program savings (an average of 22%) when seeing a network provider. To find a network provider, as well as utilize the **Consumer Toolkit** to print ID cards, view annual maximum information, see if claims have been paid and sign up for e-mail updates, please visit [trdp.org](http://trdp.org).

If you have any questions or need any assistance, please call Doug Schobel at 401-732-0297 or e-mail him at

[DSchobel@delta.org](mailto:DSchobel@delta.org).

# For Your Information

Saturday, 1 December 2012 at 1700

The Pioneer Valley Club Proudly Presents



Free Pizza  
& Wings

# Show starts at 5pm

The 104<sup>th</sup> Fighter Wing Proudly  
Presents

## The 39<sup>th</sup> Annual Awards Banquet

The Sheraton Springfield  
Saturday  
February Ninth  
Two Thousand and Thirteen

Cocktail Hour Begins at 1730

Dinner,  
Awards Presentations,  
And dancing  
Will follow

Tickets: Airman-Master Sgt \$35.00  
Senior Master Sgt- Chief \$50.00  
All Officers \$50.00

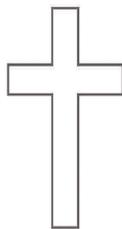
Join us as we celebrate  
Another year of  
**EXCELLENCE**



**Religions notes:**

**General Christian Service:** Saturday of the UTA, at 1600 hrs, in the Base Chapel / building 12, Chaplain Stephen Misarski presiding.

**Orthodox/Catholic Mass:** Sunday of the UTA at 0730 hrs, in the Base Chapel of Bldg. 12. Chaplain Devoie presiding.



**Congratulations on your Promotions**

**To Airman (E-2)**

Christopher Allen 104FW LRS  
Victoria Williamson 104FW LRS



**To Senior Airman (E-4)**

Brandon Flynn 104FW MXS  
Amarilis Rodriguez 104FW CES



**To Staff Sgt. (E-5)**

Charlie Diaz 104FW MDG  
Heather Dragon 104FW FSS  
Scott Schuster 104FW SFS



**Congratulations on your Retirements**

James Parnell	SFS	1 Dec 2012
Debra Scanlon	MOF	3 Dec 2012
Hilda Santa	MDG	31 Dec 2012
Michael Kularski	MXS	31 Dec 2012
Keith Kauppila	MXS	31 Dec 2012
Elizabeth Mesecher	FW	31 Dec 2012
Richard Greene	LRS	1 Jan 2013
Patrick Scanlon	FSS	18 Feb 2013
Steven Torres	CE	28 Feb 2013

**December UTA lunch menu**

**SATURDAY**

**Soup** – Cream of Asparagus, Chicken Noodle  
**Appetizer** – Shrimp Cocktail  
**Entrees** – Chicken Marsala OR Prime Beef w/ (Au jus) OR Stuffed Shells with Garlic Mashed Potatoes OR Long Grain Wild Rice and Green Beans OR Carrots  
**Desserts** – Assorted Pies and Ice cream

**SUNDAY – Brunch**

Bacon	Toast
Sausage	Chicken Marsala (leftover)
Eggs, Scrambled	Prime Rib (leftover)
Omelets	Chili (Homemade)
Oven Browned Potatoes	Chicken Noodle Soup (homemade)
French Toast	Assorted Pies
Oatmeal	Soft Serve Ice Cream

Meal rates for this UTA is Saturday Holiday Meal \$7.50  
1100-1300hrs and Sunday Brunch \$5.20 0800-1200hrs.

**CCTV broadcast line up**

**Channel 7** - Training videos & Base Info

**Channel 9** - Warrior Network

**Channel 10** - Pentagon Channel - inop



**Ancillary training schedule - channel 7**

<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

**Welcome to new members**

2 Oct 2012	Curtis Jeney	AMXS
14 Oct 2012	Andrew Lawrence	MXS
24 Oct 2012	Brittany Dalton	MXS
28 Oct 2012	Eric Bryant	AMXS
29 Oct 2012	Robert Oldytowski	AMXS
1 Nov 2012	Jacklyn Pacheco	CPTFT
6 Nov 2012	Ross L'etoile	SFS
9 Nov 2012	Kendra Young-Edwards	FSS
9 Nov 2012	Vanessa Mesham	AMXS
15 Nov 2012	Thomas Kennedy	MXS

# This Month in History

## December 1941

Lt. "Buzz" Wagner became the first American ace of World War II, when he shot down his fifth Japanese plane over the Philippines in four days. He flew with the 17th Pursuit Squadron.

## December 1949

The YF-86D Sabre made its maiden flight at Edwards AFB, Calif.

## December 1964

Four F-4C Phantom II jets landed at MacDill AFB, Fla., after an 18-hour flight of 10,000 miles and many KC-135 refuelings. The flight established an unofficial endurance record for fighters.

## December 1982

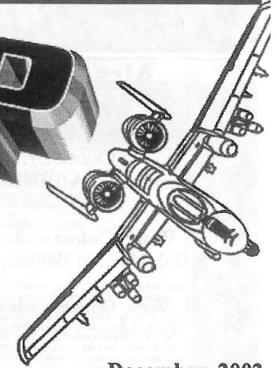
The YA-10 completed its last test flight in a single-seat night attack evaluation program at Edwards AFB, Calif.

## December 1984

The C-5A Galaxy enters service with the U.S. Air Force Reserve at Kelly AFB, Texas

## December 2005

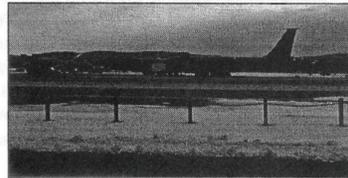
An F-22 pilot successfully launched a joint direct attack munitions with an active guidance system at high supersonic speed at the Edwards AFB, Calif., test range.



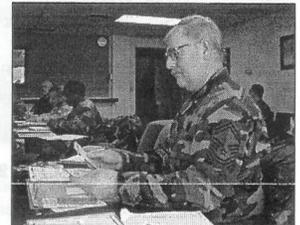
## 104TH FIGHTER WING MASSACHUSETTS AIR NATIONAL GUARD

December 2002

### On the go...



**Photo by Public Affairs**  
The first week in December found the 104th deploying to Nellis AFB, NV for training.



**Photo by Public Affairs**  
Out-processing for Expeditionary Combat Support—Operation Southern Watch.



**Photo by 104th Multimedia Branch**  
Loading the KC-135 from Bangor, ME. Unit members headed for Nellis AFB, NV departed on a cold and snowy day.

### Expeditionary Combat Support



**Photo by Public Affairs**  
Members of Services, Transportation and Operations Support Flight prepare to deploy in support of the Expeditionary Combat Support - Operation Southern Watch.



**Photo by Public Affairs**  
TSgt Andres Huxtable, Mission Support Flight, briefs ECS deployers as they prepare to depart for a 90 day tour.

### and Nellis Training Deployment



### MASSACHUSETTS AIR NATIONAL GUARD

Barnes Air National Guard Base  
175 Falcon Drive  
Westfield, MA 01805

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

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[www.facebook.com/barnesang](http://www.facebook.com/barnesang)  
[www.twitter.com/104fighterwing](http://www.twitter.com/104fighterwing)  
[www.flickr.com/photos/barnesangb](http://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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