



August 2013



Members of the 104th Fighter Wing Civil Engineering Squadron set-up a “tent city” at Westover Air Reserve Base (ARB), to support F-15 maintenance. 104th Fighter Wing F-15’s used for training are temporarily stationed at Westover ARB, during runway construction at Barnes Air National Guard Base. Additional F-15’s, to support the 104FW’s alert mission, are temporarily stationed at Otis Air National Guard Base. *(U.S. Air National Guard photo by Maj. Mary L. Harrington)*



Col. James J. Keefe

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Commander's Column

By Col. James J. Keefe, 104th FW Commander

Our ramp will look empty this Unit Training Assembly (UTA) weekend as we have relocated our flying missions to both Westover Air Reserve Base (ARB) and Otis Air National Guard Base (ANGB).

What turned into a successful last minute major movement of iron, equipment, and bodies (due to a lack of funding and slow decision making at higher levels); shows once again what this Wing can do when it comes time to pull together to get the difficult accomplished. I would be remiss if I did not recognize the outstanding support we received from our friends at the 439th Airlift Wing (Westover ARB), the 102nd Intelligence Wing (Otis ANGB), the 103rd Airlift Wing (Connecticut Air National Guard), and the Guardsmen at Coast Guard Air Station Cape Cod. We could not have done this without their help. If only Congress could work this well **together...**

Thanks again for all your efforts in making this a safe and efficient move. I would like to recognize Lt. Col. Thom Kelly and Chief Master Sgt. Tony Swana, our re-location team leads, for spearheading and focusing our efforts and resources to make this happen.

Now that we are re-located, we can focus our attention on the next part of the process, which includes a runway and ramp rebuilding project. This project will start Monday, 5 August, and last until the beginning of December. As I have mentioned in previous articles, this project is essential to our long-term viability as a fighter unit. The increased ramp space will give us the needed room to properly execute our flying mission, as well as position us to accept more aircraft if needed. The new runway should last us well into the future, and will be capable of handling 5th generation fighters if needed. Our infrastructure is poised to meet the challenges of the future, including any possible Base Realignment and Closure (BRAC) related recommendations. Barnes ANGB truly is a model fighter base for the ANG and Active Duty; a small, relatively inexpensive facility, which delivers a huge combat capability to our nation.

Shifting gears, I need to discuss a not so pleasant trend in the military-sexual assaults. This topic has negatively highlighted the military and is affecting

our credibility and respect from those we defend, our civilian populace. So much so, that the Secretary of Defense has mandated a SARC (Sexual Assault Response Coordinator) "stand down" and training period for all members of the Department of Defense. This training will take place Sunday of the UTA in the main hangar for all, from 0830-1130.

There are two points that I want to stress with respect to this topic. First, the wing has a zero tolerance policy for any act of sexual assault against any member of the 104th FW. Second, we have an outstanding support group to help victims of sexual assault. We will marshal our forces and resources to take care of any Barnes member who becomes a victim of this heinous type of crime. We do not have a culture which promotes this act here at the 104th FW; we are a family and we take care of each other. However, I do worry about what happens away from base, outside of the UTA or annual training periods to our airmen. I ask you all to use the wingman concept in the civilian sector as well; on the college campus, the civilian workplace, or an evening on the town. Please look after each other!

Thank you all for your continued service and leadership.

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



Chief Master Sergeant's Column

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

Last year, Col. Keefer requested an Air Force Equal Opportunity Climate Assessment survey to be

completed. All 104th personnel were asked to provide honest feedback to help the Wing commander make important decisions and to better understand what was going on throughout the Wing. The report was briefed to the Wing leadership on 2 May 2013, there were two common themes that need attention, and they are: *more / better mentoring and recognition*. I will focus on mentoring for this article.

Mentoring is a critical component in **the Air National Guard's force** development. Mentoring is a relationship in which a person with greater experience and wisdom guides another person to develop both personally and professionally. Mentoring is primarily to prepare Airmen to accept increased responsibilities. Mentoring covers a wide range of areas such as career guidance, technical development, leadership,

history, and strategic thinking. We as leaders have several tools to accomplish this.

1. Enlisted Performance Reports (EPR). As you may have heard, these reports are now mandatory for all Drill Status Air National Guardsmen. The program will start for Senior Airman and **Staff Sgt.'s for the year 2013–2014**. These will be accomplished every two years.

Your unit supervisor should be sitting down with you to discuss your role in this new process.

2. Feedback forms. This is a less formal tool for your supervisor to sit with their Airman and give them the feedback **they need to be successful. Our 1st Sgt.'s keep track of this program and "gently nudge" your Commanders to ensure this is happening.**

3. Career Motivational Program. This tool is initiated by our Base Retention Office. This program is designed to be given after Airmen have returned from Technical School and one **year prior to an Airman's estimated time of separation (ETS)**. It is designed to give the Commander insight to what their **Airman's future goals are and to help them retain them towards their ETS.**

Another good resource to use while mentoring enlisted Airmen is "My Enlisted Development Plan (MyEDP)." **This plan provides a modern, web-based approach for enlisted Airmen to manage their career development.** Available via the Air Force Portal, MyEDP is a one-stop-shopping electronic toolkit enabling Airmen to designate their mentor or mentee, collaborate with peers, and track their professional career progression. Senior Master Sergeant Douglas Daponte, 104th Human Resource Advisor, is working to roll this out to Supervisors in the near future.

Mentoring is critical to the success of our **Airman's future and the mission of the 104th Fighter Wing**. Our young Airmen deserve to be mentored, they deserve your time and we as leaders must make time for them. The Wing leadership is committed to ensuring each member has the opportunity to grown from mentoring – **but it's not a one-way program**. If you **are reading this, and feel you don't have a mentor**, come see me, and you will then have a mentor.

AF upgrades official website

By Airman 1st Class Zachary Vucic, Air Force News Service

The official website of the U.S. Air Force is taking a step forward in the information age Aug. 2 with a new look and greater functionality for today's Internet user.

The latest version of Air Force Link boasts features that make it more accessible including mobile device and computer software compatibility, more interaction opportunities through social media and easier navigation.

"The redesigned sites will not only look better to the general public, they'll also be more powerful for website managers across the Air Force thanks to increased functionality on the back end of the new system," said Brig. Gen. Les A. Kodlick, Secretary of the Air Force Office of Public Affairs director, the Pentagon, Washington, D.C. "This is a huge undertaking for

the Air Force Public Web team at the Air Force Public Affairs Agency that has been in the works for more than a year."

Not everyone can see, hear or understand website elements, said Charlotte Hu, AFPAA's Air Force Public Web chief, Joint Base San Antonio-Lackland, Texas. It's important that wounded warriors and others with disabilities can consume the websites. The new www.af.mil will be compatible with the types of software hearing-impaired, seeing-impaired and non-English speaking users have available, such as text-to-speech.

"It's all about accessibility ... with the new technology, we want to take advantage of the opportunities that are available," Hu said. In addition,, social



media will be an integral part of the new-look website.

"The technology of the previous era is one-to-many," Hu said. "The website speaks and you listen. In the modern era people should be able to comment ... they should be able to share that content on their own social media platforms."

The new website has a specific emphasis on functionality and keeping up with the constant movement of technology, Hu said. The changes reflected on AFLink will slowly and seamlessly transition to all Air Force pages during the course of the two to three years.

CBRN Enhanced Response Force Package (CERF-P)

By Maj. David Mendoza, 104th Wing Executive Staff Officer

Amid the panic and uncertainty that surrounds a natural disaster like a tornado, earthquake, or even a man-made disaster, the National Guard is prepared to bring calm and organization to the recovery effort.

Put to the test June 7-10, 2013, the Massachusetts CBRN (Chemical, Biological, Radiological, and Nuclear defense) Enhanced Response Force Package (CERF-P) assembled at Camp Hartell in Conn. to execute their mission of providing immediate response capability to the Governor, searching an incident site, rescuing any casualties, decontaminating them, and performing medical triage and initial treatment for transportation.

Composed of Army and Air National Guard assets, this team is designed to respond to any state-side disaster in Federal Emergency Management Agency (FEMA) region one within 72 hours—often being one of the first responding teams to an incident. What



Photo by Maj. David Mendoza

makes this team very unique is its ability to not only act a first responder, but also brings with it the capability to operate in a CBRN environment.

“This team is prepared to respond in all conditions,” said Capt Mary Newton, EMEDS-CM Medical Plans and Operations Officer. **“In this region, we are ready to respond during the winter cold or the summer’s humidity.”**

“Each day of the exercise is designed around a different scenario to add realism to the training,” said Newton. **“One day they could be responding to a hurricane in New Hampshire the next day could be an earthquake in**

Connecticut.”

The entire Homeland Response Force includes a number of different capabilities. One team specializes in providing command and control, one team provides the search and extraction capabilities. The Mass. Air National Guard provides the medical treatment, joint incident site communications capabilities and fatality search and recovery, while the Army National



Photo by Maj. David Mendoza

Guard provides the decontamination element.

The CERF-P works within the command and control format of the civilian agencies, to allow for quick integration. The National Incident Management System (NIMS) is the national standard that allows for inter-agency cooperation. **“We work very hard to step outside of our military communication styles,”** said Newton. **“We need to learn and use new acronyms to ensure we are all communicating effectively with the other supporting agencies.”**

In addition to the NIMS organization being implemented, many of the process allow for information to be expedited to other agencies, to include the use of electronic tracking accounting system (E-TAS). Each survivor is identified with a bar-code, and the accountability information can quickly be shared with the American Red Cross so that families can be re-connected after being displaced.

During this exercise the team is assessed by Joint Information Environment (JIE-Tech) evaluators—providing real-time feedback on their effectiveness. The exercise intensity

builds through the three days, with a crescendo on the third day; where the evaluation team adds multiple scenarios that re-enforce the required flexible response capability of the team.

The entire team works together in often unglamorous ways. Sweat-covered and exhausted, the teams rotate in and out of the ‘hot-zone’ working to transport, treat and assess the casualties while a specialized team transports those who died during the incident.

“Our job is not pleasant,” said Technical Sgt. Richard Hutchinson, who goes by **“Hutch”** to his teammates. Hutch is a key member of the 104th Fighter Wing’s Fatality Search and Recovery Team. (FSRT) **“But it is no-less important. We work tirelessly to account for the fallen and treat the remains in the most dignified way.”**

“The team gets a level of satisfaction knowing that it is supporting the community, state and even federal government during a time where they



Photo by Maj. David Mendoza

are needed most.” added Hutchinson.

When the exercise comes to a termination, the members are certainly prepared to face any disaster. Last year, following their annual training exercise, the team was called into action during hurricane Irene; and the training paid off. **“There was no greater feeling than knowing we were prepared,”** said Maj David Archambault, a 104th Fighter Wing medic and part of the Command and Control element. **“These events get each one of the sections prepared for a real-world event...the hands on application practice is critical when you’re in the field and you don’t have a second chance to get it right.”**

Orbiter makes testing accurate

By Technical Sgt. Melanie Casineau, 104th Fighter Wing Public Affairs

What's my max for pushups? What's my minimum for sit ups? Are my times recorded accurately? Every couple of years when your age increases there is a change in what you need to do for your annual fitness test. However, since April, there have been changes in the way things are done. The 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Mass., is utilizing equipment to monitor the running



time for multiple people testing together.

The new equipment being used to accurately monitor the running time is called the Orbiter running system. The member testing puts on a numbered bib that has a chip attached. The chip's signal is picked up by the Orbiter as the member runs past it, wirelessly reporting to a computer located in Building 12. This system picks up the start time as well as the finish time. In the past members could have failed by several seconds because they may have been behind other members in the starting line. Now, with the new system, their time is accurate. This system was first used during the units April fitness testing. Tech. Sgt. Tanya Sweeney, a fitness monitor for the

U.S. Air National Guard photos by Staff Sgt. Matthew Benedetti

104th Fighter Wing, said that the system is working well.

Today, members participated in their annual fitness test and utilized the new equipment. According to 2nd Lt. Anthony Mutti, the testing makes him feel more comfortable now that he knows a digital system is being used to monitor his time for running. **"Now it leaves no doubt that the time recorded is my actual time."**



Girl Scouts donate cookies to the 104th

By Staff Sgt. Matthew Benedetti, 104th Public Affairs Journalist

The Girl Scouts of Central and Western Massachusetts donated approximately 800 boxes of Girl Scout cookies to the 104th Fighter Wing on Friday, June 7, 2013.

During the annual Girl Scout Cookie Program, girls from all over Western and Central Massachusetts collected money for cookie donations as part of Project Care and Share. Donation went to United States military members, to provide a treat from home to men and women serving overseas. As part of this project, approximately 800 boxes were donated to the 104th Fighter Wing as a thank you to unit members for their service to the country and our community.

"Thanks to the hard work of girls and the generosity of our

communities, over 4,000 boxes of Girl Scout cookies were distributed **to our troops overseas", said Pattie Hallberg, Girl Scouts of Central &**



US ANG photo by Senior Master Sgt. Robert Sabonis

Western Massachusetts CEO.

The Girl Scout Cookie Program is the largest girl led business in the country, and is one of the few youth-oriented programs in the country

providing its participants with the ability to decide on how to direct the proceeds generated through their business activity. In the process, the girls learn fiscal responsibilities; from making change to tracking revenues. The five skills that the girls learn as participants in the Girl Scout Cookie Program are; Goal Setting, Decision Making, Money Management, Business Ethics and People Skills.

"We are grateful for receiving this generous donation from the Girl Scouts," said Col. E.J. Gunning, 104th Mission Support Group Commander. "We are proud of the relationship we have with our community and our men and women certainly appreciate the generosity **expressed through this donation."**

104th receives Federal Green Challenge Award for water conservation

By Senior Airman Bonnie Harper, Massachusetts National Guard Public Affairs

The 104th Fighter Wing, Massachusetts Air National Guard, received the Federal Green Challenge Award during the Environmental Protection Agency New England 2013 Environmental Merit Award Ceremony on June 26 at the John W. McCormack Post Office and Courthouse in Boston for their achievements in water conservation at Barnes Air National Guard Base in Westfield.

"This past year, EPA New England has worked to fine tune our efforts to find sustainable solutions to environmental challenges in New England," said Curt Spalding, the Regional Administrator for EPA New England.

The award ceremony recognized more than 30 individuals and organizations throughout Maine, Massachusetts, New Hampshire, Connecticut and Rhode Island for their environmental stewardship, activism and support.

The 104th achieved a 40 percent reduction in water consumption and was selected as one of five recipients of the Region I Federal Green Challenge Award.

The Federal Green Challenge is a

national effort through the EPA's Sustainable Materials Management Program, challenging EPA and other federal agencies throughout the country to lead by example in reducing the Federal Government's environmental impact.

Federal offices or facilities that choose to participate in this challenge must select two out of six target areas, waste, electronics, purchasing, energy, water, or transportation, one of which must be waste, electronics, or purchasing. Members commit to an improvement goal of at least five percent per year in their selected target areas.

"The 40 percent reduction in water consumption equates to about a million gallons of water," said John Richardson, the Base Environmental Coordinator for the 104th.

Part of their water conservation project included installing efficient sprinkler heads and rain sensors, Richardson said. The new sprinkler system alone reduced the water used to irrigate lawns by almost half.

"We also incorporated motion sensor sink faucets in three newly constructed and remodeled buildings,"

said Jennifer Baker, State Environmental Manager for the 104th. **"Our water** conservation efforts are just a small piece of the pie; there are **many more projects in the works."**

The 104th previously received an award for electronic recycling in 2009. The base is also currently working on a single-stream, robust recycling initiative, Baker said.

"Col. Keefe (Commander of the 104th) is interested and in tune with **utility usage at our base"** said Capt. Sean Cahill, the Deputy Base Civil Engineer for the 104th. **"Having** support from wing leadership inspires the members of the 104th to go **"green."** **We are definitely on people's radar** as we continue our efforts to reduce and **recycle."**

It is great to be a part of the Federal Green Challenge because it also helps reinforce the Air Force mandates to conserve energy and water, Baker said.

"We will continue doing our small part towards this national goal," Baker said.



Patriot Award presented to fast food restaurant

By Maj. David Mendoza, 104th Wing Executive Officer

Two Massachusetts (MA) Employer Support of the Guard and Reserve (ESGR) Committee members were joined by three MA Air National Guard (ANG) members at the McDonald's restaurant on Memorial Drive in Chicopee to surprise General Manager Joshua Breault with the Patriot Award. He was nominated for this recognition by employee Tammy Gadoua who also serves in the MA ANG. Senior Airman Gadoua submitted the nomination to thank Mr. Breault for all the support he has provided to her military career.

ESGR is a Department of Defense office established in 1972 to develop and maintain employer support for

Guard and Reserve service. ESGR advocates relevant initiatives, recognizes outstanding support, increases awareness of applicable laws, and resolves conflict between service members and employers. Paramount to ESGR's mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce. The MA ESGR has more than 60 volunteers dedicated to helping every "Citizen Warrior." On hand representing MA ESGR were Vice Chair Earl Bonett, and Program Support Technician Bill Hebert. For more information about ESGR Outreach Programs, or ESGR

volunteer opportunities, please call 800 -336-4590 or visit www.ESGR.mil.



Left to Right: Staff Sgt. John Carrington, Master Sgt. Manabu Okutani, Joshua Breault, Tammy Gadoua and Earl Bonett
Photo by Maj. Dave Mendoza

Air Guard Recruiters volunteer at Boy's State 2013

By Maj. Mary L. Harrington, 104FW Public Affairs Officer

Master Sgt. Ernest Smith and Tech Sgt. Rhon Salmon, Massachusetts Air National Guard recruiters, spent a week in June volunteering with the



Massachusetts American Legion "Boy's State" program.

From June 14th to June 21st, they lived in a dorm at Stonehill College and assisted the American Legion by teaching high school juniors the concepts of democracy. "It was quite a week," said Smith. "I've been doing this for nine years...and it's truly a highlight of my summer."

In 1935, the American Legion initiated the Boy's State program to promote a better understanding of democracy, United States government and American traditions. The program originated during a time when fascist/communist organizations were hosting similar programs. A gentleman named Hayes Kennedy, a professor at Loyola University of Law, is credited with founding the program. In the spirit of democracy, Boy's State (and Girl's State!) was born and, thanks to the American Legion and countless volunteers, the institution has continued for almost 80 years.

Annually, 49 states and the District of Columbia host their own Boy's State programs; in turn, each state sends two delegates to "Boy's Nation" where they meet the President of the United States. Future President Clinton was pictured



shaking then President Kennedy's hand as a Senator from Boy's State. Other notable Boy's State members include Neil Armstrong, Michael Jordan, Tom Brokaw, Nick Saban, Michael Dukakis and many more.

Stonehill College in Easton has hosted the program in Massachusetts since 1996; it always occurs during the month of June. For the fourth time this year in Massachusetts only, both the Boy's and Girl's State programs were held simultaneously, although the programs mostly run separately with some crossover at lectures, meals and a dance.

"Attendees this year included 410 young men and 317 young women from across the Commonwealth," said Robert "Bob" Hicks, Chairman of Boys State Bristol County. "Some of them may go to Bridgewater State, and some may go to Harvard next year. They are all 17 years old, they all high school juniors, and they are all very special." The students are nominated by their school counselors or high school principals; often they are high achievers, with an interest in learning about government.

The week at Boy's State teaches student attendees about the democratic process in a participatory forum, with executive, legislative and judicial departments; students participate in town and municipal meetings, elections, mock trials, and more. The well-organized and fast moving schedule keeps the students on their feet, learning about democracy as an active citizen. There are seminars, guest speakers, daily sports and special events. There is also a thriving sports program to give the boys a chance to exercise, build camaraderie and compete. Football, basketball, soccer, track, softball and several other sports are organized and refereed by the councilors every afternoon. These culminate in championship games with the winners taking the councilors on in football and softball for bragging rights. Hundreds of volunteers help to make the program a success. The volunteers are from a variety of settings such as the business community, educational institutions, government officials, the American Legion, and a few from the military.

This year Master Sgt. Ernest Smith was a town counselor responsible for

twenty two boys, who lived in the same dorm, ate together and attended the various days' activities together. Smith created a cohesive team, comprised of students from all parts of the state. Their fields of interest varied from graphics, technology, chemistry and military, to public relations, history, finance and business administration.

"Some are interested in a military career, and some are not, but I am not here to recruit, and I don't go near that. I am here to help influence kids to become participatory U.S. citizens and to make the right life choices," said Smith. "I honestly get as much personal satisfaction out of the week as the students."

Smith did add a taste of military spice his group of students, by teaching them an original cadence in the name of Boy's



State.

For Smith's colleague, Tech Sgt. Rhon Salmon, this was a first time event. "It's been a much better experience than I anticipated," Salmon said. "I'm exhilarated but exhausted."

Bob Hicks, a volunteer and Chairman of Boys State Bristol County said, "Ernie Smith has done a great deal to help us with Boy's State...including providing t-shirts for our (eight) athletic teams, each team with their own color. He has been a counselor in one of our communities for several years; he is a positive force and it's deeply appreciated."

John Brady, a Boy's State counselor for 24 years, and member of Board of Directors the Massachusetts program, "got the (Boy's State) bug when I attended in high school." Brady organizes a college fair at the end of the Boy's State week, to give the students an opportunity to learn about their college options. "We try to expose them at

Continued on page 8

Recruiters volunteer continued...

multiple levels to all different sorts of opportunities, which is an important part of this experience. Quite frankly, the way the Guard works, there is an inter-relationship between higher education and military service, and we value that a lot."

"These are 'high-octane' kids who are going to do well, they are going to be successful - they are leaders," said Brady. "They want to be challenged, and we are happy to do that. At the end of the week, they are very appreciative, which you don't always hear from teenagers."

Brady shared a story of an Army officer deployed to Iraq, who had attended the Massachusetts Boy's State program. "He wrote us a letter, and told us he had to set-up a town in Iraq administratively. He said without the Boy's State experience, he would not

have had any idea how to do it."

One of the guest speakers at the event, Lt. Col. Chris Shaw, a career Marine JAG and Annapolis (and Boy's State) graduate, summed up the experience perfectly: "Boys State is not some kind of juvenile emersion program. It is a life sentence. It is friendship for life, inspiration for life, mentorship for life, sponsorship for life, a skillset for life."

Master Sgt. Smith has noticed a slight decrease in student attendees over the past few years. "I think it's because a lot of people simply don't know about Boy's and Girl's State, or they don't know how to get here," he said. "If National Guard members have children in high school, this is a FREE summer program worth inquiring about."

Basically, the students should express

interest with their school guidance counselors and start the acceptance process through their local American Legion post. There is also a Massachusetts American Legion Boys State Foundation that can help to cover costs if a local Legion post cannot. Posts typically sponsor a set number of boys, but if there is a worthy candidate above that number, the foundation is there to get that boy into the program.

Smith concluded: "The benefits are hard to verbalize because they are on so many levels, but I can tell you that it's an incredible, lifetime opportunity."

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

<http://www.legion.org/boysnation>



Chaplain's Corner

By Lt. Col. Steve Misarski, 104th FW Chaplain

What happens when towers fall in New York City or bombs go off in Boston or tornadoes/floods/

hurricanes/Northeasters hit the New England coast? Answer: The National Guard is called into action. This is the reason an exercise called Global Patriot takes place on Volk Field, WI. Air National Guard, Army National Guard and civilian teams of engineers, firefighters, medical personnel, CBRN teams and Religious Support Teams (RST) gathered from 27 states to rehearse domestic operations (DOMOPS) during large scale incidents.

TSgt Andy Hiserodt, a new Chaplain Assistant at the 104th Fighter Wing and Ch, Lt Col Steve Misarski represented the 104th as one of several RSTs that cooperated with military and civilian teams in performing chaplain functions in response to the role plays of tornadoes, mass explosions and nuclear attack. They primarily supported the Expeditionary Medical Services (EMEDS) by counseling and praying with role play victims who presented signs of

PTSD, suicidal ideations and other effects of trauma. The team also helped debrief first responders who witnessed the devastation of the disaster (exercise! exercise! exercise!). They were also there to conduct a ministry of presence to emergency personell in the exercise and real world.

Here are a few lessons the Chapel Team brought away from the event:

1. As a responder to an incident, make sure you have made preparations for your own family before you run off to "save" someone elses' family.

2. Do not underestimate the emotional, mental and spiritual toll a disaster takes on you as a responder. Take time to strengthen family and spiritual bonds. You are not Super (wo)man!

3. Seek help from the chaplain, chaplain assistant, Director of Psychological Health (DPH) and other good listeners after you have been a part of a traumatic event. It is not a sign of weakness to seek help but of wisdom.

If we can be of any assistance,

want to talk, or just want to stop in to meet us, we are in Building #12 (the same building as the Gym). Or call us at 698-1057.

Don't forget to sign up the Strong Bonds Marriage Event (Laugh Your Way to a Better Marriage) on September 20-22, 2013. Sign up at our office or call.



TSgt Andy Hiserodt, 104th Chaplain Assistant, role playing as a patient at Aero Evac as a part of Global Patriot 2013.



Safety: How goes it?

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

How do you spell Deploy?
SAFELY?

The unit has experienced five (5) injuries/medical events since the last How-Goes-It.

Worker lacerated finger, punctured on cotter key, greater than first aid.

Worker injured knee, climbing out of truck, 14 lost workdays.

Worker experience heat stress, working on range, ambulance transport/first aid.

Worker experienced heat stress, at the range, EMT response/first aid.

Worker lacerated finger, positioning a container cover, EMT response/first aid.

The unit has recorded one (1) occupational illness since the last how goes it

Worker experienced hearing loss, exposure to noise, OSHA recordable.

The unit has experienced five (5) mishaps since the last How-Goes-It

Lawnmower broke glass in door, rear of mower impact glass, \$155.

A/C impact runway threshold light, damaged light, \$41.1K.

PMV4 impact a GMV4, Side and door damage, \$952.94 PMV insurance pay.

GMV4 door bent by wind, door damaged, \$1500.00.

PMV2 off duty, operator injured, 26 lost workdays.

As you can see by the injuries and mishaps, safety never really takes a break. A couple of items that jump out at me are heat stress and the motorcycle mishap. Yes it has been hot and humid, but we all need to know our limits and make sure we **don't exceed them. Water, shade and rest are important items when it's**

hot and humid. Something as simple as finding some shade can lower the temperature by 20 degrees or more. When it comes to sweating, this is our bodies trying to maintain its core temperature through evaporation. The only way it can do that is with cool water to replenish what you are losing. This means you need to drink **it often even when you don't think you need it.** I hate to go here but if your pee is dark yellow, you are dehydrated; Drink water!

Those are the facts and even though the AF mandates required training, PPE, periodic briefings, and other mandates; each year motorcycles account for a little over half of our fatalities. How do we stop this from **happening? The answer is; we can't,** which is why we keep motorcycles, training, PPE, and briefings as a high visibility items to possibly help lower the risks. Last, but certainly not least, are the other vehicle operators out there. These are the **car and truck operators who don't** take into account that they share the road with these two wheel vehicles. When the slogan says **"Look twice; save a life"** it means you and I taking the time to perform a proper lane change and proceed through and intersection.

The last item I would briefly like to touch on is our operation moves to Westover ARB and Otis ANGB. For those personnel who will need to perform work at one of these locations, I ask you to turn your risk management skills on and use them. This means that you will need to assess your operations for risks and determine what you

need to do to control them. As with any change there is an increased risk for a mishap. It may be as simple as where you park. Here you are pretty much used to where you park and what obstacles and challenges you may need to overcome. In a new location there may be a hidden hazard you are not used to.

Something as simple as taking a shortcut through the grass in a new location, can end up resulting in a twisted ankle! As you begin your work in a new location, we ask that you walk before you run and make sure now, more than ever, that you take the required precautions. The safety of yourself, your coworkers, and your operations depend on you to get to work, do the work, and return home from work, SAFELY!



In regards to the motorcycle mishap, all I can say is the difference between our fellow wingman being alive or dead was a matter of luck. They sustained multiple injuries with some being life threatening to the point of a hospital stay and 6 weeks of lost duty. In regards to motorcycles, their riders, their training, and their risk management being high visibility items for our AF leadership; this is due to our fatality/mishap rates. As an example, so far **this year's "101 Critical Days of Summer" has yielded 11 fatalities** with six of them being on motorcycles with two of them being ANGB members. **As I have always said, "If you are on a motorcycle and get into a fender bender, you are the fender".**



— MASSACHUSETTS —
AIR NATIONAL GUARD

BEST WARRIOR AIRMAN COMPETITION



1-2 NOVEMBER 2013
OTIS ANG BASE, CAMP EDWARDS, CAPE COD, MA

DO YOU THINK YOU HAVE WHAT IT TAKES TO COMPETE?
ARE YOU READY TO CHALLENGE YOURSELF?
IF YES, ENTER THE COMPETITION!!

FRI - SAT EVENTS:

- Fitness Test: Army STD 2 - 2 - 2
- M-4/16 range qualification
- Written test/Interview board
- Land navigation
- 6-mile ruck march
- Awards Ceremony

TO ENTER

Contact your supervisor or unit POC.

See the [information sheet](#) for requirements

Entry deadline: 20 Oct 2013



Oktoberfest

104th Fighter Wing Pioneer Valley Club

Come Celebrate the 6th Annual Oktoberfest With us!

Sample a wide variety of Beer from many Local Breweries

-See our Facebook page for list of brewers joining us

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

OCTOBER UTA!

SNACKS AND GERMAN DINNER WILL BE PROVIDED

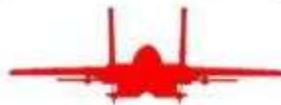
ADVANCE TICKETS \$20 INCLUDES FOOD & OKTOBERFEST PINT GLASS!

See Club Council Members or Jennifer Cesaitis for Tickets

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 5th

At the NCO Club

Non-Alcoholic Options Available



For Your Information

Traditional Officer Vacancy
Logistics Readiness Officer

AFSC: 21R3

Rank: Commission eligible to Major

POSITION QUALIFICATIONS

Integrates logistics processes within the base mission. The major logistics processes include distribution, materiel management and contingency operations. Directs and manages distribution management, materiel management, contingency operations, fuels management, airlift operations, and vehicle management. Plans and programs logistics support for wartime requirements.

SPECIALTY QUALIFICATIONS

For entry into this specialty the member **must possess a bachelor's degree.**

Undergraduate academic specialization in logistics management, economics, management, business administration, computer science, information management systems, finance, accounting, petroleum engineering, chemical engineering, or industrial management is desirable.

SUBMIT APPLICATIONS TO: Barnes
ANG Base, 104th Force Support Squadron,
175 Falcon Drive, Westfield, MA 01085.

APPLICATION DEADLINE: Oct 6, 2013
Board information to follow



BASE HONOR GUARD LOOKING FOR NEW MEMBERS

- Be part of the tradition of excellence
- Represent the ANG & AF at military burials
- Display the flag at military & sporting events
- All ranks/specialties can apply

Contact Senior Airman Colon at 698-1311
or email the honor guard at :

104FW.HonorGuard@ang.af.mil



UPCOMING ASVAB & AFOQT DATES

Air Force Classification Test (ASVAB) FY13

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

Air Force Officer Qualification Test FY13

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

104TH MEDICAL GROUP—HEALTH PROMOTIONS

Health Promotions- The 104th Medical Group is now offering a health promotion class on Sunday of the UTA. 104th Medical Group will be starting Health Promotion classes for all Wing members to attend. 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

Aug - Balancing Calories

Sep - no class

OCT- no class

NOV- dental health

DEC -Healthy Holiday eating

For Your Information

Tips for A Good Night's Sleep

A good night's sleep can be a challenge for many reasons; childcare, work stress, family difficulties can all influence your sleep patterns. Here are a few tips taken from the Division of Sleep Medicine at Harvard Medical Center that can make the elusive dream possible.

Avoid caffeine, nicotine and alcohol four to six hours before bedtime. Alcohol may bring on sleep but acts as a stimulant later in the night.

Devise a sleep inducing environment that is quiet, dark and cool. Lower volume of outside noise with earplugs or a white noise machine. Use heavy curtains or blackout shades and keep the room well ventilated at a temperature between 60-75 degrees.

Establish a pre-sleep routine by engaging in relaxing activities an hour before bed- take a bath, read a book or practice relaxing exercises.

Don't watch the clock- it increases stress. Turn the clock face away from you.

Develop a consistent sleep schedule. Go to bed and wake up at the same time each day- **it set's the body's** internal clock.

Nap early- or not at all.

Lighten up on evening meals- if you are hungry snack **lightly on foods that won't disturb your sleep.** Good choices are milk or carbohydrates.

Exercise- but not later than three hours prior to bedtime.

Did You Know...The myPers website provides a 24/7 online self-service capability to numerous personnel actions?

Log on to myPers.af.mil using your CAC:

Go to <http://myPers.af.mil>

Click the "CAC" Login" selection

Select the appropriate certificate

Input your Personal Identification Number (PIN #)

Review the home page and select from the helpful links to learn more about services available

--OR--

If accessing with your Username (User ID) and Password:

Go to <http://myPers.af.mil>

Click in the "User ID" box and input your user name

Click in the "Password" box and input your password

Click "LOG-IN"

Can't remember your User ID and/or password? Click on the link, "Forgot your username or password?" and simply follow the steps provided. Please note using the "User ID/Password" option will limit access to some online self-service applications.

The myPers website is your Total Force source for personnel information and online service. Go check it out!



"H2H.jobs is a free user friendly website for job seekers, with a multitude of innovative resources to help you find your next job. The site offers easy-to-use search features, a military skills translator, a resume builder, a career assessment survey, a link for advice and one for networking. H2H.jobs helps guide you every step of the way in searching for employment opportunities.

For more information, please contact Ken Forchielli at 508-736-0195 or by email at kforchielli@a-teamsolutions.com."

BARNES FAMILY FLYER

Sign up TODAY to receive the Barnes Family Flyer, a weekly email with information on benefits, entitlements, events and job opportunities for our Barnes family community! Call or email Jennifer Cesaitis today at (413) 568-9151 x 698-1183 or email Jennifer.cesaitis@ang.af.mil

CLUB COINS ARE IN



The 2013 Pioneer Valley Membership Coins are available now. Join the Club for \$10 and receive a limited edition F-94 Starfire coin.

Contact any member of the Club Council or stop by the Club this drill to get your coin.

DFAC MENU

WHAT'S FOR LUNCH? The caterer for this weekend's meal is Sean Patrick Catering:

Saturday: Meatloaf w/brown gravy or Chicken Cacciatore, Mashed Potatoes or Egg Noodles, Summer squash or Carrots, Dinner Rolls

Sunday: Chicken Cordon Blue or Baked Stuffed Boneless Pork Chops, Au Gratin Potatoes or Mac & Cheese, Zucchini or Cauliflower

Soup Sat –Chili
Sun – Cream of Chicken

Dessert:
Sat – Watermelon, Jell-O and Ice Cream
Sun – Apple Sauce, Brownies, Oatmeal Cookies and Jell-O Salad Bar

TRICARE Reserve Select (TRS)

Health insurance can TRICARE Reserve Select (TRS) is a premium-based health plan available worldwide for qualified Selected Reserve members of the Ready Reserve and their families.

TRICARE Reserve Select is available to the Selected Reserve members of the Ready Reserve (and their families) who meet the following qualifications:

- **Not on active duty orders**
- **Not covered under the Transitional Assistance Management Program**
- **Not eligible for or enrolled in the Federal Employees Health Benefits (FEHB) program (as defined in Chapter 89 of Title 5 U.S.C.) or currently covered under FEHB, either under their own eligibility or through a family member.**

TRICARE Reserve Select provides comprehensive health coverage including:

- **Emergency Care**
- **Outpatient Visits**
- **Preventive Care (wellness exams, immunizations, etc.)**
- **Hospitalization**
- **Maternity Care**
- **Mental/Behavioral health**
- **Prescriptions**

To learn more go to: <https://www.dmdc.osd.mil/appj/trs/> or contact:

Total Force Service Center - Denver

Commercial: 800—525-0102

DSN: 926-6730

FAX: 478-327-2215 (Global Access Fax Server) DSN: 497-2215

eMail: arpc.contactcenter@arpc.denver.af.mil Please add as Subject: "TRS Inquiry"

24/7/365 global Online Customer Service: <http://www.ang.af.mil/questions/>

TRICARE supplement – Your associations have also worked closely with USBA to develop NGAUS/EANGUS/USBA TRICARE Reserve Supplement Plan. It is insurance designed to reimburse you for covered civilian medical bills you must pay after TRICARE pays the government's share of the cost. This relationship with USBA also opens the door for retired Guardsmen, age 60-64 to access supplemental coverage to TRICARE Standard as well. To learn more go to: http://www.usba.com/NGAUS_EANGUS/index.asp



Religion notes

General Christian Service: Saturday of the UTA, at 4:00 p.m., in the Base Chapel / building 12, Chaplain Stephen Misarski presiding.



Orthodox Catholic Mass: Sunday of the UTA at 3:30 p.m., in the Base Chapel of Bldg. 12. Fr. Devoie presiding.

Congratulations on your retirements

Nadine Bates	FSS	28 Aug 2013
Gary Whalen	AMXS	28 Aug 2013
Robert Stokes	AMXS	4 Jun 2013
Robert Cross	MDG	10 Jun 2013
Cheryl Pawlin	MDG	15 Jun 2013
David Cooper	OSF	30 Jun 2013

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

Congratulations on your promotions

To Airman 1st Class (E-3)		
Derrick Coleman,	AMXS	
To Senior Airman (E-4)		
Jonathan Duncan,	MDG	
Anthony Fappiano	MDG	
Christopher Iennaco	MDG	
To Technical Sgt. (E-6)		
Susan Chamberlain	MXG	
Gregory Liptak	MXS	
Kelly Willing	MSG	
To Senior Master Sgt. (E-8)		
Scott Hepburn	AMXS	
Daniel Torres	LRS	

Welcome to new members

Bjorn Galaske	AMXS
Jaun Torres	FSS
Cole Powers	MOF
Taylor Sample	MDG
Charles Anderson	AMXS
Juan Villaneuva	AMXS
Christian Waterman	CES
Justin Dauplaise	CES
Charles Odowd	CES
Nicholas Depaula	SFS
Erich Kirchubel	MXS



Technical Sgt. Bradford Caney—JFHQ

My daughter entered this photo contest for the YMCA armed services and was chosen for the Guard/ Reserve winner.

104th Tac Fighter Group

Barnes Airport
Westfield, Mass.



Volume 15

August 1963

Number 1

131st Fighters to Fly In STRICOM Maneuvers

Blue Army Ready to Fight Reds

After a concentrated series of air battles over the border area since July 21, it is expected that the Blue nation will protect itself by attempting an invasion of the hostile territory of Columbia by tomorrow, with Red troops massed to meet and engage the Blue forces.

This is the simulated military situation on which this year's U S Strike Command exercise, Swift Strike III, is based.

Both sides are composed of joint task forces drawn from both Army

Continued on Page Ten



Showing the right way and the right place to mount the new Base bumper decals, SSgt Phil Barland readies his Chevy Impala for some smooth sailing through the gates of Barnes Airport and Otis AFB.

Most of the jet pilots of the 131st Tactical Fighter Squadron who have achieved their "combat capable" rating will take part in the forthcoming Operation Swift Strike during the field training period.

There will be 14 pilots of the 131st on hand at the deployment site, Travis AFB, Georgia, during the whole operation, with rotation planned to give all eligible pilots a crack at the combat maneuvers.

About 60 airmen and a couple of officers will also be deployed to support the strike force, with a few of these also being rotated. They will make the trips to and from Travis in C-97's of an Air National Guard Transport Group, probably from Grenier AFB, New Hampshire.

Our F-86 fighters will be part of the 909th Provisional Wing, headed by Gen Frye of Kansas. The Wing will include the 104th and 102d Groups from Massachusetts and the 184th from Kansas. The latter unit flies F-100's.

As part of the Blue Air Force,

Continued on Page Ten

MASSACHUSETTS
AIR NATIONAL GUARD

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

www.104fw.ang.af.mil

Social Media Sites:
www.facebook.com/barnesang
www.twitter.com/104fighterwing
www.flickr.com/photos/photos/barnesangb



PRIDE,
PROFESSIONALISM,
PATRIOTISM

We're on the Web

WWW.104FW.ANG.AF.MIL

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