



October 2014



On Friday, Sept. 12, 2014, members of the 104th Fighter Wing applied decals to the Westfield Youth Football player's helmets to honor Lt. Col. Morris "Moose" Fontenot for the season. Story on page 3.

Photo by Senior Master Sgt. Robert Sabonis



Col. James J. Keefe

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PRIDE, PROFESSIONALISM, PATRIOTISM

Commander's Column

By Col. James Keefe, 104th Fighter Wing Commander

“Happy fiscal New Year!”

Fiscal year 2014 comes to a close and we start another fiscal cycle here at the 104th. The good news is that we are under a Continuing Resolution and have money to operate until mid-December. The bad news is we are not really sure where the DoD and ANG budgets will fall. There are several uncertainties with the President's FY 2015 Budget Request (PB 15) that may impact us either positively or negatively. The most important being the loss of three F-15s from our fleet and the associated manpower that goes with it (possible loss of 74 military positions and 22 full-time authorizations). The good news is that the USAF and the ANG leadership knows that an alert F-15C unit cannot perform all its missions with only 15 aircraft assigned (PAA). Through engagement at the national level, along with our leadership at JFHQ and NGAUS, we have carried the message all the way to Gen Welsh...and he is in agreement with us on keeping the iron on the ramp. However, just because the Chief of Staff of the USAF is in agreement does not make it a “done” deal. It all comes down to money and how much risk our elected officials are willing to take, or not take, with respect to our nation's defense. With an ever decreasing military budget, these decisions are not easy ones to make, and something must give. I will keep sounding the alarm, along with our other leaders at the state and national level, that ANG F-15C ACA units need to maintain an 18 PAA force structure to be effective in defending the nation. I can tell you that we are hearing winning communications on keeping our jets, so let's keep our fingers crossed and keep engaging where we can.

This fiscal year also brings with it the first of our AFIS inspection visits from the ACC-IG. The IG will be here over the November 4-day UTA to give our programs a “first-look” visit. The exact specifics on what they will be looking at will be communicated this weekend as well as during the upcoming month. Let's be the professionals we are and focus on what needs to be accomplished. This new inspection system has been discussed at length this past year and I believe we are on track to impress the team when they arrive. Our culture at the 104th mirrors exactly how this program is supposed to work, honest self-examination of our processes and procedures with a focus on compliance with the goal of making us a better fighting force. First impressions are important, so come to drill with your “A-game” in November...customs and courtesies, adherence to traffic regulations (cell phones and seat belts) make either a great first impression or can make us look like the ANG of “days gone by.” We are the tip of the sword here at Barnes!

Lastly, many from the Operations Group and wing leadership attended the funeral services of

Lt. Col. Moose Fontenot on Friday in Colorado at the United States Air Force Academy. I just wanted to mention how many letters of condolence we have received from our extended USAF, ANG and local community here in the Westfield area expressing their support and prayers... it is amazing to see the outpouring of support to Moose's family and the 104th FW. Kara and the girls are being well taken care of by our 104th family and I ask you to please keep them in your thoughts and prayers as they get through this difficult time. This is what families do for each other, and they will always be part of the Barnes' family. That being said, I have received multiple inquires on how to help out Fontenot family. The Operations Group is heading up a memorial run to raise funds for Moose's daughters' education. The run will be held on Sunday, Nov. 9, at the Ashley Reservoir in Holyoke. You can sign up and run, sponsor a runner, or just make a donation. It is a great way to help the family and honor Moose at the same time. For more information see the 104th Facebook page or the following link:

<http://www.rallyformoose.org>

Thanks for your continued dedication and professionalism!

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



First Sergeant's thoughts - Is there a secret to longevity?

By Master Sgt. Karla Belliveau, 104th Civil Engineering Squadron 1st Sgt.

It is very awe inspiring to attend a retirement ceremony and hear that your supervisor, friend, or fellow co-worker has been in the military for 33 years, 24 years, 25 years, etc.... I always ask myself what motivated that person to stay in the military for that long and how can I stay just as focused and positive about my own career? The military we are living in right now is a very challenging place. Many of us are being deployed, or if not deployed, being asked to pick up some of the workload of airmen who are. Our "professional responsibilities bar" seems to raise often, while the amount of time we spend on a drill weekend stays the same. How are we getting it all done and why are we

staying?

Each one of us has our own story as to why we joined the military, but I feel there is a common theme that keeps each of us raising our right hand to swear our oath of enlistment—pride. Pride is such a small but powerful word. We have pride in our country, enough to want to defend it. We have pride in our community, enough as to want to serve it. We have pride in the Air National Guard, enough that we want to belong to it. But the most important pride is self-pride. Each time we put on our uniform, we are doing something that 99% of Americans don't, won't, or can't do. Self-pride is not only healthy, but enables us to perform our jobs to the high standards that we expect and is expected from us. Be excited about what you do.

Be mindful not everyone understands what you do, but know that they hold a respect for your sacrifice and commitment to our country. Wear pride as a badge of honor and challenge yourself to improve daily.

A stagnant stream will eventually dry up and disappear without making an impact on its surroundings. A rapidly moving river with currents ever shifting can overflow its banks and forge another path. Don't be that stagnant stream. Always be on the lookout for new experiences and forge your own path. By doing so, in a blink of an eye, 20 years will have gone by without you even looking.

Chamber of Commerce breakfast

By Senior Master Sgt. Robert Sabonis, 104th Public Affairs Manager

The 104th Fighter Wing hosted the Westfield Chamber of Commerce breakfast on Friday, Sept. 19, 2014. Many local business owners and members of the Westfield Chamber of Commerce attended the 90 minute event, which began with breakfast served by the 104th Force Support Squadron personnel, and concluded with a few comments from Col.

James Keefe, 104th Fighter Wing Commander, and other local business leaders and politicians.

The 104th Fighter Wing hosts the Chamber of Commerce breakfast every September.

Photo by Senior Master Sgt. Robert Sabonis



Westfield Youth Football teams honor Moose

By Mr. Bob St. Pierre, Westfield Youth Football President

Westfield Youth Football is honoring Lt. Col. Fontenot with a helmet decal being placed on the backs of all of the player's helmets, as well as those of the Westfield High School Football Team.

On Friday, Sept. 12, starting at 5:30 p.m., approximately 12 members of the 104th Fighter Wing were on hand to personally affix these decals to the player's helmets to honor one of their fallen members. The coaches explained to the players the significance as to why and how we honor certain individuals. Considering the times, it is especially important for our children and young adults to recognize the commitment and sacrifice of all of our

military members, and the impact of loss not only to their community, but more importantly, their immediate family. "Their sacrifice is for our safety and security, and the least we can do is honor the memory of one of our own." The 2014 season for Westfield Youth Football, will be played in the name and honor of Lt. Col. Fontenot.



Photo by Senior Master Sgt. Robert Sabonis

Ramp renovation project - phase II

By Senior Master Sgt. Robert Sabonis, 104th Public Affairs Manager

The 104th Fighter Wing hosted a ground breaking ceremony on Sept., 30, 2014, for the second phase of the \$23.4 million runway infrastructure project, which will consist of a complete aircraft parking ramp renovation that will expand the current parking footprint, improve storm water drainage, a new oil-water separator and improve lighting.

The ramp area will be extended south and a snow shelf will be added to allow snow to be plowed off the aircraft parking spots. The project will also improve the storm water drainage by increasing the storm water retention pond volume. A new oil-water separator will be installed to prevent the discharge of hazardous substances into the environment. Lighting will also be upgraded to provide complete coverage during night operations—

improving security and safety for the aircraft and personnel.

Phase I was completed earlier this year with a strategic mix of funding from federal, state and local government sources. The completion of the runway reconstruction and the work beginning now as part of Phase II fills critical airfield infrastructure needs that benefit civilians, industry,

and the military, bringing opportunities for continued economic growth to the region.



Photo by Senior Master Sgt. Robert Sabonis

Update your education

By Chief Master Sgt. Catherine L. Blodgett, USAF Airman Development Division

Do you have a degree?

The Air Guard Command Chief, Chief Master Sgt. Hotaling, wants to know if **YOU** have a undergrad or post-graduate degree. "There is a misconception that ANG members do not have the same level of formal education as their active duty counter parts. Some cite the requirement of CCAF degrees earned by active duty members as evidence and suggest the ANG force is under skilled and over graded."

As we move into the implementation phase of CCAF requirements for the E8/9 ranks (Oct. 2015), Chief Hotaling has been working the socialization of "**CCAF or equivalent**" with the Chief Master Sgt. of the Air Force and Enlisted Board of Directors. Let's show how well trained (military and civilian) that our ANG force really is!

Here is how you can help to update your education!

If you are not sure what your education level is being reported as, you can look it up two ways: on the AF Portal, Featured Links, Education/Training/Force Development using the AFVEC link, and selecting the Personal Data to see

Education Level on file, and then under Self Service view the CCAF View Progress Report or VMPF under the Most Popular Applications, Record Review/Update, Education and Training Page

Members with questions, please contact your base training and education office. The only way your CCAF requirements/degree is updated is by having all colleges that you attended send official copies of transcripts to CCAF directly.

Obtaining a CCAF degree:

The CCAF offers a two year associate degree in the member's AFSC. You must be awarded 5-level in your AFSC to be eligible for degree. Credits are based upon military training and civilian courses. Additional information about the CCAF may be accessed at www.au.af.mil/au/ccaf

1. Once enlisted in the Air National Guard, you are automatically enrolled in the CCAF. Your military credits are available through the CCAF. Please note, your civilian credits will not be accessible through the CCAF, unless officials transcripts from your civilian college/university are sent to CCAF.

2. After you have taken courses at a civilian college/university, you must have the OFFICIAL transcript sent from your college/university to the registrar's office at the CCAF. An OFFICIAL transcript means it is sealed by the registrar's office at your school. *Please do not bring official transcript to the base education office.* You can find your school's transcript request form on-line through their website. Your school will normally have a \$5-10 fee for official transcripts.

3. It is also strongly encouraged to send a transcript from the CCAF to your current college/university, as some of your military training is eligible for college credit.

4. Please have your school send an official transcript to the following address:
CCAF/DESS
100 SOUTH TURNER BLVD
MAXWELL GUNTER AFB AL
36114-3011

Once the CCAF receives your transcript, they will apply these credits to CCAF requirements. Please allow 10+ days for this process; most often it takes around 30 days.

'Rally for Moose' cross country run planned in memory of Lt. Col. Morris Fontenot to benefit family fund

By The Republican on September 22, 2014

HOLYOKE – Plans are underway to honor the memory of Lt. Col. Morris “Moose” Fontenot at the Rally for Moose Cross Country Run at the Ashley Reservoir on Nov. 9 at 1:31 PM, the starting time symbolic of the 131st Squadron at the Air National Guard's 104th Fighter Wing in Westfield.

Fontenot was a pilot with the 104th who died on Aug. 27 when his F-15 Eagle fighter crashed in Virginia.

“Moose gave himself every day to everyone. It is in that spirit that his friends and Air Force family have set up the Fontenot Family Memorial Fund to assist his wife, Kara, and daughters, Nicole and Natalie, with housing and education costs,” says longtime friend and event organizer, Lt. Col. Jed “Chowda” Conaboy. “The 4.25 mile scenic course will be lined with fellow airmen and patriotic tributes to represent the sacrifice Moose made for our country and

community.”

Fontenot had a distinguished and highly-decorated career in the Air Force before transferring to the Air National Guard last year, mainly to be able to set up a permanent home for his daughters, who attend Longmeadow High School.

His career included five overseas deployments and 2,300 hours flying, with half of that serving as an instructor. In the air, he led teams to war and on tactical training missions. In Washington, he was a leader as a congressional fellow at the Department of Defense.

Runners will receive an event T-shirt and compete for prizes, including the top military runner. There will also be an award to the person coming in 104th overall to commemorate the 104th Fighter Wing.

A post race party will offer food, music, raffle prizes and more. Runners are encouraged to register early because only



1,000 numbers will be sold. Entry fee is \$45.

For information, including sponsorship and race registration, or to make a donation, go online to rallyformoose.org.

The crash which claimed Fontenot's life remains under investigation.



Chaplain's Corner - To know or to feel

By Fr. Kenneth DeVoie, 104th Fighter Wing Chaplain

Each of us is asked this question every single day, “How are you?” Out of politeness people generally respond, “I’m good,” yet others, “I’m well,” or “I’m busy.” They will usually ask in return the same question. Occasionally, people will be honest and let you know how they are really doing. This exchange of questions has become part of the standard greeting in our culture along with “hello” or “hi.”

Interestingly, I was asked this morning, after the standard “good morning” a different type of question, “How do you feel?” I had not been sick, not struggling with allergies, nor partying the evening before... It was a curious question. I paused for a brief second and then replied. My response was met with a little surprise and a short discussion ensued afterward concerning it. I replied, “How I feel really does not matter, it is what I know that is most important.”

A tragic cultural shift occurred in the United States in the 1960’s. People replaced, “I KNOW,” with “I FEEL.” Knowing something as a fact or state of being is radically different than a feeling. Feelings can change from one moment to the next. You can have the feelings of hunger, thirst, warmth, cold, anger, despair, tiredness, excitement, anxiety, fatigue, etc... These “feelings” can quickly change from one moment to the next. After we eat we are no longer feeling hungry, after we drink we are no longer feeling thirsty, after sleep we are no longer feeling tired, and so on. You get my point.

What you know as a truth or as a fact does not change very quickly, unless unseated by a radical, never considered revelation that changes your mind by the facts or circumstance presented.

So often in work-place related interactions with co-workers we allow our “feelings” to interfere with the productivity that facts require. All too often people lead

off conversations in meetings with the statement “I Feel...” This elevation of feelings above what we know, creates non-productive dysfunction in an organization. We are not paid for what we feel, we are paid for what we know and paid to put that knowledge to productive use for the benefit of the organization and its mission. This elevation of feeling over fact, truth or knowledge, has created a hyper-sensitive, politically correct, narcissistic and drama-filled culture where true productivity in an organization is significantly retarded.

So, the next time someone ask you a question, maybe it would benefit all involved if we did not lead off with the statement; “I feel...” If you wait a few minutes, you will probably “feel” different. It would be much better to anchor yourself in what you know – this will probably not change in a few minutes.



Safety: How goes it?

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

The unit has experienced 2 injuries since the last How-Goes-It.

1. Worker working on aircraft; impact head, staples and 1 lost work day
2. Worker working on aircraft; impact head; first aid case

The unit has experienced 0 mishaps since the last How-Goes-It

Great Job!

When we see a span of time where there are limited injuries and no mishaps it is not luck! It is the hard work and safety awareness of many. When it comes to safety, luck has nothing to do with it! If you are following the rules, not rushing, using your tools correctly, using your technical data correctly, using your PPE correctly, creating a mishap doesn't stand a chance! Thank you all for doing it right rather than explaining why you didn't! Great Job; Thank You!

This month there are multiple safety themes with the number one being Fire Safety Month (1-31Oct.)! I was surprised to read the statistic that in 23% of all fatal home fires, the home had proper smoke and CO detectors. The fatalities in almost 25% of fires are due to the detectors not working. The cost to replace the 9volt batteries in all of your detectors is at most around \$10. This is the month to locate/count your detectors, go out and buy that number of batteries, change all the batteries and then test all the detectors! We also recommend you get your family involved in helping change them out

and taking a minute to make sure everyone knows what to do and where to go if they go off!

The other safety themes this month are Eye Injury Prevention, Crime Prevention, Drive Safely to Work, Teen Driver Safety, School Bus Safety, and Halloween Safety. Each of these safety messages has one common denominator; YOU! Eye injury prevention brings to light (no pun intended) items such as chemicals and impacts from objects. This means goggles, glasses, and wearing them when required! Crime prevention is a mindset to make sure we do our parts to not make it easy for crime to happen. This means lock your windows, lock your doors, lock your cars, buddy up, and report anything suspicious. Drive safely to work means taking enough time to safely get there, making sure your vehicle's maintenance is up to date, and being aware of distracted driving items such as hot coffee and cell phones. When your teen driver is ready to drive remember these rules; No Cell Phones, No Extra Passengers, No Speeding, No Alcohol, and Always Buckle-up. The next item is school bus safety. Now that your kids, and the kids of others, are in school transportation both the morning and afternoon hours, we have to look out for them. Kids are hard to see and often playing or distracted. Make sure you drive accordingly and do your best to be ready for the unexpected. Last but not least is

Halloween! Make sure you are in control of who is going where, with whom, no to eat candy until you check it out, and your children can be seen and that they can see. Costumes and masks need to fit correctly so the kids don't trip and they can see. Lastly is the candy! Set the rule early; No candy until you look at it!

The last item we would like to discuss is the temporary movement of our flying and maintenance operations. Starting early October our normal combat training sorties will be originating from Bravo Taxiway while an aircraft parking ramp project is being performed. Following that will be a relocation of the personnel in the maintenance hangar while a major hangar renovation project kicks off. Each of these changes, and others like them, cause us to be out of our elements and forces us to do things differently. This is when everyone needs to take the extra time to make sure it is done safely. We cannot afford to hurt someone or damage something due to us not following the safety rules. FOD is still FOD; Tools are still tools; PPE is still PPE; Traffic flow is still traffic flow; and jet blast is still jet blast. If it takes a few extra minutes to accomplish something safely; take the time! No one needs to get hurt and nothing needs to get damaged. We cannot accept injuries and damage as the costs of doing business! Together we can step into the colder weather and new operating locations—SAFELY!

Security Forces Send-off ceremony

by Senior Master Sgt. Robert Sabonis, 104th Public Affairs Manager

The 104th Fighter Wing hosted a send-off ceremony on Sept. 29, 2014, for more than 30 deploying Security Forces Squadron members heading to Southwest Asia for approximately six months to provide resource protection to the Central Command within the area of responsibility.

The send-off ceremony provides an opportunity for the Wing to show their support to the families and deploying Security Forces members, as well as prepare everyone for the deployment.

This will be the 16th deployment, stateside and overseas, that the 104th Security Forces Squadron has supported since 2001.



Photos by Senior Master Sgt. Robert Sabonis

Senior Airman James Shepard fundraiser



Members of the unit participated in a golf tournament/dinner to benefit Senior Airman Jimmy Shepard on Monday, Sept. 8, 2014, at the Agawam Municipal Golf Course Southwick VFW Post #872, which was followed by a spaghetti dinner. The golf tournament raised \$17,260, and the spaghetti dinner raised \$16,000.





MANG MOBILE APP



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Downloaded Application may be carried in lieu of A.C.E. and S.H.A.R.P. Cards

Serving a Resilient and Ready Force



A Night for "Moose"

Lt Col Morris Fontenot

Member of the Mass Air Guard

Come support your local family in need

At **TEXAS ROADHOUSE**



When: Thursday October 16th

4:00PM -10:00PM

Where: Texas Roadhouse 300 Cooley St

Springfield, Ma

**20% of ALL sales "With This Flyer" will be
donated to the Family of "Moose"**

Come meet your local F-15 Combat Pilots

Raffles Prize

Call Ahead Seating recommended 413-782-8100



Retirement Motorcycle Ride *For* **BOB KEACH**

42 Years of Service

**\$30 For Dinner
See Wade Rivest,
Or PAV
for Tickets**

Ride Information

- Friday Oct. 24**
- Starting at Cumberland Farms Westfield**
- Mystery Route**
- Time 9am-3pm**



Dinner and Ceremony to Follow

-Oak Ridge Country Club Agawam MA

- 5:30 Cocktail Hour - 6:30-9:30 Dinner and Ceremony



When:

Wednesdays 1200-1300
Beginning 3 September 2014
Saturday & Sunday on UTAs
Join the group anytime
Bring your lunch with you

Where:

LRS Conference Room

*You'll train with other Airmen,
practicing using the Matrix
while having fun doing it*

The Matrix: A Life Skills Manual for Valued Living

What is the Matrix?

- ✓ A simple and easy tool to help you sort your life stories
- ✓ A tool to help you notice any unworkable solutions you are using to manage life
- ✓ A tool to help you notice how your unworkable solutions are costing you valued living
- ✓ A tool to help you draw out what you want your life to be about in the big picture

What will you do?

- ✓ Draw out your problem solving approach to stressors
- ✓ Notice what hooks you in life
- ✓ Practice getting unhooked
- ✓ Choose what you want your life to be about
- ✓ Set goals and take committed action

For more information about the training,
please call Frank J. Gallo, Ph.D. at 698-1536

Massachusetts Air National Guard Historical Association

About

The Massachusetts Air National Guard Historical Association was created in 1974 in response to the increased appreciation of history brought about by the celebration of the United States' Bicentennial.

The Association's objectives include maintaining archives, displaying memorabilia and fostering an appreciation of the role of the Air National Guard and its members. It does this with special emphasis on Massachusetts Air Guard Units and Massachusetts Air Guard Members.

The Association has been granted space by the Adjutant General of Massachusetts in the Massachusetts National Guard Military Museum at 91 Everett St, Concord, Massachusetts for its displays and archives.

Join Us

Join the Association and help us preserve and display the proud history of the Massachusetts Air National Guard. Your membership will help us to keep this history alive for present and future generations.

You will help if you do no more than become a Member of the Association, but you can also help in other ways, if you wish, such as participating in our Annual Meeting and/or serving on one or more of the Association's committees. Some committees can function via e-mail whereby committee members may participate without leaving home, while other committees are more "hands-on" and meet together to work on projects such as creating displays or restoring vintage aircraft.

**Join With Us and
Help Preserve
Mass ANG History!**



Visit us on FaceBook!
www.facebook.com/MassANGHS

Military and Family Life Counselors

Purpose of this message is to provide an update on the OSD JFSAP Military and Family Life Counselors (MFLC). Beginning Aug. 14, 2014, support will change from a three/four member team to Military OneSource (800-342-9647 and www.militaryonesource.mil). OSD decided on this plan to better meet the needs of all service members and families. They are adapting to this sole delivery system in response to the drawdown of deploying forces and corresponding reduced funding levels.

The Military OneSource program can be accessed online, by telephone, or face-to-face non-medical counseling sessions within 15 miles/30 minutes of the service member or family by independently licensed counselors for up to 12 sessions per issue; per service and family member. This network of Military OneSource (non-medical counseling) is available regardless of deployment status and is expected to provide enhanced, seamless support.

The change to Military OneSource:

- * helps to expand support and service delivery
- * ensures there is no limitation to support tied to deployment
- * provides greater non-medical counseling delivery methods, better accommodating our Guard member's busy lives
- * ensures the counseling will be of the same high-quality support by masters-level counselors

Respectfully,

Ivan E. Denton

BG, USA

Director, J1 Manpower and Personnel

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Arlington, VA 22204-1373

(703) 604 9540
Ext 4 9540
DSN 664 9540
(BB) (571) 218 9591



For Your Information

Full-time AGR Command Post position

Command and Control Technician

A1C-SSgt

Expires: 29 October 2014

Eligible applicants: The following ACA AGR position is available to all individuals eligible for immediate enlistment with the Massachusetts Air National Guard.

Training: If not already in possession of AFSC 1C3XX selected applicant must attend an in residence 3 level school.

Job Description:

Performs C2 actions to support NORAD Aerospace Control Alert, Homeland Security, National Defense, and Air Force operations.

- Receives, processes, and disseminates AF and NORAD EAM's via voice and record copy systems.
- Receives, authenticates and transmits NORAD scramble orders.
- Relays C2 instructions for diversion, recall, evacuation, recovery, and reconstitution of forces.
- Flight-follows and manages aerospace resources and monitors mission status to include aircraft, aircrew support, transportation, maintenance support, fleet services, and passenger and cargo support.
- Monitors status and location of key personnel, such as group commanders and above, to facilitate immediate communications with higher headquarters when necessary
- Maintains and disseminates local current and forecasted weather to include watches, advisories and warnings to installation populace and aerospace resources
- Prepares and submits operational, readiness, SORTS, international treaty, and aerospace asset reports.
- Operates and monitors voice, data, and alerting systems.
- Receives and disseminates time-critical information to and from the commander to internal and external agencies during daily operation, natural disasters and wartime and contingency operations.
- Coordinates actions to ensure prompt response during EM operations including immediate mobilization of resources and participation of agencies and organizations.
- Maintains proficiency in C2 systems and aircraft flight following and mission management systems

Application package must include:

- (1) NGB Form 34-1
- (2) Current Individual Records Review List (RIP) from vMPF
- (3) Most recent Report of Individual Fitness (with a minimum composite score of 75) from AFFMS
- (4) ASVAB scores: Admin: 55 and General: 67.

Submit forms to the HRO representative at their servicing Manpower and Personnel Flight (MPF). If you are not currently a member of the 104th Fighter Wing, please scan and email your AGR application to the AGR Branch POC above (104FW/HRORemote@ang.af.mil). Applications must arrive to the AGR Branch POC NO LATER THAN 2359 HRS ON THE EXPIRATION DATE OF THE BULLETIN. Any applications that arrive to the AGR Branch POC after 2359 hrs will be returned without action. APPLICATIONS SENT DIRECTLY TO THE HRO WILL BE RETURNED WITHOUT ACTION.

Link: <http://states.ng.mil/sites/MA/careers/default.aspx>;

Rally for Moose

Honor the memory of Lt. Col. Morris "Moose" Fontenot by attending the Rally for Moose Cross Country Run at the Ashley Reservoir in Holyoke, Massachusetts on Nov. 9. Start time will be at 1:31 p.m.



BASE HONOR GUARD LOOKING FOR NEW MEMBERS

- Be part of the tradition of excellence
- Honor those who have fallen at military funerals
- Represent the ANG & AF at military & sporting events
- All ranks/specialties can apply

Please contact Tech. Sgt. Christine Lupacchino or Maj. Matthew Mutti by e-mail at: 104FW.HonorGuard@ang.af.mil



KID'S HALLOWEEN PARTY

Family Readiness Group Halloween Party

Friday, Oct. 24

Dining Facility, Bldg 3

5:30 p.m. – 8:00 p.m.

Decorate a pumpkin, crafts, haunted hayride, refreshments

RSVP to

104fw.familysupport@ang.af.mil

or Jenn Cesaitis at (413) 568-9151 ext. 698-1183



Religion notes

Protestant Service on Saturday, Oct. 4, at 4:00 p.m. in the Chapel. Chaplain Stephen Misarski presiding.

Orthodox/Catholic Service on Sunday, Oct. 5, at 11:30 a.m. in the Chapel. Father Ken DeVoie presiding.



Congratulations on your retirements

Master Sgt. Petee Thomson III	FW	31 Oct 2014
Tech. Sgt. Shawn Amell	MXS	4 Nov 2014
Chief Master Sgt. Albert Reale	FW	1 Dec 2014
Master Sgt. Kevin Leahy	MXS	9 Dec 2014
Master Sgt. James McKenna III	LRS	30 Dec 2014
Chief Master Sgt. John Stec	MOF	16 Jan 2015
Tech. Sgt. Benjamin Turnberg	MSG	26 Jan 2015

CCTV broadcast line up

- Channel 7** - Video schedule & Base Info
- Channel 9** - Training videos/Warrior Network
- Channel 10** - Pentagon Channel - inoperative



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

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



Promotions

To Airman 1st Class (E-3)

Christopher Allen	CES
Kyle Kendall	CES
Lucas Sullivan	CES



To Senior Airman (E-4)

David Edgar	CES
Michael Sielis	SFS
Kyle Wundt	MXS



To Staff Sgt. (E-5)

Charles Bienia	CF
Stephen Drubin	MXS
Steven Eckman	AMXS
John Tourtellotte	CES



To Master Sgt. (E-7)

Vaughn Willis	CPTF
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To Senior Master Sgt. (E-8)

George McCanch	MXS
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Welcome to new members

Adam Dempsey	MXS	9 Sep 2014
Loni Kingston	FW	12 Sep 2014
Joshua Velez	FW	15 Sep 2014
Annaleigh Goudreau	FSS	19 Sep 2014
Kenny Chairez	LRS	24 Sep 2014
David North	LRS	26 Sep 2014
Jeffrey Alicea	FSS	29 Sep 2014

DFAC MENU

WHAT'S FOR LUNCH?

Saturday

Pot roast w/gravy or fried chicken, potatoes or rice, vegetables

Soup: Turkey chili or cream of broccoli

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

Dessert: Assorted

Short Order: Burgers or Grilled Cheese, tuna melt or grilled chicken, French fries

Sunday

Meatloaf or chicken parmesan, mash potatoes or ziti w/marinara, vegetables

Soup: Turkey chili or cream of broccoli

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

Dessert: Assorted

Short Order: Burgers or grilled cheese, tuna melt or grilled chicken, French fries



Letting Go, Taking Action, Moving Forward: A Warrior's Path to Living Meaningfully

Dr. Frank Gallo, Director of Psychological Health

This month, we will continue training using the

Matrix. Let's begin with *Me Noticing* and your drawing out the workability of moving away from thinking painful thoughts and feeling difficult feelings related to your life stories. You will discover how what you've been doing is getting in the way of your living a rich, full, and meaningful life defined by what matters to you.

Step 1. Identify in the lower left category of your Matrix the most frequent painful behaviors you do, which is thinking painful thoughts or feeling difficult feelings related to your life stories. We will call this your pain list. Here are some all-time unfavorites people do: I'm not as strong as I used to be, people will hurt me, I can't trust them, the world is dangerous, I'll make a mistake, people won't like me, if I only did something different, or anger, fear, shame, guilt, helpless, overwhelmed, anxious, or worry. For many people, this pain list is probably somewhat long, and life tends to add more items to the list the longer people are

stuck in their life stories.

Step 2. When a painful thought or feeling shows up, your mind naturally, easily and automatically slips into a default mode of problem solving. It begins to generate solutions to move away from the pain, make you feel better now, and protect you from what it tells you is dangerous. So you put on the *Iron Man* suit to stay safe and shield yourself from human vulnerability. Identify and list in the upper left category of your Matrix the most frequent behaviors you do to move away from your unwanted painful thoughts and feelings. We will call this your solutions list. For example, you might link the thought "If I only did something different" with drinking alcohol because you noticed when thinking this thought you felt bad so you drank alcohol, and when you drank alcohol you felt better. Remember, these are the behaviors you do with your arms, legs, and mouth like walking, talking, sitting, or eating to move away from the pain. Here are some all-time favorites people do: eating junk food, laying in bed all day, watching television, drinking alcohol, working overtime, or exercising more at the

gym. As with the pain list, the solutions list can be quite long. As time passes, people usually add more solutions to their lists the longer they are stuck in their life stories.

Step 3. Link up more items on your pain list with solutions you do to move away from them. Just draw a line going from an item on the pain list with an arrowhead pointing to an item on the solutions list.

Now that you have drawn out your system of moving away from unwanted painful thoughts and feelings, ask yourself: (1) How long have these items been on my pain and solutions lists? (2) Do I do a solution once and pain goes away forever? (3) What have been the long-term costs in terms of valued living? (4) Does doing the same thing over-and-over again feel like playing the whac-a-mole game? (5) Am I willing to start doing something different and walking in a different direction?

Next month, we will explore an alternative approach to problem solving pain. After all, how's that strategy working for you? Until the next Airscoop, I invite you to practice noticing your inside world behaviors and what you do next.

MASSACHUSETTS AIR NATIONAL GUARD

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PROFESSIONALISM,
PATRIOTISM

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