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Airman 1st Class Sara Kolinski

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Did you know?

That AFI 36-2903 was updated on Feb. 7, 2020.

Take a look at pages 16-23 for great information on grooming and appearance standards and some pictures of regulation hair styles. When in doubt, ask your first sergeant.

[Updated AFI 36-2903](#)

Commander's Column: Why your fitness is so important

By Lt. Col. Gary Archambault, 104th Medical Group Commander



Welcome to the March drill weekend! It's hard to believe that it is time again to take care of our Periodic Health Assessment Questionnaires. I know for many of you this is, well frankly, a pain. So why do we do it? Why do we go on-line and answer all those questions about our health and our lifestyle choices? It's all about readiness.

But why is it important?

As members of the 104th Fighter Wing, we train to support the needs of Combatant Commands. It's really that simple. When called upon, we can deploy anywhere in the world and do what we do best. That's where

the readiness part comes into play. Congress pays a lot of money to ensure we are ready for the COCOMs.

So what happens if we are not ready? The COCOMs ask someone else. Do that a few times and Congress will start taking a greater interest in why we are not available to answer the call, and that's not a good thing.

Make sense? Look at it this way. Let's say we order a pepperoni pizza from our favorite pizza place. You get home and open that box and find out it's covered in anchovies. No offense to anyone who likes anchovies on their pizza, but I'm not a fan. You bought something and you didn't get what you paid for. What if that happens more than once? How many times before you go to another pizza place? I'm willing to bet you'll make that switch fairly quickly. And that pizza place that can't get orders right - they eventually go out of business.

The same thing can happen to military units. If we are not ready and we cannot provide the COCOMs what they want, we will go out of business. Congress is the purse of the government., and they most certainly have a say in who and what get's funding. If we cannot meet our mission, Congress will give it to someone else.

Let's tie all this back to readiness. We have a few different categories to deal with

when we talk readiness; aircraft, equipment, training, and of course, you - the individual. Let's focus on you.

We can have all the aircraft, equipment, and training in the world, but without you nothing happens. That is why we check-up on you every year. We cannot perform our mission without your talent, skills, and hard work. Since we never know when we will be called upon, we need you to be ready medically all the time.

Our health is in a constant state of change. We can be great one day, and not so good the next. That is a simple fact of life. As I mentioned in the State of the Wing in December, the older we get, the more likely we will have a medical issue that needs to be addressed. Sometimes we get lucky and it's temporary and can be resolved quickly. Other times, it's more complicated and you will take longer to get better. As Guardsman, our health is on us to maintain. We are not on active duty with our health care provided to us. So we complete the PHAQ on-line and answer questions about our current state of health and our lifestyle choices. The PHAQ allows the Medical Group providers to assess your health and follow-up as needed.

Since there are medical conditions that limit your ability to deploy, commanders get briefed on the information contained on the AF 469, Duty Limiting Condition. It does not matter

if you are short-term or long-term broke. If you cannot support the mission medically, commanders have to look elsewhere for someone who can. Just like that pizza place I mentioned earlier. It's basically the same concept.

Of course it's a much bigger challenge to replace a fully trained airman than a pizza place! And that's why we need you to take care of your health. We need all of our airmen to be in the best health possible to answer the call when the need arises. Otherwise, the COCOMs will look elsewhere. And as I mentioned before that's not a good thing!

In October 2018, we had a resiliency stand-down. I have heard from many of you that it was useful and in some cases very emotional. That one event was just a start. It really provided us a kick-start to change how we take care of each other. I'm a public health guy. I'm all about prevention. If we can prevent someone from hurting themselves, or even worse, committing suicide, then we have succeeded.

Please continue the efforts started during that event. Each and every one of you is needed. Continue to develop those relationships with all the airmen in your shops. If you do not know someone, then make the move and introduce yourself. Sometimes that's all it takes to save a life.

Be safe and be good airmen.

104th Fighter Wing Barnestormers play for charity

By Airman 1st Class Sara Kolinski



Master Sgt. Andrew Caron, 104th Fighter Wing Barnestormer player, played hockey against the Springfield Thunderbirds Charity team in order to raise money for an organization aimed at spreading awareness for veteran suicide Feb. 2, 2020, in Westfield, Massachusetts. The hockey game built camaraderie among Airmen and allowed them an opportunity to support military veterans. (U.S. Air National Guard photo by Airman 1st Class Sara Kolinski)

Airmen from the 104th Fighter Wing got together to play hockey to raise money for charity Feb. 1, 2020, in Westfield, Massachusetts.

The 104FW Barnestormers played against the Springfield Thunderbirds Charity

team. The tickets sold raised money for an organization, which spreads awareness about veteran suicides.

Staff Sgt. Brett Pontiac, 104th FW Non-Destructive Inspection technician, and Major Sean Cahill, 104th Communications Flight commander, worked to organize the event, which builds our relationship with the Westfield community.

“A big part of it is that we are able to give back to some sort of charity or some sort of cause,” said Cahill. “This one was for veteran suicide awareness and prevention, which is something that is near and dear for all of us.”

The event was an opportunity for Airmen from Barnes to get together after drill and watch their fellow Airmen in a competitive event whose profits provide support to military veterans.

The 104FW has played in charity hockey games with the Thunderbirds Charity team before and playing on the team helps bring Airmen together, said Cahill.

“There is a tremendous amount of camaraderie that we develop.” said Cahill. “You get to know people outside of your

work center. I get to see Airmen from maintenance and operations. A lot of times you get to put a name to a face as well as just building up a great esprit de corps amongst all the players.”



Airmen from the 104th Fighter Wing Barnestormers played hockey against the Springfield Thunderbirds Charity Team in for an organization that raises awareness about Veteran suicides Feb. 2, 2020, in Westfield, Massachusetts. The hockey game built camaraderie among Airmen and allowed them an opportunity to support military veterans. (U.S. Air National Guard photo by Airman 1st Class Sara Kolinski)

104th Medical Group awarded new Air Force Specialty Code

By Airman 1st Class Sara Kolinski



Chief Master Sgt. Jim Brown, 104th Medical Group Superintendent, works with Staff Sgt. Olivia Briggs, 104 MDG apprentice, to provide medical care. The 104th Medical Group recently received new AFSCs, which will give them the opportunity to provide more focused care to Airmen. (U.S. Air National Guard photo by Airman 1st Class Sara Kolinski)

The 104th Medical Group is one of a few Air National Guard medical groups that is receiving a new Air Force Specialty Code.

Starting April 1, 2020, the 104th Fighter Wing will have five new openings for the 4C AFSC, a Behavioral Health Unit Type Code for traditional guardsmen.

Airmen in the new career field will work with the Director of Psychological Health and other Airmen in MDG to ensure that all 104 FW members can get the help they need in a timely manner.

“What’s going to be nice for this AFSC for the folks that are working in it, is that they will be able to go out to the sections and see how people are doing in terms of their day-to-day jobs and their behavioral health,” said Chief Master Sgt. Jim Brown, 104 MDG superintendent. “If they have anything they want to discuss, they’re going to be out there and do some outreach.”

The new 4C Airmen will have three primary responsibilities including patient intake, outreach, and combating mental health.

“If they are deployed, they will be the first ones to deal with any PTSD issues or traumatic mental health experiences that others might have while they’re overseas,” said Brown.

Brown said that the new position will help the medical group as well as Barnes as a whole.

“Behavioral health has been something that the wing has been seeing an upward tick in, in terms of benefits of having a specialist on base. You can look at the DPH as an example, so this is just going to be an extension to the DPH in terms of being able to provide more services in the realm of behavioral health, so that’s a major benefit,” said Brown.

The 4C AFSC is one of two open enlisted positions at the 104 MDG. They are also looking to fill five officer positions.

Due to the degrees and licenses required for many of the officer positions, they are hard to fill compared to other UTCs, said Brown.

The officer positions include a licensed social worker, psychologist, OB/GYN,

public health officer, and a pediatrician. The enlisted positions are in behavioral health and dental.

Brown said that most of the positions help with Individual Medical Readiness on base, but being part of the MDG provides Airmen with other unique opportunities as well.

“With the medical AFSCs, we try to do outreach for homeland support in terms of disasters and also with our first aid partnerships. We’ve had the opportunities in the past to go to Kenya, for example, and assist over there, so I think that’s a really neat benefit that other AFSCs don’t necessarily have,” said Brown.

104th Fighter Wing Recruiters

If you want to learn about a career with the 104th Fighter Wing call one of our recruiters to learn more about serving in the Air National Guard, and the benefits you can receive, including 100% tuition and fee waiver.

Recruiting Office Supervisor, Tech. Sgt. Glendaennis Schuster (413) 237-0427
Retention Office Manager, Tech. Sgt. Bento Fernandes, (413) 636-2291
Western Mass Recruiter, Tech. Sgt. Ernest Smith (413) 237-0982
Western Mass Recruiter, Staff Sgt. Kayla Gallagher (413) 207-5186

Highlights, Welcomes, Farewells and Promotions

104th Public Affairs Office



Heart Health Benefits



DEOSH Training



Sexual Assault Prevention & Response Training

Welcomes

Airman 1st Class Bryce Parson, MXS
Airman 1st Class Tiernan Ashe, AMXS
Airman 1st Class Jordyn Sanders, AMXS

Senior Airman Tahir Blair, AMXS
Staff Sgt. Evan Penczek, SFS

Farewells

Senior Airman Justin Roberts, MDG
Staff Sgt. Russell Daryl, CMPT
Staff Sgt. Taylor Domingue, CES

Master Sgt. Larry Brace, MXS
Master Sgt. Cameron Schwind, CF

Promotions

Airman Joshua Tekpeh, LRS
Airman Darik Frye, SFS
Senior Airman Nicholas Burns, MXS
Senior Airman Patrick Ganieany, MXS
Senior Airman Joshua Paquette, SFS
Senior Airman Jared Gaglio, SFS
Senior Airman Nathaniel Chase, SFS
Senior Airman Cassandra Leven, MXS
Senior Airman Mauricio Garcia Garzon, MXS
Senior Airman Ian O'Connor, MXS
Staff Sgt. Dominic Fioravanti, AMXS
Staff Sgt. Lucas Santolini, LRS

Staff Sgt. Andrew Feighery, MXS
Staff Sgt. Justin Cousineau, MXS
Staff Sgt. Vladimir Kostemko, MXS
Staff Sgt. Daniela Rizzari, MDG
Staff Sgt. Ethan Charette, LRS
Staff Sgt. Nicholas Lariveebenoit, MXS
Staff Sgt. Erik Flynn, AMXS
Staff Sgt. Matthew Blanchette, MXS
Tech. Sgt. Kyle Eckert, MXS
Tech. Sgt. Amber Vanbeek, SFS
Tech. Sgt. Michael Reniewicz, CES
Tech. Sgt. Brian Morgan, MXS
Senior Master Sgt. Mark Gaskalka, FSS

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