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1st Lt. Amelia Leonard

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Master Sgt. Lindsey Watson Senior Airman Sara Kolinski Airman 1st Class Camille Lienau

Did you know?

The Barnes Fitness Room is open with new precautions in place to maintain a safe and healthy environment. The Fitness Room hours of operation are:

| londay - Thursday | 0600-2345 |
|------------------------------------|-----------|
| riday | 0600-2245 |
| WS, Holidays, Saturday, and Sunday | CLOSED |

104th Fighter Wing Airmen receive German Armed Forces Badge for Military Proficiency

By Master Sgt. Lindsey Watson

Five Airmen from the 104th Fighter Wing competed alongside 55 other Massachusetts National Guard Airmen and Soldiers in the German Armed Forces Badge for Military Proficiency competition Sept. 10-12 at Hanscom Air Force Base, Massachusetts. Depending on their scores, competitors earn the privilege of wearing the gold, silver or bronze GAFPB, one of the few foreign awards that U.S. service members are authorized to wear on their uniforms.

"The GAFPB provides our Airmen with a unique and special opportunity to demonstrate to our coalition partners our preparedness and proficiency in basic combat knowledge, skills and abilities further strengthening our alliances," said Chief Brett Barbee, 104FW Command Chief.

Lt. Col. John Desarro, 104FW
Inspector General, Maj. Sean Cahill,
Communications Squadron commander,
Tech. Sgt. Andrew Lawrence, Command
Post, Senior Airman Sara Kolinski,
Public Affairs specialist, and Airman
1st Class Ivan Villavicencio, Security
Forces defender, represented the 104FW.

The team had mentors including Chief Brett Barbee and Tech. Sgt. Shane Coakley, 104SFS defender, who helped them prepare for the competition and coached them during the competition.

"All five members earned a badge and dominated every event the GAFPB threw at each Airman," said Coakley. "It is a credit to their 'service before self' and 'excellence in all we do' mindset. It was an honor and pleasure to watch these warfighters compete for three days," he said.

All five Airmen from the 104FW completed all of the required events and received their GAFPB. Cahill and Villavicencio received gold, Desarro and Kolinski received silver, and Lawrence received bronze. Kolinski also had the record this year for both females and males on the chin-up test and only needed one more shot on the pistol qualification to qualify for gold.

"I could not be more proud of our five Airmen who competed for the German Armed Forces Proficiency Badge," said Col. Tom 'Sling' Bladen,



Five members of the 104th Fighter Wing earn gold, silver and bronze badges for their participation in the German Armed Forces Proficiency Competition at Hanscom Air Force Base, Massachusetts, Sept. 12, 2020. Pictured left to right are 104th Fighter Wing Commander, Col. Tom Bladen; Senior Airman Sara Kolinski, 104FW Public Affairs specialist; Tech. Sgt. Andrew Lawrence, 104FW Command Post troop; Lt. Col. John Desarro, 104FW Inspector General; Maj. Sean Cahill, 104FW Communications Flight commander; Airman 1st Class Ivan Villavicencio, 104FW Security Forces defender; and 104FW Command Chief Master Sgt. Brett Barbee. (U.S. Air National Guard photo by 1st Lt. Amelia Leonard)

104FW Commander. "Coming together as a team from differing units, they represented exactly what it means to be a Barnestormer...team effort, goal oriented, Battlefield Airman mindset, and taking care of one another."

The Airmen trained together during training sessions lead by their mentors

and at home on their own. Section supervisors allowed the Airmen flexibility in their schedules to train while still getting the mission done.

German Armed Forces Badge, continued

Byline Master Sgt. Lindsey Watson



Six members of the 104th Fighter Wing participate in a nearly seven mile ruck march as part of the German Armed Forces Proficiency Competition at Hanscom Air Force Base, Massachusetts, Sept. 12, 2020. Pictured left to right are 104th Fighter Wing Command Chief Master Sgt. Brett Barbee; Lt. Col. John Desarro, 104FW Inspector General; Tech. Sgt. Andrew Lawrence, 104FW Command Post troop; Senior Airman Sara Kolinski, 104FW Public Affairs specialist; Maj. Sean Cahill, 104FW Communications Flight commander; and Airman 1st Class Ivan Villavicencio, 104FW Security Forces defender. (U.S. Air National Guard photo by 1st Lt. Amelia Leonard)

"Multiple training sessions were held to familiarize competitors with the events that they would be taking part in during the competition," said Cahill. "Mentors were assigned to the team and they shared their experience from when they competed in previous years. Administrative and logistical preparation was excellent with orders, lodging, DTS,

etc. Overall, 104 FW support for the competitors was excellent!"

The competition included an 11 x 10-meter sprint test, chin-up test, 1000-meter run, 100-meter swim in uniform, first aid test, Nuclear Biological and Chemical Mission Oriented Protective Posture test, pistol

qualification, and a road march wearing a weighted ruck sack.

"My favorite part of the event was the swim and ruck for two reasons," said Lawrence. "One being the 104th competitors where able to complete those two events together as a group and two they were the more challenging events to compete in which made completing them that much more rewarding."

The GAFPB is only one of the competitions that Massachusetts
National Guardsmen have the opportunity to challenge themselves.
The Best Warrior competition is another annual opportunity for Soldiers and Airmen to compete.

"I competed in the Best Warrior competition last year," said Villavicencio. "As challenging and rewarding as that was, I wanted to compete in the German Armed Forces Proficiency Badge this year and continue to challenge myself."

Competitors can return multiple years to earn multiple badges and try to push themselves from one level of badge up to the next.

"I think any Airmen with the opportunity to compete in the GAFPB should do it," said Kolinski. "It's an amazing opportunity to see what you can do and really push yourself in a series of events that you wouldn't otherwise be doing. I received the silver badge, but I am hoping to have the opportunity to go back again to get gold," she said.

The 104FW competitors thanked their mentors, leadership, their sections and families, Col. Bladen and Chief Barbee for supporting them while training for and competing in the GAFPB.

"Our Barnestormer GAFPB Team demonstrated through action the very attributes we value as a Wing," said Barbee. "The initiative, courage and perseverance they displayed throughout GAFPB testing models the example by which we all strive to achieve daily."

Have you kept up with all of the leadership changes in 2020?

Articles and photos from higher headquarters and external publications













Chief Williams, new ANG Command Chief

Welcomes, Farewells, Promotions and Wellness Center POCs

104th Public Affairs Office

104th Fighter Wing Recruiting

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

Welcomes

Airman Basic Isaiah Rosario, FW Airman Basic Riley Garstka, LRS Airman Basic Nathan Black, MXS Airman 1st Class Sadie Lienau, MXS Airman 1st Class James Wilson, MXS Airman 1st Class Carlos Pizarro, SFS Airman 1st Class Logan Brooks, AMXS Airman 1st Class Joseph Genco, OSF Airman 1st Class Austin Lacascia, AMXS Airman 1st Class John Monaghan, CES Airman 1st Class Edgar Ruiz, CES

Senior Airman Frederick Collins, CF Senior Airman Dorian Ayala, MXS Senior Airman William Andrade, SFS Staff Sgt. Patrick Harrington, CES Staff Sgt. Carlos Taveras, MXS Staff Sgt. Joshua Coudright, AMXS Tech. Sgt. Adam Ducharme, AMXS Tech. Sgt. Matthew Daly, AMXS Master Sgt. Christina Ridolfi, OSF Capt. William Ferrara, LRS

Wellness Center Points of Contact

Did you know that we have a wellness center full of professionals who can help you with a wide array of items?

Capt. Tra'Vorus Weaver, Chaplain, tra vorus.weaver@us.af.mil Lisa Potito, Airman & Family Readiness Program Manager, lisa.potito@us.af.mil Amanda Winslow, Airman & Family Readiness Specialist, amanda.winslow@us.af.mil Michelle Pennington, Director of Psychological Health, michelle.pennington.1@us.af.mil Mary Keeler, Sexual Assault Response Coordinator, mary.keeler.2@us.af.mil

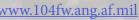
Promotions

Airman Danielle White, SFS Airman 1st Class Dominic Isidro, SFS Airman 1st Class James Tigs, CES Senior Airman Linsey Klich, CF

Staff Sgt. Colby Lurgio, AMXS Master Sgt. Austin Putnam, MXS Chief Master Sgt. Edward Veneto, OG

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Are you looking for a new drill status guardsman opportunity at the 104th Fighter Wing? Take a look at our 104FW DSG career opportunities page on our SharePoint Page. **DSG Careers on SharePoint**

Yes, your CAC is required to access SharePoint.

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