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Individual Readiness



AirScoop

Wing Commander Col. Peter T. Green III

Vice Commander

Col. William 'Sling' Bladen

Command Chief

Chief Master Sgt. Maryanne Walts

Chief of Staff Lt. Col. John D. Keeler

Chief of Public Affairs
Capt. Anthony Mutti

Public Affairs Officer 2nd Lt. Amelia Leonard

Public Affairs Staff

Senior Master Sgt. Julie Avey Master Sgt. Lindsey Sarah Watson-Kirwin Senior Airman Randy Burlingame Airman 1st Class Sara Kolinski



Commander's Column: The Mission and Family By Col. Peter T. Green III, 104th Fighter Wing commander



Hello Barnestormers,

I hope you are enjoying your summer and the long break between the June and August Regularly Scheduled Drill. This is a great way to help all of us balance our mission and family during traditional summer activities.

During our last RSD, we had inspectors on base for our Air Combat Command Unit Effectiveness Inspection (CAPSTONE). The results are in, and our overall rating was EFFECTIVE

in all four of the Major Graded Areas; executing the mission, leading the people, managing the resources, and improving the unit. The final inspection report was distributed to the group, squadron, and flight commanders to review and share. Our next ACC assessment will be a midpoint review in 2021.

We have also successfully completed our Arctic Challenge exercise to Bodo Airbase, Norway, where our ops and maintenance participated in executing defensive and offensive counter-air missions with eight other nations including Sweden, Norway, United Kingdom, Germany, France, Canada, Denmark, and Finland. During the exercise, the wing flew 119/120 programmed lines, for a total of 241.6 hours. Ninety-eight of these sorties were Large Force Employment sorties (up to 66 aircraft vs 34 aircraft). Dissimilar Air Combat Training sorties were also flown with F-16s, F-35s, F-18s, Eurofighters, Grippens, Rafales, Mirage 2000-5 and –C, and RAF Typhoons. We also executed 20 cross-country sorties for over 150 hours to get to and from the exercise. My thanks to all who made

this exercise possible and especially to Lt. Col. Dan 'Riddler' Yerrington for his leadership as the Wing Project Officer.

Our summer also tasked us with relocating and recovering our maintenance and aviation missions to and from Westover Air Reserve Base to allow needed repairs to our runway. This was another team effort to ensure we could successfully execute our maintenance operations and support our continuation pilot training and our alert mission. It was such a huge effort by so many to ensure this went well that I cannot thank everyone in this column without missing someone, so I will just say thank you to all.

In July, we welcomed back Col. Tom 'Sling' Bladen. Formerly the operations group commander, Col. Bladen was hand-selected among a very competitive field of applicants to participate in a yearlong Corporate Fellowship tour with Textron. Colonel Bladen brings a wealth of leadership and management abilities, and we extend our congratulations to him as the vice commander.

Coming up, we'll be hosting a pinning

ceremony that celebrates the recent Senate confirmation of Lt. Col. Andrew 'Bishop' Jacob (104th Operations Group commander) promotion to the rank of colonel. An excellent addition to the wing leadership team, we congratulate and look forward to the future promotion ceremony.

Later this month I have the privilege to accept the National Guard Association of the United States (NGAUS) Distinguished Flying Unit award for the period of exceptionally meritorious service from Jan. 1, 2018 to Dec. 31, 2018. This award is a tribute to all of you, who support our ability to have been an outstanding flying wing every day.

In closing, enjoy the rest of the summer and take time to re-energize and connect with family and friends. It is important to balance work and time off. Please continue to keep your situational awareness high and watch out for each other during the final days of summer. Thank you for all you do!

Go Barnestormers!

Airmen & Airpower: EOD Trains for Deployed Mission with 24-Hour Ops By Senior Airman Randy Burlingame and Airman 1st Class Sara Kolinski



Staff Sgt. Jesse Poulsen, 142nd Civil Engineering Squadron Explosive Ordnance Disposal technician, helps Staff Sgt. Eric Franco, 104th CES EOD technician, put on a bomb suit before inspecting a car for a potential vehicle-borne improvised explosive device during Audacious Warrior 2019, June 21, 2019, at Volk Field Air National Guard Base, Wisconsin. (U.S. Air National Guard photo by Airman 1st Class Sara Kolinski)

Explosive Ordnance Disposal technicians from 14 Air National Guard and Air Force Reserve units attended Audacious Warrior 2019 at Volk Field Air National Guard Base and Fort McCoy, Wisconsin, June 16 - 28, 2019.

Twelve teams of EOD Airmen logged over 106 hours, completed 117 exercises, and covered wartime counter improvised explosive devices, unexploded ordnance, chemical ordnance, recover of an airbase denied by ordnance, and team leader down drills.

Training in field conditions and performing 24-hour operations prepared Airmen for the intensity of deployment by giving them experience and confidence to draw from.

"This is meant to create stress similar to a deployment, where you don't get eight hours of sleep, and you don't get as much rest," said Master Sgt. Rob Krider, 104th Civil Engineering Squadron Explosive Ordnance Disposal operations non-commissioned officer in charge. "When these teams find themselves in that position in the real world they already understand it, and they already know how to focus and work through that."

Teams of three EOD technicians responded to problems at all hours of the night on a rotating basis, with some problems taking 1-2 hours and others taking up to 5 hours or more.

"You have to give them something authentic to help them understand their strengths and their weaknesses, and develop themselves into more competent EOD techs," said Krider. "By putting them in this environment, we give them a background to draw from."

Staff Sgt. Ethan Johnson, 119th Civil Engineering Squadron EOD technician, attended Audacious Warrior for the third time and said he continues to find growth as a technician through the training.

"You get a wide variety of problems and you get the opportunity with that variety to kind of hone how you think through a problem, and how you work your way through that problem," said Johnson. "Developing that confidence is that you can look at a problem, you can figure out what needs to be done, and you do it and it works.

One of the adjustments the EOD technicians had to make was growing used to working with a new team. Airmen were teamed with other technicians from outside of their normal shop to replicate what it would be like to work with new people during a deployment.

"Getting to work with different people" is great, because when we deploy we're not necessarily going to be deploying as a shop" said Johnson. "You're going to get thrown in with a team and you're going to have to work with them. So training like this, especially when mixing up your team leaders and team members, you get to see a lot of different approaches and a lot of different mentalities. You also learn from that, that there are multiple ways to solve a problem."

For Krider, it all comes down to making sure Airmen are prepared to utilize their skills in the real world.

"It's just another facet that helps us prepare them for a deployment the best that we can," said Krider.



An Explosive Ordnance Disposal technician interrogates a vehicle for potential threats and utilizes hook and line equipment to remotely move unexploded ordnance during Audacious Warrior 2019, June 21, 2019, at Fort McCoy, Wisconsin. Audacious Warrior is an annual exercise that provides EOD Airmen from the Air National Guard and Air Force Reserve with classroom and scenario-based training that they may not be at their respective home stations. (U.S. Air National Guard photo by Senior Airman Randy Burlingame)

Is Your Chair Broken?

By Maj. Kenneth M. Devoie, 104th Fighter Wing chaplain



A while ago, I was looking at a chair that had a broken leg, leaving it with only three functional legs. The chair was still usable, in that it could still bear the weight of a person. In many ways a four legged chair could represent our personal well-being that is made up of the four domains of wellness: the physical, mental, social and spiritual.

Our resiliency, the ability to bounce back, is dependent upon these four domains. They are the legs of wellness that sustain and hold us up. Like a solid chair, all need to present and balanced to maintain a good grounding in life. If life throws us a curve ball in some way, as it often does, and one of the legs is removed (i.e. a physical or social problem), the other three legs can sustain us for a time until we mend.

But what if we are starting out with only three legs to begin with and life throws us a curve ball? Hmmm...we end up balancing on only two legs, which can be done with tremendous effort, but will eventually cause us to tumble down. In my years of experience as a Chaplain, I've noticed, with increasing frequency, that many of our people have totally neglected developing one or more of the critical domains of personal wellness, thus leaving themselves imbalanced and vulnerable to the curve ball of life that will eventually be coming.

So, as your Chaplain and one who cares about your spiritual well-being, I want to ask you; how is your spiritual wellness? When I speak of spiritual well-being, I am not speaking about your belonging to and participating in an organized

religion per se, although it would not necessarily exclude that. The dimension of spirituality guides us in how we approach and related to each other, life, death, the world, our place and meaning in the universe. Spirituality assists to provide us with the underpinnings of morality, principles, ethics and informs us on how to make sense of the many mysteries of this life – things that a job, money, material things and other people cannot give to us. Spiritually assists us in approaching the ideas of a God and life beyond this world. Spiritually assists in connecting and weaving together all of other aspects of life.

Carl Jung was a Swiss psychotherapist and psychiatrist who founded analytical psychology. Jung proposed and developed the concepts of the extraverted and the introverted personality, archetypes, and the collective unconscious. His work has been influential in psychiatry and in the study of religion, literature, and related fields. Jung created some of the best known psychological concepts, including the archetype, the collective unconscious, the complex,

and synchronicity. The Myers-Briggs
Type Indicator, a popular psychometric
instrument, has been developed from
Jung's theories. Jung saw the human
psyche as, "by nature religious," and
made this religiousness the focus of his
explorations.

The big picture point, and what I want you to consider, is the integral importance of the role of spirituality in wellness and balance in life. I have seen a decrease, over the years, in the personal development of the spiritual domain of wellness amongst our Airmen. Without it, we set ourselves up to living with only three legs of well-being in place, which makes us vulnerable to those curve balls of life, which can set us up for a tumble. I want you to be strong, courageous, and dangerous to our enemies and a person full of HOPE about all that living this life can mean. You are wonderfully important! Consider how your spiritual wellness can be strengthened.

You have a great wellness team here at Barnes, we care and are here for you. Let's talk.

Many blessings!

Headlines & Highlights

104th Public Affairs Office















Community College of the Air Force 2019 Graduates

104th Public Affairs Office





Master Sgt. Erin Barr Staff Sgt. Dakota Bordelon Staff Sgt. Brian Boudreau Master Sgt. Kylie Burns-Whalen Senior Master Sgt. Adam Casineau Retired Tech. Sgt. Melanie Casineau Master Sgt. Heather Cekovsky Staff Sgt. Jared Collins Master Sgt. Todd Collins Staff Sgt. Bruce Cordero Staff Sgt. Justin Devine Senior Master Sgt. Tina Dimino-Frazer Senior Airman Jesse Fimian Senior Master Sgt. Marc Gauvin Tech. Sgt. Kevin Gould Courtney Greene Senior Master Sgt. William Greenwood Tech. Sgt. Mariska Harbachuck Master Sgt. Michael Hoar Master Sgt. Michael Kearns Senior Master Sgt. James Kelley Staff Sgt. Andrew Lawrence

Master Sgt. Kristin Martin Staff Sgt. Ashley Martins Staff Sgt. Kelley McLean Staff Sgt. Tammy Midwood Staff Sgt.Michael Moran Tech. Sgt. Cindi Muszynski Master Sgt. Timothy Mutti Staff Sgt. Dillon Natle Master Sgt. Robert Ollquist Master Sgt. Gerald Paquette Staff Sgt. RyAnn Parker Tech. Sgt. Austin Putnam Staff Sgt. Allison Rand Tech. Sgt. Shaun Reagan Senior Master Sgt. Charles Richardson Staff Sgt. Amarilis Rodriguez Master Sgt. Michael Roncarati Staff Sgt. Ben Roncarati Staff Sgt. Przemyslaw Szura Master Sgt. Stephan Warren Master Sgt. Lindsey Watson-Kirwin Tech Sgt. Jason Wyse

Congratulations!

Highlights, Welcomes, Farewells and Promotions

104th Public Affairs Office

Barnestormers Return From Deployment







Welcomes

Airman 1st Class Joshua Cox, CF Airman 1st Class Gavin Bogalhas, MXS Staff Sgt. Nelson Benvido, FSS Airman 1st Class Devin M. Dupuis, MXS Senior Airman Jeremy Furusho, AMXS Tech. Sgt. Ian McAlister, AMXS

Farewells

Staff Sgt. Rory McLean, CF

Staff Sgt. Thomas DeCarlo, CE

Promotions

Airman Ryan Mooney, SFS
Airman William Dejesus, SFS
Airman Hannah Griswold, OSF
Senior Airman Fallon Lundgren, FW
Senior Airman Gage Czarniecki, OSF
Staff Sgt. David Ball, CES
Staff Sgt. Daniel Berg, CES
Staff Sgt. Christopher Ienaco, CF
Tech. Sgt. Trevor Tompkins, FW
Tech. Sgt. Jason Duffy, MXS
Master Sgt. Robert Ollquist, FW
Master Sgt. Garrett Moulton, AMXS
Senior Master Sgt. David Sutherland, OSF

Airman Ivan Villavicencio, SFS
Airman Anthony Basile, SFS
Airman 1st Class Sara Kolinski, FW
Senior Airman Randy Burlingame, CE
Senior Airman Selena Toro-Brown, AMXS
Staff Sgt. Trevor Larson, AMXS
Staff Sgt. Cameron Servantez, MXS
Tech. Sgt. Blake Wirth, SFS
Tech. Sgt. Shaun St. Clair, CF
Tech. Sgt. Bruce Cordero, MXS
Master Sgt. Lindsey Watson-Kirwin, FW
Master Sgt. Sara Jean Jacobsen, MOF
Senior Master Sgt. Sandra Krider, FW

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