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AirScoop

104th FIGHTER WING WWW.104FW.ANG.AF.MIL

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Distinguished Flying Award



AirScoop

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Col. Peter T. Green III

Vice Commander

Col. William 'Sling' Bladen

Command Chief

Chief Master Sgt. Maryanne Walts

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

Airman Basic Camille Lienau

Congratulations

*Chief Master Sgt. Thomas Orifice
on being selected as the group chief for the
104th Mission Support Group!*

Commander's Column: What is a Resilience Tactical Pause?

By Col. David 'Moon' Halasi-Kun, 104th Mission Support Group commander



What is a Resilience Tactical Pause? Doesn't the Chief of Staff of the Air force know that we don't have time for this? We have a mission to do, we're falling behind in training, and we're stitching old equipment together with limited resources.

I would be lying if I told you this wasn't part of what I felt when Gen. Goldfein made the announcement. As I reflect on that reaction, I'm not proud, but I know where it came from, and why I feel that

way. We have been at war, training for the next war, and defending the homeland for 18 years. We have been mission focused and under resourced, which is exhausting. We have brought up our Airmen to "do more with less" and to sacrifice beyond reasonable expectation.

There will always be a need to shift the work-life balance one way or the other – times to focus on family and home life, and times to go all in and surge to mission execution. The problem is that the USAF has been surging for two decades. The mission has to get done, but in that effort we are losing Airmen. We are losing them to the civilian sector because they are burnt out and demoralized, and we are losing them to suicide. We have to change if we truly believe that people are our most valuable resource. A Resilience Tactical Pause is the first step in making that change and taking better care of our airmen.

So, back to the original question. What is a Resilience Tactical Pause? The phrase "tactical pause" speaks for itself. We are going to stop what we are doing,

pause from executing the mission, take a deep breath, and connect with our fellow airmen. Resilience is the key word to decipher.

Essentially, it is how people bend without breaking. How they make it through difficult times and bounce back. We want our airmen to be resilient, and we want individuals in our organizations to recognize when someone is going through emotional challenges and provide support.

We have all been there – mentally, physically, or emotionally exhausted when someone says or does something that reminds us that we are not alone. "This may suck right now, but at least we are all in the suck together." Empathy, sympathy, an ear to listen, and a shoulder to lean on go a long way to building resiliency.

This Tactical Pause must not be a "check the box" event. This is the beginning of a much larger challenge to build real connections inside of our work centers. The talks that we have and the support that we provide each other this weekend

builds a solid foundation that enables small tactical pauses the rest of the year.

If we keep our heads down and focus on the mission all day, every day, bad things will happen. We will burn out, we will lose connections with our fellow airmen, and we will miss the warning signs that someone needs help. We are a family, and taking a moment to appreciate the people you work with and make sure they are doing well could be the most impactful thing you do all day.

We do have a mission to do, we are falling behind in training, and we will keep stitching equipment together with limited resources. If we take care of each other, those challenges can be met head-on with high morale from an engaged and supported workforce.

#BeThere for your fellow Barnestormers.

Spirituality Is More Than An Personal Matter - It Impacts the Mission

By Lt. Col. Kenneth Devoie, 104th Fighter Wing chaplain



So often we hear people say that spirituality is a personal matter. While I will agree that there certainly is a seriously personal dimension to spirituality, I am compelled to ask the question, “Does the presence of spirituality or lack of it in a person’s life have an impact on anyone else?” If it is purely a personal matter the answer would simply be that the presence of spirituality or lack of it in someone’s life has absolutely no impact on anyone else – it’s personal.

However, if the presence of spirituality in one’s life is fostered and has a scientific, measurable impact on better emotional, mental, social

health and life longevity, this would in fact have an impact on others in one’s life, and therefore, is not simply a personal matter.

If one’s physical health has a direct impact on the execution of the military mission, which the military has determined it does, and can influence its success and or failure, so too can one’s spiritual health. According to some scientific, non-religious, studies, when one is not spiritually healthy they can have a higher mortality rate than those who do not by nearly 25%; along with higher rates of stress, loneliness and depression. This can lead to higher rates in health related problems and suicide. That being the case, spirituality is far from being a merely personal matter. It is a matter that impacts all of us and the mission.

[This article from the National Institute of Health](#) recommends that Health Care providers ask the following questions of patients by using the FICA method of taking a spiritual history:

Faith and belief. Ask: Are there spiritual beliefs that help you cope with stress or difficult times? What gives your life meaning?

Importance and influence. Ask: Is spirituality important in your life? What influence does it have on how you take care of yourself? Are there any particular decisions regarding your health that might be affected by these beliefs?

Community. Ask: Are you part of a spiritual or religious community?

Address/action. Think about what you as the health care provider need to do with the information the patient shared. For example; refer to a chaplain, meditation or yoga classes, or another spiritual resource. It helps to talk with the chaplain in your hospital to familiarize your-self with available resources. (Copyright © Christina M. Puchalski, MD, 1996.)

Role of Spirituality’s impact on Suicide rates according to NIH’s article (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3671693/>)

“Correlations between religion and spirituality and suicide attempt, completed suicide, and attitudes toward suicide are consistent with those found for depression, self-esteem, and hope. Those who are depressed, without hope, and with low self-esteem are at greater risk for committing suicide. At least 141 studies have now examined relationships between religion and spirituality and the suicide variables above. Of those, 106 (75%) reported inverse relationships and four (3%) found positive relationships. With regard to the 49 studies with the highest methodological rigor, 39 (80%) reported less suicide, fewer suicide attempts, or more negative attitudes toward suicide among the more religious and spiritual, [155–170] and two (4%) found positive relationships (one study in Delhi, India [171], and one in college students distressed over

religion and spirituality concerns [172]).”

In short, my recommendation is that we begin to speak more openly of the role of spirituality, or at least as much as we do physical health, to its role in one’s overall health and potential mission impact. In having more open discussions about spirituality and health we can share the benefits we have experienced and encourage one another to move deeper into the exploration of the role of spirituality and our health. These discussions would not be opportunities to criticize someone else’s spiritual practices or judge another’s religion as being inferior to one’s own.

The Chaplain Team is here to assist you no matter where you are with spirituality – there is no judgement nor any preaching as to what, “you should do.” Start the exploration. It’s worth it.

I want to encourage supervisors, shirts and all wingman to speak more about the role of developing a personal spirituality and its impact on overall health in the work place and on the mission. The FICA model above is a generally good guide when you see someone struggling or in guiding conversations. Know that you are all valuable, important and very much cared for! We are a family here at Barnes.

The Importance of Influenza Vaccines

By Senior Airman Alan Guin, 104th Medical Group



Senior Airman Alan Guin, 104th Medical Group Airman, Administers a vaccine as part of the Periodic Health Assessment Track March 3, 2019, at Barnes Air National Guard Base, Massachusetts. Airmen from the 104 MDG put together a PHASt Track to ensure 104th Fighter Wing members are individually mission ready. (U.S. Air National Guard photos by Airman 1st Class Sara Kolinski)

With the start of a new fiscal year comes the start of a new year for the flu. Influenza is a highly contagious viral infection of the respiratory system, causing symptoms like fever, severe muscle aches, and in the worst cases,

Every year, the flu affects no less than 20% of Americans, meaning more than 200,000 people will become hospitalized from this virus.

In 2017 to 2018, 49 million flu-like

illnesses were reported, 960,000 hospitalizations occurred, and 79,000 lost their life to this virus. It's an unfortunate tragedy that can be ultimately minimized by getting the vaccine before the October time frame.

Like some viruses, influenza comes in different forms. The most common forms are strains Influenza A and Influenza B. Each season, these strains undergo a change called antigenic shift, meaning that the makeup up the strain is rarely ever the same with each season that passes. This is why getting up-to-date vaccination every year is essential to keep yourself and those around you safe from this virus!

You may hear, that some believe the vaccine, "makes them sick." This itself is not necessarily true; what you are doing with the vaccine is helping your body form a defense against if, or when, you actually become exposed, and therefore have a safe-guard in place to effectively defeat this virus!

You may feel some sense of sluggishness after receiving the vaccine, but this is just

your body working hard to develop a resistance.

In order to be the world's strongest air force, we as Airmen need to have the world's strongest immune system to maintain readiness. Getting this vaccine is not only doing service to yourself, but a service to the men, women, and children around you everyday that could benefit from one less carrier of this deadly virus. One team. One fight.



Airman & Airpower: Integrated Avionics Technicians Support Success

By Senior Airman Randy Burlingame



Staff Sgt. Kyle Cote, 104th Maintenance Group avionics flight line technician, helps a red ball maintenance team perform a Radar Warning Receiver roll through Sept. 7, 2019, at Barnes Air National Guard Base, Massachusetts. Avionics red ball crews are responsible for assisting with any potential avionics issues within two hours of flight. (U.S. Air National Guard photo by Senior Airman Randy Burlingame)

Integrated avionics technicians are responsible for maintaining the communication and navigation systems, automatic flight controls, radar, and targeting systems on the F-15 Eagles.

The expertise and teamwork displayed by the avionics team at the 104th Fighter Wing ensures safe and reliable aircraft, allowing pilots to execute their mission successfully.

“It’s so integrated that everybody has knowledge in every system and how they work with each other,” said Staff Sgt. Kyle Cote, 104th Maintenance Group integrated avionics technician. “Because we have so many systems, there is something every day that requires our attention. We go out, troubleshoot, and fix it.”

Avionics red ball maintenance crews help with sortie generations by responding to any potential avionics issues that occur within two hours of a flight and providing immediate maintenance assistance, when possible.

“It is something where the pilot is already in the seat, and they call in to say something is not working properly,” said Cote. “That’s where the red ball crew comes in, and we fix it on the spot. We might even change parts on the go while they’re waiting to take off so we can get them up in the air.”

For Senior Airman Mike Papoutsakis, 104th MXG integrated avionics technicians, some of the more complicated tasks he encounters are his favorite part of the job.

“I like when a job isn’t just a simple fix,” said Papoutsakis. “When you actually have to read more into how the system operates, and you go into wiring diagrams and schematic diagrams and you have to trace signals.”

The avionics Airmen display their dynamism by working as a team to reliably accomplish the more than 200 tasks they are responsible for.

“There’s a lot of stuff where one person might have seen it before, and that’s the only time it’s ever come up,” said Cote. “Having a diverse team that can come at it from a

couple different angles is huge.”

Airman 1st Class Justin Marshall, 104th MXG integrated avionics technician, explained one of the ways an issue can become complex.

“One bad part can be a problem for multiple systems,” said Marshall. “It’s all integrated.”

Colonel Andrew ‘Bishop’ Jacob, 104th Operations Group commander and an F-15 pilot, said the work the avionics Airmen accomplish is crucial to the pilots’ success in the sky.

“The avionics systems on the F-15 are critical to what we do in the air as pilots,” said Jacob. “Avionics personnel are responsible for the components that ensure pilots have offensive capability with the radar, defense capability through the Radar Warning Receiver, and situational awareness using systems like Fighter Data Link. They are also responsible for safety of flight systems that allow us to aviate, navigate, and communicate. Without avionics, the F-15 is a loud and fast Cessna 152 that would be better suited on the general aviation ramp instead of the Barnes Air National Guard Base fighter ramp.”

Headlines & Highlights

104th Public Affairs Office



Weapons Qualifications



Polish National Credit Union Tour



Bronze Star Recipient



72nd Air Force Birthday



Yellow Ribbon



We are the 104th Fighter Wing



Col. Jacob's Promotion

Highlights, Welcomes, Farewells and Promotions

104th Public Affairs Office

9/11 Remembrance Ceremony



Welcomes

Airman Basic Luis Soto Soldevilla

Airman Basic Kevin Jose Bermudez

Farewells

Tech. Sgt. Jason Parent
Master Sgt. Dustin Buck
Master Sgt. Timothy Schilling
Senior Master Sgt. Scott Sanderson

Master Sgt. Patrick Sullivan
Master Sgt. Barbara Plotniak
Master Sgt. Neftali Rivera
Chief Master Sgt. Thomas Puccio

Promotions

Senior Airman Bradford Thompson, AMXS
Tech. Sgt. Bryan Boudreau, AMXS
Capt. Michael Bednaz
Col. Andrew Jacob

Tech. Sgt. Morgan Trede, CES
Capt. Brian Burke
Capt. Colin Maceachern

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