



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

Pride, Professionalism, Patriotism

Barnes Air National Guard Base

March 2018



Staff Sgt. John Tourtellotte, Equipment NCOIC of the 104th Fighter Wing EOD, displays how to properly wear a bomb suit. Read the story on page 5. (U.S. Air National Guard Photos by Airman 1st Class Randall S. Burlingame)

Commander's Column: The Mighty Mighty Eagle

By Col. William T. Bladen, Operations Group Commander



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Happy March Drill Barnestormers! While we've had the F-15C Eagle at Barnes for about 10 years now and I think most have a fundamental understanding of its mission, I wanted to use my opportunity in this month's Airscoop to delve a little deeper into what the *Air Dominance* mission set means to us and our country.

The Aircraft

The "Mighty Mighty," as many pilots grew up calling it, was designed around the radar (much like the A-10 was designed around that awesome gun). It was the first fighter to have a true beyond visual range (think...really far away) ability to find an airborne target, identify it as a friend or foe, and shoot it down. Times and technology have certainly changed since the 1970s and the F-15 is no different. Upgrades to both hardware and software every few years has made the airplane similar to its 1970s version in appearance only – almost every avionics suite has been changed. We were the first to fly with an electronically scanned radar (meaning the dish doesn't move... the computer electronically scans... weird, I know) that brought much higher power and capability. Still today, the Eagle carries the most powerful radar in any fighter on the planet – yes, even more powerful than the F-22 or F-35.

One last point about the aircraft itself, the F-15 and A-10 were two of the last fighters designed to sustain battle damage and still return home. The Eagle has redundant electrical systems, hydraulic systems, navigation systems, two engines, two tails, but just one pilot (the way it should be). This has led to its unprecedented 104-to-0 kill

ratio; meaning 104 kills and no combat losses. No other aircraft in history has close to that distinction and no, I didn't make up the 104 part. It must be destiny. If you're interested in seeing something cool on the topic of battle damage, google "Israeli F-15 landing with one wing." Pretty amazing story.

The Mission

The F-15 was designed to perform a single mission set: Air Superiority, now called Air Dominance. This mission solely involves the engagement of airborne targets (fighters, bombers, cruise missiles, etc.) to allow for the other part of the joint force to perform its mission without molestation from enemy aircraft. Air Dominance is a necessary requirement for everyone else (Army, Navy, Marines, and Air Force forces) to do their mission. It

(Commander Cont. On pg. 3)

Table of Contents

2-3	Commander's Column
4	First Sergeants Corner
5	Chief Corner
6	Chaplains Column
7	104th EOD Airmen support FBI, State Police, Boston Marathon
8	Wing Safety
9	Financial Coaching /Legal Assistance
10-11	DPH Column: Self – Compassion
12	Be Ready Barnestormers!
13	Military Runners Participate in Boston Marathon
14	Family Program Office
15-19	FYI
20	Promotions, & Vacancies
21	Menu, Welcomes, & Farewells

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(Commander Cont. From pg. 2)

is the Air Force's number one priority core capability and has been guaranteed since 1953. It is tremendously powerful for an Army private to not have to worry about attack from the skies or a U.S. bomber to not have to worry about an enemy aircraft shooting it down. The last time a U.S. service member was killed by an enemy air attack was April 15, 1953...it's a date all Eagle pilots know and cherish. It's our job as Barnestormers to keep the streak going. The most poignant display I have seen of American Air Dominance was when the Iraqi's buried their airplanes because they were afraid of flying against the F-15 during Desert Storm II. Mission accomplished. Our mission at Barnes falls into one of three types: Defensive Counter Air, Offensive Counter Air, and Aerospace Control Alert.

Defensive Counter Air means *defending* an area from enemy air attack. We typically do this as a 4-ship. Our job is to shoot down any aircraft that could bomb or shoot at friendly forces on the ground. The biggest issue with this is persistence. Because we don't know when the enemy will attack, we often are required to put up patrols 24/7. I won't delve into the tactics too deeply but it's basically akin to playing zone defense. Each fighter has a responsibility to engage aircraft in his area or hand them off to another fighter in the 4-ship. It's a supersonic game of chess as the fight is fluid and constantly changing. In my 20 years of flying, I've never seen exactly the same scenario twice which is why we train to philosophies and contracts. No two fights are the same but all Eagle pilots must operate off the same playbook.

Offensive Counter Air means *escorting* friendly

fighters or bombers to targets in enemy territory and is also typically flown as a 4-ship. We pick the time and place of the fight but can't control what type of tactic the enemy will use. The primary issue is controlling the chaos during an aggressive offensively-minded push into the enemy's country where surface-to-air missile systems and anti-aircraft artillery exist.

For both missions, we try to train to outnumbered scenarios because while several of our competitors may have lesser-capable aircraft, there are a lot more of them. Near peer threats have more aircraft and similar capability – the only thing that can set us apart is our training.

The alert mission is completely different. It is much more *Rules of Engagement* driven because we don't expect to have to shoot down an airplane, although we are prepared for that as well. Also what sets it apart is the launch order can occur at any time, without warning, and with no mission planning or awareness of why we're being launched. The targets range from a lost Cessna, to disturbances on an airliner, to a foreign bomber flying along our coast. Our mission typically involves intercepting the airplane, obtaining some information, and escorting it to a place of our choosing.

Thanks for taking the time to read this. I thought it was important to spend a few minutes talking about the Mighty Mighty and why we as Barnestormers work so hard to be the most respected fighter wing in the combat air forces. Defense of our nation and its objectives depend on it.

3rd Annual Command Chief Master Sgt. Patrick J. Shaughnessy Scholarship

The 104th Fighter Wing Chiefs Council is once again offering **two \$250 scholarships in 2018**. The Command Chief Master Sergeant Patrick J. Shaughnessy Scholarship is available to any enlisted member of the 104th Fighter Wing attending a two or four year college. Chief Shaughnessy was a leader, mentor, and friend to many unit members, both officer and enlisted. He taught and lived the whole Airman concept long before the phrase became popular, and he exemplified Air Force Core Values both on and off duty.

Applicants must submit a 500 word essay (approximately 2 paragraphs) explaining how they incorporate Air Force Core values into their everyday life. Essays must be submitted to Chief Master Sgt. Tom Orifice or Chief Master Sgt. Jim Burke by the close of business on April 8, 2018. Late submissions will not be accepted. Selections will be made by blind committee. The winners will be announced, and checks will be presented during the May RSD.

Please contact Chief Master Sgt. Orifice at x698-1434 or at Thomas.b.orifice.mil@mail.mil, or Chief Master Sgt. Burke at x698-1325 or at James.p.burke2.mil@mail.mil for additional information.

First Sergeants Corner: Military Dress and Appearance, Challenging the Challengers

By Master Sgt. Dawn Soldan, Mission Support Group First Sergeant

Without a doubt, we are operating at hyper-speed here at Barnes. The Regularly Scheduled Drills pass in a blur as we pack as much On the Job Training, ancillary training, and personal readiness appointments into two days as is possible. Our pace has increased exponentially over the last few years and will continue to do so for the foreseeable future as we perform our day to day mission and navigate multiple worldwide deployments and training exercises. With our energy focused on the “big picture,” it can be a challenge not to lose site of the seemingly “small stuff,” like paying attention to our dress and appearance.

The importance of military dress and appearance is taught to us from day one of basic training. Our uniform was to be worn with details we could not have imagined, and we would learn to wear it to a level of perfection that would allow us to stand tall on graduation day, and we looked forward to wearing it with pride for years to come. Our uniform says a lot about our Air Force culture, who we are as individuals, and what each of us does in our profession.

The majority of us comply with dress and appearance standards, however, there are always a few exceptions. We are all guilty of the occasional uniform discretion: our hair falls out of formation and hangs on our collar, our laces are hanging out of our boots, or our hands are in our pockets. These are a quick and easy wingman fix with just a kind reminder. The bigger and more apparent issues are the ones that seem resistant to a kind reminder, and challenge the standard.

In no particular order, here are some of the things that are being pointed out: trending hairstyles, both male and female, that do not comply with the length, bulk, color, highlighting, or shaved areas regulation*; Nnail colors, length, and designs that are not within regulation; jewelry that is not of a size or style permitted to be worn with the uniform; miscellaneous unauthorized accessories such as certain styles of sunglasses, hand bags, gym bags, and backpacks.

In an effort to understand why these things were not being corrected once they were pointed out by peers, supervisors, and first sergeants, I took the time to ask some of our airmen why this might be. What I

learned, again in no particular order, is that there is the sense that standards are not being enforced equally (“why should I do it if he isn’t doing it?”), not wanting to change hair or nail style for “only” two days a month, and that the regulations “aren’t really clear.”

As a senior NCO, and certainly as a first sergeant, I know that the response to any and all of these proposed reasons for challenging the dress and appearance standards is CORE VALUES. However, I asked for honest feedback from our troops, and so I think it is fair to take a look at how we, as leaders, supervisors, and peers can use this feedback to challenge the challengers.

There’s an app for that! An NCO I spoke with had AFI 36-2903 on her cell phone, complete with full color pictures. Brilliant! I followed her example and downloaded the PDF to my iBook library, and have used it to help clarify regulations and make on the spot corrections. Additionally, using a group setting, such as Commander’s call or shop briefing, to address a trend or issue in question, and the correction for it, is another way to make an expectation clear – have that regulation ready on your phone.

‘Follow up and follow through’ goes a long way towards identifying and changing a negative trend of any kind. Once a regulation has been clarified, we owe it to the individual we are trying to help to follow up with them on the changes they are making, and to follow through with time limits we set for corrective action that may need to be enforced.

Finally, remember that even though we are a uniformed service, we are still individuals responsible for our own actions, and accountable for the consequences of choosing not to comply with an Air Force regulation, or the direction of our leadership (You know I had to throw those core values in there somewhere!).

No matter how hectic our pace, or how focused we are on our mission, we have to challenge ourselves and each other to pay attention to the small stuff too. “Remember that when the world looks at us, they don’t see one Airman, they see the entire Air Force” – CMSAF James A. Cody - how’s that for a big picture!

Deploying, Is Your Family Prepared?

By Chief Master Sgt. Brian Mapel, Operations Group Superintendent

Welcome to the March drill. As I prepare myself for this very busy weekend, I began thinking, even though I will be prepared to deploy when tasked, am I preparing my family?

So where would I begin to ensure they are prepared? My first stop will be at the 104th Airman & Family Readiness Office. They are always available for our military members and families, and especially during times of deployment. They are here for Information, Referral and Follow-up!

Specifically during times of deployment, they will provide pre-deployment briefings which are informational briefings that cover Red Cross support, coping with deployments, free counseling resources, emotional cycle of deployment, family care plans, financial preparation, recreation and more.

During a deployment, I would be reaching out to all POC's monthly to make sure the family is handling the separation okay, and if they aren't I will be there with resources and a listening ear!

Their job is to make sure our Families are well taken care of. They have access to a Personal Financial Councilor, Military Family Life Counselors, our Director of Psychological Health, along with many more resources!

I also use **Military One Source**

(<http://www.militaryonesource.mil/home>) as good informational reference.

At the **Military One Source**, you can find the 'Preparing for Deployment – The Essentials

(<http://www.militaryonesource.mil/web/mos/preparing-for-deployment>), 'During Deployment – The Essentials' (<http://www.militaryonesource.mil/web/mos/during-deployment>) and 'Returning Home from Deployment – The Essentials

(<http://www.militaryonesource.mil/web/mos/returning-home-from-deployment>)' under the **Military Life Cycle button**.

Below is what you will find on the Military One Source website concerning 'Preparing for Deployment – The Essentials.' Life in the military is about being ready for deployment. You may be duty-ready, but don't overlook preparations on the home front. That includes having or updating essential legal documents, organizing your finances, creating a family care plan and designing a contingency plan in case things change. Get organized and prepared for your sake and your family's.

Here are the essentials:

Get your paperwork in order.

Don't let deployment paperwork preparation slip off your radar before you leave. Getting your legal affairs in order beforehand will reduce some of the worry when you deploy and gives you more control when you are away. Be sure to review and update beneficiary designations and other pertinent information.

Relevant Articles:

[Four Steps to Put Your Financial House in Order](#)

Relevant Resources:

[Plan My Deployment](#)

[Pre-Deployment and the Single Service Member](#)

[Deployment Products](#)

Organize your finances.

During your deployment, you may be eligible for military pay entitlements such as a family separation allowance or combat pay. This is an ideal time to save money, pay off debt or just tidy up your finances. Get the most out of your money and help reach your family's financial goals by taking a few steps.

Relevant Articles:

[Four Steps to Put Your Financial House in Order](#)

Relevant Resources:

[Deployment Resources for Families](#)

[Military Benefits and Entitlements During Deployment](#)

[Deployment - Benefits](#)

Create a family care plan.

Family care plans are designed to provide caregivers with all the right information to keep the household running smoothly while you're gone. Plans usually include details about child care, school, medical care and family activities, as well as all necessary contacts.

Relevant Articles:

[Preparing Your Family Care Plan](#)

Relevant Resources:

[Deployment Resources for Families](#)

[Family Benefits and Entitlements: Deployment](#)

Consider a backup plan.

The military is full of changes. You can be gearing up for a deployment and then get orders that your mission is canceled or postponed. That's why contingency planning is part of deployment planning. Check out these contingency management resources.

Relevant Articles:

[Cancelled or Postponed Deployment: Time for Contingency Planning](#)

Relevant Resources:

[Deployment Resources for Families](#)

[Military Benefits and Entitlements During Deployment](#)

104th Fighter Wing Chaplain Making a Difference Near and Far

By Airman 1st Class Randall S. Burlingame

A US Navy Sea, Air, and Land team member with 15 years of experience is referred to a Chaplain while deployed in South Korea as a way to help deal with his severe PTSD. The SEAL had done multiple tours to Afghanistan and became emotionally shut down after losing a number of friends on those deployments. His experiences were taking a toll on his family and the man was starting to consider harming himself.

The chaplain was able to work with the SEAL and his family to help get the man back to the United States and into a help program. Last the Chaplain heard, the man was alright and on the road to recovery.

Major Kenneth M. Devoie, the base chaplain at the 104th Fighter Wing, told the story of this real-world experience from his year-long deployment to Camp Kim in Seoul, South Korea, after returning to the 104th FW more capable and equipped to help support the mission at home.

“It was humbling to play a part in and realize I may have just helped save someone’s life,” said Devoie. “If I hadn’t been there as a chaplain, what would the status of this guy be? Especially someone who gave so much of his country.”

Devoie was deployed as a one-man team for 327 days with Special Operations Command Korea and started a new chaplain’s office from the ground up while providing spiritual and moral support for 120 command staff members on base. The chaplain also supported the morale of up to another 500 US special operators that were down-range at any given time.

“Being there was kind of a schizophrenic reality,” said Devoie. “Part of that came from being the staff chaplain to the general, but also deployed. I had to do regular staff things but also down-range deployment type work. Setting up alters in tents, out in the field with the operators and things like that.”

Despite taking on numerous roles Devoie said he excelled in his work and had an impact that carried outside of South Korea. A number of the things he developed for SOCKOR were used by other Special Operations Commands.

“Some of the operating instructions I developed, ministry plans and things like that were distributed,” said Devoie. “It all went out as a template. My impact was not just in Korea and that’s very humbling.”

Devoie said his work as a chaplain helped to reduce some of the stress and allow the service members to fo-

cus on their mission.

“The job of a chaplain isn’t just religious council,” said Devoie. “We deal with moral issues, ethical decision making issues, advising command staff, and really just being the presence of being a friend. Basically being a place for them to dump their baggage so they can get their head in the game.”

The spiritual guide credits some of his ability to succeed in that environment back to his experience working with the F-15 Fighter Jet pilots at Barnes Air National Guard Base.

“I think being here at Barnes was great preparation for working with special operators,” said Devoie. “The F-15 Fighter Pilot community is comprised of tip-of-the-spear guys and it takes time to get into their inner circle. My experience here in developing relationships with them, the explosive ordinance guys and even security forces helped prepare me. US Special Forces guys tend to be even more like that. They are trained to not trust anybody.”

The chaplain said that he came back to the 104th with a deeper understanding of the camaraderie the pilots and Airmen here share because of the mission they do and believes his recent experiences make him even more capable to support that mission now.

“When you’re in an environment like that you learn how to cut out the little drama and things,” said Devoie. “It was a life changing experience, truly.”



Chaplain Maj. Ken Devoie (pictured center right) with Korean Special Operations Chaplain Counterpart outside the bases Buddhist Temple 'Chapel'. The Command Chaplain (pictured center left) there was a Buddha Master (Courtesy Photo)

104th EOD Airmen support FBI, State Police, Boston Marathon

Airman 1st Class Randall S. Burlingame

The 104th Fighter Wing explosive ordnance disposal Airmen have spent the last five years crafting partnerships with agencies such as Department of State, the Federal Bureau of Investigation and the Massachusetts State Police.



The Micro Tactical Ground Robot used by EOD can fit in a backpack and allows them to safely examine an object. (U.S. Air National Guard Photo by Airman 1st Class Randall S. Burlingame)

These now thriving relationships have led to an increased amount of training and interagency responses.

The continuous training the 104th FW EOD personnel perform makes them a valuable asset in those interagency emergency responses and ensures they are always prepared to be critical contributors.

“Our product is really preparedness,” said Master Sgt. Jeremiah W. McClosky, the 104th Civil Engineering Squadron explosive ordnance disposal flight chief. “We can show that product when we respond in that one single moment of doing something, but it’s all that legwork that we put into preparing that leads to it. That’s really the product we have, our preparedness and all the training we do.”

According to Staff Sgt. John Tourtellotte, the 104th CE EOD equipment NCO in charge, the full-time members of the EOD shop are required to complete at least 20 hours of training per week on top of their monthly drill-training schedule. The high volume of training is one of the

main reasons agencies such as the FBI or Massachusetts State Police reach out to the 104th FW for help.

“This job isn’t one of those things where it seems like it gets stagnant,” said Tourtellotte. “We’re constantly learning. We’re constantly doing stuff. We get out and we’re working with everybody. We’re always ready when they need our help.”

Both Tourtellotte and McClosky said interagency training and work has increased since 2013, stating that they now train with agencies such as the FBI up to twice per month.

“I think a lot of it reaches back to the initial Boston Marathon bombing,” said McClosky when referring to the reason for an increased amount of interagency training. “Everyone just kind of jumped in together and we didn’t really know or understand what everyone’s capabilities were, so we built those relationships on both sides to accomplish that.”

McClosky believes that the updated training methods allow the unit and other agencies respond as a unified team and said that the Airmen from the 104th have provided security and safety support to the Boston Marathon and other major planned events since the tragedy occurred.

In addition to working with other agencies, the Airmen are also working with other National Guard EOD units in field training exercises more frequently. The FTX training not only helps to maintain and build proficiency but it helps to grow confidence as well. According to Tourtellotte, both of those things ensure that EOD Airmen can perform their job successfully and safely.

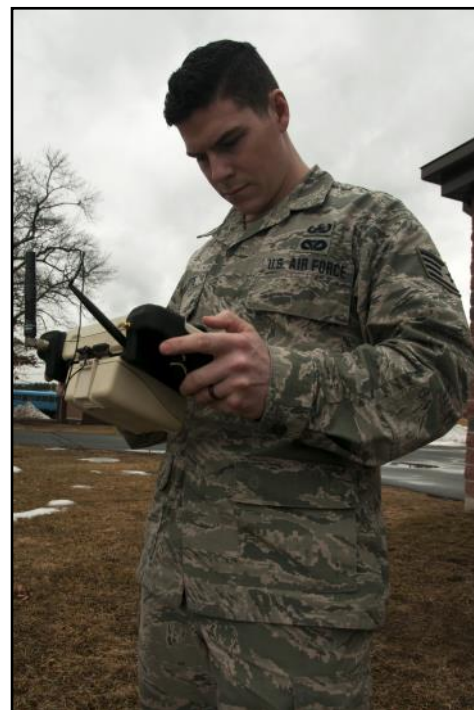
“It’s almost every other month we’re people from different units together,” said Tourtellotte. “Everybody can share ideas and share training and we’re getting everybody involved, even at the lowest level. Everybody has input and that helps the training

grow with us.”

Tourtellotte recalled a training scenario where they used monitors to observe when their stress levels would peak and said that they have been taking mental health training more seriously in recent years as well. Doing exercises like this helps the Airmen recognize when they need to start using stress-reduction techniques, which allows them to focus and deal with situation.

“When it comes to mental stress I think there are multiple different fronts to it,” said McClosky. “Building a members resiliency, whether that’s through internal training or bringing somebody in say from the clinic or mental health, giving people coping skills and other techniques. I think a lot of it comes down to your true wingman concept.”

McClosky fully believes that the extensive training allows the Airmen to respond to any given situation, without a doubt.



Staff Sgt. John Tourtellotte utilizing the MTGR in a demonstration to show its capabilities. (U.S. Air National Guard Photo by Airman 1st Class Randall S. Burlingame)

Wing Safety How-Goes It

By Staff Sgt. Michael Stevens

As we approach the end of this winter season, the anticipation of the warmer weather to come starts to set in. Whether it's getting an early jump on our springtime projects list, or perhaps taking that first jog around the neighborhood, before we begin any outdoor activities this year we should remember to not rush into anything that could potentially cause us harm. Here are some reminders to help ensure we have a safe transition into spring.

When working in the yard remember to wear gloves, and if you plan to dig be sure you are familiar with the requirements of the "Dig Safe" program (digsafe.com). State law may require you to notify Dig Safe even when working on small projects. Avoid extended periods of being hunched over and limit repetitive twisting and turning at the waist, especially when lifting is involved. When using outdoor power equipment always follow manufacturer instructions and remember to wear appropriate PPE. Know what the hazards are for the equipment you're using, and never modify or attempt to disable emergency shut-off features.

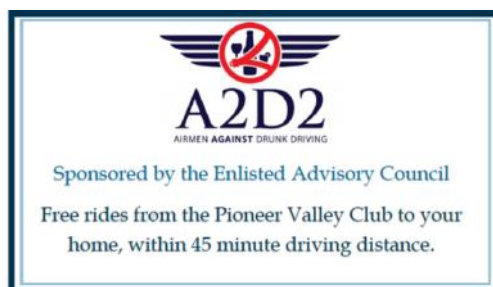
If using ladders for home maintenance or home improvements, be sure to perform a thorough

inspection for wear and serviceability, especially if the ladder was left outdoors in the elements all winter. As always, stay clear of power lines, and if possible, have some sort of fall protection when doing roof work.

When jogging, make sure you can be seen. Do this by wearing bright colored clothing, or reflective clothing during early mornings and at night to improve your visibility, and always face oncoming traffic. Do not use earphones when running on a road, and if possible avoid roads without sidewalks.

If riding a bicycle, inspect it thoroughly prior to your first ride of the season and prior to each use thereafter. Check your tire pressure and front and rear reflectors. Ride with traffic, not against it, and ensure you wear a serviceable helmet.

These are just some basic things to consider as we move into spring. Taking the extra time to ensure you have a good understanding of all the hazards involved whatever your activity may be, and the ways you can mitigate those hazards, will increase the likelihood you'll have an enjoyable, injury-free transition to the warmer weather.



The Enlisted Advisor Council (EAC) has chosen to support the Wing with a Designated Driver program. This program is voluntary based. Although the EAC is the sponsor, any member from the wing can volunteer to assist. The support will mostly be used during large base functions such as retirements, Oktoberfest, Winter Fest, etc. Prior to the event an email will be sent base wide establishing our support and asking for volunteers. There will be business cards available at the event being held.

Any questions please contact TSgt Ashlee Bard at 698-1257 or SrA Tammy Midwood at 698-1954.

* Understand volunteers are assuming personal liability if/when they drive someone home.

** Volunteer must have valid license, insurance, and registration.

*** Navigation is a possibility.

Financial Coaching Schedule



Did you know the 104th has its own financial coach? That's right, Gil is a CPA and a CFP®, and he works out of the Equal Opportunity Office. Below is the schedule of the financial workshops being offered on upcoming Wednesdays in the Equal Opportunity office upstairs in Building 1, or in the Chaplin's Building in their classroom if the group is too large for the EO office.

The Financial Coaching workshop schedule will be as follows at 10:00 a.m. on the selected dates:

- **March 7** - Investing in TSP Funds 101. "It might not be rocket science but it ain't checkers either!"
- **March 14** - Managing debt and credit (Don't lose your security clearance).
- **March 21** - Tax Deductions for Military Members (Be prepared for Tax Season).
- **March 28** - Stupid Investing: Seven ways to lose all your money and retire broke!

Interested attendees are asked to email Gil to express an interest in the class and any topics they would like covered in future workshops.

Wilbert Guilford, CFP(r)
Westover ARB/ Barnes ANG
Personal Financial Counselor
Phone (480) 403-1086

E-mail: PFC.Westover.USAFR@Zeiders.com

Legal Assistance on Base

As a friendly reminder, if you are interested in setting up and appointment with the legal office for legal advising, please send an email to usaf.ma.104-fw.mbx.legal-assistance@mail.mil.

In regards to our office assisting you with the execution of your Will or a Power of Attorney (POA), please complete the following tasks:

1. **Go to the following website:** <https://aflegalassistance.law.af.mil>
You can do this from home as the website does not require a CAC.
2. Fill out the appropriate worksheet (Will or POA or Both) and when done you will receive a ticket number
3. **IMPORTANT:** You must retain the ticket number, or the legal office cannot access the document
4. Email usaf.ma.104-fw.mbx.legal-assistance@mail.mil proving the ticket number provided by the legal assistance website
5. The legal office will contact you to setup and appointment
6. At the appointment, a JAG will review your Will and/or POA with you and then execute the estate planning documents

If you have any questions at any time in the process, please do not hesitate to contact the Legal Office at **x698-1244** or **x698-1380**

ALL Computers Need to Merge to Windows 10 ASAP!!!!

The 104th Fighter Wing is in the final stages of migrating our computers from older versions of Windows to Windows 10. The Air Force deadline for the migration is March 31, but your Communications Flight will finish the migration for most Barnestormers by March 15 to allow time to migrate leadership and HQ computers. If your computer hasn't migrated yet, the best things you can do to ensure a smooth transition are:

- Backup your data. Make sure you save your important files to an appropriate network storage location for retrieval after your computer is updated.
- Contact your Property Custodian or the Communications Focal Point (CFP). Coordinating your migration with the appropriate personnel allows you to arrange a good time for you rather than having one forced on you.
- Please note that the Air Force has a plan in work to deny access to any non-Windows 10 machines after the March 31 deadline, so to be sure you can keep working, schedule your migration ASAP.

Chief Master Sgt. Jeffrey C. Samuelson, 104th Communications Flight DSN 698.2722 CML 413.564.2722

DPH Column: Self – Compassion

By Michelle Pennington, 104th Fighter Wing Director of Psychological Health, DSN 698-1536

We all have heard the expression, “You are your own worst enemy.” It is so true. Think about it, what events stick with you longer? Your successes or failures? It seems to be human nature to focus on the negatives that can lead to loss of motivation or even episodes of depression. We then tend to tell ourselves we need to work on our self-esteem.

Researcher and psychology professor at the University of Texas Kristin Neff identified the mid-80’s as the start of the “self-esteem movement.” The premise being that the foundation of psychological health was to have high self-esteem. There is nothing wrong with having a positive self-esteem—the problem comes with how we choose to achieve it. Human nature can lead us to believe that positive self-esteem requires us to feel above average or better than others. The practice of comparing ourselves to others, to find flaws, weakness or deficits in others in order to make us feel better about ourselves, in fact increases thoughts of negativity not of building self-esteem. Dr. Neff suggests that “boosting your ego won’t make you feel better. Instead, try talking to yourself like you would your best friend.”

In our culture, high self-esteem is unrealistically, but primarily, equated with success. Who can be successful all the time? Do we really believe that everyone else has squeaky clean, problem free lives? Neff has identified Three Domains in which success is measured. First is peer approval. How we perceive what others think about us feeds our self-esteem. This is a faulty measure since those outside of our inner circle, like co-workers or people at school, do not really know us well. Nor do we know them well enough to have a direct conversation with them about how they really do think about us. Second is perceived appearance. This is a killer. Dr. Neff cites research that shows that the standards of attractiveness are much higher for girls than boys. In fact, as early as third grade girls begin comparing themselves to these high standards and self-esteem takes a hit. The final measure is success. With success comes the boost of self-esteem. Self-esteem deflates when we need it most—in the presence of failure. This is when self-compassion needs to take over.

In times of self-doubt there is also blame. We blame ourselves when we fail, but failure is part of

humanity. Everyone fails, everyone has struggles. Shifting our perception from, “I am a failure, this shouldn’t be happening, why me” statements that can be isolating to, “this is normal, everyone has struggles” allows you to acknowledge any pain, or perhaps mistakes made. Being mindful of our struggles, allowing self-compassion before rushing to problem solve can build self-worth. Dr. Neff has found, “It’s (self-compassion) not linked to social comparison the way self-esteem is, and it is not contingent, because you have self-compassion both when you fail and when you succeed. The sense of self-worth that comes from being kind to yourselves is much more stable over time than the sense of self-worth that comes from judging yourself positively.” So how do you get there?

Practicing *daily gratitude* can help shift mindset from negative to positive. Neuroscience research has proven the elasticity of the brain and its ability to form new pathways. Through repetition the brain builds capacity to recall and retain information—unfortunately, it cannot discern positive pathways from negative ones. Negative words activate areas of the brain dealing with perceptions and cognitive functioning. Repetitive use of negative words, negative self-talk reinforces negative thinking and your behavior is likely to change to fit those perceptions. Acknowledge the negative but then move to highlight positives of the day. Write down in a journal what you are grateful for every day. Let someone know you appreciated their help or their smile. Write a note to a friend, loved one or pastor about how they make a difference.

Write a self-compassion letter to yourself. Dr. Neff gives this guidance in writing:

Time Required: 15 minutes, once per week, or at least once a month

How To Do It: First, identify something about yourself that makes you feel ashamed or not good enough. It could be something related to your personality, behavior, abilities, relationships or other part of your life needing compassion.

(DPH From pg. 8)

Once you identify something, write it down, and describe how it makes you feel. Are you sad, angry, or embarrassed? Try to be as honest as possible—only you will be seeing/reading this.

Now write a letter to yourself expressing compassion, acceptance, understanding of the part of yourself that you dislike. Keep the following in mind:

1. What would someone who loves you unconditionally for who you are say to you about this part of yourself?
2. Remind yourself that everyone has aspects of themselves that they do not like. No one is without flaws. Think about how many other people in the world are struggling with similar issues as you are.
3. Consider aspects of your life that have been out of your control—family environment you grew up in, genes that may contribute, events that have happened that may have contributed to this negative aspect of yourself.
4. In a compassionate way, focus on how your

constructive changes could make you feel happier, healthier, or more fulfilled, and avoid judging yourself.

5. After writing the letter put it down for a while. Come back to it later and read it again. Go back to it whenever you are feeling bad about this aspect of yourself as a reminder to be more compassionate to yourself.

Are you sensing a theme? How we talk to ourselves, what we choose to focus on creates our feelings about ourselves, others, situations and therefore our reactions to it. We actually have control over how we choose to view ourselves. Though it will take practice to turn off the tendency to focus on the negative, try gratitude and self-compassion. You may be surprised at what comes back to you.

Check out these TED Talks to learn more “The Space Between Self Esteem & Self Compassion Kristin Neff . “Getting Stuck in the Negatives (and How to Get Unstuck) Alison Ledgewood. The Greater Good Newsletter and Science of Happiness – UC Berkeley

RSD Worship Schedule-Building 12 Chapel

Saturday:

General Protestant - Study in the Word and Prayer, 11:30 a.m. - 12:15 p.m.

Sunday:

Orthodox/Catholic - Divine Liturgy of the MASS, 11:30 a.m. -12:15 p.m.

Have a great and safe day!

Blessings,
Padre
Kenneth M. Devoie, Major
Wing Chaplain
DSN 698-1082
Comm 413-568-9151 Ext 698-1082

If you need to talk, the Chapel Team will be out and about. You can also stop in for a chat at the Base Chapel (Building 12, aka. the Fitness Center) or call ahead at ext. 698-1057.



Be Ready Barnestormers!

By Senior Airman Amanda Bruso

Although we may not know what the future holds, everyone should feel like they're prepared when a disaster strikes. One of the easiest things you can do to ensure you and your family are prepared is to build an emergency supply kit. When deciding what to add into your kit, think of your family size and your family's individual needs. At the very least, your kit should include a three day supply of non-perishable food and water for each family member. Be mindful when choosing what foods to add especially if a member of your family has a food allergy. Below is a checklist from FEMA on items to include in a basic kit. For a more in-depth kit checklist and additional information visit FEMA's website at www.ready.gov, or visit the base Emergency Management office in Building 8.



Additional Tips for Your Emergency Supply Kit:

A sturdy **plastic bin** from your local hardware store is a great choice to store your emergency kit supplies.

Store your finished kit **off the ground** in case of flooding.

Create a **list of all items** in your kit and tape it on the outside along with expiration dates of food items, and check the dates every three months. That way nothing expires before you can use it and if it does expire you have time to replace it.

Public Affairs Information

How we can help you:

Among Public Affairs capabilities and responsibilities, we can provide official studio photography, videography and photography support of events. Please email a completed AF833 request form to usaf.ma.104-fw.list.pa@mail.mil We typically hold studio time between 10:00-11:00 a.m. on the Saturday of a drill. Please route all requests for Base Tours to Maj. John Keeler at john.d.keeler.mil@mail.mil

How you can help us:

We want to know about your achievements, training, and new beginnings! Let us know when your section will be training, when a member receives an award or graduates a course...

The Airscoop:

The deadline for submissions to the upcoming Airscoop will be two Mondays before that drill weekend. All submissions should be sent to usaf.ma.104-fw.list.pa@mail.mil. It is helpful if articles are Word documents written in 12pt. Times New Roman. Please submit pictures as individual JPEG files.

Military Runners Participate in Boston Marathon

By Lt. Col. Hamilton

The Boston Marathon is one of the most prestigious and best run Marathon events in the world. It is extremely competitive and challenging. Runners that receive an entry directly from the Boston Athletic Association (BAA) must have already completed a qualifying marathon in a minimum time. For many years BAA has generously provided the MANG with invitational entries, which don't require the recipient to have completed a qualifying marathon in order to register for and run in the Boston Marathon (they do still have to pay the entry fee). BAA does this as a way of honoring those who serve in the military as well as a way of expressing gratitude for the direct support the MANG provides to the event itself. But this comes with a couple of conditions. BAA's first explicit condition is that the MANG give these entries only to **soldiers and airmen** of the MANG.

Unfortunately this means family members are not eligible to receive them. The second condition, which is more subjective, is that we ensure the entries go to people who have shown that they are prepared to compete successfully in this grueling event. To do this the Military Support office here at JFHQ solicits applications and based on the information provided we score and rank each application and offer a Boston Marathon Invitational Entry to the top applicants.

Over the past few years the ratio of Air to Army applicants who scored high enough to be offered an entry has been pretty close to the ratio of the overall population of the MANG. But the reason I am talking to you about this is to let you know that each year it becomes more and more competitive to score high enough to receive an entry. And this year most of the lowest scoring applications belonged to members of the ANG. I want to make sure that interested members

of the ANG are prepared to compete for the opportunity to run in the Boston Marathon next year, and beyond.

Probably the most significant element in the scoring system is the degree to which running as a fitness and/or competitive activity plays a part in an applicant's life. This year over half of the entries were offered to applicants who participated in at least one marathon a year, several half-marathons and other types of endurance events over the past few years. If you aren't already running marathons or half marathons you will be competing with the majority of the applicants for less than half of the entries. If you have a consistent middle to long distance running regimen in your daily fitness routine you will be much more competitive for a marathon entry in the future. I am talking about a running habit that goes beyond running 2-3 miles 2-3 times a week so you are prepared for your PT test. Another component of the application is a personal statement regarding your interest in the Boston Marathon. The scoring has been so close lately that these personal statements were the deciding factor for some of the applicants.

The bottom line here is that if you are interested in representing the MANG in the Boston Marathon in the future you should make running an integral part of your personal fitness regime now so you are a competitive applicant in the future. And when you decide to apply look closely at the Letter of Instruction that describes the process and give the application the time it deserves. Good Luck!

Need Help With Your Run for Your PT Evaluation?

Join the Running Club on base!

Tuesday's and Thursday's at 3:00 p.m.

Meet at Logistics Readiness Squadron

Contact Senior Master Sgt. Scott Sanderson for more information. x698-1384

scott.r.sanderson.mil@mail.mil

Family Program Office

Camp Waziyah for Military Children

Sending children of deployed military personnel to summer camp—**ALL expenses paid!!**

August 19-23, Wazi Champs Foundation, Waterford Maine

Charlotte Cohen at 617-990-6357 or charlotte@wazichamps.org

Lisa Potito, Airman & Family Readiness Program Manager
104 Fighter Wing, 413-568-9151 x 6981183, 413-564-1252 - Cell, Lisa.m.potito.civ@mail.mil

OPERATION MILITARY KIDS KLUB

BOYS & GIRLS CLUB OF
GREATER WESTFIELD
413-562-2301 www.bgcwestfield.org



Join The Easter Celebration

EGG HUNT

Presented by the 104th Family Readiness Group

CRAFTS EGG DYING SNACKS

.....

MARCH SATURDAY 1PM - 3 PM
24, 2018 PIONEER VALLEY
CLUB

.....

FOR KIDS 0-10 PLEASE BRING YOUR BASKET

Reservations Required by March 16th

call AFRPM at 6981183 or email lisa.m.potito.civ@mail.mil



Airman & Family Readiness Office
Personal & Family Life Programs

WE CAN HELP

Any parent will agree that babies need a lot of stuff! The Barnes Baby Club would like to help welcome your new baby Barnestormer!

Join the club now for a Welcome Basket of Goodies and quarterly newsletters full of tips.

Need help with some of the larger necessities for a nursery? Inquire with the Airman & Family Readiness Office to see how we can assist you.



BARNES

Welcome baskets available for ages 0-2 years old.

Sizes from Newborn - 2t available

For more details or to register, please contact Airman & Family Readiness Office
413-568-9151 ext 6981183 or Lisa.m.potito.civ@mail.mil

All requests will be filled based on available stock.

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"As a wife, mom and business owner, I appreciated meeting others and learning how to successfully manage a rewarding and fulfilling lifestyle!"
— Pamela Wilson

"New instructors were excellent, motivational and well-educated. I learned a lot of new information and gained a new perspective on how to make the changes to be successful and happy."
— Wrenna Saurie

"Motivating, inspirational, entertaining—a fantastic event! Thank you!"
— Rhennie Nairs

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Developed by women who have discovered the keys to success, presented by women who will inspire and invigorate you—and designed with your success in mind.

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Choose from among 10 incredibly enlightening sessions guaranteed to supply the tools you need... give you the direction you're looking for... and show you great new possibilities for your career and your life—and guide the passion to turn them into action.

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10th Annual Women Veterans' Network Conference

**Saturday, May, 19, 2018, Devens Common Center
31 Andrews Parkway, Devens, MA 01434**

Secure reservations at <https://mawvnnannualconference2018.eventbrite.com>
Share a ride, set up your carpool at <https://www.carpoolworld.com/carpooling.html?e=10wvnnconference2018>

Keynote Speakers
Author, Lila Holley from Camouflaged Sisters

Featuring special guest singing out National Anthem Ms. Ayla Brown of American Idol

Susan J. Blumenthal, MD, MPA
First Deputy Assistant Secretary for Women's Health
Former US Assistant Surgeon General
Rear Admiral (ret)

1 Am #WomenVeterans

WOMEN VETERANS GROUP

WOMEN VETERANS GROUP

Vet Center

95 Ashley Ave. West Springfield, MA

Group meets the 2nd & 4th Monday of every month at 1:00pm

For more information contact:
Rebecca Padberg, LMHC **(413)737-5167**

WOMEN VETERANS GROUP

Divorcing, Separated and Single Veteran Fathers

ONGOING GROUP @ Springfield Vet Center

Group will be on the second and fourth Monday of every month. 7pm-8:30pm

Springfield Vet Center, 95A Ashley Ave. W. Spfld 01089

To Register call the Vet Center at 413-737-5167; For more Information contact: Rick Hendricks, Workshop Facilitator, Licensed Marriage and Family Therapist, Retired Army Veteran, Father of three (two OIF Veterans), Stepfather of two, Grandfather of eight at richard.hendricks2@va.gov

CALL: (413)737-5167

For those who are going through the courts or are challenged by custody concerns or raising children in a difficult circumstance.

SPRINGFIELD Vet Center

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Military Kids Summer Camp

Day Camp Grades K - 8 | Overnight Grades 2 - 11

Project New Hope and Grotonwood have partnered once again to provide an awesome week of summer camp for kids of Active Duty Service Members, National Guard and Reserve. Proof in the form of Birth Certificate must be provided a minimum of 30 days prior to attendance and, military ID shown on check in day. All campers need to provide the following information prepared and, signed by a licensed health care provider. This must be received at least two weeks before the camper arrives:

- 1 - Current medical history which lists allergies, required medications and any health conditions or impairments which may affect the individual's activities while attending camp.
- 2 - A certificate of immunization including MMR, Polio, DTaP and Hepatitis B.
- 3 - A report of a physical examination conducted during the preceding 24 months.
- 4 - Copy of health insurance information.

Once we have received your online registration we will email you our Guide to a Great Summer Experience, this includes a packing list, rules and other information.

For Overnight Camp
Check in is on Sunday between 2:00PM and 4:00PM. Check out is on Friday between 6:30PM and 7:00PM.

For Day Camp
Check in is daily at 8:30AM and Check out is at 5:00PM Monday to Friday.

The cost of your child's session is being funded by the generous donations of the Grotonwood Scholarship fund and Project New Hope.

Register online at www.grotonwood.org

Project New Hope
Where Veterans Rebuild With Honor

Project New Hope | 70 James Street, Suite 157 Worcester, MA 01603 | P: (774) 243-7859 | www.projectnewhopema.org

★★★★★



PTSD Retreat

With Special Guest Silouan Green

Escape the darkness of PTSD and other life struggles with clear goals and a solid plan. This Ladder UPP retreat will help you figure out where you are going and how to use your traumas and trials as fuel to live.

You will learn tools for recovery, PTSD and depression, or just a difficult trial or transition in life. Join us on this retreat and take a step toward living free. The Ladder UPP is a data-driven program that has been proven effective and might just be the step up you need.

The creator of The Ladder UPP, Silouan Green, survived a tragic jet crash as a US Marine only to face the demons of PTSD and a whole host of other medical conditions. Shattered and hopeless, staring into the abyss, he was given a choice, continue down the same devastating path, or live free. He chose to live free.

Learn more about Silouan and The Ladder UPP at www.silouan.com.

These retreats are about peace, calm, healing and just getting back to basics. There is ample time for quiet reflection, hiking, biking, kayaking or sitting around the camp fire. Lodging and meals are provided at no cost. Everything is FREE. Our retreats are a 100% alcohol and drug free. Transportation to or from retreat not included.

REGISTER FOR THIS RETREAT TODAY
www.ProjectNewHopeMA.org/Retreats

Project New Hope
Where Veterans Rebuild With Honor

Project New Hope | 70 James Street, Suite 157 Worcester, MA 01603 | P: (774) 243-7859 | www.projectnewhopema.org

★★★★★

Sully Strong Baby Pantry – Project New Hope Inc. Worcester
&
Scarlett's Baby Pantry – Project New Hope Inc. Holyoke
www.projectnewhopema.org



OUR MISSION: To offer assistance and enhance the well-being and quality of life for our military members and to assist them in their time of need. We also provide referrals to other agencies that may be able to further assist with things like rent or utility bills.

Our Sully Strong Baby Pantry is open to all military personnel (active duty, direct family or Veteran) that lives in Central or Western Massachusetts, is Active Duty Military, National Guard, Reserve and Coast Guard members in Massachusetts.

During scheduled hours they are welcome to come in, show Military ID, U.S. Department of Veterans Affairs ID, or DD214, and "shop" free of charge for Personal Hygiene, baby items, toys and more. Remember to take only what you need so others can use the Sully Strong Baby Pantry also.

*Baby items like baby bath, baby shampoo, formula, diapers, diaper rash cream, baby powder, toddler meals, teething snacks and Gift cards.

***Indicates an item very much needed and seldom donated due to cost**

Thank you for your support for our troops, their families and our veterans. With continued community support we can make a huge difference in their comfort and peace of mind.

In partnership with Dorothy's Baby Pantry – Massachusetts Military Support Foundation, Joint Base Cape Cod. <http://masmilitarysupportfoundation.org/>

We could not accomplish what we are able to do without the support of our Corporate Partners. On behalf of those we serve – thank you!

Ann Taylor, Babies"R"Us, Carter's, Dollar Tree, and Toys"R"Us,

Project New Hope Inc.
70 James Street, Suite 157
Worcester, MA 01603
774-243-7859

Project New Hope Inc.
476 Appleton Street, Suite 3
Holyoke, MA 01040
413-315-3873

ANNUAL MILITARY APPRECIATION NIGHT



SPRINGFIELD THUNDERBIRDS

VS. CHICAGO BLACKHAWKS

SATURDAY, MAR. 3RD @ 7:05 P.M.

1 free ticket for each veteran/active duty military personnel
Discounted tickets for all family/friends

Join us for our Annual Military Appreciation Night!

To order tickets fill out the form below or contact Jonathan Stone
(413) 417-2289
jstone@springfieldthunderbirds.com
Deadline to order: Wednesday, Feb. 28th by 5:00

Free parking in Civic Center Garage

Tickets will be left at Will Call under the designated NAME/ Scan QR Code to order Online!



Military Appreciation Night with the Thunderbirds • Saturday, March 3rd • 45 Bruce Landon Way, Springfield, MA 01103

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: () _____ Email: _____

1 Complimentary Ticket
Tickets at \$14 Each = \$ _____ Exclusive Thunderbirds Hat (\$20 Value) at \$3 Each = \$ _____

Food Voucher (1 hot dog & 1 soda) at \$2 Each = \$ _____ TOTAL PURCHASE = \$ _____

VISA MASTERCARD AMEX DISCOVER Please make checks payable to: Springfield Thunderbirds

Credit Card #: _____ Exp. Date: _____ Sec. Code: _____

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State Assistant Service Officer Opening, Part Time, Central Massachusetts

Duties

- Responsibilities are as follows but not limited to the following:
(where veteran(s) is used it is implied that it includes family of veteran(s) where applicable)
- Assist with filling original claims for compensation and/or pension with the Department of Veterans Affairs (VA) to include the accurate completion of VA forms on their behalf
- Assist with appealing veteran claims for service connected disabilities to include the accurate completion of VA forms on their behalf
- Contact the veteran in a timely fashion when movement has been detected on a claim as well as return veteran inquiries within 48 hours
- File Notice of Disagreement with the VA Regional Office if the claimant believes the decision made by the VA was incorrect
- Respond to after research inquiries regarding medical, death/burial and any other benefits
- Review veteran's medical reports, service history and other documentation to determine if there is a valid claim
- Determine if the veteran is eligible for benefits under federal, state or local laws
- Participate or initiate in veteran forums, panel discussions or any event to inform the veteran community of the resources available to them through the Service Office utilizing federal, state and local laws
- Research and remain up to date on all policies or laws at the federal and state level
- Research and fully comprehend all information and adhere to the Privacy Act, HIPPA and any other federal or state laws
- Utilize Veterans Affairs online computer system to access veterans' records
- Adhere to all policies set forth in the Department of Massachusetts VFW employee handbook
- Attend training as requested by the Adjutant at minimum annually, for example but not limited to National Veteran Service training
- This position reports to the State Service Officer

Requirements

- High School diploma or equivalent, college degree or credit are favorable
- Must be an eligible member in good standing of the Veterans of Foreign Wars of the United States
- Must be Eligible for accreditation under Code of Federal Regulations 38
- Prior experience in veterans' service is a strongly desired as well as Federal and State veteran's benefit knowledge
- Ability to type 30-40 words a minute accurately a plus
- Computer literate with familiarity with Microsoft Office products
- Strong command of the verbal and written English language with good communication skills in order to work with a very diverse client base
- Demonstrate proficiency in general math skills
- The Department of Massachusetts VFW is an equal opportunity employer; we do not discriminate on the basis of race, ancestry, national origin, color, gender, sexual orientation, gender identity, religion, disability, age, or veteran status.

Commissioning Opportunity with 102nd Intelligence Wing

+ Supportitng the 102nd Intelligence Wing, Otis ANGB, as a Traditional Guardsman with the 102nd Intelligence, Surveillance and Reconnaissance Group

+ All Eligible and Qualified Applicants MUST be current enlisted MA Air National Guard Members

+ Submit complete application packages to: Capt. Patrick Broydrick in PDF format at;

Patrick.r.broydrick.mil@mail.mil

+ Closes: March 23

POSITION TITLE: Intelligence Officer **GRADE:** 2d Lt **AFSC:** 14N

LENGTH OF ASSIGNMENT: Enlisted members selected to fill an Intelligence Officer position are required to sign a six year Statement of Agreement and Understanding that they will remain MA ANG members.

DUTIES AND RESPONSIBILITIES: Directs intelligence activities, develops intelligence plans and policies, manages and coordinates intelligence activities, produces timely and accurate fused intelligence analysis, and conducts collection and ISR operations. Implements standardization, evaluation, and training programs, and monitors compliance. Integrates intelligence activities into plans and programs. Selected member must successfully complete Officer Training School and 14N AFSC technical school within 18 months of Commissioning.

The primary purpose of the 202 ISRG position is to coordinate tactical and operational integration of ANG Cyber ISR with active duty and National Agency mission partners, supervise through subordinate leaders, as well as plan and execute training to ensure mission readiness in support of both national and CYBERCOM plans and operations.

An Intelligence Officer in the 102 ISRG is required to obtain Mission Operations Commander Qualification within one year of 14N AFSC technical school completion. The primary purpose of the 102ISRG position is to perform specialized duties as Intelligence, Surveillance and Reconnaissance Unit crew commander, supervises through subordinate leaders and supervisors and to train assigned military unit members in the duties and functions associated with multi-intelligence tasking, processing, exploitation, and dissemination activities.

QUALIFICATIONS: Candidate must fully comply with AFI 36-2903, Dress and Personal Appearance of Air Force Personnel, meet current fitness standards as outlined in AFI 36-2905, Fitness Program and requirements IAW AFI 36-2019. Candidate must have a Bachelor's Degree and current AFOQT scores (no exceptions). Specialty requires routine access to Top Secret material or similar environment. For award and retention of AFSCs 14NX, completion of a current Single Scope Background Investigation (SSBI) according to AFI 31-501, Personnel Security Program Management is mandatory. Successful completion of a counter-intelligence polygraph test is required for the 202 ISRG position and may be required for the 102 ISRG position.

APPLICATION: Application will include civilian/military resume, last EPR or training report, current AFOQT scores, current records review listing, a current Fitness Assessment, and a letter of intent indicating the applicant's reasons for desiring the position.

CLOSING DATE: Applications must be received by 4 p.m. on March 23. Eligible applicants will meet the interview board during the Saturday of the April RSD. Applicants will be notified in advance of the time / place of interview.

UNIFORM: Service Dress

You are invite to join in the
102d Retirees Luncheon
June 27th 2018, Wednesday

102d Arnold Hall (DFAC), 159 Granville Ave, Buzzards Bay, MA 02542

Doors open at 1030, Lunch at 1100

RSVP by 6 June 2018

\$15.00 PP

Submit the following completed form by email to:

usaf.ma.102-iw.list.retireesaffairoffice@mail.mil

Name/Rank _____

Significant Other _____

Address _____

Town _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____ Birthday _____

Years at 102d _____ Section(s) _____

MM/YY to MM/YY

Promotions

Senior Airman

Savannah Scott, AMXS
 Dominic Fioravanti, AMXS
 Thomas Martin, AMXS
 Neil Donnelly, AMXS
 Timothy Mullane, AMXS
 Taylor Sample, MDG
 William Freeland, AMXS
 Christopher Chaves, AMXS

Staff Sergeant

Kyle Kendall, CES
 Michael Moran, CES
 Brian Kulas, FSS
 Benjamin Devoie, AMXS

Technical Sergeant

Daniel Soares, LRS

Volunteer Lately?

Honor Guard is looking for volunteers to take part in base and community events representing the U.S. Air National Guard. POC: Master Sgt. Christine Lupacchino at 698-1420

For information on how to join the Base Honor Guard, please contact Master Sgt. Christine Lupacchino at 698-1420

COMMAND & CONTROL TECHNICIAN position supporting the 104th Fighter Wing <https://www.massnationalguard.org/available-positions.html> , POC Senior Master Sgt. Peter Botalico 698-1193 or 1221
Appointment Type: AGR Grade: A1C—SSG
Closes: March 30

Vacancies

INTELLIGENCE OPERATIONS SPECIALIST position supporting the 102nd Intelligence Wing <https://www.usajobs.gov/GetJob/ViewDetails/491247100>
Appointment Type: Permanent Grade: GS 11
Closes: March 16

AIRCRAFT MECHANIC position supporting the 104th Fighter Wing <https://www.usajobs.gov/GetJob/ViewDetails/491292400> **Appointment Type: Permanent Grade: WG 10** **Closes: March 14**

LOGISTICS MANAGEMENT SPECIALIST position supporting the 104th Fighter Wing <https://www.usajobs.gov/GetJob/ViewDetails/491298500> **Appointment Type: Permanent Grade: GS 12**
Closes: March 14

AIRCRAFT PNEUDRAULIC SYSTEMS MECHANIC position supporting the 104th Fighter Wing <https://www.usajobs.gov/GetJob/ViewDetails/491283000> **Appointment Type: Permanent Grade: WG 10** **Closes: March 15**

HEALTH TECHNICIAN position supporting the 104th Fighter Wing <https://www.usajobs.gov/GetJob/ViewDetails/491248100> **Appointment Type: Temporary - Indefinite Grade: GS 8** **Closes: March 13**

PRODUCTION CONTROL AIRCRAFT position supporting the 104th Fighter Wing <https://www.usajobs.gov/GetJob/ViewDetails/489540300> **Appointment Type: Permanent Grade: GS 9**
Closes: March 12

EMERGENCY MANAGEMENT SPECIALIST position supporting the 104th Fighter Wing <https://www.usajobs.gov/GetJob/ViewDetails/491251900>
Appointment Type: Permanent Grade: GS 11
Closes: March 27

MATERIALS HANDLER position supporting the 102nd Intelligence Wing <https://www.usajobs.gov/GetJob/ViewDetails/491921000>
Appointment Type: Permanent Grade: WG 6
Closes: March 28

1100-1300 AGR & OFFICERS MEAL RATE \$5.60



Box Lunches will be Served Saturday & Sunday

Members can pickup their box lunches in the DFAC during normal hours, 11:00 a.m. - 1 p.m. At supervisors discretion members may either eat their box lunches in the DFAC, or bring them back to their work centers to eat there.

Meals **MUST** be ordered ahead of time on a **form 79**, there will be **NO EXCEPTIONS**.

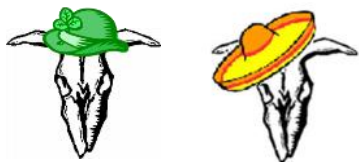
Officers and AGRs will pay the normal meal rate, \$5.60.

Officers and AGRs may pay for their pre ordered box lunch when they pick up, if they did not pay ahead of time.

Pioneer Valley Club Upcoming Events

St. Patrick's Day: March 3, Corned Beer on Sale \$6.00

Cinco De Mayo: May 5, Beirut Tournament, Taco Bar \$6.00, Frozen Margaritas (while supplies last)



PVC Info: Did you know that the Pioneer Valley NCO Club is a Non-profit organization? Are you aware of what your membership money goes towards each year? A lot of people don't realize that the NCO Club is more than just a bar. We make donations to many different organizations on behalf of its members throughout the year. Your membership money goes towards all maintenance and improvements made at the NCO Club as well. Without your annual donations none of this would be possible.



Welcome!

Tell your friends about the Massachusetts Air Guard Family! 413-237-0982

Farewell!

Master Sgt. Ronald Brown, SFS
Tech. Sgt. Robert Link, MXS
Master Sgt. Alan Smith, MXG

Thank you for your Dedicated Service!



(U.S. Air National Guard Photo by Master Sgt. Kurt Skoglund)

Barber Shop Open

The Barber Shop will be open for the RSD dates. Enter Building 008, South Entrance. POC for the Barber Shop operations call: 413-568-9151, x698-1234.

Proud of our Airmen!



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