



May 2016



Dad Deploys  
For Final Time  
With Son  
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Master Sgt. Donny Masciadrelli, 104th Fighter Wing avionics technician, and his son, Tech Sgt. Danny Masciadrelli, 104th Fighter Wing F-15 crew chief, deploy together for the first time for an F-15C/D Eagle mission to the Netherlands. (U.S. Air National Guard photo by Lt. Bonnie Harper)

# Commander's Column

By Col. Alexander Haldopoulos, Maintenance Group Commander



My beginnings as a member of the 104th Fighter Wing don't go back very far compared to some of you, but ever since I started here in September 2007, I knew this Wing was special. From the very first day I drove up to my new home to find six or seven fellow pilots, including the OG/CC and FW/CC, in the driveway ready to help unload our household goods — I knew this place was different. So what is it about the 104th that makes us special?

H.G. Wells said, "*The path of least resistance is the path of the loser.*" The answer at the root of this question lies in our willingness to always work towards the right solution instead of the easy solution. Our focus on excellence and doing things right also spurs other beneficial outcomes that I'll discuss further in a moment.

Bottom line: You are a *Barnestormer* because you are willing to put in the extra effort in all that you do, you know your job well, you take pride in your contribution to the overall mission and you are surrounded by teammates that truly support you and have your back in times of need.

I can give you a thousand examples over the past decade (and prior) that demonstrate the Barnestormer ethos...

The 104th Fighter Wing stepped up prior to Operation IRAQI FREEDOM and led the way in the testing and development of an advanced targeting pod capability on the A-10. Because of this lean-forward pursuit of excellence, Barnes was called upon in the early days of the campaign to provide air support for the ground effort. Just a few years after the escalation in Iraq ended, the Wing faced an

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unexpected mission conversion to the F-15C/D and set out to re-define themselves as an Air Superiority juggernaut.

With the vision of becoming "The most respected fighter wing in the Combat Air Forces," the Barnestormers, once again, were up for the challenge; and through a lot of hard work, dedication and professionalism, have made huge strides towards achieving our vision.

Barnes converted to the F-15 mission the right way. That same Barnestormer ethos drove us not to accept mediocrity even in a mission we were relatively unfamiliar with. We rolled up our sleeves, questioned controversial long-standing F-15 practices, submitted changes to T.O.s and stood up programs the right way instead of the easy, previously existing way.

This wing, rather quickly, began contributing to the greater F-15 Air Superiority enterprise. We sent talented officers to serve as Weapons School Instructors when we had very few weapons officers to give, but again, it was the right thing to do for our organization and the F-15 community. We lent high potential officers to the Pentagon for tours of duty on the Director of the ANG's Commander's Action Group, gaining critical experience tackling key ANG-wide issues. These officers' time at the Pentagon helped establish them and Barnes as engaged partners in the overall strategy of the ANG.

We sent a one-of-a-kind officer, Maj. "Chugs" Milliken to the ANG Readiness Center to serve

in a critical role as the NGB/A5RC. He was responsible for guiding the ANG's 4th generation fighter modernization effort and boy, was he an exceptional performer.

All of these officers, and many other Barnestormers like them, have served honorably while deployed outside the fence.

This organization also deserves some credit for developing some pretty capable performers, one of which happens to be serving as THE Director of the Air National Guard today!

On the deployment front, the 104th Fighter Wing didn't skip a beat with multiple Expeditionary Combat Support mobilizations, some immediately following the conversion. The Security Forces Squadron and Explosive Ordnance Disposal teams have honorably deployed over 10 times since 2008. In 2012, the aviation package stood up and executed a flawless Air Expeditionary Force deployment to the U.S. Central Command Area of Responsibility.

Our expeditionary skills were put to the test and we impressed all the Active Duty brethren who were fortunate enough to work with us. We provided aircraft 85-111 to the AF Reserve/ANG Test Center program for more than two years and played a key role in supporting the early ANG F-15 modernization effort that led to the Advanced Targeting Pod modification currently being installed in our aircraft.

Today, our aviation package is once again deployed to the U.S. European Command

AOR participating in Operation ATLANTIC RESOLVE.

Our deployed Barnestormers are helping demonstrate our nation's continued commitment to collective security and they are reassuring our NATO allies and partners of America's dedication to enduring peace and stability in the region in light of the Russian intervention in Ukraine.

I could go on and on about Barnestormer examples of excellence but you get the point. Our focus on excellence is contagious. So many of you come to work each day striving to do, and be, the very best at your specialty. Your attitude spreads to others in your work centers and motivates them to learn and grow just like you.

You also take pride in this organization and this base. You're the kind of person that doesn't walk by a piece of trash without stopping to pick it up. Whether in good times or down times, people want to be associated with the 104th Fighter Wing.

We create winners, we take care of our teammates, and we serve our country proudly. Thank you Barnestormers for your continued service to each other, to your Commonwealth, and to your nation!





## DIAMOND CORNER: First Sergeant's Column

By Master Sgt. Matthew Chapman

### The Challenge Coin Tradition and Release of the New 104th Fighter Wing Coin

Members of the U.S. military have a long-standing tradition of carrying a special coin symbolizing unit identity and esprit de corps. With bonds forged in battle thousands of miles from home, these custom coins minted for military units – each bearing their own revered symbols and mottos – capture in metal the essence of their affiliation and their fierce pride. Known to generations of American military personnel as challenge coins, they are a vital part of military life today and are revered by troops in every branch of service.

Today, challenge coins are carried by Soldiers, Sailors, Airmen, and Marines, as well as lawmen and firefighters. These coins identify the bearer as a

member of a particular unit with a well-defined history and mission.

When warriors gather, they challenge each other by “coining.” The group’s unique coins are slammed on a bar to challenge all in the group to display their own coins; he who is last or does not have a coin may pay a penalty. Sometimes the tradition is to pull the higher coin out according to who the coin was presented by; so either way, be sure to carry your unit coin and/or a coin you were presented from your leaders for a job well done.



**Our unit coin will be \$10.00 each and released for sale during the May drill. See your First Sergeants to purchase.**

## Worship Schedule

### *Protestant Worship*

11:15 a.m. Saturday, April 2, 2016

### *Catholic/Orthodox Worship*

11:30 a.m. Sunday, April 3, 2016

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 698-1057.

# 104th Fighter Wing and 144th Fighter Wing Deploys in Support of NATO Air Surveillance Mission

Story by Master Sgt. Julie Avey

Twelve F-15C Eagles and approximately 350 Airmen and support equipment from the 131st Fighter Squadron, Barnes Air National Guard Base, Massachusetts, and the 194th Fighter Squadron, Fresno Air National Guard Base, California, deployed to the European theater beginning April 1, 2016. While in the U.S. Air Forces in Europe Area of Responsibility, the 104th FW will support the NATO Air Surveillance mission in Iceland as part of a Theater Security Package in support of NATO alliance commitments. The unit will also deploy to Leeuwarden Air Base, Netherlands, and other European NATO and partner nations.

Units will conduct training alongside our NATO allies and partners to strengthen interoperability and to demonstrate U.S. commitment to a Europe that is whole, free, at peace, secure, and prosperous and to deter Russian aggression.

"As Citizen Airmen we continue to support the National Security both home and abroad with partner nations and allies," said Col. James Keefe, Commander of the 104th FW. "Our Guardsmen are on duty accomplishing missions they train for every day at Barnes and are an enduring choice for security cooperation and building partnerships. Our defense relationships with allies like Iceland are critical to ensuring security for the United States and NATO."



Barnes Air National Guard Base, Mass. 12 F-15 Eagle aircraft deployed to support our NATO allies and partners (Air National Guard photo by Senior Airman Loni Kingston)

The Air National Guard has enduring long-term relationships with countries with similar values and interests, paramount for meeting defense goals in today's global environment. The 104th FW Air Guardsmen provide critical support throughout the USAFE AOR by deploying and interacting with a variety of nations.

We represent America's forward presence, standing alongside our proven, indispensable European allies and partners.

Together, we are ensuring our security, protecting our global interests, and bolstering our economic bonds. We are able to maintain a global presence thanks to the combined efforts of our active duty, National Guard, and Reserve Forces.

The 104th FW is an operational flying unit assigned to the Air Combat Command, and proudly claims the honor of being one of the oldest flying units within the Commonwealth of Massachusetts.

Recently the 104th received "Air Control Alert Unit of the Year" by the Continental U.S. North American Aerospace Defense Command Region - 1st Air Force (CONR-1AF/AFNORTH). A component of the North American Aerospace Defense Command (NORAD), the Continental U.S. NORAD Region (CONR) provides airspace surveillance and control and directs aerospace control activities for the continental United States (CONUS).

Tasked to provide operationally ready combat units, combat support units and qualified personnel for active duty, the 104th FW supports Air Force wartime contingency requirements and performs a variety of peacetime missions required by the Air Force and compatible mobilization readiness.



Barnes Air National Guard Base, Mass. - over 200 unit members from Barnes Air National Guard Base board on a C-5 Galaxy from Dover Air Force Base in support of multiple NATO objectives in Europe as a part of Operation Atlantic Resolve (Air National Guard photo by Master Sgt. Julie Avey)

One mission of the 104th is Aerospace Control Alert (ACA), providing armed fighters ready to scramble in a moment's notice to protect the Northeast from any airborne threat. The unit is responsible for protecting a quarter of the



A pilot on an F-15 aircraft from Barnes Air National Guard Base, Mass deploys to support NATO's air surveillance mission (Air National Guard photo by Senior Airman Loni Kingston)

nation's population and one third of the Gross Domestic Product.

Since 2014, The United States started to deter further Russian aggression



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in the region.

"President Putin in Russia, they've been flying a lot of their bombers, long range aviation, kind of challenging us in Europe, so what the F-15's mission is going to be doing is protecting the airspace in the Northern Atlantic," Keefe said.

**With the importance of Operation Atlantic Resolve, Barnes Air National Guard Base made headlines in both local and national news:**

- The Boston Herald
- CNN
- Stars and Stripes
- Air Force Facebook Headlines



**The 104th Fighter Wing while deployed, will conduct training alongside our NATO allies and partners to strengthen interoperability (Air National Guard photo by Senior Airman Loni Kingston)**



**The 104th Logistics Readiness Squadron loads a C-5 Galaxy aircraft in preparation for the Theatre Security Package deployment to Europe ( Air National Guard photo by Master Sgt. Julie Avey)**



**Senior Airman Phil Bigelow , a Crew Chief from Barnes ANGB prepares an 104th Fighter Wing F-15 Eagle aircraft to take-off for deployment. (Air National Guard photo by Tech Sgt. Melanie Casineau )**



**Members from the 104th Fighter Wing and Massachusetts Army Aviation unit at Barnes ANGB, shake hands with Governor Baker and staff during his visit to the base. (Air National Guard photo by Master Sgt. Julie Avey)**

Governor Charlie Baker of Massachusetts, visited the 104th Fighter Wing at Barnes Air National Guard Base and received a briefing on the base mission and capabilities, March 29. Barnes Air National Guard base has an economic impact of \$198 million, and provides 24-hour protection for the North East region with F-15 Eagles. Governor Baker met with the Air National Guard Airmen and the Army National Guard serving at our joint base community.

Barnes Air National Guard employs more than 900 Guardsman yet it holds an economic impact that reaches far beyond its Westfield community. National Guard members come from every state, crossing barriers from different social economics, culture and gender lines.



**Governor Baker and his staff are briefed on the significant economic impact that Barnes ANGB has on Westfield and Massachusetts ( Air National Guard photo by Master Sgt. Julie Avey)**



**The Commander of The 104th Fighter Wing takes Westfield's Mayor Brian P. Sullivan on a tour of the base as part of the Westfield Community Outreach. (Air National Guard photo by Master Sgt. Julie Avey)**

# Dad Deploys For Final Time With Son

By 1st. Lt. Bonnie Harper

A 22-year-old maintenance millwright was eager to join the Massachusetts Air National Guard, but he didn't want to just build upon his mechanical skills. He wanted to make a difference and serve in a unique career field that wasn't found in the civilian world.

While meeting with a recruiter to choose a career field, Donny Masciadrelli looked out onto the flightline at Barnes Air National Guard Base in Westfield, Massachusetts. His bright-blue eyes widened as the recruiter pointed out the guardsmen working underneath an A-10 aircraft.

"Those are the weapons guys," the recruiter said as he pointed to the Airmen arming the aircraft. "And the ones with the trailers are the munitions workers."

"What's the difference?" Donny asked.

The recruiter explained that the munitions shop builds the ammunition and delivers them to the aircraft, whereas the weapons personnel inspect and re-inspect the weapons and load them on the airplane.

His choice was simple.

"Weapons," Donny replied. "I want to work on airplanes!"

Thirty-five years later while deployed to the Netherlands, Donny looks out on the flightline at Leeuwarden Air Base, sees his son working as a crew chief on an F-15C Eagle fighter aircraft, and a big smile comes to his face.

After a full career working on both the A-10 and F-15 aircrafts, Master Sgt. Donny Masciadrelli, now an avionics technician at the 104th Fighter Wing, finds joy in

deploying for his final time alongside his son, Tech. Sgt. Danny Masciadrelli.

Donny will retire from the guard in 2018 when he turns 60. Looking back on his entire career, this deployment has been a dream come true for him. He's been able to see his son in action and feels a sense of accomplishment from the hard work that they have done along with other members from the 104th Fighter Wing.

"We're always here for the airplanes and the pilots," Donny said. "That's our job—to make things go."

The 104th came to the Netherlands as part of Operation Atlantic Resolve, showing NATO allies the U.S. commitment to security in Europe, building relationships, and increasing interoperability between nations.

"We're really here to show them that they know they can count on us to have their back, Donny concluded. "That's what it's all about. We're not just working with them and training together, but we're showing them some of our capabilities. It means the world to me to be a part of this, and to share the experience with my son."

In 2001, Danny was eligible for the delayed entry program and decided to enlist during his senior year of high school.

In the 15 total years that father and son have both been part of the 104th Fighter Wing, this is their first time deploying together for an F-15 mission. Both Masciadrellis worked on the A-10 until Barnes ANG Base converted to the F-15C/D Eagle in 2007.

Due to their two different

career fields, Donny doesn't typically get to see his son doing his job as a crew chief.

"This is the closest we've ever worked together," Donny said while at Leeuwarden. "I've been able to come out and work in the tool room and actually experience watching him this close."

Donny has always been proud of his son, but that pride has increased as they've spent time together in the Netherlands.

"Everyday, I watch him and it just makes me proud," Donny said. "It brings tears to my eyes."

Like any protective father, Donny used to worry a little when his son would deploy, but through the years, and this deployment especially, he's seen Danny mature and be a leader, Donny said.

"I don't worry any more," Donny said. "He's been stepping up to the plate. Danny's out there showing guys what to do, training them. He's leading; he's not watching."

"He's the hardest working guy I know," Danny said about his father. "He's really smart and he's always taught me a lot. He'd also always have fun. That 'work hard, play hard' mentality—he's always had that."

Over the years, Danny watched his father work hard, whether it was on cars, houses, or in the military. Donny's weapons coworkers would often spend time at the Masciadrelli home, and Danny became friends with their kids.

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Both Masciadrellis have the same positive and fun attitude and laugh all the time. Donny has seen his son apply these attributes while working on their joint deployment.

"He's pulling the guys with him, like I used to do," Donny said.

Danny's grandfather and great-grandfather worked as maintainers during their civilian careers, which motivated Donny to become a maintainer too.

Through their mutual friendships, and the example of hard work set forth by generations of Masciadrelli maintenance men, Danny was inspired to follow in his father's footsteps and join the Massachusetts ANG, Danny said.

In 2012, both Donny and Danny deployed for Operation Enduring Freedom but were assigned to different bases. Donny went with the avionics shop to Al Udeid, Qatar, and Danny was sent to Al Dhafra, United Arab Emirates.

About a week before Father's day while Danny was at Al Dhafra, he Skyped with his wife, who was pregnant at the time with their first child. Tears fell down Danny's face

as his wife opened the envelop from the doctor and they learned the gender of their future child. They were having a boy.

With heightened emotions while being away from home, Danny decided to write his dad a note, thanking him for all he had done throughout the years, and mailed it to Al Udeid. On Father's Day, Danny was able to tell his dad over the phone that he would be having a son.

"He's given me a lot to strive for in being a father," Danny said. "My dad is my biggest role model. Hopefully my boys look at me the same way that I look at him someday."

Danny has been married for five years and now has two boys. It's wild having two little ones at home, which makes deploying strenuous on his wife, he said.

"My wife and stepmom have been very supportive of both of us being away from home," Danny said. "They understand, especially when they see us going away together and know that at least we get to spend some time as father and son."



**Air National Guard F-15 Eagle Pilot departs Leeuwarden Air Base. (U.S. Air National Guard Photo by Lt. Bonnie Harper)**



**Tech. Sgt. Kyle Giovannoni, 104th Fighter Wing F-15 crew chief, gives signals to a pilot prior to a mission in an F-15C Eagle aircraft, April 20, 2016, as part of Frisian Flag 2016, Leeuwarden Air Base, Netherlands. The F-15s from Massachusetts and California are deployed as part of a theater security package and will conduct training alongside NATO allies. The purpose of this TSP is to demonstrate the U.S. commitment to the security of Europe and to increase interoperability amongst participating nations. (U.S. Air National Guard photo by 1st Lt. Bonnie Harper)**



**104th Fighter Wing F-15 Eagle takes off during Frisian Flag. (U.S. Air National Guard Photo by Capt. Anthony Mutti)**



**104th Fighter Wing pilot Capt. Martin "Heklr" Clark, climbs into the cockpit of an F-15C Eagle aircraft. (U.S. Air National Guard Photo by Lt. Bonnie Harper)**



## Frisian Flag 2016



Senior Airman Brittany Dalton, 104th Fighter Wing Crew Chief, installs louver covers on an F-15C Eagle aircraft to prevent foreign objects from accidentally entering the aircraft. Senior Airman Dalton is deployed to Leeuwarden Air Base, Netherlands, with the 131st Expeditionary Fighter Squadron (U.S. Air National Guard photo by Capt. Anthony Mutti)

Tech. Sgt. Brian Nason, 104th Aircraft Maintenance Squadron, conducts a visual inspection of the canopy of a F-15C Eagle aircraft (U.S. Air National Guard photo by 1st Lt. Bonnie Harper)



F-15C Eagle fighter aircraft assigned to the 131st Expeditionary Fighter Squadron taxis across the flightline in preparation for flight as part of exercise Frisian Flag. The purpose of this TSP is to demonstrate the U.S. commitment to the security of Europe and to increase interoperability amongst participating nations. (U.S. Air National Guard photo by 1st Lt. Bonnie Harper)



Staff Sgt. Taylor Steadman inspects the wheel of an F-15C Eagle aircraft for cracks and leaks, April 19, 2016, Leeuwarden Air Base, Netherlands. (U.S. Air National Guard photo by Capt. Anthony Mutti)



Senior Airman Alex Nielsen, 104th Fighter Wing Aircraft Maintenance Squadron, conducts a visual inspection of the underside of an F-15C Eagle during exercise Frisian Flag at Leeuwarden Air Base, Netherlands. (U.S. Air National Guard photo by 1st Lt. Bonnie Harper)

# ANG Verifies Strengths at Frisian Flag 2016, Operation Atlantic Resolve

By Capt. Anthony Mutti

F-15C/D Eagle aircraft and personnel from the 104th Fighter Wing, Barnes Air National Guard Base, and the 144th Fighter Wing, Fresno Air National Guard Base, California, dominated the skies as the 131st Expeditionary Fighter Squadron during the 12-day Royal Netherlands Air Force Frisian Flag 2016 exercise, April 11-22.

With exceptional skill, the F-15 pilots proved the F-15's continued prowess as the preeminent air superiority fighter, while the highly trained support staff and expert maintainers



Staff Sgt. Daniel Carboneau, 104th Fighter Wing flightline avionics, provides an overview of the avionics capabilities of the F-15C Eagle to a German Air Force avionics technician between aircraft launch and recovery during Frisian Flag 2016. (U.S. Air National Guard photo by Capt. Anthony Mutti)

ensured 98% aircraft availability.

"The exercise has gone incredibly well," said Lt. Col. David Halasi-Kun, 131st EFS detachment commander. "The jets and personnel have exceeded performance expectations and our international partners have repeatedly complimented the professional and lethal performance of the 131st."

The detachment commander had only praise for the squadron's recent accomplishments, "I could not be prouder of the men and women of the 131st."

The Squadron, primarily composed of members of the Air National Guard, along with Airmen from Spangdahlem and Ramstein Air Bases in Germany, operates as a theater security package within Operation Atlantic Resolve to conduct training with NATO allies and partners.

During Frisian Flag, the 131st EFS worked with more than eight allied nations and developed many cooperative relationships, reinforcing U.S. commitment to our allies.

"The Frisian Flag exercise is like being at an international air show that only lets in other Air Forces," said Lt. Col. Peter Carr, 131st EFS maintenance officer in charge, "and there is a multi-national esprit de corps in that, it's something I have not experienced before this deployment."

The ANG is uniquely positioned for these types of missions because so many of its members stay with the same unit for many years and partnerships and lessons learned persist in its collective memory, which can be leveraged on future deployments with our allies, said Carr. "And because we work together for 10, 20 and sometimes 30 years, it's a mature group of people that fights like a team and cares like a family."

The ANG, though equally trained, differs from the active duty U.S. Air Force because the majority of its members are part-time and hold full-time civilian jobs.

As a result, members of the ANG bring to their military jobs a diverse depth of experiences.

"They are engineers, teachers, med techs, mechanics and home makers; launching, recovering and servicing F-15 fighter aircraft so that we can protect the homeland, as well as to provide combat air power to the combatant commander when called," said Carr. "Everyone brings unique experiences and points of view to the table."

As the exercise draws to a close, the 131st EFS prepares to redeploy to other regions in Europe to continue its overall mission to strengthen interoperability and demonstrate U.S. commitment to a Europe that is whole, free, at peace, secure, prosperous and able to deter aggression.



Members of the 131st Expeditionary Fighter Squadron were given a tour of the German Euro Fighter while deployed to Leeuwarden Air Base, Netherlands in support of Frisian Flag 2016. Exchanges like these help build trust between allied nations, a primary goal of the exercise. (U.S. Air National Guard

# 104th Member Kills it in Local Fitness Competition

By Staff Sgt. Dacia Lucas

Congratulations to Amber Vanbeek of the 104th Security Forces Squadron on placing third in her first ever fitness competition, the NPC Powerhouse Classic, held in New Haven, Connecticut on Saturday April 9th.

Amber has been interested in sports and fitness since she was five always playing soccer. In middle school, she got involved in basketball, and then in high school continued soccer, volleyball, and track & field. She also played volleyball while at Holyoke Community College. She started to get serious about working out while deployed in 2010.

"I thought about competing a few times, but took the plunge and made the commitment over the winter when I returned," said Vanbeek.

I asked Amber if she had any mentors, she replied, "I've never had a good friend who was into working out as much as me until I met this girl Tatiana "my swolie" at my first posing class. We clicked instantly and started working out twice a week together. It always made it so much more fun."

"Tatiana is also training for her very first show so we understood what each other was going through and we swapped diet and workout advice," shared Vanbeek. "We motivated one another everyday till the day of my show. My sister Ashley Vanbeek; although miles away, pushed me and cheered me up when I was feeling down about myself or feeling like I wasn't ready for this. She's the one person who knew how badly I wanted to compete, and she would always tell me I'm her inspiration. She made me push myself even more. I plan on doing another show in October and I'm hoping to be nationally qualified, if I continue to do well maybe go pro!"

Amber has put herself through the ultimate test with a clean diet, hard work, conditioning, discipline, education, and dedication.

The National Physique Committee (NPC) is a premier amateur physique organization. Since 1982, top athletes in bodybuilding, fitness, figure, bikini and physique have started their careers in the NPC. Lee Haney, Ronnie Coleman, Jay Cutler, Phil Heath, Nicole Wilkins, Dana Lynn Bailey, and Corey

Everson, just to name a few. Many of those athletes graduated to successful careers in the IFBB Professional League, a list that includes 24 Olympians and 38 Arnold Classic winners.

As for Amber's competition, the "Bikini division" competitors are judged based on balance and shape, overall physical appearance including complexion, skin tone, poise, and overall stage presentation.

Congratulations on your first of many accomplishments, Amber, keep crushing your goals and inspiring others!



Staff Sgt. Amber Vanbeek competes at NPC Powerhouse Classic and takes third place in her first ever competition. Courtesy photo from Staff Sgt. Dacia Lucas



# Kind Gesture for Military Family Leads to Blue Star Families Neighbor Award

By Karen Hart of HuffPost Good News

Joy Goulette was just trying to be a good neighbor when her friend Colleen Cekovsky's husband, Chris, who serves in the National Guard, left for a six month deployment to Afghanistan. A daughter of a former U.S. Marine, Joy wanted to show her support for Colleen while Chris was away. So Joy asked people from school and the Girls Scouts to pitch in, telling them that it didn't have to be fancy, it could be a meal or not a meal, but it had to include a note that let Colleen know that they were thinking about her and were there for her.

Colleen, a mom of two, was both surprised and humbled by the network which she affectionately dubbed "Dinner Angels" that Joy had assembled to ease the burden of the busy military mom while her husband was off in harm's way.

But Joy had no idea how much Colleen truly appreciated that act of kindness until Colleen revealed to Joy that she had submitted Joy's name for the Blue Star Families Neighbor award. "She told me that she had submitted our names to Blue Star Families when we were one of the top five finalists. For me it was a very small thing that I did for her. But it really meant a lot to Colleen because she really did feel secluded while her husband was gone," said Goulette.

The Blue Star Families Neighbor award is one of the many ways the nonprofit, comprised of military spouses, is working to

close the divide between the military and civilian community. It's the group's way of thanking members of the nonmilitary community for their friendship and support.

"We want to thank real people whose actions aren't an example of extreme heroics, but rather anyone can see themselves doing to help a member of the military community," said Blue Star Families CEO, Kathy Roth-Douquet.

That simplicity really speaks to the heart of Blue Star Families mission and the hope that people across the country will be inspired to be a good neighbor to military families in their communities.

According to Blue Star Families annual 2015 military lifestyle survey, "41% of veterans cite disconnect between the military and civilians and 92% of military family members feel that the general public does not truly understand or appreciate the sacrifices they make."

Colleen wrote on her nominating form that Joy wanted to make Colleen's life easier during a tough deployment, but Joy will never know how much it truly meant to her. Those notes of support and encouragement are what got her through her husband's deployment.

Today the two ladies fondly joke about all the lasagnas Colleen received, but Colleen is quick to point out that as a busy mom on the



Courtesy Photo from Colleen Cekovsky.

go, she appreciated every single one of them.

On April 7, 2016, Joy will be honored at the Blue Star Families Neighbor celebration in D.C. as a local community hero for the small thing that meant a big deal to a military spouse. Both Colleen and Joy will be visiting the U.S. capital, courtesy of Blue Star Families, taking in the sights, and then enjoying an evening of food prepared by both celebrity and military chefs while listening to the tunes of Sister Sledge.



Colleen Cekovsky, National Guard Spouse, and Joy Goulette, winner of Blue Star Families 2016 Neighbor Award. Photo courtesy of Blue Star Families (Courtesy Photo from Blue Star Families)



# Safety, How-Goes-it: Share the Road! Motorcycles are Everywhere!

By Senior Master Sgt. Thomas Dumais, 104th Fighter Wing Safety Office

**The unit has experienced 7 mishaps/injuries since the last How-Goes-It.**

- Worker impact head on landing gear door, lacerated head, first aid
- GMV impact object on ground, damaged bumper and wheel well, \$1500
- Participant stepped in hot spring vent, burned foot, restricted duty
- Worker sanding plywood, wood sliver in hand, ER for removal and treatment.
- Participant returning to vehicle, rolled ankle on rocks, greater than 1st aid and lost time
- Worker disconnecting power cart, impact jaw with tow bar, damaged teeth
- Aircraft canopy damaged during engine run, canopy pressurized, Class C

Before we talk about motorcycles I would like to draw your attention to the above mishaps and injuries. I ask you this; does anything jump out at you in looking at them? Do you think they were preventable? If so, why then did we have people injured and equipment damaged? All we ask is you slow down and do whatever it is you are doing SAFELY! With a little risk management and technical data many if not all mishaps are preventable! With that said, let's turn out attention to motorcycles.

With the good weather and longer days come motorcycle riders! With motorcycles sharing our roadways we all need to be a little extra careful as we do that thing we call DRIVE! This means 4-wheeled vehicle operators and motorcycle operators need to do our

parts to share the road. SAFELY!

If you are a motorcycle rider, there are items you need to brush up on. One of those items is to dust off your defensive driver skills. Yes there are many car and truck operators out there speeding around who can't see you as well as other vehicles. This means using additional caution as you ride, cross intersections, make turns, and enter and exit roadways.

If you are a car or truck operator, you too have responsibilities to share the road and to do what you can to keep everyone safe. Whether it's another car or a motorcycle, the rules are the same. The road is not just yours and you need to share it; safely. This means looking twice before traversing an intersection or executing a turn. Your brain will actually trick you when you look for oncoming vehicles. When you look left, right, or straight ahead to execute a maneuver, whether you know it or not, your brain is looking for the outline of a car or truck. Once it has made the determination there is none, the all clear signal is issued. The problem is there are times when a motorcycle is coming and we just don't see it partly due to this phenomenon.

Nothing is perfect and sharing our roads with motorcycles is no different. We cannot see motorcycles as well as other vehicles, and they cannot always interpret our actions and inactions. These items together create a real challenge to share our roads safely. There are things each of us can do to make our roads safer. For the motorcycle riders it is to never think you can be seen and to drive like you can't. That hesitation and caution may be the difference between a mishap and having a safe ride. For car and truck operators, it means understanding we cannot see motorcycles as well as other vehicles and to drive accordingly.

The take away from this article is twofold. One is most if not all mishaps are preventable. The second is motorcycles are everywhere in good riding weather. It is also to remind us that each of us has an inherent part to ensure not only our safety, but the safety of others as well. No one means to create a mishap, and with the respect and understanding of each of our shortcomings, our workplace, roadways and our rides will be safer. After all, isn't that what it's all about? With your help, we hope your roadway travel, is one that departs, travels, and arrives; SAFELY!



U.S. Air Force Photo by Airman 1st Class Jonathan Stefanko

## Motorcycle month: Air Force advises rider precautions

For more information on Motorcycle safety and another great article please visit:

<http://www.airforcetimes.com/story/military/benefits/on-base/2015/05/17/motorcycle-month-air-force-advises-riders-to-be-on-the-lookout/27305367/>

# HOW TO RESPOND

## WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

QUICKLY DETERMINE THE MOST REASONABLE WAY TO PROTECT YOUR OWN LIFE. CUSTOMERS AND CLIENTS ARE LIKELY TO FOLLOW THE LEAD OF EMPLOYEES AND MANAGERS DURING AN ACTIVE SHOOTER SITUATION.

### 1. Run

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible

### 2. Hide

- Hide in an area out of the active shooter's view.
- Block entry to your hiding place and lock the doors

### 3. Fight

- As a last resort and only when your life is in imminent danger.
- Attempt to incapacitate the active shooter
- Act with physical aggression and throw items at the active shooter

**CALL 911 WHEN IT IS  
SAFE TO DO SO**

## HOW TO RESPOND WHEN LAW ENFORCEMENT ARRIVES ON THE SCENE

### 1. HOW YOU SHOULD REACT WHEN LAW ENFORCEMENT ARRIVES:

- Remain calm, and follow officers' instructions
- Immediately raise hands and spread fingers
- Keep hands visible at all times
- Avoid making quick movements toward officers such as attempting to hold on to them for safety
- Avoid pointing, screaming and/or yelling
- Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises

### 2. INFORMATION YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR:

- Location of the victims and the active shooter
- Number of shooters, if more than one
- Physical description of shooter/s
- Number and type of weapons held by the shooter/s
- Number of potential victims at the location

## RECOGNIZING SIGNS OF POTENTIAL WORKPLACE VIOLENCE

AN ACTIVE SHOOTER MAY BE A CURRENT OR FORMER EMPLOYEE. ALERT YOUR HUMAN RESOURCES DEPARTMENT IF YOU BELIEVE AN EMPLOYEE EXHIBITS POTENTIALLY VIOLENT BEHAVIOR. INDICATORS OF POTENTIALLY VIOLENT BEHAVIOR MAY INCLUDE ONE OR MORE OF THE FOLLOWING:

- Increased use of alcohol and/or illegal drugs
- Unexplained increase in absenteeism, and/or vague physical complaints
- Depression/Withdrawal
- Increased severe mood swings, and noticeably unstable or emotional responses
- Increasingly talks of problems at home
- Increase in unsolicited comments about violence, firearms, and other dangerous weapons and violent crimes



Contact your building management or human resources department for more information and training on active shooter response in your workplace.



## Small But Impactful Marriage Strong Bond Event

By Chaplain Stephen Misarski

On April 15-17, the 104th Chapel Team put on a Married Couples Strong Bonds event at the Sturbridge Host and Conference Center, Sturbridge Massachusetts. Due to recent deployments, the numbers attending were less than other years. Seven couples enjoyed an opportunity to invest in their marriage while enjoying a free weekend away with great accommodations and plenty of food.

The "Laugh Your Way to a Better Marriage" presentations are always a hit. Couples stated that they were able to relate to the humorous video



104th Fighter Wing Couples attend "Laugh Your Way to a Better Marriage" Strong Bonds Communication Course, April 15-17th. (Courtesy Photo from Chaplain Stephen Misarski)

speaker, Mark Gungor and that the teaching was spot on.

The smaller group enabled more personal conversations and

helped some to realize that other couples experience similar challenges. The Flag Page session helped couples discover each other's unique characteristics, improve communication and trouble shoot conflicts.

Couples were sent out on a date night on Saturday. As a result, many realized how important quality time with their spouse was and vowed to "start alone time at home, even if it's just a walk alone for 15-20 minutes."

"What about singles?"  
Look for Singles Event in June!  
More info to follow!

## Master Sgt. Fran Frederick Takes On A New Role!

By Command Chief Master Sgt. Maryanne Walts

The 104th Fighter Wing has recently welcomed Master Sgt. Fran Frederick to her new position as the Human Resource Advisor.

Master Sgt. Frederick has been a member of the 104th Fighter Wing since 1998 and has been assigned to the Equal Opportunity Office for the past 12 years. Prior to working in EO, she worked in the 104th Fighter Wing Public Affairs Office as an Information Manager.

Frederick graduated from the State University of New York with a Bachelor's degree in Psychology and has Master's degrees in Psychology and Education, both completed at Westfield State University. In her civilian careers, she was employed

as a school social worker and part time psychiatric crisis clinician.

"I am eager to establish myself in a new role and get out to various areas on base to find out what the members want and need, as well as let them know how I can help them achieve their career goals," said Frederick.

The Human Resource Advisor position is unique to the ANG and has three primary functions. They are Diversity, Force Development, and Force Management. Master Sgt. Frederick will continue to act as an instructor for Diversity, Equal Opportunity, and Prevention of Sexual Harassment. She will also be chairing the Base Diversity Council and has volunteered to act

at the coordinator for the Green Dot program, which replaces existing training for prevention of sexual assault.

Command Chief Master Sgt. Maryanne Walts is very excited about this selection. "Master Sgt. Frederick has always been a hard worker and absolutely has the right attitude for this position," said Walts. She went on to say that in the short time she has been in her new role she has stepped up to be the Wing Green Dot Program coordinator. Master Sgt. Frederick brings a wealth of experience, energy, and knowledge to this important position.

# Technical Sergeants Involved & Mentoring Enlisted Airmen: My Week at the TIME Conference

By Tech Sgt. Jacquelyn Comer

Two months ago I had the opportunity to step away from my computer screen and out of my office to attend the 3rd Annual TIME Conference in Southbridge Massachusetts.

This is an annual event aimed at Technical Sergeants (as well as those hard-charging Staffs and newly promoted Master Sergeants) to discuss leadership, time and people management, resiliency, and to advertise new and upcoming career-broadening opportunities that are available.

It was also a break from the humdrum of CBTs, deadlines, and the crazy pace of our day-to-day Air Force jobs to just.....

LISTEN.... To many of you (myself included) the idea of sitting in an auditorium from Monday through Friday for a week's worth of speakers is a bit daunting. Would I be able to focus being in one room (one with no windows at that!) listening to speaker after speaker discuss leadership? Well, as you can see, I lived to tell and came out that Friday afternoon feeling a bit "re-blued."

I arrived to the Southbridge Hotel and Conference Center thinking that I was at the wrong place. For anyone who has never been to this DoD-owned hotel, it is quite an impressive facility with a list of amenities that just might be good enough to entice someone to vacation in Southbridge Mass... almost...!

I found myself pleasantly surprised to see this was where I

would be spending my week. That first day at registration I noticed that there was an Army Sgt. waiting to check in and would learn that the event would include several members of the Army National Guard, possibly intended as a means of reinforcing the "Joint Force" nature that has come to define our armed forces in recent years.

Also, not only was there MA ANG in attendance, but representation from ANG units across New England and New York (the perfect set-up for networking opportunities to present themselves).

The week began with a welcome style dinner that night at the hotel's restaurant, where everyone was instructed to arrive in business casual attire. In a way it allowed everyone to take a step outside of the uniform, name tag, and stripes on the sleeve, to make some first impressions with disregard for military protocol.

Major General Rice was the lead-off speaker that first evening with some words meant to welcome everyone and set the stage for the agenda going forward.

For 104th members, he is a familiar presence on base, however, for those in attendance from New York and throughout New England it might have been the first time meeting him and listening to the story of his Air Force career; for me it was an interesting tidbit to learn that he comes from a long line of female veterans.

The week ahead would be a lineup of speakers who each brought their own unique spin on leadership and resiliency themes. We heard from Army National Guard Sgt. Ken Weichert, known in his public persona as simply "Sgt Ken." For anyone unfamiliar with him, I would recommend you Google "Sgt Ken" because any one sentence description of him I could give would be an injustice.

He engaged everyone with the amount of energy he brought to the room through interactions with the audience and his positive spin on some tough topics; his passion for life reverberated through the entire auditorium.

That common theme of energized and passionate individuals held true for the next two speakers the following day.

We heard from Retired Chief Master Sgt. Christopher Coyne, who shared his experience of starting a successful life coach business post-military and offered tips for making the most of one's time and training while in the military to ensure a smooth transition to civilian life upon separation.

He reiterated that the training each of us receives in the military can arm us with a unique skill set that separates us from the majority of the population who has never served.

This sentiment was echoed by Jackie Woodside, a public speaker and life coach by

*(Cont'd on page 17)*

*(Cont'd from page 16)*

vocation who focused on the importance of honing one's managerial skills, especially the ability to recognize the differences in the people we manage and how to tailor our leadership styles to best achieve a healthy workforce.

This proves challenging due to the generational gaps that exist within our military ranks. Dr. Michael Frost spoke to us on the topic of "Managing Millennials," specifically how to adjust our preconceived notions about different generations in order to better utilize what each brings to the table.

Even to the pre-dominantly under 35 audience in the room it was interesting to note all of the difference among us.

The last full day of speakers introduced us to the team at Joint Force Headquarters. For many of us "Headquarters" is sort of like the Wizard of Oz. We tend to imagine this building on the hill where policies are made and officers are everywhere you turn, but in actuality you pull the curtain across and they are REAL people!

Many of these individuals started at the unit level just like us, some of whom spent the majority of their careers as traditional Guardsmen.

Chief Master Sgt. Michelle O'Keefe, of the Military Personnel Management Office, spoke about her own early career frustrations, specifically the struggle of being underutilized as a traditional Guardsman. Her segment segued into the topic of the day: stepping outside of one's career field into more challenging roles, e.g. First Sergeant assignments, and other

special duty categories. It was interesting to hear about all of the new and coming-soon opportunities that are being developed by our Headquarters leadership, as well as special assignments at Guard Bureau who they are looking for ambitious and creative individuals to fill.

Unbeknownst to many in the room, these opportunities are plenty, so the conference really opened our eyes to all of the resources we have within our state that tend to go under the radar.

Last but certainly not least, was our key note speaker on Friday morning, Retired Brigadier General Cornum. She shared with us her story of survival after an ordeal as a POW during Operation Desert Storm. She transfixed everyone by how calm and collected her demeanor was after describing events that very well could have crushed another person's spirit beyond repair.

Even more unbelievable was the fact that she was also a cancer survivor; proof that she had survived not one but two near-death experiences and lived to tell.

Fittingly, she spoke about the power of resiliency and positive thinking and the importance of knowing how to tap into these mindsets to overcome stress and trauma. She was truly an inspiration whose presence humbled me and everyone else that day.

I left that Friday afternoon feeling appreciative for the opportunity to be a part of this amazing event. The State Command Chief Richard MacDonald and his team were

instrumental in making this conference see the light of day as well as ensuring it continues to be a relevant event in the careers of our Technical Sergeant ranks.

I would highly recommend that every supervisor treat this conference as a prerequisite for his/her airmen when they become NCOs. It was truly an experience in TIME well spent.



## Resources to Explore

By: Michelle Pennington , Director of Psychological Health (DPH)

### **Military Kids Connect ( [www.militarykidsconnect.dcoe.mil](http://www.militarykidsconnect.dcoe.mil) )**

Military Kids Connect is a tremendous, interactive, online resource for children as well as their teachers and caregivers. It is an initiative of the DoD agency National Center for Telehealth & Technology (T2). It provides age appropriate activities and an opportunity for children to share their stories and challenges of military life. Topics and activities are separated into 3 age groups: Kids(6-8), Tweens(9-12) and Teens(13-17).

### **MASS 211**

Ever wonder if there was one place to search what's out there for community, health and disaster services? You name it you can find it either online or over the phone 24/7 with MASS 211. MASS 211 is a confidential resource clearing house where you can search for caregiver support, specific health conditions, childcare, housing...too many topics to list here. Detailed information about availability and eligibility of services, programs, and supports is provided. Online go to MASS 211. Over the phone either dial 211 or (877) 211-6277 (MASS). If online click "Search for Help". You can choose from the categories provided or click the orange circle "Start a Search" to customize your search.



## **Run for the 22 is a 5K run/walk**

**Date: June 25th 2016**

**Location Information: Westfield Lodge of Elks. 56 Franklin Street. Westfield Mass**

**Run begins at 10:00 Am sharp Must Be registered to Run**

It is said that on Average 22 Veterans commit suicide each day. This is 22 too many and something must be done. So please come run/walk for a cause or donate and join the celebration. Help raise money for free gym memberships for veterans. The hope is that the gym will become an outlet and a way to escape negative thoughts when returning back to civilian life.

\*Online registration will end June 18 at 9:45 a.m. Participants must be registered by this time to receive a T-shirt. Anyone looking to register on day of run must pay in Cash and will not receive a T-shirt. Sorry **NO PETS ALLOWED!!**

*\*Bib number and T-shirt Pickup will begin at 8 Am on day of Race June 25th Next to the start Line.*

**The run will Begin and end at the Westfield Lodge of Elks 56 Franklin Street Westfield Mass**



## Strong Bonds Event a Success

By Staff Sgt. Matt Benedetti

On March 11-13, 2016, members of the Chaplain's Office at the 104th Fighter Wing, Barnes Air National Guard Base, Westfield Mass., coordinated the Annual Family Strong Bonds event at the Great Wolf Lodge in Fitchburg, Mass.

The annual event, designed to foster better understanding and enhanced communications between family members, attracted 20 Air National Guard members and their families. Children in attendance ranged in age from one through 15 years.

Many of the Guard members are poised to deploy overseas in support of contingency

operations in the near future.

Strong Bonds is a family workshop that allows families the opportunity to better learn about and understand inter-personal relationships and bolster existing family dynamics.

Topics for the weekend retreat included learning methods on how parents and children interact in healthy families and developing skills to contribute to a more productive family dialogue. The interactive schedule engaged participants in a range of activities reaffirming the lessons taught during the classes.

Lt. Col. Stephen Misarski, Wing Chaplain of the 104th Fighter Wing, was pleased with the venue and the participation from Guard members and their families. "To be able to host this event and invest in these military families, who are sacrificing so much for our country, is very gratifying."

Misarski has been conducting the Strong Bond Workshops since 2010.

"Hopefully people will put into practice some of the lessons we learned here," said Misarski

Master Sgt. Jeff St. Jean attended his first Strong Bonds event with his wife and five children.

"The timing was ideal," said St. Jean. "We were trying to decide what to do prior to my deployment and this worked out perfectly. We learned a lot this weekend and I am looking forward to putting these concepts into practice."

To learn more on how to practice this in marriage, families, and much more, Email:

[shaun.w.reagan.mil@mail.mil](mailto:shaun.w.reagan.mil@mail.mil) or call the Chapel Team at 698-1311.



A 104th Fighter Wing Member enjoys time with his sons during the Strong Bond event held March 13. (U.S. Air Force Photo by Staff Sgt. Matt Benedetti)



104th Fighter Wing members took time out to focus on family and to further their communication skills. (U.S. Air Force Photo by Staff Sgt. Matt Benedetti)

## For Your Information

**All full time job opportunities will now also be posted on the SharePoint main page under Full Time Opportunities. Please look there for all Technician and AGR position postings as well.**

### **Aircraft Mechanic Supervisor**

The 104th Fighter Wing is hiring for an Aircraft Mechanic Supervisor. The position grade is

Master Sgt. to Senior Master Sgt. Compatible AFSC can be 2A3XX, 2A5XX, 2A6XX, 2A8XX. The unit POC: CMSgt Robert Beaulieu at 413-568-9151, extension 6981071.

Job announcement expires June 3, 2016. For complete job announcement: <https://www.usajobs.gov/GetJob/ViewDetails/437638400>

### **Heavy Mobile Equipment Mechanic**

The 104th Fighter wing is hiring for a Heavy Mobile Equipment Mechanic position. The position grade is Airmen First Class to Tech Sgt. Compatible AFSC is 2TXXX. The Unit POC : CMSgt Todd Sheffield at 413568-9151, extension 6981258. Job

(Cont'd from page 19)

announcement expires June 3, 2016. For complete job announcement: <https://www.usajobs.gov/GetJob/ViewDetails/437638200>

### **Drug Demand Reduction Program Manager, Regional**

An ADOS-E Title 10 tour is available at Region 16-NGB/SGPU (positioned at ANGRC, Responsible for program administration) Region 16 is Authorized a PCS move

**Duration of Assignment:** July 1, 2015 - Sept. 30, 2017

**Duties and Qualifications:** Must have Unit Commander/Wing Commander approval for non-participation during UTAs at assigned unit. Member may not be assigned as a Wing DDRPM while appointed as a Regional DDRPM while assigned at NGB.

Manage the Regional DDRP providing administrative oversight to multiple Wings/GSUs, exercising personnel management responsibilities. Knowledge of after action reports, travel planning for site visits, communicating with Wing/GSU leadership, establishing and monitoring annual Course Of Action (COA) for Wing/GSU leadership, and participating in Wing/GSU collection

### **For Details contact the POC:**

Lt. Col. Gilbert Harvey, MSC  
NGB/SGPU  
3500 Fetchet Avenue  
Joint Base Andrews, MD 20762  
[gilbert.t.harvey.mil@mail.mil](mailto:gilbert.t.harvey.mil@mail.mil)  
(240) 612-8239

### **Contact Specialist**

A Contract specialist technician (GS-1102-07/11) position is open at the 104th FW. Required

ASVAB General Score: 72. All applications will be considered regardless of Branch/AOC/FA/AFSC.

**Military grade range:** Airman First Class to Tech Sgt. Job announcement expires Monday May 16, 2016. For complete job announcement: <https://www.usajobs.gov/GetJob/ViewDetails/435834600>

### **Production Recruiter and Retainer**

**Number:** 104-16-24 (AGR)

**Expires:** May 25, 2016

**Military grade range:** Senior Airman to Tech Sgt.

**AFSC:** 8R000

An AGR position is available to all current members of the Air National Guard. Applications will be accepted at the individual's servicing Military Personnel Flight (MPF) until 2359 on the expiration.

**POC:** Master Sgt. Thomas Whiddon

**Comm:** 774-836-7922

**Email:**

[Thomas.l.whiddon.mil@mail.mil](mailto:Thomas.l.whiddon.mil@mail.mil)

**AGR Branch POC:** Tech Sgt.

Kristine Balchunas

**Comm:** (339) 202-3110

**Email:**

[Kristin.a.balchunas.mil@mail.mil](mailto:Kristin.a.balchunas.mil@mail.mil)  
<http://www.thenationsfirst.org>

### **Equal Opportunity Officer Position Available**

**Title/Grade:** Equal Opportunity (EO) Officer (AFSC 38P3) / O1-O4 (Major) Minimum Grade Eligible **to Apply:** O1 or Eligible for Commissioning

**Unit:** 104th Fighter Wing

**Application deadline:** June 12, 2016

**Projected Board Date:** August UTA

**POC:** Lt .Col. David Castonguay at ext. 698-1328.

**Position:** The EO Officer is responsible for organizing programs to assist commanders to prevent sexual harassment and ensure equal opportunity in support of mission readiness. The EO Officer develops and implements training in human relations to promote awareness and understanding and determines the need for possible referrals to other agencies.

**Education:** An undergraduate degree in sociology, psychology, education, or business education is desirable.

Appointment is contingent upon completion of the Academy of Military Science (AMS), Personnel Officer Initial Skills Training, and the Defense Equal Opportunity Management Institute (DEOMI).

**Application Procedures:** Please submit a completed package including a resume, un-opened official copy of your college transcripts, a copy of your AFOQT scores no later than the application deadline to Chief Master Sgt, Andres Huxtable  
[andres.a.huxtable.mil@mail.mil](mailto:andres.a.huxtable.mil@mail.mil), 413-568-9151 ext. 698-1435, 104th Force Support Squadron. Additionally, you may want to submit copies of any certifications that are required or that apply to the position at the time of interview.

**Additional Instructions:** You will be notified via email regarding the board time, date, and location. If you are not eligible to meet the board, you will notified by letter.



## Join us for the 2nd Alumni Reunion at the NCO Club

Reunite with friends and enjoy Social hour and dinner as we support the Air National Guard Alumni Association. March attendance was 115 members!

**Date:** Wednesday, May 28, 2016

**Social Hour:** 6 p.m.

**Dinner:** 7 p.m.

**Ticket price:** \$16 per person (Reservation Required, must be received by 5 p.m. Friday, May 13, 2016)

**Menu options:** Chicken Francaise, Seasoned Rice, Italian Green Beans, Tossed Garden Salad, Dinner Rolls, Desserts, Coffee & Tea

**Location:** NCO Club

**Checks are made payable to:**

104th Mass ANG Alumni Association.

Send your \$16 reservation check without delay to Len Frigon, 778 West Street, Ludlow, MA 01056 to make your dinner reservation and to be included on the list at the gate. CHECKS MUST BE RECEIVED by 5pm Friday, May 13, 2016- NO EXCEPTIONS. Cancellations received by cut-off date/time will receive full refund.

Any questions, you may call Pam Spear at 596-2422 or Len Frigon at 589-9157

## 3rd Annual Salute Our Veterans Motorcycle Ride All proceeds go to PROJECT NEW HOPE inc

**Date:** Saturday June 25th, 2016

**Starting Location:** 700 Plantation St. Worcester, MA 01605

**End Location:** 20 Federal Hill Rd. Oxford, MA 01540

Ride Registration: 9:30 am

Kickstands Up: 11:30 am

**Lunch & Entertainment:** Until 4pm **Cost:** \$20 per Rider, \$10 per passenger

**Contact for questions:**

Dave Michalak (617) 839-1702, [dmichalak@projectnewhopema.org](mailto:dmichalak@projectnewhopema.org)

**T-Shirt Sponsor:** \$100

[bmoore@projectnewhopema.org](mailto:bmoore@projectnewhopema.org)

## Single, Couples & Family Retreat

Veterans and their families have an opportunity to relax at the Grotonwood Camp and Conference Center. The event will include workshops, fishing, kayaking, miles of trails to walk, hike or bike, entertainment and wellness activities. Visit

[www.projectnewhopema.org](http://www.projectnewhopema.org)

## Veterans Appreciation Fishing Tournament

Join us for a fishing tournament Veterans only event. The tournament is free to veterans. Prizes for biggest striped bass, blue fish and flounder. If any boat captains would like to be a part of this event please contact Bob Baptists at (617) 852-6689. Legal fish will be filleted and bagged for the veteran to bring home.

**Date:** June 9, 2016

**Time:** From 8 a.m. -1 p.m. (8 a.m. launch, 1 p.m. return)

**BBQ:** 1-3 p.m.

**Registration opens:** April 22 at 8 a.m.!

[www.projectnewhopema.org](http://www.projectnewhopema.org)

## Free Dental Care

Sign up for Free Dental Care on Aspen Dental's Mouthmobile on Tuesday, May 17 from 9am-3 p.m. at Merrymount Park Coletta Field To Make an Appointment contact Victor Nunez Ortiz at Veterans

Advocacy Services  
(413) 695-4838

## Memorial Day Parade

There is still time to sign-up and march with fellow 104th FW members for the Westfield parade. The event will start at 10 a.m. Everyone needs to be assembled by 9 a.m. in Stanley park. The end location will be Parker Memorial Park (across from South Middle School). Uniform is short sleeve blue shirt, no tie or tab. Pants or skirt for women. To enter Stanley park go to gate 3 or 4 on Kensington Ave.

**To sign up, please RSVP through the e-invite below. You have been sent an eInvitation for the following event: Westfield Memorial Day Parade 2016**



**Memorial Day is a day to honor those who have served in our Armed Forces and who have given the ultimate sacrifice. (U.S. Air National Guard Photo by Master Sgt. Julie Avey)**

This information is provided as a community service for all recipients both military and civilian unless otherwise noted. No endorsement of events, products, services or organizations by the Massachusetts National Guard or DoD is implied or intended. Additionally, the Massachusetts National Guard or the DoD does not endorse any events, products, services or organizations at any "link (s)" destination contained herein, nor does the Massachusetts National Guard exercise any responsibility over the content at the destination. Acknowledgements and responses should be directed to the point of contact for all notices. The State Public Affairs Office does not manage or control the email distribution list for these notices.

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### Chief's Council Fundraiser

The Chief's Council are selling T-shirts. Sizes are available in XS to 2X. See your squadron council members or the MXG orderly room to purchase.

### Walk in Legal Assistance

The Legal Office provides legal assistance to all ANG members on the following legal deployment related issues: Wills, Powers of Attorney (Family Care Plans), Service members Civil Relief Act, and Employment and Reemployment Rights. Walk In Hours are available every Saturday of the RSD from 9 a.m.-11 a.m. If you are unable to come during this time, please call our office at ext. 6981244 to make an appointment. We would be happy to accommodate your schedule. Notary Public Services also available.

### 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. Pioneer Valley NCO Club Coins are available for purchase for \$10.

### Barber Shop Open

The Barber Shop will be open for the 2016 RSD dates. Enter Building 008, South Entrance. POC for the Barber Shop operations call: (413) 568-9151, x698-1234.



## 8TH ANNUAL VETERANS' CONFERENCE

**DATE:** Saturday, May 21, 2016 **TIME:** 9am-3:30pm

### WHERE:

University of Massachusetts Medical School  
55 Lake Avenue North, Worcester, MA 01604

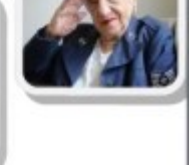
Register FREE : [wvet.eventbrite.com](http://wvet.eventbrite.com)

### Workshops Include:

- Combat Ready Kitchen! Presented by author: *Anastacia Marx de Salcedo*
- Communication Building
- Employment Skills
- State/Federal Benefits
- Financial Education
- Coping with PTS/MST
- Anger Management

ALL Women Veterans (Active, Reserve, Guard, Separated, Retired) are welcome!

- \*FREE LUNCH
- \*FREE PARKING
- \*DOOR PRIZES
- \*GUEST SPEAKERS
- \*MASSAGE THERAPY
- \*ACUPUNCTURE
- \*EXHIBITORS & MORE!



"This conference helped me connect with my sister vets and gain insight to what I was really dealing with all these years. I am SO glad I came!"

"A memorable and inspiring conference! Reinforces why I made the commitment to serve my country."



Hosted by: Massachusetts Department of Veterans' Services  
Women Veterans' Network & UMass Medical School

**FREE ADMISSION for all Military Members!**  
**Edaville USA Military Appreciation Weekend**  
**Carver, Mass.**  
**Memorial Day weekend**  
**all Military Members don't just get FREE admission but their family members are half off too, at the gate only!**  
[www.edaville.com](http://www.edaville.com)



Our 104th Fighter Wing Honor Guard presented the Colors at the Pioneer Valley USO annual Gala. This year community guests and military members from throughout Western Massachusetts celebrated the USO's 75th Anniversary.

## Education Information and Benefits

### Education Requirement to Senior Master Sergeant promotion

There has been some confusion in the Wing in regards to promotion to Chief Master Sergeant or Senior Master Sergeant since the mandatory requirement came in effect on October 1, 2015 for the need of a Community College of the Air Force (CCAF) degree. A memorandum from JFHQs should be coming out in the near future.

Effective April 4, 2016, the requirement to have a Community College of the Air Force Degree is still valid, however, if you possess an equivalent Associate's degree or higher from an accredited institution, you can submit an Exception to Policy letter signed by the Wing Commander.

Proof of such degree must be provided in the form of official transcripts to our Base Education and Training Manager (BETM). It MUST also be updated on the member's RIP prior to submitting the CCAF exception to policy letter. The BETM will ensure the member's MILPDS record reflects the civilian equivalent associate's degree or higher in accordance with the transcripts provided, and not an awarded CCAF.

The point of contact for this subject is Senior Master Sgt. Trish Goodreau, extension 698-1224.

### National Guard Tuition and Fee Waiver Program Guidelines

As you may already know the Tuition and Fee waiver policy has been updated to reflect applicable State Laws.

Certificates are allowed to be submitted during and after the semester until July 31 by the State Command Team, but after that they will not approve certificates after the fact.

According to the Law and Policy all certificates have to be requested prior to the start of the semester, and they will approve them during the Add/Drop Period, but after the period is over the requests will be denied.

**The Massachusetts National Guard Education Assistance Program provides a 100% tuition and fee waiver for active members of the Massachusetts National Guard attending a state college, university, or community college program.**

Assistance can continue as long as you are good academic standing and until you have reached 130 semester hours.

To apply, you must request a Certificate of Eligibility (TAGMA Form 621-3) from the Massachusetts National Guard Education Office. You may request one by calling the office at (508) 968-5889.

In November 2005, the Massachusetts Legislature enacted and the Governor signed "An Act Providing Benefits to Service Members, Veterans and Their Families" (Chapter 130 of the Acts

of 2005). This law, in Section 2A, provides for tuition and fee waivers for members of the Massachusetts National Guard who choose to attend a Massachusetts public institution of higher education and it requires the Board of Higher Education to establish guidelines for these waivers. Section 2A also states "The commonwealth, not the institutions of public higher education, shall bear the cost of such tuition and fee waivers for Massachusetts National Guard members."

### **ELIGIBLE INSTITUTION**

An institution within the system of public institutions of higher education as identified in Section 5 of Chapter 15A of the Massachusetts General Laws.

### **ELIGIBLE PROGRAM**

An undergraduate or graduate degree program offered by an eligible institution.

### **ELIGIBLE STUDENT**

An active member of the Massachusetts Army or Air National Guard who is in good standing and meets the following criteria:

- a) is accepted for admission to, or is enrolled, full- or part-time in a Massachusetts public institution of higher education, as defined above
- b) is eligible to receive and has been issued a Certificate of Eligibility by the Military Division
- c) has not exceeded the 130 semester credit hours maximum, or the equivalent quarter hours or clock hours, when combined with **Mass.**

Certificates of Eligibility issued prior to September 1, 2006



## Education Information and Benefits

(Cont'd from page 23)

d) maintains satisfactory academic progress as defined by the institution

### MAINTENANCE OF ELIGIBILITY

It is the responsibility of each National Guard member to maintain his/her eligibility for educational assistance during the life of each Certificate of Eligibility. The member is also responsible for providing the Certificate of Eligibility to the proper official at the institution, as designated, and in a timely manner to facilitate awarding of the waivers.



### Free certification for Veterans from Syracuse University

The Veterans Career Transition program is operated by the Institute for Veterans and Military Families at Syracuse University, and is no cost to post 9/11 Veterans, their spouses, and spouses of active duty military. Participants receive non-credit certificates upon completion. Industry certification is available for free. The VCTP program will pay the graduate's associated exam fees for industry certification.

For more information visit:

<http://vets.syr.edu/education/employment-programs/>



### Air Force Cool Program

The Community College of the Air Force provides Air Force Credentialing Opportunities in an On-Line program. Air Force COOL is a pathway for enlisted Airmen to earn industry recognized professional certifications and licenses. Found on the Air Force Portal, Air Force COOL has a credential mapping of 642

professional certifications and licenses for 190 enlisted Air Force specialty codes. The credentials are at the national and state levels and from industry. Complete Air Force COOL program details, application procedures, eligibility requirements and AFSC listings are located on the Air Force Portal or here:

<https://afvec.langley.af.mil/afvec/Public/COOL/Default.aspx>

For more information visit the following sites:

<https://afvec.langley.af.mil/afvec/Public/COOL/SearchCredentials.aspx>

<https://afvec.langley.af.mil/afvec/Public/COOL/HowDoIApply.aspx>

**Congratulations to  
all those  
Barnstormers  
graduating during  
this season of  
graduations!**

### Finance Counselor On Base

A Personal Financial Counselor, Debra Antel, from the Military and Family Life Counseling Program will be on base every Wednesday until July 1, 2016. She will be working out of the Family Readiness Office in Bldg. 1. If you wish to make an appointment with her please see her contact information listed below.

*It is another benefit provided to us absolutely free.*

If you would like to make an appointment, including in the evening after work, please call her at 774-205-3698, or email her at MA-PFC2@mflc.zeiders.com.

## Comm Warrior Corner : Keep Calm and Learn Computers

### Bits & Bytes

#### What's up with SharePoint?

Our SharePoint 2010 content was moved to a staging site about three weeks ago. Unfortunately, that site went down about two weeks ago, so the information has been inaccessible. According to our NGB source, they are in the process of configuring the sites IAW the applicable DISA Secure Technical Implementation Guides (STIGs). Unfortunately they did not provide an estimated time of completion. But, we are staying in contact and hope to hear something soon.

The out-of-the-box workflows seem to be working, BUT there have been some instances where they seem not to. As of this writing, custom workflows do not seem to be fully functional. The quick edit option on the custom list, for example, seems to come and go intermittently.

There is always something new and exciting going on. Below are two NGB/A6CK messages from May 5, 2016:

Active Duty connecting to EISSP Users outside the ANG network have not been able to access the new EIS SharePoint since it was built. We have been working with the NOSC to resolve the access issue, thinking it would be a fairly straightforward fix action. During troubleshooting however, it came to light that the problem is more complex than previously thought. This is due to differences between the ANG and AF network architectures. An engineering solution is being developed to provide secure access to co-located Wings, active duty AF, and other non-ANG NIPRNET users.

The NIPRNET solution will use existing resources, so there should not be a delay due to procurement. The requirement vetting, solution development, testing, and implementation will take approximately 4-6 weeks to complete. This will not provide access outside NIPRNET (e.g. from home)--that requirement is being worked separately and, if approved, has a significantly longer implementation timeline.

Upgrade Update: Upgrades to the SharePoint 2013 look-and-feel are still on hold. There are a hand full of pilot units which were migrated into a custom SharePoint template during migration. This template has numerous functionality issues and will need to be replaced with the "out of the box" SharePoint tem-

plate, and correcting these sites is our current priority.

Further upgrades will continue on the units currently using the 2010 look-and-feel. Members using the 2010 setup should continue utilizing it as-is; changes will carry over when the upgrade to 2013 is done. (NOTE: The 104 FW is a pilot unit with the custom SharePoint 2013 template.)

#### Important: Air Force Lotus Forms Update

The official Air Force forms inventory is migrating away from the familiar IBM Lotus (.xfl) forms to Adobe. The projected completion date is 31 March 2017 to have all AF forms hosted on the e-Publishing website available in fillable Adobe (.pdf) format.

In addition, early next year the Lotus software required to read forms in .xfl format will be removed from all Air Force & ANG computer. This will render them unreadable, so for those with historical records in .xfl format, it's important to save them to PDF format starting May 12, 2016, particularly if you have a large inventory.

(Cont'd from page 25)

## New Computer Purchasing Policy

As of 15 September 2015, SAF/CIO A6, SAP/FM, and SAF/AQ issued a memorandum directing that purchases of laptop and desktop computers be limited to mission essential requirements only. In accordance with this policy, routine tech-refresh purchases are not permitted for a two year period, or until inventories are exhausted. The intent of this guidance is not to cease all purchases, rather to minimize purchases to mission essential requirements only. MAJCOM/A6 and/or Wing Commanders must approve and validate in writing that the requirement is mission essential and that it cannot be met through existing enterprise inventories.

Additionally, all purchases must be made through AFWAY or NETCENTS per AFMAN 33-153. Simply put, there are limits on buying computers, and we have to follow a plan to distribute the ones we have. Everything computer we buy must be 1) a part of the lifecycle management plan, and 2) be mission essential. This makes it all the more important that you manage your computer assets well, and arrange replacement of aging machines with the ECO, Tech Sgt. John Niejadlik (698-1757), in a timely manner. It could be two years before we see more!

## Requesting Communications Systems, Software, etc.

We are now using an automated process to gather requests from users and functionals asking for additional hardware, software, and other communications systems.

You can read the full details in BI 33-103 at <https://eissp.ang.af.mil/org/104FW/BI/BI%2033-103.pdf>. Basically, the ITEC (or whomever your commander appoints as the focal point for organizational comm needs) requests a Work Order Submitter role in the Work Order Management System (WOMS) within the Cyberspace Infrastructure Planning System (CIPS). This individual can then submit requirements on behalf of the organization.

The Plans office manages the requests process from there, but representatives can monitor the status of their requests right from within the Work Order Management System (WOMS). Contact Senior Master Sgt. Jeff Samuelson (698-2722) for more information.

## Outlook Web Access

Email can be frustrating, especially when we logon to a computer we haven't used before. Often, we're forced to wait while Outlook pulls in all the email – read & unread – that exists on the servers. And when we're away, we can't access Outlook at all.

There is a solution!

Try Outlook Web Access. Just click one of the links below (or copy & paste it into your browser), read the DoD warning page, click OK, and always use your email certificate. There's no waiting for Outlook to catch up, and you can access your email from wherever you might be as long as you have a CAC-enabled computer and a card reader.

Please note, however, that if you have other email archives stored on your computer, those will not be available.

Links:

<https://web-cols03.mail.mil/owa>  
<https://web.mail.mil/>



Meet Comm! Tech Sgt. Jason Schrecke, Staff Sgt. Charles Bienia, and Senior Airman Patrick Elmore (left to right) of the 104th Communications Flight, pack up equipment to support a Homeland Response Force Command and Control (HRF C2) exercise.



**Kids Club**  
**Saturday, May 14, 2016**  
**Sunday, May 15, 2016**

7:30 a.m. *Bus Pickup at 104th for Club – departing from Bldg 8*

8:00 – 8:15 a.m. Breakfast / Morning Meeting

8:15 – 9:15 a.m. Games Room Tournaments:

The Games Room is where the children will participate in table tournaments, such as: Cherry Pick (Pool table), Foosball, Air Hockey, Bumper Pool, and Poly Pong ( 4 players at a time).

**Saturday :** Ping Pong Volley Challenge

**Sunday :** Cherry Pick Tournament

**Saturday & Sunday:**

**NetSmartz** is a Boys and Girls Club program that teaches beginning learners to use the computer properly. **Gamestar Mechanic** is a program that teaches elementary and middle school aged children how to create their very own computer game.

9:15 – 10:15 a.m. OJP Mentoring Part I:

**Saturday & Sunday:** Charades /SPARKLE / 7-Up / BINGO

10:15 – 11:00 a.m. Art Studio Arts & Crafts:

**Saturday:** Dream Animals

**Sunday:** Scribble Drawings

11:00 – 12:00 p.m.      Computer Lab:

12:15 – 12:45 p.m.      Lunch

**Saturday:** Chicken Pot Pie, Corn, Fruit, and 1% White Milk

**Sunday:** Meat Lasagna, Vegetable of the Day, Fruit,  
and 1% White Milk

1:00 – 2:15 p.m.      OJP Mentoring Part II:

Triple Play / Healthy Habits is a national Boys and Girls Club  
program that teaches healthy habits through physical activity.

**Saturday and Sunday:** Volleyball Barrel Toss and Hula Hoop Toss  
and Relay Races

2:30 – 3:30 p.m.      *Swimming (Saturday and Sunday)*

4:00 p.m.      *Bus Departs for 104<sup>th</sup> – drop off location: Bldg 8*

### ***What is OJP Mentoring?***

Through a grant from the Office of Juvenile Prevention, the children will be paired with a mentor in a small group setting, engaging in high-yield activities, such as: cross word puzzles, arts & crafts, computer games, and gym activities. The goal of the OJP Mentoring is to encourage youth to be more active in their schools and communities

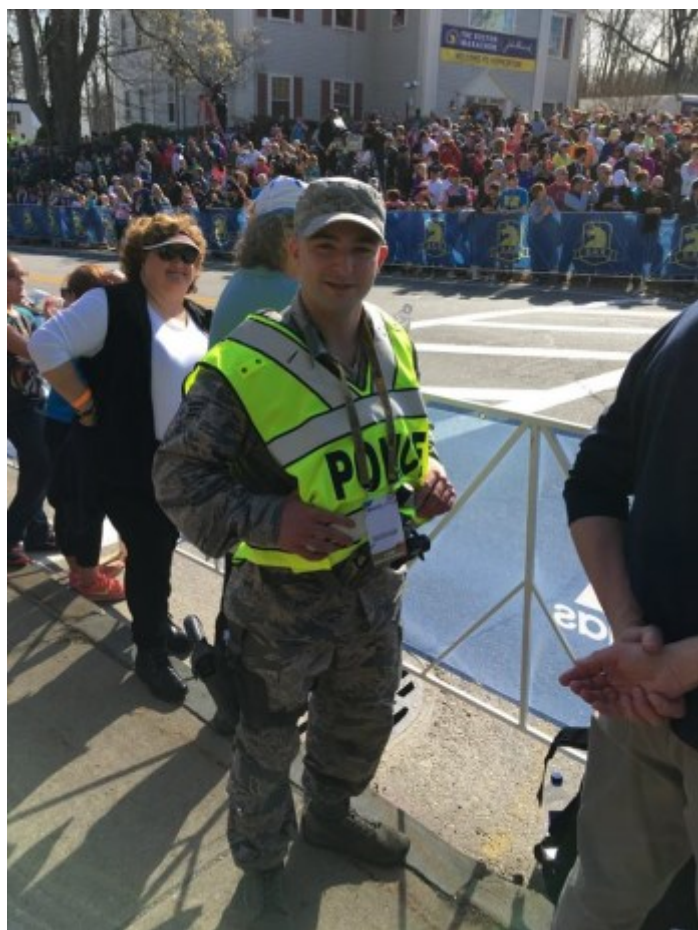
## Airmen Serve & Protect During Boston Marathon



Senior Airman Hannah Graydon of the 104th Fighter Wing Security Forces, ensures over 30,000 Boston Marathon runners are secure alongside other law enforcement agencies. (U.S. Air National Guard Photo by Master Sgt. Julie Avey)



Tech Sgt. Robert Krider and Airman 1st Class Eric Franco of the 104th Fighter Wing Explosive Device Ordinance Unit patrol the Boston Marathon finish line. (Courtesy Photo from Tech Sgt. Robert Krider)



The 104th Fighter Wing Air National Guard Security Forces Airmen were out serving and protecting at the start of the Boston Marathon. (U.S. Air National Guard Photo by Master Sgt. Julie Avey)



104th Fighter Wing Defenders geared up to serve at the Boston Marathon in the early hours before dawn. (U.S. Air National Guard Photo by Master Sgt. Julie Avey)



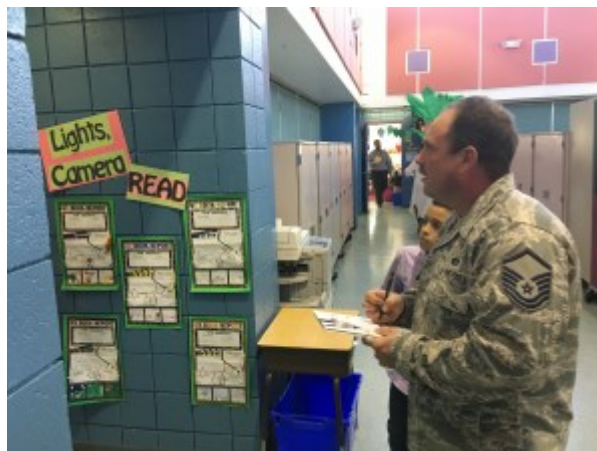
Senior Airman Anthony Dieni secures the Boston Marathon course for over 30,000 runners. (U.S. Air National Guard Photo by Master Sgt. Julie Avey)



## Around the Community at a glance!



The 104th Fighter Wing Members and their families attended Strong Bonds, March 11-13 . The Strong Bond program is hosted by the Fighter Wing Chaplains and provides communication tools for married couples, families, and singles . Look for more information coming soon on a singles event. (Courtesy Photo)



104th Fighter Wing Airmen volunteer to read at Maurice A. Donahue school in Holyoke as a part of a 25 Book Reading Campaign. After reading and sharing about the moral of the stories they also shared their military experiences. (U.S. Air National Guard Photos by Master Sgt. Julie Avey)



The Mass. Army National Guard Aviation unit at Barnes Air National Guard Base, hosted a tour of the Army aviation facility and provided training flights on the UH-60 Black Hawks for the ROTC cadets from UMass Amherst and Western New England University. The Cadets from the Minute Man Battalion learned loading procedures and were transported to their annual training. (U.S. Air National Guard Photos by Master Sgt. Julie Avey)

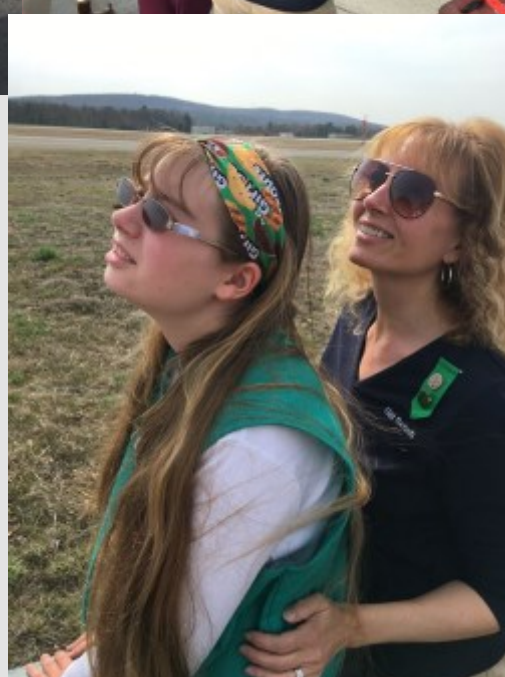


The Veterans of Foreign Wars VFW National Senior Vice Commander visits Barnes ANG. (U.S. Air National Guard Photo by Master Sgt. Julie Avey)



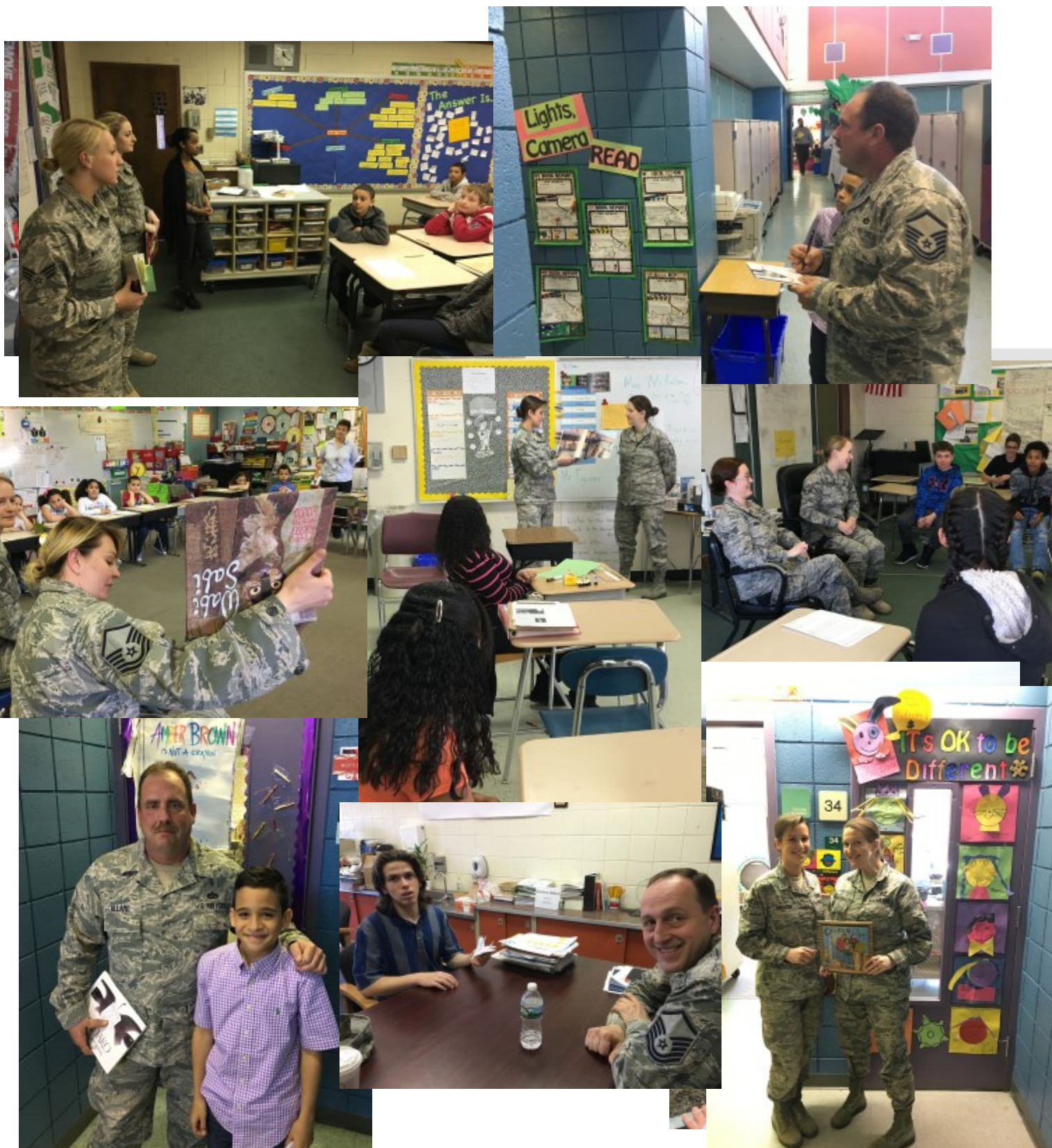
# Girl Scouts Visit Barnes

Danger Zone might be F-15s or might be cookies but either way we like both!





# Airmen Volunteer With Local Students 25 Book Club





## Rain or Shine VFW Support Airmen!



## Welcome to the Wing

Airman Katrina Ely 131FS  
 Airman 1st Class Edward Pintor MXS  
 Airman 1st Class Pavel Chumak MXS  
 Senior Airman Gary Hunt MXS  
 Senior Airman Alexandra Begin OSF  
 Staff Sgt. Joan Germain MXS  
 MSgt Michael Roncarati MXS  
 Lt. Col. Jimmy Worley 131FS

## Retirements

### April 2016

Master Sgt. Patrick F. Martunas  
 OSF

### May 2016

Master Sgt. Paul J. Silva  
 AMXS

## Promotions

### To Airman

Katrina Ely 131FS



### To Senior Airman (E-4)

Nicholas Asselin SFS  
 Alexandria Begin OSF



### To Staff Sgt. (E-5)

Joseph, Adamowicz MXS  
 Devin, Adair MXS



### To Master Sgt. (E-7)

Tina Blake AMXS  
 Michael Roncarati MXS



## WHAT'S FOR

AGR and Officer Meal



11 a.m.-1 p.m.

## LUNCH?

Rate \$5.55

### Saturday -

Soup – Tortilla & Soup du Jour

Entrees –Chicken Fajitas or Beef Enchiladas with Spanish Rice Refried Beans, Calico Corn, Spinach and Mexican Cornbread

Short Order – NONE

Salad Bar, Assorted Desserts

### Sunday -

Soup – Tortilla & Soup du Jour

Entrees – Honey Glazed Chicken Breast, Baja Fish Tacos with Oven Roasted Potato Medley, Orange Rice, Buttered Cauliflower, Seasoned Carrots, Buttered Rolls

Short Order –NONE

Salad Bar, Assorted Desserts

## CCTV broadcast line up

Channel 9 - Training videos



### Morning

0900-0940

0940-1013

1013-1023

1023-1053

1053-1101

1101-1108

### Training Video

Forklift Fundamentals and Ops

Confined Space Awareness

Basic Ladder Safety

Lockout/Tagout

FOD Prevention

Copyright Infringement

### Afternoon

1300-1340

1340-1413

1413-1423

1423-1453

1453-1501

1501-1508

### Training Video

Forklift Fundamentals and Ops

Confined Space Awareness

Basic Ladder Safety

Lockout/Tagout

FOD Prevention

Copyright Infringement



## Proud of our Airmen!



Senior Airman Juan Rodriguez, a 104th Aircraft Maintenance Squadron aircraft systems electrician, sketches an original design onto a ceiling tile at Leeuwarden Air Base, Netherlands. This tile will be left as a gift to the Royal Netherlands Air Force and placed on the ceiling of their flightline club. Rodriguez's artwork depicts the Air National Guard Minuteman, an F-15, the U.S. flag, and the Frisian Flag to commemorate the Frisian Flag 2016 exercise and to thank the Royal Netherlands Air Force for their hospitality and partnership. (U.S. Air National Guard photo by 1st Lt. Bonnie Harper)



Thanks for Volunteering! Master Sgt. Jeffrey Allard of the 104th Medical Squadron, Bioenvironmental, volunteers to read during the 25 Book Reading Campaign at Maurice A. Donahue school in Holyoke. Allard takes a moment for a photo with a student during the voting of the classroom door decorations in the theme of books. Several members volunteered and field questions on the moral of the stories they read as well as their Air National Guard stories. (U.S. Air National Guard Photo by Master Sgt. Julie Avey)



Senior Master Sgt. Tom Orifice of the 104th Logistics Readiness Squadron is spotted during the Boston Marathon as he is on his way to 26.2 mile finish line. Congratulations! (U.S. Air National Guard Photo by Master Sgt. Julie Avey)

Massachusetts Air National Guard  
104th Fighter Wing - PA  
Falcon Drive, Westfield, MA 01805

[www.104fw.ang.af.mil](http://www.104fw.ang.af.mil)  
[www.westfieldairshow.net](http://www.westfieldairshow.net) Phone: 555-555-5555  
Fax: 555-555-5555  
Email: [someone@example.com](mailto:someone@example.com)



**We're on the Web**

**[WWW.104FW.ANG.AF.MIL](http://WWW.104FW.ANG.AF.MIL)**



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