



# AIRSCOOP

**104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD**  
*Pride, Professionalism, Patriotism* *Barnes Air National Guard Base*

December 2018



Airmen Providing Airpower - Page 4

(U.S. Air National Guard photo by Airman 1st Class Randy Burlingame)

## Commander's Column: It's easier said than done!

By Command Chief Master Sgt. Maryanne Walts



We just finished with a Phase II readiness exercise in November. We all know the reason why we practice them, but it's not until we are breaking everything down and putting all of our gear away for next time that we admit to ourselves we really needed the practice!

I for one avoided taking my gear out of the closet, which was probably sitting in there for more than a year, in fear that it would smell worse than my son's lacrosse cleats. In reality, it wasn't so much the smell, as it was the fear of remembering how to get all my gear on in a timely manner.

Then I read Lt. Col. Carr's AirScoop article that said, "first is a crawl, then we walk, and eventually we will run." I suddenly felt better knowing that I was not the only one feeling that way.

I don't know about you, but I am feeling the same way heading into the December RSD. My task list is like a plate of spaghetti over flowing onto the floor. I find that this time of year adds additional stress to my already busy schedule.

How many times have you taken a trip and the flight attendant has come on the speaker and said, "in case of an emergency...if the oxygen mask comes down and you are traveling with someone, make sure you put it on yourself first?" It is so true! You must take care of yourself before taking care of others.

Self-care is essential to leading effectively and allows us to create a culture in which we thrive. Although it is easier said than done, balance is often elusive in the face of personal and professional commitments and responsibilities.

However, research clearly shows that as stress increases, our ability to cope with stressors decreases, and often maladaptive behaviors increase. We also know that when we don't take care of ourselves, we start to make poor decisions. Thank goodness not all poor decisions come with serious consequences, but they can be avoided.

Don't ever be afraid to ask for help! There are many times in my personal and professional career that I needed to ask for help. As many times as I have sat in Air Force Resiliency Training classes, there are times when there are just not enough hours in the day.

In my mind I think I can do it all, but eventually the walls start closing in on me and I know that I must reach out.

Take an honest assessment of your physical, mental, spiritual and social health. Self-care, balance, and seeking help are all part of the Comprehensive Airmen Fitness.

## AIRSCOOP

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## Table of Contents

### 2. Commander's Column

### 3. Safety

### 4. Airmen Providing Airpower

### 5. Stories & Promotions

**Alcoholism is treatable!**

**Need help?**

**Call 1-800-410-2560**

**Sexual Assault S.A.F.E. helpline**

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## Safety: How goes it?

By Senior Master Sgt. Shannon Huard, 104th Fighter Wing occupational safety manager

As 2018 draws to a close, it's important to take the time to express gratitude to all the people in our lives and reflect on what we are truly thankful for. In that spirit, I want to thank the members of the 104th Fighter Wing for all your time, effort and contributions to make Barnes a safer place to work.

Your dedication to getting every employee home safe and healthy at the end of each day not only inspires others, but has extra special meaning during the holiday season.

Technical Sgt. Angelica Mendoza will be serving as the interim Occupational Safety Manager for the early part of 2019. There will be some other changes coming to the Safety staff in the near future as well, as I will be away in the beginning of the year. We will have a staff full of new people with fresh experience so please bare with them. If you have a question and they don't know the answer right away, please be patient. They will get you the answers you need.



The goal of Wing Safety is Mishap Prevention. We want to take past events and prevent them from happening again in the future. To do that, we need your help. Please remember to report all injuries and mishaps, no matter how minor they may seem. If you identify a hazard, fix it at the lowest level or up-channel it so it can be fixed. If it can't be fixed, we will try to come up with ways to mitigate it to reduce the chances of a mishap.

Be safe during the holidays. Winter holidays are a time for families and friends to get together. That also means a greater risk for mishaps. Be careful when decorating for the holidays. Test your smoke alarms and make sure you have a home fire

escape plan. Be careful with open flames like candles and fireplaces. Make sure you use a designated driver if you will be celebrating with a few drinks. Always have a Wingman. Remember to enjoy the company of your loved ones and keep their safety as well as your own on the forefront of your minds.

My hope is that I come back next summer and each and every one of you has remained safe. Please take care of yourselves and each other. On behalf of the entire Wing Safety staff, I wish you a happy and safe holiday season and a wonderful new year.

## Airmen Providing Airpower: Fuels Airmen deliver safety and consistency

*By Airman 1st Class Randy Burlingame*

Two Airmen wearing knee-length black aprons and protective gear on their faces and hands crouch next to a green fuel truck as they take a sample from its tank.

The sound of the truck's engine can be heard as the sample runs through a clear hose into a jar they have placed on the ground.

Senior Airman Greg Laquerre and Senior Airman Kyle Leven, 104th Logistics Readiness Squadron fuels specialists, conducted the test as part of a monthly quality control routine that checks for particle contaminants and the amount of water in the fuel.

Tests like this ensure the Airmen deliver safety and consistency through dependable fuel for the pilots flying the F-15C Eagles at the 104th Fighter Wing.

"These pilots don't get to take off and do everything they do without fuel being there on time and being clean," said Laquerre. "We have the responsibility of continuously ensuring that the fuel gets from Point A to Point B."

There is a lot more that goes into their job than driving a fuel truck onto the flight line to gas up a jet, said Laquerre.

"People don't realize we're working constantly to make sure there's no contamination of tanks," said Laquerre. "We take a lot of pride in that."

According to Laquerre, one of the ways the Airmen test fuel is by performing an Aeronautical Engine Laboratory Water Pad Test.



Fuels Airmen from the 104th Mission Support Group receive and test fuel Nov. 13, 2018, at Barnes Air National Guard Base. (U.S. Air National Guard Photos by Airman 1st Class Randy Burlingame)

The test measures how many parts per million of water is present in the fuel sample. Too much water can be dangerous and could compromise a fuel tank, he said.

"That would cripple the mission entirely," said Laquerre. "It's so vital to have people that are on point. Safety is definitely above everything."

Laquerre and Leven said the team in the fuels shop and the training they receive help to ensure they are able to execute their mission at the 104th FW.

"I think the biggest thing is the training we have here," said Leven. "I think there's a lot of people that are very qualified to give good instruction. People really make it a point here to just do things right and in a safe way. It all has a purpose."



## Photos & Stories

**Click on the headlines to read the full story and view additional photos.**

[Aircraft engine mechanic promotes resilience, empowers women, raises suicide awareness](#)



[104th FW participates in EXERCISE EAGLE CLAW](#)



[Vigilant Guard displays Total Force](#)



## Promotions

**First Lieutenant**  
Alexander Nielsen



## Farewells

MSGT Gary Bienvenue      Communications Flight  
SSGT Clifford Daley      Maintenance Group



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