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Leadership at Bright Nights

AirScoop

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Tech. Sgt. Lindsey Sarah Watson Kirwin

Airman 1st Class Randy Burlingame

Airman Sara Kolinski



Commander's Column: A year of success, the path forward

By Col. Peter T. Green III, 104th Fighter Wing commander



Happy New Year! As we begin 2019, let us pause a moment to reflect on our 2018 successes. The Theater Security Package Deployment, Germany Deployment, Vigilant Guard, and Alert Force Evaluation represent a small sample of our accomplishments and showcase our collective volunteerism within our communities, and our commitment to keeping the 104th Fighter Wing the most respected Fighter Wing in the Combat Air Forces.

This weekend we have our 45th Annual Awards Banquet. The Awards Banquet has been a world class outing, where we can celebrate our outstanding Airman. As I have stated to all of you, the 104th Fighter Wing is strong due to our people, and this is our event to celebrate together. I hope to see all of you there with your friends, spouses or significant others to celebrate your outstanding performance that contributes to the Wing's continued success.

Looking ahead, we will continue to focus on improving mission readiness. Our deployment to Patrick Air Force Base will again allow our team to gain experience in mobilizing cargo and people, as well as generating aircraft to deploy. Not much further in the future, Exercise Arctic Challenge will provide another excellent opportunity for unique and valuable training for our team.

In an effort to assess our operations for compliance and readiness, we must continue to integrate and use our Air Force Inspection System. Our CAPSTONE Inspection is in June, and the Inspector General Air

Combat Command team has already been reviewing our data. We have 180 deliverables due to them. Lieutenant Colonel John Desarro and his team have been working hard to keep us on the right track so I ask you to continue to do your part and work with your Self-Assessment Program Managers on MICT and IGEMS.

As part of our communications and strategic planning process, Col. David Halasikun, Command Chief Maryanne Walts and I are will continue our "Out and About" sessions to sections and shops on base. We have conducted four sessions to date. The "Out and About" sessions are designed to ensure we connect and listen to you. We will be coming to a shop or section near you soon. We want to know what is on your mind. Stay connected with us on the 104FW App!

I have heard from many of you that you felt the State of the Wing was valuable, and learned more about what we are all facing as a Wing. You are the shareholders, and we as the senior leadership are responsible to keep you

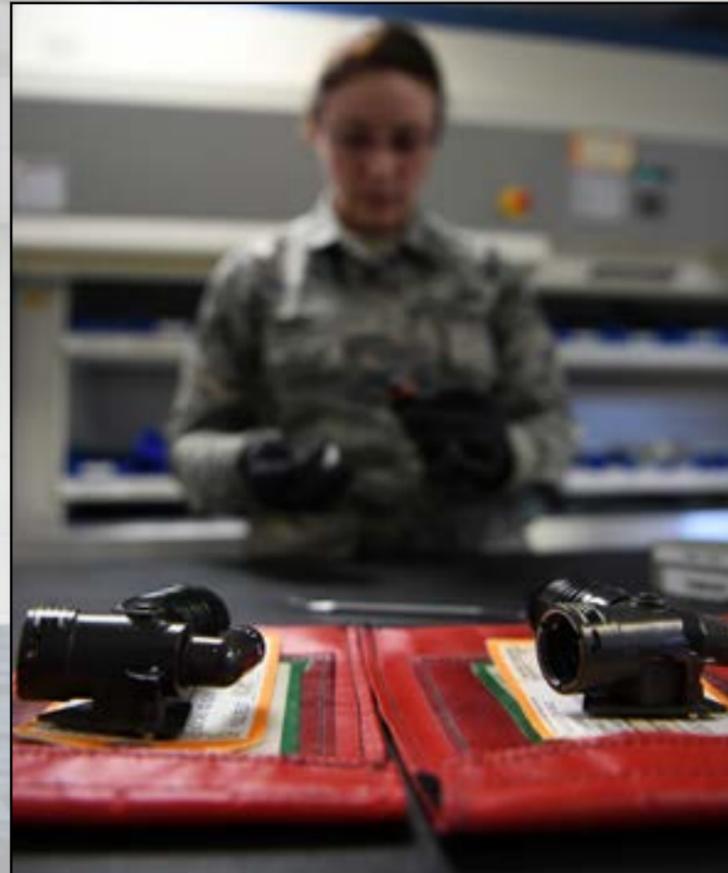
informed and up to date.

On the Facilities front, our Civil Engineering team, led by Maj. Jeremy Dugan, was able to secure funding for the new mini-Installation and Full Development plan to lay out our needs for the next 10-15 years. Included on the short list are: new main gate, Operations building renovation, new Propulsion, Non-Destructive Inspection and Aerospace Ground Equipment areas. We will also design and construct our new Wellness Center in building 12. This will be a one-stop center for our Airman and their families. It will contain the Chaplain's team, Director of Psychological Health, Airman and Family Readiness, Yellow Ribbon Coordinator, and our Sexual Assault Response Coordinators offices.

My leadership team and I are fully committed to making our Wing better every day. I need you all to do the same and continue this legacy of Pride, Patriotism and Excellence in all we do. I am proud to serve with you. Go Barnestormers!

Airmen & Airpower: Maintaining critical equipment keeps pilots safe

By Airman 1st Class Randy Burlingame



Airman Elizabeth Sicard and Staff Sgt. Dave Avalone, 104th Operations Support Flight Airmen, have an integral role in maintaining aircrew flight equipment and keeping pilots safe. (U.S. Air National Guard photos by Airman 1st Class Randy Burlingame)

The 104th Operations Support Flight Airmen working with aircrew flight equipment are responsible for inspecting and maintaining all of the flight and safety equipment used by the pilots at the 104th Fighter Wing.

The Airmen have to thoroughly inspect every piece of equipment on a regular basis. They must also maintain or replace parts when necessary, as it can be critical

for the pilots in case they ever have to eject out of the aircraft.

“Without us, the pilots wouldn’t be able to go up,” said Tech. Sgt. Jennifer Rodriguez, 104th OSF aircrew flight equipment non-commissioned officer in charge. “At the end of the day, we always say, ‘their lives are in our hands.’”

In addition to maintaining equipment such as helmets, parachutes and harnesses, the aircrew flight equipment Airmen are responsible for training the pilots, said Staff Sgt. Dave Avalone, 104th OSF aircrew flight equipment technician.

“We’re also responsible for continuation training,” said Avalone. “We actually will train the pilots on different things like local area survival and water survival.”

Avalone said pilots can request to have their equipment checked for leaks prior to take off and that members of his shop are present before pilots take off to help with communications checks. Everything a member of the aircrew flight equipment shop does is in support of the pilots and their mission, he said.

Having to become proficient in so many

things is something Avalone enjoys, he said.

“It’s been a job that’s definitely gotten me out of my comfort zone, which is good,” said Avalone. “I feel like every day when I come to work, I’m constantly learning. It’s been challenging in a good way. You take what you learn and use it to the best of your ability.”

One of the newest members of the aircrew flight equipment shop echoed Avalone, saying she has enjoyed working here since finishing technical school in September.

“I really like the fact that we’re such an integral part for the pilots,” said Airman Elizabeth Sicard, 104th OSF aircrew flight equipment apprentice. “It’s really exciting to be working side by side with them.”

Having a team of dedicated individuals has allowed the aircrew flight equipment shop to function at a high level and ensure that the pilots are always ready to execute their mission at the 104th FW, said Rodriguez.

“They’re doing a really good job,” said Rodriguez. “They’re fast, dependable and reliable. I have a great team of people.”

Department of Psychological Health: Reframing your outlook

By Michelle Pennington, Director of Psychological Health Ext: 698-1563 Email: michelle.a.pennington.civ@mail.mil



I am not one for new year's resolutions. Rather, the new year is a good time to re-boot attitudes and outlook. One area that can be a challenge is the start of the work week, especially after the holidays and long weekends.

Eric Endlich, PhD gives some simple suggestions to help us change our attitudes about Mondays or whenever the start of your work week is.

First, for a lot of us, weekends turn into chore days. Dr. Endlich recommends

limiting work and chores on off days and schedule time to relax and refresh. Engage in self-care during the week by doing little things for yourself.

Second, change your attitudes about Mondays. Make a list and start with changes that you have the most control over and consider possible solutions.

Third, stay organized. At the end of your work week pick up your work area and plan for the next week's tasks and keep Mondays low key if you can. Have a backup plan. Leave extra time for delays or unexpected complications.

Fourth, visualize success. Imagine going through your day and handling challenges effectively.

Fifth, cultivate friendships with co-workers. Work can be more pleasurable when you are able to connect with your co-workers. Now that the Holidays are over, it is time to get back on track with sleep and healthy habits. The holidays can be exhausting physically and emotionally stressing our bodies. Getting back to healthy sleep routines, exercise and a healthy diet can help us be ready for challenges of the new year.

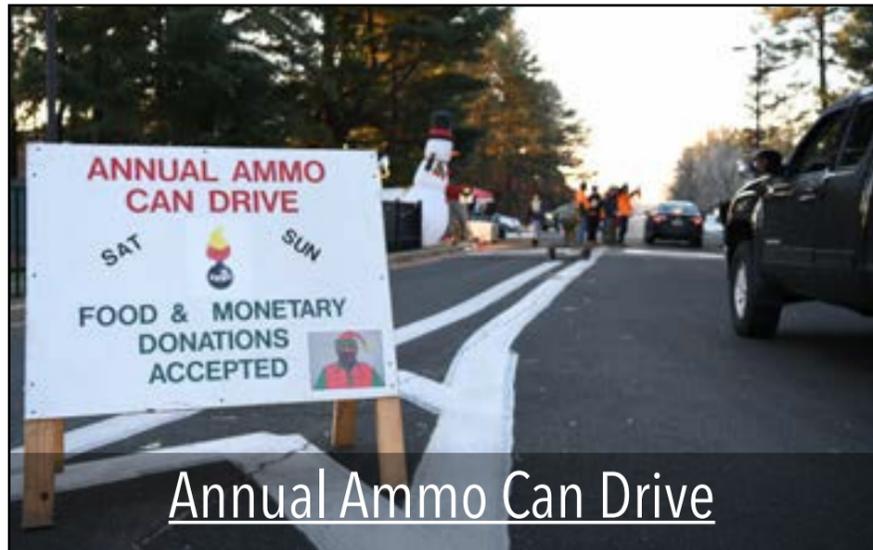
Fire Training



Live fire training is one of the many ways firefighters at the 104th Fighter Wing ensure they are mission ready. [Click here to read more on how they support our local communities.](#) (U.S. Air National Guard photos by Airman 1st Class Randy Burlingame)

Highlights, Welcomes, Farewells and Promotions

104th Public Affairs Office



Annual Ammo Can Drive



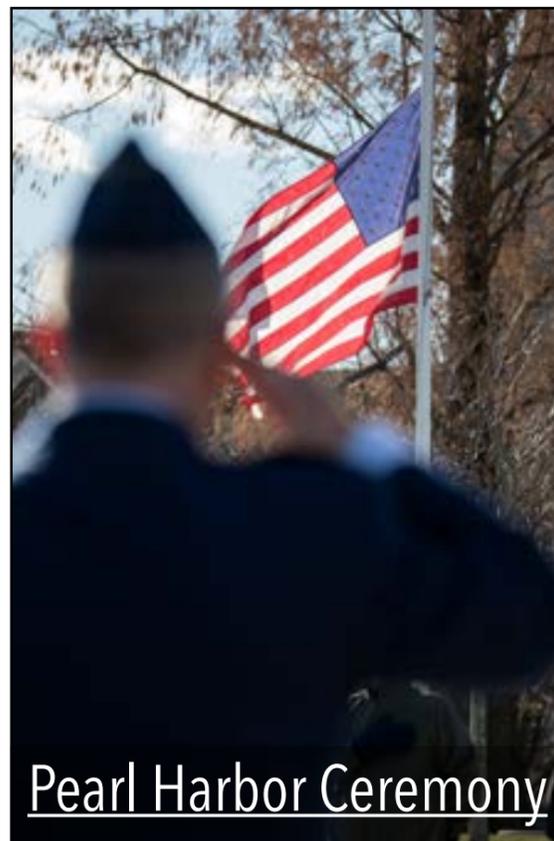
TIME Workshop



Perserverance brings recruit to 104th



Officers Serve Lunch



Pearl Harbor Ceremony

Welcomes

Airman Basic Darik Frye - 104th Security Forces Squadron
Airman 1st Class Cody Fongemine - 104th Security Forces Squadron
Staff Sgt. Alexandria Baca - 104th Maintenance Squadron

Farewells

Senior Master Sgt. Shayne Newton - 104th Medical Group

Promotions

Senior Airman Cory Vandergrift - 104th Aircraft Maintenance Squadron
Senior Airman Sean Moddy - 104th Aircraft Maintenance Squadron
Senior Airman Robert Maxton- 104th Aircraft Maintenance Squadron
Staff Sgt. Carissa Tryba - 104th Force Support Squadron
Tech. Sgt. William G. McGee Jr. - 104th Maintenance Squadron
Tech. Sgt. Mary Keeler - 104th Maintenance Squadron
Chief Master Sgt. James Brown - 104th Medical Group
Maj. Mark Silvers - 131st Fighter Squadron

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