

March 2019

# AirScoop

104th FIGHTER WING | [WWW.104FW.ANG.AF.MIL](http://WWW.104FW.ANG.AF.MIL)

Airmen & Airpower: 104th Security Forces Squadron increases lethality

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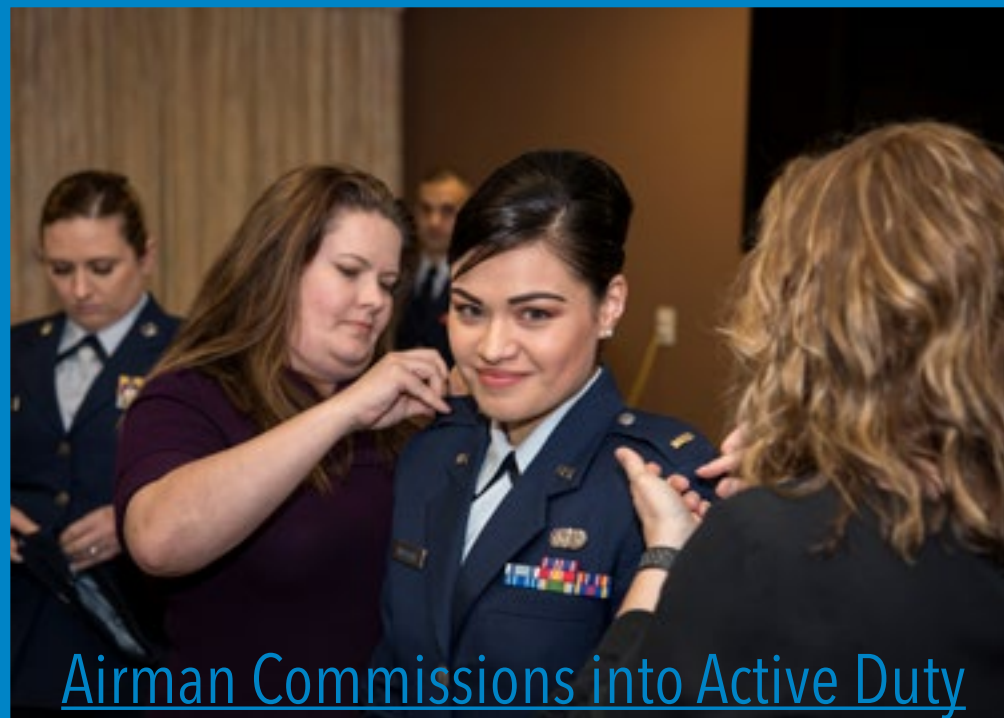
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## Command Minute

View all Command Media, news, full-time vacancies and more on the 104th Fighter Wing Mobile App, available on the [Apple App Store](#) and [Google Play Store](#)

## Out & About



# AirScoop

### Wing Commander

Col. Peter T. Green III

### Vice Commander

Col. David Halasi-Kun

### Command Chief

Chief Master Sgt. Maryanne Walts

### Chief of Public Affairs

Capt. Tony Mutti

### Public Affairs Officer

2nd Lt. Amelia Leonard

### Public Affairs Staff

Senior Master Sgt. Julie Avey

Tech. Sgt. Lindsey Sarah Watson-Kirwin

Airman 1st Class Randy Burlingame

Airman Sara Kolinski





# Commander's Column: Own it

By Lt. Col Gary Archambault, 104th Medical Group commander



Over the years, there have been times that I was less prepared for the fitness assessment than I should have been. However, I'm proud to say that with over 34 years of service, I've never failed. So why wasn't I better prepared? I simply let other portions of my life become a priority. I failed to own it.

These days, I look forward to the annual fitness assessment. Every year I try and do better than the year before. It does not hurt that I have a friendly competition with my brother, Lt. Col. Dave Archambault, to see who scores better!

Ownership is one of the latest buzzwords in leadership. Jocko Willink, former Navy SEAL, has written on the topic. How does ownership and fitness fit in with leadership? It's all about readiness. As members of the Air National Guard, our job is readiness.

About ten years ago, I was asked by my brother to start working out with him in the base gym. I'll admit, up to that point my overall fitness was inconsistent. But after some interesting workouts and a set schedule, I started to see a difference. Sure, it helped that my kids were older, and I could get away for bit. But the biggest difference was my willingness to own it.

When we fail to own the fitness test, we are less likely to be able to pass or perform well on the assessment. So own it.

If necessary, get yourself medically cleared to start working out. Just do it. Stop providing yourself with the easy out. While I understand the difficulties being a Drill Status Guardsman; having a full-time professional career in public health; raising two young men (formally my "young" children!); developing a strong and healthy personnel relationship; and supporting and spending time with my extended family. The list goes on. I also understand that I still have time to be fit. I have time to work out because I ensure that it is a priority in my life.

It turns out that you don't need much time to accomplish an effective work out. Don't believe me? Take that phone that's likely nearby you right now and do a little research. Don't let life be your excuse to not be fit. If you have little ones, take them along with you. Go for walks (no matter the weather). If they are infants, carry or push them in a stroller. When the kids go to sleep, take a few minutes to work out in your house or apartment (pushups, sit-ups, planks, air squats, lunges, etc.). You don't need fancy equipment or a gym to be fit. All you need is the willingness to be successful. You need to own it.

There is an added benefit of owning that fitness test. Somewhere along the way, you'll realize it's actually not that difficult. The only thing that is stopping you from scoring above 90% is you!

Since I'm on the topic of readiness, 2019 will see some additional changes to the wing's Periodic Health Assessment Questionnaire process. In 2018 the Medical Group conducted two successful PHAQ events. The plan was to have one event in 2019. As all of you should know, that is going to occur over the March Regular Scheduled Drill.

The original intent of doing the PHAQs in a compressed timeframe is to provide the Wing with more time during RSDs for training.

As you all are very much aware, the reason we exist is to fly jets. In order to do that, we need maintainers working on them so aircrew members can fly, train, and fight in them. That's much easier said than done.

In order to meet operational and training requirements, the schedule for March has changed a bit. The Medical Group will need to modify the schedule to enable the Wing to meet those requirements. This year members may need to visit the MDG multiple times. Chief Brown is working with the full-time MDG staff to minimize the impact. The Chief and the rest of the Group will do a stellar job, but it will require some flexibility on behalf of Wing members. Bottom line here is the MDG will own the scheduling challenge and make it happen.

All of the wing's leaders ask you to be supportive and understanding. With your patience and attention to instructions, we'll get your PHAQs accomplished in as little time possible. We are asking you to own your share of the PHAQ process. The "Individual" in Individual Medical Readiness is you.

I hope you all are enjoying winter and are beginning to look forward to what spring has to offer. While at the base and in all aspects of your life, be safe and be great wingmen.



# Airmen & Airpower: 104th Security Forces Squadron increases lethality

By Airman 1st Class Randy Burlingame



The 104th Security Forces Squadron conducts quarterly weapons training, Feb. 10, 2019, on the firing range at Barnes Air National Guard Base, Massachusetts. The recently renovated firing range increases the effectiveness and efficiency of weapons training and weapons qualifications. (U.S. Air National Guard photos by Airman 1st Class Randy Burlingame)



The firing range at the 104th Fighter Wing went through a series of renovations in 2018.

Master Sergeant Michael Gardner, 104th Security Forces Squadron logistics superintendent, and Master Sgt. Christopher Torres, 104th SFS Combat Arms Training and Maintenance non-commissioned officer in charge, said prior to the reservations the CATM team had to bring Airmen to Westover Air Reserve Base and

Fort Devens to qualify. They qualified over 340 Airmen in preparation for deployments this way.

The two defenders said having the range ready to use here will save money, put less stress on the CATM team and Airmen who are trying to qualify, help build partnerships, and allow security forces to perform different types of proficiency training.

“It’s pretty significant money-wise and time-wise,” said Gardner. “We were extending the duty day, so you’re definitely increasing the strain on the member. A qualification day is a pretty physical process.”

The reopened range has become a place for local police departments and other Air National Guard units, such as the 109th Airlift Wing from New York, to use as a training location.

“It has a pretty significant law enforcement impact on this side of the state,” said Gardner. “We just had Chicopee make arrangements to use the range. Southampton just used the range. It helps us build partnerships with surrounding law enforcement.”

While visiting Shepherd Air Force Base, Secretary of the Air Force Matthew P. Donovan, the second highest ranking civilian

in the Department of the Air Force, said, “Our National Defense Strategy tells us that we’ve got to restore the readiness, increase the lethality of our force.”

Gardner and Torres said they believe having a range open on base will help to increase the lethality of the 104th SFS defenders.

“The Air Force’s big push right now is lethality,” said Gardner. “It’s more firing. Where we used to qualify annually, now they want us firing at least quarterly for proficiency. Just for our career field, not even for wing support or regional support, having the range in place is essential with the changes that have been coming down.”

They have more flexibility now and are able to implement different kinds of training techniques, Torres said. Airmen can train with M4 carbines, M9 pistols, test-fire heavy weapons, and perform night fire more effectively, he said.

“We have our quarterly training where we can kind of mix it up,” said Torres. “It’s not necessarily a qualification. It’s more proficiency and we work on speed, or accuracy, or slow fire at long distances. At the range here, we have more flexibility because we own everything that’s out there.”



# Education and Fitness Opportunities

104th Fighter Wing

## 4th Annual Command Chief Master Sergeant Patrick J. Shaughnessy Scholarship



(U.S. Air National Guard Photo by Airman 1st Class Caleb Vance)

The 104th Fighter Wing Chiefs Council is once again offering a \$500 scholarship in 2019.

The Command Chief Master Sergeant Patrick J. Shaughnessy Scholarship is available to any enlisted member of the 104th Fighter Wing that is currently enrolled in an associate, bachelors or graduate program.

Chief Shaughnessy was a leader, mentor, and friend to many unit members, officer and enlisted. He taught and lived the whole Airman concept long before the phrase became popular, and he

exemplified the Air Force Core Values on and off duty.

Applicants must write a 500 word essay (approximately two paragraphs) explaining how they incorporate Air Force Core values into their everyday life.

Essays must be submitted to Chief Master Sgt. Tom Orifice or Chief Master Sgt. Scott Cardaropoli by the close of business on April 8, 2019.

Late submissions will not be accepted. Selections will be made by blind committee. The winners will be announced, and checks will be presented during the May regular scheduled drill.

Please contact Chief Master Sgt. Orifice at extension 698-1343 or by email at [Thomas.b.orifice.mil@mail.mil](mailto:Thomas.b.orifice.mil@mail.mil) or Chief Master Sgt. Cardaropoli at extension 698-1362 or by email at [scott.j.cardaropoli.mil@mail.mil](mailto:scott.j.cardaropoli.mil@mail.mil) for additional information.



SHRED Class: 1115 Tuesday & Thursday - Fitness Center



Running Club: 1500 Tuesdays & Thursdays - Building 54

(U.S. Air National Guard and Air Force Photos by Airman 1st Class Randy Burlingame and Master Sgt. Christopher Parr)



# Headlines & Highlights

104th Public Affairs Office



National Boy Scout Day



Snow Storm Response



Snowbird



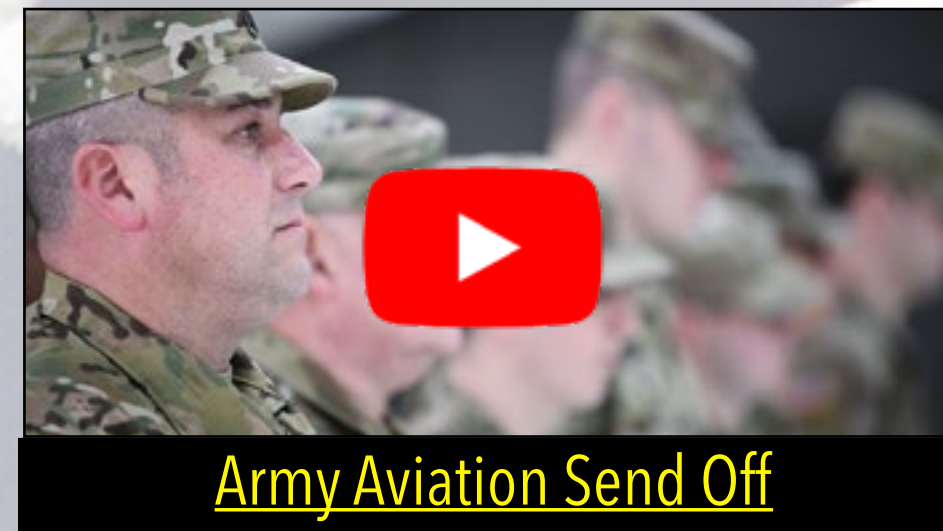
STEM Robotics



Airmen return from Florida



Rapid Intervention Training



Army Aviation Send Off



First Sergeant Again



# Highlights, Welcomes, Farewells and Promotions

104th Public Affairs Office

## Rapid Intervention Training



Firefighters from the 104th Civil Engineering Squadron participate in rapid intervention training Feb. 9, 2019, at Barnes Air National Guard Base, Massachusetts. Rapid intervention training ensures firefighter safety and focuses on assisting a downed firefighter that is out of air. [Click here to read the full story.](#) (U.S. Air National Guard photo by Airman 1st Class Randy Burlingame)

## Welcomes

Airman Basic Joshua Tekpeh  
Airman 1st Class Devon Robbins

Airman 1st Class Jayson Gaudette  
Staff Sgt. Taylor Domingue

## Farewells

Staff Sgt. John Areche

Staff Sgt. Shawn Teats

## Promotions

Senior Airman Christabell Baah, FSS  
Staff Sgt. Zachary Tucker, MXS  
Staff Sgt. Alex Blair, AMXS  
Staff Sgt. Seth Desnoyers, MXS  
Tech. Sgt. Brendan Allen, LRS  
Master Sgt. Andrew Fredette, CF  
Senior Master Sgt. Thomas Landon, LRS

Staff Sgt. Joseph Hough, MXS  
Staff Sgt. Kyle Doran, CES  
Staff Sgt. Calvin Cooper, OSF  
Tech. Sgt. Wesley Sobczyk, CF  
Tech. Sgt. Barbara Clark, LRS  
Senior Master Sgt. Patrick Renna, LRS  
Senior Master Sgt. Ed Callahan, LRS

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