



AIRSCOOP

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

May 2012



Recipient of the Air Force
Outstanding Unit Award 2009-2011

On April 15, 2012, Capt. Neal Byrne and Staff Sgt. Fabricio Ochoa explain some facts about the F-15 Eagle to members of the Paraguay military during their visit to the 104th Fighter Wing. (Photograph by Senior Master Sgt. Robert J. Sabonis)



Col. John A. Gwosch

AIRSCOOP

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Barnes Air National
Guard Base

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Vice Commander's Column

By Col. John A. Gwosch, 104th FW Vice Commander

Barnestormers:

It has been a month since our aviation package deployed and they are all doing well overseas. More about them shortly, first let me go over this weekend's activities here at home. This drill we will take time to remember those who have served before us, through a few memorial services.

The first will be for Maj. Bruce 'Sabre' Bannick, one of our former A-10 pilots who passed away a short time ago. He will be remembered at a memorial event being held on Saturday in Haydenville, Mass. Following that service, we as a wing will take time to remember the 12 members whose names are inscribed on the F-100 memorial. Annually we as a wing celebrate the lives of these fallen heroes; reflecting on their service and their dedication. As we remember those who have served before us, we are also conscious of those who are overseas preserving the freedoms we enjoy. The following information is being provided from our team overseas.

Paraphrased from Lt. Col. Haldopoulos, deployed Commander of the 131st Expeditionary Fighter Squadron:

The unit is performing very well despite the limitations of deployed life. The jets are performing very well due to the dedication of the maintenance teams. The deployed Wing Commander commented on the unit's performance so far in the exercise here, "I have been part of many of these type of exercises, and that, ladies and gentlemen, is about as good as it gets". Need I say more? We are preparing for the next leg of our mission, participating in Exercise EAGER LION. Unfortunately the exercise location may not be as communication-friendly, so our connectivity to you and our families may be interrupted/limited for the month of May. We appreciate all the support we have received from the Wing and our families, and we can't wait to get home.

Paraphrased from Maj. Dibrandisi, deployed Maintenance Commander:

We are working a very aggressive schedule, many members are working 6 days a week for 12 hour shifts, but the schedule makes the time fly. Our morale is high due to the good in-place infrastructure here, as well as the opportunity to talk to our families. We are experiencing some very high temperatures, (triple digits), and anticipate the temperature to rise near 140 degrees as we approach summer. Some of our folks



are getting a chance to get off base, and we will try to share some photos of our adventures, but there are Operational Security precautions we all need to adhere to.

I want to conclude this article with our way-forward. We will be gearing up for the Operational Readiness Inspection in October 2013, and in order to be ready, we will be conducting a number of Operational Readiness Exercises (some Phase I, some II and some combined). Below is our long range ORE schedule for preparing for the ORI (combination of UTA's combined with AFT when needed):

Oct 2012: C2 Exercise
Nov 2012: Phase II ORE (4 day)
Jan 2013: Phase I ORE
Apr 2013: Phase I & II ORE (6 day)
Jun 2013: Phase I & II ORE (6 day)
Aug 2013: Back-up Phase I & II
Sep 2013: ORI Dress rehearsal (6 Day)
1st*Oct 2013 UTA: ORI Prep
2nd Oct 2013 UTA: (8 day) ORI

The only way to be prepared is to practice, practice, practice! Please stay focused and be safe!

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Chief Master Sergeant's Column

By Chief Master Sgt. Todd Fappiano, 104th FW Command Chief

Get ready, get set, go.... Wait, can you do that when you're already running? It appears so. There is no question our pace has

not, and will not slow down, more importantly, we need to remember that perspective is everything. You and I need to keep focused on the mission, our families and ourselves, and not always in only that order.

As I read Col Gwosch's column, I couldn't help but notice how aggressive our ORE schedule is, but once you re-look at it, you will also realize that we have very little time to get ourselves prepared for this inspection.

Considering we just completed a major inspection schedule in 2011, the two year break does not translate into very long to prepare, if you're counting, the ORI is less than 34 drill days away...so our traditional members only have a little over a month of work-time to prepare for a major inspection.

I am fortunate to sit in on the Wing Commander's planning meetings, where

the strategic calendar is always referenced. The method in which the commanders direct and redirect the focus is rather amazing. One assumption they always make, which is critical to our success, is that all airmen, at all levels, embrace the direction and charge forward. The leadership assumes that the messages conveyed are translated into the commander's intent, and that all airmen work synergistically in the same direction. From the enlisted perspective, I can attest that 99.9% of the time, the assumption is true.

The moments when we fail, are when outside stressors, or unexpected delays/unavoidable circumstances take the unit or a group of people off track.

As we are beginning a race from a full stride, we must look out for these pit-falls more astutely, because when you're traveling at full-speed, any erratic deviation can be detrimental.

The deviations are sometime personal, but they can also be professional or technical; and in the same vein as the look-out in the crow's nest of the Titanic had to watch for ice-bergs...calling out the ice-berg is the most critical piece to success.

We need to keep our eyes forward, not looking back at what we have accomplished. We need to identify challenges, and communicate them up the chain. If you are challenged outside of work (personal life), I urge you to call-it-out as well, because it could be just as detrimental as a work-related mishap.

When the pressures on, stress increases. With higher stress comes the inability to focus, and with lack of focus comes mistakes, mishaps and injuries. We can avoid a great many of those, by looking out for ourselves, our wingmen and our mission. I am pretty sure the entire wing knows the wing focus, if not I will spell it out to you in 6 simple letters. ACA & ORI. Those two events are what we need to keep our efforts directed at.

Aerospace Control Alert is around the clock, and requires a constant focus and attention to detail.

The Operational Readiness Inspection is going to take flexibility, preparation and constant tweaking.

Both offer unique challenges, but both require focus and effort to make a successful outcome. Most importantly, to be successful at both...it will take YOU and what you bring to the fight.

Stay safe and keep excelling forward.



First Sergeant's Column

By Master Sgt. Tom Moriarty, 1st Sgt, Logistic Readiness Squadron

To the members of the 104th Fighter Wing: I welcome you to the May UTA. I shared this article with the Logistics Squadron last drill. I feel it is relevant to the entire base, and would like to share my experience with all of you.

As some of you may know, I lost one of my brother's in a car accident in Holyoke, in the early morning hours of March 31st of this year. He was approximately 500 feet from where he lives. As I have dealt with the loss, I have spoken with some of the people who had seen him last, prior to the crash. One thing that has stuck out in my mind is what one of his friends told me. He said: "Joe just did not look right." I asked him to

further explain, and his friend told me there was a distance in his eyes and although they just waved goodbye to one another, his friend had an uneasy feeling, only to find out the next morning Joe was gone.

The reason I am sharing this story with you is to ask all of you to take that extra minute or two when you see a friend, coworker or family member who seems a little bit off or uneasy, to stop and simply ask if everything is alright. All too often, we get so wrapped up in our own lives and what we need to accomplish through the course of a day that we forget to slow down, take a breath and look around. You may overlook that person who may be in need or dismiss what you saw as nothing or of

little significance. People are often too proud or just do not know how to ask for help.

As our base and squadron just deployed hundreds of 104th members overseas, please remember the 104th's strongest asset is its people. Take care of one another; keep an eye out for your friends and coworkers. If you get that uneasy feeling, or see something that does not look quite right, take a minute to inquire or find a supervisor or a first sergeant and pass on your concerns. Your supervisors and command staff can utilize resources the base has to offer to render a wide array of assistance to unit members and their families if the need arises. Please remember, each and every one of you matter!

Visitors from Paraguay

By Maj. Matthew T. Mutti, 104th Fighter Wing Executive Officer

Friendships are built on sharing. Sharing memories, time, things, ideas, etc. This premise is repeated in school playgrounds around the world...sometimes we can learn a lot from children.

The basic premise of building relationships and long-term friendships is at the crux of the State Partnership Program, a National Guard program where states partner with foreign nations, to help build lasting partnerships.

The 104th has been building friendships with the nation of Paraguay for more than 7 years. As the **partnership program was in its infancy**, we would send a few of our medical staff down to Paraguay to conduct training, all while providing medical care to the citizens in the communities surrounding their military bases.

Those visits have evolved to us working with the Southern Com-

mand to take aircraft maintainers, pilots, and safety personnel to share some of the techniques we use to safely maintain our aircraft.

In recent years, Paraguayan delegations have traveled up to Massachusetts to learn more about our operations (Headquarters, and the 2 Wings) as well as the Army National Guards mission.

On April 15th, the Mass. National Guard hosted a delegation that spent some time at the 104th Fighter Wing.

The delegation included a Paraguayan Senator, their president of the Chamber of Deputies Defense Committee, a Major General and two Colonels. They were also escorted by members from the Mass. National Guard Headquarters SPP office and liaisons from Southern Command.



Capt. Neal Byrne, a 131FS pilot shakes the hand of Col Gilberto Arriola as he completes a cockpit tour of the F-15C.

Paraguayan Military Forces Col Gilberto Arriola was part of the April 15th visit and commented that it is always intriguing to learn about other military operations. He added that the true value of the SPP is to learn from each other, but also to see that the military, regardless of where they are from, have many similarities.



Bataan March 2012

By Staff Sgt. Matthew Benedetti, 104th FW Public Affairs

“No Mama No Papa No Uncle Sam” The Battling Bastards of Bataan.

It was 70 years ago that the Japanese attacked Pearl Harbor and the Philippines ushering the United States into World War II.

Unlike Pearl Harbor, the Japanese followed their surprise air attack in the Philippines with a land invasion. As the Imperial Japanese Army raced towards the capital, Manila, American and Filipino troops retreated to the Bataan Peninsula on the island of Luzon. Cut off from supplies due to a naval blockade and down to their final rations, the 12,000 airmen, soldiers, Marines and sailors as well as thousands of Filipinos were forced to surrender on April 9, 1942.

Unprepared for the number of prisoners, the Japanese marched 76,000 American and Filipinos northward into captivity. Many of the Japanese felt it was dishonorable to surrender and thusly held little regard for the prisoners of war forced to march 60 miles in the blazing hot sun. Suffering from a lack of food and water, many of the prisoners were subjected to shocking brutality at the hands of the guards. Prisoners were routinely shot, bayoneted or beheaded during the arduous journey that would become known as the Bataan Death March. Approximately, 5,200 Americans did not survive the march.

The 23rd Annual Bataan Memorial Death March was held on March 25, 2012 at White Sands Missile Range in New Mexico. The objective of the organizers, Team White Sands, is to keep the Bataan story alive through this event which has grown every year. The march serves as a touchstone for participants to recognize the strength and bravery of the Bataan service members.

More than 6,700 participated in this year's event which drew partici-

pants from around the world. Among the marchers included two distinguished members from the 104th Fighter Wing, Senior Master Sgts. Joe Delaney and Keith Buckhout. Both members served in the Marines prior to joining the wing and their combined years of service span several decades.



Senior Master Sgt. Delaney of Easthampton learned of the march after reading an article in Men's Health a few years ago. He has participated in three marches and is proud to be involved, “We think about what they went through in 1942. We saw about 12 amputees from the current conflict on the plane coming in who are participating in the march and we think of the challenges they face as well,” he said.



Senior Master Sgt. Buckhout also of Easthampton agreed, “It was hot with no shade and we are marching in sand and gravel and we were marching next a guy who is a double amputee. ...it really brings it home,” he said. “One girl was having trouble with one of her legs, by the time she got to the end she was practically dragging her leg...it is inspirational...we were thinking..we can do this...we can finish this,” said Buckhout who finished the march for the second time.

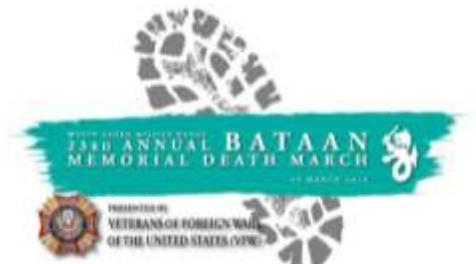
“To watch the column of about 7,000 marchers stretch out in front of you and to think about Bataan..it is hard to get your head around 76,000 prisoners marching for days until you see it...” he observed.

Relatives of the survivors are involved and many marchers wear clothing honoring fallen comrades from Iraq or Afghanistan. Over 30 Wounded Warriors, some single and double amputees, marched the rigorous course.

The two senior NCO's are proud to march and plan to make the trip next year. “When I crossed the line I was glad I did it but it doesn't compare to what they went through in Bataan,” said Delaney.

“It is incredible to watch all these people doing it for different people.....the march is about courage and honor,” said Buckhout.

Senior Master Sgt. Delaney and Senior Master Sgt. Buckhout are seeking to fill a five person team next year to complete the 26.2 mile course. Interested Wing members should contact either unit member for further information.



Time to go

By Technical Sgt. Melanie Casineau, 104FW Public Affairs photographer

“Come on Kids, it’s time to go!” I repeated this several times, however, my kids were way too involved in their activities and new found “buddies” to hear me. After arriving at the Boys and Girls Club in Westfield, Mass., at 6pm on Friday night, April 13th, I assumed we would be in-and-out in about an hour. I was wrong. After the first hour went by I realized I lost track of the time myself from all the socializing with other parents and staff. Expecting to be home by a little after 7, that at 8pm I had to decide we needed to go home. This wonderful event, hosted by the Westfield Boys and Girls Club was organized to introduce military families to the number of pro-



(Photograph by Technical Sgt. Melanie Casineau)

grams they had to offer, programs specifically geared to children with military parents.

My experience with the Boys and Girls Club has always been impressive. The “Military Night” event was a first for them, and as usual, very impressive. They catered the event with hot and cold food from Bella Roma of Westfield as well as desert and drinks. The food was great and plenty of it as well. Seconds were definitely an option when you finished your first plate. Outside of the information presented, this was my favorite part of the event. Drill was the following day and instead of having to cook-up dinner, I was able to relax with the family.

There were activities set up from a table full of different crafts to a piano in the room with many different people entertaining us with their musical skills. My son was glued to the piano for almost an hour, drawn by all the different excitement that revolved around it. Very talented piano players were trying to “teach” my son different songs or just allowing him to make up his own. My daughter must have created 3 different crafts at the craft table while my youngest 1 year old was entertained by several young members of the “Key Club” the

entire time.

When it was time to leave, we did not leave empty handed. The kids were given goody bags full of cool stuff and we all went home with t-shirts to remember the event. I enjoyed meeting the other military members and their spouses. My kids met some new friends as well as had fun with children they had a lot in common with, most of which they plan on seeing again at the free child-care program offered at the Boys and Girls club every drill weekend. I look forward to their next military event they host, I am sure my children will be excited when I say, “Come on, it’s time to go... to the Boys and Girls Club!”



(Photograph by Technical Sgt. Melanie Casineau)



Chaplains Corner

By Chap. (Lt. Col.) Steve Misarski, 104th FW Chaplain

The Chaplain Corps was proud that for the first time ever, a chaplain addressed the audience of 1,200 Air Guard leaders at this year’s Air National Executive Safety Summit. Unfortunately, one of the factors that prompted it was that there have already been 10 Air Guard suicides for 2012. Chaplain, Brigadier General Alphonse J. Stephenson, the Director of the National Guard Bureau Office of the Chaplain, stated that there is no one cause and no one solution.

He announced some of the new initiatives that the Chaplain Corps are producing including a new Spiritual Resiliency Curriculum (more to follow). One take away was that leaders should walk around and talk to their people. He

suggested that as they engage in conversation, that they say the person’s name twice. He concluded by stating that **HOPE is the Air National Guard’s most important product.**

Another interesting motivational speaker at the Summit was Richard Hawk. He addressed the topic of how to handle stress in the workplace and in everyday life. He presented six simple habits that anyone can practice to alleviate stress.

1. Hydrate. Your body is made up of 60% water. Most people function dehydrated.

2. Eat colorful food. The colors indicate different vitamins that your body needs.

3. Sleep. Only 20% of your sleep is used to rebuild your body while 80% is used for your busy brain to sort, categorize

and download. Your brain is like an “Etch-a-Sketch” that needs to be shaken and the old lines erased.

4. Exercise. Exercise not only has benefits for your body but also helps your brain get rid of waste products.

5. Mindfulness. Take 5 minutes a day to stop and notice things around you. It is called the practice of awareness.

6. Watcher/Observer. When you find yourself becoming upset, stop and state, from an objective observation, “I am upset.” This gives the thinking part of your brain an opportunity to take control where the emotional part of your brain once ruled supreme.

Hope some of this helps. We are, as always, available to talk. You can find us walking around or contact us at the Base Chapel (Building #12) or call 698-1057.



TIME to ReBlue!

By Master Sgt. Douglas Daponde, 104FW Human Resource Advisor

I was extremely excited to get back to my roots as I was heading towards Lackland AFB, Texas. Yes, most of us have been introduced to this place at one point in our careers. I was looking forward to seeing the old stomping grounds and changes, if any, that have come about. Most importantly I was about to witness my own daughter, Senior Airman Shauna Daponde, graduate from BMT. What I was not prepared for was the overwhelming sense of pride and patriotism that came over me during the observation of events that led to the graduation. These events included the **Airman's Run and Coining ceremony**, which takes place before graduation day. Family and friends line the streets hoping to get their first glimpse of their new

"Airmen" as they run by in formation singing Jodie's. Soon after the run the Airmen go back and change into uniform, align themselves in formation in front of their family and friends and are awarded the Airmen's coin by their Training Instructor.

It was during the Airman's Run and upon seeing my daughter that I felt a sense of pride and patriotism that I never felt before. I did not know the immediate reason I felt that way. I was happy to see my daughter but it was deeper than that. I did not completely know what it was until I had the opportunity to witness these events again while at Lackland AFB for HRA training. Again, I was overwhelmed with emotion. I was RE-BLUED! I would have run through a brick wall if someone asked me to at the time. I was so motivated and ready to take on any task after seeing such a display of airmen!

After that experience I thought of how could I bring this back to the base and I have the answer. In July with Chief **Master Sgt. Rick MacDonald's and Chief Master Sgt. Shayne Newton's leadership** along with the help of Senior Master Sgt. Tim Domer from the 102nd IS, myself and

others we are sponsoring the TIME conference in Southbridge, MA from 10-12 July 2012. TIME stands for **T**echnical **S**ergeants **I**nvolvement in **M**entoring **E**nlisted airmen. This is a tremendous opportunity, not just for the 104th, but for the state of Massachusetts to RE-BLUE invaluable middle managers and influencers of younger airmen.

This is a great opportunity for these Technical Sergeants as they are going to be exposed to some highly sought after motivational speakers such as ANG Special Assistant for Diversity Colonel Ondra Berry, ANG Command Chief Master Sgt. Christopher E. Muncy and motivational speaker Staff Sgt Ken to name a few. Topics of the conference are going to include mentoring, diversity, force development and management, leadership, discipline and resiliency.

This is a privilege to attend and the ultimate goal is to get these Technical Sergeants back to their units REBLUED and ready to motivate those that they come in contact with. In the end, the Technical Sergeant, their mentees, their units, their wing, and the Air National Guard will benefit from their TIME spent wisely.

Technical Sergeants Involvement in Mentoring Enlisted airmen

Chief Master Sgt. Richard MacDonald, MA JFHQ

My name is Richard MacDonald, Chief Master Sergeant and State Human Resource Advisor Joint Force Headquarters, Massachusetts Air National Guard. The State Command Chief Master Sergeant, Shayne Newton, and I are hosting a three day workshop targeting Technical Sergeants of the Massachusetts Air National Guard. The workshop **TIME, Technical Sergeants Involved in Mentoring Enlisted Airmen**, involves deliberately mentoring initiatives on Force Development, AF Core Values, Leadership, Resiliency, Mentorship and Diversity. We are inviting 160 Technical Sergeants from across the Massachusetts Air National Guard. There will be guest speakers and facilitators from various backgrounds that have expertise in these disciplines.

Our purpose for choosing this rank is simple, these Airmen are at a crossroads in their military career and **have a high potential to separate from the Air National Guard. The Technical Sergeants' skill sets are invaluable;** working as mentors for the Airman they oversee and acting as foot soldiers for their senior leadership. We envision this work shop to be a force multiplier to motivate, educate and give them the tools to be successful leaders in the Air Guard.

There are limited seats and if you are selected by your Chief, you will be sitting alongside other select Technical Sergeants that the Massachusetts Air National Guard envisions to be future difference makers. Hopefully you will share your knowledge and experience return back to your units with a better perspective on your responsibilities and vision, and mentor Airmen at all levels.

WHAT – **TIME** (Technical Sergeants Involved in Mentoring Enlisted Airmen)

WHERE - Southbridge Convention Center Southbridge MA.

WHEN - Travel days will be July 9 and 12.

WHO – Questions contact Chief Master Sgt. Richard MacDonald, State Human Resource Advisor at richard.maconald@comcast.net or by Cell# (781)864-1489.



Safety: How goes it?

By Senior Master Sgt. Thomas Dumais, 104th FW Safety

This unit has experienced one injury (deployed member) since the last “How-Goes-It.”

ACCIDENTALLY STARTED MACHINE; HAND LACERATION; STRUCK BY WRENCH; 14 STITCHES

This unit has experienced one mishap since the last “How-Goes-It,” resulting in a totaled PMV4 and greater than first aid injuries.

PMV4 totaled; impact rear of trailer truck, operator error; one lost workday.

In both of the above situations, I think we can clearly see the outcome of each of these could have been much worse. For the machine operator, they could have easily been caught up in the spindle on the machine they were working on and sustained very serious injuries.

In the PMV4 mishap, we once again see inattention or misperception of our surroundings and activities truly are a noble adversary. Luckily the operator was wearing their seat belt. Had they not been wearing one, they no doubt would have been projected forward at a fast rate of speed. As I always say; “it’s not the flying forward fast that’s is bad; ITS THE STOP THAT WILL KILL YOU!”

Hopefully we can use the misfortunes of others to help up prevent our own. The Safety Staff

“101 Critical Days of Summer”

(25 May-4 September 2012)

For those who have been around for a while, and for those who have not, one of the biggest safety campaigns the United States Air Force initiates yearly is the “101 CRITICAL Days of Summer”.

This is the time between departing work before Memorial Day weekend and the day of return to work after the Labor Day weekend. The summer months are historically the time of year we see a spike (rise) in the number of off duty fatalities from summer month activities such as traveling,

swimming, boating, and other types of recreational activities.

In the year 2011, the US Air Force experienced 17 Fatalities and one permanent partial disability to its members during this critical time. Most if not all of them were preventable had they taken the time to think things through BEFORE they did whatever it was they were doing. Having a good wingman around from time to time would have also been a great asset. They however for reasons only known to them, chose another path.

Rather than lecture about last year’s eighteen (18) Class A mishaps during this time frame, below is a snapshot of each for you to look through;

(YOM=Year Old Male; YOF=Year Old Female, SR=Sports and Recreation, PMV2=Private Motorcycle, PMV4=Private 4 wheeled vehicle, Misc= Miscellaneous)

43YOM, E-8, Avionics, Father and step son kayaking, both drowned when pulled under by water at a dam, Unfamiliar territory, Fatal

24YOM, E-5, Security Forces, PMV2 Impact guardrail, Inexperience, Fatal

38YOF, O-4, Nurse, SR, Swimming, Drowned due to overexertion, Rip Tide, Fatal

20YOM, E-3, Security Forces, PMV4 Impact pedestrian member sitting on edge of road, Alcohol related, Fatal

23YOM, E-4, Aircraft propulsion, PMV2 impact guardrail, Speed and alcohol, Fatal

27YOM, E-5, Vehicle Operations, PMV2 lost control, member run over by PMV4, Perception, Fatal

26YOM, E-4, Aerospace Maintenance, Misc, Fell from 2nd floor parking deck to lower level, Alcohol, Fatal

44YOM, E-8, Aerospace Maintenance, PMV2 departed roadway, Alcohol/distraction, Fatal

41YOF, O-3, Operations Space, PMV4

impacted by PMV4, Operator ran red light, Speed, Fatal

52YOM, E-6, Aircraft Fuels MX, PMV4 lane change to pass vehicle, lost control/overturned, Speed/overcorrection, Fatal

31YOM, E-6, Aerospace medical, PMV4 impact tree, overcorrection and steering, Fatal

26 YOM, E-5, Tactical Aircraft MX, PMV2 impact PMV4, turned into traffic, Fatal

25YOM, E-5, Aircraft Egress systems MX, PMV2 impact PMV2, Inattention, Fatal

28YOM, E-5, Communications, PMV2 impact barrier, Speed, Fatal

45YOM, E-6, Tactical Aircraft Maintenance, PMV2 making U-turn impacted by PMV4, Not seen, Lost both legs

34YOM, E-6, Contracting, SR, ATV overturned, Aggressive operation, Blunt trauma, Fatal

29YOM, E-3, Tactical Aircraft MX, PMV4 tire blowout on highway, member ejected, No seatbelt, Fatal

19YOM, E-1, Aircraft Metals Technology, Technical school, PMV4 impact ambulance, Alcohol, Fatal

Our hope is that you can see mishaps hold no true boundaries to age, rank or career field. As you see by the ages, ranks, and career fields, the spectrum is wide. In many—if not all—of these mishaps, I feel confident in stating that none these fellow wingmen began their **day’s activities with the thought of becoming a statistic.**

We can only hope that as you step into **these new “101Critical Days of Summer,” you think about what you are going to do, BEFORE YOU DO IT!** With your help and commitment, we can all do our part to make it a safe summer for ourselves, our families, and our fellow Wingmen! Thanks for all you do—SAFELY!

Volunteer news

By Master Sgt. Tina Dimino-Frazer, Family Readiness Group Chair

Here is what has been going on around the base, thanks to the volunteers in the base's Family Readiness Group (FRG). If you did not know about these events, please contact the Family Readiness Office and get on the mailing list. If you are a family member, you too can be on the mailing list. Call Sandy Wakefield at 413-568-9151, x698-1183 or sandra.wakefield@ang.af.mil.

On Sunday, the 25th of March 2012, the 104th Family Readiness Group sponsored the Annual Children's Easter Egg Hunt here on base at the NCO Club, located at building 8. We received many compliments



on the event, and consider it a huge success.

Approximately 100 children took part in the festivities which included an indoor craft station, an outdoor egg-coloring station, the greatly anticipated egg hunt, visits and photos with the Easter Bunny and, of course, delicious refreshments.

The baskets full of candy-filled eggs and the smiles on the children's faces reaffirmed why we continue to support events like this. We had approximately 15 volunteers, and with-

out their help, we would couldn't have done it.

On April 20th the base held it's annual Base Clean-Up Day, in conjunction with Earth Day. The FRG ran a military burger-burn as a lunchtime fun-raiser. Burgers, hot dogs, chips and a drink were served to nearly 200 members. The Pioneer Valley USO provided desserts and the event was staffed with a combination of military members and our FRG volunteers. In total, it took about 15 member to staff the grills, run the serving line, and clean the dining room. Thank you again to all who participated, it was a great team effort.

On April 25th an Ice Cream Social for the families of the deployed members was held at the NCO Club. Over 30 families attended and enjoyed making and eating sundaes. Children and adults all took part in creating a personal card and/or banner for their deployed loved one. A slideshow ran continuously throughout the evening, and folks appreciated conversation with Col. Gwosch and all the volunteers. Again, our friends, the Pioneer Valley USO, was with us supporting an information table complete with free books, DVDs and information about their services, including the Food Pantry located at Westover.

FRG State Volunteer Workshop Conference April 28-29 had great attendance from the 104FW. There were a lot of great classes for new volunteers, as well as seasoned volunteers. Classes included information on Air Force FRG volunteers opposed to Army FRG volunteers. Working in official capacity from the 104FW, and teaching classes were Ms. Sandy Wakefield, 104FW Family Program Office, Maj. Matthew Mutti, and Mrs. Lynn Richards.

It is with the continued support from the 104FW Command Staff that makes it possible for us to continue to bring events to our families.

THANK-YOU Col.'s Brooks, Keefe, Gwosch, Gunning, Henry, Lambrich, Haldopoulos and Chief Master Sgt. Fappiano for your continued support of the FRG.

THANK-YOU Barnestormers, Sandy Wakefield and the 104th Wing Family Program Office, FRG Volunteers, PVC Board Members, SMSgt. Rob Sabonis, 104FW/PA, 104CES, and all the families and attendees that continue to help make all our events a big success.

Sincerely,

The 104th Family Readiness Volunteer Group Board Members: Tina Dimino-Frazer, Chairperson
Cindy Patnode, Secretary
Beth St. Clair, Treasurer
Ryann Parker, Youth Coordinator
Mrs. Lynn O'Brien, Key Volunteer/Voting Member
Mrs. Miki Okutani, Key Volunteer/Voting Member
Mrs. Cathleen Haldopolous, Key Volunteer/Voting Member.

Upcoming FRG events:

All are Welcome!

- 10 May – Pasta Night, 4:45pm at the Dining Facility
- 8 June – Cookout for Deployed Member's Families at the NCO Club, serving begins at 5:30pm**
- 11 July – FRG Meeting, 5pm at NCO Club
- 5 Sept – FRG Meeting, 5pm at NCO Club

Interested in helping out? We welcome all volunteers. For more information, contact any of the Board Members. Hope to see you at our next event!



Spikes in suicides

By Markeshia Ricks - Air Force Times

Air Force efforts at 'resiliency' run up against busy force

More airmen killed themselves in the first three months of this year than in any other first quarter in the past decade. The spike in suicides comes amid an **intensive campaign to improve airmen's "resiliency"** — and the rollout of the service's new **Comprehensive Airman Fitness** program, which focuses on physical, social, mental and spiritual fitness.

Though not billed as a suicide prevention program, the Air Force program is modeled after the **Army's Comprehensive Soldier Fitness** program, designed to combat daily stresses that can lead to drinking problems, failed marriages and suicidal thoughts. But airmen say the focus on resiliency alone cannot address the complicated problem of suicide. They blame being overworked, stressed about their futures and tired of doing more with less. The statistics back up their arguments: Two of the busiest groups of airmen — security forces and maintainers — have been hardest hit by suicide. Since 2009, 19 percent of airmen who killed themselves were security forces members, yet they make up only 8 percent of the total force; 22 percent of suicides were maintainers, who make up about 16 percent of the force.

The Air Force knows these airmen are at greater risk because they do shift work that disrupts their sleep patterns and takes them away from supportive relationships with family and friends, said Maj. Michael McCarthy, the Air Force Suicide Prevention Program manager. Airmen who have financial, legal and relationship problems are also at risk of suicide. **"When you factor [suicides in these career fields] out, the Air Force's rate of suicide is really quite low,"**

McCarthy said. **"The problem is that the vast majority of people who have relationship problems and legal problems and financial problems don't die by suicide,"** McCarthy said. **"Having those risk factors doesn't say for certain that this is the guy who is going to do it."**

And though maintainers and security forces airmen tend to deploy often, McCarthy said frequent deployments **aren't a risk factor for the Air Force.** In fact, deployment is associated with **reduced risk of suicide.** **"People who deploy are deemed to be healthy,"** he said. **"That means you're not going to be someone**

who has a lot of health problems ... or who has a failed family health care plan. **You've got the ability to take care of your dependents.** **"Our deployers are healthy folks,"** McCarthy said. **That's because deployed airmen live and work in close quarters with a tight-knit group of people will know if someone in their unit is struggling with his job, finances or marriage,** McCarthy said.

Fighting a different enemy

In the mid-2000s, the number of suicides began growing at an alarming rate in all the services. When compared with the Army and the Marine Corps, the **Air Force, Navy and Coast Guard's rates** have remained relatively low. Since 2000, the number of suicides in the Air Force has ebbed and flowed, with a low of 29 in 2002 and a record high of 54 in 2010. Since 2008, there have been at least 40 Air Force suicides every year. Now the Air Force is trying to stave off another record year. In January, Chief of Staff Gen. Norton Schwartz ordered a one-day stand-down for all airmen; 11 airmen killed themselves that month. By the end of March, 16 airmen had taken their own lives compared with 13 in the first quarter of 2011. Add in suicides by airmen in the Guard, Reserve and civilian force and the numbers are staggering — 35 by March 31, a 40 percent increase over last year. Schwartz and Chief Master Sergeant of the Air Force James Roy say leadership and resiliency are key to reducing the number of airmen who **commit suicide.** **"The fundamentals of this are that we need to continue to build resilience into our airmen to better deal with the crises that life presents to all of us; to offer the kind of institutional assistance for which the services are very well known; again, to do our best to minimize the likelihood that someone would make that terrible, final decision,"** Schwartz said in an April 5 interview with *Air Force Times*. **"It's a continuing leadership issue for us, and so I think it's a maximum effort on our part because certainly we're crushed when we lose one of our teammates to suicide,"** Schwartz said. **"We're working in a multitude of areas as all the services are to try to minimize the likelihood of people taking their own lives."**

Though enlisted airmen represent the majority of Air Force suicides in the past 10 years, Roy said that no airman is im-



mune to having suicidal thoughts, pointing out that even a brigadier general took his own life. Roy talked about it during a panel discussion at the Warrior Resilience Conference at the end of March and again during an Air Force Association event in April, both in Washington, D.C. **"We have a problem with suicides,"** Roy said at the Warrior Resiliency Conference. **"Every single one that happens hits you in the heart. This is life. Life matters. Every single one matters."**

The Air Force suicide rate is slightly higher than the national average. According to the Centers for Disease Control and Prevention, the national suicide rate is 12 suicides per 100,000 people, compared with 13 for every 100,000 airmen in 2011. Roy declined to be interviewed for this story. Through spokesman Senior Master Sgt. Christopher Vadnais, Roy said in a statement that airmen are trained to watch for signs of suicide and leaders rely on them to be attentive. **"There may not always be signs, but airmen should always be looking,"** Roy said in the statement. **"Any airman contemplating suicide needs to know help is available — and more important, be open to getting that help. Legal counsel, personal finance experts, Airman & Family Readiness Centers, and a host of other helping agencies are standing by to provide solutions."** Roy said all airmen need to speak more openly about their struggles, and all airmen need to be ready to **listen when others speak up.** **"No airman should ever feel alone,"** he said. **"We can overcome these issues together, as a team. Human life matters, and no problem calls for ending it."**

No more programs

Roy said at the conference that the **military doesn't need more programs** to battle suicide. He said the Air Force, and its sister services, need to create a culture where people take care of each other. For Roy that means putting down the smartphone, powering off the iPad and being able to look another airman in

the eye, see the cues for distress and do **something about it.** “We’ve got to understand how to communicate with people,” Roy said. While the Air Force is not creating another program aimed at suicide prevention, the service plans to spend at least \$7 million on training Air Force personnel in skills that promote physical and mental strength and leadership skills that help increase organizational resilience, according to a request for proposal. The training will ultimately produce master resiliency trainers and instructors, along with a resiliency curriculum that will be part of the Comprehensive Airman Fitness program. Ask airmen what they think will help reduce the number of suicides in the Air Force, and **they’ll tell you they need more time off** and more resources at work to get their jobs done. Enlisted airmen told Air Force Times that with fewer people trying to manage a higher ops tempo, people are more stressed out than ever. And they said supervisors are not empowered to acknowledge that and do something about it. **“If they see their guy is stressed out, they need to be given the opportunity to say, ‘We need to give this guy a day off,’”** said a maintainer, who asked not to be named. **“It just seems the more and more we try to give our guys a break, the more and more we have to do computer-based training.”** Some airmen complain that the push for resiliency and the additional time spent talking about it is taking them away from their jobs and their busy lives. They say the constant talk about resiliency is a growing source of frustration. Staff Sgt. Dana Rohlfling, a maintainer at Little Rock Air Force Base, Ark., said the Air Force might be telling airmen that being resilient will help with the stressors of military life, but what she hears is that she should toughen up and get back to work. **“My impression of the overarching message of ‘resiliency training’ is, in order to prevent suicide, we need to eat more fruits and vegetables, keep fit and share our feelings with our co-workers on a regular basis,”** she said in an e-mail. **“The fact that our manning keeps getting cut, our work day keeps getting longer, and we’ve been fighting the ‘Forever War’ for over a decade is shrugged off as something we can’t change and just need to accept. “In other words, the onus is on us to ‘toughen up’ and find ways to deal with whatever the Air Force chooses to throw at us.”**

Rohlfling said she knows the Air Force has no plans to cut back its mission and manning issues will remain, but said there are things the service could do to relieve the pressures airmen face. She

points to endless additional duties, demands for off-duty volunteering, emphasis on off-duty education and the growing number of computer-based trainings that **airmen must endure.** **“Stop pretending that we can eliminate all human error and come up with more realistic expectations,”** she said in the email. **“In other words, make work suck less.”** Rohlfling said she believes that enlisted airmen make up a larger portion of Air Force suicides because they have the least **amount of control over their lives.** **“Many of us have little say in how things are managed, and we face dire consequences if we can’t meet the expectations placed on us,”** she said in the email. **“Couple that with a lousy economy and ever-increasing pressure to ‘do more with less,’ and you have a population who feels they just can’t escape any other way.”** She said a mechanic who has been at work for 12 **hours doesn’t want to sit through yet another briefing on why he should eat more vegetables and do more PT.** **“He wants to go home to his wife and kids,”** she said. **“Let the poor man go home, okay?”**

A noncommissioned officer who did not want to be identified criticized efforts to promote resiliency by having more of **the same training.** **“If someone has a suicide then basically the base kind of stops and you get [an] all-day suicide briefing,”** the noncommissioned officer said. **“I mean, how effective is that, really?”**

An expert opinion

Mark Lerner, a clinical and forensic psychologist who specializes in traumatic stress, said he suspects troops experience a certain level of frustration and resistance when they hear their leaders talk **about resiliency.** **“Resiliency really implies by definition the ability to bounce back, or in more clinical terms, to restore a person to pre-morbid, or pre-crisis functioning,”** he said. **“But it’s about finding a way to take your painful energy and use it to cultivate a mission and some purpose for your life.”** Lerner, who is the author of such books as **“It’s OK To Not Be OK ... Right Now”** and **“Crisis Notes,”** said usually one of three things happens to people who live through a traumatic event: They shut down and get stuck in that moment and live with their pain; they become destructive at work and in relationships, and turn to self-medication; or they turn their trauma into triumph. Lerner said more people need to know that they can be taught the third option. That happens by educating people that what they feel and experience is normal. Then they can learn practical strategies to help them survive. People

can be taught that the very thing they find painful can be used to fuel their mission, Lerner said. **“The answer is not resiliency,”** he said. **“I think it’s about providing people with a toolbox.** In the same way we train our men and women to deal with the physical aspects of war, we train them in weaponry, we train them in how to fly their aircraft and how to repair it — all of the physical stuff — we also have to train them to deal with the hidden trauma, the traumatic stress, **the emotional hemorrhage.”** He said no approach to dealing with stress and trauma should be one size fits all. Everyone in the Air Force has been trained to recognize the risk factors associated with people who die by suicide and how to intervene, McCarthy said. Because of the heightened risk of suicide for airmen who are maintainers, enlisted intelligence and security forces, and the emphasis on leadership as part of prevention, supervisors in those fields have received additional training since 2010. Airmen who provide mental health services or work in security forces or offices of special investigations also receive advanced training. The Air Force is currently the only service with a process in place to specifically meet the needs of an individual who is under investigation. The investigating **officer is allowed to notify the person’s** command of the investigation so that the command can look out for behavioral changes and provide an opportunity for additional support. If the person being investigated does seek out mental health services, Air Force policy prevents the use of notes from counseling sessions for further prosecution.

In addition to training, at every base and major command and at the Headquarters Air Force level, a Community Action and Information Board, or CAIB, monitors the health and welfare of airmen on a quarterly basis. But McCarthy said the Air Force must still do more to prevent suicide, especially at the most basic level. **“When we see our young airmen not relating well to their spouse, when we see our young airmen making decisions that aren’t good for them with their money, or in their career, that’s when we need to intervene,”** McCarthy said. **“Not when they are watching their marriage crumble, when they’re watching their financial situation get out of hand and feeling overwhelmed. “If we’re waiting that long, we’re not doing our job and it’s not good suicide prevention,”** McCarthy said. But early intervention is only half the battle. Convincing airmen **to take advantage of programs before it’s** too late is the other half.

Perception vs. reality

Capt. Julia Vanover with the Eglin Air Force Base Outreach and Resiliency program said she's worked with many upper enlisted airmen and they usually fall into one of two categories when it comes to seeking mental health services — those who have decided to end their lives and those who've waited until the end of their career to get help. She said for those who've decided that suicide is the answer; a visit to mental health is a last-ditch effort. But for those who get help at the end of their career, the delay was about preserving their career. "They believe — appropriately in many cases — that coming in will hurt their career," she said during the question-and-answer period of an enlisted service chiefs' panel at the Warrior Resiliency Conference. McCarthy said the stigma associated with seeking help for mental health issues is real and not unique to military culture. Because of the very nature of military service, there are some jobs, such as those dealing with nuclear weapons, where you cannot have a mental health condition. In addition to that, security forces airmen who have been determined to be high suicide risks and deemed unfit for duty will have their guns taken from them and everyone will likely know. "We're going to take their gun away for their protection and everybody else's," McCarthy said. "But every other cop sees that. Nobody likes their co-workers to think that — to use their language — not a full up round." But McCarthy said that 97 percent of people who seek mental health care do not have adverse actions taken against them, and the Air Force has to get that message out to airmen. Vanover suggested that one way to get that message out would be for the enlisted chiefs to share their personal stories with troops so they'll know you can seek mental health services and still advance your career. "I hear a lot of people say that [seeking help] is a sign of flexibility — it's a sign of strength," she said to the panel of service chiefs. "You all have successful careers ...what if every single one of you went to mental health and talked about it?"

At the conference, Sergeant Major of the Army Raymond Chandler said the personal message is what people remember most, so on the spot he shared his own story.

In 2004, he was almost killed by a 122mm rocket that came into his room while he was winding down from an eight-hour patrol in Baghdad. He said he pushed aside how he felt about his near-death experience for years until he found

himself on a downward spiral. "I pretty much spent 2009 through 2011 in behavioral health seeing a social worker and going through some pretty intense counseling," he said. Chandler said when he was being considered for his current position, he was asked by then-Army Chief of Staff Gen. George Casey if there was anything that might come up that would embarrass the Army if it came to light. Chandler told him about his time in counseling. Instead of Casey viewing the confession as a sign of unfitness, Chandler said the general told him to share that story with soldiers whenever he felt he could. "If I can be chosen, that shows the Army's commitment," he said. "I'm a better husband, a better father, and at the end of the day, a better soldier" for seeking help.

Marine Sgt. Maj. Bryan Battaglia, the top enlisted adviser to the Joint Chiefs of Staff, said that he, too, sought the help of a psychologist for post-combat stress. "Battaglia didn't see it, some of his fellow NCOs or officers didn't see it," he said, speaking in the third person. "It was my spouse who saw it. I was in denial and she's the one who identified it: "Hey, there have been some changes in you. Maybe you need to go see someone". Though Roy didn't have a personal story to tell, he said at the conference that Air Force leaders are considering whether to do more pre-screening for pre-existing mental health conditions. He said if maintaining security clearances and personnel reliability programs for airmen in nuclear operations is a barrier to seeking mental health services, then those are both areas that need to be looked at. He also said there is a concern that when airmen do seek help — particularly for post-combat stress — that they aren't given the same respect as other troops.

"In certain situations, we've had airmen come back from the Area of Responsibility who went to behavioral health where they were told, "There's no possible way that could have happened to you because you are an airman," he said. "That's a

problem."

Warning signs

Training materials for front-line supervisors identify these signs of distress:

- *The belief there is no solution or no way out
 - *Feelings of hopelessness
 - *Anxiety or nervousness
 - *Agitation, anger, irritability
 - *Frequent arguments, indecisiveness
 - *Isolation, social withdrawal
 - *Depression
 - *Low self-esteem
 - *Constant fatigue
 - *Trouble concentrating
 - *Change in appetite or weight
 - *Insomnia
 - *Excessive sleeping
 - *Upset stomach
 - *Frequent headaches
 - *Loss of interest in normal activities
 - *Neglecting one's responsibilities
 - *Talking about death or suicide
- Know your people

Supervisors should be on the watch for any unusual or sudden changes in: Behavior, Appearance, Hygiene, Demeanor, Emotions, Work, Performance, Relationships at work or at home.

Help is available:

* Airmen, remember you can help. You can either seek help in a crisis or better yet, help in prevention efforts before things escalate. Resources include our Chaplains and the full-time Director of Psychological Health, Shannon Mandle (413) 568-9151 ext 6981536 or Military One Source at 800-342-9647. Peer support and prevention activities are critical when there is a personal crisis. Peer intervention are statistically proven to be the most likely way to prevent both





**Massachusetts Air National Guard (MA ANG)
JOINT FORCE HEADQUARTERS
Military Vacancy Announcement (MVA)**

(Must be a current MA ANG member only)

2012-003- SERVICES OFFICER (Major to Lieutenant Colonel)

**(Must meet this rank requirement at closeout date)*

Closeout Date: May 21

This position is a Headquarters MA ANG *Traditional Guardsmen Tour* at JFHQ-MA (Joint Force Headquarters Massachusetts National Guard). Must possess a fully qualified Air Force Specialty Code (AFSC) 038F3/4, 34M3 or 21R3 (Logistics AFSC must retrain to 38F3). Must have secret clearance, at a minimum.

GENERAL DUTIES AND RESPONSIBILITIES:

Assist unit level operations within and across assigned FEMA Regions. Individual will Provide staff assistance to unit-level operations with an emphasis on field training and mobility readiness. Individual selected is responsible to JFHQ –State, unit and staff agencies for successful conduct of unit level tasking under both on base and deployed conditions. Develop and distributes plans and policies. Establishes plans and policies for field units on resources, program operation, personnel and facilities. Monitors operations for compliance with policies and standards. Tracks financial performance, provides financial oversight, and ensures adequate financial controls. Monitor field organizations; determine resource allocation- people, money, facilities, and equipment—to accomplish organizational tasking. Coordinates with JFHQ – State, JFHQ JOC, NGB-JOC, AFNORTH (T10) wing, group, squadron and flight organizations to ensure proper and timely completion of mission assignments

SPECIALITY QUALIFICATIONS:

Knowledge. Knowledge is mandatory of readiness and mobility operations; food service, lodging, fitness and recreation practices; civilian and military personnel policies; APF and NAF financial management principals of accountability, propriety and stewardship; and business management principals. Education. For entry into this specialty, undergraduate academic specialization is desirable in hospitality, restaurant and hotel management, recreation, fitness, business administration management, finance, accounting or public administration management. Training. All training requirements based on LWRRH MISCAP, AFI 10-214, Prime RIBS Program Manager guide, Ancillary, and PME. Experience. For award AFSC 34M3, a minimum of 24 months experience in Services assignments is mandatory.

TRAINING REQUIREMENTS:

- Must complete National Incident Management System (NIMS) training.
- Must complete Contingency Wartime Planning Course.
- Must complete Deliberate and Crisis Action Planning and Execution Segments (DCAPES) Program
- Joint Operation Center (JOC) 101 Training.

Application Packages: Officers applying for this Traditional Guardsmen position at JFHQ-MA ANG must include the following in their application package:

Military Resume, Virtual Military Personnel Flight (VMPF) report on individual personnel (RIP), Copies of at a minimum last 4 OPRs, Letter of Recommendation from Group and/or Wing Commander, Copy of a current Physical Fitness Test

Mandatory criteria as indicated in the MVA must be documented on the members report on individual personnel (RIP). If it is not indicated on the RIP, it is incumbent upon the applicant to ensure that the applicable source documentation is provided with the application. Must meet the above stated grade/rank requirement by closeout date of advertisement. Applicants must have a SECRET CLEARANCE and be able to obtain a TS/SCI level clearance to apply for this position. Officers applying for this position must have a minimum of a Bachelors Degree prior to applying. **Application for this MVA signifies agreement to the following statement: "I certify that, to the best of my knowledge and belief, all of the information on or attached to this application is true, correct, and complete and made in good faith. I understand that false or fraudulent information on or attached to this application may be ground for rejection. I understand that any information I give may be investigated."**

Applications should be sent to:

JFHQ MA ANG
(Attn: COL Green)
50 Maple St.
Milford, MA. 01757

Questions regarding this advertisement can be sent to: peter.green@ang.af.mil

For Your Information

Medical Group Training Manager Position Available

Position/Title/Grade: Training Manager E-6
 Minimum Grade eligible to apply: None—see below for Special Qualifications
 Unit: 104th Medical Group
 Supervisor: Col. Sean Collins
 Application Deadline: Open until filled

POC for more information: Col. Sean Collins, e-mail: sean.collins@ang.af.mil or Master Sgt. Marnie Wallace at marnie.wallace@ang.af.mil

The 104th MDG is looking for a traditional guardsman to fill our training manager position. We are looking for an energetic and knowledgeable individual. Interested individuals must understand principles, policies, and procedures of Air Force Education and Training programs; interviewing and counseling techniques; training techniques and instruction methods; task analysis procedures, learning process, curriculum development, training evaluations, and Education and Training systems and products; effective writing skills; editing practices; instructional media application, training reporting, program and curriculum validation, and implementation procedures; training program management; scheduling training events and facilities; conducting assistance visits and training meetings; work center and individual job qualification standard development; education institution registration requirements; military personnel classification system and policies; application of communicative interpersonal skills. Knowledge of AFTR computer training and tracking program.

This individual administers all Education and Training programs, serving as the MDG Education and Training program manager responsible directly to the MDG/CC. They consults on ISD process and career field Education and Training plans (CFETP). They advise on: Education and Training materials and services; conducts work center visits, and organizes programs to develop and conduct job site training. Identifies Education and Training providers, capabilities, and resources, and ensures availability of materials. Recommends revisions to Education and Training programs and CFETPs. Records and evaluates the history of Education and Training achievements, establish goals, and enroll in classes, courses, and programs. Prepares and maintains records, files, and materials.

Application package must include:

- Cover sheet
- Letter of application
- Resume
- Current passing fitness assessment
- RIP (record of individual personnel)

Paralegal Positions Available

Position/Title/Grade: Paralegal/E-6
 Minimum Grade eligible to apply: None—see below for Special Qualifications
 Unit: 104th FW // Staff Judge Advocate
 Supervisor: Lt. Col. Robin Peterson
 Application Deadline: Open until filled

POC for more information: Lt. Col. Peterson, cell (479) 430-3223, email: robinpeterson@cox.net

Technical/Educational background desirable: Prior experience in legal or paralegal work desirable but not mandatory. Ability to multi-task and excellent attention to detail is mandatory. Outstanding interpersonal communications skills, untouchable personal ethics and integrity. Individual must be a self-starter, with exceptional organizational skills and the ability to manage large client loads in high tempo situations.

Duties and Responsibilities: Prepare documents such as wills, powers of attorney, promissory notes, bills of sale, etc. Process correspondence and maintain suspense files. Performs legal research. Process special and general courts-martial proceedings. Process Article 15 and UCMJ actions. Assist with investigations. Examine and process legal actions.

Special Qualifications: Individual must possess a minimum 5-level in any AFSC. Must have a minimum General ASVAB score of 50 (60 preferred) and be able to type 25 WPM.

Training: Completion of the Paralegal Apprentice course in residence is mandatory. The course six weeks at Maxwell, AFB, Ala.

Application package must include:

- Cover sheet
- Letter of application (what you can bring to the position)
- Resume
- Current passing fitness assessment
- RIP (record of individual personnel)
- Commander concurrence (email 104FW/Orderly rm)
- Letter of recommendation (optional)

Application Procedures: Mail/e-mail to Lt Col Robin Peterson, Staff Judge Advocate, 104th FW/JA, Barnes ANGB, 175 Falcon Drive, Westfield, MA 01085. You may also email your resume to robinpeterson@cox.net.

For Your Information

Suicide prevention/crisis contact information

104FW Chaplains:

(413) 568-9151 ext. 698-1082

Dr. Shannon Mandle, PhD, LICSW

Director of Psychological Health

(413) 568-9151 ext. 698-1536

Military One Source:

1-800-342-9647

National Suicide prevention lifeline:

1-800-273-8255



FREE PASTA NIGHT

(Salad, Pasta, Dessert & Beverage)

To honor our

Barnes 104th Family

Sponsored by 104th Family Readiness Group

When: 10 May 2012

Where: Dining Facility

Time: Continuous serving from 1645 until 1900

RSVP requested by: May 2, 2012

Beth St. Clair (413-245-6615) BethS104th@gmail.com

or Sandy Wakefield (413-568-9151) ext. 698-1183



2012 Run-Walk to Home Base

Presented by New Balance - Fenway Park - May 20

This 3rd annual event is a fundraiser to benefit the Red Sox Foundation and Massachusetts General Hospital Home Base Program. It is a 9K (5.6 mile) run or 3 mile walk that begins on Yawkey Way, winds through Boston and ends with a timed finish at the Green Monster and photo finish of participants crossing home plate at Fenway Park. Military participants are required to pay a \$50 registration fee, but not required to fundraise the \$1000 that other participants are required to raise. There are a limited number of discounted spots reserved for service members, so interested members are encouraged to register early.

For more information, visit: www.runtohomebase.org

To register, visit: <https://register.gorun.org/runtohomebase>

Pamela Jeanne First-Annual Memorial Baseball Game



**The 104th Barnestormers
vs.**

The Westfield Wheelman

To Benefit the Dr. Pamela J. Diamond-Redfern Scholarship Fund

June 2, 2012 - 5:00 PM

Barnes Air National Guard Ball Field

Falcon Dr., Westfield

Contact: Dan Genovese 413-246-9937 or Brian Redfern 413-348-3174

Welcome to new members

Jesse Anderson	SFS	27 Mar 2012
Kristine Carolino	MDG	28 Mar 2012
Benjamin Fischer	AMXS	30 Mar 2012
Raymond Lapointe	MXG	30 Mar 2012
David Kearney	LRS	30 Mar 2012
Lucas Sullivan	CE	13 Apr 2012
Ilyana Velez	FSS	19 Apr 2012
Anthony Boyd	CE	24 Apr 2012
Brandon Sabonis	LRS	24 Apr 2012
Nicholas Albert	AMXS	24 Apr 2012
Alyssa Dailey	FSS	24 Apr 2012
Ernie Santiago Jr.	CE	26 Apr 2012

Congratulations on your Retirements

Susan Pennison	FSS	20 May 2012
George Labonte	MXS	14 Jun 2012
Dennis Hudgins	MXS	20 Jun 2012
Robert Gleason	LRS	25 Jun 2012
Dana Bein	CES	24 Jul 2012
David White	CF	5 Sep 2012
Keith Buckhout	MXS	24 Nov 2012
James Parnell	SFS	1 Dec 2012

CCTV broadcast line up

- Channel 7 - Training videos & Base Info
- Channel 9 - Warrior Network
- Channel 10 - Pentagon Channel - inop



Ancillary training schedule - channel 7

<u>Morning</u>	<u>Training Video</u>
0900-0940	Forklift Fundamentals and Ops
0940-1013	Confined Space Awareness
1013-1023	Basic Ladder Safety
1023-1053	Lockout/Tagout
1053-1101	FOD Prevention
1101-1108	Copyright Infringement

<u>Afternoon</u>	<u>Training Video</u>
1300-1340	Forklift Fundamentals and Ops
1340-1413	Confined Space Awareness
1413-1423	Basic Ladder Safety
1423-1453	Lockout/Tagout
1453-1501	FOD Prevention
1501-1508	Copyright Infringement

Congratulations on your Promotions

To Airman (E-2)

Derrick Coleman	104FW AMXS
Ashley Martins	104FW FSS



To Senior Airman (E-4)

Kayla Bartlett	104FW FSS
Angelica Mendoza	104FW MDG
Michael Nevue	104FW FSS



To Staff Sgt. (E-5)

Michael Johnson	104FW FW
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To Second Lt. (O-1)

Anthony Mutti	104FW PA
Dwight Manganaro	131 FS
Eric Chan	131 FS



Religions notes:

General Christian Service: Saturday of the UTA, at 1600 hrs, in the Base Chapel / building 12, Chaplain Stephen Misarski presiding.

Orthodox Catholic Service: Sunday of the UTA, at 1600 hrs, in the Base Chapel / building 12, Chaplain Ken Devoie presiding.



Satellite NCOA Class 13-1

Base Training is now accepting Formal Training School Request (FTSRs) forms for the next Satellite NCOA Class. Interested Tech Sgts, please see your Unit Training Managers to determine your eligibility to attend, and to fill out the FTSR forms. We must have one name signed up by 21 June 2012, and full site information (minimum 8, maximum 14 students) is due to us by 6 July. Phase I (Home Station) is 20 August-16 November, and Phase II (Resident Phase) is 26 November-12 December. Each Satellite NCOA class can host two Staff Sergeants, interest SSgts, please see your UTM to determine eligibility, and fill out the FTSR forms.

This Month in History

May Historical Events

May 17, 1919 - The War Department ordered use of national star insignia on all planes.

May 25, 1927 - Lt. James H. Doolittle performed the first known successful outside loop.

May 21, 1937 - Amelia Earhart and Fred Noonan left San Francisco on a West-to-East around-the-world flight. Their trip ended on July 2 when they disappeared near Howland Island in the Pacific.

May 7, 1945 - Mass-produced B-17s, B-24s, B-25s, B-29s, P-38s, P-40s, P-51s and C-47s led to Victory Day in Europe.

May 8, 1945 - Germany surrenders unconditionally.

May 25, 1948 - Using a modified B-29 as the tanker aircraft, the Air Force completed its first in-flight refueling.

May 12, 1950 - Capt. Chuck Yeager flew the #1 Bell-X-1 research aircraft on its last flight above Edwards AFB, Calif. Film clips of the flight were used in the movie "Jet Pilot."

May 20, 1951 - In a F-86 Sabre, Capt James Jabara from the 334th Fighter Interceptor Squadron became the world's first jet ace.

May 16, 1955 - U.S. Air Force marking approved for use on aircraft wings.

May 20, 1966 - The North American Aerospace Defense Command Attack Warning System became operational.

May 10, 1972 - The Fairchild-Republic A-10A prototype, an entry in the U.S. Air Force's A-X competition to select a close-air-support fighter, completed its first flight at Edwards AFB, Calif.

May 30, 1974 - The U.S. launched the world's first communications broadcast satellite, the Applications Technology Satellite or ATS-6. From its synchronous orbit, the satellite provided coverage to half of the globe.

May 25, 1984 - A Military Airlift Command C-141 Starlifter transported the body of the Unknown Soldier of the Vietnam War for interment at Arlington National Cemetery.

May 2, 1987 - The first F-15E arrived at Edwards AFB, Calif., for flight testing.



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131st Pilots Sharpening Aims On Weekend Gunnery in Dixie



BRIEF BRIEFING before takeoff for South Carolina will assure that every man knows what to do, as well as iron out many of the problems of the mission before they crop up instead of after.

The 131st Tactical Fighter Squadron has already racked up four weekend missions in its series of weapons qualification flights to Poinsett Range in South Carolina, with "highly successful results," according to its commander, Maj Bruno J Grabovsky.

These missions, involving from four to six jet fighters and a C-47 transport loaded with ground support personnel and supplies, make the trip to Congaree Air Base, Eastover, South Carolina, every Friday, returning as soon as the weekend's work is completed on Sunday. Congaree is an ANG installation.

The objective of the missions is to qualify the participating pilots in both skip-bombing and air-to-ground gunnery (strafing), as re-

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Tenth Anniversary Edition

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