



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

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Barnes Air National Guard Base

November 2012



Col. Tony Gwosch and his wife Donna attend the Steak and Bake event at the 104th Fighter Wing on October 12, 2012.

Photograph by Senior Master Sgt. Robert Sabonis



Col. Robert T. Brooks Jr.

AIRSCOOP

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Commander's Column By Col. Robert T. Brooks Jr., 104th FW Commander

As we prepare for the exercise, I want to take a moment and say thank you to the 100+ volunteers who stepped-up to provide support following Hurricane Sandy. Thankfully the storm was kinder to us than was expected, but as all remember from last October, the efforts of the Guard can be critical to the Commonwealth getting back on its feet. Over 1,000 members of your Guard family were filling sand bags, providing medical and safety support, and those efforts go a long way to continuing our positive reputation in the community.

As we begin this exercise, understand that nearly 80% of the wing has not participated in a phase-II Operational Readiness Exercise at the 104th Fighter Wing before. The inspection is in less than a year (16-23 Oct 2013), leaving us less than 40 days to train our traditional members. In 40 training days, we will have to fight the IG-War for a grade that will follow the wing for years to come. While I do not expect perfection this exercise, we all should understand it is the persistent pursuit of perfection that results in excellence. We need to be relentless in our preparations, and ensure our processes are sound.

Ultimately, our goal is to fly 100% of our sorties; with 100% Mission Accomplishment while airborne. For Defensive Counter Air, that will include some ACA, and defending the base from enemy aircraft trying to bomb us. For Offensive Counter Air Missions, our job is to provide Escort for the bomb droppers to inflict damage on the enemy (bombs on target on time). The key is for these aircraft to be on station at the fragged Vulnerability Time (Vul Time). 15 April 1953 was the last time a US base or soldier, marine, etc was bombed by an enemy aircraft. That is Air Superiority provided compliments of airmen like you, and that is a legacy we will continue to uphold. Everything backs up from that Vul Time, to takeoff time, to taxi time, to engine start time, to pilot step, to jets being ready on time with the fuel required, the right weapons, etc. The right people need to be in the right place at the right time doing the right job.

It will take a complete team effort by everyone one of you, and all of us being in synchronization. If the jets do not get fuel, weapons, etc = mission failure. If the Base comes under ground attack, and Security Forces do not neutralize the threat, we

could have takeoffs delayed, thus taking a hit in our grade. On a side note FYSA real world - the Taliban did a base attack about 3 weeks ago in Afghanistan and took out 6 Marine AV-8B's completely and damaged 2 others. A squadron commander (friend of Lt Col Buzz Anderson) and his Chief were killed leading a counter attack (all of the enemy are deceased). Everyone on the team has a critical function and piece of the puzzle. Every single person on this base has a key role and no fail mission relative to the bigger picture. As a key, most of you should focus on takeoff times of the F-15. Those are critical times we'll be looking to meet throughout the two day event, and you will be able to better add a sense of urgency while leading your personnel in performing your piece of the puzzle.

Lastly, unlike Afghanistan, this is a training exercise. I expect each one of you to exercise good judgment relative to safety, and brief safety to your personnel, and think safety in your decisions/actions. Everyone has a Safety KIO card, use as required. Positive Mental Attitude; Positive Mental Attitude; Positive Mental Attitude.

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Chief Master Sergeant's Column

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

Life challenges build strength, mold character and teach us how capable we are at dealing with adversity. These ideas are not foreign to any of us. I am constantly impressed by the way this unit flexes and responds to challenges. Last year, the wing got hit by devastating tornados; responded amazingly then aced a unit compliance inspection.

This week, we again faced the fury of mother nature as Hurricane Sandy ripped up the East Coast, and again the unit has supported the Commonwealth with spirit and professionalism, then prepared itself to meet the challenge of an Operational Readiness Exercise, all with a positive attitude.

With the fast pace of our operations, and added stressors like natural disasters, it's easy to feel overwhelmed and caught off-guard. Know that you are not alone. Throughout my career, I have learned a lot about personal dynamics, and one of the most valuable lessons was that if one person feels overwhelmed, chances are he or she is not alone.

Rely on one and other, share your concerns, and rally. Your commanders and senior enlisted members have the responsibility of looking after you; but being a wingman is each of our responsibilities.

Understand that the entire wing is growing together, moving forward to reach the goals set before us by our leadership team. Our efforts during the next year will have monumental impact on this unit, and can't be under stated. Not many units can say that they have been tested, and achieved as we have. We have, without question, set a mark

that is hard to achieve, but harder to maintain. Think about the pride you feel when you think of our accomplishments ...and how you'd like that to continue.

Our reputation is what people judge us by, but our reputation is only as good as our last achievement...or worse. We don't want to be known as a unit that failed to prepare for an ORI...we want to continue the reputation of being the best Air National Guard Fighter Unit.

We have an exceptional opportunity to learn this weekend, learn from what goes well and from what doesn't. Notice I said learn, not observe. I need each and every one of you to not only see room for improvement BUT take it, better the processes, better yourself. I guarantee the better we do during these exercises, the easier they will become. Keep strong and keep challenging yourself to get better and stronger.



First Sergeant thoughts

By Master Sgt. Jeffrey Almeida, 104th MXS First Sgt

In September, my wife Kelly and I attended the unit sponsored "Strong Bonds" married couples weekend retreat. The theme of the weekend was "Laugh Your Way to a Better Marriage." The weekend was organized by our Chaplain's office. Both chaplain's and all the staff worked very hard to make this weekend something special.

We arrived on Friday night at Jiminy Peak Mountain Resort in the Berkshires and checked in to a well appointed one room suite at the base of the mountain. With the exception of our "Date Night" Saturday evening all expenses were paid for the weekend.

Over the course of the past year I have heard people talking about the Strong Bonds program. As the MXS First Sergeant I thought I would take the time to check it out for myself to see how it might benefit the members of the Maintenance Group. As a man that doesn't spend much time talking about his feelings, I have to admit I had my

reservations going into the weekend. I pictured everyone sitting in a circle sharing experiences and singing cum-bay-ah. Boy was I wrong, within the first 5 minutes of the program I found myself laughing, and it continued the entire weekend. The presenter, Mark Gungor was more like a standup comedian than a marriage expert.

"Strong Bonds" ... Investing the time to take care of our most important relationships

He has found a unique way to present some really useful information in a way that my wife and I could relate to. The things we learned over the weekend have really helped us to better understand each other. She finally realized that men, myself included, have a "nothing box" that we often like to lose ourselves in. I also now understand how complicated my wife's brain is and how every interaction in her day is interconnected.

Mark gave us some tools to use in our everyday lives to help make our marriage stronger than it has ever been.

The 104th FW is the first Air National Guard unit to offer this program, I say again the First Unit in the ANG. Before this program was started couples had to go to an Army sponsored program...and I preferred attending this program with people I knew and could relate with.

Our Chaplain's office is second to none and these folks truly care about the members and families of this unit.

Plans are in the works for both a family and singles orientated program for the near future. I strongly suggest you to take the time to participate in these programs. Not only does it show your family you care about them, it also shows the unit programs like this are worth investing in....lastly the tools you walk away with will only help you well into the future.

The Law of Armed Conflict

By Master Sgt. Christopher Curtis, 104th Fighter Wing, Legal Office

As we train and prepare to be ready at all times, especially with the upcoming November ORE and the several exercises and inspections in the months that follow, we should ensure we have a good knowledge of LOAC – The Law of Armed Conflict. We, as Air Force members, are required by Air Force Instruction (AFI 51-401, *Training and Reporting to Ensure Compliance with the Law of Armed Conflict*) to know and follow the rules of LOAC. In a real-world conflict, LOAC can apply to almost every phase of military operations.

LOAC consists of all international law binding on the United States or United States citizens concerning the conduct of hostilities during armed conflict. More specifically, LOAC applies to any armed conflict between the United States and other foreign countries, regardless of whether we have officially declared war.

In an armed conflict, there are two distinct categories of people. First, there are combatants. As Air Force members, that includes most of us; those who take direct part in the conflict. Prisoners of war (POWs), the wounded, and the sick are combatants who, because of their physical status, have been converted to noncombatants. Noncombatant is the second category. Noncombatants are usu-

ally doctors, chaplains, and civilians who don't take part in the conflict. Guerilla fighters convert their status of noncombatants to combatants because of their choice to engage in war activity.

In any sort of warfare, four general LOAC principles always apply. These principles are: (1) the principle of military necessity; (2) the principle of proportionality; (3) the principle of humanity; and (4) the principle of chivalry. The principle of military necessity means we are only going to do what is militarily necessary to achieve our objective; this mandates that as we plan our warfare tactics we try to limit collateral damage as much as possible by only attacking lawful targets. For instance, a lawful target would be an ammunition factory, however an unlawful target would be a hospital or other medical facility. This mode of thinking naturally leads into another LOAC principle – the principle of proportionality. In order to produce an acceptable tactic or action, a balancing test is often applied to the proposed action. This principle means that if the action produces a military advantage that outweighs its consequential damages, it is more likely to be used by us in warfare. For example, we look at the desired military result we stand to gain, and deter-

mine if such an advantage outweighs the amount of civilian casualties likely to occur.

The principle of humanity means that we're not going to make the enemy suffer unnecessarily. Our goal is to achieve our objectives as quickly and efficiently as possible with a minimum amount of human suffering. And lastly, there is the principle of chivalry. Do you know the saying "All's fair in love and war"? Well, that saying is true if it means that fairness and respect are given to your enemy whatever his or her belief. The principle of chivalry reminds us as combatants that even in war, we should try to be as civilized as possible.

Knowing and understanding the above-mentioned principles will guide and assist us if we find ourselves in a hostile, armed conflict environment. Remember the obligation to report any LOAC violations up through your chain of command. We need to be mindful that we have a proactive responsibility to report LOAC violations. Tacitly standing aside will not suffice.

For more information visit the 104th Legal Office or the Advanced Distribution Learning Site at <https://golearn.csd.disa.mil/kc/login/login.asp>

Editorial: Attitude is a decision

By Technical Sgt. Larry Buell, 104th Fighter Wing, Fire Department

Author and preacher Charles Swindoll once said, "Words can never adequately convey the incredible impact of our attitudes toward life. The longer I live, the more convinced I become that life is 10 percent what happens to us, and 90 percent how we respond to it." Attitude, positive or negative, is a conscious decision in response to the people and circumstances that surround us. This critical choice has the potential to create perceptions and impressions that are difficult to change once established. A negative attitude can have far reaching implications that can damage reputations and relationships. Conversely, the rewards of a positive attitude are enormous; if you are willing to keep your spirits up over the short and long term. Whether you choose to have a positive

attitude or a negative one, it's a **choice**. I can attest, from personal experience, it all starts with attitude. People's perception of you can rise or fall with their observations of your attitude, especially when those observations are all that they know of you.

This past summer, I attended the TIME conference in Southbridge. Admittedly, I had a poor attitude and displayed such on several occasions during this conference. I allowed my circumstances to dictate my attitude. I failed to see beyond the moment and consequently became very short-sighted. I made a conscious choice to not rise above my circumstances and project a positive attitude. I made the wrong choice. There were people at the conference who I never knew until I met them that week. The only

opinion they had of me was from their observations during that conference. As you can imagine, that became a problem. I portrayed myself in a very negative light, and before I knew it, the damage was done. I have learned some valuable lessons from my experience. You only have one chance to make a first impression. Having portraying a negative attitude can have a damaging impact, well beyond the circumstances of the moment. Most importantly, attitude is a conscious decision that you make every day. Displaying a positive attitude, and rising above negative feelings, is always the path to take, no matter what the circumstances. Life's circumstances truly are 10 percent what happens to us and 90 percent how we respond to it.

Combined Federal Campaign

By Senior Airman Bonnie Harper, 104th Fighter Wing, Public Affairs Journalist

Every year from September 1 through December 15, the Combined Federal Campaign raises millions of dollars for more than 20,000 nonprofit charity organizations across the country.

The CFC mission is to promote and support philanthropy through an employee-focused, cost-efficient, and effective program. All federal employees are given the opportunity to improve the lives of millions of Americans by participating in this fundraising program.

The Western Massachusetts Combined Federal Campaign is one of 209 campaign regions throughout the world that participate in this fundraising program.

As part of the Western Mass. CFC, the 104th Fighter Wing hosts various events during the campaign season.

"We're trying to ask people to give a small amount," said Maj. Dave Mendoza, the Force Support Squadron commander here and the wing coordinator for the Western Mass. CFC. "We're a large agency. If you take the pure volume of the wing and how many people work here, and if those people just make a small donation, it will really add up. Every little bit helps."

Many events took place in Oct., each hosted by various squadrons throughout the base. On Oct. 3, a kick-off breakfast was held to start the fundraising for the 104FW. Breakfast meals were \$5 per person, resulting in more than \$450

raised for the CFC.

The FSS held a chili cook-off on Oct. 10, raising more than \$500. 15 members donated various homemade chili and dessert to contribute to their squadron's fundraiser.

Approximately \$200 was raised from an ice cream scoop-a-thon held during the Oct. Unit Training Assembly. The ice cream was donated from the Agawam Hood ice cream location. The dining facility personnel turned off the soft serve ice cream machines during lunch to promote unit members to make the \$1 donation per scoop of ice cream in support of the CFC.

The Security Forces Squadron offered breakfast to-go on Oct. 18. With a \$5 donation, members could place an order for breakfast burritos with SFS and then have their food delivered to their personal work area.

Other events that are coming up include a Mexican-themed lunch from the Communications Flight, a grill cookout by the Operations Squadron, a Cross Fit training class by the Medical Group, and a 5k fun run from the Logistics Readiness Squadron. Unit members are encouraged to look out for more information regarding these events and to contribute to the CFC cause.

"It's an honor to do it," Maj. Mendoza said. "It's all about giving back."

Each unit that hosts an event will be able to choose a local charity to receive their fundraised money.

This annual fundraiser, established by President John F. Kennedy in 1961, is the world's largest and most successful workplace charity drive. In 2009, the CFC set a new record by raising \$283 million dollars.

The Office of Personnel Management encourages all federal employees to take part in this service opportunity.

"In these challenging economic times, it is more important than ever to open our hearts – and our wallets – to extend a helping hand," said John Berry, the OPM director.

Historically, the CFC has received donations from an average of 57 percent of federal employees. This program provides a great opportunity to further extend public service by supporting organizations that often provide services beyond what the government can do, Berry said.

Members of federal departments and agencies can make contributions through Employee Express. This system automatically uploads information into payroll office systems, making it easy for individuals to make small monthly donations through paycheck deductions. For more information regarding the CFC, visit <http://www.employeeexpress.gov> and <http://www.opm.gov/cfc/>.

For more information about ways to contribute in our area, please visit <http://www.westernmacfc.org>



Chaplain's Corner

By Pastor (Lt. Col.) Steve Misarski, 104th Fighter Wing Chaplain

'Tis the season for Thanksgiving! It is that annual event when we gorge ourselves on pie and turkey and lie around watching football. Most of the time, Thanksgiving is high in calories and low in gratefulness. Giving thanks can be the healthiest thing we do on that day or any day.

Psychologist Robert Emmons discovered that gratefulness reaps emotional, physical and interpersonal benefits. People who are thankful show more satisfaction with life, are more optimistic about the future, develop fewer health problems and sleep better. They may even fend off heart attacks.

From a spiritual perspective: through the Quran, Allah states, "So remember me, I will remember you. And be grateful to me and do not deny me" (Quran 2:152). The Hebrew Scriptures encourage a person to call one's soul to attention and to give it a direct order: "Bless the Lord, o my soul, and forget not all His benefits" (Psalm 103:2). The Christian Scriptures exhort one to: "Rejoice in the Lord, pray without ceasing, give thanks in all circumstances..." (I Thessalonians 5:16-18)

Giving thanks is not a denial of the hard realities of life or just looking at the "bright side of life." It is a habit of finding things to be thankful for even in the most difficult moments of our lives. It means

not taking for granted the good that is right in front of us rather than fretting over the good that is denied us.

In the aftermath of Hurricane Sandy, we can be grateful for electricity, heat, safety, homes and family. Deployments often help us realize how important a spouse or significant other is and how precious the time is we spend with children and parents.

During this Thanksgiving season, let us commit to resiliency and physical-emotional-interpersonal-spiritual health through giving thanks every day for someone and something.

If you need to talk, our Chapel Team is available in Bldg #12 or 698-1311.

My time at Barnes

By Col. John (Tony) Gwosch, 104th Fighter Wing Vice Commander (Ret.)

BarneStormers;

Sorry I'm missing the Nov UTA, and the Operational Readiness Exercise (ORE). Since my retirement date was 31 October, it was not possible for me to attend. I'm going to bet it will be a very educational exercise. Keep what works, be prepared to change as necessary, and remember- this is your first real ORE, you have 12 months to make corrections and practice before the Operational Readiness Inspection (ORI).

I would not trade my years of service and career for anything in the world. It has been a uniquely blessed and exciting career. I started on the flight line as an Airmen forty one years ago working on F-4 C aircraft, and now I get to retire from an office that looks over the flight line as a Colonel, Vice Wing Commander. For me, it does not get any better than this. My retirement party was on the 19th of Oct and I could not believe all the people that showed up, it was a fantastic time. My only regret was that I did not get to chat with everyone who attended; eventually I'll catch up with everyone. Even the golfing tournament was great, a little wet, but we still had a great time. I am including the text of my Swan Speech that I gave at the retirement party;

"Good evening- Before I begin my Swan Speech, let me say Thank You, the entire day has been great and I am humbled by what you did and the guests that are present tonight. I want to get this out upfront, just in case a lightning bolt, meant for Pete Carr, hits me by mistake. I've never heard so many lies in one night. I was sitting there looking around wondering who he was talking about.

Speaking of Thanks- I would like to thank my family, and friends for putting up with me, yet still supporting me for all those years. The drill weekends, deployments and the guard in general seemed to always come before everything else, and the timing always seemed to take me out of the picture for weddings, picnics sporting events and everything else that a normal fam-

ily attends. I know how much it strained relationships, and yet you all have still supported me at every step of the way. I'm not sure where I would have ended up without that support.

Thanks for sticking with me, and I hope you stay tolerant in the near future, the hunting season is just starting and I won't be around for a few months.

Next- I would like to propose three toasts, please charge your glasses.

The first toast is for all the troops who went off to war and never came home. I think of friends whose life's ended so long ago and yet I have experienced so much. I am sure each of you has your own faces that you see. Their sacrifices should never be forgotten.

The second toast is for all the troops who have been wounded in action. Their fight continues on a daily basis. May they all recuperate both physically and emotionally, and go on to enjoy life to the fullest extent possible! Dan- Here's to 1st Sgt Baker.

The third toast is for some people who really should have been here tonight- Major's John Southrey and Dave Faucher, Chief Pat Shaughnessy, SMS Dave Butler, MSGT's Jim Lindsey and Bruce Burns, TSgt's Paul Borakowski and Rob Spaulding and last, but not least, my Dad. All of these people left this life way too early. I am sure they are sitting on high enjoying the show that went on tonight.

OK, Now the real Swan Speech begins- Major Generals Dick Platt and Scott Rice, Brig Generals Marie Fields, Gary Keefe and Jon Mott, Col's Robert Brooks, Mike Boulanger and Dan Swift. My friends from the Joint Force Headquarters, 102nd Intell Wing, 103rd Air Wing, Army, All Officers and Enlisted troops, especially all Chief Master Sergeants. Family and Friends-- Good Evening. If I missed someone I should have recognized, I apologize. As Pete has already pointed out, when you get this old, you start forgetting things.

While deployed to Alaska last year I had the opportunity to get an F-15



Col. John (Tony) Gwosch

ride..... And what a ride it was. It was definitely a once in a lifetime opportunity, for a maintenance officer anyways. My pilot was Hollywood, and he made it enjoyable- lots of highs, and a couple of lows, each time I thought I was going to lose my breakfast. It was an experience I will always cherish.

I bring that experience up because my career has been very similar to that ride. Some highs, some lows....more highs than lows though and Wow....what a ride it's been. How many people can finish a 41 year career and say they love it as much now as when they first started out? Also, I got to participate in the changing of the guard. At times it was painful, but we went from the raggedy ass militia to a force that is on par, or better than the Air Force.

I was an enlisted troop for fourteen years, and the rest of the time I was an officer. The main thing that stands out is the fact that in both of those careers I had so many people, enlisted and officer, who helped me along the way, people who helped mold me into who I am today. I learned from them that to be good leader, you must first learn to be a good follower. Additionally, don't be afraid to do whatever it

My time at Barnes continued (part I)

takes to help accomplish the task- from emptying the trash to making sure everyone has had something to eat. I realized from those who helped me along the way, and there are many of you in the room tonight, in both the enlisted and officer ranks, that the journey to becoming a leader is a team effort. You guided me in the right direction and enabled me to see my own potential, as well as reach that potential. Thank you for your dedication and patience. When I worked in Maintenance Control my personal on-the-job training program consisted of observing every level of management in action. I got to witness what worked and what did not. More importantly, I had the opportunity to watch varying styles of leadership in action. My favorites were Chiefs Ted Kowal and Joe Smola- they always got people to do what needed to be done, even the crappy jobs and the troops still walked away smiling- it amazed me. **I wanted that kind of skill; I wanted to be a Chief.** I failed at that goal. But I did get to be a Lieutenant. Gen Al Reid, Col. Tom Astaldi and Lt. Col. Mal Snow – Thanks for giving me the opportunity, hopefully you are happy with the way I turned out. Tom was my first boss and I could not have asked for a more patient individual to guide me. He gave me tasks and let me run with them, making sure I didn't stray too far out of bounds. Also, I learned a lot about pilots from Tom- mainly, when the going gets tough, the tough go fly. That's as true today, with L.A. as it was back then. The point is I had the best people in the guard to learn from. Case in point- Some of you have sat thru my meetings where we tracked milestones and assigned OPR's. I think the maintenance officers call it my Anal Detail Oriented way of doing business. Well, I watched Maj Gen Dick Platt, produce Outstanding ORI results in 94, and more importantly- combat ready people and jets for Deny Flight that turned into Deliberate Force the same way, that's where I picked up that style from and it was further refined working for Col. Bud Scheller. Once Lt. Col. Ken Fedora settles into his position, he will be pushing the same

style and my moneys on the fact that you will end up kicking some ORI ass in Oct of next year.

Anyways, if it weren't for the confidence and trust that a lot of you had in me I probably never would have succeeded. I appreciate that each of you took the time to guide me thru my career, keeping me focused, grounded and yes, kicking my ass when it needed to be kicked.

On the flip side, my hope is that I have been able to touch someone else, like each one of you here has touched me during all these years. Paying that debt is my way of giving back, although it will never be enough. As long as I'm throwing out advice, I'll also throw out this- do whatever it takes to take care of your troops. If you do, you will be successful. This is something that I learned from every Chief I worked for, or with, and it was cemented each time I heard Gen George Keefe speak, he always made sure we understood what was important, and it's always worth mentioning again. Gen Gary Keefe and Col. Jim Keefe, both of which are still with us, have the same philosophy. BTW, Taking care of your troops comes in many forms. Another Gen Platt story- Deliberate Force 1995, Gen Platt just parked his A-10 and climbed out. His back was soaked with sweat and you could see he had a tough mission from looking at his face. The Crew Chief that just parked him asks what he did during the mission. Without missing a beat, Gen Platt says sure and proceeds to unfold his map and spends the next 15 minutes with a couple of Crew Chiefs explaining where they had gone and what they had done. It was that kind of personal touch that endeared him so much to his troops. Take care of your troops!

Change- Over the years change within the Air National Guard, and especially at Barnes has been tremendous. We went from playing at being a part of the total force in the 70's, with F-100's that were 30 years old, to actually being so much a part of the Air Force that they cannot do the job without us. In 1978 we received our A-10's brand new from the factory. During the first ORI with the A-10, we wore

blue surgical masks in place of Chem gear (and we thought they were a pain in the ass). Now we train, exercise and go to war with the full up gear. Our airman are some of the best trained, most experienced troops in the world- I could talk at length about Deliberate Force, Allied Force, or Iraqi Freedom, each one was an outstanding success, but I'm sure someone will say- That was with the A-10, what have you done for me lately- For starters how about another conversion, this time to F-15's- BTW they are between 26 and 34 years old. Bringing the Air Combat Alert mission on-line in record time and maintaining it ever since. Or look at what Snip, Boa, Mike and Pete, along with 338 104th troops did during AEF. They showed the Air force what we were made of. I rest my case. How about the physical changes on this base- compare an overhead shot from the 80's or 90's to the present- Huge change. It is all an investment the ANG has made into the 104th FW and we (**now YOU**) are ready for the future. Last change is one that pleases me the most, and a lot of you are unaware of. In Jan 1973, when I arrived at San Francisco from my second tour in Vietnam, I immediately went to the men's room and changed. No way was I going to fly back to Massachusetts wearing a uniform. The American public did not like the military, not everybody, but enough of them that I did not want to wear my uniform in public. The homecomings I've experienced returning with the 104th, and the support given by the American people have turned around completely. Where ever I go, when in uniform, people constantly thank me for my service and that feels good. Enjoy it, it wasn't always like that.

I have been asked numerous times if I am going to miss the 104th Fighter Wing. Without a doubt, the answer is yes. I came to the 104th when I was 21, I grew up at the base, although some would say I have not grown up yet. Every life event that I have gone thru was shared with the base. The 104th made me the person I am, it gave me everything I have, and I consider the people as friends, some of which are closer than my family. It is as big

My time at Barnes continued (part II)

a part of me as my family is and I will miss the people dearly. I look around the room and with each face there is a story: Col. Mike Boulanger, I remember being in Pinica Vala, Italy when Hitman, searched me out to go back to the base and sort out how we were going to get the jets ready for combat the next day, that was the start of Deliberate Force, combat action in Bosnia or during that same deployment, watching him and MG Scott Rice takeoff to accomplish the first ever Night Vision Goggle Combat Search and Rescue mission, or when he pulled me into his office in Sept 2002 and started telling me about targeting pods and what our part would be in Iraqi freedom. I see Turner Fawkes, who is retiring early next year after 20 years of service, and remember when he first joined the guard, did Iraqi Freedom with us, went to the 102nd FW, and eventually came back to Barnes when we converted to the F-15. I see Dan Swift, Dano, and I think back to spending countless hours in the RATT Truck at Volk Field eventually getting an outstanding in that ORI, or trying to sort out how we were going to work out of Trapani Italy during Operation Allied Force. Bob Laughran, I know you're out there somewhere- stand up and be recognized. On Oct 15th Bob turned 60, ending an outstanding career that spanned 41 years with the MA ANG- OK take a seat. I mainly bring that up to point out there are people out there older than me, besides my Mother. I look at Chiefs Ted Gloss, Al Reale, Mike Burgess and Ron Simons and think about Iraqi Freedom and what it took to build up our A-10 operating area from a patch of sand, especially the night raids to steal lumber from the Army and Brown and Root. More recently, I look at guys like Shooter, Flounder, Pav and Ginger along with Moon, Chowda, Monty and Sniper -- all great troops. Thinking about them and a host of other people, I know that the jets, and this wing, are in good hands. The great part is that I will always be a part of the 104th family, as everyone who has served in the 104th is. It will **always** be my home. I couldn't do all that I did.... without the

support of my friends at the 104th FW.

You all have helped me along thisRide of a lifetime. When I think back, I've had opportunities that many of my friends, not working for the military, will ever have. The friendships that have been forged along the way are deep and the memories I will carry to my grave. The places I've had the opportunity to visit, the things that I have experienced overseas, yes, maybe places that I normally would not have chosen to visit but each time, it has enriched my life...to be able to experience hiking in the Italian Alps, the hills of Turkey, the Black Forest in Germany, never mind all the places I've had an opportunity visit in the United States. Hiking in the Rocky Mountains, Skiing in Nevada, Climbing Mount Hood, Fishing in the Kenai River in Alaska as well as flying in an F-15 over Mount McKinley, did I mention that I also got to fly in an F-100 along the Gulf Coast while deployed to Gulfport a long time ago... That was another great ride. But with all rides, they must come to an end and so it is with this one. Now it's time for me to move forward and start to enjoy a new phase in my life. I intend on doing all the things I never had time for, Hunt, Fish, Hike, help Gram G more often, Hunt, Fish, Kayak, hang out with Isabella and watch her grow up, maybe become a better family man, did I mention- Hunt and Fish. I might even work around the house a little, but probably not.

I know I number of you traveled a great distance. I appreciate that you did that to share this time with me. I hope your journey back home is safe. Thank you for sharing the evening with me.

I would be very remiss if I did not publically thank Pete Carr and his band of helpers- My family would ask what it would be like and I would just reply that it will be very entertaining. Pete, you did not disappoint me, or them. It was all a person could ask for. Also, JK and Chief Buck- Great Golf Tournament. We got wet, but we all had a great time. JK- I would have been a contender if you had been fair and gave me a handicap of 30, rather

than 1.

I would like Pete, JK, Tina, Tiffany and Chiefs Al and Buck and the rest of the people who made this day possible to stand up- Huge round of applause. You could not ask for a better team to be roasted by. Thank you very much

In conclusion- Thank you all for taking the time to celebrate the day and this evening with me. I will remember it forever. **I am humbled by what you have done and truly overwhelmed by the support you have given me, not only for tonight, but over all the years of my career. From the bottom of my heart- Thank you. "**

My career has been incredible, and it is mainly because of all the great people I have been fortunate to work with over the years. I sincerely wish you can say the same about your career when your time comes. One more time- Please take care of your Airmen. We all, at some time, need a helping hand, a Wingman. Please continue to be that Wingman for your Airmen. Our Airmen deserve no less.

Best of luck in all that you do in the coming year. Kick butt in the ORI!! I know the 104th Fighter Wing will continue its track record of outstanding achievements.

Thank you for all you do, and please keep in touch! (BTW, I won't be far- I'll be hanging out in Southampton)

God Bless all of you and God Bless America!

Respectfully,
Tony

John A. Gwosch, COL, MA ANG
(RETIRED)



Editorial: An 'Outstanding' future

By Capt. Neal Byrne, 104th Fighter Wing Emergency Operation Center Director

Just a couple months ago, I found myself standing amongst the crowd in the Main Hangar next to MSgt Scott O'Dell from our MXG's Fuel Shop. We were awaiting the arrival of the main body from the 104th Fighter Wing's recent deployment to the Middle East. We struck up a conversation, as many of us usually do, about what a great unit the 104th Fighter Wing is and how great it is to be a part of an organization that is this extraordinary. MSgt O'Dell spoke of his experiences interacting with other military units throughout his career and most recently the units he worked with overseas. Like many of us, he was amazed by the military might we as a United States Air Force can assemble anywhere in the world at any time. He was also struck by how tall the 104th FW stands next to the rest. Our conversation lasted about 5 minutes on that particular day, but inspired me to remember the illustrious past and ponder the outstanding future of the 104th Fighter Wing.

Every member of the 104th Fighter Wing owns the accolades of our recent

accomplishments. It is important to realize those honors remind us of the legacy we must look to uphold as we move into the future. Tactical aviators use the saying "Near Rocks, Far Rocks, Lead, Check Six" as a way to organize their thoughts and ensure safe passage while flying through rough terrain. Make no mistake; the next year will be rough terrain to say the least. So we, as leaders at every level, must not overlook the "Near Rocks" that could get us into trouble as we look to crest the "Far Rock" that is the October 2013 ORI. If you see a deficiency that is going to get in the way of your section or unit getting an Outstanding during the ORI, look to your "Lead". Your "Lead" may be your immediate supervisor, Shop Chief, Squadron Commander, Group Commander, or Wing Commander. Utilize the chain of command to get help and do it with time to spare.

A year may sound like a long time, however in Drill Status Guardsman (DSG) time, it is really just over a month if you look at work days you'll have to prepare for this ORI. So what does that mean if you are a part-timer?

It means every minute you are on base is a minute you need to be working toward understanding what will be expected of you during the ORI. First, push yourself to be as good as you can be at your AFSC job. Then, know how to use and what you can find in your airman's manual. Know the difference between a bugle call and an alarm and how you should react to each. Ask your questions during the OREs so you can answer the questions asked of you during the ORI.

The next year is going to put every member of this unit under a great deal of pressure. There will be no shortage of long days and stressful ORE debriefs. There will be times when people look to you for inspiration or times, like my conversation with MSgt O'Dell, when inspiration falls in your lap. If we hold each other accountable and take care of each other when times get tough, the legacy of this unit will not change. Attack this ORI with the pride and professionalism we have come to expect at Barnes and we will "Check Six" in just over a year and be proud of another 'Outstanding' result.



Safety: How goes it?

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

The unit has experienced 3 injuries and 0 mishaps

- Worker using air hammer: bruised hand
- Slipped hand in tight space; < 1st aid
- Worker injured moving luggage; lacerated hand; lack of PPE; 8 stiches

The time is here to begin practicing for our ORI. This means it is a time to do your job in chemical gear, during darkness, in the weather, with your rest habits disrupted. Below are items you need to read and heed!

It will be dark when you get here and dark when you go home. Wear a reflective belt at all times. This is part of the exercise ground rules.

If you travel know your limits and make sure your supervisor is aware of how many hours you have been awake and how long it will take you to get home. We don't need someone who got off second shift at 2300 coming in for 0500 and attempting to drive home after 1800. It's just not smart and is downright dangerous.

If you are not trained to do something, don't do it! If you are in training, take your time and learn the right way to do it; SAFELY!

If you are doing self-aid and buddy care and need to transport or move someone, know your limits. We don't need you to injure your back or drop someone. Get help!

If personal protective equipment is required for a job, wear it. Stay focused and hydrated! This means

don't show up needing sleep and make sure you drink water.

Don't rush anything! Urgency is good, but not if you are going to hurt someone or damage something!

If you have an idea on how to make things better or safer, jot it down and make sure it gets up channeled at the end or the exercise so leadership can consider your ideas for implementation. Keep a good attitude and share it with others. Nothing will increase injuries and mishaps more than a bunch of grumpy people who have an attitude. Keep and share a good one!

Remember that if all else fails, anyone can call a Knock it off! If you see something that is going to hurt someone or damage something, stop it before it happens.

'Earl of ESGR': Dedicated volunteer honored with national award

By 2nd Lt. Andre Bowser, 439th Airlift Wing Public Affairs

For 12 years, Earl Bonett has put the needs of veterans before his own need to enjoy his retirement.

For this and more, he's the 2011 National Employer Support of the Guard and Reserve Military Outreach Volunteer of the Year.

But voluminous titles aside, he just likes to be called Earl, of ESGR.

After retiring from the U.S. Postal Service, Bonett returned to his military roots and became a volunteer with ESGR, a national organization that supports reservists and guardsmen by, among many other things, helping them maintain gain- 'Earl of ESGR': A dedicated volunteer is honored with a national award gainful employment outside of the military.

Bonett himself joined one of the sea services, he'll tell you, "during the sixties -- in the Destroyer Navy." After four years, he left the Navy and returned to his hometown of Monson, Mass., before attending and finishing college, and embarking on careers in education and federal civil service.

The 68-year-old retired postmaster of Holyoke became an ESGR volunteer after one of his employees, who happened to be in the Air Force Reserve, invited him on a Boss lift, an Air Force and ESGR-sponsored trip which show employers what their employee/reservists do as a means to garner support for those Citizen Airmen.

In Bonett's case, it worked. "I was amazed that all the pilots and aircrew were reservists, and I said to myself 'I'd like to get involved in this,'" Bonett recalled.

Since then, Bonett served as ESGR's state vice chairman, Western Mass. chairman, acting ombudsman director, and ombudsman director. Even as a junior enlisted Sailor in the Navy, Bonett had a warm place for veterans. He was stationed in Newport, R.I., aboard a destroyer; and since he was so close to his family in Massachusetts, he said he took advantage of his mother's generous nature almost every weekend.

"I would bring eight, nine, 10 guys home with me every weekend and my mother would make each of them a favorite food," he said of his mother who worked as a mechanic for the military, as well as a professional chef.

Recalling the tough times in the Navy, Bonett said: "The thing that was the worst on the Navy destroyers was the sterilized milk. All you could taste was the metal, but I drank it anyway."

Bonett served in the Navy as a radioman crypto technician, which meant he sent and received top secret messages for the sea service.

He left the Navy to attend school at the American International College in Springfield, Mass., where he earned a bachelor's degree in English.

Bonett taught high school for eight years before he took a job with the Postal Service. After retiring from that career, he worked as a youth counselor before becoming heavily involved in volunteer programs such as ESGR.

Bonett said part of the impetus for volunteering, besides returning to his military roots, was the "raw deal" Vietnam veterans like himself received from the public when he returned to civilian life.

"It was different back then," he recalls. "People weren't as supportive as they are today of the military."

Bonett said he decided to be a part of a solution he envisioned to help make the bond between the military and the public stronger.

He has helped reservists and guardsmen avoid issues at their places of work, by educating the service members, and sometimes the employers.

"The only part of ESGR that is reactive versus proactive is going to places of employment and smoothing out relationships between reservists and their employers," Bonett said.

Otherwise, he said he's out engaging military members across the state within his area of responsibility -- or Western Massachusetts -- and sometimes beyond.

The difficult part for him is when reservists in challenging situations continue to feel the pinch of poor workplace relations.

"We explain the law to reservists and highlight the law that applies to their specific circumstance, and then the next step is a formal case after the employer has been informed of an issue or violation of reservist's rights," Bonett said.

Often, in his experience, cases involve reservists who leave on deployments and return to find their civilian positions

marginalized, in which case ESGR steps in and informs reservists and employers of the law in the hope that it ends there.

Bonett said he's found outreach, before a problem arises, to be a much better road to travel.

To that end, he pushes reservists to nominate supportive bosses, employers and places of employment for Patriot Awards, by contacting his office.

Bonett's zeal for military outreach and his proactive posture for seeking out supportive employers are precisely what netted him the distinction of the national military outreach volunteerism award. And the field of competition was no small swath, with more than 4,500 people in ESGR.

"The functional area volunteers are integral to the accomplishment of our mission as they provide critical support to our reserve component members, their families, and employers," stated James Rebholz, the national chairman of ESGR, in a letter informing Bonett of his selection. "Your active participation in this vital program has done much to enhance ESGR overall." The national winner Bonett would be invited to attend the Freedom Award Ceremony and National Leadership Conference at the White House in September.

Bill Hebert, a program support technician for the Massachusetts ESGR, said he nominated Earl "because of the tireless effort he puts into briefing military members about their rights."



Photo of Mr. Bonnet presenting an Employer Award to Mr. Scott Coopee at Western New England University in the Spring of 2011. (WNE Photo)

F-86 crash remembered

By Maj. Matthew Mutti, 104FW Executive Officer



Oct. 19, 1952, a few thousand spectators trained their eyes on the Westfield skies as four F-86 aircraft flying out of Westover Air Force Base performed an aerial demonstration during one of the first airshow hosted here at Barnes. Suddenly Capt. Fred Stevens and Lt. Robert Danell collided; their F-86s plummeted to the earth below. Heroically the pilots steered their aircraft away from the crowds, but perished as their aircraft impacted a field below, in an area that would later become East Mountain Country Club.

The F-86s were part of a sanctioned military demonstration squadron comprised of combat veterans who would perform regionally at events such as this. Following this tragic accident, these teams were

grounded until the Air Force could establish a sole demonstration squadron...the unit we now know as the Air Force Thunderbirds.

60 years after the crash, a monument was dedicated in the honor of these two heroes thanks to the tireless work of Mr. Mark Perez, owner of the Country Club.

After Perez and his father discovered many pieces of debris while constructing the course, he has had a curiosity of the event.

Four years ago, with the help of Mr. Leo Dube from the Pioneer Valley Military Transportation Museum located here at Barnes, Perez was able to locate the surviving members of the Stevens and Danell families. In fact, the families had not met until late 2011; when the plan of dedicating a memorial started to become a reality.

On Saturday Oct 20, 2012; Perez's vision came true; with the families of Stevens and Danell in attendance, a monument was dedicated to the lives and sacrifices of these heroes.

Brig, Gen Gary Keefe, the Mass. Air National Guard Commander (acting) and Col. Jeffrey Hancock, the 439th Vice Wing Commander; represented the two units whose histories were marked by the accident.

In a solemn ceremony, the families remembered the lives of these heroes.



Generations of the Danell and Stevens families gather in front of the monument shortly after it was unveiled Oct. 20. Many of these family members traveled hundreds of miles to honor the fighter pilots. (photo by MSgt. Andrew Biscoe)

Hurricane Sandy response

By Maj. Matthew Mutti, 104FW Executive Officer

What is being labeled one of the worst storms to ever hit the Northeastern United States, Hurricane Sandy was gentler on Massachusetts than anticipated. As the storm tracked, Western Mass. was on the Northeast side of the storm, minimizing the damage, but the state did not come out unscathed, and where help was needed, the Mass. National Guard was there.

1,000 members of the Guard were called to State Active Duty, filling sand bags, coordinating emergency response, and staging details to clear roads after the storms aftermath. A

team from the 104th Fighter Wing was part of the assembled force.

100 members from Barnes were poised and ready to respond. Security and communication details were assembled and staged. The Emergency Operations Center was staffed and running.

Fortunately, the storms damage in the West was localized, and municipal crews were able to clean-up with little support from the 104th Fighter Wing; but we were ready.



Master Sgt's Riox and McCrary from the Emergency Operations Center coordinate support for Hurricane Sandy response Oct 29th. (Air National Guard Photo by Master Sergeant Mark W. Fortin)



New Recycling Program

Starting November 15th



SINGLE STREAM RECYCLING

The items listed below may be placed in the SAME bin for recycling.

METAL CANS

- Rinse clean & place metal lids inside cans. Labels okay.

Tin cans & aluminum cans, foil, & pie plates.

NO paint cans or scrap metal.

GLASS BOTTLES & JARS

Rinse clean & discard lids. Labels okay.

Food & beverage containers only.

PLASTIC BOTTLES

Rinse clean & discard lids. Labels okay.

Must be in the shape of a bottle.

NO motor oil bottles, plastic bags, or plastic cups.

MIXED PAPER

- Clean & dry.

Examples include:

newspapers & inserts

magazines & catalogs

white & colored paper

opened mail & envelopes

paper bags

boxboard

phone books (June - September)

corrugated cardboard

shredded paper (in clear plastic bags)

NO paper plates, cups, napkins

NO styrofoam

NO motor fluids packaging



Environmental Office
 Jennifer Baker, QRP Manager
 jennifer.baker.2@ang.af.mil / 698-1753

(*Continue to recycle the following: toner/ink, metal, wood, electronics, batteries*)

For Your Information

3 Traditional Officer Position Vacancies

Equipment Maintenance Flight OIC // AFSC: 21A3

Equal Opportunity Officer // AFSC: 36P3

Budget Officer // AFSC: 65F3

CLOSING DATE: *09 November 2012*

POC for more information: Major Michael Dibrindisi @ DSN 6981219 or 1-413-568-9151 ext. 6981219, Maj Matthew Mutti @ DSN 6981800 or 1-413-568-9151 ext. 6981800

LOCATION: Barnes ANG Base, 175 Falcon Drive Westfield, MA 01085

GRADE: Eligible for Commissioning 2LT/O1 thru Capt/O3

HOW TO APPLY: Commissioned officers will submit a completed AF Form 1288 (Application for Reserve Assignment), copies of the last 3 OPRs, and a military resume. Enlisted members will submit a resume that includes all experience relevant to this position, both military and civilian. You may submit copies of any certifications that apply to the position. Please make note of any special qualifications. All candidates must submit references from their previous three military supervisors.

Maintenance POSITION QUALIFICATIONS

Specialty Summary -Leads, trains, and equips personnel supporting aerospace equipment, sustainment, and operations. Manages maintenance and modification of aircraft and associated equipment. Administers aircraft maintenance programs and resources. Directs aircraft maintenance production, staff activity, and related materiel programs. Assesses unit capability and advises senior leadership.

Duties and Responsibilities -Directs aircraft maintenance mission generation and repair network activities. Maintains workforce discipline and responds to personnel issues while balancing workforce availability and skill levels with operational requirements. Works with functional managers to develop, formulate, and manage fiscal resources. Instills maintenance discipline, security awareness and force protection concepts. Ensures accuracy of documentation, i.e. aircraft forms and automated systems. Ensures adherence to technical data, policy, procedures, and safe maintenance practices.

-Develops, coordinates, and executes flying and maintenance schedules. Manages aircraft configuration, daily aircraft servicing, weapons loading, launch, recovery, and repair; periodic aircraft maintenance inspections; and flightline safety and foreign object damage (FOD) prevention and dropped object programs. More info posted.

Specialty Qualifications -Knowledge. The following knowledge is mandatory for award of the AFSC: maintenance and personnel management procedures, and organizational and mission requirements; capabilities, limitations, and basic operating principles of aircraft systems and components; theory of flight and airframe construction; life cycle sustainment, quality assurance; supply, transportation, logistics plans, contracting, flying operations, munitions, and other unit operations related to aircraft maintenance units.

-Education. For entry into this AFSC, an undergraduate academic degree in engineering, management, industrial management, business management, logistics management, or physical sciences is desirable.

-Training. For award of the 21A3, completion of an AETC in-residence Aircraft Maintenance Officer Course (AMOC) is mandatory.

-Experience. For award of AFSC 21A3, a minimum of 24 months of experience managing aircraft maintenance activities is mandatory.

Equal Opportunity POSITION QUALIFICATIONS

Equal Opportunity Officer: Deliver world-class Equal Opportunity and Human Relations services through balanced Equal Opportunity compliance, Human Relations Education, Organizational Climate Assessments, and Affirmative Employment to attract and propagate a diverse corporate culture that enables the total force the opportunity to attain the highest levels of achievement commensurate with individual talent and performance

Budget Officer POSITION QUALIFICATIONS

Budget Officer: Financial Management Officers are able to help ensure funds are available for the equipment, supplies and services our units need — when they need it. Financial Officers also perform cost estimates, oversee distribution and establish performance standards to evaluate efficiency and develop best practices. By managing organizational structure, personnel performance, training needs and security, Financial Officers protect Air Force funds and as a result, our most valuable assets

Specialty Qualifications

Education. For entry into this AFSC, an undergraduate academic degree math, engineering, economics, business management, are desirable. A minimum of 12 semester hours in economics, accounting, and statistics subjects (6 of which must be in accounting) is mandatory.

SUBMIT APPLICATIONS TO: Barnes ANG Base, 104th Force Support Squadron, 175 Falcon Drive, Westfield, MA 01085.

For Your Information

Traditional Medical Group Training Manager Position Vacancy

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)

UMASS Minuteman 5th Annual Military Appreciation Night

Saturday, February 2, 2013 at 8:00 pm

UMASS Minutemen Versus The UMaine Black Bears

The Mullins Center Community Arena (200 Commonwealth Avenue, Amherst, MA)

ADMISSION : FREE TO MILITARY AND RETIREES



The UMass Minutemen, American Collegiate Hockey Association, Division Two, Men's Hockey Team respectfully invite the military members, their families, their friends and the retirees from the 104th Fighter Wing/Barnes Air National Guard Base-Westfield MA, the 439th Military Airlift Wing/Westover Air Reserve Base-Chicopee MA and the ROTC Units which are part of the UMass Campus Family.

The purpose is to honor those men and women, past, present and future who represent the small part of our population who possess the character and the courage to wear the uniform and preserve our freedom with their own personal sacrifice.

For Your Information

National Cyber Security Awareness Month

During National Cyber Security Awareness Month, the Department of Homeland Security asks everyone to take these basic steps:

- Use antivirus software
- Be careful which websites you visit
- Don't open emails or attachments that look suspicious
- Set strong passwords, and don't share them with anyone
- Keep your operating system, browser and other critical software optimized by installing updates
- Maintain an open dialogue with your family, friends and community about Internet safety
- Limit the amount of personal information you post online, and use privacy settings to avoid sharing information widely
- Be cautious about what you receive or read online – if it sounds too good to be true, it probably is

<http://www.dhs.gov/national-cyber-security-awareness-month>

MDG Health Classes

Looking for ways to create a healthy lifestyle? Live your life to the fullest? Eating right, staying physically active, and not smoking are a few examples of good habits that can help you stay healthy. Please join us in the clinic to learn about easy ways to stay fit and healthy.

Health Promotions- The 104th Medical Group is now offering a health promotion class on Sunday of the UTA. No appointment necessary, just walk-in and join the group. The class will meet on Sunday morning from 1000- 1100 at the 104th Medical Group - back training lab (RM18).

Health Promotion Calendar

Mark your calendars for the upcoming UTA Health Classes held Sunday morning from 1000- 1100 at the 104th Medical Group:

Oct 2012: STDs

Nov 2012: Weight training and bone density (TENTATIVE DUE TO THE EXERCISE)

Dec 2012: Drinking and Eating Tips, ways to keep those pounds off during the Holidays and winter months

A key feature in how to be healthy is taking personal responsibility; it is the foundation of good health! Please also visit the 104th SharePoint site. To get addition information regarding exercise and nutrition go to the 104th MDG SharePoint site:

<https://104fw-sp-01.ang.ds.af.mil/104MDG/Lists/PATIENT%20CUSTOMER%20SERVICE/AllItems.aspx>

TSP Roth now available

On 7 May 2012, the Federal Retirement Thrift Investment Board implemented a new TSP feature call TSP Roth. This new feature offers Federal employee the option to designate some or all of their contributions as Roth contributions. Effective 28 June 2012, employee can now make contributions to Roth TSP through the Employee Benefits Information System (EBIS) or the ABC-C automated telephone system 1-877-276-9287.

For additional information on TSP Roth, please visit the ABC-C TSP website at:

<https://www.abc.army.mil/>

<https://www.ebis.army.mil/>

Important Tricare Update

Electronic payments required for TRICARE Reserve Select and Retired Reserve monthly premiums

<http://www.af.mil/news/story.asp?storyID=123320656>

To avoid losing coverage, beneficiaries enrolled in TRICARE Reserve Select (TRS) or TRICARE Retired Reserve (TRR) who pay monthly premiums by check need to switch to an electronic form of payment before Jan. 1, 2013.

Beginning Jan. 1, 2013, TRICARE will only accept monthly premium payments using recurring automatic payments by credit or debit card, or by recurring electronic funds transfer (EFT) from a linked bank account. To avoid confusion, beneficiaries should verify that their bank sends EFT payments.

The Defense Manpower Data Center is notifying current TRR and TRS beneficiaries directly by email, and new beneficiaries will be informed in their welcome package information when enrolling.

Electronic payments streamline account management and ensure continuous coverage for beneficiaries. Failure to pay premiums by the due date results in termination of coverage. Beneficiaries can contact their regional contractor to set up automatic payments and get more information. Contact information for each region is available online at www.TRICARE.mil/contacts.

TRS and TRR are premium-based health plans. TRS is available for eligible members of the selected Reserve of the ready Reserve and their families; and TRR can be purchased by retired Reserve members, their families and eligible survivors of deceased retired Reserve sponsors. For more information about TRS or TRR, go to www.tricare.mil.

For Your Information

2012 Federal Benefits Open Season 12 NOV—10 DEC

Open Season is the time of year when you should think about your health, dental, vision, and tax-saving needs and to make changes to or enroll in one of the programs. The Programs that participate in the annual Open Season are:

- Federal Flexible Spending Account Program (FSAFEDS)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)
- Federal Employees Health Benefits (FEHB) Program.

Open Season is the time to make elections you usually can't make any other time of year. If you are already enrolled in FEDVIP and FEHB, those enrollments will continue automatically although benefits & premiums may change.

For assistance,

- Visit opm.gov;
- * Find it on Facebook at [fedbenefits](https://www.facebook.com/fedbenefits);
- * Follow on Twitter at [FedEmploy-eeBen](https://twitter.com/FedEmploy-eeBen); or
- * See your Human Resources Office.

Absentee Ballots for NOV Elections & MA Ballot Questions

Federal Voting Assistance Program (FVAP): Voting help for Uniformed Service Members, Their Families & Citizens Living Outside the U.S. click here.

Massachusetts Absentee Ballot Guide Important Deadlines

- Voter Registration Form post-marked on/before Wed 17 Oct
- Absentee Ballot Application received by 12:00 p.m. noon on Mon 05 Nov
- Voted Absentee Ballot received before 8:00 p.m. on Election Day, Tue 06 Nov

For MA citizens who live or will be out of the state for the election, more information on this topic can be found online.

MA Statewide Ballot Questions

- The NOV ballot will also have three statewide questions.
- Question 1: Availability of Motor Vehicle Repair Information
 Question 2: Prescribing Medication to End Life
 Question 3: Medical Use of Marijuana

Upcoming ASVAB & AFOQT Dates

Air Force Classification Test (ASVAB) FY13

Listed are the dates when the AFCT will be offered

October 26, 2012 at 0900, bldg 1
 March 22, 2013 at 0900, bldg 1
 May 24, 2013 at 0900, bldg 1
 August 23, 2013 at 0900, bldg 1

Air Force Officer Qualification Test FY13

Listed are the dates when the AFOQT will be offered

October 19, 2012 at 0900, bldg 1
 February 15, 2013 at 0900, bldg 1
 May 10, 2013 at 0900, bldg 1
 August 16, 2013 at 0900, bldg 1

SAPR announcement

The Department of Defense announced its new DoD Safe Helpline Mobile Application. With this new app, service members transitioning to civilian life will have access to critical resources that assists in managing the short and long-term effects of sexual assault.

This new app is the latest in a string of technological innovations designed to support sexual assault victims in the military. The app contains the option for users to record their current emotional state and create tailored self-care plans to address sadness, hopelessness and disconnection. These self-care plans include suggested resources and exercises, and can be stored for future reference. This includes a list of breathing, stretching and visualization techniques that can reduce anxiety, depression and symptoms of post-traumatic stress.

“Victims want to choose when and where they get support so we are using technology to provide them as many options as possible,” said DoD Sexual Assault Prevention and Response Office Director Maj. Gen. Gary S. Patton. “This new app tied into the Safe Helpline is another tool to provide support to military victims of sexual assault.”

Users can connect with live sexual assault response professionals via phone or anonymous online chat from their mobile devices for support. Users can also navigate resources (e.g., disability assistance, medical benefits, housing help and employment assistance), or search for resources near their base or installation. The Safe Helpline mobile app is for short-term self-care and is not to be used as a substitute for professional medical advice or a mental health treatment plan.

The DoD Safe Helpline Mobile App is free and available for download from the Apple and Android app stores. DoD administers Safe Helpline via a contract with the non-profit Rape, Abuse and Incest National Network (RAINN), the nation's largest anti-sexual violence organization.

Additional information regarding the Department's Sexual Assault and Response Office can be found at <http://www.sapr.mil/>.





Saturday 1 December 2012 5pm

The 104th Fighter Wing

Pioneer Valley Club Proudly Presents

Nuthin' Fancy



The LYNURD SKYNURD Experience



Free Pizza & Wings

<https://www.facebook.com/PioneerValleyClub>

Religions notes:

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

Orthodox/Catholic Mass: Sunday of the UTA at 1530 hrs, in the Base Chapel of Bldg. 12. Chaplain Devoie presiding.



Congratulations on your Retirements

Christopher Curtis	FW	30 Nov 2012
James Parnell	SFS	1 Dec 2012
Debra Scanlon	MOF	3 Dec 2012
Hilda Santa	MDG	31 Dec 2012
Michael Kularski	MXS	31 Dec 2012
Keith Kauppila	MXS	31 Dec 2012
Elizabeth Mesecher	FW	31 Dec 2012
Richard Greene	LRS	1 Jan 2013

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 Senior Airman (E-4)



Ryan Hart	104FW CES
Amanda Russell	104FW FSS
Cole Skinner	104FW OSF
William Soto	104FW FSS
Kyle West	104FW SFS

To Tech. Sgt (E-6)

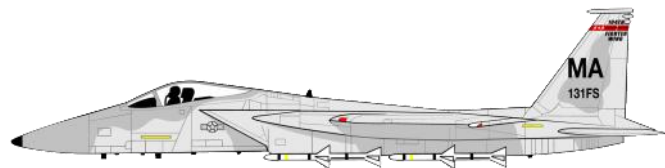


Jeffrey King	104 FW MXS
George Leonard	104FW MXS

To Master Sgt (E-7)



Jeffery Allard	104FW MDG
Craig Berthiaume	104FW MXS
Chris Cekovsky	104FW SFS
Jay Salus	104FW MDG
Jeremy Weeks	104FW MXS



Welcome to new members

13 Sep 2012	Naisha Hernandez	SFS
20 Sep 2012	Alexander Pepe	SFS
21 Sep 2012	Michael Stewart	131FS
28 Sep 2012	Eric Bryant	MXS
1 Oct 2012	Michael Konarski	AMXS

This Month in History

Nov 18, 1916 - Seven JN-4s of the 1st Aero Company, New York National Guard, under the command of Capt. Raynal Cawthorne Bolling, completed the first National Guard cross-country formation flight from Mineola, N.Y to Princeton, N.J. They completed the return flight on Nov. 20.

Nov 6, 1930 - Capt. Eddie Rickenbacker is awarded the Medal of Honor for his actions in World War I.

Nov 6, 1960 - Maj. Robert M. White attains a top speed of 4,093 mph in an X-15 hypersonic rocket plane while flying at full throttle at an altitude of 101,600 feet.

Nov 16, 1973 - In Skylab 4, the astronauts set a seven-hour, one-minute space walk record in a 2,017-hour mission. They returned on Feb. 8, 1974 after 34,523,000 miles and 84-days, one hour, 15 minutes and 32 seconds in space.

Nov 14, 1974 - The first operational F-15 Eagle delivered to Luke AFB, Ariz., with President Gerald Ford presiding.

Nov 25, 1975 - The first annual Red Flag exercise occurred at Nellis AFB, Nev. to provide realistic training for combat aircrews.

Nov 10, 1988 - The U.S. Air Force reveals the F-117A Stealth fighter to the public for the first time. Manufactured by Lockheed, using radar-absorbent materials and a radical new design, the F-117A can evade radar detection.

An Award Winning Newspaper

AIRSCOOP

104th TACTICAL FIGHTER GROUP, WESTFIELD, MASS

VOLUME 35, NUMBER 3 MARCH, 1983

GROUP SURVIVES THUNDERWART

Air raids, gas attacks, sniper fire and explosions were all part of the scenario experienced by 104th personnel during the February 19 UTA. For the second consecutive month snow forced the cancellation and rescheduling of a UTA. This complication did not deter the Thunderwart VIII scenario writers from coming up with over 30 challenges for Group Commander, Col David R. Cummock and his battle staff.

Maj Richard Platt served as Exercise Evaluation Exercise Team (EET) Project Officer. As part of this position, he scheduled a number of exercises that required 104th personnel to work for extended periods of time wearing chemical masks. "This type of exercise makes you realize the importance of getting used to the inconvenience of wearing a mask for several hours" stated Lt Col Laurence Brady, Commander 104th CSS. "But we can expect this when 9th Air Force is here," he continued.



Col David Cummock (l) confers with EET Officer, Maj Richard Platt.

According to Maj Platt, the purpose of Thunderwart exercises is to create a high stress environment, increase the pressure to the maximum and then back off slightly. This type of training causes individuals to make mistakes. "Better that mistakes are made here and not in a true war time situation" stated Platt.

Thunderwart IX is scheduled for the March 27 UTA. Those who enjoyed Thunderwart VIII will love Thunderwart IX.

MASSACHUSETTS AIR NATIONAL GUARD

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Westfield, MA 01805

www.104fw.ang.af.mil

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PRIDE,

PROFESSIONALISM,

PATRIOTISM

We're on the Web

WWW.104FW.ANG.AF.MIL

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