



January 2012



Members of the 104th Fighter Wing finish the 5K Jinglebell Run held on December 14, 2011, in which all donations supported the Combined Federal Campaign program. (Photograph by Senior Master Sgt. Robert Sabonis)



Col. Robert T. Brooks, Jr.

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# Commander's column

By Col. Robert T. Brooks, Jr.

Happy New Year and welcome back from the Holiday Season. We have a lot of great opportunities coming up in 2012. We will hit the ground running with our Phase 2 Operational Readiness Exercise on Sunday of January UTA. Probably the most important thing you can bring is a positive mental attitude and your **professional competence to help win the "war of the day"**. Additionally, we need everyone to take good notes so we can capture our Debrief Focus Points. This is a critical exercise for our future success, and we must capture the important points on paper. We will look to refine our all important Base X plan following this exercise.

Later in January we will deploy to Red Flag for two weeks for the most realistic combat training in the world. While the training days will be long, the return on the investment is well worth it. Our last Red Flag was a huge success, and I expect this one will be as well. It will take a team effort, attention to detail, and hard work. While deployed to Nellis, everyone must bring their A-game and be ready to perform at a high-level every day. **We'll have some time on the weekends to enjoy Las Vegas, but I expect nothing less than Barnstormer Standard for deployed ops.** You all are the experts now; you have set the standard – **so let's live up to the standard and raise the bar a little higher.**

**Upon return from Las Vegas, we'll roll right into the Feb UTA, the awards banquet, and continue with Air Expeditionary Force preparation.** As you can tell, we truly have transitioned to the Operational Guard. The world we live in today is moving from one event to the next, no different than moving from game to game during a season. There are now and will continue to be lots of opportunities to lead. Be sure you are a good follower now, so when your opportunity to lead presents itself, your people know you are solid to the core.

Statistically speaking, the winter months typically show a dramatic rise in suicide rates. While some stress can be good as it motivates and elevates your efforts; mishandling stress, or allowing it to become distress is where it becomes bad, depressing, and actually has a nega-

tive effect on the mission, your family, and your health. The high performance can be a bit fatiguing, so taking your leave and utilizing all of the tools we have at our disposal will be important to our future.

Our Fighter Wing is equipped with the proper tools for your use, the key is to reach out and use them. Our Chaplain core, led by Chaplain (Lt Col) Misarski, and Fr.(Capt) DeVoe, are available for confidential counseling and listening. Our new Wing Director of Psychological Health, Dr. Shannon Mandel, is here full-time to help with the listening side of things, and then to translate your potential needs to a point out in the right direction of potential help with you and/or your family. Finally, we have our Family Program Readiness Coordinator, our Family Readiness Group, the Clinic, our First Shirts, Commanders, Supervisors, and the FSS staff to help ensure you and your family are taken care of.

Getting back to the basics – Leadership must always do the right thing (Integrity/Character), and everyone must continue to do things right (Professional Competence). Everyone has a safety knock it off – and you must have the courage to throw the card down. Thanks for what you do - to me - you all and your families are part of 'The Few'.

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

**1-877-995-5247**



## Chief Master Sergeant's column

By Chief Master Sgt. Todd Fappiano, Command Chief Master Sgt.

Why we serve is a personal choice; for some it's a calling, for others it's part of a family lineage, for others it's for patriotism. Regardless of why, there are some wonderful benefits to service, some benefits that are not often talked about or advertised.

One of the benefits that is often over looked is personal satisfaction/**pride in knowing you've made a difference.** I look at the countless brave

men and women who, in their day, probably did not understand the full impact of their sacrifices, but, the differences they made are the freedoms we enjoy today.

As I progress in my life (having a wonderful wife and children), I recognized that some of the benefits of service are financial. The low cost life insurance, the ability to transfer my GI Bill to my children or wife, the opportunity to retire with a good pension after 20 years of service. Most of these benefits would not be possible without the support of our community, elected leadership and support organizations like the National

Guard Association and Enlisted National Guard Association.

Another benefit is the relationships, friendships, and the camaraderie within the force. The foundations taught through AFI 36-2672, **the 'Little Brown Book' set us apart** as a brotherhood that understands and values our leadership competencies and warrior ethos. This tie, drives the Wingman concept, and helps us to help each other, both professionally and personally.

Whatever your reason for service is, just know your service, and your friendship is appreciated, and if you ever need help, we are here for you.



## First Sergeant's column

By Master Sgt. Lynne Bolduc, FW/OG First Sgt.

With the New Year upon us, it's a good time to review all our legal paperwork. Some of us review our paperwork on our birthdays, because we get that handy email from **VMpf telling us it's time to review it.**

Of course, there are those that are getting ready to deploy, they have to review their wills, family care plans, power of attorneys (POAs), DD93s, and all the other countless legal documents we have to take care of being members of the military. However, that is not what this article about.

What I want you all to think about is what do you do with all those documents once you have them all checked off. When you leave the **JAG's office with your will and you're POAs, when you've signed that family care plan and handed it off to your first sergeant.** That DD93 is all set. Your life insurance plan, mortgage insurance plan are all squared away with the bank or insurance company. Then what?

**You know it's done, your UDM knows it's done... your first sergeant, commanders... yep you are good to go, right? Well, I have to ask... does your family know the status.** Does your spouse, significant other, parent, brother / sister, whoever know about these documents? Have you remembered to tell them? They need to know as well. Do they know how the documents work?

You need to remember to explain to them what your wishes are. For example, the original raised seal POA is the only one that will be accepted when it needs to be used to act on your behalf, and the first sergeants only maintain photo copies of the POAs. Does your family know where you keep the original?

Whether you are deploying or not, ensuring your families know where all the documentation is, is critical.

Making sure our families are aware of what we have in place to protect them before a crisis happens, will help relieve stress, confusion and

make potential crisis situations more manageable.

Communication is and always will be key. If you need help or have any questions, come see a Shirt or stop by the JAGs office, they can help at least help point you in the right direction, and answer questions you might have.

Here is a checklist to consider:

- Review your legal documents?
  - ◇ Will
  - ◇ POA
  - ◇ Family Care Plan
  - ◇ SGLI
  - ◇ Emergency Locator
- Did you show your family where you keep important documents?
- Does your family know what entitlements you selected?
- Does your family understand your benefits?



## Meet the new full-time Doc

In her role as Wing Director of Psychological Health (WDPH), Dr. Shannon Mandle supports the readiness of the 104th Fighter Wing and GSUs through the promotion of psychological health and resilience. Dr. Mandle consults with commanders regarding the psychological health of their members and units. As a member of the team of helping professionals, she supports and/or provides consultation to resiliency efforts, suicide prevention, traumatic stress response, and other programs supporting positive and mission-focused emotional wellbeing. She is available to provide presentations to your unit or group on a variety of topics to enhance wellness; such as stress management, communication, conflict resolution, and relationships. In addition, Dr. Mandle meets with Air Guard members to provide a clinical

services. Dr. Mandle also collaborates with, and assists with training local community providers regarding military culture, providing information relating to best practices and treatment needed for on-going counseling for Air Guard members and their families. Call ext . 698-1536 , email Shannon.mandle.ctr@ang.af.mil or stop by the Medical Group.

Prior to her relocation to Massachusetts, she served as the State Director of Psychological Health for the Kansas National Guard, serving all military branches as a DoD contractor with the National Guard Bureau's **Psychological Health Program**. She has over 25 years experience as a psychotherapist/consultant in a variety of clinical settings, including ten years in senior leadership/management positions. She received her PhD, MSW, and BSW

from the University in Kansas in Lawrence, and has taught at the University of Hawaii, Rosemead Graduate School of Psychology, Johnson County Community College and the University of Kansas. Her dissertation

focused on the



(Photograph by Senior Master Sgt. Rob Sabonis)

interview and referral to local mental health providers and other resources to address any issues hindering a member's maximum wellbeing. With case management, she provides continuity and helps the member address any challenges in receiving ser-

vice. study of Resilience from an historical perspective.

Dr. Mandle has specialized in treating victims of trauma in hospitals, clinics, and private practice settings in Colorado, California, Hawaii and Kansas. For many years she

was a mental health consultant for a



(Photograph by Senior Master Sgt. Rob Sabonis)

major public school system in Kansas where she assisted youth and families at risk. Dr. Mandle was selected to an elite cadre of clinicians serving with FEMA in deployment to national disasters offering crisis intervention and CISD/CISM interventions. Similarly, she provided support of the NYC survivors of 9-11. She has also worked as a rotational Military Family Life Consultant where she served military/family members at military sites throughout the United States. She was a mental health provider serving the veterans of OIF/OEF through the VA of Eastern Kansas Healthcare System, specializing in treating PTSD and TBI. She considers her work with warriors/veterans to be the most rewarding of her entire career, and is delighted to be serving the 104th FW at Barnes.



## Chaplain's Corner

By Lt Col. (Pastor) Steve Misarski, 104FW/HC

*Resolving Resolutions Resolutely or How to Keep the Right Ones...*

Happy New Year! I usually wake up on New Year's Day feeling that I must make a new start. I look down at my sagging physique. I survey the stack of unread books. I observe the well worn barker-lounger in front of the TV. I notice my not-so-worn, almost-new running shoes in the closet. I glance at my overcrowded expired 2011 calendar. I determine to do better this year.

Whatever the New Year's scenario, I look back at the past with regrets (and hopefully some thanksgivings) and look forward into the future with resolutions. Unfortunately resolutions rarely last.

How can I have a better chance at keeping my resolutions? First, I must make realistic resolutions. Regret and guilt are not strong enough as motivators to make commitments endure. My resolutions must be attached to core values or important purposes in my life. Just as the Air Force has core values – Integrity first, Service before self, and Excellence in all we do, so I have principles and things that add meaning to my life. Many of them revolve around faith, family, friends and community. If my resolutions are based on a sense of vanity or competi-

tion or envy, they will slide off easily. If my resolutions are determined by a sense of significance and meaning, they will be anchored to the core of my being.

What are some realistic resolutions?  
**Spiritual:** Employ a spiritual discipline on a regular basis e.g. prayer, worship, fellowship, Sabbath, confession, scripture, thanksgiving, journaling. Serve others.

**Family:** Romance your spouse. Spend significant time with each child. Turn off the TV and play games or just talk. Pray with them.

**Physical:** Get a checkup. Eat healthy. Sleep enough. Exercise regularly e.g. walk, bike, run, swim, ski, or join a team.

**Emotional:** Put "margin" in your life. Listen and talk things out. Enjoy music. Start a hobby. Learn a new skill e.g. a musical instrument or a craft.

**Social:** Make a new friend. Serve the needy. Give generously. Vote politically.

Obviously, I cannot make and keep all of these resolutions. I should pick and commit to only a few at a time. My commitment should be specific and measurable. Otherwise, I will not know if I have kept it. If my target is specific, I will be able to assess if I have hit it or not.

**Accountability:** I have learned that I can fool myself more easily than fool others. I need a wingman! I need to find someone to hold me accountable for a specific habit or action; someone who can

ask the hard questions. Depending on the issue, it could be my spouse or a friend or my pastor/priest/rabbi. They could be the network that determines the difference between success and failure.

**Restoration:** I am going to mess up. I am an inconsistent, mindless and flawed human being. If I do not admit this, I will give up at the first instance of failure. I must give myself permission to hit the "reset button." I may readjust my resolution (too vague? too strenuous?) but then I will get back at it.

I have made many resolutions and have broken many. I have kept some and they have changed my life. Resolve this month to begin a new path with a few realistic, specific, measurable resolutions and share it with your wingman. Then give yourself grace to restart when you need to. You will be different and make a difference.

*If you have any questions about the concepts mentioned above, seek us out. We would love to talk with you and point you to additional resources. Don't forget that we are now located in the front of Building 12 (the Gym). Stop in and say "Hi" or catch us around the base.*

## Upcoming 4H robotics workshop

4-H robotics club will host a workshop for military children, where each child can build and program their own robot. After the robots are built, the builders will compete their robots against the other participants in a series of obstacles/events.

The Robotics' team will bring a few club members to assist the unit members. (the robots cost a little less than \$300...so members will not be able to keep them once they are built)

Lego makes the robotics platform that the club uses, called the NXT. They are built with Lego Technic parts. The NXT is a powerful robotics platform and has unlimited possibilities. The 'brick', a microprocessor that is programmed with the computer, uses sensors and motors to

interact with the physical world. These computers have several programming environments of varying difficulties; and both visual and code languages.



**WHAT:**  
**Robotics workshop for military kids at Barnes**

**WHEN:** Feb 18  
 (Saturday) 0900-1230.

**RSVP Info:** If Base family members (ages 11-16) would like to participate, they must contact the family readiness office (698-1183) or [sandra.wakefield@ang.af.mil](mailto:sandra.wakefield@ang.af.mil) to RSVP, the seats are limited.



# Barnes helps Boys & Girls, weapons helps Shriners' Children

By Maj. Matthew T. Mutti, Wing Executive Officer

During the month of December, the 104 FW Weapons element, and the Airman and Family Readiness Office (AFRO), worked to make Christmas a little better for some very special children. The Weapons element ran a small private toy drive to benefit the Springfield Shriners' Children's Hospital, while the AFRO collected gifts for local underprivileged children through the Angel Tree program.

The Shriners' Hospital toy drive was organized by Tech. Sgt. Derek Chandonnet, Tech. Sgt. Patrick Rud with assistance from Master Sgt. Patrick Sullivan and his wife Cathy. The Weapons Element collected approximately \$1,500.00 of new unwrapped toys.

This year's Angel Tree supported

53 local children, primarily from the Boys and Girls Club of Greater Westfield. For 8 years, the wing has rallied around this program to ensure these children have a very merry Christmas. On December 20th, Tech. Sgt. Chandonnet and Rud presented the toys to the children at the hospital, while Mrs. Sandy Wakefield delivered the Angel Tree gifts to the Boys & Girls Club.

**"It was very uplifting to see how grateful the children were,"** said Chandonnet. **"It is good to know that we made a difference this Christmas for so many children."**

The staffs at both the Shriners' Hospital and the Boys and Girls Club are very grateful for the generosity of the base and look forward to continuing these traditions.



Tech. Sgt. Chandonnet and Tech. Sgt. Rud deliver the toys on Dec 20th. (Staff Photo)

## Family Readiness Corner

by Mrs. Beth St. Clair, Family Readiness Group Secretary

The Barnes Family Readiness Group (FRG) and Airman and Family Readiness Center would like to thank the many volunteers who supported this year's Children's Christmas Party. This year's event was attended by 213 children, making it one of the biggest events ever.



We want to specially thank the Westfield High School Ambassador Club for their efforts at the craft ta-

bles and bounce houses, the Military Friends organization and their use of the photo booth, the USO for providing refreshments and raffle prizes, the Ammo element for providing the hot dogs, Steph Warren for providing DJ services, the members of the Army Aviation Support Facility #2

for hosting the event, and the countless volunteers who helped wrap gifts, set-up and clean-up after the event.

The FRG was also pleased to sponsor a Holiday Bowling trip on December 28th to Westover ARB's Bowling Alley.

The event was very well attended – 67 children & parents enjoyed bowling and lunch together, packing the

building with families and the scores were (very) widespread....! The children enjoyed greeting friends, getting to know new friends and all agreed it was a very nice late Christmas present, since this event was paid for through Family Readiness Group fund raising.

The next event sponsored by your Family Readiness Group will be the February Bowl event at Westover, during winter vacation. Please watch for the flyer & sign up early!





## Crossfit, a new alternative to fitness

by Lt. Col. Anita Compagone, 104th Medical Group

The benefits of exercise are well documented. Exercise strengthens bones, tones muscles and is a super stress reliever. With our schedules getting busier, fitting in your workout can be quite a challenge. CrossFit routines may be the perfect fit for those of us looking to save time, and it can also take your fitness program to the next level. CrossFit workouts focus on functional movements performed at high intensity and many routines may be completed in 20 minutes or less. For those of us who can only commit a couple of hours a week to the gym, shorter workouts 5-6 times a week provide a more consistent program than a few times a week at a gym. CrossFit is a program geared to prepare the body for world-class fitness. The variety of exercises each day are designed to

increase heart and lung endurance, stamina, strength, flexibility, speed, coordination, agility, and balance. Plus you never get bored because of the variety of exercises which keep the workout challenging and fun.

How do you get started with CrossFit? Go to the CrossFit website, [www.crossfit.com](http://www.crossfit.com), go to your local CrossFit gym for an introductory workout, or contact SrA Aaron Zanchi at 698-1906 for an intro on base. On the website, the “start here” tab will provide much of the background information to get started. The “exercises & demos” link will provide video demonstrations for the workout of the day. Each day a new exercise is posted called the Workout of the Day

(WOD). CrossFit is a different type of exercise routine. It is a well-rounded and very efficient way to achieve a higher level of fitness. We at Barnes can enjoy the full CrossFit experience by going the base gym. We have been very fortunate to have purchased some great CrossFit equipment. So take advantage of the new equipment during drill this upcoming year, and get fit in a lot less time!



Senior Airman Zanchi completes a Cross Fit work out (Staff photo)

## Red Cross and their roll with the military

by Maj. Matthew T. Mutti, 104th FW Wing Executive Officer

1-877-272-7337, 11 numbers that can do so much.

Airmen are often traveling, fulfilling their commitments to the military; that is one of the sacrifices, and also one of the benefits of military life. With traveling comes unique opportunities, but also missed opportunities like birthdays, anniversaries, and holidays.

Unexpected life events may also occur while Airmen are away, and this is where the Red Cross plays a very important role.

In the event of an unexpected life event, that requires an Airman to come home from a temporary duty location: overseas, within the US, or even at basic military training, the American Red Cross is the only agency that can work to get you them home.

The process starts with a notification phone call to 1-877-272-7337;

where as the Red Cross can begin the process to , notify the member of an emergency back home. The Red Cross will coordinate with the **Airman’s host commander, and a chaplain** and a member of the command team will personally notify the Airman of the news.



Once notified, the Red Cross will work with the leadership team to get the Airman home.

The initial notification to the Red Cross can be made by anyone, but there are important pieces of information required to make a Red Cross notification. The Red Cross will need the members name, rank, social se-

curity number, current location (mailing address), host unit and nature of the notification. They will also need hospital or funeral home information to validate the notification.

“**The Airman and Family Readiness Office (AFRO) specializes in working with families and Airmen, especially in times of distress,**” said Mrs. Sandy Wakefield, the AFRO director. “**We are here to assist any family or unit member who needs to make a Red Cross notification.**”

The process may be overwhelming, due to the nature of the notification, she added. She urged that all members, before they leave for a trip, make sure their loved ones have the AFRO 24 hour emergency contact number (413) 237-5458, and the Red Cross number 1-877-272-7337 posted, and readily available.

# Heroism from the battlefield to the bar

By Chris Sanders, Sex Signals Presenter

*Foreword: The Sex Signals program is an interactive training tool used by the US Army/National Guard to help combat sexual assault. The messages of this article can easily be translated to the messages delivered during the ANG's Bystander Intention Program.*

We call a (Soldier / Airmen) who dodges enemy fire to rescue a fallen comrade a hero, a title any (Soldier / Airmen) I served with would be proud to earn.

There is no question that we need heroes on the battlefield, with brave American (Soldier / Airmen) s putting their lives at risk there every single day. We also need heroes in the bar, where sexually aggressive situations materialize disguised as "hook-up culture", and potential victims often find themselves in need of rescue missions.

Obviously, avoiding bullets can be significantly more dangerous than ducking bad pick up lines and spilled Zima, but taking the hero mentality from the battlefield to the bar is one of the key goals of the Sex Signals (and the Sexual Assault Prevention Program).

As a former (Soldier / Airmen) , I can still recite without pause the Army's value system, symbolized by the acronym LEADERSHIP: Loyalty, Duty, Respect, Selfless Services, Honor, Integrity and Personal Courage. The (Soldier / Airmen)

on the battlefield is viewed as a hero because of that (Soldier / Airmen) 's display of the different qualities described by this value system. During my service in Afghanistan, I personally witnessed amazing individual acts of heroism that served each of these core values, despite the incredible personal danger to that (Soldier / Airmen) 's life.

While having chunks of lead whiz by your head can be quite intimidating, in some ways, stepping into a sexually aggressive situation in public can be just as scary. Fears of confrontation, damage to reputation, or just feeling awkward can penetrate almost any body armor. There is a certain rhyming term (you know it) in both military and civilian life for men who commit the cardinal sin of stopping another dude from getting action. In short, the military landscape surrounding dating and mating is a complicated place.

However, (Soldier / Airmen) s that rise above these fears to help a potential victim in a dangerous situation at the bar or club are inspiring, and we need to honor their efforts as heroism, just as we honor those (Soldier / Airmen) s who risk danger in combat. It takes a hero to look at what some see as "boys being boys" and recognize it as predatory and dangerous. It takes a hero to help an incapacitated female find her way home safely, when

some may have more hostile intentions. It takes a hero to risk personal insult or injury and be the first person in a crowded room to do what is right, regardless of the consequences. And when heroes lead, good people follow.

When we perform Sex Signals for (Soldier / Airmen) s, we bring as much positive attention as we can to acts of bar room heroism. Encouraging good behavior is a critical tool for reinforcement, and when a (Soldier / Airmen) in our audience stands up and tells us of a successful intervention, that (Soldier / Airmen) is always congratulated by the other (Soldier / Airmen) s in the room. There is no feeling like the pride of being thanked for your service, and we are lucky to see that pride on (Soldier / Airmen) s' faces every day when we call attention to their excellent bystander behavior.

Even though not all of us will face the gunfire of enemy combatants, we can still help our military create a safer world by praising heroism on behalf of another human being, wherever we see it occur. Your local saloon may never award bronze stars or throw parades, but a simple pat on the back could be all the encouragement needed for a (Soldier / Airmen) to decide that they should be a hero the next time something creepy happens on their watch.

## New employment initiatives for Veterans

Compiled from Dept of Labor Veteran Employment website

On August 5, 2011, President Obama announced a comprehensive plan to lower veterans' unemployment and to ensure that service members leave the military career-ready.

The announcement included several initiatives including the creation of a suite of Gold Card services for veterans. The Gold Card provides unemployed post-9/11 era veterans with the intensive and follow-up services they need to succeed in today's job market.

The Gold Card initiative is a joint effort of the Department of Labor's Employment and Training Administration (ETA) and the Veterans' Employment and Training Service (VETS) and will become available today, November 7, 2011.

An eligible veteran can present the

Gold Card at his/her local One-Stop Career Center to receive enhanced intensive services including up to six months of follow-up. The enhanced in-person services available for Gold Card holders at local One-Stop Career Centers may include:

- Job readiness assessment, including interviews and testing
- Development of an Individual Development Plan (IDP)
- Career guidance through group or individual counseling that helps veterans in making training and career decisions; Provision of labor market, occupational, and skills transferability information that inform educational, training, and occu-

pational decisions

- Referral to job banks, job portals, and job openings
- Referral to employers and registered apprenticeship sponsors;
- Referral to training by WIA-funded or third party service providers;
- Monthly follow-up by an assigned case manager for up to six months.

This program is eligible for all unemployed ANG Service members. Please advertise this program to your Wings.

Go to the Dept of Labor page at: <http://www.dol.gov/vets/goldcard.html> for full details about this timely and important plan.





# Meet the Human Resource Advisor

By Senior Master Sgt. Douglas Daponde, Jr. 104 FW/HRA

Welcome to the January UTA and I am writing this article as the wing's new Human Resource Advisor (HRA). I

office gives a briefing that involves a diversity component and it could take awhile until all members of the 104<sup>th</sup> are exposed to that briefing. In the meantime, the individuals that are being brought into our unit today are not the same individuals that were brought in two, three, or five years ago. As our world becomes more diverse and complex, so do our airmen that our working right beside you. They speak in different tongues and want to be involved quicker, and when you tell them to do something they will not be afraid to ask why. We need to rely on each other, and with that comes a variety of backgrounds, customs, cultures, thought processes and ingenuity that we need to embrace to accomplish the same goal, and that is the mission.

ties falls under Force Management and Force Development. Force Development is making sure there are opportunities for individuals to grow professionally. Unit members must seek **upgrade training through CDC's, and promotional opportunities** through formal schooling. These opportunities need to be available to those who seek them out and want to rise within the rank structure. Force Management is making sure those individuals seeking out those opportunities for advancement by completing the required actions are being promoted. Those individuals standing in the way of promotions because they are unable to, or unwilling to, complete the required elements needed to either complete the required actions, or are moved so others can advance.

know what your first question is, and **no, I don't work with or for SMSgt Huxtable.** SMSgt. Huxtable, and now MSgt. Jim Brown are your HRO, I am the HRA. I am sure you did not even know the wing had a position of HRA. Well now you do, and I am here explaining why it matters to you. I would like to start by explaining what an HRA is responsible for, and how can you benefit from having an HRA.

As the wing HRA, I am accountable to the wing commander and the command chief. The HRA is responsible for three main functions on base. As I initially list these functions, you will quickly see that these are items on the minds of our state and wing leaders today, as you read this article. First responsibility is Diversity. Diversity means a lot of different things to different people, and I will address some of these things shortly. Next is Mentorship. We all need it, and we all need to make sure we are doing it. The last major function I am responsible for is Force Development and Force Sustainment.

Mentoring is a hot topic because it has taken a back seat too often because **we are focusing on other "more important" things.** Well, quite frankly, there is nothing more important than taking care of our people. Mentoring means that we are taking the time to make someone feel like we are that family that everyone keeps talking about but people are asking, where is it? You, me, we all have a responsibility to mentor those around us. We have mentors already in place here at the wing. Supervisors, First Sergeants, Unit Career Advisors, and anyone moving up through the ranks has a responsibility to take those around them up with them.

There are many challenges to becoming the new HRA at Barnes. The topics that I mentioned above are currently issues that our wing, state, and the National Guard are looking to improve upon today! I look forward to these challenges, and my first major one comes in March when I will be in San Antonio, Texas learning more about my current position. I look forward to serving each and every one of you here at Barnes. Do not hesitate to stop me and say hi. We all have one goal in mind, and that is to echo our wing leadership, to be the best Fighter Wing in the Air Force!

Every Saturday the HRA and EO

Finally, the last major responsibili-

## Healthy life style classes

By Master. Sgt. Nina Gutierrez, 104th FW Medical Group



Health Promotions- The 104th Medical Group is now offering a health promotion class on Sunday of the UTA. To start the New Year off, the 104th Medical Group, will be offering Health Promotion classes for all Wing members and families to attend.

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 - in the back training lab (Rm 18). No meeting in January 2012 due to the wing exercise.

Feb—New food plate vs food pyramid

Mar—Sticking with your program. Tips on staying with your exercise routine

Apr—Ways to combat mindless eating 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.



# Safety: How goes it

By Senior Master Sgt. Thomas Dumais, Ground Safety

Our unit has experienced 2 injuries since the last newsletter.

Worker injured arm pushing generator; Arm injury; Hand slipped, No medical treatment

Worker injured lifting weights; Back strain; Technique; 9Lost days and 14 restricted days

The unit experienced one mishap since the last newsletter.

Aircraft damaged; Radome damaged; Inattention moving engine; 5K

Now that we have closed out CY2011 and look forward to CY2012, **we ask for everyone's continued help** in making this a safe place to work. It may be the bad tool, the icy walkway, the bad ladder, or possibly your coworker who is not focused on what they doing because of something they have going on at home; they all need to be addressed! You, being out there and seeing what is actually happening, know better than anyone what needs fixing. Many times the

item needing fixing is beyond your scope. No matter what the safety problem is, we ask you to apply the **three (3) R's of safety**. If you see something unsafe, Remove it, Replace it, or Report it. As a Safety Staff, we thank you for the efforts you have taken up to now, and for those that you will accomplish in the future to keep making it happen, **SAFELY!**

## Operation: "Slip NOT"

2011/2012



*The First STEP in SAFETY is the One You Take!*

*Step SAFELY!*

# For Your Information

## First Sergeant Positions Available 104th Security Force Squadron Board date: February UTA

NOTE: Selectees may be moved to any valid First Sergeant Position within the wing at the request of the Wing Command Chief and with the concurrence of the unit Commander.

Position Title/Grade: First Sergeant / E-7

Eligible applicants: Must be an E-7 or an E-6 who is immediately promotable to E-7. Position is a MINIMUM three year tour with a maximum of 6 years. Members must carefully review ANGI 36-2113 to ensure they meet minimum standards and qualifications for position requirements and responsibilities before applying.

Applicants must possess excellent communication and administrative skills, exceed fitness standards and exemplify Air Force Core values.

Applicant selected for this position must agree to serve tenure of no less than 3 years from date of graduating from First Sergeant Academy (FSA). If the member was a prior First Sergeant, the tenure starts the day of assignment. Applicant must have 3 years retainability prior to being placed in the UMD 8F000 position. Applicant must agree to complete the SNCO Academy Course in residence or by correspondence within 1 year from date of assignment. If a First Sergeant does not complete the SNCO Academy within 1 year from date of assignment, he/she must be removed from the position.

Training: Applicants (if selected) should be able to attend the First Sergeant Academy at Gunter Annex, AL at the earliest available school date and must complete the SNCOA in residence or by correspondence within 12 months of selection.

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 to 104FW/CCC)*
- *Letter of recommendation (optional)*

Any package that is late or incomplete WILL NOT BE CONSIDERED.

Unit: 104th Security Force Squadron  
Supervisor: 104th Security Forces Commander

Submit Applications via electronic format (word, pdf, etc) via email to: Maj. Dave Mendoza, david.mendoza@ang.af.mil  
104FW/DP, NLT 1200, 20 January 2012

For more information contact: CMSgt Todd Fappiano at todd.fappiano@ang.af.mil or 413-568-9151 x1344

## Paralegal Positions Available 104th Fighter Wing

Position/Title/Grade: Paralegal/E-6

Minimum Grade eligible to apply: None—see below for Special Qualifications

Unit: 104<sup>th</sup> FW // Staff Judge Advocate

Supervisor: Lt Col Robin Peterson

Application Deadline: 3 Feb 2011

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 court-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, AL.

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 to 104FW/CCC)*
- *Letter of recommendation (optional)*

Application Procedures: mail/e-mail to Lt Col Robin Peterson, Staff Judge Advocate, 104<sup>th</sup> FW/JA, Barnes ANGB, 175 Falcon Drive, Westfield, MA 01085.

You may also email your resume to robinpeterson@cox.net



## For Your Information

### UMASS Hockey Military Appreciation Night

Saturday January 28th at 8:00 pm

Free Admission , Free Parking to all military members, veterans retirees and families

UMASS versus the UCONN Huskies

At the Mullin Center Community Arena,  
Amherst Mass.



Charity Game for  
the Fisher House Foundation

*At the MassMutual Center in Springfield, MA*

*2 Games, one ticket*

*Mercier vs. Gateway at 4pm*

*&*

*Falcons vs. Syracuse Crunch at 7pm.*

*Saturday, March 10, 2012!*

*Tickets \$12.00*

<http://www.fisherhouse.org/about/>

*For tickets, contact TSgt Nicole Picard at  
[nicolepicard@gmail.com](mailto:nicolepicard@gmail.com)*

### Blandford Ski Area

Military Appreciation Day


February 18th, 2012

Military members, and guest ski free ( with Military ID)

Visit <http://skiblandford.org/>

For more information and directions





**Date:**  
February Fourth  
Two Thousand Twelve

**Place:**  
Sheraton Springfield  
One Monarch Place  
Springfield, MA

**Time:**  
1700

**Attire:**  
Suit & Tie  
Eveningwear

**\*Event Pricing\***  
E-1 thru E-7, \$35  
E-8 and Above, \$50  
*Respond to E-invitation*

**104<sup>th</sup> Fighter Wing  
38<sup>th</sup> Annual  
Awards Banquet**

Please join us for a fun-filled evening as we recognize our peers for their outstanding performance!

**\*\*There will be a limited amount of rooms available at the Sheraton if you'd like to stay overnight, offering a special rate of \$92.**

**\*Cocktail Hour 5-6 O'clock**  
**\* Dinner & Slideshow**  
**\*\*Awards Presentations**  
**\*\*\* Stephan DJ, Party Zone**

## Happy 375th Birthday Guard

The Massachusetts Bay Colony was founded in 1630. Over 5,000 men, women, and children made the two-month voyage to the New World, leaving the relative comfort and

safety of England behind in an effort to break free of religious intolerance, and to manage their communities the way they saw fit. In doing so, their actions tread new ground in the country that would become the United States of America.



Airman Kayla Bartlett and Senior Master Sgt. Scott Cardaropoli cut a 375th Birthday Cake at the Mass. State House Dec 13th, 2011

The military organization we know today as the National Guard came into existence with a direct declaration on December 13, 1636. On this date, the Massachusetts General Court in Salem, for the first time in the history of the North American continent, established that all able-bodied men between the ages of 16 and 60 were required to join the militia. The North, South, and East



Regiments were established with this order. The decree excluded ministers and judges. Simply stated, citizen-soldiers who mustered for military training could be and would be called upon to fight when needed.



## Welcome to new members

McMahon, Andrew	CPT FLT	2 Dec 2011
Plange, Barbara	LRS	3 Dec 2011
Holcomb, John	AMXS	7 Dec 2011
Tudisco, Richard	MXS	9 Dec 2011
LaRoche, Matthew	MXS	14 Dec 2011

## Congratulations on your Retirements

Carnevale, Joseph	SFS	1 Jan 2012
Patnode, Richard	MXS	1 Feb 2012
Bigos, Thomas	LRS	29 Feb 2012
Puopolo, Stephen	MXS	10 Mar 2012
Lamour, Armand	CES	31 Mar 2012

## Religions notes:

### Ecumenical time of Prayer & Reflection

Saturday 0650 – 0720 hrs. in Chaplain's Office

### Protestant Services:

Saturday, 1600 in Bldg 001 Conference Room

### Catholic Services:

Saturday, 1600 in Bldg Base Chapel (\*\* BLDG 12)



## CCTV broadcast line up

Channel 7 - Training videos & Base Info

Channel 9 - Warrior Network

Channel 10 - Pentagon Channel



## 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)

Steven Vigneault, 104FW SFS



### To Staff Sgt. (E-5)

Gerald Flanagan, 104FW AMXS



Matthew McLeod, 104FW MXS

Trevor Tompkins, 104FW AMXS

### To Technical Sgt. (E-6)

Christopher Lynch, 104FW CF



### To Master Sgt. (E-7)

Kristin Martin, 104FW MOF



## Proper Wear of the CPO

**FEMALES:**

- ✓ Hair in low ponytail
- ✓ Tucked into jacket
- ✓ ALL fasteners REMOVED when directed by Don MOPP4

**Helmet with cover**

- ✓ Chin strap (worn 24 hours)
- ✓ USAF upper left MIBag #
- ✓ Upper Right Rank/Name in center on front and back

**Left arm pocket or armband**

- ✓ ID Card
- ✓ Line Badge
- ✓ Accountability Card
- ✓ Vault Badge (if required)

**Right leg pocket**

- ✓ Airmen's manual
- ✓ Vinyl Gloves
- ✓ Cotton Insert Gloves

**Jacket**

- ✓ Zipper secured and Velcro fastened over it
- ✓ Tie elastic draw strings in the front of jacket
- ✓ Pull elastic cord centered on the back of the jacket through legs and secure with snap fastener on the front of jacket.

**Trousers**

- ✓ Trousers buttons fastened
- ✓ Suspenders are comfortably on shoulders
- ✓ Waistband straps are tightened down
- ✓ Leg straps are attached

**Mask Carrier**

- ✓ Current mask fitted
- ✓ DD 1574
- ✓ SIM Chem/Gas antibodies
- ✓ Waterproof bag

**M-291 and M-295**

- ✓ stored in the left leg pocket or left arm pocket

**M-S Tape (6 Locations)**

- ✓ Right/Left wrist
- ✓ Right/Left upper arm
- ✓ Right/Left ankle/AL
- 1 marked SIM NO

**CPO Marking**

- ✓ Name tape will be two inch DD green duct tape
- ✓ USAF written on the top left
- ✓ MIBag # on the top right
- ✓ Rank and 1st & last name written on the bottom
- ✓ Placed over the right breast.
- ✓ Front and back of the helmet.
- ✓ Front and back of the hood.
- ✓ Side of the mask carrier.

**Additional Items**

- ✓ Airmen's Manual
- ✓ Player's Guide
- ✓ Arm Band
- ✓ ID Card
- ✓ Accountability Card
- ✓ Rain proof poncho/suit



## This Month in History

The back cover of the AirScoop is dedicated to the history of the unit and the Air Force. We will feature historic covers or articles from the archives and highlight a few historic headlines. (side note) From 1947 to 1954 the Base Newspaper was named the Thunderbolt. The first official Copy of the AirScoop was published in January 1954.

### January Historical Events

Jan 18, 1905 - The Wright Brothers opened negotiations with the government for procurement of one airplane.

Jan 25, 1912 - Lt. Henry H. Arnold flew a Wright plane to an altitude record of 4,764 feet in a 59-minute flight over the Army Aviation School at Augusta, Ga.

Jan 15, 1914 - The first Army aviation safety regulation was issued requiring pilots to wear helmets and leather coats for overland flights, and unsinkable coats for over water flights.

Jan 5, 1949 - Capt. Charles E. Yeager, flying the X-1, was air-launched at an altitude of 23,000 feet.

Jan 25, 1949 - The U.S. Air Force adopted a slate-blue uniform.

Jan 5, 1954 - Col. Willard W. Millikan set a speed record, when he flew an F-86F Sabre between New York and Washington, D.C. in 24 minutes.

Jan 27, 1957 - The last operational P-51 fighter is retired to the Air Force museum.

Jan 17, 1990 - Strikes by B-52G's and F-117A's open the Gulf War.

Jan 27, 1990 - Coalition aircraft attain air supremacy in the Gulf War after 10 days of aerial combat.



MASSACHUSETTS  
AIR NATIONAL GUARD

Barnes Air National Guard Base  
175 Falcon Drive  
Westfield, MA 01805

[www.104fw.ang.af.mil](http://www.104fw.ang.af.mil)

Social Media Sites:  
[www.facebook.com/barnesang](http://www.facebook.com/barnesang)  
[www.twitter.com/104fighterwing](http://www.twitter.com/104fighterwing)  
[www.flickr.com/photos/barnesangb](http://www.flickr.com/photos/barnesangb)



PRIDE,  
PROFESSIONALISM,  
PATRIOTISM

**We're on the Web**

[WWW.104FW.ANG.AF.MIL](http://WWW.104FW.ANG.AF.MIL)

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