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

August 2012



The majority of AEF deployed members of the 104th Fighter Wing returned to a very warm (and emotional) welcome from family and friends on July 10, 2012.

Photograph by Senior Master Sgt. Robert J. Sabonis



Col. James J. Keefe

AIRSCOOP

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Commander's Column

By Col. James J. Keefe, 104th FW Commander (acting)

Change is in the air, or is it. When I left for Navy War College in Jun of 2011, we had just completed the Unit Compliance Inspection (UCI), and the wing was getting spun-up for a little down time before we had to prepare for the Operational Readiness Inspection (ORI). Before we knew it, the Wing was then asked to send members and aircraft down-range to the Central Command Area of Responsibility (AOR) and provide a theater security package. The opportunity for recovery quickly passed, and now, a full year after I left, and the Wing is well into ORI preparations for the ACC/IG planned inspection in October, 2013.

As I am beginning to settle back into wing activities, it appears to me that the pace has not slowed down, as we had hoped it would. Thankfully, many of our folks are back from the deployment (but we still have nearly 7 folks still downrange today, with another 8 preparing to leave within the next month). I am sure they will be able to represent the Wing as well as our last deployed team did.

Before I talk about deployments, let me thank those who did not go overseas. Often, we take for granted that the work does not stop while 2/3 of a unit is overseas, in fact, in many ways, it gets harder, because the folks left to take care of the mission at home, have the same work to do, but with less people to share the burden. Those who stayed here ensured our critical homeland defense mission did not fail. Col Tony Gwosch did a fine job keeping the wing moving forward, so to him, and all those who did not have the opportunity to deploy... thank you for what you did while the Wing was overseas.

As for the deployment, I want to stay away from clichés, but WOW. Our maintainers were able to top all Active Duty standards for fleet readiness, with ZERO maintenance cancelations. In addition, they produced some of the best Alert response times in the AOR; and with every opportunity, demonstrated the strength of the Guard and the relevance of this unit. More than 1,000 flight hours were accomplished, and our pilots played a critical role in the AOR. This weekend many of you will be at the Yellow Ribbon-Reintegration event. Please understand that the reintegration process is sometimes very stressful, but there are people here to help through the transition. If you need help, work with your Supervisors, First Sergeant, our Family Support network and Director of Physiological health.

Some may be wondering about the changes in the Wing leadership. Let me dispel some rumors and enlighten you on some changes. First, Col. Robert Brooks is back from Afghanistan, he will be back to work as Wing Commander in a few weeks after a little well-earned down time. When he returns, I will be heading out to get re-trained on the F-15, after being out of the cockpit for so long. Col. Tony Gwosch will be wrapping up his military career, and when I get back, he will be stepping down after 41 years of military service. Lt. Col. Bob Henry has been asked to assist in the Wing's ORI preparations as the new strategic planning officer, and Col. Peter Green will be coming back to the Wing as the Maintenance Group Commander. We, as a Wing, are doing everything we can to make sure we have the right people in the right positions for the upcoming inspection.

This weekend, take some time to celebrate the wing's accomplishments during Family Day. Ensure your family knows how critical they are to our success, and remember to be safe. We are about halfway through the 101 critical days of summer, and we have been doing a good job keeping each other safe ... don't stop. I'm proud of each and every one of you, keep up the great work!

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Chief Master Sergeant's Column

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

Barnestormers: Job well done on all the great accomplishments we have had over the past two years - outstanding inspections, outstanding performance while deployed and outstanding support for those who stayed home. But unfortunately, there is no rest for the weary; our full focus must now be on the upcoming Operational Readiness Inspection (ORI), October 2013.

Within the fiscal constraints of our government and the uncertainties that plague the military, it is imperative that we, the 104th FW excel whenever we are challenged. In my opinion this ORI could very well be the most important

inspection in the history of this unit.

That statement is not meant as a scare tactic. The reality is, we are judged by the most recent example of our relevance, not on our heritage of excellence. The Wing leadership is taking this inspection very seriously, and so should we.

A very aggressive long-range schedule has been developed to prepare us for the latest test, we need to ensure we meet our vision, "Be the Most Respected Fighter Wing in the Combat Air Forces." We must stay relevant and successful in the eyes of the decision makers down in D.C., and within the state. The President's fiscal year 13 budget (PB13) targeted entire wings and missions, and had the budget passed as written, these units would have no longer been part of our total force...erased with a single pen stroke.

We here at Barnes would have felt the cuts, losing our Explosive Ordnance Disposal Unit, our Weather Flight and upward of 17 of our Medical Group

members. Our 102nd brethren at Otis would also have lost much of their new mission, with nearly 150 Airman lost as the Air Operations Group would have been cut.

The only way we, as professional Airmen, can fight back, is to excel in everything we do, no matter what is thrown at us. Many of you may not remember the Vice Commander from 2006, but, his words will always resonate whenever the wing prepares for an exercise. Col. 'Bud' Scheller was the consummate WARLORD and he would always remind the wing, "Outstanding performance is satisfactory ... satisfactory performance is unacceptable."

Let's be ready for the exercises planned in November 2012, Jan 2013, April 2013, June 2013 and September 2013 in preparation for the inspection in October where we prove to the inspectors, and the Combat Air Force that we are what we say we are, "the most respected fighter Wing."



First Sergeant's Column

By Chief Master Sgt. of the Air Force, James A. Roy

The United States Air Force is the world's most advanced air, space and cyberspace force. Most of that can be attributed to you -- our outstanding Airmen -- but technology also plays a huge role. Advanced tools help us maintain an advantage over our adversaries. Technology has enabled our continuing success.

However, technology also threatens to cripple us.

As electronic communication becomes more widely used, our face-to-face interaction skills are beginning to suffer. We know how to text, Skype, and FaceTime, but some of us seem reluctant to engage in a meaningful face-to-face conversation.

We value technology because it saves us time, provides conveniences and helps us to be more efficient. But we must also recognize its potential to strip us of critical human connection skills.

This high-tech challenge has a low-tech solution. We need to strike a balance; we must continue to emphasize the importance of technology -- a resource we cannot and will not stop exploiting -- and at the same time emphasize the importance and value of analog leadership.

Analog leadership means temporarily putting down the iPads and Android tablets, logging out of Facebook and Twitter, and switching phones to airplane mode to stop the stream of texts coming in and out. It means shutting off the technology and talking to each other.

Face-to-face. One-on-one.

Real human interaction - yes, for some of us it may be awkward at first, but getting to know each other better is an investment that will yield incalculable returns. Stronger connections will create a foundation on which we can grow more meaningful relationships.

And then we can turn the devices back on and use them for their intended

purpose: to augment and add value to our real-life relationships.

As Airmen, we have to understand how to use technology, because without it we are not as well-equipped to do our jobs. However, as human beings, we also have to understand how and when not to use technology, because when distracted by it we are not as well-equipped to relate to others.

Thank you for your service and your continued dedication to duty. I look forward to seeing you face-to-face as I travel around our great Air Force.

Chief Master Sergeant of the Air Force, James A. Roy



Deployed members return home from AEF deployment

By Capt. Mary Harrington, 104th Fighter Wing Public Affairs Officer

On July 10, 2012, about 200 104th Fighter Wing members returned home from a 90-day, Air Expeditionary Force deployment.

Family and friends welcomed the members home with cheers, tears and hugs.

As always, a picture says a thousand words...

The members will be recognized at the 104th Fighter Wing's annual Hometown Hero's event, at which time medals will be presented for exemplary performance. (See article, page 5.)

*All photos by
Senior Master Sgt. Robert Sabonis*



104th FW members return from deployment

By Capt. Mary L. Harrington, 104FW Public Affairs Officer

Approximately 300 members of the 104th Fighter Wing (104FW) returned home to Barnes Air National Guard Base, Mass. on Friday, July 11 following a three-month deployment to the Central Command Area of Responsibility, participating in multinational exercises and providing a theater protection package.

Elated family and friends welcomed the members with cheers, tears and hugs. Expressions of thankfulness and relief were everywhere. This deployment marks the first aviation deployment since the unit conversion to the F-15. The last aviation deployment was in 2003 with the onset of the 2nd Gulf War.

"It was no vacation, but the hectic work schedule made the time fly," explained Maj. Michael Dibrindisi, 104FW Maintenance officer. Throughout the deployment many members worked six days a week, 12-hour shifts. The temperatures were as high as 140 degrees Fahrenheit.

The 90-day deployment included participation in Exercise EAGER LION 12, an exercise in Jordan where 19 countries and about 11,000 people worked together to develop shared tactics for contingencies in the Middle East. All military services were represented, exercising all facets of conflict/emergency planning, from logistics, and combat search and rescue to theater security missions. According to U.S. Central Command, the exercise promoted cooperation and interoperability among participating forces; it built functional capacity, practiced crisis management, and enhanced readiness.

At Exercise EAGER LION 12, "the Barnes family accounted for about half of the population of the 346th Air Expeditionary Group and 99 percent of the personality," said Col. Ken Lambrich, 104 FW Operations Group Commander. The final stats for EAGER LION were above the active duty average, and demonstrated the true strength of the Air Guard: Sorties planned – 94; Sorties flown – 97; Weather Cancels (CNX) – 17; Maintenance CNX – 0; Ops CNX -0; Spares used – 0; Maintenance effective sortie rate - 121 percent; total effective sortie rate - 103 percent.

"Both the Saudis and Jordanians commented several times on how much they enjoy flying with the American Eagles because of our professionalism. We conducted many host nation engagement events and built strong relationships with our Jordanian partners," said Lt. Col. Alex Haldopoulos, 131st Fighter Squadron Commander.

The wing also received accolades from senior Air Force leadership including Maj. Gen. Jeffrey Lofgren, the Base Commander. "On one particular day, Lofgren walked past all spectators and Eagle Supervision and directly to the Crew Chiefs that launched the Eagles (our F-15s) and congratulated them on a spectacular job. He wanted to talk to OUR Crew Chiefs; no one else. The General made the Crew Chief's day," said Chief Master Sgt. Galen Wilson.

"During our short stay at EAGER LION 12, we hosted six general officer visits, including the Royal Jordanian Air Force Chief of Staff. We were also visited



Small groups of members returned at different times from the deployment, including four members of the 104FW Force Support Squadron, who returned on Friday, July 27. Pictured left to right are Master Sgt. Karl Rehbein, Senior Airman Mindy Durgin, Staff Sgt. Jennifer McGrath and Tech. Sgt. Tanya Sweeney. (Photo by Maj. David Mendoza)

by the Command Chief Master Sgt. of the Air Force and the CENTCOM Command Chief Master Sgt. Each of these distinguished visitors relayed how impressed they were with the Air Expeditionary Group as a whole and ANG personnel in particular. It was great to showcase the proud Barnestormer tradition of excellence," said Lambrich.

"I am extremely proud of the Wing's performance on this deployment," said Col. Robert Brooks, Commander, 104FW. "At home and abroad, we continue to set the bar for excellence. This is not my prejudice, but validated by other senior leaders, U.S. and international. What an honor it is to be part of this incredible organization, and how wonderful it is to be home!"

He's back

Congratulations and welcome back to Col. James Keefe, who graduated on June 15 from the Naval War College (NWC) at Naval Station Newport, Rhode Island.

The NWC is a "one-year, resident program that graduates about 600 students a year." Its principal courses of study are Strategy and Policy, National Security and Decision Making, and Joint Military Operations.

Pictured are Col. James J. Keefe and Admiral Jonathan W. Greenert, Chief of Naval Operations (comparable to the Air Force Chief of Staff).



Master Sgt. Fran Frederick appears on Jeopardy

By Capt. Mary L. Harrington, 104FW Public Affairs Officer

SPOILER ALERT: *This article shares the outcome of Master Sgt. Fran Frederick's appearance on Jeopardy. If you prefer to watch the show, don't read the second half! We will play the tape during August UTA in the dining facility on Saturday, August 12 at both 1130 and 1230; and on Sunday, August 13 at 0730, during brunch. The show is approximately 30 minutes long.*

"All of my life," Master Sgt. Fran Frederick said, "I have dreamed of being on Jeopardy."

Starting at about age ten, she watched it religiously with her parents, three younger sisters and two younger brothers. "My family's really into trivia, so we played a lot of Trivial Pursuit growing up. We're very competitive," she said. "We are trivia nerds."

It's one thing to dream and another to make it happen. Almost four decades later, Frederick made it happen.

To get on the show, Frederick explained, "they have an online test. They don't tell you how you scored ... either you get a phone call from them or NOT." She took the test in April 2011 and got a phone call in June 2011, to come to Boston, Mass.

There, she took another test. "There was a room full of people. They were doing four sessions over two days. After the test, they have you play a mock game, three players at a time. They have host Alex Trebek on video, reading the question; then you ring in, to see how you do. Then, you have a test interview ... to see if you're personable. Then, you go home and wait ... and wait ... and wait!"

This is not Frederick's first attempt to be on Jeopardy. "I took the test about 20 years ago, before it was online. That time, I had to go to Atlantic City, N.J.." She was not chosen. "Again, I took the online test about 10 years ago, and then went to a follow-up in Boston." She didn't make it.

According to Frederick, approximately 100,000 people took the online test this time around. About 3,000 to 4,000 were asked to take the follow-up studio test. From that pool, they chose about 300 people.

Frederick got a call in January 2012, confirming her appearance. "They asked me to be in Los Angeles on February 6," which was the date she recorded. She flew

out to California, at her own expense.

Frederick's mother and father came to watch her. Asked if they were proud of her, Frederick explained, because of their years of trivia playing, "my family is a little difficult to impress, generally." When she first called her dad about appearing on Jeopardy, "he said they might not be able to make it, saying they might have to work. They're self-employed, so they're their own bosses," she chuckled. But her mom took the phone and assured her they would come.

Frederick grew up on Long Island, N.Y. She joined the 104th Fighter Wing 14 years ago. She spent two years in Social Actions, five years in Public Affairs, and the remaining seven years in Equal Opportunity. She now serves as the Senior NCO in the Equal Opportunity office.

When asked about her educational background, she explained that she "went through public school, all the way through." She attended Northport High School on Long Island, N.Y. "It was a fantastic school," she says. "Very impressive ... with a law library, a program to grow alternative food and more. It's a very big social justice school."

She just completed her second master's degree from Westfield State College, Mass., in special education. She also holds a master's degree in psychology from Westfield State College, Mass. She earned her bachelor's degree in psychology from State University of New York at Oneonta, N.Y.

For Jeopardy, she had no study material, just her education, sense of humor and years of trivia playing. She didn't know the categories until she arrived at the studio. Her strategy was to choose categories in order, rather than jump around. This strategy goes against the "Forrest bounce," a game contestant strategy used to confuse other contestants. She also studied the game before her, as an audience member, to learn from what the contestants did well, and not so well, in terms of wagering bets. She definitely did her homework.

"For months, I stood behind my couch, watching the show and clicking a pen to practice," she said. "I did it multiple ways -

with white lights in my face, with music blaring in the background, like an audience.



I also practiced in full uniform ... all of which I think is why I was not as nervous as some other people. Plus, I did well because of my experiences, both military and civilian. I live a life where there's a lot of crisis." Frederick is a counselor for the Springfield, Mass. public school system.

The Jeopardy episode aired June 5. Nobody knew the outcome of the game, as Frederick could not disclose. "They were very clear ... I signed multiple pieces of paper about that," she said. Frederick watched it at Champions Sports Bar at the Springfield Marriott, Mass., accompanied by about 100 friends - a mix of colleagues from her current full-time job; her last job; members of the 104th Fighter Wing; and friends.

Proudly, Frederick appeared on Jeopardy in uniform, showcasing her membership in the Massachusetts Air National Guard. She did not know her civilian opponents - returning champion, Claudia Gray, a substitute teacher from Monrovia, Calif.; and graphic designer Ed Hanlon, from Santa Monica, Calif.

The categories of the game that evening included 1) What's Apennine; 2) Yachts; 3) Home Alone; 4) Add a Letter; 5) Celebrations of the Month; and 6) Medical History. Frederick started out strong, taking an early lead in the show.

Category: What's Apennine? \$400 answer: "The Apennines produce this sculpture material & are one setting in the 1860 novel titled this 'faun.'" Frederick's (correct) question: "What is marble?"

Category: What's Apennine? \$600 answer: "A museum dedicated to the Apennine type of this animal, said to have suckled the founders of Rome." Frederick's (correct) question: "What is a wolf?"

Category: Add a letter. \$800 answer: "Add a letter to the word meaning 'difficult' to get this, a stockpile." Frederick's (correct) question: "What is hoard?"

Within the first two minutes, she correctly answered six questions of sixteen, resulting in a \$1,200 lead. Her opponent Ed also correctly answered six questions, but his questions had lesser value.

Claudia, the *(cont'd on page 7)*

reigning champion, answered only two questions, and one was wrong, a -\$800 mistake.

Then, Frederick hit the Daily Double, with the answer of: Freedom of Information Day and National Pi Day. Frederick bet \$1,000 of her \$1,200 lead.

Her response: "What is June?" Wrong! "I heard p-i-e, not pi," said Frederick. The correct question was March. (Pi being 3.14, with Pi Day celebrated on March 14; and Freedom of Information Day being March 16, James Madison's birthday).

But that didn't shake Frederick. She continued on, strong. Frederick's sense of humor shined through with a personal story about a port-a-potty experience she had. While using the amenity, a gentleman knocked at the door. She almost yelled at him, but then thanked him ... as soon she found out he was the crane driver prepping to move the port-a-potty. Frederick joked "you don't get a Purple Heart for that." The audience loved it.

Category: Medical history. \$1,000 answer: "You can get plush toys shaped like microbes, including this up-to-90% fatal virus that emerged in the Congo in 1976." Frederick's (correct) question: "What is Ebola?"

The game continued on and Frederick continued gaining a wider lead. At one point, she had \$5,200; Ed had \$2,800 and Claudia \$0.

The contestants were down to five questions, all from the yachts category. Suddenly, Claudia started belting out the correct yacht questions. "Who is Grace Kelley?" "Who is Humphrey Bogart?" "Who is Natalie Wood?" Half through Claudia's next selection, Double Jeopardy hit, and the show went to commercial. Scores were Frederick: \$5,200; Ed: \$2,800; Claudia: \$1,200.

Double Jeopardy categories were: Ancient Movies, 1960's Best Sellers, Altered States, An Army of Olivers, and Sit on It.

Claudia correctly answered a question for \$200; Ed correctly answered two questions for \$400 each, and then Frederick correctly answered a question for \$800, maintaining her lead. At this point, it was very obvious to the viewer who was going to win ... our very own Master Sgt. Fran Frederick!

At a pivotal moment, Frederick again

hit the Daily Double. "Ancient Movies," says Frederick. She wagers \$2,000 of her \$6,000.

Alex Trebek read the answer: "Ye Gods! Sea monsters, Medusa and Hades are but a few of the villains in this 2010 remake of the 1981 film." Frederick asked: "What



is Chariots of Gods?" Wrong! "No....what is Clash of the Titans?" said Alex. Now, Frederick had \$4,000; Ed had a mere \$400 lead over Frederick with \$4,400; and Claudia was lagging behind with \$2,400.

The game continued with Frederick getting one wrong, Ed and Frederick getting one right – resulting into a greater lead from Ed. Before long, she was back on top with several correct answers, taking a \$3,200 lead, with \$9,600 and both Ed and Claudia at \$6,400.

Daily Double hit, and AGAIN it was Frederick's turn.

In the category of Altered States: "Quaker Heights Community United Church of Christ" Frederick asked: "What is Illinois?" Wrong! "Ohio" is the answer. Again, she didn't waiver and continued to give correct responses.

Category – an Army of Olivers: "This British Chef wants to have a "food revolution" of fresh over processed food." Frederick asked: "Who is Jamie Oliver" Correct!

Category – an Army of Olivers: "After leaving the Marine Corps, he lost a 1994 Virginia bid or the U.S. Senate." Frederick asked, for \$1,200: "Who is Oliver North?" Correct!

Within a minute, Ed answered several questions correctly, and Claudia answered several questions correctly, minimizing Frederick's lead and changing the game.

Alex announced there were four clues left and less than a minute.

Category: Sit on sit. Answer: "A type of chair for this insect because its shape resembles outstretched wings." Frederick asked, for \$2,000: "What is a butterfly?" Correct!

Last question: Category: Sit on it. Answer: "Vehicular name for an enclosed portable chair borne on poles and carried by two people." Frederick asked, for \$1,600: "What is a litter?" Wrong! Correct answer

is "What is a sedan chair."

The scores were now \$12,400 for Claudia; and tie of \$10,400 and \$10,400 between Frederick and Ed.

Final Jeopardy time and category was 'Women in Entertainment.' Answer: "One of the first two women in Hollywood to own a studio, according to the official bio of No. 3." The well-known Jeopardy music played for several long seconds, and finally the written answers were revealed.

Ed asked: "Who is Mary Pickford?" He had crossed out Lucille Ball. Either one was correct! He wagered all his money, \$10,400, giving him \$20,800.

Frederick asked: "Who is Mary Pickford?" Correct! She wagered \$10,000 of her \$10,400, giving her \$20,400.

Claudia asked: "Who is Mary Pickford?" Correct! Claudia wagered \$840 of her \$12,400, giving her \$20,801.

End game: Claudia beat Ed by \$1 with \$20,801, and Frederick came in third with \$20,400. After three games, Claudia earned \$45,202, and Ed and Frederick were sent home.

Asked about lessons learned and taking her Jeopardy experience into the classroom, Frederick said, "When you're on TV, that gives you a lot of credibility with kids." She has had more people sign up for her summer school program than ever. "I don't know if part of it is related to my Jeopardy appearance, or not. However, there are lessons learned about goal setting and follow-through, as well as being prepared and not letting nerves taking over." This is especially helpful for people with test anxiety, she explained.

Asked about the experience, pros and cons, Frederick said it was a lifetime experience, although she would have liked for it to be a little more financially rewarding. For third place, she earned \$1,000 minus 37% taxes. "When I get it (and I haven't gotten it yet) it will be about \$630." Unfortunately, this does not even cover her travel costs.

Frederick will not stop here. "I'm a trivia hustler," she explained. "I play with friends at the 99 Restaurant, and win prizes. There's a computer game, where you connect online, head-to-head. I've done that for many years."

Frederick's family and friends have been very supportive – before, during and after the game. After the taping, contestants got a personal picture with Trebek. Frederick emailed a copy to her parents. She called her mom to make sure she received it. "Got it?" her mom said. "It's already printed, and framed and hanging up on the wall!"

CERFP exercise prepares Medical Group

By Senior Airman Bonnie Harper, 104th FW Public Affairs

MASSACHUSETTS MILITARY RESERVATION, Otis Air National Guard Base, Mass., June 23, 2012—More than 550 Army and Air National Guardsmen participated in a Chemical, Biological, Radiological, Nuclear and high yield explosive (CBRNE) Enhanced Response Force Package (CERFP) exercise June 23-25 at Camp Edwards in preparation for their evaluation in August.

"This is training for the real world," said Air Force Capt. Mary Newton of the Mass. CERFP medical team. "It is important for the entire team to come together so they can be prepared if called out."

The mission of the Mass. CERFP is to respond to CBRNE incidents or other catastrophic events and assist local, state and federal agencies. CERFPs locate and extract victims from a contaminated environment, perform mass patient/casualty decontamination, and provide treatment as necessary to stabilize patients for evacuation.

The CERFP teams are comprised of approximately 180 traditional National Guard Soldiers and Airmen who are trained and equipped to integrate into the National Incident Management System (NIMS). Each CERFP has four elements: casualty search and extraction (50 people), medical triage (45 people), decontamination (75 people), and fatality search and recovery (12 people).

This three-day exercise began with a day of set up and element-specific training, followed by two days of roll-player exercises involving the entire CERFP. Approximately ten Observer Controller/Trainers (OC/Ts) were present for the exercise. These OC/Ts travel state to state to assist in CERFP training and perform the evaluations.

During the exercise, the decontamination team had two lanes operating for casualties, both non-ambulatory and ambulatory, and one technical lane for decontaminating workers. They have been trained to be able to set up all of the stations and be operational to receive casualties within 90 minutes, said Army Sgt. 1st Class Shannon Braswell, a decontamination OC/T from Florida.

The decontamination element also held a relay race as a training activity on the first day. The element was divided into two teams, and one person from each team had to get properly dressed in their full contamination suits, then pick up a sand bag and run 50 meters and back before the next person could begin.

"The purpose of this relay was to convey the importance of putting on their equipment correctly, as well as quickly," said Army Sgt. 1st Class Michael Falchek, the non-commissioned officer in charge of the element.

The medical element, comprised of Air National Guard members from the 102nd and 104th Medical Groups, participated in a mock-casualty exercise involving more than 20 role

players. The role players were dressed in blue scrubs and were assigned index cards with specific details about their mock injuries. Special effects makeup artists created various wounds on the role players, making the casualties more realistic for the medical team to practice treating.

"Being a member of the CERFP is rewarding because you know that if something happens, there is a strong team," said Senior Airman Jenna Oleksak, a respiratory therapist from the 104th Fighter Wing and a member of the CERFP medical element. "We have good equipment and professionals who know their job. It's great to see people come together at the drop of a hat and learn to work together as a team. These exercises are great practice for the real world."

Along with the medical element, there are currently 11 extraction medics in the Mass. CERFP who fall under the fatality search and recovery team.

"In the case of a real emergency, our team is responsible for getting the victims accounted for and returning them to their families," said Air Force Tech. Sgt. Ron Perry, a member of the 104FW and the Fatality Search and Recovery Team (FSRT).

The FSRT accompanies the casualty search and extraction element when responding to an incident. The casualty search and extraction element consists of four smaller teams: breakage and breaching, ropes, shoring, and lifting and hauling. These smaller groups utilize their specific skills to relieve any trapped victims by safely managing the surroundings of the incident site.

The lifting and moving team worked together to move various cement blocks, approximately 1,000 pounds each. Their OC/T leader, Army Sgt. 1st Class Lee Glen from West Virginia, asked the group to get one cement block on top of another, larger block, using only wooden planks and wedges and metal rods and rollers.

"This team-building exercise is all about communication," Sgt. 1st Class Glen said. "There is no wrong way to do it, as long as it is done safely. Machinery is not always available. Working in emergency situations is all about problem solving and learning to think outside the box."

The tasks the CERFP performs are used both in military and civilian emergency incidents. This is a National Guard program because it is easier to activate local forces in emergency situations, Tech. Sgt. Perry said.

The Mass. CERFP activated to support Hurricane Irene in August 2011 and was stationed in Greenfield, Mass. This exercise was the first time the entire CERFP team had been back together since Hurricane Irene. The training they undergo is equally as important as the state mission they support, Capt. Newton said.

After the attacks of 9/11 and the Shuttle Columbia disaster in 2003, the government decided to increase the National Guard's capability of responding to CBRNE emergencies by creating the CERFP program. In 2010, the secretary of defense

recommended that the National Guard Bureau create an additional task force for large-scale incidents with the capability to provide command and control (referred to as "C2") and security, which led to the creation of the Homeland Response Force (HRF).

Ten HRFs have been assigned, one per Federal Emergency Management Agency (FEMA) region, and will all be fully operational by 2013. Along with the C2 brigade (180 people) and security element (200 people), the HRF includes a CBRNE force with elements featuring the same capabilities of the CERFP, totally more than 550 guardsmen for the commonwealth force.

Massachusetts has been selected as one of the host-states for the HRF. The CERFP program has continued to grow since it originated and will soon be officially integrated into HRF.

"The CERFP meets twice a year as a total force for field training exercises, but this was the first time training with the entire HRF," said Capt. Andy Mason, one of the operations officers. "It is important to utilize the training while everyone is together. The training is vital because we aid local civilian agencies in the real world. This exercise was a great stepping stone for the August evaluation."

In August, the Mass. CERFP/HRF team will be evaluated in order for them to be certified as the HRF for FEMA Region 1. We will announce the results in the September AirScoop.

"It is satisfying to see this program grow and succeed because we know that we have the resources and that civilians can rely on us," Capt. Mason said.

"This program is needed to protect and care for our soldiers, airmen, sailors, marines, and civilian personnel," said Army Capt. Billie Hoffman, a medical element OC/T from West Virginia. "This is the future."



Photo by Staff Sgt. Kerri Cole, 102nd Intelligence Wing Public Affairs

Introducing the 104th Diversity Council

By Senior Master Sgt. Doug Daponde

By the end of the September drill the 104th FW will have hosted its first Diversity Council meeting. Currently, we do not have a Diversity Council and as I type this article more information about exactly what a diversity council is and what its function is making its way back to my office.

I have a solid handle of what our Diversity Council will look like and what its main function is but recently there was a Diversity Conference in Reno, Nevada in which one of the focuses was going to be on diversity councils. I have spoken to a few folks around base about being part of the council but I am going to need a few more. But before I ask people to step forward as volunteers let me explain how I envision this diversity council.

First, one of our main focuses is going to be on building relationships with the surrounding community. I have had

a few meetings with Major Mutti and he is going to be a liaison between the council and the community. I just want to make it clear that we are not going out searching for volunteer activities but I

member from each unit on base. These representatives will act as a liaison between their unit and the council and the other way around as well. The Diversity Council will take an active role in addressing any issues as they arise.

Finally, the council will assist in promoting the different months throughout the year that have a diversity theme to them. This is what the Diversity Council will focus on.

How often we will meet and what is the best time to meet will be determined at the first meeting.

Please contact me at 698-2476 or stop me on the street if you have any

further questions or would be interested in being part of this council.

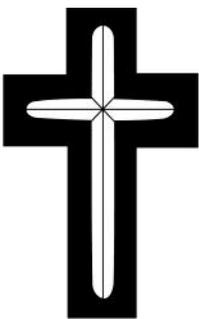


can further explain this in person or at the first meeting.

Secondly, we will focus on creative ways to expose the base to diversity issues. The council will consist of one

Chaplain's Corner

By Fr. (Capt.) Ken DeVoie, 104th FW Chaplain



“LAUGH YOUR WAY TO A BETTER MARRIAGE” When was the last time you and your spouse dropped everything and checked into a hotel just to be together? Well here is your opportunity! Believe it or not, the government is interested

in you having a healthy and happy marriage. The Chaplain's office has been working on getting funding for a fully paid weekend away for our married couples here at the 104th FW. The weekend of September 14-16, 2012 has been set aside for this couple's get-away. The theme for the weekend is “Laugh Your Way To A Better Marriage.” This weekend will be a BLAST and a great deal of fun. It is also very GUY friendly ... Men, no getting in touch with your

“feminine side” on this one!! You're a man and that is a good thing. Ladies, this weekend will let you step back catch your breath and relax too.

We kick off on Friday evening, the 14th, and finish up after lunch on Sunday, the 16th. There will be scheduled times, but plenty of free time to be together, relax and yes, laugh. Let us do all the work, while you take the weekend off away from the kids, house and work. We are in the process of contracting a nice hotel with plenty of amenities. All materials will be provided for you for this fun and refreshing weekend away. All you need to do is get someone to watch the kids, sign up and show up.

If you are interested in joining us for this fun-filled weekend, please let Sandy Wakefield know in Family Programs at 698-1183. There are a limited number of couples we can fund, so if you are interested, please let us know ASAP.

Here are a few quotes from people who attended the September 2011 weekend:

“... the daily grind of life does wear us down and we start to “take each other for granted”... Programs like this help ‘reset relationships.’”

“After 27 years of marriage, we thought that we knew it all ... how wrong we were.”

“It allowed us to get out of the house for a night without the kids for the first time in over seven years. Most importantly, it helped us in understanding each other better and helped to foster better communication between us.”

“... we laughed so much, thank you!”

Internet safety

By Lt. Col. Robin Peterson, Judge Advocate General

In this day and age, our kids know more about computers than some adults do. Most children have email accounts and some even have face book pages and twitter accounts.

My ten year old daughter's friend taught my daughter and me how to use "face time" on our apple computer and now my daughter chats with her friends and grandparents using "face time" and has figured out how to make videos using our laptop.

Although I have not gotten my ten year old a cell phone and won't for several years to her great dismay, she tells me that many of her friends have cell phones and Ipod touches, which you can text with by using the texting APP, take videos with and use "face time."

Before you provide your child with technology make sure they know some important facts about online safety, texting, cyber bullying and privacy.

The article and information below is from the Massachusetts Attorney General's Office website on cyber bullying. Please go to the website below for more information and videos on these important topics.

<http://www.mass.gov/ago/about-the-attorney-generals-office/community-programs/cyber-crime-and-internet-safety/for-kids.html>

For Kids

The internet is a great resource for communicating with family and friends, finding information and having fun. But it is also important to stay safe when online via a computer, cell phone or gaming system.

Keep these important safety tips to keep in mind when you are online.

Online Safety

Unfortunately, kids have been tricked online by people who pretend to be something that they're not. Some kids have found themselves in a dangerous situation when they agreed to meet the mysterious online "friend" in person. Here's some tips that will help you stay

safe and have fun:

- Remember that people online may not be who they say they are.
- Never give out personal information such as your full name, school, home address, or phone number.
- Tell a parent or another trusted adult if a stranger contacts you in a chat room or through email or text messaging.
- Do not meet anyone (or have them visit you) without talking to your parents first.
- Talk to your parents about anything that you encounter online that makes you feel uncomfortable or scared.



Text Messages

It's important to think before you text. Once you send a text message or a photo, even to a friend, you can't take it back and you never know who might forward it.

Be sure you think twice before you send or text anything that you might regret. Ask yourself: "How would I feel if my parents [or teacher] saw this?"

Cyber Bullying

Cyber bullying, like bullying in the physical world, may include:

- Sending hurtful, hateful, derogatory, harassing or threatening messages to others;
- Spreading rumors; and/or Sending personal or embarrassing

information about or pictures of others - all with the intention of intimidating, frightening, ridiculing, or harming someone else.

Cyber Bullying Advice

If your friends are participating in cyber bullying, it doesn't mean you have to! Think about how you would feel if you were the person your peers were talking about.

If someone is bullying you, remember that you can ignore, block or "unfriend" anyone who is bullying you online. Also, don't reply or forward the message to anyone (except to a trusted adult).

It's always a good idea to involve a trusted adult - maybe a parent, teacher, older sibling, or coach.

Keep Your Privacy

You may think you have privacy while online or on your phone, but IMs, emails, photos, texts and wall posts - all forms of digital communication - can be forwarded, shared, altered and printed. And, even if you delete them, they can still sometimes last forever! Kids should be sure to check with a parent when creating a personal profile.

Why? This information could be used for reasons you wouldn't like, like getting a lot of junk email.

Another way to keep your privacy is to choose a screen name or email account name that isn't your real name. For instance, instead of "Mark Smith," why not choose "Sk8boardKing21"? Only your friends and family will know your code name!

Privacy Tips:

- Don't send pictures that would be embarrassing to you or others.
- Don't share your passwords with anyone except your parents.
- Don't reply to any email that asks for your personal information. Some emails may look official, as if it was sent by your Internet provider, but they can actually be a trick to get your personal info.

TIME to mentor—conference great success

By Tech. Sgt. Keri Cole, 102nd Intelligence Wing Public Affairs

Like a linchpin, the little fastener used to prevent a wheel from sliding off the axle, staff and technical sergeants may not be well-known, but they are indispensable. They are the middle ranks in the enlisted rank structure, essential building blocks of the enlisted force and are often the Air Force's technical experts.

More than 130 staff and technical sergeants from the Massachusetts Air National Guard and two sergeants from each New England state, gathered this week at the Southbridge Hotel & Conference Center for an inaugural 3-day workshop specifically targeted to the E-5 and E-6 ranks. The workshop was titled "TIME" (Technical Sergeants Involved and Mentoring Enlisted Airmen) and primarily focused on building strength in



enlisted mentorship, leadership, force development and diversity.

"You are tomorrow's enlisted leaders," said Chief Master Sgt. Richard MacDonald, Massachusetts State Human Resource Advisor, and Director of the TIME workshop. "As future and present technical sergeants, I feel strongly that

this period in your military career is 'where the rubber meets the ground,' where traction and direction should be

the workshop.

The rock-star lineup included Chief Master Sgt. Christopher Muncy,

Command Chief of the Air National Guard; Chief Master Sgt. Denise Jelinski-Hall, National Guard Senior Enlisted Advisor, retired Maj. Gen. Perry Smith, Secretary of the Medal of Honor Foundation and best-selling author, and many others. "The TIME Conference was wonderful! I met new people, reconnected with old friends, and brought home many golden nuggets of information. I really hope everyone in attendance got as much out of this training as I did," said Tech. Sgt.



All photographs by Tech. Sgt. Melanie Casineau

happening. This workshop was set up to guide you to be better Airmen in today's Air National Guard," MacDonald said.

The highly interactive workshop helped attendees consider the characteristics of leadership, whether they are currently in leadership roles or preparing for a future leadership role. The diverse agenda also helped participants define and broaden their recognition of leadership opportunities in the Air National Guard.

"We need individuals who are going to be innovative—who are going to make the most of their opportunities," said Chief Master Sgt. Shayne Newton, Massachusetts State Command Chief.

"We need them to have energy, because energy we can't create. It needs to be internal. We'll give them the skills, the training, the knowledge and the opportunities."

The sergeants heard many success stories and career advice from top enlisted Air National Guard leaders and other nationally known speakers during

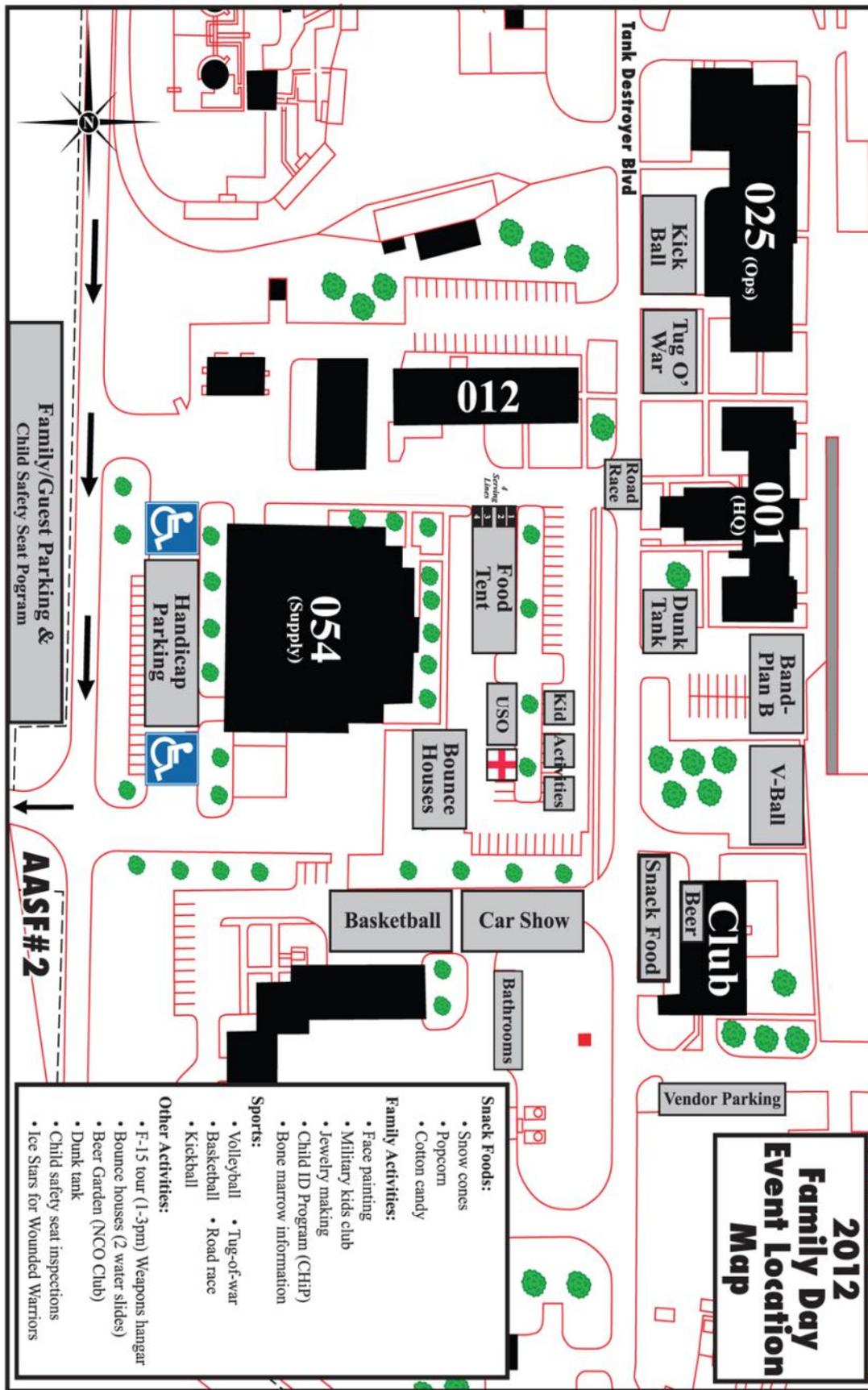
Tabitha Gendreau, a Massachusetts Air National Guard production recruiter.

There are more than 360 technical sergeants who are assigned to the Massachusetts Air National Guard.

"Everyone knows that the budgets are going to get tough. The missions are going to get smaller and the Air Guard is going to get smaller. Take advantage of any opportunities that come your way by making yourself more competitive for the next job than anybody," said Brig. Gen. Gary Keefe, Massachusetts Air National Guard Commander (acting), during his opening remarks.



Family day map — Sunday Aug 12th 1200-1630



The 104th Fighter Wing will host its second annual Family-Day Block Party on August 12th from 12:00 to 4:30 p.m.

The day will include various sport competitions, music, food, entertainment, and youth activities.

The event is open to members and their families.

Parents, there will be bounce houses, and water slides for the children. Remember to bring lawn chairs and blankets and towels.

Unit members, talk to your supervisors about the team sport competitions, in Volleyball, Basketball, Tug of War and a Road race.

Supervisors, remember you will be scheduled to participate in the Dunk Tank...so bring a change of clothes.

If members or families want to bring a vehicle for the Car Show, please contact Lt. Col. Charles Wilson for more details at ext 698-1307.

If members or family members would like to volunteer to help serve food, work with the children or with the Family Readiness Group, please contact Ms. Sandy Wakefield at ext 698-1183.

Parking will be in the Army Aviation parking area, Tank Destroyer Blvd. will be closed to traffic at 10:00 a.m.

Don't wait for deployment to have a will

By Master Sgt. Christopher Curtis, 104FW Paralegal

To say that the 104th legal office saw a “flurry” of activity immediately prior to the recent deployments would be quite an understatement. We assisted well over 100 people get their affairs in order – including wills, powers of attorney, health care proxys, etc. While we were happy to help the deploying folks, I have to admit to being a bit disappointed that so many members didn't have a will or the other documents up-to-date beforehand.

No one likes to think of the things that might befall them, but ensuring that your affairs are in order gives piece of mind so you *don't* have to dwell on those things. The 104th legal office gives priority to will drafting and other services to members who are deploying, but these benefits are also available to those who are not. Some statistics suggest that deployed members are safer in the theater of operations than they are at home.

Two important points to keep in mind regarding wills are to make sure they are current, and to make sure your executor knows where to find the original should he or she need to obtain them. Often when people ask us if they need to have their will updated, we will ask if they even know where their original one is, or if their executor would know how to get it. If the answer to either of these

questions is “no” then consideration should be given to executing a new will.

If a person dies without a will, the government (usually a probate court judge) decides what happens to their belongings according to a set of legal rules that distribute the estate to next of kin according to a scheduled formula. This might be fine for some people – especially those who were never married, have no children, and an uncomplicated family structure. Wills become more important as life becomes more complex (marriages, divorces, remarriages, children, stepchildren, etc.) and as one's estate grows (financial assets, the accumulation of family heirlooms, real estate holdings, etc.).

There is no legal requirement or military rule that says you must have a will if you don't want one. Generally speaking, if you have accumulated financial, real estate, or other assets or special items of intrinsic or sentimental value, and you care who gets them in the event of your passing, you should consider having a will. Once a

will is executed, make sure you keep the original in a safe place where the executor knows where to get it, should they need to (not a bank deposit box because the banks will lock it down when they see the obituary). Similarly, make sure you make your medical wishes known to those you give medical power-of-attorney, so they can act on your behalf based on your wishes and that they know

how to obtain those documents as well. Hopefully, none of these documents will be needed for a long time. In the interest of peace-of-mind, please consider ensuring all your affairs are in order for yourself and your family *before* a deployment might come up. Preparing and executing a will and other medical documents is a fairly simple process that can normally be accomplished over two

brief appointments during a drill. For those who already have wills and powers of attorney, review them every year to see if changes in your life require these documents to be updated.



Family Readiness Group news

By Master Sgt. Tina Dimino-Frazer / Mrs. Beth St. Clair, Family Readiness Group



Photograph by Senior Master Sgt. Robert Sabonis

Family Support will be hosting a FREE Pasta Night for all families on Friday September 21 at the base Dining Facility.

Dinner will be served from 4:30 to 7:00 pm.

All members and families are welcome. We ask that people R.S.V.P. to Ms. Beth St. Clair at BethS104th@gmail.com / (413) 245-6615 or Master Sgt Tina Dimino-Frazer at Tina.Dimino-Frazer@ang.af.mil / ext 698-1280.

The R.S.V.P.s are important to estimate the amount of pasta being served.



Safety: How goes it?

By Senior Master Sgt. Thomas Dumais, I04th FW Safety

This unit has experienced 14 injuries since the last How-Goes-It

Worker experienced chest pains; administrative function; medical event; member OK

Calf strain during PT; running; overexertion; Meds

Heal pain during PT; running; aggravated condition; meds

Strained back during maneuvers; twisted wrong; unknown; no lost time

Lacerated hand on slipped tool; lost grip; slipped tool; first aid

Member felt flushed; administrative function; medical event; member OK

Elbow impact door; holding door for other; multi-tasking; no treatment

Elbow nodule; medical event; medical event; member OK

Member stung by bee; filling vehicle with fuel; nest in wheel well, no medical

Member stung by bee; cleaning area; nest in area, no medical

Member broke foot walking dog, fell to ground twisting foot; dog lunged; lost time

Member experienced medical event; administrative function; medical event; medical

Member lacerated head on F-15; traversing under aircraft; lost situational

awareness; stitches

Member lacerated finger with knife; prying a headset; improper tool use; stiches and meds

This unit has experienced 4 mishaps since the last How-Goes-It

Bus impact bollard during turnaround; damaged side; operator error; \$2707

Broken glass in gym door; broke lower glass; over wedged door; \$200

GMV backed into parked GMV; hood damage; inattention; \$250

GMV impact bollard; bent door and scratched side; inattention; \$2500

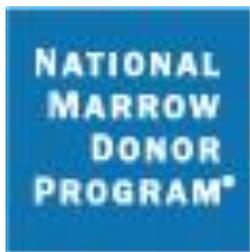
As we look at each of the above injuries and mishaps we can once again see medical type events in the forefront. In many cases all we can do is be good wingmen to each other and be aware of the wellbeing of the people around us. For those injuries that are PT related, if you are one of the ones who does not have yourself in a routine and simply goes out and does the test each year, you too may find yourself added to the roles of the injured. We recommend you make PT part of what you do and you will be less likely to injury yourself. In regards to

the mishaps we once again see government motor vehicles leading the pack. Whether you are backing up, turning around, or simply driving through the gate, each commands our best attention and efforts. Backing into something or driving into a bollard is not acceptable and is preventable. With budgets being what they are and more importantly people at risk for injury, we cannot afford either and we need your help. How you might ask? The best way we know of is to think about the hazards before they encountered. This way you can look at the best way to can control them.

The last item we want to speak about is the ending of the 101 Critical Days of Summer safety campaign which ends the day you return to work after the Labor Day weekend. As of 23July12 we have lost 11 of our fellow wingmen with 7 attributed to motorcycles, 2 drowning's, and 2 motor vehicle (4 wheeled). We ask that you put your best efforts forward as we approach the closure. This means take a look at what you are doing or going to do before you do it. Then do it SAFELY! Hope to have you all back in September. - The Safety Staff

Can you help someone with cancer? Only testing will tell

By Senior Master Sgt. Thomas Dumais, I04th FW Safety



Register yourself in the National Bone Marrow Donor Registry!

Sponsored by the DOD Bill W. Young Marrow

Registry.

Date- Sunday August 12th during Family Day

Time- 1200-1500

Location- In front of base supply, building 54 by the USO tent area

Need to know

If chosen as a match to someone, you have the right to say no.

Marrow donation is no longer by drilling into you. It is done just like donating platelets using blood donation equipment. In fact the donation is called a spherical stem cell donation.

You only need to be registered once. If you ever registered anywhere before you are in. If you are not sure stop in and talk with me.

If you want to register you need to bring at least 1 point of contact (address, Phone. E-mail) that DOES NOT live with you.

To register you will need to fill out a registration form, answer a few health related questions, and swab your cheeks with 4 cotton swabs.

If you have any questions feel free to stop by and talk with me.

Thanks, SMSgt Tom Dumais, Wing Safety



For Your Information

Medical Group Training Manager Position Available

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

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

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

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

Application package must include:

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

Paralegal Positions Available

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

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

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

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

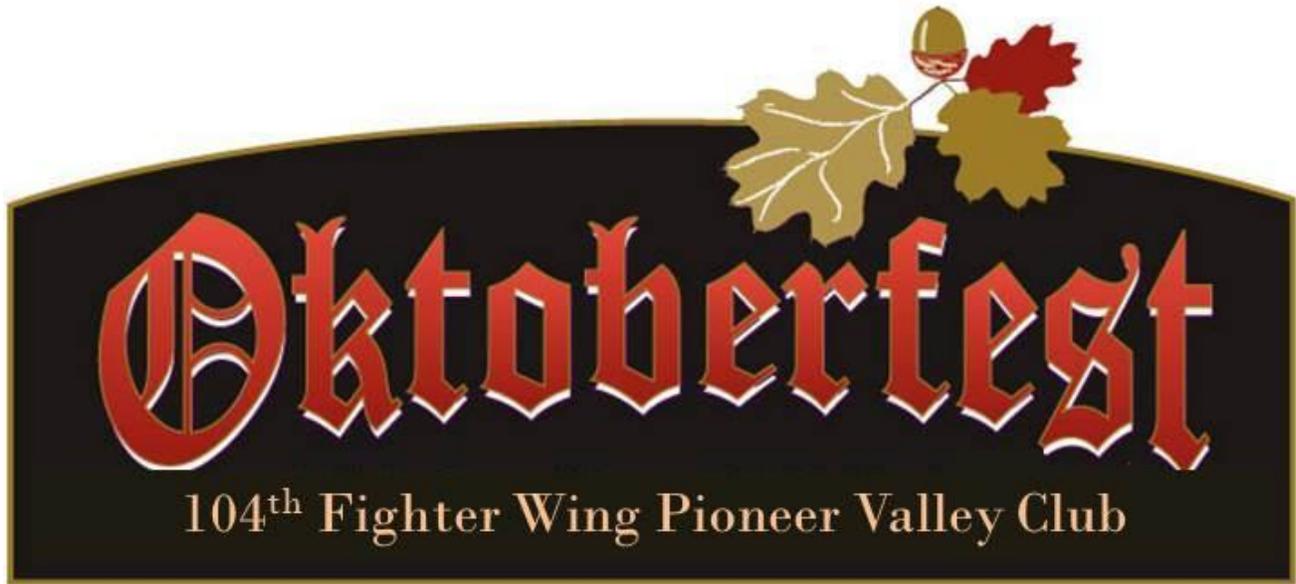
Special Qualifications: Individual must possess a minimum 5-level in any AFSC. Must have a minimum General ASVAB score of 50 (60 preferred) and be able to type 25 WPM.

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

Application package must include:

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

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



Come Celebrate the 5th Annual Oktoberfest With us!

Sample a wide variety of Beer from many Local Breweries

-BBC, Blue Hills, Cape Ann, Mayflower, Mercury, Paper City,
-Shipyard, Sam Adams, Westfield Brewing, Woodchuck, more

SEPTEMBER UTA!

SNACKS AND GERMAN DINNER WILL BE PROVIDED

ADVANCE TICKETS \$20 INCLUDES FOOD & OKTOBERFEST PINT GLASS!

See Club Council Members or Sandy Wakefield for Tickets

Open only to 104th ANG, 226th ARNG members & retirees with valid Military IDs and escorted guests.



Purchase of a Pioneer Valley Club
Oktoberfest Pint Glass will give
you unlimited samples!



**Oktoberfest will start
immediately upon
release on Sept 8th
At the NCO Club**

Non-Alcoholic Options Available



Baystate  Health
BLOOD DONOR PROGRAM

BLOOD MOBILE

Give Blood! Get Big E Ticket!

Soldiers' Home in Holyoke



**Monday, August 27th, 2012
10am-4pm**



All eligible donors will receive an adult day pass to the Big E and be entered into a raffle to win a 4 pack of Big E tickets!

One winner to be chosen at random from all donors during the week and will be notified by phone.

For appointments, call

**Baystate Health Blood Donor Center
794-4600**

Email suzanne.stockley@baystatehealth.org

Make a difference. Save a life today.

For Your Information



“Free” Retreat for Women Vets

Register @ www.projectnewhopema.org

When: October 5th – 7th, 2012 Barton Center, Oxford, MA

About the Women Veterans’ Retreat:

These 3-day retreats are a powerful, energizing way for women who have experienced the human impact of being in a war zone to recover their personal strength and vitality. Participants may use this retreat to recover from whatever way they feel that the war has personally affected them, whether that is healing from combat stress, PTSD or MST, re-adjusting to civilian life, addressing other personal issues, or gaining practical everyday skills in the company of others who have been in similar circumstances.

In the aftermath of military service, many women find that their ‘comfort zone’ in the civilian world has become smaller, and that their lives have become constricted in one way or another. One’s range of activities, self-expression, and ways of being with others and one’s self can narrow in an effort to ensure safety and predictability. As a result, confidence in one’s ability to negotiate relationships and unfamiliar situations can drop. These retreats provide an open and affirming forum for women to take steps toward the fuller life that they envision for themselves. The nourishing natural environment, and the support of others on a similar path, gives women in the retreat a series of opportunities to recognize their strength and capabilities, and to practice new ways of managing unfamiliar situations and relationships.

The path to growth and recovery almost always involves working outside of one’s comfort zone, and it can sometimes feel awkward or uncomfortable. This ‘stretch’ will be different for each woman, but common themes that may emerge include trust, setting boundaries, asking for support, finding one’s strength and competence, practicing positive ‘self-talk’, and staying present in the presence of fear. You will have complete choice about whether you participate in any activity, and to what degree. Your facilitators will help you explore your options, and provide education about how to make self-affirming choices.

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/>

HOMETOWN HERO'S WEEKEND

Laurel Ridge Camping
 40 Old Blandford Road
 Otis, MA 01253
 1-800-538-CAMP

Friday 8/24/12 & Saturday 8/25/12, 2012
 Pay to camp for 8/24/12 & get 8/25/12 FREE

This offer is for ONLY
 Firemen, Policemen, Emt's & Active & Retired Military & their immediate family

Call 1-800-538-CAMP today to reserve your campsite! Hurry, space is limited. There will be a pig roast (there is a fee for the dinner). This is our way of saying thank you to all those people that work hard every day to keep us safe. Come camp with us in the Berkshires!! Please feel free to share this mailing with your local police and ambulance people.. Help us get the word out!! We hope to see you soon!!

Sponsored by
 Laurel Ridge Camping
 (site rental based on family size of 4)

Welcome to new members

2 Jun 2012	Mary Keeler	MOF
3 Jul 2012	Kristie Timberlake	MXS
6 Jul 2012	Akeim Findlay	CF

Congratulations on your Retirements

Dana Bein	CES	24 Jul 2012
David White	CF	5 Sep 2012
Keith Buckhout	MXS	24 Nov 2012
James Parnell	SFS	1 Dec 2012
Hilda Santa	MDG	31 Dec 2012

CCTV broadcast line up

Channel 7 - Training videos & Base Info

Channel 9 - Warrior Network

Channel 10 - Pentagon Channel - inop



Ancillary training schedule - channel 7

Morning Training Video

- 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

Afternoon Training Video

- 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)

Michael Barrera	104FW MXS
Justin Bonner	104FW MXS
Mitchell Kleciak	104FW MXS



To Tech. Sgt (E-6)

Jesse Anderson	104 FW SFS
Timothy Blaisdell	104 FW OSF



To Chief Master Sgt (E-9)

Maryanne Walts	104 FW LRS
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Religions notes:

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



Satellite NCOA Class 13-1

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

This Month in History

August Historical Events (Excerpts from *www.thehistoryplace.com*)

August 1, 1944 - Anne Frank penned her last entry into her diary. "[I] keep on trying to find a way of becoming what I would like to be, and what I could be, if...there weren't any other people living in the world." Three days later, Anne and her family were arrested and sent to Nazi concentration camps.

August 2, 1776 - In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

August 2, 1990 - The Iraqi army invaded Kuwait amid claims that Kuwait threatened Iraq's economic existence by overproducing oil and driving prices down on the world market.

August 6, 1945 - The first Atomic Bomb was dropped over the center of Hiroshima the American B-29 bomber *Enola Gay*.

August 12, 1676 - King Philip's War ended with the assassination of Metacom, leader of the Pokanokets, a tribe within the Wampanoag Indian Federation.

August 13, 1961 - The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin with barbed wire to discourage emigration to the West.

August 14, 1935 - President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65.

August 14, 1945 - V-J Day, commemorating President Truman's announcement that Japan had surrendered to the Allies.

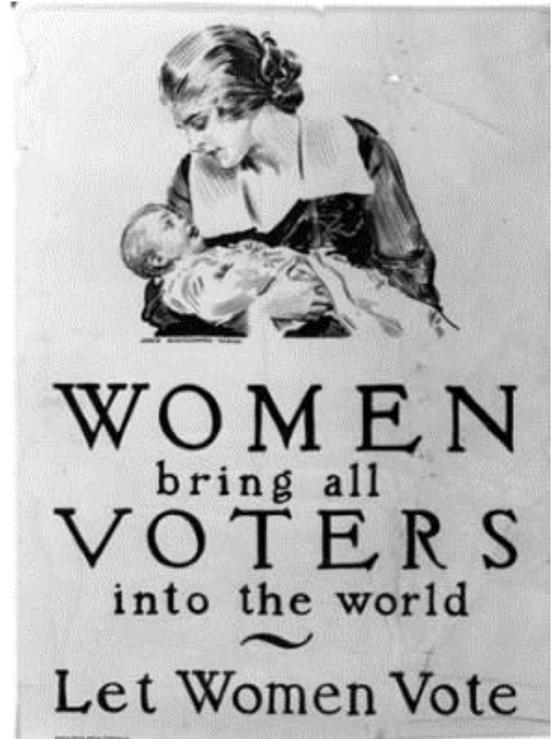
August 16, 1777 - During the American Revolutionary War, the Battle of Bennington, Vermont, occurred as militiamen from Vermont, aided by Massachusetts troops, wiped out a detachment of 800 German-Hessians sent by British General Burgoyne to seize horses.

August 16, 1977 - Elvis Presley was pronounced dead at the Memphis Baptist Hospital at 3:30 p.m., at age 42.

August 18, 1920 - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

August 24-25, 1814 - During the War of 1812, Washington, D.C., was invaded by British forces that burned the Capitol, the White House and most other public buildings along with a number of private homes. The burning was in retaliation for the earlier American burning of York (Toronto).

August 28, 1963 - The March on Washington occurred as over 250,000 persons attended a Civil Rights rally in Washington, D.C., at which Rev. Dr. Martin Luther King, Jr. made his now-famous *I Have a Dream* speech.



MASSACHUSETTS AIR NATIONAL GUARD

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PRIDE,

PROFESSIONALISM,

PATRIOTISM

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