



March 2011



Lt. Col. Jay M. Davis heads around for another approach on his final flight in an F-15. Lt. Col. "Psycho" Davis served as the ASA Commander and Chief of Wing Safety while assigned at Barnes. (Photo by Senior Master Sgt. Robert Sabonis)



Col. Robert T. Brooks, Jr.

## AIRSCOOP

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# Commander's column

By Col. Robert T. Brooks, Jr.

When the acronym UCI/LCAP is used, what do you think about? I would hope you would think about all the processes we use each day to keep this base running. I would hope you think about the regulations and instructions that drive you to perform certain actions in a particular order to achieve a desired result. I hope you think about the way you do things, how you can do them better, and how an inspector may view your processes.

This inspection should not create a great deal of stress because it does not ask us to do anything different from what we do each and every day...**strive for excellence, but we always have room for improvement.** The inspectors will walk in, and look at all the supporting paperwork, regulations, and processes to insure we are complying with our governing regulations.

*"We are what we repeatedly do. Excellence, then, is not an act, but a habit,"* was said by Aristotle, and the men and women of this unit continually prove it. In 2009, the wing was recognized with 5 national-level awards, in 2010 we had 6, and we started 2011 by learning that MSgt. Jose Rijos was recognized as the First Air Force Air Sovereignty Alert Defender of the year. As seen by the countless accolades, we are doing our jobs extremely well; all we need to do for a successful inspection to demonstrate that excellence to the inspectors.

Let me be clear, our focus from now until June is to prepare for the compliance inspection, reviewing our self-inspection checklists and ensuring we comply with our governing instructions. We will continue to train in preparation for our upcoming Air Expeditionary Force deployment window, and complete a successful deployment to the Weapons System Evaluation Program in April.

Abraham Lincoln once said "Always bear in mind that your own

resolution to success is more important than any other one thing". This perspective can be easily applied to our vision of being the most respected F-15 unit in the combat Air Force. It will take everyone's personal effort to succeed in order to achieve this attainable goal. One of the first steps was becoming IOC, successfully standing up the ASA, and then successfully completing our first F-15 Red Flag. Next will be the Weapons System Evaluation, and the UCI/LCAP. We are heading in the right direction, there are no short-cuts in this journey, just hard work and the continual pursuit of excellence.



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## Chief Master Sergeant's column

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

There are fewer things more essential to a smooth-running operation and well-balanced team than strong, effective communication. If you think back to **playing the childhood game "telephone"**, you can see how easy it is for communication to break down. Often the message blurted out at the end is nothing at all like the original message – and this is true not only in the game, but in life.

From a process-oriented view, effective communication occurs only when the message is delivered and feedback is received at the end of the chain. Only after the feedback is received can the origina-

tor of the message know if the information was passed on correctly.

As I sit now as the Senior Enlisted Advisor to the Commander, I am charged **to help in communicating the Wing's position and help guide the enlisted force to meet the Commander's intent. In simple terms, I help make sure the mission gets done by ensuring the boss's vision is understood and followed-through with.** The problem is, as demonstrated up above, without the feedback, we (I) never know if the message getting out there is the correct one.

We use tools like the Airscoop, **Commander's calls, the web, and e-mail**; but without the interaction with the rest of the chain, the message can sometimes be stuck in limbo. My first priority is to make sure the communication flow, up,

down, and across the chain, is effective. To ensure this is done, I need your help.

We are reinvigorating the Enlisted Advisory Council (EAC) to help receive the feedback which should help with the process. I look to each member of this Wing to think about the ways they communicate and to help ensure its effective by giving and receiving feedback in a productive fashion. If you have a problem or an issue, you should try to offer solutions instead of complaints. By raising the level in which you communicate, you can, if nothing else, make sure that your message is received and understood by the intended recipient. Remember: communication is the most important part of teamwork.

## Women's history month 2011 - "Our history is our strength"

By Master Sgt. Frances Frederick, Equal Opportunity

What do we celebrate in March? Your **first thought may be "Saint Patrick's Day"!** Of course, you would be correct! **But, the roots of National Women's History Month were established in New York City shortly after the first St. Patrick's Day parade was held there.** On March 8<sup>th</sup>, 1857, a group of female garment **workers created their own "parade" when they marched in the streets to protest their low wages and poor working conditions.** In 1909, their courage and strength was commemorated by the **establishment of International Women's Day** on that date. In 1981, the United States Congress designated the second **week of March as National Women's History week.** And, in 1987, the week was expanded to a month.

There can be no doubt that women have come a long way since 1857. But, that progress has been the result of the hard work and sacrifices of many notable women. Some are well known. Many others have been forgotten. Here is a short list of some of those who pioneers:

The first director of the Women's Army Corp (WAC), Colonel Oveta Culp

Hobby, was the first woman to receive the U.S. Army's Distinguished Service Medal in 1945.

1LT Cordelia E. Cook was the first woman to receive the Bronze Star while serving in the Army Nurse Corps in Italy during World War II. Cook was also awarded the Purple Heart, making her the first woman to receive two awards

Elizabeth P. Hoisington and Anna Mae Hays were promoted to the rank of Brigadier General in 1970, making them the first female generals in U.S. history.

Darlene Iskra became the first woman to take command of a U.S. Navy ship in 1990. She is also one of the first women to graduate from dive school

LT Kara Hultgreen is recognized as the first fully qualified Navy woman combat fighter pilot. In 1994, she became the first female pilot to die in combat service.

In 2006, Brigadier General Susan Helms, a former astronaut, became the first woman to command the 45th Space Wing of the Patrick Air Force Base.

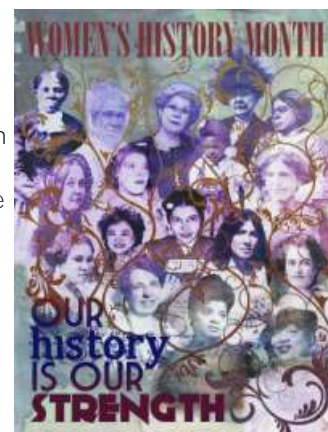
Sheila E. Widnall Ph.D. taught at Massachusetts Institute of Technology (MIT) for 30 years and was the first fe-

male to chair a department. In 1993, she assumed the position of Secretary of the Air Force, the only woman to ever head a military service. She retired in 1997 and resumed her career at MIT.

Colonel Ruby Bradley is the nation's most highly-decorated female veteran. Bradley survived two wars and was a prisoner of war. In 1963, she retired from the Army with three decades worth of service including 34 medals and citations for bravery.

**So, while we celebrate the "wearing of the green" this month, let us also take a minute to remember those who paved the way.**

Note: Biographical portion excerpted from [www.deomi.org](http://www.deomi.org)





## First Sergeant's column

By Master Sgt. Fred Fopiano, Mission Support Group 1st Sgt.

I remember in my youth that great energy rush I'd get by drinking a Coca-Cola, but what's

happening now with refreshments is truly scary.

**What's in the latest energy drinks** such as Monster, Throttle or Rockstar? You might be surprised to find what **many of these "energy drinks" contain.** Sure they contain sugar, we all know that, caffeine, of course, but did you know some energy drinks contain Ephedrine.

**Let's look at each of these ingredients** to see what you are really getting. The following italicized sections are excerpts from an article published by Ms. Wadia Whalen on e-how.com

*Sugar is one of the main ingredients in energy drinks that provide the energy the product promises. The amount of sugar in energy drinks offers no nutritional value and contributes to the high caloric nature of the drinks. If an individual doesn't exercise regularly, the extra calories will eventually contribute to weight gain. Additionally, if an individual isn't practicing good dental habits, the amount of sugar in energy drinks will add to tooth decay. Caffeine is another primary ingredient in energy drinks that provides the feeling of an energy boost is caffeine. Caffeine blocks adenosine, the chemical produced by the brain and related to sleep. Energy drinks normally contain about 80 grams of caffeine, which is the equivalent of one cup of coffee. When used in moderation, about 320 grams per day, caffeine is harmless to the body. However, too much caffeine may cause anxiety, irritability and headaches.*

*Ephedrine a stimulant employed in some energy drinks that is a common ingredient in diet pills. It functions in a similar manner to adrenaline and can raise an individual's heart beat and blood pressure. People in good health may use ephedrine with a low risk of severe effects, such as strokes, seizures and heart attacks, provided that they don't abuse it. Ephedrine may produce worse adverse effects in individuals with current medical conditions, such as heart disease and a history of strokes. Due to its effects on blood sugar, ephedrine can also have a negative impact on diabetes.*

**But wait, there's more, now that the energy drink producers have your heart racing and your mind a whirl, you need something to slow you down.** Low and behold they now provide you liquid downers.

*As more sedating sodas enter the mar-*

*ket, some beverage makers have taken relaxation to another level by producing sodas laced with marijuana or ingredients to mimic that drug. Beverages such as Malava Novocaine, Drank, Unwind, Mary Jane's Relaxing Soda and Slow Cow (sold in Canada) are marketed as helping people unwind. Critics question the safety of such anti-energy drinks, which are sold in locations including college campuses and convenience stores. Not many scientific studies about anti-energy drinks have been done, as they are just emerging in the market. Drank is now sold as a supplement, rather than as a beverage, in order to keep melatonin as an ingredient.*

*Some anti-energy drinks carry warning labels of possible drowsiness and discourage driving after use. Beverage makers say that their products are safe, and more so, that they help people. One company called the product "a positive alternative" to drugs and alcohol.*



COURTESY OF DRANK

Melatonin is not approved as a food additive because it is not 'generally recognized as safe' by the U.S. Food and Drug Administration. So a company that uses the ingredient can be subject to a challenge by the FDA.

*Last year, the FDA warned the makers of the relaxation drink Drank about its use of melatonin, calling it "an unapproved food additive." Drank sells its product now as a dietary supplement, rather than as a beverage, in order to contain melatonin, according to a company spokesman. The FDA had no further comment regarding the matter". Many of the anti-energy drinks contain exotic but innocuous-sounding ingredients like kava, melatonin, valerian root, rose hips and passionflower. Recalling how the original colas more than a century ago contained cocaine and lithium, when they were consid-*

*ered benign, the companies are a step above regulators. Maybe the science and risks haven't been documented.*

**The manufacturer of "Drank" posts** the following claims on the ingredients:

*Melatonin: This brain hormone naturally controls the human sleep cycle. Melatonin, therefore, tells our bodies when it is time for sleep and when it is time to wake up. "Drank" contains a safe dose of Melatonin which relaxes those who drink it and helps them improve both the duration and quality of their sleep. Melatonin extracts aid the body in resetting its natural 'clock' and are even strong enough to prevent the effects of jet-lag. "Drank" enhances the positive effects of melatonin with flair and flavor which all are sure to enjoy.*

*Valerian Root: Valerian Root is known to benefit those who may suffer from anxiety; restlessness; insomnia; mental strain; lack of concentration; excitability; stress; chronic headaches or migraines; nervous stomach cramps; bladder control issues; chronic pain, menopause; and the discomfort, and emotional distress which may occur with menstruation. "Drank" contains a healthy dose measured to compliment the effects of the melatonin and enhance relaxation. Valerian Root has been used around the world for centuries as a safe sedative without the morning 'grogginess' and possibility of addiction that man-made sedatives generally contain. "Drank" takes this old age remedy and puts it in the mix with melatonin to "slow your roll" after a long day.*

*Rose Hips: Another age-old remedy for what ails the body, Rose Hips, is an excellent source of vitamin-C, contains biologically valuable bioflavonoids and is a great source of anti-oxidants. Rose Hips have traditionally been used to treat diarrhea, nervousness, exhaustion, stress, urinary problems.*

*Rose Hips are commonly consumed by itself in tea (a drink) or is used as a topical oil. " Drank adds RoseHips to the Melatonin and Valerian root to create extreme relaxation" in a safe and healthy way.*

Please understand that these companies get paid by the amount you drink. They get you hooked on the buzz and then are thoughtful enough to offer you a product to remove the buzz. If you use supplemental drinks, you may be putting your health or life at risk if you over-indulge.

Source: [Negative Effects of Energy Drinks | eHow.com](http://www.ehow.com/list_7148211_negative-effects-energy-drinks.html#ixzz1FYkONIwa)  
[http://www.ehow.com/list\\_7148211\\_negative-effects-energy-drinks.html#ixzz1FYkONIwa](http://www.ehow.com/list_7148211_negative-effects-energy-drinks.html#ixzz1FYkONIwa)

# Former Massachusetts ANG commander finds joy in long career

By Airman 1st Class Bonnie Harper

Looking out onto the parade field, seeing the new airmen dressed in blues as they stood at attention in formation, the reviewing officer remembered his own graduation from Basic Military Training in 1976.

**“What am I going to tell these airmen?” he thought to himself.**

It had been more than 30 years since he had been in their exact same spot at Lackland Air Force Base. Now, as a two-star general, he was there to offer them advice.

Maj. Gen. Michael Akey, a native of Greenfield, Mass., and the recently retired commander of the Massachusetts Air National Guard, chose to express to the airmen the joy he found in his career—in the education he completed, the challenges he met, and the surprises along the way.

**“There are just a lot of fond memories,” Akey said. “From day one to 35 years later, it’s just been a great career and I’ve really enjoyed it.”**

Akey enlisted in December of 1975, with the desire to serve his country and expand his educational opportunities.

**“When I joined, education was one of my focus areas, and I had some really supportive NCOs that allowed me to go ahead and worked with me on my schedule,” he said.**

With their help, was able to complete three years of college within his first three years on active duty, while assigned as a security policeman at Hollam Air Force Base, N.M., and Nellis Air Force Base, Nev.

With the desire to finish his bachelor’s degree within another year, Akey was granted a Palace Chase, allowing him to transfer to the 104th Fighter Wing to complete his first term enlistment in guard status and to focus on finishing his degree in criminal justice through the University of Massachusetts.

When he first enlisted, he did not see himself completing more than a four-year term, but the NCOs who believed in him, supported him in his endeavors and showed him the meaning of service, changing his mind.

**“I think that’s what’s special about the military, is it truly is a band of brothers and sisters,” Akey said. “The nice thing about people like that is that they give without expecting anything else, and you don’t see that a lot today in many**

**places. That’s one of the things that made my time in the military special.”**

After completing his degree, Akey decided to apply to be a commissioned officer because he enjoyed being in the Air Force, he said.

He went to Officer Training School at Lackland in June 1980 and was commissioned as a second lieutenant in September of that year.

Akey attended navigator school before going to pilot training and receive 2 ½ years of additional training before being operational on the F-4G, he said.



Gen Akey’s name on the cockpit for his fini-flight Dec 2010  
(Photo by SMSgt Sabonis)

While he was in the 563rd Tactical Fighter Squadron at George Air Force Base, Calif., he had the opportunity to work with some Vietnam veterans who helped train and mold him further.

**“These guys were amazing individuals, to say the least. They were great pilots, great back-seaters.”**

One reason: a squadron commander, Rich Rash, who did not believe he was as prepared as he should have been when he was shot down over Vietnam.

**“He said that the pilots in his fighter squadron were going to be prepared,” Akey said. “He drove us, but it was for excellence.”**

Akey has been deployed to several foreign locations including Germany, Italy, Kuwait, Turkey, Bosnia, Paraguay, Ecuador and Korea.

His most recent deployment was in 2003. A colonel at the time, he was deployed to Ramstein Air Base, Germany, for six months.

While there, he worked as a command director and director of staff for Gen. “Speedy” Martin, a former United States Air Force Europe commander. With more than 300 airmen, they worked 14- to 15-

hour days and helped establish bases in Turkey, Eastern Europe and throughout the Mediterranean in support of Iraqi Freedom. He learned a lot from General **Martin’s work ethic and mission-oriented attitude**, Akey said.

The biggest command challenge that Akey faced during his career was the Base Realignment and Closure action in 2005. The Massachusetts Air National Guard unfortunately lost a flying mission out of Otis Air National Guard Base, but the F-15 mission was transferred to the 104th Fighter Wing, and an intelligence mission and Air Operations Center mission were established at Otis.

Between Barnes and Otis, the Massachusetts Air National Guard converted two fighter wings in the space of three years.

**“Our maintenance guys at Otis and Barnes did an outstanding job converting from the F-15As and A-10s to the F-15Cs that we got from Kadena, which were in pretty tough shape,”** Akey said.

Once Barnes completes the full F-15 conversion process, the unit will have 17 Golden Eagle and four Silver Eagle aircraft, which will last many years into the future, Akey said.

**Akey’s goal was to finish the conversions and leave the two units on firm footing in mission, equipment and base infrastructure before retiring.**

**“The airmen of the Massachusetts Air National Guard can expect to be pretty stable for many years to come, both in the F-15 and the Intel/AOC missions,”** Akey said.

**Akey’s advice to current members of the Massachusetts Air National Guard, enlisted or commissioned, is the same advice he gave to the graduating airmen at Lackland about two years ago.**

**“The first thing is take advantage of education,” Akey said. “In the Air Force, the opportunity to go to either college, professional military education or technical school is going to make you a better individual, and a more rounded person.**

**“The second thing is do whatever job you’re doing at that time to the best of your ability. Be the best at what you can be.**

**“And number three, don’t worry about what the future holds. If you take care of number one, take care of number two, then it will come to you.”**



# Retired Chief still serving

By Maj. Matthew T. Mutti, Wing Executive Staff Officer

With his military career beginning in 1973, the last thing Chief Master Sgt. Laurence Heller ever did was to imagine his life 38 years in the future, when he would put his military uniform on for the last time; but as he humbly said to me during a one on one interview in January, all good things **come to end, but what a ride it has been**”.

**It was clear to me that Chief Heller’s** fondest memories were when he recollected working alongside his fellow Airmen, either within the 104th Fighter Wing or when assigned to the Tennessee Air National Guard, at the 118 Airlift Wing out of Nashville.

In his career, he has served as a logistic/supply NCO; attached to an aerial port and as a medical team member, as an X-Ray tech and a Flight Medicine Tech. He was able to harness all of his lessons learned and experiences when he was selected to serve as the senior enlisted member of the wing, appointed the Command Chief Master Sgt. for the 104th Fighter Wing.

**“I really enjoyed the time I spent as the Command Chief,”** said Chief Heller. **“I was able to work for and represent all the enlisted members of the base, serving as their liaison to the commander.”** In 2002, Chief Heller deployed to Afghanistan as a command chief, providing support to 760 deployed Airmen and Soldiers.

He did not only influence the Airmen under his mentorship, but his family, instilling values of service, excellence and integrity. With 2 sons and a daughter,



and serves in the Active Duty Air Force as an Aeronautical Engineer, and his daughter Laura, 26, is a paramedic with AMR in Springfield.

Before his retirement, he was able to work alongside his oldest son, and fly with him during a Coast Guard mission, patrolling restricted waterways of the **New England shore. “It was very neat to sit behind my son as he is just begins his military career as Coast Guard pilot, and I prepare to transition out of mine.”**

Following his retirement, the Chief, or Trooper, as he is referred to at his full time job; will continue serving as a member of the State Police, assigned to the State Police Academy out of New Braintree Mass.



James, Jason, and Laura, service was taught from a young age. James, 29, is a Coast Guard Lieutenant (O-3) who flies HU-25 Falcons. Jason, 27, is a Captain

# Airman in Focus: Master Sgt. Sandra Woodin

By Airman 1st Class Bonnie Harper, Public Affairs Journalist

(Barnes Air National Guard Base, Westfield, MA – January 9, 2011)  
Master Sgt. Sandra Woodin joined the Massachusetts Air National Guard in 2001. She originally enlisted as an active-duty member, following in her

**brother’s footsteps.** Prior to her career in the ANG, she served on active duty for four years as an avionics technician at Travis Air Force Base in California and Ellsworth AFB in South Dakota.

**“Being a traditional guardsman is a bit more challenging than in active duty because you have a full-time responsibility to a civilian employer and then you have your responsibility to the Air National Guard,”** she related.

Sgt. Woodin currently works in the Logistics Readiness office, where she has been for the past five years. Her job functions include helping service members deploy, as well as the management of equipment and



(Photo by Technical Sgt. Melanie Casineau)

cargo during deployments.



# Awards banquet a success

By Staff Sgt. Matthew Benedetti, Public Affairs Journalist

The 37<sup>th</sup> Annual Awards Banquet for the 104<sup>th</sup> Fighter Wing was held on Saturday, February 5<sup>th</sup> at Tekoa Country Club in Westfield, MA. The banquet was held to salute members of the Wing for their commitment to service and excellence in their respective fields. Airmen were honored from the squadron, group and wing levels.

Despite the inclement weather, more than 300 people attended the event. In excess of 70 members of the wing competed for Airmen, Non Commissioned Officer, Senior Non Commissioned Officer, and Company Grade Officer of the Year.

**“The men and women of this wing have worked very hard this year,”** said Col Robert T. Brooks, 104<sup>th</sup> Fighter Wing Commander. **“Members have deployed overseas supporting combat operations, while others stayed back to assist in overseas in our unit becoming operational in the Air Sovereignty Alert mission, all told, the men and women of the 104<sup>th</sup> Fighter Wing worked extremely hard to preserve the cause of freedom and support our national defense initiatives.”**

During the evening, the wing was treated to a personal concert by country music recording artist Ashley Gearing.

The Annual Wing Award Winners are as follows:

Fighter Wing-Airman of the Year  
SrA Ian McAlister

Fighter Wing NCO of the Year  
TSgt. Greg Pauli

Fighter Wing Senior NCO of the Year  
SMSgt. Rob Sabonis

Technician /AGR of the Year  
TSgt. Dana Thayer

Company Grade Officer of the Year  
Capt. Mike Dibrindisi

First Sergeant of the Year  
MSgt. Lynne Bolduc

Civilian of the Year  
Mr. John Richardson

Annual State and Special Awards Winners:

Maj. Gen. George Keefe Award  
SMSgt. Mark Bolduc

Regional Career Advisor of the Year  
MSgt. Darcie Rock

Paul Myrick Information Assurance Award  
Chief Master Sgt. Todd Fappiano

Lt. Col. Dan Paluca , Top Pilot award  
Maj. Jeffery Blake

MA Air National Guard Honor Guard member  
SMSgt. Keith Buckhout

MA Air National Guard Airmen of the Year  
SrA Ian McAlister

MA Air National Guard First Sgt. of the Year  
MSgt. Lynne Bolduc



Annual award winners (L-R): Maj Dibrindisi, Chief Fappiano, SrA McAlister, TSgt Pauli, SMSgt Sabonis, TSgt Thayer, and Col Brooks.

(Photo by Master Sgt. Mark Fortin)



## Veterans can make smoking history

The Department of Veterans’ Services and the Department of Public Health are pleased to announce that they have

teamed up again to provide a free quit-smoking promotion for all Massachusetts Veterans and their Families. Starting on March 7, 2011, Veterans and their Families can call a toll-free number or go online to qualify for their FREE, two-week supply of nicotine patches. The common goal

is to increase the likelihood of quitting smoking for any Massachusetts resident who has served in the Military, including the National Guard, and to their Family members.

The smoking rate among Veterans remains higher than the state average, even as Massachusetts’ overall smoking rate continues to decline. The age-adjusted smoking rate for Massachusetts Veterans is 23.5%, well over the average for all Massachusetts adults.

Quitting smoking is difficult, but there are ways of making it easier. Studies have shown that using medi-

cations like the nicotine patch to help quit smoking doubles the chance of quitting. Using medication and support together makes it *three times as likely* that a smoker will be able to quit for good.

Call 1-800-try-to-stop (800-879-8675) or visit [http://makesmokinghistory.org/en\\_US/veterans.html](http://makesmokinghistory.org/en_US/veterans.html). The 800 number and the following website: [www.quitworkks.org](http://www.quitworkks.org) are also available and free for all MA residents, even if they have not served in the Military.



## Safety: How goes it?

By Senior Master Sgt. Thomas Dumais, Ground Safety

We think everyone can agree that this winter has been an exceptionally long and hard one, and we all have some form of spring fever running through our veins. We however, are not done yet. As good weather makes its arrival, so too does the melt and refreeze. It also means that although we are at a turning point, we cannot let our guards down in regards to slips, falls, and other winter weather related safety items. As you can see below, we have had several slips and falls that have resulted in some significant injuries. What does this mean to you? It means WATCH YOUR STEP! There is no way CE can make sure every surface of the base is sanded and salted, and even if they could, with refreeze taking place, it would at best be a frugal attempt. We all work and live in New England, and snow and ice is a way of life for each of us, however, the way we approach it determines the outcome. With that said, below are some tips to help you make it through this tough time.

- Approach every surface like it is glare ice and you are going to fall. This will allow you to be in a more defensive posture. This way when you do step on that patch of ice you will be better prepared.

- Keep your hands out of your pockets and ready to help you maintain balance. With your hands ready to help you maintain balance, you will be better prepared for those surprises.

- Make sure your footwear has good tread. Although this will not help you much on icy surfaces, it will on snow covered walkways. Again be prepared for the unexpected!

- Slow down! A rushing vertical person on snow and ice will soon become horizontal. Taking your time getting from point A to B is better than getting taken out by stretcher.

- What you can't see will hurt you!

There is nothing like unexpectedly finding a patch of ice under a dusting of snow. In the blink of an eye, not only will you fall, but depending how you fall and what you fall on, will determine your condition for the next several weeks.

Another mishap we saw take place was an off duty gym related event. As everyone knows PT testing has changed and we are seeing more and more people out there getting fit. This is a good thing, but only if you take the time up front to prepare for it. Before performing any exercise, make sure your doctor has given you the green light before starting. In addition to this, we recommend you make yourself familiar with the hazards involved in whatever it is you plan on doing.

Lastly, we saw one private vehicle event. Again with the winter being as hard as it was, our roads and vehicles have taken a beating. A pothole or a bad tire from hitting one can be life changing when you get up onto the highway. Drive cautiously and check your vehicles often. This means before you get in for the long drive home, walk around your vehicle and look at your tires. If one looks a bit low or damaged, chances are that it is and needs repair or air.

A quick pitch: as you get back outside to PT, be sure you are safe, wear reflective clothes at night, and do not run on base with head-phone/ear-buds.

Rather than say to you "be safe", we ask that you think safe. We need each and every one of you each and every day, so keep on "Making it Happen; SAFELY!" The Safety Staff.

The unit experienced 7 injuries since the last UTA.

- worker injured hand during fall; fractured wrist; fall on ice; 12 lost workdays
- worker injured knee during fall; twisted knee; fall on ice; no lost time
- worker injured during box jump; Fractured Hand; Judgment; 9 lost work days/32 restricted duty days
- worker broke leg during fall; broken tibia; fall on ice; 13 lost work days/35 restricted duty days
- worker injured back during lift; back strain; twisting motion; no lost time
- worker injured head during fall; head contusion; fall on ice; no lost time
- worker injured connecting AGE; Strained hand; overexertion; outcome TBD

The unit experienced 6 mishaps since the last UTA.

- Plow impact gate; gate totaled; situational awareness; 5K damage
- Multiple bird strikes during take-off; no damage; BASH; no damage
- Multiple bird strikes during take-off; engine damage; BASH; Class C 50K+
- PMV blown tire entered median; operator bumped head; unknown; no lost time
- GMV slid into gate; GMV and gate damage; Ice/operator error; \$1119 damage
- Bird Strike; Heat exchange damage TBD; BASH; Class E BASH



Under-belly of aircraft after a bird strike February 2011  
(Photo by Senior Master Sgt. Robert Sabonis)



# April 19, 1775

By Capt Mary Harrington, Public Affairs Officer

One of my favorite family traditions each year is to attend the Lexington Reenactment on Patriots Day – this year on Monday, April 18th.

The event for me reflects on the rich history of the National Guard, when on April 19, 1775, Patriots who lived in Lexington, Massachusetts, bravely defended their community against British attack.

During the Reenactment, Paul Revere rushes in on horseback to warn of the British approach, and the citizen soldiers line up on the Lexington Green, prepared to fight. The wives and children watch, as these brave civilians prepare for battle, and an unknown person fires what Ralph Waldo Emerson described as the ‘shot heard round the world.’

As a “traditional” member of the National Guard, this event helps me to reflect on my obligation, and give thanks for the tremendous support that I get from my family, friends, full-time employer (SimplexGrinnell) and community. The National Guard is the backbone of the defense of the great United States, and it all started right here. **“Traditional” members of the Guard** are people who work full-time jobs as civilians, yet serve in uniform a minimum of one weekend a month and two additional weeks annually to maintain preparedness. We are well trained and ready to augment the **full-time forces at a moment’s** notice. It is such a tremendous honor to serve in uniform as a member of the Massachusetts National Guard – where it all began.

On that day, 236 years ago, Capt. John Parker led 77 Patriots; they were grossly outnumbered, but bravely faced about 700 British.

**The British officer yelled, “Lay down your arms, you damned rebels...”** and the rest is history. The Americans suffered eight wounded and 10 killed - including John Brown, Samuel Hadley, Caleb Harrington, Jonathan Harrington, Jr., Robert Mun-

At the Reenactment, after the skirmish, American re-enactors go to the Lexington common cemetery, behind the church on the common, where they honor those who died with a 21-gun salute. This is a great opportunity to see the re-enactors up close, as well as an appropriate time to reflect on our many fortunes as citizens of the great United States of America.

If you have not attended the Lexington Reenactment, you may want to put this event on your bucket list. The event always brings tears to my eyes. I started attending as child, with my four brothers and parents, as guests of our cousins who lived in Lexington. As an adult, I bring my two boys, Nicholas and Thomas, and often invite family and friends. Not many adults like to get up that early, but the kids are always excited. The Reenactment this year is on Monday, April 18, commencing at 0545. To get a decent view, I recom-

mend you arrive an hour (or even two) earlier. Many families bring ladders, so that kids can sit on the rungs, to get a good view. There is much for sale, including coffee, hot cocoa and donuts; three corner hats and muskets; and similar items.

For more information on the Lexington Reenactment, and similar events on Patriots Day, visit [www.battleroad.org](http://www.battleroad.org). There are also several great YouTube videos of the event, including <http://www.youtube.com/watch?v=D uPjxrFo0P4>.



Revolutionary re-enactors stand in formation to recreate the shot heard around the world. (Photo by Capt. Mary Harrington)

roe, Isaac Muzzey, Asahel Porter and Jonas Parker. The British suffered one wounded.

**Of course, I’ve always felt a connection** to the many Harringtons who fought on the Lexington Green. Nine Harringtons were in the line-up and two died, including Jonathan Jr. and Caleb. Jonathan crawled to his house, located on the corner of the common. He made it to his front porch and died there, at the feet of his wife. Caleb headed toward the Harrington house and died enroute. The other Harringtons included Daniel, John, Jonathan (a fifer), Moses (3rd), Moses (Jr.), Thaddeus and Thomas.

# Protecting yourself on Facebook - 9 critical steps

By U.S.Army/PA (reproduced for 104FW by SMSgt Robert Sabonis)

Facebook is an effective tool Barnes organization members can use to communicate their messages and tell organization stories. Facebook is also a way for Airmen to stay connected. But Facebook use is not without its risks.

Sharing too much information on Facebook can result in OPSEC violations, identity theft, spam, home break-ins and computer viruses. Using social media platforms like Facebook should be a balance between communicating with friends and family and protecting your privacy and online safety.

Facebook's default privacy settings are often public, but Facebook provides various setting options that help Facebook users adjust and customize their privacy settings.

#1: Friends Only—To take a closer look at your settings, click on your account at the upper right corner of your page. As you'll see, if you haven't already adjusted them, your privacy settings will be set to the Facebook default. These are the settings recommended by the Army. Sharing only with friends eliminates the risk of your content falling into the hands of people you've never met. When you list something as "other" it typically means you've customized your settings further than the categories offered in the first three columns.



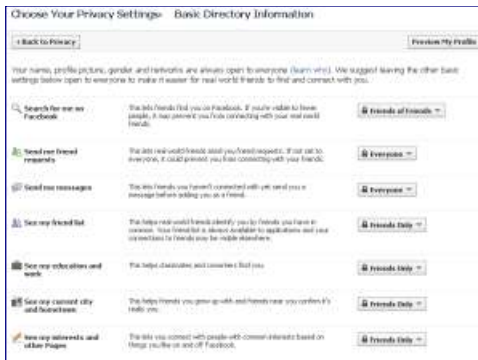
#2: Less Sharing—After changing the basic sharing settings, click on the "customize settings" link at the bottom of the page. This will allow you to further customize what you share with others. Once you've clicked through to the "customize settings" link, the Army recommends you change your settings to match the screenshot below.



#3: Personal Protection— Once you

change your sharing settings, take a look at the other setting options. Click on "view settings" at the top. This takes you to a page where you can control your privacy settings even further. Once you click through, you'll be able to adjust how you can be searched and who can view your basic information. Once on this page, the Army recommends changing all of the default settings to match those below.

#4: App Remover—Make sure you remove any unwanted applications and



make your game and application activity visible to friends only.

#5: Limited Access— Make sure you also limit your "information accessibility through your friends."

#6: Don't Take it Personal—



Uncheck the box that reads "enable instant personalization on partner websites". This will keep Facebook's partner companies from accessing your personal information.

#7: Stealth Mode— The last stop on this page is the "public search" option. It is recommended that you uncheck the "enable public search" box. This will keep your profile from appearing when people search for your name. If you leave



public search enabled, content you share with "Everyone" is open to anyone on the web, not just Facebook. Once you unchecked this function, it will take a short period of time for the change to register and for your profile to stop appearing in searches.

#8: Good Networking—Being part of too many networks may be dangerous. To change your network, go to "Account Settings" then select the "Networks" tab. Select "Leave Network" to remove that network, or type in your workplace or school to search for networks to join.

#9: Don't Become a Target— Facebook will use your family and friends to target advertisements and potential scams. To disable this automatic feature, click on "account settings," and selecting the Facebook Ads Tab. Then select the "No one" option for allowing ads from third party applications. Then select the "No one" option for showing my social actions in Facebook Ads. Did you know?



- A senator on sensitive travel to Iraq created a security risk for himself and others by tweeting® his location and activities every few hours.
- A family on vacation kept friends up-to-date on the trip via its online profiles only to find they'd been robbed after they came home.
- New virus and trojan variants that target Social networking sites (SNS) have seen dramatic success. One of the largest SNSs sold over \$200 million in shares to a Russian company.
- Terrorists are being trained to search online for data about "Government personnel, officers, important personalities, and all matters related to them (residence, work place, times of leaving and returning, and children, places visited)" according to the Al Qaeda Handbook.



# Winter Wingman Day ~ resiliency training

By Maj. Matthew T. Mutti, Wing Executive Staff Officer

Wingman Day 2011 occurred here on January 28 and February 6, providing Airman Resiliency Training to all Barnestormers.

Resiliency, as the wing learned, is at the fundamental core of unit readiness. The DoD, specifically the Army and Army National Guard specifically, have been looking very closely at the alarming statistic that its suicide rates were at an all-time high this year. This rise is troubling to all members of the military leadership, and the resiliency training is one of many steps to curb the freighting trend of military suicides.

All members of the military are stressed, as are their families; learning about resiliency is one way to

decrease some of the stress. The training focused on ways to mitigate stress and how to identify if a fellow



Airmen is showing signs of distress.

Group training began with a briefing from Col. Brooks, and then

featured group discussions and team building activities that reinforced the ideas of teamwork and communication.

**“It is important for all members of this team to look out for one another,”** said Col Brooks during his remarks. **“We all need to learn ways to be resilient to the stressors that are all around us.”**

The training also highlighted the many resources that are available for members and their families, to include the family support office, Military One Source, the chaplains, the new mental health and financial aid counselor. All of these resources are available, and at no charge to the member or their families.

## Physical activity and health

The Benefits of Physical Activity:

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of heart disease
- Reduce your risk for type2 diabetes
- Strengthen your bones and muscles
- Improve your mental health & mood
- Improve your ability to do daily activities
- Increase your chances of living longer

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of injury, the good news is that moder-

ate-intensity aerobic activity, like brisk walking or light jogging is generally safe for most people.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.

If you have a chronic health condition such as chronic back pain, high blood pressure, or heart disease, talk with your doctor to find out your condition limits. Then, work with your doctor to come up with a physi-



cal activity plan that matches your abilities. What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you and will improve your all round health.

To lose weight and keep it off: It is recommended that you exercise vigorously at least 30 minutes a day 5 days a week; and adjust your diet by reducing the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan.

The bottom line is – no matter your age, shape, or size, everyone can benefit from some physical activity!

## Free Tax Help

During the 2011 Tax Season, the Joint Support Family Assistance Program will be offering all service members and their Families of all components FREE TAX PREPARATION at various locations around Massachusetts.

These sites provide free tax advice, tax preparation and assistance to military members and their Families. Service members and their dependents who served in any component of the Armed Services in 2010 are eligible for this FREE service. Volunteers, certified by the IRS will prepare your return.

Volunteer CPAs, lawyers, and financial planners will review your return prior to e-filing. The process normally takes an hour or you can drop off your tax information and return when it is ready to be e-filed.

This service can save an average of \$200. You can also learn how to put your tax refund to good use.

Sites in Reading, Wellesley, Rehoboth, Chicopee/Springfield, Milford, Worcester and the Mass Military Reservation will be opening on January 25th.

For information or to make an appointment please contact Jonathan Harrington at 508-233-7951 or mafi-financialreadiness@gmail.com or Specialist Jeff Lapointe at (781) 431-0197 or Jefrey.charles.lapointe@us.army.mil.

## Free Financial Assistance

**JONATHAN HARRINGTON**

Personal Financial Consultant

Military & Family Support Center

MAfinancialreadiness@gmail.com

14 Minuteman Lane

Wellesley, MA 02481

888-301-3103 x 7951



## What's My Line Winner!



(Photo by Tech. Sgt. Melanie Casineau)

**Last month's winner is :**  
"I cannot believe this bottle opener is not working

**Last month's runners-up are:**

*"you want a staring contest, I am the Airmen of the year, you can't handle this."*

*"I think I know what this does...I think I do, I think I do, I think I do..."*

*"Ok, I'm from avionics..so does anyone know how to get this hose unstuck*

*"Don't worry Max O... I'll get this down for you".*

## What's My Line?



(Photo by Master Sgt. Mark Fortin)

Submit your funny, creative and appropriate caption for the photo on the right. We will run the winner and a runner-up in next months AirScoop. Submit your entry to: [104fw.pa@ang.af.mil](mailto:104fw.pa@ang.af.mil)

# For Your Information



You're invited to an evening of  
**FAMILY BOWLING!**  
Sunday, March 27<sup>th</sup>, 2011  
3:00 PM until ???

Spare Time Bowling Center in Northampton MA

Sponsored by:



Only \$8.<sup>00</sup> for two games  
(Includes shoe rental!)

## Family Easter Egg Hunt

Where: Building 8, NCO Club

When: April 17, 2010 at 1:00 p.m

Who: Children age 0 to 10

What: Family Easter Egg Hunt

RSVPs Required? Yes by April 8th

to MSgt Dimino-Frazer x 1280



## Free Tax Filing Software

The Military OneSource Tax Program has begun! The program provides free access to a customized version of the basic H&R Block at Home® electronic tax-filing product. This customized product allows for free federal filing and free state filing (up to three states). In addition, free telephonic tax consultations are available to help with tax-related issues. Visit [www.militaryonesource.com](http://www.militaryonesource.com)

Tax consultants are available 7 days a week from 7 a.m. - 11 p.m. ET by calling the Military OneSource Tax Hotline at 1-800-730-3802.

*\*An important note: Please do not create a user account on the public H&R Block Web site. You will incur a fee if you file using the public H&R Block Web site/product*



# H&R BLOCK®

## What's Being Served at the Dining Facility?

*Catered by The Cup*

### Saturday

**Corn Beef and Cabbage, Baked Fish  
Steamed Rice, Boiled Potato, Green Bean  
Dinner roll**

### Sunday

**Yankee Pot Roast, Baked Chicken  
Garlic Mashed Potatoes, Steamed Rice  
Broccoli w/cheese sauce, Glazed Carrots  
Brown Gravy**

### Dessert:

**Boston cream pie, Jell-O mixed w/fruit,  
Chocolate Pie, Brownies, Apple Crisp  
Salad Bar**

### Soup

**Sat. - Tomato Soup  
Sun. - Corn Chowder**

**AGR's, Officer's and Members on Orders - \$4.25**

Mountain Home Air Force Base Yellowstone National Park MWR Country Trailers are now available for booking. Beginning April 1, ANG/AFR and Active Duty members can book their Summer Vacations at Yellowstone National Park through the Mountain Home Air Force Base MWR office. Call (208) 828-6333 for more information.



## Second Annual F.E.A.W.M.

### Federal Career Fair



*Tuesday, April 5, 2011 @ Tower Square*

*2<sup>nd</sup> Floor Community Room*

*1500 Main Street, Springfield, MA 01103*

The Federal Government recognizes a need to incorporate and recruit a new generation of federal employees. With a projected 600,000 federal vacancies by 2012, we must start recruiting efforts now! The FEAWM is hosting this career fair event to provide an opportunity for federal employers and our communities to meet this challenge.

### Congratulations on your upcoming Retirements

Legrand, Joellen	CF	30 March 2011
Teed, Don	AMXS	31 March 2011
Davis, Jay	FW	31 March 2011
Brady, John	MXS	29 April 2011
Russell, Jason	MDG	27 May 2011
Kelly, William	CES	31 May 2011

### Welcome new unit members

Turner, Jared	CF
Schram, Edmund	MXS
Litzenberger, Cory	MXS

### Religions notes:

Ecumenical time of Prayer & Reflection  
 Saturday 0650 – 0720 hrs. in the Avionics Class Room  
 Celebration of the Eucharist (**Roman**):  
 Saturday, at 1600 in the DFAC  
 Protestant Services:  
 Saturday, 1600 in Bldg 001 Conference Room



### CCTV line up

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



### Ancillary training video schedule

#### 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)

- Ryan Machado, 104FW SFS
- Devin McCarthy, 104FW MXS
- Kristopher West, 104FW SFS



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

- Michael Kennedy, 104FW AMXS



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

- James Parnell, 104FW SFS
- Frances Frederick, 104FW/HQ



#### To Senior Master Sgt. (E-8)

- Tricia Goodreau, 104FW FSS



### Thank You Troop 11405



Sandra Wakefield, of the 104 Fighter Wing, Family Resources, accepts a donation of Girl Scout cookies from Maryclaire Robinson from troop 11405, the Westfield Daisy Troop, on Tuesday, March 15, 2011.

## 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.

### March Headlines:

23 March 1903

First Wright brothers airplane patent is filed in America, based on their 1902 glider.

9 March 1942

The War Department is reorganized into three autonomous forces: Army Air Forces, Ground Forces, and Services of Supply.

2 March 1949

The B-50A "Lucky Lady II" completes the first nonstop around-the-world flight: 23,452 miles in 94 hours, 1 minute.

4 March 1966

A flight of USAF F-4C Phantoms is attacked by three MiG-17s in the first air-to-air combat of the war over North Vietnam.

24 March

USAF/ANG aircraft participated in Operation Noble Anvil, the American component of NATO's Operation Allied Force. This campaign is aimed at crippling the Serbian war machine in Kosovo and enforcing compliance with international peace agreements. USAF fighters down five MiG-29s during the fighting.

# AIRSCOOP

Vol. 19  
No. 1

104th Tactical Fighter Group, Westfield, Mass. October 1967

## Riot Control Training Task Completed by LBJ Deadline

### Sticks and Stones---



A strange mixture of weapons and shields appear as a swarm of "rioters" face the forces of law and order. The rioters, identifiable by their fatigue caps, forced their way through the inswinging gate by sheer pressure of manpower.

This group met the recent Presidential requirement for 32 hours of riot control training, prescribed for all National Guard units—air and ground alike—during the regular and an additional scheduled weekend in September. Deadline for the completion of the training was set at October 1, which was easily met.

Members of a Military Police unit from Boston acted as special instructors for the project, giving the Boston group of this Wing the same service at Otis AFB at the same time.

The four-day schedule included discipline, leadership, formations (squad, platoon and company), control agents and munitions, command responsibilities, recently learned lessons, and riot control operations. Lectures, diagrams, demonstrations and movies were used in the classroom phases of the instruction, which culminated in coached practice formations and a simulated riot.

In the latter, some squads were designated rioters while the remainder were charged with the responsibility of quelling the uprising. It did not take long for the spirit of the idea to show up as each side started to apply the previously received knowledge. A

Continued on Page 10

### MASSACHUSETTS AIR NATIONAL GUARD

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PRIDE

PROFESSIONALISM

PATRIOTISM

## We're on the Web

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