



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

Pride, Professionalism, Patriotism

Barnes Air National Guard Base

October 2011



Led by the 104th Fighter Wing's base Honor Guard, unit members, and family members march in the Westfield Day Parade at the Big E, West Springfield, MA, on September 29, 2011. (Photograph by Senior Master Sgt. Robert J. Sabonis)



Col. Robert T. Brooks, Jr.

AIRSCOOP

104th Fighter Wing
Barnes Air National
Guard Base

Barnes Air National Guard Base 175
Falcon Drive
Westfield, MA 01085

Wing Commander
Col. Robert T. Brooks, Jr.

Vice Wing Commander
Col. John A. Gwosch

Command
Chief Master Sergeant
Chief Master Sgt. Todd Fappiano

Chief of Staff
Lt. Col. Mike Cousins

Wing Executive Staff Officer
Maj. Matthew T. Mutti

Public Affairs Officer
Capt. Mary L. Harrington

Managing Editor
Senior Master Sgt. Robert Sabonis

Photo and Graphic Support
Public Affairs - Visual Information

Commander's column

By Col. Robert T. Brooks, Jr.

First and foremost, let me say how proud I am of you all for the diligent work you have accomplished, and the reputation you are establishing in the Combat Air Force. In the three weeks since the last drill, one more inspection has been completed, with the Wing Environmental, Medical and Safety offices, performing very well during the Environmental, Safety, Occupational Health Compliance Inspection. Mr. Richardson, Mrs. Marsh, Lt. Col. Kelly, SMSgt. Dumais, SMSgt. Brennan, MSgt. Huard, 1Lt. St. Jean, SrA Zanchi, MSgt. Santa, and SSgt./Ms. Willette worked extremely hard to ensure the base demonstrated it was in compliance and working to protect its members from any hazards and safety issues. This inspection allowed for our unit to be 1 of 3 bases in the most recent round of 24+ inspections to be certified for environmental compliance this year. There were many more superior performers highlighted later in this Airscoop.

At our CC call Saturday, we will have formal change of command ceremonies for MXG (Lt. Col. Henry), CE (Lt. Col. Boyer), and LRS (Lt. Col. Wilson). I want to congratulate all of these individuals for their new commands; we are expecting them to be key members of the Barnes TEAM. The CC call will also double as a welcome home ceremony for our members who have been deployed in combat operations. My debrief with Col. Collins for his deployment was very humbling, as he relayed stories of what our forces are going through in Afghanistan. We are at war – we must keep our sword sharp and always be ready for the unexpected.

I am proud to announce that during the annual Excellence in Government Luncheon last week, 17 Barnes members were nominated as Federal Employees of the Year, of the 17, Mrs. Wakefield, MSgt. Rijos, MSgt. Burdick, and SMSgt. Greenwood were recognized as being the best in their categories amidst more than 11 federal agencies represented. Our 104th Shooting Team also excelled at the regional competition, with TSgt. Cekovsky finishing third in the Individual Overall Aggregate and Warrior Challenge.

Our Chaplains Office had a couple's weekend getaway with a focus on "Laughing Your Way to a Better Marriage". The weekend was extremely successful and another is scheduled for February. Your spouse is an important part of our team and I encourage all of you to take advantage of this upcoming February event.

With Major Blake leading the way, we are working hard toward getting our aviation UTC personnel/equipment ready to deploy next

spring. If your office is part of the Aviation UTC, there are many time sensitive requirements that need to be completed in order to deploy in the Spring. Training and preparation are paramount. We will have to ensure that all the requirements are met before you can deploy. What does this mean for you? It means that all deploying members will have to work with their Unit Deployment Monitors and Unit Training Mangers, meeting suspense's and having personal accountability.

Because of the Deployment, and the extremely arduous operations tempo, our initial intent to hold an Operational Readiness Exercise in November has been postponed until January. We are going to remain focused on Phase II operations, but will now use November's UTA to focus Group preparation prior to a Wing orchestrated exercise; ensuring all members have the required equipment and training to complete a successful ORE.

We still have two very important inspections coming up – the 9th Air Force Stan Eval Inspection, and the Alert Force Evaluation. At the end of this month, we will have completed a total of 6 outside agency evaluations on our wing. Four down, two to go – time to finish strong. In the history of horse racing, only eleven horses have ever won the Triple Crown. Only the best can perform at a high level week in and week out. We are about to finish our second Triple Crown in a 5 month span – how will it end? We have the answers, we have the capability right here, and right now to pay attention to the details and accelerate down the stretch. Do not take anything for granted – make sure you do your part so we can complete the sweep. This will take a TEAM effort – everyone must be on the same sheet of music.

Table of contents

- 2 Commander's column
- 3 Chief Master Sgt's column
- 3 First Sgt's diamond corner
- 4 Environmental safety inspection
- 5 Federal awards luncheon
- 5 FD's donation to the Holyoke Soldier's Home
- 6 Phalsbourg—50 years after MA 1st deployment
- 7 How to protect against thievery
- 7 Let's get dirty
- 8 Pasta night tradition continued
- 8 Safety How Goes It
- 9 Chaplain's Corner
- 9 Guard care 2011
- 10-12 For Your Information
- 13 CCTV line-up / promotions, retirees, welcomes
- 14 This month in history

Alcoholism is treatable!

Need help? Call 1-800-410-2560

Sexual Assault S.A.F.E. helpline

1-877-995-5247



Chief Master Sergeant's column

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

UCI /LCAP We need to continue with the same
AFOA level of professionalism as we did during
ESOCHCAM the previous inspections, and stay fo-
cused.

Two more inspections to go in the next few weeks!

My concern is once the inspections are through, we will go back to our old ways, forgetting to wear our hats, answering the phone with our first names and forgetting to say "unsecure line", putting AFI 36-2903 back on the shelf.

My concern

is once the inspections are through, we will go back to our old ways, forgetting to wear our hats, answering the phone with our first names and forgetting to say "unsecure line", putting AFI 36-2903 back on the shelf.

If we stay the course, it will not be foreign to us next time we are evaluated.

Many of the comments heard during the out-briefs have been "very professional and courteous Airman", "demonstrated true commitment to excellence", etc.... we need to continue!

Our new Airman are returning from Basic and Technical Training Schools with sharp military bearing, and we owe it to them to be professional in all we do.

Remember the Air Force Core values: Integrity first, it is the moral compass, the voice of self control.

Service before self, professional duties take precedence over personal desires.

Excellence in all we do, sustained passion for continuous improvement.

It is hard to get on top...but it is 10x harder to stay on top. We are making a mark for ourselves with the recent accomplishments, the real challenge now is to continue with the same momentum and commitment to excellence.



First Sergeant's column

By Master Sgt. Tony Dultz, CES First Sgt.

Up until last weekend I was content with taking the article that I wrote last October and fluffing

it up and just submitting it. The article I wrote last year talks about the changing seasons and how we should be planning for the upcoming winter. That was my mind-set, everything is moving along smooth and fall was making its grand entrance. Last Saturday morning changed my life forever when someone else's complacency ended in tragedy.

A few weeks ago, we all celebrated Labor Day with parties; a day trip somewhere, or maybe you just spent some much needed time at home. Some of you have put away the summer toys, while others are hanging on to the last few nice days before putting away the boats for the season. This past weekend a father and his two daughters took advantage of finally having a day on busy Lake Congamond, basically all to themselves. The irony of this story is that had there been a few more boats out there, this tragedy may not have happened. The father was driving the boat and made a sharp turn. When he did this the younger daughter fell out of the boat. He immediately stopped the boat and jumped in after her. This is the point where my day and life changed. I was talking with my neighbor and we heard a girl out on the water crying. My neighbor and I ran down to our beach to see what was going on. I saw someone out in the middle of the lake that appeared to be having trouble swim-

ming and the boat she seemed to be associated with was drifting away. I immediately called 911 to report what was going on. Being on the Connecticut side of the lake, and the water actually being part of Massachusetts, delayed the response a bit because I had to be transferred to the Southwick dispatcher. As I was waiting for the call to be transferred, I began taking off my shoes and socks preparing myself to swim out to this person. Clearly, this was not the best choice but as the adrenaline was flowing and I began to feel helpless watching someone drowning. I knew that I would be able to swim out to her. What I did not consider was once I got out there, how was I going to hold on to this person in panic until someone could rescue not one person, but now two? It ended up that the dispatcher on the phone needed me to stay on the line so he could have a police officer on the Southwick side get a visual where I was in order to get a reference point where the person and this drifting boat was. This drifting boat still had the oldest girl onboard, and she did not know how to operate the boat, so she was there to helplessly witness what was happening. Luckily there was a kayaker a short distance away and he managed to make his way over to that boat to take control of it. We were able to get another neighbor on the street to jump in his boat and pull the girl out of the water. What we didn't realize was that the father was still under water.

Our rescue participation turned into

assisting in the set up of a recovery operation. Later that night the recovery team found the father's body. In the end, one family lost a husband and father but managed to have a young daughter saved. Many people, who were just going on with their normal Saturday routines, pulled together to save a person whom they never met, and assisted to help find another. Yet all of this could have been avoided if they had all been wearing life jackets on their boat.

I ask each and every one of you, if you are engaged in a sport or activity that is inherently dangerous, or requires some sort of safety equipment, that you take the time to wear it. This also applies to the work you do while you are here. We are only together two days out of the month, so for some, this place can become unfamiliar territory. For other folks that have been here for many years, or even work here on the full-time side, this place can become a place of complacency.

Unless you've been under a rock for the past few years, you've noticed that Barnes is moving at warp speeds, and each person here needs to be ready and focused while you're here. I realize that this message will only be read by a small percentage, and it may only apply to a smaller percentage. If this message can prevent someone else from being a part of what I was, or someone losing a loved one for something that could have been prevented, then I feel like this article was worth the time.

Environmental Safety and Occupational Health Compliance Inspection

By Maj. Matthew Mutti, Wing Executive Officer

The wing completed yet another inspection in September, bring the total of inspections or higher headquarters evaluations in the past six months to six, with three additional inspections anticipated in the next two months.

This Compliance Inspection looked **primary at the base's Environmental Protection** initiatives and the Occupational Safety and Health programs—ensuring the base is operating within federal regulations, and protecting its members from undue safety risks.

Though this inspection did not yield a graded result, the base was one of only three bases certified in the Environmental Management System out of the 24 ESOHCAMP sites evaluated this year—demonstrating that the 104th takes the environment and its members safety very seriously.

“Our team continues to demonstrate that we are what we say we are, one of the best organizations in the Air National Guard and the Combat Air Force,” said Col. Robert Brooks, 104th Fighter Wing Commander. “We are committed to excellence, and that commitment is shown through the outcome of every inspection thus far...this team is driven to succeed.”

The wing takes pride in its environmental program, earning three national awards in the past five years. In addition, the Safety programs and Occupational Health initiatives are at the forefront of planning and mission execution, ensuring personnel safety is a paramount to all homeland defense, and expeditionary force requirements.

The following is a re-print of an e-mail sent from Col. Brooks to the members of the wing following the ESOHCAMP Outbrief

Barnestormers:

I want to take this time to say thank you and congratulations to all of you who played a part in our Wing Environmental, Safety, Occupational Health Compliance (ESOHCAMP) Assessment. The inspection team used **words like “best seen” to describe some of our programs.** Your success could

not have been accomplished without a positive mental attitude, teamwork, individual responsibility, and attention to minor detail. While the entire wing deserves a kudos and well done, there are some individuals that were superior performers.

Our Environmental Management Team of John Richardson and Jen Marsh simply do a phenomenal job and their leadership was instrumental in the 104th achieving the high marks we did. In addition to national level awards, with this inspection our Environmental Management System was only 1 of 3 bases to be certified out of over 24 plus inspections this year.

Our 104th Safety Team consisting of Lt Col Kelly, Major Beckel, SMSgt Dumais, SMSgt Brennan, and MSgt Huard performed brilliantly. Ground safety was singled out as having **“OUTSTANDING” documentation and was “best seen to date”.** Weapons Safety was also heavily praised and Lt Col Kelly said SMSgt Brennan did superb job. Dennis took the inspector out to our munitions storage area and the inspector said it was the best MSA he had ever seen.

1Lt St. Jean, SrA Zanchi, MSgt Santa, and SSgt./Ms. Willette worked extremely hard to ensure the base demonstrated it was in compliance and working to protect its members from any hazards and safety issues. They did an outstanding job in this area.

Lt Col Henry passed the following words to me in regards to the ESOHCAMP and the MXG superior performers: **“Sir; ... the entire MXG (and Wing) is to be commended--I have never seen such a “clean report”.** ***

All full time supervisors, officers/branch chiefs, dedicated efforts ensured energy was focused on compliance requirements. As we all know these regulatory requirements are vast. To see this few discrepancies is **phenomenal!”**

In total we had 20 members and 3 offices noted as Superior Performers, here is a list:

Avionics - TSgt Mathew Osowski, HAZMAT Monitor. Zero Discrepancies throughout Avionics Flightline section. Matt spent hours of his own time fine tuning HAZMAT inventories, insuring inventories were a “spot on” match, insured all MSDS' correctly reflected what was on hand, maintained 100% accountability of all HAZMAT products, etc. Again, the ESOHCAMP Team found nothing negative!

Weapons - TSgt Ronald Ford, Section Safety Representative. Section was identified by the “Team” as a well maintained and safe atmosphere. No discrepancies were noted and all words were of a positive nature.

Crew Chiefs - MSgt Daniel Johnston, HAZMAT Monitor. Dan's HAZMAT program was perfect! No discrepancies, zero! Dan spent many hours prepping for the UCI, LCAP and ESOHCAMP.

In all inspections - His HAZMAT was perfect.

SSgt Nathaniel Poudrier- Structural
TSgt Joshua Darling- Inspection
TSgt James Ingari- Inspection
MSgt Walter Harriman- Avionics
SSgt Paul Sim- NDI
SSgt Ben Fernandes- NDI
SSgt Travis Miller- Metals Tech
MSgt Ricahrd Kuras- AGE
SSgt Jason Loring- Propulsion
SSgt Luis Ortiz- Propulsion
SSgt Jason Venne - Propulsion
TSgt Michael Michaud- Munitions
MSgt Robert Oleksak- Structural
SrA Edward Mcaughey- Hyd
TSgt Christopher Benoit- Fuels

From Mission Support Group:
TSgt Yvan Wampler, LRS (Yvan was singled out numerous occasions by the inspection team)
SSgt Fabricio Ochoa, CES

Thanks to all of you for getting the job done and continuing to ensure the 104th Fighter Wing is the most respected Fighter Wing in the Combat Air Force.

Federal awards luncheon

By Maj. Matthew T. Mutti, Wing Executive Officer

During the 9th Annual Excellence in Government Awards luncheon, 22 federal employees from throughout Western Mass. were recognized for their outstanding service as federal employees.

These awards honor the "best and the brightest" in local federal service.

Awards were presented to outstanding federal employees in 13 categories, recognizing outstanding professionals from over 20 Western Mass. federal agencies.

"It was such an honor to be nominated and to be selected as one of this year's awardees", said Mrs. Sandra Wakefield, the director of the Airmen and Family Readiness Office at Barnes Air National Guard Base.

"The goal of the Federal Executive Association is for Federal Employees to

help other Federal Employees, said Mr. Patrick Deflaco, FEAWM Chairman and Social Security Administration employee. "This award program is one way we, as an agency, can recognize the outstanding work performed by federal Employees throughout Western Mass."

Professional Employee of the Year: Trade and Service: Master Sgt. Jacqueline Burdick - Barnes ANGB.

Professional Employee of the Year: Technical and Scientific: Senior Master Sgt. William J. Greenwood - Barnes ANGB.

Distinguished Federal Supervisor: Ms. DeAun Corbett - Veteran's Affairs Admin.

Professional Employee of the Year-Health Services: Mr. Justin Ritter - Veteran's Affairs Admin.

Professional Employee of the Year-Support Services: Mrs. Sandra Wakefield, Barnes ANGB.
Unsung Hero Award: Ms. Lillian Struckus - Veteran's Affairs Admin.

Outstanding Creativity and Innovation: Ms. Meaghan Lumbis - Veteran's Affairs Admin.

Professional Employee of the Year: Administrative : Mr. Thomas Smiarowski - USDA.

Distinguished Federal Manager: Mr. Michael Rendulic - USDA.

Public Safety Federal Employee of the year: MSgt. Jose Rijos - Barnes ANGB.

Outstanding Community Service: Ms. Kelli Jarosz - Veteran's Affairs Admin.

Congressional Staffer of the Year: Mr. Keith Barnicle - Congressman Olver's Office (VAMC).

Outstanding Customer Service Effort - Team: Ms. Ellen Abbott, Mr. Gregory Lalak - Social Security Admin.

Outstanding Creativity and Innovation - Team: Veteran's Affairs Admin
Ms. Maria Kay Olson
Ms. Laura Robak
Mr. James Perrault
Ms. Denise Cavanaugh



(Photo by Senior Master Sgt. Robert Sabonis)

Fire Department's donation to the Soldier's Home

By Technical Sgt. Larry Buell, 104th Fire Department

On September 20th, the firefighters at the 104th Fighter Wing presented the Superintendent of the Holyoke Soldiers' Home, Paul Barabani, a check for \$11,418.

This money was raised over the summer of 2011 through three events. The first fundraiser for the Soldiers' Home was the 3rd Annual Boot Drive held during the first June UTA, which collected \$1,441.

The second event was the 14th Annual Barnes Fire Charity Golf Tournament held on July 23, 2011 at Southampton Country Club. One hundred and thirty six golfers played, and over 60 busi-



(Photo by SMSgt. Robert Sabonis)

nesses, individuals, and organizations made contributions and donations in the form of hole sponsorships. Bertera Dodge of Westfield, Micro Abrasives of Westfield, Advance Manufacturing of Westfield, & Valley Marketing of Southampton were significant sponsors to our event. Just over \$8,000 was raised at this year's tournament.

The third fundraising event was Jim Tierney's retirement party held at the Pioneer Valley NCO Club on September 16th. Jim generously donated all the proceeds which totaled \$1,918.

This was the fifth consecutive year that all proceeds raised through

104th Fire Department sponsored events went solely to the Soldiers' Home in Holyoke. Our five year total donation exceeded the \$50,000 mark this year. Thank you to those who took part in these events, your contributions make a visible difference.



(Photo by Senior Master Sgt. Rob Sabonis)

Phalsbourg: 50 years after the MA 1st deployment

By Senior Airman Bonnie Harper, 104FW Public Affairs

The Massachusetts Air National Guard was established in 1947, and its members have been proudly serving the commonwealth and country for the past 74 years. One of the most significant missions that established a reputation of excellence for Barnes and the entire MA ANG was that of the Berlin Callup.

50 years ago, on October 1, 1961, the 102nd Tactical Fighter Wing, then split between Westfield and Boston, was activated as part of President John F. Kennedy's desire to increase American armed forces aiding in the Berlin crisis.

"We called it the second Berlin crisis," said Lt. Col. Frank Bastidas (Ret.), a former fighter pilot from Barnes, "Not to be confused with the first Berlin crisis when the Russians denied the Allies land access across East Germany to West Berlin. The 1961 crisis was about a wall. The infamous Berlin Wall, built to deny the citizens of East Berlin an opportunity for freedom. It would stand there for 28 years, until 1989, when President Reagan told Mr. Gorbachov, 'Take down this wall,' and he did. But in 1961, President Kennedy activated Guard and Reserve units, and we prepared for war."

This active-duty assignment was announced that it would last "for a period of twelve months unless sooner relieved by competent authority."

The 102nd was one of three wings assigned to Phalsbourg Air Base, located in the French province of Lorraine. 730 members of the Westfield units were activated, and ANG contingencies from Boston and Syracuse, New York, were added to the Westfield guardsmen to form a three-squadron wing of more than 2,000 people.

"Some of us were engineers, others were bankers and salesmen, but what we had in common, we were all fighter pilots," said Bastidas.

Most of these guardsmen had never seen combat, but were ready and willing to accept the challenges that would come their way.

They spent the month of October preparing to deploy by working extended hours, six, sometimes seven, days a week. Some of their tasks included packing supplies, participating in intensified training, and completing a profusion of new paperwork including allotments, wills, powers of attorney, identification

cards, dependents' cards, photos, and medical questionnaires.

By October 15, the first planeload, containing 49 guardsmen, departed for Phalsbourg. The main body then departed, which included the 102nd's F-86H aircraft, and F-84Fs and RF-94Fs from the other units. Their long journey to France began in early November, and included several flights a day, carrying personnel and equipment. This was the biggest airlift attempted since World War II.

"Because the F-86 had no air-to-air refueling capability, we would be forced to hop from base to base to get to our final destination, Phalsbourg, France," said Bastidas. **"The first hop was Loring AFB, Maine, then to Sondrestrom Air Base in Greenland. Keflavik, Iceland was next, followed by Prestwick, Scotland. Then on to Phalsbourg."**

The airfield at Phalsbourg had been relatively abandoned, but as the guardsmen continued to arrive, the base quickly came to life. Although they had to wait for some of the equipment to arrive by boat, all of the planes and troops had arrived in Europe within six weeks after the initial activation on October 1. While waiting for the remainder of their supplies, they hung their clothing from pipes in the barracks and used boxes and crates for desks, chairs, and workstations. Operation Stairstep was underway, and the servicemembers were ready for their new mission.

Lt. Col. George M. Gordon (Ret.), a friend of Bastidas and also a former fighter pilot, joined Barnes in June 1961 and began training on the F-86H. However, because he was so new and not combat ready, he was given a new task when he arrived in Phalsbourg, Gordon said.

"I was assigned to the Alert Force when we got to France, as one of the three officers running the Alert Operation," he said. **"Being involved with the Alert Force gave me an opportunity to see a good section of the NATO defense plans for Europe, and I became involved in helping with the 102 TFW flight plans for our mission."**

The climate in France presented a new set of challenges for the Westfield pilots.

The motto for flying out of West-

field had been primarily "blue sky we fly, but if it's gray, on the ground we stay," Bastidas said.

"If we waited for blue sky in France, we wouldn't be doing much flying," he said.

Luckily, Phalsbourg had precision radar ground controlled approach (GCA), which helped the pilots to quickly become all-weather flyers, Bastidas said.

"There were several air-to-ground gunnery ranges near Phalsbourg, but the weather was so unpredictable—mostly bad—that we seldom had enough ceiling to safely execute bombing and strafing runs. That's when Wheelus Air Base, Tripoli, Libya, became the base of choice," he said.

By late November, twelve F-86 fighters and C-130s with support personnel and equipment flew to Tripoli to take part in these aerial gunnery exercises.

The guardsmen at Phalsbourg received a visit in mid December by Robert S. McNamara, who was the secretary of defense at that time. Secretary McNamara spoke to them regarding the relocation of the wing overseas.

"Nothing has impressed me so much as this incredibly swift mobilization and deployment of these Air National Guard forces over here to Western Europe. Your deployment has made military history," he said.

50 years later, we still remember the sacrifices made and the service provided from these guardsmen, as they fulfilled the first call to active duty for the Massachusetts ANG.



(from left to right) George M Gordon, Jack Carney, George Gordon, Bob Baker, & Fernando Forest pose for a picture in front of a n F-86 static in Ft Lauderdale Fla. In the middle front is Ed Russell, the pilot who flew the F-86 on display. (photo provided by G. Gordon)

How to protect against thievery

By Master Sgt. Christopher Curtis, 104FW Legal Office

A few weeks ago a woman I work with told me how she always makes sure she locks her car in her driveway at night, but one night she forgot. Sure enough, when she came out the next morning, her car had been gone through, and items stolen. It makes one wonder whether a thief was trying the doors of the car every night waiting for that one time when the car was unlocked.

The best way to protect against thievery is to use common sense combined with some basic tips for making valuables more difficult for someone to steal. Keep in mind that some areas, like mall parking lots, are more attractive to thieves than others. Likewise, certain items, such as aftermarket GPS units and smart phones are heavily targeted.

To start, take the few extra minutes to record the serial numbers of all valuables that have them. Register your new purchases online. Keep records of serial numbers in a remote location. Also, maintain photographs of all valuable jewelry, coins, etc. If you keep any valuable items in your car overnight, such as an aftermarket GPS, try to cover or otherwise obscure them from view, and always lock your car — especially overnight, even if it is in a garage. As always, keep the

doors and windows of your house locked at night, paying particular attention to doors leading from the basement or garage.

Pay attention to unusual people or vehicles in your neighborhood, and take note. For instance, if you see an unfamiliar car driving very slowly up and down your street late at night — write down pertinent information (color, make, model, license plate number, etc.) and set it aside. Someone might be lost.



Or, they might be scoping out the area. Be-friend neighbors and learn their patterns and the cars they drive. Note anything that seems out of place.

Also know that gyms and work offices near public access areas are hot spots for thieves. Lock your valuables in a locker if you are at a gym exercising, or in your locked

desk drawer at work if there is any chance members of the public could come in and out.

If you catch a thief in the act, the decision to intervene is a personal choice, depending on a myriad of circumstances. Aside from defending yourself and your family physically (which, of course, is perfectly justifiable), it is generally advised not to intervene due to the chance of turning a property crime into a violent confrontation or liability issues. The best thing to do is to call the police with as much information as possible (description, location, etc.)

If you find yourself a victim of a theft, make a police report with as much detailed information as possible (photographs, serial numbers, values, etc.) If you lose jewelry, high value electronics, or cameras, check local pawn shops and on line bulletin boards such as Craigslist.

Be sure to review your auto and home insurance policies to see if you have riders for theft of valuables; and how making a claim would affect your policy. Again common sense, good judgment, basic planning, and observation go a long way.

Let's get dirty

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

Let's get DIRTY!!!!!! That was one of the main goals members from the 104th Fighter Wing had as they took part in the annual Southwick Rugged Maniac 5K obstacle course race.

The course featured 15 physical obstacles over muddy, sticky terrain. Racers really understood the courses overall intensity as they overlooked the course prior to their start times. You could see the excitement and nervousness in their faces.

18 members of the Barnes Team, who **dubbed themselves the "warrior pack"** completed the race on September 24th: Dacia Lucas, Trey Benedict, Dominique Chapman, Matt Chapman, Nina Gutierrez, Shannon Huard, Barbara Plotniak, Lynne Brandt, Neisha Nixon, Wendy Kiepkke, Wade Rivest, Aaron Richards, John Yates, Tina Blake, Jeff Zastawny, Jim Dunn, RJ Horacek, and Paul Alvarado-Santos.

This crazy course looped through the woods, and was amped up with barbed wire, tunnels, mud pits, pools of water, barricades, cargo nets, scrambles, swinging tire pendu-

lums, and a host of other obstacles—all the obstacles made this course one rugged gauntlet of glory.

Over five thousands competitors attempted the course, and all the Barnes warriors started and finished ...in one piece. I ran Rugged Maniac as a goal set by Dacia Lucas and myself, when we started Crossfitting together....it is important to have a goal, or expected outcome in everything you do...otherwise you are wasting your time.

Rugged Maniac was the coup-de-gras of our fitness experience. As Rugged Maniac approached, there were other Barnes members running. So we decided to run it together.

The crew we ran with made the experience much more challenging and worthwhile. When we were all done with the course; we were all soaked to the bones and covered in mud. We gathered with a celebratory aperitif in hand, and smiles on our faces, knowing we accomplished something together.

"I fully intend to have a bigger crew run

it as a team next year."said Captain **Trey "Hooz" Benedict**, one of the cross-fit leaders at Barnes.

I was excited to have accomplished the Rugged Maniac course and felt privileged to have had such a supportive group. During the start of the race, I found the run to be the most difficult, and thanks to the support of the Barnes Team, we got through it.

Unfortunately, the coolest obstacle was temporarily closed when someone got hurt **during their attempt to cross the "super hero jump" in which you run down a hill and leap off a ramp over a pit of sludge and catch yourself on the other side.**

It was great to have a collective group of members participate from all over the Wing. An event like this is a great way to bring people together to share a common interest such as fitness.



Pasta night tradition continued

By Maj. Matthew T. Mutti, Wing Executive Officer

After nearly a year since the last pasta dinner, the family readiness group volunteers hosted a very well received event.

More than 175 wing members and families came out to the base on Thursday September 13 for the revived spaghetti dinner tradition.

“The dinner is a perfect opportunity for family members and unit members to network and meet,” said Mrs. Tina Dimino-

Frazer, a member of the Family Readiness Group. **“The FRG works very**

hard to provide networking opportunities and to support the families who in turn support the mission.”

During the dinner, FRG volunteers and the USO Commanders

and Chiefs to serve the pasta to the wing.

“It is important for the wing leadership to demonstrate our support to the families, and the FRG programs,” said Chief Master Sgt. Todd Fappiano, the Wing Command Chief. He added that the volunteers work so hard to take care of the families, not just at events like this, the Halloween and Christmas Party, but throughout the entire year.

The FRG was established to support the families of members assigned to the base, both when members are deployed as well as home-station.



Master Sgt. Larry Brace serves a plate of pasta to a hungry family member. (Photo by Senior Master Sgt. Robert Sabonis)



Safety: How goes it

By Senior Master Sgt. Thomas Dumais, Ground Safety

Our unit has experienced 2 injuries since the last newsletter.

Worker injured on missile fin; Lacerated head; Lost situational awareness; less than 1st aid.

Participant injured during PT; Strained abdominal muscle; Overexertion; No lost time.

The unit experienced Zero (0) mishaps since the last newsletter.

One of the concerns the Safety Office has in the recent months is the increase in Physical Training (PT) related injuries.

From a safety standpoint, it's really too bad that we have to use injuries to gage our overall safety, however this in many ways is an effective tool to use to help modify processes/behaviors in the hopes of correcting negative trends and re-enforce good ones. To help reduce our PT related injuries, the Safety Office would like to **refocus everyone's attention to proper PT preparation, execution, cool down, and offers these tips.**

Prior to beginning any PT activity, the participant needs to check with their physician to make sure they are heading down the right path, and in the right fashion. You may agree, the time to find out you have hypertension is before elevating your heart rate to possibly dangerous levels, like those experienced during a run. Do you know what your maximum heart rate is? Basically stated, it is your age, subtracted from 220 for men or 226 for

women. We recommend you take ownership of not going over your maximum heart rate, and work on achieving your target heart rate, which is a separate calculation.

After you have the green light from your physician that you are healthy enough to exercise, we recommend a steady and balanced approach to your activity. This means not rushing into anything without first warming up and stretching. We also recommend that you stay focused on the items you need to pass your AF PT test. Items such as pushups and sit ups, and working on running, will go a long way when faced with performing these items for a score. No matter what you are doing, always remember that if you feel pain in anything, it is your body telling you something. If your knee really starts to hurt during a run, to simply continue running is not a good plan. Use your **judgment and listen to your body's warning system.**

The last item we recommend is that you allow for a proper cool down after your activity. Again stretching is a key component. After you go for a run, the last thing you want to do is to immediately sit down. The same can be said for any PT. Make sure you take the required time to allow your heart rate to slow and breathing to become less laborious. If you ran, stretch out your leg muscles to help prevent cramping and tightness.

So there it is, you have obtained a medical clearance to PT, you have warmed up, you exercised, then cooled down...but somewhere along the way you injured yourself. What actions do you need to take? Who do you need to tell or call?

If anyone is injured performing PT, the correct action to take is as follows.

Seek medical assistance if required! On Base this means call 1911, not go to the clinic or Base Fire Department! If it is less serious, or you are not on base, you may want to seek assistance from your PCP or PA. Either way, if you need help, get it!

If you are on base or in a military status, report your injury to your supervisor, safety rep, and command post at 698-1221/1222. This way leadership and safety is made aware of your injury and hopefully can use your situation to help prevent other such injuries.

Working together and approaching PT as a lifestyle change rather than event driven activity will go a long way in helping you and the unit remain both fit to fight and mission ready. If anyone has any questions, or would like to obtain additional information regarding PT, we ask that you confer with your physician, trainer, or use the world wide web. There are many tools to help you get fit and stay fit, SAFELY!



Chaplain's corner

By Lt. Col. (Pastor) Stephen Misarski

On September 16th, 2011, 30 couples from the Barnes-former community checked into the Sturbridge Host Hotel, Sturbridge MA, and had no idea how their marriage would be impacted for the better. They had chosen to make the time to attend a marriage enrichment event called **"Laugh Your Way to a Better Marriage"** put on by the Chaplain's Office of the 104th Fighter Wing. It was the first such event put on in MA-ANG.

After signing in and getting a good night's rest away from children, couples were treated to a delicious breakfast and then the laughing began. Billed as "a marriage conference for men who hate marriage conferences," wives were taught to accept how different the brain of a man is from woman's brain. Men learned how to "be nice to the girl." Other topics included the "Key to Incredible Sex" and "How to Stay Married and Not Kill Anybody." Mark Gungor, a pastor and musician, presented the material via video and did it in humorous way that was not religiously heavy handed. Wing Chaplain Steve Misarski and Orthodox Chaplain Ken DeVoe led discussions around what was

heard. They also helped couples understand **each other's actions, reactions and motivations** through the results of a computer based survey that each spouse completed ahead of time. Presentations ended in mid-afternoon Saturday so that couples were able to spend time walking the beautiful grounds, soaking in the hot tub and having a romantic dinner on the town. After an optional worship opportunity on Sunday, more food, laughs and discussions ensued, and the morning ended with a special time of recommitment.

Here are some of the comments made **about the weekend: "very rewarding...first time away since our daughters were born!...needed this weekend more than anyone would ever know...please bring it to all of our people at Barnes...listening to other couples...openness of their sharing – amazing!...I suggest this program for any member in a relationship!... A stress-free laugh-often weekend...wish they had this 15 years ago.."**

This event is part on a military wide effort to strengthen marriages impacted by military service. It particularly targets those who have returned recently from overseas deployment, or are about to be deployed. The impact of deployment on marriages and families resulting in difficulties and divorce

are well documented. The Strong Bonds program is one of the solutions provided to abate the negative effect on military families.

Chaplains and chaplain assistants are trained to facilitate this program. There are several different curricula available for such events. Specific events are not only designed for married couples, but also to help parents, children and singles. Because of the **light hearted and humorous approach, "Laugh Your Way" is one of the most popular of the marriage curricula.**

So you might be asking yourself, "How can I get in on this opportunity for my marriage?" Another "Laugh Your Way" Strong Bonds event is being planned for February 10-12, 2012 and another for September 2012. We are especially targeting those who have deployed recently or are about to deploy. We, as chaplains, care about the health of every marriage at Barnes and will try to accommodate for such needs. Please sign up with Sandy Wakefield at the Family Program Office at Ext. 698-1183. Also, if you need to talk with a chaplain about help for your marriage, come see us in Building #1 or call 698-1053.

Guard Care 2011

By Senior Master Sgt. Robert Sabonis, Public Affairs NCOIC

For 15 consecutive years, the 104th Fighter Wing has partnered with the Westfield Head Start program to facilitate 'Guard-Care'. Guard care is a health screening program for pre-school age children preparing to enter school, and this year's program was successfully run on September 8th, 2011.

Massachusetts requires all children to receive a health screening 45 days of being enrolled in the program. The children who participate in Head Start are from families who have limited financial resources, and often do not have the opportunity or means of meeting the state requirements.

Guard care is the Medical Group's way of staying involved with the community. What started as a small program, initially helping a few dozen children, has grown to nearly 200 children. This year the 104th Medical Group saw 136 children come through its doors.

"For a community to be whole and healthy, it must be based on people's love

and concern for each other, said Master Sgt. Nina Gutierrez, Medical Health Technician. **"Guard care allows us to assist the community in achieving this goal."**

With the help from the 104th Medical Group, the children go through a few basic and noninvasive tests. Their hearing and vision are checked, their height and weight is recorded and they receive an initial dental check-up.

Head Start was able to provide nutrition evaluations, Woman Infant and Children (WIC) referrals, and parent involvement meetings to all the families. The Salvation



(Photo by SMSgt. Robert Sabonis)

Army was able to provide back packs for the children. Escorts and translators were also provided for our 136 child outcome.

14 volunteers from the Medical Group participated in the day long event. Other squadrons that assisted were Security Forces, Judge Advocate General (JAG), Public Affairs and the Barnes Fire Department.

Senior Airman Charlie Diaz, Aerospace Medical Service Technician says that "Guard Care is an important factor in keeping community relations at an all time high between Barnes ANG and the Greater Westfield Area. In providing

the physicals to the children, we enable the families to establish a strong foundation for a healthy future."

For Your Information

Walk In Legal Assistance

The Legal Office provides legal assistance to all ANG members on the following legal deployment related issues: Wills, Powers of Attorney (Family Care Plans), Servicemembers Civil Relief Act, and Employment and Reemployment Rights. Walk In Hours are available every Saturday UTA from 0900 -1130 hours. If you are unable to come during this time, please call our office at ext. 1244 to make an appointment. We would be happy to accommodate your schedule.



104th Fighter Wing ROCKtober fest

featuring

AQUANETT

Saturday 1 October 2011

1700-2100

Free concert

In the Weapon Load Hangar



Sponsored by the
Pioneer Valley
USO

What's being served at the Dining Facility?

Saturday
LUNCH! 1100-1300

Soups – Chili, Cream of Broccoli

Entrees – **Shepherd's Pie, Teriyaki**
Chicken, Oven Browned Potatoes
Cauliflower, Summer Squash

Desserts – Pineapple upside down
cake, chocolate cream pie and ice
cream

Short Order- Hamburgs, Hotdogs,
Grilled Chicken Breast, French Fries

Sunday

LUNCH! 1100-1300

Soups – Chili, Cream of Chicken

Entrees – Baked Cod fish, Pot Roast,
Rice Pilaf, Mashed Potatoes, Carrots,
and Succotash

Desserts -Yellow cake w/chocolate
frosting, jell-o and ice cream

Short order- Hamburgs, Hotdogs,
Grilled Chicken Breast, French Fries

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

AEF Deployment ISO Prep/passport Photos

*Saturday 1 Oct 2011
0900-1100 & 1300-1430*

*Sunday 2 Oct 2011
0900-1100 & 1300-1500*

*See your
Unit Deployment Monitor
for more information*



104FW Family Readiness Volunteer Group



Invites you to the Children's Halloween Party

**most enjoyable for children ages 0-10

Date: Friday 28 October 2011 at the Dining Facility



*Entertainment
provided by
Tom Knight*

Craft tables open at 5:30pm

Showtime is 6:00pm sharp!

Haunted Hayrides start at 7:00pm!

REFRESHMENTS provided by The Pioneer Valley USO

RSVP's Required BY TUESDAY 25 OCTOBER to

Tina Dimino-Frazer 413-568-9151 ext.1280

Or Sandy Wakefield ext.1183



CALLING ALL CAST MEMBERS!!!
Interested in being part of the MONSTER CAST?
Must be 11 + up & please RSVP!
Costumes and props are available but you're
welcome to bring your own!

For Your Information

First Sergeant Positions Available (extended)

104th Medical Group & 104th Security Forces

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

Position Title/Grade: First Sergeant / E-7

Eligible applicants: Must be an E-7 or an E-6 who is immediately promotable to E-7. Position is a MINIMUM three year tour with a maximum of 6 years. Members must carefully review ANGI 36-2113 to ensure they meet minimum standards and qualifications for position requirements and responsibilities before applying. Applicants must possess excellent communication and administrative skills, exceed fitness standards and exemplify Air Force Core values. Applicant must receive concurrence form current commander for consideration.

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

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

Application package must include:

Cover sheet

Resume

RIP (record of individual personnel)

Letter of recommendation (optional)

Letter of application (Describe what you can bring to the position)

Current passing fitness assessment

Commander concurrence (letter or copy of email to 104FW/CCC)

Unit: 104th Medical Group

Supervisor: 104th Medical Group Commander

Estimated date of assignment – 1 Dec 2011

Unit: 104th Security Force Squadron

Supervisor: 104th Security Force Commander

Estimated date of assignment—1 Dec 2011

Submit Applications via electronic format (word, pdf, etc) via email to: Maj Dave Mendoza, david.mendoza@ang.af.mil 104FW/DP, NLT 1200, 2 Oct 2011 Board date: TDB November 2011 UTA

For more information contact: CMSgt Todd Fappiano at todd.fappiano@ang.af.mil or 413-568-9151 x1343

Those who expect to reap the blessings of freedom
must undergo the fatigue of supporting it*
- Thomas Paine

You are cordially invited
2011 Veterans Day Ball
Saturday, November 5, 2011
1800 - 2300
Union Station
Worcester, Massachusetts

BOOK YOUR ROOM
Hilton Garden Inn, Worcester

TICKETS: \$50
Tickets or Hotel RSVP:
MAJ Peter Fiorentino
peter.fiorentino@us.army.mil
(508) 233-7181

Welcome to new members

Donovan, Lisa SFS 2 Sep 2011

Congratulations on your upcoming Retirements

Weppner, Christopher	LRS	1 Oct 2011
Haggerty, Patrick	CES	4 Oct 2011
Thouin, Roger	AMXS	9 Oct 2011
Febus, Gilbert	LRS	11 Dec 2011
Carnevale, Joseph	SFS	1 Jan 2012
Patnode, Richard	MXS	1 Feb 2012
Puopolo, Stephen	MXS	10 Mar 2012

Religions notes:

Ecumenical time of Prayer & Reflection

Saturday 0650 – 0720 hrs. in the Avionics Class Rm

Protestant Services:

Saturday, 1600 in Bldg 001 Conference Room



CCTV line up

Channel 7 - Training videos & 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

Health Promotions Classes

At the Medical Group

Looking for ways to create a healthy lifestyle? Live your life to the fullest?

Evidence shows that some of the leading causes of death in the United States, such as heart disease, cancer, stroke, and some lung diseases often can be prevented by improving personal health habits. Eating right, staying physically active, and not smoking are a few examples of good habits that can help you stay healthy. Please join us in the clinic to learn easy ways to stay fit and healthy!

Starting in September the 104th Medical Group will be starting Health Promotion classes for all Wing members to attend.

No appointment necessary, just walk-in and join the group. The class will meet on Sunday morning from 0830- 0930 at the 104th Medical Group Classroom.

Here is a look at the Health Promotion Calendar:

Oct Health Promotion:
The Food Pyramid is Out! Come Learn About the New Food Plate!



Nov: Holidays *Don't Have to Mean Weight Gain! Tips For Healthy Holiday Eating*

A key feature in how to be healthy is taking personal responsibility; it is the foundation of good health!

Please also visit the 104th SharePoint site to get addition information regarding exercise and nutrition.

For further questions or class suggestions please contact Master Sgt. Nina Gutierrez at nina.gutierrez@ang.af.mil or 698-1402.



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.

October Historical Events

1 Oct 1942 – Maiden flight of the Bell P-59 Airacomet, the 1st US jet.

16 Oct 1943 - Lockheed received a contract to produce the XP-80 Shooting Star, the first true American jet-propelled fighter.

1 Oct 1947 - North American's prototype F-86 Sabre (XP-86) first flew at Rogers Dry Lake, Calif.

10 Oct 1950 - The U.S. Air Force activated the 1st ANG units to support the Korean War. The U.S. eventually mobilized 66 flying units and 45,000 guardsmen into federal service.

29 Oct 1953 - In the first flight of the YF-100A Super Sabre at Edwards AFB, Calif.,

27 Oct 1954 - Benjamin O. Davis Jr. became the U.S. Air Force's first African-American general officer.


1 Oct 1961 - The 102nd Tactical Fighter Wing was activated to deploy to Phalsbourg France. By the end of the month, more than 2,000 ANG members deployed to support Operation STAIR STEP

1 Oct 1969 - The C-5A Galaxy, world's largest aircraft at the time, took off from Edwards AFB, Calif., with a 410,000-payload, heaviest ever carried by any aircraft.


20 Oct 1988 - The Air Force Flight Test Center flew its first sortie at Edwards AFB, Calif., to test the joint helmet-mounted cueing system. The helmet would allow an F-15 pilot to track a target and aim his missiles by movement of his head.

October 1986 **Volume 38, Number 10**

ONE KILLED, ONE HURT IN CRASH



MAJ JOHN SOUTHREY



CAPT MICHAEL KOHUT

Tragedy struck the 104th Tac Ftr Gp on September 17th when two A-10s assigned to Barnes collided over Wells, New York while enroute to the Ft Drum NY range. The two A-10s were part of a four-ship formation that left Barnes at 2:20 p.m.

While flying in tactical formation two of the A-10s collided. One of the pilots, Captain Michael Kohut ejected safely but sustained back injuries and was rushed to Albany NY Medical Center where
(Continued on page 4)

MASSACHUSETTS AIR NATIONAL GUARD

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

Phone: (413) 568-9151
Fax: (413) 572-1515
E-mail: 104fw.PA@ang.af.mil
Official Web: www.104fw.ang.af.mil

Social Media Sites:
www.facebook.com/barnesang
www.twitter.com/104fighterwing
www.flickr.com/photos/barnesang
www.westfieldairshow.net



PRIDE,
PROFESSIONALISM,

We're on the Web

Copyright (c) 2010 104th Fighter Wing Air National Guard. All rights reserved. This funded Air Force newspaper is an authorized publication for members of the U.S. Military services. Contents of the Airscoop are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force or the Air National Guard.