



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

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Barnes Air National Guard Base

March 2012



Recipient of the Air Force
Outstanding Unit Award
2009-2011



An F-15 Eagle prepares to taxi prior to take off at Nellis Air Force Base, Nev., participating in a RED FLAG exercises in January 2012. (Photo by Maj. Matthew Mutti)



Col. Robert T. Brooks, Jr.

AIRSCOOP

104th Fighter Wing
Barnes Air National
Guard Base

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Commander's Column

By Col. Robert T. Brooks, Jr., 104th FW Commander

This will be our final UTA before we send out a large contingent of personnel and equipment to the Central Command Area of Responsibility (AOR). I would like to thank Lt. Col. 'BOA' Blake for his leadership in this AEF spin-up; he has done a phenomenal job. There are many others that have really stepped up to the plate and I want to thank you as well. Lt. Col. 'SNIP' Haldopoulos will be leading our deployed warriors over and back as the 131st FS/CC. He will be assisted by Master Sgt. Larry Brace, who will be the deployed first sergeant. Both of these leaders are the right people for this job! While deployed everyone needs to keep Force Protection, OPSEC, COMSEC, and the Wingman concept in mind, and always expect the unexpected. Lt. Col. Francis S. Gabreski once said, "the wingman is absolutely indispensable. I look after the wingman. The wingman looks after me. It's another set of eyes protecting you. That's the defensive part. Offensively, it gives you a lot more firepower. We work together. We fight together. The wingman knows what his responsibilities are, and knows what mine are. Wars are not won by individuals. They're won by teams." Lt. Col. Gabreski has 34.5 combined kills in WW II and Korea.

Today, Brig. Gen. John Kelk (MO ANG) will be on base visiting and giving a talk at 3 p.m. at the DFAC. Brig. Gen. Kelk shot down the first enemy aircraft in Desert Storm, which also happened to be the first kill by a U.S. F-15. He is flying in to share that story with all of you. This is a rare opportunity, and I invite all those who are deploying, and those who can attend, to join us for Gen. Kelk's presentation.

As a reminder, Saturday we will have a Commanders Call beginning at 3 p.m. We'll have many DVs on the base, including Senators Scott Brown (MA) and Kelly Ayotte (NH), Congressman Richard Neal, Maj. Gen.'s Joe Carter and L. Scott Rice, and Brig. Gen. Gary Keefe, just to name a few. There are a lot of items to cover, but we will do everything we can to keep the ceremony as short as possible. Ensure your area of the base is looking sharp, and remember standard military customs and courtesies.

We want to congratulate Tech. Sgt. Dana Thayer who was selected as the NGB/A7S Staff NCO of the Year for 2011. He received the 2011 1st AF Security Forces Member of the Year Award. He is our second winner of this award, and let's see, we have been on alert for what - two years. Additionally, we congratulate Tech. Sgt. Chris Cekovsky who ranked #1 and Tech. Sgt. Steve Jeffers who ranked #5 in our state sharpshooting competition. Both are on their way to the national competition in April. Nice work by our security forces personnel - I am glad they're on our side!!!

Remember, attitude is everything. Attitude will propel you forward in all areas of your life, home, work, deployed, etc. Positive Mental Attitude - it is a process everyday of your life. While the will to win is important, it is the will to prepare to win that will give you success in every endeavor of your life. The 104th Fighter Wing is ready to deploy, you all have prepared, and you are ready. There are some finishing touches to complete - and we will surely finish strong!

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Chief Master Sergeant's Column

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

The call to service is strong, the drive of camaraderie and the fellowship of a shared experience is essential, be-

ing able to say you were there, and that you were part of history is irreplaceable. All these emotions are part of deploying, and in previous missions, I was one of those wingmen who grabbed my gear and headed-out, but this time is different.

During this upcoming deployment, my mission is to help maintain the

wing back home, to serve as the Command Chief while my folks are defending democracy.

It is hard to explain how this feels, **in many ways I'm happy that I will be able to spend the next few months with my family, but I'd be remised to not include my fellow BarneStormers as family too.**

I know that many unit members feel something similar to this, and **that's why I'm writing about it, because our jobs back home are as critical as those being accomplished overseas.**

We need to: 1) ensure this unit can fulfill its Alert commitment, 2) be prepared to support the state in the

event of a natural disaster (remember how busy we were last year in the spring and summer), 3) prepare for their return, once our members come home we have exercises and inspections to prepare for, the work doesn't stop, and 4) take care of the families back home, looking out for our brothers and sisters overseas.

We cannot lose sight of the **importance of what we do here ... and why we serve.** The away game is important, and I applaud those who have **accepted our nations call to serve ...** but those who stand vigilant here, are equally importance.



First Sergeant's Column

By Master Sgt. Larry Brace, 104th FW Aircraft Maintenance Squadron

Over the course of the **last few weeks we've** all been tasked to accomplish training in preparation for the upcoming AEF deployment. The time gap is closing fast to our deployment date and instead of hammering **the same things that you've been hearing for weeks, I'd like to take a few lines to touch on a subject that hasn't been discussed much but is just as important as all the training we've been receiving.**

Military customs and courtesies are more than just motions we go through to show respect to our seniors. We hear a lot about them prior to inspections or deployments such as this to stress the importance of projecting a professional military image, but military customs and courtesies are extremely relevant and important in an upcoming deployment. Practicing military customs shows those that have been placed in charge over us that they have our respect and confidence. We look to them to lead us, and in return we have the military and

self discipline to practice the customs that have become tradition over many years. Courtesy is an act, verbal consideration, or respect for others. In the military, personnel live and work in close quarters, especially on deployments such as this. Showing courtesy to those around us will alleviate many of the stresses and problems brought on by deployed life. Practicing military customs and courtesies also enforces unit and self discipline. The following paragraph is taken from AFI 36-2618, the Enlisted Force Structure, **"exhibit professional behavior, military bearing, respect for authority, and high standards of dress and personal appearance, on and off duty."**

This line is only one responsibility of junior enlisted Airmen. We should be able to stop ourselves at any given **moment when we know we're not projecting the professional military image that's required of our most junior Airmen.** In doing so, we can leave a legacy and reputation to be proud of wherever we deploy. Chief Master Sgt. Pete Stone, the Command Chief of our

deployed location recently addressed military customs and courtesies in a letter to his troops. It seems members **being deployed there haven't been practicing the military customs and courtesies that were taught to all of us in basic training and should be second nature to all of us. I'm asking for your help in ensuring we project the professional military image that we have the honor and responsibility to portray.**

I've worked with most of you for many years and can honestly say I'm proud and honored to be serving in the capacity of First Sergeant on this deployment. You've proven yourself to be the best over the years, you've worked hard to make this unit the success it is today. We have the opportunity to step out again and prove what the members of the 104th Fighter Wing and our guests from other units can do. I'm looking forward to serving with all of you!

38th Annual Awards Banquet

By Senior Airman Bonnie Harper, 104th FW Public Affairs

More than 250 people attended the 38th Annual Awards Banquet for the 104th Fighter Wing, held on Saturday, Feb. 4, at the Sheraton Hotel in Springfield, Mass., which recognized some of the unit's superior performers for 2011.

Members were honored at the squadron, group and wing level. Throughout the year, all unit members can nominate one another for awards. Each squadron selects quarterly award winners, who are then eligible for the yearly awards. Once the yearly awards are decided in October by squadron specific committees, those winners are then moved up to the group and wing level selection process.

"It is the persistent pursuit of perfection that results in excellence," said Col. Robert Brooks, 104th FW Commander, during his opening comments for the event. **"For the award winners, thank you for your commitment to excellence. You all are part of the force that makes things happen in the wing and you should be extremely proud of your accomplishments."**

Along with comments from the commander and the command chief, the banquet began with the posting

of the colors by members of the 104th Honor Guard and the National Anthem was sung by Airman 1st Class Amanda Russell.

Following dinner and a year in review video, the award ceremony commenced, first acknowledging the Community College of the Air Force graduates, followed by the squadron, group and wing award winners.

The script for the entire night was written by 1st Lt.'s **Lee Rice, Jason Hickox, Doug Marchesseault, and Joseph Wynn**, who were also the masters of ceremonies.

Many special guests attended the banquet, including Col. Pete Green from Joint Force Headquarters and the Commander of the Massachusetts Air National Guard, Maj. Gen. L. Scott Rice, who both took part in presenting the state awards.

The final wing award winners are as follows:

Airman of the Year: Senior Airman Brian Whitman

NCO of the Year: Master Sgt. Kristin Martin

Senior NCO of the Year: Master Sgt. Kevin Leahy

AGR/Technician of the Year: Master Sgt. Jose Rijos-Ortiz

Civilian of the Year: Mr. Chris-

topher Gouin

Company Grade Officer of the Year: Capt. Glenn Milliken

This successful event to honor these outstanding members was made possible by the banquet committee including Master Sgt. Dominique Chapman, Staff Sgt. Matthew Chapman, and Staff Sgt. Dacia Lucas.

The committee spent approximately four months planning the event, holding meetings every other week, and then twice a week once the event date got closer. They made several visits to the venue and helped coordinate the placement tables, decorations, stages, video, DJ, and first sergeants handing out awards. Everything that took place at the banquet was done for the 104th family, to help celebrate everyone's accomplishments and unwind after a long year, said Staff Sgt. Matthew Chapman.

"We received donations for advertisements in the back of our program from companies which enabled us to offset the pricing of the ticket sales to our Airmen," said Staff Sgt. Dacia Lucas.

Several companies including Tri-fecta Wines, Marcus Printing, AAA, Noble Hospital, Big Y, Pratt and Whitney, and the Sheraton Springfield made donations.

Another great aspect of the planning for this event was the e-invite, created by Staff Sgt. Matt Chapman and Col. EJ Gunning. It worked out very well for us, as we were able to reach all of our base members. The option to pay online with credit cards also made it fast and easy, Lucas added.

"We felt (banquet committee) that the Sheraton did a great job and look forward to working with them in the future," Staff Sgt. Chapman said. **"This is an awesome event and hopefully builds esprit de corps with the members of the 104th Fighter Wing."**



Awards Banquet Committee: 1st Lt. Doug Marchesseault, Maj. Matthew Mutti, Col. EJ Gunning, Staff Sgt. Dacia Lucas, Tech. Sgt. Matt Chapman, Master Sgt. Dominique Chapman, Senior Master Sgt. Robert Sabonis, 1st Lt. Jason Hickox, 1st Lt. Lee Rice, 1st Lt. Joseph Wynn, Chief Master Sgt. Todd Fappiano.

(Photo by Tech. Sgt. Melanie Casineau)



Chaplain's Corner

By Lt Col. (Father) Steve Misarski, 104th FW Chaplain

"If the military wanted you to have a family they would have issued you one." All of us have heard some form of this statement at one time or another in our military careers. Being single and unattached seems to be the ideal time to serve in the military. And yet many of us serve have spouses, children and significant relationships. The reality is: all of us have families and significant relationships that are impacted when we deploy. Even single Airmen have parents, siblings and friend that are affected by their absence. The question is not "if" but "how."

During the initial mobilization of troops for Operation Iraqi Freedom, service members were required to talk to the chaplain to ensure that any issues were addressed. One atheist troop protested that there was no need for him to see the chaplain because he did not believe in God. After being asked a few questions about his family, it was obvious that there were significant amounts of anxiety and turmoil over him deploying. The reality is our significant relationships are impacted by deployment and our ability to fulfill the mission is impacted by our significant relation-

ships.

Regardless of whether we are deploying soon or not, investing in these relationships is paramount. It is especially important if we foresee being away from them for a long period of time. What can we do?

Date your spouse. Spend an evening or a weekend away from the children doing what you enjoy and taking time for meaningful conversation.

Date each of your children. Find out what they like to do and spend some time alone with each of them. Often children will communicate their deepest emotion when you are side by side in an activity rather than face-to-face.

Write letters (yes, snail mail!) to significant people in your life while on deployment. Draw pictures and send them to the younger members of your family. As opposed to emails and skyping, tangible mail can be reread and kept. I wrote things to my son who was leaving for college that I would never have said if I was home.

Talk to one of us chaplains or chaplain assistants about resources to **strengthen your relationships. You don't** have to believe in God to talk to us! We will help talk out your scenario and/or point you to some help. Call us at 698-1053 or stop in to the Base Chapel

(Building #12).

Attend a Strong Bonds Weekend. Last month, the Chapel Team presented their second retreat weekend called "Laugh Your Way to a Better Marriage." There are also programs for singles and for families. We hope to offer them in the future. Our next Strong Bonds Weekend will be in September 2012.

Here is some of the feedback from the weekend:

"I haven't laughed that hard in a while...he tells it like it is."

"We realized that we were not alone in our same struggles."

"We realized that marriage is something special, not just an arrangement but a treasure to be appreciated."

"It's been six years since we've been away together. The weekend couldn't have come at a better time."

"I can't say thank you enough for a fabulous weekend."

"I think every married couple on base should do this!"

The military may not have issued you a family but God has! See each of these relationships as precious gifts to be nurtured and do not take them for granted. This is a force multiplier!

Be Blessed....



Renting a car while on TDY orders

By Maj. Sean Lardner, 104th FW Deputy Staff Judge Advocate

You have TDY orders which authorize you to rent a car. Do you know the rules about renting the vehicle? What happens if the vehicle is damaged? What if you are in an accident?

DoD travel regulations require you to make transportation arrangements, including rental cars, through the Defense Travel System (DTS) or your Commercial Travel Office (CTO). For rental cars, the Defense Traffic Management Office entered into an agreement with many rental car companies, both in the United States and abroad. The agreement provides guaranteed rates and conditions for the rental, and insurance for the benefit of the traveler and the United States Government. Insurance coverage includes claims for damage to the rental vehicle, as well as claims from individuals who collide with the rental car. Vehicles which carry the coverage are cars and mini-vans, but not SUVs. So that the government will receive the maximum benefit of this insurance, TRANSCOM policy is to rent, whenever possible, from a rental company that participates in the Agreement with DTMO. Basically, this means that unless you need a special vehicle such as an SUV or 9-passenger van, or you need to rent a vehicle in a place where none of the car rental companies subscribe to the DTMO Agreement, you will be renting a vehicle from a DTMO participating company. Most of the time, all you need to do is reserve a rental car through DTS or let your CTO make your reservation for you.

When you arrive at the rental counter to pick up the vehicle, you should decline the insurance offered by the rental company--**it's automatically included for vehicles rented for official business under the DTMO Agreement.** You may see an additional administrative charge of \$5.00 per day on your rental. This is a fee the rental companies are authorized to charge under the DTMO Agreement, and it is fully reimbursable under the travel regulations. Except for special situations (classified or undercover operations, or rentals in a few foreign countries where insurance is required), travelers are not authorized reimbursement for insurance charges.

Now that you've rented your vehi-

cle pursuant to orders, the travel regulations specify it may only be used for official purposes. These are defined as "transportation to and from duty sites, lodgings, dining facilities, drugstores, barber shops, places of worship, cleaning establishments, and similar places required for the traveler's subsistence, health or comfort." There's nothing in these regulations that allows you to take a rental car to the movies, to buy souvenirs for your children, to shop at the mall, or to sightsee. There has been some confusion as to whether you can rent a car and use it for pleasure on the weekend during a TDY. Currently, the regulations don't authorize such use. Moreover, the DTMO Agreement, under which most vehicles will be rented, is only for vehicles rented and used for official business.



The DTMO Agreement's insurance provisions provide full comprehensive and collision coverage for the rental vehicle. So, damage to the vehicle, so long as you were using it pursuant to your official duties, will be covered unless you meet one of the specific exceptions within the agreement:

- intentionally damaging the vehicle or obtaining it through fraud;
- driving under the influence of intoxicants;
- using it for an illegal purpose;
- using it to push or tow another vehicle;
- using it to carry passengers for hire;
- operating it in live fire exercises or for tactical maneuvers;
- racing;
- allowing an unauthorized driver to drive;
- driving across international boundaries without the permission of the rental

agency;

losing the vehicle to theft because the keys were left in it; or, driving off paved roads.

But, what if you go to a location where a vehicle is not available under the DTMO Agreement (some foreign countries)? Damage to the rental vehicle may be covered by VISA, presuming you rented the vehicle on your government travel card. The government VISA card currently has the same coverage for rental cars as many other credit cards. To be effective, you must report the damage not later than 45 days after it occurs. The number for VISA, 1-800-VISA-911, is located on the back of your credit card.

If the vehicle isn't rented under the DTMO Agreement, and VISA coverage doesn't apply, then presuming you're using the vehicle for an official purpose at the time of the accident, the damage to the rental vehicle is paid as a miscellaneous travel expense. Consequently, if your credit card is charged for the damage, you simply file this amount on your travel voucher and you are paid from your unit's TDY funds.

What about the other party in the accident? You must report the accident to the rental car company as soon as possible. You also need to obtain a copy of any accident reports that are completed. And, if at all possible, contact the nearest Air Force legal office to **report the accident.** **If you're unable to contact the local legal office, report the accident to the legal office at your duty station when you return.** Should the party with whom you collided send you letters or serve you with the notice of any lawsuit, contact your local legal office immediately and provide them with a copy of whatever you received. As long as you promptly notify the legal office of any lawsuit, and you were acting in the scope of your employment at the time of the accident, the United States, by law, will be substituted for you if you are sued. Questions about rental cars may be directed to the 104th Fighter Wing Legal Office.

[Note: references to the DoD travel regulations are to the Joint Federal Travel Regulations (JFTR, for military personnel) and the Joint Travel Regulations (JTR, for civilians).

More local veterans reporting possible poisoning from Gagetown training

By Ashley Studley, The MetroWest Daily News Staff

Some sick Massachusetts veterans are wondering if their medical conditions are linked to time spent at a training camp in New Brunswick, after reading a Daily News report last week about toxic defoliants used at the Canadian base.

Documents show millions of liters of the chemical defoliants Agent Orange, Purple or White were sprayed over thousands of acres of Canadian Forces Base Gagetown from 1956 to 1984, potentially exposing the Canadian, American and British soldiers who trained there.

"It's not surprising," said George Cameron, department service officer for the Massachusetts American Legion. "A lot of stuff happens in the military that people don't know about - not even soldiers."

Cameron said in the past week, after the Feb. 14 Daily News report about defoliants used at the Canadian base where Americans trained, he has received about 15 phone calls from Massachusetts National Guard and Army Reserve veterans who served in Gagetown in the 1980s. He said some were sick and others voiced concern they may have been exposed to the herbicides.

The toxin became widely known after its use to defoliate jungles in Vietnam left many American soldiers and Vietnamese soldiers and civilians sick from exposure.

According to the Canadian Department of National Defence, in cooperation with the United States, the chemicals were sprayed for three days in 1966 and four days in 1967 to test "their effectiveness."

However, a DND document obtained in 2005 through the Freedom of Information Act shows 3.3 million liters of the chemicals was sprayed over 181,000 acres of the base from 1956 to 1984.

"If they have a disability, I would say file a claim with the (Department of Veterans Affairs) immediately," Cameron said. "If they don't have a currently diagnosed condition and they're worried about exposure, they should keep track of it with their doctor."

The VA recognizes certain conditions as related to Agent Orange exposure, and includes Type II diabetes, respiratory diseases, prostate cancer and Parkinson's disease, among others.

According to the VA, scientists from the U.S. Army's Ft. Detrick Plant Science Lab in Maryland went to Gagetown to test various herbicides from only June 20-24, 1967, and only veterans on the base at that time may qualify for service-connected disability benefits.

However, a spokesman from the VA's regional office for veterans benefits in Boston suggests veterans who are sick and served in Gagetown at a later date file a claim if they suspect they were exposed to Agent Orange.

The Canadian law firm Merchant Law Group LLP is representing about 4,000 Canadian veterans, widows and civilians in a class action lawsuit seeking compensation from the Canadian government for health problems caused by the chemicals.

"The entire size of the class could be in the range of 440,000 - a figure derived from governmental records of who was there from

1956 to present," said Casey Churko, a law associate working on the case.

Churko said the firm is representing anyone who trained in Gagetown from 1956 to the present day "because of the residual effects of chemicals in the soil."

Dr. Wayne Dwernychuk, a Canadian biologist with the Hatfield Consultants - a Canadian firm that monitors and mitigates environmental conditions around the world, has consulted Merchant Law and said dioxins - the harmful byproduct of the herbicides A can last a lifetime.

"It can remain in the soil for over 100 years, it's a very persistent dioxin," Dwernychuk said. "It will break down chemically through (ultraviolet) light. However, it's very slow. If dioxins are buried in the soil, they can remain in the soil for 100 years - no problem."

He said soldiers' exposure may vary.

"You've got to think of the weather conditions. If it's raining a lot, there's going to be erosion and some chemical decomposition," he said. "If dioxins are in the ground, and there are a lot of (soldiers) digging foxholes, (dioxins can enter the body) through ingestion, inhalation, and (skin) absorption."

Since 1994, Dwernychuk and the firm, along with the United States Agency for International Development and the Ford Foundation, have been working to clean up dioxin from a military air base in Da Nang, Vietnam.

From his research, he has no doubt soldiers were exposed to the dioxins in Gagetown.

"There certainly was exposure of the troops, whether they be Canadian or American, to Agent Orange residue through dioxin in the soil," Dwernychuk said.

Today, American vets are left wondering why they never knew about this situation.

"Knowing the government the way I do, and knowing the military, they don't tell you everything all the time," said veteran Ralph Berardi, a Milford native. "It's unfortunate, but that's life."

Berardi, 57, spent 27 years in the military, and went to Gagetown for a pre-camp conference in 1987 with the 505th ASA Company - a unit that supported the 26th Yankee Division of the National Guard.

"We spent three days driving up in the boonies, looking for possible places to set up," Berardi said. "What amazes me, is the camp is out in the middle of nowhere. It's heavily wooded, yet wide stretches were totally barren. I thought it was totally strange."

In 2001, he developed a stage 4 cancerous tumor in his bladder, which was surgically removed and is now in remission.

In 2003, he was diagnosed with Type II Diabetes, a medical condition the VA lists as being related to Agent Orange exposure.

In 2004, he had another cancerous tumor in a sweat gland of his face removed. Three months ago, the cancer came back.

"I have no idea if (my conditions) are related" to Gagetown, he said. "All I know is I come from a large family, and nobody else in the family has any cancer except for me."

Berardi, who currently lives in Clinton and works for Intel Corp. in Hudson, can't

understand why he and other soldiers were never made aware of the potentially hazardous training ground.

"Why didn't they tell us, as members of the American Army, that something hazardous was there? If they said that, of course we would've been a little more careful," he said. "I've been to other pre-camp conferences ... any time we go anywhere, they'd always give us an extensive briefing of what's in the area, where to go, and what to do. If there was anything that was hazardous or off limits, they would tell you. There was no mention in 1987 if there was any kind of hazardous areas in Gagetown at all."

Guardsman and reservist John Delcore, 54, of Ayer, spent months in Gagetown between 1984 and 1991 and thinks soldiers would have been warned had officials known about the spraying.

"Nothing was known. The leadership certainly would have informed us if they knew," Delcore said. "Especially with it being a big part of Vietnam. ... I just don't think it was known."

Delcore is being treated for pituitary and thyroid tumors.

"(Doctors) did ask me (if I had exposure to Agent Orange), but you had to have known if you had exposure," he said. "I didn't go to Vietnam, so I said no."

Jeff Keane, public affairs officer for Ft. Devens in Ayer, also told doctors he hadn't been exposed to Agent Orange when he was diagnosed with hairy cell leukemia in 2002.

Keane trained in Gagetown for two weeks with the 26th Infantry Division of the Mass. National Guard in 1988. In 1990, he spent another two weeks with the 187th Infantry Brigade of the Reserves.

"(Doctors) had no idea where it came from," Keane said. "They didn't even look at Agent Orange because I've never been to Vietnam."

The 67-year-old Braintree resident said he doesn't have a family history of hairy cell leukemia - a condition recently recognized by the VA as being related to Agent Orange.

"I've never worked with chemicals, or anything that would attribute to this kind of stuff," he said.

Cameron, the service officer for the American Legion, is advising vets who do not have a diagnosed condition to join another class action suit out of Canada being represented by various law firms, by visiting agentorangecanadaaction.com.

"If you don't have a currently diagnosed condition, you're not allowed to claim a herbicide condition with the VA," he said. "It leaves (vets) in limbo, worrying if they're going to contract anything in the coming years."

Cameron advises any Massachusetts veteran who trained in Gagetown to call the American Legion headquarters at 617-303-5694.

"If this was a major contamination, there are probably going to be a lot more infections or diseases coming from this," he said.

Ashley Studley can be reached at 508-634-7556 or astudley@cnc.com



Safety: How goes it

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

Our unit has experienced three injuries since the last newsletter.

Worker injured; strained back; baton training; not greater than first aid,

Worker injured; chest strained; slip/fall; not greater than first aid.

Worker injured; shoulder strain; slip/fall; not greater than first aid.

The unit experienced one mishap since the last newsletter.

GMV4 damaged; smashed windshield; struck by debris; \$800.

There are two items we would like to discuss with everyone this month. One deals with your training and readiness and the other deals with the projected rise in gasoline prices. Each of them, although seemingly different; are in some ways similar.

When we speak about training and readiness, we, in the safety arena, take our hats off to the efforts put forth by everyone to learn the right way to accomplish whatever it is you are looking to accomplish. This tells us in safety, there is an effort to make sure the objective is properly explored and conveyed by whoever is doing the training and that you, the trainee, are hopefully made to understand why it is important you do it the way you are taught. In doing this, we are using the basic principles of Risk Management. Before any teaching is done, the trainers have hopefully identified the inherent risks and have used acceptable methods in which to control them. In regards to you being taught, it shows

us that the investment in the success of whatever it is you are doing, is being made up front rather than afterwards. Both the trainer and trainee working together, helps us ensure risks are controlled and the mission is completed with less chance of a mishap, increasing mission capabilities and success.

In regards to the projected rising gas prices, we, in the safety arena, see two separate items directly tied to your pocketbook, our mission capabilities, and success. The cost of gas is truly a double edge sword when you think along the line of safety, mission capabilities, and success. The first is, for many of us, we will simply drive less or drive smarter thus reducing mishaps. Yes, vehicle mishap rates are tied to the amount of time you spend on the road, so the less time on the road, means fewer mishaps. Some, however, cannot simply stay the course of less driving/freedom so they explore cheaper ways to travel. This is the other edge of the sword. For some, this will be the year they finally take the leap and decide to drive a motorcycle during the spring, summer and fall to save money and still have the freedom to be on the road. This is where we start to see mission capability and success reduced. We see this because motorcycles account for a little over half of the off-duty motor vehicle fatalities.

How does this happen? This is a tough one to get hold of due to many variables. Items such as cars and

trucks that are not paying attention to driving, and striking motorcycle riders is a big problem you must consider. The operators themselves may also find themselves challenged and find themselves sliding on a sand patch on a curve. The bottom line is that rising gas prices can both reduce mishaps by our personnel driving less, but at the same time increase mishaps by people choosing alternative transportation modes and placing themselves at increased risk.

As was said in the beginning, both of these are tied together with the common denominator of mission capability and success. What this means is that the unit and your commander need you around to do what you do so we can get the mission done. To accomplish this means you must be properly trained, and ready to perform your mission in a predetermined manner. It also means you need to make the hard choices in regards to what you are and are not willing to do to save money on gas. If you get on a motorcycle make sure you are trained by taking a rider training course. We offer reimbursement here for our unit members.

In closing, the key point we hope you take away from this is that we need you and care about your success both on and off duty. To accomplish this we must provide you the tools to foster your success. Training both on the job and off are keys you making sure we have you around to do what you do; SAFELY!



The First STEP in SAFETY is the One You Take!

Operation: "Slip NOT"

2012



Step SAFELY!

Looking for a few good men and women!

By Sandra Wakefield, 104th FW Airmen and Family Readiness Center



HUSBANDS, WIVES, FATHERS, MOTHERS, BROTHERS, SISTERS, **FIANCE'S, GRANDPARENTS, RETIREES**

BECOME A MEMBER OF THE 104TH FAMILY READINESS GROUP

We are expanding the board and need your help!

VOLUNTEER to be active in your Service Members FRG

VOLUNTEER as much or as little time as you can, but volunteer!

We host many fun events each year and are looking for new ideas and new energy!

Attend our annual all expense paid weekend training at the Southbridge Hotel and Conference Center April 27 -29. Offers excellent workshops and an opportunity to network with other Guard fami-

lies across the state.

An informative and fun time.

We have a busy upcoming year. You never know when our members will be called. Help us to be there for them and all base families.

Being involved with your FRG is a great way to meet new friends and feel good about making a difference.

Elections for FRG Board

Positions:

Chairperson

Treasurer

Secretary

Youth Co-Coordinator

Board Member

Board Member

Board member

WANTED

We are also looking for a Newsletter

Editor an individual who would be interested in contributing an article of FRG events and news quarterly to the Air Scoop.

Nominations submitted via email by March 8.

To FRG Secretary

lyn@valleymarketing.net

Names of nominees will be emailed on March 9

Votes may be sent via email to the address above by March 14

Elections to be held Thursday 15 March

Time: 4-6 p.m.

Place: NCO Club

Votes to be counted day of elections.

Please Get Involved ... help us make this the best year ever!



Core training without back pain

By Staff Sgt. Ryan Crossman, 104th FW Logistics Readiness Squadron

For many of us, the term “core training” brings to mind the dread associated with doing crunches in preparation for the Air Force Physical Fitness Test (AFPFT). However, traditional abdominal exercises, such as crunches and sit-ups, actually *promote lower back pain* due to repeated and excessive flexion of the lumbar spine. Low back pain is a leading cause of disability in the US military ¹. So, how can we strengthen our core AND reduce the risk to our lower backs? First, we need a basic understanding of what the core actually is.

Our “core” is actually a collection of muscles that primarily work to *stabilize* our lumbo-pelvic-hip complex (our center of gravity). These muscles include not only the abdominals, but also the spinal erectors, glutes, hamstrings, and hip flexors, to name a few. The foundation of all human movement originates from this area, so it makes sense that our core muscles are among the largest and strongest in the human body. Without a strong core, the body cannot efficiently support the spine and transmit force to the extremities.

Advancements in biomechanics have led many to re-evaluate the manner in which they train the core. Dr Stuart McGill, an internationally recognized

expert on spine function and injury prevention, has stated that the spine loses up to 40% of its ability to bear compressive loads when fully flexed. A traditional crunch or sit-up can generate at least 3,350 newtons of compressive force on the spine. By comparison, the U.S. National Institute for Occupational Safety and Health states that anything above 3,300 newtons is unsafe. In light of these findings, a 2009 study of over 2,000 US Army soldiers compared the effects of sit-ups with back-friendly core stabilization exercises on performance in the US Army’s physical fitness test¹. The researchers found that soldiers who performed core stabilization exercises had fewer days of work restriction due to low back injury. Furthermore, [the core stabilization exercises were more effective than sit-ups in improving passing rates on the sit-up component of the test.](#)

The safest, most effective way to train the core involves performing exercises that require the individual to *maintain a neutral spine*. This ensures that the lower back is in its strongest position. An isometric front plank is a great example of an exercise that trains the core to maintain a neutral spine because if you **don’t, the spine extends as the hips drop** to the floor. There are countless ways to

incorporate these concepts into any exercise program.

Everyone could greatly benefit from adopting this approach to core **training. Although we can’t escape the inevitability of doing crunches for the AFPFT, we should be smart about our preparation in the meantime.** Mark Twain said it best – “**If you do what you’ve always done, you’ll get what you’ve always gotten.**” I can be reached at ryan.crossman.1@ang.af.mil if you have any questions, comments, or would like me to show you any of these methods in greater detail.

Effects of Traditional Sit-up Training Versus Core Stabilization Exercises on Short-Term Musculoskeletal Injuries in US Army Soldiers: A Cluster Randomized Trial.
<http://www.ncbi.nlm.nih.gov/pubmed/19812508>

Ryan Crossman earned a masters degree in exercise science from Springfield College and has been a strength and conditioning coach to collegiate and high school athletes for the past five years. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Airman in Focus — Mr. John Richardson

By Senior Airman Bonnie Harper, 104th FW Public Affairs

Mr. John W. Richardson joined Barnes Air National Guard Base approximately 20 years ago, after working in both municipal and private sectors.

While working as a field artillery surveyor for the Army, Richardson was deployed to Germany, with the 3rd Infantry Division. The leadership of the Army taught him the importance of maintaining high standards, Richardson said.

He used the GI Bill to complete his degrees in geology and geography, spending two years each at Holyoke Community College and UMass Amherst.

In 1986, after graduating from University of Massachusetts, Richardson worked for an engineering company as an environmental analyst. He also worked for the City of Leominster, MA in the same capacity.

He began working here in November

1991 as the base environmental coordinator. Richardson always wanted to have a civilian job in the military because he knew it would be a rewarding career.

In his current job, his duty is to focus on maintaining compliance with several environmental laws can impact the 104th mission. Barnes ANG base is situated over the Barnes aquifer a drinking water resource for sever communities in the Pioneer Valley. Daily operations can have a direct impact in the City of Westfield Water supply. Under the Federal Facilities Compliance Act, all military installations must comply with the environmental laws for Local, US EPA, and Massachusetts Department of Environmental Protection; otherwise face fines and or penalties.

We try to mitigate the influence our mission has on the environment, so that

the conditions of the environment do not affect the mission in return, Richardson said.

“This is a good place to work for, with good people,” Richardson said. **“Col. Brooks and Col. Gunning are committed to keeping the environment safe and well maintained.”**



Red Flag Success

By Maj. Matthew T. Mutti, 104th Fighter Wing Executive Officer

Fox, Fox ... the calls on the radio were made as pilots from the 104th Fighter Wing engaged the aggressor squadron from RED FLAG, simulating an air-campaign over the deserts of Nevada in late January.

Approximately 150 members participated in the most realistic training the world offers, exercise RED FLAG. This intense two week combat training event occurs over the ranges at Nellis Air Force Base Nev., allowing the pilots to fly at the same speeds and altitudes they would if they were in combat.

This joint and international exercise, allows allied countries and all branches of the DoD a chance to collaborate with the U.S. Air Force.

“The purpose of this is to give the



Master Sgt. Jeff Almeida works the flight-line at Nellis AFB, Nev., serving as the deployed First Sergeant. (Photo by Maj. Matthew Mutti)

pilots experience in the most realistic combat training environment,” said

Lt. Col. Dan Nash, the Operations Group project officer for the deployment. A typical exercise consists of about 60 aircraft made up of U.S. and coalition fighters, bombers, and support aircraft on the **“Blue” side,**

against 15 or more “Red” aircraft simulating the weapons and tactics of possible adversaries. About eight to 12 “Blue” air-to-air players will face the 13-15 “Red” fighters and protect the other “Blue” aircraft, which are air-to-ground strikers bombing various targets. There are also dozens of sites simulating Surface to Air Missiles (SAMs), said Nash.

The exercise scenarios builds from one day to the next, increasing in difficul-

ty and complexity. Night missions are integrated into the campaign, utilizing technology like night vision goggles and the joint helmet mounted cuing system.

The maintenance teams and pilots worked around the clock. Pilots would start early, briefing and working to de-conflict the airspace for the morning mission, then a second crew would rotate in to prepare for the evening missions, all while the maintainers meticulously maintained each of the jets slated for the next mission.

This RED FLAG exercise had added value in that it was accomplished along side the team from New Orleans, La. The Louisiana Air Guard is preparing to work along side our unit during an upcoming Air Expeditionary Force (AEF) deployment.

We will be working closely with the 122nd Fighter Squadron from New Orleans, La. We deployed with the 122nd to Alaska this past summer, and will be co-located with them at RED FLAG. In a few months, they will be working with us during our AEF deployment, said Maj. Peter Carr, the 104 FW Aircraft Maintenance Squadron Commander and RED FLAG maintenance project officer.



New fitness facility

By Master Sgt. Dominique Chapman, 104th FW Mission Support Group

As all of you know, physical training is now at the forefront of Air Force leadership. With Ops tempo spinning up more and more each year and seeing more Airmen with boots on the ground than ever before there has become a huge need for us to stay more physically fit, not only for our physical health, but to help us handle the stress of our jobs as well. Our leadership has recognized the importance of maintaining a healthy and physical lifestyle and **has “put their money where their mouth is” sort of speak. Over a year ago when the standards for the physical fitness test changed and more Barnes Airmen saw themselves coming up short with non-passing fit scores our leadership took notice and saw that if we are going to ask our Airmen to put forth 100% than we need to provide the means for them to do so ... and they did.**

For those of you who have not had the chance to take a look at the gym facilities here at the 104th Fighter Wing, well there have been some major renovations and changes. In the beginning of November 2011 an \$89,000 renovation was approved to include knocking down walls to give us more space a new \$10,000 gym

floor along with new lighting and fans. Over \$10,000 was put into a new sound system which includes a new CD player, iPod docking station, **speakers and four, 46’ inch flat screen TV’s with wireless capabilities.**

Over the past two fiscal years more than \$51,000 was spent on new gym equipment to include new treadmills, a smith machine, assisted pull-up/dip machine and rowing machine, among others. We have also created a space in the corner where a sit up bar will be mounted against the wall so Airmen can practice their **sit-up’s, push-up’s and now there is room for stretching.** Over the next few years we will be working hard to replace any of the older equipment still left and hopefully add a few new pieces.

Other tools are also being put into place. The fitness committee is looking for any Barnes personnel who are certified trainers or fitness instructors that might want to provide classes on our UTAs. We would like to offer such classes as how to use the gym equipment or proper form. We are looking to create a list of certified trainers or fitness instructors who can help Airmen who are seeking advice on physical fitness whether it

be someone who is new to working out or someone looking to add to their skills.

If you have any questions or suggestions on the new gym facility or you are a certified trainer/fitness instructor who would like to volunteer some of your time (with supervisor approval) then please contact one of the Gym Committee members listed below:

Maj. Mendoza, Capt. Benedict, Senior Master Sgt. Butman, Senior Master Sgt. Huxtable, Senior Master Sgt. Dumais, Master Sgt. Chapman, Master Sgt. Huard, Staff Sgt. Chapman, or Staff Sgt. Crossman.

THIS UTA’S FEATURED
CLASS: NON-TRADITIONAL
CORE TRAINING

WHERE: BASE GYM

WHEN: 0900 AND 1300

INSTRUCTOR: Staff Sgt. Ryan Crossman. Staff Sgt. Crossman has a **Master’s in Exercise Science from Springfield College.** He is a certified strength and conditioning specialist thru NSCA. He has worked with numerous NCAA athletic programs to include Auburn University, Harvard, University, Georgia Southern University, and Springfield College.



An F-15 Eagle sits on the ramp surrounding by fog at the 104th Fighter Wing, Massachusetts Air National Guard.

(Photo by Senior Master Sgt. Robert Sabonis)

New recruiting office ... new rewards program

By Master Sgt. Ernie Smith, MA ANG Recruiter

On Feb. 14, the Massachusetts Air National Guard Recruiting Team held a grand opening for their new office at 843 Worcester Street in Springfield, Mass. Maj. Gen. L. Scott Rice and Col. Robert T. Brooks cut the ceremonial ribbon as unit members, local media, and civilian guests looked on. As with all projects this was no overnight process and several sites and solutions were thoroughly considered. The Army Corps of Engineers provided several designs and invaluable input. After several months of work and preparation, the team moved from their old location in West Springfield, Mass. to a custom constructed office that the Air National Guard will use as their model



people you work with who was on active duty or in the Reserve. It's quite likely they never heard of us before they joined that other branch. It's a theme we, as recruiters, hear quite

often. Given the current federal budget situation, we cannot rely on traditional advertising such as commercials, billboards, and radio or more current solutions like internet ads, advertising driven apps or commercially gleaned lead generation. Long story short...they are expensive.

As we do live in an era where budget constraints are abundant,

we have to find more viable solutions to be recognized and the national push for more offices like this is one of them. Myself, Tech. Sgt. Gabriel Kushin and Tech. Sgt. Heather Cekovsky are more than happy with our new office environment and have already noticed an uptick in leads. **We weren't even moving** our furniture in before we had our first walk in customer. Of course, we cannot just rely on this to fulfill the MA ANG's manning needs which leads me into the other part of this article.

As it has always been ... our most important recruiters are you. As much as we interact with the community around us we cannot hope to do so as much as each person who is on the BarneStormers team. This being said, there is a new Air National Guard Referral Rewards Program. This is open not only to guardsmen and retirees, but also to technician and AGR's! The Air Guard *always* needs new recruits and you find them better than anyone else. There are many promotional items you can earn for your referrals and the more that enlist, the better they get. From backpacks to iPad's your referral for someone who enlists will reward you for doing what you are already doing ... talking about what you do.

The website to sign up is www.refer2ANG.com and I highly encourage you to sign up at your earliest opportunity. You never know when you will meet that person who will be interested joining our team.



for other storefronts nationwide. As you can see in the pictures, there is a very strong branding theme that will serve to make us more recognizable.

The National Guard Bureau is striving to create many more storefront offices like this one nationwide in a bid to make our "brand" not just much more recognizable, but to also get recruiters out into the community where we can interact with the public and create awareness. For far too long... since the late 1940's ... we have been the best kept secret in the military. This is a huge step in changing that. Many of the people we work with today never even heard of the Air National Guard when they first signed up with a military component. Ask one of the



Robots Invade Barnes

By Capt. Mary Harrington, 104th FW Public Affairs

On the morning of Feb. 18, eight 104th FW kids witnessed an invasion of robots to Barnes Air National Guard Base, Mass. A first time event for the 104th FW, the robotic invasion was actually a workshop that gave military kids, ranging in ages from 11 to 16, the opportunity to assemble, program and race their individually created robots.

Offered by Ms. Gretchen May, 4-H Youth Development Educator at the University of Massachusetts, and organized by Sandy Wakefield, Airmen and Family Program Manager, the robotics instruction was given by volunteer members of the Pioneer Valley Robotics 4-H Club. The 4-H Robotics Club volunteers were kids, also ranging in age from about 11 to 16, led by their club leader Brian Lucia.

The military kids' morning began with a demonstration by Master Sgt. Greg Pauli, 104th FW Explosive Ordnance Disposal (EOD). Assembled inside the Pioneer



NCO Club, Pauli gave the kids' hands-on time with an Air Force robot - the EOD's Remote Operated Neutralization (RONS) system. Used for a variety of different potentially hazardous environments, RONS replaces a robot

for a person in the presence of life-threatening situations, such as chemical threats and explosive devices.

Although RONS is a somewhat outdated 1980's vintage robot (and due for retirement), it was personally used by Pauli in Iraq in early 2000. It weighs over 600 pounds, stands five feet high and about three feet wide.

For the robotics class, Pauli made the extra effort of replacing a metal plate with glass, so the kids could see the "brain" of the robot, including the PC board, mechanical/electronic servos and relays. Pauli gave all the kids an opportunity to use the switchbox to control the robot; RONS can move 360 degrees and can pickup munitions that weigh up to 120 pounds.

Newer generations of RONS include the F6 Robot, Talon Robot, Pacbot Robot; each of these is considerably more advanced, "lighter, smaller, fast more capable robots," said Pauli. "I wanted to show the kids our robot RONS, because I knew the kids would find it interesting and RONS would help them think about their futures. Robotics knowledge bridges to diverse professions – such as machining, programming and troubleshooting." Pauli has saved many lives in combat in his EOD role and is humbly the recipient



of two Bronze Stars for his heroism.

After meeting RONS, the military kids moved on to create their own robots, made from kits donated by Lego. Called the NXT, the Lego robots are built with Lego Technic parts. The NXT is a powerful robotics platform and has unlimited possibilities. The 'brick,' a microprocessor that is programmed with the computer, uses sensors and motors to interact with the physical world. These computers have several programming environments of varying difficulties; and both visual and code languages.

"The kids seemed to have a wonderful time with the robots," said Sandra Wakefield. "The class was just long enough to give the kids a good taste of robot engineering...leaving them with a thirst to learn more." The kids spent about two hours assembling the robots and about fifteen minutes racing them.

"The day was a big hit," said Wakefield, "thanks to Gretchen May, Master Sgt. Pauli, Brian Lucia and the 4-H volunteers." For more information on the 4-H Club and Robotics Club, visit <http://www.pioneervalleyrobotics.com/>



Family Easter Egg Hunt

March 25th at the NCO Club

1pm, all families welcome

RSVP's required

Contact the Airmen & Family Readiness Office at (413) 568-9151 x6981183



OPERATION CARE

By Senior Master Sgt. Chris Waltz, 212st EIS (deployed)

A lot of local nationals enter through the Entry Control Point (ECP) here at Bagram Air Base, Afghanistan, to gain entry for jobs on base. We, the contractors and military personnel, employ Afghanistan locals for work on base. Without getting into too many details, many Afghanistan locals cannot acquire a job here for several different reasons. Mostly, **there aren't enough jobs for the amount** of people coming into the area (approximately 9,000). So, OPERATION CARE has started a weekly drop-off of clothes and comfort items. We receive these donated items from all over, both here locally and from the U.S., and as

part of OPERATION CARE, we hand out these items to those who are not gainfully employed. The photos below show OPERATION CARE in full swing from the ECP.

The units tasked to Bagram Air Base, Afghanistan show up in large numbers to provide assistance throughout the country. Along with the assistance of the Egyptian guards, Afghanistan military police and Joint Force military police, we have been fortunate enough to hand out **more than 100 "kid kits" to local Afghanistan children**. It is safe to say with the generous support from our American patriots back home, and the continued

support here on base ... it looks like this might be a weekly endeavor into winning the hearts and minds of the Afghanistan people. The majority of the people involved in OPERATION CARE are volunteers and I am pleased to say that the deployed members of the 212st EIS continue to be a strong force and provide continuity for this program. Our engineers continually give up their Monday, Wednesday and Friday nights, volunteering for OPERATION CARE in the minimal "off hours" they receive. **We hope to continue these donation efforts** as long as we can and help the Afghanistan people.



First Sergeant Green, Staff Sgt. Olsen, Capt. Kane, local interpreter, and Senior Airman



Chief Master Sgt. Agnew, Tech. Sgt. Lau, and Senior Airman Connolly .



Senior Airman Connolly, local national woman, and Egyptian guards.



2011/2012 CFC Contributor Recognition Program AND SPECIAL DRAWINGS

We are very excited to announce the 2011 CFC Campaign is launching a new incentive program for donors to participate in! If you meet the criteria for donating in any of the categories to the right you will automatically be entered into the drawing to win an awesome prize!

- Stars and Stripes: (First time donors) You could win a \$25.00 Gift Card
- Silver: (\$312-\$519) You could win an iPod Shuffle
- Gold: (\$520-\$999) You could win a Kindle with WiFi
- Platinum: (\$1000+) You could win an iPad 2 with WiFi

And a BIG Thank You to our Sponsors:



SSgt. Steve Bergin from the 104th Communications Flight was presented with a free Kindle for his participation in the CFC program.



For Your Information

Paralegal Positions Available

Position/Title/Grade: Paralegal/E-6

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

Unit: 104th FW // Staff Judge Advocate

Supervisor: Lt. Col. Robin Peterson

Application Deadline: Open until filled

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

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

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

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

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

Application package must include:

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

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

Someone is Watching

By Col. EJ Gunning, 104th FW Mission Support Group Commander



You may have heard some talk concerning ‘data visibility’ or ‘transparency’ lately – what is that about? Basically, in today’s environment where everything is done using computer systems, the data contained in those systems is available at all levels – wing, ANG, Air Force, DoD, and beyond. Using top-level programs that are designed for “data mining”, decision makers at all levels can see what is going on, who made the entry and for what purpose. The bottom line ... there’s almost nothing we do that can’t be analyzed and/or scrutinized by others.

Whether filling-out a travel voucher in DTS, submitting your timecard, declaring your dependent status for a BAH recertification, using your Government Travel Card/Controlled Spend Account, submitting an AROWS order for pay, requesting/using compensatory time ... the list goes on forever ... just do the right thing. It’s simple, really. NOT doing the right thing – maybe playing a little “fast and loose” with an expense submitted on a travel voucher – will come back to haunt you. And, if the

issue is serious enough, it could become a problem for the 104th Fighter Wing, the Air National Guard or even higher. By now, everyone has heard about the issue in the California ANG with dual-compensation for some of their members. I think the root cause of that deal was folk’s not paying attention to the details, and maybe doing things that they knew weren’t completely legal. End result – people were fired, and in some cases, are facing criminal charges.

Another very important requirement is to make sure your personal information contained in these systems is correct, especially the data that affects your entitlements, like marital status, official residence, etc. We have had an issue or two here in the 104th Fighter Wing with outside agencies involved in the fact finding process. While there were no “culture issues” within the wing, there was an issue or two where members failed to update systems correctly. The transparent nature of today’s computer-centric workplace makes everything we do visible at all levels of DoD. With shrinking budgets across the board, the public demands that we make efficient use of the funds we’re allocated ... and the auditors are standing by to check that we’re meeting that requirement. Bottom line, make sure you always do the right thing, and if there are system questions about how to do things right, seek help up the chain of command.

For Your Information



NATIONAL GUARD
COMMUNITY OUTREACH PROGRAM

CAREER FAIR

**WEDNESDAY • APRIL 11
2012**

@METHUEN READINESS CENTER
679 LOWELL ST. METHUEN, MA 01844
FROM 1300-1800

ESGR
EMPLOYER SUPPORT OF
THE GUARD AND RESERVE

For Your Information

MDG Training Manager Position Available

104th Fighter Wing

Training Manager for the 104th MDG.

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

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

If interested in the position please contact Col. Sean Collins at : sean.collins@ang.af.mil or Master Sgt. Marnie Wallace at marnie.wallace@ang.af.mil

ALUMNI REUNION INFORMATION

Date: Wednesday, March 21

Location: NCO Club

Social Hour: 6 p.m.

Dinner: 7 p.m.

Cost \$14.00

Menu: New England boiled dinner, corned beef & cabbage, boiled potatoes, carrots, rolls & butter, and dessert.

SPECIAL ANNOUNCEMENT

Welcome to our first 2012 reunion. Hope that you have enjoyed the holidays and the mild winter.

IMPORTANT - PLEASE READ

As we all know the cost of fuel and groceries are continuing to rise and until now our caterer has been able to maintain the price on our dinners. Starting with this reunion the cost of the dinner will be increasing by \$1.00, bringing the overall cost from \$13.00 to \$14.00 per person. This is the first increase in several years and we will continue to do our best to minimize the expenses.

The reunion schedule for 2012 is: March 21, May 16, July 18 (at the Common Ground restaurant), September 19, and November 14.

REGISTRATION INFORMATION

Send your \$14.00 reservation check to Len Frigon, 778 West Street, Ludlow, MA 01056 IMMEDIATELY to be included on the list for Security Police and for a dinner reservation.

Checks must be made payable to 104th MASS.ANG ALUMNI ASSOCIATION. List the names of all guests in the memo section of your check to assure access to the base. Please DO NOT make checks payable to Len.

Checks MUST be received by 5:00 p.m., Monday, March 19, NO EXCEPTIONS. Cancellations received by the cut off date and time reflected above will receive a full refund

If you have any questions you may call Pam Spear at 413.569.2422 or Len Frigon at 413.589.9157

Hope to see you on March 21, guests are always welcome.

For Your Information

TRICARE Retiree Dental Program

The TRICARE Retiree Dental Program is available to all military retirees (including gray area retirees) and their eligible family members, unremarried surviving spouses and their eligible children, as well as MOH recipients and their eligible immediate family members. The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective; after 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. (New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12-month waiting period for major services; supporting documentation is required)

The Enhanced TRDP provides every enrollee an annual maximum of \$1,200 per person (\$1,000 for Basic Program enrollees), a \$1000 annual maximum for dental accidents and a \$1500 lifetime maximum for orthodontics. It is important to note that the money that the TRDP pays out for preventive and diagnostic services **doesn't count against the annual maximum** – those benefits are in addition to the \$1200. Retirees can find more information on the program, as well as enroll 24/7/365, online at trdp.org.

TRDP enrollees realize the maximum program savings (an average of 22%) when seeing a network provider. To find a network provider, as well as utilize the Consumer Toolkit to print ID cards, view annual maximum information, see if claims have been paid and sign up for e-mail updates, please visit trdp.org.

If you have any questions or need any assistance, please call Doug Schobel at 401-732-0297 or e-mail him at Dschobel@delta.org.



Website: trdp.org toll-free
 Telephone: 888-838-8737
 Video link:
<http://www.trdp.org/download/420x236.wmv>

Mr. Doug Schobel, regional representative
 for the TRICARE Retiree Dental Program
DSchobel@delta.org

Participating TRICARE Retiree Dental Program network dentists provide a trifecta of

maximum savings, quality care and added value

Enrollees in the TRICARE Retiree Dental Program (TRDP) have both the advantage of broad access to quality dental care and the benefit of having much of the cost of that care offset by Delta Dental—helping them protect their oral health and their wallet at the same time.

Although Delta Dental pays a large part of TRDP enrollees' dental costs, there is a third way enrollees can save money on their dental care: by seeing a participating TRDP network dentist. The network offered by Delta Dental is made up of dentists in over 170,000 locations nationwide who have agreed to accept significantly lower fees for treating patients who are enrolled in the TRDP. **By seeing a TRDP network dentist, an enrollee's copayments can decrease by 22 percent.** Lower network dentist fees means TRDP enrollees not only have smaller copayments, but also that less money is deducted from their annual maximum, which translates into more money being left in their pockets—all without having to compromise on the quality of their dental care.

Besides agreeing to accept lower fees for TRDP covered services, network dentists have



agreed to provide these additional value-added services to save enrollees time, paperwork,

and even more money:

- Adhere to Delta Dental's quality-of-care standards

- Submit predeterminations of cost for more extensive treatment, at no charge

and even more money:

- Bill enrollees only for their applicable deductible and copayment at the time of service

- Prepare and submit all TRDP claims paperwork and related documentation

- Accept the lower, agreed-upon network fees as payment in full

- Accept payment directly from Delta Dental

Enrollees can find a TRDP network dentist in their area, as well as view more information on the program, by visiting trdp.org. If you have any questions or need assistance, please feel free to call Doug Schobel at 401-732-0297 or e-mail him at dschobel@delta.org.

For Your Information



2012 MASSACHUSETTS MILITARY ASSET BUILDING & FREE TAX ASSISTANCE PROGRAM

DURING THE 2012 TAX SEASON, THE MA JOINT SUPPORT FAMILY ASSISTANCE PROGRAM WILL BE OFFERING ALL SERVICEMEMBERS AND THEIR FAMILIES OF ALL COMPONENTS IN THE MILITARY FREE TAX PREPARATION AT VARIOUS LOCATIONS AROUND MASSACHUSETTS. THESE SITES WILL PROVIDE TAX PREPARATION & ASSET BUILDING OPPORTUNITIES.

LOCATIONS:

Wellesley, Cape Cod, Milford, Reading, Westover AFB, Worcester. Sites will be open Mon-Sat and hours will vary by location.

DATES:

The tax sites will open starting the week of January 30th and run until the last day of the tax season, April 16th. Appointments can be made starting January 23rd.

ELIGIBILITY:

Service members and their dependents who served in any component of the Armed Services in 2011, Military Retirees and OEF/OIF Veterans are eligible for this free service.

WHAT ARE THE BENEFITS TO USING THIS SERVICE?

SAVING \$\$\$ (The average tax return costs \$200). Don't pay \$ for something that you can get it done for free. Our volunteers are certified and some are tax professionals. You will not get a bigger refund going to a paid preparer.

WHAT ASSET BUILDING OPPORTUNITIES WILL I BE MADE AWARE OF AT THE SITES?

After you determine what your refund will be, you will be given opportunities to put that refund to use by being made aware of information on: paying off debt; contributing to the Thrift Savings Program, 529 Plans, IRAs, 401(k)s and other savings vehicles; using part of the refund to purchase Savings Bonds; joining the Military Saves campaign; and working with a financial counselor in addition to other great asset building opportunities.

WHAT SHOULD I BRING WITH ME TO THE SITE?

Proof of identification. Social Security Cards for you, your spouse and dependents. Completed Intake Sheet. Wage and earnings statements from W-2, W-2G and 1099-Rs. Interest and dividend statements from Form 1099. A copy of last year's federal and state return (if available). Form 1098 from your mortgage. Bank routing #'s and account numbers for Direct Deposit. Total paid for daycare provider and pro-

TO MAKE AN APPOINTMENT, EMAIL: ma-taxes@ng.army.mil

FOR MORE INFORMATION ON THE PROGRAM CALL 781-431-0197

For Your Information

Tips on controlling those sugar cravings

By Lt. Col. Anita Compagnone, Health Promotion

If you're craving sugar, here are some ways to tame those cravings.

Give in a little. Eat a bit of what you're craving, maybe a small cookie or a fun-size candy bar, suggests Kerry Neville, MS, a registered dietitian (RD) and American Dietetic Association spokeswoman. Enjoying a little of what you love can help you steer clear of feeling denied.

Go cold turkey. Cutting out all simple sugars works for some people, although "the initial 48 to 72 hours are tough," says Christine Gerbstadt, MD, and RD. Some people find that going cold turkey helps their cravings diminish after a few days; others find they may still crave sugar but over time are able to train their taste buds to be satisfied with less.

Grab some gum. If you want to avoid giving in to a sugar craving completely, try chewing a stick of gum, says nutrition advisor Dave

Grotto, RD. "Research has shown that chewing gum can reduce food cravings."

Reach for fruit. Keep fruit handy for when sugar cravings hit. You'll get fiber and nutrients along with some sweetness.

Get up and go. When a sugar craving hits, take a walk, go for a run or do something to take your mind off the food you're craving.

Choose quality over quantity. If you need a sugar fix, pick something you love, but keep it small. For example, choose a dark chocolate truffle instead of a king-sized candy bar and savor every bite. Grotto says: "Don't swear off favorites -- you'll only come back for greater portions."

Eat regularly. Waiting too long between meals may set you up to choose sugary or fatty foods. Try eating every three to five hours to help avoid erratic eating behavior. Best



bets? Protein, fiber-rich foods like whole grains and produce are great choices.

Remember: The problem comes not when we indulge in a sweet treat now and then, but when we over-consume.

Lastly, go easy on yourself as it may take a while to change your habits; but it will lead to a healthier you!

Reference used: WebMD



2012 Pioneer Valley Club

CHALLENGE COINS

New coins have been ordered and will be available for the March UTA!

Celebrate 50 years of 131st / 104th deployments

A tribute to the Phalsbourg, France deployment during the Berlin Crisis ~ Coins are priced at \$10

Charity Game for Fisher House Foundation

At the MassMutual Center in Springfield, MA

Two games, One ticket

Mercier vs. Gateway @ 4 p.m. & Falcons vs. Syracuse Crunch @ 7 p.m.

Saturday, March 10! Tickets \$12.00

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

For tickets, contact Tech. Sgt. Nicole Picard at nicolepicard@ymail.com



Women's History Month

1916 - Margaret Sanger opens the first birth control clinic

1903 - Marie Curie is awarded the Nobel Prize for Physics for the discovery of radioactivity

1840 - Elizabeth Blackwell becomes the first American woman to receive a medical degree

1928 - Women compete for the first time in Olympic field events

1854-1860 - Susan B. Anthony crusades for women's rights in the United States and internationally

1908 - National Organization for Women (NOW) is founded

1920 - With the passage of the 19th Amendment to the U.S. Constitution, U.S. women get to vote

1542 - Mary, Queen of Scots is the first known female golfer

1869 - Golda Meir becomes prime minister of Israel

2570 B.C. - Queen Nefertari rules Egypt, calling herself "God's wife."

St Patrick's Day at the Club

Come join your Irish-for-a-Day Friends

at the NC-O'club on Saturday March 3



DJ & Karaoke ...

Darts... & O'Pool,

Shuffle board too.



Welcome to new members

Michael Sielis	SFS	13 Jan 2012
Russ Piggott	131 FS	15 Jan 2012
Joseph Adamowicz	MXS	21 Jan 2012
Aisha Tosado	131 FS	26 Jan 2012
Anthony Dieni	SFS	27 Jan 2012
Katie Gauvin	LRS	8 Feb 2012

Congratulations on your Retirements

Brandy Mimitz	LRS	27 Feb 2012
Thomas Bigos	LRS	29 Feb 2012
Jerry Rajotte	AMXS	6 Mar 2012
Stephen Puopolo	MXS	10 Mar 2012
Michelle Bush	CPTF	14 Mar 2012
Armand Lamour	CES	31 Mar 2012
Michael O'Neil	MXS	29 Apr 2012
Rosanne Frieri	FW	17 May 2012
Susan Pennison	FSS	20 May 2012
Keith Buckhout	MXS	14 Jun 2012
George Labonte	MXS	14 Jun 2012
Dennis Hudgins	MXS	20 Jun 2012
Robert Gleason	LRS	25 Jun 2012

CCTV broadcast line up

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



Ancillary training schedule - channel 7

<u>Morning</u>	<u>Training Video</u>
0900-0940	Forklift Fundamentals and Ops
0940-1013	Confined Space Awareness
1013-1023	Basic Ladder Safety
1023-1053	Lockout/Tagout
1053-1101	FOD Prevention
1101-1108	Copyright Infringement

<u>Afternoon</u>	<u>Training Video</u>
1300-1340	Forklift Fundamentals and Ops
1340-1413	Confined Space Awareness
1413-1423	Basic Ladder Safety
1423-1453	Lockout/Tagout
1453-1501	FOD Prevention
1501-1508	Copyright Infringement

Congratulations on your Promotions

To Senior Airman (E-4)

Stephen Drubin	104FW MXS
Jaun Rodriguez	104FW MXS
Dominic Scapin	104FW MXS
Timothy Wachta	104FW MXS



To Staff Sgt. (E-5)

Thomas Ambrose	104FW AMXS
Michael Burkhart	104FW AMXS
Gregory Gay	104FW FW
Jennifer McGrath	104FW FSS
James Merkel	104FW MXS
Daniel Soares	104FW MXS



To Tech. Sgt. (E-6)

Andrew Everett	104FW MXS
Thomas Landon	104FW LRS
Jason Loring	104FW MXS
Joshua Read	104FW 131 FS
Christine Willette	104FW MDG
Robert Zachara	104FW MXS



Religions notes:

Ecumenical time of Prayer & Reflection

Saturday, 6:50 to 7:20 a.m.

in the Chaplain's Office

Protestant Services:

Saturday, 4 p.m.

in the building 1 Conference Room

Catholic Services:

Saturday, 4 p.m.

in the Base Chapel, building 12



This Month in History

March Historical Events

March 19, 1910 - Orville Wright opened the first Wright Flying School at Montgomery, Ala. This site became Maxwell AFB, Ala.

March 7, 1924 - Lt. Eugene Hoy Barksdale and his navigator, Lt. Bradley Jones flew a DH-4B, powered by 400 horsepower Liberty engine from McCook Field, Ohio to Mitchel Field, N.Y., using instruments only.

March 1, 1935 - The War Department activated an air combat command called General Headquarters Air Force at Langley Field, Va. This action centralized nationwide command over all Army Air Corps combat units under a single air officer, Frank M. Andrews.

March 21, 1946 - The Strategic Air Command, Tactical Air Command and the Air Defense Command are created.

March 20, 1959 - The site in Cheyenne Mountain, Colo., was approved as the location for NORAD.

March 2, 1971 - The U.S. Air Force introduces a policy permitting women who become pregnant to remain on active duty or to be discharged and return to duty within 12 months of discharge.

March 1, 1973 - Fairchild-Republic received a contract for the A-10.

March 1, 1973 - McDonnell-Douglas received production approval for the first 30 operational F-15s.

March 10, 1977 - The first woman navigator candidates report to Mather AFB, Calif., to begin undergraduate navigator training.

March 11, 1986 - An Air Force Program Management Directive sought a night and under-the-weather surface attack capability for the F-15.

March 2, 1987 - The first F-15E arrived at Edwards AFB, Calif., for flight testing.

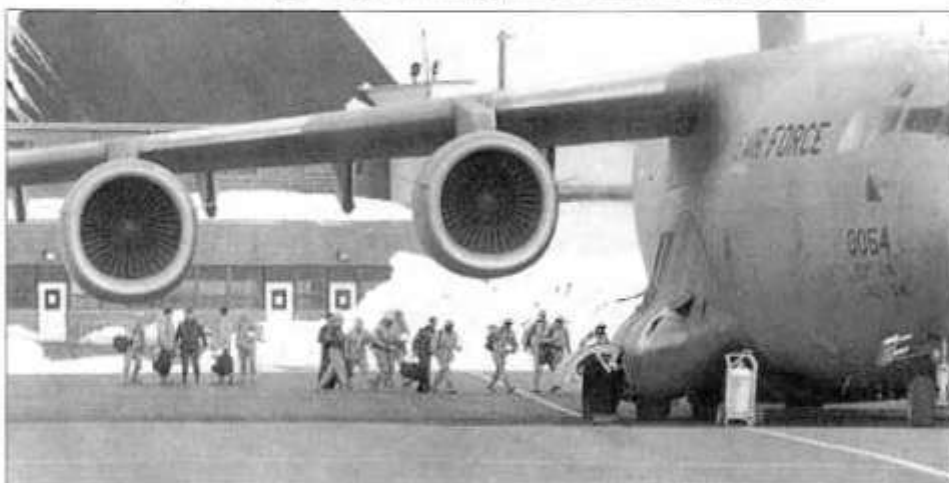
March 24, 1999 - Operation Allied Force began. The USAF portion was code named Noble Anvil. The air war began with 250 U.S. aircraft committed. Some 720 U.S. aircraft were eventually deployed, including 517 USAF types -- 40 A-10, 18 F-15C, 32 F-15E, 35 F-16CG, 64 F-16CJ, 25 F-117, 11 B-52, 5 B-1, 6 B-2, 151 KC-135, 24 KC-10, 25 various ISR, 38 Special Operations/CSAR/other and 43 transports.

March 26, 1999 - An F-15 shot down two MiG-29s in aerial combat over Yugoslavia on the third day of Operation Allied Force.



Wing continues to deploy personnel

Preparation, goodbyes, waiting, mark current 104th routines



A group of 104th Fighter Wing personnel make their way towards a C-17 aircraft Feb. 24 for transport to an undisclosed location in support of Operation Enduring Freedom. The wing has deployed close to 200 personnel in various career fields in recent weeks and six of its A-10 Thunderbolt II aircraft.

By TSgt. Glenn LaChapelle
Aircscoop Staff

As more and more U.S. military forces flow into Southwest Asia in anticipation of possible war with Iraq, 104th Fighter Wing personnel and resources continue to be deployed and activated to support these efforts.

Over the last two months, nearly 200 wing members have been de-

ployed and more remain in the partial mobilization phase, awaiting further orders. About 100 members departed the area from Feb. 21 to Feb. 24, and six A-10s left the week of Feb. 10, representing the first aircraft to be deployed. Wing members continue to make necessary preparations, both vocational and personal, and continue to be vigilant in their readiness. The wing

last participated in combat operations in 2000 during Operation Southern Watch, when unit personnel and aircraft deployed to Al Jaber Air Base, Kuwait

More deployment photos
Page 2

Pride, Professionalism, Patriotism

MASSACHUSETTS AIR NATIONAL GUARD

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

www.104fw.ang.af.mil

Social Media Sites:

www.facebook.com/barnesang
www.twitter.com/104fighterwing
www.flickr.com/photos/barnesang



PRIDE,
PROFESSIONALISM,
PATRIOTISM

We're on the Web
WWW.104FW.ANG.AF.MIL

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