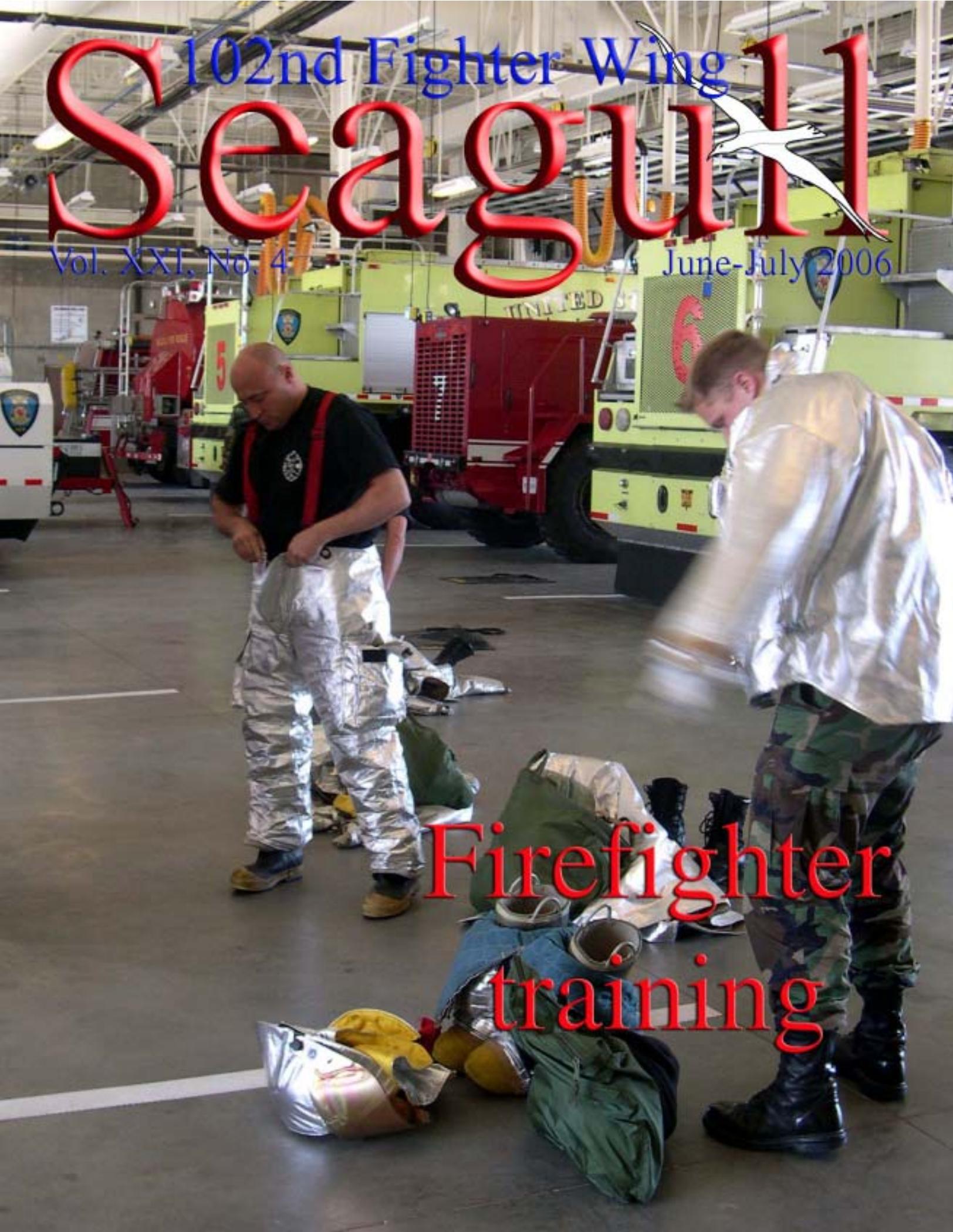


102nd Fighter Wing Seagull

Vol. XXI, No. 4

June-July 2006



Firefighter
training



Col. Timothy Lynch

From the operations group commander's desk

Striking a Balance

By Col. Timothy Lynch

102nd Operations Group commander

At this time of year, change can be seen all around.

Every spring we see our world transform itself; there is a renewed hope of what lies ahead. Now may be a perfect time to take a fresh look at who we are, whom we would like to be, and how to become more effective in both our personal and professional lives.

So today I will share some thoughts on how we can be proactive and take personal responsibility in maintaining balanced, productive lives.

Reaching the proper balance in our lives pays huge dividends in our daily successes. It is important because if we don't, the mission will suffer. Chief Master Sergeant of the Air Force Gerald Murray recently said, "Our Airmen's quality of performance is directly related to their quality of life."

So how can we enhance quality (reach the proper balances) and ensure high, sustained performance?

One method of measuring quality of one's life is by looking at the status of our health, happiness, and the energy levels we bring to each day. Health, happiness, and positive energy are all achievable when we keep our physical, mental, emotional, and spiritual energies in the positive and in the proper balance.

Air Force Materiel Command uses similar concepts in its "Wellness is an Attitude" campaign. Moreover, similar themes were previously developed in Jim Loehr's and Tony Schwartz's book "The Power of Full Engagement."

Keeping ourselves physically fit is the most important contributor and lays the basic energy foundation. Consistent sleep cycles (such as Ben Franklin's "early to bed, early to rise" theme), regular refueling breaks (eating 4-5 small meals filled with complex, low glycemic meals and never skipping breakfast), and daily exercise (aerobic, anaerobic, stretching, etc.) all set the stage for much higher, sustained energy/wellness.

The next assessment is of our mental energies. We are doing well in this area when we are able to fully focus on the tasks at hand, to visualize a clear path to success, and continue to expand and challenge our minds (old adage of

"use it or lose it" applies).

Third, we have to strike the proper balance on the emotional side. Having the self confidence in taking on new challenges and finding enjoyment in living life (a life lived to the fullest based on whatever cards are dealt to us) are some of the questions we need to ask. Additionally, the power of positive thinking so often heard post-BRAC comes into play.

Lastly, there is the spiritual dimension. Knowing why we are here and how we fit into the grand design (i.e., what is our purpose beyond our own self interests), living each day with courage and integrity, and sticking to our deeply held values are all key areas to explore when making our self assessments.

The Air Force core values appear to capture this dimension quite well ("Service Before Self, Integrity First, and Excellence in All We Do").

So take a moment to look within and see if the proper balance exists between the physical, mental, emotional, and spiritual energies. They won't all be equal, but they all should be present and they all should make positive contributions to your overall energy levels. Keeping these in balance and in the positive will bring us to better health, increased happiness, and much higher energy levels which will be evident in improved performance both on and off the field of play.

If we work hard to keep our lives in balance, we will increase our productivity and will live much happier and satisfying lives.

If we find ourselves running on empty in any one of the four key areas, it is time to make changes and take the first small steps. Creating new habits and positive "rituals" is one way of getting back on track. Once new routines reach the autopilot stage, we will find ourselves fully energized and ready to take on life's challenges.

"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent." - Gen. Douglas MacArthur

ON THE COVER

This month...

Tech. Sgt. Paul Jacques dons firefighting gear along with another firefighter at MacDill Air Force Base, Fla., where a contingent from Otis spent two weeks training. Related story and more photos on Page 8.

MSgt. Gendreau adds a diamond

Story on Page 5



Seagull

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Group honors MSgt. Boyd

Story on Page 6



Weather Flight gets award

Story on Page 14



What's for lunch?



Thursday, June 8

Pork spareribs or chicken salad wrap, salad, vegetables, assorted desserts and beverages.

Friday, June 9

Chicken broccoli and ziti or fish, salad, vegetables, assorted desserts and beverages.

Saturday, June 10

Spaghetti and meatballs or Italian subs, salad, vegetables, assorted desserts and beverages.

Sunday, June 11

Roast beef or grilled Reuben sandwich, salad, vegetables, assorted desserts and beverages.

Wing cable television

The 102nd Fighter Wing CATV broadcasts 24 hours a day, 7 days a week on the following channels:

Channel 3: Fox News

Channel 9: CNN, defaults to training broadcasts

Channel 11: Pentagon Channel, defaults to training broadcasts

For questions about broadcasting, please contact Multimedia at extension 4516.

*Have a happy,
safe
July 4*



Upcoming drill dates

Drill hours are 7:30 a.m. to 4 p.m. Saturdays and 7 a.m. to 3:30 p.m. Sundays.

2006

June 8-9	Oct. 21-22
June 10-11	Nov. 2-3
Aug. 26-27	Nov. 4-5
Sept. 16-17	Dec. 2-3

* First drill in June replaces July drill.

* June 8-11 is for Unit Compliance Inspection preparation.

* First drill in November replaces July 2007 drill.

* Unit Compliance Inspection Nov. 2-7.

Medical group needs new first sergeant

The 102nd Medical Group is looking to fill a first sergeant vacancy.

Resumes should be submitted to Command Chief Master Sgt. Roy Piver. He can be contacted at 508-968-4503 or at roy.piver@maotis.ang.af.mil no later than the close of business Tuesday, Aug 1.

For a description of duties and responsibilities, see Air Force Manual 36-2108 and Air Force Instruction 36-2113.

Technical sergeant applicants must be a graduate of an in-residence non-commissioned officer academy and be immediately eligible for promotion to master sergeant. A minimum physical fitness score of 75 also is required.

A two-week course at Maxwell Air Force Base, Ala., is mandatory and must be completed within one year of selection.

Seagull deadline

The deadline for submission of articles for the August Seagull is July 21. No articles can be accepted after this deadline.

Articles for publication should be no longer than 350 words. The public affairs staff has the right to edit all articles for content and length.

Items should be sent over the LAN to kenneth.wheeler@maotis.ang.af.mil or prepared on a floppy disk, preferably in Word for Windows.

Articles on disk also should be submitted with a printed copy to the Public Affairs Office, Building 158, room 209. For more information call 508-968-4090.

2006 MSgt. Thomas Flynn Award nominations due

Nominations for this year's Master Sgt. Thomas Flynn Award are due no later than June 11 to the First Sergeants Council.

Any member of the 102nd Fighter Wing can nominate anyone else in the unit for the award.

The nomination should consist of one to two typewritten pages in outline format containing a description of the person's contributions to patriotism, morale and volunteer participation in wing events. A typewritten cover letter should contain the nominee's name, rank, duty section, home address, supervisor and commander, the nominator's name, rank, duty section and duty phone.

The award winner will be announced at Family Day.

Please take a few minutes to recognize and nominate a member you know who deserves recognition for doing so much for others.

For more information, contact Senior Master Sgt. Michael Poirier at extension 508-968-4662 or at Michael.Poirier@maotis.ang.af.mil.



Master Sgt. Ray Gendreau, new first sergeant for the 102nd Aircraft Maintenance Squadron, helps Tech. Sgt. Yvette Bennett with her fitness questionnaire.

Photo by Master Sgt. Wes Smith

Master Sgt. Gendreau adds diamond

By Master Sgt. Ken Wheeler

With a focus on “helping my people,” Master Sgt. Raymond Gendreau has taken over as the new first sergeant of the 102nd Aircraft Maintenance Squadron.

He replaces Master Sgt. Thomas Rudzik, who is now the supervisor of the aircraft ground equipment shop.

A veteran of 21 years military service, Sergeant Gendreau says his focus in his new job is to see that maintenance personnel are “prepared to perform the mission and see that outstanding performance is recognized and rewarded.”

“I hope to utilize personal recognition to create better morale in the squadron. ... I also hope to put forth a positive military image that people will want to follow, maintaining high standards for myself and hope others will follow. We have a lot of good people” in the squadron and the wing, he said.

“My success, ultimately, will be based on the success of my people. ... I want to see people do well. ... I want them to

feel good about themselves.”

In preparation for whatever new mission the 102nd might receive, Sergeant Gendreau wants to ensure the members of his squadron are ready to take on the responsibilities that will come with whatever the mission will be.

“Another goal is having people prepared for the change that is inevitable. ... If members complete their PME (Professional Military Education), complete their upgrade training, and put themselves in the best position to succeed, they will! ... I want people to have jobs and opportunities because opportunities will be available, but only for those who are prepared.”

Sergeant Gendreau started his career with three years in the Air Force, working as an integrated avionics systems mechanic on F-15 Eagles at Holloman Air Force Base, N.M.

Two months after he left the Air Force, “I heard that Otis received F-15s” and in August 1988, he joined the 102nd as a traditional Guard member, again work-

ing in the integrated avionics section.

“I brought some active-duty experience to the job. At that time, most of the people were recently out of tech school. After basic training and tech school, I had worked on the planes for two years.

In September 1989, he became a full-time technician in the avionics test station where he repairs the various “black boxes” on the F-15 Eagles that include radar, electronic warfare and electronic countermeasures systems.

Born in Fall River, Sergeant Gendreau is a graduate of BMC Durfee High School and has associate’s degrees in avionics systems technology from the Community College of the Air Force and in liberal arts from Cape Cod Community College.

He and his wife, Staff Sgt. Tabitha Gendreau of the career enhancement section of the 102nd Military Personnel Flight, have three children: Samatha, Leesha and Jarren.

Worcester group honors MSgt. Boyd as outstanding NCO

By Master Sgt. Ken Wheeler

For his work with a variety of military-related and veterans organizations, Master Sgt. Kenneth Boyd has been honored by the Armed Forces Committee of Worcester County as the Outstanding U.S. Air Force Noncommissioned Officer of the Year. The award was presented in mid-May.

Sergeant Boyd, a member of the 102nd Logistics Readiness Squadron, is the vehicle operations supervisor in the motor pool where he works with a fleet of more than 200 vehicles, ranging from sedans and pickup trucks to tractor-trailers and buses.

As part of that job, he is responsible for issuing military driver's licenses and conducting no-notice inspections of vehicles used by various sections at Otis, ensuring

that personnel there are keeping the vehicles maintained.

Sergeant Boyd is also assistant non-commissioned officer in charge of the Base Honor Guard, which conducts flag ceremonies at various venues, such as professional sporting events.

He has also taken his expertise to help other organizations with their honor guards, including the Veterans of Foreign Wars post in Melrose and the Vietnam Veterans Association chapter in Stoneham. Sergeant Boyd also has worked with veteran's agents around Massachusetts to enhance their community involvement efforts.

A letter carrier in Watertown, Sergeant Boyd also has helped with U.S. Postal Service Muscular Dystrophy fundraisers in that town.



Master Sgt. Kenneth Boyd

During his 18 years of military service, Sergeant Boyd served four years in the Air Force, also working in vehicle operations.

In 2004, he was one of five members of the motor pool who were mobilized for six months and deployed to Balad Air Base, Iraq, where Sergeant Boyd was the supervisor for vehicle operations, responsible for vehicles used on the base and in convoys sent to other parts of the country.

Council is there to offer help

By Airman 1st Class

Alexis R. Colonna

Airmen, E-1 through E-6, do you know where to go to discuss such things as:

- Passing general feedback up the ranks for resolution,

- Finding your way around or finding resources,

- What trends could be improved upon,

- What kinds of things do we do well here,

- Differences or "best practices" to discuss for possible implementation,

- Effects of locally high levels of experience and rank on education and training on new non-prior members,

- Smoothing conversion from active duty to the Air National Guard,

- Implications of converting to dual



status,

- Tools available for tracking individual promotion status,

- Resource overload, how not to get lost in the jungle of resources at your fingertips,

- Locally authorized uniform variations,

- Health issues arising out of local trends or policies.

This is just a short list of exemplary topics addressed by the Airmen's

Council. If you have questions or would like to contribute or participate on behalf of your shop or unit, please feel free to look over the Airmen's Council website, which is accessible directly from the Otis home intranet page, and come to our meetings, held in the Wing Conference Room, Building 158 at 1 p.m. on Saturday of drill weekends.

We'd like to see all units represented, so please join us!

Cell Phone usage at the pump?

By Master Sgt. Keith Delgado
102nd Medical Group
Bioenvironmental engineering

As indicated by the motorist organization AAA, the average price of a gallon of regular gas, at \$2.83 a gallon, is 27 percent more expensive than last year. Some described this as, "putting a huge dent in their pockets."

But even though, as you stand there "fuming" about the high price, don't use your cell phone while pumping gas. Make your cell phone call in a safe place away from the gas station and then, complain to whomever you feel would listen to your rant.

Although there has never been a confirmed incident of a refueling fire caused by using a cell phone during refueling, according to the American Petroleum Institute, it's best to give your full attention to the fueling process and to minimize distractions that cell phones can cause.

We have all seen false e-mails and claims that there have been explosions caused by cell phones, but the Cellular Telecommunications Industry Association adamantly denies the risk. The CTIA said, "There is no evidence whatsoever that a wireless phone has ever caused ignition or explosion at a service station anywhere in the world. Cell phones don't cause gas stations to blow up. The warnings

being posted in gas stations simply perpetuate the myth."

For all of you myth buster aficionados out there, this was featured on the television show Mythbusters' "Episode 2, Cell Phone Destruction" as seen on the Discovery Channel.

News reports routinely attribute gas pump fires to cell phone use whenever a fire occurs at a service station where such a cell phone was in use at the time, and some simply assume the connection between the two to be valid. Later investigations, however, have always shown in such cases that the press reports were wrong, that something else touched off the fires, and the presence of cell phones was coincidental rather than the actual cause.

The Mythbusters' conclusion was that static discharge from person to car was the most likely initiator of any such fires reported.

Bottom line; adhere to the warning signs posted at service stations.

The presence of the "DO NOT USE CELL PHONES" sign is simply posted for customers to give their full attention to the fueling process.

It is designed to help alleviate any mishaps and allow you to concentrate on putting that huge dent in your pocket as you fill up your gas tank.

Milestones

Promotions

To colonel

Maureen McCarthy

To technical sergeant

Thomas J. Burchell

Fred P. Carreiro

Julie A. Headley

Paul W. Jacques

Robert Palomba Jr.

Mark S. Sheridan

Keith Vaillancourt

To staff sergeant

Kimberly Anderson

Nathan F. Dubovsky

Richard C. Koch

Randy D. Matos

Christien Savard

To senior airman

Anthony S. Castelli

Justin M. Goff

Patrick R. Hill

Technical school honors

Master Sgt. Weston Smith, 102nd Communications Flight, honor graduate, basic still photography course, Fort George Meade, Md.

Senior Airman Sonia D. Jones, 102nd Fighter Wing, academic excellence award, financial management and comptroller apprentice school, Lackland Air Force Base, Texas.

Airman 1st Class Megan Cuthbert, 102nd Maintenance Group, two letters of appreciation at Avionics Test Station and Aircraft Component Apprentice School, Sheppard AFB, Texas.

Welcome aboard

102nd Security Forces Squadron

Airman 1st Class Kevin J. DaSilva, security forces apprentice, Taunton.

Staff Sgt. Charles R. Kinville, Security Forces specialist, Mashpee.

102nd Maintenance Squadron

Staff Sgt. Scot W. Kurpick, aircraft ground equipment mechanic, Braintree.

102nd Civil

Engineering Squadron

Senior Airman Phillip C. Kersey, heating, ventilation and air conditioning specialist, Brockton.

Tech. Sgt. Stephen J. Rawlinson, readiness specialist, Cumberland, R.I.

102nd Medical Group

Staff Sgt. Melanie J. Conner, medical services specialist, New Ipswich, N.H.

101st Fighter Squadron

Airman 1st Class Mark A. Giromini, aircrew life support specialist, Belmont.

Staff Sgt. Aaron D. Smith, aircrew life support specialist, West Bridgewater.

Remember!

Much of the June unit training assembly period will be devoted to preparation for November's unit compliance inspection.

Firefighters get hands-on training

**By Master Sgt. Douglas Campbell
102nd Civil Engineering Squadron**

On April 1, 11 members of the 102nd Civil Engineering Squadron Fire Department traveled to MacDill Air Force Base, Fla., for 15 days of training.

After some initial difficulties with billeting, the members got the chance to work in the newest fire station in the Air Force; it was opened in December.

The firefighters were assigned to one of two rotating shifts, working 24 hours on, 24 hours off. It sounds great, but it turns out to be a 72-hour workweek with an extra 24-hour shift off every other week.

Though MacDill's firefighters are now working 72-hour workweeks, with upcoming Aerospace Expeditionary Force deployments, those firefighters left behind will end up working a minimum 96-hour workweek. The Otis firefighters helped take on some of that load during their deployment.

While at MacDill, Otis firefighters also received training in hazardous materials, aircraft rescue firefighting, vehicle operations, emergency medical services, aircraft familiarization and several public relations events during the trip.

They also were able to offer some structural firefighting training with a Northeast flair.

Building construction and environmental extremes were some of the differences discussed. It was tough for the Otis personnel to deal with Florida's heat and humidity, while the MacDill personnel found it difficult to comprehend New England's cold weather operations. Buildings in New England also tend to be older - many built in the 1800s — and closer together.

Other training sessions highlighted KC-135 egress and the differences in large-frame vs. small-frame aircraft and the firefighting techniques used for both. Members also enjoyed some of the Florida entertainment with day trips to Busch Gardens, Universal Studios, Tampa Bay Devil Rays baseball games, and some local beaches.

During the March UTA, 20 members of the Otis department also participated in live fire training at the Barnstable County Fire Training Academy. That facility offers a unique opportunity because most Air Force training uses propane props that do not create the smoke and fire conditions that occur during structural fires.

In addition to the life fire trainer, the academy also has a "flashover simulator," a confined space rescue simulator and a two-story, full-sized search trainer that is used to teach search and rescue techniques.

To get first-hand experience of some of what the firefighters go through, Lt. Col. Eric Pauer, commander of the 102nd Civil Engineering Squadron, donned breathing apparatus and, with the help of two senior firefighters, went through the flashover simulator.

"Putting the gear on, I realized it was a lot heavier

than I expected. It also was a lot warmer than I expected even wearing the reflective suit," Colonel Pauer said. "Going into the building, you think you will be able to see more, but with all the smoke, it is so black, you can't see anything. The firefighters have to instinctively know what to do.

"As a commander, the exercise gave me a better understanding of what our firefighters go through day in and day out. It was a great experience."

The Otis Military Fire Department has a wealth of firefighting experience; most members work for full-time municipal fire departments. Some of the members include fire officers up through the rank of deputy chief, or on-call volunteer firefighters in their home communities.



Airman 1st Class Shaun Colby and Senior Airmen Nicholas Cuervels and Anthony Castelli got a KC-125 incentive ride.



Tech. Sgt. Paul Jacques gives a thumbs up on the way to a structure fire.

Among one of the more mundane tasks that any firefighter faces is keeping the equipment clean.



Lt. Col. Eric Pauer, commander of the 102nd Civil Engineering Squadron gets some help to make his way through the “flash-over simula-tor” at the Barnstable County Fire Training Academy.

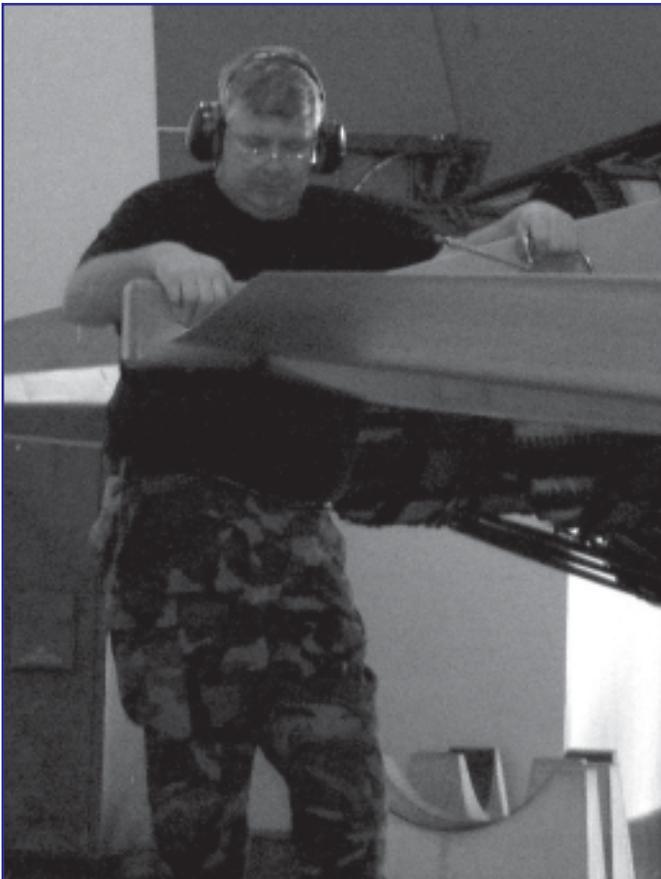


Colonel Pauer suits up for his session.



Photo by Lt. Col. Christina Stevens

Staff Sgt. Mike Dorsey, wearing a communications headset, prepares to ready F-15 Eagle 520 for a maintenance check flight at Kadena Air Base, Okinawa, Japan.



Master Sgt. Bill Killen helps remove a panel from aircraft 500.

Maintainers ensure wing's newer F-15s are ready to cross 'the pond'

**By Lt. Col. Christina Stevens
Deployment officer in charge**

When Col. Timothy "Tiny" Lynch, 102nd Operations Group commander, taxied F-15 C model 519 to the ramp at Otis, it represented more than just your average sortie.

It represented lots of planning, 30 days of maintenance inspection, many confidence flights and thousands of miles.

The aircraft came to Otis from the 18th Fighter Wing to become one of our primary assigned aircraft after being accepted by the third rotation of 102nd maintainers.

This third group of maintenance folks arrived at Kadena Air Base on Okinawa, Japan, at the end of March and took a full month to inspect and fly two of the 18th Fighter Wing F15Cs back to Cape Cod.

(See F-15, Page 11)

F-15

(Continued from Page 10)

Tech. Sgt. Brian Savage ran the transfer dock operation. “The most challenging part was making sure everything was good to go across the pond (Pacific Ocean)” said Sergeant Savage. “We wanted to make sure it was all properly inspected, but we really got busy when we started flying.”

Sergeant Savage went on to say that working with the active duty and visiting that part of the world was an “overall incredible experience.”

All the aircraft systems are inspected during the process, so the 102nd team had representatives from all the shops.

Engine shop was particularly busy inspecting and installing new Pratt & Whitney F100 turbofan motors in the new tails.

Senior Master Sgt. Mike McCarthy, shop supervisor, was justifiably happy with his team. “I’m extremely proud of the quality and quantity of maintenance accomplished by all the individuals deployed to Kadena, Okinawa,” said McCarthy. “Over the past 5 months engine shop personnel and augmentees conducted 14 engine



Master Sgts. Tim Schilling and Bill Killen work on an aircraft in the transfer dock at Kadena Air Base, Okinawa, Japan.

changes, 21 engine borescope acceptance inspections, and three augmentor removals and installations. The professionalism and focus on mission accomplishment displayed to this point has been very impressive considering

all the distractions we have all been through over the past year.”

When the Otis team of 22 personnel had completed inspecting, fixing and prepping the aircraft, pilots from the 101st Fighter Squadron flew the planes to check the systems.

Then maintainers began the next round of fixing and flying.

After one local sortie, Colonel Lynch praised the quality of Guard maintenance and thanked the team for their efforts in getting his aircraft ready for a long trip across the Pacific.

With a whole month in the country, the trip wasn’t all work.

“It’s a great little island, I really enjoyed the local culture,” said Tech. Sgt. Don Auclair from the maintenance squadron machine shop. “But the best part of it was the food, half the time I didn’t know what the heck I was eating. I tried kelp, octopus and local shrimp.”

The rotation culminated with the successful launch of two aircraft back to Cape Cod. Then the team turned over their tools, briefed the incoming group and started the long trip back home.



Photos by Master Sgt. David Nurse

Master Sgt. Tim Schilling visits the memorial at the Okinawa Peace Park.

Chapel Call

Chaplain (Capt.) Mary Scheer



'Because of you'

Nearly everyday I speak with someone experiencing pain, regret, or disappointment in some area of his or her life.

They say things like, "It's not what I thought it would be," "this isn't the way I hoped things would turn out."

A man in his late 70s recently told me that he lived his whole life working a job he hated and never pursued the thing he had really wanted to do from the time he was very young.

"I missed out on my dreams," he said.

It's easier to dream when we're young. My husband and I have six children and as they grew up, I listened to all the dreams they had for when they grew up ... dreams about their first car (my youngest is currently dreaming about a beautiful white Mustang. I encouraged her to keep dreaming), where they would go to school, who they would marry, what kind of career they wanted. We encouraged our kids to dream and then to actively pursue those dreams.

But did you ever notice that there are always people out there ready to rain on your parade. Negative, nay-saying dream crushers exist.

When our dreams come true and things work out the way we want them to, life is great, but when they don't, we try to figure out what went wrong and who's to blame.

In her song, "Because Of You," Kelly Clarkson sings about the effect one person can have on another. The character sings about life with her parents, saying:

"Because of you, I never stray too far from the sidewalk.

Because of you, I learned to play on the safe side so I don't get hurt,

Because of you, I try my hardest just to forget everything,

Because of you, I don't know how to let anyone else in,

We are more than our mistakes, more than the things that have happened to us. We are more than our past, more than what people think about us. We are more than labels, more than diagnosis or dysfunction. We are more than our fears. Everyday, we are more than we used to be.

Because of you,, I'm ashamed of my life because it's empty, Because of you, I am afraid."

The world is full of people singing a similar song; "Because of you, I'm afraid to try... afraid to risk ... afraid of failing. Because of you, I dropped out of school ...

I didn't go to college.

Because of you, I ran away ... got married too soon ... didn't get married at all ... had kids too soon ... am raising these kids alone ... have poor self-esteem ... am plagued with self doubt ... don't know how to trust ... regret the past, hate the present, dread the future ... because of you ... I am afraid."

The truth is, we are all affected by (and we each affect) the people around us, sometimes for the good, sometimes for the bad.

Another truth exists as well. We are more than our mistakes, more than the things that have happened to us. We are more than our past, more than what people think about us.

We are more than labels, more than diagnosis or dysfunction. We are more than our fears. Everyday, we are more than we used to be.

There is a power that comes through faith. We have the power to make changes and choices, to take risks, to rise above or move beyond.

Our lives can exceed more than we hoped or expected as we keep dreaming and reaching for those dreams.

It begins by believing that we can, then trusting and acting on that belief.

Finally, in addition to reaching for our own dreams, each of us has the potential to help someone else reach for theirs.

Each of us is a dream builder or a dream crusher for someone else.

At the end of the day, what will they say "Because of You?"

Interfaith calendar Holy Days & sacred times For June & July

June

- * 1 Ascension of Jesus - Orthodox Christian
- * 2 Shavuot - Jewish
- * 4 Pentecost - Christian
- * 9 St. Columba of Iona - Celtic Christian
- * 11 Trinity - Christian Pentecost - Orthodox Christian
- * 15 Corpus Christi - Catholic Christian
- * 16 Guru Arjan martyrdom - Sikh
- * 18 All Saints - Orthodox Christian Most Holy Body and Blood of Christ - Catholic Christian
- * 19 New Church Day - Swedenborgian Christian
- * 21 Litha - Wicca/Neo Pagan northern hemisphere Yule - Wicca/Neo Pagan southern hemisphere
- * 22 First Nations Day - Canadian Native People
- * 23 Sacred Heart of Jesus- Catholic Christian
- * 24 Nativity of Saint John the Baptist - Christian
- * 29 Feast Day of Saints Peter and Paul - Christian

July

- * 1 Most Precious Blood of Jesus - Catholic Christian
- * 6 Dalai Lama Birthday - Buddhist
- * 9 Martyrdom of the Bab - Baha'i
- * 11 St Benedict Day - Catholic Christian
Guru Purnima - Hindu
Asalha Puja Day - Buddhist
- * 13 Obon (Ulambana) - Buddhist/Shinto
- * 15 St. Vladimir the Great Day - Orthodox Christian
- * 24 Pioneer Day- Mormon Christian
- * 25 St. James the Great Day - Christian

Submitted by the wing chaplain's office



NCO education ribbon

Editor's note: This is the first in a series that discusses Air Force awards and decorations.

**By Staff Sgt. Tabitha M. Gendreau
Career enhancement section
102nd Mission Support Flight**

Noncommissioned officer professional military education graduate ribbon.

This award, authorized by the Secretary of the Air Force on Aug. 28, 1962, is awarded to graduates of the following certified NCO PME schools: NCO Preparatory Course, Airman Leadership School, NCO Leadership School, NCO Academy, Senior NCO Academy.

Graduation from each successive level of PME entitles the member to an oak leaf cluster.

Do not award the ribbon to members who only complete the correspondence courses or similar training conducted by other military services except for in-residence completion of the U.S. Army Sergeant Major Academy, Navy Senior Enlisted Academy, or Coast Guard Chief Petty Officer Academy.

Authorized device: oak leaf cluster

Precedence explained for new state medals

With the creation of two new Commonwealth of Massachusetts military ribbons, several people have been asking about their precedence with other state ribbons.

The two ribbons are the Massachusetts Defense Expeditionary Ribbon and the Massachusetts Defense Service Ribbon.

Below is the precedence of the ribbons which will be worn below federal awards and decorations and above foreign decorations.

Massachusetts individual decorations, awards, and service ribbons will be worn in the following order of precedence over the left breast pocket:

a. Medal of Valor

b. Military Medal

c. Medal of Merit

d. Humanitarian Service Ribbon. (Note: This is not the Federal Humanitarian Service Medal)

e. Massachusetts Service Medal (ARNG/ANG)

f. Desert Storm Service Ribbon

g. Massachusetts Defense Expeditionary Ribbon

h. Massachusetts Defense Service Ribbon

i. Emergency Service Ribbon

Massachusetts National Guard awards and decorations also are worn above any state awards awarded by another state/territory.

202nd Weather Flight earns Air Force honors

By Senior Airman James P. Regan

A local Air Guard unit, with a primary mission of supporting the Army, was selected in May as a recipient of the 2005 U.S. Air Force Collens Award, given annually by the Air Weather Association.

The 202nd Weather Flight was one of three Air National Guard units to receive the award, said Capt. John F. Cullen, vice commander of the flight.

The outstanding work done by the flight during deployments played a large part in its being selected for the award, said Captain Cullen.

"All members of the 202nd contributed to mission success whether they were down range or here at Otis supporting those deployed," said Captain Cullen.

The 202nd deployed two different teams to Iraq in 2005 in support of Operation Iraqi Freedom. Each team spent six months working with the Army's 42nd Infantry Division based in New York. During that time, servicemembers worked with aviation and helicopter units located throughout the country, said Captain Cullen.

They provided a monthly average of 771 surface weather observations and 815 mission briefings, which enabled pilots to fly an average of 4,500 hours per month.



Photo by Senior Airman James Regan

Master Sgt. Jeffrey J. Souza watches as Master Sgt. Robert E. Chapman uses a laptop similar to the one they used in Iraq. Both men are from the 202nd Weather Flight, which was recently recognized for excellence with a U.S. Air Force Collens Award.

Commanders made decisions on air assaults and flying missions using the information the 202nd provided them, Captain Cullen continued.

The 202nd has received a variety of recognitions, including a Collens award in 1994.

The award is named after Air Force Maj. Gen. John Collens III, 15th commander of the Air Weather Service, who founded the AWA in 1987. Five awards are given annually to individuals, and three are given to weather flights.

New battle uniform ready for production

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON — The new Airman battle uniform is ready for production and will be available in fiscal 2007, said the Air Force deputy chief of staff of personnel.

Many factors were considered in developing the final uniform selection, with the concern for Airmen being at the top of the list, said Brig. Gen. Robert R. Allardice.

"We were looking for a uniform that would be easier to maintain," he said. "We wanted to provide a uniform that the Airman wouldn't need to spend a lot of out-of-pocket expenses to maintain."

"We listened to the Airmen's request where they

wanted pockets to hold small tools, and when they wear body armor, the existing shirt pockets are not accessible or usable," General Allardice said. "It will have the four pockets on the front of the shirt, and also a small pencil pocket on the left forearm and two pockets on the lower legs. In addition, inside the side pockets and inside of the breast pockets there will be smaller sewn-in pockets to hold small tools, flashlights or cell phones."

The new uniform design is a pixelated tiger stripe with four soft earth tones consisting of tan, grey, green and blue. The ABU will have a permanent crease and will be offered in 50-50 nylon-cotton blend permanent press fabric eliminating the need for winter and summer weight uniforms.



The new battle dress uniform.

'My Stuff' lets Airmen track requests

Air Force Print News

RANDOLPH AIR FORCE BASE, Texas — Airmen can now track the status of requests and correspondence sent to the Air Force Contact Center via the "My Stuff" tab on the Air Force Personnel Center public Web site.

Airmen need a separate user identification and password to access "My Stuff" because the new software cannot be accessed at this time with the reduced sign-on capability used by the Air Force Portal and the AFPC Secure site.

The system has automatically created a generic user ID and password for Airmen who previously corresponded with the contact center. Those members should have received an e-mail from contact.center@randolph.af.mil requiring them to personalize and secure their account by establishing a unique password.

Members who did not receive this e-mail either already secured their account with a unique login and password or they have never corresponded with the contact center.

A generic account was established for all Airmen who have not interacted with the contact center, since they may be

required to do so in the future as part of the Personnel Service Delivery Transformation.

Members can personalize their generic account by visiting the AFPC public Web site at <http://www.afpc.randolph.af.mil> and following these instructions:

— Click the "My Stuff" gray tab on the front page underneath the search box,

— Type their generic user ID and click the "e-mail Me My Password" button. The generic user ID is the member's last name and last four digits of their social security number,

— Once the system e-mails the password, members can use their generic user ID and password to login and personalize their account by creating a unique user ID and password.

Establishing the "My Stuff" account will help Airmen track any requests, applications or questions they have sent to the Air Force Contact Center.

For questions or issues regarding establishing a "My Stuff" account, call the contact center at (800) 616-3775, option 1, option 1, option 2; commercial (210) 565-5000; or DSN 665-5000.

Online mental health screening available

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON — Military members and families coping with the stress of overseas deployments and other potential health-threatening issues can log onto the Internet to get help, said a U.S. military psychologist.

Servicemembers from all components and their families can obtain a mental health self-assessment or screening through a Web site co-sponsored by the Department of Defense and Screening for Mental Health Inc., a nonprofit organization, said Col. (Dr.) Joyce Adkins, a psychologist with the Force Health Protection and Readiness directorate at the Defense Department's Health Affairs office.

"The (online) screening actually gets you to where you need to be in terms of counseling," Dr. Adkins said. "Once you do one of the screening checklists, it will give you the benefits that are available to you."

The Web site was brought online in January, and can be found at <http://www.mentalhealthscreening.org/military/index.aspx>. The link to the survey

Such services are especially important now because of the potential stressful effects deployments can have on both military and family members.

is in the upper right corner of the Web page under "Click for anonymous self assessment."

The site augments other DOD mental health assistance resources, Dr. Adkins said. People logged onto the site are asked to answer a series of questions. The program "grades" the completed survey, Dr. Adkins said, and gives people an evaluation of their present mental health and provides assistance resources, if deemed necessary.

Other DOD-endorsed health sites tell customers how to access mental health counseling services, but do not provide an online mental health screening program, Dr. Adkins said.

National Guard and Reserve members returning from overseas deployments also are authorized to use the Web site, Dr. Adkins said. Returning Reserve-component members have two years of health benefits provided by the Department of Veterans Affairs.

"And, it's totally free to them," the colonel said.

Such services are especially important now because of the potential stressful effects deployments can have on both military and family members, Dr. Adkins said.

"It's a concern that people don't understand what their thoughts and feelings mean as they come back from deployment," Dr. Adkins said. "As they re-integrate with their families, there may be conflict in the family that's not easily resolved."

The mental health screening Web site and other related programs available to servicemembers and their families provide "a level of benefits and a level of service to help them understand what services are available to them for mental health issues," Dr. Adkins said.

Fun training



Tech. Sgt. Paul Jacques has a big grin on his face as he rappels off a building as part of the training Otis firefighters received while deployed to MacDill Air Force Base, Fla., for training and to help the base Fire Department there. Related story and photo on Page 8.

Seagull

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