

102nd INTELLIGENCE WING

# Seagull



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MARCH/APRIL 2010

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## Friend of 102nd continues model aircraft donations to Wing

| pg. 6



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## SEAGULL IDEAS?

Do you have an idea for a Seagull article? Would you like to be the subject of a story? Births, marriages, sympathy notices and other information are always welcome. Let us know what is going on in your organization. *(Please limit articles to 500 words.)*

**The next Seagull deadline is noon Friday, April 9, 2010.**

**102nd IW COMMANDER**  
Col. Anthony E. Schiavi

**PUBLIC AFFAIRS OFFICER**  
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## ON THE COVER >>



Model of F-84 Thunderstreak aircraft built and donated to the 102nd by our friend Ken Middleton. Full story on Page 6.

U.S. Air Force Photo/  
Master Sgt. Aaron Smith



## FROM THE DESK OF THE 102 IG COMMANDER

By Col. James LeFavor



DEPARTMENT OF THE AIR FORCE  
102D INTELLIGENCE WING (ACC)  
MASSACHUSETTS AIR NATIONAL GUARD  
OTIS AIR NATIONAL GUARD BASE MASSACHUSETTS

### "ISR" Defined

My last article attempted to define "Intelligence". Of the three people that read it, I received decent feedback that it was helpful. In our business, one often sees not just intelligence, but "ISR" - Intelligence, Surveillance and Reconnaissance together. This month's topic will address the latter half of this acronym. Whereas intelligence is the act of analyzing information for action, surveillance and reconnaissance are the precursor acts of gathering this information.

Surveillance and reconnaissance refer to the means by which the information is observed. Surveillance is "systematic" observation to collect whatever data is available, while reconnaissance is a specific mission performed to obtain specific data. In other words, surveillance is persistent (long duration and more passive), while reconnaissance is usually shorter duration and looking for specific information (more active).

For example, a security camera monitoring a base perimeter 24/7 is surveillance. A submarine sent to count enemy ships at port prior to an invasion would be reconnaissance. The terms are often grouped together and usually the differentiation is not that important. However, as intel aficionados, we should aspire to know the difference and possess the basis to speak smartly on the topic.

Aerial reconnaissance goes back to the early era of ballooning, and forward to the latest reconnaissance satellites and unmanned aerial vehicles (UAV). Many of today's airpower units have their heritage in "S+R"- like missions. In a fateful twist of irony, the 101st Intelligence Squadron, after having morphed through 80+ years of fighter designations, actually began as the 101st Observation Squadron, back in 1921. Yes, we were in fact, born as ISR. This is why the 101st patch depicts not a bird of prey, but a large-winged, high-lift, high-altitude, long-endurance, fear-inspiring seagull\*. If you squint and imagine the bird painted black, what do you see? It is almost as if Nostradamus himself designed the patch in 1921.

The Air Force has a wide and varied inventory of ISR platforms. ISR has become the modern era catch phrase of airpower employment. The concept of "every platform is an intel sensor" has caught on, and many innovative techniques are being developed. We have taken a generic light aircraft, like the venerable Beech C-12, and transformed it into an ISR platform with the new MC-12 Liberty, satisfying an urgent need for more surveillance and reconnaissance in theater. New reconnaissance wings and squadrons are emerging

rapidly throughout the Air Force and Air National Guard. Several former Fighter Wings are now Reconnaissance Wings, such as the 147th RW, Ellington Field, Texas, operating the MQ-1 Predator. Even the F-22 Raptor, with its sophisticated suite of avionics, is superbly equipped for "S+R" missions.

The growing importance of ISR led the U.S. Air Force to re-designate the Air Intelligence Agency (AIA) as the Air Force Intelligence, Surveillance and Reconnaissance Agency (AFISRA), Lackland AFB, Texas, in June 2007. This Field Operating Agency (FOA) is responsible for Major Command-like (MAJCOM) oversight of various units. Although actual surveillance and reconnaissance "flying" units remain under Air Combat Command (ACC), most major intel related missions report to AFISRA. The agency oversees the 70th ISR Wing, Ft. Meade, Md., the 480th ISR Wing, Langley AFB, Va., and National Air and Space Intelligence Center (NASIC), Wright-Patterson AFB, Ohio. All U.S. Air Force Distributed Common Ground Station (DCGS) ISR wings and groups, as well as all Air National Guard DCGS groups and squadrons have AFISRA as their MAJCOM. However, unlike the active duty re-designating their intelligence groups to "ISR" units, the Air National Guard DCGS units collectively agreed to remain as "Intelligence" wings/groups due to the fact that we don't actually "surveil" or "recon" as part of our mission.

Hopefully this makes the "ISR" moniker a bit less confusing. There will come a day when "ISR" will be a dinner conversation term and its use will be considered "cool". Then again...that might be pushing it.

\*More irony: During WWII, the 101st was federally activated and sent to Europe as the 39th Photo Reconnaissance Squadron, flying P-38s and P-51s in a tactical recon/recce mission.



## DINING HALL MENU | Hours: 10:45 a.m. to 12:30 p.m.

**Friday:**  
Meatloaf or Baked Chicken

**Saturday:**  
New England Boiled Dinner or Chicken Patty Sandwich

**Sunday:**  
BBQ Chicken or Swedish Meatballs

**UPCOMING UTAs >>** Unit Training Assembly duty hours are 7 a.m. to 3:30 p.m.

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## 102ND EARNS SIXTH OUTSTANDING UNIT AWARD

By Tech. Sgt. Andrew Reitano  
102nd Intelligence Wing Public Affairs

The 102nd Intelligence Wing has been awarded the Air Force Outstanding Unit Award for outstanding performance from Dec. 1, 2007 through Oct. 31, 2009.

"This award is not given out to just any unit," said Col. Anthony Schiavi, 102nd Intelligence Wing commander. "I am proud of the work that every member of the wing does to succeed both personally and as a much larger team. It's their accomplishments that have set the standard of excellence across the Air National Guard and the Air Force."

The wing's significant accomplishments during its transformation from a fighter wing to an intelligence wing, assumption of real-world Operational Battle Watch Missions a full year before their scheduled Initial Operational Capability, completion of more than \$22 million of major construction projects, recruitment of 315 new accessions, and retraining of more than 100 personnel to intelligence career fields, were only part of the reason the 102nd captured the award.

"The dedication and commitment of the members of the 102nd Intelligence Wing enable the Air National Guard to fulfill its commitment to the missions of peacekeeping, humanitarian relief, domestic improvement, and most important of all – defense of America," said Lt. Gen. Harry M. Wyatt III, Air National Guard director.

All Airmen assigned to the 102nd during the award period are authorized to wear the associated ribbon.

The Air Force Outstanding Unit Award is awarded to an organization that has performed meritorious service or outstanding achievements that clearly set the unit above and apart from similar units.



**The wing has previously been awarded the Air Force Outstanding Unit Award for the following periods:**

July 1, 1974 – June 30, 1975

Aug. 1, 1989 – March 31, 1991

July 15, 1997 – July 14, 1999

Sept. 11, 2001 (one day only)

Sept. 12, 2001 – Aug. 14, 2003

## BOOK REVIEW

By Staff Sgt. Alexis Colonna  
102nd Air Operations Group

### **True Believer: Inside the investigation and capture of Ana Montes, Cuba's Master Spy** Written by Scott W. Carmichael

*A spy is bad. Watch your Operational Security (OPSEC). Keep your eyes open for signs. You don't always know who is a threat.*

Absolutely! Who would argue? But then, who looks at the person sitting next to them and considers that they might be a spy? In today's military, we are routinely trained about the importance of OPSEC to the point of sometimes taking it for granted. This book will refresh your inspiration.

True Believer is Scott W. Carmichael's first-hand account of the downfall of Ana Montes, one of the most accomplished and enduring spies America has ever experienced. As one of two Counterintelligence Investigators for the Defense Intelligence Agency involved in the investigation, Scott Carmichael offers a unique and personal look into the discovery, investigation, and arrest of Ana Montes, one of DIA's top Senior Agents, recognized, respected, and relied upon across the U.S. Intelligence Agency for performance, professionalism, and depth of knowledge of Latin America and Cuba for more than 16 years.

At fewer than 200 pages, True Believer is a succinct and easy read that will tackle challenges we face every day from a perspective that, for many of us, is both familiar and new. Scott Carmichael, like us, investigates and writes from a combined military, civilian, and intelligence background, a perspective that helps him shed light on the realities of what it takes to find, work with, and capture a spy amongst us as well as what it takes to be a spy. Along the way, he paints a clear picture of how professionally members of the Intelligence Community interact from initial communications through investigative team development; an investigative version of joint force operations,

which is punctuated by personal experiences that make elements of the book, otherwise fit for a good novel, all too gritty and real.

How much damage to the U.S. did Ana Belen Montes cause? I highly recommend you read the book and consider it for yourself.

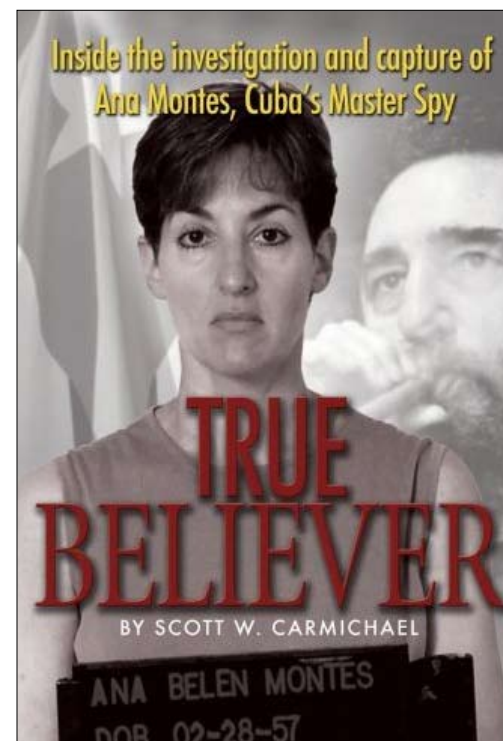


Photo courtesy of  
[www.amazon.com](http://www.amazon.com)

## Airman in the Spotlight



**Staff Sgt.  
Jeffrey Morgan**

Staff Sgt. Jeffrey Morgan is a nine year member of the 102nd Services Flight and Force Support Flight. He also served 12 years on active duty in the Services career field.

Sergeant Morgan was born and raised in South Weymouth, Mass., and currently resides in Plymouth, Mass. He has three daughters.

Sergeant Morgan hopes to stay in the Air Guard for as long as possible and has plans to earn a commission into the Nurse Corps.

"Work hard, stay focused on your goals and go from there," says Sergeant Morgan.

### **Civilian Job:**

During the week, when he is not working at Otis, Staff Sgt. Jeffrey Morgan works for the Veterans Affairs (VA) in Brockton, Mass.

**Hobbies:** Karate and Travelling

**Favorite movie(s):** Mostly military and action movies such as "Heartbreak Ridge" and other Clint Eastwood films.

**Ideal vacation:** Sergeant Morgan has previously travelled to Australia and would definitely go back. He considers it his ideal vacation because he enjoys both the major city and the outback experiences.

*If you would like to nominate a 102nd Intelligence Wing member for the monthly "Airman in the Spotlight" feature, contact Capt. Evan Lagasse at (508) 968-4003 or e-mail [evan.lagasse@ang.af.mil](mailto:evan.lagasse@ang.af.mil).*

## WING GENEROUSLY CONTRIBUTES TO COMBINED FEDERAL CAMPAIGN

By Tech. Sgt. Andrew Reitano  
102nd Intelligence Wing Public Affairs

Members of the 102nd Intelligence Wing demonstrated their generosity during the 2009 Combined Federal Campaign (CFC) by contributing more than \$20,000 to the annual program.

The money raised by Otis was part of the more-than \$1.1 million that was raised by the Southeastern Massachusetts and Rhode Island 2009 CFC.

According to Capt. Nicole Ivers, campaign coordinator, Otis personnel exceeded last year's contributions by almost 35 percent.

"The response we got this year was tremendous," said Ivers. "In a time of economic hardship, many people dug deep to help make a difference in the lives of people who are dealing with even greater hardships."

The purpose of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

In addition to raising a larger dollar amount, this year's campaign also saw the number of contributors increase as well.

"Trying to monetarily surpass the previous year's contributions is always a goal for every campaign. Trying to increase the number of people who contribute to the campaign is just as important," said Ivers. "A campaign is really successful when you surpass the goal because more people contributed rather than a smaller number of people having had to increase their contributions."

Pledges made by federal civilian, postal, military donors during the campaign support eligible non-profit organizations that provide health and human services benefits throughout the world. According to Ivers, charities that apply for funds through the CFC are tax-exempt charities that are reviewed by the

Internal Revenue Service and the CFC.

"The 2009 campaign was a success in many ways because of the people who contributed and the unit CFC representatives and alternates who, on top of their busy schedules, took the time to promote and raise awareness of the campaign."



# Friend of 102nd continues model aircraft donations to Wing

By Capt. Evan Lagasse  
102nd Intelligence Wing Public Affairs

A simple thank you note can go a long way and one such thank you note sparked a lasting friendship between a Connecticut man and the 102nd.

Ken Middleton of Enfield, Conn., sent a thank you note to then 102nd Fighter Wing commander, now retired Brig. Gen. Samuel M. Shiver, after attending an air show at Westover Air Reserve Base in Springfield, Mass., where the 102nd Fighter Wing's F-15s were on display.

"It was about 1997 or 1998 when I sent a simple 'thank you' letter to the 102nd Wing Commander for not only defending the United States but also for entertaining people at air shows. Our friendship really evolved from there," said Middleton in a Jan. 9 interview.

A few years later, while attending an air show at Otis, Middleton offered to build a 102nd Fighter Wing F-15 aircraft model for the Wing. The idea, as well as the subsequent model, was very well received.

"Colonel Shiver and a host of other people were very receptive at the time and it continued on from there to [subsequent commanders] Col. Donald

Quenneville, Col. Paul Worcester and now, Col. Anthony Schiavi. Everyone's receptiveness and appreciation of the models is what has kept me building and donating them to the 102nd," said Middleton.

Approximately 12 years after Middleton's original thank you note to the 102nd, he is still tirelessly building and donating aircraft models to the Wing.

On Jan. 9, Middleton visited the 102nd with his wife, Nancy, and their son, Michael, to present a B-52 Stratofortress model to the 102nd Air Operations Group. The 102nd AOG tracks B-52 and other aircraft as part of their new Operational Battle Watch mission.

Upon receiving the new model in front of a group of AOG Airmen, Lt. Col. Richard Sweeten, 102nd Air Operations Group commander, joked that as a fighter pilot he never dreamt he would receive a B-52 model, but he said, "(the B-52) is part of our new mission, one we have embraced, and we very much appreciate your generosity in building and donating this model. I promise we will find a place of honor to display it proudly."

The B-52 was approximately the 25th aircraft model Middleton has donated to the 102nd over the past decade. A majority of the models are displayed proudly in the 102nd headquarters building's main conference room. The models include various F-15 Eagles for the different major units of the 102nd; speculative F-22 Raptor; F-15A in original 102nd Fighter Wing markings; F-106A Delta Dart; T-33 Shooting Star; F-100D Super Sabre; F-84 Thunderstreak; F-86 Sabre; F-94 Starfire; P-47N Thunderbolt; P-51 Mustang; E-3 Sentry (AWACS); MQ-1A Predator; U-2 Dragonlady and the new B-52 Stratofortress.

Even with the significant amount of donated aircraft models, it's easy for Middleton to recall the model he is most proud of.

"I am most proud of the F-15 Eagle model titled 'First Responder Eagle' which depicts tail number 102 launching on Sept. 11, 2001. That was a very challenging model to depict the way I built it like it's taking off, with the landing gear retracting,



Ken Middleton's donated aircraft models are located in the Building 158 Wing Conference Room display case.

but it was surreal as I was building it knowing the significance of what I was actually modeling," said Middleton.

Middleton also remembers the F-15 Eagle models he donated to the 102nd's Pilot for a Day program. The program was designed to invite a child with a life threatening disability to the 102nd for a day of flight briefings, an honorary commission to the rank of captain and photo opportunities up close and personal with an F-15 Eagle.

"When I learned of the program, I contacted the 102nd and said I'd be willing to make an F-15 model display for each Pilot for a Day kid. I didn't want to be there to present it; I didn't want my name plastered anywhere. It was just something I wanted to do for these kids as a little extra token to take home," said Middleton.

Colonel Anthony Schiavi, 102nd Intelligence Wing commander, praised Middleton's generosity to the 102nd.

"Ken has been a great friend to this Wing for many years and I very much appreciate the countless hours he puts in to making each aircraft model with the utmost attention to detail. Nobody asks him to do what he does and that's what makes his contributions so special. He has helped us remember our legacy by building models of aircraft formerly flown and maintained by 102nd Airmen many years ago and he genuinely cares for the outstanding Airmen that serve in the 102nd today," said Col. Schiavi.

Through the years, Middleton has met and formed friendships with many members of the 102nd and those relationships mean the most to him and his family.

"The Wing ended up being like a family to us. We have lots of friends here and now even though the aircraft are gone, the people are really the most important thing and the friendships have continued," said Middleton.

As a token of appreciation, the 102nd purchased an engraved brick as part of the Otis Heritage Plaza Project in honor of the Middleton's friendship and contributions to the Wing and its Airmen.



Ken Middleton (right) presented Col. Anthony Schiavi (left), 102nd Intelligence Wing commander, with a replica of the F-15 Eagle Colonel Schiavi was flying as an active duty captain in 1991 when he shot down a MiG-23 Flogger over Iraq.

"The Wing ended up being like a family to us. We have lots of friends here and now even though the aircraft are gone, the people are really the most important thing and the friendships have continued." - Ken Middleton

## AIRMAN'S COUNCIL CLARIFIES COLD WEATHER GEAR

By Senior Airman Jason King and Airmen 1st Class Derek Lafontaine, Adrienne Harvey, Arck Perra  
102nd Airman's Council

With the blatant annual decrease in temperature, everyone wants a few extra layers of clothing to try and keep warm. Of course, due to recent changes in the uniform code there is confusion as to what is considered legitimate grounds for additional winter wear. The most recent supplements to the AFI specify what types of clothing can be worn, and how the patches must be displayed. The authorized sage green fleece is the authorized piece of clothing, and must be worn in the following manner, as quoted directly from the 98th virtual uniform board, released by Lt. Gen. Richard Y. Newton III.

- Have a Velcro ABU print name tape with dark blue block lettering centered between the zipper and sleeve seam on the wearer's right chest.
- Have a Velcro subdued cloth rank with a solid sage green background flushed and centered above the name tape on the wearer's right chest.
- Have a Velcro ABU print U.S. Air Force tape with dark blue block lettering adjacent to the name tape and centered between the zipper and sleeve on the wearer's left chest.

**While wearing the fleece, there are a variety of rules that apply similar to the wear of the blues lightweight jacket:**

- The fleece must remain zipped no lower than halfway between the name tape and the collar.
- While the fleece is unzipped, make sure to fold the collar over resting on the shoulder, chest and back.
- Wear the sleeves down at all times
- The bottom length of the fleece must be worn as close to the bottom length of the ABU blouse as possible.
- Can be worn both indoors and outdoors.

**Also authorized for wear is the following outer-wear:**

- Improved Rain Suit (IRS) (Basic-training issued parka)
- Cold Weather Parka
- All-Purpose Environmental Clothing System (APECS)

**Additional cold weather articles, except for gloves, can only be worn with other cold weather clothing, and include:**

- Black or sage green leather, suede or knit gloves.
- Black or sage green watch cap. (Can be purchased at AAFES)
- Black scarves less than 10 inches wide, tucked into the jacket. (Not issued)



- Black earmuffs. (Not issued)

**The following items are considered authorized, but will phase out over the course of the next year. The date for their phase-out is included below:**

- BDU Gortex Jacket (Authorized until May 1, 2010)
- Black Fleece Jacket (Authorized until Oct. 1, 2010)
- Sage Green Fleece without name tapes (Authorized until Oct. 1, 2010)

We recommend you purchase any of the above items from AAFES in order to eliminate chances of unauthorized gear.

## RED CROSS DIVERSITY AWARD

By Tech. Sgt. Andrew Reitano  
102nd Intelligence Wing Public Affairs

The 102nd Intelligence Wing will be honored as Diversity Heroes by the American Red Cross on March 4 during the Eighth Annual Heroes Breakfast in Hyannis.

The event honors individuals and organizations that have shown courage, dedication and unselfish character by their acts of heroism in their community.

The wing is being recognized because its successful diversity programs have allowed its members (of diverse backgrounds and experiences) to share their willingness to respond to make a difference in their communities.

Two of the ways members of the wing make a difference in their communities is by volunteering their time and efforts to projects that include Habitat for Humanity and serving in the honor guard, which is actively involved in various community functions.

According to the local chapter of the Red Cross, the Heroes Breakfast grew out of a desire to sponsor an event closely related to the mission of the American Red Cross. For over a century, the Red Cross has been a community leader in emergency preparedness and response. The Heroes Breakfast honors that longstanding tradition of heroism by recognizing local individuals and groups whose extraordinary acts of courage or kindness make them a hero.

In addition to the 102nd Intelligence Wing, Tech. Sgt. Paul Riordan, 102nd Intelligence Support Squadron, and Tech. Sgt. Christian Fiore II, 253rd Combat Communications Group, are scheduled to be honored at the March 4 Heroes Breakfast.



**Eleven 102nd Intelligence Wing Airmen of varying ethnicity, military rank, professions and walks of life pose for a photograph in the Wing Headquarters building, Feb. 7. The 102nd Intelligence Wing is scheduled to be honored as Diversity Heroes by the American Red Cross, March 4, during the Eighth Annual Heroes Breakfast in Hyannis, Mass.**

## OPERATIONAL READINESS EXERCISE SCHEDULED FOR MAY

By Lt. Col. Eric Carlson  
102nd Inspector General

In case you haven't heard, the Wing will be conducting an exercise during the May UTA. This will be the first such exercise since 2004, prior to the BRAC and subsequent mission change. The Phase I Operational Readiness Exercise (ORE) is scheduled to begin Friday, April 30 (remember – May is a three day drill) and continue through Sunday, May 2. A Phase I exercise tests and evaluates the mobility and deployment capabilities and functions of the Wing.

Behind the scenes, events have been taking place in the last few months that have been leading up to the actual deployment processing that will take place during the May exercise. In November, a message (exercise) was sent to the Wing Commander notifying him of the potential for mobilization. This information was channeled down to the Group and Unit Commanders. This message traffic is similar to that which would happen for actual mobilizations. This was followed in December by the exercise mobilization order, which identified specific UTCs (Unit Type Codes) for the mobilization. UTCs are predefined groupings of manpower and/or equipment. In January, UDMs (Unit Deployment Managers) and Commanders identified specific individuals to fill the identified requirements (put faces to spaces). Once individuals are identified, the process of preparing them for specific deployment requirements begins and continues through actual deployment.

Each unit has one or more individuals assigned to the EET (Exercise Evaluation Team). They will observe and document performance at each stage of the exercise. Given the length of time since the last ORE, this exercise will be relatively low-stress and straight forward. The emphasis will be on learning, improving and refining

the processes.

The Air Reserve Component Pre-Deployment Briefing was presented to all identified as mobilizing for this exercise by UDMs during the February UTA. This briefing covers necessary preparations for each member including medical, legal and financial issues. It also covers pay and entitlements, orders, health care and information related to travel. Location specific reporting instructions were available in January and distributed to deploying members. These instructions include clothing and equipment requirements and restrictions as well as required training and documentation for the deployed location.

All Wing members, whether identified as deploying for this exercise or not, should be updating their Standard Deployment Folders. The Standard Deployment Folder (formerly known as the personal readiness folder or PRF) includes various forms and records that document an individual's readiness. There are new standards out and a new format specified. Your UDM will have this information. It is important that all members keep this information up to date. After all, it is everyone's individual responsibility to be prepared to deploy when duty calls.

In recent years, the Wing has maintained a high ops-tempo for real-world deployments. Some will ask, "Why have an exercise when we do this so often real-world?" It's for the same reason a football team continues to practice during the season. Continuous improvements, refinements and adjustments are necessary in order to stay current with ever changing system requirements and real-world demands.

## ROYAL JORDANIAN AIR FORCE MEMBERS TRAIN AT OTIS

By Capt. Evan C. Lagasse  
102nd Intelligence Wing Public Affairs

Five members of the Royal Jordanian air force (RJAF) visited Otis Air National Guard Base for three weeks to train with the Precision Measurement Equipment Laboratory (PMEL) team here.

The main focus of the training, which took place Jan. 25 to Feb. 12, was on measuring and calibrating various bore sight fixtures for the F-16 Fighting Falcon.

"We're getting hands on training on the calibration of bore sight fixtures which are done for the alignment of the F-16. We had difficulty understanding the complicated measurement procedures for the fixtures so we came over to Otis Air National Guard Base to get training and then we'll be able to do these complicated measurements by ourselves," said Royal Jordanian air force Lt. Col. Nalby Lbzo, RJAF calibration laboratories officer in charge.

The Otis PMEL facility supports various airframes, more than 15,000 items, provides calibration, repairs, research and development to the field and it is the only Type II C lab in the Air National Guard, which means the lab has a room maintained at a constant 68 degrees Fahrenheit (plus or minus one degree), but the facility wasn't the only reason they were selected to train the Royal Jordanian air force.

"We were asked by the Air Force to help train the Jordanians on the F-16 bore sights not only because we are the only Type II C lab in the Air National Guard, but because we have the expertise," said Todd Morey, PMEL lab supervisor.

Much of that expertise comes in the form of PMEL Technician Timothy Yousey, who used to be an instructor at the U.S. Air Force's PMEL school house located at Keesler AFB, Miss., and was assigned to teach the RJAF members how to calibrate the bore sight fixtures.

"When you're calibrating the bore sights, a lot of it is about feel so it helps to have someone with more than 20 years of experience (Yousey) showing you how to approach the measurement rather than just pushing your way to the measurement," said Morey.

The main goal of the training was to assist the RJAF in becoming self sufficient with bore sight fixture calibration so they can accomplish the work "in house" and eliminate the need to send parts to the United States.

"This will tremendously affect our air force because right now we don't have the capability of training or the capability to calibrate these fixtures by ourselves so now we should be able to do these measurements by ourselves in Jordan," said Colonel Lbzo.

As with most military endeavors, detailed coordination, planning and support from senior leadership was imperative to make this training partnership a reality; a fact that was not lost on the participants.

"The support of our leadership and proper funding is imperative to make these types of training partnerships a reality. We would like the spirit of cooperation to continue between the two countries," said Rick Lawrence, PMEL superintendent.



**Timothy Yousey (top right), Precision Measurement Equipment Laboratory technician, watches Royal Jordanian air force Lt. Col. Nalby Lbzo calibrate an F-16 Fighting Falcon bore sight, Feb. 9, using techniques learned from Yousey during the Royal Jordanian air force members' three-week training visit to Otis Air National Guard Base, Mass. (U.S. Air Force Photo/Capt. Evan C. Lagasse)**

**QUARTERLY AWARD WINNERS | 1ST QUARTER**



**AIRMAN**  
Airman 1st Class  
Danielle Mason  
102nd Operations Support  
Squadron



**NCO**  
Staff Sgt. Joseph Hannan  
102nd Security Forces  
Squadron



**SENIOR NCO**  
Master Sgt.  
Charles Mignault  
102nd Intelligence  
Squadron

**STATE LEVEL WINNERS | 2009**



**AIRMAN OF THE YEAR**  
Tech. Sgt. Alicen Hogan  
101st Intelligence Squadron



**HONOR GUARD PROGRAM  
MANAGER OF THE YEAR**  
Master Sgt. John Mallard  
102nd Force Support Flight



**FIRST SERGEANT**  
Senior Master Sgt. Deborah  
Marshall - 102nd Civil  
Engineer Squadron

**PROMOTIONS >>**



David C. Ferreira



Joseph A. Banks  
Kelley R. Coombs



Sara A. Norman  
Laura C. Westcott



Christopher J.  
Catyb

**ANNOUNCEMENTS >>**

**BLOOD DRIVE**

Friday, March 12  
10 a.m. – 4 p.m.  
Barnstable Sheriff's Office  
6000 Sheriff's Place  
Bourne, MA

Please call (508) 862-5273 to make an appointment. Walk-ins are welcome, too. This Blood Drive is sponsored by C-Lab at Cape Cod Hospital and the Barnstable Sheriff's Office.

**SCHOLARSHIP**

The Otis Civilian Advisory Council Scholarship Committee is seeking applications for the annual OCAC scholarship. Applicants must be a senior at an accredited high school or have completed high school and have applied to an accredited college for the 2010-2011 school year. All applications must come from Otis military dependents, full time or reserve, U.S. Air Force, Air National Guard, U.S. Army, Army National Guard, Coast Guard (Air Station or Woods Hole) and this includes children and spouses. The deadline is May 1, 2010. Please call (508) 341-8700 for an application.

**JOB OPENING:  
HUMAN RESOURCE ADVISOR**

Application packages are now being accepted for the position of 102nd Intelligence Wing Human Resource Advisor (HRA). Applicants must be a Drill Status Guardsman, a senior master sergeant or immediately promotable to senior master sergeant. The position is open to any enlisted AFSC. Interested personnel should consult Air National Guard Instruction 36-2110, Chapters 1-4, for specific guidelines, roles, and responsibilities, and individual chosen must attend a two-week HRA orientation course within one year of appointment. Application packages should include resume a/o military biography (to include picture), Personal Data Record Review RIP, current Physical Fitness Test scores, and should be sent to Col. Anthony Schiavi, 102nd Intelligence Wing commander, by the end of the April 2010 UTA. Applicants will be interviewed during either the May or June 2010 UTAs. Any additional questions regarding the 102nd IW HRA position should be directed to Senior Master Sgt. Michael J. Poirier at either michael.poirier@ang.af.mil or (508) 968-4661.

**CHAPEL CALL**

By Chaplain (Capt.) Mary Scheer  
102nd Intelligence Wing Chaplain

*"How to be Happy" part 3*

This month, as we continue our four part series on how to be happy, we're looking at the mind-body connection as shared by Harvard Professor, Tal Ben-Shahar in his Happiness 101 class.

A study done at Duke Medical School looked at 156 patients with major depressive disorder. They were placed in three groups; the exercise group; the psychiatric medication group and the exercise and medication group. They were studied over four months. Sixty percent of participants got better. Then they looked at the next six months after they stopped the treatment and looked at relapse rates.

At the 10 month follow-up, the medication alone group relapse rate was 38 percent. The exercise and medication group's relapse rate was 31 percent. In the exercise only group the relapse rate was only 9 percent!

There are many studies that show the benefits of exercise on depression, anxiety and ADD. Exercise is like taking an anti-depressant or you could say that NOT exercising is like taking a depressant! It's more than a semantic difference because we weren't made to be sedentary -- to sit in the office, to sit in meetings -- we were made to be active, to chase our lunch or to run to avoid being lunch! Exercise will raise our sense of well being to where it is supposed to be for us, to our natural level. He said if he were a therapist he would start by getting clients to exercise.

The professor noted that exercise increases academic achievement because it has a positive effect on cognitive performance. John Reatey, author of Sparks, said "30-40 minutes of exercise a day and you can push back cognitive decline by 10-15 years." Cut the incidence of Alzheimer's disease by 50 percent.

Exercise is the unsung hero of psychological intervention. John Reatey said, "In a way, exercise can be thought of as a psychiatrist's dream treatment. It works on anxiety, on panic disorder and on stress in general, which has a lot to do with depression. It generates the release of neurotransmitters – norepinephrine, serotonin, and dopamine that are very similar to our most important psychiatric medicines. Having a bout of exercise is like taking a little bit of Prozac and a little bit of Ritalin, right where it is supposed to go."

The mind-body connection continues with the practice of

"mindfulness meditation". Using FMRI (functional magnetic resonance imaging) & EEG, (electroencephalogram), modern technology can look at the brain during meditation and measure left to right ratio in prefrontal cortex. People who have more activation on the left front brain cortex tend to be happier in contrast to people who have more activation on the right front brain who tend to be more broody, more depressed. When they looked at these mediators brains, they were off the chart using left brain stimulus and developed increased stamina for painful stimulus. Two groups participated in an eight week Mindfulness Meditation study (Kabat -Zinn). Group one meditated, had lower levels of anxiety, mood change, they became happier. They had their brains scanned after eight weeks and they found that their brains had actually changed and had higher levels of pre-frontal cortex activation. They injected the control group with a bacteria and what they found is that the group that meditated had a higher immune response that was much stronger. So they became more resilient psychologically, physically and emotionally and happier and healthier through meditation. Even 15 minutes a day will help. Your brain and immune system will actually change in response to meditation.

Deep breathing can also help make us feel better: when we're stressed or anxious our breathing becomes shallower and that will make us even more stressed and anxious triggering the fight or flight response. We can reverse this response and trigger the relaxation response and just three deep breaths can reverse the cycle. Thomas Crumb wrote a book where he talks about three deep breaths. Do this morning, at work, after lunch, when we get home, at red lights, before bed. This can transform our day, they're a form of mini recovery. Dr. Andrew Weil, M.D., said, "If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly."

In January we started building a foundation for greater happiness by focusing on self awareness and self acceptance. Then we looked at how important dealing with the stress in our lives is for improving our level of happiness. This month we can build on that foundation by including exercising, meditating and deep breathing as part of our daily routine.

"Happy is the one who finds wisdom, who gains understanding!" Proverbs 3:13

**UNIT SPOTLIGHT 102nd Intelligence Wing  
Public Affairs Office**



The public affairs mission is to tell the Otis Air National Guard Base story to the American public. The public affairs staff also strives to enhance Airman morale by keeping Airmen and their families informed about U.S. Air Force and Air National Guard issues. In addition, public affairs is responsible for providing accurate, timely information on Otis issues, programs and base events to the local community and members of the news media.

Public Affairs personnel are involved in writing, editing and publishing; photo and broadcast journalism; arranging and conducting special events; military community relations; orientation programs; news media relations; and research, interviewing, reporting, administrative, and management tasks. Public Affairs produces and distributes the Seagull magazine and maintains the 102nd's official public Web site (www.102iw.af.mil).

For questions or information, please call (508) 968-4003 or e-mail 102iw.pa@ang.af.mil. Normal business hours are Monday through Friday, 7:30 a.m. to 4 p.m. The Public Affairs office is located in the wing headquarters, building 158.



# Chief Master Sgt. Hugh Buckley

April 25, 1936 – January 12, 2010

*Hobbies:* Golf, travel and spending time with his grandchildren

*Organizations:* Good Samaritan Lodge

Hugh E. Buckley of Forestdale, Mass., died Jan. 12, 2010, at the age of 73. He was the loving husband of Margaret M. (O'Neil) Buckley for almost 47 years. Known to many as "Chief Buck," he worked for the MBTA for 25 years as a painter and served in the U.S. Air Force and then the Air National Guard (102nd) for almost 40 years. He was a member of the Good Samaritan Lodge in Reading, Mass. Chief Buckley was proud of his service to his country and the wonderful memories it brought him. He also loved golf, travel and the time he spent with his grandchildren. Besides his wife, survivors include three children, James C. Buckley of Marstons Mills, Kevin C. Buckley of Marion, and Nancy E. Buckley of Sandwich; two brothers, John Buckley of Medford and Robert Buckley of Las Vegas, Nev.; a sister, Claire Dwyer of Del Ray Beach, Fla.; and three grandchildren, Allen and Kaitlyn Buckley, and Patrick Wilbur.

Chief Buckley retired from the 102nd Services Flight in April 1996 after 38 years of service. After his retirement, Chief Buckley was a valued State employee working within various aspects of the 102nd Services community.

*Gone but Not Forgotten*



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