

102nd INTELLIGENCE WING

# Seagull

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Airmen Complete Army Air  
Assault Course | page 8



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## 102ND IW PUBLIC AFFAIRS

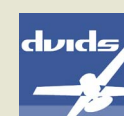
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## COMMANDER'S COMMENTS



# Individual Medical Readiness

By Lt. Col. Steven Meschwitz  
102 MDG/Commander

In the coming months, if you haven't already, you are going to hear a lot about *operational readiness*. In a recent letter and email to all military members, the Secretary of Defense outlined 'three lines of effort to enable us to remain the world's preeminent fight force', the first of which is centered around *readiness*. Not coincidentally, since earlier this year, the wing has been working on plans to develop, validate, and maintain the operational readiness of all wing units and members.

From the medical group perspective, this is a call to educate our wing members on their *Individual Medical Readiness*, or IMR. Your IMR is a component of your overall operational readiness, and it is the medical group's primary mission to assess, improve, and report the IMR of the wing's members, which factors into the wing's overall readiness. We do this through annual Periodic Health Assessments and dental exams, occasional lab work, immunizations, and other health-related actions. Follow the instructions of your Unit Health monitor. These folks work hard to coordinate an optimal time for your mandatory clinic visits. However, it is your responsibility to do the bulk of the work in maintaining your IMR.

You are obligated to report any medical treatments, injuries, prescribed medications and any changes in your health as soon as possible. You must also visit the dentist at least annually and obtain treatments as required. Although the medical group is there to assess your IMR, maintaining your health is your responsibility. As National Guard members, you have access to various low-cost health and dental options. Contact the medical group for more information.

As we prepare to embark on this readiness journey, think of the Air Force core values as you consider your individual medical readiness. Practice *integrity* with

the annual Periodic Health Assessment Questionnaire (PHAQ). Your responses in the PHAQ must accurately reflect your health so that the medical group staff can determine your ability to perform the mission, under any conditions, and ensure that performing the mission does not negatively impact your health. This means that you may have to put *service before self*, as accuracy may lead to a duty-limiting condition, or DLC. We are in the ANG to perform the mission, and everyone wants to do their part, but if you are unable to do your part, you put the mission at risk. If you have a DLC, the medical group staff will work with you to get you back into the fight as soon as possible.

Finally, by accurately reporting and maintaining your health, you will be a valued contributor to the *excellence in all we do*.

Be healthy and be ready!



# THREE AIRMEN EARN GERMAN ARMED FORCES BADGE FOR MILITARY PROFICIENCY

By Airman 1st Class Junhao Yu  
102 IW/Public Affairs

Three Airmen from the 102nd Intelligence Wing earned the German Armed Forces Badge for Military Proficiency in a ceremony hosted by the Massachusetts National Guard on September 9, 2017 at the Boylston Schul-Verein German-American Club in Walpole, Massachusetts.

The GAFBMP is one of the few foreign military decorations that Airmen are authorized to wear on their dress blue uniforms. In order to earn the GAFBMP Airmen are required to pass a 100 meters swim event in their Airman Battle Uniform, combat oriented medical training, Chemical, Biological, Radiological and Nuclear defense test, pistol qualification and finish a 6.5-mile road march carrying more than 30 lbs. in their rucks in under two hours.

According to the German soldiers who administered the test American service members face a tougher challenge because they only have 3 days to finish all the events while members of the German military are allowed a year to do the same.

“About 20 percent will fail due to the swim,” said Chief Warrant Officer 5 Jay Vincent, a senior personnel advisor assigned to the Massachusetts National Guard. “This is a go or no-go event, so you must pass it to move on to the next part.”

When asked about the most difficult part of the challenge, Staff Sgt. Jason, a member assigned to the 102nd IW, said “it’s definitely the swim. Mental strength is where it comes in. You’d be surprised what you can do if you just push through it. I was about four laps in, my pants were falling and I was getting winded. You just got to keep going and don’t stop.”

Out of the three Airmen Jason is the only Airman from 102nd IW to achieve gold, which is the highest award of the GAFBMP.

While Jason said he thinks the swim is the worst part, Staff Sgt. Sean Lindsey, a member assigned to the 102nd Security Forces Squadron, who earned a silver GAFBMP this year said he thinks the flexed arm hang event is the most challenging for him.

“It requires a lot of upper body strength to hold that for a while,” said Lindsey. “I tried training doing different pull-up hangs throughout about a month before.”

Lindsey thinks the overall experience has been positive for him, and he said every young Airmen should try it at least once in their career if they have the opportunity.

Just like Lindsey, Jason also said it’s been a great experience. “It wasn’t too stressful, and the German cadres were great.”

The GAFBMP is one of the most highly sought after foreign military decoration among Airmen and Soldiers, according to a memo from MA NG Headquarters.



# 26TH ‘YANKEE’ DIVISION CELEBRATES CENTENNIAL

The Massachusetts National Guard celebrated 100 years of ‘Yankee’ Division service with a commemorative event at the Ancient and Honorable Artillery Company of Massachusetts at Faneuil Hall in Boston, October 20.

The Centennial Commemoration was hosted by the Assistant Adjutant General Brigadier General Francis Magurn.

National Geographic photographer, Dr. Jeffrey Gusky, presented never before seen evidence of Yankee Division personnel serving in France during World War I that he discovered while producing a feature length documentary for the Smithsonian Channel. “**Americans Underground: Secret City of World War I**” is available for free to stream at <http://tiny.cc/7vgsny> until next month.







# WHAT ELSE CAN BE SAID ABOUT HOLIDAY STRESS?

Ms. Jill Garvin  
102nd IW/Director of Psychological Health

The Holiday season has officially begun. I sincerely wish you and your loved ones a joyous and peaceful time.

Some of us will be experiencing new and different circumstances this year, not the least of which will be the upcoming deployments. Also there are other matters such as losses, grief, family issues, financial issues, and possible health challenges.

Over the years when I work with people dealing with stressful holidays, I have found that the biggest contributing factor are the expectations we attach to the days to come. We therapists call these “should statements,” and in general, when you find yourself using the word “should” to describe your holidays and your expectations of them, please be advised that you are fueling your stress level. This counts not only the things we say out loud but the things we say to ourselves, so listen to your self-talk and give yourself a break! You might ask the question “Why should it be that way? Who made that rule?” Chances are you picked it up from outside yourself, such as in the media, from family traditions, or possibly even from unrealistic expectations that were passed on from years ago.

There is nothing wrong with having a desire or wish to make your and your family’s days as awesome as you can, but keeping our expectations and standards reasonable and practical is a major key to keeping stress levels manageable. Remember the commercials are there to communicate the idea that good holidays require their product!

Of course, so many of these unrealistic ideals are aimed at kids that we may have to take extra time with them

to communicate the concept of holidays and their meaning, and also to be sensitive to the fact that kids are more susceptible to this type of pressure. It may be an especially good time of year to limit “screen time” and do some of the activities only available on the holidays, especially outdoor activities!

I would propose that good holidays require only the following:

- Connection with loved ones
- Time for rest and relaxation

What would you add?

Other good tips include:

- Maintaining mindfulness of your level of stress so you can pull back and problem-solve as needed. Listen for those “should statements!”
- Not allowing over-indulging, either in food, alcohol, over-activity or other distractions to mess up your good time.
- Staying within a reasonable budget.
- Finding a way to avoid conflict with loved ones; depending on the degree of discord, this may mean avoiding some altogether but wishing them well in your heart
- Doing something for those less fortunate
- The practice of gratitude
- Having an accepting (not judging) attitude toward both your positive and negative feelings about the holidays.

More tips can be found here courtesy of MilitaryOneSource:

[http://www.militaryonesource.mil/phases-career?content\\_id=273742](http://www.militaryonesource.mil/phases-career?content_id=273742)

Please enjoy your drill weekend and participate responsibly in all the festivities! As always, my door is open if you feel any situation requires some further discussion or assistance. If you are struggling, talk to your doctor, chaplain, DPH or Family Readiness and remember Deb, our financial advisor that can help you with a holiday budget!!

Please come see your resource team for support. We are here for YOU!!

# WING CARE PROVIDER DIRECTORY

This listing was compiled to assist you in caring for your Wingman. Please use this page for your information and as guidance for referral.

## DIRECTOR OF PSYCHOLOGICAL HEALTH

The Psychological Health Program offers free of charge, confidential psychological assessments and brief solution focused coaching, consultations, referrals and case management. You can also find Zoe here, the wing therapy and morale dog. [Contact Ms. Jill Garvin, \[jill.a.garvin.civ@mail.mil\]\(mailto:jill.a.garvin.civ@mail.mil\) \(P\) 508.968.4827 \(C\) 508.237.6652](#)

## SUICIDE PREVENTION

The Director of Psychological Health can be the first contact for individuals in suicidal crisis or those having thoughts of suicide. She can advise supervisors and peers regarding support for distressed coworkers, and is Point of Contact for Suicide Prevention Training and Education. [Contact Ms. Jill Garvin, \[jill.a.garvin.civ@mail.mil\]\(mailto:jill.a.garvin.civ@mail.mil\) \(P\) 508.968.4827 \(C\) 508.237.6652](#)

## AIRMAN AND FAMILY READINESS

The Otis Airman and Family Readiness Office offers a wide variety of services and programs that contribute to the mission readiness, resiliency, and well-being of the Air Force community by taking care of people. A&FR programs are available free of charge to military personnel, DoD civilians, retired military and family members. [Contact Ms. Erin Creighton, \[erin.k.creighton.civ@mail.mil\]\(mailto:erin.k.creighton.civ@mail.mil\) \(P\) 508.968.4855 \(C\) 774.313.8534](#)

## CHAPEL OFFICE

The mission of the Chapel Team is to provide a holistic ministry of presence, care and hope to members of the Wing in a flexible, responsive, and competent way. Private conversations of those seeking the counsel of Chaplain Corps personnel as matters of faith or acts of conscience are strictly privileged communication. [Contact the Chapel Office \(P\) 508.968.4508](#)

## VETERAN'S CENTERS

We are the people in the U.S. Dept. of Veterans Affairs who welcome home the war veterans with honor by providing quality readjustment services in a caring manner. We assist veterans and their family members toward a successful postwar adjustment. [1.800.905.4675 \(local - Hyannis 508.778.0124\)](#)

## SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

Providing private, confidential care for assault victims and assistance with reporting both unrestricted and restricted. [Contact Captain Molly K. Alesch \[molly.k.alesch.mil@mail.mil\]\(mailto:molly.k.alesch.mil@mail.mil\) \(O\) 339.202.3118 \(C\) 774.286.1164 SARC Hotline: 508-889-6644](#)

## MEDICAL GROUP

A resource for both medical and psychological conditions affecting the wellness of airmen: Provider consultation can be arranged for discussion of these and other conditions by contacting the reception desk or via your Unit Health Monitor. [Contact the Medical Group \(P\) 508.968.4091](#)



# FIRST SERGEANT'S CORNER: SEEKING A BALANCE

By Master Sgt. Jeffrey Luke  
267 IS/First Sergeant

There are hundreds of creatures that thrive in the relatively inhospitable region called the tidal zone. To flourish here requires the resilience to changing pressure, temperature, light, and darkness. This zone is home to those creatures that have reached a balance with the stresses in their lives and then find a way to make those stresses occur and let them grow. It's in balance that we can be our most effective and have the least stress. By seeking this balance, we can recognize and deal with the tides that exist in each of our lives even when we are faced by extreme circumstances.

We can all recognize some of the signs of being out of balance in our life. Financially; living pay-check to pay-check, spending on credit way over actual income. Health; consuming risky dangerous substances, being or getting over/under weight, over exercising or not at all. Mental/spiritual; binge watching show after show, game play that starts to interrupt sleep, disconnecting from friends, career over-focus, family time over focus/over critical and a host of other extreme activities are the things or ideas that keep us from finding our balance. The hardest part is often recognizing that balance is missing but all too often the signs are missed until its very late. A drowning man doesn't seek a life balance plan, what he needs is a life preserver! I'll get to the crisis part in a moment, so hold on if you are in crisis, I'll toss a preserver in a moment.

The time to think about your balance is now, when things are OK or pleasant in your life. There are a lot of great books about organizing life or motivation to get your life in order, but the essence is moving away from

the extremes and taking things in small manageable chunks. Make small and consistent movements toward balance and having a life preserver plan ready just in case, mature those personal relationships that you may need suddenly. If you think that, "I'm getting by", "that's not too late", it could be the first symptom of balance about to shift and any small extra change can suddenly feel like the tide has turned and the flood is coming or leaving you dry. Those things that shift, are the very things that we have zero control over, other people, our weather, that hidden expense/fee, car repairs, and so many other little setbacks. A small lever can move a heavy load. Do you know what your levers are, keeping you in and out of balance? Make a mental list to review the things that may be keeping you out of balance, then search out the levers that can bring you back.

What can we do to keep in balance? Just like trying to balance a ball on a tennis racket, it takes attention and energy and it takes movement effort. Problems don't solve themselves with time alone, we need an act to bring us back. Balance starts in the head space and attention to the small stuff by identifying what really matters (remember that list above?) and what we can influence. We can't all be experts in the small things in life, but luckily we have resources to call on. Friends, family, libraries, Internet and of course doctors, teachers, experts and professionals in their fields. There are thousands of self-help books written for a reason, because there is an audience of you and me that are eager for help staying in balance. I take

advantage of my resources regularly, I ask myself a ton of questions about all sorts of topics to keep my balance tuned to changes. I try to learn from my past mistakes. Consider that the problems we each have are repeating cycles that others have already solved. Have you ever thought, "I didn't ask for this \_\_\_\_ problem!"? Me too, but that thinking won't solve the problems. Beware of entitled thinking that someone got me into this mess, someone better get me out! It doesn't work that way, at least not in the long run and not without putting in our own effort to get back to our balance. People in balance are generally peaceful, serene, less stressed, and may be more compassionate, giving, friendly and happy. Balance itself becomes a very self rewarding state of mind.

But if I'm in crisis right now? Then we have work to do! To get back in control of the single most important part, the only thing we really have any control over and that is ourselves and how we react. Breathe and be open to new ideas. Take stock of what's still working and tell someone you trust about the parts that aren't working well. Let them know that you have a crisis. It's OK if you don't get instant answers. A tipping scale doesn't balance perfectly with one adjustment. It takes a few touches to return it to center, so be patient. A friend of a friend may have your solution but you will never know unless you talk about it and don't be embarrassed. So many of us have been there or still are there and working our way back out of our own trouble or frustrations. If it's time for some help, be open to trying new ways to get back to balance. This is

also the time to lay aside blame or denial because the one person that has the best chance of getting back to balance is you. A crisis cannot fully be addressed in a paragraph, so please reach out to me or someone you trust to talk through some of the weight on your shoulders.

At our wing we have a great team available in person or in referral for almost any situation. When you feel you are "getting by", that is the time to fully explore your available resources and make early adjustments. During a crisis, we can leverage expert resources to get the help we need. As a traditional guardsman, I can identify the wing resources as far superior to the civilian side and our people care, so please reach out to either ask for help or to be a help responder for others. We all live in our own tidal zones where stressors come and go. For us to reach our happiest moments, our peace or just be amazingly successful, we need to be able to grow from our experiences and we can't do that if we aren't seeking our own balance.





# CHAPEL CALL: VETERANS DAY

By Chaplain (Lt. Col.) David Berube  
102nd IW/Chapel

My grandfather served in World War I. He returned to service after completing time in the Navy around 1915.

My father served between the end of World War II and start of Korea.

I didn't intend to follow them into military service, yet I did. I reflect on my connection to them and others, including you, each Veterans Day.

Last year I shared about that veteran connection on the Vineyard. I share some of those thoughts here as part of this year's reflection:

- What makes a veteran? I've spoken with a lot of fellow veterans over the years and heard many different stories of what drove their honorable and faithful service. I have come to believe all those reasons why we joined can be understood within three broad motivations: honor-bound duty, devoted commitment, and self-sacrificing service.
- Whether our entry into military service was by our own free choice or because our number came up; whether we served in the heat of battle or ensuring the frontline was well-supplied and supported, every veteran was honor-bound by an oath "to support

and defend the Constitution of the United States." We all raised our right hand and by our solemn promise, under the all-seeing eye of the Almighty, we swore to be our nation's shield and guardians.

- A veteran is made in the process of that oath of allegiance being upheld every day of our honor-bound duty...
- Every service member holds a work specialty, or several specialties, throughout their term of service... But what drives us is something deeper than our desire to do a good job... We share a devoted commitment - to our nation and her ideals; to a successful personal and team mission to guarantee the safety of those sacred things; to our leaders, subordinates, and comrades-in-arms with whom we fulfill that honorable mission.
- A veteran is made as devoted commitment to the nation, the mission, and the team become an ingrained part of our being...
- All veterans - whether by making the ultimate sacrifice of life, or becoming wounded warriors, or spending one, two, or more tours away from our homes and families, or preparing to respond to any threat - all veterans sacrificed for our service. (And so,

by the way, did our families.) We didn't do it because we wanted praise or saw ourselves as martyrs. We did it because it had to be done. We did it because the cause of freedom is so important. We did it because the nation's safety and security is so valuable, and because the American Republic is so special. We all gave some portion of ourselves to preserve and protect the heart and soul of America.

- A veteran is made in self-sacrificing service to the higher ideals of our country and the best interests of her people, so that all Americans might see and experience what our Founders intended...

It is my honor to stand in the long line of American veterans with my Grandfather, Dad, and you, as both chaplain and comrade-in-arms.

## WORSHIP OPPORTUNITIES FOR THE RSD

### SATURDAY

- **1100 hrs** Christian Service, Conference Room 7 Building 330 Saturday
- **1500 hrs** Catholic Mass, Army Chapel (the white chapel outside the Inner Gate)
- **1500 hrs** Faith Based Leadership Series, Wing Conference Room

### SUNDAY

- **1030 hrs** Roman Catholic Mass, Bldg 165, Auditorium

If you need or want a worship experience other than these, please contact us at 508-968-4508. We'll be happy to help you.

## NOVEMBER RELIGIOUS HOLIDAYS

### SIGNIFICANT RELIGIOUS HOLIDAYS MARKED WITH \*

- 1 **All Saints Day** - Christian - *Christian day of prayers of remembrance and intercession for the dead. Prayers of the faithful are seen as helping to cleanse the souls for the beatific vision of God in heaven.*
- 1 **Samhain - Beltane\*** - Wicca/Pagan - *Wicca celebration of endings and beginnings and of remembering the dead. Revering of elders is also observed.*
- 2 **All Souls Day** - Catholic Christian - *Christian day of prayers of remembrance and intercession for the dead. Prayers of the faithful are seen as helping to cleanse the souls for the beatific vision of God in heaven.*
- 4 **Birthday of Guru Nanak Dev Sahib** - Sikh - *Sikh honoring of the birth of the founder of the Khalsa who lived from 1469 - 1539 c.e.*
- 12 **Birth of Baha'u'llah\*** - Baha'i - *Baha'i celebration of the birth of their founder and teacher. Refrain from work.*
- 15 **Nativity Fast** - Orthodox Christian - *Christian tradition of fasting in preparation for the birth of Jesus. (ends Dec. 24)*
- 23 **Thanksgiving** - Interfaith USA
- 24 **Martyrdom of Guru Tegh Bahdur** - Sikh - *Sikh time of remembering those who have suffered for the faith. Observed by reading the Guru Granth Sahib.*
- 26 **Christ the King** - Christian - *Christian celebration of the preeminence of Jesus over all earthly authorities.*
- 26 **Day of the Covenant\*** - Baha'i - *Baha'i celebration of the covenant given in the last will and testament of Baha'u'llah*
- 28 **Ascension of 'Abdu'l-Baha\*** - Baha'i - *Baha'i celebration of the rising of the spirit of Abdu'l-Baha to the heavenly dwelling.*
- 30 **St. Andrew's Day** - Christian - *Christian observance of the coming of Christianity to the area now known as Scotland.*



# WING AIRMEN COMPLETE ARMY AIR ASSAULT COURSE

By 1st. Lt. Christopher  
101st Intelligence Squadron

“On your back, on your front, push-ups, flutter kicks, position of attention”, bellowed the Air Assault Sergeant through a bullhorn at the roughly 270 Soldiers and Airmen in formation, hoping to earn one of the 240 available slots in the Army Air Assault Course.

The Warrior Training Center, which is the Army National Guard executive agency in charge of course planning and execution, purposely overbooks the course with the assumption that there will be multiple drops on zero day of the course. At 0430 with sweat pouring off my face, arms shaking, and spitting out grass clippings, I had my doubts as to whether or not I would earn one of those slots. When the smoke cleared at the conclusion of zero day after multiple “smoke” sessions, a two-mile timed run and an obstacle course, all six Airmen of the 102nd Intelligence Wing earned slots in class 17-002.

Staff Sgts Stephen and Taylor of the 101st IS, Senior Airman Michael of the 202 ISRG and Senior Airman Eric of the 101st along with myself and over 200 of our Army brothers and sisters would ultimately graduate the course ten days later.

Instruction is broken into three phases which includes written and hands-on examinations in combat assault, sling loads, and rappelling. Additional graduation requirements include, execution of timed 6 and 12-mile ruck marches with a full combat load and a rappel out of a UH-60 Black Hawk hovering at 65 feet AGL.

Generally, the Air Assault Course provides air mobile operations training primarily to Soldiers, but is open to all sister services regardless of AFSC. The Warrior Training Center sends a traveling cadre of qualified instructors to National Guard sites nationwide to execute the course.

Fortunately for members of the 102nd Intelligence Wing, Camp Edwards here at Joint Base Cape Cod, is one of these hosts and also offers a pre-Air Assault Course to help individuals prepare physically and mentally for what lies ahead.

Make no bones about it, the course is physically and mentally taxing, but serves Air Force participants well by providing insight into operational, tactical and cultural differences in how our sister service operates.

If you are interested in attending, initiate physical preparation now and standby for follow-on information regarding available 102nd IW slots in both the pre-AAC and AAC for FY18. Please feel free to reach out to myself or any of the other graduating members for any and all questions from physical preparation to course execution. Air Assault!

**“On your back! On your front!  
Push-ups! Flutter kicks! Position  
of attention!”**

-Air Assault Sergeant





# WASHINGTON D.C. STAFF RIDE EDUCATES MASSACHUSETTS NATIONAL GUARD OFFICERS

By 1st Lt. Bonnie Harper  
Massachusetts National Guard Public Affairs

*Additional photos on next page*

WASHINGTON - “We the people...” These first three words of the Constitution of the United States define this country and affirm that the purpose of the U.S. government is to serve its citizens. Members of The National Guard, which functions as each state’s militia, also serve American citizens by taking an oath to support and defend the constitution. Nearly 230 years after the constitution took effect, our modern-day militia come to Washington, District of Columbia to learn about the nation’s capital, and history in order to become better leaders themselves.

More than 40 company grade officers from the Massachusetts Army and Air National Guard participated in a staff ride Sept. 19 - 21 to Washington D.C., touring local historical, political, and military sites, which culminated in visiting the grounds from the First Battle of Bull Run.

“This successful staff ride provided our future key leaders an overview and insight into the inner workings of the strategic levels of our nations’ defense infrastructure,” said Maj Gen Gary W. Keefe, Adjutant General, Massachusetts National Guard.

“It is important for our young officers to understand the vital role that Washington D.C. has in our readiness, and how it shapes and influences their lives as members of the Massachusetts National Guard.”

The purposes of this trip were to expose high potential junior grade officers to National Guard strategy execution between the state and federal levels, understand the legislative processes, and its impact toward the national vision for defense, and to learn from our military history.

“As a company grade officer, it is easy for the mission of the battalion and the intent of the brigade to become the limits of concern,” said Capt. Timothy Labrie, Commander 1182nd Forward Support Company. “The officer professional development in Washington D.C. served to extend that limit - focusing on how the decisions made at the federal level have a profound impact on state and our individual units’ readiness.”

The officers spent their first morning in the capital visiting the National Archives Building where they got to see up close the document that they swear

to support and defend: the Constitution.

After touring the archives, the officers made their way to capitol hill. They toured the capitol and then had the opportunity to meet with Sen. Elizabeth Warren, of Massachusetts.

“It was a great opportunity to gain an understanding of how guidance from our elected civilian leadership becomes strategic military direction that we are learning to translate into action at the tactical level,” said 1st Lt. Christian Fiore, 212th Engineering Installation Squadron, 102nd Intelligence Wing, Otis Air National Guard Base.

Following their visit to the capitol, the Guardsmen visited the National Guard Memorial Museum and met with members of the National Guard Association of the United States - NGAUS. NGAUS was established in 1878 and is the first and only military organization that can lobby for the benefit of the National Guard and implore Congress for more resources. They also toured the National Guard Museum at the NGAUS building and later visited with Senator Edward J. Markey of Massachusetts.

“The experience was illuminating,” said Labrie. “Meeting with members of the National Guard Association, legislation liaisons, Senators Elizabeth Warren and Ed Marky, and representatives of the NGB reinforced that while there are many fighting for the cause of the Massachusetts Guard, funding, training, and mission assignments are not a guarantee. It is incumbent on us, as future leaders of our proud organization, to take an active role in our local association to push a MANG-focused agenda.”

The officers also had the opportunity to visit Arlington National Cemetery where they saw the changing of the guard, learned about the history of the cemetery, and learned about some of the fallen Minuteman from Massachusetts who are buried at Arlington.

On their final day of the staff ride, they visited the Battle of Bull Run, which was the site of the first major land battle of the Civil War, located outside of Washington D.C. near the Manassas Junction. The current military leaders leaned many lessons from this battle, as it highlighted many issues and deficiencies that were common during the first

year of the Civil War. They took turns briefing each other on the events that occurred leading up to the battle, and the logistical and tactical issues that Union and Confederate sides both faced.

“Walking the halls of the State Building, viewing the documents in which we swore an oath to uphold in the US National Archives, spectating the changing of the guard at the tomb of the Unknown Soldier, and reflecting on past battles fought at Manassas served as a humbling reminder of the significance of what we do,” said Labrie.

The trip also brought together leaders from across the state. It provided them the opportunity to interact and make personal connections that will help form the networks needed to support larger state missions in the future, Labrie said.

“The biggest benefit that I will take away from the trip are the connections that I have made with my fellow officers and senior leaders both Army and Air,” said Fiore. “These relationships will serve us well as we face the challenges of leadership in the 21st century. I am really grateful for the opportunity.”





# WASHINGTON D.C. STAFF RIDE

Full Story on on previous page





# MICROGRIDS: BREAKING DOWN THE BUZZWORD

By Brian Garmon  
Air Force Civil Engineer Center/Public Affairs

TYNDALL AIR FORCE BASE, Fla. - The term microgrid is a “buzzword” that is commonly used and just as commonly misunderstood.

The Air Force Civil Engineer Center is partnering with installations around the world in locations like Joint Base Pearl Harbor-Hickam, Hawaii, and Otis Air National Guard Base, Massachusetts, to test and determine the future of microgrids as a powerful tool in the energy assurance toolbox.

This article, the first in a series on microgrids, will define them and their key components. Future articles will include information on the Air Force’s current microgrid projects, the Air Force’s direction for microgrids, and what they mean for installations in the future.

The Air Force’s perspective on what a microgrid is and is not, is an important first step that ensures a common understanding of the term.

Across industry and the federal government, the Department of Energy’s microgrid definition in their initiative report has been widely adopted. As stated in the report, “A microgrid is a group of interconnected loads and distributed energy resources within clearly defined electrical boundaries that acts as a single controllable entity with respect to the grid. A microgrid can connect and disconnect from the grid to enable it to operate in both grid-connected or island-mode.”

Tarone Watley, AFCEC subject matter expert on energy surety, explains the practical components of microgrids and what this means for the Air Force. “A microgrid should contain four primary components,” says Watley. “It must have energy resources, either conventional or renewable, multiple energy loads, controllers to direct

the power and optionally, storage.” Energy resources include sources powered by either fossil fuel or renewables, and can be of any scale appropriate to the loads required to support the microgrid. In many cases, it may be appropriate to have a mix of backup diesel generators in conjunction with certain types of renewable sources to provide the greatest resiliency to the mission being supported by the microgrid.

The way a microgrid is configured and the loads it will support are determined by the criticality, size and complexity of the base’s tenant missions. For the Air Force, Watley says microgrids will likely be either a campus microgrid supporting two or more buildings on an installation or a whole-installation microgrid configured for the entire base.

“Right now, microgrids are mostly being demonstrated with campus configurations,” says Watley. “Furthermore, bases may see multiple campus configurations on their installations that address different, but similarly critical, missions in the near future.”

The controls that grid-connect or island a microgrid can be low-tech, using a series of manual devices for activation and directing power to the loads within it, or can be “smart,” using automated software algorithms from a computer system. An even more complex controller can be found inside next-generation microgrids, where the controller leverages artificial intelligence to direct all microgrid functions.

The primary differences between these three controller options are the time required to bring the microgrid

online and restore power, and the amount of human-in-the-loop interactions. Each element is extremely important to the responsiveness and effectiveness of the microgrid and affects potential mission impact.

The final, optional, component of a microgrid is storage. Adding energy storage to a microgrid can help minimize grid downtime and create a buffer that helps the microgrid ride through power fluctuations or loss of intermittent resources. According to the Energy Storage Association, the main purpose of storage is to “balance power supply and demand instantaneously - within milliseconds.”

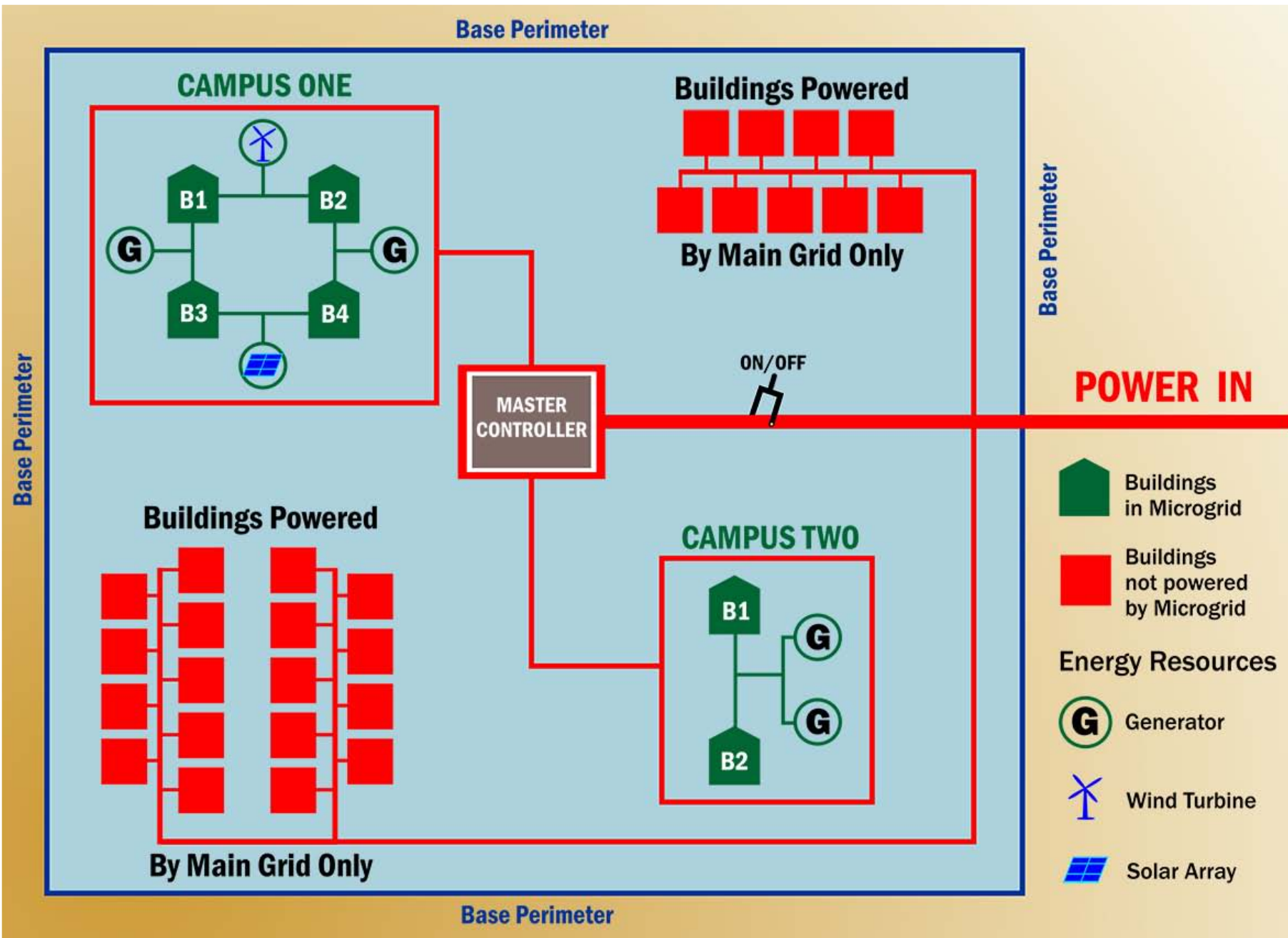
“Storage stiffens the microgrid against sudden changes such as loss of a large load or a solar or wind renewable resource,” Watley said.

These systems are commonly electrochemical (batteries), mechanical (fly-wheels) or thermal systems.

“Providing our warfighters with reliable, resilient energy is a key component of mission assurance,” said Maj Josh Aldred, deputy director of AFCEC’s Energy Directorate. “AFCEC is committed to providing installations the support they need to determine where innovations such as microgrids can complement and enhance their plan for energy assurance.”

Equally important to understanding the basic components of a microgrid is understanding what a microgrid isn’t.

“In the larger conversation about energy assurance, microgrids are not an all-encompassing solution,” Watley said. “They are simply one tool that can get installations closer to energy assurance.”



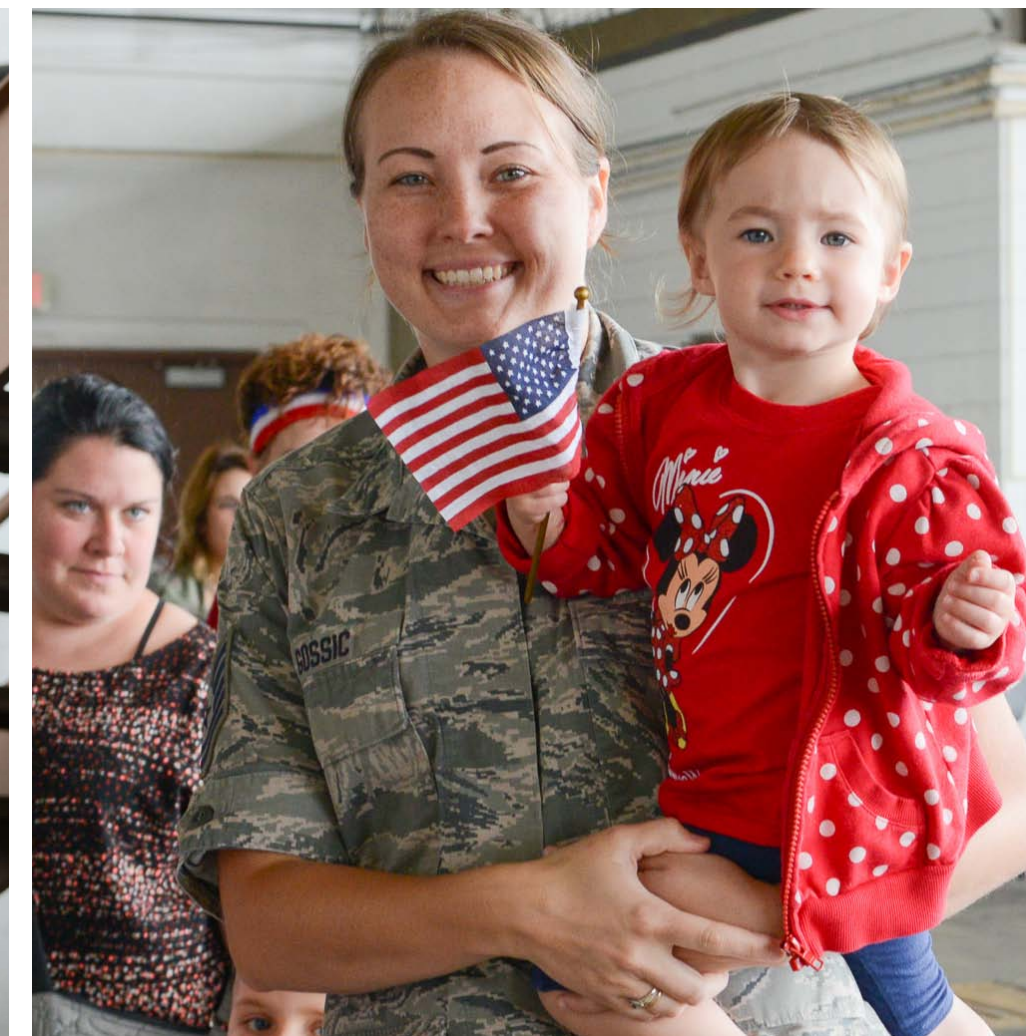


# 102ND INTELLIGENCE WING CELEBRATES FAMILY DAY 2017

Family and friends of the 102nd Intelligence Wing came together for the wing's annual Family Day ceremony.

Family Day provides an opportunity for the wing to not only thank loved ones for their steadfast support, but also a chance to celebrate the accomplishments of wing members.

As part of the formal ceremony, annual wing award winners were honored. In addition, over 30 Airmen were recognized for earning Associates Degrees through the Community College of the Air Force.





# THE USO AND NEW ENGLAND PATRIOTS HONOR LOCAL SERVICE MEMBERS

The New England USO and New England Patriots recently honored over 200 service members who returned from deployments in 2017 by inviting them to the Pats-Falcons game on Oct 22 in Foxboro. The USO is a nonprofit organization dedicated to serving military members and their families. Ten Airmen from the 102 IW joined other local servicemembers who, in addition to getting free tickets, were invited field side to meet players, coaches and officials.

(Photos courtesy of Capt. Derek White and Master Sgt. Victoria Kenny)





# AROUND OTIS



*Capt. Randy Bonneau, 102nd Comptroller Squadron, presents Senior Airman Bennie Lowe with an USAFCENT Comptroller Performance Award that Lowe earned while deployed earlier this year.*



*Col. Virginia Doonan, 102nd Intelligence Wing Commander, presents Senior Master Sgt. Raymond Gendreau with his Certificate of Retirement at his retirement ceremony during the October RSD. Gendreau also earned the Meritorious Service Medal.*



*Col. Christopher Hurley, 102nd Mission Support Group Commander, was awarded the newly created Commonwealth of Massachusetts Commendation Medal for his work as the Operations Officer for Task Force Patriot during the 2015 Boston Marathon.*



# THE HISTORY OF VETERANS DAY

By Annalisa Underwood  
Naval History and Heritage Command

Veterans Day is a special time of year for many Americans who, in some way, have formed a connection with a veteran or who are veterans themselves. It is a day that brings about a great sense of pride in our country, a day when we are especially thankful for the service and sacrifice of those who chose, and those who continue to choose, to wear the cloth of the nation.

As we celebrate Veterans Day, it is important to remember how this holiday originated and why we continue to observe it today. Like the people it honors, the holiday was shaped by war. More on that in a moment, but first this public service announcement...

## Veterans Day vs. Memorial Day

First, you may be asking yourself, “But what’s the difference between Veterans Day and Memorial Day?” That’s a great question that many people may be wondering. In short, the difference is this: we celebrate Veterans Day to thank and honor all the men and women who served honorably in the military, in times of war and in times of peace.

Memorial Day, observed on the last Monday in May, is a day for remembering the members of our military who died in the service to our country, particularly those who died in battle or as a result of wounds received in battle. In fact, according to the U.S. Department of Veterans Affairs, “Veterans Day is largely intended to thank living Veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served—not only those who died—have sacrificed and done their duty.”

## The Origin of Veterans Day

Why do we celebrate Veterans Day on Nov. 11? Well, during World War I, on the eleventh hour of the eleventh day of the eleventh month in 1918, an armistice went into effect and all fighting between the allied nations and Germany ceased. This moment is generally regarded as the end of World War I, though it officially ended when the Treaty of Versailles was signed June 28, 1919. Later in 1919, President Woodrow Wilson proclaimed the first commemoration of Armistice Day on Nov. 11, a day on which the nation celebrated the end of “The Great War” with parades and public gatherings. On May 13, 1938, Congress passed legislation (52 Stat. 351; 5 U. S. Code, Sec. 87a) and Armistice Day became a legal federal holiday.

## Armistice Day Becomes Veterans Day

As time went on and our nation became involved in World War II and the Korean War in the 1940s and 1950s, millions more veterans were honored on Armistice Day in addition to veterans from World War I. So, on June 1, 1954, President Dwight D. Eisenhower signed legislation changing the name of Armistice Day, a day whose origins were tied to World War I, to Veterans Day, in order to officially recognize veterans who served our country in all wars.

On June 28, 1968, the Uniform Holiday Bill [Public Law 90-363 (82 Stat. 250)] was signed, and four national holidays—Washington’s birthday, Memorial Day, Veterans Day, and Columbus Day—were to be observed on Mondays. The intent of this bill was to ensure three-day weekends for federal employees, the idea being that the three-

day weekends would encourage Americans to travel and partake in cultural and recreational activities.

Many states did not agree with this move as Nov. 11 still held significance as the origin of Veterans Day. Nonetheless, in 1971, when the new law took effect, Veterans Day was celebrated on October 25, the fourth Monday in October. Most states followed suit with the new observance, but because states retained the right to designate their own holidays, Mississippi and South Dakota continued to celebrate Veterans Day on Nov. 11. As the years went by, other states moved Veterans Day back to Nov. 11 and finally, legislation was passed in 1975 that returned the federal observance of Veterans Day to its original date. The law took effect in 1978 and since then our nation has continued to celebrate Veterans Day on Nov. 11.

## What Can I Do To Celebrate Veterans Day?

There are many ways to get involved in celebrating Veterans Day. For starters, simply thank a veteran for his or her military service. With more than 22 million veterans in our country, it is likely that someone you know served in the military.

You can also wear a red poppy. Did you know that red poppies have become a symbol around the world for remembering veterans? The significance of the red poppy dates back to World War I when Col. John McCrae, a surgeon with Canada’s First Brigade Artillery, wrote a poem called “In Flanders Fields” expressing his grief over the rows and rows of poppies among the graves of soldiers who had died on Flanders’ battlefields.

Two women, Anna E. Guerin and Moina Michael were so

touched by his poem that they started a fundraiser selling artificial poppies to help orphans and others affected by the war. In 1920, with the help of the American Legion, Guerin brought the sale of artificial poppies to the U.S. Michael joined forces with Guerin and the Veterans of Foreign Wars to further promote this symbol. It became so popular that a poppy shortage in France prompted the construction of a poppy-making factory in Pittsburgh, Pa. which provided a reliable source of poppies and a means of assistance to veterans. Today, veterans at Veterans Affairs facilities continue to help assemble the red poppies, which are distributed by veterans’ organizations around the country.

Did you know that there are 144 veterans and military service organizations in the United States? If you’re so inclined, you can contact any of these organizations and get involved. You can also invite a veteran to speak at your event, or record a veteran’s story through the Library of Congress’ Veterans History Project (VHP). There are already more than 85,000 personal recollections of veterans in the VHP, 11,000 of which are accessible online.

If you are in the D.C. area, you can attend the Veterans Day National Ceremony which is held each year at Arlington National Cemetery at the Tomb of the Unknowns on Nov. 11 at 11 a.m.

For more ideas on how to observe Veterans Day, the U.S Department of Veterans Affairs has some excellent resources.

No matter where you are on Nov. 11, don’t forget to take the time to reflect upon the sacrifices that our nation’s veterans have made for our country.



# ACCOLADES

## PROMOTIONS

### AIRMAN 1<sup>st</sup> CLASS

David Ljunggren

### SENIOR AIRMAN

Doni Watson

Collins Agyemang

Jose Canario

Paulo Pinho

### STAFF SERGEANT

Alyssa Farren

Sean Johnson

Matthew Keenan

James Petros

Matthew Lynch

### TECHNICAL SERGEANT

Jamie McAvey

### MASTER SERGEANT

Ryan Morrissey

### CHIEF MASTER SERGEANT

John Noland

### CAPTAIN

Patrick Broydrick

# ANNOUNCEMENTS

## PRESCRIPTIONS REMINDER

IAW AFI 48-123 chap 10, each ANG member is responsible for promptly (within 72 hours) reporting an illness, injury, disease, operative procedure or hospitalization to include MEDICATIONS to the Medical Group. Members who refuse to comply with requests for medical information are considered medically unfit for continued military duty and are referred to their immediate commander for administrative discharge processing IAW AFI 36-3209. Documentation may be faxed to (508) 968-4061, emailed to MSgt Amy McNeill, amy.t.mcneill2.mil@mail.mil or hand carried on Saturday mornings of each RSD.

## CHIEFS COUNCIL CORNER

102nd Intelligence Wing Outdoor Recreation offers the area's best prices on boat, camper and trailer storage, with a secure on-base location to serve you. New customers are welcome now! Fees and charges are \$125.00 per calendar year. Please take a look at us, located inside the I-Gate next to Eagles Nest. We currently have nine slots open with plans to add additional spots this summer. E-mail Chief Walsh for terms and conditions at: michael.p.walsh6.mil@mail.mil or call 508-968-4380.

## MASSACHUSETTS TUITION AND FEES WAIVER

Eligibility for the Massachusetts Tuition and Fees Waiver Certificate for state schools is determined by your status as a member of the 102nd Intelligence Wing. Members are eligible for the benefit the day they enlist or are appointed with the Massachusetts Air National Guard. The benefit may be used at any point during your membership with the 102nd IW. Contact the Base Training Office for more information at 508-968-4189

## HONOR GUARD OPENINGS

The 102 IW Honor Guard is seeking motivated airman of any rank to fill volunteer rolls in the Base Honor Guard. This is a rewarding opportunity that will allow you to show your dedication the Air Force and your strong military bearing. Honor Guard members are required to participate in a minimum of four details per year. These details include military funeral honors as well as wing and community colors events. While the Honor Guard would be glad to have you participate anytime of the month, if you can only participate on drill weekends that is acceptable as we are currently working on having at least 2 members from each squadron train to do retirements and special occasion events . Please stop by or call 968-4431 and see an Honor Guard member and inquire about this rewarding all volunteer force opportunity.

## DEFENSE TRAVEL MANAGEMENT OFFICE NEWSLETTER

The Defense Travel Management Office is pleased to publish the fall edition of our quarterly newsletter, The Dispatch. Recognizing the need for better communication between the Defense Travel Management Office and the travel community, The Dispatch aims to provide timely travel-related news and updates. To view, go to: [http://www.defensetravel.dod.mil/Docs/Dispatch/Defense\\_Travel\\_Dispatch\\_Fall\\_2017.pdf](http://www.defensetravel.dod.mil/Docs/Dispatch/Defense_Travel_Dispatch_Fall_2017.pdf)



# 2017 SEAGULL DEADLINES

## SEAGULL SUBMISSIONS

<i>for issue</i>	<i>submit by</i>
JANUARY	December 27, 2016
FEBRUARY	January 30, 2017
MARCH	February 16, 2017
APRIL	March 20, 2017
MAY	April 24, 2017
JUNE / JULY	May 22, 2017
AUGUST / SEPTEMBER	August 14, 2017
OCTOBER	October 2, 2017
NOVEMBER	October 23, 2017
DECEMBER	November 20, 2017

The 102nd Intelligence Wing Public Affairs Office welcomes your feedback and submissions. Got a great story idea? Is your unit or shop doing something impressive? We welcome articles written by unit members on topics of interest to the wing and its personnel.

### WRITTEN STORY SUBMISSIONS

If you like to write and would like to submit a full article for publishing in the Seagull, we would be happy to take a look at it. Typically written stories are between 500-800 words and are formatted in the Associated Press (AP) format. Stories should have some relevance to the wing, its mission or its people. We reserve the right to review and edit your piece but will talk any edits over with you.

### TELL US YOUR STORY IDEA

If you aren't interested in writing your own story but would still like to call attention to someone or something great happening in the wing, contact wing PA. Give us some background details and we will take it from there!

### ANNOUNCEMENTS

Got something to say that doesn't warrant a full article? Send us your announcements and we will include them in the appropriate section of the Seagull. Please limit your message to a short paragraph or less.

### PHOTOGRAPHS

Did you capture some great shots while training on a cool piece of equipment at some obscure training site out in the woods? Maybe you went to a great going away luncheon or a promotion ceremony. Maybe you snapped a picture of you and your team working hard and building camaraderie. Send us your shots! Public Affairs can't always be there but we still want to share those moments with the wing. For submissions just give us a few lines about what was going on, where the photo was taken, who is in it and who took the photo. We might be able to get them in the Around Otis section of the Seagull and possibly on our Facebook page.

### CONTACT US

Public Affairs can be reached at x4516 or x4697, via email at [usaf.ma.102-iw.mbx.pa@mail.mil](mailto:usaf.ma.102-iw.mbx.pa@mail.mil) or by simply dropping by our office in Bldg 170.



# GET IT TODAY

## THE 102D INTELLIGENCE WING SMART PHONE APP

Available at an app store near you is the official smart phone app for the wing. With it, you will be able to access commonly used phone numbers, check on events happening in the wing, and find useful applications such as fitness, commonly used instructions and checklists, as well as the latest news from the wing.



The image features a dark blue background filled with a grid of gold stars. At the bottom, there are several wavy horizontal stripes in red and white. In the center, a shield-shaped emblem is positioned. The shield has a dark blue interior with a thin red border and a wider white border. Inside the shield, the words "HAPPY", "VETERANS", and "DAY" are written in a gold, serif, all-caps font. "HAPPY" is on the top line, "VETERANS" is on the middle line, and "DAY" is on the bottom line. There are small horizontal lines on either side of "HAPPY". A single gold star is located at the bottom point of the shield.

= HAPPY =  
VETERANS  
DAY