102nd INTELLIGENCE WING

Seagull

FEBRUARY 2015

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VOLUME 30 NO. 2

2014 Massachusetts Airman of the Year

Pg. 5

American Red Cross Blood Drive
Feburary 12th, 0900-1400hrs

Location: Rubb Tent

All presenting donators will receive a $5 Dunkin' Donuts Gift Card!

for an appointment please visit redcrossblood.org and enter sponsor code 102IW

...see announcement on pg. 13

Seagull

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Maj. Robert J. Spierdowis

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Master Sgt. Aaron Smith
Tech. Sgt. Kerri Cole
Staff Sgt. Jeremy Bowcock
Staff Sgt. Nikoletta Kanakis
Senior Amn. Thomas Swanson

ON THE COVER

The cover photo shows Technical Sgt. Scott Manamon, the 2015 Massachusetts Airman of the Year. See the full story on page 5.

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Commander's Comments

In the United States military we take our heritage seriously. As civilian soldier here in the Commonwealth of Massachusetts we have a very unique heritage. The first muster (or drill) took place in April of 1637 on Salem Green. We are the home of the oldest militia in our country, for nearly 378 years there have been citizen soldiers serving. When you think about it is pretty amazing.

We have had a number of memorable citizen soldiers in our history. The History Channel is currently airing a series on the "Sons of Liberty". One of the main characters is Dr. Joseph Warren. Dr. Warren played a pivotal role in the early days of the revolutions in Boston. Dr. Warren was a graduate of Harvard College, practiced medicine/surgery in Boston and later became a member of Boston's "Committee of Correspondence", a shadow government set up by the leaders of the Thirteen Colonies to coordinate their activities. Acting in his role as a member of the "Committee" Dr. Warren sent William Dawes and Paul Revere on their midnight famous ride to warn Sam Adams, John Hancock and the Minuteman of Lexington and Concord that the British troops were on their way. Dr. Warren then slipped out of Boston, where he coordinated and led militia troops as they attacked the British on their way back to Boston.

Within a few months, now Major General Warren would be facing the British at the Battle of Bunker Hill. Maj Gen Warren arrived at the encampment while the Boston militia was still forming up. General Putman and Colonel Prescott were in command of the militia. Maj Gen Warren volunteered to service as a private, as he realized that Putman and Prescott had much more military experience. Serving in the thick of the fight, Warren inspired the troops. On the British's third assault Maj Gen Warren was shot in the head and died on the spot. When General Gage, Commander of British Army in Boston, was told of the death of Warren he was reported to have said "Warren's death was equal to the death of 500 men." In Dr. Warren's honor there are eight towns, fourteen counties, and thirty townships across the United States that are named after Dr. Warren. Major General Joseph Warren was a, citizen soldier and a true Patriot that devoted his life for the cause of liberty for our great nation.

Joseph Warren was just one of many citizen soldiers that answered the call of our nation during the Revolutionary War. During the Civil War over 150,000 men from the Commonwealth answered the call to serve. Massachusetts delivered 62 Regiments to the cause, which included the 54th. The 54th Massachusetts Volunteer Infantry was the first regiment of African American soldiers. The 54th saw extensive serves during the Civil War and served with distinction. The 54th was an active Union regiment from March 1863 to August 1865. In honor of their exceptional service and sacrifice the 54th was reactivated in November 2008, serving as the Massachusetts National Guard's ceremonial unit.

I could go on talking about but the numerous honors of all the citizen soldiers of the Commonwealth, who served after the Civil War but I would challenge you to look up your unit's heritage and discover how far back does it go and where did they serve? Once you have done this and pass it on to the Airmen in your unit.

The Massachusetts National Guard truly has a heritage of honor and services to our great and powerful Nation.

Col. Joseph Morrissey
Commander, 253rd Cyber Engineering Installation Group

The 2014 Airman of the Year

By: Master Sgt. Aaron Smith, 102nd Public Affairs

There are those who do things for the recognition, and then there are those who are recognized for the things they do. Tech. Sgt. Scott Manamon, the Mass. Air National Guard's Airman of the Year for 2014, is the latter.

Sgt. Manamon won the Airman of the Year award after competing at a variety of levels within the state. The process started when he was submitted for Non-Commissioned Officer (NCO) of the Quarter for the 102nd Intelligence Wing and won. From there he won NCO of the Year for the 102nd IW, then Airman of the Year for the 102nd IW, and finally Airman of the Year for the Massachusetts. Now he is up for the Air National Guard's Airman of the Year. The path to this moment started long before he was first submitted though.

For years Sgt. Manamon has been working to make things better for those around him. As an instructor for the 102nd Intelligence Wing, he says he enjoys being able to help airmen grow in their careers. "I like the people part of it, being able to help people be successful at what they want to do and what they want to be; I get satisfaction in seeing people grow in that way," Sgt. Manamon said. That sense of helping others doesn't stop when he leaves work.

During his off-time Sgt. Manamon volunteers a lot of his spare time to help others. "I volunteer at the YMCA every Thursday at lunchtime with special needs kids. I'm a lifeguard, but I also teach them how to swim and I do a lot of volunteer events throughout the year," he said. During the last year, he taught more than 660 children to swim while volunteering. "You realize how good you have it, especially with the special needs kids," he explained, "you feel great because you're helping them, meeting a need that wouldn't be met without volunteers." In addition to the long list of activities he participates in, Sgt. Manamon also volunteers with his wife to provide marriage counseling to couples.

The benefits of and costs of volunteering are not lost on Sgt. Manamon. "It keeps me humble," he says, "It keeps my perspective where it needs to be; you get to meet new people, and you get that self-satisfaction as well." He credits the support he gets from home, along with good time-management skills, for his ability to take-on as much as he does. "One of the biggest factors is that my wife has always been there to support me, she has been my biggest fan and ultimately why I can do what I do."

With that support, Sgt. Manamon has also found the time to make himself a better Airman. This year he finished his Community College of the Air Force (CCAF) degree in "Intelligence Studies and Technology" and has plans to do more. "Now that I have finished my CCAF, I am focused on completing the Senior Non-Commissioned Officer Academy, and afterwards I'll go back for my bachelors degree at American Military University," he explained.

Whether or not he wins Airman of the Year for the Air National Guard, or goes on to compete for the Air Force's 12 Outstanding Airmen of the Year, Sgt. Manamon doesn't see that affecting what he does. "When I won Airman of the Year for the state I was totally taken aback and thought 'Man, now I really have to live up to those expectations'," he said, "but, if I do win at higher levels, I don't think a lot will change. I just want to feel like when I leave for the day that I have given my best. If you're asking what epitomizes what I'm proud of, I'm proud of my work and being able to volunteer."

102 SFS Returns from Deployment

By: SrA Thomas Swanson, 102nd Public Affairs

The men and women of the 102nd Intelligence Wing are no strangers to personal sacrifice. These airmen, who often deploy to defend our freedom abroad, make these sacrifices to keep us safe here at home.

On Friday, Jan. 23rd thirteen members of the 102nd Security Forces Squadron returned from a seven month tour to Thumrait Air Base in Oman. For some, it was their first trip overseas, for others this was their fourth deployment.

The mission this time was to augment local law enforcement personnel and provide security on base. The 102nd Security Forces Squadron performed their duties with other American military units on site in conjunction with local Omani forces. About half of the squadron worked in operations, manning gates and patrolling the perimeter, while others worked in specialty assignments such as the search pit and the armory. The search pit utilized electronic systems near the base entrance to identify potential explosives in and around motor vehicles.

If you talk to someone who has deployed to the Middle East, they'll likely tell you that working long shifts is par for the course. This is even more pronounced in the world of Security Forces, where twenty-four-hour force-protection is required. According to Troop Commander Master Sgt. Mark Sheridan, "there were a lot of long days. The average work week was between ninety to one hundred hours for everybody," Sgt. Sheridan said. He also noted that the holiday season was no exception, saying, "On Thanksgiving [the dining facility] had the traditional meal for everybody, but most of us worked that day or were working the night shift."

However, it was not all-work-and-no-play. On a few occasions, airmen were allowed to travel off base to the downtown area of Salalah. "People there were really friendly and very nice," said Sgt. Sheridan. Many members of the 102nd Security Squadron also took advantage of the deployment to step up their personal exercise work-out routines. "Guys came back thirty pounds lighter or twenty pounds heavier because they worked-out so much," said Sgt. Sheridan referring to the amount of weight lost and muscle gained.

Personnel were also able to take action to further their military careers during the tour. Four Senior Airmen finished Airman Leadership School and three were promoted to Staff Sergeant. There were also two Commendation Medals and five Meritorious Achievement Medals awarded by the end of the deployment.

Of particular note, Airman First Class Ryan McGrath won the Diamond Sharp Award. Formerly known as the Airman of the Month Award, the Diamond Sharp Award is given to recognize Airman for excellence in the ranks E-1 thru E-4. The prestigious award requires nomination by the airman's unit first sergeant and selection by the first sergeant's council on base. The Diamond Sharp Award winner demonstrates ability, drive and commitment to the mission above and beyond their peers. In conjunction with winning the award, Airman First Class McGrath was awarded an incentive flight over the region in a C-17.

There is little doubt that the airmen of the 102nd Security Forces Squadron are happy to be home to enjoy some rest, relaxation and time with their families. Even though multiple tours pose significant personal challenges for individuals, when asked about the prospect of another deployment for the Squadron in the near future, "most of us want to go," said Sgt. Sheridan.

102 CES Departs for Silver Flag 2015

By: SrA Thomas Swanson, 102nd Public Affairs

The combat zone is not a place where you want to learn new skills. This is even more true when those skills involve building and maintaining the very base that protects you from the enemy.

On Friday, thirty civil engineers from the 102nd Civil Engineering Squadron and ten members from their sister unit, the 101st Civil Engineering Squadron from Bangor Maine, boarded a KC-135 aircraft at Otis Air National Guard Base and traveled to join the 823rd Red Horse Squadron at Tyndall Air Force Base on the Florida panhandle. A convenient excuse to escape the cold weather? Not so. Their destination was Silver Flag, a mandatory seven day war-time contingency course that requires personnel to perform at the highest level in a realistic, 24/7, lockdown environment.

According to Master Sgt. Roger Chouinard of the 102nd Civil Engineering Squadron, the deployment has a two part mission. The first objective, "Bed-down" calls for constructing a fully functional military facility. Secondly, "Sustainment" requires teams to make rapid structural repairs after a simulated enemy attack.

Upon arrival at the 823rd, members break up into groups based on their Air Force Specialty Code. Then the roughly two hundred civil engineers from around the country begin to train on duty-specific tasks. Electricians work on runway lighting and power generation. Structural engineers work on expedient methods of framing, building, and repairing facilities. As stated in the Red Horse Silver Flag Fact Sheet, during the course, civil engineers, communications, force support, and finance personnel learn how to build and maintain bare-base operations at forward deployed locations.

Participants hone a variety of combat and survival skills, such as repairing bomb-damaged runways and setting up base facilities. Services and force support members receive additional training on providing contingency lodging, fitness and recreation, food service, and mortuary affairs under hostile conditions.

After five days of training in a real world environment, the course culminates with a collaborative exercise scenario that tests the skills practiced and learned during the deployment. "Our [Command and Control section] plans the exercise, plans the work that has to be done, then they hand it to Operations who establishes the teams, then the teams go to work and actually complete the mission", said Master Sgt. Chouinard.

One key benefit to the joint exercise is that personnel gain experience with equipment not readily available at their home stations. The unique expeditionary training supplies combatant commanders with a highly trained, skilled and motivated emergency response force that is poised to perform in combat if called upon.

Exercises like this are nothing new for the 823rd Red Horse Squadron. The team of seventy-four work year-round providing contingency combat support training to Active-Duty, Air Force Reserve, Air National Guard, Army, Marine Corps and allied nation personnel. The 102nd Civil Engineering Squadron is required to attend the Silver Flag course once every forty five months to sustain their proficiency.

More than four thousand five hundred people are trained at the Silver Flag site each year. The multidisciplinary training at Silver Flag is a crucial component to the robust global response capability of the United States of America.

Chapel Call

By: Chaplain (Lt. Col.) Mark Schaarschmidt

Why not both-and?

I am Chaplain Mark Schaarschmidt. Even though I have now been in the Air National Guard for six months, I still feel like I am on my honeymoon. I am very happy to be among all of you as members of this team. I also deeply appreciate the warm welcome I received from the entire 102nd Intelligence Wing. I pray that the spirit of that honeymoon period will live on.

It is funny how many answers can be neatly given with the words 'both-and'. The honeymoon will be over in one sense, but the spirit of the honeymoon lives on…both-and.

Many times, it's hard to go wrong when the answer is 'both-and'. Take for example a couple who wish to partner for life but disagree a lot. Each does not budge. Each feels that they are right. The challenge is that both dig in their heels and say that the other is mistaken. The counselor gives a simple, true answer, namely, "There are two sides to every story." Simply put, you're both right. What may be true in love can also be true in war.

General George Washington chose a leadership style of consulting his subordinates. He would ask what others thought and oftentimes went with their consensus. History showed that other leaders preferred to dictate orders rather than ask, "What do you think?" The solution and truth could be found in both methods. Discuss with your team first and then as leader, make the call. In short, 'both-and'.

The answer 'both-and' helps us understand the role of Chaplain as well. As chaplains, we remain loyal to our faith traditions while meeting the spiritual needs of all whom we serve. A Chaplain is endorsed by his or her faith group and carries out its traditions and rites. A Chaplain is also your counselor who reaches out to all and accommodates all to meet the spiritual needs of its members. It's another effective way of saying 'both-and'.

We all face situations where two paths can be taken. We may have the feeling that the 'honeymoon' is over at work or at home. Try to consider the both-and approach to see if it helps you determine the best course of action. If it is hard to budge, we can reconsider the potential for seeing both sides and deciding wisely.

UTA WORSHIP TIMES AND RELIGIOUS SERVICES

Roman Catholic Mass: 0900 Sunday at the Coast Guard Chapel

1100 Sunday, Building 158, 3rd Floor (next to Chaplain's Office)

Contemporary Christian Worship: 1130 Saturday, Building 158, 3rd Floor. (This is a new offering we'll be testing out about once a quarter.)

Interdenominational Christian Worship: 1145 Sunday at the 102nd IW, Building 158, on the 3rd Floor

Contact the Chaplain's Office for information on other faith groups or other times of worship (968-4508)

Greenwood and Ouimet Recognized

By: Mr. Timothy Sandland, 102nd Public Affairs

Three civilian members of the 102nd Intelligence Wing team were recently recognized for their outstanding work. Mr. William Greenwood, and Mr. Brian Ouimet were specifically highlighted in a letter of appreciation sent to the Wing Commander, Colonel James LeFavor.

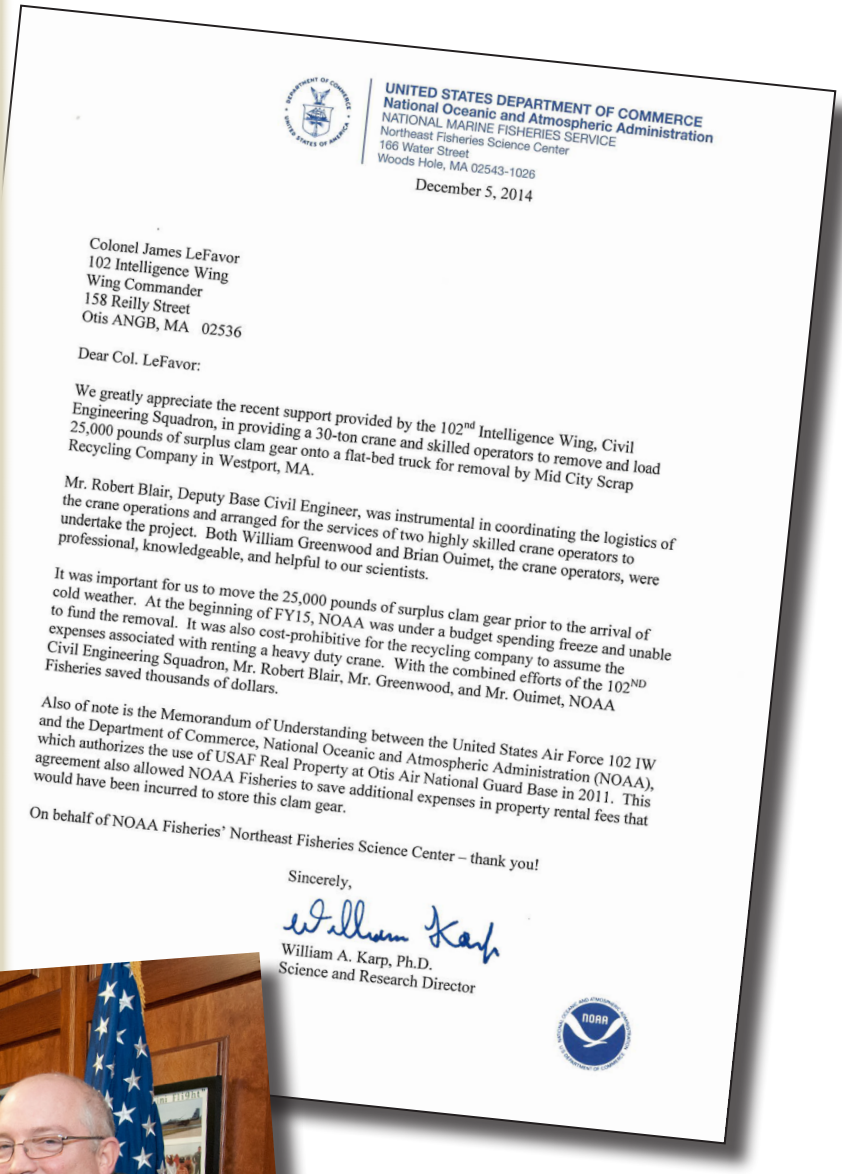
In the letter, Dr. William A. Karp, Science and Research Director at the Northeast Fisheries Science Center at Woods Hole recognized Greenwood and Ouimet's efforts saying both were "professional, knowledgeable, and helpful" to National Oceanic and Atmospheric Agency (NOAA) scientists.

The agency needed help moving 25,000 pounds of surplus equipment prior to the arrival of cold weather, while simultaneously dealing with budget deficiencies.

As crane operators, Greenwood and Ouimet's efforts; along with the logistical support provided by Mr. Robert Blair, Deputy Base Civil Engineer, enabled NOAA to proceed with the removal, expending minimal funds.

Dr. Karp went on to say that the efforts of the 102nd Civil Engineering Squadron, Mr. Blair, Mr. Greenwood and Mr. Ouimet saved the agency "thousands of dollars."

Elizabeth Sweeney, Northeast Fisheries Science Center's Administrative Officer, was on hand to make the presentation in Colonel LeFavor's office.



UNITED STATES DEPARTMENT OF COMMERCE
National Oceanic and Atmospheric Administration
NATIONAL MARINE FISHERIES SERVICE
Northeast Fisheries Science Center
166 Water Street
Woods Hole, MA 02543-1026

December 5, 2014

Colonel James LeFavor
102 Intelligence Wing
Wing Commander
158 Reilly Street
Otis ANGB, MA 02536

Dear Col. LeFavor:

We greatly appreciate the recent support provided by the 102nd Intelligence Wing, Civil Engineering Squadron, in providing a 30-ton crane and skilled operators to remove and load 25,000 pounds of surplus clam gear onto a flat-bed truck for removal by Mid City Scrap Recycling Company in Westport, MA.

Mr. Robert Blair, Deputy Base Civil Engineer, was instrumental in coordinating the logistics of the crane operations and arranged for the services of two highly skilled crane operators to undertake the project. Both William Greenwood and Brian Ouimet, the crane operators, were professional, knowledgeable, and helpful to our scientists.

It was important for us to move the 25,000 pounds of surplus clam gear prior to the arrival of cold weather. At the beginning of FY15, NOAA was under a budget spending freeze and unable to fund the removal. It was also cost-prohibitive for the recycling company to assume the expenses associated with renting a heavy duty crane. With the combined efforts of the 102ND Civil Engineering Squadron, Mr. Robert Blair, Mr. Greenwood, and Mr. Ouimet, NOAA Fisheries saved thousands of dollars.

Also of note is the Memorandum of Understanding between the United States Air Force 102 IW and the Department of Commerce, National Oceanic and Atmospheric Administration (NOAA), which authorizes the use of USAF Real Property at Otis Air National Guard Base in 2011. This agreement also allowed NOAA Fisheries to save additional expenses in property rental fees that would have been incurred to store this clam gear.

On behalf of NOAA Fisheries' Northeast Fisheries Science Center – thank you!

Sincerely,

William A. Karp, Ph.D.
Science and Research Director

Mr. William Greenwood, Mr. Brian Ouimet, and Mr. Robert Blair of the 102nd Civil Engineering Squadron accept a letter of appreciation presented by Elizabeth Sweeney of the National Oceanic and Atmospheric Administration (NOAA).

How to know if you or someone you care about has a drinking problem

By: Ms. Jill Garvin, Director of Psychological Health

1. Your health. If your drinking is causing any health concerns such as raising your blood pressure, elevating your liver enzymes, causing heart rhythm disturbances, or contributing to excessive weight gain, it's a problem. Do you ever shake in the morning after drinking? That is withdrawal. Related to this, if you ever "lose time" or have a "black out" from drinking, it's a serious problem

2. Your job or work performance. If your alcohol use results in absenteeism due to being hung-over, or you are often hung-over at work, it's a problem.

3. The law. If you ever get an OUI, it's a problem.

4. Money. If your drinking is causing a hardship with personal finances, it's a problem.

5. Relationships. Has anyone ever complained about your drinking? If your drinking often leads to social or interpersonal conflict, it's a problem.

Drinking alcohol every day is not always a sign of problem drinking. In fact, the American medical establishment agrees that a couple of drinks a day is not necessarily harmful.

Most people with alcohol problems are often very high functioning, well-educated and successful in many areas; this is why people can go untreated for a long time.

Some people agree with the disease concept of alcoholism. Some describe alcohol abuse as an “allergy” to alcohol. Do you or someone you know, consume alcohol and then seem to want more or they do not know when to stop? Or they drink way more than they intended? The allergy concept describes someone that has a different reaction to alcohol than the “normal” drinker.

Drinking is a large part of our culture, and a large part of military culture. There is still stigma around alcohol and substance abuse, but it is not a moral issue or lack of willpower. It is truly a biological condition and genetics play a large role as well. I’d like to mention a few things to be aware of, in terms of alcohol awareness and signs that it might be a problem. The same is true for other substances, addictions and even prescription medications.

Regardless of how seldom or little you drink, if your booze consumption has a definite, negative impact on any of the following zones, it's a problem.

Keep in mind that these guidelines are not necessarily descriptive of an "alcoholic," per se (i.e., technically a person who has developed tolerance for alcohol and will experience withdrawal symptoms after not drinking for a time) but rather are meant to serve as signposts that a typical, social drinker might be headed for some serious, alcohol-related problems.

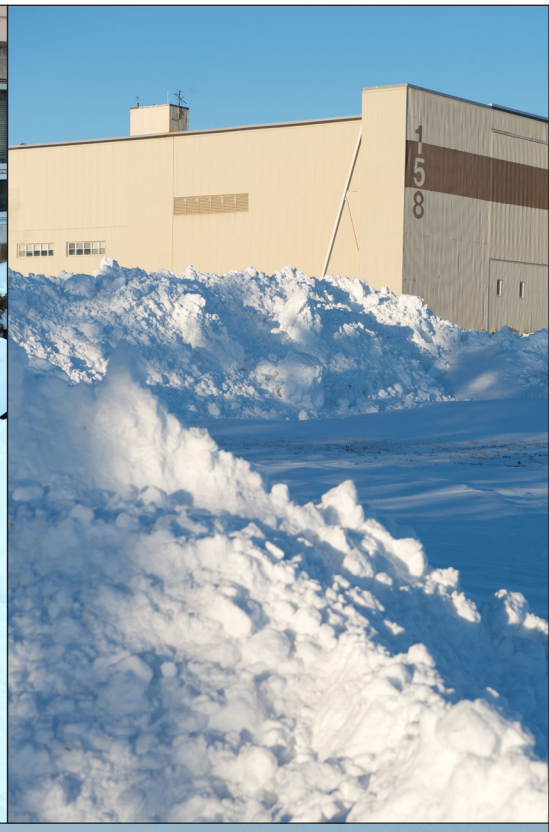
Also, there is thought that many problem drinkers self-medicate due to an undiagnosed mental health issue, such as depression, anxiety or trauma. You can never truly address these issues unless you treat the alcohol problem first. If you use alcohol to help you sleep, remember that it disrupts sleep and becomes a stimulant during the sleep cycle.

Alcohol consumption greatly increases depression and suicidal behavior. In my experience, people have more success abstaining from alcohol with social support, such as 12-step and other recovery programs. When alcohol is used to deal with life and problems, the person becomes more isolated and cut off from real connection. There is great recovery on the Cape and in MA, so you do not have to do it alone!

Please contact me if you would like more information for yourself or family member. For a list of AA meetings on line for the state, go to:

http://www.aaboston.org

Images of Blizzard Juno



Promotions

Joseph Nadeau

Justin Hole
Richard Melcher

Torrey Cox
Catherine McKay

Michael Ehnes
Isao Hattori

Thank You!

The 102nd Mission Support Group would like to thank all those who contributed to the care packages that were sent out to the members of the 102nd Civil Engineering Squadron and 102nd Security Forces Squadron during the holidays. Your support was greatly appreciated!

Commander's Cup

SEAGULL IDEAS?

Do you have an idea for a *Seagull* article? Is your unit or shop doing something impressive? Is there something on base you don't think gets enough attention? Or do you simply have an announcement? Stories and ideas are always welcome. Email us at *102iw.pa@ang.af.mil* *(Please limit articles to 500 words.)*

The next *Seagull* deadline is THURSDAY, FEB. 26, 2015.

Announcements

1

Satellite ALS

There is an upcoming opportunity to complete Airman Leadership School (ALS) at Otis. The Spring Satellite ALS Course starts on May 9, 2015 and goes until July 2, 2015. Phase 1 of the course meets at Otis ANGB on weekends from 0930-1800 until June 17, 2014. Students then continue on to McGhee Tyson ANGB, TN for Phase 2 which starts on 17 June 2015 with a Graduation Date of 2 July 2015. For more information and exact dates click HERE.

2

The Massachusetts Tuition and Fees Reimbursement

Eligibility for the Massachusetts Tuition and Fees Reimbursement 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 appoint with the Mass. Air National Guard. The benefit may be used at any point during your membership with the 102nd IW. Contact Senior Master Sgt. Shvonski for more information at douglas.shvonski@ang.af.mil or 508-968-4189

3

Multiple Red Cross Blood Drives Planned

Mark your calendar for Thursday, February 12th and Saturday, May 2nd 2015. The American Red Cross will be on base on both dates to conduct blood drives. Times and location for both drives are 0900-1400hrs at the Rubb Tent. To secure an appointment, please visit redcrossblood.org and enter sponsor code, 102IW. Thank you for your continued support of the American Red Cross.

4

DeCA Scholarships for Military Children Program

Applications for the 2015-2016 school-year awards become available starting Dec. 15. Applicants should ensure that they and their sponsor are enrolled in DEERS and have a military ID; and must attend or plan to attend an accredited college or university, full time, in the fall of 2015. Applications must be received by COB Feb. 13, 2015. Learn more at http://www.militaryscholar.org.

5

New Government Travel Credit Card

Please see the link below concerning the rollout of the new Citibank issued government travel cards with the new chip and pin technology. All GTC cardholders should verify their home address on record with Citibank to ensure they receive their card. Roll out of the new cards will start in January and finish by October of 2015. More information HERE.