

102nd INTELLIGENCE WING

# Seagull



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# A CHANGING LANDSCAPE

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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? Exercises, deployments and other operational information is always welcome. Let us know what is going on in your organization. *(Please limit articles to 500 words.)*

**The September Seagull deadline is Saturday, August 20, 2011.**

**ON THE COVER >>**



A graphic illustrating the many demolition and construction projects that are currently underway on Otis Air National Guard Base. See full story on page 6.

*(U.S. Air Force Graphic by Master Sgt. Aaron Smith)*

**UPCOMING UTAs >>**

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

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**FROM THE DESK OF THE  
102nd Medical Group  
COMMANDER**

By Col. Maureen McCarthy



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

**Sleeping Less? Enjoying it Less?**

I write this to heighten awareness of shift work fatigue that can impact daily living even when not working "off shift". Fatigue - what is it? Engineers might define it as the failure of a material as a result of stresses over time. For us humans it is pretty much the same except failure is the loss of physiological and psychological function. And the stresses are extended times awake, erratic sleep patterns, illness, heavy physical or mental work, pharmaceuticals, and over stimulation.

Today, there is an estimated 24 million shift workers in the U.S. Multiple studies show that more mistakes are made at night especially at mid-shift (0300-0400), especially after the fourth consecutive night of work. Consider our wing mission and the 24/7 scheduling that occurs. Our bodies are designed to be awake during the day and sleep at night. Working when the body is programmed to sleep will cause problems. Trying to sleep when the body is programmed to be awake causes problems. Not getting the body's required amount of uninterrupted sleep causes problems.

We live and work in a 24/7 world and the stresses that cause fatigue are not going away. So what can we do to mitigate them and enhance our ability to do our jobs and preserve our health?

Fortunately there is a wealth of experience across a multitude of industries that we can lean on; police, hospital workers, aviation and trucking, the nuclear and chemical industries. They all have developed Fatigue Risk Management Systems (FRMS) to tackle the problem.

Some tried and true strategies:

Sleep hygiene tips: Maintain a regular sleep schedule (same bedtime and wake time each day). Avoid caffeinated beverages after lunch (day shifters) and after evening meal (night shifters). Do not smoke, particularly several hours prior to sleep. Do not go to bed hungry. Adjust the bedroom environment (light, noise, temperature) so you are comfortable before you lie down (room darkening shades, eye masks, ear plugs, white 'noise' fan. Deal with concerns or worries before bedtime - make a list for the next day. Unplug the phone and turn off the cell phone. Don't exercise less than 3 hrs before bedtime.

Tips for better job performance when working nights:

Take short breaks throughout the shift. Work with a buddy - coworkers can help keep you alert. Exercise during the break - walk up the stairs, take a short walk, etc. Sync your meal schedule to the shift you are working - eat a light meal midway through. Lowest period of performance (window of Circadian Low) is around 0400 so do not leave the most tedious work to the end of the shift.

If exercise is not part of your daily routine - start using exercise as your fatigue management strategy. It's going to help to improve your sleep, increase your energy levels, reduce muscle tension and also alleviate the effects of stress. Unfortunately, the person least able to recognize the onset of fatigue and impaired performance is the person themselves, so look out for your friends and fellow airmen! Call us at the MDG for more info if needed.

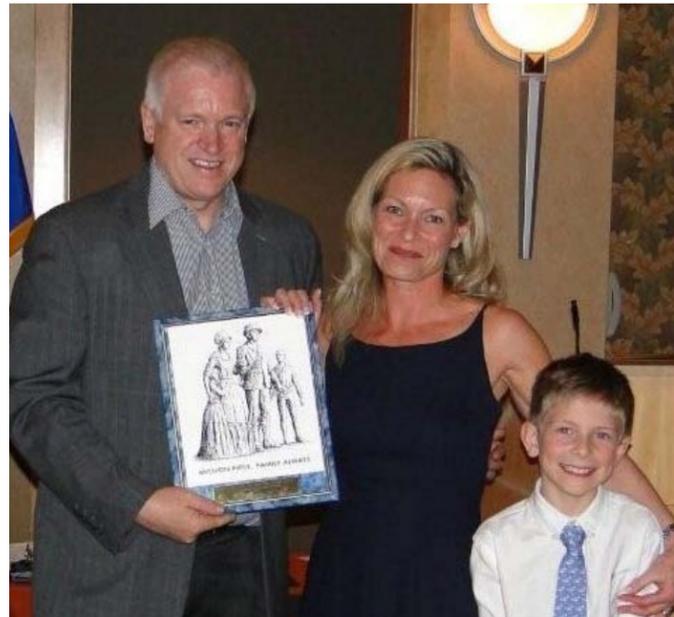


## MASS. AIR VOLUNTEER OF THE YEAR

By Senior Airman Jeremy Bowcock  
102nd Intelligence Wing Public Affairs



Mrs. Emily J. Bachand poses with her son and her husband Master Sgt. Allen Bachand during an awards ceremony for outstanding Family Readiness and Support volunteers



Maj. Gen. Leon Rice presents the Mass. National Guard Family Readiness and Support award to Mrs. Emily J. Bachand poses for a shot with her son during an awards ceremony for Family Readiness and Support volunteers

On Saturday May 7, 2011, Maj. Gen. Leon Rice recognized Otis Family Readiness Group Volunteer, Mrs. Emily J. Bachand as the Massachusetts Air National Guard 2011 Outstanding Family Readiness and Support award winner. The Mass. National Guard Outstanding Family Readiness and Support Awards, one Air and Army, are annual awards which acknowledge the outstanding contributions of individuals, family members, groups, or units who have provided exceptional support to Family Readiness. The award is a statue which depicts a family composed of husband, wife, son, and daughter in the era of the 1770s Militia.

Guided by a passion for military families, Mrs. Bachand exhibits the best in volunteerism and spirit of the "readiness" and "support". This mother of three has been a great supporter of the 102nd Security Forces Squadron (SFS) through her years of marriage to Master Sgt. Allen Bachand. Frequently, she displayed support organizing squadron level events for members and families. She provided guidance when asked and has provided a strong example for the younger spouses and significant others in the unit.

Upon joining the Otis Family Readiness Group (FRG), eliciting her natural inclination and enjoyment in fostering a supportive environment, she quickly became instrumental in serving the Mass. ANG's 102nd Intelligence Wing, 253rd Combat Communications Group and 267th Combat Communications Squadron. Applying her academic background and passion for military families, Emily dove right in, making an evident impact.

As the 102 Security Forces Squadron prepared to deploy its largest assembly of Airmen in support of Global War on Terror, Emily worked with the other FRG leaders to design the best systems of customized outreach for an ever-ready and available network of support. The voice of experience, she primed families, encouraging their participation in events, like Deployment Cycle Support and the FRG; or simple connections to each other. She assisted in the organization of a social for Security Forces Squadron deployers; organized the phone tree; created and maintained various outreach devices; and sustained a strong flow of communication with the Airman & Family Readiness Program Office.

In 2010, Emily was chosen to represent the MA ANG at NGB's National Volunteer Symposium. Well-armed with resources, Emily applied many of the ideas to the Otis Family Group including new communication ideas and utilizing community support, in particular the VFW's Adopt-A-Unit Program.

While maintaining her strong presence for the deployed SFS, she assisted the FRG in continuing its support for the membership and Families at home station. Emily led coordination of the Children's Christmas Party, which enjoyed its largest participation in both volunteers and in family attendance in over seven years.

Mrs. Bachand was accompanied by her husband Allen, and their oldest son, Jack as she received the award at annual Joint Services Volunteer Training Workshop. The theme of this year's training was "Growing Resilient Families."

## DISASTER PREPAREDNESS AND G.I.I.E.P.

By Master Sgt. Aaron Smith  
102nd Intelligence Wing Public Affairs

Disasters from hurricane Katrina to the recent tornadoes in western Massachusetts have shown us how important the government's initial response is and how information about the situation can be critical. One of the National Guards' primary roles is to help the state and its people when tragedy hits. But, it can be tough to know just where to start and who to help first. When time is critical it's important to focus on the right priorities and know what is happening where. Recently the 102nd Intelligence Wing was given a valuable tool to help with that problem.

The GIIEP system, short for Geospatial Information Interoperability Exploitation Portable, was developed with the National Guard in mind and each state has received at least two of these kits. GIIEP, often pronounced "jeep", is an unclassified platform that allows guard members, while flying over a disaster area, to take real-time photos and video (with incorporated GPS data), create Google Earth overlays (with tagged locations), add comments about those locations, and finally, to stream all of this information back to emergency responders and officials in real-time. As one of the operators of the system Staff Sgt. Michael Corkren, of the 102nd Intelligence Support Squadron described its benefits, saying, "The information gets streamed back to first responders and they get a better idea of what's going on. We can also point out places that might need rescue, or where there might be a bridge out." Whether it's government officials and military leadership at Joint Force Headquarters or first responders in the field, all that is needed is a laptop with an Internet connection and the GIIEP software, now those individuals have this valuable information at their disposal.

Over the June drill members of the ISS worked to conduct tests on the system with their main partner for GIIEP system, the Civil Air Patrol. The CAP is a nonprofit, volunteer organization. In its Air Force Auxiliary role, CAP members perform 90 percent of continental U.S. inland search and rescue missions as tasked by the Air Force Rescue Coordination Center. The Civil Air Patrol was credited by the AFRCC with saving 113 lives in the fiscal year 2010. Describing the weekend's events Sgt. Corkren said, "The Civil Air Patrol had a Cessna come in and we flew three sorties, with at least one ISS operator onboard. We shot streaming video and pictures all over Otis. We really wanted to verify that the system worked from a plane. We got some good pictures and good streaming video."

The GIIEP system was developed by the U.S. Army Space and Missile Defense Command in Huntsville, Alabama. It consists of a laptop, off-the-shelf handheld cameras and a cellular air card, which provides a wireless Internet connection. "They tried to design it so it would be totally unclassified" notes Sgt. Corkren. The kit, which comes in two small cases, is very versatile and its components can be easily changed. Sgt. Corkren states, "Primarily its designed for use with the CAP, but we don't necessarily have to be in the aircraft, recently we were able to capture from video from an oh-58 helicopter's streaming video camera during Exercise Patriot Guard 2."

In the end the GIIEP system provides a valuable tool for when the next disaster strikes Massachusetts. It strengthens our relationship with the Civil Air Patrol and gives Otis the ability to better help first responders and decision makers with the information they need when it matters the most.



On May 2, 2011 Second Lt. Stan Edwards (left) and Second Lt. Hans Brosbol, both Gateway Civil Air Patrol Senior Squadron members, check the GIIEP equipment before the day's first flight to access flood damage in Missouri. (Photo by Lt. Col. David A. Miller)



A Geospatial Information Interoperability Exploitation Portable go kit, which features self-contained communications equipment and other hardware that allow for real time and near-real time full-motion video, digital imagery and in-flight chat capability with federal, state and local emergency operations centers supporting emergency situations. (Civil Air Patrol photo by Steve Cox)

# A Changing Landscape

By Master Sgt. Aaron Smith  
102nd Intelligence Wing Public Affairs

For the occasional retiree or old unit member who hasn't been to Otis Air National Guard Base in the last year, they might be surprised to see how much the base they've known for so long has changed.

Soon after the threat of closure and completion of their fighter wing mission, the 102nd quickly jumped into to its new role as an intelligence wing. It adapted current buildings and spaces to a new purpose, using what it could to charge ahead and embrace its new role. Now the base and its facilities are finally catching up.

Construction and demolition have been occurring all over the base during the last year. The construction projects range from the creation of a three-quarter mile outdoor running track to the creation of new multi-million dollar buildings. Construction of a new 33,000 square foot intelligence squadron operations building, and a 7,600 square foot administrative building, are scheduled to be completed in December of this year. Along with that, a new 28,500 square foot Operations and Training building is scheduled to be done by the end of spring, next year. Colonel Anthony Schiavi, commander of the 102nd Intelligence Wing, said, "A lot of the things you see going on right now are going to put us in more modern, more mission relevant buildings, with better energy." Along with these many projects has come the demolition of other buildings, buildings that symbolized the essence of the old flying mission.

In January of this year the fuel storage tanks and equipment that supported them were taken down and the land returned to its natural state. More recently in June, the Alert facility, where the 102nd Fighter Wing had maintained a 24 hour-a-day, 365 day-a-year watch, for over 35 years, was demolished. There are a number of reasons why these facilities are being taken down. Col. Schiavi notes, "These building can be very hard to maintain, very expensive, and they're not part of our mission. From a cost perspective you have to be as efficient as you can. If we have buildings that we're not using, the paint starts to fall of, and our base just doesn't look good, not to mention they cost a tremendous amount in terms of heat and electricity." In fact, since January of this year Civil Engineering has taken down at least twenty structures, according to Mr. Robert Blair of the 102nd Civil Engineering Squadron. Along with these projects comes a change in the general layout of Otis ANGB.

The vision for the type of base Otis will be in the

future has changed. Lt. Col. Stephen Demianczyk of the 102nd Civil Engineering Squadron notes, "We have moved away from the industrial type 'Fighter Wing' complex to a more high-tech, energy efficient 'campus' style workplace where personnel can readily walk between buildings for day-to-day interactions." Building placement is not the only aspect of the base changing though. "Right now our land holdings on the base are almost 4000 acres. Our ultimate plan is to get down to less than 300", Col. Schiavi said. A large part of that reduction will come from the handing over of the airfield and associated areas that are no longer needed since the 102nd ceased its flying mission. Further changes include the planned relocation of the Civil Engineering facility from outside of the fence perimeter to a location close to the Medical Squadron. The whole process will unfold over the next three to five years as the Civil Engineering Squadron pushes forward, even while dealing with the complications and delays that may arise.

During construction, there have been challenges, whether over funding or regulations or equipment, that have confronted Civil Engineering. Lt. Col. Demianczyk notes, "The most challenging part of these projects has been the evolving intelligence facility requirements. We've needed to be flexible enough to execute contract modifications due to new intelligence requirements in order to prevent us from building a facility that couldn't meet the mission needs." Lt. Col Demianczyk went on to note that personnel like Mr. Bob Blair, who leads the engineering section in Civil Engineering, and Mr. Paul Helmuth, the primary construction manager on three of the current projects, have both been working hard on the numerous adjustments and complex problems that happen in any project of this size. Despite these hurdles, Col. Schiavi noted that there has already been great progress. "We're probably three to five years ahead of where I thought we would be", he stated.

In the end, the goal is to fully transform Otis Air National Guard Base into an efficient and modernized base. Beyond the large construction lies future plans for curbs and sidewalks, workout stations around the track, multiple landscaping projects, and other plans that will bring back the vibrancy that Otis once had. In addition, the museum has plans to refurbish and redisplay the static display aircraft that trace back the wings' history. For the Retiree who hasn't been to Otis in years, things have indeed changed. It has gone from a base on the verge of closure to one that has new life and purpose.



Fuel storage tanks that supplied the JP-8 jet fuel needed for the fighter wing mission were taken down around the beginning of the year. The process has now begun of returning the land that the fuel facilities sat on back to it's natural state.

Multiple Buildings located near the water tower are scheduled for demolition according to the 2008 master plan for the base. The buildings are both related to functions that were needed for the fighter mission but are unable to be converted to a useful function for the new mission

The main symbol of the alert mission and the fighter wings history. The alert facility housed multiple aircraft and had facilities for pilots and maintenance personnel to respond in a moments notice to threats to America's air sovereignty. It maintained a 24 hour a day watch for over 35 years straight.

The F-100 Super Saber aircraft on display near the water tower was removed and shipped to Robbins AFB for restoration and display. A former Warner Robbins Air Logistics Center Commander flew the aircraft in over 200 combat missions over Vietnam, during the Vietnam conflict.



## BACK TO BASICS

By Lt. Col. Martin Richard  
102nd Air Operations Group

The practice of appropriate customs and courtesies is an important element in the development of self discipline, morale, esprit de corps, and mission accomplishment. They are an outward expression of the good order and discipline embodied by our military unit as well as an obvious example of the mutual respect and sense of cohesion that we share. We do a great job of accomplishing the mission here at Otis; much of our strength is based on the long term relationships that we develop. As positive as those relationships are, they do breed familiarity which at times reduces the formality of our interactions. Let's take a brief look at a few customs such as saluting, the use of proper addresses, military etiquette, and basic military courtesies.

### Saluting – Everyone has to salute

The salute is a gesture used to display respect. Its origins are unclear, but many believe it goes back to the Roman times when Knights would raise their visors with their right hand to show their identity and to demonstrate that they were not holding a weapon. Today, saluting is primarily a courteous exchange of greetings and a show of respect. By definition, the junior member will always initiate the salute upon recognition of a senior officer when in uniform, both on and off base. There is no specific distance, although it should be far enough before passing to allow the senior member to return the salute and greeting. This applies if one individual has items in both hands then the salute should be acknowledged with a verbal greeting. Though saluting while in the PT uniform is NOT currently required, if you recognize a senior officer while in PTs, saluting would certainly not be inappropriate.

### Proper Addresses – Use of First Names?

Senior officials often address junior individuals by their first names; this does not give juniors the privilege of addressing seniors in any way other than by proper titles. Proper titles do not include call signs or nicknames. When airmen are present, military titles and last names should always be the norm. Among themselves, members of equal rank may address one another by their given names. Within our military environment, formality is the best policy.

### Military Etiquette – Be polite!

Etiquette is very simply defined as practicing good manners. Proper etiquette has nothing to do with rank or seniority. Taking the time to be polite and respectful helps develop a positive work environment and builds supportive, effective relationships. Etiquette includes saying "Thank you" and "Please". We should remember to do these simple acts in our military environment. Another respect issue is being prompt or on-time, and to make a call when you are going to be late. Though the mission must come first, we should always take the time to respect and support one another.

When communicating always use proper etiquette. Identify yourself and your organization when making calls and when answering the telephone. When communicating via email avoid the common tendency to use texting language or be overly familiar or casual. Remember, email communication is still professional, business related communication.

### Common Acts of Military Courtesies

There are several common acts of courtesy that are specific to our military culture. When walking always give the senior person the position of honor – the junior person should always take a position to the senior's left. Always rise when a senior person enters the room, unless told to do otherwise. Think about and act on calling the room to attention when appropriate. When called to a supervisor or senior official's office, always knock first and wait to enter the room. Practicing appropriate courtesies reflects well on the self discipline of the junior member and the organization as a whole. Do what you know is right; regardless of what you may

see others do.

As we prepare to demonstrate the excellence of "How we do business" during the UCI, let's keep in mind the subtle yet important aspects of who we are as a unit. Not everything being inspected is on a checklist. We must always keep in mind that we are a world class military organization; and that distinction is the direct result of the actions and professionalism of our people.



## MERITORIOUS SERVICE MEDAL

By Master Sgt. Aaron Smith  
102nd Intelligence Wing Public Affairs

A posthumous Meritorious Service Medal was presented to the family of Tech. Sgt. Robert Seaver on June 5, 2011. Tech. Sgt. Seaver's wife, Fusako and their son, Takuya, "TK", were presented with the medal after Master Sgt. Edward Veneto of the 101st Intelligence Squadron read the order.

Tech. Sgt. Seaver suddenly passed away on Feb. 17, 2011 at Beth Israel at the age of 39. He was the devoted father of Takuya of Plymouth and the son of Pamela Seaver of Melbourne, Fla., and the late Kenneth L. Seaver. Bob made a name for himself in short order by graduating from Special Signals Intelligence School with honors and then quickly certifying in his weapons system position. He was a 19-year military veteran with vast experience across both the Navy and the Air Force.



Pictured from left to right: Col. James LeFavor, Takuya Seaver, Mrs. Fusako Seaver, Master Sgt. Kevin Greeson, and Master Sgt. Edward Veneto. (U.S. Air Force photo by Tech. Sgt. Kerri Cole)

## TAKING CARE OF OUR OWN

By Master Sgt. Amaani Lyle  
Air Force News Agency



The First Sergeant Council organized events to lend a hand to families of our deployed with "Operation Summer Clean-up". This is our opportunity as a Wing to help and honor our families for the sacrifices they are making by volunteering to assist with yard work or odd jobs needing to be accomplished around the home. The FSC will match up Wing volunteers with families who would like assistance as close to the volunteers HOR as possible. The First Sergeant Council is seeking both volunteers and families of the deployed to participate in the following dates: Saturday, July 16 – 0900-1200, Saturday, August 13 – 0900-1200. Those who would like to volunteer, please send your name, town of HOR, date you will be available to volunteer along with a contact phone and email to MSgt Jennifer Lovering at [jennifer.lovering@ang.af.mil](mailto:jennifer.lovering@ang.af.mil) <<mailto:jennifer.lovering@ang.af.mil>>. Families who would like to participate in "Operation Summer Clean-up" who have an Airmen deployed, either CONUS or OCONUS, please email MSgt Lovering with your contact info and the type of assistance you need to include a date you would be available chosen from the indicated set dates.







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 Joseph Smith  
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 Kevin Barry  
 Dick Yamulis  
 Dave Magill  
 John Jamison  
 Dennis Doonan  
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 Art Bugbee  
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