

102nd INTELLIGENCE WING Seagull

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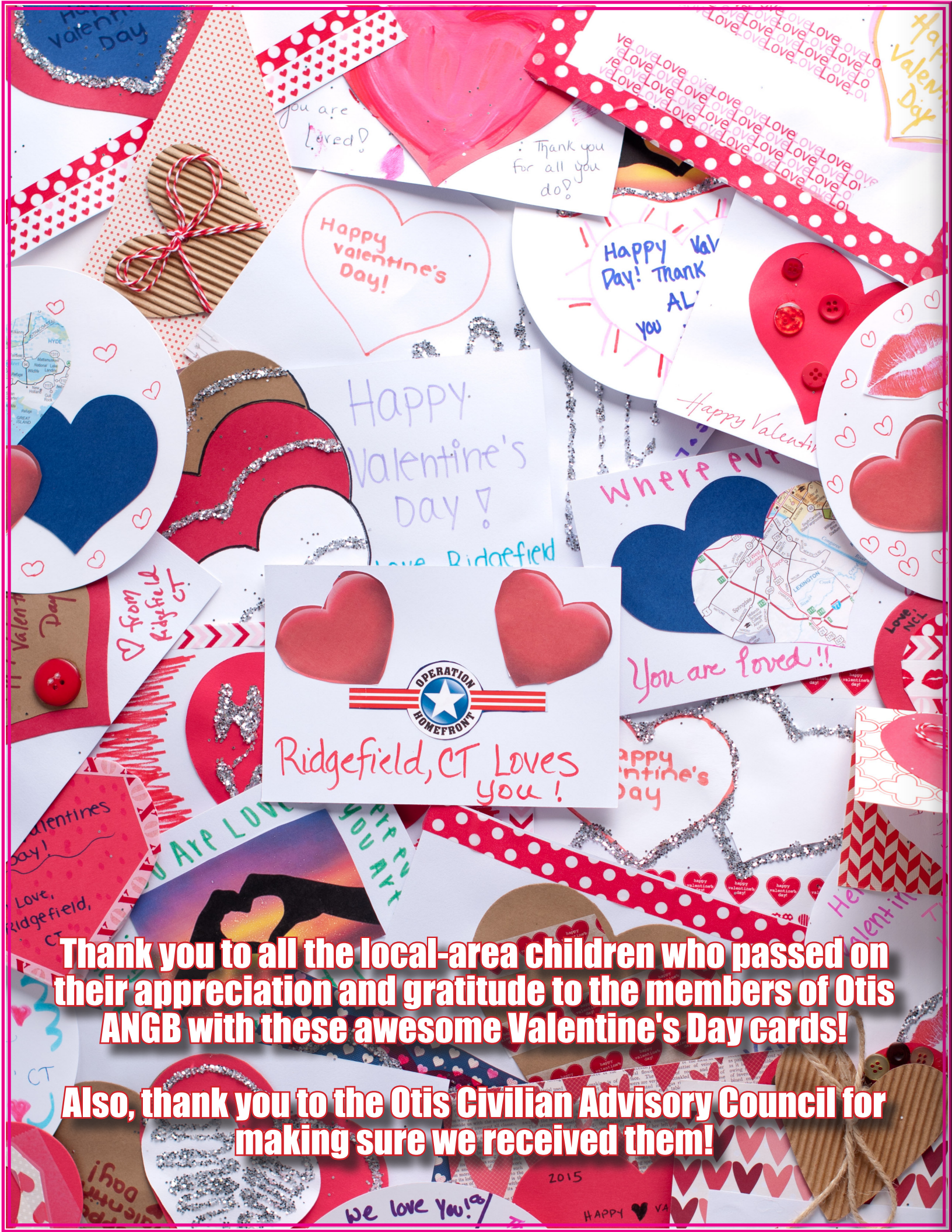
MARCH 2015

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Snowpocalypse 2015

Images Pg. 11



Thank you to all the local-area children who passed on their appreciation and gratitude to the members of Otis ANGB with these awesome Valentine's Day cards!

Also, thank you to the Otis Civilian Advisory Council for making sure we received them!

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Staff Sgt. Nikolett Kanakis
Staff Sgt. Veuril McDavid
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ON THE COVER



The cover photo shows 102nd Civil Engineering Squadron personnel and equipment cleaning out the Chinatown section of Boston. See more photos of the "Snowpocalypse" on page 11.

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Commander's Comments

Colonel Christopher Hamilton

Commander, 102nd Mission Support Group



Why? Not "why" ala Nancy Kerrigan, but a simple inquiry to determine what the ultimate objective is. Yes, I am advocating that military leaders and followers, ask the dreaded question!

Generally, it is counter to our military training to present this disgusting three-letter word; "shut up and color" we have been told. However, absent emergency/combat related orders, we can eliminate a lot of confusion and drastically improve our communication, by asking this question. "But Colonel..." you say "what if the guy/gal issuing the order will not appreciate my asking why?" I understand there are still people within our ranks who would not receive this question well, and may perceive it as a challenge to their authority. Tact and diplomacy may be the order of the day in some circumstances. However, I would still advocate that you ask the question even if as part of your own internal dialogue. In doing so, it will help you better understand the task and how best to approach your performance. Perhaps, it will even guide your other follow-up questions. By asking the question, even if only internally, it will enable you to deliver a result more in line with the intent of the person issuing the order.

This is particularly true in our high-tech Air Force. Many

of our career fields have become uber specialized requiring never-before imagined AFSC's and sub-AFSC's. These career fields require an exceptional depth of knowledge. Just because a person is senior in rank to you, does not mean that they have superior technical knowledge. Chances are they have identified a problem or condition that needs to be addressed to meet mission objectives. By asking the dreaded question "why?", You may be able to offer a solution, tactic, or approach to more effectively address the issue or circumstance.

Leaders also need to ask themselves this question when developing their orders. "Why am I having this person perform this task?" "What is the ultimate objective and does this task get us farther along toward a resolution?" This seemingly psychotic internal dialogue will enable you to more clearly define your intent and the order. I guarantee it will enable a result a lot closer to what you desire.

One of the more poignant quotes I recall from my Air University studies is attributed to Gen. Bruce Clark, a distinguished Army combat commander who served in World War I, World War II, and the Korean conflict. General Clark suggested that when things go wrong, "...start searching [for the issue] in increasingly larger concentric circles around your own desk." Sometimes, we need to look inward to determine what the root cause of a problem is. More often than not, the problem can be attributed to unclear or incomplete communication. By always asking the question "why?", You can better understand the requirements of the situation and provide better, more clear, direction to your subordinates.

I believe it was Napoleon who had the habit of explaining his battle plans to his lowest ranking troop to ensure that his orders and ultimately his plan were easily understood. If the troop did not comprehend the plan or the action to be taken, he would tell his generals to return to the drawing board and revise the plan. In my career, I have been most pleased with the results when I was able to clearly explain the desired outcome and let the troop figure out how to get there. By asking "why?" You will understand the situation and better communicate the direction. Ultimately, high fidelity communication is the linchpin to success and much smoother operations both up and down the chain of command. Asking the question "why?" Will ultimately improve the quality of your communication with both superiors and subordinates.

Hallinan Attends Hockey Tourney

By: Senior Airman Thomas Swanson, 102nd Public Affairs

Every year hockey teams from around the world travel to Nevada to participate in the Armed Services Hockey Association's annual tournament. This year the competition was held at the Sobe Ice Arena at the Fiesta Rancho Hotel and Casino in Las Vegas. The annual six day hockey tournament builds unity between the armed forces and fosters esprit de corps amongst service members.

In this year's completion, Airman First Class John Hallinan, an Image Analyst from the 101st Intelligence Squadron at Otis Air National Guard Base, came in first place in the Joint Guardian (3rd) division, playing goalie for the local Massachusetts Army National Guard Redlegs. As the name suggests, most of the team are members of the Army National Guard, hailing from units from around eastern Massachusetts. Even though this tournament was Hallinan's first time playing with the Redlegs, his 26 years of experience in goal in was greatly appreciated.

The format of the tournament usually consists of four preliminary group games followed by semi-finals and finals for each of the four divisions. The Redlegs went undefeated scoring 25 goals and allowing only 6. They defeated the Offutt Marauders in the final by a score of 4 to 2.

According to Hallinan, "The trip was fantastic!" Everyone who participated in the tournament had a great time. The annual event occurred over Veterans Day weekend and coincided with an airshow at Nellis Air Force Base that was enjoyed by all.



PMEL Measures Up

By: Mr. Timothy Sandland, 102nd Public Affairs



The study of weights and measures is called Metrology.

Metrology affects all of us on a daily basis. You may not realize it but it is everywhere. When you fill your gas tank on your way to work, or when you pick up a pound of lunch meat from the deli or when footballs get inflated in preparation for a championship game – metrology is present.

As Todd Morey, Superintendent of the Precision Measurement Equipment Laboratory or ‘PMEL’ points out, it’s not just about balancing scales; “Just about anything, device or piece of equipment, that is used to make a quantitative measurement – we calibrate”.

The PMEL here is the largest and only ‘Type II-C’ lab in the Air National

Guard – of the 75 PMELs in the Air Force, it shares that distinction with only 7 other labs. Only Type II-C labs have a ‘cold room’. Cold rooms are temperature-controlled labs that are kept at a precise 68 degrees Fahrenheit – the international standard for calibration because it is the optimum temperature to calibrate metals.

The cold room needs to be up better than 90% of the time to maintain Type II-C status. “Thankfully we have the wing’s support. If anything ever happens to the air conditioning, Civil Engineering comes over and helps us out”, said Morey

A lot of work moves through the Otis PMEL which provides precision calibration and measurement for nine different USAF and ANG flying missions, supports District One of the

United States Coast Guard, and backs up and supports other PMELs in the region.

The Otis PMEL is also distinctive in that it is only one of five that has the necessary equipment and personnel to perform Air Data Calibration. “That’s the top of the food chain.” said Morey who went on to say, “Altitude, airspeed, how high up am I? How fast am I flying? How close to the tarmac am I? Which air corridor am I in? Safety of flight, safety of personnel... We calibrate those items, the items that are on the aircraft, but we also calibrate the standard that is used to calibrate those items at other locations.”

Validation of the hard work that these highly-skilled and dedicated technicians put in every day comes in the form of a regular assessment



“When you can measure what you are speaking about, and express it in numbers, you know something about it, when you cannot express it in numbers, your knowledge is of a meager and unsatisfactory kind; it may be the beginning of knowledge, but you have scarcely, in your thoughts advanced to the stage of science.”

— William Thomson, 1st Baron Kelvin

by the Air Force Metrology and Calibration Program (AFMETCAL). The assessment determines if the lab is meeting the high standards set and maintained by the National Institute of Standards and Technology (NIST).

In February, a team from AFMETCAL visited Morey and his staff for one of these assessments. “They take an item from inception into the lab, and look at the production control aspect – then they look at it when the technician looks at it. All the

processes that are involved with pre-calibration, calibration and post-calibration are checked” said Morey. He added “The assessment is different... it has definitely changed from where it was years ago. They are looking at not only what we do for calibration, but also looking at ancillary areas like production control, consolidated tool kit and bench stock programs as well as our safety, quality, and management programs.”

The week-long assessment can be

compared to a major inspection, such as a UCI.

The Otis PMEL met the challenge and performed flawlessly, earning yet another coveted AFMETCAL Certification which was presented to Morey and his team by Colonel James LeFavor, 102nd Intelligence Wing Commander.

“Without the wing’s support, we wouldn’t be successful; the folks from Civil Engineering; Lt. Col. Hurley and others in the mission support group. They always have our back.” Morey reflected.

The AFMETCAL assessment isn’t a graded inspection – you either pass or you fail – but in the business of Metrology, what is the measure of success? For PMEL it is and continues to be, exceeding the standard.

Chapel Call

By: Chaplain (Lt. Col.) David Berube



Be well. Whether caused by day-to-day life, crisis events, chronic situations, or even endless winter weather, stress is almost always part of our lives. Some stress, as we all know, is “normal.” And we usually handle that fairly easily. Some stress is more challenging, requiring more effort to handle. Some even requires the help of others for us to deal with it effectively. It’s also good to have some stress management tips and tools on hand. The latest tool I’m trying is also a reminder of my emotional health goal: “BE WELL.”

BREATHE (deeply) – Controlling breathing is important for everything from “normal” to crisis stress. Taking a deep breath or two (or a few) helps even in difficult crisis events. Controlling breathing reminds us we do control something in the midst of stress. It can help us re-establish control over our bodies and reduce physical and emotional stress reactions. Deep breathing also gives us time to choose a response to our situation, helping us avoid knee-jerk reactions driven by the stress.

EXPRESS YOURSELF (appropriately) – Sharing our stress with someone (a peer, a professional, God) can help us manage it better. Talking about the stress and how it’s affecting us allows us to tell (and hear) the facts of the situation and our emotional response. It’s a way to “reality check” and see if the facts and our response match. In

fact, sharing our experience with someone who’s “been there/done that” can help with healing those really difficult stresses in life (ours or theirs).

WORKOUT (regularly) – Getting our typical amount of exercise (or the amount we typically should get) even during stressful times helps release good chemicals, burn toxins, and give focus when stress tends to feed feelings of chaos. Working out provides “something” constructive for those times we feel, “I just wish I could do something.”

EAT & DRINK (normally) – Eating and drinking healthy things in healthy amounts helps our bodies deal with stress. This provides energy and maintains health. It offers another routine during stress and gives another area of control over our situation and ourselves. And, if we share our times of nourishment they provide a social opportunity for connection to others.

LAUGH (often) – It’s important we are serious about life’s serious parts, but also important we find the joy that helps maintain a balanced life. Laughter and good humor remind us life contains happiness as well as stress. Laughing when we can and searching for life’s light-hearted places helps inoculate us against over-stress and burnout.

LOVE (generously) – It is vital we maintain care, concern, and friendships with others. We are meant to be in healthy relationships which remind us we’re not alone. Genuinely caring for others is a tangible sign of hope for better times beyond the stress we may be experiencing in any given moment.

Stress doesn’t ultimately have to defeat us. If we’re prepared with the right tools, relationships, and goals we can survive, and thrive, as we face whatever stresses life brings to us. **BE WELL.**

UTA WORSHIP TIMES AND RELIGIOUS SERVICES

Roman Catholic Mass:

0900 Sunday at the Joint Base Cape Cod Chapel, South Inner Road (just outside the I-Gate)

1100 Sunday at the 102nd IW, Building 158, 3rd Floor (next to Chaplain’s Office)

Contemporary Christian Worship:

1130 Saturday, Building 158, 3rd Floor

Interdenominational Christian Worship:

1100 Sunday at the 253d CEIG, Building 330

1145 Sunday at the 102d IW, Building 158, 3rd Floor

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

102nd Members Earn German Badge

By: Staff Sgt. Veuril McDavid , 102nd Public Affairs

The German Armed Forces Badge for Military Proficiency (GAFBMP) is a decoration of the Bundeswehr, the armed forces of the Federal Republic of Germany and is awarded to German military personnel who fulfill the training requirements. Allied militaries are eligible to test for the badge as well. The GAFBMP is one of the few foreign awards approved to wear on the uniform and is one of the most sought after to achieve. The requirements include track and field events, a swim event, basic first aid test, shooting (M9 marksmanship) and a foot march. The score for each event is determined using a grading point matrix. The scores are then averaged to determine what level badge you qualify for.

The Basic Fitness test made up of three events completed within 90 minutes. The 11x10-meter sprint test must be done in a maximum time of 60 seconds, 35-42 sec. for gold, 43-48 sec. for silver and 49-60 sec. for bronze. Next the Flexed Arm Hang keeping chin above bar for a minimum time of five seconds, 65-86 Sec. for gold, 45-64 sec. for silver and 05-44 sec. for bronze. Last is the 1000 meter run/sprint with a maximum time of six minutes and thirty seconds, 2:50-3:45 min for gold, 3:46-4:40 min. and 4:41-6:30



min for bronze.

The Pistol Marksmanship Event (M9 marksmanship) entails 5 shots at 3 targets placed at 25 meters; shooter fires from the standing firing position with a 6 second per position time limit. (The first shot is done without cocking the hammer back.) Five rounds inside of silhouette target achieves gold ranking, four rounds inside silhouette target achieves silver ranking and three rounds inside silhouette target achieves bronze ranking. There must be a minimum of one hit from each firing position.

The Foot March with 15kg (33lb) rucksack; for bronze 6 km in 60 min; silver 9 km in 90 min; gold 12 km in 120 min; there is no differences between gender and age. The march

must be accomplished in military uniform and boots with a rucksack weighing no less than 15 kg.

The Swim event comprises of a 100 meter. The swim is conducted in military uniform (no boots) while wearing PT uniform (shorts and T-shirt) underneath. There is a four minute time limit for the swim. After the swim is completed time stops, however you must also successfully remove your outer uniform without touching the side of the pool to pass.

After all the events are completed they are averaged to determine what level badge you qualify for. Grade III = German Armed Forces Badge for Military Proficiency in Gold, Grade II = German Armed Forces Badge for Military Proficiency in Silver and Grade I = German Armed Forces Badge for Military Proficiency in Bronze.

If you would like more information about the German Armed Forces Badge or would like to participate in the next upcoming competition, please contact SSgt Adam Souza, 102nd IW Base Honor Guard Training NCO, COMM: 508-968-4435 or DSN: 557-4431.



Please Connect!

By: Ms. Jill Garvin, Director of Psychological Health



"Life is difficult.", M. Scott Peck

Most of us would agree with this first line in M. Scott Peck's book "The Road Less Traveled". Inevitably, at some time in our life, each of us comes to a point where we wonder, "how can I get through this?" or even "can I get through this?"

It is in these difficult times that we seek the counsel of another human being. It is common for us to turn to family and friends for advice during challenging times. Loved ones willingly admonish us regarding what we "should" do or even what they would do. But this well-meaning advice often does not work because each of us is unique.

In life we must find our own path through turbulent times when they arise (and they do for all of us). What works or is good for one person may not work for another. Each of us experiences a unique life journey and it IS difficult. By the same token, if we are open to it, life is also joyful.

Whatever you are going through right now, please know that you are not alone. Whether you are struggling with a work situation, grief, emotions, a negative pattern of behavior or just feeling stuck, there is someone that can help you navigate your way through.

This help may come in the form of a counselor, DPH or psychotherapist, the Chaplains office, a physician, or other healing professional. Sometimes just the "telling" of your story to an accepting, supportive, non-judgmental listener opens the door to living your life more fully.

I've had several individuals tell me they hesitate to come to my office because they are worried about being labeled, diagnosed or judged in some way. This is not my job! I truly honor what you share with me and value each and every one of you. No matter what is going on at this time, some part of you is courageous enough and wise enough to take that first step in talking to someone. Honor that wise and courageous self and step through the door. No one should ever suffer alone.

I always ask people that are struggling, "how connected are you to other people?" Is there someone in your life that really knows what is going on with you? If not, please consider using your resources here at the Wing, and if you do not want to utilize my services, let me help you find the support you deserve!

People that struggle with severe depression and suicidal thoughts and behaviors, do not feel connected to others. This is why having a good support system in your life is so important. There is a great saying that it is not always a "good neighborhood" to be in when we are stuck in our heads and not sharing our thoughts and experiences with those around us.

Most of us feel that some of our thoughts are "crazy" at times. When we connect and share our thoughts, we realize just how normal our thoughts are, or they are normal reactions to something you are going through. I encourage everyone to make one goal for spring that will help you connect in some way.

Try a yoga class, a meet up group, or just ask someone to have lunch with you that you know is going through difficulty.

I wish everyone a speedy spring!

"A journey of a thousand miles
begins with a single step."

Lao-tzu

Snowpocolypse 2015 in Images



QUINCY, Mass. - Members of the 182nd Infantry Battalion from Melrose, Mass. and the 101st Field Artillery Battalion from Brockton, Mass., remove snow from the Massachusetts Bay Transportation Authority Red Line, here, on Feb. 19, 2015. Approximately 51 members of the Battalion participated in shoveling snow from the rails in efforts to bring the "T" back online for Boston area commuters. The rail line was closed due to the excessive snowfall produced by Winter Storms Marcus and Neptune. Photos by Senior Airman Thomas Swanson



NEW BEDFORD, Mass. - Soldiers from the Massachusetts Army National Guard's 181st Engineer Company work with the town of New Bedford to clear main roads and side streets after a record amount of snowfall occurred this year. The soldiers are running two shifts that have been operating around the clock to clear the neighborhoods of snow. Photos by Senior Airman Tom Swanson

Promotions



Jenna Oleksak
David Savage



Sean Foote
Douglas Trude
Theodore Souza
Christopher Winship



Gordon Fickett
Steven Krueger
Nicholas Barry
James Nickerson
Mikayla Provenzano

Commander's Cup



Basketball! March 7th

The event for the month of March will be basketball which will take place in the Building 158 hangar at 1600 on Saturday.

There will be two areas marked with tape to highlight the half courts. We will play 5v5 and the format will be winners vs winners and losers of the first round will play for 3rd and 4th place points. 3 point areas will be randomly marked for those that like to shoot the long ball. Cheering for your group is highly encouraged. Family and friends are welcome to play.

"It's not what you tell your players that counts. It's what they hear."--Red Auerbach



Contact Capt. Dennis Swift for more information about the upcoming Commander's Cup events at dennis.swift@ang.af.mil

The Eagle's Nest

Friday Special

6 March 2015

Meatball Subs with Chips - \$5

St. Patrick's Day Meal

Saturday, 7 March 2015 / 17:00hrs

Enjoy a St. Patrick's Meal at the Eagle's Nest for \$7. Corned Beef & Cabbage, Potatoes, Carrots, Onions and a Roll. Listen to karaoke while you dine - sing an Irish song and get a free prize!

Working or can't stay? Pre order a meal to go - Email TSgt John Gloria or SMSgt Julie Santos for details!

Sunday Pancake Breakfast

The 102IW Company Grade Officers Council is putting on a pancake breakfast for all personnel on Sunday, March 8th from 0600-0830hrs at the dining hall.

They are accepting donations that will be used for Family Day and Commander's Cup events.

Please show your support and enjoy some pancakes!



Announcements

1



2015 Tough Ruck

Tough Ruck, in partnership with the Boston Athletic Association (BAA), announces that participants who complete the 2015 Tough Ruck will be awarded with the official Boston Marathon Finishers Medal. The Tough Ruck is the only ruck march that is an official part of the Boston Marathon weekend activities. In addition to earning Boston Marathon Finishers Medals, Ruckers will receive an official BAA completion certificate, finish line photos and more. If you want to participate, register at <http://www.toughruck.org>

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



Red Cross Blood Drive Planned

Mark your calendar for Saturday, May 2nd 2015 (UTA). The American Red Cross will be on base on to conduct a blood drive. The drive will be held from 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



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](#).

5



Operation Money Wise 2015

Attention all service members, veterans and family members - A FREE one day personal finance event including topics such as Dealing with Debt, Budget & Goal Setting, Retirement, Basics of Investing, Healthcare, Home Buying and more. Saturday, March 21st from 0900-1500 at Mass Bay Community College, McKenzie Auditorium, 50 Oakland Street, Wellesley MA.

Register at: <http://www.mass.gov/treasury/operationmoneywise>.

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 MONDAY, APR. 6, 2015