

102nd Fighter Wing Seagull

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Dedication &
motivation pay off

See commanders column, page 2



Colonel Paul G. Worcester

As the UCI IG Team heads out the door at base ops, I sit in my office trying to reflect back on what an incredible five days it has been.

Yes, I am well aware that it wasn't easy to prepare for and execute, but the performance was simply remarkable. By the time most of you read this article, the scores will be well-advertised and many of you will have already shifted your focus on to new challenges. But I have to tell you what the IG team had to say about you.

Before I do that, I want to say how impressed your group commanders and I were as you willingly accepted the challenge of doing this UCI knowing our flying mission would soon go away and we'd all be moving on to other new business. It begged the question, why are we doing this anyway?

You all know we are part of the Air Force, and inspection schedules stay on course whether we like them or not, as it gives our higher headquarters an opportunity to evaluate our status, not only in the performance of the flying mission, but our preparedness to take on other new missions.

While we'd have preferred not to do this UCI, you were apparently not phased by the fact we had to. As a matter of fact, many of you stated very clearly to us that you wanted to demonstrate what we can do and "bring it on."

So we did.

From the wing commander's desk

What a performance!

And on they came. To quote the team chief Col. Dave Russell, there hasn't been an inspection host wing that has done anything nearly as well as we did in the preparation and bed-down of their team.

The IG work-center was a masterpiece. It enabled the IG to quickly get about its business and move through this inspection quickly. It worked. They were done early and managed to get a free beautiful Cape Cod day as a result.

An efficient, functional, and pleasant work environment is always nice when you are far from home and the Air Guard team working to make that happen did a great job. Our thanks to everyone that supported that work center.

But I want to get right to the heart of UCI results. It is not about a score. It is about capability and documentation. The way that most of the UCI gets rated is through individual interaction with the unit member. And each of our unit members displayed such a professional attitude it was noted by every IG team member.

The team chief just told me there was NOT ONE person that pushed back on the IG staff, no fighting about a write-up, no whining, no arguing. Everyone to a person accepted the IG team inputs and proudly showed them their programs.

When something was in error, everyone to a person accepted the criticism, and moved on. That attitude paid huge dividends folks.

This team was so impressed with your behavior, they are carrying that

message back to the commander of Air Combat Command.

Related to that, the team chief exclaimed you would never know this unit was the subject of a BRAC realignment. I think that's a pretty powerful statement. You were focused and ready. You have the proper culture!

So what were the results? We had only ten 'does not comply' write-ups. "Pretty spectacular achievement for a wing this size," not my words, the team chief's words. Many of those have already been fixed. And that was also noted by this team.

Barely a comment was made by the IG when a discrepancy was found and you were "all over it" as the team chief liked to say. That responsive attitude greatly impressed this IG team.

Our Superior Performers and Superior Performance Teams did an awesome job on this inspection.

Congratulations to all of you and well-deserved recognition for 'above and beyond' work will follow. But in our minds, everyone in this wing was a superior performer as you individually came together with true team spirit and effort. It paid off. Every one of you deserves the recognition.

Most importantly, this wing sent ACC the message that we are ready for greater challenges. Whether it is a Distributed Ground Station mission or an Air Force Command Headquarters mission, you just proved you can handle it and are deserving of it.

We couldn't be happier! Well-done!

This month ...



Surviving at 30,000 feet

Story on Page 5

Seagull

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Wing unites to support grieving family

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102nd CES NCO wins Flynn award

Story on Page 17

Film depicts the history of the 102nd

A documentary film "Legacy," the history of the 102nd Fighter Wing and the 101st Fighter Squadron, is now available for sale.

The film contains actual footage and numerous photographs of personnel and aircraft from the inception of the 101st in the early 1900s through the establishment of the wing after World War II right up to the present day activities involving 9/11 and current deployments.

It is a valuable history that each wing member may want to possess.

You may obtain a copy by making a minimum \$25 (tax deductible) contribution to the Massachusetts Air National Guard Historical Association Museum.

A copy of the film, either DVD or VHS, will be available at Arnold Hall during unit training assemblies.

The UTAs will be the primary means of obtaining a copy of the film.

However, many former members of the Wing and its affiliated units no longer visit Otis or subscribe to the Seagull, therefore we have no way of contacting them.

You could help the museum if you know the whereabouts of any former members by letting them know about the film's availability. Your assistance would be greatly appreciated.

Contact Tom Maguire at 508-759-3092 for more information.

Help someone less fortunate
this holiday season!

Be a Santa in Blue!

Donate new, unwrapped toys, books, art supplies, sporting equipment, etc. to Hands of Hope Outreach Holiday Program. Donations will be accepted through Nov. 21, at the LRS orderly room and Vehicle Maintenance break room

Free raffle

The Chiefs Council will be conducting a free raffle on Saturday of the December UTA in conjunction with the holiday meal. Representatives from the Chiefs Council will be at the dining hall handing out free tickets for the drawing. Members with winning numbers will receive a \$20 gift certificate redeemable at local restaurants and merchants. Happy Holidays from the Chiefs Group!

Education & training opening

The 102nd Communications Flight has a vacancy for Unit Education & Training Manager (AFSC 3S271) drill status Guardsman position. Authorized grade is TSgt. For award of AFSC 3S231, completion of the basic Education & Training course is required. The course is held at Keesler AFB, length of training is 35 days. Anyone interested should contact Capt. Randy Manchester at 508-968-4144 or e-mail Randy.Manchester@maotis.ang.af.mil.

Wing Group Vacancy

The 102nd Fighter Wing Group has a personnel journeyman (3S0X1) position available in the Commander's Support Staff office. Those who have graduated from personnel school, and obtained their 5-skill level, should contact the executive officer, Lt. Col. Richard Ryan (ext. 4664), the first sergeant, SMSg. Michael J. Poirier (x4662), or the information management journeyman, SrA. Jean F. Riordan (x4663), for more information.

Award nominations due

Nominations for wing senior non-commissioned officer, noncommissioned officer and airman of the quarter are due in the wing commander's office by the close of business on Sunday Dec. 3.

What's
for
lunch?



Saturday, Dec. 2

Prime rib or turkey with mashed potatoes, yams, stuffing, shrimp cocktail, vegetables, tossed salad.

Sunday, Dec 3

Oven-baked pizza or meatball sub.

Free concert

The Air National Guard Band of the Northeast will present a holiday concert Saturday, December 2nd at 7 p.m., in the Base Theatre at Air Station Cape Cod. The concert will be preceded by the base tree lighting ceremony at 6:30 p.m. Both events are sponsored by the USCG Air Station Cape Cod MWR Office and are free.

Upcoming drill dates

2006
Dec. 2-3

2007
Jan. 6-7

Seagull deadline

The deadline for submission of articles for the next Seagull is 2 p.m., Sunday, Dec. 3. No articles can be accepted after this deadline.

The public affairs staff has the right to edit all articles for content and length.

Items should be sent over the LAN to james.regan@maotis.ang.af.mil or prepared on a floppy disk, preferably in Word for Windows.

Articles on disk also should be submitted with a printed copy to the Public Affairs Office, Building 158, room 209. For more information call (508) 968-4090.

Surviving at 30,000 feet

By Senior Airman James P. Regan
Public Affairs

Should a pilot ever need to eject from his aircraft, there are three shops responsible for ensuring it happens safely and smoothly. The personnel of life support, survival equipment, and egress, work together to provide the pilots of the 101st Fighter Squadron a safe, and prompt, exit from their aircraft in the event it is needed. A phrase used to break down the responsibilities of each shop is get them up, get them out, get them down, and get them home.

Get them up:

The life support shop is part of the fighter squadron and is the last stop for a pilot before they head to their aircraft. Here, life support technicians handle last minute discrepancies and assist the pilot when needed.

Life support personnel inspect harnesses, helmets, and other gear on a regular basis. Their office features a Cast Tester that simulates the pressure a crewmember will be under at 40,000 feet and ensures their mask is operating properly. They also store anti-exposure suits, which are dry suits worn by crewmembers during the colder months. Pilots can also tailor their night vision goggles for 20/20 vision using life support equipment. The survival kits are kept in this office and contain a variety of items such as a compass, a knife, a whistle, matches, and a tourniquet. These kits weight around 30 pounds and stored under the seat during flight.

Life support is also responsible for inspecting and cleaning all the gear immediately following any flight. Masks, which can be broken into more than 15 different parts, are cleaned with rubbing alcohol. Other equipment has its turn in a basic washer and dryer, with specific detergents so material is not damaged.

“With our equipment, everything needs to be as perfect as it can be,” said Tech. Sgt. Aaron D. Smith. He explained, “the job is tedious, but that is a necessity for all three shops.”

Another necessity for each shop is the two-man concept. One person will perform an operation, while another will review the instructions directly at their side. This second set of eyes provides quality control, said Master Sgt. Edward J. Veneto, NCOIC of life support.

“A pilot could fly with this equipment for a 20-year career, and the one day they need it, if it malfunctions, they could lose their life,” Sergeant Veneto continued.

Life support has two full-time personnel, and four traditional guardsmen. During weekend drills, the six life



Photo by Senior Airman James P. Regan

Senior Airmen Ryan A. Olsen (left) and Matthew A. Mackenzie inspect crewmember equipment in life support.

support technicians work frequently with the other two shops.

“We’re completely dependent of both of them to do our jobs,” said Sergeant Smith.

Get them out:

The primary goal of egress shop personnel is to ensure crewmembers can eject from their aircraft. The coin that shop members carry states it much more directly; “we punch pilots out.”

The “punch” that egress delivers is a complex system of gas, rockets, catapults, computers and much more. The seat will climb over forty-feet per second and the crewmembers body will be under 14-16 G’s of pressure. The basic procedure of an ejection is that the canopy detaches, while a four-foot rocket attached to the back of the seat catapults it out of the aircraft. An additional rocket is used to stabilize the seat and keep the crewmember upright. Depending on speed and altitude, it can take less than two seconds from pulling the ejection levers to having the parachute fully deployed.

Such force requires proper position in the seat to avoid serious injury. Elbows in, feet tucked, lean back and sit straight up, said Master Sgt. Miguel A. Franco, NCOIC of egress. He warns that failure to sit properly will have catastrophic results.

“You should see the test dummy videos. Arms come off, legs come off, it’s not pretty,” he adds. He went on to point out that unit members receiving incentive flights are well-trained before taking to the skies.

Sergeant Franco, who has spent nearly 25 years in the military, points out that the F-15 Eagle is designed to

(continued on next page)

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eject the crewmember, even if the canopy fails to detach itself. The top of the seat has a slight point, which is designed to pierce the canopy before the crewmember's helmet does.

Egress, which is easily defined as meaning "to exit", is part of the 102nd Maintenance Group. The shop has two full-time employees and four traditional guardsmen. The shop is required to send two servicemembers on almost every deployment as part of the two-man concept. The traditional guardsmen step up to the plate and help provide coverage of the shop, said Sergeant Franco. Personnel from egress are on-call 24-hours per day.

The egress shop technicians understand how important their job is, but said they don't let the stress get to them.

"It only works once. There's no redo button," Tech. Sgt. David M. Gomes, an egress technician, added. "If somebody comes to see us, you know something's gone horribly wrong."

Get them down:

The members of the survival shop are fond of a slogan they learned many years ago; "you can depend on us to let you down."

"And that's the truth," Tech. Sgt. Chuck W. Yauckoes said, with smile and a nod of his head.

They guarantee that the parachute will work, from any altitude or any speed, the first time it's used. Because like the other shops, there are no second chances.

"It's a job with a lot of responsibility between everything that goes into it," Sergeant Yauckoes said.

Parachutes are inspected at least once every year, more often if necessary. The flame-retardant nylon is spread out over the two 50-foot long tables that greet you inside the shop.

"We look for anything that will prevent them from operating correctly," Tech Sgt. John Page said.

The survival shop is also the primary maintenance department for life support. It's not uncommon for

"We're like the unsung heroes ... pilots may not even know there is a survival equipment shop"

- Master Sgt. Bob Hannigan
NCOIC of survival equipment

the members of life support to make several trips to survival equipment in one week.

"We're like the unsung heroes," adds Master Sgt. Bob Hannigan, NCOIC of survival equipment. "Pilots may not even know there is a survival equipment shop because they only deal with life support."

Unsung heroes may be what they consider themselves, but the survival shop does enough work outside of fixing parachutes to be recognized. They are usually stitching wheel covers, seat covers, garments, and other odds and ends shops bring them. "We try to preserve things for the unit rather than have them spend money to buy new things," Sergeant Page said. "Our goal is to prolong the life of

everyday equipment."

Get them home:

Fortunately, the 102nd has never lost any of its F-15 Eagles. However, should our pilots need to abandon their aircraft in the event of an emergency, they can do so knowing qualified professionals have labored over their gear and aircraft.

"It's great to know that we have such a knowledgeable and competent aircrew performance staff, and we appreciate the effort they put forth making our job safer," said Capt. Andrew B. Fessenden, a pilot with the 101st. "It allows us to step to the jet without concern knowing the survival equipment will work properly."

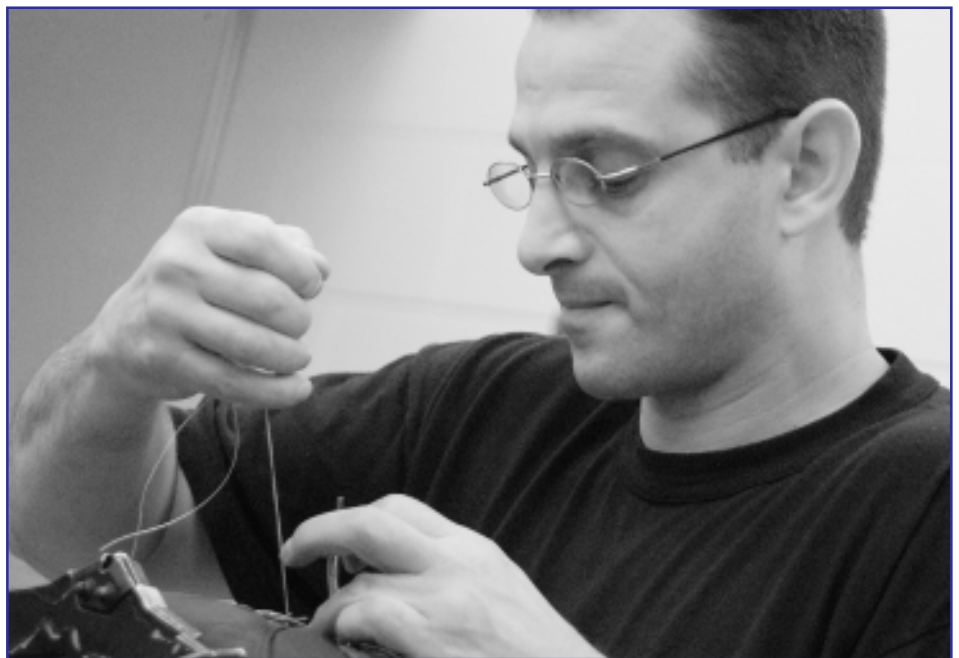


Photo by Senior Airman James P. Regan

Master Sgt. Miguel A. Franco, noncommissioned officer in charge of egress puts a finishing touch on a newly-packed parachute.

Leaving behind a legacy

By Senior Airman Alexis Colonna
Contributors: Staff Sgt. Alex Franche,
First Sgt. Poirier, Master Sgt. Jeff
Booker, Command Chief Roy Piver

Chivalry, tradition, respect, honor, and excellence are all part of military traditions that have shaped the world. Talk to a historian, and you begin to understand a culture. Talk to a Unit Historian, and you understand where that unit fits into the bigger picture. Talk to an "old timer" and you get the stories about the characters that recently shaped your unit for good or bad. If you listen long enough, you'll hear remembered values, what the people contributed, what they really brought to the unit, and ultimately, what helped earn their unit the reputation it has. Where do you fit in, what will your real legacy be, after the stories are told? What is it you will have brought to the unit, and through the unit, to history?

As members of the U.S. Armed Forces, we maintain a culture rich with traditions, upheld across the years and despite drastically changing environments and cultures. Anyone who's spoken to U.S. Veterans knows that a military unit is greater than the sum of its parts, more than just a group of capable people, and that U.S. military might is more than just the power of its technology. The awards and decorations displayed in the 2nd floor lobby



of building 158 is the most obvious evidence of 102nd Fighter Wing's long history of quality, safety, and service. In there, you'll find dozens of skills excellence awards and aircraft safety awards such as those for missile handling, ACC flight safety, and an outstanding 70,000 plus safe flying hours as of 2002. You'll also find dozens of outstanding service and support awards such as those from the Air Force Academy, the Civil Air Patrol, Patrick Air Force Base, and NORAD, and support excellence awards for major military operations such as Noble Eagle and Enduring Freedom. The 102nd Fighter Wing has also supported Operations Desert Storm, Coronet Nighthawk, Northern Watch, Southern Watch, and Iraqi Freedom, space shuttle missions, and was first up and on site on Sept. 11, 2001. These are just a handful of the many responsibilities for which awards are not on display, but which have strongly defined our reputation for excellence, service, and safety.

A unit is made of individuals. The 102nd couldn't have achieved or

participated in any of these events or made the reputation for excellence we have if each individual didn't contribute their own excellent performances and services. The alert jets that scrambled to New York City on Sept. 11, 2001 couldn't have made it in the time they did if their aircraft weren't kept in good shape, if maintenance and support crews weren't highly skilled, if the pilots weren't healthy, ready to go, trained, and self-motivated, if communications were down or unclear, or if even one person wasn't doing their job right. While the tragedy of Sept. 11 made very public what our unit and nation is capable of, the fact is that we've been doing it for years, each of us, here at the 102nd. This is our legacy. This is your legacy. What makes a unit is what its people bring to it: morale, efficiency, volunteer work, character, skill, motivation, focus, and courage. It's what stories are made of, and what history is made of. What are you bringing to your unit? How will you be remembered? What will your legacy be?

Message from the local Grinch

By Maj. David M. Jaffe
Wing Judge Advocate Office

As we get closer to the holiday season, people will begin attending holiday parties where alcohol will be as omnipresent, along with mirth and good cheer.

In our merrymaking, we may also be exposed to all kinds of illegal drugs, such as methamphetamines, ecstasy, cocaine and marijuana — to name just a few.

As your 102nd Fighter Wing-appointed Grinch (otherwise known as the JAG), it is my obligation to, once again, warn you about the Air Force's zero tolerance policy on the possession, use or distribution of illegal drugs.

Although your commander will review each case on an individual basis, as he or she is required to do, if you possess, use or distribute illegal drugs, your Air Force career will likely end the moment you make that decision.

Often, the same will be true if you choose to consume alcohol and get behind the wheel of your car.

This is to say nothing of the potential legal consequences downtown.

As always, we must be constantly on guard on the results of our actions not only when we wear the uniform, but also when we don't.

Have fun, but make good decisions.

Intelligence staff sergeant chosen as military person of the year

By Senior Airman James P. Regan
Public Affairs

A 23-year-old intelligence specialist with the 101st Fighter Squadron had quite a busy day in September when he was promoted to the rank of staff sergeant, voted Airman of the Year, and received the prestigious recognition of Military Person of the Year, all before noon.

Staff Sgt. Shawn W. O'Leary, who works full-time with the 101st Fighter Squadron received all three recognitions during the 102nd Fighter Wing's annual Family Day on Sept. 17, 2006. Sergeant O'Leary, who lost his running for Airman of the Quarter several months ago, was more than surprised when he took top honors in front on the entire wing this time around.

"It was much like my own version of 'shock and awe,'" Sergeant O'Leary said smiling. "I have big shoes to fill, but I think I can live up to it."

Sergeant O'Leary prepared for both boards with tips he found on the Airman's Council website, which features a guide to meeting award boards. However, the best preparation came from his supervisor, Master Sgt. Joe D. Pitta, who was not surprised by his troop's achievement.

"Shawn has always had it in him to do great things, and I'm glad we're getting it out of him now. His award is well deserved," Sergeant Pitta said.

Maj. David V. McNulty, chief of intelligence, agrees. "I think Shawn's a fantastic representative of the great people we have at Otis," Major McNulty said. Sergeant O'Leary's selection validates the great performance and traits his coworkers already saw in him, Major McNulty continued.

A native of North Attleboro, Sergeant O'Leary was interested in joining the military prior to Sept. 11, but wanted to earn his degree first. After receiving his bachelor's in criminal justice from Bridgewater State College in 2002, he enlisted in



Photo by Tech. Sgt. Ruben Hernandez-Gandia

Staff Sgt. Shawn W. O'Leary is presented with the Military Person of the Year Award by Col. Paul G. Worcester (left), Brig. Gen. Oliver J. Mason (center) and Brig. Gen. Michael Akey (right).

the Air National Guard. He recently obtained his master's degree, also in criminal justice, from Suffolk University.

Sergeant O'Leary enjoys working in the intelligence office and understands the importance of his job. "We make sure the right people have the right information," Sergeant O'Leary said. "We keep the pilots up to date with information we have on threats."

For such a well educated, and now, decorated NCO, Sergeant O'Leary speaks in a down-to-earth manner. He's quick to point out that supporting the wing's mission takes more than just his office. "My job is no more important than any other job on base. It's really a team effort. I know for sure that I can't fix a jet on the flight line," he adds with a grin.

With intelligence playing such a large role in the future of Otis, Sergeant O'Leary has entertained the idea of earning a commission. "I've definitely thought about it, but the enlisted side of the house is the best place to build a foundation. We'll see what's in my cards down the road," he said.

Master Sgt. Bob O'Leary, who works with the 102nd Medical Group

and is Shawn's father, thinks his son would be a good candidate for a commissioned position. "He'd make a wonderful officer. He's always been very driven, motivated, and goal oriented. I'm extremely proud of him," the father said.

The Military Person of the Year Award is given annually to an enlisted member of the 102nd Fighter Wing. The selection board consists of four chiefs who choose either the Airman of the Year, NCO of the Year, or Senior NCO of the Year as the recipient. "It was his enthusiasm, professionalism and willingness to get the job done that made us select him," said Chief Master Sgt. Carolyn A. Lucas, who chaired this year's board. "He's a real go-getter."

Sergeant O'Leary said he would like to stay at Otis for the new mission but noted that even the intelligence office has a transition to make.

Currently, the office specializes in F-15 intelligence, which will be changing with the future mission.

"It's going to be a learning process for us, too. But, it will be worth it in the long run."

Family program coordinator assists Airmen at home and abroad

By Senior Airman James P. Regan
Public Affairs

She's never fired a real gun or worn combat boots. She's never eaten an MRE or spent more than one night in the woods. She has Legos in her office and butterflies on her wall. And she used to refer to our battle dress uniforms as "outfits."

Meet Ms. Erin Creighton, the 102nd Fighter Wing family program coordinator.

She may lack some military knowledge or firsthand experience, but over the past two years she has proven to be a huge asset to the wing.

"Erin's done an outstanding job supporting our unit," said Capt. Nicole A. Ivers, wing public affairs officer. "She continues to play a major role in the lives of our Airmen through family assistance."

In the past calendar year, Ms. Creighton has dealt with over 200 deployed personnel in both the Air

and Army National Guard.

"My program is a 'purple' program," Ms. Creighton said. "If I can help other branches, I will. If I can't assist someone, I'll at least point them in the right direction with a referral."

Ms. Creighton didn't grow up as a military brat, but her father, Fran, works as a civilian with the 102 Civil Engineering Squadron. She attended Fairfield University in Connecticut, where she earned her bachelor's degree in sociology.

"I liked it because it was diverse," Ms. Creighton said. "It incorporated community work, education and family. It supplied enough to keep me interested."

Also holding her interest was her desire to work for a nonprofit organization. She did just that when she worked for the Seattle Department of Public Health through AmeriCorps. During her one-year stint, she was heavily involved with community outreach programs with concentration on children's health.

Ms. Creighton's responsibilities here range from out-processing troops to organizing welcome-home briefings. She's on-call 24-hours per day and likes to keep in touch with families while a loved one is deployed.



Photo by Senior Airman James P. Regan

Erin Creighton is beginning her third year as the wing family program coordinator.

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Chief's Council Scholarships

Applications for two \$500 scholarships that will be awarded by the Chief's Council Annual Scholarship Awards are now being accepted until the close of the January unit training assembly. The deadline was extended to let more people apply.

One will be awarded to a member of the 102nd Fighter Wing, 253rd Combat Communications Group, or the 267th Combat Communications Squadron, and one will be awarded to a child of a member of one of the units. Applications are available on the Chief's Council page of the Wing Intranet under other groups.

An official high school and/or college transcript must accompany the application.

Mail or deliver the completed, signed application to:

102nd FW/CCM, 158 Reilly Street, Box 3, Otis ANG Base MA 02542-1330. Attention: Chief's Council Scholarship Fund.

Scholarships are available to members and children of members in good standing of the above units. Eligible applicants must attend an accredited school, either full or part-time, in order to receive the scholarship.

The full scholarship will be awarded to the student after receipt of the following semester tuition bill and the previous semester's transcript showing a minimum passing grade of 70 percent on all classes during the previous semester. Both the next semester bill and a college transcript for the previous semester must be mailed to the address above.

Disaster training with 102nd Fighter Wing medics



Capt. Sampsonis learns to use a blow torch to remove reinforced steel from an entry way.



Members of the 102nd and 104th medical groups pose after moving a four- thousand pound piece of concrete.



Staff Sgt. Raphael unattaches himself from a rope after learning how to rescue a patient off a ledge.



Staff Sgt. Raphael learns how to extricate a patient trapped under a pile of rubble.

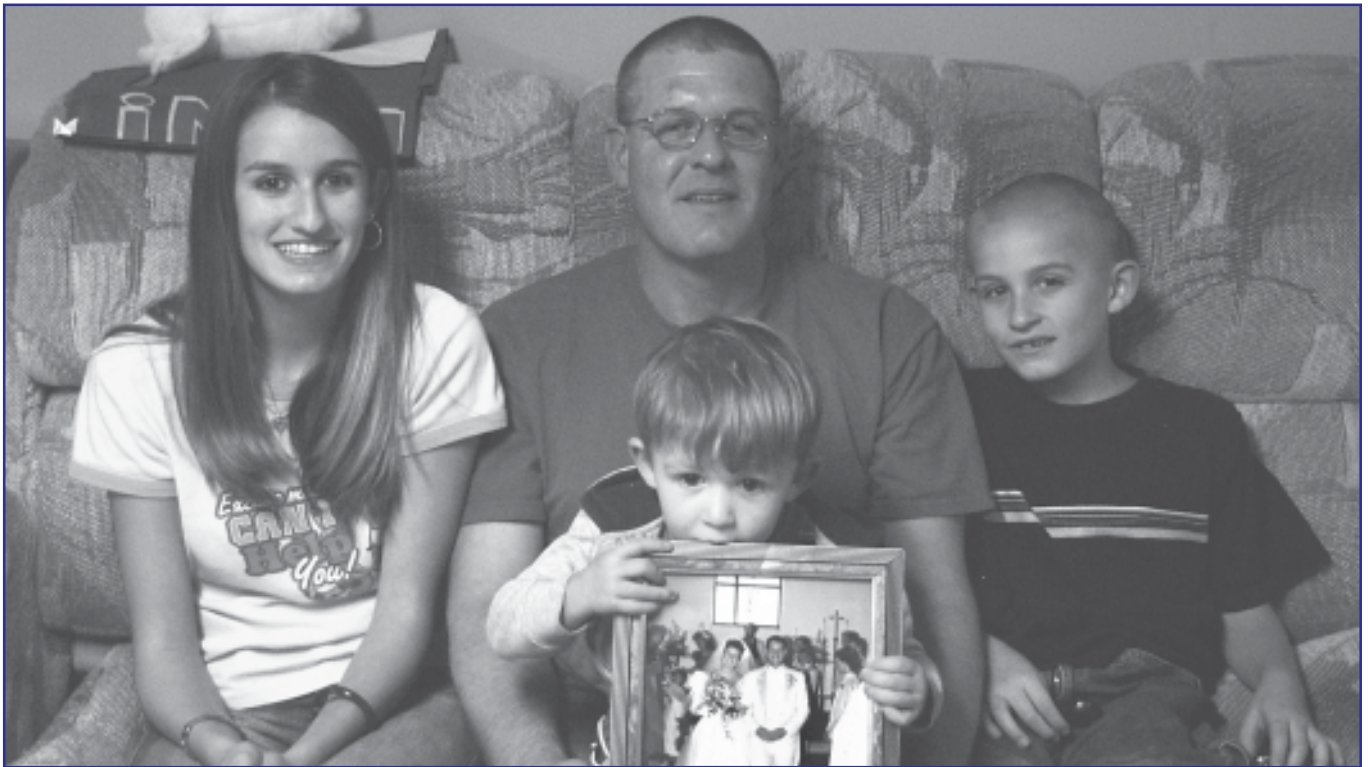


Photo by Senior Airman James P. Regan

(above) Technical Sgt. John. A. Westgate displays a picture of his late wife, Michele, while his children sit with him. (from left) Jonele, Logan, and Caleb. (left) Sergeant Westgate sent this letter to the wing on behalf of his family

To the members of the
102nd Fighter Wing

It is with deepest appreciation that I thank all of you for your support over the last two years while my wife was battling cancer. Your generous donations, prayers and well wishes made a very stressful time more comfortable and allowed me to spend a lot of time with her in her final days. I would also like to thank all of you who were able to attend her wake and funeral. The support was overwhelming and comforting. I would also like to thank my supervisor, command staff, and fellow co-workers for their complete understanding while helping me cope with the traumatic series of events that occurred. I would also like to thank the legal staff for helping me with the preparation of the necessary documents, and their time at the hospice home to ensure that everything was done correctly. Once again, a very heartfelt thank you.

Sincerely,

Photo illustration by Tech Sgt. Paula L. Cooney

'Totally overwhelmed'

Wing unites to support grieving husband

By Senior Airman James P. Regan
Public Affairs

Inside a cluttered living room on the bottom floor of a modest log cabin that sits off a dirt road in West Wareham, brass hooks hang from the wooden post running parallel to the floor. Children's clothing and a decorative wind chime hang motionless from them.

"That's where I used to hang her IV bags," Tech. Sgt. John A. Westgate said. "You wouldn't believe the stuff that went on in here."

The "stuff" that Sergeant Westgate refers to is the care he provided his wife, Michele, during her two-year battle with colon cancer. Michele passed away Sept. 18, 2006, at a hospice home in Sandwich.

It was just one day after Sergeant Westgate had taken their three children to the 102nd Fighter Wing's annual Family Day.

Sergeant Westgate, a full-time technician with the 102nd Logistics Readiness Squadron, speaks clearly and calmly about his wife. He'll tell you about her job as an EKG technician at Tobey Hospital. He'll tell you about the history of their log cabin home. He'll tell you about what a wonderful mother she was. And he'll tell you about the first time the doctor said the word "cancer."

He'll show you a family photo album he carries around that was shot in their backyard. He glances at one picture of he and his wife sitting on the grass.

"I don't really like the way I look in that one, but she looked beautiful that day," he said.

That day would be the last time Michele was in her own home. Michele was diagnosed on Sept. 9, 2004. She couldn't sleep the night before due to a terrible pain in her side, Sergeant Westgate said.

They went to the hospital the next day and had X-Rays, CAT Scans and a colonoscopy. The doctor brought the results back to Sergeant Westgate and his wife to view.

"I knew right then and there that we were in for one hell of a ride," he said. The doctor brought them to the surgeon it was so bad, he added.

Over the next two years, Michele spent the majority of her time at Tufts New England Medical Center. She would travel home for a day or two, allowing her husband to administer her food and medication.

The Westgate's never sheltered their children, Jonele, 15, Caleb, 8, and Logan, 2, from the harsh reality of the deadly disease.

"That was their mother and I wasn't going to hide

anything from them," Sergeant Westgate said.

While Michele was in Boston, her husband would travel back and forth, while taking care of the kids. The juggling of his schedule was only possible due to the generosity of fellow servicemembers, who donated leave through the Voluntary Leave Transfer Program. Sergeant Westgate's own acquired leave, combined with the additional hours via that program, allowed him to stay out of work for about five months and care for his wife.

"I was totally overwhelmed. You don't realize how many people you know and how many people care until something like this happens," he said. "One thing I have learned is that the guard is a big family. When something

like this happens, they tend to get out there and support you."

Support for Sergeant Westgate and his family came in many forms. While some donated their personal leave, others donated money directly to Sergeant Westgate. "Guys were just walking into the warehouse, introducing themselves, and handing me checks," he said.

The Eagles Nest employees also donated tips from a Christmas party. Others offered Sergeant Westgate a more personal gift. "Someone who offered a prayer or an open ear is just as important as someone who donated

money," he said.

The family still struggles with the loss of Michele, who was considered to be the one who held the household together. Sergeant Westgate, a Baptist, still questions how God could take someone so wonderful and innocent off the earth. "She was never sick in her life. She never drank or smoked and suddenly she has cancer," he said. "She was a wonderful mother who did everything she could for her kids."

The stress of dealing with the illness of his wife, and her recent death, has taken a toll on Sergeant Westgate.

"This isn't something that will take care of itself overnight. I could either lose my mind and destroy everything in this house and within this family, or I could improve on everything we've made together," he said. "I'm going to improve on what we have."

Sergeant Westgate and his family stress two points. The first, being that the support from the 102nd FW helped them through a tremendously tough time. The second, early detection plays a huge role in cancer-survival rates. "You know your own body better than anyone. If something feels odd, have it checked out," Sergeant Westgate said.

The sergeant said he would hate to see anyone else feel the pain of losing a loved one. But when you look in his eyes, you already do.

*"Someone who offered
a prayer or an open ear
is just as important
as someone who
donated money"*

- Tech. Sgt. John A. Westgate
Logistics Readiness Squadron

Rebuilding the ruins

Chaplain (Capt.) Mary A. Scheer



One night when I was on call as a hospital chaplain, I got a call to come in to the hospital to handle a car crash involving multiple teen victims. I got there and only two of the six teens in the vehicle had survived. The driver & a boy in a coma listed in critical condition. The driver lost control of her vehicle and her cousin and the boy on her lap were killed when they were thrown from the car and two other teens in the back seat died at the scene.

The driver and her cousin had been at a party drinking. They left the party with folks they had just met and headed off to another party. When all the parents arrived in the middle of the night, I had to tell each family the news. Working with the driver's mother and her sister was very sad as they both lost a daughter that night, one to the grave and the other to prison.

I sat with the driver through the night, she wouldn't let her mother or her aunt come back to see her, it took her hours to finally agree. I watched as she began to sober up and comprehend what she had done, it was a horrible realization.

It was a sobering experience for me too. I could literally see the heavy, crushing weight of grief devastate her. I could see it in her face. I knew right then she would never be the same.

I was at her side in the morning when the police came and took her away. The young driver was convicted on multiple counts and would spend the rest of her life in

prison. In one stupid moment, with one bad decision, all of these families' lives had been shattered forever. And her life was ruined. And you know what? Even before they put her in jail, she was already there...locked behind bars of guilt and shame.

Perhaps you know someone living behind bars in their heart or mind, chained to a past they are never freed from. The good news is that there is no mistake or problem that cannot be repaired or rebuilt.

Here are three steps to rebuilding the ruins?

* Acknowledge and face the truth about the situation, if it's wrong, say so.

* Consider the consequence of continuing in the same direction.

* Take the steps to make things right and commit to doing the right things in the future.

Can you imagine a world where doing the right thing was the norm? Imagine what it would be like to turn on the news and instead of hearing story after story of people hurting and killing other people leaving families and communities in ruins, hearing story after story of people making the right choice, and doing the right things that resulted in blessing their family and the community around them?

We may not be experiencing devastating ruin at this moment, but there are people around us who are and we can offer them moments of grace along with the hope and good news that God still helps.

104th Fighter Wing Traditional Guardsmen Job Vacancies

For 102nd FW members who may not want to cross-train but would like to keep the Massachusetts Air National Guard strong. Below is a listing of job openings within the 104th Fighter Wing if interested in learning more about a certain position please call the 104th Recruiting Office at DSN 698-1567 or 1-800-247-9151.

1T1X1 - Life Support

1 C3X1 - Command Post

2A0X1 - Avionics

2A3X1A/B/C - Avionics

2A3X3 - Crew chief

2A6X1 - Jet Engine Mechanic

2A63X3 - Egress

2A6X4 - Fuels Systems

2A6X5 - Hydraulics

2A6X6 - Electrical & Environmental

2A7X1 - Aircraft Metals Shop

2A7X2 - NDI

2A7X3 - Aircraft Structural

2A7X4 - Survival Equipment

2F0X1 - POL (Fuels)

5J0X1 - Paralegal

2R0X1 - Maintenance Data Analyst

2R1X1 - Maintenance Production

2S0X1 - Supply

2T3X2 - Special Vehicle Maint

2W0X1 - Munitions

2W1X1 - Armament

3A0X1 - Information Management

3S0X1 - Personnel

3E4X2 - Liquid Fuels

3E4X3 - Environmental Controls

3E5X1 - Engineering

3E7X1 - Fire Protection

3M0X1 - Services

4A0X1 - Health Services

4A1X1 - Medical Material

4B0X1 - Bioengineering

A sensitive time of year

Submitted by the Chaplain's office

It's that time of year again. While some look forward to the crisp air and the festive holidays shared with friends and family, others dread this time of year when the days are shorter, it gets dark earlier and the holidays represent pressure and stress.

This is the time of year when there is a rise in folks experiencing depression and a rise in suicide. Yet, suicide is preventable. The conditions and stresses associated with suicide can be treated with professional help. The most important step in prevention is recognition of the warning signs. Suicide is the eleventh leading cause of death in the U.S.

Individuals begin to contemplate suicide when they feel they lack the resources to handle a given problem. Some warning signs that someone may be thinking of killing themselves are mood changes, drinking or smoking more than usual, withdrawal, lack of appetite, difficulty concentrating, restlessness, fatigue, loss of interest in activities.

Symptoms of risk include; suicide gestures, giving away items, talking

about suicide, talking about death, farewells, pessimistic outlook, increased alcohol/drug use, weeping easily, change in eating habits - weight loss, drop in job performance, increased irritability, loss of sense of humor, social withdrawal, continual sadness, feelings of hopelessness/helplessness, change in sleeping habits,

If you see a colleague experiencing some of the warning signs, there are many ways you can help.

First and foremost is talk with them by asking open ended questions like "how are things going?", "how are you dealing with ... ?" Don't be afraid to ask them directly if they are thinking about suicide. It helps to have a listening ear.

If what you hear concerns you, express your concerns to them and willingness to help. If after your discussion you feel they are suicidal get them additional help.

While on the base you can talk with the chaplain staff, medical personnel, commanders and first sergeants. Off base, the Samaritans are a great organization to help people when they are

lonely, depressed or suicidal and need someone to talk to. They can be reached at 1-800-893-9900.

As we head into the winter months and holiday season, we can have a plan in how we care for ourselves and those around us. Part of our plan should involve a proactive approach to dealing with stress.

Part of dealing with stress includes; having effective coping and problem solving skills; set limits to the amount of time spent thinking about the problem; social and family support; having an optimistic outlook; belief that it is okay to ask for help; maintaining healthy eating habits, exercising, getting enough sleep and setting aside time for fun.

People who have survived a suicide attempt are often shocked to find out how many people cared about them. Don't wait to show you care until someone has attempted or completed a suicide attempt. Take a few moments each drill to see how your supervisors, subordinates and colleagues are doing.

A few moments could save a life.

Chief Nelson retires, heads to Europe

By Senior Airman James P. Regan
Public Affairs

After more than 20 years with the 102nd Fighter Wing, Chief Master Sgt. Donald W. Nelson is moving on. In fact, he's moving all the way to Ireland.

Chief Nelson, who was most recently assigned to the chaplain's office, retired during the November drill. He and his wife, Sherry, will be moving to Waringstown, Northern Ireland, in December. The traditional guardsman spent six years as a human resource advisor where he worked in the Education and Training Office. He retired in June from Baypath Vocational High School, where he held his favorite position to date - guidance counselor. "To be a good guidance counselor you have to be able to juggle a lot of responsibilities," Chief Nelson said. "Not only with students, but parents, teachers and administration."

The majority of his responsibilities revolved around crisis

intervention and adolescent issues, but he liked to focus on academic success. The attention he gave his students did not go unnoticed, as he originally thought it would. Chief Nelson was shopping one day when a former student, whom he had assisted, saw him and wanted to say hello. He was pleasantly surprised by the recognition. "You tend to remember classroom teachers but not necessarily guidance counselors," Chief Nelson said. "It was great."

There are many good memories Chief Nelson has when he looks back on his career with the 102nd, but two in particular stand out. He was activated after Sept. 11, and was on-call with the chaplain's office 24-hours every day. Together with the chaplain, Chief Nelson worked around the clock to ensure members needs were met, and their problems were taken care of.

"I liked serving the entire unit in such an important time,"

(continued on page 18)

Airman completes state police academy, credits Air Guard training for success

By Senior Airman James P. Regan

Most veteran military personnel will tell you that a background in the armed forces can be useful in civilian careers. Senior Airman Stephen J. Kavol completely agrees.

Airman Kavol completed the Massachusetts State Police training academy several months ago and recently returned from his military technical training school at Keesler Air Force Base, Miss. He said he believes his basic military training better prepared him for the six-month state police academy.

"It was the toughest thing I've been through, but having military training helped me through it," Airman Kavol said.

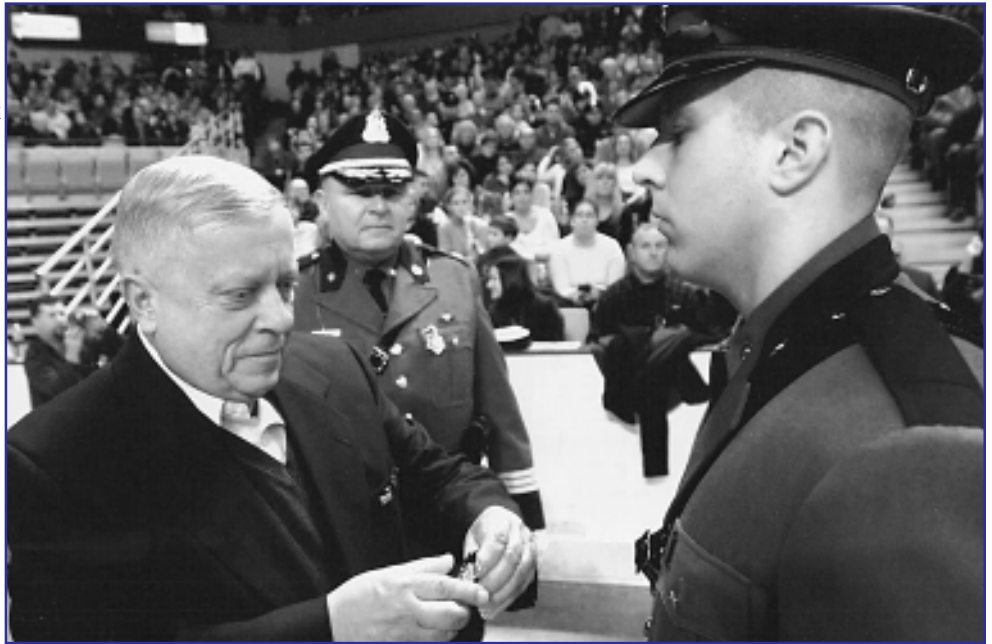
He enlisted in the Massachusetts Air National Guard two years ago, joined the security forces squadron and headed to basic training. It was around that time he learned the state police may be calling and slots in the academy are not reserved for any reason.

Airman Kavol decided to transfer into the 102nd Mission Support Flight and put his technical school on hold for a year.

Once enrolled in the academy, Airman Kavol found the most challenging part to be multitasking under stressful situations. He said he understands why it was important and how it relates to the job.

"When you get out into the street, you're going to come across situations where you have to make a decision in a split second. You need to do that without cracking," he said.

Airman Kavol had been pursuing a career in law enforcement for about ten years. After graduating from University of Massachusetts Dartmouth with bachelor's degrees in both criminal justice and business, he worked for the U. S. Postal Service. He was accepted into the police academy for New York City,



Senior Airman Stephen J. Kavol has his badge pinned on by his father, William Kavol, during his graduation from the state police academy.

but declined due to his desire to be a Massachusetts state trooper.

His decision paid off when he was accepted into the State Police Academy after taking the exam with 16,000 other aspiring law enforcement officials.

Less than 5 percent were accepted into the academy.

After graduating from the academy, he was assigned to work the midnight shift in Boston for three months. During that time, he got his first taste of law enforcement.

"Since I didn't have much of a law enforcement background, it was a quick way to learn," he said. "We had one incident where we had to chase someone down through backyards in a bad part of Boston. He was armed, but no shots were fired," he said.

Airman Kavol said his adrenaline pumps hard during encounters like that. It isn't until after the suspect is in custody that he begins to realize how dangerous a situation was.

"The next day you think about it and it's an awakening experience," he added. The 34-year-old Quincy

native said he is enjoying working out of the state police barracks in Concord.

"It's excellent and the best job I've had," said Airman Kavol. "It's always good to get drugs or guns off the streets, but there are always little things you do to help people. Even if it's something simple, like an elderly woman broken down at night. She's scared, but when you show up she feels much safer."

Airman Kavol isn't the first in his family to serve our country and ensure the safety of others - his dad is a disabled Marine from Vietnam. However, his son is the first in his family to have a law enforcement career.

Although he has already obtained a higher education than required by the state police, he now wants to pursue his master's degree in criminal justice. "It's not a requirement but it's another way to improve yourself," he stated.

Airman Kavol plans to make a career with the state police, eventually transferring into a field specializing in antiterrorism.

102nd CES master sergeant receives 2006 Flynn Memorial Award

By Senior Master Sgt. Michael J. Poirier
First Sergeant's Council

Master Sgt. Joseph J. Nadeau, a member of the 102nd Civil Engineering Squadron, was named the 2006 Master Sergeant Thomas Flynn Memorial Award recipient during September's Family Day. The award is named for Master Sergeant Thomas Flynn, a member of the former 102nd Resource Management Squadron, now called the 102nd Logistics Readiness Squadron. He was a prominent member of the wing family and was extremely active in morale-related activities and volunteering his time to other wing activities. He was also the originator of the annual enlisted-officer softball game.

Sergeant Flynn retired in June 1988 upon reaching the mandatory retirement age and passed away six years later. Shortly after his death, the Memorial Award was established in 1995 with the full concurrence of his family.

From October 2005 to January 2006, Sergeant Nadeau volunteered for a 130-day out-of-bucket AEF deployment to Kirkuk Regional Air Base, Iraq, in support of Operation Iraqi Freedom. During this inclusive period, Sergeant Nadeau impeccably directed an 8-person team in completing 320 work requests during the deployment, thus maintaining \$3.5M in HVAC/R assets perfectly. The sergeant also supervised the preparation of 65 field deployable environmental units valued at \$423K so these readiness assets were successfully distributed to other bases in theatre.

As if his first AEF deployment was not enough, four months after returning, Sergeant Nadeau again volunteered for a second 120-day tour of duty to Iraq as the 102nd CES was selected as the lead AEF Prime BEEF team at Ali Base. He deployed, along with 38 other squadron members, during the May 2006 to September 2006 rotation. During this tour, he again distinguished himself with determination and relentless pursuit of excellence while repairing and maintaining critical air conditioning assets for more than 900 personnel assigned to Ali Base. In one instance, he recognized a potential problem regarding critical air conditioning for an Army convoy and quickly repaired it, thus adding to the safety of their

dangerous missions. Finally, he earned the privilege of staying in the distinguished visitor billeting after being selected by the Ali Base group commander for being the outstanding Air Force performer of the entire base during the month of July.

For nine out of the past ten years, Sergeant Nadeau has also volunteered to support the Pan Mass Challenge charity bicycle race, one of the largest athletic fund-raising events in the nation. This has built a very positive public image for both the Massachusetts Air National Guard and more specifically the 102nd Fighter Wing. When fellow airmen have been deployed, the sergeant has been a tireless advocate for coordinating and sending care packages, making morale boosting phone calls, and seeing off and welcoming home troops.



Photo by Master Sgt. Sandra L. Niedzwiecki

(continued from page 9)

"Some families call more than others, and that's just fine. I'm here for them. Some don't want to be bothered at all, and I can understand and respect that," she said. "I can usually gage how involved they want me to be."

Ms. Creighton also likes to correspond with the families of deployed servicemembers. She'll usually send them at least three letters while they are away, more if necessary.

Volunteers are always welcome to assist Ms. Creighton in any way, and several unit members have

already stepped up to the plate. Recently, a son of a deployed Airman was in need of rides from his lower-cape home to the Massachusetts Military Reservation for his Civil Air Patrol meetings. Ms. Creighton rallied support from within the wing and arranged the transportation. Other volunteer opportunities include morale calls, baby-sitting, food shopping, yard work, and pet care.

Ms. Creighton was also instrumental in awarding children of deployed soldiers the Youth Deployment Medal, which were presented during Family Day.

If you would like to volunteer to help Ms. Creighton you can contact her at 968-4855.

Distributed Ground Station Job Fair

The 102nd Fighter Wing DGS Working Group will be hosting a job fair for the new mission in December. The job fair will be open to current military members of the wing. It will be divided into two parts; Traditional Guardsmen over the UTA weekend, followed by full-time employees during the work week. Full-time temporary and ASA employees follow the "traditional" schedule. Those having technician restoration rights follow the "full-time" schedule. It will be held in Building 155.

Traditional Guardsmen:

2 Dec: 0900-1100 AMXS
 1300-1500 MXS/MOF/MXG
 1500-1800 Maintenance Night Shift/OG personnel

3 Dec: 0900-1000 LRS/ MDG
 1000-1100 CF/MSG/SVF
 1100-1200 CE/Wing Group
 1300-1400 MSF/SF/WXF
 all wing traditional officers

Full-time Guardsmen:

6 Dec: 0900-1100 AMXS
 1300-1500 MXS/MOF/MXG
 1500-1800 Maintenance Night Shift

7 Dec: 0900-1000 OG
 1000-1100 LRS/ MDG
 1300-1500 CF/ MSG/SVF

8 Dec: 0900-1000 CE/Wing Group
 1000-1100 MSF/SF/WXF
 all wing full time officers

As details and further specifics become available, they will be posted on the DCGS link to the Otis homepage (<http://131.62.32.33/>). Expect full-time (dual technician/AGR) job advertisements to be posted to the HRO homepage (<http://www.mass.gov/guard/Postings/positions.htm>) on Nov. 20, 2006.

(continued from page 15)

he said. He also enjoyed teaching the satellite noncommissioned officer academy course for four years here. He would make the five-hour round trip commute twice every week. "I got to meet a lot of people and they turned into enduring relationships," he said.

Chief Nelson said the transition over the next few years will be stressful and he wishes he could stay here to help, but it's the right time for him to retire. He wishes unit members the best.

"The 102nd is indeed family, and I'm glad I was a member of that family."

Sympathy

Sympathy is expressed to the family of Tech. Sgt. John Westgate of the 102nd Logistics Readiness Squadron on the death of his wife, Michele.

Sympathy is also expressed to the family of Master Sgt. Joe Smith of the vehicle maintenance section on the death of his mother, Ellen E. Smith.

Annual children's holiday party!

Refreshments * Santa pictures
 Goody Bags * Free gift basket drawing

GIFT DROP OFF

Building 158, room 291, telephone
 (508) 968-4576 or 968-4270.

Kim Brown or Dawn Deacon NLT

Wednesday, Dec 6, 2006



Saturday, Dec. 9, 2006

12 p.m. - 3 p.m.

Aerospace Dining Facility

One gift per child with the name
 of the child on it. (Under \$10, please)



A breakdown of DEERS and healthcare benefits

Submitted by the Military Personnel Flight

DEERS. We all have heard this acronym time and again but what does it mean? DEERS stands for Defense Enrollment Eligibility Reporting System; it is the system that contains information about military members, their dependents, and determines eligibility for military benefits. As a military member you are automatically enrolled in DEERS and must enroll your dependents to guarantee their eligibility to receive an identification card, use of benefits, dental coverage, medical coverage (while on active duty), and Family Serviceman's Group Life Insurance.

How do I update DEERS?

Bring in the appropriate paperwork (such as a marriage certificate, divorce decree, birth certificate, court document, Social Security card, death certificate, or active duty order) to Personnel Readiness Support, formerly known as Customer Service, in the Military Personnel Flight, building 158, room 232.

Why do I need an ID card?

You must possess a valid identification card to enter a military base and to receive the endless benefits available to you. Most military installations offer a commissary, base exchange, activity center, bowling center, swimming pool, theater, military lodging, and seasonal rentals and they all require a valid ID card. Military discounts are offered by some retail stores such as: Home Depot, Lowes, Jiffy Lube, and many more. Busch Gardens, Disney World and other attractions offer deep discounts and sometimes even free entrance for you and your family when you show them your ID card. Some airlines even offer discounts for military members. Most importantly, you must have a valid ID card if you are eligible and enrolled in benefits such as Medical or Dental. And last, but certainly not least, you must have a valid ID card to access Government computers on most Military Installations.

Who can get an ID Card?

Military members, retirees, federal, state, contractor employees, and their dependents. Dependents are defined as a spouse; children (natural, step, pre-adopted, adopted, or foster) up to the age of 21 or 23, if a full-time student; children with certain medical conditions may be eligible, regardless of age; parents, stepparents, or parent-in-laws, as deemed by a Court of Law. Note: Children under the age of 10 years old are not authorized an ID card unless, their parents are both in the Military or the sponsor is not married.

When can I get an ID Card?

Tuesdays only from 0900 - 1130 and 1300 - 1500 at building 158, room 111, phone number: (508) 968-4180 or the Coast Guard at building 5215 (behind the base exchange) on Tuesdays-Thursdays 0800 - 1100 and 1300 - 1500, phone number is 508-968-6318.

Healthcare for Military Members and dependents:

Tricare Reserve Select

This medical plan is available for members of the Air National Guard and their dependents. Tricare Reserve Select is broken down into three areas, Tiers 1, 2, and 3. If you were activated for Operation Noble Eagle, Enduring Freedom, or Iraqi Freedom you may qualify for Tier 1. If you are self-employed, unemployed, or have a hardship, you may qualify for Tier 2. If you are a member of the Air National Guard and do not qualify for either Tier 1 or Tier 2 coverage, you may qualify for Tier 3 Coverage. For more information regarding Tricare Reserve Select, please log on to <<<https://www.dmdc.osd.mil/appj/tsa/index.jsp>>> or contact Readiness Support at 508-968-4180. Note: To enroll in Tricare Reserve Select, you must contact the Readiness Support section.

Tricare or Uniformed Services Family Health Plan

Dependents of members who are on active duty for over 30 days are eligible for Tricare or Uniformed Services Family Health plan. Reserve Retirees and their dependents are eligible for Tricare or Uniformed Services Family Health plan when the retiree turns age 60. Tricare for Life is available when the retiree turns age 65 and has Medicare parts A and B.

For more information regarding Medical Insurance, please log on to <http://www.tricare.osd.mil/>, <http://www.usfhp.com/portal/default.asp>, or call 508-968-6582.



Photo by Senior Airman James P. Regan

Andrew Fessenden, of the 101st Fighter Squadron, sneaks by a 6th Space Warning Squadron player during the flag-football championship. The 102nd Fighter Wing tied Pave Paws 42-42 after four times.

Seagull

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