

102nd INTELLIGENCE WING

# Seagull



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JUNE 2011

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## Commander's Cup Tournament

**Round II** | pg. 6



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**COMMANDER'S COMMENTS**

pg. 3

**DIVERSITY | WEAPONS CLEANING**

pg. 4

**COMMANDER'S CUP**

pg. 6

**AOG DEPLOYMENT**

pg. 8

**ANNOUNCEMENTS**

pg. 10

**ENERGY MANAGEMENT TIPS**

pg. 11

**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 July Seagull deadline is Sunday, June 5, 2011.**

**ON THE COVER >>**



Members of the Intelligence Group competed against all other wing agencies in a paintball tournament as part of the new Commander's Cup program. See full story on page 6.

*(U.S. Air Force Photo by Senior Airman Jeremy Bowcock)*

**UPCOMING UTAs >>**

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

JUNE 2011						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30		

JULY 2011						
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AUGUST 2011						
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SEPTEMBER 2011						
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11	12	13	14	15	16	17
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25	26	27	28	29	30	31



**FROM THE DESK OF THE  
102nd Air Operations Group  
COMMANDER**

By Col. Sweeten



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

**STRATCOM, EUCOM, WHOCOM?**

Back when the 102nd Intelligence (Fighter) Wing flew fighters, most didn't care or worry too much about our Combatant Command (COCOM). We flew and maintained the F-15, sat alert to protect the northeast, and didn't pay much attention to command relationships. We were all aware of terms like NORTHCOM and NORAD, but it really wasn't a big part of our day to day concerns. As long as those jets were ready to go, then we were doing our job. But with the transition to an intelligence wing, providing Command and Control (C2) or intelligence exploitation anywhere in the world, command relationships now play a much more important part of what we do. While most folks are still primarily focused on their specific areas of expertise, it is now more important that we understand the "big picture" as it relates to "who we are working for" in the operational branch of the chain of command. It can get confusing, but I thought I would take a few moments this month to explain in simple terms how it all fits together, from the perspective of both the DGS and AOG.

The president, through the Secretary of Defense (SECDEF), with assistance from the Chairman of the Joint Chiefs of Staff (CJCS), establishes Joint Unified Commands (also called COCOMs). There are currently ten US Unified Commands. Six are geographic (EUCOM, CENTCOM, SOUTHCOM, PACOM, NORTHCOM, and AFRICOM) and four are functional (JFCOM, SOCOM, TRANSCOM, and STRATCOM). All Unified Commands are under a single combatant commander and use forces provided from the various service components as specified by the SECDEF in the "Forces For" memorandum. Command authority is granted to these commanders and they have full authority (COCOM) to organize and employ assigned forces as they deem necessary for mission accomplishment. The DGS typically works for CENTCOM for missions over Iraq or Afghanistan, and the AOG primarily works for STRATCOM. But that can change depending on mission requirements.

This is important for the DGS mission because Remotely Piloted Vehicle (RPV) missions can happen anywhere in the world. If RPV pilots and/or intelligence analysts ever have to transition to a different Area of Responsibility (AOR), then that COCOM relationship has to change, and only the SECDEF can direct that reassignment. For example, a mission over Libya for Operation Unified Protector would fall under AFRICOM, while a humanitarian mission over Japan would fall under PACOM. The local stateside operator or intel analyst may only have to "switch feeds", but the entire command authority (COCOM) has to be changed. As RPV mission areas continue to grow, flexibility on who flies and analyzes those missions will be critical. So finding a rapid way to change COCOM authority will

be essential in the future. It is important, therefore, that DGS members understand how and why that change takes place and who they are "working for" at any given time. Currently, a rapid process is not well defined and a specific DGS will only accomplish missions in their assigned AOR unless formally changed.

The AOG is trained to augment an Air Operations Center (AOC) anywhere in the world. If we are ever mobilized for a contingency operation, we would be assigned to the appropriate AOR and Unified Command, which would establish COCOM authority. When we do home station integrated operations for the 608 AOC at Barksdale, we work for Strategic Command (STRATCOM). The reason command relationships are important to the AOG is because the STRATCOM AOC is considered a "global" functional AOC. When we plan Global Strike missions, there is a tremendous amount of coordination between various AORs. A strategic bomber may launch from a CONUS base and transition through multiple AORs before getting to the target. All of these "seams" must be smoothly connected and the bomber missions planned and integrated. Therefore, AOG members must communicate with the AOCs for multiple COCOMs to coordinate C2 of those strategic assets. Understanding these relationships is essential to our job. Just recently in our participation with Operation Odyssey Dawn, we worked closely with STRATCOM, TRANSCOM, EUCOM, and AFRICOM.

The 102 IW definitely has a much bigger role in global events than it did with the previous Air Sovereignty Alert mission. The DGS could be asked to analyze data from an RPV flying anywhere in the world. Similarly, the AOG could be asked to provide C2 for any theater and must coordinate between geographic AOCs when planning Global Strike missions. It is important that the members of both organizations fully understand command relationships and how we fit into the "big picture."



# WEAPONS CLEANING HELPS WITH UCI PREP

By Senior Airman Jeremy Bowcock  
102nd Intelligence Wing Public Affairs

Members across the 102nd Intelligence Wing went to building 158 in support of weapons cleaning during the May UTA. These weapons are a part of extended storage and are not taken out to shoot on a regular basis. Because of this, each weapon has to be taken out once a year to be cleaned and inspected for functionality.

This kind of activity is new as of two years ago when all weapons owned by each squadron on base were turned over to the Logistics Readiness Squadron (LRS). The weapons are still used by the individual squadrons when deploying, but are stored and maintained now in one vault. Heading up this task is Master Sgt. Michael Burman.

Also supporting the cleaning and maintenance is the 102nd Security Forces Combat Arms Training and Maintenance (CATM). "The support we are getting from the CATM people is huge," said Burman. "They brought over a lot of the cleaning supplies and are helping Airmen to clean and check the weapons."

Cleaning and inspecting the weapons is an annual requirement. This can be a daunting task for just the LRS alone. Because the weapons are for all the 102nd IW, the LRS is able to get support from all the Group commanders to send Airmen in support of the task. Commanders sent Airmen of all ranks, both enlisted and officers.



# AIR FORCE CAUTIONS AGAINST GEOTAGGING

By Master Sgt. Amaani Lyle  
Air Force News Agency

Social media offers many Airmen another way to keep in touch with colleagues, friends and family, but users need to be aware of the risks associated with technical tools that help them share information, officials said Jan. 7.

As more Airmen and their family members use smartphones to take pictures and access social networking sites, they could be inadvertently posting information showing the exact geographic location of their home, work location, or daily travel patterns through technology known as "geotagging."

"When Airmen post photos to the web or post their location via location-based software applications such as 'Foursquare' and 'Facebook Places,' a savvy terrorist or criminal can easily track where they live and work, their route of travel and even determine if they're away from home," said Maj. Gen. John Weida, the assistant deputy chief of staff for operations, plans and requirements. "These slips in innocent communication between, family, friends and colleagues can potentially cause an operations-security vulnerability."

Because geotagging adds geographical identification to photographs, video, websites and SMS messages, people can tag a location on their photos, even if their camera or smartphone does not have a GPS function.

"Geotags and location-based software updates are just the latest challenge; a simple search for 'Afghanistan' on sites such as Flickr or Google Images can reveal thousands of location tagged photographs that have been uploaded," General Weida said. "We need to encourage all Airmen, civilians, contractors, and family members to practice good OPSEC and remain aware

of what information they are placing in the public domain."

Many phones are automatically set up to capture this information by default, and users will have to navigate through their phone settings to disable this function.

Whether global contingency operations are classified or non-classified, the missions may still be sensitive in nature and Airmen should not tag uploaded photos with their locations, General Weida said.

"When taking photos, Airmen should be aware of the surrounding area, understanding that even objects in a photo can give away critical, unclassified information such as the location, type of personnel or type of weapons being used during the mission," General Weida explained. "Publishing photos of mission locations can be detrimental to mission success."

The general added that Airmen often take smartphones or MP3 players to deployed locations, possibly enabling adversaries to develop a composite of uploaded images and information through the spectrum of commercial programs available.

"Exposing Airmen and unit locations gives the adversary an advantage that could impact the entire mission," General Weida said.

The general lauded the Army for its comprehensive product concerning geotagging that will also help educate the Air Force.

"It is well worth reading by Airmen at every level," General Weida said.



# Airman in the Spotlight



Staff Sgt.  
Justin Sayres

Staff Sgt. Justin Sayres is a traditional guardsman who works for the 102nd Medical Group as a Biomedical Equipment Technician.

Currently Sgt. Sayres lives in Haverhill, Mass. and works on electron

microscopes in the New England area. He also is studying Electronics Engineering at the University of Massachusetts in Lowell.

**Hobbies:** During his free time Sgt. Sayres enjoys

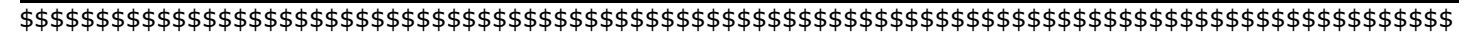
playing golf and building model rockets

**Favorite Movies:** His favorite movies include Spider-Man and many other movies based off comic books. He is also a fan of many 1980's movies

**Ideal Vacation:** Sgt. Sayres ideal vacation would involve spending time in North Carolina and he generally enjoys traveling to any place with warm weather

*If you would like to nominate a 102nd Intelligence Wing member for the monthly "Airman in the Spotlight" feature, contact Maj. Nicole Ivers at (508) 968-4664 or e-mail nicole.ivers@ang.af.mil.*

# FINANCE CORNER



## 102nd Comptroller Flight Helpful cents\$

### CSA (Controlled Spending Account)

Citi will launch Phase II effective May 1, 2011. Those affected are travelers with no open travel orders on file and no balance due to Citi bank on their current GTC account. It's very important for current GTC card holders to update their mailing address, email address, and phone number through Citi to ensure CSA is received. If the information is incorrect during the rollout of the CSA, this can possibly delay or stop the card delivery to the member, which can affect unit Temporary Duty assignments.

### DTS (Defense Travel System) Tips

1. Utilize TRAX (Travel Explorer) to estimate Temporary Duty: <https://secure.defensetravel.dod.mil/Passport>
2. TRAX can be used to estimate air travel, rental car, lodging, per diem, and miscellaneous expenses.
3. Travelers are required to electronically file a voucher within 5 workdays from return.
4. Travelers are required to upload itemized lodging receipts regardless of amount, airline receipts, rental car receipts regardless of amount, conference fee receipts regardless of amount, excess baggage receipts, and



all other travel related receipts equal or greater than \$75.00.

5. After completion of TDY and a modification is required, DO NOT amend the authorization. All changes will be done when the traveler completes the voucher via DTS which requires the Approving Official's review and authorization.

6. If a modification is required and the TDY has not commenced, then the current Authorization can be modified.



Photos by Master Sgt. Aaron Smith and Senior Airman Jeremy Bowcock



# COMMANDERS CUP TOURNAMENT

## PAINTBALL

By Tech. Sgt. Kerri Cole  
102nd Intelligence Wing Public Affairs

On April 30, Airmen and commanders gathered at Cape Cod Paintball Co., Bourne, for a paintball tournament as part of the new Commanders Cup program.

After the Cape Cod Paintball owner, John Pimental, explained the rules of the game, members of the Air Operations Group, Medical/Wing Group, and the Intelligence Group fiercely competed for the cup in a series of 5 minute rounds of capture-the-flag style paintball. Two teams attempted to bring the flag that was placed in the center of the field back to their own flag station without getting hit.

The Air Operations Group eventually won the tournament and took home the cup for the second month in a row. Congratulations!

"The Commanders Cup tournaments are a way for our Airmen to get out from behind the computer and intermingle to get to know one another outside the office. Espris de corps, team building and having fun is what it's all about," said Lt. Col. Jeffery Jensen of the 102nd Air Operations Group and founder of the program.

The four teams are comprised of the groups under the 102nd Intelligence Wing: Air Operations Group, Medical/Wing Group, Intelligence Group, and the Mission Support Group.

At the end of each tournament the first place team will be awarded four points, second place with three points and so on. If no one shows up to participate for one of the groups they will receive zero points. The first place team each month will take possession of the trophy and display it at their unit until the next month's tournament commences. Then, at Family Day in September the wing commander, Col. Anthony Schiavi, will present the 2011 trophy to the group who accumulated the most points over the course of the year.

Some tournaments are even keeping Airmen "fit to fight," such as the upcoming June UTA Flag Football game and the past May UTA paintball tournament which helps Airmen maintain the physical fitness needed to be assets to their teams both on the field and on the job.

All 102nd Airmen are welcome and encouraged to participate in the Commanders Cup tournaments. They take place on the Saturday of each UTA at the end of the duty day around 1530. Participation in these tournaments gives the units the opportunity to build their morale and fellowship and have some friendly competition. They are also a good way to meet people, either as a participant or a spectator.



### SCHEDULE

**June:** Flag Football  
**July:** F-1 Racing\*

**POC:** First Lt. Dennis Swift or contact your group Commanders Cup representative.

\*Cost associated/Non-UTA

### CURRENT STANDINGS

Paintball (May):  
**AOG 4** WING/MED 3 IG 2 MIS SUPP 0

Totals for the year so far:  
**AOG 8** WING/MED 6 IG 3 MIS SUPP 2

# 102<sup>ND</sup> AOG DEPLOYS FOR OPERATION ODYSSEY DAWN, OPERATION UNIFIED PROTECTOR

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

Two years of exercises and training between the 608th Air Operations Center (AOC) and the 102d Air Operations Group (AOG) were put to the test recently when members of the 102d deployed to Barksdale Air Force Base, L.A., in support of Operation Odyssey Dawn and Operation Unified Protector. A major mission set of the 608th is Global Strike Time Sensitive Planning (TSP), and in the early days of these operations, several real-world TSP "events" resulted in the need for additional on-site manpower and expertise at Barksdale. "We have been practicing for the real thing for a long time and when the call came from the 608th, we were ready," said 101st AOS Commander Colonel Tim "Heater" Estep.



Pictured left to right is Capt Chris Leighton, Lt Col Gary 'Lips' Cundiff, Col Tim 'Heater' Estep, Lt Col Vaughn 'LJ' Littlejohn, Lt Col Marty 'Opus' Richard, Col Frank 'Rudy' Aflague

The 608th Air and Space Operations Center plans, directs, and assesses daily operations employing global, kinetic and non-kinetic capabilities in order to deliver strategic effects for the United States Strategic Command (USSTRATCOM) Commander and other theater commanders. The 102d AOG supports and augments the 608th with personnel and tactical capability through direct and distributed means.

While the details of the TSP tasking are still highly classified, members of the 102nd led the "Mission Analysis" strategic planning cell and also augmented the "Courses of Action" planning cell. Captain Christian Leighton provided intelligence analysis support to the 608th. Lt. Col. Martin "Opus" Richard and Lt. Col. Gary "Lips" Cundiff led the Mission Analysis team and provided background information, tactical planning considerations, and mission objective guidance so several Courses of Action (COA) could be developed. Lt. Col. Vaughn "LJ" Littlejohn augmented the COA Development team providing

planning, weapons, and tactical expertise for potential Global Strike missions. Col. Estep and Col. Frank "Rudy" Aflague served as Deputy Directors overseeing the entire TSP effort.

"The 102nd enabled us to meet our mission tasking by stepping up to the plate and doing anything we asked of them," said Col Mike Tichenor, commander of the 608th. Col. Keith Tiester, Chief of the Strategy Division, said, "We have complete confidence in the 102nd. The work they did here was simply amazing."

As Col. Frank "Rudy" Aflague said, "It was rewarding to be a part of the first real-world combat deployment for the 102nd AOG." Ultimately, the Courses of Action developed by the Otis team were briefed at the highest levels of command authority and refined to assure mission success in the Libyan AOR. Col. Rich Sweeten, 102nd AOG commander, added, "This is the perfect example of why this new guard C2 mission is important to the active duty Air Force. Most AOCs do not need a fully manned operations center during normal peacetime, day to day, operations. But when a contingency operation like Odyssey Dawn requires action, the guard can step in with highly trained AOC augmentees and either deploy to the site or support the effort through reach back or integrated ops from home station. The 102nd AOG proved that the model works."

The 102nd will deploy back to Barksdale at the end of April to support Operation Global Lightning / Austere Challenge. The unit will also participate in planning and execution for the exercise with a team at Otis through their innovative distributed operations process.

# SPEED MENTORING

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



A mentor is defined in the dictionary as a wise and trusted counselor, or as an influential senior sponsor. Many airmen, during the course of their career will encounter a person like this. They'll find someone who takes an interest in their career and offers their help and advice. Supervisors often fill this role, taking a personal interest in helping you succeed, but often their time and attention can be spread thin. Without a mentor it can be easy to miss opportunities and chances to excel in your career.

Master Sgt. Timothy Domer is someone who understands the importance of mentoring. As a former First Sergeant for the

MSG he knows how much airmen can benefit from helpful advice and information. Sgt. Domer also noted, "All of the SNCOs at Otis are mandated by our leadership to be involved in the mentoring process and to mentor our junior troops."

Drawing upon experiences from his civilian job, where he works for Raytheon, Sgt. Domer decided to start a mentoring program. He decided to pattern the program off of a similar experience at Raytheon where mentors and protégées were matched up in a speed-dating type environment.

While the idea of finding a mentor through a speed-dating inspired environment may seem odd at first, it can also be a quick and effective way to find a person with whom you connect. In four minute bursts mentors sit down with protégées and talk a little about their experiences and future plans in the military. Throughout the event, both protégées and mentors take notes and by the end of the event they develop a sense of who they feel they would have a good working relationship with. "The hope is that mentoring relationship will aid in the development of these airmen, that the mentors will set aside some time to find out what drives them, what their challenges are, and see if there is any way they can guide, advise, and help them in progressing in their military career," Sgt. Domer stated.

For those looking for a way to maximize their time and to take advantage of the many opportunities that are available to them, another mentoring event is planned for the November drill.

# DON'T ASK, DON'T TELL REPEAL POLICY TRAINING

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

All across the Department of Defense Airmen, Soldiers, Sailors, and Marines are being briefed on the coming changes to the Don't Ask, Don't Tell (DADT) policy. Introduced in 1993, the DADT policy made homosexuality a bar to entering military service and subjected members who were homosexual to military discharge. The training on the new policy, which is uniform across all branches, addresses many of the concerns people have about the change.

One of the main points brought up is that the new policy has not gone into effect yet. Currently, the repeal of DADT and implementation of the new Department of Defense (DOD) policy is waiting on certification from the Chairman of the Joint Chiefs of Staff, the Secretary of Defense, and the Commander-in-Chief. This certification deals with the many processes the DOD must go through in order to assure a smooth transition and that the military is, in general terms, ready to implement the policy. Once the policy has been certified, a 60-day countdown begins. After this 60-day period DADT is fully repealed and the DOD's new policy starts.

Many of the other concerns military members have are addressed throughout the training. The presentation covers questions from, what benefits and options available to homosexual military members, to what is expected of those with moral or religious objections to the policy.

The training is assigned on a tiered system. Those members with a need for a deeper understanding of the changes and how they apply to airmen, such as those in personnel and recruiting, fall into tier I. Military members who are in higher positions,

such as commanders and supervisors, fall into tier II. Lastly, all DOD members require a general knowledge of the changes and those not in tiers one or two will fall into tier three.

Overall the training is a reminder to members of their commitment to the Air Force's core values, respect for the diversity of our service and its members, and lastly - what's expected of us as members of the United States military.

## Repeal of Don't Ask, Don't Tell Introduction

### ❖ Purpose of Brief

- Inform Airmen about repeal and its effects
- NOT to change individual beliefs

### ❖ Expectation During Brief

- Ask policy-focused questions
- Maintain professional demeanor



## Attention Massachusetts Army and Air National Guard Members:

Anna Maria College is offering Masters Degree Programs in Business and Criminal Justice. We are creating special online and/or cohort programs specific to the needs of Massachusetts National Guard Service Members.

AMC offers GI Bill and Veterans benefits, as well as discounts on its courses for Guard Members.

If you are interested in taking courses toward your MBA or MCJ either on ground or online, contact Denise Haile at dhaile@annamaria.edu or at 508-849-3488.

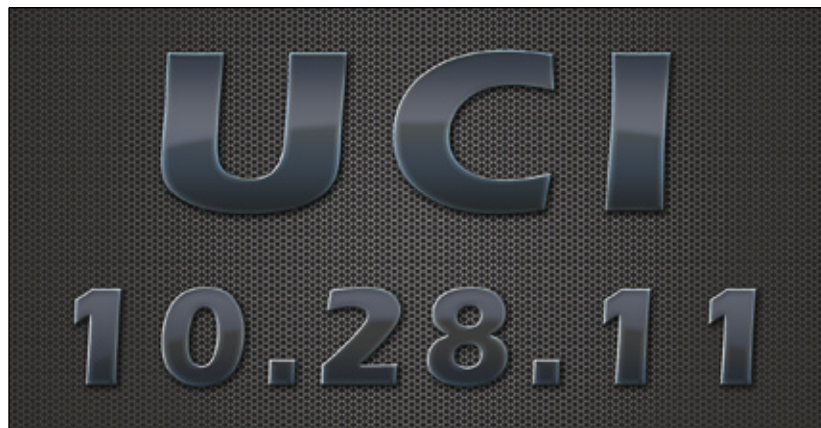
## The Airman's Council ANNOUNCEMENTS

• **Facebook:** The Airman's Council has an official Facebook page. Search: "102nd Intelligence Wing Airman's Advisory Council" and 'Like' for council updates and reminders on Airman's Council activities.

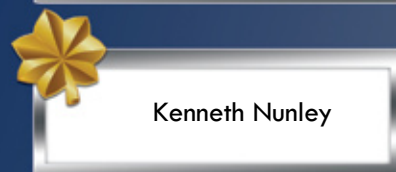
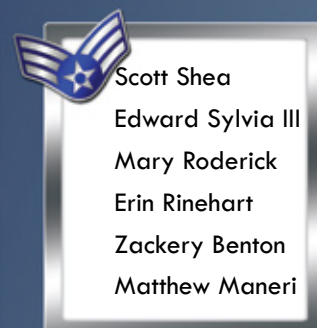
• **Wi-Fi at the Dorms:** Thanks to many months of persistence from the Mission Support Group and Communications Flight!

• **Community Service Projects:** The Airman's Council is looking for some fresh ideas for community service projects and people who are interested in being an active part of the community.

*The Airman's Council meets every Saturday of the UTA at 2 p.m. in the Wing Conference Room and is open to all E-1 to E-6 personnel.*



## PROMOTIONS >>



## ANNOUNCEMENTS >>

### (2) TITLE 10 MPA POSITIONS

The Otis ANGB is looking to fill two 90-day (renewable) Title 10 MPA Honor Guard positions, one being a Program Manager position. These are temporary active duty tours starting on or about 1 July 2011. Requirements: Applicant must meet basic qualifications in the following: Maintain the highest standards in Dress & Appearance, Military Bearing and Professionalism. Provide and assist in the rendering of Military Funeral Honors. Possess the ability to perform any aspect of the MFH Ceremony. Conduct and assist in the training of fellow guardsmen. Assist with the management of the BHG program; to include the maintenance of the administrative portion of the program, educating the local Funeral directors, Veteran service organizations on the importance of the Military Funeral Honors program. Represent the Wing, ANG, and the United States Air Force at installation events, community and civic functions deemed appropriate by the Installation Commander. Hours sometimes will include evenings and weekends. UTAs will be performed with unit. Tour will not exceed 350 days – member is required to perform 15 days of annual training. To Apply: Submit a one page Resume to: 102IW/MSG/CC, Attn: Col. Faux. Must apply no later than: 5 June 2011. Please direct any Honor Guard related questions to MSgt Jennifer Lovering, ext 4431 or via email at [jennifer.lovering@ang.af.mil](mailto:jennifer.lovering@ang.af.mil)

### RIVER CANOE & KAYAK TRIP

The Company Grade Officer Council is going to hold a canoe trip on June 11 at the Charles River Canoe & Kayak in Newton, Mass. The trip will start at 11 a.m. at their facility located at 2401 Commonwealth Avenue in Newton. It is located near the Marriot Hotel next to RT 128. The trip is roughly 5 miles (round trip). Families welcome. For additional information, please contact Capt. John Murphy at [jmurphy863@aol.com](mailto:jmurphy863@aol.com) <<mailto:jmurphy863@aol.com>> or (781) 792-0059 by June 2."

### DEGREE COMPLETION PROGRAM

The National Graduate School will offer a Bachelor's Degree Completion Program beginning in March on the Mass. Military Reservation (MMR). The program is open to anyone with base access: active duty, reservists, all dependents, retirees, civilian and contract employees. For more information, please contact Jim McLoughlin, Coast Guard Air Station Cape Cod, by calling (508) 968-6440.

### NEW LOCATION FOR FUELS MANAGEMENT

The 102nd Logistics Readiness Squadron Fuels Management Branch has moved from Building 31950 (Trailer) to Building 753 (Pass & Identification).

## CHAPEL CALL

By Chaplain (Lt. Col.) David Berube  
102nd Intelligence Wing Chaplain

Over the winter Ellen and I had to make a hurried, unplanned trip to Pennsylvania for a family crisis. The crisis, thankfully, resolved well. The process of getting there was painful, however, and reminded me I definitely do not control time and space.

We found out we needed to go late one morning. We rapidly left work, packed, and drove to the ferry to leave the Vineyard. Unfortunately, we got there about 20 seconds after the boat left and the next one didn't leave for another hour. Surprisingly, my "skillful driving and assertive demeanor" couldn't overcome the distance we had to cover in the time we had available to us (and Pennsylvania was still an ocean, several states, and rush hour traffic away). The "quick" trip took hours and I could only impact that very slightly. At moments like that, I find time and space constraints hard to take. It stresses me out.

As I reflect on that experience, I'm reminded of a lesson – we don't control what happens to us, we only control how we respond. I don't know who first told me that, but it's something I often need to relearn. I'm not in charge of life's big picture, but I have a lot of control over how I engage that picture.

But how well do I control my response? When any of us is pressed against not having enough time and space, or other realities beyond our control, can we maintain control of our reaction? When stress is high how do we manage it to keep it from managing us? Here's a 3-step response to stressful, uncontrollable realities that I'm attempting to implement in my life –

1. Stop, look, and listen – Rules for crossing the street we were taught as children also work for dealing with life's

uncontrollable parts. Pausing for a moment allows us to really see and hear what's coming at us. It lets us formulate our response with a more accurate picture of reality, rather than raw emotion.

2. Apply perspective – Take a moment to ask, "Is this the worst thing that could happen today?" (Almost always it won't be.) Think about what's happening, where it falls on the scale of worst case realities, and how much control you have over it. This allows us to remind ourselves of our place in the big picture.

3. Choose your response and proceed with confidence – Once we remind ourselves about what we do and don't control we can more reasonably engage what's happening to us. When not fighting to find a way around non-negotiables we can focus our energy, skills, and emotions where we really can influence outcomes.

Life is full of things we don't control, and that will always cause an initial stress reaction (at least for many of us). By training ourselves to work through that initial feeling and focus beyond it, we'll control the most critical part of any situation – our response.

Along with the process above there are many other tools to help us as we train for life's stressful parts. Some of them are on the 102nd Chaplain Corps CoP, and many more are at [www.militaryonesource.com](http://www.militaryonesource.com). I invite you to check them out and add them to your personal resources.

# 102ND IW ENERGY MANAGEMENT

## Wind Turbines

How Do They Work?

Wind turbines operate on a simple principle. The energy in the wind turns two or three propeller-like blades around a rotor. The rotor is connected to the main shaft, which spins a generator to create electricity.

The turbines are mounted on a tower to capture the most energy. At 100 feet or more above ground, they can take advantage of faster and less turbulent breezes.

These turbines are used to produce electricity for a single home or building, or they can also be connected to an electricity grid for more widespread electricity distribution.

The energy created comes solely from the wind, so it's a clean fuel source. Unlike energy from power plants that rely on combustion of fossil fuels, such as coal or natural gas, wind energy doesn't pollute the air. Wind turbines don't produce atmospheric emissions that cause acid rain or greenhouse gasses.

The energy is also a domestic source of energy, produced in the United States. The nation's supply of this type of energy is abundant.

Wind is actually a form of solar energy; winds are caused by the heating of the atmosphere by the sun, the rotation of the earth, and the earth's surface irregularities. Because of this fact, wind energy is constant source of power that can't be used up.

As far as prices are concerned, wind energy is one of the lowest-priced renewable energy technologies available today, costing between 4 and 6 cents per kilowatt-hour, depending upon the strength of the wind and the financing of the particular project.

Wind turbines can be built on farms or ranches, thus benefiting the economy in rural areas, where most of the best sites for projects are found. Farmers and ranchers can continue to work the land because the wind turbines use only a fraction of the land. The power plant owners make rent payments to the farmer or rancher for the use of the land.

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