

Prime Beef Team Deploys to Hawaii

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Command Chief Master Sgt. Karen Cozza talks about benefits of taking "ownership" and how the concept has benefitted the 102nd

Family First - Part 2 Chief Master Sergeant Deborah Marshall and her

wife Tammy share the story of their family in this second part of this two-part series. CLICK HERE to read the first article.

Prime Beef Deploys to Hawaii

The men and women of the 102nd Civil Engineering Squadron know one thing - hard work is hard work, regardless where it is.



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Practicing Healthy Behaviors



Communications Upgrades The 212th Engineering Installation Squadron

gets it done in South Jersey.



Announcements

Check out what's happening this weekend and the latest announcements from around the base

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ON THE COVER



The cover photo shows one of Hawaii's beautiful beaches. The102nd Civil Engineering Squadron's Prime Beef team deployed to Hawaii last month. See the full story on page 6.

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T t is hard to believe that a year has gone by since I last wrote in the Seagull. During my first year as your Command Chief, I've had the honor to speak with some of our enlisted Airmen, Non-commissioned Officers, and junior Officers to find out their goals, future career plans, and their strategy for being successful military members. It has also been a time for me to view our wing, reflect on our outstanding reputation, and to watch our Airman grow and develop into our future leaders. I've seen our members utilizing their amazing talents and skills to support our missions and sustain operations, day-in and dayout, keeping the 102nd legacy alive and well.

So how have we, here at the 102nd, continued to receive the distinguished "Outstanding Unit Award" so many times over the years? It is a very competitive process, one which only awards those units that show continual dedication to fulfill its commitment to the missions and the defense of America. How have our past and present Airman and leaders achieved these accolades? I feel it is because we "owned it." That is what I will be writing about in this article, Ownership.

Message From the Command Chief

"Owning it" is what we do here at the 102nd. It is how we stay ahead of our counterparts; it's how we achieve our missions. Without this ownership we would be just an ordinary unit, not an "outstanding" one.

How do you own it? Like many before you did, you need to take responsibility for it, whether it be your ancillary training, professional military education, promotion eligibility, Career Development Courses, Community College of the Air Force degree, physical fitness, future-career choices, or your attitude. It's easy to procrastinate, so lean forward, not back. Play an active role in your career, it's yours. Complete "x, y, z" and become eligible for that next step, don't "self-eliminate" for positions or promotions. Take positive ownership of what you have control over, don't play the blame game or make excuses, own it!

We all need to take an active ownership role in our careers, militarily and at home, now and in the future. If you are unsure of your ownership roles and responsibilities, or what career steps to take next, ask your Supervisor, First Sergeant, or Chief to assist you. We are all in this wing to support and help each other succeed, that's what makes us an outstanding unit. So, let's all own it, together!

Have a wonderful Holiday Season with your friends and family.

Thank you for all you do.



Chief Master Sgt. Karen P. Cozza Command Chief Master Sergeant, 102nd IW

Family First By: Staff Sergeant Patrick McKenna



eeting these three children was a fortuitous event for Chief Marshall and Tammy, but there were certainly more steps to be taken. So, in mid-February Chief Marshall and Tammy began started visitation with the children.

"The first visit was a two-hour visit and the kids were very excited that day," Chief Marshall said. "They had been split up for two years at that point and were looking forward to some permanency. With the exception of my military drill weekends, we have visited with the children every weekend since mid-February."

Finally, on April 19th, the two younger children moved in with Chief Marshall and Tammy to their home in Carver, Mass and enrolled in the school system there.

The oldest child stayed with his foster family, as he was still hesitant about moving again. The visitations with him continued and Chief Marshall and Tammy wanted him to be ready on his terms.

"I think he needed the time on his own to process it and see if his brother and sister were happy," Marshall said.

After three months of visitations with the oldest child, the turning point they were hoping for arrived during a weekend in July.

Part 2

"I booked a weekend away for us and all three kids." Marshall said. "We went to the water parks and climbed through a rope course. It was definitely a bonding experience."

After the weekend away, Chief Marshall dropped off the 11-year-old boy with this foster family, while driving home she received a message that she and Tammy had been waiting for.

"We dropped him off at his fostermother's house and as we were driving home we got a text from her saying he was packing his bags and ready to make the move," Marshall said. "He moved in July 23rd and started school here in Carver Aug. 26th."

It had been more than two years since all three children had lived under the same roof. Chief Marshall and Tammy recognize how important having all three together is as they go through the next pre-adoptive steps.

"He was an integral piece of the family that was missing and we now feel complete," Marshall said. They're three

- great kids. It's exciting to see them go from three different homes to being together again. Moving forward we need to continue to show them and reassure them that we love them. This is a stable environment and a safe place for them."
- While Marshall and Tammy continue the process towards legally adopting the three children, they've received counseling and support from the Massachusetts Department of Children and Families to help them and the children during this transition.
- The next step will come in December when a legal proceeding will take place to see if the children's biological father will agree to the adoption.
- It's been a long road and while there is still a bit to go, Chief Marshall and Tammy are happy to have the children under their roof and excited for what the future will bring.
- Chief Marshall reflected on the experience, saying, "There have been a lot of unanticipated things that we didn't realize going into the process, but on days where you see the children happy to be here and have some permanency, it makes it all worthwhile."



Not Just Another Day in Paradise

By Mr. Timothy Sandland, 102IW Public Affairs

¬o some it may sound like a vacation, and perhaps lighting and install a new air conditioning system for a on some level it was, however the men and women geographically separated Air Traffic Control unit - with of the 102nd Civil Engineering Squadron know one the relatively warm temperatures of Hawaii the air thing - hard work is hard work, regardless of where it is. conditioning upgrade was surely appreciated. These were not especially difficult tasks for these highly trained Forty-three airmen from the 102nd Civil Engineering professionals but when combined with a short timeline and Squadron's Prime Beef team recently travelled to Joint Base limited equipment, an accomplishment made even more Pearl Harbor-Hickam, on the Hawaiian island of Oahu, to significant. Everyone's efforts were praised by multiple perform work for the host base and to hone their already commanders.

sharp Prime Beef skills. The team was supplemented by personnel from the Force Support Flight, Medical Group, Logistics Readiness Squadron, and Finance. Maj. Robert Toney, 102nd Civil Engineering Squadron Commander, said, "Civil Engineering would not have been as successful without their help."

Originally, the team was slated to deploy to Moldova, but due to updated direction received from the Air National Guard Bureau, their destination was changed.

The locale may have been paradise, however at times implementation of the plan was not. The team faced many challenges - from the outset, tool deficiencies, and rentalequipment failures presented unique opportunities to come up with creative techniques to get the mission done. Further increasing the pressure was the fact that their hosts at the local Civil Engineering Squadron were packing up their own Prime Beef team for deployment so were unable to assist.

Maj. Toney described the troubles they faced, saying, "The first week was hamstrung by lot of problems, so that was really the difficulty of the whole job, but the guys were ready and they kept a good attitude. They did what they had to do to accomplish the mission."

Regardless of the challenges presented to them, the team persevered and got the job done. The team's primary task was disassembling and packaging up sunshades for the bases' assigned F-22s. Sunshades are large structures, typically open on all sides with a protective roof. Much like an oversized carport, they help keep the aircraft and personnel protected from the high heat and intense sunshine of the pacific region. The sunshades had to be painstakingly disassembled very carefully as they were meant to be reused by another organization at a later date. The team also moved a 1:5 scale F-22 static display in time for a dedication ceremony for a new F-22 aircraft maintenance facility. Teams worked late most nights, and as late at 10:00pm.

Electricians assigned to the team were able to upgrade

Maj. Toney went on to say, "You overcome adversity. You get dropped into the desert or the jungle and you might not have all the tools you are required, but you adapt and overcome – you still get the mission accomplished – they showed how the 102nd can accomplish tasks and basically kick [butt]."

While the work schedule was clearly saturated, team members were still afforded time to check out some of the local sights and experience Hawaiian culture. Being in such close proximity to Pearl Harbor, the U.S.S. Arizona Memorial and the U.S.S. Missouri Museum were popular destinations. The team was also invited to a traditional Hawaiian luau where one talented Prime Beef member showed his dancing prowess by winning a hula dancing completion.

"They did what they had to do to accomplish the mission."

--Major Robert Toney

Chapel Call - Practicing Healthy Behaviors

By: Chaplain (Lt. Col.)David G. Berube



know of three civilian organizations in the middle of civil wars. In each, some person or subgroup disagreed with the Lorganization's direction or disliked its leadership. Rather than work through that, the disgruntled parties demanded immediate change to their "correct" way of doing things. When leadership didn't bend, or initiated a process for discussion, they and the prevailing direction of the organization were labeled wrongheaded, incompetent, or deceitful. Then the fight was on. The end result was damage to the organizations" people and missions.

I've written before about the importance of relationships, purpose, and movement for successful groups. Practicing healthy behaviors that help inoculate us against the toxic ones is another way to boost our ability to succeed.

"Just the facts, Ma'am..." Each of us can discipline ourselves to deal in actual fact, rather than fact-based rumor or rumorbased rumor. I've worked with groups for decades and I'm still amazed how often I've had to help people discover their

"facts" were wrong. This was usually because they accepted a piece of information as truth before assessing its validity. When we take time to trace out "water cooler news" and learn what actually is or isn't true, we're more likely to find actual facts. Then, even when we disagree, we'll be disagreeing with reality.

"Nothing personal..." Each of us can discipline ourselves to hear other peoples' points of view without demonizing the viewpoint or the person. In all the organizational warfare I've seen or been part of, there was a great deal of hostility and accusation directed by the disgruntled parties toward others. Aside from being just plain mean, I've never seen that win over an opponent. I can't think of a time when I was attacked personally or had my character assassinated and I wound up agreeing with my attacker's position. Especially when we disagree with others, it is vital we show them basic human respect.

"Can you hear me now...?" It's important we discipline ourselves to really listen to different viewpoints. It's important because it helps us be clear about where we differ, and where we might agree. That can help us find a solution to organizational disagreement that doesn't involve taking out the opposition and destroying the group in the process. Actively listening and engaging opposing positions can actually help the group, and the individuals in it. In some cases, it can help convince

the group the opposing view is, in fact, a better option.

"Know when to walk away..." We need to discipline ourselves to walk away gracefully if we ever need to go. It's okay to walk away as a statement of our inability or unwillingness to stay in an organization or under leadership with which we fundamentally disagree. Yet, we need to leave like reasonable adults. Too many times I have witnessed antagonistic contrarians "burn the village" on their way out of an organization. That's unacceptable behavior because it doesn't do anything constructive for anyone. Gracefully walking away from a group we no longer agree with shows commitment to our convictions and personal maturity.

As we move forward, particularly through our seasons of change, disciplined healthy behavior from each of us will keep our Wing healthy. Commitment to health will keep us connected and contributing to each other, our mission, and the good of our society.

Staying Positive in the Midst of Adversity

By: Ms. Jill Garvin, Director of Psychological Health



any of us grew up with the Tales of Christopher Robin, Winnie the Pooh, and Tigger. And let us L not forget about the grumpy and gloomy Eeyore, the grey donkey who thinks the worst in any given situation. Although loveable, he represents the pessimist among us, viewing the world through brown tinted glasses. In uncertain times, it is easy for even the most hopeful individual to give into the temptation of negative thoughts. And although the storybook characters in Winnie the Pooh didn't allow Eeyore's mood to influence theirs, in the real world, dissatisfaction and unrest can spread quickly through a group and cause great disharmony.

So, how does a group stay focused on their mission without allowing the distractions of uncertainty infiltrate their midst? How is the Eeyore factor disrupted?

While there is no "quick fix," consider these five things to help you stay positive in the midst of adversity.

 \checkmark Be Honest: Are you angry, frustrated, sad, or fearful? Do you feel that no matter how hard you try, you are not gaining any ground? By acknowledging our feelings we often free ourselves from their negative impact. When we bury them, feelings have a way or resurfacing in unexpected and unhealthy ways.

 \checkmark Don't Contribute to the Negativity: I don't know about you, but participating in conversations where the focus is on dissatisfaction often leaves me feeling drained of optimism. Do you complain to your family each night? If so, that's a clear indicator that a change is in order.

 \checkmark Recognize You're Human: Let's face it, everyone occasionally experience situations in which you uphold decisions you don't entirely support. No one in life gets their way every time. And sometimes, it's not about waving the proverbial white flag, but in how you do it. Words, actions, non-verbal behavior, and tone of voice matter. A question I often ask myself in these types of situations is, "Are my actions (or reactions) going to get me what I want?" Maintaining professionalism, yet remaining authentic adds to your credibility and trustworthiness.

 \checkmark Make Your Criticism Constructive: Don't just complain. Be ready to offer solutions to the problems you are pointing out. Offer to help to implement them.

 \checkmark **Be Grateful:** Focus on what you appreciate – about yourself, others, and life in general. Adversity can remind us that while things may be tough, we have so many blessings health, a place to live, people who love us, and much more. We may realize we're stronger than we thought we were, we have more support than we knew, or we're able to learn important lessons about ourselves and life.

The Eeyore factor is present in times of adversity as well as in times of stability. We have the choice of contributing to its advancement or its cessation. Stay strong. Support each other. Take care of yourself. Thanks for all you do. Until next time...

"A little consideration, a little thought for others makes all the difference. Or so they say."

– Eeyore





U.S. Air Force Airman 1st Class Jonathan Tuxbury, left, and Senior Airman Charles Agyemang, both from the Massachusetts Air National Guard's 212th Engineering Installation Squadron, prepare wiring for a job, Sept. 9, 2014, at Atlantic City Air National Guard base, N.J. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)

undreds of miles from home, Airmen from the Massachusetts Air National Guard's 212th Engineer Installation Squadron are in South Jersey doing fina telecommunications upgrades that culminate a 10-year project The unit, which is based out of Otis Air Force Base, Mass., is a specialized group that travels throughout the northeast region assisting other National Guard bases with communications infrastructure.

"Atlantic City is an enjoyable place to work. This is one of the bases we've been supporting for a long time," said Master Sgt Keith Delage, as his team was working to splice cables deep in manhole. "I've been coming here for about eight years now, ar the leadership and other Airmen from the 177th Fighter Wing have been very helpful with getting us what we need to get th job done."

The latest mission for the 212th EIS has lasted two weeks, and has seen Air National Guardsmen from across the communications career field teaching each other their trade.

Communication Upgrades By: Tech. Sgt. Matt Hecht, 177th Fighter Wing – New Jersey Air National Guard

	"This is great for our new guys that are training," continued
ing	Delage, "because on jobs like this we do cable pulls, work with
I	copper and fiber, and even antenna work. We have radio Airmen
ct.	assisting with splicing, and infrastructure guys shadowing and
-	assisting the radio Airmen, so it's a great learning experience.
า	They're getting the full spectrum of communications."
	"Once again, the professionalism of the 212th is apparent in their work," said Lt. Col Thomas Dahl, commander of the 177th
.,	Communications Flight. "They have been repeating years of quality service to the 177th Fighter Wing."
a nd	Airman 1st Class Jonathan Tuxbury, an RF radio specialist from the 212th EIS on his first trip said," It's been really interesting
e	and educational seeing the Air National Guard cyber spectrum, all of those layers coming together. We have RF radio specialists, airfield systems specialists, and cable/antenna systems Airmen
	all working together to complete the mission."

Oct. - Jan. Promotions



Joel Lewandowski Steven Meschwitz



Gary Reny









Shelby Bennet Timothy Williams Nathan Mangelson

Gregory Huff

Joseph Nadeau

Anthony Fantasia



Daniel Weise Kelsey Quinn Nikoletta Kanakis Michael Servis John Emery Lindsay Skamarycz



Commander's Cup

This Month: Golf at the Falcon Golf Course weather permitting.







SEAGULL IDEAS?

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

The next Seagull deadline is FRIDAY, OCT. 24, 2014.

Announcements



Free Online Resources for School Year

While you're getting back into school routines for your children, and perhaps even for yourself, consider some of the free resources the Defense Department provides that can help you with research — and even free tutoring and homework help.

online-resources-school-year

New Massachusetts National Guard Smart Phone App Available

Resources Available for Soldiers and Airmen, Leaders and Families Behavioral Health, Family Programs, Chaplain Services, Housing, Sexual Assault, and More. Download at the following links:

Android: https://play.google.com/store/apps/details?id=com.webmediumsolutions.mang Apple: https://itunes.apple.com/us/app/massachusetts-national-guard/id908530557?ls=1&mt=8

5th Annual AFA Veterans Fun Run

Saturday - November 8, 2014 5K / 10K Walk, Race, or Roll Participation Open to Veterans and the General Public

Check out http://www.afafunrun.com for more information.

http://www.airforcetimes.com/article/20140829/BENEFITS07/308290077/Mission-Family-Free-