

102nd INTELLIGENCE WING

Seagull



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**Hometown
Heroes | pg. 6**

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SEAGULL IDEAS?

Do you have an idea for a Seagull article? Would you like to be the subject of a story? Births, marriages, sympathy notices and other information are always welcome. Let us know what is going on in your organization. *(Please limit articles to 500 words.)*

The next Seagull deadline is Monday, Aug. 2, 2010.

ON THE COVER >>



The 102nd Intelligence Wing honored more than 400 past and present unit members during the inaugural Hometown Heroes Salute ceremony, June 6. The Hometown Heroes Salute is one of the Air National Guard's largest recognition endeavors in history.

U.S. Air Force Photo by Staff Sgt. Kerri Cole

UPCOMING UTAs >>

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

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**FROM THE DESK OF THE
102 IW
COMMAND CHIEF**

By Command Chief Master Sgt.
Wayne Raymondo



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

The June Unit Training Assembly weekend had to be one of the busiest in recent memory. Here are but a few events that were scheduled: comedy night, safety down time, pre-deployment events, change of command, promotions, Family Readiness Program breakfast, Hometown Heroes luncheon and the grand finale-Hometown Heroes Salute Ceremony. All of this in addition to any unit specific events such as commander's calls, scheduled training, fitness testing, etc. As the preparation for all the events progressed, it was clear that this would take detailed planning and flawless execution. The results are in; all passed with flying colors!

I bring this to your attention because I know how many people are involved in everything that goes on within our wing. Major Nicole Ivers, 102nd Intelligence Wing executive officer, briefed the wing staff on the number of people that were involved in the Hometown Heroes Salute Ceremony. From the initial planning to the final execution nearly 180 people (military and civilian) were involved. As a result, we were able to properly recognize the commitment and sacrifice of more than 400 Airmen and their families. This is just one example of the teamwork that goes on everyday here at the 102nd Intelligence Wing. Every one of you should be proud of your contributions to the continued success of our wing.

Have you ever wondered; who is the most important Airman in our wing? Is it the wing commander? Maybe a group commander? The answer is simple. YOU are the most important Airman in the wing. It takes each one of you to accomplish the mission. Every job is integral to the success of our wing. It's important that we all recognize everyone's contribution. We may have different levels of responsibility and for that we are ranked accordingly, but the bottom line is we need all of you to continue to do your part.

One of the tools you can use to ensure you are performing your duties commensurate with your enlisted grade is Air Force Instruction (AFI) 36-2618, The Enlisted Force Structure or "The Little Brown Book". This instruction clearly outlines the basic responsibilities from airman basic to chief master sergeant of the Air Force. One area common to all enlisted grades is that each one of us has the obligation to "maintain the highest level of personal readiness to meet mission requirements". It goes on to point out that this is accomplished by being technically, mentally, physically and spiritually ready to accomplish the mission. Are you ready? I think you are and you prove it every day.

By the time most of you read this, I, along with 41 members of the 102nd Security Forces Squadron, will be heading out for a six-month deployment in support of Operation Iraqi Freedom. While I'm away, Chief Master Sgt. Carolyn Lucas will be assuming the duties of command chief master sergeant for the 102nd Intelligence Wing. Chief Lucas has more than 30 years of experience with the wing. She has spent most of her career in the Command Post as the NCO in charge. Like many of you, she retrained to continue her service through our transition to an Intelligence Wing and is currently assigned to the 102nd Air Operations Group. I know she is excited about this opportunity to serve you and will be an advocate for all enlisted issues. Chief Lucas can be reached at (508) 968-4057 or at carolyn.lucas@ang.af.mil.

Thank you all for your continued hard work and support. Keep up the great work, stay safe and have a great summer!



COMMUNICATION UPGRADES COMING TO OTIS

By Tech. Sgt. Andrew Reitano
102nd Intelligence Wing Public Affairs

During the next several months, Otis Air National Guard Base is scheduled to have its computer network infrastructure upgraded as part of the Air Force Combat Information Transport System (CITS) Program.

CITS is the backbone network that provides high-capacity transport of data, voice and video for all Air Force bases.

"All the Air Guard bases have to be brought up to standard that will allow integration into the Air Force network," said Maj. James Hoye, 102nd Communications Flight commander. "This project will touch about every facility on Otis, ensuring that our people will have improved capabilities to perform their tasks and mission."

Phase one of the project will include the installation of new data jacks. The level of operations taking place in each building will determine what type of jacks the building receives. For high priority buildings, the face plates will contain three CAT-6 jacks and one fiber optic jack. Other buildings will receive face plates with four CAT-6 jacks. The face plates will be located every 10 feet on every wall in every building. Going forward, Otis employees will be able to configure their offices the way they need it to be set up, rather than basing it on the location of the existing data jacks.

"Most of the offices on base have limited jacks and most were installed using older technology," said Hoye. "Also, the majority of the current infrastructure was put in ad hoc and it was never done as an overall project."

Another benefit of the upgrade will be a higher data rate being streamlined to computers.

"The faster data rate to the computer will enable us to use more advanced applications," said Hoye. "The upgrade will also more easily enable voice-over-internet protocol as we set up the telephone system to run on the computer network."

Work on this project is already underway in buildings 330, 430, and 167 and is expected to cost the Air National Guard Bureau approximately \$1 million. By the time the upgrade is complete, more than 2,800 jacks, 500,000 feet of fiber optic cable and approximately 1 million feet of CAT-6 cable will have been installed throughout Otis.

Phase two of the project is scheduled to begin some time in September and will consist of external work below ground, connecting the wiring in all of the buildings on Otis.

FAMILY DAY POSTPONED UNTIL OCTOBER

By Capt. Evan C. Lagasse
102nd Intelligence Wing Public Affairs

The annual 102nd Intelligence Wing Family Day, historically held in September, has been postponed until the October Unit Training Assembly weekend this year. The event is scheduled to take place Oct. 3.

The main reason for the postponement is to ensure the maximum number of Airmen and their families are able to attend and enjoy the highly anticipated event.

Over the past few years, a number of organizations and Airmen have missed the Family Day festivities due to military training requirements taking place away from Otis Air National Guard Base.

Those same military training events are scheduled to take place again this September so the senior leadership is instituting the date change.

"Taking care of Airmen is one of the Air Force's top priorities," said Col. Anthony Schiavi, 102nd Intelligence Wing commander. "The annual Family Day is a highly anticipated event we host in order to say thank you to our Airmen and their families for the sacrifices they make in the service of both the Commonwealth of Massachusetts and the United States of America. The event will wait until October so more of our Airmen and their families can take part in the day's festivities."

LIEUTENANT PARTICIPATES IN RUN TO HOME BASE 9K EXPERIENCE

By Capt. Evan C. Lagasse
102nd Intelligence Wing Public Affairs

First Lieutenant Jennifer O'Connell, 102nd Logistics Readiness Squadron, ran across home plate at Fenway Park, May 23, as part of the Run to Home Base 9K experience.

The 9K run, which began and ended at Fenway Park, was a fundraiser for the nonprofit Red Sox Foundation and Massachusetts General Hospital Home Base Program which supports veterans returning from Iraq and Afghanistan with brain injuries and combat stress and their families.

Thanks to the support of 2,000 runners and many generous sponsors, the program raised \$2.4 million. In addition to the funds raised, a number of veterans who participated in the run used the occasion to publicly discuss their "invisible wounds" and their diagnosis of combat stress and brain injury, thereby encouraging other

veterans and families to seek the care they need and have earned.

More than 2,000 runners participated in the run, over 20,000 friends and supporters donated to runners, and thousands more enjoyed the run, watching from the stands at Fenway Park and taking in exhibits provided by sponsors and veteran service organizations. During the run, volunteers also assembled more than 1,500 care packages that will be sent to servicemen and -women now on duty in Iraq and Afghanistan.



Airman in the Spotlight



Airman 1st Class Mary Roderick

Airman 1st Class Roderick is assigned to the 102nd Medical Group as a Health Systems Technician. She began her time at Otis with the Student Flight in September 2008, attended basic training in April 2009 and completed technical school in September 2009.

Airman 1st Class Roderick carried on the family tradition of service by joining the 102nd; her father is Tech. Sgt. Jimmy Roderick, 102nd Civil Engineer Squadron.

Education: Airman 1st Class Roderick is a full-time student at Bunker Hill Community College where she is majoring in Radiology.

Hobbies: The Somerville, Mass., native enjoys playing softball, spending time with her family and volunteering. She has donated her time to various nursing programs and 'Boston Cares', an organization that coordinates volunteer efforts throughout the city.

Career: Airman 1st Class Roderick would like to become a commissioned officer once her six-year enlistment with the Air National Guard ends. Upon earning a commission, she would like to enter active duty and make the Air Force a career.

If you would like to nominate a 102nd Intelligence Wing member for the monthly "Airman in the Spotlight" feature, contact Capt. Evan Lagasse at (508) 968-4003 or e-mail evan.lagasse@ang.af.mil.

GUARDSMAN WINS COMMUNICATIONS/INFORMATION AWARD

By Tech. Sgt. Christiana Foster
267th Combat Communications Squadron

Congratulations to Master Sgt. Julie Santos, 253rd Combat Communications Group, for being selected as the final recipient of the annual Air National Guard Communications and Information Award in the Senior NCO category. 2009 was the final year for the "C&I" category as the 253rd CCG moves forward into the Cyber Support missions.

Santos joined the Air National Guard in 1983 as a 702, Administrative Specialist, and was assigned to the 102nd Fighter Wing. Ten years later, while still assigned to the 102nd, the career field underwent some changes and went from being known as a "702" to being known as a "3A", Information Management.

In 1997, she transferred from the 102nd to the 267th Combat Communications Squadron. After spending nine years in the squadron, she transferred to the 253rd CCG in 2006. In October 2009, her career field underwent another change. It went from the "3A" to the "3D", which is currently known as Knowledge Operations Management.

Santos has been here at Otis for more than 26 years. Even as the career field has evolved throughout the years, she has skillfully adapted to and exceeded the demands as a Knowledge Operations Manager. Congratulations to Sergeant Santos on a job well done and an award well deserved!



OTIS DEPENDENT SELECTED TO ATTEND LEADERSHIP SUMMIT

Meghan Moore, the daughter of Master Sgt. Timothy Moore, 102nd Intelligence Support Squadron, was selected to attend the 2010 Air Force Reserve / Air National Guard Teen Leadership Adventure Summit in Colorado, Aug. 10-15.

The Summit is a leadership program that combines high adven-

ture activities with hands-on techniques giving teens the skills to maximize their leadership abilities.

Moore, a Hudson, N.H., native who aspires to attend medical school, was one of 50 teens selected to attend the Summit out of 430 applicants. Congratulations, Meghan!



Story by Tech. Sgt. Andrew Reitano
 Photos by Tech. Sgt. Andrew Reitano and Staff Sgt. Cole

The 102nd Intelligence Wing honored more than 400 past and present unit members during a Hometown Heroes Salute ceremony, June 6, in the wing's headquarters building.

The Hometown Heroes Salute is one of the Air National Guard's largest recognition endeavors in history, and is unique because it also recognizes Airmen's families and others who do not wear the uniform, but who sacrifice nonetheless. The purpose of the program is to celebrate and honor the significant contributions of Airmen, families, communities and those special supporters of the missions of the Air Force.

"Dealing with a deployed spouse can be a stressful situation, and it's important to recognize and honor the sacrifices of the families as well," said Col. Anthony Schiavi, 102nd Intelligence Wing commander.

The ceremony was a special way to formally recognize wing members who have deployed away from home station in support of Operation Enduring Freedom, Operation Iraqi Freedom, Operation Noble Eagle or any other peacekeeping operation for at least 30 consecutive days anytime between Sept. 11, 2001 and Dec. 31, 2008.

"We wish to thank each of you for your service to our country, whether as an Airman or a wingman," said Schiavi. "The price of serving is immeasurable and it is difficult to find words that adequately express our gratitude for your sacrifices."

During the Ceremony, an Airman from each of the six groups at Otis represented their fellow Airmen in being presented a letter of appreciation encased in a rosewood frame. The letter was signed by Gen. Craig McKinley, chief of the National Guard Bureau, and Command Chief Master Sgt. Richard Smith. All of the Airmen being recognized received their individual letters during their group commander's calls throughout the training weekend. Spouses and significant others received a rosewood pen and pencil set with the Hometown Heroes Salute logos



engraved on them. Airmen with children were given a set of Hometown Heroes engraved dog tags.

"I think this whole ceremony is amazing," said Tammy Cardeiro, a relative of Senior Master Sgt. Jose Franco, Master Sgt. Miguel Franco, and Airman 1st Class Alexandria Franco. "It was great seeing how many people stand up for our country just from the local area."

According to Maj. Gen. Joseph Carter, Massachusetts National Guard adjutant general, 25 percent of the forces supporting the federal military mission overseas are National Guard Soldiers and Airmen.

Major Nicole Ivers, 102nd Intelligence Wing executive officer and organizer of the ceremony, noted that it was important to make sure that these Airmen who left their families and loved ones to deploy, realize the wing leadership and the Air National Guard are aware of the sacrifices they have made.

"For almost nine years, the men and women at Otis have been continually supporting worldwide contingencies," said Ivers. "The Hometown Heroes Salute program is a great way for Air Guard leadership to recognize their hard work."



Members of the 102nd Intelligence Wing and Massachusetts National Guard leadership stand at attention during the posting of the colors during the Hometown Heroes Salute ceremony at Otis Air National Guard Base, June 6, which honored 400 Airmen who have deployed away from home station in support of a variety of contingencies between Sept. 11, 2001 and Dec. 31, 2008.



Senior Master Sgt. Brian Eastman, 102nd Intelligence Wing, renders a salute to Maj. Gen. Joseph Carter, Massachusetts National Guard adjutant general, after receiving his letter of appreciation during the Hometown Heroes Salute ceremony.



Diane and Molly Roderick show their support for Tech. Sgt. James Roderick (Diane's husband), 102nd Civil Engineer Squadron, and Airman 1st Class Mary Roderick (Diane's daughter), 102nd Medical Group, during the Hometown Heroes Salute ceremony.



Zachary Dubuc was happy to support his dad, Master Sgt. John Dubuc, 267th Combat Communications Squadron.

102ND AOG PARTICIPATES IN AUSTERE CHALLENGE - 10

By Capt. Brendan Simison
102nd Air Operations Group

The 102nd Air Operations Group (AOG) of the Massachusetts Air National Guard participated in the joint exercise 'Austere Challenge - 10', May 6-7.

What made this effort unique is that the 102nd AOG seamlessly integrated to exercise operations from their home station, a first for the Air National Guard.

Austere Challenge is an annual U.S. European Command (USEUCOM) scheduled and executed multi-tiered command and control exercise, focused on Joint Task Force (JTF) certification. As required, the exercise scenario incorporates the unique capabilities of U.S. Strategic Command (USSTRATCOM) to provide global kinetic or non-kinetic effects as required to support a conflict anywhere in the world. For USSTRATCOM's Joint Functional Component Command--Global Strike (JFCC-GS), this might include the use of Air Force long range bombers such as the B-1 Lancer, B-2 Spirit or B-52 Stratofortress.

For the first time, the 102nd AOG together with their aligned active duty unit, Air Force Global Strike Command's 608th Air and Space Operations Center (608th AOC) based at Barksdale AFB, La., supported the USSTRATCOM tasking by executing a Time Sensitive Planning (TSP) event through integrated operations. The units worked together to analyze and plan possible long-range strike missions while bridging the 1,231 miles between Barksdale AFB and Otis ANGB, with an integrated computer planning and analysis network and the strong personal relationships the units have developed.

"This exercise gave the 102nd a chance to demonstrate an idea they have helped pioneer, 'distributed operations', and commanders at the highest levels were impressed," said Col. Michael Tichenor, 608th AOC incoming commander.

The 102nd AOG provided the 608th AOC with intelligence and mission analysis support but their primary role for the exercise was to propose and develop suggested "Global Strike" Courses of Action (COAs) for presentation to USSTRATCOM and USEUCOM commanders. In a real world event, the COAs would also be presented to the Secretary of Defense.

"Our role was to support the mission analysis cell at the 608th AOC as well as lead the COA Development Team," said Col. Frank Aflague, 102nd AOG Strategy Division chief.

"The learning curve was steep but we really pulled together and did the 'j-o-b,'" said Capt. Mike Drake, 102nd AOG course of action development team. Captain Drake was an airline pilot who recently returned to service in the Air National Guard after a 10-year break from active duty.

The 102nd AOG exceeded every expectation in this endeavor; they successfully developed an executable plan to support a USEUCOM requirement halfway around the world. Additionally, after an unplanned computer outage at Barksdale AFB, the 102nd AOG demonstrated their capability to provide not only augmentation but also a degree of redundancy in the critical AOC weapon system.

"I am so proud of the 102nd AOG Time Sensitive Planning Cell. This was an incredible undertaking and we asked a lot from our team. As usual, they knocked it out of the park," said Lt. Col. Martin Richard, 102nd AOG course of action development lead.

"I really wanted to lean forward and show the leadership at STRATCOM and 8th Air Force how far we've come," said Col. Rich Sweeten, 102nd AOG commander.

Colonel Sweeten and Col. Steve Luxion, 608th AOC commander, worked closely to ensure members of the Barksdale unit who visited Otis during a recent Air National Guard Unit Training Assembly (UTA) weekend provided an intensive training program in the days prior to the exercise.

"This concept of Total Force Integration within the AOC weapons system has been a long time in the making," said Colonel Luxion. "It was great to see it in action!"

Collectively, the 102nd AOG and the 608th AOC provide a more robust system and an amplified level of expertise to the USSTRATCOM commander. During the debriefing at the end of the exercise, USSTRATCOM reported, "This was the best TSP event we have seen."

In the future, both units look to bolster their ties and capabilities through a continued integrated partnership in every aspect of running an AOC.

"This exercise was validation of the tremendous efforts this unit has put into standing up the AOG and proves that AOC integration with the Guard and Reserves is a winning combination," said Col. Timothy Estep, 101st Air Operations Squadron commander.



TEAM OTIS COMEDY SHOW ENTERTAINS AIRMEN

By Capt. Evan C. Lagasse
102nd Intelligence Wing Public Affairs

Two local comedians donated their time to entertain Airmen from Otis Air National Guard Base in the tent behind the Eagle's Nest, June 5.

Wayne Soares, a national entertainer from Falmouth, Mass., and Andrea Henry, a standup comedian from Norton, Mass., had an audience of approximately 100 Airmen laughing from the opening joke to the final punch line.

The comedians volunteered to put on the show as a way to thank the Airmen for their service to the Commonwealth of Massachusetts and the United States of America.

(Left to Right) Brig. Gen. L. Scott Rice, Assistant Adjutant General-Air; Maj. Gen. Michael Akey, Massachusetts Air National Guard commander; Wayne Soares; and Col. Anthony Schiavi, 102nd Intelligence Wing commander; are all smiles after an entertaining comedy show on Otis ANGB, June 5.



RELATIONSHIPS CATALYST FOR AIR GUARD EXHIBIT UPGRADE

By Tech. Sgt. Brannen Parrish
Air University Public Affairs

The renovated Air National Guard exhibit at the Enlisted Heritage Research Institute's Enlisted Heritage Hall was unveiled May 5.

The exhibit, which details the accomplishments and missions of Air National Guard members, was updated to reflect the Guard members' contributions to military and humanitarian operations abroad and at home.

Prior to the latest upgrade, the exhibit's relevance was limited to events prior to 1999. The Guard's response to historic events of the past decade, including the Sept. 11 terrorist attacks, Hurricane Katrina and this year's earthquake in Haiti, are now reflected in the exhibit.

Chief Master Sgt. David Fanning, commandant, Enlisted Heritage Research Institute, and the first Air Force Reservist to head the institute, recognized the need for an update shortly after taking the helm of the organization. "As an ARC member, I was aware of the accomplishments of the Guard over the past decade, and I noticed it was outdated," he said.

During a conversation with Senior Master Sgt. Brian Eastman, a first sergeant with the 102nd Intelligence Wing of the Massachusetts Air National Guard, Chief Fanning related the need to update the exhibit.

"I served with Sergeant Eastman while deployed to Afghanistan, and we've kept in touch over the years," said Chief Fanning. "I told him that we would like to update the exhibit and he said 'I've got just the person to do it for you.'"

Sergeant Eastman recommended the services of Staff Sgt. Kerri Cole, a photographer in the 102nd Intelligence Wing's Public Affairs Office, for the assignment. Sergeant Eastman knew of Sergeant Cole's graphic arts skills and that she had experience as an Air Force graphic artist prior to becoming a photographer.

"We brought Sergeant Cole down from Massachusetts for one day in January to view the Hall and the exhibit so she could get an idea of what needed to be done to improve it and ensure it fit in with the overall theme of the EHH," said Chief Fanning. "She did an outstanding job. The new exhibit flows better between historical events and is more of a testimony to the service of the Air National Guard."

Working on the exhibit provided Sergeant Cole with an opportunity to practice her skills and learn more about the Air National Guard in the five-month process of gathering information and editing the material for the exhibit.

"The EHH is an amazing place. They've done a great job in documenting enlisted history and heritage," she said. "I've learned so much about the Guard through this experience."

Sergeant Cole said she credits her first sergeant with doing what first sergeants are supposed to do - getting to know and take care of their people.

"This all happened because of networks and relationships," said Sergeant Cole. "My first sergeant took the time to get to know me; this is the result of that. It's really an honor to be part of an exhibit here because so many people come to Maxwell-Gunter for school. It's definitely a great place to get educated."



Staff Sgt. Kerri Cole works on the Air National Guard exhibit at the Enlisted Heritage Hall at Maxwell-Gunter AFB, Ala. Cole re-designed and updated the exhibit over a three-day period. (Photo by Airman 1st Class Christopher Stoltz)

AMERICAN RED CROSS RESOURCE CENTER >>

The Cape Cod and Islands Chapter, American Red Cross is pleased to announce the operational opening of the Red Cross Resource Center on the Massachusetts Military Reservation. The resource center is located next to the Army National Guard Billeting Office (near the Roxy movie theater.)

The Red Cross Resource Center is initially scheduled to be open for two hours a day but more permanent hours will be posted. The Center will have three computers, a video option and e-mail to communicate overseas, Get to Know Us Before You Need Us brochures, pre-deployment and Return information, Psychological First Aid, CPR/AED class information, stickers and activities for the kids and magnets with important phone numbers will be on-hand free of charge. Light refreshments will be available during visits.

The Resource Center will be manned by volunteers who are trained in providing Service to the Armed Forces and Military Families. The chapter is pleased to collaborate with military retirees and various Veterans' Groups in the area for this purpose.

For more information about the Service to the Armed Forces and Military Families, contact American Red Cross, Cape Cod and Islands Chapter, 286 South Street, Hyannis, MA 02601, (508) 775-1540 or check out www.ciredcross.org.

SCHOOL HONORS >>

Airman 1st Class Scott Shea, 101st Intelligence Squadron, earned Student of the Quarter, Jan. 1 – March 31, 2010, while attending the Geospatial-Intelligence Analysis Apprentice Course (1N131) at the 315th Training Squadron, Goodfellow AFB, Texas. Airman Shea also received a Letter of Appreciation for his outstanding performance as a 'Red Rope' while assigned to Goodfellow AFB and a Certificate of Recognition for his volunteer efforts at a Community Appreciation Day, Nov. 21, 2009.

Airman 1st Class Meagan Sheppard, 101st Intelligence Squadron, completed Basic Military Training and was awarded the Honor Graduate Ribbon Oct. 23, 2009. Airman Sheppard was also awarded a Certificate of Recognition April 16, 2010, for maintaining a 90 percent or higher grade point average in the Geospatial-Intelligence Analysis Apprentice Course (1N131).

2nd ANNUAL CANAL WALK/RUN FOR THE TROOPS >>

The 2nd Annual Canal Walk/Run for the Troops is scheduled to take place Aug. 21, along the Cape Cod Canal, Bourne, Mass. The event offers a 2.5 Mile Walk and a 15K Run to Honor our Troops and Gold Star Families. The Family Readiness Group is looking for walkers and runners to join their team. If interested, please contact Family Readiness Group volunteer, Emily Bachand, for more info at (508) 648-6744 or e-mail Ejbachand@verizon.net

PROMOTIONS >>

Lieutenant Colonel

David Berube

Major

Nicole Ivers
Michael McGourty

Chief Master Sergeant

Acacio Barrigas

Senior Master Sergeant

Jeffrey Soja

Technical Sergeant

Timothy Butler

Staff Sergeant

Scott Bernard
William Greenwood
Mark Gregory

Senior Airman

Andrew Beckford

ANNOUNCEMENTS >>

CONGRATS, KENNY FAMILY

Technical Sgt. Victoria Kenny gave birth to a beautiful baby girl, Bridget Kenny, May 24. Congratulations, Kenny family!

SATELLITE NCO ACADEMY

Is it time to take your career to the next level? Tap into the knowledge base that will help you hone your leadership and management skills. Join us in August 2010 when the Satellite NCO Academy at JFHQ in Milford, Mass., opens its doors. The homestation phase begins Aug. 10 and concludes Oct. 28 with broadcasts held on Tuesday and Thursday nights from 6 - 10 p.m. The two-week in-residence phase at McGhee-Tyson, Tenn., is scheduled for Nov. 8 -23. Please contact Chief Master Sgt. Richard Bedell at (508) 479-3352 if interested.

TAX CREDIT EXTENDED

Members of the military and certain other federal employees serving outside the U.S. have an extra year to buy a principal residence in the U.S. and qualify for the credit. Thus, an eligible taxpayer must buy, or enter into a binding contract to buy, a principal residence on or before April 30, 2011. If a binding contract is entered into by that date, the taxpayer has until June 30, 2011, to close on the purchase. Members of the uniformed services, members of the Foreign Service and employees of the intelligence community are eligible for this special rule. It applies to any individual (and, if married, the individual's spouse) who serves on qualified official extended duty service outside of the United States for at least 90 days during the period beginning after Dec. 31, 2008, and ending before May 1, 2010. Read Full Story at IRS website: <http://www.irs.gov/newsroom/article/0,,id=215594,00.html>

TRICARE UNIVERSITY

If you are new to Tricare and eager to learn about your health care benefits or an old hand who wants to know the latest changes, Tricare University is the place to go. Tricare University offers free online courses at www.tricare.mil/tricareu. Of the different courses online, the Tricare Public Course provides the quickest and easiest way to get a general overview and basic knowledge of Tricare programs.

CHAPEL CALL

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

About a week ago my Basset Hound, Watson, decided he wanted to go out at about 4:45 a.m. Actually, he communicated that he needed to go out – and I got sucked into the urgency of the moment. So, I staggered to the stairs more quickly and less awake than normal. Seconds later I was doing a poor Wile E. Coyote impression, wide awake, and keenly aware of how much the next portion of my life was going to hurt.

As I lay in a heap at the bottom of the stairs I thought about resiliency and recovery. Even though I figured out everything was still attached and pointing the correct direction I knew I wasn't just going to "walk it off." My body was going to have to draw on some internal resiliency to get back to normal.

Resiliency is a hot topic on just about everyone's list. And there are many definitions for it. I found one I like that affirms resilience as the ability to "take a punch and recover." I like that simple definition, because resiliency is about surviving trauma, and thriving in its aftermath.

So, as I continue to nurse my wounds, here are some lessons my fall taught me about trauma and resiliency:

It is important to "fall well." My first instinct was to protect my head, face, neck, and spine. This instinct developed out of past training from various teachers who taught me how to fall in a way that minimizes or eliminates injury. The world is full of traumas,

from relationships, health, and financial issues to storms, disasters, and wars. We are bound to trip and fall into any number of them throughout our lives. We maintain resiliency in life as we develop an instinct to protect what is vital by learning how to go through those traumas with minimal injury.

It is important to be healthy and in shape. I'm not a workout fanatic or nutrition expert, but I try to keep my body in good working order. It's good for the routine of each day, and critical for those surprise events that cause extra physical stress. Staying healthy and in shape are important for our well being as we face life's traumas as much they are for a physical fall.

It is important to pace yourself and have your eyes open. If I had taken the time to fully wake up, avoided rushing to the stairs, and paid full attention to what I was doing, my fall was probably preventable. When we fail to pay attention to life we can miss incoming traumatic events or unknowingly step into avoidable trauma. If we exceed our abilities and capabilities for coping in the midst of unavoidable trauma we'll tend to be less resilient. But, if we stay aware and move deliberately through life we'll be better prepared for what lies ahead.

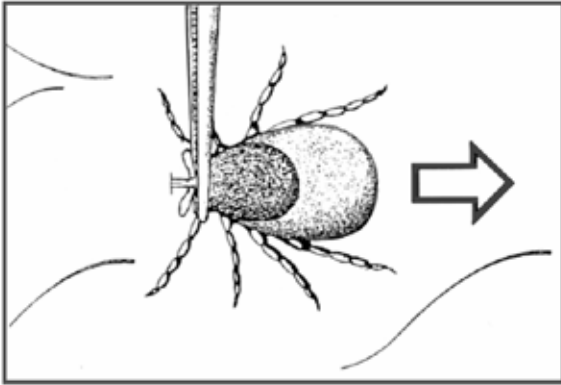
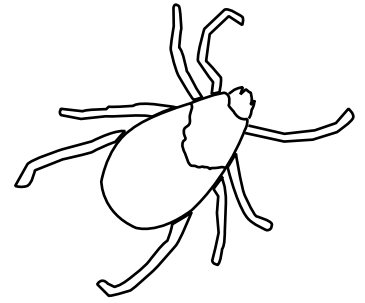
Trauma in life, like gravity, is inevitable. But we can navigate both just fine most of the time. The key is to continuously build our resilience so we can absorb whatever punches life throws, integrate them, and continue moving forward.

UNIT SPOTLIGHT 102nd Medical Group

The primary mission of the 102nd Medical Group is to train health care personnel in combat and disaster medicine so they may assume a direct role in Air Force Medical operations in the event of mobilization, a natural disaster or civil unrest. During peacetime, the Air National Guard Medical Service monitors the physical health and fitness of all members, monitors the work place to ensure that occupational standards are met, and that toxic materials and waste disposal practices meet federal, state and local practices providing a medically ready fighting force prepared to employ wherever needed.

Tick Removal

REMOVE TICKS **PROMPTLY!**



If a tick is found attached to the body, seek assistance from medical authorities for proper removal or follow these guidelines:

(1) **Grasp the tick's mouthparts** against the skin, using pointed tweezers and **pull back slowly** and steadily with firm force.

(2) Following removal of the tick, **wash the wound site** (and your hands) with soap and water and apply an antiseptic.

(3) Successful transmission of pathogens requires the tick to be attached for at least several hours. Therefore, **the sooner infective ticks are removed, the less likely they will be able to transmit infection.** It is impossible to tell if a tick is infected just by looking at it. Only analysis in a laboratory can determine infection status.

Tips provided by the U. S. Army Center for Health Promotion and Preventive Medicine



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