


102nd INTELLIGENCE WING

Seagull



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**Security Forces
send-off** | 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 Saturday, Sept. 11, 2010.

ON THE COVER >>



Photos of 102nd Security Forces Squadron Airmen and their families are combined with an Air Force photo to highlight a recent ceremony held for approximately 40 SFS members who are deployed in support of Operation Iraqi Freedom.

(U.S. Air Force graphic by Master Sgt. Aaron Smith.)

U.S. Air Force photos by Master Sgt. Sandra Niedzwiecki and Tech. Sgt. Erik Gudmundson)

UPCOMING UTAs >>

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

SEPTEMBER 2010						
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NOVEMBER 2010						
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DECEMBER 2010						
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**FROM THE DESK OF THE
102nd Medical Group
COMMANDER**

By Col. Maureen McCarthy



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

BACK TO BASICS!

As you all know, the Air National Guard (ANG) is undergoing a shift in the way we conduct business. We in the medical arena are also seeing the shift in the way we are doing Reserve Component Periodic Health Assessments (RCPHA), Aerospace and Flight Medicine. Air National Guard medical leadership recently met for our annual Readiness Frontiers (RF) Symposium, an annual happening designed to provide Air Force Specialty Code (AFSC) specific training for medical personnel to remain current in certifications in their career field. The overwhelming theme of this year's RF was "Back to Basics" – know your job and know it well!

Air Force Instruction (AFI) 36-2905, the Air Force Fitness Program (dated July 1, 2010), is our new fitness assessment (FA) standard. Members can receive a total of 100 points on the FA in four different components and it is scored in the following way: aerobic fitness is measured with the 1.5 mile run (or 1 mile walk if medically exempted from the run) (possible 60 points); body composition (possible 20 points); push-ups (possible 10 points); and sit-ups (possible 10 points). In addition, you have to pass each component with a minimum score listed for each area (gender and age specific) to have the overall grade count as "pass." It is not enough to only achieve the minimum scores for each component. It is every Airman's responsibility to maintain these fitness standards to properly support the Air Force mission.

On April 30, 2010, The Washington Post published an article (*The latest national security threat: obesity* by John M. Shalikashvili and Hugh Shelton) on obesity, specifically looking at the military. In 2004, an estimated 16 percent of active duty U.S. military personnel were obese. Even more startling is in 2005, the Army's analysis of the leading medical reason for 9 million military recruits rejected (ages 17 to 24 -- 27 percent) was overweight or obesity. Other significant factors impact young adults from entering the military, but being overweight or obese has become the forefront of medical disqualifications. Obesity today, is also the largest single cause of discharge across the uniformed services.

Well balanced fitness training helps keep us all on target, but we need to include several elements of good health. Whether a "couch potato" or avid runner, make sure your routine includes aerobic fitness, muscular fitness (upper body especially for women), stretching, core exercise and balance training. Adults are recommended to have 45 minutes of moderate-intensity aerobic activity (i.e. brisk walking/stationary bike) four times weekly and muscle-strengthening activities two or more days weekly working all major muscle groups.

As of March 2010, the active duty Air Force average age for enlisted Airmen is 29 and officer force is 35. The ANG is slightly higher with enlisted Airmen average age at 34 and officer age at 40. Having said that, starting an exercise routine at anytime is a good time, but the younger you are when you develop healthy physical fitness routines, the better you will be at succeeding in staying with it. There are many venues available with DVDs, CDs, audiotapes, and just exercising with a friend. Keep it simple at the start, but get it going – make every day count and start it with a fast-paced walk to keep you on track. If you find yourself feeling unmotivated to work-out, think of those 9 million youngsters who couldn't make the cut. Don't let that be you. Find a buddy that you can workout with a few times a week. Better yet, call on your wingman to support you!



ON THE OTHER SIDE

Air National Guardswoman crosses over to active duty as a Military Training Instructor by Master Sgt. Sandra Niedzwiecki

Donning the distinguished Military Training Instructor Campaign Hat, Staff Sgt. Maria Y. Escobar recently completed technical school and is now living one of her goals. As a Military Training Instructor for the U.S. Air Force, Escobar is now in a position where she can mentor, train and transform new recruits.

The Colombian native joined the Air Force in 2004 and became a member of the 102nd Intelligence Wing (Massachusetts Air National Guard) because she wanted to give something back to her adopted country. Since joining the unit she quickly excelled in her military career by earning various accolades such as Airman of the Year and Military Person of the Year. During her service with the wing, she worked in the military personnel flight (now known as the force support flight) and excelled in each section. She also volunteered her time with the Base Honor Guard and Recruit Sustainment Program, mentoring new recruits -- the reason she applied to become an MTI.

"I really enjoyed performing drill in high school," said Escobar. "It helps instill discipline that will help you throughout life." She described MTI training like technical school where you learn drill instruction, lots of memorization and all the dorm procedures that basic training entails. "They really emphasize the importance of the Airman's Creed and Air Force Core Values, which is what we as MTIs need to impress upon the trainees," she added.

Speaking of her training experience and becoming an MTI she said, "Once you are on the other side as an MTI you realize that you are teaching civilians - taking away the civilian mentality, transforming them into Airmen in the U.S. Air Force to defend the country." The reality of becoming an MTI will further set in when she marches her first flight down the "bomb run" and graduates her first flight.

As Escobar leaves the Air National Guard and transitions into active duty with the 324th Training Squadron at Lackland AFB, her family will be moving with her to Texas. Her husband, Diego, and children, Ariana, Alejandro and Andreas are excited for Escobar and look forward to the move. Before she departed the unit, she said she looks forward to returning to the wing after her four-year tour as an MTI.



Airman in the Spotlight



Staff Sgt. Kevin O'Brien

Staff Sgt. Kevin O'Brien is assigned to the 267th Combat Communications Squadron as a heating, ventilation, air conditioning, and refrigeration specialist. He has been in the Air Force for seven years and was assigned to McGuire Air Force Base, N.J., before coming to Otis.

Education: Staff Sgt. O'Brien is in the process of completing his Bachelors Degree in Health and Nutrition at Curry College.

Hobbies: He enjoys staying active by playing baseball, golf, and working out.

Ideal vacation: Tour Ireland and Italy -- especially Rome. Would love to see the Coliseum.

Best assignment: Being in the Honor Guard.

Career: Become an Air Force officer.

Civilian job: Bartender at Tommy Doyles in Hyannis.

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.

AIR FORCE OFFICIALS LAUNCH NEW UNIFORM WEBSITE

By Staff Sgt. Steve Grever
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) -- Air Force officials launched a new public website in July to help educate and inform Airmen about the service's dress and appearance standards and policies.

Air Force Directorate of Service's Uniforms and Recognition Branch officials, in conjunction with officials from the Air Force Personnel Center and several other agencies, created the website that features interactive slideshows, uniform regulations, detailed photos and uniform policy updates from the Air Force Uniform Board.

The new website was developed to be a comprehensive online resource that is available 24/7 for Airmen stationed around the world, said Ruth Ewalt, the Air Force Uniforms and Recognition Branch director.

"We wanted to create a place where all Airmen can view any uniform combination in detail," Mrs. Ewalt said. "This eliminates confusing rumors about the latest versions of Air Force uniforms."

Airmen also wanted an uncomplicated website that was user friendly and did not require excessive navigation to find information about different combinations of the Air Force uniform, Mrs. Ewalt said.

"We needed a website that would not take more than two or three clicks of the mouse to get an answer to a uniform inquiry," she said.

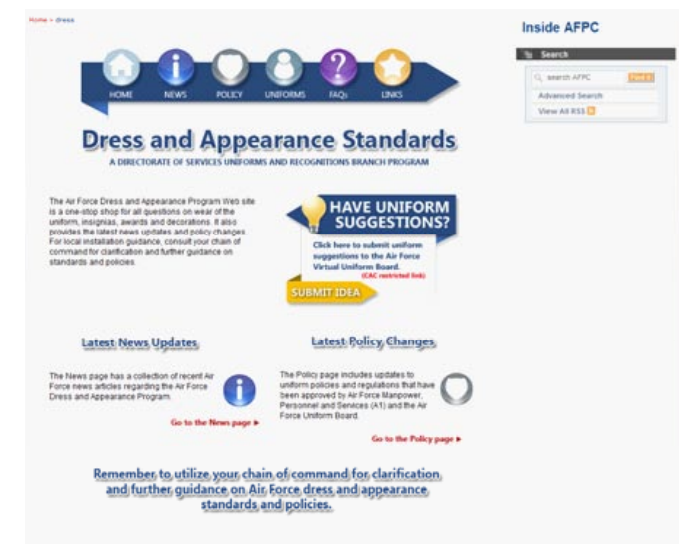
Having this information on a public website ensures uniform changes and updates are readily available to the field, rather than waiting for updates to Air Force Instruction 36-2903, which is being revised.

"The information will be updated quicker and more effectively," she said.

Putting the website in the public domain allows users to access it without their common access card, which is helpful for Airmen researching uniform information from computers or smart phones off the military network.

While the new site will be a valuable resource, Airmen should continue to work through their chain of command for clarification and guidance on Air Force dress and appearance standards and policies.

For more information, visit the Air Force Dress and Appearance public website at <http://www.afpc.randolph.af.mil/dress/index.asp>.



Security Forces send-off

Security Forces Airmen receive warm send-off, deploy to Iraq

Stories by Capt. Evan C. Lagasse
102nd Intelligence Wing Public Affairs

Family, friends and senior leaders gathered on Otis Air National Guard Base in early August to say goodbye to a group of Massachusetts Air National Guardsmen before they departed on an historic deployment to the Middle East.

The Aug. 9 send-off ceremony, hosted by the 102nd Intelligence Wing, honored approximately 40 Airmen of the 102nd Security Forces Squadron, and their families, before the Airmen deployed to Iraq for a six-month tour of duty.

This deployment marks the largest number of 102nd Security Forces Squadron Airmen to deploy at one time since Sept. 11, 2001. The mobilization also marks the first time the squadron's command staff has deployed as a group.

"These security forces Airmen that stand before you today are well-trained, motivated, enthusiastic, and ready to tackle whatever challenges come their way," said Maj. Gen. Joseph C. Carter, the adjutant general of the Massachusetts National Guard.

Master Sgt. Ken Fowlie, serving on his third deployment, praised the military families who sacrifice tremendously while their loved ones are serving thousands of miles away.

"The families are what give us our strength and support," said Fowlie, as he embraced his children shortly before

beginning the journey to Iraq with his fellow guardsmen.

In the midst of all the farewell wishes, one husband and wife team did not have to say goodbye to one another. Instead, they were looking forward to completing their mission overseas and returning home safely -- together.

Master Sgt. Mark Sheridan, married to Tech. Sgt. Christine Sheridan a little more than one year ago, spoke of his confidence in his wife as a professional Airman.

"I don't have any worries. (Christine) is as skilled an Airman as there is in this unit," said Sheridan.

While overseas, the 102nd SFS command staff will be responsible for the entire defense force at their deployed location and their primary responsibilities will include security and air base defense operations.

Since Sept. 11, 2001, the 102nd SFS has deployed to Saudi Arabia, Qatar, Diego Garcia, Guantanamo Bay, Bulgaria, Oman and Kyrgyzstan.



Senior military leaders and public officials shake hands with the deploying Airmen at the conclusion of the formal send-off ceremony, Aug. 9.



102nd Security Forces Squadron Airmen stand at attention in formation during a send-off ceremony held in their honor, Aug. 9.



Family and friends applaud a group of 102nd Security Forces Squadron Airmen at an emotional send-off ceremony on Otis Air National Guard Base, Aug. 9. (U.S. Air Force photos by Master Sgt. Sandra Niedzwiecki)



Master Sgt. Mark Sheridan and Tech. Sgt. Christine Sheridan, husband and wife, are interviewed by a television news reporter, Aug. 9, shortly before beginning their deployment to Iraq.

Air National Guardswoman earns 'Top Defender' honors

A Massachusetts Air National Guardswoman received top honors out of 149 trainees for exceptional performance under stressful conditions at a pre-deployment training course earlier this summer.

Senior Airman Ashley Davin of the 102nd Security Forces Squadron was named 'Top Defender' at the graduation ceremony for a two-week Brave Defender training course held at Eglin AFB, Fla., in July.

"Senior Airman Davin was selected as the Top Defender because she demonstrated academic proficiency, received a "go" on her first attempt in every practical field test, demonstrated the highest level of motivation, professionalism, and exemplified the warrior spirit in everything she did," said Lt. Col. Christopher Hamilton, 102nd Security Forces Squadron commander.

The Brave Defender course, instructed by the 96th Ground Combat Training Squadron, prepares security forces Airmen to complete their mission while deployed overseas, focusing largely on air base ground defense. Davin attended the training with 40 of her 102nd Security Forces Squadron comrades, as well as other security forces Airmen from across the country.

To say Brave Defender is challenging is certainly an understatement. However, Airman Davin would not be stopped.

"This training was tough. Nearly a third of the troops training with us had to seek medical treatment for heat related injuries at some point during the training. The more difficult the training or conditions, the more Senior Airman Davin seemed to thrive. She is what this career field is all about...a true all-weather fighter," said Hamilton.

Airman Davin's favorite part of the training was the section that covered Military Operations on Urban Terrain (MOUT).

"During the MOUT training we used weapons loaded with 'simunitions' which are simulated bullets similar to paint balls. There was a mock village set up with role players and it was our job to secure the area. Using the 'simunitions' really makes your heart rate go up and makes the training more realistic," said Davin.

When her name was announced in front of her fellow security forces warriors at the end of the training, Davin was admittedly surprised, humbled and happy at the same time.

"I was shocked when they called me in front of the class. It makes me feel good because I know I'm on the right track but I don't think I deserved the award more than anyone else. We all came together as a team (during the training) and there was no distinguished difference between individuals," said Davin.

****Editor's note****

Senior Airman Davin joined the Air National Guard in 2007 and is currently serving on her second overseas deployment in as many years.

'SKIP' SUPPORTS DEPLOYED AIRMEN

By Master Sgt. Jennifer Lovering
101st Intelligence Squadron

Since 2004, Tracy Stiers has been the driving force behind the all-volunteer, non-profit organization called Special Kindness In Packages, Inc., (SKIP).

The organization was established when Tracy's brother, Skip, was deployed to Iraq and asked his sister to send packages to fellow comrades. Within the first six months, 75 soldiers received packages.

Upon Skip's return home from Iraq in 2006, Skip and Tracy finalized their non-profit organization by applying for a 501c3 for Special Kindness. At that time, SKIP was shipping over 150 care packages per month.

Since its inception, SKIP's main focus has been to provide care packages and correspondence to individuals serving in the United States Armed Forces who are deployed overseas. As the organization received many letters of appreciation they discovered that many military members were not hearing from anyone back home. Tracy felt they deserved to receive some type of support.

Even though her brother was home, Tracy decided that was no reason to stop showing support to those still in harm's way. Technical Sgt. James Stiers, 101st Intelligence Squadron, has continued to support his wife's efforts in this endeavor. SKIP is now supporting anywhere from 400 to 700 servicemembers per shipment, supporting all military branches to include members of the Guard and Reserve.

"Our largest shipment has been to 798 deployed men and women in December 2009. We feel this is a huge accomplishment and we are proud to give them our support," said Tracy Stiers.

A SKIP donation box will be located in the main entrance to building 158 until Sept. 30.

Recently, SKIP supported four Airmen from the 101st Intelligence Squadron, donating care packages and Cuisinart individual coffee makers. SKIP also donated coffee makers to the recently deployed 102nd Security Forces Squadron Airmen. They hope to continue to support them and the next rotation of 102nd Intelligence Group

Airmen with care packages. However, to continue to support the 102nd IW Airmen and other military members deployed, SKIP needs your help.

Special Kindness is always looking for volunteers to help in many ways -- from collecting donations, working booths, sorting and separating the donations received, and putting together fundraisers. SKIP accepts monetary donations, items to be included in care packages, volunteers to fill board positions and write letters for support and expressing gratitude to those who have donated. One local volunteer is Tech. Sgt. Dixie Segrin, 101st Intelligence Squadron, who volunteers her time writing thank you letters for donations. Here are some upcoming events we need volunteers for:

Sept. 11: SKIP's main fundraising event is the Annual SKIP Dinner. The 4th Annual dinner will take place at the East Bridgewater Commercial Club at 7 p.m. Cost is \$25 per ticket. Tickets must be purchased in advance and are available through SKIP's website or by contacting Sergeant Stiers or Sergeant Lovering. An Italian meal will be served and the night will be filled with raffles and dancing. The event will feature speaker, Author J. Richard Watkins who wrote the book, "Vietnam No Regrets."

"Every year our dinner is different and exciting and full of surprises, I am sure this year will be no different," said Tracy Stiers. "We hope many of you will attend and bring your families. We would like a full house, come join us."

September - October: Barrett's Haunted Mansion - SKIP will be collecting donations and offering discount tickets for the Mansion.

November: Holiday packing, date and time to be determined. SKIP is also looking for volunteers to help put together a Boots-In-Bars fundraiser for mid-November. This is SKIP's only age regulated event.

To volunteer for an event or for a list of acceptable donations, please visit SKIP's website www.skipcares.org or call (508) 472-1915 or (774) 218-1797.

SALVIA AND SPICE BAN GOES AIR FORCE WIDE

By Scott Fontaine
Air Force Times

The Air Force has banned two loosely regulated, mind-altering drugs — and anything "that is inhaled, injected, consumed, or introduced into the body in any manner to alter mood or function" other than alcohol or tobacco.

Lt. Gen. Charles Green, the Air Force surgeon general, signed a memo June 9 that revised Air Force Instruction 44-121, which deals with alcohol and drug abuse. Any use of the forbidden substances is a violation of Article 92 of the Uniform Code of Military Justice, a charge of failure to obey an order or regulation.

The instruction also applies to inhalants, propellants, solvents, household chemicals and other substances used for huffing. The service also banned use of prescription or over-the-counter medicine "in a manner contrary to their intended medical purpose or in excess of the prescribed dosage."

The new memo is largely in response

to the use of two designer drugs: Salvia divinorum, an herb native to Mexico and sold as "Sally D" or "Magic Mint," and Spice, manufactured in Europe and sold as incense. Both are listed as "drugs of concern" on the Drug Enforcement Administration's website, but possessing or using either isn't a federal crime, though some states have banned or restricted its possession.

Salvia first caught the attention of Air Force investigators in 2003 when they canvassed Oklahoma shops that sell drug paraphernalia. And in the past seven years, some Air Force major commands, units and bases have banned the use of Salvia and Spice.

"While there have not been any known cases of Salvia among Misawa [Air Base, Japan] members, we enacted the policy [in December] in order to prevent its use," Staff Sgt. Rachael Martinez, a spokeswoman for the 35th Fighter Wing at Misawa, told Air Force Times in January. "The intoxicating

effects of Salvia have the potential to negatively impact the mission and adversely affect our members."



MASSACHUSETTS GUARDSMEN AID INJURED MOTORISTS

By Army Staff Sgt. James Lally
Massachusetts National Guard Joint Force Headquarters Public Affairs

CAUTION // CAUTION // CAUTION // CAUTION // CAUTION

MILFORD, Mass. -- Four Massachusetts National Guardsmen rendered first aid, while directing traffic following an accident near the Bourne Bridge on Route 25.

Col. Timothy Mullen, Col. Christopher Faux, and Lt. Col. Steven Demianczyk, all members of the Air National Guard were joined by Army National Guardsman, Col. Richard Crivello, as they came upon the accident on the highway while driving to the Massachusetts Military Reservation.

These senior officers have years of training in first aid, as well as making quick decisions. Getting involved during a crisis and assuming a leadership role is second nature and this is just what happened Aug. 4.

Faux, Mullen and Demianczyk were driving in a van southbound on Route 25 heading toward the Bourne Bridge in the middle lane when they noticed a man laying on the highway. Two victims were in the roadway, and one remained trapped in a vehicle involved in the accident. They immediately stopped their van in the middle of the highway about 100 feet from the accident victim to prevent cars from striking him and exited their vehicle to assist.

Faux and Demianczyk ran to the person in the road to assist, Mullen ran behind the van and began directing traffic until emergency personnel arrived on scene. Crivello, who was on his way to Camp Edwards, saw Mullen directing traffic and pulled over to help Faux and Demianczyk with first aid on the man who was in the roadway after being ejected from the vehicle.

While Mullen directed traffic, several State Police and local firefighters arrived and immediately began to assist the injured, while Mullen continued directing traffic.

Recalling the incident Mullen said, "While directing traffic I saw Faux, Demianczyk and Crivello attending to the injured. Demianczyk

was also helping to get the third person who was trapped in the van. Faux had removed his shirt to try to prevent the man from bleeding."

Trooper Doug Lynch, Massachusetts State Police said, "The services they provided at the scene were outstanding. One of the colonels took off his shirt and used it to try to stop someone's bleeding."

Traffic was stopped on the northbound side of Route 25 to allow a helicopter medical flight to land and evacuate the man in the roadway. Mullen was eventually relieved from traffic duty, and after confirming they were no longer needed they departed the scene.

Army Maj. Gen. Joseph C. Carter, The Adjutant General, Massachusetts National Guard, expressed his pride in the officers saying, "I commend and am proud that when Col. Mullen, Col. Faux, Col. Crivello and Lt. Col. Demianczyk happened upon a roll-over accident, they immediately went to the aid of three motorists, two of which were thrown from the vehicle, and also directed traffic around the scene to prevent further trauma to the victims until the arrival of State Police. The decisive actions of these senior officers underscore our core values of service before self and personal courage, as well as the lifesaving skills of all Soldiers and Airmen of the Massachusetts National Guard." Carter, an Army Officer is the senior officer who commands the Army and Air branches of the Massachusetts National Guard.

Maj. Gen. Michael D. Akey, Massachusetts Air National Guard Commander said, "I am very proud of our Massachusetts Air and Army National Guard officers that stopped and rendered immediate emergency first aid to the victims of the vehicle accident. Their service before self actions exemplify the citizen-Soldier/Airman culture of our National Guard."

102ND WELL REPRESENTED AT FALMOUTH ROAD RACE

By Maj. Bill Dyer
102nd Operations Support Squadron

Sunday, Aug. 15 was a cool, sunny day and a gentle breeze was blowing in the air.

Against the backdrop of the tiny picturesque town of Wood's Hole on Cape Cod, tourists and locals alike began making their way down the street which would soon serve as the starting line for the 38th running of the Falmouth Road Race.

The sounds of seagulls flying overhead and the distant honking of an island ferry set the stage for one of the most wonderful races in the Northeast. This local race which is billed as a 10K, takes runners on a 7.2 mile journey from Wood's Hole to Falmouth Heights and is one that is enjoyed by amateurs and professionals alike. The race consists of challenging hills, long straight-aways, and a charming landscape unique to Cape Cod.

As elite runners arrived and took their places at the starting line, members of the 102nd Intelligence Wing provided security which made for a smooth start to this wonderful event. Starting line volunteers consisted of Lt. Col. Ginger Doonan, Lt. Col. Tim Gordon, Lt. Col. Sean Riley, Maj. Bill Dyer, Capt. Beth Crouch, 1st Lt. Jenn O'Connell, Senior Master Sgt. Wing Ng, Master Sgt. John Dooley, Master Sgt. Steve Brothers, Master Sgt. Dan Savary, Master Sgt. Scott Manamon, Master Sgt. Mark Rose and Staff Sgt. Matt Davis. Former 102nd alumni also did their share in supporting the race and it was great to catch up with old friends. Retired members of the 102nd also working the starting line included Chief Master Sgt. Frank Aguilar, Chief Master Sgt. Jim Bryant, Senior Master Sgt. Archie Eddleston,

Master Sgt. Bill Lyons, Master Sgt. Rocco Achille, and Master Sgt. Angelo Alma.

The race drew approximately 10,000 runners and has been recognized as one of the best races in the United States according to *Runner's World* magazine. There were also celebrity sightings along the route as runners got glimpses of former New England Patriots Linebacker Teddy Bruschi and former ABC news correspondent and anchor Charles Gibson.

Having the opportunity to volunteer to support this event is one that is greatly appreciated by all and we would like to thank retired Lt. Col. Rich Sherman, the race's co-director and retired Senior Master Sgt. Archie Eddleston for the opportunity to support and run this race. It is a great way to volunteer within the surrounding community, have fun, and stay fit.



JOB VACANCIES >>

FIRST SERGEANT VACANCIES






The 102nd Medical Group and the 102nd Mission Support Group have First Sergeant vacancies currently or projected. Interested personnel should submit a resume and copy of current fitness score to Chief Master Sgt. Carolyn Lucas. Please indicate your order of preference for which position you are interested. Chief Lucas can be contacted at (508) 968-4057 or by email at Carolyn.lucas@ang.af.mil. Submission deadline is Close of Business (COB) Sept. 12, 2010. For a description of duties, responsibilities and qualifications, see Air Force Instruction 36-2113. Applicants must be a master sergeant or promotable technical sergeant. Technical Sergeant applicants must be a graduate of an in-residence non-commissioned officer academy and be immediately eligible for promotion to master sergeant.

GROUND SAFETY SPECIALIST

Application packages are now being accepted for the position of Ground Safety Specialist. Applicants must be a Drill Status Guardsman, hold the rank of staff sergeant or above and have attended the non-commissioned officer in-residence academy. Selected individual will be required to attend Ground Safety Apprentice Technical School for seven weeks located in San Antonio, Texas. Application packages should include resume and/or military biography and physical fitness test scores. Submit application package to Senior Master Sgt. John Noland, 102nd Intelligence Wing Safety Office, by Sept. 17. Applicants will be contacted for an interview. Any additional questions can be directed to Sergeant Noland at (508) 968-4110 or by e-mail john.noland@ang.af.mil.



PROMOTIONS >>

 Jason Mello	
 Michael Dorsey Mark Sheridan Cynthia Thomas	 Sheena Green William Onessimo Wayne Reay
 Andrew Barroso Jario Flores Erik Jerome Anthony Tomlinson	 Mark Filgerleski Jeffrey Goodman Sean Keirman Mark Stapinski Jr.

ANNOUNCEMENTS >>

UNIT COMPLIANCE INSPECTION

A Unit Compliance Inspection (UCI) is scheduled for the 102nd Intelligence Wing from Oct. 28 to Nov. 2, 2011. A UCI is one of the single most significant inspections a base can receive. UCIs are conducted to assess areas mandated by law as well as mission areas identified by senior Air Force and major command leaders as critical or important to assess or assure the health and performance of organizations.

NEW ID CARD REQUIREMENTS

With the recent upgrade and installation to DEERS/RAPIDS 7.0 there are increased security requirements that must be met in order to obtain either a Common Access Card or dependent identification card. Among the many changes the most important is each identification card recipient must present two forms of identification. The mandatory requirement to present two forms of identification cannot be waived. The DEERS/RAPIDS 7.0 system will not produce a new CAC or dependent identification card without first scanning in your two forms of identification. Persons under the age of 18 may present:

- School record or report card
- Clinic, doctor or hospital record
- Day-care or nursery school record

102ND COMMAND POST CHIEF SELECTED

The Wing Group welcomes Senior Master Sgt. Deborah Marshall as the new 102nd Command Post chief. Sergeant Marshall currently serves as the 102nd Civil Engineer Squadron first sergeant. She brings years of experience and tremendous enthusiasm to the Command Post team. Thank you to everyone who applied and congratulations Sergeant Marshall!

"DON'T ASK, DON'T TELL" SURVEYS

Defense Department officials recently e-mailed surveys to 400,000 servicemembers as part of a special review to prepare the military for a potential repeal of the so-called "Don't Ask, Don't Tell" law. The surveys will give the review panel a baseline of information that best represents the military's 2.2 million servicemembers and their families. An online inbox also is available for military and DOD civilians to provide their input. For more details, visit <https://dadt.csd.disa.mil/>.

NEW PT UNIFORMS

An improved physical training uniform will soon be available in select military clothing sales stores. The IPTU, which consists of a running jacket, pants, trunks and a T-shirt, is an optional uniform. The IPTU will be in short supply starting out. Once all military clothing stores have received a shipment, the IPTU will be available via Internet purchase worldwide around October.

CHAPEL CALL

By Chaplain (Maj.) Jonathan Wade
332nd Air Expeditionary Wing

I'LL CALL HIM "RICK"

JOINT BASE BALAD, Iraq (AFNS) -- In the words of his military friends and co-workers, Rick was one of the greatest guys you'd ever want to meet: A hard working NCO in a high operations tempo unit, a family man, a compassionate friend always seeking opportunities to help others in his unit succeed.

Rick was humble, they said. "He would never take credit for his talents, instead calling it a "team effort." His supervisors noticed, at times, that Rick was unusually hard on himself and seemed depressed about his job abilities, despite the opinion to the contrary of the entire supervisory chain. Then, quite suddenly, Rick's attitude perked up. He seemed to enjoy his job. Gone were the self-criticisms that had plagued him in the past. His friends noticed, and remarked about the positive change.

Within a week or two, Rick requested leave so he could take his family on a dream vacation. Word was that it was the best vacation he and his family had ever enjoyed together. Upon his return from leave, Rick quietly slipped out of his home and into his office in the pre-dawn hours, telling his wife there was unfinished business he had to complete. She thought nothing of it, as Rick often gave up his free time for work needs. Rick carefully stacked project binders and folders on his desk with notes to co-workers of what was unfinished and how to complete each project. Then Rick drove out to a remote part of the base, put a gun to his head and ended his life.

It's been many years since I cared for Rick's devastated wife, his grieving children, and his friends and co-workers. Despite the time, I have never forgotten Rick or the serious damage that suicide leaves in its wake. Suicide is about more than just an abrupt, untimely end to a human life. It is about unanswered questions, unfulfilled dreams, possibilities that will never be, a struggle for closure that may never come. As one child (now an adult) said of his mother's suicide, "For years, I thought that one of the reasons she killed herself was because she couldn't get us to brush our teeth or other things we were supposed to do." He'll never really know the answer, and will struggle to find one, just as Rick's circle of relationships struggles to this day to understand.

Is there good news? Absolutely. Rick's death taught me early in my career that there is a simple but powerful tool to prevent suicide from taking another life and leaving behind its human wreckage. That tool is you!

As servicemembers, we would fight to the death to save our wingman from death at the hands of the enemy. When we fight, we fight for each other. Whether the firefight is with an external foe or an internal battle against an emotionally crushing problem, we are the instrument of help that can rescue our friend and all those who love and care for him or her. How? By simply remembering and implementing the ACE plan.

A -- Ask your friend how he is doing. Most people will typically respond "okay," because we use the "how ya doin'?" question as a common greeting. Take the time to ask him how he is really doing. Sometimes all a person needs is someone to listen to them. So, talk less, listen more and let your friend share his story with you. If you suspect he may be self-destructive, ask him directly if he is thinking of killing himself. Is that uncomfortable? Yes, but it can be the most important question you ever ask. Get over the discomfort and ask him. What if the answer to the question is "yes?"

C -- Care for your friend. Don't leave him alone. Calmly control the situation by continuing to listen without judging him. Your job now is to care for your friend until you can get him to competent emergency care. Let him know that there is help available to navigate him through his troubles to a place of hope and peace.

E -- Escort your friend to the emergency room. His emotional wound is as life-threatening as a shrapnel wound to the heart. Don't leave your friend alone until you find the expertise to help him. He may give you many reasons he doesn't want to seek help, and you will have to be persistent and truthful. He may ask about how this affects his career and family. You can't tell him what you don't know. Let the experts handle that. What he needs now is someone to help him.

Remember, you are the best tool for helping a suicidal friend or co-worker. Remember ACE. There is help, there is hope, and there is an answer.

UNIT SPOTLIGHT

Honor Guard



The 102nd Intelligence Wing Honor Guard is a selectively manned unit with more than 20 members whose primary mission is to render military honors to servicemembers and their families during funeral services at the Massachusetts National Cemetery or other burial ground.

"Being in the Honor Guard provides a deeper perspective to service," said Staff Sgt. Maria Escobar, a 4-year member of the Honor Guard. "It's a genuine opportunity for Airmen to demonstrate a greater respect for those who have served before them."

The Honor Guard consists of three main elements - the color guard, which handles various responsibilities affiliated with the United States, Air Force and state flags; the body bearers who escort and carry the remains to burial sites and fold the flag for presentation to the next-of-kin; and the firing party, which consists of a 7-person team who performs the firing of three volleys to honor the fallen. Although each unit performs a specific function at ceremonies and funerals, every member of the 102nd Honor Guard is proficient in all areas.



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Intelligence Wing
presents:

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