

# 102nd INTELLIGENCE WING Seagull

www.102iw.af.mil

NOVEMBER 2015

VOLUME 30 NO. 9



## 102nd IW Family Day

Photos on page 6



# Wing Care Providers Call Us!

This listing was compiled to assist you in caring for your Wingman. Please use this page for your information and as guidance for referral. It is designed to be easily printable as a single source document.

## 1 Director of Psychological Health

The Psychological Health Program offers free of charge, confidential psychological assessments and brief solution focused coaching, consultations, referrals and case management.

Contact Ms. Jill Garvin, [jill.a.garvin.civ@mail.mil](mailto:jill.a.garvin.civ@mail.mil)  
(P) 508.968.4827 (C) 508.237.6652

## 2 Family Readiness

The Otis Airman and Family Readiness Center offers a variety of services and programs for all single and married military personnel, Department of Defense civilians, retired military personnel and family members. Programs are free of charge. Targeted services include contributing to the mission readiness, resiliency, and well-being of the Air Force community.

Contact Ms. Erin Creighton, [erin.k.creighton.civ@mail.mil](mailto:erin.k.creighton.civ@mail.mil)  
(P) 508.968.4855 (C) 774.313.8534

## 3 Chapel Office

The mission of the Chapel Team is to provide a holistic ministry of presence, care and hope to members of the Wing in a flexible, responsive, and competent way. Private conversations of those seeking the counsel of Chaplain Corps personnel as matters of faith or acts of conscience are strictly privileged communication.

Contact the Chapel Office  
(P) 508.968.4508

## 4 Veteran's Centers

We are the people in the U.S. Dept. of Veterans Affairs who welcome home the war veterans with honor by providing quality readjustment services in a caring manner. We assist veterans and their family members toward a successful postwar adjustment.

1.800.905.4675 (local - Hyannis 508.778.0124)

## 5 Sexual Assault Response Coordinator (SARC)

Providing private, confidential care for assault victims and assistance with reporting both unrestricted and restricted.

Contact Lt. Col. Lisa Ahaesy  
[lisa.m.ahaesy.mil@mail.mil](mailto:lisa.m.ahaesy.mil@mail.mil) (P) 508.968.4664

## 6 Suicide Prevention

The Director of Psychological Health can be the first contact for individuals in suicidal crisis or those having thoughts of suicide. She can advise supervisors and peers regarding support for distressed coworkers, and is Point of Contact for Suicide Prevention Training and Education.

Contact Ms. Jill Garvin, [jill.a.garvin.civ@mail.mil](mailto:jill.a.garvin.civ@mail.mil)  
(P) 508.968.4827 (C) 508.237.6652

## 7 Medical Group

A resource for both medical and psychological conditions affecting the wellness of airmen: Provider consultation can be arranged for discussion of these and other conditions by contacting the reception desk or via your Unit Health Monitor (UHM).

Contact the Medical Group  
(P) 508.968.4091



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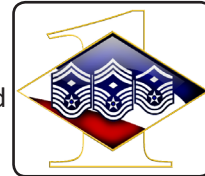
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### COMMANDER

Col. James M. LeFavor

### CHIEF OF PUBLIC AFFAIRS

Maj. Robert J. Spierdowis

### PUBLIC AFFAIRS STAFF

Mr. Timothy Sandland  
2nd Lt. Aaron Smith  
Tech. Sgt. Kerri Cole  
Staff Sgt. Jeremy Bowcock  
Staff Sgt. Nikoletta Kanakis  
Staff Sgt. Veuril McDavid  
Staff Sgt. Thomas Swanson

### ON THE COVER



Col. Doonan and Col. Rushton raise the Commander's Cup at Family Day after 102nd Medical Group wins this year's Commander's Cup challenge.

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# Air Force Compliance - An ever-evolving process

By Col. Virginia Doonan, 102nd Intelligence Wing Vice Commander



Our unit will be undergoing an Unit Effectiveness Inspection or Capstone from 5-10 May 2016, and although it may seem far away, 183 days as I write this article, many of us are drill status guardsmen and that's a mere 12 drill days away from ACC arriving at our doorstep!

The Air Force has always had a method to measure compliance

and operational readiness to the units in the field, and over the years it has been ever evolving. If this is your first enlistment, this may be your first major inspection by a Major Command, but if you're more "seasoned and mature" like myself you know the UEI has gone by many names and focuses such as: UCI, QAFA, LCAP, AFE or ORI. Each inspection had a different focus whether compliance or operational readiness and each one had a different methodology and culture. Through the years, the Inspector General office and the inspectors have taken a "black hat" or more gentler "white hat" way of doing business. But, the idea was always the same.... To ensure units were meeting a baseline standard to ensure readiness and compliance with rules, instruction and regulations for safety, security and a whole variety of other needs in order to meet the Air Force mission.

The past two years we have been standing up a new Air Force Inspection System that puts a much stronger emphasis on the wing commander to set the priority of what is important and to ensure the wing members constantly evaluate and validate themselves. This method was supposed to put less emphasis for last minute ramping up for an inspection, and more emphasis on constantly working on a baseline of readiness. You can debate whether the system is more challenging now or not, but for certain the inspection system as it is today puts more emphasis on daily interaction on compliance at the unit level.

The two major elements of the new AFIS is the self-inspection program, and the commander's inspection program. The first is done at the unit and shop level through MICT communicators which most of you, if not all have heard about. It's important as unit members, to be honest of where you are with compliance in any program. We all realize in these fiscally and resource constrained times that you will need to balance work load. If you know something doesn't meet compliance standards that's where "embracing the red" is important.

Our MAJCOM/ACC has stated if you self-assess as Red and have a good and well-documented plan to get better, it won't count against you during the Capstone. On the flip side, it's important to take the time to show how you plan to get to compliance. The second major element, is the CCIP, and this is executed by our very own wing Inspector General Office at the 102nd Intelligence Wing. Under this very small shop (2 drill status guardsmen and 2 full time employees) along with unit subject matter experts that comprise our Wing Inspection Team they inspect individual units separately giving the "outside" look on the unit. If something wasn't already identified by the self-inspection program, it's their job to ensure the wing commander knows and the unit puts together a plan to comply. These wing members may seem like "black hat" individuals but their main job is to identify the gaps in compliance so that when our Major Command comes to visit there are no surprises.

With all this going on there is several actions everyone can take to help your unit and the entire wing gets ready for this important inspection:

- Be ready to help! The work of MICT should not be accomplished by 1 or 2 people in each unit. Most unit members should be able to assist in working on self-inspection items, gathering data or putting together a good get well plan for the unit to execute

- Embrace the Red-identify known problem areas now with realistic get well dates and make sure monthly progress updates are in MICT so we can prove to our MAJCOM that we are showing improvement

- Make sure a portion of each drill's activities are spent working on the Self-Inspection program

- Document efforts and successes your unit and teams have had to support your self-inspection program and show progress in improving your unit

- Reach out to the 102nd IW Inspector General Office with any questions you may have or concerns. They are a wealth of knowledge and really do want to help you find ways to document your "way ahead" to compliance.

Finally, I realize how much work is involved regardless of the method or perspective the Air Force uses. Getting ready for a compliance inspection is a lot of work, but I think with the new method it allows us to be honest and say where we need work without being penalized. We just need to take the time to document how we intend to get where we want to go. In the many years that I've been here at the 102nd IW we have had a level of excellence few wings can boast. Our last compliance inspection the wing was graded under an old 5-tier system and we received an OUTSTANDING for its final grade. With the new inspection system the words, Highly Effective, Effective or Not Effective are used. I know we are a Highly Effective unit... we just need to spend the time over the next 6 months ensuring we show it!

# Brig. Gen. Allen Jamerson Visits 102nd

Photos by Staff Sgt. Veuril McDavid, 102nd Intelligence Wing Public Affairs

Brig. Gen. Allen J. Jamerson, Air Force Security Forces director and deputy chief of staff for logistics, installations and mission support, and Chief Master Sgt. Stephen White, Air Force Security Forces career field manager, visits with the 102nd Security Forces Squadron Oct 15, 2015.



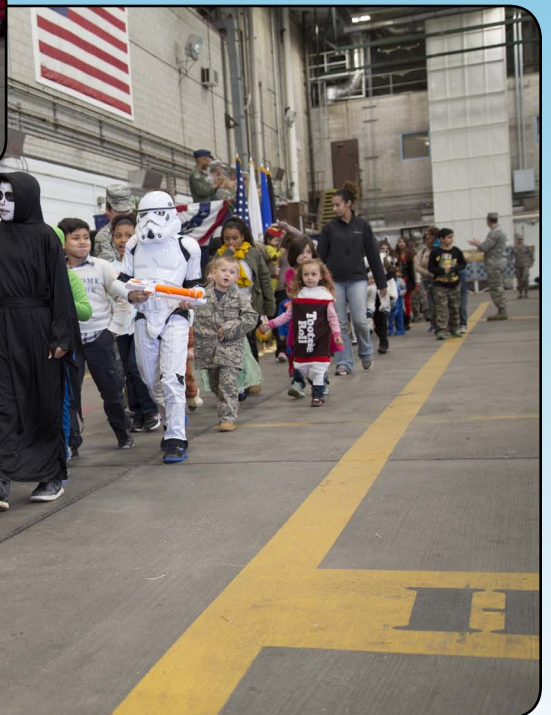
# Family Day

Photos by Staff Sgt. Jeremy Bowcock, 102nd Intelligence Wing Public Affairs



102nd Intelligence Wing members celebrated Family Day here, Oct. 4, 2015. The annual event gives Airmen an opportunity to bring their family and friends to Otis in order to see what their loved one does in the military. The event also gives Airmen an opportunity to thank their family and friends for their steadfast support.





# Chapel Call - Right Attitude for Gratitude

By Chaplain (Capt.) Derek White



**E**arly on in my marriage my wife and I developed a practice of saying grace at the dinner table every night. No matter how our day had gone we always prayed the things were grateful for that day. We noticed this simple act of saying grace at the table every night helped us find more joy in our marriage. Now we have two boys and we have taught them to say grace every night at the dinner table. Taking the time to express gratitude is one simple thing everyone can do to strengthen their spiritual resiliency. Even if praying is not something you are accustomed too, sharing something you are grateful for every day with someone else can have similar effect.

It is said that for every 10 negative things said we remember one positive thing said remembered. If that is true than 90% of our lives are focused on the negative. Depending on the culture we live in this could be greater or less. Here in New England during the winter we spend 100% of the time complaining

about the weather. San Diego spends considerable less time talking about snow. Sharing gratitude is one simple practice that can lead to greater joy in our lives.

This month we will be celebrating Thanksgiving. Rather than waiting till Nov. 25th to say the things you are thankful for start today. Take time each day to share one thing you are thankful for with one other person. If prayer is your custom take a moment to say grace before a meal. Try this practice for 40 days and see how expressing gratitude can positively affect your attitude towards life.

## UTA WORSHIP TIMES AND RELIGIOUS SERVICES

### Saturday

- Contemporary Christian Worship, 1130, Building 158, 3d floor

### Sunday

- Roman Catholic Mass, 0900, JBCC Chapel, South Inner Road

- Liturgical Christian Worship, 1100, Building 330

- Roman Catholic Mass, 1100, Building 158, 3d floor

- Interdenominational Protestant Worship, 1130, Building 158, 3d floor

### Nov 25

- Thanksgiving Service, 1100, Building 158, 3d Floor

*Contact the Chaplain's Office for information on other faith groups or other times of worship (968-4508)*



# First Sergeant's Corner

By Master Sgt. Luciana Hayner, 102nd Operation Support Squadron

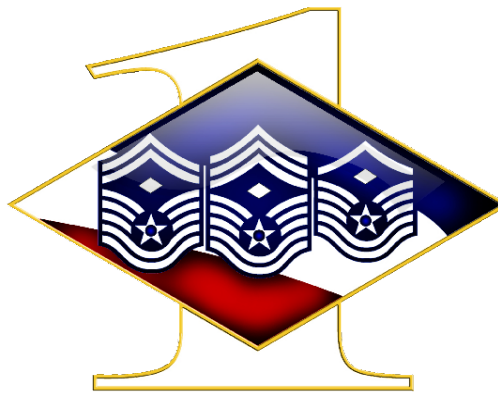
The Junior Enlisted Council is a wing commander approved council for 102nd IW members from grades E-1 to E-6. No matter what your rank is, the Junior Enlisted Council needs your support; and to understand how each of us can support the Junior Enlisted Council and why we all should care about it, you must first understand what it is and why it exists.

The purpose of the council is to provide junior enlisted members a voice to wing command staff as well as a voice from the wing command staff to junior enlisted members. The Junior Enlisted Council also serves as venue for mentorship, career development, and to encourage comradery. Participation in the Junior Enlisted Council provides its participants with valuable EPR bullets.

To participate, members must attend the meetings. This is where everyone, regardless of rank, can best support the Junior Enlisted Council. Drill weekends are busy and there never seems to be enough time to accomplish all that needs to be done during a drill weekend; this increases the likelihood of leadership at the squadron and unit level to not allow or encourage junior enlisted members to participate in the council. By not allowing or encouraging members to attend, real world situations permitting,

the 102nd IW as a whole is suffering.

Often, at the end of a four or six year contract, Airmen will leave the 102nd IW. Some leave for life reasons such as a new job out of the area or due to other hardships. There is not much that can be done when Airmen leave for those reasons. However, if an Airmen leaves because they feel undervalued, feel like



they are not a part of anything, and may perceive that there is a lack of growth and of mentoring opportunities; these are things that everyone in the wing should make an effort to change. One of the ways to change this is by providing a way for Airmen to have a voice, to be heard, and to help the 102nd become better. The JEC council is one of the options for Airmen to be empowered; but they have to be encouraged and be provided an opportunity to participate. In the long run it will not only pay off in retention numbers, but it will also improve unit performance and Airmen development.

Recently, at a Junior Enlisted

Council, I explained to the attendees that as a senior enlisted member of the 102nd IW, I have a couple of responsibilities. Depending on the day, the order of my top priorities may change, but they still remain my top priorities and include:

- Doing my job; the Air Force spent and continues to spend a great deal on making sure that I have opportunities to do my job and to do it well.
- Making sure that people are ready to take my spot when it is time for me to step down; if no one is ready to take my place when I depart, then I have failed the 102nd IW and therefore the Air Force.
- Doing all that I can to make the 102nd IW better.

Being a part of, and that does not mean just attending to say that you checked off a box, and being active and committed to the Junior Enlisted Council is just one of the many ways that this is accomplished.

The council is only as strong as its members. If you want to improve the 102nd you have to be a part of organizations like the Junior Enlisted Council. In the words of a great First Sergeant, "changes cannot be made without the voice of the council".

# How do you know you have depression and when should you ask for help?

By Ms. Jill Garvin, Director of Psychological Health



All of us experience depression and sadness at some point in our lives. This is a normal reaction to loss, and life's struggles. So what is "clinical depression?" It includes feelings of intense sadness, helplessness, hopelessness and worthlessness, lasts for many days to weeks and keep you from functioning normally. Clinical depression is treatable! Something else to keep in mind with our recent time change, is Seasonal depression (SAD or seasonal affective disorder). So, how do you know if you have depression? It occurs when you have at least five of the following symptoms at the same time:

- A depressed mood during most of the day
- Fatigue or loss of energy almost every day
- Feelings of worthlessness or guilt almost every day
- Impaired concentration, indecisiveness
- Insomnia or hypersomnia almost every day
- Markedly diminished interest or pleasure in almost all activities nearly every day
- Recurring thoughts of death or suicide (not just fearing death)
- A sense of restlessness or being slowed down
- Significant weight loss or weight gain

A key sign of depression is either depressed mood or loss of interest in activities you once enjoyed. For a diagnosis of depression, these signs should be present most of the day either daily or nearly daily for at least 2 weeks.

## Symptoms of Depression

According to the National Institute of Mental Health, people with depressive illnesses don't all experience the same symptoms. How severe they are, how frequent, and how long they last will vary depending on the individual and his or her particular illness. Here are common symptoms people with depression experience:

- Difficulty concentrating, remembering details, and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness, and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early morning wakefulness, or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Loss of pleasure in life
- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- Persistent sad, anxious, or "empty" feelings
- Thoughts of suicide or suicide attempts

How can the Director of Psychological Health help you? I want to remind members that coming in to see me is voluntary! I also want to remind those of you with TS clearances, that you will not lose your clearance if you seek help or come to see me. Some of you may wish to see someone in your community and I can help with referrals and finding you the support you need and deserve. If you are worried about having depression, thoughts of suicide, PTSD, anxiety, or alcohol abuse, I have some assessments we can use together to determine the severity. No one should suffer alone. There are many treatment modalities available to help. Please, if you are experiencing any of these symptoms, please reach out to me.



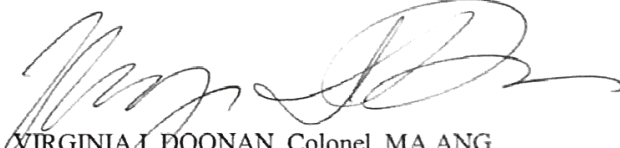
DEPARTMENT OF THE AIR FORCE  
102D INTELLIGENCE WING (ACC)  
MASSACHUSETTS AIR NATIONAL GUARD  
OTIS AIR NATIONAL GUARD BASE MASSACHUSETTS

MEMORANDUM FOR ALL 102 IW PERSONNEL

FROM: 102 IW/CV

SUBJECT: 102 IW Suicide Prevention Program

1. The largest factor in a successful suicide prevention program is the core value that every Airman is a Wingman and we are responsible for taking care of each other. Every member assigned to the 102 IW has a vital role to play in the success of the wingman concept and suicide prevention program. People in distress will often confide in those they trust, work with, and play with on a regular basis.
2. A key component of the suicide prevention program is the training received on recognizing and responding to potential risk factors associated with suicide. For this program to remain successful, military member and civilian assigned at the 102 IW must remain vigilant in responding to those in distress. It is vital that we are all aware of the many helping resources available. Seeking assistance is not only encouraged and acceptable, but it is also a sign of resilience. Using available resources could prevent manageable setbacks from escalating into overwhelming, seemingly unmanageable problems.
3. Suicide prevention should be viewed as a multifaceted approach aimed at reaching those at risk and those who can help. We must be vigilant for the signs and step in at the first indication of a problem. We must engage and know what treatment options are available. We must pay particular attention to those Airmen under investigation, as they are at increased risk. Finally, we must fundamentally understand that only through reducing stigma can treatment option be fully utilized.
4. Supervisors at all levels must ensure their people complete suicide prevention training at a minimum of once every 12 months as required by Air Force policy. When local conditions or mission requirements demand additionally or different training, commanders retain discretion to provide that training as needed. All personnel assigned to the 102 IW are strongly encouraged to support the wingman culture through identification and prevention.

  
VIRGINIA I. DOONAN, Colonel, MA ANG  
Vice Commander

# Massachusetts State Award Ribbons

By Senior Master Sgt. James MacDonald, 102nd Force Support Flight

As the Office of Primary Responsibility for the Awards and Decorations programs, both Federal and State, and due to some recent inquiries, the 102nd Force Support Flight would like to provide some specific guidance as a reminder for the wear of State award ribbons on your uniforms and for display purposes in retirement shadow boxes.

## **WEARING OF STATE MEDALS AND RIBBONS:**

a. The precedence of the State awards and decorations will be below Federal awards and decorations and above foreign decorations in the order appearing in the numbered list below.

b. Massachusetts National Guard awards and decorations will be worn above any State awards awarded by another state/territory. (Example: if you were awarded the Louisiana Emergency Service Medal for Hurricane Katrina back in 2005, this will be displayed below any/all of your Massachusetts State ribbons).

## **ORDER OF PRECEDENCE FOR MASSACHUSETTS STATE MEDALS AND AWARD RIBBONS:**

Massachusetts individual decorations, awards, and service ribbons will be worn in the following order of precedence over the left breast pocket. (High to Low)

1. Medal of Valor
2. Military Medal
3. Medal of Merit
4. Massachusetts Humanitarian Service Ribbon. (This is not the Federal Humanitarian Service Medal)
5. Massachusetts Service Medal (ARNG/ANG)
6. Desert Storm Service Ribbon
7. Massachusetts Defense Expeditionary Ribbon
8. Massachusetts Defense Service Ribbon
9. Massachusetts Emergency Service Ribbon

Reference: TAGMA ARMY PAM 600-8-22 / TAGMA ANG PAM 36-2803, 17 August 2005

# Promotions

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SCOTT ALLAN  
GREGORY WOODWARD



MATTHEW CAMARA



JOHN TRAN  
PETER CUMMINGS



ALLEN BACHAND JR  
JAMES BLAIS  
NATHAN GOODING  
NANCY IIANDOLI



MICHAEL MEARS  
SADIE PERRY

## American Red Cross Blood Drive

Sunday, 8 Nov 2015, 0900-1400hrs

Bldg 158, I Room (3rd Floor)

Register at

[redcrossblood.org](http://redcrossblood.org)

and enter

sponsor code: **102IW**

# WALK-INS WELCOME

# Announcements

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**1** **102nd Intelligence, Surveillance & Reconnaissance Group Officer Cross Training Opportunity**  
The 102nd Intelligence, Surveillance & Reconnaissance Group has a Cross Training opportunity for Commissioned Officers who are members of the Massachusetts Air National Guard. Commissioned Officers seeking a career as an intelligence professional are encouraged to apply for this 14N Intelligence Officer Drill Status Guardsman opportunity. All Interested personnel must include in their application package a Letter of Intent, Resume, AFOQT scores, a Fit Test and RIP. Please email your application to Capt Bethany Hien, [bethany.m.hien.mil@mail.mil](mailto:bethany.m.hien.mil@mail.mil) NLT November 30, 2015. Interviews are scheduled to be conducted on Saturday of the December UTA.



**2** **The Massachusetts Tuition and Fees Reimbursement**  
Eligibility for the Massachusetts Tuition and Fees Reimbursement Certificate for state schools is determined by your status as a member of the 102nd Intelligence Wing. Members are eligible for the benefit the day they enlist or appoint with the Massachusetts Air National Guard. The benefit may be used at any point during your membership with the 102nd IW. Contact Senior Master Sgt. Shvonski for more information at [douglas.j.shvonski.mil@mail.mil](mailto:douglas.j.shvonski.mil@mail.mil) or 508-968-4189



**3** **New Government Travel Credit Card**  
Please see the link below concerning the rollout of the new Citibank issued government travel cards with the new chip and pin technology. All GTC cardholders should verify their home address on record with Citibank to ensure they receive their card.



**4** **Basic Motorcycle Riders Course**  
Motorcycle Safety Training is required for all military and civilian personnel who operate a motorcycle on military installations. DoD and Air Force policy can be satisfied by successfully completing a Motorcycle Safety Foundation approved Basic Rider Course. Tuition is free and motorcycles are provided for the training. Contact the Base Safety Office at 508-968-4007 to sign up!



**5** **Airman's Comprehensive Assessments**  
The new Airman's Comprehensive Assessments (ACA) Feedback and Enlisted Performance Evaluation Forms and information are now available on the S:/ drive in the 'ACA Feedback\_EPR Info' folder.



**6** **OCAC Scholarship 2015 and Youth Opportunities** - for information check out the S:/ drive in the 'Scholarships' folder



## 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@gmail.com](mailto:102iw.pa@gmail.com) (Please limit articles to 500 words.)

**The next *Seagull* deadline is MONDAY, November 23, 2015**