

102nd INTELLIGENCE WING

Seagull



SEPTEMBER/OCTOBER 2015

www.102iw.af.mil

VOLUME 30 NO. 8



Wing Holds First Annual SAPR 5K

Story and photos on page 7



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
(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
(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 (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
(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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COMMANDER

Col. James M. LeFavor

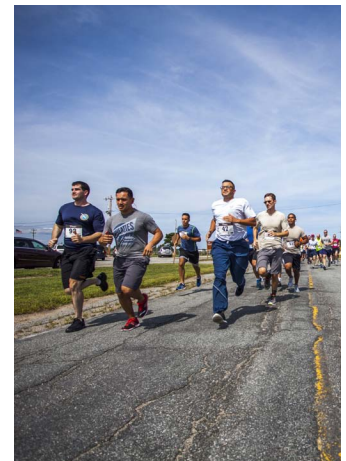
CHIEF OF PUBLIC AFFAIRS

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



Airmen from the 102 IW participate in the first annual SAPR 5k race. Air National Guard photo by Staff Sgt. Jeremy Bowcock.

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Improving and Increasing recognition

By Chief Master Sgt. Karen Cozza, Command Chief, 102nd Intelligence Wing



Once again I have the privilege to write an article for our wing's Seagull newsletter. The topic of discussion this month is one of the three key Aim Points of Air National Guard's Command Chief Master Sgt., James Hotaling, "Recognizing and Embracing". My focus will be on how we can improve and aim at increasing recognition here at the wing.

As a military member in a supervisory NCO or above role, one of our many responsibilities is to support and take care of people. One way we can do this is by recognizing our members for their achievements. We need to show them gratitude for all of the hard work they do to support our important missions here at the 102nd.

Years ago I attended a chief's leadership course, and during the first hour of class they looked at our ribbon racks and the instructor could instantly tell the active duty Air Force members from the ANG members. It was because many of the ANG chiefs didn't have a Meritorious Service Medal on their ribbon rack. Most

ANG chiefs in the course had 20 plus years of service, I happened to fall into that category, the instructor exclaimed, "and none of it was meritorious?"

Our wing and the ANG's mind set as a whole has had to change from only recognizing members at retirement, to recognizing Airmen throughout their career progression. Our wing has made worthy strides in this area and has focused on the recognition of our Airmen. The wing has set strategic recognition goals to continually improve and it should be one of our easy program fixes!

A few questions to ponder: When was the last time you shook someone's hand to say thank you? Or the last time you sent out a personal letter of appreciation to a member that supported your unit? How many achievement medals has your unit written for your junior members? Have they been timely? Have you taken the time to look at your awards data to see when the last time members received any type formal award, medal or ribbon? Does your awards process need to be fixed or a continual review process established? If so, ensure that you follow-up and set a strategic goal for a successful, timely and measurable recognition program in your unit.

I encourage all commanders, officers, chiefs, SNCOs and NCOs to verify that you have a viable awards program and an awards and decorations monitor assigned to your unit. Pull reports and review the awards data in your sections. The data and trends may surprise you! Review the frequency and level of recognition for your members. Ensure your junior members haven't fallen through the cracks and take time to recognize them.

Ensuring that we recognize our Airmen early and throughout their careers will go a long way to improve morale, retention, job satisfaction and mission accomplishment for our members.

Let's take the time to recognize our members and their outstanding contributions to our missions, they deserve it!

Have a wonderful UTA and I look forward to meeting your families!

NEVER FORGET: 102nd Intelligence Wing Reflects on September 11th Attacks

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

In somber remembrances from New York City to Shanksville, Pa., from the White House to cities around the nation, individuals gathered to mark the 14th anniversary of the Sept. 11, 2001 terror attacks.

Members of the 102nd IW held their own ceremony, gathering in the chapel of building 158 to remember the nearly 3,000 people who were killed when Al-Qaida terrorists hijacked four commercial airplanes in coordinated suicide attacks on the U.S. on Sept. 11, 2001. Two of the planes were flown into the World Trade Center in New York, another hit the Pentagon and a fourth crashed in a field in Shanksville, Pa., before reaching its likely target of Washington, D.C.

"This day has impacted the lives of everyone in the

perseverance as a nation, and our hope for a better world. We paused to remember the people we lost on this day and all our friends we have lost or been injured fighting in the wars we have fought in response," White said.



military in the way our culture is different through our response to the attacks." said Capt. Derek White, 102nd IW Chaplain. "Remembering and praying together on this day is a way we continue to process and heal as a nation."

Like earlier generations that experienced dramatic events, ones that drastically changed American history, many of us can easily describe where we were, and what we were doing, on a September morning over a decade ago. Whether we were in grade school or college, just out of technical training or already a seasoned veteran, the morning of Sept. 11, 2001 is ingrained in most of our memories.

"This morning's service incorporated three prayers that acknowledged our mourning as a nation, our



I am an American Airman: 2nd Lt. Lawrence Houbre

By Tech. Sgt. Kerri Spero, 102nd IW Public Affairs

If you've visited the Finance Customer Service office in the last couple of years, chances are you were greeted and helped by Staff Sgt. Lawrence Houbre, 102 IW Finance Technician. Houbre recently received a direct commission to second lieutenant in the 102nd Medical Group as a Medical Service Corps officer.

Houbre started his enlisted career in 2006 with the Massachusetts Army National Guard as a cook, Food Service Technician. He also attended Bridgewater State University earning a Bachelor's Degree in Accounting and Finance in 2013. He crossed over to the Massachusetts Air National Guard in 2012 as a Finance Technician.

When Houbre decided to seek a commission, he found it to be a bit challenging at first.

"My previous attempt was when I applied for an open Public Affairs Officer position," said Houbre.

"When I didn't get selected I started to think I was out of options. All the other vacant officer positions were being reserved for members of units that were scheduled to be closed."

About six months after Houbre's initial candidacy rejection, an Eagle's Nest conversation with some medical group personnel turned into a new glimmer of hope for him. After chatting with them about his lack of commissioning opportunities, they told him there would be an opening soon for a Medical Service Corps officer and highly encouraged him to apply.

A Medical Service Corps officer manages health services activities which include plans and operations, managed care, human resource management, medical information systems, logistics management, patient administration, medical manpower, medical facility management, and budgetary and fiscal management.

"I believe so much of my selection was through my character and how I treated people who came to the

Finance Customer Service Office." Houbre said. Many wing members have witnessed and experienced his positive attitude and excellent customer service skills when visiting the Finance Customer Service office.

"I had people believing in me and rooting for me," said Houbre. "I try to encourage other people in customer service oriented jobs to take ownership of any challenge that arises and having a positive attitude can and does help you in the future. The culture here has been great at the 102nd."

Houbre also encourages people to take a look at "The 48 Laws of Power" by Robert Greene. Some of the "laws" are about being able to read and relate to people in a positive way, take ownership of your situations, and realize certain actions will almost always increase your success.



Courtesy photo by Senior Master Sgt. Laura Westcott

102nd IW Holds First Annual SAPR 5k

By Staff Sgt. Tom Swanson, 102nd IW Public Affairs

Members of the 102nd Intelligence Wing came together on base to participate in the first annual Sexual Assault Prevention and Response 5K Run/Walk on August 29.

"The purpose of the event is to promote awareness of the Sexual Assault Prevention and Response program," said Senior Master Sgt. John Noland, Wing Victim Advocate.

"We want male and female members to know that they can report any incidents of sexual assault to one of the victim advocates here at the 102nd Intelligence Wing."



Above: On August 29, 2015 the 102nd Intelligence Wing held its first Sexual Assault Prevention and Response 5k. The Awareness run was a mix of runners and walkers speeding along South Outer Road, allowing those involved to engage in some friendly competition and show their support for Sexual Assault Prevention and Response. (Air National Guard photo by Staff Sgt. Jeremy Bowcock)

Victim advocates are non-biased wing personnel who help survivors get the services they need, in addition to assisting them in reporting the incident through restricted or unrestricted reporting channels.

"It is a silent issue that affects many. The more awareness we can raise, the better for our wingmen," said Chaplin (Capt.) Derek White.

The 5K course had signs posted along the route that provided statistical information about sexual assault prevention. The purpose of the signs was to teach and bring attention to the magnitude of the problem we face as a military community.

There were over 150 participants and volunteers who enjoyed the afternoon event. Runners registered as individuals and as members of their unit to compete in the monthly Commander's Cup competition. This month the 102nd Medical Group won the Commanders Cup. Individually, the top three women to finish the race were 1st Lt. Elise Galvanin-Ellsworth of the 102 Medical Group, Tech. Sgt. Mary Hartford of the 101st Intelligence Squadron, and Capt. Suzanne Carson of the 102 Air Operations Group. The men were led by Tech. Sgt. Aaron Hero of the 202nd Weather Flight, followed by Rank Airman First Class Ian Connell of the 102nd Security Forces Squadron, and Senior Airman Antonio Polson of the 101st Intelligence Squadron.

"This is a wonderful way to raise awareness about this issue in the military, and we did it together to raise support," explained Chaplain White.

Currently the wing Victim Advocates are Maj. Michael McGourty, Senior Master Sgt. John Noland, Master Sgt. Tracy Sylvia and Tech. Sgt. Alexis Colonna. The wing Sexual Assault Response Coordinator is Lt. Col. Lisa Ahaesy.



Above: On August 29, 2015 the 102nd Intelligence Wing held its first Sexual Assault Prevention and Response 5k. The Awareness run was a mix of runners and walkers speeding along South Outer Road, allowing those involved to engage in some friendly competition and show their support for Sexual Assault Prevention and Response. (Air National Guard photo by Staff Sgt. Jeremy Bowcock)

Chapel Call - Great Teams

By Chaplain (Lt. Col.) David Berube



I've been part of many teams and observed many others. I've learned from the great and not-so-great ones. Since I'd rather be part of a great team, I'm always looking for the common features that separate them from the rest. Here are three truths I see at work in all great teams:

Trust your team and build your team – Trust is crucial for any great team. It allows leaders to set directions, assign tasks, and know they will be diligently and competently pursued. Trust allows followers to know their boss wants them to be great, and will work with them to make it so. Building a great team happens when leaders have a solid vision, and select members who see, buy into, and support that vision. It happens as trust matures within the team and each member's strengths and growth edges are intentionally recognized and developed. Trust and building up of a team enables greatness by spurring constant growth in the capability and commitment of all team members.

Stay in your lane and pass the baton – Great teams know what is and isn't their job. Each of their members focus on being experienced professionals in their field, staying current and effective. They also know their

boundaries. When tempted to stray outside their lane, great teams tenaciously exercise the discipline to hand off projects, people, or issues to the right other team, at the right time, through the right process. Maintaining the lane and passing the baton help make teams great by allowing them to hone their skills, focus on their job, and develop strong partnerships with others.

Move with purpose, not panic – There are very few times in life when we need to respond to a situation with an unthinking, unplanned reaction. Great teams recognize that even when they are in a crisis, they don't need to be having a crisis. They know they almost always have at least a brief moment to "Stop, Breathe, Think, Plan – Then do" (from Jeffery T. Mitchell, Ph.D., co-founder of the International Critical Incident Stress Foundation). Teams that manage to move with purpose and avoid panic, regardless of any chaos around them, are not only more calm but more focused. They waste less time and make better decisions. Great teams aren't perfect, yet they are more accurate. Their purposefulness inspires proven confidence in themselves, and projects that confidence to others with whom they work.

Is your team a great team? Are these truths part of its DNA? Contrary to the popular saying, there is an "I" in team (as well as a "U"). If we choose to do so, you and I can enhance these truths if they already exist in our teams, or help splice them in if they don't. Because whether we're leaders or followers, I believe we have a responsibility to help the teams we're part of strive for greatness. It's good for the team, good for the work, and good for us.

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

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

Under Secretary for Management Visits Joint Base Cape Cod

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

Russell C. Deyo, Under Secretary for Management at the U.S. Department of Homeland Security, visited Joint Base Cape Cod, September 3. Deyo, in the Department's number three post, oversees a budget of over \$60 billion.

Deyo met with the leadership team of Joint Base Cape Cod to discuss budget issues and the best use of facilities on JBCC. Col. James M. LeFavor, 102 IW Commander, was in attendance representing Otis Air National Guard Base.

Deyo exercises leadership authority over all aspects of the Department of Homeland Security's management programs, processes, and workforce of more than 230,000 employees. He also serves as the Chief Acquisition Officer, administering control over the Department's approximately \$16.5 billion in procurements annually, and 72 major acquisition programs that are in development or sustainment with a life cycle cost estimate of more than \$300 million.

JBCC is a full scale, joint-use base home to five military commands training for missions at home and overseas,

conducting airborne search and rescue missions, and intelligence command and control. Commands include: Air Force, 6th Space Warning Squadron; 102nd Intelligence Wing, Air National Guard; U.S. Coast Guard Base, Cape Cod; U.S. Coast Guard Air Station, Cape Cod; and Camp Edwards, Army National Guard.

As a military installation, the JBCC has been used since National Guard training began on the Cape in 1911. During the 1940s, the base was activated by the U.S. Army and used to train and deploy troops being sent to fight in World War II. After the war, the reservation was transferred to the Department of the Air Force and is still often referred to as Otis Air Force Base.

In the 1970s, the Army National Guard assumed operational control of Camp Edwards from the U.S. Army, while around the same time; Otis became Otis Air National Guard Base. The U.S. Coast Guard Air Station Cape Cod was established on JBCC in 1970 and in 2008 assumed full responsibility for all airfield operations on the base.



Above: Russell C. Deyo, Under Secretary for Management at the U.S. Department of Homeland Security, second from left, visited Joint Base Cape Cod, September 3.



Above: Col. James M. LeFavor, 102 Intelligence Wing Commander, first from right, briefs Russell C. Deyo, Under Secretary for Management at the U.S. Department of Homeland Security, second from left.

Hometown News Release

By ACC Public Affairs

For many people, the interesting life stories are those about someone else. Oftentimes they don't realize that to others, they are the someone else.

For more than 40 years, the military services have publicized the achievements of Soldiers, Sailors, Airmen, Marines and civilians, in their hometown news media.

"The Hometown News program provides our military members and civilians with a self-help means of sharing news about their promotions, awards and other accomplishments with their families and friends," said Art Forster, Army Contracting Command Director of Public and Congressional Affairs.

The Joint Hometown News Center, part of the Defense Media Activity, supports Army and Air Force uniformed and civilian personnel.

From their Fort Meade, Md., headquarters the JHTNC uses the information provided by individuals on hometown news release forms to prepare news articles that are distributed to

local newspapers, radio and television stations. Center personnel also compile holiday greeting videos that are broadcast by local television stations.

The Navy's Fleet Hometown News Center in Norfolk, Va., provides similar support to Sailors and Marines. These military and civilian staffs produce a variety of print and electronic news products highlighting the accomplishments and worldwide activities of individual members of the U.S. armed forces.

Each year more than 500,000 individual news releases are distributed to the 14,000 newspapers, television and radio stations that subscribe to the centers' free service.

The criteria for completing a HTNR form vary from promotions to exercise participation to retirements. If you've had a recent achievement and want the people back home to know about it, complete a HTNR form and let the DMA team do the rest.

For more information on the program go to <http://jhns.dma.mil/>

The Veterans and ANG Self-Check Quiz!

By Ms. Jill Garvin, Director of Psychological Health



Last month, I highlighted The Power of One and the Veterans Crisis Line. Another wonderful service and tool is The Department of Veterans Affairs and the National Suicide Prevention Lifeline has joined with the American Foundation for Suicide Prevention to create the Veterans Self-Check Quiz. This is a safe, easy way to learn whether stress and depression might be affecting you.

Using this service is completely voluntary and confidential. This is for Veterans and for Guard Members!

There are 3 easy steps

The link is: <https://www.vetselfcheck.org>

1. Fill out a brief Self-Check Quiz, which takes about 10 minutes.

2. A VA Chat Counselor will review it and leave a personal response for you on this secure website, usually within 10-15 minutes. If the volume is especially high, it may take up to 30 minutes. The Counselor's response will offer options for follow-up if it's felt that could be helpful.

3. You decide what's next. You may enter the online Veterans Chat and continue talking with a Counselor without identifying yourself. You may want to get a referral to see someone in person. Or, you can decide to do nothing further at this time. It's all up to you. No follow-up services will be provided unless you request them.

Protecting your privacy

You will not be asked to provide your name or any other information that identifies you.

You will be automatically assigned a unique identifying number called a Reference Code which will appear on the upper right-hand corner of your screen. Your Reference Code will also be provided on a page that you will see immediately after you submit the Self-Check Quiz. You will need to make a note of your Reference Code, because you'll need it to get the Counselor's response to your Quiz.

Need Immediate Help?

Call a Chat Responder at 1-800-273-TALK (8255) and Press 1.

Please take advantage of this safe and easy service. Of course you can always contact me, but you have other resources and choices if that's more comfortable for you. Sometimes taking a quiz and seeing that your symptoms meet criteria for depression or anxiety, give you permission (and proof) to get some support that you deserve. Don't suffer alone!

First Sergeant's Corner

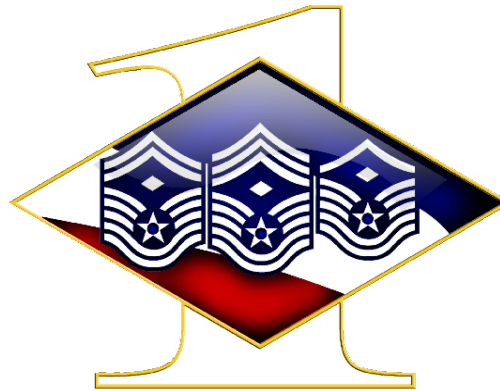
By Master Sgt. Paul Riordan, 102nd Intel Support Squadron

Many of you may be aware of the general requirements of becoming a First Sergeant. Primarily, you must be a member in good standing, minimum grade of Master Sgt. (promotable Tech. Sgt. may apply), solid core values and so forth. I'd like to take a few moments to discuss in my opinion what it takes to do the job, not so much the regulations that determine eligibility.

Personality! There are 12 Shirts running around this wing and each has at least one personality. The more experienced ones have several and the best know which ones to use and when. One thing that concerned me when I was considering becoming a First Sgt. was indeed my personality. By nature I am a type "B", I don't think my personality is what most would consider typical of a Shirt. Going to the First Sgt. Council meetings for the past 3 years now, I have realized that there is no typical personality, and one of the greatest assets of our council is our diverse group of personalities. The one common thread that runs through each is striving to do what is best for each and every Airman. If you are considering becoming a First Sergeant but don't think your personality is a fit, please don't let it stop you.

Courage! I'm not referring to physical courage, save that for when you are on the front lines, I

am talking about moral courage. As a First Sgt. you will find yourself in situations where others are asking you to back down so that they may advance their position. It may be a Commander, Chief, or Supervisor. In these circumstances it is imperative that you find the courage to do what is right and have the conviction to stand your ground. A friend of mine many years ago told me of his Union President with the railroad that had gone to jail because he would



not call off a strike. Whether you agree with what he did or not, his courage was admirable and his leadership was without question.

Humility! Now that we are feeling all courageous come on down a peg. When you are wrong admit it! Those Commanders, Chiefs, and Supervisors mentioned above generally got to where they are with the aid of strong core values, and a good idea as to how to run an organization. While on the subject of humility, take care not to climb to the top on the backs of others. When your organization is recognized for doing well pass that credit on to

those that more than likely did all the work anyway. Seek out the top performers and thank them. It may be tough to find these individuals, they are the ones whose work is all around us but they are generally too busy to be found. Conversely, when your organization falls short, stand up and take responsibility. Great leaders take blame, not credit.

Compassion! The most important thing I do is walk around talking to people. Most of the time I am catching up on what has happened over the past month since we last got together. However, every now and then I discover something very important that has happened or is currently going on in an individual's life, often is not positive in nature. This is where it is extremely important to truly be compassionate. You can't fake it. People know when you are not genuine.

Ask any First Sgt. what it takes and they will give you a multitude of characteristics that they feel are important. I just listed a few that guide me. If you think you would enjoy working with people and bring some quality characteristics of your own to the table don't hesitate, apply for the next available First Shirt position. As it has been said many times before, It is the best job in the Air Force.

Operation Back-to-School 2015 Backpack Giveaway

By Tech. Sgt. Kerri Spero, 102nd IW Public Affairs

More than 350 school-age children received backpacks filled with school supplies during the annual 102nd Intelligence Wing Back-to-School giveaway on August 29.

Driven by the Otis Civilian Advisory Council, approximately 60,000 school supplies were donated by several Cape Cod vendors to the Joint Base Cape Cod military community. Because most items were delivered in boxes, dozens of JBCC community volunteers assembled and filled the backpacks during an event, August 19. Volunteers included retirees, active military personnel, civilians and families.

"It was a terrific to see all the OCAC volunteers

members receive a backpack for every school-age child from K-12. And this year we had a tremendous amount of support from OCAC that we were able to give the school-age children up to 20 items."

"Parents and children love this program. It started out very small and has grown substantially in the last three years," said Don Cox, OCAC president, "Anything we can do to help them out is an enjoyable experience."

When asked about the volunteers, Cox said "I think they're fabulous. Between [the OCAC] membership, the Civil Air Patrol, the Coast Guard Auxiliary, and many other people from the base that

come out and help every time we hold a community-driven event. It's incredible."

In previous years, the 102nd Airman and Family Readiness Program Office organized the event and participation was limited only to 102 IW members. Because the program has grown to support the entire JBCC community, the OCAC has graciously taken over the logistics and operation of the distribution process. This year, 102 IW first sergeants have collected the pre-filled bags and will distribute to their unit members accordingly during the August Unit Training Assembly.

"I will miss being able to see everyone on the hangar floor this year, but the distribution change will allow more families to receive the backpacks with less impact to the day. As always, the Airman and Family Readiness Office likes feedback. I'm looking forward to hear how the program changes were received," added Creighton.



Above: Mark Gillard, Airman and Family Readiness Specialist, helps Master Sgt. Tori Kenny, 102nd Mission Support Group First Sergeant, with carrying backpacks filled with school supplies for 102 IW military children. The Otis Civilian Advisory Council donated more than 350 backpacks to the wing. (Massachusetts Air National Guard photo by Tech. Sgt. Kerri Spero)

when they were stuffing the bags and be able to share our great appreciation for their time," said Erin Creighton, 102nd Airman and Family Readiness Program Manager.

The variety of items donated included rulers to calculators, notebooks, pens, pencils, binders, book covers, glue and numerous other items, including brand new backpacks. The 102 IW received approximately 350 backpacks out of the 2,500 donated to the JBCC community. The remaining backpacks were distributed to children of Coast Guard Air Station Cape Cod, Camp Edwards, and the 6th Space Warning Squadron.

"This is a good program for all the military kids in the wing," said Creighton, "The families of wing



102nd Medical Group Flu Clinic

3 Oct and 7 Nov

Pop-up tent @ MDG – 0800-1500. This is for members who do not have any other IMR requirements for the drill.

Pop-up tent @ Arnold Hall (DFAC) – 1030-1300

Bldg 158 Hangar Floor – 0830-1400

*Members who do not require additional IMR items such as labs or immunizations may utilize the locations above. If you require additional items please report to the Medical Group.

We will also be administering the flu vaccine every Tuesday at the clinic from 0800-1500.

Here are some tips to protect you and your loved ones from the flu...

Encourage your family to get vaccinated. Vaccination is especially important for those who are at high risk for serious flu complications (http://www.cdc.gov/flu/about/disease/high_risk.html), and their close contacts. If you have a loved one who is at high risk of flu complications and who develops flu symptoms, encourage them to seek medical care. They may need treatment with influenza antiviral drugs. People who are not at high risk for serious flu complications who get the flu may be treated with influenza antiviral drugs at their doctor's discretion.

Children between 6 months and 8 years of age may need two doses of flu vaccine to be fully protected from the flu. The two doses should be given at least 4 weeks apart. Your child's doctor or other health care professional can tell you whether your child needs two doses. If your child does need two doses of vaccine to be fully protected, it is a good idea to begin the vaccination process sooner rather than later. Visit "Children, the Flu, and the Flu Vaccine" (<http://www.cdc.gov/flu/protect/children.htm>) for more information.

Children younger than 6 months are at higher risk of serious flu complications, but are too young to get a flu vaccine. For this reason, safeguarding them from flu is especially important. If you live with or care for an infant younger than 6 months of age, you should get a flu vaccine to help protect them from flu.

In addition to getting vaccinated, you and your loved ones can take some everyday preventative actions such as staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with the flu, stay home from work or school to prevent spreading influenza to others.

Promotions



EMILY CASHMAN
JONATHAN TUXBURY
ALEC FENLASON
BENNIE LOWE
ASHLEY HOPPER
KEVIN GRAHAM



DIANA BIDDY
WILLIAM BOOKER
MAXWELL PETERSON
TYLER REID
PHUOC NGUYEN
DAVID LOCARNO
SHAUNA RODRIGUEZ
JAMISON LEE



MICHAEL CLEARY
JONATHAN TURCOTTE
JOSEPH NURSE
MATHEW CARROLL

American Red Cross Blood Drive Sunday, 8 Nov 2015, 0900-1400hrs

Bldg 158, I Room (3rd Floor)

Register at
redcrossblood.org
and enter
sponsor code: **102IW**

WALK-INS WELCOME

Announcements

1



102nd Intelligence, Surveillance & Reconnaissance Group Commissioning Opportunity

The 102d Intelligence Group has a commissioning opportunity for one college graduate already a member of the Massachusetts Air National Guard. Bachelor degree college graduates 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 NLT Oct 31, 2015. Interviews are scheduled to be conducted during the 7-8 November 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 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. Roll out of the new cards will start in January and finish by October. More information [HERE](#).

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 (Please limit articles to 500 words.)

The next *Seagull* deadline is MONDAY, October 26, 2015

Family Day Oct 4



Come enjoy a fun filled day with
your family here at the 102IW

Military Ceremony: 1000 hrs

Food, Amusements, SFS and
Tactical Vehicle Display and Fun
for our Families and Friends