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COMMANDER'S COMMENTS

2017, A year in review and what's next for 2018

By Col. Virginia Doonan 102 IW/Commander

With another year coming to a close, I always look back and marvel at how much we've accomplished as a wing.

In 2017, much of our focus as a wing was current operations and meeting taskings for our various combatant commanders (COCOMS). This year, much of our wing staff, mission support group and cyber engineering group were deployed across the globe to five different COCOMS at the same time that we were executing very robust operations and a large mobilization of our DGS ISR Group. Our cyber ISR group, still in its infancy, began to conduct operations while still in the middle of its conversion to Initial Operational Capability while many Airmen joined our unit and are starting training. The medical group took lead in a multi-unit/service Innovation Readiness Training event in Louisiana while the EMEDS element completed numerous complicated exercises and ended with an inspection on their capabilities that rocked! Lastly, we helped

our nation during its time of need. Many of you stepped up during this horrific hurricane season which hit hard in Texas, Florida, USVI and Puerto Rico. As Guardsmen, it's at the core of who we are, to support our homeland in its time of need.

Lots to be proud of for sure around the wing; whether deployed, supporting the deployed or maintaining this mammoth installation for base operating support. In all the years I've been at Otis (and it's a lot... 20+) I've never seen our facilities and surrounding infrastructure look better. Thanks to all of you for your pride in our unit and your work... it is evident from the comments I receive. Whether it be a commander down range that was lucky enough to have one of our Airmen deploy to their base, or a supported unit overseas from our ISR group, or one of the many base visitors.... I get glowing compliments about the 102nd Intelligence Wing -- and you make it happen!

During the holidays, please take time to spend with

your families and friends and thank them for their support. Reconnecting with my immediate and extended family is a priority this time of year and I count them among my many blessings... I couldn't have served as long as I have without their full and constant support. I also know that each and every year is just as busy as the next, and this is the time I hold dear; spending time with them and recharging my batteries.

Next year, we focus on readiness as a wing.

The 102nd Intelligence Wing is part of Air Combat Command (ACC). It's our major command when we are not deployed to a COCOM. General Holmes, our ACC Commander, has told us that 2018, we focus hard on readiness, and that will be our focus in 2018.

What does that really mean?

Readiness is defined by Webster Dictionary as, "A state of preparation" and "A willingness to do something." Pretty good explanation really, but as a wing we have several forms of readiness; wing, unit and personal readiness.

Wing Readiness looks at all of our missions and Airmen as a whole and ensures we're ready to meet the taskings that we may be given. This means we need to practice harder than we expect to have to perform and stress the system and wing as a whole. We plan to do a two day Emergency Exercise during the February drill which will be tough, robust and should challenge us as a wing. Multiple wing plans will be exercised and our focus is on emergency management and ability to operate under stressed conditions. We hope to learn from it, and test even harder during our June week. During our June exercise, we will test our ability to survive and operate (ATSO) in what we call a Phase II exercise. Essentially, we continue to operate our wing and execute the mission while at the same time, being thrown curve balls to operate in a combat environment. As a wing, and as Airmen it prepares us to be ready if called for war.

Unit readiness is about ensuring your unit's unique mission, whether ISR, engineering or support, is ready to meet your unique taskings. Your squadron and group commanders will be talking about your unit readiness in upcoming months and focusing on how to improve, test and validate that your unit is

ready. As a nation, we've spent the last 15 years at war focusing primarily on Terrorism, Violent Extremism and much of the Middle East. Our country expects us to be ready for any adversary - many other adversaries require an increased skill-set and proficiency to be successful. Your commanders will focus on these skill-sets with you as a unit so that we're ready to meet our commitments.

Airman readiness is something altogether specific and ultimately each one of our responsibilities. Yes, our skill sets in our various AFSCs are important and each and every one of us needs to focus on being the best Airman we can be in our specific jobs. Challenge yourself to get the most of your training and studies. Personal development is also important and it needs to be balanced with skill readiness. I encourage you to think about improving your personal development through education whether personal or military.

One vital area of Airman readiness that is often forgotten is personal readiness. Your family and personal fitness has a direct correlation on how personally ready you are and is just as important as whether you know how to do your job well. Take the next couple of months in the beginning of 2018 to really focus on your personal readiness. Do you have an updated family care plan, will and power of attorney? When was the last time you reviewed your insurance and emergency data on line? Does your family have a plan for finances and how to take care of the household if you're gone? These things are vital to Airman readiness. Fitness is vital to Airman readiness as well. Are you taking time out of your day to work out? I know for me, it's one of the harder things to do even though I enjoy it immensely. I'd rather take care of those around me first. If you're physically healthy, then keep up your work and don't let it suffer as you prepare hard. If you've let it slide, take some time to reflect on a plan and way forward to get healthy. Our wing will work hard on readiness this year and if you aren't taking care of yourself it will be a source of stress for you.

2017 was an amazing year for this wing and 2018 will be busier than ever. I couldn't be prouder to be a part of this wing and serve side by side with each of you as a fellow Airman. Thank you and thanks to your family for your dedication to our nation and its people.



DIRECTOR OF PSYCHOLOGICAL HEALTH SEASONAL AFFECTIVE DISORDER

Ms. Jill Garvin
102nd IW/Director of Psychological Health

For those of you struggling with the time change and our Massachusetts' winters, yes those winter blues are back! This time of year isn't always festive for everyone. I have had many conversations with members about how the weather affects our mood. There are many that are dealing with the death of loved ones, or who have family that may be sick or dealing with an illness. This combined with less light, can be very taxing on our system and psyche.

Seasonal Affective Disorder or 'SAD' is a type of depression that occurs at the same time every year, usually starting in the fall and continuing through the winter. It is believed that SAD may be caused by a lack of sunlight.

If you watch the local news and weather you will see that from now until around December 21st we lose about 5-10 minutes of daylight per day. The most common symptoms of SAD include: moodiness, weight gain, increased sleep, less energy, inability to concentrate, loss of interest in work or other activities, sluggish movements, social with-drawal, unhappiness and irritability.

If you are experiencing some of these symptoms you are not alone! Seasonal Affective Disorder is estimated to affect 10 million Americans. I recently got a blood test and found I was low on vitamin D and I'm outside a lot! This effects mood, so next time you are at the Dr., consider getting a blood test.

There is treatment for SAD which can include light therapy (I have 2 lamps over in our intel "reset" room), medication, or counseling, depending on the severity of symptoms. Below are a few tips that may be helpful:

- Make your environment sunnier and brighter. Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office. (I sometimes sit in our new conference room for 10 minutes to get light from the windows).
- Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

• Exercise regularly. Physical exercise helps relieve stress and anxiety, both of which can increase seasonal affective disorder symptoms. Walk Zoe!! Come to our new yoga classes!

If you would like more information on Seasonal Affective Disorder ask your physician, check out info on line or contact your DPH!



WING CARE PROVIDER DIRECTORY

This listing was compiled to assist you in caring for your Wingman. Please use this page for your information and as guidance for referral.

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. You can also find Zoe here, the wing therapy and morale dog. Contact Ms. Jill Garvin, jill.a.garvin.civ@mail.mil

(P) 508.968.4827 (C) 508.237.6652

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

AIRMAN AND FAMILY READINESS

The Otis Airman and Family Readiness Office offers a wide variety of services and programs that contribute to the mission readiness, resiliency, and well-being of the Air Force community by taking care of people. A&FR programs are available free of charge to military personnel, DoD civilians, retired military and family members. Contact Ms. Erin Creighton, erin.k.creighton.civ@mail.mil (P) 508.968.4855 (C) 774.313.8534

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

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)

SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

Providing private, confidential care for assault victims and assistance with reporting both unrestricted and restricted. Contact Captain Molly K. Alesch molly.k.alesch.mil@mail.mil (O) 339.202.3118 (C) 774.286.1164 SARC Hotline: 508-889-6644

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

Contact the Medical Group (P) 508.968.4091

FIRST SERGEANT'S CORNER: DIVERSITY

By Master Sgt. Paul Riordan 102 ISS/First Sergeant

To start with, I'd like to wish you all a joyous Holiday season.

Disclaimer: those of you know me know that I am not big on speaking - I am even less of a fan of writing. It's not that I do not appreciate both forms of communication, it is that I don't use a lot of adverbs, adjectives or flowery descriptions. I generally state what I have to say and trust that the people I am communicating with to understand what I have said.

Today I am going to give my spin on ... Diversity!

I grew up in Braintree as a white-Catholic with Irish immigrant parents. Most of my friends were Catholic and of Irish descent as well. We had a few Polish and Italian kids in our group and a couple of Protestants but I was in middle school before I became friends with my first non-white kid. As I have grown, by no fault of my own, I have become an old, white male! The point is, my "diversity tree" lacked branches. So with a background like this who am I to speak on Diversity?

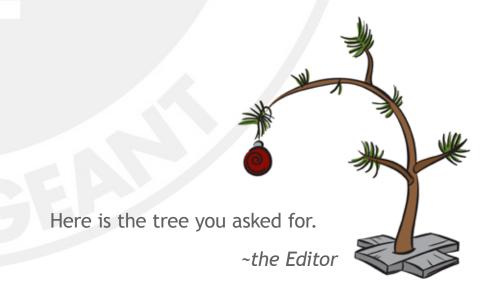
As a Christian I generally greet people with "Merry Christmas!" My wife being Jewish might respond with "Happy Chanukah". Many of you have different beliefs and celebrate different cultural or religious holidays. I would go down the list of the "Coexist" bumpah stickah and attempt the greeting for each letter but I would probably screw it up - plus it's not fully inclusive anyway. My point being, I do not intend any offense by my choice of holiday greeting and I assure you I am not offended by yours. I look forward to bumping into you all around the base and learning a holiday greeting that I have not heard before. Please enlighten me!

Moving on to the next Diversity point, identity and sexual orientation. Much like with religion and culture, I believe it is about respect for one another. Each of us may fall into some general categories but I believe we also have our own traits that we have developed that make us individuals. Like most of you, I have been to many "March Madness" sessions where we learn why we ought to respect diversity. I feel it should be common sense and it comes back to treating everyone with respect and dignity.

I hope you have enjoyed my take on Diversity, I tried to infuse a little bit of humor. I told you I am not big on extra words so this will have some white space. Maybe Mr. Sandland could insert a Charlie Brown Christmas tree or something to fill the space? Chuck actually nailed it with the true meaning of Christmas and being inclusive.

I covered a couple of aspects of diversity. And in Air Force writing fashion I am concluding by telling you what I told you.

MERRY CHRISTMAS!!!



ESCOBAR HONORED AS A TOP 5 AIRMAN BY AIR FORCE ASSOCIATION OF MASSACHUSETTS

Master Sgt. Maria Escobar, Base Training Manager, was honored as one of the "Top Five Massachusetts Airmen" at an awards dinner on November 17, 2017 at the Constitution Museum in Charlestown.

Airmen each represented the five major Air Force installations across the Commonwealth, including Hanscom Air Force Base, Westover Air Reserve Base, Cape Cod Air Force Station, and Barnes Air National Guard Base; with Escobar representing Otis Air National Guard Base and the 102nd Intelligence Wing.

The Air Force Association of Massachusetts' initiative, aims to recognize Airmen of excellence assigned to Massachusetts' installations.

Escobar was nominated for this award due to her outstanding efforts and accomplishments over the past year in her role as an Inspector General.

From left to right - Col. Virginia Doonan, Maj. Kristen Moulis, Master Sgt. Maria Escobar, Lt. Col. Kerry Hirzel, and Chief Master Sgt. Wing Ng. (Photo courtesy of Chief Ng)





CHAPEL CALL: TIME WELL SPENT

By Chaplain (Maj.) Darin Colarusso 102nd IW/Chapel

One would think that after over 33 years in some type of military environment, I would have become a morning person a long time ago. "Up in the morning with the rising sun".... only when someone yells at me to run! I seriously wish I could be one of those people that magically wakes up at 4:30am no matter when I went to sleep and bounces out of bed to keep from being bored. Not only could I do more things before 9:00am than most people do all day (as the old Army ad went), but I would be ahead of schedule and prepared for everything after 9:00 as well. At least that's my fantasy.

This thought comes to mind because I tend **not** to start worship services on time at my parish. That is anathema (look it up) to a military culture where five minutes early is on-time and on-time is late. So, basically I regularly start Mass late-late, but I know a big reason why: what I call the "5 Minute Fire Drill." It turns out that it's not until five minutes prior to start time that you realize something needs to be addressed last minute or that someone isn't showing up that day to do an assigned task. This circumstance explains the military wisdom behind "hurry up and wait." When it's time to launch, you'd better be ready to go. Period. However, since parishioners aren't typically familiar with a Phase 1, I don't think military timing is going to become part of our parish culture anytime soon.

What is coming soon, though, is the season of Advent, when many Christian denominations set aside the month

before Christmas as a time to expectantly prepare for that holy day. It carries the additional meaning for those of the Christian faith to remember to be ready for a potentially unexpected meeting with God, whether it comes at the end of time or at the end of one's life. As a consequence, it fosters reflection on moral improvement. That became my hook for the parish (and me) to start services on time: in order to be prepared for someone's arrival, one must already be there waiting for them. Whether one is familiar with Advent or not, any time that causes us to reflect on moral improvement and being ready for those who rely upon us is time well spent.

WORSHIP OPPORTUNITIES FOR THE RSD

SATURDAY

- 1100 hrs Christian Service, Conference Room 7 Building 330 Saturday
- 1500 hrs Catholic Mass, Army Chapel (the white chapel outside the Inner Gate)
- 1500 hrs Faith Based Leadership Series, Wing Conference Room

SUNDAY

• 1030 hrs Roman Catholic Mass, Bldg 165, Auditorium

If you need or want a worship experience other than these, please contact us at 508-968-4508. We'll be happy to help you.

DECEMBER RELIGIOUS HOLIDAYS

SIGNIFICANT RELIGIOUS HOLIDAYS MARKED WITH *

- 1 Mawlid an Nabi * Islam Birthday of Prophet Muhammad
- 3-24 Advent Christian 40 days of prayers in anticipation of the Messiah's coming
 - 6 Saint Nicholas Day Christian patron saint of children and role model for gift giving
 - 8 **Bodhi Day (Rohatsu) **** Buddhist Prince Gautama sat under Bodhi tree, vowing to remain there until he attained supreme enlightenment
- 8 Immaculate Conception of Mary Catholic Christian Belief Mary was preserved from original sin all of her life.
- 12 Feast day Our Lady of Guadalupe Catholic Christian appearance of the Virgin Mary
- 13-20 Hanukkah * Jewish Jewish Festival of Lights. Commemorates the Maccabean revolt in 165-164 b.c.e. recapture and rededication of the Jerusalem Temple. Special readings and praise songs focus on liberty and freedom. The eight candle Menorah is lighted
- 16-25 Posadas Navidenas Hispanic Christian journey of Mary and Joseph to Bethlehem
 - 21 Solstice Day when light returns to the world and sunlight lasts longer
 - 21 Yule * Wicca/Pagan northern hemisphere
 - 21 Litha * Wicca/Pagan southern hemisphere
 - 24 Christmas Eve Christian Night before the birth of Jesus
- 25 Christmas * Christian Birth of Jesus
- 25 Feast of the Nativity ** Orthodox Christian
- 26 Zarathosht Diso ** Zoroastrian Death of Prophet Zarathushtra
- 26 St Stephen's Day Christian Remembrance of the first Christian martyr
- 28 Holy Innocents Christian Remembrance of children killed by King Herod
- 31 Holy Family Catholic Christian celebration of the love between the family of Jesus



"My topic of discussion was about the differences between being a boss and a leader", said Miguel. "We discussed various leadership styles, levels of leadership and how to be an effective leader by identifying the important differences between bosses and leaders."

During the week-long exchange, Subject Matter Experts from U.S. Army Southern Command, Inter-American Air Forces Academy, Western Hemisphere Institute for Security Cooperation and the Massachusetts Air National Guard came together and provided Paraguayan SNCOs information about the role of enlisted members in the military. Topics discussed throughout the week included the enlisted force structure, promotions, professional military education, performance feedback and evaluation processes and career development.

"From the very start of the event, each Subject Matter Expert brought energy and enthusiasm event and demonstrated eagerness to share information with the attendees," said Miguel, "The SME's drew the attendees in to exchange their own experiences and difficulties in leadership in the Paraguayan

military as a SNCO with openended questions." Miguel believes this strategy increased the number of participants' response to each situation.

The team used combinations of basic Professional Military Education principles, from all branches of the U.S. military, to guide the foundation of topics discussed during the engagement.

"We are seeing progression.

When I went there a couple years ago, it was very hard to get [the Paraguayan NCOs] to talk and be involved and share," said Miguel.

The process has involved months of coordination and meetings with the Senior Enlisted members of the Paraguayan forces to learn about their history and goals.

"Their hospitality was very memorable," Miguel acknowledges, "Their leadership is very involved and asking us what we need and how they can make things better. They show their interest in the program. This shows that they want to continue to exchange with us in Massachusetts."

The commonwealth formalized a partnership with Paraguay in 2001. Since its inception, the Massachusetts National Guard has completed more than 100 exchanges with Paraguay, ranging from humanitarian assistance and disaster relief to maintenance, emergency management, engineering, and Army and Air Force aviation. In 2015, Kenya became Massachusetts' second state partner.

"The 102nd Intelligence Wing has been an integral partner to the joint activities conducted with Paraguay, contributing to medical, emergency management, and Intelligence, Surveillance and Reconnaissance lines of effort and have likewise played a significant role in our first few years of building a relationship with Kenya," said Col. Ryan Floyd, Massachusetts National Guard SPP Program Manager, "The SPP relies on the service commitment and volunteerism of soldiers and airmen to participate in activities that are outside their normal duty responsibilities. The success of the SPP which contributes to the achievement of Combatant Command objectives and national interests, could not be realized without people like Master Sgt. [Miguel]."

The National Guard's State Partnership Program has been successfully building relationships for over 20 years and includes 73 unique security partnerships involving 79 nations around the globe. SPP links a unique component of the Department of Defense - a state's National Guard - with the armed forces or equivalent of a partner country in a cooperative, mutually beneficial relationship.

[Editor's note: Master Sgt. Miguel's last name has been omitted for security purposes.]

(Air National Guard Photo illustration by Mr. Timothy Sandland)

JOINT TEAM ENHANCES PUERTO RICO GUARD COMMUNICATIONS CAPABILITIES

By Command Sgt. Maj. Don Veitch 65th Press Camp Headquarters

CIEBA, Puerto Rico - A joint team of U.S. service members working to enhance the communications capabilities of the Puerto Rico National Guard have provided a means of shipto-shore transmissions for maritime forces here, Nov. 2, 2017.

The Puerto Rico National Guard Landing Craft Detachment stationed at Ceiba has been without a means to communicate back to shore since Hurricanes Irma and Maria disrupted power. The four-boat detachment normally uses VHF Radios for ship-to-ship transmissions with limited range. Longer communications were normally handled via traditional cellular technologies, which have been down since the power loss.

The island of Vieques and Culebra normally receive supplies through the ferry system which visits the islands regularly. The normal supply methods are not sufficient to keep up with the demand since the hurricanes damaged much of the electrical infrastructure. The Army landing craft routinely augment the ferry system for supply distribution when needed.

The landing craft detachment's mission to provide additional shipping to the islands has been intensified due to the extra need to bring relief supplies in addition to the normal ferry's capacity. The lack of ship-to-shore communications and heavier mission load place the small craft at sea with greater frequency and no means to call for aid in an emergency, placing the craft and its personnel at risk..

"During their missions they weren't able to communicate back to any other asset," said Army Sgt. Jesse Espaillat, Information Assurance Support Officer, 44th Infantry Brigade Combat Team, New Jersey National Guard. "We needed to mitigate that risk, so they could have positive communication in case of an emergency."

Soldiers and Airmen from the New Jersey National Guard, Massachusetts National Guard and the Air National Guard Readiness Center are working together to use existing PRNG equipment and focus on creating lasting capabilities to meet mission requirements.

Air Force First Lt. Christian Fiore, a communications specialist with the 212th Engineering Installation Squadron, 102nd Intelligence Wing, Massachusetts National Guard, is a member of the joint team which came up with the solution of providing the landing craft with working radios.

"The LCMs now have three layers of communication," said Fiore. "In addition to the VHF boat-to-boat they have a VHF repeater based on the mountain top nearby and a high powered line-of-sight capability from the newly mounted SINCGARS radios."

Fiore's work as a systems engineer at Mitre Corporation mirrors his mission here. Fiore said in his civilian job he takes existing capabilities the government already has and provides them solutions for additional uses.

Fiore said the SINCGARS is the standard vehicle mounted radio for the U.S Army and Soldiers are familiar with the equipment and won't require additional training.

"All of the equipment came organically from the Puerto Rico National Guard," said Fiore. "Our goal was to come up with a solution from the equipment found on the island."

With the installation of the new equipment and infrastructure the landing craft now have the means to transmit as far as the U.S. Virgin Islands by using land-based repeaters.

"My main job was to get all the repeaters up, there are a total of eight repeaters throughout the island," said Army Sgt. William Planas, Spectrum Manager, 131st Troop Command, Puerto Rico National Guard. "One of the repeaters at the FAA site at El Yunque is the one covering from Puerto Rico to Vieques"

Communications are vital to the missions here, the addition of organic capabilities will allow for the freeing up of external assets for use elsewhere on the island.

"The Joint Incident Site Communications Capability from the Connecticut National Guard has been supporting the landing craft detachment," said Fiore "Providing them with their own abilities frees up the JISCC to respond to other areas of need."

The team has enthusiastically embraced the extensive work required to help rebuild Puerto Rico's devastated infrastructure. With the knowledge they were able to improve the safety of their fellow service members as they continue to support the citizens of Vieques and Culebra has the team feeling extremely positive about their mission.

Planas said team effort from the service members from the mainland has been critical to the success the group has had.

We have worked side-by-side, hand-by-hand and it has been great," said Planas.

"I feel great about the mission," said Fiore, "We train back home to this mission and it's a big part of why we join the guard. I'm glad I got a chance to come down and get a chance to use my training to help out Puerto Rico."

"This has been a reminder of why I enlisted in the guard," said Espaillat.

USAV 8 POPORORIPH POPORORIPH POPOR

CIEBA, Puerto Rico - Air Force First Lt. Christian Fiore, 212th Engineering
Installation Squadron, 102nd Intelligence Wing, installs an antenna for a
Single-Channel Ground-Air Radio System (SINCGARS) radio to an Army
Landing Craft as part of an ongoing effort to improve the Puerto Rico
National Guard's communication ability, Nov. 2, 2017. (U.S. Army photo by
Command Sgt, Maj. Don Veitch, 65th Press Camp Headquarters)

HOW NOT TO POP POSITIVE ON A DRUG TEST!!

By Maj. Heather Swanson Wing Drug Demand Reduction Testing Manager

This is an odd article title to be coming from the Wing Drug Demand Reduction Testing Manager (WDDRPM)! Yes you read that correctly, how can you be sure you will not pop positive on a drug test? Well, first of all, if you are doing the kind of drugs that are illegal, the simplest thing to do is stop. If you can't stop, seek help. If you are prescribed drugs, pay attention to the expiration date. Yep, it is as easy as 1..2..3.

- 1. Stop illicit drug usage
- 2. Seek help if you can't stop on your own
- 3. Check the dates on your prescription medication (doc's orders won't matter if the med has expired!!)

Let's talk about #1

Illicit drugs are those that alter your mental and/or physical state but have not been prescribed to you. They are simply not legal. You know the hard stuff already...cocaine, heroin, crystal meth, etc. Then there are a number of other uppers and downers out there as well. Of course, watch out for marijuana. Sweet ol' Mary Jane might be legal in Massachusetts but Uncle Sam isn't on board with that. If you have a family member who uses marijuana for medical or recreational reasons be extra cautious by avoiding skin contact or inhalation. It won't be an excuse if you pop positive!! Spice, or synthetic cannabinoid, isn't authorized either.

It is also considered illicit drug usage when you are taking a prescription for reasons other than why the doctor gave them to you. For instance, you go to the emergency room for an injury and are prescribed pain meds. However, instead of throwing away the left overs you keep them for a rainy day and use them for some other ache or pain. Or, maybe you are walking a dark line by taking one just to feel better? Seek help on that one quickly before it gets out of control!

Being 'au-naturale' and on wild diets is all the rave these days. I can't even keep up with the fads. My 12 year old daughter had a sleep over and half-way through cooking scrambled eggs, her friend announced she was a pescatarian! A peska-WHAT? (that's the word of the day) How about a nut free, non-GMO, organic, no-hormone, dairy free, gluten free, vegetarian, freerange hamburger with a side of hemp chips? Careful! Natural doesn't always mean safe for the drug program. Coca tea sound good? Makes me think of chocolate tea but, oh no! This tea is made with coca leaves which are used to AT THE DATE ON THE BOTTLE!! That is all that matters! If your doctor says make cocaine. You will DEFINITELY pop positive if you drink this...even if you buy the de-cocainized version you might still pop positive! (p.s. it comes in candy form too)

The natural food stores are more prone to carry products with ingredients which will cause a problem for you in the military. Items with things like hemp, coca leaves, and marijuana can be in the form of drinks, food (i.e. Yogurt and energy bars), candy, or bath and body products. It may sound crazy but what you put on your skin is absorbed and metabolized by your body. Read the labels. Air Force: AFI 90-507, section 1.1.6, states that "the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited."

Finally, for you gym rats, watch out on the supplements and stay away from steroids. The things that help you lose body fat can be as innocuous as caffeine or as insipid as uppers. Caffeine as you know is legal but some uppers can metabolize and show up as amphetamines. The DoD put together an education campaign for dietary supplements. If you'd like to know if what you are taking is safe for the Air Force drug testing standards, check out this website: https://www.opss.org/

BOTTOM LINE: if it is altering your normal mental or physical state it can mess up your work. If it is messing up your work, it messes things up for everyone. Need an upper? Caffeine. Or, get more sleep. Need a downer? Do something fun or take a stress relief break. That leads us into #2

Let's talk about #2

Taking drugs in the time frame and for the reason for which they were prescribed can positively affect physical and mental ailments. However, when taken outside of those parameters, we know drugs aren't good for us. So, why would anyone use them? Some drug usage starts with experimentation and leads to addiction. Others take drugs to cover up or dull out unpleasant feelings or experiences. Here is where you can get help for the root problem. Reach out to Military One Source or Jill Garvin, the Director of Psychological Health (located in building 170 on the first floor)

Let's talk about #3

This one has bitten a few people in the past so PAY ATTENTION!! PLEASE bring in your prescription bottle to the Medical Group so they can take down your information as soon as you have a new prescription. Some folks, mostly in the older generation, are prescribed 'as needed' medications that show up as drug positives. These might be pain killers or muscle relaxants. LOOK you can take them 'as needed' but they expire, your doctor's word WILL NOT HELP YOU. Unfortunately, if the 'as needed' medication has expired it WILL be processed as illicit. Scary stuff! If you have an 'as needed' prescription I

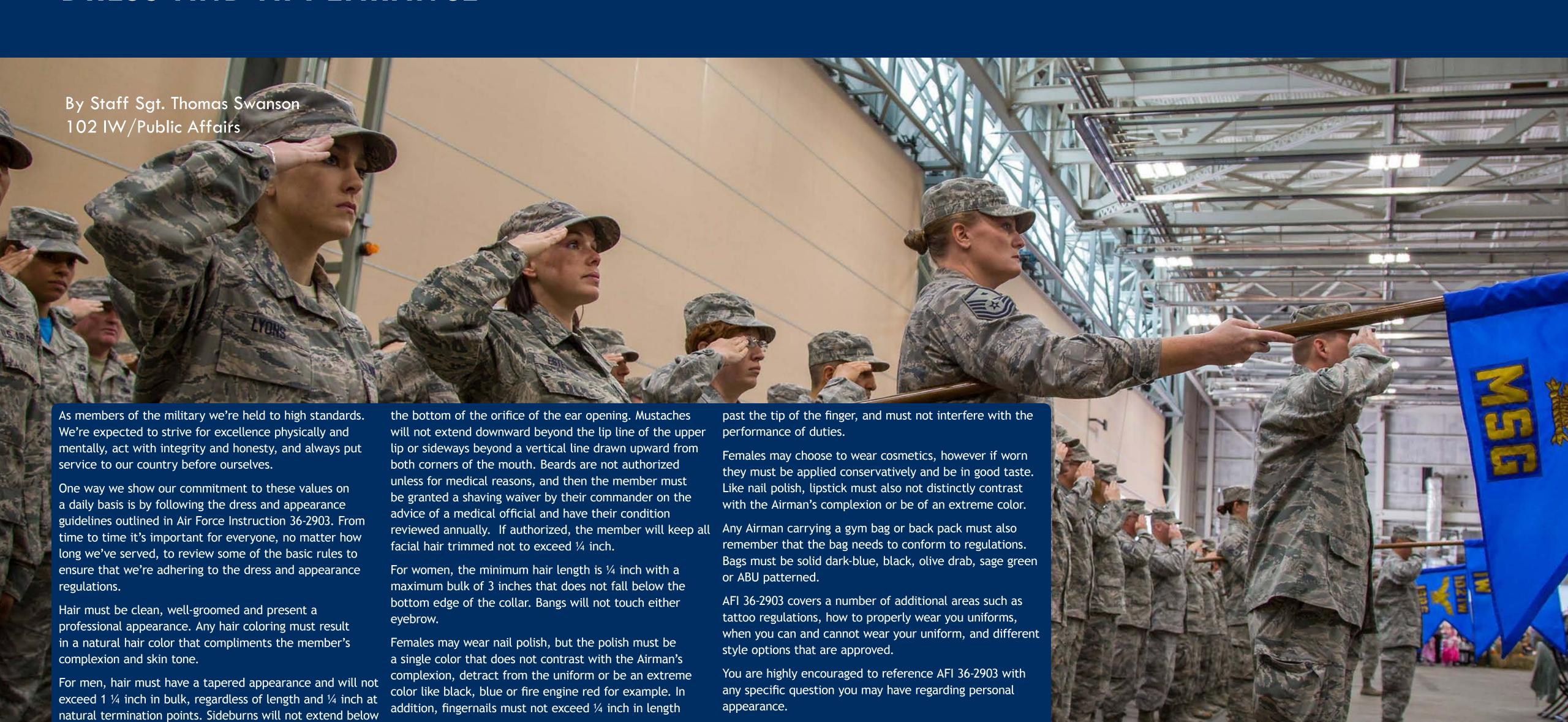
recommend setting an alarm in your phone or computer that starts letting you know WAY ahead of time that you are coming up on your expiration date.

Consequences

If you are found to have illicit drug usage you will be dealt with by security forces and the legal office! Unless you can justify a waiver, you most likely will be separated. ...and the Wing WILL pursue something other than an Honorable Discharge! But, now you know how not to pop positive on a drug test so you have nothing to worry about!



DRESS AND APPEARANCE



A DAY IN THE DRILL - 102ND MEDICAL GROUP

The skilled Airmen of the 102nd Medical Group provide support to the members of the wing with services ranging from general and aerospace medicine, dental examinations and evaluation, military public health, bioenvironmental engineering and promoting programs for good health and monitoring the well-being of all members.

They maintain the highest proficiency in all phases of medical readiness in not only general health and wellness, but also the specific requirements in their assigned specialties.

These professionals support the overall mission of the Massachusetts Air National Guard by providing quality medical services to the men and women of the 102nd Intelligence Wing.











102ND SECURITY FORCES DEFENDERS DEPLOY TO PUERTO RICO

Personnelists, finance specialists and logistics personnel, among others, joined together in the Personnel Deployment Function to outprocess security forces Airmen from the wing who recently departed to Roosevelt Roads Naval Station, Puerto Rico.

These Airmen will assist in overall airfield security and protection of personnel and resources in the U.S. territory.

Working in support of civil authorities, 102nd Security Forces Defenders, along with their counterparts from the 104th Fighter Wing at Barnes and 103rd Airlift Wing at Bradley Air National Guard Bases will function as part of an integrated federal, state, and local response in support of Hurricane Maria relief efforts.

Approximately 40 members from these three units departed Bradley on a Connecticut Air National Guard C-130 Hercules aircraft on November 5.

The training and equipment Air National Guardsmen receive in order to fight our nation's wars is what makes it possible for this team of Security Forces Defenders to rapidly respond during homeland emergencies, not only here in the commonwealth, but in other states, regions and territories of the United States.

(U.S. Air National Guard photos by Senior Master Sgt. Julie Avey, 104th Fighter Wing Public Affairs and Staff Sgt. Thomas Swanson, 102nd Intelligence Wing Public Affairs)









PHOTOS FROM PUERTO RICO

CIEBA, Puerto Rico - Defenders from the 102nd Security Forces Squadron, 102nd Intelligence Wing, form up for a group photo during a promotion ceremony held in Puerto Rico. The Airmen are assisting in overall airfield security and protection of personnel and resources in the U.S. territory.

CIEBA, Puerto Rico - (From Left) Army Sgt. William Planas, Spectrum Manager, 131st Troop Command, Puerto Rico National Guard, Air Force First Lt. Christian Fiore, 212th Engineering Installation Squadron, 102nd Intelligence Wing, and Army Sgt. Jesse Espaillat, Information Assurance Support Officer, 44th Infantry Brigade Combat Team, New Jersey National Guard, stand in front of the first of the Army Landing Craft here outfitted with the Single-Channel Ground-Air Radio System (SINCGARS) radio, November 4, 2017. (U.S. Army photo by Command





EXPEDITIONARY SKILLS RODEO

Wing Airmen participated in an Expeditionary Skills Rodeo on November 5, 2017.

Participants were instructed on Mission-Oriented Protective Postures (MOPP) and the correct use and wear of the protective gear, as well as correct decontamination techniques and identification and cordoning off of unexploded ordnance (UXO).

(U.S. Air National Guard Photos by Airman 1st Class Junhao Yu)









KEEP SAFETY IN MIND IN SEASONAL, HOLIDAY PLANS

By Darlene Y. Cowsert Air Force Safety Center Public Affairs

KIRTLAND AIR FORCE BASE, N.M. (AFNS) --

Temperature changes, shorter daylight hours, increased travel and emotional overload are hallmarks of the fall, winter and holiday seasons that safety officials say result in preventable mishaps.

"It's as simple as taking the same safety practices and procedures we use on duty and applying them to our off-duty activities," said Maj. Gen. John T Rauch, Air Force Chief of Safety. Every Airman should maintain a safety culture, he said, from following the fundamentals on duty to using sound risk management and making smart decisions off duty.

"I urge every Airman - uniformed and civilian - to take the time to thoroughly think through your holiday plans and use sound risk management when traveling and participating in the seasonal and holiday activities," Rauch said.

Occupational safety experts at the Air Force Safety Center track mishaps through the fall-winter-holiday period from the Monday preceding Thanksgiving Day to the day after New Year's Day. Mishaps for those periods over the past five fiscal years resulted in 25 serious off-duty mishaps; 20 deaths, one permanent total disability and four permanent partial disabilities. Motor vehicle mishaps made up the majority with 15, followed by sports, recreation and individual fitness with five.

"While we know that one fatal mishap is too many, it's especially disheartening when we see that most of these mishaps were preventable," said Bill Parsons, Air Force chief of occupational safety. "If every Airman commits to making risk management part of every activity - on duty and off duty - I'm convinced there

will be more Airmen who return to duty after the holidays with great memories and stories to share."

While most serious off-duty mishaps involve motor vehicle operation, safety experts agree that potential dangers in the home and in recreational activities must also be managed effectively to save lives and reduce serious injuries.

All Airmen and their families can use the following safety checklists to keep seasonal and holiday travels, celebrations and activities safe.

For your home:

- Supply of flashlights, batteries and blankets
- Salt or sand for treacherous sidewalks and driveways
- Safe, radiant space heater (no open coils)
- Supply of medications and food
- Smoke and carbon monoxide detectors

For your car:

- Check fluid levels, service belts and hoses
- Ensure heater and defroster are working
- Check tire pressure and tread
- Check brakes within the last 5,000 miles
- Test turn signals, brake and headlights, and four-way hazard lights
- Change cracked or worn windshield wiper blades
- Stock emergency kit (blankets, flashlights, water, energy bars, warning triangles, first aid kit, etc.)

While driving:

- Driving and texting make a lethal combination; don't let your next text be your last
- Alcohol and driving ... don't do it
- Plan your outing ... know the area and pack accordingly
- Slow down ... enjoy the drive
- Get a good night's sleep and take frequent rest stops

If stranded on the roadway:

- Stay calm; get your vehicle as far off the road as safely possible; turn on emergency flashers
- Call or text roadside assistance or 911; keep windows and doors locked until help arrives
- Make your vehicle visible; open the hood or tie a brightly colored object to the antenna
- Remain in the vehicle unless help is visible within 100 yards; don't risk exposure
- Run engine periodically to keep the vehicle warm; ensure car exhaust pipe is clear of snow that could block the discharge; crack a window to avoid carbon monoxide buildup
- Move fingers, toes and change seated position frequently to avoid frostbite



COMMUNITY CORNER

Chief Master Sgt. Lorrie Moran and Director of Psychological Health Ms. Jill Garvin, of the 102nd Intelligence Wing, speak to students at Quashnet Elementary School in Mashpee during their Veterans Day event on Nov. 8.

Over the past year students and staff from the school raised \$14,000 to provide a service dog to a veteran in need through Heroes in Transisition, a local organization that provides assistance to veterans.

(U.S. Air National Guard Photos by Staff Sgt. Thomas Swanson)









Maj. John Cullen, 202nd Weather Flight Commander, presents Lt. Col. Christopher Plonka with the Air Force Achievement Medal during Plonka's retirement ceremony.



Col. Virginia Doonan, 102nd Intelligence Wing Commander, presents then Senior Master Sgt. John Noland with a Meritorious Service Medal during his promotion ceremony during the November RSD. The award ceremony was followed by Noland's promotion to Chief Master Sergeant.



Newly promoted Chief Master Sgt. John Noland, 102nd Intelligence Wing, Chief of Safety, has his stripes 'tacked on' by his family at his promotion ceremony during the November RSD.



Col. Christopher Faux, 102nd Intelligence Wing Vice Commander, presents Senior Airman Bennie Lowe with his Community College of the Air Force diploma. Lowe earned an Associates Degree in Financial Management





nhlbruins Thank you for your service. #BruinsSalute





Col. Christopher Faux, 102nd Intelligence Wing Vice Commander, awards 1st Lt. Aaron Smith with the Air Force Commendation Medal, rewarding him for his years of service to the wing. Smith is transitioning from leading the 102nd Intelligence Wing's Public Affairs team, to become the Public Affairs Officer for the Massachusetts Air National Guard, based at JFHQ at Hanscom AFB.

THE 26TH AIR DEFENSE MISSILE SQUADRON

By Timothy Sandland 102 IW/Public Affairs

Throughout its history and various uses, the installation known these days as Joint Base Cape Cod has been a critical piece of the national and regional defense of the homeland. The most recognized aspects of this over the last several decades are of course the 102nd's former mission of Air Defense and the 6th Space Warning Squadron's mission of early warning.

Look back a little further and one will find other, somewhat forgotten examples.

In 1959, the 26th Air Defense Missile Squadron was activated and based at Otis Air Force Base, assigned to the Boston Air Defense Sector. BADS' mission was to provide air defense over New England in an area covering southern Maine, southern New Hampshire, southern Vermont, Massachusetts, northern Rhode Island and Connecticut as well as part of New York. The day-to-day operations of the command were to train and maintain tactical units flying jet interceptor aircraft and operating radar and interceptor missiles in a state of readiness with training missions and series of exercises with Strategic Air Command and other units simulating interceptions of incoming enemy aircraft.

Construction began of over two dozen reinforced concrete shelters. These shelters housed over two dozen IM-99 (later CIM-10) BOMARC, short for 'Boeing Michigan Aeronautical Research Center' surface to air anti-aircraft missiles. At 60 feet long and 24 feet wide, the shelters had heavy steel doors on the top which would slide apart and open prior to launch. A hydraulic system would then raise the missile to a vertical position for launch.

The model 'A' BOMARC missile could carry either

a nuclear warhead or a high-explosive warhead. At 50 feet long, the missile would take off using a liquid-fuel engine in its tail. Once airborne, twin ramjets would take over accelerating the vehicle to 2,275 miles per hour. It had a range of 200 miles and was designed to shoot down enemy aircraft off the east coast. Once in proximity, the missile would detonate a 1,000 pound explosive warhead, destroying its target.

The successor to the 'A', the model 'B' BOMARC missile, used solid propellant. It too could carry either a nuclear or high-explosive warhead. The model 'B' also operated using solid-state electronics, which was an enormous improvement over the A model's antiquated vacuum tube technology.

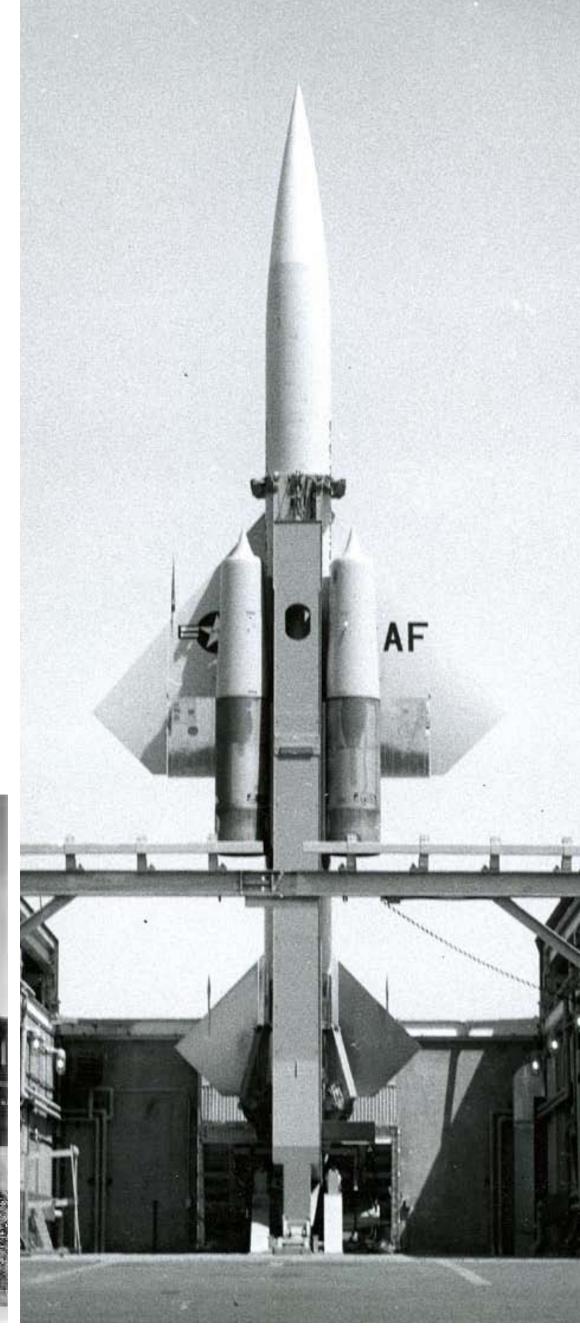
The launch and control systems were tied into a Semi-Automatic Ground Environment (SAGE) direction center which would use analog computers to process information from ground radar, ships and airborne aircraft to accelerate the display of tracking data at the direction center to quickly direct the missile site to engage hostile aircraft.

The missile site was located one mile northnorthwest of Otis AFB on Greenway Road at Camp Edwards near the eastern boundary of JBCC. As it was located outside of the confines of Otis, it was treated as an off-base facility, however the squadron received administrative and logistical support from the 551st Airborne Early Warning and Control Wing, the host wing at Otis at the time.

Due to changes in the organization of Air Defense Command, shifts in the perceived threat from the Soviets and improvements in technology in early warning and defense systems, the need for groundbased missile defense systems was reduced, resulting in the redesignation or closure of many of these types of units.

Having defended the region for a decade, the 26th was inactivated on April 30, 1972. During its service, the squadron earned two Air Force Outstanding Unit Awards.





ACCOLADES

ANNOUNCEMENTS

PROMOTIONS

SENIOR AIRMAN

Jake Mitchell Brandon Ciavola

STAFF SERGEANT

Corey Jacques
Timothy Gonvalves
Krista Saulsbury
Gregory Woodward
Jacqueline Ciccolo

Brianna Lyons

TECHNICAL SERGEANT

Jillian Lachut

MASTER SERGEANT

Jay Beauchesne Brian McGovern Shauna Rodriguez

SENIOR MASTER SERGEANT

Deane Shaw

Military

Outstanding

Volunteer Service Medal

AWARDS AND DECORATIONS

Have you recognized an Airman lately?



Meritorious Air Force Service Medal Commendation A Medal

Air Force Achievement Medal

Recognition can be both formal and informal.

Medals are an important way to formally recognize Airmen. There are many medals and ribbons an Airman may be eligible to receive during their career. The most commonly earned medals are those for achievement, commendation and meritorious service which an Airman may be eligible for.

There is also quarterly and annual awards - vital programs that provide deserved recognition and as a byproduct provide excellent material for medal packages.

For more information on these programs, contact your supervisor, mentor, first sergeant, Commander's Support Staff or the Force Support Flight.

Recognize an Airman today!

PRESCRIPTIONS REMINDER

IAW AFI 48-123 chap 10, each ANG member is responsible for promptly (within 72 hours) reporting an illness, injury, disease, operative procedure or hospitalization to include MEDICATIONS to the Medical Group. Members who refuse to comply with requests for medical information are considered medically unfit for continued military duty and are referred to their immediate commander for administrative discharge processing IAW AFI 36-3209. Documentation may be faxed to (508) 968-4061, emailed to MSgt Amy McNeill amy.t.mcneill2.mil@mail.mil or hand carried on Saturday mornings of each RSD.

CHIEFS COUNCIL CORNER

102nd Intelligence Wing Outdoor Recreation offers the area's best prices on boat, camper and trailer storage, with a secure on-base location to serve you. New customers are welcome now! Fees and charges are \$125.00 per calendar year. Please take a look at us, located inside the I-Gate next to Eagles Nest. We currently have nine slots open with plans to add additional spots this summer. E-mail Chief Walsh for terms and conditions at: michael.p.walsh6.mil@mail.mil or call 508-968-4380.

MASSACHUSETTS TUITION AND FEES WAIVER

Eligibility for the Massachusetts Tuition and Fees Waiver 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 are appointed with the Massachusetts Air National Guard. The benefit may be used at any point during your membership with the 102nd IW. Contact the Base Training Office for more information at 508-968-4189

HONOR GUARD OPENINGS

The 102 IW Honor Guard is seeking motivated airman of any rank to fill volunteer rolls in the Base Honor Guard. This is a rewarding opportunity that will allow you to show your dedication the Air Force and your strong military bearing. Honor Guard members are required to participate in a minimum of four details per year. These details include military funeral honors as well as wing and community colors events. While the Honor Guard would be glad to have you participate anytime of the month, if you can only participate on drill weekends that is acceptable as we are currently working on having at least 2 members from each squadron train to do retirements and special occasion events . Please stop by or call 968-4431 and see an Honor Guard member and inquire about this rewarding all volunteer force opportunity.

DEFENSE TRAVEL MANAGEMENT OFFICE NEWSLETTER

The Defense Travel Management Office is pleased to publish the fall edition of our quarterly newsletter, The Dispatch. Recognizing the need for better communication between the Defense Travel Management Office and the travel community, The Dispatch aims to provide timely travel-related news and updates. To view, go to: http://www.defensetravel.dod.mil/Docs/Dispatch/Defense_Travel_Dispatch_Fall_2017.pdf

SEAGULL EDEADLINES

SEAGULL SUBMISSIONS

Typically, 10 issues of the Seagull are published annually. Below you will find the deadlines for submission of content for each issue. The basic guidelines for submissions can be found on the right side of this page. Although Public Affairs makes every effort to accept your stories and images, we cannot guarantee content received after the submission deadline will make it in.

	submission deadline
OCTOBER	2 Oct 2017
NOVEMBER	23 Oct 2017
DECEMBER	20 Nov 2017
JANUARY	26 Dec 2017
FEBRUARY	29 Jan 2018
MARCH	15 Feb 2018
APRIL	19 Mar 2018
MAY	23 Apr 2018
JUNE / JULY	21 May 2018
AUGUST / SEPTEMBER	<i>,</i>

The 102nd Intelligence Wing Public Affairs Office welcomes your feedback and submissions. Got a great story idea? Is your unit or shop doing something impressive? We welcome articles written by unit members on topics of interest to the wing and its personnel.

WRITTEN STORY SUBMISSIONS

If you like to write and would like to submit a full article for publishing in the Seagull, we would be happy to take a look at it. Typically written stories are between 500-800 words and are formatted in the Associated Press (AP) format. Stories should have some relevance to the wing, its mission or its people. We reserve the right to review and edit your piece but will talk any edits over with you.

TELL US YOUR STORY IDEA

If you aren't interested in writing your own story but would still like to call attention to someone or something great happening in the wing, contact wing PA. Give us some background details and we will take it from there!

ANNOUNCEMENTS

Got something to say that doesn't warrant a full article? Send us your announcements and we will include them in the appropriate section of the Seagull. Please limit your message to a short paragraph or less.

PHOTOGRAPHS

Did you capture some great shots while training on a cool piece of equipment at some obscure training site out in the woods? Maybe you went to a great going away luncheon or a promotion ceremony. Maybe you snapped a picture of you and your team working hard and building camradarie. Send us your shots! Public Affairs can't always be there but we still want to share those moments with the wing. For submissions just give us a few lines about what was going on, where the photo was taken, who is in it and who took the photo. We might be able to get them in the Around Otis section of the Seagull and possibly on our Facebook page.

CONTACT US

Public Affairs can be reached at x4516 or x4697, via email at usaf.ma.102-iw.mbx.pa@mail.mil or by simply dropping by our office in Bldg 170.



GET IT
TODAY

THE 102D INTELLIGENCE WING SMART PHONE APP

Available at an app store near you is the official smart phone app for the wing. With it, you will be able to access commonly used phone numbers, check on events happening in the wing, and find useful applications such as fitness, commonly used instructions and checklists, as well as the latest news from the wing.

COMBINED FEDERAL CAMPAIGN AND UNIFORM BUYOUT FUNDRAISER

By Capt. Derek L. White Wing CFC Coordinator for FY18

The Combined Federal Campaign for FY18 has begun.

The CFC is a program that promotes charitable giving by Military and Federal Employees. The online tool and catalog book shares hundreds of charities vetted by the CFC. The process of giving is simple and only takes a moment of your time.

Select a cause, charity or charities that you care about through the online website and donate a single pledge or set up a reoccurring scheduled pledge amount. If you are a full time employee and would like to give by payroll deduction see your CFC representative.

Every year the 102d participates in the campaign. The uniform buyout fundraiser has been approved by the wing commander. The rates to participate in the uniform buyout are below.

Simply go to www.newenglandcfc.org and click on the donate button. A helpful tip with the website is to only enter one field for charity or cause when searching.

You can add multiple charities at the same time. When you are done, print your donation receipt and give to your CFC representative.

Your name and financial information will not show on the receipt.

UNIFORM BUYOUT FUNDRAISER (Uniform must be on hand)

- E1-E6: \$10 per day of Dec 2017 and Jan 2018 RSD
- E7-E8: \$12 per day of Dec 2017 and Jan 2018 RSD
- E9/O1-O3: \$15 per day of Dec 2017 and Jan 2018 RSD
- O4-O5: \$20 per day of Dec 2017 and Jan 2018 RSD
- O6: \$25 per day of Dec 2017 and Jan 2018 RSD
- E1-06: \$5 per Friday from 01DEC2017 29DEC2017

Pledge Online and give pledge card to you CFC Representative



Want to make an impact in the world around you?

Give to a cause you care about through the CFC. You can even volunteer. It's that simple.



Lt Col Colin R. Huckins
U.S. Air Force



Choose your cause and *Show Some Love* today.

newenglandCFC.org

















