

102nd INTELLIGENCE WING Seagull

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Family First

Pg. 6

Family Day!

2014

Sunday, October 5th



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ON THE COVER



The cover photo shows Chief Master Sgt. Deborah Marshall at a "shower," thrown for her by fellow Airmen. See the full story on page 6.

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Message From a Commander

By defending these British soldiers, Adams was risking at a minimum being tarred and feathered and at worst death. Adams had no love of the British occupation of Boston, in fact he was an outspoken critic but as a lawyer and patriot, he felt deeply that all be afforded the right to adequate defense, especially in a case where the death penalty was in play. Risking his reputation, livelihood and his life, John Adams took on the case and was able to get Captain Preston and six of his soldiers acquitted of all charges. The other two soldiers were convicted of manslaughter and branded with an "M" on their thumbs. The "M" denotes that the man had received leniency.

After the trial, Mr. Adams was viewed as trustworthy and a very brave man. In a couple of years, he was elected to the Massachusetts' State House, which started his political career.

His son, John Quincy Adams, was a Harvard professor, diplomat, Secretary of State, sixth President of the United States and an eight term Massachusetts Congressman, in that order. Very few Presidents have become Congressman after their administrations have ended. John Quincy, like his father had a strong commitment to service to our nation and for fighting for what he saw was right. John Quincy strongly believed that owning a slave was a sin and that slavery directly contradicted the principles of liberty and unalienable rights which our Nation was founded on. In 1841 he represented the defendants in United

States versus The Amistad Africans in the Supreme Court of the US. The Africans had seized control of the Amistad, a Spanish Slave ship, bound for Cuba. The Africans demanded the crew take them back to Africa but the crew sailed the ship to America where the US Navy took control of the ship off the coast of Long Island. After a number of trials the case ended up in the Supreme Court. Adams successfully argued that the Africans should be set free and returned to their native land.

Both John and John Quincy Adams took actions that was against the popular views of the day. The vast majority of lawyers in both cases did not want to have anything to do with these trials. But these Massachusetts man with character did what was right and the history has judge them very favorability. The challenge to you is this, next you are confronted with a difficult unpopular situation, try to have courage and the character to do the right thing, in the long run it will pay off.

Col. Joseph Morrissey
Commander, 253rd CEIG

Your Moral Compass

How would you define character? One of Webster's definitions on character is "the group of qualities that make a person, group, or thing different from others". I ask the question because the other day during Mass, my parish Priest was taking about character and he mention two Presidents from the Commonwealth – John and John Quincy Adams, during his sermon. The reference stuck a nerve with me because it highlighted in my mind, the strong moral compass both the father and son had.

John Adam played a leading role in founding of our beloved Commonwealth and our Nation. Adams helped frame the Massachusetts Constitution, was part of the Declaration of Independence committee, a diplomat to France, and the second President of the United States. Quite the accomplishments, but before all that he was a trial lawyer. One could argue that his most controversial trial was when he defend Captain Preston and eight British soldiers in their involvement in what we call the Boston Massacre. Captain Preston and his man could not find anyone to defend them.

Promoting Family

By Staff Sergeant Patrick McKenna



In the Air Force, promotions are not given, they are earned. They are earned by being proficient at your mission; by completing your professional military education; and by being a good person on and off duty. This is especially true when it pertains to taking the leap from the Airman ranks to become a noncommissioned officer.

Two 102nd Intelligence Wing Airmen recently reached that goal together and sewed on their next chevron, but what sets them apart, is they are not only wingmen, but husband and wife, which makes this promotion even more special.

Staff Sergeant Aaron Booker, 102nd Intelligence Support Squadron and his wife Staff Sergeant Ashley Booker, 102nd Air Operations Group, both recently joined the noncommissioned officer ranks as they both promoted to staff sergeant

in front of family, friends and fellow Airmen on Joint Base Cape Cod.

The process to make staff sergeant isn't an easy one. You must not only complete Airman Leadership School and pass the comprehensive exams that accompany it, but more importantly, you must demonstrate to your leadership that you're prepared to take on the additional responsibilities that come with being an NCO.

"Earning a promotion to staff sergeant is a big deal," said Capt. Evan Lagasse, 102nd AOG. "It means much more than adding a fourth stripe to the uniform sleeve and receiving a few extra dollars in the pay check; what it truly represents is increased leadership opportunity and responsibility."

Additionally, the Bookers had to balance more than just studying and their work

schedules. They also recently became parents which makes their completion of the requisite course work and exams all that more satisfying for them both.

"I'm excited that my husband and I were both promoted at the same time," said Staff Sgt. Ashley Booker. We worked really hard studying for the ALS test. We are just really happy."

With all their hard work paying off, fellow Airmen in the wing are both impressed with the Bookers' worthy promotions and excited for the next steps in their Air Force careers.

"The 102nd Intelligence Wing is a family and it was truly a pleasure to recognize a husband and wife team in Aaron and Ashley Booker as they were promoted to staff sergeant at the same time," Capt. Lagasse said.

Chapel Call

By Chaplain David G. Berube



In the *Guideposts* booklet, "Resiliency," author Ken Sampson offers 31 ways to build resilience. Resilience, as you know, is the ability to bounce back. It's about gaining and maintaining the strength, coping skills, and resources to continue a healthy, forward moving life. Here are some threads from Chaplain Sampson's thoughts –

Spend time with people who lift you up. Think about people you've spent time with this past month. Who do you look forward to talking with or seeing again soon? Who do you hope will lose your number? The answers probably have to do with whether people provide you energy or drain it. It enriches and energizes us to spend time with folks who raise our spirits, increase our knowledge and capabilities, or inspire our sense of adventure, humor, or fun. Spending time with people who lift us up makes us stronger and healthier.

Lift others up. Think about last month's contacts again. Who is looking forward to the next time they see or hear from you? How did you provide or drain energy in those interactions? Life is full of events, circumstances, and tasks that tempt us to give up happiness, joy, and enthusiasm. We often can't change life's negative or unexciting parts, but we can choose to seek a positive path through them. When we choose joy and good

humor, we become people who build up others (and they return our calls more quickly). Being uplifting helps make others stronger and healthier.

Embrace new opportunities. Winston Churchill said that pessimists find difficulty in opportunity and optimists find opportunities in difficulty. Our lives are enriched when we seek positive places and people that provide us opportunities for growth, development, and excitement. Realistic optimism honestly recognizes difficulty but refuses to submit to it. Realistic optimism uses opportunities to overcome difficulties and provide improvement to some part of the world. Embracing new opportunities helps us develop resources and coping skills in life, for ourselves and others.

Remain calm as a leader and follower. A friend shared this description of poor leadership: "When in danger or in doubt, run in circles; scream and shout." You can probably think of more than one time when you saw that played out in leaders (and followers). It's not pretty. But, life evolves in a more manageable way (even when it's difficult) as we practice leadership and followership that demonstrates a "Keep calm and carry on" orientation. Remaining calm lets us focus on controlling and accomplishing what we can while not being swept away by what is beyond our control. Calm control of ourselves helps us surf whatever chaos surrounds us. Calmness is a confident and productive approach to life that helps our own state of being, our ability to handle necessary tasks, and our mission to care for those who lead or follow us.

UTA WORSHIP TIMES AND RELIGIOUS SERVICES

Roman Catholic Mass: 0900 Sunday at the Coast Guard Chapel

1100 Sunday, Building 158, 3rd Floor (next to Chaplain's Office)

Interdenominational Christian Worship: 1015 Sunday at the 102nd IW, Building 158, on the 3rd Floor

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

Never Forget



A LINK TO THE PAST

As we approach the 13th anniversary of 9/11 it's easy for the memories of the day and what it meant for this country to fade away, especially for younger airmen. Sometimes it helps have a link to the past, a memento that connects you to those events.



"It's something that always is going to be with me. It changed my life."

--Lt. Col. Daniel Nash
Pilot of Aircraft 100 on
September 11th

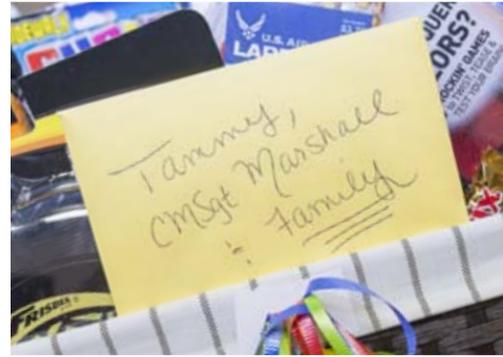
HERITAGE PLAZA

Aircraft 100 in the Otis Heritage Plaza is one of those mementos. Not simply a static-display aircraft. Thirteen years ago it was one of two aircraft over New York as the days events unfolded. If you have a chance, stop by the plaza and pause to remember that day



Family First

By Staff Sergeant Patrick McKenna



The decision to start a family is an enormous one for any couple. But for prospective adoptive parents there's another level of factors. Not only do they have to decide if they are ready, emotionally, financially, and physically, but they have to complete a number of steps and have things align just right to be approved for a match.

For Chief Master Sgt. Deborah Marshall and her fiancé Tammy, it has involved weeks of classes, years of waiting, long trips, and having their lives examined by the Department of Child and Families (DCF) to make sure they were the right fit for adoption.

First on the checklist was a mandatory class titled "Massachusetts Approach to Partnership in Parenting", a 10 week class for three to four hours once a week. Chief Marshall and Tammy would work their day jobs and then go to the class from six to nine or 10pm. The class is required for anyone who wants to do foster care or who wants to go through the adoption process.

"The class is kind of a two-way interview to see if adoption is right for them and for DCF to assess the couples to see if they

are right for adoption," Marshall said.

Following the class, a home study had to be done, including what Marshall estimates to be a 40 page questionnaire about their backgrounds, upbringings, families, and more.

"They really dig into your personal life because the kids are coming from unstable situations," Marshall said.

Through it all, Marshall maintains that it was worth the effort, because she and Tammy felt strongly about this decision and what children they wanted to bring into their lives.

"For us we knew we wanted a sibling group at least two, three if it was the right situation," Marshall said.

Last October, Chief Marshall and Tammy went to an adoption party, which is an event where they bring children waiting to be adopted as well as couples waiting to adopt. The party was scheduled for Sunday, October 6 this and, initially, Chief Marshall was disappointed because she was unable to attend due to the 102nd wing's drill weekend. But, then fate intervened on her behalf.

"Originally, I said I couldn't go because we had a drill weekend, but because of the government shut down the weekend was canceled," Marshall said. "It's ironic the way it worked out."

So there Chief Marshall were, standing at the party with a bunch of kids running around playing when all of a sudden they heard a loud screeching sound. They turned to see a little girl across the room and she just was running towards two boys who picked her up and embraced the young girl.

"We couldn't really figure it out," Marshall said. "We were wondering why they were so excited to see each other. The two separate caregivers that brought them to the party told us they were three siblings and that for the past year and a since they went into foster care they had been put into three different homes in three different towns. During that time they had only been able to see each other once a month for an hour in a little DCF conference room."

So Chief Marshall and Tammy decided to get to know these three children at the party. They spent the day playing basketball, bocce and playing with animals at the petting zoo. They learned more about the children's backgrounds spending

and at the end of the day, Chief Marshall and made a decision that would change the course of their lives.

"By the end of the day we went right up to our social worker said 'yes, we like to be considered for these children'," Marshall said. "When we were leaving the party, I said to Tammy, 'I think we just met our kids.'"

...to be continued.



September 2014

Suicide Prevention Month



Preventing Suicide is Everyone's Responsibility

- ▶ The DoD takes suicide prevention very seriously and considers any measure that saves a life as one worth taking. One act can save a life.
- ▶ The DoD has implemented many programs and services to help Service members, DoD civilians, and their families cope with everyday stresses and those unique to military life.
- ▶ Suicide prevention is the responsibility of all of us. Leaders at all levels must embrace this issue and take measures to create a command climate that encourages Service members, DoD civilians, and their families to seek the help that they need.

The Causes of Suicide Are Diverse

- ▶ Suicide is a complex issue. Just as in the general population, suicide in the military is usually associated with relationship problems, financial distress, legal issues, and depression.
- ▶ Based on the data, there appears to be no direct link between deployment and an associated risk of suicide.
- ▶ Everyone should recognize the signs of suicide: hopelessness; anxiety; feeling like there is no way out or reason to live; self-destructive behavior, such as alcohol and drug abuse; withdrawing from family and friends and no longer enjoying favorite activities; talking about death; and acquiring weapons or other lethal means.

Building Resilience is Critical

- ▶ USD P&R defined resilience as "the ability to withstand, recover, and grow in the face of stressors and changing demands." Resilience is foundational to Total Force Fitness.
- ▶ Although everyone starts with different levels of resilience, increasing it is always possible.
- ▶ Resilience can be built, sustained, supported, and reinforced in four aspects of a person's life—mind, body, spirit, and social.

DoD Promotes Help-Seeking

- ▶ Seeking help is a sign of strength.
- ▶ Military members who seek behavioral health care are protected by law against discrimination.
- ▶ Suicide ideation or a suicide attempt is a medical emergency and care should be sought immediately—call 911.
- ▶ DoD has launched a joint campaign with the Department of Veterans Affairs on the "Power of 1;" 1 Act, 1 question, 1 call, can save a life.
- ▶ Service members or their families in crisis should seek help immediately by contacting the Military Crisis Line. Dial 800-273-8255 (press 1 for military) for 24/7 crisis support. The crisis line also provides an online chat (www.militarycrisisline.net) and text service (838255).
- ▶ Service members or their families who would just like to talk to someone who has shared similar experiences should contact Vets4Warriors. They will be linked to a peer who is trained to assist them in overcoming their obstacles. Call 855-838-8255; email info@vets4warriors.com; or chat online at www.vets4warriors.com.
- ▶ If you suspect someone may be feeling suicidal, talk to them—it could help save their life.

Coping with Grief

By Ms. Jill Garvin

Since I started working here at the 102nd, I have been struck by the amount of losses at the wing.

For 8 years, I worked for a program that dealt with sudden loss and grief.

This was a profound experience for me, both personally and professionally. I immersed myself in the literature about grief and loss and learned a great deal from daily interactions with individuals and families that were grieving.

Here are a few things I've learned and experienced about grief that some of you may find comforting or helpful:

You don't "get over" grief. You learn to get "through" grief. Time doesn't always "heal all wounds." I remember a mother saying to me that the longer her son is gone, the worse it feels. She stated that when the 5 year anniversary came, she felt worse realizing so much time had passed that her son wasn't in the world.

Nothing goes back to the way it was. You have to create a new "normal", at your own pace.

The stages of grief, written by Elizabeth Kubler-Ross, were originally created for terminally ill patients and the stages they go through: shock, denial, anger, bargaining and acceptance. As a result, survivors of loss believe they should neatly move through these stages, and if they don't, then they must be grieving incorrectly and they judge how they are grieving.

When we grieve, we may go through some or all of these emotions, but not in a chronological, packaged way. We are all different and unique in our grief.

Some of us want to talk about our loss; some of us cannot talk about it. Some of us stay angry and others find more acceptance as time moves forward. Grief comes in waves. Sometimes it's turbulent and hits you like it was yesterday.

And at times grief feels manageable. It is always changing. Grief is not rationale or linear.

I would like to offer a gentle reminder to those experiencing loss: Don't judge

yourself on how you are grieving or compare yourself to others and how they grieve. There is no right or wrong way to grieve.

Offer yourself compassion and patience. Talk to yourself like you would a friend. Grief is not a one or two year process – it is a lifetime of grieving. The waves may get smaller, but it's always there. Your loved one is always in your heart and being.

Often, the more complicated the loss, the more complicated the grief can be.

Grief isn't easy to communicate with people that haven't experienced loss.

This is why it's so important to connect with other grievers when you are ready. This can be in a group setting, talking with a therapist or chaplain, or on-line groups and chat rooms for those grieving. I have found that reading books and memoirs about grief help normalize the experience of loss. Grief can make us feel crazy, but I assure you, you are not crazy. You have reactions that you have never experienced before.

How can you help the griever?

It's usually not helpful to say, "They are in a better place." We want our loved one here. How does someone else know where our loved ones are?

Yes, time can heal, but for many, the more time passes, that is more time the griever does not have their loved one.

NEVER say it's time to "get over it" or "you need to get on with your life."

"Your loved one would want you to get on with your life." Or "you have other children" is not helpful.

No one gets over a loss, they learn to move through loss and how to live with loss. We hopefully learn coping skills along the way.

It's not helpful to say, "at least you had your loved one for a certain amount of time."

Statistically, it takes a couple of years after a significant loss for the shock to wear off and to start realizing (sometimes

accepting) the reality. Also, it may never feel acceptable, but one can understand that the loss has happened and it becomes more real.

During illness and right after a death, people are supportive and available.

It's months and sometimes years and anniversaries after the loss, that the person really needs support.

Life really doesn't go back to being normal, but rather we learn to create a new normal and existence without our person. And this takes time. Sometimes it helps to ask the griever, "What helps you?" Again, they may want you to say their loved one's name, or they may prefer you don't bring it up at this time. Often grievers do not know what they need, so give them the space and time, and remind them you are available if needed. Very often we just don't know what to say; keep it simple. All of us want the person we lost to be remembered!

I am thinking about starting a grief group here at the wing that would provide support and information. If you are interested, please email me or call me so I can see if there is interest. We will discuss helpful books, grief versus complicated grief, and offer support to others that may feel alone in their grief. Human connection is the most powerful tool for healing. Feel free to contact me for book suggestions as well, or other grief groups in the community.

Please remember I am here for all of you and I would be honored to support you through your grief.

Suicide prevention is one of the DoD's top priorities. Observation of Suicide Prevention Month provides an opportunity to demonstrate our collective resolve to combat this problem and promote steps to increase knowledge and foster understanding of suicide prevention and enhance help-seeking and resilience efforts.

The Defense Suicide Prevention Office (DSPO) is part of the Department of Defense's Office of the Under Secretary of Defense for Personnel and Readiness (USD (P&R)). DSPO oversees the development of policies, procedures and messaging to prevent suicide and build resilience across the U.S. military.

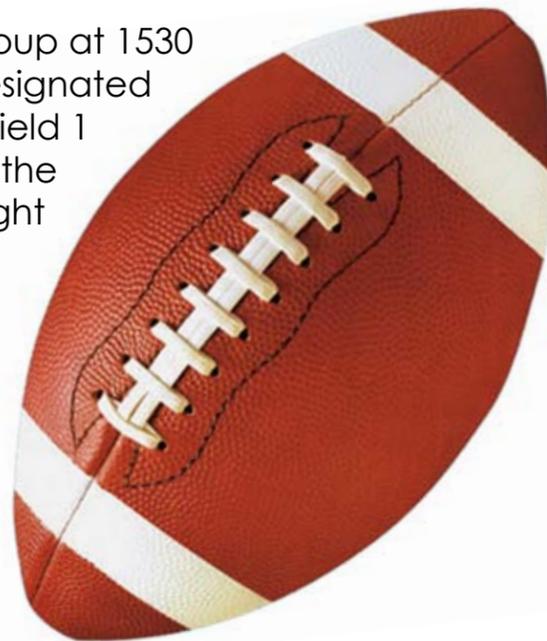
www.suicideoutreach.org



Commander's Cup

The Commander's Cup event for the September 6th drill will be Flag Football.

Meet Saturday afternoon at the 102nd Med Group at 1530 to determine which group will be playing on designated fields. We will be using two fields for this event. Field 1 will be at the Med Group. Field 2 will be next to the Ops building (AOG building) adjacent to the flight line. Teams should have no more than 9 players with as many subs as you want. Games will be 30 minutes each and start at 1600. You are welcome to bring your own football to play with as long as everyone agrees to using it. The format will be winner vs winner and those that didn't win vs those that didn't win... if you have any questions please contact me via email at dennisgswift@yahoo.com



Next Month...

October Drill will be Golf at the Falcon Golf Course weather permitting.



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@ang.af.mil (Please limit articles to 500 words.)

The next *Seagull* deadline is MONDAY, SEP. 29-, 2014.

Announcements



Family Day

The 102 IW Family Day will be held during the October UTA on Sunday, Oct. 5, 2014. Following a ceremony, food will be served and children will enjoy face painting and rides to include an inflatable moon-walk, obstacle course, flying elephants ride and a 52-foot chair swing! Please begin getting a head count of how many family and friends you plan to invite so you can acquire the appropriate number of base access passes from your First Sergeant during the August UTA. If you have any questions, please contact Capt Dennis Swift or Capt Evan Lagasse.



Vacancy Announcement

There is an opening for a qualified Master Sgt. or Senior Master Sgt. in the Inspector General office. Candidate must fully comply with AFI 36-2903, Dress and Personal Appearance of Air Force Personnel and meet current fitness standards as outlined in AFI 36-2905, Fitness Program. Members must have strong written and verbal communication skills. In addition, candidates must have sound analytical and organizational capabilities. Find out the full details [HERE](#).



Junior Enlisted Council

There is an open invitation to all E-6's and below to the next Junior Enlisted Council Meeting. Be an airman of action, gain knowledge, build professional skills, practice your core-values, and join the 102nd Junior Enlisted Council! There is a meeting today in the Wing Conference Room in Bldg 158 at 1300. Contact Tech. Sgt. Steven Capone at stephen.capone@ang.af.mil for more information.



Hurricane Season

As we approach the Atlantic's peak hurricane season, mid-August through October, the 202nd Weather Flight would like to provide some essential information to help prepare you for a hurricane disaster. Click [HERE](#) to learn how you can prepare for hurricane, safely weather it, and recovery from it quickly.



Family Flyer:

Check out a wide variety of off-duty activities in the weekly family flyer. The flyer lists discounts, events, job-fairs, and more that are available to both individuals and families. The newest version of the flyer is available [HERE](#).