

# Seagull

102nd INTELLIGENCE WING

[www.102iw.af.mil](http://www.102iw.af.mil)

MAY 2015

VOLUME 30 NO. 5



## Tough Ruck 2015

Story and photos on page 6





# Wing Care Providers Call Us!

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

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## 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.garvin@ang.af.mil](mailto:jill.garvin@ang.af.mil)  
(P) 508.968.4827 (C) 508.237.6652

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## 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.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)  
(P) 508.968.4855 (C) 774.313.8534

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## 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

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## 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)

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## 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.ahaesy@ang.af.mil](mailto:lisa.ahaesy@ang.af.mil) (P) 508.968.4664

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## 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.garvin@ang.af.mil](mailto:jill.garvin@ang.af.mil)  
(P) 508.968.4827 (C) 508.237.6652

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## 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  
Master Sgt. Aaron Smith  
Tech. Sgt. Kerri Cole  
Staff Sgt. Jeremy Bowcock  
Staff Sgt. Nikolett Kanakis  
Staff Sgt. Veuril McDavid  
Senior Amn. Thomas Swanson

### ON THE COVER



The Adjutant General, Massachusetts National Guard, Maj. Gen. L. Scott Rice, poses for a photo with members of the 253 Combat Communications Squadron April 15. (Air National Guard photo by Staff Sgt. Veuril McDavid/Released)

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# Be a Mentor -- Find a Mentor

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



**H**ello 102nd Intelligence Wing members, Once again I have the privilege to write an article for our wing's Seagull. In this piece I am going to discuss a program that is important to us all-- mentoring. We recently established a Wing Mentorship Working Group that you will be hearing from soon, but I wanted to give you my take on what I think mentoring is all about.

Mentoring is not just about Air Force Specialty Code upgrade training, crew qualifications, or attaining higher leadership competencies. It is about being involved in a person's career or life, as an advisor, coach, advocate. It is a leadership responsibility that helps us and all wing members accomplish our missions here at the 102d. We should all strive to be mentors.

A mentor gets involved so an Airman can successfully progress in his or her chosen profession. Mentoring is also about creating an environment for growth and trust, to guide, council, and professionally develop our Airmen, non-commissioned officers, and junior officers. It is to help members form a strong foundation for their future. It does not have to be a career long commitment to an individual or a formalized program. Mentoring can

be something that you specialize in or have experience doing, it can be a plan that helped you during your military career, or a resource that can help another wing member succeed.

You are probably already a mentor and you do not realize it. Take a second and look back at what you have done; what you do for others here at the wing and recognize the positive influence you have had on others. This is mentoring! Your mentoring may have helped the senior airman who is now a senior NCO or the second lieutenant who is now a lieutenant colonel. We do not accomplish our goals alone. You will be surprised at the positive affect you can have on members' military careers, as well as their personal lives. You just need to continue to listen, be approachable, stay involved, and reach out. Be a mentor if you are not already one.

Airmen of all ranks should find a mentor; it can be for training, education, career or personal advice. Whatever you may need help in attaining; it might only be temporary for one aspect of your life, career path, or current situation. I would not be where I am today, as your Command Chief, if it were not for those that took the time to mentor me during my career. I still have mentors today, mentoring does not end even when you reach the highest levels.

I encourage you to reach out to someone you know for guidance, they do not have to be in your chain of command, -- they can be a coworker, a fellow airman, a civilian, a supervisor, a chief, or an officer. We have so many talented members in our wing, individuals with various resources, life skills and experience that can aid you. You just need to seek out a mentor or ask for the assistance and we can connect you to the right mentor. Someone will be there to support and guide you.

Mentoring comes down to setting each other up for success, so "Be a Mentor and Find a Mentor"!

Have a great UTA.



# Former MAANG Commander Visits Otis



Pictured above: Former commander of the Massachusetts Air National Guard, Maj. Gen. Myrle Langley, visited the wing recently. Langley, who previously commanded the 131st Fighter Squadron and 104th Fighter Wing, both at Barnes Air National Guard Base, stopped by the 102nd Intelligence Wing on the 23rd of April. The visit included a mission briefing and tour of Otis ANGB and Joint Base Cape Cod. Langley retired in 1986. (Air National Guard photos by Timothy Sandland)



Kenneth Libby, Jr. and Brian Crowley of the 102nd Civil Engineer Squadron, Roads and Grounds shop, planted Kousa Dogwood Trees at the flagpole in observance of Arbor Day 2015. (Courtesy photo)



# 119th Boston Marathon

by Tech. Sgt. Lindsey Sarah Watson-Kirwin,  
Massachusetts National Guard Public Affairs

Over 500 Massachusetts Army and Air Guardsmen provided support to the 2015 Boston Marathon from Hopkinton Massachusetts to the edge of Boston on April 20, while others ran the marathon.

"Our support was requested from the Massachusetts Emergency Management Agency to provide support to civilian authorities for public safety. We have four Task Forces present here today to support the Boston Marathon," Col. Mark Merlino, Joint Task Force Patriot Commander.

The four task forces provided support in a range of functions including Chemical Biological Radiological Nuclear and high yield Explosives, medical, military police, and communications. The military police and security forces personnel provided security assistance from the start in Hopkinton to the edge of Boston. The communications task force ensured that the Airmen and Soldiers could communicate effectively with each other and their civilian counterparts.

"I am very proud to serve as the commander of this Joint Task Force," said Merlino.

"This is our second year providing medical support to the Boston Marathon. We are excited to be a part of this international event by providing medical support from Hopkinton to Brookline," said Maj. Robert Driscoll, 102nd Expeditionary Medical Support/Consequence



Six members of the 102nd Intelligence Wing ran in the 119th Boston Marathon, April 20.

Management, Cape Cod.

The Massachusetts guard augmented the Hopkinton fire department with 32 medical personnel. The personnel included one doctor, one physician assistant, five nurses, 18 EMTs, and other Air and Army support personnel.

"It has been great to see the outpouring of support in response to the 2013 event," said Senior Airman Mikayla Provenzano, 102 EMS.

Provenzano was part of the CBRNE Enhanced Response Force Package Medical Control Center near the start line in Hopkinton where guardsmen provided medical support for the marathon.

"It is a great opportunity to showcase our capabilities and support the Massachusetts residents, runners, and spectators," said Capt. Thomas Kennedy of the 102 EMS.

In addition to supporting the smooth operation of the marathon, several Massachusetts Guardsmen ran the race including six members from Otis Air National Guard Base (pictured above).

"It has been great to have several 102nd members running as a team given that it is a historic event and the unit is so much a part of it. It has been easier to train this winter seeing my friends out there as well," said Col. Ginger Doonan, Vice Commander, 102nd Intelligence Wing.

"It was the 2013 bombing that motivated me to go back into the Air National Guard and to set my sights on running a marathon. I feel fortunate to be able to run this



Left: A member of the 102nd Security Forces squadron converses with a security guard during the joint support effort at the 119th Boston Marathon, April 20.



marathon,” said Staff Sgt. Deborah Townsend of the 212th Engineering Installation Squadron.

All six runners from Otis Air National Guard base completed the iconic race. “It was a great experience and I look forward to doing it again,” said Col. Doonan.

## Air Guard takes the lead at Joint Operation Center

by Staff Sgt. Veuril McDavid  
102nd IW Public Affairs

For the first time a Massachusetts Air National Guard officer led the Joint Operation Center for the Boston Marathon. Lt. Col. Christopher Hurley, the 102nd Mission Support Group Director, was the Operations and Plans officer for Joint Task Force Patriot. He was in charge of the overall planning and ensuring all the task force requirements were met. His responsibilities included security, medical, communication and a contingency support team.

102nd Security Forces Squadron augmented local police officers in Brookline. This was the first time our security forces had complete law enforcement authority for the marathon under the newly revised Chapter 33 of

Massachusetts state law.

“It is unique that our security forces and military police are fully empowered law enforcement officers in the state of Massachusetts,” said Hurley.

102nd Medical Group personnel were stationed along the route to provide emergency response and triage. Their primary mission was to provide on scene medical assistance as needed. The 104th Fighter Wing’s Explosive Ordnance Disposal unit was brought in to ensure safety along the marathon route for the runners and spectators.

“It was rewarding and professionally satisfying to work in a true joint environment as a Massachusetts Guardsman, not an Airman or a Soldier,” said Hurley.



Staff Sgt. Mary Roderick, 102nd Medical Group, writes shift change information during the joint support effort at the 119th Boston Marathon, April 20.



# Chapel Call -- Consider the Journey

Chaplain (Lt. Col.) David Berube



I have been thinking again lately about life as a journey. Each person's journey is unique, yet we share common themes and experiences – we all come from somewhere; we are all going somewhere; and we'll each choose a way to get there. These common realities help us as we make our own journeys and help our fellow travelers through life.

Where I am coming from shapes who I am. Our starting point is important. While we all do not come from the same place, we all come from someplace.

How important is where you come from? Try this – Open a mapping application. Pick a destination and try to get directions without entering a starting point. It will not work. You cannot get somewhere from nowhere. You have to choose (or find) your starting point. Sometimes it takes help to find that starting point (advisors, friends, or others), but we've got to start someplace.

Fortunately, we are all from someplace. We are shaped by where and how we grew up, our choices and beliefs, and places and people we have known. That and more makes up our "someplace."

Where I am going helps shape my purpose and motivation. My destination makes a difference in my preparation, enthusiasm, and progress. It lets me know when I have "arrived."

How hard is it to travel without some destination? What clothing and documents do you need? What else? Even

folks who travel to "find themselves" have a destination – the journey itself. It is hard to feel motivated or purposeful going to "I don't know." What if every time the kids asked, "Are we there yet," you said you didn't know?

Thankfully, we are all going someplace. Even if we are not sure exactly where, looking for "there" can be a waypoint. Whether we have mapped the whole trip, or the first waypoint, or just an idea, going someplace gives our life focus.

How I am getting there helps shape my character. How I travel affects my personality. It can alter how I engage the journey (and everyone I meet). It is important to choose my "mode of travel" wisely.

I like plenty of space in my itinerary because I do not like feeling rushed or late. Tight connections make me anxious and cranky. And that hooks into traits I do not want as dominant parts of my character. So, I try to travel, including through life, in ways that highlight and strengthen the non-anxious, non-cranky parts of me.

We are all shaped by how we make life's journey. How we "do life" defines our character. Character plays into the choices we make, how we make them, and how we meet opportunities and challenges. We all may choose different paths, from main roads to those "less travelled," but how we travel matters.

It has been good for me to think through what this means for my life. Maybe it will spark something good for you as well. Also, recognizing we share these common realities strengthens my empathy for others – including people I "do not get." Maybe that can help you too.

## UTA WORSHIP TIMES AND RELIGIOUS SERVICES

### Roman Catholic Mass:

**0900 Sunday** at the Joint Base Cape Cod Chapel, South Inner Road (just outside the I-Gate)

**1100 Sunday** at the 102nd IW, Building 158, 3rd Floor (next to Chaplain's Office)

### Contemporary Christian Worship:

**1130 Saturday**, Building 158, 3rd Floor

### Interdenominational Christian Worship:

**1100 Sunday** at the 253d CEIG, Building 330

**1145 Sunday** at the 102d IW, Building 158, 3rd Floor

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



# Tough Ruck 2015

Story and photos by Staff Sgt. Veuril McDavid, 102nd IW Public Affairs

**W**e Ruck for those who cannot", is the Tough Ruck motto. The Tough Ruck, in partnership with the Boston Athletic Association, is a group of military members whose sole purpose is to come together to honor and remember our fallen comrades, while raising funds to support their families and service members in times of need. The Tough Ruck included all military (including college ROTC units and service academies), veterans, first responders, and civilian supporters. Everyone was encouraged to be in full Army Combat Uniform or Airman Battle Uniform duty uniform while carrying a Ruck pack. Each rucker wore the name of a fallen comrade on their rucks on a 26.2 mile course.

"Carrying the 35lbs sack with names on it is not a burden, carrying

the names of fallen airmen and soldiers is an honor," said Lt. Col. James Hoyer 253CEIG/SCO

On April 15, 2013, the Tough Ruck members were on the finish line of the Boston Marathon meeting with volunteer & Gold Star Father Carlos Arredondo just before the horrific bombings occurred. "The tough ruck participants joined first responders to aid those injured in the blasts and exemplified the best of what our military has to offer" said Sara Keller-likens, Executive Director of Military Friends Foundation. After completing the 26.2 mile course, each member earned the Boston Marathon medal.





# Surgeon General Visits 102nd MDG

Story and photos by Senior Airman Thomas Swanson, 102nd IW Public Affairs



Commanders of the 102nd Medical Group meet with Brig. Gen. Gretchen Dunkelberger to discuss best practices regarding key mission initiatives.

Over the April 2015 unit training assembly, Col. Wanda Rushton and the 102nd Medical Group hosted Brig. Gen. Gretchen Dunkelberger, the Air National Guard Assistant to the United States Surgeon General, and Colonel James McEachen, the Air National Guard Assistant to the 25th Air Force Surgeon General, to share ideas and best practices regarding key mission initiatives unique to the National Guard.

As one of the largest Guard Medical Units in the country supporting a stand-alone Distributed Common Ground System, Deployable Ground Station, the 102nd Medical Unit has been recognized for its effectiveness in providing innovative essential support services to mission critical DGS operators.

The DGS operators here at Otis are intelligence personnel who operate on the “cyber battlefield.” According to Col. McEachen, The cyber mission is all about information and is “one of the most rapidly evolving, fastest growing mission sets in the entire Department of Defense.” He explained that, “never before has so much information been in the hands of so many people who can do so many different things, good and bad, so quickly.” The scope of the DGS mission is large, and the stakes are high from a global national security standpoint. Mission success has direct Diplomatic, Informational, Military, Economic and Cultural ramifications. DGS operators are responsible for processing, analyzing and disseminating Intelligence, Surveillance and Reconnaissance data collected from a variety of sensor platforms deployed in locations around the world simultaneously. Some of the ISR platforms utilized by the Air Force include the U-2, RQ-4 Global Hawk, and the MQ-1 Predator, among others. According to McEachen, the total amount of video

data evaluated by the DCGS enterprise is approaching 8 terabytes every day. “That’s about two NFL football seasons of video.”

Due to the elevated tempo and the critical nature of the 24-7-365 mission, unique personal and professional challenges for operators occasionally occur, in addition to measurable increases in a number of health risks factors. The 102nd Medical Group has risen to the task of providing critical multi-disciplinary support to DGS personnel, who in other states have active duty Air Force resources in the vicinity and at their immediate disposal. The 102nd Medical Group is viewed as a model for traditional guard units who, with limited resources, are able to creatively and effectively “think outside the box” and support large numbers of personnel working demanding shift schedules full time.

“One of the primary purposes of the visit is to gain insight from the experts, the folks out there doing the mission, getting the job done,” said McEachen.

“One of the main impressions my team is taking away is that direct integrated care enhances operator performance,” said McEachen.

In addition to medical services, the holistic integration of care that is recommended includes a full spectrum of services provided by others, including mental health professionals and the chaplain corps.

“From a provider perspective, getting access to the members in their environment is critical,” said McEachen.

As ISR capabilities are used more and more and in place of ‘boots on the ground,’ the weight of the mission is increasingly being lifted by the Air National Guard. As a result, organizations that support these airmen are evolving to maximize performance and ensure mission success.



Brig. Gen. Gretchen Dunkelberger speaks to the 102nd Medical Group.



# Making Relationships Work

Ms. Jill Garvin, Director of Psychological Health

**W**hy are some relationships so difficult? Why do some lifelong relationships click, while others just tick away like a time bomb? And how can you prevent a marriage/relationship from going bad—or rescue one that already has?

After years of study, researchers are now able to predict whether a couple will stay happily together after listening for as little as three hours to a conflict conversation and other interactions. This is taken from John Gottman's *The Seven Principles for making Marriage Work* (highly recommend the book and his website). The most rewarding findings are the seven principles that prevent a marriage from breaking up, even for those couples they tested who seemed headed for divorce.

## 1. Enhance your love map

Emotionally intelligent couples are intimately familiar with each other's world. They know the major events in each other's history, and they keep updating their information as their spouse's world changes. He could tell you how she is feeling about her boss. They know each other's goals, worries, and hopes.

## 2. Nurture fondness and admiration

Fondness and admiration are two of the most crucial elements in a long-lasting romance. Without the belief that your spouse is worthy of honor and respect, where is the basis for a rewarding relationship? By reminding yourself of your spouse's positive qualities—even as you grapple with each other's flaws—and expressing out loud your fondness and admiration, you can prevent a happy relationship from deteriorating.

## 3. Turn toward each other

In marriage people periodically make "bids" for their partner's attention, affection, humor, or support. People either turn toward one another after these bids or they turn away. Turning toward is the basis of emotional connection, romance, passion, and a good intimate life.

## 4. Let your partner influence you

The happiest, most stable relationships are those in which the each partner treats the other with respect and does not resist power sharing and decision making. When the couple disagrees, the partners actively search for common ground rather than insisting on getting their way.

## 5. Solve your solvable problems

Start with good manners when tackling your solvable problems:

**Step 1.** Use a softened startup: Complain but do not criticize or attack your spouse. State your feelings without blame, and express a positive need (what you want, not what you do not want). Make statements that start with "I" instead of "you." Describe what is happening; don't evaluate or judge. Be clear. Be polite. Be appreciative. Don't store things up.

**Step 2.** Learn to make and receive repair attempts: De-escalate the tension and pull out of a downward cycle of negativity by asking for a break, sharing what you are feeling, apologizing, or expressing appreciation.

**Step 3.** Soothe yourself and each other: Conflict discussions can lead to "flooding." When this occurs, you feel overwhelmed both emotionally and physically, and you are too agitated to really hear what your spouse is saying. Take a break to soothe and distract yourself, and learn techniques to soothe your spouse.

**Step 4.** Compromise: Here is an exercise to try. Decide together on a solvable problem to tackle. Then separately draw two circles—a smaller one inside a larger one. In the inner circle list aspects of the problem you cannot give in on. In the outer circle, list the aspects you can compromise about. Try to make the outer circle as large as possible and your inner circle as small as possible. Then come back and look for common bases for agreement.

## 6. Overcome gridlock

Many perpetual conflicts that are gridlocked have an existential base of unexpressed dreams behind each person's stubborn position. In happy marriages, partners incorporate each

other's goals into their concept of what their marriage is about. These goals can be as concrete as wanting to live in a certain kind of house or intangible, such as wanting to view life as a grand adventure. The bottom line in getting past gridlock is not necessarily to become a part of each other's dreams but to honor these dreams.

## 7. Create shared meaning

Marriage can have an intentional sense of shared purpose, meaning, family values, and cultural legacy that forms a shared inner life. Each couple and each family creates its own micro culture with customs (like Sunday dinner out), rituals (like a champagne toast after the birth of a baby), and myths—the stories the couple tells themselves that explain their marriage. This culture incorporates both of their dreams, and it is flexible enough to change as each partner grows and develops. When a marriage has this shared sense of meaning, conflict is less intense and perpetual problems are unlikely to lead to gridlock.

Gottman also talks about "contempt" in relationships. Sarcasm and cynicism are types of contempt. Name calling, eye-rolling, sneering, mockery and hostile humor is contempt and it is poisonous to a relationship because it conveys disgust. Arguing can be healthy, but the way you argue will either lead to more conflict instead of reconciliation.

If you feel your relationship is in trouble, I have some great community resources for therapists that specialize in couples counseling. Many of us therapists have different credentials and I always suggest looking for someone with the LFMT credential. This means they were trained in family systems and relationships. We all deserve love and to be happy. The definition of insanity is doing the same things over and over and expecting different results. If you want to truly change something dysfunctional in your relationship, try something different if it is not working and do not try to figure it out alone. There is plenty of support out there and I am here to help!

Happy spring everyone!



# The vPC-GR Service Sees Some Changes

Information provided by NGB/A1

The Regular Air Force has joined the Air National Guard in the vPC-GR dashboard. With that, the name was changed and various enhancements and changes were made to the functionality of the site. The updates for the dashboard were deployed on April 23.

The "virtual Personnel Center-Guard & Reserve (vPC-GR) dashboard" is renamed the "virtual Personnel Center (vPC) dashboard" as it is now a Total Force platform. You may have noticed this change recently on the myPers website and wondered why.

Enhancements and changes are detailed below and visuals are provided in the attachments:

- The width of the dashboard is increased providing more space for information

- The "My Profile" tab is removed. With the integration of myPers, all profile information is now stored within myPers. The only field still required is the checkbox for the customer to indicate wanting a daily

notification of their pending coordination actions. That moved to the Overview tab under the "To Do List" since that is where pending coordination actions are summarized.

- The "To Do List" on the Overview tab will display all applications, regardless of component, to accommodate other components having requirements to coordinate on another component member's applications.

- The "Total Pending Requests" area is expanded to allow for full descriptions of the applications versus acronyms. The descriptions include component specific identifiers. Board processes are grouped

together at the bottom.

- The "Actions Request" tab component selection design is changed to mirror myPers and now includes a tab for RegAF. The component default selection is moved towards the top of the page vice the bottom.

- A process to provide the Wing CC, Group CC, Unit CC and First Sergeant a role assignment upon log in to the dashboard versus a manual static role assignment has been developed. A separate email will be sent discussing this topic in regards to non-deployment for our component; however, the "Role Administration" tab has a few changes in support of it. Most notable is the manual role assignment process for the four roles now includes a step to verify a manual role is needed and requires a start and end date.

## First Sergeant's Corner

Senior Master Sgt. Daniel Ahaesy; First Sergeant, 102nd Civil Engineer Squadron

What is "The Profession of Arms?" Do you know the difference between a profession and "The Profession of Arms"?

Let us break it down.

A profession is defined as a group of persons generally qualified in an occupation to get income. This basically means anyone with a job, who works 40 hours a week just to pay the bills. Nothing wrong with that, but nothing special about it either. "The Profession of Arms" has been defined as a calling, requiring specialized knowledge, having high standards of achievement and conduct that is public service oriented. Gen. Ronald Fogleman described it as being a part of a unique profession, which is premised on service before self. Now that sounds a little more dignified, doesn't it? And if you are one of those who are not familiar with the term, you as an American Airmen are part of "The Profession of Arms," those of us who serve the people of this great country.

In order to be a part of this unique profession, there is also a distinct subculture



like no other. A subculture where we wear the same uniform, go through the same basic training, and indoctrination, where we share in the belief to defend the freedoms that so many take for granted. There is also a sense of honor, having character, which exhibiting emotional, moral, intellectual qualities and behaviors. "The Profession of Arms" is rich in history and tradition. We have symbols that are objects of pride, such as the Air force symbol, Minute Man, our stripes, or more importantly our American flag. We have ceremonies to celebrate achievements, traditions and honor those who have

made the ultimate sacrifice. The function of "The Profession of Arms" is the fighting of wars and the conduct of combat or other operations short of war. We do this with the belief of Integrity first; Service before self; and Excellence in all we do. Being part of "The Profession of Arms" is what separates us from the rest of the world.

We do not all get to feel the same honor and pride, at our civilian professions as we do in the military. It is a different sense of pride as a civilian, when your great work ethic gets the job done. However, the missing link is the camaraderie and public service orientation where you really get that sense of gratification. I love the military and I love the Air National Guard as many of you do. We all have our reasons why we stay as long as we do. Whether it is for a second retirement, or the two-week working vacations away from the normal day to day. But if we really think about it, those are just the perks to being a part of that subculture, which is the strongest military power in the world.



# Announcements

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1



## **Memorial Day of Remembrance at the Massachusetts National Cemetery**

May 23rd at 10:00 a.m. - This is an annual event that continues to grow each and every year as veterans, families, friends, loved ones, civic and community groups come together to honor our fallen heroes! The flag placement of nearly 60,000 graves is completed in a very, very remarkable short time. You will find people helping one another, the Girls Scouts and Boy Scouts using the day as an educational opportunity to research those that have been laid to rest and motorcycle groups, and people that have come to make this an annual event.

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.shvonski@ang.af.mil](mailto:douglas.shvonski@ang.af.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 an 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!

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## **Airman's Comprehensive Assessments**

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

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

## **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](mailto:102iw.pa@ang.af.mil) (Please limit articles to 500 words.)

**The next *Seagull* deadline is MONDAY, MAY 25, 2015**