

102nd INTELLIGENCE WING Seagull

www.102iw.ang.af.mil

JULY/AUGUST 2015

VOLUME 30 NO. 7

Pan-Mass Challenge Support

Story and photos on page 14



Wing Care Providers Call Us!

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

1

Director of Psychological Health

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

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

2

Family Readiness

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

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

3

Chapel Office

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

Contact the Chapel Office
(P) 508.968.4508

4

Veteran's Centers

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

1.800.905.4675 (local - Hyannis 508.778.0124)

5

Sexual Assault Response Coordinator (SARC)

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

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

6

Suicide Prevention

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

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

7

Medical Group

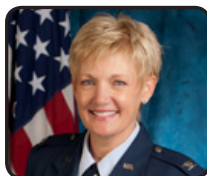
A resource for both medical and psychological conditions affecting the wellness of airmen: Provider consultation can be arranged for discussion of these and other conditions by contacting the reception desk or via your Unit Health Monitor (UHM).

Contact the Medical Group
(P) 508.968.4091



Contents

- 4** **Commander's Comments**
Col. Wanda Rushton, Commander, 102nd Medical Group writes about transformation trade-offs



- 5** **The President Arrives at JBCC**
President Obama and his family landed on Joint Base Cape Cod August 7, 2015 en route to their vacation on Martha's Vineyard.



- 6** **I am an American Airman**
A continuing series of interviews of the airmen of the 102nd Intelligence Wing. This month we talked to Staff Sgt. Nikoletta Kanakis, 102nd Intelligence Wing Public Affairs Broadcaster



- 7** **Mission Support Group Tackles Leadership Reaction**
102nd Mission Support Group participated in the Leadership Reaction Course



- 10** **Hurricane Preparedness**
202nd Weather Flight working with the regional National Weather Service



- 12** **The Power of 1-Veterans Crisis Line**
September is Suicide Prevention month. Director of Psychological Health highlights the Veterans Crisis Line because of the convenience and impact this program offers.



- 17** **Announcements**
Read up on the latest events happening at the 102nd this weekend and in the coming weeks



COMMANDER
Col. James M. LeFavor

CHIEF OF PUBLIC AFFAIRS
Maj. Robert J. Spierdowis

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

ON THE COVER



Senior Airman James Nickerson puts supports under mobile shelter for the Pan-Mass Challenge. Air National Guard photo by Staff Sgt. Veuril McDavid

This Air Force newsletter is an authorized publication for members of the U.S. military services. Contents of the Seagull are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The editorial content is edited, prepared, and provided by the Public Affairs Office of the 102nd Intelligence Wing, Massachusetts Air National Guard, 156 Reilly St., Box 60, Otis ANGB, MA 02542-1330. All photos are National Guard photographs unless otherwise indicated.



Join us on Facebook at
facebook.com/102iw



Watch us on YouTube at
youtube.com/102iw



Follow us on Twitter at
twitter.com/102iw

102ND IW PUBLIC AFFAIRS

156 Reilly Street, Box 60
Otis ANGB, MA
02542-1330
508-968-4516
DSN: 557-4516

Transformation Trade-Offs

By Col. Wanda Rushton, Commander, 102nd Medical Group



If you have been on Otis for any length of time, the term "transformation" has been the buzz word from Medical Group representatives for the past several years. Without further delay, we will operationalize the long awaited Transformation Plan in the coming months. During the October unit training assembly family day formation, Col. LeFavor will formally preside over an Assumption of Command ceremony where Maj. Robert Driscoll will officially debut the one and only 102IW detachment! This much anticipated stand-up of the 102nd Medical Group Expeditionary Medical Support – Consequence Management detachment is the product of an overhaul of the ANG medical groups' unit manning strategies. For the 89 medical groups to avoid training redundancy as well as dual tasking's, National Guard Bureau medical readiness office realigned and assigned new Unit Type Codes and Air Force Specialty Codes based on parameters needed to staff the three primary functions of the ANG Medical Service's primary missions. These missions include: Title 32 Guard Medical (home station) Support, Title 10 Medical Response and Title 32 Homeland Medical Response. Overall, this transformation affecting the 102IW is perceived as positive.

You may ask, how does this affect the wing? The MDG will affirm a 38 person Guard Medical Unit, and a 47 person EMEDS-CM detachment. Each UTA a leaner, albeit capable GMU team will continue to support the wing's individual medical requirements and other health-and-wellness programs which assure a fit-to-fight force. Despite the successful mass Physical Health Assessment Track initiative during the June UTA, the MDG will continue to see airmen each Saturday morning to ensure members remain worldwide qualified. Conversely, the 47 member EMEDS-CM team will spend 7 of 11 UTAs training for Homeland & Title 10 Medical Response disaster and deployment. To their delight, they will avoid two UTA weekends in one month, but will be afforded unopposed time for mission training, execution and preparedness. The detachment will stand-up at Hanscom AFB, cohabitating with the Army National Guard in a comfortable, newly constructed building. Tasked with a 6 hour operational suspense, the detachment training location is a short fifteen minute commute to equipment storage and vehicles.

Is Transformation to be feared? Certainly, the reassigned AFSCs created a need for rebuttal to NGB and cross training among a few; however the majority of AFSCs were protected. On a positive note, we increased enlisted manning which fostered transfers from inside and outside the wing. In addition to gaining the EMEDS-CM Commander billet with G-series orders, the Group will now be authorized two Chief Master Sgt. and two Senior Master Sgt. positions. Promotion opportunities from these changes are a welcome modernization within all medical groups.

Bottom line, "transformation" is inevitable. Wikipedia defines business transformation as "making fundamental changes in how business is conducted in order to help cope with a shift in factors and forces that affect a firm's ability to build and maintain successful relationships with customers." Call it a mission change, new mission, transformation, or other; chances are you will experience it within the guard or civilian sector. Stay grounded, ask questions and embrace the opportunities that change offers. Lastly, remain prepared for the fast breaks realignments may afford you.

Hoping your UTA is meaningful and productive.

The President Arrives at JBCC



Above: President Obama and his family landed on Joint Base Cape Cod August 7, 2015 en route to their vacation on Martha's Vineyard. (Photos by Staff Sgt. Tom Swanson)



Above: Chief Master Sgt. Karen P. Cozza, 102nd Intelligence Wing Command Chief, greets President Obama and his family August 7, 2015 en route to their vacation on Martha's Vineyard. (Photos by Staff Sgt. Tom Swanson)

Right: Air Force One flying President Obama and his family to Joint Base Cape Cod August 7, 2015 en route to their vacation on Martha's Vineyard. (Photos by Staff Sgt. Tom Swanson)



Public Affairs NCO deploys to AFMAO

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

Deployments are never *ordinary*, but when Staff Sgt. Nikoletta Kanakis, 102nd Intelligence Wing Public Affairs Broadcaster, placed her name on the Air National Guard volunteer deployment list, she had no idea she would not even leave the continental United States. The Air National Guard Public Affairs career field manager notified Kanakis that she would deploy for 180 days to Dover Air Force Base, as part of the Public Affairs team at Air Force Mortuary Affairs Operations, Dover, Del. At first she thought it was a mistake—she did not know stateside deployments existed.

Kanakis learned that her primary duty at AFMAO would be to document the dignified transfer of human remains, by producing videos of the fallen, when requested by the families. Kanakis' father had recently passed away that year, so at first she found this duty particularly tough to bear.

Regardless, she packed up her car, placed her three cats into temporary foster care (PACT for Animals Military Foster Program, see link below), and travelled from Boston to Dover. The last time she deployed was in 2007 to Iraq.

During her deployment to Dover, Kanakis had the honor to document 39 dignified transfers of fallen service members. Each movement of the remains is documented on video, from the time the aircraft doors open revealing the transfer case draped in an American flag, to the transfer vehicle doors closing. A commemorative DVD is produced and presented to the family members of the fallen.

According to the AFMAO website, "The dignified transfer is a solemn and respectful process that returns America's fallen to U.S. soil with dignity and honor." The process of the dignified transfer at Dover is rich in heritage and tradition, going back to the Vietnam era. Over the years, Dover has developed and redefined the transfer process of our fallen warriors.

Upon the return from their respective area of operations to the United States, the remains of fallen military members are transferred from the aircraft to a waiting vehicle. They are then transported to the port mortuary in a solemn movement performed by a carry-team of military personnel from the fallen member's respective service. A dignified transfer is conducted for every U.S. military member who dies in the theater of operation while in the service of his or her country. A general officer of the fallen member's service presides over each dignified transfer.

"It's an honor to be an anonymous cog in the wheel; to be able to provide the families with a video of their loved ones returning home," said Kanakis. "They may not watch that video for years, but at least it's something their children can watch when they're older. I remember a dignified transfer where the wife of the service member was almost due with their first child. Now that child will be able to watch the video someday."

Kanakis also documented a retirement-at-sea in Cape May, N.J., aboard a U.S. Coast Guard vessel. The retirement-at-sea movement is the process in which identified and/or unidentified portions of human remains are cremated and retired at sea in an urn made from sea salt. (Note: In the case of identified portions, the families of the fallen authorize the portions to be retired at sea).

In Kanakis' spare time, she sought out activities that helped ease the weight of the emotional nature of her work. For example, she volunteered at Quilts of Valor, went on Chaplain-sponsored trips to Gettysburg and Arlington, increased her physical fitness and took a lot of yoga classes—and lost 20 pounds. "It was essential for me to take care of my mind and body during this deployment," said Kanakis. "It's very easy to get caught up in all the emotions; so I compartmentalized a lot and kept myself very busy after duty hours."

Kanakis was promoted to the rank of Staff Sergeant during her deployment, awarded NCO of the Month in October, and received an Achievement Medal for her accomplishments at AFMAO.

"Kanakis always brings her game face," said Capt. Raymond Geoffroy, AFMAO Public Affairs Officer. "Her sense of humor lightens the mood and brings smiles to everyone's faces. She will be missed."

To learn more about the special mission at AFMAO, visit their website at: <http://www.mortuary.af.mil/>

To learn more about PACT for Animals military foster program visit their website at: <http://www.pactforanimals.org>



Above: Staff Sgt. Nikoletta Kanakis, a Massachusetts Air National Guard broadcaster deployed to Air Force Mortuary Affairs Operations at Dover Air Force Base, DE, captures video footage during a wreath laying event at Arlington National Cemetery, Dec. 13, 2014. Kanakis' primary duty is to document the dignified transfer of human remains to be provided to families of the fallen. (U.S. Air Force photo by Captain Raymond Geoffroy)

102 MSG Tackles Leadership Reaction Course

By Master Sgt. Victoria Kenny, 102nd Logistics Readiness Squadron

Who would think that something German psychologists developed in the late 1920's would be a fun, team building event in present day?

The concept for the Leader's Reaction Course began with a corps of German psychologists. The Nazi psychologists were interested in the selection of future officers. Their selection process included many tests. According to Nazi psychologist Max Simoneit, they tested for imagination and rapid learning ability; capacity for swift adjustment; emotional stability and security of conduct. They found that a series of leader situations provided an opportunity to observe the presence of the desirable leader skills.

More than 135 members of the 102nd Mission Support Group participated in the Leadership Reaction Course on June 7, 2015. Teams were created to ensure there was a well-rounded mix of all flights and squadrons within the Group. Some team members met for the very first time and had to work together to accomplish the goal.

The course consists of 17 wet and dry "tasks" or obstacles.



Sixteen of the 17 obstacles were operational with fresh water pumped into several of the obstacles earlier in the week. The water would prove to be a valuable resource by breaking the fall of a few Airmen.

It was interesting to observe how each team functioned together and at times, in what way each individual dealt with pressure. The Airmen were instructed to choose a leader for each team and rotate the role at each station.

There was apprehension before the event from some of the members. A lot of it was fear of the unknown. They didn't know what to expect. Participants are required to think critically and be innovative. Airman from all walks of life, various sizes and from all over the Mission Support Group proved that they could effectively work together. This is important as these same individuals could be deployed together at some point. Once the teams were formed and assigned a task, it wasn't long before laughter could be heard and comradery could be witnessed emanating from the site.

If you're thinking that the Leadership Reaction Course would be a great team building event for your section, then you would be correct. Organizing the event takes some time, but it's well worth the effort. Just call The Army TSC Training Support Center

at (508) 968-5177 to schedule. All members will need to be in a military status to participate. A medic and an emergency vehicle are also required as well as a Risk Assessment. Gloves and hard hats are to be worn.

(Photos by Master Sgt. Victoria Kenny, 102nd Logistics Readiness Squadron)



Chapel Call - Faith in a Digital Age

By Chaplain (Capt.) Derek White



Several years ago, while serving a church in Maine, a colleague of mine introduced me to using Skype in worship services. His church had an Airman who was deployed overseas and the church wanted to surprise his family back home by having him participate as the scripture reader in the worship service. To the surprise of this Airman's family he appeared on the screen via Skype to read the passage. The tech crew using the cameras to record the service streamed the video feedback of his family overjoyed back to this Airman.

Four years ago, an Army Chaplain shared with me that when he does worship in the field he uses an iPod Touch and a set of battery powered speakers to include praise and worship songs in worship services. When he had a screen and a projector, he would use DVDs with power, point syncing words on the screen with the recorded music. Perhaps some of you have seen this while deployed.

Two years ago, I read of a church in Manhattan, New York that decided it would tweet the Stations of the Cross on Twitter. An image of the station would appear in the tweet along with the prayer to be read by the individual.

More and more people are finding spiritual and religious resources through digital media. I served as Vice President

on the Board of First Radio Parish in Maine. We helped create a Faith App for smartphones. Each day, a 2 minute devotional video would be pushed through 7 different platforms of media to 180,000+ subscribers. A large part of that demographic group were business people who often traveled and looked for a devotional message they could start their day with no matter what city they were in.

More and more places of worship are sharing worship services through YouTube Channels. An Airman at the 102nd recently showed me his church and the service from the previous week. His church has a YouTube channel. Every time the church uploads a video on YouTube he gets a message through Facebook that a new video was published by his church. I was surprised to discover the 102nd has a YouTube channel managed by Public Affairs.

The Chapel Office has religious literature available for reading. We can also advise of digital resources you may wish to use for your spiritual growth. An important part of our mission is to accommodate your religious needs. If you are using digital media for your faith development we'd love to hear your stories. Digital media is a great tool for spiritual wellness. And of course, if you need the more personal approach of person-to-person religious guidance our office is on the 3rd floor of building 158.

UTA WORSHIP TIMES AND RELIGIOUS SERVICES

Saturday

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

Sunday

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

- Liturgical Christian Worship, 1100, Building 330

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

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

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

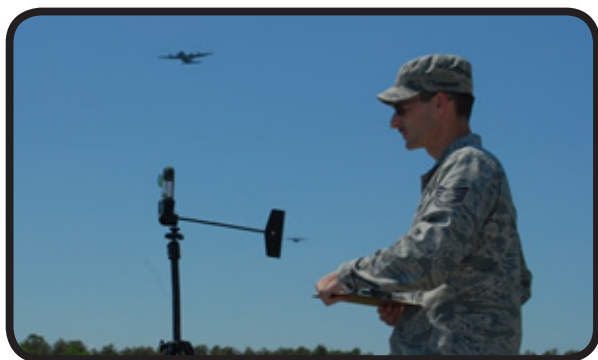
202nd Weather Flight Supports NCORE 15-1 Exercise

By Lt. Col. Christopher Plonka, 202nd Weather Flight

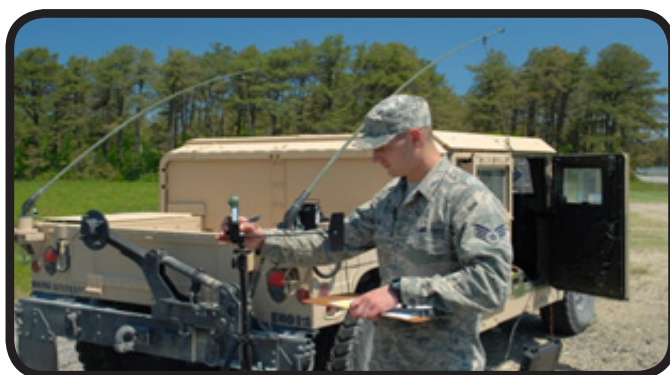
The 202nd Weather Flight was invited to participate in the NCORE 15-1 Exercise on Jun 10, 2015. The exercise was sponsored by the Tactical Data Networks Lab, Space, Aerial & Nuclear Networks Division, Hanscom AFB in conjunction with Air Force Life Cycle Management Center and Air Force Research Laboratory. Air Force Research Development Test and Evaluation testing was combined with Air National Guard and Army National Guard unit training events with the first event designated as NCORE 15-1.

NCORE 15-1 tested a new tactical message communication set and included flight demonstrations jointly executed by AFLCMC and Air National Guard units from Rhode Island and Massachusetts. A live-fly event leveraged ANG tactical training cycles whose aircrews provided immediate warfighter feedback to the system developers. Flight demonstrations involved air drops from C-130Js and provided a tactical training opportunity for ground forces calling in the drops and preparing the drop zones.

The 202nd Weather Flight provided planning support and drop-zone forecasts ensuring no mission weather impacts. A drop zone weather station was deployed on Otis ANGB, a terrestrial communication node was established with the assistance of the 267th Combat Communications Squadron and weather observations were recorded and provided real-time via tactical communications to the 143rd Airlift Squadron aircrews for multiple sorties. The exercise provided a unique training opportunity for the members of the weather flight.



Above: Senior Airman Alex Cool records a weather observation with portable weather observation equipment by a humvee at the NCORE 15-1 Exercise on Jun 10, 2015.



Above: Tech. Sgt. Aaron Hero monitors the weather conditions as two C-130Js from the 143rd Airlift Squadron RIANG fly overhead at the NCORE 15-1 Exercise on Jun 10, 2015.

Surge Success

By Lt. Col. Sean D. Riley, Commander, 101st Intelligence Squadron

This past spring marked an historic point for the 102nd Intelligence Group, also known as Distributed Ground Station Massachusetts. From 1st-7th June, during the 102nd Intelligence Wing Annual Training week and Unit Training Assembly, members of 101st Intelligence Squadron, 102nd Operations Support Squadron and 102nd Intelligence Support Squadron were “all hands on deck” to ensure its first operational surge was a success.

The purpose of the operational surge was to test the “wartime” capabilities of DGS-MA by effectively supporting multiple Intelligence, Surveillance and Reconnaissance missions over several days. This extended surge fully stressed and challenged the DGS-MA operators, maintainers and the weapon system.

This marked the first time that the 102nd IG performed at full capacity for their medium altitude mission set. Some may call it an exercise because it was conducted during the AT week, however, those who worked the 24/7 mission would tell you otherwise. Live ISR operations were conducted that supported ground forces in multiple operational areas. DGS-MA lived up to the 102IW mission statement to “...provide world-wide precision intelligence...

with trained and experienced Airmen for expeditionary combat support...” Upon completion an evaluation and assessment of the week long surge was conducted and there were no major operational discrepancies identified.

To put it into perspective, the number of missions the unit normally supports in a month was accomplished in six days. Over 450 hours of Full Motion Video was exploited and 28 targets/operations were supported. Approximately 580 fused intelligence products were created and 117 personnel, 58% of which were Drill Status Guardsmen were involved. It was a solid effort from everyone who participated and, although everything wasn’t perfect, it was a great first surge and a lot of lessons learned were captured.

All of the personnel who worked the surge should know that their efforts paid off and the feedback from the supported units in theater as well as 102IG leadership was positive. “Attitudes, teamwork, responsiveness and sense of urgency were evident on all crews...” This ultimately led to the surge being referred to as a success, as stated in the official After Action Report.

Hurricane Preparedness

By Lt. Col. Christopher Plonka, 202nd Weather Flight

The 202nd Weather Flight is currently working with the regional National Weather Service office in Taunton, Mass. to implement storm ready processes in preparation for the 102 IW Storm Ready accreditation. These processes have proven to help communities from around the nation to plan and prepare for all types of natural disasters - from blizzards to tornadoes to flooding. Preparation also includes quarterly weather awareness articles. This quarter's article provides information on preparing for hurricanes and is courtesy of the Massachusetts Emergency Management Agency.

MASSACHUSETTS PREPARES TO ENTER THE 2015 HURRICANE SEASON

On May 28th, MEMA hosted the 2015 Massachusetts Hurricane Preparedness Conference. The full-day conference brought together close to 300 emergency management professionals to share ideas and best practices to enhance the Commonwealth's readiness for the 2015 hurricane season.

While the National Oceanic and Atmospheric Administration seasonal outlook predicts a below-normal number of hurricanes this season, it is important to remember that it only takes one storm to severely impact an area. Additionally, it is important to note that hurricanes and tropical storms can impact the entire Commonwealth, not just coastal regions. For example, 2011's Tropical Storm Irene produced devastating flooding in central and western Massachusetts. Therefore, all Massachusetts residents need to prepare for the possibility of a hurricane impacting Massachusetts this season. To learn more about the hazards associated with hurricanes and tropical storms, including storm surge, heavy rain and inland flooding, visit the "Know Your Zone" section of MEMA's website (<http://www.mass.gov/eopss/agencies/mema/>).

"MEMA is offering personal hurricane preparedness tips to all citizens of the Commonwealth," stated MEMA Director Kurt Schwartz. "The three most important steps you can take to prepare for a hurricane, as well as other disasters, are to build an emergency kit, create a plan and stay informed."

BUILD AN EMERGENCY KIT

Building an emergency kit is an important component of personal preparedness. It is particularly important during hurricane season, as there is the threat of extended power outages, flooding, and impassable debris-covered roads. Emergency kits should include items that will sustain you and your family in the event you are isolated for three to five days without power or unable to go to a store. While some items, such as bottled water, food, flashlight, radio and extra batteries, first aid kit, sanitation items, and clothing should be in everyone's kit, it is important to customize the kit to meet your needs and the needs of your family. Consider adding medications, extra eyeglasses, contact lenses, dentures, extra batteries for hearing aids or wheelchairs, and other medical information and supplies such as an oxygen tank, lists of allergies, medications and dosages, medical insurance information, and medical records. Additionally, your emergency kit should include supplies for your pet, such as food, pet carriers and other supplies, medications, and vaccination and medical records.

You may also consider making a mobile "go-bag" version of your emergency kit in case you need to evacuate to a shelter or other location. At least annually, check your kit for any food, water, batteries, or other items that may need to be replaced or have expired.

CREATE A FAMILY EMERGENCY COMMUNICATIONS PLAN

Families should develop a Family Emergency Communications Plan in case family members are separated from one another during a hurricane or other emergencies. The plan should address how you will communicate with one another and how your family plans to reunite after the immediate crisis passes. A Family Communications Plan helps ensure everyone's safety and minimize the stress associated with emergencies.

Plans should include the name of a relative or friend who has agreed to serve as the Family Emergency Communications Plan contact person. Ideally, this person should reside out-of-state to increase the likelihood that they are not impacted by the same event. As part of a Communication Plan, you should create a personal support network and a list of contacts that include caregivers, friends, neighbors, service/care providers, and others who might be able to assist during an emergency. Keep the list of contacts in a safe, accessible place (particularly if your cell phone is lost or dead) and make sure everyone within your family knows the name, address and telephone number of the Family Communications Plan contact person. It is important to remember that text messages are often a viable means of communication when telephone service is disrupted during and after a disaster.

To ensure you will be able to reunite after a disaster, it can be helpful to designate two meeting areas for family members – one within your community (your primary location), and one outside of your community (your alternate location). An emergency may impact your neighborhood or small section of your community, so a second location outside of your community may be more accessible to all family members.

STAY INFORMED

It is important to identify ways to obtain information before, during and after a hurricane. MEMA encourages people who live or work in a coastal community to "Know Your Zone". Go to the Know Your Evacuation Zone interactive map on MEMA's website to find out if your home or place of work is in a hurricane evacuation zone. Prior to a tropical storm or hurricane making landfall, local or state officials may call for people who live or work in designated evacuation zones, which are areas at risk of storm surge flooding, to evacuate.

It is also important to closely monitor media reports and promptly follow instructions from public safety officials as a storm approaches. Information on severe weather watches and warnings will be available from media sources, the National Weather Service, a NOAA all-hazards radio, and on your cell

phone. These warnings can provide valuable and timely information. It is important to learn whether local authorities will use other communication and alerting tools to warn you of a pending or current disaster situation and how they will provide information to you before, during and after a disaster. Some communities have local tools to alert residents.

Additionally, MEMA utilizes Massachusetts Alerts to disseminate critical information to smartphones. Massachusetts Alerts is powered by a free downloadable application that is available for Android and iPhone devices.

Before and during a major storm, call Mass 2-1-1 if you have questions or need information on emergency resources. Mass 2-1-1 is the Commonwealth's primary non-emergency telephone call center during times of disasters and emergencies. 2-1-1 is free to the public, available 24 hours a day/7 days a week, confidential, multilingual, and TTY compatible.

There are multiple ways to obtain information before, during and after a hurricane. You should consider all the ways you might get information during an incident (radio, TV, social media, Internet, cell phone, landline, etc.) in case one or more of those systems stops working.

MEMA is the state agency charged with ensuring the state is prepared to withstand, respond to, and recover from all types of emergencies and disasters, including natural hazards, accidents, deliberate attacks, and technological and infrastructure failures. MEMA is committed to an all hazards approach to emergency management. By building and sustaining effective partnerships with federal, state and local government agencies, and with the private sector - (individuals, families, non-profits, and businesses), MEMA ensures the Commonwealth's ability to rapidly recover from large and small disasters by assessing and mitigating threats and hazards, enhancing preparedness, coordinating response operations, and strengthening our capacity to rebuild and recover.

For additional information about MEMA, go to www.mass.gov/mema. Also, follow MEMA on Twitter at [www.twitter.com/MassEMA](https://twitter.com/MassEMA); Facebook at www.facebook.com/MassachusettsEMA; and YouTube at www.youtube.com/MassachusettsEMA.

To receive emergency information on your smartphone, including severe weather alerts from the National Weather Service and emergency information from MEMA, download the Massachusetts Alerts free app. To learn more about Massachusetts Alerts, and for additional information on how to download the free app onto your smartphone, visit: www.mass.gov/mema/mobileapp.

The Power of 1 - Veterans Crisis Line

By Ms. Jill Garvin, Director of Psychological Health



September is Suicide Prevention month. I chose to highlight the Veterans Crisis Line because of the convenience and impact this program offers. This is for *ALL* service members and families! Did you know that you can have a confidential online chat? Or you can send a text for support?

Over this next month, I will be placing information and fliers around the wing to promote suicide prevention.

One small act can make a big difference in the life of a service member in crisis.

Please think about The Power of 1 and how a single act can encourage service members to access confidential support and resources. Anyone can be the person who makes a difference in someone's life, and connecting with support doesn't have to be hard. I have witnessed, here at the 102nd, the power of someone reaching out and changing the course of someone's day. Connection is so crucial to our mental health.

Free, Confidential Resources

As the Wing Director of Psychological Health, I am here to serve you. I do realize that some of you may prefer other options. The Veterans Crisis Line is a free, 24/7, confidential resource that veterans, their families, and their friends can access every day at any time. Please allow me to find you resources in your community.

Here are just a few resources:

- **Veterans Crisis line: 1-800-273-8255**
- **Veteranscrisisline.net/chat OR text at 838255**
- **Suicide Prevention Lifeline 1-800-273-talk (8255)**
- **Samaritans Massachusetts Helpline 877-870-4673**
Cape and Islands 508-548-8900
- **Military OneSource 1-800-342-9647**

Identifying Signs of Crisis

I encourage everyone to stay alert for signs of suicide risk. The first step in preventing suicide is understanding the warning signs; people may show signs of risk before considering harming themselves. Warning signs include:

- **Hopelessness, feeling as if there's no way out**
- **Anxiety, agitation, sleeplessness, or mood swings**
- **Feeling as if there's no reason to live**
- **Rage or anger**
- **Engaging in risky activities without thinking**
- **Increasing alcohol or drug abuse**
- **Withdrawing from family and friends**

The presence of the following signs requires immediate attention:

- **Thinking about hurting or killing yourself**
- **Looking for ways to kill yourself**
- **Talking about death, dying or suicide**
- **Self-destructive behavior (drug abuse, weapons, etc.)**

If you notice these warning signs, please contact the Director of Psychological Health or the Chaplains Office. Please allow us the opportunity to support you and find you resources so you get the support you deserve.

I can personally attest that every time I have gone to a first sergeant, a group commander, the vice commander, and the wing commander, their response has always been, "how can we help this person" or "what do we need to do to help this person." I feel proud to be part of a wing that supports help seeking behavior!

Is there someone you can reach out to today? Is there someone you know going through a divorce, a loss, job instability, or health problems? No one can do everything, but everyone can do something. We are all part of the solution, and it starts with one small act.

First Sergeant's Corner

By Master Sgt. Steve Frietas, 102nd Security Forces Squadron

Recently, I had the pleasure of attending the Strong Bonds Marriage Retreat, sponsored by the Air National Guard and coordinated by our own Chaplain's office. As I listened intently to the seminar being presented, at least hopefully it appeared that way to my wife, I couldn't help but correlate the similarities of building a strong marriage to the foundations of a successful military career.

Throughout the message, there were some simple phrases that were emphasized and easily understood, regardless of your situation. These guidelines are relevant in all aspects of life, but especially in our military profession.

Be Intentional – Being successful doesn't happen by accident, it requires hard work and dedication. Seek out opportunities outside of your comfort zone or take on tasks that challenge you or are "above your pay grade." Take control of your own military career to ensure you will succeed. Don't rely on your supervisor to tell you when you are eligible for promotion or when to schedule your upgrade training test. Know what it takes to get to the next level and track your own progression.

Be Connected – Strive to be part of something bigger than yourself or your squadron. Inquire about joining the Junior Enlisted Council, getting a membership to your local Enlisted/Officers Club, or volunteering for a base or community involvement event. Networking can exponentially accelerate your career, your self-worth, and your impact to the Wing.

Have a Reset Button – Be cognizant that Airmen make mistakes. Use and trust in the progressive level of discipline approach, but use it only as a rehabilitation tool, not a historical database of failures. If you are discriminating against an Airman for something they did 8 years ago, you are failing to progress as a supervisor. Using this reset button allows for an equitable distribution of success for our airmen.



Be Engaged – Get to know your fellow airmen. Know what makes them happy, angry, frustrated, embarrassed, or motivated. Know their story, their family, where they've been, what they've seen, what they are currently going through. I once knew an Airman 1st Class in the Reserves that would come to drill and nobody would talk to him because he was quirky and odd. This had a profound effect on him, so much so that he had made the fateful decision that if he came to the next drill and was ostracized again; he was going to take his own life. That next Saturday, an unaware SSgt approached him in the hallway and simply asked him, "How are you doing this morning?" The Airman 1st Class was taken aback

that someone took an interest. In fact, that simple question was enough to snap him out of his fatal mindset and make him feel included. It was that easy.

Be Nice – Finally, this is an easy, simple rule that has profound impact and pays dividends. Regardless of what is going on currently in your life or career, treat everyone with respect and kindness. It makes you more approachable, trustworthy and ultimately respected. This also means to execute nice gestures. Ensure you recognize deserving airmen, help wingmen in need, share your knowledge and please thank your spouse/family/friends for their support.

By the way, that quirky and odd Airman 1st Class I spoke of above is now a respected Chief Master Sgt. He made a conscious decision to hit a **reset button**, chose to get **connected**, made his career **intentional**, exhibited the importance of being **nice** and most importantly, the need to **engage** his Airmen. He'll tell you, to this day, he credits that simple question asked of him in that hallway on that Saturday morning as the most important turning point in his career... and his life. I'm glad I asked it.

Take care of yourselves, your family, your Airmen and your career; someone's life will depend on it.

Pan-Mass Challenge Support

By Chief Master Sgt. Jason Mello, Squadron Superintendent, 267 CBCS

During the last week of July and the first week in August, members from both the 102nd Intelligence Wing and the 267th Combat Communications Squadron supported the Bourne Fire Department and the community by providing



Above: Senior Airman James Nickerson puts supports under mobile shelter for the Pan Mass Challenge. Photo by Staff Sgt. Veuril McDavid

personnel and equipment to establish an Emergency Medical Station at the Massachusetts Maritime Academy. Members of the 267th worked diligently to set-up an expandable metal shelter, known to most as a "Turtle", and installed tactical power production equipment and an environmental control unit to provide lighting and cooling for the shelter. This Emergency Medical Station was used by the Bourne Fire Department to provide emergency medical attention during the 36th Pan-Mass Challenge which took place on the weekend of the 1st and 2nd of August.

personnel and equipment to establish an Emergency Medical Station at the Massachusetts Maritime Academy. Members of the 267th worked diligently to set-up an expandable metal shelter, known to most as a "Turtle", and installed tactical power production equipment and an environmental control unit to provide lighting and cooling for the shelter. This Emergency Medical Station was used by the Bourne Fire Department to provide emergency medical attention during the 36th Pan-Mass Challenge which took place on the weekend of the 1st and 2nd of August.



Above: 267th Combat Communications Squadron members poses after installing a mobile shelter for the support of the Pan Mass Challenge and Community. Photo by Tim Sandland

With the support provided by this Emergency Medical Station; the medical team "treated over 100 bicycle riders during the day on Saturday, with fifteen patients requiring long-term treatment in the shelter" said David Pelonzi, Bourne Deputy Fire Chief in a Letter of Appreciation to the Massachusetts Air National Guard. He also added, "Had the shelter not been in place at the Massachusetts Maritime Academy, each of those 15 patients would need to have been transported which would have placed a significant burden on the Bourne Fire Department, the regional Emergency Medical Services System, and Tobey Hospital."

It is not every day that we are provided an opportunity to support our community and show a military presence utilizing the training we have received to accomplish our State and Federal Missions. This was one of those great opportunities and the 102nd showed that they are Ready, Reliable, and Resilient to support their local community!



Left: Members of the 102IW, 267 CBCS raise part of the roof for the Emergency Medical Station at the Massachusetts Maritime Academy for the support of the Pan Mass Challenge and Community that helps the Bourne Fire Department, the regional Emergency Medical Services System, and Tobey Hospital. Photo by Staff Sgt. Veuril McDavid

Brig. Gen. Alain Pelletier Visits Otis ANG Base

By Staff. Sgt. Veuril McDavid, 102nd IW Public Affairs



Brig. Gen. Alain Pelletier, Deputy Commander Continental U.S. NORAD Region, visited the 102nd Intelligence Wing and Otis ANGB August 19. Pelletier was given an overview of Joint Base Cape Cod, including the 6th Space Warning Squadron's NORAD mission. Additionally, he was briefed on the history and ongoing concerns of Aerospace Control Alert operations at Otis ANGB from 2013 to present.

The ACA is a 24-hour mission, capable of running at any time and under almost any weather condition. These planes are tasked with protecting as far north as the Canadian border and as far south as the Mexican border.

Pelletier later met with members of the 177th Fighter Wing Operations and Maintenance Squadron that are currently here

for the ACA mission. He toured the alert building as well as the alert shelters, learning about what the members of the 102nd had done to get ready for the ACA mission.

After touring the alert facilities Pelletier was picked up by a Coast Guard helicopter for an aerial tour before he boarded a Beech 200 aircraft for departure.



Promotions



Cocchi, Derek A.



Biddy, Diana
Brereton, Ryan E.
Miller, Daniel S.
Pelletier, Steven J.
Rice, Shelby A.
Smolinsky, Joseph J. II
Swanson, Thomas R.
Tirado, Aramis



Bernard, Scott M.
Correia, Chad L.
Hayward, Joseph W.



Cashman, Emily
Farah, Saeed
Gilles, Marc A.
Guertin, Lucas G.
Hamblin, Cody
Johndrow, Brianna
Keveny, Michael
Madden, Anthony J.
Schwartz, Ryan A.
Smith, David J.



Beaulieu, Jason
Massi, Julia E.
May, Derek
Rodriguez, Giselle
Werner, Johnathon E.
Yates, Kyla M.



Rich, Sharon M.

Announcements

1



Operation Backpack

The Otis Civilian Advisory Council (OCAC) is leading Operation Backpack 2015 for JBCC.

This is scheduled for August again this year. Enough backpacks have been ordered to provide each school aged child on JBCC with a pack, filled with school supplies!

102IW: Distribution will be done by individual units during the AUG UTA

2



The Massachusetts Tuition and Fees Reimbursement

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

3



New Government Travel Credit Card

Please see the link below concerning the rollout of the new Citibank issued government travel cards with the new chip and pin technology. All GTC cardholders should verify their home address on record with Citibank to ensure they receive their card. Roll out of the new cards will start in January and finish by October. More information [HERE](#).

4



Basic Motorcycle Riders Course

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

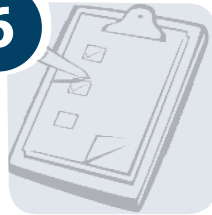
5



Airman's Comprehensive Assessments

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

6



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

SEAGULL IDEAS?

Do you have an idea for a *Seagull* article? Is your unit or shop doing something impressive? Is there something on base you don't think gets enough attention? Or do you simply have an announcement? Stories and ideas are always welcome. Email us at 102iw.pa@gmail.com (Please limit articles to 500 words.)

The next *Seagull* deadline is MONDAY, September 22, 2015

ATTENTION FUTURE STAFF SERGEANTS

Greetings from the 102 Massachusetts Enlisted Professional Military Education (EPME) Satellite Site Staff! We are here to announce an upcoming opportunity to complete your Airman Leadership School that will be offered here at Otis Air National Guard Base starting **24 October 2015**! If your personal, family, and/or employer responsibilities make it a challenge to go away for the 6 Week In-Residence Course, then we have an offer for you.

Starting back in August 2013, Otis ANGB re-vitalized its own Satellite Enlisted Professional Military Educational Site. A team of certified facilitators assisted to instruct the Legacy Satellite NCOA Course and most recently the Satellite ALS Course (Saturday and Sunday) in Building 158. This allows students to continue to work for their employers and take care of personal and family matters. Don't get me wrong, it is a bit stressful, but you will get more out of the course than just the Academics, you will learn how to balance both your personal career as well as your military career and accomplish more tasks than you ever thought possible in the short amount of time it takes to complete the course. And we completed our First Satellite ALS Course back in December 2014.

The **Fall** Satellite ALS Course (Class 16-2) starts on **24 October 2015** and goes to **22 November 2015** (FIVE Academic Weekends). This is considered Phase 1 of the course that meets on the weekends; (usually 0930-1800, Saturday & Sunday) at Otis ANGB. The students then continue on to McGhee Tyson ANGB, TN for Phase 2 (2.5 Weeks) which starts on **1 December 2015** with a Graduation Date of **18 December 2015**. Travel days to and from McGhee Tyson would be **30 November 2015** and **19 December 2015**.

If this opportunity is for you and you are Medically Cleared to attend a PME Course; then start your journey now by coordinating with your Unit Training Manager to complete a "Formal Training School Request Form". Also, please ensure you have the following documentation, in addition to the completed application (all documentation must remain current through the entire ALS Course –training/test due dates must not fall before **31 December 2015**):

- vMPF Report on Individual Personnel (RIP)
- Current Passing Physical Assessment
- CBT Certificate – DoD IAA CyberAwareness Challenge
- CBT Certificate – Information Protection

The suspense to have packages turned in to your Unit Training Manger who will in turn, submit to the Base Training Manger, is Close of Business (COB) on **Sunday the 30th of August 2015**. So....mark your calendars and prepare yourself for a great Professional Military Educational Experience! We'll be waiting for YOU!

Note: Tim- In-Service (TIS) Requirement – If you have exceeded the 6 year maximum TIS requirement, you will have to request an Exception-To- Policy (ETP) waiver in-order to attend the class. Once selected; you can submit the request through proper channels to NGB/HRT for approval, see your UTM for guidance.

For More Information Contact the Following:

CMSgt Jason Mello – Lead Site Facilitator
DSN: 557-4802 / Comcl: 508-968-4802
Jason.M.Mello.mil@mail.mil

TSgt Debra Hasley – Site Administrator/Facilitator
DSN: 557-7209 / Comcl: 508-968-7209
Debra.A.Hasley.mil@mail.mil

Sexual Assault Prevention and Response

SAPR 5K Fun Run

Saturday, 29 Aug 2015 (UTA)

1330 hours for registration

Race begins at 1400 hours



- Awards for the top three male and female finishers.
- Teams competing for Commander's Cup
- Register individually or as a group (3+ people)

Pre-register via email or phone at:
508-968-4664 or
lisa.m.ahaesy.mil@mail.mil

(see reverse of this flyer)