

102nd INTELLIGENCE WING

Seagull



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OPERATION RISING WATER

| pg. 6



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COMMANDER'S COMMENTS

pg. 3

HOMETOWN HEROES SALUTE

pg. 4

OPERATION RISING WATER

pg. 6

GO FOR BROKE: THE PURPLE HEART BATTALION OF WWII

pg. 8

ANNOUNCEMENTS

pg. 10

CHAPEL CALL

pg. 11

SEAGULL IDEAS?

Do you have an idea for a Seagull article? Would you like to be the subject of a story? Births, marriages, sympathy notices and other information are always welcome. Let us know what is going on in your organization. *(Please limit articles to 500 words.)*

The next Seagull deadline is Saturday, May 1, 2010.

ON THE COVER >>



Massachusetts Air National Guardsmen unload sand bags and place them along the banks of the Blackstone River in Blackstone, Mass., to help prevent the rising water from flooding the streets on March 30, 2010.

*U.S. Air Force Photo/
Senior Master Sgt.
Robert Sabonis*

UPCOMING UTAs >>

Unit Training Assembly duty hours are 7 a.m. to 3:30 p.m.

APRIL 2010						
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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JUNE 2010						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31



**FROM THE DESK OF THE
102 AOG
COMMANDER**

By Col. Richard Sweeten



DEPARTMENT OF THE AIR FORCE
102D INTELLIGENCE WING (ACC)
MASSACHUSETTS AIR NATIONAL GUARD
OTIS AIR NATIONAL GUARD BASE MASSACHUSETTS

In the September/October 2008 issue of the Seagull, I wrote a piece called "Tough Questions" about the Wing's new and somewhat vaguely defined mission of "AOC Augmentation." Even the National Guard Bureau, who developed the concept as a post BRAC new mission, didn't really have a good grasp of how it would work. Well, we have come a long way in a year and a half and I thought now was a good time to provide a quick update and explain how the mission has evolved.

In 2008, we knew we were "aligned" with the U.S. STRATCOM Air and Space Operations Center (also called 608th Air Operations Center) at Barksdale AFB, La. We knew our role would be to train in command and control (C2) at the operational level of war and be prepared to augment the 608th AOC or any other global AOC as required. We were essentially going to be a "strategic reserve" that the Air Force could mobilize if a major military conflict required it. The 102nd Intelligence Wing and newly formed 102nd AOG, however, saw more potential for the mission than that. Looking back at the 2008 "Tough Questions" article, I speculated that:

"Through 'distributed operations', we could potentially work side by side with our active duty counterparts to accomplish the mission 'virtually' through video conference feeds, chat rooms, and linked computer systems. Much of that is yet to be decided and only time will tell how our part of the mission evolves."

Of course, we were right. The entire concept of "AOC Augmentation" has shifted since then to one of "AOC Integration." The Air Force now looks to their Guard AOG's for real-world support. The mission is now part of the Total Force Integration (TFI) concept.

The 102nd AOG now routinely covers the 608th AOC Battle Watch through "split operations." The Watch, utilizing Strategic Worldwide Integration Capability (SWIC), executes the daily Integrated Tasking Order (ITO) and maintains situational awareness at the strategic level on all world events via SKiWeb (a STRATCOM Web site). The Watch also maintains and sustains a global operational picture through links and secure communications to track friendly and enemy orders of battle. As the 608th AOC's central reporting agency, it serves as the repository for leadership recall and initiation of time sensitive planning. The Watch collects Battle Damage Assessment (BDA) on Global Deterrence Force (GDF) missions to determine mission effectiveness, and monitors/tracks and performs C2 for global power missions.

Now, 102nd AOG officers also participate as integrated members of the 608th AOC Time Sensitive Planning (TSP) team. In the event of a global emergency that requires immediate strategic Crisis Action Planning (CAP), we can operate with programs such as Defense Connect Online (DCO) and the Integrated Strategic Planning and Analysis Network (ISPAN) to participate virtually with our Barksdale counterparts. 102nd AOG members will analyze the mission, develop Courses of Action (COAs) and provide briefings as required through secure video teleconference (VTC). These

plans would be briefed to the respective component commanders (COCOMS) and potentially to the Secretary of Defense. Other integrated missions, such as production of the ITO and split operations with 102nd AOG intelligence functions are also in the works. All of these missions are conducted in a Title 10 federal status. Members are placed on MPA orders, funded by U.S. STRATCOM or Global Strike Command, to accomplish the task.

In addition to the real-world C2 support the 102nd AOG provides the Air Force, we must still train and be prepared to deploy to any worldwide geographic AOC as required. This summer, a full training capability (FTC) will be installed that will allow traditional guard members to practice on standard AOC systems that support the Theater Battle Management Core System (TBMCS). Drill weekends will involve exercises and simulations that let us train in the areas of Strategy, Planning, Current Operations, and Intelligence. In fiscal 2012, we are scheduled for a \$7 million Military Construction (MILCON) project that will totally renovate our current building and transform it into a state of the art C2 facility. That will provide even more future capability in both real-world support and AOC training.

The 102nd AOG has come a long way in a year and a half. We are scheduled to be at Initial Operational Capability (IOC) on Oct. 1, 2010. We continue to recruit, train, and improve. Members are proactive, innovative and never fail to impress me. We are going down a path that the Air National Guard has never been down before, and in many cases we are blazing new trails. My vision is that in a few years we will have a world-class facility with members routinely supporting the U.S. STRATCOM AOC through integrated operations and simultaneously using Unit Training Assembly weekends and Annual Training days to train for any AOC duty that calls. And of course, we will be the premier Air Operations Group in the Guard!



Air National Guard HOMETOWN HEROES SALUTE

WINGMAN ★ LEADER ★ WARRIOR

*By 2nd Lt. Chad Pimental
102nd Intelligence Wing Hometown Heroes Salute program coordinator*

As our Airmen demobilize and return to their families and communities, it is critical to their continued involvement in the Air National Guard that they, as well as their families and employers, have a sense of how much they are valued by their nation, community, and the Air National Guard.

In August 2008, Gen. Craig R. McKinley, Chief of the National Guard Bureau, sanctioned the Air National Guard Hometown Heroes Salute recognition program. The purpose of this program is to celebrate and honor the significant contribution of Airmen, families, communities and those special supporters of the missions of the U.S. Air Force and the Air National Guard.

On June 6, 2010, the 102nd Intelligence Wing will hold its inaugural Hometown Heroes Salute to acknowledge hundreds of the past and present Airmen of the 102nd Intelligence Wing and their families. This ceremony will recognize all active and retired Airmen who have deployed away from their home station

in support of Operation Enduring Freedom, Iraqi Freedom, Noble Eagle and/or other peacekeeping operations across the globe between Sept. 11, 2001, and Dec. 31, 2008.

The Air National Guard Hometown Heroes Salute program is a tremendous opportunity for members of the 102nd to receive some well deserved appreciation for answering the call to duty. As I'm sure you can imagine, the list of people from the 102nd who deserve to be recognized is extensive – more than 400 servicemembers are eligible for this year's ceremony.

Airmen who are identified will receive a framed Hometown Heroes Salute Coin with a Letter of Appreciation signed by both the Air National Guard's director and command chief master sergeant. Airmen will also receive a Hometown Heroes Salute pen and pencil set; dog tags for their children and a Center of Influence Medallion which each Airman can present to an individual who supported them or their family during their deployment.

The event is scheduled to take place June 6, from 1:30 to 3:30 p.m., on the hangar floor of building 158. Family and friends are welcome and highly encouraged to attend.

CELL PHONES FOR SOLDIERS

Cell Phones for Soldiers hopes to turn old cell phones into more than 12 million minutes of prepaid calling cards for U.S. troops stationed overseas. To do so, Cell Phones for Soldiers expects to collect 50,000 cell phones each month through a network of more than 3,000 collection sites across the country.

The phones are sent to ReCellular, which pays Cell Phones for Soldiers for each donated phone – enough to provide an hour of talk time to each soldier stationed abroad. Accessories are not necessary where the phones get recycled.

"Americans will replace an estimated 130 million cell phones this year," says Mike Newman, vice president of ReCellular, "with the majority of phones either discarded or stuffed in a drawer. Most people don't realize that the small sacrifice of donating their unwanted phones can have a tremendous benefit for a worthy cause like Cell Phones for Soldiers."

Cell Phones for Soldiers was founded by teenagers Robbie and Brittany Bergquist from Norwell, Mass., with \$21 of their own money. Since then, the registered 501c3 non-profit organization has raised almost \$2 million in donations and distributed more than 500,000 prepaid calling cards to soldiers serving overseas.

"Cell Phones for Soldiers started as a small way to show our family's appreciation for the men and women who have sacrificed the day-to-day contact with their own families to serve



in the U.S. armed forces," said the teens' father, Bob Bergquist. "Over the past few years, we have been overwhelmed by the generosity of others. But, we have also seen the need to support our troops continue to grow as more troops are sent overseas for longer assignments."

Through increased fundraising efforts, the Bergquist family hopes to raise more than \$9 million in the next five years to fund new programs, such as providing video phones with prepaid service to allow soldiers abroad to see their families on a regular basis.

Cell phone donation collection points for Otis ANGB:

Bldg 330, Rm 1
POC: MSgt Julie Santos
508-968-7232

Bldg 158, Rm 271
POC: MSgt Mary Long

Thank you for your support!

Airman in the Spotlight



Chief Master Sgt. Reginald Graham

Chief Graham has been working in the wing's safety office for the past six years and worked previously for the weapons section as a weapons loader then as a member of the load, standards, and evaluation team. He has been with the 102nd since 1996.

Prior to coming to Otis, Chief Graham served in the Marine Corps for six years as an Aviation Ordnance Technician, working on a variety of aircraft. He served aboard the U.S.S. Wasp during its deployment for Desert Shield/Storm.

Chief Graham was raised in his hometown of Brockton, Mass. He now lives with his girlfriend and their 8-year-old daughter in Raynham, Mass.

Civilian Job: During the week, when he is not working at Otis, Chief Graham steps into another Chief role, Chief Court Officer of the Stoughton District Court

Hobbies: Golfing

Ideal vacation: Chief Graham organizes an annual trip down to Myrtle Beach to play golf and says, "If anyone is interested, come see me."

If you would like to nominate a 102nd Intelligence Wing member for the monthly "Airman in the Spotlight" feature, contact Capt. Evan Lagasse at (508) 968-4003 or e-mail evan.lagasse@ang.af.mil.

DEPARTMENT OF DEFENSE BONE MARROW TRANSFER PROGRAM

*By Capt. Brendan Simison
102nd Air Operations Group*

Help save a life! Have you ever considered being a registered Bone Marrow Donor? Currently, bone marrow is used to treat more than 70 potentially fatal diseases, including leukemia. As of 2009, in the United States, 245,225 people are living with, or are in remission from leukemia. Tragically, an additional 44,790 new cases were anticipated during 2009.

One way you can help is by registering in the C. W. Bill Young Department of Defense (DoD) Marrow Donor Program. This program is for DoD personnel and their dependents, DoD civil service employees, National Guard, Coast Guard and Reservists and is how DoD personnel can participate in the greater National Bone Marrow Program.

Registration is a painless process that requires a cotton swab be rubbed in the corners of your mouth and a DoD consent form. The swabs are then tested to determine your Human Leukocyte Antigen type. That coded information (no names or social security numbers are used for identification purposes) is placed on the national registry. Donors never pay for donating, and you are a volunteer. You are only contacted if you are identified as a "preliminary match" to a specific patient, and you decide whether to donate only after being fully informed about the donor experience.

The donor recovers quickly from the procedure and usually can resume normal work activities after a few days. Donors

can expect some soreness for about a week, and the marrow naturally replenishes itself. Also, if both donor and patient consent, they may be allowed anonymous or direct contact with the patient and be periodically informed of the patient's progress.

If you are interested in participating in the DoD Marrow Donor Program, please contact Capt. Brendan Simison at brendan.simison@ang.af.mil. Captain Simison will be ordering registration kits and will have them available during the May and June UTAs. The self-service kit takes approximately five minutes to administer.

Additional information is available online at www.dodmarrow.org or <http://www.marrows.org>.

In the words of Bill Young... "Registering as a marrow donor will enable you to give people in need the most precious gift of all – the gift of life."



*"Registering as a marrow donor will enable you to give people in need the most precious gift of all – the gift of life."
- Bill Young*

OPERATION RISING WATER

Massachusetts National Guard Provides Storm Relief Assistance to Communities



The Massachusetts National Guard activated more than 1,000 Army and Air National Guardsmen in late March - early April 2010, to assist civilian agencies with filling and distributing 33,000 sand bags, performing presence patrols in isolated areas, assisting with emergency evacuations and manning traffic control points during a powerful rainstorm that began March 28 and swept over the region, leading to flooding throughout New England.

The Guardsmen were called to State Active Duty in support of Massachusetts Governor Deval Patrick's declaration of a state of emergency in the Bay State. Guardsmen worked around the clock through the rainstorm, supporting various aspects of the mission, dubbed "Operation Rising Water," providing assistance throughout the hardest hit areas. In total, 54 missions were completed in 23 communities.

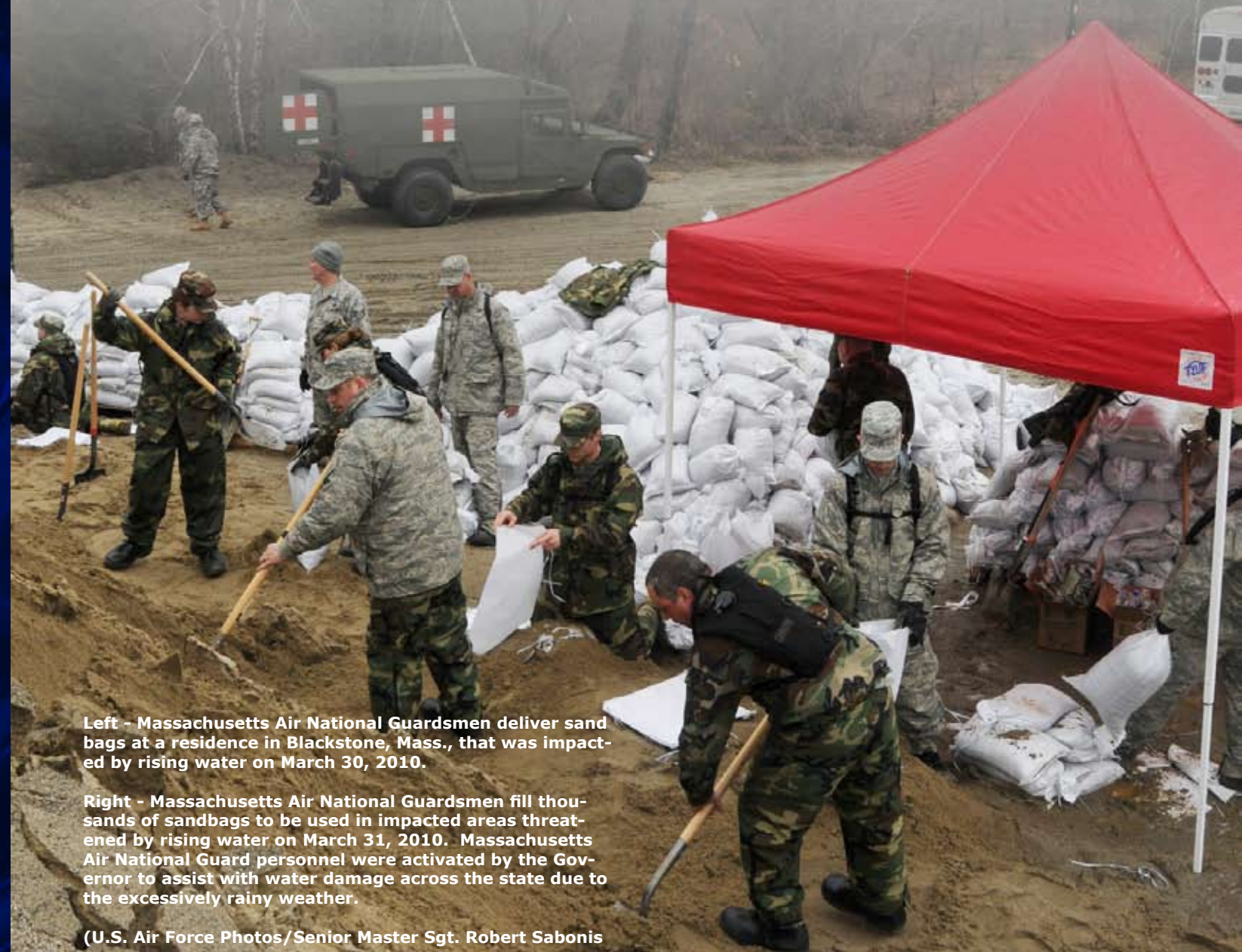
The conditions were messy and the hours were long, however, they were no match for the determined

Massachusetts National Guardsmen. A point that was reinforced by the Massachusetts National Guard Adjutant General, Maj. Gen. Joseph C. Carter, a few days into Operation Rising Water.

"The state of emergency is still in effect for Massachusetts and our mission remains the same. Our troops are driving forward with ongoing operations and will continue to do so until our assistance is no longer required," said General Carter.

The missions the National Guard supported were requested by local civilian authorities and coordinated through the Massachusetts Emergency Management Agency (MEMA). MEMA, in turn, sent the requests for military assistance to the National Guard who dispatched units to the requesting communities to render assistance.

The Massachusetts National Guard remains trained, equipped and ready to assist local and state emergency responders throughout the Commonwealth to protect the safety of the Massachusetts people now and in the future.



Left - Massachusetts Air National Guardsmen deliver sand bags at a residence in Blackstone, Mass., that was impacted by rising water on March 30, 2010.

Right - Massachusetts Air National Guardsmen fill thousands of sandbags to be used in impacted areas threatened by rising water on March 31, 2010. Massachusetts Air National Guard personnel were activated by the Governor to assist with water damage across the state due to the excessively rainy weather.

(U.S. Air Force Photos/Senior Master Sgt. Robert Sabonis)

GO FOR BROKE: "THE PURPLE HEART BATTALION" OF WWII

By Senior Master Sgt. Michael J. Poirier
102nd IW Human Resources Advisor

It's amazing how little is written about the 100th Battalion/442nd Regimental Combat Team (RCT) in classroom history books. To be honest, within most public school history textbooks, there isn't a word about them, and as a high school history teacher, I find this stunning. The 100th Battalion/442nd RCT was an Asian-American unit, composed of mostly Japanese-Americans, who fought with uncommon distinction in Italy, southern France, and Germany during World War II. The unit, which became the most highly decorated military unit in the history of the United States Armed Forces, included 21 Medal of Honor recipients, and earned the nickname "The Purple Heart Battalion."

Originally excluded from serving with the military, these Japanese-Americans living in Hawaii and the U.S. mainland, eventually joined what was later designated the 100th Infantry Battalion. After intense training in combat and language skills, these men bravely fought in Northern Africa and Italy. Though they suffered heavy casualties, they were part of the Allied force that liberated both France and many concentration camps, including Dachau.

These men posted stellar combat records, and helped change the mind of some anti-Japanese Americans. They also called for the release of more than 120,000 Japanese-Americans who were being held in U.S. internment camps. However, their exemplary service and many decorations did not change the attitudes of the general U.S. population about people of Japanese descent after World War II. Veterans were welcomed home by signs that read "No Japs Allowed" and "No Japs Wanted." Many veterans were

denied service in shops and restaurants, and some had their homes and property vandalized.

The "Go For Broke" unit, as they were called, were demobilized shortly after the war and although they were reactivated in numerous iterations, and served in Vietnam, Guam and Iraq, their glory will be remembered for what they did during World War II. The 1951 film, *Go For Broke*, provides a glimpse into not only the lives and wartime heroics of the 100th Battalion/442nd CCT, but also many of those who served with this heralded unit. The "Go For Broke" soldiers of the 100th Battalion/442nd CCT played a large role in the Allied success in Europe during World War II, and are a part of history that should never be forgotten.



AUTISM AWARENESS MONTH

By Staff Sgt. Michael Corkren
102nd Intelligence Support Squadron

"Your child has autism."

These are words more and more parents are hearing every day, but what does that mean? It seems the questions always outnumber the answers when your child's health and well being are affected, and when dealing with an Autism Spectrum Disorder (ASD), it appears more so.

One thing is certain; the number of families touched by Autism is growing.

The U.S. Centers for Disease Control and Prevention recently revised the autism prevalence rate, from 1 in 150, to 1 in 110 children. According to the 2006 study results, 1 in 70 boys in the nation have an autism diagnosis while 1 in 315 girls are on the autism spectrum.

Because of the rising numbers of children diagnosed with Autism, congress has designated April as National Autism Awareness Month, to make the public aware of the prevalence, signs and treatment options available to families affected by ASD.

But what is Autism? A common definition reads: *A spectrum of neuropsychiatric disorders characterized by deficits in social interaction and communication and unusual and repetitive behavior. Some, but not all, people with autism are non-verbal.*

This definition can mean many things to the family of an autistic child. It can mean your child never smiling or recognizing his or her name, never saying I love you, giving you a hug or showing emotion. It can mean your child never looking you in the eye, never recognizing you, never laughing.

As bad as that sounds, there is hope. Not all Autistic children are affected this way, many are very high functioning. Early diagnosis and treatments like Applied Behavior Analysis (ABA), and Physical and

Occupational Therapy have proven very successful. Today there are numerous support groups for families affected by autism and everyday more is learned about ASD.

National Autism Awareness Month is also about informing the general public of the prevalence, to help people identify ASD, and hopefully be more understanding when observing an autistic child.

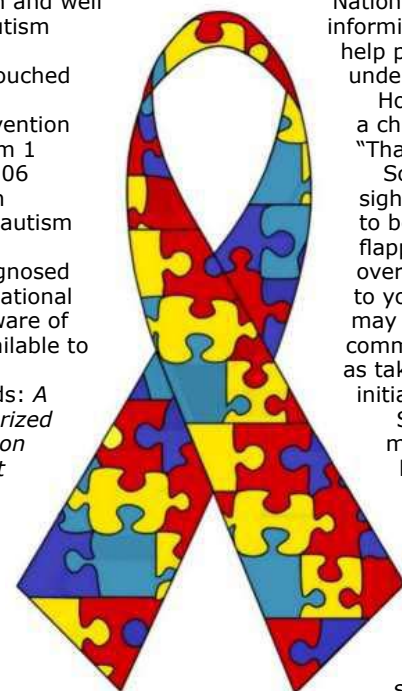
How many times have you been out and seen a child who seemed "out of control" and thought, "That kid is spoiled,?" Could that child be autistic?

Some autistic children are under-sensitive to sights and sounds and respond by constantly having to be in motion, running, squirming, spinning, flapping their arms. Some autistic children are over sensitive and can become very upset in what, to you, is a normal environment. That "spoiled kid" may be reacting in the only way he knows how to communicate his feelings. Something as simple as taking a different route to the supermarket can initiate what many parents know as a "meltdown".

So next time you're out and you see a frazzled mom, trying to calm an agitated child, don't be so quick to prejudge. That child may be overwhelmed by the things that are normal to most of us. He or she is frustrated, and has no way to communicate that frustration.

About the author:

Staff Sgt. Michael Corkren is assigned to the 102nd Intelligence Support Squadron and has been stationed at Otis since December 2004. His son Nicholas, 4, was diagnosed with autism at 18 months.



PRESCRIPTION MEDICATION USE AND POTENTIAL ABUSE

102nd Medical Group

When you complete a Physical Health Assessment (PHA), you'll recall that you are asked if you are taking any new medicines, either non-prescription or prescription. This does not mean that the only time you should notify the 102nd Medical Group (MDG) is during your annual PHA. Notify us whenever new medicines are taken.

Certain medicines and certain conditions could affect your status for potential deployment, and even for retention. The MDG can help provide advice and guidance in these instances. It's important to point out that although it's understandable that you might be concerned about the implications of your health status on your deployability or career status, you are obligated to be forthright with your medical information. But, you should be reassured about the potential implications of medical findings. The MDG can help process most medical information in a manner that is conducive both to your health and your military service.

If you are starting a new medication, follow the directions for use carefully; learn what effects and side effects the medication could have and inform your healthcare provider of any other medications you may be taking (including over-the-counter medications or health supplements), since these could potentially interact with a prescribed medication.

Medicines and Drug Testing

All members are subject to routine drug testing. Should a controlled substance be detected on your drug screen for which you do not have a record or a prescription, the legal consequences could be severe. Drug testing is designed, obviously, to detect illicit drug use. Certain drugs are always illegal: marijuana and cocaine are examples, and these drugs will be detected by screening.

Certain other prescription medicines, called controlled substances (such as narcotics, certain sedatives, and certain stimulants) will also be detected by screening. If you take these medicines it is imperative that you provide prescriptions AT THE TIME THEY ARE PRESCRIBED.

Even with prescriptions, these drugs can be abused. The medicines must be taken exactly according to their prescription, under the care of the prescribing healthcare provider. The Department of Defense defines abuse of prescription medications as *being taken by someone other than the patient for whom the medication was prescribed, or taken in a manner or dosage other than what was intended by the prescribing healthcare provider.*

So in layman's terms, abusing prescription drugs includes everything from taking a friend's prescription painkiller for your backache, taking a child's cough medicine because you have come down with their illness, taking the prescribed medication for an ailment other than what it was prescribed or snorting ground-up pills to get high. These are all considered drug abuse.

Medical prescriptions are written for people who have a true medical need for the prescription drug but we all know many households have a drawer filled with old prescription bottles containing leftover drugs. Expiration dates are on all medications and should be disposed of when 'expired'. Please do yourself and your family members a favor - throw them out! Be proactive -- ask your Healthcare Provider and/or Pharmacist about your prescription. A few simple questions to get you started are; can I work, drive, or exercise taking this medication? If you have further questions about prescription medication use and abuse, please call the 102nd Medical Group at (508) 968-4091.



SECURITY FORCES...MORE THAN GUARDS, GATES, AND GUNS

By Gary Fears
102nd Security Forces Squadron

For many of us, our first thoughts regarding security are when we reach for our identification (ID) cards as we approach the installation's entry control point. Then as our IDs are checked and we are granted access to the base, we put our IDs away along with our security consciousness.

To many, security is the domain of those manning the gates and carrying the guns. Some believe it is the responsibility of the patrol that makes their rounds as everyone else goes about their own work. It is true that the guards and patrols are tasked with ensuring the security of the installation. It is not true that it is their responsibility alone.

All wing members, regardless of rank or position, must maintain security awareness. This security awareness encompasses not only being alert to the possibility of an intruder or a hostile act; it should also be ingrained in everything we do. Of particular importance, is maintaining the security of the classified and sensitive information that most of us are given access to each day. This classified and sensitive



information is not only on the documents, computer screens, and electronic media that we work with, it is also held somewhere in the gray matter of our brain. We can lock up the documents, shut down and secure the electronic processing equipment, but what we cannot do is control what you have retained in your head. This is strictly your responsibility.

Before you can carry out your responsibility you must first educate yourself as to the types of information that require protection. In the case of classified information, your unit security manager and supervisors will ensure that you are ready to execute your security responsibilities. If for any reason you find yourself unsure of what you need to do, seek these people out and be sure of what you're doing before you do it.

Unlike classified information, unclassified sensitive information may not be marked to alert you to its potential importance and need for safeguarding. This may be something that at first appears innocuous, such as a work schedule. But, in the hands of a malicious person or group, this schedule could be exploited to expose targets of opportunity or vulnerabilities. Your operations security representative should be able to help you determine what types of information would fall into this category. Again, if you are unsure, ask before you proceed.

It is incumbent on all of us to ensure the security of our work areas and the information stored and processed therein, not only for ourselves, but also for other American and allied personnel that could come to harm if we fail to fulfill our security responsibilities. So please, commit yourself to honing your security awareness and confidently executing your security obligations.

Enlisted Health Professional Baccalaureate Stipend Program

Enlisted members of the Air National Guard pursuing a baccalaureate degree in an accredited program leading to a degree as a Nurse or Physician Assistant may qualify for a monthly stipend payment of \$100 for their third and/ or fourth year of study. Participation in this program does not require the individual to be assigned to a medical specialty AFSC on the Unit's Manning document. In order to qualify for the stipend, the applicant must be an enlisted drill status member and enrolled as a third or fourth year student in an accredited baccalaureate program leading to a degree as a Physician Assistant or Nurse.

If one chooses to participate in this program, the member will incur a service obligation of one year of service (or part thereof) for each year in which they receive the stipend payments. The service obligation period will begin upon receipt of the last payment.

For more information on this program, please contact Master Sgt. David Rogissart in the Retention Office or call (508) 968-4077.

JOB OPENING: Command Post Manager

Application packages are now being accepted for the position of Command Post Manager. Applicants must be a Drill Status Guardsman, the rank of chief master sergeant or senior master sergeant immediately promotable to Chief. Selected individual will be required to attend Command Post Apprentice Tech School for seven weeks, must get certified in local command post training, and obtain a Top Secret Clearance. Application packages should include Letter of Intent, resume and/or military biography, Personal Data Record Review RIP and current Physical Fitness Test scores. Submit packet to Col. Christina Stevens, 102 Intelligence Wing Vice Commander, by the end of the June UTA. Applicants will be contacted for an interview. Any additional questions can be directed to Master Sgt. Christine Fallo at (508) 968-4200 or by e-mail Christine.fallo@ang.af.mil.

JOB OPENING: Health Services Administrator

Application packages are now being accepted for the position of Health Services Administrator. The Health Services Field encompasses command, logistics, medical readiness, administrative and education functions supporting the provision of health care to authorized beneficiaries. Applicants must be a Drill Status Guardsman and either an officer, an enlisted member eligible for commissioning in the Massachusetts Air National Guard or eligible and qualified for appointment into the Massachusetts Air National Guard. Effective Feb. 22, 2010, the minimum scores are 800 for the GRE (verbal and quantitative) and 400 for the GMAT. These scores have been lowered from the previous requirements and are not waiverable. Submit military/civilian resume with a cover letter to Col. Maureen McCarthy, 149 Granville Ave, Otis ANGB, MA 02542 (Maureen.mccarthy@ang.af.mil) by May 2, 2010. A board is scheduled to be held June 6, 2010, at the 102nd Medical Group.

PROMOTIONS >>

Colonel

Richard Sweeten
Frank Aflague

Chief Master Sergeant

Monica Lindell

Technical Sergeant

Kathleen Burger

Staff Sergeant

Luke Bennett
Andrew Pierce

Senior Airman

Kelsey Ivers
Ryan Callinan
Michael Newton
John Healy
John Cleverly
Allen Nancarrow
Alex Sullivan

ANNOUNCEMENTS >>

MEMORIAL GOLF TOURNAMENT

The 5th Annual Tyler's Tee Time Memorial Golf Tournament is scheduled for May 15 at Stow Acres Country Club, 58 Randall Road, Stow, MA 01775. The Shotgun Start is scheduled for 1 p.m. The tournament benefits The Cardiac Intensive Care Unit and "Miles for Miracles" Annual Walk for Children's Hospital Boston. Registration Fee Includes: \$1 million Hole-In-One Contest, Greens Fees, Carts, Luncheon, Dinner, Gifts, & Awards. Individual Registration Fee is \$165. Dinner only is \$37.50. Children under 12 years eat free. Please make checks payable to: Tyler Ryan Portlock Memorial Foundation. Mail checks to: Tyler Ryan Portlock Memorial Foundation, 28 Fayette Road, Bedford, MA 01730. Registration Deadline is May 10, 2010. For more information please call: (781) 640-4529.

SCHOLARSHIP

The Otis Chief's Council is accepting applications for their two annual scholarships until Aug. 31, 2010. There is one \$1,000 and one \$500 scholarship available. Please contact Chief Master Sgt. Carolyn Lucas, (508) 968-4057 or carolyn.lucas@ang.af.mil for application information.

FALMOUTH ROTARY CLUB PANCAKE BREAKFAST

The Falmouth Rotary Club Pancake Breakfast is scheduled for May 15, Armed Forces Day, to honor active military servicemembers and their families. The location is the Masonic Temple on Main Street and the time is 8 a.m. to noon. Active servicemembers from all military branches and their dependents eat free.

COMMISSARY ROAD SHOW

The next Defense Commissary Agency Truckload sale is scheduled to be held at the Massachusetts Military Reservation, May 21-22, 2010, from 9 a.m. to 6 p.m., while supplies last. Accepted methods of payment are cash, check or credit. The event is scheduled to be held at the U.S. Coast Guard Reserve's Port Security Unit 301 on Turpentine Road. For more information, please contact Senior Master Sgt. Edwin "Chopper" Lynds at (508) 968-4150 or edwin.lynds@ang.af.mil.

CHAPEL CALL

By Chaplain (Capt.) Mary Scheer
102nd Intelligence Wing Chaplain

"How to be Happy" part 4

This month, as we continue our four-part series on how to be happy, we're looking at the mind-balance connection as shared by Harvard Professor, Tal Ben-Shahar in his Happiness 101 class. One of the best ways to be happy is to practice genuine gratitude. I'm not talking about just saying 'thank you', but focusing on and living grateful lives.

Focusing on the Positive: Practice Genuine Gratitude

- When we fail to appreciate the treasures around us, we fail to experience gratitude; and when we appreciate the good in our life, the good appreciates, it rises in value. When we don't and we take it for granted, it depreciates.
- Genuine gratitude helps us experience life on a different level.
- Must something external and extraordinary happen before we learn to appreciate the ordinary?

We must cultivate the habit of gratitude. A study on the affect of gratitude looked at four control groups. Every night each group wrote down five things. (Emmons and McCullough 2002)

- Group one wrote five things they were grateful for.
- Group two wrote five things that went wrong that day, five hassles
- Group three wrote five things they were better at than other people
- Group four wrote any five random things

They looked at the following variables: How happy they were, how optimistic they were, how likely they were to achieve their goals, how physically healthy they were during that time and how generous and benevolent they were.

What they found is the group that performed the worst is the group that wrote down five hassles each night. The group that was happiest, healthiest, most generous and most likely to reach their goals was the group that wrote down five things they were most grateful for every night! Scientific basis shows it works.

When we appreciate the good, the good appreciates!
The key to doing the exercise is to maintain freshness, be mindful of what we're doing. Don't take the exercise for granted.

Write the heartfelt experience. Sonja Lyubomirsky, author of *The How of Happiness*, says that gratitude is an appreciation, a thankfulness or wonder at life.

There are different kinds of gratitude and different expressions of gratitude.

- Write gratitude letters to the people you love.
- Count your blessings in a journal.
- Savor and appreciate your life as it happens. Mentally notice it, think about it. When you're doing something fun with your kids, are you thinking about what fun you're having or thinking about something else?

In summary, we can help ourselves to feel happy. And we can increase the level at which we experience happiness by being intentional in these four areas.

1. Give yourself permission to be human. When we accept emotions — such as fear, sadness or anxiety — as natural, we are more likely to overcome them. Rejecting our emotions, positive or negative, leads to frustration and unhappiness.
2. Simplify and multi-task less! We are generally too busy; trying to squeeze more and more activities into less and less time. Quantity influences quality, and we compromise on our happiness by trying to do too much.
3. Remember the mind-body connection. What we do — or don't do — with our bodies influences our minds. Regular exercise, adequate sleep, deep breathing and healthy eating habits lead to both physical and mental health. As Ben-Shahar explains, NOT exercising is akin to taking depressants. Learn to deal with stress.
4. Express gratitude whenever possible. We too often take our lives for granted. Learn to appreciate and savor the wonderful things in life, from people to food, from nature to a smile.

Most of these things seem like common sense. But as a French Philosopher said, "Common sense is not that common when it comes to application."

UNIT SPOTLIGHT

102nd Intelligence Group Intelligence Support Squadron



The 102nd Intelligence Support Squadron provides the highest quality communications, logistics and support (CLS) to the operators of the 102nd Intelligence Group as part of Distributed Ground Station—Massachusetts (DGS-MA), enabling it to provide near real-time processing, exploitation, and dissemination of intelligence to fielded warfighters and combatant commanders. As the CLS squadron for DGS-MA, the 102nd ISS ensures seamless and transparent availability of mission-essential networks and equipment at least 99.5 percent of the time, 24 hours a day, 365 days a year.

Congratulations

Academy of Military Science Graduates



Left to Right: Col. Anthony Schiavi, 2nd Lt. Carly Durham, Capt. Christian Leighton, 2nd Lt. Jean Riordan, Lt. Col. David McNulty

These photos were taken at the Academy of Military Science (AMS) graduation/ commissioning Banquet, Feb. 17, 2010, at Maxwell AFB, Ala. Congratulations to the two newest second lieutenants in the 102nd Intelligence Wing.

*2nd Lt. Carly Durham
2nd Lt. Bethany Hien*



*Left to Right:
2nd Lt. Bethany Hien, Col. Anthony Schiavi, 2nd Lt. Carly Durham*



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