


102nd INTELLIGENCE WING

Seagull



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VOLUME 27 NO. 3

“Boston Ski Party” races to National Championships

| pg. 6



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Senior Airman Luiz Vicentini

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SEAGULL IDEAS?

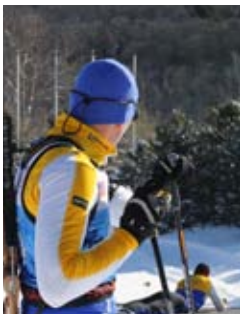
Do you have an idea for a Seagull article? Would you like to be the subject of a story? Births, marriages, sympathy notices and other information are always welcome. Let us know what is going on in your organization. *(Please limit articles to 500 words.)*

The next Seagull deadline is Saturday, March 31, 2012.



Select stories and news from this publication can also be found online at <http://www.102iw.ang.af.mil> or Facebook at <http://www.facebook.com/102IW>

ON THE COVER >>



Senior Master Sgt. Jeffrey Soja of the 202nd Weather Flight watches his teammate Army Capt. Robert Charbonnier practice shooting targets in the prone position at the 2012 National Guard Biathlon Championships. See the feature story about the biathlon team on pages 6-7.

(National Guard photo by Tech. Sgt. Kerri Cole)



FROM THE DESK OF THE
102nd Medical Group
COMMANDER



by Col. Maureen McCarthy



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

Domestic Operations: Massachusetts Air National Guard Medical Homeland Response Mission

Hopefully reading this will give everyone a better understanding of the 102nd Medical Group's dual mission of the past few years. The Air National Guard Medical Service (ANGMS) mission has been changing with the operations tempo of the Air Force. Per the Air National Guard Surgeon General, our primary responsibility is the homeland, in a Domestic Operations (DOMOPS) capacity.

ANGMS is the force provider for the Homeland Response Force (HRF) and CBRNE Enhanced Response Force Package (CERF-P). To give a little history, in 2009, the secretary of defense signed Resource Management Decision Number 700 directing the chief of the National Guard Bureau to field faster, more flexible consequence management forces which forced the development of 10 HRFs and 17 CERF-Ps. When directed by proper authority and upon consent of the Governor(s), the HRF is alerted, assembles within six hours, deploys, conducts command and control, security operations, performs search and extraction rescues, decontamination, and medical triage and treatment in order to save lives and mitigate human suffering, and finally returns home to await another mission. We are the Governor's "support" for Domestic Response to a catastrophic disaster.

Previously, the 102nd and 104th Medical Groups combined to fill the role of the medical element of a CERF-P. We have been working in joint operations for more than seven years, training four times a year with the Massachusetts Army National Guard (ARNG) in Reading, Mass., often on off-drill weekends. Now, we staff the Chemical Biological Radiological Nuclear Task Force (CBRN TF) of the Region 1 HRF, currently operating at Camp

Curtis Guild in Reading. The HRF includes a Brigade-level Command and Control (C2) element, a security element consisting of personnel from Connecticut and Vermont ARNG units, and one CBRN TF, for a total of approximately 550 personnel, approximately 50 of which are ANG Medical. Our medical element is responsible for triaging patients while wearing HAZMAT suits, treating search and extraction personnel, re-triaging decontaminated personnel, and giving life support as needed to other casualties while coordinating transport to higher echelons of care at hospitals local to the CBRNE or natural disaster scene.

Our unit also supports the 102nd Intelligence Wing members on all medical needs, and trains and exercises with the Wing and Massachusetts Military Reservation community in addition to this newer homeland mission. In order to successfully fulfill all of our requirements, we are reducing our footprint on our previous priority, the Expeditionary Medical Support (EMEDS), and transitioning to smaller units with faster response capability. Fiscal Year 2013 manpower changes are scheduled to transform all 89 Medical Groups throughout the country. We will all see new Designed Operational Capability (DOC) Statements and Unit Manning Documents (UMDs) hopefully by end of summer. The intention of these new documents is to separate the HRF/CERFP medical element as a separate UMD.

Domestic Operations is here to stay!



Your CCAF degree

By Senior Master Sgt. Doug Shvonski
102nd Base Education Training Manager

During fiscal year 2011 22 Community College of the Air Force Associates Degrees were earned by members of the 102nd Intelligence Wing. Frequently I am asked by wing members about their degree requirements and how to update their progress. CCAF degree requirements are tracked in your CCAF progress report which you may access through the AF Portal home page. Located under the heading 'Education/Training/Force Development' is a hyperlink to the Air Force Virtual Education Center (AFVEC). Once in this site, under Self Service, select the link 'CCAF View Progress Report'. Click on the title of your degree. Contained within the 'Degree Requirements' section of your progress report are blue hyper links that provide information regarding courses that meet the criteria for award of credits. Typically members will earn the majority of their technical requirements following completion of their 3-skill level coursework

and CDC. Management credits are awarded following the completion of Professional Military Education. Listed in your Student Record you will find details of all military and civilian education and how your coursework was applied to your degree requirements.



The remainder of your coursework must be completed via civilian college or DANTES/CLEP examination. College transcripts must be received directly from colleges by CCAF for award of credit. Have your college forward your transcripts to: CCAF/DESS, 100 South Turner BLVD, Maxwell-Gunter AFB, AL 36114-3011. Members

who would like to complete their requirements via CLEP may contact Mr. James McLoughlin in the Coast Guard Education Office, (508) 968-6440, to arrange an exam.

Your Unit Education and Training Manager can assist with questions regarding CCAF. You may also access the Student Handbook contained within your web progress report. CCAF course catalogs are maintained in the Base Education and Training Office. Please remember to provide the Base Education and Training Manager with a copy of your civilian transcript for updates to your education record in MILPDS. This action will populate your education data on your personnel RIP. CCAF degrees are automatically updated in your record upon graduation. Please feel free to contact Senior Master Sgt. Doug Shvonski, (508) 968-4189, douglas.shvonski@ang.af.mil, with questions.

Join us on **facebook** for updates, photos and more

102nd Intelligence Wing 🔍

102nd Intelligence Wing - Others [Join 102nd Intelligence Wing](#) [Just Others](#)

102nd Intelligence Wing National Guard 17/2/2012

Information

General Information:
Welcome to the official Facebook Page of the Air National Guard.

This page is intended to provide updated information and Air National Guard events, programs, programs, and people.

TERMS OF USE

While this is an open forum, it's also a family-friendly one, so please keep your comments and wall posts clean. In addition to keeping it family-friendly, we ask that you follow our [page rules](#) and [community standards](#) (both here)

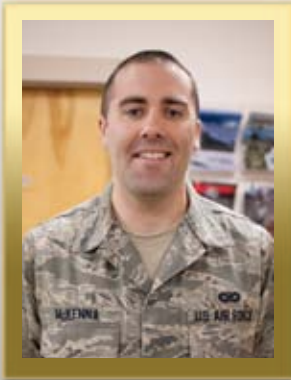
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Airman *in the Spotlight*



Senior Airman Patrick McKenna

Senior Airman Patrick McKenna joined the Air National Guard in February 2012, and he is currently assigned to the 102nd Intelligence Wing as a Public Affairs specialist. As prior enlisted Air Force, McKenna was assigned as a Public Affairs Specialist at Andrews AFB, Md., from January 2008 to January

2012.

Background: Senior Airman Patrick McKenna was born in South Boston, Mass., where he resides with his family. He attended three years of college at UMass Amherst, and now is looking forward to using the GI Bill benefits the ANG offers to complete his major in History and to eventually receive a Masters Degree in Communications.

During his four years on active duty, McKenna participated in several TDY assignments, including a recent six month deployment in support of Operation Enduring Freedom, where he and three other PA professionals traveled throughout the U.S. Central Command area of responsibility covering Airmen and their respective missions. In his words, McKenna described his deployment as a very positive learning experience, not only for his military career, but in his personal life as well.

"I met great people and shared a lot of experience, and I am definitely looking forward to future deployment assignments through the Air Guard," he said.

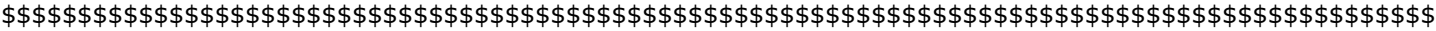
For fun: McKenna likes to play softball and golf, watch sports and spend time with his dogs.

Favorite travel spot: McKenna hopes to visit Ireland to learn more about his ancestors and heritage.

*By Senior Airman Luiz Vicentini
102nd Intelligence Wing Public Affairs*

If you would like to nominate a 102nd Intelligence Wing member for the monthly "Airman in the Spotlight" feature, contact Tech. Sgt. Kerri Cole at (508) 968-4516 or e-mail 102iw.pa@ang.af.mil.

FINANCE CORNER



102nd Comptroller Flight Helpful ¢ent\$

AROWS order Retrieval

Did you know that you do not have to wait for your orders clerk to email your orders? You can get them yourself right from AROWS.

Log in to the AF Portal Home Page. Select the NON-email certificate. Scroll down to Featured Links. You may have to click on +All Links to see "-AROWS-ANG Reserve Order Writing System". Click OK on the US Government Information System message.

If you have never logged into AROWS you will get a Login screen with a message that says "Help! I'm A New User!" Your initial Login is your SSN (without dashes). Your initial password is your Date of Birth in the YYYY/MM/DD format. The slashes are required, for example 1967/12/01.

If you already have a Login, click on "Select a Menu" drop down. Select "Member", click "My Inbox" and then "Applications Awaiting Action" drop down. Select "Approved Orders" and click "View Inbox". All of your orders will be listed. Click on the required order and print as needed. It is also helpful to save a copy of your AROWS order to your desktop for uploading into DTS.

If you are having trouble logging in, please contact the AROWS help desk at 1-877-486-2538.

AROWS and DTS

When submitting your DTS authorization, the AROWS pay orders must be attached as a "Substantiating Record" to your authorization. When retrieving your orders from AROWS, save a

copy to your desktop (if you haven't already).

To create a new authorization, go to Official Travel, then Authorization/Order. Click on Create New Authorization/Order... complete your trip details. Once finished, go to Expenses tab and select Substantiating Records. Click on Browse, find your document (that you saved to your desktop) and click Upload. That will save your AROWS order into existing receipts (aka substantiating records).

To better identify your receipts, click on Added (the document you just added) and rename the item description, i.e., AROWS# 14VWY9 (Tracking #4060175), then click Save Notes. Make sure to include all amendments as well (AROWS 14VWY9 Mod 1, etc.) This helps you know what you have already uploaded when it comes time to file your voucher. Other suggested descriptions: Lodging (including the dates helps when filing for long tours); Airline Receipt; Registration Fee Receipt; Rental car (also include dates), gas receipts.

An unsigned AROWS order is sufficient for the DTS authorization, however when filing your voucher in DTS, a "certified" order needs to be uploaded. A "certified" AROWS order is what gets submitted for military pay and includes start/end dates and supervisor signature.

Please visit the 102d Comptroller Flight Community of Practice (CoP) by logging into the Air Force Portal, scrolling down to Base Units/Agencies, Financial Management. The CoP contains relevant Civilian Pay, Military Pay and Controlled Spend Account (CSA) information as well as many Customer Service links such as DTS, MyPay and LeaveWeb. Please forward ideas or suggestions of other items you would like to see available on the CoP to Master Sgt. Laura Westcott at laura.westcott@ang.af.mil.



The Boston Ski Party races to National Championships

Story and photos by Tech. Sgt. Kerri Cole
102nd Intelligence Wing Public Affairs



Waking up to freshly fallen snow is something we have been waiting for all winter here in New England. Luckily, it finally happened before the official races began at the 2012 Chief of the National Guard Bureau Biathlon Championships, Feb. 26, making for near perfect ski conditions.

The Massachusetts National Guard Biathlon team, as well as more than 100 National Guard competitors from 22 states, spent a week challenging themselves to shoot at targets between laps on the cross country ski course at the Camp Ethan Allen Training Site in Jericho, Vt.

The biathlon sport consists of various race formats, each with different distances and regulations. For example, during the Sprint competition format, biathletes start in intervals by skiing a minimum distance of 10 kilometers on a designated course and pause to fire twice in any shooting lane — once while in prone position and once standing — using .22-caliber rifles at targets from 50 meters, skiing an additional 150 meter lap for each target missed.

The Massachusetts National Guard Biathlon team, also known as “The Boston Ski Party,” had five of its 11 team members qualify for the national championships. The team had not had finalists compete at the national level in nearly a decade.

“I’m excited to see Massachusetts here,” said Maj. Andrew Parsons, National Guard Biathlon program coordinator, and former member of the Massachusetts National Guard Biathlon program. “All state programs tend to wane and wax depending on participation. There were certainly some years where Massachusetts wasn’t active, but the Guard Biathlon program began in 1973 with only six teams and one of them was Massachusetts, so they go all the way back to the inception of the program.”

“To qualify you need to compete and complete a race on an individual basis at the Regional level,” said 1st Lt. Stephen Fiola, the Massachusetts National Guard Biathlon team coach and coordinator. “Races are so very difficult the first time you do them that just completing one is a feat in and of itself.”

The Boston Ski Party members who earned spots at the National Championships from the Army Guard were Capt. Robert Charbonnier, Staff Sgt. Michael Comforti and Sgt. Samantha Lord and from the Air Guard, Senior Master Sgt. Jeffrey Soja and Tech. Sgt. Jeffrey Luke.

“It takes a lot of dedication and hard work outside of everyday life,” said Fiola. “You’ve got the soldiers and airmen who, outside of their regular one-weekend-a-month duty have weekends, and in some cases, week-long training camps to prepare to get up to the national level.”

Just like any other sport, it is not only about skiing and shooting. Originating as an exercise for Norwegian soldiers, the biathlete’s challenge lies in their ability to calm nerves, heart and lungs long enough to steady a rifle in the midst of a race.

“What I enjoy most about Biathlon are the people and the challenge. National Guard biathletes are servicemen first and athletes second,” said Soja, of the 202nd Weather Flight, Otis Air National Guard Base, and 2-year member of the team. “All of us work very hard to perform at the highest level for our team, but at the same time are willing to share training and equipment tips with our competitors.”

The National Guard has both state and national biathlon teams that participate in national and international competitions. These competitions are both civilian and military. Starting at the state level, teams race at the annual National Guard Championships with the best competitors joining the National Guard team. The National Guard team participates in higher level competitions, all the way to the Olympic Games. The National Guard Biathlon program is the only Department of Defense organization that consistently sends soldiers and airmen to the Olympics.

“The elite National Guard athletes (who may go on to the Olympics) are inspiring and fun to watch. I wish them the best of luck in preparing for Sochi, Russia in 2014 and look forward to competing with them again at the next Guard Champs,” said Soja.

Vermont, Minnesota and North Dakota placed as the top three state teams overall at the conclusion of the 2012 National Guard Championships, March 1.

One of the ways the National Guard Biathlon program adds value to the Armed Forces is by providing units with soldiers and airmen who are high quality, physically fit individuals and world class marksmen with the ability to train others in these critical combat skills.

If interested in joining the Massachusetts National Guard Biathlon team contact 1st Lt. Stephen Fiola at stephen.fiola@us.army.mil or call (508) 233-7223.

Also be sure to check out the video on this story as well as other videos from 102nd Intelligence Wing Public Affairs at

<http://www.youtube.com/102iw>



Pictured opposite: Top, Senior Master Sgt. Jeffrey Soja of the 202nd Weather Flight, Otis Air National Guard Base, left, Army Capt. Robert Charbonnier of Joint Force Headquarters, and Staff Sgt. Michael Comforti of HHC 101 Engineers, Methuen, Mass.

The JFHQ Community Outreach is putting together a career fair to help our Soldiers/Airmen that are unemployed, especially those deployed that find themselves with no work.

The career fair will be opened to the community and it is our deepest wishes that our Guardsmen find jobs during this fair.

Community Outreach Job Fair

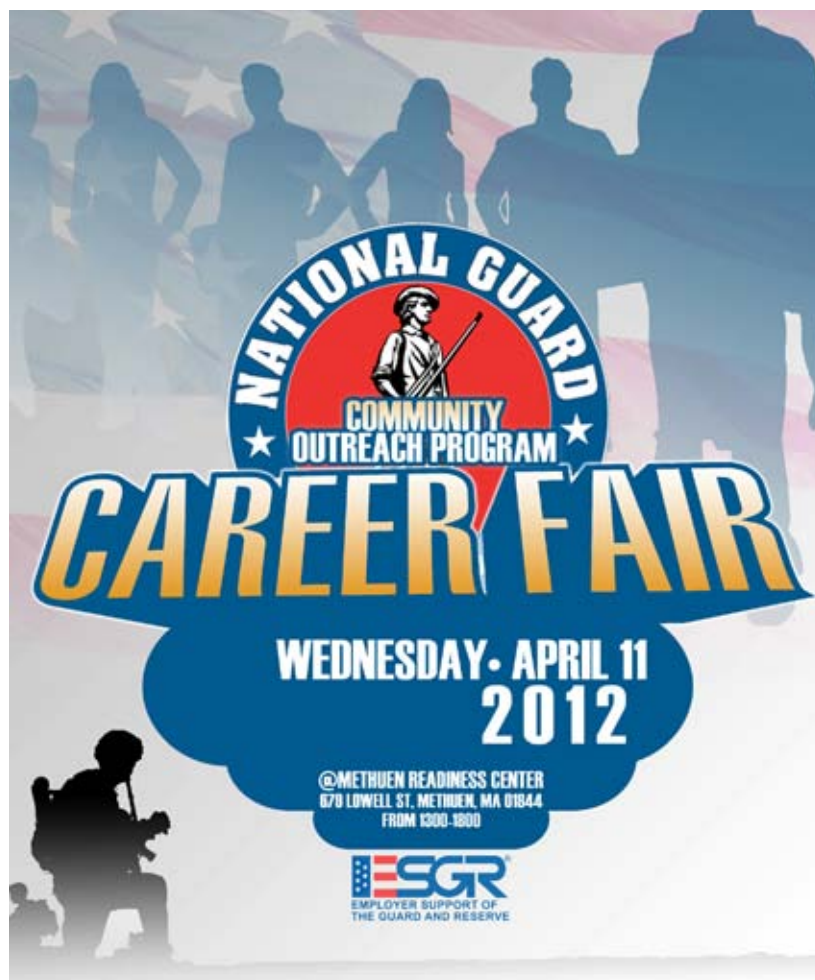
Date: Wednesday, April 11, 2012

Timeline:

Noon-1 p.m. Informational Luncheon hosted by Employer Support of the Guard and Reserve (ESGR) for participating Employers

1-6 p.m. Career Fair

Location: Methuen Readiness Center, 697 Lowell Street, Methuen, MA



Insurance specifically for the Guard

*Information provided by the
102nd Force Support Flight*

The State Sponsored Life Insurance (SSLI) program is derived from United States Public Law 93-289, May 1974, Title 37, Section 707 and is offered through the National Guard Association of Massachusetts (NGAMA). This program is comprised of a combination of six voluntary group life policies available to the military members of the Massachusetts National Guard and is designed to help meet the needs of our membership.

The NGAMA is a member of the Militia Insurance Trust (MIT) underwritten by New York Life. The Militia Insurance Trust is comprised of 14 National Guard Associations.

Every member of the Massachusetts National Guard is covered with \$1,000 SSLI at no cost to the member. This \$1,000 benefit is provided through the Militia Insurance Trust Group Life Insurance Plan.

Key Benefits of the SSLI

- Over \$1 million in coverage available for the Massachusetts National Guardsman through a combination of the SSLI plans.
- Coverage available for the spouse and children.
- Rates do not go up just because you separate

from the National Guard –you can keep the coverage when you separate.

- Coverage 24 hours a day, 365 days a year.
- No War Exclusion – you are covered in combat.
- No Aviation Exclusion – aviators are covered.
- New Recruits are eligible for \$10,000 SSLI coverage under the MIT Group Life Insurance Plan at no cost for the first year of service in the Massachusetts National Guard. Enrollment must occur within 90 days of joining the Massachusetts National Guard.

Go to www.NGSSLI.com for more information including eligibility, benefits, rates, exclusions, limitations and renewal provisions. Enrollment forms are also available online.

Contact information:

R. Austin Jenkins, CLU at: (800) 633-8333

Policy service

Toll free: (800) 633-8333

To schedule a unit Benefit Briefing: call Mrs. Christine Spouse at (800) 633-8333

Proper wear of the Air Force Physical Fitness Uniform

Information provided by the
102nd Force Support Flight



7.1.2 - Wear of the PTU is mandatory during physical fitness assessments and while participating in organized PT events as designated by the commander.

7.1.3.1 - Jacket:

The jacket will be zipped at least halfway between the waistband and collar. Sleeves will end within 1-inch of the wrist.

7.1.4.1 - T-Shirt:

Short-sleeved PTU shirt.

The short-sleeve shirt will be tucked into shorts or running pants at all times. Do not remove or cut sleeves. Short and long-sleeved white or light gray form fitting undershirts, (i.e. spandex, lycra or elastic material) may be worn and visible under the short-sleeved

Per AFI 36-2903, Please note the requirements outlined. Any questions can be directed to the Force Support Flight at (508) 968-4180. Master Sgt. Robert Mitchell

PTU shirt. Undershirt must be tucked in.

7.1.5.1 - Running Pants:

The waistband will rest at or within two inches of the natural waistline. Both pant legs will extend below the ankles and will be zipped to within one inch of the bottom.

7.1.5.2 - Shorts:

The PTU shorts waistband will rest at or within two inches of the natural waistline.

The lining in the PTU shorts may be removed. Short, mid and full length solid black or dark blue form fitting sportswear (i.e. spandex, lycra or elastic) may be worn and visible under both the PTU and optional PTU running shorts.

7.1.6.1 - Socks:

Socks are mandatory. Socks will be white and may have small trademark logos.

7.1.6.2 - Running Shoes:

Athletic style shoes are mandatory.

Shoes will be conservative (plain, no bright/loud colors or excessive ornamentation).

7.1.13 - Headphones and earphones:

(iPods, etc.) are authorized while in the fitness center or on designated running areas unless prohibited by the installation commander.

Obituaries



Joseph F. Geary, Jr., of Mashpee, died unexpectedly Feb. 22, 2012. He was the devoted husband of Margaret "Peggy" (Holloran) Geary to whom he was married for 40 years.

Joe was raised in Hyde Park and graduated from Xaverian Brothers High School. After high school he served in the United States Air

Force and eventually settled on Cape Cod. For 32 years he worked for the Air National Guard at Otis AFB as a Quality Assurance Inspector. When he retired in 2006 he continued to enjoy traveling and rooting for the local professional sports teams, but mostly he continued to love his family and spend quality time with them. He will be dearly missed.



Michael John Murphy of Sandwich passed away at home with his family Saturday, Feb. 11, 2012, from a brain tumor. Michael was 61 years old. Michael was born Sept. 9, 1950 in Weymouth, Mass., he was the son of the late John J. Murphy and Doris "Cowett" Murphy of Scituate, Mass. Michael graduated from

South Shore Vocational Tech. as an electrician. Mike began his career at Weymouth Naval Air Station, 8 years at Pave Paws Radar Station, and completed his 41 years of federal service with the 102nd Intelligence Wing at Otis Air National Guard Base.

Who's Who?

New 102nd PMEL supervisor

Mr. Todd Morey has been selected as the new 102d PMEL (Precision Measurement Equipment Laboratory) Supervisor. The 102d operates the only Type IIC Laboratory in the ANG and supports 17 Active Duty and ARC bases across the Northeast (including the 102nd and 104th).

Todd brings 26 years of active duty and civilian PMEL experience to this position and has demonstrated outstanding leadership and technical abilities. He replaces Mr. Rick Lawrence who established the 102d as the premier PMEL in the ANG. Todd will build upon Rick's many accomplishments and take PMEL to greater heights.

MEDIA TRAINING 101

If you are contacted by a reporter who wants you to speak with them as a member of the Massachusetts National Guard, you are required to assure them you want to help them acquire the information they are seeking, however, they must contact the 102nd Intelligence Wing Public Affairs office first.

Public Affairs can be reached at (508) 968-4003/4664/4516.

PROMOTIONS >>



During a ceremony on March 4, three airmen from the 102nd Command Post were promoted to senior airman.

Pictured left to right are Col. James LeFavor, Senior Airmen Kevin Cahill, Jamin Brouillard and Amanda Darby.

(National Guard photo by Tech. Sgt. Kerri Cole/Released)

2nd Lieutenant
Thomas Burchell

Technical Sergeant
Nicholas Giammarco
Paul Stewart
Bryan Burger
Erica Melberg
Theophile Lopez

Staff Sergeant
Michael MacRae

Ketty Mede
Joshua Gue
Nathan Tarr
Charles Wentworth
Andrew Cross

Senior Airman
Jacob Bell
Noah Shorrock
Justin Wade

Peter Roberts, III
Katelynn Quinn

Mark Filgerleski, Jr.
Shelby Burke
Alexandria Franco
Brian Vargas
Jamison Lee
Amanda Darby
Kevin Cahill
Jamin Brouillard

ANNOUNCEMENTS >>

FIRST SERGEANT VACANCIES

Open to *E-6 /E-7 (*TSgt may be boarded if they are eligible for promotion to MSgt under the provisions of the retraining promotion program in ANGI 36-2502, and must be promoted immediately upon assignment to the UMD position.)
Duty Locations: 101 IS and 102 ISS, Otis ANGB, MA. For Full vacancy announcement use the following Point of Contact: (508) 968-4538
DSN: 557-4538 (CMSgt Lazarescu) or (508) 968-4900 DSN: 557-4900 (CMSgt Raymondo)

CALL TO CONFERENCE

The 107th Annual National Guard Association of Massachusetts (NGAMA) Conference will be held April 21, 2012, at the Framingham Sheraton. Start time is 9 a.m. All officers are encouraged to attend.

MSGT THOMAS FLYNN MEMORIAL AWARD

The 102IW First Sergeant Council is now soliciting nominations for this year's MSgt Thomas Flynn Award. The Thomas Flynn Memorial Award was established as a means of recognizing the accomplishment of an individual assigned to the 102nd IW best displaying the highest ideals of patriotism, morale and dedication to duty. It was established as a way to continually recognize MSgt Thomas Flynn, a retired member of the 102nd IW. Please take a few minutes to recognize and nominate a member you know who deserves recognition for doing so much for others. Nomination packages are due no later than August 26, 2012.

For further information regarding the award, feel free to contact MSgt Kevin Greeson (committee chairperson) at 508-968-7738 or 508-496-5103. Please submit all nominations electronically to both email addresses:

kevin.greeson@ang.af.mil

greesonx462@yahoo.com



CHAPEL CALL

By Chaplain (Lt. Col.) David Berube
102nd Intelligence Wing Chaplain

"Spiritual Resiliency"

I have spent a lot of time in the last year or so thinking about spiritual resiliency and trying to avoid locking it into traditional, stereotypic definitions and configurations. Because the territory of spiritual resiliency covers all religions and non-religious moral and ethical beliefs, the definitions and configurations have to fit broadly enough to include everyone. Here's the current working definition of spiritual resiliency I'm using –

Spiritual resiliency is the ability to draw on inner strengths and resources as we face life's challenges.

Those inner strengths and resources can be based in traditional or non-traditional religion, organized groups or not, religious or non-religious moral and ethical beliefs or faith. These inner resources and strengths are the foundations we anchor into in all of our living and depend upon when life gets hard. You and I need to be confident our anchor is going to hold before we get hit by a storm. So, it's

important each of us is comfortable with the stability of our foundation and the security of our connection to it.

A few years ago, author Brian McLaren wrote a book entitled, "Finding Faith: a Self-Discovery Guide for Your Spiritual Quest." In the early pages of the book he talks about "bad faith descriptors" and "good faith descriptors." What follows are seven points from his book about good faith. I think they can be helpful for each of us to use as we think about our spiritual resiliency:

1. Good faith is humble, teachable, and inquisitive – our spiritual quest is a learning experience
2. Good faith is grateful – knowing there is a foundation that will hold when I need it is a great benefit for which I can be thankful
3. Good faith is honest – confidence and doubt are both pieces of any quest and honestly admitting both helps us solidify our connection.
4. Good faith is communal

– discussing my spirituality with others helps me move forward in my understanding, confidence, and connection.

5. Good faith is active – As we talked about in last month's training, spiritual resiliency develops and gets stronger as we exercise it.

6. Good faith is tough – I want a faith that will hold under all the stresses and strains of life.

7. Good faith is relational – For those whose spirituality acknowledges a supreme being, it is logical that we would have a relationship with the source of our chosen faith.

I encourage all of us to dedicate some time to looking at our personal spiritual resiliency. It will help us become and remain healthier, stronger people. Stronger people are better airmen, friends, and family members. That's a benefit to us, as support to those around us, and a force multiplier to the Air Force.



Five members of the 102nd Security Forces Squadron were awarded various medals during an awards ceremony on Feb. 12 here at Otis Air National Guard Base, Mass. The medals were awarded for outstanding achievements in direct support of Operations Iraqi Freedom and New Dawn during their deployment in 2010. Pictured left to right are Lt. Col. Christopher Hamilton, Command Chief Master Sgt. Wayne Raymondo, Master Sgt. Steven Frietas, Tech. Sgt. Stephen Tibbetts, Staff Sgt. Colin MacEachern, and Staff Sgt. James Hightower. (National Guard photo by Tech. Sgt. Kerri Cole/Released)

Thank You

Thank you to our friend Ken Middleton for another impressive aircraft model. This F-15 Eagle model represents the static aircraft displayed at Otis Air National Guard Base, Mass. and was presented to the 102nd Intelligence Wing during a ceremony on March 4, 2012. (National Guard photo by Tech. Sgt. Kerri Cole/Released)



Select stories and news from this publication can also be found online at <http://www.102iw.ang.af.mil> or Facebook at <http://www.facebook.com/102IW>



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