

the 102nd Intelligence Wing's Seagull

February 2019
Volume 44 Number 2
www.102iw.ang.af.mil



Air Force navigator's stein defies time | page 8

CONTENTS

COMMANDER
Col. Virginia I. Gaglio

CHIEF OF PUBLIC AFFAIRS
Capt. Bonnie Blakely

PUBLIC AFFAIRS STAFF
Mr. Timothy Sandland (Editor)
Master Sgt. Kerri Spero
Staff Sgt. Thomas Swanson
Senior Airman Junhao Yu

102ND IW PUBLIC AFFAIRS
156 Reilly St., Box 60
Otis ANGB, MA 02542-1330

phone: 508-968-7200 / DSN 557-7200
email: usaf.ma.102-iw.mbx.pa@mail.mil

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.

Find us on the web:

Official Website: www.102iw.ang.af.mil
Facebook: www.facebook.com/102iw
YouTube: www.youtube.com/102iw
Twitter: www.twitter.com/102iw
DVIDS: www.dvidshub.net/unit/102iw



03	Command Chief's Comments
04	Director of Psychological Health
05	First Sergeant's Focus
05	Force Support Flight
06	Chapel Call
06	Prepare, Respond and Recover
07	Otis ANGB Airmen participate in wellness event
08	Air Force Navigator's stein defies time
10	Wing hosts leadership session
11	Wing Airmen give back to community
12	McGuire makes Chief
13	February is Black History Month
14	202nd Weather Flight Changes Command
15	Around Otis
17	Wing history
18	Accolades and Announcements
19	Seagull Schedule
20	Army Ranger training opportunity
21	Parting Shot



Volunteerism

By Chief Master Sgt. John Dubuc
102 IW/Command Chief

I want to talk this month about volunteerism and the impact that this can have on your lives as well as those you are helping. Volunteerism is a big part of both mine and my family’s lives allowing us to give back to our community and others; we find joy in helping others. If you have never volunteered before you joined the military I have great news for you. The Oxford Dictionary defines “volunteer” as: “A person who freely enrolls for military service rather than being conscripted...” As you see from this definition, we are all volunteers. Oxford also defines a “volunteer” as: “A person who works for an organization without being paid”, this is the volunteerism that has had a great impact on me and my goal is to help you understand the impact that you can make as a volunteer.

How does my volunteer service help? I am glad you asked... The 102nd stepped up when we asked for volunteers to help with the wireless project in the Troop Camp. Through endless hours from over 30 volunteers we completed a major project in a short time providing a robust wireless network for anyone that utilizes the Troop Camp; that is how volunteering can have an impact. This was a short duration project that was accomplished through the collaboration of volunteers and the fruits of the volunteers’ labor will continue to provide this access after you and I have left the military. This is the type of impact that you have as a volunteer, the time that you spend volunteering has a lasting impact on those that you are helping. Friendships are made, projects completed and the good that you do by becoming a volunteer allows you to pay it forward.

How can you volunteer? This can start right inside our Wing by becoming an active member of one of our many organizations or councils. Becoming an active member will allow you to have an impact on base wide issues and will help you become part of the solution. You don’t have to stop there, step outside of your comfort zone and volunteer with a community or national organization. What you will receive from the time that you give cannot be measured and the lives that you can touch will be forever grateful. Find something that is important to you and give back to them by volunteering.

One of the organizations that I volunteer for is Camp Sunshine in Casco, Maine - an organization that directly impacted my family. I will finish with something from their website about volunteering. “Be a Part of the Magic of Camp Sunshine!” “Volunteering at Camp Sunshine is truly an unforgettable and life-changing experience. Talk to any volunteer and nearly everyone will say that they get more out of Camp Sunshine than they give. The opportunity to directly help children and their families to laugh, create happy memories, and connect with other families is magical.”

Be a volunteer, make a difference, change lives!

By Ms. Jill Garvin
102 IW/Director of Psychological Health

I have had many conversations with members about how the weather effects our mood. There are many that are dealing with the death of loved ones, or who have family that may be sick or dealing with an illness. This combined with less light, can be very taxing on our system and psyche.

SAD is a type of depression that occurs at the same time every year, usually starting in the fall and continuing through the winter. It is believed that SAD may be caused by a lack of sunlight.

The most common symptoms of SAD include: moodiness, weight gain, increased sleep, less energy, inability to concentrate, loss of interest in work or other activities, sluggish movements, social withdrawal, unhappiness and irritability.

If you are experiencing some of these symptoms you are not alone! Seasonal Affective Disorder is estimated to affect 10 million Americans. Have you thought of getting a blood test? Many are surprised that they are low in vitamin D, even though they may be outside a lot. Consider taking liquid vitamin D as it has a huge impact on mood.

There is treatment for SAD which can include light therapy. If you would like to try one, I have one you can borrow in my office. I worked in Germany for a couple of years, and had a light therapy lamp next to my computer that I turned on for 10 each morning, during the cold and dark winters! Also helpful is medication, or counseling, depending on the severity of symptoms. Many people get on antidepressants just in the winter. This will NOT affect your job or security clearance as long as you report this to medical. Please ask me about it if you have questions.

Below are a few tips that may be helpful:

- Make your environment sunnier and brighter. Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office. If you don't have natural light in your office, eat lunch in the kitchen next to the windows.

- Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun (weather permitting).
- Exercise regularly. Physical exercise helps relieve stress and anxiety, both of which can increase seasonal affective disorder symptoms. Come to our yoga classes every Wednesday.

Remember perspective? Try to see the positive despite the negatives.

- Focusing on the negative is easy, but it just continuously drags us down. Thinking of the positive can greatly improve our perspective and mood.
- This is where journaling comes in. You may get a piece of paper and write one-liners of things or people you are grateful for then stick them on your wall. Every time you see them, they shall serve as reminders of happiness.
- If you need something a little more systematic, you can try Cognitive Behavioral Therapy (CBT). It's a psychotherapy treatment that forces you to assess your negative thoughts and the meaning you attach to them. CBT usually involves identifying a problem in your life, observing and identifying the negative thoughts that arise from thinking about or facing these problems, and finding a way to reshape your response. I'm happy to help you find a therapist in your community. A great resource is psychologytoday.com. You can put in your zip code and insurance to someone local. It's great because it also has a bio from each therapist explaining what they do and their experience.

If you would like more information on Seasonal Affective Disorder ask your physician, check out info on line or contact your DPH!

This listing was compiled to assist you in caring for your Wingman. Please use this page for your information and as guidance for referral.

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](mailto:jill.a.garvin.civ@mail.mil), (P) 508.968.4827 (C) 508.237.6652

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](mailto:jill.a.garvin.civ@mail.mil) (P) 508.968.4827 (C) 508.237.6652

AIRMAN AND FAMILY READINESS

The Otis Airman and Family Readiness Office offers a wide variety of services and programs that contribute to the mission readiness, resiliency, and well-being of the Air Force community by taking care of people. A&FR programs are available free of charge to military personnel, DoD civilians, retired military and family members. [Contact Ms. Erin Faye, erin.k.faye.civ@mail.mil](mailto:erin.k.faye.civ@mail.mil) (P) 508.968.4855 (C) 774.313.8534

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](tel:5089684508)

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)

SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

Providing private, confidential care for assault victims and assistance with reporting both unrestricted and restricted. [Contact Ms. Robin Mungin, JFHQ SARC at robin.m.mungin.civ@mail.mil](mailto:robin.m.mungin.civ@mail.mil), (O) 339.202.3118 (C) 774.286.1164 SARC Helpline: 508-889-6644

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. [Contact the Medical Group \(P\) 508.968.4091](tel:5089684091)



By Senior Master Sgt. Sean Sullivan
102 IW/First Sergeant

you say?

According to the “United States Air Force Core Values” also known as the little blue book, integrity is the willingness to do what is right even when no one is looking. It is your moral compass and the inner voice that guide you and your decision making. To put it another way integrity is about doing what is right even when it is not acknowledged by others, or convenient for you.

Honest and integrity are often compared or mistaken as the same but there are strong differences. Honesty is truthfulness and sincerity and being genuine in transactions. Integrity goes beyond honesty and is based on someone’s adherence to a moral and ethical code that will not be deviated from for any reason or gain. You can have honesty without integrity but you cannot have integrity without honesty. Integrity is a value so deep it becomes the foundation of a person and guarded to the point where you would go to any length to preserve your integrity. In the movie “Kingdom of Heaven” a knights oath so immersed in integrity the knights swore to be honest and upright even if it lead to their own death.

A leader with integrity lives his or her values in relationships with the people they lead, those they lead for and their peers. Honesty and trust are central to integrity, and acting with

honor and trustfulness are the basis of your integrity as a leader. People who demonstrate these principles draw others into them because they are trustworthy and dependable. They are principled and you can count on them to be stable and honorable even when no one is watching their actions. The foundation of trust in the military unit is built on a base of integrity. Leader’s believing in their people doing the right thing and the people believing in their leadership is doing right by them builds a solid cohesive bond that is hard to break.

Unfortunately we all have examples or stories of bosses that lack integrity. I could provide firsthand examples of bosses who were narcissistic, sadistic or even sociopathic and ruled through position power. These people often weed themselves out and oftentimes their demise could have been prevented is someone they lead was looking out for them. The boss that leads at the expense of his people often does so at the expense of their career. There is no shortage of people who crave position power, but a leader has no need solely for position power because those that surround them want to follow them. The foundation of leadership and leading others therefore is integrity and this is why it is the first core value.

There should be no exceptions to honest and integrity, Integrity is a state of mind and not situational. If you compromise your integrity in small situations with little consequence, then it becomes very easy to compromise on larger situations. Start with purity of thought and maintaining a mindset built on integrity and honest actions. Thoughts become words, words become actions become deeds and deeds determine your character so mind you thoughts and deeds. Be a leader at every level and lead with integrity first and err on the side of fairness always, especially when other people are being unfair. The true mark of leadership is how fair you can be when other people are treating you unfairly.

Is it time to get your Common Access Card (CAC) renewed?

At the top right corner of your card there is an expiration date, a date what will make or break your drill weekend experience. We at Force Support Flight understand life can get away from you, but in the end it is your responsibility to make sure you are proactive and keeping your CAC current.

Have you had any new additions to your family?

If you do not add in your new family member within 60 days you could incur a debt.

Stop by Force Support Squadron to book your ID appointment or to add your new family members today! We can also be reached at 508-968-4180 and a member from our friendly staff can assist you.

Beginning the first week of March, the ID Card appointment days/hours will be as follows:

- Tuesdays: 0800-1400
- Thursdays: 0800-1400
- Saturday and Sunday of drill weekend: 0800-1400

* Military members only appointments on RSDs

AWARDS AND DECORATIONS Have you recognized an Airman lately?



Meritorious Service Medal Air Force Commendation Medal Air Force Achievement Medal Military Outstanding Volunteer Service Medal

Recognition can be both formal and informal. Medals are an important way to formally recognize Airmen. There are many medals and ribbons an Airman may be eligible to receive during their career. The most commonly earned medals are those for achievement, commendation and meritorious service which an Airman may be eligible for.

There is also quarterly and annual awards - vital programs that provide deserved recognition and as a byproduct provide excellent material for medal packages.

For more information on these programs, contact your supervisor, mentor, first sergeant, Commander’s Support Staff or the Force Support Flight.

Recognize an Airman today!

CHAPEL CALL: CREATION OF A DEMOCRACY



By Chaplain (Capt.) Derek White
102nd IW/Chapel

The year was 1664 and a young pastor from the town of Ipswich, Mass. was arrested for challenging Gov. Andros with the election of new officers to collect taxes. Rev. John Wise gathered in an assembly stating the collection of such taxes without government’s task of providing for life,

liberty, protection of property, and wellness of life (happiness) was an act of tyranny. For expressing these views he was arrested, given a thousand pound bail, and his credentials for public acts of ministry were revoked for three months. Little did Rev. Wise know in 1664 that his sermons, writings, and acts of civil disobedience would inspire John Adams and Thomas Jefferson to frame the constitution from his blueprint of a democratic government. Rev. Wise is the original source of “no taxation without representation”.

Recently I have begun reading “A Vindication of the Government of the New England Churches” written by Rev. John Wise. Reading the book I began to think of it as a commentary on our modern government. Then I realized this was written 80 years before the American Revolution. When Washington formed the Continental Army he ordered a copy of this book be given to every soldier. In essence this was the justification to opposing a King seen as a Sovereign appointed by God to rule over the people. Rev. Wise makes the argument that early Israel and the early Church were free and democratic communities that called

upon selected members to govern. It is within human nature that government is necessary for a free society in which rights and privileges of all are protected. In order to maintain equality and liberty for all, some privileges would be diminished under the protection of government. Rev Wise presented three forms of government he believed to be in scripture; monarchy, oligarchy, and democracy. He presented democracy as the least restrictive means of government with the greatest liberty for all members of a free society.

Since this book was on Gen. Washington’s reading list for the troops, it would be a good read for today’s militia as well. As we in the Air National Guard swear to support and defend the Constitution, it would be beneficial to read the source of Adams’ and Jefferson’s inspiration.

Anyone interested in discussing this book as part of a book group for March RSD, please reach out to me.

WORSHIP OPPORTUNITIES FOR THE RSD

Saturday	
1 500 hrs	Roman Catholic Mass, Army Chapel (the white chapel outside the Inner Gate) Building 1201
Sunday	
1 030 hrs	Roman Catholic Mass, Building 158, third floor
1 100 hrs	Christian Worship, Building 330, Conference Room 7
Thursday	
1 130 hrs	Weekly Bible Study, Building 170, Chaplain Office

If you need or want a worship experience other than these, contact us at 508-968-4508. We will be happy to help you.

FEBRUARY RELIGIOUS HOLIDAYS

1	Candlemas - Presentation of Christ in the Temple - Christian
1	Imbolc - Lughassad * - Wicca/Pagan - Northern and Southern hemispheres
2	Saint Brighid of Kildare - Celtic Christian
3	St. Blaze Day - Christian
3	Setsebun-sai (beginning of spring) - Shinto
3	Four Chaplains Sunday - Interfaith
10	Chinese New Year - Confucian, Daoist, Buddhist
16-Jun 15	Nirvana Day - Buddhism
17	Cheesefare Sunday - Orthodox Christian
20-21	Triodion - Orthodox Christian
20	St. Valentine’s Day - Christian
23	Nirvana Day ** - Buddhist - Jain
27	Triodion begins - Orthodox Christian

OTIS ANGB AIRMEN PARTICIPATE IN WELLNESS EVENT

By Staff Sgt. Thomas Swanson
102 IW/Public Affairs

Airmen from the 102nd Intelligence Wing recently participated in a five day wellness event at Otis Air National Guard Base, Massachusetts. Dubbed as Otis Warrior Wellness Week, the interactive seminar focused on a holistic approach to helping Airmen meet fitness goals and live healthier, happier lives.

Grounded in the tenets of the Air Force’s Comprehensive Airman Fitness program, each day centered on a particular “pillar” or aspect to wellness and resiliency, and included daily workouts designed for each person’s individual goals.

“The Otis Warrior Wellness Week is addressing the four pillars of wellness,” said event organizer Senior Master Sgt. Sean Sullivan.

“The physical, social, spiritual and emotional pillars work synergistically together and all influence and impact the physical pillar. If your goal is weight loss, you’re better

off to have all of the pillars functioning at the same time, so you’re resilient. Resiliency allows you to withstand and acclimate to stress, and to perform; not just in a deployed environment, but every day.”

Experts spoke on the best practices for Airmen to achieve success in each area of life and discussed how each pillar directly affects physical health.

Senior Airman Brianna Hogan said, “The biggest take-away for me was dispelling fitness myths. They explained how fad diets make you lose weight, but why they never work in the long term. I also really enjoyed the class on spiritual wellness. Chaplain White talked about the importance of making connections with people and having a purpose in your life.”

Airmen attended with their families on the final day and met Kim Healy and Erin Faye from the 102nd Intelligence

Wing’s Airman and Family Readiness program, who spoke on social wellness and family relationships. The group then shared a nutritional lunch and discussed appealing food choices that families can make together to compliment a healthy lifestyle.

Other speakers during the event included Jil Garvin, the 102IW director of psychological health who spoke on the emotional pillar, financial planner Deb Antel who talked about financial fitness, Senior Master Sgt. Tracy Sylvia who provided an introduction to the CrossFit exercise program and Chief Master Sgt. John Noland who spoke about running and his experience training and competing as an endurance athlete.

“The week was very well put together,” said Master Sgt. Eric LaFranchise. “It was done in a way that was tangible for everybody.”





Running Concepts, Improve your Half Marathon Time with a future Marathon Run

U.S. AIR FORCE

9	Rest	4 miles	<ul style="list-style-type: none">Warm up 1 mile (Track) 4 X 800 @6K Race Pace with a 400 RestCool down 1 mile Total 4 miles	3 miles	5 miles	4 miles	9 miles	29 miles
10	Rest	5 miles		7 miles or 75:00	4 miles	5 miles	10 miles	36 miles
11	Rest	4 miles	<ul style="list-style-type: none">Warm up 1 mileTemp min 1 mileHalf Marathon PaceCool down 1 mile Total 4 miles		4 miles	4 miles	8 miles	29 miles
12	Rest	2 miles			Rest	2 miles	Half Marathon	3:00:00

Integrity

Excellence

AIR FORCE NAVIGATOR'S STEIN DEFIES TIME

By Mr. Timothy Sandland
102nd IW/ Public Affairs



Rituals, customs and traditions – virtually every military organization in the world has them, and the United States Air Force is no exception. For Air Force pilots, navigators and other aircrew there are occasions such as getting one’s call sign, getting hosed down upon completion of a ‘fini-flight’ and even the annual tradition of ‘mustache March’, during which scores of aviators pay reverence to Brig. Gen. Robin Olds.

Some of these traditions are manifested in physical form – and as mementos of an Airman’s service, are just as important. The squadron challenge coin, scarf and unit patch represent the culture of a flying squadron, and to the members of that organization, symbolize acceptance, professional confidence, trust and camaraderie.

One such totem is the personalized stein. Designed to hold various beverages, hot or cold, these bespoke vessels are cherished by their owners. Whether telling a tale of aerial action over a cold one, or having one-too-many coffees after returning from a long mission – the mug can be found never far from its owner.

Almost as comfortable in the hand as a control stick, these mugs are a point of pride and each has had at least one story told in the clutches of its owner. For some, the tales continue long after the actions of the Airmen who held them; and in this case, the story of an Air Force captain who lost his life in the line of duty.

Air Force Captain Paul L. Utz, a native of Hanover, Penn., was assigned to the 60th Fighter Interceptor Squadron, at the former Otis Air Force Base. As one of two crew members in the McDonnell F-101B Voodoo, Utz was an essential part of the defense of the Northeast Continental United States. Assigned to the Boston Air Defense Sector, the squadron directly contributed to the mission of Air Defense Command.

An Air Force veteran of 10 years, Utz received his commission through the ROTC program and subsequently trained as a navigator at Harlingen Air Force Base, Texas, and as a radar officer at Connally AFB, Texas.

During his time stationed at Otis AFB, Utz additionally served as public relations officer for the 60th Fighter Interceptor Squadron and wrote a weekly column for the “Otis Notice,” the official publication of the base on Cape Cod.

On March 21, 1968, while returning to Otis from a routine mission, Utz and his pilot, Capt. Randall Toffle, were killed when their aircraft crashed into Cape Cod Bay on final approach.

Fast forward nearly five decades to Otis Air National Guard Base.

A renovation project began in 2016 on the facility that once served as home to the 102nd Operations Group. Prior to 2008, the building housed an outfit of F-15C pilots and was the focal point of flight operations at Otis. With the amount

(continued on next page)



AIR FORCE NAVIGATOR’S STEIN DEFIES TIME, continued...

of work to be done, the entire facility was due to be gutted. Master Sgt. Robert Segrin, a security officer in the facility, was in what was once the squadron’s heritage room during the initial stages of demolition. Among the debris, Segrin spotted a large ceramic stein that was about to be destroyed.

“When the countertops were being removed and pulled up off the floor, it was found hidden in the corner,” Segrin said. “I say hidden... I don’t know if it was intentionally pushed back in the corner or had just been misplaced over the years or how exactly it got there.”

Found in impeccable condition, the vessel was concealed in a spot under a countertop, pushed way back within the hand-built woodwork of a cabinet.

Segrin continued, “Literally – the hammers, the saws, the demolition materials were all here – it was right in the way of going to the dumpster forever.”

Upon inspection, one side of the stein had the emblem of the 60th Fighter Interceptor Squadron and the call sign “Wyatt”; on the other side a set of wings above the name, Captain Paul L. Utz.

Not recognizing the name, Segrin asked around. He contacted every pilot he knew, including ones who may have had some association to Otis during its days as an active duty Air Force base.

To no avail – no one recognized the stein or Captain Utz.

Recently, Segrin and fellow Airman, Master Sgt. Pat Ryan, were talking about aviation history around Otis and the topic of Captain Utz came up. Ryan was unfamiliar with the name but the conversation sparked a resurgence in trying to track down the owner of the stein. The two teamed up and began a campaign of research, following lead upon lead.

Eventually, they had a breakthrough.

They discovered there was a Captain Paul L. Utz who was buried at Arlington National Cemetery. Not only that, but he had been memorialized at Otis Memorial Park – a park that serves as a memorial for all those lost in service to their country while assigned to units on Joint Base Cape Cod.

Now that Segrin and Ryan had tracked down the owner

of the mug, there was only one clear next step – they needed to get it back to Captain Utz’s family.

Through a diligent search of public records, Segrin and Ryan made a significant discovery – they believed they had found one of Captain Utz’s children, his son David Utz Guyton. When Segrin finally got him on the phone, David confirmed that his father was Captain Paul L. Utz.

He was ecstatic at the prospect of being able to regain one of his father’s mementos.

Captain Utz’s family had since relocated to Texas so the next challenge was getting the mug to them, safely and undamaged. With something of this importance, shipping it was out of the question. There had to be a way to hand deliver it to the family.

Enter retired Col. Martin Richard – an F-15 pilot and Segrin’s former commander who had retired from the wing several years earlier. After learning of the story, and the goal of returning the stein to Utz’s loved ones, Col. Richard was on board to assist with transport of the precious cargo.

Late this past December, Segrin met up with Col. Richard’s son, Rylan and handed him a small black ruggedized carry case – enclosed

within a block of protective foam, the cherished stein began its journey. Rylan, an aviator himself, joined his father in Texas where the two traveled by car, making the trip to the family’s home on the day after Christmas.

“I was supposed to be in training in Denver,” said Col. Richard, regarding the way their plans miraculously came together. “They [United Airlines] changed my schedule at the last second which enabled me to get my son down to Texas to visit for the holidays. He also provided the best method to hand carry the mug to Texas.”

Col. Richard successfully transferred custody of the stein to David, who was there with Captain Utz’s widow, Jerri-Ann Guyton, and daughter, Jennifer Lee. The Captain’s grandsons were also present at the somber and touching gathering. The group spent the next couple of hours talking about the experience, Air Force culture and the community around Otis, both then and now – all while remembering Captain Paul L. Utz, the man who had brought them together at that moment.

“We feel combat aviators are tied together in mission and in tradition,” said Richard. “When you see the incredible efforts to get Capt Utz’s mug to his wife, it just proves and reinforces that our mission in the military is much, much more than a job.”

As mugs go, this one tells the tale of a journey – a journey of a stein; hidden quietly for 50 years; waiting for a time when its owner’s story would be told. A story of reunification.

“I will never forget being able to raise this mug that traveled thousands of miles and endured decades, and saying, ‘To Wyatt!’ and having my family repeat, ‘To Wyatt!’ and then handing it to his widow,” said Richard.

Utz was laid to rest at Arlington National Cemetery on April 1, 1968, but his personalized stein helps to preserve his memory; not only for his family in Texas, but for his extended family here at the 102nd Intelligence Wing.

These totems, masquerading as vessels to carry coffee or ale, are often used in the telling of stories. In this case, like the proverbial message in a bottle, it was the vessel itself that carried the tale – the story of an Airman who lost his life, defending the ideals of democracy and freedom in a time when the Cold War was at its apex.



WING HOSTS LEADERSHIP SESSION

By Mr. Timothy Sandland
102nd IW/ Public Affairs

On Thursday, Jan. 10, 2019, the 102nd Intelligence Wing hosted members of the Community Leadership Institute of Cape Cod for a leadership session. Established in 1992, CLI is a non-profit organization that helps local leaders learn more about the issues facing Cape Cod and the Islands and how they can become more involved in providing the leadership needed in the community to help solve problems. Col. Virginia Gaglio, 102nd Intelligence Wing commander; Brig. Gen. (retired) Anthony Schiavi, former 102 IW commander; Ms. Dorothy Savarese, President of The Cape Cod Five Cents Savings Bank; and Mr. Robert Cody, Ph.D., Executive Director of CLI were featured speakers for the day's event.





WING AIRMEN GIVE BACK TO COMMUNITY

Airmen from the 102nd Intelligence Wing spent their off time on Saturday, Jan. 26, to assist the Hand in hand thrift shop, an important part of the Falmouth Service Center. The volunteers cleaned and swept, washed windows and organized inventory at the important community resource whose mission is to "ease the stress, reduce hunger and improve the quality of life for our neighbors in need." As Airmen and Air Guardsmen, the volunteer spirit is strong - giving back to the communities in which we live is somewhat second nature. Well done everyone!



MCGUIRE MAKES CHIEF

Surrounded by friends, family, fellow Airmen and wing and state leadership, Shane McGuire of the 101st Intelligence Squadron was promoted to the Air Force's top enlisted rank. The wing's newest Chief Master Sgt. and 101st IS superintendent, McGuire serves as the squadron's senior enlisted leader.



FEBRUARY IS BLACK HISTORY MONTH

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the immeasurable impact they have had on the history of the United States. Dr. Carter G. Woodson is credited for establishing Black History Month as a nationwide institution.

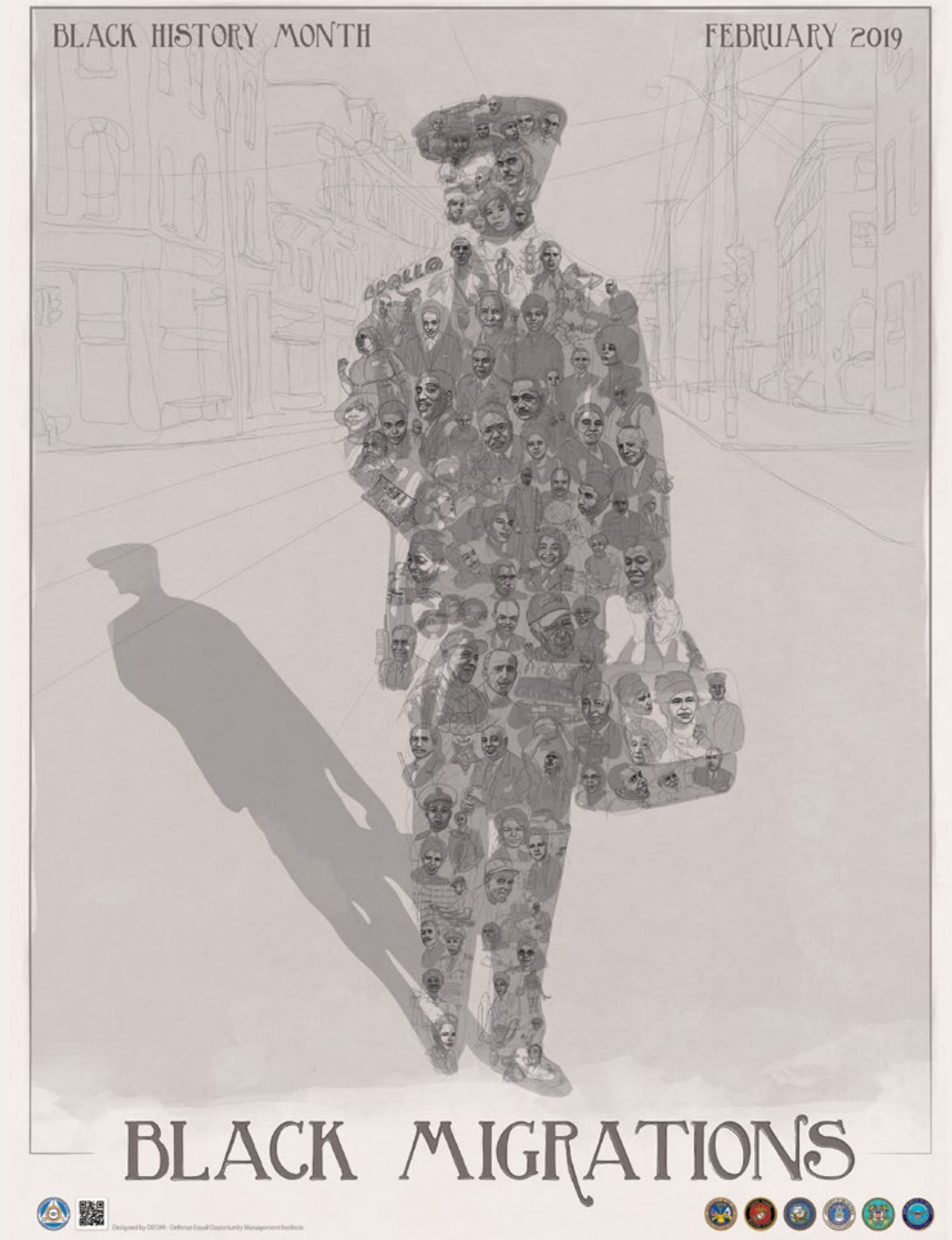
The theme Black Migrations emphasizes the movement of people of African descent to new destinations and subsequently to new social realities in the United States. This massive demographic shift remade our nation in ways that are still being felt today—culturally, politically, and socially. Between 1915 and 1970, more than 6 million African Americans moved out of the South to cities across the Northeast, Midwest and West.

From a geographical context, the relocation—called the Great Migration—is divided into two periods: 1910-1940 and 1940-1970, with a pause in migration during the Great Depression in the 1930s.

During the Migration many people found doors opening into areas that had been previously denied resulting in an explosion of opportunities in the arts, sports, science, technology, and politics. They created a Black urban culture that would have an enormous influence in the decades to come. Fannie Lou Hamer said, “Never to forget where we came from and always praise the bridges that carried us over.” As in the past, Black Americans today continue to write our nation’s story with their commitment to the arts, sports, science, technology, politics and defending the United States.

The top one third of this poster reflects a pencil sketch of an early 20th century city street with multiple storied buildings. Superimposed across the center of the poster is the gray silhouette of a man looking off to his right and walking down the city street towards the viewer. The man is attired typical of a person from the early 20th century; he wears a suit, a newsboy cap, and is carrying a briefcase in his left hand. The man’s shadow reflects on his right side and slightly behind him.

The man’s silhouette consists of numerous images of African Americans from all walks of life; inventors, scientists, military members, astronauts, actors/actresses, politicians, sports figures, and others. Some members include an icon of their key invention, an aspect of their profession or life, or a key historical location.



202ND WEATHER FLIGHT CHANGES COMMAND

Major John Cullen relinquished command of the 202nd Weather Flight during a ceremony officiated by 253rd Cyber Engineering and Installation Group commander, Col. Scott Dumford. Capt. Tobias Conn took command of the flight as its new leader. Photos courtesy of Col. James Hoye, 253rd CEIG deputy commander.



AROUND OTIS

(Clockwise from top left) Senior Master Sgt. John Abril conducts his final RSD briefing for personnel in the Logistics Readiness Flight, Fuels Shop, before hanging up his uniform prior to retirement. Presented by 102nd Communications Flight commander, Maj. Richard Haddon, Senior Master Sgt. Scott Russell receives the Air Force Achievement Medal, newly promoted Master Sgt. Andrew Perry receives his senior NCO induction certificate, and Master Sgt. David Mendoza is awarded the Meritorious Service Medal. Mr. Tim Sandland of the Public Affairs office attended the New England Patriots send-off at Gillette Stadium in Foxboro with a large printed photo of the rally held by wing personnel. The photo was presented to the Patriots media team during the rally. Thanks to your efforts, the wing exceeded its goal for the Combined Federal Campaign, raising over \$20 thousand dollars for charities.





THE SECRETARY OF THE AIR FORCE
CHIEF OF STAFF, UNITED STATES AIR FORCE
WASHINGTON DC



Teammates,

We have lost 11 Airmen over the last 4 weeks and more than 100 Total Force Airmen in 2018. Despite our collective efforts and responsibility for their well-being, suicide remains the leading cause of death for Airmen. These losses know neither grade, AFSC, status nor unit boundaries. They represent all of us.

One suicide is too many. Each of us must act *now* to drive our Total Force suicides down. Our ultimate goal is ZERO. Suicide has devastating effects on individuals, families, units, communities, our readiness and our nation. We must collectively work toward preventing those who are in despair from dying by suicide.

Suicide prevention is really about a culture shift. Culture is our collective beliefs, actions and values; the things each of us say and do contributes to our Air Force culture. We need an Air Force culture where it is more common to seek help than to try to go at it alone. We expect each of us to know what resources are available, help those in need, and stand alongside our Wingmen throughout a crisis or challenge. No one is alone and we are all valued members of our Air Force family.

Please read the attached "What I Can Do Today" to learn how else you can arm yourselves in the pursuit of ZERO suicides and visit www.resilience.af.mil for more prevention tools. Additionally, we have several innovative programs at a number of installations (Task Force True North, Zero Suicide Systems Approach, Wingman Connect/Sources of Strength) aimed at increasing resilience and the understanding that seeking help is considered a strength. We encourage you to open up and share your own stories of struggle and triumph; use this experience to help others. If you want more information about these initiatives, contact your installation Community Support Coordinator.

Suicide is a difficult and complex issue but it is preventable. It requires each of us to be involved and steadfast in our commitment to stop suicides. We expect each and every one of you to join our efforts in creating an environment where every Airman and family member can thrive.

Heather Wilson
Secretary of the Air Force

David L. Goldfein
General, USAF
Chief of Staff

Kaleth O. Wright
Chief Master Sergeant of the Air Force



AF RESILIENCE
LEADERSHIP TOOLS FOR CRISIS PREVENTION, INTERVENTION, & POSTVENTION



Thriving Airmen and Families

Multiple Air Force initiatives are working towards a common goal: **Empowering Leaders and Airmen to increase morale, cohesion, and readiness by recognizing when Airmen need help, decreasing barriers to help-seeking, and creating a culture in which Airmen and their families thrive.** Here are actionable steps you can take today to advance this common goal:

- **Communicate** in a way in which people feel valued and their contributions are meaningful;
- **Set norms** that convey intolerance of any form of harassment or interpersonal violence;
- **Establish the expectation** that everyone is responsible for preventing negative outcomes/increasing positive ones.

The small choices that foster a culture of help-seeking and connectedness can seem separated from stopping an assault or suicide; but cultural norms will only be established by a lot of people making these choices every day.

Here are some small things you can do today to establish norms that contribute to a culture in which everyone thrives:

- **Talk** about times you struggled and the support—mental, physical, spiritual, social—that helped you get through it;
- **Encourage** all Total Force Airmen (civilians, enlisted, officers, family members) to seek help early;
- **Dispel** the myth that seeking help—especially seeking help early—will have negative career impact (for related facts, see "Career Impact" handout on www.resilience.af.mil).

Identify the specific opportunities you have to shape norms across your sphere of influence and leverage them:

- **Newcomers:** Check in often with newcomers and their family members. Ask how you can help them...don't wait for them to ask for help. This contributes to a culture in which help-seeking is expected.
- **Helping Agencies:** Proactively learn about your installation's helping resources. Use the ones that will help you and/or your family and encourage coworkers to do the same.
- **Informal mentoring:** Check-in regularly with Airmen and discuss their personal and/or professional stressors and ensure they are connected to helping resources. Distress may result from:
 - Perceived dissolution of relationship, includes family relationships and especially romantic relationships
 - Occupational problems, especially related to a high stress job and lack of perceived social support
 - Legal problems, especially related to crimes of sexual nature and divorce
 - Mental health diagnoses, history of suicidality/extreme anger, and impulsive behavior
 - Alcohol and substance use-related problems
 - Financial problems
 - **Note:** Multiple and compounding problems place someone at highest risk

Remember ACE: Ask, Care, Escort when concerned about someone and download the **ACE card/Save a Life Questionnaire on the free "Air Force Leaders" app on your phone** (found on app store for androids and iPhones)

Self-care is essential to serving effectively and to our ability to create a culture in which Airmen and families thrive. Balance is often elusive in the face of the demands of personal and professional commitments and responsibilities. However, research is clear that as stress increases, our ability to cope with stressors decreases and often unhealthy behaviors increase. When we don't take care of ourselves, we place ourselves in jeopardy of making poor decisions and performing less effectively. Here are some actionable steps you can take to practice and model self-care:

2-8/10-5-7: Aim for balance each day: 2 hours of "me time", 8-10 hours of work, 5 hours unplugged/social/family time, and 7 hours of sleep. While this may not be achievable every day, this formula helps guide daily balance efforts.

Self-Assessment: Take an honest assessment of your physical, mental, spiritual and social health and seek help when needed. Choose a mentor that exhibits strong well-being and be a well-being mentor for others. Your self-care is contagious and will motivate and inspire others' self-care.



For more tools visit www.resilience.af.mil

WING HISTORY FILE: THE PATRIOTS, PATRIOTISM AND 17 YEARS OF CHAMPIONSHIPS

By Mr. Timothy Sandland, 102nd IW/ Public Affairs

With the Patriots and Rams rematch in Super Bowl LIII came some thoughts – thoughts about how much has changed since New England’s first championship win in 2002. How much has changed for the Nation, the New England region and here, at the wing.

A little over 17 years ago, an inconceivable act of terrorism struck our nation. What followed was an unprecedented period of patriotism as the nation recoiled and then quickly came together in a show of strength through unity.

Here at Otis, the Airmen of the 102nd Fighter Wing solidified more than ever before, truly representing the concepts of team, camaraderie and esprit de corp.

The 101st Fighter Squadron’s place in history was etched ever so deeply as it responded to the skies of New York City on that fateful day and subsequently began flying 24-hour Combat Air Patrols – a mission that would last for years after.

Both here at home and across the nation – patriotism and national pride was at an all-time high, however – we still needed to heal. The wounds of 9/11 still run deep, but in February 2002, they were raw.

At the time, the wing historian was Tech. Sgt. Bruce Vittner. In addition to a monthly history article, Sgt. Vittner often included a sports column in the Seagull. I recently went back and looked at what he wrote after that first Patriots Super Bowl win.

“It was the best game that I have seen in my lifetime. The whole gamut of emotions were there, and especially, because it was for the world title, it could not have been better.” Vittner wrote.

He went on to describe those very emotions as he watched the game. He wrote,

- “**PRIDE** as the Patriots decided to not be introduced individually but as a team.
- **NERVOUS** as the Rams drove down the field at the beginning of the game.
- **RELIEF** as they held St. Louis to only a field goal.
- **EXCITEMENT** when Ty Law ran back the interception for a touchdown on the Patriot’s first blitz of the night.
- **JUBILATION** when Brady hit Patten for the touchdown just before the half.
- **CONCERN** when the replay official wanted to see if he was really in bounds when he caught the ball.
- **JOY** when he was ruled in bounds.
- **ENTHUSED** as the game wore on into the fourth quarter with an 11-point lead.
- **HOPEFUL** when Otis Smith intercepted Warner’s pass that led to a field goal.
- **ANXIOUS** as the clock slowly ticked down in the fourth quarter with a 14-point lead.
- **TREPIDATION** as St. Louis marched down towards their first touchdown which would have made them only seven points behind.

- **JUBILATION** as Tebucky Jones ran 98-yards with the Warner fumble.
- **DESPAIR** as the little sign on the television screen said flag and the Rams scored on the next play.
- **RESIGNATION** as you saw St. Louis score the tying touchdown in only 21 seconds on their next possession.
- **HOPE** when you knew that there was still 1:30 left in the game.
- **WISHFUL** as Troy Brown caught the pass across the middle and managed to get out of bounds.
- **BREATHLESS** as Vinatieri lined up for the kick.
- **EUPHORIC** as the ball sailed right through the middle of the goal posts.”

It occurred to me that many of the emotions he described throughout the game, which he felt important enough to put in all caps, were many of the emotions that Americans had been feeling since Sept. 11 of the previous year.

ANXIOUS, NERVOUS, DESPAIR, CONCERN AND RESIGNATION. These emotions represent the hard days, the uncertain times and the fear that we felt as a Nation.

We felt **PRIDE** as we learned of the stories of the first responders who saved lives and the heroes on board United Airlines flight 93.

EXCITEMENT, JUBILATION, JOY, EUPHORIC. We weren’t quite there yet, but those feelings would eventually re-emerge back into our lives.

Through all of it, we never lost **HOPE**.

He closed his piece with the rhetorical question, “How great it is to be a New England sports fan?”

Little did he know at the time, but that was only the beginning. Four championships for the Red Sox, five more for the Patriots and one each for the Celtics and Bruins.

It IS great to be a New England sports fan.

Yes, football is just a game - a three or four hour distraction from the reality of our lives. A moment in time to come together with friends and family. An opportunity to root for our favorite players and teams.

On Feb. 3, 2002, it was much more than that.

PROMOTIONS

SENIOR AIRMAN

Tyler Lynn
Dean Gwinn
Jesse Narcizo

STAFF SERGEANT

Nicholas Menzel
Rodjer Rodrigues
Cody Hamblin

TECHNICAL SERGEANT

Justin Ehnes
Jacob Bell
Brian Teixeira
Patrick McConville
Katie O'Neil
Marc Brown
Csaba Bogdan
Michelle Ferguson
John Healy

SENIOR MASTER SERGEANT

Aaron Leger
Kimberly Brown

CHIEF MASTER SERGEANT

Shane McGuire

PRESCRIPTIONS REMINDER

IAW AFI 48-123 chap 10, each ANG member is responsible for promptly (within 72 hours) reporting an illness, injury, disease, operative procedure or hospitalization to include MEDICATIONS to the Medical Group. Members who refuse to comply with requests for medical information are considered medically unfit for continued military duty and are referred to their immediate commander for administrative discharge processing IAW AFI 36-3209. Documentation may be faxed to (508) 968-4061, emailed to MSgt Amy McNeill, amy.t.mcneill2.mil@mail.mil or hand carried on Saturday mornings of each RSD.

CHIEFS COUNCIL CORNER

102nd Intelligence Wing Outdoor Recreation offers the area’s best prices on boat, camper and trailer storage, with a secure on-base location to serve you. New customers are welcome now! Fees and charges are \$125.00 per calendar year. Please take a look at us, located inside the I-Gate next to Eagles Nest. We currently have nine slots open with plans to add additional spots this summer. E-mail Chief Walsh for terms and conditions at: michael.p.walsh6.mil@mail.mil or call 508-968-4380.

MASSACHUSETTS TUITION AND FEES WAIVER

Eligibility for the Massachusetts Tuition and Fees Waiver 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 are appointed with the Massachusetts Air National Guard. The benefit may be used at any point during your membership with the 102nd IW. Contact the Base Training Office for more information at 508-968-4189.

HONOR GUARD OPENINGS

The 102 IW Honor Guard is seeking motivated airman of any rank to fill volunteer rolls in the Base Honor Guard. This is a rewarding opportunity that will allow you to show your dedication the Air Force and your strong military bearing. Honor Guard members are required to participate in a minimum of four details per year. These details include military funeral honors as well as wing and community colors events. While the Honor Guard would be glad to have you participate anytime of the month, if you can only participate on drill weekends that is acceptable as we are currently working on having at least 2 members from each squadron train to do retirements and special occasion events . Please stop by or call 968-4431 and see an Honor Guard member and inquire about this rewarding all volunteer force opportunity.

DEFENSE TRAVEL MANAGEMENT OFFICE NEWSLETTER

The Defense Travel Management Office is pleased to publish the fall edition of our quarterly newsletter, The Dispatch. Recognizing the need for better communication between the Defense Travel Management Office and the travel community, The Dispatch aims to provide timely travel-related news and updates. To view, go to: http://www.defensetravel.dod.mil/Docs/Dispatch/Defense_Travel_Dispatch_Fall_2017.pdf

MASSACHUSETTS AIR NATIONAL GUARD HISTORICAL ASSOCIATION

The Massachusetts Air National Guard Historical Association’s mission is to preserve the history of the Air National Guard in Massachusetts. Check out their Facebook page at <http://www.facebook.com/pg/MassANGHA>

SEAGULL SUBMISSIONS

The 102nd Intelligence Wing Public Affairs Office welcomes your feedback and submissions. Got a great story idea? Is your unit or shop doing something impressive? We welcome articles written by unit members on topics of interest to the wing and its personnel.

WRITTEN STORY SUBMISSIONS

If you like to write and would like to submit a full article for publishing in the Seagull, we would be happy to take a look at it. Typically written stories are between 500-800 words and are formatted in the Associated Press (AP) format. Stories should have some relevance to the wing, its mission or its people. We reserve the right to review and edit your piece but will talk any edits over with you.

TELL US YOUR STORY IDEA

If you aren't interested in writing your own story but would still like to call attention to someone or something great happening in the wing, contact wing PA. Give us some background details and we will take it from there!

ANNOUNCEMENTS

Got something to say that doesn't warrant a full article? Send us your announcements and we will include them in the appropriate section of the Seagull. Please limit your message to a short paragraph or less.

PHOTOGRAPHS

Did you capture some great shots while training on a cool piece of equipment at some obscure training site out in the woods? Maybe you went to a great going away luncheon or a promotion ceremony. Perhaps you snapped a picture of you and your team working hard and building camaraderie. Send us your shots! Public Affairs can't always be there but we still want to share those moments with the wing. For submissions, just give us a few lines about what was going on, where the photo was taken, who is in it and who took the photo. We might be able to get them in the Around Otis section of the Seagull and possibly on our Facebook page.

FIND US

Public Affairs can be reached at x4516 or x7200, via email at usaf.ma.102-iw.mbx.pa@mail.mil or by simply dropping by our office in Bldg 170, Room 219. For official portraits and studio photography, we take appointments for Tues-Thurs from 0730-1130 or walk-ins on RSD Sundays from 0800-0900.

FY19 SEAGULL DEADLINES

Typically, 10 issues of the Seagull are published annually. Below you will find the deadlines for submission of content for each issue. The basic guidelines for submissions can be found on the left side of this page. Although Public Affairs makes every effort to accept your stories and images, we cannot guarantee content received after the submission deadline will make it in.

ISSUE SUBMISSION DEADLINE	
OCTOBER	1 Oct 2018
NOVEMBER	22 Oct 2018
DECEMBER	19 Nov 2018
JANUARY	24 Dec 2019
FEBRUARY	28 Jan 2019
MARCH	18 Feb 2019
APRIL	25 Mar 2019
MAY	22 Apr 2019
JUNE / JULY	20 May 2019
AUGUST / SEPTEMBER	12 Aug 2019



THE 102D INTELLIGENCE WING SMART PHONE APP

Available at an app store near you is the official smart phone app for the wing. With it, you will be able to access commonly used phone numbers, check on events happening in the wing, and find useful applications such as fitness, commonly used instructions and checklists, as well as the latest news from the wing.

GET IT TODAY!



APPLICATIONS FOR U.S. ARMY RANGER TRAINING

Human Resources at the National Guard Bureau is accepting applications for calendar year 2019 for U.S. Army Ranger Training.

The Ranger Training opportunity consists of two courses: the Ranger Training Assessment Course (RTAC) and the U.S. Army Ranger Course. These opportunities are open to any AFSC and enlisted grade.

RTAC prepares Airmen for successful completion of U.S. Army Ranger School training by assessing members' physical and mental capabilities and training them on Troop Leading Procedures as well as Combat Orders and Reconnaissance/Combat patrols. Students must successfully complete RTAC in order to continue on to the U.S. Army Ranger Course, which is considered a premier military leadership course.

Ranger Training is very physically demanding; learning to train under these conditions is part of each course.

Members are expected to participate in all training events. There are no temporary profiles or duty limitations allowed. Members are either in training 100-percent, medically recycled, or medically dropped.

If you feel you are qualified for this opportunity and wish to submit an application, please contact Senior Master Sgt. Sean Sullivan, 102nd Intelligence Wing First Sergeant, as soon as possible for the details and initial assessment.

Sgt. Sullivan can be reached at duty phone 508-968-4682.

Don't delay. Applications are being accepted until April 17, 2019.



Parting Shot

Airmen of the 102nd Intelligence Wing held a New England Patriots rally in advance of the team's participation in Super Bowl LIII. A copy of this photo was given to the team during their send off rally at Gillette Stadium on Jan. 26, 2019.

