

102nd INTELLIGENCE WING

# Seagull

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

DECEMBER 2015

VOLUME 30 NO. 10



## New Facility Ribbon Cutting

Story/Photos on page 6 and 7



# Wing Care Providers Call Us!

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

1

## Director of Psychological Health

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

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

2

## Family Readiness

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

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

3

## Chapel Office

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

Contact the Chapel Office  
(P) 508.968.4508

4

## Veteran's Centers

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

1.800.905.4675 (local - Hyannis 508.778.0124)

5

## Sexual Assault Response Coordinator (SARC)

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

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

6

## Suicide Prevention

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

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

7

## Medical Group

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

Contact the Medical Group  
(P) 508.968.4091





## Contents

- 4** Commander's Comments  
Commander Col. James LeFavor writes about Being a Great Simplifier



- 5** The Low Down on Upcoming Deployments:  
An Airmen's Guide to Mobilizations



- 6** MA ANG opens state-of-the-art intelligence facility  
Members of the 102nd Intelligence Wing and special guests held a ribbon-cutting ceremony to open the wing's newest facility



- 9** First Sergeant's Corner  
Senior Master Sgt. Beth M. Hernandez, 212th Engineering Installation Squadron First Sergeant talks about people are the greatest asset of the Air Force.



- 10** Breathe 2 Relax  
A tool we could all practice to deal with the holiday and winter stress!



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



**COMMANDER**  
Col. James M. LeFavor

**CHIEF OF PUBLIC AFFAIRS**  
Lt. Col. Robert J. Spierdowis

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

## ON THE COVER



Maj. Gen. L. Scott Rice, the adjutant general, Massachusetts National Guard, and Col. David McNulty, 102 Intelligence Group commander, cut the ribbon at a ribbon-cutting ceremony Nov. 7, 2015 at Otis Air National Guard Base, Mass. The 102nd opened a state-of-the-art intelligence facility as part of its weapon system, the Distributed Common Ground Station. The DCGS has been a part of the the Intelligence, Surveillance, and Reconnaissance mission of the 102nd since December 2009. (Air National Guard photo by Staff Sgt. Jeremy Bowcock) page 6-7

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



Join us on Facebook at  
[facebook.com/102iw](https://facebook.com/102iw)



Watch us on YouTube at  
[youtube.com/102iw](https://youtube.com/102iw)



Follow us on Twitter at  
[twitter.com/102iw](https://twitter.com/102iw)

**102ND IW PUBLIC AFFAIRS**  
156 Reilly Street, Box 60  
Otis ANGB, MA  
02542-1330  
508-968-4516  
DSN: 557-4516

# Be a Great Simplifier

By Col. James LeFavor, 102nd Intelligence Wing Commander



My favorite Colin Powell quote is, "Great leaders are almost always great simplifiers, who can cut through argument, debate, and doubt, to offer a solution everybody can understand." Now that is gold. Being able to make the complex simple, and have people get it, is an art. It's the mark of a great instructor and that of a great leader. After all, if the people you

are leading don't understand why they are following you... why they are doing what they are doing...then you are a crummy leader plain and simple.

Now being a simplifier does not mean being simplistic. Einstein said, "Everything should be made as simple as possible, but not simpler." One has to be careful of not over simplifying, or 'dumbing-down', an issue thereby sacrificing its true meaning. For example if you are trying to emphasize proper fiscal practices it is too simplistic to say: "you will go to jail if you misuse government funds." But it is clear and simple if you say: "always treat the taxpayer's money as if it were your own."

The ability to simplify means to eliminate the unnecessary so that the necessary is all you see. In other words, to shift through the chaff. In civilian life, we know of chaff being the protective casing of seeds, whereas in the USAF, we know of chaff being a cloud of tiny metallic strips designed to confuse radars. In either case, you need to search through the chaff to find your true target. All chaff does is confuse. Sometimes it is used unintentionally, other times it is very intentional. A leader's job is to be a great chaff filter. A leader's job is also to communicate without spewing chaff themselves. A few tips that follow may help.

**Avoid Jargon.** Every specialty has their own terminology and acronyms. These are great tools of brevity within your own community, but once you leave to go communicate outside your shop, you need to turn off the jargon and speak full English. It's also highly arrogant to use such terms and treat an outside audience as if they should know what you mean.

**Tailor the Level of Detail.** Always consider the person or group you are talking to and consider their time as valuable to them. Use the amount of detail that conveys your point and then stop. So many times I have been on the receiving end of a presentation where the speaker felt it necessary to explain their entire JOB in an attempt to

make a point. Nothing will kill the level of comprehension faster than over-detail. You need to examine your audience for the proper level and then observe them for verbal cues as you go.

**Don't Dress up the Pig.** By this I mean don't try and make either yourself or your point be 'fancier' than it really is. So many people fall into this habit. Usually it is because they either want to make their point, or themselves, seem more impressive than they really are. They want to sound important and smart so they either use the big words, or too many words. I've listened to speakers muddle through 1,000 words, pontificating and bloviating (ok, I'm doing it...but for effect) and rambling on and on, using great big sweeping gestures, and finally at the end you are left scratching your head. "Now just what in the Wide World of Sports was their point??!!" Don't do that. **Think brevity and clarity.** If it only takes ten words to effectively and efficiently convey your point, use ten not 1,000.

Also be careful in taking a simple concept and over-dressing it to sound more dramatic. All you wind up doing is making things much more difficult to understand. If you are a professor or intellectual or similar, go ahead and use the big words. If you are a leader and commander, use the words that your people will get, and get without any shadow of a doubt. Lose the buzzword-laden phrases if you are really intent on being clear. A few of the ones that really chap my hide follow. Don't say "Workplace process re-engineering" when "changing a process" will do. How about "socialize the concept", when you mean, "talk about it". Another classic: "late to need", when "too late" nails it. One more I've heard..."We will now bifurcate into opposing, issues-based working groups". Wow. How about, "we'll split into teams".

When you simplify, you make the overwhelming seem achievable. My technique, in short, is:

- Find the issue through the chaff.
- Lock on and bring it to the surface.
- Simplify the issue by making it crystal clear what the 2 sides (or multiple sides) are.
- Find the bottom line regulation that governs the issue.
- See which side is A) closest to the rules and B) closest to the right thing to do.
- Hopefully A and B agree.
- Now, make a decision that is crisp and clear.

Be simple, but not a simpleton (grunt).

Thanks and Merry Christmas, Happy Hanukkah, Happy Holidays, even Happy Festivus.

Think Snow!

# The Low Down on Upcoming Deployments: An Airmen's Guide to Mobilizations

By 2nd Lt. Chris Bonzagni, Assistant Installation Deployment Officer

For those members who served during the peak years of OEF and OIF, you likely gained first-hand experience with the mobilization process. Mission requirements over the past ten years demanded a constant state of unit readiness and at points, a surge of Soldiers, Sailors, Airmen, and Marines into and out of some pretty austere locations. While a drawdown of many CENTCOM forward operating bases has certainly occurred, taskings and worldwide requirements remain ever present.

Last year, the Air Force implemented a new Air Expeditionary Force construct known as "AEF Teaming." The intent was to transition the AEF construct from Tempo Bands, which focused on unit-level taskings, to a wing-based construct. This wing-based construct attempts to maintain a high-level of support while providing Airmen with deployment predictability and standard dwell periods. Ultimately, the AEF teaming concept provides the Secretary of Defense a consistent rotation of capability-based force packages ready to deploy when mission requirements dictate.

All Air National Guard Wings are "bucketed" into 8-month Reserve Component Periods in an overarching 48 month cycle. A 6-month deployment translates to an 8-month mobilization period consisting of pre-deployment training, deployment, and post-deployment actions. The total 48 month cycle allows units to maintain a standard 1:5 mobilization to dwell time period. In other words, a unit mobilizes for 8 months, and then rotates to a home station dwell time of five, 8-month rotations or 40 months total.

While the majority the 102nd Intelligence Wing falls in a single RCP, a handful of units such as the 212th EIS, 253rd CEIG, 267th CBCS and 202nd Weather Flight serve as part of the Air Force "Demand Force Teams," formerly known as "Enablers." These units must maintain continuous availability. Commanders will manage individual dwells to ensure a minimum dwell of 1:1 is met before an individual is tasked to deploy again.

As National Guardsmen, we serve as an "operational" reserve, which requires the National Guard Bureau to provide a mobilization order to the Wing in order to plan, commit, and sustain sourcing solutions during mission execution. Generally, for rotational requirements, units will be notified approximately 330 days before the "boots on ground" date. The 102nd Intelligence Wing is assigned to RCP 05 and will be eligible to deploy from Oct. 1, 2016 through Mar. 31, 2017. Taskings will be received by 102nd

Logistics Readiness Flight, Logistics Plans and Integration and flowed to unit commanders and Unit Deployment Managers to assign individuals to the requirement.

Here are some recommendations that can be implemented to prepare for the upcoming mobilization period:

- Ensure medical information and records are up to date
  - Dental screenings and immunizations are current
  - List of any prescribed medications is provided to the Medical Group
  - Profiles and waivers are processed and submitted to NGB
- Update/Create Will and Power of Attorney
- Ensure CDC, AFSC, Special Experience Identifier training is complete to ensure deployment eligibility
- Maintain a healthy physical fitness regiment
- Ensure Family Care Plan is updated (See 1st Sgt. for more details)
- Know your Unit Deployment Manager, every unit has one. He/she is your first stop when looking for assistance regarding your unit's deployments.

In closing, as uniformed members of the Armed Forces, we have a responsibility to understand the process by which our Wing answers the call to defend this great Nation. By understanding the basics, we can significantly improve the readiness of our unit, our families, and ourselves, and ensure our focus is not deterred from the mission at hand.





# MA ANG opens state-of-the-art intelligence facility

By Staff Sgt. Veuril McDavid, 102nd Intelligence Wing, Public Affairs

Members of the 102nd Intelligence Wing and special guests held a ribbon-cutting ceremony to open the wing's newest facility on Nov. 7 here.

The building is part of the Air Force's Distributed Common Ground System, which is also referred to as the AN/GSQ-272 Sentinel weapon system. It is the Air Force's primary intelligence, surveillance and reconnaissance weapons system and deals with ISR planning, collection, processing, analysis, exploitation and dissemination. The weapon system employs a global communications architecture that connects multiple intelligence platforms and sensors.

The construction for the new building began in Nov. of 2009 with a ground breaking ceremony. The unit commenced 24/7 initial-operating-capability missions in a temporary facility on base in December 2009. Since then, the unit has exploited and analyzed information from MQ-1 Predators, MQ-9 Reapers, and MC-12W Liberty aircraft. The new \$17.6 million facility and associated equipment were necessary to reach full-operating-capability and exploit Intelligence, Surveillance and Reconnaissance data from high-altitude platforms like the U-2 Dragon Lady and RQ-4 Global Hawk aircraft.

"It's tremendous to see DGS-MA declare full-operation-capability here at Joint Base Cape Cod," said Col. Virginia Doonan, vice commander, 102nd Intelligence Wing. "From a historical perspective, our wing has now come full circle in our lineage in Air Force missions. In 1921, the 101st Observation Squadron was activated and was the ISR of that time period. We moved away from intelligence after WWII, when we processed wet film, and moved into the decades of fighters and Air Defense of our nation. Now, in 2015, we have stood up as a fully-operational intelligence mission and have come back to the roots of the 102nd Intelligence Wing and the 101st Intelligence Squadron in our 24/7 ISR role. The hard work of all of our Airman in intelligence, civil engineering, communication, engineering & installation, and other support functions were integral in the completion of this monumental task."

The new facility, and its weapon system, is run by the 102nd Intelligence, Surveillance and Reconnaissance Group. The group is comprised of three squadrons, equating to more than 385 full-time and drill-status intelligence,

communications, and support airmen. It is their mission to perform "near-real-time" intelligence processing, exploitation, and dissemination. This means analyzing and interpreting raw data from a number of sources and transforming this material into decision-quality information and actionable intelligence. This data is then rapidly disseminated to air, ground and naval force component commanders for use in the planning and execution of military operations across the spectrum of conflict.

"Bringing all airmen and mission elements of DGS-MA under one roof has been an exceptionally long and tedious process," said Col. David McNulty, commander, 102nd Intelligence, Surveillance and Reconnaissance Group. "Because of the insatiable need for ISR support, many of our crew members associated with high-altitude exploitation missions have been on the road for years, performing their crew-duty on the operations floors of other DCGS sites. The FOC installation and operations team, comprised of our communications professionals, High Altitude crews, and contractors put in an absolutely herculean effort this summer and early fall to bring it all together."

Each Distributed Ground Station is capable of robust, multi-intelligence processing, exploitation and dissemination activities to include sensor tasking and control. Sites can support multiple ISR platforms in multiple theaters of operation simultaneously.

"Today brings to full circle, to final completion, all the dramatic, painful, and taxing changes levied upon this wing since the fateful decisions of [the Base Realignment and Closure program], on 13 May 2005," said Col. James LeFavor, commander, 102nd Intelligence Wing. "With the start of our fully functional intel weapons system here, we have finally made the total transition from Fighter to Intelligence Wing."

The U.S. Air Force's ISR enterprise is vital to the national security of the United States and its allies, providing an unrivaled capability; focused, integrated ISR is inseparable from operations and enables mission execution.

Air National Guard units such as the 102nd Intelligence Wing are vitally important to that mission. The new facility provides the Air Force additional capability and capacity to support worldwide ISR missions with combat ready and experienced analysts.



Above - Maj. Gen. L. Scott Rice, The Adjutant General, Massachusetts National Guard, speaks to members and guests of the 102nd at a ribbon-cutting ceremony Nov. 7, 2015, at Otis Air National Guard Base, Mass. The 102nd opened a state-of-the-art intelligence facility as part of its weapon system, the Distributed Common Ground Station. The DCGS has been a part of the the Intelligence, Surveillance, and Reconnaissance mission of the 102nd since December 2009. (Air National Guard photo by Staff Sgt. Jeremy Bowcock)



Above left - Col. James LeFavor, 102nd Intelligence Wing Commander, speaks to members and guests of the 102nd at a ribbon-cutting ceremony Nov. 7, 2015, at Otis Air National Guard Base, Mass. The 102nd opened a state-of-the-art intelligence facility as part of its weapon system, the Distributed Common Ground Station. The DCGS has been a part of the the Intelligence, Surveillance, and Reconnaissance mission of the 102nd since December 2009. (Air National Guard photo by Staff Sgt. Jeremy Bowcock)



Above right - Col. James LeFavor, 102nd Intelligence Wing Commander, speaks to members and guests of the 102nd at a ribbon-cutting ceremony Nov. 7, 2015, at Otis Air National Guard Base, Mass. The 102nd opened a state-of-the-art intelligence facility as part of its weapon system, the Distributed Common Ground Station. The DCGS has been a part of the the Intelligence, Surveillance, and Reconnaissance mission of the 102nd since December 2009. (Air National Guard photo by Staff Sgt. Jeremy Bowcock)



# Chapel Call - Singing

By Chaplain (Lt. Col.) Mark Schaarschmidt



An Army Chaplain once told a group of Chaplains that he could make a piece of wood sing! He had a talent for woodworking and his finished product looked admirable.

In my tradition, a lot of singing filled the heavens when God bestowed a peaceful pause on the world. The music was not

just played, it was sung in all its beauty and purpose. A Divine multitude, an 'army' of angels, sings of the great Christmas event that moves many to hope and joy. If the angels say it or sing it, it comes to life.

The same is true of notes on a music sheet. A person can sight read and only look at the notes on a page. In contrast, someone can listen to and perform the music thereby bringing it to life. Writing notes down has one effect. Looking at them has another. Playing and singing those notes brings the piece to life.

Keeping this in mind, what can help us throughout this Season and beyond?

"Sing" melodically. The notes on a sheet of music can translate into how we perform our duties in the military and in places where the Holy meets us. We can simply 'look at the notes' on a page and read a 'matter of fact' career that goes through the motions. Or we can interpret our careers with passion and enthusiasm by singing of the gifts received and gifts given. Those who cherish these gifts know they come from an infinite God who sounds forth for our good.

The same is true of the Chaplain corps and its mission. We are here to 'sing' for your good. Every step of the way has to mean something just as each note and dynamic in music is given purpose. For Chaplains and Chaplain Assistants, the Religious Support Team, we sing for your spiritual well-being. We are here to be with you in your successes and to lift you up when you are challenged.

Indeed, the challenges can be great when time gets

away from us. For one thing, we are challenged to sing melodically during this time of year. Many are pushed to rush the season. We are affected by the change of pace that is part of the religious observances celebrated. There does not seem to be enough time to sing praises with such a schedule. The holiday rush can be overwhelming when considering that there are only a few days or weeks more before a holiday gatherings begin.

Let your pauses be quiet and reflective, softening your schedule during the day. Even when singing or playing, take a breath between notes. Remind yourself that there is time between phrase one and two...don't rush.

God gives us pause to reflect on the peace that passes all understanding and the good will that is given to all who live with time constraints. During this season of hope and joy, we hear about peace. May your "song" be, "Lord, make me an instrument of your peace".

In this holy season, take time for yourselves and for others near and dear to you. And ask yourself, "How would I sing it?" when those 'notes of life' present themselves on the page. How does what I say or sing come across most effectively for those experiencing our joy and thoughtful 'singing'?

How can this be? I refer to the melodies of joy and peace as proclaimed by messengers of God. You have people who love you and a Chaplain team who support's you. We as a Chaplain team wish you peaceful pauses for this season. Happy Holidays and joyous 'singing' for the coming celebrations.

## UTA WORSHIP TIMES AND RELIGIOUS SERVICES

### Saturday

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

### Sunday

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

- Liturgical Christian Worship, 1100, Building 330

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

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

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



# First Sergeant's Corner

By Senior Master Sergeant Beth M. Hernandez, 212th Engineering Installation Squadron

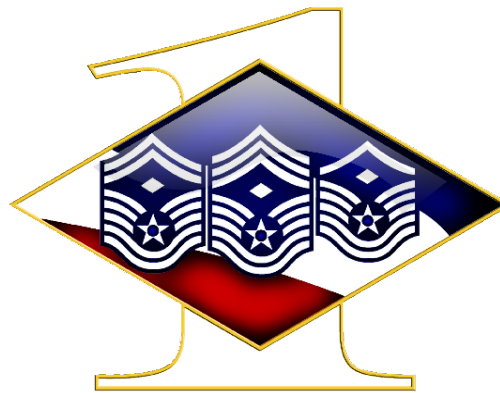
**P**eople are the greatest asset of the Air Force. Although we have multi-million dollar aircraft, weapon systems, computers and machinery, our fundamental pillar of strength is developed through life experiences and training, both inside and outside of the Air Force. A first sergeant's role is to foster an environment where all airmen recognize the true worth of the members of the organization and guide them to develop to their fullest potential.

When I look back on my career, all of the people I respected and hoped to emulate were people who realized the value of each and every individual. These people put effort into understanding, caring and recognizing others and in return they received hard work and dedication. I witnessed some people whose style of management was to bark orders and belittle people in public. Their style resulted in poor results, low morale and a poor retention rate. These people taught me something. They taught me how NOT to behave, a valuable lesson, indeed.

Allow me to share a few quotes from my life and career that have helped me to recognize the difference between leadership and management; these quotes come from the people I strive to emulate. Whether they know it or not, they have made a huge impact on my life and career.

**"When it comes to doing the right thing, there are no choices."** That is a statement from my childhood that sums up the Air Force Core Value, Integrity First. Integrity is a pillar of success, without it we would most certainly fail.

**"People don't leave organizations, they leave people."** We have many challenges in our Air Force careers, however many of us stay in the organization because of the people. If our leadership fosters an environment where we feel like we are a valuable part of the team, we will stay despite the minor inconveniences. If you treat people well, they will reciprocate with hard work and commitment to the mission.



**"Treat every transaction you make like your name is on the mailbox."** People go to great lengths to make sure their yard is perfectly groomed. Their grass is trim and green, their shrubs look perfect and on the outside their house shows pride of ownership, all because their name is on the mailbox. If you treat your transactions with people with that same level of care, you're sure to be a success!

**"You manage programs and lead people."** Programs are just that, they are inanimate objects that can be manipulated based upon input and output. People are led to success with the ability to appeal to the desire of the person to take the path chosen by the leader. John Quincy Adams said, "If your actions inspire you to dream more, learn more, do more and

become more, you are a leader."

First sergeants are a unique type of leader. While an Airman's supervisor is there to teach him or her about their AFSC, we are here to teach airmen about leadership. We strive to teach our airmen what it means to be a good airman. The most important part about being a good airman is not about wearing your uniform correctly or saying yes sir, no sir. The most important part about being a good airman is letting your fellow airman know that you care for them and will support them, even if times are difficult. A very wise first sergeant told me that, "Most first sergeants are first sergeants long before they wear the diamond." I could not agree more!

As an Airman First Class I knew I wanted to be a first sergeant. I saw how my first sergeant made a positive impact on people. I witnessed how he took an interest in the lives of the airmen. I saw how he encouraged all of us to live up to our greatest potential. I wanted to be the person others confided in and trusted. I am very happy now to be living my dream!

The main role of the first sergeant is to take care of the Air Force's greatest asset, its people. I think sometimes people in all levels of the Air Force need to be reminded that if you take care of people, the people will take care of the mission. No matter how many new computers or weapons systems we gain, our PEOPLE will always be our greatest source of strength.

# Breathe 2 Relax

By Ms. Jill Garvin, Director of Psychological Health



**H**ere is a great tool we could all practice to deal with the holiday and winter stress! Breathe2Relax is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and

anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.

Capitalizing on touch-screen technology, a user can record their stress level on a 'visual analogue scale' by simply swiping a small bar to the left or to the right. Breathe2Relax uses state-of-the-art graphics, animation, narration, and videos to deliver a sophisticated, immersive experience for the user.

## What is the purpose of Breathe2Relax?

Breathe2Relax was developed to teach a skill called diaphragmatic breathing, sometimes called "belly breathing". This kind of breathing has been taught for centuries as a way of turning on the body's relaxation response. This app, using smart phone technology, allows you to learn and practice this skill on your own or as part of a stress management program supervised by your healthcare professional. The app also provides detailed information on the effects of stress on the body which you should become familiar with.

## Can I use diaphragmatic breathing to help during very stressful situations?

Yes, it can be useful during highly stressful situations, but it's important to understand that it is not an immediate antidote to high stress. Diaphragmatic breathing will not immediately slow a racing heart or filter adrenaline from your system. Many people make the mistake of trying to use the skill only during times of high stress, and when they don't feel immediately better, they conclude that it doesn't help. Like any stress management skill, diaphragmatic breathing requires practice and regular use.

## Am I supposed to close my eyes (I feel more relaxed that way)?

During the initial learning process it's best to keep your eyes open so you can watch your stomach as you practice breathing from your diaphragm. You'll want to see your belly rise and your chest stay motionless as you breathe. After you're confident that you have mastered the skill, you can certainly close your eyes if it helps you to relax. Remember though, that the best results will occur when you develop the habit of belly breathing as you go through everyday life, walking, driving, watching TV, etc.

## How often should I practice?

Practice as often as you can. One of the advantages of having this information on a smart phone is that your practice opportunities are available anytime you have your phone with you.

Check out the website with more info at: <http://t2health.dcoe.mil/apps/breathe2relax>

Here is another resource in the community facilitated by an excellent Psychologist Vicki Putz.

## Interpersonal Skills Group for Men + Women

Tackles unsatisfactory patterns in the way of happiness and well-being. Very often these are tendencies that worked at one time but are no longer effective. The opportunity for feedback and support in a group format facilitates greater change and resilience.

Individuals will learn and practice new skills, such as anxiety/emotional tolerance, assertiveness, and negotiating individual differences.

Initial consultation at no charge.

- Ages 25 through 65
- Biweekly Tuesdays, 7:15-8:30pm, North Falmouth
- 3 month-commitment with greatest benefit 12 months or more
- \$25 per session

Vicki Putz, Psy.D

Licensed Clinical Psychologist

508 942-3009

Men's group and women's group also available.



# Reduce, Reuse, Recycle, and if All Else Fails...Dispose of Properly

By Thurman R Deane, Director of Environmental OperationsHealth

The 102nd Intelligence Wing has done an excellent job reducing, reusing, recycling and disposing of materials properly. In 2015, the 102nd IW recycled 61 tons of metal, 10 tons of cardboard, three tons of paper, and a fair amount of plastic. Diverting and/or selling the recycled content above resulted in a savings of \$12,371.00 in 2015.

Let's talk about 2016. The environmental management office is excited at the possibility of exceeding 2015 savings. To do that, we must all make an effort to reduce, reuse, recycle, and dispose of materials when possible. Cardboard trailers have been placed in multiple locations throughout the installation for convenience. Please utilize the trailers to their fullest extent. Also, there is a central location (BLDG 156 near the mail room) where paper and plastic can be recycled. Recycled materials are picked up by CEV on a regular basis.

As with anything, to reduce, reuse, recycle, and dispose of properly requires training. Please see the chart below for proper Recycling and Disposal at the 102nd IW;

| Recycling or Disposal Action  | Item                                       |
|---|--|
| BLDG 120<br>(Turn in is Wednesdays from 0900 to 1000 or by appointment) | Aerosol Cans                               |
|   | Aluminum Containers                        |
|   | Batteries (Dry)                            |
|   | Cathode Ray Tubes                          |
|   | Computers and Accessories                  |
|   | Corrosives                                 |
|   | Electronics                                |
|   | Lead Acid Batteries*                       |
|   | Light Bulbs                                |
|   | Oil Filters (Used)                         |
| BLDG 156  | Televisions                                |
|   | Batteries (Dry)                            |
|   | Bottles, Plastic                           |
|   | Glass Containers                           |
|   | Paper, White                               |
| Contact Environmental @ 968-4703  | Books, Brochures, Magazines, Pamphlets     |
|   | Gasses (All)                               |
|   | Hazardous Waste                            |
|   | Liquid Waste                               |
|   | Odorous Material                           |
|   | Oil (Petrochemicals)                       |
| Contracted Vendor / Vendor Exchange                                     | Propane Tanks                              |
|   | Construction Debris                        |
| DRMO Turn In or Scrap at CE Yard  | Tires                                      |
|   | Appliances (White Goods)                   |
| Munitions Maintenance Procedures  | Explosives                                 |
| Recycle Trailers (BLDGS 156, 158, 159, 162, 330, and 971)               |  |
| Resource Advisor  | GOV Property Purchase w/Appropriated Funds |

Finally, it is unlawful and unethical to put trash from home, electronics, light bulbs, and items on the list above in dumpsters located on Otis Air National Guard Base. Only non-recyclable and non-hazardous waste can be thrown in installation dumpsters.



# Promotions



COLYN AHOLA



TIMOTHY CROUCH  
DAVID ABOTCHIE  
KYLE WILLIAMS  
MERKEB HAGOS  
CHRISTOPHER BENSON  
SEAN LEBLANC  
KEITH ROBBINS



PETER CUMMINGS  
ROXANNE WETHERBEE



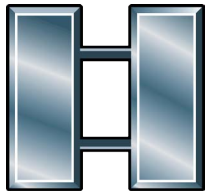
DAVID ALLAN



MICHAEL D. ULICH



CHRISTOPHER W. BRENNAN  
PARTICK R. BROYDRICK  
ROSS R. SHANNON



PETER J. MESSINA  
ELISE R. GALVANIN-  
ELLSWORTH



MICHAEL A. GALLUCCIO



NICOLE A. IVERS  
KERRY M. CLARK  
ROBERT J. SPIERDOWIS  
JOHN C. KEEL

102nd Intelligence Wing  
wishes you all

*Happy Holidays*





# Announcements

---

1



## The Massachusetts Tuition and Fees Reimbursement

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

2



## New Government Travel Credit Card

All GTC cardholders should verify their home address on record with Citibank to ensure they receive their card.

3



## Basic Motorcycle Riders Course

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

4



## Airman's Comprehensive Assessments

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

5



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

## SEAGULL IDEAS?

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

**The next *Seagull* deadline is MONDAY, December 28, 2015**