

PATRIOT

439TH MILITARY AIRLIFT WING • AIR FORCE RESERVE • WESTOVER AFB

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FEBRUARY 1989

Westover unaffected by base closing recommendations

By Maj. Rick Dyer

There were no surprises for Westover officials Dec. 29 when a Department of Defense panel released its long-awaited list of recommendations for base closings.

Westover was not on the list compiled by the Defense Secretary's Commission on Base Realignment and Closure, which suggested that five major Air Force bases—including Pease AFB, N.H.—be closed.

"It was my understanding that the commission solicited data from bases which were under consideration," Lt. Col. Tom Hargis, Westover's base commander said. "We were never contacted and, to the best of my knowledge, we were never considered for the list."

The report of the blue ribbon citizen's panel, which was headed by former U.S. Sen. Abraham Ribicoff, recommended closing 86 military installations throughout the country. It also called for the partial closing of five military facilities, and the realignment of personnel at 54 other bases.

In addition to Pease, Chanute AFB in Illinois and Mather, Norton and George AFBs in California were suggested for closure. No Air Force Reserve facilities were included in the list.

The only military installation in Massachusetts recommended to be closed was the Army's Watertown Arsenal. Although the Army's Fort Devens near Ayer was rumored to be under consideration by the panel, it will now expand as the result of receiving personnel from closing bases.

Outgoing Secretary of Defense Frank C. Carlucci has said that the recommendations, if approved by Congress, would result in budget savings of more than \$600 million per year. Closings would begin in 1990.

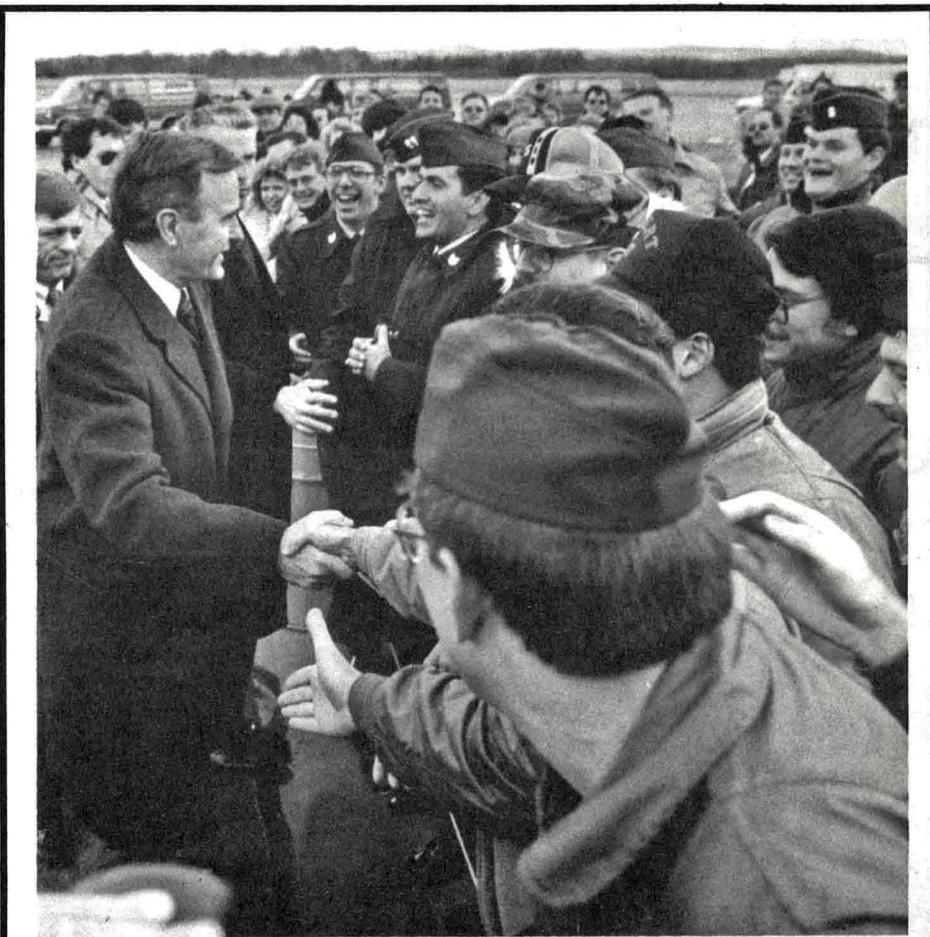
Congress will have 45 days, beginning

March 1, to accept or reject the commission's list. Under the legislation which authorized the study, Congress cannot approve a partial list, and must either accept or reject the commission's recommendations in their entirety.

Although some opposition is expected from legislators whose districts are affected by the closings, the proposed list is expected to gain Congressional

approval.

"My general perception is this [closure report] will be very well-received by Congress," U.S. Sen. Sam Nunn, D-Ga. said in an interview with the Air Force Times. Senator Nunn, who chairs the Senate's Armed Services Committee, added that, "there will be notable exceptions. Some people will be very upset, but that is understandable."



(Union-News photo by John Suchocki)

FROM VISITING VEEP TO PRESENT PREZ—The January 1988 issue of the *Patriot* reported then-Vice President George Bush's campaign stop at Westover. See pages 8 and 9 for Westover's pictorial year-in-review.

EDITORIAL**Nail biting time?**

Terror. Sheer, unadulterated, nails-bitten-to-the-quick terror.

Back (some unkind souls might say **way back**) when I was in college, I was always terrified the night before a final exam in a course where I had been less than diligent.

Somehow, those unopened books, missed assignments, and skipped classes always came home to roost. Somehow, I'd always be relegated to the frenzied hysteria of 11th hour "cramming."

Somehow, I'd always vow that I'd be better prepared next semester.

I've been reflecting on some of those painful memories lately, in light of the recent announcement that the 439th MAW will undergo a Unit Effectiveness Inspection (UEI) next November.

Like the exams we all confronted in high school or college, the UEI is a test. Its purpose is to gauge how well the 439th performs its mission. Whether we pass or flunk it depends on how well we prepare.

Since I like to think I've learned a thing or two since my college days, I'm suggesting that now is the time to do our "homework" for the UEI.

Each unit on the base has begun a vigorous program of self-inspection. We have the checklists that the inspectors will be using to evaluate us, and we can use them to determine those areas where improvement is needed.

If we can rectify deficiencies now, doing things "by the book" will have become second nature by the time November rolls around.

Passing this "exam" is crucial. Our "grade" will signify how capable we are of carrying out our important national defense mission.

Start preparing for the UEI today! It will make things much easier next November, and it will eliminate an awful lot of nail biting.

Lt. Col. Tom Hargis
Base Commander

Briefs**Westover blood drive**

A blood drive is scheduled for March 3 and 5 from 8 a.m. to 2 p.m. in Hangar 3. All civilian and military personnel are encouraged to participate, and there will be a doorprize drawing.

"Westover has been one of the area's single largest donors, and we hope to continue the tradition," said 1st Lt. Tom Schwechheimer, MWR chief. "The need is great, we hope the response will equal the need."

Innkeeper award

The 911th Tactical Airlift Group, Pittsburgh IAP, Pa., has been selected as the winner of the 1988 Innkeeper of the Year Award.

Room and facility enhancements, as well as innovative management initiatives and exceptional customer services were key attributes for the award, according to the selection committee.

Disney World trip

The Westover Air Club is sponsoring a trip to Walt Disney World in Orlando, Fla. this summer.

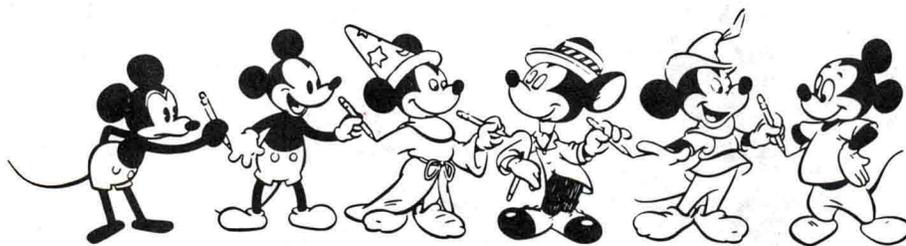
The excursion is for five days and six nights from Friday, June 30 to Wednesday, July 5. The package includes: a round-trip airline service from Bradley IAP to Orlando on USAir scheduled service; accommodations at the Delta Court of Flags, plus taxes; the use of a Lindo economy rental car for six days, and a ticket to the Ft. Liberty Dinner Show.

Per person rates are as follows:

Single	\$654.00
Double	\$469.00
Triple	\$406.00
Quad	\$376.00
Children:	
10-17 w/parent	\$239.00
2-9 w/parent	\$236.00

A deposit of \$50 per person is due by Thursday, Feb. 23. There is a fee for late cancellation.

For sign-up forms and more information, call or stop in at Recreation Services in the Base Gym.

**PATRIOT**

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DIRECT DEPOSIT

By A1C Christine M. Mora

Paychecks will follow the path of brown shoes, C-rations and jeeps under a new Air Force policy.

The policy states that direct deposit will be required for all military and civilian personnel, and individual checks will be available only on exception basis. There is no firm implementation date as details are still in the works, but April 1 is the estimated date for all military personnel.

The policy change will benefit the individual and the Air Force. Increased security will come as a welcome plus for the individual. "We've had problems with stolen checks," explained Ray Gilbert, base comptroller. "There is definitely a criminal element out there. Often paychecks are stolen directly out of mailboxes.

"Lost paychecks have been a problem also," he said. Westover personnel are no strangers to such disappointments, according to Mr. Gilbert. In

December 1987, paychecks were supposed to have been delivered just before Christmas. The checks were mixed up with Social Security and retiree checks that were to be delivered December 31. "Many frantic people were in a bind because they were depending on the money for Christmas," said Mr. Gilbert.

A minimum of seven days is needed to forward a request for a replacement of a lost or stolen check. With direct deposit, payment is rarely lost and if so, can usually be traced in one hour.

Direct deposit is also convenient for those reservists who are deployed. The individual's account will still receive pay while the reservist is away, but it may take six to eight weeks for their family to finally get a check if they are not enrolled in direct deposit. "Direct deposit is the only way to go," said Mr. Gilbert.

The Air Force benefits from the policy as well. There will be a higher

state of readiness and an increase in productivity due to the fact that personnel will no longer have to leave the workplace to cash checks during banking hours. The ability to track deposits from the Accounting and Finance office to financial institutions will also improve.

Although not a primary objective, lower administrative costs are expected to be realized. The transfer of funds from the Federal Reserve System Banks to the individual's bank costs approximately one and half cents as opposed to the cost of checks which is between \$1.05 and \$1.50.

"Reservists and civilian personnel should sign up for direct deposit as soon as they can," urged Gilbert. "It is the wave of the future and eventually all pay will be geared toward electronic transfer," he added.

Those wishing to enroll in the program may pick up forms at the Finance Office.

Capt. Kenneth Rossi is top cop at 639th SPF

Capt. Kenneth Rossi, a former Air National Guard security police first sergeant, has been named commander of the 639th Security Police Flight.

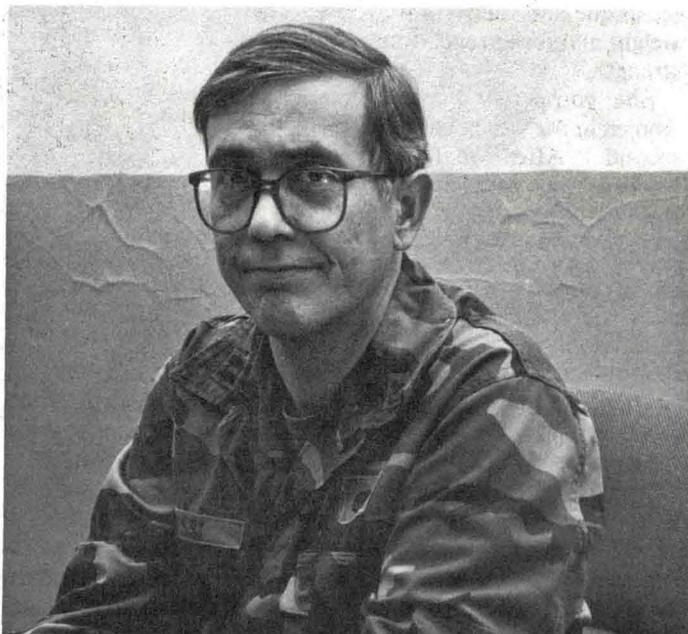
He succeeded Lt. Col. Frank McCormack in January as commander of the 44-member security police unit. Colonel McCormack is serving as special assistant to Lt. Col. Thomas Hargis, base commander.

Captain Rossi was commissioned in 1981 while a master sergeant serving as first sergeant of the 143rd WSSF of the Rhode Island Air National Guard at Quonset ANGB, North Kingston, R.I.

He served for 15 years with the 143rd WSSF before coming to Westover about three years ago as an individual mobilization augmentee (IMA). From 1966 to 1970 he served on active duty as a base operations NCO, including an 18-month tour at the former Wheelus Air Base in Libya.

The new flight commander is a distinguished graduate of the Air National Guard NCO Academy, Knoxville, Tenn., and honor graduate of the Air Force Administrative Officer's School, Keesler AFB, Texas.

A branch manager for the private security company, Security Forces Inc., Captain Rossi resides with his wife, Pamela, and their two children in Cranston, R.I.



(USAF photo by SSgt. Vin Blanchard)

Capt. Kenneth Rossi

Westover reservist hooked on power lifting

Article and photos by
TSgt. Sandi Michon

TSgt. Doreen Bronner is no longer content to pull her own weight... now she's trying to lift twice her weight!

Sergeant Bronner, a personnel systems management technician and Air Reserve Technician with the 439th ABG, is a competitive power lifter.

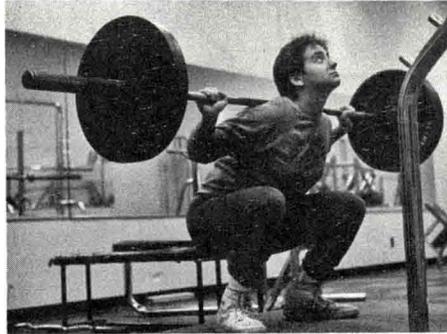
"When I started lifting weights about four years ago, my intention was simply to lose weight and tone my muscles," explained Sergeant Bronner. "I used to get teased about being weak. I think my pride was a big motivator to begin lifting."

While on active duty at George AFB, Calif., she began lifting weights as part of a general fitness program, but was encouraged to try competitive lifting by a fellow lifting enthusiast at the gym.

"There was a regional Air Force power lifting meet scheduled at George AFB, and I found out they had no female representation from the base," explained Sergeant Bronner. It was a month before the meet that MSgt. Ken Havenstrite helped her start a formal power lifting program.

She began an eight-week cycle program that included two- to three-hour sessions five days a week. She used mostly free weights to train for the three main competition lifts of squats, bench press and dead lift. The first four weeks focused on repetition for endurance and technique and the second cycle stressed weight and fewer repetitions to promote strength.

She competed against four other women in her weight category and placed second. "After the first meet, I was hooked," she said. She then began her training in earnest.



POWER SQUATS—Sergeant Bronner practices squat lifts at the base gym.

Sergeant Bronner's next meet was at March AFB, Calif., in 1987 in which she placed poorly. "It didn't discourage me, but only made me more determined to try harder at the next one," she said.

And try harder she did, as she proved at the Golden State Novice Competition in Corona, Calif. three months later. She placed an overall first in the competition in her class. "I not only got stronger, but I also lost weight which put me in a different category," she explained.



HEAVE-HO—Sergeant Bronner demonstrates proper technique used in dead lifts.

After a year and a half in the Reserve program at Norton AFB, Calif., Sergeant Bronner moved to the Northeast to accept a position at Westover. The move cost her a few months of lost training time, but she was back on track training for a meet in the spring of 1988.

"East Coast competition was very different," she explained. "They use a 'Malone' formula on the East Coast which emphasized proportion of body weight lifted rather than simply weight lifted. That meant that a lower body weight was more of an advantage if I maintained my strength."

At her first meet in New England, Sergeant Bronner also discovered widespread drug use. "I was amazed to see the drugs that women were injecting into their bodies," she said. Sergeant Bronner, who is totally against drug abuse, now only competes in professional sanctioned competitions where drug use is strictly prohibited.

This past October, she placed second at the American Drug Free Powerlifting Federation (ADFPPF) Central Pennsylvania Powerlifting Federation Meet. According to Sergeant Bronner, there are an average of 15-20 women competing per meet and the numbers are growing. The majority are high school and collegiate level. Although now 25, Sergeant Bronner sees no end to her weight lifting career. "I'm hooked—I'll do it for as long as I am physically capable."

Her training program has evolved with competition. She now emphasizes weight for her dead lift training but has

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5th New Hampshire Volunteers still fighting the Civil War

By TSgt. Tom Allocco

The men in blue wool clutched their .58-caliber Enfields and squinted to find the oncoming figures in smoke as thick as fog. The 5th New Hampshire Volunteers were entrenched behind the stone fences and log rails of Gettysburg, and when holes opened in the smoke they fired at the charging Rebels in gray and brown uniforms. It was as accurate a recreation as they could make of Pickett's Charge, a gallant, but unsuccessful Confederate assault during the battle of Gettysburg.

TSgt. Patrick McMahon, assistant wing career advisor, was among the privates of the re-created 5th New Hampshire Volunteer Infantry when the Union's Army of the Potomac spent 10 days last summer on the fields of Gettysburg reenacting the battle with General Lee's Army of Northern Virginia.

The modern New Hampshire regiment is made up of about 125 men from across New England who meet regularly to re-create conditions of the Civil War. Union and Confederate units exist around the country, with different degrees of authenticity. The 5th New Hampshire foot soldiers adhere strictly to historical accuracy, even when it means enduring the discomforts of a soldier's life between 1861 and 1865.

Sergeant McMahon carries an 1880s wool blanket and a rubber blanket similar to those used in the Civil War to protect against the damp ground. "You freeze at night with only one wool blanket, but that's all they had then," he said.

"The heavy wool pants were worn in summer and winter and they chafe the heck out of your legs. I hate wearing them, and if you read accounts of the Civil War soldiers, you'll find they did too," he said.

He wears the wool pants, shirt and socks in a uniform that's an accurate recreation, down to the original 19th century bone and porcelain buttons he found in antique shops.

His pants are held up by suspenders with tin buttons and he carries an oversized key-wound J. Johnson railway Time Keeper pocket watch—another original found in an antique shop.

"Some people think a re-created Civil War unit is just men who like to shoot black powder rifles in a field. In fact,



(USAF photo by SSgt. Vin Blanchard)

HISTORIC RE-CREATION—TSgt. Patrick McMahon wears an authentic Civil War uniform from the Union Army.

we really work at historical accuracy, studying military records, books of the period and even diaries. Before we will wear an article of uniform or eat rations, we prove that they did it similarly in the Civil War," Sergeant McMahon said.

"I find it exciting to have a shirt that's exactly right or to get up at 6 a.m. and cook fatback.

"I enjoy being able to read a diary and understand it and to know how they felt. I like to think that we are

honoring all those who gave the full measure—there were 600,000 men killed in the Civil War, far more Americans than in any other war. If we didn't do it right, we wouldn't be showing proper respect to them," he said.

The 5th New Hampshire Volunteers were formed in 1861 and mustered out in 1865 after meeting the Confederate Army at Antietam, Fredericksburg, Gettysburg, the Wilderness and Appomattox. It started the war with 1,000

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AFR 35-10 guidelines

439th ABG members to stand fatigue inspection

By A1C Christine Mora

Rows of 439th Air Base Group members will be clad in green as they stand in formation at the upcoming fatigue inspection during the March "A" UTA.

The inspection is to insure that unit members, many of whom do not regularly wear the fatigue uniform, conform to AFR 35-10 and are mission-ready, according to Lt. Col. Barry F. Monahan, deputy base commander.

"We found many discrepancies at the last inspection held in October. Following the recent group patch changes we have had, many reservists are confused as to where to place the patches on their fatigues," said Colonel Monahan. The inspection will also aid in preparation for the Unit Evaluation Inspection expected to take place sometime this fall, he added.

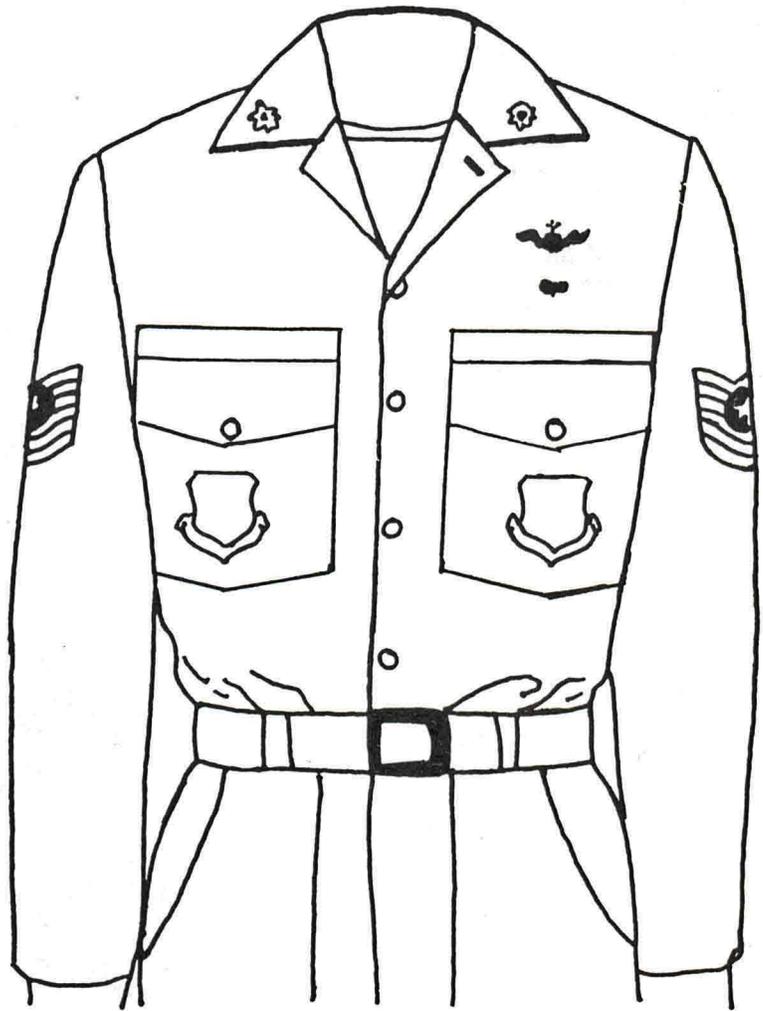
In response to the confusion and in time for the inspection, the answer to many fatigue-wearing questions can be found in AFR 35-10.

Which patch goes where? A common query among unit members. The ABG (organizational) patch should be worn on the left front pocket of the fatigue or BDU shirt or field jacket. The emblem should be centered on the lower portion between the left and right edges and the bottoms of the flap and pocket. The Air Force Reserve (command) patch should be worn identically on the right pocket.

Enlisted chevrons (4-inch for men, 3-inch for women) should be placed halfway between the shoulder seam and the elbow when the elbow is bent at a 90-degree angle. Officer grade insignia, which should be regular size and subdued, should be placed one inch from the bottom edge of the collar.

Headgear has also been a source of conflicting opinions. The BDU, fatigue or organizational cap can be worn with either uniform. Officers must wear regular size subdued insignia centered on the front of the fatigue cap. While taking part in any exercise or contingency, the fatigue or BDU cap can only be worn.

During the March inspection, 439th ABG members must also wear their field jacket. The fatigue or BDU jacket may be worn with either uniform. Although not during the inspections, raincoat, all-weather coat and parka are



UNIFORM UNIFORMS—the above artwork illustrates the correct placement of rank and unit insignia on fatigue uniforms. Individual patch information is available at unit orderly rooms.

also authorized to be worn with fatigues.

If the undershirt is visible while wearing the fatigue uniform, it must be white, green or brown. A dark blue belt with a black buckle must also be worn.

Three types of footwear are authorized for the fatigue uniform only. These include black low-quarters, combat boots or dress boots. The trouser legs can be bloused over boots but if not, must rest on the front of the shoes or boots without a break in the crease.

Black combat boots with or without safety toe must be worn with BDU's, and trouser leg must be bloused. Plain black socks must be worn with shoes but white or black socks can be worn with boots. During exercises of contingencies, black or black over white socks must be worn.

After this head to toe summary of the fatigue uniform, hopefully all ABG members will shine during inspection. Any other questions should be directed to AFR 35-10.

Father/daughter friendship extends into Reserve

Article and photos by
TSgt. Sandi Michon

Debra Notturmo isn't following in her father's footsteps, but a special friendship with her dad did have something to do with her joining the Reserve program.

"His feet are kind of big," quipped 2nd Lt. Debra Notturmo, pharmacy officer at the 439th USAF Clinic. "I don't see myself as following him, but that we are side-by-side."

With 37 years military service, SMSgt. Francis Notturmo, 439th CES electrical superintendent, is obviously proud of his daughter's choice to join the unit. "I never thought I would see my little girl in the military, but it's great to share such a special area of my life with her."

Lieutenant Notturmo's benefits from the military began years ago when her father began to send his monthly Reserve check to her. "During my five years at the Mass. College of Pharmacy in Boston, my dad sent me his Reserve check every month to help with my college expenses," she explained.

After she graduated, she accepted a pharmaceutical sales position in upper New York state. Her parents reside in Ashland, Mass. and Westover was halfway point between them. "I came to Westover every UTA for a year to visit my father," said Lieutenant Notturmo. "I enjoyed spending time at Westover and I met a lot of nice people."

Right after graduation, she had



DEAR OLD DAD—Father and daughter Notturmo ignore rank to mug for the camera.

checked into a position at Westover, but there were no officer slots in her career field, so she forgot about the idea. Approximately 16 months ago, a slot opened for a pharmacy officer at the clinic, and she decided to go for it.

She was sworn in at the 439th CES

reunion held each year at the Northampton Hilton. It was a special night for Sergeant Notturmo, and his daughter remembers the night well. "It was special, because a lot of guys there that night knew me when I was a little girl," she said.

After 37 years in the military, with 33 years in the Reserve, Sergeant Notturmo has only positive words. "I've enjoyed it a lot. I've made great friends and have had a lot of opportunities to travel," he said. After only 16 months in the military, Lieutenant Notturmo is equally positive. "I like the change of pace it offers," she said. "By combining civilian and Reserve experience, I am growing in both areas—it's a good mix."

Now that his daughter is out of college and employed as a pharmacist for CVS in Boston, Sergeant Notturmo has one more question.

"When do her checks start coming to me?"

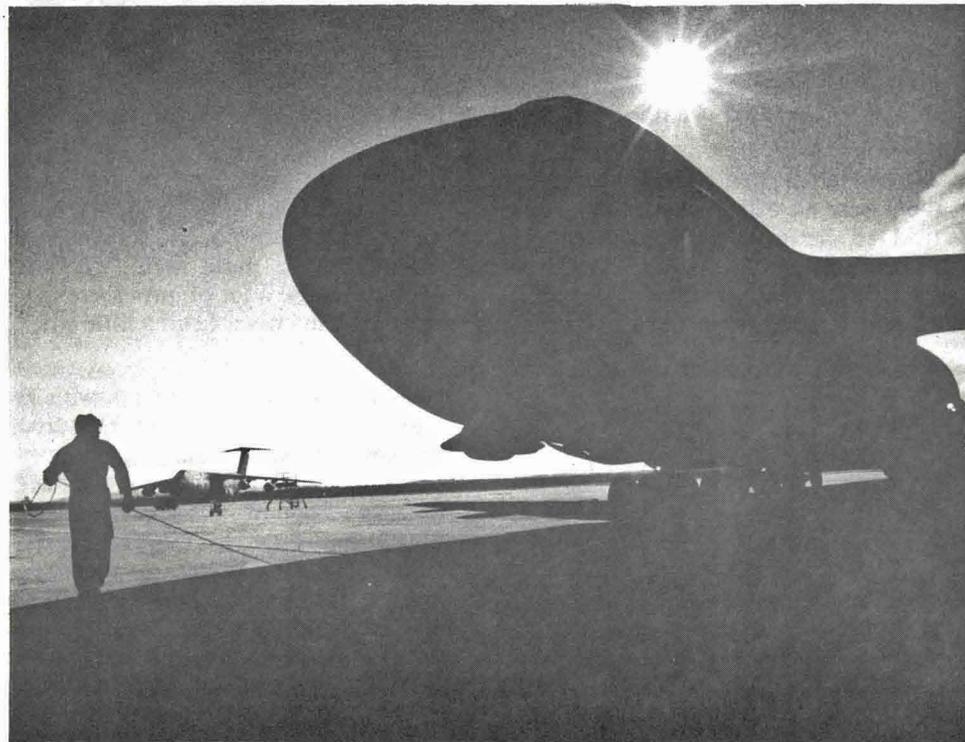


YES MA'AM—Sergeant Notturmo issues his first salute to Lieutenant Notturmo.



(USAF photo by TSgt. Sandi Michon)

TOUR OF DUTY—Maj. Paul Torpey, points into the tail section of the C-5. Westover public affairs office has conducted more than 150 tours comprising more than 5,000 people. (Gratitude is expressed to all supporting base personnel.)

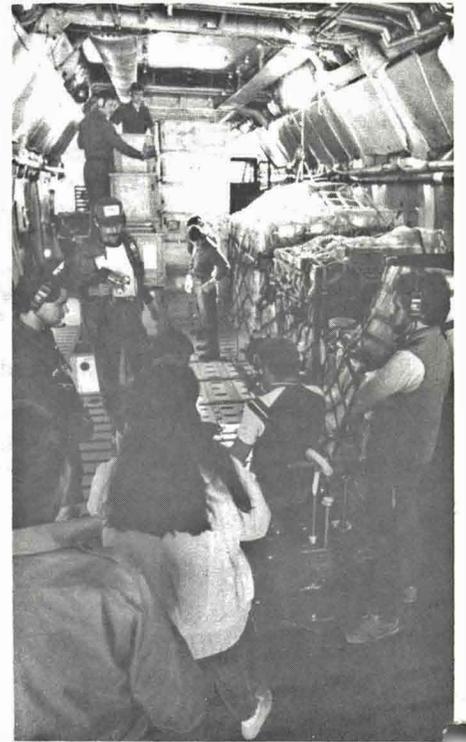


(Union news photo by John Suchocki)

MISSION READY—The C-5A "Patriot" gets a preflight inspection prior to departing to Canada to pick up the peacekeeping force for the Iran-Iraq conflict. Westover 1988 missions included visits to more than 23 countries for military airlift and humanitarian aid.

Year review

Westover's C-5 mission is fully open. The first C-5 arrived in October 1987 and now has a full complement of 16 aircraft, flying 4,400 hours yearly. This includes 200 hours of local flying weekly and another 85 hours of non-local/overseas flying per week.

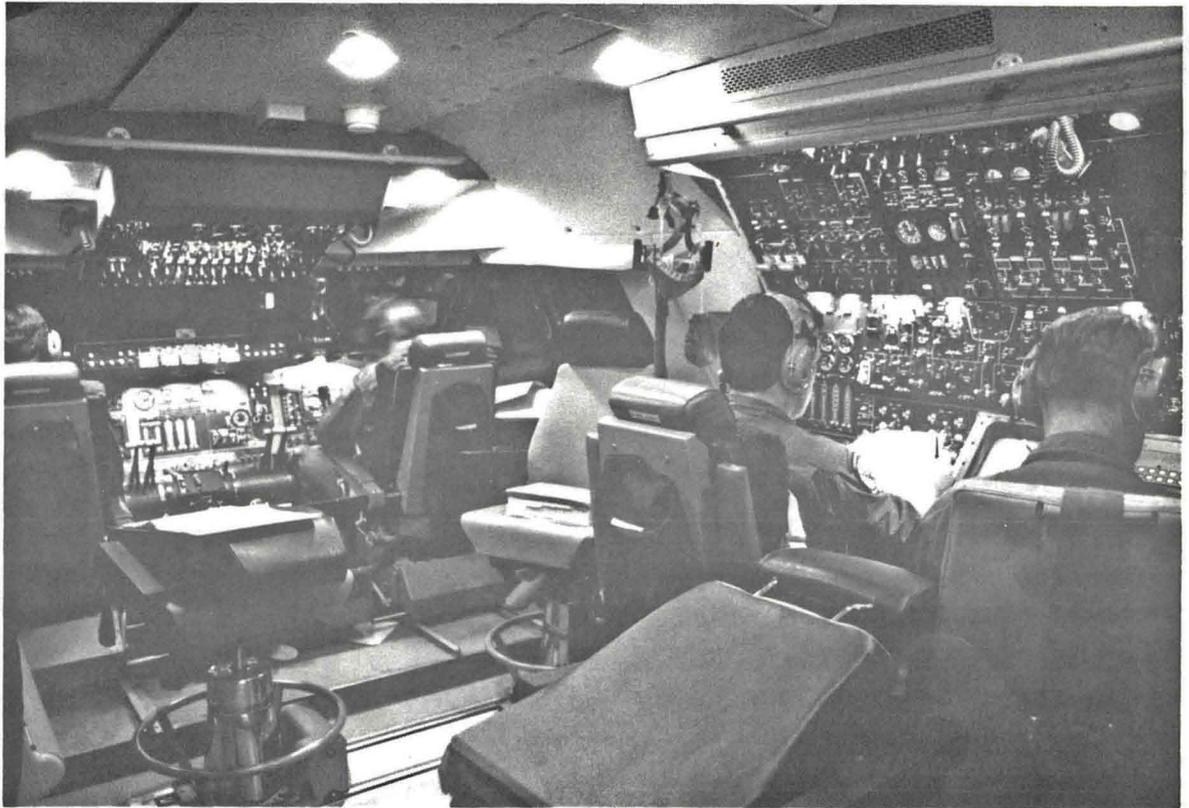


(USAF photo by Nora MacKay)

QUIET ON THE SET—Westover was the site for the commercial filming of AFRES recruiting spots this past summer.

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(USAF photo by SSgt. Diana Mehail)

SIMULATOR SLATED—Congress has authorized \$12.3 million for a state-of-the-art C-5A weapons system trainer at Westover. The model pictured is located at Travis AFB, Calif. The simulator is projected to provide more cost-efficient training for pilots.



(USAF photo by TSgt. Sandi Michon)

THE END OF AN ERA—President Ronald Reagan waves to Westover crowds during his visit to Springfield last April.

439th AMS gets new unit patch

By Lynne P. Root

MSgt. Christopher Doyle of the 439th Avionics Maintenance Squadron received approval from the USAF Heraldry Office in September for the squadron's first unit patch.

"It only took me a few minutes to come up with the idea for the patch," Sergeant Doyle said. "Then I pulled out my drafting tools and started drawing."

Sergeant Doyle, a resident of Springfield, said he has no professional art experience. He studied drafting in high school, and is a graphic artist "as a hobby," he said.

When the 439th AMS was re-activated at Westover on Oct. 1, 1987, they had no emblem. Sergeant Doyle changed all that. In January 1988, Sergeant Doyle submitted the patch, and received approval last September.

The patch consists of a background of a light blue disc with yellow border, and light blue scrolls attached on top and bottom. Within the disc is a darker blue globe, grid-lined with yellow. Issuing from the base is a grey radar antenna and radio tower. A scarlet flight symbol, a yellow lightning flash and six white stars appear above the globe. On the yellow border are four blue marks at the compass points.

As on every patch, each symbol and color has meaning. Blue and yellow, the colors of the Air Force, allude to the sky and the sun. According to Sergeant



(USAF photo by SSgt. Vin Blanchard)

NEW EMBLEM—MSgt. Christopher Doyle of the 439th AMS shows his design for the squadron's newly-approved patch.

Doyle, the stars represent "the heavenly bodies which have the ability to mark the path for mankind, and the lightning bolt symbolizes God's presence in the universe." The radio tower and the radar disk stand for the transfer of

information in spoken, as well as mechanical forms, he said, adding that the flight symbol demonstrates man's ability to utilize open space by controlled means. The yellow grid lines represent the compass directions.

Re-furbished DC hangar being utilized by OMS



(USAF photo by SSgt. Vin Blanchard)

The DC (double cantilever) Hangar, closed since 1974, has been re-opened to shelter Galaxies during the 439th Organizational Maintenance Squadron inspections.

Members of the 439th OMS began working in the hangar following a \$1.25 million refurbishing. The project included removing the old roof, installing a roof deck and roof system of insulation, waterproofing, removal of asbestos and replacement of broken glass.

Squadron members helped the remodeling effort by cleaning the hangar and moving in four oil heaters to provide temporary heat. They also installed a temporary electrical system and moved two trailers into the hangar.

The maintenance squadron modified the hangar doors and installed canvas to fit around the Galaxy fuselage to keep out the wind when the aircraft is moved into the hangar up to its tail.

The DC Hangar will be the only facility on base large enough to shelter the Galaxy until the new C-5 hangar is completed on Golf taxiway in 1990. At that time, the DC Hangar will be closed for a \$15 million remodeling.

New gate hours

Westover's Industrial Avenue Gate hours have changed to accommodate reservists on the UTA weekends.

According to Capt. David LaVallie, law enforcement OIC, the new hours will allow 24-hour a day access through the I.D. gate on both Friday and Saturday of the "A" and "B" UTA weekends.

During the rest of the month, the gate will be open as usual, from 6 a.m. to 7 p.m. and closed on federal holidays.

Morris named chief

CMSgt. Edward Morris of the 59th APS was promoted to the top enlisted rank in January. He will serve as NCOIC of Operations in the aerial port squadron.

The promotion to chief master sergeant caps a career that began with a four-year active duty tour from 1948 to 1952, including service in Guam and Japan. Chief Morris served nine years as a Navy Reserve Seabee before coming to Westover when the 59th APS was formed in 1973.

Civil War

Continued from Page 5

men and by the time of Gettysburg only 150 of them were still in the regiment. The majority were lost due to poor medical standards and harsh field conditions.

Re-creating the battles can be a grueling experience. Sergeant McMahon was with the regiment on a 14-hour bus ride that ended in a pitch black Virginia corn field. He marched into the field, only able to see the white socks of the man in front of them. Breakfast was salt pork, slab bacon and hardtack.

"I've learned to like hardtack because you don't have to cook it. It's like a biscuit and you can stick it in your pocket. Hardtack and fatback—that's sow belly—was the main ration in the field. That's why you often read in diaries about soldiers stealing chickens."

Civil War soldiers were issued green coffee beans which they roasted and

February is American Heart Month

American Heart Month, observed every February since 1964, is an opportunity to learn about prevention and treatment of heart disease.

According to the American Heart Association, 63 million Americans have some degree of cardiovascular disease. These diseases can range from high blood pressure to severe coronary artery disease.

In 1985, about 991,300 Americans died from cardiovascular (heart and blood vessels) disease. Of this number, more than half died of heart attacks, making this the leading cause of death in America.

Stroke, the second most common form of heart disease, is the third leading cause of death in America, with more than 150,000 falling victim every year.

"It's important not to be lulled into false complacency because you look and feel well," said Army Lt. Col. Antionette Hagey, senior program specialist for health promotion in the Office of the Assistant Secretary of Defense (Health Affairs).

"Most of us probably know or know of a fit-looking person whose life was tragically cut off by heart disease, or someone who was saved because their heart attack occurred in a doctor's office, or their clogged arteries were discovered in a physical," Colonel Hagey said.

The three major risk factors involved with cardiovascular disease are smoking, high blood pressure and elevated cholesterol. Any one of these factors doubles an individual's risk of heart disease. Having all three factors increases the risk of heart disease eight- to 10 times that of someone with no risk factors.

Most heart attack victims survive if they recognize early-warning symptoms and get medical care at once, she said. If you have symptoms—chest pain, pain that spreads to the shoulders, neck and arms, and dizziness, fainting, nausea and shortness of breath—call an emergency rescue service or have someone drive you to the hospital immediately.

mashed in a bag. They put it in hot water, like a tea bag.

Everyone in the unit must own a full private's kit and doesn't take long for the straps to begin to cut into the shoulders when on a march.

In May, Sergeant McMahon hopes to travel with the regiment to Virginia for a re-enactment of the Battle of the



DON'T GIVE THESE SIGNALS A SECOND THOUGHT.

ACT IMMEDIATELY.

These signals may be the warnings your body gives you of a heart attack. And by ignoring them, you could be risking serious problems. Remember each year 350,000 Americans die from heart attacks before reaching the hospital.

WARNING SIGNALS OF A HEART ATTACK

1. An uncomfortable pressure, fullness, squeezing or pain in the center of your chest behind the breastbone.
2. The sensation may spread to your shoulders, neck or arms. If it lasts for two minutes or more, you could be having a heart attack.
3. Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur, but are not always present.

Wilderness. It will be an adventure, but he has no romantic illusions about the conditions of a Civil War soldier's life.

"It's fun and it's educational, but two days or three days is long enough in the field," he said.

Sergeant McMahon resides with his wife, Jean, and their two sons in Northampton.

TMJ can be pain in neck

Millions of Americans suffer from jaw dysfunction malady

By Maj. Burt Finkel

(Major Finkel is chief of dental services at Westover and is a staff dentist at the VA Hospital in West Haven, Conn.)

There's a lot of jaw-flapping lately about temporomandibular joint syndrome, and while it may be a jaw breaker to pronounce, it is estimated that more than 50 million Americans suffer its symptoms.

Temporomandibular joint syndrome, or TMJ as it is commonly called, is a dysfunction in the joint that attaches the lower jaw to the base of the skull. The temporomandibular joint is located in front of the ear opening and it allows the jaw to rotate making it possible to open and close the mouth.

The TMJ is the most complicated joint in the body and several conditions can cause problems of varying degrees. Men and women appear to be equally affected, although "type A" personalities experience problems more frequently.

There are many symptoms associated with TMJ syndrome and patients may have varying combinations. Three major areas affected are the facial muscles, the joint itself and the neck and head area.

TMJ sufferers frequently experience a soreness or tenderness in the jaw muscles, often noticeably worse upon waking. Another symptom is headache and/or neckache that tends to worsen when the teeth are clenched. Persistent ear aches with pain radiating to the face may also be a symptom of TMJ syndrome.

Symptoms within the joint include clicking noises, or a grating sound as the mouth is opened or closed. Yawning or chewing gum may cause pain to TMJ sufferers. In advanced cases, the jaw joint actually locks in an open or shut position, and cannot be moved without medical intervention.

TMJ also has occlusal (bringing together the surfaces of opposing teeth) symptoms. This occurs when the teeth don't "settle" correctly when the mouth is closed. The occlusal symptoms are closely related to the muscular symptoms because an improper bite stresses the chewing muscles resulting in pain.

The causes of TMJ syndrome are almost as varied as the symptoms.

Malocclusion (improper bite) is a major cause because it continually aggravates the joint by making it function in a skewed fashion. Trauma to the jaw joint may affect either the joint itself or contribute to malocclusion.

An oversized lower jaw bone may offset proper joint position. Stress accentuates any TMJ symptoms and stress-related habits such as teeth grinding and clenching also contribute to symptoms. Arthritis patients report a higher incidence of TMJ pain.

To further complicate the variety of symptoms and causes, TMJ treatment takes many approaches. As with other medical problems, the simplest treatment should be attempted first. A complete dental examination and patient history may uncover obvious factors that are relatively easy to treat. Single tooth misalignment, ill-fitting dentures and oral habits, such as nail biting and pencil chewing, are good examples. Sinus problems and abscessed teeth may masquerade as TMJ symptoms, and

temporary acute stress can cause transitory TMJ symptoms.

Applying moist heat to the affected areas allows the muscles to relax which may reduce the pain. Other simple techniques are muscle massage and jaw exercises to help restore the jaw's normal range of motion. A soft diet and avoidance of gum chewing may lessen TMJ pain.

Simple medication may help to alleviate pain. Aspirin is an effective pain reliever and an excellent anti-inflammatory agent. Muscle relaxants may also be prescribed to calm muscle spasms and reduce pain.

Stress management is also used to minimize TMJ symptoms. Stress control techniques such as deep breathing and biofeedback can prevent muscle spasms contributing to TMJ syndrome. Psychological therapy is sometimes recommended for overwhelming stress situations.

Continued on next page



Inside Your TMJ

The disc is a "shock absorber" that provides gliding action between your lower and upper jaw when you open and close your mouth.

Connective tissue attaches your disc to the back of your joint and contains blood vessels and nerves.

The condyle is the round end ("the ball") of the mandible, which moves in and out of your TMJ socket (fossa).

Muscles attached directly to your TMJ help control its movement and position.

Ligaments hold your disc to your condyle, helping to stabilize your jaw.

(Excerpt from TMJ Disorders Pamphlet/Kramer Communications, Daly City, Calif.)

42nd APS holds joint efficiency exercise

The 42nd APS loaded 94,740 pounds of Army vehicles aboard a C-5 during the December "B" UTA as part of a terminal efficiency exercise. Personnel from the 5th Cavalry at Fort Devens transported two armored personnel carriers, one five-ton tractor trailer, flat bed and one HMMV to Westover to participate in the self-inspection.

According to SMSgt. James Gillett, 42nd APS superintendent of ATOC (air terminal operations center), a different scenario is scheduled for each month to train for the UEI scheduled for June.

The exercise is done according to a joint inspection checklist which provides training for both the Army and Air Force personnel. The 42nd APS personnel configured the aircraft, inspected the vehicles and accomplished the actual on-load and off-load.



TMJ

Continued from previous page

When simple, non-invasive procedures are not successful, the next approach is usually a plastic occlusal splint which artificially aligns the teeth in a correct jaw position. In milder cases the splint is worn only at night, and in more severe cases, the splint is worn continually until orthodontic work can be done to permanently align the teeth correctly. In some cases, replacing missing teeth and maintaining good dental

health will prevent a TMJ problem from worsening.

When all other treatment fails, surgery may be indicated. This procedure is utilized to correct badly deteriorating joints, or to repair ruptured or severed discs.

Each TMJ syndrome patient must be evaluated on a purely individual basis because of the complexity of contributing factors. Treatment data is confusing because of the variety of factors and the human body's remarkable ability to adjust to imbalances. Sometimes it is

difficult to determine if the treatment worked or the body compensated over time.

TMJ syndrome is a complicated phenomenon. Most dentists recommend maintaining good dental health, avoiding the contributing factors which can be controlled, and pursuing conservative treatment approaches when symptoms occur.

The dental officers at the 439th USAF Clinic are available at extension 3565 to answer any questions regarding TMJ syndrome.

Power lifting

Continued from page 4

returned to cycle training for squats and bench. She uses high intensity and super sets to maintain an aerobic weight lifting workout. She has a goal of a 30-40 pound strength gain per year.

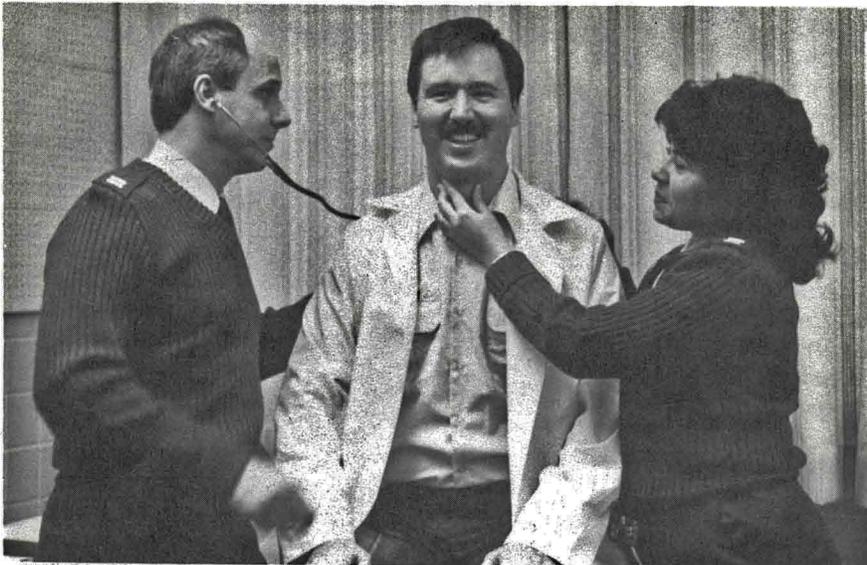
Her diet stresses high complex carbohydrates and high protein. She also takes natural amino acid tablets to

maintain energy and promote muscle recovery. "I should be stricter, but I like my sweets," she admitted. "I am really strict a month before a meet."

Sergeant Bronner was born and educated in North Carolina and holds two Community College of the Air Force degrees. She has a medical lab technician and instructor of technology

degree and is studying business administration through St. Joseph's correspondence school.

Although she is good natured about teasing, Sergeant Bronner maintains that weight lifting is not just a masculine activity. "Most of my male peers admire my perseverance," she said. "They realize I'm serious, they accept it and actually encourage me."



(USAF photo by TSgt. Sandi Michon)

NEW DOCTORS—Captains Frederick LaRochelle, Robert McAnaw and Maritza Rivera are the latest physicians to join the 439th USAF Clinic staff.

Medical staffing at Clinic closer to goals

Three doctors have joined the ranks at the 439th USAF Clinic, bringing the total to six assigned Reserve physicians.

Capt. Frederick LaRochelle, from Augusta, Maine, specializes in family medicine at the Maine Dartmouth Family Practice. He has five years prior Reserve time with the U.S. Army.

Capt. Robert McAnaw is a resident in Radiation Oncology at Massachusetts General Hospital in Boston. He resides in Cambridge, Mass., and has no prior military service.

Capt. Maritza Rivera, from Hartford, Conn., specializes in internal medicine at St. Francis Hospital in Hartford. She has no prior military service.

All three captains joined the 439th MAW in the past four months, and will attend two weeks of Military Indoctrination of Medical Services Officers at Sheppard AFB, Wichita Falls, Texas.

A flight surgeon is scheduled to join the unit in February, according to SMSgt. George Kudla, 439th Clinic medical administration manager. "We are authorized 11 medical staff, and are getting closer to full authorization," he said. "We are still actively recruiting, but our recent staffing should help staff 'B' UTA's."

The new physicians augment the current staff of Maj. Yash Malhotra, chief of hospital services, Lt. Col. Marconi Deladisma, radiologist, and Maj. Tilman Kluwe, flight surgeon.

Safety awards

The 439th Communications Squadron has been chosen to receive Westover's 1988 Ground Safety Award, according to Ronald C. Wortelboer, safety and occupational health manager.

The Communications Squadron was cited for completing its ninth consecutive year without a reportable mishap.

Units recognized for completing four years without a reportable accident include: the 59th Aerial Port Squadron, the 439th USAF Clinic and the 439th Mobility Support Flight.

Cited for two-year perfect records were the 42nd Aerial Port Squadron and Base Supply.

One-year awards went to Headquarters, 439th Air Base Group, the 439th Civil Engineering Squadron, the 439th Airlift Control Flight and Base Transportation.

Reservist's daughter loses struggle with leukemia

Members of the 439th MAW offer their condolences to SSgt. Anthony Cioffi and his wife Susan regarding the recent death of their nine-year-old daughter, Lisa.

Lisa was a student at St. Mary's school in Westfield. Besides her parents, she leaves a brother, Nicholas, and her maternal grandparents, Mr. and Mrs. Stewart Blanchard of Sandwich, Mass. Memorial contributions may be made to her school or to the Baystate Medical Center Children's Miracle Network.

Sergeant Cioffi is a fabric and parachute specialist with the 439th FMS.

Reservists' tax tips

If your normal workweek is Monday through Friday and you attend a meeting of an Armed Forced Reserve unit that meets one weekend a month in the general area of your tax home on Saturday night, the cost of transportation from your home to the Reserve meetings is a commuting expense. You may not deduct it.

If the meetings are held outside the

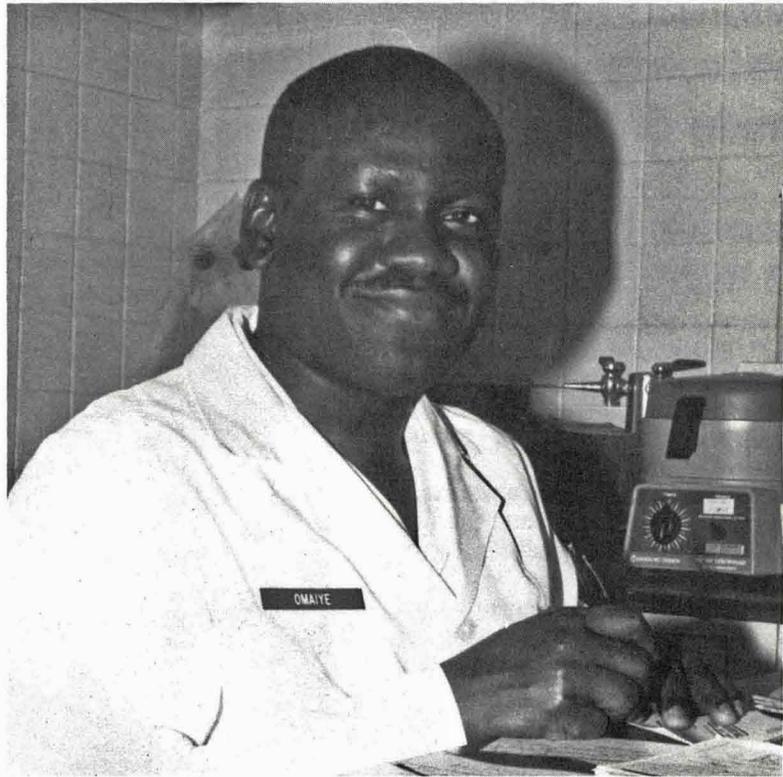
general area of your tax home, you may deduct the cost of your transportation to attend them. If the Reserve meetings are held after work on a normal workday, even if your regular employment is with a defense activity, you may deduct the expense of getting from one place to the other. However, if for some personal reason you do not go directly from one location to the other, you may deduct only the amount it would have

cost you to go directly from the first location to the second.

Also, you may deduct the unreimbursed cost of your uniform if military regulations restrict you from wearing it except while on duty as a reservist. In figuring the deductions, you must reduce the cost of the uniform by any non-taxable allowance you receive for these expenses.

"Patriot People"

Name: Benjamin Omaiye
Rank: SrA.
Age: 26
Address: Providence, R.I.
Unit: 439th USAF Clinic
Position: Lab technician
Civilian Occupation: Lab technician
Favorite Food: Steak
Years of Service: Two
Favorite Sport: Basketball
Favorite Hobby: Travelling
Ideal Vacation: Rome
Best Way to Relax: Music
Preferred Entertainment: Theater
Favorite Celebrity: Bill Cosby
Favorite Music: Rap
Favorite Author: Shakespeare
Favorite Color: Blue
Favorite Car: Volvo
Pet Peeve: Gossiping
Best thing about Westover: People
Worst thing about Westover: Commute



SrA. Benjamin Omaiye

earning a **PAT** on the back

Promotions

CMSgt. Salvatore D. Palumbo
 SMSgt. Joseph F. Duffy
 SMSgt. Clarie L. Gaudreu
 MSgt. Sharon A. Benoit
 MSgt. Paul G. Benson
 MSgt. Christopher P. Doyle
 MSgt. Michael C. Dutton
 MSgt. Thomas W. Jarvis
 MSgt. Arthur W. Laux
 MSgt. Duane G. Nelson
 MSgt. Kirk N. Stout
 MSgt. Richard E. Thorensen
 MSgt. William F. Toomey
 TSgt. Keith A. Bodley
 TSgt. Samuel G.A. Bowman
 TSgt. Doreen A. Bronner
 TSgt. Mark A. Buckner
 TSgt. Robert E. Chagnon
 TSgt. Anthony C. Colucci
 TSgt. Kathleen A. Connell
 TSgt. Robert J. Croissant
 TSgt. Mary A. Docekal
 TSgt. Theodore E.J. Dygon
 TSgt. Dean J. Gonsior
 TSgt. Patrick D. McMahon
 TSgt. Gregory P. Morin
 TSgt. Timothy P. Murphy
 TSgt. Thomas M. O'Brien
 TSgt. Michael J. O'Hearn
 TSgt. Seraphim F. Resendes

TSgt. Lori J. Stenhouse
 TSgt. George H.J. Vadnais
 TSgt. Aubrey U. Watson
 SSgt. Nancy C. Beauchemin
 SSgt. Joel A. Bednarz
 SSgt. Joseph A. Bitel Jr.
 SSgt. Donald K. Blaisdell Jr.
 SSgt. Vincent P. Blanchard
 SSgt. Robert P. Caradonna
 SSgt. William A. Carlson
 SSgt. Kenneth W. Chouinard Jr.
 SSgt. Robert E. Driscoll
 SSgt. Victor M.J. Fuentes
 SSgt. Gregory S. Gogets
 SSgt. Anthony E. Grant
 SSgt. Susan M. Harrington
 SSgt. Deresa D. Johndrew
 SSgt. Leslie P. Keniston
 SSgt. Mark D. Kobow
 SSgt. Jeffery E. McCarthy
 SSgt. Raymond B. Morehouse
 SSgt. Bradley T. Perno
 SSgt. Kevin J. Pietrowski
 SSgt. Dale L. Simpkins
 SSgt. Julian E. Summons
 SSgt. Tyrone D. Thompson
 SSgt. Darrell J. Tripp
 SSgt. Frank A. Vanlingen
 SrA. Daniel J. Agati
 SrA. Tina A. Bergeron
 SrA. Stacy L. Booker

SrA. Richard E. Carlson
 SrA. Wayne D. Carney
 SrA. Elizabeth M. DiPierro
 SrA. James R.I. Fountain
 SrA. Michael G. Galli
 SrA. Brian W. Joyce
 SrA. George Louvitakis Jr.
 SrA. Raymundo E. Melo Jr.
 SrA. Richard L. Ramirez
 SrA. Dean A. Vitale
 SrA. Gladis E. Webb
 A1C Richard K. Cameron
 A1C Mona L. Guglielmo
 A1C Kathleen A. Shea
 A1C Timothy R. Stark
 Amn. Wanda F. Devereaux
 Amn. Michell M. Kantor
 Amn. Marie T. Ofurie

Reenlistments

SMSgt. Mark S. Gilyard
 SMSgt. James E. Hughes
 SMSgt. James W. McHugh Jr.
 MSgt. Maurice J. Arcano
 MSgt. John Diana Jr.
 MSgt. Raffaele Frieri
 MSgt. Laurence E. Huffman
 MSgt. Eugene C. Smith
 MSgt. Gerald P. Vesper
 TSgt. Guy V. Anderson
 TSgt. Kenneth P. Ferreira

TSgt. Stephen Kovaleski
 TSgt. Robert J. McGinnis
 SSgt. Andres Aviles
 SSgt. Dennis O. Brennan
 SSgt. Louis A. Delpapa
 SSgt. Joseph A. Fernandes
 SSgt. Michael V. Gerco
 SSgt. Jeffery L. Miller
 SSgt. Florence W. Pierce
 SSgt. Edgar Torres
 Sgt. Theresa A. Drew
 SrA. Matthew P. Proietti

Enlistments

SSgt. Stephanie L. Buffery
 SSgt. Miguel A. Colon
 SSgt. John P. Popiak
 Sgt. Phillip H. Breen
 Sgt. Gerard A. Cote
 Sgt. Charles W. Nash
 Sgt. Johnny R. Porter
 Sgt. Steven L. Tully
 SrA. Jeffery A. Elkins
 SrA. Pamela K. Foley
 SrA. Nancy Perez
 A1C Patrick J. Ehan Jr.
 A1C Tara R. Evans
 A1C Donald B. Miller
 A1C Kymberly A. Saganski
 A1C Richard K. Tademaru
 AB Nancy J. Wilockha

Gaudreau becomes Westover's first female SMSgt.

"I consider myself first as a worker..."

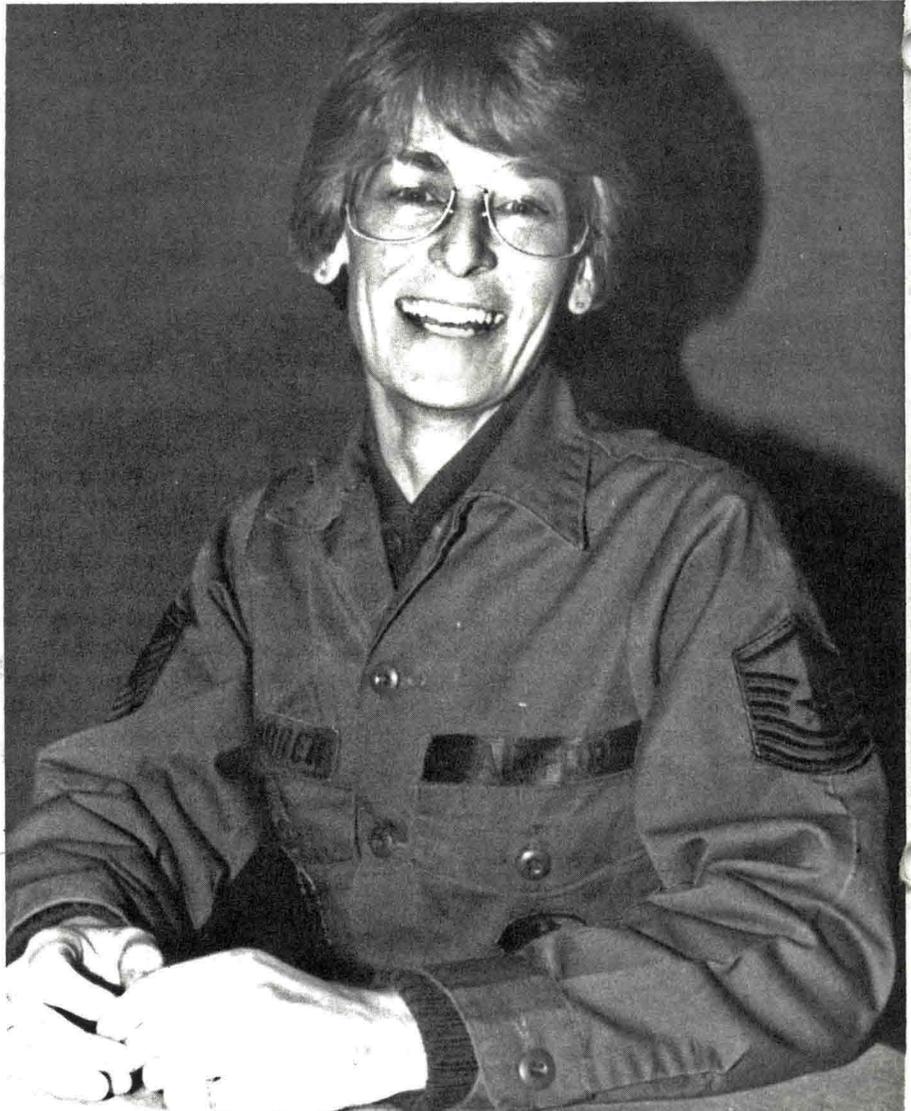
Westover has achieved another "first," and Claire Gaudreau of the 439th MSF has made it possible. She is the first female, in Westover's history, to earn the rank of senior master sergeant.

"I consider myself first as a worker," said Sergeant Gaudreau, "and the fact that I'm female isn't really a factor relating to rank."

"Worker" is a word frequently used by her supervisors when appraising her performance—along with committed, diligent and reliable.

Although Sergeant Gaudreau is pleased at her new senior enlisted rank, she doesn't regard it as a mark of superiority. "No job in the military is a one-man job, but a team effort," she said. "I work hard on any job I have, but I would never be where I am in my military career without the consistent support of the people around me."

Sergeant Gaudreau has been in the Reserve program for 12 years, all of which has been served in the supply career field. She resides in Chicopee and is employed as a manager at a local insurance company.



SMSgt. Claire Gaudreau

(USAF photo by TSgt. Sandi Michon)

PATRIOT

Coming in March: Armenia earthquake relief mission



Published monthly for Patriots like Amn. Cecelia Peppers of Willimantic, Conn. and 2211 members of the 439th MAW at Westover AFB.

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