



PATRIOT

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UTA SNAPSHOT

>> Maj. Gen. John Flournoy, 4th Air Force commander, will visit the Patriot Wing throughout the UTA.

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SHARING THE LOAD >> Members of the 439th Airlift Control Flight joined Marines and Army men and women for the September Northern Clipper exercise.



FOURTEEN YEARS LATER >> Westover Airmen and civilians gathered at the base ellipse on the morning of Sept. 11 to honor the victims of the 2001 terrorist attacks. The Westover Fire Department conducted the ceremony. It began at the exact time the towers collapsed. Airmen with the 439th Security Forces Squadron assisted in lowering and raising the flag, before Col. Al Lupenski, 439th Airlift Wing commander, spoke in remembrance of that tragic day, sharing a personal story. (photo by SrA. Monica Ricci)

EDITORIAL

Complaints Resolutions program ensures airing of grievances



Lucius Quinctius Cincinnatus was a Roman dictator and military leader who retired to farm a small plot of land outside the city of Rome. In 458 B.C., the Roman capital came under siege by the empire's hated rivals, the Aequians. Rome's leadership asked Cincinnatus to return to his former position and defeat this threat, a feat he accomplished in six months (talk about your short-notice deployments!).

Instead of making a power grab with his newly burnished status, Cincinnatus, a true Citizen Warrior, returned to his land and resumed his role as a farmer. Such were the sacrifices and requirements to maintain Rome's way of life.

As Citizen Airmen, we serve our nation not for personal gain or advancement, but to maintain the freedoms guaranteed by our government. The Complaints Resolution program allows all Citizen Airmen a forum to address personal grievances that may erode good order and discipline and identify fraud, waste, and abuse that reduces our effectiveness to achieve mission accomplishment.

Personal Complaints resolution centers on what I call the two "Rs," Restriction and Reprisal. Anyone in our wing has the right to speak to the inspector general. Restriction is the practice of preventing or attempting to prevent members of the Armed Forces from making or preparing

lawful communications to members of Congress and/or an inspector general. Reprisal is taking or threatening to take an unfavorable personnel action or withholding or threatening to withhold a favorable personnel action on a military member for making or preparing to make a protected communication. Both Restriction and Reprisal are unlawful actions and can result in disciplinary action against those that commit them.

Fraud, waste, and abuse is a practice that undermines the Air Force's ability to properly use resources through faulty processes or intentional deceit. It's a practice that has steadily increased its impact on our force readiness as defense budgets continue to shrink. Beginning in 1970, Congress passed legislation to protect those that report these practices. The intent was to encourage individuals to identify deficiencies in current practices that make our government inefficient.

If personal complaints or fraud, waste, and abuse complaints are brought to our office, a complaint analysis will be accomplished. If there is an established procedure that is already in place to address this concern, we will guide that action to the appropriate agency. If the complaint is determined to require an investigation, our office will initiate action in order to address that concern.

Remember: Always come with facts, voice your concerns which are pertinent to your complaint, and keep in mind that the answer may not always be what you expected, but it will be the correct answer to your complaint.

The Complaints Resolution program may be expensive, time-consuming, and labor-intensive, but it is a price our Air Force is willing to pay to ensure the Total Force maintains a high level of morale and discipline.

Just like Cincinnatus centuries ago, that is but a small sacrifice worth making to maintain OUR way of life.

**by Col. Patrick Dufraine
439th Airlift Wing Inspector General**

BRIEFS

Third quarter awards

Airman: SrA. Vanessa Emerson,
439th LRS
NCO: TSgt. Dana Granteed,
439th AMXS
SNCO: MSgt. William Gelinas, 42nd
APS
CGO: 2nd Lt. John Archambeau,
439th MXS
Civilian: Daniel Lucia
Civilian Supervisor: Robert
Mersincavage.

PA plans VIP tour for bosses Oct. 29

Civilian employers are invited to join their reservist workers for this year's Boss Day to be held Oct. 29. All reservists may invite up to two supervisors, managers, or chief executive officers for an exclusive, first-hand look at the mission of the 439th Airlift Wing. This VIP tour is a unique chance to meet key leaders and tour the largest aircraft in the US military. Reservists can sign your bosses up by Oct. 14 by email, include your name, unit and bosses name to 439AW.PA@US.AF.MIL.

Base chaplain now part-time

The chaplain is available only on Wednesdays and UTAs. Those who are in need of a chaplain and are unable to reach one, should call the command post at 557-3571.

Innovation contest

This quarter's Westover Strong topic is "Airmen powered by innovation."

An innovation contest is being held and organizers want to hear from you. If you have an idea that can make the wing better email it to 439FSS.WESTOVER.IDEAS@US.AF.MIL.

The first three Airmen whose ideas are selected will be eligible to leave an hour early on a UTA of their choice.

Security Forces sights-in arms training for deployers



EDITOR'S NOTE: This is the first of a four-part series on deployment readiness topics. By next spring, hundreds of Patriot Wing Airmen are scheduled to deploy to worldwide locations.

by MSgt. Andrew Biscoe

"Fingers off the triggers, muzzles pointed downrange!" a voice bellowed through a public address system.

It's the voice of MSgt. Jeffrey Otis, combat arms noncommissioned officer in charge.

"All right. Go ahead and release your bolts and load that second magazine."

Security forces Airmen recently headed to the small arms training range to re-qualify on M-9 pistols and M-4 rifles – while being the first Patriot Wing members to use the newly-renovated range.

"Is the line safe?" MSgt. Otis asked.

His instructors motioned with their hands to confirm.

"The line is safe!"

Everything is safe at the range – from settings on the weapons to the yellow lines marking the firing line.

Another barrage of firing reverberated through the range. Its new look includes more than \$220,000 worth of new baffles, beams, and target posts.

More than 40 years old, the firing range annually hosts between 800 and 900 Airmen.

The timing couldn't have been better for MSgt. Otis and his staff of four reservists in the combat arms training section.

Dozens more will make the trip out to Training Avenue as the new year quickly approaches.

The combat arms staff crouched over the SFS Airmen during the Sept. 8 training. With their red hats and laser-focused attention, the CATM Airmen monitored such fundamentals as breathing correctly, trigger control, and proper weapons handling.

The fundamentals taught to the SFS Airmen are the same as those taught to all Airmen who visit the range for their just-in-time training, said SSgt. Walter Varey, a reservist and CATM instructor.

And firing isn't just about loading it up and aiming at the target. It starts with handling the weapon properly.

"It could save your life," SSgt. Varey said, as he gestured toward an Airman loading a M-9 magazine. "Knowing how to work a weapon is essential."

SSgt. Varey is not only experienced with weapons safety in the military -- in his civilian life, he's a police officer in Lowell, Mass.

"It makes for a long work cycle," SSgt. Varey said, talking about how he manages his full-time and part-time jobs.

SSgt. Josh Alvarez, another CATM instructor, singlehandedly ran an armory for six months at Bagram Air Base in Afghanistan, one of the largest overseas American installations.

"We (SFS) shoot twice per year," SSgt. Alvarez said. "Deployers will get the same training as we go over proper stances like supported, unsupported, and prone. We train them on the basics of sight picture and sight alignment too."

CATM instructors remind Airmen -- even those with prior weapons experience -- to take the training seriously.

"When you're armed with this piece of equipment every day, it's important to make sure it works," said MSgt. Otis. "Airmen need to have a mindset coming into this training. They need to pay attention. Our classes run through the morning where we teach the fundamentals. Then we head to the range in the afternoon."

Following the shooting, the trainees cleaned their weapons back at the security forces building. The most common weapons include the M-9 pistol, and the M-4 and the M-16 rifles.

With changing threats across the globe, Air Force deployment guidance, which is funneled to Westover from the reserve's Force Generation Center at Air Force Reserve Command headquarters, calls for specific requirements. A deploying Airman's first two crucial links are through supervisors and the unit deployment managers.

With weapons training, Airmen must attain specific scores before they board their overseas flights, MSgt. Otis said. To qualify, they must hit their targets in 17 out of 24 attempts.

But it starts with remembering the basics of firing a weapon.

"It's a smooth, steady trigger squeeze," SSgt. Varey emphasized. "It could be the whole base depending on you to use it correctly."



Home on the new range

SFS targets hope for proposed future indoor venue

by MSgt. Andrew Biscoe

It could be a new home on the range.

A proposed new indoor combat arms range at Westover is among 4th Air Force's military construction priorities.

"We would be able to provide a modern indoor range for not just Westover reservists, but some surrounding police departments," said Maj. Bruce Lawler, 439th SFS operations officer.

Base civil engineer Wayne Williams said there are two range options being pursued. The first, a MILCON-funded project, will involve constructing an indoor range near the current SFS building. The second option would entail building a range off the base property.

Officers from surrounding communities, along with between 800 and 900 Airmen annually use the present firing range, but frigid New England winters often make it off-limits due to heavy snowfall and below-zero temperatures.

Given today's military budget climate, it's unknown whether either of these options could come to fruition.

But Maj. Lawler was excited with the prospect.

"This would be huge," he said. "All of us in today's Air Force know about the changing threats worldwide and here in the United States. An indoor range would benefit our Airmen and our civilian law enforcement partners across western Massachusetts."



Air Force leadership discusses status of total force during D.C. conference

by SSgt. Kat Justen
459th Air Refueling Wing Public Affairs

WASHINGTON (AFNS) -- Members of senior leadership from the active-duty Air Force, Air National Guard and Air Force Reserve, as well as the principal deputy to the secretary of the Air Force for manpower and reserve affairs, convened for a discussion panel regarding the status of the total force at the Air Force Association's Air and Space Conference and Technology Exposition Sept. 16 in Washington D.C.

The panel discussed the current climate of the total force and how leadership is working to address ways to improve performance, funding, communication and personnel issues.

In his opening remarks, Lt. Gen. James M. Holmes, the deputy chief of staff for strategic plans and requirements, outlined two initiatives senior Air Force leadership is pushing to streamline structure and enhance performance across the force. The first being the One Air Force Line of Effort, which began as a response to a report from the National Commission on the Structure of the Air Force.

This October, leadership is slated to undergo the arduous task of rewriting policy to improve inter-force associations and essentially enhance communication between the three

components, the general said. The second line of effort aims to find ways to develop more capabilities at the same cost of current operations.

According to Gen. Holmes, there is a 12 percent lack of ability to provide the number of deployments combatant commands have asked for. Therefore, total force leadership is looking for better ways to integrate assets to make up for the shortfall. According to Lt. Gen. Stanley E. Clarke III, the Air National Guard director, although the Air Force has a pretty effective strategy in place for disseminating missions across the force, there is still a shortfall in manpower due to funding.

"Inside the Air Force the Total Force Continuum continues to look at how you transfer a mission with the force structure of the Guard and Reserve," he said. "Throughout that analysis much is revealed a lot of it is pretty well placed. In almost every single analysis, however, we don't have enough (manpower) to do the mission now."

The ANG director went on to say the Air Force has to be careful. If the Air Force drawdown is too small they won't be able to access as many separating members leaving active duty to go into the Guard and Reserve. The other reaction the Air Force wants to avoid, to save money, is to drawdown pipeline students coming into the Guard and Reserve from training. Lt. Gen. James

Jackson, the Air Force Reserve chief and Air Force Reserve Command commander, expressed that part of the funding solution may be something the Reserves has been doing since the 1960s when they began to share assets with the active-duty side.

"The Reserves has been doing associated construct the longest," he said. "It's a cost-efficient model with which you can get more capability. Having two wings and two components working on the same equipment is something we need to continue."

Daniel Sitterly, the principal deputy assistant, also cited a number of areas of interest currently being worked.

"Secretary of the Air Force Deborah Lee James has a total force executive committee that is now tracking 78 specific initiatives and we've made progress in areas such as expediting indispensability accessions, raising the Reserve component aviation incentive pays, funding for equipping Airmen, total force recruiting system, DD214 consolidation, special salary rates and time-in-grade waivers for Reserve technician pilots and many more," he said.

Despite the current issues and funding limitations, Air Force leadership continues to find new and innovative ways to help streamline processes and improve the effectiveness of resources.

Fire department **HEATS UP**

by Lt. Col. James Bishop and SrA. Monica Ricci



"I met a few when I was deployed in 2010, but Kid Rock was the coolest."

**>> TSgt. Michael Larrea
439th Maintenance
Squadron**

"The first time I met Newt Gingrich was at the Jelly Belly Factory in Fairfield, CA. during his film release of his Ronald Reagan documentary. I have seen him a few times since then, but that was where I first met him."

**>> Col. Richard Tubbs, 439th
Vice Wing Commander**



"I was working at a restaurant in New York and the actor William Sadler came in to eat. I told him I loved him in Shawshank Redemption."

**>> SSgt. Edwin Hilerio, 439th
Force Support Squadron**

Last month, Westover became the first military or civilian fire department in Massachusetts -- and the first in the Air Force Reserve Command -- to earn a top-line international accreditation.

Westover earned this distinction with the Commission on Fire Accreditation International on Aug. 27.

This accreditation, held by just 23 out of 180 Air Force fire departments and only 218 nationwide, provides an internationally recognized benchmark system to measure the quality of fire and emergency services, according to the CFAI website.

Westover's Fire Chief, Charles VanGorden, said meeting the international standard of excellence, written by former fire chiefs, involved five years of preparation.

He said a team of four experts came out and reviewed every aspect of the fire department, including planning, training, external systems relations, hazardous materials response, and incident command.

"The team digs deep into the station and even went out on a response," said VanGorden.

The team helps agencies compare their performance to industry best practices during the accreditation process. With that, they are able to determine community risk and safety needs and then develop community-specific "Standards of Cover." Westover Fire Emergency Services is routinely called out to augment fire agencies in the surrounding communities.

The chief said morale is very high around the department.

"They're extremely proud of this," VanGorden said. "They know they're excellent. They live it every day."

This isn't the first national recognition for the Westover Fire Department. The agency has won the Air Force Reserve Command Fire Department of the Year Award three years in a row from fiscal year 2011-2013 and most recently, Department of Defense Fire Department Prevention Program of the year in fiscal year 2014.

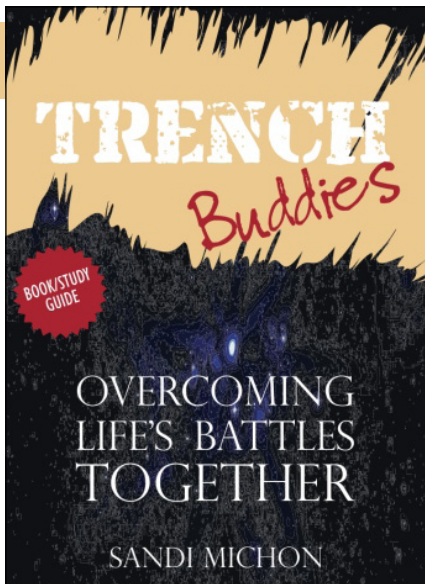
"Only a handful of fire departments in the entire Air Force earned this accreditation, so it's a special honor for our firefighters and a tribute to the experience and effort they bring to the fight," said Col. Al Lupenski, 439th Airlift Wing commander.

Westover's fire department will retain this special accreditation status for five years, but must submit and have approved annual compliance reports to demonstrate their continued compliance, according to the CFAI website. At end of the fifth year, the department will have to seek reaccreditation.



**[NATIONALLY
ACCREDITED]**





Beyond surviving to thriving: Retired reservist's book brings military training to civilian life

by Lt. Col. James Bishop

From basic training until we hang up our uniforms – we train for war. The goal is readiness for any contingency – and hopefully victory.

What would happen if we trained for life's battles just as hard?

Author and retired Westover Reservist SMSgt. Sandi Michon spent five years writing *Trench Buddies: Overcoming Life's Battles Together* to address that question. The book explores the comparison between training for war and training for "spiritual warfare," with chapters on, among others:

-- Signing up for pain; Communications during battle;

Going boom; Threat levels; Battle fatigue; Self-Aid and Buddy-Care.

Each chapter parallels specific military-training with training for life's battles. Westover Chaplain (Maj.) Matt Zimmerman, who invited Michon to Westover to teach classes based on the book, said, "This is a rare book that digs deep into the military culture to pull out practical insights and strategies for victory the spiritual realm. Sandi combines her military experience with strong faith to create a powerful book on how to specifically fight and win the spiritual battles in all of our lives."

Michon wrote *Trench Buddies* to be used as a study, preferably together with others. At the end of each chapter, five questions develop and personalize the point. After the chapter on explosives, for example, she asks, "In what ways are you rationalizing (or camouflaging) the explosives in your life?" -- prodding readers to identify things that explode in our lives and cause collateral damage in others.

She tells instructive stories, which come from years of interviews with warfighters. Here's one: On June 1, 2011, a convoy rumbled through the Khost-Gardez Pass in Afghanistan when the lead vehicle hit a roadside bomb. They took enemy fire for nearly an hour. The author quotes the Army medic, Michael Azevedo, who talked about the 45-minute firefight, and the intense weapons training that preceded it. Then she drives home the parallel: what are our spiritual weapons? How can we train as intensively for life's fights?

Full disclosure: I worked with then-MSgt Michon while a captain in the Westover Public Affairs shop, and her editing and writing were insightful and thoughtful, as is her book.

More than a decade ago, the military-spiritual parallel caught Michon's attention when she served as an Exercise Evaluator for an Operational Readiness Exercise in Savannah, Ga.

"For a year prior to the ORE," Michon said, "we planned extensively to test multiple career fields in their ability to respond to the challenges presented in real-world battles. It was serious business to train for war. Exercise participants needed to know the Airman's Manual from cover-to-cover, because during actual battle, there's no time to look it up," she said.

During that exercise, Michon observed "the stunning disconnect between how we train for war and how we train for the inevitable battles in life. I had been a Christian for many years.

Somehow I had missed the strategic nature of the Christian life – the need to know my 'Manual' cover-to-cover, to avoid enemy capture, to stay strong, keep training, and accomplish the mission."

She said the parallels amazed her and have continued to expand since that day. She began a series of conferences, classes and lectures on the topic, speaking to both military and civilian audiences.

"I saw too many people living defeated lives, and I could see they were hungry for help," she said. "Expanding the content into a book would provide more training, and hopefully reach a wider audience."

Was the book hard to write?

"I've heard that writing a book was similar to giving birth. It's a long expectant, uncomfortable process with no tangible product until the end – and then you hope everything turns out okay," she said.

She also learned that writing about spiritual warfare invites warfare. "It was an on-going writing battle filled with starts and stalls, fears and failures, with life explosions rocking the process," she said. "I think I had to live out the concepts so I could write from experience rather than theory."

Since publishing *Trench Buddies*, Michon continues to present in many venues, and the practical military parallels always resonate well.

"Many people feel isolated and have a deep desire to know that someone has your back – especially when life is tough. Men, in particular, understand the 'band of brothers' concept, but struggle to form those tight bonds."

One conference attendee came up to Michon at a break and confessed that he'd always had a negative view of the military. After learning of their extensive training, humanitarian aid efforts, and high character standards, etc. he said he had changed his view about service members.

One lesson from *Trench Buddies* Michon wished she had at the start of her career was to recognize the military-spiritual parallels sooner. Writing the book "has encouraged me to be a person who fights for others – who risks loss and rejection to fight for a person in trouble. And, it has made me more keenly thankful for the people that care enough to fight for me."

Asked for a final summary of *Trench Buddies*, she said, "We're not created to flourish alone, but through caring, transparent community. When the bullets are flying and you're in the trenches of life, no one cares about the externals, what you look like, what you wear, how much you make. It's about life and death, being real, and making it home -- together."



BOOTS, backpacks, BULLETIN BOARDS;

by SSgt. Amelia Leonard

If you've ever been around toddlers, chances are that you have heard the phrases "terrible-two's" or "tyrannical three-nagers." For parents, grandparents and caregivers, this period of crying, screaming, hitting and kicking can seem unyielding.

Now, imagine that you're a member of the U.S. military and the parent of a strong-willed toddler going through that terrible-two phase. That was Lt. Col. Kelly Robinson's daily reality. Like many reservists, she filled two roles; mom and military officer.

Lt. Col. Robinson, the 439th Operations Group executive officer, is also an entrepreneur. Her business, which was sparked out of necessity nearly ten years ago, is now helping thousands of parents globally.

In 2004, she left her active-duty career behind to become a stay-at-home mom to her daughter, Rachel. She joined the Air Force Reserve and transitioned from one extreme occupation to another.

As her daughter grew, one of the most difficult struggles she encountered was making a daily routine and sticking to it. Like many young children, her daughter did not understand the concept of time, and therefore would become extremely frustrated when things didn't happen on her terms. Lt. Col. Robinson knew it wasn't her daughter's fault and decided to try something different.

One night, when her daughter was three, Lt. Col. Robinson went online and printed pictures of their everyday routines, such as bath time, nap time, bed time, etc. She then Velcroed the pictures to a large piece of cardboard, creating what looked like a clock, but with pictures instead of numbers. Each day, she would create a new clock with pictures, and as the day progressed, she moved each picture off the clock as they accomplished each task. Her daughter instantly caught on to the process, and would wake up every morning and yell from her room, "What's next mommy?" It became a predictable routine, Mom recalled.

"I thought it was crazy that a company creating a product like mine didn't exist already."

"She excitedly started moving through the morning routine like a pro and was thrilled to show me she understood what the rest of the day had in store," she said. The behavioral difference it made was amazing.

"Some kids don't need visual aids, but for kids whose verbal skills aren't like their visual ones, like my daughter, they do. It makes you a better parent because you're following through on promises and you're building confidence, self-management and trust through a communication aid."

Although the concept worked great, the cardboard and Velcro did not stand the test of time. Eventually, the cardboard transformed into a magnetic board, and her Velcro pictures became magnets.

She started searching online for companies selling a product similar to her daily timeline, but to her surprise, she couldn't find any. "I thought it was crazy that a company creating a product like mine didn't exist already." That's when the idea for her company came about.

In 2010, she built her first website and hired a manufacturer to produce the magnetic board. She wanted to help other parents struggling in the same manner. With every passing day, she expected to find out that there was another company like hers already on the market and have to bail out. She started slowly, and lived by the motto, "take on as little risk as possible."

She bounced ideas and business names off a friend until they finally came up with the name SchKIDules. Lt. Col. Robinson went to the Bexar county clerk's office in San Antonio, Texas and filed for her business license. In 2011, she outsourced the magnet portion of the business to another woman because by then, she had cut nearly 25,000 magnets by hand in her kitchen.

In the fall of 2014, both children were in elementary school, and she decided to take a leap of faith to do this full-time.

"I figured, what do I have to lose?" she said. She didn't lose. Her business became a success.

With sales increasing at a rapid pace, Robinson now had to re-balance her work, home and military life. "When I'm at home, I'm a business owner. When I'm at work, I'm Lt. Col. Robinson. I love this organization enough to balance both," she said.

She keeps her military and business lives separate. She doesn't want people to think that the idea for her product stemmed from her strict military background and necessity to treat her children like soldiers.

She said the executive officer position and entrepreneur are both demanding jobs, but entrepreneurship is completely different. "As you can imagine, a military job is very structured. I know exactly what my duties are and when I have questions, I have Air Force Instructions to refer to," she said. "As the CEO of SchKIDules, the structure is self-built and self-taught. I'm accountable to a customer, not a boss, and there certainly aren't any AFI's or a training and education office to go to when I'm not sure how to get from point A to point B. It's like you're standing in the middle of a field and you just start creating."

Last month, Lt. Col. Robinson took another step in achieving her full-potential as a home business owner by attending a three-day conference in Boston hosted by the Veteran Women Igniting the Spirit of Entrepreneurship. V-WISE provides the tools women veterans, active-duty and female family members need to become successful entrepreneurs. It enables women veterans to find their passion and learn business-savvy

BOOTS, BACKPACKS... *continued on next page*



skills to turn their ideas into successful business ventures. The event kicked off with a keynote address from Secretary of the Air Force Deborah Lee James. "We in the Air Force love it when people stay with us as a career, but not everyone does, so we want to make sure we're helping veterans make that transition," James said.

"I feel confident now. I know who to call to pursue things further," she said. "It was a great resource." The program, which is funded through the Syracuse University Institute for Veterans and Families, is completely free to veterans, and includes course materials, meals and lodging for the event at no cost to the member.

"When I'm home, I'm a business owner. When I'm at work, im Lt Col. Robinson. I love this organization enough to balance both."

With the knowledge she gleaned from V-WISE, along with her seven years of first-hand experience, Robinson moves forward. She compares the success of her business to that of a bell curve; right now she's making her way up the hill, but she's hoping to be heading down the slopes soon. Although her product has sold to 13 countries and is available for purchase through her website or Amazon, she wants to see it go further.

Regardless of what happens though, Lt. Col. Robinson will always be a mom first. Her daughter Rachel, who inspired the original idea, is now 11.

"She's proud of me," Lt. Col. Robinson said with a smile.



In a theater near you -- be aware of your surroundings

by TSgt. Brian Boynton

I have always loved the movie theater experience, but you would be hard-pressed to find a location that puts you in a more vulnerable and exposed position for an active shooter.

You are sitting in the dark, back to the exit and starring at a brightly lit screen. Even if you turn around to check on the theater you cannot see due to loss of your night vision that can take up to 20 minutes to restore. You are so fully concentrated on the screen that you are in effect hypnotized and your mind has shut out all other distractors.

The loud surround sound has also taken over all auditory functions. Even the person sitting next to you may have to tap you on the shoulder to break the trance. Some theater victims reported they did not hear the first few shots fired right next to them and had no immediate clue that something was wrong.

Your sense of smell and taste and touch are also hijacked due to the abundance of popcorn and other treats. Basically, the theater has taken total control over all your senses and your ability to react quickly to a real world situation.

The few times the theater has an employee come in to check on patrons, they have their back to the exit and are shifting their gaze from the dark to brightly lit screen and losing their night vision while the surround sound bombards them. The patrons do not even know he is there unless they are getting up to use the restroom or visit the snack bar.

So, the theater is a prime target for the weak, insecure person bent on causing death and destruction. This terrorist does not have to face his victims, he does not have to hear his victims, he does not have to see the carnage he has created and he can barely hear the sound of his own weapon as he is caught up in the trance as well. He does not have to face the reality of his own actions and he does not have to accept responsibility for those actions just before, during and immediately after the attack.

I continue to go to the theater but pay attention to my surroundings. You should as well; be alert to what is going on around you. Pull yourself out of the theaters trance occasionally and look around, get up make a trip to the lobby and be observant on the way out and on the way back in. If you see something that does not look or feel right, then it probably isn't. Your body and mind have a way of letting you know something is wrong. Enjoy the show, but don't ignore your instincts.

EDITOR'S NOTE: TSgt. Boynton is a member of the 439th AW Public Affairs staff, his opinions are his own.





Around Westover



MOBILITY MEASUREMENT>> A base-wide readiness exercise held Sept. 11-12 assessed the deployment readiness of the 439th Airlift Wing. More than 200 Airmen processed through base supply and a hangar, bringing along their mobility records and receiving briefings from Airmen and Family Readiness, the legal office staff, military personnel flight, and bio-environmental. (photos by MSgt. Andrew Biscoe)



MEPS MOVE>> The Military Entrance Processing Station, one of 28 tenant units on the base, held a change of command at the Westover Club Sept. 9; Lt. Cmdr. Christopher Schlobohm relinquished command to Lt. Cmdr. Robert Liberato. The outgoing commander candidly welcomed Lt. Cmdr. Liberato to Westover with an ice scraper for the upcoming winter. Before taking command of Springfield MEPS, Lt. Cmdr. Liberato served as officer in charge at the Transient Personnel Unit, Pearl Harbor, Hawaii. Lt. Cmdr. Liberato enlisted into the U.S. Navy in 1999. He later earned his commission from upon completing Navy Officer Candidate School in Newport, Rhode Island. (photos by MSgt. Andrew Biscoe)



SNCO Dining-In to celebrate wing tradition and camaraderie

by TSgt. Stephen Winn

Something's been missing at Westover -- a specialized esprit de corps event. While active-duty bases hold annual enlisted dining outs, the last Patriot Wing event of this type was the April 2005 Combat Dining-In.

SMSgt. Gary Smith decided he was going to do something about this particular Patriot Wing shortfall. SMSgt. Smith, a veteran 337th Airlift Squadron loadmaster and Top 3 member, got the idea when he attended a recent senior noncommissioned officer/ chief petty officer Dining-In held in Connecticut.

"The number of retirees that attend the event year after year and put on the uniform is impressive," he said. "The SNCO/CPO Dining-In is an opportunity to foster ceremony, tradition, and camaraderie within an organization."

So the date has been set -- the Westover SNCO/CPO Dining-In will be held at the Log Cabin Restaurant in Holyoke, Mass., April 2. The Command Chief of the Air Force Reserve, CMSgt. Cameron Kirksey, will be the guest speaker.

"Because this is a formal dining-in, spouses cannot attend unless they too are military," said SMSgt. Smith. "Mess dress, semi-formal or appropriate attire for other services will be worn by active military. Retirees may wear the appropriate military uniform or a business suit."

The Top 3 will sponsor the event.

Any infractions during the mess will not be the traditional trip to the "grog bowl," but a fine will be imposed of \$1 for whatever is deemed appropriate by the president or vice. All fees collected will be donated to a local, charitable organization as yet to be determined.

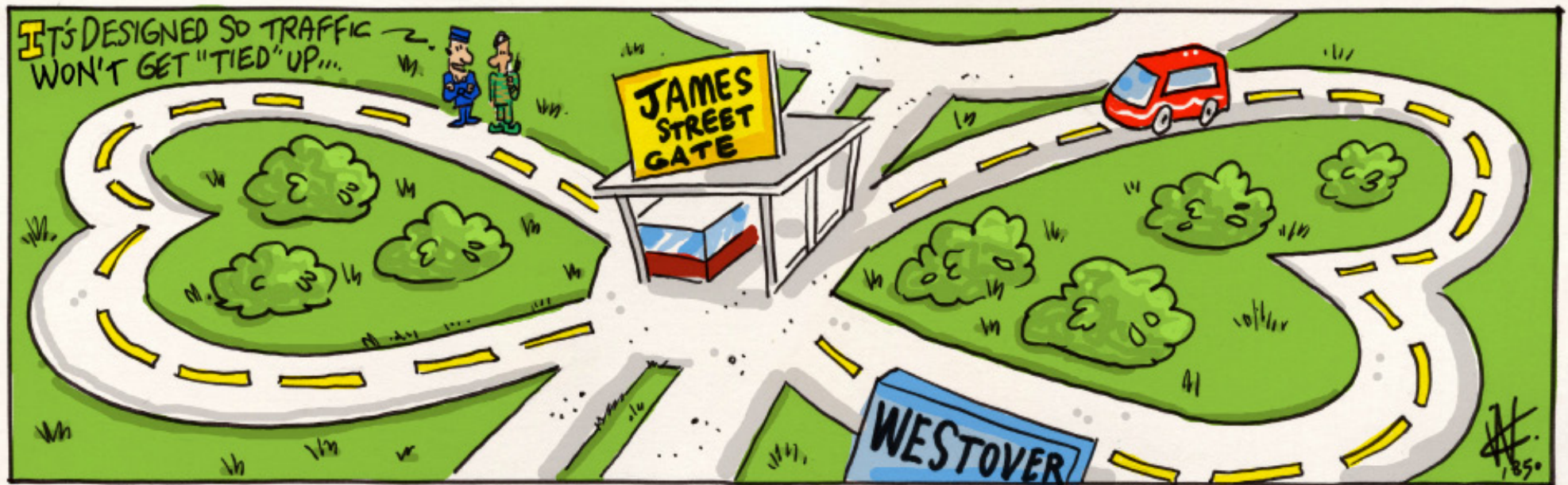
"The enlisted are the backbone of the military. The SNCOs and CPOs bear the responsibility in mentoring and passing along that importance to the junior enlisted," said SMSgt. Smith. "It's hard to describe the atmosphere that you experience at a SNCO/CPO dining-In, other than that it is extremely rewarding and most memorable."

For more information about the dining-in, email SMSgt. Smith at gary.smith.23@us.af.mil



POPE'S PUNS

by W.C.Pope



RETIREMENTS

Lieutenant Colonel
Lisa Houle

Senior Master Sergeant
Mary Grasso

Master Sergeant
Michael Murdza
Edward Perreira
John Velky

Staff Sergeant
Angel Juarez

Westover Helpers

If in need please contact:

Psychological Health
557-2623 Bldg. 2235

Sexual Assault
557-3862 Bldg. 1100

Equal Opportunity
557-3225 Bldg. 1850

**Airman and Family
Readiness**
557-3024 Bldg. 1100

Chaplain
557-3360 Bldg. 1100

FACES OF WESTOVER

TSgt. Melissa Small

439th Airlift Wing Chapel

TSgt. Melissa Small is assigned to the 439th Airlift Wing Chapel; she has recently taken the role of chaplain assistant NCOIC.

TSgt. Small enlisted in 2003, shortly after the attacks on Sept. 11, 2001.

"I just wanted to serve my country," TSgt. Small said.

Prior to coming to Westover TSgt. Small was an active-duty security forces member for six years.

"I felt that it was the best way to protect our country," TSgt. Small said.

When TSgt. Small isn't performing her Reserve duties at Westover, she works law enforcement for Homeland Security. She has held that position for five years.

"Being a prior member of security forces really helped me get my job," TSgt. Small said.

TSgt. Small said her job as a Reservist chaplain assistant is much different than her active-duty security forces days.

"I became a chaplain assistant because I really wanted to help the Airmen that needed someone to talk to," she said. "For those hurting or in need, I can always be there for them."

This is something TSgt. Small hopes to be doing for a long time.

"My goal is to be a Senior Master Sgt.," said TSgt. Small. "I plan on retiring as a member of the Chapel Corps."

-- SrA. Charles Hutchinson



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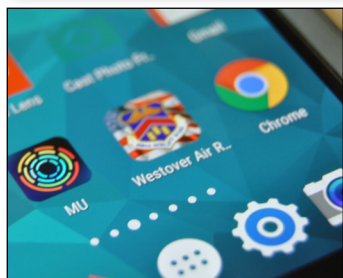
SERVICES CALENDAR

OUTDOOR RECREATION >> Rent all your fall clean up equipment through outdoor rec. ODR has a wide variety power equipment, to include power rake, lawn vacuum, brush cutter and more. Visit ODR today or go online to see a full line of rental items available at www.westoverservices.com

FITNESS CENTER >> Racquetball tournament sign-ups are Oct. 1-15, tournament play will run from Oct. 19-30. If you're interested in competing in any type racquetball games sign up at the center. We can connect you with other players! Columbus Day 5K run starting at the Fitness Center, Oct. 9, 7 a.m. -- all are welcome. Dodgeball sign-ups Oct. 21-23, games scheduled at 4:30 p.m. dates to be announced.

CLUB >> Paintnite Oct. 13; "Autumn Daze" Use the Code SPGOMG to save \$20 at www.paintnite.com. Kiddie Disco, Oct.30; bring the kids out for a fun-filled evening 5-7p.m. Kids under three are free, ages 4-10 only \$6.95. Murder Mystery Dinner, Oct. 3 and 17, cocktail hour with hors d'oeuvres, 5:30-6:30 p.m., dinner at 6:30 p.m., show starts at 7 p.m. ; \$40 per person and \$35 for club members. Planning for November? Check out a Comedy Show, no cover charge, Nov. 7 and Nov. 21. Shows starts at 8 p.m., the lounge opens at 4 p.m.

BOWLING CENTER >> Oct. 30, 6-11 p.m.: Bowling Spook-Tacular, costume contest, Scary-Oke, wear a costume and get discounted bowling. Friday and Saturday Nights in October -- bowl a strike when the head pin is has a pumpkin on it, and win a free game! Free Lunch for a Week: Purchase any meal at the snack bar and you can enter yourself into a drawing for free lunch for a week! A winner will be drawn at the end of the month.



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PATRIOT



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community access channels



Published monthly for Patriots like TSgt. Richard Leger, 439th Airlift Wing, and more than 4,700 people assigned to Westover Air Reserve Base.

EMPENNAGE

CGOC organizes annual road race fund-raiser

The Company Grade Officers Council 5K Runway Road Race and two-mile fun walk are scheduled for Oct. 3.

Participants can begin registering at 4 p.m. at the North gate behind Command Post. Registration closes at 4:55 p.m. The event begins at 5 p.m. Proceeds benefit the Combined Federal Campaign. A \$10 registration fee is payable but not required. Questions about the event can be directed to Capt. Shelly Martin at Shelly.Martin.1@us.af.mil



BONJOUR >> Two Dassault Rafales and a KC-135 of the French Air Force had a short stay at Westover before heading to participate in an exercise Homestead ARB, Fla. (photos by W.C. Pope)