

PATRIOT

439TH TACTICAL AIRLIFT WING (AIR FORCE RESERVE)

WESTOVER AIR FORCE BASE, MASS.

Vol. XII, No. 5

May 1984

Westover hosts SAC Global Shield Exercise

By MSgt. Larry Lentz

KC-135 aircraft returned to the skies over Westover and western Massachusetts during April for the Strategic Air Command's annual Global Shield exercise.

Five Stratotankers, their crews and 50 support personnel, from three bases, were deployed to Westover for the training activities held between April 3 and April 11.

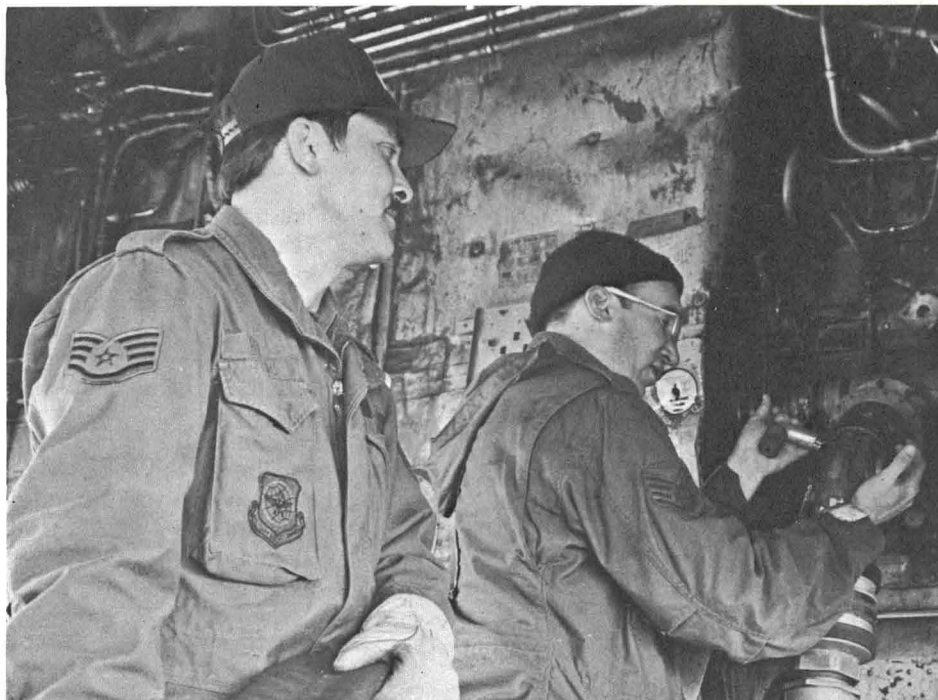
The tankers previously were a common sight over New England when B-52s and KC-135s were stationed at Westover which had been a SAC base until 1973.

Their recent deployment follows a plan which would be followed in the case of a national emergency. Many of SAC's planes would be disbursed, from their host units, to bases throughout the country.

The scattered of aircraft would reduce their vulnerability to a concentrated attack and also shorten the time required to complete a launch at one location.

"Westover was selected because it's a former SAC base and has ideal facilities, such as its long, wide runways," explained Lt. Col. James Clarke, Global Shield task force commander at Westover. "The base's nearby location to other SAC bases also is a big plus.

"As importantly, Westover provides excellent support," the task force commander said. Although we bring our own maintenance, medical, security police and administrative personnel, we heavily rely on the base for all the other services needed for an exercise of this size. These includes fuels, fire protection, housing, air traffic control, communications and aerial port services,"



SSgt. Allen Barnes, 905th MOBS flight, Westover (left) and SSgt. Arthur Sullivan 416th OMS (BMW), Griffiss AFB, N.Y. prepare to refuel one of the five KC-135 tankers which were at the base during the April UTA. (USAF photo by Maj. Bob Carroll)

he continued.

Westover's active duty guests were from Plattsburgh AFB, N.Y.; Griffiss AFB, N.Y., and Pease AFB, N.H.

The exercise provided realistic experiences for the SAC crews and tested plans and procedures for keeping their aircraft flying under wartime conditions. Its crews, in the U.S., Japan, Guam, and Europe joined selected Air Reserve Forces, American naval units and members of Canada's air defense forces.

Westover's visitors left, without warning, 6 a.m. Sunday. They were roused from their beds when the VOQ's crew

alert system was activated from SAC's headquarters at Offutt AFB, Neb. Within minutes, they had packed all their equipment and were making a hasty departure.

On routine missions, these tankers would fly at 600 mph and rendezvous with other SAC aircraft at altitudes up to 40,000 feet. Then, flying within 15 feet of the other aircraft, they would transfer part of their 25,000 gallons of fuel within 10 minutes. Once the refueling was completed, the aircraft would continue on their missions and the tankers would return to their home bases.



"Patriot People"



Name: RICHARD DAVIDSON
Rank: SRA
Age: 19
Address: 67 Margaret Street
 Springfield Mass. 01005
Unit: 905 Weapons System Security Flight
Position: Security Police
Civilian Position: Food Management
Favorite Food: Lobster
Favorite Beverage: Guinness Stout
Favorite Sport: Moto Cross
Favorite Hobby: Playing the Guitar

Ideal Vacation: Camping
Best Way to Relax: Doing nothing
Preferred Entertainment: Listening to Music.
Favorite Celebrity: Rodney Dangerfield
Favorite Music: The Who, Judas Priest
Favorite Book: Lord of the Rings
Favorite Color: Blue
Favorite Car: 63 Vette
Pet Peeve: Tall people
Best Thing About Westover: Meeting nice people
Worst Thing About Westover: Politics

BRIEFS

Safety Awards

SSgt. John A. Hoerner, of the 905th CAMS, was named the wing's Safety NCO of the Year by the base's Combined Safety Council. Maurice J. Crowley, of base supply, received similar recognition as the Outstanding Unit Additional Duty Safety Representative.

The awards are presented for exceptional dedication in promoting safe conditions and work practices.

The wing's Safety and Occupational Health Manager, Ronald C. Wortelboer, also congratulated eight base units and shops for achieving no lost-time mishap records. Among those honored were: 9 years-905th CAMS's Electrical and Machine Shops; Westover Defense Property Disposal Office; 8 years-439th

CSG Administration Branch; 7 years-439th CSG's Civilian Personnel and Transportation Offices; 5 years-905th CAMS's Avionics Branch, Fuel Cell and Paint Shop, and the 439th CSG's Base Supply.

WSSF Exercise

Members of the 905th WSSF will participate in a massive airbase ground defense exercise this summer near the Knightville Dam in Huntington, Mass.

The Westover security police specialists will be joined by their counterparts from Pittsburgh's 911th WSSF and Niagara's 914th WSSF for the drill.

The exercise, which will be held July 17-18, will test the Reservists' combat skills under wilderness conditions.

According to Maj. Frank McCormack, 905th commander, security police evaluators from 14th AF will be on

hand to grade the units' performance. Unit members will be transported to Huntington aboard Massachusetts National Guard helicopters.

New Exchange hours

Westover's Main Exchange has new hours: Tuesday to Friday-10 a.m. to 5 p.m.; On Saturdays and Sundays-10 a.m. to 4 p.m.; On UTA weekends-Saturdays-10 a.m. to 6 p.m. and Sundays 10 a.m. to 5 p.m.

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General Knowles keynotes officer's dining-in

By Capt. Rick Dyer

Officers from the 439th TAW saluted their former commanders and welcomed a brand new one when they held a dining-in on April 7 at the Consolidated Open Mess.

Retired Brig. Gen. Billy M. Knowles, who led the wing from 1974-1978, was the honored guest and featured speaker at the formal military dinner.

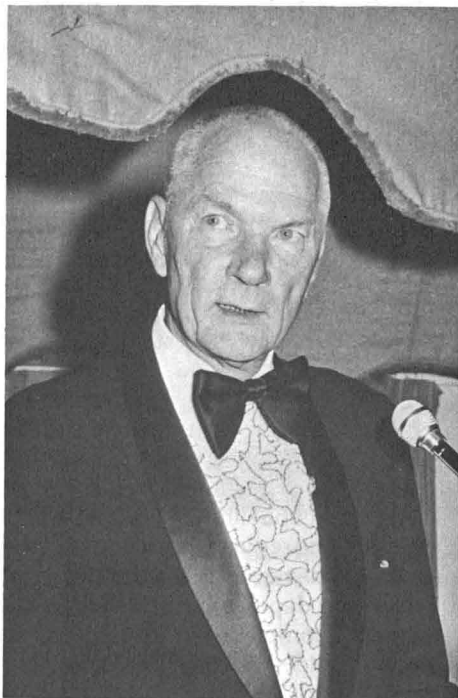
The dining-in marked the first social appearance of Col. Jack P. Ferguson, who assumed his duties as 439th Commander on April 1.

Two other former wing commanders, Col. James E. Kehoe and Col. Louis Paskevicz, were also honored guest.

General Knowles, who was commissioned a second lieutenant in the Army Air Corps at age 18 and served in the military for more than 37 years, received rousing applause following his 12-minute speech.

"Go for it," the general exhorted his listeners. "Be the best that you can be in peacetime, so that you will be the best in wartime."

General Knowles also reminded the



Guest speaker Brig. Gen. Billy M. Knowles

officers that their individual commitment to the Air Force Reserve was the

"price tag" for a strong national security. "I don't have to remind you what an important job you have," he said. "Just look at what some Reserve units did during the Grenada invasion."

In closing, the General thanked his former colleagues at Westover. "I remember all the good spirit and loyalty you extended to me, and I know you'll do the same for 'Brother Jack'," he added.

Several awards were presented during the dining-in.

Maj. Joy Garland of the 439th Tactical Hospital was cited as the Wing's outstanding senior officer, and 1st Lt. Alan Harrington of the 42nd MAPS was selected as the unit's outstanding junior officer.

A special presentation was also made to Colonel Paskevicz in recognition of his "exemplary service and devotion" to the 439th.

Like most dining-ins, the affair had its share of toasts and good-natured jokes.

Col. Clarence Smith served as president of the mess and Capt. Joanne Miller served as its vice president.



LTC Bob Motley, a member of the dining in committee, places name cards at place settings prior to the call to the mess.



Capt. Sue DeForge, 439th TAC Hospital, and her husband Maj. Glenn DeForge during the Dining-In cocktail hour.

Prop and Jet shop pros keep Westover

**Story and photos
By Maj. Robert Carroll**

"Keep 'em flying" is a good motto for the men and women assigned to the 905th CAMS Propulsion Section, Jet and Propeller Shops.

With a high degree of professionalism and teamwork, the 54 Reservists keep the engines and propellers of the 439th C-130s in "tip top shape". SMSgt. Vincent Viglione, NCOIC of the section said, "we work as an integrated team. All our personnel are fully qualified and deploy together on wing exercises. The Reservists can switch jobs without skipping a beat."

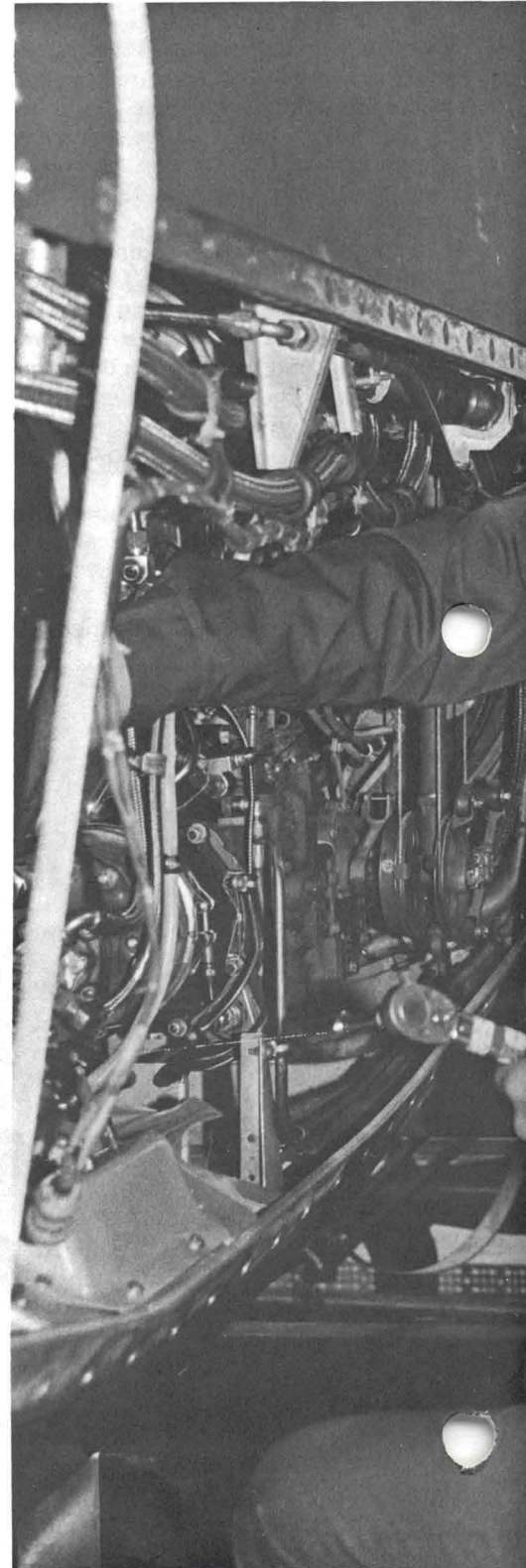
The two shops are responsible for maintaining the C-130s T56-7-B turbo-shaft engines and C-130-7 propellers. They perform all unscheduled and scheduled flight line maintenance; phase inspections; and overhaul and repair.

The Jet Shop, headed by MSgt.

Thomas Smith, can break down and build up four of the five modules which make up the engine. "Right now we repair the torque meter, turbine, combustion and gearbox sections", Sergeant Smith said. "However, starting January 1985, we will have the technical authorization to fix the compressor section as well providing the wing with a complete engine repair capability."

The propeller shop already has this kind of capability. "As presently manned and equipped, we can disassembly, repair and reassemble a propeller without depot support. We can also conduct complete build-ups as required," said shop NCOIC MSgt. Raymond Desrosiers.

In addition to responding to flight line calls and overhaul and repair assignments, the two shops also maintain a production capability to keep all spares and WRM engines and propellers ready for flight.



TSgt. Steve Holloway (right) and TSgt. Alan G



A1C James Whelihan works on the "innards" of a C-130E propeller.

winging



arside work on a C-130E turbo-shaft engine.



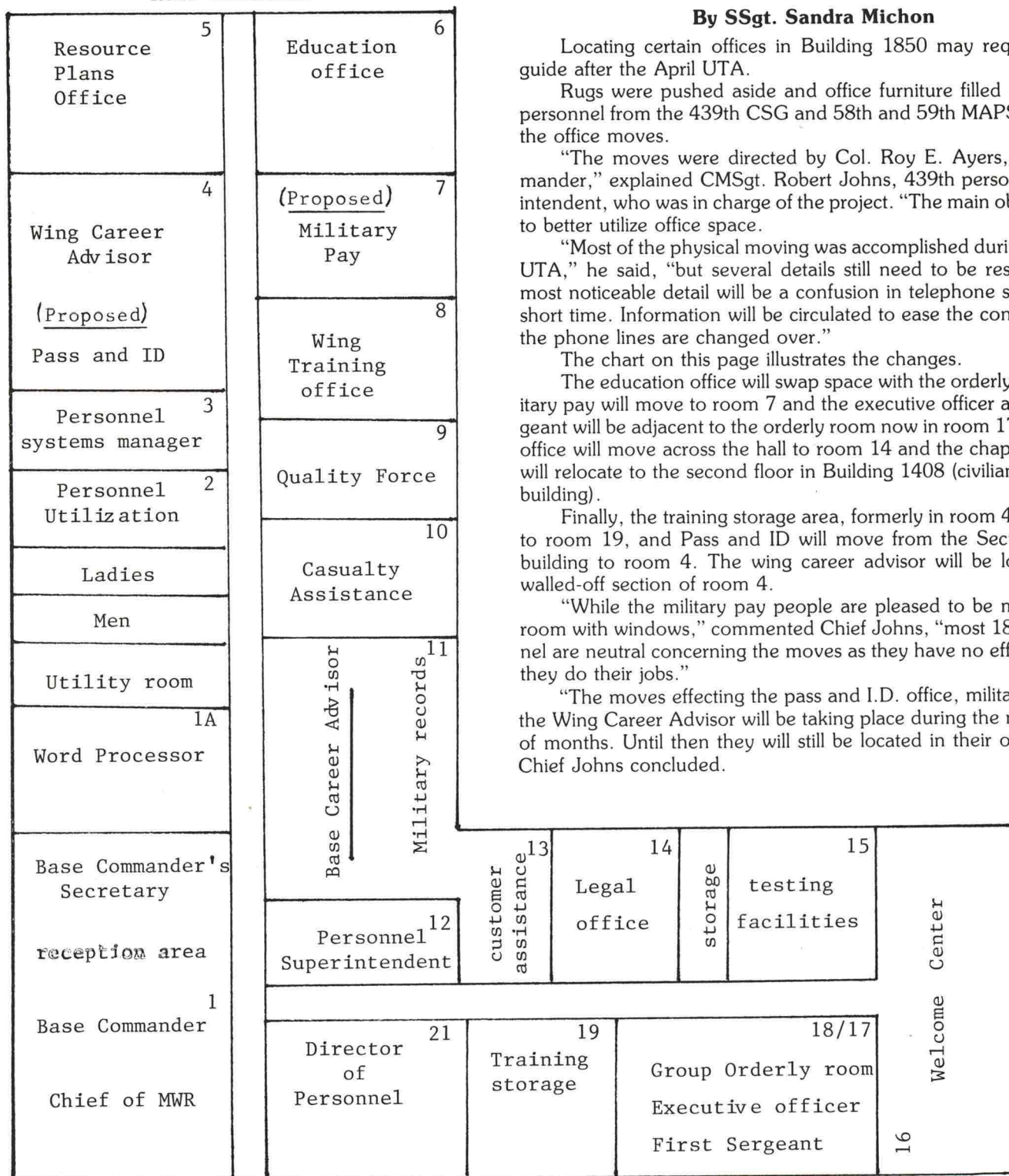
A1C James Whelihan, MSgt. Phil Retelle and Sgt. Michael Hill (left to right) guide the dome assembly for a C-130 propeller onto the propeller housing.



A C-130-7 propeller on standby in the prop shop.

The case of the disorderly orderly room

Rear Entrance



Main Entrance

By SSgt. Sandra Michon

Locating certain offices in Building 1850 may require a tour guide after the April UTA.

Rugs were pushed aside and office furniture filled the halls as personnel from the 439th CSG and 58th and 59th MAPS, executed the office moves.

"The moves were directed by Col. Roy E. Ayers, base commander," explained CMSgt. Robert Johns, 439th personnel superintendent, who was in charge of the project. "The main objective was to better utilize office space.

"Most of the physical moving was accomplished during the April UTA," he said, "but several details still need to be resolved. The most noticeable detail will be a confusion in telephone service for a short time. Information will be circulated to ease the confusion until the phone lines are changed over."

The chart on this page illustrates the changes.

The education office will swap space with the orderly room. Military pay will move to room 7 and the executive officer and first sergeant will be adjacent to the orderly room now in room 17. The legal office will move across the hall to room 14 and the chaplain's office will relocate to the second floor in Building 1408 (civilian personnel building).

Finally, the training storage area, formerly in room 4, will move to room 19, and Pass and ID will move from the Security Police building to room 4. The wing career advisor will be located in a walled-off section of room 4.

"While the military pay people are pleased to be moving to a room with windows," commented Chief Johns, "most 1850 personnel are neutral concerning the moves as they have no effect on how they do their jobs."

"The moves effecting the pass and I.D. office, military pay and the Wing Career Advisor will be taking place during the next couple of months. Until then they will still be located in their old spaces," Chief Johns concluded.

Welcome Center

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Grand Prize

Grandmother takes grand prize at NCO Academy

A busy February for MSgt. Sledge

By SSgt. Sandra Michon

MSgt. Janis A. Sledge had a busy February as she won top honors from the NCO Academy and graduated from mother to grandmother.

Sergeant Sledge, airfield management supervisor with the 439th CSG, received the Commandant's Award for her achievement at the NCO Academy East held at McGuire AFB, N.J. Shortly after graduation, she flew to Texas to help her daughter, Kathy, with her new born baby girl, Christina.

"It was almost more than I could handle in one month," commented Sergeant Sledge. "As a Reservist, going to the Academy was really a thrill, but in life's priorities, my granddaughter's birth was outstanding."

Of the 119 Academy participants, Sergeant Sledge was the sole Reservist and one of only five women attending. One individual is selected for the Commandant's Award based on academic achievement and personal input. Both students and instructors vote on the award, and although Sergeant Sledge's academic results were excellent, most students highlighted her friendliness and willingness to help others with course work.

One instructor commented that only one other person in the past year has received such a majority of award vote. That was TSgt. Barbara Morris, also a Reservist assigned to Westover.

Sergeant Sledge, a 10-year Reserve member with prior active duty service, entered the academy in January. The Academy in a 5½-week course covered aspects of NCO training such as managerial skills, supervisory training, military procedures and protocol and physical training.

Sergeant Sledge was also the recipient of friendly ribbing during her last week at the academy. Her classmates, knowing her daughter was expecting a child, teased Sergeant Sledge about manning the phones any time she left the classroom.

At the completion of her Texas visit with her daughter, Sergeant Sledge returned to her home in Wassaucott, N.Y. She is married, has three children and works part time as a secretary/typist for an author.



MSgt. Janis A. Sledge

(USAF photo by SSgt. Sandra Michon)

Commanders' Call

The following members of the 905th CAMS received the Air Force Achievement Medal during the April UTA for outstanding performance:

Lt. Col. Harold L. Lawrence was cited for his extraordinary performance during his unit's Pisa, Italy exercise.

SMSgt. Richard P. Dedinas was cited for his superior management ability during the European exercise.

MSgt. James R. Maynard distinguished himself during the Pisa exercise by displaying a positive supervisory attitude which resulted in increased productivity.

TSgt. Robert P. Drake received the

honor for his expert planning and management of aircraft loading.

TSgt. Gilbert D. Currier, Jr. was cited for his diligence in establishing a maintenance control function during the European exercise.

The following Reservists received the Humanitarian Service Medal for supporting the Piura, Peru flood relief operation: **MSgt. John R. Carter**, **MSgt. Raymond D. Desrosiers**, **TSgt. John J. Tavares**, and **TSgt. Paul P. Tetrault**.

AIC David P. Adams received a certificate of recognition for outstanding performance from the Chanute AFB Technical Training Center.

Army graduate student pinches inches

Story by Capt. Rick Dyer
Photos by SSgt. Deborah Elliot
 Where's the beef?

Capt. Thomas Sterner, an Army officer and college graduate student, recently helped several Westover Reservists to answer that question.

The captain, who is studying for a masters degree at Springfield College, administers a test which determines the percentage of fat in a person's body.

Captain Sterner says that the test, which he conducts as part of his studies, is a more accurate way of testing whether or not a person is overweight.

"Many weight management programs adopt standards based solely on a person's height and weight," Captain Sterner said. "But a person could weigh more than the standard allows, and still be in excellent physical condition. The excess poundage could be due to muscle and bone structure, rather than fat."

The captain's ability to distinguish the fit from the flabby has benefited at least one 439th member.

TSgt. Alan Sorensen, a member of the wing ALCE team, was recently tested by the captain.

"I wasn't overweight, but I was pushing the limit defined by the height-weight chart," Sergeant Sorensen said. "So I decided to have the exam."

The Westover NCO found the results gratifying. "I discovered that I wasn't in poor shape," Sergeant Sorensen said. "The test showed that I have 17 percent body fat, and that my fitness level was fairly high."

Col. Roy E. Ayers Jr., 439th CSG commander, has referred several unit members to Captain Sterner, and has undergone the test himself. "I was under the limit of body fat allowed for a person my age, but I found the program very enlightening and helpful," he said.

"I'm not aware that we have granted any waivers from the weight control program as the direct result of Tom's testing, but we would certainly be receptive to looking at each case on an individual basis and analyzing the results of such an exam," the colonel added.

The captain conducts the 45-minute exam at the Springfield College Movement Science Laboratory. It's a comprehensive test.

The subject is weighed on a standard scale, and photographed. The captain then uses special calipers to measure skinfold areas, and a respirometer is

employed to test the person's lung capacity.

As a final step, the person is weighed while submerged in a water tank. The captain says that the "dunk test" gives a more accurate reading of the body weight.

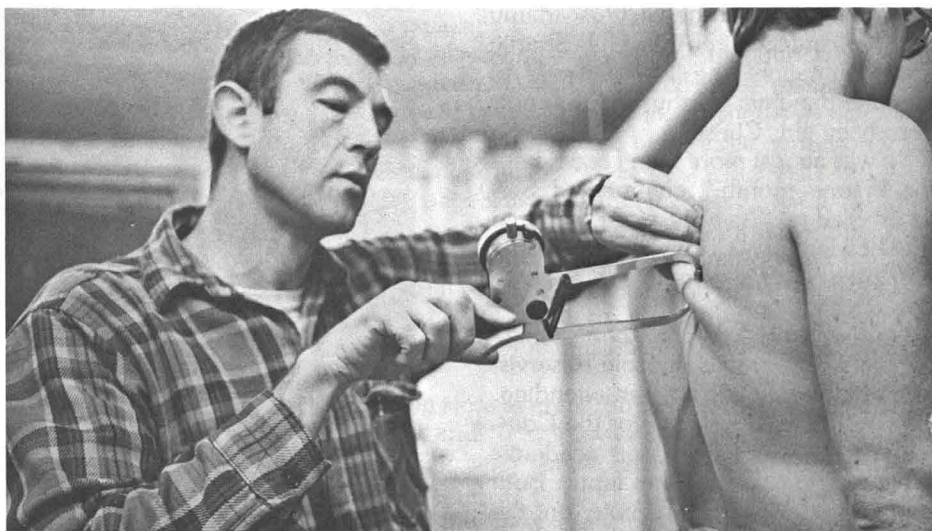
Captain Sterner computes the results and uses mathematical equations to determine the body fat composition.

"I test actual fitness, as opposed to perceived fitness, Captain Sterner said.

"This is the logical approach to physical fitness management," he added.

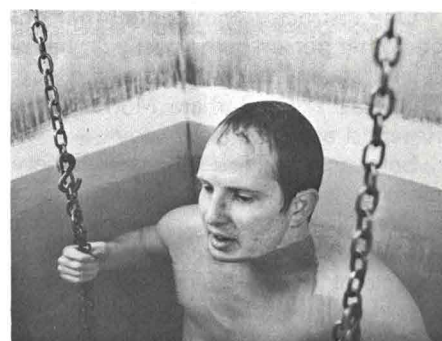
The Army officer recently tested a number of volunteers from military units throughout Western Massachusetts. The results of his tests, which are confidential, are used in conjunction with a scientific study being conducted at the Movement Science Laboratory.

When Captain Sterner completes his studies in Springfield, he will join the teaching staff at West Point.



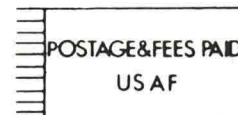
TSgt. Alan J. Sorensen, a member of Westover's ALCE team, has his skin fold measured by Capt. Thomas Sterner during the body fat test (top). In bottom left photo, sergeant Sorensen inhales oxygen on a respirometer while at right, he is submerged in the water tank.

(USAF photos by SSgt. Deborah Elliot).



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