

PATRIOT

439TH TACTICAL AIRLIFT WING (AIR FORCE RESERVE)

WESTOVER AIR FORCE BASE, MASS.

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Our cops are tops . . .

439th WSSF named best in Air Force

By SSgt. Glenn Bogart

They're all good, but only one can be the best. And the one Weapons System Security Flight that's the best in the Air Force Reserve is Westover's 439th WSSF.

Competing against the best WSSF units from the 10th and 4th Air Forces, the 439th flight took three of the five awards offered to Reserve units in the annual Air Force-wide Security Police Unit Award program for 1984.

In addition to earning the Reserve Forces Unit Award, the flight received two of the four possible individual awards. MSgt. Bradley W. Himelick was named Security Airman of the Year, and MSgt. Gerard R. Farrell, Jr., who is an Air Reserve Technician, received honors as Department of Defense Civilian of the Year.

The 48-member flight's proudest accomplishment during the award period was planning and conducting the first all-Reserve Air Base Ground Defense exercise, Patriot Thunder '84. This exercise, held in July 1984, involved setting up a perimeter high in the Berkshire Mountains and defending it night and day against a host of security problems. Three other security flights, as well as the Army National Guard and Connecticut Air National Guard, participated in the two-day mission.

The success of Patriot Thunder '84 led the unit to plan for the same kind of drill this summer. Patriot Thunder '85 took place July 20 and 21. Units from Andrews AFB, Youngstown, Pittsburgh, and McGuire AFB, participated in the exercise this year, along with elements of the Connecticut Air National Guard.

Of last year's Patriot Thunder exercise, Lt. Col. George W. Harris, chief of security police, 14th Air Force, said, "The exercise was exceptionally well-

planned. I have never seen a more outstanding job of planning for an exercise."

The unit also received other special recognition. After a staff assistance visit, by the 14th A.F., a team member stated that "this is the best report 14th has (ever) written on a unit." They cops also earned top ratings in the July, 1984 AFRES Management Effectiveness Inspection.

"A unit doesn't become the best of its kind in the Air Force Reserve without a lot of hard work from dedicated people," said 439th WSSF Command-

er Maj. Frank L. McCormack. "We try to keep people active by participating in various exercises, and the practice we get in Patriot Thunder and other drills has paid off."

Former Base Commander Col. Roy E. Ayers, Jr., cited the WSSF as "the best unit under my command." Maj. Gen. Alan G. Sharp, 14th Force commander, has said that "this flight is the outstanding weapons system security flight within the Air Force Reserve." The presentation of the Reserve Forces Unit Award to the 439th WSSF certainly supports the general's contention.



A new fire safety training facility is serving the firefighters of KI. Sawyer AFB, Mich. thanks to the 439th Civil Engineer Squadron. SSgt. Luis Cabrera (left) and TSgt. John Galbraith, members of the liquid fuel section, connect pipes leading to the fire pits.

(Story and more photos on page 5)



In This Issue:

- New PEP Promotions
- 59th APS, 439th CES Complete Tours
- New G.I. Bill

Civic leaders flight gives preview of C-5



Three of the 36 Pioneer Valley civic leaders who were guests of the 439th TAW during a two day trip to AFRES installations receive a C-5 briefing from Brig. Gen. Jack Ferguson, wing commander, at Dover AFB, Del. Charles DeRose, publisher of the Daily Hampshire Gazette; State Representative Patrick Goggins; and Armand Duseau, Chamber of Commerce president, all of Northampton, and their colleagues continued on to Dobbins AFB, GA. for an orientation and tour of the base facilities, June 25-27.

(USAF Photo by Capt. Phil Weber)

Reservists eligible for new G.I. Education Bill

By TSgt. Gordon A. Newell

MSgt. Faith Longfield, base career advisor, has received comprehensive information on the Veterans Educational Assistance Act of 1984 and how it will affect Reservists.

The new law, now known officially as the G.I. Bill became effective on June 1, 1985 for a three year period through June 30, 1988.

Under the new G.I. Bill a Reservist who enlists, extends or reenlists for a six-year period during July 1, 1985-June 30, 1988 is eligible for educational assistance of up to \$140 per month for 36 months of college enrollment (full-time student).

Three-quarter time students will be

eligible for \$105 per month and half-time students, \$70 per month.

Non-prior serviced individuals may enlist now and be eligible for the G.I. Bill by extending their enlistment after July 1, 1985.

Those individuals on the educational assistance bonus program are eligible for the G.I. Bill but must go through Sergeant Longfield's office.

Persons enrolled in this program as of June 30, 1985 may continue to receive payments as outlined in Air Force Reserve Regulation 39-1. If they meet the eligibility requirements and criteria for the program that include:

- Must not have a baccalaureate degree.

- Must have a High School diploma

or equivalent.

- Must complete inactive duty for training.

- Must be a satisfactory participant in the selected Reserve for at least 18 days before being eligible to apply to the Veterans Administration. Any individual leaving the active service and enlisting in the Air Force Reserve must also be a satisfactory participant in the Reserve for 180 days before being eligible to apply.

- Must be enrolled in a program of education leading to a degree in an institution approved by the VA.

Officers are also eligible if they do not have a degree and agree to serve in the Reserve for a six-year period beyond their current obligation.

All G.I. Bill eligible Reservists will receive a notice to file with the VA in order to obtain reimbursement.

Periodically, the VA will require certification from the Air Force Reserve that individuals enrolled in the program are still maintaining satisfactory Reserve participation.

If an individual does not fulfill the six-year agreement, procedures will be initiated by the Department of Defense to recoup the money.

Westover Reservists who want more information about the new G.I. Bill program may check with Sergeant Longfield in Building 1850.

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19 Westover Airmen advance under PEP

By TSGT. Gordon A. Newell

There are eight new master sergeants and 11 new technical sergeants walking around Westover these days, thanks to the Promotion Enhancement Program.

As of July 1, a total of 38 NCO's were advanced in the wing the other 19 slots were split up between the 914th TAG at Niagara IAP and the 911th TAG at Greater Pittsburgh IAP.

Promotions to senior and chief master sergeant are expected to be announced in October.

Major Michael Roy, OIC for Quality Force, is sold on the program and encourages greater participation by all units.

"Our quota for techs was 18 and we had 18 selected. For master, there were 24 quotas and we made 20 selections," he said.

"PEP is a special program that allows an airman who has demonstrated exceptional potential to be promoted where they otherwise could not be under standard promotion policy," Major Roy stated.

"I cannot stress enough, the importance of APRs in this program. The

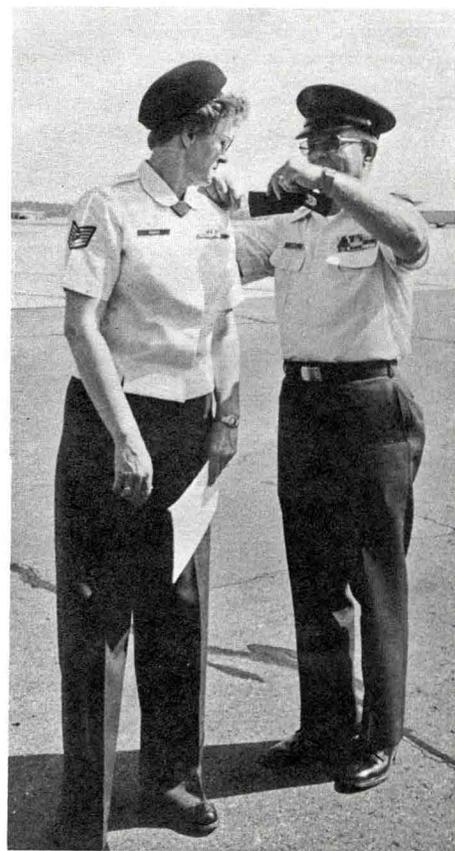
word picture should describe tangible facts and achievements," he said. "Generalities are virtually worthless," he added.

In further emphasizing the weight of APRs in the selection process Major Roy stated, "Quantitative descriptions which include a hopeful candidate's work accomplishment including statistical achievements can be very helpful. It is also important for airmen to realize that they can make an input into their APR by helping their supervisor with a run down of their accomplishments over the reporting period."

"Competition under PEP is keen," the major said. "Outstanding APRs and completed Professional Military Education (PME) is virtually necessary if a candidate hopes to compete successfully."

Westover airmen promoted to master sergeant are: Brad Himelick, L.C. Mays, Barbara Morris, John Missale, James Lynch, Raymond Boidleau, John Currier and James Lapsertitis.

Making technical sergeant are: Mark MacGregor, Timothy Kerry, Paul Frappier, Paul McNab, Chris Mellas, Lisa Charette, Joseph DiMartino, Ken Ferreira, Ronald Verrier, David Perrault and Corrado Uccello.



TSgt. Barbara Morris receives her sixth stripe from her husband, MSgt. Edward Morris during a 59th APS formation. The new master sergeant received her promotion under PEP.

(USAF photo by SSgt. Sandra Michon)

439 TAW boasts move CCAF graduates than any other ANG or AFRES unit

By MSgt. Marshall Hathaway
Wing Historian

The 439th's Education Services Office has made an impressive mark in the annals of associate degree education within the Air Reserve Forces. Articles published in "CCAF Update" reported that in both 1983 and 1984, the wing produced more Community College of the Air Force graduates than any other Air National Guard or Air Force Reserve unit. According to TSgt. Virginia Thomas, education technician, there are 150 education services offices in the ANG and AFRES combined.

Fourteen enlisted wing members graduated in 1983 and 15 in 1984. As of April, there were already six graduates in calendar 1985.

Westover's office was instituted in 1978 and since then has generated in-

creased enthusiasm in various education programs. There are now about 400 enlisted wing people enrolled in CCAF. Sergeant Thomas said it was like a small college. MSgt. Joseph A. Robitaille, 901st CAMS, was the first 439th graduate in 1980 with an associate degree in Aircraft Maintenance Technology. Since then, 49 others have earned CCAF degrees in 26 different majors.

The most popular course for Westover's Reservists has been Transportation and Traffic Management with nine graduates followed by Aircraft Maintenance Technology with five. Next, with three graduates each, are Aircraft Powerplant Technology, Avionics Systems Technology and Health Sciences. Other diplomas were awarded in 21 different areas of major study.

Unit slide program to be commander's call feature

Unit slide presentations will soon become a regular item on the Commander's Call agenda.

The presentations, which will be prepared by the units with support from the Public Affairs office, will highlight the duties and mission of each 439th unit.

"We are hopeful that the slide presentations will heighten interest in the Commander's Call program and help to inform people about the jobs which each unit does," said Capt. Dave Keefe, public affairs officer.

Unit commanders who would like assistance in developing the presentations should contact Captain Keefe at extension 3500.

59th APS participates in Patriot Partner '85



Michael O'Hearn helps guide a 40K aircraft loader as his unit 'off-loads' a C-141.

By SSgt. Paul K. Ford 59th APS

One hundred and eight members from the 59th Aerial Port Squadron, completed their annual active duty training at McGuire AFB, N.J., while participating in Patriot Partner '85.

The 59th APS joined 70 other Reservists from the 57th APS from Hanscom AFB, Mass., and the 35th and 88th Aerial Port Squadrons from Mc-

Guire AFB, N.J. on 25 May-8 Jun 85.

Patriot Partner is designed to demonstrate the readiness of Reserve aerial port units to perform their wartime mission: operation and management of a fixed port at any location.

The Reservists while at McGuire worked around the clock in Air Terminal Functions including: ramp services, cargo processing, passenger service,

fleet service, special handling, load planning, the unit learning center, and the air terminal operations information control. The 59th also was involved in the administration in the orderly room, ground safety, and Standard Evaluation and Quality Control.

Patriot Partner forces were responsible for handling more than 95% of the terminal operation, according to Lt. Col. Kenneth C. Stevens, Jr., Patriot Partner exercise commander and 59th commander. "This was an outstanding experience in that we had four reserve units in a coordinated exercise," stated Colonel Stevens, who retired with 28 years of commissioned service in June. "not only did we take over all phases of operational functions of this aerial port, we took over management responsibilities at the middle management level. Within two days Capt. Ricard E. Collier (Operations Officer 59th APS) was OIC of air freight services. We learned that in addition to performing required work, Reservists are capable of supervision and making reliable decisions."

The Reservists serviced four C-5s, 272 C-141s, 23 C-130s, 29 L100s, two KC-135s and one 707. They processed 2101.3 tons of cargo and handled 904 pallets.

Other bases participating in the exercise included Dover AFB, Del., Pope AFB, N.C., and Torrejon AB, Spain.

Barbecue planned to assist former reservist

Members of the 439th Consolidated Aircraft Maintenance Squadron will stage a chicken barbeque on Sept. 7 to aid a former Westover Reservist and two members of his family who have been stricken with a rare disease.

Don MacGillivray, who was formerly a flight mechanic with the 731st Tactical Airlift Squadron, has been suffering for the past two years with Kuf's Disease. The affliction, for which there is not yet a cure, is slowly destroying his nervous and digestive systems.

MacGillivray's two children, Bonnie, 20, and Danny, 17, were also recently diagnosed as having the neurological disorder.

The three MacGillivrays are the only documented victims of Kuf's Disease in the United States, and there are only

two other known cases in the entire world.

Compounding the horrible tragedy is the fact that a lack of financial resources is preventing Bonnie MacGillivray from receiving the medical attention which she needs.

"Neither medicaid nor private insurance will pay for Bonnie's admission to the neurological unit of a Belmont, Mass. hospital," said TSgt. Jim Marrone of the 439 CAMS. "Don, as a veteran, is being cared for at the VA hospital in Bedford, but the family lacks the \$4,000 initial payment it needs for Bonnie's hospitalization," he added.

To assist the MacGillivrays with their staggering medical bills, Sergeant Marrone and a 439th CAMS colleague, TSgt. Danny Carr, have planned sever-

al fundraisers.

The barbeque, which will begin at 3 p.m. on Saturday of the Sept. UTA in the Base Hangar, will feature a chicken dinner, open bar, entertainment and a raffle. The donation is \$10 per ticket, and all proceeds will go the MacGillivray Fund.

"We are hoping that every Reservist at Westover will join us for the evening meal that night," Sergeant Marrone said. "This family is going through a living hell, and I know that they will deeply appreciate the financial and moral support from Don's friends at the base."

Sergeant Marrone has established an account for the MacGillivrays at a local bank. He can be reached for information about tickets or donations at extension 3181.

Comm. Center gets new technology

By MSgt. Larry Lentz

New, automatic digital terminal equipment, worth more than \$100,000, now is receiving and transmitting more than 300 messages a day between Westover's Communication Center and all other installations connected to the AUTODIN network. The center also underwent \$34,000 in renovations.

"The new equipment is another indication of the two rapidly merging technologies: data processing and communications. The new, single function, is called Information Systems," explains Arthur Lloyd, chief of Westover's Operation Location C, 1998th Information Systems Group, formerly the 1917th Communications Squadron.

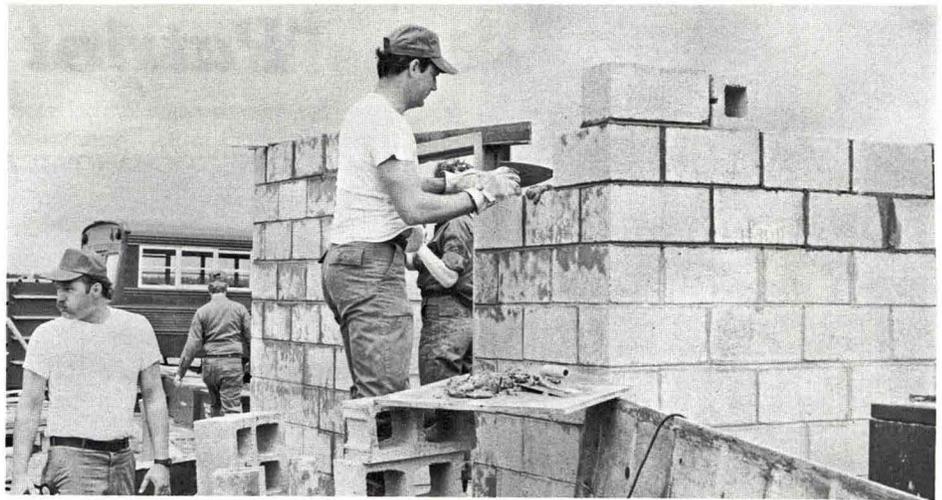
At the heart of the system is the \$75,000 Line Control Unit. According to Richard Trauschke, communications center supervisor, it's much like a sophisticated word processor. It allows the operators to type the intended message on a keyboard in a programmed format. This is displayed visually on a CRT. The operator makes all necessary corrections and/or changes. The computer checks for accuracy and verification, then the message is electronically sent.

Also, there is a Medium Speed Line Printer which transforms the received electronic transmissions into a typed format at the rate of 175 words per minute.

If the communications center personnel wish, they can transmit or receive the message traffic on a more traditional punched tape format. However, as Westover expands its computer network, the paper tape will become obsolete and give way to magnetic tape. Eventually, key base offices will have separate terminals, thus eliminating the distribution of messages by scheduled vehicle runs.

"This new equipment will give us greater capability, and the ability to expand," said Lloyd. "As we anticipate greater message traffic with the C-5's relocation we need a system that could meet our present and future needs."

The communication center's renovations include expansion of its quarters; anti-static carpeting; new, dropped ceilings; a more security-enhanced entry door; and a drive-in bank style customer service window.



TSgt. John Mailo lays the cinderblock to construct the fire safety training facility.

439th Civil Engineering Squadron spread out for annual tours

The 439th Civil Engineering Squadron, the largest in the Air Force Reserve, sent 101 Prime BEEF engineers and nine Prime RIBS food service and billeting specialists to K.I. Sawyer AFB in Marguette, Mich. in June for its annual 15-day active-duty tour.

The squadron under the command of Maj. William Garrity, conducted numerous work projects during their stay, the largest of which was the construction of a fire safety training facility according to Capt. Rock Desilets.

The work included trenching and installation of underground electrical service, building a pump house, installing a

pump and plumbing supply fuel to the burn area, a concrete drafting pit to provide additional water supply for fire training and a paved access road.

Squadron members not working on the training facility worked on other base civil engineer projects in addition to working in the billeting office and mess hall.

The squadron also deployed its fire fighters to Rhein Main, Ramstein and Hahn, West Germany and more food service people to Spangdahlem.

"Our teams are manned by experienced people, many of whom are engaged in the construction trades in their civilian careers," said Major Garrity.



Jack of all trades, SSgt. Manuel Gomes, a plumber, lends a hand and a brush to the painting detail.



2nd Lt. Kochanowicz

"Patriot People"

Name: JOANNE KOCHANOWICZ
Rank: 2nd Lt.
Age: 35
Address: RFD Dog Pond,
 Goshen, CT.
Unit: 58th APS
Position: Air Freight Services Officer
Civilian Occupation: director of
 guidance, Torrington High School
favorite Food: stuffed filet of sole
Favorite Beverage: dry wine
Favorite Sport: skiing
Favorite Hobby: sewing
Ideal Vacation: relaxing on an
 island beach

Best Way to Relax: a long walk
Preferred Entertainment: listening
 to music and dancing
Favorite Celebrity: Elvis Presley
Favorite Music: country/western
Favorite Book: Leo Buscaglio
Favorite Color: Mauve
Favorite Car: BMW
Pet Peeve: pessimistic people
Best Thing About Westover:
 people and experiences
Worst Thing About Westover:
 getting up Monday morning after a
 UTA



PROMOTIONS

Maj. Peter E. Gray
 1 Lt. T. B. Schwachheimer
 TSgt. Marilynne K. Barney
 TSgt. Linda E. Gould
 TSgt. Henry M. J. Olearceik
 SSgt. Lloyd G. J. Anderson
 SSgt. Ernest Anelunde, II
 SSgt. Michael J. Bell
 SSgt. Edward C. Byrne
 SSgt. Christina D. Carter
 SSgt. James J. Cote, II
 SSgt. Theodore W. Hixson
 SSgt. Jeanne A. Lunny
 SSgt. Rene L. Nacca
 SSgt. Alan D. Parrot
 SSgt. Mark I. Ratcliffe
 SSgt. Kathleen A. Reale
 SSgt. Ann M. Schulerein
 SSgt. Stephen J. Werner
 SrA. Christina M. Walas
 A1C Laurie A. Boucher
 A1C Robert C. Craig
 A1C Karen V. Duclos
 A1C Richard M. Lambert
 A1C Renee M. Ruel

ENLISTMENTS

TSgt. Eugene M. Hosack
 SSgt. Kevin R. Alspaugh
 SSgt. Louis W. Bazzano
 SSgt. George J. Breault, Jr.
 SSgt. David J. Heza
 SSgt. James D. Jerzyk
 SSgt. Michael C. McGraw
 SSgt. Gerard C. Renaud
 SSgt. Thomas E. Sullivan
 SSgt. Catherine M. Tierney
 Sgt. Andres Aviles

Sgt. William G. Barrett
 Sgt. Stephen H. Corbett
 Sgt. David Diaz
 Sgt. Ryan E. Foster, Jr.
 Sgt. James W. Rose
 Sgt. Linda S. Ryan
 Sgt. Dale A. Sweatland
 A1C Jeffrey P. Connor
 A1C Jacquelyn E. Wolf
 AB Michelle D. Banville
 AB Karen R. Barnes

REENLISTMENTS

MSgt. Paul A. Bates
 MSgt. Robert E. Begley
 MSgt. Ralph H. Branyen, Jr.
 MSgt. Edward H. Morris
 MSgt. Allen Senarian
 MSgt. Ronald J. Sliwa, Sr.
 MSgt. Stanley J. Whitman
 TSgt. Richard E. Alix
 TSgt. Robert J. Armitage
 TSgt. Timothy M. Brienza
 TSgt. Richard L. Coda
 TSgt. Charles W. Collier
 TSgt. David R. Cowdrey
 TSgt. Albert J. Drenthe
 TSgt. Lawrence L. Edwards
 TSgt. Michael J. Garceau
 TSgt. Kevin Heath
 TSgt. William J. Kollios
 TSgt. James P. Lapserritt
 TSgt. Steven F. Leib
 TSgt. Herbert T. Marsh
 TSgt. David D. McClusky
 TSgt. Edward J. Peplinski, Jr.
 TSgt. James H. Reily, II
 TSgt. William J. Roberts
 TSgt. Garth Saucier

TSgt. Kenneth W. Seymour
 TSgt. Richard J. Sliver
 TSgt. John E. Szewc
 TSgt. Wade W. Tate
 TSgt. John E. Wehr, Jr.
 SSgt. Barbara A. Abdow
 SSgt. Wayne P. Begnoche
 SSgt. Jack H. Bouchard
 SSgt. Wayne E. Britto
 SSgt. James J. Cote, II
 SSgt. Timothy J. Donnelly
 SSgt. Kent B. Fisher
 SSgt. Raymond B. Fluery
 SSgt. John W. Goncalo
 SSgt. Walter J. Gorniar
 SSgt. Jon R. Hart
 SSgt. Neal A. Jason
 SSgt. William J. Jordan
 SSgt. Gary A. Kelly
 SSgt. Raymond E. Lambert
 SSgt. Edward R. Lorange
 SSgt. Debra D. Macsata
 SSgt. Michael P. McCorkel
 SSgt. Ronald L. O'Clair
 SSgt. Benjamin M. Pendleton
 SSgt. Ronald Prada
 SSgt. Susan A. Quille
 SSgt. Kathleen A. Reale
 SSgt. Craig A. Richard
 SSgt. Barbara J. Santana
 SSgt. Joseph E. Stoddart
 SSgt. Donald R. Talbot
 SSgt. Richard J. Vesper
 SSgt. Keith A. Webb
 SSgt. James C. Wolfe
 SSgt. Mark N. Wooster
 Sgt. Steven C. Cowern
 Sgt. Mark P. Upton
 A1C Joseph D. Story, II

Patrons have 'Direct Line'

Customers at Westover's Base Exchange now have a direct line to Maj. Gen. Richard D. Murray, Army and Air Force Exchange Service commander.

"Patrons can make their feelings known to the man who can do the most good by completing a self-addressed, postage-paid card available at the exchange, and dropping it in the mailbox, explains John Petrizza, exchange manager. "Whether it's a request for specific merchandise, a comment on the exchange or on any other topic, each will be given individual attention."

Scramble winners

A foursome comprised of flying officers captured first place in the 439th Tactical Airlift Wing's team scramble held recently at the Westover Municipal Golf Course.

Lt. Col. Gale French, Westover's chief of safety; Maj. Paul Torpey, Maj. Bob Martens and Capt. Jim Hosey, all 337th pilots, fired a best-ball score of 64 (eight under par) to nose out an Army Reserve team that finished at six under.

Bowling tourney

An Alibi Bowling Tournament will be held for Westover Reservists between 1600 and 2300 hours Aug. 10. The event will be a scratch tournament, with four strings being rolled with the lowest thrown out to determine the final score. An entry fee of \$10 will be charged with \$6.60 going for prizes. For more information contact TSgt. "Butch" Rose or TSgt. John Speidel.

Lt. Col. Seilius retires after 35 years service

Story and Photo by
SSgt. Sandra Michon

Westover is losing one of its most people-oriented Reservists. With 35 years of military service helping fellow Reservists and civil servants, Lt. Col. Edward J. Seilius is retiring as chief of CBPO.

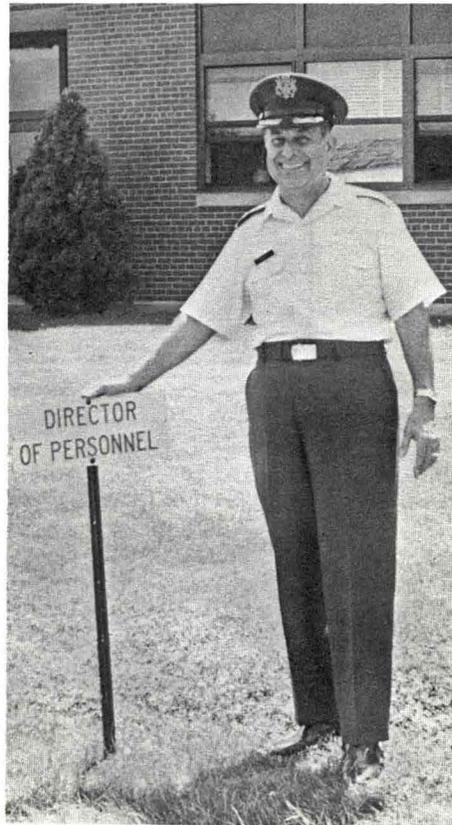
"It gives you a good feeling to know that you have helped people out," commented the colonel as he recounted his long military career.

The Worcester, Mass. native began his military career with the Navy in 1945. He served as a yeoman in California until May 1946. He enlisted in the Air Force in 1951 and served in New York, Japan and Delaware as a finance supervisor before his discharge as a technical sergeant in 1955.

He then joined an Air Force Reserve unit at Worcester Municipal Airport, and worked as a credit manager for a new car agency in Worcester until he accepted a position as an Air Reserve technician at Hanscom Field, Mass. in 1959.

Colonel Seilius was commissioned in 1961 and was transferred to Grenier Field, N.H. as an administration/personnel officer. "The only ranks I missed in my progression in the enlisted and of-

ficer ladder were airman basic and 2nd lieutenant," joked Colonel Seilius.



Lt. Col. Edward J. Seilius

When Grenier Field closed in 1966, Colonel Seilius was reassigned to Hanscom as the wing training officer, and in 1972, he was appointed to chief of CBPO at Hanscom.

In September 1973, Colonel Seilius was transferred to Westover as chief of CBPO. "Colonel Seilius was instrumental in the formation of the 439th TAW here at Westover in May 1974," said Lt. Col. Frank Purnell, 439th CSG executive officer. The 439th TAW was formed when the 901st TAG from Hanscom Field and the 905th TAG from Bradley Field merged at Westover.

In his 12 years as chief of CBPO at Westover, Colonel Seilius has seen a lot of changes. "The way we do our job has changed a lot due to computerization," he noted. "I've also seen a big reduction in the number of Reserve units in the New England area, but the personnel strength continues to grow providing an even greater challenge to CBPO."

Colonel Seilius retired from his ART position June 3, and was reassigned to ARPC (inactive Reserve status) on August 4.

He plans to continue his annual trip to Las Vegas, Nev. and also hopes to visit various friends and relatives around the country.

Stress can be managed psychologist says

By TSgt. Gordon A. Newell

'Stress Management' was the recent topic of discussion at the Consolidated Open Mess.

Diane Ray, Ph.D., a psychologist from Belchertown, held two three-hour workshops for Westover employees as part of the Federal Women's Program.

"Most of our jobs cause us stress," she explained. "By job we mean your major occupation, or the way you spend your time. For a homemaker, this usually includes taking care of the children, shopping, cooking, cleaning and managing the home. For the secretary, accountant, salesclerk, teacher, electrician or executive, it means dealing with all the tensions and pressures of the work-a-day world. For the working mother, it means all of the above. For the retired person, it can mean managing to live within a budget and figuring out what to do with your time."

One of the best ways of managing stress, Dr. Ray stated was through a

program of regular exercise.

"When we are under stress, our muscles tighten up to brace us for the emergency," she stated. "By using out muscles, we discharge tension and reduce our stress. For many of us our daily routines don't call for physical activity these days. We don't discharge the tension in our bodies and muscle tension build up. This can result in chronic muscle holding patterns that may result in stomach-aches, headaches, hyper tension and other health problems — even fatigue and moodiness."

The importance of regular exercise in any stress management program cannot be emphasized enough, she said.

"Through regular exercise we massage and invigorate our body organs, making them more resistant to disease and the aging process. Our muscles become limber and toned as we release pent up tensions. For instance, after a trying day at work or at home, a brisk

walk or swim or a run helps to recharge our batteries and liberate energies for the rest of the day."

During one stress management process called progressive muscle relaxation, Dr. Ray asked those in the audience to close their eyes and working from the feet to the head, to alternately flex and then relax various parts of the body. Next came some deep breathing exercises and a form of self-hypnosis. The entire exercise lasted less than five minutes but most of the participants seemed to agree, it did make them feel better.

"The mind is an amazing thing," said Dr. Ray. "There is so much you can do for yourself. Simple exercises like that one can relief stress and give one a feeling of well-being."

MSgt. Faith Longfield, the Federal Women's Program manager, said the workshop will be considered official training for civil service employees.

"Gathering of Eagles" presents living history

EDITOR'S NOTE: TSgt. John W. Spencer, a member of the 439th TAW's Public Affairs staff, was selected by the Air Force to participate in the "Gathering of Eagles" at Montgomery AFB, Al., May 28-June 2. The event, which was sponsored by the Air University, brought together 150 of this country's aviation "aces." Each of the fliers shot down five or more enemy aircraft in World War I, World War II, Korea or Vietnam, and Sergeant Spencer was asked to conduct tape recorded interviews with 14 of the heroes. The following is his account about some of the colorful aviation pioneers he met at Maxwell.

By TSgt. John W. Spencer

Fourteen legends of American aviation took part in the fourth annual "Gathering of Eagles" held at Maxwell AFB, Montgomery, Ala. May 28-June 2.

The occasion was the Air Command and Staff College graduation marking the completion of the 10-month Air University course for 550 U.S. and international military officers.

The aviators honored were all aces (pilots who scored five or more aerial victories) in World War I, World War II, Korea and Vietnam.

The high-flying pioneers spoke to students, faculty, the news media and guests about their adventures as aces.

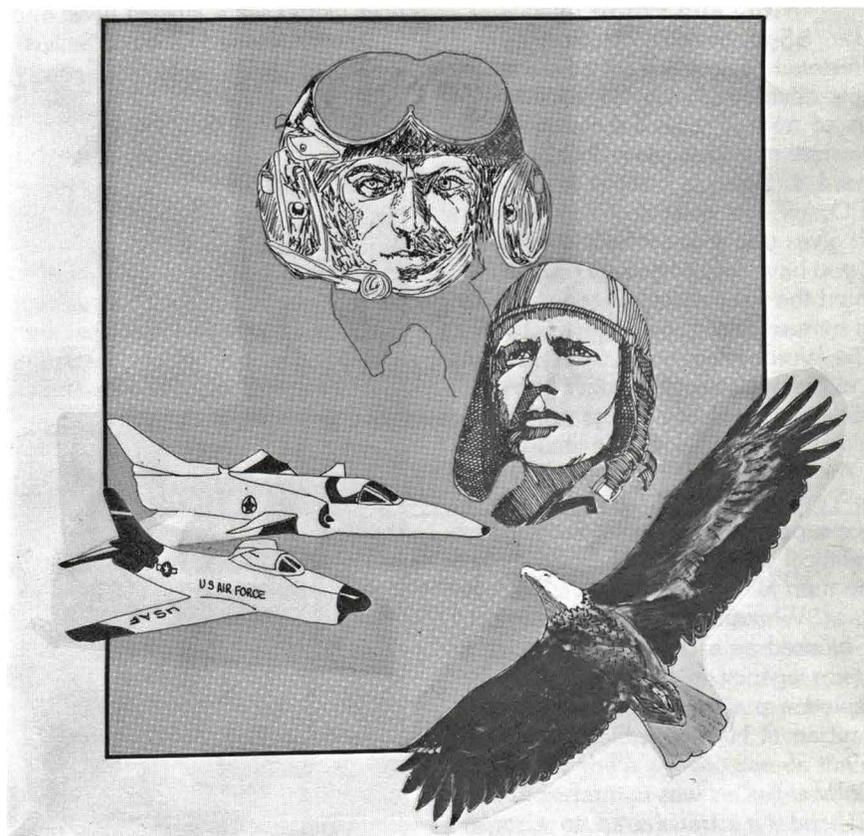
Their experience and achievement as military aviators encompassed the breadth of all feats of manned flight ranging from the double winged Sopwith Camel to the high performance F-4 Phantom.

The elite fraternity's accomplishments included those of Retired Lt. Col. George A. Vaughn Jr., America's fourth ranked World War I ace.

Vaughn described himself as "a free-for-all pilot who'd shoot at any enemy plane I could put my sights on."

During his first three months of combat he downed six German planes. By the war's end he was officially credited with destroying 13 enemy aircraft.

Another ace, noted for his exploits was Retired Maj. Gen. John R. Alison. He flew with the 14th Air Force under Gen. Claire Chenault, and is credited with the first night kills in the China-Burma-India (CBI) Theater of Opera-



tions.

Alison recalled, "We were flying P-40 Tomahawks painted with tiger's teeth. The Japanese fliers were very superstitious and were afraid to tangle with the 'Flying Tigers.'"

"Conditions were not the best, our field was little more than a place to land; everything was in short supply including parts, ammunition, experienced fliers and gasoline," he added.

"Nobody in China ever considered doing aerial combat during the night and the Japanese took advantage by bombing Chinese cities and airfields in the dark.

"Shortly after I took over the squadron I decided to go up at night in an attempt to intercept the Japanese planes, General Alison said, "the first night up I spotted their exhaust and climbed at top speed to 15,000 feet."

"It must have been a shock, when those pilots saw my flying tiger bearing down. As the smoke clear four planes were falling in flames; one was mine."

"I nursed my P-40 to a crash landing in the Siange River not too far from the end of the runway."

By the time World War II ended, Alison had 10 Japanese flags painted on the side of his flying tiger.

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