

PATRIOT

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PATRIOT TIGER '93

Aerial porters sharpen skills in the field

Article and photo

by SSgt. Christine Mora

Reservists from all over the country earned their stripes during Patriot Tiger '93, the annual 22nd Air Force exercise designed to hone the skills of Air Force Reserve aerial porters.

Three hundred and fifty participants endured grueling heat, swirling dust and the whining roar of aircraft engines during the six-week event held July 11-Aug. 15 in Westover's wooded Dogpatch area.

The 20-man teams arrived for two-week intervals over the course of the exercise. They spent 24 hours-a-day in the simulated forward operating base managing the influx of aerial port missions, camp operations and individual training.

The tours began with classes on various aerial port skills, including marshalling and joint inspection of cargo, engine running onloads and offloads, chemical warfare, perimeter security, safety, hazardous materials and team-building.

Patriot Tiger Commander Lt. Col. Robert Kirschling explained that the exercise is designed to train the inexperienced aerial porter. "We start out slowly, holding classes on various aspects of the aerial port mission," he said. "By the end of the week, the teams are out on the runway, participating in actual loads."

This year, Patriot Tiger is under the spotlight like never before, according to Kirschling. "For years, it's been the biggest aerial port training exercise," he said. "This year it's the ONLY aerial port exercise."

"It's the Red Flag of the aerial port world," He said. "We're very proud of what we do out here, and we offer the biggest bang for the buck."

Kirschling explained that the intensity



EASY DOES IT -- TSgt. Chris McGowan, an instructor from Dobbins Transportation Proficiency Center, drills one of the 180 Patriot Tiger participants in the loading of C-130 aircraft at Dogpatch in July.

heightened as the exercise progressed. "We simulated a combat situation where the aerial port unit was charged with establishing a forward operating base and handling all the cargo and missions in and out of the area."

Organizers of the exercise drew from the aerial port experiences of recent military operations to add realistic training to Patriot Tiger. "We learned many lessons during the Gulf War and Somalia," Kirschling said. "Aerial porters were often deployed in Mission Support Teams (MST) of about six airmen to remote areas to manage cargo traffic."

The colonel said the MSTs deployed during Patriot Tiger participated in actual

missions, such as the airlift of captured Chinese military equipment to Hanscom AFB. Patriot Tiger cadre sent out a team of six "on their own," and the team chief was in charge of all aspects of the mission including onload, offload, logistics and billeting. "The idea of our MST training is to convey to the team chief, usually a technical sergeant, who in addition to the mission, is also responsible for his people," Kirschling said.

Two types of aerial port units participated in the exercise. Mobile Aerial Port Squadrons (MAPS) are mobility units which deploy with their own tents and equipment. The strategic Aerial Port

(Continued on page 10)

Lt. Col. David McCarthy joins Operations Group

Lt. Col. David J. McCarthy brings more than 9,000 flying hours and extensive operations experience to his new job as Westover's operations group vice commander.

McCarthy will function as a resource manager monitoring the status of Westover's aircrews and aircraft in the system.

"We're glad to have him," said Col. Ronald K. Peacock, operations group commander. "He comes highly recommended with vast experience in strategic airlift."

Originally from Centerport, N.Y., McCarthy began his military career as a tank commander with the Army National Guard in New York in 1968.

In 1973, he joined the active-duty Air Force and completed C-141 pilot training. He came to McGuire AFB, N.J. in 1974 and served with the 6th MAS.

In 1980, he transferred into the Reserve program as an instructor pilot with the 702nd MAS at McGuire. From 1984-



91, he held a series of Air Reserve Technician jobs in scheduling, training and standardization, on a group and wing level.

McCarthy became director of operations for the 335th ALS at McGuire in November 1991.

"I've been just about everything," said McCarthy, referring to the six flying squadrons based at McGuire.

He said he is both objective-oriented and people-oriented. "I hope to accomplish the mission, and take care of the people at the same time," said the colonel.

As a civilian, McCarthy worked for Western Electric in St. Louis, Mo., and for General Electric in Hicksville, N.Y. He also ran his own business for six years selling wood stoves, furnaces and solar equipment.

He holds a business management degree from Adelphi University in New Jersey.

He is married to the former Cheryl Wright and he has three children. McCarthy and his family reside in Ludlow, Mass.

Health news you can use: Lose weight without dieting

Remember the old saying, "pinch an inch?" Would you believe that the "pinch test" is simple as well as accurate? Standing in front of the mirror nude, pinch your waist and hips. If you can gather more than an inch, you can say you're not too thin.

If you're really brave, try jumping and watching which body parts jiggle. If you're honest with yourself, you can tell if you have so much extra weight that it is affecting your health.

Chronic dieting doesn't work. In fact, it can make you gain weight. Rather than dieting, changes in food selections, an exercise plan, and an "attitude adjustment" can help you lose weight and keep it off.

Food selections:

- **Lots of:** complex carbohydrates (pasta, rices, grains and cereals, and potatoes)
- **Moderate:** meats, polyunsaturated fats, cholesterol
- **Little of:** saturated fat, sugar, alcohol, caffeine, salt, and simple carbohydrates (pastries, candy, cookies)

Exercise:

- **Make sure you are cleared by your physician first.**
- **PAIN IS NO GAIN!** Warm up and cool down to get your body limber to start and finish exercises. Poor

preparation can increase injuries.

- **Keep exercise at comfortable level.**
 - **Wear appropriate clothes/shoes**
 - **Don't overdo it. Start slow and build up.**
 - **Don't bounce when stretching.**
 - **Keep control of muscle movement. Contract muscles to increase resistance.**
 - **Keep good posture and form.**
 - **Avoid high-impact activities. These only stress bones and joints too much.**
- **Remember, fat gets converted to muscle which weighs more, so weight gain is normal!**

Attitude:

- **Stop weighing yourself! Follow a healthy diet, and get regular exercise.**
- **Involve yourself in activities that don't revolve around, or involve food.**
- **Work towards liking your body as it is now, and work on improving. Focus on seeing yourself as successful and worthwhile.**
- **SMILE!**

1st. Lt. Paula J. Martel, 439th USAF Clinic

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1995 holds larger round of base realignments and closures

By SrA Mike Lyman

Bases like Westover which survived the 1993 realignment and closure process aren't out of the woods yet.

Another, bigger round of BRAC, with a new set of priorities and few certainties, is scheduled for 1995.

The recently completed round of closures eliminated only 15 percent of the total number of U.S. military installations throughout the world. The Pentagon plans to reduce the number of its facilities by an additional 25 percent two years from now.

According to Col. James Gallin, vice commander of the 439th AW, that means the next BRAC list will be much longer,

and much harder to avoid.

Gallin said that the Navy was the service most affected by the 1993 BRAC. He believes that Air Force installations--both active and reserve--will come under increased scrutiny in 1995.

Gallin hopes that two "significant factors" will help to keep Westover off the next list of closure targets.

The vice commander said that with the closing of Plattsburgh AFB, N.Y., Loring AFB, Maine and Pease ANGB, N.H., Westover's importance as a strategic East Coast location is enhanced.

Gallin also believes that the proposed expansion of joint civilian-military use at Westover could play a key role in decisions which the closure commission

will make.

"We feel strongly that the civilian development of Westover is an important aspect of the base's future," the colonel said. "We are working closely with local officials to do everything we can to aid in the civilian development of the airfield."

Gallin indicated that while expanded civilian development at Westover may help to spare the base from the budget cutters' axe, it will also pay dividends for the Pioneer Valley.

"We would like to forge a partnership that will create jobs and expand the economic base in Western Massachusetts and we are working hard to come up with a strategy that will do that," he added.

President names Mass. woman Air Force Secretary

WASHINGTON -- President Clinton's choice for Secretary of the Air Force breezed through a confirmation hearing teeming with praise for her job qualifications in July.

The Senate Armed Services Committee recommended confirmation of Dr. Sheila Widnall. If confirmed, she will become the first woman to head a branch of the armed forces. She will take an unpaid leave of absence from Massachusetts Institute of Technology where she is an associate provost. She plans to return to MIT when her term as Air Force Secretary is complete.

Calling the nomination a "banner day for Massachusetts," Sens. John Kerry (D-Mass.) and Edward Kennedy (D-Mass.) offered further support for her nomination as they introduced her to the committee.

"She is really a superb nominee for this moment in time when the Air Force, indeed, the entire military, is restructuring, rebuilding, because she is a known as a builder--someone whom, as she has said, is not just willing to learn the ropes quickly, but who really wants to learn how to make the ropes from scratch.," Kerry said.

"In a year when combat cockpits are being opened to women, where the first woman has begun to train flying fighters, where the first woman missile squadron leader has taken command, it is really fitting that we have a leader of one of our armed services who is also a woman."

"Widnall's nomination is an important milestone symbolizing the progress women are making in the military," Kennedy said.

Widnall told the committee she sees the opportunity to be the first woman service secretary as just that--"an opportunity, not an achievement."

She said the Air Force's ability to handle its global reach and global power responsibilities hinges on the contributions of everyone. "Quality people make ours the quality air force of the World," she said.



Donna Coveney, MIT

NOMINATED BY PRESIDENT -- Dr. Shiela E. Widnall, associate provost at Massachusetts Institute of Technology, is President Clinton's nominee to become secretary of the Air Force. A professor of aeronautics and astronautics, she has served on numerous boards, panels and committees in government, academia and industry.



SAFE AND SECURE -- SSgt. John Clement, 439th SPS security policeman and vehicle monitor, installs a light bar auxiliary control panel in one of the squadron's vehicles.

Clement drives down the road to excellence

Unsung Patriot

Article and photo by SrA. Mike Lyman

Washing, waxing and maintaining our personal vehicles is a job few of us have time for, let alone enjoy.

Not surprisingly, maintaining a fleet of vehicles single-handed is a burden few people would ever be eager to accept.

That was the dilemma facing the 439th SPS two years ago. For years the 439th Security Police Squadron's wanted someone with the skills and motivation to keep their 10 vehicles

purring. And then SSgt. John Clement came along.

Since the summer of 1991, Clement has worked on his own time, and at times spent his own money, serving as the security police squadron's vehicle monitor, in addition to his duties as a 439th SPS security policeman and air reserve technician.

When Clement realized the need for a vehicle monitor, he didn't ask for the job -- he demanded it, said Capt. Dan Mays of the 439th SPS.

"Being a security policeman can, at times, be very boring," Clement said, explaining why he took the job. Combining his enthusiasm with a love for emergency vehicles and it was a job made to order.

No longer is he bored. Clement is now faced with the challenge of maintaining some of the oldest vehicles on base and nursing them through the extremes from summer heatwaves to Massachusetts winter cold.

According to Mays, the security police put three or four years of wear and tear on a vehicle in one year. As a result, most of the squadron's vehicles, including autos, 4x4s and six-packs) have logged more than 100,000 miles since their purchase in 1987 and 1988. Yet, at a glance, none of the vehicles show signs of that kind of wear and tear.

But Clement does much more for the vehicles than just keep them spotless.

Clement, who's striving to make what he calls a "better quality vehicle," spends two or three hours a week on the phone with out-of-state agencies, local and state police and even junkyards, to track down parts ranging from screws, cables and hubcaps to glove compartment doors, radios, crash boxes and cigarette lighter units. The lighter units are used to power radar guns.

The rest of his time is spent installing the parts, vehicle inspections and washing and waxing.

"I've always been into cosmetics and performance," said the Queens, N.Y. native. "I believe if something is in the vehicle it should work properly and if it's something needed which isn't there to begin with, it should be installed. However, I'm definitely not a mechanic."

Clement says he has always kept his personal vehicles spotless. Currently, he spends much of his off-duty hours customizing his '86 Nissan pick-up which he regularly enters in car shows -- winning every time.

The 25-year-old Clement began his military career in 1986, spending four years at Groton Naval Base, Conn., where he served as a torpedo man aboard the USS Providence. In addition to his routine duties of maintaining the delivery systems aboard the fast-attack submarine, he acted as the small arms petty officer, an extra duty that required him to qualify all of the sentries in small arms training.

Clement left the Navy to join the Air Force Reserve at Westover in 1990, fulfilling a dream of becoming a military policeman. Since then, he has regularly worked the 4 p.m. to midnight shift as both an ART and a reservist.

Whenever he's on duty, Clement earns top marks from his superiors.

"He spares no expense in keeping the vehicles ready for all contingencies," said his first sergeant, SMSgt. Tim Murphy. "He spends his own time and money doing a full-time job for which there is as yet no full-time position. In doing it he has improved the quality of life in our day-to-day job," he said.

"Because of this man, we've been able to get a new truck, something we've never had before," Mays said.

Clement and his wife, Melissa, live in Westfield. His hobbies include building model cars and trucks, and playing the drums.

Job change turns Sullivan into long distance commuter

By TSgt. Sandi Michon

If you add up the number of miles Jack Sullivan has traveled during the past six months, they would stretch completely around the globe.

At least half of the nearly 26,000 miles he has logged have been on the highways between Baltimore, Md., and Belchertown, Mass.

Sullivan has become the ultimate long distance commuter as he has attempted to maintain a full time job in Baltimore, a part-time job at Westover, and homes in Maryland and Massachusetts.

Sullivan is a real estate specialist with the U.S. Postal Service and was transferred to Columbia, Md. in January. He and his wife Barbara, were unwilling to leave their home in Belchertown, so they were faced with a dilemma.

In pursuit of a silver lining, Sullivan purchased a rundown row house in the Fell's Point section of Baltimore. He has purchased and restored a dozen homes, so in his "spare time," he is completely renovating the row house.

"I couldn't find any property I liked in the immediate Columbia area," explained Sullivan, a master sergeant and career advisor with the 439th Mission Support Squadron. Turned off by the pristine, "cookie cutter" look of many communities, Sullivan was drawn to the cultural diversity of the Fell's Point area.

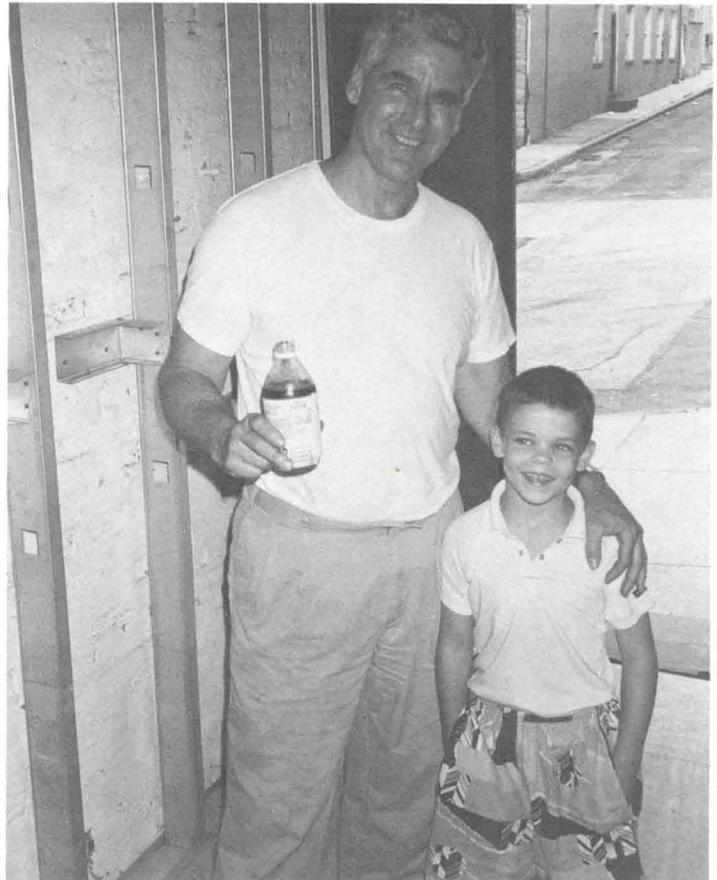
"The people are blue collar, white collar, old and young, but everyone is hard working, and they have learned to get along with each other," he explained.

Sullivan travels an average of 2,000 miles per month for the post office, and drives the 760-mile round trip to Massachusetts nearly every weekend, which doesn't leave much time for renovation work.

"I go early in the morning to direct the subcontractors, and I work on the house about three nights a week. I get there about 6 p.m. and work till I drop," said Sullivan, with a weary smile.

In the process of restoration, about eight neighborhood boys have befriended Sullivan. "They come around and ask if they can do some work for me," he said. "If a kid wants to work to earn money, I'll find something for him to do." Jobs include painting, sweeping and cleanup.

Sullivan is known as "Mr. John" to the neighborhood boys, and one five-year-old boy nicknamed "Moose" has captured Sullivan's heart. According to Sullivan, Moose's job is to do the soda run for the youthful work crew. "He's not allowed to cross the street," explained Sullivan. One Sunday, he had trouble finding an open store. Undaunted, he returned with the soda. When Sullivan asked him if he had crossed the street,



Courtesy of M. Sgt. John Sullivan

MOOSE AND ME -- Five-year-old "Moose" is one of several neighborhood boys who seek employment from "Mr. John" as he renovates his Baltimore row house. Moose (Kevin Pratt) has the soda-run job.

Moose said that he hadn't, but finally admitted that he had purchased the soda at a local bar. Sullivan was impressed with his ingenuity and said he always makes sure there's enough change to cover Moose's pay.

Sullivan, who has 22 years military service, and a varied civilian background, is not sure how long he can keep up his current pace. But he comforts himself by knowing it will not be long term. He is hoping to be transferred back to New England within a year or two, but if that doesn't happen, the 439th career advisor will have to make definitive decisions about his own career.

For now, one thing is certain - Jack Sullivan's life is where the rubber meets the road.

Westover cops complete Ground Combat Readiness Course

While most reservists enjoyed the Fourth of July weekend with their families, security police were lighting up the skies of Texas with their own brand of fireworks.

From June 26 through July 9, 17 reservists from the 439th Security Police Squadron and the 639th Security Police Flight took part in Patriot Warrior--the

Ground Combat Readiness Course (GCRC) at Camp Swift, Texas.

The SPs, lead by SMSgt. Winfield "Doc" Dailey, trained using live munitions, including Claymore mines, LAW rockets and M-60 machine guns, all part of their wartime mission. In addition, the SPs learned the basics, including driving a HMMWV, a deuce-and-a-half, naviga-

tion training and reconnaissance patrol using infrared equipment. All totaled, the SPs learned 127 skills through the two-week exercise.

With the exception of new arrivals, all of the 439th SPS and 639th SPF security police have now completed the GCRC and will begin enhanced GCRC training next year.



Sgt. Howard Crawford

NO APPOINTMENT NECESSARY -- Using a village clearing as a treatment area gave the term medical field a new meaning as members of the 439th USAF Clinic provided dental treatment to Hondurans living

in remote mountain areas. With no electricity and only the light of day, Maj. Barry Cunha, above right, extracts a villager's tooth. He is assisted by TSgt. Tim Anthony, center, and a reservist from another unit.

Honduran people fondly remembered by 439th medics

By TSgt. Sandi Michon

The conditions at Soto Cano AB were nothing to write home about, but when 23 members of the 439th USAF Clinic got home, they had plenty to talk about.

It wasn't about the prison-like atmosphere of the base, the crowded, oven-like hooches, or the volatile political environment. It was about people - the Honduran people. It was about our people helping their people.

They talked about the expressions of delight and wonder on the faces of nearly-blind, old, poor Hondurans after much-needed cataract surgery.

They talked about mountain villagers who flocked to the helicopter as their only means of medical assistance. The main road to their isolated hilltop is a footpath.

They spoke about a poor, but hard-working, proud and happy people who were sincerely grateful. Their poverty is

oppressive, but relative.

Despite the hardships, Westover's clinic personnel were thankful. Thankful for the opportunity to see a different side of life - thankful for the memories that they had made a difference.

The first two weeks of June were a step outside of normal life for the 23 clinic personnel, yet their blend of Reserve and civilian skills proved critical to their mission.

Maj. Barry Cunha is used to practicing dentistry in a hygienic office in Lexington, Mass. In Honduras, he treated patients on a single chair in a village clearing with simple equipment and no electricity. "I pulled 100 teeth a day," said Cunha. With no dental treatment available for restorative work, he said their primary purpose was to alleviate their pain.

At Soto Cano clinic, where dental equipment was more sophisticated, but broken, MSgt. Mark Gilyard was a god-

send. As a civilian, he sells dental supplies and equipment. While in Honduras, he was able to repair and install necessary dental equipment.

"Little things meant a lot. Gilyard is an example of one of the many ways we brought specific, essential skills," said Maj. Randy Brown, 439th public health officer. "Without each person's portion, we could have never accomplished what we did," said Brown.

Brown is a perfect example of blending civilian and military skills. He is a veterinarian who teaches surgery at John Hopkins University School of Medicine in Maryland. A far cry from the classroom, Brown flew to eight villages providing worming and immunizations to cattle, horses, pigs, goats, dogs and chickens.

"We were an event when we landed in a village. The entire village turned out," said Brown. He spoke fondly of the Honduran people, and pointed affectionately

to children in his photos. He knew them very briefly, yet they left warm memories.

Three clinic members brought a simple, but indispensable skill to the medical mission - the Spanish language. SSgts. Michelle Archambeault and Gladys Twarkins, and SrA. Maribelle Sepulveda provided the communication vital to correct medical treatment as they translated throughout the tour. "We could not have done the mission without them," said Cunha.

Nurses were essential to the treatment as well. When Col. Schiele Brewer, clinic aerospace medical officer, performed eye treatments at St. Teresa's Hospital in Comayagua, Westover nurses were a vital support.

According to Brewer, they performed 65 cataract surgeries, 25 strabismus cases on children and 10 ocular plastic surgeries over a nine-day period.

"It was great. We were very well-received, and it was personally very fulfilling," he said. Brewer said the facilities were outdated and related that the electricity actually shut down in the middle of a surgery.

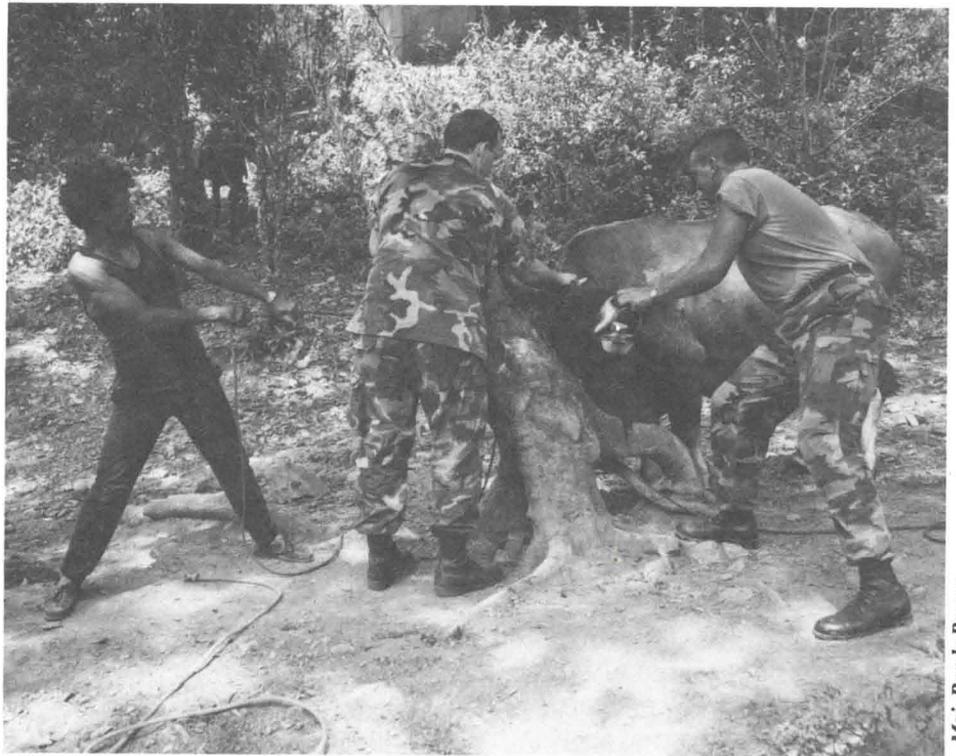
All of the work performed was part of Operation Southern Samaritan/Southern Hope, and was coordinated through the Honduran Ministry of Health.

The United States heavily augments the Honduran Health Ministry to inaccessible and non-competitive areas. The military is vital as the Honduran government cannot provide vehicles to access remote Honduran areas.

Because of terrorism and a volatile political system, off-base access was very restricted. "There was one armed guard escort for every two people," explained Brown. He said that greater access to the villages would have broadened their effectiveness. He cited one aborted mission due to impending darkness and their proximity to the border.

The members of the 439th USAF clinic have returned home. Two weeks is a relatively small amount of time, but the ripple effect of their annual tour will be felt in the lives of the Hondurans and the hearts of the Reservists into the future.

While the Hondurans received practical assistance, the 23 clinic members received much more - the pride of possessing valuable skills, and the joy of sharing them with others.



Maj. Randy Brown

READY OR NOT, SHOT -- Maj. Randy Brown, 439th public health officer, and civilian veterinarian(center) administers deworming and rabies shots to livestock. Below, TSgt. Robert Driscoll, 439th USAF Clinic NCIOC, administers an immunization to a Honduran woman. The military medical assistance provides care otherwise unavailable to the Hondurans living in remote mountain areas.



Maj. Randy Brown

EDITORIAL

Saving for retirement

The old adage "It's not what you earn...it's what you keep," really hits home when retirement comes to mind.

For many, a reserve pension and Social Security could be the only income after getting those gold watches. But Social Security is a supplement, President Roosevelt never intended to retire people into comfort. The same is true for pensions from part-time Air Force careers.

Ominously, even these government nuggets are no longer sacred cows. Some view Social Security as a dinosaur, where one generation supports another. Link that growing sentiment with a run-away national deficit, and the program faces an uncertain future.

And there's no end in sight for downsizing the armed forces. The reorganizing, the consolidating, the layoffs--both military and civilian--continue. Worse yet, more base closings loom in 1995.

Not a bright prospect.

So, how do we keep more?

It's an old-fashioned answer that's no longer in style: save.

We're at the bottom of the barrel when it comes to stashing away the fortunes we make. Fortunes? A \$30,000 salary for 40 years earns \$1.2 million.

Last year, Americans saved a paltry 4.8 percent of their disposable income. Compare that to 14 percent for the Germans, 15 percent for the French and an impressive 20 percent for the Japanese.

Ironically, more vehicles to save--and save big--exist today than ever before. Never mind the bank, we now have certified financial planners, annuities, mutual funds, tax-free bonds and IRAs to shelter them.

Still, 87 percent of Americans 65 or older live on a meager income of about \$10,000, reports the Census Bureau. An alarming statistic.

Anyone who wants to control their future must save. We don't need to be Texas oil barons. We do need to stop being slaves to consumption. We need goals. We need values defined by common sense, not Madison Avenue. We need to stop worshipping at The Mall.

How much is enough?

Consider this: a 28-year-old individual stashes \$2,000 per year in an IRA yielding 12 percent. At age 65, the nest egg is worth \$1,363,780. Now that's rocking-chair money.

Capt. Paul Koscak Jr.
Public Affairs Officer

Juvenile Diabetes will benefit from Westover walkathon

The Greater Springfield Chapter of the Juvenile Diabetes Foundation will conduct its annual walkathon at Westover Sept. 19.

The 10-kilometer event will begin and end at the base picnic pavilion.

Registration will begin at 10 a.m. followed by the walkathon which will be routed around the base and through the cargo compartment of a C-5. A picnic lunch will follow the walk.

For those who do not wish to walk, but would like to help, send contributions to:

Juvenile Diabetes Foundation
Greater Springfield Chapter
P.O. Box 80715
Springfield, Mass. 01138

Briefs

Winning ideas

Six Westover employees collected \$5,363 after having their ideas accepted in the Air Force's Suggestion Program.

Byron Labreche was the big winner, walking off with \$4,167. Next came Daniel Olszta who won \$544 followed by Denis J. Pelletier with \$500, Gayanne Boyer and Charles Darling with \$50 each and Vikki Stokes with \$25.

Inmates on base

Four pre-release inmates from the Hampden County Jail are presently working for roads and grounds on base as part of the Federal Community Custody program which helps inmates get readjusted to society.

The program, which is only available to inmates who have been thoroughly screened, also teaches the inmates to be responsible working citizens.

35-10 Change

WASHINGTON (AFNS) -- Service members wearing battle dress uniforms can now dine in local off-base eating places, whether or not waiter or waitress service is offered, thanks to a change in Air Force Regulation 35-10.

However, such establishments must also be used by civilians wearing work clothes comparable to fatigues, Air Force officials said. Eating at places that have a more formal dress code is prohibited.

The change is effective immediately, officials said.

Scholarship lunch

The Westover Air Reserve Base Chiefs Council will be holding its fifth annual scholarship luncheon Sunday, Aug. 8 at the Consolidated Club starting at noon.

At that time, 10 scholarship winners will be presented checks.

Big suggestion ideas earn bigger bucks

By SSgt. Nancy Wilochka

Moola, dough, greenbacks - whatever you call it, it still adds up to the same thing: MONEY. And what could be nicer than to get it for free - well, almost.

First, you need a good idea.

Then, you must be a base civilian or military employee, and you must submit your idea to the bases' Suggestion Program Monitor. Once your suggestion is determined eligible, it goes through an evaluation process. If approved, it then goes to the Suggestion Awards Committee, which uses established guidelines to determine any monetary award.

Think that sounds like too much work for a few extra bucks? SSgt. Byron LaBreche, an electro-environmental systems technician with the 439th Equipment Maintenance Squadron, certainly doesn't think so. But then again, LaBreche has pocketed about \$5,500 for his suggestions in the past year. That's no small change for La Breche, and for the Air Force.

As a result of LaBreche's most recent suggestion, the base will shave off approximately \$193,000 in maintenance repairs for one year; if his suggestion gets implemented Air Force wide, the entire Air Force will save tremendously.

Susanne Schmidt, base employee relations assistant, and suggestion program manager, said the purpose of Suggestion Program is to recognize workers whose ideas improve the quality of work and services in the Air Force.

"The Air Force Suggestion Program has been around for a very long time, and there has been innumerable improvements created by the people who need them - whether it's related to their job or not," Schmidt said.

Schmidt explained that each organization on base has a point of contact available to aid in any technical questions that the evaluators may have. If the suggestion needs further study as to its validity or worthiness, it can go up the channel through each level of command, until it reaches the highest command with approval/disapproval authority.

To take the "mystique" out of who assigns a particular monetary compensation to a suggestion, Schmidt cited Air Force Regulation 900-4, explaining the system of tables set up as guidelines for the Suggestion Awards Committee.

The committee uses these tables to



SSgt. Byron LaBreche

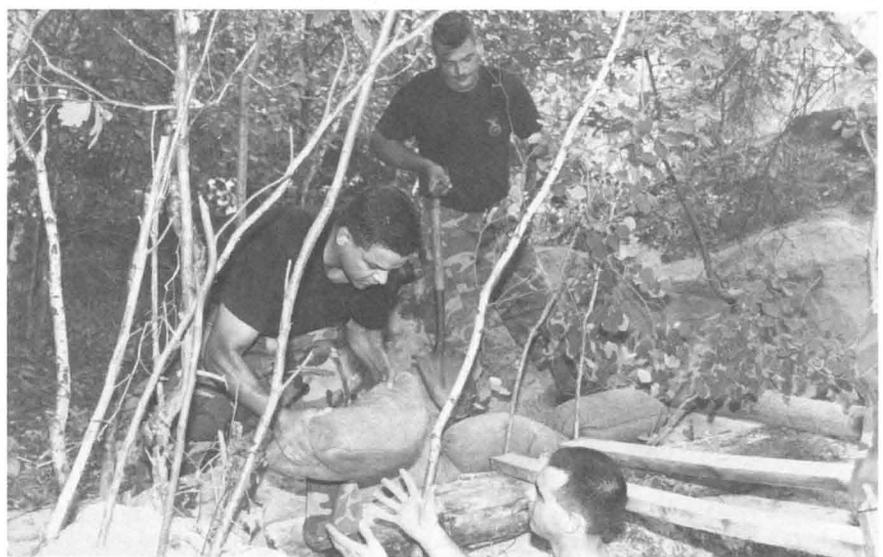
determine the type of savings warranted by the suggestion, either tangible or intangible. Tangible is something that can be measured in savings of dollars and cents, and intangible is something that has savings in safety or morale. From these tables a cash award is established, Schmidt said.

"Usually, every approved idea gets some form of monetary award. Since I've been the suggestion program monitor, \$5,000 has been the largest single amount given, back in May of 1990," Schmidt said.

Getting back to LaBreche, in his omnipresent quest to better his field, he almost seems oblivious to the fact that he's netted such a sizable prize.

When asked what he expected to spend his new stash on, he replied matter-of-factly, "Oh, I have at least ten new ideas that I've been working on that will make my job easier, and I have to buy a computer to help the ideas work out. So, I'll buy that, and maybe a few other things."

No matter how he spends it, LaBreche proves that good ideas are worth plenty.



HELPING HAND-- SSgt. Gilberto Jimenez (center) hands a sandbag to SSgt. Mike Penna as members of the 639th SPF construct a defensive fighting position at Westover's Dogpatch section during the July UTA. MSgt. Eben Goode (with shovel) led the effort to build the fortified, six-by-eight foot foxhole in temperatures of nearly 100 degrees.

MSgt. Tom Allocco

SSgt. Vin Blanchard

Westover hosts national aerial port exercise

(Continued from page 1)

Squadrons usually augment units at existing bases. While the MAPS personnel were housed in their tents, APS reservists lived in the newly refurbished hardback tents at the compound.

Refurbished hardbacks are one of many improvements at the camp this year. Civil engineers from the 919th Special Operations Group, Eglin AFB, Fla., spent two weeks in June upgrading the hardback tents with fiberglass roofs and siding, adding electrical generators and performing extensive remodeling to make the field showers safe and comfortable.

According to Kirschling, practically every unit at Westover supported the exercise in one way or another. "Patriot Tiger has definitely been a team effort," he said. "We've received incredible support from all the agencies on base including Transportation, Civil Engineering, Communications, and the Clinic."

Kirschling also credits SMSgt. James Gillett, air transportation supervisor, for dedicating months of his time working exclusively on the exercise. "This is the smoothest opening of Patriot Tiger we've ever had-- largely due to SMSgt. Gillett," said Kirschling. "He eventually developed a step by step operational guide for future coordinators of Patriot

Tiger exercises."

Gillett's operational guide will come in handy because Patriot Tiger will be around for quite some time, according to Col. James P. Czekanski, wing commander.

"Our goal is to expand Patriot Tiger in size and scope," the colonel said. "We'd like Patriot Tiger to become the nucleus for a multi-faceted exercise that involves a variety of people, such as the medics,

civil engineers, and security police. Czekanski explained that he would like to see Patriot Tiger grow from a six-week to a three-month exercise.

"Expansion of the exercise would mean continuous utilization of the training area and fits perfectly into our Northeast Training Facility concept," he said. "Patriot Tiger will hopefully evolve as the parent exercise to a host of similar projects."



JACK OF ALL TRADES-- Sgt. Bobby Watts, a heating specialist with the 919th Civil Engineering Squadron, from Duke Field, Eglin AFB, Fla., hammers supports into the framework of a hardback tent at Westover. Nearly 20 919th CES members spent two weeks refurbishing Dogpatch prior to Patriot Tiger.

Reflections: Ploesti and Schweinfurt

refineries at Ploesti, Rumania, which produce one-third of the Reich's petroleum needs, by a force of 177 Libya-based Eighth and Ninth AF Liberator bombers on Aug. 1.

In carrying out the attack, the Americans make every effort to surprise and overwhelm the defenses. However, mishaps en route alert the German defenses and cost the Americans dearly.

Met by savage German air and ground defenses, 55 Liberators are shot down to and from the target. By mission's end, an additional 53 of the bombers are so badly damaged they can only be used for salvage.

Though the Allies claim an estimated 40 percent of Ploesti's oil producing capacity is knocked out, the raid does not seriously impair Ploesti's oil production.

The second large raid takes place on Aug. 17, when Eighth AF Flying Fortresses make their deepest penetration to date into the Reich, striking Regensburg (where nearly one-third of the Luft

waffe's Messerschmitt-109 fighters are built) and Schweinfurt (where 50 percent of Germany's ball-bearings are produced).

In one of the critical air battles of the war, over 300 German fighters engage 376 Fortresses which attack in two waves without long-range fighter protection.

The air battle results in a big victory for the Luftwaffe. For the loss of 25 fighters, German pilots shoot down or destroy beyond repair 107 Fortresses. Even worse for the Allies, the results of the mission are not decisive.

On the island of Sicily, relentless Allied pressure forces the Germans to begin evacuating the island after the second week of August. Thereafter, the island's conquest becomes a race for Messina between Patton and Montgomery.

The race is eventually won by the Americans when Patton enters the town on the morning of Aug. 17, just ahead of his archrival Montgomery.



Logo and story by SrA. Mike Lyman

In Europe, the U.S. Army Air Force launches two large raids against three of Germany's most critical production sites.

The first raid is against the oil

Patriot People

Name: Elaine Bernash
Rank: SMSgt.
Age: 37
Address: Granby, Mass.
Unit: 439th OSSQ
Position: Operations technician
Civilian position: Air Reserve Technician
Favorite food: Seafood
Years of service: 14
Favorite sport: Swimming/boating
Favorite hobby: Collecting old books
Ideal vacation: Anywhere on a beach
Best way to relax: Read/jacuzzi
Preferred entertainment: Music/relaxing
Favorite celebrity: None
Favorite music: Windham Hill
Favorite book: *Gifts from the Sea*
Favorite color: Forest green
Favorite car: Jaguar
Pet peeve: Bureaucracy
Best thing about Westover: Gym/Club
Worst thing about Westover: Politics



SrA. Mike Lyman

SMSgt. Elaine Bernash



VIEW FROM BELOW -- Col. Peter Sullivan, commander of the 928th Airlift Group from O'Hare IAP, and one of the visiting civic leaders from the Greater Chicago area, inspect the undercarriage of a C-5 during their visit to Westover in July.

(photo by SSgt. Nancy Wilochka)

Patriot Praises

PROMOTIONS:

CMSgt. Ouellette, George E.
 SMSgt. Fraini, Frederick D.
 SMSgt. Hafner, Kevin E.
 SMSgt. Indomenico, John S.
 MSgt. Aiken, Jerrold J.
 MSgt. Bambury, Herbert III.
 MSgt. Jensen, Peter E.
 MSgt. Jesmonth, Jeffrey
 MSgt. Silcott, Vance S.
 MSgt. Thorne, William S. III.
 TSgt. Berube, David E.
 TSgt. Doucette, Richard
 TSgt. Jones, Patricia A.
 TSgt. Kohler, Kurt C.
 TSgt. Lawton, David W.
 TSgt. Mahady, Thomas E. III.
 TSgt. Ross, Karen R.
 TSgt. Stefaniak, Robert
 TSgt. Stilley, Kim L.
 SSgt. Allen, Kimberly A.
 SSgt. Champion, Daniel M.
 SSgt. Churchill, Lori L.
 SSgt. Clark, William C.
 SSgt. Fields, Kelly N.
 SSgt. Green, Todd J.
 SSgt. Lawson, Laurie A.
 SSgt. Martel, Donald R.
 SSgt. Martin, Norman F.
 SSgt. Mostert, Kelli S.
 SSgt. Roberts, Todd A.
 SSgt. Sullivan, Daniel O.
 SSgt. Vanegas, Alejandro
 SrA. Abele, John J. Jr.

SrA. Allen, Christopher E.
 SrA. Berrios, Michael R.
 SrA. Dupont, Liza M.
 SrA. Hall, Susan A.
 SrA. Landry, Keith W.
 SrA. Luby, Robert F.
 SrA. Rice, Kristopher L.
 SrA. Rivera, Elizabeth
 SrA. Serricchio, Michael C.
 SrA. Shakoar, Qareeb N.
 SrA. Snay, Eric T.
 SrA. Stephens, Bavonne N.
 SrA. Sullivan, Daniel G.
 SrA. Zina, Michael
 A1C Drapeau, Cheri M.
 A1C Kouflie, Lisa M.
 A1C Kycia, Julie A.
 A1C Smith, Gregory P. Jr.
 A1C Thurber, Justin E.
 A1C Watson, Gary M.
 A1C Wilson, Michael D.
 Amn. Pandolfi, Christopher

SSgt. Benjamin, Moncia A.
 SSgt. Bone, Steven P.
 SSgt. Cepero, Fernan R.
 SSgt. Chyra, Brenda M.
 SSgt. Clark, William C.
 SSgt. Clement, John N.
 SSgt. MacDonald, Paul W.
 SSgt. Mora, Christine M.
 SSgt. Paratore, Paul D.
 SSgt. Pitts, Melissa K.
 SSgt. Rodrigues, David A.
 SSgt. Sidebottom, Jeffrey D.
 SSgt. Sullivan, Alexander F.
 SSgt. Tetreault, Kenneth E.
 SrA. Ivey, Robert D.
 SrA. Lange, Robert D.
 SrA. Mills, James C.
 SrA. Pelger, Scott M.
 A1C Sawyer, Jacqueline E.
 A1C Uccello, Marc A. Jr.

ENLISTMENTS:

MSgt. Zegarelli, Lawrence J. Jr.
 SSgt. Chaison, Frederick J. III.
 SSgt. Lee, Gary A.
 A1C Ballestas, Orlando J.
 A1C Dupuis, Jennifer A.
 A1C Walker, Christopher C.
 Amn. Freeman, Patricia A.
 AB Struthers, Richard M.

REENLISTMENTS:

MSgt. Lagasse, James H.
 MSgt. Ploof, Karen S.
 MSgt. Scott, Karen S.
 TSgt. Brown, Kevin R.
 TSgt. Cote, Beverly A.
 TSgt. Deleon, Steven O.
 TSgt. Hoerner, John A.
 TSgt. Kopp, Karl Heinz
 TSgt. Turner, Dailey O.
 SSgt. Barker, Jeffrey D.

Westover memories linger for "Silver Dollar" B-24 crew

Article and photo by Capt. Paul P. Koscak Jr.

They came to Westover to fight a war. Nearly 50 years later they came back...to remember.

In 1944, nine Army Air Corps flyers assigned here became a team that flew a B-24 Liberator over Nazi territory on 35 combat missions.

The intervening years apparently have not diminished the memories these retired warriors recall so vividly.

"This was a staging area before going overseas," said Raymond W. Bethel of Lehigh Acres, Fla., one of the B-24 crewmen who visited Westover during June. In 1944, he was a 19-year-old bomber pilot, fresh out of flight school and headed for war.

"This is where the crew first met," Bethel said as he surveyed Westover's flightline.

The crew was so new that it didn't even have a name. That changed when the bomber's nose gunner reached into his pocket and produced a gleaming coin.

"He said, 'why not be the Silver Dollar crew?' and the name just stuck," said Bethel, a recently retired physician.

Lucky dollar might have been more appropriate. It would take luck--and plenty of skill--for the teenage pilot to fly what was then America's most sophisticated bomber through the flak-filled skies over Germany.

"He (Bethel) got us through 35 times," said Joe Andreotta of Belleview, Fla., the crew's radio operator, recalling the young pilot's feat with a note of disbelief in his voice.

Bethel claims that German flak posed a greater danger than attacking aircraft. "There were very few fighters," he said, noting that ground-based Nazi gunners were his biggest fear.

During their nostalgic visit, the Silver Dollar crew reminisced about how Westover used to look.

The WWII aviators said that in 1944, Hanger Row pretty much defined Westover. There was the protruding water tower, lots of dirt roads and plenty of open space--the remains of acres of tobacco farms.

But while most of the base buildings they knew were gone, the memories were obviously still there.



MEMORIES--Memories abounded when members of a B-24 crew nicknamed the "Silver Dollar Crew" visited Westover, the base where they had served nearly half a century earlier. Lt. Col. Dave Moore, 337th ALS pilot (center) talks with visitors on the flightline.

PATRIOT



Published monthly for Patriots like SrA. Christopher W. Lebreton of Hudson, Mass., and 2,870 members of the 439th AW at Westover ARB, and geographically separated units.

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