

PATRIOT

439TH AIRLIFT WING • AIR FORCE RESERVE • WESTOVER ARB

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'Candy Bomber' receives hero's welcome



Col. Halvorsen returns to Westover, on nostalgic flight

by MSgt. Tom Allocco

Half a century after making history as the "Candy Bomber" of the Berlin Airlift, retired Colonel Gail Halvorsen brought a C-54 Skymaster back to Westover on May 5 and did it again. Halvorsen and his aircrew received a heroes' welcome from more than 700 school children who scrambled and laughed as he tossed them candy in the Base Hangar.

The visit to Westover marked the first stop of a 50-year commemorative flight from Floyd Bennett Field, Brooklyn to Berlin.

The ceremonies here attracted a host of dignitaries, including German consul general Dr. P.C. Hauswedell, and Chicopee Mayor Richard Kos, but the high point was provided by the children. For a few moments in the Base Hangar, Halvorsen was again a 27-year-old pilot energized by the peels of young laughter when he raised parachutes of treats over his head and threw them at waving hands.

In 1948, Halvorsen won a place in history and the hearts of hungry German children when he tied candy in a handkerchief and tossed it from the cockpit of his C-54 during the Berlin Airlift. It was a simple act of kindness, but in the bleak early days of the Soviet stranglehold on Berlin, the effect was like magic. The world was entranced by the imagery of smiles on the faces of deprived children in a bombed-out city under siege.

TSgt. W. C. Pope

WELCOME BACK — Col. (Ret.) Gail Halvorsen received a hero's welcome in May when he stepped off the "Spirit of Freedom," a restored C-54 that took part in the Berlin Airlift 50 years ago.

continued on pages 6 and 7

Palace Compass follows path to Westover

by MSgt. Gordon Newell

Civilian employees at Westover Air Reserve Base will soon take the driver's seat concerning their federal benefits as the civilian personnel flight transfers many of its administrative functions to the Air Force Personnel Center here on June 7.

According to Norman Lorange, Westover's civilian personnel officer, his staff has been preparing for this change for the past 18 months.

"We've transitioned four satellites to the Center and now it's our turn," he said.

Under the PALACE Compass Benefits and Entitlements Service Team (BEST) employees are serviced by a new automated system designed to make them as self-sufficient as possible in managing their benefits, said center officials. The system does require individuals to become more attentive to benefits and entitlements such as general and personal health benefits, life insurance, thrift savings plan, retirement planning, and survivor benefits.

Lorange stated that, "as with any change there will be a period of adjustment, but the feedback we've received regarding the call-in system for benefits has been very positive."

During the implementation phase, a PALACE Compass BEST representative will be on hand to brief employees on bene-

fits and entitlements services to be provided from the center and how it involves them.

"It is important that all civilian employees attend the (benefits and entitlements) briefings," said Monique Botting, chief, benefits services, Directorate, Civilian personnel operations at AFPC. "The briefings will address the significant changes in how benefits services are delivered under PALACE Compass and employees will receive information on how the new automated benefits services delivery system operates and how they use it."

The Air Force's new state-of-the-art technology is similar to the automated systems used by banks, colleges, universities and health insurance carriers. BEST uses a call center at AFPC, in conjunction with a small core of benefit counselor-experts, to deliver benefits and entitlements services to the employee.

Replacing the old way of doing personnel business where the employee often made more than one trip to the CPF to conduct a single transaction, employees will access the central call center to receive benefits and entitlements information and make transactions at their own convenience, whether it's from the office or in the comfort of their home.

Here's how it works, using the example of an employee who has a question

about life insurance: The employee simply calls a toll-free number and inputs his/her social security and personal identification Numbers (PINs) to access the system; the employee chooses "life insurance" from the menu prompts; the system retrieves the employee's personal life insurance information and relays it, as well as general life insurance information to the employee.

If the information is insufficient, the employee may choose to speak to a counselor. When the counselor answers the call, he/she has the necessary information to specifically respond to the employee's personal questions.

BEST also allows an employee to accomplish benefits and entitlements transactions through the automated system. An employee accesses the system and chooses the menu item allowing transition processing. Again, using prompts, an employee conducts the transaction. The system captures required data and updates the personnel data system overnight. The employees leave and Earning Statement verifies the transaction occurred. The system allows employees to process transactions in minimal time. What previously took an hour of manpower to accomplish is now accomplished in minutes.

PATRIOT

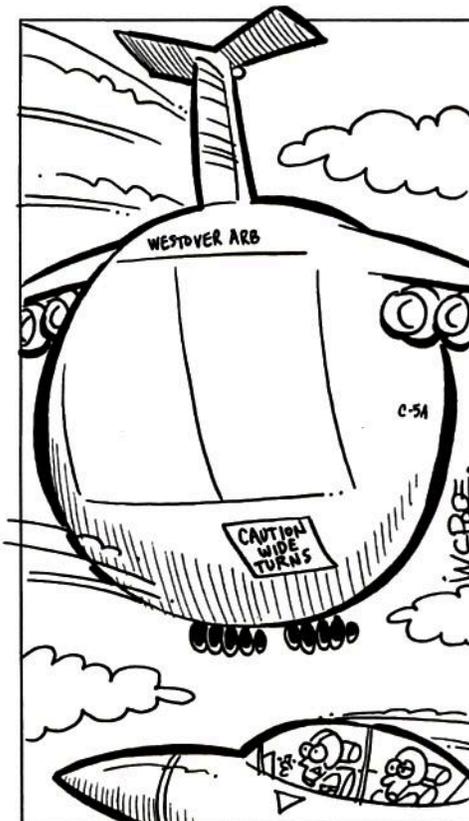
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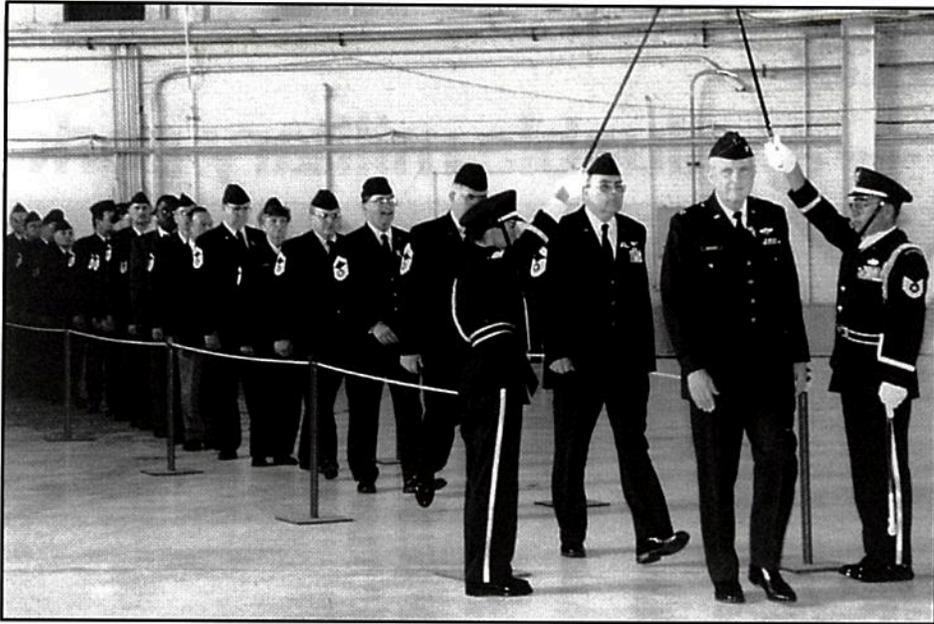
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MSgt. Sandi Michon

GUESTS OF HONOR — Reservists who retired during the past year file into the Base Hangar led by Col. Dr. Shiele A. Brewer. Each year, the Wing hosts a ceremony to honor those who served.

Ceremony honors retirees

by SSgt. Christine Mora

Hundreds of reservists gathered in the Base Hangar May 2 to honor past and present retirees for their years of service during the annual Retiree Appreciation and Memorial Day ceremony.

For retired CMSgt. Vince Viglione, the significance of the day came as a surprise. "I thought the ceremony would just be a pleasant event," he said. "Facing the flag filled me with patriotism, accepting my retirement certificate was nice, but when I turned around to face my peers, I was overwhelmed with emotion."

With a huge American flag framing the grandstand, Westover's honor guard presented the colors to Brig. Gen. James D. Bankers, 439th Airlift Wing commander. From the podium he faced the retirees, who were backdropped by hundreds of reservists standing in formation.

"Had the weather cooperated, this ceremony would have been held on the Ellipse — the heart of Westover," said Bankers. "That site is so fitting because the men and women we honor here today have for so long been the heart and soul of the base."

The general added that each of the retirees, "by your unselfish service, has made a lasting and significant contribution to this

great nation. You did it with dignity and professionalism and more often than not, you did it with great sacrifice to yourselves and families."

Families filled the bleachers and mingled with the compatriots of their loved ones at the reception following the ceremony.

"The long-lasting camaraderie and friendships I've built are probably what I'll miss most," said retired SMSgt. Miner Fyler. He plans to use the extra time he now has spending more time with his family.

The sergeant's words echo those of a lieutenant colonel who retired from Westover last year and returned for this year's ceremony.

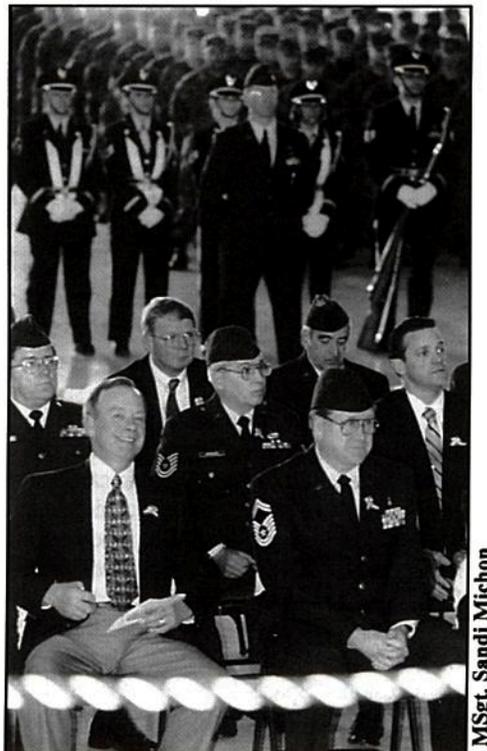
"When I retired last year I looked forward to the weekends of sleeping late and spending more time with my family," said retired Lt. Col. Rick Dyer. "But boy, the extra weekends are like a vacuum, and you realize how much you really had to make time for the Reserve."

"This country will always be indebted to the retirees and we will always be grateful to their families for the many sacrifices they had to make on those days when the reservists put on the uniform and came to Westover," said Bankers.



MSgt. Sandi Michon

FINAL SALUTE — TSgt. Shane Robitaille and SSgt. Julia Kycia, top photo, present arms after laying a wreath honoring fallen veterans during the Memorial Day/retirement ceremony. Below, retirees are flanked by the 439th AW troop formation.



MSgt. Sandi Michon

Flexible travel can save \$'s

Space A travel — a valuable military perk

Article and photo
by MSgt. Tom Allocco

When retired Army Sergeant First Class Lawrence Johanson of Plainville, Conn., makes vacation plans, the Westover space available program is at the top of his list.

Johanson is among a growing number of retirees, active duty members and reservists who have discovered that traveling courtesy of the Patriot Wing is one of their best benefits.

The wing's all-volunteer passenger terminal has been in operation in Hangar 3 for three years under the direction of retired CMSgt. Leonard Dube, CMSgt. Edward Morris and Senior Chief Petty Officer Arthur Gouin.

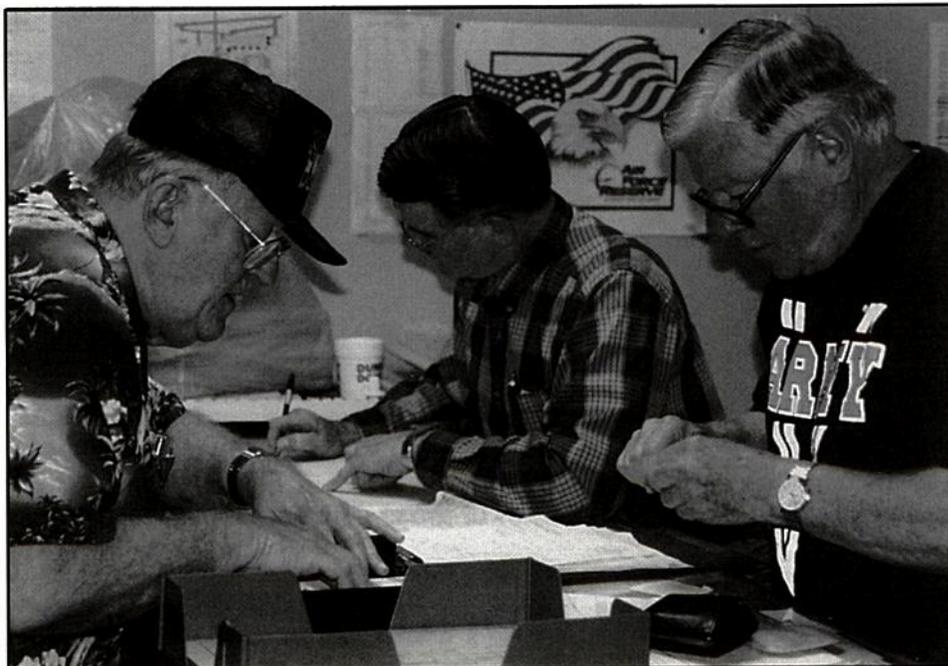
They oversee a team of volunteers who staff the passenger terminal on Mondays, Wednesdays and Fridays, in addition to processing passengers on 12 to 15 flights a month.

They may all be volunteers, but there is nothing less than professional about the processing, from manifesting passengers to weighing and x-raying their bags and providing them a clean, comfortable waiting room. Over the years the volunteers have grown accustomed to dealing with satisfied customers.

Johanson gives the volunteers top marks for their efforts. In April he was in the passenger terminal awaiting a flight to MacDill AFB, Fla., to see an airshow at the base and visit with his adult son and daughter who live in Florida. "I've traveled to Hawaii four times, and to Germany and Spain. I've never had a problem. I tell people that Westover runs a first class operation," Johanson said.

His only word of caution for space available travelers is that there are no guarantees. "It's smart to carry a credit card and be prepared to buy a commercial ticket or wait for a flight home. It's better if you are a retiree and have the time. I was stuck once for three weeks in Germany," he said.

Another regular traveler is retired Army Sergeant First Class George Terault of Bernardston. "Space-A is an unscheduled airline, but I've never had a problem. I've



PASSENGER SERVICE — Army retiree Lawrence Johanson (left) prepares a manifest for a Space Available flight to Florida. Assisting him are two brothers, John (center) and Harold Flanagan, volunteers at the Westover Passenger Terminal.

been to Germany, California, Virginia, and I have almost always been able stay in enlisted quarters or guest housing," he said.

One of the extra services the volunteers provide is to assist passengers who risk being stranded here. "Recently we had 19 passengers from England who were diverted to Westover. We took some of them to Bradley where they were able to get rental cars," Dube said.

There is no charge for space available flight out of Westover, but space available seating on C-5s leaving here is limited to 15 individuals. Travelers must arrive at the passenger terminal at least three hours before departure. Flight lunches are not available on flights out of Westover.

Reservists can travel space available to all 50 states, Puerto Rico, the Virgin Islands, Guam and American Samoa. Dependents of reservists are not allow space available privileges.

Reservists traveling on space available must present an ID card and an Au-

thentication of Reserve Status for Travel Eligibility Form (DD Form 1853) which has been signed by their organizational commander.

Passengers can register by phone to reserve a seat on a flight leaving here, but Westover's volunteers always emphasize that traveling space available means taking a chance on getting aboard a returning aircraft. Passengers can't assume that they will be able to return on the same aircraft or that another will be available. Available seats are offered to space available passengers only after all official duty passengers have been accommodated. Members on active duty have priority over retirees and reservists seeking space available seats.

The Westover passenger terminal offers a 24-hour taped message of scheduled flights at 557-2549. For more information or to register for a flight, call 557-3453 or 557-2622.

AMC's home page (www.safb.af.mil/hqamc/pa/) also has information on worldwide space available travel.

Base reservist utilizes skills to ferret out medical supplies

Article and photo
by MSgt. Sandi Michon

Carl Craft is a new breed of medicine man for American Indians.

Locating medical equipment for American Indian reservations has become a passion for MSgt. Craft, 439th ASTS medical logistics NCOIC.

For the past three years, the New York native has worked as an AFRC Special Projects Augmentee assisting the Indian Health Service.

His 28 years military logistics training is put to the test as he locates and secures medical resources declared excess by the Department of Defense.

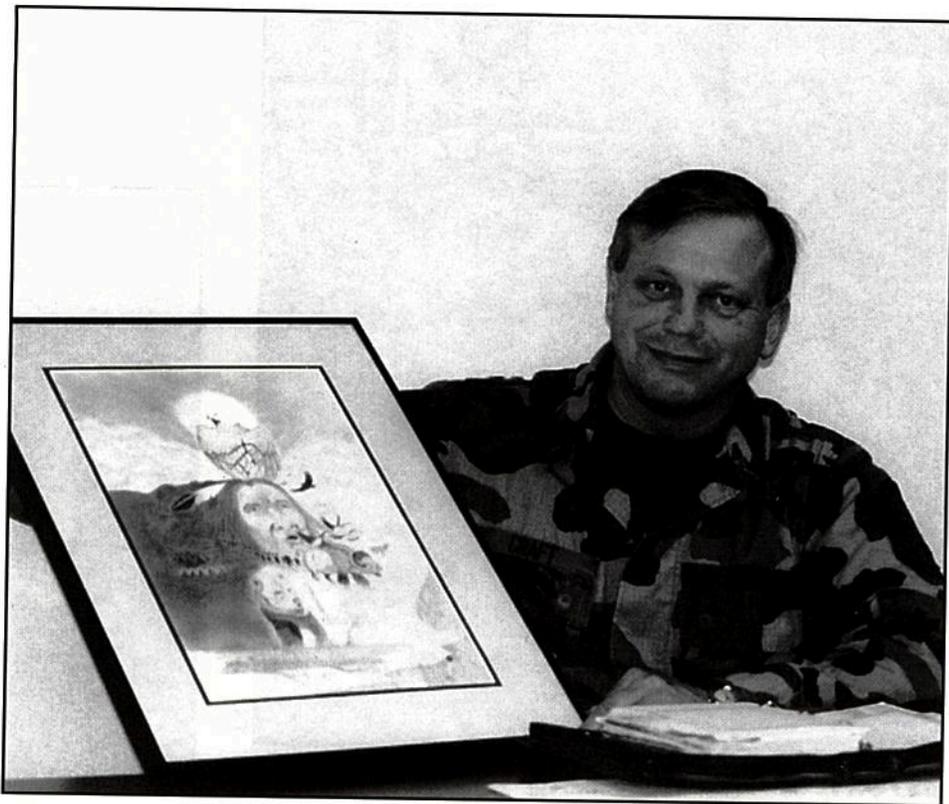
Craft's role is part of Project TRANSAM, a legislative action that promotes the use of military training to assist civilian projects. "It's a massive undertaking that utilizes all the military services," said Craft. "It's a symbiotic relationship that highlights the Joint Task Force concept."

Craft travels the country searching out resources and laughingly compares himself to Radar, the company clerk with a sixth sense for supply sources on TV's MASH program.

To date, more than \$25 million in medical assets have been transferred through Project TRANSAM. Craft spends about 100 days per year identifying assets, doing site evaluations, and arranging transport of resources.

"First we make sure the equipment is in good shape, then determine whether the advantage of the assets exceeds the cost of getting the resources moved," explained the sergeant.

Craft stressed that he cannot authorize acquisitions, but can make recommendations, which, if approved, he then coordinates the details. Sometimes he looks for specific items, and other times assets become available and are then placed. All resources are warehoused in Fort Worth, Texas, and made available to various Indian



AMERICAN INDIAN IMAGES — MSgt. Carl Craft, 439th Aeromedical Staging Squadron medical logistics NCOIC, shows off a painting presented to him by Joseph Trujillo, project manager for Project TRANSAM in Fort Worth, Texas. The painting is Trujillo's portrayal of Craft through American Indian images. The eagle stands for high expectations, the bear for courage, the buffalo for bringing together the masses. Craft is an AFRC Special Projects Augmentee assisting the Indian Health Service.

reservations through catalogs.

Other military services gain valuable training as they palletize, crate, load and coordinate airlift or ground transportation for the medical equipment. "The military gets meaningful training opportunities while serving the civilian sector," he said.

After the resources are acquired, the Indian Health Service takes over for installation and training of the equipment at the new site.

"It's a program that makes dollars and sense," Craft said. The Indian Health Service oversees the health care needs of approximately five million American Indian and Alaskan Natives scattered throughout the United States.

Craft was thrilled to see the fruits of his labors during his annual tour to Elmendorf, Alaska in April 1997. He visited the newly-opened Alaskan Native Regional Hospital, and during a tour of the facility,

saw some of the equipment he had personally secured. His reaction was a resounding, "Yesss!"

He also went to a "Thankful Ceremony" last year in Fort Worth sponsored by the IHS to thank Reservists for their assistance.

Craft, tanned and rugged looking, is often asked if he is of American Indian descent. He is not, but he has a deep respect for American Indian culture and his respect has grown through his involvement with Project TRANSAM.

He cites an American Indian philosophy as his philosophy for life — and particularly for his unique recycling work. "You give back more than you take, and there will always be resources available," he quoted.

"I find satisfaction in knowing my efforts directly influence people in a dramatic way, possibly for generations to come," Craft said.

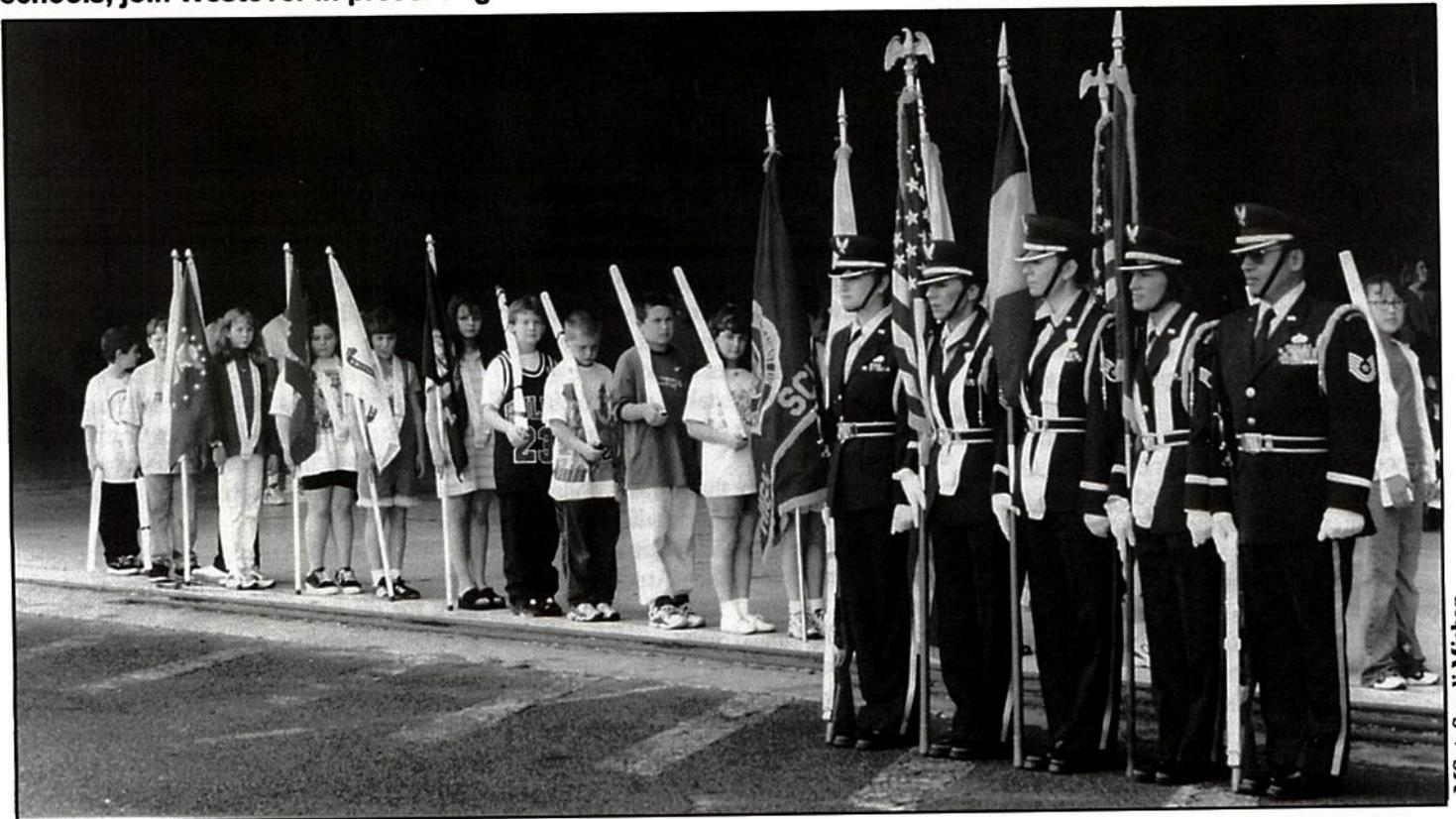


TSgt. W.C. Pope

HISTORY IN THE REMAKING — Col. (Ret.) Gail Halvorsen (top photo) is interviewed by Priscilla Ress of Channel 40 as he comes down the stairs from his C-54 in May. At right, members of his crew try one of the candy-laden parachutes prepared by Chicopee students. Below, members of the Chicopee Junior USO honor guard, from Bowie and Seiser schools, join Westover in presenting the colors.



TSgt. W.C. Pope



MSgt. Sandi Michon

continued from page 1

Fifty years ago the Westover airfield hummed around the clock with C-54s and C-47s at the American end of the lifeline to West Berlin. When word of the "Candy Bomber" spread, the Chicopee community rallied to the cause and local children volunteered to prepare parachutes of boxed candy.

The Berlin Airlift lasted from June 26, 1948 to May 12, 1949, during which the Air Force dropped 23 tons of candy, most of it packaged in Chicopee.

"The kids in Chicopee made our operation a success...at first, we weren't getting any sleep because we were tying parachutes. Then the kids took the job on," Halvorsen said in tribute.

"It's wonderful to be home," Halvorsen said.

The "Candy Bomber" related a personal memory that sums up what the Berlin Airlift means to him. "One little German boy told me of the day he was walking to school and out of the clouds came a parachute which landed at his feet. He said that 'what it was, wasn't candy, it was hope. You can get along without candy, but not hope...someone was concerned about me,'" Halvorsen recalled.

"We'd come over bombed-out neighborhoods, we wondered how they lived...we'd drop and wiggle our wings and wave to them," he said. It wasn't long before the Berlin youngsters tagged him with the affectionate nickname "Uncle Wiggly Wings."

Among the aircrew on the commemorative flight were former Westover flight engineer Fred "Joe" Hall and air traffic controller Bill Morrissey who served at Celle, Germany during the airlift.

The Skymaster includes a display of pictures of the 35 Americans who lost their lives keeping the steady flow of aircraft moving through often horrendous weather and Soviet interference.

"I tell the kids the Berlin Airlift was a great aviation feat, a great American accomplishment. The Air Force was one year old. It came through with flying colors. If I sound like I'm Air Force proud, I am," he said.

The C-54 aircrew's next stop after Westover was Goose Bay, Labrador.



MSgt. Sandi Michon

SPANNING GENERATIONS — The "Spirit of Freedom," a restored C-54 that took part in the Berlin Airlift, arrives at Westover on its first stop of a commemorative flight that will culminate in Berlin, Germany. More than 700 students welcomed the plane and its aircrew.



TSgt. W.C. Pope

No gas, no go—no fueling

Article and photos
by SSgt. Charlie Cangemi

When you're burning half a million gallons of fuel a month, it's hard to keep the needle on "full."

That's why Westover has a team of fuel specialists led by MSgt. John Riley of the 439 LSS. They're proud to say that if they didn't do their job at Westover, everything on base would grind to a halt.

"No gas, no go," Riley quips.

He's not exaggerating. In addition to fueling the aircraft with JP-8, the Fuels Distribution Flight also provides the heating fuel for the buildings on base. Smaller heaters that burn F-52, and F-56 are used to heat the facilities.

The base's lifeblood courses through a web of underground pipes that carries fuel from New Haven, Conn., to two, two million gallon tanks in Ludlow, Mass., then onto Westover. Once on base, moving that river safely and efficiently requires 11 full-time people and up to 18 reservists. It also takes three pump houses, which are backed up by generators in case of a power outage.

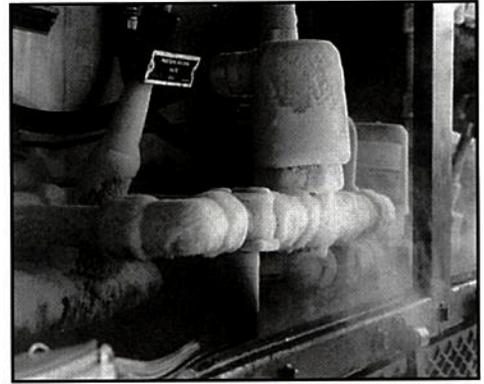
Due to the myriad transient aircraft that

stop at Westover, Fuels is a 24-hour a day, 7-days a week operation. The crews can refuel aircraft from a truck, or pump it directly from the on-base storage tanks — the size of which, Riley says, is classified.

According to John Keith, the base usually receives approximately 100,000 gallons from Ludlow at a time, and it's his job as quality control inspector to make sure that the fuel is high quality. Using a five-quart fuel sample, Keith tests fuel for solids, additives, weight, and the flashpoint — the temperature at which the fuel ignites.

"After I filter a gallon of fuel I examine the used filter under a microscope and look for solids like sand, dirt, rust, steel, fibers, or black scale," Keith says, adding that he's never tested fuel that surpassed unacceptable levels.

The fuels section also maintains the Cryogenics Farm, which houses liquid oxygen and nitrogen tanks. The volatile liquid oxygen, or LOX, is used to provide breathable air to the aircrews. One gallon of LOX — which is a frigid -296 degrees Fahrenheit — will turn into 860 gallons of gas. Working with LOX and nitrogen,



WAY COOL — Nitrogen courses through these fuel pipes at a numbing -320 degrees Fahrenheit.

which is even colder than liquid oxygen, requires stringent safety precautions.

"LOX is very dangerous if not handled carefully," says Roger Lavoie, a civilian cryogenic systems repairer. "If you stomped your foot in a puddle of oxygen it would explode, probably taking off your foot."

Riley says that safety is always a priority in Fuels; nothing can jeopardize the flow of fuel to its sources.

"Practically the whole base is run on this fuel," he says. "The heat, the hot water, the aircraft — everything would shut down without us."



FILTERS AND FILL-UPS — John Keith, quality control inspector, (left) checks for foreign objects in a filtered sample of base fuel. SSgt. Lynn Saya, aerospace maintenance journeyman, (photo above) fills a fuel truck with nitrogen, which is used to displace oxygen in C-5 fuel tanks.

101 Critical days of summer

ROBINS AIR FORCE BASE, Ga. - In the book of Ecclesiastes, it states there is a season for everything: "a time to be born, and a time to die."

One should use caution all the time but especially from Memorial Day to Labor Day, according to Air Force statistics. For more than 20 years, the Air Force has recognized this period as the "101 Critical Days of Summer," a time when too many people die or sustain serious injuries trying to pack too much fun into an all-too-brief summer.

For Air Force reservists, the 101 critical days has a double-edged meaning. Not only is it a traditional time to take vacation but it's also when reservists traditionally pull their two-week annual tour, with many deploying away from home station and familiar surroundings.

Long duty hours, coupled with alcohol and peer-induced exuberance, can spell disaster for even the most-seasoned citizen airmen.

Here's a list of tried-and-true suggestions from the Headquarters Air Force Reserve Command Directorate of Safety on

how to survive and remain uninjured during the 101 critical days:

***Alcohol consumption:** Don't drink and operate vehicles, such as automobiles, boats, jet skis, etc. Drink moderately and always appoint a designated driver;

***Traveling:** Be sober, vigilant and well rested;

***Boating:** Know your craft and use personal floatation devises;

***Swimming:** Swim with a buddy in known waters and don't drink;

***Jet skiing:** Operate with caution, staying away from boaters, swimmers and other jet skiers;

***Seatbelts:** Use them and ensure passengers do the same;

***Outdoor activities:** Stretch muscles before athletics activity, don't overdo it, avoid prolonged exposure to the sun, use sunscreens and drink plenty of water; and

***Risk management:** Use common sense, plan ahead and be prepared.

Manage your risks by making the 101 critical days a time to use caution.

(AFRC News Service)

To your health



Age * (years)	Male	Females
17-29	40:54	43:52
30-34	42:04	45:10
35-39	43:15	46:29
40-44	44:25	47:44
45-49	45:34	48:55
50+	48:19	52:02

Fitness walk in August

It is our duty as reservists to be fit. The annual 3-mile walk is scheduled for August. Chart out a 3-mile course around your house or work, and time how long it takes you. Keep a record for a month, and try to shave time off each time you walk, until you meet or beat your allocated time.



1948-1998

Out of the Blue

Many changes took place at Westover in the early 1970s. Unit reorganizations brought about the 439th Tactical Airlift Wing and with these changes came a new leader at Westover. Brig. Gen. Billy Knowles, known as a tough commander with 31 years of experience under his belt, took over just as U.S. troops were withdrawing from Vietnam.

During these years Knowles was the enigmatic, new image of a revamped more professional reserve force as the draft came to an end and the "Total Force" concept was created for a smaller active force with a bigger, less expensive reserve force to take its place.

Knowles had a distinguished record, starting as an 18-year-old pilot. In addition to his European Campaign Ribbon with three battle stars, Knowles wore the Air Medal with five clusters and the Legion of Merit.

Knowles ran Westover and the 439th TAW until 1978, when he was named commander of the 94th TAW at Dobbins AFB, Ga. He retired from the Air Force Reserve in 1981. During his military career he flew 8,000 hours in 16 different aircraft. He retired in March 1990 from his nine-year civilian post as director of operational plans for the Air Force Reserve.

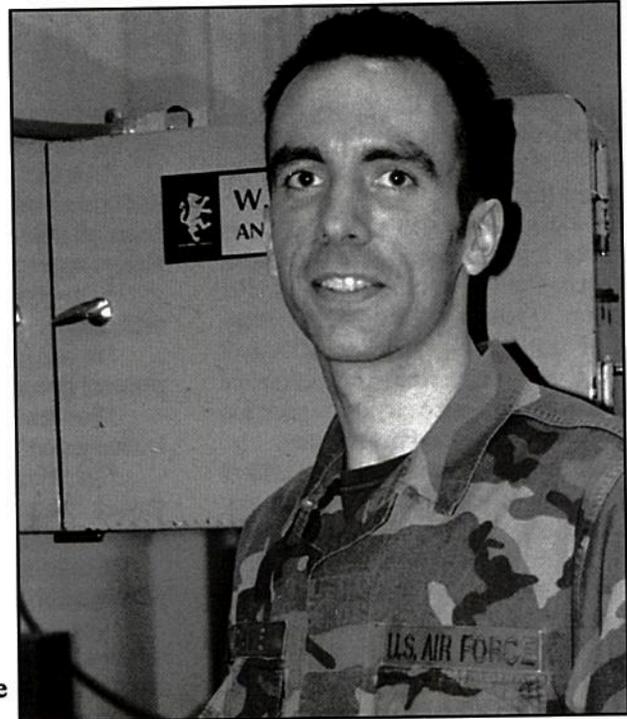


By TSgt. W.C.Pope

Source: "Westover; Man, Base and Mission" by Dr. Frank Faulkner, 1990

Patriot People

Name: Chris Davis
Rank: SSgt.
Age: 25
Address: Agawam, Mass.
Unit: 439th MXS
Position: Structural Aircraft Repair
Civilian position: Owner of painting company
Favorite food: Prime rib
Years of service: 7
Favorite sport: Soccer/volleyball
Favorite hobby: Listening to loud music
Ideal vacation: Italy
Best way to relax: In a hot tub
Preferred entertainment: Sports
Favorite hero: Have none...
Favorite music: Anything but country
Favorite movie: *Shining*
Favorite aircraft: FB-111
Pet peeve: Bad drivers
What I would do if I won \$1 million: Become a millionaire



SSgt. Nancy Robbins

SSgt. Chris Davis

Patriot Praises

Promotions:

CMSgt. Pratt, Robert L.
 SMSgt. Barna, Michael K.
 SMSgt. Barrick, Michael C.
 MSgt. Albano, Anthony
 TSgt. Adamchak, Halyna O.
 TSgt. Bogard, Steve, Jr.
 TSgt. Buehler, Albert P.
 TSgt. Conover, Mark S.
 TSgt. Dube, George W.
 TSgt. Dwyer, Richard H.
 TSgt. Ferry, James H.
 TSgt. Goodfield, Edward J., Jr.
 TSgt. Langford, Keith A.
 TSgt. Lengel, Robert W.
 TSgt. MacGee, Donald E.
 TSgt. Moulis, Spiro M.
 TSgt. Nash, Charles W.
 TSgt. Patenaude, William J.
 TSgt. Prescott, Daniel R.
 TSgt. Saya, Lynne V.
 TSgt. Shannon, John J., Jr.
 TSgt. Tiberii, Louis J.
 TSgt. Weagle, James N.
 SSgt. Baker, Darwin J.
 SSgt. Garreffa, Lewis T.
 SSgt. Lamprey, Ellen T.
 SSgt. McPeak, David L.

SSgt. Morgan, Stacy J.
 SSgt. Padden, William C.
 SSgt. Reitano, Andrew V.
 SSgt. Simeone, Brian R.
 SSgt. Stark, Jonathan B.
 SSgt. Wildes, Dennis M.
 SSgt. Williams, Julia A.
 SSgt. Williams, Sean E.
 SrA. Foley, Paul M.
 SrA. Kirton, Floyd M.
 SrA. Morgan, Anthony J.
 SrA. Moriarty, John C.
 SrA. Singh, Tony J.
 Amn. Beaudoin, Scott M.
 Amn. Roberts, Marlene C.
 Amn. Wilkinson, Joseph C.

Enlistments:

SSgt. Cool, Ryan M.
 SSgt. Lafleur, Gerard M.
 SSgt. Vanderpool, Jeffrey G.
 A1C McGrath, Karla M.
 A1C Nopper, Christopher
 A1C Stanford, Jimmy D.
 AB Pouliot, Kathryn A.

Reenlistments:

MSgt. Brown, Thomas
 MSgt. Pierrepont, David C.
 TSgt. Brown, Robert E.
 TSgt. Edwards, Michael A.
 TSgt. Ferry, Daniel L.
 TSgt. Fournier, Joseph G.
 TSgt. Huffman, David C.
 TSgt. Martel, Donald R.
 TSgt. Mercure, Robert M. J.
 SSgt. Dube, George W.
 SSgt. Guertin, David J.
 SSgt. Hurley, Paul G.
 SSgt. Kasuba, Christopher
 SSgt. Kycia, Julie A.
 SSgt. Palmieri, William
 SSgt. Rogers, Peter N.
 SSgt. Ryder, David A.
 SSgt. Sawvelle, Thomas M.
 SSgt. Smith, Jason E.
 SSgt. Sullivan, Daniel G.
 SrA. Ayuyu, Kimberlee A.
 SrA. Kibe, David C.
 SrA. Lamprey, Ellen T.
 SrA. Nowak, Mark J.
 SrA. Otis, Jeffrey C.
 SrA. Tobin, Chris J.

Awards and Decorations

Meritorious Service Medal

MSgt. Dominick A. Galizia
 439 LSS

MSgt. Michael J. Kemp
 439 AW

MSgt. Anthony Tomchak
 722 ASTS

Air Force Commendation Medal

TSgt. David W. King
 439 CS

SSgt. William J. Sullivan
 85 APS

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Reducing stress helps health

Want to live longer – and better? Reduce stress in your life. I discovered this lesson the hard way.

About four years ago I came down with what I thought was a bad skin rash. A doctor and a specialist diagnosed the rash as “stress-related.” When I heard the diagnosis, I didn’t believe it.

Three years passed, and the rash grew steadily worse. I went from trying creams and ointment to steroids. That was the last straw. Last year, on the advice of my doctor, I signed up for the Stress Management Program at the Holyoke Hospital.

I attended an eight-week group session on how to cope with stress and how stress wreaks havoc on the body. I learned how to practice and use meditation—an ancient art that really works. The most useful techniques included the body scan (a self-check in which you concentrate on each area of your body part-by-part, relaxing and noting problem areas), yoga stretches, yoga meditation, muscle relaxation, and prayer. It is a fact that during meditation your heart and breathing rates drop to levels lower than those during R.E.M. sleep.

The steps you can take to help relieve stress are:

1. Watch your diet – keep it low in fat (and watch your carbohydrate intake).
2. Get six to eight hours of sleep a night.
3. Exercise on a regular basis.
4. Stop smoking.
5. Reduce or stop your alcohol intake.

Stress, if not controlled, can cause heart disease, skin disease, cancer, suicide, high blood pressure, and cholesterol problems, to name a few. Also, scientists recently discovered that stress destroys brain cells.

Stress in small doses is good for the body, because of the relaxing after-effect. But too much stress can lead to health problems and premature death. Anyone who wants to start the Stress Management Program and is on medication for high blood pressure, high cholesterol, or skin problems, etc. should first check with his or her doctor.

Don’t forget, you are in control of stress, stress is not in control of you.

by TSgt. Ed Greenwood
439th MXS

COMMENTARY

Briefs

Slots to NCO Academy available to reservists

Several slots for the Non-Commissioned Officer Academy at McGuire AFB, N.J. are available to Westover reservists who qualify.

Anyone interested in attending the four week course should contact their first sergeant or commander and complete an AFRC Form 129 or provide equivalent information by June 10 to the base education and training office, located in Bldg. 1875.

Quotas are still available for the following dates: Aug. 3 to Sept. 10 and Sept. 21 to Oct. 29.

To obtain an AFRC Form 129 or for more information, contact SMSgt. Kristine Seney or MSgt. Lori Boucher at ext. 2402 or 3440.

LSS reservists sweep Quarterly NCO awards

The 439th Logistics Support Squadron made a clean sweep of the wing’s award program for the third quarter of 1998.

SrA Corrine A. Turgeon was named Airman of the Quarter; TSgt. Michael J. Sullivan is NCO of the quarter and SMSgt. Michael K. Barna is Senior NCO.

The next Local Awards Committee meeting is scheduled for Aug. 8 when unit nomination packages will be reviewed for the fourth quarter.

Commanders are reminded that nominations for this board are due at the Quality office no later than 1200 hours on Aug. 7 in four copies using AF Form 1206 and a PCIII Record Review RIP. Further information is available from CMSgt. Kathy Woods at ext. 2273.

June UTA dates

A UTA June 6-7
B UTA June 27-28

Military members now pay for lodging

If you stay in billeting during a military tour, be prepared to pay.

As of May 1, 1998, all lodging fees must be paid by the military member. Previously, the member’s unit would be charged for annual tour, special tour and school tour days. The only exception is for Unit Training Assemblies served at the member’s

home station.

For home UTAs, lodging fees are paid by the unit IMPAC cards. Individuals must pay for lodging when serving UTAs away from home.

Payment may be made in cash, check or by American Express.

Units will still be charged for meals.

Helping out, any way anywhere



TAKING ROOT/TAKING FLIGHT — Planting trees is one of the many ways Westover shows environmental concern, and the base again received the Tree City USA designation. Brig. Gen. James Bankers, 439th Airlift Wing commander, center in top photo, is assisted by Robert Baronowski, from Charles Kennedy Post #275, left, and Paul Catanzano, Hampden County forester, in planting a Flowering Crab during the base's Arbor Day ceremony in April. (Right photo) Loadmasters from the 337th Airlift Squadron load a sanitation vehicle into a C-5. The truck was donated by local Rotary clubs and was shipped to Honduras from Dover AFB, Delaware. *photos by MSgt. Gordon Newell*



PATRIOT

Great New England Air Show September 12 - 13



Published monthly for Patriots like SSgt. Donna M. Maxam of Amherst Mass., and 2,505 members of the 439th AW at Westover ARB, and geographically separated units.

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