

Fitness 2006

A three-part series
examining the
Air Force fitness
program at Westover

Begins on page 11



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photo by Master Sgt. W.C. Pope

ON THE LINE >> Reservists process through the mobility line during the February A UTA. Two hundred ninety-two people processed through the Base Hangar on both days of the February A UTA. The exercise tested the logistics challenges involved with processing the more than 400 members who are deploying for the Operational Readiness Inspection (ORI) in August. Turn to page 11 for more on preparation for the ORI.

EDITORIAL | Security forces reminds everyone of their role in force protection



Major Donnelly

Often we take for granted that someone else is taking care of the little things going on around us. During an activation and deployment those little things become very important. Security can't be left to local police departments, or the security

forces member at the front gate. Many of us do not carry weapons as part of our daily routine, and will need to adapt quickly to the inherent dangers and responsibilities of carrying one.

We also need to be more observant of our surroundings and know how to best relay information to the security forces. We will need to understand our rules of engagement and when to use deadly force if we are drawn into a skirmish.

Every Air Force reservist has a role in force protection and in our overall mission. Completion of the mission depends on everyone.

First, never point a weapon at anyone or anything you're not willing to shoot. Consider all weapons as loaded. Clear all weapons during issue and turn-in at a designated safe place. Don't shoot anything you can't identify. Know what's behind your target. Keep weapons on safe and fingers off of the trigger until you are ready to shoot.

Second, the command structure will need to establish what you can and can't do when presented with a threat. Commanders will have to use caution in establishing these rules. The Law of Armed Conflict can be simplified by explaining it as the preservation of life and dignity while engaged in armed conflict.

Every Air Force reservist has a role in force protection and in our overall mission. Completion of the mission depends on everyone.

Third, use deadly force only when facing conditions of extreme necessity and only under circumstances set forth in DoD Directive 5210.56

1. Self-defense, and defense of others.
2. In defense of DoD assets designated vital to national security.
3. In defense of DoD assets not involving national security but inherently dangerous to others.
4. Prevention of a serious offense involving violence and threatening death or serious bodily harm.
5. Prevent the escape of a person suspected of committing an offense involving the first four preconditions to deadly force.
6. Prevent the escape of a prisoner possessing the threat of serious bodily harm to you or others.

Maj. Timothy S. Donnelly,
439th Security Forces
Squadron commander

BRIEFS |

Commander's Call set for March

Commander's Call will be held on the March A UTA in the Base Hangar. The mandatory formation begins at 3:30 p.m. March 4.

Bonus forms available on base

Applications for Massachusetts residents' Veterans Bonus are available at the Westover Family Support Center.

Reservists will need to include such information as a Department of Defense Form 214 and appropriate tax information. Massachusetts residents can apply for the "Welcome Home Bonus" for a \$500 or \$1,000 bonus if activated after 9/11 in support of the war. The family support staff is in Bldg. 1100. For more information, call Ext. 3024.

Aviation camp prepares for takeoff

The Air Force Teen Aviation Camp is scheduled to be held at the United States Air Force Academy in Colorado Springs, Co. June 3 to 9.

The camp, which is run by Air Force Services in conjunction with the academy, is open to students who will be sophomores or juniors in high school during the 2006-2007 school year, and who are interested in attending either the Air Force Academy or making the Air Force a career.

For additional information, contact Marc Grothues at ext. 3958.

Reserve discontinues yellow shot records

The Air Force Reserve has discontinued the use of yellow shot records.

The 439th Aerospace Medicine Squadron will make this transition by printing out copies of the Department of Defense Form 2766C as shots are given.

Unit members will need to return their 2766Cs to their unit deployment monitors to place in their mobility folders.

In preparation for the August Operational Readiness Inspection (ORI), copies of the 2766Cs will be printed for all deploying personnel.

For more information, call Master Sgt. Wayne Allen at Ext. 2653.

Third annual Fun Run set for March 4

The Third Annual Fun Run will begin from the fitness center on Patriot Avenue at noon March 4.

The 5K run begins next to the fitness center on Patriot Avenue. The run's course will be marked that day. For more information call Ext. 3958.

Reservists eligible for tax deductions

Reservists who stay overnight more than 100 miles away from home while in service (e.g., for a UTA or meeting) may deduct unreimbursed travel expenses (transportation, meals and lodging) as an above-the-line deduction.

The deduction is limited to the rates for such expenses authorized for federal employees, including per diem in lieu of subsistence, and is effective for tax years after 2002. For 2003, taxpayers will use Form 2106 or 2106-EZ to figure the deduction amount and carry it as a "write-in" to Form 1040, line 33, putting the letters "RC" and the amount on the dotted line and including this subtraction in the entry for line 33.

To learn more visit this website: <http://www.irs.gov/newsroom/article/0,,id=118104,00.html>.

Former intel officer takes command of 439 LRS

**Article and photo
by Staff Sgt. Paul Flipse**

A former Westover intelligence officer took command of the 439th Logistics Readiness Squadron in a change-of-command ceremony held during the B UTA Jan. 22.

Maj. Edward J. Miller, chief of intelligence for the 439th Operations Support Squadron for the past year, succeeded Lt. Col. Jacquelyn B. Crothers, who will become the new deputy commander for aerial port operations in the 439th Mission Support Group.

First stationed at Westover in 1986, Major Miller has also served in reserve units at Goodfellow AFB, Texas (1993), and U.S. Forces Joint Command, Norfolk, Va. (1999). He began his Air Force career on active duty at Hanscom AFB, Mass.

Major Miller earned a bachelor's degree in business and economics at Gordon College, Wenham, Mass., and a master's degree in business administration from the University of New

Hampshire at Durham.

His military education includes the USAF Air Command and Staff College at Maxwell AFB, Ala.; the NATO Staff Officer Orientation Course, Norfolk, Va.; the Digital Warrior Basic Operators Course at Dobbins ARB, Ga.; and the USAF Security Police Academy, Lackland AFB, Texas.

During his career of more than 20 years, Major Miller has earned the Meritorious Service Medal, Joint Service Commendation Medal, an Air Force Commendation Medal with one oak leaf cluster, an Air Force Achievement Medal with one oak leaf cluster, a Humanitarian Service Medal and an Air Force Outstanding Unit Award.

The 439th LRS, which formed at Westover in October 2003, comprises reservists from transportation, supply, and the plans office. The former 439th Logistics Support Squadron deactivated Oct. 1, 2003 and reactivated, splitting into LRS and the 439th Maintenance Operations Squadron.



NEW COMMANDER >> Maj. Edward J. Miller assumes command of the 439th Logistics Readiness Squadron Jan. 22 during the B UTA. Passing the guidon to the major is Col. Dana S. Marsh, 439th Mission Support Group commander. The major brings more than 20 years of military experience to the squadron.

Quadrennial defense review guides Air Force transformation

**by Senior Airman J.G. Buzanowski
Air Force Print News**

WASHINGTON (AFPN) -- The Department of Defense released the results of the quadrennial defense review Feb. 3 here.

"The QDR guides and supports Air Force transformation in pursuit of key joint, interdependent combat capabilities that enable us to deliver more sovereign options for the defense of the United States of America and its global interest," said Lt. Gen. Stephen G. Wood, Air Force deputy chief of staff for strategic plans and programs.

The QDR is a congressionally mandated review of how the armed forces plan to fund current and future projects specific to each service.

The QDR re-affirmed the strong role the Air Force plays in special operations and irregular warfare. Furthermore, it added strength to that effort with increased combat aviation advisors, dedicated Predator units and recapitalization of the special operations fleet.

In addition, the QDR reinforced the Air Force importance in emerging missions and strengthening the Air Force's role in space and cyber operations. To underwrite investment in new capabilities, the QDR calls for easing restrictions so the Air Force can trim the number of older aircraft it operates such as the C-130 Hercules, KC-135 Stratotankers and B-52 Stratofortresses, he said.

General Wood is positive about the Air Force's future based on the initiatives in the QDR.

"The QDR process was a reaffirmation we're headed in the right direction," he said. "Several credible and independent agencies both in and outside DOD examined the needs of the Air Force and came to the same conclusions we have -- that flexibility, stealth, speed and new advanced technology are necessary for our ability to project airpower and support our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen."

Other additions the QDR calls for are:

- A new long-range bomber in the next 12 years
- A significant increase in the fleet of unmanned aerial vehicles
- More special operations forces
- Fielding more battlefield Airmen to support our sister services on the ground
- Airmen trained to fight with emerging technologies, such as protecting the nation through cyberspace

"The Air Force is focused on the global war on terror and we'll continue to transform the force to provide combatant commanders with the tools they need," General Wood said.

Those transformations will affect the total force -- from added weapon systems to a decrease in manpower. The Air Force will further reduce its strength by roughly 40,000 Airmen; 88 percent will come from active duty. "This is a team effort and the Guard and Reserve are part of that team," General Wood said. "So while 12 percent of our manpower cuts will come from them, the future of the Air Force will also see Guard and Reserve Airmen in our newest missions and equipment (AFPN).

Mission to Krygyzstan air base takes first shirt around world

by Master Sgt. Tom Allocco

Master Sgt. Bert A. Quick is serving an AEF tour almost as far away from home as you can go - without starting to come back again.

The deployed 439th Operations Support Squadron first sergeant is at Manas AB, in Central Asia's Kyrgyzstan republic - a part of the world that is the last stop before China. To get there you have to go past Afghanistan, Kazakhstan, Uzbekistan and Tajikistan and land in a valley surrounded by snow capped mountains. The base is named for Manas, a national hero celebrated in an epic poem for uniting 40 Kyrgyz tribes to defeat invaders in the 17th Century.

photo by Capt. James Bressendorff, 376th AEW Public Affairs



FIRST THINGS FIRST >> Master Sgt. Bert Quick, 376th Expeditionary Aircraft Maintenance first sergeant, passes by the Manas Air Base chapel during the course of his daily duties. Sergeant Quick is responsible to the 376th AMXS commander for the care and well being of more than 160 deployed Airmen.

"It's an expeditionary environment. There are problems here you don't see normally at home. Typically it is cabin fever."

-- Sergeant Quick

Sergeant Quick left Norfolk, Va. in mid-January and flew 22 ½ hours, stopping only long enough to swap out aircrews at Shannon, Ireland; and Incirlik AB, Turkey, before reaching the Kyrgyzstan air base. He is scheduled to serve at least a four-month tour as a maintenance squadron first sergeant at the base.

"The good news is that I'm responsible for more than 160 men and women. The bad news is that I'm responsible for more than 160 men and women," he quipped in a long-distance phone conversation.

The air base is a major transit point for C-17 and KC-135 missions to Afghanistan and other areas in the AOR. Airmen serving at Manas AB have to cope with a wartime ops tempo made tougher by isolated duty at the end of a long supply line.

That means "take care of your people" is a full-time job for Sergeant Quick and the five other first shirts at Manas AB.

"It's an expeditionary environment. There are problems here you don't normally see at home. Typically it is cabin fever," the first sergeant said.

"During the first month you are transiting, learning about the BX tent, medical tent, PERSCO tent. In the second month you are in the game and getting in stride. But by the third month you are typically getting tense, working so close together, so many hours in austere weather...when people work close even with friends, it gets on their nerves," he said.

To keep everyone on course takes all the standard issue first sergeant skills, plus something extra. "Preventative medicine" and lots of "management by walking around" helps get people through tough times, Sergeant Quick said.

"As a first sergeant you have to do a lot of preventive medicine. This place could go bad in a hurry. I don't want to send anyone home injured in any way, physically or professionally because of a momentary lapse of judgment or temper. My job is to make sure everyone goes home whole like they came here," he said.

Sergeant Quick's phone number is listed in the squadron newsletter with his 24/7 open door policy at both office and dorm. "The cell phone goes off all the time," he said.

He brings to the job more than a decade of experience as a first sergeant starting with the 439th SFS and then 439th OSS.

He arrived at Manas AB with other advantages, including a Westover welcome. Waiting to greet him was Col. William E. Baird, former 439th MSG deputy commander, now serving as the Manas mission support group commander.

Sergeant Quick gives credit to the Westover Personnel Readiness team and Tech. Sgt. Joyce N. Zimmerman of OSS for helping him to arrive with his in-processing paperwork in order. "In-processing on a deployment is time consuming, but it's a lot easier to deploy squared away," he said.

Workdays are 12 hours, but the Manas airmen have a recreation tent with AFN TV, which last month broadcast the Superbowl to them live at 5 a.m.

During off-duty hours volunteers get involved in community programs, including visits to a local orphanage and a children's cancer center. Volunteers take candy and toys to children.

"They love to have their pictures taken. Anything we give them is met with open hands and big smiles ... We try to put back into the community so they get a better image of Americans," Sergeant Quick said.

While doing duty on the other side of the world, home remains a focus for Sergeant Quick and the other first sergeants. "There's very much a sense of urgency. Everyone has to do their job right and that's everyone, including the guy putting air in your tires.... We tell them don't forget your discipline, salute, take care of your uniform. Above all, go home with honor intact," Sergeant Quick said.

"It's important to do it and get it right," the first shirt said.

Wing invites employers to visit base, fly on C-5 June 29

Patriot Wing members may invite their employers to spend a day this summer at Westover to learn more about the reserve mission.

Employer Appreciation Day is scheduled for June 29. Col. Michael J. Marten, 439th Airlift Wing vice commander, encourages all wing members to take part in the annual event.

"Some employers of reservists may not know a lot about what we do here and this is an excellent opportunity for them to do so," Colonel Marten said. "I encourage reservists to contact their bosses so they can visit and see first-hand our mission and how important each reservist is to accomplishing that mission."

To have invitations sent to their bosses, reservists should fill out the application form that appears on this page and return it to the Public Affairs Office no later than May 7 (the A UTA). Application forms are also available at the PA office. A letter will then be sent to each employer from the wing vice commander. Appreciation Day will include a C-5 orientation flight.

After lunch, a tour of a maintenance facility will be offered or reservists can take their employers to their duty locations. Each reservist will be allowed to invite just one supervisor.

Further information is available at PA in Bldg. 1850 or by e-mailing at 439patriot.editor@westover.af.mil

Employer Appreciation Day application

Reservist's name, rank and unit:

Reservist's home address, e-mail, and phone number:

Reservist's daytime telephone number:

Employer's name, title, phone number, and work e-mail:

Employer's company name/address:

Lunch for employer: YES _____ NO _____
Lunch for reservist: YES _____ NO _____

I understand that I may nominate one person annually, and only an individual who is my supervisor, foreman, manager, etc.

Signature _____
(Falsification of information on this form can be punishable under the Uniform Code of Military Justice.)

Return this form to:
439th Airlift Wing/ Public Affairs, 100 Lloyd St., East Wing, Suite 103
Westover ARB, Mass. 01022-1825, fax (413) 557-2011

O. R. I. : will you pass?

This is the fourth article written to assist 439th Airlift Wing members with preparing for the August 2006 Operational Readiness Inspection (ORI). How well do you know how to deploy? Find out while testing your skills each month. E-mail your responses to 439patriot.editor@westover.af.mil. This month's questions cover some of areas of self-aid and buddy care:

- >> Injured troops should be moved to a designated Casualty Collection Point (CCP). But where do the deceased and chemically-contaminated casualties go?
- >> When transporting an injured troop using a 4-man litter team, who calls out the commands?
- >> The letters ABCDE represent the five immediate steps when treating injuries. What does each letter stand for?
- >> Always remember that safety comes first. When performing heavy work in temperatures ranging 82-84.9 degrees Fahrenheit, it's recommended that personnel drink how many quarts of water per hour to avoid heat illness?
- >> What two things must be marked on a victim's forehead after applying a tourniquet?

Answers to last month's UXO questions:

1. Unexploded Ordinance 2. Recognize, Record, Retreat, Report
3. Evacuate, Isolate, Barricade 4. Ordinary, everyday items, etc.
5. 500 feet



photo by Airman 1st Class Timm Huffman

WHAT'S WRONG? >> The procedure being performed during this litter carry is incorrect. The first reservist to identify the error will have his or her name printed in the April Patriot. E-mail your response to: 439Patriot.Editor@westover.af.mil. Carrying the litter are, from left to right: Maj. Reid Squier, Senior Master Sgt. Kurt Kohler, Senior Airman Joseph Niedziela, and Senior Master Sgt. Michelle Dunfield, all of the 439th Aeromedical Staging Squadron.

Patriot Wing runners set out on new track

Westover has a new way to promote the Air Force's fitness policies. A rubberized track now circles the inner lane of the base ellipse.

The new track provides a safer environment for runners and for those participating in physical readiness tests. The track helps keep runners off the road and away from vehicles, and the rubberized surface also helps them avoid impact injuries. While the track isn't yet complete, people can use it as weather conditions permit. It should be finished by spring.

RIGHT ON TRACK >> Members of the 337th Airlift Squadron take time to exercise during the February A UTA on the new fitness track located on the base ellipse. They are, from left: Master Sgts. Daniel Hartling and Robert Serricchio; Chief Master Sgt. Anthony Colucci, Senior Master Sgt. Richard Turpin, and Tech. Sgts. Dana Seddon and Steven Bryant. For more on Westover fitness, see page 11.



photo by Airman 1st Class Timm Huffman

Mentoring mentors: How can we help?

by Senior Master Sgt. Sandi Michon

"If you're not grooming people to take your job – you're not doing your job."

"It's not that supervisors don't want to mentor – they often don't know how."

"If you don't document your mentoring session – you didn't do it."

"Mentoring is a tool, but not a hammer."

Punchy one-liners and success story sharing were take-away items during a mentoring workshop given by Col. Robert A. Sousa during the January UTA. Colonel Sousa is 439th ASTS commander and also heads the mentoring subcommittee of Westover Human Resources Development Counsel (HRDC).

Colonel Sousa wants to mentor mentors.

"Perceptions vary about mentoring. Anecdotal evidence indicates it's being done, but could be done more effectively," he said. "We'd like people to see beyond the requirements to the many benefits."

"Mentoring is about relationships," said the colonel. "It's about establishing relationships with new reservists (within first 90 days) and

enhancing relationships with tenured staff."

He made a distinction between performance feedback forms and the mentoring process.

"Performance looks at the past, mentoring looks to the future," he said, adding to the memorable one-liners. Even though regulations state that supervisors must be the mentor, Colonel Sousa said every effort should be made to match skills with deficiencies in the mentoring process.

"Think 'team' rather than individuals," he said. If more natural mentoring occurs beyond the supervisory chain, supervisors can bring that into the formal process.

"Mentors shouldn't feel they need to know all the answers – they just need to know where to find the answers," he advised.

Supervisors in the audience provided answers and good ideas. Capt. Robert Driscoll formulated a one-day supervisor workshop for the 439th AMDS to help supervisors learn the basics of mentoring, feedback, counseling, EPRs, awards and decorations, and career progression specifics. Other units provide mentoring bulletin boards to post relevant forms and training opportunities. Some supervisors provide mentor (AFRC Form 141) and feedback forms (AF Form 931 or 932) to the individual prior to the session so they can bring a self-assessment to the process. The HRDC has placed a mentoring folder on the network Y drive, and hopes to have a informational web site organized soon. Additional courses will be offered during the summer.

"Time invested in mentoring is time invested in the future," said Colonel Sousa.

Mentoring benefits

- Integrate personnel effectively
- Reduce turnover
- Increase organizational communication
- Promotes management development
- Provides leadership succession for unit
- Increases productivity
- Socialization to authority
- Performance ratings increase
- Greater work satisfaction
- Faster career progress for reservist
- Knowledgeable about mission, goals, culture

How mentors help

- Reliable source of information
- Tutor specific skills
- Provide performance feedback
- Coach activities for skill development
- Provide confidence in crisis
- Provide motivation
- Accelerate career
- Increase confidence

Forms:

AFRC 141, AF 931, 932

"Mentoring is about relationships."

-- Colonel Sousa

439th MISSION >>

The 439th Airlift Wing supports national objectives on a global scale with ready, mobility forces.

05 Year in Review

2005 Stakeholders Report: January

Wing members, their families, Westover tenant units, Phoenix Management Inc., Galaxy Community Council, State of Massachusetts, 22nd Air Force (22AF), Federal Aviation Administration (FAA), Federal Emergency Management Agency (FEMA), Tanker Airlift Control Center, Air Force Reserve Command (AFRC), Air Mobility Command (AMC), Air Combat Command (ACC), United States Transportation Command, Air Force Material Command, United States Strategic Command, United States Space Command, United States Southern Command, Air Force Electronic Systems Command, National Aeronautics and Space Administration (NASA), Drug Enforcement Agency, United States Customs Service, Defense Accounting and Finance Services, Air National Guard, Air Force, Navy, Marine Corps, Coast Guard, and National Command Authorities.

With more than 120 Reservists activated for OEF/OIF; 74 wing members deployed and 328 volunteers served at home station. We welcomed home 50 CES troops from 5-month AEF Middle East deployments; 26 ASTS members from a four-month Kuwait deployment where they prepared patients for aeromedical evacuation and 52 members of the 58th and 85th APS after 12-month deployments to Dover AFB, Del; Al Udeid AB, Qatar; and Frankfurt AB, Germany. We deployed 15 members of the 42nd APS on a 14-month Afghanistan tour to perform duty at a remote Army air field. Three aircrews flew humanitarian missions and performed stage operations in Japan to support tsunami relief efforts.

February

A 58th APS member was named AFRC Junior Enlisted Training Manager of the Year and our MPF commander joined the Command Steering

Group to design the MPF of the future. Our 230 Westover Marines returned from a six-month Iraq deployment and 20 AES members returned from OIF tours. To ensure proper loading techniques, our specially certified ALCF loadmasters conducted equipment preparation courses at home and Hanscom AFB, Mass.

March

We retained most of the workforce while converting from Griffin Services contractors to Phoenix Management to provide base operating support. In "Operation Southern Comfort" 386 wing members flew to Savannah, Ga. for a three-day ATSO exercise to prepare for our 2006 ORI. Two CS specialists trained 15 reserve units in the initial "Jump Start" communications exercise and a 439th MSS member represented AFRC in an AF Training Advisory Group setting Air Force wide training career field policies.



April

Lt. Gen. John Bradley, was guest speaker at our first Combat Dining-In organized by the JEAC. "America can't do its job without Westover," the AFRC commander said. More than 60 wing senior leaders set the pace in the second "Fit to Fight" Commanders Challenge. The wing was a nominee for the AFRC Commander in Chief Annual Award for Installation Excellence. Our Key Family Member Program volunteers were honored for family support. 58th APS members deployed to Iraq for five months while our civil engineer commander deployed to Tyndall AFB, Fla., for 90 days to support NORAD.

May

The wing commander presented certificates of appreciation to more than 100 civilian volunteers. Spouses of Reservists were recognized with an orientation flight and our Heritage Committee celebrated "Diversity Day." More than 100 military and civilian medical specialists were hosted at the 15th annual Team Yankee Joint Training Exercise. AES members received top ratings from AMC during an ORI in Gulfport, Miss. ALCF personnel deployed to Alberta, Canada in support of an international fighter aircraft "Maple Flag" exercise, while eleven aerial porters and a chaplain's assistant deployed to Balad AB, Iraq.

June

Sen. John Kerry met troops during a base tour. Our loadmasters oversaw a C-5 delivery of a 52,000-pound NASA Transportation Container for the new James Webb Space Telescope. Our ASTS, AES and AMDS medical teams won about half of the AFRC medical awards. Our 42nd APS troops returned home after four months in Afghanistan. The 58th APS deployed 99 members to Ramstein AB, Germany where they were in charge of port functions and three EOD specialists deployed to Japan for 90 days. ALCF members augmented the HQ AFRC/SG team for two weeks in support of Golden Medic in Wisconsin.

July

The wing hosted a homecoming for two New England Navy Reserve units returning from GWOT deployments. A C-5 took 25 employees on "Bosslift 05," to Norfolk, Va. Area media was on base when our EOD flight and Marines beat the two-hour standard by 20 minutes during Rapid Runway Repair training. A 337 AS crew evacuated 73 passengers from a smoke-filled C-5 in Korea while another aircrew safely responded to a landing gear failure during a landing at Westover. The wing started a Toastmasters Club to enhance communication and leadership skills.

August

Reflecting an active duty ops tempo, the wing was the first in the command to undergo nine major inspections from four commands, garnering praise for several wing programs. Meanwhile 63 members deployed to Volk Field, Wisc., for a major command IG test of wartime skills. Aerial porters and maintainers received tactical weapons training from our Marines and instructed them in cargo inspection and C-5 loading/unloading. AES crews responded on short notice to Katrina relief, followed by additional volunteers during the month. In the spirit of Total Force, we hosted more than 500 people in a send off for 150 deploying local Army Guardsmen.

September

Five relief missions over Labor Day weekend supported Katrina relief in Mississippi and Louisiana. Two hundred evacuees were flown to Arizona on the C-5 cargo deck floor, a first since Vietnam. Family members celebrated Family Day and the first "Galaxy Adventure" in which 222 children toured a C-5, the fire department and more. LRS members helped build two local Habitat for Humanity houses.

October

Achieving the best results in 11 years, our recruiters signed 352 recruits by the end of the fiscal year and they conducted a mass enlistment of 13 recruits sworn in on the flight line by the vice wing commander. Five wing units (AES, ASTS, ALCF, CES and SVS) honed wartime skills during a two-day exercise. Westover kicked off the Combined Federal Campaign with an ice cream "Scoop-a-Thon" and 5K race raising a total of \$942.00. Patriot Wing crews delivered heavy



equipment in support of Pakistan earthquake victims. AFRC selected two of our LRS members to support the Joint Capability Board Conference in Germany.

November

Twenty 58 APS aerial porters trained with the Army National Guard to streamline cargo loading procedures. Civil engineers hosted the first AF Center for Environmental Excellence Conference on recovering materials. An ALCF member represented AFRC in a joint active duty/reserve rewrite of a weapons systems training course. The wing celebrated the wing commander's selection for brigadier general.

December

The CS received the highest score ever in the command in a network compliance evaluation, one point below the highest ever active duty score. Competing against 23 civil engineers and eight units, our CE resources flight received Air Force level environmental awards for individual and team excellence. MXS members saved time and money by performing depot level repairs on an aircraft tail problem at home station. The Westover family boosted the Massachusetts economy by nearly \$180 million for the year. They raised over \$38,000 for the CFC. In the holiday spirit, our Chaplain team and Family Support Center held a tree lighting ceremony with thoughts of our deployed members and wishes for a safe and happy holiday season to all.

To say 2005 was a very busy year would be an understatement. We had more inspections and more high ops tempo than ever and all the while we supported the warfighter in the Global War on Terrorism. We will have more of the same in 2006 as we strive to maintain our excellence, especially with our ORI in August. This will be performed with our sister wing, the 916th Air Refueling Wing from Seymour Johnson AFB, N.C. A wing's reputation is based on ORI performance. We had our initial response practice in February and plan more in March with our 916th partners. In April we will deploy to the Combat Readiness Training Center in Alpena, Mich., for our ORE to do our dress rehearsal before the big show in August. The demands of something this big are numerous and although it's all about doing your job, it's not just about doing your job. There is the ATSO, MOPP levels, weapons training, authentication tables and on and on that need to be second nature for all the players. There are numerous support agencies working behind the scenes to ensure the deployment/re-deployment of our 500 players will be a successful venture. Other interests in 2006 involved our construction projects, two affecting our quality of life, the fitness and dining facilities, which are expected to be completed before the leaves fall. A highlight of the year will be our Family Day in September. This will be a venue where we can gather with our families and reflect on the hard work we've done and take a deep breath for all the new challenges for 2007 which will include an air show. Westover is the best of the best and will continue to meet all challenges head on.

Conclusion

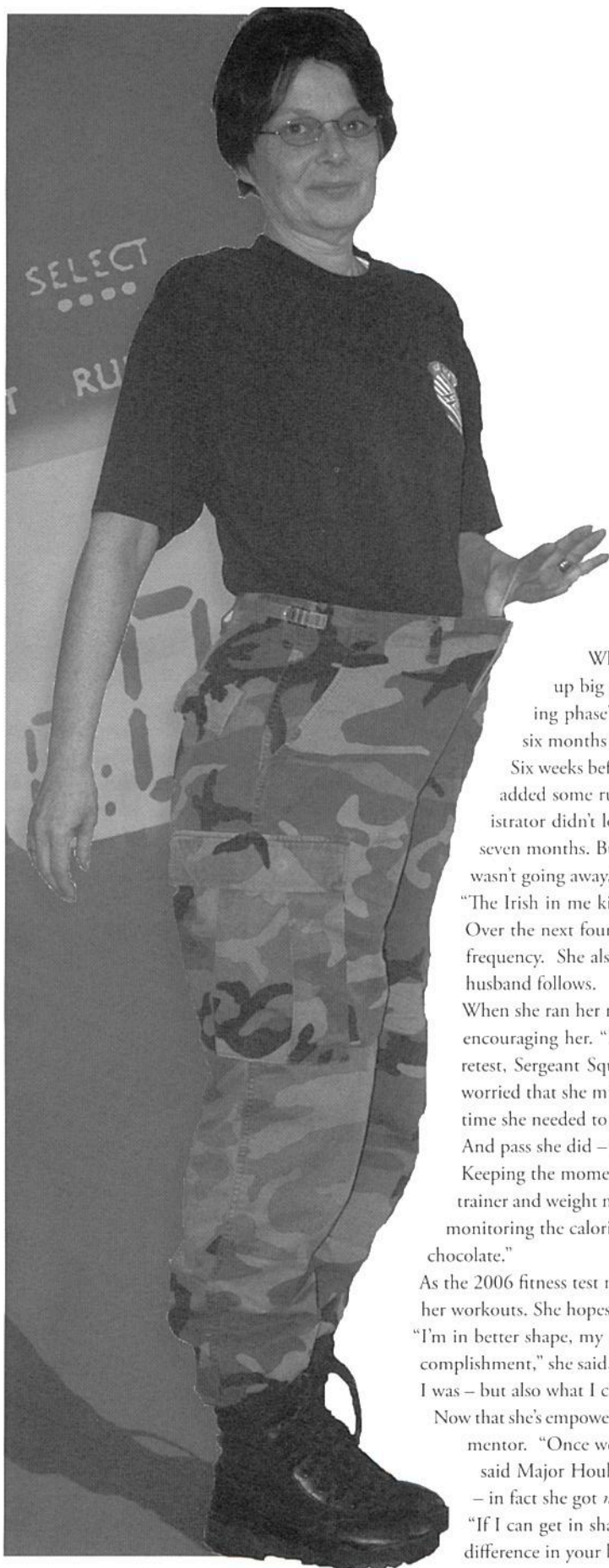
In 2005, Westover airmen stood against our nation's enemies, extended a hand to our nation's friends and trained methodically to be the best at both. Westover Airmen left their mark on every front of OIF and OEF, resulting in five Bronze Stars. They responded without hesitation to natural disasters at home and abroad. In their community, they were good neighbors and in the Total Force they were team players. They were eager to learn and prepared to train others. In every endeavor, Westover Airmen strove to be the "TEAM OF CHOICE" of America.

Col. Michael J. Marten
439th Airlift Wing vice commander

Part I

Fitness
2006Wing reservist runs
in the 'passing' lane

By Senior Master Sgt. Sandi Michon



Sometimes failure is the first step to success. Failure came in 2004, when the 'forty-something' mother of three grown children flunked the Air Force fitness test. But, after two years and several thousand steps, Master Sgt. Corinne A. Squier has found success and lost 40 pounds.

When she scored a 63 in 2004, the 32-year Air Force veteran felt like she "screwed up big time," but also thought the new fitness standards would be just another "passing phase" so she didn't make any changes. Consequently, she flunked the retest some six months later.

Six weeks before the 2005 fitness test, Sergeant Squier began walking three times a week and added some running – but she flunked again. The 439th Airlift Wing client support administrator didn't look overweight, she never got sick – and ironically, she had quit smoking for seven months. But, now she was angry. "I was torqued at myself and realized the fitness testing wasn't going away," she said.

"The Irish in me kicked in. This is it, I'm going to do it," said the green-eyed, freckled reservist. Over the next four months, she stepped up her training by increasing her running distance and frequency. She also lost 40 pounds – mostly due to exercise and a cholesterol-lowering diet her husband follows.

When she ran her retest in October, her wing fitness monitor, Maj. Lisa B. Houle, ran beside her, encouraging her. "Major Houle is a great motivator," said Sergeant Squier. During her running retest, Sergeant Squier felt great. "I'm doing it! I'm back!" she thought while running, but still worried that she might be taking too long. At the finish line, she had shaved a full minute off the time she needed to pass.

And pass she did – with an 81.5.

Keeping the momentum, Sergeant Squier is now a regular at the base gym, working the elliptical trainer and weight machines, and running outdoors as weather permits. With a grin, she admits to monitoring the calorie counter on the elliptical trainer so she can tell when she's earned "medicinal chocolate."

As the 2006 fitness test nears, she plans to run longer distances, and add more sit-ups and push-ups to her workouts. She hopes to push her fitness score "a little bit higher."

"I'm in better shape, my stamina is better so I'm not dragging after work, and I have a real sense of accomplishment," she said, crediting the fitness program as the impetus she needed. "It showed me where I was – but also what I could be," she said.

Now that she's empowered, she's passing her passion on to others, according to Major Houle, her athletic mentor. "Once we set specific goals and mapped out her running route, she never looked back," said Major Houle. "She went from running behind me to running beside me in four months – in fact she got *me* out running a few mornings."

"If I can get in shape at 50, anyone can. It's a mindset," said Sergeant Squier. "It really makes a difference in your life."

Westover athlete 'presses' to the top

Article and photo by
Airman 1st Class Timothy J. Huffman

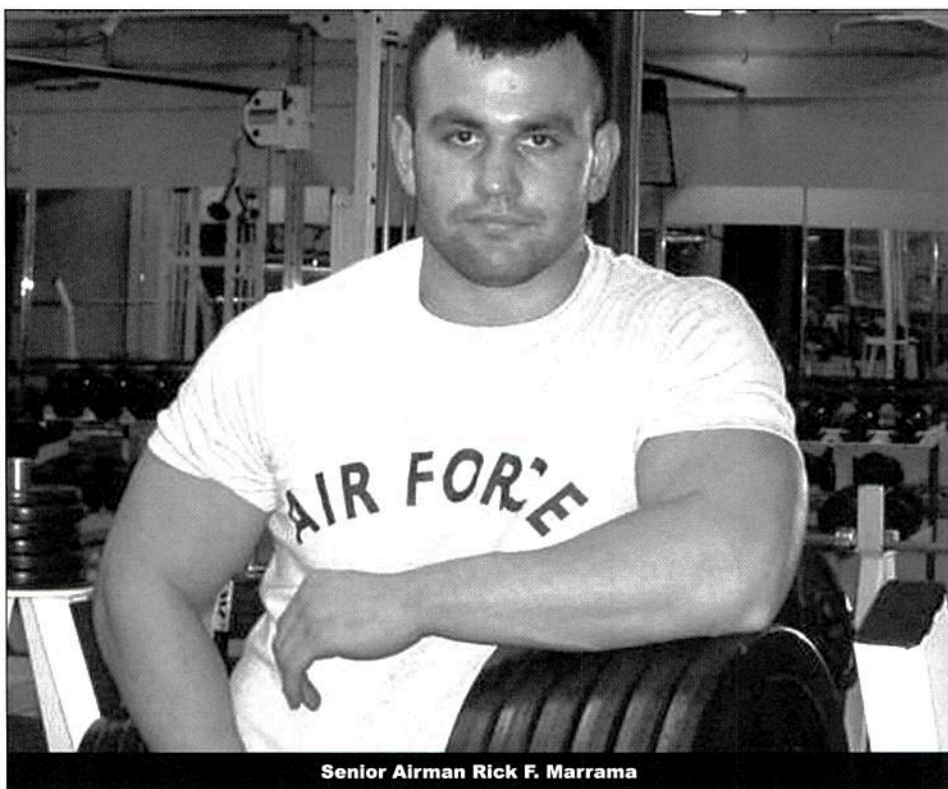
A Patriot Wing maintainer recently placed first in a World Bench Meet held in Reno, Nev.

Senior Airman Rick F. Marrama, of the 439th MXS, won the November meet after bench pressing 556 pounds at a body weight of 198 pounds. Airman Marrama, who is ranked fifth in the country in the bench press, was also named best lifter in his weight class at the competition.

Airman Marrama, 23, has been lifting for 10 years now, and has won many other weight-lifting competitions. In high school, he competed and won at the national levels four times. Since then, he has won a dozen or so local bench press competitions, as well as a national bench press competition held in Connecticut.

It's not easy to achieve these victories, either, he said. "In order to be better, you've got to work at it," Marrama said. He says he spends approximately two hours every other day training for his meets. At the weight level he is training at, a gain of only five pounds takes a lot of work, he said.

This Westover athlete is currently training for a national level competition to be held in March. He says his long-term training goal, though, is to be the first person to



Senior Airman Rick F. Marrama

lift 600 pounds with a one-ply bench shirt at his current weight class. Airman Marrama also wants to break the 700 pound mark wearing a two-ply bench shirt. He says that if he breaks these two records, he will be ranked first in the country for his class.

Airman Marrama, who grew up around the sport, says his trainer has been one of the key people in helping him get to his current level of achievement. "I owe him everything," he says, of the trainer he has known since he was in Boys and Girls Club as a youngster.

New manager brings experience, ideas to Westover Club

Article and photo
by Airman 1st Class Timm Huffman

Patrons of the Westover Club are seeing a new face and some new services to accompany it.

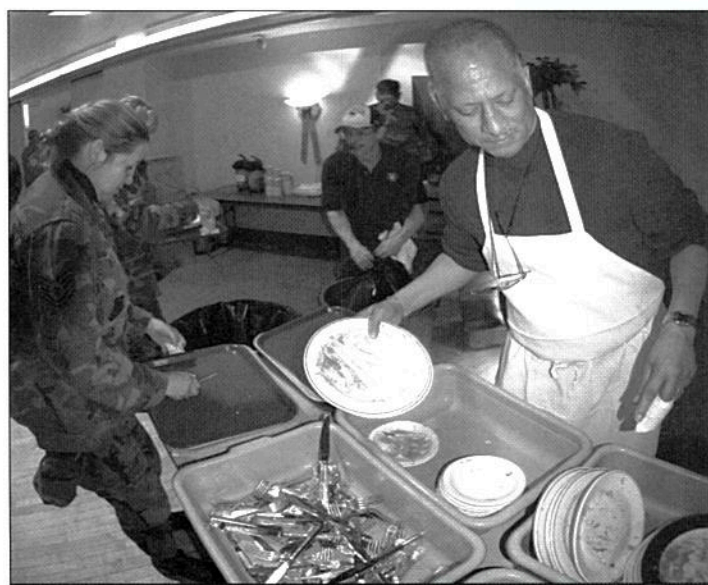
Alphonso Urolia, who joined the club in February as its new manager, says he has some fresh ideas for making the club a more enjoyable atmosphere for the Westover Family. Mr. Urolia transferred to the Patriot Wing from Robins Air Force Base, Ga.. He plans to improve programs to make sure people are getting the service they want and are getting the most for their money, including bringing back food and drink specials and contests. He would also like to continue to bring in live entertainment.

"I want to get a feel for the atmosphere and flavor here and then bring in the types of acts that people would like to hear," he said.

He's not interested in bringing in the same types of shows all the time either. He says he wants the acts to appeal to as broad a range of members as possible. After 32 years of working in Air Force clubs, Mr. Urolia knows the importance of customer service and hospitality. His main goal is to improve the level of customer service. He intends to offer new training and provide the tools his team needs to provide club clients with the best service possible.

Mr. Urolia also intends to revamp the catering services offered by the club. He intends to produce a new brochure for the catering and make the club and its banquet rooms competitive with off-base venues.

Value is the underlying principle Mr. Urolia wants to bring to the club,



DISH DUTY >> Alphonso Urolia, Westover Club manager, assists Tech. Sgt. Joni M. Thomas, 439th Logistics Readiness Squadron, with clearing her dishes during a recent UTA. Mr. Urolia joined the club staff in January and came from Robins Air Force Base, Ga.

and he welcomes recommendations to improve service. He may be reached at the club at Ext. 2039.

Reservist and civilian employee's career spans four decades

by Capt. Jennifer Jusseume
Military Equal Opportunity Office

EDITOR'S NOTE: This article commemorates Women's History Month, which is in March. Captain Jusseume's sources for this book were National Women's History Project (www.nwhp.org), www.afnews.af.mil/products/history, and <http://womensmemorial.org>

With more than 30 years as a reservist and civilian employee in the Westover community, Senior Master Sgt. Barbara Bender refers to herself as "The Oldest One Around."

A senior member of civilian personnel and the 439th Aerospace Medicine Squadron first sergeant, she is one of the very few women at Westover who has been here since the mid-1970s. She personifies this year's theme for Women's History Month, "Women: Builders of Communities and Dreams."

The theme honors the spirit of possibility and hope set in motion by generations of women through their creation of communities and their encouragement of dreams. As a first sergeant, Sergeant Bender has mentored the careers of many reservists. She enthusiastically promotes the military and Westover.

She entered the military in 1968 looking for opportunities that were not available in her hometown of Stubenville, Ohio. She has found them in the Air Force. Her active-duty and reserve career locations have spanned corners of the globe: they have included Guyana, Guatemala, Peru, Germany, Panama, England and across the United States.

One of Sergeant Bender's active-duty assignments was at Richards-Gebaur Air Force Base, Mo. When she arrived in 1969, she was the second member of the new all-female unit. There were few women on base, even though women had been part of the armed forces since the passing of the Women's Armed Services Integration Act in 1948. By the time she left the base, the unit had grown to a full dorm of women.

Over the course of her career, the number of women and the advancements for women in the military would continue to increase. In 1969, the Air Force Reserve Officers Training Corps (ROTC) was opened to women, in 1971 the first female was promoted to general (Brig. Gen. Jeanne Holm), and in 1976, women were admitted to the service academies.

The policy of discharging pregnant women from service was reversed in 1975, and in 1991, the laws banning women from flying in combat were repealed. Another major advancement for females in the military came in 1993, when Dr. Sheila Widnall became the first woman service secretary.

Over her three decades of service, Sergeant Bender has seen and been a part of the huge strides women have made in the Air Force, not only through the impressive "firsts," but also through the small examples they set



Sergeant Bender



photo by Tech. Sgt. Andrew Biscoe

RECORD REVIEW >> Barbara Bender, right, talks with Catherine Volpe-Practor, chief of personnel management of the civilian personnel office. Ms. Bender, who has been at Westover since 1975, is a civilian and military Westover member. As a reservist, she is the 439th Aerospace Medicine Squadron first sergeant. As a civilian, she is chief, workforce relations branch of the personnel office. Her military career began in 1968.

every day. She joined the Air Force Reserve at Westover in 1975.

One of her fondest memories is attending her daughter's kindergarten class for "Parent Occupation Day." Wanting to talk to the kids about the military, she brought along various items from the base including a flight suit, a pilot headset and C-5 video. The captivated children were so excited they would not stay in their seats, and the planned 15-minute talk turned into a whole afternoon.

Sergeant Bender said that years later the children still remembered her and that day in class, she obviously left a big impression.

That type of positive impact encourages kids to pursue their dreams, and it is why March celebrates women as "Builders of Communities and Dreams."

She entered the military in 1968 looking for opportunities that were not available in her hometown of Stubenville, Ohio. She has found them in the Air Force.

WESTOVER PATRIOTS |

Command recognizes Patriot Wing aircrews for safety efforts

by Airman 1st Class Timm Huffman

Westover flyers earned Air Force Reserve Command Safety Awards in January for outstanding safety accomplishments during two in-flight emergencies during last summer.

Col. Udo K. McGregor, 439th Operations Group commander, and his aircrew of nine received the Chief of Safety Aircrew of Distinction Award for

their response to an in-flight emergency en route to Osan Air Base, Korea. When Colonel McGregor's C-5 filled with smoke June 15, he and his crew were able to land the plane and safely evacuate the 73 passengers.

Maj. Mark J. Tirrell, 337th Airlift Squadron aircraft commander, received the Aviation Well Done Award for his actions during an emergency in which the left forward main landing gear of his C-5 would not extend fully during a landing July at Westover.

Continually training is the key to being able to effectively handle emergencies, said Colonel McGregor.

Training, like that done in simulators, allows aircrews a chance not to have to think about every detail of a situation and lets them deal more effectively with their peripheral duties - like ensuring the safety of the passengers and making sure everyone has an oxygen mask, he said.

"Safety is the umbrella under which everything else falls," Colonel McGregor said.

A flight commander has three parts to his job, said Colonel McGregor, the first being safety. After that can be listed mission accomplishment and everything else.

Maj. Gary W. Cooke, 439th Airlift Wing Flight Safety Officer, said the success of the mission was a direct result of Colonel McGregor leading his team and the culture of safety in which they operate.

Westover has a good ratio of many flying hours to the number of serious mishaps. Major Cooke attributes this to the culture of safety that exists at Westover. People are seeing the safety issues and are able to report them, he said.

"There is a chain of events when something goes wrong," Colonel McGregor said. "Seeing the first link and dealing with it there helps keep everyone safe."



File photo.

SLIDES TO SAFETY >> A Westover C-5 aircrew's quick thinking with deploying the slides from the aircraft following an in-flight emergency in June 2005 in Korea, helped earn the Patriot Wing members the Chief of Safety Aircrew of Distinction Award.

Firefighters visit burn center

by Master Sgt. Tom Allocco

Westover firefighters are heroes to children at the Shriners Boston Children's Burn Center where they delivered pizza and toys three days before Christmas.

On December 22, eight Patriot Wing civilian firefighters in uniform visited the wards of the burn center carrying boxes of pizza and gifts, including Play Stations and video games. The pizza and holiday gifts were purchased with donations collected when firefighters passed the hat around the Westover fire station.

The children, many of them seriously injured, face tough physical and mental challenges and prolonged recuperation. It helps them to have firefighters in their corner.

The Patriot Wing firefighters weren't at the center long before they felt the tug of the bond that grows easily between children and firefighters. Before they knew it, they were signing Jingle Bells with the children, some of whom had never before experienced American Christmas tradition.

The nationally renowned Shriners burn center provides care for children from around the world. "They come from all over, from Ukraine and Russia and Uganda. They told us they have treated children from 71 different countries," said firefighter Greg Malecki.

"One boy who is now 14 has been coming to the hospital since he was three-years-old to undergo procedures from the time he was seriously burned," he said.

Jason Harris strummed chords on his guitar and the firefighters joined in games during a day that wrenched their emotions. "It was sad at times but also gratifying to be able to put a smile on a kid's face," Mr. Malecki said.

"They were overwhelmed by the toys and us being there. They were thrilled to see us," he said.

Even before the holiday visit the children already knew the Westover firefighters stand 10 feet tall. For three years a team of firefighters from the Patriot Wing has raised money in a New York City Twin Towers commemorative fundraiser run. A portion of the donations helps the Shriners Boston Children's Burn Center pay for field trips, books and other extras for the young patients.

The 5-kilometer Tunnel to Towers Run is held annually in September.

The run/walk fundraiser traces the path of New York City firefighter Stephen Siller who ran through the Brooklyn Battery Tunnel to reach Ground Zero where he lost his life in the collapse of the Twin Towers on 9/11.

Last September a six-member team of Westover firefighters in the Tunnel to Towers Run raised \$3,400 in donations. Half the donations went to the Stephen Siller, FDNY 'Let Us Do Good' Children's Foundation which serves the needs of children who have lost one or more parents. The other half was donated to the children of the Shriners Boston Children's Burn Center.

The Westover firefighters who visited the burn center were Greg Malecki, Jason Harris, Tony Carfiro, Eric Smith, Gary Flores, Johnny Onarato, Bill Foster and Don Haberski.

PATRIOT PEOPLE |



Staff Sgt. Jenilee Shea

NAME : Jenilee Judith Shea
 RANK : Staff sergeant
 AGE : 23
 HOMETOWN : Auburn, Mass.
 UNIT : 42nd Aerial Port Squadron
 POSITION : Passenger service representative
 CIVILIAN POSITION : Filene's customer service
 FAVORITE FOOD : Lobster
 YEARS OF SERVICE : 4 1/2
 FAVORITE SPORT : Field hockey
 FAVORITE HOBBY : Pottery
 IDEAL VACATION : A week in Ireland
 BEST WAY TO RELAX : Reading
 PREFERRED ENTERTAINMENT : Comedy shows
 FAVORITE HERO : My mom
 FAVORITE MUSIC STYLES : Country
 FAVORITE MOVIE : Grease
 FAVORITE AIRCRAFT : C-5
 PET PEEVE : People who stand too close to you when you talk
 WHAT WOULD I DO IF I WON \$1 MILLION : Build my dream house and two new cars

Get One Referral Information

'Get One' referrals need to be sent to Patricia Simonds at the Westover recruiting office. There are three ways the information may be sent: call Mrs. Simonds at (413) 557-2125 or DSN 589-2125 let her know you have a 'Get One,' E-mail: Patricia.Simonds@Westover.af.mil, or fax the information below to: 413-557-2126 or DSN 589-2126

REFERRAL INFORMATION

First name, middle initial, last name _____

Street address _____

City _____ State _____ Zip _____

Home phone number _____

YOUR INFORMATION

First name, middle initial, last name _____

Street address _____

City _____ State _____ Zip _____

Home phone number _____ Unit _____

Status (reservist, air reserve technician, etc.) _____

Date of birth _____ Rank _____

PATRIOT PUNS |



PATRIOT PRAISES |

Reenlistments

Chief Master Sgt. Szwed, John F.

Senior master sergeant
 Rodrigues, Lawrence P. Jr.
 Sullivan, Michael J.
 Sullivan, Thomas E.
 Thorpe, Michael F.
 Wolff, Kenneth P.

Master sergeant
 Allen, Wayne T.
 Belanger, Kenneth R.
 Cadran, Michael F.
 Mundt, Sandra C.

Templeman, Jon
 Terry, Vernon C.
 Winters, Stephen D.
 Sequeira, Steven A.
 Sawvelle, Thomas M.
 Squier, Kenneth M.
 Sweikhart, Karl E.
 Szeplak, Bruce W.
 Thompson, Patrick O.
 Thorne, William S III
 Vight, Dennis J.
 Williams, Jon Gary
 Rivet, Andrew T.

Technical sergeant
 Biscoe, Andrew S.

Fannin, Nevin C.
 Felix, Roberto.
 Harris, Kenyatta L.
 Lee, Michael E.
 Malone, Scott D.
 Pregeant, Merrill R.
 Robertson, Donald B.
 Reynolds, Jason W.
 Rose, Christopher R.
 Sanford, Elizabeth Ann
 Semedo, Kennedy C.
 Shameklis, Brian J.
 Smallidge, Andrew J.
 St. George, Darlene C.
 Tompkins, Daniel J.
 Tocher, George B. D.

Trudeau, John D.
 Turner, Steven A.
 Viens, Ronald R.
 Willette, Mark E.
 Wood, William P.

Staff sergeant
 Labier, Jonathan M.
 Scott, Brian M.
 Stenton, Anthony W.
 Turski, Corine M.
 Tardif, Laura A.

photo by Tech. Sgt. Andrew Biscoe



WINTER SUNRISE >> The morning sun peaks over Hangar 3 in this Jan. 13 photo. An unusually mild winter included more rain than snow by mid-February. Pictured to the left is the control tower, completed in April 2003. It stands 123 feet tall. Hangar 3 is one of five hangars built in 1940 that align the flight line. The hangars were once large enough to hold Air Force aircraft built in the 1940s and '50s. The buildings now store vehicles and equipment and include offices and training areas. The larger fuel cell and pull-through hangars are used for indoor C-5 maintenance operations.

PATRIOT |

www.westover.afrc.af.mil

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Published monthly for Patriots like Wesley G. Larson, Chicopee, Mass., and 3,053 reservists and civilians of the 439th AW and the wing's geographically separated unit.

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