# PATRE

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photo illustration by MSgt. Andrew Biscoe

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# PATREOT

December 2011

Staff

### UTA SNAPSHOT |

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**RETREAT** >> SrA. Dianna Bolton and TSgt. David Owens, 439th Airlift Wing Airman and NCO of the Year for 2010, begin an about-face as the 2011 Patriot Wing retreat ceremony concludes Nov. 6. For more photos on this annual military tradition, turn to page 7.



**FESTIVE FEAST** Col. John Healy, 439<sup>th</sup> Airlift Wing vice commander, serves a Thanksgiving meal to TSgt. John Vescovi, 439<sup>th</sup> Maintenance Squadron, Nov. 6 at the Westover Club. Also pictured is Capt. Shelly Martin, 439<sup>th</sup> Maintenance Operations Squadron. The holiday meal serving is an annual tradition for the men and women of the Patriot Wing. (photo by TSgt. Brian Boynton)

### EDITORIAL | Wellness, resilience fortify us for 2012 PATRIOT | PAGE 3



This has been a challenging year for the Patriot Wing. Deployments, ORI preparation, the ORI itself, the tornado in June, the earthquake and hurricane in August, and the

destructive snowstorm in October have added to the stress of our already stressful lives. During times like these we must remain resilient. I encourage you to apply the Comprehensive Airman Fitness plan to survive life's challenges. Resilience is a tool that empowers us to create balance in our lives and allows us to thrive in our professional and personal endeavors.

The four pillars of the Comprehensive Airman Fitness plan are: physical, social, mental and spiritual wellness. This holistic approach to wellness focuses on developing positive behaviors that equip and enable Airmen to make smarter, safer choices. They help promote both individual and organizational resilience and create a sense of belonging among Airmen, spouses, children, civilians and the community as a whole. Tending to the needs of others, as well as your own needs, creates a network of encouragement. The primary goal of the resiliency training aspect of CAF is to prepare individuals for an adverse event before it happens.

Performing and excelling through exercise, nutrition, and training is essential to surviving adversity. A person who is out of shape and unhealthy will quickly become ill when challenged physically and mentally. Eating a healthy diet and following a good exercise plan are great ways to get ready for adversity.

You can reinforce the social pillar of wellness by developing and maintaining trusted, valued friendships. No one can survive life alone; we all need the company of others. Relish and nurture your friendships with people you can trust. Experience has shown that the support of others is essential to overcoming adversity. Having friends you can trust and rely on in a pinch is a crucial safety net that will allow you to function under stress.

Practicing self-control and building character will enable you to mentally withstand exceptional challenges. Performing your duties during MOPP-4 and leading your family during a power outage both require self-control and character. Undisciplined, selfish people do not do well when faced with adversity. Be that person everyone looks to during an emergency. Practicing the tenet of service before self is an excellent way to build character.

Whatever your beliefs may be, spiritual strength is required to persevere during a crisis. Strengthening beliefs and values will enable you to look beyond yourself and those around you to maintain confidence and overcome adversity. Many former POWs have commented that when physically and mentally abused, isolated from others, and given no hope of release, they were able to survive through their spiritual beliefs. Spiritual wellness will give you that reserve strength to draw upon when all seems lost.

I'm confident that the Patriot Wing will begin 2012 prepared to conquer whatever challenges are thrown our way. We'll strive to be prepared for our expected challenges, but we will also be prepared for unexpected challenges, both on and off duty. I expect all of you to be prepared for adversity both at work and at home. Resiliency will give us the strength we need in order to face whatever 2012 has in store for us.

by Col. Steven Vautrain 439<sup>th</sup> Airlift Wing commander

#### BRIEFS

#### CC call

Commander's Call will be held at 8 a.m. Dec. 3 in the Base Hangar. This is a mandatory formation for all reservists.

#### Range off-limits

The Westover small arms range on Training Avenue is off-limits to unauthorized personnel. Trespassing on the small arms range is illegal and dangerous because of frequent live firing. People with requests to enter the range should call Master Sgt. Jeffrey Otis at 557-2061 or the law enforcement desk at 557-3557.

#### Angel Tree assists needy families

The Airman and Family Readiness Center's annual Angel Tree program assists Westover military families who face financial strain or hardship.

Angels are placed on the tree with a wish list for holiday gifts. Angels and sponsors are both anonymous. Those people who would like to sponsor an angel should visit the center. Gifts should be limited to \$25 or less and are due no later than Dec. 3. For more information, call 557-3024

#### Wing honors fourth quarter winners

Westover's quarterly awards board has selected the following winners for their outstanding contributions to the 439<sup>th</sup> Airlift Wing mission for the fourth quarter of 2011:

Airman: SrA. Stephanie McKenna, 439<sup>th</sup> Maintenance Operations Squadron; NCO: TSgt. Lori Rysedorph, 58<sup>th</sup> Aerial Port Squadron; Senior NCO: SMSgt. Keith Bodley, 439<sup>th</sup>MOS; Company Grade Officer: Capt. Susan McSpadden, 337<sup>th</sup> Airlift Squadron; Civilian: Melanie Thorpe, 439<sup>th</sup> Communications Squadron; Civilian Supervisor: James Bishop, 439<sup>th</sup> AW Public Affairs.

#### GetOneNow

The Get One Now Program offers interesting incentives for Air Force Reserve members who want to refer a friend to join.

New awards have been added and range from portable DVD players to laptop computers. Those interested should check out the web site at get1now.us or call 877-786-2372 or (413) 557-2125.

#### Base snowline

In the event of inclement weather, Westover employees can call the base command post's snowline at 557-3444.

#### NEWS

# Surprise October Nor'easter hammers New England

#### by SSgt. Katie Kiley

More than 700,000 residents were left in the dark when a rare October Nor'easter bombarded Massachusetts the night before Halloween. Despite depositing an unusual winter wonderland scene, the storm's aftermath was anything but pretty.

According to the weather squadron nearly a foot of heavy, wet snow upset trees, downed power lines and created hazardous driving conditions statewide. Without power many were unable to turn to the news or internet for updates. Chicopee Mayor Michael Bissonnette took advantage of social media to keep the city informed.

Understanding the popularity of smart phones, he continued to update his Facebook page as a way to disseminate the latest news. In return, Chicopee residents posted information about downed trees, power lines and other potential hazards which helped the city prioritize cleanup and power restoration. Westover's own Facebook page was also updated as new information came in.

With classes canceled and trick-ortreating postponed, the community came together to ease the storm's burden. Schools were turned into shelters, the YMCA opened its doors to offer hot showers, and a local pizzeria donated dinner to those who were forced out of their homes.

Westover's lodging office housed more than 500 displaced active duty, reservists, civilians, retirees and their families during the week-long recovery process. Though the phone lines were often busy, they worked hard to ensure that every call was taken and each message returned.

Reservists demonstrated great flexibility during the November UTA. Understanding that both on- and off-base accommodations were tight, many were faced with either rescheduling or staying in a double occupancy room. According to the lodging office, nearly everyone opted make the best of the situation and share their room.

After a June tornado, July microburst and August tropical storm and earthquake, Westover and western Massachusetts residents came head to head with Mother Nature yet again when the worst October storm in Massachusetts history blew in. More than 3 million on the east coast were affected by the storm.

"Open lines of communication, team work and flexibility all played a role putting people back in their homes and making the most out of the interim," said



**SNOW KIDDING** The KC-135A model near the James Street Gate forms part of this unusual winter-like scenery at Westover Oct. 31. Eleven inches of heavy wet snow fell Oct. 29. Its weight brought down trees with leaves that hadn't fallen. Power outages affected thousands of people across New England. (photo by W.C.Pope)

Col. Steven Vautrain, 439<sup>th</sup> Airlift Wing commander.

EDITOR'S NOTE: Turn to page 6 for more photos of the storm's damage to trees at the base.

# Must-have items for wintering in New England

#### by TSgt. Brian Boynton

Being prepared for winter in New England is actually a year-round task.

There is an old Vermonter joke: "Why take off the snow chains in July when you just have to put them back on in August?" The joke has its merit.

The following items are just a few suggestions and not meant to be the only items carried in your car or stocked at home.

Auto:

Baby wipes: (comfort item year-round) Folding shovel

Snow-ice scraper/brush

A can of dry gas (stored in the trunk during colder months only)

Sleeping bag, or blanket, hand crank flashlight and radio, matches or lighter First aid kit

Water

Food to include MRE's, trail mix, protein bars

Roadside flares or reflectors, tire chains a flat tire repair kit, and or a portable air compressor

Never have less than 1/2 tank of gas at any time.

Small tool kit

Small bucket of sand

Old black combat boots

Power inverter: Used for charging laptops, phones using standard home cords; usually mounted inside vehicle under the front passenger seat. This is especially nice to have if your home power is down for reasons

MUST HAVE continued on page 8

# Westover pilot recalls AMC C-5 surge

#### by SrA. Charles Hutchinson IV

Six C-5s from Westover 439<sup>th</sup> Airlift Wing participated in an Air Force-wide surge in October.

Westover's contribution to the surge, which took place Oct. 17-21, was 14 percent of the total force.

The surge brought together 43 total force C-5s to fly cargo in support of combatant commanders across the globe.

Captain Dave Motyka, aircraft commander from Westover's 337th Airlift Squadron recalls what his role was during the highest C-5 surge to date.

"My mission was to move any and all types of cargo that was required from air mobility command. The specific mission I was on was taking cargo from Ft. Hood to Kuwait. From there we picked up cargo and 72 passengers out of Iraq and brought them home to Seymour Johnson (Air Force Base, N.C.)" Capt. Motyka said.

"Everything went great; we were actually ahead of schedule for pretty much the entire mission" he said. "We had a couple of minor maintenance issues that we kind of just work through to make sure all the cargo was dropped off on time. We picked up the personnel on time and we got them home. It was a mission success!"

As one of the largest aircraft in the world and the largest airlifter in the Air Force's inventory, the C-5 is able to carry fully equipped military units. The Galaxy can carry up to 270,000 pounds of cargo, can fly more than 6,000 miles without refueling, and can take off or land in relatively short distances.

"Westover is a valuable partner within the airlift fleet," said Col. Steven Vautrain, 439<sup>th</sup> AW commander. "Our crews and jets regularly fly missions alongside active-duty crews. These surge missions will take our crews overseas to provide our warfighters the resources they need -- quickly."



**SURGE SEND-OFF** A Patriot Wing maintainer marshals a C-5 aircrew outbound from the Westover light line, Oct. 18. Westover's 439<sup>th</sup> Airlift Wing was part of the Air Forcewide surge of C-5s that took place throughout the week of Oct. 17-21. The C-5 is the U.S. military's largest aircraft. (photo by SrA. Kelly Galloway)

# Air Force officials announce cuts in civilian jobs

#### by Lt. Col. Cynthia Anderson Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) -- Air Force officials announced several adjustments to the civilian workforce. In response to direction from the Secretary of Defense for DoD to stop civilian growth above fiscal year 2010 levels and the need to add 5,900 positions against the Air Force's top priorities, the Air Force eliminated approximately 9000 positions. These adjustments reflect several initiatives designed to align limited resources based on Air Forces priorities. This process is an ongoing effort to increase efficiencies, reduce overhead and eliminate redundancy.

"We can't be successful without our talented and experienced civilian workforce," said Michael B. Donley, Secretary of the Air Force. "We are making difficult choices about how to deliberately restructure and posture the force and will continue to look for new ways of accomplishing the mission," said Donley. "We can't afford business as usual." Upon receiving the Secretary of Defense's 2010 memo directing that civilian manpower costs stay within fiscal year 2010 levels, the Air Force began a comprehensive strategic review of the entire AF civilian workforce to determine whether or not civilian authorizations were in the right places to meet mission priorities.

EDITOR' S NOTE: Read this story in its entirety on the base's web site at westover.afrc.af.mil

Local civilian personnel questions should be directed to 413-557-3193. The civilian personnel office is located in Bldg. 1850.



DREAMING OF A WHITE HALLOWEEN Westover got hit again with another odd weather treat Oct. 29, as nearly a foot of heavy snow landed on the base bringing down trees and electrical lines. (photos by 439<sup>th</sup> AW Public Affairs staff)

Special and



DA.

# Wing honors veterans with retreat

**FALL FORMATION** The Patriot Wing's annual retreat ceremony, held in honor of the nation's veterans, took place at the Base Ellipse Nov. 6. (photo by 439<sup>th</sup> AW Public Affairs staff)

TRA

#### NEWS

#### MUST HAVE continued from page 4

listed below.

An old coat: Your old Gortex works nice. Stuff the following items in the sleeves: socks, hat (full pullover) and gloves

Tips: Whenever you replace your wipers stash an old pair in the trunk. Carry a pair of goggles and a small tarp. The tarp is a great item if you have to get on the ground to work on your vehicle. I usually carry a piece of cardboard instead of the tarp and will even put it over my windshield behind the wipers at night so I have less scraping in the morning. When it gets beat up I toss it and replace it. I suggest you carry at least 2-3 days worth of any medications you need with you at all times regardless of the season.

This list is large but all these items can fit throughout most small vehicles without your car looking like you are living out of it.

Remember, even your NASCAR level driving skills, MENSA IQ, four wheel drive, GPS, On Star emergency response membership and killer common sense will not protect you from the rest of the drivers on the road. During a storm you may slide or get forced off the road and have your tracks covered quickly by the falling snow. You may even get trapped in your car.

The most recent snow event shut down cell phone service in many areas, so calling for help may be out of the picture as well. The above suggestions are meant to help you survive an extreme weather event as well as make your stay at the "Motel BMW" a little more comfortable.

#### Home:

-- Baby wipes: This is a comfort and hygiene item, especially if you have a well pump that stops working when the power goes out.

-- Candles, matches, rechargeable lanterns, cheap outdoor solar lights work great indoors and are safe.

-- Hand crank flashlight and radio

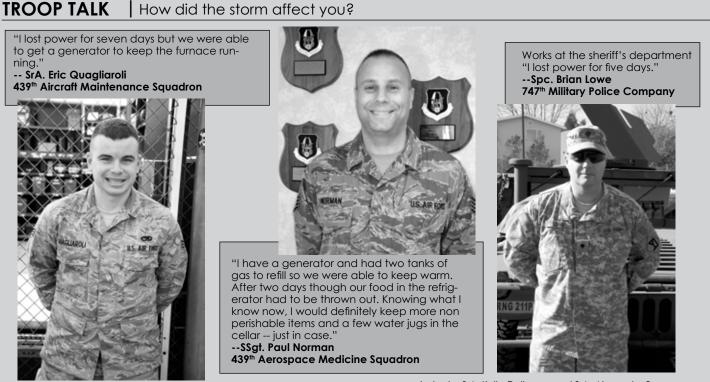
-- Non-perishable foods, meals-readyto-eat, comfort food, bottled water: The heater bags in the MRE's make for a nice hot and safely cooked meal when the power is down, and the kids love them. It definitely passes the time a little and gives them something fun to do. Just do not let them do the cooking. Teach them how to trade items back and forth.

Portable power box: They are cheap and easier to store than a generator and they do not use fuel so they can be stored and used indoors.

You can charge them in your car if you have a power inverter and cannot get to a power source during the day. These power boxes can even run small heaters as well as your laptops, phones, DVD players, lights and hair dryers as well as a small coffee maker.

**Cooking tips:** If you run water through a low-wattage coffee maker twice you can make a cup of soup. An old toaster run off a power box can cook hash brown patties, sausage patties, chicken patties and other food items if you toast them a few times.

Other tips: Any time you have a forecast for an extreme weather event fill your tub and sinks with water ahead of time. Remember to conserve your water: "If it's yellow let it mellow, if it's brown, flush it down."



photos by SrA. Kelly Galloway and SrA. Alexander Brown

# Westover adds \$238 million to local economy

The 439th Airlift Wing poured nearly \$238 million into the community, dropping closer to 2009 numbers after a one-year spike.

This number represents a \$29 million decrease over 2010 figures.

Last year, fiscal year 2010, Westover's financial impact stood at \$267 million. In 2009 the tally was \$231 million, and in 2008, the impact was \$195 million.

Officials here attribute a large portion of this year's decrease to dips in payroll spending, construction, and a slight drop in the estimated value of indirect jobs created by Westover's presence.

Air Force funding for construction dropped \$21.6 million since last year. And there was a net decrease of \$4.2 million in total payroll for military, civilian, and contract workers, according to Dan McCarthy, Westover cost and management analyst.

The figures also included a net decrease of \$3.3 million in the value of "jobs created," which is an estimate of the number of indirect jobs created by the base.

Last year's spike was primarily due to construction and to military payroll to support the base's activation in April 2010 to support the Afghan surge, according to the 2010 Economic Impact Analysis.

The wing impacted communities within a 50-mile radius with \$237,568,913 from Oct. 1, 2010 to Sept. 30, 2011. During the previous year, the base's impact was \$266,631,634.

The 439th AW employs about 3,931 people, including 2,487 Air Force reservists. There are 719 federal employees and 110 non-appropriated fund employees who work in areas such as the Base Exchange, bowling alley, shoppette-gas station, outdoor recreation, lodging, and the Westover Club. In addition, there are 174 contract civilians working on base. The total annual payroll for the base during the period was \$140,154,269. Military salaries totaled \$68,410,384, while civil service personnel accounted for \$67,531,000 and non-appropriated fund civilians and private businesses made \$4,212,885.

Construction expenses totaled \$16,830,397 (down from \$42,076,203 in fiscal 2010). Service contracts contributed \$9,125,429 - this figure includes only contracts "in the local economic area or contracts requiring the use of locally-supplied goods and services," according to the 2011 Economic Impact Analysis.

Another \$13,511,430 went to other expenditures including temporary duty for military personnel, education, and equipment and supplies. Using a federal government formula, McCarthy estimated that Westover indirectly created 1057 jobs in the area, down from 1,136 in 2010. Calculating an average annual salary in the local community of \$44,918, those jobs resulted in an estimated dollar value of \$47,478,326. The 2010 salary estimate was \$50,747,392.

"As one of the top employers in Western Massachusetts, Westover works hard to be a good neighbor. The jobs that make this base run w e l l also help local economies to run well," said Col. Steven Vautrain, 439th Airlift Wing Commander.

Westover's 2,500 acres make it the largest Air Force Reserve base in the country by land mass. It is also the closest reserve base to Europe.

In addition to housing the 439th Airlift Wing, the base is also home to several tenant units including Marine Air Support Squadron Six; Marine Machine Gun Platoon; 4th Marine Aircraft Wing Reserve Training Center; the United States Army Corps of Engineers; the United States Armed Forces Reserve Training Center; Army Air Force Exchange Service; a Reserve Readiness and Mobility Squadron, Marines Machine Gun/Anti-Terrorism Platoon; the 226th Transportation Company (U.S. Army Reserve); the Springfield Military Entrance Processing Station (MEPS); a Defense Contract Management Administration office and Naval Construction Battalion 27, U.S. Navy Reserve.

The economic impact report does not include any of the 12 Army, Navy, and Marine Corps Reserve tenant units on base, which together employ approximately 2,160 people.

(EDITOR'S NOTE: Daniel McCarthy, 439th Airlift Wing finance office, compiled this information.)

## WESTOVER PATRIOTS

# Patriot Wing donations edge past \$23,000

#### by SrA. Charles Hutchinson IV

The 439th Airlift Wing is on the final stretch of the 2011 Combined Federal Campaign. The campaign began Sept. 1 and ends Dec. 15.

Last year's goal for the wing was \$45,000, and members donated \$49,056. This year the base has set a goal of \$50,000, and as of mid-November raised \$23,300, according to Robert Perreault, CFC coordinator.

The CFC promotes philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

CFC is the world's largest and most successful annual workplace charity campaign, with more than 200 campaigns throughout the country and internationally to help raise millions of dollars each year. Pledges made by federal, civilian, postal and military donors during the campaign season support eligible nonprofit organizations that provide health and human service benefits throughout the world.

If interested in making a contribution, individuals can visit their orderly rooms or contact Mr. Perreault at (413) 557-2128.

# Yellow Ribbon helps Airmen re-adjust to life back home

#### by Lt. Col. James Bishop

The Yellow Ribbon Reintegration Program is part of a DoDwide effort to help the 1.2 million National Guard and Reserve members and their families connect with the best resources available before, during, and after deployments. The National Defense Authorization Act of 2008 established the program.

Reservists returning from or preparing to go on a deployment, along with their families attend regional events at Resorts where they will hear presenters talk about the benefits they've earned, have an opportunity to visit the vendors tables and to share some quality family time.

#### How much does it cost participants?

- The Air Force Reserve Command funds 100 percent of the program. The Reserve puts military members on orders, so airline and hotel are covered. They're also given per-diem. Family members or a "designated representative" for single members are put on invitational travel orders and are reimbursed for meals that are not provided. AFRC also covers the cost of the family's or designated representative's airline tickets.

#### How many events are there?

- In fiscal year 2010, the Air Force hosted 82 events, with 8,100 attendees. Past event locations in the Northeast Region have included Virginia Beach, Stowe, Vt., St. Louis, Philadelphia, Cleveland and Cincinnati.

Who is eligible?

- Anyone who will be, or has been deployed away from family for more than 90 days. "Away from home" could mean you were activated in place at Westover and separated from your family outside the commuting area.

The Wing Yellow Ribbon Representative, MSgt. Michelle Dunfield, decides who is eligible within established guidelines, but the wing commander ultimately determines eligibility.

Where are the upcoming events?

- Future possible venues include South Carolina, Florida, Texas

and many others. Although the October and November 2011 events are on hold due to the budget shortfall, organizers plan to continue the program once funding becomes available.

How many events can I attend?

-Every deployer and their family or designated representative is eligible to attend three Yellow Ribbon Events - one before the deployment and two afterwards.

Where do I get more information?

- Contact the Yellow Ribbon Office co-located with the Airman and Family Readiness Center (and base chapel) in Bldg. 1100 for information and eligibility requirements at (413) 557-3862.

MSgt. Dunfield

I heard about another Yellow Ribbon program connected with tuition assistance? What's that about?

- There is another "Yellow Ribbon Program" connected with the Post 9-11 GI Bill. Same name. Different benefit.

The Yellow Ribbon GI Education Enhancement Program, aka the Yellow Ribbon Program, is a provision of the Post-9/11 Veterans Educational Assistance Act of 2008. This program allows degree-granting institutions in the United States to voluntarily enter into an agreement with the Veterans Administration to fund tuition expenses that exceed the highest public in-state undergraduate tuition rate.

The institution can contribute up to 50 percent of those expenses and VA will match the same amount as the institution. For more information on the VA Post 9-11 Bill, visit gibill.va.gov or call the Base Education Office at (413) 557-3440.

### FACES OF WESTOVER

### PATRIOT PRAISES Promotions

Senior Master Sgt. Lloyd Elliott

#### Master Sergeant

David Deskis Anthony Falciano Daniel Howard Ellen Moore Michael Pasternak Nikolau Schmitter Charles Thompson Ronnie Wing



#### Technical Sergeant

Christopher Cormier Stephen Hayes Gary Latour Jorge Monge James Rowlett

#### Staff Sergeant

Steven Frost Michael Lombard Carla Uchuya



Kristiana Barton Brendan Filburn Jozlyn Goossens Anton Hanley Sarah Kaeble Nathan Ladlee Raymond Leifer Patrick Mahoney Eric Mailloux Kaitlynn Meyer Jonathan Wells Jonathan Vega

#### Airman First Class 🛛 🔊

Steven Albrecht Colin Shepley

#### Airman

Jonathan Bouffard Christopher Crosby Shane Jobin



are updated regularly on: westover.afrc.af.mil and Channel 50

#### SrA. Roberto Figueroa 439<sup>th</sup> Security Forces Squadron

In 2008, SrA. Figueroa, of Stamford, Conn., enlisted with the Connecticut Air National Guard. He switched to the Air Force Reserve and arrived at Westover in March 2011. "I've just always had an interest in the military. We're the good guys against the bad. So it was an obvious choice to enlist with security forces. Even when I was a young kid I always wanted to be a cop because I admired them for doing what they do. I've seen a lot of evil in my life and I want to do my part to stop it. We're the ones people depend on."

<sup>1</sup>In September, SrA. Figueroa was selected for Special Reaction Team training where he underwent an intensive two-week course at U.S. Army Military Police School at Fort Leonard Wood, Mo. A Special Reaction Team is an elite military security unit that responds to high risk situations within a military base or compound. The teams are military equivalents of civilian police department SWAT teams. "There was a lot of shooting for accuracy. We were told 'You are accountable for every bullet and each time you miss - it's like the stray bullet is going into a baby's crib."

On top of accuracy shooting, the training also covers proper room-clearing and structure-breaching techniques. "The scenarios we were put through throughout the entirety of the training tested how well you can perform and complete the mission successfully while under intense pressure." -- by SrA. Kelly Galloway





#### SERVICES CALENDER |

**CLUB CHRISTMAS:** Breakfast with Santa, Dec. 10, 810 a.m., free to club members with participating child, \$6.95 non-members, kids 4-12 \$3.95, kids 3 and under, free; holiday meal with carving station, Dec. 15, 11 a.m.-1:30 p.m. and 5 p.m.-8 p.m.

BOWL: Holiday Bowl Dec. 16-17 ... dress in the holiday spirit and receive free shoe rentals.

ODR: The staff has ski and snowboard rentals, and snow blowers. Information: 557-2192.

**FITNESS:** Insanity Workout Club, Wednesdays 11:30 a.m.-12:30 p.m.; Zumba Classes Monday, Wednesday, Thursday 4:30-5:30 p.m. and Friday 11:30 a.m.-12:30 p.m. The fitness staff encourages everyone to maintain their weight through the holidays by weighing in the week of Thanksgiving and after the new year to win!

ITT: Check out ITT's page on westoverservices.com for updated information on tickets, tours, and other discounts!

-- Information submitted by Mollie Anello, services marketing, 557-3015







#### PATRIOT

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FIRST CLASS

US POSTAGE

PAID



Published monthly for Patriots like SrA. Ryan Manning, Kennebunkport, Maine, and the more than 3,400 reservists and civilians assigned to the 439<sup>th</sup> Airlift Wing.

439<sup>th</sup> Airlift Wing 100 Lloyd St., Box 49 Westover ARB Chicopee, Mass. 01022-1825



**NIGHT SHIFT** This late night photo features the sky backdropping the landmark Westover water tower rotating beacon. Built in the early 1940's, the tower is one of the most iconic and oldest features of the base. In 2006, crews painted over the traditional red and white checkerboard with the 21<sup>st</sup> century Air Force logo. (photo by SrA. Kelly Galloway)