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January 2014 | Patriot Wing -- Leaders in Excellence



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SrA. Alexander Brown
SrA. Charles Hutchinson IV

UTA SNAPSHOT

>> Saturday: Commander's Call,
Base Hangar, 3:30 p.m.

News briefs		pg. 3
Good Samaritan		pg. 4
Force structure		pg. 4
Deployed differently		pg. 5
Troop Talk		pg. 8
Wingmen look for signs		pg. 9
F-15 departure		pg. 12

ON THE COVER: Another busy year at Westover included hosting Air Force senior leadership and the relocation of Air National Guard F-15s. Turn to pages 6 and 7 for the story and more photos.

EDITORIAL | "You guys rock."

Two-thousand thirteen was a hard year for the Patriot Wing, but we pulled together and overcame every obstacle. The furloughs, the government shutdown, and reduced funding did not hold you back from being Leaders in Excellence.

The outstanding performance of the wing was recognized by the Reserve Command many times during the past year. We garnered many unit and individual awards. Westover was selected by AFRC as the nominee for the Commander-in-Chief Annual Award for Installation Excellence for the second year in a row. The icing on the cake was the excellent rating the wing received during the CUI in August. The AFRC/IG said it all when he stated, "There were more strengths in this wing than we normally see....this is a wonderful wing doing a wonderful job for our country, your reputation preceded you...you don't see this every day. You guys rock."

Westover continues to play an important part in the defense of our nation. Our many distinguished visitor tours in 2013 highlighted the importance of our mission and our people. Senator Warren visited in February, Congressman Neal in April and

June, a group of 19 Massachusetts state legislators in April, the Commander and Command Chief of AFRC in June, and the Acting Secretary of the Air Force in July. They were all impressed with the professionalism and dedication displayed by our Airmen and civilians during their visits. All of them left Westover with a greater appreciation for what we do and had nothing but great things to say about the entire wing.

In November, wing vice commander Col. Jeff Hancock briefed staffers from the presidentially-appointed National Commission on the Structure of the Air Force about Westover's strengths and potential for future expansion. The staffers were impressed with the size of our base, the numerous awards won by our organizations, and our "tremendous community support." The NCSAF will submit its report to the President of the United States and Congressional defense committees by Feb. 1. They will recommend whether, and how, the structure should be modified to best fulfill current and anticipated mission requirements. It's good to know that Westover's voice will be

represented in the report.

This year promises to be another year of challenges. We face a reduced budget, a new Air Force Inspection System, and a new AEF rotation system (AEF Next). Some relief is expected from the effects of sequestration, but money will remain tight in 2014. Mission readiness and training will remain our priorities as we continue to be a combat-ready, cost-effective, and experienced force with operational capability, strategic depth, and surge capacity. We'll face the challenges of 2014 as a team, and I am certain that we will continue to prove that we are the best. Thank you for your service to our community and our country. You are truly Leaders in Excellence.

by Col. Steven Vautrain
439th Airlift Wing commander

BRIEFS |

Web site and TV

For the latest news at Westover, visit the base web site at westover.afrc.af.mil. News stories on base people and history may be viewed on the Westover News Network, Channel 50.

HRDC members

The 439th Airlift Wing Human Resource Development Council's retention committee seeks new members with ideas on how to impact the recognition, professional development, and mentoring programs at Westover.

Reservists should contact Maj. Diane Burch, 439th Force Support Squadron, at 557-3144.

Wing honors annual award winners

The wing honors the following civilians and Airmen as the annual 439th Airlift Wing award winners:

Airman: SrA. Amanda Collins, 439th Aerospace Medicine Squadron; NCO: TSgt. Francis Sforza, 439th Security Forces Squadron; SNCO: MSgt. Charles Carlin, 439th Logistics Readiness Squadron; CGO: Capt. Bruce Lawler, SFS; Civilian: Robert Page, 439th Aircraft Maintenance Squadron; Civilian Supervisor: Jeffrey Roule, AMXS; First Sergeant: SMSgt. Frederick Hetu, SFS.

Westover Club to reopen Jan. 11

Following more than two years of renovations, the Westover Club is scheduled to open Jan. 11 (Saturday of the A UTA). A grand opening is planned. For more information, please turn to the services section on page 11 or call 557-2039.

Snowline provides updates on conditions

In the event of inclement weather, call the base snowline at 557-3444 for the latest information on base conditions.

AFRC awards

Two 439th Security Forces Squadron members earned command-level awards recently.

Charles Trovarello won the Outstanding Security Forces Civilian Support Staff Award and Capt. Matthew Darisse earned the Outstanding Security Forces Air Reserve Component Company Grade Officer Award.

In addition, MSgt. Nicholas Dukes, 439th AW Safety Office, is the command's Weapon Safety NCO of the Year.

NORTH POLE CHEER>>

Westover children and MSgt. Albert Raymond, 337th Airlift Squadron first sergeant, got a chance to speak to Santa and Mrs. Claus about their wish lists during the annual Children's Christmas party held in the Base Hangar Dec. 7. (photo by TSgt. Brian Boynton)



MXS AIRMAN HELPS SAVE A LIFE

by MSgt. Andrew Biscoe

A 439th Maintenance Squadron Airman who stopped to render aid to a local man in early November helped to save his life. SrA. Nathan Staples was headed to a local movie theater on one of the main streets of Springfield Nov. 8 with his girlfriend when he noticed a young man lying partially in the street and onto the sidewalk. He quickly pulled over. “When I walked up to him, he was still conscious and somewhat responsive,” SrA. Staples said. “I asked him if he was all right and if he needed any help and I didn’t receive a response from him.” In line with his military training, SrA. Staples checked the man’s airway, his breathing and his circulation. “Everything seemed to be OK, so I asked him a few more questions,” he said. While the man was able to answer, when it came time to ask another question, that’s when the Airman saw he was unresponsive. “I continued to monitor his ABC’s while other bystanders called for help and moni-

tored the traffic to keep the area safe,” SrA. Staples said. “I noticed his breathing and his pulse were beginning to grow faint, I continued to ask questions.” SrA. Staples continued his self-aid and buddy care training -- and kept his sense of urgency. “I tried to keep the young man’s eyes open but his eyes eventually shut. I couldn’t see nor feel his chest rise or hear him breathing. His pulse was almost nonexistent. I decided it was time to start CPR.” SrA. Staples started chest compressions -- two sets of 30. “His breathing and pulse went back to normal,” he said. “I continued to monitor his ABC’s until police arrived. They gave him oxygen.” Paramedics quickly followed the police, and a Westover Good Samaritan humbly went on his way. “They took the man to the hospital, I spoke to the police and

gave them my information, then I continued on my way to the movies,” SrA. Staples said, citing his self-aid buddy care training instincts. “When I saw the guy in the road, I knew what I needed to do.”



AF announces more force management programs to reduce size

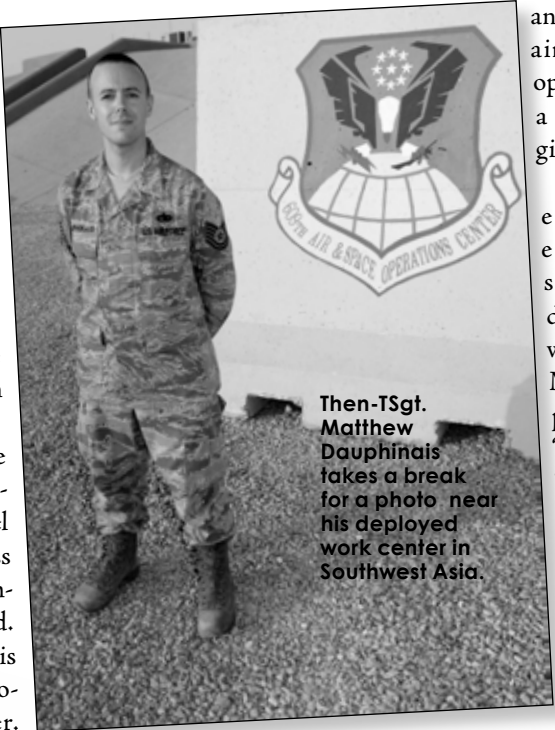
WASHINGTON (AFNS) -- Air Force leaders announced force management programs Dec. 11 designed to reduce the force by thousands of Airmen over the next five years as a result of sequestration. Fiscal 2014 force management initiatives are in addition to the announcement made in July, stating the Air Force will implement several force management programs to meet budget reduction requirements. Air Force leaders made the decision to announce the overall strategic plan now so that Airmen have the necessary time to consider all their career options. During testimony to the House Armed Services Committee in November, Gen. Mark A. Welsh III, the Air Force chief of staff, said long-term impacts of sequestration could force the service to cut about 25,000 Airmen over the next five years. “The difference from years past is that we announced voluntary programs first, then involuntary,” said Lt. Gen. Samuel Cox, the deputy chief of staff for Manpower, Personnel and Services. “This year, due to the limited timeframe, we’re announcing all programs at once to allow Airmen time to consider their options and ensure their personnel records are up to date.”

Several programs will be announced in the coming weeks. Boards will consider an Airman’s entire record of performance and will be conducted in accordance with Air Force promotion board standards. These programs only apply to active-duty Airmen. **Enlisted only programs** -- The chief master sergeant retention board will include two phases. During phase one, chiefs in specific specialties may apply for voluntary retirement in lieu of meeting a retention board. Chiefs with 20 years of total active federal military service from identified overage career fields who do not apply for retirement before the phase one window closes Mar. 15, 2014, will be considered by the board, Cox said. The quality force review board will look at senior master sergeants and below with a negative quality indicator code. Negative codes include reporting identifiers, grade status reasons, reenlistment eligibility, or assignment availability codes. For a complete list of codes, Airmen should visit the MyPers website once the Personnel Services Delivery Memorandum for this program is released. Airmen who have declined to obtain retainability for PCS, TDY, retraining/training, deployments or promotion will be looked at under the Date of Separation, or DOS, rollback program. Voluntary separation pay applies to Airmen on the active-duty list

Reservist works unique role in Southwest Asia

by MSgt. Andrew Biscoe

SOUTHWEST ASIA - MSgt. Matthew Dauphinais is used to being in the middle of the action as an aerial porter, but on this deployment, he’s in a different vantage point altogether. He’s working in the combined air operations center of one of the largest overseas American bases. “I get to use my experience as an air transportation specialist at a much higher level to see how the whole process works and have a direct impact on the mission,” he said. MSgt. Dauphinais, on his fourth deployment, got promoted in early December. This time around, he’s away from family and friends for about six months. For security reasons, his deployment location can’t be specified. “The weather has gone from hot and humid to well, hot and humid, with a slight sandstorm or two thrown in between,” he said.



Airmen in the CAOC provide command and control for air and space operations for a specific region. “We generally work eight-hour shifts, seven days per week,” said MSgt. Dauphinais. “The word ‘combined’ is used because a CAOC consists of all branches of the U.S. military as well as coalition forces. I work side-by-side with all different career fields, ranks and nationalities. You know your job and you all work together to accomplish the mission. The environment in the office can be high stress at times, but we also like to keep it relaxed too.”

For the Patriot Wing senior NCO, glimpses of home are few and far between. He managed to catch some Red Sox games. “I’m one of the few, well the only, New England sports fan in the office, but I’ve made it clear where my loyalty lies!” MSgt. Dauphinais mostly missed the joys of summer. “Summer barbecue, hanging around with friends, tall grass and trees,” he said. “Although it’s over 100 degrees here, it’s just not summer in the true sense.” MSgt. Dauphinais stepped out of his air transportation role by searching Air Force Reserve Command’s Volunteer Reserve System. “I was lucky! Every once in awhile a tasking will come along on the VRS that active duty is trying to fill. With the support of my unit, some help from the LRS team at Westover and some connections at Headquarters Air Force Reserve Center, I was able to secure the position.” He’s scheduled to return soon -- perhaps in time for the traditionally cold New England climate. “The length of my deployment gets me home just in time to see snow, or at least cold tem-

with more than six years, but no more than 20 years of total active federal military service, and will be offered to enlisted retention board eligible Airmen as a voluntary incentive prior to the retention boards. The enlisted retention boards will look at senior airmen through senior master sergeants in overage Air Force specialty codes with a date of rank of Jan. 1, 2013 or earlier. Senior NCOs with a minimum of 20 years of total active federal military service by the mandated retirement date will also be considered by the board. **Officer only programs** -- Force shaping boards will consider active-duty officers with more than three but less than six years of commissioned service as of Dec. 31, 2014, for separation and will target career fields and year groups based on sustainment levels. Overages in the officer corps will require the force to conduct an Enhanced Selective Early Retirement Board, or ESERB. An ESERB allows the service to consider retirement eligible active-duty officers below the rank of colonel, lieutenant colonels once deferred for promotion, and colonels with two to four years time in grade. By law, the Air Force will select no more than 30 percent for each grade in each competitive category. Voluntary separation pay will be offered to active-duty officers

with six or more years total active federal military service as a voluntary incentive prior to the meeting a board. A reduction in force, or RIF, board will consider regular officers below the grade of lieutenant colonel who have served at least one year of active duty in their current grade, are not on a promotion list, and have six or more years total active commissioned service and less than 18 years of total active federal military service. **Officer and enlisted programs** -- Officers and enlisted in over-manned career fields with more than 15 but less than 20 years of service will be eligible for Temporary Early Retirement Authority, or TERA, Phase II. The Air Force will offer TERA in fiscal 2014 with the application window starting in January 2014. These measures are part of the Air Force’s comprehensive Force Management Program designed to shape the future force. For more information and force management, force shaping, reduction in force and other personnel programs, go to the myPers website at <https://mypers.af.mil>. (Courtesy of Air Force Public Affairs Agency, Operating Location - Pentagon)

2013

2013 YEAR-IN-REFLECTION

by TSgt. George Cloutier

Another year has come and gone -- 2013 is history and 2014 is here. Here's a look at some of the events that made up 2013.

Winter Storm "Nemo" - Feb. 8

A Nor'easter lasting more than 12 hours forced the base to cancel its February A UTA as nearly two feet of snow blanketed the area. Westover weather forecaster Doug Fortin said 20 inches of snow had fallen as of the morning of Feb. 8. Areas in Massachusetts and Connecticut reported as much as three feet of snow from the storm.

Mobile Tail Enclosure - April 1

Crews broke ground for the \$5 million mobile tail enclosure. The

MTE is a moveable structure on rails that protects maintenance workers from the renowned New England cold weather. The MTE is the largest structure of its kind in the Air Force.

AFRC Commander visit - June 4

Lt. Gen. James Jackson, commander of the Air Force Reserve Command, visited Westover and toured several squadrons on base, accompanied by the new AFRC Command CMSgt. Cameron Kirksey. Lt. Gen. Jackson visited Westover to see first-hand how fiscal constraints were impacting Airmen.

Congressional visit - June 24

Congressman Richard Neal (D-Mass.) spoke to 40 civic, business and military leaders who gathered on the flight line during a ceremony announcing Westover's \$24 million contract to fund a new fuel hydrant system. The U.S. Army Corps of Engineers awarded Westover the contract. The Defense Logistics Agency is funding the system.

Furloughs - July 8

Congressionally-mandated furloughs of more than 700 civilians locally and some 680,000 Department of Defense civilians worldwide began July 8. Civilians here were required to take 11 days of unpaid leave between July 8 and Sept. 30, resulting in a 20 percent pay re-

duction during that period. The furloughs were part of Department of Defense-wide budget cuts due to sequestration.

SECAF Visit - July 25

Acting Secretary of the Air Force Eric Fanning visited Westover to observe how furloughs and sequestration were affecting the Air Force. During his visit, the acting secretary toured the nation's largest military aircraft, flew a C-5 simulator, and spoke to more than 450 people during an Airman's All Call.

F-15 fighters - July 30

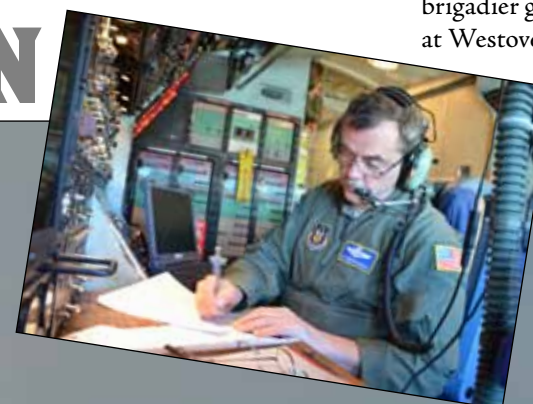
Roughly a dozen F-15 fighter jets arrived here July 30 as part of a temporary relocation while the runway at Barnes Municipal Airport underwent several months of repairs. The F-15s, assigned to the Massachusetts Air National Guard's 104th Fighter Wing, flew training missions out of Westover for about five months.

"Excellent" inspection - Aug. 12

Command officials announced that the Patriot Wing earned an excellent rating base-wide on its Consolidated Unit Inspection. Inspectors looked at nearly all base functions. They also inspected operations and support at Westover of the newly-arrived F-15s from the 104th Fighter Wing.

Brig. Gen. selection - Nov. 13

President Barack Obama nominated Westover's wing commander among 11 Air Force Reserve colonels to be promoted to the rank of brigadier general. Col. Steven Vautrain has been wing commander at Westover since August 2011.



Base Organizations

by 1st Lt. Andre Bowser

...Patriot Wing members provide many services, functions and roles that go beyond the duty hour, such as morale and welfare activities, fund-raisers for the benefit of the base populace, charitable engagements with the surrounding communities, and many, many more.

That's where base clubs, councils and organizations come in; they're an assortment of ancillary groups made up of volunteers who spread goodwill on and off base.

Presiding over all base organizations is the Council of Councils. It governs the joint efforts and common goals shared among these assorted groups.

"Volunteers represent an important part of the base's mission -- they keep members happy and engaged. That enables us to train to do our jobs," said Col. Steven Vautrain, 439th Airlift Wing commander.

"The councils, clubs and organizations on base make things happen behind the scenes that benefit and touch every member of the Patriot Wing," said CMSgt. Michael Thorpe, wing command chief master sergeant.

Here are highlights of what some of these organizations do:

The **Chiefs Council** annually awards a \$500 college scholarship to Patriot Wing reservists and family members, and

plays a major role in popular base events like Family Day.

The **Top Three** often teams up with other clubs to visit veterans at the Soldiers Home in Holyoke.

First Sergeants: When Hurricane Sandy hit close to home for many reservists, the group collected \$2,500 in a day to go toward assisting in the recovery efforts.

Human Resource Development Council: More than 150 area teenagers visited the base to learn about the military, called the Youth Outreach. HRDC organizers were central to making that happen. They also worked with 25 local students to learn about aeronautics.

Rising Six: When they're not awarding superior Airmen (airman basic through technical sergeant) for community involvement, mentorship, motivation and leadership, they raise money for the command in such ways as selling a lip balm, among their other activities. The group also plans outings and activities that emphasize physical fitness.

Company Grade Officer Council: The council's many activities includes teaming with other base organizations to visit the Soldiers Home in Holyoke, and raising funds for base activities. The CGOC also hosts the annual Veterans Day Memorial Service.

Interested Airmen can contact their first sergeants for more information about getting involved in these organizations.

TROOP TALK | What are among your priorities in 2014?



"My civilian career goal is to open a landscape design business."

>> **SrA. Andre Sample**
439th Security Forces Squadron



"I plan on making the military my lifetime job and then retiring."

>> **TSgt. Adam Jackson**
439th Aircraft Maintenance Squadron



"I'm studying forensic science at Naugatuck Community College. Upon completion I'll start studying nursing."

>> **SrA. Danielle Talbot**
439th Logistics Readiness Squadron

photos by SrA. Charles Hutchinson IV

As a wingman, look for signals of distress

by MSgt. Mark Lis

Last spring, I attended the funeral of a friend, classmate and fellow veteran.

His passing marked the second time in 2013 that a family friend had committed suicide.

His troubles were many, and he hid them well. We spoke often and had many "war stories" to tell each other. I'd seen him at least weekly at our Student Veterans Alliance meetings at a local community college. He seemed to be no different than any other Afghanistan-Iraq veteran trying to find his way back into society.

He was supposed to meet other alliance members at a local cemetery to help decorate veterans' graves with new flags for Memorial Day. We started to wonder

when he didn't show up. We notified the police. Later, his body was discovered in a local forest.

This young man -- a decorated Marine veteran, husband, father and hero -- had taken his own life. We all were devastated. What circumstances led this veteran to the point where he could not go on?

We now know he had some problems, just like all of us often do. Money troubles, family issues and the lack of meaningful employment, coupled with the stress of having been deployed, all probably played a role in his decision.

Yes, as military members, we all have been where he was. But what makes someone think he can't go on with life?

I don't know if we'll ever have the answers. Having been in the military for more than 20 years, I've attended countless briefings on suicide and suicide prevention. In the aftermath of my friend's death, however, I had many questions for myself.

Why did I not see this coming? What could I have done to make it possible for this young man to still be here today, enjoying his family, friends and life?

In truth, it is possible that no one could

have stopped my friend from taking his life. When someone decides he wants to commit suicide, it can be difficult to recognize the warning signs and get him the help needed. But we need to be aware of the signals that someone might be contemplating such an action.

I wanted to share some of my research. Any of the following could be potential warning signs:

Depression. Individuals contemplating suicide experience many different emotions, including sadness, hopelessness and anxiety. Depression usually includes a loss of interest in life and the things that are happening around the depressed person. Major depression, when discovered in time, can be treated through medication and therapy.

"Get to know those serving under your direction. All wingmen should ask questions, and show you care for your fellow Airman's well-being."

Talking about dying. Those who are considering suicide will often think about various methods for killing themselves. They'll sometimes discuss with others different ways in which they can die. They may also be thinking about ways in which others have killed themselves.

Sleep patterns. Someone who's depressed and considering suicide may experience a change in sleeping habits. A depressed person may move from following a regular schedule to sleeping for long periods of time or, alternately, to becoming hyperactive, restless and not sleeping at all.

Concentration. A loss of focus at work or in school, as well as in extracurricular activities, may also be a symptom of depression. If you notice someone is not putting as much effort into life as usual, it can be a sign that he or she is depressed.

Lack of goals. Those who are contemplating suicide will exhibit a disinterest

in the future and in any goals they have previously wanted to reach. They'll also seem to not care about current events happening around them that relate to the future.

Don't be afraid to ask a relative, friend or acquaintance directly if he or she is depressed or thinking about suicide.

If you become concerned that someone you know is at risk for suicide, don't leave that person alone. If possible, ask for help from his or her family or friends. Try to keep everyone involved in the situation calm.

Ask the person to give you any weapons he or she might have. Take away or remove sharp objects or anything else that the person could use to hurt himself or herself. In some cases, the person is

just looking for the chance to talk about his or her feelings and just needs to know that someone cares. It's fine to listen, but you should then encourage him or her to seek professional help. Call 911 or take the person to an emergency room.

Can suicide be prevented? In many cases, it can't with any certainty, but the likelihood of suicide can be reduced with timely intervention. Research suggests that the best way to prevent suicide is to know the risk factors, be alert to the signs of depression and other mental disorders, recognize the warning signs, and intervene before the person can complete the process of self-destruction.

A senior NCO's job is to take care of Airmen. Get to know those serving under your direction. All wingmen should ask questions, and show you care for your fellow Airman's well-being. Your genuine concern for your Airmen may be just what they need.

(EDITOR'S NOTE: MSgt. Lis is assigned to the 439th Aircraft Maintenance Squadron. In addition to personal experience with the loss of his friend, his article cites research from WebMD (webmd.com) and conqueranxietyanddepression.com

58th welcomes Lt. Col. John Dugan



CHANGE OF LEADERSHIP >> Clockwise: Lt. Col. John Dugan, new commander with the 58th Aerial Port Squadron, addresses senior leadership and the squadron's formation during the change of command Oct. 25; Col. Kenneth Lute, 439th Mission Support Group commander presents the squadron colors to Lt. Col. Dugan, who took over for Lt. Col. Richard Bellshot. The 58th APS is one of two aerial port squadrons within the 439th Airlift Wing. The APS mission is to load and unload cargo and process passengers aboard military and civilian aircraft. (photos by TSgt. Brian Boynton)

Volunteers assist in river cleanup

Sixteen Westover volunteers recently helped with cleaning up an area near a western Massachusetts landmark. The group, from the 439th Maintenance Squadron and the 436th MXS out of Dover Air Force Base, Del. scoured about 1.5 miles of beach along the Connecticut River from the Route 116 bridge in South Hadley the 391 bridge near Chicopee, said MSgt. Shawn Connolly, group leader. They picked up about one ton of trash. The volunteers also discarded sofas, shopping carts, and a 5-gallon jug of motor oil. The effort was part of the Connecticut River Watershed Council's source to sea clean-up. MSgt. Connolly is an active-duty Airman, and part of the geographically-separated 436th MXS contingent of Airmen. These Airmen work in the isochronal inspection dock, located inside the fuel cell hangar.

PROMOTIONS

Master Sergeant
Matt Dauphinais
Nicholas Dukes
Tony French
Victoria Hill
Scott Miller
Heriberto Ortiz
Max Polakowski

Technical Sergeant
Heidi Clyne
William Gustafson
Austin Harding
Fernando Martinez
Dustin Young

Staff Sergeant
William Buckhout
Patrick Shinoda

Senior Airman
Kevin Braniff
Kayla Broadhurst
Douglas Demaine
Ashley Eleby
Michael Natale
Kelsey O'Connell
Ian Parsons

Airman 1st Class
Jackie Lee
Elias Martins
Cody Whalen

Airman
Patrick Benevelli
Joseph Godlewski
Morgan Masaitis
Alfredo Roasario-Roman
Kimberly Stimson
Taylor Trombley
Tyler Wortham

FACES OF WESTOVER

SrA. Matthew Bowen 439th Maintenance Squadron



SrA. Bowen has been in the Air Force for almost 3½ years. He's part of the isochronal inspection team. "I'd like to become an officer to further help the Air Force attain its current and future missions," SrA. Bowen said. "I truly enjoy the people I work with. There are many highly-experienced NCOs and senior NCOs with a wealth of knowledge and experience to pass on along – as long as you are willing to learn." SrA. Bowen has a bachelor's degree in business management from Hartwick College in Oneonta, N.Y., and recently took his last class for his associate's degree in aviation maintenance technology with the Community College of the Air Force. His career advice to Airmen? "Never stop learning. Educating yourself is essential for furthering your career and developing yourself as a person." -- MSgt. Andrew Biscoe

RETIREMENTS |

Chief Master Sergeant Henry Lojkuc	Stephen Brooks Lisa Gustafson William Mackey John Masters Daniel Sullivan Charles Thompson Dennis Vight	Technical Sergeant Paul Plankey David Christian Peter St. Germain
Senior Master Sergeant Michael Wysocki		Staff Sergeant Allan Cangelosi
Master Sergeant Isidro Aguinaga		

SERVICES CALENDER | Submitted by Mollie Anello, services marketing assistant

- CLUB >>** Westover Club Grand Opening! Featuring live music with Moose and the Hightops, free food, and drink specials! Jan. 11, 7 p.m. at the newly-renovated club; Paint Nite Jan. 21, 7 p.m., Instructed Painting and Cocktails; visit www.paintnite.com for tickets, use coupon code: WARB15 to save \$15! Christina Udas is the instructor, contact for more information, christina@paintnite.com
- BOWLING CENTER >>** Start your New Year's resolution off right with Healthy Food Choices at the Bowling Center. Grilled Chicken Salad, Chef Salad, Chicken Sandwiches and so much more! Come to the Bowling Center for lunch Monday through Friday between 11 a.m.-1:30 p.m., or call in your order ahead of time for pick up! 557-3896.
- FITNESS CENTER >>** Basketball season starts Jan. 13. First games start at 5:30 p.m.; racquetball doubles tournament sign-ups, Jan. 6-13, tournament starts, Jan. 20-31.
- OUTDOOR REC >>** The outdoor rec staff has your winter activity supplies: Snowshoes, skis, toboggans and ice fishing equipment. Call for your rental today! 557-2192.

POPE'S PUNS |

by W.C.Pope



CFC
Get your pledge
forms in by
mid-January
CTandWMA.org



Published monthly for Patriots like SrA. Janet Izquierdo, Holyoke, Mass. and more than 5,500 people assigned to Westover Air Reserve Base.

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FIRST CLASS
US POSTAGE
PAID



DEPARTING EAGLE >>> A Massachusetts Air National Guard F-15C Eagle takes off Dec. 7. The fighter jet was one of more than a dozen temporarily relocated to the base from July until December, when runway repairs were completed at Barnes Municipal Airport. (photo by SSgt. Kelly Goonan)