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# PATRIOT

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## UTA SNAPSHOT

>> 439<sup>th</sup> Mission Support Group  
Commander's Call, Saturday, 10  
a.m., fuel cell hangar

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**Directing the giant** >> Two Airmen marshall out a C-5 for a local training mission mid-October. The C-5 is the U.S. military's largest aircraft, and one of the largest in the world. Its wingspan is 222 feet and the tail is the equivalent of a six-story building. (photo by SrA. Monica Ricci)



**ON THE MOVE** >> A Patriot Wing C-5B taxis Oct. 15, on its way to another overseas mission. Aircrews and maintenance Airmen are preparing for the arrival of the first C-5M Super Galaxy early 2017. The modernized C-5s will include quieter and more powerful engines and improved lighting in the cargo compartment. (photo by SrA. Monica Ricci)

## EDITORIAL Initial impression: High morale with mission accomplishment

**B**etween my 17 years as a military dependent growing up with a father in the Navy, and my own 28 years serving with the Air Force, I have lived up and down the East and West coasts, plus a few other places along the way. However, this is the first time I have ever lived this far north on the East coast. BONUS point for us.... my husband, Robert, has a lot of family in Connecticut and Massachusetts. We're really happy to finally get to spend some time with them.

It is also the first time to be part of the C-5 mission – although I have had the opportunity to be a passenger on occasion. My first memory of the C-5 is as a teenager flying back and forth between the United States and Rota, Spain. My most recent flight was returning from a media visit in Landstuhl, Germany in 2006, after a whirlwind month of traveling throughout Southwest Asia, Iraq, Afghanistan, some of the other 'Stans', and numerous other countries with media covering hundreds of stories. So for my husband and daughter Isabel, and me -- this is a first on more than one level and one which we were excited to get.

Thus far in my mere two months in the mission support group commander seat, I have discovered that this wing is similar to other wings in its extreme pride over excelling at the mission.



What's different here is the overall level of enthusiasm.

Every place I have been has had people who loved it and those who were not so keen, but overall this location seems to be one where the majority really likes it here. It is nice to be part of a wing where you see a lot of smiles, a lot of pride, and a lot of energy directed towards being the best.

I have been mulling over why it is that people up here seem to be generally in a good mood; if you think you know the answer I hope you will share it with me. Maybe because it is Massachusetts? Apparently Massachusetts is the state that is #1 happiest in New England (at least that is what was reported on the news a few weeks ago).

Maybe it is the food? New England is foodie country! Maybe it is the seasons? Fall is breathtakingly beautiful!

Maybe it is weekends in New York, lobster in Maine and the coast or the mountains easily reached in just a couple of hours!

Maybe it is some combination of things, but whatever it is, so far my family and I are very glad to be here. We look forward to getting to know you!

**by Col. Karen "Jack" Magnus  
439<sup>th</sup> Mission Support Group Commander**

## BRIEFS

### James Street Gate

The James Street Gate remains closed as construction continues through this fall. As a reminder, everyone entering or leaving the base must use the Westover Road Gate.

More information on the construction completion will be provided as soon as it becomes available.

### Westover Strong helps with the rush of the holidays

This month's Westover Strong topic is "de-stressing the holidays." The speakers will be Chaplain (Maj.) Matthew Zimmerman, and Chaplain (Capt.) James Longe. The event takes place at the Westover Club Nov. 7 at 11:30 a.m.

### Comedy night

Comedy night at The Club hosted by Jess Miller will take place Saturday of the A and B UTA. The Club lounge opens at 4 p.m. and the show starts at 8 p.m. There is no cover charge.

### Mission support group Commander's Call

The 439th Mission Support Group will hold its Commander's Call Nov. 7 at 10 a.m. in the DC Hangar fuel cell (Bldg. 7000).

### Angel Tree helps needy

The Angel Tree program's annual kindness will spread again this fall at the Airmen and Family Readiness Center. This program sees that Westover helps its own – needy families who face budget pressures during the holidays. Gifts to the program are due at the center by noon Dec. 5.

For more information on the Angel Tree program, call 413-557-3024.



# 4th AF commander makes his rounds at Westover

by SrA. Monica Ricci



Maj. Gen. John Flournoy, 4th Air Force commander, visited with Patriot Wing Airmen and joint force partners in early October.

"When I get home, my youngest son is going to ask me how my trip went and what I did," Maj. Gen. Flournoy explained. "I'm going to tell him that I met real-life heroes at Westover."

The general and 4th AF Command Chief Brian Wong held four commander's calls tailored to Airmen, NCOs, SNCOs, and officers and traveled across the base to see Airmen in their workplaces.

"As I walked around and got a chance to talk to the military members assigned here, I was impressed by the energy and professionalism of so many people at Westover," he said.

In order to see the joint base operations, Maj. Gen. Flournoy and Chief Wong also met with civilians and tenant units on base.

"I saw how Westover's leadership has fostered a great brotherhood with its Army, Navy and Marine partners," Maj.

Gen. Flournoy said. "It reinforced that we are 'One team, No seam.'"

The Westover Fire Department hosted lunch one afternoon at the station for the general and command chief.

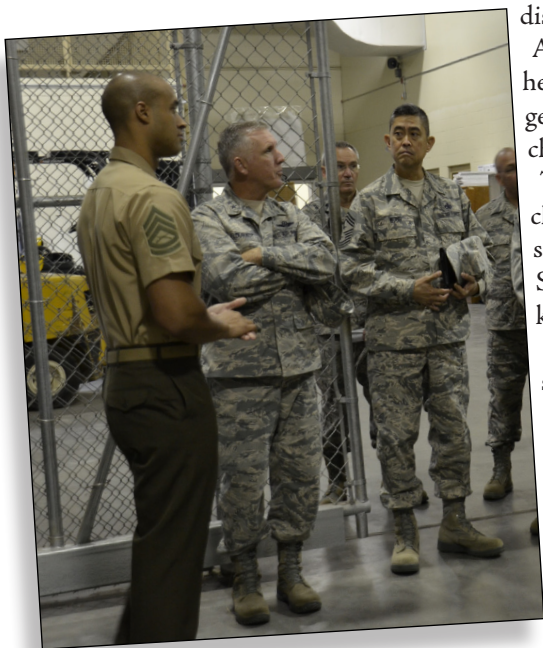
"One of the highlights of this trip was visiting the Westover Fire station. Just last month, Westover earned a top-of-the-line honor from the Commission on Fire Accreditation International, becoming the first military or civilian fire department in Massachusetts -- and the first in our Air Force Reserve Command -- to earn this distinction."

Although accustomed to warmer weather at 4th AF headquarters at March Air Reserve Base, Calif., the general and command chief didn't shy away from the chills of Westover's fall weather.

They joined the 439th Civil Engineer Squadron one chilly morning at Westover's Dogpatch, and even savored a hot breakfast made by the 439th Force Support Squadron's services Airmen in a mobile kitchen tent.

"This is great," Maj. Gen. Flournoy said, as he stood in front of the Airmen who stayed overnight at Dogpatch. "This is what you signed up for, to do training like this, to do your job when you come to Westover for a UTA weekend."

The general and command chief were next scheduled to visit the 434th Air Refueling Wing at Grissom Air Reserve Base, Ind.





# AIRMAN ARNOLD

by SrA. Charles Hutchinson

"I'm going to Pump -- you up!" Although that quote was made famous by Arnold Schwarzenegger, he isn't the only one who says it today.

TSgt. Anthony Marlak, a transportation specialist assigned to the 42<sup>nd</sup> Aerial Port Squadron, said although it may sound funny, Arnold Schwarzenegger and Sylvester Stallone raised him.

"I am a product of divorce," TSgt. Marlak said. "My father left my sister and I when we were young."

TSgt. Marlak said he had two grandfathers as role models growing up, but Schwarzenegger shaped who he aspired to be.

"Being such a huge Arnold fan growing up, I wanted to model my life after him," TSgt. Marlak said. "I wanted to be big and built like a superhero."

And he is.

TSgt. Marlak started body building two years ago. He now performs at competitions as a part of three separate amateur leagues. He said the cheering of the crowd and the glaring of the spotlight is what pumps him up!

"Picture someone you idolize, somebody who is your biggest hero," he explained. "Imagine what it's like to be them for that one moment."

"When I perform, I literally get to be Schwarzenegger during the 60-second pose-down," he said.

Off stage, TSgt. Marlak said he continues to strive for the best.

"I can't be average," TSgt. Marlak said. "Average is not in my vocabulary!"

TSgt. Marlak joined the Air Force Reserve in 2001. When he is not on duty during a Westover UTA, he is a full-time correctional officer in Connecticut. He also co-owns a fitness supplement business out of New Jersey and is the property manager of an apartment building.

Even though it might seem like TSgt. Marlak works more hours than there are in a week, he said he always makes time for his two children, Anthony and Cayden, and his wife of almost eight years, Rachel.

"Without the help of my wife I would not be able to do the many things I do," TSgt. Marlak said.

Although he is a transportation specialist, his fellow 42<sup>nd</sup> APS Airmen have given him an additional title: Fitness advisor.

TSgt. Marlak's most recent venture is designing weight-loss and weight-gaining diet plans for individuals, and giving them pointers on working out.



*TSgt. Anthony Marlak*

"I am at the beck and call of the unit," he laughed.

TSgt. Marlak said his way of life is not only to better himself.

"People are losing hundreds of pounds because of my diet tips," said TSgt. Marlak. "It is the most satisfying feeling in the world, hearing people tell me their success and thanking me for my help."

## C-5 scoops up in-flight data for NASA

by SrA. Charles Rivezzo, 60th Air Mobility Wing Public Affairs

TRAVIS AIR FORCE BASE, Calif.-- Lockheed Martin and base officials recently recorded in-flight noise and vibration data onboard a C-5M Super Galaxy, ensuring the newly upgraded airframe was still compliant with NASA requirements.

The objective of the test was to collect interior noise and vibration data to verify that the C-5M Space Cargo Modification (SCM) cargo compartment still met the vibroacoustic requirements set forth by NASA, said Brian Austin, a Lockheed Martin representative assigned to the 60th Maintenance Group.

In order to record the data, engineers strategically placed 12 microphones, five single-axis accelerometers and four triaxle accelerometers throughout the aircraft's specially modified cargo compartment.

One of only two C-5Cs, an aircraft specially modified to carry satellites and other large cargo, the aircraft recently returned here after being retrofitted with General Electric CF6-80C2 engines and modernized as part of the C-5M Reliability Enhancement and Re-

Engining Program.

Because the new engines provide the C-5 with 22 percent greater takeoff thrust, potentially altering the vibrations generated within the cargo compartment, Air Force Space Command raised concerns that the aircraft be re-evaluated to verify the aircraft still met NASA requirements.

NASA is currently one of the C-5C's largest customers and has utilized it to carry satellites, components of the International Space Station and the Hubble Space Telescope.

Unlike traditional C-5s, the C-5M-SCM's aft troop compartment was removed and special modifications were made to the rear loading doors, creating a larger cargo area that can accommodate and transport the Space Container Transportation System.

The need to record the vibratory environment of the cargo compartment primarily stems from just how tight the SCTS canister is placed into the airframe. On average, the clearance between the canister and the walls and ceiling of the aircraft is approximately 1 inch, leaving little wiggle room should the cargo shift within flight. On and off-loading from the aircraft is an operation that can take hours to complete as the canister is basically inched out of the cargo bay.



## TROOP TALK

What are you going to buy on Black Friday?



"Oh, nothing! I actually avoid Black Friday!"

>> **SrA. Rebecca Hamoy, 439<sup>th</sup> Aeromedical Evacuation Squadron**

"I'm more of a cyber-Monday kind of guy. If I were to buy anything it would probably be electronics."

>> **A1C Jose Lehardy, 439<sup>th</sup> Aircraft Maintenance Squadron**



"I'd buy a TV if I went."

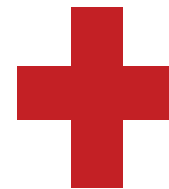
>> **SrA. Patrick Benevelli, 439<sup>th</sup> Aerospace Medicine Squadron**



photos by SrA. Monica Ricci

# The ABCs of SABC

## Self-aid Buddy Care helps ensure Airmen's survivability



*EDITOR'S NOTE: This is the second of a four-part series on deployment readiness topics. By next spring, hundreds of Patriot Wing Airmen are scheduled to deploy to worldwide locations.*

by **MSgt. Andrew Biscoe**

Heads up: It isn't an alphabet refresher. Knowing the ABCs could mean saving someone's life.

It stands for airway, breathing, and circulation, and it's called self-aid buddy care, or SABC. The detailed CBT takes at least a couple of hours to complete. Then, all Airmen who pass the CBT bring their certificates to the hands-on portion.

Airmen first get SABC in basic training, and then periodically throughout their enlistments. And it's highlighted again for those scheduled to go on deployments.

SrA. Monica Ricci, a photojournalist, is scheduled to deploy overseas next spring. She's counted SABC as among the most important ways to ensure she's thoroughly prepared.

"I had the chance to apply a tourniquet. The hands-on training was very realistic. I'm more knowledgeable with this training now."

She spent a portion of the October A UTA huddled with a group of Airmen who practiced wrapping bandages and applying huge gauze pads.

"The CBT was really long," SrA. Ricci said. "But it had good videos that helped reinforce what I learned."

MSgt. Dale Edwards, a command post controller, often pulls double-duty on UTAs as an SABC instructor. He's trained as a national-registered emergency medical technician. He was also an aerospace medicine technician with the 439th Aerospace Medicine Squadron for 13 years. For the past nine, he's been providing SABC classes to the air wing staff.

His training could help make the difference for all Airmen, deployed or at home. "Everything I teach can be found in the Airman's Manual," MSgt. Edwards said. "This is a great resource to have nearby in case of emergencies. SABC training - like CPR classes - equips Airmen with life-saving skills. The hands-on classes bring the CBT's material to life. And just as it says in the CBT - don't panic!"

Patriot Wing Airmen have used these skills right in Westover's back yard. They've responded to automobile accidents and choking victims. And like MSgt. Edwards, they teach other.

"Whether you're in combat or in peacetime, your SABC skills could be needed at a most unpredictable moment," he said. "Stay calm and remember your ABCs."





# WESTOVER RESERVISTS BY STATE



**TOTAL:**  
**2380**  
**FROM 33 STATES**

**VISUAL BY W.C. POPE**  
**DATA PROVIDED BY MSGT. GREG LIBBY**  
**439TH FORCE SUPPORT SQUADRON, OCT. 2015**



**Foliage >>** A Patriot Wing C-5 climbs out of Westover Oct. 8 over neighboring Chicopee as New England's fall colors begin to emerge.



**Farewell >>**

Men and Women of the Patriot Wing wished Lt. Col. Kelly Hosey well during a farewell luncheon. Lt. Col. Hosey has been a member of the Patriot Wing for more than 30 years. She will soon assume command of the Air Force Reserve's 916<sup>th</sup> Mission Support Group at Seymour Johnson Air Force Base, N.C. (photo by MSgt. Andrew Biscoe)

# Around Westover



**Hot Breakfast >>** Services Airmen from the 439<sup>th</sup> Force Support Squadron set up a mobile kitchen tent and prepared hot meals for Airmen from the 439<sup>th</sup> Civil Engineer Squadron at Dogpatch. (photo by SrA. Monica Ricci)



**Dogpatch>>** Members of the 439<sup>th</sup> Civil Engineer Squadron spent the Oct. UTA training at Dogpatch. The Airmen stayed overnight in the newly-renovated barracks on site, and hosted Maj. Gen. John Flournoy, 4th Air Force commander (photos by SrA. Oscar Weke, 439<sup>th</sup> CES)





# Westover Strong



by SrA. Charles Hutchinson IV

The October Westover Strong topic was innovation.

Among the more than 30 Airmen attending were Maj. Gen. John Flournoy Jr., 4th Air Force commander, and CMSgt. Brian Wong, 4th AF Command Chief Master Sergeant, who visited with Patriot Wing Airmen and the base for several days in October.

SMSgt. Shane Robitaille, 439<sup>th</sup> Force Support Squadron, was the speaker.

He urged the audience to “get out of their ruts, get out of cruise control and change their perspective.” Some of the other sub-topics included brainstorming, visualizing challenges, and overcoming fear. “One of the most important tools we can use on base is innovation,” SMSgt. Robitaille reminded the Airmen. “Be innovative!”

Airmen with the wing’s Human Resource Development Council developed and began the Westover Strong program more than a year ago. It’s held each A UTA at the Westover Club.

## Former Patriot Wing senior enlisted advisor passes

One of the Patriot Wing’s former senior enlisted advisors passed away in October.

Retired CMSgt. Charles Fusco died Oct. 11. He was the wing’s third senior enlisted advisor.

That position is known today as the command chief master sergeant.

CMSgt. Fusco lived in Easthampton, Mass., and grew up near Boston. He first joined the Air Force during the Korean War in 1952. Later into his career, he served aboard C-124s and C-123s, and held several senior maintenance positions during the wing’s conversion to C-5, which began in 1987.

He served at the wing’s top enlisted position for more than two years.

The chief retired from the Air Force Reserve in July 1992.

## POPE’S PUNS

by W.C.Pope





PROMOTIONS

**Chief Master Sergeant**  
Desmond Farrell



**Senior Master Sergeant**  
Devon Destefano



**Master Sergeant**  
Tara Nolan



**Technical Sergeant**  
Jonathan Colwell  
Kelly Goonan  
Christi Leipchack  
Maria Mena  
David Rivera  
Magnolia Solis



**Staff Sergeant**  
Alan Ash  
Alyssa Arriaga  
Matthew Bergeron  
Andrew Boisvert  
Kenneth Chinjen  
Jose Juan-Calderon  
Devan Layton-Stamborski  
Brittany Menegan  
Danny Spence



**Senior Airman**  
Michael Dragenis  
Eric LaClair  
Xavier Murray  
Michael Ramos  
Ricky Shaughnessy  
Alain Tshipamba



**Airman First Class**  
Jessica Chauvin  
Puneet Khunda  
Hali Ramos



**Airman**  
Thomas Anyon



FACES OF WESTOVER

**SrA. Carlos Juarez-Garcia**  
439<sup>th</sup> Force Support Squadron

SrA. Carlos Juarez-Garcia, 439<sup>th</sup> Force Support Squadron, works in Westover's dining facility -- the Westover Club.

"We do some meal prep, and even cook sometimes," he said, adding he and the FSS Airmen work side-by-side with services civilians. "The cooks tell us what they need and we get it done."

He said the best part about working in services is that Airmen get to do a little bit of everything. "We usually rotate out every two years to a different job and role," SrA. Juarez-Garcia said.

FSS Airmen also work in the fitness center.

Although SrA. Juarez-Garcia is originally from Queens Village, NY., he now resides in Providence, R.I., with his wife and four year-old daughter.

"I got married to a Rhode Islander," he said. "So that's where I headed!"

SrA. Juarez-Garcia joined the Air Force Reserve in 2013 to ensure he could finish his degree, and with the education benefits the military offers, he said it was an easy choice to sign up.

"I've been looking to see if I can become an officer," he said. "That's my long-term goal."

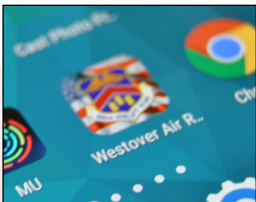
Although every branch offers education benefits, there was only one he was interested in. "All the branches are good..." he smiled. "But the Air Force is just better!"

-- SrA. Charles Hutchinson



RETIREMENTS

**Master Sergeant**  
Scott Lagrant  
Joseph Sarno  
Stephen Winters



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enter this into your mobile browser, add to homepage!

SERVICES CALENDAR

**OUTDOOR RECREATION >>** Rent all your fall clean-up equipment through outdoor rec. ODR has a wide variety power equipment, to include power rake, lawn vacuum, brush cutter and more. Visit ODR today or go online to see a full line of rental items available at [www.westoverservices.com](http://www.westoverservices.com).

**FITNESS CENTER >>** Flag football has started! Come out and support your team!

**BOWLING CENTER >>** Sixth annual USO Support Our Troops Bowling Tournament is Dec. 5. Please sign up at the center. Information: 557-3990

**Westover Helpers**  
If in need please contact:

**Psychological Health**  
557-2623 Bldg. 2235

**Sexual Assault**  
557-3862 Bldg. 1100

**Equal Opportunity**  
557-3225 Bldg. 1850

**Airman and Family Readiness**  
557-3024 Bldg. 1100

**Chaplain**  
557-3360 Bldg. 1100



Look for WNN on local community access channels





Published monthly for Patriots like SrA. Alfredo Roman-Rosario 439<sup>th</sup> Airlift Wing, and more than 4,700 people assigned to Westover Air Reserve Base.

## EMPENNAGE

### As cold weather approaches, items to keep in mind (and in the trunk)

Taking trips across New England might not take very long because of the size of the states in this region, but winter weather's adversity and unpredictability can make for a longer journey than anyone could plan. Here are some suggested items for those long trips:

- Keep windshield washer fluid full
- Bring snacks, plenty of water, an extra pair of gloves, a hat, and a blanket
- Keep your gas tank at least half-full.

**FALL FROM THE TOWER >>** A Patriot Wing C-5 aircrew on a local training mission practices landings and takeoffs as another waits to take off on an overseas mission. (photos by SrA. Monica Ricci)

