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439westover

439TH AIRLIFT WING COMMANDER

Col. Al Lupenski

CHIEF OF PUBLIC AFFAIRS

Lt. Col. James Bishop

WING PUBLIC AFFAIRS OFFICER

Capt. Andre Bowser

SUPERINTENDENT

MSgt. Andrew Biscoe

NCOIC

MSgt. Timm Huffman

LAYOUT/VISUAL INFORMATION

W.C. Pope

STAFF

TSgt. Brian Boynton

TSgt. Stephen Winn

SSgt. Amelia Leonard

SrA. Charles Hutchinson IV

SrA. Monica Ricci

UTA SNAPSHOT -- SATURDAY

>> Westover Strong takes place at 11:30 a.m., at the Westover Club

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RED SOX >> Fenway Park was the host to a military appreciation day on July 4, Airman from Westover participated and Col. Al Lupenski threw out the first pitch. Story on page 4.

GROUP CHANGE >>

Col. Frank Bradfield takes command of the 439th Operations Group from the departing Col. Michael Miller on July 12.

(photo by SrA. Charles Huthinson)



EDITORIAL

The fastest path to your goals

All Airmen enter the Air Force with expectations. Of course, we really don't know what to expect as we leave for the first day of BMT or OTS. I remember walking through the San Antonio Airport [on Jan. 15, 1980] and having a TI point to me and say, "Basic training...over here!" I was terrified! How did he know I was there for BMT? It was probably the sheer terror on my face! I was eighteen and very green!

As BMT progressed, I realized that my expectations were not being met. It was about the 4th week of training when I knocked on my TI's office door and entered on trembling legs. I told him that I was embarrassed to be in his flight and even if I had to be washed back to day-one I wanted a different flight! I look back on that day and realize I was crazy! A very understanding, caring, but burnt-out TI, SSgt. Waffer, listened to my concerns. On the verge of tears, I told him that my flight was the worst in the squadron; there were rainbow flights that looked better. Rather than washing me back to day one, he whipped the squadron into shape. If my fellow Airmen ever realized why we went through the "Hell week" that followed, I would have been given a blanket party!

I graduated BMT with pride and a positive outlook. My expecta-

tion at that time was to be a part of the best Air Force in the world, and there is no doubt that throughout my career - especially during my 31 years here at Westover - that expectation has been met many times over.

Communicating your expectations to your squadron leadership, mentors, and fellow Airmen will help to avoid the frustrations that cause some Airmen to leave the Reserve. More importantly, living up to your own expectations and full potential is essential in meeting your career and personal goals. Never compromise the high expectations you set for yourself, the unit, and the mission. Those high standards are what will get you to your goals. Speaking of goals, they are important of course, but don't let your goals blind you to other possibilities and career options. There are many career paths to get you to your goals, but what will get you the farthest, the fastest is your best effort at every task. The goal is important, but meeting the mission is the priority.



by Lt. Col. Kelly Hosey
Acting 439th Mission Support Group commander

BRIEFS

AFGE family cookout

The Local Westover Union AFGE will have a Summer Cookout on August 15th, 3 p.m. at Look Park, Northampton until closing. It's free to you and your family with your military ID. The event will be held at Westwoods Pavilion. All food and drink will be provided. For more information email afge3707@hotmail.com or call 557-7153

iRest, mindful meditation

iRest is mindful meditation that helps you get into a deep, relaxed state and calm your nervous system. This is the state between awake and sleep, where healing occurs.

With continued practice; processing feelings, emotions and beliefs can be made more easily, and makes meaning of them. iRest has helped with pain, insomnia, depression, anxiety, addictions, and PTSD.

Classes are Thursdays, 3 p.m. in the Clinic Classroom until the end of August. Please bring a pillow, yoga mat or blanket. If attending email michelle.sanders.1@us.af.mil.

Mosquito, the world's deadliest

The World Health Organization estimated that in 2013 mosquitos caused 584,000 deaths. Our Bioenvironmental Engineering and Public Health Services' July 2015 Newsletter will provide you information on Vector-Borne Diseases and prevention, go to:

Y:\BaseWide\Attachments\Vector-Borne Diseases Newsletter July 2015.doc

If you have any questions, concerns, or topics of interest for future newsletters contact Amanda Collins 557-2447.

August volleyball

There are several picnic areas around base including the Wade Lake Pavilion (off Training Avenue) and the Patriot Pavilion next to the base exchange. For reservations call the fitness center staff at 557-3958.

New CC Call

Wing Commander's Call will be held Aug. 8, 10 a.m. at the Fuel Cell Hangar. This is for airmen assigned to the Operations Group units, Wing Staff, and the 439th Aerospace Medicine Squadron. You can access the Fuel Cell by using the gate by the fuel tanks, between Supply and Contracting.

Red Sox salute Westover Airmen

by SSgt. Amelia Leonard

The Red Sox organization paid tribute to the members of the United States military during Military Appreciation Day held on the 239th anniversary of America's independence on July 4 at Fenway Park, Boston.

The game began with the first pitch, thrown out by Col. Albert Lupenski, Commander of the 439th Airlift Wing at Westover. A large American flag was unfurled over the "Green Monster" in left field, while dozens of Airmen saluted and an Airman from Hanscom AFB, Mass., sang the National Anthem. The audience roared in applause when the anthem concluded, and remained standing in anticipation as Colby Jorg, son of Westover senior recruiter CMSgt. Christian Jorg, yelled, "Play Ball."

"It's definitely a proud moment," said Amn. Angela Decillis, a member of the 439th Force Support Squadron, who assisted with the flag unfurling. "Being on the field is pretty exciting."

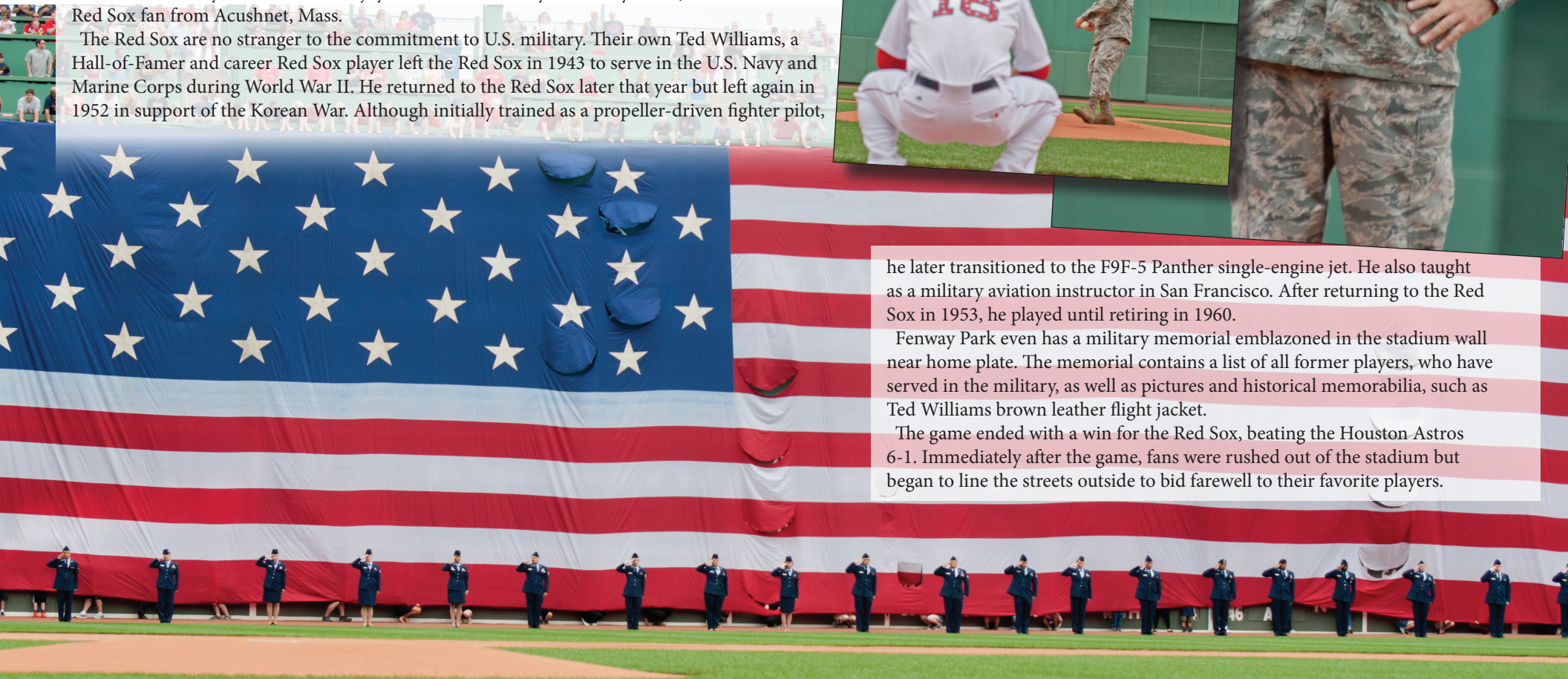
Fans in attendance came out not only to celebrate our independence and cheer on the Red Sox, but also to honor the military. "It means a lot to me that so many people have defended our freedom over the years, so I could enjoy such a beautiful day at Fenway," said Jonathon Hamel, a Red Sox fan from Acushnet, Mass.

The Red Sox are no stranger to the commitment to U.S. military. Their own Ted Williams, a Hall-of-Famer and career Red Sox player left the Red Sox in 1943 to serve in the U.S. Navy and Marine Corps during World War II. He returned to the Red Sox later that year but left again in 1952 in support of the Korean War. Although initially trained as a propeller-driven fighter pilot,

he later transitioned to the F9F-5 Panther single-engine jet. He also taught as a military aviation instructor in San Francisco. After returning to the Red Sox in 1953, he played until retiring in 1960.

Fenway Park even has a military memorial emblazoned in the stadium wall near home plate. The memorial contains a list of all former players, who have served in the military, as well as pictures and historical memorabilia, such as Ted Williams brown leather flight jacket.

The game ended with a win for the Red Sox, beating the Houston Astros 6-1. Immediately after the game, fans were rushed out of the stadium but began to line the streets outside to bid farewell to their favorite players.



Around Westover

SECURITY FORCES TACTICAL TRAINS ITS FUTURE LEADERS

by MSgt. Andrew Biscoe

As a June 19 exercise unfolded, several security forces Airmen huddled around SrA. Jennifer Perlera.

Perlera headed up the unit control center. She was among the 439th Security Forces Squadron's young leaders who ran the exercise themselves, part of annual tour tactical training.

"The exercise scenarios are continuous. Everything comes through me and I direct them where to go," said

Perlera, as she clutched a land mobile radio and awaited further exercise inputs.

Senior SFS Airmen delegated the exercise's leadership roles and cited time as a central factor in doing so.

"These are our future leaders," said SMSgt. Anthony Giardini, 439th SFS operations superintendent. "They're faced with some real challenges today."

Westover's Dogpatch training area functioned as a mock air base. The training was de-

signed to remind the Airmen of being prepared for approaching deployments for many Westover units.

"This is the closest you can get without being deployed," said SrA. Kenny Ramos, a security forces specialist who kept watch for "intruders" near the base perimeter. "CBTs only do so much for you. There's nothing like old-fashioned hands-on training."

Scenarios included processing enemy prisoners of war, detaining prisoners, identifying improvised explosive devices, driving buses, and cleaning weapons. Senior NCOs monitored the progress of the exercises, and periodically provided advice and guidance.

"We have a lot of experience here," said SMSgt. Daniel Howard, SFS first sergeant. "Many of our NCOs have deployed several times already. They know the newer Airmen may be headed out for the first time. This is an opportunity to pass along that knowledge."

The field exercise training wrapped up June 20.

"We're tasking NCOs with tasks that would normally be for someone with another stripe," Giardini said. "Our enlisted are stepping up."





What is your dream vacation?

"Hawaii. We get to go there a lot for work but I would like the vacation."

**>>SrA. Austin Ferrari
439th ALCF**

"Germany, because I like to travel and I've never been there before."

**>>SrA. Fernando Acosta
439th ALCF**



"It would be my girl and I in South America! Patagonia, it's a nice region with scenery."

**>>Cpl Mitchell King
Mass-6**



photos by SrA. Monica Ricci

TICK, TICK, BOOM – ON OUR TERMS

by SrA. Monica Ricci

Airmen often look to their left and right and see their wingmen -- other men and women similar to themselves. In the dangerous realm of explosive ordnance disposal, however, Airmen rely heavily on each other, but also on a different type of wingman.

A robot- and downrange, the robot always goes first.

"The thing about EOD is, if we're leaving the wire, either we're going to something that has gone wrong, or is about to potentially go wrong," explained MSgt. Greg Pauli, an EOD technician from the 439th Civil Engineer Squadron. "It could be that a bomb has gone off, and now we are responding, or we are responding to something that has been found and could potentially detonate."

It's no question that being an EOD technician in the Air Force is risky business. Their job description includes words like: live explosives, C4, and precision.

EOD technicians like MSgt. Pauli and SrA. Troy Leatherman, also from the 439th Civil Engineer Squadron, go through extensive training prior to becoming an EOD technician - an entirely volunteer based career field. But, the training never stops.

Terrorists' tactics are ever-changing and in order to stay proficient, EOD technicians must constantly maintain their high standards of precision, situational awareness, and tact by performing on-the-job training at home station.

"Everything is situational," SrA. Leatherman said. "Sometimes there can be two or three different ways to initiate an explosive. One thing always stays the same; we never want explosives to function as designed."

Recently, SrA. Leatherman and MSgt. Pauli attended Patriot Warrior, an extensive exercise based at Fort McCoy, Wis., that involved about 6,000 Airmen, Soldiers and Sailors as well as other nation's forces.

"We brought back a lot of deployment knowledge to Westover," SrA. Leatherman said. "The exercise was real-time, realistic, and the situations presented to us evolved naturally. Mistakes were made and no one stepped in to stop us. We were able to see how everything progressed and if our choices were good, not so good, or spot on."

SrA. Leatherman, who was recognized for his efforts at the exercise by CMSgt. Bradley McKinney, the EOD functional at Air Force Reserve Command, emphasized that he gained knowledge above and beyond his EOD duties while at Patriot Warrior.

"One day we spent time on a Blackhawk," explained SrA. Leatherman. "The combat medic and crew chief actually sat down with us for better than an hour, and then we also practiced getting someone on the helicopter a couple different ways and learned what could be required from us on the ground if an emergency situation with injuries actually happened."

MSgt. Pauli, who has experience being deployed as an EOD technician, emphasized how multi-faceted working in the EOD career field really is.

"The likelihood of injuries, of firefights, of detonations, and anything else is extremely high," MSgt. Pauli said. "A lot of guys that have deployed within this flight would say 'I had to shoot during my deployment,' or 'I had to help with medevac on my deployment.'"

The mind of an EOD technician is as intricate as the explosive devices they work delicately to render safe, even if that means detonating it... on their terms.



MOTORCYCLE SAFETY RALLY



WESTOVER RALLY >> Westover Airmen and personnel participated in a motorcycle safety run late June after running through a safety course on base. Motorcycle safety training is mandatory for all DOD personnel. In addition, military personnel are required to wear personal protective equipment, such as long sleeves, eye protection and helmets, even if they are in a "no-helmet" state.
(photos by SrA. Monica Ricci)



Earn it: The TSgt. Elias Aponte Story of Redemption

by Capt. Andre Bowser

From his earliest days as an Airman at basic training, TSgt. Elias Aponte said things didn't come easy.

"Earn it!" TSgt. Aponte recalled what his drill sergeant would shout. "That's all he ever said to us."

Looking back through the long lens of time, the Security Forces Squadron sergeant said his life could best be described as a series of seemingly insurmountable mountains he managed to climb each time.

Born and raised in Bronx, N.Y., TSgt. Aponte still lives there when he's not drilling with the Patriot Wing or working as a conductor for Metro North throughout New York.

He said he grew up in a household with a father who was handicapped from polio, but strong in spirit.

"My dad was a man of very little words, but when he spoke it said volumes," TSgt. Aponte said. "He could have played the handicap card, but he never used it; he could move and get around, so he did."

As he grew older, TSgt. Aponte said he valued more and more the examples his father gave him of working hard and not taking handouts.

Before joining the military reserve, he worked his way up into management of a retail store and became a top salesman in his early 20s, but the money wasn't enough.

He decided to join the military and met with Air Force and Marine Corps recruiters—weighing his options.

MOUNTAIN I

"I went through the whole process with the active-duty Air Force and was about to go in, but that's when my brother passed away," TSgt. Aponte recalled, citing his older brother as one of his biggest supporters—taken away too early by an asthma attack and resultant cardiac arrest.

It took him a long time to learn to live with the loss. And then the military rose again to his mind, he said. "In 2006, I had an employee who was a former Marine and he told me about the reserve, which I had no clue existed."

TSgt. Aponte was a criminal justice major at John Jay College in New York, and so he set his sights on a law enforcement career in the military.

By 2008, TSgt. Aponte was in boot camp after waiting more than a year

for a potential slot as a Security Forces member.

He was on his way—and a go-to recruit for his Training Instructor, TSgt. James Collins, who is now a master sergeant in the Air Force.

MOUNTAIN II

"Early one morning, my TI called me into his office and told me to clear out my locker and report to CQ," TSgt. Aponte said, recalling the second rude awakening of his young life that would yet again derail his desire to join the military. "There were police waiting for me and they placed me in handcuffs and led me away."

TSgt. Aponte would be discharged only months after joining the military and near the end of his basic training experience.

But the voice of his father, and his own internal pride, stirred in him on that morning.

"I didn't know why they were arresting me," TSgt. Aponte said. "I just turned to my training instructor and said: 'I will be back.'"

The law enforcement representatives were NYPD detectives. They were what TSgt. Aponte wanted to become. And yet they were taking him away from the doorway to opportunity he'd

chosen on his path to law enforcement.

What was worse is he didn't know why. "I asked them, 'What did I do, but they didn't want to say anything to me until I spoke to the detective in charge back in New York.'"

Aponte was taken from Texas to New York. He arrived in his hometown and learned that an account at his old company had been accessed to purchase over \$90,000 dollars in merchandise. He faced the pending charge of grand larceny, which carried a minimum of 15 years in prison.

But resounding evidence pointed away from TSgt. Aponte and he was brought in to meet a remorseful district attorney.

"He offered to give me any assistance he could." But TSgt. Aponte said he didn't want a handout. "He asked me: 'What do you need from me?'"

EARN IT!

In the moments while seated before the district attorney, TSgt. Aponte said he again could hear his father telling him: "If you start something, you have to finish it."

"I said: I just need this to be behind me so I can go back to the military—and finish what I started."

Within a month of that whole harrowing experience, TSgt. Aponte was back at basic training, back on a law enforcement track in the military, and back at his old squadron.

"The training staff was surprised," he recalled, and he said even more astonishingly, "My TI said he was 'happy to see me back,' he told me: 'Finish strong—and make sure you earn it!'"



Around Westover



SENTRY VISIT >> An E-3G Sentry trained at Westover and over the skies of New England on July 19 and 20. The AWACS (airborne warning and control system) from the 513th Air Control Group, Tinker Air Force Base, Okla., is a reserve classic associate unit in the 552^d Air Control Wing. The unit was activated in 1996 and has served along side the active duty AWACS units sharing the wings E-3 aircraft. Because of budget cuts, the 513th was almost inactivated in fiscal year 2015 along with seven E-3s and 345 citizen airmen. The E-3 is a modified Boeing 707 and 48 were built for the USAF, the last one coming off the assembly line in 1984. (photo by W.C.Pope)



SEMPER CHANGE >> On June 27 a change of command was performed on the base ellipse for the Marine Air Support Squadron 6 (MASS6). Lt. Col. Kyle Dewar (left) relinquished his command to incoming commander Lt. Col. Nathan Henderson. Henderson a recent graduate of Naval War College, served in Iraq in 2007-2008, and has held the executive officer's position at the MASS6. In civilian life Henderson is a trial attorney for the U.S. Department of Labor. (photo by SrA. Charles Hutchinson)

OPM Data Breach Affects Tens of Millions

Office of Personnel Management announced the results of the investigation into a second incident, which affected background investigation records of current, former, and prospective Federal employees and contractors.

OPM concluded that sensitive information, including 21.5 million Social Security Numbers, was compromised. This includes 1.8 million non-applicants, consisting primarily of spouses or co-habitants of applicants.

If an individual underwent a background investigation through OPM in 2000 or later, it is highly likely that the individual is impacted by this cyber breach.

If an individual underwent a background investigation

prior to 2000, they still may be impacted, but it is less likely. While notifications for this incident have not begun, information is at www.af.mil.

While background investigation records contain information regarding applicants' mental health, financial history and people contacted during the background investigation, there is no evidence that this information was compromised.

The DOD CIO has established a single mailbox for questions/comments, DOD.DATA.BREACH.QUESTIONS@MAIL.MIL.

OPM will send notification packages through USPS to

these individuals, providing details on the incident and information on how to access protection services. OPM and the DOD will work with a private-sector credit and identity theft monitoring firm to provide free services for three years.

Services will include identity restoration support, victim recovery assistance, identity theft insurance, identity monitoring for minor children, continuous credit monitoring, and fraud monitoring services beyond credit files.

With questions on this matter contact Mr. Pete Kim, Deputy Director, Cyberspace Operations and Warfighting Integration, at peter.e.kim2civ@mail.mil or 703-695-1835.

Training the mind: *Westover Strong class seeks to discover “happiness at our fingertips”*

by Lt. Col. James Bishop

“The average person has between 17,000 and 70,000 thoughts a day,” Michelle Sanders told the Westover Strong crowd June 6.

“Most of them bad,” added Sanders, who is Westover’s Director of Psychological Health.

We tend to “hold happiness hostage,” she said, by thinking that we can’t be happy until the Big Moment – a promotion, lottery win, retirement. In reality, she said, happiness “is at our fingertips” in noticing a thousand daily small pleasures.

That was the heart of June’s Westover Strong gathering: “Mindfulness” – the art of “paying attention to the moment on purpose, without judgement.”

Mindfulness is a way to escape the tyranny of the past and the future, she said. In addition to improving quality of life, mindfulness has been used successfully to treat high stress, depression, even PTSD.

On Saturday, Sanders led the audience of 25 airmen through key attitudes and exercises anyone can do.

Key attitudes

1. Notice a situation rather than reacting instantly. That gives you time to think and respond appropriately.
2. Have curiosity – a beginner’s mindset – to allow you to see routine events in a fresh light.
3. Slow down. Savor the moment. Use all your senses. “Wisdom usually comes in silence,” Sanders said.
4. Tune into the moment, instead of planning the next moment.
5. Reset the brain by stepping out of a situation briefly – take a walk or a short break.
6. Just being. Allow yourself to enjoy the moment without pressure or judgement.

The first exercise she led the class through was conscious breathing. Studies have shown that people who exhale longer than they inhale are more relaxed, she said. For two minutes, attendees practiced inhaling through the nose, and exhaling slowly through the mouth.

At the end, attendees admitted they felt more relaxed.

Next, she passed out candy with the instructions to spend

a full three minutes savoring the experience – feel the texture of the wrapper, sniff the candy, lick it, then take a bite and hold it on your tongue. The point: stop waiting to win the lottery to be happy and enjoy life’s little moments.

“When you eat mindfully, you tend to eat less,” she said.

Another fun fact: When you kiss longer than six seconds, your oxytocin level goes up – you are in the moment.

The final exercise involved noticing how much influence posture has on mood. Sanders had attendees think of a sad or frustrating moment – snarling traffic, an unkind email, etc. For one minute, she said, think of that bad event while crossing your arms and looking down. The next two minutes, look straight ahead, palms on knees, with the beginning of a smile on your face. For the final two minutes, add raised eyebrows to the near-smile and upturned palms.

Again, the group felt better thinking of the event, simply by changing posture.

POPE’S PUNS

by W.C.Pope



Westover's Honor Guard Serve at Hundreds of Funerals

by SrA Charles Hutchinson IV

This year, the Westover Honor Guard has performed services at a staggering 442 funerals, with 73 in June alone.

SSgt. Abdul Addy, a fitness specialist with the 439th Force Support Squadron, is also a full time mem-

ber of the honor guard. "It's a very rewarding feeling knowing that a fallen hero's family was taken care of," Addy said.

SrA. Mathieu Toczec, an aerial porter with the 42nd Aerial Port Squadron, is also a member of the Westover Honor Guard. August will complete his first year as a member of the honor guard, and he has already performed roughly 125 ceremonies.

SSgt. Addy is the NCOIC of the Westover Honor Guard. The details that each member performs during a given ceremony can differ. Members will rotate roles between bugle player, firing party, folding the flag and presenting the flag to the family.

There are no set teams that attend funerals together SSgt. Addy said, showcasing the talent and versatility of the team.

"We pair people where we see fit due to experience level and time managements," he said.

Westover has a staff of seven full-timers and 12 part-timers.

For a veteran's funeral, there are two or three honor guardsmen who perform the ceremony, and for a retiree, there are seven honor guardsmen.

SSgt. Addy said it never gets hard attending so many funerals. "We have top notch airmen that make the mission easier."

"I get a little nervous, but that helps me to be at my best performance," he said.

But nerves aren't the only thing he feels while doing these ceremonies. He said he feels a lot of pride, being able to do what he does. "Making sure proper military honors were rendered for their time in service," gives him that one-of-a-kind prideful feeling.

"The family is very appreciative



of what we do," SrA. Toczec said. "Being able to be the last military memory of these heroes that served our nation is extremely rewarding."



PROMOTIONS

Master Sergeant
Shawn Martineau



Technical Sergeant
Kelly Bodnar



Staff Sergeant

Jennifer Aguilar
Marc Brueshaber
Chad Clark
John Connelly
Ryan Cullen
Dominic Dinobile
Andrew Dunn
Vanessa Emerson
Stephanie Gaynor
Pamela Hubyk
Matthew Kent
Andrei Libert
Joshua Menard
Gabriel Mendez
Patricia Morris
Glenda Nathaniel
Kim Nguyen
Kayla Rice
Anthony Rodrigue
Ethan Rosas
Nicklaus Tzimas



Senior Airman

Angela Bergeron
Chase Bourdo
Vega Calderas
Katrell Crenshaw
Lauren Deschenes
Yomar Fontanez



Airman First Class

Jared Pinnelle
Casey Spaulding



RETIREMENTS

Senior Master Sergeant
Jeff Antuna

Master Sergeant
Barbara Sullivan

SrA. Allison O'Rourke

439th Force Support Squadron

SrA. Allison O'Rourke, a customer service representative in the Finance Office, has been at Westover since April 2014.

"I joined to serve my country," said SrA. O'Rourke. "I also want to get the GI Bill and go back to school."

Joining in March 2012, SrA. O'Rourke spent her first two years active duty at Fairchild Air Force Base, WA.

SrA. O'Rourke initially went active duty to see the country and also do some traveling. After two years she decided it was time to try something different.

"I came to the reserve to be back home," she said.

For the past year she has worked at the Federal Reserve Bank in Boston. As a customer service representative there, her primary focus is working with the Eagle Cash Card Program for deployed servicemembers.

She has put the GI Bill to use; she recently completed her first semester at Middlesex Community College in Bedford, MA.

Although she didn't travel much while on active duty, she has been able to do some traveling as a civilian. She recently got back from Ireland, a trip she took with her husband. "I want to go back so bad," said SrA. O'Rourke.

She chose to come to Westover to be closer to home, and with plans to buy a house in Billerica, MA., with her husband.

-- SrA. Charles Hutchinson



FACES OF WESTOVER

SERVICES CALENDER

CLUB >> Backyard BBQ August 8th and 22nd Dj Kuls, a corn hole tournament, tournament winners receive \$100 prepaid gift card for each teammate. Mongolian BBQ on Wednesday. during the month of August, 60 cents per ounce meal cooked right in front of you with a choice of rice or noodles. Thursday BBQ's on the Patio a different assortment of BBQ items each week!

BOWLING CENTER >> Fall Leagues Starting in September 2015... sign up at the bowling center; Ladies League Mondays at 6:30 p.m., need two person, four person and singles bowlers; Men's League Wed. at 5:30 p.m., need four person teams and single bowlers; Mixed League Thursdays at 6 p.m., need three person teams and single bowlers; Senior League Fridays at 10 a.m., free coffee and lunch discounts

FITNESS CENTER >> Sign up now for the Readiness Relay August 26 at 4:30 p.m., 4-5 co-ed person teams, the team with the best final score wins. Flag Football Sign-ups at The Fitness Center, the entire month of August.

OUTDOOR RECREATION >> Summer sale check out our discounted items including: hobie kayaks, canoes, 2 person kayaks, boats, paddleboards, corn hole, ellipti-go's, and more!

westoverservices.com
by Mollie Anello, services marketing assistant

Look for WNN on local
community access channels



Published monthly for Patriots like TSgt. Joseph Wykes, 439th Airlift Wing, and more than 4,700 people assigned to Westover Air Reserve Base.

EMPENNAGE

Resilient Airmen Needed

Twenty-four volunteers are needed to serve as their squadron POC for Wingman Day, Resiliency Programming and Annual Suicide Prevention Training. Volunteers are especially needed from OG, ALCF, SFS, MSG, LRS and the 58th APS.

The training will take place August 24 - 28 from 8:30 p.m. to 4:30 p.m. You must be available for the entire five days and complete all hours. The training will take place at the AMDS Clinic Classroom.

Upon completion, you will be a certified Resiliency Training Assistant and will be able to teach the material in your Squadron as needed and also will be asked to help out on Wingman Day as Resiliency Instructors. The Resiliency topics range from thinking skills to physical resiliency with 12 skills overall.

Once you've received supervisor approvals, you can sign-up by emailing michelle.sanders.1@us.af.mil.

FIREFIGHTER HOSPITALITY >>

Children from East Longmeadow's Camp Gan Israel visited Westover as a part of their Summer camp activities. The children visited the Westover Fire Department where they were able to shoot water out of a hose and learn about fire safety. Later on, they went inside the massive cargo bay of a C-5 and were even lucky enough to see a C5 take-off for training in the distance, which many said was their favorite part. (photo by SrA. Monica Ricci)



New UTA Format: core and non-core

Printable schedule after the introduction >> Pages 15-23

In March of 2015, Westover held an AFSO21 event evaluating the use of our Airmen's time. We evaluated the UTA schedule and its impact on our Airmen.

Over the past few months members of the AFSO21 team have worked together and generated a new UTA format. Effective August 2015, the new UTA format will begin. This does not change the dates on which UTAs occur, only the operational schedules. An explanation of the new UTA format can be found below.

The UTA will follow two formats: CORE and NON-CORE.

- **CORE UTAs** will occur on the following months: August, November, February, and May. They will function similarly to our current UTA format. It will include Wing functions, Wing CC's Calls, and required training such as SAPR and Suicide Prevention. Think of it as functions that can be held on a quarterly, bi-annual, or annual frequency will occur during CORE UTAs.

- **NON-CORE UTAs** will exclude many Wing functions, organizational meetings such as Chief's Council and Company Grade Officer's Council, as well as Wing CC's Calls. Additionally, service hours of customer support functions such as the clinic and MPF will be reduced. The end-goal is to increase the available time Airman dedicate to AFSC training and doing the mission.

Attached you will find 4 documents detailing the new UTA formats. They are the CORE "Meeting" and CORE "Services/Appointment" schedules, as well as the NON-CORE "Meeting" and NON-CORE "Services/Appointment" schedules.

- The CORE/NON-CORE "Meeting" schedules detail various organizational meetings, briefings, Wing functions/events.

- The CORE/NON-CORE "Services/Appointment" schedules detail service hours for base organizations such as walk-in hours of the clinic or ID Cards and all appointment-driven functions such as Gas Mask Fit Testing.

It is important to note that deviations from the new UTA schedule will be managed through the "UTA schedule gate keeper," the Wing Executive Officer.

For example, if the Chief's council desires to hold a meeting on a Non-Core UTA, they have several options: Hold it during the lunch hour, after the duty-day (1600), or coordinate the requirement through the 439 AW/CCE for Wing CC's approval.

Lastly, the new UTA format is an open-concept approach. The schedules designed have been scrutinized and vetted through their respective organizational POCs; however, the AFSO21 team understands there is room for improvement. We welcome feedback on the schedule and how it is working for our Airman over the next several months. Major schedule conflicts can be addressed and adjusted through the Wing Executive Officer. Please direct questions and/or recommendations to 439 MSG/CC Lt Col Hosey at kelly.hosey.1@us.af.mil. Thank you.

by Lt. Col. Kelly Hosey
Acting 439th Mission Support Group commander

Core UTA Services/Appointment Schedule

Thursday/Friday				
TIME	MEETING/EVENT	LOCATION	CONTACT NUMBER	UTA
0800-1100, 1300-1600	Clinic Walk-in Hours (Immunizations, audio, lab, profiles)	Bldg. 2235, AMDS	557-1111	Prior to UTA ONLY
Saturday				
0545-0715	Breakfast Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
0600-1300	The Grind	Bldg. 1700, Fitness Center	557-3958	A & B
0700-1600	JAG	Bldg. 1850, JAG Office	557-3513	A & B
0730-1630	Bioenvironmental Services (gas mask fit test by appointment)	Bldg. 2235, Bio Office	557-2447	A & B
0800-1530	Dental Exams (by appointment only)	Bldg. 2235, AMDS	557-1110	A & B
0800-1400	Fitness Testing (by appointment only)	Bldg. 1700, Fitness Center	557-3958	A & B
0800-1630	Chaplain's Office (closed from 1000-1300)	Bldg. 1100, A&FR	557-3360	A & B
0800-1600	Finance	Bldg. 1800, FM	557-3880	A & B
0800-1600	Inspector General	Bldg. 1850, IG	557-3137	A ONLY
0800-1630	Equal Opportunity Office	Bldg. 1850, EO Office	557-2220	A & B
0800-1600	Director of Psychological Health (appointments needed)	Bldg. 2235, AMDS	557-2623	A ONLY
0800-1400	Physical Exams (by appointment only)	Bldg. 2235, AMDS	557-1111	A & B
0830-1500	Education and Training / MPS	Bldg. 1875, FSS	557-3440/557-3874	A & B
0830-1500	Airman & Family Readiness	Bldg. 1100, A&FR	557-3024	A & B
0900-1200 & 1300-1600	CDC Testing (by appointment only)	Bldg. 1875, FSS	557-3440	B
1100-1300	Lunch Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
1300-1600	CDC Testing (by appointment only)	Bldg. 1875, FSS	557-3440	A

1300-1530	Transition Assistance Program (appointment needed)	Bldg. 1100, A&FR	557-3024	A & B
1400-1630	Clinic Walk-in Hours (Immunizations, audio, lab, profiles)	Bldg. 2235, AMDS	557-1111	A & B
1700-1900	Dinner Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
Sunday				
0545-0715	Breakfast Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
0600-1300	The Grind	Bldg. 1700, Fitness Center	557-3958	A & B
0700-1600	Chaplains Office (closed 1300-1500) – A UTA	Bldg. 1100, A&FR	557-3360	A
0700-1200	Chaplains Office – B UTA	Bldg. 1100, A&FR	557-3360	B
0700-1600	JAG	Bldg. 1850, JAG Office	557-3513	A & B
0730-1630	Bioenvironmental Services (gas mask fit test by appointment only)	Bldg. 2235, Bio Office	557-2447	A ONLY
0800-1500	Equal Opportunity Office	Bldg. 1850, EO Office	557-2220	A & B
0800-1000	Fitness Testing (by appointment only)	Bldg. 1700, Fitness Center	557-3958	A & B
0800-1500	Education and Training/ MPS	Bldg. 1875, FSS	557-3440/557-3874	A ONLY
0800-1500	Airmen & Family Readiness	Bldg. 1100, A&FR	557-3024	A ONLY
0800-1600	Director of Psychological Health (appointments needed)	Bldg. 2235, AMDS	557-2623	A & B
0800-1600	Inspector General	Bldg. 1850, IG	557-3137	A ONLY
0800-1530	Dental Exams (by appointment only)	Bldg. 2235, AMDS	557-1111	A & B
0800-1500	Physical Exams (by appointment only)	Bldg. 2235, AMDS	557-1111	A & B
0900-1200	CDC Testing (by appointment only)	Bldg. 1875, FSS	557-3440	A ONLY
0900-1030	CBRNE Training	Bldg. 2416, EM	557-3808	A ONLY
1100-1300	Lunch Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
1700-1900	Dinner Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B

439 AW Core UTA Meeting Schedule

August, November, February, May

Friday				
TIME	MEETING/EVENT	LOCATION	FUNCTIONAL AREA	UTA
1700-1830	Commander's Pre-UTA Meeting	Bldg. 1850, Wing CC Conference Room	439 AW/CCE	A
Saturday				
0700-1100	Welcome Center Briefing	Bldg. 1875, Room 104	439 FSS/FSMPS	A
0800-0930	Rising 6 Meeting	Bldg. 1850, Wing CC Conference Room	Council POC	A & B
0830-1030	Bioenvironmental Respiratory Protection Training	Bldg. 2235, Bio Office	439 MSG/SGPB	B
0900-1000	IDS	Bldg. 2235, AMDS Conference Room	IDS	A
0900-1000	Unit Deployment Manger (UDM) Meeting	Bldg. 2416, Emergency Management	439 LRS/LGRD	A
0900-1030	Ground Safety / Unit Safety Monitor Mtg.	Bldg. 1850, Safety Office	439 AW/SE	A & B
0900-1100	Pre-Separation Briefing	Bldg. 1875, Room 104	439 FSS/FSF	B
0900-1600	Pilot for a Day	Bldg. 7087, Base Hangar	439 AW/FSF	A
1000-1100	Wing Commander's Call (Nov – MSG, Feb – ASTS & 42 APS, May – MXG, Aug – OG/Wing Staff & AMDS)	Bldg. 7087, Base Hangar	439 AW/CCP	A & Feb B
1000-1130	JAG Article 137 Re-enlistment Briefing	Bldg. 1850, JAG Office	439 AW/JA	A & B
1030-1130	Bioenvironmental Initial Hearing Conservation Training	Bldg. 2235, Bio Office	439 MSG/SGPB	B
1030-1130	Unit Training Manager (UTM) Meeting	Bldg. 1875, Room 116	439 FSS/FSD	A
1130-1215	Westover Strong Event	Bldg. 6640, Westover Club	HRDC	A & B
1215-1600	First Duty Station Briefing	Bldg. 1875, Room 116	439 AW/HC	A

1300-1400	DPH Classes & Resiliency	Bldg. 1310, ASTS	439 AW/SGOH (DPH)	A
1400-1500	Top 3 Meeting	Bldg. 6640, Westover Club	Council POC	A
1500-1600	Mock Fitness Testing	Bldg. 1700, Fitness Center	439 FSS/SVMF	A & B
1500-1600	Unit Events (Holiday Parties, NCO/SNCO Inductions, Promotion/Retirement Ceremonies)	Unit Event	Unit POC	A & B
1500-1600	Bioenvironmental Initial Hearing Conservation Training	Bldg. 2235, Bio Office	439 MSG/SGPB	A
1500-1600	Hearing Conservation Re-training for Failed Audiogram	Bldg. 2235, Bio Office	439 MSG/SGPB	B
1500-1600	CCAF Graduation Ceremony (Nov & May Only)	Bldg. 1204, Wing Conference Center	439 AW/CCP	A & B
1630-1715	Chapel Services (Catholic Mass)	Bldg. 1100, A&FR	439 AW/HC	A
1630-1730	Chapel Services (Protestant Bible study)	Bldg. 1100, A&FR	439 AW/HC	A & B
1700-1830	“SATURDAYnight” @ The Chapel	Bldg. 1100, A&FR	439 AW/HC	A & B
1730-1830	AA Sober Support Group	Bldg. 2235, AMDS	439 AW/SGOH (DPH)	A
Sunday				
0700-1100	Welcome Center Briefing	Bldg. 1875, Room 104	439 FSS/FSMPS	A
0700-1100	Flu Shots (October, November)	Bldg. 7071, Hangar 9	439 AMDS	A & B
0700-1100	Flu Shots (December)	Bldg. 7087, Base Hangar	439 AMDS	A
0800-1500	VA Transition Assistance Program (TAP) Briefing	Location Varies	439 FSS/FSF	A & B
0800-1500	Flu Shots (October, November, December)	Bldg. 7087, Base Hangar	439 AMDS	A & B
0900-1100	Pre-Separation Briefing	Bldg. 5100, Conference Room	439 FSS/FSF	A
0900-1030	Bioenvironmental Respiratory Protection Training	Bldg. 2235, Bio Office	439 MSG/SGPB	A
1000-1100	Chief's Council Meeting	Bldg. 1850, Wing CC	Council POC	A

		Conference Room		
1030-1100	CGOC Meeting	Bldg. 7072, MXG Conference Room	Council POC	A & B
1030-1130	Hearing Conservation Re-training for Failed Audiogram	Bldg. 2235, Bio Office	439 MSG/SGPB	A
1115-1230	Lunch with Wing Leadership	Bldg. 6640, Westover Club	439 FSS/FSD	As Scheduled
1130-1230	Chapel Services (Protestant Service)	Bldg. 1100, A&FR	439AW/HC	A & B
1130-1230	Chapel Services (Catholic Mass)	Bldg. 1100, A&FR	439AW/HC	A & B
1200-1300	1 st Sgt's Meeting	Bldg. 6640, Westover Club	Council POC	A
1230-1400	Commander's Inspection Management Board (CIMB) Meeting	Bldg. 1850, Wing CC Conference Room	439 AW/CC	A & B
1300-1400	DPH Classes & Resiliency	Bldg. 2235, AMDS	439 AW/SGOH (DPH)	B
1330-1400	Status of Discipline	Bldg. 1850, Wing CC Conference Room	439 FSS/FSMPD	A
1300-1500	Supervisor Safety Training	Bldg. 1850, Safety Office	439 AW/SE	A & B
1330-1500	Unit Health Manager (UHM) & CC Training	Bldg. 2235, AMDS	439 AMDS	A
1400-1430	SAPR Case Management Group	Bldg. 1850, Wing CC Conference Room	439 AW/CVK (SARC)	As Needed
1400-1500	CAIB Meeting	Bldg. 1850, Wing CC Conference Room	CAIB POC	A
1500-1600	Victim Advocate Training	Bldg. 1100, A&FR	439 AW/CVK (SARC)	A & B
1500-1600	Unit Events (Holiday Parties, NCO/SNCO Inductions, Promotion/Retirement Ceremonies)	Unit Event	N/A	A & B

Non-Core UTA Services/Appointment Schedule

Thursday/Friday				
TIME	MEETING/EVENT	LOCATION	CONTACT NUMBER	UTA
0800-1100, 1300-1600	Clinic Walk-in Hours (Immunizations, audio, lab, profiles)	Bldg. 2235, AMDS	557-1111	Prior to UTA ONLY
Saturday				
0545-0715	Breakfast Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
0600-1300	The Grind	Bldg. 1700, Fitness Center	557-3958	A & B
0700-1600	JAG	Bldg. 1850, JAG Office	557-3513	A & B
0730-1630	Bioenvironmental Services (gas mask fit test by appointment)	Bldg. 2235, Bio Office	557-2447	A & B
0730-1130	Clinic Walk-in Hours (Immunizations, audio, lab, profiles)	Bldg. 2235, AMDS	557-1111	A
0800-1130	Physicals (by appointment only, flyers priority)	Bldg. 2235, AMDS	557-1111	A & B
0800-1400	Fitness Testing (by appointment only)	Bldg. 1700, Fitness Center	557-3958	A & B
0800-1600	Finance	Bldg. 1800, FM	557-3440	A & B
0800-1600	Inspector General	Bldg. 1850, IG	557-3137	A ONLY
0800-1630	Equal Opportunity Office	Bldg. 1850, EO	557-2220	A & B
0800-1600	Director of Psychological Health (appointments needed)	Bldg. 2235, AMDS	557-2623	A ONLY
0800-1600	Education and Training / MPS	Bldg. 1875, FSS	557-3440/557-3874	A & B
0800-1600	Airmen and Family Readiness	Bldg. 1100, A&FR	557-3024	A & B
0800-1630	Chaplains Office (closed 1000-1300)	Bldg. 1100, A&FR	557-3360	A & B
0900-1200	CDC Testing (by appointment only)	Bldg. 1875, FSS	557-3440	B
1100-1300	Lunch Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
1300-1600	CDC Testing (by appointment only)	Bldg. 1875, FSS	557-3440	A & B

1700-1900	Dinner Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
Sunday				
0545-0715	Breakfast Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
0600-1300	The Grind	Bldg. 1700, Fitness Center	557-3958	A & B
0700-1600	Chaplains Office (closed 1300-1500) – A UTA	Bldg. 1100, A&FR	557-3360	A
0700-1200	Chaplains Office – B UTA	Bldg. 1100, A&FR	557-3360	B
0730-1630	Bioenvironmental Services (gas mask fit test by appointment)	Bldg. 2235, Bio Office	557-2440	A ONLY
0800-1000	Fitness Testing (by appointment only)	Bldg. 1700, Fitness Center	557-3958	A & B
0800-1100	Education and Training/ MPS	Bldg. 1875, FSS	557-3440/557-3874	A ONLY
0800-1100	Airman & Family Readiness	Bldg. 1100, A&FR	557-3024	A ONLY
0800-1600	Inspector General	Bldg. 1850, IG	557-3137	A ONLY
0800-1600	Director of Psychological Health (appointments needed)	Bldg. 2235, AMDS	557-2623	A & B
0900-1030	CBRNE Training	Bldg. 2416, EM	557-3808	A ONLY
1100-1300	Lunch Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B
CLOSED	JAG	Bldg. 1850, JA	557-3513	A & B
CLOSED	Finance	Bldg. 1800, Finance	557-3880	A & B
CLOSED	Equal Opportunity Office	Bldg. 1850, EO	557-2220	A & B
CLOSED	Clinic	Bldg. 2235, AMDS	557-1111	A & B
1700-1900	Dinner Troop Feed	Bldg. 6640, Westover Club	557-2039	A & B

439 AW Non-Core UTA Meeting Schedule

Friday

TIME	MEETING/EVENT	LOCATION	FUNCTIONAL AREA	UTA
1700-1830	Commander's Pre-UTA Meeting	Bldg. 1850, Wing CC Conference Room	439 AW/CCE	A

Saturday

0700-1100	Welcome Center Briefing	Bldg. 1875, Room 104	439 FSS/FSMPS	A
0830-1030	Bioenvironmental Respiratory Protection Training	Bldg. 2235, Bio Office	439 MSG/SGPB	B
1000-1130	JAG Article 137 Re-enlistment Briefing	Bldg. 1850, JAG Office	439 AW/JA	A & B
1030-1130	Bioenvironmental Initial Hearing Conservation Training	Bldg. 2235, Bio Office	439 MSG/SGPB	B
1100-1330	Children's Holiday Party (December Only)	TBD	439 FSS/FSF	A & B
1215-1600	First Duty Station Briefing	Bldg. 1875, Room 116	439 AW/HC	A
1300-1400	DPH Classes & Resiliency	Bldg. 1310, ASTS	439 AW/SGOH (DPH)	A
1400-1600	Month of the Military Child Event (April Only) (A-UTA FY-16; B-UTA FY-17)	TBD	439 FSS/FSF	A & B
1500-1600	Unit Events (Holiday Parties, NCO/SNCO Inductions, Promotion/Retirement Ceremonies)	Unit Event	Unit POC	A & B
1500-1600	Bioenvironmental Initial Hearing Conservation Training	Bldg. 2235, Bio Office	439 MSG/SGPB	A
1500-1600	Hearing Conservation Re-training for Failed Audiogram	Bldg. 2235, Bio Office	439 MSG/SGPB	B
1630-1715	Chapel Services (Catholic Mass)	Bldg. 1100, A&FR	439 AW/HC	A
1630-1730	Chapel Services (Protestant Bible study)	Bldg. 1100, A&FR	439 AW/HC	A & B
1700-1830	"SATURDAYnight" @ The Chapel	Bldg. 1100, A&FR	439 AW/HC	A & B
1730-1830	AA Sober Support Group	Bldg. 2235, AMDS	DPH	A
1800-2100	Annual Awards Gala & Honorary Commander Induction (January)	Bldg. 6640, Westover Club	Council POC	A

Sunday

0700-1100	Welcome Center Briefing	Bldg. 1875, Room 104	439 FSS/FSMPS	A
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0700-1100	Flu Shots (October, November, December – No B UTA)	Bldg. 7071, Hangar 9	439 AMDS	A & B
0800-1500	VA Transition Assistance Program (TAP) Briefing	Varies	439 FSS/FSF	A & B
0800-1500	Flu Shots (October, November)	Bldg. 7087, Base Hangar	439 AMDS	A & B
0800-1500	Flu Shots (December)	Bldg. 7087, Base Hangar	439 AMDS	A
0900-1030	Bioenvironmental Respiratory Protection Training	Bldg. 2235, Bio Office	439 MSG/SGPB	A
1030-1130	Hearing Conservation Re-training for Failed Audiogram	Bldg. 2235, Bio Office	439 MSG/SGPB	A
1130-1230	Chapel Services (Protestant Service)	Bldg. 1100, A&FR	439AW/HC	A & B
1130-1230	Chapel Services (Catholic Mass)	Bldg. 1100, A&FR	439 AW/HC	A & B
1230-1400	Commander's Inspection Management Board (CIMB) Meeting	Bldg. 1850, Wing CC Conference Room	439 AW/CC	A & B
1300-1400	DPH Classes & Resiliency	Bldg. 2235, AMDS	439 AW/SGOH (DPH)	B
1330-1400	Status of Discipline	Bldg. 1850, Wing CC Conference Room	439 FSS/FSMPD	A
1400-1430	SAPR Case Management Group	TBD	439 AW/CVK (SARC)	As Needed
1500-1600	Victim Advocate Training	Bldg. 1100, A&FR	439 AW/CVK (SARC)	A & B
1500-1600	Unit Events (Holiday Parties, NCO/SNCO Inductions, Promotion/Retirement Ceremonies)	Unit Event	N/A	A & B