



Volume 33 Number 5

PATRICT

May 2006

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MOVE 'EM ON, HEAD 'EM UP, MOVE 'EM OUT >> Westover Airmen get their records straight before leaving for Operation Patriot Panther '06 in Alpena, Mich. Roughly 500 Patriot-Wingers attended the exercise, which ran April 3 through 8. The Alpena Combat Readiness Center, located only minutes from the shore of Lake Huron, hosted the event.

EDITORIAL | Safety first during upcoming Operational Readiness Inspection



With the recent lessons learned and challenges of the Operational Readiness Exercise still fresh in our minds, and new challenges approaching with the Operational Readiness Inspection, it's time we reflect on our safety philosophy.

Safety is, first of all, a mindset. Safety is nothing less than the preservation of our nation's most precious resources, and, in turn, our warfighting capability.

The most precious resource, of course, is our people. Immediately following is our irreplaceable equipment. Start your ORI preparation with the attitude that we will get through it without the slightest injury to our people or the slightest bit of damage to our equipment.

Safety has a "Go to War" function. Just as preparation of the battle space is key to successful prosecution of a war, safety preparation is intrinsic to our success in prosecuting it.

Your commitment to a safe operation, being a good wingman to your buddies and maintaining continual situational awareness make you a safety warrior.

Every one of us has a critical role in the process. All of us understand the operational risk management process and its six steps. Using them allows us to identify hazards, assess the risk involved, analyze control measures, select the best control measure, implement the control and then supervise and review the decision. As the saying goes, "What's going to hurt you? How badly will it hurt you? And, finally, what are you going to do about it?"

How do we do it? It begins with everyday actions. From the moment you put your reflective belt on, belt yourself into your vehicle and ensure your windows are clear and your mirrors are adjusted, you are well on your way. When you get to work, perform a quick assessment of the area, review emergency exits and risk-assess your first work task, and you'll be off to a good start.

Run a checklist on yourself periodically to ensure that you are in "safe working order" to handle the task at hand. The following list applies in one way or another to workers in just about every field:

- Have you received safety training for the job you do?
- Do you inspect your work area and your machinery or tools before you start work?
- Do you wear the correct Personal Protective Equipment (PPE) for each aspect of your job? Do you know the correct way to select, fit, maintain, inspect and use your PPE?
- Do you know what to do in the event of a fire?
- Do you practice good housekeeping by keeping your work area clean and orderly, free of scrap, spills and other hazards? Do you put your tools away after you use them?
- Do you know how to protect yourself against hazardous chemicals and gases you work with or may encounter in your work situation?
- Do you know how to avoid repetitive-stress injuries?
- Do you keep yourself physically and mentally fit and healthy so that you will be able to work safely?

Hopefully, you answered "yes" to all of the questions. If you answered "no," you are not yet ready for the ORI. Do what's necessary to improve your safety-checklist score. We at the safety office challenge you to continue your outstanding work and plan now for a safe and successful ORI!

Lt. Col. Patrick Cloutier Chief of Wing Safety

BRIEFS |

Toastmasters meet bi-monthly on base

Westover's Toastmasters club, the "Galaxy Gabbers," meets on the first and third Wednesdays of each month at 11:30 a.m. at the Westover Club.

Toastmasters is a worldwide organization devoted to helping improve communications skills. Membership is open to all base personnel.

For more information, e-mail Rebecca.cross@westover.af.mil.

CATM moves to Bldg. 2410

Combat Arms Weapons Training is now held at the new security forces building on Patriot Avenue. Trainees report to the north side of the building in classroom #2 at 8:30 a.m.

For more information, call Master Sgt. Quinn D. Moriarty at Ext 2061.

Cell phone use while driving prohibited

An Air Force-wide mandate prohibits talking on a cellular phone without a hands-free device while driving on base begining May 15.

Robert Durand, chief of police services, said security-forces patrols have been directed to cite motorists using cell phones while driving.

Camp helps kids with deployed parents

The National Military Family Association is accepting applications for its popular Operation Purple summer camps. The camps serve more than 2,500 children coping with the deployment or pending deployment of one or both of their parents. The 26 camps are designed to teach kids coping skills and provide them a support network of peers in a fun, active environment.

Information is available at www.operationpurple.org. Applications are available online and will be accepted through May 15th. For more information, contact the Family Support Center at Ext. 3024.

Asian Pacific Americans to be celebrated

May is Asian Pacific American (APA) Heritage Month, which celebrates Asians and Pacific Islanders in the United States.

The term 'APA' identifies individuals from nearly 30 different countries, each with a unique cultural heritage and history.

There are currently more than 300,000 Asian and Pacific Americans who are military veterans. They have served in the U.S. military since the Civil War.

Employers' day set

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

Employer Appreciation Day is scheduled for June 29 and will include a C-5 orientation flight.

Applications are available in the public affairs office and must be turned in there no later than May 7.

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

JOLDS at Westover

A Junior Officer Leadership Development Seminar (JOLDS) is scheduled to be held here Sept. 14 to 16.

The focus will be: "Leadership in a Joint Environment."

To assist with planning, contact Capt. David Walsh at Ext. 2752.



SEEING STARS >> Newly-promoted Brig. Gen. Wade Farris smiles as Brig. Gen. Darren McDew (far left) and Lt. Gen. Gary L. North (right) pin stars on his Desert Camouflage Uniform at a base in Southwest Asia. Some family and friends here witnessed the promotion by video teleconference March 30.

Patriot Wing commander promoted to brigadier general

by Tech Sqt. Andrew Biscoe

estover's wing commander recently reached milestones both for himself and his base.

On March 30, Col. Wade Farris was promoted to brigadier general, the eighth Patriot Wing commander to become a flag office while serving here.

Brig. Gen. Farris, currently serving as deputy director for mobility forces at the Combined Air Operations Center in Southwest Asia, was promoted there by Lt. Gen. Gary L. North, commander of 9th Air Force and US Central Command Forces.

Despite being more than 6,000 miles from home, the event was watched live by family and friends as the ceremony was beamed to the Westover conference center via video teleconference.

General Farris' wife, Kim, along with more than 30 other guests,

huddled around a table to watch the pinning.

"How do you hear us at Westover," General North asked loudly through the transcontinental connection.

"Good," answered Mrs. Farris, while others around her gave a 'thumbs-up' to confirm the good connection.

With that, the three-star welcomed the new one-star.

"I can't think of a better time or place to promote someone who has had an outstanding, 30-year-plus career: In a combat zone," said General North.

"And, to be able to have both the wing at home, the extended wing here and some of Wade's past folks who have done so well to get him promoted."

General North then quoted 22nd Air Force commander Maj. Gen. Martin M. Mazick, General Farris' predecessor at Westover, who said General Farris was the top com-

mander in the 22nd AF.

"I can't think of a better accolade than that," General North said.

He also singled out Mrs. Farris for her support of her husband.

"You have seen Wade pack his bags and leave many, many times," he said. "You have stayed behind and done tremendous work.

"With your permission, and the permission of everyone here ... if you all think we should promote Wade Farris to brigadier general right now, would you please applaud and we'll get on with it."

The sound of enthusiastic cheers and applause thundered back through the microphone inside the conference center.

With that, General North and Brig. Gen. Darren W. McDew, Pope AFB commander and US Central Command director of mobility forces, lifted well-worn silver birds from Colonel Farris' collar and replaced them with stars, prompting another long round of applause from those watching at Westover.

After being sworn in, the Air Force's newest brigadier general took the microphone and spoke of the emotions within him and gave credit to the people around him.

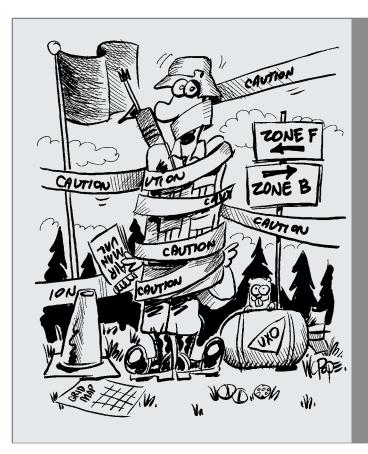
"I'm really overwhelmed by the fact that I'm wearing these general's stars," he said. "Good people are the reason I'm here.

"For the person at the end of the table there ... my wife, Kim. She has made it her job to make me look good. Honey, thank you so much.

"And, for all of you Westover folks out there, thank you for your time—
I'm truly overwhelmed—thanks for all that you do."

General Farris has been deployed for operations Enduring and Iraqi Freedom since January and is scheduled to return in June.

The general has been 439th Airlift Wing commander since August 2003.



ORI: Will you pass?

How well do you know how to deploy? Find out while testing your skills each month. E-mail responses to: 439patriot.editor@westover.af.mil

This month's topic: Security Procedures

What situation requires a cordon?

- a.) All of the below
- b.) Major accident
- c.) Bomb threat or suspicious package
- d.) Discovery of unexploded ordnance
- e.) Contaminated area found after an enemy attack
- f.) Damage from natural disaster

Which of the answers below is NOT a duty of the Cordon Sentry?

- a.) Don't leave post until relieved
- b.) Report to on-scene commander anyone who leaves the area
- c.) Shoot anyone trying to enter cordon area
- d.) Direct people to an entry control point
- e.) Secure and prevent access to incident area
- f.) Make sure you keep hydrated



BROKEN BIRD >> The crash of a C-5 at Dover Air Force Base, Del., April 3 was cause for concern on and around Westover as local civilians and media scrambled to learn whether or not the plane or anyone on board was based here. Neither were. Incredibly, all 17 crewmembers and passengers survived. The cause of the crash is inder investigation. (photo by Doug Curran)



sault nAlpena

story by Maj. Wilson Camelo

either snow, nor rain, nor gloom of night could prevent more than 500 Westover Airmen from a swift deployment to Alpena, Mich., for the wing's final dress rehearsal for the Operational Readiness Inspection (ORI) in August.

Patriot-Wingers were joined there by troops from Seymour Johnson AFB, N.C., for Operation Patriot Panther '06, which ran April 3 through 8 and simulated operations from a base in South Korea.

The "Westmour" team—a combination of Westover and Seymour—operated as the 612th Air Expeditionary Wing, whose mission was to maintain peace and stability in the simulated region by providing airlift and airto-air refueling services.

The exercise, held near the shore of Lake Huron at the Alpena Combat Training Readiness Center, subjected Airmen to multiple scenarios and simulated threats, while an evaluation team from 22nd Air Force judged their ability to survive and operate in a forward location.

"First, and foremost, I want to congratulate all the players for their great attitudes and hard work while ramping up and executing Patriot Panther," said Col. Michael Marten, 439th Airlift Wing vice commander. "They

deserve a lot of credit.

"This was a great opportunity to get to know and train with our Seymour Johnson counterparts," he added.

Results of the exercise will be used to help determine areas that need attention prior to the ORI.

"From my viewpoint, this exercise was an outstanding success," the colonel said. "It identified some superlative performers and some areas where we need work. The good news is that there's nothing that can't be fixed between now and the inspection."

Although this was the last major exercise before the inspection, Colonel Marten said the wing's priority will continue to be planning, preparing and training for the ORI.

"This wing is fully capable of delivering an outstanding performance," he said. "The challenge, now, is to maintain our focus and continue to improve."

Westover reservists proved operationally-ready in 2003 during the activation of more than 1,000 reservists in support of operations lraqi and Enduring Freedom.

During the surge, Patriot Airmen processed more than 8,000 passengers, carried more than 30 million pounds of cargo and ushered roughly 2,000 C-5s through the base.



UPLIFTING >> Tech. Sgt. Thomas G. Wilk, 42nd APS, uses a Next Generation Small Loader to stack pallets on a C-130 at an airbase in Southwest Asia. The base is a main hub for cargo and passengers in and out of Iraq and Afghanistan.

Aerial porters serve at hub of terror war

by Master Sgt. Tom Allocco

During the first two months of 2006, 42nd Aerial Port Squadron troops were part of around-the-clock operations at a Southwest-Asian air base in support of operations Iraqi and Enduring Freedom.

Five squadron members have been turning around the steady traffic of C-130s and C-17s at the busy airfield since early January, and they expect to continue until mid-May.

In January and February alone, the base's aerialport operations handled 4,827 missions, 132,116 passengers, 1,863 baggage pallets and 5,015 shorttons of cargo.

"They say this is the busiest port," said Tech Sgt. Roland Snow, who works in the Air Terminal Operations Center (ATOC) there. "From what I've seen, I have to agree."

The Southwest-Asian base is the central hub of air traffic from airfields in Iraq, Afghanistan, Germany and other locations.

Patriot Wing aerial porters there are part of ramp services, cargo processing and ATOC operations for American, British, Australian, Japanese, Korean and other coalition aircraft.

Also serving at the forward-deployed airfield are: Tech. Sgt. Thomas Wilk and Staff Sgt. David Martinez, ramp services; and Senior Airman Sean Spellman and Senior Airman Anthony Marlak, cargo processing.

The porters are housed in six-person tents but are awaiting completion of new, cinderblock barracks with two-person rooms.

After working 12-hour days, some spoke of hoping to take an MWR trip to a local city. However, cultural awareness training is required before troops are allowed to take the trip, as seemingly innocent gestures are considered insulting there, such as the 'thumbs up,' or exposing the soles of your feet.

The 42nd troops bring to the job experience from a string of deployments since Sept. 11.

Sergeant Snow deployed in late 2001 to Ramstein Air Base, Germany, where he loaded aircraft for Operation Enduring Freedom. He is now on his sixth deployment; four to Southwest Asia and two to Germany.

During the summer of 2002, Sergeant Wilk was at a Southwest-Asian air base where it was so hot, "... if you knelt on a pallet it would burn the skin through your trousers."

The deployments have been a mix of sacrifice and satisfaction.

"My two boys were learning to ski this winter, and I wasn't able to do that with them," Sergeant Wilk said.

But, there's also the reward of being on the cutting edge of events.

"It's good being with like-minded people who want to help out, serve their country," said Sergeant Wilk.

"There's a mindset that we are doing something proactive for the country and other people, too."



"Good fitness helps in every area-extreme temperatures, demanding work tempo, family separation, time change, jet lag, new job, even confinement to base."

Part III: Deployed? No sweat!

by Senior Master Sat. Sandi Michon

Working 12-hour shifts in 120degree heat pushing 10,000-pound pallets on and off C-17s for months on end could be considered the ultimate test of whether or not you're fit to fight.

So, when Westover aerial porters who deployed to Southwest Asia

were asked how they handled such a grueling workload, it's no surprise they credited the Air Force Fitness Program.

"Good fitness helps in every area," said Mai. Paul Goliber, fitness monitor for the 439th Civil Engineering Squadron and a veteran of three deployments.

"In addition to extreme temperatures and demanding work tempo, deployed reservists also face the challenges of family separation, time change, jet lag, new job, new people and, often, confinement to their base," the major said.

Tall and lanky with a 97-percent score on his fitness test, Major Goliber says physical conditioning is key to successful deployments.

"You sleep better, feel better, think better, deal with dehydration better and have more stamina for physicallydemanding jobs," he explained.

"Working out during deployments also helps ease stress and builds a social camaraderie that bleeds into the workplace."

Major Goliber has been drumming fitness into civil engineers for years, and reservists are catching the beat.

Technical Sgt. Allen Guiel from the 439th CES ran heavy equipment in Southwest Asia for four months. He was slightly overweight and found the desert heat stifling. As a result, he flunked his first fitness test.

So, he started spending his free time working out.

As a result, he lost weight, got in shape, improved his deployment performance and passed his next fitness test.

"If I stop [exercising] now, I feel it," he said. "I don't want to stop."

"All the girls were diggin' him when he lost weight," his co-workers

Master Sgt. Mark Czmyr was fire chief during one of his two deployments. Although physically fit, he spent his first day in the desert sweating profusely from doing nothing more than sitting.

He credited his fitness level with

helping him acclimate.

"Working out helped a lot," said Sergeant Czmyr.

"Exercise was a way to hang out together, and we paced each other. At the end of the deployment, reservists had acclimated so well they actually thought 90 degrees was a little chilly."

It's not unusual for reservists to lose weight on deployments.

SrA Cory Schumacher of the 42nd APS lost 27 pounds by working long hours and working out.

Technical Sgt. Michael Kularski and Staff Sgt. Richard Ohrenberger, also from the APS and both in their late forties, lost 13 and 36 pounds respectively.

Both say they feel better, look younger and expect to further improve their fitness scores.

The benefits of fitness can be emotional as well as physical.

Capt. Kelly Braudis, 439th Military Personnel Flight, was deployed for 100 days and found it difficult being separated from her 11-yr-old her daughter, Shannon.

She said exercise was a welcome distraction.

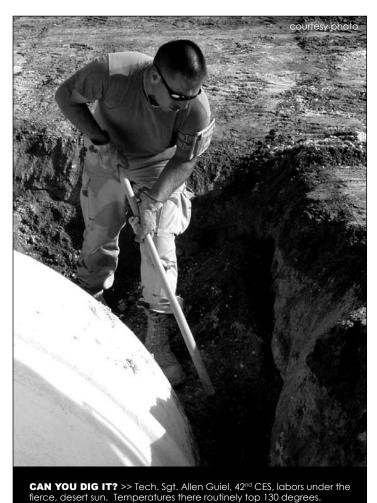
Fit-to-fight often spills over to family fitness. Sergeant Morris' three young daughters love to hike with

"Even the four-year-old can do five miles," he said.

Sergeant Ohrenberger's girlfriend has taken up exercising, and Sergeant Guiel's wife, Roxann, is "diggin' him." Now, they both work out.

So, a word to the wise from deployment veterans:

Get in shape before you go.



WESTOVER PATRIOTS |



HARD CORPS >> Westover Marines conduct an exercise March 22 on Patriot Ave. From left to right are: Chief Warrant Officer Reginald Townsend, Sgt. Patrick Pickell, Lance Cpl. Christopher Kirby, Cpl. Maria Graves and Sgt. Stephen Hilton.

Key Family Member Program touches lives

hen Staff Sgt. John Shepard deployed, his wife appreciated that the Key Family Member Program (KFMP) was ready to help her.

"This is our third deployment, but this is the first time someone called to see how

we were doing," said Stacey Shepard about her experience with the KFMP when her husband last left for Iraq.

The KFMP is an all-volunteer program responsible for contacting reservists' families to see how they are doing and providing them with timely and accurate information.

According to Tech. Sgt. Margaret L. Sullivan, Family Support Center (FSC) specialist, a phone call to family members is a nice hello and check-in that helps them feel included when their key family members are away.

"It's very enjoyable keeping families in touch, and they really appreciate that they are being thought of," said Mrs. DeAnne L. Biscoe, a volunteer for the outreach program.

Between the bi-monthly meetings and the phone calls, the job only takes a few hours every couple of months, she said.

While many volunteers are military spouses, the program also welcomes help from reservists, family members and retirees, said Mrs. Biscoe.

"I'm proud of all the volunteers in the Key Family Member Program and feel we've done a lot to help families deal with the difficulty of separation," said Mrs. Kim Farris, who heads up the program in partnership with the FSC. "However, we simply do not have enough volunteers from every unit on base to make it as effective as it could be."

According to Mrs. Farris, the KFMP is looking for eager, motivated individuals who want to help families separated from their loved ones.

For more information, contact the FSC at 1-866-690-2161, or on base at Ext. 3024.

Airman excels overseas

A deployed Patriot Wing member was recently named "Warrior of the Week" by the Desert Eagle newspaper of the 379th Air Expeditionary Wing.

Staff Sgt. Amber Ryals, an information management specialist for the 439th Logistical Readiness Squadron,



has been serving in Southwest Asia in support of Operation Iraqi Freedom since January.

Sergeant Ryals works as a safety administration specialist with the expeditionary wing there. She is scheduled to return home in late May.

Chiefs Council continues scholarship program

The Westover Chiefs Council will offer enlisted scholarships again this year.

Citing that education is vital for personal and technical development, the council will award three \$500 scholarships for undergraduate programs only. Applicants must be 439th Airlift Wing reservists.

Scholarships will be awarded to the top applicant from each of the following categories: Airman basic through senior airman, staff sergeant through technical sergeant and master sergeant through senior master sergeant.

To be eligible, applicants must have a 3.0 gradepoint average. Or, if entering college for the first time, he or she must provide proof of enrollment from the college.

Applicants must also write an essay entitled "My goals as an Air Force enlisted person."

Applicants should also include an autobiography, and must be recommended by a chief in the member's squadron and by his or her squadron commander.

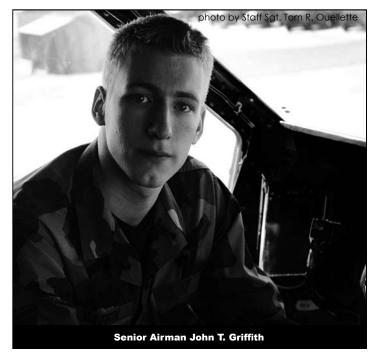
Applications must be submitted by Aug. 20 to Chief Master Sgt. Joseph J. Cullen, 439th Civil Engineer Squadron.

Application forms are available through squadron chiefs and first sergeants.

Recipients will be awarded the scholarship money in September.

For more information, contact chief master sergeants Tammy H. Vezina at (413) 557-3428, or Kathy Wood at (413) 557-2876.

PATRIOT PEOPLE |



NAME: John T. Griffith RANK: Senior Airman

AGE: 20

HOMETOWN: Essex, Mass. Unit: 439th AMXS

Position: Avionics technician

CIVILIAN POSITION: Full-time engineering student at Northeastern University

FAVORITE FOOD: Steak
YEARS OF SERVICE: 2
FAVORITE SPORT: Football

FAVORITE HOBBY: Checking out live music, especially jazz

IDEAL VACATION: Trip around the world BEST WAY TO RELAX: Motorcycling PREFERRED ENTERTAINMENT: Reading

FAVORITE HERO: My best friend, who served in Iraq for a year

FAVORITE MUSIC STYLES: Jazz, classic rock (especially British), hip hop & blues

FAVORITE MOVIE: "V" is for Vendetta

FAVORITE AIRCRAFT: A-10
PET PEEVE: Wasting time

WHAT WOULD I DO IF I WON \$1 MILLION: Pay off student loans, get pilot's

license and take family and friends on a trip around the world.



AIR BALL >> Members of the Barton College, N.C., men's basketball team took a tour of Westover in March while in the area to play in an NCAA division Il tournament. Coincidentally, they stumbled across a hoop and a ball in the cargo bay of a Patiot Wing C-5.

PATRIOT PUNS |



PATRIOT PRAISES |

Reenlistments

Senior master sergeant Barrick, Michael C. Delduco, Anthony J. III Dirienzo, Michael F. Warbeck, Shirley A.

Master sergeant Bergeron, Richard A. Brothers, Shauon M. Day, Timothy A. Hatten, Mark C. Murdza, Michael D. Serra, James M. Technical sergeant
Carey, Raymond James III
Henrickson, David K.
Lanzo, David R.
Lupien, John J.
Mcdermod, Robert H.
Reed, Dale E.
Reeve, Daniel R.
Shattuck, David M.

Staff Sgt. Hernandez, Stanley J. Jr.

Senior Airman Geisser, William A. Jr.



SNOW JOKE >> Just a few weeks after the first day of Spring, cold air from the North and a low pressure system from the Midwest landed a flurry of snow and winter weather on Westover Air Reserve Base, Mass. The morning snowfall lasted until noon, accumulating almost two inches in Western Massachussetts. (photo by Master Sgt. W.C. Pope)

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 A-UTA | MAY 6 - 7 | B-UTA | MAY 20 - 21



Published monthly for Patriots like Staff Sgt.
Joseph W. Allard, Adams, Mass., and the
3,053 reservists and civilians of the 439th
Airlift Wing and the wing's geographicallyseparated unit at Hanscom AFB. Mass.

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