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PATRICT

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EDITORIAL | Your decision or your life!



It is really over. Hard to believe, considering the unusually cold weather in April, but winter is over and spring has sprung. With that, it is time put on our Operational Risk Management (ORM) hats as we approach summer's beginning. The "101

Critical Days of Summer," which run from Memorial to Labor Day, are almost here.

The Air Force developed the annual awareness campaign in an effort to take care of and protect its greatest asset, its people. They found it necessary to educate the force based on statistics showing higher levels of mishaps and fatalities during the summer months due to the mental and physical transition that takes place as we move from winter indoor inactivity to summer outdoor activities that involve risk.

Unfortunately, last year the Air Force lost 18 Airmen during the "101 critical days," to mishaps that could have been avoided. Of those deaths, almost

half involved motorcycles, sports and recreational activities; and in over a third of the cases the Airmen did not use protective equipment. They had the power to make a decision that may have saved their lives.

According to the National Transportation Safety Board, this year 6 million people will be involved in a mishap. Over 3 million will suffer injuries and over 42,000 will die. Three thousand people will drown and over 700 will be killed in boating mishaps. Factors in many of these mishaps include speeding, fatigue, not using protective equipment, drugs and alcohol. The factors listed here, again show that being safe this summer is a matter of choice.

Does this mean we should stay inside and never take risks? No. Using the techniques found in the ORM process will ensure that you and your family have a fun and safe summer. ORM is that good old friend that amazes others into thinking that your level of common sense is instinctive.

To simplify the ORM cycle ask yourself, "Is this (activity, event, or decision) worth the risk in the worst case scenario?" For example, if you are planning to skydive and you are trying to decide whether or not to wear a parachute, you would ask, "Is skydiving without a parachute — which would

impress my significant other, buddies, parents, dog - worth my imminent death?"

After making this decision, plan your course of action. Plan your trips and activities so that you are rested and not rushed. Insist that everyone use the appropriate protective equipment like seat belts or flotation devices. While driving, limit distractions like cell phone use. And finally, never mix alcohol and motor-operated vehicles.

The void that a mishap creates can never be completely filled. You are our most important asset and you ultimately hold the key to protecting yourself and your family this summer. Remember, you are the expert, now just be the leader! Have an enjoyable and safe summer stupefying all with you personal ORM skills!

P.S. If you own a motorcycle and want to operate it on base or during periods of active duty, you must have a Motorcycle Safety Foundation certificate. Please contact our office at Ext. 3122 so that we can help you get that training!

Lt. Col. Pat Cloutier 439th Airlift Wing Chief of Safety

BRIEFS |

Full-time TRICARE

Nicole Hayward, a Healthnet (TRICARE North) benefits advisor, is assigned here as of April 1. Ms. Hayward, located in the medical facility, is available by appointment by calling Ext. 2650 Mondays, Wednesdays, and Fridays from 8:30-II:30 a.m. and from 12:30-4 p.m.

Ms. Hayward can assist Reservists with TRICARE enrollment and can check a Reservist's status in the TRICARE database.

Master Sgt. Shelli A. McCarthy, who also works at the medical facility, can provide TRICARE referrals and will pass along issues and concerns to the Air Force Reserve Command Health Advisor at the Pentagon. Sergeant McCarthy may be reached at Ext. 3603.

For general information on-TRICARE visit their website at http://www.tricareonline.com.

Billeting "no-shows" cost units money

Those making reservations at the Flyers Inn are reminded that "no-shows" add cost and inconvenience for units and individuals. Those who cannot keep a reservation should cancel as far in advance as possible to allow billeting officials to better assess lodging needs on and off base and avoid unnecessary charges.

Wing's second quarter award winners

Westover's Quarterly Awards Board has selected the following second quarter award winners for their outstanding contributions to the wing mission:

Senior Airman Stephanie Ellis, 439th Logistics Readiness Squadron, Tech. Sgt. Charles Carlin III, 42nd Aerial Port Squadron, Master Sgt. Arnel Carter, 439th Aeromedical Staging Squadron, and Capt. Kelly Provencher, 439th ASTS.

Airman skills training after June UTA

A Westover Career Enlisted Workshop will offer professional training in Airman career skills on Monday and Tuesday, June 4-5, following the June A UTA. A program of speakers on topics important to enlisted members has been developed by the Chiefs Council, working with the Top 3, Junior Enlisted Advisory, and Human Resources Development councils.

Sessions planned at the Westover Conference Center include veteran's benefits, financial planning, enlisted performance reports and educational benefits.

Enlisted Airmen of any rank can sign up for the workshop through their first sergeants. For more information, call Chief Master Sgt. Kathy Wood at Ext. 2876.

Base Top 3 Council seeks new members

The senior enlisted members of the Westover Top 3 council are inviting potential members to attend a meeting and consider joining.

The council of enlisted members in the top three ranks meets at the Club at 1 p.m. on Saturdays of A UTAs and meets on a flexible schedule on

Members of the Westover Top 3 focus on a range of efforts, including developing problem solving advice for commanders, professional development, charitable causes and scholarships and support of other Patriot Wing efforts, such as the Career Enlisted Workshop in June and the Great New England Airshow.

For more information on the Westover Top 3, call Master Sgt. Elaine J. Perreault at Ext. 2067.



NOSE UP >> A C-5's nose towers above the isochronal (ISO) dock area in the fuel cell hangar at Westover. The ISO dock is scheduled to become a major C-5 inspection center by this fall. (photo by Senior Airman Michael Lanza)

Regional inspection center will bring jobs to Westover

by Master Sgt. Tom Allocco

iring of aircraft maintenance specialists may begin as early as October as Westover ramps up to become a major national C-5 inspection center.

The addition of at least 100 new maintenance specialists and a third workshift are in the plans as part of Westover's new role as an Air Mobility Command (AMC) regional isochronal (ISO) inspection center for C-5s.

The new maintenance specialists will include a mix of active duty, air reserve technicians (ARTs) and civilians. In December it was announced that Westover will be designated one of three regional ISO inspection centers to perform regularly scheduled detailed inspections. Currently, ISO inspections are performed at all eight of the bases that fly C-5s.

The other two regional ISO centers will be located at Dover AFB, Del., and an Air National Guard unit to be

determined. Westover maintainers will perform ISO inspections on any of the C-5s in the national fleet, as assigned by AMC.

"The decision by AMC to consolidate the inspections to three regional isochronal centers is an attempt to mirror the way commercial airlines do business. Regional centers reduce redundancy and so are more efficient and help cut costs," said Col. Oreste Varela, 439th Maintenance Group commander. An ISO inspection, a detailed nose-totail inspection of every major system on the aircraft, is required to be performed every 420 days. It is the most comprehensive inspection conducted outside of the "depot" inspections at Robins AFB, Ga.

About 35 active-duty members will be stationed at Westover and about 65 other maintenance specialists are expected to be hired for the expanded workforce to perform the mission, Colonel Varela said. All will have prior aircraft maintenance experience to be considered for the new jobs. The active-duty Airmen and their families will be housed off-base and report administratively to Dover.

The transition is expected to take several years to almost triple the number of ISO inspections and dramatically cut inspection time. However, the maintenance group commander said stepped up operations will come much sooner.

"We plan to hang a sign at the ISO dock by next March saying: 'Welcome to the Regionalized ISO'. We will have more capability than today to do ISO inspections," Colonel Varela said.

Westover maintainers currently conduct about a dozen ISO inspections each year of Patriot Wing aircraft, with each taking about 45 days. As Westover's role as a regional ISO inspection center progresses, the maintainers anticipate that in several years they will reduce the inspection time to about 14 days as they perform 30 to 33 inspections each year.

The maintainers are confident they can achieve their goal. "We have a workforce that is highly skilled and highly trained," said Chief Master Sgt. James LaGasse, 439th Maintenance Squad-

ron maintenance superintendent. "I'm confident our workforce will make every effort to achieve the ultimate goal of a 14-day ISO inspection."

The faster turn-around time of inspections will be possible in part by going to a three-shift, 24-hour, 7-day-a-week operation, from the current two shifts. During the overnight hours, the maintainers will continue to observe the "quiet hours" that were agreed upon when the C-5s came to Westover.

"Our selection validates the culture of excellence we have achieved. It makes us a more dynamic unit by creating opportunities for our personnel to include additional supervisory positions," Colonel Varela said.

"The inclusion of active-duty personnel creates a training environment where we can pair them with our experienced technicians. Eventually they will be re-assigned, but hopefully they will become ambassadors of the Westover culture of excellence and plant that seed in their new unit. All of these positions will create positive opportunities for the community with a significant economic impact," he said.



HANDOVER >> Outgoing commander Col. Dana S. Marsh hands the 439th Mission Support Group colors to its new commander, Col. Michael R. Mounts. (photo by Master Sgt. W.C. Pope)

Change of command marks new arrival

by Tech. Sgt. Andrew Biscoe

Col. Michael R. Mounts took charge of one of the Patriot Wing's three groups in a change of command ceremony held March 18 in Hangar 3.

Colonel Mounts took over leadership of the 439th Mission Support Group from Col. Dana S. Marsh, who headed to Dobbins Air Reserve Base, Ga., to command the 622nd Regional Support Group of the Air Force Reserve Command's 22nd Air Force.

"This is an exciting opportunity for me to lead this exceptional group," Colonel Mounts said. "I am honored to lead the mission support folks and continue the fine tradition that this unit has in serving Westover."

Before she relinquished command, Colonel Marsh, who had led MSG since October 2001, inspected a formation of troops a final time with Capt. Gary Byrd, 439th Security Forces Squadron operations officer, and commandant of the troops.

Hundreds of reservists who reported for the

formation were from the 42nd and 58th Aerial Port Squadrons, and members of the services, security forces and civil engineering squadrons.

In her farewell address, Colonel Marsh recalled her role at Westover and spoke about how vital it is for everyone at the base to support the wartime mission of the Air Force.

Maj. Patrick L. Dufraine, 439th Services Squadron commander, added a musical touch to the ceremony. Positioned close to the stage, Major Dufraine played several patriotic songs, including "God Bless America," on his cello as a tribute to Colonel Marsh.

Colonel Mounts comes to Westover from Niagara Falls Air Reserve Station, N.Y., where he was commander of the 914th Mission Support Group, He enlisted in the Air Force in 1975. After making the rank of master sergeant, he was selected for Officer Training School in 1986.

He joined the 914th as the MSG commander and had been assigned at Niagara since 2002.

Airshow rescheduled

Due to fiscal constraints and operational commitments, this summer's Great New England Air Show has been rescheduled.

The air show, originally scheduled for Aug. 11-12, will be held in the summer of 2008.

"While we're disappointed with having to reschedule the air show, this gives us a chance to plan for an even better show next year," said Brig. Gen. Wade Farris, 439th Airlift Wina commander.

Although the crowds won't be seen this summer, the West Virginia Air National Guard is scheduled to fly some of its missions out of Westover beginning this June. Westover will temporarily house eight C-5s with the 167th Airlift Wing from Martinsburg, W.Va. The crews are relocating due to construction at the Air National Guard base.

ESGR members to visit on May A UTA

Members of the Employer Support for the Guard and Reserve will make an informational visit to Westover on the May A UTA.

The ESGR committee will be at the Westover Club from 10:30 a.m.-12:30 p.m. May 5 to explain the ESGR program, and will visit the workplaces of Reservists.

ESGR members frequently work with the base to organize and conduct such events as Bosslift and Employer Day. ESGR committee members will personally meet Reservists to ensure widest outreach and feedback opportunities. Information will be provided on how Reservists can put their employers in for a Patriot Award, said Kenneth Forchielli, state ESGR chair. "We will also distribute employer outreach materials to Reservists. The packets will include a Statement of Support document for employers to sign as a symbol of their support for their Reserve employees."

Employer Day will be held July 7 (the Saturday of the A UTA). Reservists may join their bosses for a day of events that includes a flight aboard a C-5. Airmen are urged to invite high-level supervisors to Employer Day. Go to www.westover.afrc.af.mil and click the Employer Day link.

Fit to Fig

atriot Wing members will
soon have to sweat out passing
grades to keep their
performance reports – and
careers – on track.
New Air Force fitness standards
will soon require that any

failures of the physical fitness tests be included on officer and enlisted performance reports. According to the latest fitness score charts, a failure is when a member scores below a 75; a five-point increase from last year's passing score.

Most of the 439th Airlift Wing's 18 squadrons will run on the Base Ellipse during the May and June UTAs. Aside from the running, the test includes waist measurement, push-ups, and crunches.

Maj. Patrick S. Ryan, wing fitness program monitor, and 439th Mission Support Group deputy commander, said Reservists need to remember that a regimen of cardiovascular and other exercises can lessen the "jolt" of the exertion they will endure during the UTA. "Whether here at the base or on our civilian jobs, most of us try to include exercise into our busy schedules. I hope that our Airmen have already started on a fitness program," he said.

For those who haven't, time and results on a performance report may tell the story.

A little more than three years into the Air Force's new physical fitness standards, known popularly as "Fit to Fight," Reservists have had time to get fit. Major Ryan said deployments around the world remain steady.

"There is a reason for all these tests," he said.
"We have to be ready to deploy, and we

have to be fit to deploy. This is all part of our readiness as Airmen, just like making sure our uniforms and chem gear are squared away."

Senior Master Sgt. Nelson A. Serrao, wing command post superintendent, deployed in 2005 to Iraq, and found that his physical fitness preparation was essential in getting him ready for the rigors of the 120-day tour.

"Once you deploy, your body has to adjust to the intense heat, and workload pace of a deployment," Sergeant Serrao said. "I would not have adjusted very well had I not been working out regularly back here."

Back at Westover, Sergeant Serrao assists Major Ryan as a wing fitness monitor. He'll be working hard to ensure Reservists are correctly measured and monitored as they take the fitness tests.

"Get ready now, and you won't have to worry about your results," Sergeant Serrao said.
"Remember that you'll feel better about yourself and you'll know the Air Force can count on you to do your part when you deploy."

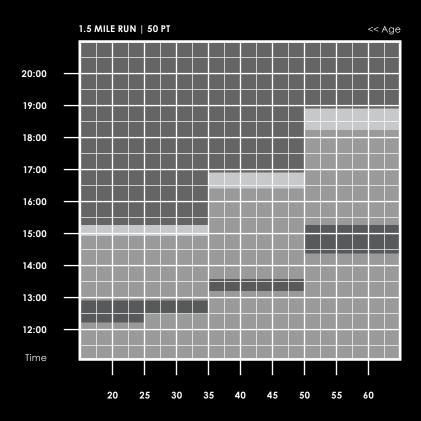
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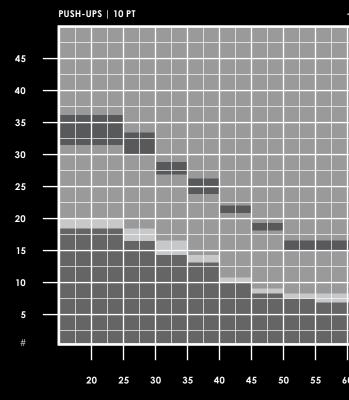


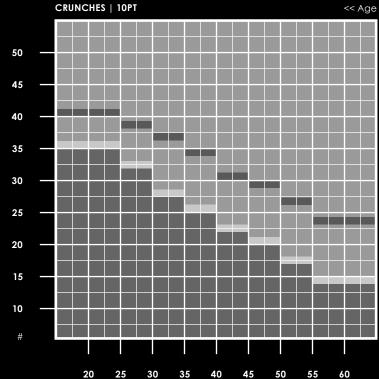
CRUNCH TIME

Senior Master Sgt. Nicole Remy, 439th Logistics Readiness Squadron, recieved a score of "excellent" in last year's round of fitness tests. (photos and graphics by Senior Airman Michael Lanza)









WAIST CIRCUMFERENCE | 30PT.

Male – 35" Female – 32"

Westover runners form up for Holyoke Road Race

Two Patriot Wing runners were among the first 100 competitors to cross the finish line during an annual 6-mile run in Holyoke, Mass., March 17.

Celio Hernandez, at 38:10, was 38th in the annual Holyoke St. Patrick's Day 10K Race. Christopher Hellyar, finished in 83rd place at 41:27. Sixteen runners Westover braved the chilly temperatures and snow and slush left from a late winter Nor'easter.

One of the runners said he enjoyed the chance to run amid snowbanks and slush.

"Almost the first three miles were all hills," said John MacIntyre. "It wasn't bad. I said to myself, 'I am going to do it. I'm just going to do it."

Frank Amodeo, former deputy operations group commander, traveled all the way from Pittsburgh Air Reserve Station, Pa., to run the race. More than 1,000 runners participated in the 32nd annual race, part of the local area's most well-known traditions amid a celebration of Irish heritage in neighboring Holyoke.

Other Westover participants who finished the race included Wade Farris, John Healy, Renee Squier, Kara Duquette, Jonathan Carlson, Joseph Zackaricz, Daniel Ernst, David Adams, Jon-Gary Williams, Samuel Ramos, Ryan Hellyar, Greg Malecki, Eric Smith, and John Onorato.

PHYSICAL TRAINING UNIFORM GUIDE

T-shirt

Air Force T-shirt (short- or long-sleeved style) must be worn tucked into shorts.

Jacket

Jacket must be at least half zipped, and hood must be stored and zipped when not worn.

Socks

White socks must be worn; ankle, or calf length (small conservative trademark logos are ${\sf OK}$).

Hats

Hats are not required when wearing the PT uniform, but if optional organizational hats are worn, commanders must standardize.

Hair

Hair must be neat and cannot hang below the collar; long hair must be tied back.

Jewelry

Jewelry wear will follow normal uniform wear rules, keeping safety in mind.

Reflective belts

Requirement for reflective belt is at the discretion of the squadron commander.

Saluting

Saluting not required when performing PT activities, but is required regardless of uniform type when not performing PT activities.

Pants

Pants must be zipped at the legs.

Shoes

Shoes must be a conservative color.



WESTOVER PATRIOTS |

Patriot writer wins DoD journalist's competition

A public affairs specialist with the 439th Airlift Wing Public Affairs Office won the Air Force's top-level media contest in April.

Staff Sgt. Paul N. Flipse, who advanced through the Air Force Reserve Command and Air Force media contests, took first place in the Department of Defense's 2006 Thomas Jefferson competition for "best news" article. The article, entitled "Westover contributes to crash investigation," covered the Patriot Wing's involvement in the April Dover Air Force Base, Del. C-5 crash investigation.

In addition, two other PA specialists and a senior NCO in the 439th Maintenance Squadron also placed in the AFRC contest. Staff Sgt. Tom Ouellette won 1st place for his June sports article, "Marathon Men." Master Sgt. Tom Allocco won 2nd place in the Print Journalist of the Year category. Master Sgt. Steven Ross, 439th Maintenance Squadron, won 1st place for stringer photographer, for his photo in the November Patriot.

Club manager earns Air Force-level award

The manager for the Westover Club received an Air Force-wide award and high marks for improving business.

Alphonso P. Urolia, club manager, recently earned the Air Force Services Civilian Manager of the Year award.

Christopher J. Menard, director of services, said Mr. Urolia has also started employee training programs, revamped business practices, reinvigorated the club's catering business, and found new ways to draw reservists to the club, said Mr. Menard.

A native of St. Petersburg, Fla., Mr. Urolia arrived at Westover in January 2006. He spent more than 20 years in the Air Force before becoming a civilian employee in 1995.

Mr, Urolia supervises 29 staff members at the club, who work in food, catering, and sales operations.



Freedom is precious gift for Airman, new citizen who grew up without it

by Master Sgt. Tom Allocco

hen Senior Airman Peter Stec raised his right hand in a pledge to uphold and defend the Constitution he had special reason to cherish every word of that promise.

As a boy Airman Stec experienced what life can be when you don't have a Constitution, Bill of Rights, independent court system and all the other trappings of living in a country that enshrines individual rights.

Airman Stec's heartfelt pledge of loyalty to the Constitution was given in front of an American flag together with several hundred other foreignborn men and women in a Brooklyn federal building in a recent ceremony for new American citizens. It was the end of a journey to America that started in another world that, he says, has fortunately been swept away.

He grew up in the East European country of Slovakia in the final years of the five decades when everyone knew words like Cold War, satellite country and Red Army. Airman Stec's family were committed Roman Catholics in a country that was 90 percent Catholic but located on the wrong side of the Iron Curtain.

Ten miles from his home in the industrial city of Zilina, then part of Czechoslovakia, was a base of Red Army soldiers who helped maintain a communist government from 1948 to its overthrow in 1989.

When the Red Army left, Airman Stec was 14 and cheered the sight of the trucks and tanks driving east. "It was a big change. Before the revolution in school it was required to call the teacher 'comrade teacher'.

"Before 1989 if they knew you were religious they wouldn't pay attention to you or help you in school. You were not allowed to go to college or get a good job. Practically my whole family had problems.

"You must hide your religion. That's why I wanted to get out of there from the beginning," he said of those days.

"The communist party would send observers to church to see who was there. A teacher or someone else with a good job would be taking a big chance of getting fired. They would put you in a job cleaning streets or another job like that," Airman Stec said. "All these things, Americans don't know about. It's something that's hard to understand if you

haven't gone through it, experienced it," he said. "My grandfather had a huge farm. In 1948 the communists took the farm without pay," he said.

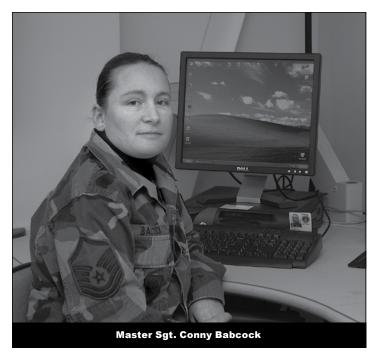
Airman Stec first came to the United States in 1993 to visit cousins in Philadelphia and started learning English from books and TV. He went home to serve two years mandatory army service in free Slovakia, now a member of the European Union and NATO, before returning here permanently in 1997.

Holding a U.S. residency "green card" in 2005, he went to an Air Force recruiter in Brooklyn to join the Patriot Wing. Citizenship came later after studying and proving his knowledge of civics, history and English.

It was a tough test, but he remembers he had no problem with one question. He knew about the Constitution of his new country and its Bill of Rights, Airman Stec said.

Airman Stec recently began service as a customer service air reserve technician (ART) in the $439^{\rm th}$ Mission Support Squadron.

PATRIOT PEOPLE |



NAME: Conny Babcock RANK: Master sergeant

AGE: 40

HOMETOWN: Keene, N.H.

 $\begin{tabular}{ll} Unit: 439$$^{th}Aeromedical Staging Squadron \\ Position: Aerospace medical service craftsman \\ Civilian Position: Procurement analyst \\ \end{tabular}$

FAVORITE FOOD: German YEARS OF SERVICE: Eight

FAVORITE SPORT: Soccer and baseball FAVORITE HOBBY: Riding my motorcycle

IDEAL VACATION: Any place hot BEST WAY TO RELAX: Hot bath

PREFERRED ENTERTAINMENT: Time with kids

FAVORITE HERO: Parents

FAVORITE MUSIC STYLES: Country and soft rock

FAVORITE MOVIE: Das Boot FAVORITE AIRCRAFT: B-52 PET PEEVE: Slow drivers

WHAT WOULD I DO IF I WON \$1 MILLION: Pay off my bills and create a college

fund for my children.



PATRIOT PUNS |



PATRIOT PRAISES |

Reenlistments

Senior Airman

David P. Meulenaere Lui S. Puga Nikolaus J. Schmitter Angel L. Suarez Christine A. Szelog John F. Wieland II

Promotions

Technical sergeant Steven M. Auclair

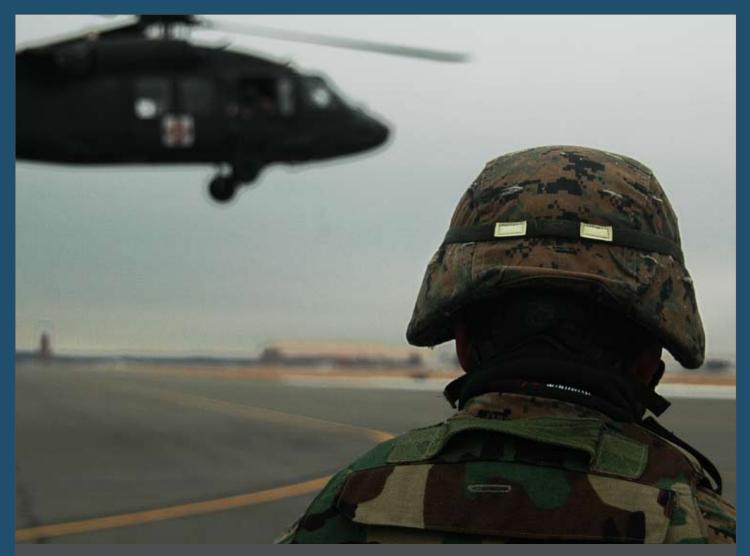
Steven M. Auclair Brian J. Bowen John M. Burwell
Jeffrey Chamberlain
Lisa A. Dufresne
Dale A. Edwards
Brandon G. Floyd
Janell M. Fischer
Earl G. Gambino
Kenneth W. Gladding
Rafal P. Grzyb
Wayne E. Howe
Ryan C. Johnson
Johnathan Kelley
Thomas J. Kosa
Bret A. Peterman
David C. Sala

Ryan N. Sleight Mark A. St. John Daniel E. Szafranowicz John F. Wieland II

Staff sergeant

William A. Geisser Jr.
Matthew Burlingame
Robert B. Wing
Christopher J. Traietti
Daniel J. Cimini
Dennis J. Ford
Ean D. Larson
Hollie C. Soule
Mark W. Jordan

Anthony D. Marlak
Christopher J. Hudzina
Jonathan W. Lafrance
Daniel J. Lamonica
Moises A. Cruz
David Rivera
Miguel A. Nieves, Jr
Evelyn C. Albarran
Ryan M. Mckenna
Andrew A. Mello
Markmichael M. Mckunes
Krystal L. Busby
Alfred A. Il Chagnon
Jacqueline K. Carey
Patrick J. Fern



CHOPPER >> Marines from Westover's Marine Wing Support Squadron, 472nd Detachment Bravo, gathered on Westover's flight line in a casualty evacuation and rapid runway repair exercise March 10. The Marines teamed up with a UH-60 Blackhawk helicopter aircrew from the Army National Guard's 3-126th Aviation Battalion and practiced techniques for loading patients into a helicopter. (photo by Senior Airman Michael Lanza)



Published monthly for Patriots like Staff Sgt. Evelyn C. Albarran, Pawtucket, R.I., and 3,053 reservists and civilians of the 439th AW and the wing's geographically separated unit at Hanscom AFB, Mass. PRSRT STD U.S. POSTAGE PAID STRATEGIC MAIL