

# PATRIOT

439<sup>th</sup> Airlift Wing | Westover ARB | May 2009 | Volume 35 No. 5

Actively Supporting National Objectives With Ready Mobility Forces



photo illustration by Staff Sgt. Timm Huffman

HSI: Sept. 11-14 ; MSEP: Nov. 2-8; UCI: Nov. 4-10; ASEV: April 7-14, 2010; ORE: March 2011; ORI: June 19-26, 2011

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**ON THE COVER >>** The airman's battle and physical fitness uniforms represent the crucial role that physical fitness plays in the readiness of Westover reservists. For more on the Fit to Fight program and how reservists are working at passing the annual fitness test, turn to page 6.



**LOOKING UP >>** Tech. Sgt. Bob Cirillo, 439<sup>th</sup> Aircraft Maintenance Squadron and avid photographer, took this photo of Patriot Wing maintainers inspecting a C-5. Reservists are encouraged to submit their digital photos for publication in the *Patriot*. Photos may be e-mailed to: 439aw.pa@westover.af.mil. Be sure to furnish basic information relating to the photos and don't hesitate to search the web for helpful photography tips. For more information on the *Patriot's* monthly photo challenge, call the public affairs office at Ext. 2020.



Colonel Swain

Ever hear of the Darwin awards?

It is the dubious distinction given to hapless individuals who are long on activity, but short on thought, often with tragic results.

The April award “winner” is the contract worker hired to

install reinforcement bars on a communications tower near Camp Bullis, Texas. He was welding power tools high above the ground when two other workers saw him lean back and fall 225 feet to his death.

Turns out, the man had loosened the bolts on the bar to which he was attached.

The March pick was the 18-year-old joyriding in a shopping cart as he held onto a moving SUV. The car and cart went over a speed bump and the cart overturned, killing the young Florida resident.

Others survive, like the 20-year-old who was hit in the leg with pieces of the bullet he fired at his car’s exhaust pipe.

When repairing the car, he needed to bore a hole in the pipe.

When he couldn’t find a drill, he tried to shoot a hole in it.

We might find some brainless blunders comical, but unfortunately, most of us have our own stories to tell.

One of mine happened three years ago while I was hanging Christmas lights along my roof edge. Rather than move the ladder, I stretched a little too far trying to attach the final section of lights. Not a good idea. As the ladder leaned with me, my previously dormant mind was now desperately considering my alternatives. Hanging from the gutter might prove embarrassing, and also costly should the gutter prove too flimsy for my weight. I opted for free fall. As I lay on my front lawn, my wife and daughter’s first observation at the scene was the unfinished dangling decoration. I couldn’t laugh – because cracked ribs are painful. A little risk management ahead of time might have prevented damage to both my ribs and ego.

As we enter into the 101 Critical Days of summer, we all face yard work and recreation options specific to this season. Whether it’s lawnmowers, hedge trimmers, or home improvement jobs, one moment of forethought may avoid regrets that last a lifetime.

Warmer weather brings out boats, bikes,

motorcycles and all-terrain vehicles – check the maintenance, and brush up on safety rules. If you water ski, play tennis, golf, soccer, softball, or backyard volleyball, consider your fitness level and don’t test yourself beyond the capacity of your body or your equipment. Poor judgment in recreation might not result in just pulled muscles, sprains, or broken bones – but an ended life.

Don’t be like the F-15 pilot who had a flight control problem. Rather than just fly his aircraft safely home, he decided to troubleshoot while in the air. His last words were “watch this...” before he bailed out at 600 miles-per-hour.

It only takes a second to make a fatal mistake. We need to continue to be vigilant – whether we’re cutting the grass, launching an aircraft, or landing a C-5 at Balad. Everyone here is important to the mission. We want to keep you around.

And, just for the record, I no longer hang Christmas lights.

Col. Robert Swain Jr.  
439th AW commander

BRIEFS |

Wing CC call

A wing Commander’s Call will take place at 11 a.m. June 7 in the Base Hangar.

Lt. Gen. Charles Stenner, Air Force Reserve Command commander, will speak at this event.

Commander’s Call is a mandatory event for wing reservists to attend.

Kids “deploy”

A mock deployment line for children of Westover reservists is scheduled for Aug. 8, the wing’s Family Day, at the Dogpatch training area in a tent city-style configuration.

Children should meet at the Airman and Family Readiness Center at 8:45 a.m. The event runs from 9 to 11:30 a.m.

For more information, call the center staff at Ext. 3024.

Enlisted workshop set for June UTA

Westover’s third annual enlisted workshop is scheduled for the Sunday of the June A UTA.

This year’s workshop theme is “I am an Airman; I Am a Leader.” Events kick off at 1 p.m. June 7 at the Westover Conference Center.

Held for all enlisted Airmen, the workshop will continue through June 9. Other briefings will cover leadership tips for Airmen.

Airmen who would like to attend the workshop should coordinate with their supervisors and respond to an e-invite sent in January.

For more information, call Chief Master Sgt. Kathy Wood at Ext. 2876.

Wing-wide exercise kicks off May 1

More than 200 439th Airlift Wing reservists will hone their readiness skills beginning May 1.

Reservists will go through a mobility line and records review before training begins Saturday of the A UTA and continues through Sunday.

The exercise is among several that will help the wing prepare for its 2011 Operational Readiness Inspection.

Flight engineers

The 337th Airlift Squadron is recruiting flight engineers. For more information, call Chief Master Sgt. Tony Colucci at Ext. 2139.

IG reminder

Col. Patricia Evans, 439th Airlift Wing inspector general, reminds military members that they are legally protected against reprisals.

A reprisal is a negative personnel action taken against a member (for instance, a referral performance report), or may be a positive personnel action (for instance, a promotion) withheld from the member as a result of the lawful disclosure of information.

For more information, call Colonel Evans at Ext. 3137, or e-mail at 439aw.ig@westover.af.mil.

Victim advocates

People wishing to volunteer as a victim advocate for the Sexual Assault Response Coordinator program can attend a May 4 class. Call Maj. Carrie Baker, the wing SARC, at Ext. 2623, to sign up.

# Reserve commander touts Yellow Ribbon program

by Lt. Col.  
Ann Peru Knabe  
Office of Air Force  
Reserve Strategic  
Communication

WASHINGTON (AFNS) -- Two units received a "positive plug" in the congressional record when the commander of Air Force Reserve Command testified March 25 before the Senate Appropriations Subcommittee on Defense.

Lt. Gen. Charles E. Stenner Jr. touted the strong Yellow Ribbon Program partnership initiatives between Airmen in the 910th Airlift Wing at Youngstown Air Reserve Station, Ohio, and the 911th AW at Pittsburgh International Airport ARS, Pa.

These C-130 Hercules units share resources and subject matter experts for Yellow Ribbon events because they are only 75 miles apart.

Officials in the 910th AW also are developing a Yellow Ribbon committee that pulls from different branches of service in Ohio. Together the different services will work with a joint goal of helping servicemembers and families during the entire deployment cycle.

In addition to talking about the program that supports reservists



**COMMANDER TESTIMONY >>** Lt. Gen. Charles Stenner, Air Force Reserve Commander, explains the operations of his command during his testimony to the Senate Appropriations Subcommittee on Defense, in March. (photo by Master Sgt. Mike R. Smith)

and their families, the chief of Air Force Reserve fielded questions about employer support, unit deployments and the unique contributions the command brings to the fight.

The general told the subcommittee that the Air Force Reserve trains to respond to crisis.

"Our combat search-and-rescue helicopters have been very involved in almost every one of these kinds of disasters," he said, referring to the command's support after Hurricane Katrina. "We know our spray mission at Youngstown is going to be called upon almost immediately afterwards to start making sure that we don't have

infestations that we've had with the bugs and disease.

"We also know that our lift capacity is going to be just as essential as anything else that's in there as the supplies continue to get to where they need to be," General Stenner said.

He explained how the command prepositions and pre-stages aircraft and Airmen as far as they can go before an appropriate order allows them to get the job done.

General Stenner told the committee that the Air Force Reserve represents 14 percent of the total Air Force personnel for just a little more than five percent of the military personnel budget.

He said the Air Force Reserve "is a very cost-effective way to deliver that capability that the combatant commanders need."

The general shared his priorities for the Air Force Reserve with the subcommittee members.

"We are first and foremost a strategic reserve, which we are leveraging on a daily basis to provide that operational capability and to be that operational force that we are around the world today," he said. "And we will continue to do that, and retain and recruit the best and the brightest."

The general presented the Air Force Reserve as a dynamic force that is everywhere it needs to be, moving people and growing in new locations while adding new capabilities.

When asked about retention beyond 20-years of service, he told the subcommittee that Airmen want to stay. He said predictability of deployments was an important factor in reservists' careers, and a six-month notice gives them more time to prepare.

General Stenner praised Air Force Reserve Command's Airmen during both sessions.

**EDITOR'S NOTE:** General Stenner will visit Westover June 7 for the Commander's Call scheduled for 11 a.m. in the Base Hangar.

## Westover mourns death of inbound group commander

**EDITOR'S NOTE:** The following is a message to the Westover community from Col. Robert Swain, 439th Airlift Wing commander.

*It is with great sadness that I bring you some unfortunate news about our inbound maintenance group commander, Col. Stephen Mittuch.*

*On Sunday morning, April 5, Colonel Mittuch was traveling by cab to the airport after having attended the 22nd Air Force Commander's workshop in Georgia. Unfortunately, while traveling southbound on I-75,*

*Colonel Mittuch's cab was struck by a car traveling the opposite direction. He did not survive the accident.*

*As we mourn this loss, please keep the Mittuch family and the men and women of the 419th Fighter Wing at Hill AFB (Utah), in your thoughts and prayers.*

Colonel Mittuch entered the Air Force in 1988 after graduating from Officer Training School. He began his career as an Air Battle Manager and served in the Ground Tactical Air control System (GTACS) and

Airborne Warning and Control System (AWACS) and on the F-22 program before his assignment at Hill as the 419th MXG commander. Funeral services were held April 14 at the Andersonville National Memorial Cemetery in Georgia.



Colonel Mittuch



## Barksdale may house new command

WASHINGTON (AFNS) -- Air Force officials here announced April 2 that Barksdale Air Force Base, La., is the preferred alternative for the permanent location of the Air Force Global Strike Command headquarters.

AFGSC is a new major command focused on the nuclear and global strike mission.

The identification of a preferred alternative is part of the environmental impact analysis process required under the National Environmental Policy Act. Although Barksdale AFB has been identified as the preferred alternative, a final basing decision will not be made until the environmental process is completed.

In October 2008, Air Force officials announced that a major command would be created to be the single authority over all strategic operational forces assigned to the nuclear deterrence mission. The service established a provisional AFGSC headquarters at Bolling AFB, D.C., as an interim location for the command on Jan. 12, 2009.

On Jan. 21, Air Force officials announced the six potential candidate bases for the major command and began site surveys that concluded on March 6. The candidate bases were Barksdale AFB; F.E. Warren AFB, Wyo.; Malmstrom AFB, Mont.; Minot AFB, N.D.; Offutt AFB, Neb.; and Whiteman AFB, Mo.

Following the completion of the environmental impact analysis, Air Force officials intend to make a final base selection this summer.

**CONCRETE SOLUTION >>** Tech. Sgt. Shawn Quinn, 506th Expeditionary Security Forces Squadron, and deployed from Westover, watches the disassembly of a concrete tower at Kirkuk Regional Air Base, Iraq, March 17. Sergeant Quinn, NCO in charge of physical security is among the security forces and civil engineering Airmen reusing pieces from these structures in a self-help project to build guard towers with increased fortification. (photo by Senior Airman Jessica Lockoski)

## Self-help project keeps Kirkuk guards safe

by Senior Airman  
Jessica Lockoski  
506th Air Expeditionary Group  
Public Affairs

KIRKUK REGIONAL AIR BASE, Iraq -- What provides better force protection: multiple layers of ballistics material or a three-quarters inch sheet of plywood?

Thanks to a self-help recycling and construction project by Airmen in Kirkuk's 506th Air Expeditionary Group, people who stand perimeter guard here are receiving fortified guard towers made with ballistic material.

"These new towers have Kevlar installed in them and are as ballistic as we can make them," said Tech. Sgt. Shawn Quinn, NCO in charge of physical security for the 506th Expeditionary Security Forces Squadron.

Members of the group's security forces and civil engineers squadron pitched to build

the project. Sergeant Quinn, deployed from Westover's 439th Security Forces Squadron, said the old wooden towers didn't provide any protection from bullets, but the new towers will stop or fragment bullets fired at them.

To ensure a stronger level of ballistic capability, the construction materials, including new bullet-proof glass, were subjected to multiple ballistic penetration test. The results yielded an 80-90 percent increase in safety.

The Air Force originally contracted out the construction of 12 ballistic towers, said Sergeant Quinn. However, the first of these contract towers failed ballistic testing.

"Building these towers makes me feel like I'm protecting these troops who are spending 12 to 14 hours per day in them," said Sergeant Quinn, who is a native of Springfield, Mass. "I could possibly be helping save a life."

(Air Force Reserve Command News Service)



"Be very careful if your gas grill nozzles gum up. When I lit mine, it burned all the hair off my right hand."

Col. Robert Swain,  
439th Airlift Wing  
commander



"I wasn't paying attention ... I was in a hurry leaving a building. I put my hand literally through the glass in the front door."

Wing public affairs  
officer



"One minor distraction, and the power-washer ripped open the top of my foot while cleaning deck furniture last summer. I couldn't wear shoes for a month."

Public affairs  
noncommissioned  
officer in charge

**TROOP TALK** | What accident were you in that could have been prevented?



**Leaving no airman behind**  
**Physical fitness: I will not falter,**

by Senior Master Sgt. Sandi Michon

More than 50 reservists filled the gym bleachers at 0600 hours Sunday morning. They were men and women of all ranks, ages, sizes, and career fields, but they had one thing in common. They had failed their Fit-to-Fight test, or had not tested for more than a year.

That got them instant enrollment in Westover's Operation Finish Line – a program designed to monitor and encourage reservists to successfully achieve a passing fitness score.

A closer look reveals that fitness failure factors are as varied as the reservists themselves. Many are on, or coming off medical waivers that limit workouts and normal activity levels, which leads to weight gain and/or diminished aerobic fitness and strength. Others have battled weight issues most of their lives and losing pounds may be more challenging for them than the average person. Pregnancies pose potential fitness issues. Some reservists are just crazy busy and find it hard to find workout time.

Staff Sgt. Neeraj Diwan is "Exhibit A" illustrating how busy lives can crowd out Fit-to-Fight disciplines. The 26-year-old flight engineer with the 337th Airlift Squadron has gained 80 pounds over the past three years and has let his fitness level slide. As an aircrew member, he travels one-to-two weeks a month, flying long hours over numerous time zones with minimum crew rest, catching fast food on the road. He is married, with a new baby daughter, runs his own business with real estate on the side, and is building a house. If Air Force, family and work were not a full enough plate, his is also a full-time college student taking online classes in professional aeronautics.

"This is a big wake-up call for me," said Sergeant Diwan. He says he is re-arranging his schedule and his diet to get in shape. "I really want to stay in the Air Force," he said, "I'll test every UTA until I pass."

Senior Master Sgt. Art Dapaixao is Sergeant Diwan's acting first sergeant and also the 337th's Physical Training Leader. Sergeant DaPaixao was at the gym to encourage his fellow flight engineer and said, overall, the flying squadron is doing well. Two are medically exempt, 160 are current, and 19 are not current, with two failures, (one from a recent back injury). The flight engineer and loadmaster sections have set gym times during the week, offer a squadron newsletter with useful information and commander encouragement, and use the formal Air Force Mentor Program to plan fitness remediation.

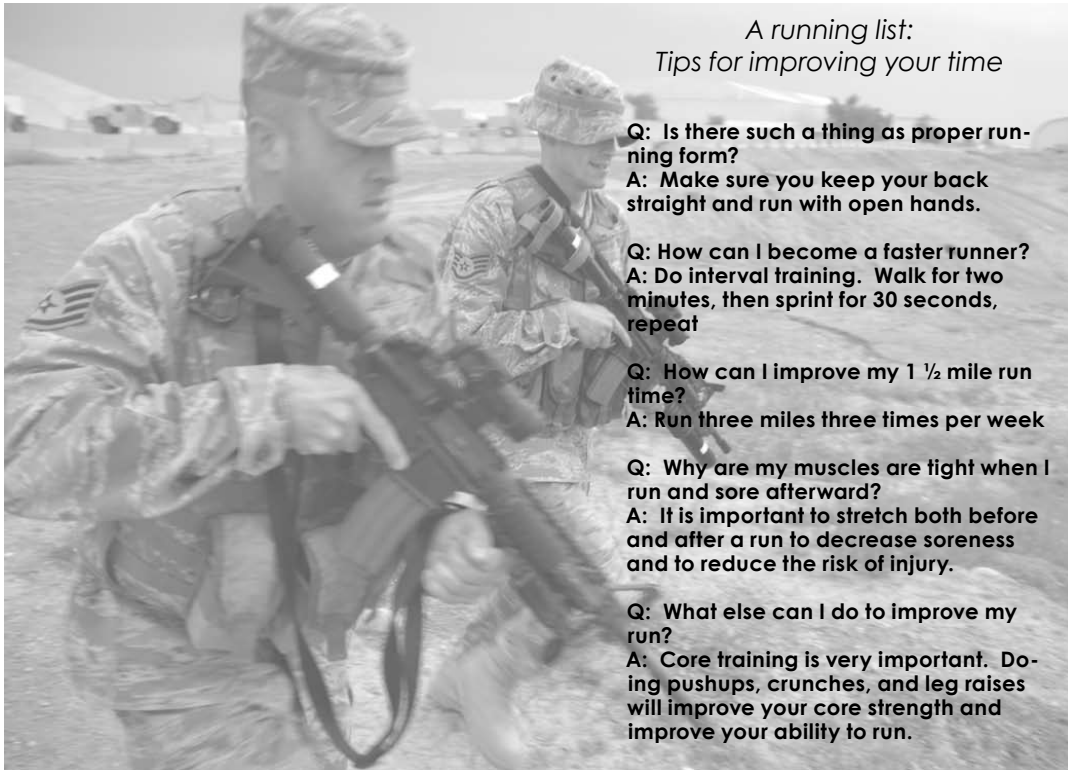
The 439th Security Forces Squadron also augments Operation Finish Line with additional workouts and one-on-one mentoring. Master Sgt. Danny Ernst, SFS unit deployment manager, was at the gym helping with fitness testing, and said his unit has less than five percent fitness failures, with only two out of 150 people.

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**HEEL AND SOUL >>** Airmen jog on the Base Ellipse during a recent UTA. The 1.1-2-mile run accounts for 50 percent of the Air Force Fit to Fight physical fitness test.

(photo illustration by Staff Sgt. Timm Huffman)

**I will not fail**



*A running list:  
Tips for improving your time*

**Q: Is there such a thing as proper running form?**

**A: Make sure you keep your back straight and run with open hands.**

**Q: How can I become a faster runner?**

**A: Do interval training. Walk for two minutes, then sprint for 30 seconds, repeat**

**Q: How can I improve my 1 ½ mile run time?**

**A: Run three miles three times per week**

**Q: Why are my muscles tight when I run and sore afterward?**

**A: It is important to stretch both before and after a run to decrease soreness and to reduce the risk of injury.**

**Q: What else can I do to improve my run?**

**A: Core training is very important. Doing pushups, crunches, and leg raises will improve your core strength and improve your ability to run.**

**ON PATROL >>** Staff Sgts. Walter Lahair, left, and Joseph Ackley, deployed from Westover with the 506th Expeditionary Security Forces Squadron, run during a recent patrol at Kirkuk Regional Air Base, Iraq. The Fit to Fight program helps ensure Airmen are ready to face the physical demands of deployments to austere overseas climates like Iraq and Afghanistan. (photo by Senior Airman Jessica Locoski)

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“Fitness is critical to the security career field, especially on deployments” said Sergeant Ernst. “Between the rucksack, weapon, and body armor, personnel may be carrying more than 100 pounds of extra weight in temperatures of 130 degrees on 12-hour shifts.”

He said the implications of fitness and health are obvious, and stressed, “when one man drops, someone else has to fill in for him.” Sergeant Ernst praised Operation Finish Line. “There’s a lot of mumbling and grumbling, but we need to be in shape. Fit to Fight is not going away,” he said.

According to Sergeant Ernst, if a member fails four times in a two-year period, he or she faces demotion or discharge. “We had to deny re-enlistment to a technical sergeant with 17 years of service,” he said.

Even some young reservists stumble crossing the fitness line. Airman First Class Kaitlin Dewolf, a 20-year-old med tech with the 439th Aeromedical Evacuation Squadron came to Westover in February 2008, and scored a 70 percent due to poor run times. She has been running regularly, and spent only one UTA with Operation Finish Line. She passed her fitness test in April.

Tech. Sgt. Samantha Kouflie is not in Operation Finish Line, but fights post-pregnancy fitness factors. The eight-year, Westover reservist has an 8-month-old daughter and juggles childcare, family, full-time work and her reserve commitment. For the past two months, she has done a practice fitness test three times a week, and is confident she will pass in June. “I’m not sure I’ll ever have the same waist size again,” she said, adding a “lol” to her e-mail comment. “In my old unit, one woman is still in Operation Finish Line, and another got out

of the military because of post-pregnancy demands and fitness issues,” she said.

Other members did not want to be quoted directly, but offered a variety of comments. One member has struggled with his weight since he was a boy, and was not inspired by the motivational speaker that spoke after the gym workout.

“I’m not sure some skinny, life-long athlete understands my challenges. I think I’d be more inspired by someone who has been where I am, and achieved fitness and weight success,” he said. Another woman was recently diagnosed with Graves Disease which causes a hypothyroid condition which saps energy and sets up weight gain until adjusted correctly with medication. She is disappointed with her performance and says she has been struggling mentally to get into the right “fitness mode.”

“This program helps you get there,” she said.

Senior Master Sgt. Scott Zapolski helps manage Operation Finish Line in his role as the wing’s Services Senior Air Reserve Technician. He is passionate about fitness, but admits it’s no cake walk for him either.

“With my genetic background, I have to work really hard to meet the standards. I have yogurt for breakfast, a salad for lunch every day, and I run five and a half miles five days a week,” he said. “I fight for fitness every day.”

He was up at 0400 dark on Sunday morning to meet with OFL members. He later reported that four people passed their fitness tests and one missed a “pass” by only two tenths of a point. “If I have to run with that person next month, they will pass,” he said emphatically. “I want them to know I’m there for them.”

Whatever the challenges, mission mandates make fitness a priority, and Operation Finish Line adds to remedies outlined in Air Force Instruction 10-248. It requires registration in online health and wellness instruction, completion of fitness improvement logs (AF IMT 1975), fitness intervention processing (AF Form 108), intermittent testing, and follow-up with unit supervisors and physical training leaders.

“Operation Finish Line is a commander program designed to provide scheduled fitness, motivational speakers to address key problem areas, and anything else we think might help,” said Lt. Col. Douglas Sudnick, Westover’s Operation Finish Line coordinator.

Because fitness is such a critical area of mission readiness, and career progression, Colonel Sudnick recommends the following five fitness criteria to unit commanders:

- Regulation: AFI 10-248, learn the guidelines – the standards, timing and procedures
- Qualification: Make sure Unit Fitness Program Managers and Physical Training Leaders are





**MAJOR IN COMMAND** >> Third from right, Maj. Robert Oliveri, deployed to Joint Base Balad, Iraq, sets up a tent with his Contingency Aeromedical Staging Facility (CASF) Airmen. Major Oliveri is deployed to Balad for XXX months. Major Oliveri is the 332nd CASF Flight Commander at Balad. Balad senior leadership recently honored him for his leadership skills during a mortar attack on the base. (photo courtesy of 332nd AEW Public Affairs)

## General Rubeor takes command of 22nd Air Force

by 2nd Lt. Joe Simms  
22nd Air Force Public Affairs

ATLANTA -- Twenty-Second Air Force welcomed a new commander during a change-of-command ceremony April 3 at the 22nd Air Force Senior Leaders Conference 2009 at the Renaissance Waverly Hotel here.

Maj. Gen. James T. Rubeor, former deputy to the chief of Air Force Reserve in

the Pentagon, succeeded Maj. Gen. Martin M. Mazick as commander of 22nd Air Force. Lt. Gen. Charles E. Stenner Jr., commander of Air Force Reserve Command, presided over the ceremony. "Thank you (General Mazick) for handing me over such a fabulous command," said General Rubeor.

More than 450 people gathered at the ceremony. The spouses of Generals Rubeor and



General Rubeor

Mazick, along with other family members and friends, attended the ceremony.

"I appreciate the sacrifices that you and your families make in the service to your country," said General Rubeor to the men and women of 22nd Air Force.

He told them he is grateful for their hospitality and excited about being their commander. "I am very happy with the direction of the 22nd Air Force and I have been nothing but impressed with the leadership here at the 22nd," the general said. "Our job here is to make sure you have the assets to do your job and get the mission done and that's what we're going to do."

fully trained, and each unit has qualified fitness monitors

- + Communication: Make sure all personnel get correct information they need to meet all fitness requirements, and understand consequences of non-compliance
- + Implementation: Ensure the programs are implemented in a

timely and efficient manner

- + Documentation: Capture all activity accomplished to comply with the fitness program

Tech. Sgt. Eric Marjault, "graduated" from Operation Finish Line last year and also saw firsthand the importance of fitness while deployed to Kirkuk AB, Iraq. He said

OFL helped motivate him and he felt a sense of teamwork because "everyone was in the same boat."

"After finishing the fitness run behind your entire unit, it was encouraging train with others at your same level," said the security forces member. "We really tried to help each other out."

The personal trainer during the week is Rick Heller. Staff Sgts. James R. Pinkerton and Michael L. Graves are available on the UTAs.

Call the fitness center, located on Patriot Avenue next to wing headquarters, at Ext. 3958 to make an appointment.



**HOOP GROUP >>** Staff. Sgt. Karl Koenig, 439th Maintenance Squadron isochronal inspection technician, explains the ISO process to members of the Central Missouri basketball team during a tour March 17. The team visited Westover between games during the annual NCAA March Madness competition held in Springfield, Mass. (photo by Tech. Sgt. Andrew Biscoe)

## New commanders join wing leadership

New leaders took command of two Patriot Wing units on the April A UTA.

Lt. Col. Richard Bellshot assumed command of the 58th Aerial Port Squadron from Lt. Richard Cockley, while Lt. Col. Patrick King is the new commander of the 439th Airlift Control Flight.

Colonel Bellshot has been in the since August 1981. His former assignments included command positions with reserve and active-duty aerial port squadrons at McGuire Air Force Base, N.J. as deputy commander and acting commander and operations officer.

He lives in Marlton, N.J.

Colonel King, a 1985 Air Force Academy graduate, came to the ALCF from the wing command post. He replaced Col. Christopher Krieg.

He previously served on active duty for 14 years including an assignment with the Joint Forces Command. Colonel King lives in Porter Corners, N.Y.

The 58th APS is one of three aerial port units in the Patriot Wing, while the ALCF members report to the 439th Operations Group.

## Dodgeball set for May Commander's Cup

The May's Commander's Cup competition is dodgeball. It will begin at 4:30 p.m. May 2 at the fitness center.

The 439th Security Forces Squadron had taken a commanding lead by late April with 78 points, followed by the 42nd APS team with 52 and 58th APS with 49.

For more information, call Rick Heller at Ext. 3958, or visit the services web site at [www.westoverservices.com](http://www.westoverservices.com)

### Commander's Cup standings -- April

Security forces .....	78
58th APS .....	49
42nd APS .....	52
Aircraft maintenance .....	48
Maintenance .....	22
Maintenance operations .....	14
Services .....	10
Mission support .....	10
Logistics readiness .....	1

## Westover Toastmaster showcases speaking skills at regional contest

A member of Westover's "Galaxy Gabbers" Toastmasters club recently won the regional level of a public speaking contest and qualified to compete at the district level.

Tech. Sgt. Ellerie Fuller, a Toastmaster since 2007, earned first place at the regional level contest held in Northampton, Mass., March 17.

Sergeant Fuller competed in the Tabletopics portion of the Toastmasters contest, which involved presenting a two-minute spontaneous speech in response to a question.

In her winning presentation, Sergeant Fuller explained how she defined the essence of success. She then moved on to the district-level competition held in Deerfield, Mass.,

March 28. She competed against several other regional contest winners and took the third place trophy with her response to the Tabletopics question: "What does springtime mean to you?"

The Galaxy Gabbers Toastmasters, chartered in September 2005. Guests are welcome at meetings held the first and third Thursdays at 11:30 a.m. in the Westover Club Extended Lounge.

This club is among thousands that make up Toastmasters, an international organization that helps people develop public speaking, listening, and leadership skills at their own pace in a fun, supportive and pressure-free environment.

Because it meets on base, the Galaxy Gabbers membership is restricted to those with military ID cards, including military and civilian people and retirees.

For more information about the Westover Toastmasters Club, e-mail Melanie Thorpe, club president, at [melanie.thorpe@westover.af.mil](mailto:melanie.thorpe@westover.af.mil). The Toastmasters International web site is [www.toastmasters.org](http://www.toastmasters.org)



Sergeant Fuller

**PATRIOT PEOPLE |**



**Staff Sgt. Eduardo Hurtado**

NAME : Eduardo Hurtado  
 RANK: Staff sergeant  
 AGE : 23  
 HOMETOWN : Boston, Mass.  
 UNIT : 439th Aircraft Maintenance Squadron  
 POSITION : Information manager  
 FAVORITE FOOD : Anything that has hot sauce  
 YEARS OF SERVICE: Five  
 FAVORITE SPORT : Does eating count?  
 FAVORITE HOBBY : Dancing  
 BEST WAY TO RELAX : Laying on a hammock and eating watermelon  
 PREFERRED ENTERTAINMENT : Riding my motorcycle and traveling  
 FAVORITE HERO : The Hulk  
 FAVORITE MUSIC STYLE : Dance hall  
 FAVORITE MOVIE : Bronx Tale  
 FAVORITE AIRCRAFT : B-2 Spirit  
 PET PEEVE : Someone eating off my plate before I do  
 WHAT WOULD I DO IF I WON \$1 MILLION : Buy candy, have a pool party, buy a billboard, travel the world, buy a house, and save some money of course.

**MOM'S DAY >>** Treat moms to Mother's Day Brunch, May 10, from 10 a.m. to 2 pm. Special rates for club members. Reservations are required by calling 593-5531. The band gutt returns May 2, enjoy classic rock from 8 pm- midnight in the lounge. Celebrate Cinco de Mayo in the lounge 5-10 pm, with themed social hour snacks and Latin Dancing. Free for members, \$10 for non-members. Snacks available while supplies last.

**MOMS' LANES >>** At the Bowling Center: Mother's Day bowl May 8-9 FREE! Regular rates apply to the rest of the family. Families may enjoy a one topping pizza and pitcher of soda for \$13. Information: Ext. 3990.

**FITNESS CENTER >>** A free Major League pitch, hit and run competition will take place at 11:30 a.m. May 2, on the Base Ellipse. Children ages 7-14 can showcase their pitching, hitting and running abilities. Winners can advance through four levels of competition, including team championship events at the 30 Major League ballparks. Sign-ups are required at the fitness center. For more information, call Ext. 3958.

**MAY SERVICES CALENDER |** [www.westoverservices.com](http://www.westoverservices.com)

**Retirements**

**Maj. Marc A. Dargis**  
**Capt. Brian G. Gamache**  
**Chief Master Sgt. David A. Mottor**  
**Senior Master Sgt. Thomas M. Sawvelle**

**Master sergeant**  
**Christopher J. Clark**  
**Bruce B. Buechele**  
**William C. Pope**  
**Karen R. Ross-Tuncok**  
**Daniel R. Ejdys**  
**Gary A. Abare**  
**Carla A. Letourneau**  
**Edward H. Letourneau Jr.**  
**Scott D. Malone**  
**Gary P. Lane**

**Technical sergeant**  
**Todd A. Roberts**  
**Vincent F. Falcone**  
**William A. Prindle Jr.**  
**Kevin J. Ronan**  
**Timothy Gable**  
**Danforth W. Moon Jr.**

**PATRIOT PRAISES | Reenlistments, promotions, civilian awards**

**Reenlistments**  
**Master sergeant**  
 Joseph Gluckert  
 David Henrickson  
 Todd Wesoloskie

**Technical sergeant**  
 Christopher Bellofatto  
 Brian Boynton  
 Jason Comeau  
 Donald G. Durand  
 Joseph Fernandez  
 Earl G. Gambino  
 Andrew G. Garvey  
 James M. Griffin  
 Michael A. Hall

Shawn M. Harris  
 David D. Kelley  
 Jason E. Leonard  
 Christopher G. Malooly  
 Richard H. Page III  
 Jerome M. Tardy  
 Jesse Wilson  
 Jeffrey W. Wootten

**Staff sergeant**  
 Daniel S. Barbour  
 Keith M. Bartle  
 Michelle M. Chetuck  
 Karla M. Gonzalez  
 Michelle H. Kulewicz  
 Joseph Landry

Carla Joan Sullivan  
 Matthew J. Swindlehurst

**Senior Airman Michael B. Dillon**

**Civilians -- 30 years of service**  
 Roger C. Caron  
 Robert R. Durand  
 Henry Lemanski

**Promotions**  
**Major**  
 Corey Aiken  
 Carrie Baker  
 Robert Driscoll  
 Jennifer Jusseaume

Daniel LeBoeuf  
 Stefano McGhee  
 Matthew Russell  
 Derek Reynolds

**Captain**  
 Allyson Correia  
 Lauren Englemann  
 Michael Downs  
 Bruce Lawler  
 Christopher Mazzezy  
 Adam Rockhill  
 William Short  
 Scott Theriault



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Published monthly for Patriots like Doris Willis, Belchertown, Mass., and 3,053 reservists and civilians of the 439<sup>th</sup> AW and the wing's geographically separated unit at Hanscom AFB, Mass.



**THE BRITISH ARE FLYING >>** A Royal Air Force F2 fighter climbs out of Westover March 31. The British fighter was among three RAF jets that visited Westover for an overnight stay before they departed for California. Another F2 and a British L-1011 tanker departed as well. Westover's transient alert service, long runways, and proximity to Europe are among the reasons why foreign aircraft and those of the other American armed services frequently transit the base. Westover's transient alert crews serviced more than 420 transient military and civilian aircraft in 2008. (photo by Tech. Sgt. Andrew Biscoe)