



Changing hands

New leaders take charge at Patriot Wing | page 4

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ON THE COVER -- Maj. Gen. John C. Flournoy, commander at 4th Air Force, passes the 439th Airlift Wing's guidon into the capable hands of Col. Jay D. Jensen during a change of command ceremony, March 6. Jensen takes the reins of leadership from Brig. Gen. Albert Lupenski, who has moved to his new assignment at the Pentagon, Washington, D.C.

Taking the oath -- Brig. Gen. (retired) Richard Severson administers the oath of office to Brig. Gen. Albert Lupenski, Westover's outgoing commander, during a pin-on ceremony at Westover's Conference Center, March 5. Lupenski moves to the Pentagon as the Director of Air Force Reserve Programs and Requirements. (U.S. Air Force Photo/Lt. Col. James Bishop)



First and foremost, I'd like to thank you all for the warm welcome. My wife Chantel and I felt an instant embrace from a wing that has distinguished itself across the command. Your reputation precedes itself all the way to the corridors of the Pentagon, where I recently came from. It is an honor to continue the good work and to build on the good reputation of a wing that accurately describes itself as "Leaders in Excellence."

For those of you who were present at the change of command during the March A-UTA, you may recall that I acknowledged Westover's achievements, but I also added an important caveat. "Westover is an award-winning team, but we're in a business that does not allow us to rest on laurels. I will communicate goals that will help all of you be successful, and I look forward to working with all of you in continuing the Westover legacy of greatness."

It's important that I echo that same sentiment because I want all of us to be on the same page from the start. It is my job to communicate clear goals and expectations, and when the time comes to encourage with applause or to enforce with judicious action, but let there be no mistake that with clear goals there will also be a clear expectation that you'll meet these goals. I'm here to support you all with that and look forward to your feedback. That's my job.



Col. Jay D. Jensen
439th Airlift Wing commander

What I expect from the Patriot Wing is that we continue the Westover legacy of greatness. You've shattered records in recent years, stemming back over the last two wing commanders, and I intend to lead that same winning team by equipping its experts with the resources and support necessary for success.

But even before your recent successes, there is a deeper legacy of excellence, and one that I personally identify with. Before Westover was ever on my radar screen, a former wing commander was instrumental in recruiting me from the active duty Air Force to the reserve, and that former commander's name was Maj. Gen. Wallace Farris, Jr. Two others— Maj. Gen. James Bankers and Maj. Gen. Martin Mazick—were also important mentors in my career that served here at Westover.

In a lot of ways, you could say my road to Westover started way back when Maj. Gen. Farris took me under his wings, and today I am evidence of how the wingman culture in the Air Force creates leaders by helping them become aware of opportunities and helping them realize their full potential. I hope that I can learn as much from you, and as well as my mentors. Westover truly helped shape them into exceptional leaders.

Yes, Westover is award-winning, and it is important to recognize all the hard work that made that happen. But after the applause ends, and the accolades roll less and less from adoring tongues, true winners do what comes to them naturally: Let's roll up our sleeves and get back to work in continuing Westover's legacy of greatness.

BRIEFS

New Command Chief

CMSgt Shana Cullum has been named Westover's new command chief. Cullum Scott AFB, Illinois, where she was a First Sergeant at the 932nd Force Support Squadron.

Month of the Military child

April is the month of the military child. Military kids can enjoy free bowling and be recognized for their sacrifices. please RSVP by March 30 by contacting the Airman & Family Readiness Center at 413-557-3024.

Public Affairs Excels

Westover public affairs won 11 Air Force Reserve Command annual awards. This unprecedented sweep took a quarter of the total annual awards. Thirty-five other units AFRC PA units also competed.

Annual AFRC Awards

Maj. Francis Dixon, 439th Maintenance Squadron, won Field Grade Manager of the year and Mr. James Miller, also of the 439th MXS, won Civilian Technician of the year. The Logistics Readiness Squadron also earned two awards. SMSgt. Charles Carlin won Logistics Readiness Senior NCO of the year and the squadron won their fourth consecutive Daedalian Logistics Effectiveness award (more on page 10).

Airmen Against Drunk Driving

If there is even a possibility that you've had too many, don't drive! let AADD pick you up. Call 413-459-2464 and a volunteers from the Rising Six will come pick you up Friday or Saturday night.

Green Dot Training

SAPR training has been replaced by Green Dot training. This initiative will focus on interpersonal violence, stalking and sexual assault. Base leadership is currently receiving training and information on wing-wide training will be available soon.

Marching orders from new wing commander: “Continue the Westover legacy of greatness”

By Capt. Andre Bowser
439th Airlift Wing Public Affairs

“I feel like I’ve won the lottery,” incoming 439th Airlift Wing Commander Col. Jay Jensen told the assembled wing members after the troop commander gave the order for them to come to attention.

During a change of command on Sunday, March 6, Col. Jensen thanked Air Force Reserve brass for entrusting in him the leadership of proven champions.

“Westover is an award-winning team, but we’re in a business that does not allow us to rest on laurels,” new wing commander Col. Jay Jensen said to the troop mass, as well as distinguished visitors and family members in the audience. “I will communicate goals that will help all of you be successful, and I look forward to working with all of you in continuing the Westover legacy of greatness.”

Moments earlier, Maj. Gen. John Flournoy, Jr. presented Col. Jensen with the flag representing his ownership of the thousands of service members and civilians who make up the Patriot Wing.

“One team, no seam—we have a mission to serve here,” Maj. Gen. Flournoy said to the multi-service mass of troops, before thanking the long list of civic and community leaders in attendance, including a state senator and the host city mayor.

Col. Jensen acknowledged Brig. Gen. Al Lupenski’s work in fostering an impressive network of community support during his tenure at Westover.

“I’m so pleased to see so many civic leaders take the time on a weekend to come out here and to join us,” Col. Jensen said.

Brig. Gen. Lupenski, during brief remarks, reminded the Patriot Wing that everything excellent about the base, including the many awards won by its units and the relationship we maintain with communities outside of the gates, generate from the men and women who make up the Patriot Wing.

“You’re all a special breed and representatives of excellence,” he said. “When you drive onto the installation, what it says on the marquee as you enter the base—‘Leaders In Excellence’—it’s true!”

Col. Jensen said of Westover and its 2015 Raincross Trophy accomplishment, among the many other awards, was indeed impressive. “Some wings today are a step above the rest,” he said.

And then he pointed to three of his Air Force mentors—former wing commanders of the Patriot Wing—in setting his course as the newest commander of an award-winning team. He said it was an honor to follow in the footsteps of former commanders Maj. Gen. James Bankers, Maj. Gen. Martin Mazick, and Maj. Gen. Wallace W. Farris, Jr., all of whom were instrumental in his growth as an Air Force leader. “I hope I can learn as much as my mentors learned from Westover.”



Food fight!

439th Force Support Squadron vies for food-service trophy



Airmen from the 439th Force Support Squadron competed for the 2016 Hennessy Trophy for best food-service in the Air Force Reserve during the UTA, March 5.

As part of the competition, the unit had to serve a meal under field conditions.

The Hennessy Trophy recognizes the unit exhibiting excellence in management effectiveness, force-readiness support, food quality, employee and customer relations, resource conservation, training, and safety awareness.

From left to right | SrA. Tiffany Jenkins and SSgt. Janet Izquierdo check that the food they serve remains at the proper temperature.

-Airmen eat at the mobile dining facility in Hangar 3.

-SrA. Sarah Kable serves lunch to Westover's new Command Chief, CMSgt. Shana C. Cullum.

-SrA Manual Raymundo serves lunch to Brig. Gen. Al Lupenski.

-TSgt. Gary Latour checks to ensure cartons of milk are kept at the proper, food-safe temperature.

Westover general takes farewell flight



FAMILY AFFAIR -- Brig. Gen. Albert Lupenski and his wife, Kathy, and their dog, following his final flight in one of Westover's C-5Bs. Lupenski ended his 18-month tenure as Westover's top officer, March 6. The "fini-flight" is a tradition for commanders as they leave their unit for a new assignment. (U.S. Air Force Photo/MSgt. Andrew Biscoe)

SUPER-SOAKER -- Westover fire trucks douse a Patriot Wing C-5B, piloted by outgoing wing commander Brig. Gen. Albert Lupenski, March 3, as part of the traditional "fini-flight." Following the flight, Gen. Lupenski received his own soaking by members of the 439th Airlif Wing. (U.S. Air Force Photo/MSgt. Andrew Biscoe)



Book Review | *The Wounds Within: A Veteran, A PTSD Therapist, and A Nation Unprepared*

Editor's note: The opinions in this review are the author's own, and do not indicate endorsement or necessarily reflect the opinions of the DOD.

By Lt. Col. James Bishop

I wish the story didn't sound so familiar.

On June 22, 2004, Marine Lance Cpl. Jeff Lucey used a hose to hang himself in the basement of his house in Belchertown, Mass. Surrounding him lay a semi-circle of photographs. In the center was Jeff Lucey's platoon group photo from his deployment to Iraq.

One year earlier, as a Marine Reserve truck driver in Nasiriyah, Jeff's orders had been clear: Don't stop the convoy, not for anything. Fighting was intense in that part of Iraq, and stopping the convoy could put Marines' lives in danger. A sergeant in Jeff's unit told reporters, "The convoy commanders were explicit. 'Hit 'em. Crush 'em.'" They received close SCUD missile fire. The 20-year-old saw dead Iraqis.

The authors of *The Wounds Within*, psychotherapist Mark Nickerson and professor Joshua Goldstein, chronicle Jeff's heartbreaking decline after he returned from Iraq. He withdrew, drank more, and had episodes of angry outbursts. But he was reluctant to seek help. Part of this story's tragedy is the stigma associated with PTSD. Jeff didn't want to jeopardize his dream of becoming a Mass. state trooper, so he refused the treatment that could have saved his life, until it was too late.

The opening chapters relay the story of his family's agonizing efforts to help. The book also unflinchingly shows multiple failed intervention attempts and missed opportunities – the family's, the Marine Corps' (Jeff self-identified as having symptoms and was still discharged), the Veterans' Administration's (they turned him away even after he'd threatened suicide because he'd been drinking), and the therapist's. But something rises from the ashes. *The Wounds Within* begins with tragedy and ends with hope. Not rainbow-colored, positive-thinking hope; this is smart, well-documented hope. The author is a leader in the field of treating post-traumatic stress disorder in veterans. Adding to the credibility, 83

footnotes reference key books, media stories and academic articles related to PTSD treatment.

The Wounds Within may feel like two books. After the tragedy, which filmmaker Oliver Stone rightly calls "a powerful family drama," comes a series of insights about deployment which rings true on every page. If you've deployed, or know someone who has – and after 14 years of war you probably do – then this book will help you understand the combat veteran in your life. For example, the section on "hyperarousal" explains why your war vet friend avoids crowds and sits at a restaurant with his back to the wall. The discussion of "intrusions" helps explain why your spouse breaks out in a sweat at the sound of a door slamming, or how the smell of diesel exhaust triggers a flashback.

The authors coin a phrase that says the job isn't over when vet's redeploy: they're entering the home zone. Veterans received hours of training before entering the war zone; much less before returning home. Nickerson writes, "...skills that work well in a war zone can create problems in the home zone."

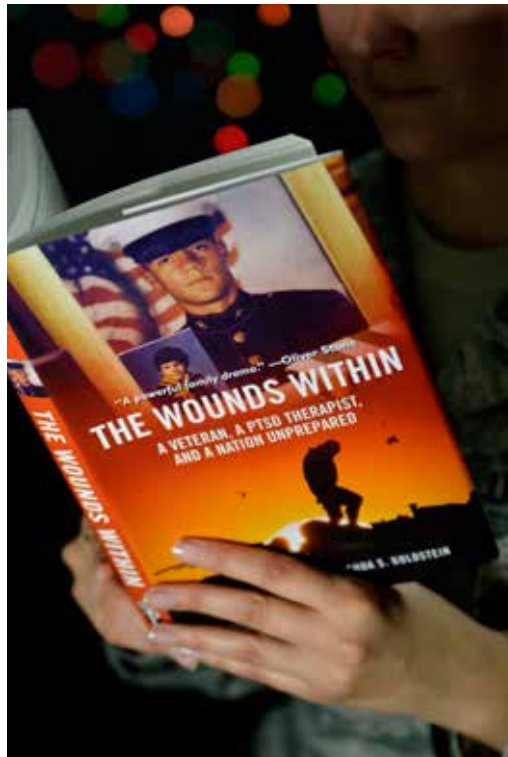
The book also chronicles a common reaction of returning war vets - impatience with civilian concerns about what they see as trivial matters of everyday life. In one transformative section, the authors recognize that even given the problems associated with combat-zone deployments, "many veterans have a counterbalancing strength—the resilience they have developed in tough conditions. The veteran can come back stronger, wiser, and more compassionate."

With the right support, negative traits can be diminished – and must be, because more than one life is riding on the veteran's healing. "When a vet has PTSD," Nickerson said at a reading, "the whole family has PTSD." He mentions a second wave of uncounted casualties – family members and loved ones.

Full disclosure: Last year, acting on a friend's urging, I heard Mark Nickerson read at the Clapp Memorial Library in Belchertown, the town where Jeff Lucey grew up, a few months after I returned from Afghanistan. While

Jeff Lucey's father sat to the side of the crowd, Nickerson told Jeff's story and explained effective healing strategies.

Nickerson noted the "lag time" between returning home and PTSD onset. "During a trauma, part of you seizes up and locks away memories of the event," he said. Then something opens up those memories: a loud noise, the smell of dust, a dream. Symptoms vary, he told the crowd, but there are some "hallmarks of PTSD." (Continued on page 8)



What an awesome deal!

Yellow Ribbon attendee cites value of conference

By MSgt. Andrew Biscoe

I recently attended a Yellow Ribbon Reintegration Program conference held in Orlando, Fla., with my wife, DeAnne. This conference helped deploying Airmen -- and their families -- on how to manage life while the deployed member is gone.

Since I work in Air Force public affairs, I'd already attended two of these events, but was with the group of military people that makes the trip to support Yellow Ribbon. My wife is a Key Spouse at Westover, and she worked one too.

This time we were going as actual attendees.

The February Florida weather was far gentler and kinder than the harsh cold of New England. We soaked up the sun with palm trees looming over us, spent time at Orlando's impressive attractions, and most important, got a good look ahead at what we could expect while I'm scheduled to be deployed later this year.

For each Airman and his or her family, the Yellow Ribbon experience is what you make of it, and the Air Force is counting on that factor. The Air Force pays its Airman to go -- and covers the airline tickets and hotel and food costs for the two-day event. Yellow Ribbon events are huge in size and details. Typically, 700 to 900 people pack the hotel and convention center. Over 700 people attended our event.

Examples of common-sense planning are too numerous to mention, but one that stood out was a family communication plan. The facilitator booming but reassuring voice carried a message of vitality and priority for my loved ones. I learned not only about how important that phone call or email is, I learned that planning how to properly communicate is equally crucial.

I left this event reassured that the Air Force Reserve is working hard to take care of its people. Budget cuts, furloughs, and downsizing have clouded the most recent of my 20-year career. Yellow Ribbon was like a break in those clouds. The optimism of this program and its facilitators was as bright and warm as the Florida sunshine.

For Airmen and their families, I can only endorse this program. Yellow Ribbon reaches out to and reminds you of your commitment to your country and to your family. The efforts of those who work these events combine into an arm that reaches out from the heart of the Air Force. There were many Westover Airmen in Florida. One of them was 1st Lt. Steven Marchegiani, Westover's Yellow Ribbon coordinator. He saw to filling out each spouse's travel voucher. By hand. And he stuck around after the event to make sure Patriot Wing Airmen had all the information they needed to be paid.

Yellow Ribbon will be there for us following my deployment too. We plan on it. You should too.



(**Wounds** | Continued from page 7)

At first, you're happy to be back, so PTSD doesn't set in right away. But at some point the classic signs appear: intrusive memories or emotions, being amped up and hyper-vigilant, depression, which he said is the body's defense against being too anxious.

Numerous questions from audience members focused on the theme of how do I get my friend, son, nephew, grandson, to go to counseling? It's tragically routine for veterans not to seek counseling because of the perception (and often reality) of mental-health issues being a career-killer, he said.

Additionally, "people in military service are by nature helpers," he said, and not inclined to seek help. They are the strong ones, not the ones needing care.

After the library talk, I read his book. It was unlike anything I'd read about how PTSD works. It felt great to read that PTSD didn't have to be a life sentence. Indeed, Nickerson titles a seminal chapter, "Full Recovery: Treating PTSD."

The authors debunk the extreme notions of veterans as either superheroes or damaged goods. Then they dig into the hard and good work it takes to heal. People think that working with a compassionate counselor is enough to make therapy work, they write, but research shows that in addition to being an empathic listener, "the therapist must have trauma-specific skills and training for successful PTSD treatment."

Nickerson urges people with PTSD to approach their own healing as seriously as they prepared for war. Combine proven healing methods such as education about how PTSD works, relaxation techniques, group or family therapy, medications, and psychotherapy.

The method of psychotherapy Nickerson uses is called Eye Movement Desensitization, which uses alternating eye movements, similar to what you'd experience during REM sleep, to reprocess and take the sting out of bad memories.

Since Nickerson uses EMDR therapy, he spends more time explaining that treatment. The results are impressive. "One study on EMDR treatment for combat veterans with multiple experiences of traumatic stress reported that twelve treatment sessions resulted in a 77 percent elimination of PTSD." In another study, combat vets' symptoms dropped from severe to mild in just eight sessions for vets with physical wounds. Veterans with no injuries saw marked improvement in four sessions. This flies in the face of the Vietnam-era belief that PTSD is just something you live with. It's a profoundly hopeful message, and reason enough to encourage vets to seek help.

Q&A with CMSgt. Shana Cullum reveals equine-inspired lessons in leadership

“Training a horse is not really different than training a person... The only difference: People can talk to you, and horses can’t. You have to figure out what makes a horse tick... People are no different. You have to figure out what makes them tick... figure that out, you can learn how to work together as a great team.”

-CMSgt. Shana Cullum, Command chief, 439th Airlift Wing

By Capt. Andre Bowser

Newly-appointed Command CMSgt. Shana Cullum is good with people in part because she’s good with horses. It’s a skill that has helped her ride an impressive leadership career all the way to the top enlisted job at Westover.

In a Q & A session during her first drill weekend in March, we learned about the new command chief, including what makes her tick. We even found out how she’s become so good at understanding Airmen through raising horses.

Q. What do you think about your new military home so far?

A. “It has been awesome. I’ve been given the opportunity to meet the maintenance group and some of the others. It’s been great.”

Q. You come with some lofty accolades in your rucksack. What’s your single most important driving force to serve?

A. “...Single most driving force is Airmen. In the 7th grade, I called a recruiter because I wanted information on how to join the Air Force. He laughed at me.” Eventually, she said the recruiter provided the information. “I came in and it’s the only place I can imagine being.” She’s served on active duty, as an Air Reserve Technician, Traditional Reservist, and even as a Military Training Instructor—a job she exclusively held for 13 years. “I thought that being a TI was the single—best job in the Air Force.” But then she became a first sergeant. “Being a first shirt became the single best job,” she said, smiling.

Q. You were named the 2011 First Sergeant of the Year. What did you think about that and how did you achieve that honor?



CMSgt Shana Cullum

A. “I was blessed. You surround yourself with successful people—that’s what I’ve always done. I’ve always been blessed with great mentors and great supervisors—nobody gets an award by themselves. It takes a great team.”

Q. It’s a big jump from award-winning first shirt to command chief. How does it feel?

A. “I’m excited. I have a lot of challenges ahead of me, but I filled in as a command chief, so I’m not completely stepping into the unknown. I’m hoping to reach out to the Chiefs’ Council.”

Q. From your time as an MTI, do you bring any of those skills that have directly prepared you for your new role as Westover’s command chief?

A. “Being an MTI taught me that everybody brings different things to the table. I was pregnant with my first child (while working as a TI) and I couldn’t yell, yell, yell. So, I had to get creative. I learned to adapt. I learned to appreciate what people bring to the table (—and to develop those skills in Airmen). And that has stayed with me throughout my career.”

Q. What new job goals do you bring to your role of command chief?

A. “I don’t know yet. The different groups are very strong. I do know that there is room for improvement. I don’t believe in stepping into a new job with specific goals: ‘We’re gonna do this... We’re gonna do that...’ I’ve spent half of my life in the Air Force, and I’m not going to spend my whole life in the Air Force. So, I need to start teaching my replacement today. My main goal is to have fun—and to raise our Airmen of tomorrow.”

Q. I hear you’re extremely passionate about raising horses, too? How did you get into that—and do you have any leadership lessons you learned from horses.

A. “Of course... I met my husband — Clint — after buying a horse from him. He’s taught me everything I know about horses. What do you learn from a horse? Oh... so much. Training a horse is not really different than training a person. They all have their own personalities. The only difference: People can talk to you, and horses can’t. You have to figure out what makes a horse tick—it makes you get creative—it makes you pay attention. People are no different. You have to figure out what makes them tick. Once you figure that out, you can learn how to work together as a great team.”

439TH LRS WINS AWARD

LEADS SEAMLESS TRANSITION TO REAL-WORLD DEPLOYMENTS

Story and photos by TSgt. Amelia Leonard

The 439th Logistics Readiness Squadron has won the 2015 Air Force Reserve Maj. Gen. Warren R. Carter Logistics Effectiveness Award, the Air Force Reserve Command has announced.

The honor, also known as the Daedilian Award, recognizes the unit that achieves the best supply effectiveness record in the Air Force in support of mission aircraft and/or weapons.

This is the fourth consecutive year Westover has won the prestigious award.

“The unit is made up of an amazing core of Airmen and Non-Commissioned Officers with a huge level of ownership,” said Senior Master Sgt. Charles Carlin, Deployment and Distribution Superintendent, 439th LRS. “They step-up and take charge with their expertise and treat it like it’s their full-time job,” he said.

The 439th LRS is a pillar in the Air Force Reserve Command’s mission. Members of the LRS successfully deployed more than 100 Airmen to Operation Enduring Freedom and Operation Freedom’s Sentinel, to more than 20 bases in four areas of responsibility, with zero discrepancies.

In addition to winning the Daedilian Award, the LRS Installation Deployment Readiness Cell received the 2015 Unit Effectiveness Inspection Superior Team award, and is considered by many as the best in the Air Force Reserve Command. The DRC also developed a groundbreaking Installation Deployment Plan which has now been implemented in four other wings.

“We reformatted the new IDP to collect all of the deployment planning and execution procedures and put them in writing inside the IDP to ensure continuity,” SMSgt. Carlin said. “Essentially, the intent was to convert the plan into a modern, real-world driven ‘Deployments for Dummies’ that could also be used for exercises if needed.”

The 439th LRS does more than just support the members and aircraft here at Westover. The Regional Isochronal Maintenance Shop supports every C-5 Galaxy in the Air Force, and the LRS supplies the logistics plans for every National Guard and Active-Duty base on the East Coast. Logistics plans encompass all aspects of an aircraft or personnel deployment, such as determining how much weight an aircraft can hold, how much fuel is necessary to complete mission, or what type of equipment a member will need to complete their mission.

“Our team does well due to the great integration between our full-time Air Reserve Technicians and Traditional Reservists,” said SMSgt. Carlin.



Joint-Patriot Sands Exercise

439th ALCF leads ops for Army, FBI and Coast Guard air mobility training

By Capt. Matthew Borowski with Capt. Andre Bowser

The 439 Airlift Control Flight deployed to Pensacola Naval Air Station, Fla., recently to provide operational support for Air Force Reserve Command exercise Patriot Sands 2016.

The 23 members of the ALCF, with additional support from nine aerial porters from the 58 Aerial Port Squadron, formed the 439 Contingency Response Element and set up rapid air mobility operations. Their goal: provide mobile command and control for Air Mobility Command and Air Force Reserve Command aircraft at a simulated Forward Operating Base.

The mid-February exercise allowed for the 439 CRE to work closely with members of the 315 ALCF from Charleston AFB, and 512 ALCF from Dover AFB; they set up similar air mobility operational functions at Hunter Army Airfield in Georgia, and Homestead ARB in Florida, respectively.

During the operation, the members of the 439 CRE safely moved 200 short tons of cargo and 145 passengers on 10 C-5 and C-17 sorties at their airfield in Florida.

The exercise was not without its share of problems. The team was forced to condense 4 days of training into 2 because of real world maintenance issues with the C-5 which was supposed to take the team to and from the training location.

“Our initial plan was to leave on the 17th (of February), but due to aircraft availability we could not deploy on time; so, we worked closely with the lead exercise planner and decided that we had 3 options: planning additional AFRC airlift, use home station (Westover) assets, or utilize already tasked exercise airlift,” said Lt. Col. Irv Weisenthal, the lead operations officer for Patriot Sands. He said the exercise demonstrated the resilience of the military in adapting to changing climates and to still pressing ahead with the mission. “Once we found out that there was no availability of AFRC or home station airlift, the best viable option was to use exercise airlift to participate—we were running against the clock.”

The 439 CRE arrived a duty day behind schedule because of maintenance issues with their military transport, but Lt. Col. Weisenthal said they immediately started to set up airlift operations. He said, in no time, 3 C-17s were on the ramp being worked on simultaneously. “Even though we only had 1 full day of airlift operations, we managed to qualify 3 members in 3 distinct AFSCs and ultimately the mission was successful and it showed us how to do our jobs not



Members of the Westover's Airlift Control Flight and 58th Aerial Port Squadron, along with the Army's 302 Maneuver Enhancement Brigade, strap down cargo on a C-5M Supergalaxy in support of Patriot Sands 2016 (Courtesy photo/ Sergeant 1st Class Rossbach, 302 MEB)

only when things go right, but realistically when things go wrong,” he said.

In addition to the training that the 439 CRE received, there was another unit on Westover which benefited tremendously from the Patriot Sands exercise. Eight members from the Army Reserve's 302d Maneuver Enhancement Brigade also deployed with the Air Force team. The Army element deployed with high-tech equipment used to provide ground troops with network computer access even in remote and austere locations.

“Our ability to work with the Air Force helps us accomplish our mission for Task Force 76, which is the HQ for command and control CBRN response enterprise (C2CRE-A),” said Maj Kimberly Porrazzo. “The element has a 96 hour prepare to deploy order (PTDO) and part of our mission preparedness is to have load plans ready to rapidly deploy in support of homeland defense operations on a C-17 or C-5 aircraft.”

Maj. Porrazzo said the transport and technical issues faced by the time were actually a valuable lesson in remaining flexible and vigilant should issues arise in a real-world operation. “Even with the maintenance issues, it was a great learning experience. When we deploy with Air Force assets, this is reality and we learned how to work with the limitation we experienced,” she said.

(Continued on pg 14)

A Wingman's Prayer | *Senior master sergeant given 8 months to live hopes to make chief, fight terminal cancer*

By Capt. Andre Bowser

SMSgt. Lee Henry says he prays a lot these days and stays close to his wife—bringing her every drill weekend from Washington State, across a continent, to Westover Air Reserve Base in Massachusetts.

The 439th Airlift Wing's 58th Aerial Port Squadron has been SMSgt. Henry's home since 2014, when he left the Inactive Ready Reserve and returned to the active reserve after his first bout with a life-threatening disease.

"The first time I went through cancer, I leaned heavily on my faith," SMSgt. Henry said. The cancer has returned, and on March 9, 2016, he was just days away from deciding between chemotherapy and alternative medicine.

"Eventually it's going to become clear to us in the next 24 to 48 hours, and if we pick the wrong choice, it could escalate the cancer and it could kill me," he said three days after a drill weekend, while traveling on the other side of the country with his wife Stacey Henry.

The high school sweethearts, of sorts, weren't traveling on vacation: They were seeking a second-medical opinion. "A lot of traditional medicine is just a bunch of testing with no real fix in sight—and that's what scares us," they said.

RESILIENCY

"My faith is very important to me, and I pray all the time that we make the right decisions," SMSgt. Henry said during a phone interview from an airport. He flew from his home in Washington to see world-renowned alternative medicine doctors in Nevada, and that was just days after flying from Westover for a drill weekend. "A lot of the traditional medicine doctors told us that no alternatives will work."

SMSgt. Henry and his wife Stacey went to the same high school, but they reconnected after many years, and after separate marriages, on Facebook. Although they debate over who "liked" whose profile first, they've been inseparable ever since.

As always, he said she was right by

his side waiting for the flight back to Spokane. They've traveled the many miles together for Air Force work and to seek medical advice since his cancer returned in 2016. Now, SMSgt. Henry says, when he is so near to fulfilling his Airman goal of making chief in May, he finds himself in the fight of his life.

A few days earlier, during the March drill weekend, SMSgt. Henry stood an imposing, broad-shouldered figure, at least six feet; he said he'll wear his military battle dress for as long as he can. "I visited the base clinic, and I'll be back to drill as long as they clear me."

For SMSgt. Henry, and the more than 160 aerial port Airmen he mentors, the military is like family, and second to only his blood family.

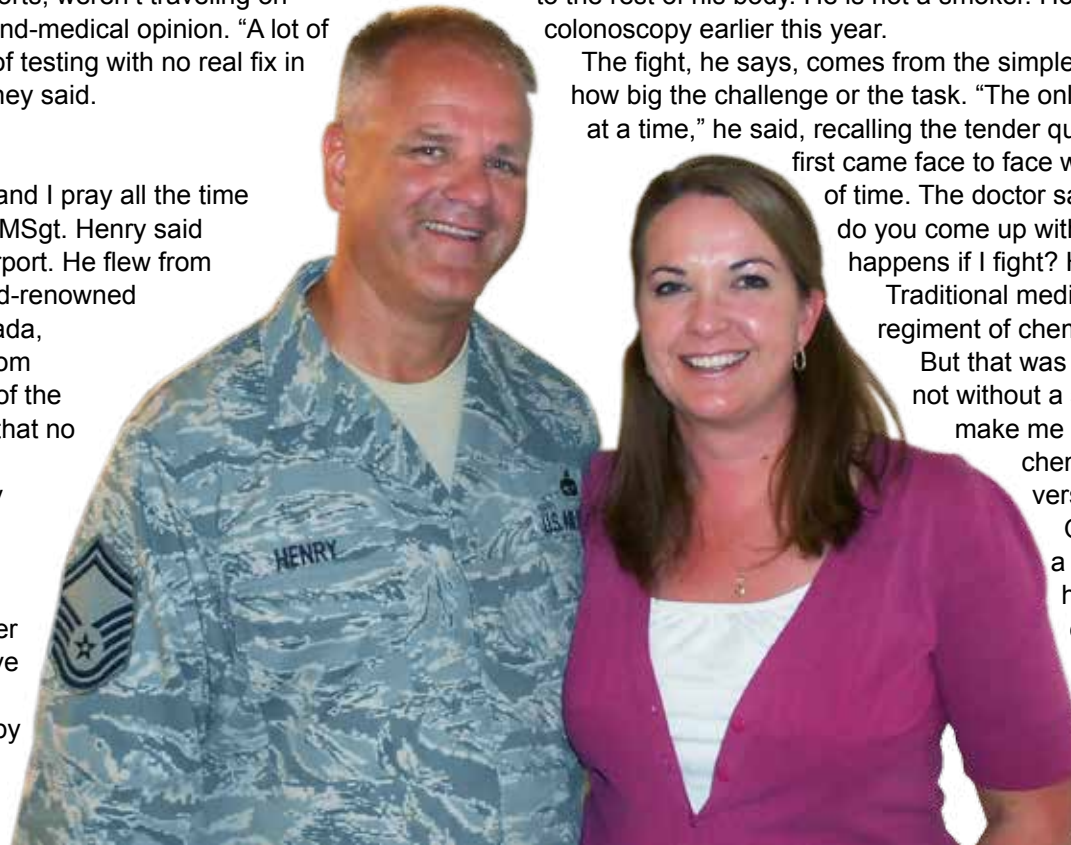
In between drill weekends and medical visits are the quiet hours. The all-important time he gets to spend with his wife and kids—four grown children, two from marriage—and two granddaughters. He says lengthening and enriching that time requires a regiment of chemotherapy, among other acts of resilience, all in defiance of the cancer wracking his body. It started in his lungs and then spread to the rest of his body. He is not a smoker. He became aware of it after a routine colonoscopy earlier this year.

The fight, he says, comes from the simple act of not giving up—no matter how big the challenge or the task. "The only way to eat an elephant is one bite at a time," he said, recalling the tender question he asked a doctor when he first came face to face with his elephant. "I needed a sense of time. The doctor said four to six months. I'm like 'how do you come up with a number like that?' I asked what happens if I fight? He said eight to 10 months."

Traditional medicine dictated that he start a regiment of chemotherapy right away.

But that was not an option for SMSgt. Henry—not without a second opinion. "You're going to make me sick for eight to 10 months with chemo? Where's the quality of life versus the quantity of life?"

Questions. Life, he said, became a series of questions, such as how would he plan now for the eventuality of not being here for his loved ones?



(Continued on pg 13)

FAMILY

SMSgt. Henry became expert at researching the resources available for his treatment, and ultimately to support his family when he is gone. He said, perhaps, one of the best kept secrets he learned is that service members diagnosed with a terminal disease are eligible to take out half of their Servicemember's Group Life Insurance policy. He said the rule on usage was not limited to medical treatment, either. "It can be used for anything," SMSgt. Henry said.

"I have the opportunity to plan ahead for my family's care, to seek out the resources and to ensure that all of my paperwork is in order," SMSgt. Henry said, foot stomping the importance of what he had just explained to all Airmen. "Someone who dies in an accident doesn't have the opportunity to ensure that the right name is on the life insurance policy, that it's updated, or even that there is [a policy]."

Whichever treatment they choose, it starts in March. Harnessing in and gaining strength from family would be easier should SMSgt. Henry take the traditional route and stay back in Washington State. There, the doctors recommended chemotherapy.

Nevada would be a bit more difficult to see family; the course of treatment would be a blend of chemo and alternative approaches not widely used by mainstream medicine. "We know people who have gone to this clinic and were successful," he said.

"They take treatments from around the world that have been successful in integrating those treatments with a traditional medicine approach," Stacey added. "So, it's all about making your body healthy and putting your body in a position to win the fight."

The difference between the traditional and alternative doctors is the former focuses on a large regiment of chemotherapy—to poison the cancer—and in so doing poison the patient; the latter uses a much lower dosage of chemotherapy, coupled with alternative medicines that boost the immune system.

SMSgt. Henry described the aftereffect of chemotherapy as feeling raw, dry, turned inside out, and with your stomach in knots. "Chemotherapy destroys the immune system," he said.

Stacey described her husband as loving, and a fighter; she said they were prepared for the rough patches ahead. "He is the type of person who always puts others before himself—and that's why I fell in love with him," she said, adding that the road before them on her husband's journey to get better had a fork in it: One path was paved with traditional medicine, and the other—alternative medicine.

"We're meeting with one more oncologists in Spokane today," Stacey said on March 9, while seated in an airport terminal for the fourth time in a week. Her fatigue from the medical appointments—in one day and located 800 miles apart—was in her voice. "After that, we'll make the decision of whether we go the traditional route or we go the alternative route... We're trying to figure out what to do... There's really no wrong answer."

FAITH

Stacey said she and her husband would next return to Westover in May, skipping the April UTA for his medical treatments. They're leaning heavily on the side of taking the alternative approach, SMSgt. Henry added.

"All of traditional medicine says this won't work," he paused, then chuckled. "I scratch my head and ask 'Why wouldn't it work?'"

SMSgt. Henry is familiar with staring death in the face as part of his job—and still going to work. He spent 13 years as a state trooper in Washington. He's always been willing to serve—anywhere he is needed. He worked for more than two years as a civilian contractor in Afghanistan.

What's kept him alive, and what even now fills him with a sense of purpose that's bigger than the limitations of his body?

"We've always relied heavily on our faith," said SMSgt. Henry, who identifies himself as a Christian.

A Wingman's Prayer: Update

"We made a decision on treatment and the first treatments started on March 14.

After much thought, prayer, and the fact that my cancer was more advanced than initially thought, we decided that the best course of treatment was going to be a combination of traditional medicine and alternative. On March 14th, I began a 3-week cycle of chemotherapy. This treatment plan is called Extreme Regime in the medical community. Every fourth week, the cycle starts all over for a total of nine weeks. After that we will take a CT scan to see if it is having any impact on the tumors throughout my body.

These tumors are painless except for the tumor in my right lung. This tumor is why my breathing was [difficult] in preparation for the fit to fight test. We only found the cancer because of the colonoscopy test my doctor recommended when I turned 50.

The alternative aspect comes in with the additional liver, kidney and immune boosters that we will be starting. We have also made sure that I will receive additional hydration each week to help flush my kidneys and liver, and to stay hydrated. We are continuing with the clean eating, making sure that we are avoiding all processed and high sugar foods. We are also layering in some additional alternative therapies

during the weeks. Our hope is that the combination of all these treatments will give me the biggest and best chance for remission. We know that ultimate and total healing will only come from a miracle, but getting the cancer into remission would be a HUGE win for us as well.

To learn more visit: www.caringbridge.org/lhenry;
www.caringbridge.org/lhenrywould

To donate, mail checks to: Columbia Bank, Attn: Henry Fund,
12812 N. Addison, Spokane, WA 99218.

TROOP TALK

"If you could tell Westover's new commander one thing, what would it be?"



"This is the home of the TRUE Patriots!"

>> SrA Maryellen Santiago, 58th Aerial Port Squadron



"It's a great place, you will enjoy the weather, especially the cold weather!"

>> SrA Siba Sakouvoui, 439th Force Support Squadron



"It's a wonderful place, you'll love it here."

>> A1C Dwayne Fisher, 58th Aerial Port Squadron

(Patriot Sands | Continued from page 11)

TSgt. Vincent White, a loadmaster with the 439th ALCF, said the relationship forged between the Air Force and Army was an eye-opening experience of how the two forces can come together despite technical challenges and pool each other's talents to get the mission done. "Our affiliates did a fantastic job," he said referring to the Army team. "When they arrived to deploy, they were ready to go—their paperwork was spot on, and they helped tremendously with the exercise."

White said the Army's computer technical experts even helped an additional element in the exercise—FBI Rapid Deployment Teams from New York, Washington, D.C., Miami, as well as a Coast Guard element on the exercise—by assisting with the loading of vital software used during the training mission.

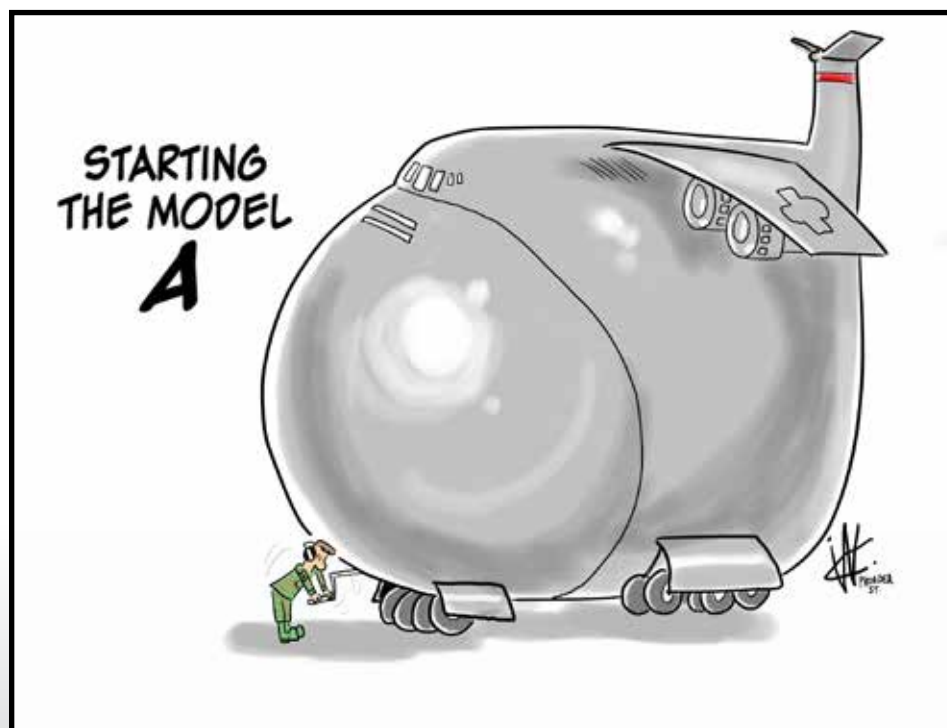
Maj. Shirley Whitney, also of the 439 ALCF, served as the CRE commander for the duration of the exercise and also echoed the effectiveness of the affiliates on the training mission. "They were able to not only load plan their own equipment, but also the other joint airlift users' cargo as well," she said, referring to the process of properly loading aircraft to ensure appropriate weight distribution, among other things.

"Overall, exercise Patriot Sands served as an extremely important annual AFRC HQ sponsored training exercise for the ALCFs which participated, the APS personnel who deployed alongside them, and the affiliates from other governmental agencies," Maj. Whitney said.

This exercise is one of three which the 439 ALCF will lead this year.

POPE'S PUNS

by W.C.Pope



Chief Master Sgt.

Heather Zackaricz
Shana C. Cullum

**Master Sergeant**

James M. Griffin
Stephen J. Caruso
Francisco J. Lopez-Torres

**Technical Sergeant**

Amanda J. Condon
Dimitrios G. Fox
Antonio M. Lipari
Christopher Traietti
Sean A. Carrell
Jonathan T. Mattex

**Staff Sergeant**

Robert D. Chaffee
Hojin Euam
Christopher Feliz
Ashley N. Harris
Grayson Grantham
Ronella Manhorall
Rachael Chandler
Jason W. Snukis
Stephan Y. Dacosta

**Senior Airman**

Casey L. Spaulding
Kouadjo Behanzin
Rosemary A. Noguera
Michael J. Natale
Nam B. Trieu

**Airman 1st Class**

Ryan Kenney
Michael S. Duval
Brad R. Hing
Timothy A. Raimer

**Airman**

Zachary R. Warner
Michael A. Ponce
Jenaliz Mcavey

**SrA Garyson Winn | 439th Aircraft Maintenance Squadron**

Winn, an aircraft electrician with the 439th Aircraft Maintenance Squadron, joined the Air Force Reserve to follow in his father's footsteps and serve at Westover.

The Reserves quickly became Winn's niche, too. He decided he wanted to be an Air Reserve Technician and now works full-time on base during the week in addition to the UTAs. His favorite part of the job is the opportunity he frequently has to fly on the military's largest aircraft. His favorite trip taken in a C-5 was to Ramstein in Germany.

When he's not on the job, Winn likes building racecars; a hobby that started at Westover when he met other Airmen who were into it. Winn said he and others from the base even go up to New Hampshire to actually race them.

Winn's most recent highlight of his career was winning 439th Airlift Wing Airman of the Year.

"I was really surprised," Winn said. "I'm really honored; it's actually the biggest achievement of my life so far."

Winn attributes his success to one of his mentors, SMSgt. Devon Destefano.

--by SrA. Monica Ricci

RETIREMENTS

Lieutenant Colonel

Elizabeth Scalzo
Michael Harry

Chief Master Sergeant

Andrew McGovern
Joanne Boczanowski

Senior Master Sergeant

Antonio DeMarco
Kevin Roux

Master Sergeant

Robert Cirillo
Mark Seitz
Joseph Whalen

Technical Sergeant

Barry Davis
Edmond Sicotte
Christopher Wenzell

SERVICES CALENDAR

westoverservices.com

Club >> April 2, 7-11 p.m. - King Kountry band; April 16, 7-11 p.m. - Emotion band. April 16, 6 p.m. - Paint night

Bowling Center >> Month of the Military Child special: Kids ages 1-17 receive free bowling Saturday April 2 (register at Airmen and Family Readiness, 557-3024).

Fitness Center >> Softball sign-ups start in April.

Outdoor Recreation >> Get your lawn ready for summer! All your spring necessities, along with boats, canoes and more! Stop by Outdoor Recreation today!

Look for WNN on local
community access channels

TEEN SUMMIT SUMMER OPPORTUNITIES

Do you have a teenager in the house who is looking for something exciting to do this summer? Applications are being accepted for the Air Force Reserve, Air National Guard 2016 Teen Leadership Summit.

This week long event is set for July 17-22 in Dahlonega, Georgia. It is open to dependents, ages 14 to 18. The camp will include leadership classes and teens will learn about the mission of the Air Force Reserve and Air National Guard.

Nestled in a valley of the Chattahoochee National

Forest, The Wahsega 4-H Center hosts the summit. Other activities include high ropes, zip line canopy tour, white-water rafting, hiking, fishing, archery, and survival classes.

Teens who are selected to attend will be responsible for travel costs to and from their local airport, baggage fees and incidental travel expenses. All other costs are covered by the Air Force and the University of Georgia/Georgia 4-H. To learn more and to apply, visit <http://www.georgia4h.org/AFRANGTeenSummit/>.



SIGN OF SPRING >> A late-winter sunrise casts a soft, golden glow, hinting at the promise of spring and warmer weather. (U.S. Air Force photo/Mr. William C. Pope)



Published monthly for Patriots like SrA. Drew Balderston, 439th Airlift Wing Honor Guard, and more than 4,700 people assigned to Westover Air Reserve Base.