

PATRIOT

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AIR FORCE RESERVE COMMAND

Boss Lift
2016 see page 4

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UTA SNAPSHOT

>> Remember there won't be a B UTA from this month forward.

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ON THE COVER >> This year's Boss Lift was the largest in recent history with over 50 employers. The event shows employers what their reservists do and showcases Westover's mission. (photos by W.C.Pope)

VIEW FROM THE TOP >> Col. Bruce Bender, Director of Public Affairs, Air Force Reserve Command visited Westover during the August UTA and gave TSgt. Amelia Leonard an interview for Channel 50." (photo by Lt. Col. James Bishop)



EDITORIAL **Know your political season rights... and wrongs**

It's election time, and as defenders of the Constitution, we have the awesome privilege to participate in our country's democratic process – a process George Washington called “The last great experiment for promoting human happiness.”

The first time I voted was when an Air Force voting officer gave me an absentee ballot...I felt proud to be able to check the boxes for my candidates. Even now, 28 years later, I still feel proud walking into the voting booth and closing the red, white, and blue curtain behind me to cast my vote.

Of course, with rights comes responsibilities, and we in the military are rightly held to a high standard. Since we're paid by federal money, we can't lobby or endorse any political party while on duty. And no one can take part in a political function while wearing the uniform, even if they're off duty.

Unlike our active-duty counterparts, Reservists can run for elected office. Several members of the wing have run for Congress. In civilian status, we can support the candidates of our choice. Although AFIs prohibit us from driving on base with large political signs on vehicles, we're allowed to display bumper stickers supporting a candidate or party. The rules are common sense. No Air Force reservist or civilian can imply that DoD, the Air Force, or the Air Force Reserve is endorsing a particular party or candidate. That would be a misuse of

office and an abuse of the high trust the American public put in us.

We can't use government resources (like email or computers) or government work time to support a candidate. And with the rise in Facebook and social media, Reservists not in military status and civilians have simple guidelines: Don't be unprofessional or threatening. Of course, we can't display political signs at our workplace, and we can't express opinions about a party or candidates while on duty or in a federal building. Once the election occurs, reservists and civil servants need to support elected officials, regardless of whether we voted for them.

The rules are in place for a good reason. The military is invariably the most trusted institution in the United States. A 2016 Gallup Poll showed that 73 percent of Americans trusted the military “a great deal” or “quite a lot.” After the military, Americans trusted small businesses (68 percent), the police (58 percent) and the church or organized religion (41 percent).

The way we conduct ourselves during election season should reflect the high trust America puts in us and in its military. As leaders in excellence, I ask the Patriot Wing to set the standard this election season. Keep up the great work!

Col. Jay Jensen
439th Airlift Wing Commander



BRIEFS

Fair weather fitness

There is a change to the fitness testing standards on base. Weather exemptions for the run will only be granted during UTAs. If you go to test during the week, and the weather does not permit the run, your test will need to be rescheduled.

Graduation Day

If you've finished your CCAF degree in the last few months, there will be a combined graduation on Nov. 5 at the Conference Center. Be recognized for your efforts. Contact the Education Office.

Wing 3rd Quarter Award Winners announced

Congratulations to the 3rd Quarter Award Winners. From the ASTS the airmen of the quarter is SrA. Christopher Carbone. From LRS, the NCO of the quarter is TSgt. Maria Rojas. From OSS the Senior NCO is SMSgt. Calvin Alexander. The CGO of the quarter is Capt. Matthew Darisse from SFS. The Civilian of the Quarter is Miss Jennifer Hearn from the 439th Airlift Wing, and finally the civilian supervisor of the quarter is Mrs. Deborah Heady from the 439th Communications Squadron.

Marijuana is still illegal in the Air Force!

As the election season approaches, please keep in mind that although a number of states have recreational or medical legalization on the ballot this November, it will still be a violation of federal law to use or sell it. Currently, recreational marijuana use is legal in four states -- Washington, Oregon, Colorado, and Alaska -- and the District of Columbia. Limited medical marijuana use is now legal in 24 states. However, Air Force Reserve Command officials remind reservists that any marijuana use or possession by uniformed service members can result in discharge.

Flu shot times set

Flu shot season is here. Flu shots will be administered on Sundays of the next three UTAs from 6:30 a.m. to 11:30 a.m.; Hangar 9 on Oct. 16, Hangar 3 on both Nov. 6 and Dec. 4. If you get one off base, be sure to bring back proof.

USO on the move

The Pioneer Valley USO has moved to Building 1510, the old Communications Squadron Building. They are completely up and running with more space. Family Monday Night Dinner is still held in the Armed Forces Reserve Building, 3103. Just follow the driveway around back. Thanksgiving baskets signup deadline is Fri., Oct. 21.

Boss Lift 2016

by TSgt. Amelia Leonard

More than 50 civilian employers and volunteers from the Massachusetts Employer Support of the Guard and Reserve visited Westover on Sept. 15th for the annual Bosslift Employer Day. The employers had been personally nominated by their reservist employees and represented organizations, big and small, spanning all of New England.

The day kicked off with complimentary coffee and donuts, provided by the Mass. ESGR, and a 20-minute mission briefing by Col. Jay D. Jensen, commander of the 439th Airlift Wing. The group was then split into two smaller groups and transported to the 439th Isochronal Inspection Bay and 439th Security Forces Squadron headquarters for a closer look into what some of our reservists do on a daily basis at Westover.

In the inspection bay, Lt. Col. Jordan Murphy, commander of the 439th Maintenance Squadron, gave employers a first-hand look at the inspection and repair process of a C-5 Galaxy. Employers were given the opportunity to tour the entire aircraft, and even take a selfie on the wing. Meanwhile, the other group of employers was given a hands-on training of the 439th SFS MILO Range Pro training system. The MILO is an interactive use-of-force and firearms training simulator with training scenarios, firearms drills and exercises. The simulator gives members the opportunity to use Beretta M-9 Pistols, gutted and rigged with lasers and interactive software. MSgt. Patrick Yarusso, 439th SFS, conducted the training and gave employers the opportunity to go head-to-head in several carnival-like shooting exercises.

"It was awesome," said Kristina Bosland, Director of UX eCommerce with Staples, Inc. "I got a better understanding of what our reservists do for our country," she said.



Boss Lift 2016



After swapping places, the two groups reconvened at the Westover control tower for a tour of the observation deck and catwalk, and met with four members from the Marine Air Support Squadron 6 unit stationed at Westover. Employers were given the opportunity to handle several of their weapons, sit in a Humvee truck, and ask questions.

"The view from there was incredible," said Kevin Partridge, Chief of the Easton, Mass., Fire Department.

After the tour of the tower, the group was shuttled to the Westover consolidated club for a complimentary lunch. During lunch, Earl Bonett, ESGR Chair for Mass., explained the importance of Citizen Airmen, and thanked the employers for their support.

Although the tours of the ISO inspection bay, MILO simulator and control tower were unforgettable experiences, the best had yet to come. Following lunch, employers boarded a Westover C-5 for a two-hour local flight. Employers toured the aircraft mid-flight as they walked from the passenger seating area, through the cargo bay and into the flight deck and VIP seating of the aircraft.

"It was a once-in-a-lifetime experience," said Richard Papeika, Vice President of Ulbrich Stainless Steels. "It was fantastic to see how competent and well-trained the aircrew is. I'm so proud of everything you all do," he said.





NEVER FORGET.



FIRE FIGHTERS' TRIBUTE >> Members of the Westover Fire Department orchestrated a memorial service in the bays of the Westover fire house to honor the lives of those lost during the 9/11 terrorist attacks fifteen years ago. (Photos by TSgt. Amelia Leonard and Lt. Col. James Bishop)



New retirement system: yes or no?

by SSgt. Tamara Williams

Did you know you could be eligible for a brand new retirement plan that comes with a bonus!

Current Active and Reservist members who entered the military after December 31, 2005 and reserve members who have accrued less than 4,320 retirement points prior to January 1, 2018, have the option to enroll in the new Uniformed Services Blended Retirement System. The Uniformed Services Blended Retirement System, created by the National Defense Authorization Act, blends the current "traditional legacy retirement pension plan with a defined contribution to Service members' Thrift Savings Plan account" (www.militarypay.defense.gov/BlendedRetirement). The window to opt-in opens January 1, 2018 and closes December 31, 2018.

Starting January 18, 2018, any person that enters the military on or any date thereafter will be automatically enrolled in the new Uniformed Services Blended Retirement System.

The most significant changes the new retirement system will offer are automatic and matching contributions, continuation pay, and full retired pay annuities at 2% multiplied by years served multiplied by retired base pay. (The old system's multiplier was 2 ½ % but didn't include the matching contributions or continuation pay.)



The U.S. Uniformed Services Blended Retirement System

At a Glance

Saving with the New Blended Retirement System

The Fiscal Year 2016 National Defense Authorization Act provides our military force with a modernized retirement plan built for retirement savings. Beginning in 2018, our service members can get **automatic and matching Thrift Savings Plan contributions** as well as mid-career **compensation incentives** in addition to a monthly **annuity for life**. All service members under the current system are grandfathered into today's retirement system.

Today's Retirement System:



2.5% x Years Served x Retired Pay Base
after completing 20 years of service

1 Automatic and Matching Contributions

Automatic contributions are seen immediately



You Contribute	DoD Auto Contribution	DoD Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

The DoD automatically contributes **1%** of your basic pay to your **Thrift Savings Plan** after **60 days of service**.

You'll see matching contributions at the start of 3 through the completion 26 years of service, and...

You're fully vested—it's yours to keep—as of the beginning of 3 years of service and goes with you when you leave.

2 Continuation Pay

Received at the mid-career point



You may receive a **cash payment** in exchange for additional service.

3 Full Retired Pay Annuity

Received after completing 20 years of service



Calculate your **retired pay base** by **averaging the highest 36 months of basic pay**. You'll gain this monthly annuity for life after completing 20 years of service.

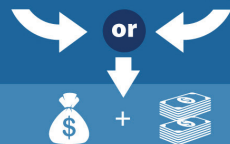
Options for Collecting Your Retired Pay

Active Component

Full retired pay annuity

Reserve Component

Full retired pay annuity beginning at age 60*



Lump sum with reduced retired pay

50% or 25% of monthly retired pay annuity bumps back up to 100% at full retirement age (67 in most cases).

* Could be earlier based on credited active/inactive service

Additional information coming soon.

Sources: Sections 631, 632, 633, 634, and 635 of the Fiscal Year 2016 National Defense Authorization Act.



Effective Date of the New System

After January 1, 2018

You'll be automatically enrolled in the Blended Retirement System.

After January 1, 2006 but before January 1, 2018

You'll have the choice to enroll in the Blended Retirement System or remain in today's current retirement system.

Before January 1, 2006

You'll be grandfathered and remain in today's current retirement system.

Your Retirement System
If you joined the service...

As a beneficiary of the new retirement plan, automatic contributions are seen almost immediately. "The Department of Defense automatically contributes 1% of your basic pay to your Thrift Savings Plan after 60 days of service" according to DoD. Matching contributions are made at the beginning of the three years in service through the completion of 26. After three years, every member is completely vested and can take their pension with them as they wish, according to DoD.

The second bonus to the new retirement system is continuation pay; a cash payment given to the component member upon their 12 year completion period in the service, as long as they serve an additional four years. Active members receive two and a half months of basic pay while reserve members receive a half a month's basic pay.

Lastly, the Blended Retirement System will offer a defined benefit or a monthly annuity, similar to the 20-year retirement system now in place, according to the DoD. The annuity formula for the new system will multiply 2% by the member's years served, by the average of the highest 36 months of basic pay received, versus 2 ½ %; which is the current percentage rate the old retirement system is now set at.

Financial courses geared to educate military members about the two retirement systems will start next year to assist members in making the most informed decision. To find additional information contact the Air Force Reserve Command, Headquarters, or visit <http://militarypay.defense.gov/BlendedRetirement/>.

Political do's and don'ts for Reservists

Commentary by Lt. Col. James Bishop

With the presidential election upon us, everyone is encouraged to vote – including those in the military. “The Department of Defense has a longstanding policy of encouraging DoD personnel to carry out the obligations of citizenship,” according to DoD officials. However, civil servants and military members are held to a high standard and can't endorse any party or candidate while on duty.

Military reservists can't participate in a political gathering in uniform – not on duty, not off duty, and not even after you retire!

Federal employees and military members have an obligation to support elected officials whether or not they voted for them. For this reason, getting a paycheck directly from the federal government limits a person's ability to participate in some aspects of the political process. The points below are taken from public affairs election-year guidance, which derives from Federal Law such as the Hatch Act, DoD, and Air Force instructions.

Do's and don'ts for reservists

Unlike their active duty counterparts, reservists who are in military status and not in uniform can participate in the democratic process, including running for elected office, speaking at political gatherings, and speaking on a radio or TV program. As civilians, they may advocate for a political candidate, but they can't imply DoD, Air Force, or Reserve endorsement of any party or candidate. However, active duty military members (including reservists in military status) are prohibited from engaging in numerous political activities. That means if you're on orders, you can't attend a presidential rally, for example. If you're not on orders or if you're a DoD civilian, you can. Also, members cannot display

large political signs on their vehicle, though they can display a normal-sized political bumper sticker.

To avoid the perception of DoD sponsorship, Reservists in military status (and active duty military) may not participate in partisan political clubs, solicit for a political group or march in a political parade on or off duty. Active duty and Reserve military members are also prohibited from using official authority to influence an election or solicit votes for a candidate or issue.

Of course, no one in the military or civil service can use government resources (like email or computers) or government work time to lobby or solicit votes or money for a candidate. Regarding social media, Reservists not in military status and civilians have common-sense guidelines: don't be unprofessional or threatening.

Do's and don'ts for federal civilians

Rules governing political activities by government civilians are found in the Hatch Act. Most Hatch-Act restrictions are centered on preventing supervisors from influencing subordinates to participate in or contribute to partisan groups or candidates.

Federal employees can't display political campaign materials in the workplace or express opinions about candidates or issues when on duty. Federal employees may not express opinions directed at the success or failure of a political party or candidate when on duty, in a federal building, or in a federally owned vehicle. DoD civilians who violate the Hatch Act could be suspended or fired.

If you're unsure whether or not a specific political activity is approved, reference AFI 51-902 or call the legal office at (413) 557-3513.

MISTAKING SEXTORTION FOR “HOOKING UP”

Although, legally there is no such term as sextortion, the cyber crime has become increasingly common and, because of its serious nature, prosecuted under other state and federal laws, such as stalking, extortion, and computer fraud. Sextortion occurs when a perpetrator seduces a victim into engaging in online sexual activities and the victim's sexual activities, whether they be explicit photos or videos, are used against him or her in threats by the perpetrator. Typically, the threats are to expose the private material unless the victim provides sexual favors, pays a specific sum of money, or continues to keep providing the perpetrator with the images of sexual nature. Texting and social media are two common ways for individuals to fall victim to sextortion, along with the cyber

security issue of a perpetrator hacking into an individual's computer. However, for purposes of this article - as it regards to the issue of sextortion in the military setting - we will focus on texting and social media.

Similar to the phrase, “Don't say anything you wouldn't want posted on the front page of the newspaper,” do not send anything via text, or other form of messaging, that you would be ashamed for others to see. At some point or another, most of us have heard that it is wise to think before we act. The crime of sextortion can be prevented, at least through outlets where the victim has to participate, by thinking before acting.

Because sextortion is a growing issue, you may at some

point be targeted. If you become suspicious of such activity, you should immediately discontinue any and all types of communication with the perpetrator. Contact your command and your local AFOSI office, letting them know that you suspect you have been targeted. Even if you have already sent them private material, do not submit any payment to the perpetrator. One reason for this is because the perpetrator often times will demand additional money. You also want to make sure you save all communications and messages with the perpetrator. Ultimately, you should refrain from engaging in sexually explicit activities online or through text messaging. This includes exchanging explicit photos or videos or performing sexual acts over webcams, which can be recorded.



WWII fallen Marine returns home with honors

story and photos by TSgt. Amelia Leonard

A sea of people lined the streets, right hands over their hearts. Small American flags blew in the warm summer

wind. Military, Police, fire fighters, and civic volunteers stood at attention. A shiny black hearse adorned with a small Marine Corps sticker slowly drove down Hudson Ave. Inside, a lost Marine made his way home and was taken to his final resting place.

Pfc. George H. Traver was killed in action on Nov. 20, 1943. His body was one of many found earlier this year in the Gilbert Islands, just off the coast of Hawaii.

Traver's remains were flown from a military laboratory in Hawaii to the Albany International Airport on Aug. 26th, 2016, where Marines received the casket and performed military honors. Two days later, hundreds of citizens, many with no relation to Traver, came out to celebrate the return of his remains during a processional to and from

a funeral service held in his honor at the St. James Catholic church in his hometown of Chatham, New York.

"As a young kid, I remember going to family picnics and seeing my heartbroken grandmother. She'd say over and over again, 'I wish they'd find George. I wish they'd find George,'" said George Traver, nephew of Pfc. Traver.

Traver, the fourth of five siblings, enlisted in the Marine Corps

on Jan. 22, 1942, the month following the infamous attacks on Pearl Harbor. He was assigned to the Company K, 3rd Battalion, 8th Marines, 2nd Marine Division, and served in the South Pacific during World War II. Later that year, he was wounded at Guadalcanal and received a Purple Heart. He was sent to New Zealand for a short time to recover before returning to the front lines, according to his family. In November 1943, he paid the ultimate sacrifice during the battle of Tarawa, a joint Navy-Army-Marine mission. The mission was the first and largest American offensive in the Pacific region. Sixty-six destroyers, 36 transport ships, 17 aircraft carriers, 12 battleships, eight heavy cruisers, and four light cruisers sought to usurp a Japanese airstrip. Nearly 1,700 American sailors and Marines died during the battle, and more than 2,000 were wounded. The tiny island became known as, "one square mile of hell."

His mother received a Western Union telegram more than a month later which read, "Deeply regret to inform you that your son was killed in action in performance of his duty and in the service of his country." His fellow Marines also mailed back several personal effects, including a Japanese wooden box with a tin nameplate nailed onto it, a Marine logo, and a cross. His mother kept that box and added his Boy Scout awards, high school awards, and every remnant of his short military career, including his two Purple Hearts,





Marine awards, letters of commendation, and letters of condolence.

After his death, Traver's mother was inducted into the American Gold Star Mothers, an organization of women who have lost children in service to their country.

On May 28, 1918, President Woodrow Wilson approved a suggestion made by the Women's Committee of the Council of National Defenses that American women should wear a black band on the left arm with a gilt star on the

band for each member of the family who has given his life for the nation, according to their website.

His mother would often participate in the town's Memorial Day parade, riding in a convertible alongside other Gold Star Moms, recalled her grandson, David Silliman.

"I'd watch my grandmother in the convertible and they shushed us kids and told us as they drove past, 'Please, no applause for the Gold Star Mother's,'" said Silliman. He heard stories of his uncle, the "war hero" and pieced together a biography from newspaper clippings and letters Traver had written home to his mother.

Eventually, the family stopped talking about his death, except to tell the younger generations not to join the Marines. "They felt they gave enough to the Marines," said Al Wheeler, great-nephew of Traver.

His remains were found this past spring with help from ground-penetrating radar and volunteers with History Flight, a non-profit organization. History Flight strives to honor and locate the remains of more than 78,000 American service members still missing in action from World War II, according to their website. "We all have one thing in common, we believe in the motto that no American service member should ever be left behind," said Paul Schwimmer, a volunteer with History flight. One member of the History Flight who was integral in finding the remains was Buster, a cadaver dog who specialized in sniffing out 70 year-old graves. When he sensed the remains of Traver and other Marines, he sat down and began barking. Traver was found with three-dozen other fallen Marines in shallow trenches and was identified using dental records and a Boy Scout pocket knife he carried with him. Although rusted, the emblem on the knife was clearly discernable.

"You see things like this on TV, especially with the different ceremonies for the GIs that got lost and stuff like this over the years, but to be a part of it...it's something that you'll never forget," said G. Traver, nephew of Pfc. Traver.

Members of the Traver family said that although his mother died in 1975, she finally got her dying wish that her son return home from war.



Chaplain's little miracle

by TSgt. Amelia Leonard

Maj. Matthew Zimmerman, chaplain with the 439th Airlift Wing, recently opened up to his fellow wingmen about a family battle he's been dealing with quietly: cancer. Nine months ago, Zimmerman's five-year-old son Gavin was diagnosed with an inoperable tumor.

"It was the night of the Super Bowl, and Cari and I were rushing our son to the hospital after he complained of severe headaches that just would not go away," he said. Their son had already been seen by the pediatrician several times and had been diagnosed with a sinus infection, but the headaches were getting worse, and his eyes began to bulge. His pediatrician decided to refer him to an ophthalmologist.

The ophthalmologist noticed an abnormal movement in Gavin's eyes and ordered an MRI scan as a precaution. During the MRI, Zimmerman and his wife turned to God in prayer.

"God, if you could just fix this. We've got a game to catch and 40 people waiting at home for a Super Bowl party. Please make it better....Amen." He admits it was a cavalier prayer. A few moments later, Zimmerman says he heard God's voice; "Matt, if I want to use this for my glory, will you give him to me?" Stunned, he struggled to respond. "I know what I'm supposed to say, but..." He eventually said, "yes."

Moments later, the Zimmermans were given life-altering news. The doctors began to discuss tumors and chemotherapy, and the full force of what was happening began to wash

over him.

The tumor was located within the sinus cavity behind Gavin's eye, and surgery was too risky due to its location surrounded by nerves,

muscles and blood vessels. His doctors referred to the location as, "expensive real estate," he said. Since the risks with surgery were far too great, they proceeded with his first round of chemotherapy.

Several months into chemo, doctors put his treatment on hold for two-weeks to evaluate how his body was responding to the treatment, and monitor the tumor itself. After reviewing his first set of scans, his oncologist had great news. The tumor had stopped growing.

Although it had stopped growing, doctors told the Zimmermans that the tumor was still there, and although dead, it would always remain part of his "story."

Five days later, the Zimmermans received news they will never forget. A second scan showed that the tumor had completely disappeared. The radiologist's exact words were, "This is awesome. I am so happy for this little boy!"

"There was no medical explanation," said Zimmerman. "On Friday the mass was there. Five days later there is no sign of it anywhere."

When he asked the doctors if they would call it a miracle, they had no

choice but to agree.

According to Zimmerman, human beings run on three main things, "food, air and hope. If you're running low on hope today, come run with me. I've got a whole lot of it," he said.

Although Gavin will have to finish his current round of chemo, the prognosis could not be better. Less than a year ago, thoughts of losing his young son flooded his brain, but now he's filled with hope and the personal testimony that miracles really do happen.



Car seat safety isn't child's play

commentary by TSgt. Amelia Leonard

During the past five years, I've made several bloody trips to the emergency room. As the mom of three young kids, blood and tears just seem to come with the territory. My oldest is only five-years-old and has already gotten staples, stitches, and glue adhesives to close wounds on his head. I'm definitely not a "helicopter mom." However, when it comes to car seat safety, I couldn't be more determined to make sure he is as safe as can be at all times.

On average, 37 people die every day in a car accident. Since 1980, the amount of licensed drivers in the U.S. has increased 45 percent, from 145 to 210 million, and the total number of registered cars has increased 60 percent from 146 million to 242 million as of 2010, according to the U.S. Department of Transportation.

Increased traffic on our roadways necessitates increased safety measures. In 2015, there were 35,092 car accidents, up from 32,744 in 2014.

Children under the age of five are most at risk for serious injury or death in a car accident. According to the National Highway Transportation and Safety Administration, car accidents are the number one cause of accidental deaths in children. Children under five are nearly four times more likely to die in a car accident than be kidnapped by a stranger, before age 18.

It all comes down to physics and the physiology of young children. Physiology first. Unlike adults, the vertebrae of young children are connected with cartilage, not bone. At two-years-old, none of those cartilaginous spaces have ossified to bone and can stretch up to two inches. However, it only takes ¼ inch stretch to rupture the spinal column, resulting in paralysis or death. Three areas of the spine fuse over time, and at age eight, there is only a 50 percent probability that the bones have fused completely. Another big difference between adults and children is the head to body proportionality. At nine months old, a child's head makes up 25 percent of its body weight, whereas an adult head only makes up six percent of its body weight.

Now, let's talk physics and numbers. Sir Isaac Newton, world-renowned physicist, stated in his first law of motion that, "...an object in motion stays in motion." During a crash, occupants travel toward the point of impact, putting

the stress of impact on the neck and spine. According to the NHTSA, 60 percent of all vehicle crashes are frontal crashes. This means that a young child with disproportionately large head could fly forward while the child's body remains harnessed in a car seat. The result is devastating: internal decapitation.

Driving children is a necessity. My kids probably spend more than 15 hours per week in the car going to the grocery store, doctor or extracurricular activities. Although driving may seem scary based on the facts above, there are several ways I ensure my children's safety.

-Invest in a good car seat. There are many options available which can grow with your child from five to 120 pounds. One car seat could last your child from infant into elementary school without replacement.

-Keep your child rear-facing and in their car seat as long as possible, until they hit the height or weight limits of their car seat. Remember, age is just a number, not a good indicator that your child is ready to face forward or transition to a booster seat. Many states have recently changed their laws and increased the minimum ages and weights children need to remain in their car seats. The minimum recommended age to remain rear-facing is two, according to the American Association of Pediatrics and NHTSA. Massachusetts law requires drivers follow the manufacturer's recommendation of each individual car seat.

-Schedule an appointment with your local fire station or other certified car seat technician to ensure your car seats have been properly installed according to your car manual and car seat manufacturer instructions. They may differ. According to a study conducted by Chrysler, 96 percent of parents and caregivers believe their child safety seats are installed correctly, but NHTSA research shows that seven out of 10 children are improperly restrained, putting them at

risk for serious injury or death in a crash.

-Make sure the straps are buckled correctly. If your child is rear-facing, the straps should sit at or just below shoulder level. If your child is forward facing, the straps should sit at or just above shoulder level. A chest clip is intended to go across the sternum, the strongest bone in

the chest. Make sure to remove all jackets or large outerwear prior to being strapped in to ensure a snug fit. You should not be able to pinch any slack between the straps and your child's body.

-Never buy a used car seat. Car seats which have been involved in car accidents are no longer safe, regardless of how fast the cars were going or if there was any damage to the car. You also never know if or how the seat has been cared for. Most detergents remove the

flame retardant from the cloth covers, and therefore most car seats and their straps should only be washed with warm water or a mild dish soap.

-The back seat is always the safest place for passengers. Many states prohibit children from riding in the front seat until 12-years-old. In Massachusetts, it is illegal for children under the age of 13 to sit in the front seat.

-Remember that even if you don't have a child in your car, someone else might. That call, text, or Facebook message can wait – a child's life could depend on it.

While I may be okay with the occasional blood and tears resulting from getting hurt on the playground or in our backyard, I'm not willing to compromise on car seat safety. People often ask me when I'm finally going to let my kids ride in a car without a car seat, and my answer remains the same, "When it's safe."



TROOP TALK

"What do you most look forward to when you come in on your drill weekend?"

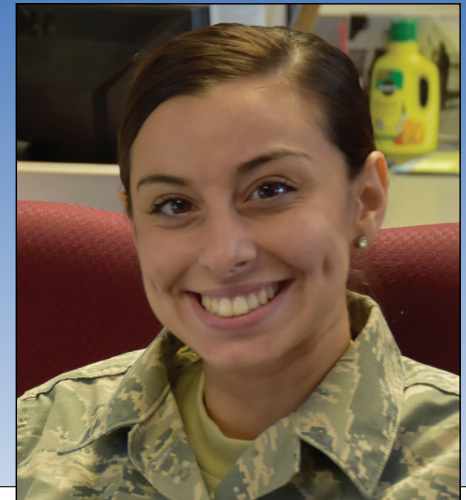


"I like the change of pace. This is a huge break from my civilian job as a teacher."

>> SSgt. Brett Johnson,
paralegal journeyman,
439th Airlift Wing

"Working on the planes. As a civilian, I build customer cars and motorcycles."

>> SrA Bryan Wargo,
inspections specialist,
439th Maintenance Squadron

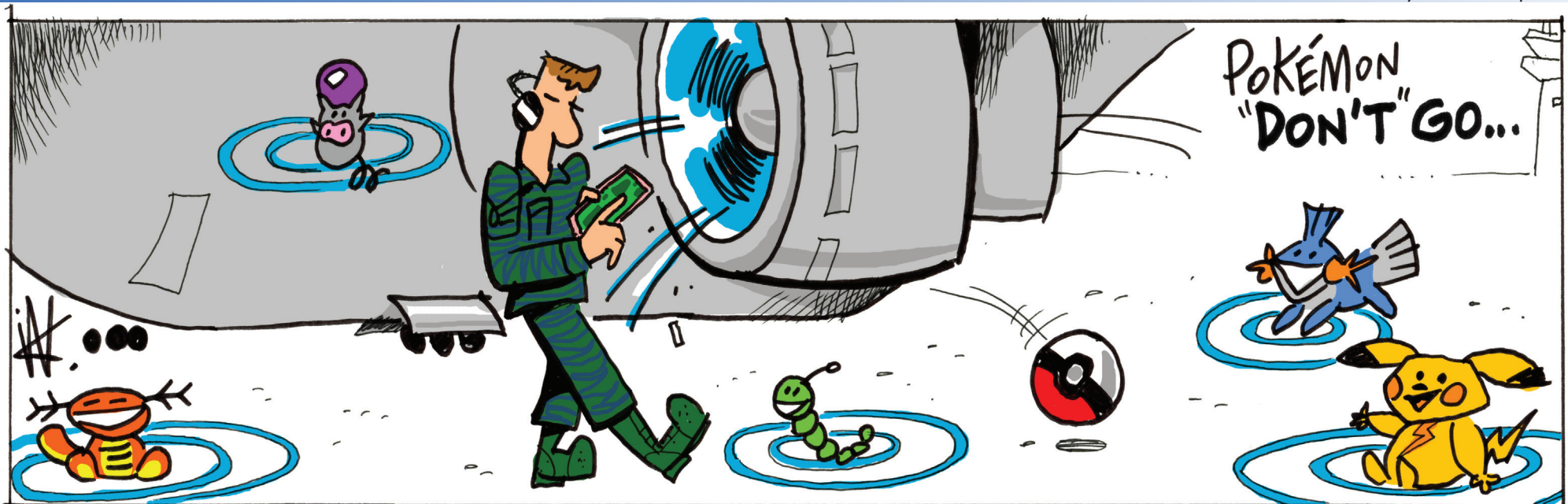


"I like learning how to do my job here better. I'm a paramedic on the outside and just got into the police academy"

>> Amn. Angela Desiles,
personnel journeyman,
439th Force Support Squadron

POPE'S PUNS

by W.C.Pope



PROMOTIONS

Senior Master Sergeant

Alexander Reno
Joseph Dordine, Jr.



Master Sergeant

Eric Ciborowski
Ryan Cartmel
Samantha Cooper
Kari Eubanks



Technical Sergeant

Eric Walter
Joseph Mann



Staff Sergeant

Dayna Marcoux
Ian Williams, Jr.
William Bigda, Jr.
Cassandra Dugan
Upine Minyong
Patrick Tabor
Anthony Resendes
Dillon Oconnor
Ernest Awusah
Kayleigh Kish
Edwin Aquino, Jr.
Andrew Jourdan
Lea Rodrigues
Victoria Lopez



Senior Airman

Johnny Ramirez
Robert Calise
Francheska Brackins
Jorge Quintanilla



Airman First Class

Sean Valley
Michael Ponce
Selina Ortega



Airman

Jay Diez
Jacob Ribeiro
Jack Goldsmith
Shayla Reyes
Carl Fleurant



RETIREMENTS

Lieutenant Colonel

Douglas Gernhard

Master Sergeant

Karieann Therrien

FACES OF WESTOVER

MSgt. Ellen Moore

42nd Aerial Port Squadron

by W.C.Pope

MSgt. Ellen Moore started her Air Force career 24 years ago in the 439th Services Squadron here at Westover, and the people she has met in that time have become her family. Over the years she has also served in the 439th Civil Engineering Squadron and the 42nd Aerial Port Squadron where she has been since 2001, August of 2001 to be exact. Her initiation into the squadron the next month was the terrorist attacks on the Twin Towers and Pentagon. An act that not only brought America together but brought MSgt. Moore together with her new squadron.

She originally joined because she needed a family and found one in Westover. According to Moore, she may not know how to run the aerial port equipment, but she takes care of and looks after the airmen in her squadron that do. Being an Administrative Manager and an Air Reserve Technician she is the central hub of her squadron where she makes sure everyone is mission ready.

Leicester, Mass., is where she grew up and Indian Orchard is what she calls home with her "real" family where she lives with her son Brendan who goes to Chicopee High School. She has three stepchildren, one attending the University of Massachusetts and two adult stepchildren who have their own families, including three grandchildren.

Moore jokingly said that her paycheck is what's kept her here for so long, but said that that paycheck encompasses all that the military and Westover has to offer including: education, the fitness center, the USO, work experience, training, and most importantly, the Westover Family.



SERVICES CALENDAR

westoverservices.com

Club >> The Club Lounge opens on Sundays at 3 p.m. during the UTAs for Football Season! DJ Kuls Comes to the Club Lounge Oct. 15, 7 to 11 p.m. Halloween Kiddie Disco Friday Oct. 28, 5 to 7 p.m., dress the kids up for a night of fun!

The Grind >> Fall Flavors Return with Pumpkin Spice and Salted Caramel Mocha!

The Bowling Center >> Pumpkin Pin, Friday and Saturday nights in October. Monster Bowl with Scarey-Oke Oct. 29, 6 to 8 p.m.

The Fitness Center >> Indoor Hockey Tournament Oct. 3 through 7, 4:30 to 5:30 p.m. Indoor Soccer Tournament Oct. 17 through 21, 4:30 to 5:30 p.m.



PATRIOT



Look for WNN on local community access channels

First ever AFROTC selection board

Air Force Reserve Command officials are gearing up for the command's first-ever undergraduate flying training selection board for Air Force ROTC cadets wanting assignments to its non-training flying units after commissioning. The selection board is slated for the third week in October and is for cadets commissioning in calendar year 2018 requesting consideration.

The intent of this new program is to "identify volunteers for AFR

Selected Reserve assignments prior to any Regular Air Force categorization," according to a recent memorandum sent to all AFROTC region and detachment commanders. "By transitioning to the Reserve Categorization Process early, the Air Force will provide AFROTC cadets service options that complement their personal and professional goals and avoid the need to consider cadets to be released after Regular Air Force classification through the Air Force Personnel Center."

For more information, cadets should contact their AFROTC detachment commander. Anyone else can contact Lt. Col. Todd Halverson, AFRC Air, Space and Information Operations Directorate's chief of the Undergraduate, Graduate and Developmental ART Program Branch at DSN 497-0854 or todd.halverson.2@us.af.mil.



Published monthly for Patriots like TSgt. Rachelle Butts, 439th MXG and more than 4,700 people assigned to Westover Air Reserve Base.



AIRMEN AT SEA >>

Westover Airmen went on a fishing trip Aug. 8; it included almost 30 reservists, air reserve technicians, retirees, and spouses.
(photos by Rocky Snow)