

WESTOVER AIR RESERVE BASE

MAY 2025

SPOTLIGHT



westover439fss.com



Westover Club & Lounge
Mother's Day Brunch **May 11th** 10:30AM - 1PM

557-2039

In the Ballroom



Westover Club
Mother's
day
Brunch

Brunch Buffet . Omelet Station
Dessert Bar

Sunday May 11th
10:30 - 1pm

RSVP

by 5.5.25

Call 557-2039

Westover Club & Lounge
5 Course Rum Pairing Dinner **May 22nd** - 5PM

557-2039

In the Club Lounge



Westover Club Lounge

RUM PAIRING Dinner

*Thursday
May 22*

*Starting
5pm*

RSVP BY 19 MAY

RSVP: 439fss.westover.club@us.af.mil

Westover Club & Lounge
Friday Grill Out Lunches **June 6th** 11AM - 1PM
Outside the Fitness Center

557-2039



WESTOVER CLUB

FRIDAY

START
6
JUN



UNTIL
29
AUG

GRILL OUT LUNCHES

SPECIALTY BURGERS - CHICKEN SANDWICHES - VEGGIE BURGERS

PURCHASE INCLUDES CHIPS, SIDE & DRINK

ROTATING WEEKLY SPECIALS:

BEEF BURNT END SAUSAGE - PULLED PORK - & MORE

OUTSIDE THE FITNESS CENTER
WEATHER PERMITTING

Westover Club & Lounge

557-2039

Summer Kick Off **June 7th** 4PM – 8PM

In the Ballroom



WESTOVER CLUB

Sat.

JUNE 7TH

Summer
KICK OFF
PARTY

FOOD
GAMES
MUSIC

4-8pm

Westover Club Lunch

557-2039



***NEW* Tues, Wed, Thurs - 11AM -1PM**

In the Lunch Room

Westover Club Lunch

413-557-2039

Entrees

Roast Beef French Dip with Fries \$13.95

Fried Chicken Sandwich with Fries \$12.95

Shrimp and Linguini \$14.95

Salads

Grilled Chicken Salad \$8.50

grilled chicken breast over small seasonal greens with cucumber, tomato, and dressing

Oriental Chicken Salad \$13.95

Marinated grilled honey ginger chicken on large seasonal greens with cucumber, tomato, onion, and mandarin oranges with dressing

Arugula Salad (v) \$10.50

Roasted Vegetable Quinoa Salad (v) \$9.50

Sides

Fries \$3.95

Soda \$1.25

Water \$1.00

Rotating Build Your Own

Please ask your server about the rotation BYO Options!

The Grind

557-3418



Monday – Friday 6:30AM – 1PM

UTA Sat & Sun – Breakfast 5:45-10 Lunch 11-1PM

Prepared Breakfast

Egg & Cheese Sandwich	\$3.50
Chorizo, Egg & Cheese Sandwich	\$4.00
Ham, Egg & Cheese Sandwich	\$4.00
Sriracha Bacon, Egg & Cheese Sandwich	\$4.50
Chorizo, Potato, Egg & Cheese Wrap	\$6.00
Chicken & Waffle Sandwich	\$4.75
Avocado Toast	\$3.50
* Add Avocado	\$1.25

Grab & Go

Oatmeal	\$3.00
Hard Boiled Egg	\$0.75
Small Yogurt	\$0.75
Large Yogurt	\$1.50
Filled Pastry	\$2.00
Oat Bar	\$1.50
Assorted Fruit	\$1.00
Protein Bars	\$2.75
Sargento Cups	\$2.00
Guacamole Cups	\$1.00
Pretzel Sticks	\$0.50
Assorted Chips	\$1.25
POPcorners	\$0.75
Veggie Straws	\$0.75
Biscotti	\$2.50
Beignets	\$2.50
Veggie Cups & Dressing	\$3.50

Lunch

Lunch Bowls	\$7.95
(Pork, Carnitas, Barbacoa, Chicken, Pork Belly)	
Wraps with Chips	\$7.50
(Grilled Chicken, Ham, Turkey, BLT)	
Hot Honey Chicken Sandwich	\$6.25



SERVING **THE MILITARY** **COMMUNITY**

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Westover Bowling Center

557-3990



Lunch Monday - Friday 11AM - 1:00PM

Cosmic Bowling Fridays and Saturday Night 5:00PM - 9:00PM

Westover Bowling Center

Mothers Day

Bowling Special

Friday • Saturday

May 9 • 10

5pm - 9pm

2 hours bowling
shoe rental incl.

\$49.99

per lane - up to 6 people



Westover Bowling Center

557-3990



Lunch Monday - Friday 11AM - 1:00PM

Cosmic Bowling Fridays and Saturday Night 5:00PM - 9:00PM

WESTOVER BOWLING CENTER

Fathers Day Special

JUNE 13th

5PM-9PM

2 hours bowling

Shoe rental incl.

\$49.99

(per lane - up to 6 people)



Westover Bowling Center

557-3990

Lunch Monday – Friday 11AM – 1:00PM

Cosmic Bowling Fridays and Saturday Night 5:00PM – 9:00PM



Westover Bowling Center

In Stock



BALL SALE

Prices include basic drilling and two practice games

Check out our pro
shop for a full list of
inventory

Outdoor Recreation & FamCamp

557-2192

Monday - Friday 9AM- 3PM (UTA Sat & Sun 9-3PM)

Reservations for rental items can be made over the phone



WESTOVER OUTDOOR RECREATION



CAMPER
RENTALS

MEMORIAL DAY THROUGH LABOR DAY

557-2192

Outdoor Recreation & FamCamp

557-2192

Monday - Friday 9AM- 3PM (UTA Sat & Sun 9-3PM)

Reservations for rental items can be made over the phone



OUTDOOR RECREATION PARTY RENTALS



NEW BOUNCE HOUSES!

TABLES - CHAIRS - TENTS

557-2192

Westover Fitness Center

557-3958

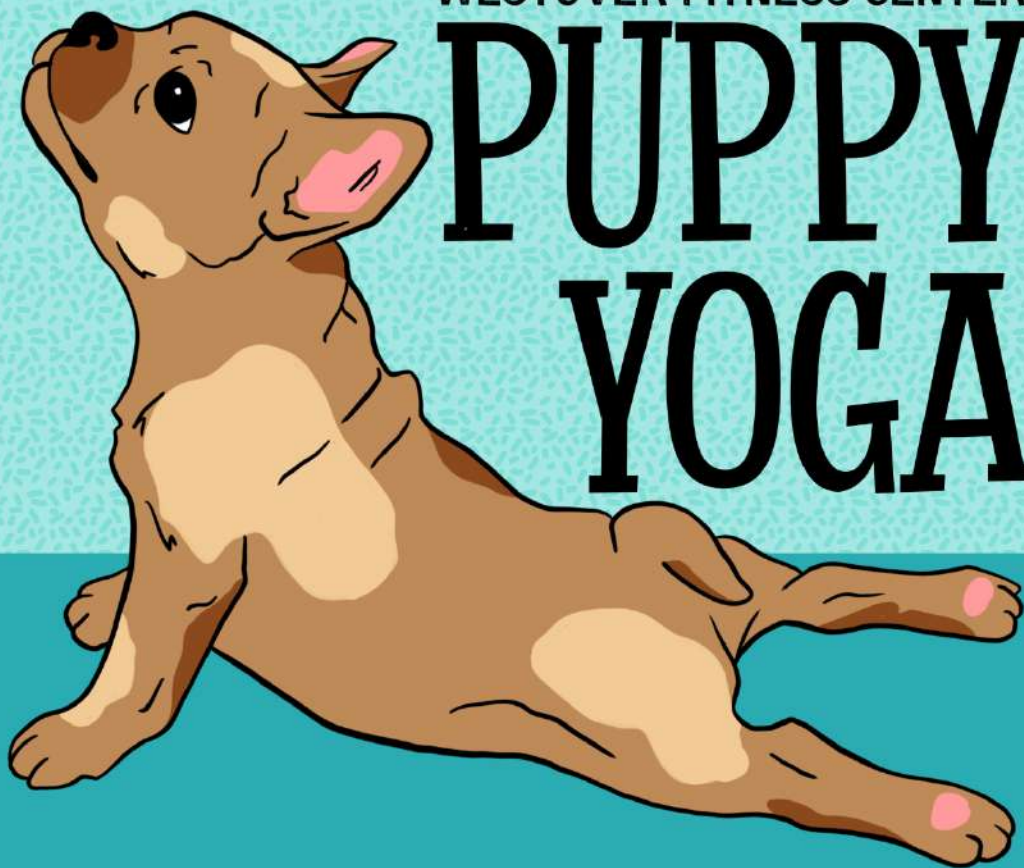
Monday – Friday 6AM – 8PM

24hr Access Available via Sign-up at the Fitness Center



WESTOVER FITNESS CENTER

PUPPY YOGA



CT PUPPY YOGA

FRIDAY MAY 30TH

LOCATION: WESTOVER FITNESS CENTER

TIME: 11 AM - 12 AM

FREE! - 20 SLOTS AVAILABLE

BERNE DOODLES, CAVAPOOS, GOLDEN DOODLES

SIGN UP 29 APRIL - 29 MAY

FITNESS CENTER FRONT DESK

557-3958

Westover Fitness Center
Monday – Friday 6AM – 8PM

557-3958



24hr Access Available via Sign-up at the Fitness Center

WESTOVER FITNESS CENTER - 557-3958

VOLLEYBALL

WEDNESDAYS

4:30PM

Until games finish

OPEN TO ALL BRANCHES
CIVILIANS & RETIREES

NEW TEAMS EVERY WEEK
TEAMS SELECTED BY COACHES

24/7 CAC Access required if playing after 6:30

GYMNASIUM

Westover Fitness Center

557-3958

Monday – Friday 6AM – 8PM

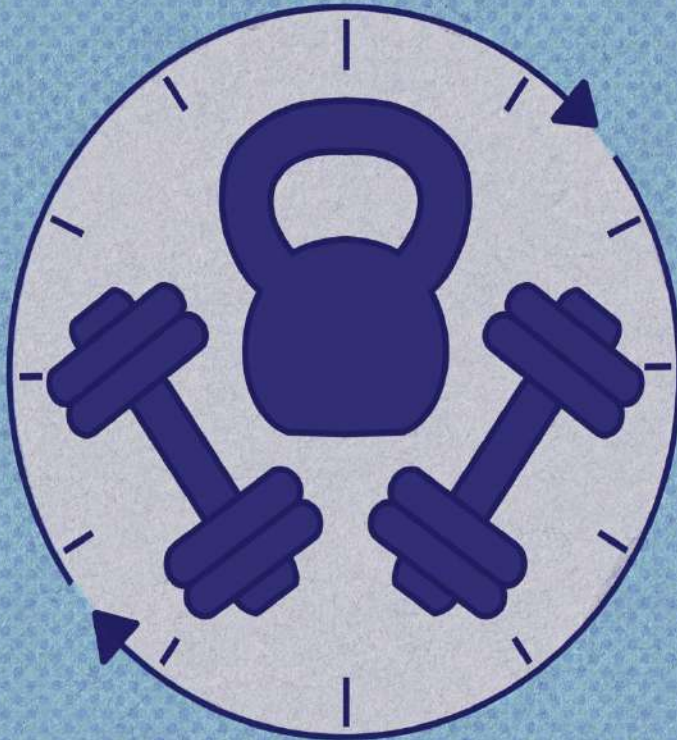
24hr Access Available via Sign-up at the Fitness Center



WESTOVER FITNESS CENTER

CIRCUIT TRAINING

GROUP EXERCISE CLASS



**TUES & THURS
6 AM**

557-3958

Westover Fitness Center
Monday – Friday 6AM – 8PM
24hr Access Available via Sign-up at the Fitness Center

557-3958



WESTOVER FITNESS CENTER

BRAZILIAN JIJITSU AND JUDO

TUESDAYS AND THURSDAYS 4-5:30PM

ALL ARE WELCOME

PLEASE BRING A STERILE UNIFORM -NO PATCHES

CONTACT:

LUCAS ROSA -557-2667

LUCAS.ROSA.1@US.AF.MIL

JACOBUS TENBROEK - 557-3516

JACOBUS.TENBROEK@US.AF.MIL



Westover Fitness Center

557-3958

Monday - Friday 6AM - 8PM

24hr Access Available via Sign-up at the Fitness Center



WESTOVER FITNESS CENTER

FUNCTIONAL FITNESS

MONDAYS & WEDNESDAYS
6:45-7:30AM

TUESDAYS & THURSDAYS
11-11:45AM

POC: LUCAS ROSA 557-2667



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Help protect your stuff
starting at 33¢ a day.¹



**RENTERS
INSURANCE**

usaa.com/renters

¹Countrywide average price for policyholders who have \$2,500 personal property coverage, \$100,000 liability coverage and \$5,000 medical payments coverage as of January 2023. Rates vary by location and risk. Rates are subject to change. Membership eligibility and product restrictions apply and are subject to change. Renters insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, based in San Antonio, Texas; USAA Limited (United Kingdom) and USAA S.A. (Europe), and is available only to persons eligible for property and casualty group membership. Each company has sole financial responsibility for its own products. Coverages subject to terms and conditions of the policy. The Department of the Navy does not endorse any company, sponsor or their products or services. MCCS Sponsor. No Federal or DoD endorsement implied. Paid ad. No federal endorsement of advertiser is intended. Neither the Coast Guard nor any other part of the federal government officially endorses any company, sponsor, or their products or services. © 2024 USAA. 5826342.0923



May 2025 CAN Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
				<p>1</p> <p>~0600 Circuit Training ~0900-1200 PFC ~1130 Wellness Walk Opening Ceremony Ellipse Come Meet the Comfort Dogs ~1600 Jujitsu/Judo</p>	<p>2</p> <p>1130-1300 US Family Health Care</p>	<p>3 UTA</p> <p>~TAP Pre-Sep 0900-1000 ~1600 START time USO 5K (link to pre-register on page 2)</p>
<p>4 UTA</p> <p>~0730 Religious Services ~1130-1300 Art Pause ~1000-1400 Free Seated Messages by Saged Soul (link to pre-register on page 2)</p>	<p>5</p> <p>~0715-0730 Morning Meditation: TEAMS ~0900-1200 PFC</p>	<p>6</p> <p>~0600 Circuit Training ~0900-1030 Tier 1 SAPR/SP Training ~1130 Chaplain Devotionals ~DAV 1100-1300 ~1600 Jujitsu/Judo</p>	<p>7</p> <p>~1130 Wellness Wednesday Food For Mood: TEAMS ~1300-1400 TAP Pre-Sep ~1200-1300 Ten Steps to a Federal Resume In-person or TEAMS</p>	<p>8</p> <p>~0600 Circuit Training ~0715-0730 Morning Meditation: TEAMS ~0900-1200 PFC ~1000-1130 Holmate to Hardhats ~1600 Jujitsu/Judo</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>~0715-0730 Morning Meditation: TEAMS ~0900-1200 PFC</p>	<p>13</p> <p>~0600 Circuit Training ~1130 Chaplain Devotionals ~1600 Jujitsu/Judo</p>	<p>14</p> <p>~1130 Wellness Wednesday Mental & Physical Fitness: TEAMS ~1000-1400 Free Seated Messages by Saged Soul (link to pre-register on page 2)</p>	<p>15</p> <p>~0600 Circuit Training ~0715-0730 Morning Meditation: TEAMS ~0900-1200 PFC ~1130-1300 Art Pause ~1600 Jujitsu/Judo</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>~0715-0730 Morning Meditation: TEAMS ~0900-1200 PFC</p>	<p>20</p> <p>~0600 Circuit Training ~1130 Chaplain Devotionals ~1030-1200 USO Military Spouse Connections (link to pre-register on page 2) ~1600 Jujitsu/Judo</p>	<p>21</p> <p>~1130 Wellness Wednesday Sleep Optimization: TEAMS ~TAP Pre-Sep 1300-1400</p>	<p>22</p> <p>~0600 Circuit Training ~0715-0730 Morning Meditation: TEAMS ~1130 S. Love Languages of Apology ~0900-1200 PFC ~1600 Jujitsu/Judo</p>	<p>23</p>	<p>24</p>
<p>25</p>		<p>27</p> <p>~0600 Circuit Training ~1130 Chaplain Devotionals ~1600 Jujitsu/Judo</p>	<p>28</p> <p>1130 Wellness Wednesday Shenanigans Connection & Fitness: In-Person</p>	<p>29</p> <p>~0600 Circuit Training ~0715-0730 Morning Meditation: TEAMS ~0900-1200 PFC ~1600 Jujitsu/Judo</p>	<p>30</p> <p>1130 Closing Ceremony! Building 1100 for treats!</p>	<p>31</p>


MENTAL HEALTH AWARENESS MONTH




The Community Action Network (CAN) Improving quality of life and building community resilience.

CLASSES AT THE FITNESS CENTER

Join us for:

- Circuit Training
- Jiu Jitsu
- Judo

No experience necessary
POC: Jacobus Tenbroek
413-557-3958

RELIGIOUS SERVICES

Protestant/Catholic
Mass in Bldg. 1100 in
the Chapel. Contact
the Chaplain team with
any questions:
413-557-3031

USO HAPPENINGS

Building 1510

*Open to Military Personnel

UTA 03/04 May: Open 0800-1600
Complimentary drinks, snacks, gaming
& Wi-Fi.

3 May: USO 5K – 1600 start time.
Starting line is at Bldg. 1510. Pre-
register at newengland.uso.org

20 May: USO Military Spouse Coffee
Connections – Stroll & Roll around the
ellipse. 1030-1200. Pre-register at
newengland.uso.org. Preschool aged
and homeschooled military children
are welcome.



SAPR/SUICIDE PREVENTION TRAINING 2025

Reminder: SAPR/SP training is a calendar year requirement.

Please reach out to Deb Moores, Prevention Coordinator
413-557-3853 or Debra.Moores@us.af.mil to schedule your unit
for annual training.

Next Base Wide Training*: Westover Conference Center
Tier 1: Tuesday, 6 May 0900-1030 (GS 12+, E7-E9, O4+)

Would you like to add an important
event to the CAN Calendar?

Contact Deb Moores, 413-557-
3853 or Debra.Moores@us.af.mil
before 22 May 2025 to be added on
our June CAN calendar.



WHAT'S HAPPENING AT THE MFRC?

Transition Assistance Program (TAP): Mandatory for
separating members on active-duty orders over 180
days, and /or your last TAP was over 5 years ago.

-Personal Financial Counseling (PFC): Set a 1:1
appointment with our financial readiness counselor-
call or text: 413-302-0370

-*NEW* Helmets to Hardhats: Larry Clayton from
H2H will come to present about employment
opportunities for military members while in service
and through retirement with a Q&A to follow.

-10 Steps to a Federal Job: Spend time learning
about the process of creating a resume and applying
for jobs using USA jobs. In-person or on TEAMS (link
below):

[Join the meeting now](#)

Meeting ID: 993 700 028 31

Passcode: kR3uj92o

-Disabled American Veterans (DAV): Navigating
disability and VA claims or appeals? These individual
sessions could be for you!

-US Family Health: Come speak with a rep for your
health benefit needs.

-FREE Massage Day: Massage therapists from Saged
Soul will be providing free 15-minute sessions of
traditional chair massage or Reiki! To book a
massage, right click on the link below the date
preferred and "copy link location" and put into
browser.

4 May

[4 May- Book Your Massage Here](#)

14 May

[14 May- Book Your Massage Here](#)

Contact the MFRC at 413-557-3024 or
439.westover.afrc@us.af.mil for more information
on any of the topics above.



Get ready to
play **WELLNESS**
BINGO! Check
your email for
your card!

MENTAL HEALTH AWARENESS MONTH EVENTS

- **Wellness Walk Kick-Off:** Join us on the Ellipse for comfort dogs, a mindful walk, and community connection as we support Mental Health Awareness Month!
- **Morning Meditation:** Join our DPH, Beth Williams on Monday or Thursday mornings for a short meditation. Start your day relaxed and ready to conquer the day!

Morning Meditation TEAMS Link

Meeting ID: 993 468 781 913

Passcode: 23e9Mi2H

- **Wellness Wednesday:** Please join Lucas and Jacobus from the fitness center for interactive workshops on wellness topics.

All workshops will be on TEAMS. **Please note**, week 4 (May 28) will be in-person in building 1100 in the Internet Café.

Wellness Wednesday TEAMS Link

Meeting ID: 993 273 509 187

Passcode: pF6co78C

- **5 Love Language of Apology:** Have you ever found yourself trying to figure out how to say you are sorry in a way that sticks? Just like people who have different love languages, they also have different apology languages. Learning the right one can be the key to repairing and strengthening your relationships. Join the Chaplain Team for their insightful workshop, "The 5 Languages of Apology," and discover how to apologize effectively to your partner, friends, and coworkers.
- **Art Pause:** Unplug and unleash your creativity with a mindful art pause. Join us for a moment of shared inspiration and connection. No skills or experience necessary.



Art Pause: Vision Board Workshop



Pause. Vision. Create.

Join us for a relaxing and inspiring Vision Board Workshop where you'll create a tangible representation of your goals and aspirations.



No artistic experience necessary!

All materials provided ~ Guided visualization to clarify your intentions ~
Creative and supportive atmosphere ~ Leave with a personalized vision
board to inspire you daily

UTA: Sunday, 4 May 1130–1300 &
Thursday, 15 May 1130–1300

Building 1100, Internet Café



The 5 Love Languages of Apology

*Repair and strengthen your relationships
while unlocking the power of a meaningful apology.*

*Join our Chaplain Team for their insightful
workshop, and discover how to apologize effectively
to your partner, friends, and coworkers*



22nd May at 1130

Building 1100 in the Internet Café

AFRC Task Order

Ready Now! Transforming for the Future **TASK Order #2022-01**

Concept of Operations: All assigned personnel **must...**

- a. **Maintain** basic readiness
- b. **Actively** engage in generating personal and unit readiness; loss of currency or proficiency is **unacceptable**
- c. Own their readiness

Desired End State: All assigned personnel **will...**

- a. **Sustain** basic readiness
- b. Be resilient and ready to answer the call to fight

Task 1 – (Mil/ART) Maintain readiness to support Combatant Commanders through

- a. AFSC proficiency
- b. Medical Readiness
- c. Ready Airman Training (RAT) currency
- d. Physical fitness prepared for combat, including fitness assessment currency

Task 2 – (CIV) Enable unit readiness by

- a. Allocating unit resources to meet assigned missions
- b. Acting with speed to execute resources to support unit assigned mission