514th Air Mobility Wing

FREEDOM FLYER

2014

AIRMEN HONOR VETS

514 SFS HONE THEIR SKILLS

Freedom Flyer

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Editorial Staff

Col. Michael J. Underkofler
Commander

Lt. Col. Kimberly Lalley
Public Affairs Chief

Maj. Allison Ecung
Public Affairs Officer

Master Sgt. Donna T. Jeffries
Noncommissioned Officer in Charge

Christian DeLuca
Editor

Tech. Sgt. Jonathan E. White
Photojournalist

Senior Airman Jasmine Zielomski
Photojournalist

On the cover

Staff Sgt. Aristide Colonna hangs ornaments on a Christmas tree while getting the 514th Air Mobility Wing's command building ready for the holidays.

Photo by Christian DeLuca

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Members of the Freedom Wing, along with volunteers, carry the Ground Zero Flag down 5th Avenue in NYC during the city's annual Veterans Day Parade.

Photo by Christian DeLuca

Technical Sergeant is a voice for vets in the corporate world

By Maj. Allison Ecung
514 Air Mobility Wing Public Affairs

Tech. Sgt. David Orozco, 514th Aircraft Maintenance Squadron, can definitely relate to other military members who have transitioned into the civilian world. A thirteen-year veteran of the army national guard, he's held positions in human resources, retention, recruiting, security forces, as a training manager and a career counselor. Yet after resigning his commission in the army, with all of his experience and a top secret security clearance, he faced a challenging job search. Now as the Military and Veteran recruiter for CBS Corporation in New York, he is helping other military members make an easier transition to civilian life.

Drawing on his experience as a counselor for the Veterans Administration, Orozco now works with veterans to match them with positions available at the national network.

"I try to make an impact in at least one person's life everyday", he says, "As a service member you need to help your brothers and sisters."

In his capacity as a CBS recruiter, he helps civilian hiring managers understand the multitude of leadership attributes that military members bring to the table, while simultaneously helping veterans understand the culture and unique demands required within this new environment.

Orozco's had his share of transitions as well. He joined the 714th aircraft maintenance squadron earlier this year in a major move from army recruiting. Although new to the Air Force Reserve he does have a history with Joint Base McGuire: as a young military police troop with the Air National Guard he briefly provided security for the McGuire Air Force Base gate. Although he initially faced a bit of culture shock, he's embraced the autonomy of airmen along with the Air Force emphasis on professional development and education as a key part of the mission.

"The most heartbreaking thing [as a recruiter] is to see a résumé from someone who spent years in the military and didn't attempt to get more education or better themselves, he said."

Recruiting at CBS is an opportunity of a lifetime for Orozco. As he

Courtesy photo

Tech. Sgt. David Orozco poses in front of the CBS Corps. New York office where he works as a Veteran recruiter.

describes it, the great thing about his career is that affecting people's lives on a daily basis is gratifying work. He strongly believes that at the end of the day people will remember what you did for them and how you made them feel. He summed up his role by saying, "People should want to make an impact in other's lives."

Orozco has a list of guidelines for transitioning veterans which goes:

- Start Early
  - o Don't wait until a few weeks before your last day, start reviewing your resume for gaps and inconsistencies one year in advance of separating.
- Narrow your search
  - o Focus on one sector and a particular location instead of mass mailing your resume. Human resources representatives don't have a lot of time to review many resumes.
- Use LinkedIn
  - o Create an account and make sure it's updated and demilitarized. Have a civilian friend review it to ensure clarity.
- Make Networking a Priority
  - o Start by asking friends and family for information about their experiences if you're uncomfortable with networking. Make "six degrees of separation" work in your favor.
- Practice the Interview
  - o Avoid discussing specific military skills and focus on what you've learned from your experiences and how those lessons and responsibilities can be applied to a corporate environment.

Did you know?

CAC-Card holders are eligible for TSA Pre✓®

Military members and civilian employees can take advantage of expedited screening at 120 airports through theTSA Pre✓®

When booking a flight or updating your Defense Travel System profile, enter your DoD ID number into the "Known Traveler Number" field. A TSA Pre✓® indicator will be on your boarding pass.

Civilian employees must opt-in throught the milconnect website before participating.'

Visit the TSA website at http://www.tsa.gov/tsa-precheck/members-military for more information

Pulse Check:

What was your favorite toy growing up?

1st Lt. Curtis Anzur
78th Aerial Refueling Squadron

When I was in 5th grade, my parents gave me a Go-Ped for Christmas. For the next few years my buddy and I would ride them everywhere however, the obnoxious "weed-whacker" noise drove everyone crazy but we thought it was hilarious.

Senior Master Sgt. Clarence Cooper
514th Aeromedical Evacuation Squadron

G.I. Joe was my favorite toy growing up. I loved playing war games and pretending to blow things up. My favorite thing about G.I. Joe was his Kung Fu Grip.

Senior Airman Tracy A. Guardado
514th Civil Engineer Squadron

My favorite toy growing up was my skateboard. I was a tomboy as a kid and I loved going to the skate park where I learned all the tricks on the half pipe. I always felt like I was flying when I was up in the air doing tricks.

Senior Airman Hensly Guerra
514th Aircraft Maintenance Squadron

I really liked my Power Ranger action figure. I used to think I could do all the moves that they did. My older brother and I used to reenact the episodes.

Staff Sgt. Jacquelin Held
514th Force Support Squadron

My favorite toys growing were the John Deere tractor trailers. I loved all the equipment; the backhoes, bulldozers, and dump trucks. My dad worked for John Deere and would take us to see the heavy equipment. Those are some of the best memories I have.

Spotlight:
Master Sgt. Rachelle Moss

Unit: 88th APS

Hometown: Newark, NJ

Little known fact about you: I am very shy.

Most exciting event in your life: The birth of my son.

Favorite actor/actress: Denzel Washington

Favorite dessert: Chocolate Cake

If you won the lottery what would you buy first: A house for every homeless person in my hometown.

Bucket list item: I would like to to go to Australia

What makes you laugh: My students

Character trait you respect the most: Honesty

Last book read: The Audacity of Hope by Barack Obama

NYC Veterans

s Day Parade

Photo by Christian DeLuca

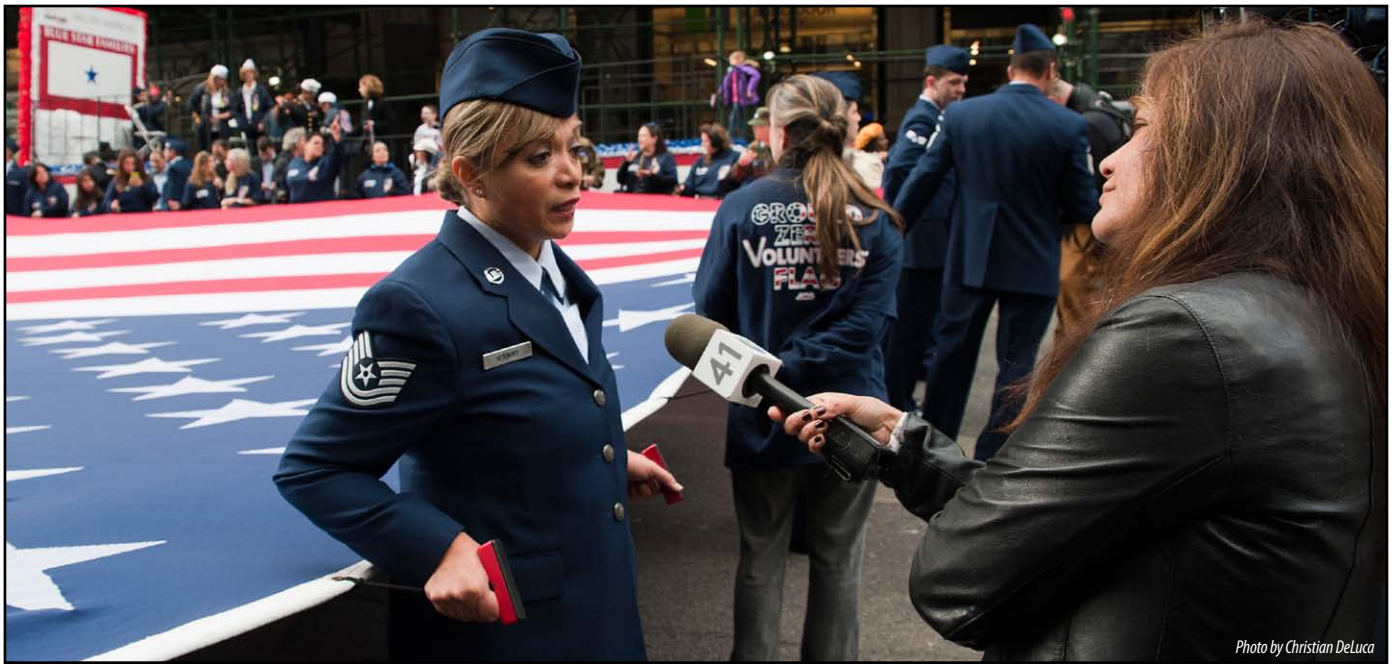


Photo by Christian DeLuca

Members of the 514th Air Mobility Wing participated in the NYC Veterans Day Parade Nov. 11, alongside of members from all of the branches of the Armed Forces, first responders, dignitaries, celebrities and veterans. The parade attracted more than 500K spectators and was broadcast across the country.

Photo by Christian DeLuca

Photo by Christian DeLuca

Photo by Master Sgt. Donna Jeffries

Photo by Christian DeLuca

514th Airmen sharing the holida

Photo by Christian DeLuca

Members of the 42nd CBCS pose with Students of the Rutgers Volunteer Council and Soldiers from the Joint Training and Training Development Center, Fort Dix, during the group's annual toy drive and fundraiser, Nov. 13, at the universities Camden, NJ campus.

42nd CBCS and Rutgers University team up for the kids

By Christian DeLuca
514th Air Mobility Wing Public Affairs

Members of the 42nd Combat Communications Squadron teamed up with the Students of the Rutgers Volunteer Council and the Student Veterans at Rutgers Camden to host a toy drive and fundraiser at the Camden Campus for the second year in a row.

The drive, titled RU 4 The Kids, runs from Nov. 7 to Dec. 3 and collects new toys and monetary donations for the Toys for Tots Foundation, Children's Regional Hospital at Cooper and the Ronald McDonald House. All donations will be dispersed locally.

"It's been going great so far," said Katherine Nguyen, a junior nursing student at Rutgers Camden and head of the volunteer council. "We have drop-off boxes for toy donations throughout the campus. We're having multiple bake sales. We're selling T-Shirts with the RU 4 The Kids logo, which we've almost sold out of. We've received tons of donations so far."

Last year the drive raised more than $3,000 in donations and enough toys to almost fill three U-haul trucks. Senior Airmen Rob Konopka, 42nd CBCS and nursing student at Rutgers Camden, believes they will be able to top that this year.

"We've been getting more support than last year," Konopka said. He credits a more robust marketing campaign for the increased turnout.

Konopka, who came up with the idea for a drive last year, said it was the Air Force ethos that drove him to put it together.

"The Air Force teaches service before self. That doesn't mean just while you're working within the Air Force, but also out in the community," He said. "So last year, I reached out to my unit and they were all for it. I reached out to Rutgers and they loved it. So I teamed up with the volunteer council and student veterans and we put the first drive together."

During a recent drive event, Nov. 13, Wingmen from the 42nd CBCS and other partners from the base came to the Camden Campus to show their support and help the cause.

"Anytime we can work together with our partners and do some thing positive, I'm all for it," said Sgt. 1st Class Arthur Valenzuela, Joint Training and Training Development Center, Fort Dix.

Master Sgt. Major, 42nd CBCS said, "These types of events are the other part of being an Airman. To serve the community, as well as, the Air Force as a whole. It is a blessing to be here and it is your duty to give back."

lay spirit with local communities

Engineers work with Local organization to spread cheer

By Senior Airman Jasmine Zielomski
514th Air Mobility Wing Public Affairs

For some, the holidays are not the most joyous occasion. There are people who do not have a place to call home or even a cooked meal to share with family. This dilemma prompted the 514th Airmen's Council to establish a food and clothing drive which took place from Nov. 1-15.

"The whole 514th Civil Engineer Squadron came together to donate over 200 pounds of canned goods and clothing," said Senior Airman Jamila Lopez-Daniel, 514th Airmen's Council president.

The council has been working with the Elijah's Promise organization located in New Brunswick, N.J. Established in 1989, the organization's mission is to help the less fortunate and provide shelter during code blue weather conditions.

"When the temperature drops below 20 degrees Fahrenheit, we open our doors at night to provide a place for those who need to get out of the harsh winter climate," said Jim Zullo, executive director of Elijah's Promise. "We also provide warm weather clothing."

Elijah's Promise serves over 100,000 meals a year and is collecting turkeys and gift certificates for families this holiday season. The organization accepts donations year round but specifically asks for children's clothing and warm weather gear.

For more information on Elijah's Promise, visit their website: www.elijahspromise.org

Photo by Senior Airman Jasmine Zielomski

Members of the 514th Airmen's Council pose in front of donations recieved during a food and clothing drive held Nov. 1-15 for Elijah's Promise, an organization in New Brunswick, NJ, that provides Job training, food, lothing, as well as other opportunities for the less fortunate.

Photo by Tech. Sgt. Jonathan E. White

Lt. Col. Peter Souritzidis, 514th AMW chaplain, makes his entrance as Santa, during the wing's holiday party Dec 20.

Airmen from the 514th Air Mobility Wing pose ewith Nancy
Holiday Breakfast Dec. 9. The Lodge sponsors the breakfast f

HOLIDAY

Members of the 514th Air Mobility Wing staff pose with "Sant

Photo by Lt. Col. Kimberly Lalley

Nancy Devito, Point Pleasant Elk's Lodge, during the Wing's annual kfast for the wing every year to show support for the Airmen.

AY CHEER

Photo by Tech. Sgt. Jonathan E. White

n "Santa" during the Wing's Holiday party Dec. 20.

Photo by Lt. Col. Kimberly Lalley

Col. Michael Underkofler, 514th Air Mobility Wing commander poses with Nancy Devito, Point Pleasant Elk's Lodge during the annual Holiday Breakfast Dec. 9.

Photo by Lt. Col. Kimberly Lalley

Tech. Sgt. Adam Ligon, 514th Air Mobility Wing, dons the holiday hat for a photo during the annual Holiday Breakfast Dec. 9. . The hot lights up, plays music and dances.

Members of the 514th Special Forces Squadron remove suspected "bomb makers" during an exercise Nov. 16

Photo by Tech. Sgt. Jonathan E. White

514th Security Forces Squadron hones its skills at the CACFT

Story and photos by Tech. Sgt. Jonathan E. White
514 AMW Wing Public Affairs

You will not take me alive!

The refrain echoed through the air as members of the 514th Security Forces Squadron extracted an enemy prisoner of war from a smoke-filled building during a training exercise Nov. 16 at the Fort Dix Range 59E Combined Arms Collective Training Facility.

The CACTF is setup for units to train on building entry and room clearing techniques under simulations and blank-fire conditions and with a limited subterranean environment in an urban setting.

The scenario the Reserve security forces recently underwent consisted of locating a bomb maker in a village.

"The squad of 13 was under indirect fire from small arms and mortars while clearing the building of enemy combatants," said Master Sgt. Jack Humphrey, 514 SFS, noncommissioned officer in charge of training.

Some of the training devices available are smoke and scent generating systems and a small arms gunfire noise simulator also known as the gas gun. The facility also has more than 93 video cameras with infrared capabilities that can see through smoke and monitor the Airmen's' actions. Post scenarios trainees and instructors use the recording equipment in the After-Action Review building to identify what went right or wrong.

"We are very fortunate to have the CACTF. The training staff developed scenarios based on 174 training items we have to complete annually," said Maj. Michael J. Gibbs, commander, 514 SFS.

In addition to its annual training items the CACTF staff also prepared the squadron for its attendance at the Regional Training Center which takes place every three eat for 16 days. The RTC focuses on vehicle convoy, self-aid buddy care, weapons familiarization and more.

Gibbs addresses why it's necessary for security force members to constantly do these things when some of our people have deployed down range and performed them for real.

"These skills are perishable and personnel often changes," he said. "In order to remain proficient, we have to practice these training scenarios as often as we can."

Staff Sgt. Christina Felix, 514th SFS, served as one of the enemy prisoners of war. Playing the role of the "bad guy" gave her the ability to see her colleagues work together to solve a problem without giving them the answer.

"This is why I joined, Felix said. "I have always been more of hands-on person. This is better than being in an office."

Photo by Tech. Sgt. Jonathan E. White

Photo by Tech. Sgt. Jonathan E. White

Left: Members of the 514th SFS take defensive positions within a building during a training exercise at Range 59E combined arms collective training, Fort Dix, Nov. 16. Above: 514th SFS members apprehend a suspected "bomb maker" during the Nov. 16 exercise.

RESILIENCY CORNER

Forgotten by the Sandman

By Jaclyn E. Urmey, MSW, LCSW, DCSW
514th AMW Wing Director of Psychological Health

Do you need more sleep? If so, you are not alone. Sleep is critical to our health and development, yet we spend so little time with it. Quality sleep can evade us. However, we can make changes in our lives that will help us gain control over our sleep. First, let's briefly take the National Sleep Foundation's Sleepiness Test, using experiences from the past two weeks only, to determine the significance of your need for better sleep:

1. Have you unintentionally fallen asleep during the day? Choose 0-1 times (0 pt.) or 2 + times (1 pt.)
2. Have you unintentionally fallen asleep in a public place? Choose 0-1 times (0 pt.) or 2 + times (1 pt.)
3. Have you nodded off or fallen asleep while behind the wheel of a car? Choose never (0 pt.) or 1 + times (1 pt.)
4. Did you get the sleep you need to feel your best the following day? Choose almost every day (0 pt.) or less than half the time (1 pt.)
5. Have friends, family, or coworkers told you that you look sleepy? Choose yes (1 pt.) or no (0 pt.)
6. Have you felt so sleepy that you required a nap? Choose yes (1 pt.) or no (0 pt.)

Add your points. If you scored 0-2, you are alert and fall within the normal range of sleepiness. If you scored 3-4, you are sleepy and may need to reevaluate your sleep hygiene, or practices that help you have good sleep and good daytime alertness. If you scored 5-6, you are very sleepy, and may need to talk to a doctor if you feel your sleepiness is negatively impacting your daily functioning.

Now that you know where you fall, you can create a plan that meets your sleep needs.

First, take a look at your work schedule, sleeping conditions, and, if applicable, any combat exposure or traumatic events that you may have experienced. All of these can impact sleep.

Sleep disruption is a common symptom in a variety of disorders. If you are experiencing any of the following symptoms, a visit to your doctor would be a good idea: insomnia, nightmares, sleep apnea, thrashing movements and difficulty with wakefulness and alertness.

If you are not experiencing any of the above symptoms, then you can benefit from trying to improve your sleep hygiene.

Sleep hygiene tips are available at the National Sleep Foundation's website at http://sleepfoundation.org and several will be reviewed here to give you a head start.

An important factor of sleeping well is to have a nighttime routine with minimal stimulation. Try to prepare for bed, maybe by reading and taking a shower, or washing your face and brushing your teeth, at the same time each night before sleep. You may be familiar with the adage "use your bed only for sleep and sex." True story. If your bed is where you watch TV and use your computer, your brain will associate the bed with stimulation and you will find difficulty in calming your mind.

Another tip is to be mindful of what you eat and drink before bed. Caffeine and sugar should be consumed well in advance of bedtime; for some people, that means no caffeine after 12pm and no sugar after 6pm. Minimizing the amount of liquid you drink before bedtime can decrease the need to get out of bed several times during the night.

Try these and other healthy, positive sleep hygiene tips until you discover your perfect recipe for good sleep.

For more information on sleep hygiene, visit the National Sleep Foundation at the above link, or contact me at 609-754-2542. Free Chill Drills are available by download through Military OneSource. The Getting to Sleep drill provides exercises designed to help you fall asleep and improve the quality of your sleep so that you become mentally stronger and more alert.

Military OneSource: the place to improve your health and wellness

Story by Lt. Col Kimberly Lalley
514 AMW Wing Public Affairs Chief

Did you know?

Military One Source offers telephonic coaching for health and fitness. It's a powerful process that works differently than anything you might have tried before. You are in partnership with your coach. The two of you are on this journey together. Your goal is to accomplish an action plan which allows a successful look at challenges and provides a time of reflection to look ahead. While you choose a plan, your coach is there to provide:

-accountability
-motivation
-support

Your coach is also your cheerleader who serves as a springboard for ideas. What works better? The answer is a feedback loop without judgment! No self-sabotage here, it's not counseling. The difference between coaching and counseling is that with coaching, there is nothing that needs to be healed. Coaching is all positive. For example, you create a Health and Wellness Coaching agreement which focuses on weight loss or maintaining a goal. Your coach's job is to help you make the adjustments you want related to your health and wellness. He or she can help you with life transitions. This can be accomplished in 3-12 months. Your coach can get you on a path to improve your life.

Your body starts to crave the good stuff. Your body wants healthy food. By making positive choices you can sustain your motivation to continue to make better choices for your health. This FREE service can even help you pass the Air Force's 'Fit-to-Fight' or improve your score. Military One Source is there to provide resources and accountability. Your coach can improve your motivation and confidence which will help you succeed.

There's no limit to the sessions allowed. You can receive coaching on dieting, eating and physical fitness. All Health and Wellness coaches have master's level certification and can provide tools to assist with stress reduction and leading a healthier life.

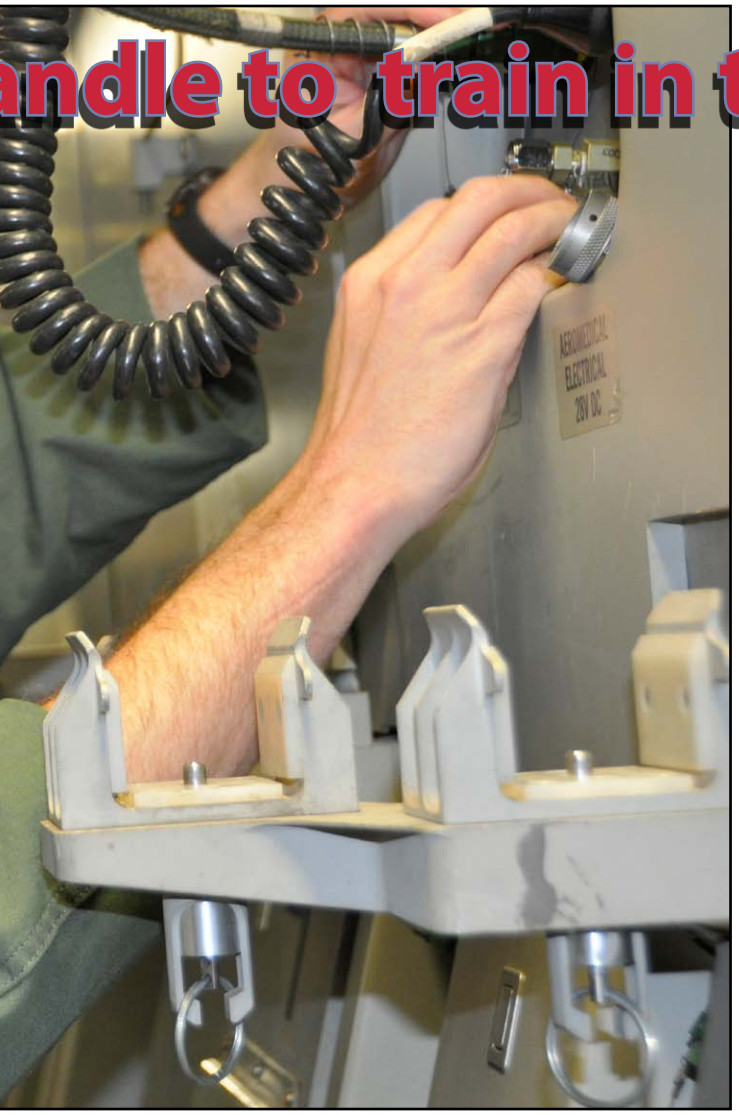
So what are you waiting for? Call 1-800-342-9647 and get started today! Make 2015 your year to achieve YOUR goals.

Airmen travel to the Florida panhan

Photos by Master Sgt. Donna Jeffries
514th Air Mobility Wing Public Affairs

(Clockwise) (Top Left) A flight nurse from the 514th Aeromedical Evacuation Squadron checks the medical equipment connection onboard the C-17 prior to takeoff from Eglin Air Force Base, Fla., on Nov. 16. More than 70 Freedom Wing members spent the weekend at nearby Hurlburt Field undergoing ancillary and survival training.
(Top Right) Lt. Col. Fred Berls a KC-10 pilot with the 76th Air Refueling Wing, surveys his wooded surroundings while navigating to a pre-designated meeting point. The timed exercise challenged the students to use their combat skills knowledge to survive undetected in an austere environment while trying to reunite with "friendly forces".
(Bottom Right) A 514th AES crew receives a pre-flight brief prior to their evaluation on inflight patient care. The evaluation was one of several they underwent Nov. 14-16. The group was part of more than 70 Freedom Wing aircrew members who spent the weekend at Hurlburt Field, Fla., undergoing ancillary and survival training.
(Bottom Middle) An Airman marks his target during 9MM weapons qualification.
(Bottom Right) Flyaway participants completed their 9MM weapons qualification during the November weekend training held at Hurlburt Field, Fla.

andle to train in the art of survival



The following enlisted Airmen were recently promoted.

Airman

Jennifer Cedeno, 88 APS

Richard Malloy Jr., 714 AMXS

Gerard Richardson II, 714 AMXS

Airman First Class

Hali Sampson, 514 AMDS

Craig Staffieri Jr., 714 AMXS

Senior Airman

Jennifer Bell, 514 MXS

William Connelly III, 514 AMXS

Anna Kay Ellis, 514 ASTS

Kevin Enright, 514 MXS

Kendra Flowers, 714 AMXS

Nicole Gansert, 78 ARS

Blake Gentile, 514 AMXS

Jerome Justiniano, 514 LRS

Ryan Kerwood, 514 MXS

Danielle Kirby, 714 AMXS

Shirley Lavareda, 42 CBCS

Roderick Lewis, 514 CES

Juan Marcelino, 714 AMXS

Kenneth McMillan, 514 MXG

Pean Saliasi 514 CES

Steven Schoonover, 732 AS

Michael Sicola, 514 AMDS

Rajpert Smith, 514 CES

Patrick Smythe, 514 AMXS

Robert Soria, 514 MXS

Samuel St. Juste, 514 AMDS

Patrice Thomas, 714 AMXS

Staff Sergeant

Joel Allen, 514 CES

Aileen Colon, 42 CBCS

Todd Damrel, 88 APS

Robert Konopka III, 42 CBCS

Marie Larose, 88 APS

David Misiura, 88 APS

Jovani Morel, 714 AMXS

Shivam Patel, 78 ARS

Christopher Rogers, 42 CBCS

Christopher Samuel, 514 CES

Jimmy Quinones, 514 FSS

Technical Sergeant

Steven Cabrera, 732 AS

Derek Derosa, 88 APS

Chandradeo Harry, 514 AMXS

Christian Honeywood, 78 ARS

Celeste Mitchell, 514 FSS

Brian Mendoza, 514 MXG

Candy Strachota, 88 APS

Master Sergeant

Candice Ferguson, 714 AMXS

Timothy Hunter IV, 76 ARS

Bennarjjii McMoy, 514 MXS

Raul Rodriguez, 514 AMW

Senior Master Sergeant

Kevin Keane, 732 AS

Pass In Review

Photo by Tech. Sgt. Jonathan E. White

Master Sgt Raul Rodriguez, 514th AMW chaplain's assistant, poses with his family after being promoted Nov. 15.

Photo by Christian De Luca

Senior Master Sgt. Carl Ostergaard is presented a commanders coin from the 4th Air Force Command by Col. Michael Underkofler, 514th AMW commander, for his contributions during Hurricane Sandy.

Photo by Christian De Luca

Honorary Commander Jim Wallace poses with Col. Michael Underkofler, 514th AMW commander, during a tree planting Nov. 15.

Photo by Christian DeLuca

Wives of Philadelphia Eagles players pose with Airmen on a C-17 Globemaster Nov. 14. The wives dropped off care packages to be delivered to deployed military members for the holidays.

Freedom Flyer
514th Air Mobility Wing Public Affairs
2217 W. Arnold Ave.
Joint Base McGuire-Dix-Lakehurst, NJ 08641

For the family of:

514TH AIR MOBILITY WING VISION

TO BUILD A DIVERSE, COLLABROATIVE, EXPERIENCED TEAM THAT VALUES AND NURTURES THE TIME AND TALENTS OF CITIZEN AIRMEN, COACHING AND IMPROVING EACH OTHER WHILE BUILDING UPON THE CONTRIBUTIONS OF THOSE WHO HAVE SERVED BEFORE