



514TH AIR MOBILITY WING

WINTER 2016

FREEDOM FLYER

**FLIGHT ENGINEER
LIVING CHILDHOOD DREAM**

**CITIZEN AIRMEN DELIVER
HUMANITARIAN AID TO HAITI**

**RESERVIST SAVES WOMAN
FROM CHOKING AT RESTAURANT**



FREEDOM FLYER

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ON THE COVER

Senior Airman Katie Rettinger, a KC-10 flight engineer with the 78th Air Refueling Squadron, prepares her aircraft for flight prior to an overseas deployment Sept. 22.



Photo by Shawn J. Jones

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Aerial Porters prepare cargo for a humanitarian mission to Haiti Oct. 11. Read the story on page 8.

Photo by Tech. Sgt. Jonathan E. White

PUSHING BEYOND FITNESS STANDARDS

By Airman 1st Class Terrence Clyburn
514th Air Mobility Wing Public Affairs

What motivates you? Something motivated you to sign up to join the Air Force. Then you were motivated to complete your training requirements, and still something motivates you to continue your duties and work for the greatest Air Force in the world.

As a part of our duties, we must stay fit to fight, but many Airmen dread their annual fitness test.

Many Airmen, no matter the rank, are satisfied with just meeting the minimum requirements of their fitness test, never giving it a second thought.

As most enlisted Airmen remember, those early mornings in Texas, on that barren, concrete, parking-lot-sized track, there were military train-

ing instructors yelling motivation on a daily basis.

Another source of motivation came by way of friendly squadron competitions. The same competitive spirit and constant motivation seems absent for many Airmen testing after basic or technical school graduation. The only incentive to push for an excellent score on a fitness test appears to be not having to test more than once a year.

It seems many Airmen have a narrow perspective of the physical training test. If your standards are low and you set your goals to just pass your fitness test, you can affect your wingman's mindset to do the same. A mindset for mediocrity, where one simply applies enough effort to meet minimal standards, is dangerous and

contagious. It goes far beyond sub-par performance on a fitness test.

We are all leaders to an extent and should lead by example. The overachieving spirit so many apply towards being an effective Airman should also be applied to physical fitness. Use whatever motivates you to do your job while incorporating fitness into your life style. Being proactive in your physical fitness will increase your productivity, not only for the fitness test, but also for your career and personal life, while motivating others to do the same.

One of the reasons our Air Force is the world's greatest, is because of its Airmen. Making fitness a part of your lifestyle increases your lease on life and motivates others to do the same. ♦

FREEDOM WING AIRMEN EARN CCAF DEGREE

The following Citizen Airmen recently earned a Community College of the Air Force associate degree.

Sydney Agag, 514 AMXS, Aviation Maintenance Technology
Scott Anders, 514 MXS, Aerospace Ground Equipment Technology
Orlando Ballestas, 514 FSS, Information Systems Technology
Cynthia Bentley, 35 APS, Transportation
Gillian Bracy, 514 ASTS, Practical Nursing Technology
Jason Browning, 514 FSS, Avionic Systems Technology
Lawrence Bryson, 514 OSS, Aviation Management
Robert Callow, 714 AMXS, Aviation Maintenance Technology
Mitchell Campbell, 732 AS, Financial Management
Thomas Conroy, 714 AMXS, Aviation Maintenance Technology
Terry Consolazio, 514 AMXS, Aviation Maintenance Technology
Al Duncan, 514 CES, Construction Technology
Tyra Everett, 514 AES, Practical Nursing Technology
Stephen Fitzgerald, 514 MXG, Aviation Maintenance Technology
David Gathers, 514 AES, Health Care Management
Carmelo Gonzalez, 514 AMXS, Aviation Maintenance Technology
Joel Guach, 514 CES, Mechanical & Electrical Technology
Ryan Guerrette, 714 AMXS, Aviation Maintenance Technology
Wayne Hanna, 76 ARS, Instructor of Technology & Military Science
Cyril Hinds, 514 CES, Education & Training Management
Lavar Jordan, 514 AES, Practical Nursing Technology

Thi Khuu, 88 APS, Transportation
Clarence Lepley, 514 ASTS, Logistics
Anthony McCourt, 514 AMXS, Avionic Systems Technology
Joseph Meagher, 514 AMXS, Aviation Maintenance Technology
Thomas Mikan, 714 AMXS, Aviation Maintenance Technology
Alana Moses, 514 AMXS, Aviation Systems Technology
Matthew Newman, 514 ASTS, Cardiopulmonary Laboratory Technology
Ernest Nikolaus, 514 AMXS, Avionic Systems Technology
Antonio Ortiz, 714 AMXS, Aviation Maintenance Technology
Vincent Pellew, 514 AMXS, Aviation Maintenance Technology
Jimmy Quinones, 514 FSS, Human Resource Management
Gustavo Ramirez, 714 AMXS, Aviation Maintenance Technology
Donald Ramos, 514 AMW, Human Services
Luis Rosario, 514 MXS, Aerospace Ground Equipment Technology
Kingsley Rose, 78 ARS, Aviation Operations
Quirsy Saladin, 76 ARS, Electronics Systems Technology
Morgan Samuel, 42 CBCS, Logistics
David Shartzter, 514 AMXS, Aviation Maintenance Technology
Stewart Shoemaker, 35 APS, Transportation
George Swartz, 714 AMXS, Aviation Maintenance Technology
Dmitriy Tsvetkov, 714 AMXS, Avionic Systems Technology ♦

RESILIENCY CORNER: INSPIRATION FOR YOUR NEW YEAR

By Jaclyn E. Urmev

514 AMW Director of Psychological Health

To fuel your inspiration, please see the following list of quotes complied by www.psychologytoday.com.

"Cheers to a new year and another chance for us to get it right."

- Oprah Winfrey

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

- Carl Brad

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

- Martin Luther King, Jr.

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.

- Bill Vaughn

"The journey of a thousand miles begins with one step."

- Lao Tzu

"You are never too old to set another goal or to dream a new dream."

- Aristotle

"There comes a day when you realize turning the page is the best feeling in the world, because you realize there is so much more to the book than the page you were stuck on."

- Zayn Malik

"In order to lead a fascinating life, one brimming with art, music, intrigue, and romance, you must surround yourself with precisely those things."

- Kate Spade

"May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful, and don't forget to make some art -- write or draw or build or sing or live as only you can. And I hope, somewhere in the next year, you surprise yourself."

- Neil Gaiman

"Once a year, go someplace you've never been before."

- Dalai Lama

"Good resolutions are simply checks that men draw on a bank where they have no account."

- Oscar Wilde

"This year believe that anything is possible. Start each day with goals. Eat more real food. Buy good books and make time to read them. Drink water. Exercise daily even when it sounds like a terrible idea. Shop for quality not quantity. Purge the unnecessary and decrease clutter. Hug the ones you love. Find the best in others. Show others the best in you."

- Unknown

"There are far, far better things ahead than any we leave behind."

- C.S. Lewis

"A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true."

- Greg S. Reid

"I walk slowly but I never walk backward."

- Abraham Lincoln



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IRS FORM 1095 – WHY IS IT IN MYPAY?

You may have noticed in myPay that there is another form under Taxes, the IRS Form 1095. Under the Affordable Care Act, U.S. citizens and legal residents are required to maintain a minimum standard of health care insurance, called minimum essential coverage. TRICARE qualifies for this coverage, and the Form 1095 is needed for military members when filing their taxes. A hardcopy form is scheduled to be mailed to each employee; the form will also be available electronically through myPay under the taxes section. Air Force members are highly encouraged to access myPay and opt to receive forms exclusively via electronic means.

LIFE-SAVING LINGO

Shelter-in-Place = Assemble at designated common room.

Active Shooter = Lock down at your work center. Do *not* assemble in groups. Assembling makes easy targets.

STRIKING TERROR

As of Jan. 3, the U.S. and its coalition partners have conducted a total of 9,379 strikes as part of Operation Inherent Resolve against the Islamic State of Iraq and the Levant, according to www.defense.gov. More than 77 percent of the total strikes have been executed by U.S. forces. The remainder of the strikes have been performed by Australia, Bahrain, Belgium, Canada, Denmark, France, Jordan, the Netherlands, Saudi Arabia, Turkey, the United Arab Emirates and the United Kingdom. Also, as of Jan. 2, the U.S. and its partners have flown an estimated 63,290 sorties in support of operations in Iraq and Syria.

UPCOMING DRILL SCHEDULE

JAN 23-24	JUN 25-26
FEB 20-21	JUL 16-17
MAR 19-20	AUG 20-21
APR 16-17	SEP 17-18
MAY 21-22	

AIR REFUELERS SWITCH TO PAPERLESS RECORDS

By Senior Airman Jasmine Zielomski
514th Air Mobility Wing public affairs

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J.—KC-10 Extender aircrew members of the 78th Air Refueling Squadron are planning to switch to an electronic training tracking system here in 2016.

The system is designed to more efficiently track and monitor aircrew evaluations and certifications while providing better feedback and data for aircrew leadership.

“Everything is easily accessible as opposed to the paper-based training that we were used to,” said Maj. Shawn Mosher, an instructor pilot with the 78th ARS. “Now, Air Mobility Command and Air Force Reserve Command headquarters are able to see the data instantly.”

The training program had been introduced here two years ago but it wasn’t fully developed, said Master Sgt. Ramon Cruz III, an instructor boom operator with the 78th ARS. Cruz and seven other KC-10 representatives recently returned from Travis Air Force Base, California, where they spent several days learning how their west coast KC-10 counterparts have effectively used the system. The system will replace the outdated paper system and allow trainers to track mission qualifications, and allow trainers to document training notes, said Cruz.



Reservists called to active duty in support of a deployment are eligible to attend events offered by the Yellow Ribbon program. The program provides Airmen and their families an opportunity to relax at an off-site location and participate in various seminars and classes over a two-day period to learn about a multitude of essential resources available.

The following events are upcoming:

- 29 – 31 January; Denver, CO
- 26 – 29 February; Orlando, FL
- 18 – 20 March; Houston, TX
- 22 – 24 April; TBD
- 20 – 22 May; TBD

Contact Capt. Erin Fassold for more information on the Yellow Ribbon Program at the 514th Air Mobility Wing. She can be reached at erin.fassold.3@us.af.mil or 609-754-1977.



The following Airmen were recently promoted.

Airman

Yanira Flores, 514th FSS
Irvin Hoyos, 514th CES
Christopher McBride, 35th APS
Jonathan Rivera, 514th AES

Airman 1st Class

Juan Merced, 514th MXS
Malcolm Woodard, 35th APS

Senior Airman

Bruce Aranguiz, 514th AES
Cadeem Bishop, 35th APS
Christopher Borgia, 714th AMXS
Christopher Briscoe, 714th AMXS
Ryan Casallas, 714th AMXS
Jennifer Ceden, 88th APS
Harold Colbourne, 514th AMDS
Giovanniramon Cortes, 714th AMXS
Kayel Cruzado, 714th AMXS
Andrew Feffer, 714th AMXS
Donan Gaston, 514th MXS
Jose Guadalupe-Matias, 88th APS
Saul Gonzalez, 514th ASTS
Albert Justiniano, 714th AMXS
Steven Kilawattie, 514th AMOS
Celene Malle, 514th AMXS
Joshua Mayfield, 514th AMXS
Jared Medina, 514th FSS
Radcliffe McDonald, 514th AMDS
Dionis Ramos Diaz, 714th AMXS
Anthony Reynoso, 714th AMXS
Nicholas Sinibaldi, 514th AMXS
Quadre Stevens, 732nd AS
Marquis Stout, 514th FSS
Charisse Strong, 514th AMDS
Kevin Yeash, 732nd AS
Joseph Yeh, 714th AMXS

Staff Sergeant

Steven Armendariz, 514th SFS
Diana Arteaga, 514th AMDS
Benjamin Beckford, 514th AMXS
Dariel Benjamin, 714th AMXS
David Betetta, 514th AMDS
Evgueni Brusov, 714th AMXS
Juan Cardona, 88th APS
Michael Chiarella, 514th SFS
Angela Christiansen, 514th SFS
Pedro Colon, 514th CES
Lauren Dawson, 514th FSS
Gweneth Ashley Dunscomb, 35th APS
Matthew Folkes, 514th SFS
Anthony Galsim, 514th SFS
Krystle Gladden, 514th AES
Hensly Guerra, 514th AMXS
Keon Hannibal, 88th APS
Joshua Hope, 714th AMXS
Timothy Horbach, 88th APS
Danny Hernandez, 88th APS
Khadeem Jonas, 35th APS
Fred Kariuki, 514th CES
Dylan Kearns, 88th APS
Sri Kurukulasekara, 35th APS
Adryon Marrero Boyd, 514th SFS
Josiah Misiura, 88th APS
Carlos Mejia, 514th SFS
Jordan Midgley, 514th SFS
Luis Ruil Morales, 35th APS
Megan Munoz, 514th OSS
Jessica Navarro, 514th ASTS
David Noakes, 714th AMXS
Francisco Osoria, 514th SFS
Jesse Percelli, 514th CES
Xochil Rosario Ramirez, 35th APS
Isac Ramos, 88th APS
Cristian Ramirez, 714th AMXS
Thomas Reilly, 514th SFS

Michael Roberts, 88th APS
Jimmy Rogue, 714th AMXS
Luis Mario Rojas, 514th LRS
Jonathan Siersema, 714th AMXS
Michael Sue Low Chee, 714th AMXS
Khon Max Tang, 514th AMXS
Johnny Tello, 714th AMXS
Alexander Tenneil, 514th MXS
Chad Turko, 714th AMXS
Allyn Velez, 514th AMW
Brenndan Williams, 88th APS

Technical Sergeant

Oliver Dagum, 88th APS
Julianne Darius, 514th AMW
George Glover, 514th FSS
Anthony Gresko, 35th APS
Damien Guedes, 514th MXS
John Joe, 88th APS
Wesley Kliwinski, 514th FSS
Carlyle Mason, 88th APS
Megan Munoz, 514th OSS
Andrew Spitzer, 88th APS
Scott Sutherland, 714th AMXS
Joseph Vanmorter, 514th AMXS

Master Sergeant

Matthew Buonaspina, 35th APS
Jason Boudah, 514th MXS
Shane Clayton, 732nd AS
Lennox Clarkson, 514th MXS
Marsha Elliott, 514th ASTS
Lois Geter, 35th APS
Nicholas Guthmiller, 76th ARS
Adam Ligon, 514th AMW
Beasley Sarazin, 514th AMDS
Charles Thatcher, 514th OSS



Photos by Tech. Sgt. Jonathan E. White

Loadmasters from the 732nd Airlift Squadron unload an ambulance from a C-17 Globemaster III at the international airport in Port-au-Prince, Haiti. The ambulance is being donated to help Haiti, which is still recovering from its 2009 earthquake. Humanitarian cargo can fly on U.S. military aircraft on a space-available basis.

RESERVISTS DELIVER HELPING HAND TO HAITI

By Tech. Sgt. Jonathan E. White
514th Air Mobility Wing public affairs

PORT-AU-PRINCE, HAITI—As a gray aircraft emerged from the scattered clouds ready to land on the steaming runway at Toussaint L’Ouverture International Airport in Tabarre, near Port-au-Prince, Kathy Cadden, Operation Ukraine president and founder, looked to the sky and said, “Thank God for the U.S. Air Force!”

Cadden, who makes it known that she places God first in her life, was one of several humanitarians on hand to greet the 15 flight crew members aboard the C-17 Globemaster III. The flight crew, collectively representing the 514th Air Mobility Wing, arrived in Haiti on Oct. 11 to deliver an ambulance, medical supplies and other humani-

tarian aid made possible through the Denton Cargo program.

“The Denton Cargo program allows us to assist charitable organizations by working with the United States Agency for International Development and the Department of State to deliver humanitarian aid on a space-available basis on our C-17 aircraft,” said Lt. Col. Mike Prodeline, 732nd Airlift Squadron evaluator pilot. “There are so many charitable organizations in the U.S. doing great things all around the world. If we can combine our training missions to deliver their donated goods, it is a win for everyone.”

There is absolutely no ‘I’ in Denton. The program illustrates different types of organizations working together to provide resources for approved countries in need. Approved countries include those

that are supported by Department of Defense transportation services, and where civil systems, local infrastructure and the supply chain will support immediate onward distribution of the commodities. Furthermore, the program shows the compassionate and humane aspect of serving in uniform as opposed to the well-known combative and warfighting component.

“In my opinion, during combat missions, we are sending equipment to our forces to take down the enemy,” said Tech. Sgt. Matthew Ingersoll, 88th Aerial Port Squadron team leader. “For this mission, however, we are sending equipment to help improve people’s lives.”

On this particular hot day, with temperatures reaching 93 degrees, Ingersoll and other flight crew members worked diligently exchanging



Airmen look over the ambulance prior to loading it onto a C-17. The ambulance was donated by Englewood Hospital and Medical Center.

cargo under the sweltering heat with members of HERO Client Rescue. HERO Client Rescue is the only crisis-response and risk-management company operating in Haiti. It is a professional paramedic and rescue service that provides a 24-hour multi-lingual call center dispatch, rapid response medical services, security, ambulance transport, remote rescue and international evacuation services for individuals, corporations, governments and Non-Governmental Organizations (NGOs) in Haiti.

“There are many pre-hospital needs for the country and HERO is working on a collaborative solution for some of these needs,” said Jordan Owen, HERO’s deputy chief operating officer. “With the support of many knowledgeable skilled technicians, businessman and medical crew members, both Haitian and American, this is a winning program.”

“HERO Client Rescue is the first US standard paramedical rescue service opening in Haiti,” said Philippe Arthur, HERO’s public information officer and Haiti liaison “Although Haiti is open for business and travel, there is a concern among the international community regarding the country’s emergency capabilities.”

The latter is what prompted Englewood Hospital and Medical Center, located in Englewood, New Jersey, to donate a 2006 Ambulance along with assorted medical supplies, such as gloves, masks and bandages. Alden Leeds Inc. responded by contributing 2,765 gallons of high-grade disinfectant.

Englewood Hospital and Medical Center involvement in the project began when it learned of the work Steven Epstein, Alden Leeds’ vice president was providing to Haiti.

Epstein has been flying helicopters and airplanes for approximately 30 years. His support to Haiti began immediately following the country’s 2010 earthquake. Epstein said he sprang into action and flew his personal helicopter filled with aid supplies from New Jersey to Haiti and back three times over the following year and a half.

“Mr. Epstein told us about the difficulty in getting medical care beyond hospital walls and that some folks were starting an Emergency Medical Services program to meet that need,” said Harvey Weber, director of emergency medical services at Englewood Hospital and Medical Center. “That’s when we were able to step in and donate an ambulance for their cause. This

is truly aligned with our hospital’s mission to bring high-quality humanistic care to communities in need.”

The ambulance and medical supplies were shortly sent to Epstein’s storage facility in Kearny, New Jersey, where the disinfectant was located. The next phase was to figure out a way to transport the entire aid to another country. This is when Epstein collaborated with Cadden and Operation Ukraine for whom he credits for being very instrumental in forwarding the necessary paperwork and contacting the proper channels to make this happen. Some of the individuals Cadden contacted were Ruben Vega, United States Embassy logistics management specialist at Port-au-Prince, and Ken Hundemer, director of Denton Operations.

Having dealt with over 300 Denton flights, Vega served as the liaison between the U.S. Embassy and customs for the Denton program. Meanwhile, Hundemer reached out to his 514th AMW contacts Christine Wagoner, 514th Operations Support Squadron, and Chief Master Sgt. Juan Claudio, 732nd AS chief enlisted manager. With six to eight missions ‘under his belt’ to Haiti, Claudio’s experience and familiarity with the country were vital to the mission.

This mission also provided an opportunity for Airmen to complete training requirements. Senior Airman Gweneth Ashley Dunscomb, 35th Aerial Port Squadron load planning specialist, and Airman 1st Class Kevin Yeash, 732nd AS loadmaster, were assigned to non-commissioned officers for training and evaluation. Moving humanitarian aid allows them to perfect their skills while providing aid globally.

“I will always remember the happy looks and smiles of the people we encountered while in Haiti,” said Ingersoll. “For the brief time we were there, their happiness, once they saw the equipment arrive and the joy they projected, will stay with me forever.” ♦



Photo by Master Sgt. Donna Jeffries

Capt. James Lux, center, a KC-10 pilot with the 76th Air Refueling Squadron, records post-flight data into a mobile mission kit as part of an Air Force Reserve Command beta test for aircrews to switch to paperless in-flight documentation. The MMK, which allows aircrew and maintainers to directly record training, flight time and flight notes, will expedite the updating of aircrew flight currencies and the scheduling of maintenance for each aircraft.



Reserve Airmen drive the "air stairs" to assist passengers to disembark from the aircraft.



Photo by Tech. Sgt. Jonathan E. White

Maj. Natalie Paull takes the guidon from Col. Cynthia Wong during the change-of-command ceremony in which Paull took command of the 88th Aerial Port Squadron.



Airman 1st Class Juan Merced, an avionics technician with the 514th Maintenance Squadron, works with equipment and C-17 avionics equipment.



Photo by Shawn J. Jones

airmen "lift" up to a KC-10 Extender, allowing them to work from the aircraft.



Photo by Shawn J. Jones

Airman 1st Class Albert Justiniano, an electrical and environmental systems technician with the 714th Aircraft Maintenance Squadron, performs maintenance inside the equipment bay of a KC-10 Extender aircraft. Justiniano was recently promoted to the rank of senior airman.



Photo by Shawn J. Jones

Component used for backshop repair of KC-10



Photo by Airman 1st Class Terrence Clyburn

Lt. Col. Kristy Thompson addresses the attendees during the change-of-command ceremony in which she took command of the 514th Force Support Squadron.



Photo by Airman 1st Class Terrence Clyburn

CITIZEN AIRMEN SAVES WOMAN AT RESTAURANT

By Airman 1st Class Terrence Clyburn
514th Air Mobility Wing Public Affairs

JOINT BASE MCGUIRE-DIX-LAKEHURST, NEW JERSEY—On a Saturday evening after working on base, most traditional reservists wouldn't expect their dinner plans to become a life-saving ordeal.

But that is exactly what happened to Senior Airman Ian Brenner, 514th Maintenance Squadron. While dining with two fellow squadron members, Senior Airman Trenton Yablonski and Dion Paragas-Ong, at a local restaurant, Brenner saved a woman from what could've been her last meal.

"Not even within five minutes of sitting down, I noticed a man was performing the Heimlich maneuver on his wife," Brenner said.

But it wasn't effective, and Brenner said a panic started in the restaurant and someone yelled to call an ambulance. Brenner decided to help and stepped in to attempt the Heimlich maneuver on the woman.

"Without hesitation I saw Brenner go over, tap the man out and perform the Heimlich," said Senior Airman Dion Paragas-Ong, 514th MXS.

Brenner said he performed the Heimlich for 15 to 20 seconds then paused to check if she could breathe.

"She was unable to make any sounds. There was drool coming out of her mouth. She shook her head, and I could hear people say she was turning blue in the face," Brenner said. "She motioned for me to try one more time and turned her back to me."

By now, a crowd had formed, and Brenner said he realized the situation was critical and tried again with much more force, to the point he was afraid of damaging her ribs.

Paragas-Ong said he watched as a lot of saliva came out, followed by a chunk of food that landed on the table.

"I turned her around and asked her if she was able to breathe at all, she sputtered a bit and replied with a, 'yes, thank you,'" Brenner said.

Brenner said he learned the Heimlich maneuver during military training and while volunteering as an emergency medical technician.

"I never actually had to do it," Brenner said.

After the woman could breathe once again, everyone went back to their dinners without so much as exchanging names. Brenner said a few patrons thanked him, and the manager even paid for his meal.

"I'm 100-percent sure that woman would have died if he wasn't there," Yablonski said. ♦

RESERVE AIRMEN CONTRIBUTE TO MASSIVE NATO EXERCISE

By Shawn J. Jones

514th Air Mobility Wing public affairs

JOINT BASE MCGUIRE-DIX-LAKEHURST, NEW JERSEY— Seven C-17 Globemaster IIIs, flying non-stop from Fort Bragg, North Carolina, air dropped more than 500 paratroopers into northeast Spain Nov. 4 in a statement of America's ability to put war-power when and where it is needed.

The air drop served as one of the final events of two overlapping training exercises, NATO's Trident Juncture and U.S. Transportation Command's Ultimate Reach, and it couldn't have happened without the contributions of Reserve Airmen.

To fly from North Carolina to Spain without landing to refuel, the C-17s called upon eight KC-10 Extenders, which launched from Joint Base McGuire-Dix-Lakehurst, New Jersey, to provide in-flight refueling. Two of the eight tankers were flown by Citizen Airmen of the 76th and 78th Air Refueling Squadron.

Eight KC-10s meeting seven C-17s thousands of feet above an ocean in the darkness of night is not a typical day at the office, even for tanker crews who make a career of flying with only about 30-feet of a refueling boom separating their tanker from their "customer's" aircraft.

"Putting 15 airplanes into such tight air space is challenging," said Col. Robert Dunham, 514th Operations Group commander. "Executing this well-orchestrated maneuver requires a foundation built from many hours of planning and training and effective interoperability between service members from multiple units."

An exercise of this scope also places many demands upon Reserve and active-duty aircraft maintainers,



Photo by Shawn J. Jones

A KC-10 Extender taxis on the runway at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 7. Reserve and active-duty Airmen from JB MDL contributed to the rapid deployment and redeployment of military personnel and equipment as part of a NATO exercise in Western Europe.

but Dunham said they didn't miss a beat and were instrumental to the mission's success.

The ability to execute the challenging exercise demonstrates how KC-10s are vital to one of the Air Force's core competencies -rapid global mobility, which is the ability to project power quickly and decisively anywhere on the globe. Without KC-10 in-flight refueling, the C-17s would have had to land to refuel, causing the loss of what could be precious hours in a real time-sensitive military operation.

"When we are able to execute such complex, large-scale training exercises, world leaders take notice," Dunham said. "Our ability to project power is unmatched. We can put American and allied forces anywhere on the face of the earth."

Col. David Pavey, 514th Air Mobility Wing commander, said the success of the exercise sends a strong message.

"The whole world was watching, including our friends in NATO, who

were given reassurance of American capability and resolve, and other people who may not be so thrilled about the capability and resolve we displayed."

While the contribution of many American and allied units contributed to the success of the mission, Pavey said he was especially pleased with how his Reserve Airmen worked alongside active-duty Airmen of Joint Base MDL's 305th Air Mobility Wing and KC-10 crews from Travis Air Force Base, California.

"As a team, they did an outstanding job," he said. "'Seamless integration' is an oft-used cliché, but the role played by 514th Airmen, both in the air and on the ground, exemplified seamless integration with their active-duty partners."

Trident Juncture was NATO's largest exercise in more than a decade. More than 36,000 personnel from more than 30 nations, including more than 5,000 U.S. service members, participated in the exercise. ♦

514TH AIRMAN AMONG RESERVISTS SELECTED TO LEAD ACTIVE-DUTY UNITS



Photo by Shawn J. Jones

Lt. Col. Matthew Bianchini, the commander of the 514th Maintenance Squadron, was selected to lead an active-duty maintenance squadron at Dover Air Force Base, Del.

By Phil Rhodes

Air Force Reserve Command public affairs

A Freedom Wing Airman was among the three Air Force Reserve officers who were selected to lead active-duty units under the voluntary Extended Active Duty tour program.

EAD tours assign Reservists to active duty units to help meet active force requirements. The assignments are part of a larger initiative to leverage Total Force capabilities that includes assigning active-duty officers to lead Air Force Reserve units.

Reservists recently selected to command active duty units are:

Lt. Col. Matthew Bianchini, 514th Maintenance Squadron commander, Joint Base McGuire-Dix-Lakehurst, New Jersey, will lead the 736th Aircraft Maintenance Squadron at Dover AFB, Delaware.

Col. Michael Hernandez, 482nd Fighter Wing vice commander, Homestead Air Reserve Base, Florida, will command the 325th Fighter Wing, Tyndall Air Force Base, Florida.

Maj. Albert Knapp, Air Force Reserve Command Directorate for Logistics, Engineering and Force Protection executive officer, will command the 56th Maintenance Squadron, Kirtland AFB, New Mexico.

“Their selection speaks highly of their qualifications and continued outstanding performance,” said Lt. Gen. James Jackson, Air Force

Reserve Command commander

Hernandez is the first Air Reserve Component colonel in recent history selected to lead a regular Air Force wing. His career has been a blend of Total Force assignments. He spent 16-and-a-half years on active duty, is a former active duty F-22 squadron commander and has racked up more than 2,900 flying hours in the F-22, F-16 and T-38.

The selections are part of a growing crossflow of active-duty and Reserve members, as several active duty officers are filling billets in the Air Force Reserve.

Integrating active and Reserve Airmen falls in line with Total Force Initiatives outlined in the National Commission on the Structure of the Air Force that calls for increasing integration at headquarters and units, and increasing the number of integrated or multi-component “associate” units.

The Air Force “unequivocally relies on three strong components,” states Deborah James, Secretary of the Air Force, in the 2015 USAF Posture Statement. “The Air Force is absolutely committed to leveraging the distinct and complementary characteristics of its Total Force more effectively...and to do that, Airmen must be postured to operate cohesively and seamlessly as one team.”

Col. Dawn Wallace, director of Air Force Reserve Senior Leader Management, said the “One Air

Force” objective directs increased opportunities for component integration. “It is less about supporting the use of Reservists in active-duty positions, and more about the Total Force integration and leveraging the strengths of each component and individual talent,” she said.

Each of the Air Force Reserve selectees brings extensive experience to the positions and go through a rigorous screening process. Candidates are selected by their Development Teams and must be on the AFRC Command Screening Board list. The names are then vetted and approved by a panel of general officers. After that, the active duty command screening board considers them for assignment to fill command opportunities.

Both Knapp and Bianchini come highly qualified. With a combined 52 years of maintenance experience on multiple airframes and multiple deployments to Southwest Asia, they understand the rigors and responsibilities of command.

“I’m excited and energized,” said Bianchini, a maintainer for 27 years. He served 12 years as an enlisted guidance and control technician, got commissioned in 1998 and has held command positions at two Reserve wings, served as a Pentagon action officer and deployed to Iraq and Afghanistan. “This is an awesome opportunity that I hope opens more doors for other Reservists.” ♦



Lieutenant Colonels Richard Wood, left, and Michael Prodeline, C-17 pilots with the 732nd Airlift Squadron, help fellow aircrew climb onto a life raft during water survival training in November in Key West, Fla. Aircrew take water survival and combat skills refresher training every three years. The courses, taught by active duty survival, evasion, resistance and escape instructors, are offered during every 514th Air Mobility Wing semi-annual aircrew training flyaway.

AIRCREW TRAIN ON LAND AND SEA

Photos by Master Sgt. Donna Jeffries



LEFT: New Jersey-based reservists begin water survival training in the Florida Keys by swimming out to a multi-person life raft where they received practical instructions on endurance in the open waters. Topics covered include, sheltering, obtaining food and drinkable water, handling the raft and rescue techniques. **MIDDLE:** Combat self-defense tactics are part of the aircrew refresher SERE training. Students are instructed on various hands-on offensive and defense moves to enable them to handle person-to-person contact with and without weapons. **RIGHT:** Reserve KC-10 pilots, Maj. Kevin Fowler, right, and Lt. Col. Bill Harkins, left, and Lt. Col. Ian Smith, standing, figure out a set of coordinates while Capt. Jim Lux, far right, looks out to ensure the group remains concealed during the land navigation and evasion practical exercise of their combat skills training.

KC-10 FLIGHT ENGINEER LIVING CHILDHOOD DREAM

By Shawn J. Jones

514th Air Mobility Wing public affairs

Senior Airman Katie Rettinger walked around a KC-10 Extender on the flight line at Joint Base McGuire-Dix-Lakehurst, New Jersey. She inspected the landing gear, engines, wings and the other important parts of the refueling tanker's exterior, ensuring it was fit to fly into the combat zone of Southwest Asia. The passengers boarding the tanker, most of who were dressed in the sand-colored flight suits of Airmen headed to war, probably had no idea Rettinger was the first flight engineer in the KC-10's 34-year history to fly without first serving in another military specialty.

Flight engineers help operate the KC-10 by calculating the aircraft's weight, balance and performance data, determining fuel consumption, performing pre-flight and post-flight inspections and monitoring the aircraft's engine and control systems. They also serve as the master of checklists that help ensure every procedure gets done correctly. These many responsibilities make it difficult for new enlistees to qualify as flight engineers, which is why every other KC-10 flight engineer had a previous military profession, most commonly in aircraft maintenance.

While Rettinger said she appreciates being the first "off-the-street" engineer, for her, the experience is more about living out of her childhood dream and the roundabout path she took to do it.

"I had an obsession with space starting when I was about six years old," Rettinger said. "All I wanted to do was pilot the space shuttle and go to Mars."

She said she thought the best way to get to pilot the space shuttle was to learn how to fly in the military. This led to a budding interest in airplanes and aviation.

"I liked to look up at the planes flying over my parents' house," she said. "I remember waving up at them, and I always hoped the pilots would see me and wave back."

However, as she began to transition into young adulthood, her dreams of flight were replaced by athletic

pursuits.

She was captain of her high school track team and participated in an Olympic-developmental program for field hockey.

She would go on to play field hockey at Rutgers University in New Brunswick, New Jersey, but her dreams of sport were eventually replaced by academic pursuits.

Rettinger said she always considered herself adventurous and was interested in maps, languages and cultures from across the globe. Her college studies were dominated by classes related to geography, cartography and the Mandarin Chinese language.

After graduating from Rutgers, she got married and began working as a cartographer and surveyor for a historical preservation and archaeology company.

"I learned a lot about local history, participated in archaeological digs and made some awesome maps, but I just wasn't truly happy and knew something was missing," she said.

That's when her husband Rick, a former active-duty Airman, encouraged her to revive her childhood dreams of flight. Rettinger decided

to pursue her private pilot license. Her obsession with flying quickly returned and she earned her license in 2013.

She also reached out to an Air Force Reserve recruiter to see if she could fly with the military. The recruiting process for aspiring aircrew members is more extensive than for their non-flying counterparts, said Rettinger's recruiter Tech. Sgt. Andrew Davis. The enlistment process for a non-flyer takes approximately 30 to 45 days, he said, but an aircrew enlistment can take six to nine months.

"There are so many additional roadblocks and ways for applicants to get weeded out," Davis said. Rettinger's major roadblock was that no other Air Force applicant had successfully enlisted into a KC-10 flight engineer position, but she was determined to fly as an aircrew member.

Davis had his doubts about trying to recruit a new Airman into a flying position, but figured Rettinger was worth the effort because throughout the recruiting process, she was responsive, thorough and detail-oriented.

"In the three years I've been a recruiter, she's been



"I liked to look up at the planes flying over my parents' house. I remember waving up at them and I always hoped the pilots would see me and wave back."



Photos by Shawn J. Jones

As a KC-10 flight engineer, Senior Airman Katie Rettinger calculates aircraft weight, balance and performance data, determines fuel consumption, performs pre-flight and post-flight inspections and monitors the aircraft's engine and control systems.

my best applicant," he said.

So Davis and Rettinger talked with Chief Master Sgt. Robert Gozdur, the chief engineer for the 78th Air Refueling Squadron, to see if his squadron was willing to take on a brand new Airman. Gozdur said his squadron looks at a variety of factors when hiring a new flight engineer, and must be especially careful when considering an "off-the-street" recruit.

But after interviewing Rettinger, Gozdur said the choice wasn't difficult at all.

"Her qualifications would have enabled her to apply for a pilot position, had she chosen that route," Gozdur said. "It's not just her education credentials that impressed us. Her cartography career and the maturity shown in her interview were also factors in the hiring decision."

Before welcoming Rettinger to the squadron, Gozdur had to secure the approval of the decision-makers at Headquarters Air Force Reserve Command, who promptly agreed that Rettinger was an exceptional candidate, worthy of a flight engineer position despite her lack of prior Air Force experience.

After completing basic military training and flight engineer technical training, Rettinger began flying with the 78th ARS in January 2015. So far, she said it's been everything she's dreamed of."

"I want to fly in the Reserve for as long as possible," she said.

But with a resume as strong as hers, she would consider switching seats in the future.

"As an engineer, I'm learning a lot about the airplane, and I already know I can fly," she said. "As much as I love the engineer seat, I would take a pilot job in a heartbeat."

And she still has an interest in space flight, but she said she's in no particular rush to move on.

"I finally feel like I am back on track with my childhood dreams. I feel like this is where I belong, and I absolutely love it," she said. "I have no regrets with the other paths that I took before this one, but I'm happy that I finally found the right path for me."

Now, when Rettinger looks down from the clouds, she said she wonders if there are any little girls waving up at her, dreaming of flight. ♦

The refueling squadrons are accepting applications for flight engineers

Previous maintenance or operations experience is a plus, but not required.

To learn more, contact Senior Master Sergeant Gene Kretkowski at 973-900-7095 or eugene.kretkowski@us.af.mil



Photo by Tech. Sgt. Jonathan E. White

Richard Goodwin, a former Air Force navigator who served here from 1961 to 1965, stands in front of a C-118 at the traffic circle near the passenger terminal. Goodwin flew the C-118 when he served here.

BUCKET LIST: NAVIGATOR VISITS OLD FRIEND

By Tech. Sgt. Jonathan E. White
514th Air Mobility Wing public affairs

An Austin, Texas, resident and former C-118A Liftmaster navigator and navigation instructor with the 30th Air Transport Squadron, returned here to celebrate his 80th birthday Oct. 13.

Richard G. Goodwin, a former captain who served here from 1961 to 1965, logged approximately 4,000 hours of missions on six continents aboard the actual aircraft which is on display at the circle in front of the base passenger terminal.

A true keeper of history, Goodwin proudly carries his detailed hand-written flight log book which has withstood the test of time and provides specifics on his many journeys.

“One notable mission was when we got emergency orders in 1962, the day President Kennedy placed a naval blockade around Cuba to prevent Russian ships from delivering missiles,” Goodwin said. “We were the second aircraft to land at Guantanamo Naval Station. Our mission was to evacuate all non-essential personnel and transport them to Charleston Air Force Base.”

The effort to reunite Goodwin with this C-118 dates back to 2009, when Senior Master Sgt. Chris Hofrichter, 514th Maintenance Operations Flight superintendent, and retired Master Sgt. Corinne Alvord, former 305th Air

Mobility Wing historical property custodian, assembled a group to restore the plane.

After nearly four years of getting the plane close to its original condition, a rededication ceremony honoring it was held here May 14, 2013. Godwin’s son Scott said his father could not attend the ceremony because of a family member’s illness. Nevertheless, the senior Godwin was determined to reconnect with the aircraft he helped become part of this base’s history.

“He was extraordinarily excited about the opportunity to see the newly-restored C-118 airplane on base,” Scott said. “He described this visit as one of his bucket-list items and has made this a priority despite not feeling especially well in recent months.”

In addition to seeing the restored-aircraft, Goodwin visited with Col. David Pavey, 514th AMW commander, who presented him with the wing’s coin and thanked him for his service. Goodwin also visited his old residence on Falcon Courts North, which was replaced some years ago with new housing. Before leaving the installation, Goodwin visited Walson Army Hospital where his son Neal was born in 1962.

“So much has changed over time that I barely recognize the base,” said Goodwin, standing beside the safety fence around the demolished hospital. “Seeing this site makes me appreciate the restoration of the C-118 even more.” ♦

RELAXATION TECHNIQUES HELP AIRMEN DEAL WITH STRESS

By Senior Airman Jasmine Zielomski
514th Air Mobility Wing public affairs

Citizen Airmen may have to deal with stressful situations that may seem overwhelming at times. Stress from work, home or financial obligations can place strain on their friends, families, peers and subordinates.

It is possible that a person may not realize that they are experiencing stress, or they are unsure of how to overcome the stress brought on by situations in life.

Understanding your stress and learning how to reduce it may be beneficial for a healthy mind, body and soul.

Jaclyn E. Urmey, 514th Air Mobility Wing, director of psychological health, taught the first of 12 classes which teaches Airmen relaxation exercises and how to deal with external and internal stress.

“Simply being military causes us stress, and we deserve to take care of ourselves the best we can,” she said. “So we can be the best us for those who love us, for those whom were serving and also with the peers that we have.”

Body awareness was the first lesson which allowed Airmen to understand their bodies’ reaction to stress and stress relief.

“The class offers ways to relax through meditation and mental-body scans which target internal and external stress,” she said.

The body scan requires Airmen to start at the tips of their toes and search their body for any signs of stress or

tension, she said. Once Airmen identify the stress they try to rid the tension through breathing techniques.

The class is open to all Airmen that want to get rid of stress and learn stress-reduction exercises.

“It can be a little uncomfortable and awkward, but it’s a great way to simply get the information and start your own relaxation practice,” she said. “So far with these classes, I have had 100-percent participation.”

Airmen can find several resources in the class to help educate themselves on stress management.

“Some folks may not be comfortable participating in the activities,” she said. “But it doesn’t mean they are going to leave without some sort of experience or information.”

Airmen are encouraged to come to the class but if they don’t, they can find stress management information on the internet.

Urmey said Military One Source offers many stress-reduction tools and provides information specific to particular forms of stress. It is important for Airmen to seek help for the stress in their life and be mentally fit at all times.

“Stress can often take our attention away from the mission, our jobs and from the skills we are supposed to be developing to help defend and support the constitution,” she said. “When we aren’t able to give our job 100 percent, we’re doing a disservice to the people that we are serving and our family that need us there too.”

For more information, call 609-754-2542 or email jaclyn.urmey@us.af.mil. ♦

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