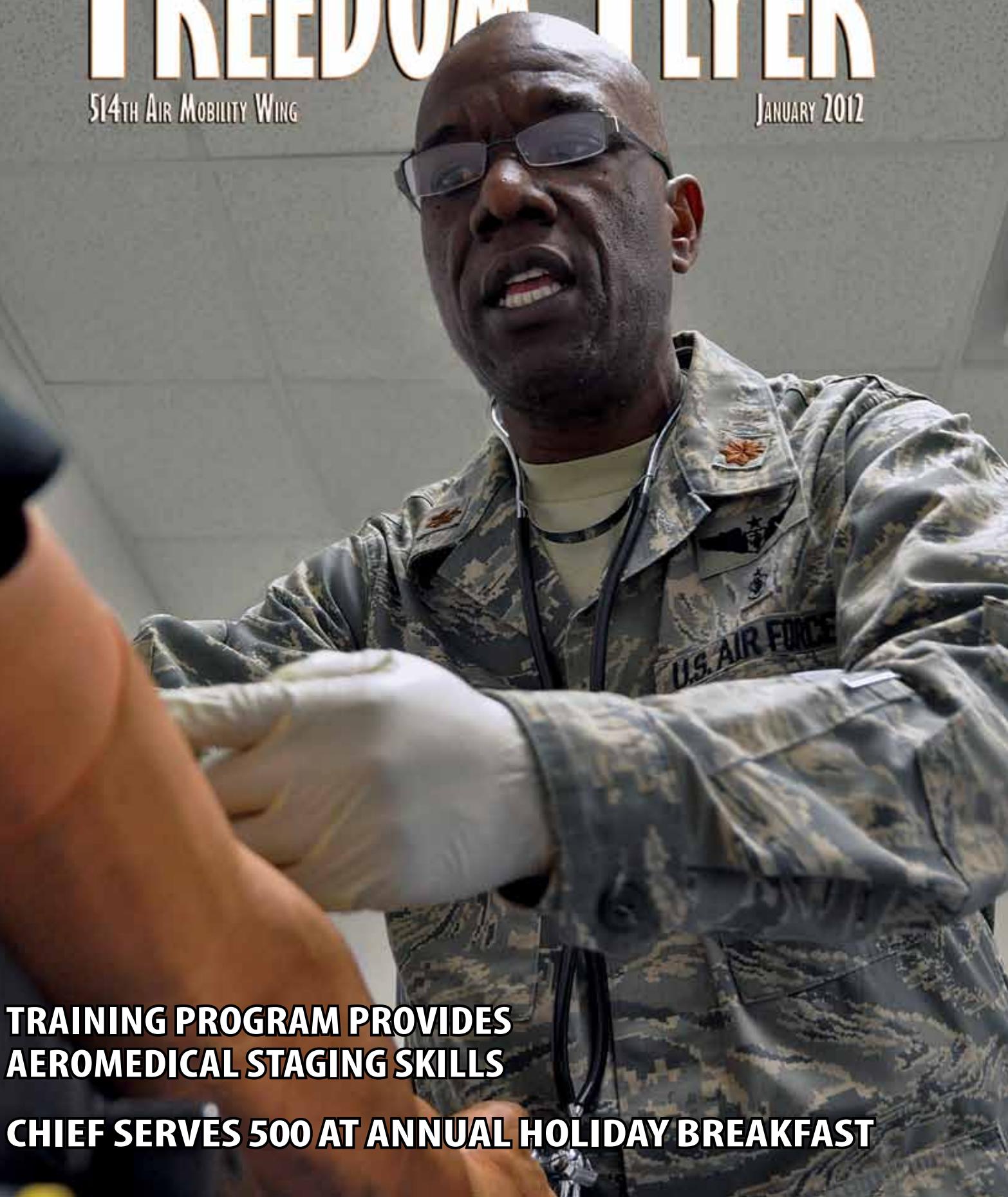


FREEDOM FLYER

514TH AIR MOBILITY WING

JANUARY 2012



**TRAINING PROGRAM PROVIDES
AEROMEDICAL STAGING SKILLS**

CHIEF SERVES 500 AT ANNUAL HOLIDAY BREAKFAST



FREEDOM FLYER

CONTENTS

VIEWPOINTS	4
ESGR FACILITY HELPS SUPPORT RESERVISTS	6
CHIEF SERVES 23RD HOLIDAY BREAKFAST	7
AEROMEDICAL STAGING SQUADRON	9
NEWS BRIEFS	11

EDITORIAL STAFF

COL. MICHAEL J. UNDERKOFLER
COMMANDER

MAJ. KELLY ANN CHARLAND
PUBLIC AFFAIRS CHIEF

CAPT. ALLISON ECUNG MASTER SGT. DONNA T. JEFFRIES
PUBLIC AFFAIRS OFFICER NONCOMMISSIONED OFFICER IN CHARGE

SHAWN J. JONES TECH. SGT. JONATHAN WHITE
EDITOR JOURNALIST

ON THE COVER

Maj. Henry Bernard, 514th Aeromedical Staging Squadron nurse, demonstrates how to perform a chest tube insertion on a medical training dummy. ASTS Airmen continuously train in order to staff aeromedical staging facilities, which provide patient transportation to aircraft and administrative processing to patients transiting within the worldwide aeromedical evacuation system.

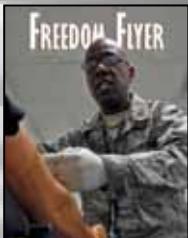


Photo by Master Sgt. Donna T. Jeffries

This funded Air Force Reserve magazine is an authorized publication for members of the U.S. military and their family. Contents of Freedom Flyer are not necessarily the official views of the U.S. government, the Department of Defense, or the Department of the Air Force. All photos are Air Force photos unless otherwise indicated. The editorial content is edited, prepared and provided by the 514th Air Mobility Wing public affairs office, 2217 W. Arnold Ave., Joint Base McGuire-Dix-Lakehurst, N.J. 08641.



Airmen from the 514th Air Mobility Wing and 305th Air Mobility Wing completed a large-formation tanker surge, also known as an elephant walk, launching twelve KC-10 Extenders within 30 minutes of one another here Dec. 20.

Photo courtesy of 87th Air Base Wing public affairs

Holy cow, Batman! Learning is forever

By Col. Michael Underkofler
514th Air Mobility Wing commander

I was recently reminded by my two sons about how nervous they were to start second and first grade at a new school after a fun-filled summer of swimming lessons, camp, and a family vacation.

The younger one spoke for both of them and boldly asked his mother and me, "How many grades do we have to attend and how much homework do we have to do before we can get jobs and make money?"

I quickly blurted out, "You and your brother can get jobs after you graduate from law or medical school."

Luckily his mother stepped in and refined my answer by gently reminding him and his brother of all the things and words they had learned that summer through reading story books or by visiting interesting places -- even without having to take a weekly vocabulary test.

She introduced the concept that learning was a lifetime event and offered proof by pointing out all the studying done by our neighbors.

One was studying for a medical board certification, one was sharpening his knowledge to teach at his church, and another just liked to study American history every chance he got. Incorporating fun while considering career paths seemed to satisfy one son. But our younger son adamantly stated his desire to join The Justice League, the fictional crime-fighting team

of superheroes who work to keep our streets safe. He said he had never seen Batman or any other superhero studying in any cartoon or comic book. Holy Cow Batman! I'm going to have my hands full with this one I thought.

have a well-trained and well-educated fighting force. This doesn't translate to just a force of highly trained "techies".

Knowing how to manipulate a computer program, for example, is great but in the words of Shakespeare, is not

not answer the school bell next semester?

At great expense the nation, and particularly the military, has built an extremely respected, flexible, and responsive post-secondary education system.

Even if the area you live in doesn't have the program or field of study you are interested in pursuing, the internet is full of cyber classrooms and resources never once imagined.

No matter your age or previous educational experience, opportunities abound.

Where do you first turn to return to the classroom?

I'd suggest your unit's training manager and the base education office. They are well suited to explain most of the training opportunities within your career field and advanced military and civilian education programs. They can also provide suggestions for ways to cover the expense.

It might seem impossible now, but follow the lead of many others who continue to work and learn while juggling family obligations too. Follow one course with another.

I've seen it repeated many times. A couple courses turn into a new hobby, career opportunity, or degree. You'll be intellectually stimulated and will bring a new set of combat tools to your unit.

Now, if I can only get a couple comic strips showing Batman cracking the books, I know I could get my future Justice Leaguer convinced that learning is forever.

"I believe we need warriors who possess analytical thinking and sound writing skills gained through the study of many disciplines. Each field of study can bring different skills and strengths to the fight."

I recently served on a promotion review board where my belief that education and training are life-long and key to career success was reinforced, yet again. Along with career-specific training, the mid and senior enlisted members meeting this board had impressive records of continuing education.

Most had worked in several career fields, each requiring its own course of study and credentialing process. Most had undergraduate degrees, several held graduate or professional degrees.

These Airmen--members of our Justice League--had indeed spent a lot of time in and out of the classroom studying.

Classroom time went hand-in-hand with their careers. Continuing education and training are hallmarks of the profession of arms. Simply said, we won't defeat the enemy if we don't

the "be-all and end-all".

I believe we need warriors who possess analytical thinking and sound writing skills gained through the study of many disciplines. Each field of study can bring different skills and strengths to the fight.

Besides the personal joy of learning something new, formal continuing education has been shown to improve one's quality of life by reducing stress, delaying the onset of dementia, and improving longevity. Other personal benefits are readily apparent.

Well-trained and well-educated warriors consistently rise to the top of an organization. Both in and out of uniform, promotions and earnings are closely tied to learning. Studies continue to show the earnings gap between high school and college graduates is widening.

Given that learning is fun, healthy, and profitable, why

PULSE CHECK: How has a past New Year's resolution turned out for you?



**Senior Airman
Ana Nichols**
514th Aeromedical
Evacuation Squadron

"This past year, my resolution was to do more volunteer work, and I raised over \$250 for Lance Armstrong's Live Strong Foundation and built houses for Habitat for Humanity."



**Senior Airman
Faith Barclay**
35th Aerial
Port Squadron

"A resolution that I have made in the past was to increase my credit score. I am proud to say that I was successful in accomplishing this goal. It took dedication and discipline."



**Staff Sgt.
Matthew Buonaspina**
35th Aerial
Port Squadron

"I was successful in keeping a higher standard of physical fitness and healthy lifestyle throughout the year by raising my fitness score and run time."



**Chief Master Sgt.
Dejanovic**
514th Force
Support Squadron

"To get fit and I stuck to it! It was a life change which incorporated emotional, physical and spiritual health."



**Senior Airman
Kenneth Rivera-Ithier**
514th Security
Forces Squadron

"Last year I made a goal to gain my associate's degree. I achieved it while deployed to Kuwait. My New Year's resolution now is to gain my bachelor's."

Freedom Wing involved in many big events of 2011

By Lt. Col. Dennis Duffy
732nd Airlift Squadron commander

The frantic holiday shopping is over, allowing over-heated credit cards to cool down. The family get-togethers are complete, and hopefully all the house guests have returned home, and everyone is still talking to one another. And our thoughts turn to the New Year, to resolutions for reducing our waist lines, improving our study habits and rearranging our priorities.

But before we focus on the promise of 2012, let's look back at just a few of the 514th Air Mobility Wing's impressive accomplishments of the past year. While the wing had precious little (or nothing) to do with Charlie Sheen's bizarre melt down, Kim Kardashian's marriage (then divorce), or William and Kate's royal wedding, the wing was right in the middle of many of the last year's most important happenings.

In February, when the Arab Spring spread the blossom of freedom to the shores of Tripoli, it was Airmen from the Freedom Wing who responded. Our C-17 Globemaster III's and KC-10 Extenders flew missions in support of the Libyan rebels during Operation Odyssey Dawn.

Our airlift capabilities helped keep the rebel's supply chain moving.

The Freedom Wing was there.

In March, when Japan was hit with the triple catastrophe of a record-setting earthquake that caused a horrific tsunami, which killed nearly 20,000 people and triggered a disaster at the Fukushima Nuclear Power Plant, it was our Airmen who responded. In the midst of utter destruction, our Airmen assisted the people of Japan in their time of desperation.

The Freedom Wing was there.

In December 2011, when some of the last American military personnel and equipment was leaving Iraq, they were taken by our Airmen. The once bustling bases in and around Baghdad were reduced to empty buildings and slabs of concrete, ready to be turned over to the Iraqi military.

The Freedom Wing was there.

All these contributions by the Freedom Wing come in addition to the 'normal' deployments in support of Operation Enduring Freedom to the garden spots of Kandahar, Bagram, Manas, Kabul, and the myriad of other places in the Southwest Asia. Not to mention Airmen supporting the counter-drug activi-

ties in South America, the anti-pirate and counter-terror operations along the horn of Africa, the tacticians in Europe, and the air mobility experts the Freedom Wing sends around the globe.

These deployments supporting the war fighters and peace makers in Afghanistan and all over the world have become almost routine despite the sacrifices made and the dangers faced by our Airmen every day.

The past year did not see a single day when Airmen from this wing were not out there in the Central Command area of responsibility, doing the nation's business with a fire in their belly, far from home and family. Our own wing commander led the way, deploying to the Combined Air and Space Operations Center in an undisclosed Southwest Asia country as the Deputy Director of Mobility Forces for four months.

So before you plunge into the routine and responsibilities of the new year, take a moment to reflect on the impact that your wing has had over the past year, and remember those who are still deployed. The Freedom Wing might not have anything to do with occupying Wall Street, but we are changing the world.



Photos by Master Sgt. Donna T. Jeffries

Above: Key leaders from Joint Base McGuire-Dix-Lakehurst cut the ribbon Dec. 3, symbolizing the opening of the new offices of the New Jersey Employer Support of the Guard and Reserve. Pictured are, from left, Col. Joseph Whitlock, 87th Air Base Wing deputy commander, and NJESGR honorary chairmen Col. (Ret.) Carmen Venticinque and Brig. Gen.(Ret.) Robert Dutko, Sr.

Left: Col. John M. Wood, 87th Air Base Wing commander, center, signs an Employer Support of the Guard and Reserve document Dec. 21, pledging his commitment to support more than 13,000 Guard and Reserve members who train at the joint base. Onlookers include NJESGR state chair and joint base Reserve and active duty leadership.

NEW FACILITY PROMOTES RESERVE ACCESS TO CIVILIAN EMPLOYMENT SUPPORT

By Master Sgt. Donna T. Jeffries

514th Air Mobility Wing Public Affairs

It's become a little easier for Freedom Wing Airmen to receive support with civilian employment issues.

A ribbon-cutting ceremony held here Dec. 3 marked the official opening of a new facility for the New Jersey Committee for Employer Support of the Guard and Reserve, an organization dedicated to promoting cooperation between Reserve component members and their civilian employers and to assisting in the resolution of conflicts arising from an employee's military commitment.

The new facility, located at 5511 Texas Avenue, is on one of the installation's main roads, making the local ESGR representatives more accessible to all Guard and Reserve units here.

Col. (Ret.) Carmen Venticinque, NJESGR honorary chairman, was instrumental to making the move.

He said the move helps dispel the perception that ESGR supports only Guard interests since the old ESGR offices were located in the Army National Guard building on Fort Dix.

The new facility will be host to an employment initiative program, in which Guard and Reserve members and veterans who are underemployed can find assistance. Look for postings in the future about specialized trainings about Employment Opportunities.

New Jersey residents can boast that the NJESGR leads the nation in accomplishments. In 2011 the committee records briefing more than 4,700 service members and acquiring 910 Statements of Support from civilian employers as part of its activities. With more than 6,265 volunteer hours given the organization has saved the federal government in excess of \$142,600.

The demands placed upon servicemembers in the Guard and Reserve can have a significant impact on a servicemember's civilian employment. The ESGR can help both servicemembers and civilian employers in understanding and resolving issues related to these demands. The aim of the ESGR is to develop and promote a culture in which all American employers support and value the military service of their employees.

For more information, call (609)562-5550 or visit www.njesgr.org.

The ESGR office is open on the following weekends:

Jan. 21-22	Jul. 14-15
Feb. 11-12	Aug. 11-12
Mar. 10-11	Sept. 15-16
Apr. 21-22	Oct. 20-21
May 19-20	Nov. 17-18
Jun. 9-10	Dec. 8-9



Photos by Shawn J. Jones

Chief Master Sgt. Antoinette Kolesnikov (wearing red apron in center) hosted her 23rd holiday breakfast Dec. 13. It was attended by approximately 500 guests, including Freedom Wing Airmen and alumni, professional sports personalities and regional and national media outlets.

Special guests highlight chief's holiday breakfast

By Shawn J. Jones
Freedom Flyer editor

For the past 23 years, Chief Master Sgt. Antoinette Kolesnikov, 514th Force Support Squadron, has hosted a holiday breakfast for the Airmen, friends and family of the 514th Air Mobility Wing.

In the first few years, the breakfast was mainly for twenty or so of her co-workers, but over the years it has steadily grown into the 500-person event that was held here Dec. 13.

Guests were treated to omelets, bacon, grits and many other traditional breakfast foods. While the chief does receive some food and cash donations, the majority of the breakfast is paid from out of her own pocket. Kolesnikov said the point of the breakfast is to show appreciation for her co-workers in the 514th Air Mobility Wing.

"I do it because it's one way I can personally say thank you for everything they contribute," she said.

The event has become very popular with Freedom Wing alumni, with many returning year after year.

"To me, it's a real testament to this wing that they keep



The Food Network's Sunny Anderson (right) and Master Sgt. Megan Parrot, 514th Aircraft Maintenance Squadron, make grits for the 23rd Annual Holiday Breakfast hosted by Chief Master Sgt. Antoinette Kolesnikov, 514th Force Support Squadron. Anderson previously served as a broadcaster in the Air Force.

coming back," she said. "It's like mini-reunions for many of them."

This will be the chief's last breakfast, as she is due to retire before the next holiday season.

"Since this was the last one, I wanted to make it special," she said.

In this case, making it special involved several special guests. The Food Network's Sunny Anderson, who is a former Airman, attended the early portion of the breakfast as a celebrity chef. Among the many other noteworthy visitors were three original Tuskegee Airmen,

an original member of the WASP (Women Air Force Service Pilots), civil rights pioneer and former Freedom Wing commander Maj. Gen. Joseph McNeil and representatives from the Philadelphia Soul and Philadelphia Eagles football teams.

Kolesnikov's 23 years of giving attracted the attention of several large media markets. Interviews and footage from the breakfast were broadcast nationally on NBC Nightly News and regionally on NBC Philadelphia.



Maj. Henry Bernard, 514th Aeromedical Staging Squadron nurse, demonstrates how to perform a chest tube insertion on a medical training dummy. ASTS Airmen continuously train in order to maintain the skills necessary for 24-hour staging operations, patient transportation to aircraft and administrative processing to patients transiting within the worldwide aeromedical evacuation system.

TRAINING PREPS AIRMEN TO FILL VITAL LINK IN AEROMEDICAL EVACUATION

By Master Sgt. Donna T. Jeffries
514th Air Mobility Wing public affairs

One month the training may focus on intravenous insertions and suturing wounds, while the next month it's catheterizations and placing chest tubes.

Regardless of the focus, the results are the same – Airmen of the 514th Aeromedical Staging Squadron leave their training weekends with the medical skills needed to keep patients stable as they transition from frontline medi-

cal treatment facilities onto evacuation aircraft and from those aircraft into advanced medical facilities away from the area of operations.

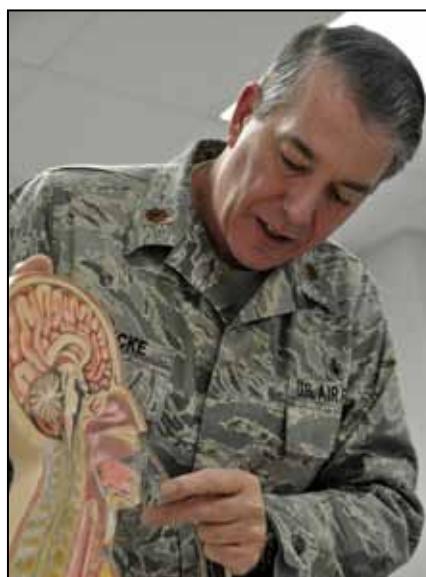
The squadron's nurses and medical technicians receive monthly training through the readiness skills verification program, which covers patient assessment and care, bandaging, suturing and other basic medical skills.

The training program is especially essential for the squadron's enlisted Airmen, said Maj. Gail Garland, a nurse with the 514th ASTS who manages the training



Photos by Master Sgt. Donna T. Jeffries

to staff aeromedical staging facilities, which provide personnel and equipment.



Above Left: Maj. Robert Blanke, 514th ASTS chief nurse, gives his students a lesson in nasogastric tube insertion during the unit's monthly readiness skills training session. The squadron's Airmen continually train to ensure they are able to keep patients stable as they are moved from frontline medical treatment facilities onto evacuation aircraft and from those aircraft into advanced medical facilities away from the area of operations.

Above right: Medical technicians from the 514th Aeromedical Staging Squadron watch a demonstration on nasogastric tube insertion at the medical skills lab located near the 87th Medical Group clinic here.

Bottom: Blanke provides training to fellow ASTS Airmen, who take care of patients at transition points within the aeromedical evacuation system.

program. While all of the squadron's medical officers are required to have prior clinical experience, less than half of its enlisted Airmen have any medical experience at all.

Tech. Sgt. Ursula Simmons, a medical technician with the squadron, said the continuous training she received through the program helped her while serving at the contingency aeromedical staging facility at Ramstein Air Base, Germany, and has prepared her to deliver medical care while deployed.

She said the training has helped her better understand some of the unique medical aspects of serving in a staging facility, such as assisting with the unloading of patients from an aircraft on an active flightline.

The training also proves useful when Airmen are off duty.

"Because I don't do this on the outside, the level of training I get here gives me skills I can even use with my students at my civilian job," said Simmons, who serves as a special education teaching assistant in her civilian job. "Once, I had a situation with a student choking and I was able to use the Heimlich maneuver."

The ASTS reservists host their training at the medical skills lab, located near the 87th Medical Group clinic here. The lab features multiple training stations complete with medical equipment, training dummies and the necessary computer and audiovisual technology that make training efficient and effective. ♦



The following enlisted Airmen were promoted in December.

Airman

Johnny Colon, 514 SFS
Raymond Colon, 514 FSS
Henry McKay, 514 CES
Kristin Nikola, 514 LRF
Eric Tullock, 514 CES

Airman 1st Class

Christopher Gordon, 714 AMXS
Jeremy Oatman, 714 AMXS
David Debra, 76 ARS

Senior Airman

Balewattie Bandhu, 514 AMDS
Azaan Butt, 88 APS
Daniel Casachahua, 714 AMXS
Efia Colliins, 732 AS
Saul DeJesus, 714 AMXS
Marvin DeLeon, 88 APS
Nazareth Garcia, 514 LRF
Michael Killebrew, 714 AMXS
Richard Klein, 514 CES
Kervin Philitas, 514 MXS
Vanessa Schoening, 514 CES
Ama Sey, 514 SFS
Michael Shea, 76 ARS
Brent Welton, 514 SFS

Staff Sergeant

Tanile Burns, 514 LRF
Joni Gomez, 514 OG
Andrea Mackereth, 88 APS
Melinda Metzger, 42 CBCS
Owen Monk, 514 SFS
Kareem Stroman, 42 CBCS
Dimitriy Tsvetkov, 714 AMXS

Technical Sergeant

Richard Kivelier, 514 SFS
Raven Moses, 88 APS
Hector Vargas, 714 AMXS
Anthony Vespa, 514 SFS
Scott Wagen, 88 APS

Master Sergeant

Deborah Fryslin, 514 AMDS
Petra Murray, 514 AMDS
Jessica Osmer, 78 ARS
Tracey Schwalbe, 514 AMDS

Senior Master Sergeant

Daneian Easy, 42 CBCS

Chief Master Sergeant

Curvin Hamilton, 514 CES
Ronald Wink, 88 APS



Photos by Master Sgt. Donna T. Jeffries

Left: Airmen from the 514th Air Mobility Wing, here, deliver pajamas and sweat pants to the Children's Specialized Hospital in New Brunswick, N.J., as part of the unit's community outreach program. The donation will be used to cloth young patients who do not have an extra change of clothes. **Right:** Master Sgt. Amanda Heffner, an outreach volunteer from the 514th Civil Engineer Squadron, helps unload a truck full of toys Dec. 19 at the Salvation Army in Trenton, N.J. Airmen from here give more than 200 volunteer hours annually to assist the Salvation Army with its holiday efforts.

Giving back not just for holidays

By Master Sgt. Donna T. Jeffries

514th Air Mobility Wing public affairs

Giving is a key theme many embrace during the holiday season. Reserve Airmen here are no exception; however, their giving nature is evidenced throughout the year.

As part of a Freedom Wing community outreach program, unit members give their time, talents and resources to numerous civilian nonprofit organizations and causes yearlong.

Chosen 300 Ministries Inc., in Philadelphia is one location where Airmen regularly help feed the homeless and bring clothing donations. Another beneficiary is the Children's Specialized Hospital in New Brunswick, N.J., whose young patients were recent recipients of a pajama and sweat pants drive. And yet another cause is the Trenton Salvation Army holiday efforts in which Airmen give more than 200 hours annually picking up, packaging and distributing food and Christmas toys for families in need.

"I feel fortunate to be a part of this process," said Master Sgt. Amanda Heffner, a five-year volunteer of the program. "The parents who come to register definitely

need The Salvation Army's help."

Other unit-sponsored acts of kindness include donations to food pantries both on and off base and sponsoring quarterly clothes, toys and shoe drives.

"Our goal is to touch the lives of others everywhere," said Senior Master Sgt. Sebrena FlaggBriggs, outreach volunteer. "We do what we can to meet community needs and bring smiles and comfort when we deliver."

Giving back to the community is another example of the busy lives of Reserve Airmen, who already balance commitments to their civilian jobs, their military duties and their families.

"Our Airmen not only support our mission to fly, fight and win, but volunteer on their own time to support many community programs local to the base and within their communities," said Chief Master Sgt. Michael Ferraro, 514th Air Mobility Wing command chief master sergeant. "It is an intrinsic and selfless act that stems from their core values of Service Before Self."

For more information about how you can get involved in a community outreach project, contact your unit Human Resource Development Council representative.

News Briefs

Local VFW hosts veterans info sessions

Veterans of Foreign War Post 6590 is offering claim assistance and veterans benefits information sessions on the first Monday of every month from 9 a.m. to 2 p.m. on a first-come, first-served basis. The post is located at 22 Cookstown-Wrightstown Rd. Cookstown, N.J., behind the Bamboo House and 3 Brother's Pizza. For more information, call 609-758-7466.

Academy seeks Reserve Airmen

Through the LEAD program, 85 slots are available to highly-qualified Reserve and Guard Airmen at the Air Force Academy in Colorado Springs, Col., via a preparatory school. Every year, many of these slots go unfilled and a great opportunity is wasted. Admissions standards are high, and the academy is demanding of its students, but the rewards are substantial. Selectees receive a full scholarship to one of the nation's best schools and the opportunity to become a commissioned officer. Applications and letters of recommendation are due Dec. 31. The rest of the package, such as high school transcripts and test scores, is due Jan. 31. For more information, visit www.academyadmissions.com, click *admission* and then *Airmen*, call (719) 333-2653 or type *Air Force LEAD program* into a search engine.

Free tutoring for reservists, families

Tutor.com have been made available to Guard and Reserve servicemembers and their dependents. Military families in the Army, Marines, Navy, and Air Force are eligible for free access to the Department of Defense online tutoring program, which allows K-12 and adult students to connect to a live tutor online at anytime for help with their homework, studying, college coursework and more.

NCO Development

A command-sponsored Noncommissioned Leadership Development Course will be held here May 14 - 25. This class is targeted for staff sergeants, but technical sergeants and highly motivated senior airmen will be considered on a space-available basis. Unit funds will not be required for those in military status. Airmen interested in attending should contact their unit training manager. Applications must be submitted to the wing training office by Feb. 14.



Photo by Master Sgt. Donna T. Jeffries

SPOTLIGHT: MASTER SGT. HOLLY RIVERA

Unit: 514th Logistics Readiness Squadron

Position: Logistics Support

Civilian employment: 514th LRS Air Reserve Technician

Hometown: Columbus, N.J.

Favorite pastime: Reading and home renovations

Best school subject: Math

Favorite reality show: Biggest Loser

Favorite guilty meal: Lasagna

Thing that makes you go Hmmm? *The Jersey Shore* TV show

Last book read: *The Girl with the Dragon Tattoo*

Little known fact: I grew up on a farm. We grew hay, straw, soy beans and corn. I learned to drive a tractor at 10 and was able to drive a car with a farmers license one year earlier than most teenagers.

Pet Peeve: Liars

What chore do you put off doing? Cleaning the bathroom because it's disgusting.

Best movies ever seen: Harry Potter series

In ten years you see yourself: I don't know. I don't think that far in advance.

FREEDOM FLYER

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

FOR THE FAMILY OF:

Pictured: Freedom Wing Airmen visited the grave of World War II ace Thomas McGuire, one of the Joint Base's namesakes, at Arlington Cemetery in Virginia in December.

Photo by Chief Master Sgt. Chryl Ruff

