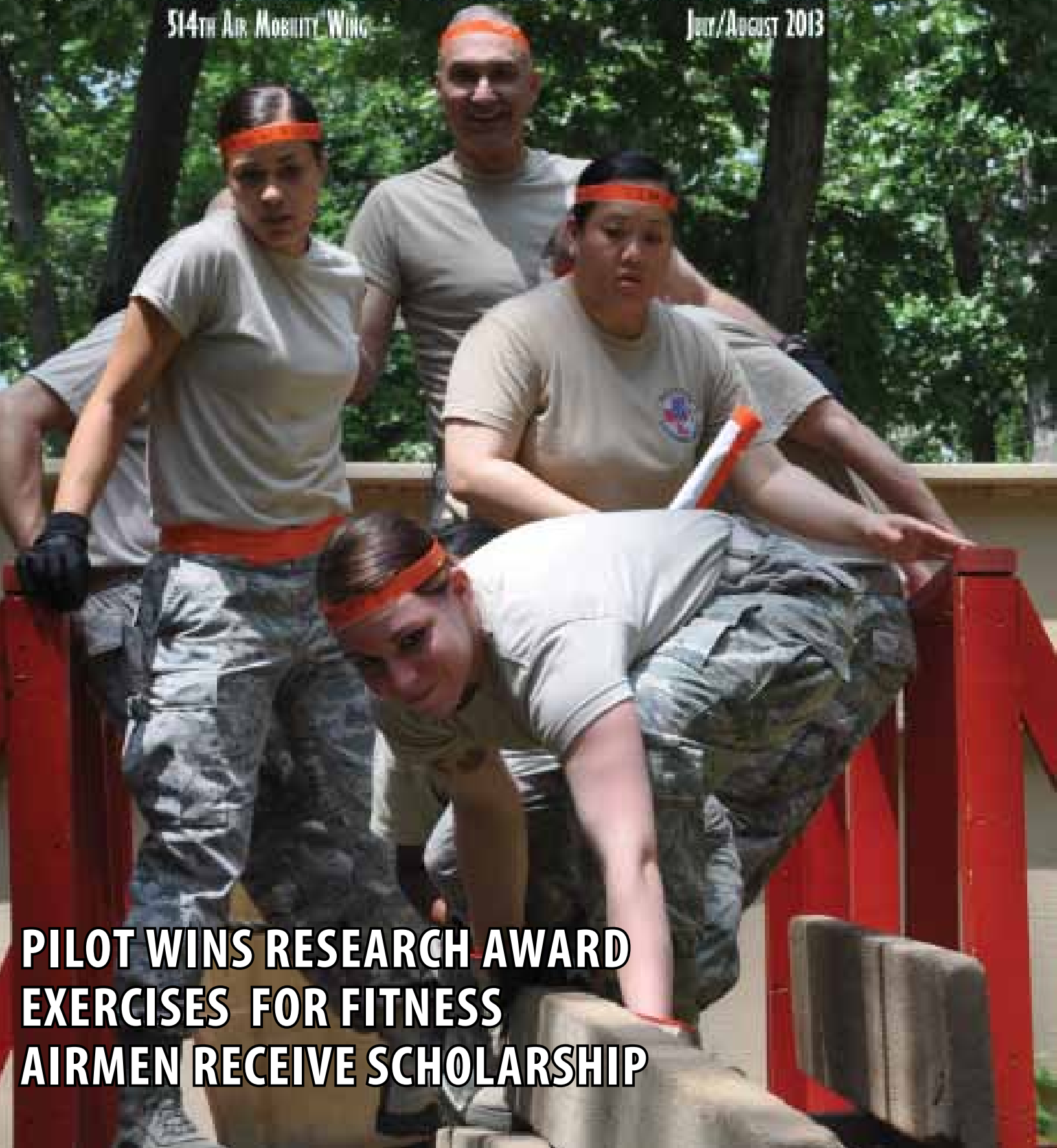


# FREEDOM FLYER

514TH AIR MOBILITY WING

JULY/AUGUST 2013



**PILOT WINS RESEARCH AWARD  
EXERCISES FOR FITNESS  
AIRMEN RECEIVE SCHOLARSHIP**



# FREEDOM FLYER

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## ON THE COVER

Airmen work frantically on the Leadership Development Course by using wooden planks to create a bridge during the 514th Air Mobility Wing Human Resource Development Council (HRDC) mentoring workshop.



*Photo by Tech. Sgt. Jonathan E. White*

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Senior Master Sgt. Tim Hunter, flight engineer with the 76th Air Refueling Squadron, is showered with water as part of the fini-flight tradition .

*Photo by Tech. Sgt. Jonathan E. White*

**A**round New Year's Day most people begin thinking about self-improvement and goals for the coming year. Generally physical fitness falls on the list in some form whether it's to lose weight, build muscle, or simply to eat healthier. However, for many reservists it's a little bit different. Every year we start to think about physical fitness as our PFT looms closer. At age 18 or 19 this meant adding a few extra push-ups and sit-ups a couple weeks before the test, but over the years suddenly more and more time may be needed to meet those fitness goals.

We all know fitness should be a lifelong goal instead of something dropped off and discarded like dirty PT gear, but how do you make a commitment to permanently changing your routine? Beyond our shared short term goal of the Air Force Fitness Test, what can we do to improve our health for good? Countless studies show that a steady exercise routine not only has a positive effect on life expectancy, but can significantly improve individual quality of life as we age.

In this issue of the Freedom Flyer we examine not only physical fitness but also healthy living in general. We aim to add a few new moves to your routine, a few new recipes to your cookbook and hopefully inspire you to a fulltime healthier lifestyle. Whether it's going to the gym with a workout buddy to hold you accountable or joining an intramural sports team, the key is finding an activity you enjoy. Lifetime sports that can be played at any age are a great way to include physical activity in your routine.

Take the example of the aptly named "Turbaned Tornado", 101-year-old marathoner Fauja Singh, who took up running after his 89th birthday and discovered a new passion. It's never too late to start!

514th AMW Public Affairs Staff

## Freedom Wing's Top Tips for Total Fitness



**Educational Fitness**  
**Staff Sgt. Rosetta M. McCamery**  
**514th Force Support Squadron**

1. Get your CCAF, bachelor's or master's degree and continue your educational pursuits.
2. Stay up to date on your CDCs and be sure to test on time.
3. Keep your Professional Military Education (PME) current and ensure you are enrolled in the correct courses.



**Spiritual Success**  
**Capt. Daniel Kamzan**  
**514th Air Mobility Wing**

1. Bring it back to nature. Find a calm place where you feel comfortable and relaxed. It could be outside, the gym or your home.
2. Set internal goals to be the person you wish to become.
3. Know who you are. Take time to self-reflect to understand yourself better.



**Financial Fitness**  
**Capt. Kerry Mackey**  
**514th Air Mobility Wing**

1. Review your credit report. Everyone is entitled to a free credit report.
2. Know what you want to accomplish by making goals to pay off credit card debt, to invest and to create a savings plan.
3. Maximize your employment benefits by contributing to a retirement plan and consider an IRA if your employer doesn't offer one.



**Healthy Career**  
**Chief Master Sgt. Kevin E. Warbrick**  
**514th Air Mobility Wing**

1. Have a plan for where you are going and never forget where you came from.
2. Seek out a mentor at every opportunity because experience is priceless.
3. Take charge of your career. Know your milestones regarding PME, promotions and participation. It's your career, take responsibility for it.

# My plate, a new guide to nutrition

By Capt. Allison Ecuag

514th Air Mobility Wing public affairs

I want to start by being honest, I love burgers. I consider myself a burger connoisseur. I've tried burgers with everything from the traditional bacon & cheddar to the high end truffle & brie to even the exotic ostrich burger. While burgers are my passion, I am certainly aware that if I consumed all burgers all the time I'd be on my way to a heart attack before age 40. With that in mind, I tend to opt for a few healthy selections and save the burgers for special occasions.

Living in New York I'm often amazed at the range of dietary options and health conscious choices available at most restaurants. Whether you're gluten free, vegan, or ovo-lacto, a great meal is only a quick walk or phone call away. In the JBMDL area, it's a little more challenging to make a nutritious choice, particularly when performing shift work or alternate duty hours. With quick access to pizza, pretzels or Pudgy's, it's easy to become well... a little bit pudgy. That doesn't necessarily mean that we have to quit our favorite foods cold turkey or stop socializing when a friend wants to grab a beer. It also isn't a call to flock to the newest weight loss trend.

It's easy to get confused by the hype that surrounds the newest and latest fad diet. In the early 2000s, carbohydrates became our enemy as many rushed to the protein-rich Atkins diet. Breads and pasta were eschewed for grilled chicken and salads. Later the juice



cleanse became fashionable as celebrities quickly shed weight and paraded perfect skin as a beneficial side effect. Nowadays many people live by the Paleolithic diet, eating only foods available to cavemen while avoiding any processed foods or refined sugars.

So which is the right way to maintain a healthy lifestyle? The answer is much more complicated than simply selecting one over the other, and yet simpler than following obscure dietary rules. We all remember the basic food pyramid taught in elementary school or the four basic food groups for those of us a bit longer in the tooth. The modern take on these tools is MyPlate at [www.choosemyplate.gov](http://www.choosemyplate.gov).

MyPlate deftly addresses our tendency to frequently create supersized portions and overload our plates. It provides an easy visual reference when preparing dinner, eating at a local buffet or just teaching kids about portion control. Beyond that, the general rules still apply: avoid shopping for food when hungry and fill your kitchen with fruits and veggies to incorporate into meals and snacks. If fast food is unavoidable then focus on small portion sizes and steer clear of foods with high levels of sodium, sugars, or generally unpronounceable ingredients.

Using MyPlate is a great way to monitor your eating habits while incorporating healthier foods into your daily life. And feel free to savor a really great burger when you get a chance! More information can be found by contacting your JBMDL Health and Wellness Center at (609) 754-2462.

## Airmen participate in mentoring workshop

By Tech. Sgt. Jonathan E. White

514th Air Mobility Wing public affairs

Approximately 60 Airmen were provided with tips on networking and explored team dynamics at the 514th Air Mobility Wing Human Resource Development Council Mentoring Workshop. The goal of the mentoring workshop is to bring together Airmen from different squadrons and teach them about mentoring, leadership, team dynamics, and group cohesion in a fun setting, Maj. Dori L. Mansur, 88th Aerial Port Squadron, said.

Over the course of two days, several guest speakers presented Airmen with an abundance of information. Dr. Maureen McGuire, McGuire Consulting Services, led the lineup. A 25-year professional in leadership development, McGuire discussed what networking can do for you and conducted activities on managerial styles.

"If you are not networking then you are not working," McGuire said. "80 percent of people who obtain a job receive it through their extended network."

McGuire said that when building a network, the individual should follow up with the person after the initial meeting and provide

information that might be useful. Also, the individual should network at all levels with people who make him or her feel comfortable. These factors should help create a relationship between the two parties.

During the other segment of McGuire's presentation, Airmen were assigned to teams and participated in several team building activities which revealed their managerial style. It was discovered that the managerial style named 'director' should be used the least because it can be demotivating to employees.

Later during the workshop, teams would get the opportunity to use their classroom instruction and apply it to finishing the 15-station outdoor leadership reaction course. Teammates worked together and displayed camaraderie in completing their assigned tasks while battling the sweltering heat.

"One of our scenarios was a destroyed bridge in which we had to use wooden planks to transport a wheelbarrow and personnel to the other side," Staff Sgt. Joseph Perry, 35th Aerial Port Squadron, said. "These are field activities we do not see in the Air Force on a regular basis."

Col. Paulette Schank, 514th Aerospace Medicine Squadron commander, recalled

a moment during the mentoring workshop which left a lasting impression on her. While monitoring the leadership reaction course, she witnessed a team become frustrated with one of the stations. Initially, only one of the 10 team members was confident the group would prevail. Over the course of time, the team pulled together.

"That was teamwork!" Schank said. "That team could not have done it without each other's coaching, support, and help. There is plenty that happens in a mentoring workshop and that was just one piece."

Other pieces of the workshop consisted of an activity loosely based on the game show Minute to Win It, a barbecue, speed mentoring with senior leaders, a professional athlete and coach panel, and an awards presentation. HRDC's mission is to provide advice and council to the commanders and the wing's Executive Steering Committee (ESC) on policy matters relating to human resources within the wing. Areas of focus include work force diversity, educational opportunities, mentoring, recognition, promotion, recruiting, retention, quality of life initiatives and other factors affecting individual morale.



Senior Airman Dwayne Quincy Lee, 514th Security Forces Squadron demonstrates, a bodyweight exercise which can be used when access to a gym is limited. Bodyweight exercises may also assist with burning calories and stimulating muscle growth.

*Photos by Tech. Sgt. Jonathan E. White*

## Bodyweight Exercises: A solution to improving fitness

**By Master Sgt. Jose Diaz**  
514th Air Mobility Wing recruiting

Do you face the dilemma of waking up thinking about working out, but come to the conclusion it's too early to work out or there's too much to do after work? Some of you may feel you've hit a plateau or feel your workouts have become boring. If so, then bodyweight exercises may give you more options when access to a gym is unavailable, time is limited or you want to kick up your current regiment. Bodyweight exercises can be a great way to burn calories and improve your fitness level. These exercises can stimulate muscle growth and neuromuscular efficiency, especially if you've hit a plateau in your current weight training program.

Incorporating body weight exercises into your workout as supersets or as a burnout circuit can maximize caloric expenditure. Along with a proper diet, it can also reduce body fat. A superset is completing two exercises back to back with transitional rest normally using either a contrast or complex training method.

Contrast training is completing one exercise such as the Bench Press or Squat and following it up with a faster-paced exercise such as Pushups or Bodyweight Squats.

Complex training is a type of superset training method where you use exercises engaging the same or opposite muscle groups. Examples of complex training combinations would be step ups followed by lunges (agonist) or leg extensions followed by leg curls (push-pull or antagonist).

Burnout circuits shock your body after a workout with similar or different body movements depending on your workout goals. Circuits typically burn a large amount of calories due to the elevated heart rate. These concepts are great when you have time for working out, but there are other ways to reach your fitness goals if time is an issue.

For many of us, free time to exercise or access to a gym may be out of your control. If it's important to you, you'll find a way to accomplish this. If not, you'll find an excuse. There are ways to utilize body weight exercises to effectively train without the use of machines, free weights and stepping into a gym.

Here are some examples of how body weight exercises can be utilized in your exercise program. When performing any exercise, remember the acronym FOSI (Form Over Speed & Intensity). You should never sacrifice your form just to get the last repetition or just to move up in weight. With so many of life's responsibilities being thrown upon many of us, try incorporating some of these workouts into your lifestyle to prevent health and fitness from becoming a low priority.

### **Burnout Upper Body-after weight training program:**

Chest to Deck Push Ups: 20, 20, 20  
Push up w/ Oblique Twist: 20, 20, 20  
Push up w/ Side Plank: 20, 20, 20

### **Burnout Lower Body-after weight training program:**

Body Squats: 20, 20, 20  
Lunges: 20, 20, 20  
Split Squats: 20, 20, 20

**NOTE:** Stretch before working out to warm up your muscles, prevent injury and get blood flowing. Ideally, a warm up should be between 3-5 minutes (jumping rope, jumping jacks, jogging in place) followed by dynamic stretches. Dynamic stretches are simple stretches that simulate the exercise/sport. Static stretches should follow a cool down period after your workout (3-5 minutes i.e. jogging place or walking). Static stretches consist of holding the stretch from 12-30 seconds depending on the level of tightness. Static stretches are important because they assist in muscle recovery and reduce lactic acid so you don't have that "I hurt too much to move" feeling the next day.

### **Sample Body weight workout:**

Burpees: 10, 10, 10  
Body Squats: 15, 15, 15  
Chest to Deck Push Ups: 20, 20, 20  
Chest Raises: 10, 10, 10  
Lunges: 8ea, 8ea, 8ea  
Step Ups 8ea, 8ea, 8ea  
Tricep Dips: 10, 10, 10  
Shoulder width Pushups: 15, 15, 15  
Mountain Climbers: 20, 20, 20  
Toe Touches: 10, 10, 10  
Oblique Twist: 10, 10, 10  
Hip Raises: 10, 10, 10

# PASS IN REVIEW



514th Senior Airman Anthony Fortino of the 42nd Combat Communication Squadron represented members of Joint Base McGuire-Dix-Lakehurst as part of the All Star Game held July 16 at Citi Field in New York City.

*Courtesy Photo*



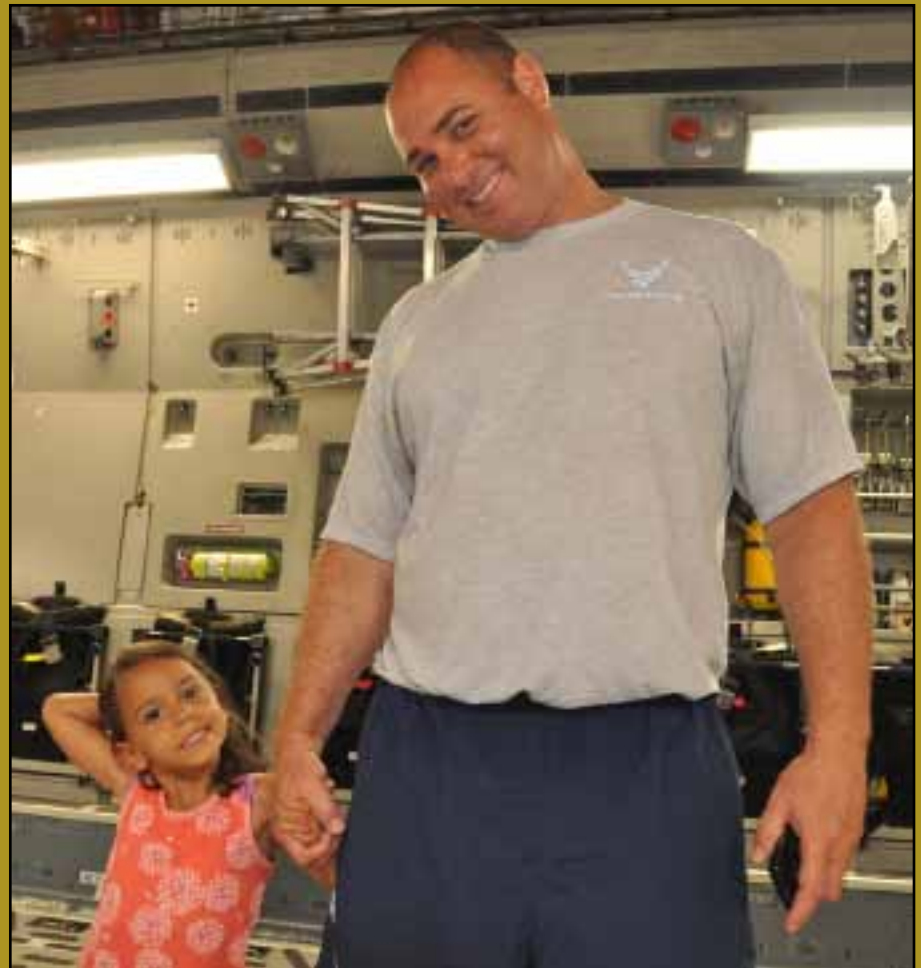
*Photo by Senior Airman Chelsea Smith*

514th Air Mobility Wing honorary commanders partake in the Honorary Commanders oath at the induction ceremony held here. Local community leaders inducted as honorary commanders serve a one-year term working with base commanders to positively impact the community.



*Photo by Senior Airman Chelsea Smith*

Former Active duty, Reserve and Air National Guard members gathered for an Inactive Ready Reserve muster held at the McGuire Base theatre.



*Photo by Senior Airman Chelsea Smith*

Chief Master Sgt. Dana Walton of the 514th AMW Civil Engineering Squadron escorts daughter, Arianna, during the C-17 static display tour. Children of 514th CES members were treated to a day on the flight line and Wacky World Park as part of the unit's Family Day event.



*The following enlisted Airmen were promoted and the officers were selected for promotion*

#### **Airman**

Nicole Gansert, 514 FSS  
Blake Gentile, 514 AMXS  
Jonathan Hutcherson, 514 MXS  
Chelcie Rojas, 514 AES  
Christopher Wagner, 514 AES

#### **Airman 1st Class**

Steven Bueno, 514 AMXS  
Nicholas Gaboda, 514 MXS  
Adolfo Gonzalez, 514 AMXS  
Hector Perez, 714 AMXS  
Steven Schoonover, 732 AS  
Courtney Strohl, 88 APS

#### **Senior Airman**

Joel Allen, 514 AMDS  
Mariko Azul, 514 AMDS

Anthony Despirito, 514 SFS  
Nikolai Gakhokidze, 514 AMDS  
Danae Hall, 514 AMDS  
Ervin Matthews, 35 APS  
Kimberly Mendez, 514 AMDS  
Kwasi Phillip, 514 AMDS  
Kerelin Molina, 714 AMXS

Jesse Johnconne Porcelli, 514 CES  
Aimee Prutzman, 514 MXS  
Chayana Rodriguez, 514 AMDS  
Nefertede Sterling, 514 AMDS  
Susan Velasquez, 35 APS  
Alexander Warden, 514 CES

#### **Staff Sergeant**

Gabriel Figueroaromas, 514 AMXS  
Marva Goss, 514 MOF  
Anthony Gresko, 35 APS

Michael Oneil, 514 MXS  
Wayne Rose, 35 APS

#### **Technical Sergeant**

Alison Artiga, 514 FSS  
Jared Doherty, 514 CES  
Fernando Giglio, 514 MXS  
Kevin Hyde, 514 FSS  
Kevin Jenkins, 714 AMXS  
Shane Lester, 76 ARS  
Joseph Marotta, 514 CES  
Jesse Mclean, 514 LRS  
Peggy Ouellette, 514 AMDS  
Nelson Villatoro, 78 ARS  
Daniel Wood, 514 MXS

#### **Master Sergeant**

William Dotson, 714 AMXS

Douglas Graham, 714 AMXS  
John Harkinson, 78 ARS  
Joseph Jones, 514 AMXS  
Megan Keller, 514 OSS  
Rashad Pleasant, 514 LRS  
Garrett Rayno, 76 ARS  
Jason Richard, 714 AMXS  
Elizabeth Walton, 514 CES

#### **Senior Master Sergeant**

Richard Ferraro, 732 AS

#### **Chief Master Sergeant**

Lance Lonsinger, 514 SFS  
William Gross, 714 AMXS

#### **Lieutenant Colonel**

Brian Alexander, 78 ARS

Brian Curland, 76 ARS  
Christopher Day, 514 AES  
Amelia Deasaweiland, 514 AES  
Eric Delwiche, 78 ARS  
Gregory Gaiters, 514 AES  
Gaspar Howell, 514 AMOS  
Keth Johnson, 514 AMOS  
Scott Kadar, 78 ARS  
Sean Lambe, 514 SFS  
Michael Mobley, 732 AS  
Ian Smith, 78 ARS  
Peter Souritzidis, 514 AMW  
Matthew Tondini, 78 ARS  
Joseph Zackaricz, 714 AMXS

## Freedom Wing receives 2012 AF Outstanding Unit award

**By Senior Airman Chelsea Smith**

*514th Air Mobility Wing public affairs*

Congratulations are in order for members of the Freedom Wing as the wing was one of only 14 Air Force Reserve wings recognized for meritorious service as a recipient of the 2012 Air Force Outstanding Unit award.

The recognition is given by the Secretary of the Air Force to units that have distinguished themselves by exceptionally meritorious service or outstanding achievement that clearly sets the unit above and apart from similar units. The award covers achievements during a two-year time period.

“This award is a testament to all of the phenomenal mission-focused people working to support our operations” said Col. Michael Underkofler, 514 AMW commander. “We’re a large wing, Air Force

Reserve Command’s fifth largest, with many moving parts and different missions. I’m continually impressed by our reservists’ spirit of volunteerism to deploy at a moment’s notice. You name the operation and I bet we’ve had a reservist from the wing supporting it.”

During the award period, the 514 AMW amassed more than 25,000 total flying hours, which included more than 14,200 hours in fiscal year 2012. This was the highest amount flown by any wing in the Air Force Reserve Command.

In an incredible display of volunteerism, 866 wing members, to include the Commander, deployed in support of critical operations to include New Dawn, Enduring Freedom and Iraqi Freedom amongst other operations. The 514th Air Mobility Wing also executed a mission of historical significance by repatriating the remains of “Chow-hound,” a famous B-17 Flying For-

ness, with dignity and honor.

In addition to all the operational accomplishments, the 514 AMW closed out fiscal year 2012 with the highest overall retention rate of personnel within the 36 AFRC wings. Similarly, the wing bested all the other Reserve wings in the total number of decorations approved for its members.

“Our wing has always been successful and continues to do great things,” said Col. Jonathan Spare, 514 AMW vice commander. “What will fuel our continued success are the people, their amazing attitudes and their efforts. Moving forward, we will continue to capture the wing’s accomplishments.”

The AFOU award was created in 1954 as the first independent Air Force award.



# “First-class” pilot wins top award for research

By Senior Airman Chelsea Smith  
514th Air Mobility Wing public affairs

Taking a moment to contemplate the question, Maj. Brian Alexander bowed his head to carefully formulate an answer to a question he may or may not have been brooding over since he received the news.

“I can’t tell you why I was selected,” said Alexander, 78th Air Refueling Squadron KC-10 Extender pilot. “I wrote the paper to finish the program. I didn’t even know they awarded papers for outstanding academic research.”

It was an unintended result after nearly four years of strenuous classwork, independent research, edits and re-writes that all culminated into a stellar research paper awarded the Airlift Tanker Association “Global Reach” award for excellence in research. Alexander’s journey began in the winter of 2009 when he enrolled in the online master’s program at Air Command and Staff College in pursuit of his master’s along with 507 other long distance candidates. Alexander endured 11, eight-week classes covering subjects such as leadership in warfare, joint planning, and international security studies.

Each week students were tasked to compose a five-page paper resulting in a collective research paper accounting for 40 percent of the student’s final grade, said Alexander. In total, Alexander said he spent 16 weeks developing a proposal and drafting a final product, though astonishingly, he was able to balance a full-time work schedule around school deadlines. Often dedicating up to 12 hours per week on school work, he completed the program in less than four years.

“The schedule was demanding,” he said. “The concept of writing a research paper was daunting, but I had tremendous guided instruction from my advisors throughout the entire process.”

Surpassing 480 in-residence students and 507 online students, his paper, entitled “Every Last Drop in the Tank: Analyzing Air Mobility Command’s Fuel Usage, Policies, and Savings Efforts during Ground Operations,” differentiated fuel efficiency standards between Air Mobility Command and commercial airliners, a topic he was self-admittedly well-versed in.

His common sense approach to the subject actually began years before hunkering down to complete his paper. Drawing on years of experience piloting KC-10 aircrafts and flying commercially for JetBlue Airways and FedEx, Alexander translated his experienced, deep-seeded understanding of the subject matter to his academic work.

“Alexander is one of the best officers and pilots that we have in the squadron,” said Lt. Col. Michael Cruff, 78 ARS commander. “Between active-duty and reserve deployments, he has supported more than 12 overseas operations and was the first KC-10 deployed in response to the Sept. 11 attacks.”

Cruff and Alexander’s friendship dates back to the late 1990s when they were first commissioned as second lieutenants following initial pilot training, in which Cruff described him as one of the most talented in his training class and the best KC-10 pilot in their peer group. “He was always very laid back and quiet,” said Cruff. “But he has always excelled academically, and outside of flying, he’s also a



Photo by Senior Airman Chelsea Smith

Col. Michael Underkofler, 514th Air Mobility Wing commander, congratulates Maj. Brian Alexander, 78th Air Refueling Squadron KC-10 Extender pilot, for receiving the Air Command and Staff College’s commandant’s award for excellence in research here Aug. 25. Alexander, spent 16 weeks completing his research paper while in pursuit of his master’s degree.

talented golfer and swimmer.”

Praise also comes from Dr. Bart Kessler, ACSC Distance Learning dean, who recognized Alexander in a signed letter championing his win as a significant accomplishment underscored by outstanding sustained performance.

“A major motivation for enrolling initially was to obtain credit for ACSC to become more competitive for promotions,” said Alexander. “But in hindsight, I gained a heightened sense of the Air Force as a whole because the program opened my eyes to functions beyond KC-10 operations.”

It is this methodical and pragmatic rationale to all his successes that have relentlessly allowed him to excel academically and professionally in both his civilian and military careers. The lieutenant colonel-select has been promoted to assistant director of operations and will assume additional duties of authoring awards and decorations and editing officer and enlisted performance reports, said Cruff.

“Good work is always rewarded with more work,” said Cruff. “I anticipate continued successes in his leadership capacity as he takes on these crucial new roles.”

As he officially settles into his new position, Alexander said he credits his school advisor, Dr. Dennis Duffin, his family and unit members for acting as a support system throughout the process.

“All I did was follow directions,” said Alexander. “When they reviewed my research paper, it contained all the necessary components they were looking for. I take a very common sense approach to writing and ultimately, I was really just trying to graduate.”

The online master’s program, launched in 2007, operates through the ACSC and provides Air Force majors and civilian equivalents an educational opportunity to meet the needs of service while also accommodating current high operations tempo. Students are encouraged to finish the 88-week course within five years of their start date.



Photo by Senior Airman Chelsea Smith

## Golf tournament awards Airmen, preserves legacy

By Senior Airman Chelsea Smith  
514th Air Mobility Wing public affairs

Freedom Wing members and distinguished guests strapped on their golf shoes to support the 11th Annual Senior Airman Kevin L. White Memorial Scholarship Golf Tournament held at the Falcon Creek Golf Course. 115 people dressed in their finest sports apparel gathered to honor the memory of former 514th Security Forces Squadron member, Senior Airman Kevin L. White, who tragically died in an accident while supporting Operation Enduring Freedom in 2003.

Each year scholarships are awarded in his memory to deserving Airmen pursuing their undergraduate education. This year's scholarship winners included four outstanding Senior Airmen: Joel Cruz of the 514th Aircraft Maintenance Squadron, Ashley Gonzalez of the 514th Aeromedical Staging Squadron, Rachel Hollinger of the 514th Civil Engineering Squadron, and Ariana Petrycki of the 732nd Airlift Squadron. Each will receive a \$1000 scholarship towards the completion of their undergraduate degree. Cruz, a forensic science major at John Jay College in Manhattan, said he came across the solicitation for applications online and decided to apply.

"I didn't expect to receive the scholarship because I imagined it was going to be very competitive," he said. "Nonetheless, I'm very grateful to be a recipient. I plan to use the funds towards school books and lab fees come Fall."

Applications are generally submitted up to eight months in advance to members of the 514th Career Advisor Council and evaluated on merits such as grade point average and a recommendation from the unit member's squadron commander, said Master Sgt. Tanowa Watson, 514th Career Advisor Council president. Funds generated from local businesses and organizations help sponsor the tournament and are allocated toward scholarship awards. Nearly \$11,000 was raised this year.

The tournament's top two sponsors included Signature

Systems, Inc., donating \$2,000, and White's Apartments, donating \$1,000. Notable sponsors also included Trinity Church, UBS Financial Services, Inc., Andrews Federal Credit Union, Dubh Linn Square, and Jester's Restaurant and Bar. Duffle bags sponsored by Signature Systems, Inc. were given to tournament participants and door prizes such as gift bags, gift cards and recreational items were raffled off to lucky winners.

"It's a daunting task to organize this event," said Watson. "But we're very fortunate to have the support of local businesses and community members to help pull out an event that's held for such a worthy cause."

The tournament's closing festivities included an evening banquet recognizing scholarship winners, sponsors and volunteers. Delivering a heartfelt speech was a gentleman wearing many 'hats': sponsor, distinguished guest, former Freedom Wing command chief, and most importantly father of the honoree. Retired Chief Master Sgt. John White said he was overwhelmed and grateful by the outpouring of support that continues to grow each year.

"It is wonderful to keep his memory alive through an outlet that will benefit others," said White. "I'm very appreciative to all the organizers who work to keep my son's legacy alive. It's a joyous occasion to reconnect with old and new friends and be a part of something that substantially helps others."

Senior Airman White, a criminal justice major at West Chester University in Pennsylvania, was in the process of completing his undergraduate degree when he enlisted in the Air Force Reserves immediately following the Sept. 11 attacks. In honor of his dedication and duty to the country, the 514th AMW Career Advisor Council and SFS created the memorial golf tournament and scholarship fund in 2003, awarding scholarships to the next generation of Airmen following in the White's footsteps.

# PULSE CHECK

**What's your favorite thing to do for fun outside of work and reserve duty?**



**Tech. Sgt.  
Rupesh Ajmeri**  
514th

*Aerospace Medicine Squadron*

"I love going to the movies."



**Lt. Col. Todd Brace**  
78th

*Air Refueling Squadron*

"I like spending time with my family outdoors."



**Airman 1st Class Danae Hall**  
514th

*Aerospace Medicine Squadron*

"I enjoy going to an amusement park."



**Tech. Sgt.  
Bobby R. Edoo**  
714th

*Aircraft Maintenance Squadron*

"Reading is my favorite thing to do, especially reading books on history."



**Master Sgt. Byron Wright**  
514th

*Maintenance Squadron*

"Listening to music, camping, hiking and hanging at the shore."



*Photo by Senior Airman Chelsea Smith*

## SPOTLIGHT: STAFF SGT. OWEN MONK

**Unit:** 514th Security Forces Squadron

**Hometown:** Brooklyn, N.Y.

**Civilian Employment:** NYPD Police Officer

**Little known fact about you:** I did stand-up comedy during English class in high school.

**Favorite movie:** Gladiator

**Most exciting event in your life:** Coming home from a long deployment in Afghanistan with my entire team.

**Favorite foods:** Fresh chicken alfredo

**Favorite sports team:** New York Jets

**Bucket list item:** I just want to live, love my family and be the best man I can be.

**Favorite holiday:** Christmas

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## Fin-Flight: KC-10 flight engineer reaches milestone

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

Approximately 40 Airmen were present to celebrate the final military flight of one of the 76th Air Refueling Squadron's finest. As part of the fini-flight tradition, family members and coworkers showered Senior Master Sgt. Tim Hunter, flight engineer, with water.

Hunter, who began his career 41 years ago, spent 30 years as a KC-10 flight engineer. His career started with a deployment in support of the Vietnam War and ended it with a deployment for Operation Enduring Freedom. He holds the squadron's distinction of serving the most years as a KC-10 crew member and being the last crew member to have served during Vietnam.

"Over the span of his 41 year career, a lot of today's Airmen have only read about the operations in which he was involved," Senior Master Sgt. Scott Bishop, 76th Air Refueling Squadron, said. "He enjoyed his job, always came to work with a smile and was the first to lend a hand to members of the squadron who needed assistance."

## FREEDOM FLYER

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Joint Base McGuire-Dix-Lakehurst, NJ 08641

FOR THE FAMILY OF:



Participants set out to begin the 18-hole game at the Kevin L. White Memorial Golf Tournament held Aug. 23 at the Falcon Creek Golf Course. The event brought former Freedom Wing members, distinguished visitors and golfers together for good-spirited competition, camaraderie and recognition of four Senior Airmen.

*Photo by Senior Airman Chelsea Smith*