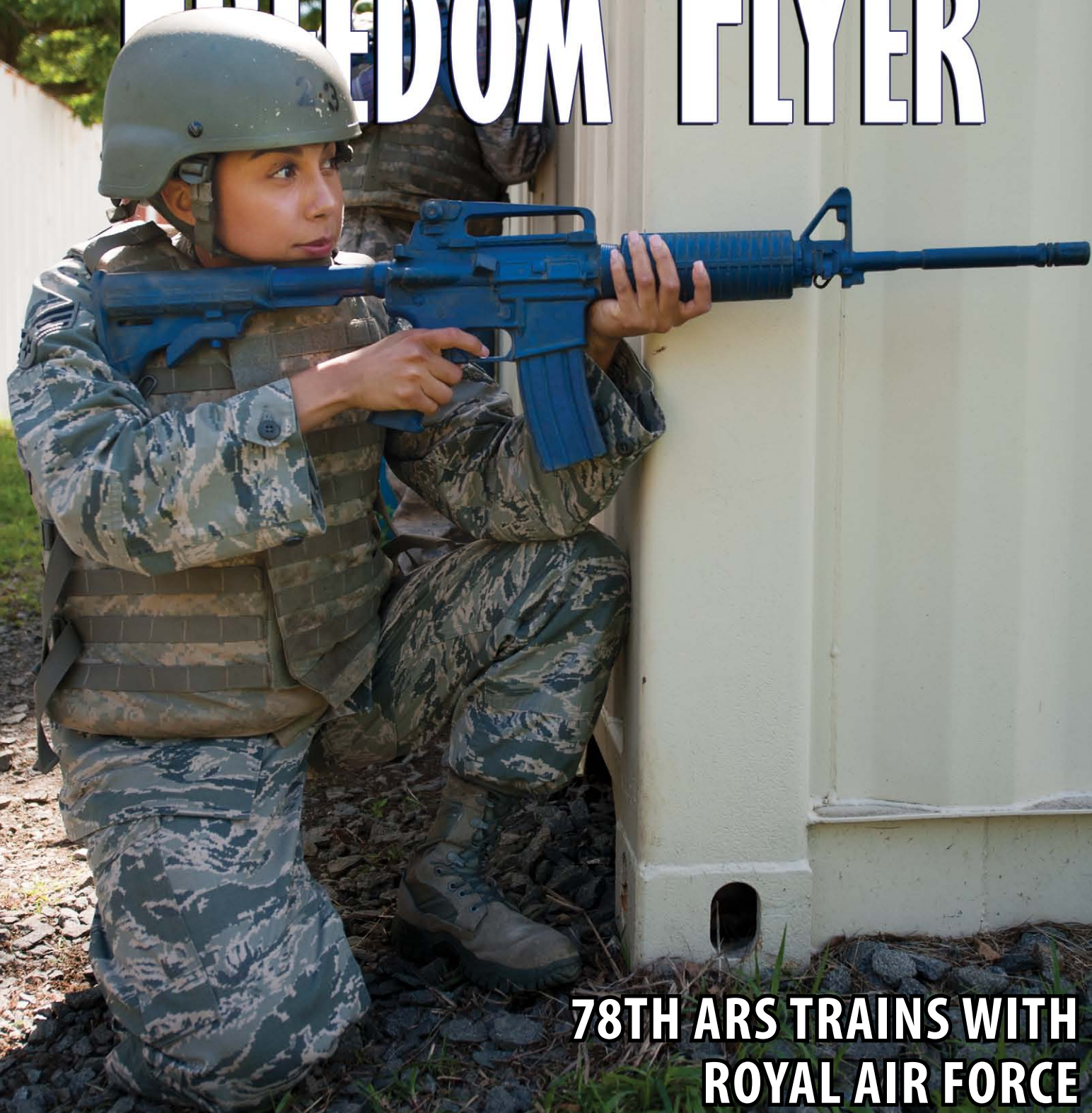


514TH AIR MOBILITY WING

JUNE/JULY 2014

# FREEDOM FLYER



**78TH ARS TRAINS WITH  
ROYAL AIR FORCE**

**42ND CBCS TURNS ON THE  
JUICE AT JOINT EXERCISE**



# FREEDOM FLYER

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## ON THE COVER

Senior Airman Starlene Farias, 514th Aerospace Medicine Squadron, supplies coverage for a team of medics training at Army Support Activity Fort Dix's Medical Simulation Training center June 6.



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Master Sgt. Daniel Martinez, 714th Aircraft Maintenance Squadron, checks the “i’s and e’s” (inlets and exhausts) of a KC-10 Extender aircraft before an aerial refueling mission at Peterson Air Force Base, Colorado Springs, Colo., June 19.

*Photo by Christian De Luca*

# 514TH AIR MOBILITY WING MISSION

**Recruit, Train and Sustain  
Combat-Ready Citizen Airmen to Fly, Fight and Win**

## OUR PRIORITIES

- **Deploy Combat Ready Airmen**
- **Develop our Airmen**
- **Defend the way we serve**
- **Fun--incorporate it into what we do**



## UFC Fit tour talks fitness improvement

**Story and photo by Christian De Luca**  
*514th Air Mobility Wing public affairs*

The Ultimate Fighting Championship Fit Tour stopped at Joint Base McGuire Dix Lakehurst's Fitness Center and challenged Airmen and Soldiers to step up their physical game during a workshop June 25.

The workshop is an Air Force Recruiting sponsored event promoting physical fitness and healthy lifestyles.

UFC Fit Coach Mike Dolce and former interim welterweight champion Carlos "the Natural Born Killer" Condit discussed ways to improve fitness through dieting, setting goals and discipline.

Dolce said it takes daily goals and dedication to optimize your potential.

"Without specific goals, how can you (become the best that you can be)?" he said. "You can't without a clear and defined goal for each day."

"So when you hop out of bed in the morning, you should have a very clear idea of what you are going to do with this day. How you're going to make this one day special," he continued. "How are you going to use your wisdom and experience from all of your days prior to make this day better?"

Dolce recommends starting out with small, achievable goals, writing them down daily and expanding on those victories.

For diet, Dolce skips the calorie counting and, instead, focuses on four basic rules.

1. Eat earth grown nutrients – that means wild/organic foods.

"If it runs on the earth, grows from the earth or swims in the sea,

then you can eat it," he said.

2. Eat every two to four hours and portion your food based on what you just did and what you are about to do.

3. Eat until you're satisfied, not until you're full.

4. Stay accountable for your actions.

"I have never had a craving that I couldn't beat," he said. "Put your greatest challenge in front of you. Don't run from it. Don't hide from it. Face it head on and overcome it."

Condit agreed with Dolce's approach and said he's seen it work first hand in his career.

"I grew up eating the same as probably 90 percent of America. Fast food, processed food," Condit said. "So when I started competing, I wasn't eating right. I didn't know how to. That was a big part of it. I had been eating a certain way my entire life."

Condit tried measured diets recommended by various trainers, but the preciseness and rigidness of the food portions and the focus on caloric intake really turned him off.

When he teamed up with Dolce, he saw a big difference.

"As I started focusing on what I was eating and my lifestyle, my career really took off," Condit said.

Dolce said his ability to help other people achieve their potential is what really motivates him.

"Best thing in the world is to lift people up," he said.

After the workshop, the two took questions from the crowd, signed autographs and took pictures.



Members of the 514th Recruiting Squadron pose with UFC Fit coach Mike Dolce (far right) and former UFC interim welterweight champion Carlos Condit (fourth from left) at the Joint Base McGuire Dix Lakehurst Fitness Center, June 25,

# PASS IN REVIEW



Photo by Christian De Luca



Photo by Senior Airman Chelsea Smith



Courtesy photo

Above: Senior Airman Benjamin Goodwin, 714th Aircraft Maintenance Squadron, watches as Tech. Sgt. Phillip Culotta, 76th Air Refueling Squadron (not shown), refuels a B-2 Spirit Bomber during a training mission out of Peterson Air Force Base, Colo. Below Left: Capt. Alexander Devito, 732nd Airlift Squadron, donates money to help fellow airman Lt. Col. Grant Christianson, 514th Operational Support Squadron, who's family lost their house and most of their belongings in a fire. Below Right: Col. Michael Underkofler, 514th Air Mobility Wing commander, Capt Allison Ecung, 514th AMW public affairs officer, and Chief Master Sgt. Kevin Warbrick, 514th AMW command chief, meet with New Jersey senator Corey Booker during an annual congressional visit in Washington D.C.



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# MEDICS TRAIN AT MSTC



Members of the 514th Aero-  
Space Medicine Squadron and  
Aeromedical Staging Squadron  
participated in a training exercise  
conducted at the Fort Dix Medical  
Simulation Training Center June 6.  
The MSTC is a standardized  
family of supporting component  
elements that simulate various  
battlefield environments used to  
train and prepare medical and non-  
medical units for application of  
medical intervention under com-  
bat conditions.

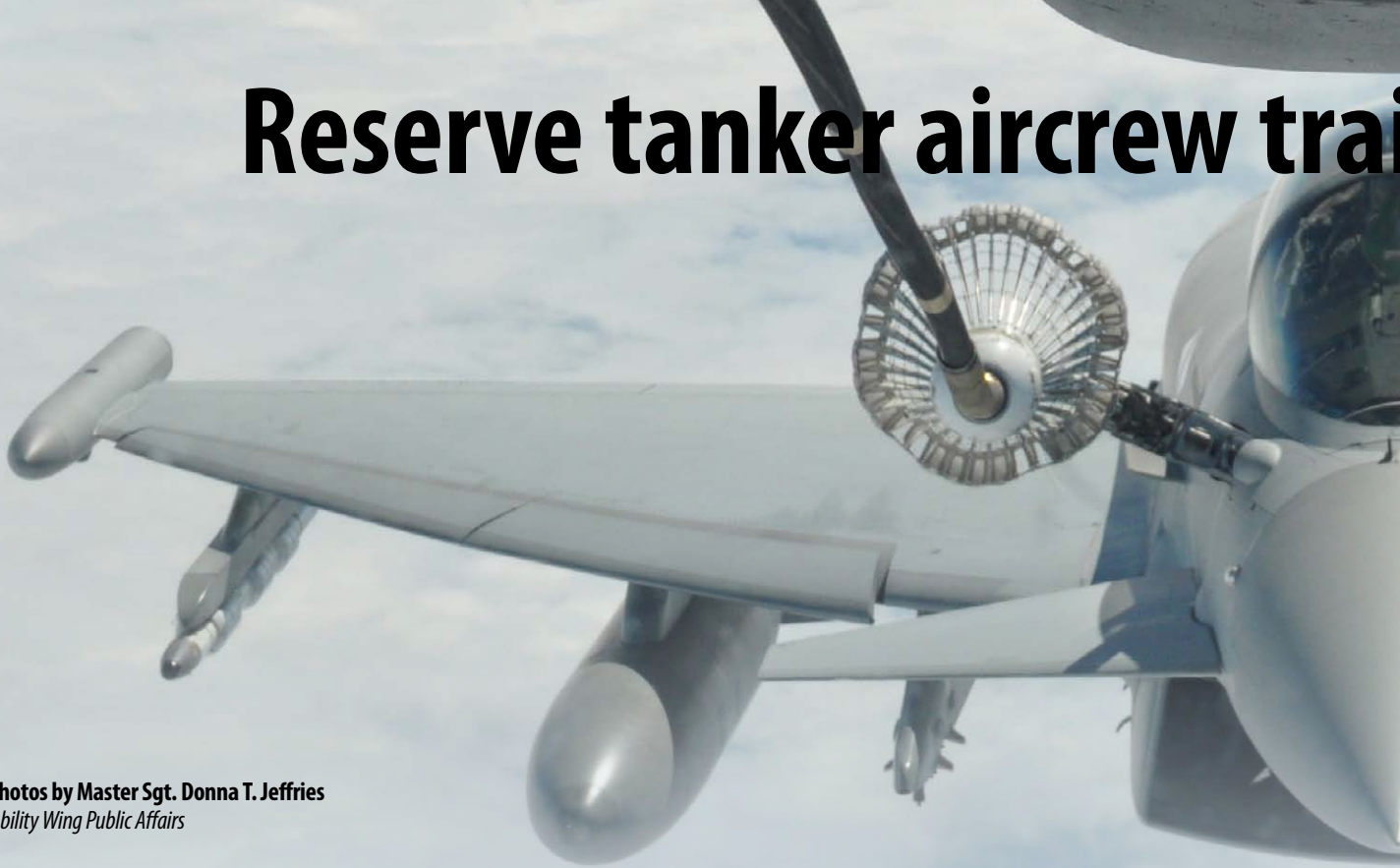


*Photos by Christian De Luca*



**Top Left:** Staff Sgt. Moises Mateus, 514 AMDS, stabilizes the head of an “injured” dummy while other medics put a tourniquet on its leg during a battlefield simulation exercise at the Fort Dix Medical Simulation Training Center June 6. **Top Center:** Senior Airman David Batetta, 514th AMDS, shields himself behind a wooden obstacle and provides security for the rest of his team. **Top Right:** Tech. Sgt. Besley Sarazin, 514th AMDS, climbs over a wooden barrier, one of many obstacles in the MSTC’s course. **Bottom Left:** Medics from the 514th AMDS make their way through the MSTC’s obstacle course. **Bottom Right:** Medics place their “wounded” onto a military ambulance after completing the obstacle course.

# Reserve tanker aircrew train



**Story and photos by Master Sgt. Donna T. Jeffries**  
*514th Air Mobility Wing Public Affairs*

A KC-10A aircrew from the 78th Air Refueling Squadron here refueled several Royal Air Force Typhoon GR4Fs over the North Sea June 6 during an infrequent air refueling training mission.

The Typhoons were from the RAF 6 and 1(F) Squadrons, RAF Leuchars, United Kingdom.

The training is vitally important for all involved, as it's not often that Air Force Reserve Command tanker crews have the opportunity to refuel Typhoons outside of real world combat missions, said Master Sgt. Alan Crosby, KC-10 flight engineer and mission planner for the training flight.

"Often, the first time an RAF pilot sees a KC-10 is in combat over Afghanistan, and that's not a great place to learn," said Crosby. "These pilots are professionals, and they are going to get the gas, but it's always nice to get a little practice before you have to deploy."

His sentiments were echoed by many.

"It's good to get the experience in now when it's not a combat situation" said RAF Flt. Lt. Bruce McConnell, a 6 Squadron Typhoon pilot.

"Any opportunity for us to work with any of the NATO allies is good training," said Lt. Col. Todd Brace, a 78th ARS KC-10 pilot. "Reserve pilots often only see the Typhoon during wartime or major exercises, so we welcome the opportunity to provide training on their refueling procedures because we also gain some training on their airframe. I've flown the KC-10 for almost 22 years and have never refueled the Eurofighter before," Brace

said.

Preparing for an upcoming first-time deployment to Southeast Asia, boom operator Senior Airman Gregory Coburn took advantage of this opportunity to refuel the airframe he's also never seen before.

"It was good to get this experience now when it's not a combat situation," said Coburn. "I will need it for the future since I



may see them again during my deployment." Crosby agrees.

The skies were bright and sunny for this occasion which marked the fourth time within 18 months that the units have trained together, said Crosby.

"We need to practice refueling quite often - because we need to refuel for Quick Reaction Alert (Interceptor) North missions.

"Every month or so, we have aircraft launching to intercept Russian long-range aviation assets which are entering the UK. We

will tank (RAF term for air refueling) during those sorties because they could be four or five hours long," said McConnell.

With alert duty as their primary role, McConnell said they need to be proficient at tanking and need to train often with air refueling from all tankers.

What makes the KC-10 so unique is its versatility. While its primary mission is aerial refueling, the KC-10 can combine the tasks of tanker and cargo aircraft by refueling fighters while carrying the fighters' support people and equipment during overseas deployments. The aircraft can transport up to 75 people and about 170,000 (76,560 kilograms) pounds of cargo a distance of about 4,400 miles (7,040 kilometers). Without cargo, the KC-10's unrefueled range is more than 11,500 miles.

It's a nice aircraft to tank from because it's a large aircraft with a nice stable drogue and lots of fuel and lots of time airborne to provide us with the fuel, said McConnell.

In addition to the wing fuel tanks, the KC-10 has two large fuel tanks under the cargo floor, one under the forward lower cargo compartment and one under the rear compartment. Combined, the six tanks carry more than 356,000 pounds (160,200 kilograms) of fuel -- almost twice as much as the KC-135 Stratotanker.

Using its advanced aerial refueling boom, or its drogue refueling system, the KC-10 can refuel a wide variety of U.S. and allied mili-



# ins with RAF fighter pilots



tary aircraft. It is equipped with special lighting for night operations.

RAF Typhoon pilot Flt. Lt. Tori Turner, a new fighter pilot, received invaluable “work-up,” or upgrade pilot training on this mission that laid the groundwork for her combat skills, also chimed in on the 10’s assets.

“I’ve tanked off of the Voyager (Britain’s newest tanker) and, a while ago the Tristar (Britain’s former tanker) just before it went out of service,” said Turner. “The KC-10 is

similar to the Tristar but has a much bigger basket (drogue) than the Voyager. It’s a nice platform and the hose isn’t crazy long so you have time to get settled into place to receive the fuel,” she said.

The scenario is one that both units would like to see happen again since it allows them to not only work together in the sky, but to also interact and learn from on another once they land.

“We may refuel them over in the desert but we don’t get the opportunity to talk with

them afterwards, to debrief and build ties. The RAF is a smaller Air Force than ours (U.S.) and being reservists, we have the continuity to be here for a long time and will have the chance to see the same guys and learn from each other and actually build lasting friendships,” said Crosby.

The KC-10 crew said they would like to have the squadron train with their NATO partners once a quarter and include a ground debrief or get-together once the mission is complete to cement lessons learned.

## 78th ARS commemorate the 70th anniversary of D-Day with a fly-over

June 6, 1944, D-Day, U.S. paratroops from the 101st Airborne Division jumped from C-47s piloted by the 78th Troop Carrier Squadron, over the shores of Normandy Beach during the invasion of Normandy, France in World War II. Seventy years later, 78th Air Refueling Squadron members highlight their illustrious squadron’s beginnings with a memorable flight closely duplicating the one taken by the 78th TCS on D-Day. The exact route of flight is not known, however, from RAF Welford they flew south over the English Channel and used Jersey Island as an Initial Point (IP) to align themselves with the drop off points. The 78th TCS drop point was over Ste-Marie-du-Mont, approximately 20 miles behind enemy lines. They missed their target and dropped north of that position. After dropping the troops the armada of 925 C-47s turned north back to England. It was said that during the 24hr period the C-47s made several sorties, some of them 3 times a day.



# 42nd Combat Comm turns on the “juice” at joint exercise

Story and photos by Christian De Luca  
514th Air Mobility Wing public affairs

Airmen from the 42nd Combat Communications Squadron participated in the Joint User’s Interoperability Communications Exercise at Aberdeen Proving Grounds, Maryland from June 2 to June 27.

The international exercise, known as J.U.I.C.E., tests the communication capabilities between a broad spectrum of agencies,



42nd CBCS Airman Tech. Sgt. Ronald Cusomano, radio frequency transmission apprentice, Tech. Sgt. Katre Bishop, radio frequency transmission craftsman and Staff Sgt. Jason Clark, radio frequency transmission journeyman, monitor communications equipment at the Joint User’s Interoperability Communications Exercise at Aberdeen Proving Grounds, Md. June 26.

which include the four facets of the military, the FBI, FEMA, National coalition partners and many others, during emergency situations, and national and international threats.

“It’s a multi-lateral communications exercise to see how agencies will respond to a mass event in a real world scenario,” said Capt. Charles Gilbert, 42nd CBCS officer in charge of communication operations. “We want to see that, after an invasion or a chemical attack, or a natural disaster, these agencies can unilaterally communicate with each other to fix the incident.”

Gilbert said, the primary goal for the 42nd CBCS is to support the Joint Network Operations Control Center, or JNCC, which serves as a control agency for the management and direction of the joint forces communications systems.

“We are their backbone,” he said. “So any communications they need to reach the outside world, be it internet, email or phone, we support. We house their main servers and provide everything they need.”

John Kahler, Joint On-Demand Interoperability Network lead, said the 42nd CBCS was an intricate part of why the J.U.I.C.E. exercise was a success.

“They rolled in with their equipment. They didn’t need to ask a lot of questions. They just started working, unloading trucks and setting up tents,” he said. “Their responsibility was to set up the communications for

the (Joint Task Force), but they did more than that. They started to interface with the other organizations. So not only did they complete their mission, they supported other missions as well. They just rolled up their sleeves and made it happen.”

The interface, technical and social, with other military branches is an important part of these joint exercises, according to Lt. Col. Chuck Rich, 42nd CBCS commander. Deployments often mean working and living with sister services to complete a mission, so training alongside them stateside and learning each other’s equipment is imperative.

“These days you’re not going to just deploy the Air Force, so communications with our sister services is extremely important in getting the job done,” he said. “We all have our specialties. Some things the Air Force is good at that the Army isn’t and vice versa. We have to mesh together, and if we’re going to play that way, we have to practice that way.”

Rich said the one thing that binds the communications community together is they all speak the same language.

“When you get the Air Force or the Navy together they have their own lingo. But when their IT (information technology) guys, or the geeks, get together, we all speak the industry standard. It’s not all branch specific acronyms we made up,” he said. “All of our equipment is very deep off-the-shelf industry stuff. So we can talk about packets and IP addresses and all these kinds of things, and we’re all on the same page.”

When deployed, the 42nd CBCS has the capability to provide communications to about 3,000 people and can be up and running within four hours of hitting the ground. Having a proper communications system that is rapidly operational is crucial to mission completion, according to Master Sgt. Donovan Cameron, 42nd CBCS chief. Because of that, a team of civil engineers is attached to the squadron to provide power to its extensive and sometimes sensitive array of equipment.

“On a deployment, civil engineers would be everywhere, setting up buildings, etc. We would be low priority for them,” Donovan said. “Then the base commander would ask, ‘where’s my communications?’ So we weren’t getting the attention we needed to do our jobs. Having our own engineers who are dedicated to our operation and know the intricacies of

our equipment was imperative to meeting our mission requirements.”

“I am like their electric company,” said Tech. Sgt. Arthur Jones, 42nd CBCS power production technician, who is in charge of the seven-engineer production team. “We’re the first ones in to set-up and the last ones breaking things down to get out. Anywhere in the world they go, I grab our generators and we go.”

During the exercise, Jones supplied power to four air conditioning units, two tents worth of equipment, and the squadron’s satellite dish, which is the heart of the operation.

“Our mission, when deployed, is to provide reach-back capability back to stateside. We’ll set up our antennae, which will point to a satellite, which will point back to home station,” said Senior Airman Jeremiah Warren, 42nd CBCS cyber transport technician. “During this exercise our home station is right next door. Without our equipment everyone here would still be able to talk to each other. With our equipment they have the ability to talk securely worldwide.”

Currently, the 42nd CBCS, which is assigned to the 960th Cyberspace Operations Group at Joint Base San Antonio, Texas, but is geographically located at Joint Base McGuire-Dix-Lakehurst, N.J., is scheduled to deactivate based on the Department of Defense budget request for fiscal year 2015.

But the squadron will continue to move forward, according to Rich, because, despite



Tech Sgt. Arthur Jones, 42nd CBCS, power production technician, monitors the power supply at the Joint User’s Interoperability Communications Exercise at Aberdeen Proving Grounds, Md. June 26.

what happens in the future, having competent, up-to-date Airmen is beneficial to the Air Force Reserve, as well as the trained individual.

“Although we’re on the Department of Defense’s Appropriations Bill for closure, we’re still doing everything we’re supposed to be doing,” he said. “We’re doing our training. We’re doing exercises. We’re keeping up with it. So, if we get to stick around, we’re going to be good. If our guys have to go to other units, they will still be highly trained and prepared.”



*The following enlisted and officers were recently promoted.*

**Airman**

Gerard Oyola, 35 APS  
Diego Plata, 514 FSS  
Craig Staffieri, 714 AMXS

**Airman 1st Class**

Nielsen Flores, 514 FSS  
Daniel Hudspeth, 35 APS  
Matthew May, 88 APS  
Andrew Nanni, 714 AMXS  
Rajpert Smith, 514 CES

**Senior Airman**

Matthew Andree, 88 APS  
Kirk Archibald, 714 AMXS  
Isaac Bond, 714 AMXS  
James Boyd, 42 CBCS  
Jean Mary Desrosiers, 514 AMDS  
Kareem Edwards, 88 APS  
Hendrick Fayette, 88 APS  
Nicholas Gaboda, 514 MXS  
Anthony Guerriero, 514 SFS  
Matthew Hulick, 514 SFS  
Derick Hunter, 514 MXS  
Bryant Krahel, 88 APS  
Carlos Mejia Jr., 514 SFS  
Matthew Murphy, 35 APS  
Rodolfo Nunez, 514 MXS  
Chelcie Rojas, 514 AES  
Samuel Saitie, 88 APS  
Gretchen Schmoyer, 514 AES  
Peter Vega, 514 AMDS  
Michael Waterhouse, 514 CES  
Darryl Williams Jr., 514 AMDS

**Staff Sergeant**

Staff Sgt Ramon Corchado  
Horace Daughety, 35 APS  
Victor De Jesus, 514 CES  
Starlene Farias, 514 AMDS

Matthew Headen, 514 ASTS  
Magdala Norton, 35 APS  
Jonathan Rachael, 35 APS  
Carolina Rios, 514 LRS  
Ithier Rivera, 514 SFS

**Technical Sergeant**

Jason Burgos, 514 MXS  
Brunilda Cheveres, 514 LRS  
Robin Gray, 514 AMDS  
Prodomos Karliolis, 514 AMXS  
Arlene Pamittan, 514 AES  
Lloyd Richardson, 514 MXS  
Robin Smith, 514 AES

**Master Sergeant**

Raymond Coletti, 88 APS  
Ryan Convey, 514 AMXS  
Rodney Lyles, 514 MXS  
Williams Margle, 514 FSS  
Raven Moses, 88 APS  
Steven Robles, 88 APS

**Senior Master Sergeant**

Glenn Edwards, 514 MXG  
Cheryl Marshall, 514 LRS  
Alec Nagy, 514 OSS  
Jason Vion, 514 OSS

**1st Lieutenant**

Peter Ford, 76 ARS  
Cameron Hatton, 732 AS  
Todd Kreykes, 78 ARS  
Geoffrey Martone, 76 ARS  
Carl Pachmayer II, 76 ARS

**Captain**

Angel Burgos III, 514 AES  
Guillermo Guillen Jr., 514 OSS  
Brandice Severin, 514 CES



**SPOTLIGHT**

**LT. COL. KIMBERLY LALLEY, PUBLIC AFFAIRS CHIEF**

**What's your hometown?** As an Army Brat the longest place I lived growing up was three years in Germany. I went to the same high school my mother went to 24 years earlier. My grandfather was an Army chaplain.

**What was your previous position?** I started my full-time military career as the State Public Affairs Officer in the NM National Guard, from there I became the Director of Personnel at the 150th Fighter Wing, then moved to CA to be the State Family Program Director. I'm thrilled to be back in public affairs and excited to be in the Reserves. The Reserves Rock!

**What do you think about New Jersey?** I LOVE NJ! I've lived in many different places and I finally found home. The sky is extraordinary, the people are wonderful and there's so much to see and do. It's great living in a bucolic area but having easy access to major cities and airports.

**What are your hobbies?** I'm addicted to Bikram Yoga. I've been practicing this style of yoga since 2003 and became a certified instructor in 2008. When I travel I seek out Bikram studios and have practiced in Mexico, France, Chile and Spain and taught in Finland. I am the godmother of seven year old twins - a boy and girl who are Air Force brats living in N.C. They've been in my life since they were babies and we enjoy having great adventures together. I love seeing things from their perspectives and creating memories. For their Spring Break we came up to check out N.J. and listened to the Frozen CD all week.

**Favorite movie?** "Seems Like Old Times" starring Goldie Hawn and Chevy Chase.

**What's a little known fact about yourself?** I am the guardian of three litter-box trained, fixed, rescued house rabbits. I used to run a rabbit rescue in NM. They can make great house pets if you can bunny proof your house and don't mind nibbles taken out of furniture.

**What do you enjoy most about your job?** I've had so many "pinch me" moments since I got here. I'm thrilled to be in the Reserves and a member of the 514th. I get to interact with interesting folks - it's an honor to tell their stories.

**If you could do anything in the world, what would it be?** Travel the world and teach Bikram Yoga. It's a passion of mine and it's a healing modality for chronic illness.



Photo by Christian De Luca

Col Cynthia Wong, 514th Mission Support Group commander (center), poses with a team of civil engineers June 12 in front of building 2226's trailer, which was demolished.



Courtesy photo

A team of civil engineers sits on top of the completed observation platform with Col. Cynthia Wong (center) at Lakehurst June 30.

**Story by Christian De Luca**

*514th Air Mobility Wing public affairs*

Members of the 514th Civil Engineer Squadron worked on a variety of projects, including a refurbish of a pavilion outside of building 2217, the demolition of a trailer attached to building 2226 and the construction of an Antenna Test Observation Platform for the U.S. Army Communication Electronics Research and Development Center on Lakehurst.

The demolition and construction jobs were valuable hands-on training for the engineers, as well as money saving deals for the base. The platform demolition job saved the tax payer more than \$140,000.

“We were able to not only show what the civil engineering squadron is capable of, but we were also able to use this time as our training in the event of possible deployments,” said Senior Airman Rich Klein, 514th CES. “The time that we took to (complete these projects) helped us come

together as a team to create an end result that not just our squadron benefited from, but also members of other branches of the military, and I found great pride in being a part of it.”

The platform, is used to monitor and test the communications systems on aircraft, and is portable.

The trailer was 4,000 sq. ft., took approximately two weeks to tear down and filled about 15 large dumpsters, with a large portion of the materials being recycled.

Senior Airman Tracy Guardado, 514th CES, said the projects were a great learning opportunity for those involved.

“Everybody got to learn something new,” she said. “We were able to see different aspects of the job that were outside of our specialties. We got to work together. It was a great experience.”

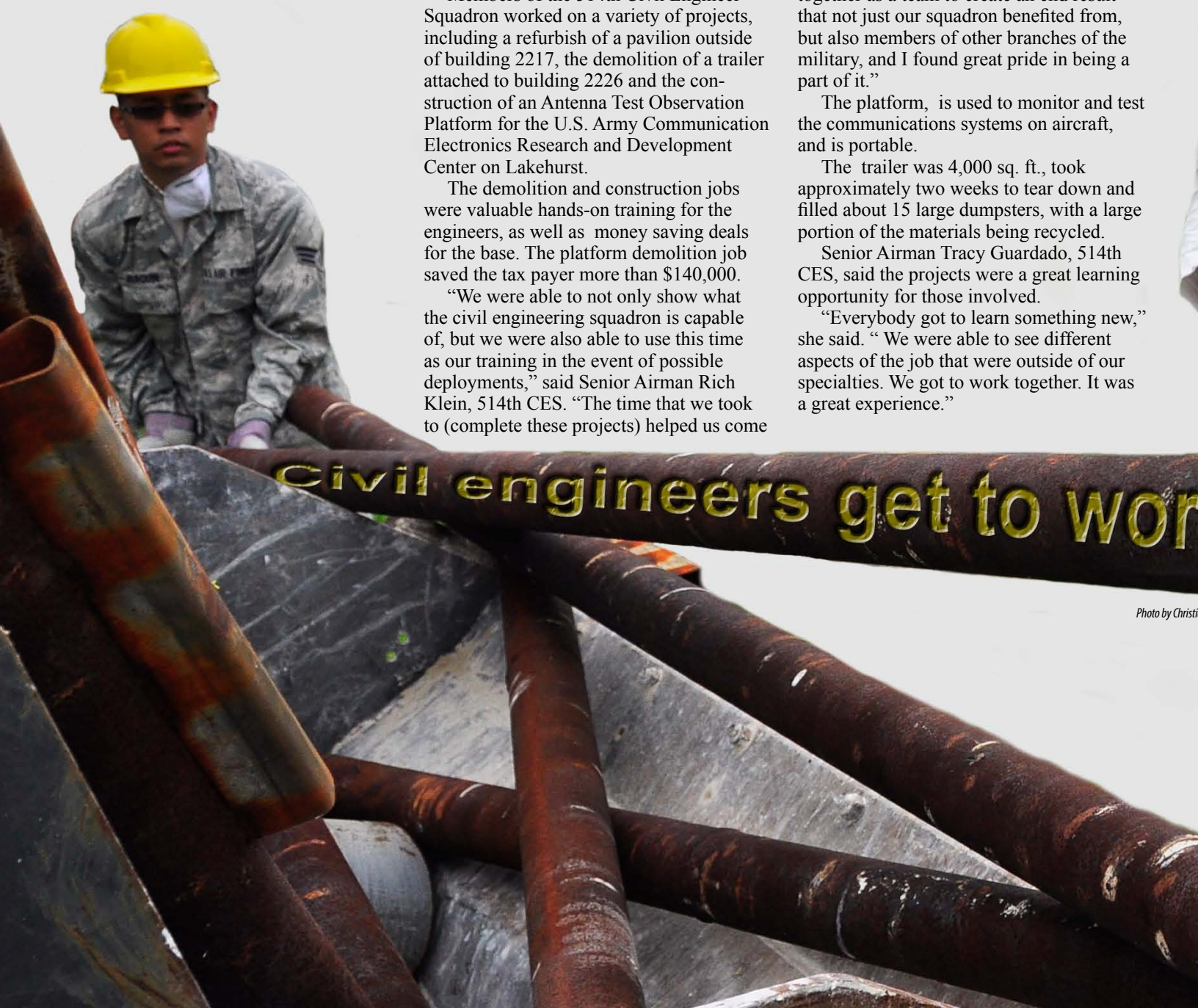


Photo by Christian De Luca



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## **FREEDOM FLYER**

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

FOR THE FAMILY OF:

# **514TH AIR MOBILITY WING VISION**



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

*Photo by Christian De Luca*