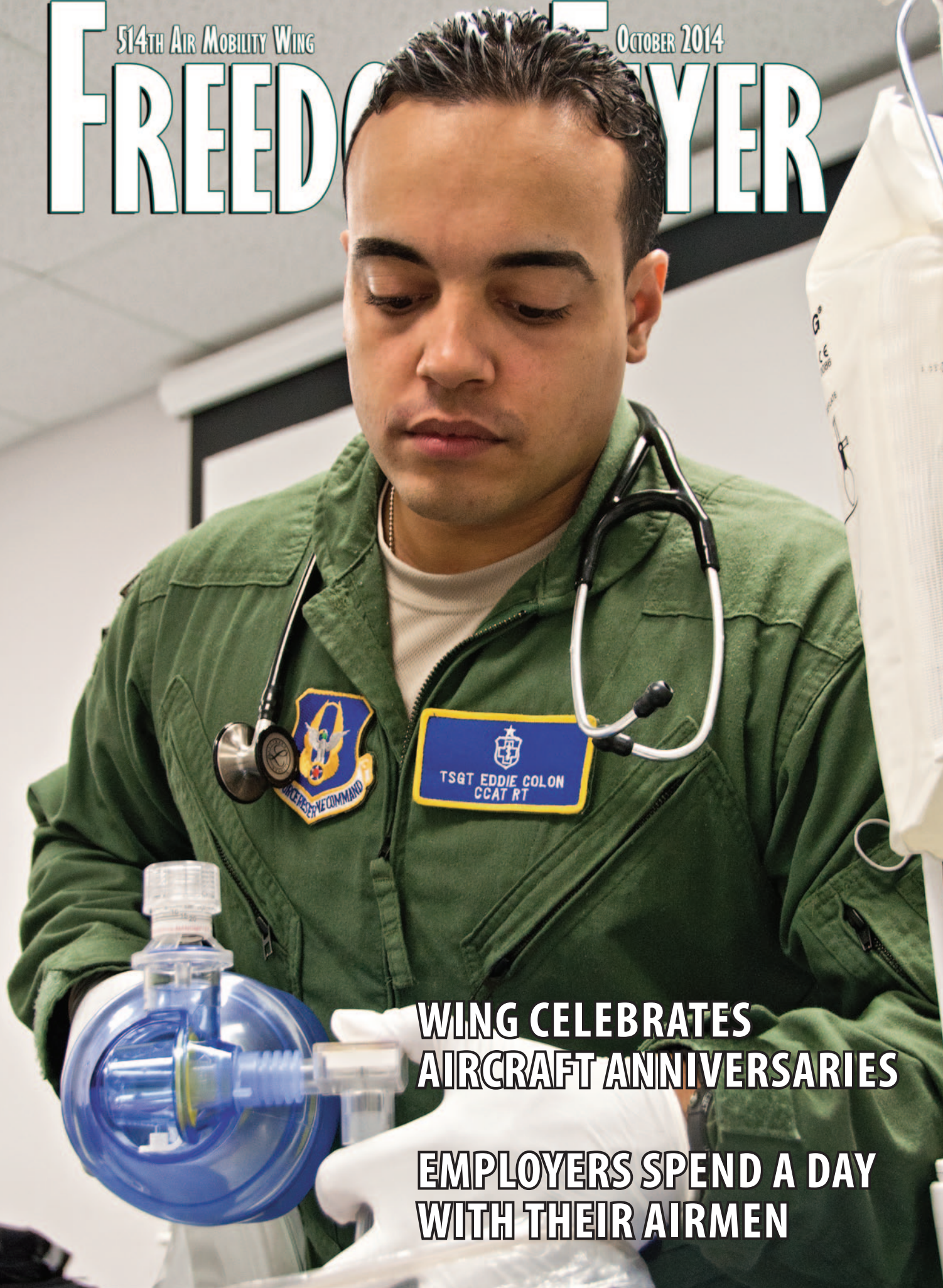


514TH AIR MOBILITY WING

OCTOBER 2014

FREEDOM FLYER



**WING CELEBRATES
AIRCRAFT ANNIVERSARIES**

**EMPLOYERS SPEND A DAY
WITH THEIR AIRMEN**



FREEDOM FLYER

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ON THE COVER

Tech. Sgt. Eddie Colon, 514th Aero-medical Staging Squadron, poses in his work environment for a photograph after being nominated for the ninth volume of Portraits of Courage, which pays tribute to Airmen who "demonstrate exceptional personal or moral courage in their performance."



Photo by Master Sgt. Donna Jeffries

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Capt. Alex DeVito and Capt. Maggie Rudolphi, 732d Airlift Squadron, line up a C-17 Globemaster III to the boom (unseen) of a KC-10 Extender during a refueling exercise here October 2.

Photo by Christian DeLuca

PULSE CHECK:

What makes a great leader?



Senior Airman Chelsie Rojas

*514th Aeromedical
Evacuation Squadron*

"A great leader is someone who gets their hands dirty before they expect their troops to. A leader should be able to build his or her followers up to become successful leaders in the future."



Airman Terrell Sawyer

514th Force Support Squadron

"A great leader is someone who people look to for inspiration. Being a leader requires you to be smart and selfless. Leaders think about the people around them, not about themselves."



Staff Sgt. Ashley Cisneros

514th Civil Engineer Squadron

"I believe a successful leader inspires those around them to succeed by example. A great leader must be hardworking, determined and persistent."



Master Sgt. Joseph M. Jones

*514th Aircraft Maintenance
Squadron*

"Great leaders will not hesitate to do what is right. They will support members who are doing what is expected of them and hold others accountable for errors in judgment. Great leaders will motivate members and develop them into all that they can be."



Master Sgt. Kingsley Rose

78th Air Refueling Squadron

"A great leader is one who sets the standards, abides by them and leads by example. Great leaders know who their people are and meet them halfway."



SPOTLIGHT:

AIRMAN 1ST CLASS JUAN MIGUEL MARCELINO

Unit: 714th AMXS

Duty Title: Hydraulics Technician

Hometown: Pennsauken, NJ

Civilian Employment: Geek Squad consultant agent

Little known fact about you: I wouldn't hurt a fly

Most exciting event in your life: The day I reunited with my wife and family after tech school training

Favorite foods: BLT, Pizza!

Favorite holiday: Mother's and Father's Day

Bucket list item: To someday rebuild my own junkyard car

What makes you laugh: Pretty much anything as long as it's with good company and friends

Character trait you respect the most: Being humble, because it shows a person can respect you while still knowing their own and your flaws

Last book read: Night by Ellie

A large KC-10 Extender aircraft is the central focus, viewed from a low angle looking up at its nose. The aircraft is white with a large dark blue circle on the nose. The number '904' is visible above the cockpit. On either side of the nose, the text '305th AMW' and '514th AMW' is painted. A person in a military uniform stands in front of the nose gear. The background shows a hangar and a clear sky.

20 years of flights, the KC-10 and C-17 are celebrated and honored

By Lt. Col. Kimberly Lalley

Senior Airman Ricklin Harmening, 714th Aircraft Maintenance Squadron, stands at attention next to a KC-10 Extender during the National Anthem at the aircraft's 20th and the C-17's 10th Anniversary Ceremony of arriving to the base here Oct. 9.

Photo by Christian DeLuca



Senior Airman Brian Kelly, 76th Air Refueling Squadron

A U.S. Air Force KC-10 from the 76th Air Refueling Squadron, JB-MDL, New Jersey, takes off during an aerial refueling mission May 6, 2014.

On Oct. 8th, the Freedom and Can-Do Wings, along with honorary commanders and special guests, commemorated the 20th and 10th year anniversaries of the basing of KC-10 and C-17 aircraft at Joint Base McGuire-Dix-Lakehurst, N.J.

Guest speaker, Jim Saxton, recalled when he was a newly elected Representative and made his first visit to what was then McGuire Air Force Base. He remembers the C-17 before it was here and was at the ceremony welcoming the C-17 Spirit of NJ to the base. He acknowledged it as the “revolutionary aircraft of their time.”

Master of ceremonies, Chief Master Sgt. William Gross, 714th Aircraft Maintenance Squadron, was on board the first KC-10 that landed 20 years ago.

It’s the same aircraft that was used as a static display for the ceremony. He was the primary crew chief for 10 years from 1987 to 1997. He said has fond memories flying all over the world in it to Germany, for the fall of the Berlin Wall, to Hawaii for the 50th anniversary of World War II and to Russia for the 15th anniversary of the end of the Cold War. Chief Gross states the plane holds a very special place in his heart and he thanked “all the thousands of maintenance professionals that have kept it and the rest of the KC-10 fleet flying safely and effectively... without your dedication, professionalism and skills, we would not be standing here today.”

Congressman Jon Runyan, who was not able to attend, sent a letter of support saluting the Airmen and civilians who work together to ensure the C-17s and KC-10s are able to fulfill their critical air mobility mission. Whether they are aircrew members from the Reserve or active-duty, or those responsible for working to load, launch, recover and fix them, all members of the team are vital to mission readiness.

The mission of the KC-10 is to continually sustain a trans-Atlantic refueling bridge, which speeds along the movement of aircraft to Europe, Africa and Southwest Asia. Overseas, the KC-10 refuels aircraft fighting terrorist cells, and is also executing an aeromedical mission around the world.

Col. Michael J. Underkofler, 514th Air Mobility Wing commander, provided a history lesson of the tanker, sometimes referred to as “Big Sexy,” which cruises at 520 knots at 38,000 feet.

“From the first day the aircraft were assigned here in 1994, the

Freedom and Can-Do Wings have flown, maintained, and supported the aircraft together, side by side. It started with Operation Uphold Democracy, the effort to remove a repressive regime in Haiti, and continued with combat operations in the Balkans and Southwest Asia.

On 9/11 two McGuire KC-10 aircraft took off at 9:02 a.m. for a local training mission but were soon directed to Warning Area 107 for a hookup with F-15s from Langley. Later our KC-10s established an orbit over Washington D.C. and were vital to refueling command and control, and fighter aircraft that directed operations along the eastern seaboard. There were many other missions which were instrumental to securing our airspace and protecting Americans.”

During the aircraft’s history here, almost 600,000 hours have been flown by the two wings. More than three billion pounds of gas roughly 500 million gallons have been offloaded safely.

Col. John Price, 305th AMW commander, commemorated the C-17, which was first built twenty-three years ago but came to McGuire Sept. 24, 2004. Wing commanders from the Freedom Wing and Can Do Wing flew the aircraft together from Long Beach, Calif., to McGuire AFB, N.J. Missions performed by the C-17 routinely deliver vitally-important supplies and personnel for combat, routine and humanitarian missions around the world, and also supports the global movement of the President and the Vice President of the United States. The C-17’s aeromedical evacuation mission transporting injured Americans for decisive medical care is crucial and today C-17s are flying forces to Africa to combat the spread of the Ebola virus.

Flying between continents and landing on austere fields the aircraft is a true revolution, crossing oceans and delivering goods on a short dirt strip. The novelty and the capability of the \$202 million airframe has not lost its luster Price said. The Bully Beef Express and 732d Rams constant velocity ensures rapid global mobility, he said.

The 514th and 305th AMWs worked jointly from the day these mission critical aircraft arrived and continue to fuel the fight and deliver hope around the world.



Photo by Christian DeLuca

A KC-10 Extender sits behind a crowd at the aircraft's 20th Anniversary Ceremony here October 9. During the 20 years here KC-10s have delivered more than 500 million gallons of gas in the air.



Photo by Christian DeLuca

Chief Master Sgt. William Gross talks about his time working on the first KC-10 Extender, which arrived here 20 years ago, during the 20th Anniversary Ceremony October 9.

KC-10 Extender

Primary Function: Aerial tanker and transport

Contractor: The Boeing Company

Power Plant: Three General Electric CF6-50C2 turbofans

Thrust: 52,500 pounds, each engine

Length: 181 feet, 7 inches

Height: 58 feet, 1 inch

Wingspan: 165 feet, 4.5 inches

Speed: 619 mph

Ceiling: 42,000 feet

Maximum Takeoff Weight: 590,000 pounds

Range: 4,400 miles with cargo; 11,500 without

Maximum Cargo Payload: 170,000 pounds

Pallet Positions: 27

Maximum Fuel Load: 365,000 pounds

Crew: Four (pilot, co-pilot, flight engineer and boom operator) Certain missions may require additional crew members. In aeromedical evacuation missions, a basic crew of five (two flight nurses and three medical technicians) is added. Medical crew may be altered as required

Unit Cost: \$88.4 million

Air Force Inventory: 59

JB MDL inventory: 33

Employer Appreciation Day



Members of the 514th Aeromedical Evacuation Squadron explain the aspects of their job to employers during the 514th AMW Employer Appreciation Day.

Photo by Christian DeLuca



Photo by Christian DeLuca

Senior Airman Jasmine Zielmski escorts employers onto the flight line to board a KC-10 Extender during employer appreciation day here Oct. 4.



Photo by Master Sgt Donna Jeffries

Master Sgt. Jack Humphrey, 514th Special Forces Squadron, helps an employer don a military flak jacket.



Photo by Senior Airman Jasmine Zielmski

Employers and 514th Air Mobility Wing Airmen pose in front of a C-17 during employer appreciation day here Oct. 4. During the day employers flew in a C-17, a KC-10 and saw a variety of static displays that related to their employees positions at the wing. The day gives them insight into what their Air Force reserve employees do while away from their jobs.



Photo by Christian DeLuca

Employers pose in front of a KC-10 Extender during the 514th Air Mobility Wing's Employer Appreciation Day .



Airman's Council hit the streets to improve community

Stories and photos by Tech. Sgt. Jonathan E. White

COLUMBUS, N.J.--Fifteen members from the 514th Airman's Council collected trash and debris along New Jersey Route 68 as part of the New Jersey Department of Transportation and Clean Communities Council's Adopt-A-Highway program.

The 514th Airman's Council was created by lower-enlisted Airmen of the 514th Civil Engineering Squadron. The council's mission is to instill Air Force core values, promote good character, offer volunteer opportunities, and encourage professional military education and increased presence in unit activities.

The Adopt-A-Highway program is a comprehensive, statewide, volunteer program created by the New Jersey Department of Transportation and the New Jersey Clean Communities Council to encourage volunteers to clean and maintain state highways.

"The idea was brought about through an Airman's council meeting brainstorm-

ing session on how we could get out in the community to promote and shed a positive light on our unit, wing, base and the United States Air Force," Senior Airman Joel Allen, 514th Airman's Council President and Volunteering & Activities Coordinator said.

The council's first step was setting up an agreement with New Jersey Clean Communities. Next, the council chose which highway to clean. Then, Master Corporal Michael Ross, Ocean City Corrections community work program coordinator & Clean Communities safety trainer, provided training on safety procedures. Once these steps were completed, the council was now prepared to accomplish its task.

Council members divided into teams in order to cover both sides of the highway. Teamwork was important because it allowed council members to perform the clean-up in a safe and timely manner, said

Senior Airman Catalina Gaviria Garcia. "I think everyone of us picking up trash today will think twice about littering," she said.

Although this was the council's first time participating in the program, it appears it will not be the council's last. The highway is slated to be cleaned two to four times a year with March 2015 as the next cleaning date.

The presence of Airmen performing community service had a positive and lasting effect.

"Many people passed by, waved, honked their horns and even thanked us for our service, which was a morale booster," said Allen. "All members of the Airman's Council and members of the 514th CES embody the United States Air Force core value of service before self. Giving one's time, energy and effort for a cause beyond one's self is what the Air Force and the military are all about."



Members from the 514th Airman's Council collect trash and debris along New Jersey Route 68 in Columbus, N.J. Sept. 21 as part of the New Jersey Department of Transportation and Clean Communities Council's Adopt-A-Highway program.



Photo by Master Sgt Donna Jeffries

Senior NCOs and NCOs learn valuable skills during leadership courses



Photo by Master Sgt Donna Jeffries



Photo by Tech. Sgt. Johnathan E. White

Twenty-four senior noncommissioned officers and 24 noncommissioned officers from the 514th Air Mobility Wing and other wings in the vicinity learned valuable leadership skills while attending leadership courses in conjunction with their rank. The Senior NCO Leadership Course is a two-day course that is part of a larger leadership development course. The NCO Leadership Course is 10-days long and broken into two phases. Both courses focus on improving leadership skills, teamwork, communication, trust and current Air Force Reserve Command issues.



Photo by Tech. Sgt. Johnathan E. White

To love and be loved

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

Ahh, love... Love seems to be the most significant emotion and connection that many people strive for at one point or another in their lives. Many people desire and seek out love. And many people find it. But in the midst of the responsibilities of life and unpredictable challenges, love can fade away if you let it. Our strong feelings of compassion and consideration for the partner with whom we were in love just a short time ago can ebb and flow as our attention is pulled away from the practice of love to the variety of other competing priorities in our lives.

Because love is fragile and fleeting, it takes energy and effort to retain and grow this force in our most significant relationship with that special person in our lives. Let's take a quick look at five ways to love a person and to become aware of the correlation these particular methods have to your personal relationship. Once you and/or your partner identify with one or several methods, you can take active steps to implementing it in your life and enjoying the benefits of a meaningful and strong relationship with continued practice.

- **Words of Affirmation:** Giving encouragement and sharing compliments. One's self-esteem and confidence can increase with this method of love.
- **Quality Time:** Taking time away from duties to be with your partner. Feeling valuable and worth someone's time is vital.
- **Receiving Gifts:** Providing tangible or visual gifts, often as a surprise. Visual symbols of love are constant reminders of the power of love in the relationship.
- **Acts of Service:** Tasks or chores having been completed. Showing interest in maintaining the home or sharing the burden of responsibilities can decrease stress and frustration, creating more room for relaxation and improved communication.
- **Physical Touch:** Utilizing the sense of touch through gentle contact. This is a powerful communicator of love, where the psychological importance of touch centers on the meaning and response of the contact, which can make or break a relationship.

Keep in mind that the way you perceive the demonstration of love may be different than the way your partner perceives it. For instance, you may feel love from your partner when he/she spends quality time with you, but your partner may perceive that you love him/her when you give a compliment. Remember that love is a two-way street—communicate with your partner about what love looks like to you and how it looks from his or her perspective. “The one who chooses to love will find appropriate ways to express that decision every day” – Gary Chapman, author of “The 5 Love Languages.”

For more information on the Five Love Languages, read Gary Chapman's “The 5 Love Languages,” or contact me at 609-754-2542.



Retired General says resiliency is all about focusing on the positive

By Lt. Col. Kimberly Lalley

At any time half of the world is covered in light and the other half is covered in darkness. Brig. Gen. (Ret.) Rhonda Cornum prefers to focus on the light.

Cornum, former Director of Comprehensive Soldier Fitness visited here Oct. 23 to tell her story as an EX-POW from the Gulf War to an audience of Soldiers, Airmen, Sailors and Marines.

She spent 33 years in the Army and is responsible for the resiliency courses taught in both the Army and the Air Force. Resilience is the ability to withstand, adapt, recover and/or grow in the face of challenges and demands. Becoming resilient requires a comprehensive approach that focuses on the mind, body and spirit working together.

The general's first-hand account shows people can emerge from traumatic experiences with greater self-confidence, a keener

sense of compassion and appreciation for life.

In 1991, Cornum, a major at the time, was shot down during a search and rescue mission for an F-16 pilot. She suffered a gunshot wound, two broken arms, a dislocated knee, a broken finger, and other injuries. After regaining consciousness, she said her first thought was “Nobody's ever died from pain.”

Cornum was a flight surgeon during the war. Her team was shot down during its attempt to rescue a downed pilot. The Black Hawk helicopter she was in and its two escorts came under fire. The escorts managed to escape but the rescue team was shot down, killing five crewmembers.

“When I came to, I knew I was either going to be a prisoner or, I was going to be dead,” Cornum stated. “There is no positive spin to being held a prisoner - I do not

recommend it. But, it was better than the alternative, so there was no point in dwelling on it. You're in it anyway.”

Only during her initial capture, when the vehicle her captors transported her in came under a strafing attack, or when she was led to believe she'd be executed, did she doubt she'd make it out of the situation alive.

“It's very difficult to think of something positive when somebody's got a handgun to the back of your head,” she said. “The only positive thing I came up with at the time is, well, at least it won't hurt. And the gun went click and I'm not dead, so, I was grateful for that and went off to jail.”

“No matter how grave or mundane the situation is, I always try to take a disadvantage, and turn it into an advantage” she stated. “I live my life every day like that.”

Cornum says, “You can't focus on things you can't control. You have to make the decision what I can control and what I can't. You can control how you think and how you feel about things.”

Post Traumatic Growth occurs when people who suffer stress reactions emerge from the trauma much stronger. Research shows those who recover and go on to thrive following trauma tend to be optimists—people who see setbacks and bad events as temporary and changeable.

It's not what happens to the world around people – it's how people see it and respond to it. Cornum's post traumatic growth experience shows the importance of gratitude and the ability to think realistically and optimistically. She demonstrated changing how you feel can change the outcome and not to waste time on things you don't care about.



*The following enlisted Airmen
were recently promoted.*

Airman First Class
Shakiera Lee, 514 FSS

Senior Airman
Chanter Jackson, 35 APS
Javier Vasquez, 514 AES
Anthony Vinci, 514 FSS

Staff Sergeant
Manuel Alonzo, 35 APS
Avalon Charles, 88 APS
Guy Meltser, 514 OSS
Jakob Shaffar, 732 ARS

Andrew Tellefson, 514 AMXS

Technical Sergeant
Gabriel Bravo, 88 APS
Michael Clarke, 514 ASTS
Raymond Godas 514 FSS
Kyle Klinger, 78 ARS
Marjorie Negron, 88 APS
Stephen Nosalik, 514 MXS
Daniel Bruce Varnes Jr., 514 AMXS

Master Sergeant
John Fielding, 514 MXS

Angel Gomez, 78 ARS
Jack Humphrey, 514 SFS
Soo Hoon Song, 514 SFS
Victoria Stalley, 732 AS
Anthony Terry, 514 FSS

Senior Master Sergeant
Deborah Fryslin, 514 ASTS

Chief Master Sergeant
Dawn Theroux, 35 APS

VIEWPOINT

Turning a violent past into a bright future

By Chief Master Sgt. Sebrena Flaggbriggs
88th Aerial Port Squadron

Lately there has been a lot of talk around town about domestic violence. The conversations that people are having on and off base have brought back terrible memories of the acts of violence I witnessed against my adult sisters.

While, as a child I did not see these acts of violence in my home, I now realize why the stitches and bandages were present on my mother's face. Just the other day my mother shared some stories with me that were not very good. I listened intently to my mother's recollections of the violence she experienced. It is hard to believe that a person, who seemed like the kindest man in my world and the guy I loved with all of my little heart, could do such awful things to another human being.

Statistically, children who witness the abusing of parents are at greater risk to fall into the same cycle. Though we never saw violence within our child-

hood home, my sisters still grew up to have their own personal bouts with domestic violence within their relationships. Each one of them had to make the bold choice to escape.

Domestic violence is wrong! It should not be tolerated by anyone ever! I wish the abuse could be undone but, that is not possible. So, I write these words to my mother and to all of you:

Dear Mother, I am a stronger Airman today because you chose to walk away. You left domestic violence in your past. No one should have to deal with the pain and shame of being verbally abused, hit, punched, stabbed and even shot at. I am sorry that happened to you. May I say, I am glad that you had the courage to leave. You protected our young lives from the violence you suffered, never letting us see the acts of cowardliness against you. You taught your sons and your daughter's important lessons in life. You simply said:

"Don't you hit anyone if you don't want to be hit. Keep your hands to yourself. Treat others as you want to be treated. Speak nice to others. Let your words be kind and courteous. Love yourself and love others. If you don't have something nice to say, don't say anything!"

You are so brave, in spite of all that happened to you, you did the right thing in instilling such wonderful simple life transforming words. Thank you for keeping my growing mind flourishing in a positive way.

I don't know what makes people think it's OK to physically or verbally abuse someone. I do however, know and remember the lessons taught to me when I was a child. Those lessons are the same ones that we should carry with us and adhere to as adults.

To everyone reading this today, I am proud to say I am a Chief Master Sergeant in our wonderful United States Air

Force. I get to mentor my wingman; I get to do those right things! It's not just up to me, every Airmen has the responsibility to treat others around them with professionalism and respect.

Your wingman, whether they are the abused or abuser may be crying out for help and how you treat someone may have a marked effect on their life. So remember, the next time you decide to joke about hitting, slapping, or degrading someone - DON'T! It is right to treat others with kindness, dignity and respect and it is right to keep your unkind actions to yourself. When you decide to make that move to do better or to get better, you make our world better.

It is my prayer that every day, someone in this situation is turning around, walking away and leaving domestic violence in the past!

PASS IN REVIEW



Photo by Senior Airman Jasmine Zielomski

Airmen from the 514th Air Mobility Wing perform tasks designated to improve comradery and teamwork during the wings annual Wingman Day here October 5.



Photo by Christian De Luca

Master Sgt. Michael McKinnon sings the National Anthem during a Change of Command ceremony for the 514th Civil Engineer's Squadron here Oct. 25.



Photo by Christian De Luca

Ron Marz, a comic book writer known for his work on Silver Surfer, Green Lantern, the DC vs. Marvel crossover as well as many others, reads the Freedom Flyer during a recent visit to the wing October 2. Marz came to do research on an upcoming military-themed work, as well as, sign magazines at the base comic book store



Photo by Christian De Luca

Members of the 514th Air Mobility Wing answer questions about the 20th anniversary of the arrival of the KC-10 Extender to JB MDL, as well as, the bases involvement in the ebola crisis, during a media day here Oct. 2.

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**