

514TH AIR MOBILITY WING

FEBRUARY 2015

# FREEDOM FLYER



**732D DELIVERS SUPPORT  
TO HAITI**

**514TH CELEBRATES ITS  
OWN AT BANQUET**



# FREEDOM FLYER

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## ON THE COVER

Tech. Sgt. Shane Clayton, a loadmaster with the 732d Airlift Squadron, positions one of seven pallets in place on board a C-17 Globemaster III Jan. 17. The Reserve aircrew delivered the Denton Humanitarian cargo to Haiti the following day.



*Photo by Master Sgt. Donna Jeffries*

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A C-17 Globemaster III sits at a Haitian airport Jan 18 where the aircrew will offload seven pallets of humanitarian aid destined for a small village near a base of a mountain. The Reserve unit delivers humanitarian aid through the Denton Program to various countries in need about once a quarter.

*Photo by Master Sgt. Donna Jeffries*

# PULSE CHECK:

## How do you deal with the cold?



**Maj. Melissa Greene**

*514th Force Support Squadron*

"I drink lots of hot tea and I wear thermals at all times. I also bring my lunch to work so I don't have to leave the building if at all possible."



**Airman 1st Class Crystal Guzman**

*714th Aircraft Maintenance Squadron*

"Although the winter weather is lovely, in order stay warm I drink lots of hot coffee with my shorts on to pretend it is summer."



**Senior Airman Mohammed Haque**

*514th Force Support Squadron*

"I keep all of the windows closed all the time and I make sure all of the curtains are closed so that it helps to keep my room warm. I also wear heavy gloves to keep myself warm."



**Tech. Sgt. Abraham Tupe**

*714th Aircraft Maintenance Squadron*

"Since I drive a lot I make sure I have a shovel and thick blankets in my trunk, just in case I get stranded."



**Airman 1st Class Judy Velez**

*714th Aircraft Maintenance Squadron*

"Normally when it's freezing cold out I sit by my fire with my fuzzy socks on all bundled up on my recliner drinking hot chocolate, with marshmallows of course."



## SPOTLIGHT:

# AIRMAN 1ST CLASS ROBERT C. CHAVIS JR.

**Unit:** 514th FSS

**Duty Title:** Hydraulics Technician

**Hometown:** Richmond, VA

**What is your best quality:** My work ethic

**Little known fact about you:** I just had my first son on Dec. 14th

**Favorite season:** Winter

**What is your number one goal in life:** To become the best father I can be!

**What is your favorite TV show:** American Horror Story

**One thing you can't live without:** Ice cream

**What is your dream vacation destination:** Manchester, England

**Who is your role model:** Michael Jordan

**Last movie you watched:** Deliver Us from Evil



# AES: Care in the Air

*Photo by Master Sgt. Donna Jeffries*

All hands on deck as members of the 514th Aeromedical Evacuation Squadron prepare for a three-day training mission on board a C-17 Globemaster III, Jan. 17-19. Flight nurses, medical technicians and administrative assistants participated in several medical scenarios and received immediate feedback on their performance by their instructors.



*Photo by Master Sgt. Donna Jeffries*

Maj. Bradford Dungan is equipped with oxygen to handle the simulated rapid decompression exercise the 514th Aeromedical Evacuation Squadron team conducted Jan. 17 during the first leg of a three-day training mission. The Reserve unit uses simulated flight and medical scenarios to ensure medical personnel stay current skill-wise and are prepared to handle a multitude of aerial situations.



*Photo by Master Sgt. Donna Jeffries*

Lt. Col. Elizabeth Costanza displays the next scenario the medical team must demonstrate their knowledge in handling during a training mission Jan. 19. The Reserve flight nurse was part of a 18 –member crew from the 514th Aeromedical Evacuation Squadron to participate in the training mission.



*Photo by Master Sgt. Donna Jeffries*

The aircraft commander gives aeromedical evacuation members a mission brief. Eighteen flight nurses and medical technicians participated in a weekend of simulated medical scenarios on board a C-17 Globemaster III Jan. 17-19.

# 15th Annual 514th Air Mobility Wing Awards Banquet

Over 300 people attended the 15th Annual 514th Air Mobility Wing awards banquet held at Tommy B's Community Activities Center here Feb. 7. The banquet is a formal affair to highlight the outstanding achievements of individuals, squadrons and groups within the 514 AMW.

Individuals are nominated by their peers for consideration. Winners of these awards are forwarded to the Fourth Air Force to compete with other units within the numbered Air Force. Those selected will compete with individuals at the Air Force Reserve Command level, and upon further selection, will compete for the prestigious Air Force 12 Outstanding Airmen of the Year and the Air Force First Sergeant of the Year.

*This years winners are:*

**514 AMW Civilian of the Year  
Cat 1 - Ms Mary Ganesh, 514 MXG**

**514 AMW Civilian of the Year  
Cat 2 - Mr John Fielding, 514 MXG**

**514 AMW Company Grade Officer  
of the Year  
Capt. Paige Blevins, 78 ARS**

**514 AMW Airman of the Year  
Senior Airman Phillip Rowlands,  
514 AMXS**

**514 AMW NCO of the Year  
Tech. Sgt. Ryan Horn , 514 MXS**

**514 AMW SNCO of the Year  
Master Sgt. Thomas Lemere, 514 AMXS**

**514 AMW First Sergeant of the Year  
Master Sgt. Charles Butts Jr - 514 FSS**

**514 AMW Mitchel Cup Award  
Senior Master Sgt. Christopher Hofrichter,  
514 MXG**

**514 AMW Antoinette Kolesnikov  
Mentoring Award  
Chief Master Sgt. Linda Menser, 514 MXG**

**514 AMW McNeil Award  
Lt.Col. Michael Cruff - 78 ARS**

**514 AMW Freedom Award (Group)  
514 MXG**

**514 AMW Freedom Award (Squadron)  
78 ARS**



*Photo by Lt. Col. Kimberly Lalley*

Senior Master Sgt. Christopher Hofrichter, 514 MXG, receives the Mitchell Cup Award from the 514 AMW honorary commander Jim Wallace as Col. Michael Underkofler, 514 AMW commander, looks on.



*Photo by Lt. Col. Kimberly Lalley*

514 AMW Command Chief Master Sgt. Kevin Warbrick pulls a random ticket out of a box during the raffle portion of the awards banquet



*Photo by Lt. Col. Kimberly Lalley*

Members of the 78th Air Refueling Squadron celebrate after receiving the 514 AMW Freedom Award in the squadron category.

# PASS IN REVIEW



*Photo by Staff Sgt. Brian Kelly*

Staff Sgt. Brian Kelly, 76th Air Refueling Squadron boom operator, photographs an F-15 Eagle during a recent refueling mission. Kelly, an avid photographer, says his job puts him in the unique position of being able to capture images that are inaccessible to others.



*Photo by Christian DeLuca*

Nancy Devito, from the Point Pleasant Elks Lodge, presented donated items, including toys, gift cards and a check, to Capt. Greg White, 76th Air Refueling Squadron, and his family. White lost his home and most of their belongings in a house fire in December.



*Photo by Master Sgt. Donna Jeffries*

Freedom Wing civilian employee, Luz Trice, enlists in the unit after a 12-year break-in-service. She spent a little over eight years on active duty.

# 732d Airlift Squadron delivers supplies, relief to Haiti



**Below:** Denton humanitarian cargo is secured in place prior to take off from Charleston Air Force Base., Jan. 17. Reserve aircrew from the 732d Airlift Squadron out of New Jersey delivered the cargo destined for an American mission in Haiti the following day. **Right:** Loadmaster, Master Sgt. Victoria Staley and crew chief Staff Sgt. Michael Thalman of the 514th Air Mobility Wing, put away equipment after reconfiguring the belly of the C-17 to accommodate seven pallets of humanitarian cargo. Reserve crews loaded the cargo Jan. 17 at Charleston Air Force Base, S.C., and delivered it Haiti Jan. 18.







A caravan of vehicles arrives to transport seven pallets of humanitarian goods to the Lifeline Mission located in a Haitian village on Jan. 18. Reserve aircrew from the 732d Airlift Squadron in New Jersey delivered the cargo under the Denton Program.

Stories and photos by Master Sgt. Donna Jeffries

Reserve aircrews from the 732d Airlift Squadron out of New Jersey recently delivered seven pallets of goods destined for an American mission in Haiti.

While the initial outpour of donations to the country has trickled down since the 7.0 magnitude earthquake hit in 2010, essential supplies still arrive weekly primarily on board military aircraft using the Denton Program, named for U.S. Senator Jeremiah A. Denton.

The Denton Program allows private U.S. citizens and organizations to use space available on U.S. military cargo planes to transport humanitarian goods to countries in need. Cargo is moved through the Defense Travel System (DTS) on a space-available basis by air, surface, sea or an intermodal combination.

On average the unit, flying the C-17 Globemaster III, accomplishes a humanitarian aid mission once a quarter said Lt. Col. Josiah W. Crane III, 514th Operation Support Squadron, chief of C-17 current operations. In the past unit members have flown a mobile dental clinic, buses and fencing supplies in addition to food, hygiene items and clothes.

Chief Master Sgt. Juan Claudio said he enjoys these trips. The seasoned loadmaster has on and offloaded thousands of pounds of cargo during his 34 years of service and finds these trips most satisfying because of the humanitarian aspect. A native of Puerto Rico, Claudio said he's seen how islands can benefit from U.S. assistance.

Appreciation is shown on the receiving end of the mission as well. "A lot of people are starving and mostly food, clothes and shoes

are really needed," said the airport operations supervisor who oversaw the off-load process.

Donations are vital, according to non-profit organizations that are helping the Haitians to recover and rebuild from the devastating natural catastrophe. An estimated 300,000 lives were lost, 1.5 million people were displaced and 1 million children were orphaned.

"We couldn't exist without them," said Jason Carroll an American missionary with Children's Lifeline Foundation who was on hand to assist in transporting the shipment of goods to a village located an hour away.

"The town is near the base of a mountain and residents have no electricity or running water," he said.

Carroll and his family have been in Haiti since September and plan to stay for a while. "We have schools and are trying to ensure the kids receive an education and proper food," he said.

The missionary volunteers are also figuring out ways to create jobs and have an agricultural program that teaches village residents how to sustain themselves.

Continued assistance through the Denton Program and the military flights like the 732d AS performed will ensure the people of Haiti receive help as long as needed.



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

**Airman 1st Class**  
Diego Plata, 514 FSS  
Brianna Senatore, 514 CES

**Senior Airman**  
Yvette Guillen, 514 OSS  
Amanda Guzman, 514 LRS  
Kevin Jung, 514 ASTS  
Ruba Lugo, 514 AES  
Stephen Matthew, 88 APS

Emmanuel Omoniyi, 514 AES  
Mustafa Rizvi, 514 OSS  
Marquis Waters, 514 AES

**Staff Sergeant**  
Joseph Altero, 35 APS  
Alissa Anderson, 714 AMXS  
Cole Crenshaw, 35 APS  
Daniel Glenn, 514 CES  
Joseph Pelcheck, 88 APS

Kyle Schmitt, 514 LRS  
Brittany Taliaferro, 514 FSS

**Technical Sergeant**  
Escamillio Davis, 714 AMXS

**Master Sergeant**  
John Byrne, 714 AMXS  
Kevin McCullough, 714 AMXS  
Victor Torres, 76 ARS

## RESILIENCY CORNER

# The mind body connection

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

With the joys of life come stressors in all shapes and sizes. There are good and bad stressors and we react to each and every one. Recognizing how we react to stress isn't always easy because often times our bodies register stress before our minds even pick up on it. For instance, an individual who is anxious about getting to work late may experience stomach issues, or an individual who has an unexpected heavy workload may experience a headache. In cases like these, the physical consequences may have occurred before the mental connection was made. The most common stress reaction is muscle tension, which eventually can negatively impact digestion, decrease energy, and cause discomfort in simple daily activities. Knowing how we experience stress, which can also be termed as self-awareness, is key to developing a healthy mind and body balance.

One of the ways to begin the process of learning to identify how you react to stress is to practice external and internal awareness. External awareness is any reaction to the outside world through your five senses – sight, sound, smell, touch, and taste. Internal awareness is any physical or emotional reaction inside your body. By focusing our energy on the outside world (yelling, complaining, or doing, doing, doing), we can be distracted to the internal tension we may feel.

Several techniques exist to help with the practice of developing healthy mind-body awareness. A body inventory helps to create awareness of physical reactions and identification of tension in the body. First, sit comfortably, and pay attention to the sounds, smells, temperature, and any other details in the moment. Think about each detail as you recognize it (i.e. "I can hear the birds

outside" or "I can see the mess on the floor"). Next, pay attention to how your body is reacting to each detail (i.e. "I'm smiling" or "I'm tensing my jaw"). Then, pay attention to how the external and internal awareness flows (i.e. "when I hear the birds, I smile" or "when I see the mess, I tense my jaw"). By practicing this technique, you can learn how the outer world impacts your specific internal reactions.

Another technique is a body scan, which is a simple examination of where stress may be hiding in your body. Begin by sitting in a comfortable position, start with your toes, and work all the way to your head pausing at each part of your body and asking yourself "is there tension here?" or "what am I noticing here?" When you recognize a tense or tight spot, for instance the jaw, calmly say "I am tensing my jaw, which is causing pain, I am going to relax my jaw." Once the location of the discomfort is identified, you can practice relaxing that area of tension.

These are only two of many ways to practice mind-body awareness. The connection you have between your internal and external worlds is valuable and delicate. It's worth taking some time each day to learn more about how you react to the variety of stress in your life. Through this understanding, you can have a more enjoyable and fulfilled life, by having an overall feeling of general calmness and relaxation and bringing positivity and encouragement to those around you.

For more information on mind-body awareness, contact me at 609-754-2542.



## Is it Mission First or Safety First?

Story by Lt. Col. Dean Owens  
514 AMW Chief of Wing Safety

The challenge for many organizations is understanding how to hold others proactively accountable for safety performance.

The safest places in the world are the ones where no humans wander. Any place a human might venture could never be considered safe. Safety is defined by what we do, not by the result. Any time you reward a result; by default you reward the performance that accomplished it. Was the performance safe or lucky? If you don't know, how would you repeat that result next year?

It is still surprising how many organizations continue to define and celebrate safety as the absence of accidents. Well-intended and competent CEOs persist that "Safety means no accidents." Last year, the CEO of a Fortune 500 Company stated with all sincerity if his company's employees "followed the rules and policies and wore their PPE, they wouldn't get hurt." "They would be safe." He was then asked to define "working safe." He responded with, "performing a task in a manner that provides an injury-free outcome." This statement is logical, but, was only partly correct.

How you convey your feelings and what you say has greater influence on others than how you feel. If we expect our employees to increase their intelligence vis a vis safety, we should start with ourselves first. Do we know what safety is, and do we really believe safety is first?

Safety should be integrated into the fabric of organizational activity. The overused cliché

"safety should become a value" is true, but even that is a self-limiting goal. In the corporate world, the most basic priority of all organizations is to generate enough revenue to keep the doors open and the lights on. In the military world, it is all about executing the mission as directed by our leadership. Safety is important and it must be the way we accomplish our tasks, but not be the priority or

statements like these are made, our credibility and trust is lost.

### Employees' and Employers' Responsibilities

Moreover, when someone says, "Safety is first with the company," there is a chance that the sense of responsibility of the employee is diminished or worse, removed. Of course,

rules, policies, or procedures, you don't need BBS; you need to strengthen the capabilities of leadership.

The challenge many units face has to do with understanding how to hold others proactively accountable for safety performance, which is different than safety results. Consider answering this for yourself: Are my expectations clear? If you answered, "yes," are the performance expectations clear or just the results expectations? Most units reactively hold others accountable for the results. "We didn't get the desired results, so who needs to be held accountable?" This is reactive accountability. Are you proactively outlining what performance is expected and holding employees accountable prior to a review of the results? This is the differentiation of excellent-performing units.

This may be the first time you heard this; but, safety professionals are quite versed in this terminology and thought process. I believe that our command down through the squadron, flight, or detachment, could do a better job in creating and sharing the message of what safety really is and help members realize what we hope they already know:

"Safety isn't first." Performing the mission is the priority and the most important element of consideration. Without the mission, there would be no need for the military, risky or otherwise. This might not be a popular thing to say, but it is reality. We can either face it or continue to drive safety excellence through interesting but unproductive slogans.

***Newsflash:***  
***"Safety isn't first."***  
**(How do you feel about this statement coming from the Chief of the 514th Air Mobility Wing Safety?)**

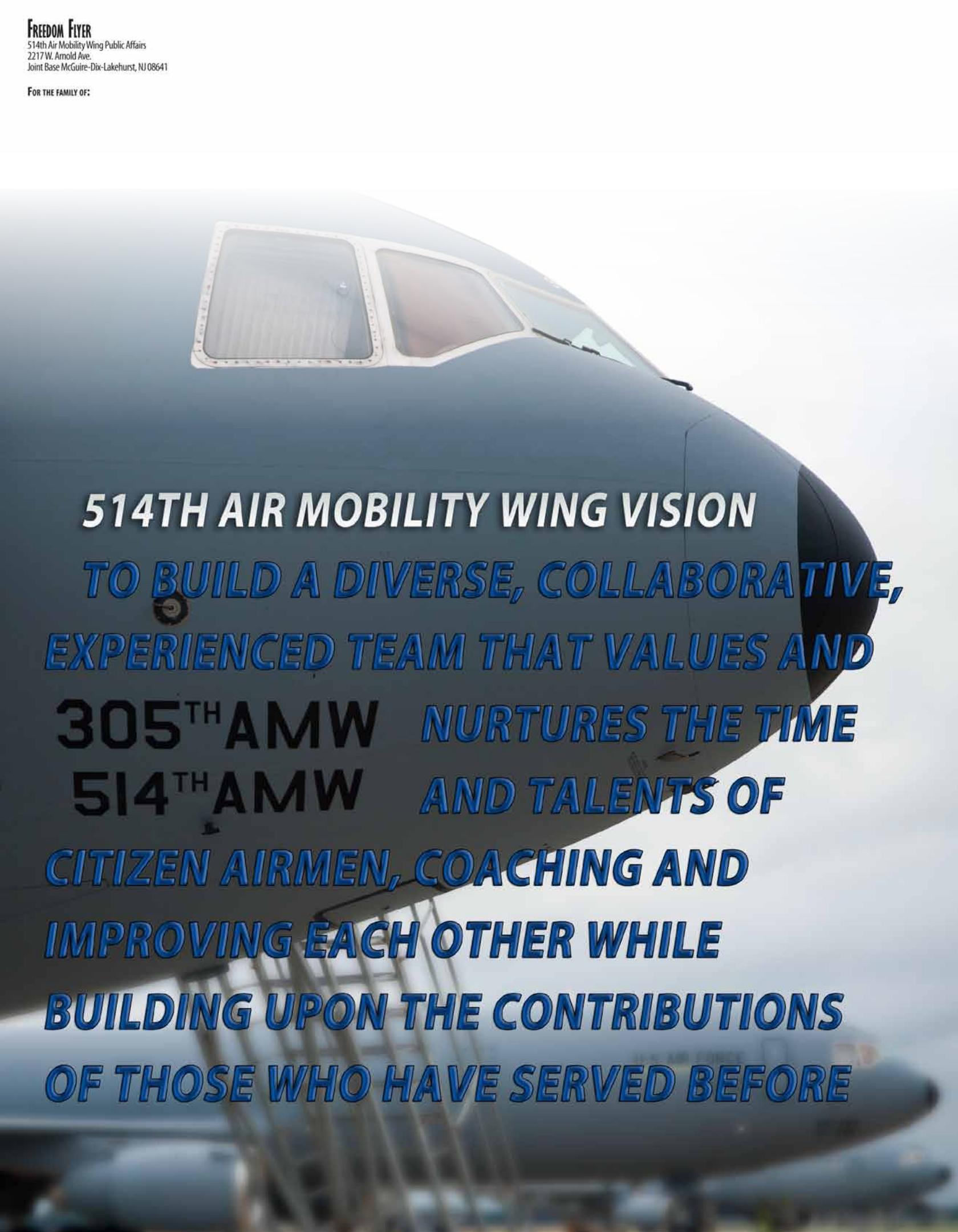
value.

It is ideal for a leader to believe that having no accidents is the first priority. In fact, to state otherwise is obscene, unethical, and irrational. However, the understanding of what safety "is" has changed. Safe means not being at risk, not the absence of accidents. Achieving a zero injury or incident outcome is possible, but removing all risks from our daily routines is not.

When we communicate that "Safety is First," or "Safety is our Top Priority" or "We won't do the job if it can't be accomplished safely," we create situations in which to be proven wrong because safety is predicated on false beliefs. When

employer's responsibility is to provide safe work environments. It is not, however, their responsibility to be safe for the employees, on or off the job (where the greater exposure lies).

Proactive self-accountability for safety performance is the responsibility of each employee, not just the employer. Conditions are the responsibility of the employer. Further, mandatory behaviors are the responsibility of the employer, while discretionary actions are the employee's responsibility. This is often overlooked when organizations are pursuing behavior-based safety (BBS). If your accidents are the result of deviation from



**514TH AIR MOBILITY WING VISION**  
**TO BUILD A DIVERSE, COLLABORATIVE,**  
**EXPERIENCED TEAM THAT VALUES AND**  
**305<sup>TH</sup> AMW NURTURES THE TIME**  
**514<sup>TH</sup> AMW AND TALENTS OF**  
**CITIZEN AIRMEN, COACHING AND**  
**IMPROVING EACH OTHER WHILE**  
**BUILDING UPON THE CONTRIBUTIONS**  
**OF THOSE WHO HAVE SERVED BEFORE**