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ON THE COVER

Maj. Josh Thompson, 76th Air Refueling Squadron, punches through a dummy during combat survival training in Key West, Fla. April 17.



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Pulse CHECK: What's your favorite Disney movie?



Senior Airman Thomas Lee Brown Jr.

514th Force Support Squadron

"Aladdin." I think it's awesome that the kid who grew up with nothing, grew into a man who had everything. The girl, the palace and the money."



Senior Airman Tiffany Bruce

514th Maintenance Squadron

"Aladdin." Since I was seven years old, I have watched it at least once a month. I think it is the perfect love story and shows that any relationship is worth fighting for."



Master Sgt. Cristina Hady

514th Force Support Squadron

"Frozen." The music is very inspiring. The animation is well done. It makes you feel like you are one of the characters singing and playing in the snow. Definitely love Olaf. He is so funny. Just like me!"



Tech. Sgt. Antoine Hicks

514th Aircraft Maintenance Squadron

"The Lion King." I like the story of taking responsibility and becoming something great."



Staff Sgt. Jay Tomaszewski

514th Force Support Squadron

"The Jungle Book." It's one of the first movies I remember my parents taking me to the theater to see."



SPOTLIGHT: CHAPLAIN MAJ. GREGORY KEVEN ELLIS

Unit: 514th AMW

Duty Title: Chaplain

Hometown: Philadelphia, Pa.

What is your best quality: Dedication

Little known fact about you: I'm a hopeless romantic

Favorite season: Fall-it's the beginning of football season and I'm a huge Philadelphia Eagles fan

What is your number one goal in life: To glorify God

What is your favorite TV show: Chicago P.D.

One thing you can't live without: My wife Denise, the Apple of my eye

Who is your role model: Jesus Christ

Last movie you watched: Godfather

What do you enjoy most about your job: Being able to connect with people

What does the Chaplain's Office have to offer: We give people the opportunity to develop their faith. This helps them establish a strong foundation for leading families, excelling in the civilian workforce, improving communities, and accomplishing the mission to fly, fight, and win. We provide individuals privileged communication counseling where they can express any number of things without fear of reprisal. Lastly, we advise commanders and supervisors on matters of ethics, morale, and religious accommodation.

VIEW POINTS

One UTA.....Lead the way!

By Chief Master Sgt. Kevin Warbrick

514th AMW Command Chief

Last month Col. Michael Underkofler gave the green light to move forward with the 514th AMW holding only one Unit Training Assembly a month. With the continued reductions in manpower (this wing once had 5000 members) and the ever increasing cost of doing business, a change in how we accomplish the mission of the 514th needed to be met head on.

So as you hear and see all the yays and boos associated with this transition, just remember, the level of success we have in the one UTA initiative will truly depend on you.

Will there be glitches, issues, problems etc..? Sure. The real point is what will YOU do to make it work? This is your house. How can YOU make things work? Can YOU stagger lunch? Can YOU alter your day? Can YOU make things better for your subordinates? Can YOU make things better for your superiors? Can YOU come up with solutions before an issue exists?

The real question of working through the one UTA initiative is who is going to step up and show true leadership?

Whether that leadership comes from the front, middle, or back of the pack really doesn't matter. The results of success will matter and affect us all.

Harry Truman once said "It is amazing what you can accomplish if you do not care who gets the credit." That will be the case here. One person's squadron's, group's success will be all our success. It's always easier to complain when there is an issue.

I now challenge each and every one of YOU to make

OUR house the best it can be. When issues arise, step out and tell us the solution. When it is good, tell us that too. Oh' by the way, hopefully your family will enjoy that extra weekend at home with you too!





The following Airmen were recently promoted.

Airman 1st Class

Jonathan Hutcherson, 514 MXS Nicholas Sinibaldi, 514 AMXS

Senior Airman

John Aviles. 514 AMXS
Matthew Darabant, 514 AES
Awa Diakhate, 514 MXS
David Diaz, 514 AMXS
Avinaash Ghansam, 714 AMXS
Ana Flores Goncalves, 514 ASTS
Crystal Guzman, 714 AMXS
Sandy Lopez, 514 ASTS
Cotto Marte, 514 CES

Judy Velez, 714 AMXS

Staff Sergeant

Angel Genao, 514 AMXS Edward Gullen, 514 OSS Eddie Jones, 714 AMXS Adam Lazatin, 514 CES Louis Matos, 714 AMXS Silvio Ng, 514 AMDS Ariana Petrycki, 732 AS Luis Rivera, 514 MXS Tyler Wagoner, 732 AS

Technical Sergeant

Stephen Avery, 514 MXS Keith Hills, 714 AMXS Gerald Richard, 514 AES Jennifer Quinones, 514 ASTS

Master Sergeant

Eddie Colon, 514 ASTS Ryan Horn, 714 AMXS

Senior Master Sergeant Raymond Tom, 88 APS





Lt. Col. Dean Owens speaks to a group of civilian aviators during the base's Mid-Air Collison Avoidance seminar at Joint Base McGuire-Dix-Lakehurst, N.J. May 2. The seminar was the largest in it's history bringing in more than 90 people and 40 small aircraft.



Charlie Crawley (right) and Richard Ball (left) speak with members of the 514th Aircraft Maintenance Squadron, Staff Sgt. Derrick Palmer (middle right) and Senior Airman Steven Bueno (middle left) during a tour of a C-17 May 2.

Photos and story by Christian DeLuca

514th AMW public affairs

The 514th Air Mobility Wing Safety Office hosted a Mid-Air Collision Avoidance seminar May 2 to provide information to local civilian pilots on the proper and safe way to fly through the base's airspace.

More than 90 people arrived in approximately 40 personal aircraft to attend the seminar, which is one of a very few events where civilian pilots are allowed to land at Joint Base McGuire-Dix-Lakehurst, N.J.

"This was the first time I've had the opportunity to land here," said George Green, who has been flying for 50 years. "I've landed my plane in all 50 states and a lot of places in Canada. This is great."

Lt. Col. Dean Owens, 514th AMW chief of safety, said the day was a chance for local aviators to come to the base, learn about what the wing does and get information about maneuvering their aircraft in and around the base's airspace.

It also provides on-the-job training for the base's air traffic controllers.

Due to the increased use of the more economical flight simulators rather than actual flight-time for military pilots, air traffic con-



A private aircraft taxis by a C-17 during the Mid-Air Collision Avoidance sem to help them maneuver through the base's airspace safely and comfortably.

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trollers are getting less practice at their jobs, Owens said. Civilian pilots flying in the base's airspace can fill in some of that gap, as long as they are aware of the proper procedures.

"Communication is the key," Owens said talking to a group of aviators. "It's like seeing a deer when you're driving down the road. What's behind that one deer? Another deer. A lot of times we fly in a (line) formation, one after another after another. Sometimes only minutes apart. So if you're looking for that one KC-10 before scuttling across, there might be nine more coming."

After speaking with Owens about safe flying procedures and tower communications, the aviators were able to tour a KC-10, C-17, the air control tower and the radar approach control, as well as, speak with Airmen about their positions.

The whole day was planned to improve interoperability between civilians and military sharing the same airspace.

"That's why we wanted you here," said Owens. "That's why we want you to come back. We want you to feel comfortable flying around here."



ce seminar May 2. During the day, civilian aviators recieved information rtably.



 $Paolo\ Grassi\ and\ his\ son,\ And\ riano\ Grassi\ check\ out\ a\ radar\ screen\ during\ a\ tour\ of\ the\ air\ traffic\ control\ tower\ May\ 2.$







Clockwise from top: Lt. Col. Dean Owens, 514th Air Mobility Wing chief of safety, takes two of his ten grandkids to check out a C-17. An Airman carries his daughter after seeing the sights. Anthony, age 8, Mason, age 3, and Angela, age 7, take a break in a crewmember's bunk on a KC-10. Master Sgt. Dwayne Gray, Force Support Squadron, and his son Joshua, age 8, check out the cockpit of a KC-10.



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Great health requires great coaches

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

The late Vince Lombardi said "The harder you work, the harder it is to surrender." The legendary coach of the Green Bay Packers and winner of five NFL championships, including the first two Super Bowls, Vince Lombardi was a great coach.

Whether or not you are a football fan, at some point in your life, you may have played a sport or been part of a program where you had a coach. A coach's job is to motivate, encourage, train, and push their team to be the best individuals and the best together, to maximize their performance to reach the ultimate goal: to be the best that they can be.

Hard work can help you achieve just about anything. However, Vince Lombardi also said "Winning is not everything – but making the effort to win is." The end score of a game isn't what's important. The real win is the teamwork and effort made to play the best game the team was capable of playing.

How does this apply to the rest of the real world, where life is much more than a game?

For those of us who are not professional athletes, we can use the game as a metaphor for the rest of our real lives. In the game, we have a coach, a team, and a common goal. Outside of the game, which for any of us can be our jobs or career, we have friends, families, responsibilities, activities, commitments, ambitions, goals, and dreams.

Maybe you have a role model or someone you can call a coach for your full-time commitments of employment or taking care of the home and children. Someone you can call when you need a word of encouragement or a push in the right direction to help you stay on task and accomplish your daily activities. But what about the rest of your life?

The other areas of our lives that are easily neglected due to feeling overwhelmed by other responsibilities are stress management, life transitions, health, weight, and fitness and nutrition. Neglecting these areas can create additional stress throughout our lives, making it difficult for us to be the best that we can be, and possibly making it more difficult for any team we are on to achieve a goal.

You can bet your bottom dollar that a sports team coach would do everything in his or her power to help the athletes under his or her charge to shape up in all these areas of their lives.

What happens to athletes who don't perform? The same thing that can happen to us: get fired. Friends and family can fire us, too, if we aren't meeting expectations or being the best that we can be for them. We owe it to ourselves just as much as anyone else to maximize our potential. In order to prevent that or other negative outcomes in life. Having a coach handy can really help.

Do you have a health coach? If yes, then good for you! If no, then here are some reasons a health coach can be especially useful in helping you improve overall wellbeing; a health coach can help you: identify your beliefs, values and vision; create an action plan to achieve your goals; eliminate barriers

that stand in the way; celebrate your suc-

cess (Military OneSource: Health and Wellness Coaching FAQs).

A health coach is not a thepist and will not focus on the past or analyze your problems. A health coach can coach you on weight management, fitness and nutrition, health condition management, stress management and life transitions (Military OneSource: Health and Wellness Coaching FAQs), all the areas of your life where you may not get assistance through your job or career.

Military OneSource offers health and wellness coaching at no cost to military and family members with unlimited sessions for up to a year per issue. To sign up for a coach, call 800-342-9647. Or if you'd prefer to do this on your own, visit Super-Tracker: My foods. My fitness. My health. at https://www.supertracker.usda.gov/, where you can get a personalized physical and nutrition activity plan, track meals and physical activities, and get tips on making healthier choices.

"If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives." Vince Lombardi

For more information on this topic, contact me at 609-754-2542 or jaclyn. urmey@us.af.mil.



Photo by Staff Sgt. Brian Kelly

Six U.S. Air Force F-16 "Vipers," from the 466th Fighter Squadron, 419th Fighter Wing, Hill Air Force Base Utah, fly in formation over the Red Sea during a Coronet April 29. Staff Sgt. Brian Kelly, 76th Air Refueling Squadron boom operator and avid photographer, took advantage of his location to capture this and other scenes during the recent trip.



hoto by Senior Master Sqt. Chuck Kramer

Chief Master Sgt. Ronald Wink of the 88th Aireal Port Squadron and Staff Sgt. Jake Saffar loadmaster for the 732d Airlift Squadron oversee the delivery of a pallet for loading.

Freedom Wing squadrons combine forces to maximize tra

By Senior Master Sgt. Chuck Kramer 88th Aerial Port Squadron

Today's Air Force Reserve is focused on providing the most effective training possible so Reservist stay as proficient in their skill sets as their active duty counterparts. However, in a climate of shrinking budgets and "doing more with less", maximizing resources to get the most out of training time can be a bit challenging.

The 514th Air Mobility Wing at Joint Base, McGuire-Dix-Lakehurst, N.J., has embraced these challenges in many areas and demonstrated it on a recent off station training mission to Royal Air Force Mildenhall in the United Kingdom.

The 732d Airlift Squadron was tasked with moving cargo and members of the 514th Security Forces Squadron to RAF Mildenhall. Now this could have been just a typical cargo and passenger flight over the pond, but Chief Master Sgt. Juan Claudio, chief loadmaster for the 732d and Lt. Col. Josiah W. Crane, chief of 514th Operations Group Current Operations, reached out to mission partners in the 514th to see if other squadrons could capitalize on this mission. The 514th Aeromedical Evacuation Squadron, 514th Aircraft Maintenance Squadron, 514th Operations Support Squadron, and

both the 88th and 35th Aerial Port Squadrons jumped at the chance and put plans in motion to provide their Airmen with real world training.

The C-17 Globemaster III's ability to be converted into a "flying hospital" and its many different configurations for cargo made it the perfect platform for this type of multi-faceted training mission.

Master Sgt. Marc Godlewski, mission crew coordinator for the 514th AES said that having the long flight over the Atlantic provides more training time for his AES flight crew members.

"Two separate seven hour legs gave us time to accomplish many of the annual tasks that can only be checked off during a flying mission. We already do this with local flights during drill weekends, but the shorter flights mean less people can participate and fewer tasks get accomplished on those missions" said Godlewski.

One of the many annual requirements for AES flight crew members to stay current is to accomplish a flight emergency task. Because of the long flight times on this trip, the normal flight crew of three medical technicians and two flight nurses was augmented with an additional technician and two additional nurses. All were able

to use the mission to 'check-off' all of their requirements for the year and Godlewski even added some more specialized training tasks to the mission because they had the extra time.

Members of the 88th and 35th Aerial Port Squadrons were afforded a joint training opportunity that they rarely get on the ground. 88th APS Operations Superintendent, Chief Master Sgt. Ronald Wink said his four-person team was able to experience things that they rarely get to do or see. Upon arriving at the aircraft, his team helped the AES set up litters and equipment for the mission, as well as reconfigured the ramp of the C-17 from rolling stock (wheeled vehicles) to load palletized cargo.

"This is not something we regularly get to do with the static aircraft we use on unit training assembly weekends. Because we were able to see the full evolution of a flying mission, we were able to take away a better understanding of 'why' we do things a certain way on the ground' said Wink. "This first-hand knowledge will be passed on during our UTAs and we may add some of the things we learned to our training plans."

Senior Master Sgt. Tom Clayton, load-master for the 732d AS assured his team of

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Photo by Senior Master Sgt. Chuck Krame

Master Sqt. Marc Godlewski, mission crew coordinator for the 514th Aeromedical Evacuation Squadron conducts a pre-mission brief before take-off on an overseas C-17 mission.

training opportunity overseas

four loadmasters provided as many training opportunities as possible for this mission. Aircraft systems were explained and demonstrated on each leg of the flight and during operations on the ground.

In addition to the medical and aerial port folks, two aircraft maintainers were on board, and luckily so. Upon engine start up at RAF Mildenhall a minor electrical problem presented itself. Crew Chief, Tech. Sgt. John Casey and Senior Airman Joe Lorenzo leapt into action with the flight crew and promptly identified and corrected the issue so the mission could continue as planned.

"The C-17 is a very complex flying platform with hundreds of systems all working together to provide a safe and extremely versatile airlift platform," said Casey. "The goal of any mission is to not have any problems with the aircraft, but if something does break, the maintainers on board get the opportunity to identify and rectify any issues that may arise." This type of real-world critical thinking, and in-depth knowledge of the Globemaster III, provides a training ground for the maintainers that not only expands their abilities, but assures that a mission will continue with little interruption and save the Air Force tens of thousands of dollars that will not have to be spent to send a team in to fix the plane.

Of course, all of this is not possible without trained pilots and loadmasters.

Due to the ever changing flight procedures internationally, flight crew training is a key requirement on overseas missions. Each pilot needs a minimum of one mission outside the U.S. annually to stay current. Five pilots from three different units in the 514th, used this flight to get their overseas requirements accomplished, and also used it as an aircraft commander recommendation ride for Capt. Tyler Keltner who is new to the 732d. Keltner is a former active duty pilot for the 6th Airlift Squadron on JBMDL and recently transferred to the Reserve from an assignment at the Air Force Academy. On this mission he needed to get everything signed off as an AC to command missions in the C-17.

Lt. Col. Ken Burch, chief 514th Operations Group Standardizations and Evaluation said this kind of mission assures an aircraft commander has the knowledge and experience to take responsibility for a very expensive plane and ensure the safety of the passengers, cargo and crew.

"We provide the trainee with an experienced instructor pilot who can mentor them through the pilot requirements and complex procedures, when flying trans-oceanic and in foreign air space," said Burch.

In addition to the specific AFSC training accomplished on this OST the big take away was the rare opportunity to see other units do what they do best and learn first-hand how we can integrate during a mission. Aerial Porters were assisting loadmasters with tying down pallets, luggage and reconfiguring the aircraft, but also got the opportunity to assist AES with setting up their systems for an air evacuation mission. Pilots, loadmasters and maintainers were brought together to ensure the plane was flight worthy and safe when a system warning showed a problem. AES completed much more training than on a normal UTA flight and were able to pass on their configuration knowledge to other AFSCs on the flight.

Mission call sign "Reach 104" was an example of the Freedom Wing's priorities. The members of the 514th AMW "Deployed combat ready Airmen" on an overseas mission, "Developed our Airmen" with cross career familiarization and training, "Defended (and demonstrated) the way we serve" with an all Reserve crew, and had some "Fun" along the way. One Team, One Fight!



Members of the 78th Air Refueling Squadron jump into the waters of Key West as part of their water and combat skills training during a squadron fly-away mission April 16.

Keeping current in Key West

Photos and Story by Maj. Allison Ecung *514th AMW public affairs*

When people think of Key West in Florida they might reflect on the warm weather, beautiful beaches, or vacation days full of simplicity and relaxation. For members of the 78th Air Refueling Squadron, their recent flyaway exercise was definitely not just an easy stroll on the beach.

While most people dream of swimming in the refreshingly crystal clear blue waters of the Caribbean, the team was required to refresh their water and combat survival skills in full uniform. As they prepared to jump into the deep, the Airmen knew it would take teamwork to successfully complete their training.

Outfitted with helmets and life preservers, the team splashed down into the bay, simulating emergency aircraft evacuation over water, and climbed into a 30-man life raft. In-water training included key survival lessons such as, how to repair the raft, aiding injured personnel, signal rescue, and how to get food and fresh water.

The island paradise also provided the setting for the group's combat survival training. In the blistering heat and humidity they stood in a line while man after man performed combat skill techniques, displaying accuracy, determination, and

dexterity. In addition to hand-to-hand combat, urban land navigation, and rescue and evasion techniques were also practiced in the sweltering heat.

True to their instruction, each Airman gave 100 percent effort during four hours of practiced activity before joining the rest of the crew for a midday barbeque.

Small arms training with the M-9 pistol was also completed on the island along with chemical biological radiological and nuclear warfare defense, and self aid buddy care.

However, it's not all hard work and training. The uniquely stunning environment of the surroundings lends itself to relaxing activities after a long day of drill. Naval Air Station Key West provides resort-like facilities including a private beach on base and access to rental boats, jet skis, and scooters to tour the islands. The base itself is geographically separated into three sections of the island, each with a different function. Most of the training took place at Truman Annex near the downtown and older sections of Key West.

The rich military history of the island began long before the 1821 acquisition by the United States. It played a strategic part

due to the deep harbors that allowed trading and military vessels to dock easily and offload cargo. The island's close proximity to Cuba was a useful advantage for trade during the 19th century, but became significantly less desirable in 1962 as residents prepared to evacuate during the heightened prelude to the Cuban Missile Crisis. The Cuban and Spanish influence on the island remains to this day in the form of eclectic food and libations, as well as, in the cigar bars and delicate architecture of the houses that line Duval Street downtown. Author Ernest Hemingway found the area so enchanting that he purchased a home in the area and lived there from 1931 through 1940.

As temporary duties go, this group has truly achieved the ideal balance between fun and getting the job done. Lt. Col. Todd Brace, who flew his final KC-10 flight on the return trip from Key West, stressed the importance of the relationship among squadron members. "In the Air Force we always say family comes first and this is my military family." he said, "Family is important."

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Clockwise: Capt. Adam Asaro, 76th Air Refueling Squadron, checks his radio during land navigation training in Key West, Fla. April 16; Members of the 76th ARS learn water survival skills while in a rescue raft; 76th ARS Airmen practice combat survival skills on each other during training in Key West, Fla; Lt. Col. Mark Slimko catches a dummy by surprise during a combat survival training period on a recent fly-away to the Florida Keys.











Ops Group Change of Command

Clockwise from Left: Col. Ken Ostrat, former 514th Operations Group commander, looks on as Col. Michael Underkofler addresses the crowd at the group's change-of-command ceremony here April, 25; The Joint Base McGuire-Dix-Lakehurst Honor Guard prepares to post the colors; The crowd gives Ostrat a standing ovation after giving his final speech as the group's commander. Col. Robert Dunham takes the guidon from Col. Underkofler, assuming command of the operations group. Dunham was previously the director of the Air Force operations center at the Pentagon, Arlington, Va.







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Pass In Review



Senior Master Sgt. Christopher Hofrichter dances with his daughter, Kinsey as recording artists Lindsay Ellyn and Taylor Alexander play during a free concert at the Inn at Fernbrook Farms, Bordentown, N.J. May 5.



Photo by Lt. Col. Kimberly Lalley

Col. Michael Underkofler, 514th AMW commander and Chief Master Sgt. Kevin Warbrick, 514th AMW command chief, speak with Rep. Chris Smith (R-NJ) and Cate Benedetti during an annual Capital Hill visit in Washington D.C. April 29.



Photo by Master Sgt. Donna Jeffries

Maj. Cyndi Mobley, 732d Airlift Squadron, chats with middle school students enrolled in Philadelphia's Girls Inc. program during their recent visit to the base. Girls Inc. is a non-profit program geared towards instilling confidence in young girls.



hoto by Master Sat. Donna Jeffries

Capt. Zachary Kiel, 732d Airlift Squadron speaks to students from the Mastery Charter School, Philadelphia, Pa. during their recent visit to the wing.



Photo by Christian DeLuca

Chief Master Sgt. Kevin Warbrick, 514th AMW command chief, helps members of the Point Pleasant Elks Lodge serve lunch to members of the wing during a celebration of the 67th Birthday of the Air Force Reserve.



Photo by Christian DeLuc

Airmen from the 514th Air Mobility Wing listen to Senior Master Sgt. Wayne Hanna, 76th Air Refueling Squadron, speak during a luncheon celebrating the 67th Birthday of the Air Force Reserve.

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