





The following Airmen were recently promoted.

Airman 1st Class

John Joseph Cueto, 514 AMXS Nicholas Davi, 514 SFS Ronny Diaz, 514 SFS Nathalia Gil, 514 SFS John Provence, 514 SFS

Senior Airman

Alexander Burchart, 514 SFS Jennifer Cedeno, 88 APS Miguel Contreras, 714 AMXS Shakiera Lee, 514 FSS Michael Soto, 714 AMXS Erica Wylong, 514 CES

Staff Sergeant

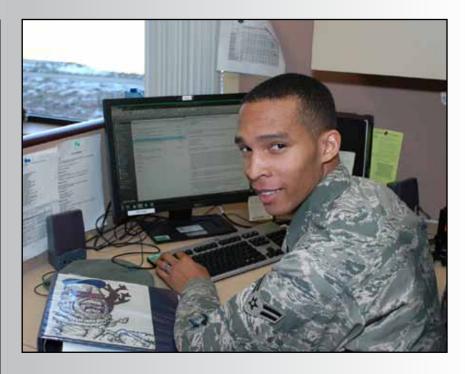
Robert Johnson, 514 MXS

Technical Sergeant

Marco Andrade Jr., 514 MXS Christina Lai, 514 AMOS Brian Meldrum Jr., 514 AMXS Sergey Zurochka, 514 MXS

Master Sergeant

Stephen Fitzgerald, 514 MXG Joseph Malvasio, 714 AMXS



SPOTLIGHT: AIRMAN 1ST CLASS ROBERT C. CHAVIS JR.

Unit: 514 FSS

Duty Title: Command and support staff administrator

Hometown: Richmond, Va.

What is your best quality: My work ethic

Little known fact about you: I had my first son on December 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"

VIEWPOINTS Start preparing for fall: One Wing, One UTA By Col. Cynthia Wong 514th Mission Support Group commander

By now, I hope all of you have heard about the change that is going to take place this fall with our Unit Training Assembly schedule... we are going to one UTA. We can no longer afford to continue the practice of supporting two UTA weekends and need to look for ways that we can make all our processes more efficient so that we can make the one UTA a reality.

The savings we achieve can be better used to train Airmen. Here are some issues that have been identified as concerns to Airmen in this wing through the recent survey. We know there are many more (fitness comes to mind) and we are working towards finding a solution to each.

Our goal is to improve our delivery of service to all of you with minimal inconvenience. Please continue to bring issues that may cause us headaches in the fall so we can better plan to mitigate them.

Lodging -- We currently house more than 800 Airmen per month in lodging, both contract and on-base. In order to accommodate that number on one weekend, we are expanding the number of rooms on the current hotel contracts and adding other hotels, most likely north of the installation.

On-base lodging has committed to provide us with a total of 150 rooms. We are not planning to change the way that individuals get to choose the hotels that they want to stay in based on survey results.

We are looking at using Army dorm style lodging with private bathrooms and kitchenettes that can be made available to those who may want to stay close by. It is still too preliminary for us to discuss the details at this time; more information will be shared in the fall as we get closer to an agreement with the Army.

We are also looking at a number of ways

to improve the reservation process since many members find the current telephone system unreliable and inconvenient. We hope at some point to replace it at using ArcNet and/or a mobile application.

Until then, it will be critical for those needing lodging to plan well ahead prior to the UTA to prevent being left out in the cold without a place to stay and as always communicate with your unit lodging monitor and/or first sergeant if you have issues.

Dining Options -- We are currently looking at expanding the dining options for wing members by opening up two other options to enlisted members on UTAs.

The Army currently uses two facilities run by Air Force contractors on the Fort Dix side of the installation, a seven to ten minute drive from our main campus.

One of the buildings is located two doors from Clothing Sales (Bldg 5610) and the other is located across from the indoor pool (Bldg

Both the McGuire and Dix facilities offer similar food choices, but Dix offers all you can eat for the salad bar, dessert and drinks.

Crowding is still definitely a concern for all the dining facilities and there is the possibility that the active duty will open up additional facilities as the reserve population increases on the weekends.

We are working with our active duty host and reserve partners to discuss the possibility of staggering lunch times to prevent long lines. This is still in the negotiation phase. Again, more details will be communicated later this year as we finalize communications.

Facilities and Parking -- Of the three areas of concern, the one that has me most concerned

is facilities and parking. Some units will be a little overcrowded, may have to park further from their building, and will need to plan for additional restroom supplies.

I cannot speak for the other groups, but I know several of my units are going to face a challenge going to one UTA. Because of all the overages in the 514th Force Support Squadron, there may not be enough desk space to accommodate everyone when the entire unit is here.

That may mean, we need to look at not carrying as many overages as in the past and folks will have to share desks until we are able to accommodate the squadron size.

The units with the most space challenge right now in the wing are my aerial ports, who are currently shoehorned into a building that is inadequate for even one squadron.

We have a long term fix to their facility situation with the anticipation of space that is going to be built and that is going to come available as other units vacate over the next three years.

To address this issue this fall, the 35th Aerial Port Squadron is exploring a decentralized approach by co-locating with the active duty aerial port.

The 88th APS is searching for swing space so that they can expand their operations in other areas of the installation. It is critical for units to be communicating their anticipated needs now so we can properly plan and resource them to make the transition them smoother.

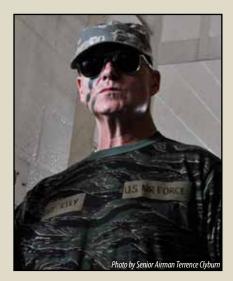
Maj Greene and I have found a project officer, new to our wing, First Lieutenant Minnis, who is assisting us with the process of moving towards one UTA. Please contact him with your concerns and or suggestions on how we can better help your unit operate on one UTA. He can be contacted at: Stephen.minnis.1@us.af.mil.

Blue Star Museu

Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 2,000 museums across America to offer free admission to the nation's active-duty military personnel and their families, including National Guard and Reserve, from Memorial Day, May 25, 2015 through Labor Day, September 7, 2015. Find participating museums nationwide at: http://arts.gov/ national/blue-star-museums



Photo by Master Sgt. Donna Jeffries



Clockwise from above: Members of the 514th Aeromedical Evacuation Squadron celebrate winning the President's Cup during the 514th Air Mobility Wing's biennial Combat Dining in June 6; Senior Airman Edgar Aguilar, 514th AES, poses for a photo, donning branches in his Kevlar helmet for added camoflauge during the Combat Dining In; Airmen stage an attack during the events of the night. Master Sgt. John Kley, 514th AES puts on his game face prior to the nights events. The theme of the night was the "V ietnam Conflict."







6 FREEDOM FLYER WWW.514AMW.AFRC.AF.MIL



Photo by Senior Airman Terrence Clyburn

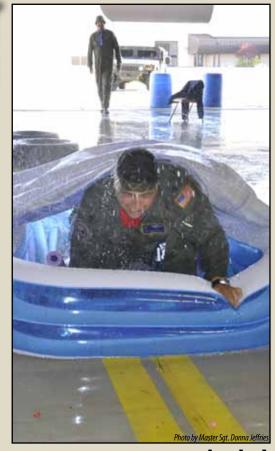
Clockwise from above: Col. Dennis Duffy, 514th AMW vice commander and Chief Master Sgt. Kevin Warbrick, 514th AMW command chief, render a salute after drinking from the "grog bowl," a cornacopia of ingredients mixed inside a (sanitized) toilet; Members of the 514th AES pose for a photo prior to the night's events; Lt. Col. Mark Santilli, 732d Airlift Squadron director of operations, runs the obstacle course before bellying up to the "grog bowl;" Airmen take a "selfie" prior to the night's events.



Photo by Senior Airman Terrence Clyburn







Freedom Flyer 7

CAF, Faith help Airman overcome obstacles

By Master Sgt. Donna T. Jeffries 514th Air Mobility Wing

Homeless, jobless and friendless; millions across the world face this reality daily.

The stereotypical images of the homeless are people sleeping on park benches; combing through garbage cans or walking listlessly on city streets pushing shopping carts that hold their sole possessions. These people are easy to spot and easier to make assumptions about.

Yet in reality, according to The National Alliance to End Homelessness, the majority of people facing homelessness are dealing with a temporary condition due to life issues. With the right resources and using resilience they soon overcome the setback.

This age-old story hit home to Tech. Sgt. Kevin Curry, a Reserve noncommissioned officer in charge of Family Readiness with the 514th Air Mobility Wing, nearly eight years ago as his four-month active duty orders were ending. During the six-months it took for him to transition from the military, back to civilian life, Curry underwent all the anxiety and stress that comes with having an unplanned future and no home.

"I was facing nowhere to sleep except the back seat of my car or a friend's couch; no job or prospects of a job in sight; and no one I felt comfortable to reach out to for help," said Curry whose story is featured on the Air Force Wingman Toolkit video.

The, then, Brooklyn resident had previously given up his apartment and job prior to going to Texas for military medical training. At the time he failed to think or plan for what comes after graduating. To top it off, he got hurt a week before his school tour ended making his anxieties about the future even worse.

"I didn't really want to tell my family and have to deal with their questions," said the brother of a twin.

Yet, though he was nervous and embarrassed, he knew he had to do something.

He pulled from his knowledge of the Comprehensive Airman Fitness Resilience Training to deal with his situation. CAF resilience training increases proactive coping, self-management and leadership skills by focusing on the individual's mental, physical, social and spiritual fitness.

The mental health technician said it was his faith in God and his, albeit reluctant, willingness to share his story with his military family that opened the path to better opportunities and that kept him from becoming destitute.

"I've taught these resilience pillars to others and now it's not a presentation – its real life and I'm walking that life now!" said Curry.

But, by opening up and allowing others to assist, Curry learned that his injury would actually be his saving grace as it allowed him to get his civilian life in order while he remained on medical hold resolving his injury. This transition period gave him time to secure a civilian job and new housing.

The advice he received from his military supervisor embodied the Wingman concept: taking care of your Airmen.

Being a Wingman and using resilience tools became even more personal to Curry later in his career as he witnessed his military supervisor battle cancer and pass away five months after the initial diagnosis. Curry said his unit members came together to visit Tech. Sgt. James Taylor at the hospital and to provide him some comfort.

Yet Taylor gave them comfort as well.

"I have lived and done it all and I didn't leave anything on the table," Curry repeats what Taylor said during a memorable bedside conversation. "The only thing I'm going to miss is being with you guys."

Those sentiments have stuck with Curry – who said in that moment of utterance, "Total Force" became real for him. The Reserve is more than just one weekend a month, said Curry. "It's family."

"It wasn't until we were visiting Taylor that it hit me just how much my Reserve unit is my family as well." Curry says Taylor's words, spoken in the fringe of death, challenged him to reflect how they all were treating their family members and if they were truly taking advantage of the opportunities the Reserve provided. Could he and others say they have lived, done it all and have no regrets but that of leaving behind those they love?

When the opportunity came to apply for a special duty assignment with Family Readiness, Curry jumped at the chance. It was upon his selection for the assignment and



Photo by Master Sgt. Donna Jeffries

his unit members came together Tech. Sgt. Kevin Curry speaks about overcoming obstacles in his life.

during his subsequent five-day training at Maxwell Air Force Base, Ala., that Curry's story came out.

Featured in, "My Wingman Story", a video on the Air Force Wingman Toolkit website at: http://www.wingmantoolkit.org/my-wingman-story-kevin-curry/, Curry further explains how both of these past events have given him a different level of understanding.

He credits his experiences with his ability to have a higher level of compassion, particularly in the services he now provides to veterans as a counselor with the Veterans Affairs supporting a nationwide program called Support Services for Veterans. The program is designed to assist veterans in finding employment, preventing impending evictions and providing short-term housing to those who are homeless.

"Whether they got in the situation through their own merit or not, the question on hand is how can you go forward and get through it?" said Curry.

9 FREEDOM FLYER WWW.514AMW.AFRC.AF.MIL

Pass In Review



Photo by Senior Airman Terrence Clyburn
Col. Michael Underkofler, 514th AMW commander,
presents the Outstanding Airman of the 2nd Quarter
award to Senior Airman Nicole Gansert, 78th Air Refueling Squadron June 7.



Photo by Master Sgt. Donna Jeffries Lt. Col. James Bahosh and Maj. Gwendolyn Soden, 514th Air Mobility Wing, pose for a photo prior to the Combat Dining In June 6.



Photo by Lt. Col. Kimberly Lalley
Members of the 514th Civil Engineer Squadron peruse the streets of Gallup, N.M., on their down time, during a recent Innovative Readiness Training deployment to the area to build homes for low-income Native American families.



Photo by Christian DeLuca
Members of the Joint Base McGuire-Dix-Lakehurst Honor Guard watch as a group of bikers pass by, after presenting the colors at the annual Armed Forces Freedom Ride in Mt. Ephraim,
N.J. May 17. The ride went from Mt. Ephraim to JB MDL and onto the flight line.

42d Combat Communications Squadron deactivation ceremony



Photo by Christian DeLuca

The 42d Combat Communications Squadron presents its guidon for the last time. The squadron transitioned from the 514th Air Mobility Wing, here to the 960th Cyberspace Operations Group, Joint Base San Antonio, Lackland, Tx., in 2009. The geographically separated unit continued to provide services and received administrative support from the 514th AMW.



Col. Lloyd Terry Jr., 960th CYOG commander (lt.) and Col. Charles Rich 42d CBCS commander, case the guidon signifying the squadron's deactivation.



Senior Airman Tam Dang, 42d CBCS, marches the squadron's cased quidon back to the formation.

10 Freedom Flyer WWW.514AMW.AFRC.AF.MIL



New Year's Goals Half-Year Check-Up

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

Most of us have great intentions for our new year. We want to get fit, become better at something, and improve relationships. We set goals that, as the year progresses, we forget about. By the end of the year, we realize we never made much progress and recycle last year's goals for the upcoming year. And the cycle continues. For many years in a row, we set the same intentions, and for many years in a row, we fail to achieve what we set out to do. We need help to stay on track, so this is a reminder to check up on the goals you set out to accomplish this year. It's only the summer – it's not too late to get moving.

- * Take a look at the list of goals you made in January and evaluate where you are right now. This is a time to take an honest look at what you have accomplished so far, and what still needs to be done. It's very important to celebrate your accomplishments along the way!
- * Prioritize your list. What is still on your list that you must accomplish before 2015 ends?
- * Take action! You can hope, plan, and prioritize all you want, but unless you take action, you will not accomplish anything. However, when you make a solid decision when you set a goal and take action, you will succeed!
 - * Keep your eyes on the prize. What is your vision? Let

your vision push you forward! Remember WHY you're doing what you're doing. When the going

gets tough or you don't feel like sticking to your goals, keep your vision in the forefront of your mind.

No matter how big or small your goals for this year may be you selected them for a reason. Think back to what made you feel that the goal you selected was important, and if it's still important to you, refer to the list above to help you start taking action to move forward. Don't forget to experience the journey as you move toward your goal. It might not always be fun or feel like a good time, depending on what you set out to change, but there are opportunities for growth in every opportunity for change. And sometimes the journey itself can be more satisfying than reaching the end.

"What you get by achieving your goals is not as important as what you become by achieving your goals."

- Zig Ziglar

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





Staff Sgt. Christopher Myers, 514th Civil Engineers Squadron, hammers in a section of window framing on one of the three houses Airmen worked on while in Gallup, N.M.

Photos and story by Lt. Col. Kimberly Lalley

514th Air Mobility Wing

Hydrate, hydrate! These words were heard often during the two weeks members of the 514th Civil Engineer Squadron spent in Gallup, N.M. The historic city has an elevation of more than 6,000 feet and is known as the "Heart of Indian country," due to its location in the middle of the Navajo reservation, home to many Native American tribes.

Twenty Airmen spent the last two weeks of May building homes for low-income families who make under \$7,000 a year. Their days started early with a flag ceremony, which included hoisting the United States, New Mexico, United States Air Force and Navy flags. The Airman would gather together, receive a safety brief for the day and again be reminded to "hydrate."

Working on three homes at a time, the Airmen exhibited hustle and teamwork! Known as Innovative Readiness Training, Civil Engineer Airmen improve their military readiness while building community partnerships. IRT provides real world training opportunities for Airmen and prepares them for their wartime missions while supporting the needs of America's underserved communities.

For this operation, the Airmen worked in a large warehouse on three homes in various stages of construction. One was built from the ground up, the second was fifty percent complete and the third was seventy-five percent complete. This group had some experienced senior non-commissioned officers who supported this training in 2006 and helped train the newer Airmen. Many worked out of their Air Force specialties and no one had structural experience. Despite the challenges, they framed a house in nine days. They all got to see their hard work pay off. Senior Master Sgt. Kevin Reilly was one of the SNCOs who built homes here in 2006. He participated in other IRT projects but felt this training was the most rewarding.

"You're building things from scratch that will be around forever," Reilly said.

Master Sgt. Trevor Senechal, AFRC Program Manager, noted he was "impressed with the quality of work and attention to detail" displayed by the 514th CES.

The warehouse was a hub of activity and the joke was if you don't know how to do something, "Youtube it!" Many had expertise in their civilian jobs that they were able to bring to New Mexico. Staff Sgt. Christopher Myers spent most of his time texturing



Senior Airman Daniel Florio, 514th CES, cuts a plank as Staff Sgt. George Sotomayor, 514th CES, holds it stead Gallup, N.M.



Airmen of the 514th CES take a break from building homes in Gallup, N.M. to pose for a group photo.

12 Freedom Flyer www.514amw.afrc.ae.mil



steady, while working on homes for low-income Native American families during a recent annual tour in



Photo of a completed house. More than 240 homes have been built in Gallup N.M. since 1998 when the military teamed up with the Southwest Indian Foundation to start the program.

walls but he was sent out to trouble shoot a home on the reservation and solved two electrical problems. His Air Force speciality is in power generation.

Senior Airman Taran Kalladeen fixed a table saw for the Southwest Indian Foundation (SWIF). He mixed concrete to help fill in cracks at the warehouse.

"When something goes wrong, you've got to trouble shoot to fix it so it doesn't slow you down. Lots of little details add up to the finished product," he said.

More than 240 homes have been built in Gallup in conjunction with the military since 1998. Through IRT the military rotates in two week cycles from March to August. The final product is a 900 square foot, three bedroom, one bath home with laminate flooring and a wood burning stove. It takes six weeks to build a home in the warehouse, four to six more weeks to finish construction in the field for a total of three months to build one home. The families are responsible for repairs and maintenance.

A site still must be approved before a home can be placed and sometimes getting utilities installed and receiving proper clearances can slow the process down. SWIF is the non-profit organization that focuses on clients that are in substandard housing and have an income that would not support a mortgage. Most of the families receiving these homes are elderly, handicapped or single parents. There are currently 45 families on a waiting list with SWIF and estimates of thirty to seventy-five thousand families needing affordable housing, according to Jeremy Boucher, SWIF Deputy Director. He says the average wait time for a home is now 18 months, down from 2.5 years.

Senior Airman Dante Correa said he learned a lot about fixing things around his home. He felt it was a great experience for a good cause. He made the most of his off-duty time visiting Las Vegas, the Grand Canyon and Walter White's home from "Breaking Bad."

Senior Airman Moustapha Toure and Senior Airman Pedro Colon met at their technical school when they became friends before being assigned to different units. They were thrilled to be reunited in the Freedom Wing and led Civil Air Patrol cadets in the Gallup Memorial Parade. Master Sgt. Ronald English said he was so proud of the Airmen; he was watching the parade and saw them leading the way. Both Airmen got a kick out of being called "Sir" by the civil air patrol cadets. They were able to recall their cadences from basic military training.

The week ended on a high note with a trip to the Gallup Cultural Center, where Hirosho "Hershey" H. Miyamura shared his experiences as a veteran of both World War II and the Korean War. He is a Medal of Honor recipient and former POW who spent 28 months in prison. He will be 90 years old in October. He was born in Gallup to Japanese immigrant parents. Last year he was immortalized on the U.S. Postal Service's Medal of Honor: Korean War Forever stamp folio.

Miyamura addressed the group for two hours and shared his perspective.

"When you come into a situation, don't ever give up. Remember—don't ever give up. You never know what will happen tomorrow. Things will happen that won't make sense at the time," he said.

Miyamura said he had a Guardian Angel watching over him. "It all works out in the end," he said. "You need a buddy to survive. You can't make it on your own. Develop friendships and have someone you can depend on. If it's meant to happen, it's going to happen."

The group was honored to learn from Miyamura. It's important to honor history. They made their mark in Gallup and members from Hickam Air Force Base will pick up where they left off. House #2 was ready for delivery and the IRT cycle continues.



Photo by Senior Airman Terrence Clyburn

Master Sgt. (Ret.) Rene Fougeray talks to member of the 514th Air Mobility Wing about his time in the Vietnam Conflict, during the quarterly Commander's Call, June 7. Fougeray was a part of a C-141 crew from the 514th AMW that flew orphans out of Vietnam under fire during Operation Babylift. His flight was the last one of the operation. They were able to rescue 28 adults and 189 orphans.

\$ IT'S YOUR MONEY \$

by Col. Micahel Underkofler

514th Air Mobility Wing commander

As we transition to one Unit Training Assembly, I was thinking of ways Reservists could save \$12 a month. Instead of going off-base for lunch, take advantage of one of the dining facilities on base for breakfast, lunch or dinner. If you're not in a status where it's FREE, for only \$5.55 the Army DFAC offers a flat fee for a buffet style meal. Air Rererve Technicians are authorized to use the facility when in civilian status – all you need is your Common Access Card and cash.

When you're out eating, ask if there's a military discount. Many stores offer 10 percent off and certain restaurants offer the military free meals at certain times of the year.

With summer in gear most hotel chains offer military rates to members even when not in a military status. In November you can get FREE nights at a bed and breakfast. Check out http://www.bnbfinder.com/?action=specialsSearch&specialTypeId=49. You can even find deals for Veteran's Day 2015!

Navy Inns will allow Reservists to book a reservation 30 days in advance. Check out http://ngis.dodlodging.net/.

When shopping off-base you can sometimes receive a military discount. It never hurts to ask. One-day passes at shopping clubs on holidays may also be available. If you're not getting 10-15 percent off cell phone services, call today for the government discount.

If you travel to NYC you can get halfoff on the NJ Transit buying the senior citizen ticket and showing your military id.

Did you know that Tutor.com offers free tutoring? For a complete list of military deals check out http://www.military.com/discounts. When traveling by air don't forget the USO where they offer refreshments, local discounts, rest, phone calls, snacksto-go, short-term storage, and toiletries.

On-base offers shopping and deals at the commissary, Base Exchange, Arts and Craft Shop and Auto Hobby Shop. Some bases offer leisure facilities and hotels. Reservists can take advantage of CONUS Space-A travel and combine these deals.

For entertainment there are movie theater discounts, passes at Busch Gardens and Sea World, a four-day Disney pass that's heavily discounted and options at the World of Coke, Water Country USA, Kennedy Center and Information Tickets and Travel ticket discounts at Six Flags, theme restaurants, etc. Military members can get free access to Sea Girt beaches. If you enjoy New York theatre, always check out the USO in NYC at the Port Authority. There are always deals for military members and don't forget TKTS discounts

where you can get 40 to 50 percent off Broadway shows.

If sporting events is your thing – you could pay \$30 to park at a Philadelphia Eagles game or drive to the Navy Yard, show your military id, and park for FREE.

Why do I want to save you money? It's easy to save more than \$12 a month and for only \$11.30 each month Reservists can be covered with Met Life Dental insurance. The government is paying approximately 60 percent of the cost. The nominal fee is deducted from your drill pay and provides two cleanings and one set of x-rays per year. Cost of other services to include orthodontia, fillings, crowns, implants, sealants, and care required after an accident are a percentage of the full price. Your participating dentist will complete your DD Form 2813 to show your dental readiness. As we transition to one UTA, services will be streamlined, and dental exams by military dentists are only provided once every three years. Dental readiness needs to be provided annually. By getting this insurance not only do you insure your dental readiness, you also help alleviate the long waits that can be avoided at the dental clinic.

With the extra money you save, consider investing in your Thrift Savings Plan. You can consider my suggestions to have more money in your pocket for other things.

14 Freedom Flyer www.514amw.afrc.af.mil



Tech. Sgt. Kevin Hyde, 514th FSS checks the fit of his M50 gas mask during the squadron's block training May 15.



Photo by Tech. Sqt. Kevin Hyde Senior Airman Kimberlee Lamarre, 514th FSS, climbs the rope section of the Fort Dix obstacle course May 16.

514TH FORCE SUPPORT SQUADRON BLOCK TRAINING



Members of the 514th FSS race towards the Fort Dix obstacle course during the squadron's block training May 16.

Photo by Tech. Sgt. Kevin Hyde

FREEDOM FLYER

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

FOR THE FAMILY OF:

