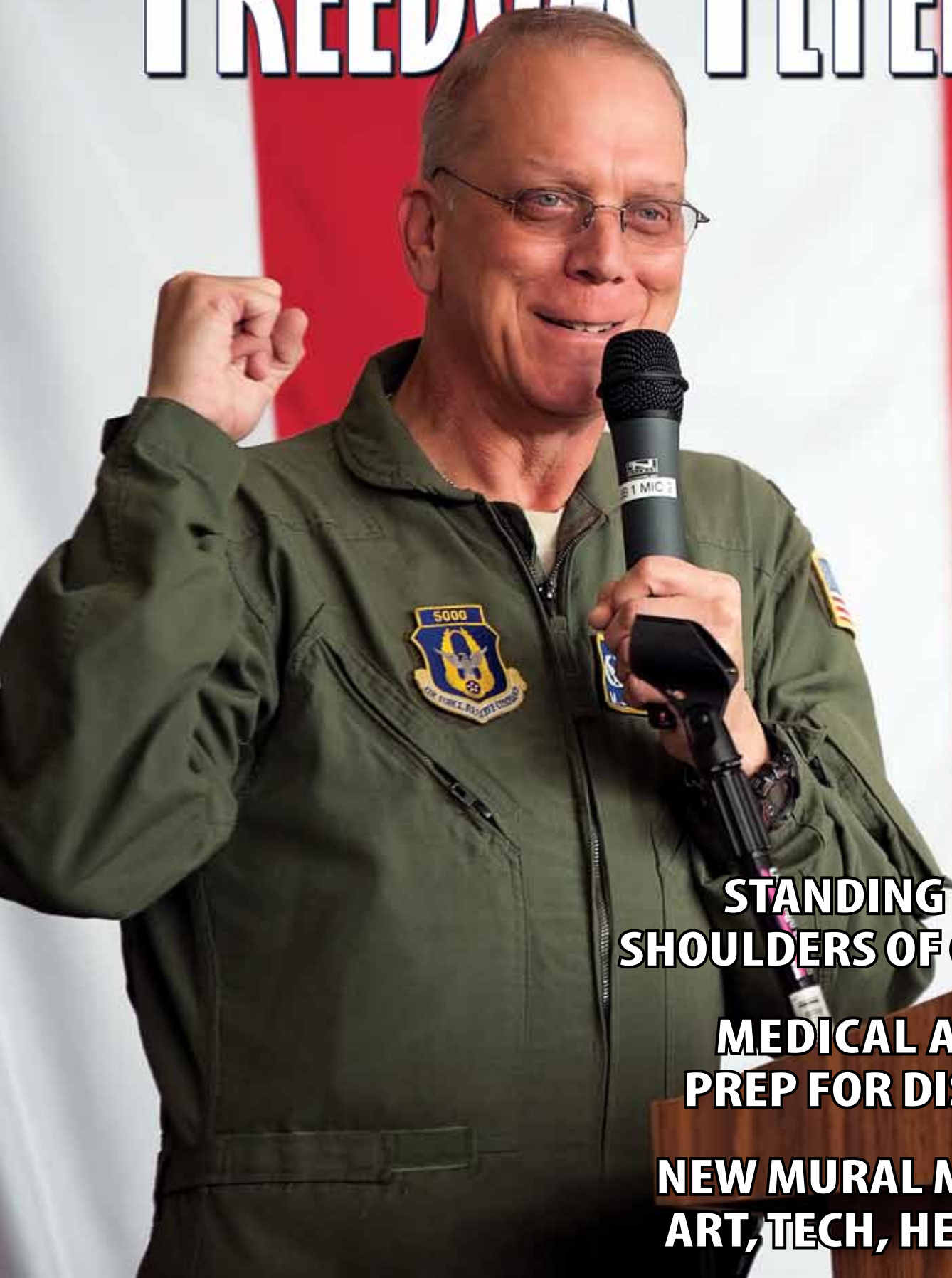


514TH AIR MOBILITY WING

FREEDOM FLYER

JULY/AUG 2015



**STANDING ON THE
SHOULDERS OF GIANTS**

**MEDICAL AIRMEN
PREP FOR DISASTER**

**NEW MURAL MERGES
ART, TECH, HERITAGE**



FREEDOM FLYER

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ON THE COVER

Col. Michael Underkofler, 514th Air Mobility Wing commander, addresses an audience at Joint Base McGuire-Dix-Lakehurst, N.J., in 2014. After more than four years of serving as the wing's commander, Underkofler took a new assignment as the director of staff for the 22nd Air Force.



Photo by Christian De Luca

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Capt. Robert Deland (left) and Maj. Hesham Aly discuss the flight plan inside a C-17 Globemaster III July 31. Both Airmen serve as Citizen Airmen with the 732nd Airlift Squadron.

Photo by Christian De Luca

CHANGE IS INEVITABLE

By Lt. Col. Matthew Bianchini
514th Maintenance Squadron commander

Change.
Again.

That one word could be our Air Force motto, and as a maintainer, change is inevitable.

Whether we are talking about flying schedules or job descriptions, change happens. Whether we are talking about a new airframe or a technical order revision, change happens. We have been rivetized, downsized, RIF'd and deployed. We have been promoted, demoted and PCS'd.

The only constant is, we face these changes head on and adapt. The next big change we face is moving to one—yes one—unit training assembly per month.

Oh no! What do we do?

How are we going to handle this

change?

The world is coming to an end!

Not so much.

As maintainers, we will adapt and overcome. While we know there are many challenges associated with one UTA per month, we will find the opportunities and not the pitfalls.

But how? What opportunities? There are issues with this new schedule. Is there a long line at the chow hall (I mean *DFAC*) or is lodging too crowded? Do I have enough resources available to train my Reservists?

I don't know.

The answer to all these questions is: we are Reservists, and most Reservists are like my maintainers, we make stuff happen. We will review our current training plans and amend as needed to ensure that all of our Airmen have adequate training opportunities. We will work with our 305th Air

Mobility Wing brothers and sisters to allocate resources appropriately so no Airman is left behind. We will work with base services and identify opportunities to ensure that our Airmen are housed and fed without undue stress. We will work collectively to ensure that we can effectively accomplish the mission safely, and without cutting corners.

As I think back on my 28-year career, nothing is the same as it was when I first drove through the main gate right here at McGuire. It has all changed. The dorms, the chow hall, the flightline and the aircraft. All changed. The only thing that remains the same is the resilience of the maintainer and our fellow Citizen Airmen. We will adapt and overcome and succeed because, at the end of the day, we are Airmen and that is what we do!

One UTA per month? Bring it! ♦

Thinking Deliberately About Professionalism

By Staff Sgt. Brandon Turner
514th Air Mobility Wing Force Development

A valuable principle is to never assume meaning out of anything you have not thoroughly researched. Intuitions are often flimsy, and it is worth reminding ourselves of matters worth thinking about.

In this instance, I am taking note of professionalism.

You have heard of professional sports, right? What does it mean to be a professional? Does it simply mean that you are a cut above the rest? Do professionals have an obligation to uphold in order to be considered as such? If you can't tell already, I like asking questions. Heck, even rhetorical questions are important if they provoke critical thinking.

Even though many of us don't get paid like professional athletes we should be no less absorbed with the necessary attitude and behavior that a professional possesses. Let's name a few:

1. A professional is kind. If you are not kind, then you are missing a vital piece of character which is needed to leverage potential in relationships. Also, remember you breathe the same air as those around you and you put on

your pants one leg at a time, like everyone else.

2. A professional listens to others. True, we might have the answer to many of our employee's questions, but answers come in many forms. If you can take a moment to listen at critical moments then your maturity and long-suffering will elevate you far higher than any knowledge.

3. A professional manages his/her emotions appropriately. Take your arguments with others, especially colleagues or senior managers, in private and always show respect in your disagreements. Appreciating diversity in thought means being willing to create bridges between differences.

4. A professional understands protocol. This is important because the meekness of a professional should never be misunderstood as weakness. Take time to document events which warrant documentation. Ensure that you understand applicable regulations and standards necessary to enforce organizational policies. Avoid fraternization, treat others equitably, and take note that your conduct is your credibility as a professional, no matter what your job is.

Let the attitude and behaviors you exude be deliberate and based upon the brand in which you are creating for yourself. This brand should be synonymous with professionalism. Good luck to us all! ♦



Photo by Airman 1st Class Terrence Clyburn

SPOTLIGHT: **MASTER SGT. PATRICK RAGOSTA**

Unit: 514th Air Mobility Wing

Duty Title: Wing Historian

Hometown: Dumont, N.J.

What is your best quality?

My mechanical ability is my best quality.

Little known or interesting fact about you?

I was able to complete my college education at the age of 57.

What makes you passionate about history?

Growing up in the early sixties, seeing all the pictures of relatives in uniform, and asking about the ones I didn't know, and being told they didn't return.

Favorite historical fact about the wing?

The 514th lineage goes back to the 4th Combat Cargo Group, flying the C-46 Curtiss Commando in the Burma-China theater from December 1944 to February 1946.

What is your number one goal in life?

I'd have to say my goal is to always stay engaged and active.

Who is your historic role model?

Col. Michael Underkofler, 514th AMW commander. Nobody can give a history lesson like the colonel.

What is your favorite color?

My favorite color is blue.



The following Airmen were recently promoted.

Airman

Siannie Concepcion, 514 FSS

Taran Kalladeen, 514 CES

Brian Karl, 514 OSS

Austin Kerwin, 714 AMXS

Airman 1st Class

Jasmine Alexis Ohannon, 76 ARS

Richard Klein, 514 CES

Jessica Faith Reichart, 76 ARS

Jonathan Kocak, 514 CES

John Ferreira, 714 AMXS

Cantley Lasala, 514 CES

Dwayne Lee, 514 SFS

Siria Matos, 714 AMXS

Senior Airman

William Caldwell, Jr, 514 AES

Henry McKay, 514 CES

Janae Carlisle, 514 FSS

Albert Henry Menocal, 714 AMXS

Jerry Ciaurro, 714 AMXS

Gregory Morris, 714 AMXS

Miguel Contreras, 714 AMXS

David Robinson, Jr, 514 MXS

Ryan Corcoran, 514 LRS

Simone Saracino, 514 AMXS

Derek Deloatch, 714 AMXS

Technical Sergeant

Brian Dhurieux, 714 AMXS

Mary Degeorge, 88 APS

Kristyn Edwards, 76 ARS

Wayne Groeblichhoff, 732 AS

Austin David Fizel, 714 AMXS

Jacquelin Held, 514 FSS

Joseph Aaron Galan, 714 AMXS

John Muirhead, 514 CES

Ayanna Gaskin, 514 CES

Francis Ocansey, 76 ARS

Nathalia Gil, 514 SFS

Eric Lam, 714 AMXS

Master Sergeant

Cesar Monterroso, Jr, 714 AMXS

Matthew Bracken, 78 ARS

Melinda Nava, 714 AMXS

Roberto Santisteban, 514 MXS

Joseph Onate, 714 AMXS

Mikey Ong, 514 MXS

1st Lieutenant

Christian Orozco, 714 AMXS

James McGee, 514 AES

Patrick Poblete, 714 AMXS

Duston Brown, 514 ASTS

John Provence, 514 SFS

Jonas Ahern, 76 ARS

Andrea Quinones, 88 APS

Philip Booth, 76 ARS

Girard Richardson, 714 AMXS

Patrick Mohr, 76 ARS

Cameron Stanley, 714 AMXS

Aaron Wiseman, 76 ARS

Devante Stewart, 514 CES

Joseph Alessi, 78 ARS

Nino Villena, 714 AMXS

Nathan Ehlers, 732 AS

Janiece Ward, 714 AMXS

Jonathan Gerhardt, 732 AS

Staff Sergeant

Johnny Colon, 514 SFS

Captain

Maria Harrison, 88 APS

Adam Harrison, 714 AMXS

Clarence Hoyle, 714 AMXS

Brian Keck, 732 AS

Aiko Imbat, 514 AMXS

Mickael Nuskey, 35 APS

Sara Trujillo, 514 ASTS

STANDING ON THE SHOULDERS OF GIANTS

Reservists making a difference

By Col. Michael Underkofler
514th Air Mobility Wing commander

My children don't like history. They don't like taking history courses in school. They put up a fight whenever I make them go to museums or historic sites. And they don't like hearing about our family history; where the family came from or the challenges they have overcome.

At least that's what they say, but over time I think they'll repeat the stories I've told them to their families because knowing where you come from can serve as a touchstone in challenging times or inspire you to do even bigger things to make your ancestors proud.

For the last five years, I've used most every opportunity to tell the stories of our Reserve forefathers, especially those who created the way we serve or those within our wing who have done phenomenal things. Even if you, like my sons, don't like history I'm hopeful the stories I've told will serve as touchstones for defending the way we serve or help you see the greatness in what you and your fellow Citizen Airmen do.

I'm continually motivated when I read or hear their stories. Here are some of my favorites.





THE MAYOR OF NEW YORK THINKS AND SERVES BEYOND THE FIVE BOROUGHS

Mayor John Purroy Mitchel, the boy mayor of New York City, advocated for universal military service, specifically in a large, reserve force different from the state militias. Despite running the world's largest and most important city, and ushering in huge anti-Tammany Hall reforms, he gave up his summers to train and think about how the nation should be defended, creating the reserve readiness movement. Starting in 1915 the mayor went to summer camp at Plattsburg, N.Y., for six weeks.

He and others who attended, paid their own transportation costs, bought their own uniforms, and paid for their food--over \$28 for the encampment, a princely sum at the time, for the opportunity to perform "annual tour." These campers, or early reservists, received no pay and worked incredibly long hours, drilling in the day and talking about defense in the evening.

Mayor Mitchel led from the front. He allowed 35 New York Police Department officers to join him at camp. Other key city leaders, like the police commissioner and the port collector, also joined him.

Instead of going into a comfy law firm when he was defeated for a second mayoral term, the middle-aged Mitchel sought a Reserve commission to go and fight in WWI. The former mayor became Major Mitchel, a Signal Corps pilot.

Unfortunately he died in a flight training accident before being sent to an operational squadron in Europe. So proud of his service, New Yorkers demanded that an auxiliary field on Long Island be named for him. That field grew to become Mitchel Air Force Base, the home of the 514th from 1949 to 1961.



DESPITE SOCIAL & ECONOMIC PRIVILEGE, ANOTHER ROOSEVELT SERVES

Also joining Mitchel at summer camp were the Roosevelt boys, the four sons of former President Teddy Roosevelt. Quentin, the youngest and the boy the nation saw grow up in the White House, was just 17 when he went to his first encampment.

He loved aviation, and as soon as he could, he accepted a Reserve commission and took up flight training. Despite his privileged social status, he yearned to get to France and fight. At 20 years old, Lieutenant Roosevelt was leading on the ground and in the air.

His additional duty was as an avi-

ation supply officer. He advocated hard, almost to the point of being disrespectful to senior officers, for clothing, supplies and equipment for the enlisted mechanics and ground-support personnel fixing the airplanes out in the elements without the protection of aircraft hangars.

Sadly, Roosevelt was shot down over France, the same day that Mitchel was buried in New York.

Roosevelt's death was not only hard on his family, but also the nation. Like Mitchel, an auxiliary field on Long Island, not far from his boyhood home, was named for Roosevelt.

Quentin Roosevelt, a young Reservist served well and honorably, making the ultimate sacrifice.



LOADMASTER DEMONSTRATES COURAGE TO EXECUTE THE MISSION



A STUDENT POLITELY ASKS FOR RESPECT, AND IN TURN, BECOMES ONE OF THE MOST RESPECTED

In 1960, a student at North Carolina Agriculture and Technical University in Greensboro, N.C., and three friends sat down at a lunch counter and politely asked for service but were refused.

When asked to leave, they calmly remained in their seats--an early example of passive resistance to help affect change and social justice.

Three years later, young Joseph McNeil accepted a commission through Air Force ROTC and

headed off to navigator training. Shortly after his flight school graduation, the fight Lieutenant McNeil now confronted was in Vietnam. Upon completion of his active-duty service obligation, McNeil joined the 514th.

Like many of you, he balanced the demands of family, civilian job and Reserve duty to rise through the ranks.

He commanded a flying squadron and served as the wing's vice commander before leaving for more senior leadership positions. That young lieutenant became Major General McNeil, a role model of selfless service to the nation.

In the spring of 1975, Master Sgt. Rene Fougeray, a 514th loadmaster, took a week off from his real estate job to fly with his Reserve unit. He expected to bounce from island to island in the Pacific Ocean, moving routine cargo and people. One day his mission changed. His new one: transport Vietnamese orphans for the Pearl S. Buck Foundation to new homes in America. The mission was far from routine as South Vietnam was quickly falling under the control of communist forces. Four C-141 aircraft were dispatched to transport the special cargo waiting at Ton Son Nhut Air Base, outside of Saigon, however, only two landed at the base. Only Fougeray and his crew stayed long enough to receive those fleeing the country.

This highly experienced Reservist quickly loaded 189 passengers, buttoned-up the jet and took off, narrowly escaping enemy fire. Shortly after the aircraft climbed out, Fougeray discovered an unresponsive infant lodged under some seating, resting along the aircraft's cold interior wall. Acting quickly, he performed CPR and applied a crew oxygen mask to revive the infant. His actions saved not only the oxygen-deprived baby, but those of 188 others. After more than 24 hours on the job, Fougeray could finally relax, probably not fully aware of the impact of his actions that day,

FROM HOMEROOM MOM TO COMMANDER AND HERO

Paulette Schank had gone to college and raised her children before she could answer the “military calling” she had always felt. In civilian life, Schank was an operating room nurse, after a direct commission into the 514th, she became a flight nurse, responsible for the safe and effective air movement of patients for definitive medical care.

Immediately after joining she built another family, a military one, who she would love and protect as much as her familiar one. In civilian life she continued her education, becoming a nurse anesthetist. She did the same in the military, completing medical and professional military education courses.

Schank would later move to senior leadership positions in ground-based medical squadrons, finally serving as the commander of the 514th Aerospace Medicine Squadron. Her compassion and willingness to lend her time and talents to others has been well known within the wing since the day she joined, but the CBS 60 Minutes piece “A Fighting Chance” let the whole world see these traits. Producers highlighted the pace of operations in a Baghdad field hospital during the height of the combat operations in Iraq. Despite all the grittiness and surrounding death, Schank’s natural, caring leadership was quickly identified by the CBS team and became another focal point of the story.

Schank demonstrated the incredible skill sets that reservists bring to our military--not just technical, but mature, compassionate leadership that rallies ordinary citizens to do extra ordinary things.

GIANTS IN CIVILIAN LIFE, GIANTS IN THE MILITARY

A lawyer turned mayor of New York. The nation’s and a president’s beloved son. A young student who had the courage to challenge the status quo. A full-time realtor, part-time



loadmaster. A mature mother who knew she too wanted to serve. Mitchel, Roosevelt, McNeil, Fougeray and Schank. Five reservists. Five giants upon whose shoulders we all stand.

There are others, many others, in our wing whose model of service is equally genuine, motivating and sustaining. I wish I could have told their stories too. But you don’t have to have served in combat to be a giant or to offer up your shoulders for others to stand upon. The story of the reservist who recently rode his BMX bicycle from his home to his first unit training will sustain me for years. He rode his bike from his home in Jersey City to the train station there, took the train

with his bike to Trenton, and from there rode his bike all the way to McGuire. That’s dedication and passion to serve.

Take time in your units to document and tell the stories of accomplishments and of those who make sacrifices to serve, rally others to serve or defend the way we serve as reservists. Our history as a component and as a wing from Mitchel to McGuire is full and rich--we are truly standing on the shoulder of giants. Despite what your kids might think, history can come alive and inspire you to become the giant for future generations of reservists. Thank you for allowing me to share some of these stories. ♦

PASS IN REVIEW



Photo by Senior Airman Jasmine Zielomski

Tech. Sgt. Ryan Miller, 514th Maintenance Squadron, points out photos from his Hunters Helping Heroes non-profit organization to Gen. Darren McDew, Air Mobility Command commander, who visited July 22.



Photo by Christian De Luca

Maintainers play volleyball at the 514th Maintenance Group picnic July 11.



Photo by Senior Airman Jasmine Zielomski

From left, Mark Dimon, Col. John Price, Jr., and Col. Michael Underkofler pose for a photo at the dedication ceremony for the crew of the Chowhound, a B-17 Flying Fortress that crashed in Northern France. Dimon's uncle was a crew member on the Chowhound's last flight, Price is the 305th Air Mobility Wing commander and Underkofler is the 514th Air Mobility Wing commander.

RESERVE AIRMEN PROVIDE ENROUTE MAINTENANCE IN TURKEY

By Lt. Col. Kimberly Lalley

514th Air Mobility Wing public affairs

Seven Citizen Airmen from the 514th Maintenance Squadron recently provided C-17 maintenance support at Incirlik Air Base, Turkey.

They were joined by two Air National Guard members from the 123rd Contingency Response Group in Kentucky.

The primary mission of the 123rd CRG is to provide rapidly deployable forces to the United States Air Force to open forward airfields in an expeditionary environment as a completely self-contained unit. Unit members represent a broad spectrum of specialties, including airfield security, ramp and cargo operations, aircraft maintenance, and command and control.

The two Air National Guard members work on C-17s through their work with the contingency response group. The Kentucky Air National Guard flies C-130s. Maintainers from the Kentucky CRG seek opportunities to participate in enroutes with the Air Force Reserve to work on C-17s.

Master Sgt. Sean Marshall, an Air Reserve Technician, was the team chief. His specialty is C-17 electrical and environmental systems. This was his first enroute experience, and he said it was quite different from operating at home. He worked in production, which is not his expertise, so he broadened his maintenance experience.

Tech. Sgt. Wesley Sime, a hydraulics specialist, reconnected with an active-duty maintainer who was stationed at Joint Base McGuire-Dix-Lakehurst, N.J., but who had moved to Incirlik. Sime said it was a break from the everyday routine.

Serving in an associate unit,



Photo Illustration by Shawn J. Jones

514th Air Mobility Wing Airmen often work side-by-side with their active-duty counterparts. This is especially true in the aircraft maintenance field, as maintainers work closely with each other, and friendships are formed. Sime was able to share a few meals with his active-duty buddy.

Entry onto Incirlik AB can be tricky. The gate guards are Turkish, but an American Airman is always on duty at the gate. It requires more than showing a military ID card. To get on and off the base, a pass is required. There are curfews established and all trips out of the local area must be approved by unit commanders.

After the first week, personnel at Incirlik were locked down and not allowed to go anywhere other than the alley. The alley offers local shopping and is directly outside the base.

Staff Sgt. Anthony McCourt, a C-17 guidance and control specialist, also experienced his first enroute.

He said he appreciated being a

part of the bigger mission.

At home, he said, we don't get to see the direct results of what we do. After seeing all the activity on and above Incirlik, he said he felt a more direct impact on the mission.

During off-duty time, the maintainers stayed on the base and spent time at the gym and playing sports.

Their billeting consisted of four people sharing a bathroom. It was set up like a dorm with small rooms that connected to the bathroom. Sergeant Marshall said the shared space helped improve the experience by forcing the Airmen to get to know one another.

The maintainers were sent to help their active-duty counterparts. The Guard and Reserve maintainers concentrated on the C-17 maintenance to off-set the workload so the permanent party could work on C-5s.

The two weeks in Turkey demonstrated the total force—Reserve, Air National Guard and active-duty Airmen—all working together for a common goal. ♦

OPERATION GREEN PARROT



Medical Airmen Prepare for the Worst

Senior Airman Jasmine Zielomski
Staff Writer

NAVAL AIR STATION KEY WEST, FLA.— Disasters occur all over the world and may happen without warning. Natural disasters, such as hurricanes, swoop in and devastate cities with unrelenting force. Thousands of people can be killed, injured, stranded or otherwise in need of immediate medical attention.

Medical teams must be ready at all times to aide those who are affected by disasters. When disaster strikes, how will they know what to do? How do they train for the unknown?

To help answer these questions, more than 115 Reserve Airmen from Joint Base McGuire-Dix-Lakehurst, N.J., flew here for Operation Green Parrot, a mass casualty and hurricane disaster-relief exercise.

“We set up four stations and we broke everyone up into groups and trained them on what to expect at the mass casualty center,” said Col. James D. Marques, a special assistant to the 514th Air Mobility Wing commander.

The exercise covered several operations, including triage, patient movement and critical care.

“This mass casualty exercise was one of the best that

I have experienced since I have been in the military,” said Senior Master Sgt. Tonja Ellison, 514th Aerospace Medicine Squadron. “It was well organized, well prepared and it was broken down into smaller groups where you had hands-on training.”

During the exercise, patients were treated for several different injuries. Nurses and medics worked around the clock to ensure proper care was given to every patient.

“I made sure all of my medics were in place and that they knew what they were doing,” said Ellison. “They were grouped with each patient so that each patient had adequate medical assistance and triage.”

Every member had a different role throughout the exercise. Airmen took on the roles of patients, medical staff and manpower.

“I feel that everything went smoothly from triage, to security and patient evacuation,” said Senior Airman Kari Brown, who is assigned to the 514th Aeromedical Staging Squadron. “I feel that when we had our mock exercise every group was prepared.”

Brown was a patient throughout the exercise and was transported from triage and evacuated to safety.

Patient evacuation was practiced during the exercise as well. Medical personnel were trained on how to



carry a litter and the proper transportation of patients being evacuated.

Tech. Sgt. Samuel B. Cottes Jr. 514th ASTS, trained medical personnel on the technique and communication involved in lifting, carrying and rotating a litter. Though his lesson was based on Air Force Instruction, he said that technique and communication aren't the only requirements to move a patient on a litter.

"Our people need to be fit to fight," said Cottes. "Some people thought they could carry the person because they were small, but when they went to lift, you could see that they were struggling."

Tech. Sgt. Jennellyn Roberson 514th AMDS, said that litter training was beneficial because she had never rotated a litter before.

The training exercise also provided an opportunity for Airmen from different units to work together and socialize with one another.

Senior Airman Angel Latorre, 514th AMDS, said that he enjoyed working with other people and liked the team building and unity.

"To have ASTS and AMDS together helps make them realize that when you deploy somewhere for hurricane relief, you're going to be with people that you don't know," Marques said. ♦



Photos by Senior Airman Jasmine Zielomski

IMMEDIATELY ABOVE: Airmen participate in a litter-carry training session, designed to help them move casualties in an efficient manner. **OPPOSITE PAGE:** After catching a flight on a KC-10 Extender, Airmen of the 514th Aerospace Medicine Squadron and 514th Aeromedical Staging Squadron arrive for Operation Green Parrot, a mass casualty and disaster-support exercise, at Naval Air Station Key West, Fla., July 11. **TOP:** The Airmen organize medical equipment to ensure the proper tools were available during the exercise.

LRS AIRMEN IMPRESS ACTIVE-DUTY HOSTS DURING OVERSEAS ANNUAL TRAINING TOUR

By Lt. Col. Kimberly Lalley
514th Air Mobility Wing public affairs

For the last two weeks in June, 16 Airmen from the 514th Logistics Readiness Squadron and one Airman from the 35th Aerial Port Squadron spent their annual training at Aviano Air Base, Italy

This was the first time they were sent out as a team and they represented the entire unit.

They completed a weapons inventory that normally would take five days in one-and-a-half days.

The team also assisted with a redeployment to Royal Air Force Lakenheath, an air station in England.

The Reserve vehicle maintainers made such an impression that the leaders at Aviano's 31st Logistics Readiness Squadron are hoping to bring some of them back.

The team started each morning with physical training and exercised with the active-duty unit they were assisting. According to Lt. Col. Stephanie Aaron, 514th LRS commander, they performed exceptionally well. The Airmen received valuable training and worked hard and were thrilled to visit places like Rome, Florence and Venice in their down time.

For the last two weeks of July, 12 Airmen from 514th LRS and one from the 88th Aerial Port Squadron and one from the 35th APS participated in a similar annual training tour at Spangdahlem Air Base, Germany. The results were also exceptional.

Aaron said LRS has never gone on an annual as a unit prior to the



Courtesy Photo

Reserve Airmen from the 514th Logistics Readiness Squadron and 35th Aerial Port Squadron pose for an off-duty photo while performing annual tour at Aviano Air Base, Italy. The Airmen performed so well that they were invited back by their active-duty hosts.

two European training trips.

The 514th LRS is authorized 43 positions, and everyone that was current on their fitness and readiness participated in this overseas training. Normally annual training is spent at home doing exercises.

Several different Air Force career fields were represented in the annual training tours, including vehicle log maintenance, supplies, fuels, logistics plans and quality assurance.

Annual trainings tours like these foster commonality, Aaron said.

It takes an active-duty Airman two-to-three years to become qualified as a logistics readiness officer, but it takes a Reserve Airman approximately four-to-six years for the same qualifications. The biggest challenge she said is to rotate the logistic readiness officers between

assignments with aerial port units and logistics readiness units.

Normally, the Logistics Air Force Specialty Codes don't comeingle. It's necessary for QA's to be well rounded and know each other's jobs.

With these annual trainings, everyone worked together as a team and got to know one another.

Their efforts paid off as the Freedom Wing Airmen were recognized as a cut above several other Reserve units who performed their annual tour overseas. Of the three Reserve logistics squadrons that assisted at Spangdahlem, only the 514th LRS was invited back.

The teams sent to Italy and Germany were great ambassadors as they completed valuable training in Europe, Aaron said. ♦



Photos by Shawn J. Jones

AIRBORNE CIVILIANS: FREEDOM WING SHOWS APPRECIATION FOR ITS CIVILIAN EMPLOYEES

Reserve Airmen of the 76th and 78th Air Refueling Squadrons demonstrated the capabilities of a KC-10 Extender to federal civilian employees July 22. Civilians from the 514th Air Mobility Wing and 87th Air Base Wing witnessed refueling operations from both the pilot and boom operator perspective. **ABOVE:** Lt. Col. Pete Bigley, 76 ARS, Capt. Nils Carapetyan, 78th ARS, and Senior Airman Katie Rettinger, 78 ARS, served on the crew for the civilian appreciation flight. **BELOW LEFT:** The crew and civilians pose for a photo in front of the KC-10. **BELOW RIGHT:** Lillian Ott, 514th AMW budget office, looks on as Master Sgt. Robert Rodriguez, 78th ARS boom operator, refuels another KC-10.





FINANCIAL ADVICE, RESOURCES AVAILABLE FOR MILITARY

By Lt. Col. Kimberly Lalley

514th Air Mobility Wing public affairs

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J.

—Members of the Security Exchange Commission and partner agencies came out to support Military Consumer Protection Day here July 15.

The chair of the SEC, Mary Jo White, gave tips on investing. She told the joint military audience it's important to reduce debt and to have an emergency fund before actively investing.

The SEC has a three-part mission: to protect investors; maintain fair, orderly and efficient markets; and facilitate capital formation.

The SEC's Consumer Financial Protection Bureau has an office that focuses on the special challenges affecting service members.

White recommended finding a trusted financial advisor. A free website, investor.gov, provides access to the credentials of financial advisors and other information regarding investments. There's a section to check if a financial advisor has registered with the SEC and if they've had any complaints.

She said diversification is good advice. Pay attention to fees and other costs. "If it's too good to be true, it will be," she said. Investments have risks, so it's best to walk away from rushed decisions. She also suggested that service members beware of social media offers and be suspicious of unsolicited offers.

There is a specific fraud that targets the military. It's known as affinity fraud and includes investment frauds that prey upon members of identifiable groups. The fraudsters who promote affinity scams frequently are, or pretend to be, members of the group. Even if it's someone you know, always check out their professional credentials for free at investor.gov.

One service member who was part of the panel shared the financial missteps he made as a young Soldier. He wanted the latest and greatest toys and was able to get

credit to buy them. The Army culture at the time was about paying your bills, not saving and investing. Looking back, he spent lots of money on credit. He stressed the freedom you have when you invest. "Buy what you need, not what you want."

Personal Financial Counselors are available for free to see in person or to call. Take advantage of the Thrift Savings Plan.

Lori Schock, SEC Office of Investor Education and Advocacy director, said investment fraud siphons \$50 billion per year from unsuspecting investors. There are no guaranteed returns except, she pointed out, if you pay off your high interest debt. Also, if you take advantage of employee matching

with a retirement account, it provides a guaranteed return too.

The vast majority of investment fraud can be avoided by, first, ensuring anyone encouraging you to invest is licensed and registered,

and, second, by researching public companies using electronic data gathering, analysis and retrieval, more commonly known as EDGAR, available at no charge at investor.gov.

Service members were also advised to be aware of fees, because over the course of a lifetime, fees add up, and a one-percent difference could mean hundreds of thousands of dollars in investment returns.

Schock explained how emergency funds are much better than using credit cards when the need arises. She shared the story of having a \$700 car repair when she was earning \$6 an hour.

She put the repair on a credit card and spent much more with interest rates before she finally paid it off. She also stressed that savings should be held in an FDIC institution.

After paying down debt and establishing an emergency savings, Schock said the Thrift Savings Plan is the great way for service members to invest, primarily due to the low fees. ♦

WEB SITES WITH MILITARY FINANCIAL ADVICE

www.militaryonesource.mil

www.militarysaves.org

www.consumerfinance.gov/servicemembers

www.military.ncpw.gov

PULSE CHECK

Where have you recently used your military discount?



**Senior Airman
Pathwahandi Silva**

514th Force Support Squadron

"When I go bowling in New York with my family, it usually cost about \$70, however, thanks to my military discount, I only pay \$50."



**Airman 1st Class
Diego Plata**

514th Force Support Squadron

"I last used my military discount at Footlocker. I purchased a Nike tech sweat suit that almost came out to \$400, but after the discount, it came to a less than \$200."



**Master Sgt.
Edgar Valpais**

Northern Recruiting Squadron

"I used my military ID card at Modells. They give a 10-percent discount on all goods you purchase."



**Master Sgt.
Pamela Ohman**

514th Air Mobility Wing

"I took my family to Cape May for a whale watching trip and asked for a military discount and received a free ticket for being military. They also offered discounted tickets for young children."



**Senior Airman
Durina Jones**

714th Aircraft Maintenance Squadron

"After my deployment, I went on vacation to the Poconos and paid only \$299 for a week. I also went skiing at a discounted rate. The website, armedforcesvacationclub.com was very useful."

RESILIENCY CORNER: HOW TO LIVE HAPPIER

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

Action for Happiness, a movement of people committed to building a happier and more caring society, has developed "10 Keys to Happier Living" based on a review of the latest scientific research relating to happiness. This article is an abbreviated version of the information you can find at www.actionforhappiness.org.

Everyone's path to happiness is different, but the research suggests these ten keys consistently have a positive impact on people's overall happiness and well-being.

The first five spell out the word "great." They relate to how we interact with the outside world in our daily activities.

GIVING

Do things for others. What do you do to help others?

RELATING

Connect with people. Who matters most to you?

EXERCISING

Take care of your body. How do you stay active and healthy?

APPRECIATING

Notice the world around. When do you stop and take notice?

TRYING OUT

Keep learning new things. What new things have you tried recently?

The second five keys spell out the word "dream," and come more from inside us and depend on our attitude to life.

DIRECTION

Have goals to look forward to. What are your most important goals?

RESILIENCE

Find ways to bounce back. How do you bounce back in tough times?

EMOTION

Take a positive approach. What are you feeling good about?

ACCEPTANCE

Be comfortable with who you are. What is the real you like?

MEANING

Be part of something bigger. What gives your life meaning?

Additional ways to live happier include getting more sleep, getting outside more, planning a trip or vacation, meditating, moving closer to work or working closer to home, finding your purpose, living in the moment, and fostering forgiveness.

For more information, call 609-754-2542 or email jaclyn.urmey@us.af.mil.



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SILHOUETTES OF AIRPOWER

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By Shawn J. Jones
514th Air Mobility Wing public affairs

A team of Reserve Airmen from the 514th Air Mobility Wing fused art, technology and heritage together in a special project to display the legacy of the wing's contributions to airpower.

Visitors to the wing's main conference room who look up will see a mural that includes five model aircraft in formation, suspended from the ceiling which the Airmen painted in the likeness of a cloud-filled blue sky.

The model aircraft show the wing's airpower legacy, which reaches back to the late 1940's, when Airmen of the 514th Troop Carrier Wing flew C-46 Commandos.

Other aircraft depicted in the mural include, from past to present, the C-119 Flying Boxcar, C-141 Starlifter, KC-10 Extender and C-17 Globemaster III.

The project was led by 2nd Lt. Melissa Torchon, 514th Maintenance Squadron. She said it was challenging to find the right Airmen for the job, since it called for some uncommon skills. Despite this challenge, she soon learned that many of her fellow maintainers were more skilled and talented than she suspected.

"The team came together magnificently," she said. "It was better than what I prayed for."

One of those talented maintainers was Airman 1st Class Diana Horn, also from the 514th MXS, who has participated in formal college-level art programs since



MURAL TEAM MEMBERS

2nd Lt. Mélissa Torchon, 514th Maintenance Squadron

Senior Master Sgt. Kevin Reilly, 514th Civil Engineer Squadron

Master Sgt. Stephen Brace, 514th Maintenance Group

Tech. Sgt. Warren Moore, 514th Aircraft Maintenance Squadron

Tech. Sgt. Fernando Giglio, 514th Maintenance Squadron

Senior Airman Joshua Mayfield, 514th Aircraft Maintenance Squadron

Senior Airman Fred Kariuki, 514th Civil Engineer Squadron

Senior Airman Rajpert Smith, 514th Civil Engineer Squadron

Airman 1st Class Diana Horn, 514 Maintenance Squadron

Ken Carness, 514th Civil Engineer Squadron (retired)



she was 15 years old. Horn and two other Airmen were charged with the painting portion of the mural.

“We wanted to make the mural as real as possible,” Horn said. “We wanted to create almost a moving effect. By making the painting go from night to day in the gradual darkening and the placement of the clouds, the viewer’s eyes flow with the painting.”

The mural contains several hidden images painted within the clouds, including the Freedom Wing badge, a compass, and the occupational badges for pilots, civil engineers and maintainers. The Airmen also painted “514th” in stars.

For Horn, the project was a family affair. Her husband, Master Sgt. Ryan Horn, 714th Aircraft Maintenance

Squadron, designed the models and her father-in-law, Cliff Horn, helped build them.

The models look like plane-shaped oreo cookies, with a black synthetic polymer on the outside and a translucent acrylic core which is hollowed out and lined with LED lights. Power wires run from the models, up through the metal piping that suspends the aircraft from the painted ceiling.

“I feel very honored, and proud to be a part of such a beautiful and historic project,” Airman Horn said. “I not only got to be a part of something that will represent the pride and heritage of the Freedom Wing for many years to come, but I also made lasting relationships with my fellow Airmen.” ♦



AEROMEDICAL EVACUATION TRAINING



Photos by Christian De Luca

IMMEDIATELY ABOVE: Members of the 514th Aeromedical Evacuation Squadron practice a litter carry during their training flight July 31. **MIDDLE OF LEFT COLUMN:** 2nd Lt. Tommy Beltz and Maj. Hesham Aly, pilots in the 732nd Airlift Squadron, take off in a C-17 Globemaster III to North Island Naval Air Station, San Diego, Calif. After spending the night, the crew continued on to Travis Air Force Base, Calif. **TOP LEFT:** Maj. Efrain Guadalupe, 514th AES holds a fluid bag as Tech. Sgt. Luot Lewis inserts a needle to provide intravenous therapy to a "patient" while in flight Aug. 1. **TOP CENTER:** Members of the 514th AES meet with the flight crew from the 732nd AS for a briefing prior to their training flight July 31. **TOP RIGHT:** Staff Sgt. Wayne Groebelinghoff, 732nd AS, secures himself to the base of a C-17 while donning an oxygen mask. Members of the crew and the 514th AES conducted multiple emergency-procedure scenarios during the training flight. **RIGHT:** Staff Sgt. Michael Bellack, 514th AES, inserts a needle into the "vein" of a prosthetic arm while flying in a C-17.





ABOVE: A KC-10 Extender galley provides two small convection ovens.
RIGHT: Tech. Sgt. Todd Dallman, 76th Air Refueling Squadron boom operator, prepares a meal during an eight-hour flight from Germany.



Photos by Lt. Col. Kimberly Lalley

By Lt. Col. Kimberly Lalley
514th Air Mobility Wing public affairs

ON a recent flight from Ramstein Air Base, Germany, Technical Sgt. Todd Dallman, 76th Air Refueling Squadron boom operator, treated his fellow crewmates to a German feast.

Dallman loves to cook, but travelling the globe on a KC-10 Extender has forced him to make concessions when he's a chef in the sky.

"At home, I'll only use fresh garlic. On the road, I use minced garlic," said Dallman, who as the son of a home economics teacher, has been cooking all of his life.

The menu for this crew included brats, sauerkraut with minced apples and caraway seeds, roasted potatoes with olive oil, garlic and some seasoning, asparagus with lemon and garlic salt, and biscuits with butter.

His secret is the seasoning. When you're cooking for a lot of people, you need to go easy on the spices, he said. Temperature gauges are also difficult to judge, as they are different on each plane.

Imagine cooking a feast for ten people with limited space and two small convection type ovens. Convection ovens have a fan which pushes hot air onto the food. Dallman had to learn how to warm the dish thoroughly from the bottom up. According to Sophie-Claire Hoeller of Thrillist Travel, cabin pressure affects the palate, and as a plane takes off, change in pressure numbs one-third of taste buds. Even the sound of the engines affect how taste is perceived; loud, constant noise deadens taste buds.

"Asparagus can be hit or miss," he said. He bought biscuits in packages of eight. "If you're going to eat on the jet, do it right."

Dallman said he was tired of frozen meals due to their lack of nutrition.

Another secret of Dallman's is AeroPress coffee. It's a device for brewing coffee that was invented in 2005. Coffee is steeped for between 10-50 seconds and then forced through a filter by pressing the plunger through the tube. The result is an espresso strength concentration of coffee.

Capt. Pete Nelson, a pilot in the 76th ARS, supplied a favorite bag of coffee and enjoyed his first cup as he was flying over Europe at daybreak. He said he enjoys the strong coffee Dallman brews and the meals he cooks.

On the trip home, Dallman provided the pilots with an afternoon pick-me-up of caffeine. Dallman creates his meals depending on the trip. On a flight from Hawaii, he served the crew pineapple, teriyaki chicken with jasmine rice. On a 10-hour flight to Hawaii, the crew ate pot roast, potatoes, and steamed green beans. He includes a protein, starch and green veggie for each prepared meal.

He doesn't showcase his skills on every trip. He says it depends on the crew, the length of the trip and the availability of groceries.

"The circumstances have to be just right," he said.

The flights have to be long enough, with big enough breaks between his boom operator duties and training to allow time to spend in the galley. In this case, the eight-hour flight from Germany allowed plenty of time.

Sometimes, he will treat his fellow Airmen to cookies. "Sugar is a mood elevator," he said.

The oven's small size allows him to bake just six cookies at a time, so there's a continuous pleasant smell, a continuous stream of sugar and a continuous mood elevator.

On the opposite end of the spectrum, there is a primary rule to cooking in an aircraft galley.

"No fish," he said. "It just stinks." ♦

COOKING AT HIGH ALTITUDE



Master Sgt. Carlos Suarez, 714th Aircraft Maintenance Squadron, inspects the engine tail cone of a KC-10 Extender during a training mission to Peterson Air Force Base, Colo. **BELOW:** Airmen from the 514th Maintenance Group pose for a photo on the flightline. *Photos by Maj. Allison Ecuag*

MAINTENANCE TRAINING IN THE ROCKY MOUNTAINS

By Maj. Allison Ecuag
514th Air Mobility Wing public affairs

More than 120 Reserve Airmen, most from the 514th Maintenance Group, participated in a training mission at Peterson Air Force Base, Colorado.

The maintainers participated in several types of training, both on the aircraft as well as in the classroom.

In one session, Chief Master Sgt. Kevin Warbrick, 514th Air Mobility Wing command chief master sergeant, provided guidance and solicited feedback about the wing's upcoming change from two unit training assemblies to just one per month.

Airmen also received a maintenance ethics refresher course and a financial investment briefing.

Two civilian Airmen, Barbara Robinson and Debbie Whittaker, provided briefings about military pay and proper completion of travel vouchers. They said the key is to have the unit defense travel administrator review the vouchers before final submission.

The maintainers participated in the "In It to Win It" team-building challenge, designed by Chief Master Sgt.

Linda Menser, 514th Maintenance Group superintendent. Five teams competed in group challenges, including darts, bowling, balancing a seesaw and hula hooping.

"I thought it was a great idea to build off the team concept," Menser said. "Everybody gets to know each other, and it kind of breaks down some barriers we might have."

In their limited free time, some Airmen visited the sights around Colorado. Fishing, hiking and sightseeing were all on the agenda as they soaked up the Colorado's mountain culture.

Some visited the United States Air Force Academy, where cadets train to become Air Force officers. Others visited Pikes Peak and the rock formations in the Garden of the Gods.

The trip also provided an opportunity to address a real aircraft maintenance issue. A surprise hail storm significantly damaged an engine, but the maintenance team was there to apply their training and provide critical repairs.

"The importance of any type of maintenance that we do is what we learn along the way," said Maj. Michael Gregory, 514th Aircraft Maintenance Squadron. ♦





FREEDOM WING PARTICIPATES IN BRING YOUR DOG TO WORK DAY

The Freedom Wing participated in Take Your Dog to Work Day June 26. **TOP LEFT:** Capt. Zack Kiel, 732nd Airlift Squadron, and Niko, a Yorkshire Terrier. **TOP RIGHT:** Leslie North, 514th Air Mobility Wing, and Bear, a Bernese Mountain Dog. **BOTTOM LEFT:** Tech. Sgt. Shane Clayton, 732nd AS, and Lilly, a Miniature Schnauzer. **BOTTOM RIGHT:** Victoria Rivera and her dog Carmelo.



Photos by Christian De Luca

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**

