

# FREEDOM FLYER

514TH AIR MOBILITY WING

OCTOBER 2011

**50-YEAR ANNIVERSARY  
OF SPECIAL MISSION**

**MARRIED COUPLE DEPLOYS TO SAME SQUADRON**



# FREEDOM FLYER

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## CONTENTS

VIEWPOINTS	4
AIRMEN CONQUER BEAST OF THE EAST	7
50-YEAR ANNIVERSARY OF SPECIAL MISSION	8
COUPLE DEPLOYS TOGETHER	9
NEWS BRIEFS	11

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## ON THE COVER

Airman 1st Class Kandace Fantroy, 514th Aerospace Medicine Squadron, joined more than 25 other Freedom Wing Airmen at a memorial ceremony honoring the 2,973 killed on September 11, 2001. The ceremony, which included a fly-over by a C-17 Globemaster III, was held at the Garden of Reflection in Bucks County, Pa.



Photo by Mr. Shawn J. Jones



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Master Sgt. Betty Geer and Tech. Sgt. Shantel Williams of "AK's Angels," a team from the 514th Force Support Squadron systems operations flight and 42nd Combat Communications Squadron, run through the high-powered sprinklers at the end of the fourth annual "Beast of the East" mud run here Sept. 10. They joined 3,4000 other runners in braving more than 6 miles of mud and muck.

*Photo by Master Sgt. Donna T. Jeffries*

## Good Airmen are pros at dealing with change

By Col. Ellie Nix  
514th Mission Support Group commander

In my 30-plus years of Air Force service, I've been involved in base realignment and closure, commonly known as BRAC, on many different levels.

While assigned to 15th Air Force at March Air Force Base in the 80's, I conducted site surveys at multiple locations that were closed in the 1967 BRAC, including Roswell, N.M., and Moses Lake, Wash.

As we toured the facilities, it appeared to me as if they had simply turned off the lights, locked the doors and walked away. Many facilities still had magazines scattered about, trays in the cafeteria and crew-member names on the scheduling board.

In 1991, I was at Griffiss AFB, N.Y., when its closure was announced on the heels of the grand opening of a new \$8.5 million consolidated club. After joining the 914th Airlift Wing at Niagara Air Reserve Station, we were put on the early nineties BRAC list, only to be removed at the last minute.

I then became Niagara's BRAC trusted agent for the 2005 BRAC process, before arriving at the 913th AW at Willow Grove ARS, Pa., in March 2006. My experiences with the Airmen of Willow Grove impressed me greatly as they went through the processes which shut down the wing in 2007.

I encountered a vast array of emotional reactions from unit members. While it was clear that many were disappointed with the decision to close, I was tremendously impressed with the professional approach most everyone had adopted toward the closure.

From these experiences I wish to make two points.

**Change is one of life's constants.**

**The key is how you choose to deal with it.**

First, five years later, I'm still amazed at how professionally both the Airman from the Grove and McGuire handled their respective roles. Both are to be commended for the almost seamless absorption of over 150 Airmen who transferred from the 913th AW to the Freedom Wing.

Second, I recently returned from the 22nd Air Force Senior Leadership Conference at Dobbins AFB, Ga. During the conference's closing ceremony, I had the pleasure of standing alongside Col. Jonathan Spare, 514th Air Mobility Wing vice commander, and the other Freedom Wing attendees to receive a framed presentation acknowledging the transfer of the 514th AMW and three other wings from the 22nd Air Force to the 4th Air Force, effective Oct. 1.

Change is one of life's constants. The key is how you choose to deal with it. Like the Airmen of Willow Grove, I'm 100-percent convinced that Freedom Wing Airmen will handle the change with class and professionalism, and I'm thrilled to be here with you as we move forward.

## Wing puts Airmen first through Human Resource Development Council

By Chief Master Sgt. Antoinette Kolesnikov  
514th Force Support Squadron

The 514th Air Mobility Wing is committed to growing our Airmen by putting people first. That is the focus of the wing's Human Resource Development Council. HRDC focuses on the wing's overall workforce, individually and collectively, to help our Airmen to grow and achieve and ensure developmental opportunities are available so Airmen may realize their full potential.

Areas of concern include workforce diversity, educational opportunities, mentoring, recognition, promotion, recruiting, retention, quality-of-life initiatives and other factors affecting individual morale, unit esprit de corps and mission accomplishment.

Five HRDC committees have been established in the wing to ensure leadership focus in developing our Airman. They are:

**1. Outreach** – fosters pride by sharing mission success within the wing as well as outside the wing; chaired by Col. James DiFrancesco, 514th Operations Group commander

**2. Recognition** – develops programs that recognize individual and unit efforts; chaired by Lt. Col. Ray Douglas, 514th AMW executive officer.

**3. Mentoring** – fosters professional and personal development; chaired by Col. Oreste Varela, 514th Maintenance Group commander.

**4. Recruiting, Retention & Retirement** – focus on all phases of Reserve membership; chaired by Col. Ellie Nix, 514th Mission Support Group commander.

**5. Communications** – cultivates ideas for deploying and communicating strategies for the various HRDC committees; chaired by Chief Master Sgt. Antoinette Kolesnikov, 514th Force Support Squadron.

The Airman's role in providing input in the form of suggestions, ideas, and implementation manpower plays a critical role in the overall success of the wing's HRDC. The wing has approximately 2,700 members. This represents over 2,700 potential new ideas and suggestions that can enhance our outreach, recognition, mentoring, recruiting/retention/retirement and communication programs.

Get in the game! Become an impact player and take an active role by submitting your ideas and suggestions. You can do this through your supervisors and commanders, or by presenting your ideas directly to a committee during scheduled meetings held by each of the committee chairs. You can also contact any of the HRDC committee leaders via e-mail.

The wing sincerely believes that taking care of the needs of our Airman fully supports their ability to ensure the success of our mission to the highest standards. Help us to help you by getting involved with HRDC. When you do, everybody wins!

For more information on HRDC, contact Chief Master Sgt. Kolesnikov at 754-5210.

# Torching fat with Uncle Sam

Part one in a series that will cover the author's goal to become more lean while using resources that are provided by Uncle Sam at most military installations.

By Mr. Shawn J. Jones  
Freedom Flyer editor

I am obese.

According to body mass index calculations, a 5-foot-10 man who tips the scales at 220 pounds is carrying too much flab.

But BMI is a shabby gauge of fitness, especially for guys who lift weights, right? The calculation doesn't differentiate between muscle and fat, so I should be OK.

After all, how could I be obese when I just scored an excellent on my last Air Force fitness test? Maybe I just need to find a better fitness measurement than BMI.

How about the good ole' fashioned bathroom scale that can be found in every locker room and in most households? No good. Like BMI, scales do not differentiate between fat and muscle weight and are considered to be poor gauges of physical fitness.

"If I could take everybody's scales and throw them in the garbage can, that would actually be a good thing," said Dana Snook, a nutritionist who works for the 87th Medical Group health and wellness center here.

Snook recommends a much more accurate way to assess body composition.

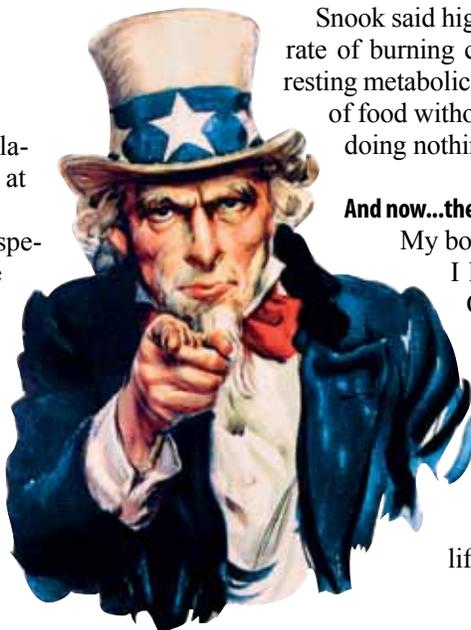
## The bod pod

The health and wellness center, commonly known as the HAWC, offers a program that measures body composition. I decided to follow Snook's advice and try the bod pod, as it is known, on Aug. 12.

Wearing only form-fitting athletic shorts, I sat down into the air-tight plastic cocoon, remaining motionless as air was pumped in. It was all over in a few minutes, and I eagerly awaited the results that would prove I wasn't obese.

## A little vindication?

I was right about BMI's poor recognition of muscle weight. I have approximately 163 pounds of non-fat mass, which is above average for my height.



Snook said higher amounts of muscle will boost the body's rate of burning calories. The bod pod results show that my resting metabolic rate is 2010, meaning I can eat 2010 calories of food without gaining weight even if I sit around all day doing nothing (sounds good to me).

## And now...the bad news

My body fat percentage was 26.7 percent, meaning I have nearly 60 pounds of fat on my frame. Ouch! That puts me in the "excess fat" category, which "indicates an excess accumulation of fat over time," according to the bod pod report.

Being called obese and excessively fat is an eye-opening experience. Clearly, I've got to make some lifestyle changes before my long-term health and quality of life begin to suffer.

## Goals

My primary goal is to reduce my body fat percentage. Reaching 16 percent in six months would put me right in the middle of the moderately lean category.

I also want to lose body weight. Dropping to 195 pounds would give me a BMI of 28. This would put me in the overweight category, but at least I wouldn't be obese anymore!

I want to lose fat, not muscle, so my metabolism keeps cooking. Since I can't hop into the bod

pod every few days, I will use a strength-based exercise to help gauge changes in muscle loss or gain. If my strength continues to increase as my body weight drops, I will assume that most of my weight loss will consist of fat loss.

Since my workout will include a lot of running, I will aim to shave one minute from my latest 1.5-mile run time of 11 minutes and 41 seconds.

## The Plan

The next article in this series will describe my workout routine and nutrition strategy, which are influenced by several HAWC programs offered here on Joint Base McGuire-Dix-Lakehurst.

Date:	Aug. 12	Nov. 12	Feb. 12
Body Fat Percentage	26.7	20	16
Body Weight	222	205	195
Bench Press Reps @ 225 Pounds	6	10	12
1.5-mile run	11:41	11:11	10:41

Personal fitness goals at 3 and 6 months, starting Aug. 12

## Freedom Wing holds special memorial service on Sept. 11



Photo by Master Sgt. Donna T. Jeffries

Master Sgt. Victor Leguillow, 514th Aeromedical Staging Squadron first sergeant, lights a candle to honor those killed during the Sept. 11 terror attacks and those who gave their lives in waging the war against terrorism.

**Capt. Allison Ecuag**  
514th Air Mobility Wing Public Affairs

“I can fly higher than an eagle, ‘cause you are the wind beneath my wings...” The words of the familiar song rang out clearly, reminding everyone at the 514th Air Mobility Wing’s Sept. 11 memorial service of the many heroic acts that transpired during that tragic day ten years ago.

Chaplain (Capt.) Raecita High led the service and encouraged members present to relate their Sept. 11 experiences to

the next generation and pass on memories to those who are too young to appreciate how this event changed our world.

The moving musical rendition, vocalized by Crystal Daniels, reminded everyone present of the ultimate sacrifice made by those killed on Sept. 11 and those who still fight to preserve our way of life in the years following the attacks.

The ceremony included a candle lighting observance in memory of those who gave their lives to protect and serve others and ended with a heartrending performance of *Taps*.



Photo by Tech. Sgt. Monica Dalberg

## WORTH A LOOK

The Philadelphia Eagles cheerleaders and Swoop, the team’s mascot, enjoy the center spread in the August issue of Freedom Flyer at an NFL kickoff party at Morgans restaurant here Sept. 9. The event was hosted by the USO of Pennsylvania and Southern New Jersey. In addition to Swoop and the cheerleaders, the event featured several NFL alumni and the Eagles Drumline. Party-goers enjoyed raffle prizes, free tailgate fare and NFL goodie bags.



The following Airmen were promoted in September.

**AIRMAN**  
Adryon Marrero Boyd, 514 SFS

**AIRMAN 1ST CLASS**  
Tahjuwan Crawfordoscar, 514 SFS  
Mario Halphen, 514 SFS

**SENIOR AIRMAN**  
David Betetta, 514 AMDS  
German Brito, 514 FSS  
Michael Coll, 76 ARS  
Daniel Condo, 514 AMW  
Tyler Drapeau, 514 MXS  
Renee Routzahn, 514 AMDS  
Johnny Tello, 714 AMXS  
Alexis Tomlinson, 514 AMDS  
Ricardo Zea, 714 AMXS

**STAFF SERGEANT**  
Thomas Frattone, 714 AMXS  
Shane Lester, 76 ARS

**TECHNICAL SERGEANT**  
Marco Aravena, 714 AMXS  
Yvette Hackett, 514 FSS  
Rodney Lyles, 514 MXS  
Steven Wemple, 78 ARS

**MASTER SERGEANT**  
Kingsley Rose, 78 ARS

**CHIEF MASTER SERGEANT**  
Chyrl Ruff, 514 AMDS

## PULSE CHECK: *How does your civilian employer support you as a reservist?*



**Senior Airman  
Zakkiyah Edwards-Young**  
35th  
Aerial Port Squadron

“My civilian employer is extremely supportive of my Reserve commitment. I have actually not been to work in 15 months; no other employer would work around your schedule like that.”



**Maj.  
Tamara Johnson**  
76th Aerial  
Refueling Squadron

“I feel extremely well supported in my civilian job. I’ve never encountered any issues when requesting military leave. I’m thrilled to be a part of two amazing organizations.”



**Tech. Sgt.  
David Shartz**  
514th Aircraft  
Maintenance Squadron

“They are very accommodating when it comes to the time off required for my Reserve duty. They understand that my military career isn’t just a second job to me.”



**Lt. Col.  
Ciro Attardo**  
732nd  
Airlift Squadron

“I work for UPS and they do a great job supporting my Reserve commitment. There is a point of contact at UPS to inform them of any time I need off for Reserve duty. It’s a simple phone call and no hassle.”



**Senior Airman  
John W. Smith III**  
42nd Combat  
Communications Squadron

“My civilian employers are very flexible with my Reserve schedule. I also receive 15 paid military days a year.”

## Freedom Wing Airmen slog through miles of mud

By Master Sgt. Donna T. Jeffries  
514 Air Mobility Wing Public Affairs

A frolic in the mud -- what better way to bring back a slice of yesteryear.

Several teams and individual runners from the 514th Air Mobility Wing captured a bit of their childhood, joining more than 3,400 people in the fourth annual “Beast of the East” McGuire Mud Run, held here Sept. 10.

The event kicked off at 9 a.m. with waves of the fastest and more competitive athletes starting the course first.

The final wave left the starting gate at 1 p.m.

The 6.2 mile course challenged participants to forge their way through, under and over 17 different obstacles and took them across multiple types of terrain including mud, asphalt, grass, swamp, sand and of course more mud.

“The toughest part was jumping over barrier after barrier,” said Tech. Sgt. Sean Marshall, a runner with a five-person team from the 514th Maintenance Squadron. “It was a full body workout.”

Some obstacles were so tough that a good wingman was needed to help.



Photo by Master Sgt. Donna Jeffries

“AK’s Angels,” a team from the 514th Force Support Squadron systems operations flight and 42nd Combat Communications Squadron, participated in the fourth annual “Beast of the East” mud run, joining 3,400 other runners in braving more than 6 miles of mud and muck.

“The swamps were quite an effort, but we actually linked arms and made it thru as a team,” said Master Sgt. Kelly Dykeman, a member of “AK’s Angels” of the 514th Force Support Squadron. “That was the best part, the way we worked as a team to keep each other motivated.”

Though the course itself was challenging, the mounds of mud throughout brought on another level of fortitude for many participants.

“Making your way through the mud is not an easy task because it’s heavy and really weighs you down,” said

Chief Master Sgt. Antoinette Kolesnikov, the namesake for AK’s Angels. “Not to mention the awful smell and trying not to think about God knows what else might be in the water!”

Yet others thought the mud was the best part.

“It was fun to get dirty, and the low crawl and mud hills at the end were the dirtiest part of the course,” said Marshall. “Our team stayed together the whole race and we all finished within seconds of each other.”

Hosted by the Burlington County Military Affairs Committee, the funds raised during the mud run will be used to support military activities throughout the year said the committee’s chair person Marge Nuzzo.

This year’s event not only raised more than \$130,000, but also brought the military and civilian community closer together as both communities supported the event from conception to end.

“Everyone on the course was very friendly and looking out for each other and warning others of hazards to help prevent injury,” said Marshall. “There was a lot of joking and laughing, and everyone really seemed to enjoy it.” ♦



Freedom Wing Airmen answered a call for help from hurricane-ravaged residents of Palacios, Texas, in September 1961. The Airmen delivered much-needed humanitarian supplies in a C-119 Flying Boxcar, like the one pictured here. (U.S. Air Force photo)

## Anniversary of special mission highlights wing's tradition of readiness

*This story is based on the narrative of retired Master Sgt. Walter McCormick, a member of the 514th Air Mobility Wing Alumni Association.*

Sept. 11 will always carry special significance for the 514th Air Mobility Wing, as many of its Airmen were tremendously impacted from both a professional and personal perspective. No Freedom Wing Airman will soon forget the events of that day.

But the period between Sept. 10 and 12 is significant to the wing for another reason. On Sept. 10, 1961, the most severe hurricane of the century hit the Gulf Coast of Texas. Hurricane Carla caused 175-mph winds and more than two billion dollars in damages.

Due to efficient evacuation efforts, the massive storm's death toll was just 46, but many towns along the coast were devastated. Luckily, good Airmen and good Americans were quick to help.

The citizens of Harrington Park, N.J., collected truckloads of food, water and clothing for the residents of Palacios, Texas, but they needed a quick way to get the supplies to those in need.

A request for assistance went through the Freedom Wing's former higher headquarters, the Continental Air Command

and the Tactical Air Command, before making its way to the wing commander Campbell Jackson, who was a colonel at the time. Though it was quitting time for the day, Jackson gave the order to get a C-119 Flying Boxcar and a crew ready.

Walter McCormick, an aircraft crew chief who was in just his second of an eventual 29-year career with the wing, was asked to take part in the relief mission that would depart that day – Sept. 11.

"I said 'sure,'" he said. "I went home and threw a few things in a bag, and when I got back to the base, lights were on all over the ramp for the trucks to load up tail number 166 (his aircraft)."

He said the Boxcar was packed from the front bulkhead to the jump doors with relief supplies.

"I pre-flighted and refueled my trusty bird, and at about midnight, we took off in a rainstorm for Maxwell Field, Ala., for crew rest."

They departed from Maxwell for Palacios early the next morning.

McCormick said a large crowd warmly greeted them at Palacios, and the mayor and police chief took the Airmen downtown and treated them to a hearty meal to help show their appreciation.

"They couldn't do enough for us," he said.

The Airmen quickly discovered why the Palacios residents were so ready to show their appreciation. A tour of the town showed the destruction levied by the powerful hurricane.

"Cows were hung up on chain-link fences, and cars and trailers were picked up and carried 100 yards away. Areas were flooded out and houses collapsed," McCormick said. "Our cargo could only relieve a small portion of their losses."

After offloading their cargo, the Airmen departed Palacios.

"Soon the white-topped C-119 with red and white stripes on its tail surfaces set down at McGuire with a squeak of the tires and a feeling of accomplishment," McCormick said.

The crew also returned with a letter for Harrington Park's mayor from the Palacios' mayor and letter of appreciation for the Airmen involved with the mission.

"The good people up north didn't forget their beleaguered brothers 1,000 miles away, and our wing stood ready to assist any time the call for help came to us." McCormick said. ♦

*For more information on 514th AMW Alumni Association, contact Chief Master Sgt. Antoinette "A.K." Kolesnikov at 754-5210.*



Photo by Senior Airman Corey Hook

Master Sgt. Sean Veerapen and Staff Sgt. Sheila Veerapen, 451st Expeditionary Logistics and Readiness Squadron, are deployed together to Kandahar Airfield, Afghanistan. The married couple are Reserve aerial porters with the 35th Aerial Port Squadron and New York Police Department officers.

## Couple finds more quality time in war zone than home

**By Senior Airman David Carbajal**  
451st Air Expeditionary Wing Public Affairs

Staying in touch with a spouse can be challenging for many deployed Airmen, but not for two members of the 35th Aerial Port Squadron.

Now that Master Sgt. Sean Veerapen and Staff Sgt. Sheila Veerapen are serving together at Kandahar Airfield, Afghanistan, they are spending more time together than at any other time in their 15 years of marriage.

In 2010, they were both notified that they would both be going on their first deployment, but they were shocked by its location.

“We were surprised when we received orders to the same squadron,” he said.

The couple arrived here together in June. Since then, Master Sgt. Veerapen has supervised the aerial port ramp section and Staff Sgt. Veerapen has worked in outbound passenger services.

“Surprisingly, Sheila and I have spent more time together here than we ever have,” he said.

At home, the Veerapens would get

one day off together every six to eight weeks, said Staff Sgt. Veerapen.

Before joining the Air Force, the Veerapens both enlisted in the Department of the Navy.

Master Sgt. Veerapen enlisted in the Marine Corps in 1988, while Staff Sgt. Veerapen enlisted in the Navy in 2000.

After serving four years as a Marine, Master Sgt. Veerapen enlisted in the Air Force in 1992 and has worked as an air transportation manager ever since. Similarly, Staff Sgt. Veerapen crossed over to the Air Force in 2010 and works in the same field.

In their civilian capacity, the Veerapens have worked alongside each other since December 1994 when they attended the New York City Police Academy together.

“In our 17 years, we’ve never worked in the same borough together but we’re still coworkers,” she said.

Currently, Staff Sgt. Veerapen works as a patrol officer in Queens, N.Y., while the master sergeant works as a detective in the Bronx.

“The hours we work as police offi-

cers can make schedules challenging, but since we are on the same shift here, we can eat together and even take our day off together.”

The transition from home to Afghanistan was a challenge for both of them.

Males and females cannot share a room during deployments, and married couples are no exception to the rule.

“There were many sleepless nights when we first got here,” Master Sgt. Veerapen said.

Like all married couples who are separated during deployments, the Veerapens had to adjust to deployed life.

“With time and more communication throughout the day, we were able to overcome that,” she said.

The husband and wife experienced another “first” during their deployment.

This past summer marked the first time the couple spent a Fourth of July holiday together since they have been married, Master Sgt. Veerapen said.

The couple is set to depart Kandahar at the end of October along with many other fellow Airmen from the 35th Aerial Port Squadron. ♦

## Bronx Bombers host oath of enlistment

**Right:** Master Sgt. Jose Rivera, 514th Recruiting Squadron, enjoys his time at Yankee Stadium Sept. 20, watching the New York Yankees vs. the Tampa Bay Rays. Rivera was at the game after witnessing nine of his new recruits participate in an enlistment ceremony in the Monument Park section of Yankee Stadium.

**Below:** Amongst memorials of legends of the New York Yankees, Maj. Jeffrey Matthew (center) administers the oath of enlistment to nine new Airmen from the New York area and Staff Sgt. Kevin Jenkins (far left) and Master Sgt. John Paolillo (far right), who are reenlisting. Matthew, Jenkins and Paolillo are from the 714th Aircraft Maintenance Squadron.



Photos by Master Sgt. Donna T. Jeffries



## Student employee funding cut

Seventeen student employees of the 514th Air Mobility Wing were let go Sept. 30 due to funding cuts in the student temporary employment program. Some of the student employees lost jobs they had held for several years. Charles Hertneck (pictured) worked as a clerk for the wing's performance planning office from March 2008 to October 2010 before taking a student wage laborer position where he has worked since. The students were given more than 30 days notice and were offered counselling and resume assistance through the wing's Airman and Family Readiness Office.



Photo by Mr. Shawn J. Jones



Photo by Master Sgt Donna T. Jeffries

## Spotlight: Senior Airman Jason W. Clark

**Unit:** 42nd Combat Communications Squadron

**Hometown:** Bloomfield, N.J.

**Favorite pastime:** Motorcycles

**Best school subject:** Economics

**Favorite reality show:** Pawn Stars

**Favorite guilty meal:** Cheesecake

**Something that makes you go Hmm:** Politics, mostly the lack of long-term vision of political figures. They don't seem to care about leaving a legacy.

**Last book read:** *Morals and Dogma* by Albert Pike – the book demonstrates that principles of morality can be found throughout nature.

**Little known fact:** I did musical theater in high school and at Boston College.

**Pet Peeve:** People who won't try new/exotic foods.

**Greatest achievement:** Hasn't happened yet. I imagine it will be having children of good character who desire to positively impact the world.

**In ten years you see yourself:** Venture capital investor covering motorcycling and organic food industries, and an Air Liaison Officer.

# News Briefs

## Scholarship winners

The winners of the \$1,000 Kevin L. White Scholarship were selected. The award is given to first term Airmen who are full-time college students who maintain at least a 3.0 grade point average. Congratulations: to Airman 1st Class Kathryn Carruthers, 732nd Airlift Squadron; Senior Airman Magdala Destima, 35th Aerial Port Squadron; Matthew Fisher, 514 Aircraft Maintenance Squadron; and Airman 1st Class Silvio Ng 514th Aerospace Medicine Squadron.

## No more tan boots or BDUs

Per Air Force Instruction 36-2903, the following items are to be phased out in November. Battle dress uniform (BDU), desert camouflage uniform, black T-shirt and black combat boots with utility uniforms or flight suits. Tan boots with Airman battledress uniform (outside theater of operations).

## Get some coverage!

Is your unit participating in a training exercise, going on a temporary duty, prepping for a deployment or having some other type of newsworthy event? If so, call the public affairs office at 754-3487 to get some coverage.

## Chaplain assistants wanted

The 514th Air Mobility Wing chaplain office is seeking Airmen interested in serving as chaplain assistants. The position requires an individual to simultaneously care for others and support the Air Force Mission to fly, fight and win. Yet, the reward of taking care of Airmen and their families is indeed priceless. To qualify for the position, individuals must be current members of the Reserve or Air National Guard eligible for retraining. An interview is also required with both the wing chaplain and noncommissioned officer in charge. For more information, call 754-3261.

## Peak performers wanted!

The staff of Freedom Flyer would like to highlight the peak performers in the wing. The Peak Performance section will run quarterly, and will highlight award winners, school graduates, medal winners and any other Freedom Wing Airmen who achieve something exceptional. Please send submissions to Airmen to 514amw.pa@us.af.mil or call the public affairs office at 754-3487.

# FREEDOM FLYER

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

## FOR THE FAMILY OF:

**Pictured:** During a Sept. 11 memorial ceremony in Bucks County, Pa., Maj. Sue McMullen, 514th Operations Support Squadron, joins other public servants in saluting a part of the structure of the World Trade Center. The memorial was created to remember and honor the 2,973 killed on September 11, 2001. More than twenty-five Freedom Wing Airmen supported the ceremony, which included a C-17 Globemaster III fly-over by the 732nd Airlift Squadron.

