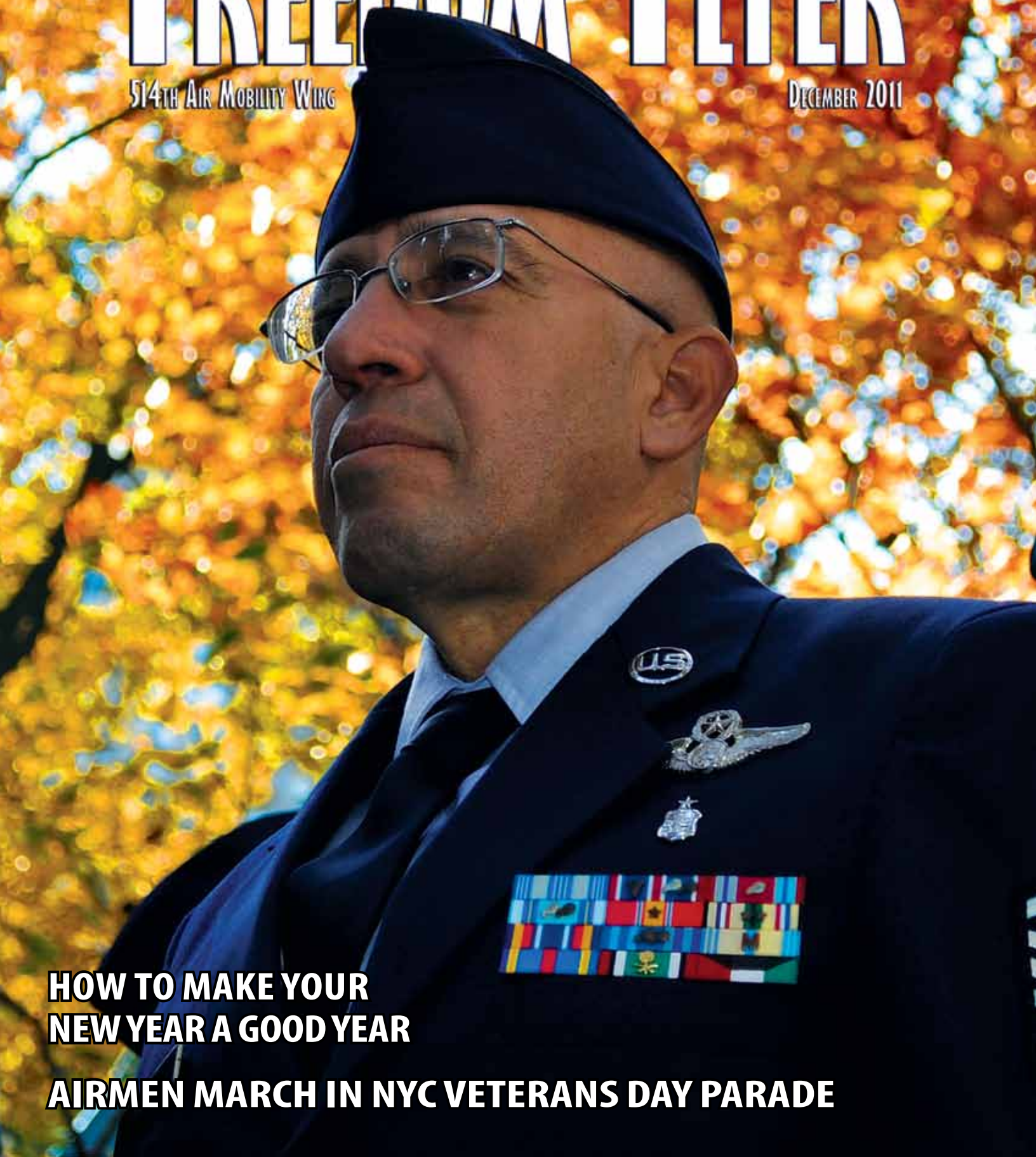


# FREEDOM FLYER

514TH AIR MOBILITY WING

DECEMBER 2011



**HOW TO MAKE YOUR  
NEW YEAR A GOOD YEAR**

**AIRMEN MARCH IN NYC VETERANS DAY PARADE**



# FREEDOM FLYER

**HAPPY  
HOLIDAYS**



## CONTENTS

EMPLOYER APPRECIATION DAY	4
VIEWPOINTS	5
TORCHING FAT WITH UNCLE SAM, PART II	6
HOW TO HAVE A GOOD YEAR	7
VETERANS DAY PARADE	8
NEWS BRIEFS	11

## EDITORIAL STAFF

**COL. MICHAEL J. UNDERKOFER**  
COMMANDER

**MAJ. KELLY ANN CHARLAND**  
PUBLIC AFFAIRS CHIEF

**CAPT. ALLISON ECUNG**  
PUBLIC AFFAIRS OFFICER

**MASTER SGT. DONNA T. JEFFRIES**  
NONCOMMISSIONED OFFICER IN CHARGE

**SHAWN J. JONES**  
EDITOR

**TECH. SGT. JONATHAN WHITE**  
JOURNALIST

## ON THE COVER

Master Sgt. Victor Zea, 514th Aerospace Medical Squadron, stands in formation at Madison Square Park in New York City Nov. 11. Zea joined hundreds of servicemembers from Joint Base McGuire-Dix-Lakehurst in marching down 5th Avenue during the city's annual Veterans Day Parade.



*Photo by Shawn J. Jones*

This funded Air Force Reserve magazine is an authorized publication for members of the U.S. military and their family. Contents of Freedom Flyer are not necessarily the official views of the U.S. government, the Department of Defense, or the Department of the Air Force. All photos are Air Force photos unless otherwise indicated. The editorial content is edited, prepared and provided by the 514th Air Mobility Wing public affairs office, 2217 W. Arnold Ave., Joint Base McGuire-Dix-Lakehurst, N.J. 08641.



51438

The refueling boom from a KC-10 Extender stretches down to an F-16C Fighting Falcon over the Atlantic Ocean Oct. 22. As part of the 514th Air Mobility Wing's employer appreciation day, more than 100 civilian employers of Airmen witnessed refueling missions from the perspective of a KC-10 boom operator. The F-16 is assigned to the 177th Fighter Wing in Egg Harbor Township, N.J.

*Photo by Shawn J. Jones*





Photo by Shawn J. Jones



Photo by Tech. Sgt. Jonathan White



Photo by Shawn J. Jones

More than 100 civilian employers of Freedom Wing Airmen attended Employer Appreciation Day here Oct. 22. During the event, the employers were given a bird's-eye view of what their employees do while serving in the Air Force Reserve. They attended briefings, visited hands-on displays, witnessed an aerial refueling of an F-16 Fighting Falcon while flying in a KC-10 Extender and toured a C-17 Globemaster III.

# CIVILIAN BOSSES SEE RESERVISTS IN ACTION



Photo by Shawn J. Jones

## Today's Airmen linked to heritage of honor, valor

By Col. Victor Loranth

514th Aeromedical Staging Squadron commander

Our Airmen's Creed pledges us to a tradition of honor and a legacy of valor. Yet, how often do we pause to take time to remember and reflect on the extraordinary acts of heroism that have been woven into the fabric of our Air Force?

Since World War I, Airmen have served this country with the highest distinction and have left us with a warrior tradition of service, gallantry and sacrifice.

The first Airman to be awarded the Medal of Honor was Lieutenant Erwin Bleckley. He was a member of the U.S. Army Air Service during WW I and lost his life on a mission to supply an army battalion that was trapped behind enemy lines. Bleckley's heroism in repeatedly flying directly into anti-aircraft fire to drop supplies to the ground troops began the Air Force legacy. He made the ultimate sacrifice and his medal was awarded posthumously.

By 1941, the Army Air Service had grown into the United States Army Air Forces and was actively engaged in preparing for probable war with the Empire of Japan and the Third Reich. That war came on December 7, 1941, with the stunning surprise attack on Pearl Harbor. It was that day that Lieutenants George Taylor and Ken Welch took off in two P-40 Kittyhawk fighters to engage over 200 Japanese planes attacking the base. With courageous resolve they took the fight to the enemy and both men became aces that day. Such examples of valor were not only exhibited by these pilots but their ground crews as well. In the face of enemy strafing attacks and the need to run into burning hangars for ammunition belts, maintainers refueled and rearmed the fighters several times during the entire morning.

In 1942, the 8th Air Force, then known as the VIII Bomber Command, began a campaign of precision daylight bombing based out of England that by war's end had crumbled the entire German war machine. These bomber crews and later escort fighter pilots fought the highly trained and experienced German Luftwaffe. The price was high with over 45,000 battle deaths for Airmen. Thirty-six Medal of Honor citations were authorized and 22 of these were awarded posthumously.

By 1948, the United States Air Force was established as a separate service branch. The first challenge for the new service was the Russian blockade of Berlin. There would be no surrender of the city to the Russians and the Air Force was called on to provide humanitarian relief in the form of food, medicine and fuel. The only way to deliver these supplies was by air.

Overall, the Berlin Airlift, delivered 2.3 million tons of supplies by transport aircraft flying around the clock in all types of weather for more than nine months. Seventy Airmen dedicated their lives to that mission allowing Berlin to remain a free city. The men and

women who supported this mission really were the guardians of freedom and justice.

The legacy continued into the skies over Korea. Flying the F-86 Sabre in 1951, Capt. James Jabara became the first jet-to-jet air ace in history.

In Vietnam, the courage of the Airmen executing the bombing campaign and maintaining tactical supply to ground troops added to the extraordinary Air Force story.

By the time of the Gulf War in 1991, airpower had evolved into a highly sophisticated electronic enterprise which enabled the systematic destruction of enemy assets without requiring the massive bombing campaigns seen in WWII. Even with the electronic age, the valor exhibited by Airmen in the historic air campaign was on display for the entire

world. Airpower and the men and women who delivered that power had totally neutralized an enemy's ability to fight.

The examples cited may be placed into a framework of unique missions which only air forces can perform. The use of airpower is relegated to specific taskings, which are interrelated with the overall war plan. However, today's mission for Airmen is in many ways not much different from the missions of the past. The fight for dominance of the air space over the theatre of operations, strategic interdiction and the need to ensure logistical support via air transport are still unchanged. The use of airpower today is but a modern modification of the use of airpower over the past century.

Today's Airmen are linked to past taskings that are unique to the Air Force. A precious gift, a tradition of honor and legacy of valor, has been clearly left in our care. Our standards are very high, and as Airmen, we will not fail in our obligation to protect and defend our country.



U.S. Air Force photo

Children near Tempelhof Airport in Berlin, Germany, watch as a U.S. C-54 Skymaster flies over the city during the Berlin Airlift. The Berlin Airlift represents a major event in Air Force history. It is considered the first successful humanitarian operation of the Cold War, and upon conclusion in September 1949, the allies had completed more than 277,000 flights and transported more than two million tons of food, supplies and coal to the two million people of Berlin who were struggling under Soviet occupation.



# Torching Fat with Uncle Sam - Part II

Part two in a three-part 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 Shawn J. Jones  
Freedom Flyer editor

I didn't expect to be so satisfied with my own failure.

In the September issue of Freedom Flyer, I outlined four fitness goals that I wanted to achieve by February. The starting point for these goals was established by a body-fat analysis session in the Health and Wellness Center's bod pod in mid-August. After three months of diet and exercise, I returned to the bod pod to receive the good news about my personal failure.

Though I only met one of the four goals, I came very close to the other three. The goals are for six months after all, so close-but-no-cigar results should provide a little extra irritation and motivation to keep me from getting lax.

Overall, I dropped 14 pounds while decreasing body fat, increasing muscle mass and improving my running endurance (see chart for specific numbers).

It wasn't easy, but fortunately, I had help. Uncle Sam was on my side.

As a federal civilian, Uncle Sam allows me to spend three work hours per week performing fitness activities. He also provides me access to a fitness center which features state-of-the-art equipment and a health and wellness center, which features professionals who advise on a variety of topics, such as running form and nutrition.

I was able to leverage these benefits into creating a leaner, stronger and faster me.

How did I do it?

## Big legs for a small waist

Increasing muscle mass leads to a faster metabolism, which is key to burning fat. This is true for all muscles, but since the legs make up the body's largest muscle group, growing them can have a proportionately larger impact on metabolism.

To grow leg mass, I performed a lot of heavy squats and leg presses, which was a major shift from my previous exercise routine that was dominated by upper-body exercises. I continued to train my upper body in my new routine, but I'm spending a lot less time doing it.

Not only are the stronger legs helping

me lose fat, but I also feel the urge to sprint up stair cases and jump over things when no one is looking.

## Running

Reducing the amount of weight-lifting exercises in my routine allowed more time for pounding the pavement (or the treadmill). I torched a lot of calories running around this base, listening to *Weezer* and *the Red Hot Chili Peppers*.

When running outdoors, I focused on increasing my distance, running between three and six miles per session. When indoors on a treadmill, I performed walk-jog-sprint progressions in which I'd spend two minutes at each pace.

The more I run, the lighter I get, the stronger I feel, and the more I want to run – it's kind of like the opposite of a death spiral.

## Diet

Sticking to a regular exercise plan was no problem, but it was much more difficult to monitor and restrict my diet.

Counting calories takes time, and when my kids came home with the Halloween candy...forget about it. Though my attention to detail was lacking, I think I made some real improvement in my eating habits. I added a lot of "super foods" to my diet such as blueberries, yogurt, eggs, nuts, beans, broccoli and green tea.

I also practiced better portion control, especially at the dinner table, where I tried to avoid seconds unless I just couldn't help it.

Furthermore, I no longer subscribe to the-more-the-merrier approach to so-called health foods. For example, I would often eat three or four protein bars a day in addition to regular meals. It could only help, right?

Wrong.



The typical adult who exercises requires less than half a gram of protein per pound of body weight per day, said Dana Snook, a nutritionist with the Health and Wellness Center here.

"The problem is, as Americans, we over-consume protein," she said. "Whatever protein is not able to be used by the body will get stored as fat."

The excess fat is usually stored in the abdominal region, meaning too much

protein, just like too much ice cream or french fries, can lead to a spare tire.

Snook also reiterated the importance of a well-balanced diet and warned against unsustainable fad diets. Some fad diets result in rapid weight loss, which initially encourages dieters.

However, much of the weight loss is actually muscle loss, not fat loss. Over time, the muscle loss leads to a slower metabolism, causing the fad dieter to struggle to maintain the weight loss.

"Fad diets are just that – fads," she said. "The diets come and go, but they always leave you hungry and in the end, with more fat than when you started."

Snook said that slow and steady wins the race when it comes to weight loss.

"The recommended weight loss is 1.5 to 2 pounds per week," she said. "If you are losing more than that, you are burning muscle."

## The next step

Overall, I'm happy with the mid-term results of my six-month fat-loss plan, but if I want to continue to burn fat while gaining muscle, I'll have to be more dedicated to planning meals and counting calories. Hopefully, when I get my next bod pod results in February, it won't be my failures that make me happy.

Date:	Aug. 12 (actual)	Nov. 4 (actual)	Feb. 12 (goal)
Body Fat Percentage	26.7	21	16
Body Weight	222	208	195
Bench Press Reps @ 225 Pounds	6	10	12
1.5-mile run	11:41	11:25	10:41

Six-month fitness goals to be achieved Feb. 12

# Making your new year a good year

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

There are good years and there are bad years, but when it comes to your Air Force Reserve retirement, the former is what you should be thinking about.

To complete what's called a "good year", a reservist must earn a minimum of 50 points towards his or her satisfactory year of service, said Chief Master Sgt. Danica Dejanovic, 514th Force Support Squadron superintendent.

Every reserve Airmen's individual retention-retirement year is based on the anniversary date they entered the Reserve, not on the fiscal or traditional calendar year.

For example, a reservist with a Dec. 1 retention-retirement date must accumulate 50 points by next Nov. 30 in order to have a satisfactory year of service.

Counting calendar years of service or pay dates is not the same as ensuring your point credit summary reflects the number of good years a member has accumulated toward retirement, said Dejanovic.

When planning annual tours, Dejanovic concurs that it's important that reservists take into consideration their retention-retirement date because bad planning may result in two 15-day

annual tours performed in one retention-retirement year.

Consider this: a reservist with a Dec. 1 retention-retirement date completes a 15-day annual tour Dec. 15-30, 2010, and then another 15-day annual tour Nov. 1-15, 2011. Although the December annual tour was performed in fiscal year 2011 and the November annual tour was performed in fiscal 2012, both were accomplished during the same retention-retirement year.

Those who never miss a unit training assembly and serve all 15 annual tour days within the appropriate year will accumulate 78 retention-retirement points, so achieving the 50 points needed for a good year shouldn't be much of an obstacle for most Reserve Airmen.

Failing to annually acquire a good year will result in an extended service commitment.

"Someone that does not obtain a good year will be short when it comes time to retire," Dejanovic said. "A member must have 20 good years to retire."

It's up to each individual Airmen to ensure there are no surprises when it comes time to retire.

"It's crucial that we all make a point to review our point credit summary on a regular basis," Dejanovic said.

Airmen can check their point credit summary online on the Virtual Military Personnel Flight.

## THE MAKINGS OF A GOOD YEAR

<b>Unit training assembly</b> <i>4 points per weekend X 12 UTAs</i>	<b>48 points</b>
<b>Annual tour</b> <i>1 point per duty day X 15 days</i>	<b>15 points</b>
<b>Membership points</b> <i>Points added after completing required UTAs and annual tour</i>	<b>15 points</b>
<b>Total</b>	<b>78 points</b>

## Spotlight: Staff Sgt. Johnny Carawan

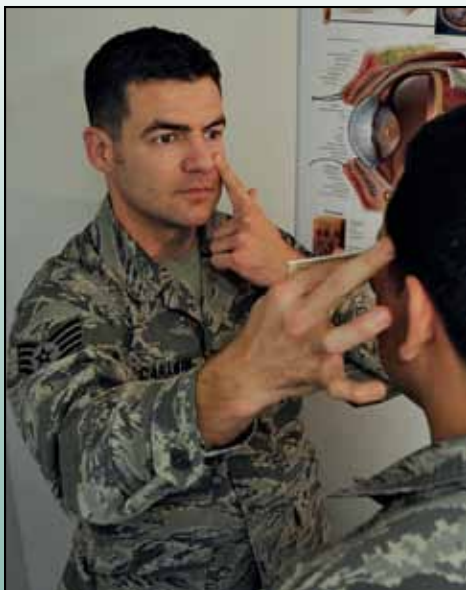


Photo by Shawn J. Jones

**Unit:** 514th Aerospace Medicine Squadron

**Position:** Optometry Technician

**Civilian employment:** U.S. Park Ranger

**Hometown:** Raleigh, N.C.

**Favorite musician/band:** Jack Johnson

**Pet Peeve:** Non commitment to job (slackers)

**Last book you read:** "Onward" - The Starbucks Story

**As a child, what did you want to be when you grew up?** Fighter Jet Pilot

**If you had to be in a different service branch, which one would it be?**

Already served in the Coast Guard.

**Hidden talent:** I've been learning acoustic and electric guitar for the past two years. I enjoy playing a wide variety of music from Sam Cook to Fuel to the Beatles.

**Little known fact about you:** I have a bucket list, and every month I try to knock something off the list. I've done things like racecar driving and a behind-the-scenes tour of capital hill. I'm hoping to hike Mt. Killamanjaro soon.









# VETERANS DAY IN THE BIG APPLE

*Photos by Shawn J. Jones*



**Opposite page:** Airmen march past the Empire State Building on New York's 5th Avenue during the city's Veterans Day Parade Nov. 11. More than 200 Reserve and active-duty Airmen from Joint Base McGuire-Dix-Lakehurst participated in the parade. **Top:** Just prior to beginning the march, Col. Paulette Schank, 514th Aerospace Medicine Squadron commander, speaks with a patriotic supporter of veterans. **Above Left:** Tech. Sgt. Kenton Young (left), 514th Aeromedical Staging Squadron, stands in formation in Madison Square Park prior to the parade. **Above Right:** The 514th Air Mobility Wing Honor Guard leads the formation of Reserve and active-duty Airmen past St. Patrick's Cathedral.





The following enlisted Airmen were promoted in November.

**Airman**

Gabriel Rivera, 514 FSS

**Senior Airman**

Pablo Espin, 514 ASTS  
 Jamie Lynn, 514 FSS  
 Kenneth Rivera-Ithier, 514 SFS  
 Daniel Schenker, 714 AMXS

**Staff Sergeant**

Erica Chong, 514 AMW  
 Kandace Fantroy, 514 ASTS  
 Timothy Frigano, 514 ASTS  
 Ricklin Harmening, 714 AMXS  
 Maurice Young, 714 AMXS

**Technical Sergeant**

William Blaylock, 732 AS  
 Michael Fine, 514 AMXS  
 Sylvia Roberson, 514 AMDS  
 Amanda SENSEL, 514 AMW  
 Nicholas Stolley, 78 ARS  
 William Vigilante, 78 ARS

**Master Sergeant**

Vanity Day, 514 AMDS  
 Brian Todd, 514 AMXS

**Chief Master Sergeant**

Robert Godzur, 78 ARS



Photo by Master Sgt. Donna T. Jeffries

# Giving thanks by giving back

Airman 1st Class Vaughn Price, 514th Air Mobility Wing honor guard, serves dinner to several of the more than 200 homeless guests of Chosen 300 Ministries Inc., a charitable organization that is dedicated to improving the lives of homeless people, in Philadelphia, Pa. Twenty-five Freedom Wing Airmen and family members volunteered with the organization Nov. 26, choosing to spend part of their Thanksgiving weekend by giving back to local community members in need.

## PULSE CHECK: What do you enjoy most about the winter holiday season?



**Staff Sgt. Raul Rodriguez**  
 514th Air Mobility Wing  
 Chaplain Office

“Spending time with the family and just watching my kids’ faces while they are waiting for Santa Claus. And just having the Christmas spirit.”



**Senior Master Sgt. Tonja Ellison**  
 514th  
 Aerospace Medicine Squadron

“The winter holidays give me a chance to show off my cooking skills, which is what brings my children home. Also, I love to give gifts and see the smiles on faces”



**Capt. Kevin Young**  
 514th  
 Force Support Squadron

“The holiday season is a great time to reflect on what we are thankful for. I enjoy getting out in the winter snow to snowboard and train for the spring marathon season.”



**Lt. Col. Michael Pillion**  
 514th  
 Operations Support Squadron

“Having a chance to relax and reconnect with friends and family is the best part of the holiday season. Everyone’s so busy these days so I’m glad we make time to be together and catch up.”



**Tech. Sgt. Sandy Jackson**  
 514th Air Mobility Wing  
 Legal Office

“I love the excitement of my children when they open their presents on Christmas morning.”



# News Briefs

## Academy seeks Reserve Airmen

Through the LEAD program, 85 slots are available to highly-qualified Reserve and Guard Airmen at the Air Force Academy in Colorado Springs, Col., via a preparatory school. Every year, many of these slots go unfilled and a great opportunity is wasted. Admissions standards are high, and the academy is demanding of its students, but the rewards are substantial. Selectees receive a full scholarship to one of the nation's best schools and the opportunity to become a commissioned officer. Applications and letters of recommendation are due Dec. 31. The rest of the package, such as high school transcripts and test scores, is due Jan 31. For more information, visit [www.academyadmissions.com](http://www.academyadmissions.com), click *admission* and then *Airmen*, call (719) 333-2653 or type *Air Force LEAD program* into a search engine.

## NCO Development

A command-sponsored Noncommissioned Leadership Development Course will be held here May 14 - 25. This class is targeted for staff sergeants, but technical sergeants and highly motivated senior airmen will be considered on a space-available basis. Unit funds will not be required for those in military status. Airmen interested in attending should contact their unit training manager. Applications must be submitted to the wing training office by Feb. 14.

## Medical support limited in December

The 514th Aerospace Medicine Squadron will not be available for medical support Dec. 17-19, except for the Dental Clinic, which will be available from 8 a.m. to 4:30 p.m. on Dec. 17 only.

## Recognition for civilian employers

Fifteen civilian employers will be chosen for the 2012 Secretary of Defense Employer Support Freedom Award and honored at a ceremony. Reservists are encouraged to nominate their employer for the award, which is the Defense Department's highest award for civilian employers supporting Guard and Reserve members. Every nominated employer will receive a certificate from Employer Support of the Guard and Reserve. The nomination form, which can be found at [www.freedomaward.mil](http://www.freedomaward.mil), is due Jan. 16.

## Winter clothing drive

The Human Resource Development Council is seeking donations of new or gently-worn winter coats, hats, scarves and gloves. Homeless veterans and the less-fortunate community members in need will benefit from the contributions. For more information, contact Staff Sgt. Tiffany John at 754-6393 or your unit Human Resource Development Council representative.



Photo by Shawn J. Jones

## Eagles are patriots on Monday Night Football

Servicemembers from Joint Base McGuire-Dix-Lakehurst, including Freedom Wing Airmen, unfurled a hundred-yard-long American Flag during the national anthem as part of pre-game ceremonies before the Monday Night Football game between the Philadelphia Eagles and the Chicago Bears at Lincoln Financial Field in Philadelphia Nov. 7. The servicemembers' participation in the event was made possible by the strong relationship between the Eagles and the Freedom Wing's community relations staff.

## FREEDOM FLYER

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

FOR THE FAMILY OF:

**Pictured:** Tech. Sgt. Jared Lacovara, 88th Aerial Port Squadron, serves as a member of the Freedom Wing's honor guard during the Veterans Day Parade in New York City Nov. 11.

*Photo by Shawn J. Jones*

