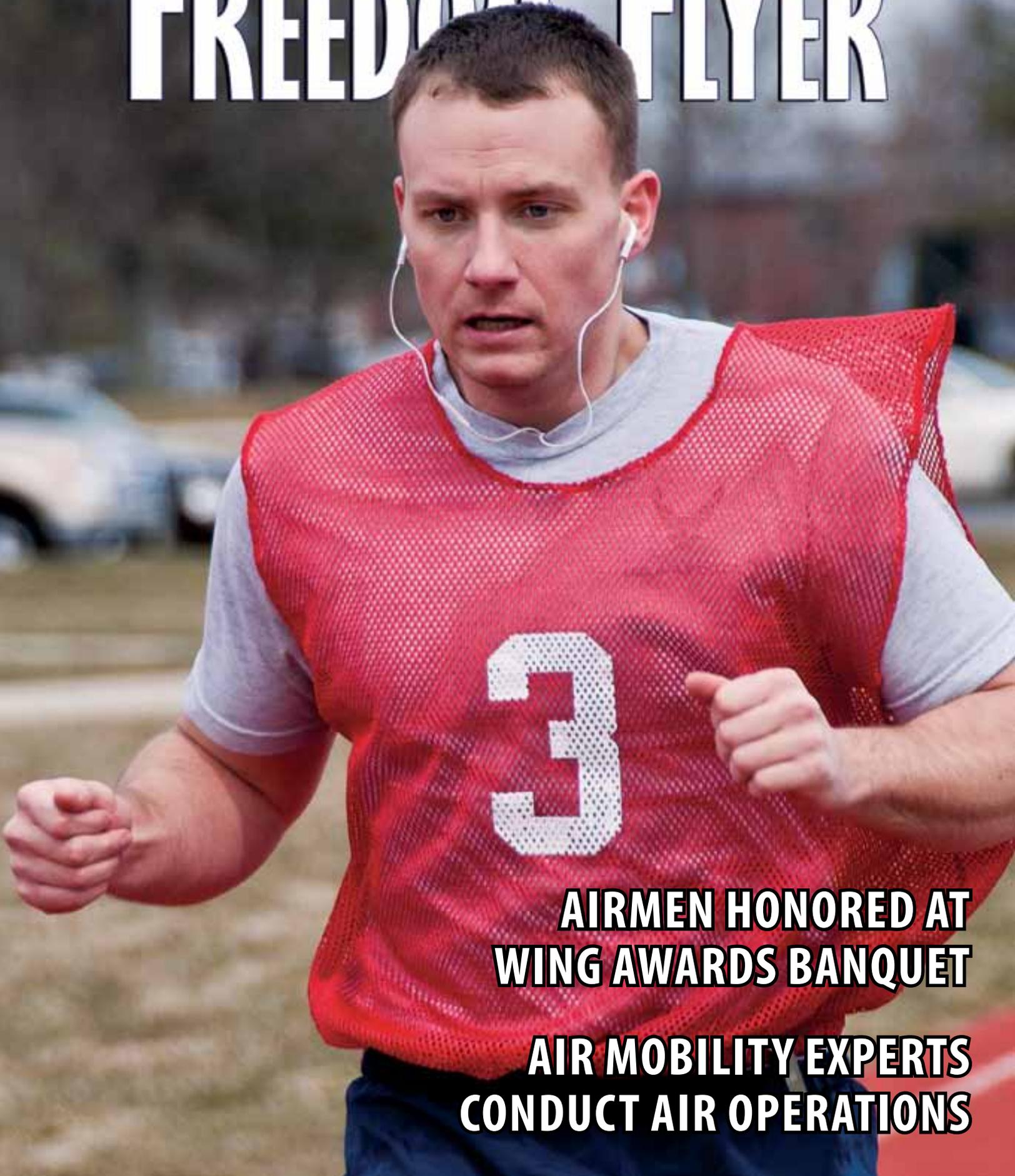


514TH AIR MOBILITY WING

MARCH 2013

FREEDOM FLYER



**AIRMEN HONORED AT
WING AWARDS BANQUET**

**AIR MOBILITY EXPERTS
CONDUCT AIR OPERATIONS**



FREEDOM FLYER

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ON THE COVER

Staff Sgt. Matthew Garrison, 88th Aerial Port Squadron, performs the 1.5-mile run during his fit-to-fight test at the fitness center here Mar. 24.



Photo by Shawn J. Jones

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From left, Col. Steven Fulaytar, Lt. Col. Ephod Shang and Lt. Col. Jerome Williams pump their fists while singing *The Air Force Song* during a change of command ceremony in which Shang took command of the Northern Recruiting Squadron, which is based here. Fulaytar is the commander of the Air Force Reserve Recruiting Service.

Photo by Shawn J. Jones

Squadron commander: Airmen are greatest asset

The following is an excerpt from a speech delivered by Maj. Joseph Zackaricz during the ceremony in which he took command of the 714th Aircraft Maintenance Squadron.

Ever since the KC-10 arrived here at McGuire, the 714th Aircraft Maintenance Squadron has been involved in nearly every single contingency and humanitarian mission the Air Force has successfully accomplished.

Whether it was an operation such as Restore Hope, Enduring Freedom, and Iraqi Freedom, or flying refugees out of a war-torn Kosovo, or supporting relief efforts to provide aid to victims of natural disasters, we have had and continue to have aircraft in the fight. These aircraft were made mission-capable through the blood, sweat and tears of the 714 AMXS, the back bone that has worked hand in hand with our active-duty brethren to enable this wing to successfully fly a complex and aging weapons system to its fullest capability.

I am amazed every day at what this squad-

ron is able to accomplish, and I am extremely proud to be a part of it.

As a wing, it is our mission to train for active duty in order to enhance our nation's air mobility capability and to be combat-ready so we can augment our active-duty counterparts and ensure that our aircraft are fully utilized.

It is my goal to provide a highly trained and fully qualified aircraft maintenance workforce capable of performing anywhere in the world at any time. We will continue to strengthen the relationship with active-duty maintainers and our aircraft operators.

Following another highly successful year, we find ourselves once again facing numerous challenges. We just sent another team overseas. We are looking at another deployment in the near future. We are continuing to prepare for multiple inspections. Not to mention the turbulent times we are in with an ever-changing threat to our nation and complex fiscal challenges.

Yet despite numerous uncertainties and

some seemingly insurmountable demands, there is no doubt in my mind we will once again succeed. We possess a critical strategic capability that touches all of the enduring contributions such as air superiority and rapid global mobility, that when combined makes us the greatest Air Force in the world.

Our Air Force's mission is clear – to fly, to fight and win. And its greatest strength is our Airmen. So it will be my charter to ensure our squadron's men and women, our greatest asset, are provided with the best I can give, so that they can be what they are – our future.

The road ahead is not easy, but through our conviction, hard work and integrity, the way ahead will always be clear. The demands on everyone will be difficult. However, we are all accountable for our success, and as team, we will succeed through personnel accountability, selfless dedication and trust.

You are all expert craftsman, and that collective expertise and innovation will provide the tools we need to travel along the road before us. As always, I ask for your best, your integrity and your service, and you should expect the same from me.



YEAR-ROUND EXERCISE PROGRAM PAYS DIVIDENDS

By Senior Airman Johandy Martinez
514th Aircraft Maintenance Squadron

Do you ever look at the calendar and realize that your fit-to-fight test is coming up and think, "Oh, no! I have to start working out?"

Airmen who fall into this category, but who want to avoid sabotaging their careers with a failed fit-to-fight test, should not wait to start a regular year-round exercise program.

A key component to improving your test score is being active all year. Instead of rushing into a new fitness regimen a few months prior to the test, you could get better results by intensifying the workouts that you've already been performing.

A year-round exercise program helps you with more than your fight-to-fight test. The test occurs just once or twice per year, but your overall fitness affects your quality of life every single day. A physically active lifestyle helps in many ways by:

- controlling weight,
- combating diseases and other health conditions,
- improving mood,
- promoting better sleep,
- maintaining healthy bones, muscles and joints,
- enhancing work, recreation and sport performance, and
- improving sex drive.

For those who aren't sure where to start, I recommend trying some of the many group exercise sessions available at most fitness centers. When you participate, pay attention to what the instructors are saying because not only are they pushing you to break a sweat, but they are also teaching you how to exercise properly so that you may take it home with you. They are certified instructors, so do not feel embarrassed to pick their brains about anything.

The 1.5-mile run is often cited as the most challenging component of the Air Force fitness test, so here are a few tips to help you prepare.

Train for speed – Long, slow jogging is useful for overall fitness, but since our test is timed, speed is very important. Improving stride rate, more so than stride length, is the best way to improve speed over longer distances. See how many times your right foot hits the ground during a 30 second run at your usual pace, and then set a reachable goal to increase that rate each time you run. Incremental improvements over time will lead to great rewards.

Peddle power – Join a spin class, bike some hills or climb some stairs once or twice a week, especially if your muscles are sore from running. These low-impact workouts will boost your level of fitness while adding leg strength to make a difference in your running times. Hard work with no extra pounding!

Take a dip – Adding swim sessions to your exercise regime helps work many of the body's smaller muscles which contribute to a more balanced running stride. Swimming also helps with breathing control, which can translate into a more efficient running pace.

Trial training – Running regular 1.5 mile trial tests throughout the year helps you gauge where you stand. Performing well on a trial test is a source for positive motivation, while performing poorly may reveal the need to increase your exercise program's intensity. Frequent trial runs help you adapt to the run, which can reduce mental and physical stress during the test.

Finish strong – Finish your runs with a burst of near-maximum speed. Over time, increase the distance of the burst. You should be gasping for air at the end. Pushing your body to its threshold will lead to overall running improvement.

(Senior Airman Martinez is a certified personal trainer who works as a fitness manager at New York Sports Club.)



Photos by Master Sgt. Donna T. Jeffries

Lt. Col. Michael Cruff (right of trophy), 78th Air Refueling Squadron commander, accepts a Freedom Award for his squadron at the 514th Air Mobility Wing's awards banquet March 9.



Chief Master Sgt. Chryl Ruff, 514th Aerospace Medicine Squadron, received a mentorship award which is named in honor of recently retired Chief Master Sgt. Antoinette Kolesnikov.



Kris Keitt (left) and Senior Master Sgt. Constantine Karamargin earned awards in their respective categories.

FREEDOM WING AWARDS 2012

Airman of the Year

Senior Airman Sean Barrett, 514th Civil Engineer Squadron

Noncommissioned Officer of the Year

Master Sgt. Shawn J. Jones, 514th Air Mobility Wing

Senior Noncommissioned Officer of the Year

Senior Master Sgt. Constantine Karamargin, 714th Aircraft Maintenance Squadron

First Sergeant of the Year

Master Sgt. Joseph Gentile, 76th Air Refueling Squadron

Company Grade Officer of the Year

Capt. Christopher Mazzey, 35th Aerial Port Squadron

Category I Civilian of the Year

Ms. Linda Cherubini, 514th Force Support Squadron

Category II Civilian of the Year

Ms. Cassandra Keitt, 514th Air Mobility Wing

John Purroy Mitchel Cup Award Winner

Lt. Col. Samuel Irvin, 514th Operations Support Squadron

Chief Master Sgt. Antoinette Kolesnikov Mentorship Award

Chief Master Sgt. Chryl Ruff, 514th Aerospace Medicine Squadron

Joseph A. McNeil Award

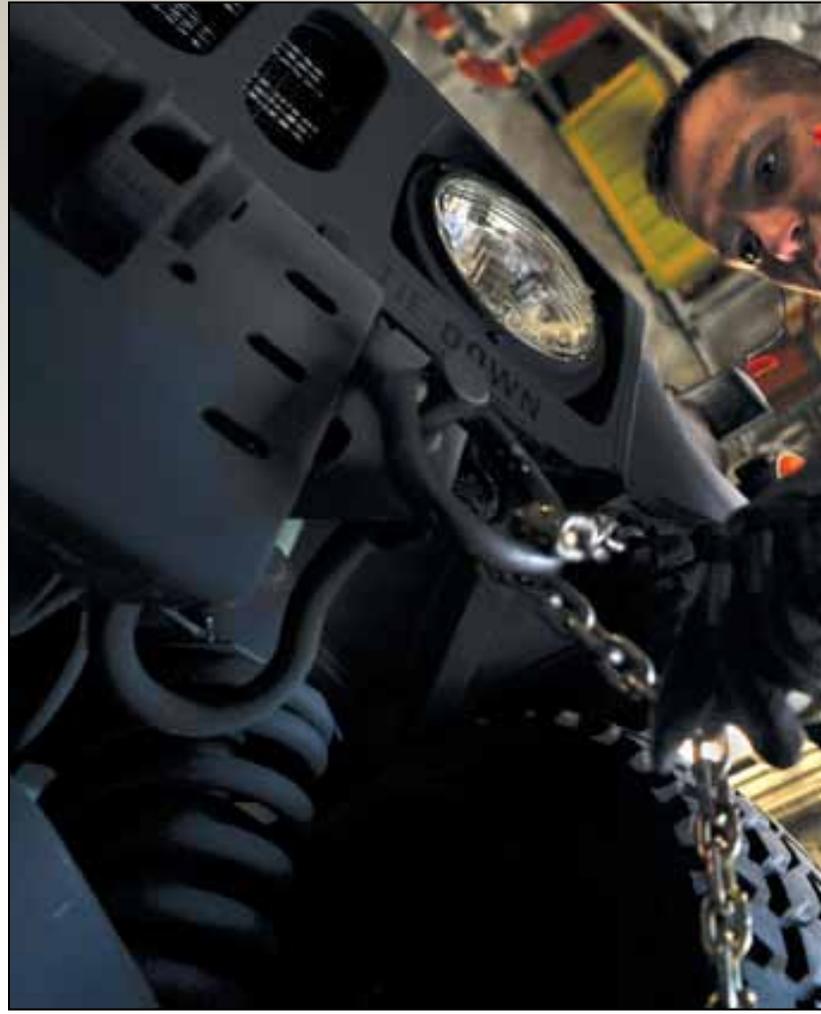
Col. Paulette Schank, 514th Aerospace Medicine Squadron

Freedom Wing Award: Group Category

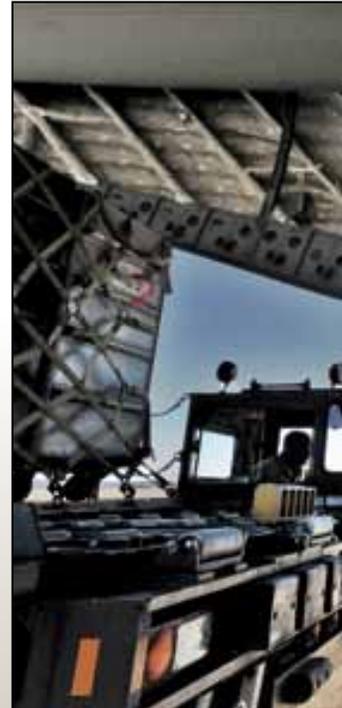
514th Maintenance Group

Freedom Wing Award: Squadron Category

78th Air Refueling Squadron



GETTING CARGO OFF THE





THE GROUND

Photos by Shawn J. Jones



Top Left: Airmen of the 35th Aerial Port Squadron load cargo into a C-17 Globemaster III on the flightline here April 6. During most weekend training drills, aerial porters practice loading various cargo into C-17 and KC-10 Extender aircraft. **Top Center:** Staff Sgt. David Dasilva chains a Humvee to the C-17's cargo bay. **Top Right:** Senior Airman Paul Smith preps the C-17 so that cargo can roll along the floor. **Bottom Left:** A K-loader full of cargo drives toward the rear of the C-17. **Bottom Right:** Senior Airman Jose Galera guides the k-loader as it approaches the jet.



Maj. Blaine Howell (left) and Lt. Col. Andrew Solleder recently returned from a deployment to the 603rd Air and Space Operations Center at Ramstein Air Base, Germany, where they helped conduct air mobility operations over Europe and Africa.

Photo by Senior Airman Chelsea Smith

Air mobility experts conduct air operations orchestra

By Senior Airman Chelsea Smith
514th Air Mobility Wing public affairs

The flight of a single aircraft is just one instrument in the orchestra known as air operations. And just as some reservists specialize in playing a particular instrument, such as the KC-10 Extender or the C-17 Globemaster III, some specialize in conducting the overall orchestra.

These conductors plan, schedule and control every sortie from air and space operations centers located in specific geographic regions across the globe.

While the reservists from the 514th Air Mobility Operations Squadron perform their training here, when it comes to the real thing, they typically deploy to the 603rd Air and Space Operations Center at Ramstein Air Base, Germany. From there, they help conduct air mobility operations over a giant landmass encompassing Europe and Africa.

Three of the squadron's air mobility experts just returned here from a tour of duty at the center. They were initially called to duty from their civilian jobs duty with little time to prepare.

"Because the 603rd Air and Space Operations Center is manned solely to support daily operations, augmentation from the Guard and Reserve is necessary in response

to any emerging situation," said Maj. Blaine Howell, "Due to on-going contingency operations, the 603rd requested us, and we landed on-site within three days."

That type of readiness is the hallmark of the squadron's Airmen.

"There is a volunteer spirit within the people of the 514th AMOS," said Col. Michael Underkofler, 514th Air Mobility Wing commander. "They essentially have their bags packed, ready to leave, and they are willing to stay until the mission is completed."

The ease with which squadron's Airmen are able to plug into the 603rd AOC's air mobility positions within the center is due to their training, which combines home-station planning exercises with regular visits to the center.

"We acquire on-the-job training across multiple positions that enables maximum flexibility and interoperability," said Lt. Col. Andrew Solleder, a senior controller. "The close cooperation we enjoy between our squadron and the 603rd means we can provide Airmen who are fully trained and ready to execute the mission at a moment's notice."

This swinging door allows the reservists to shift gears from the training environment to the real mission environment very rap-

idly, Howell said.

And they're just as quick to shift gears to an off-duty mindset when appropriate. Frequent tours to Germany come with perks, as the Airmen have learned to balance work with play. They said they enjoy visiting many of the country's attractions and the ever-present eateries that serve Turkish Kebabs, which are pita bread sandwiches stuffed with slow-cooked sliced chicken, vegetables and Turkish dressings.

Overall the relationship between the squadron's Airmen and the operations center appears to be a win-win. The Airmen are able to perform important work in a favorable destination, and the operations center receives well-trained augmentation from ever-ready reservists.

Other winners in the arrangement are the Airmen's colleagues at the wing who work in other areas of the air mobility trade

"One of the fundamental mantras of the military is to pass on lessons learned," said Underkofler. "I anticipate that our Airmen will come back and tell their squadron commander or operations officer about procedural changes, technological advances and new systems training as well as the fun things to do while they are off duty, because that's an important part of the experience as well."

Combat Dining In

Theme: World War II, Celebrating the World's Greatest Generation

June 1

5-10 p.m.

\$15 for E-5 and below;

\$20 for E-6 to E-8

\$25 for E-9s & officers



- A trophy goes to the unit displaying the most enthusiasm while embracing the event's theme.
- Attire: work uniforms, with liberal combinations and additions permitted.
- Water-based weapons are encouraged.
- Volunteers needed. Contact Senior Master Sgt. Luisita Jordan at 609-754-9634.

PEAK PERFORMANCE

AIR FORCE LEVEL AWARDS

Best Integrated Communications Award

Maj. Kelly Ann Charland, 514th Air Mobility Wing Public Affairs
Master Sgt. Donna T. Jeffries, 514th Air Mobility Wing Public Affairs

Sports Story of the Year

Shawn J. Jones, 514th Air Mobility Wing Public Affairs

COMMAND LEVEL AWARDS

Outstanding Noncommissioned Officer of the Year

Master Sgt. Shawn J. Jones, 514th Air Mobility Wing Public Affairs

Lieutenant General Leo Marquez Award for Aircraft Maintenance, Technician Supervisor:

Tech. Sgt. Sean Marshall, 514th Maintenance Squadron

Lieutenant General Leo Marquez Award for Aircraft Maintenance, Civilian Technician:

Ryan Miller, 514th Maintenance Squadron

Outstanding Air Reserve Technician SNCO Assigned to an Aeromedical Evacuation Unit

Senior Master Sgt. Lavar M. Jordan, 514th Aeromedical Evacuation Squadron

Outstanding Public Affairs Senior Noncommissioned Officer

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

Civilian Journalist of the Year

Shawn J. Jones, 514th Air Mobility Wing Public Affairs

Best Printed Publication

Freedom Flyer Magazine

WING QUARTERLY AWARDS, 1ST QUARTER 2013

Airman

Senior Airman Johandy Martinez, 514 Aircraft Maintenance Squadron

Noncommissioned Officer

Tech. Sgt. Jason Browning, 514th Aircraft Maintenance Squadron

Senior Noncommissioned Officer

Senior Master Sgt. Jose Castro-Cortez, 35th Aerial Port Squadron

OTHER AWARDS

Joint Base McGuire-Dix-Lakehurst Volunteer of the Quarter

Brenda Wetzel, 514th Aircraft Maintenance Squadron Key Spouse

Federal Aviation Administration, Regional Administrators Award for Safety

Col. Jonathan W. Spare, 514th Air Mobility Wing

Lt. Col. Dean Owens, 514th Air Mobility Wing

Lt. Col. Mark Ustaszewski, 514th Operations Group



The following enlisted Airmen were recently promoted.

Airman

Nicholas Gaboda, 514 MXS

Airman 1st Class

Tracy Adams, 514 AMXS

Senior Airman

Benjamin Adelman, 714 AMXS

Ainsley Brimm, 714 AMXS

Timothy Dunning, 714 AMXS

Georgette Kyriacou, 88 APS

Cristian Ramirez, 714 AMXS

David Robinson, 514 MXS

Jonathan Siersema, 714 AMXS

Carlos Suarez, 714 AMXS

Julio Vallejo, 88 APS

Jessica Walker, 88 APS

Brenndan Williams, 88 APS

Staff Sergeant

Amanda Dykens, 514 AMDS

Gary Melendezcrespo, 514 MOF

Technical Sergeant

Bobbie Bassett, 514 AMDS

Thomas Frattone, 714 AMXS

Robert Roach, 88 APS

Master Sergeant

James Meehan Jr., 514 MXS

Senior Master Sergeant

Joseph Gentile, 514 MXS

PASS IN REVIEW



Photo by Shawn J. Jones



Photo by Shawn J. Jones



Photo by Shawn J. Jones



Photo by Master Sgt. Donna T. Jeffries

Top Left: Staff Sgt. Aristide Colonna (left), Tech. Sgt. Raul Rodriguez (center) and Senior Airman Donald Ramos work the grill during April 6. The three Airmen are chaplain assistants with the 514th Air Mobility Wing. **Top Right:** Tech. Sgt. Jingwei Mai, 514th AMW, clears the walkway outside the Freedom Wing's headquarters building during a snow storm Mar. 25. Just two weeks after the storm, the temperature reached into the mid-80s. **Left:** Capt. Gwendolyn Soden (right), 514th AMW, monitors runners during run portion of the fit-to-fight test. **Directly Above:** Airmen from the 514th Air Mobility Wing presented Larry D'Arcy, manager of the Woodbury UPS Center, with a Patriot Award for supporting his Reserve employee, Master Sgt. John Hewel. Pictured from left: Chief Master Sgt. James Whiteley, 514th AMW acting command chief master sergeant; Lt. Col. James Dell' Arciprete, former 514th Mission Support Group deputy commander; D'arcy; Hewel and Lt. Col. Rustin Relkin, the wing's representative for Employer Support of the Guard and Reserve programs.

FREEDOM FLYER

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

FOR THE FAMILY OF:



Airmen of the 35th Aerial Port Squadron load a humvee into a C-17 Globemaster III on the flight-line here April 6. During most weekend training drills, aerial porters practice loading a variety of cargo into C-17 and KC-10 Extender aircraft.

Photo by Shawn J. Jones