

514TH AIR MOBILITY WING

SEPTEMBER 2015

FREEDOM FLYER

NEW COMMANDER AT FREEDOM WING

TEAMWORK OVER THE PACIFIC

HYDRAULICS TECHNICIANS MAKE IT MOVE



FREEDOM FLYER

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ON THE COVER

Senior Airman Sara Kim, 35th Aerial Port Squadron, and other members of the 514th Air Mobility Wing honor guard participate in the wing's change-of-command ceremony Aug. 22.



Photo by Christian De Luca

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Chief Master Sgt. Kevin Warbrick, 514th Air Mobility Wing command chief master sergeant, and his wife Eileen pose for a photo after the wing's change-of-command ceremony Aug. 22.

Photo by Christian De Luca

Medical squadron adjusts service model to accommodate one training assembly

By Senior Master Sgt. Luisita Jordan
514th Aerospace Medicine Squadron

Managing manning, resources, time and productivity has not been without its challenges this year. As the wing prepares to draw down from two unit training assemblies to one, many Airmen have questions about whether this can actually be done in a wing this size.

Well, the short answer is “yes”. It’s already working in many units across the reserve component, and while it is a daunting task, it is certainly an exciting time for the 514th Aerospace Medicine Squadron.

The AMDS has two missions. During peacetime, our mission is to ensure that we support the more than 2,200 Citizen Airmen of the 514th Air Mobility Wing so they remain medically ready and deployable in case they are called upon. We service a wing that has constantly been in motion since Operation Southern Watch in the early 1990s. We also have a wartime mission. We train to be the best medically trained assets in support of wartime efforts, whether that means serving at home or abroad. With this in mind, the conversion to one UTA will radically change how we do business, not only because the customer demands it, but the mission demands it.

While units like the AMDS work to prepare for what lies ahead, many unit members have spent a great deal of time and consideration in revisiting and to some extent reinventing how we do business to better serve not only our external customer (the wing member), but also our internal customers (the unit member).

We have put our processes to the test—from eight-step problem solving process improvements to performing an Air Force Smart Operations for the 21st Century initiative, more commonly known as AFSO21. We looked at outstanding units, benchmark programs, unit efficiency inspection crosstells, and perhaps the most effective tool of all, customer surveys.

We’ve hung it all out there for everyone to see, and yes, at times, it was painful, but I will be the first to admit that it was worth every second vested. We were able to enable changes to antiquated processes, have a more reliant use on available technology, and employ an all-hands-on-deck

approach to patient care. All without sacrificing the standard of care and compliance pieces that are legally required.

Our model is simple. We will stagger appointment times for individual groups to maximize the number of personnel that can be seen in any one period. Essentially, we will move from one “Cattle Call” clinic to four individualized clinics. Our main objective is to minimize the time that Airmen spend away from their unit because with less time to train, every minute counts.

We will also expand our footprint at the medical treat-

ment facility, extending our use of shared space with our active-duty counterpart. This will help minimize the bottle neck of personnel who often have to wait for services. One major highlight of the new model is it places a significant amount of responsibility on the service members to become personally

involved with their medical readiness. With the help of unit health monitors and through consistent education and training, service members will become their own best advocate. This serves a twofold benefit. By making information more available and accessible in areas like SharePoint, newcomers orientation, etc..., the service member can easily make immediate decisions about their readiness. Additionally, it empowers service members to plan ahead when they know they are going to deploy, attend schools, or participate in exercises.

Service members will be expected to be well informed and knowledgeable about what steps they need to accomplish for profiles, exams and even in- and out-processing. The key is to get all the information that will be available.

One practice that we feel will be particularly beneficial is the establishment of the fitness clinic. This area will be set up to address all profiling concerns in one location. It will open at 7:30 a.m. Like the other clinics, it will have a 20-minute show time. That means service members must sign in within 20 minutes of the clinic’s opening, in this case, between 7:30-7:50 a.m. Those who don’t arrive by that time will be sent back to the unit. Service members must also come prepared with adequate documentation.

While we do anticipate having some growing pains, it is certainly not beyond our reach to improve services, minimize delays, and meet or exceed the expectations of our customers. We look forward to working with all our fellow wing members as we enter the new One UTA climate. ♦

Old Way	New Way
Cattle call exams; one size fits all	Staggered exams by group (fly, non fly, occupational); individualized care
One clinic for all needs	Four clinics 1. Fitness clinic 2. Flight medicine clinic 3. Occupational health clinic 4. Force health management clinic
Delay in receiving needed documentation	Same-day service
Limited involvement from unit health monitor	Full involvement from service member and unit health monitor

CHAPLAIN: We should strive not to judge others

By Chaplain (Lt. Col.) Peter Souritzidis
514th Air Mobility Wing chaplain

It has been a great summer, but also a whirlwind of a summer. For many of us this is the beginning of another church year, which also coincides with a new school year and a new fiscal year. It's another point in time when people of any spiritual background can commit to making improvements in their life, to work toward new goals and higher achievements.

This is a perfect time to make commitments for our spiritual development. We can pick one area that we know needs improvement in our life and work on that, or pick a virtue and strive to strengthen it. How about we chose the virtue of not being judgmental? That's right, not criticizing others.

One way to succeed is to be understanding toward the people we are tempted to judge. Take a moment to think about what may have contributed to their behavior. How were they trained in their life? What did they see in their youth? What was considered normal and acceptable before you encountered them?

Did you ever disagree with a person you love, maybe a sibling or a spouse? Honestly, how often do we go to extremes to show that our way, our method, or our opinion is the right way? Sometimes we have unnecessary conflicts, battles we don't really have to fight. We offend people and engage in all kinds of ungodly or unprofessional behavior. And for what? In a few days we probably don't even remember what the whole commotion was about?

We should always remind ourselves that neither do we know nor are we in control of what goes into

another person's story. Our life is like a theater play, and we are just one of the actors. There are many others doing their part and playing their role. All together, we make up the play. And then, there are many watching. Do we know how their lives are being touched through our story or who is being brought up to the next level of maturity through it? So we shouldn't criticize, because there is so much we just don't know.

I remember once hearing the following story which comes from the writings of St. Dorotheos of Gaza (*Abba Dorotheos of Gaza, Instruction 6*).

"A slave ship put in at a certain port where there lived a holy virgin who was in earnest about her spiritual life. When she learned about the arrival of the ship she was glad, for she wanted to purchase a little girl. She thought to herself, 'I will take her into my home and bring her up in my way of life so that she knows nothing of the evils of the world.'" So she sent and enquired of the master of the ship and found that he had two small girls who he thought would suit her. Whereupon, she gladly paid the price of one of the children and took her home. The ship's master left the place where the saint dwelt. He had not gone very far when he was met by a harlot, totally deprived of morals, who saw the other small girl with him and wanted to buy her; the price was agreed and paid, and she took her away. Do you see this mystery of God? Do you see His judgment? Which of us could explain this? The holy virgin took one of these little ones to bring her up in the fear of God, to instruct her in every good work, to teach her all that belongs to the monastic state and,

in short, all the sweet fragrance of God's holy commandments. The harlot, having taken the unfortunate child, made her an instrument of the devil. For what could she teach her but the ruin of her soul? What can we have to say about this terrible fate? Both were small, both were sold, neither knew where they were going; one is found in the hands of God and the other falls into the hands of the devil. Is it possible to say that what God asks from the one he asks also from the other? How could that be? Suppose they both fell into fornication or some other deadly sin; is it possible that they both face the same judgment, although they fell into one and the same sin? Could this be possible? One girl learns about the Judgment and about the Kingdom of God day and night, while the other unfortunate knows nothing of it, never hears anything good but only the contrary, everything filthy, everything diabolical? How can He allow them to be judged by the same standard?

Wherefore a man can know nothing about the judgments of God."

What if you lived in the time of these girls and learned they had fallen into terrible sin, regardless of your spiritual background? Would you be inclined to judge them, just the same? Probably yes, but in the Christian tradition, only God knows the full story and can judge people accordingly.

So, when it comes to being judgmental, consider that there is a part of the story that you don't know. Our part is to be peacemakers and to avoid criticizing our peers.

"If it is possible, as far as it depends on you, live at peace with everyone." (*Romans 12:18*) ♦



Photo by Senior Airman Jasime Zielomski

SPOTLIGHT: ***SENIOR AIRMAN JULIUS THOMPSON***

Unit: 514th Air Mobility Wing finance

Hometown: Trenton, N.J.

Little known fact about you: I love law

What is your best quality? Talking to people

Favorite season: Winter

What is your number one goal in life? To be a lawyer

What is your favorite TV show? Top 100

One thing you can't live without: A smile

What is your dream vacation destination? Brazil

Who is your role model? Martin Luther King Jr. and Ghandi

Last movie you watched: Superbad



The following Airmen were recently promoted.

Airman 1st Class

David Hailey, 514th AES
Anthony Hewitt, 714th AMXS
Cristen Manjarrez, 514th AES
Fontan Padua, 514th MXS
John Palencar, 514th MXS
Pedro Pimentel, 514th AES
Zachery Sodon, 514th CES

Senior Airman

Nicholas Davi, 514th SFS
Gabrielle Escallierbourbakis, 35th APS
Danielle Finch, 88th APS
Frankie Garcia, 514th CES
Daniel Guerrier, 714th AMXS
Dasean Hinds, 714th AMXS
Brianna Senatore, 514th CES
Craig Staffieri, 714th AMXS
Vince Tsang, 88th APS

Staff Sergeant

Amanda Bird, 88th APS
Kevin Bretscher, 88th APS
Daniel Condo, 514th AMW
Nelesha Corbin, 514th SFS
Dante Correa, 514th CES
Al Norman St. Kevin Duncan, 514th CES
Diana Getting, 714th AMXS
Robert Hamilton, 514th CES
Merideth Hammitt, 88th APS
Reuel James, 35th APS
Carlo Massari, 514th AES
Marvin McCrea, 88th APS
David Samona, 714th AMXS
Anthony Scuuaro, 514th MXS
Israel Velez, 514th CES

Tech. Sergeant

Aristide Colonna, 514th AMW
Raymon Martinez, 35th APS

Master Sergeant

Douglas Headley, 35th APS
Christina Nelson, 88th APS

Senior Master Sergeant

Benjamin Keaton, 714th AMXS
Stewart Shoemaker, 35th APS



MENTORING WORKSHOP: AIRMEN LEARN BALANCE

By Master Sgt. Donna Jeffries
514th Air Mobility Wing public affairs

Nearly 100 Reserve, Guard and active-duty Airmen learned about balancing their personal and professional lives during the annual Mentoring Workshop, which is sponsored by the 514th Air Mobility Wing, Aug. 29-30.

The theme for this year's event was "Balancing You." It included lessons and exercises that showed participants how to assess themselves and their relationships with others and to identify methods for self-improvement to create a more balanced life. The participants went through a series of clinics, leadership and communication challenges and team-building exercises. ◆



FREEDOM WING CHANGE C





Photos by Christian De Luca

OF COMMAND



Command of the 514th Air Mobility Wing changed hands Aug. 22 as Col. David P. Pavey (in service dress uniform in the top three photographs) took the Freedom Wing guidon. Pavey's most recent assignment was as the director of staff for the 4th Air Force at March Air Reserve Base, California.



Maj. Kevin Shaffer, 732nd Airlift Squadron, approaches a runway near Kaneohe Bay, Hawaii, as a part of a training mission.

TEAMWORK OVER THE PA

Senior Airman Jasmine Zielomski
514th Air Mobility Wing public affairs

KALAELOA AIRPORT KAPOLEI, Hawaii—In support of real-world events, such as in-flight emergencies, aircrew, medical professionals and aircraft maintainers perform mission readiness training to stay proficient. Each specialty has a different task to perform, but are ultimately in support of each other and rely on each team member to accomplish the mission.

Citizen Airmen of the 514th Aeromedical Evacuation Squadron, 514th Aircraft Maintenance Squadron and 732nd Airlift Squadron flew to Hawaii Aug. 28-29 to perform mission readiness training consisting of medical evacuation and airpower support.

The aircrew performed tactical approaches in a C-17 Globemaster III over Kaneohe Bay, a large sheltered body of water north of Oahu.

“The location we went to in Kaneohe Bay is a very challenging pattern to fly,” said Capt. Donald Hilton, a

pilot assigned to the 732nd AS and the mission aircraft commander. “It really pushes the pilots outside of their comfort zone, which makes it easier to accomplish the approaches when the time comes.”

The opportunity to experience the new flight path and its obstacles provides the aircrew training they may need to call upon in a real-world event

“There are a bunch of little islands that you can’t fly over, so it makes our flight pattern a lot tighter and a little more challenging,” said Hilton.

In addition to flying over the bay, Hilton said the pilots landed on Kaneohe Bay Marine Air Station on a 3,500-foot-long and 90-foot-wide runway—the minimum landing requirements for a C-17.

Aircraft maintainers were also active during the training mission, ensuring the aircraft was in good flying condition at all times.

“We supported the aircrew by completing maintenance checklists,” said Tech. Sgt. Johanna Aponte, an aerospace propulsion technician, assigned to the 514th



Lt. Col Kathleen Sprague and Maj. Efrain Guadalupe from the 514th Aeromedical Evacuation Squadron review a medical training scenario.



Capt. Donald Hilton, 732nd Airlift Squadron, looks out the flight deck window at an island near Hawaii's Kaneohe Bay.



Tech. Sgt. Johanna Aponte, 514th Aircraft Maintenance Squadron, inspects an engine on a C-17 Globemaster III.

Photos by Senior Airman Jasmine Zielomski

CIFIC

AMXS. “We were continuously checking the aircraft for potential foreign objects and ensuring that everything was running smoothly.”

In addition, medical professionals of the 514th AES trained on medical and aircraft emergency scenarios throughout the flights.

“This mission accomplished training codes that are required on a semiannual period,” said Lt. Col. Angel Arizmendi, 514th AES. “Examples would be cardiac arrest, burn patient, neurological and psychiatric patients.”

Medical team members simulated patients suffering from physical distress and symptoms which required immediate treatment.

One Airman pretended to be suffering from psychiatric symptoms and needed to be restrained and treated, said Arizmendi. The patient was agitated and became a risk so they had to be restrained and placed on a litter for safety reasons.

Medical personnel performed the mission as they

would in a real-time aircraft emergency event.

“We have to follow aircraft emergency checklists when there is smoke and fire,” Arizmendi said. “The first thing a crewmember is supposed to do is put on their oxygen masks.”

When the medical team is in a real life mission, a fire or a rapid decompression could occur and they can’t help patients if they don’t take care of themselves first, he said.

Loadmasters also performed emergency procedures during the mission and assisted medical personnel with patient transport, said Tech. Sgt. Shane Clayton, a loadmaster assigned to the 732nd AS.

“The whole point of this mission is to train like you fight and to get ready for the unknown,” said Maj. Kevin Shaffer, a pilot assigned to the 732nd AS. “So for someone who has never experienced the Pacific, it is helpful because procedures and airspace change, so getting recent training helps to prepare for a need to fly over the Pacific.” ♦

PASS IN REVIEW



Photo by Tech. Sgt. Jonathan White

On his last day as the 514th Air Mobility Wing commander, Col. Michael Underkofler, drives a KC-10 Extender on the flightline after his "fini-flight." Underkofler, who served more than four years as the wing's commander, has taken a position as the director of staff with the 22nd Air Force at Dobbins Air Reserve Base, Ga.



Photo by Staff Sgt. Brian Kelly

A KC-10 Extender refuels a B-1 Lancer in Southwest Asia. During boom refueling operations, fuel is transferred from the KC-10 to a receiving aircraft at a maximum rate of 1,100 gallons per minute. Teams of Reserve Airmen from the 76th and 78th Air Refueling Squadron and supporting maintainers from the 714th Aircraft Maintenance Squadron have supported KC-10 deployments to Southwest Asia since the onset of the Global War on Terrorism.



Photo by Christian DeLuca

Lt. Col. Frederick Berls, 76th Air Refueling Squadron, addresses the audience at the change-of-command ceremony in which he took command of the squadron. In addition to his Reserve duties, Berls serves as a federal contractor who works with KC-10 simulators.

RESILIENCY CORNER:

THE LUXURY OF RELAXATION

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

Many times in advertisements, the word “relaxation” is accompanied by “romance”, “luxurious”, “pampering” or “retreat.”

But what comes to mind when you think of relaxation and your daily life? Do those words above come close to describing your day or your home? Maybe that gave you a good laugh or maybe it didn't because it's something we crave in our lives each and every day: relaxation.

Why can't relaxation be a luxury of everyday living? It certainly can be. Before mastering the variety of techniques that exist to promote relaxation and stress reduction, we need to ponder that it is possible to live with an attitude of relaxation, or have the mindset that allows you to consider relaxation as a viable way of dealing with life.

Too often we get caught up in our automatic reactions, which can contribute to stress and take away from relaxation, but if we open our minds and are willing to take a look at how we react, maybe relaxation and stress-reduction techniques have a place in our daily lives.

Without practicing techniques, it's difficult to know if it's really for you, but our minds and bodies need relaxation to promote daily recovery. This is imperative to our mental, physical, spiritual and social fitness—the balance in our lives that contributes to being a comprehensively fit Airmen or family member. So before you discount what relaxation skills can do for you before you try them, or maybe you tried one or two that wasn't a good fit,

remember that you can't survive as a healthy individual without some form of relaxation built into your life.

For some, sleeping or exercising can be very relaxing, but those options aren't always available the moment a problem arises that causes your stress level to creep up to the point where you wish you had a quick skill at the ready to help yourself in the moment.

The best ways to hone relaxation skills is when you are not under immediate pressure, like during sleep or exercise, when you have the time and can focus.

Stress-reduction and relaxation skills develop in the same manner. Finding time to practice what's important to you can enhance your enjoyment of life and help you feel accomplished.

After a good workout or a deep sleep, how do you feel? Relaxed? It is the same with specific skills targeting the need to relax. It takes practice, as does anything you want to do well, but ultimate relaxation is only a few minutes of your time away.

Many resources are available to help service members experience the

luxury of relaxation. Please see the accompanying class list for the wing's Relaxation and Stress Reduction Series or visit “9 Tips for Managing Stress for Service Members” on militaryonesource.mil or search for “Relaxation Techniques” on mayoclinic.org. Useful phone apps include T2 Mood Tracker, Breathe2Relax and Tactical Breathing.

Allow your mind and body to experience the luxury of relaxation by participating in the free classes listed here or from the following list of free resources.

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

DATE/TIME	CLASS
Sept. 30, 12-1 p.m. Oct. 25, 2-3 p.m.	Class 1: Body Awareness - How the mind and body interact - How to recognize tension in your body - Exercises to recognize and let go of tension in your body
Oct. 14, 12-1 p.m. Nov. 22, 2-3 p.m.	Class 2: Breathing - Use breathing to increase your awareness and relaxation - Breathe to release tension - Use breathing for symptom control or release
Oct. 21, 12-1 p.m.	Class 3: Progressive Relaxation - Distinguish between tense and relaxed muscles - Progressively relax all of the muscles of your body - Relax quickly in stressful situations
Oct. 28, 12-1 p.m.	Class 4: Meditation - Use Basic meditation techniques
Nov. 4, 12-1 p.m.	Class 5: Visualization - Use your imagination to relax - Manage stress-related conditions - Create a safe and relaxing place in your mind
Nov. 18, 12-1 p.m.	Class 6: Applied Relaxation Training - Relax quickly in stressful situations
	***Additional classes are slated for 2016. The schedule will be posted in future issues of Freedom Flyer magazine.



Senior Airman Kingsley Anku performs a practice operational test on the hydraulic system of a KC-10 refueling boom under the supervision of Tech. Sgt. Josh Little (left). Airman 1st Class Richard Malloy (back) observes. All three are hydraulics technicians with the 714th Aircraft Maintenance Squadron.

HYDRAULICS TECHNICIANS MAKE IT MOVE

By Shawn Jones

514th Air Mobility Wing public affairs

Every time a 250-ton, fuel-laden airplane gracefully soars among the clouds while it simultaneously extends a refueling boom into the receptacle of a trailing aircraft, a hydraulics systems technician can be satisfied by a job well done.

The KC-10 is a versatile weapon in America's air-mobility arsenal, capable of serving as a cargo plane, a passenger plane and an airborne tanker, but that versatility is rendered useless if the aircraft's hydraulic systems fail. Generally speaking, hydraulic pressure provides the power that moves the landing gear, flight control surfaces and the air refueling systems.

Reserve hydraulic specialists of the 714th Aircraft Maintenance Squadron, along with their active-duty counterparts, spend much of their duty-day chasing down hydraulic leaks, maintaining the hydraulics systems and training so that the KC-10 can continue to contribute to global mobility for U.S. armed forces. ◆



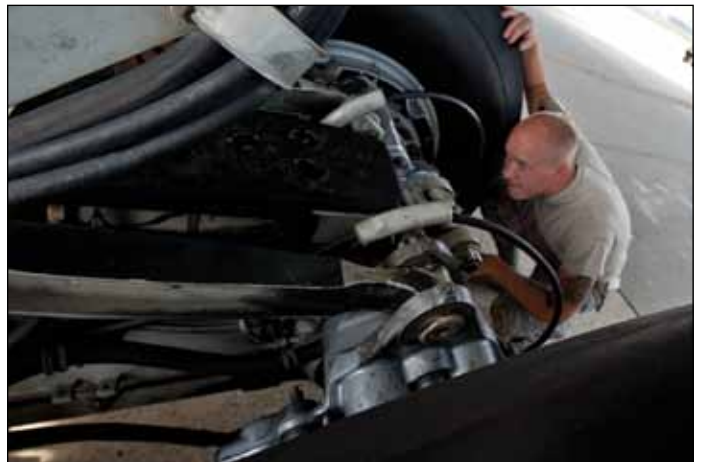


Reserve Airmen from the 714th Aircraft Maintenance Squadron discuss the hydraulic systems involved in the in KC-10 refueling boom.

Photos by Shawn J. Jones



Little shows the Airmen some of the exterior aircraft components that are controlled by the hydraulic systems they maintain.



Little inspects the KC-10's landing gear, which is moved through hydraulic power.



Malloy shares a laugh with Little while performing an operational test of the flight control system, which is powered by hydraulics.

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