

FREEDOM FLYER

514TH AIR MOBILITY WING

JUNE 2011



**AIRMAN LOCKED IN
FIVE-MONTH BATTLE
WITH MOTHER NATURE**

MEDICAL SUPPORT AT 3,000 FEET

DEPLOYMENT TEMPO PICKS UP FOR FREEDOM WING



FREEDOM FLYER

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ON THE COVER

From left, Senior Airman Jason Reyes, Senior Airman Dustin Craven, Tech. Sgt. John Byrne and Tech. Sgt. James Duncan review a KC-10 Extender maintenance manual at the flightline here prior to a flight June 12. The Airmen are members of the 714th Aircraft Maintenance Squadron



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Master Sgt. Rodolfo Espindola pumps fuel into a C-17 Globemaster III with the assistance of Master Sgt. Donald Osinski on the flightline June 11. Both Airmen are petroleum, oils and lubricants specialists with the 514th Logistics Readiness Squadron. The squadron was recently presented with the Golden Derrick, which recognizes the best fuels management operation within Air Force Reserve Command. *Photo by Mr. Shawn J. Jones*



Command Chief: Lead from the front

By Chief Master Sgt. Michael Ferraro

514th Air Mobility Wing command chief master sergeant

Leading from the front. We have all heard of it before, whether it is the title of a movie or book, or we hear it mentioned in a speech.

But what does it really mean?

How do we take this leading-from-the-front philosophy and transform it to be operational throughout our wing and within our daily lives?

My definition of leading from the front has a few specific points to it, but all can be centered on a common leadership theme.

In my opinion, it means setting the example for others to follow.

Let me point out several ways how an Airman can lead from the front today.

Live the core values that your parents and the Air Force have instilled in you. It might be midnight when you are alone at a red traffic signal, but wait for the green light to proceed.

American Airman should always step forward without being asked and inspires others to do the same. Leaders want the football when the game is on the line. Being biased for action has never stopped anyone from becoming an effective leader. Seek out challenges in your life; don't wait for them to come to you.

Leaders shine the path and provide career guidance for others to move forward by setting the example. Become



Photo by Master Sgt. Donna Jeffries

Chief Master Sgt. Michael Ferraro, 514th Air Mobility Wing command chief, thanks Airmen for their service just prior to their upcoming deployment April 17, 2011. The Airmen are firefighters with the 514th Civil Engineer Squadron.

the subject-matter expert in your career field and be combat-ready by exceeding the standards of fitness, dress and appearance and communication. Be the role model others will want to follow.

Practice the art of servant leadership each day. Strive to serve others first before yourself. You will get 10 fold back for your personal gain in a variety of ways. Watching others get promoted is incredibly satisfying when you know that you helped that Airman reach their goal.

Everyone should take

credit for mission success and failure. Leaders take responsibility to complete the mission. Sometimes there are controls in place that prevent you from succeeding. As American Airmen, we leverage all our active-duty, Guard and Reserve wingmen to help us through complex and challenging tasks. Within our wing, we have 33 chief master sergeants, each with approximately 30 years of experience. They can serve as a valuable resource to help Airmen reach their goals.

Always remember where you came from. I still have

great memories from when I was a young Airman in the early 80s. However, I remember some hardships as well. We all need to allow our young Airmen the chance to prove themselves on each mission as they are our future.

You don't have to be in a leadership position to apply these points. Good leaders also make good followers

As always, I welcome your feedback on leadership philosophy and how we can continue to implement benchmark ideas to improve our wing.

Freedom Wing hits peak of battle rhythm

By Master Sgt. Donna T. Jeffries

June marked the start of the 514th Air Mobility Wing's turn to be "in the bucket", meaning for the next six months, wing members are more susceptible to deploy as part of the Air Expeditionary Force rotation schedule.

"In a nutshell, the AEF is a predictable, standardized battle rhythm that ensures rotational forces are properly organized, trained, equipped and ready to sustain capabilities required by a combatant commander," said

Lt. Col. Robert Kownacky, 514th AMW Logistics Readiness Squadron commander.

The rotational schedule provides predictability and allows Airmen time to prepare themselves, their families and their employers for their upcoming departure.

Over the past ten years, the wing has filled about 5,000 deployed taskings.

"A good number of our folks have deployed at least twice," said Colonel

Kownacky. He added that the wing has Airmen deployed across the globe in support of a broad spectrum of requirements.

Prior to leaving for his third deployment April 17, Tech. Sgt. Khary Hunt, a medical technician with the 514th Aeromedical Evacuation Squadron, said, "Although it's a little rough on my daughter, who's now old enough to understand why I'm going, I talk and explain what I do to help people around the world."



Photo by Master Sgt. Donna Jeffries

Staff Sgt. Stephen Gallick, a firefighter with the 514th Civil Engineer Squadron, says goodbye to his daughter prior to his deployment April 17.

On average, Reserve Airmen now deploy for six months. It takes a lot of planning to prepare for each trip. The following tips will help members make the pre-deployment process smoother.

- Stay current on all ancillary training and medical requirements.
- Maintain a passing Fit-to-Fight score.
- Ensure all financial and legal paper-

work, such as wills and powers of attorneys, are in order.

- Ensure a family care plan is updated.
- Stay current on job skill requirements.
- Meet deadlines for all paperwork.
- Keep family members and employers informed.

Unit deployment manager and the pre-deployment checklist can help ensure departing Airmen are on track.

A big hindrance in the pre-deployment process happens when Airmen fail to disclose a medical condition or if they volunteer to fill a position without having the proper skill set, said Colonel Kownacky.

"If someone is deemed medically unqualified, a replacement must be found," said Senior Master Sgt. Lavar Jordan, a deployment manager with the 514th Aeromedical Evacuation Squadron. "It takes a lot of coordination and communication among many of the units in the wing to replace someone for deployment. Staying on top of all requirements on a regular basis minimizes the issues that are sure to come about."

PULSE CHECK: *What advice do you have for first-time deployers?*



Staff Sgt. Ibetty Alache
514th Force Support Squadron

"Expect the worst so when you get there, you don't get disappointed and be open-minded"



Senior Airman Jared Basolt
514th Air Mobility Wing

"Start a routine. The time deployed can be long and difficult and a daily routine helps the time go by faster."



Capt. David Sadler
514th Aircraft Maintenance Squadron

"Make sure to take care of personal matters like, wills, payment of bills and family care plans."



Tech. Sgt. Dana Rolewicz
514th Aircraft Maintenance Squadron

"Bring cold weather gear. Don't think because you're going to the desert it will always be hot. It gets surprisingly cold."



Staff Sgt. Robin Smith
514th Force Support Squadron

"Familiarize yourself with the customs and courtesies of the area where you will be deployed."



SGT MILLER
SGT JENSEN
PLC
SRA LARSON
CPT DESJARDIN

MARCELA POZARDO
111

VICKI LAG
LAGEBORN

Reserve Airmen provide in-flight medical support while evacuating wounded servicemembers from the war zone

Mile High Medicine

By Airman 1st Class Bryan Swink, 87th Air Base Wing Public Affairs

The KC-135 Stratotanker powers down the runway at full speed. Airmen of the 514th Aeromedical Evacuation Squadron are strapped into their seats with their backs pressed against the side walls of the cabin.

The mission: transporting medical patients from Bagram Airfield, Afghanistan, to Ramstein Air Base, Germany, for more extensive treatment than what can be provided in the war zone.

The crew of Reserve medical support personnel unbuckles their seat belts in unison as the aircraft levels off. As one, they make their way to the dimly-lit stretcher in the middle of the cargo bay and check on the man who is strapped to it. The patient's chest trembles as he goes into cardiac arrest. The medical crew snaps into action.

The five-person team is led by Maj. Vickie Lagergren, 514th AES medical crew director, who gives the order to the medical technicians to begin performing basic life support techniques. One technician starts with 30 chest compressions as the other applies oxygen.

Major Lagergren decides to perform advanced cardiac life support after CPR proves unsuccessful. Medications are added to the patient's IV while sticky pads, which attached to the portable defibrillator, are methodically placed upon his chest.

His chest thrusts upward off the stretcher as the team searches for a pulse. The patient begins to stabilize following the team's successful application of ACLS techniques.

The medical team could breathe easier, but only for a second. Six short, consecutive rings resounded through the cabin - the pilot's voice spilled over the intercom, informing the crew the aircraft was going down. The team calmly and expediently checks the patient's tie downs before securing themselves to their seats. Then they wait for the continuous, long ring which signifies everyone to prepare for impact. They don't wait too long.

Each passenger leans forward, with heads tucked between their knees and arms wrapped around their legs. They brace for impact.

A lone Airman stands in the middle of the cabin watching the team. Master Sgt. Alex Saharig, the squadron's mission clinical coordinator, evaluates the team's performance during the mission, which is not one

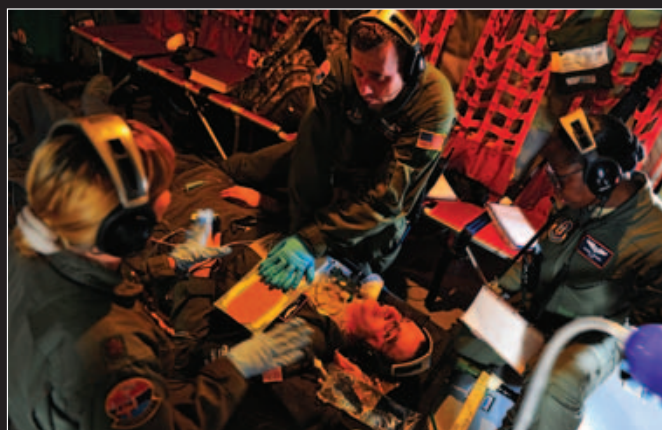


Photo by Staff Sgt. Jonathan Lovelady, 1st Combat Camera Squadron

As part of a training exercise, Staff Sgt. David McOwen demonstrates chest compressions on a patient while flying on a KC-135 Stratotanker 30,000 feet above the Atlantic Ocean May 13. He is being assisted by Staff Sgt. Donna Trader (right) and Maj. Vickie Lagergren. The Airmen are members of the 514th Aeromedical Evacuation Squadron

of real-life circumstances, but a training mission being conducted by the squadron.

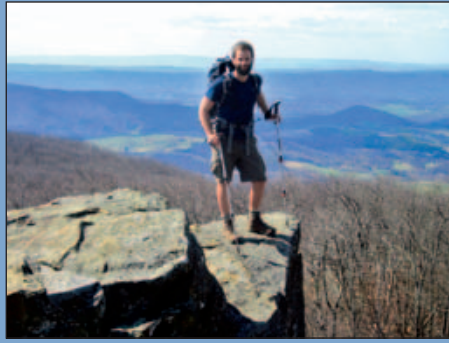
The team left Joint Base McGuire-Dix-Lakehurst May 13 for a three-day training mission to St. Croix, Virgin Islands, to practice different aerial evacuation scenarios involving injured patients as well as aircraft emergency situations.

The team provides stabilizing care to patients leaving the war zone en route to a more-advanced medical facility. Sergeant Saharig said many patients they transport would be recently out of the operating room and in need of more advanced care.

"Our goal is to maintain the status of the patient while on the aircraft," he said. "We are able to treat the patient to bring him or her back to a stable condition if he or she happens to take a turn for the worse."

This training allows the medical crew to be evaluated on their performance in a realistic setting.

"It is challenging to communicate and work in a loud, stressful environment," said Major Lagergren. "Our team performed excellently and we are able to build off what we learned." ♦



Courtesy Photo

Technical Sgt. Matt Bracken, 714th Aircraft Maintenance Squadron, is marking the occasion of his 30th birthday by hiking the entire length of the Appalachian Trail.

A TEST OF WILL

Reserve crew chief abandons civilization for life on the trail

By Mr. Shawn J. Jones

They call him Chainsaw. He is a KC-10 crew chief with the 714th Maintenance Squadron, but his grizzly brown whiskers suggest he's living the life of a mountain man, not an Airman.

Those whiskers aren't lying.

Tech. Sgt. Matthew Bracken is a reservist in good standing, but he hasn't shaved or put on his Air Force uniform since he started hiking the Appalachian Trail in early February.

He aims to thru-hike the trail, meaning he will cover its entire length—from Springer Mountain, Ga., to Katahdin, Maine—in one continuous trek.

As of early June, Sergeant Bracken had made it southern Maine and he

expects to finish the trail's 2,181 miles later this month—just in time to take his Air Force fitness test during the July drill assembly.

It is tradition for thru-hikers to earn a trail name. Fellow hikers bestowed the name Chainsaw on Sergeant Bracken after they heard his relentless snoring while he slept in a shelter along the trail.

A CHECK MARK ON THE BUCKET LIST

In late December, Sergeant Bracken returned to his status as a traditional reservist after completing two years of active-duty service. With his 30th birthday approaching in April, he wanted to do something adventurous to mark the

milestone. He said he considered rock climbing in South America or Thailand, but quickly settled on the Appalachian Trail. He was intrigued by the challenge of walking its entire length. Nearly 2,000 hikers attempt to thru-hike the trail each year, but 3 out of 4 never complete their journey.

"The trail has been on the bucket list for a while now, and I didn't know when I was going to get this much time off again," he said.

While some thru-hikers escape to the wilderness engage in deep thinking and find themselves, Sergeant Bracken was primarily motivated by the physical and mental challenges of hiking the trail.

“I’m not soul searching,” he said. “I know who I am.”

Once he became determined to thru-hike the trail, Sergeant Bracken came up with a plan to ensure his military affairs were in order. First, he completed all of the recurring training requirements that would come due before July. He then rescheduled several upcoming weekend drill assemblies so that he could accomplish them prior to leaving. Due to scheduling policies, he could not reschedule all of his drills, so his supervision agreed to excuse them due to the relatively unique nature of his request.

A COLD, HARD TRAIL

His plan was to start in the South, where the winters are milder and hike northward through the spring and early summer. Sergeant Bracken took a plane to Georgia and made his way to the trail’s southernmost point at Springer Mountain of Feb. 3.

While his plan was sensible, it didn’t work out too well as Georgia experienced one of its coldest winters on record. Much of the trail goes up, down and around the Appalachian Mountains, and the cold conditions meant Sergeant Bracken was forced to scale the mountains in knee-deep snow.

“Naturally, it slowed me down a great deal, but you just have to stay focused

and realize there’s nothing you can do about it,” he said.

Sergeant Bracken also said that sleeping in temperatures that dropped as low as ten degrees was part of the challenge of the trail. He said it was so cold that he could only sleep for about an hour at a time before the cold would wake him up.

“I would have a crust of frozen condensation on the outside of my sleeping bag,” he said. “It was absolutely miserable, but I chose this, and nobody made me do it.”

While the February temperatures made the nights miserable, he admits that finding good places to sleep on the trail is no problem. He carries an ultra-light tent in his pack, but he hasn’t had to use it yet. There are more than 250 shelters along the trail. The shelters have three walls, a roof and several bunks. They aren’t warm or comfortable, but they keep hikers dry and off of the ground. As long as Sergeant Bracken takes care to plan his daily mileage, he can reach shelters at stopping points that keeps him close to his 22 miles-per-day pace.

DANGEROUS ENCOUNTERS

It wasn’t just the snow or the cold that showed Sergeant Bracken how dangerous the trail can be.

Early in his trip, Sergeant Bracken crossed paths with a black bear. These

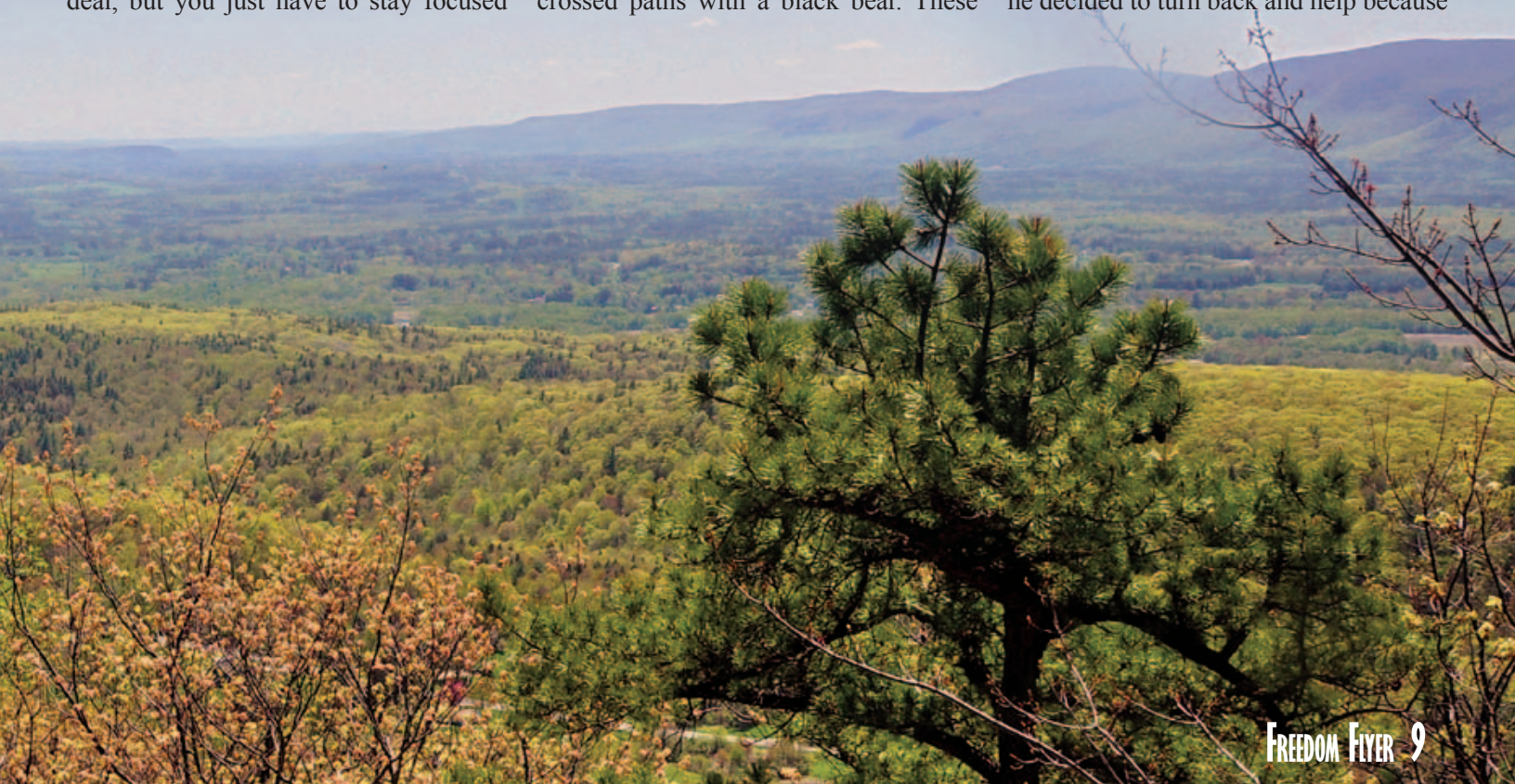
types of bears are not typically hostile toward people, so he decided to take a photo. Sergeant Bracken said that after taking the picture, the bear did not run off as expected. Instead, it took on an aggressive posture toward him and stared him down. He said he felt the hair rise on the back of his neck as his fight-or-flight instincts kicked in. Sergeant Bracken said he glanced down to check the footing for his escape, but by the time he looked back up, the bear had finally turned away from the trail.

That wasn’t Sergeant Bracken’s only stare down with a large mammal. Just after crossing the border into Vermont, a he came across a moose 15 yards up the trail. The moose blocked his path, and like the bear, it locked onto Sergeant Bracken with a threatening gaze.

“Eventually after about 5 minutes or so, he let me pass,” he said. “My heart was pounding.”

While Sergeant Bracken has escaped from his dangerous encounters unscathed, he knows firsthand that many hikers aren’t so fortunate.

On his third day of hiking, he came across some hikers huddled around a fallen member of their group. Sergeant Bracken, who was feeling fatigued and dehydrated, initially decided to keep his pace without interfering. After hiking past the group and heading up the trail, he decided to turn back and help because



Sergeant Bracken rests at a shelter along the Appalachian Trail while swapping stories with a veteran day hiker in Massachusetts May 12. There are 250 shelters along the trail, which runs 2,181 miles from Georgia to Maine.



the fallen hiker was unconscious and the other hikers weren't doing much to help. Sergeant Bracken tried to revive the man by performing cardiopulmonary respiration. He tried and tried until he became too exhausted to continue.

It was too late, and Sergeant Bracken later learned that the man had died of a heart attack.

"I'll never forget the date," he said. "It was February 5th, right at the southern side of Blood Mountain in Georgia."

PHYSICAL AND MENTAL ENDURANCE

Spending months hiking the Appalachian Trail is sure to produce many noteworthy sites and encounters, but what defines a thru-hike is the monotony of daily life on the trail.

Initially, Sergeant Bracken averaged 7 to 8 miles of per day, but he quickly built up to a 22 mile average. While 22 miles is certainly a hefty total, the mileage doesn't take into account the various changes in elevation that occur on the trail. The total elevation gain of hiking the entire trail is equivalent to climbing Mt. Everest 16 times.

Though he acknowledges his good-fitting boots for keeping him blister-free,

he said that most morning he has stiffness and swelling in his knees.

The trail can be physically taxing, he said, but the real challenge is mental.

"I'm not having fun," he said. "My mind and body are really worn out now."

He admits that it's sometimes difficult to find the motivation to continue, and there were points where he entertained the idea of quitting before putting the negative thoughts out of his head and resetting his determination.

The hardest time to remain enthusiastic is when the weather is bad, he said.

"Just recently, I had ten days of straight rain, which means waking up to wet boots and socks every day," he said. "That's mentally crushing."

HELP ALONG THE WAY

No matter how many challenges Mother Nature throws at him, Sergeant Bracken said there are two things that keep him going – pride and spite. He won't quit because he doesn't want to give in to the pain, and he admits that since he told so many friends and family about the trek, he doesn't want to disappoint them.

Sergeant Bracken said there have been

many things that pick up his spirits.

He has met many interesting people on the trail. Some of them are thru-hikers like himself. Others are on less ambitious hikes. He has met his share of odd people, but most have been good people. Many day hikers are quick to offer him a type of food or drink that he normally couldn't hike with. If he is particularly lucky, he'll stumble upon what is known as 'trail magic', which are stashes of refreshments placed along the trail for thru-hikers. Sergeant Bracken said that he has also had plenty of free rides into and around various towns when he heads off the trail to rest and resupply.

He doesn't take any assistance for granted.

"It's nice to know there are still good people in the world," he said.

CONTACT WITH CIVILIZATION

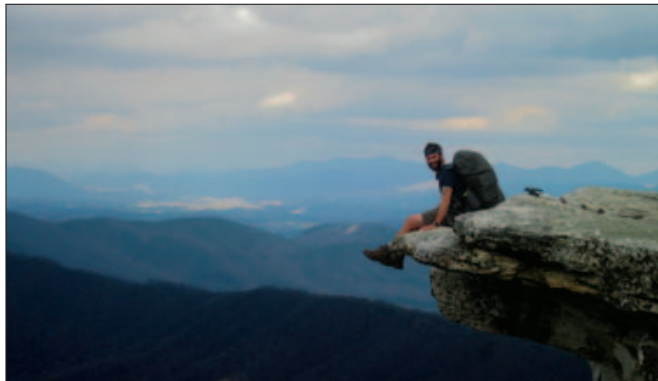
While Sergeant Bracken has spent much of the past 5 months living in the woods, he hasn't been totally cut off from the real world. His cell phone allows him to stay in touch with friends and family and keeps him



Photo by Mr. Shawn J. Jones



Photo by Mr. Shawn J. Jones



Courtesy Photo

Sergeant Bracken purifies water that he collected from a stream in Massachusetts May 12. Properly managing hydration is important for Sergeant Bracken, who hikes an average of 22 miles per day.

Sergeant Bracken takes in the view from McAfee's Knob near Roanoke, Va. He said many of the scenic views along the trail are awe-inspiring and help make up for the mental and physical challenge of hiking the length of the trail.

informed on significant world news. One notable text message he received read, "Osama Dead," alerting him to the death of Osama Bin Laden.

Heading into towns near the trail also give him a brief dose of civilization. Approximately once a week, he stays in a hotel room in a town near the trail so that he can rest, recuperate, get a real shower and eat some real food. At one stopover, he was even able to catch the Super Bowl. At another, he visited friends and family near the parts of the trail that run through Pennsylvania and New Jersey.

But no matter how much time he spends in civilization, the trail still dominates his life.

"Even the days I take off to recuperate still involve me walking around a town to get food and repair and replenish any equipment I have."

He must make time for detailed planning of the upcoming days to properly account for daily mileage and the spacing between camp shelters, water sources and resupply points.

"I can't escape the trail for just one day," he said. "It honestly feels like I work ten to twelve hours a day every day."

Sergeant Bracken's opinions about the rigors of thru-hiking the trail are not uncommon.

"Thru-hiking the Appalachian Trail is demanding, grueling and difficult," said Laurie Potteiger, the information services manager for the Appalachian Trail Conservancy. "Despite the difficulties and challenges, thru-hikers invariably consider their six months on the Trail among of the best in their life."

Ms. Potteiger said that hikers who immerse themselves in the trail are exposed to many aspects of Mother Nature that aren't a part of most people's daily lives.

"Thru-hikers see sights of incredible beauty, an incredible variety of

plants and animals, and experience the thrill of walking through storms, climbing every steep mountain on the horizon, and fording rivers. They walk above the clouds, below the vast canopy of the forest. They walk above tree line and sleep underneath the stars, and experience first-hand the generosity of people in small-town America," she said.

ALMOST FINISHED

Sergeant Bracken's hard work should soon pay off as he is scheduled to complete the trail in late June. After completing the challenge, he said he will be ready for a vacation.

"I don't know where to, but honestly, I could care less," he said. "As long as it doesn't involve hiking."

Sergeant Bracken said he will never take this experience for granted.

"I have learned a little more about myself, and how much pain or adversity I can overcome," he said. "I will say though, after a long steep climb up a mountain where you have an amazing view and you take off the weight of your pack, it is very awe inspiring and probably the closest to enlightenment I'll get to." ♦





Opposite page: Master Sgt. Don Brickner (left), a quality assurance specialist with the 514th Maintenance Group, evaluates the maintenance practices of Master Sgt. Tom Lemere, a guidance and control specialist with the 514th Aircraft Maintenance Squadron, as he troubleshoots a fuel system problem on a C-17 Globemaster III May 25. The Airmen of the quality assurance section serve as the internal inspectors of the flightline, ensuring Airmen are in compliance with Air Force instructions, regulations and technical orders.

Left: Master Sgt. Robert LaSalle, 514th MXG quality assurance specialist, observes as Sergeant Lemere and Tech. Sgt. Albert Medina, 514th AMXS, discuss how to repair a fuel system problem on a C-17. The quality assurance section performs approximately 400 inspections every month on maintenance practices, aircraft forms documentation, job control programs and management programs.

QUALITY ASSURANCE

Photos by Mr. Shawn J. Jones



Tech. Sgt. Justin Fletcher (left), 514th MXG quality assurance specialist, assesses the work of Staff Sgt. Luis Gonzalez, an active-duty crew chief from the 305th Maintenance Squadron, on a KC-10 Extender May 10. Like in many aircraft maintenance units on the flightline here, the Reserve Airmen of quality assurance section are completely interchangeable with their active-duty counterparts.



Sergeant Brickner observes as Master Sgt. Walt Zettlemoyer and Tech. Sgt. Robert Bevan, 514th AMXS, perform maintenance in the flight deck of a C-17. Active-duty Airmen and full-time air reserve technicians who maintain aircraft must be evaluated by quality assurance once every 18 months. Traditional reservists must be evaluated once every 36 months.

Spotlight: Arthur Zitzner, Jr.

Unit: 78th Air Refueling Squadron

Position: Office Automation Clerk and retired master sergeant.

Hometown: Hamilton, NJ

Favorite movie: The Graduate

Favorite musician: All Doo Wop singers

Pet Peeve: Flying a torn, tattered or faded American Flag

Little known fact: While employed with Prudential, he received a national-level award related to the outstanding community service that he performed as the president of the Beechwood, N.J., first-aid squad and the vice president of the Friends of Beechwood Library.

If I won the lottery: "I'd pay my bills, buy my

children a lifetime annuity so they could quit work, help a few friends with their mortgages and give the rest to my church."

Most memorable place visited: "One place is the Tomb of the Unknown Soldier and the second is Botin, the oldest restaurant in the world, which is located in Madrid, Spain. While on annual tour to Torrejon Air Base, Spain, with the 49th Aerial Port Squadron in 1980, I had dinner there and met the owner and his wife, who asked if I'd like to sign the visitor log book. Every year since then, I've received an 11"x14" Christmas card that features a painted picture of one of Botin's rooms. It's remarkable that despite moving seven moves, I have never missed a year of receiving the card."



Photo by Master Sgt. Donna Jeffries



Photo by Master Sgt. Donna Jeffries

Reservists' children visit Freedom Wing

More than 40 children visited the 514th Air Mobility Wing as part of Take Our Daughters and Sons to Work Day April 28. The children toured a KC-10 Extender, a C-17 Globemaster III, and the base firehouse. The aim of the program is to expose children to the daily work routine of a parent or mentor. The national observance of Take Our Daughters and Sons to Work Day occurs each year on the fourth Thursday of April.



Photo by Airman 1st Class Dennis Sloan

Chief Master Sgt. Danica Dejanovic and husband, Ryan Trebisovsky, enter the Grand Cayman Ballroom May 14 at the Trump Marina Hotel in Atlantic City, N.J., during the Chief Induction Ceremony.

New chiefs honored

By Master Sgt. Donna Jeffries

A chief master sergeant induction ceremony was held May 14 at the Trump Marina Hotel in Atlantic City, N.J. The ceremony honored Airmen who earned the pay grade of E-9 during the past year.

Fifteen active duty, Guard and Reserve eligible chiefs from Joint Base McGuire-Dix-Lakehurst and Atlantic City, N.J., attended the event with family and friends.

Attendees participated in or witnessed several traditional military rites to include the Table of Honor ceremony, lighting of enlisted candles and the grand entrance of inductees through the saber guard.

At the ceremony's conclusion, inductees were given personalized plaques with the chief's creed hand carved on it.

Chief Master Sergeants Danica Dejanovic, 514th Force Support Squadron, and Anthony Paris Sr., 514th Aircraft Maintenance Squadron, represented the 514th Air Mobility Wing.



The following Airman were promoted in May:

AIRMAN 1ST CLASS
KATHRYN CARRUTHERS, 732 AS
DENNIS CORREA, 514 FSS
AARON MILLER, 42 CBCS
JIMMY QUINONES, 514 FSS

SENIOR AIRMEN
DAVID NONON, 42 CBCS

STAFF SERGEANT
JULIANA AVILA, 514 SFS

TECHNICAL SERGEANT
TABITHA GIDDINGS, 88 APS
JOSHUA NENSCHEL, 514 FSS
JOSHUA STROUSE, 88 APS
RICHARD TAYLOR, 78 ARS

MASTER SERGEANT
SAMANTHA BENT, 514 ASTS
OMAR MIELES, 514 MXS

SENIOR MASTER SERGEANT
ROBERT LANCASTER, 88 APS
MATTHEW MULDOWNY, 514 AMXS
TONY WHITEMAN, 514 AMXS

News Briefs

Help recruiters, earn free tickets

Keep the Freedom Wing strong by referring good people to become Airmen. By participating in the Get One Now/Refer A Friend program, Airmen can earn iPods, laptops and free tickets to upcoming events. Just referring someone can earn free tickets, even if the referral doesn't join. Visit www.GetOneNow.us to register for Kid Rock concert, the Street League Grand Finals and the American Idol tour.

JB team supports breast cancer walk

Volunteers are needed to join the Joint Base Heroes 4 Heroes Team participating in the Susan G. Komen 60-mile, three-day walk October 14-16 in Philadelphia, Pa. Funds raised will go towards the fight to end breast cancer. For more information contact Tech. Sgt. Lorraine Cuff at (609) 754-4851.

Combat stress workshops

The Trenton Vet Center is offering a series of combat related stress workshops and individual counseling sessions on two Saturdays each month through November. Classes include Sleep Hygiene, Family Reintegration, Substance Abuse, Suicide Prevention and Goal Setting. For more information contact the 514th Airmen and Family Readiness Office at 754-8229.

Uniform drive

The 514th Air Mobility Wing Human Resources Development Council is taking donations through June for new or gently used BDUs and black uniform boots for local Civil Air Patrol members. Items may be dropped off at wing headquarters in building 2226, military pay in building 2215, customer service in building 2216 and the 87th Medical Group in building 3644. For more information, please contact Maj. Jason Matyas at (540) 358-0321 or your unit HRDC representative.

New installation commander

Col. John Wood assumes command of the 87th Air Base Wing June 24. He was previously the commander of the 437th Airlift Wing at Joint Base Charleston, S.C. He is a command pilot with more than 4,000 flying hours in the T-38, C-130, KC-10 and C-17.

Freedom Flyer seeks contributions, ideas

The wing's magazine is ready and willing to accept submissions from its readers. If you would like to submit a news article, feature story, commentary or photos, contact the public affairs office at (609) 754-3487 or 514amw.pa@us.af.mil. Also, the staff of Freedom Flyer is always looking for story ideas and reader feedback.

FREEDOM FLYER

514th Air Mobility Wing Public Affairs
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Joint Base McGuire-Dix-Lakehurst, NJ 08641

For the family of:

Pictured: Two Airmen from the 514th Aircraft Maintenance Squadron sit upon the tail of a C-17 Globemaster III on the flight-line here while performing a repair May 8.

Photo by Tech. Sgt. Monica Dalberg

