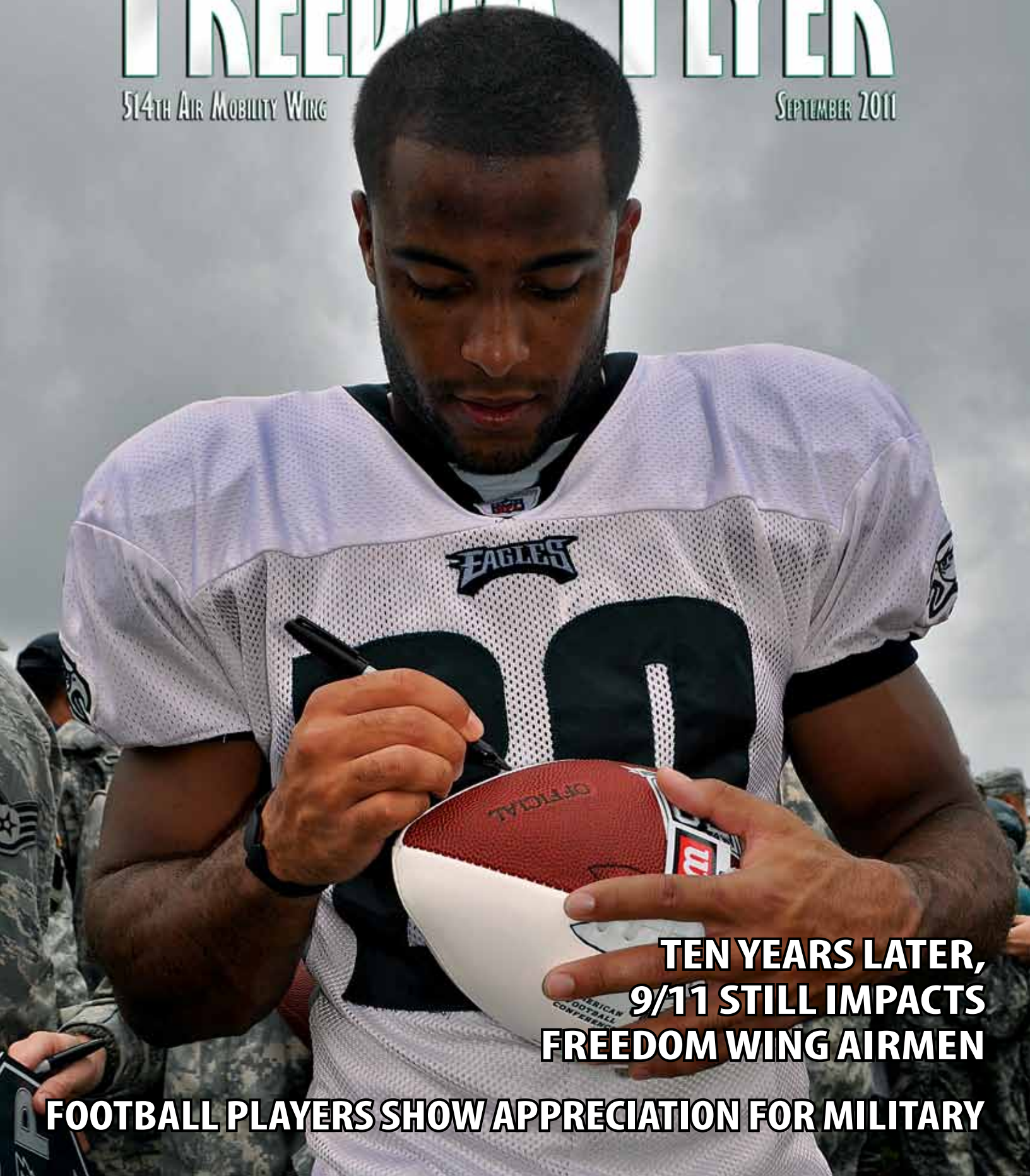


FREEDOM FLYER

514TH AIR MOBILITY WING

SEPTEMBER 2011



**TEN YEARS LATER,
9/11 STILL IMPACTS
FREEDOM WING AIRMEN**

FOOTBALL PLAYERS SHOW APPRECIATION FOR MILITARY



FREEDOM FLYER

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ON THE COVER

Nate Allen, Philadelphia Eagles defensive back, signs his autograph on a football during the team's military appreciation day at their training camp at Lehigh University, Pa., Aug. 15.



Photo by Master Sgt. Donna Jeffries

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On the corner of Greenwich and Liberty Streets, just across from ground zero is the New York Fire Department's 9/11 Memorial Wall. The 56 foot-long wall is made of cast bas-relief bronze. It honors the 343 firefighters who gave their lives on Sept. 11. Many Airmen of the 514th Air Mobility Wing have deep, personal connections to the events of Sept. 11.

Photo by Mr. Shawn J. Jones

RISING FROM THE FLAMES OF 9/11

Faith, patience can turn disaster into triumph

Chaplain (Maj.) Peter Souritzidis
514th Air Mobility Wing chaplain

A pastor friend of mine who was living in Oregon in 1980 told me he awoke one Sunday morning to see the yard covered with thick, sticky ash.

Though he did not realize it at the time, he had bore witness to the most destructive volcanic eruption in U.S. history.

It obliterated 1,300 feet of Mount St. Helens, spewing ash that could be measured in 11 states and that would eventually circle the earth.

So much volcanic ash covered the landscape that the U.S. Army Corps of Engineers reported nearly 140 million cubic yards of material had been removed – enough material to build a twelve-lane highway from New York to San Francisco.

Those who witnessed this catastrophe would not soon forget the day because they were faced with something that no one could control. It was a life-changing event of unimaginable force.

On September 11, 2001, our nation suffered another life-changing catastrophe which affected every single person living in our land. Although not every one of us will face another volcanic eruption or a massive terrorist attack, many of us will face unimaginable and uncontrollable events in our lives. The kind of event that will test us and our family and our faith with situations

so complex that we can only shake our heads in disbelief.

Perhaps the psalmist was facing such a situation when he wrote, “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.” (Psalm 46:1-2)

The nation’s wounds are slowly healing, and our country is emerging powerful and united from the ashes and destruction.

Ancient mythology incorporate the idea of the mythical Phoenix. Ancient Greek historian Herodotus describes it as a powerful eagle-like bird with golden and red feathers with the unique ability to renew itself every five hundred years. It would fly from the Arabian countries to the country of the sun, where it would set itself on fire. Then, out of its own ashes, it would emerge renewed and powerful to live another five hundred years. During its regeneration, with its beautiful voice it would sing this melodious song that touched the hearts of all mankind. Even the sun would stop its chariot to watch the rebirth and listen to the song.

Today, life has returned to Mount

St. Helens. Trees were replanted, some now standing 70 feet high. That which was destroyed and devastated is now alive.

Similarly, the World Trade Center in Manhattan’s Financial District is also being feverishly rebuilt.

The nation’s wounds are slowly healing, and our country is emerging powerful and united from the ashes and destruction. The fast-rising new buildings serve as a symbol of resilience, hope and strength.

The same is true for you and me, my friend. That which may appear to be the end, with time, patience and faith, can become a new beginning. Maybe we cannot regenerate ourselves from our own ashes, but there is someone, the Holy One, who can take our lives from defeat into triumph.

Take heart! What we cannot control – God can. ♦

Chaplain Souritzidis is chaplain of the Greek Orthodox Church. He credits “The Heart of a Great Pastor” by H.B. London and Neil B. Wiseman for inspiring the ideas in his commentary. The Air Force and the 514th Air Mobility Wing accommodate free exercise of religion as well as freedom of expression, except as must be limited by military necessity.



9/11: First responders look back, forward

The terrorist attack that occurred on Sept. 11, 2001, was felt by Americans across the country. But for many Freedom Wing Airmen who live and work in New York City, the tragic event was more personal. It was an attack on their hometown.

Many Airmen responded in either their civilian or military capacity -- some responded in both.

The following vignettes are just a small representation of Freedom Wing Airmen who responded in the wake of the Sept. 11 terrorist attacks.

Ainsley McIntyre

Master Sgt. Ainsley McIntyre 514th Aeromedical Evacuation Squadron, providing perimeter security at Ground Zero on 9/11 as an officer with the New York City Police Department.

He said that he distinctly remembers the scene at the World Trade Center the evening that it fell, especially the bucket brigade, the burning fires and smoke and the remains of buildings that were still partially standing.

"The sight of seeing the World Trade Center's destruction, gave me a greater value for faith in God, life and family," he said. "It also redefined my life as a public servant, both as a police officer and as a member of the Air Force."

Victor Leguillo

Master Sgt. Victor Leguillo, 514th Aeromedical Staging

Squadron, is a New York City Deputy Sheriff. He also responded to a city-wide emergency call just after the first plane struck the World Trade Center. He searched for survivors, provided first aid and assisted with evacuations.

He said he remembers standing near Ground Zero with many other uniformed personnel, waiting for the intense fire and heat to subside, so that rescue efforts within the wreckage could begin.

He said 9/11 has taught him not to take anything for granted since something catastrophic could happen at any time.

"I try to live my life to the fullest," he said. "I tell everyone I love how much I appreciate them in my life."

John Vicenti

Senior Master Sgt. John Vicenti, 88th Aerial Port Squadron, is a firefighter with the New York City Fire Department who was working on 9/11. He said he will never forget the senses that are associated with that day.

"The taste, smells and noises are permanently embedded in my life," he said.

He also said that 9/11 has caused him to try to live his life with no regrets and to ensure his family and friends know how he feels about them.

"You never know when it can all be taken away," he said.

William Scarfuto

Chief Master Sgt. William Scarfuto, 35th Aerial Port Squadron, is a police

officer in the New York City Police Department.

As a first responder on 9/11, he reported to Ground Zero immediately after the first plane crashed into the World Trade Center, helping disoriented people and searching for victims.

He said he'll never forget watching the second plane strike the tower and seeing the buildings collapse. He witnessed people jumping from the buildings to keep from burning alive and remembers watching fighter jets patrol the air space over the city.

Despite the personal connection to the terrorist attack, Chief Scarfuto said he won't live in fear.

"I will not let terrorism change the lives of my family or myself," he said. "This is our country and our culture. We will not adapt to make a terrorist happy."

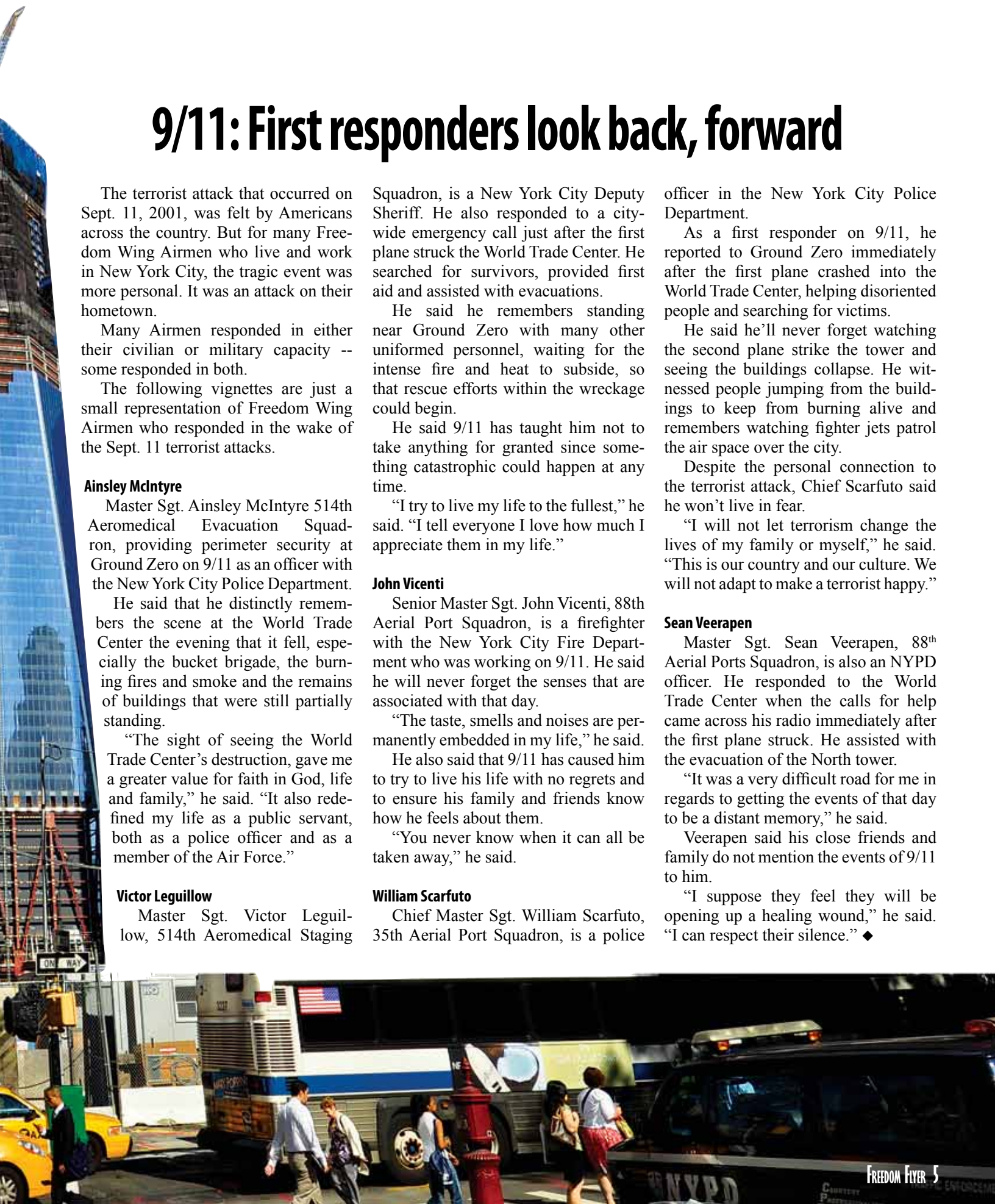
Sean Veerapen

Master Sgt. Sean Veerapen, 88th Aerial Ports Squadron, is also an NYPD officer. He responded to the World Trade Center when the calls for help came across his radio immediately after the first plane struck. He assisted with the evacuation of the North tower.

"It was a very difficult road for me in regards to getting the events of that day to be a distant memory," he said.

Veerapen said his close friends and family do not mention the events of 9/11 to him.

"I suppose they feel they will be opening up a healing wound," he said. "I can respect their silence." ♦





Courtesy Photo



Photo by Mr. Shawn J. Jones

The photo on the left was taken from the intersection of West and Albany Streets after the collapse of the World Trade Center towers in September 2001. The photo on the right was taken from the same intersection approximately ten years later and shows One World Trade Center, the primary tower being built at ground zero. When the new tower opens in 2013, it will be the nation's tallest building, standing at a height of 1,776 feet.

Freedom Wing proved ready to respond to 9/11 tragedy

Col. James DiFrancesco
514th Operations Group commander

As Sept. 11 approaches, it is again time for reflection. No one could have imagined the tremendous impact that Sept. 11 would have on our lives, then and now.

Despite the tragic nature of the event, we can be proud of how many of our wing's Airmen responded. Our wing took immediate action responding with refueling fighters over the skies of New York City and Washington, D.C. We stood ready and fulfilled the immediate mission. It is the spirit and the fight of Freedom Wing Airmen that has built our rapid readiness; we stand ready at all times.

Since that day, each and every one of us has made a contribution to our nation's response to those horrific events. Many members of the 514th Air Mobility Wing responded immediately, our aircrews and medics went on immediate alert, ready to answer the call of duty.

Several hundred critical reservists were mobilized, with

thousands more volunteering for duty above and beyond expectation. Many of our Airmen are homesteaders in the New York City metropolitan area and were committed to defend their hometown. Many also served as civilian firefighters, police officers and medical technicians responding to Sept. 11 in each of their distinct capacities.

The wing has continued its post-9/11 deployments. Many Airmen have deployed multiple times. Each deployment is met with difference challenges and sacrifices. These challenges and sacrifices are shared by family and friends who are called upon to support the Airman's call to duty.

Reservists, with the support of their families, friends and employers, made the commitment that will continue to make a difference now and in the future.

As we pause to reflect on the tragedy, let's think of the thousands that perished on that fatal day and how in some way they too fought for a better America. As a nation, we must not forget those who perished. As members of the 514th Air Mobility Wing, we will always stand ready to serve our nation. ♦

PULSE CHECK: Looking back on the past ten years, how has Sept. 11 impacted your daily life?



Senior Master Sgt. Sebrena Flaggbriggs
88th
Aerial Port Squadron

"Sept. 11 gave me a huge wake-up call. I now travel differently, and I make sure my family is aware of their surroundings. More importantly, I look for opportunities to affect the world."



Master Sgt. Ronald English
514th
Civil Engineer Squadron

"Sept. 11 has impacted my awareness. I pay more attention to my surroundings and protect personal and military information more now than ever."



Master Sgt. Derek Williams
514th
Air Mobility Wing

"Having almost lost my sister who worked at the World Trade Center, I communicate more frequently with my family and am more committed to the mission. The security of our information, personal and official, has become paramount."



Capt. Elizabeth Emmons
514th
Civil Engineer Squadron

"It makes me appreciate my family and friends. It motivates me to be a better leader for my unit and for the wing and inspires me to be a better Airman."



Airman Basic Johnny Colon
514th
Security Forces Squadron

"Just seeing the affected area around Ground Zero and the all the memorials and people who survived the attacks makes me positive about the decision I made in joining the military."



Photo by Master Sgt. Donna Jeffries

Chaplain (Maj.) Peter Souritzidis (right) greets Senior Master Sgt. Alexander Brown (center), 514th Recruiting Squadron, and Col. Jonathan Spare, 514th Air Mobility Wing vice commander, while they serve their time behind bars during a Jail & Bail fundraiser here Aug. 6. The event raised more than \$800, which will help pay for the combat dining-in scheduled for Sept. 24.

Organized mayhem expected at dining event

The buzz is out about the combat dining-in scheduled for Sept. 24, and the questions are flowing. Here are some answers to frequently asked questions.

What is a combat dining-in?

The combat dining-in is the newest of the dining-in traditions and is becoming increasingly popular. The format and sequence of events is built around the traditional dining-in, however, combat dining-ins are far less formal. There is not a great deal written on the subject and the event's activities are only limited by the imagination of the planning committee. The combat dining-in is a military-only gathering in a relaxed environment where enlisted and officers can share in some indiscriminate fun while building unit morale and cohesion.

How should I dress?

Choose your oldest and most beat-up uniform (ABU, BDU or flight suit). You know the one; it's still covered in grass and dirt from the last exercise. There is no idea as to how your

uniform will look after the evening is over. The only requirement is that the uniform must have your correct name and rank and U.S. Air Force insignia.

Get cammo'd up! Come to the event with your war paint and combat gear on, and let everyone know you mean business from the start.

What should I expect?

The event is scripted with rules of engagement that will be outlined beforehand in "Rules of the Mess", however, it is also intended to be fun! It is highly suggested you form an alliance with some of your friends, so you can fight as a team. It's always important to have a wingman, but especially at a combat dining-in. You don't want to be on the receiving end of 10 water guns with no back up.

It's going to be a battle and, before you enter the combat zone, make sure your weapon arsenal is ready to go. There are some traditions and formalities beforehand, but once the action starts, it's on.

What do I bring

If you plan on driving to the event, cover your seats with garbage bags or bring a change of clothes. Also, place your wallet and other personal items in a plastic bag to help protect them. Drive to the store and grab every toy water weapon you can. Everything from water balloons to super soakers. Basically, anything that will add to the chaos without actually hurting someone.

What happens at the combat dining-in?

In-processing starts Sept. 24 at 5p.m. in Dock 11. You will be checked in and issued your mission orders, which must be reviewed.

When the signal is sounded, all participants are to be in place at their designated seats. Follow the commands that are issued (you won't be able to miss them).

The President of the mess will call the mess to order. There will be a buffet.

Any violations of the mess may incur an "order to the grog" in which case the violator must maneuver through an obstacle course and drink from the 'grog bowl'.

All will be explained and demonstrated. Just come and be prepared to have some fun! If you have never attended a military mess, you don't want to miss this one! ♦

Combat Dining-In

Saturday

Sept. 24

5 p.m.

Dock 11

E-1 to E-6: \$10

E-7 to E-9: \$20

Officers: \$25

See your squadron or group chief to sign up!

Maj. Joe Delgado, 514th Maintenance Squadron commander, jumps onto an exercise table during the squadron's physical training session here Aug. 7.





Marine Corps Chief Warrant Officer Victor Nicholas (black shirt) leads 514th Maintenance Squadron Airmen in a warm-up routine as part of the squadron's physical training program. Nicholas is a certified trainer in CrossFit, a multi-discipline exercise program used to promote total-body fitness.



Left: Tech. Sgt. Gaspare Valenti performs modified pushups during the CrossFit program, which combines weightlifting, cardiovascular training and circuit training.



Right: Airmen perform an exercise combining barbell presses and squats during the physical training session.

A fresh approach to unit fitness

Story and photos by Mr. Shawn J. Jones

Most workouts primarily emphasize either cardiovascular or muscular fitness, but the sweat-soaked t-shirts of 514th Maintenance Squadron Airmen proved there are workouts that can stress both equally.

The voice of Marine Corps Chief Warrant Officer Victor Nicholas, a certified CrossFit trainer, rang through the air as he pushed the Airmen through a total-body workout that combined weightlifting, plyometrics, calisthenics and running here Aug. 7.

Airmen moved from station to station, training intensely with little time to rest or recover. It wasn't long before the sweating and heavy breathing started.

Among the CrossFit participants was the maintenance squadron's commander, Maj. Joe Delgado, who invited Nicholas to put the maintainers through a tough workout while exposing them to

an alternative to traditional workout routines.

"I simply wanted to introduce CrossFit to the squadron," said Delgado, who would like to incorporate some of the elements of CrossFit into the squadron's physical training program.

Delgado regularly attends a CrossFit class here and credits it for improving his overall physical fitness.

"Everyone was tired at the end, and most were sore the next day, but everyone felt good about doing something different," he said.

Master Sgt. Alexandra Lepore said that prior to the class, Delgado would frequently talk about CrossFit.

"I thought it sounded interesting, but that it would be physically exhausting," she said. "And that is exactly what it was."

Despite the intensity of the workout, Lepore said she enjoyed the variety of exercises and plans to attend more of Nicholas's CrossFit classes on a more regular basis. ♦



The following enlisted Airmen were promoted in August, and the following officers were selected for promotion at a future date.

Airman
Jessica Wolthoff, 514 ASTS

Senior Airman
Jessica Comonie, 514 AMDS
Jacqueline Giordano, 514 OSS
Benjamin Hobbs, 514 OSS
Justin Medina, 78 ARS
Anna Nichols, 514 AES
Ariana Petrycki, 732 ARS

Staff Sergeant
Ross Dempsey, 514 SFS
Christopher Emmeluth, 514 SFS
Brandon Hodge, 514 SFS
Natasha Joseph, 514 AMDS
William Petrucci, 514 MXS
Heidi Schneider, 514 CES
Ivelisse Vasquez, 514 AMXS

Technical Sergeant
Christopher Frantz, 514 CES
David Puma, 514 AMDS
Jose Roman, 514 SFS
Donna Trader, 514 AES

Master Sergeant
Robert Holland, 514 ASTS

Senior Master Sergeant
Sebrena Flaggbriggs, 88 APS

First Lieutenant
Terry Dowell, 78 ARS
Matthew McCune, 76 ARS

Lieutenant Colonel
Luzmary Allen, 514 AMDS
Bonnie Bosler, 514 AES
Jonathan Bradley, 732 AS
Michael Cruff, 78 ARS
Rick Fontana, 732 AS
James Harris, 78 ARS
John Koenig, 514 AMOS
James Mead, 514 LRS
Michael Prodeline, 732 AS
Jason Schroeder, 76 ARS
Michael Seyffert, 514 AMDS
Kelly Warren, 514 FSS
Robert Wieman, 514 LRS



Photo by Peter Dalberg

FREEDOM FLYER ON LEAVE

Despite the beautiful view of Denmark's Kronborg Castle, the family of Tech. Sgt. Monica Dalberg, 514th Air Mobility Wing public affairs, cannot pull their eyes away from the July issue of Freedom Flyer, which they brought on their annual vacation to Sweden. Pictured from left are Leif, Meadow and Anders Dalberg. Kronborg Castle, which is also known as Elsinore, served as the setting for Shakespeare's *Hamlet*.

Airmen, friends and family members of the 514th Air Mobility Wing who bring Freedom Flyer with them on their travels may submit their photos to 514amw.pa@us.af.mil to be published in an upcoming issue of the magazine.

News Briefs

Employer Appreciation Day

Airmen can provide their civilian employers a first-hand look at the Freedom Wing during Employer Appreciation Day Oct. 22. The event includes an orientation flight on a KC-10 Extender, a ground tour of a C-17 Globemaster III, and an overall exposure to the many missions carried out by the 514th Air Mobility Wing. Employer nomination forms can be delivered to the public affairs office, e-mailed to 514amw.pa@us.af.mil or faxed to 754-3734. The forms can be found at www.514amw.afrc.af.mil or picked up at the public affairs office.

Chaplain assistants wanted

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



Photo by Master Sgt. Donna Jeffries

Pro football players show appreciation for Airmen

Left: Philadelphia Eagles quarterback Michael Vick hands an autographed football to photographer Master Sgt. Donna Jeffries, 514th Air Mobility Wing public affairs, at the Eagles' military appreciation day at Lehigh University, Pa., Aug. 15.

Lower left: Master Sgt. Leonard Werner, 714th Aircraft Maintenance Squadron, poses for a photo with Swoop, the Eagles' mascot.

Lower right: Pictured from left, Master Sgt. Steven Brace, Chief Master Sgt. Bruce Savage, former Jets running back Bruce Harper, Master Sgt. James Kana and Senior Master Sgt. Anthony Moya teamed up during the Rival Golf Classic at the Upper Montclair Country Club in Clifton, N.J., Aug. 15. Many of the teams at the event were captained by former pro football players.



Photo by Master Sgt. Donna Jeffries



Courtesy Photo

Spotlight: Tech Sgt. Thomas Valentino

Unit: 714th Aircraft Maintenance Squadron

Position: Guidance and Control Avionics Technician

Hometown: Ronkonkoma, N.Y.

Favorite musician or band: AC/DC

Places he'd like to visit: Hawaii, Aruba, Alaska and Italy

Guilty pleasure TV show: Breaking Bad

Pete peeves: People who don't signal or who talk on cell phones while driving

What did you want to be when you grew up?
An astronaut

What actor would play you in a movie made about your life? Jerry Seinfeld

Little known fact about you: I was a contestant on a children's TV show called "Wonderama"



Photo by Tech. Sgt. Monica Dalberg

FREEDOM FLYER

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2217 W. Arnold Ave.
Joint Base McGuire-Dix-Lakehurst, NJ 08641

FOR THE FAMILY OF:

Pictured: Tech Sgt. Matt Bracken, 78th Aerial Refueling Squadron, hikes the last few miles of the Appalachian Trail. Bracken, who started his hike Feb. 3, completed the 2,182-mile trek between Springer Mountain, Ga., and Katahdin, Maine, June 27.



Photos by Nick Antony

