

NEWSNOTES

Dates and times are subject to change. Check with the event coordinator prior to the event.

Soccer Tournament Road Closures
 Select roads on the joint base will be closed July 20-21, 2013, due to scheduled soccer tournaments here. The following roads will be closed: New Jersey Avenue and Montpelier Street; West 16th Street and Montpelier Street; Newport Street and Doughboy Loop; all Doughboy parking lot entrances and exits, with the exception of the first two closest to 16th Street; Doughboy parking lot separation between pool and lot; 16th Street and Pennsylvania Avenue; 16th Street and 19th Street spur at triangle; 13th Street and Newburgh Avenue; 12th Street and Newburgh Avenue; 11th Street and Newburgh Avenue; Millville Avenue and Pennsylvania Avenue. Call 754-0226 for more information.

Active-Shooter Exercise Rescheduled
 The active-shooter exercise scheduled for July 17 has been rescheduled for Sept. 12, 2013. Training is essential and helps ensure the readiness of joint base personnel. Call 754-2230 for more information.

87th Force Support Squadron Change of Command
 The 87th Force Support Squadron is set to host a change of command ceremony from 9-10 a.m. today, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Call 754-2675 for more information.

Hearts Apart
 The Military and Family Support Center is set to host a Hearts Apart seminar from 5:30-6:30 p.m. today, at the Saxton Community Center (3811 South Bolina Drive) in Falcon Courts North. Pre-registration is required. Call 754-3154 for more information or to register.

ID Card Facility Closes Saturday
 Effective July 20, 2013, the Directorate of Human Resources-Military ID Card Facility at McDonald Hall, located at 5418 S. Scott Plaza will no longer be open the third Saturday of the month. Call 562-3373 for more information.

2nd Annual JB MDL Cardboard Boat Regatta
 The 87th Force Support Squadron is set to host its 2nd Annual JB MDL Cardboard Boat Regatta from 10 a.m. to 3 p.m. July 20, 2013, at Willow Pond. This event is a boat race where crews design, build and race a human-powered boat made of cardboard. Visit gomdl.com for complete details, including instructions on how to construct a boat. Bounce houses, canoes, kayaks and other outdoor recreation equipment will be available for people to try for free. Food and beverages will be available for sale. Call 562-2727/6667 for more information.

Transition Assistance Program Seminar
 The Military and Family Support Center is scheduled to host a five-day Transition Assistance Program Seminar from 8 a.m. to 4:30 p.m. July 22-26, 2013, at 3435 Broidy Road. This seminar is mandatory for all separating service members and is open to all services. Pre-registration is required. Call 754-3154 for more information or to register.

87th CONS Change of Command
 The 87th Contracting Squadron is set to host a change of command ceremony from 3-4 p.m. July 24, 2013, in the Cotillion Room at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Call 754-3617 for more information.

Federal Résumé Writing Workshop
 The Military and Family Support Center is set to host a Federal Résumé Writing Workshop from 9-11 a.m. July 24, 2013, at 3435 Broidy Road. The workshop provides an overview for writing a Federal Résumé Application. Pre-registration is required. Call 754-3154 for more information or to register.

87th ABW Change of Command
 The 87th Air Base Wing is set to host a change of command ceremony from 10-11 a.m. July 25, 2013, at the VR-64 Hangar, located at 3370 Wicomicot Road. Call 754-2405 for more information.

CTO Closed to Walk-In Customers
 The Commercial Travel Office will be closed to walk-in customers from 7:30 a.m. to 12:30 p.m. Aug. 1, 2013, located at 1706 Vandenberg Ave. Call 754-3407 for more information.

See more NEWSNOTES on Page 14



Members of the First Army Division East Sgt. Audie Murphy board brief Soldiers of the 72nd Field Artillery Brigade and the 174th Infantry Brigade, July 15, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The candidates appeared before the board individually, in hopes of being recommended for membership in the elite organization. (U.S. Army photo by Staff Sgt. Nicole Dykstra/Released)

Soldiers endeavor for membership in elite Sgt. Audie Murphy Club

By Staff Sgt. Nicole Dykstra
 72nd Field Artillery Brigade public affairs

Two 72nd Field Artillery Brigade Soldiers steeled their resolve and stood before the rigorous selection board, in hopes of joining a club which recognizes the exemplary leadership ability and performance of noncommissioned officers July 15, 2013, here.

"In order to even appear before the board, nominees must put in a lot of preparation and work ahead of time," said Sgt. 1st Class Oscar Correa, 3-314th Field Artillery Battalion operations NCO.

Soldiers interested in appearing before the First Army Division East board had to first receive recommendation from a brigade-level board, held July 9. Three brigade Soldiers appeared before the brigade board; two were selected to appear

at the division board.

"I spent countless hours trying to ensure that I covered everything in depth, all the subject areas that were in the Memorandum of Instruction for the board," Correa said. "Quite honestly you don't realize how much you don't know until you start digging into all the regulations and policies."

Sgt. 1st Class Godfree Francis, 2-315th Field Artillery Battalion mobilization NCO, concentrated on learning as much as he could about Sgt. Audie Murphy himself and what he was about, he said.

"After I read all the material my sponsor gave me on Sgt. Audie Murphy and the SAMC, I visited the official memorial website, which gave me an in-depth view of his life both as a Soldier and a civilian," said Francis. "The more I read, the more I

got drawn to the tremendous feats of Murphy and the prestige of the club."

Sgt. Audie Murphy was an infantryman who served in the Mediterranean and European Theaters during World War II. For his courageous actions, he was awarded all but one of the U.S. Army medals for valor, including the Medal of Honor. Murphy gives his name to an organization that strives to develop, inspire and motivate the best leaders possible in the Army. The first club was founded at Fort Hood, Texas, in 1986, with chapters forming across U.S. Army Forces Command by 1994.

In addition to studying and researching in preparation for the difficult board, the two 72nd Soldiers were assisted by their sponsors, fellow brigade Soldiers

See CLUB, Page 14

305th creates Innovation, Efficiency Office

By Airman 1st Class Ryan Throneberry
 Joint Base McGuire-Dix-Lakehurst Public Affairs

Members of the 305th Air Mobility Wing leadership recently instituted The Office of Innovation and Efficiency here.

The function of the new office is to educate, train, encourage and assist Airmen to not only survive in the difficult times ahead, but excel said Col. Rick Williamson, 305th AMW commander, in a letter to the wing.

The office's three main areas of focus are shaping the culture of the Air Force, Air Force Smart Operations for the 21st Century (AFSO21) and fuel efficiency. Shifting the Air Force culture involves an organizational transformation. The intent of AFSO21 is to improve operations by simplifying in-place processes, or by creating new ones. It also aims to generate efficiency and improve combat capability. Fuel efficiency is essentially any way the Air Force can save fuel.

"AFSO21 is definitely here to stay," said Maj. Tom Klusek, OIE chief. "But the question has always been 'how do I get people to want to use these tools and make a change?' Until there is a complete paradigm shift in military thinking, this office will serve as a way to bridge that gap."

The office is in the process of developing courses and programs to educate willing Airmen on ways to spark innovation in their work stations.

"My hope for this office is to bring more visibility for the AFSO21 program and a heightened urgency for process improvement," said Master Sgt. Randolph Pemberton, 305th AMW AFSO21 process manager. "In my experience, people want to

improve their daily processes; they just don't know how to get started. I expect the office will provide that missing link and assist each unit to meet their goals through experienced consultation."

The current fiscal situation has increased the need for careful spending. The current price for JF8, the jet fuel used by all Air Force aircraft, is around 56 cents per pound. An aircraft like the C-17 Globemaster III can carry 235,000 pounds of fuel at a time but requires only 100,000 for a local mission.

"I took this job because I saw an opportunity for our wing to do things better," said Maj. Andy Bowers, OIE fuel efficiency officer. "If we are being asked to execute the same amount of missions but with fewer resources, we'll have to be smarter about it; that includes being smarter with our fuel."

Filling an aircraft with an excess of gas or improperly distributing the weight of cargo can cause undue gas usage. The office looks to young Airmen who have fresh eyes on day-to-day operations and can notice potential pitfalls more readily.

"Our job in this office isn't to generate ideas, but to facilitate the ideas of Airmen who are out there doing the job," said Bowers. "We're here as a venue for those great ideas to get wing commander approval."

Airmen can work through their chains of command or go directly to the office with an idea.

"We aren't looking for the perfect answer to a problem, just a better one," said Bowers. "Hopefully the ideas generated here will exist until a better idea comes along."

Call 754-0800 or email 305amw.cv@us.af.mil for more information or to submit an idea.

Spotlight

Army Sgt. 1st Class William Pittman, 1st Battalion, 307th Infantry Regiment trainer/mentor, is the joint base's featured service member of the week.

AF encourages Airmen to be part of SAPR

In an effort to address the growing concern of sexual assault in the Air Force, the service has kicked off an initiative to give Airmen the capability for their voice to be clearly heard called "Every Airman Counts."

Web site launches

The interactive RAD website provides all ranks, active, Reserve and Navy civilians with a platform to voice their concerns about administrative tasks, procedures, instructions and training, and propose solutions to fix these issues.

Check out JB MDL on social media!

#jbmil
 Use Facebook to connect with joint base leadership and other community members.

#jointbasemil
 Sign up for text alerts through Twitter and receive important base updates straight to your cell phone.

#jointbasemil
 Check Flickr for photo galleries containing hundreds of images of JB MDL happenings.

Uncommon Airman

By Chief Master Sgt. Jeff Malherek
92nd Civil Engineer Squadron

FAIRCHILD AIR FORCE BASE, Wash. — I do not choose to be a common man.

It is my right to be uncommon—if I can. I seek opportunity—not security. I do not wish to be a kept citizen, humbled and dulled by having the state look after me.

I want to take the calculated risk; to dream and to build, to fail and to succeed.

I refuse to sacrifice incentive for a hand-out. I prefer the challenges of life to a guaranteed existence; the thrill of fulfillment over a stale calm of utopia.

I will not trade freedom for benefits or my dignity for a handout. I will never cover before any master nor bend to any threat.

It is my heritage to stand erect, proud and unafraid; to think and act for myself, to enjoy the benefits of my creations and to face the world boldly and say, "This I have done."

Dean Alfange, an American Statesman, wrote "An American Creed" in 1950. Let me explain why this resonates

with me as a senior NCO and why it should with everyone wearing our nation's uniform.

I believe each of us wearing our nation's uniform has chosen an uncommon life. Because we are normally surrounded by people who have also chosen this life, we sometimes forget how special we really are. I'm quickly reminded of our uncommonness while spending time with non-military family and friends here in Spokane, my hometown in Mirnesota and all across our nation. My friends and family are always quick to remind me how incredible my life is. They can't ever imagine themselves doing what we Airmen do and going where we go to do it. They stand in awe of our discipline, our love for this country and our commitment to accomplishing the mission.

Let me remind you of our uncommonness. There are just more than 316 million people in the United States. There are less than 1.5 million active duty who serve in the military and are responsible for their safety and security.

There is nothing common about raising your hand and swearing to give your life to defend this nation.

There is nothing common about

leaving your spouse and kids to go off to a location where you will serve in harm's way. Remember, the mothers and fathers of America have handed you their sons and daughters. With the faith that you will mold them, protect them and lead them. There is nothing common about that!

Monday morning, whatever your specialty is, whether you're fixing an aircraft, manning a security post, seeing patients at the clinic, repairing an air conditioner, refueling aircraft or training aircrews how to survive in hostile environments, know this: You are not common. You seek opportunity, not security. You want to dream, to build and to succeed. You are not ordinary. You are extraordinary!

George Orwell once said, "People sleep peacefully at night knowing tough men stand ready to do violence on their behalf."

Your friends and family, your brothers and sisters, know you and airmen like you are prepared to protect them at all costs. Have no misconceptions, we are in a serious business and we need serious people to carry out our mission. Uncommon people! Extraordinary people!

Diversity equals mutual respect

By Dawn A. Altmaier
92nd Air Refueling Wing Community Support coordinator

FAIRCHILD AIR FORCE BASE, Wash. — Air Force Instruction 36-7001, Diversity, defines diversity as "...a composite of individual characteristics, experiences and abilities consistent with the Air Force core values and the Air Force mission. Air Force diversity includes, but is not limited to: personal life experiences, geographic background, socioeconomic background, cultural knowledge, educational background, work background, language abilities, physical abilities, philosophical/spiritual perspectives, age, race, ethnicity and gender."

So why does diversity matter in the Air Force? It matters because the Air Force is grounded in inclusion and mutual respect among all personnel. Human nature makes it natural for us to gravitate toward people who are like us. Whether that likeness is physical such as the color of our skin, or mental such as being affiliated with a certain political party, we all feel comfortable with others who share similarities. Sometimes this gravitation unintentionally leads to actual or perceptual exclusion or rejection. Either case is detrimental to the success of a team.

A team is like the human body. As the body has various individual parts with very specific functions that need one another, so we, as members of the Air Force team, have very specific abilities in order to function effectively. Your various body parts are extremely diverse, yet they operate independently and in unity to accomplish a purpose beyond the scope of any individual part. Say you were going to cross the street, your

eyes tell you if it is safe, your ears listen for oncoming traffic, your heart carries blood to your muscles and your muscles move your legs forward.

The same is true of the Air Force team; we are a diverse team who operate individually to accomplish a purpose greater than ourselves. Imagine you are deployed to a base in a region unlike anything you've experienced. Would you want everyone to be the same as you, or would you want people who come with different experiences, perspectives, and ideals? People who grew up in the country have a different perspective than those who grew up in a city. People who are "outdoorsman" will have different skill sets than a "gamer". Someone from Montana will have different experiences than someone who grew up in Florida. Someone from Aircraft Maintenance will face challenges differently than someone from the Force Support Squadron. Someone born in the 60's will have different life experiences than someone born in the 90's. We need these differences to adapt and overcome obstacles we face as a team.

If we were not diversified, would we ever learn something new? Would we be able to grow ideas? Would we be able to overcome challenges and obstacles to the greatest extent possible? Probably not.

Next time you are with a group of people, get to know someone who is different than you. Celebrate your diversity and use it to unify rather than divide. We are all a team member of our great Air Force and what you bring to the fight helps us prevail in a rapidly changing world.

Service member spotlight: adventure, experiences



(U.S. Army courtesy photo/Released)

Army Sgt. 1st Class William Pittman, 1st Battalion, 307th Infantry Regiment trainer/mentor, is the joint base's featured service member of the week. Pittman hails from Valdosta, Ga.

Q: Why did you join the military?

A: I joined the Army as a way to give back to those who gave so much more to me and for the adventure and experiences.

Q: What is your job and what is its impact on the mission?

A: I am a trainer/mentor responsible for training and evaluating our armed forces in preparation for deployment anywhere overseas.

Q: Do you have any past or current family members in the military?

A: I have five uncles and one aunt who all served in the Army.

Q: Who most inspires you?

A: Both my parents motivate and encourage me to achieve all that I can and never accept defeat. They also taught me how to be a man and take care of the household.

Q: What is one thing you'd like your fellow service members to take away or understand about the military?

A: The military is one of the only jobs where you can meet and learn from people from different locations. Get out there and meet them, learn from them and share your experiences. This will help us all develop ourselves both personally and professionally.

Gimme one of those



Airman 1st Class Dylan Figg, 380th Expeditionary Aircraft Maintenance Squadron KC-10 Extender maintainer, reaches for an icy pop on a disclosed location in Southwest Asia July 9, 2013. Icy pops are handed out by Air Force Chaplain (Capt.) Winston Jones, 380th Air Expeditionary Wing, on a weekly basis to maintainers working out on the line. Figg is native to Fontana, Calif., and is deployed from the 605th AMXS at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Staff Sgt. Joshua J. Garcia/Released)

COMMANDER'S ACTION LINE



Col. John Wood
Commander, Joint Base
McGuire-Dix-Lakehurst and
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



AIR, LAND & SEA TIMES

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McGuire-Dix-Lakehurst

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For up-to-date joint base news & info visit:
www.jointbasemdl.af.mil



Experienced riders meet Orange County Choppers bike builders

By Dave Moore
Army Support Activity Fort Dix

More than 75 military and civilian personnel, all experienced motorcycle riders from Joint Base McGuire-Dix-Lakehurst, N.J., rode to the television renowned bike-building Orange County Choppers, in Newburgh, N.Y., as part of the military's safety Motorcycle Mentorship Ride program July 11, 2013.

As part of the trip, more than two dozen the riders were on hand when Paul Teutell Sr., surprised the group during a shop tour. Teutell received commanders' coins from various commanders, as well as a joint base plaque of thanks for supporting the military. Also on hand for the Country Music Television network show was fabricator, Rick Petko, who also posed for pictures with the riders.

While the motorcycle riders destination was certainly a perk, the more than 280-mile ride had to be approved so military personnel and federal civilians could polish their riding skills on various road conditions such as municipal, state and interstate roads.

Navy Chief Petty Officer David Suba, 87th Air Base Wing Safety Office aviation machinist mate, had planned the route based on rider safety training requirements. He said the ride had to incorporate every type of road condition for experienced riders, so rehearsal rides were conducted before the actual event and plenty of decisions had to be made to meet the training requirements.

"I could not put the route in a GPS so I had to know the road and traveling speeds on the various roads, which included both winding roads and highways," he added. "There was certainly plenty of winding roads on this route. I had a great time and the ride was a lot of fun."



Paul Teutell Sr. of Orange County Choppers shakes hands with Tom Steward, of the U.S. Army Support Activity Safety Office, after the presentation of a Joint Base McGuire-Dix-Lakehurst plaque and coin presentation July 11, 2013, in Newburgh, N.Y. The gifts recognized Teutell's support for the U.S. military. Seventy riders participated in the experienced Motorcycle Mentorship ride. (U.S. Army courtesy photo/Released)

GSS SPICE team provides communications for HUREX

By Senior Airman Anthony Naumcheff
573rd Global Support Squadron

WAIMANALO, HAWAII — A Category-4 hurricane hits the big island of Hawaii; 115 knot wind speeds snap 15-inch diameter trees like twigs; floods and winds level homes and crops; electricity and communications are crippled.

This is the scenario for Makani Pahili ("Strong Winds" in Hawaiian island dialect), the most recent of a series of annual hurricane exercises, or HUREX, in Hawaii. This recent exercise included a variety of state and local officials, led by components of the Hawaii Army National Guard and Air National Guard. Each year the HUREX tests the ability of these personnel and organizations to respond to a common natural disaster in this part of the world.

This year's exercise included for the first time, a special team of active duty Air Force communicators, bringing with them a Small Package Initial Communications Element. These Airmen were members of the 573rd Global Support Squadron, a part of the 621st Contingency Response Wing based out of Travis Air Force Base, Calif. Their SPICE equipment delivers regular and secure electronic mail and secure/non-secure voice communications to base-deployed locations.

"The combination of experience, training, building partnerships with the guard, and expanding the capabilities of the communications package really broadened our horizons," said Airman 1st Class Demetri Hoskins, 573rd GSS member. "It was a great opportunity."

The 573rd GSS regularly sends SPICE teams on a variety of mobility exercises and contingency response missions, ranging from opening the airfield, joint task force port opening, emergency response and disaster relief. During these missions, it is not uncommon for SPICE to provide initial communications for command and control, typically providing services such as Department of Defense network internet, work phones and video teleconference.

In addition to these routine services, the exercise organizers requested yet another first-ever service for the 573rd GSS to provide; commercial internet (also known as "dirty internet" in the communicator world) and phones for state and local civilian authorities to use as part of a joint response to natural disasters like the one simulated for this exercise.

Armed with this new capability, the five-person CRW SPICE team provided high-speed data communications for the Army National Guard's Command and Control Ekahi element at Bellows Air Station, Hawaii.

The SPICE team leader Tech. Sgt. Daniel Lane said despite operating in an uncommon environment with numerous logistical difficulties and unusual mission requirements, the SPICE team acted quickly and effectively as a group to overcome obstacles and established services in almost half the time originally advertised.

"In the end, the teamwork within the SPICE team and across the many teams involved in this exercise was directly responsible for the overall success of the mission."



Staff Sgt. Mark Harrison (left), 573rd Global Support Squadron Small Package Initial Communications Element assistant NCOIC, instructs Airman 1st Class Demetri Hoskins, 573rd GSS SPICE systems technician, on steps to manually acquire the satellite in order to receive internet services during a recent Makani Pahili Hurricane Exercise, in Waimanalo, HI. Staff Sgt. George Kreopolidis (right), 573rd GSS cyber transport systems supervisor, secures the satellite coordinates from the case. SPICE delivers regular and secure electronic mail and secure/non-secure voice communications to base-deployed locations. (U.S. Air Force photo by Tech. Sgt. Daniel Lane/Released)

Lane said. "With such a great first appearance in the annual HUREX, both sides are already hoping to see each other at next year's exercise. The new partnerships, created across the ocean and across the service branches, will truly prove to be invaluable when this exercise scenario's one day become a reality."

The 573rd GSS is part of the 621st Contingency Response Wing, located at both Joint Base McGuire-Dix-Lakehurst, N.J. and Travis AFB, Calif. The 621st CRW consists of approximately 1,500 Airmen in six groups, fourteen squadrons and more than 20 geographically separated operating locations aligned with major Army and Marine Corps combat units. The wing maintains a ready corps of light, lean and agile mobility support forces able to respond as directed by the 18th Air Force at Scott AFB, Ill., in order to meet combat command wartime and humanitarian requirements.

87th SFS racks, stacks, tags weapons



Senior Airman Alida Noboa, 87th Security Forces Squadron armory Airman, checks back in a weapon July 15, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The 87th SFS armory maintains accountability, cleanliness, security and maintenance of all ammunition and equipment. Noboa hails from The Bronx. (U.S. Air Force photo by Russ Meseroll/Released)

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Motorcycle mentorship program puts leadership in motion

By Tech. Sgt. Parker Gyokerea
621st Contingency Response Wing Public Affairs

Some of the most valuable lessons can't be found in a book or a classroom. Military motorcyclists and Department of Defense safety officials took this maxim to heart and developed a mentorship ride program to pass on experience and provide responsible guidance to fellow riders.

Before being allowed to drive on post, every base rider is required to attend a motorcycle safety foundation course. But additional instruction is needed to maintain safety and proficiency, explains Thomas Steward, lead motorcycle mentorship instructor. The mentorship rides have been found to be so effective, they are a mandatory part of the DoD's motorcycle safety program.

"Riding is a skill that must be practiced, and there are a lot of techniques to keep a rider safe that aren't taught in the beginner's course," said Steward. "The motorcycle mentorship program pairs experienced riders, mentors and coaches with less experienced cyclists to help them build skills, confidence and esprit de corps amongst the entire joint base community."

The joint base traffic safety program hosts three rides a season, explained Steward.



Senior Airman Jared Trimarchi, 628th Air Base Wing Public Affairs photojournalist rides his personal motorcycle wearing the proper Personal Protective Equipment required to operate his motorcycle on Joint Base Charleston, May 29, 2013. (U.S. Air Force photo by Senior Airman Dennis Sloan/Released)

"Our spring ride is known as a shake-down ride," he said. "We plan a non-challenging route that takes us to two motorcycle dealerships so riders can get service inspections and check out the latest personal protective equipment. Along the way our mentors and coaches can check each rider's skill level and provide on-the-spot guidance."

level and skills of the riders increases, so the second ride is a bit more challenging.

"Our mid-season ride introduces a more technical route and a greater distance," he added. "This year, almost a hundred riders traveled to Orange County Choppers in Newburgh, N.Y., to visit the showroom and get a tour of the workshop. In addition to the visit, a majority of sportbike accidents occur in curves, so we have selected a few points in our trip that will provide an opportunity to build skills and confidence."

Finally, the season-ending mentorship ride teaches advanced techniques that could possibly save a rider's life in an emergency.

"We teach skills on a challenging road that aren't taught in a basic course," said Steward. "Our coaches and mentors guide each other through advanced techniques such as applying balanced braking in a curve and how to perform a safe emergency stop. The entire point of the end-of-year technical ride is to teach skills a rider can use for the rest of his life."

"I believe mentorship rides are the most important tool in the continuing education of every rider," he added. "We have riders come up to us at briefings and say 'thank for teaching me skills that I apply every day now.'"

As the season progresses, the confidence

Loadmaster practices emergency procedures



Loadmaster practices emergency procedures Staff Sgt. Nathan Girard, 6th Airlift Squadron loadmaster, dons his oxygen mask and reviews the emergency procedures in a C-17 Globemaster III simulator July 11, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The simulated C-17 fuselage enables loadmasters to practice onboard emergencies including fire and smoke-filled cabin scenarios, in addition to combat offloads and night-vision goggle scenarios in a real-time environment. Girard hails from Berlin, N.H. (U.S. Air Force photo by Carole Clinton/Released)

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JB MDL personnel will find interactive maps at new web address

By From Air Mobility Command Public Affairs
SCOTT AIR FORCE BASE, Ill.—Joint Base McGuire-Dix-Lakehurst personnel can now access JB-MDL and Air Mobility Command maps at a new, easy-to-remember location: <https://AMC.maps.us.af.mil>.

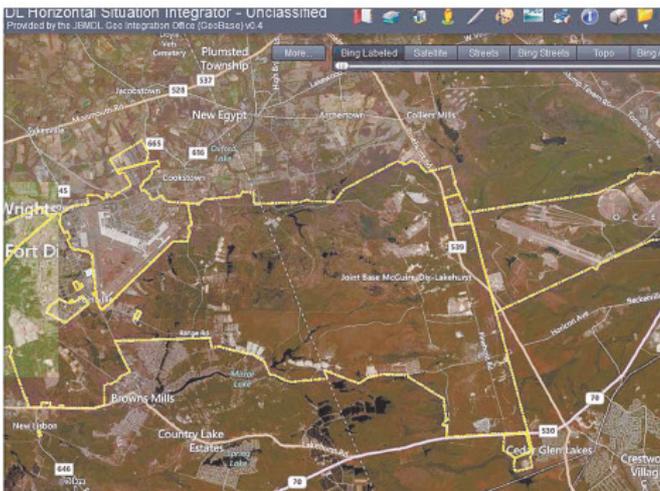
In addition, the basic view has been updated for the season to include hurricane and wildfire/drought information.

Military ID cardholders may use the site to search AMC bases for everything from buildings to aircraft location or to create customized maps to match a mission need. The map viewer, created by the 87th Civil Engineering Squadron GeoBase staff and maintained by the AMC Geo Integration Office, contains information from civil engineering surveys, current weather, aircraft maintenance status, and airfield suitability studies, among other things. The new site will also connect users to other DoD map websites.

AMC maps can be saved as JPEGs or PDFs, or printed for carrying. Users can also work on a customized map and save their work for further development later, or to share with another map user who may make additional changes to the map.

New users will find print and video guides on the main page to learn how to use and customize their own maps. Video tutorials are available on YouTube by searching for "AMC.maps."

Contact the GeoBase program manager, Greg Bury, or call (732) 323-1014 for additional information.



(U.S. Air Force graphic/Released)

Joint base runs to remember

Members of the Joint Base McGuire-Dix-Lakehurst community join together and support the worldwide tanker community to run a 5K to honor the memories of KC-135 crew, Shell 77 and raise money for the families left behind as a result of this tragedy July 12, 2013, on JB MDL, N.J. Capt. Mark T. "Tyler" Voss, Capt. Victoria A. "Tori" Pinckney, and Tech. Sgt. Herman "Tre" Mackey III perished May 3, 2013, when their KC-135 Stratotanker crashed in northern Kyrgyzstan. All three were deployed to the 376th Air Expeditionary Wing's 22nd Expeditionary Air Refueling Squadron from Fairchild Air Force Base, Wash., in support of Operation Enduring Freedom. (U.S. Air Force photo by Wayne Russell/Released)



Time to get Healthy!

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Barbara Q., USAA member

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Airmen get fit, ready with Recon

By Airman 1st Class Sean M. Crowe
Joint Base McGuire-Dix-Lakehurst

The 305th Maintenance Squadron initiated a rigorous physical training program called "Recon" at Joint Base McGuire-Dix-Lakehurst in late February 2013 to help service members improve their individual physical readiness and to reduce the number of fitness test failures.

Maj. Mark Szatkowski, 305th MXS commander, put the program into effect after receiving complaints about the old remedial PT program, a requirement for those unit members who failed PT tests.

One of the sergeants who participated in the old program came back extremely upset and unmotivated. He is now one of the biggest advocates of our Recon Program, said Szatkowski.

Squadron policy mandates that any service member who receives an unsatisfactory PT test score must attend the Recon program once a day, five days a week. Service members can also volunteer to participate in the Recon program.

"The program is a lot more vigorous and structured than the old program," said Szatkowski. "I think one of the greatest benefits of the program is having it among the 305th family."

There are five physical training leaders and one unit physical training manager who currently head the program.

"There are a lot of benefits to being a PTL," said Airman 1st Class Adam Beat, 305th MXS precision measurement equipment laboratory journeyman.

The PTL oversees Recon and the PTLs conduct the physical training. The PTL position is a voluntary position that physically-motivated Airmen can seek.

"I enjoy seeing the progress people make and their sense of accomplishment," said Airman 1st Class Michael Dionne, 305th MXS aircraft maintenance journeyman. "The program fosters a sense of camaraderie among us."

The PTLs conduct two daily sessions at Dock 23 here, which affords attendees flexibility in their work schedules. The training schedule rotates between cardio and strength training. Leaders have only canceled two days of training since the inception of the program.



Airman 1st Class Zachary Barletta, 305th Maintenance Squadron hydraulics journeyman, performs burpees as he leads the 305th MXS's Recon physical training program with 305th MXS members July 18, 2013, at Dock 23, Joint Base McGuire-Dix-Lakehurst, N.J. Recon is a program designed to improve the physical readiness of the members through cardio and strength training. (U.S. Air Force photo by Airman 1st Class Sean M. Crowe/Released)

"We do everything we can to motivate them," said Szatkowski. "I will even go PT with members on their third PT tests to encourage them if they have already failed two tests."

The only way for mandatory members of the program to graduate from Recon is to pass a PT evaluation. The PTL will track a graduate's PT standard for a month to decide if the graduate should be enrolled in the program again.

The program has a 100 percent pass rate and a 65 percent failure-to-excellence rate for its members in its four-month life span. Every member takes a mock PT evaluation every Monday to track his or her progress in the program. No one has failed out of the program so far which has inspired other

units' service members to join the program.

"Commanders were very interested when I talked about the Recon program," said Szatkowski. "Some of them decided to mandate their Airmen who failed PT tests attend the Recon program. The only thing they have to do to join is provide a PTL."

The units that have joined the program include: 32nd and 2nd Air Refueling squadrons, 305th Aircraft Maintenance Squadron, 305th Operations Support Squadron and 6th Airlift Squadron.

"My favorite part of Recon is the teamwork," said Beat. "The hard works pays off when I see the rest of the team motivating someone. It lets me take pride in my unit."

AF encourages Airmen to be key part of SAPR solution

By Staff Sgt. David Salantri
Secretary of the Air Force Public Affairs

WASHINGTON — In an effort to address the growing concern of sexual assault in the Air Force, the service has kicked off an initiative to give Airmen the capability for their voice to be clearly heard called "Every Airman Counts."

"I believe Airmen are a key part of the solution to this," said Maj. Gen. Margaret Woodward, the director of the Air Force Sexual Assault Prevention and Response office. "They understand the problem, and they know what needs to be done to help conquer it. Now we need them to share those innovative ideas with us and each other. We need our Airmen talking about this issue."

To enable this dialogue, the Air Force SAPR office members designed a blog to share ideas, collect suggestions, concerns, stories and questions for Air Force leaders

and SAPR officials. The SAPR blog site asks Airmen to make inputs on how the service can better combat sexual assault.

"We can't fix this issue sitting in the Pentagon," said Gen. Larry Spencer, the Air Force vice chief of staff. "We need each and every one of you to get engaged in addressing this issue ... this crime, and it is a crime. We need to know exactly where you feel the issues are, so we can address them with laser focus. I need every one of you helping us find ways to ensure dignity and respect are prevailing qualities in our daily relationships."

Content on the site will be driven in part by Airmen making firsthand posts. In addition to the blog, the Air Force is organizing web chats that will be moderated forums for real-time information exchange between Airmen, subject matter experts and senior leaders.

Various experts in the SAPR area will host these discussions to gain a better

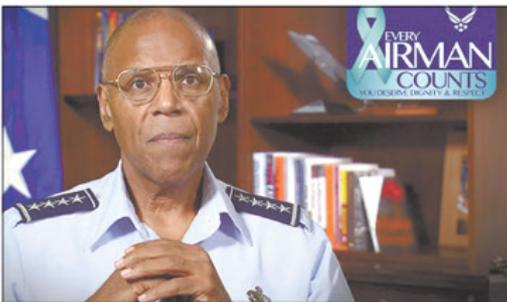
understanding of the issues at every level. "We've been doing a lot of talking on this issue," Woodward said. "It's important that we listen."

The SAPR blog is just one of many actions the Air Force is pursuing to help address the issues sexual assault within the ranks and to offer support for victims. Other actions include the creation of the Special Victims Counsel program earlier this year, which provides constant support to sexual assault victims throughout the legal process.

Airmen can view the blog and make posts

by logging into the Air Force portal with their Defense Department Common Access Card, and clicking on the photo tab titled Every Airman Counts or go to afspr.dod-live.mil.

"Every Airman Counts is about you, our Airmen, our most precious resource," Spencer said. "Our strength lies in our people, so we're asking all of our teammates to help us stop sexual assaults now. The American people place great trust and confidence in our military. We cannot and will not violate that trust."



Gen. Larry Spencer, Air Force vice chief of staff, encourages Airmen to get involved with "Every Airman Counts." The initiative is designed to foster communication between Airmen and senior leaders about sexual assault prevention and response. (U.S. Air Force photo/Released)

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NEWSNOTES

Fourth Annual Free Family Campout

The 87th Force Support Squadron is set to host the Fourth Annual Free Family Campout Aug. 9, 2013, at Doughboy Field. The event is open to all Department of Defense ID card holders and includes an evening of camping, barbecue, children's crafts and games at no cost. The movie "The Croods" will be shown outdoors. Breakfast will be available in the morning! Families must preregister by August 7. Tent setup and site check-in is from 3-7 p.m. The 87th FSS Outdoor Recreation has limited camping gear. Call 562-2727 for more information or to register.

4-on-4 Sand Volleyball Tournament

The 87th Force Support Squadron is set to host a 4-on-4 Sand Volleyball Tournament from 10 a.m. to 1 p.m. Aug. 10, 2013, at the Sand Volleyball court, located at the John Mann Park. Event is open to all Department of Defense ID card holders 18 years and older. The event is free and refreshments will be provided. Preregister by August 8 is required. Call 562-2673 for more information or to register.

August Night Zumbathon

The 87th Force Support Squadron is set to host a Night Zumbathon from 6-9 p.m. Aug. 16, 2013, at Griffith Field House, located at 6053 Doughboy Loop. The event is open to all Department of Defense ID card holders. Get a great workout, enjoy free refreshments, healthy snacks and bring the kids for some bounce house fun and other activities. Preregistration is open until August 15, the cost is \$7 per person, cost for same day registration is \$12 per person. Call 562-4888 for more information.

Burger Burn 5K run

The 87th Force Support Squadron is set to host a Burger Burn 5K Run beginning noon Aug. 29, 2013, at Infantry Park, located at 8th Street near Griffith Field House. The event is open to all Department of Defense ID card holders. Run a 5k and enjoy free burgers when you finish! Call 562-2769 for more information.

Fluke Fishing Trip

The 87th Force Support Squadron is set to host a Fluke Fishing Trip Aug. 31, 2013, aboard the fishing boat "Miss Belmar." The cost is only \$35 for active duty personnel and \$60 for all Department of Defense ID card holders. Price includes transportation, fishing pole and bait, and

your admission to the party boat. Preregistration and payment is due by Aug. 23 and is limited to 24 participants. Transportation departs at 5 a.m. from Outdoor Recreation located at 6045 Doughboy Loop and returns at 5 p.m. Call 562-2727/6667 for more information or to register.

Farmers Market

United Communities is set to host a Farmers Market from 10 a.m. to 2 p.m. every Thursday rain or shine at Patriot Park in Falcon Courts North, located at the corner of North Bolling and West Castle Drive. Locally-grown produce, baked goods, homemade crafts, fresh flowers and more will be available for purchase. Call 723-4290 for more information.

Army Education Center Summer Schedule

The Army Education Center is offering a Functional Academic Skills Training Class from 12:30-4:30 p.m. July 10-30, 2013, at the Education Center, at 5418 MacDonald Hall. The class is designed to strengthen skills measured in the General Technical score from the Armed Forces Classification Test. A diagnostic Test of Adult Basic Education is required for attendance. Call 562-4894 for more information.

The Flight Deck

The Flight Deck Recreation Center located at 484 Lansdowne Road, is now open Tuesday, Wednesday and Thursday nights offering a variety of games, pool, table tennis darts, movies and more. Call (732)323-2405 for more information.

Meet the MFLC

The McGuire Child Development Center 2 is set to host a "Meet the Military and Family Life Consultant," at the lobby of the McGuire CDC2, located at 2414 Tuskegee Airman Ave. from 4-5 p.m. the second and fourth Wednesdays of every month. All parents are welcome. Call 754-3661 for more information.

New 87th Medical Group Urgent Care Guidance

The 87th Medical Group has implemented new guidance with the closure of the Lourdes Medical Associates After-Hours Family Practice Clinic last year.

To schedule an appointment or to reach the after-hours on-call provider (option 3), call the 87th MDG appointment line at (866) 377-2778. The on-call provider can authorize after-hours urgent care in addition to providing advice and follow-up care in the 87th MDG. Call (877) Tricare if you are unable to reach the 87th MDG on-call provider. Tricare can also authorize urgent care.

JB MDL Thrift Shops

McGuire
The McGuire Officers Spouses Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month. The shop accepts gently used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit Joint Base McGuire-Dix-Lakehurst, local, and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Broidy Road. Call 754-2368 for more information.

Dix

The Dix Thrift Shop hours are Tuesdays and Thursday and the 1st and 3rd Saturdays from 10 a.m. to 2 p.m. Donations can be dropped off during business hours or placed in the shed after hours. The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouse and Civilian Club. The Dix Thrift Shop is located next to the museum at 6501 Pennsylvania Ave. Check out the Dix Thrift Shop Facebook page for regular updates.

Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1-5 p.m. at 158 Berry Road. The thrift shops sales income is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers, 732) 323-2362.

Construction Corner

From 87th Civil Engineer Squadron

McGuire Power Plant Demolition Project

Demolition of the McGuire Power Plant and associated facilities will continue through Aug. 31, 2013. Additional truck and construction vehicle traffic can be expected in the area.

Walson Army Hospital Demolition

Demolition of the Walson Army Hospital and associated facilities is expected to take approximately 18 months. Detour around the site will be implemented from Aug. 1, 2013 through May 1, 2014. New Jersey Avenue will be closed to all but local traffic between 4th Street and Summerall Avenue for the duration of the demolition and traffic will be routed around the site via N. Scott Plaza, Maryland Avenue and 8th Street.

Thrift Store and Airmen's Attic Demolition

Demolition of the Thrift Store and Airmen's Attic, located at 3446 Broidy Road, is scheduled to begin Sept. 15 through Dec. 15, 2013. The old ball room in Puddy's is located at 2508 East Third St. is being renovated to house the Thrift Store and Airmen's Attic.

Road closures

Replacement of the sanitary sewer main that runs under Broidy Road southbound from Texas Avenue to Broidy Road is currently scheduled for completion by June 2013. Right turns from southbound Texas Avenue onto Broidy Road may be restricted during the

construction. Alternate routes to access of Broidy Road between Delaware and Texas Avenues via Delaware Avenue, or proceed south on Texas Avenue to Airfield Road, then north on Delaware Avenue to Broidy Road.

Water Line Replacement

Water line replacement work is currently scheduled through the end of 2013 in the 5500 and 5600 area, between Willow Pond and the U.S. Air Force Expeditionary Center, and between Doughboy Loop and Texas Avenue on Dix. Access to the sidewalk along Texas Avenue will be impacted during construction. During work in the shoulder of 8th Street, traffic may be restricted by construction crews in the area. Construction equipment and activities may limit access to interior roadways and parking lots intermittently during the work. No road closures are anticipated.

Electrical System Upgrade

Electrical system upgrade work at 1907 East Arnold Ave. is currently scheduled through Dec. 2013 for the demolishing of old electrical service and distribution within the facility. Intermittent electrical shutdowns will be required to disconnect old service and reconnect to the new distribution system.

Softball and Soccer fields Renovations

The softball and soccer fields on McGuire will be closed through July 2013, to establish grass on the fields.

Joint Base McGuire-Dix-Lakehurst Chapel

Chapel Locations

- McGuire Chapel - 2503 East Arnold Avenue
- North Chapel - 3827 School House Road
- Dix Chapel - 5240 New Jersey Avenue
- Soldier's Chapel - 5950 Church Street
- Cathedral of the Air - 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

Catholic
Wednesday - 11:30 a.m. McGuire Chapel
Saturday - 5 p.m. McGuire Chapel
Sunday - 10:30 a.m. Dix Chapel

Protestant
Sunday - 9 a.m. Traditional - Dix Chapel
Sunday - 9:45 a.m. Contemporary - North Chapel
Sunday - 11 a.m. Liturgical - Cathedral of the Air
Sunday - 11:30 a.m. Gospel - McGuire Chapel

Army Support Activity
Sunday - 7:30 a.m. LDS - Dix Chapel
Sunday - 7:30 a.m. Protestant - Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4673.

Contacting A Chaplain

When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. - 4:30 p.m.) call 609-754-HOPE (4673).

For assistance after duty hours, call the Command Post at 609-754-3935 or 3936.

Club

Continued from Page 1

and current members of the SAMC. Sponsors provided the nominees with study material and held rehearsals boards to help boost confidence and comfort.

"My sponsor did a great job in helping me prepare for the board," said Correa. "From prepping me for the Army physical fitness test to assisting me in making sure my tie was properly positioned, he was there. I strongly feel that without a great sponsor, preparing for the board and being successful becomes ten times more difficult."

Appearing before the Sgt. Audie Murphy board is unlike appearing before a promotion board, said Command Sgt. Maj. Berk Parsons, 72nd Field Artillery Brigade command sergeant major and one of the board members of the July SAMC board.

"At a promotion board, the individual has demonstrated the potential to lead, so the board is looking for the Soldier's knowledge and his or her ability to present that knowledge,"

said Parsons. "At the SAMC board, it's how the candidates lead, how well they know their subordinates and how they would apply their knowledge and experience to lead their subordinates in various situations. That's what is very important here."

It recommended by the First Army East board, the Soldiers' packets will be forwarded to First Army for endorsement and then to U.S. Forces Command for approval.

"The values of the club are in line with what I believe every noncommissioned officer should live by," said Francis. "Being a SAMC member is a lifestyle; it's not just the uniform or the rank you wear."

From notification of sourcing through release from active duty, the 72nd Field Artillery Brigade mobilizes specified U.S. Army Active, Reserve, National Guard, Navy, Air Force and Coast Guard units in conjunction with Joint Base McGuire-Dix-Lakehurst partners to meet combatant commander requirements.

Visit the 72nd Field Artillery Brigade at www.facebook.com/72ndFABDE for more information.

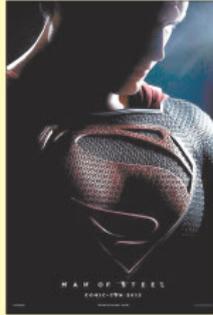
Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base



Joint Base Theater Movie Schedule



Friday:
7 p.m. This is the End (R)



Saturday:
7 p.m. Man of Steel (PG-13)

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? Email the recipe and a photo to the Air, Land & Sea Times staff at 87abw.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Cheesesteak Panini

A great way to combine two tasty sandwiches. Makes one sandwich.

Ingredients:
6 ounces Steak-ums or 6 ounces shaved rib eye steaks
2 slices French bread (thin large oval slices)
2 ounces provolone cheese or 2 ounces American cheese
1/2 cup sliced onions (or a combination) or 1/2 cup mushrooms (or a combination) or 1/2 cup green pepper (or a combination)
2-3 tablespoons butter
salt (to taste)
pepper (to taste)

banana peppers (optional) or pickle (optional)
Cooking Instructions

Saute the vegetables in half the butter on a stove top griddle until soft, then top with the thinly sliced steaks, cooking until cooked through, seasoning to taste with salt and pepper. Place cheese on bread with steak and veggie mix and top with peppers or pickles if you like. Place bread slices together, butter each outer side and place on a Panini maker, George Foreman grill, or griddle with bacon press. Grill sandwich until outside is crisp and golden, turning if you make it on the stove top griddle.

Recipes found at food.com



Get to know JB MDL!



Can you guess what this week's close-up photo is? Submit your guess online at www.facebook.com/jbmdl. Don't forget to check back next week when the full-size photo is revealed!

It's an obstacle at the new JB MDL dog park. The park has obstacles for the dogs to run through and jump over in addition to water fountains for dogs which are located at the bottom of the normal water fountains. The park also contains pavilions for dog owners to rest.



Reduce Administrative Distractions Website Launches

By Mass Communication Specialist 1st Class (SWAW) Nathan Laird
Defense Media Activity

FORT GEORGE G. MEADE, Md — The Chief of Naval Operations' Reduce Administrative Distractions (RAD) Team website launched July 1, and the effort is underway to get direct input from Sailors on how the Fleet can streamline or eliminate administrative processes to allow more time to focus on mission readiness.

The interactive RAD website provides all ranks, active, Reserve and Navy civilians with a platform to voice their concerns about administrative tasks, procedures,

instructions and training, and propose solutions to fix these issues. It will function much like a social media interface, allowing users to comment and vote on posts.

The collected data can be analyzed by many different variables, from what is bothering commanding officers to what junior Sailors are concerned with.

The site has generated several responses on a wide variety of topics including anti-terrorism force protection, quality assurance, Navy Knowledge Online and electronic routing. IdeaScale rewards users with merit badges based on their activity on the site.

Data collection via the RAD website is phase one of the multi-phase approach to streamline or eliminate

administrative processes in the fleet and is slated for completion July 31. In phase two, the collected data will be analyzed and the team will make proposals to the "owner" of the administrative program for automation, elimination reduction or other action by August 30. Phase three will be the action phase, allowing execution of the reduction measures and will wrap up Sept. 30.

Upon completion of the three phases, the program will promulgate the progress to date, monitor the impact and plan for the next cycle.

For more information, or to give feedback, visit the RAD website at <http://navyrad.ideascale.com/>