

**NEWSNOTES**

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

**Active-Shooter Exercise Rescheduled**  
 The active-shooter exercise originally 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.

**Hydrant Flushing Program**  
 The 87th Civil Engineer Squadron in conjunction with the Water Fuel System Maintenance Shop is set to conduct its semi-annual McGuire hydrant system flushing from 8 a.m. through 8 p.m. throughout the month of August 2013. During this process, it is not uncommon for a yellow, brown or reddish tint to appear in the water. If discolored water is encountered, shut the water off and wait several minutes to allow new water to work its way into the pipes. Base residents should avoid running tap water, using washing machines or dishwashers if CE crews are flushing the hydrants on their streets. Residents can resume normal water usage upon flushing completion. Call 754-2692 for more information.  
 August 26: 1700 1900 Flightline Area  
 August 27: 3400 Base Exchange Area  
 August 28: 3300 Air National Guard Area  
 August 29: Flightline Area  
 August 30: Overflow time

**Cantonment Archery Program Briefing**  
 The 87th Force Support Squadron is set to host a Cantonment Archery Program Briefing 5:30 p.m. Aug. 27, 2013, at the Outdoor Recreation Center, located at 6045 Doughboy Loop. Participants planning on hunting deer in the CAP program need to attend this briefing. The CAP is open only to active-duty military, dependents and full time Department of Defense employees. Call 562-2727 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.

**Fall and Winter Walk Club**  
 The 87th Force Support Squadron/Griffith Field House is set to host the Fall and Winter Walk Club at noon every Monday and Wednesday from Sept. 3 through Nov. 26, 2013. The starting point is Infantry Park, adjacent to Griffith Field House. Event is open to all Department of Defense ID cardholders. Call 562-2707 for more information.

**Ceramic Classes at Lakehurst**  
 A ceramics class for all skill levels is set to be held from 4:30-6 p.m. Sept. 3, 2013, at the Flight Deck Recreation Center, located at 484 Lansdowne Road. The event will teach basic techniques of glazing and staining ceramic pieces, in addition to dry brushing and chalk techniques. The fee is \$5 per class plus supplies. Call (732) 323-2305 to reserve a seat or for more information.

**Installation Ammunition Amnesty Day**  
 The Fort Dix Ammunition Supply Point is set to host an Installation Ammunition Amnesty Day from 8 a.m. to 3 p.m. Sept. 3-4, 2013, at the Army Support Activity-Dix ASP. The Installation Amnesty Program provides Department of Defense ID cardholders the opportunity to turn in ammunitions and explosives under a "no questions asked" format. Call 562-3850 for more information.

**Cantonment Archery Program Briefing**  
 The 87th Force Support Squadron is set to host a Cantonment Archery Program Briefing 5:30 p.m. Sept. 3 and 10, 2013, at the Outdoor Recreation Center, located at 6045 Doughboy Loop. Participants planning on hunting deer in the CAP program need to attend this briefing. The CAP is open only to active-duty military, dependents and full time Department of Defense employees. Call 562-2727 for more information.

**Photography Class**  
 The 87th Force Support Squadron is set to host four-week "Turn your snapshots to great shots!" course from 5:30-7:30 p.m. Saturdays starting Sept. 4-25, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. The cost is \$40. Call 562-5691 for more information.

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Col. James C. Hodges, Joint Base McGuire-Dix-Lakehurst commander, gives the Honorary Commander's Oath to key leaders of the surrounding communities for their active role as Honorary Commanders for various units throughout JB MDL during the Joint Base Honorary Commanders Induction ceremony Aug. 20, 2013 on JB MDL, N.J. The Honorary Commanders program provides commanders with a means to effectively educate participants on the Air Force, Army and Navy missions of JB MDL and encourages an exchange of ideas, experiences and friendships with members of the local community. Each honorary commander serves a one-year term and during this time they are invited to participate in various installation and unit events. (U.S. Air Force photo by Wayne Russell/Released)

**Joint base community welcomes civilian 'commanders'**

By Airman Tara A. Williamson  
 Joint Base McGuire-Dix-Lakehurst Public Affairs

A total of 95 honorary commanders from the surrounding community were inducted into the Joint Base McGuire-Dix-Lakehurst extended family during a ceremony at the Fleet Logistics Support Squadron 64 (VR-64) Hangar here Aug. 20, 2013. The community leaders serve a year-long term in their new roles as the base's newest honorary commanders. As a memorial to honor David Nagel, the 305th Air Mobility Wing emeritus honorary commander who passed away July 30, 2013, a chair remained on stage throughout the ceremony. According to the Honorary Commanders fact sheet, the program provides commanders with a means to effectively educate participants on the Air Force, Army and Navy missions of the joint base. It also encourages communication between the

surrounding communities and commanders by showcasing the joint base's capabilities, future leaders and the caliber of men and women serving at JB MDL. Col. James Hodges, JB MDL and 87th Air Base Wing commander, led the formation of honorary commanders in reciting an oath, resembling the military's oath of enlistment, as they were formally inducted into the program. "It's a great and humbling experience to be called a commander," said Hodges. "To be a steward of these resources and these people that America has entrusted us with. As we induct you as honorary commanders today, let me challenge you to join in on my top priorities." The joint base commander charged the honorary commanders with tasks to work on during their tenure at the joint base.

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**HMLA-773 loads up, rolls out**

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

Members from three of Marine Light Attack Helicopter Squadron 773's detachments deployed with two of their UH-1N Hueys Aug. 19, 2013, to Spain then Rotterdam, Netherlands from Joint Base McGuire-Dix-Lakehurst. Marines and Sailors from the unit will work with Dutch, Spanish and British marines on a Dutch amphibious assault ship to perform theater security cooperation missions and train several African countries' militaries. "It's my first time deploying in a non-combat role," said Marine Lt. Col. Charles Watkins, HMLA-773 pilot and officer in charge of the Security Cooperation Task Force. "None of us have ever deployed in a training capacity. It will be interesting to build relations with African and NATO forces." Some aspects make this a very unique deployment. "This will be the first time U.S. armed forces deploy on a Dutch ship," said Watkins, a Georgetown, N.Y., native. "It will also be the last deployment for the UH-1N Huey as the Marines Reserves are switching to



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**Service member spotlight**

Army Sgt. 1st Class Jannie Woodall, 1-307th Infantry Regiment, 174th Infantry Brigade trainer/mentor, is the joint base's featured service member of the week.



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**Failure not an option**

One of three KC-10 Extender engines is hoisted more than 40 feet in the air and placed in the tail of the plane. The General Electric CF6-50C2 weighs approximately 9,000 pounds and requires significant manpower to move around.



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**Navy announces answer sheet change**

The updated enlisted examination answer sheet announced Aug. 5 in naval administrative message 195-13 will be implemented for the E4-E6 Navy-wide advancement exams administered starting in Aug. 2013 for Reserve and Active Duty personnel.



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**Check out JB MDL on social media!**

**f** [/jbtmdl](#)  
 Use Facebook to connect with joint base Lakehurst and other community members.

**t** [/jointbasemdl](#)  
 Sign up for text alerts through Twitter and receive important base updates straight to your cell phone.

**+** [/jointbasemdl](#)  
 Check Flickr for photo galleries containing hundreds of images of JB MDL happenings.

## 'Lucky' people take personal responsibility for their own success

By Lt. Col. Mickey Evans  
56th Communications Squadron

OFFUTT AIR FORCE BASE, Neb. — "She's so lucky! He has all the luck!" Just like you, I hear these phrases thrown around from time to time.

I've often been taken somewhat by surprise when I hear one of these comments. Don't get me wrong, I think there are times when truly random events of good fortune happen.

Take for instance the lady that recently won \$590 million in the Powerball lottery! That's got to be luck, right?

However, I've watched some "lucky" people and noticed a few common traits and characteristics.

Lucky people are prepared. They show up for work ready to fulfill their role in the mission. If there was research to be done to prepare for a task, they've done it. If there's a pertinent Air Force instruction, they've read it. They know when their physical fitness assessment and their performance report is due and

what ancillary training they have to complete.

Lucky people don't procrastinate. Their career development course needs to get accomplished - check. Signed up for a primary military education course by correspondence as early as possible - check. Service dress needs to be squared away for an event next week - check. The fact is, the pace of our daily mission is so fast, we usually don't know what curve ball is going to be sent our way tomorrow. Lucky people understand this and take care of what they can today.

Lucky people seem to have a plan. Those people with whom I work closely, often hear me say, "Hope is not a plan." For me, hope is a four-letter word. Most of the time when I hear this word, it tells me the person talking really has no idea what they're talking about.

Perhaps unbeknownst to them, lucky people seem to have the same philosophy. They know how many pages of the Professional Development Guide they have to study each week to be ready for

their promotion test; they don't 'hope' to get through it. They know what they want to score on their next physical fitness assessment and have a plan to get there; they don't 'hope' to do well. They have a plan with definite goals and milestones and they stick to it.

Lucky people take personal responsibility for their own success. They don't wait for their supervisor to tell them what to do or wait until the squadron sends out a roster of overdue ancillary training. They are aware of what is required and take care of it. If they fail, they take responsibility for it and perhaps most importantly, learn from it, and move on.

Lucky people are disciplined and balanced. It's very easy to let one facet of our lives overwhelm the others. Most of us have many titles such as spouse, father, supervisor, student, et cetera. By capitalizing on those traits, lucky people self-regulate their time to ensure each facet of their lives gets the attention it

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## Air Force dad 'saving country every day'

By Staff Sgt. John Bainter  
1st Special Operations Wing Public Affairs

HURLBURT FIELD Fla. — What makes a military father different from every other father out there?

Is it the sacrifice of time spent away from home, the sometimes long hours spent working through exercises and real world conflict? Or is it the unfaltering commitment to freedom for all combined with the drive and necessity to provide for one's family?

A military father is someone who realizes the sacrifices required for freedom and makes them willingly.

As a military father, I feel it's all these things. I receive gifts proclaiming how great of a father I am, adorned with sunley faces, rainbows and even some with portraits of me or the entire family when we approach Father's Day.

They've already planned to make breakfast and I've received several handcrafted Father's Day cards. It seems my company and time is all that's required for my family to be satisfied.

The fact is my children are well aware of the sacrifices of

wearing the uniform. I've already deployed twice and I am preparing to go again soon. I've explained to them the reasons I serve: I do everything for them and their future. I see the look in their eyes and the admiration they have for the uniform. The uniform instantly demands their respect because it's what they see me wear.

When I asked my daughter how she felt about me being in the military, she said, "Daddy I like you being in the military because you save the country every day."

The realization that my children view me as the savior of the country simply because I serve is much more gratifying than admiration alone.

So to all the other fathers out there who serve in the military, I salute you for your sacrifice and dedication to your family and country.

The work we do around the globe, working long hours, spending time away from family, and the everlasting commitment to being a strong leader and example for our children is more than enough gratification for me. Knowing my son and daughters look up to me because I chose to raise my right hand is the best gift I could ever receive.

## Service member spotlight: obligation to serve

Army Sgt. 1st Class Jannie Woodall, 1-307th Infantry Regiment, 174th Infantry Brigade trainer/mentor, is the joint base's featured service member of the week.

**Q: Why did you join the military?**

**A:** I joined the military to travel and see the world. I have been to places that most people spend a fortune on for vacations — places like Rome, Paris and The Alps.

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

**A:** I am a trainer/mentor. I am responsible for ensuring the units coming to JB MDL get the necessary training they need in order to accomplish their mission overseas before they deploy.

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

**A:** My oldest brother was the first in my family to join the Army. My older sister was next and I came in last. So you can say we are a military family.

My spouse's family is the same.

**Q: Who most inspires you?**

**A:** I cannot honestly pick one person in particular. Throughout my lifetime I have had people to inspire me; like a teacher, a family member, an associate or someone in my chain of command. These people inspired me in different ways and it would not be fair to pick one or the other. Collectively they made an impact on my life, and I'm a better person for knowing them.

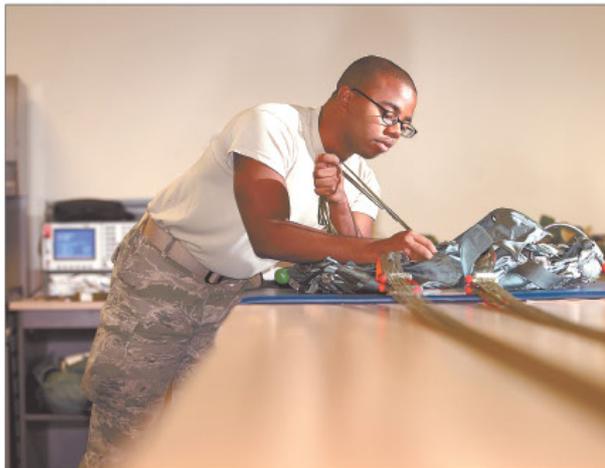
**Q: What is one thing you'd like your fellow service members to take away or understand about the military?**

**A:** The one thing I would like my fellow service members to understand about the military is that when it comes down to it, the things we have to do are achievable if we put our minds to it. A lot may have changed through the last 20 years, but like the old saying goes, "You get out of it what you put into it."



(U.S. Army courtesy photo/Released)

## Deploy the chute!



Senior Airman Kristofer Salaah, 305th Operations Support Squadron aircrew flight equipment journeyman, visually inspects and rigs the harness and pack assembly on a Back Automatic parachute Aug. 16, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The mission of the 305th OSS is to provide information, support, and equipment to allow aircrews to accomplish their global mobility mission. (U.S. Air Force photo by Russ Meseroll/Released)

## COMMANDER'S ACTION LINE



Col. James C. Hodges  
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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Joint Base

McGuire-Dix-Lakehurst

Most articles and announcements published in the Air, Land & Sea Times are available online at the JB MDL public Web site.

For up-to-date joint base news & info visit:  
[www.jointbasemdl.af.mil](http://www.jointbasemdl.af.mil)



# Failure not an option for downrange JB MDL Airmen

By Senior Airman Jacob Morgan  
380th Air Expeditionary Wing  
Public Affairs

One of three KC-10 Extender engines is hoisted more than 40 feet in the air and placed in the tail of the plane. The General Electric CF6-80C2 engine weighs approximately 9,000 pounds and requires significant manpower to move around.

Typical maintenance on this engine is completed at U.S. bases, where units have large hangars and ample time to diagnose and fix problems. However, with combat sorties to fly and a higher operations tempo overseas, members of the 380th Expeditionary Aircraft Maintenance Squadron KC-10 Aircraft Maintenance Unit, some deployed from Joint Base McGuire-Dix-Lakehurst, N.J., worked late into the night and early into the morning to remove and replace the engine on the flightline.

An engine replacement typically requires four specialties: hydraulics, electrical and environmental, crew chiefs and jet engine mechanics. However, six specialties, including communications navigation and guidance and control, were on hand to split open the tail of the aircraft, setup stands, hoists, disconnect the engine and reconnect a new one.

Teamwork is what drives the unit to success, said Air Force Chief Master

Sgt. Mitch Johnson, 380th EAMXS KC-10 AMU superintendent.

"We maintain 99 percent effectiveness because our teammates do not want the mission to slip. Even though everyone has his or her specialty and own lane, everyone here is helping each other," said Johnson, who calls Thief River Falls, Minn., home and is deployed from JB MDL. "You'll find that maintainers hate to fail. Everyone here in this unit has a greater sense of belonging and a drive to work together."

This drive helps them keep the KC-10 operational while abiding by three rules: safety first, maintenance by-the-book and taking the time to do things right the first time. When an Extender lands, crew chiefs recover the aircraft and start the next round of maintenance. Crew chiefs are responsible for regularly servicing the aircraft to include pre- and post-flight inspections, refueling, checking tires and brakes. Johnson said crew chiefs are the "jack-of-all-trades and master of none," meaning they have knowledge on all of the systems, but they also have to know when to call in one of the five specialties for help.

If a problem is found during an inspection, crew chiefs will do some trouble shooting and narrow down the problem if possible. Sometimes, they can fix the problem or remove and



U.S. Air Force Airman 1st Class Ryan Bertsch, 380th Expeditionary Aircraft Maintenance Squadron KC-10 Aircraft Maintenance Unit inside the aircraft while running a systems check on a KC-10 Extender at an undisclosed location in Southwest Asia Aug. 5, 2013. Bertsch calls Rochester, Minn., home and is deployed from Travis Air Force Base, Calif. (U.S. Air Force photo by Staff Sgt. Jacob Morgan/Released)

replace a part, but when they cannot, they call in the specialist.

"These are old-school aircraft and it requires reading a book, trouble shooting, and start ruling out each component, each connector and finding the issue," said Johnson. "If it cannot be fixed here it's removed and replaced."

Most of the removing and replacing is done by the specialists, for instance, a jet engine mechanic would replace parts on the engines, or a hydraulic specialist would replace hydraulic lines and conduct function checks.

The squadron has fewer people and a higher operations tempo than

a typical U.S. unit, but they are still required to keep the Extenders safe and reliable for operations, said Johnson. Every maintainer assigned to the 380th EAMXS KC-10 AMU is a fully qualified journeyman or craftsman. They know the steps for each scenario and using technical orders, can solve the problems quickly.

"My Airmen have the drive to generate aircraft for the highest of operations tempo," said Johnson. "Some things go beyond our capability and that's why we have the back-shops. We brought a lot of capability, but we rely on the fabrications flight, aerospace ground equipment and other shops to help us out. Without them, we wouldn't survive out here."

Once the unit starts the generation process for an aircraft, their turnaround has to be quick. The Extenders are expected to be ready to keep aircraft up in the air for a sustained period of time. For that to happen, members of the 380th EAMXS KC-10 AMU have to give the aircraft a green light to go.

"I need to make sure this \$6 million dollar jet is good to go, its green, and it can refuel other aircraft to carry on their mission," said U.S. Air Force Staff Sgt. Richard Falls, 380th EAMXS KC-10 AMU crew chief. "It's a great sense of pride for us to be able to get our team what they need."

# Cultural awareness training is reality for trainer/mentors

By Sgt. 1st Class Billy Webb  
and Capt. Michael Duchaine  
174th Training Brigade

On today's modern battlefield, service members train, coach and mentor international security force partners in a wide array of military specialties. In order to accomplish these critical tasks, deploying service members must first and foremost understand the cultural and religious intricacies before arriving in the theater of operations.

"During my deployments, everybody was an ambassador, everyone had to be culturally aware," said U.S. Army Lt. Col. Terrance Johnson, 1-307th Training Support Battalion, 174th Infantry Brigade commander, who initiated the cross-training program. "Cultural awareness is important. Once you learn what you don't know about a culture, it makes you more aware or sensitive to all cultures."

Johnson's battalion is charged with the responsibility to provide the cultural awareness block of instruction to the service members who are set to deploy. Focusing on enhancing trainer/mentor proficiency within the organization, the battalion recently incorporated a Cultural Awareness Training Academy designed to cross-train fellow trainer/mentors on the importance of understanding Afghan counterparts. The course includes topics such as the history of Afghanistan, social customs and courtesies and the predominance of Islam in their society and daily activities.

"Comprehension of the people, their socio-political climate and religion are the corner stone to overall success in any country," said Staff Sgt. Sami, primary Cultural Awareness instructor.

Being a cultural awareness trainer is a difficult task for anyone, whether they share the same cultural background or not. However, being passionate about his job is something that comes easy to Sami.



Army Staff Sgt. Sami, Cultural Awareness Training Academy primary instructor, discusses the Country of Afghanistan with a group of multi-service students and trainer/mentors from the 1-307th Training Support Battalion July 17, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Army courtesy photo/Released)

"It's very important," said Sami. "It can save the lives of many Soldiers and if you deal with the locals in a proper way they will save your life."

The battalion Cultural Awareness Training Academy was designed to ensure all instructors of 1-307th TSB could convey the importance of this information to deploying service members regardless of background.

"Trainer/mentors aid in the success of overseas operations by

providing the most current and relevant information available to deploying service members," said Sami. "And therefore must be able to teach any class at any time."

Staff Sgt. Sami, and his team of trainer/mentors routinely instruct mobilized service members on cultural awareness. With that in mind, the trainers routinely tailor cultural awareness training around the areas of deployment in the Middle East, Asia and the Horn of Africa.

"This training is very relevant," said Army Chaplain (Lt. Col.) Timothy Bohr, 1st Theater Support Command deputy command chaplain. "It's very good to have an instructor that is from the region that is much more familiar with (the culture) then we are."

In his primary role in the command, Bohr advises his commander and serves as the subject matter expert for religious understanding. Bohr feels that providing true religious and cultural insight enables deploying service members to understand that not every Muslim is a Muslim extremist.

"Giving the cultural piece as well as the religious piece is definitely beneficial to help me train lower enlisted to understand the culture aspect of it versus just the religious piece," expressed Staff Sgt. Steve Magge, Bohr's chaplain's assistant.

The cultural awareness training stresses the importance of connecting with our counterparts to develop brotherly bonds that are as old as combat itself. However, it is important for all instructors, regardless of background, to understand the information and be able to communicate it to deploying service members. Sami believes that this training is a necessary reality for the Soldiers in foreign areas.

"At the end of the day our mission is to leave the nation as an ally," insisted Bohr. "The only way to do that is to stop offending them. Typically we offend them on basis of their religion and culture."

# Food service specialists 'go mobile' at Operation Sustainment Warrior

By Spc. Thomas Crough  
381st Public Affairs Operations Center

U.S. Army Sgt. Donovan Whyte, 77th Sustainment Brigade food service specialist, is one of ten cooks from different units who operate a Containerized Mobile Kitchen Trailer, a mobile dining facility, set up at the ranges here in support of Operation Sustainment Warrior.

Food service specialists are primarily responsible for preparing and serving food in field or in garrison.

In addition to the standard Advanced Individual Training for his Military Occupational Specialty, Whyte attended a food safety sanitation course at Fort Lee, Va., that not only taught him safety and sanitation procedures but also gave him the leadership skills to teach the course to others.

Whyte, a native of Irvington, N.J., used what he learned at AIT and Fort Lee to coordinate and operate the facility, including supply inventory, equipment operation, menus coordination and scheduling, said Master Sgt. Suitt, noncommissioned officer in charge of the facility.

Another food service specialist working at the CMKT is Spc. William Welch, also with the 77th SB here, who drew cartoons on the menu board to boost the morale of troops waiting in line for chow.

Welch, originally from Newton, N.J., said that he draws anime



Food service specialists serve chow to soldiers in a Containerized Mobile Kitchen Trailer during Operation Sustainment Warrior, Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 10 2013. Food service specialists are primarily responsible for preparing and serving food in field or in garrison. (U.S. Army photo by Spc. Thomas Crough/Released)

and tattoos as a hobby.

Operation Sustainment Warrior is a training event for Soldiers to participate in collective training that incorporates live, virtual and constructive training methodologies to provide all participants with a realistic combat simulation experience. OSW took place at Joint Base McGuire-Dix-Lakehurst, N.J., from Aug. 3 to Aug. 16, 2013.

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# Women's equality: 'you just have to get over the wall'

By Sgt. 1st Class Stanley Maszczak  
174th Infantry Brigade Public Affairs

"A lot of times men and women do things differently because of their different capabilities, but the question is: can you get over the wall?" said Brenda "Sue" Fulton, graduate of West Point's Class of 1980, the first Academy class to include women.

Fulton, appointed by President Obama in 2011 as a Member on the U.S. Military Academy Board of Visitors, served as guest speaker for a Women's Equality Day observance hosted by the 174th Infantry Brigade, First Army Division East, Aug. 19, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J.

Fulton recounted one specific obstacle at the Academy during her speech she believes holds a valuable lesson for all. She described an obstacle course that included a wall approximately eight feet in height. The instructors told the cadets to run up to the wall, grab onto the top, pull themselves up using their chest muscles, and then flip over.

"This works great as long as your center of gravity is somewhere around your shoulders," Fulton said, as the audience chuckled. "Anybody else see a problem with that?"

Many of the women tried it that way, Fulton said, but they eventually realized that the best way to get over that wall was to grab on, hook an ankle over the top, and then use their leg strength to pull themselves over.

"We figured it out, got over the wall, and eventually that's how the instructors started teaching it. I think that's one of the biggest lessons learned: you just have to get over the wall," expressed Fulton.

Nearly 15 percent of the U.S. military comprises women. As of January this year, women can also be considered combatants serving alongside men in combat units.

"I have three daughters and two granddaughters," said Col. Craig Osborne, 174th Infantry Brigade commander, host and keynote speaker. "They all mean the world to me. If I ever thought that my daughters or granddaughters would be limited in the world simply because of their genders, I would be devastated. They all deserve equal rights and opportunities."

Women continue to get over the wall. Fulton, a founder of Out-Serve and a founding board member of Knights Out, a group of West Point Alumni that support equality for lesbian, gay, bisexual and transgender soldiers, shared that we still do not know the full capacity of women.

"Every time we're told women can't do something, one of them goes and does it," she added. "It's just a matter of time."

Fulton explained that it all boils down to being able to tap into creativity in problem-solving through diversity.

"I don't need to tell anyone here that you never know exactly what your problems are going to look like downrange," said Fulton. "You train and you train and you train, but you need to be able to think differently, to think creatively, and to solve problems



Brenda "Sue" Fulton, Class of 1980 West Point, the first class to include women, greets service members after the 174th Infantry Brigade's Women's Equality Day ceremony at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 19, 2013. Fulton was appointed by President Obama in 2011 to serve as a member on the U.S. Military Academy's Board of Visitors. She was also a founder of Out-Serve and is a founding board member of Knights Out, a group of West Point Alumni who support equality for lesbian, gay, bisexual and transgender Soldiers. (U.S. Army photo by Sgt. 1st Class Stanley Maszczak/Released)

in the best way possible. If everybody is thinking exactly the same, there are some missions you can do very well, but as soon as a different problem comes, you don't have enough creativity to solve it. Our strength and creativity comes from our diversity."

"As a military, we're better for having women in our ranks," said Osborne. "As a nation, we're better because we can leverage the skills and abilities of both men and women - every member of our society."

One such local woman who impacted the women's equality movement was Alice Paul. Participants in the observance learned not only from Fulton's life and personal experiences, but also from an educational video from the Alice Paul Institute in Mount Laurel, N.J., to add perspective to the struggle for women's equality in America.

Born in 1885, Alice Paul dedicated her life to gaining equal rights for women. The video depicted the struggle leading up to Women's Suffrage and the 19th Amendment passing in 1919,

granting women the right to vote. It continued to illustrate Paul's life's work for women's equality until her passing in 1977. Women like Paul were jailed during protest activities. Some engaged in subsequent hunger strikes while imprisoned, and then endured the excruciatingly painful process of being force-fed to early 20th Century standards.

"There's a lot more to the Women's Suffrage movement and women's rights than you're taught in school," said Sgt. 1st Class Richard Standish, one of the observance attendees and a trainer/mentor with 2nd Battalion, 309th Regiment, 174th Inf. Bde. "Even more than I realized."

"I'm thankful for my own mother," Standish shared. "She didn't get into any newspapers or anything, but she believed and taught me that no matter who you are, you can achieve anything you want, and that you have the right to do so. It's because of my mom and seeing the struggles she went through that I have a lot higher respect for women."

## 87th MDG implements tobacco free campus



(U.S. Air Force photo illustration by Airman Sean M. Crowe/Released)

By Maj. Mindy Davison  
87th Medical Support Squadron

The 87th Medical Group will join a number of military treatment facilities and federal employers across the nation in becoming a tobacco free campus on Aug. 31, 2013.

The purpose of the tobacco free MTF campus is to promote the mission readiness of the total force; protect the health of staff, patients and visitors; help tobacco users quit and maintain self-restraint; and demonstrate the Air Force's commitment to healthy workplaces. The implementation of a tobacco free campus also makes the MDC compliant with Air Force Instruction 40-102, Tobacco Use in the Air Force.

Tobacco use stands out among unhealthy behaviors. It is the leading preventable cause of death in this country claiming 443,000 deaths annually. Second-hand smoke exposure increases the risk of heart attacks and cancers; the U.S. Surgeon General has emphasized there is no safe level of exposure. Widespread smokeless tobacco use is of particular concern to the Department of Defense, smokeless tobacco causes oral health problems and cancers. Tobacco use also has a huge economic toll. It costs \$96 billion in medical expenditures and \$97 billion in lost productivity in the U.S. annually. Tobacco use costs DoD more than \$1.6 billion annually from medical costs and lost work time.

The Air Force Medical Service vision is world-class healthcare for beneficiaries anywhere, anytime. Every day, AFMS personnel are treating the adverse and

costly health effects of tobacco use among our healthcare beneficiaries. The Air Force needs to lead by example and implement evidence-based, effective policies that promote health.

If you work on a MTF campus and use tobacco, the tobacco-free MTF campus is an excellent opportunity to quit using tobacco. Research has shown that 69 percent of tobacco users would like to quit and 52 percent made a quit attempt in the past year. Prior research has shown that tobacco-free workplaces facilitate tobacco-free living. By providing environmental structure, tobacco-free work sites assist tobacco users with quitting and help those who have quit to maintain self-restraint. Support the tobacco-free MTF campus policy and recognize the policy for what it is - providing the environmental support to help smokers succeed.

The Health and Wellness Center currently offers a monthly tobacco cessation course for those beneficiaries who are ready to stop smoking. The four-week course will not only reinforce a smoker's desire to quit, but will help them develop the necessary skills and confidence to live their lives without the need for tobacco. Spouses and partners are encouraged to attend. Medication may be provided to TRICARE beneficiaries and will be prescribed by one of the pharmacists overseeing the program. DoD civilians, as part of the Federal Employees Health benefits plan, have had comprehensive, barrier-free coverage of tobacco cessation counseling and medications since Jan. 1, 2011. To enroll in the tobacco cessation course, contact the HAWC at 754-2462.

Another resource available to service members and TRICARE beneficiaries is the DoD's tobacco cessation website, [www.ucaquit2.org](http://www.ucaquit2.org). Also available is the New Jersey QuitLine, NJSTOPS. The New Jersey QuitLine is a free telephone-counseling service that helps people who want to stop smoking. Trained counselors give callers information, advice, encouragement and one-on-one counseling. Counselors design an individualized program to support each

smoker's effort to quit. Participants receive four counseling sessions, with the option of adding sessions as needed. TRICARE beneficiaries with a course completion certificate

may qualify to receive medications through the 87th MDG pharmacy or through Express Scripts mail order program at no cost.

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# Joint Base Intramural Sports Standings

2013 Intramural Golf JB McGuire-Dix

Team	Win	Loss	Tie	PCT
305th OSS	11	3	0	0.786
87th CS	10	3	0	0.769
305th MOS	10	3	0	0.769
605th AMXS	10	4	0	0.714
87th FSS	10	4	0	0.714
621st CRW-A	8	5	0	0.615
87th CES	7	5	0	0.583
87th SFS	7	5	1	0.577
87th LRS	8	6	0	0.571
305th MXS	8	6	0	0.571
305th APS	8	6	0	0.571
EC	6	6	0	0.500
732nd AS	6	8	0	0.429
373rd TRS	5	9	0	0.357
305th AMXS	4	8	0	0.333
314th RCS	3	8	0	0.273
AMC TES	2	12	0	0.143
1st/307th TSBN	1	9	1	0.136
621st CRW-B	1	7	0	0.125
HMLA-773	0	8	0	0.000

PCT = Winning Percentage

Game schedule

Week 20

Aug. 27 Noon 605th AMXS vs. 305th APS  
 Noon 373rd TRS vs. HMLA-773  
 Noon 305th MXS vs. 87th SFS  
 Noon EC vs. 87th CS  
 Noon 87th FSS vs. 314th RCS  
 Noon 305th AMXS vs. 732nd AS  
 12:01 p.m. 305th OSS vs. AMC TES  
 12:01 p.m. 87th CES vs. 621st CRW-A  
 12:01 p.m. 87th LRS vs. 1st/307th TSBN  
 12:01 p.m. 621st CRW-B vs. 305th MOS

All games played at Falcon Creek Golf Course

Team	Win	Loss	PCT
Air Dept.	0	10	0.000
Medical	0	10	0.000
Test Dept./CNATT	0	10	0.000

2013 Intramural Wallyball JB McGuire-dix

Team	Win	Loss	PCT
305th MXS	0	0	0.000
314th RCS	0	0	0.000
605th AMXS	0	0	0.000
87th CS - A	0	0	0.000
87th CS - B	0	0	0.000
87th MDG	0	0	0.000
ACC-NJ	0	0	0.000
AMC TES	0	0	0.000

2013 Lakehurst B-League Softball

Team	Win	Loss	PCT
Diamond Dawgs	9	1	0.900
Hangar Squad	8	2	0.800
Misfits	8	2	0.800
PMD	7	3	0.700
Major League	6	3	0.667
Weasels	4	4	0.500
Absolute Zero	4	5	0.455
Help Wanted	4	6	0.400

Game schedule

Week 1

Aug. 26 4 p.m. 87th MDG vs. 605th AMXS  
 5 p.m. 87th CS - B vs. 87th CS - A  
 Aug. 28 4 p.m. 305th MXS vs. 314th RCS  
 5 p.m. AMC TES vs. ACC-NJ

All games played at McGuire Racquetball Court  
 Current as of Aug. 19, 2013.

## Safety first for Senegalese AF, AMC air advisors

By 621st Contingency Response Wing Public Affairs

DAKAR, Senegal — Four air advisors assigned to a safety traveling team from the 818th Mobility Support Advisory Squadron began a week-long trip to Dakar, Senegal, from July 27 to August 3, 2013.

The air advisors, deployed from Joint Base McGuire-Dix-Lakehurst, focused on safety topics including crew resource management, operational risk engagement, guidance for fire and emergency services, airfield safety, response safety, foreign object damage and bird hazards. Thirty-three personnel from the Senegalese Air Force attended the safety discussions.

"Safety is an aspect that can be applied to all career fields," said Lt. Col. John Scott, 818th MSAS operations officer and team leader. "Safe practices are paramount to sustained operations. Sustainment is a fundamental principle of building partnership capacity."

According to Lt. Col. Papa Loum, Senegalese Air Force Chief of Corps, safety is an important aspect of every mission yet it is something that's hard

to measure. "If you have safety, you will not see outcomes," Loum said. "If you do not have safety, you will have something happen that is very costly. That is why safety is such a challenge."

This is the third mission the 818th MSAS has conducted with the Senegalese Air Force. The last visit in May discussed disaster relief contingency planning.

"The success of our recent mission in Senegal is a reflection of the 818th MSAS's unique capability to provide air mobility advisory and training assistance in support of the Air Force goals of building partnerships and partnership capacity," said Lt. Col. Pete Larsen, 818th MSAS commander.

The MSAS is a tailorable, expeditionary organization established to conduct building partnerships and building partner capacity engagements at partner nation locations where air mobility operational support is non-existent or insufficient. The core capabilities that define the MSAS are command and control, air operations, aerial port and aircraft maintenance.



Capt. Sean Hook, 818th Mobility Support Advisory Squadron air advisor, briefs members of the Senegalese Air Force, July 30, 2013, in Senegal. The air advisors, deployed from Joint Base McGuire-Dix-Lakehurst, N.J., focused on safety topics including crew resource management, operational risk engagement, guidance for fire and emergency services, airfield safety, response safety, foreign object damage and bird hazards. (U.S. Air Force courtesy photo/Released)

## Navy announces enlisted examination answer sheet change

By Tom Uptake  
 Naval Education Training Professional Development Technology Center

The updated enlisted examination answer sheet announced Aug. 5 in naval administrative message 195-13 will be implemented for the E4-E6 Navy-wide advancement exams administered starting in Aug. 2013 for Reserve and Active Duty personnel.

The new form, NETPDTIC 1430/2 (REV 3-2013), is green in color and replaces the red answer sheet which has been in use for more than 10 years. A key change to the new form is the use of the Department of Defense Identification Number. The DOD ID is a unique 10-digit number that is associated with personnel and their common access card. A DOD ID is assigned to each person registered in the Defense Enrollment and Eligibility Reporting System.

"The new green exam answer sheet is part of a larger effort within (Navy Enlisted Advancement System) to support the Department of Defense's social security number reduction plan," said Cdr. Scott Briquélet, Navy Advancement Center director. "We are taking steps to inform all command (Educational Services Officers) of the answer sheet change in advance of the upcoming exam cycles."

The NAC ships and processes more than 300,000 examination answer sheets each year. The use of the DOD ID rather than an individual Sailor's social security number mitigates exposure of advancement candidates' personally identifiable information.

CACs issued after June 2011 will have the DOD ID number displayed on the back of the card. Sailors with access to an NMCI computer can also get their DOD ID number by looking for the window containing the 10-digit DOD ID number during log in or upon removal of the CAC.

The new green answer sheet must be used for all future examination cycles. Command ESOs should destroy any outdated red answer sheets held. Use of a red answer sheet will result in scanning errors and exam discrepancies.

The NAC also updated the Advancement in Rate or Change of Rating Worksheet (NETPDTIC 1430/3 REV 06-13) which is used locally by commands to perform calculations and establish eligibility for enlisted advancement cycles. Advancement information on the form, such as a Sailor's performance mark average and individual award points is copied from the cycle worksheet to the

examination answer sheet on the day of the exam. The new worksheet also requires the use of the DOD ID. The form can be downloaded on the Navy Enlisted Advancement System Web at <https://neaos.cnet.navy.mil/>.

"We are also using NEAS Web to help ESOs look up individual advancement candidate DOD IDs to support exam ordering and processing," added Briquélet.

Visit <https://www.facebook.com/pages/Navy-Advancement-Center> for more information about the Navy Advancement Center and the Navy Enlisted Advancement System.

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## Can we fix it? Yes we can!



Staff Sgt. Corey Kautner, 87th Civil Engineer Squadron heavy equipment operator, uses a backhoe to remove part of an asphalt road to get to a broken water main Aug. 9, 2013, just inside the McGuire main gate on Joint Base McGuire-Dix-Lakehurst, N.J. The water main caused major damage and flooding to the roads, which temporarily closed the gate's inbound lanes. Kautner hails from Chicago. (U.S. Air Force photo by Wayne Russell/Released)

# NEWSNOTES

### Framing Qualification Class

The 87th Force Support Squadron is set to host a Framing Qualification class from 6-8 p.m. Sept. 4, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Participants will complete one piece as they learn to operate the framing equipment. Preregistration is required. The fee is \$10. Call 564-5691 for more information.

### Pemberton Gate Hours Schedule

The Pemberton Gate is scheduled to open from 7-9 a.m. and 2:15-4:15 p.m. Monday-Friday starting Sept. 5, 2013, and continuing through the school year to meet the needs of the Dix Elementary School buses. These hours will be adjusted to facilitate early dismissals and holidays as designated by the school. Call 754-4509 for more information.

### Group Preseparation Counseling

The Military and Family Support Center is set to host a Group Preseparation Counseling from 2-4 p.m. Sept. 5,

2013, at 3435 Broidy Road. Complete mandatory needs assessment counseling required for out-processing. Receive a preseparation counseling checklist. Call 754-3154 for more information.

### Free Movie Night

A free movie night is set for 6:30 p.m. Sept. 5, 2013, at the Flight Deck Recreation Center, located at 484 Lansdowne Road. Children must be accompanied by an adult at all times. Doors open at 5 p.m. Free popcorn will be available and light bites and beverages will be available for purchase. The movie being shown is "The Croods" which is rated PG.

### Mountain Bike or Hike the New Jersey State Forest

The 87th Force Support Squadron is set to host a Mountain Bike or Hike the New Jersey State Forest trip Sept. 7, 2013. Bike or hike over more than 5 miles through the famous Jersey Pinelands of the Brendan Byrne State Forest. The fee is \$5 for active duty and reserve military and \$20 all others and include round trip transportation from Outdoor Recreation Center. Space is limited to 14 bikers and/or hikers. Group departs at 10 a.m. from 6045 Doughboy Loop and returns approximately 3 p.m. Call 562-2727 for more information.

### Children's Pottery Class Session

The 87th Force Support Squadron is set to host a two-session Children's Pottery Class 10:30 a.m. to noon Saturdays for children ages 6-10 at the Arts and Crafts Center, located at 6039 Philadelphia St. Session one begins Sept. 7-28, 2013, for four weeks. Session two begins Oct. 5-26 for four weeks. The fee is \$40 per session. Call 562-5691 for more information.

### Children's Painting Class

The 87th Force Support Squadron is set to host a four-week Children's Painting Class Saturdays from 1-2:30 p.m. Sept. 7-28, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. The cost is \$40. Children will learn the basic techniques of painting and will explore the use of various art mediums which include pastels, watercolor, acrylic and more. Call 564-5691 for more information.

### Hunter Education Course

A Hunter Education Course is scheduled for 8 a.m. Sept. 8, 2013, at Range 14. Interested participants can register online at [www.njfishandwildlife.com](http://www.njfishandwildlife.com), walk-ins are accepted with completed homework. Study guide and homework materials are available at Outdoor Recreation and Joint Base Rod and Gun Club and can be downloaded from [www.njfishandwildlife.com](http://www.njfishandwildlife.com). Call 562-4647 for more information.

### Troops to Teachers

The Military and Family Support Center is set to host a Troops to Teachers program from 10-11 a.m. Sept. 10, 2013, at 3435 Broidy Road. The program is designed to assist separating or retiring military personnel in pursuing a rewarding career in public elementary, secondary or vocational education. Military spouses are welcome to attend. Preregistration is required. Call 754-3154 for more information or to register.

### Patriot Day 5K Obstacle Run

The Patriot Day 5K Obstacle Run is set to start at 3 p.m. Sept. 11, 2013, across from the Arts & Crafts Center, located on Pennsylvania Avenue. The events are open to all Department of Defense ID cardholders. Visit [www.gomdl.com](http://www.gomdl.com) for more information.

### Auto Hobby Shop Car Care

The Auto Hobby Shop is set to host "Car Care 101: How to check oil and fluids" from 11:30 a.m. to 12:30 p.m. Sept. 11, 2013, located at 2415 Vandenberg Ave. Class size is limited to 10-12 students. Call 754-4316 for more information or to register.

### Adult Pottery Class

The 87th Force Support Squadron is set to host a six-week Adult Pottery class from 6-8:30 p.m. Wednesdays starting Sept. 11-Oct. 16, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. The class will focus on wheel throwing techniques as well as hand-building skills. The cost is \$75. Call 562-4285 for more information.

### Group Preseparation Counseling

The Military and Family Support Center is set to host a Group Preseparation Counseling from 2-4 p.m. Sept. 12, 2013, at 3435 Broidy Road. Complete mandatory needs assessment counseling required for out-processing. Receive a preseparation counseling checklist. Call 754-3154 for more information.

### Patriot Cup V Golf Tournament

The 174th Infantry Brigade is set to host the Patriot Cup V Golf Tournament 4-Person Scramble at 8:30 a.m. Sept. 13, 2013, at the Fountain Green Golf Course, located at 3152 Fort Dix Road. Registration opens at 7:30 a.m. and is open to all joint base partners and family members. The cost is \$65 and includes: 18-hole green fee with cart and lunch. Call 562-6553 for registration form or for more information.

### Framing Qualification Class

The 87th Force Support Squadron is set to host a Framing Qualification class from 10 a.m. to noon Sept. 14, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Participants will complete one piece as they learn to operate the framing equipment. Preregistration is required. The fee is \$10. Call 564-5691 for more information.

### Quilts for Children

The 87th Force Support Squadron is set to host a "Quilts for Children" from 11 a.m. to 3 p.m. Sept. 14, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Make quilts for children in long-term healthcare, safe houses, children of deployed Soldiers and for wounded warriors. Call 562-5691 for more information.

### Lensbaby Photography Class

The 87th Force Support Squadron is set to host a two-hour Lensbaby Photography Class from noon to 2 p.m. Sept. 14, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Create interesting images with selective focus using the Lensbaby lenses. Students must have a Canon or Nikon digital single-lens reflex camera. The fee is \$25. Call 562-5691 for more information.

### Spouses Flea Market

The 305th Maintenance Squadron is set to host a Spouses Flea Market from 10 a.m. to 3 p.m. Sept. 15, 2013, at 3211 W. Arnold Ave. The event will feature bake and craft sales, raffles, lemonade stand, cotton candy, hotdogs and more. Table fee is \$5. Call 723-2957 for more information.

### Résumé Basics

The Military and Family Support Squadron is set to host a Résumé Basics "getting past your name and address" workshop 11 a.m. to noon Sept. 17, 2013, at 488 Walsh Drive. The workshop provides an overview of basic resume format. Preregistration is required. Call (732) 323-1248 for more information or to register.

### Ceramic Classes at Lakehurst

A ceramics class for all skill levels is set to be held from 4:30-6 p.m. Sept. 17, 2013, at the Flight Deck Recreation Center, located at 484 Lansdowne Road. The event will teach basic techniques of glazing and staining ceramic pieces, in addition to dry brushing and chalk techniques. The fee is \$5 per class plus supplies. Call (732) 323-2305 to reserve a seat or for more information.

### Games, Karaoke and Wing Night

The 87th Force Support Squadron is set to host a Game, Karaoke and Wing Night at 6 p.m. Sept. 17, 2013, at the Flight Deck Recreation Center, located at 484 Lansdowne Road. Participants can try their skills at shuffleboard, darts, pool and table tennis. Admission is free to all Department of Defense ID cardholders. Call (732) 323-2405 for more information.

## Construction Corner

### From 87th Civil Engineer Squadron

**Electrical Power Usage Demand**  
The 87th Civil Engineer Squadron is requesting joint base community members turn off all unused electrical devices at home and at work to help save energy. The utility provider is experiencing issues keeping up with the current electrical demand during the summer heat wave and are asking for help in limiting electrical usage or we may experience brown out.

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

**Road closures**  
Repaving of Hancock Road is currently scheduled from August through September 2013. Traffic will be reduced to one way with hoppers during paving operation. Watch for workers striping roads.

**Thrift Store and Airmen's Attic Demolition**  
Demolition of the Thrift Store and Airmen's Attic, located at 3446 Broidy Road to include associated utilities and parking lot, is currently scheduled through Dec. 15, 2013. The old ball room in Pudgey's located at 2508 East Third St. is being renovated to house the Thrift Store and Airmen's Attic.

**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 December 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.

**Walston Army Hospital Demolition**  
Demolition of the Walston Army Hospital and associated facilities is expected to take approximately seven months. Detour around the site will continue through March 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. 4th Street between General's Circle and New Jersey Avenue will be closed for the duration of the work. Patrons of the golf course need to use additional caution when crossing Fort Dix Road and New Jersey Avenue due to increase traffic volumes on these roads.

**New Traffic Light on Texas Avenue**  
The traffic light at the intersection of Texas Avenue and Airfield/Thunder Road will be placed in full operation from its current flashing signal to Red, Yellow and Green lights Aug. 26, 2013. Drivers are asked to be aware of the new change.

## 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 – 11:30 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.



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

## AirForceToons



## 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](http://www.facebook.com/jbmdl). Don't forget to check back next week when the full-size photo is revealed!

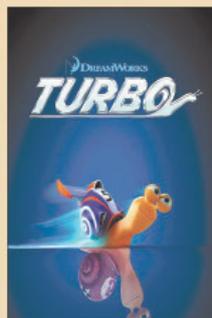


Did you guess last week's close-up photo? Did you guess this week's close-up photo? It's the bull statue in front of the 108th Civil Engineer Squadron. The 108th Wing is an Air National Guard unit with a unique history. The wing is the result of the consolidation of two outstanding organizations; one with a rich tradition of fighter operations, and the other with a distinguished background in airlift and air refueling. The two units merged in 1993.

### JB MDL Base Theater Movie Schedule



Friday:  
7 p.m. Grown Ups (PG-13)



Saturday:  
2 p.m. Turbo 3D (PG)



Saturday:  
7 p.m. Conjuring (R)

## United Communities

Presents the First Annual:

### FARMERS MARKET

Every Thursday

Beginning June 20, 2013

10 a.m. - 2 p.m. rain or shine



Locally Grown Produce • Baked Goods • Homemade Crafts •  
Fresh Flowers • Direct Sales • And More!

Located at:

Patriot Park of Falcon Courts North

(400 yards north of the Jim Saxton Community Center)

Corner of North Bolling and West Castle Dr.

Joint Base McGuire-Dix-Lakehurst, N.J. 08641

Contact Kristy at (609) 723-4290 extension 2018 or [koliver@mcguiredixuc.com](mailto:koliver@mcguiredixuc.com)

Follow us on Facebook for more updates!

## 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](mailto:87abw.pa@us.af.mil) to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

### Broccoli Cheese Soup

This is a slow-cooker recipe that should be watched when cooked. Comes out creamy and thick. Serves 4

Ingredients:

- 1/2 cup green pepper, chopped
- 1/2 cup onion, chopped
- 2 tablespoons butter or 2 tablespoons margarine
- 1 (10 ounce) can cream of chicken soup
- 1 1/2 cups milk
- 1 lb. Velveeta cheese, cubed
- 1 (10 ounce) package frozen chopped broccoli

Cooking Instructions

Sauté onion and green pepper in butter. Combine all ingredients on low in crockpot for 3-4 hours. Do not add salt.

Recipes found at [food.com](http://food.com)



## Lucky

Continued from Page 2 requires.

Finally, I think lucky people have a heightened sense of situational awareness and take full advantage of it by being fully engaged and armed with information. They listen to their peers and mentors and follow their advice. They know where to find information and stay on top of the latest news and opportunities. Because they are informed, they often see one step ahead of everyone else.

Lucky people get that choice opportunity or

assignment because when the eye of the Air Force looked around for qualifying candidates, these people have taken personal responsibility for their success and taken care of everything in their control.

Lucky people don't need to get ready when an opportunity presents itself; they are ready because they took care of business as early as possible.

It boils down to this: good fortune, or luck, is usually the result of focused hard work and dedication that resulted in a level of ability that was available when an opportunity presented itself.

Best of "luck" to you all!

## Marine

Continued from Page 1

the UH-1Y model. The new aircraft will have four rotor blades and engine upgrades."

SCTF is split into two elements, an air element, which comprises mainly JB MDL Marines who will provide casualty evacuation capabilities; and Camp Lejeune Marines, who will fill any ground capabilities.

"The JB MDL Marines flew to Camp Lejeune to train the ground element," said Watkins. "We also participated in the Combat Lifesaver course here to prepare us for the deployment."

The Marines will make their way along Africa's west coast stopping in Morocco, Senegal, Ghana, Benin, Nigeria and Cameroon. They will train these militaries on topics including: amphibious assault landings, jungle warfare, hand-to-hand combat, humanitarian assistance and non-combatant evacuations.

"This will be my second deployment off the coast of Africa," said Cpl. Stephen Fisher, 2nd Amphibious Assault Battalion fireteam leader from Camp Lejeune. "I'm looking forward to this deployment more because I will get to go on shore unlike last time."

The consensus among the Marines seems to be that it should be an enjoyable deployment providing learning experiences for all.

"It will be nice doing a different mission than just combat," said Watkins. "It will be a great learning experience through teaching."

## Civilian

Continued from Page 1

Hodges' three priorities for the new honorary commanders were for them to get to know the mission of their units, get to know the people of their units and tell the stories they hear from personnel to the people of their communities to help them better understand the joint base mission.

"I challenge you to join in helping me with those three priorities," said Hodges. "I invite you to serve like champions, because it's that championship caliber everyone expects from us. Serve like champions and together we, as Joint Base McGuire-Dix-Lakehurst, will win as one."

The program is important to both the military and civilian members of the program.

"It's a wonderful experience and a wonderful program," said Charles Cottrell, 88th Aerial Port Squadron honorary commander. "It's an eye-opener. It shows you a lot of different aspects of what happens on a military

installation."

Michael Cole, 35th Aerial Port Squadron honorary commander, shared his gratitude to the joint base for help he received after Hurricane Sandy.

"My basement was flooded, a wall collapsed and it was covered with a couple feet of mud," said Cole, who has been a member of the program for five years. "We had members of the 514th (Air Mobility Wing) come out and dig out my basement for me, approximately 20 members. That was a huge help."

Military commanders are encouraged to invite their civilian counterparts to unit functions to help form the bond between the military and civilian communities.

"Get to know the people, get to know the units, whenever you can do something at any of their functions definitely get involved," said Cottrell, four-year member of the honorary commander program.

The honorary commanders were asked to save the date for a "boot camp" they will be invited to Oct. 22, 2013.