

**NEWSNOTES**

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

**Law Enforcement Desk Relocated**  
 The 87th Security Forces Squadron law enforcement desk is now located at the new Emergency Control Center, located at 2301 Vandenberg Ave. For all emergencies call 911. All non-emergencies, call 754-6001.

**Turkey Shoot at Pine Ridge**  
 The Pine Ridge Golf Course is set to host a Turkey Shoot 9 a.m. Nov. 23, 2013, at 33 Trotter Road on Lakehurst. The event is open to all Department of Defense ID cardholders. The fee is \$15 per person and includes prizes and lunch. Call (732) 323-2636 for more information.

**174th Infantry Brigade Change of Command**  
 The 174th Infantry Brigade is scheduled to host a change of command ceremony at 10 a.m. Dec. 6, 2013, at the Fleet Logistics Support Squadron (VR-64), located at 3370 Wonnacott Road. Call 562-6553 for more information.

**Passport Photo Service**  
 The Joint Base Photo Lab will provide passport photo service from 8 a.m. to 4 p.m. Dec. 7, 2013, at 3011 Tuskegee Drive. The service is being offered to the Army/Air National Guard and Reserve personnel. Call 754-3581 for more information.

**Joint base gate closure**  
 Several of the joint base gates will be closed to perform Preventative Maintenance on the wedge barriers and crash beams. Below is the schedule with minimal affect to base traffic.

- Dec. 17, 2013
- Checkpoint 2 (Browns Mills)
- Outbound Lanes: 8:15 to 9 a.m.
- Inbound Lanes: 9 to 9:15 a.m.
- Checkpoint 3 (Pemberton)
- Outbound Lanes: 12:45 to 1:30 p.m.
- Inbound Lanes: 1:30 to 1:45 p.m.
- Dec. 18, 2013
- Checkpoint 1 (Wrightstown)
- Outbound Lanes: 8:15 to 9 a.m.
- Inbound Lanes: 9 to 9:15 a.m.
- Checkpoint 7 (Route 68)
- Outbound Lanes: 12:45 to 1:45 p.m.
- Inbound Lanes: 1:45 to 2:15 p.m.
- Alternate dates:
- Dec. 23, 2013 for Checkpoint 1 & 3
- Dec. 24, 2013 for Checkpoint 1 & 7

**American Red Cross Blood Drive**  
 The American Red Cross is set to host a blood drive from 9 a.m. to 2 p.m. Dec. 17-18, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Visit [www.redcrossblood.org/make-donation](http://www.redcrossblood.org/make-donation). Once you click on this link, type "McGuire" in the "Enter Sponsor Code" box, and you will be able to select an appointment. Call 754-9573 for more information or to make an appointment.

**McGuire/Dix Tree and Menorah Lighting Ceremony**  
 The McGuire/Dix Tree and Menorah Lighting Ceremony is scheduled from 4-5 p.m. Dec. 3, 2013, at Wuman Hall, located at 5417 Delaware Ave. The ceremony will include: tree lighting, holiday carols, a visit from Santa, holiday snacks and recognition of holiday cards submissions and award presentation to contest winners. Call 754-1484/2830 for more information.

**Lakehurst Tree and Menorah Lighting Ceremony**  
 The Lakehurst Tree and Menorah Lighting Ceremony is scheduled from 4-5 p.m. Dec. 4, 2013, in front of the Joint Base Headquarters, located at 150 Berry Road on Lakehurst. Pre-lighting music will be provided. Santa will arrive on a fire engine at approximately 4:20 p.m. to greet children and take photos. Hot chocolate and cookies will be available. Call (732) 323-2405 for more information.

**Palace Chase and Palace Front Briefings**  
 The Joint base recruiter for the Air Force Reserves is set to host two briefings at 10 a.m. and 1 p.m. Dec. 11, 2013, at the Kish Airman Leadership School Auditorium, located at 2411 McGuire Blvd. The Palace Front allows service members the opportunity to seamlessly transfer directly from active duty without a break in service. Call (302) 387-9334 for more information.

**915th Contingency Contracting Battalion**  
 The 915th Contingency Contracting Battalion is seeking officers, captain through major, any branch and sergeant (promotable) through sergeant 1st class, any military occupational specialty, interested in a career change. Immediate vacancies and opportunities are available. Visit [www.hrc.army.mil/MP/13-205](http://www.hrc.army.mil/MP/13-205) or [asc.army.mil/web/career-development/military-nco/usar-reclassification-program](mailto:asc.army.mil/web/career-development/military-nco/usar-reclassification-program) for more information.

See more NEWSNOTES on Page 12



Staff Sgt. Desmond Martin, military working dog handler from Peterson Air Force Base, Colo., performs an explosive sweep in a village with Rocky, a MWD, during the MWD Base Security Operations Course Nov. 10, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Staff Sgt. Nathaniel Bewier/Released)

**Expeditionary Center bids farewells MWD course**

By Capt. Brooke Brzozowski  
 U.S. Air Force Expeditionary Center Public Affairs

Nov. 14, 2013, marked the final farewell for the military working dog courses at the U.S. Air Force Expeditionary Center, as the school graduated eight students from the 14-1 course.

The 18-day MWD Base Security Operations course and the longer 45-day MWD Area Security Operations course provided MWD teams and kennel masters with just-in-time expeditionary skills training prior to theater operations.

Since 1996, the 421st Combat Training Squadron of the EC has graduated more than 800 total students, military members and their canine companions from MWD training programs.

"The military working dog pre-deployment training has called the Expeditionary Center its home since 1996 and has served as the benchmark for several follow-on courses and locations," said Senior Master Sgt. Michael Groder, 421st CTS superintendent. "The program has a great legacy, and we couldn't be more proud of the work our instructors have done here."

The EC, specifically the 421st CTS, was the Air Force's first formal training location for MWD pre-deployment training. It was also the first to incorporate helicopter operations with the Army and Marines.

"When we go downrange, we are most often assigned to work with the Army and Marines," said Tech. Sgt. Jesse Montez, MWD operations NCO in-charge. "Having that joint training ahead of time added a great element of realism and exposure to the other branches."

The 421st CTS's work with the MWD program provided support to operations Noble Eagle, Iron Clad, Northern Watch, Southern Watch, Iraqi Freedom, Enduring Freedom and New Dawn.

"The things we practiced here were very much a part of our operations downrange," explained Montez. "Speaking from personal experience, when I deployed last year, everything I'd taught and learned from working with this program was applied downrange."

The course's conclusion was the first step in a bigger initiative to consolidate all state-side Security Forces Regional Training Centers including the 421st CTS's Phoenix Warrior program.

The Headquarters Air Force Security Forces Center conducted

See COURSE, Page 4

**174th Inf. Bde. builds resiliency as team**

By Capt. Antonia Greene-Edwards  
 174th Infantry Brigade Public Affairs

"Resiliency is learned; it is nurtured, strengthened and shared," said Army Maj. Glenvil Gregory, 174th Infantry Brigade chaplain, during a brigade spiritual resiliency workshop this month.

In line with the Army's Ready and Resilient Campaign, integrating resilience training as a key part of professional development throughout a Soldier's career aims to improve performance to deal with the rigors and challenges of a demanding profession.

"Being new to the brigade, it was a chance to interact on a spiritual level with the members of the brigade," said Sgt. 1st Class Betty Jeanrnton, 174th Inf. Bde. senior human resources specialist. "And that no matter what you may be facing in life, there are people who are there to assist you, guide you, and listen to you."

Jeanrnton emphasized "seek and ye shall find" is a reoccurring theme when it comes to resiliency. Resiliency-focused programs led by different military agencies all have a similar goal in mind: strengthening the Army family. Synchronizing multiple efforts and programs to improve the readiness and resiliency of the Army family, active-duty,



Leaders and Soldiers of the 174th Infantry Brigade work as teams to construct models of what resiliency means to them during a spiritual resiliency workshop led by the brigade Unit Ministry Team November 2013 at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Army photo by Capt. Antonia Greene-Edwards/Released)

Reserve, National Guard and civilian Soldiers and their families, is the focus of the Army's Ready and Resilient Campaign.

"These programs give Soldiers a chance to see there is a different side to Soldiering. It provides them with a sense of reassurance in that it is okay to reach for help or assistance," added Jeanrnton, a Brooklyn, N.Y., native.

"As Army leaders, we set and enforce the standards, lead by example and foster an environment of trust,"

See TEAM, Page 5

**LRC prepares Soldiers**

The Army Sustainment Command, Logistics Readiness Center at Joint Base McGuire-Dix-Lakehurst, N.J., provided Rough Terrain Container Handler and forklift operator refresher training to Soldiers from the 1011th Quartermaster Company this past month.



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**Simodejka Awards**

The 13th annual Simodejka Award ceremony was held via video-teleconference to Patuxent River, Md., and Whidbey Island, Wash. Nov. 13, 2013 at Joint Base McGuire-Dix-Lakehurst N.J. Naval Air Warfare Center Aircraft Division logistics community took time to remember the legacy of Michael G. Simodejka.



4

**PII violators locked**

Individuals who inappropriately store and transmit Personally Identifiable Information over the Air Force Network, or AFNET, will now have their accounts locked in response to violations. of the past and present.



5

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

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

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

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

## Scandal has lessons for Airmen

By Col. Quinn Gummel  
9th Reconnaissance Wing

BEALE AIR FORCE BASE, Calif. — Last week, Jonathan Martin, an offensive lineman on the Miami Dolphins football team, walked out and quit the team due to a perceived hostile work environment which was allegedly characterized by demeaning and racially-biased communications and financial extortion by at least one team captain, and other senior members of the team. Though a lot of details are yet unknown, the events thus far are sufficient to provide a lesson for our own military community.

Like a professional sports team, our Air Force comprises motivated people who are held to a high threshold of performance and teamwork is essential to success. How does a professional athlete, who has passed so many hurdles and is presumably fulfilling a dream to participate at the height of his profession, suddenly up and quit? We might ask ourselves what would drive a dedicated and professionally fulfilled Airman, proudly serving our nation, to become similarly disenchanted.

Let's start at the top. Like a Head Coach or General Manager, commanders are ultimately responsible for what happens in their organization. The unit climate is

actively set by the things the commander says and does, passively set by the items which are ignored or allowed to pass without comment and reflected in the appointment of subordinate leaders. Within the Dolphins, it appears that leadership accepted at least some level of hazing toward newer/younger players. Beyond being an ineffective leadership tool which destroys morale, hazing and other demeaning "rites of passage" typically spiral into increasingly harsh treatment that quickly surpasses all misguided intent and results in physical or emotional injury.

Selective enforcement of "acceptable" levels of this destructive behavior is impossible, and commanders who explicitly allow some of these activities tacitly approve all of them. That the individual in question did not discuss the issue with any other figures of authority within the organization speaks to a lack of basic trust in the leadership chain. Clearly Mr. Martin felt his leadership condoned the activities he was subjected to.

Mid-level leaders, either team captains or other "players council" members, appear to be complicit, either by their own actions or through concurrence by silence, in maintaining the established environment. While seemingly unaware of the most egregious

activities, they were certainly aware of other incidents.

What about the "Wingmen"? Although teammates were reportedly unaware of the most extreme instances, they were all apparently subjected to at least some level of hostility and harassment themselves. Also, while the most serious allegations rise from a relatively short time period, they merely culminate a progressive string of increasing severity. While some would fail to get involved either out of fear or lack of concern, a proactive Wingman (of the sort we should aspire to be) would be engaged, take notice and question the negative impacts to the teammate.

Regardless of how the Dolphins' situation plays out, there are important lessons for all of Team Beale. Commanders need to foster an environment free from hostility and not tolerate any such behavior, no matter how "minor". Supervisors need to nurture a workplace where subordinates feel safe coming forward with their concerns. Finally, all of us should strive to be great Wingmen, standing up for, and supporting, each other when necessary. I continue to be impressed by your consistent professionalism and dedication to duty. Together, we can continue to make Team Beale a model for a safe and inclusive workplace.

## Quality of rituals determines quality of life

By Chief Master Sgt. Stuart Allison  
509th Mission Support Group

WHITEMAN AIR FORCE BASE, Mo. — I've been on a quest the past year to identify and highlight simple success strategies that, if followed, will increase career success.

Where does one start on the path to becoming successful? Some would say, "habits," but it goes farther than that. Habits are repeatable actions that we don't think about. Rituals are actions embedded with meaning.

It's the quality of our rituals that determines the quality of our lives.

When our actions have turned into habits, we've forgotten their meaning. There's nothing wrong with this for good habits. But for bad ones, it's why we are stuck in those ruts. We don't reflect and don't realize that we need to change.

Rituals go a step beyond habits. They ask you to reflect. Is this a good habit? What does this habit mean to me? How will this make me a more effective as a leader? We can't just go through the motions. If we do, we stay in one place and the world passes us by.

Success is not guaranteed, but if you care about the quality of your rituals then your chances at success increase.

I deliberately set and maintain three rituals to stay grounded

in a hectic world.

1. I practice gratitude and maintain perspective. I start and end each day with thinking, "What am I most grateful for? What will challenge me today and how will I grow? What did I learn from what happened today? How can I notice what is right (rather than wrong) about a situation?" You can express it out loud, think it to yourself or write it down in a journal.

2. I take care of my body. It does not matter how I am feeling or what the weather is doing outside. I make the time and exercise without excuse. I know days will be stressful and I plan for them. I will get extra sleep knowing that being well rested will provide me the mental edge I need for any challenge.

3. I take care of my mind. I read every day. I enjoy motivational books but stretch myself to read other types of nonfiction and fiction novels. It's relaxing and I'm able to see situations from multiple perspectives.

These rituals work for me and they may work for you, but it is better for you to decide your own rituals. Choose ones that work for you; choose ones with meaning for you.

But know, in the end, you are not simply creating new habits. In order to help you turn this commentary into your reality

See RITUALS, Page 13

## Service member spotlight: successful, productive

Petty Officer 3rd Class Edith Doyle, Fleet Logistics Support Squadron mechanical aircrewman, is the joint base's featured service member of the week. Doyle hails from Bethel, Maine.

Q: Why did you join the military?

A: I originally joined to financially assist myself in obtaining a college degree, but as time went on I found many other reasons to be a part of this incredible team. I have found a support system like no other and thrive in an environment that encourages learning as an everyday activity. Although I joined for one reason, I find I will re-enlist for many others.

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

A: I am currently a C-130 loadmaster trainee. I am responsible for ensuring proper weight and balance on our aircraft and the safe load/offload of cargo and passengers. We fly worldwide to provide supplies and personnel to support the Navy.

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

A: My sister was in the Air Force. She sparked my interest



(U.S. Air Force courtesy photo/Released)

in the military. Although I don't have a rich history in the Navy, I have a deep pride being a part of a team that is so deeply rooted in traditions, bravery and teamwork.

Q: Who most inspires you?

A: My parents taught me that hard work and a good attitude can get you through anything. Whenever times got tough, I could always count on them to still laugh and joke with my siblings and me. They taught me to be fearless and never to get so wrapped up in your own head that you forget to take advantage of the amazing opportunities life presents.

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

A: Attitude is everything. The opportunities that have been presented are incredible, but I truly believe that how you approach these opportunities is vital in making every day as successful and productive as possible.

## 32nd ARS hails new commander



Lt. Col. J. Scott Roe, 32nd Air Refueling Squadron commander, gives remarks at the 32nd ARS change of command ceremony Nov. 15, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Roe assumed command from Lt. Col. Theresa E. Weems. The squadron provides global reach for America by conducting air refueling and airlift in support of fighter, bombardment, reconnaissance and mobility forces. (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.



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Joint Base  
McGuire-Dix-Lakehurst

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



# “Giant” surprise reunion



Clockwise from top left: Tech. Sgt. David Brenhuber runs out of the tunnel and toward his wife and daughter at the MetLife Stadium Nov. 17, 2013, in East Rutherford, N.J., during a surprise reunion. Brenhuber is assigned to the 88th Aerial Port Squadron at Joint Base McGuire-Dix-Lakehurst, N.J., and just returned from a deployment in support of Operation Enduring Freedom. (U.S. Air Force photo by Staff Sgt. Scott Saldukas/Released)



(Left to right) Alexis and Tammy Brenhuber stand in the end-zone at the MetLife Stadium Nov. 17, 2013, in East Rutherford, N.J., before being surprised by the return of Tech. Sgt. David Brenhuber. Brenhuber was deployed to the 455th Expeditionary Aerial Port Squadron at Bagram Airfield, Afghanistan. (U.S. Air Force photo by Staff Sgt. Scott Saldukas/Released)

Tech. Sgt. David Brenhuber hoists his wife and daughter after reuniting during a surprise reunion Nov. 17, 2013, at the MetLife Stadium in East Rutherford, N.J. The New York Giants hosted the reunion upon Brenhuber's return to Joint Base McGuire-Dix-Lakehurst, N.J., after deploying in support of Operation Enduring Freedom. (U.S. Air Force photo by Staff Sgt. Scott Saldukas/Released)

Tammy Brenhuber hugs her husband, Tech. Sgt. David Brenhuber, during a surprise reunion Nov. 17, 2013, at the MetLife Stadium in East Rutherford, N.J. The family was reunited during the first-half two-minute warning of the New York Giants and Green Bay Packers game. (U.S. Air Force photo by Staff Sgt. Scott Saldukas/Released)

Tech. Sgt. David Brenhuber holds his daughter after surprising his family during a surprise reunion Nov. 17, 2013, at the MetLife Stadium in East Rutherford, N.J. Brenhuber recently returned Joint Base McGuire-Dix-Lakehurst following a deployment to Bagram Airfield, Afghanistan, which marked his fourteenth deployment. (U.S. Air Force photo by Staff Sgt. Scott Saldukas/Released)



## LRC fills void, provides valuable knowledge to Soldiers

By Alex House  
Logistics Readiness Center Quality Branch

The Army Sustainment Command, Logistics Readiness Center at Joint Base McGuire-Dix-Lakehurst, N.J., provided Rough Terrain Container Handler and forklift operator refresher training to Soldiers from the 1011th Quartermaster Company this past month.

The LRC was contacted to provide Soldiers the required operator refresher training before deploying. Personnel from the LRC Supply and Maintenance Division jumped into action by developing a training program to fit the unique needs of these mobilizing soldiers.

The LRC Quality Branch facilitated classroom instruction for both the RTCH and forklift while their automotive technicians aided in hands-on practical exercises. Soldiers were trained on safety, inspection and operation. They practiced safe handling and manipulation of everything from pallets to 40 foot containers.

A total of 27 soldiers completed one or both of these training modules.

One soldier wrote on his student critique sheet, "Great instruction, thorough and accurate. Keep up the good work."



Soldiers of the 1011th Quartermaster Company practice lifting and moving containers during Rough Terrain Container Handler and forklift operator refresher training Oct. 24, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force courtesy photo/Released)

The training these Army civilians provide will help the 1011th succeed when deployed later in the year to Afghanistan in support of Operation Enduring Freedom.

The resourcefulness and eagerness to help all of our armed forces is a trait instilled by the leadership at the LRC. This culture of providing high quality and timely service can be seen across the LRC vehicle maintenance, weapons and electronics and communications sections.

"We have a highly talented and professional workforce skilled in many areas," said Pete Conboy, Supply and Maintenance Division chief. "We will go out of our way to give our men and women in uniform every available tool to aid in their mission."

[www.jointbasemdl.af.mil](http://www.jointbasemdl.af.mil)

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# Simodejka Awards presented to NAWCAD logisticians

By Tom Worsdale  
Naval Air Systems Command Public Affairs

The 13th annual Simodejka Award ceremony was held via video-teleconference to Patuxent River, Md., and Whidbey Island, Wash., Nov. 13, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J.

Marking the thirteenth year of a special award, the Naval Air Warfare Center Aircraft Division logisticians community took time to remember the legacy of Michael G. Simodejka, the man primarily responsible for logisticians establishment as a major force within NAWCAD.

Pat Simodejka, Michael Simodejka's wife, spoke of her appreciation for the award and how it helps to keep the memory of her husband alive within the logisticians community. She referenced her own experience with process improvement and commended the award winners for their commitment to always working to make things better.

Adm. Paul Sobl, Logistics and Industrial Operations, Naval Air Systems Command assistant commander (NAVAIR), and Mr. Todd Balazs, NAVAIR Logistics and Industrial Operations deputy assistant commander, presented awards with master of ceremonies, Christopher Reymann, NAWCAD logisticians Lakehurst site lead.

The NAWCAD 2013 Michael G. Simodejka Outstanding Logistics Manager of the Year award was presented posthumously to James Hughes, the EP-3E aircraft fleet support representative at Naval Air Station Whidbey Island. He worked closely with the fleet to provide customer support and avionics system management and reliability for the EP-3E. He instituted a local screening process to reduce the number of "no defect" components returned from depots. Hughes instituted a testing program for components to fully determine if they needed to be sent for commercial repair. The process helped greatly to reduce unnecessary costs and improve aircraft readiness. Ms. Pam Hughes, Jim's widow, accepted the award via video-teleconference.

The Outstanding Logistics Team of the Year award was presented to the Support Equipment Management System team at Lakehurst. They streamlined the NAVAIR master

inventory file in the Navy Enterprise Resource Planning system a monthly process run across three Defense Department organizations. The process had been a time and labor intensive task requiring 30 hours of work. Through the SEMS team's innovation and design, the process is now an automated 15-minute procedure that can be accomplished during non-duty hours. It can also be accomplished across many Navy ERP information technology systems requiring no data interface and no additional costs. The SEMS team has tangibly provided the fleet with improved efficiency, timeliness and data integrity while reducing operational costs an estimated \$6 million over five years. The team members include: information technology specialists Heidi

Klein, Domenick Deroma and Jose Rivera.

Michael Simodejka, an Army ranger and bronze star recipient started his civilian career with the Navy in 1977 as a staff logisticians manager for the Naval Air Engineering Station Lakehurst. He went on to establish the first Logistics Department at Lakehurst and also became the first civilian director of the Logistics Competency for NAWCAD in 1997. His civilian naval career spanned 23 years before being cut short by his death in August 2000 as one of the passengers on the shuttle flight traveling from Lakehurst to Patuxent River, Md. In his honor the Michael G. Simodejka Award was created within the NAWCAD Logistics and Industrial Operations Group.

## Course

Continued from Page 1

a study in 2010 to determine a more efficient method of training security forces. The study concluded consolidation of existing training locations would improve quality of training, increase economies of scale and further improve consistency. All security forces pre-deployment courses from the 421st CTS's Phoenix Warrior Regional Training Center will be taught out of Fort Bliss, Texas, beginning June 2014.

"The military working dog program has thrived here under the tutelage of our highly dedicated instructors, but it is time for the next step," said Lt. Col. Brandon Casey, 421st CTS commander. "While we are sad to see the program go,

we are ready to be a part of a solution that streamlines training initiatives for the Air Force and our warfighters."

The consolidation of three SF RTCs, Phoenix Warrior at JBMDL, Brave Defender at Eglin Air Force Base, Fla., and Silver Flag Alpha at Creech Air Force Base, Nev., to one location, Desert Defender at Fort Bliss is designed to reduce overhead and gain efficiencies in security forces training over the long run. The MWD course is the first step in that process, Casey explained.

"There's been a ton of memories here and a lot of good training," said Tech. Sgt. Kevin Bartoo, 421st CST MWD operations program manager. "Our team and the students we've worked with are part of a proud heritage, and we'll never forget where we started."

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# Partnership means faster airport screens for service members

By American Forces Press Service  
WASHINGTON—Defense Department and Transportation Security Administration officials today announced a partnership to expand "TSA Precheck" expedited screening benefits to all U.S. armed forces service members, including those serving in the Coast Guard, Reserves and National Guard, during their official or leisure travel.

As a result of the agreement, these individuals will be able to enjoy the benefits of the program at the 100 participating airports across the country beginning Dec. 20, 2013, officials said.

Currently, members of the armed forces can use TSA Precheck lanes at 10 domestic airports by presenting their common access cards. The partnership expands the

program to all 100 airports offering TSA Precheck, allowing service members to keep their footwear and light outerwear on and their laptop in its case, as well as to have their 3-1-1 compliant liquids and gels bag in a carry-on bag in select screening lanes.

"Expanding TSA Precheck screening benefits is great news for our service members and is a tangible sign of this nation's gratitude for the men and women who serve this nation bravely each and every day," said Mary Snaveley-Dixon, Defense Manpower Data Center director. "We will continue to work with the Transportation Security Administration to help expand this program further."

The new process being established under this agreement allows all active duty,

Coast Guard, Reserve and National Guard service members to use their DOD identification number when making reservations. That ID number will be used as their Known Traveler Number. When arriving at the airport, service members will then be permitted access to TSA Precheck lanes for official or leisure travel on participating airlines.

"TSA joins with the American people in showing its appreciation for the service and sacrifices of our men and women in the Armed Forces," said John W. Halinski, TSA deputy administrator and a 25-year Marine Corps veteran. "Providing expedited screening while on travel is the least we can do for these courageous men and women."

More than 18 million passengers have experienced TSA Precheck since it launched

in October 2011.

TSA also noted that wounded service members can get expedited screening without having to remove footwear, light outerwear, jackets or headwear. To take advantage of that program, wounded warriors or their care coordinators can contact "TSA Cares" toll free at 1-855-787-2227 with details of the itinerary once flight arrangements are made with the airline.

TSA will always incorporate random and unpredictable security measures throughout the airport, officials said, so no one is guaranteed expedited screening. Travelers can check the TSA Precheck participating airports web page for information on locations and hours of active TSA Precheck lanes.

## Team

Continued from Page 1

emphasized Gregory during the workshop.

At the Patriot's resiliency workshop, Jeanrison spoke about the importance of interacting with one another,

sharing experiences and beliefs and how focusing on resiliency provides an avenue to work as teams to express collective ideas and views.

"We may not all think alike, but as a team, we are able to build our vision on what resiliency means to us," she said.

Teamwork is proving the best approach to strengthen mental, physical, emotional, and behavioral abilities in individuals, said Gregory.

"A group effort is needed to help people cope with adversity, adapt to changes in their lives and build resilience when faced with setbacks," he said.

Through some diligent coordination with the Master Resiliency School, home to the Army's Comprehensive Soldier and Family Fitness (CSF2), the Patriot Brigade has scheduled two mobile training teams to come and train Army leaders and Soldiers stationed at Joint Base McGuire-Dix-Lakehurst, N.J.

The first events are two four-hour leaders' induction training opportunities scheduled for Dec. 10. The session is designed specifically to educate commanders, command sergeants major, other key leaders, field grade officers, first sergeants and select personnel on the important facets of building resiliency. The 174th Inf. Bde. is scheduled to host a 12-day complete Master Resiliency Training course for 60 students in June 2014 for the second event.

Building resiliency is so important to maintaining Soldier and leader readiness, said Sgt. 1st Class Debra Owens, 174th Infantry Brigade equal opportunity representative and lead master-resilience trainer.

"When we first enter the military as young Soldiers, many have some level of resilience instilled from our parents or our childhood experiences, but our varying backgrounds reveal differences and sometimes gaps that need strengthening," said Owens. "It's our resiliency that makes us more vigilant and capable when dealing with challenging situations."

Fusing important aspects of building resiliency that we find in different Army areas of concentration creates a more comprehensive resiliency campaign at the brigade-level, said Owens.

"Incorporating existing military programs such as CSF2 with the Unit Ministry Team's Strong Bonds program and the Army Behavioral Health assistance builds a stronger support system overall," insisted Owens.

"Different strokes for different folks" gives leaders and Soldiers the opportunity to try different paths to the same endpoint," said Owens. "The goal is to strengthen valuable coping skills that help us help ourselves and assist others. The end state will greatly improve today's military and have an overall positive effect on our health and mental well-being."

She encouraged all commanders and leaders to attend resiliency training because it will reinforce how to "thrust the good stuff" and avoid thinking traps.

Owens mentioned a new 10-day Executive Resilience and Performance Course that was launched October 2013 and stands as the CSF2 core leader's resiliency training. She, along with the help of the brigade school's scheduling specialist, Sgt. 1st Class Gary Brown, aim to add this training opportunity to next year's calendar.

Anyone interested in participating in the upcoming December training should contact Brown at 562-6740.

For more information on resiliency training and tools, visit: [www.army.mil/readyandresilient](http://www.army.mil/readyandresilient)

[www.jointbasemdl.af.mil](http://www.jointbasemdl.af.mil)

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## PII violators will have AFNET accounts locked

By Maj. Brooke Brander  
Air Force Space Command Public Affairs

PETERSON AIR FORCE BASE, Colo.—Individuals who inappropriately store and transmit Personally Identifiable Information over the Air Force Network, or AFNET, will now have their accounts locked in response to violations.

"We are taking several steps to improve notification and reporting of PII incidents," said General William L. Shelton, Air Force Space Command commander. "My intent is to increase awareness within the Air Force as part of my responsibility to ensure the security and defense of the AFNET and its users. PII violators create both a personal and operational risk for all of us."

The 68th Network Warfare Squadron and 352nd Network Warfare Squadron, as the Cyberspace Defense

Analysis Weapon System, are actively monitoring the AFNET for PII breaches and violations. When a PII breach is identified, it is reported to the 624th Operations Center and the formal reporting process is initiated.

The 624th OC, as the Cyber Command and Control Mission System Weapon System, then reports the AFNET PII breach to the 24th Air Force commander, which will result in locking the violator's AFNET account and notification to the individual's wing commander.

"Beginning Oct. 24, 2013, we began locking out the AFNET account of individuals who were found to be inappropriately transmitting PII data via the AFNET," explained Major General J. Kevin McLaughlin, 24th Air Force and Air Forces Cyber commander. "A violator's account

See AFNET, Page 12

# CLASSIFIED

### Announcements

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#### Condominiums

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# Leaders learn responsibilities in R2C

By Lt. Gen. Howard Bromberg  
Army G-1

Our Army family has demonstrated remarkable strength fighting two wars over the past 12 years, and has built resiliency dealing with challenges from combat stress, illness, injury and the strain placed on relationships. To arm Soldiers families and civilians with resources essential to maintaining resiliency and overcoming these challenges to the health of our force, the Army launched the Ready and Resilient Campaign (R2C).

The Army Resiliency Directorate executes R2C, and integrates existing programs such as the Army Suicide Prevention Program, Army Substance Abuse Program and the Comprehensive Soldier and Family Fitness (CSFF) program to address specific issues. This campaign synchronizes our efforts to increase individual resiliency and improve unit readiness by encouraging positive activities and reducing or eliminating harmful behaviors. R2C also focuses on eliminating stigma associated with getting help to address issues such as suicide and suicidal thoughts and ideations, sexual harassment or sexual assault, bullying and hazing, and substance abuse.

The campaign includes the Total Army – active duty, Army National Guard and Army Reserve – and provides resiliency support to Soldiers, Army civilians and family members. R2C seeks to influence a cultural change in the Army by directly linking personal resiliency to readiness, emphasizing individual responsibility to maintain resiliency necessary for unit readiness.

#### Campaign Overview

The Army is focusing its resources along four lines of effort. First, we have begun a program capabilities assessment to determine how well existing Army programs address high risk behavior. The results of these assessments will drive how we refine policies and prioritize resources to improve available programs and services. Second, we are reviewing training and deployment requirements and incorporating resiliency training into institutional and unit level training to ensure our Soldiers build and maintain resiliency from entry into the Army family through retirement. This integration emphasizes resiliency-focused training while affording leaders “white space” on training calendars. Third, we are conducting an Army-wide communications campaign to inform and educate the total Army about R2C efforts and supporting programs. The communication effort also focuses on reducing stigma for those seeking help, retaining public confidence in the Army, and informing and educating audiences about R2C plans, policies and initiatives in order to help strengthen and maintain a healthy force. Developing policies, prioritizing

resources, instituting resiliency training and communicating the campaign only go so far in developing a R2C Army. Our most important line of effort is instilling resiliency as an integral part of Army culture.

Effecting cultural change requires both institutional transformation and individual commitment to Army professionalism. We are incorporating the concepts of readiness and resiliency in the definition of the Army profession, to reinforce individual and institutional responsibility to maintain a profession committed the readiness and well-being of its members. Currently, Army organizations are implementing the “America’s Army – Our Profession” education and training program which emphasizes Army values, standards and discipline, customs, courtesies and traditions, military expertise and trust as cornerstones of Army professionalism. Building a culture of resiliency, combined with our other lines of effort, will allow us to increase individual resiliency and improve unit readiness—and all members of the Army team have a role in the successful execution of this effort.

#### Where You Fit

I need your help to effect cultural change at the individual level. Without active engagement by leaders at all echelons, we cannot achieve Total Army Readiness and Resiliency. Army leaders are responsible for the readiness of their units; a cornerstone of a ready unit is the resiliency of the personnel within the unit. Leaders have a responsibility for influencing their team members’ behavior, effecting cultural change, and encouraging team mates get help when they need it, all of which contribute to increased resiliency and improved readiness. There are five areas in which leadership focus will help us achieve a more ready and resilient Army.

First, every Army leader must know, and promote the use of, Army resources such as CSFF, ASFP, Hotline and ASAP. Leaders must understand and articulate links between support programs and readiness and ensure that Soldiers, families and civilian personnel are aware of resources available.

Second, leaders must lead by example. We say this frequently, but I challenge you to ask yourself, “What example am I setting?” Fostering a climate which exemplifies trust, respect, responsibility and self-discipline and which reinforces the idea of personal accountability and professionalism as core values is an essential enabler to building readiness and resiliency. The climate you set will also promote positive behaviors and will help eliminate stigma for those in need of behavioral health support because Soldiers, Families and Civilians know you value them personally and professionally; they know you care. They know you’re committed to supporting their path to well being.

Equally important is how you convey the Army’s values and standards. Leaders must consistently reinforce that inappropriate behaviors, such as sexual harassment or assault, hazing, and drug and alcohol abuse, will not be tolerated and are detrimental to unit readiness. All Army team members, but especially leaders, have a duty to intervene if they observe inappropriate activities, as such behaviors destroy unit cohesion and have no place in the Army Profession. Leaders who model the Army values and live the Army profession, and who ensure their leadership team does the same, will establish an environment in which their subordinates will be ready, resilient and Army strong.

Additionally, Army leaders must know their personnel. As the Army shifts from an environment of multiple combat deployments to one of preparing for unknown contingencies, supporting regionally aligned forces and increasing home station training, leaders will face challenges keeping up with Soldiers and their families. Senior leaders will need to mentor younger leaders on how to successfully operate in the training setting. Walking military and local living areas, engaging with personnel and keeping a finger on the pulse of the unit must be a regular and deliberate activity for leaders to maintain unit cohesion and to keep an eye out for warning signs of someone who may be struggling with personal or professional issues. Leaders should ensure all members of their unit are trained to look for indicators of a teammate in trouble and to know what to do if they suspect someone needs help.

Finally, leaders must take care of themselves. Ready and resilient units need ready and resilient leaders. Leaders who live a balanced life provide a model for their Soldiers to emulate. All leaders need to take time to decompress, get enough sleep, make an effort to eat healthy, and integrate physical fitness into their lives and the activities of their units. If you need help, seek it. Readiness, resiliency, and stigma reduction begins with you as an Army leader.

We have an opportunity to leverage your talent to make us a better team. As Gen. Raymond Odierno, Army Chief of Staff, has stated, “We have a window of opportunity here to make our Army better and stronger if we focus on the right things and resiliency is one of the right things that will make the Army stronger and more effective.” As members of the total Army team, we must commit to investing in building enduring strength, resiliency and readiness, so that our Army is prepared to rapidly deploy and sustain a force which can prevent conflict, shape the security environment and win the nation’s wars. In leading the way in readiness and resiliency, Army leaders can reinforce the trust of Soldiers, families and civilians and retain the confidence of the American people in their Army.



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# NEWSNOTES

**JB MDL Spouses' Club Thrift Shop**  
The Joint Base McGuire-Dix-Lakehurst Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesday-Friday and the first Saturday of the month, located at 2508 Can Do Way. The thrift shop accepts gently used donations. Call 754-2368 for more information.

**Navy Marine Corps Relief Society Thrift Store**  
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 sales income received from thrift shops 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. Call (732) 323-2362 or visit for more information.

**JB MDL Swap Site**  
Joint base mission partners with excess supply items or in need of office items can now log in to the Joint Base McGuire-Dix-Lakehurst Swap site at [www.milsuite.mil/](http://www.milsuite.mil/)

books/group/jbmdl-swap for re-distribution of supplies. Visit the [milsuite.mil](http://milsuite.mil) website or call 754-4686 for more information.

**87th LRS Customer Service and Equipment Accountability Service**  
Individuals with inquiries regarding supply customer service, stock control and overpricing program assistance should call 754-3306/1381. Walk-in hours are 9 a.m. to 3 p.m. Monday through Friday at 1757 West Arnold Ave., Room 166. Call 754-5154/4454 for supply parts issue requests/aircraft parts store requests. Call 754-2678/4010 for the equipment accountability office and custodian's assistance. Visit [www.drms.dla.mil](http://www.drms.dla.mil) for DRMO procedures.

**Neighborhood Community Watch Meetings**  
The joint base community is set to hold a meeting for the neighborhood community watch program from 7 to 8 p.m. every second Tuesday of the month in Falcons Court North. The meeting is intended to inform community members on how they can help protect the community by taking part in neighborhood watches and patrols. Call 723-6563 for more information.

**Firehouse Movie Night**  
A movie night is scheduled for 8 p.m. every second Friday of the month at The Airmen's Firehouse on McGuire.

This event is open to all E-1s through E-4. Free popcorn and beverages will be available. Call 754-2233 for more information.

**87th MDG Training Hours**  
The 87th Medical Group will close for readiness training at noon the first Thursday of each month.

**Crafty Birthday Parties**  
The Arts and Crafts center offers a chance for community members to host birthday parties at the center. Parties include two hours of party room use and one craft project with an instructor and all materials. Choose from a ceramic painting or plush animals parties. Call 562-5691 for more information.

**Home School Art Class**  
The Arts and Crafts center offers a 10-week mixed media course for ages six and up. Five sessions of pottery and five sessions of fine arts are included. Call 562-5691 for more information.

**International Spouses' Group**  
The International Spouses' Group assists foreign-born spouses with cultural adaptation. The group serves as the first stop, as well as ongoing support, for multicultural families. The group meets the last Friday of each month from 11:45 a.m. to 1:30 p.m. for planned social and educational activities. Call 754-3154 for more information.

**Financial Readiness Program**  
The Financial Readiness Program assists service members and their families in improving personal financial status and their ability to perform as informed consumers. The program focuses on improving credit reliability and reducing debt. Available services include: complaint resolution, individual counseling, training classes, resource library, debt liquidation, budget development and planning. Call 754-3154 for more information.

**Education and Training ABCs of College Briefing**  
An ABCs of College information session is set to be held every third Thursday of the month at 9 a.m. in the Education Center, 3829 School House Road, Falcon Courts North housing area Room 206. The briefing will provide information on how to choose a school and major, determine payment methods, plan for career success, register for upcoming classes and gain information about degree types. Email [gaylor.sims@us.af.mil](mailto:gaylor.sims@us.af.mil) for more information or to register.

**MPS Passport Appointments**  
The Military Personnel Section passport office will accept appointments only for official passport processing. Appointments are available from 7:30 a.m. to 6 p.m. Mondays through Thursdays and 7:30 a.m. to 4:30 p.m. Fridays. Call 754-3826 to schedule an appointment. Tourist passports are not available at this location. Visit [www.co.burlington.nj.us/pages/pages.aspx?cid=23](http://www.co.burlington.nj.us/pages/pages.aspx?cid=23) for tourist passport locations.

Passport pick-ups will continue to be handled on a walk-in basis during normal MPS customer service hours. As a reminder, customers assigned to the 6th Airlift Squadron, 621st Contingency Response Wing, 21st Expeditionary Mobility Task Force and the U.S. Army have separate passport agents in their units who are able to service their passport/Visa needs. Call 754-1592 for more information.

**Library Events**  
Children's Story Time will be at 10 a.m. Thursdays.

**Tuskegee Airmen Meetings**  
The Hannibal M. "Killer" Cox chapter of the Tuskegee Airmen Incorporation is set to host its monthly meeting at 5 p.m. on the fourth Tuesday of every month at the Firehouse Club on McGuire. Visit [www.tuskegeearmen.org](http://www.tuskegeearmen.org) for more information.

**History Tours at Lakehurst**  
The Navy Lakehurst Historical Society offers tours of historic Hangar One and the Hindenburg crash site at 10 a.m. every Wednesday and every second and fourth Saturday of the month. Call (732) 818-7520 for more information.

**Alcoholics Anonymous Meeting**  
The Alcoholics Anonymous meeting is set to be held from 7:30 to 8:30 p.m. every Tuesday at Range Control Headquarters on Dix. Alcoholics Anonymous is a 12-step support group whose only requirement is the desire to stop drinking. This meeting is an open meeting available to anyone who wants or needs to better understand alcoholism and its effects. There are no dues or fees, only the desire to live a life free from alcohol. Call 562-4011 for more information.

## Construction Corner

From 87th Civil Engineer Squadron

**McGuire Main Gate Shutdown**  
The McGuire main gate is scheduled for striping and replacing of the pop-up barrier loop detector system from Nov. 22-27, 2013. The main gate shall remain open. Closure of one lane at a time during striping and loop detector system installation, minimal impact, but plan for delays during heavy traffic times.

**Lakehurst Road Paving**  
Paving of Walz and McCord Roads is scheduled from Nov. 22-27, 2013. Walz and McCord shall remain open. Closure of one lane at a time shall occur during prep, paving and striping operations, minimal impact. Drivers should watch for flagmen and plan for minor delays.

**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 Pudgy's located at 2508 East Third St. is being renovated to house the Thrift Store and Airmen's Attic.

**McGuire Power Plant Demolition Project**  
Demolition of the McGuire Power Plant and associated facilities will continue through Dec. 30, 2013. Additional truck and construction vehicle traffic can be expected in the area.

**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.

**Walson Army Hospital Demolition**  
Demolition of the Walson 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.

### 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 609-754-4873.

**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**



## AFNET

*Continued from Page 5*  
will only be unlocked once the first O-6 in their chain of command certifies that the individual has accomplished all necessary actions, to include remedial training."

These new actions are in addition to, and do not circumvent or replace, the normal Privacy Act notification process which is already in place throughout the Air Force. Air Force Instruction 33-332 governs the PII breach reporting process as well as the consequences for PII violations.

PII is any information about an individual that can be used directly, or in connection with other data, to identify, contact or locate that person and can include such information as: full name, address, Social Security number, medical, educational, financial, legal and employment records.

A PII breach is defined as a loss of control, compromise, unauthorized disclosure, unauthorized acquisition, unauthorized access or any similar term referring to situations where persons other than authorized users, and for an other than authorized purpose, have access or potential access to PII, whether physical or electronic.

Encrypting PII allows secure transmission. Additional information on protecting PII can be found of the Air Force Portal under the Cyber Threats and Information tab as well as at <http://dpclo.defense.gov/privacy/>.



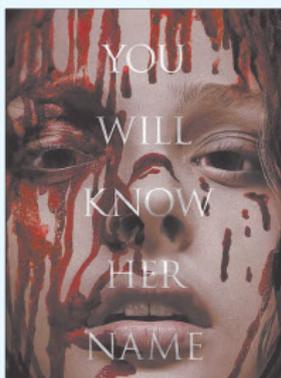
Did you guess last week's close-up photo? It's a flagpole tie down in front of the U.S. Air Force Expeditionary U.S. Air Force Expeditionary Center. The U.S. Air Force Expeditionary Center is the Air Force's Center of Excellence for advanced mobility and expeditionary combat support training and education. The E.C. also has direct oversight for enroute and installation support, contingency response and partner capacity building mission sets within the global mobility enterprise.

## Get to know JB MDL!

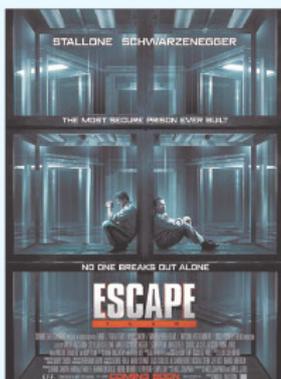


Can you guess what this is? Submit your guess online at [www.facebook.com/jbmdl](http://www.facebook.com/jbmdl). Don't forget to check back next week when the full-size photo is revealed!

### JB MDL Base Theater Movie Schedule



Friday:  
7 p.m.  
Carrie (R)



Saturday:  
7 p.m.  
Escape Plan (R)

### Is it time to FINALLY quit smoking?

The Health and Wellness Center can put you on the right track. Call 754-2462 for more info.

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

### Pecan Pie

- Ingredients:
- 1/2-1 cup margarine
  - 2 cups light brown sugar, packed
  - 3 eggs
  - 1 (9 inch) pie shells
  - 1/4 teaspoon salt
  - 1/2 teaspoon vanilla
  - 1 1/2 cups pecans, chopped

**Cooking Instructions**  
Melt margarine with brown sugar in a sauce pan. Add eggs, salt and vanilla, then mix well. Add pecans. Pour mixture into an unbaked pie shell. Bake in preheated oven at 350 degrees for 45 minutes.



## Rituals

Continued from Page 2

there are three steps you must first take to help you get clarity on your rituals, vehicles and game plan!

1. Your vision: You will need to identify your mission, purpose and passions. Take some time and answer the following questions. The answers may not come to you right away. Wrestle with them until you can answer each in one single true sentence.

- Mission: What is the most important thing that you want to achieve in your life?

- Purpose: Why is your mission important? Who will it affect?

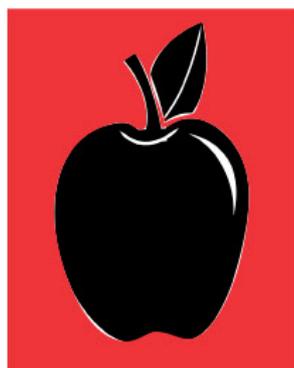
- Passions: What are your passions and are they aligned with your purpose and mission? If not, how can you better align all three?

2. The vehicles: Next, brainstorm a list of all the "rituals" you can use to live your mission, purpose and passions on a daily basis. From this list, choose only three. Why three? You want to start out small but still have enough change in your life to see an effect.

3. The game plan: Decide on a plan to implement each one. It takes around 30 days for a new action to become habitual. Choose one of the rituals for your list and create a strategy to remind yourself to do it daily. One method, used by Jerry Seinfeld, is to put up

a large wall calendar. Each day that you successfully do your daily ritual, put a red "X" on that day. Keep doing this with the goal of never breaking the chain of red "Xs." Once your chain is at least one month long, start implementing your next ritual.

Meaningful rituals, rooted in positive self-improvement are one of the key pillars of success. Upon the development and application of your vision, the vehicles and your game plan, you will develop the pathway to creating these new rituals, increasing the quality of your life.



## Time to get Healthy!

The Health and Wellness Center offers numerous weight-loss and healthy-eating classes to get you in the best shape of your life. Call 754-2462 for more info.