



AIR, LAND & SEA TIMES

PUBLISHED FOR THE JOINT BASE MCGUIRE-DIX- LAKEHURST, N.J. COMMUNITY

Vol. 2 No. 35

AUGUST 31, 2012

NEWSNOTES

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

305th Maintenance Group Assumption of Command

The 305th Maintenance Group assumption of command ceremony is scheduled for 10 a.m. today at Bldg. 2201 (Dock 1). Call 754-5624 for more information.

Installation update

Looking for information on joint base events and happenings?

Come join us at the monthly installation update at 1:30 p.m. Wednesday in the Joint Base Theater. The entire joint base community – to include military, civilian, contractors, spouses and retirees – are welcome to attend.

Joint base leadership will also be on hand to answer questions and address any concerns. Attendees may submit issues or questions to the Joint Base Public Affairs Office at 87.abw.pa@us.af.mil prior to the installation update so we can ensure we have an answer to your question. Call the Joint Base Public Affairs Office at 754-2104 for more information.

Partial Road Closures

Northbound Pudgy Circle and eastbound Tuskegee Airman Ave. are scheduled to decrease from two lanes to one lane. The road will remain partially closed for approximately two and half months while dormitory Bldg. 2606 is demolished.

COVE Training Session

Enjoy meeting new people? Have a passion for public speaking? Tell the world the story of America's premier joint warfighting base from the service members' perspective by enrolling in the Community Outreach Volunteer Experience. COVE is a community engagement program designed to provide the service members of Joint Base McGuire-Dix-Lakehurst a platform to share personal experiences and tell the joint base story. The next COVE training session is from 1 to 4 p.m. Sept. 6 at Tommy B's Community Activity Center. Call 754-2104 or email 87.abw.pa@us.af.mil to sign up for the training.

3rd Group, 2nd Brigade, 75th Training Division, Change of Command Ceremony

The 3rd Group, 2nd Brigade, 75th Training Division is scheduled to host a change of command ceremony at 10:30 a.m. Sept. 9 at Sharp Field. Call 562-5349 for more information.

Active-Shooter Exercise Tip

When an active shooter is outside in the open, seek cover and concealment. If possible hide behind something capable of stopping a bullet, such as a brick wall or the engine block of a car. If it's safe, run, but do not run in a straight line. Use a zigzag pattern. If running or hiding is not an option, play dead and as a last option, fight and use any object to disable the shooter. The exercise is set for Sept. 20. Call 754-1396 for more information.

ASA Retiree Appreciation Day

Army Support Activity-Dix is set to host their Annual Retiree Appreciation Day at 10 a.m. Sept. 19 at the Timmermann Center. Registration begins at 8 a.m. to allow time for retirees to visit the federal, state and local agencies that will be present to provide information on their services. Call 562-2666 for more information.

PASS – The Student Portfolio

Parent Advocates for Students and Schools is scheduled to host 'The Student Portfolio' event from 7 to 8 p.m. Sept. 20 at the Dix Youth Center 1279 Locust. The event will educate parents on how to track their children's school records online. Students are welcome to attend. Preregistration is required. Call 562-2767 (Dix), 754-3154 (McGuire) or (732) 323-1248 (Lakehurst) for more information.

2012 JB MDL Air Force Ball

The Joint Base McGuire-Dix-Lakehurst Air Force Ball is scheduled for 6 p.m. Sept. 28 at the Westin Princeton. The entire JB MDL community is welcome to attend the ball and celebrate the 65th anniversary of the United States Air Force and the 20th anniversary of Air Mobility Command. Call 754-8931/4797 for more information.

Take Back Drugs Day

'Take Back Drugs Day' is scheduled from 10 a.m. to 2 p.m. Sept. 29 in the Exchange front lobby. Old, expired or unneeded medication will be collected in an effort to deter prescription drug abuse. No questions asked. No needles will be accepted. Liquid medication must have a secured lid. Law enforcement and prevention staff will be available to answer questions. Call 562-4011 for more information.

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Brig. Gen. Bryan W. Wampler, 78th Training Division commander, cases the flag during the Regional Training Center-East flag casing ceremony Aug. 24 at Doughboy Field here. The RTC-East was activated in March 2008 and trained more than 15,500 Soldiers. The tasks trained at RTC-East include essential skills required to increase Soldier survivability in theater. (U.S. Air Force photo by Russ Meseroll/Released)

RTC-East 'ends as it began'

By Pascual Flores

Joint Base McGuire-Dix-Lakehurst Public Affairs

Trainer-Soldiers of the Regional Training Center-East stood in formation on Doughboy Field here for the last time as the unit prepared to case its organizational colors Aug. 24.

"The RTC-E was the first of three RTCs to be established – and is the last RTC to inactivate," said Brig. Gen. Bryan Wampler, commanding general, 78th Training Division, and the ceremony's presiding officer.

RTC-East officially began its short history March 7, 2008, in the field across from its headquarters on Delaware Avenue. Soldiers and honor guard members unfurled the organizational colors and affixed a new unit patch on their shoulders at what was then Fort Dix.

"The Regional Training Center-East 'ends as it began,' by training Army Reserve Soldiers with

its culminating mission which ended on August 13," said Wampler. "The final rotation which consisted of 244 Soldiers and three units, officially marks an end to more than four years of training here at Joint Base McGuire-Dix-Lakehurst."

Mobilizing Army Reserve units identified a critical pre-mobilization training gap in 2007. Units found they needed a training platform prior to mobilization to undergo intensive individual collective-and theater-specific training. The Regional Training Center concept was developed as a result of this critical requirement. The other two RTCs were RTC-West at Fort Hunter-Liggett, Calif., and RTC-North at Fort McCoy, Wis.

"The mission of the Regional Training Center-East has been to train Army Reserve units preparing to deploy focusing on Theater Specific Individual Readiness Training ... and the members of the RTC-E, past and present, can

be satisfied in a job done beyond expectations of those who developed the concept," added Wampler.

RTC-East has successfully trained more than 370 Army Reserve units and more than 15,500 Soldiers since their activation.

Soldiers, Airmen and guests including Maj. Gen. William Waff, 99th Regional Support Command commander; Col. John Wood, 87th Air Base Wing and Joint Base McGuire-Dix-Lakehurst commander; Col. Richard Williamson, 305th Air Mobility Wing commander; Col. Jeffrey Doll, Army Support Activity-Dix commander; Command Sgt. Maj. Steven Whitaker, Army Support Activity-Dix Command Sergeant Major; Chief Master Sgts. Terrence Greene and Louis Orrie, command chiefs for the 87th ABW and 305th

See RTC, Page 11

Newest Air Advisor publication leverages proven best practices

By Capt. Sybil Taunton
U.S. Air Force Expeditionary Center



An Air Force security forces member from the 439th Air Expeditionary Advisor Squadron helps advise a member of the Afghan Air Force during a mounted and dismounted patrol outside of Kabul, Afghanistan, May 21. The mission, which was the first Afghan-led, quick-reaction force patrol, consisted of a mounted and dismounted patrol. (U.S. Air Force photo by Staff Sgt. Clay Lancaster/Released)

The Air Force's newest Tactics, Techniques and Procedures publication, AFTTP 3-4.5 Air Advising, became an official document after being signed by Maj. Gen. Brett Williams, Headquarters Air Force director of operations, and Maj. Gen. Bill Bender, U.S. Air Force Expeditionary Center commander, recently.

"The publication of this TTP will, most importantly, provide guidance to Air Advisors both in training and operating in the field," said Bender. "It will also help continue the discussion on the importance of collecting lessons learned and best practices that our Joint Tactics Squadron can codify and develop into TTPs used to guide mission effectiveness in future operations."

Headquarters Air Force and Irregular Warfare Directorate led the publication development and the Expeditionary Center's 422nd Joint Tactics Squadron facilitated the publication.

AFTTP 3-4.5 provides Air Force advisors with guidance on how to assist partner nation air forces in building, sustaining and implementing air power capabilities, as well

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It requires balance

There's no doubt service members face their own unique set of trials. Airmen face significant challenges in integrating a career, spouse, children, friends and self into daily routines.



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Labor Day message

For 130 years, our great nation has celebrated Labor Day, the "working-men's holiday," as it was referred to in the 1800s. Labor Day is, in fact, a celebration of the social and economic achievements of American workers.



3

A taste of National Guard life

Approximately 60 civilian employers boarded military aircraft at Joint Base McGuire-Dix-Lakehurst Aug. 16 and headed north to witness New Jersey Army National Guard Soldiers in action during their Annual Training at Fort Drum, N.Y.



4

The Weekend Weather

Today
High 91/Low 68
Sunny



Saturday
High 89/Low 68
Sunny



Sunday
High 83/Low 68
Mostly Sunny





Many Airmen struggle to find a successful balance between the duties and responsibilities of their professional careers and those of their personal lives. The Air Force often requires long hours, weekend duty, volunteer work and overseas deployments. All of these commitments take a toll on the time one can dedicate to family and other personal priorities. (U.S. Air Force photo illustration by Airman 1st Class Zachary Hada/Released)

Balance: personal, professional lives clash

By Airman 1st Class Hrair H. Palyan
28th Bomb Wing Public Affairs

ELLSWORTH AIR FORCE BASE, S.D. — There's no doubt service members face their own unique set of trials. Airmen face significant challenges in integrating a career, spouse, children, friends and self into daily routines. Although there's no sure-fire way to maintain a balanced lifestyle, there are a variety of strategies Airmen can employ or use to effectively manage professional and personal lives.

For many, skills and strategies such as long-term planning, organizational skills and effective communication which are routinely practiced at work can also foster success in nearly every aspect of their personal lives.

The first step service members can take to achieve a balanced lifestyle is to determine what's important to him or her. Everyone makes

decisions based on what is best for him or herself and their families. Some questions to consider:

— Where do you want to focus the lion's share of your time and energy?

— How important is your career in the grand scale of things?

— How much do you value time with your spouse and children?

Once you establish what's important to you, evaluate whether your current lifestyle fits with what you truly want. People decide every day if it's time to embark on a new stage of life. This could include starting a family, changing a career, or taking an extended leave. Others start businesses out of their homes so they can spend more time with their families. These are individual decisions, just because a choice worked for one person, doesn't necessarily mean it is the right decision for another. Before anyone makes a serious change to a personal or professional life, he

or she should consider the implications of each decision, and how to integrate those changes into a lifestyle.

The next step is to work with your family to develop, prioritize and agree to realistic goals. Having a successful career or enlistment in the Air Force often requires long hours, weekend duty, volunteer work and deployments. All of those commitments take a toll on the amount of time one can dedicate to family and other priorities. Developing goals can help military members make the most out of the time they do have with their families.

Knowing what you want, evaluating your current situation and developing big-picture family goals can help Airmen effectively balance professional and personal lives. Just remember, you don't have to do this alone. There are a variety of resources available to help Airmen and their families.

Own it: leaders made, not born

By Chief Master Sgt. Patrick McMahon
50th Space Wing Command Chief

SCHRIEVER AIR FORCE BASE, Colo. — Former Chief of Staff of the Air Force, Gen. Curtis E. LeMay, once so accurately stated, "I'm firmly convinced that leaders are not born; they're educated, trained and made, as in every other profession. To ensure a strong, ready Air Force, we must always remain dedicated to this process." LeMay's words are just as relevant and vital to the development of Airmen today as they were more than 50 years ago when he first expressed them.

Our core values as Airmen are the foundational underpinnings which drive our behavior and actions. Leadership is much more an art than science and as Airmen, the cornerstone for leadership decisions begins with integrity, service and excellence. The question for all of us is how do we maximize the opportunities to deliberately develop leaders at all levels in our Air Force to enhance leadership decisions?

One philosophy is to "own it." Simply stated, as Airmen we need to own our actions, our decisions, our processes, our law and responsibilities. Often a failure occurs when we look for decisions or policies to be made at a higher level — when the right, correct and appropriate answer resides within our own area of responsibility.

A related example is in how an Airmen's performance is properly assessed. In my opinion, one of the limiting factors in properly evaluating a member's performance is found in organizational leaders' and front-line supervisors' articulation of expectation management requirements. When it comes to setting expectations, a simple math equation is turned into a calculus problem. Setting clear expectations and standards is crucial to the successful execution of our military missions. The clear establishment of leadership expectations and enforcement of standards has both positive tactical and strategic effects on our Air Force and is the bedrock of organizational success.

Chief Master Sgt. of the Air Force James Roy recently provided a timely and substantive perspective on the need for bold leadership. I wholeheartedly concur with both his perspective and strong message, but with one small caveat. I firmly believe there is no requirement to place descriptors in front of the word leadership. The words "bold" and "innovative" are inherent within the definition of leadership the word stands alone. In my view, there is no such thing as a bad leader as it is contrary to the definition; you are either a leader or you are not.

Creating leaders in today's Air Force is accomplished through a process of development based on education, training and experience. These three substantial platforms combined with continued professional development and focused mentorship by more seasoned leaders allows for the development of Airmen of all ranks who can excel at every level.

The ability to fly, fight and win in air, space and cyberspace is in direct relation to the talented professionals among our ranks. Developing leaders is critical to organizational effectiveness. Ensuring our talented professionals are properly evaluated is essential to fostering enduring excellence. To tolerate mediocrity is to abdicate leadership responsibility. To then redefine mediocrity as exceptional is in no uncertain terms just combat ineffective and our Airmen deserve better.

Attack symptoms

By Capt. Scott Taylor
Air Force Legal Operations Agency

VANDENBERG AIR FORCE BASE, Calif. — As an area defense counsel in the Air Force, it is my job to represent Airmen who get in legal or administrative trouble and I love my job.

I have spent the majority of my legal career both as an attorney representing people in trouble, as a civilian and now as an ADC. It has been my experience that people seldom make bad decisions in a vacuum. Post Traumatic Stress Disorder, stress and depression are very common factors amongst my clients over the years.

For the majority of people, these factors do not excuse behavior, but we are failing our fellow Airmen if we ignore environmental factors that can substantially contribute to that behavior. Being a defense attorney allows me to see my clients and not see them for the worst thing they have ever done, but rather see the whole person and all the good they have done in their life as well. I come from a very conservative background, and I was very surprised to find I enjoyed the work and the lifestyle of a defense attorney. It has changed my outlook on life dramatically.

Stress
Ask any doctor about the effects of stress on a body and you will hear that stress has powerful effects on your physical and mental health. Stress comes in all forms. In the United States, approximately one in five veterans of the wars in Iraq and Afghanistan has major depression or PTSD. Veterans with PTSD or depression experience more serious legal problems, a higher lifetime use of alcohol and other substances and worse general health. A 2007 Department of Defense report noted military service can result in "hidden wounds" such as combat stress and PTSD. These hidden wounds can lead to difficult controlling anger, irritability, self medicating with alcohol and other drugs and other reckless or high-risk behaviors. Stress is not limited to combat stress however.

Military life comes with a significant amount of stress that takes its toll on our mental health, our physical health and our family lives. Awards and great performance reports are a fantastic achievement, but every award or great performance report comes with an investment. As we all strive for excellence in all we do, we make an investment with our time and our health through long hours, extra duties, volunteer work and all the associated activities that come with being the best. We can all relate to giving our best and having that achievement seemingly overlooked. We can all point to a time when we felt we deserved a quarterly award but someone else was

nominated instead, which only increases the mental workload. Every deployment, every award, every stellar performance report and every significant accomplishment is paid for. We cannot place these stressors on Airmen and then treat the negative consequences of that investment as an isolated behavioral problem.

Consequences
Not all of my clients over the years can reasonably point to stress as a legitimate source of poor decision-making. I have represented people as a civilian attorney who are criminals in the classic sense of the word. I have also represented a large number of people who made a poor decision either during or after a divorce, or when dealing with a medical condition, or suffering personal loss, or who dealt ineffectively with pressure or, again, stress.

As I get to know the whole person when I meet new clients, I am often struck with how often bad decisions are accompanied with family problems, alcohol use, drug use or other negative behaviors. It is extremely rare when I meet someone who woke up one morning and decided to break the law. Few people truly contemplate the consequences of their actions; rather we live in the moment. I have represented a lot of very good people who did some very bad things, and who are often dumbstruck as to how they wound up in serious legal trouble.

External factors tend to pile up and lead a person down a path to their downfall, and when I speak to clients under the attorney-client confidential relationship, I can't help but notice how many are shocked they were capable of making such poor choices. These choices can be as simple as deficiencies in the work place, to fitness failures, to alcohol-related incidents or drug abuse, to serious criminal conduct.

Attacking Symptoms
Part of my job entails telling the whole story, and explaining how clients arrived at a point in life where they made decisions to break the law or some other poor decisions. I have represented veterans in my civilian career and have personally seen the negative consequences of a conviction, or a punitive or involuntary discharge. I met veterans who never got help, and who escaped into drugs or alcohol, and who lost their families and homes. I met hopeless people who served their country, but now have nothing to show for their sacrifices. I represented one particular homeless veteran on a drug charge, and made an argument to a judge that his service should be taken into consideration. That judge turned the tables on me and asked why I did not serve. He asked me if I was too good to

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COMMANDER'S ACTION LINE



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

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

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil. Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



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EDITORIAL STAFF

Commander, JB MDL and 87th ABW
Col. John Wood
Chief, Public Affairs
Ms. Angel Lopez
Internal Chief
2nd Lt. Alexis McGee
Editor
Airman 1st Class Ryan Throneberry
Writer
Mr. Pascual Flores

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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



MCPON sends 2012 Labor Day message

By Master Chief Petty Officer of the Navy Rick D. West
 WASHINGTON — Master Chief Petty Officer of the Navy Rick D. West released the following Labor Day message to the Fleet Aug. 27.
 "Shipmates and Navy families,
 For 130 years, our gratification has celebrated Labor Day, the "work-inger's holiday," as it was referred to in the 1800s. Labor Day is, in fact, a celebration of the social and economic achievements of American workers; those workers whose drive, determination and relentless strength made our nation into what it is today, and those who continue on their path.
 Labor Day weekend is also seen as the last 'hooyah' before the end of summer ... a long weekend filled with various outdoor activities or one final road trip with the kids before school starts. Whatever your

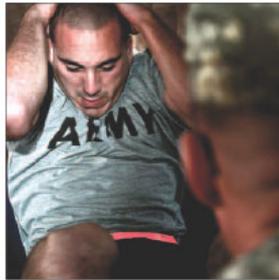
Labor Day plans happen to involve, be sure your holiday weekend includes risk management and preventive measures so it ends on a safe and positive note.
 In 2011, between Memorial Day and Labor Day, 16 Sailors lost their lives. One in an ATV wreck; two drowned; one during recreational activities; five in four-wheeled motor vehicles and seven on motorcycles. This year we have lost 15 Sailors in similar mishaps. Let's not see the number rise this Labor Day weekend. You and your families are important to the Navy and the loss of just one trained and ready Sailor or family member is unacceptable and—in most cases—preventable with proper planning.
 As you enjoy time off with family and friends this holiday weekend, keep in mind our shipmates who are deployed and in harm's way. Their

labor of keeping the watch for the safety and security of our nation is one we all share. It's because of you that Americans can enjoy the freedoms and liberties we all hold so dearly. Thank you, shipmates, for your continued service and dedication to our great Navy and nation.
 Stay focused, stay alert, stay safe and let's bring this summer to a close with zero fatalities or injuries. Enjoy your Labor Day weekend and hooyah!
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 Visit www.navy.mil/local/mcpon/ for more news from the Master Chief Petty Officer of the Navy.

Study drives Army to retain three-event APFT

By Stephanie Slater
 U.S. Army Training and Doctrine Command
 FORT EUSTIS, Va. — The Army will retain the current three-event Army Physical Fitness Test, pending a study to determine the best method to measure baseline Soldier physical readiness.
 U.S. Army Training and Doctrine Command found implementing changes to how the Army assesses physical fitness would be premature.
 "We anticipate that the baseline Soldier physical readiness study, linked to warrior tasks and battle drills, may generate new information that affects how we develop and test physical fitness," said TRADOC Command Sgt. Maj. Daniel A. Dailey.
 What was proposed?
 TRADOC implemented a physical fitness training philosophy in 2011 that Soldiers are better prepared if they train how they would fight. This prompted the Army Physical Fitness School to re-evaluate a Soldier's physical capabilities.
 A five-event Army physical readiness test, or APFT, was developed and proposed to replace the current three-event APFT. The proposed test eliminated sit-ups and included the following: 60-yard shuttle run, one-minute rower, standing long jump, one-minute push-up and a 1.5-mile run.
 More than 10,000 Soldiers worldwide participated in pilot testing of the APFT. TRADOC commissioned an independent panel to validate the proposed five-event APFT after reviewing the data.
 Why retain the three-event APFT?
 The panel of fitness experts from the Department of Physical Education at U.S. Military Academy, the U.S. Army Medical Research and Development Command and California State

University-Fullerton recommended in separate reports against moving forward with the proposed five-event APFT and that TRADOC further study the issue.
 The panel of subject matter experts agreed the five-event Army physical readiness test has "face validity" only, meaning although it appears to measure what it claims to, further study would be required to confirm. Experts additionally agreed TRADOC should consider other events that may better predict baseline Soldier physical readiness. Soldier baseline physical readiness is the ability to meet the physical demands of combat and duty position and accomplish the mission while conducting unified land operations.
 TRADOC has determined that baseline Soldier physical readiness would be most-effectively measured if linked to warrior tasks and battle drills, known as WTBD — tasks and drills determined over the last decade of war to be critical while conducting unified land operations.
 TRADOC will initiate a comprehensive study of Soldier fitness requirements to determine the best method to measure baseline Soldier physical readiness given the independent study, and the logic of linking fitness to WTBD. The objective of the study is to select and recommend test events which have a functional connection to WTBD and accurately measure baseline fitness against valid performance standards. The study is expected to begin October and will include fitness experts from across the Army.
 Decisions to change long-standing and proven systems of physical fitness are not made lightly, or prematurely, said the TRADOC command sergeant major.



A Soldier assigned to the 8th Military Police Brigade completes a sit-up as part of the Army Physical Fitness Test during the 8th Military Police Brigade's Best Warrior Competition at Schofield Barracks, Hawaii, April 10. The Army will retain the current three-event Army Physical Fitness Test, pending a study to determine the best method to measure baseline Soldier physical readiness. (U.S. Army photo by Spc. Marcus Fitch/Released)

What's next?
 TRADOC is preparing to reestablish the master fitness trainer program. Targeting noncommissioned officers, this program, discontinued in 2001, will eventually provide commanders at all levels certified fitness advisers. A pilot master fitness training course, began Aug. 27, to ensure the appropriate steps are taken to restore this previously successful physical fitness asset to all units.
 "Bringing back MFTC will standardize unit physical training and increase unit readiness across the Army," Dailey said, referring to the doctrine in TC 3-22.20 Army Physical Readiness Training.
 TC 3-22.20 focuses unit training on developing Soldier physical readiness required to perform WTBD. WTBD are the fundamental combat skills which all Soldiers, regardless of rank, age, gender or military occupational specialty, must perform in order to fight and win on the battlefield. TRADOC also transition TC 3-22.20 Physical Readiness Training to Field Manual 7-22 Physical Readiness Training last fall to strengthen the emphasis on implementing physical readiness training doctrine Army wide.
 "It's time to break the culture of 'training to the test' and focus instead on preparing all Soldiers for the physical challenges of the current and future operating environment," said Dailey. "Executing physical training in accordance with the doctrine [TC 3-22.20] will also reduce injuries and improve Soldier performance on the APFT."
 "TRADOC recognizes that leaders will continue to assess unit physical training needs based on the mission and the OE and adjust training as necessary, but the place to start is the TC."

"Emerging factors and changing combat environments demand a thorough understanding before changes are implemented and thus the decision was made to retain the current test," Dailey said. "Whatever the new test looks like, it must accurately evaluate fitness levels for all Soldiers to decisively win in combat."

Military teens tour, learn more about joint base



Sydney Williamson uses a joystick to control the Common Remotely Operated Weapon Station during a demonstration Aug. 22 at the U.S. Air Force Expeditionary Center here. More than forty teens of joint base service members attended this year's Teen Orientation tour to become better acquainted with the base and their new schools. The teens toured several training facilities at the EC and received briefings from Teen Council members, security forces, a school liaison officer and an outdoor recreation representative. (U.S. Air Force photo by Staff Sgt. David Garbajal/Released)

JB MDL mourns loss of civilian

Kenneth Lee, recreation assistant at Griffith Field House, was 59 years old when he passed away in his sleep Aug. 29. He was born Dec. 22, 1952, in Beaumont, Texas. He served in the U.S. Army and had 38 years of federal service. He has worked in force support, morale, welfare and recreation for the past 28 years. He is survived by three sons and a sister who live in Texas; one daughter who lives in Bensalem, Pa.; and seven grandchildren.
 (U.S. Army courtesy photo/Released)

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- Identify a safe place to take shelter.
- Have frequent drills, especially if you have children.
- Keep a map handy to track storm movements from weather bulletins or have a weather app on your cell phone.
- Listen to the radio and television for weather information.
- Check the weather forecast before leaving for extended periods outdoors. Watch for signs of approaching storms.

Courtesy of the Joint Base McGuire-Dix-Lakehurst Safety Office, 754-7283.

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Employers get taste of national guard life

By Sgt. Bill Addison
444th Mobile Public Affairs
Detachment

Approximately 60 civilian employers boarded military aircraft at Joint Base McGuire-Dix-Lakehurst Aug. 16 and headed north to witness New Jersey Army National Guard Soldiers in action during their Annual Training at Fort Drum, N.Y.

The Boss Lift, which is sponsored by the Employer Support of the Guard and Reserve, launched from JB MDL aboard N.J. Air National Guard KC-135 Stratotankers and landed at Wheeler-Sack Army Airfield. From there, they boarded 10th Mountain Division CH-47 Chinooks to reach some 2,000 Soldiers of the 50th Infantry Brigade Combat Team who were training in the field.

The Boss Lift program is designed to educate employers to the tasks and training their military employees receive during their time away from the office. That education is integral to foster and maintain employer support for the National Guard and Reserves, according to retired Marine Corps Col. Alan Smith, N.J. ESGR chapter chairman.

"Forty-eight percent of our entire DOD warfighting capability is in the guard and reserve components," Smith said. "If we are going to have a lot of that fighting capability in the Guard and Reserve, we have to have the support of employers and here in New Jersey, we do."

Smith has coined those employers who support their military employees "employer patriots" for that reason.

"They are the patriots who you don't see in uniform, but they're clearly as important," he said. "Without them, those folks in the Guard and Reserve would not be able to take care of their families and do what they need to do in service to their country."

The first stop in the tour was a demolitions demonstration



National Guard and Reserve Soldiers' employers and members of the Employer Support of the Guard and Reserve disembark a CH-47 Chinook Aug. 16 at a training range on Fort Drum N.Y., at the Boss Lift event. The Boss Lift program is designed to educate employers to the tasks and training their military employees receive during their time away from the office. (U.S. Army Photo by Spc. Michael Davis/Released)

with engineers of A Company, 50th Brigade Special Troop Battalion. Employers donned protective gear, to include helmets and ballistic vests, and observed a variety of breaching techniques used by the engineers.

The event provided Capt. Kristian Del Rosario, A Company commander, a chance to show what he does when he's away from the office to his boss, Patrick Collins of Secaucus, N.J. "We're (information technology) guys," said Del Rosario. "We work out of cubicles, so one weekend a month I get to come out of the office and blow stuff up. For me, it's great to have my boss come out and see that other side of what I do."

Del Rosario said the highlight of the event for him was the chance to showcase the company's newest equipment, to include the Grenade Rifle Explosive Munition, better known as the GREM.

"It's kind of like a big lawn dart, but it packs a punch," he

said. Collins said he was impressed with what he had seen so far, and he was further impressed to see the level of responsibility his employee has in the military.

"Personally, it's just fascinating to be here, but also to watch Kristian in action is really great," Collins said. "He leads a big team here. He has some huge responsibilities; it's great to see him operate."

John Szczomack, a certified public accountant in Fairfield, N.J., said he was excited to come out and see his employee, Capt. Brett Robinson of A Company, 2nd Battalion, 113th Infantry

Regiment, in action.

"We support the military and we like to see it firsthand," said Szczomack. "Seeing it up close and personal really gives it a whole other dimension to what we hear Brett talk about when he's in the office."

"It's pretty awesome to have him come out and see what I do when I'm not at work," Robinson said.

The ESGR was established in 1972 to promote cooperation and understanding between Reservists and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitments.

West Nile Virus detected on Joint Base

The Burlington County Mosquito Division sprayed for adult mosquitoes within a half-mile radius of North Lindberg Street and Doolittle Drive Aug. 30.

The 57th Aerospace Medicine Squadron Public Health department detected the West Nile virus while routinely testing mosquitoes trapped throughout populated areas on Joint Base McGuire-Dix-Lakehurst.

"This area is the first and only that has tested positive of the thirteen areas routinely tested on base," Lt. Col. Charles Mahakian, 87th AMDS commander. "We are working closely with Burlington County public health officials to ensure mosquito population controls are performed within a half-mile radius around the area where the West Nile virus has been detected."

Trucks licensed by the New Jersey Department of Environmental Protection's Pesticide Control Program passed through the area spraying an ultra-fine mist of commercial pesticide.

The pesticides used for mosquito control have been judged by the EPA not to pose an unreasonable risk to human health, according to the Center

for Disease Controls. Base officials stress that the measures being taken are preventative in nature.

"While one sample pool of mosquitoes tested positive, we have had no confirmed cases of the West Nile virus in the joint base populace," said Mahakian. "We strongly encourage the joint base community to remain vigilant and take proper precautions since prevention is always the best defense."

Prevention measures include:

- using insect repellent containing an EPA registered active ingredient;
- limiting outdoor activity at dusk and dawn when mosquitoes are most active;
- wearing long-sleeve clothing and pants;
- protecting homes with good window screens and doors;
- emptying standing water from flower pots, buckets and barrels;
- changing the water in pet dishes and bird baths weekly.

Additional information is located at www.jointbase-mdl.af.mil/news/story.asp?id=123316178 or www.cdc.gov/ncidod/dvbid/westnile/index.htm.

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New training prepares Soldiers for civilian life

By Chelsea Bissell
U.S. Army Garrison Grafenwoehr Public Affairs

VILSECK, Germany — Post-military life for service members can be difficult. Leaving the sequestered culture of the military may present challenges such as finding jobs, obtaining health care and translating military jargon into civilian words or expressions.

The Transition Assistance Program, part of the Army Career and Alumni Program, is set to ease this bumpy shift and provide out-processing Soldiers, veterans and family members with necessary skills and realistic expectations for a new life.

TAP is currently undergoing a facelift thanks to the Veterans Opportunity to Work Act passed by Congress in October though it has been part of the Army for years. This revision — the program's first in 20 years — is designed to make TAP more intensive, involved and in-line with current economic trends. The new initiative, which begins Nov. 21, also makes TAP mandatory for all departing Soldiers.

The new TAP is timely and forward-thinking, said Ben Petersdorff, transition services manager for ACAP Europe-East.

"It's more hands on," said Petersdorff. "The material's been updated. There's a lot of new websites out there geared toward helping Soldiers find employment. The Soldiers will be able to go (to the websites) in the class. They'll be able to apply for jobs in the classroom and even interview."

The class will also cover interviewing skills, searching for employment, resume-writing, salary negotiation and tips for translating military-speak and skills into language civilians can understand.

"It gets the Soldiers in the frame of mind of thinking like a civilian," explained Petersdorff.

Soldiers will be obligated to participate in a pre-separation briefing, a Veterans Affairs briefing and initial counseling along with the three-day TAP class. Service members must begin their ACAP training at least a year prior to their exit date starting Nov. 21, a significant change from the current timeline of 90 days.

ACAP offers a host of support classes in conjunction with their TAP class nearly every day for separating Soldiers and their families.

Classes take students into the intricacies of the USAJobs.gov job website and offer a practicum for those wishing to apply to federal positions with on-site expert help. Community members may also take ACAP classes which delve into VA benefits, résumé writing, online career research and small business administration.

Existing Soldiers may also turn to Army Community Service for post-Army career assistance if exiting Soldiers desire a federal career. Soldiers may take the USAJobs course hosted by ACS. Rhani Ellis, Employment Readiness Program manager, offers one-on-one guidance for the course. Ellis will take job seekers through the entire process, from discovering their career goals, to hitting "submit" on the application.

"The process is different for each Soldier because everyone wants something different," said Ellis.

Though there is a glut of career assistance in Grafenwoehr and throughout the Army, Ellis notes that the key element in preparing for the outside world is time.

"I really advise that as soon as Soldiers know they're separating or retiring they need to start planning for their future," she said. Petersdorff emphasized the value of time, as well.

"Start early," he said. "It's easier to look for work when you're not hungry. When you start to look when you're already discharged, you get panicky. It's easier when you start early."



Theresa Clett, Army Career and Alumni Program career counselor, talks Spc. David Kinney and his wife, Jennifer, through the USAJobs.gov job website, as they finish their initial counseling. Kinney is with Headquarters and Headquarters Company, 3rd Battalion, 68th Armor Regiment in Grafenwoehr, Germany. Other Soldiers work on completing their counseling online. (U.S. Army courtesy photo/Released)

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Joint base comes together



Airman 1st Class Curtie Hanna, 87th Medical Group optometry office optometry technician, throws a bean bag during a cornhole game Aug. 24 at the Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic on Doughboy Field. Picnic participants had a multitude of games and activity options to choose from including horseshoes to relay races. (U.S. Air Force photo by Wayne Russell /Released)



Chief Master Sgt. Vinos Burrell, 87th Air Base Wing Command Post command and Officer 2nd Class Kevin Sears, VR-84 avionics maintenance technician, while the Summer Picnic held on Doughboy Field. (U.S. Air Force photo by Wayne Russell/PS)



Chief Master Sgt. Terrence Greene, 87th Air Base Wing command chi at the Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic Aug. 24. Greene assisted in directing attendees through the lines for food served hungry patrons. (U.S. Air Force photo by Wayne Russell/Release)



Dylan Phile, 4, son of Capt. Laura and Dennis Phile, 76th Air Refueling Squadron executive officer and 108th Air Refueling Wing maintenance officer respectively, has red face paint applied for his Spiderman make-up Aug. 24 by Cheryl Carrier during the Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic on Doughboy Field here. (U.S. Air Force photo by Wayne Russell/Released)



Military and civilian members of Joint Base McGuire-Dix-Lakehurst, N.J., gather MDL picnic since the establishment of the joint base. (U.S. Air Force photo by F)

for Annual Summer Picnic



Control functional manager passes a hotdog to Brianna Sears, 4, daughter of Petty Officer 1st Class (mother, Renetta), looks on Aug. 24 at the Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic.



Competitors at the Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic engage in the water relay Aug. 24 on Doughboy Field. The goal was to fill a bottle on top a team member's head with just water from a sponge. (U.S. Air Force photo by Wayne Russell/Released)



Senior Airman Alexandro Banks, 24, greets Madison, 2, and her father Senior Airman Alexandro Banks, 24, held on Doughboy Field. Banks is an 87th ABW protocol specialist and drink where the other chief master sergeants and first sergeants.



Senior Airman Katherine McKenny, 87th Aerospace Medicine Squadron medical technician, dances with her daughter, Morgan Alicia, 13 months, Aug. 24 at the Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic at Doughboy Field here. McKenny hails from Smithtown, N.Y. (U.S. Air Force photo by Russ Meeseroll/Released)



Aug. 24 at the Annual Summer Picnic on Doughboy Field. This is the second Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic.

Joint Base Intramural Sports Standings

McGuire-Dix Intramural Golf

Team	Win	Loss	Tie	PCT
87th FSS	16	1	0	0.941
621st CRW (A)	13	4	0	0.765
606th AMXS	12	5	0	0.706
621st CRW (B)	11	6	0	0.647
373rd TRS	11	6	0	0.647
306th MOS	11	6	0	0.647
732nd AS	10	7	0	0.588
306th MDS (A)	10	7	0	0.588
306th APS	8	9	0	0.471
87th CS	8	9	0	0.471
306th OSS	8	9	0	0.471
87th LRS	8	9	0	0.471
306th MDS (B)	7	10	0	0.412
306th AMXS	7	10	0	0.412
EC	7	10	0	0.412
MAG 49	5	12	0	0.294
87th CES (A)	5	12	0	0.294
87th CES (B)	4	13	0	0.235
314th RCS	0	9	1	0.050
174th INF BDE	0	9	1	0.050

PCT = Winning Percentage

Lakehurst Softball League A

- Gold — Top Guns
- Silver — Unamused Forces
- Bronze — Victorious Forces
- 4th — Bombers
- 5th — Hangar Squad
- 5th — Air Dept.
- 7th — Misfits
- 7th — CNATT

Intramural Soccer JB McGuire-Dix

- Gold — 306th APS
- Silver — Lakehurst
- Bronze — 87th CES
- 4th — Joint Base United
- 5th — 174th INF

- 5th — NJNG Army Strykers
- 7th — 87th CES
- 7th — 606th AMXS
- 9th — 306th MDS
- 9th — 87th LRS (A)
- 11th — 87th LRS (B)
- 11th — 621st CRW

Intramural Wallyball JB McGuire-Dix

Team	Win	Loss	PCT
373rd TRS	4	0	1.000
306th MDS	2	0	0.000
314th RCS	1	2	0.333
306th APS	1	2	0.333
606th AMXS	0	2	0.000
AMCTES	0	2	0.000

PCT = Winning Percentage

Game Schedule

- Week 4
- Sept. 5 4 p.m. 306th APS vs. AMCTES
- 5 p.m. 306th MDS vs. 314th RCS
- 306th AMX Bye
- 373rd TRS Bye

All games are played at McGuire Racquetball Court

Intramural Flag Football JB McGuire-Dix

Team	Win	Loss	PCT
108th WG	0	0	0.000
174th INF BDE	0	0	0.000
1st TB	0	0	0.000
1st/307th	0	0	0.000
306th MDS Cobras	0	0	0.000
306th MDS PMEL	0	0	0.000
306th OSS	0	0	0.000
606th AMXS	0	0	0.000
621st CRW (A)	0	0	0.000
621st CRW (B)	0	0	0.000
6th AS	0	0	0.000
87th ABW/87th CPTS	0	0	0.000

87th CES	0	0	0.000
87th FSS/87th CS	0	0	0.000
87th LRS	0	0	0.000
87th MDG	0	0	0.000
87th SFS	0	0	0.000
EC	0	0	0.000
MAG 49	0	0	0.000
NCOA	0	0	0.000
VR-64	0	0	0.000
Wildcats	0	0	0.000

PCT = Winning Percentage

Game Schedule

Week 1

Sept. 4

- 5:30 p.m. #1 87th MDG vs. 6th AS
- #2 306th MDS Cobras vs. 87th ABW/87th CPTS
- 6:30 p.m. #1 108th WG vs. VR-64
- #2 606th AMXS vs. EC
- 7:30 p.m. #1 87th FSS/87th CS vs. 87th CES
- #2 87th LRS vs. 87th SFS

Sept. 5

- 5:30 p.m. #1 87th FSS/87th CS vs. EC
- #2 174th INF BDE vs. Wildcats
- 6:30 p.m. #1 87th ABW/87th CPTS vs. 1st TB
- #2 6th AS vs. 621st CRW (A)
- 7:30 p.m. #1 87th CES vs. MAG 49
- #2 NCOA vs. 1st/307th

Sept. 6

- 5:30 p.m. #1 NCOA vs. 621st CRW (A)
- #2 306th OSS vs. 87th LRS
- 6:30 p.m. #1 108th WG vs. 1st/307th
- #2 306th MDS PMEL vs. MAG 49
- 7:30 p.m. #1 621st CRW (B) vs. 1st TB
- #2 87th SFS vs. 87th MDG

All games are played on either Griffith FH #1 or FH#2 field

Current as of Aug. 27

ATSO Alley

By Tim Larkin
Readiness and Emergency Management Office

What is the ATSO Alley column about? The Air Mobility Command Inspector General will perform an operational readiness inspection on the 514th Air Mobility Wing and the 87th Air Base Wing April 2013. An ORI is an assessment of how well unit personnel can perform their 'ability to survive and operate' missions in a chemical, biological, radiological, nuclear and high-yield explosive (CBRNE for short) environment. Before Airmen deploy with the 133rd Air Expeditionary Wing, they'll receive hands-on training and evaluations during Battle AX (ATSO exercise) sessions for those tasks expected during the ORI. This column will help educate all involved members on ATSO related items to help ensure we truly, "Win as One!" If anyone has an ATSO related question they would like answered by Joe ATSO simply send it to 87csextraining@us.af.mil and it may be featured in the Air, Land and Sea Times!



JOE ATSO
(U.S. Air Force courtesy illustration/Released)

The 'Ask Joe ATSO' question of the week from Tech Sgt. Amanda Leal of the 87th Civil Engineer Squadron:

"Hey Joe, What does ATSO consist of for an ORI and how can I better prepare myself for success?"

The ATSO consists of skills learned from computer-based training and attending chemical, biological, radiological nuclear survival skills, self aid and buddy care, anti-terrorism level 1, explosive ordnance reconnaissance, law of armed conflict and small arms training sessions. Airmen can prepare for this training by reviewing Air Force Pamphlet 10-100, the Airman's Manual, paying particular attention to the AFPAM 10-100 tab listing for quick reference to high use items and Air Force Manual 10-2503, Operations in a CBRNE environment.

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NEWSNOTES

NCO Academy ASA-Dix 5K and One-mile Trail Race

The NCO Academy ASA-Dix is scheduled to host a 5K and one-mile trail race Oct. 6. The one-mile race is scheduled to begin at 8:20 a.m. and the 5K is scheduled to begin at 8:30 a.m. Oct. 6. The race location is outside the Route 68 gate leading into ASA-Dix and is open to all. Call (910) 723-3412 for more information.

Tops In Blue

Tops In Blue is scheduled to perform at Joint Base McGuire-Dix-Lakehurst at 7 p.m. Oct. 25 at the Timmermann Center. The group is celebrating 55 years of world-class entertainment.

JB MDL Thrift Shops

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

Dix
Regular Thrift Shop Hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m., the first and third Saturdays of the month from 10 a.m. to 2 p.m., and the first Wednesday of each month from 3 to 7 p.m. Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses' and Civilians' Club. Email fordixthrift@gmail.com for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1 to 5 p.m. in Bldg. 158. 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.

87 LRS Customer Service and Equipment Accountability Service

Individuals with inquiries regarding supply customer service, stock control and overpricing program assistance should call 754-3306. Walk-in hours are 9 a.m. to 3 p.m. Monday through Friday at Bldg. 1757, 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 for DRMO procedures.

Motorcycle Course Registration

JB MDL motorcycle course registration is now open. Register at militarysafepmv.com. A participant's status in a class is not confirmed until he or she receives a confirmation email. Call 562-3082 for more information.

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 Falcon Courts 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.

The Attic

The Attic is open Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. as well as Tuesdays and Thursdays from 5 to 8 p.m. Donations are accepted during normal hours of operation. The Attic staff asks no one leave donations outside of the building. Call 754-8703 for more information.

Voter Registration

The Human Resources-Military Office is offering voter registration assistance to joint base community members. The voting office will provide on-the-spot automated registration and absentee ballot request forms for all who require it. The office is located in the customer service section at 5418 Delaware Ave. Call 562-2746 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. This event is open to all E-1s through E-4s. 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.

Palace Chase and Palace Front Briefings

The joint base recruiter for the Air Force Reserves is set to host a briefing at 9 a.m. Wednesdays in Room 22 at 2916 Falcon Lane. The Palace Front allows service members the opportunity to seamlessly transfer directly from active duty without a break in service. Call 754-2918 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.

Joint Base McGuire-Dix-Lakehurst Chapels

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

- Monday through Thursday – 11:35 a.m. McGuire Chapel
- Saturday – 5 p.m. McGuire Chapel
- Sunday – 10:30 a.m. Dix Chapel

Protestant

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

Army Support Activity

- Sunday – 7:30 a.m. LDS - Dix Chapel
- Sunday – 7:30 a.m. Catholic - 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.

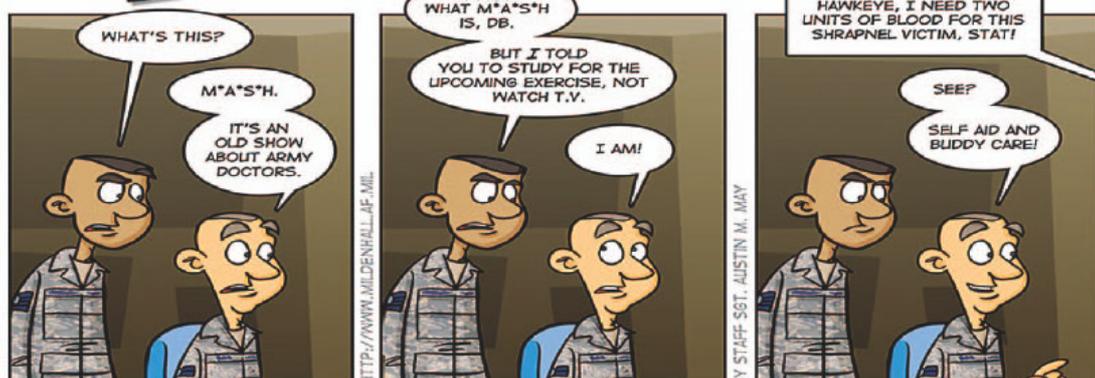
To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. – 4:30 p.m., call 609-754-HOPE (4673).

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

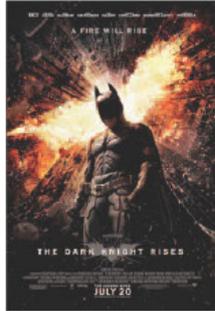
BOX BLUES



JB MDL Base Theater Movie Schedule



Tonight:
The Watch
(R) 7 p.m.



Saturday:
The Dark Knight Rises
(PG-13) 7 p.m.

Sunday:
No showing

RTC

Continued from Page 1

AMW respectively, and other distinguished guest and friends.

Lt. Col. Seth Gladstone, RTC-E outgoing commander, addressed the gathered Soldiers and guests with his parting words, recalling some of the accomplishments the unit achieved during his tenure.

"It has been my distinct honor to command such an outstanding team of cadre and support staff in fulfilling a very important mission of training United States Army Reserve Soldiers in the required individual skills to perform their mission overseas in harms way," said Gladstone.

The training command's performance has exemplified the great work and dedication to duty by its members during the past nine months. Its service members have trained in excess of 3,500 Soldiers with no major incidents; maintained, brought up to standards and turned in 67 pieces of tactical rolling stock without any major deficiencies; maintained, brought up to standard and turned in 375 individual and crew-served weapons systems without any major deficiencies and accounted for and turned in numerous training aids valued in excess of \$3.5 million. All while maintaining the highest standards in Soldier readiness.

"Allow me to express my sincere gratitude to serve with and command such an outstanding unit," said Gladstone.

Maj. Gen. James Mallory, former commanding general of the 108th Training Division, expressed the need and importance of the RTC when he addressed the members of the RTC-E during its official unfurling of the organization colors ceremony in 2008.

"There is only one Reserve organization to do this mission and that is made up of drill sergeants and Small Arms Readiness Group trainers," said Mallory. "You have become the critical enabler for

the Army Reserve to put 'boots on the ground.'"

The RTC training concept was designed for Army Reserve Soldiers and their respective organizations to conduct individual and collective training before being called to active duty, thus reducing the amount of time at respective mobilization stations. The reduced time at the mobilization stations translates to more time for "boots on the ground" in the assigned theater of operation.

The goal of the RTC was to program Soldiers and their respective organizations to be built in a pre-mobilization environment, rather than building the unit at the mobilization station. The RTC accomplished this by providing professional trainers, equipment used in respective theater operations and facilities to prepare for full-spectrum operators in hazardous duty environments.

The Army anticipated the advance-support organizations would help Soldiers two-fold. The Soldiers would develop team cohesiveness and complete individual and collective training tasks by the time they reached mobilization.

The first phase of training for the Soldiers started at their home station. Phase two, pre-mobilization training, was conducted at one of the RTCs emphasizing individual task training to include marksmanship; crew-served weapons systems and Humvee egress assistance trainer. Post-mobilization training was conducted at mobilization installations for the final phase of training and validation before deployment. The concept also placed the responsibility on unit leadership to develop the training plan needed to be successful during combat support and combat-service support operations.

"To the members of the Regional Training Center here today – past and present – the Army Reserve cannot thank you enough for the absolute professionalism you have displayed and the sacrifices you have endured to provide the very best training possible," said Wampler. "It has been an honor to have such an outstanding organization be a part of the 78th Training Division."

Advisor

Continued from Page 1

as building aviation enterprises in support of national policy, said Master Sgt. Richard Oliver, of the 422nd JTS three-time Air Advisor in both Iraq and Afghanistan.

"The document codifies best practices and lessons learned from air advising units collected from after action reports, theater collection visits, commander exit interviews and the experiences of subject matter experts from across the advising communities," said Oliver.

The TTP will serve as a foundational publication for air advisors conducting partnership building and security force assistance-type missions around the world. It also guides air advisor training currently executed at the Air Force Air Advisor Academy located here.

"It was a tremendous advantage to have the 422 JTS collocated with the Air Advisor Academy here at JB MDL. This enhanced and expedited the development of this viable new tool for the Air Advisor," said Col. John Holm, Air Advisor

Academy commander. "The Air Advisor Academy now has a grass-roots set of tactics, techniques and procedures to help produce the next generation of Air Advisors. This same document will help Air Advisors in the field effectively accomplish their mission."

The TTP Development began with a series of working groups hosted by the 422nd JTS. More than 50 subject matter experts came together to discuss lessons learned and best practices within the air advising community. Holm and David Ellis, Headquarters Air Force, Irregular Warfare Directorate led the development team. The team also included representatives from Air Education and Training Command, U.S. Air Force Central, Air Force Special Operations Command, Joint Center for International Security Assistance Force, mobile support advisory squadrons and recently deployed advisors.

The 422nd JTS facilitated the TTP production and coordination process following the development process.

"The Air Force gets the maximum benefit from subject matter experts by having a production and coordination team available

while leaving the coordination and validation process in the hands of the 422nd JTS," said Oliver. "The coordination process used by the JTS ensures major commands, field operating agencies and Air Force headquarters agencies get the opportunity to review the TTP prior to publication."

AFTTP 3-4.5 Air Advising is available for download on the Expeditionary Combat Support TTP repository. JTS officials said the repository supports 163,000 Airmen, providing a common global environment for sharing information and knowledge with ECS forces. The repository includes a master AFTTP library, consolidating all currently available TTP documents, after action reports and lessons learned reports.

"Our goal is to get more ECS Airmen and leaders talking about TTPs, and helping the 422nd JTS determine what mission sets could benefit from this process. We need the experts actively involved to ensure we are preparing personnel in the field with the best available guidance that will drive successful operations and keep our Airmen safe," said Bender.

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? E-mail the recipe and a photo to the Air, Land & Sea Times staff at 87.abw.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line. Recipes found at freerecipes.org. This recipe and photo were submitted by Christeena Johnson, 87th Mission Support Group resource advisor.



Fruit Dump Cake

- Ingredients:**
- 1 can crushed pineapple in its own juice (do not drain)
 - 1 can more fruit pie filling (any fruit)
 - 1 box butter cake mix (any brand)
 - 1 stick butter

- Instructions:**
1. Dump a can of pineapple in the bottom of a 9 by 13 inch pan and spread evenly.
 2. Dump the can of pie filling on top of pineapple and spread evenly.
 3. Take dry cake mix and sprinkle the entire bag evenly over fruit.
 4. Slice the stick of butter into thin patties and place on top of cake mix evenly.
 5. Pop it in the oven for 50 minutes or until it's bubbly and lightly brown on top.
 6. Enjoy!

Notes: Good hot or cold with ice cream. If desired, you can also slice fresh fruit into the pie filling, mix and spread on top of pineapple. This gives it more depth. (really good with peach pie filling and four fresh peaches, just like an easy peach cobbler!)

Symptoms

Continued from Page 2

serve my country, and I did not have a good answer at the time. Later, the same judge administered the oath for my commission.

That experience is a large part of why I am here today, serving you as an area defense counsel. By the time I met him, that homeless veteran was too deep down the rabbit hole for me to make a difference in his life. However, I tried my best. I think of him and I think of everyone on this base who is facing stress, no matter the source.

That homeless veteran was an Iraq war veteran, who self-medicated with drugs and was involuntarily discharged. He had nowhere to go, and no one to help him since, because of his discharge, he did not qualify for most veteran's benefits. He never addressed his mental health problems that I could see as plain as day. Instead, the symptoms of his illness were punished and his life became unrecognizable to him.

The Way Forward I committed to giving up my

life as a civilian attorney and entered active duty to serve you. If I do nothing else during my time on active duty, I hope to represent Airmen who need help, and to put the brakes on the Air Force taking negative action before they go down the same path as my civilian clients. All the awards and officer performance report bullets in the world mean nothing if I do not try to help you avoid those same pitfalls. Certainly, there is misconduct that simply derives from personal shortcomings and poor decision-making. However, I know a good amount of misconduct or poor decision making is also accompanied by signs of a bigger problem.

The solution is to talk about these stressors. Talk to your friends, families, a chaplain, or a mental health professional. When you hold that stress inside, and are too proud to talk because you are afraid of appearing weak; that leads to misconduct, fitness problems or even suicide.

I sincerely hope that anyone contemplating hurting themselves will talk to someone before making a decision that cannot be un-done. I have represented clients who have done

some of the most awful things imaginable, but I have never met someone who we should give up on.

I write this because everyone is both a potential client, and potentially someone who could hold my clients fate in his or her hands. We all like to think we will always make great decisions, and it is easy to isolate poor behavior and look at it in a vacuum. However, with all the sacrifices and stress that accompanies military service, never forget that it could be you facing a charge for driving under the influence, a fitness failure, a bad performance report or even a court-martial. My clients are great people who sometimes make bad decisions. My goal is that everyone recognizes and talks about their stressors with someone so they do not need my services.

If you really think about your stressors and find the people around you who want to help, you can avoid the poor decisions and the symptoms of what you are going through. But if and when you make that poor decision, no matter how awful, I will be there gladly to stand by your side when no one else will and defend you to the best of my ability.

Get to know JB MDL!

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



Congrats to everyone who guessed last week's mystery close-up photo. It's the kill marks on the splitter plate of a F-4 Phantom II on Lakehurst. This airframe was used extensively in the skies over Vietnam.



The time has come 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 information.