



AIR, LAND & SEA TIMES

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NEWSNOTES

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

Mud Run Road Closures

The following roads will be closed from approximately 8 a.m. to 4 p.m. tomorrow due to the 'Beast of the East' Mud Run:

- Alabama Ave between 14th/15th street
- New Bourgh Ave between 14th/15th street
- Pennsylvania Ave between 14th/15th street
- 16th street at Pennsylvania to the housing entrance on Montpelier Rd.
- Intersection of Doughboy Loop and Orlando Street
- Intersection of Doughboy Loop and Montpelier Rd.
- Intersection of New Jersey Ave and Montpelier Rd.
- Intersection of New Jersey Ave and Orlando Street

Partial Road Closures

Northbound Pudgy Circle and eastbound Tuskegee Airmen 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.

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.

9/11 Remembrance

A 9/11 remembrance is scheduled from 8:45 a.m. to 1 p.m. Sept. 11 at the McGuire Chapel 2503 E. Arnold Ave. The McGuire Chapel will be open throughout the morning for individual reflection. Chaplains will light a candle and offer a prayer for the 9/11 victims at the moment of each impact.

JB MDL Inaugural Sand Volleyball Tournament

The Company Grade Officer's Council and Dorm Council have collaborated to hold a sand volleyball tournament scheduled for 10 a.m. Sept. 15 at the sand volleyball courts on Joint Base McGuire-Dix-Lakehurst. The cost is \$20 per team in advance and \$25 per team on the day of the event. Contact 754-9685 for more information.

Active Shooter Exercise Notification
Joint Base McGuire-Dix-Lakehurst is scheduled to host an active shooter exercise Sept. 20.

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 10th 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.

ASA Retiree Appreciation Day

Army Support Activity-Dix is set to host their Annual Retiree Appreciation Day at 10 a.m. Sept. 29 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.

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.

See more NEWSNOTES on Page 8



Capt. Al Haynes, retire United Airlines pilot who saved 184 lives during a DC-10 crash, talks with member of the 305th Air Mobility Wing during the 305th Mission Focus Day at Tommy B's Community Activities Center Aug. 28 here. Haynes' aircraft suffered what is known as a 'catastrophic engine failure' shortly after takeoff, causing the jet to plummet downward. (U.S. Air Force photo by Wayne Russell/Released)

Resilience under pressure

By Captain Michael DiPrisco
305th Air Mobility Wing Executive Staff

The 305th Air Mobility Wing hosted Retired United Airlines Pilot Capt. Al Haynes as part of its Wingman Day activities Aug. 28 at Tommy B's Community Activities Center.

He shared a personal tale of resiliency with more than a thousand 305th operators and maintainers.

"I want to tell you a story," said the 81-year old former airline captain, the wing's keynote speaker. "There is no such thing as a worst-case scenario."

Haynes departed Denver July 19, 1989 at the helm of United Airlines Flight 232, a routine DC-10 flight bound for Chicago. The DC-10 carries a particular significance for those stationed here, since the 305th AMW's KC-10 Extenders are a militarized derivative of that very same model

of airplane Haynes on that fateful day.

Haynes' aircraft suffered what is known as a 'catastrophic engine failure,' shortly after takeoff. The failure simultaneously disabled all three of the jet's hydraulic systems. It was an event described by the aircraft's designers as having only "a billion-to-one chance" of happening.

The initial explosion and loss of control nearly rolled the airliner onto its back 37,000 feet in the air. Haynes and his crew wrestled the aircraft under control and soon discovered the aircraft no longer responded to their inputs. The control surfaces, drained of hydraulic fluid, fluttered uselessly in the slipstream. The aircraft now only responded to the throats.

"We had 103 years of combined flying experience in the cockpit that day," Haynes said, "and none of that time mattered one bit." Haynes' crew - along with the help of a

highly-experienced United Airlines DC-10 instructor pilot riding as a passenger - pioneered a rudimentary method through trial and error to control the airplane during its roller-coaster descent.

Haynes and his fellow crewmembers crash-landed the aircraft on a closed runway at the airport in Sioux City, Iowa, crediting the steadfast professionalism and skill of his crew, the air traffic controllers and the emergency responders. The DC-10 broke into several pieces after touching down at more than 215 miles per hour - almost twice as fast as its designed touchdown speed. The aircraft's wingtip gouged an 18-inch slash in the 12-inch thick steel-reinforced concrete runway surface as it struck the runway. Tall stalks of corn, planted in the infield, shielded fleeing passengers from the ensuing blaze and

See WINGMAN, Page 9

First tri-service class graduates ALS

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

This is the second in a two-part series. The first was published in the Aug. 10 issue of the Air, Land & Sea Times.

The classmates of 12-F celebrated their graduation from the Kish Airman Leadership School Sept. 5 at Tommy B's Community Activities Center.

Wednesday's graduation was not a typical one, however. Twenty-nine senior airmen shared the stage with members of their sister services; two Sailors and a Coast Guardsman.

"While my mission as commandant will always be to train Airmen, having the other services involved is definitely a bonus for everyone," said Master Sgt. Jad Aoun, Kish ALS commandant from Pittsburgh, Pa. "I am proud of what the sister service members have been able to accomplish. I am definitely happy they could be a part of this and I'm sure the Airmen of this graduating class are better having worked with them."

Service members from these sister services enrolled in past courses, but never before have they taken part in the same iteration; something the commandant of the school wishes to develop.

Aoun said he will continue to reach out to other services so Kish ALS may one day see an iteration with all five military branches present. Meshing diverse service cultures would bring greater strength to the program.

See GRADUATES, Page 9



Navy Petty Officer 3rd Class Matthew Feldt, 305th Operations Support Squadron electronics technician, shakes the hand of Master Sgt. Jad Aoun, Kish Airman Leadership School commandant, before receiving his graduation certificate Sept. 5 at Tommy B's Community Activities Center. Feldt earned the Academic Achievement Award, the first Sailor to do so. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

War games

Approximately 65 air mobility experts wrapped up participation in Air Mobility Command's Global Mobility Wargame 2012 at the U.S. Air Force Expeditionary Center here.



3

NWDC launches innovation blog

The Navy Warfare Development Command launched the Navy Center for Innovation blog Aug. 27 as a forum to share, debate and propose new ideas to challenge conventional thinking and solve issues confronting the Navy.



4

Comprehensive Soldier fitness

Staff Sgt. Nicholas Boyce came armed with the perception one might expect from a combat-experienced Soldier and field artilleryman when he walked into a class Aug. 27 meant to improve his unit's physical performance.



5

The Weekend Weather

Today
High 87/Low 68
Partly Sunny



Saturday
High 84/Low 61
Partly Sunny



Sunday
High 75/Low 56
Partly Sunny



Ask yourself, is my job fun?

By Col. Justin Davey
828th Mission Support Group commander

JOINT BASE CHARLESTON, S.C. — "Is your job fun?" my son asked me one evening. It was an innocuous question that left me speechless, unable to answer succinctly. Fun? ... Generally rewarding, fulfilling and worthwhile, but simultaneously fatiguing, frustrating, and at times, all-consuming.

Don't misunderstand me, I love my job and know it's my calling. However, it dawned on me that probably no work set before me has been "fun" since I was allowed to help my mom wash dishes for the first time. We all remember, as kids, how it didn't take long for the fun to wear off of each new chore. Nonetheless, my son's question was before me and has since led to much philosophical discussion in the Davey house.

A child's perception of fun and work these days is heavily influenced by the entertainment and advertising industries. Video games stylishly portray virtual combat as a great source of amusement in the comfort of your own home. Hollywood and Madison Ave. entice us to want to live like the stars — rich, good-looking and always smiling. That is how pop culture defines a winner, but it is an illusion based

on self-gratification. There is more to this life — meaningful endeavors that can't be resolved in an hour, including commercials, or with the press of the reset button. Pop culture depicts fulfillment as a condition devoid of struggles and synonymously with a life of ease. That is a fallacy.

I do find my job fulfilling, but it is not easy. Most days are a compilation of struggles of varying intensities. Strangely, that is what makes work attractive to me. The very frustrations, challenges and struggles I manage daily are the seeds that give birth to motivation to strive to make things better — to seek positive change in the product, the process, in others and oneself.

To accomplish anything worthwhile, a price must be paid. To do the right thing and do things right takes a sustained effort. This reality is perhaps most evident in the profession-of-arms where we expend blood and resources daily to maintain our nation's security and safeguard the spread of democracy in a hostile world. On the field of battle and in many deployed locations, normally simple tasks become extraordinarily difficult and often dangerous.

However, one does not have to be a combat veteran to display the mental toughness and discipline needed to be successful. What is required is the unshakable tenacity to pursue one's goals, day-in and day-out, in the face of current reality.

Such reality may consist of pain, hopelessness, lack of resources, family separation or any other obstacle that causes one to struggle ... to fall.

Most assuredly, we will sometimes fall. However, personal success is not gauged on winning every race, but on whether you rise each time you fall, again and again, day after day. It's tenacity that defines the true winners in life, those who run with perseverance the race marked out for them. Who doesn't cheer for the underdog athlete, the single parent or the wounded warrior who refuses to give up in the face of overwhelming odds, even though the struggle seems interminable? They don't push forward for the fun of it, but because they have a commitment to their team, their family, their nation and themselves.

So is my job fun? No, it's more than that. I consider it a blessing ... a satisfying avenue to put my abilities to the test in the service of others. How fortunate we all are to live in a country that values that ideal. Cherish your successes, no matter how big or small, but remember fulfillment comes from the process of overcoming adversity. Run with endurance so you can finish the race and honorably complete each task set before you.

Use your leave: recharge yourself, your family

By Lt. Col. Clinton R. ZumBrunnen
10th Airlift Squadron commander

JOINT BASE LEWIS-MCCHORD, Wash. — As I daily fought the urge to worry about work piling up at the office while I was on leave, I was reminded of the need to periodically disconnect from the Air Force and reconnect with my family and friends.

My evaluation management system list was growing, my preparation for the operation readiness inspection was lagging, and our next deployment was looming. Sound familiar? It would have been easy to talk myself into not taking

time off just to keep up, but that would have been a huge mistake. I needed the rest and so did my family.

Leave (rest) is especially important to Airmen from the perspective of maintaining personal balance. We all need time to unwind. Period.

With that said, I want to briefly focus on how important leave is to an Airman's family.

Just as we owe ourselves some quality time off, we also owe our families and friends periods of undivided attention throughout the year. In many ways, our families are like maintainers who daily

"generate" our Air Force's most valuable asset — Airmen.

We need the strength that springs from their support, so we need to reinvest some of our down time in them. Well-planned leave will help maintain a strong family. If families know Airmen have invested quality time with them at every reasonable opportunity (sort of like "deposits" in an account), then they are more likely to stay satisfied when "withdrawals" occur during deployments or inspection seasons.

Well-planned leave, spread throughout the year, is a way to make concentrated deposits with

your family. If you and your family are periodically recharged, then you will be much more focused when "answering the call."

If you are single and reading this, do not make the mistake of thinking it does not apply. You need to invest in relationships with individuals who are like family. Well-planned leave with them is a great way to do so.

In summary, use your leave throughout the year and don't forget to make plans with those closest to you. Your life will be richer for it, and you will be more effective for the Air Force.

Service organization delivers in time of need

By Master Sgt. Randy Ransburgh
621st Contingency Response Wing

I'd like to share a quick story about a few, true patriots. I received word in July of one of our deployed 21st Air Mobility Operations Squadron members was returning stateside on emergency leave. His father-in-law was rapidly declining in health so the member was on his way home to join his wife and family during this challenging time.

I immediately contacted Staff Sgt. Stephen Daniels' wife to check on her and the family and to let her know her Air Force family was here and waiting should she need anything. She explained to me her biggest problem was that her father was rapidly deteriorating so she might not be able to leave the hospital to pick up her husband at the airport. She also had no way of contacting him to let him know to take a taxi.

Daniels was currently four hours from touchdown at Logan International Airport in Boston. I told her I would coordinate his pick up and send her a text when I had confirmation of his

transportation to the hospital. I contacted the local USO and talked to Brian Quint, a volunteer who is a contract doctor at the United States Coast Guard station in Boston. Much to my relief, Quint assured me he would wait the more than two hours after his shift for Daniels and personally take him to hospital. He didn't want Daniels to have to pay the estimated \$50 to catch a taxi after all of the hassle of quick overseas travel. I contacted his wife with details of the arrangements.

Quint quickly learned during his coordination that he, by USO regulation, could not personally take Daniels to the hospital. With Daniels' arrival quickly approaching, Quint immediately notified another USO volunteer of the situation. Anne-Marie Seltzer assisted Quint in coordinating with airport staff members to meet Daniels at his arrival gate and notify him he would have to take a taxi.

Two Massachusetts State Police officers and a U.S. Customs agent boarded the airplane and requested all the passengers return to their seats and allow Daniels to come forward when it

landed. The USO had worked through the police department and the airport departments to escort Daniels' through the return. The officers swiftly escorted him through the line at customs into a service elevator and into a patrol car that took him directly to the hospital where his ailing father-in-law was being held. This entire return operation was done in 45 minutes from the time the airplane touched down to Daniels meeting his wife in the hospital.

The USO has a long tradition of going the extra mile on behalf of service members and their families. In this instance, in close partnership with law enforcement and customs, our sincerest gratitude goes to them for taking care of one of our own. Words cannot appropriately express the appreciation for their service to our men and women in our nation's armed services. Thanks to all those who helped in this Airman's, and his family's, time of need. This dedication to service and our Air Force family is humbling and truly a testament of the commitment to our service members.

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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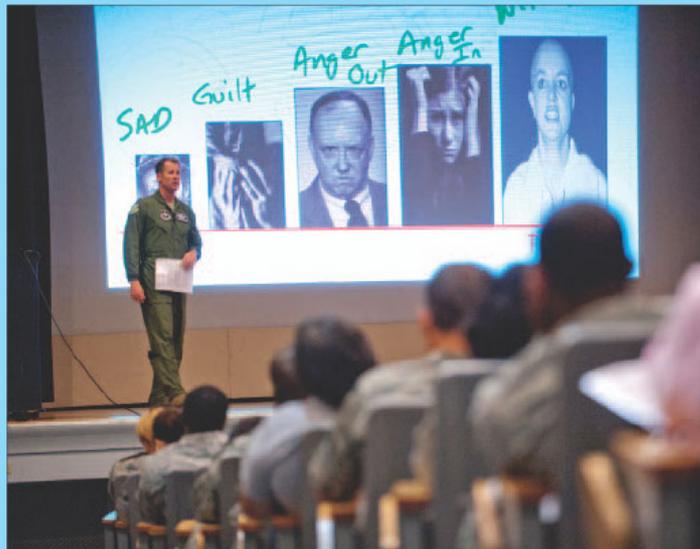
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Airmen learn about stress, how to deal



Lt. Col. Trent Baines, Detachment 7 Civil Air Patrol commander, Patterson Air Force Base, Colo., speaks at the Stress Engineering Briefing for Wingman Day Aug. 28 at the Timmermann Center. Baines is also the co-creator of Personal Stress Engineering. Topics covered during the brief included: the causes of stress, how it impacts individuals and what can be done to relieve or prevent it from reaching the breaking point. He focused on treating stress, not the symptoms. (U.S. Air Force photo by Russ Meseroli/Released)

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NEWS ONLINE

Joint Base
McGuire-Dix-Lakehurst
Most articles and announcements published in the Air, Land & Sea Times are available online at the JB MDL public Web site. For up-to-date joint base news & info visit:
www.jointbasemdl.af.mil



USAF EC hosts AMC wargame

By Tech. Sgt. Zachary Wilson
U.S. Air Force Expeditionary Center

Approximately 65 air mobility experts wrapped up participation in Air Mobility Command's Global Mobility Wargame 2012 at the U.S. Air Force Expeditionary Center here.

Subject-matter experts throughout the Air Force, AMC and many other organizations involved in defense planning conduct GLOMO biannually at the EC.

"Hosting GLOMO gives us the opportunity to showcase the center's total-force mobility and logistics expertise and further develop many of AMC's future concepts," said Col. Andrew Jilione, Expeditionary Center GLOMO lead.

The exercise is AMC's premier wargame which validates the transportation and logistics feasibility plan for Unified Engagement, the chief of staff of the Air Force's major operational-level wargame GLOMO officials said.

The purposes of GLOMO and UE are to: enhance joint and combined war-fighting relationships and capabilities, prevent and/or mitigate operational surprise, explore capability and capacity shortfalls, build and nurture partnerships worldwide and develop military professionals for operational and strategic leadership.

"Participants are building plans now they will eventually execute in real-world operations," said Col. Michael Peet, Strategic Planning Division chief for AMC. "They effectively met Air Force level objectives for the exercise while also leveraging future AMC opportunities."

GLOMO objectives are to shape AMC's strategic and capability-based planning by evaluating air mobility and logistics concepts and capabilities approximately 12 years in the future. Furthermore, given the future global environment, participants identified opportunities to improve air mobility and logistics effectiveness in meeting warfighter requirements while reducing operating costs through efficiencies.

GLOMO participants examined the command-to-command relationships and specific applications of command and control, airlift, air refueling, and aeromedical evacuation support. Participants also explored the operational merits of future concepts such as a medium-size hybrid airship and a next-generation air-refueling tanker.

"The results of GLOMO add mobility realism into Unified Engagement and will also provide innovative solutions to meet future air-mobility capability gaps," said Brig. Gen. Jon Fago, GLOMO director of mobility forces.

The EC will again team with AMC to execute GLOMO 14 in the summer of 2014.



Brig. Gen. Jon Fago (right), Air Mobility Command Director of Operations, goes over mobility plans with Maj. Bif French of the U.S. Air Force Expeditionary Center's Mobility Operations School and Maj. Keith Johnson, 514th Air Mobility Operations Squadron Aug. 2 during Global Mobility War Game 2012 at Joint Base McGuire-Dix-Lakehurst. (U.S. Air Force photo by Tech. Sgt. Zachary Wilson/Released)

174th Infantry Brigade welcomes new senior leader

By Capt. Antonia Greene
174th Infantry Brigade

Soldiers of the 174th Infantry Brigade stood in formation to mark the passing of the non-commissioned officers sword Aug. 30 in a traditional change of responsibility ceremony on Sharp Field here.

Command Sgt. Maj. Christopher Johnson handed responsibility of the brigade and its Soldiers over to Command Sgt. Maj. Calvin Coler, who recently arrived from Fort Hood, Texas.

Johnson served as the 174th Infantry Brigade command sergeant major for the past 10 months, training more than 5,100 service members for missions abroad. He said he was assigned the brigade senior enlisted leader position much to his surprise. He received a call when leaving Afghanistan in 2011 from higher command appointing him a brigade command sergeant major having never served as such.

"My advice to all junior and senior leaders alike is always be prepared and ready to answer the Army's call, even if it's not in your plans," said Johnson. "No matter what, give it all you got." Johnson reminisced about a time when he was designated to lead Soldiers early in his career. He was just a young specialist in the Persian desert getting ready to cross the border when he was called into the command tent and entrusted to lead a team during the initial invasion.

Johnson thanked the 174th Infantry Brigade commander, Army Col. Craig A. Osborne for allowing him the opportunity to serve as command sergeant major.

"This experience has helped me become a better leader, a better listener and a better non-commissioned officer," remarked Johnson. "When there may have been others senior to me, you supported



Command Sgt. Maj. Calvin Coler accepts the non-commissioned officers sword from Col. Craig A. Osborne, during a traditional change of responsibility ceremony Aug. 30 at Sharp Field here. (U.S. Army photo by Master Sgt. Patrick Compton/Released)

me one-hundred percent."

Johnson has been reassigned to his original designation as command sergeant major of 1st Battalion, 314th Infantry Regiment, a subordinate unit to the 174th.

"Our brigade is better because you have helped us achieve success," said Osborne. "I am thankful for your dedication and enthusiasm which will continue to aid our training mission as Falcon 7." Coler, a 27-year veteran, will serve as the 174th

command sergeant major and senior enlisted advisor.

"This is the most diverse group I've ever served with and there's no doubt the men and women before us are the greatest assets in the Army inventory," said Coler. "Thank you for welcoming me, and we will continue to strengthen the standards and regulations of the Patriot Brigade. Train for combat."

The 174th Infantry Brigade trains and validates post-mobilization training for specified U.S. Army Reserve, National Guard, Navy, Air Force and Coast Guard service members designated in support of overseas contingency operations.

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JBC Meeting Schedule

| | | |
|-----------|----------------|----------|
| Sunday | Worship | 10:00 AM |
| | Sunday School | 9:00 AM |
| | Youth Groups | 5:30 PM |
| Wednesday | AWANA | 7:00 PM |
| | Prayer Meeting | 7:00 PM |

AWANA Each Wednesday Starting September 19
AWANA is an incentive based program designed for children. Using game time and awards to excite the children about memorizing God's Word, this program makes learning fun.

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-Public is Invited-
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170+ Units
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Wed, September 19th @ 12:00pm - 2:00pm
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Registration 11:30-1:00
Show 1:00 PM-4:00 PM
Trophy Presentation 3:00 PM
5 Classes and Best of Show Trophies Awarded
• VENDOR TENTS & TABLES
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QUESTIONS? Go to www.napacarshow.com
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609-304-2507
Sus (Highway Tire)
609-571-5780

NWDC launches Navy center for innovation blog

By Navy Warfare Development Command Public Affairs

NORFOLK, Va. — The Navy Warfare Development Command launched the Navy Center for Innovation blog Aug. 27 as a forum to share, debate and propose new ideas to challenge conventional thinking and solve issues confronting the Navy.

The blog is a partnership with the Office of Naval Research, the Naval Postgraduate School, the Naval War College, the Marine Corps Combat

Development Command and NWDC and is hosted on NWDC's website at www.nwdc.navy.mil/ncoi/blog/default.aspx.

Earlier this summer at our Junior Leader Innovation Symposium, participants expressed a strong desire for a central forum to propose, debate and spawn cross-domain ideas. The Navy Center for Innovation blog is an answer to that desire," said Rear Adm. Terry B. Kraft, commander, NWDC. "The Symposium attendees also said they would

like something similar in a classified environment and we are developing that for the Secret Internet Protocol Router Network."

NWDC, as the Navy's executive agent for concept generation and concept development, will harvest some of the ideas discussed on the blog and move them forward from concept to implementation. Blog administrators will post current concepts under consideration for implementation on the blog with comments solicited by visitors.

The blog will also carry links and Rich Site Summary feeds from many popular Navy blogs, providing a one-stop shop for discussions around Naval innovation.

Visit www.navy.mil, www.facebook.com/usnavy or www.twitter.com/usnavy for more information.

Visit www.navy.mil/local/nwdc/ for more news from Navy Warfare Development Command.

Program changes ease Airmen's transition to civilian life

By Joel Fortner Air Force Public Affairs Agency

WASHINGTON — A redesigned program will help ease every Airman's transition to civilian life and better apply his or her military experience, Air Force officials said.

The program is the first major overhaul of the transition assistance program for military members in nearly 20 years.

The effort began in response to a call from President Barack Obama in August 2011 to ensure all service members are "career ready" when they leave the military.

The current three-day, optional

program slated to begin service-wide in November, will be expanded to five days and has been redesigned into a comprehensive, mandatory program that includes pre-separation counseling, a military-to-civilian skills review, a Veterans Affairs benefits briefing, financial planning support, job search skills building and individual transition plan preparation.

A pilot program was held July 9 through 13 at Joint Base San Antonio-Randolph, which allowed Departments of Defense, Labor and Veterans Affairs to test the initiative said officials.

The redesigned program bolsters and

standardizes the transition services service members receive prior to retiring or separating from the military to make them employment ready said Michael Donley, secretary of the Air Force.

"Our goal is to provide Airmen with a comprehensive transition assistance program that prepares them for life after the military, whether that's pursuing education, working in the public or civilian sector, or starting a business," Donley said.

Chief Master Sgt. of the Air Force James A. Roy said the program is as good for the civilian sector as it is for Airmen.

"Employers are looking for educated, trained, experienced people like those who are separating from the Air Force," he said. "This program will help smooth our Airmen's transitions to civilian life."

Under the old program, separating guardsmen and reservists were often left to their own devices. Roy said another benefit of this new program is the inclusion of the total force.

"We want to take care of all our Airmen, and this program does that," he said. "No component of our Total Force deserves more help transitioning than another."

Three two-day optional sessions on

pursuing a technical certification, starting a business, or pursuing a higher educational degree will also be offered to Airmen by October 2013.

"Our Airmen have extraordinary technical expertise and world-class leadership skills that are in high demand," Donley said. "This program will help them apply their experience to additional training, formal education and develop successful civilian careers."

Contact the Warfighter and Family Readiness Center at 754-3154 or email af.a1saa@pentagon.af.mil for more information.

Mateer assumes 305th MXG command



Col. Richard Williamson, 305th Air Mobility Wing commander, hands Col. John Mateer the guidon and command of the 305th Maintenance Group during the assumption of command Ceremony Aug. 31 in Dock 1 here. (U.S. Air Force photo by Wayne Russell/Released)

Motorcycle Safety Tips

- Avoid the center of the lane where debris and oil build up.
- Ride at a safe speed, don't Drink and Drive.
- Take a course to learn or reinforce safe driving techniques.
- Know the motorcycle.
- When driving in traffic remember to:
 - S** - Search around for potential hazards.
 - E** - Evaluate any possible hazards, such as turning cars, railroad tracks, etc.
 - E** - Execute the proper action to avoid the hazard.

Courtesy of the Joint Base McGuire-Dix-Lakehurst Safety Office, 754-7233.

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Joint Base Intramural Sports Standings

McGuire-Dix Intramural Golf

| Team | Win | Loss | Tie | PCT |
|---------------|-----|------|-----|-------|
| 87th SFS | 16 | 1 | 0 | 0.941 |
| 621st CRW (A) | 13 | 4 | 0 | 0.765 |
| 605th AMXS | 12 | 5 | 0 | 0.706 |
| 621st CRW (B) | 11 | 6 | 0 | 0.647 |
| 373rd TRS | 11 | 6 | 0 | 0.647 |
| 305th MOS | 11 | 6 | 0 | 0.647 |
| 732nd AS | 10 | 7 | 0 | 0.588 |
| 305th MDS (A) | 10 | 7 | 0 | 0.588 |
| 305th APS | 8 | 9 | 0 | 0.471 |
| 87th CS | 8 | 9 | 0 | 0.471 |
| 305th OSS | 8 | 9 | 0 | 0.471 |
| 87th LRS | 8 | 9 | 0 | 0.471 |
| 305th MDS (B) | 7 | 10 | 0 | 0.412 |
| 305th 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

Intramural Wallyball JB McGuire-Dix

| Team | Win | Loss | PCT |
|------------|-----|------|-------|
| 373rd TRS | 5 | 0 | 1.000 |
| 305th MDS | 2 | 0 | 1.000 |
| 314th RCS | 2 | 3 | 0.400 |
| 305th APS | 1 | 2 | 0.333 |
| 605th AMXS | 0 | 2 | 0.000 |
| AMCTES | 0 | 3 | 0.000 |

PCT = Winning Percentage

Game Schedule

Week 5
Sept. 10 4 p.m. 305th MXS vs. 314th RCS
5 p.m. 305th APS vs. 373rd TRS
Sept. 12 4 p.m. 314th RCS vs. AMCTES
5 p.m. 305th AMX vs. 373rd TRS
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 |
| 305th APS | 0 | 0 | 0.000 |
| 305th MDS Cobras | 0 | 0 | 0.000 |
| 305th MDS PMEL | 0 | 0 | 0.000 |
| 305th OSS | 0 | 0 | 0.000 |
| 605th 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 SFS / 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 2
Sept. 10 5:30 p.m. #1 305th MDS PMEL vs. 87th SFS
#2 87th SFS / 87th CS vs. 6th AS
6:30 p.m. #1 NCOA vs. 621st CRW (A)
#2 Wildcats vs. 305th MDS Cobras
7:30 p.m. #1 1st TB vs. 87th MDG
#2 87th OSS vs. EC
Sept. 11 5:30 p.m. #1 Wildcats vs. 621st CRW (B)
#2 NCOA vs. MAG 49
6:30 p.m. #1 305th MDS PMEL vs. 87th MDG
#2 305th OSS vs. VR-64
7:30 p.m. #1 108th WG vs. EC
#2 605th AMXS vs. 1st / 307th
Sept. 12 5:30 p.m. #1 1st / 307th vs. VR-64
#2 174th INF BDE vs. 6th AS
6:30 p.m. #1 87th ABW / 87th CPTS vs. 87th LRS
#2 87th SFS / 87th CS vs. 87th CES
7:30 p.m. #1 305th APS vs. MAG 49
#2 108th WG vs. 621st CRW (B)
Sept. 13 5:30 p.m. #1 87th ABW / 87th CPTS vs. 621st CRW (A)
#2 1st TB vs. 605th AMXS
6:30 p.m. #1 MAG 49 vs. 108th WG
#2 174th INF BDE vs. 305th MDS Cobras
7:30 p.m. #1 87th CES vs. 87th LRS
#2 305th APS vs. 87th SFS
All games are played on either Griffith FH #1 or FHH#2 field
Current as of Sept. 4

ACC commander visits JB MDL, commends workforce

By Alex J. Matejka
Army Contracting Command

Major General Camille M. Nichols, U.S. Army Contracting Command commander, visited Joint Base McGuire-Dix-Lakehurst Aug. 23 to host a town meeting with the ACC-NJ community.

Nichols briefed the Army contracting employees from ACC-NJ, the Mission & Installation Contracting Command and the Virtual Contracting Enterprise.

She reaffirmed her support for the workforce and the contribution of each organization and discussed the employees' role in supporting the ACC mission to "provide responsive, innovative and efficient procurement solutions to enable the Army's global warfighting dominance."

Nichols interacted with her audience, taking questions from the floor and rewarding personnel who recognized the term "Golden Eagle 6." She stressed the important role of ACC-NJ's civilian workforce and military contingency contracting

officers in achieving the ACC vision to be Department of Defense's preeminent provider of decisive edge contracting solutions and practices.

The general set forth ACC's strategic goals which are to grow and maintain a highly proficient, agile, innovative and engaged workforce; provide proactive and responsive contracts that ensure the Army's success; and procure efficient solutions for the Army and taxpayers. Nichols toured MacDonal Hall, the ACC-NJ Dix temporary facility and the construction site of its permanent home currently under major interior renovation, during her visit.

The renovation, which began in March, is estimated to be completed by the end of 2012 and will provide a safer and better quality of working environment for all employees.

Nichols has been the initial lead of new Army organizations twice. She is the inaugural commanding general of the U.S. ACC, having assumed her duties May 17. She became the first commanding general of the Expeditionary Contracting

Command, one of ACC's two subordinate commands, in September 2008. The general was the Army's Program Executive Officer, Soldier, at Fort Belvoir, Va., and previously served as the U.S. Central Command Contracting Command commanding general in Iraq.

ACC is headquartered at Redstone Arsenal, Ala., and is a major subordinate command of the U.S. Army Materiel Command. ACC includes six major contracting centers which support AMC's other major subordinate and life-cycle management commands and two subordinate commands: the MCCC and the ECC. ACC provides global contracting support to Soldiers through the full spectrum of military operations. ACC consists of more than 6,300 military and civilian personnel at more than 115 locations worldwide. The command awarded more than 198,000 contracts in fiscal year 2011 valued at more than \$86.9 billion.

ACC-NJ, one of the six contracting centers under ACC, was established October 1 as a regional contracting center with an acquisition workforce

located at Picatinny Arsenal and JB MDL.

The mission of ACC-NJ is to plan, design, manage and execute the full spectrum of contracting, acquisition support and business advisory services in support of major weapons, armaments, ammunition, information technology and enterprise systems for the Army and other DOD customers. ACC-NJ's Dix customer base includes the Program Executive Office for Enterprise Information Systems; the Program Executive Office for Command, Control and Communications-Tactical; the Army Cyber Command and the U.S. Army Logistics Innovation Agency. Major customers for ACC-NJ at the Picatinny location include the Program Executive Office for Ammunition; the Armament Research, Development and Engineering Center; the Program Executive Office for Ground Combat Systems; the Program Executive Office for Soldier; and the Program Executive Office for Special Operations Forces Warrior.

87th CES smooths way on flightline



Staff Sgt. Maxwell Evans, 87th Civil Engineer Squadron pavement and construction craftsman, edges newly poured concrete Aug. 23 near the flightline here. Evans hails from Dearborn Mich. The concrete pad project was essential to correct critical areas where aircraft refuel. (U.S. Air Force photo by Russ Misoroli/Released)



Is it time to FINALLY quit smoking?

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



Motorcycle Safety Tips

- Check the overall condition of the bike before operating it.
- Check tires, controls, lights and oil.
- Make sure everything is in good working condition.
- Wear a helmet and protective gear.
- Turn on headlights and maintain a safe following distance.

- Avoid the center of the lane where debris and oil build up.
- Ride at a safe speed, don't Drink and Drive.
- Take a course to learn or reinforce safe driving techniques.
- Know the motorcycle.
- When driving in traffic remember to:
 - S** - Search around for potential hazards.
 - E** - Evaluate any possible hazards, such as turning cars, railroad tracks, etc.
 - E** - Execute the proper action to avoid the hazard.

Courtesy of the Joint Base McGuire-Dix-Lakehurst Safety Office, 754-7233.



Susan Yansak recognized for service

Susan Yansak, 87th Security Forces Squadron office automation clerk, earned recognition Sept. 4 for her 40 years of service to the U.S. military. Susan began her career with the Army in 1972 and worked in various positions with the Army's Noncommissioned Officers Academy, Watson Army Hospital central appointment desk and adjutant general section, and the U.S. Army Overseas Replacement Center. Her administrative career began in August 1979 working as a clerk typist for four years and as an operations clerk for nine and a half years in the 5th Training Brigade on what was formerly Fort Dix. Susan transferred to the U.S. Army Provost Marshal Office as a military police desk clerk in October 1992 where she worked for seven and a half years. She then began work as an office automation clerk with the Directorate of Public Safety Police Department in October 2000. She was acquired by the 87th SFS when Joint Base McGuire-Dix-Lakehurst stood up in October 2009 and has been working with the 87th SFS since.

Air Force legal office offers assistance

By Joint Base McGuire-Dix-Lakehurst legal office

The Air Force legal office provides assistance to all services on Joint Base McGuire-Dix-Lakehurst. Attorneys provide legal advice in connection with personal civil legal matters to support and sustain command effectiveness and readiness.

Eligible beneficiaries of legal assistance include members of the armed forces who are on active duty, reservists on federal active duty under Title 10 United States Code, retirees, spouses and children dependents. People who do not fall into one of the listed categories can call the legal office to determine their eligibility.

The legal team provides various services including, but are not limited to: wills, notaries, advanced medical directives, powers of attorney, domestic relations, adoption, Service Members' Civil Relief Act, consumer affairs and landlord-tenant issues. The legal office does not advise on civilian criminal matters or issues that could potentially involve the client in adverse actions under the Uniform Code of Military Justice. Members should receive legal

assistance from the appropriate military defense counsel for matters that involve adverse administrative or UCMJ action the member. The Air Force Area Defense Counsel can be reached at 754-2349. The Army Trial Defense Services' office can be reached at 562-3075.

The Army provides specific "gap" services that are not provided by the Air Force legal assistance office or the Army defense counsel. These appointment-only services include: line of duty investigations; financial liability investigations of property loss; officer evaluation reports; non-commissioned officer evaluation reports; relief for cause reviews; bars to reenlistment; waivers to allow re-enlistment; security clearance revocations; suspension of favorable personnel actions; memoranda of reprimand; Article 138, UCMJ complaints; inspector general investigations; other investigations; expungement of military records; hardship discharges; compassionate reassignments; physical evaluation boards (initial review and referral services only); medical evaluation boards (initial review

and referral services only); officer unqualified resignations by reason of pregnancy, and resignations in lieu of discharge because of failure to meet statutory or regulatory requirements; and correction of military records. The point of contact for these Army services is Evelyn Perez, 562-5781. Their hours of operation are between 8 a.m. through 4:30 p.m.

"We care about your legal issues and we want to help," said Chris Huling, Joint base legal office chief legal assistant. "Some people come to us when their issues are too far along, like the repossession of a house. We want everyone to know we are willing and able to assist the joint base community."

The joint base Legal Office hours of operation for legal assistance matters are by appointment only Mondays, Thursdays and Fridays. Walk-in legal assistance hours are Tuesday between 9 to 11 a.m. Notaries and power of attorney services are from 7:30 a.m. to 3 p.m. Monday through Friday. Call 754-2010 to make an appointment.

ATSO Alley



JOE ATSO

By Tim Larkin
Joint Base McGuire-Dix-Lakehurst
Emergency Management

The 'ask Joe ATSO' question of the week is from the 87th Civil Engineer Squadron: "Joe, what is the inspection frequency of the M50 protective mask and how do I document the inspection?"

Airmen should inspect their M50, joint service general purpose mask when it is initially issued, after each use, semi-annually and when ordered to do so in a contingency environment, usually every seven days. The inspection of the M50 must be documented on a DD Form 1574 and must be kept with the mask at all times. The best place to store the 1574 is in the back storage pocket of the mask carrying case. If anyone has an ATSO related question they would like answered by Joe ATSO simply send it to 87cesextraining@us.af.mil and it may be featured in the Air, Land and Sea Times!

Joint base community should prepare for unexpected

By Tim Larkin
Joint Base McGuire-Dix-Lakehurst Emergency Management

September is National Preparedness Month and now is the time for joint base community members to prepare themselves and their loved ones for any emergency.

Emergencies can happen unexpectedly even in safe communities like this one. Across the country we've seen tornado outbreaks, river floods and flash flooding, earthquakes, hurricanes, and even water main breaks and power outages affecting millions of people for days at a time. Joint Base McGuire-Dix-Lakehurst is not immune to severe weather, tropical storms and other natural disasters. Now is the time to prepare.

This NPM is a great time to prepare for going three days without electricity, water service, or access to a supermarket or local services. Follow these four steps:

1. Be informed: Free information from federal, state and local agencies is available to assist. There are several ways to find preparedness information to include:

Access 'ready.gov' to learn what to do before, during and after an emergency.

Contact the JB MDL emergency management office or a local emergency management agency to get essential information on specific hazards to the local area, ways to get information before and during an emergency, and how to sign up for emergency alerts.

Contact a local emergency services and ask for a tour and information about preparedness.

2. Make a Plan: Discuss, agree on and document an emergency plan with loved ones. Don't forget to include an emergency communications plan. Work together with neighbors, colleagues, and others to build community resilience.

3. Build a Kit: Keep enough emergency supplies on hand for each house - water, non-perishable food, first aid kit, prescriptions, flashlight, battery-powered radio - for a checklist of

supplies visit ready.gov.

4. Get involved: There are many ways to get involved especially before a disaster occurs. The whole community can participate in programs and activities to make their families, homes, and communities safer from risks and threats. Community leaders agree the formula for ensuring a safer homeland consists of volunteers, a trained and informed public and increased support of emergency response agencies during disasters.

Police, fire and rescue may not always be able to reach victims quickly, especially if trees and power lines are down or if they're overwhelmed by demand volume following an emergency. The most important step to take in helping local responders is initially being able to take care of yourself and those in your care. The more people are prepared, the quicker the community can recover.

As FEMA Administrator Craig Fugate reminds us, "Individuals and families are the most important members of the nation's emergency management team. Being prepared can save precious time if there is a need to respond to an emergency." Contact JB MDL emergency management at 754-3731/6208 for more information on NPM. Visit ready.gov or call (800) BE-READY, (888) SE-LISTO, AND TTY 1-800-462-7586 for free information.

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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 fortdixthriftd@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 754-2676/4010 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 723-6663 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 Airman'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.

Joint Base McGuire-Dix-Lakehurst Chapels

Chapel Locations

- McGuire Chapel – 2503 East Arnold Avenue
- North Chapel – 3627 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.

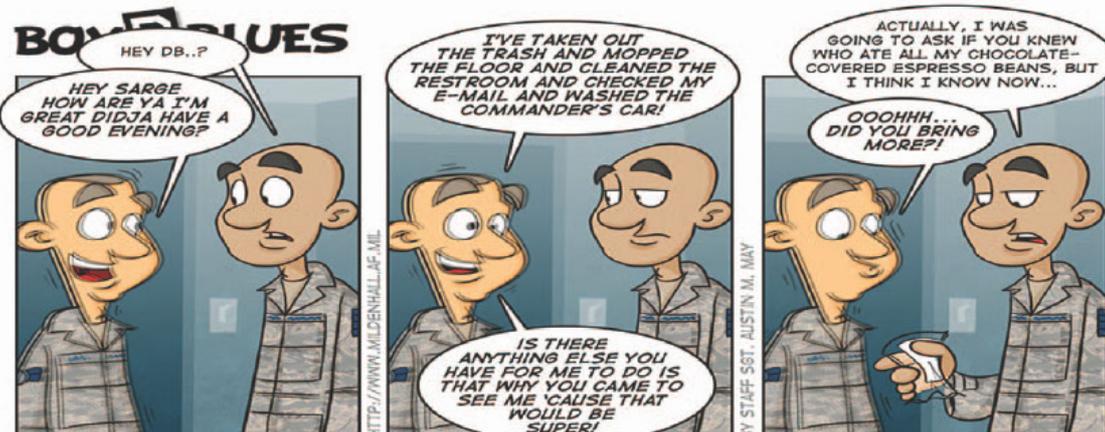
Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

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

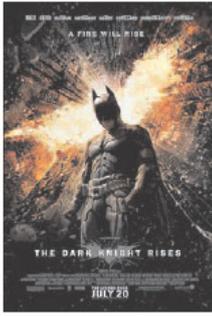
For assistance after duty hours call the command post at 609-754-3935 or 3936.



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JB MDL Base Theater Movie Schedule

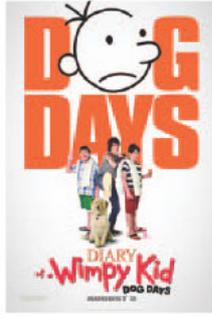


Tonight:
The Dark Knight Rises
(PG-13) 7 p.m.

Saturday:
Diary of a Wimpy Kid:
Dog Days
(PG) 4 p.m.

Total Recall
(PG-13) 7 p.m.

Sunday:
No showing



Wingman

Continued from Page 1

heat. The crew of United 232 saved 184 of the 296 passengers and crew on board.

Haynes relayed his story with a level of humility. He praised the good weather and flying conditions, which allowed their stiff and unresponsive aircraft to remain stable. He praised the unfailing calm and professionalism of the air traffic controllers. He praised the skill and training of the emergency responders, the hospitals, the Air National Guardsmen, the police, even the residents of Sioux City who graciously opened their homes to the survivors. Haynes at no point levied any praise upon himself, preferring instead to credit others.

His discussion fundamentally centered around the idea of resilience, dovetailing his message into the theme of comprehensive airmen fitness. Airmen today face myriad challenges, ranging from combat-related stress to demanding work hours, from family separation to traumatic brain injury. His crew remained resilient in the face of a systems failure completely without precedent, then or now. The passengers remained resilient after being told to prepare for an emergency landing, even volunteering to shepherd unaccompanied children out of the aircraft after the crash. The Sioux City air traffic controller, confessing to Haynes after the crash that he "honestly thought (they) weren't going to make it," remained resilient in the face of the impending disaster.

The key to their success – indeed, to anyone's

success in such a situation – lay in the preparation.

"We succeeded that day not because we were so good, but because that's how we were trained," Haynes explained.

The crew of United Airlines Flight 232 had built within themselves – both as a crew and as individuals – the skills necessary to take action and ultimately survive such a catastrophe by endlessly drilling and planning for these types of emergencies such as this one.

An attendant asked Haynes why he thought he survived the accident, Haynes responded, "I don't know. Maybe it was to spread the word."

The "word" Haynes spoke of referred not necessarily to how a person can land an uncontrollable airplane, but rather how to respond when faced with a seemingly-insurmountable challenge and ultimately come out stronger than before. recovery included a short stint under psychiatric care for Haynes to confront his feelings of guilt for living through the crash. He remains unapologetic about the treatment he received, even displaying pride that he sought help.

Transport aviation carries not only people and cargo but a history of heroes – perhaps Christian Marty, the Air France pilot who steered his airplane away from a small French village while he was consumed with fire – or Chesley Sullenberger, who ditched his airliner in the Hudson River, saving all aboard. Captain Haynes certainly fits that mold. All Airmen can learn and grow from the example he set that day. Preparation and acknowledgement of the need for help are what makes one truly capable of being a hero – and these are the same qualities that can help keep us all resilient.

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.abwpa@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.



Healthy Turkey Burgers

- Ingredients:**
- 3 pounds lean ground turkey
 - 1/4 cup seasoned bread crumbs
 - 1/4 cup onion (minced)
 - 2 egg whites
 - 1/4 cup parsley (chopped)
 - 1 large garlic clove (minced)
 - 1 teaspoon table salt
 - 1/4 teaspoon pepper

- Instructions:**
1. Combine all ingredients in one large bowl.
 2. Mix well, then form into patties, makes about ten.
 3. Grill or cook patties in a pan, turning once, until fully cooked.

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!



Did you guess last week's close up photo? It is a light on the BVP M-80 armored personnel carrier located at the traffic circle by the Wrightstown Gate.

Graduates

Continued from Page 1

"I feel as though I'm a more well-rounded service member because of this course," said Coast Guard Petty Officer 3rd Class James Vasquez, Cape May Training Center facilities engineering technician and Los Angeles native. "Although most of the coursework I learned here was Air Force-centric, I think anyone can take these lessons and apply them to any branch of service and beyond. Being a good leader is not service-specific."

This course is mandatory for senior airmen with four years of service and a staff sergeant line number. The class is optional for the other military services. "It's been a long, beneficial five weeks," said Navy Petty Officer 2nd Class Michael Colvin, 87th Force Support Squadron administration assistant from Jeffersonville, Ind. "I can't wait to take what I learned from this class and apply it to my Navy career. I'm going back to my unit singing the praises of this course. I would tell future Sailor attendees it's going to be a lot of work but stick it out and you'll be better for it."

ALS covers combat leadership, military professionalism, Airmen supervision, verbal and written communication and group dynamics. A majority of the instruction focuses around various Air Force rules and regulations. Aoun said this brought an extra degree of difficulty for the Sailors and Coastie.

"The key is being able to apply the ALS coursework back into your service branch, which can be difficult," said Navy Petty Officer 3rd Class Matthew Feldt, 305th Operations Support Squadron electronics technician who hales from Detroit. "Every time our instructor mentioned something Air Force specific, like writing a bullet for an enlisted performance report, I put it through a Navy filter in my mind to ensure I got the most out of what we were learning."

The graduation ceremony commenced with a few words from the commandant. "I like seeing that spark in eyes of NCOs after ALS, you can see they've grown in their career," said Aoun. "When they come in here, they look like Airmen, or Sailors in this case. They leave with a renewed sense of duty and esprit de corps and are ready to be NCOs. They are rededicated to this service profession."

The ceremony concluded after each graduate received his or her certificate, a smile on every face. "I definitely accomplished what I set out to do five weeks ago," said Vasquez. "My shipmate told me to give one hundred and ten percent and that's exactly what I did."

Sister service members interested in attending this course should contact his or her superintendent for more information and possible enrollment.

The ALS curriculum is currently going through an Air Force-wide course restructuring. Look for more information in the coming months in the Air, Land & Sea Times.

Congratulations to Class 12-F of the Kish Airman Leadership School. All graduates are senior airmen unless otherwise noted.

20th Air Refueling Squadron
Craig Coxwell

32nd Air Refueling Squadron
Morvin Allen

87th Civil Engineer Squadron
Stephen Cushing
Dusty West

87th Communications Squadron
Julian Carroll

87th Comptroller Squadron
Katherine Rowan

87th Dental Squadron
Octavia Henderson

87th Force Support Squadron
Navy Petty Officer 2nd Class Michael Colvin
Tommy Pemberton
Audra Splude

87th Logistics Readiness Squadron
Mayra Colon-Santiago
Dennis Dasig
Barrett Harley
Shantel Parks

87th Medical Support Squadron
Chad Wray

87th Security Forces Squadron
Devon Hicks
Joshua Homer

305th Aerial Port Squadron
Benjamin Florez
James Jackson
Patrick O'Bryan
Travis Rovello

305th Aircraft Maintenance Squadron
Francis Buonanno

305th Maintenance Squadron
Anthony Pennington

305th Operations Support Squadron
Navy Petty Officer 3rd Class Matthew Feldt

605th Aircraft Maintenance Squadron
Joshua Dunn
Bryan Lajeunesse
Ryan Labea
Phillip Lanehart

Sean Watkins

818th Global Mobility Readiness Squadron
Jordan Whitlock

Cape May Training Center
Coast Guard Petty Officer 3rd Class James Vasquez

John L. Levitow Award: Dusty West

Distinguished Graduates: Barrett Harley, Matthew Feldt

Commandant Award: Patrick O'Bryan

Academic Achievement Award: Navy Petty Officer 3rd Class Matthew Feldt

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