



AIR, LAND & SEA TIMES

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

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NEWSNOTES

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

Editor's Note

Last week's article, "Spooky fun for JB MDL families," had a misprint. The date of the Halloween Fest event is 5:30 to 9 p.m. today, not Oct. 28. We apologize if this caused any confusion. Call 754-2830 for more information.

Voting Information

Eleven days left until the Nov. 6 general election. Call 754-VOTE or email jbmld@us.af.mil for more information.

October is Energy Action Month

October is dedicated as Energy Action Month and it provides the opportunity to promote energy and water conservation awareness to Airmen as part of a national campaign led by the Department of Energy. This year's theme, "I am Air Force Energy," puts Airmen at the center of the campaign. The goal of the campaign is to help Airmen realize they can make a difference in overall Air Force by improving resiliency, reducing demand, assuring supply and fostering an energy aware culture. Throughout the month we will highlight success stories from around the Air Force that will celebrate innovative ideas and accomplishments from Airmen across all levels.

International Spouses' Group

The Warfighter and Family Readiness Center is set to host an International Spouses' Group from 11:45 a.m. to 2 p.m. today at 5601 Maryland Ave. Celebrate the changing of the seasons with a pot luck lunch. Call 562-2767 for more information. Preregistration is required.

2012 Halloween Fest

The 87th Force Support Squadron is set to host the 2012 Halloween Fest from 5:30 to 9 p.m. today at Tommy B's Community Activities Center. Call 754-2830 for more information. Rules and entry forms are available for download at www.gomdl.com under the Community tab.

Motorcycle Training Courses

The Joint Base McGuire-Dix-Lakehurst 87th Air Base Wing Safety Office is offering a two-day motorcycle training Basic Rider Course from 7:30 a.m. to 4:30 p.m. Oct. 30 to 31. Call (732) 323-2525 or visit www.afkm.wpafb.af.mil/community/views/home.aspx?Filter=25618 to register for more information.

Transition Assistance Program

The Warfighter and Family Readiness Center is set to host a four-day Transition Assistance Program seminar from 8:30 a.m. to 4:30 p.m. Oct. 30 through Nov. 2 at 3011 Tuskegee Airmen Ave. Call 754-3154 for more information. Preregistration is required.

Breast Cancer Awareness Information

The 87th Medical Support Group in recognition of 'October is Breast Cancer Awareness month' will have information booths on breast cancer set-up from 11:30 a.m. to 12:30 p.m. Oct. 31 at Lakehurst Fitness Center; and 3 to 4 p.m. Oct. 31 at the Griffith Field House on Dix.

Freaky 5K Costume Run

The 87th Force Support Squadron is set to host its Inaugural Freaky 5K Costume Run at 3:30 p.m. Oct. 31 at Infantry Park, east of Griffith Field House. Registration begins at 3 p.m. Prizes for best costumes and top three male and female runners will be awarded. Call 562-2769/2707 for more information.

Trick or Treat Hours

On-base Halloween Trick or Treating is scheduled from 6 to 8 p.m. Oct. 31. The 87th Security Forces Squadron and Pumpkin Patrol volunteers will conduct foot patrols throughout the housing area to ensure a safe and secure environment.

VA Home Loans

The Government Housing Referral Office is set to host a Veterans Administration Home Loans Lunch and Learn Seminar from 11 a.m. to 1 p.m. Nov. 1 at Tommy B's Community Activities Center. A free lunch will be provided along with a round table discussion led by Dennis J. Dennis and Edie Short from the Fairway Independent Mortgage Corporation. The following topics will be discussed: VA Loan Basics, Getting Pre-Approved, Home Buying Process, How to Choose a Realtor, and the Boot Campaign. If you are planning or thinking about purchasing a property in the near future, this seminar is for you. Call 754-3397/4855 for more information. Preregistration is required.

Teen Midnight Basketball

Joint Base McGuire-Dix-Lakehurst Youth Programs is set to host a Teen Midnight Basketball Tournament for teens ages 13 to 18 from 7 p.m. to midnight Nov. 3 and Dec. 1 at the Dix Youth Center Gym at 1279 Locust St. Activities promoting a supervised basketball game and other team building activities will be sponsored by the Keystone Club. Call 562-5061 for more information. Youth are required to sign-in. Signed permission sheets by the youth sponsor is needed on file for visitors.

See more NEWSNOTES on Page 12



Tech. Sgt. Miriam Gelo, 514th Aeromedical Staging Squadron, speaks to members from the medical group in the Emergency Operations Center during the operational readiness exercise, Oct. 14, at Joint Base McGuire-Dix-Lakehurst, N.J. Members of the EOC worked to communicate with the entire base on a number of different exercise issues. This photo has been manipulated for security reasons. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released) See page 8 for more photos from the ORE.

ORE brings reserve, active-duty airmen together

By 2nd Lt. David J. Murphy
Joint Base McGuire-Dix-Lakehurst Public Affairs

A group of six players gather outside the gate of a simulated base and act as upset civilians during an exercise Oct. 15 here. The group is playing protestors who are unhappy with the Air Force being in their country.

Fire department and security forces personnel arrive on scene to provide assistance if the protestors get out of hand. A vehicle carrying a simulated improvised explosive device drives to the entry control point at the same time. The driver and passengers exit the vehicle and detonate the IED.

Two of the vehicle's passengers act as gunmen and simulate opening fire on the base. Another actor portrays a shooter and enters the opposite side the installation around the same time. Security forces engage with both sets of attackers and

are able to drive them off, allowing members of the base to return to work.

This was one of many scenarios executed during the operational readiness exercise Oct. 10 through 17 here.

The week-long event was a joint effort between reserve Airmen from the 514th Air Mobility Wing and active-duty Airmen from the 87th Air Base Wing and 305th Aerial Port Squadron.

This event was designed to prepare service members for the upcoming April operational readiness inspection here. The exercise also gives command staff personnel a chance to understand and observe the readiness of their Airmen and how they would fight in a deployed environment.

The ORE and the ORI take service members through the process of a deployment, starting first with the mobility phase, followed by the deployment and employment phase and

concluding with the redeployment and demobilization phase.

"The ORE is an evaluation of our preparedness," said Lt. Col Tony Polashek, 514th AMW deputy operations group commander. "It tests our ability to deploy and operate efficiently in a deployed environment."

Polashek acted as the operations group commander for the Crisis Action Team during the exercise and was second-in-command to Col. Michael Underkofler, 514th AMW wing commander.

The event featured a number of different scenarios, or injects, that challenged service members in every field. Injects ranged from missile and chemical attacks to interview requests and gas spills.

"ORE participants faced the entire gamut of

See ORE, Page 13

Trainer mentors plan to strengthen trust, capabilities with Afghan Army

Members of Team Bluestick, a Security Force Assistant Advisor Team from First Army Division East, conducted a site survey of the Nuristan Provincial Capital, Parun, Afghanistan. During this visit, they assessed the current and planned infrastructure to determine the feasibility of co-locating Nuristan with the Provincial Headquarters in Parun. (U.S. Army photo by Sgt. Courtney Selig/Released)



By First Army Division East
Public Affairs

FORT GEORGE G. MEADE, Md. - An unexpected delay in Manas, Kyrgyzstan, forced the new First Army Trainer Mentor Team-East to transition operations in Afghanistan in only 36 hours. Luckily, the outgoing team, TMT-West, prepared for the unexpected, and the two teams transitioned smoothly.

"A well thought-out relief in place with First Army Division West guaranteed a smooth transition for both First Army teams," said Capt. Ronald Opperman, First Army Division East trainer mentor with TMT-E.

TMTs are comprised of highly-trained officers and noncommissioned officers who mentor and advise Afghan units as they conduct security operations. TMT-E began training in mid-July and deployed

See AFGHAN, Page 13

The right foot

Oct. 1 marked the day my First Term Airmen's Center course began. I walked into the classroom, gawking at all the new faces and immediately asking others how they expected the course to be. Several times prior to starting I was told I needed to find a way to stay awake during class, so I began FTAC with very low expectations.



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Healthy weight

The Navy and Marine Corps Public Health Center hosted its first Health Promotion and Wellness webinar Oct. 17.

The webinar, titled "The holidays - obstacles and opportunities for weight maintenance," is one of several NMCPHC events intended to ring-in the upcoming holiday season on a healthy note.



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Trainers mentor Afghan Army

The Division West team was very well prepared for our arrival and conducted a quick but thorough battle handoff," said Opperman. "They passed on very meticulous standard operating procedures, or smart books, laying out detailed timelines and methods to conduct day-to-day operations as well as



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The Weekend Weather

Today
High 71/Low 51
Partly Cloudy



Saturday
High 69/Low 53
Cloudy



Sunday
High 59/Low 45
Few Showers



Managing chaos with training, trust, teamwork

By Lt. Col. Will Clark
571st Global Mobility Squadron commander

TRAVIS AIR FORCE BASE, Calif. – I recently had the opportunity to attend a large joint exercise with the majority of my squadron and other members from our group. The start of the exercise was a large airdrop insertion of over 1,200 U.S. Army paratroopers from 21 Air Force aircraft. It was a complex scenario that involved a large number of Army and Air Force personnel from 11 bases across the U.S.

My unit consisted of about 70 airmen from 15 different Air Force specialty codes, ranging from aircraft maintenance and aerial port to communications specialists. Our mission for this exercise was to conduct command and control, through flight maintenance and aerial port functions at a civilian staging base close to the airdrop location.

Our job normally is to work a maximum of two aircraft on the ground at a time. However, on the night of the airdrop, things quickly went beyond normal. Due to an airdrop accident with one of the jumpers, we were notified 19 aircraft were quickly descending on our location to offload their paratroopers. Within a short time we had to park 19 aircraft, download and escort 600 paratroopers, refuel eight aircraft, work

accountability for all U.S. Army personnel and then launch many of the aircraft.

After a few hectic hours, we were able to get things back to normal and I started thinking about why we were able to successfully and safely handle a more than 900 percent increase in aircraft from normal operations. I think there were three key reasons: training, trust and teamwork.

First, we trained for this eventuality. We knew there was a possibility of the airdrop being aborted so we ran several practice drills. We covered key responsibilities and even did a dry run on the airfield with all personnel. Because of the accident, it was much more chaotic than expected, but the practice paid off by allowing us to have a plan to deviate from. While classroom training, career development courses and reading AFIs/Tech Orders are important, practicing your trade is also critical.

Mahatma Gandhi once said, "An ounce of practice is worth more than tons of preaching." The multiple readiness exercises and other training events to prepare for the upcoming operational readiness inspection and logistics compliance assessment program may seem like overkill, but they will pay great dividends during the inspections.

Secondly, empower your people to do their job

and trust they will accomplish it. Our Air Force is made of talented and motivated individuals; with the right training they will do amazing things. That night, everyone trusted each other to do their part. The officers and senior noncommissioned officers gave direction but allowed the NCOs the ability to run their teams so the airmen could get the job done. While certain things require inspections, we normally don't have the time or manpower to go back and double check every single item.

Finally, during an exercise or mission, it is important to have at least a general understanding of what the other specialties working with you are doing. When things get busy, it helps to know how you fit in with what the other folks are doing around you. During training, build teamwork by making time to learn a little bit about what the person next to you is doing. The common bonds you build will pay dividends.

Overall, I believe we succeeded because we had elements of each of these three areas – training, trust and teamwork. It wasn't perfect, but training, trust and teamwork allowed us to accomplish the mission in a safe, effective manner. We will take the lessons learned and make it better for next time.

2012-13 influenza season: prevention is key

By Gary Curry
87th Aerospace Medicine Squadron

We are now well into fall and, flu season is upon us once again.

Influenza is a very contagious respiratory illness that can cause mild to severe symptoms depending on your age, immunity status or health history.

One question frequently asked is, "Why do I need to get immunized against the flu every year?"

The answer is the flu virus strain changes from one year to the next. Each flu vaccine is unique to the specific flu virus you will be exposed to during the year.

You learn how to protect yourself from the flu, what individuals are most susceptible and where to go

for your vaccination.

The best way to protect yourself from the flu is to get vaccinated. The best time to get the vaccine is now, especially since influenza season is highly unpredictable and can start as early as October. Keep in mind that it takes approximately two weeks for antibodies to develop after you receive your vaccination. The antibodies which help fight against the flu virus when it is recognized by the body's immune system. It is critical to have the antibodies on board before the virus hits to maximize your protection.

The 2012-2013 flu vaccine will protect against three influenza viruses, (H1N1) and (H3N2), and an influenza B virus.

While receiving the immunization is important, it is also imperative to wash your hands with soap and water, especially if your hands come into contact with your mouth or nose. If soap and water is unavailable, use of an alcohol-based hand-rub will help keep your hands clean. Measures such as this will also prevent the spread of germs to other people.

The Center for Disease Control recommends everyone six months and older, high-risk personnel such as those with asthma or chronic lung disease, adults over age 65 children, pregnant women or people with multiple chronic or autoimmune diseases receive the flu vaccine each year.

All active duty personnel

assigned to Joint Base McGuire-Dix-Lakehurst must be vaccinated by the 87th Medical Group. The 87th MDG is also immunizing all eligible beneficiaries with flu mist unless contraindicated; for example, people allergic to eggs, have asthma or a history of Guillain-Barre disease or those older than 49. Personnel may come into the Immunizations Clinic Monday through Friday 7:30 a.m. to 4 p.m. for their immunization. All beneficiaries may receive their vaccines at TRICARE approved pharmacies by showing their ID card.

The Navy Branch Medical Clinic-Lakehurst is also available to administer the vaccine to all eligible members assigned to or residing on Lakehurst. Call (732) 323-7443 for more information.

Starting on the right foot with FTAC

By Airman Sean Crowe
Joint Base McGuire-Dix-Lakehurst Public Affairs

Oct. 1 marked the day my First Term Airmen's Center course began. I walked into the classroom, gawking at all the new faces and immediately asking others how they expected the course to be. Several times prior to starting I was told I needed to find a way to stay awake during class, so I began FTAC with very low expectations.

Other students were also forewarned of incredibly boring and tedious briefings. I did not let these ominous warnings deter me from going into a new situation with an optimistic demeanor however. A one-week class sounded like a cakewalk after spending six tough months in the training pipeline.

Tech. Sgt. April Ashjian, FTAC noncommissioned officer in charge, entered the room with a radiant smile that took me by surprise. She promptly introduced herself and gave the class some background information on herself, then continued to have all of the students introduce themselves. Students still seemed to feel slightly uncomfortable after introductions, but became relaxed as time progressed. Class began every morning with roll call at 7:20 a.m. and Ashjian asking everybody how they were and if anything interesting happened the night before.

The next six days were mostly briefings-ranging from the financial services to the safety. A few briefings were a struggle against my heavy

eyelids; however, the majority of them were lively and interesting thanks to the various airmen, NCO's and officers that turned boring subject matter interesting.

The most memorable briefing I received was on enlisted force structure given by Senior Master Sgt. Charles Bard, 21st Air Mobility Operations Squadron superintendent. The class was as informative as it was intriguing. I learned my rank-specific responsibilities as an airman. Bard then regaled tales of being a junior-enlisted airman with an amazing assignment in downtown Honolulu in an office with only four airmen besides himself. The stories were of late nights, Corvettes and area defense council.

Staff Sgt. Carlton Anthony, 87th Air Base Wing Safety Office ground safety specialist, also gave a very intriguing briefing about driving conditions, risk management and local dangers. The class became more comfortable over time and it seemed as if everyone had become good friends. Anthony also topped the briefing with two boxes of cookies left on my desk which I discovered upon return to my duty section.

Ashjian made sure to get us out of the classroom throughout the week to keep the class from becoming stagnant. I saw the flightline, for the first time and boarded a KC-10 Extender. I lose sight of how I impact the mission from time to time as a public affairs specialist, so talking to the crews helped me put things into perspective.

The course ended with my class going through security forces augmentee training for

two days.

Prior to the augmentee training, I had a negative impression of being a cop in the Air Force. I even refused to take a job in the Air Force as a cop. The training helped me realize that I had never seen the fun side of the security forces job. I enjoyed augmentee training thoroughly.

My class and I were very excited by the thought of learning how to handcuff and handle a unruly perpetrator instead of sitting in a classroom for hours.

Tech Sgt. James Chubb, 87th Security Forces Squadron NCO in-charge of augmentee training, was a great instructor. Nothing in the class was more interesting than watching him manhandle a suspected perpetrator (this role was played by several airmen).

My goal, with one brief exception, was achieved to stay awake through all FTAC slideshow presentations and long briefings, which in the end was completely worthwhile considering all the information and advice I received.

Future FTAC students shouldn't go into the course with a mindset that this is an awful, mandatory class. Airmen should embrace this learning opportunity and build professional relationships.

[Editor's note: Additional information on the security forces augmentee training given to the First Term Airmen's Center class is located at www.jointbasemdl.af.mil/news/story.asp?id=123322949]

Participants Edge leaders tour MAG-49 hangar



Maj. Joshua Cormier, Marine Heavy Helicopter Squadron 772 executive officer and pilot, briefs more than 20 attendees of the Joint Base McGuire-Dix-Lakehurst Leading Edge Seminar Oct. 15 at the Marine Aircraft Group 49 Hangar here. Cormier briefed the staff and technical sergeants on the capabilities of the CH-53E, a heavy-assault troop transport helicopter. The aircraft can carry up to 24 passengers or cargo such as a Humvee. This is the first time the annual seminar incorporated a joint element. (U.S. Air Force photo by Master Sgt. Don Pedro/Released)

COMMANDER'S ACTION LINE



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

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

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

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


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621st CRW hones skills during Soaring Angel

By Master Sgt. Stan Parker
621st Contingency Response Wing Public Affairs

The men and women of the 621st Contingency Response Wing continue to respond effectively to crises in some of the most remote and austere areas of the globe.

But what if that call is a request to open up a forward-operating base in the Middle East to assist follow-on forces responding to an increase in insurgents? This was precisely the scenario that led to 621st CRW airmen traveling more than 200 miles south of their home station at Travis during exercise Soaring Angel. CRW Airmen partnered with the Moffett Federal Airfield-based 129th Rescue Wing, from Oct. 9 to 17, at the U.S. Army Combat Support Training Center at Fort Hunter Liggett, Calif.

More than 50 members of the 621st CRW used the exercise to get crucial, hands-on training in initial command and control, ramp coordination, aerial port and airfield security at the installation's Schoonover landing zone.

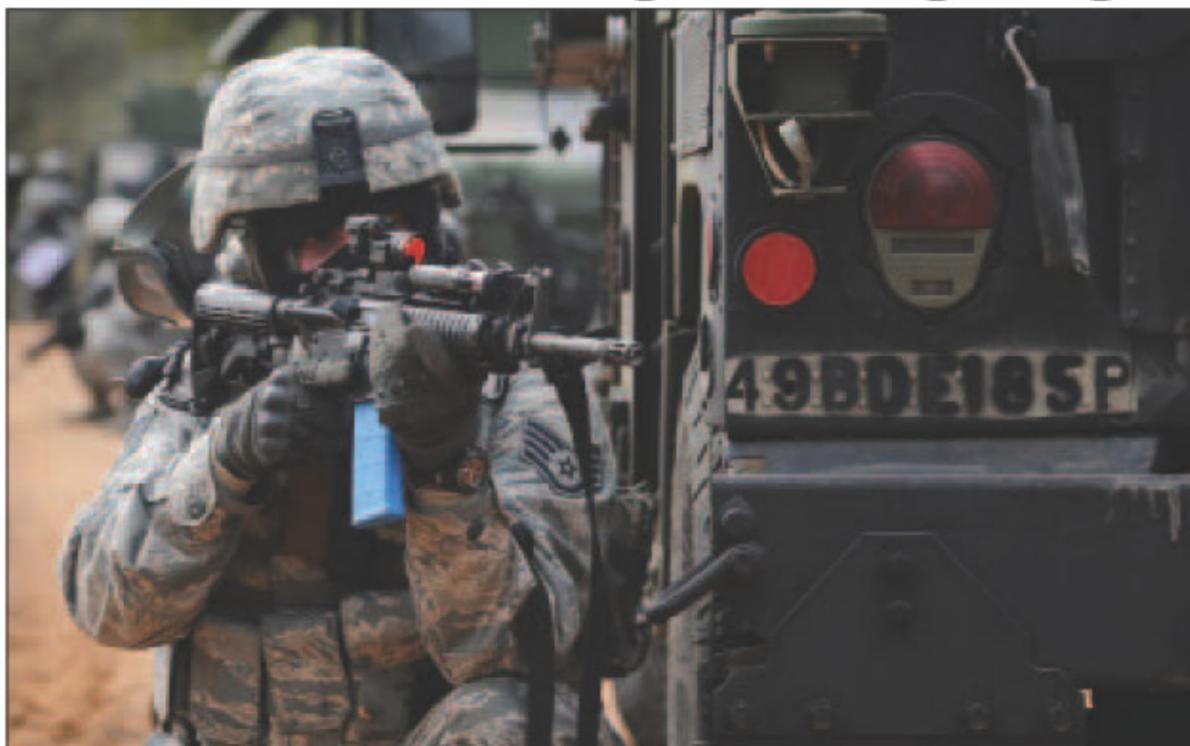
"The main goal of this exercise was to integrate with our partners to get significant training close to home at a reduced cost" said Master Sgt. Paul Spear, 573rd Global Support Squadron contingency response element team chief. "The bonus was having the opportunity to work with the 129th RQW, offering services they need to complete their mission."

"Exercises such as Soaring Angel are extremely important because it takes us away from the convenience of our home station to work in an austere environment," said Lt. Col. Andrew Ferguson, 129th RQW plans officer. "It's a very intense period of time, but great practice for our upcoming deployments."

The remote location of Schoonover offers a near real-world environment immensely benefitting the deploying Airmen.

"In a sterile classroom environment, there are certain tasks that need to be followed, but when you get out here and see the real world, you learn to overcome unexpected issues in a very dynamic environment," said Capt. Jeff Gilmore, 615th Contingency Operations Support Group air mobility liaison. "You just can't do it all on a table top exercise."

Gilmore's sentiments were echoed by Tech.



Staff Sgt. John Cummings, 571st Global Mobility Readiness Squadron, monitors his sector for opposition forces during convoy operations training at the U.S. Army Combat Support Training Center at Fort Hunter Liggett, Calif., during Exercise Soaring Angel. Members of the 621st Contingency Response Wing and the 129th Rescue Wing, partnered to get crucial training at the installation's Schoonover landing zone. (U.S. Air Force Photo by Master Sgt. Stan Parker/Released)

Sgt. Fabian Robles, 15th Air Mobility Operation Squadron.

"This has been an eye-opening experience," Robles said. "We've had a few in-house exercises but nothing can truly prepare you like working in field conditions."

The 15th AMOS sent its Deployed AMC Communications Element for the first time in field

conditions to provide robust computer communications and telephone service.

Not only did the exercise offer much-needed experience, but it facilitated both wings to work in a joint environment.

"Exercises like this allow us to interact and build relationships, while strengthening total force integration," Gilmore said.

The contingency response wing deploys mobility operations and builds partner capacity across the globe. The CRW extends AMC's global reach by mobilizing the fight, providing relief and advancing peace. The wing's personnel are trained to adapt and overcome difficult circumstances, while accelerating air mobility operations anywhere in the world.



A four-man team of 87th Security Forces Squadron members run for the finish line at the sixth annual Gold Star Moms' Ruck March Oct. 20 here. The team ran in honor of Petty Officer 1st Class David M. Tapper, a U.S. Navy Seal killed while serving in Afghanistan in August 2003. (U.S. Air Force photo by Pascual Flores/Released)

Community unites for Gold Star Moms' Ruck March

By Pascual Flores
Joint Base McGuire-Dix-Lakehurst Public Affairs

Joint Base McGuire-Dix-Lakehurst gathered community members at the 621st Contingency Response Wing Global Readiness Deployment Center for the 6th Annual Gold Star Moms' Ruck March Oct. 20 here.

Approximately 250 service members and civilians spent Saturday morning in support of the Department of New Jersey American Gold Star Moms' with a 10K ruck march.

"Today we are here to celebrate the Gold Star family and to represent each of the fallen individuals they have in their families," said Master Sgt. Richelle Baker, 605th Aircraft Maintenance Squadron first sergeant, from Kansas City, Mo. "We had 40 four-man teams take part this year."

Present at the event were 15 Gold Star Moms' and family members, whose fallen sons and daughters were represented

by team members who carried a flag with the name of one of the fallen heroes.

"This is a fantastic event for the community to come out and support our fallen heroes and the Gold Star families for everything they've lost," said Baker.

Community members were also invited to the event, some walking with a baby in a stroller or carrying his or her child on their back.

"These are service members who are running in the memory of our sons and daughters are not doing it for money or glory, they are doing it because they care and are compassionate," said Judi Tapper, Gold Star Mother, President of the New Jersey chapter of the American Gold Star Mothers and 305th Air Mobility Group honorary commander.

No stranger to the suffering experienced by the members of the Gold Star Moms', Tapper, a resident of Atco, N.J., lost her son, Petty Officer 1st Class David M. Tapper, U.S. Navy Seal, in August 2003 while serving in

Afghanistan.

"This is the 6th annual run and it is something the Gold Star Mothers look forward to every year," said Tapper. "They're running, just to let us know that our boys and girls will never be forgotten."

The American Gold Star Mother Inc., founded in 1928, is

a national organization of mothers who have lost a son or daughter in the service of the United States. Mothers would display a blue star in their window during World War I to represent a son serving in the military. A gold star would replace the blue star to signify that son or daughter had fallen.

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Airmen suit up for weeklong ORE



Members of the Joint Base Fire Department walk out of the simulated Crisis Action Team room during the Operational Readiness Exercise here Oct. 15. The smoke indicated a fire in the building after a simulated missile attack during the exercise. Members of the 514th Air Mobility Wing and 87th Air Base Wing participated in the exercise, which was designed to validate the combat readiness of units and their ability to execute assigned missions and deploy in any environment. (U.S. Air Force photo by Staff Sgt. David Carbajal/Released)

Col. Michael Underkofler, 514th Air Mobility Wing commander, works with the Crisis Action Team during an operational readiness exercise Oct. 14 here. Reserve Airmen from the 514th AMW and active-duty airmen from the 87th Air Base Wing are training together for April's operational readiness inspection. (U.S. Air Force photo by Tech. Sgt. Shawn Jones/Released)



Service members from 87th Air Base Wing and 514th Air Mobility Wing prepare to deploy on a C-17 Globemaster III during a home-station operational readiness exercise Oct. 12 here. The week-long exercise is designed to give service members the opportunity to test their ability to go through the deployment, employment and redeployment process. This photo has been manipulated for security reasons. (U.S. Air Force photo by 2nd Lt. David Murphy/Released)



1st Lt. Thomas Dominguez, 87th Aerospace Medicine Squadron environmental engineer, hailing from Harlingen, Texas, tests water for chemical agents during the operational readiness exercise, Oct. 14, here. Dominguez was able to test for Lucite, mustard gas and other nerve agents. (U.S. Air Force photo by 2nd Lt. David Murphy/Released)



Airmen board a C-17 Globemaster III during the redeployment phase of the operational readiness training exercise Oct. 16 here. In addition to testing the Airmen's ability to survive and operate in wartime conditions, the exercise also tested how efficiently Airmen deploy to and from an area of operations. (U.S. Air Force photo by Tech. Sgt. Shawn Jones/Released)



Members of the 305th Aerial Port Squadron build a baggage pallet during the operational readiness exercise Oct. 11 here. The pallets held bags to be delivered to a simulated deployed location. (U.S. Air Force photo by 2nd Lt. David Murphy/Released)

Law Office of Lynda L. Hinkle, L.L.C.
Attorney at Law



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Healthy holiday weight webinar; 'tis the season for eating right

By Hugh Cox
Navy and Marine Corps Public Health
Center Public Affairs

PORTSMOUTH, Va. – The Navy and Marine Corps Public Health Center hosted its first Health Promotion and Wellness webinar Oct. 17.

The webinar, titled "The holidays – obstacles and opportunities for weight maintenance," is one of several NMCPHC events intended to ring in the upcoming holiday season on a healthy note.

NMCPHC's Health Promotion and Wellness Department teamed up to provide ideas and resources designed to assist service members and their families maintain a healthy weight over the holidays.

The nearly 40 participants that took part in the webinar were primarily members of the health promotion and wellness community from various branches of the Department of Defense. They will be disseminating the information obtained through the webinar to their target audience throughout the holiday season.

Cmdr. Connie Scott, registered dietitian and NMCPHC HPW department head, was pleased with the level of participation and feedback received via post-webinar critiques.

"Participants communicated an appreciation for the ready-to-use products, tools and resources to augment their current health promotion program efforts at their respective

commands," said Scott.

Nutrition is a key component of Navy medicine's recently launched health promotion and wellness campaign that is closely aligned to the DoD's Operation Live Well campaign, the National Prevention Strategy and directly supports the CNO's 21st Century Sailor and Marine initiative.

Lt. Dawn Whiting, HPW assistant department head, said maintaining a healthy weight can be a real challenge during the holiday season.

"As mentioned during the webinar, the average weight gained during the holiday season is five to seven pounds," said Whiting. "That can cause a lot of stress by the end of the holiday season. Our goal is to

empower people to make healthier choices to avoid some of the common pitfalls but still enjoy the holidays."

Maintaining a healthy weight factors into mission readiness.

"A warfighter that is physically fit and properly fueled is better suited to meet the demands of an ever-changing operational environment," said Whiting.

The webinar offered tips and resources currently available in the "healthy living" section of NMCPHC's website including fact sheets and PowerPoint presentations.

NMCPHC is part of the Navy Medicine team, a global health care network of 63,000 Navy medical personnel around the world who provide

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AF officials extend separation, retirement application window for active-duty Airmen

By Tech. Sgt. Steve Grever
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – Air Force Personnel Center officials have extended the window for eligible active-duty Airmen to submit their retirement or separation applications. Airmen who are eligible and would like to apply early to retire or separate on Dec. 1, 2013, Jan. 1, 2014 or Feb. 1, 2014 are authorized to complete these personnel actions through the myPers website and their base military personnel sections immediately.

This opportunity expires on Nov. 16 and applies to members in the ranks of second lieutenant to lieutenant colonel for officers and airman basic to senior master sergeant for enlisted Airmen.

"By extending the application window for voluntary retirements and separations beyond the normal 12 months, Airmen will have an approved date of separation prior to MilPDS being offline in December," said Lt. Col. Tara White, AFPC retirements and separations branch chief.

Airmen will notice minimal processing delays if they initiate their retirement or separation paperwork before Nov. 16. Base MPSS will also have a reduced backlog of transactions to process after the Military Personnel Data System upgrade is completed. Airmen who intend to voluntarily separate or retire can have their approved dates of separation updated and potentially avoid being selected for a deployment or assignment.

The Air Force processes about 12,000 retirements and 23,000 separations annually.

Airmen need to accomplish these actions because the Air Force is upgrading and transferring the MilPDS to the Defense Information Systems Agency's Defense Enterprise Computing Center in December. The upgrade project is scheduled to take about 23 days to complete, during which time, MilPDS will not be available.

MilPDS is the primary records database for personnel data and actions that occur throughout every total force Airman's career. MilPDS is also used to initiate Airman pay actions, maintain Air Force accountability and strength data and support a host of interactions with other Air Force processes and systems that rely on personnel data.

Reserve and Guard members will receive specific instructions from the Air Force Reserve Command and Air Reserve Personnel Center concerning how the MilPDS upgrade will impact their personnel programs. More information is available on the ARPC public website at www.arpc.afrc.af.mil.

Officials will continue to release additional information and guidance to the Air Force's manpower, personnel, services and pay communities and total force Airmen to continue to educate them on how the service will perform critical personnel and pay tasks during the MilPDS upgrade.

Visit the myPers website at mypers.af.mil for more information about the MilPDS upgrade.

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JB MDL focuses on Halloween safety

By 2nd Lt. David J. Murphy
Joint Base McGuire-Dix-Lakehurst Public Affairs

Witches, warlocks, ghouls and ghouls join forces with Power Rangers, princesses, wizards and superheroes every Oct. 31 with one mission in mind – to get candy. This is Halloween, and it can be a fun and exciting time for both children and parents.

Halloween season is upon us, as is evident by the increasing number of stores selling costumes and candy. No matter how tempting it might be to go on autopilot, parents must still be aware of the dangers of the holiday.

Regardless of age, or maturity level, parents need to ensure some level of supervision over their children.

While a child might act responsibly and maturely by him or herself, within a group of peers, maturity can quickly slip away.

"Parents need to be aware of not only his or her children's maturity level but that of their children's friends as well," said Bill Goldsbery, Joint Base McGuire-Dix-Lakehurst Safety Office safety specialist. "As children age, they still need supervision by a parent or parental figure, at least up to age 11. Children are going to be walking around the streets at night and there should be a support system in place if something happens."

Safety must not be ignored. There are certain considerations to take when picking out a costume for a child. A costume should be breathable; made from

fire-retardant material; be the correct size; not obstruct vision; and be visible in the dark, according to www.mychildsafetynet.com.

"A witches costume is completely black so a child should have to carry some kind of light source on them to help make them more visible," said Goldsbery.

Parents should ensure the received candy is wrapped and discard any which has been opened. Prepackaged candy is the safest.

Parents also need to keep in mind their children's dietary restrictions and ensure the candy won't aggravate allergies, according to the Children's Hospital of Michigan website.

See SAFETY, Page 10



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

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This month, we asked service members from around Joint Base McGuire-Dix-Lakehurst two questions:

What is your favorite part of Halloween? What will you be dressing as for Halloween?



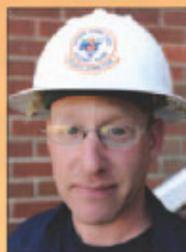
Navy Chief Petty Officer Matthew Gonia, 200th Division chief from Fyffe, Ala.

"My favorite part of Halloween is the candy. I will be dressing as Roy Munson from the movie 'Kingpin.'"



Air Force Capt. Jena Pelletier, 2nd Aerial Refueling Squadron instructor pilot and bravo flight commander from Bakersfield, Calif.

"My favorite part of Halloween is seeing little kids trick-or-treating. I'm dressing up as an angel."



Coast Guard Petty Officer 1st Class Seth Hartmann, Coast Guard Atlantic Strike Team response technician from Riverton, N.J.

"The best part of Halloween is the haunted houses. I will be dressing up as a Stormtrooper."



Marine Sgt. Alvaro Melendezliava, Marine Aircraft Group 49 supply NCO from Miami, Fla.

"My favorite part of Halloween is Trick or treating with my kids. I will be dressing as Jason."



Navy Petty Officer 2nd Class Saletnik, Fleet Logistics Support Squadron VR-64 assistant lead petty officer from Fort Hunter, N.Y.

"My favorite part of Halloween is decorating my house. I will be dressing as a vampire."



Air Force Airman 1st Class Marquis Cole, 305th Aerial Port Squadron air transportation specialist from Independence, La.

"My favorite part of Halloween is setting up the haunted house in the dorm. I will be an insane asylum occupant."



Marine Pfc. Rachael Lipko, Marine Aircraft Group 49 intelligence specialist from Newtonville, N.J.

"My favorite part of Halloween is dressing up and having costume parties with friends. I will be dressing as a football player."



Army Staff Sgt. Dominic Francoechini, 2-313th Logistic Support Battalion, 72nd Field Artillery vehicle recovery NCO in charge Brigade from Ponce, Puerto Rico

"This year is my son's first Halloween, and we will be dressing him up as Superman and taking him around to see our friends and family."



Army Spc. Jessica Ogburn, 2-313th Logistic Support Battalion, 72nd Field Artillery Brigade signal NCO from Buffalo, N.Y.

"My favorite part of Halloween is taking my kids trick or treating. This year my daughter is going to dress up as a ninja, and my sons will dress as a vampire and the Hulk."



Air Force Airman 1st Class Joshua Ritchie, 87th Force Support Squadron customer support representative from Jackson, N.J.

"My favorite part is the costumes; I enjoy concealing my identity. I will be dressing as Clark Kent if I can't get my Static Shock costume in time."



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Joint Base Intramural Sports Standings

Intramural Wallyball JB McGuire-Dix

Team	Win	Loss	PCT
373rd TRS	13	1	0.929
314th RCS	9	3	0.750
305th MXS	5	6	0.455
AMCTES	2	8	0.200
305th APS	1	10	0.091
605th AMXS	0	2	0.000

PCT = Winning Percentage
 All games are played at McGuire Racquetball Court at McGuire Fitness Center

Intramural Flag Football JB McGuire-Dix

Team	Win	Loss	PCT
87th CES	9	0	1.000
Wildcats	12	1	0.923 1
87th SFS	12	1	0.923 2
87th FSS/ 87th CS	9	1	0.900
305th MXS Cobras	12	2	0.857
305th OSS	9	5	0.643
305th MXS PMEL	7	4	0.636
108th WG	10	6	0.625
174th INF BDE	8	5	0.615
605th AMXS	6	7	0.462
MAG 49	6	7	0.462
1st TB	6	8	0.429
621st CRW	5	8	0.385
305th APS	4	7	0.364
87th LRS	4	7	0.364
VR-64	5	10	0.333
EC	4	9	0.308
87th ABW/87th CPTS	2	5	0.286

6th AS	3	8	0.273
87th MDG	1	10	0.091
305th AMXS	1	12	0.077
NCOA	1	13	0.071

PCT = Winning Percentage / HTH=Head to Head

Game Schedule

Week 8

Oct. 29
 5:30 p.m. #1 305th APS vs. 87th LRS
 #2 174th INF BDE vs. 108th WG
 6:30 p.m. #1 EC vs. VR-64
 #2 87th CES vs. 87th FSS/ 87th CS

7:30 p.m. #1 Wildcats vs. 1st TB
 #2 NCOA vs. 305th OSS

Oct. 30
 5:30 p.m. #1 305th APS vs. 87th CES
 #2 305th MXS PMEL vs. 87th FSS/ 87th CS
 6:30 p.m. #1 87th SFS vs. 305th OSS
 #2 621st CRW vs. EC
 7:30 p.m. #1 1st TB vs. 6th AS
 #2 605th AMXS vs. 305th MXS Cobras

Nov. 1
 5:30 p.m. #1 Wildcats vs. 305th AMXS
 #2 305th OSS vs. 87th CES
 6:30 p.m. #1 305th MXS PMEL vs. 174th INF BDE
 #2 6th AS vs. 305th APS
 7:30 p.m. #1 305th MXS Cobras vs. 87th SFS
 #2 NCOA vs. VR-64

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

Lakehurst Flag Football

Team	Win	Loss	PCT
Unarmed Forces	8	0	1.000
Thunder Chickens	6	1	0.857
Titans	4	3	0.571
The Decepticons	3	5	0.375
Little Giants	3	5	0.375
AUTOBOTS	0	10	0.000

PCT = Winning Percentage

Game Schedule

Week 7

Oct. 29 Unarmed Forces vs. The Decepticons
 Oct. 30 Titans vs. Thunder Chickens
 Oct. 31 Titans vs. The Decepticons
 Nov. 2 MAKE UP DAY

All games played 11:30 a.m. at Lakehurst Sports Complex Football Field

Lakehurst Intramural Soccer

Team	Win	Loss	Ties	Points
Mavericks	7	1	1	63
Gunners	2	4	3	36
Unarmed Forces	3	5	1	35
Cosmos	3	5	1	31

All games played at Lakehurst Credit Union Annex Field
 Current as of Oct. 23

Breast cancer awareness information booths

87th Medical Group "Paints the Town Pink" to Promote Community Breast Cancer Awareness. According to the American Cancer Society an estimated 226,870 new cases of invasive breast cancer are expected to occur among women in the US during 2012; and about 2,190 new cases are expected in men. The ACS states the warning signs of breast cancer include:

- Lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle.
- A mass or lump, which may feel as small as a pea.
- A change in the size, shape, or contour of the breast.
- A blood-stained or clear fluid discharge from the nipple.

- A change in the feel or appearance of the skin on the breast or nipple. (dimpled, puckered, scaly or inflamed)
- Redness of the skin on the breast or nipple.
- An area that is distinctly different from any other area on either breast.
- A marble-like hardened area under the skin.

The changes may be found during a breast self-exam, an option for women starting in their 20s. However, experts don't agree on whether breast self-exams are an effective way to detect potentially dangerous changes, it is best to discuss their benefits and limitations with your health care provider.

• Memory Trees — Throughout the month of October, memory trees will be decorated and displayed to raise awareness of breast cancer. Visitors are invited to memorialize an individual that has been impacted by this disease by writing their name on a pink ribbon and hanging it on the tree 11:30 a.m. to 12:30 p.m. Oct. 31 at the Lakehurst Fitness Center. 3 to 4 p.m. Oct. 31 at the Griffith Field House. It is important that we support local breast cancer education right here in our own community. This insidious disease affects our wives, mothers, sisters and daughters in a very profound way.

Safety

Continued from Page 7

"Adults should also limit the amount of candy a child eats the night of trick or treating," said Goldsberry. Halloween should be an exciting time for children and adults, keeping up with important safety rules will help ensure it is. Take an active role in what children are doing, wearing and eating this Halloween.

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NEWSNOTES

Driver Improvement Class

The 87th Air Base Wing Safety Office in coordination with the American Association of Retired People is set to host a Driver Improvement Class from 8:30 a.m. to 3 p.m. at the Timmermann Center. The classes are scheduled for Nov. 5, 8, 13, 14, 15, 27, 28 and 29. The class sizes are limited to 25 participants per day and are free to DoD ID card holders. Call 754-7233 or (732) 323-2525 for more information or to register.

Immunization Basic Course

The Watson Medical Support Element is set to host an Immunization Basic Course from 8 a.m. to 4:30 p.m. Nov. 6 at Tommy B's Community Activities Center. The course is designed to train personnel in the essential elements of a safe and effective immunization program using DoD regulations, Advisory Committee on Immunization Practices guidelines and Centers for Disease Control and Prevention recommendations for immunization practice. Call 562-5481 for more information.

Heartlink for New Military Spouses

The Warfighter and Family Readiness Center is set to host Heartlink for New Military Spouses an interactive session to introduce new spouses to military culture from 9 a.m. to 2 p.m. Nov. 8 at 3011 Tuskegee Airmen Ave. Call 754-3154 for more information. Preregistration is required.

Troop to Teachers

The McGuire Education Center is set to host a 'Troops to Teachers' briefing from 10 to 11 a.m. Nov. 15 at 3829 Schoolhouse Road. The TTT program will assist eligible military personnel to transition to a new career as public school teachers. Contact gaylorstsimons@us.af.mil to register.

Air Force Ceremonies Class

The McGuire Top 3 Mentorship Committee is set to host an Air Force Ceremonies Class from 8 to 11 a.m. Nov. 15 in the Air Advisor Auditorium. The class is designed to introduce and outline essential characteristics to facilitate well-organized ceremonies such as retirement, change of command, promotion or retreat. Call 754-3146 for more information.

Turkey Trot 5K Fun Run/Walk

The 87th Force Support Squadron is set to host a Turkey Trot 5K Fun Run/Walk at noon Nov. 15 on Can Do Way in front of the Falcon Creek Golf Course. Participants can take part in the Turkey Raffle to win prizes afterwards. Call 562-4888 or 754-6085 for more information.

Family Thanksgiving Dinner

Joint Base McGuire-Dix-Lakehurst Youth Programs is set to host a Family Thanksgiving Dinner from 5:30 to 7 p.m. Nov. 15 at the Falcons Court North Youth Center. The event is hosted by the Torch Club, Keystone Club and Youth Programs staff. The event is free and is open to all DOD cardholders. Call 754-5437 for more information.

Integrated Library Systems Fall Forum

The Joint Base Library is set to host the Integrated Library Systems Fall Forum from 10 a.m. to 2:30 p.m. Nov. 16 at the Joint Base Library. Call 754-2079 for more information.

Turkey Bowl

The 87th Force Support Squadron is set to host its annual Joint Base McGuire-Dix-Lakehurst Turkey Bowl from 2 to 5 p.m. Nov. 17 at 6054 Doughboy Loop. Participants can pre-register through Nov. 18 for \$10 per person. Registration is \$13 at the door per person. Registration includes three games and shoe rental. Prizes will be available. Call 754-0567 or 562-6895 for more information.

Lakehurst Turkey Shoot Bowling Tournament

The 87th Force Support Squadron is set to host the Turkey Shoot Bowling Tournament 4 p.m. Nov. 18 at 489 Walsh Drive at the Bowling Center-Lakehurst. Each bowler will have the opportunity to bowl four games and the main intent is to throw a strike on the first, third and ninth frames. Anyone who completes this task will win a coupon for a free turkey. The cost is \$6 per participant and is open to all DoD cardholders. Call (732) 323-2027 for more information.

Thanksgiving Day Meal

The 87th Force Support Squadron is set to host a Thanksgiving Day Meal serving lunch from 11 a.m. to 2 p.m. and dinner from 4 to 6 p.m. Nov. 22 at the Halvorsen Hall Dining Facility. Holiday meals will be served by joint base leadership and is open to DoD civilians and retirees. Call 754-3252 for more information.

McGuire Auto Shop Car Care Class

The Auto Hobby Shop is scheduled to host a car care class from 11:30 a.m. to 12:30 p.m. Nov. 22 at 2416 Vandenberg Ave. The class will focus on general vehicle safety checks. Call 754-4316 to register or for more information.

Annual McGuire/Dix Tree Lighting and Holiday Card Contest

The Annual Tree Lighting and Holiday Card Contest is scheduled for 5 p.m. Dec. 4 at 5417 Delaware Ave. on Dix. The ceremony will include tree lighting, holiday carols, a visit from Santa, holiday snacks and recognition of holiday cards submissions and award presentation to contest winners. Call 754-1484/2830 for more information.

EFMP Movie Night

The Warfighter and Family Readiness Center Exceptional Family Member Program is set to host a movie night from 6 to 8 p.m. Dec. 5 at 3011 Tuskegee Airmen Ave. A movie titled 'Temple Grandin,' a story of an autistic woman who refused to let her issues limit her true potential, will be shown. The event is open to all personnel. Call 754-3154 for more information. Preregistration is required.

Lakehurst Tree Lighting Ceremony

The Lakehurst Tree Lighting Ceremony is scheduled for 4 p.m. Dec. 5 in front of the Joint Base Headquarters, 150 Berry Road. Pre-lighting music will be provided by the Lakewood Baptist Church Choir. Santa will arrive on a fire engine at approximately 4:20 p.m. to greet children and take photos. Hot chocolate and cookies will be available. Call (732) 323-2405 for more information. (Rain date is scheduled for Dec. 7.)

Air Force enlisted Back to Basics Class

The McGuire Top 3 Mentorship Committee is set to host an Air Force Back to Basics Class from 8 to 11 a.m. Dec. 13 in Bldg. 2610. The class is designed to teach the value of each member to the mission and to help revitalize our service members to be better, more committed, productive and esteemed – both professionally and personally.

Holiday Cookie Drive

The Joint Base McGuire-Dix-Lakehurst spouses are set to sponsor the Annual Holiday Cookie Drive from 7 to 11 a.m. Dec. 13. Cookies can be dropped off at the Dix Chapel Annex (packaging center), 5240 New Jersey Ave, McGuire Chapel, 2503 E. Arnold Ave; The United Communities Office, 3700A Circle Drive; or Warfighter and Family Readiness Center at 488-2 Walsh Drive on Lakehurst. The goal is to collect 18,000 cookies to distribute to dorm residents and troops mobilizing and demobilizing at JB MDL during the holidays. Cookies will be packaged in special holiday wrap for distribution.

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

Tuesday through Thursday – 11:35 a.m. McGuire Chapel
 Saturday – 5 p.m. McGuire Chapel
 Sunday – 10:30 a.m. Soldier's Chapel

Protestant

Sunday – 8:45 a.m. Traditional – Soldier's 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



305th OSS airmen inspect crucial equipment



Senior Airman Tralvee Sowell, and Airman 1st Class Jared Mackey, 305th Operations Support Squadron air crew flight technicians, inspect and pack air crew survival vests Oct. 11 here. The vests are issued to the flight crew and contain survival equipment including the new combat survival evasion land radio. The CSEL radio is capable of sending out an undetected signal to pinpoint their location in case the aircraft goes down. Sowell hails from Pageland, S.C., and Mackey hails from Opelika, Ala. (U.S. Air Force photo by Russ Meseroll/Released)

87th MDG completes race to 1 million



Airman 1st Class Carlos Alonso, 87th Medical Group medical technician, completes the graph after the 87th MDG completed their goal of one million push-ups in a year Oct. 16 in the Edwards Resource Center. The idea behind completing one million pushups is not only a numerical goal, but a means to promote physical fitness, develop healthy competition between squadrons and give 87th MDG Airmen a common goal to achieve. Alonso hails from Binghamton, N.Y. (U.S. Air Force photo by Wayne Russell/Released)

JB MDL Base Theater Movie Schedule



Tonight:
The Expendables 2
(PG-13) 7 p.m.



Saturday:
Lawless
(R) 7 p.m.

ORE

Continued from Page 1

possible theater security threats and leadership challenges. At any one time multiple simulated emergencies were occurring in the play area. Everyone was fully engaged, resolving problems or protecting resources," said Underkofler.

A home-station ORE or ORI takes place at a unit's home base while a fly-away takes place at a center designed specifically for operational readiness training or at another accommodating base.

"The difference between a fly-away and home-station ORI is that one provides an isolated and realistic training area, while the latter requires nonplayers to continue to work alongside players," said Underkofler. "The benefits of having a home-station ORI are that we are saving the taxpayer money by keeping both people and aircraft local."

"One of the best things to come from this home-station exercise was learning more about the constraints and capabilities of the installation. It ought to make us all better at providing a coordinated response should we confront a real-world threat or emergency at JB MDL," he added.

Fly-away OREs and ORI can take place at one of four CRTCs across the U.S. Training centers are located at Air National Guard bases in Gulfport, Miss.; Alpena, Mich.; Savannah, Ga.; and Camp Douglas, Wis.

"We are acting as a test bed for home-station ORI within AMC," he added. "If we are successful in April, this could be the way AMC handles

evaluations in the future."

An exercise evaluation team judges a unit's performance for success or failure. EET members constantly evaluate Airmen as they execute their missions, taking notes and providing feedback. At the end of an ORI, a base can earn one of four rankings: outstanding, excellent, satisfactory or unsatisfactory.

"We are working to ensure they are in compliance with their mission essential task lists, their functional areas and their individual tasks," said Robert Scherer, 87th ABW chief of exercise services. "We also evaluated attitude, sense of urgency, leadership, team work and compliance with their (ability to survive and operate) tasks."

Attitude was one area where service members excelled, said Chief Master Sgt. James J. Whiteley, 514th Aircraft Maintenance Squadron superintendent.

"Attitudes were great, everyone was very positive," said Whiteley. "They wanted to do it and they wanted to do a good job."

The exercise was a success because it identified areas where units both performed well and needed improvement, said Scherer.

"As the exercise progressed, everything got better," he added. "We still have a long way to go but, generally, people did improve and we expect to see even more improvement."

Units will have the opportunity to test their abilities again during the second ORE in January.

"We appreciate the patience and support of all here at Joint Base McGuire-Dix-Lakehurst who helped with this home-station ORE and will help with both the second ORE and the ORI," said Underkofler.

Kish Airman Leadership School

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

2nd Air Refueling Squadron
Mitchell Drummer
Trevor Jennings

6th Airlift Squadron
Vincent Camacho

20th Air Support Operations Squadron
Andrew Jankey
Daniel Mallen
Staff Sgt. Jeremiah Osborn

87th Communications Squadron
Nicholas Mayo
Ryan Waterfield
Philip Wolfe

87th Civil Engineer Squadron
Marko Antonio
Tenzin Jangchuk

87th Force Support Squadron
Jacquelin Kusiak
Massimiliano Louis

87th Logistics Readiness Squadron
Stefano Angelucci
Chantel Billingsley
Peaches Del Rio
Brandon Lance
Lakeasha Leak
Martin Renzi
Roger Rhodes

87th Security Forces Squadron
Alida Noboa
Ashley Whipple

305th Aircraft Maintenance Squadron
Jason Aldazabal

Maksim Zubko

305th Aerial Support Squadron
Kaylen Horace
Daniel Sargent

305th Maintenance Squadron
Ciara Bergeron
Jay Quick

305th Operations Support Squadron
Lynna Clemens
Kevin Halsey

605th Aircraft Maintenance Squadron
Paul Fillipe
Clinton King
Michael Warren

817th Global Mobility Readiness Squadron
Steven Su

818th Global Mobility Readiness Squadron
Kelsey Morse

819th Global Support Squadron
Jeremy Swiggum

John L. Levitow Award:
Vincent Camacho

Distinguished Graduates:
Stefano Angelucci
Ryan Waterfield
Philip Wolfe

Academic Award:
Philip Wolfe

Commandant Award:
Kaylen Horace

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.

Halloween White Chocolate Bark

- Ingredients:**
15 Halloween Oreos with orange filling (chunks)
1 1/2 cups salted pretzels (chunks)
1/3 cup raisins
1 2/3 pounds white baking chocolate (chunks)
2 1/2 cups candy corn
1/2 cup Reese's Pieces
sprinkles for garnish (optional)



- Instructions:**
1 In a pot, bring water to a simmer.
2. Place bowl with chocolate chunks on top of the pot, stir constantly until chocolate is almost completely melted (lumps will remain), remove from the heat, stir until completely smooth.
3. Pour chocolate over the cookie sheet, covering the filling.
4. Sprinkle with candy corn and Halloween colored sprinkles.
5. Let cool at room temperature until hardened. Break into pieces and serve!
Recipes found at freerecipes.org.

Afghan

Continued from Page 1

in August, replacing a team of Soldiers assigned to First Army Division West.

"The Division West team was very well prepared for our arrival and conducted a quick but thorough battle handoff," said Opperman. "They passed on very meticulous standard operating procedures, or smart books, laying out detailed timelines and methods to conduct day-to-day operations as well as copies of various reports that are due weekly."

The TMT mission incorporates the joint spirit of the NATO mission. TMTs include German, British and Canadian teammates in addition to the Americans. The newly arrived Division East team, with assistance from nine Canadian Soldiers, looks forward to their mission of training and mentoring Afghan National Army leadership as they conduct day-to-day operations to ensure security in their country, said Maj. Ernan D. Rodriguez, TMT-E executive officer.

Effective and efficient systems will allow ANA leaders to take on a variety of missions of varying degrees of difficulty in the near future, Rodriguez continued.

The team, stationed at Camp Blackhorse, has several objectives. One key goal of the transition, Opperman explained, is minimal interruption of mentorship given to the Kandaks (battalion).

The goal, Opperman explained, is their Afghan partners feel they have gained a second friend versus the loss of a proven mentor. He said his team hopes "to make lasting friendships with our fellow coalition partners and Afghan partners that will pay dividends when it is time for our American troops to start transitioning home."

"We have a motivated team of Division East Soldiers eager to assist the Afghan Nation Army realize their potential of becoming one of the most professional and effective Armies in the region. Our relationship will be based on trust and the common belief that a strong Afghan Army means a strong Afghan nation," Opperman finished.

First Army Division East is responsible for the overall mission of mobilizing, training, validating, and deploying Reserve Component Soldiers around the globe and demobilizing them upon their return home. Last year, First Army Division East mobilized more than 20,000 service members and demobilized almost 26,000, many of them came through Joint Base McGuire-Dix-Lakehurst. The Division also deploys members on both the TMTs and as members of Security Forces Assistance Advisor Teams.

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's the anchor in front of the U.S. Coast Guard Atlantic Strike Team building on Dix. The Atlantic Strike Team is one of three special teams that make up the National Strike Force. It is a vital national asset comprised of a unique, highly trained cadre of Coast Guard professionals who rapidly deploy any time to any place or hazard.



Time to quit smoking?

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