



AIR, LAND & SEA TIMES

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

Vol. 2 No. 51

DECEMBER 21, 2012

JB MDL 2012 Year in Review

NEWSNOTES

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

After-Hour Clinic to Close Dec. 31

The Lourdes Medical Associates after-hours family practice clinic is temporarily closing effective Dec. 31, 2012. Lourdes will be offering a "military fast track" located in the Deborah Heart and Lung Hospital emergency department until a new location is constructed. The hours of operation will be from 4:30 to 10 p.m. Monday through Friday. Call the 87th Medical Group appointment line at (866) 377-2778 to schedule an appointment.

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. 21, 2012, at 2610 McGuire Blvd. 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.

Judge Advocate office close

The 87th Air Base Wing Judge Advocate office is scheduled to be close Dec. 21 for an official function.

Commissary Holiday Hours of Operation

The Commissary will be open 7 a.m. to 3 p.m. Christmas Eve, closed Christmas Day; open 7 a.m. to 8 p.m. New Year's Eve and closed New Year's day.

Christmas Day Meal

The 87th Force Support Squadron is set to host two Christmas Day meals Dec. 25, 2012, at the Halvorsen Hall Dining Facility. The meals include lunch from 11 a.m. to 2 p.m. and dinner from 4 to 6 p.m. Holiday meals will be served by joint base leadership and the event is open to all active duty, guard, reserves, retirees and immediate family. Call 754-3252 for more information.

New Years Day Meal

The 87th Force Support Squadron is set to host a New Years Day Meal from 11 a.m. to 1 p.m. Jan. 1, 2013, at the Halvorsen Hall Dining Facility. The holiday meal will be served by joint base leadership and is open to all active duty, guard, reserves, retirees and immediate family. Call 754-3252 for more information.

Lakehurst Movie Night

The Lakehurst FREE Movie Night is set for 6:30 p.m. Jan. 3, 2013, at 484 Landown Road. This month's feature movie is "Home Alone 2 - Lost in New York" starring Macaulay Culkin and Joe Pesci. The movie is open to all base personnel and their guests. Popcorn will be provided at no cost and other refreshments will be available for purchase. For the comfort and safety of all patrons, children must be accompanied by an adult at all times. Call (732) 323-2636 for more information.

Framing Qualification Class

The 87th Force Support Squadron is set to host a framing qualification class from 10 to noon Jan. 5, 2013, at 6039 Philadelphia St. Participants will complete one piece as they learn to operate the framing equipment. The fee for the class is \$10. Call 562-5691 for more information.

Children's Pottery Class

The 87th Force Support Squadron is set to host a children's pottery class for children ages 6 through 12 from 10:30 a.m. to noon every Saturday in January starting Jan. 5 through 26 and Feb. 2 through 24, 2013, at 6039 Philadelphia St. The fee is \$40. Preregistration is required. Call 562-5691 for more information.

Children's Paper Crafts Class

The 87th Force Support Squadron is set to host a three-week children's paper crafts class for children ages 6 and up from 1 to 2:30 p.m. Jan. 5, 12 and 26, 2013, at 6039 Philadelphia St. The fee is \$30. Call 562-5691 for more information.

Transition Assistance Program Seminar

The Military and Family Support Center is set to host a five-day Transition Assistance Program Seminar from 8:30 a.m. to 4:30 p.m. Jan. 7 through 11, 2013, at 3011 Tuskegee Airman Ave. Call 754-3154 for more information.

Introductory Pottery Class

The 87th Force Support Squadron is set to host a six-week introductory pottery class, Wednesdays from 6 to 8:30 p.m. starting Jan. 9 through Feb. 13, 2013, at 6039 Philadelphia St. The class will focus on wheel throwing techniques as well as hand-building skills. The cost is \$75. Call 562-4285 for more information.

See more NEWSNOTES on Page 8



As we end the year, let us take time to reflect on the great accomplishments of each of you, your role in accomplishing your mission supporting your service and the great community we live, work and play in.

Everyone on the joint base makes a difference ... from our most junior military members to our most senior civilians.

On behalf of all the commanders of Joint Base McGuire-Dix-Lakehurst, I wish you a safe holiday season and Happy New Year

Dorm residents receive morale booster



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

Military spouses and community members here participated in Operation Cookie Drop Dec. 13, 2012, at the Dix Chapel here.

The joint base community members get together every holiday season to bake, package and distribute cookies for all active-duty personnel living in the dorms. Local organizations, to include the Joint Base Chapel Services and the

Burlington County Military Affairs Committee, donated time, money and resources to make the operation happen.

"The goal is to boost morale for service members who might not be able to enjoy homemade holiday treats this season," said Kris Kuerzli, Operation Cookie Drop volunteer.

The spouses said they could not have made the event happen without the hard work and cooperation of the first sergeants.

"Giving out these holiday cookies is one of the best aspects of being a first sergeant," said Master Sgt. Don Pedro, 305th Maintenance Squadron first sergeant. "It's extremely rewarding to see the look of appreciation on the Airmen's faces when you hand them little slices of holiday cheer. My hat goes off to the many spouses and volunteers that made this happen. The First Sergeants

See COOKIES, Page 8

AMC commander holiday message

To you, the more than 130,000 active-duty, Guard, Reserve and civilian men and women who make up our Mobility Air Forces, we could not be more proud of your accomplishments.



2

Soldiers tackle obstacle course

Soldiers of Headquarters and Headquarters Battery, 72nd Field Artillery Brigade, spent the day outdoors on the Leadership Reaction Course July 10, 2012, at Joint Base McGuire-Dix-Lakehurst.



3

Seabees repair Jersey Shore

Seaman Adam Mull, Naval Mobile Construction Battalion 11 utilityman, positions a water pump's hose into a drainage area Nov. 6, 2012, Seaside Heights, N.J.



6

The Weekend Weather

Today
High 52/Low 32
AM Showers



Saturday
High 42/Low 29
Partly Sunny



Sunday
High 43/Low 28
Sunny



It's the most wonderful time of the year ... Maybe

By Lt. Col. Jason Lennen
92nd Medical Operations
Squadron Commander

FAIRCHILD AIR FORCE BASE, Wash. — (The holidays are once again upon us (not enough shopping days 'til Christmas) and, as the classic Andy Williams song tells us, "It's the most wonderful time of the year.")

While this may be true for many of us, it is unfortunately not the case for some of our fellow Airmen and civilian colleagues alike. This time of year can actually be the most difficult and dangerous couple pages on the calendar. Holiday blues, depression, seasonal affective disorder and inclement winter weather can individually or collectively hinder one's ability to "be of good cheer" during "the happiest season of all." This time of year doesn't have a catchy name like the "101 Desary & Dangersous Days of Winter," but it deserves our attention and action nonetheless.

We all encounter challenges and difficulties at various times during the rollercoaster ride of life. To a certain extent, these tough times are quite normal and should be expected. The holidays, however, sometimes turn normal challenges into problems, amplify preexisting problems and occasionally create new problems.

Many factors contribute to holiday blues and/or depression. Stress, changes in routines, expectations

derived from a Norman Rockwell painting, financial woes, relationship problems, loss of loved ones and family separation are a few of the issues heightened during the holidays that may increase one's risk of having significant depressive symptoms. With "parties for hosting, marshmallows for roasting and caroling out in the snow," how is anyone supposed to rest, relax and save some cash?

Deployments are a unique challenge encountered in military life that can predispose us to several of the aforementioned factors. Stress, changed routines and relationship problems can all be present, interact and amplify one another during deployment. Having deployed several times myself and spoken to many others who have also deployed, separation from family is widely considered the most difficult part of a deployment.

Separation from family during the holidays compounds this difficulty. Sure, the dining facility might warm your belly with a reasonably good turkey dinner and internet video calling might allow you to watch your children plow through a heap of gifts on Christmas morning, but it's simply not the same as being there. After all, holiday celebrations are considered by many to be a time of togetherness with friends and family, or, as Andy Williams tells us, a time "when loved ones are near."

Yet another factor that can add difficulty to our lives during the holidays is more related to the season than the holidays themselves. A condition called, seasonal affective disorder, fittingly abbreviated SAD, is a form of depression that comes and goes with the seasons. Since SAD is often associated with fewer hours of daylight, it is more common in northern states during the fall and winter months ... the holiday season at Fairchild, for example.

In addition to short winter days, our northern location also brings us a fair amount of inclement weather ... another potential danger to our people. Snow, ice and flying reindeer are all driving hazards of note (while I don't believe the mule deer on base fly, they can be a driving hazard as well). With the relatively high percentage of younger Airmen at Fairchild and roughly one-third of our active duty population turning over each summer, it's reasonable to assume there will be a few inexperienced winter drivers on the road here every holiday season.

The increasing rates of driving under the influence during this time of year and the increasing prevalence of texting while driving add further risk to an already dangerous situation. Winter weather also brings winter sports and winter sports bring winter sports injuries. The most recent addition to the winter sports list, although

not yet approved for Olympic competition, is walking to and from your car in a slippery parking lot ... doing it with crutches or a baby in your hands adds an extra level of difficulty.

As you can see, the list of unique challenges present during this the holiday season is lengthy. This commentary is certainly not intended to be a holiday downer or to express displeasure with the Inland Northwest. I, for one, truly enjoy this time of year, this wing and this region of our great nation. The message is about awareness and action.

While you are going about your "holiday greetings and gay happy meetings," consider for a moment what may be going on in the minds and lives of the people with whom you interact on a daily basis. What dangers and difficulties might they be facing this holiday season? What can you do to help?

Five simple words, "How are you doing today?" This basic question can either be a casual greeting with little or no meaning or it can be the expression of true interest in the welfare of another human being. We sometimes ask this question as a matter of habit, often as we are speeding past someone on the street or in the hall. We don't expect, many times don't want, to hear an honest answer. Asking this

See **HOLIDAYS**, Page 3



The "iCarly" cast greet Alexis age 11 and David age 6, children of Master Sgt. Chris Wright, Joint Base McGuire-Dix-Lakehurst Security Forces Squadron member, Jan. 11, 2012 at the Timmermann Center after the screening of "Meet the First Lady," which features an appearance by Michelle Obama. The episode focused on the relationship between Carly, played by Miranda Cosgrove, and her deployed Air Force colonel father. Everyone who showed up to the screening was able to get a seat. (U.S. Air Force photo by Wayne Russell/Released)

The Long Endurance Multi-Intelligence Vehicle approaches the landing area above JB MDL during its first flight Aug. 7, 2012. The LEMV is intended to provide Warfighter's multi-intelligence sensors capable of persistent intelligence, surveillance, and reconnaissance in a forward combat environment. (U.S. Army Courtesy photo/Released)



Santa visits JB MDL

Marine Sgts. Felicia and Zaragoza Velazquez, Marine Aircraft Group 48 aviation ordnance technicians, and Cynthia Venisey, wife of Marine Sgt. Matthew Venisey, New Jersey recruit, wave to Santa with their children as the Joint Base Fire Department rolls by as part of the Santa Candy Cane Run Dec. 17, 2012, in Falcons Court North here. The firefighters passed out candy canes to children while also giving fire-safety pamphlets to adults. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/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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are available online at
the JB MDL public Web site.

For up-to-date joint base
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YEAR IN REVIEW



87th Security Forces Squadron first responders apply first aid to a "mouled" role-playing wounded at the Dix Elementary School during the Joint Base McGuire-Dix-Lakehurst active shooter exercise Sept. 20, 2012. The exercise scenario set up a simulated series of events during which three Air Force personnel coordinated a three-pronged attack in order to create base-wide panic. (U.S. Air Force photo by Wayne Russell/Released)



Service members and volunteers offloads toys from "Fat Albert," the Blue Angels' C-130 Hercules, Dec. 3, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. Fat Albert flew in with a cargo bay full of toys from the Marine Toys for Tots campaign. Toys R Us, Hasbro and Lockheed Martin were among the many contributors to the cargo that was intended for children in the tri-state area affected by Hurricane Sandy. The toys were loaded into trucks for distribution throughout the region. (U.S. Air Force photo by Wayne Russell/Released)

A U.S. Marine Corps CH-53E Super Stallion from Marine Heavy Helicopter Squadron 772 conducts slingload operations with U.S. Air Force Airmen from the 621st Contingency Response Wing May 10, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. Both units were preparing for a Marine airpower demonstration at the 2012 JB MDL Open House and Air Show. (U.S. Air Force photo by Tech. Sgt. Parker Gyokores/Released)



Soldiers of Headquarters and Headquarters Battery, 72nd Field Artillery Brigade, spent the day outdoors on the Leadership Reaction Course July 10, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. The LRC is a set of highly physical obstacles intended to promote leadership development. Teams are given a short amount of time to navigate each obstacle with the items available, sometimes also transporting equipment or injured "buddies." (U.S. Army courtesy photo/Released)

Calvary Baptist Church
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cbcpemberton.org
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Wednesday Prayer, Youth & Teen Mtgs.

Jacobstown Baptist Church
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Sunday: Worship 10:00 AM, Sunday School 9:00 AM, Youth Groups 5:00 PM
Wednesday: AWANA 7:00 PM, Prayer Meeting 7:00 PM
Offering both contemporary and traditional styles of worship.
*Always being endorsed to the issue of "Christ" Romans 8:26

Holidays

Continued from Page 2

question a second time or while looking someone in the eyes often yields a response other than an instinctual "fine, how are you?"

I recall, as a young second lieutenant, asking a staff sergeant in my duty section how she was doing one day. She told me, "You don't really want to know," and began crying uncontrollably, sharing details of her marital problems several minutes later when she realized I hadn't left. It turns out that another member of our squadron had asked the same question a few minutes earlier, but didn't stick around long enough to hear the answer. His good-mannered, habitual act made this young lady feel even worse about her situation.

Stop, look the people around you in the eyes and ask them, "How are you doing today?" with true interest and intent to listen and help. If you are the one facing challenging times, take advantage of one of the many support services available to you (e.g. Airman and Family Readiness, chapel, AADD, Air Force Aid, mental health, etc.). Ask a friend, coworker or family member for help, take your supervisor up on an offer to have a holiday meal at their house, accept the free tickets from your commander to attend the holiday party... help comes in many forms and it is available in abundance at Fairchild AFB.

We recently completed our last wingman day of 2012, perfect timing to help build relationships and resiliency as we enter the holidays. Being a wingman is basically about an Airman taking care of another Airman, and you don't need a designated day to do it and to do it right. If you are blessed with "wonderful times" during this holiday season, be a good wingman and share some of the season's delights with a fellow Airman who may not be feeling the same. Care, concern or a simple act of kindness may be all it takes to make this holiday season "the most wonderful time" of their year.

Happy Holidays Team Fairchild!

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YEAR IN REVIEW



Students attending Combat Airmen Skills Training July 17, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. move in tactical line formations while using smoke to cover their actions during the tactical movement block at CAST. The U.S. Air Force Expeditionary Center's courses, including CAST and 11 others, continued despite power outages lasting a week and no phone connectivity due to damages from Hurricane Sandy. Nearly 200 students graduated from EC courses. (U.S. Air Force photo by Capt. Sybil Taunton/Released)



Members of the 305th Aerial Port Squadron convoy equipment for evacuation via C-17 Globemaster IIIa Oct. 27. The 621st Contingency Response Wing moved their equipment to avoid possible damage from Hurricane Sandy. (U.S. Air Force photo by Airman Sean Crowe/Released)

Pfc William Suarez, 710th Brigade Support Battalion fueler, from Bogota, Columbia, gauges the tanks of a Hemmett to determine how much fuel is currently in the tank Nov. 8, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. Soldiers from the 710th Brigade Support Battalion out of Fort Drum, N.Y., worked with Airmen from the 87th LRS Fuel Management Flight, to fill five HMMTT with fuel to be delivered regions around New York and New Jersey for Hurricane Sandy relief efforts. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



Staff Sgt. Brian Williams tosses a ball to military working dog Carly in the courtyard at Walter Reed National Military Medical Center June 22, 2012. Williams asked his visitors if any of them brought toys for Carly to play with. Since they hadn't, Williams solved the toy trouble by removing the tennis ball from his walker and tossing it in the air to Carly who "jumped" at the chance to play fetch with his handler. (U.S. Air Force photos by 2nd Lt. Alexis McGee/Released)



Petty Officer 3rd Class Jackson Bain, Naval Mobile Construction Battalion 11 construction electrician, saws through a fallen tree Nov. 6, 2012, at Seaside Heights, N.J. NMCB-11, deployed from the Naval Construction Battalion Center in Gulfport, Miss., deployed to New Jersey to assist in Hurricane Sandy relief efforts. The unit is no stranger to hurricane relief due to its location on the Gulf Coast. Bain hails from Shelbyville, Tenn. (U.S. Air Force photo by Airman 1st Class Ryan Thromberry/Released)

Col. Olaf Holm, Air Advisor Academy commandant, gives a speech during the Air Advisor Memorial dedication ceremony at Joint Base McGuire-Dix-Lakehurst, N.J., July 27, 2012. Holm was the creative force behind the memorial project. (U.S. Air Force photo/Senior Airman Andrew Lee/Released)



Marine Sgt. Traver Washington, Marine Aircraft Group 49 aviation ordnanceman, performs a fireman's carry in the combat fitness test portion "maneuver under fire" Oct. 24, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. This portion simulates carrying a wounded casualty to a safe location. (U.S. Air Force photo by Airman Sean Crowe/Released)



Vice President Joe Biden greets Chief Master Sgt. Adrian Davis, 87th Medical Group superintendent, Nov. 18, 2012, here. Biden is visiting New Jersey to see the damage to the Jersey Shore caused by Hurricane Sandy. (U.S. Air Force photo by Master Sgt. Denise Johnson/Released)



Spc. Genevise Rodriguez, Army Soldier Show performer, leads a chorus of cast members during the 2012 Army Soldier Show May 22, 2012, at Joint Base McGuire-Dix-Lakehurst. All performers are active-duty Soldiers from different Army units all over the world. The 20-member team performs more than 80 shows at more than 50 U.S. and overseas locations throughout the tour season. (U.S. Air Force photo by Bill Addison/Released)



The 514th Recruiting Squadron holds a mass enlistment at the base of the Statue of Liberty Aug. 17, 2012 as a precursor to Air Force Week in New York. (U.S. Air Force photo by Master Sgt. Donna I. Jeffries/Released)

JB MDL 2012 Year in Review



A group of UH-60 Black Hawks take off with a group of employees from the landing zone and head toward Range 5C during this year's base lift June 1, 2012. The reserve base lift event, which was hosted by Army Support Activity, included a visit to the Army Reserve and National Guard Battle Lab, a ride on a UH-60 Black Hawk and a trip to the Dix firing ranges for a weapons demonstration. (U.S. Air Force photo by Airman 1st Class Ryan Thronberry/Released)



A group of Army Chinook helicopters perform an aerial demonstration May 12, 2012, at the Joint Base McGuire-Dix-Lakehurst Open House and Air Show. Performances, which ran from 11 a.m. to 3 p.m., both days, featured an aerial demonstration by the world famous Thunderbirds. Much of the crowd consisted of new as the line-up drew their gaze toward for much of the day. (U.S. Air Force photo by Tech Sgt. Parker Gyokorov/Released)



A child enjoys a bubble maker while being photographed during the annual Fourth of July celebration at Dougherty Field July 4, 2012 here. (U.S. Air Force photo by Staff Sgt. David Casajaj/Released)



Representatives from each service display wreaths to honor their fallen service members under Thomas B. McGuire's P-38 Lightning in Paddy's Circle May 24, 2012, here. The wreath being is a tribute to those who gave their lives in service to our country. Guest speakers were Brig. Gen. Scott P. Goodwin, U.S. Air Force Expeditionary Center commander, and Lt. Col. Matthew M. Wilson, N.J. State Police deputy superintendent of investigations. The ceremony also featured a U.S. Marine Corps helicopter flyover, the N.J. State Police Pipe and Drum of the Blue and Gold, and the North Hanover Township School District children's choir. (U.S. Air Force photo by Russ Meseroll/Released)



A Chesterfield firefighter connects a fire hose to a fire truck rear training ranges 13 and 14 on Joint Base McGuire-Dix-Lakehurst April 6, 2012. More than 10 townships from around the joint base aided the effort to extinguish the fire that burned more than 300 acres of training ranges. (U.S. Air Force photo by Russ Meseroll/Released)



Seaman Adam Mull, Naval Mobile Construction Battalion 11 utilityman, positions a water pump's hose into a drainage area Nov. 6, 2012, Seaside Heights, N.J. The MCMB-11 Sailors, or "Seaboes", are lending their engineering and disaster relief expertise to the devastated Jersey Shore. The Seaboes are using their heavy equipment, or "green gear", to move large debris such as wrecked cars or boats strewn about by the storm. Mull hails from Van Wert, Ohio. (U.S. Air Force photo by Airman 1st Class Ryan Thronberry/Released)



Staff Sgt. Brian Williams, a 87th Security Forces Squadron military working dog handler, received the Purple Heart, Air Force Combat Action Medal and a Bronze Star Medal from Gen. Raymond E. Johns, Air Mobility Command commander, at a ceremony held in the Joint Base Theatre at Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 26, 2012. Williams fell victim to an improvised explosive device attack in southern Afghanistan April 25. (U.S. Air Force photo 2nd Lt. David J. Murphy/Released)



A convoy of ambulances driven down Delaware Blvd. on Joint Base McGuire-Dix-Lakehurst Oct. 30, 2012. The Federal Emergency Management Agency used JB MDL as a staging area for emergency vehicles. Many of the vehicles departed the installation to areas which sustained more emergent damage. (U.S. Air Force photo by Airman 1st Class Ryan Thronberry/Released)



Service members and civilians participated in the 2012 10K "Boast of the East" Mud Run Sept. 8, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. The event, now in its 3th year, featured 23 obstacles and started on Dougherty Field and went through various parts of Dix. (U.S. Air Force photo by Airman 1st Class Ryan Thronberry/Released)



An Army Blackhawk crew awaits the arrival of Vice Adm. Mark D. Harnitzek, Defense Logistics Agency director, as he prepares to depart Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 13, 2012. Harnitzek came to JB MDL, so he could witness first-hand Hurricane Sandy's effect on the East Coast. (U.S. Air Force photo by Russ Meseroll/Released)



Tech. Sgt. Miriam Gelo, 514th Aeronautical Staging Squadron, speaks to members from the medical group in the Emergency Operations Center during the operational readiness exercise Oct. 14, 2012, 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 illustration by 1st Lt. David J. Murphy/Released)

NEWSNOTES

Framing Qualification Class

The 87th Force Support Squadron is set to host two framing qualification classes from 6 to 8:30 p.m. Jan. 9 and 16, 2013, at 6039 Philadelphia St. Participants will complete one piece as they learn to operate the framing equipment. Pre-registration fee of \$10 is required prior to class. Call 562-5691 for more information.

Lensbaby Photography Class

The 87th Force Support Squadron is set to host two Lensbaby photography classes from 5:30 to 7:30 p.m. Jan. 10 and 17, 2013, at 6039 Philadelphia St. Students will learn to use these unique lenses for \$25. Students must have an SLR camera to participate. Call 562-5691 for more information.

Health Expo

The McGuire Fitness and Sports Center is set to host a health expo starting 8 a.m. Jan. 11, 2013, at 2504 McGuire Blvd. This event provides the public with knowledge to make the new year a healthy year. Various health organizations will be present to give out information. Call 754-6086 for more information.

Quilts for Children

The 87th Force Support Squadron is set to host a Quilts for Children event from 11 a.m. to 3 p.m. Jan. 12, 2013, at 6039 Philadelphia St. Make quilts for children in long-term healthcare, safe houses, children of deployed Soldiers and for wounded warriors. Call 562-5691 for more information.

Military Family Action Plan Conference

The Military and Family Support Center is set to host the Military Family Action Plan Conference from 7:45 a.m. to 4:30 p.m. Jan. 23 and 24, 2013, at 5441 Pennsylvania Ave. The MFAP Conference provides a unique opportunity for all military personnel, family members, retirees and civilians to submit quality-of-life issues directly to the joint base commander for review and resolution. Pre-registration is required. Call 754-3154 for more information.

International Spouses' Group

The Military and Family Support Center is set to host an International Spouses' Group meeting from 11:45 a.m. to 2:30 p.m. Jan. 25, 2013, at 3435 Brody Road. The group assists foreign-born spouses with cultural adaptation and serves as the first stop, as well as ongoing support, for multicultural families. Call 754-3154 for more information.

Hearts Apart Seminar

The Military and Family Support Center is scheduled to host a Hearts Apart Seminar from 6 to 7 p.m. Jan. 25, 2013, at 3811 South Bowling St. The seminar is designed for spouses, children and loved ones of military members currently deployed or on an extended temporary duty assignment. Call 754-3154 for more information.

Resume Writing Class

The Military and Family Support Center is set to host a federal resume writing class from 9 to 11 a.m. Jan. 30, 2013, at 3435 Brody Road. The class is meant to give a clear understanding of the federal application process. Pre-registration is required. Call 754-3154 for more information.

Seeking Tax Representatives

The 87th Air Base Wing Legal Office is seeking volunteers as tax representatives for the Tax Assistance Program at the Joint Base Tax Center. Participants will receive training as Volunteer Income Tax Assistants from an Internal Revenue Service representative. A short course regarding New Jersey State taxes will also be presented. Participation is open to all Department of Defense ID cardholders. VITA training will be scheduled the second week in January. Call 754-2010 for more information.

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

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

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

Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1 to 5 p.m. at 158 Berry Road. The sales income received from thrift shops is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

87th LRS Customer Service and Equipment Accountability Service

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

Neighborhood Community Watch Meetings

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

The Attic

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

Firehouse Movie Night

A movie night is scheduled for 8 p.m. every second Friday of the month at The Airmen's Firehouse. This event is open to all E-1s through E-4s. Free popcorn and beverages will be available. Call 754-2233 for more information.

87th MDG Training Hours

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

Crafty Birthday Parties

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

Palace Chase and Palace Front Briefings

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

Home School Art Class

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

International Spouses' Group

The International Spouses' Group assists foreign-born spouses with cultural adaptation. The group serves as the first stop, as well as ongoing support, for multicultural families. The group meets the last Friday of each month from 11:45 a.m. to 1:30 p.m. for planned social and educational activities. Call 562-2767 for more information.

Beginning Crochet Workshop

A beginner's crochet class is set from 10 to 11 a.m. the first and third Saturdays of each month at 6039 Philadelphia St. Call 562-5691 for more information or to register.

Financial Readiness Program

The Financial Readiness Program assists service members and their families in improving personal financial status and their ability to perform as informed consumers. The program focuses on improving credit reliability and reducing debt. Available services include: complaint resolution, individual counseling, training classes, resource library, debt liquidation, budget development and planning. Call the Warfighter and Family Readiness Center at 562-2767 for more information.

Joint Base McGuire-Dix-Lakehurst Chapel Holiday Schedule 2012

Catholic Schedule		Protestant Schedule	
Dec. 24	Christmas Eve Masses 4 p.m., Dix Chapel (Children's Mass) midnight, Dix Chapel	Dec. 20	Christmas Concert 7 p.m., Dix Chapel
Dec. 25	Christmas Day Mass 9 a.m., Dix Chapel	Dec. 24	Christmas Eve Candlelight Service 7 p.m., Dix Chapel
Jan. 1	New Year's Day Mass 9 a.m., Dix Chapel	Dec. 31	Gospel Watch Night Service 11 p.m., McGuire Chapel

Contact the Chapel at 754-4673 for programs, faith groups, or special language needs not listed.

Joint Base McGuire-Dix-Lakehurst Chapels

Chapel Locations

McGuire Chapel – 2503 East Arnold Avenue
North Chapel – 3927 School House Road
Dix Chapel – 5240 New Jersey Avenue
Soldier's Chapel – 5950 Church Street
Cathedral of the Air – 764 Hope Chapel Road, Lakehurst NJ 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.

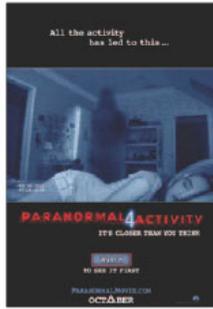
Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base



JB MDL Base Theater Movie Schedule



Tonight:
Paranormal Activity 4
(PG-13) 7 p.m.



Saturday:
Alex Cross
(PG-13) 7 p.m.

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? Email the recipe and a photo to the Air, Land & Sea Times staff at 87.abw.p@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Grilled Chicken Salad

Ingredients:

- 12 ounces halved chicken breasts (skinless and boneless)
- 3 cups lettuce
- 1 fresh tomato (diced)
- 1/4 cup shredded yellow Cheddar cheese
- 1/4 cup black olives (chopped)
- 2 medium onions (diced)
- 2 tablespoons walnuts (chopped)
- 1/4 cup Italian dressing

Instructions:

1. Over medium heat, grill the chicken for about ten minutes per side, while covered, until fully cooked.
2. In a large bowl, toss all ingredients with dressing until coated. Slice the grilled chicken, and add to the top of the salad.

Recipes found at freerecipes.org



Airman 1st Class Matthew Belanger, 67th Communications Squadron communications security journeyman, packages a bundle of cookies for Operation Cookie Drop Dec. 13, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. The event's purpose is to spread holiday cheer to all junior, active-duty service members on the joint base. (U.S. Air Force photo by Airman Sean M. Crowe/Released)



621st Contingency Response Wing Airmen, stationed at Joint Base McGuire-Dix-Lakehurst, N.J., and U.S. Army Soldiers of the 688th Rapid Port Opening Element from Joint Base Langley-Eustis, Va., play dominoes in their off-duty time at Mackall Army Airfield, N.C. during Joint Operational Access Exercise 12-02, June 5, 2012. The JOAX is a two-week forcible entry and ground combat exercise to prepare Air Force and Army service members to respond to worldwide crises and contingencies. (U.S. Air Force photo by Tech. Sgt. Parker Cypkoleski/Released)

Cookies

Continued from Page 1

delivered the cookies, but the real work was done the night before, by the spouses group."

Operation Cookie Drop volunteers packaged 13,194 cookies into 2,199 bundles to be distributed by first sergeants among their respective doms and from their workplaces as well. The sorters placed six cookies and other assorted small candies in each bundle.

Military spouses and other volunteers sorted and wrapped bundles of cookies prior to

packaging for unit first sergeants to distribute.

"We didn't initially receive the 18,000 cookies we were originally asking for from the volunteers," said Kuenzli. "During the operation, I thought we wouldn't have enough to meet the quota, but the volunteers and donors helped us make the operation a success."

"This is the one event where I get to work with all branches of service and my work benefits the entire community in some way," said Kuenzli. "We get to spread holiday cheer and let the service members know someone is thinking of them."

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Cpl/1 Melissa Jaffe, Delaware State Trooper | M.S. in Administration of Justice, 2008

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