



Honeywell

Solar project saves money, environment

Shawn Morris
Public Affairs Staff

Fort Dix officials unveiled a new solar-panel array atop the 99th Regional Support Command Headquarters during a ribbon-cutting ceremony Sept. 3.

Speaking at the event were Col. Patrick J.

Slowey, installation commander, Rep. John Adler, 3rd District, N.J., Maj. Gen. William Monk III, commanding general, 99th Regional Support Command (RSC), Jean M. Fox, president, New Jersey Board of Utilities, and Kevin Madden, vice president, Honeywell Global Sales.

"Fort Dix has always excelled at any mission it has ever been assigned," said Slowey, "and today's mission of employing renewable energy sources, reducing our dependence on fossil fuels and helping to preserve our environment is no different."

The 1,204 solar photovoltaic panels now supplying power to the 99th RSC building will produce an estimated 310,000 kilowatt-hours of energy per year while eliminating 2,177 tons of airborne toxins and saving more than \$160,000 annually. This financial savings can, in part, be invested in the nation's Citizen-Soldiers, Monk explained.

"As we continue to meet the Army's needs for relevant, ready forces to fight the long war, the money that the Army Reserve saves here can be used instead to provide the equipment and other resources needed to ensure its Soldiers are trained and equipped to the highest standards," Monk said. Moving toward renewable energy sources such as solar power — and away from non-renewable (continued on page 4)

Joint Base McGuire-Dix-Lakehurst ... America's Premier Joint Warfighter Base



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NEWSNOTES

Retiree Appreciation Day coming to Griffith Gym

The annual Fort Dix Retiree Appreciation Day (RAD) will be held Sept. 12 in Griffith Field House on 8th Street at Doughboy Loop from 8 a.m. to 1 p.m.

The cost for the buffet luncheon is \$24 per person.

Reservations in advanced are required, and can be made by sending checks payable to Fort Dix Retiree Council to Sergeant Maj. Norman Pallotto, 15 East Central Avenue, Moorestown, NJ, 08057.

For more information, call Fay Marshall-Dease, retirement services officer, at 562-2666.

Flu shots available for McGuire personnel

Effective immediately, all active-duty personnel may proceed to the 87th Medical Group Immunization Clinic, Bldg. 3458, for their seasonal flu vaccination. The clinic will operate Monday through Friday from 7:30 a.m. to 3:30 p.m.

This is NOT the H1N1 Flu vaccine, this is the seasonal flu vaccine. Additionally, active duty personnel may receive the vaccine through one of two ways: (1) the FluMist, a live attenuated nasal vaccine or (2) Alfurin, an inactivated injectable vaccine.

Vaccines will be distributed based on availability (i.e. if personnel can receive the FluMist they will - you cannot elect to take Alfurin because that is your preference.)

For more information on the seasonal flu vaccination, call the Immunizations Clinic at 754-9209. Additionally, updated information on the flu vaccination can be found on the Joint Base MDL at www.mcguire.af.mil.

Saturday hours for ID cards available soon

The next Saturday opening to obtain an ID card will be Sept. 12 from 8 a.m. to 4 p.m. in Bldg. 5418, Room 125 (First Floor).

Weather

FRIDAY -- Good chance of rain with highs in the low 70s, lows in the low 60s.

SATURDAY -- Slight chance of showers with highs in the upper 70s, lows of 62.

SUNDAY -- Partly cloudy with highs in the upper 70s, lows in the upper 50s.

MONDAY -- Partly cloudy with highs in the low 80s, lows in the low 60s.

TUESDAY -- Partly cloudy with highs in the upper 70s, lows in the upper 50s.



Senior Airman Christopher Hubenthal

Tech. Sgt. Jerome Vahalik IV pets Max, a military working dog, at Joint Base Balad, Iraq. Max, a German Shepherd, is trained to perform patrol and detection missions. Vahalik is the 732nd Expeditionary Security Forces Squadron kennel master.

PCS orders may be delayed for some Airmen

Daniel Elkins
Air Force Personnel Center PA

9/2/2009 - RANDOLPH AIR FORCE BASE, Texas (AFNS) -- Some Airmen may experience slight delays in receiving permanent-change-of-station orders in September as officials here begin implementing new procedures for closing out the fiscal year PCS budget.

Active-duty Airmen with assignment report dates or a date eligible for return from overseas of January 2010 or later may be impacted by the delay in receiving their orders.

Airmen entering the service, separating or retiring are not affected.

Air Force Personnel Center officials here implemented new procedures in July that ensure Airmen continue to receive orders in-hand no later than 60 days prior to their projected departure date, but also no earlier than 90 days prior to their reporting date, or DEROS.

AFPC is budgeted to publish a set number of PCS orders each fiscal year. As the fiscal year comes to a close, AFPC officials will be closely observing base-level military personnel sections to ensure they do not exceed the overall number of orders allowed by the budget. To prevent exceeding the budget while ensuring the availability of sufficient PCS funds to cover obligations, approval of orders may temporarily shift from the base level to AFPC.

"AFPC may need to restrict base-level approving official access and centrally authenticate the remaining orders here," said Lt. Col. Gloria Porter, the AFPC Assignments Directorate Analysis Branch chief. "This restriction should only last two to three weeks at most in order to balance the books."

If monitoring of base military personnel sections reveals the Air Force is operating well within its budgeted PCS funds, AFPC officials will approve as many orders as needed to meet mission requirements. However, if remaining PCS funds are very limited, they will only approve orders for Airmen as an (continued on page 3)

Army, Air Force live dog's life at Balad

Senior Airman Andria J. Allmond
332nd Air Expeditionary Wing PA

9/3/2009 - JOINT BASE BALAD, Iraq (AFNS) -- On a deployment, a multitude of distractions can make sleep challenging for some servicemembers including F-16 Fighting Falcons roaring on the flightline and helicopters thundering through the air. Also putting rest to the test are 70-pound Labrador retrievers taking up half the bed.

For Air Force and Army military working dog handlers at Joint Base Balad, the deployed environment requires not only working, but also living with a canine comrade.

"Military working dogs normally stay in a kennel when not training or working," said Staff Sgt. Melinda Miller, 732nd Expeditionary Security

Forces Squadron dog handler. "But not all deployed bases have the hardened facilities to accommodate that. So, the dogs stay in field tents or in (contained housing units). Here, the dogs stay with their handlers in their CHUs."

These German shepherds, Belgian Malinois and Labrador retrievers spend at least four hours a day working outside with their handlers. Their mission includes performing explosives and narcotics detection as well as patrol, both in and outside the wire. They can also attack on command to protect themselves or their handlers.

The down time for the dogs also aids the joint mission.

"The time we spend with our dogs playing and relaxing really helps to build rapport," said Army Spc. Chris Belville, a 25th Infantry Division spc (continued on page 2)

Troops help accident victims

Ryan Morton
Public Affairs Staff

The afternoon of July 26 was a typical day of training for the Soldiers of the Regional Training Center-East and Reserve Soldiers performing annual training out on Fort Dix's ranges, but a two-car accident changed their training priorities and shifted their focus to rendering first aid to the victims.

"It was chaos, a nightmare with two cars on fire," said Staff Sgt. Rich Murphy, who was on annual training with the Reserve Training Center-East (RTC-E) at Range 3.

Sgt. 1st Class Edward Jamandron, RTC-E trainer, initially heard the crash and went over to check out where it was on Cookstown-Browns Mills Road. He saw two cars on fire and called back to his fellow Soldiers for assistance.

Assisting in the efforts were civilians Jason Holmes and Floyd Sanders, who helped remove victims from their cars with New Hanover Police Officer Kyle Tuliano and RTC-E Soldiers including Jamandron, Sgt. 1st Class Gerald Heyward, and Staff Sgt. Aaron Bickal, who helped provide first aid and direct traffic. AT Reserve Soldiers including Murphy, Sgt. Adam Fredrickson, Lt. Col. (continued on page 3)



Lisa Evans

Brothers in arms

Pfc. David Lasher of the 56th Stryker Brigade Combat Team, left, volunteers at the front desk of the Joint Readiness Center on Fort Dix Sept. 4 to help his fellow Soldiers get through the demobilization process.

Air Force birthday opportunity to recognize 62 years of success

Gen. Arthur J. Lichte
Air Mobility Command Center

9/8/2009 - SCOTT AIR FORCE BASE, Ill. -- On Sept. 18, 1947, our Air Force became a separate branch of the military. Since then our unequalled accomplishments have helped provide a beacon of hope for men, women, and children all over the world.

Throughout our command's rich history, we have evolved from Air Transportation Command to Air Mobility Command, which now encompasses airlift, air refueling, aeromedical evacuation,

and everything required to support these core competencies. During this transition, the United States Air Force and its mobility component have played a vital role in our nation's defense and to providing relief to those in need around the world.

The Air Force's birthday is an ideal time to celebrate this heritage and the people that have made and continue to make it all possible.

During the Berlin Airlift, our veteran Airmen delivered 2.2 million tons of cargo to a city desperately in need. Today, our AMC, AFRC, and ANG Airmen continue this honorable tradition

as they work together to achieve unprecedented results around the globe.

Our success does come at a price as evidenced by the many sacrifices of our Airmen and their families. While our people work long hours and endure time away from home, their families remain steadfast in providing unyielding support and care for our personnel as they make history every day.

Every member is vital to the continued success of the Air Force and AMC. Commanders and supervisors must continue to promote safety awareness and accident prevention. It is impera-

tive that everyone be a good wingman to family and friends. Many of the Airmen who are no longer with us might still be alive today had a friend or loved one intervened in their time of need.

Take time on Sept. 18 to remember and recognize the superior contributions our Air Force has made to this great nation.

Also take time to remember the sacrifices that Airmen and their families have made to found the freedoms that we enjoy today. For that, I am honored and thankful to be among you wearing the Air Force uniform.

COMMANDER'S ACTION LINE

The Action Line is an integral part of the base feedback network. Base personnel are urged to use the 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, call (609) 754-3247. 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.



Col. Gina Grosso
Joint Base Commander

Airmen teach Iraqis firefighting skills, help kids

Christen N. McCluney
American Forces Press Service

9/4/2009 - WASHINGTON (AFNS) -- An Air Force firefighting squadron is making a difference in Iraq by training firefighters and helping local children.

Members of the 407th Expeditionary Civil Engineer Squadron Fire Protection Flight, a 40-man team of firefighters who provides fire response and

airfield operations to Ali Base, Iraq, are training Iraqi firefighters in lifesaving and firefighting skills.

The team provides fire response for airfield operations and all coalition forces assigned to the base, about 13,000 Soldiers, Sailors, Airmen and Marines, said Master Sgt. Charles M. Harrison, the flight's operations chief.

"The team responds to everything on the base from electrical

fires to medical emergencies and emergency response outside the wire as well," Sergeant Harrison said Sept. 2 during a "DODLive" bloggers roundtable.

One of the team's major initiatives is training Iraqi firefighters in a six-week course of academic and live-fire training.

The course teaches basic skills such as rescue, ropes and knots, CPR, first aid, first responder and other lifesaving techniques.

Tech. Sgt. Ryan J. Glosson, the assistant operations chief of operations, said the Iraqi firemen have very limited resources and face the same challenges of other firefighters.

The training includes live-fire training in which vehicle structures and mock buildings are set on fire for the Iraqi trainees to extinguish. The Airmen also address issues specific to Iraqi firefighters.

A major issue in the area is

drowning, and the Iraqi firefighters wanted to know the best knots to create and ropes to use to pull victims out of the Euphrates River, Sergeant Harrison said.

"It was amazing to sit back and watch these guys and the women on their faces and the high fives," Sergeant Glosson said. "That's success right there."

When the Airmen are not training Iraqi firefighters, they serve in the community as part of

Operation Iraqi Child, a program that distributes school supplies, clothes and sports equipment donated by U.S. groups and Airmen's families to local youth.

"The whole base comes together and goes into a big tent with supplies," Sergeant Harrison said. "Once they are packaged, they are given out to children in need. It allows us to give back to the community we work."

Service Spotlight: Team McGuire Elite Honor Guard



Tech. Sgt. Christopher Bergstrom

The Team McGuire Elite Honor Guard is comprised of 80 Airmen from Air Mobility Command's 87th Air Base Wing, 305th Air Mobility Wing, 621st Contingency Response Wing and Air Force Reserve Command's 514th Air Mobility Wing. Responsible for four states covering 78,000 square miles, the McGuire Elite Honor Guard has the largest geographical area of responsibility in the Air Force. A constant display of professionalism and military precision, the Honor Guard performs more than 2,000 military honors annually at events ranging from changes of command to military funerals.

It's a dog's life

(continued from page 1)

cialized search dog handler. "That makes the dogs trust us even more; therefore, they work harder for us. While we look at these dogs as Soldiers, it's important to understand they are still dogs. They look for that attention and affection. When you have the chance to relax after work and give them that, they fall in love with you."

Specialist Belville said certain breeds of these tail-wagging warriors lend themselves to be more skilled as military working dogs.

For example, German and Dutch shepherds and Belgian Malinois are chosen for their combination of aggression, intelligence, loyalty and athleticism. Labrador retrievers are often chosen as "off-leash," specialized search dogs for their acute sense of smell and temperament.

"These dogs, especially the detection dogs' sense of smell, provide us a capability that nothing can replicate," said Tech. Sgt. Jerome Vahalik, the 732nd ESFS military working dog program manager. "They are also a means of providing a psychological deterrent like no other, stopping harm from being done to the warfighter."

These dogs, which deploy with their handlers, are also helping in ways not associated with conflict.

"It's a great feeling every day," said Sergeant Miller, whose military working dog is a 9-year old German shepherd. "Max wakes me up every morning. It's great to always have a companion. You go out and meet friends while you're here, but nothing compares to the loyalty of your dog. They're always there for you no matter what and are great to have around -- despite the chewed-up sneakers."

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or Chaplain Raub, Fort Dix Main Chapel - (609) 562-2020 allen.f.raub@us.army.mil

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for
Fort Dix Special Observances Committees

For more information call
Denise Horton at 562-4011

the Post

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Father, son reunited at Dix after deployment



Shawn Morris

FAMILY MATTERS -- Lt. Col. Joseph McGowan Sr. points to a map of the Middle East as he and son Sgt. Joseph McGowan Jr. compare notes on their respective deployments. McGowan Sr., a Combined Arms Exercise group leader on Fort Dix, deployed to Saudi Arabia during Desert Storm, while McGowan Jr., a senior sniper with the 56th Stryker Brigade Combat Team, recently returned from a one-year tour in Iraq.

Shawn Morris
Public Affairs Staff

Fathers have been sending sons off to war for millennia, and though thousands of years have passed, the emotions felt as young warriors depart – fear, pride, concern, excitement – haven't changed.

Neither have the joy and relief experienced upon their return.

Lt. Col. Joseph McGowan Sr., a 104th Division (Institutional Training) Soldier and staff group leader for the Combined Arms Exercise on Fort Dix, said goodbye to his son, Sgt. Joseph McGowan Jr., as he deployed in late 2008 with Headquarters and Headquarters Company, 2nd Battalion, 112th Infantry Regiment (Mechanized), 56th Stryker Brigade Combat Team (SBCT).

After a year-long deployment, father and son were reunited at Fort Dix earlier this month.

"I knew it was going to happen sooner or later," said McGowan Sr. of his son's deployment to Iraq. "It's just part of being in the Army."

"It was a time of worry and some stress," he continued, "but it was what he wanted to do."

McGowan Jr. certainly got to do what he signed up for, serving as a senior sniper in western Baghdad and taking part in missions ranging from offering local Iraqi humanitarian aid to kicking down doors to escorting convoys.

"We did a little bit of everything," McGowan Jr. said.

His unit was separated from the main body of the 56th SBCT and attached to the 2nd Heavy Brigade Combat Team, 1st Infantry Division, an active-duty brigade stationed at Fort Riley, Kan.

"Since we were attached to an active-duty unit,

there was a lot of pressure," McGowan Jr. said. But he and his fellow Pennsylvania National Guard troops quickly bonded with their active counterparts as they shared the risks and rewards of combat.

"I remember telling him, 'Do your duty, do your job, that kind of stuff – and that's what he did,'" said McGowan Sr., who served as an embedded trainer in Saudi Arabia during Desert Storm.

McGowan Jr. did that and more, earning the Combat Infantryman Badge (CIB) and surviving Improvised Explosive Devices (IEDs), mortar attacks and small-arms fire.

While McGowan Jr. couldn't reveal the harrowing details of his missions while deployed, he was able to let family and friends know he was safe through phone calls and Facebook, the online social-networking site.

"In some regards, it's really easy for families to stay in touch," said McGowan Sr., who compared communication with his deployed son to his own father calling home from Vietnam on static-filled phone lines and mailing home audio tapes.

"It definitely relieves stress," said McGowan Jr. of the near-instant communication today's technology offers.

Now that he's home, McGowan Jr. will continue to take advantage of modern technology as he works online toward a degree in strategic intelligence.

He also plans on staying in the Army National Guard and building upon this defining experience in his young career.

"It helped me develop myself as a Soldier and as an NCO (non-commissioned officer)," McGowan Jr. said of his first deployment.

"I think he's grown as a man, a sergeant and a Soldier," added McGowan Sr.

Airmen demonstrate importance to Afghanistan



Capt. David Faggard
American Forces Press Service

FORWARD OPERATING BASE LIGHTNING, Afghanistan, Sept. 9, 2009 – Joint expeditionary tasked Airmen have two commanders: an Army commander responsible for their day-to-day missions, and an Air Force commander responsible for their administrative and operational control.

And both sing the praises of their Airmen.

Army Lt. Col. Matt Smith, the task force commander here, said Airmen are crucial in ensuring the joint and combined services achieve their missions.

"Airmen help fill a critical function in our headquarters and are doing an exceptional job – every one of them," he said. "One of my greatest fears is if the Air Force leaves us here; our operations run like a charm because of our Airmen."

The wing commander responsible for all JET Airmen in Afghanistan said Airmen supporting the joint fight are examples of the Air Force's "all in" approach to the conflict.

"Mentoring and partnering with the Army, Navy and Afghan forces are crucial to this war effort," said Air Force Brig. Gen. Steven L. Kwast, 455th Air Expeditionary Wing commander. "Every Airman has to be all in; you'll be more focused on the mission, and you'll ultimately be a better Airman and person. Airmen will do anything [the joint community asks] of us, as long as we're trained to do the job correctly."

JET Airmen are crucial to Afghanistan's future, Kwast said, noting that embedded training teams here are empowered to teach and mentor their Afghan counterparts.

Airmen at the Paktia Regional Medical Hospital mentor Afghans in techniques that might seem like the basics back home, but are revolutionary in this part of the world.

"We helped them safely transport blood from our hospital to another for the first time in history," said Air Force Tech. Sgt. Jason Levine, a laboratory technician at the hospital, who added that the basics of calibration and maintenance are new ideas for Afghan technicians.

"It could have been a logistical nightmare, but now we've got a process that's repeatable and sustainable, thanks to the coordinated planning and efforts by Airmen," he said.

The procedures and processes being taught by the Airmen are well received by their host.

Afghan National Army Col. (Dr.) Sultangal Totakhalil noted that the Airmen were instrumental in ensuring the hospital had enough supplies and blood on hand in case they were needed as the Aug. 20 national elections drew near.

"We understand our problems," he said through a translator.

"We are thankful to the American people, and we're developing and making progress. We believe we have a great relationship with the U.S."

Visiting Airmen in the remote portions of Afghanistan, Kwast told them they are extremely important to this war.

"Victory in counterinsurgency is getting the Afghans to believe we're here to help them defeat

the enemy; that will win this war overnight," he told the Airmen. "The moment that they believe we're here for the long haul to help them, we've won."

"This war isn't about dropping bombs, or how many of the enemy we can kill," he continued.

"It's about bringing hope to the Afghan people, and teaching them to do this for themselves."

JET Airmen in Afghanistan are making history, the general added.

"You're at the foundation of this war, and this war will teach you to be a great Airman and a great person," he said.

"You'll be able to look back on this time here and tell your grandkids that you were at the bedrock of success of this great nation."

Troops help accident victims

(continued from page 1)

Dominick Ragusa, and Maj. Charles Hornick also provided assistance in the efforts.

One of the cars was a pick-up truck with an adult female and a five-year-old boy and the other was a car containing a female driver and male passenger, both teenagers, and two pre-teens. The three females in the car were airlifted by helicopter to Cooper Hospital in Camden, while the other three victims were taken by ambulance to Virtua Hospital in Mount Holly. All the victims survived the crash and are reportedly doing better.

"Had we not been there, it could have been more severe. My fellow Soldiers were outstanding. Everyone played a vital role with the success of being able to assist and help the victims," said Heyward, who in May completed his Emergency Medical Technician (EMT) certification and was able to use his freshly tuned skills to help the victims.

The cause and details of the accident are still under investigation.



Ryan Morton

HELPING HANDS -- Staff Sgt. Aaron Bickel, Sgt. 1st Class Edward Jamandron, and Sgt. 1st Class Jerald Heyward, Regional Training Center-East (RTC-E) Soldiers, from left, rendered aid to victims of a dual-car collision on Fort Dix July 26. Their efforts helped save the lives of the six victims involved in the accident.

PCS orders may be delayed for some

(continued from page 1)

exception to policy on a case-by-case basis, Colonel Porter said. Assignments considered under the exception to the policy include Airmen required to perform temporary duty en route between assignments, individual emergencies, personal hardships or those whose moves are in the best interest of the Air Force.

Colonel Porter emphasized that it is imperative that the MPS and other orders-publishing authorities exercise extreme diligence in continuing normal orders processing while exercising thorough quality control for accuracy.

"The new requirement clearly defines a window for orders publication and is essential to the Air Force's ability to accurately project PCS budget estimates, control spending and comply with the law," Colonel Porter said.

"Any pause in issuing orders while the books are balanced will last no more than a few weeks with authority returning to the base level Oct. 1."

For more information about PCS orders publication, visit <http://ask.afpc.randolph.af.mil> and type "PCS orders in-hand" into the search engine or call the 24-hour Total Force Service Center-San Antonio at 800-525-0102.

Chapel Contract Announcements

Catholic Sacristan

Basic knowledge of Catholic services and proper lien usage and/or as specified in the Statement of Work. An interview is required.

Pick up application package at Chapel 1 from the CTOF Contract Officer, Tech. Sgt. Seunath at Chapel 1, McGuire AFB 754-4673.

Close out date for this position Sept. 10, 2009. Submissions are due by 4:30 p.m. Contract will be awarded based on "Best Value" to the McGuire CTOF. Specific details on the selection process are in the Basis of Award document. This Contract starts Oct. 1, 2009.

Catholic Music Director

Individual must be knowledgeable in reading and understanding music in the Catholic tradition, and/or as specified in the Statement of Work. An interview is required.

Pick up application package at Chapel 1 from the CTOF Contract Officer, Tech. Sgt. Seunath at Chapel 1, McGuire AFB 754-4673.

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Protestant Youth Ministry Coordinator

College Degree in Early Childhood Education and/or experience as specified in the Statement of Work. An interview is required.

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Chapel Tithes and Offerings Account Manager

College Degree in Accounting and experience as specified in the Statement of Work.

Pick up application package at Chapel 1 from the CTOF Contract Officer, Tech. Sgt. Seunath at Chapel 1, McGuire AFB 754-4673.

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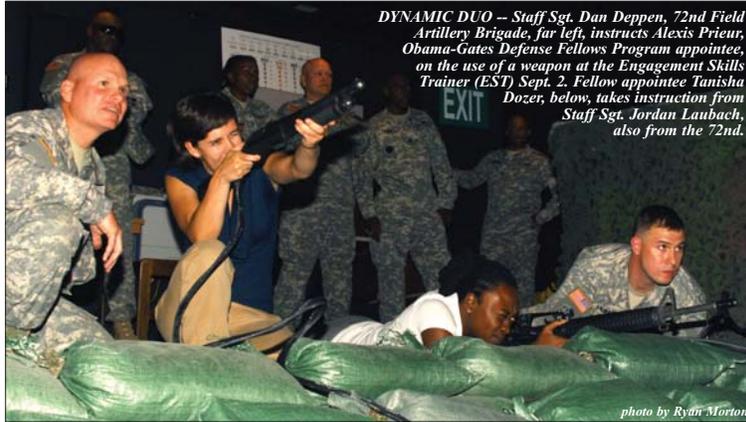
Ryan Morton
Public Affairs Staff

More than a year ago, both Alexis Prieur and Tanisha Dozier left their respective jobs as a lawyer and accountant to work on Barack Obama's presidential campaign. Little did they know the experience would lead them into a possible career in the defense field.

On Sept. 2 and 3, they toured Fort Dix to learn about how the Army National Guard and Reserve function and operate as part of a program created by President Barack Obama and Defense Secretary Robert M. Gates called the Obama-Gates Defense Fellows Program, which offers professionals experience in the defense industry.

As part of the program, sponsored by the White House Liaison Office with an overall goal to develop national security and defense leaders, Prieur and Dozier will travel to military installations to see how each military branch and component works.

"I found gold. I've always had an interest in defense. This is an awesome opportunity to do what



DYNAMIC DUO — Staff Sgt. Dan Deppen, 72nd Field Artillery Brigade, far left, instructs Alexis Prieur, Obama-Gates Defense Fellows Program appointee, on the use of a weapon at the Engagement Skills Trainer (EST) Sept. 2. Fellow appointee Tanisha Dozier, below, takes instruction from Staff Sgt. Jordan Laubach, also from the 72nd.

photo by Ryan Morton

I want to do and make what I want to make out of it. I'm really excited about it and the opportunities are unlimited," said Dozier.

Dozier and Prieur entered the second phase of the three-phase program, which includes traveling to the various military installations, after completing the first

phase in late-August. Phase one included a week of briefings with various Department of Defense offices at the Pentagon. During the third phase of the

program, which begins this fall, Dozier and Prieur will work for three six-month rotations in three different Department of Defense offices of their choosing.

During their visit to Fort Dix, they toured various facilities including the Military Entrance Processing Station (MEPS), Non-Commissioned Officer Academy (NCOA), Joint Readiness Center (JRC), Warrior Transition Unit (WTU), Small Arms Readiness Group (SARG), Humvee Egress Assistance Trainer (HEAT), live-fire ranges, Contingency Operations Location (COL), and the Engagement Skills Trainer (EST) weapons simulator.

"I was really impressed with the personnel at Dix. I thought the staff was really knowledgeable and dedicated to their functions," said Dozier.

"It's so important to have skilled professionals preparing them (Soldiers) for battle. I think the EST and HEAT really highlighted the measures the Army takes to prepare the Soldiers for combat and shows the Army's ability to adapt while engaged in battle," she said.

Prieur and Dozier will visit more military facilities across the country before venturing out to begin their Department of Defense office rotations in the autumn.

Solar project savings

(continued from page 1)
sources such as fossil fuels — offers several benefits, according to Adler.

"Today is a small but significant victory for America's national security," Adler said, explaining that over-reliance on foreign-produced fuel sources limits U.S. negotiators in matters of foreign policy.

"It's also a great victory for our national economy," he added, noting that the New Jersey based Honeywell International installed the 99th RSC HQ solar array, along with a similar array at a controlled-humidity warehouse on Fort Dix. These projects are the first of several energy upgrades planned by Fort Dix and Honeywell that include boiler controllers, replacement of current heating and air conditioning systems, replacement of current lighting with energy efficient ballasts and lamps, water reuse for golf course irrigation, and an energy monitoring control system.

"Working with the leaders and energy experts at Fort Dix, we identified the retrofits and renewable energy source that would help the post meet its efficiency and climate targets, and provide the greatest return on investment," explained Madden.



These solar installations are part of a \$17.6-million program that will decrease energy consumption on Fort Dix by almost 10 percent and water use by more than 5 percent. The post

will finance the program through energy and operational savings guaranteed by Honeywell under a performance contract with the Army spanning the next 23 years.

"The return on investment will be good for the taxpayer," said Fox. "We're proud to highlight projects like the Fort Dix project. It's a role model for other facilities."

HERE COMES THE SUN — Dave Peckham, Fort Dix director of Public Works, Kevin Madden, vice president, Honeywell Global Sales, Maj. Gen. William Monk III, commanding general, 99th Regional Support Command (RSC), Rep. John Adler, congressman, 3rd District, N.J., Col. Patrick Slowey, installation commander, and Jean Fox, president, New Jersey Board of Utilities, from left to right, perform the ceremonial ribbon cutting during the Fort Dix Solar Panel Ribbon Cutting Ceremony for the 99th RSC Headquarters building Sept. 3. Kevin Flynn and Ryan Wig from J.A. Wig Construction and Electric out of New Egypt, from left below, fasten solar panels on the roof of the 99th RSC headquarters building June 1. The solar panels are one of the ways the installation is trying to conserve energy and become more eco-friendly.

photos by Ryan Morton



Showing God's Love to Our Soldiers Through Praise and Worship



Rosie Mendoza
Anointed Vessels of Praise



Michelle Bobien

Saturday September 12th, 2009

4pm-6pm

Fort Dix Main Chapel

5240 New Jersey Ave, Ft. Dix, NJ 08640

Refreshments following concert in the Fellowship Hall

Free Food!

Featuring Special Guests:
Michelle Bobien and God's Gems
Mt. Olive House of Prayer Worship Team
Mt. Olive House of Prayer Dance Team
Fort Dix Gospel Choir

Free Concert!

Sponsored by the Fort Dix Gospel Chapel

Contact Rev. M. Jamal Foster-Fort Dix Gospel Choir Director
or Chaplain Raub-Fort Dix Gospel Pastor
at (609) 562-2349/2020

Navy marks Ombudsman Appreciation Day Sept. 14

Commander
Navy Installations Command Public Affairs

WASHINGTON (NNS) — Ombudsman Appreciation Day is Sept. 14, and events will be held by many commands on or near that day, as operational schedules allow.

"This will be an opportunity for people around the fleet to stand together and give thanks to those who work tirelessly to improve the readiness of commands and the lives of Sailors and Navy families," said Bobbi West, ombudsman at large. "Without them, we could not do what we do as a Navy."

The morale, health, welfare, and efficiency of command personnel are the responsibility of the commanding officer. The command ombudsman assists the commanding officer in carrying out this responsibility.

Ombudsmen are professionally trained information and referral volunteers who serve as a vital two-way communication link between the command and family members. The program enhances the exchange of information and ideas between the leadership of the command and the family members of those serving within the unit.

Navy Family Ombudsman Program provides a labor cost avoidance in excess of \$48 million per annum through volunteerism. Ombudsmen provided information and referral resources to satisfy more than one million inquiries received last year.

In recent years, the Ombudsman Program has established communication networks for family members of individual augmentees. They have expanded services to ombudsmen serving in remote, isolated, or locations outside the close proximity of a Navy installation. The program has also created "Ombudsman Basic Training Orientation" for ombudsmen who are unable to attend Ombudsman Basic Training (OBT) within six

weeks of appointment. This Webinar-based training ensures that all command ombudsmen have the most critical basic knowledge to perform their volunteer duties while waiting to attend the standard OBT course.

Future initiatives include the expansion of ombudsmen resources and services to individual augmentee families or families of wounded, ill or injured service members.

The Navy's Ombudsman Program is run by the Fleet and Family Support Program, which reflects

Ombudsmen are professionally trained information and referral volunteers who serve as a two-way communication link between the command and family members to enhance the exchange of information and ideas between them.

the program's commitment to promote the resilience and self-reliance of Sailors and Navy families and to help them navigate the uniqueness of military life.

The Ombudsman Program was introduced to the U.S. Navy on Sept. 14, 1970 by then-Chief of Naval Operations Adm. Elmo Zumwalt. In Z-gran 24, Zumwalt adapted his program from a 19th century Scandinavian custom originally established by the king to give ordinary private citizens an avenue to express their concerns to government officials. Zumwalt recognized issues and concerns that are unique to Navy families.

"With the increasing demands of the Navy, of deployments, especially those serving as individual augmentees, we need ombudsmen more than ever," West said. "The performance of our Sailors and the mission readiness of our commands is a testament to the great success of the command ombudsman." West said. "I encourage everyone to take Ombudsman Appreciation Day as an opportunity to express their gratitude."

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

NEIGHBORHOOD

The Corner

Second annual Mud Run seeks volunteers

Volunteers are needed to help with the Burlington County Military Affairs Committee second annual Mud Run. Last year over 12,000 people showed up to witness the dirty spectacle of this 10K run and even more are expected this year.

Volunteers are needed to man obstacles, help with crowd control and fill various other positions. The first 150 people to volunteer will receive the Mud Run 2009 T-shirt. The run takes place Sept. 26. Volunteers are needed from 8 a.m. to whenever tear down is complete. For more information email katrina.holmes@mcguire.af.mil.

National Guard to host Unity Day celebration

The New Jersey National Guard will be hosting the 11th Annual Unity Day celebration Sept. 17 from 11:30 a.m. to 3:30 p.m. at the Joint Training & Training Development Center (JT2DC). A Fun Walk/Run will be held at 8:30 a.m. and a blood drive will be held from 10 a.m. to 3 p.m. Come celebrate ethnic and cultural diversity through music, food sampling, giveaways, a homebrewed dessert contest, scavenger hunt and line dancing. For information call Capt. Barbara Brown-Wilson at 562-0856.

Home school groups starting soon

Home school group sessions begin Sept. 22. The group meets Tuesdays at the Fort Dix Youth Center from 10 a.m. to noon. Activities include: sports and fitness, arts and crafts and science and technology. Registration and activities are all free. Call 562-6271 for more information.

Troops to Teachers seminar to be held

A Troops to Teachers Program seminar will be held Sept. 15 at 9:30 a.m. at the Child, Youth and School Services Bldg, 5203 Maryland Ave. For more details call 562-3898.

Issues sought for Family Action Plan Conference

Speak Out and Be Heard at the Military Family Action Plan Conference, (formerly referred to as the Army Family Action Plan Conference) Oct. 29, from 8 a.m. to 4:20 p.m. at Timmermann Conference Center. This is an opportunity to let leadership know what works, what doesn't and what can be done to fix it. Breakfast and lunch provided. For more information call 562-2767.

Newcomers Orientation scheduled

The monthly Army Community Service (ACS) Community Newcomers' Orientation will be held on Thursday, Sept. 24 from 9 a.m. to 3 p.m. The orientation starts at the ACS Bldg, 5201, located between 8th Street and Maryland Avenue. Lunch at Club Dix, courtesy of ACS, and a tour of the Contingency Operations Location (COL) will be provided. All newly arrived personnel from all military branches and their family members are invited to attend this informative orientation to become familiar with Fort Dix and surrounding communities. Free child care is offered through the Child and Youth Services (CYS) program but advanced registration is required. Please call the CYS Central Registry at 562-4702 to make child care reservations. For more information about the Newcomers' Orientation please call Amada Espinoza or Patricia Toler at 562-2767.

Trips offered through Fort Monmouth MWR

The Fort Monmouth MWR is offering a trip to Atlantic City and the Renault Winery, Sept. 16, the price is \$45.00. The bus departs at 9 a.m. and returns at 9:30 p.m. The cost includes transportation, lunch, winery tour and \$15.00 Bonus Coins at a casino to be determined. Participants will be greeted with blueberry champagne, enjoy a delightful lunch with an open wine bar and a tour. Full payment is due upon sign-up. Call (732) 532-3077 or 389-0449 for more information.

Helpers sought for Lands Day

Shawn Morris
Public Affairs Staff

Fort Dix's H2O will receive some TLC this year during National Public Lands Day at Laurel Pond Sept. 26 from 9 a.m. to 2 p.m.

"We're basically focusing on water this year," explained Jennifer Armento, an ecologist with Fort Dix Natural Resources. "We're going to be fixing some erosion and the drainage behind Laurel Pond."

This will be accomplished by planting vegetation that will act as a shield against rain water that would otherwise wash oil, chemicals, pet waste and other pollutants into the pond. Planting just one tree can reduce this runoff by 4,000 gallons annually, according to the National Environmental Education Foundation.

"Our goal at Laurel Pond this year is really to raise awareness about how important water quality is," Armento said. "This may be a small pond on Fort Dix, but it's part of the bigger picture."

Volunteers are needed to help accomplish this goal, as well as cleaning litter, installing bird boxes and repairing informational signs along the pond's trails.

During this past year's event, volunteers at the installation's Lake of the Woods removed invasive plants, restored eroding banks, planted more than 1,500 native grasses, shrubs and aquatic herbs, and removed truckloads of litter, according to Armento.

"We're going to incorporate some education this year," she added, explaining that children may be offered the chance to test the pond's water and learn about the importance of keeping local lakes, rivers and other bodies of water clean.

Refreshments and lunch will be provided at the event, which will be held rain or shine at the pond, which is located at 10th Street and Juliestown Road. Volunteers should dress for yard work, and those coming from off-post must pre-register by phone or e-mail by Sept. 22.

Call 562-5428, send an e-mail to fordixearthday@yahoo.com or visit <http://fordixenvironmental.blogspot.com> for additional information or to pre-register.



Shawn Morris

LOGGING ON -- Volunteers work at Laurel Pond during National Public Lands Day 2006. Fort Dix Natural Resources personnel are returning to Laurel Pond for this year's National Public Lands Day event Sept. 26 from 9 a.m. to 2 p.m., and volunteers are needed. If interested in helping out, call 562-5428, e-mail fordixearthday@yahoo.com, or visit <http://fordixenvironmental.blogspot.com>.

Gates discusses education with parents

Donna Miles
American Forces Press Service

FORT BELVOIR, Va., Sept. 8, 2009 — As President Barack Obama was in nearby Arlington giving his pep talk to America's schoolchildren, Defense Secretary Robert M. Gates arrived here in a receiving mode to hear firsthand about the challenges military children face in the

education system.

Gates paid his first visit here as defense secretary, meeting in a closed-door session with military parents whose children were kicking off their new school year at local Fairfax County schools.

Talking with reporters after the 45-minute session, Gates said he has a list of issues to look into after today's discussion. These include:

- Exploring the possibility of opening more Defense Department schools on military bases, particularly elementary schools on larger posts experiencing regular troop rotations;
- Assigning more dual-military families to the same post to reduce family separations;
- Getting training for public-school teachers and counselors so they're better equipped to help their military children in their classes cope with the unique challenges they face;

- Ensuring policies created for the old "garrison Army" are re-examined and updated as necessary to be more realistic for a highly deployable, highly mobile modern-day Army; and

- Making the Tricare military health system more user-friendly for families geographically separated due to deployments and other duty obligations.

Gates noted that 44 percent of active-duty servicemembers have children about two-thirds of them under age 11.

Of the 1.2 million military children, only about 85,000 attend Defense Department schools. The rest attend public schools — where their nonmilitary schoolmates often don't understand or relate to their lifestyle and the difficulties they face, and staffs too often aren't equipped to offer the support they need. Talking with military parents, Gates

said he found unanimous support for expanding the Defense Department school system.

"These parents would love to have schools on post," he said, ticking off some benefits the parents raised. Teachers and counselors would understand exactly what their students were dealing with and be trained to help them. Kids would be surrounded by peers "going through the same thing they are going through."

In addition, parents would have more confidence in the quality of their schools, and students wouldn't always find themselves playing catch-up or repeating what they already learned as they moved from one school to another because of a parent's deployment or the family's move to a new duty station.

Gates conceded that expanding the Defense Department school system may not be possible from a financial or political standpoint, particularly at the high-school level. "But one of the questions I am going to ask coming out of this is, at least on big posts where we have a lot of repeated rotations, ... could we at least do elementary schools?" he said.

Gates added he also plans to look into what kinds of White House or Education Department initiatives can better prepare public schools to meet military children's needs.



Cherie Cullen

DEFENDING EDUCATION -- Defense Secretary Robert M. Gates meets with troops and spouses to discuss various topics of concern for military families at George Washington Community Center on Fort Belvoir, Va., Sept. 8.

New aerator helps alleviate algae issues

Jennifer Armento
Fort Dix Environmental Office

With over 17,000 species, algae make up a very diverse group of organisms. Algae form the base of most aquatic food chains making them an important part of a healthy lake ecosystem. Although algae is beneficial to a lake or pond ecosystem filamentous algae can often bloom out of control and cause large mats of green goop, often referred to as pond scum, to cover the water surface.

Filamentous algae are single algae cells that form long visible chains, threads, or filaments. These chains form on the lake-bottom sediments or submerged objects where there is enough transparency for sunlight to

reach the bottom of the water body. There are many species of filamentous algae and often more than one species will be present in a surface mat of pond scum.

Severe blooms can form when excessive nutrients such as nitrogen and phosphorus enter the water. These nutrients can be in the form of fish waste caused by too many fish, municipal wastewater discharges, decaying organic matter such as leaves and plants, lawn fertilizers, fecal matter from geese and decomposed fish. A build up of sludge on the bottom of the pond will feed the algae also. As growing algae feed on excess nutrients in the lake, they produce oxygen that gets trapped in the tangles strands of algae. This oxygen, generated by their own photosynthesis, causes the algae to become buoyant and rise to the

surface in large algal mats or blooms.

Filamentous algae is not toxic to the body of water, but it can become a nuisance for recreational activities, getting caught in fishing line and boat props and making swimming or paddling unenjoyable. Excessive amounts of algae that are decomposing can give off a bad odor, and can even cause oxygen depletion in the water, leading to fish kills in late summer. If you traveled down Maryland Avenue or Pennsylvania Avenue this spring you may have noticed a large mat of green algae covering Dogwood Lake. This *spirogyra* spp. overtook Dogwood for more than a month.

To help combat this overgrowth of filamentous algae, the Fort Dix Environmental Division has purchased a solar powered aerator to provide oxygen to

the water.

Lake Bed Aeration is the introduction of compressed air to a water body. When released at the bottom of a pond or lake, compressed air naturally begins to migrate towards the surface of the water. As air travels up the water column the pressure surrounding the bubbles slowly decreases causing the bubbles to increase in size and a slight current begins to develop. The current draws oxygen-depleted water from the pond's bottom, oxygenates it and transports it to the surface. This action protects fish, aquatic organisms and beneficial bacteria from suffocation by breaking down stratified waters while increasing dissolved oxygen levels.

The new Dogwood Lake aeration system should be operational this month.

Soldiers receive honors on return to Dix



Ryan Morton

Maj. Chuck Arnold and 1st Sgt. Tim Klima, Bravo Company commander and first sergeant, 413th Civil Affairs Battalion, display their unit's Welcome Home plaque and Yellow Banner upon their return from an Operation Iraqi Freedom mission at Fort Dix's Timmermann Center Aug. 31. The unit is from Fort Lewis, Wash.



Lisa Evans

1st Sgt. Timothy Berkite and Capt. John Wenzel of the 2-104th Cav., 56th Stryker Bde., from Reading, Pa., display attend a Welcome Home ceremony Aug. 30 at Timmermann Center.



Lisa Evans

Capt. Owen Adams and Sgt. 1st Class Keith Spohn, 2-104th Cav., 56th Stryker Bde., from Reading, Pa., display the Welcome Home plaque presented to them at Timmermann Center Aug. 30.



Lisa Evans

First Lt. Timothy Cushatt and 1st Sgt. Nicholas Lazor of the 2-104th Cav., 56th Stryker Bde., from Reading, Pa., display the Welcome Home plaque presented to them Aug. 30 at Timmermann Center.



Ryan Morton

Command Sgt. Maj. Donald Langworthy and Lt. Col. Robert Yates, 15th Psychological Operations Battalion, display their unit's Yellow Banner and Welcome Home plaque upon their return from an Operation Enduring Freedom mission during a ceremony held Aug. 31 at Timmermann Center. The battalion hails from Cincinnati.



Ryan Morton

Maj. Ryder Crockett and 1st Sgt. Gerald Santos, Alpha Company, 401st Civil Affairs Battalion, display their unit's Welcome Home plaque and Yellow Banner at Timmermann Center Aug. 31. The Fort Lewis, Wash., unit recently returned from a mission in Iraq.



Ryan Morton

Maj. Byron Baggett and 1st Sgt. Billy Lambert, 345th Psychological Operations Company commander and first sergeant, display their unit's Welcome Home plaque and Yellow Banner upon their return from an Operation Enduring Freedom mission at Timmermann Center Aug. 31. The unit is from Dallas.

Deadlines changed for Post submissions

Deadlines for submitting articles to the Fort Dix Post have changed.

Articles prepared by writers from military and civilian organizations on post must be submitted by 4:30 p.m. each Monday.

For more information regarding submissions to the Post, call David Moore of the Fort Dix Public Affairs Office at 562-4035 or e-mail david.f.moore@us.army.mil.

Read The Post!

49th MPs gear up for OIF mission

Spc. Eddie Siguenza
49th MP Bde. PAO

The 49th Military Police Brigade's training experience since arriving Aug. 13 can be summed up in a word: busy. The 49th is consumed with pre-mobilization priorities in anticipation of its imminent Operation Iraqi Freedom deployment.

The pace suits the Soldiers of the 49th just fine.

"Of course there are a lot of responsibilities. But we're up to the test," said Lt. Col. Peter Cross, the 49th's executive officer, who helped lead more than 120 Californians to Fort Dix to prepare for the challenges of supervising about 4,800 troops in Iraq. "We've got the right team at the right time. Plus, we're led by a competent general (Brig. Gen. Donald J. Carrier), who has the experience to oversee this mission."

Once in Iraq, the Brigade will make their mark on history. But first, its Soldiers must fulfill mobilization-proficiency requirements such as weapons qualifications, convoy operations and a Mission Readiness Exercise, or MRE. These coincide with individual medical and administrative priorities to ensure the Brigade is certified for deployment prior to its late-Sep-

tember arrival in Iraq.

The deployment is of particular significance for at least two reasons: First, the 49th will be one of the last brigades in Iraq while U.S. forces begin a draw-down; and, second, the Brigade returns to Iraq just three years after it left.

"When we got there (in 2005), we were the first brigade to do PTT (Police Transition Team) missions. Now we'll be the last brigade to do the same mission," said Col. Grace Edinboro, 49th deputy commander. "There will still be the presence of military police in Iraq, but not at this level. This is absolutely the final chapter. I would say we'll be turning out the lights on MP missions in Iraq."

The 49th brings a complete command staff and a Headquarters, Headquarters Company (HHC) that will lead at least four subordinate battalions comprised of all Army components - active duty, National Guard and Reserve. In addition, up to eight Army National Guard states will unite with several Air Force units that will draw its troops from Airmen stationed overseas.

"It's pretty much a global organization, where all the units are from; they're all over the world," Cross added. "What's important to establish with the units that will fall under us is a

working relationship while we're here. We're doing that through consistent contact. We're attending each other's staff calls to prepare for our relationships in Iraq."

More than half of the 49th Soldiers have already deployed overseas. This is Carrier's fifth federal mobilization and the second to Iraq with this unit. Together, the Brigade's mission is to command and control a battalion which is assisting Iraqi Police in areas such as security and police operations.

The focus is to create a self-supporting Iraqi police, fully functional in handling the gov-

ernment's effort to protect the Iraqi people.

The 49th is California's only military police brigade. Gov. Arnold Schwarzenegger recently awarded the 49th with the Governor's Outstanding Unit Citation, designated by a streamer on its guidon. Its previous mobilizations include the mid-1990s Los Angeles riots, Operation Desert Storm in the early 1990s, and the aforementioned tour in Iraq.

During its first OIF tour, the 49th trained a novice Iraqi Police force and maintained command and control of more than 3,000 Soldiers spread throughout three military police battalions.



Spc. Eddie Siguenza, 49th MP Bde. PAO

RETURN TRIP - Lt. Col. Peter Cross, executive officer for the 49th Military Police Brigade, California Army National Guard, above, shows his grenade-tossing form during simulation training at Camp Roberts, Calif. Cross will lead a brigade-size element into Iraq to support Operation Iraqi Freedom. Pfc. Robert Buxton, Staff Sgt. Brian Bullock, Sgt. Nicholas Emmerling and Pfc. Elvin Jenkins of the 49th Military Police Brigade, at left, are ever vigilant as they maneuver through Fort Dix woodland during combat operations training on the ranges.



Sgt. Kenneth Bince, 49th MP Bde. PAO

Deploying Soldiers benefit from booklet

Lisa Evans
Public Affairs Staff

Operation READY: Operation Resources for Education about Deployment and You is a handy book filled with useful information for every family of and every Soldier deploying, at war, or coming home again.

Maj. Gen. John McDonald, then U.S. Army commanding general Family and Morale, Welfare and Recreation Command, wrote a memo to the FMWR, Installation Management Command in Alexandria, Va. in

March 2008 introducing this comprehensive handbook to assist families during deployment. The books are given out free at the Joint Readiness Center at Fort Dix and most other military organizations.

"The U.S. Army Cycle Readiness: Soldier's and Family Member's Handbook" is a fact-packed spiral-bound book that covers nearly everything a family needs to know to make deployment as smooth as possible.

The book is designed to be used beginning a few weeks before deployment. This easy-to-use handbook can be an excel-

lent resource for families working through the various stages within the deployment cycle. It provides tips, ideas, and resources that will make the process smoother by ensuring families take care of issues before they become problems.

Mission readiness requires family preparedness, the handbook states. And this handbook can be very helpful in maintaining the Family, Unit and Resource Connection throughout the various deployment stages. The book supplies a wide array of information to help cope with the changes that mobilization

and deployment place on families.

Broken into six parts with room for note-taking, the book walks the family through each section. Each section also lists Web sites for the Guard, Reserves, Active Duty, FMWR, the Army Family Action Plan (AFAP), and many others covering every aspect of Army life.

Part one of the handbook describes what it means to be "family ready" and the importance of being connected as a family to the unit the Soldier belongs to, especially the Family Readiness Group (FRG), which stands for the families on the home front. Part two discusses preparation and mobilization stages for the Soldier as he/she prepares to deploy.

Part three focuses on deployment and managing separation. The chapter stresses keeping communications open during the deployment. Communication makes the reunion process easier, easing reintegration into the family and understanding mental

health needs on all sides.

Part four offers guidance for the Soldier in preparing to return home from deployment. It discusses changes that will occur in the family unit and the importance of maintaining realistic expectations for homecoming.

Part five provides guidance concerning the readjustment period for the Soldier and family. Not only is the Soldier readjusting to coming home from war, but is possible going back to work. The Soldier has to find a new place in the family as relationships have changed during the absence. Part six has information geared to the unique needs of deploying Guard and Reserve Soldiers and their families.

Part seven is a comprehensive list of acronyms, terms, and checklists for Soldiers and family members. It has reproducible forms for making checklists and a listing of various sources for answers to questions and for understanding deployment and all of its attendant issues.

Waterpipe flushing in October

In accordance with PWS Paragraph C.5.8.3.2.1.1, IAP Worldwide Services will be flushing the Fort Dix Water Distribution System. Our flushing plan starts at the fire hydrant nearest to the water treatment plant effluent and moves sequentially to the hydrants furthest from the source of water.

System loops shall progress in a similar manner starting with the loop closest to the source of water. Loops can only be flushed after the water main that transports water to the loop is properly flushed. Once flushing has started on a loop, work shall continue until the flushing of the loop is complete as with all water mains. Flushing the loops in the water distribution system can only be properly completed as previously mentioned.

Flushing shall be performed by opening the hydrant valve and allowing the water to flow until clarity is reached (minimum ten minutes). Water shall be considered clear when the turbidity of the water tests reaches acceptable level.

A visual inspection is required and will be made to determine when proper clarity of the water is achieved. The Water Treatment Plant personnel shall run random test to verify water quality and to confirm standards are being met.

The scheduled flushing locations, days and times are as follows:

- Oct. 6 at 10 p.m. to Oct. 8 at 6 a.m. in areas 5900, 5800 (with the exception of both prison grounds), 5700, 5300, 5200, 5100, 6000, and Grover Park Area 0100.

- Oct. 8 at 10 p.m. to Oct. 10 at 6 a.m. in areas 8400, 8300, 8100, 5000, 5300, 5400, and 3100.

- Oct. 10 at 10 p.m. to Oct. 12 at 6 a.m. in areas 3200, 1500, 1600, 1400, 1200, 1100 and 900.

- Oct. 12 at 10 p.m. to Oct. 14 at 6 a.m. in areas 4000, 6600, 6500, 6400 5400, 5300, and 4100.

- Oct. 14 at 10 p.m. to Oct. 16 at 6 a.m. in areas 5500, 6700, 6900. "Trouble Areas if necessary"

- Oct. 16 at 10 p.m. to Oct. 18 at 6 a.m. in "Trouble Areas if necessary"



Community Events

Chapel Services

Fort Dix - 562-2020

Sunday Services

Main Chapel

Traditional Protestant
9 a.m. to 10 a.m.

Catholic

10:15 a.m. to 11:15 a.m.

Gospel

11:30 a.m. to 1 p.m.

Sunday School

10 a.m. to 11:15 a.m.

Jewish Prayer Room

Room 27
7:30 a.m. to 4:30 p.m.

Chapel 5

Bldg. 5950 Church St.
If chapel is closed
call 562-3311
to schedule a time for prayer

Protestant, Catholic, Latter Day Saints

7:30 a.m. to 8:30 a.m.

Islamic Prayer Room

Monday through Friday
7:30 a.m. to 4:30 p.m.

COL - Chaplain's tent

7:30 a.m. to 8:30 a.m.

McGuire - 754-4673

Chapel 1

Daily Catholic Mass

Monday through Thursday
11:35 a.m.

Catholic Reconciliation

Saturdays 4 p.m.

Catholic Mass

Saturdays 5 p.m.
Sundays 9 a.m.

Protestant Gospel Service

Sundays 11:15 a.m.

Chapel 2

Protestant Contemporary Service

Sundays 9:45 a.m.

Jewish Services

Join our Rabbi chaplain for
Lunch and Learn every Monday
and Wednesday from 11:30 a.m.
to 12:30 p.m. at Chapel 1

Rosh Hashanah (Jewish New Year) Services:

Friday, Sept. 18 - 6:50 p.m.

Saturday, Sept. 19 - 9 a.m., 6:40
p.m. and 7:40 p.m.

Sunday, Sept. 20 - 9 a.m., 6:40
p.m. and 7:55 p.m.

Yom Kippur (Day of Atonement) Services:

Sunday, Sept. 27 - 6:35 p.m.

Monday, Sept. 28 - 9 a.m. and
5:15 p.m.

All services and holiday meals
will take place at the **McGuire
AFB Community Center** on
East Arnold Avenue across the
street from Chapel 1. For more
information and reservations,
call Chap. (Capt.) Rabbi
Berdugo at (609) 754-5908.

Religious Activities

McGuire Chapels

Protestant Women of the Church

Thursdays 9 a.m.
(Wee Church Provided)

Catholic Women of the Church

Fridays 9 a.m.

Joint Base Protestant Chapel Night

AWANA Clubs
Wednesdays 6 p.m.

Fort Dix Chapels

Protestant Men of the Chapel

Prayer Breakfast
Fourth Saturday of each month
9 a.m. to 11 a.m.

Protestant Women of the Chapel

Tuesdays
9:30 a.m. to 11:30 a.m.
at the Fort Dix Main Chapel
and the fourth Tuesday at
Buttonwood Hospital.

FMWR presents

CLUB DIX

723-3272

Hours of Operation

Smokehouse Restaurant

Lunch Served
Tuesday through Friday
11 a.m. to 1:30 p.m.
Closed Saturday to Monday

Blue Room

Wednesday
5 p.m. to 10 p.m.

Thursday through Saturday
6 p.m. to 10 p.m.

Sunday through Tuesday
Closed

Computer Lab

Monday and Tuesday
7 a.m. to 1:30 p.m.

Wednesday through Friday
7 a.m. to 10 p.m.

Saturday
Noon to 10 p.m.

Sunday
10 a.m. to 6 p.m.



Lisa Evans

From market to military

Ginny Sulpizio, human resources manager for the Ravitz ShopRite chain, hands down boxes to Soldiers as they unloaded \$10,000 worth of toiletries and snacks. Employees of the chain donated money until they reached the goal, then purchased items and bagged them for deploying Soldiers.

Java Café

Monday through Friday
7 a.m. to 1:30 p.m.

Equipment Resource Center

Hours of operation
Monday through Thursday
10 a.m. to 5 p.m.

Friday, 10 a.m. to 7 p.m.

Saturday, 9 a.m. to 4 p.m.

Call 562-4767 for details

John Mann Recreation Park

Hours of operation
Wednesday through Thursday
1 p.m. to 7 p.m.

Friday through Sunday
1 p.m. to 8 p.m.

Paintball at Range 14

Hours of operation
Saturday and Sunday
9 a.m. to noon and
1 p.m. to 4 p.m.

Griffith Field House

Building 6053
562-4888

Combat Fitness Challenge (Military Only)

Monday and Wednesday
6:30 a.m. to 7:30 a.m.

Monday

Mind & Body Yoga
Noon to 1 p.m.

Total Toning
5:15 p.m. to 6:15 p.m.

Gut Buster!
6:15 p.m. to 7:15 p.m.

Tuesday

Retirees in Motion
9 a.m. to 9:30 a.m.

Cardio Dance
Noon to 1 p.m.

Pilates Fusion

5:15 p.m. to 6:15 p.m.

Spin It!

6:15 p.m. to 7:15 p.m.

Wednesday

Cardio Kickboxing
Noon to 1 p.m.

Mind & Body Yoga
5:15 p.m. to 6:15 p.m.

Circuit Training
6:15 p.m. to 7:15 p.m.

Thursday

Hi-Lo Step and Sculpt
Noon to 1 p.m.

Zumba

5:15 p.m. to 6:15 p.m.

Friday

Spin-It!
Noon to 1 p.m.

Fort Dix Thrift Shop

5105 Pennsylvania Ave.
723-2683

Summer clothes bargain: \$2.50
per grocery bag stuffed with
summer clothing. Stuff your own
bag with a large variety of
choose from.

McGuire Thrift Shop

Building 3446
353-1126

The McGuire OSC Thrift
Shop is now open and ready for
business. After being closed for
the past month, the store is open
and stocked with a wide variety
of clothing, shoes, accessories,
uniforms, books, toys, house-
wares, sporting goods, baby
gear, and more! The hours are:

Wednesday through Friday

10 a.m. to 2 p.m.

First Saturday of the month

10 a.m. to 2 p.m.

For more information, call Jen-
nifer Roberts at (609) 353-1126
or visit Bldg. 3446 (between
the BX and Vehicle Resale Lot).

Arts & Crafts Center

562-5691

Bldg. 6039

Philadelphia Street

Registration hours:

Tuesday - 9 a.m. to 4:45 p.m.

Wednesday and Thursday
Noon to 5 p.m. and
6 p.m. to 8:45 p.m.

Friday - 11 a.m. to 4:45 p.m.

Saturday - 9 a.m. to 4:45 p.m.

Joint Base Library

2603 Tuskegee Airmen Avenue
754-2079

Hours of operation

Monday through Thursday
10 a.m. to 8 p.m.

Friday and Saturday
noon to 5 p.m.

Saturday, 10 a.m. to 5 p.m.

When registering for a library
account, you will need to show
proper ID. A Patron Registration
form needs to be filled out with
sponsor information.

SPORTS



photos by Ryan Morton

Softball playoff action heats up

Luis Reyes, FCI, pitches to Edwin Gonzalez, Free Agents, during a Fort Dix intramural softball playoff game Sept. 3. FCI won the game 11-6. These were the top two teams during the pre-season tournament and during the recently concluded regular season. FCI finished the regular season with an 11-1 record, while the Free Agents finished their regular season at 11-2 and tied with Steel Thunder, who also had an 11-2 mark. Next were the Wildcats at 9-4, Misfits at 8-4, and NCOA at 7-5.

Airmen encouraged to run marathon

Capt. Bob Everdeen
AMC Public Affairs

9/3/2009 - SCOTT AIR FORCE BASE, Ill. -- With less than three weeks before this year's United States Air Force Marathon, Air Mobility Command officials here are encouraging Airmen to participate in the annual event at Wright-Patterson AFB, Ohio.

Even though the official AMC team has been selected, registra-

tion is open until the day before the event, which is slated for Sept. 19. The schedule of events includes:

Sept. 17 - Sports & Fitness Expo

Sept. 18 - Sports & Fitness Expo, 5K race, gourmet pasta dinner, 5K awards ceremony

Sept. 19 - Opening ceremonies, wheelchair race, marathon, half marathon, 10K race, post-race festival and awards

The U.S. Air Force Marathon

is an official Air Force activity, which means permissive temporary duty can be authorized. People interested in participating are encouraged to sign up early because registration fees increase as time goes by. For complete details or to sign up, visit <http://www.usafmarathon.com>.

The AMC team will compete for the prestigious traveling trophy which is presented each year at Fall CORONA to the winning major command commander.

Sports Shorts

Griffith Field House

Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Energize with Combat Fitness Challenge

Maximize the benefits of standard physical fitness training at the Griffith Field House.

The Combat Fitness Training Challenge, held every Monday and Wednesday from 6:30 to 7:30 a.m., is an intense military-style group workout given by certified Griffith Field House personal trainers and Army master fitness trainers of all levels.

The class includes running, military-style calisthenics and drill exercises, cardio kick boxing and more.

Call (609)562-4888 for more information.

Tunnel to Towers Run is near

The seventh annual Tunnel to Towers 5K Run/Walk will take place Sept. 27. Start time is 9:30 a.m. and participation in the run is free for active duty Soldiers. Word is still awaiting on Army Reserve and National Guard Soldiers.

The Tunnel to Towers Run is a fundraiser done annually to honor the memory of New York Fire Department firefighter Stephen Siller and 343 other firefighters who were killed performing their duties on September 11, 2001.

The race starts at the Brooklyn Battery Tunnel and goes to Operation Ground Zero, the spot where the World Trade Center Towers stood prior to Sept. 11.

The race is traditionally run on the final Sunday of each September where tens of thousands of runners raise money for vari-

ous charities including the New York Burn Center and Fallen Heroes Foundation.

Log onto www.tunneltotowersrun.org for more information or to register.

Scuba classes coming to the Fort Dix pool

If you're interested in seeing more than 70 percent of the earth, scuba diving can take you there. Come out to the Fort Dix pool and train to attain your scuba diving certification with qualified National Association of Underwater Instructors (NAUI) when the class begins, Oct. 5. The registration deadline is Sept. 23.

Call the pool at 562-2808 for more information or you can call or stop by and see the NAUI instructors who will teach the class at the Aqua-Tech Scuba Center at 479, Route 38 West, in Maple Shade. That number is (856) 482-1996.

Germ Farm



Scrub'em!

If you have a cold or flu:

Avoid close contact when possible

- ▶ Germs are transmitted by sneezing, coughing and even while speaking

Cover your cough or sneeze

- ▶ Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing
- ▶ Throw used tissue in the trash

Wash your hands often

- ▶ Always wash your hands before eating and after using the latrine
- ▶ Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel

Avoid touching your eyes, nose or mouth

- ▶ Germs are often spread when people touch something contaminated with germs