

NEWSNOTES

Joint Base to host Industry Day

The Joint Base McGuire-Dix-Lakehurst Contracting Squadron is hosting a contractor/vendor informational session at the McGuire Community Center Nov. 19 from 9 a.m. to noon. The session is free, and the theme is "Doing Business With The Joint Base."

The JB MDL small business specialist, the contracting squadron and the director of the N.J. Procurement Technical Assistance Center will provide information on the basic concepts of conducting business with the Federal government; resources and assistance available to vendors; JB MDL business processes; and information on the supplies and services typically procured to support the installation.

In order to attend the event, all attendees must pre-register for access to the installation by close-of-business today. Registration can be accomplished by completing the JB MDL Industry Day Registration Form and submitting it to the JB MDL registrar, Master Sgt. Alma Cates, by e-mail at 87cons-igcp@mcguire.af.mil or at 754-4792.

Upon confirmed registration, attendees will receive the session agenda, presentation slides, and directions to JB MDL. All information will be e-mailed and sent no later than Nov. 15. NOTE: Attendees are encouraged to print the agenda and briefing slides since hard copies will not be available at the event.

Guard/Reserve retirement benefit seminar coming

Have you made your pledge to the Combined Federal Campaign (CFC)? Make a difference and change lives today.

The CFC goal for Joint Base McGuire-Dix-Lakehurst this year is \$350,000. The CFC ends Nov. 30.

For more information, contact your unit CFC keyworker or visit www.cfcnsj.org.



Air Force Honor Guard to perform on McGuire

The Air Force Honor Guard will perform Nov. 16 at 10:30 a.m. in Hangar 1823 on McGuire. All are invited to attend.

Flu-shot hours extended at clinic

The 87th Medical Group Immunization Clinic, Bldg. 3458, will operate Monday through Friday from 7:30 a.m. to 4:30 p.m. (Clinic opens 10:30 a.m. last Friday of every month.) For more information on H1N1 or seasonal flu vaccinations, call the 754-9209.

Weather

FRIDAY -- Showers and wind with highs in the mid 50s, lows in the low 50s.

SATURDAY -- Showers with highs in the low 60s, lows in the low 50s.

SUNDAY -- Cloudy with highs in the mid 60s, lows in the mid 40s.

MONDAY -- Partly cloudy with highs in the mid 50s, lows in the mid 30s.

TUESDAY -- Partly cloudy with highs in the mid 50s, lows in the low 40s.

WEDNESDAY -- Few showers with highs in the upper 50s, lows in the mid 40s.

Wingman Day renews bonds



U.S. AF photo/Russ Meseroll

MIGHTY WINGMEN -- Col. Stuart Archer, 305th Air Mobility Wing Vice Commander, discusses the importance of being a good wingman with JB MDL Airmen. The annual Wingman Day is aimed at inspiring an ethos of responsible individualism that encourages all servicemembers to make responsible choices and keep others in their circles safe and healthy.

Steve Snyder and Pascual Flores
Joint Base MDL Public Affairs

McGuire Airmen and leadership joined forces Nov. 10, attending meetings and sharing ideas to attain a shared ideal of taking care of one another's wingmen.

The annual Wingman Day is aimed at inspiring an ethos of responsible individualism that encourages all servicemembers to make responsible choices and keep others in their circles safe and healthy.

"Wingman Day is a reminder we are all in the same fight and same mission to win our wars and keep each other safe," said Senior Airman Isaac Ravevich, 87th Air Base Wing.

Airman Martin Snow, 305th Maintenance Operations Squadron, echoed these sentiments when he said Wingman Day should "remind us we are all a big family and to look out for each other."

(continued on page 4)

Vets raise funds for memorial

Shawn Morris
ASA Public Affairs

When Honorary Dix Commander Don Koos gets together with his war buddies, he doesn't go fishing, or play golf, or take part in other pastimes that make up the daily routine of many retirees.

No, he and his small band of brothers, known collectively as the Mayor's Veterans Advisory Committee of Manchester Township, have spent the past year posting themselves outside local convenience stores, supermarkets and strip malls in an effort to collect money for a World War II monument.

Now, after thousands of hours spent sitting and standing out in the elements, Koos and his fellow committee members have accomplished their mission to the tune of approximately \$140,000 in donations.

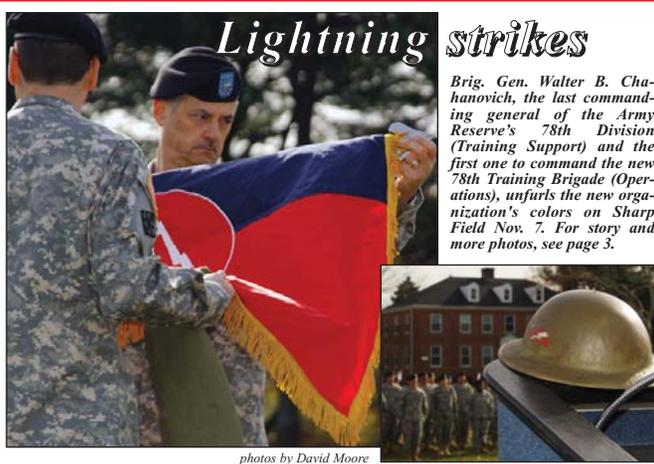
And most of that sum was collected one dollar at a time.

"We started this back in July of 2008," explained Donald Czokanski, chairman of the Mayor's Veterans Advisory Committee and B-29 tail gunner with the 20th Air Force during World War II.

"It's been a grass-roots approach," he said, noting that nearly 80 percent of the money collected came in the form of single dollar bills.

Czokanski, Koos and the other committee members are working side-by-side with Stephen Stanziano, director of Public Works for Manchester Township, who helped secure the site that will be the eventual home of the World War II Veterans Memorial Park.

(continued on page 5)



photos by David Moore

Joint Base honors veterans

Airmen, Soldiers and Sailors from Joint Base McGuire-Dix-Lakehurst participated in Veterans Day celebrations across the area this week.

The community honored veterans who wear today's uniform, or wore it decades ago, who represent a fundamental truth. Each honored the patriotism and selfless sacrifice of service members who have served or are currently serving in America's Armed Forces. To the community, it's not the powerful weapons that make America's military the greatest in the world. It's not the sophisticated aircraft, missiles, rockets, satellites and systems that make each of the service the most advanced. For them, the true strength of today's military is the spirit and skill of America's service members - which is seen in the men and women who work and support JB MDL.

JB MDL servicemembers participated in a variety of events throughout the New Jersey, New York and Pennsylvania communities. Participation included all ranks, all services, and all joint base leadership.

One of the largest events JB MDL servicemembers participated in was the 90th annual New York Veterans Day Parade. Approximately 400 Airmen and Soldiers from the 87th Air Base Wing, 305th Air Mobility Wing, 621st Contingency Response Wing, 514th Air Mobility Wing, 108th Air Refueling Wing, U.S. Air Force Expeditionary Center, and the 2nd Training Support Battalion, 309th Regiment (stationed at Dix) marched in the parade and participated in pre- and post-event festivities.

Leadership from across the joint base also took some time to pay tribute to the nation's veterans at a number of Veterans Day ceremonies throughout Burlington and Ocean Counties. Service members, including the installation honor guard, also paid tribute to current and past veterans through volunteer and speaking opportunities, honor guard performances, and 21-gun salutes at GL Hess School in Mays Landing; the NJ United Christian Academy in Cream Ridge; Beverly National Cemetery in Beverly; and other communities.

Expeditionary Center cited for excellence

Chief Master Sgt. Paula Paige
Expeditionary Center Public Affairs

The U.S. Air Force Expeditionary Center on Joint Base McGuire-Dix-Lakehurst, which provides advanced expeditionary combat support training and education for Airmen, was recognized with its thirteenth Air Force Organizational Excellence Award on Nov. 3.

The award recognizes the achievements and accomplishments of U.S. Air Force organizations or activities and is presented to Air Force organizations that are entities within larger organizations. They are unnumbered organizations or activities that perform functions normally executed by numbered wings, groups and squadrons.

"When I saw that the Expeditionary Center won this award, I wasn't surprised," said Brig. Gen. Rick Devereaux, who became the center's commander Oct. 19. "This just reaffirms the excellence of this organization and its incredible contribution to the combat power of our Air Force. I'm very proud of our EC Eagles."

Among the reasons cited for the 2009 honor, the Expeditionary Center ensured that more than 14,000 Community College of the Air Force credits were given to Airmen who attended courses at its schools. The center's Air Mobility Operations School also developed and implemented the Unit Deployment Manager and Installation Deployment Officer courses, becoming the first and only U.S. Air Force venue (continued on page 6)



U.S. AF photo/Staff Sgt. Nathan Bevier

TOP TRAINING -- Advanced Contingency Skills Training Course students carry a simulated injury victim to safety during a training scenario on a Army Support Activity range at Joint Base McGuire-Dix-Lakehurst.

Housing plan nets cost savings

Eye on Progress

David Peckham
ASA Directorate Plans Training
Mobilization and Security

The Fort Dix initiative to reduce billeting costs for housing Temporary Change of Station (TCS) Soldiers was initiated in 2006 as the number of the Soldiers assigned to Fort Dix to support the mobilization and demobilization mission grew significantly.

The Army's criteria for the housing of TCS Soldiers mandates they must be housed in accordance with the Army standards for permanent party Soldiers. This created the need to contract with hotels since installation infrastructure was minimal to meet the standard for Unaccompanied Personnel Housing (UPH).

The result was the development of multiple hotel contracts to accommodate the PCS Soldiers.

At one point in late 2006 and into early 2007, there were contracts established with 12 hotel groups and the total monthly cost

exceeded \$1 million dollars. At that point, it was apparent less expensive alternatives for housing Soldiers had to be found since the housing requirement was projected to last three to five years.

A long term solution to reduce housing costs also showed that despite an eventual decline in TCS Soldiers, there was an expected increase in PCS Soldiers coming to support the enduring power generation plant missions, some of whom would need UPH.

Two major initiatives were launched in an attempt to provide less expensive quality housing solutions for the short-term TCS requirement. One was the use of vacant military family housing units and the other was the use of four vacant Air Force UPH buildings.

The Family Housing units, at that time, had recently been included in a joint Army and Air Force housing privatization initiative. This meant the authorization for the use of the vacant units had to be approved by both the Air Force and the privatization contractor. It also meant a separate contract had to be initiated so funding could be provided to pay for the units.

After approval was obtained from both the Air Force and the housing privatization company, a

contract was awarded and the privatization contractor cleaned, painted, installed carpeting and furnished, vacant two-bedroom units for use as UPH. Through 2007 and into 2008 the numbers of Soldiers using the privatized housing units increased to an average of 454 Soldiers. That number equated to a cost savings over the use of hotels by approximately \$394,000 per month.

The use of four vacant Air Force UPH buildings was approved by Air Force leadership after a Memorandum of Agreement was developed outlining both the one-time and recurring costs that would be incurred by the Army in order to use the buildings. Even with the onetime costs exceeding a \$1 million and annual recurring costs exceeding \$600,000, the payback showed the costs could be recouped in a matter of months. As the plan was implemented, the cost savings was apparent. Once the buildings were filled with Soldiers, the investment costs were offset in less than four months.

The long term solution was determined to be the renovation of the Fort Dix UPH buildings to bring them to the Army standard for UPH. There were six buildings that could be renovated to meet those standards at a cost of approximately \$5.5 million dollars per building for a total of \$33

million. Cost projections showed that a combination of use of the privatized housing and the Air Force UPH would result in savings exceeding the 33 million dollars in approximately four years. A case was made with Installation Management Command personnel to program some of the cost avoidance dollars to use for renovation projects. Over a three year period, funding was provided to renovate all six of the UPH buildings, three of which were completed and occupied.

The other three are under contract with the renovation work to start before January 2010. In addition a new UPH was programmed for fiscal year 2013 that will provide still more UPH installation rooms.

Currently, the only hotels being used are for short-term, less than six months, PCS personnel. Those hotels are all extended stay facilities and contracted at a rate comparable to those charged for the privatized housing. The numbers of units required from privatized housing will also see a decrease as renovated UPH facilities come on line.

It appears overall success can be declared once the remaining three UPH facilities are renovated and the new UPH facility is constructed.

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 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

Gates notes poignancy of Veterans Day observance

WASHINGTON — The Nov. 5 shooting rampage at Fort Hood, Texas, provides a special sense of poignancy to this year's Veterans Day observance, Defense Secretary Robert M. Gates said in his annual message commemorating the holiday.

Here is the text of the secretary's message:

On this our ninth Veterans Day since the attacks on September 11th, let us take a moment to remember those, past and present, who have served our nation in uniform.

Today we remain a nation at war with hundreds of thousands of men and women deployed far from home. Those serving on the front lines face hardship, danger, and a ruthless and resourceful enemy. Their families keeping vigilant watch for their loved one's return serve and sacrifice as well.

This Veterans Day is especially poignant given the atrocity that took place at Fort Hood, where those who stepped forward to serve were cut down as they were preparing to deploy.

The thoughts and prayers of the entire country are with the wounded and the families of the fallen. Our hope is that time will eventually assuage the anguish that this terrible act has caused.

Our nation cannot fully repay the debt owed our veterans and their families, but we can use this opportunity to reflect and remember what these brave Americans have done. David Lloyd George, speaking during the opening months of World War I, the conflict that began this day of remembrance, said: "The stern hand of fate has scourged us to an elevation where we can see the everlasting things that matter for a nation — the great peaks we had forgotten, of Honor, Duty, Patriotism, and clad in glittering white, the towering pinnacle of sacrifice pointing like a rugged finger to Heaven."

To America's veterans: on behalf of a grateful nation, thank you for your towering pinnacle of sacrifice on behalf of your countrymen.

ROBERT M. GATES
Secretary of Defense

Renewing commitment to each other

Col. Patrick Stowey
ASA Commander

The tragic events at Fort Hood Nov. 5 brought home to every Soldier, Department of the Army Civilian, Contractor and Family Member the importance of vigilance in every aspect of ensuring the wellbeing and security of our military family. From fence line and building security to individual and collective training to "battle buddy" awareness and sensitivity, the responsibility for recognizing and acting on potential threats to the safety of our community lies with each of us.

As the conflicts we now face began with attacks on our Homeland, we see the effects of long term exposure to the conditions of war coming back to our homeland. It has been so with every conflict in our nation's history. The difference today is that we do possess and offer the tools to help restore the hearts and minds of our fighting men and women. However, those tools can only be applied effectively when we are actively engaged in looking out for each other's welfare.

We have an admirable record of vigilance here at the Army Support Activity. Thankfully, with all the thousands of troops we have trained, sent off, and brought back from the theater of war, we have had no violent incidents. This is due in no small way to the professionalism and personal dedication applied to the mission by every one of the individuals and organizations responsible for ensuring the wellbeing of our community. Let the events of last week serve to strengthen our resolve in taking care of one another.

If you or your neighbor, battle buddy, or co-worker are experiencing undue stress or feel the need to talk, our chaplains and healthcare professionals are always and immediately available to assist you without attribution. As your commander, I encourage all of you to take advantage of these resources.



Staff Sgt. Tony M. Lindback photo

IN MEMORIAM — Soldiers come out in numbers for a chemical light vigil held at the North Fort Hood training site Nov. 6 in remembrance of comrades and loved ones who were killed and wounded in the shooting tragedy at Fort Hood Nov. 5.

Each and every member of our community is important to us and, as your Commander, I am committed to maintaining and enhancing our ability to assist those of us impacted by the stresses and strains of war.

As we take time to remember the victims and families of last week's tragedy, let's also renew our commitment to each other — our

ASA COMMANDER INPUT

We value Customer Feedback and performance improvement.

It is important that we will continue to remain a cornerstone to the operations as the Army Support Activity (ASA). Interactive Customer Evaluation (ICE) is your direct link to Army service providers of the ASA. This is your opportunity to rate products and service providers.

It is a vital piece in evaluating feedback and provides service providers with a tool that allows them to directly and quickly affect the well-being of our customers. You may also offer suggestions for improving the quality of service.



Col. Patrick Stowey
ASA Commander

Log on to ICE and let us know how we are doing at <http://www.ice.disa.mil>. Click Army CONUS, then Fort Dix.

REFERRAL INFORMATION SHEET

LOCATION	POINT OF CONTACT	TELEPHONE NUMBER
ARMY MENTAL HEALTH	MS KING	(609) 754-9406
ACS MOBILIZATION FAMILY SUPPORT	MS REED	(609) 562-5668
ARMY EMERGENCY RELIEF ACS ON-CALL	STAFF	(609) 562-6001
AIDCO/EAP	DR HORTON	(609) 562-4011
MILITARY FAMILY LIFE CONSULTANTS	STAFF	(609) 649-4066
305th MEDICAL	STAFF	(609) 754-9511
VICTIM ADVOCATE	MR DEUSINGER	(609) 694-8724
SEXUAL ASSAULT RESPONSE COORDINATOR	MS MCELROY-WHITE	(609) 562-3849
CHILD ABUSE REPORTING HOTLINE	STAFF	1-800-792-8610
WILLINGBORO DV SHELTER PROVIDENCE HOUSE OFFICE	STAFF	(609) 871-7551 (856) 824-0599
ALCOHOLICS ANONYMOUS	RECOVERY PERSON	(856) 485-4444
SOUTH JERSEY ALANON	GROUP LEADER	(856)-547-0855
HAMPTON HOSPITAL SCIP	STAFF	(609) 267-7000 (609) 261-8000

On the Internet

WWW.REALWARRIORS.NET

WWW.MENTALHEALTHSCREENING.ORG

WWW.MILITARYONESOURCE.ORG

the Post

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Deploying Soldiers stick to their training

Staff Sgt. Jeff Hansen
366th MPAD

The 352nd Civil Affairs Command, Detachment 20, from Fort Meade, Md., experienced realistic training first-hand during a four-day Combat Lifesaver Certification course conducted by the Regional Training Center-East (RTC-E) at Army Support Activity, Joint Base McGuire-Dix-Lakehurst Nov. 8 through 11.

On the extensive list of additional duties in the military, perhaps one of the most crucial is that of the Combat Lifesaver (CLS).

The Combat Lifesaver is used to augment medics in the field and during combat by providing casualty care prior to medical evacuation.

These personnel are taught the elements of Tactical Combat Casualty Care during a 40-hour block of instruction by military medics, nurses and civilian medical professionals.

The certification process involves students being instructed in a classroom-based environment as well as getting hands-on experience with all tasks tested. CLS students are expected to be proficient in the nine essential tasks laid out by the United

States Special Operations Command, which are broken down to the three phases of care under fire, tactical field care and tactical evaluation.

Maj. Michael Blankenship, a civil affairs officer from Jonesborough, Tenn., had attended the course three times prior to this week's training.

As a former Army medic, he uses the course as a refresher to keep up to date on current tactics, techniques and procedures and feels CLS is an essential skill to have in a combat environment.

"I think this class will definitely help the unit. You just never know (what will happen), and it's better to be prepared for every possible situation," he said about the CLS class.

CLS training isn't only for those with prior medical experience, however. Staff Sgt. Vikas Urtekar, a civil affairs specialist with the 352nd, was a chaplain's assistant before reclassifying to the Civil Affairs field.

"This class is very important. A lot of deaths can be prevented simply by someone knowing what to do on the spot," he said of Combat Lifesavers, adding he feels it should be a requirement of all Soldiers. "We should all learn it in garrison, that way it's only a refresher when it comes

time for deployment."

Of any task a potential Combat Lifesaver is tested on, the one most students fear is administering an intravenous infusion (I.V.). According to the Army Medical Department this task is the most important, as well as the most difficult.

Inserting an I.V. is used for preventing and controlling hypovolemic shock, which is a low fluid volume in the body. According to the CLS handbook, the most common causes in the military are severe loss of blood and dehydration. CLS students must learn to identify hypovolemic shock symptoms, prepare an individual for an I.V. and insert the I.V.

Charles Breland, a CLS instructor at the RTC-E, believes students have trouble with the I.V. simply because needles are involved. Once the student can overcome the fear of either hurting another Soldier or being hurt themselves he believes the task is accomplished much easier.

In years past, he explained, the only life-saving training given to service members was basic "buddy-aid" for the most serious injuries. Things like pressure dressings and simple splints were taught, but all other training was left for medics. He feels having CLS-certified personnel



Staff Sgt. Jeff Hansen

TO THE POINT -- Navy Cmdr. Roberto Quinto, a civil affairs officer with the 352nd Civil Affairs Command, Detachment 20, prepares a catheter for insertion in Maj. Michael Blankenship's arm during Combat Lifesaver Certification Course at the Reserve Training Center-East, Bldg. 5403, Nov. 10.

in each unit is essential for today's fighting force.

The 352nd is here for mobilization validation and will head to Iraq shortly. Part of their mission

is to bridge the gap between the US military and Iraqi nationals by helping the local populace realize Americans care about their well-being.

With the added perk of having the entire unit CLS-certified, they will be a step closer toward being combat-effective during their upcoming deployment.

Lightning Division cases colors, unfurls new flag

David Moore
Editor

The 78th Division colors returned Nov. 7 to a parade field where troops called Doughboys once trained for World War I and participated in the building of a new camp known as Dix.

While the 'Lightning Division' colors were cared by present-day Soldiers, a new brigade flag unfurled on the Army Support Activity's (ASA's) Sharp Field bearing the name of the 78th Training Brigade (Operations).

As part of the ceremony, four former 78th Division commanders participated in the casing of the division colors, which features the lightning bolt cutting through a semi-circular field of red that depicts the Soldier's patch worn on the Army uniform's left-shoulder sleeve.

"This is the final act of transformation of the 78th Division," Brig. Gen. Walter B. Chahanovich, the last 78th Division commander and first brigade commander, said. "We will continue to train the men and women of combat support and combat service support units of the Army Reserve."

Last month, division leaders held an inactivation ceremony at Camp Kilmer — named after famed poet and journalist turned Soldier Sgt. Aldred Joyce Kilmer. The division headquarters was the last major headquarters on the post that

served as a major processing point for Soldiers deploying for World War II and returning home.

The 78th Division has been a part of Fort Dix history since the post's beginning in 1917. While the division's storied past has included deploying for World War I and II, locally at Dix it is best known as a force providing training assets and expertise for those deploying overseas. Some of its subordinate units for Desert Storm deployed to Southwest Asia. Training experts for the division served as vital assets for preparing Soldiers for peacekeeping operations in Bosnia and today's contingency operations around the world.

Chahanovich said the division history and its recent training operations at Fort McCoy, Wis., are what brought the unit to the parade field with its new operations mission. The brigade's new home is at the 99th Regional Support Command's Maj. John P. Pryor Reserve Center at the ASA.

The recent training exercises for the newly formed brigade included providing training operations for nearly 7,000 Soldiers at Fort McCoy, Wis.

"As a new organization, we will execute this mission with the same valor as those who came before us," he said.

At the ceremony's beginning with a 78th Division Doughboy helmet on the podium, Chahanovich said while it may be a sad day to case the division's colors, "don't be surprised to see these colors unfurl again when the national calls."



David Moore

CASE THE COLORS -- Former commanders of the 78th Division participate in the portion of the reflagging ceremony where they case the organization colors. They are Maj. Gen. William A. Monk III, commanding general of the 99th Regional Support Command; retired Maj. Gen. Ed Crowley; retired Brig. Gen. Alan V. Davis, former commander of the division's first brigade and a New Jersey Ambassador for the Chief of the Army Reserve; and retired Brig. Gen. Vincent E. Stahl, a former division commander.

**Read
The Post!**

Upgrade reflects commitment to total force vision

ARLINGTON, Va. (NNS) -- Program Executive Office for Enterprise Information Systems (PEO-EIS) gave approval for Sea Warrior Program (PMW 240) to release the next set of Navy Career Tools enhancements Nov. 5.

Rear Adm. Charles E. "Grunt" Smith, PEO-EIS, authorized the release after a Release Review Board conducted a thorough operational testing and close teamwork review with Chief of Naval Personnel, Navy Personnel Command, Naval Education and Training Command and other stakeholders.

"Our Sea Warrior Program's progress getting the MPTE (Manpower, Personnel, Training, and Education) applications to work together reflects a high level of disciplined systems engineering and collaboration across the enterprise," Smith said.

The enhancements, known as Maintenance Upgrade 1B-3 (MU1B-3), will affect Career Management System/Interactive Detailing (CMS/ID), Navy Training Management and Planning System and Navy Career Tools Assistant. Implementation of the upgrade will be executed in two parts and should be complete by the end of November.

MU1B-3 reflects Sea Warrior's process of continuous improvement to closely align MPTE systems, simplifying Sailors' daily career management tasks in support of the Navy's Continuum of Service goals.

"The MU1B-3 upgrade will streamline the Sailor's transition from active to Reserve, improving continuity between components," said Capt. Michael S. Murphy, Sea Warrior Program manager. "For the first time, active duty Sailors will be able to use CMS/ID to apply for Reserve opportunities at the end of their obligated service, and Reservists for Global Support

Assignments for mobilization to active duty.

"We are committed to advancing the Navy's Total Force vision by providing better integrated solutions," Murphy said. "We especially appreciate the hard work and dedication of our SPAWAR partners, particularly the SPAWAR (Space and Naval Warfare) Systems Center Atlantic New Orleans Office."

Sponsored by the Chief of Naval Personnel, the Navy Career Tools suite is designed to achieve the vision of integrated career management and training and education systems that enable Sailors to take charge of their own professional development.

A complete summary of changes for release MU1B-3 and

frequently asked questions are posted on Navy Knowledge Online under the "Career Management" tab.

Sea Warrior is the single information technology (IT) acquisition agent for non-tactical business operations addressing manpower, personnel, training and education capability gaps, legacy systems and Distance Support. Sea Warrior is part of the Navy's Program Executive Office for Enterprise Information Systems, which develops, acquires and deploys seamless enterprise-wide IT systems with full lifecycle support for the warfighter and business enterprise.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp.

MAKE A DIFFERENCE

Joint Base McGuire-Dix-Lakehurst is looking for interested residents who would like to volunteer

"Volunteers improve the quality of life for all residents"

For those residents who want to make sure the JB MDL community is the best it can be

Call the Warfighter & Family Readiness Center at 562-2767

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Public affairs unit sets sights on Soldiers' story

Wayne Cook
ASA Public Affairs

Training is winding down at Army Support Activity (ASA), Joint Base McGuire-Dix-Lakehurst for the Soldiers of the 366th Mobile Public Affairs Detachment (MPAD) from Wichita, Kan.

After more than two weeks of refresher training they are on their way toward deploying in support of Operation Iraqi Freedom with one goal in mind: To tell the Soldiers' story.

First Sgt. Kirk Hutchinson said the training at the ASA has been very thorough. He said it challenged the Soldiers, who rose to the task of getting prepared for their mission.

The first sergeant also said that troops in the MPAD will get to witness a lot of unique events as they perform their duties in Iraq.

"During this transitional time in Iraq, we will get to see a lot of changes unfold before us. With everything that will be going on around us, we have one goal and that is to go out with the Soldiers in our area and tell their stories," said Hutchinson.

Spec. Kathryn Summerhill, a young Soldier in the detachment from Westminster, Md., who just recently cross-levelled into the

unit from United States Army Civil Affairs and Psychological Operations Command (USACAPOC), is excited to have the opportunity to deploy with the 366th.

Summerhill is looking forward to deploying because she said she will gain more experience at her profession than if she stayed in garrison. She said her outgoing personality and experience with USACAPOC will help her to interact with the Iraqi populace.

Never having deployed before, Summerhill said she is apprehensive, but also excited to be able to go out and do what she has been trained to do.

"I can't wait to go out and tell the Soldiers' stories because this is what I joined the Army to do," she said.

Working with the staffs of the 72nd Field Artillery Brigade Public Affairs Office and ASA Public Affairs Office, the Soldiers honed their skills in print media, photography and broadcast media.

Two of the Soldiers in the 366th found a way to not have to miss their spouses while deployed. Staff Sgt. Jeff Hansen and his wife, Sgt. Teri Hansen, are deploying together. Both Soldiers are military historians and public affairs specialists. Having met after being assigned to the

same unit for more than a year the two hit it off and eventually got married.

Sgt. Hansen deployed once without her husband and said it was very stressful for both of them. When she returned from deployment, her husband notified her that he had been alerted that he would be deploying with the unit to Iraq, and she decided there was no way she was letting him deploy without her.

She didn't want the two of them to have to endure the same stresses a second time. This time they are both deploying and so she said that the same stress is not in play this time around.

The couple has already discussed how they will utilize Military OneSource and couples counseling when they return to help them relearn how to be a couple in the civilian world. "We will have a lot of decisions to make about our civilian occupations and our military careers when we get back home but we are continuing to talk about it and making sure that our lines of communication are clear with each other," Sgt. Hansen said.

The Soldiers of the 366th MPAD may have very different backgrounds and experiences but there is one thing that they all have in common and that is their goal: Telling the Soldiers' story.



Ryan Morton

Training the trainers

Soldiers of the Army Reserve's 354th Military Police Company perform a training exercise at Army Support Activity, Joint Base McGuire-Dix-Lakehurst's Balad Training Range Nov. 6. In this scenario, the 354th MP Co. Soldiers from St. Louis are conversing with role-players called civilians on the battlefield (COBs). The 354th Soldiers are preparing for an Operation Iraqi Freedom mission where they will train Iraqi Police forces.

Army Combat Uniform to undergo improvement

PENTAGON – Nothing says pride like a Soldier in uniform. Today's Soldier has much to be proud of in the current Army Combat Uniform (ACU).

As Sergeant Major of the Army Kenneth O. Preston says, the ACU was designed by Soldiers, for Soldiers. Developed with functionality in mind, many design aspects of the uniform lend themselves to low maintenance, such as the 50/50 cotton/nylon wrinkle-free fabric and the shine-free boots. The uniform also has pockets for elbow and knee pad inserts for added protection, and drawstring at the ankles and waist for improved comfort and fit.

Since introduction of the ACU in 2004, the Army has made more than 25 improvements to the uniform and associated equipment based on Soldier input. These include a reinforced seat, buttons on the cargo pockets, and better attachment of the infrared tab. This improvement process is ongoing, as Soldiers keep suggesting new ways to adapt the uniform to their needs. Now the Army is focusing on the concealment the ACU provides to Soldiers operating in Afghanistan's unique environment of mountains, deserts, and woodlands.

"The Army is all about taking care of Soldiers," says Command Sergeant Major Jeffrey J. Mellinger of the Army Materiel Command. "That means providing Soldiers with the best equipment. In this case, it means evaluating what is the best camouflage for uniforms in current operating environments."

The Army is exploring alternate camouflage patterns in two ways. First, the Army is equipping two battalions in Afghanistan with uniforms and personal equipment in alternate camouflage patterns. One battalion is receiving uniforms in MultiCam®, a pattern worn by some Special Forces Troops in



courtesy photo

CHANGES COMING -- Unique environments in places like Iraq and Afghanistan have led officials to seek improvements in the Army Combat Uniform.

Afghanistan. The other battalion is receiving uniforms in Universal Camouflage Pattern - Delta (UCP-Delta), a variant of the current ACU camouflage pattern that incorporates the Coyote Brown color and reduces the percentages of sand and gray colors. The battalions also will retain their standard ACUs.

Second, the Army is evaluating six candidate camouflage patterns, including the currently used Universal Camouflage Pattern. The intent is to determine which of the six currently available patterns, with corresponding personal protective equipment, provides Soldiers with the most effective concealment in Afghanistan.

"We already have extensive data on the performance of various camouflage patterns in particular environments, but we need to keep building the science for Operation Enduring Freedom," says Brigadier General Peter N. Fuller, the Program Executive Officer Soldier. "For example, we need more information on how the uniform camouflage blends with the Soldier's combat equipment in specific environments."

While the issue of camouflage patterns has recently been in the news, the Natick Soldier Research, Development and Engineering Center (NSRDEC) has studied and reported on the effectiveness of different camouflage patterns for many years. The current ACU provides Soldiers with concealment in a variety of environments, from urban to desert, both during the day and at night.

A team has deployed to Afghanistan to collect data in the various environments, outside the Forward Operating Bases, where Soldiers are fighting the enemy. The team includes representatives from the Program Executive Office Soldier, Army G-4, U.S. Army Infantry Center, U.S. Army Special Operations Command, the Asymmetric Warfare Group, the U.S. Naval Research Laboratory, and NSRDEC.

Feedback from the two battalions, as well as results of additional tests being conducted by NSRDEC on multiple camouflage patterns, are expected to be presented to Army leadership in early 2010.



U.S. AF photo/Russ Meseroll

For the families

Shaine, Susan and James Timmins, seated from left to right, record a video Webcast as part of Operation Best Wishes at Joint Base McGuire-Dix-Lakehurst Oct. 29 for deployed Master Sgt. Michael Timmins, 35th Aerial Port Squadron. Operation Best Wishes is a credit union hosted program offering Internet-based video recording sessions to military members and their families.

Environmental advisers say Dix cleanup efforts on track

Michael Slade and James McClain
Air Force Center for Engineering and Environment

A team of Air Force and scientific experts announced the environmental cleanup program at Dix will meet or exceed Air Force standards.

The Dix environmental program is on track for early compliance with the Air Force goal of implementing "Remedy-in-Place" by 2012.

The program will focus on several small-arms munitions sites and secure approval to remove a landfill from the U.S. Environmental Protection Agency National Priority List. This will set the stage for negotiations with state officials to close-out cleanup efforts.

An Environmental Restoration Program Optimization expert review was conducted in July. The review is part of a unique program sponsored by the Air Force Center for Engineering and Environment.

ERP-O provides the base with an intense, week-long evaluation of cleanup efforts. This ensures the base is protective, efficient and timely. The review also serves to apprise base decision-makers of the program's status.

The review will accelerate the closure of sites poised to enter the final stages of environmental cleanup.

ERP-O reviews led to the closure of 45 polluted sites at Air Force bases in the last two years, speeding the pace of closures by a minimum of five years. The reviews promote cost-effective cleanups, which further promote a range of other health, community, administrative and pollution-reduction benefits.

The ERP-O team evaluating Dix recommended reducing the time used for monitoring munitions debris, while ensuring areas undergoing munitions

and possible petroleum investigations make progress.

The team urged the base to erect signs alerting visitors of areas under investigation for munitions debris.

Dix environmental managers made significant strides in addressing the major contaminated areas. Only pockets of potential contamination remain. Management has plans in place for investigating these sites.

Conceptual site models depict types of soil and the movement of underground water and pollutants. They will help guide cleanup efforts as base managers prepare to discuss the closure of cleanup efforts with the approval of federal and state regulators.

Dix officials are successfully working with cleanup contractors and are well ahead of broader Air Force goals of having cleanups in the place at all bases by 2012.

As their work approaches finalization, the Dix environmental team can begin preparing plans to close-out cleanup efforts.

The process is challenging because of the need to meet both state and federal standards.

The Air Force Center for Engineering and Environment will provide support to Dix during this process.

"The ERP-O review points the way toward key steps that will improve the performance and management of the Air Force cleanup program, accelerate discussions with state regulators and foster a collaborative effort to meet program goals," said Andrew Mendoza, AFCEE Restoration Program Management Office representative.

For information on the ERP-O programs, see the program description on the AFCEE website <http://www.afcee.af.mil/resources/restoration/rpwi/index.asp>.

Wingman Day

(continued from page 1)

The morning began with an opening ceremony. Joint Base McGuire-Dix-Lakehurst commander, Col. Gina Grosso, and Command Chief Master Sgt. Warren Wofford addressed all, emphasizing the importance of the wingman concept and Wingman Day.

Topics included responsible drinking behavior; safe practices at home, work and on vacation during the holiday seasons; effective identification and intervention with troubled Airmen; suicide prevention; preventing sexual assault; effective intervention against domestic violence; sound financial management; fun things to do in New Jersey; how to relieve stress; and taking advantage of educational opportunities.

"(Wingman Day) shows the leadership is there and they (Airmen) have someone to lean on," said Master Sgt. Patrick Robertson from the 305th Air Mobility Wing.

Participants received a free lunch of hotdogs and soda that afternoon before they divided into interactive discussion groups to discuss ways to become better wingmen.

The day concluded with team-based physical activity.

Members of the 87th Air Base Wing and the 621st Contingency Response Wing assembled at the McGuire Fitness Center to participate in a Warrior Run, while members of 305th Air Mobility Wing participated in an "Extreme Tag" fundraiser on the soccer field.

Read the latest edition of *The Post* at
www.dix.army.mil



artist rendering

FOR THOSE WHO SERVED -- This rendering by Memorial Park set to open in Manchester Township in artist Brian Hanlon depicts the bronze statue of a World War II Soldier and the seven-part granite wall that be of Manchester Township raised more than \$140,000 to the centerpiece of the new World War II Veterans pay for the monument.

Vets raise money

(continued from page 1)

The monument for which the committee raised money will be the park's centerpiece.

"Everything is going to have a military theme," said Stanziano, who explained that a B-29 bomber, PT boat, Sherman tank and helicopter will be placed in the park, along with existing playground equipment that will be relocated to make room for the committee's monument.

The 30-acre park will be located in Manchester Township, which is home to a large portion of the Lakehurst section of Joint Base McGuire-Dix-Lakehurst and also shares a common border with the Army Support Activity range area.

"The focal point of the park will be the bronze statue of a World-War-II Soldier referred to as 'The Grunt,' along with a carved granite wall depicting scenes from the Second World War, representative of each branch of the Armed Services," Stanziano explained.

The money collected by the committee will pay for the statue and wall, which is being designed by Toms River artist Brian Hanlon, while the township will fund the additional \$400,000-\$500,000 needed to complete the park, he added.

"Our World War II veterans are dying at the rate of 1,500 per day," Stanziano said. "It's time to acknowledge their sacrifices and make payment toward the debt of gratitude that is truly owed them."

"We need to say, 'Thank you,' while there's still time for them to hear those words," he added.

Koos was humble when asked about his wartime heroics, which included landing at Normandy on D-Day as a member of the 29th Infantry Division.

"I did what I had to do, same as everybody," he said. The World War II Veterans Memorial Park is scheduled to open April 24, 2010. For more information, call Tracey DeLuccia at (732) 657-8121, ext. 1162.



courtesy photo

BAND OF BROTHERS -- Mayor's Veterans Advisory Committee members Don Koos, left, and Frank Barone station themselves outside a local business to collect donations for a monument in the new World War II Veterans Memorial Park, which is scheduled to open in Manchester Township next April. These World War II veterans and other members of the committee raised more than \$140,000 to pay for the bronze-and-granite monument.

VA to outline plans to end homelessness

Sgt. 1st Class Michael Carden
American Forces Press Service

WASHINGTON (AFNS) — Veterans Affairs Secretary Eric K. Shinseki is expected to unveil a five-year plan to end homelessness among veterans as he, other VA officials and community outreach specialists come together for the Homeless Veteran Summit here beginning Oct. 3.

Secretary Shinseki's team has made homelessness a leading issue since he took charge of VA in January. Department officials estimate that about 131,000 veterans are homeless today in the United States, down from the 2003 estimate of nearly 200,000.

In several speeches this year, Secretary Shinseki has noted that to end homelessness among veterans, the VA and the nation must do better in terms of psychological health care, education and employment opportunities, and addressing substance abuse.

VA programs such as the Post 9/11 GI Bill, which became law Aug. 1, may not have an immediate impact on homelessness, but better education opportunities can decrease future homelessness.

"To do this well, we'll have to attack the entire downward spiral that ends in homelessness," Secretary Shinseki said in an August speech at the American Legion convention in Louisville, Ky. He cited the need to offer veterans education, jobs and safe housing, and to treat depression and substance abuse. "We must do it all," he said.

Secretary Shinseki's latest initiative, launched last month, has a more direct impact on homelessness. On Oct. 6, the secretary announced more than \$17 million in grants will be shared among 19 states, the District of Columbia and Puerto Rico to create more than 1,100 beds for homeless veterans. The transitional housing will give veterans the leverage they need to access VA health care and other benefits they need to lead productive lives again, Secretary Shinseki said in an Oct. 6 statement.

This Homeless Summit is likely to focus on similar indirect and immediate measures to meet the VA's five-year goal to get veterans off the streets. Officials said the summit's agenda will promote interagency and community partnerships to end homelessness through a variety of working groups and other sessions. The summit also will raise awareness and help advocates articulate key components of the five-year plan, and will give outreach organizations more tools for prevention in their local communities, officials said.



Ryan Morton

FIT AND FINISH -- Spc. Shane Nickelson, a Kansas National Guardsman, caulks a window on a shelter built by he and his classmates during their masonry and carpentry Military Occupation School class Nov. 4.

Soldiers measure carpentry skills

Ryan Morton
ASA Public Affairs

Driving nails, sawing wood and fastening electrical circuits was part of the job for Army Reserve and National Guard Soldiers completing their Military Occupational Specialty training at Army Support Activity (ASA), Joint Base McGuire-Dix-Lakehurst Vertical Skills Training Center (VSTC) Nov. 4.

The student Soldiers reclassified from other Military Occupational Specialties and came to the ASA from across the United States to attend the interior electrician and masonry/carpentry schools offered at the VSTC, which is fostered and supported by the 80th Training Command.

"The students come and do practical exercises where they learn to apply their acquired skills with hands-on training," said Sgt. 1st Class Richard Franolich, senior interior electrician instructor, 95th Engineer Battalion.

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can carry in a large tool pouch, such as conduit benders, to accomplish their missions. The interior electrician students learned about the different uses of various kinds of conduits and wiring, basic electrical theory, and how to use and reference the national electric code.

The masonry/carpentry students learned how to build concrete forms and foundations, mix concrete, lay concrete masonry units and construct a building from the floor to the roof ranging from the walls, roof, shingles, doors, windows and exterior finish.

"This was very educational and I really learned a lot. It's a good family atmosphere and everybody helps everyone out when they can," said interior electrician student Spc. Jeffrey Burns, Texas Army National Guard, from Tyler, Texas.

Franolich and the other instructors were very pleased with how the students responded to their assignments.

"This group was fantastic. There were no issues, motivation was very high, and the camaraderie was great," said Franolich.

"These classes cover the familiarization aspect. When these Soldiers return to their units, they can have the proper fundamentals in place to progress further," he said.



VFW leaders visit wounded warriors

Thomas J. Tradewell, commander-in-chief of Veterans of Foreign Wars, and Jack Shiverdaker, New Jersey state commander of Veterans of Foreign Wars, from left above, visited the wounded warriors at Army Support Activity, Joint Base McGuire-Dix-Lakehurst Oct. 29. Tradewell handed out VFW pins as he thanked them for their service to their country and spoke about the VFW, veteran's issues, and quality-of-life initiatives for active duty, Reserve and Guard members. Tradewell served in the U.S. Army from 1966-1968 and served with B Company, 26th Engineers, 198th Light Infantry Brigade in South Vietnam as a demolition specialist.

U.S. AF photo/Carlos Cintron



Excellence award



U.S. Air Force photo/Tech. Sgt. Paul Evans

BEST OF THE BEST -- Advanced Contingency Skills Training Course students respond to a training scenario involving a canine on a Army Support Activity range at Joint Base McGuire-Dix-Lakehurst. The Expeditionary Center, which provides advanced combat support training and education for Airmen before they deploy, was recognized with the Air Force Organizational Excellence Award Nov. 3.

(continued from page 1)
to train these skills. As a result, the Mobility Operations School garnered the Air Mobility command nomination for the prestigious Frank G. Brewer trophy for aerospace education in 2008.

In addition, the Expeditionary Center also established an Expeditionary Skills, Tactics, Techniques and Procedures Division becoming the Air Force's leader in gathering, refining and disseminating lessons learned and updating tactics, techniques and procedures for the expeditionary combat support community. Further, the center coordinated with the Joint Improvised Explosive Device Defeat Organization, acquiring \$14.6 million in counter-IED equipment to help improve training against the No. 1 threat to U.S. and coalition forces.

In a message announcing the award, Commander of the Air Mobility Command headquartered at Scott Air Force Base, Ill., Gen. Arthur J. Lichte, said "All units should take great pride in their contributions to AMC and Air Force missions."

Personnel assigned to the center from June 6, 2008, to June 5, 2009, are allowed to wear the award ribbon—a narrow blue center stripe, flanked by a thin white stripe, a wide red stripe, a thin white stripe, edged with a narrow blue stripe.

With a staff of more than 380 personnel, the Expeditionary Center graduates more than 17,000 students from 77 in-residence and 16 web-based courses each year. The center's \$2.5 million budget maintains its 34-acre campus on Joint Base McGuire-Dix-Lakehurst, which includes a state-of-the-art educational facility and utilitarian barracks to house students for Combat Airmen Skills Training. The center staff also uses the outlying woodlands of the South Jersey area—more than 22,000 acres of ranges—for weapons and fieldcraft training. Additional detachments are located at Hurlburt Field, Fla., and Scott AFB, Ill.



New chiefs promoted

Five Joint Base McGuire-Dix-Lakehurst senior master sergeants were selected for promotion to chief. They will join an elite group of Airmen -- only the top 1 percent of the enlisted force are promoted to the grade of E-9.

Those selected are Cheri M. Sanders, 87th Air Base Wing; Robert W. Rice, 305th Air Mobility Wing; Phillip M. Gaudette, 305th Air Mobility Wing; Bryan T. McDaniel, 621st Contingency Response Wing; and Derek A. Cantre, 621st Contingency Response Wing.

Dates now set for Strong Bonds, Marriage Enrichment weekends

For those Soldiers who recently returned from deployment -- how about a great weekend to "reconnect" with your spouse?

Why not try Strong Bonds AKA Marriage Enrichment? The critiques are 99-percent positive over all on the effect the weekend has had with insight to marriages. This is NOT a counseling weekend.

Upcoming weekends will be Feb. 12-14, April 9-11 and May 14-16. This is for couples who have not had the opportunity to attend in the past. If you are interested, contact Marie Durling at marie.durling@us.army.mil, or 530-6884 for an application form.

Registration Forms will be checked to see if you did attend previously. If you attended over two years ago, you may fill one out for the waiting list. With the return of the IBCT, we want to make sure the soldiers who have not attended have the opportunity to do so.

Soldiers are required to attend the entire weekend and ALL sessions in order to receive a SUTA certificate. Dress code is casual for the weekend. We do not provide child care. This is a couples' weekend.

More information will be mailed to you approximately 30 days before your event weekend with details.

Fight Germs and Stay Healthy

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 (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth





<http://usaacnppm.apgsa.army.mil>

Angels help Soldiers through JRC process

Lisa Evans
ASA Public Affairs

Called 'Angels' by Soldiers who pass through the Joint Readiness Center (JRC), they are three women who love what they do.

Every Warrior mobilizing or demobilizing through Army Support Activity, Joint Base McGuire-Dix-Lakehurst sees Karen Fenimore, Ladeadria Gonzalez and Terran Leake of the JRC.

"We are accountable for every single Soldier," Fenimore said. "They can't get on that bus or that plane until this front desk signs off on their DD214."

Fenimore has been at the JRC front desk for five years this December. There is nothing a Warrior deploying or returning home can ask that she hasn't answered before.

She is calm as she answers questions, locates the exact file she needs and directs service members along the path to deployment or home. All three women have done it so many times it is second nature.

The front desk is the heart of the JRC, she said, the gateway to everything else.

"We are acting for all Soldiers that walk in and out of our doors. We maintain the records and

direct the Soldiers. Like when the 56th was here, we worked 15- and 16-hour days," Fenimore explained.

Putting in long hours is just part of the job, Gonzalez concurred. Named contractor of the year for 2009, Gonzalez has been with the JRC one week less than Fenimore. Both started at the JRC in December 2004.

"I love my job, love the Soldiers, and love working with them," Gonzalez enthused. "I have joy, especially seeing a mobilizing Soldier come back. I make it easier for them. We work as a team up here. We all have our own highpoints; our personalities work perfectly and blend for the mission. We know where every Soldier fits."

She does this with a smile and a joke for everyone. "People say I am real extra friendly, but that might just be my southern hospitality," Gonzalez shrugged, "I'm from Texas."

Fenimore explained that in their jobs they are expected to know everything: administrative and medical requirements, answer all questions about mobilizing and demobilizing Soldiers, and even know where calls transferred from the operators are supposed to go. She said that all three of them take it in stride and try their best to get the information out and the calls to the right people.

Leake is new to the job, and is a student at DeVry University studying network and communications management. During the previous year, she worked as a civilian on the battlefield, role playing as an Iraqi or Afghani. Now, having been at the JRC for four months, she says she is able to really help the Soldiers, which is what her goal has been all along.

"All-in-all, we have some of the best people working here," Leake said. "The four months I have been here, I have met some really great people. The whole building works well together. From here, all the Soldiers go to all the stations and everyone gets the job done."

People describe what goes on behind the desk as organized chaos. And they are right. The women ensure that every piece of paper is where it can be found by someone else. Boxes sit on the floor, on cabinets or underfoot, each marked with what it contains, a folder for every Soldier - thousands of files for deploying and demobilizing Warriors. The girls know where everything is and can reach for it without thinking. But paperwork isn't the whole job.

"A lot of these guys being mobilized have a lot of anxiety," Fenimore explained. "And those coming back just want to get home, but neither one can go



Ryan Morton

HELPING HANDS -- Karen Fenimore, Terran Leake and Ladeadria Gonzales of the Army Support Activity's Joint Readiness Center, from left, help Soldiers through the mobilization and demobilization process.

until they first come through us. Some stuff gets taken out on us, but we just let it ride."

Leake added, "Sometimes we are the bearer of bad news; we have to tell them they can or cannot do things. But we have great people here and great support. We all work well together."

Passing through as he goes through the steps sending him back to Fort Worth and civilian life, Maj. Jim Hollingsworth, U.S. Civil Affairs, Psychological Operations Command (Airborne) said, "There's no better place to mobilize or demobilize than Dix because Karen and

Ladeadria and Terran, they are the first people we see and they are excellent. There is no better JRC than here at Dix."

If there is no better JRC, it is because the angels of the JRC ensure that everyone walking into the building is treated with respect, care, and even love.

As winter nears, safety team offers cold-weather survival tips

Senior Airman Nichole Gittens
87th Air Base Wing Safety

The winter season can inspire activity-filled holidays. The season's tidings, however, can also bring many dangers and safety hazards.

Daily activities like driving and walking are more hazardous as snow and ice cover roads and walkways.

Sidewalks and walkways are not always properly maintained during the winter. It is important to plan for the worst.

Wear proper footwear for all winter weather conditions. Avoid walking on ice if possible - it is better to walk in the snow than on ice.

Snow and ice cause the majority of slips, trips and falls during winter months. This is a leading cause for ankle and wrist sprains and fractures. Be sure to maintain situational awareness while walking to and from all destinations.

Office space temperatures tend to drop as the temperatures drop outside. It is important that personal space heaters are not brought into work areas. Unauthorized space heaters are a violation of safety and fire regulations. Direct any questions regard-

ing approved space heaters to the 87th Civil Engineering Squadron customer service at 754-2388.

The winter season is a busy time for service members and their families as they travel to celebrate the holidays with loved ones.

The Joint Base McGuire-Dix-Lakehurst safety staff highly encourages everyone to travel and return safely during this time by abiding by the following safety guidelines when operating motor vehicles:

- Speed limits are based on "perfect driving conditions". Drivers must adjust accordingly based upon weather and road conditions.

- Assure all vehicles are properly maintained. Be sure to check for proper tire pressure and tread as well as wear on belts and hoses.

- Keep an emergency kit accessible in the event a vehicle breaks down.

- Increase following distance between cars to provide more time to react safely.

- Do not wander away from a vehicle if stranded, unless certain of how far away help is.

- Plan trips ahead of time and avoid making long drives without breaks and adequate rests.

More information on winter driving tips can be found at www.aaexchange.com.



Ryan Morton

Smooth road ahead

Workers from Cardinal Paving Company from Southampton work on paving roadways along the Range Road Area on Army Support Activity, Joint Base McGuire-Dix-Lakehurst Oct. 30.

NEIGHBORHOOD

The Corner

Dix Thrift Shop accepting holiday consignments

The Dix Thrift Shop is now accepting consignments of all Thanksgiving and December holiday items, with a limit of five items per visit within the 15 total items permitted for consignment during each visit.

Please stop and check us out during your holiday shopping. There are many new and lots of gently used items for your gift giving and decorating needs.

Shortly, the front entrance deck will be renovated. During the construction, the shop will be open normal times, but we ask you to use the rear/loading dock entrance until the work in front is finished.

The ramp for handicapped use is at the rear entrance for those who need it at any time.

Visit during sales hours at 6501 Pennsylvania Avenue. If you have questions anytime, call 723-2683.

Hours of operation are Tuesdays, Thursdays and first and third Saturdays of the month from 10 a.m. to 2 p.m., and the first Wednesday of the month from 3 to 7 p.m.

Pair of retirement seminars scheduled for December

●The mandatory Quarterly Pre-Retirement Orientation is scheduled for Dec. 8 to 11 from 8 a.m. to 4:30 p.m. in the Timmermann Conference Center located on Pennsylvania Avenue and 8th Street.

This seminar is mandatory for all Soldiers who are within 120 days of retirement and optional for all others. Spouses are encouraged to attend with the Soldier.

●The next National Guard/Reserve retirement briefing will be held Dec. 5 from 8 a.m. to 5 p.m. in the Timmermann Conference Center. Representatives will be available to address all aspects of the National Guard Reserve retirement benefits.

More information may be obtained by contacting the Retirement Services office at 562-2666.

Thanksgiving food collected at Dix Main Chapel

Thanksgiving Food Basket collections are being accepted until Nov. 15 at the Dix Main Chapel. Please be generous and help military families in need have a great Thanksgiving dinner. Boxes are set up at the chapel to drop off your non-perishable donations.

Deadline for newspaper submissions

Deadlines for submitting articles to the Post newspaper have changed. The ASA Public Affairs Office realigned its newspaper deadlines to match those of JB MDL public affairs.

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

For more information, call David Moore of the ASA Public Affairs Office at 562-4035, or e-mail david.f.moore@us.army.mil.

Help is available

Do you, or someone you know, need help? Call Military OneSource at (800) 342-9647 or the Outreach Center at (866) 966-1020.

Volunteers sought for Black History Month

The Army Support Activity Black History Month observance Committee seeks volunteers to help with the Dr. Martin Luther King Jr. program and Black History Month events.

Anyone wishing to help should call Veverly Wakefield at 562-4036 or e-mail her at veverly.wakefield@us.army.mil.

Marriage enrichment weekend to be held

New Jersey National Guard 50th IBCT Soldiers who recently returned from deployment and are looking to "reconnect" with their spouses are invited to attend a Strong Bonds AKA Marriage Enrichment week-end.

Please note that this is NOT a counseling weekend. Upcoming dates are Feb. 12 to 14, April 16 to 18 and May 14 to 16.

For more information contact Marie Durling at 530-6884 or marie.durling@us.army.mil.



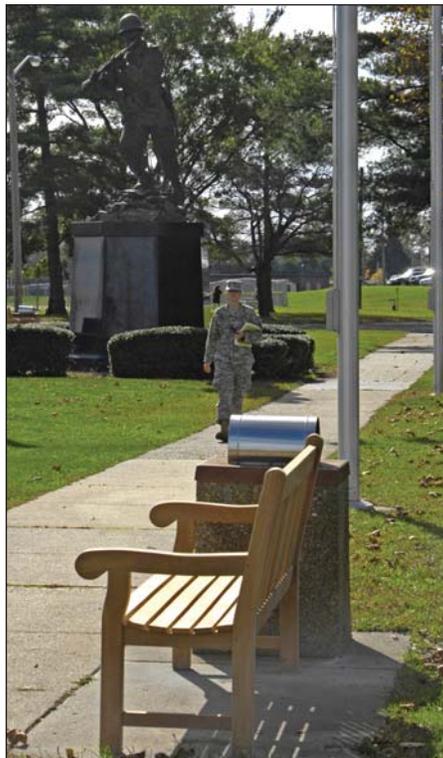
U.S. AF photo/Staff Sgt. Jason Ramos

Airmen take cake during show

Viewers of the television show "Cake Boss" got a little taste of the Air Force mission on Nov. 9. Joint Base McGuire-Dix-Lakehurst hosted the TLC television series in September. Filmed on-base and aboard the Battleship New Jersey in Camden, the episode featured an Air Force-themed cake created for the 621st Contingency Response Wing's first-ever Dining Out.

Infantry Park gets benches, markers

Lisa Evans
ASA Public Affairs



Lisa Evans

A WALK IN THE PARK -- Spc. Robin Shean, Headquarters, Headquarters Company, 354th Civil Affairs Brigade from Riverdale, Md., walks past the Ultimate Weapon statue in Infantry Park. More than a dozen teak benches and brass markers explaining the park's artillery collection were recently installed.

are the same style and material used for benches in Hyde Park, London.

The new benches are built to last many years and are made of aged teak lumber that will weather well and not splinter, providing comfort and durability. He added that the new markers are being created to match the existing markers and that the existing markers are being restored.

"I did request new markers because there were few markers there. A person could say, 'Oh, that's a Russian MT-LB' (Russian troop carrier)," he explained.

"This display was the result of (former Fort Dix commander) Col. David McNeil's desire to have Soviet equipment on the installation so the troops going to fight in Iraq and Afghanistan would know what their equipment looks like and not be surprised when they saw the really old stuff the insurgents use. The Afghans are using early 20th century single-shot rifles."

Along with the new benches and markers, the building the museum shares with the Dix Thrift Shop is receiving a new roof, all new entrance steps and railings, and a 5,000-square-foot addition.

The Army Support Activity's Infantry Park offers new benches and monument markers for the comfort and education of patrons.

"That's a big area," explained Dr. Dan Zimmerman, director of the U.S. Army Mobilization Museum. "If you take the time, or look at a specific artifact, there was nothing there to tell you what they are. Go from the corner of 8th Street and Pennsylvania Avenue counter clockwise, you go two-thirds of the way before you reach the 3rd Brigade monument."

Using money donated by U.S. Army Reserve Command (USARC), Zimmerman contracted with American Bronze and Stone to build a dozen teak benches to replace the splintering ones in the park, and add 41 new granite and bronze monuments for each display.

"We are grateful to the Dix community for allowing us the opportunity to work on this project," said Greg Boyajian of American Bronze and Stone. Boyajian explained that the benches



Lisa Evans

Falling for Arts and Crafts

Children of Joint Base McGuire-Dix-Lakehurst housing prepare fall decorations at the Arts and Crafts booth during the Dix Mini Fall Fest held in the housing area Nov. 5. Mini Fall Fests were held across the Joint Base Nov. 4 through 6.

Trucker has what it takes to deliver goods

Lisa Evans
ASA Public Affairs

Times have changed. Today, there is no such thing as a woman in a man's job, especially in the military. But there are still jobs in which it's rare to see a woman, and one of them is truck driving.

Heavy-truck driver Donna Kramer belongs to this rare breed. She stands out among her masculine counterparts at the Army Support Activity (ASA) Transportation Warehouse in Bldg. 5326.

"I'm finally where I'm supposed to be," Kramer said recently. "It has been hard because I'm the only woman. But it is easier than driving a school bus for emotionally disturbed children."

For five years prior to coming to ASA, she drove a school bus in Gloucester County.

"Nobody calls me names or screams at me and no one's ever mad at me for any reason. Instead, everybody appreciates everything I do," she explained.

Not only is she appreciated by coworkers, Kramer said everyone is willing to help her. She delivered a load to Mechanicsburg, Pa. recently. Before leaving with the load, she had trouble pulling the straps as tight as she wanted. Someone from the warehouse happily offered to help, she related.

The problem was, when she got to the other end, she couldn't undo the straps. Kramer is tall, but thin. Her body weight wasn't enough to open the lock, she said. Even when she jumped up and down on the lock or tugged with her whole body, she was totally unable to loosen the straps. Just as a coworker from her own shop offered to help with the straps in the first place, someone from the shop she delivered to helped her undo the straps.

"We are very close-knit. If I have to reach out to somebody, they are there," she explained with a grin. "The guys that work with me taught me how to strap, chain, and ensure that nothing happens. I check everything so that it doesn't come back to haunt me."

Coworker Jim Van Chief said, "Donna's a good worker. She gets along with everybody. She's a little sister to us and we look after her. She makes us laugh in the morning, actually all the time."

Getting to where she is now was a long trek for Kramer. When she heard about a shuttle-driver position coming open on Dix three years ago, she applied, only to learn she needed an airbrake endorsement on her license. Having a strong desire to drive a bus for Soldiers instead of children, Kramer went to a local high school and paid for the airbrakes course herself. A few months later, she was driving Soldiers around post.

Never one to fall into a dull routine, Kramer worried about her

family after she started working evenings, holidays and weekends. Without seniority, her schedule as a bus driver wouldn't change, so she put the daylight hours to work and went back to school.

She enrolled in an over-the-road driving school, graduating in December 2007 with her commercial driver's license with airbrakes endorsement. She moved to logistics and a better schedule for her family. Since then, she has also completed an associate's degree in business management. In March 2008, she started the day shift, still working weekends. She just started the Monday through Friday shift about three weeks ago.

"It took me this long to get day work," she explained. "I just love the atmosphere. It's just a good feeling to work with the military. That's the beauty of this place. There's no hurry so it's a great place to learn. Working with men, nobody asks you your personal business, but they are willing to listen if I want to talk."

Anthony Romayo, a coworker and truck driver for five years, had a lot to say of Kramer.

"She's a lot of fun; she's inquisitive and eager, always up for anything. She probably has more stamina than us guys." He hedged a bit: "It's neat to have a woman in the mix, I guess."

"She volunteers for other missions, is the first in to work and is willing to work overtime and her days off," Romayo said. "I guess she keeps us up on our toes. We don't want to be upped by a female." Grinning, he added, "She makes terrible tomato sauce. She feeds her co-workers, makes salads and pasta and soup, but she can't make tomato sauce. I'm Italian, I know."

Others disagreed, saying they liked her ziti. Coworker Eugene Evans added, "Working with Donna is good. She is always willing to get ahead. We can definitely feel it when she's not here; it's not as pleasant when she's not around."

Kramer is at home in the job. She said she actually applied to an office position, but she won't be taking it.

"The job is really physical," she said. "I think of it as going to the gym and getting paid for it."

Smiling, as she seems to do most of the day, she said she can't imagine leaving her job.

"I am a very confident driver now. My first year as a training driver here, I was scared to death. I don't get too complacent. The first six months, everything was a major panic attack but I just kept doing," she explained.

"Checking and rechecking everything's latched and the brakes are full of air before I leave - sometimes it takes me a little longer, but I get there safely."

It may take longer, but with Kramer's determination and drive, the goal is always attainable.



Lisa Evans

HAULIN' -- Directorate of Logistics truck driver Donna Kramer hooks up her rig before heading down the road. Kramer is the only female driver at the ASA Transportation Warehouse.

Civilian workforce offered deployment opportunities

Richard Salomon
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas -- Whether it's helping Iraqis with reconstruction projects or assisting Afghans with their motor pools, the Air Force relies on its civilian work force to help meet its global mission requirements.

And the Air Force is not alone. In 2007, more than 1,100 Department of Defense civilians volunteered to fill 129 provincial reconstruction team positions in Iraq.

Although the deployment of civilians is not a new concept, that show of support demonstrated to defense officials the need to find more opportunities for civilians to deploy.

Air Force Secretary Michael Donley and Chief of Staff Gen. Norton Schwartz released a memo March 8 outlining their vision for supporting DOD civilians to serve in global expeditionary positions

through a program called the Civilian Expeditionary Workforce.

"Some civilians have never deployed and want to serve, while others have deployed while on active duty and miss the experiences and rewards that only a deployment can bring," said Maureen Rudell of the Air Force Personnel Readiness Division at the Pentagon.

"Civilians want to serve and be a part of the team, but haven't, until now, had the benefit of an integrated and organized process to volunteer," she added.

That process begins with a visit to the CEW Web site at www.cpmc.osd.mil/expeditionary/. Once there, interested civilians can follow the Air Force-specific procedures.

Members of the Air Force Personnel Center's Program Management Support Division serve as the lead in processing the civilian volunteer packages.

"We check the applicant's documents, which

include a resume and a volunteer deployment statement, to make sure they are correct and complete," said Ronald Freund, the division's technical advisor.

Prospective volunteers can submit deployment packages for positions unrelated to their job requirements as long as their current positions are not listed as emergency essential.

"Clearly, there are more opportunities for civilians to deploy including allowing them to fill military requirements in less hostile areas," Rudell said. "As the DOD mission continues to evolve and change, taking advantage of civilians' expertise will become increasingly important and will help them stay relevant in the workplace."

Bob Perry of Edwards AFB, Calif., agrees. As chief of the project provisioning flight at the 412th Test Support Squadron, he helps develop and train project managers who oversee flight test projects such as new weapon systems and other experimental flight-testing evaluations.

In early 2007, he responded to the call for civilian volunteers in support of Operation Iraqi Freedom and was assigned to an embedded provincial reconstruction team located at Camp Liberty in Baghdad.

"Working on the flight test side at Edwards, I understood the importance of delivering warfighting capabilities on time and on budget," he said. "However, being deployed and depending on the reliability of those capabilities in real time gave me a whole new perspective on the meaning of what we do."

As the senior industrial advisor to the brigade commander, Mr. Perry and his team worked directly with the Iraqi government in providing centralized services, such as electrical power and critical construction support.

"I was able to see firsthand the results of our team's efforts," he said. "I encourage others who are offered the same opportunity to take advantage of it."

Great American Smokeout gearing up to kick butts

Joint Base McGuire-Dix-Lakehurst (JB MDL) will celebrate the Great American Smokeout Nov. 19.

The purpose of the Great American Smokeout is to motivate tobacco users across the country to quit smoking for one day.

The annual event occurs on

the third Thursday in November. Thinking about quitting? Perhaps, there is some hesitation.

The Health and Wellness Center (HWAC) staff hopes to use the Great American Smokeout to motivate members of the JB MDL community to make the commitment to quit.

"Even if you are not ready to

quit now, use the day to get prepared for when you will quit for good," said Tech. Sgt. Melissa Bernardin, the noncommissioned officer in charge of the HWAC.

Quitting for even one day will help raise awareness of habits and help identify the means needed to quit.

According to the Air Force

Corporate Health Information Processing Service, 23.6 percent of active-duty members use tobacco products.

The HWAC team hopes to bring that number to zero. The best time to quit smoking is now. All JB MDL members are encouraged to stop by the HWAC to pick up a "Commit to

Quit" bag Nov. 19 from 8 a.m. to 4 p.m.

Supportive literature and valuable referrals will be available to help understand tobacco addiction and motivate quitting.

There is a lot of help available to quite using tobacco products. The HWAC staff stands ready

to help anyone trying to quit.

Call "Quitline" Assistance at (877) SAMMC-11 or visit www.samcquitline.org.

For information about the Great American Smokeout or to find out about other programs available call the HWAC at 754-2462.

Visit
www.jointbasemdl.af.mil
to find out what's happening at JB MDL.

Community Events

Chapel Services

Dix - 562-2020
Sunday Services
Dix 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.

Dix Chapel 5
Bldg. 5950 Church Street
 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
McGuire 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.

McGuire Chapel 2
**Protestant Contemporary
 Service**
 Sundays 9:45 a.m.

Jewish Services
 Join Chap. (Capt.) Rabbi
 Berdugo for Lunch and Learn
 every Monday and Wednesday
 from 11:30 a.m. to 12:30 p.m. at
 Chapel 1. Call 754-5908 for
 information.

Religious Activities

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

McGuire Chapels

**Protestant Women
 of the Chapel**
 meeting at Chapel 2
 Wednesdays from 6:30 to 8 p.m.
 Thursdays from 9 to 11 a.m.
 (Wee Church Provided)

Catholic Women of the Chapel
 Fridays 9 a.m.

**Joint Base Protestant Chapel
 Night**
 AWANA Clubs at Chapel 2
 Wednesdays 6:30 p.m.



U.S. AF photo/Staff Sgt. Danielle Johnson

Soccer kids score at Youth Center

Soccer players plough through the mud and rain to compete in the final games of the Pee Wee League calling 562-5061 or visiting the center at Bldg. 1279 Nov. 7. Children interested in playing Youth Sports Locust Street on Dix.

Free clothes swap at Browns Mills church
 A free clothes swap and give-away will be held Nov. 14 at St. Mark Baptist Church, located at 545 Lakehurst Road at Ridge Road in Browns Mills. For more information, call Bernie at 893-7736 or Barb at 267-8885.

Knights of Columbus meet in Cookstown
 The Mary Mother of God Council 13383 meets every second Thursday of the month from 7 to 8 p.m. at VFW Post 6590 in Cookstown. For more information, call Master Sgt. Mike Perreault at 754-1217.

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, housewares, 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 or to volunteer, call Jennifer Roberts at (609) 353-1126 or visit Bldg. 3446 (between the BX and Vehicle Resale Lot).

Dix Thrift Shop
 5105 Pennsylvania Avenue
 723-2683
 Accepting up to 15 consigned items for Christmas or everyday. Many items now available for holiday decorations.

CLUB DIX
 723-3272
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.

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

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.

Texas Hold 'Em at McGuire Club
 Sponsored by Brave Spirits and held at the Club every Thursday night at 7 p.m. in the Fireside lounge; free for members.

Bingo Nights at McGuire Club
 Bingo starts at 7 p.m. every Monday and Wednesday evening at the McGuire Club. Early Bird starts at 6:45 p.m. and features a variety of games including a progressive number jackpot of \$2,000, consolation of \$200. Call 754-2396 for additional details.

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 to 8:45 p.m.
 Friday - 11 a.m. to 4:45 p.m.
 Saturday - 9 a.m. to 4:45 p.m.

Quilts for Kids
 Nov. 14 from 11 a.m. to 3 p.m.
 Come make quilts for kids in long term healthcare, safe houses, children of deployed Soldiers and for Wounded Warriors. Learn everything you need to know for these simple but beau-

tiful quilts using fabulous designer fabrics from showrooms and design houses around the world as well as the Arts and Crafts stash. Gifting a quilt is like giving a hug. Bring your lunch and stay all day.

Framing Qualification
 Nov. 18 from 6 to 8:30 p.m.
 Get qualified to use this great facility and equipment. You will complete one piece as you learn to operate the equipment. You are required to bring something in to frame such as an 8x10 photo or certificate. All materials are available at the frame shop, which will be purchased at the end of class.
 Pre-registration fee of \$10 is required prior to class. Materials not included.

Ceramic Ornament Painting (ages 6 to adult)
 Nov. 14 from 1 to 2:30 p.m.
 The entire family can get an early start on their holiday decorations and gifts. In this fun and informative class, learn how to paint dazzling ceramic ornaments. Your works of art will be fired just in time for decorating or gift giving. There are various ornaments to choose from. Cost includes item you choose plus firing fee. Pre-Register today to reserve a seat.

Handprint Platter
 Nov. 21 from 1 to 2:30 p.m.
 Bring the kids to Arts & Crafts to get their hands messy in this fun holiday event for the entire family. Create a family keepsake platter or make a gift for relatives in this ceramic painting class.
 There are various platters to choose from. Cost includes item you choose plus firing fee. Pre-Register today to reserve a seat.

Upcoming Events
Youth Basketball coaches needed
 Registration for new basketball coaches will be held until Nov. 20. All volunteer coaches must be certified by a Youth

Sports clinician through the National Youth Sports Coaches Association. The Youth Sports Program adopts the NYSCA standards of safety and coaching etiquette. The NYSCA teaches fundamentals of physiology and psychology of youth, basic sport skills, sportsmanship and emphasizes participation rather than winning.
 In addition, each coach must complete an installation records check that must be completed through the base and be trained in CPR and First Aid. For questions, please contact Joint Base MDL Youth Sports Office at Ken.dickson@mcguire.af.mil, Donald.Russoniello@mcguire.af.mil or 754-5912.

JB MDL 56 Club needs new emblem
 Joint Base MDL 56 Club is looking for a talented artist to create the new emblem to incorporate the Joint Base service community. Anyone interested in creating a new emblem is encouraged to send submissions to Staff Sgt. Katrina Holmes at katrena.holmes@mcguire.af.mil no later than Dec. 1.

Tuition Assistance briefs
 Mandatory Tuition Assistance (TA) Briefings will be held for first-time TA users every Monday, at 8:30 a.m. in Bldg. 3829, Room 206. Call the Education Center, at McGuire, 754-3019.

American Legion meal
 The American Legion Post 455 in New Egypt will prepare a made-to-order breakfast of fried eggs, scrambled eggs, biscuits, french toast, SOS, pancakes, omelets, coffee, decaf coffee, tea and juice.
 Price is \$6 for adults, \$3 for children under age 12, and free for kids under age 5. The breakfast is held every first Sunday of the month from 7 to 11 a.m.
 The American Legion Hall in New Egypt is on Route 528 West, across from Agway at 2 Meadowbrook Lane, New Egypt, 08533. Call 758-8131.

Ladies Golf Days
 The ladies of McGuire and Dix tee up every Tuesday at 9 a.m. at Falcon Creek Golf Course. The cost is only \$15 per golfer and includes a golf cart. First-time golfers are welcome. Call 754-4812.

Passport photos now available
 The 87th Air Base Wing Visual Information office accepts walk-ins for passport photos every Monday from 8 a.m. to 4 p.m. Call 754-3581.

JB MDL Family Advocacy classes
 The Family Advocacy Program is holding the following classes. For registration and information, call 754-9680.
Anger Management: Learn how to identify the warning signs of anger, learn how to express anger appropriately and keep anger from taking over. This is a three-part series held on the first three Fridays of the month at the HAWC from 1 to 3 p.m.
Baby Basics: This class helps prepare expectant mothers for upcoming labor and delivery experience. The class is offered once a month from 5 to 7 p.m.
Pregnancy 101: Learn about a wide variety of topics on what to expect throughout each stage of pregnancy. This class is held on the second Friday of each month.
Child Birth Preparation: This class helps prepare expectant mothers for upcoming labor and delivery and is held on Saturdays from 9 a.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.

Go Around the World in 90 Days at McGuire Gym
 The Fitness Center's "Around the World in 90 Days" program takes you around the world while never leaving McGuire. This program is self-paced and based on the honor system while each day will have an event that once performed will lead to the next day of your journey.
 Call 754-6085 for additional information.

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.

Visit
www.jointbasemdl.af.mil
 for more information