

ShowMDL THIS WEEK

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COMMISSARY HOSTS LIFESTYLE EVENT THURSDAY JUNE 13: The Defense Commissary Agency hosts the military resale partnership event, Your Healthy Lifestyle Festival, June 13, 2019 at the McGuire Commissary, 11am to 2pm. An annual event the festival combines commissary farmers markets, exchange sidewalk sales, FSS fitness events and recreation information, demos, music, free nutritious food samples, discount coupon offers, health and wellness information and children's programs.

JB MDL BASE-WIDE PICNIC LAKEHURST JUNE 21: First big outdoor event of the summer season is at JB MDL Lakehurst, Friday June 21, Hangar One Soccer Fields, 11:30am to 3pm. All free for all DoD ID holders. Free burgers, dogs, and more; live entertainment by The Sensational Soul Cruisers, Chili Cook-Off, Annual Auto/Bike/Truck Show, games for kids and big kids alike. This is fun for the whole family!! Enter your award-winning chili by calling 732.323.2151; enter your award-winning auto/bike/truck by calling 732.323.1039.

DECENNIAL SUMMER CONCERT SERIES: 87FSS brings it again this summer with two all free major concert events celebrating the JB MDL Decennial. **Friday, June 28**, 5pm, Doughboy Field, JB MDL Dix, featuring live, in concert, country music's Gretchen Wilson with special guest's classic rock superstars .38 Special, and a special appearance by Jessie G. Free food while supply lasts provided by Buzzetta's Foods beginning at 5pm, Cold Stone Ice Cream served at 6pm, and fireworks close the evening after 9pm. **Friday, July 26**, 5pm, Doughboy Field, JB MDL Dix, features Ashanti and Ja Rule live, with special guest & More! Free food provided by Bubbakoo's Burritos and dessert by Rita's Water Ice. Lots more at each event, join us on FSS social media for the latest updates. Sponsored in part by USAA, Infinity Flight Group, HeroCare Connect, US Family Health Plan, America's Publisher, Sprint, United Communities, Ritchie & Page's (Budweiser), and New Jersey Natural Gas Co (no endorsement of sponsor(s) implied).

DECENNIAL OLYMPICS: Hosted by 87FSS, Wednesday August 14 thru Friday August 16, open to all DoD ID holders. Ten events to celebrate Ten Years! Swim Relay, 4x100 Relay, Basketball, Water Polo, Obstacle Course, Pickleball, Volleyball, Bowling, Video Gaming, Tug O War, and a final Tie Breaker event if needed to announce JB MDL Olympians. Comprehensive Kids Olympics; Spectacular Opening ceremony including Parade down Tuskegee Airmen Avenue starting at Big Beige, ending at Pudgy Circle, Wednesday August 14, closing ceremony and Awards held in conjunction with FSS Annual Base wide Picnic, Friday August 16. Get complete details and register at www.gomdl.com or www.teamsideline.com/JBMDL.

GET THE FREE JB THE APP! Have JB MDL news and information on you at all times when you download the free JB MDL app! And it's free from your Android or IOS platform app store.

87FSS THIS WEEK AT JB MDL:

Monday, June 10

Budgeting for My New Place: Presented by the Military and Family Support Center (MFSC). Consolidated information on moving out of the dorm. Includes budgeting, government housing info, United Communities, legal and much more. 9:00am-11:00am, Bldg. 3435 Broidy Road, JB MDL McGuire. Pre-registration is required, <https://booknow.appointment-plus.com/3yjbr5kq/>. For further information, call the Military and Family Support Center McGuire 609.754.3154 or Lakehurst 732.323.1248.

Pudgy's Daily Special! Pork tacos al pastor \$9 all day / Soup: chicken tortilla soup \$3 Cup \$4 Bowl; Dinner starting at 4pm: Tiger Curry Beef served with sticky rice, cabbage slaw, and chili dipping sauce \$15; App - Thai spring rolls, sweet chili sauce, and cucumber salad \$7. Pudgy's Chopped Salad: \$10, Cheese Board: \$9, and Crispy Pretzel Bites: \$6 available all day long all month long, while supplies last. 609.724.0443

Tuesday, June 11

Veterans and Family Members Benefits Fair: Presented by Military and Family Support Center (MFSC). If you are Active Duty, transitioning from the service, retired or a Veteran with base access and have questions or want to learn more about what benefits are out there for you and your family, this fair is for you. Federal, State, and local Veteran partners will be on hand to provide resources and answer questions. Partners include but are not limited to: Dept of VA, Dept of Labor, Vocational Rehabilitation and Employment, Tricare Humana, US Family Health Plan, NJ Dept of Military Affairs, Red Cross, Education, Military Recruiters, Survivor Benefit Plan/Financial Resources and many more. Benefits Fair is from

10:00am to 1:00pm; Bldg. 3435 Broidy Road, JB MDL McGuire. For further information, call the Military and Family Support Center McGuire 609.754.3154 or Lakehurst 732.323.1248.

Vocational Rehabilitation and Employment Orientation: Presented by the Military and Family Support Center (MFSC). The JB MDL Vocational Rehabilitation Counselor will be providing information about and how to apply to the VA's Vocational Rehabilitation Program for the following: individuals being separated due to a service-connected disability; individuals who will be medically discharged /retired; individuals who suspect they have a service-connected disability or veterans with a VA disability rating. 9:00am-11:00am, Bldg. 3435 Broidy Road, JB MDL McGuire. Pre-registration is required, <https://booknow.appointment-plus.com/3yjbr5kq/>. For further information, call the Military and Family Support Center McGuire 609.754.3154 or Lakehurst 732.323.1248.

Baby StoryTime: Presented by FSS Librar-e & Resource Commons. Baby StoryTime from 10 to 11am. Ages 0 – 3 years. No registration required. For more information please call 609.754.2079.

Ladies Who Lift: Presented by 87FSS Fitness Lakehurst Bldg. 123, every Tuesday at 12:15pm thru June 27. Weight Lifting program for women of all fitness levels. Learn basic weightlifting principles and get comfortable in the weight room! A new weightlifting technique taught each week for eight weeks - join at any time! Open to DoD ID holders. 732.323.7266.

Pudgy's Daily Special! Mimi's Bulgogi served with jasmine rice and cucumber kim chi \$10 all day / Soup: lobster bisque: \$3 cup \$4 bowl; Dinner starting at 4pm: Tiger Cury Beef served with sticky rice, cabbage slaw, and chili dipping sauce \$15; App - Thai spring rolls, sweet chili sauce, and cucumber salad \$7. Pudgy's Chopped Salad: \$10, Cheese Board: \$9, and Crispy Pretzel Bites: \$6 available all day long all month long, while supplies last. 609.724.0443

Wednesday, June 12

Resume Writing Workshop (Civilian): Presented by the Military and Family Support Center (MFSC). This class is a great first step to making your civilian resume the best it can be. Workshop is hands on with topics such as: Basics of Resumes/Cover Letters as well as creating your Career Portfolio. 9:00am-12:00pm, Bldg. 3435 Broidy Road, JB MDL McGuire. Pre-registration required: <https://booknow.appointment-plus.com/3yjbr5kq/>. For further information call the Military and Family Support Center McGuire 609.754.3154 or Lakehurst 732.323.1248.

On-Base Colleges Open House: 87FSS Education and Training Center hosts a College Open House for all on-base colleges and universities. This is a great opportunity for aspiring students to start their academic career or for those individuals who put their education on hold to start again. Location: 87FSS Education and Training Center, Bldg. 3829 School House Road (adjacent to Falcon Courts North), JB MDL McGuire. Meet with the college representative; every 2nd Wed in their offices from 9:30am-11:30am. The five military friendly on-base colleges include Rowan College at Burlington County (Room 107), Wilmington University (Room 302), Southern Illinois University (Room 101), Central Michigan University (Room 102), and Embry Riddle Aeronautical University (Room 100C). These institutions offer classes and coursework leading to Certifications, Associate, Baccalaureate and Master Degrees at the 87FSS Education Center.

Visit www.gomdl.com for degree information. 609.754.3019.

USAF Military Tuition Assistance (MilTA) Brief: Hosted by FSS Education & Training. Airmen must attend a mandatory MilTA briefing prior to the first authorization of MilTA. This includes AF active duty, Guard and Reserve on active duty orders. The 87FSS Education and Training Section is hosting a MilTA Briefing at Bldg. 3829 School House Road (adjacent to Falcon Courts North), JB MDL McGuire; every 2nd Wednesday in the Multi-Purpose Room at 6:30pm to 7:30pm. JB MDL's on-base colleges will be available to assist you with your education goals at the conclusion of the MilTA Briefing. These institutions offer classes and coursework leading to Associate, Baccalaureate or Master Degrees at the 87FSS Education Center. Visit www.gomdl.com for degree information. 609.754.3019.

Pudgy's Daily Special! Grilled Shrimp salad sandwich on toasted croissant \$12 all day / Soup: Beef & Vegetable soup \$3 Cup \$4 Bowl; Dinner starting at 4pm: Tiger Cury Beef served with sticky rice, cabbage slaw, and chili dipping sauce \$15; App - Thai spring rolls, sweet chili sauce, and cucumber salad \$7. Pudgy's Chopped Salad: \$10, Cheese Board: \$9, and Crispy Pretzel Bites: \$6 available all day long all month long, while supplies last. 609.724.0443

Thursday, June 13

Group Pre-separation Counseling: Presented by the Military and Family Support Center (MFSC). Initiate DD 2648 eForm (Pre-separation Counseling Phase). MANDATORY attendance requirements for separating or retiring Service Members. Registration required in order to receive an email link for online Pre-separation Counseling Phase. For information about transition or to sign your eForm before/after the briefing, visit <https://milconnect.dmdc.osd.mil/milconnect/>. 1:00pm-4:30pm, Bldg. 3435 Broidy Road, JB MDL McGuire. For further information, call the Military and Family Support Center McGuire 609.754.3154 or Lakehurst 732.323.1248.

Bundles for Babies: Presented by the Military and Family Support Center (MFSC), Air Force Aid Society (AFAS) and Navy Marine Corps Relief Society (NMCRS). 2-hour monthly workshop for expectant parents to be. Topics include: Budgeting

for Baby, MFSC Overview, Child/Youth Programs, FAP New Parent Support Program and MFLC. All branches of service welcome! Qualified attendees will receive a "Baby Bundle Gift" courtesy of AFAS/NMCRS. Reservists must be on Title 10 Orders. *Both member and spouse must register if both will attend. 9:00am-11:00am, Bldg. 3435 Broidy Road, JB MDL McGuire. Pre-registration is required, <https://booknow.appointment-plus.com/3yjbr5kq/>. For further information, call the Military and Family Support Center McGuire 609.754.3154 or Lakehurst 732.323.1248.

EFMP – Exceptional Finances for Exceptional Families: Presented by the Military and Family Support Center (MFSC). Planning your finances when the unexpected happens is challenging enough, but add in additional/routine medical, travel, food or other expenses, which increases your stress level and decreases your money in the bank. This event will provide you information on basic budgeting and saving money as well as experts on hand to talk to you about Special Needs Trusts, Survivor Benefit Plan and Special Needs, Tricare Travel Reimbursement and other financial resources available to you. Learn, network, and get your questions answered! 6:00pm-7:30pm at the MFSC Bldg. 3435 Broidy Road, JB MDL McGuire. To register online <https://booknow.appointment-plus.com/3yjbr5kq/> or call the Military and Family Support Center McGuire 609.754.3154. For further information, call the Military and Family Support Center McGuire 609.754.3154, Lakehurst 732.323.1248 or EFMP One-Stop 609.754.9290.

Children's StoryTime: Presented by FSS Librar-e & Resource Commons. Children's StoryTime from 10 to 11am. Ages 0 – 11 years. No registration required. For more information please call 609.754.2079.

5K Run / 3K Walk: Presented by FSS Fitness & Sports Lakehurst, 11:30am, bldg. 123. 732.323.7266.

Free Movie Night: Hosted by 87FSS Flight Deck, Bldg. 484 Lansdowne Road, JB MDL Lakehurst. Doors open 5:30pm, show time 6:00pm. Free popcorn for all, beverages available for purchase. Children must be accompanied by an adult at all times. *"Mrs. Doubtfire"* – Rated PG-13. 732.323.2405.

Keystone Car Wash, Auto Show Clean the Ride for Summer! Presented by 87FSS Youth Programs. The Keystone Club is hosting a carwash to raise funds to attend the BGCA National Keystone Convention in Orlando. Get your car cleaned up like new, and support worthy a cause our youth, all donations are welcome. Located at 87FSS Youth Programs McGuire in Falcon Courts North, Bldg. 3830 E. Scott Street. Call 609.754.5437 for information.

Pudgy's Daily Special! Nese's Southern Charm- Classic fried chicken, collard greens, mac and cheese and pinto beans with a slice of corn bread \$12 all day/ Soup: Loaded Potato soup: \$3 cup \$4 bowl; Dinner starting at 4pm: Tiger Cury Beef served with sticky rice, cabbage slaw, and chili dipping sauce \$15; App - Thai spring rolls, sweet chili sauce, and cucumber salad \$7. Pudgy's Chopped Salad: \$10, Cheese Board: \$9, and Crispy Pretzel Bites: \$6 available all day long all month long, while supplies last. 609.724.0443

Friday, June 14

JB MDL Run Series: Army Birthday Flag Day 5K Run: Hosted by FSS Fitness Griffith Field House, Friday June 14 at 12pm at ASA Sharp Field JB MDL Dix. Come celebrate the Army's Birthday and Old Glory! Military units encouraged to bring the Guidons and utilize this as a PT run. JB MDL community members have a chance to experience a fun run full of color without having to pay off base entities. Win prizes by participating in monthly, designated Joint Base McGuire-Dix-Lakehurst 5K races throughout 2019! Prizes include water bottles, drawstring bags, stress balls, t-shirts, and more! End-of-year prizes determined by points system; 1 point earned by simply participating in the designated 5Ks, and 1 additional point earned by the top male and female finisher in both civilian and military categories. No pre-registration required, just show-up and sign-in. FSS Fitness Lakehurst 732.323.7266, FSS Fitness McGuire 609.754.6085, FSS Griffith Field House 609.562.4888.

STEM Robotics Day w/ Dad: Presented by 87FSS Youth Programs. In recognition of Father's Day, dads and their youth come out and collaborate in some team building by displaying skills in assembling robots, meeting some physical challenges, and racing drones. Open to all ages from 6:00pm-8:00pm. Located at 87FSS Youth Programs McGuire in Falcon Courts North, Bldg. 3830 E. Scott Street. Call 609.754.5437 for information.

Pudgy's Daily Special! Mama Joy's thai chicken stir fry \$10 all day/ Soup: New England Clam Chowder: \$3 cup \$4 bowl; Dinner starting at 4pm: Tiger Cury Beef served with sticky rice, cabbage slaw, and chili dipping sauce \$15; App - Thai spring rolls, sweet chili sauce, and cucumber salad \$7. Pudgy's Chopped Salad: \$10, Cheese Board: \$9, and Crispy Pretzel Bites: \$6 available all day long all month long, while supplies last. 609.724.0443

Saturday, June 15

Summer Reading Kick-Off Party: Presented by FSS Librar-e & Resource Commons. 3:00pm – 5:00pm at Wacky World located next to 87ABW Headquarter, Bldg 2901 Falcon Lane, JB MDL McGuire. Join the FSS Librar-e for games, snacks, and activities to kick start the 2019 Summer Reading Program starts June 21! Volunteers needed! Visit or contact the FSS Librar-e front desk to volunteer or for more information. 609.754.2079.

Red Cross Babysitter's Course: Presented by 87FSS Youth Programs, Red Cross Babysitter's Course for all FSS/MWR eligible military/civilian youth ages 11-18 years from 8:30am-5:30pm. Youth may bring their own lunch. Pre-registration required. Cost: \$60. This course is required to babysit on JB MDL, the youth will receive instruction to become certified in Red Cross Babysitter's Course and First Aid and CPR. Located at 87FSS Youth Programs McGuire in Falcon Courts North, Bldg. 3830 E. Scott Street. Call 609.754.5437 for information. **Please register by 12 June.**

#National SMILE Power Day Dance: Presented by 87 FSS Youth Programs. Admission only requires a Smile to attend this recruiting event. There will be dancing with glo-sticks, playing games, a most popular trending dance moves contest, moves like Shmoney Dance and the Wobble to name a few, and just celebrating the end of the school year while Smiling! Open to ages 9-12 years, from 7:00pm-10:00pm. Cost: \$5 for members and \$7 for non-members. Located at 87FSS Youth Programs McGuire in Falcon Courts North, Bldg. 3830 E. Scott Street. Call 609.754.5437 for information.

Pudgy's Daily Special! Chef's Choice – prices vary / Soup Du Jour \$3 cup \$4 bowl. Pudgy's Chopped Salad: \$10, Cheese Board: \$9, and Crispy Pretzel Bites: \$6 available all day long all month long, while supplies last. 609.724.0443

Sunday, June 16

Skylarker Charter Fishing Trip: Hosted by 87FSS Outdoor Recreation (ODR), **Sunday June 16 (Father's Day); Saturday July 20; Sunday August 11; Saturday October 12.** \$60/person for Active Duty and family members; \$75 for all other DoD ID holders. **Registration opens April 1 thru April 30 for Active Duty; May 1 for all other DoD ID holders.** Detailed info sheet provided sign up. This trip is appropriate for ages 6 and up. Price includes round trip transportation, fishing fare, poles and all bait. The trip departs FSS ODR, bldg. 6045 Doughboy Loop promptly at 4:45am, returning no later than 5:00pm. FSS Outdoor Recreation charters the 70' Skylarker fishing boat for an exciting day of fishing for whatever the mighty Atlantic has to offer! Bring tip money for the mate and FSS ODR will provide the coolers for your catch. Personal plastic coolers are okay and participants must provide their own food/drinks. 609.562.6667 or 609.562.4208.

Pudgy's Daily Special! Chef's Choice – prices vary / Soup Du Jour \$3 cup \$4 bowl. Pudgy's Chopped Salad: \$10, Cheese Board: \$9, and Crispy Pretzel Bites: \$6 available all day long all month long, while supplies last. 609.724.0443

Monday, June 17

Transition Assistance Program GPS: SENIOR (O4 / E7 and above) JB MDL McGuire: Presented by the Military & Family Support Center (MFSC). Transition Assistance Program (TAP) / Goals, Planning, Success (GPS). This 5-day workshop gives the foundation for service members and their families to be better prepared to transition from military to civilian life. Topics include: Transition Overview, Personal Financial Planning, Unemployment, SBP, Military Occupation Crosswalk (MOC), Resilient Transition, Department of Veterans Affairs (VA) and Department of Labor Employment Workshop (DOLEW). Pre-requisite: Pre-separation Counseling/Briefing (DD-2648) MANDATE! Spouses are encouraged to attend. 7:45am-4:30pm, Bldg. 3435 Broidy Rd., JB MDL McGuire. Pre-registration required. Call 609.754.3154 or Lakehurst 732.323.1248.

Pudgy's Daily Special! Pork tacos al pastor \$9 all day / Soup: chicken tortilla soup \$3 Cup \$4 Bowl; Dinner starting at 4pm: Grilled Baby Back Ribs served with mashed sweet potato and caramelized Brussel sprouts \$15 - App: Mini crab cake sliders (3), served with roasted red pepper tartar sauce \$8. Pudgy's Chopped Salad: \$10, Cheese Board: \$9, and Crispy Pretzel Bites: \$6 available all day long all month long, while supplies last. 609.724.0443.

We appreciate the assistance our sponsors provide in offering value to the quality of life for military, families, and those affiliated with the military however, there is no federal endorsement of sponsor(s) implied. Calendar subject to change without notice. Please call your activity of choice for confirmations.