

Joint Base lieutenant acknowledged as ambassador; example to women everywhere



U.S. NAVY PHOTO BY PAUL BELLO

Navy Lt. Sarah Ursetti was recently awarded the 2013 Capt. Joy Bright Hancock Leadership Award.

BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

Navy Lt. Sarah Ursetti, who came to Joint Base Anacostia-Bolling (JBAB) last year as its assistant public works officer, was honored recently with the 2013 Capt. Joy Bright Hancock Leadership Award. Naval Mobile Construction Battalion 3 in Port Huenene, Calif., her previous command, nominated her for the award which acknowledges those who create a positive environment for fellow service members, while also fostering an integration of women in the armed forces.

During her last command, Ursetti was officer-in-charge of a detachment in Dire Dawa, Ethiopia from February to August 2012. She led a group of 25 Navy Seabees on a humanitarian construction project in that city that culminated in the building of a new school for approximately 200 students.

"It was an incredibly humbling

experience being over there. Certainly one of the most rewarding times in my career so far," Ursetti said. "We have a tendency to take things for granted here in the U.S. Over there, a school building with clean, working bathrooms is quite an accomplishment. I learned to appreciate what we have in our society even more."

The only female with the Seabees at the time, Ursetti also volunteered an additional 200 hours at a female orphanage. There she played games with girls ages 5-18 and worked with them on their English, math and writing skills.

"They're not used to seeing a woman in uniform, so it made that experience all the more meaningful," Ursetti said. "If anything, I hope it inspires them to think about the possibilities in their own lives. Anything is possible."

Originally commissioned from the Naval Academy in Annapolis, Md., in 2008, Ursetti went on to become a civil engineer after initially having aspirations of being a

pilot. She finds the work challenging and personally rewarding. She previously worked at Balboa Hospital at the Naval Medical Center in San Diego from Aug. 2009 to June 2011.

In her present position at JBAB, she is responsible for rewriting the joint building manager program, in which each facility on base has a liaison to help streamline communications to the Public Works Department. Since coming aboard, she considers JBAB to be an immense training ground where she can learn more and expand her abilities.

"Lt. Ursetti is an outstanding leader in the Navy who always accomplishes the mission with exceptional results," said Chief Warrant Officer Raymond Walker, a colleague who worked with her at Naval Mobile Construction Battalion 3. "She is a model officer whose enthusiasm and dedication are infectious throughout her command, the Seabee community and the Navy."

Gateway to the future unveiled in Ward 8

BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON – The St. Elizabeth's East Gateway Pavilion (G8WAY D.C.), which was constructed in just three months, was unveiled by district leaders Oct. 23 with fanfare that included a jazz band, reception and many proud smiles. The project stands as the first new construction in this part of Washington in more than 100 years and is considered the crown jewel in the city's effort to revitalize and transform its Ward 8 community.

The 400-foot-long pavilion is located on Martin Luther King Jr. Avenue in southeast D.C. It features a 16,300 square foot open

air market, as well as a 21,000 square foot green roof and raised park that will be available for concerts, festivals, farmers markets and any other large gathering.

The city's goal is for the pavilion to serve as an anchor to help draw retail and other establishments, as well as residents and workers from nearby Joint Base Anacostia-Bolling (JBAB) to a safe, off base venue where they can eat and shop.

Roughly 2,500 U.S. Coast Guard employees are already on site at the St. Elizabeth's West campus and a tunnel connecting the two campuses just opened – only adding to Mayor Vincent Gray's obvious excitement.

"This is a tremendous day in

our city's history. The excitement is palpable as we gather to celebrate our future," Gray said. "This pavilion will help us achieve our goals of bringing jobs and better services to this end of the city. I believe it will be a model for future development."

Robert Anderson, the pavilion's architect, said it was an honor to work with city leaders on this endeavor. He gave major thanks to his fellow contractors who worked through 27 days of rain to complete the pavilion on time.

"Considering it was a three-month project, we had a very aggressive schedule," Anderson

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U.S. NAVY PHOTO BY LT. CMDR. JIM REMINGTON

Commanding Officer, U.S. Coast Guard Headquarters Vice. Adm. Manson Brown, Del. Eleanor Holmes Norton and D.C. Mayor Vincent Gray cut the ribbon officially opening the Gateway Pavilion Oct. 23.

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New Civil Air Patrol structure announced

BY STAFF SGT. CARLIN LESLIE
AIR FORCE PUBLIC AFFAIRS AGENCY

WASHINGTON (AFNS) -- The Civil Air Patrol took a step forward Oct. 17, with the signing and approval to restructure their non-commissioned officer corps to align with the Air Force NCO corps.

For the past 72 years, members of the Civil Air Patrol volunteer forces have completed three key missions – emergency services, aerospace education and cadet programs, with the guidance and expertise of their NCO corps.

Members of the CAP Board of Governors and their commander received approval on the proposal to restructure the NCO corps, which previously didn't allow rank progression within the CAP. Now, with the newly-established NCO corps structure, NCOs will be able to progress and promote through the ranks similar to the Air Force.

"It is no small task to create a framework for a professional volunteer force, and I'm very proud of the way everyone came together to create a workable proposal," said Daniel Ginsberg, the Air Force Manpower and Reserve Affairs assistant secretary.

The current design of the NCO corps in the CAP only allows former active-duty NCOs to be a part of the corps, with no upgrade train-

ing for promotion within the ranks. The newly-signed corps structure will mirror the Air Force NCO force structure with an established process to promote and develop NCOs.

The one similar, but most immediate noticeable change as a result of the restructure is the uniform. The CAP Corps will use a chevron system similar to the Air Force, but the difference will include the CAP designating itself with the letters "C-A-P" and a propeller will be in place of the star on the chevrons.

Other changes within the corps will include:

- Provide CAP commanders with increased access to the professional military skills, training and experience of former NCOs.

- Train and advise non-prior service members of CAP in the methods and procedures of military organization, leadership and management, as well as allow them to become NCOs.

The objective of the restructure of the corps will bolster the CAP's mission capability and readiness to fulfill their congressionally-mandated missions.

"The NCO corps is the backbone of any organization and brings a wealth of information to the table," said Maj. Gen. Chuck Carr, the Civil Air Patrol commander. "This is the start of success."



U.S. AIR FORCE PHOTO BY STAFF SGT. CARLIN LESLIE

Daniel Ginsberg approves a proposal for the Civil Air Patrol to restructure their non-commissioned officer corps Oct. 18 in Washington, D.C. Now, with the newly-established NCO corps structure, NCOs will be able to progress and promote through the ranks similar to the Air Force. Ginsberg is the assistant secretary of the Air Force for manpower and Reserve affairs.

Combined Federal Campaign resumes as shutdown ends

BY AMERICAN FORCES
PRESS SERVICE

WASHINGTON - The annual Combined Federal Campaign charity drive, interrupted by the 16-day federal government shutdown, has resumed.

Susan A. Yarwood, director of human resources for Washington Headquarters Services, which manages the Defense Department's CFC participation, announced the resumption in a memo to all DOD personnel.

According to the campaign's website, CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. Pledges made by federal civilian, postal and military donors during the Sept. 1 through Dec. 15 campaign season support eligible nonprofit organizations that provide health and human service benefits throughout the world.

Air Force changes physical assessment

BY STAFF SGT. DAVID SALANITRI
AIR FORCE PUBLIC AFFAIRS AGENCY

WASHINGTON (AFNS) -- The Air Force has released further guidance on the implementation of several changes to the physical assessment test, which took effect Oct. 21.

The new guidance includes additions to the body composition component of the fitness assessment, delegation of appeal authority for fitness assessments and changes to the walk test.

According to the new policy, those taking only the abdominal circumference component of the fitness assessment will pass with the component minimum score as opposed to the composite 75 score as was previously required. Males must now achieve an abdominal circumference of 39 inches, which is also the component minimum. Females must now achieve an abdominal circumference of 35.5 inches, which is also their component minimum.

Airmen who fail the abdominal circumference, or AC, measurement but score 75 points out of the remaining 80 points on the other components will take the body mass index, or BMI, screen, the policy states. If the Airman does not pass the BMI screen, the Airman will take a body fat assessment, or BFA. If the Airman passes either the BMI screen or BFA, the Airman passes the body composition component of the fitness assessment. This addition to the body composition component upholds our confidence in the AC measurement while allowing those rare Airmen who fail the AC measurement, but do very well on the other three components, to meet the DOD body fat standards.

Additionally, the policy states that to pass the BMI screen, regardless of age or gender, the Airman must achieve a BMI equal to or less than 25 kg/m². This figure is obtained using the height and weight measurements taken at the beginning of the fitness assessment. To pass the BFA, males must achieve a body fat percentage equal to or less than 18 percent. Females must achieve a body fat percentage equal to or less than 26 percent. These percentages are obtained using the two or three site taping procedures.

The wing commander or equivalent will be the first appeal authority for fitness assessments. This change will expedite the appeals process and put the chain of command back in the appeals process. The second appeal authority will be the Fitness Assessment Advisory Board at Air Force Personnel Center. The final appeal authority is the Air Force Board of Correction of Military Records.

The last clarification that has been made is to the walk test.

In an effort to simplify administration of the walk test, the heart rate measurement will no longer be required. An Airman must now walk two kilometers in a certain amount of time dependent on age and gender. The walk test will be pass / fail.

"These adjustments to the Air Force fitness program will strengthen the program and continue to promote a "Fit to Fight" mentality," said Col. Dawn Keasley, the chief of the military force policy division.

For more information, contact your unit fitness program monitor, your fitness assessment cell, or visit <http://www.afpc.af.mil/affitnessprogram>.

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CUT OUT AND PLACE IN COMMON AREA

National Drug Take Back Day set for Oct. 26

BY MELANIE MOORE
79TH MEDICAL WING

WASHINGTON - Coming up on Oct. 26 is National Drug Take Back Day at both Joint Base Andrews (JBA) and Joint Base Anacostia-Bolling (JBAB).

A National Take Back Initiative Collection Site will be set up at the local base exchanges from 10 a.m. to 2 p.m.

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and

responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

“A day like this demonstrates the American public’s continued appreciation and need for the opportunity to discard unwanted, unused and expired prescription drugs from medicine cabinets, bedside tables, and kitchen drawers,” said Lt. Col. Glenn Laird, Pharmacy flight commander for

the 79th Medical Wing. “It is so easy to do. Just go through all of your unwanted, unused and expired prescription drugs and bring them to us at our collection site at the Base Exchange.”

According to the 2011 Substance Abuse and Mental Health Services Administration’s survey on drug use and health, twice as many Americans regularly abused prescription drugs than the number of those who regularly used cocaine, hallucinogens, heroin,

and inhalants combined. That same study revealed more than 70 percent of people abusing prescription pain relievers got them through friends or relatives, a statistic that includes raiding the family medicine cabinet.

The DEA’s Take-Back events are a significant piece of the White House’s prescription drug abuse prevention strategy released in 2011 by the Office of National Drug Control Policy. Disposal of unwanted, unused

or expired drugs is one of four strategies for reducing prescription drug abuse and diversion laid out in Epidemic: Responding to America’s Prescription Drug Abuse Crisis. The other strategies include education of health care providers, patients, parents and youth; enhancing and encouraging the establishment of prescription drug monitoring programs in all the states; and increased enforcement to address doctor shopping and pill mills.

Annual hiring fair expected to draw stellar crowd

BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON - The Hiring Our Heroes and Military Spouse Employment Partnership Event, a one-of-a-kind hiring fair aimed at helping veterans, active-duty service members and military spouses, is returning to Joint Base Anacostia-Bolling (JBAB). The event will take place Friday, Nov. 1 at the Bolling Club from 9:30 a.m. to 1 p.m. Numerous organizations from around the National Capital Region (NCR) will be on hand. Guests will have the opportunity to participate in several career-building workshops, such as dressing for success and strategies for attending future job fairs. Resume reviews will also be available throughout the event.

The U.S. Chamber of Commerce is spearheading the event. It’s co-sponsored locally by JBAB’s Military Family Support Center, the Employer Support of the Guard & Reserve (ESGR), the U. S. Department of Labor Veterans Employment

and Training Service (DOL VETS), U. S. Department of Veterans Affairs, the American Legion and U.S. Navy and U.S. Coast Guard.

To date, 100 employers and another 375 job seekers have registered for the event, said Patricia Botkins, a coordinator with JBAB’s Military Family Support Center. Botkins got interested in the Hiring Our Heroes campaign after reading a story about first lady Michelle Obama and Dr. Jill Biden’s initiative to help honor military families. After learning more about the Chamber of Commerce event, she said it’s a perfect way to help kick off November, which happens to be National Military Family Appreciation Month.

“It’s not just a hiring event, but an opportunity to reach out to military families. We want to make them aware of the many organizations that are here to help them,” Botkins said. “I’ve received a lot of help with coordinating this event from a great team of spouses here on JBAB. We’re all looking forward to the event.”

Different from typical job

fairs, Hiring Our Heroes allows employers to conduct on-the-spot interviews with potential employees. This is the second such event at JBAB, according to Botkins. Last year, she said Hurricane Sandy had hit just before last year’s hiring fair. That contributed to some employers and job seekers not being able to attend. This year she’s expecting a crowd nearly double in size.

“Employers find this to be quite a tool in today’s job market,” Botkins said. “They want to find individuals that have the skills and leadership to do the job. There’s an abundance of talent in the military.”

To register for the Hiring Our Heroes fair or any of the workshops, visit uschamber.com/hiringourheroes/events and scroll down to Joint Base Anacostia-Bolling. For registration questions, please email hiringourheroesuschamber.com or call 202-463-5807. For additional information on the event, call the JBAB Warfighter and Family Services at 202-767-0450 or email patricia.botkins@navy.mil.

WARD 8

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said. “It remains a concept at the end of the day. One that is different and truly unique for this city.”

Congresswoman Eleanor Holmes Norton also spoke at the much anticipated ribbon cutting and referred to the pavilion as “brand new construction for a brand new era.”

“This will not only benefit residents in Ward 8, but also provide an attractive area to eat, meet and shop for federal employees who will be working at the St. Elizabeth’s West campus,” Norton said. “I’m proud to see our district take that first important step with the construction of this pavilion.”

According to Gray, the district has committed \$113 million over four years to upgrade infrastructure at both campuses in advance of its redevelopment. He said this could also include the presence of Microsoft, an academic institution, 1,300 mixed-income residential units and

more than one million square feet of office and retail space.

Catherine Buell, executive director for Washington’s Planning and Economic Development Office, said the 183-acre East campus was purchased by the city back in 1987 and that it’s perfectly suited to accommodate the cultural arts movement going on in Ward 8.

While there are challenges associated with the revitalization project overall, such as the highly regulated historic buildings sprawled out around the campus, she said that will not deter the city from moving forward with its master plan.

“The city had something to prove with this project. And I think we proved it,” Buell said. “Ward 8 needs amenities like this. It needs something that will get people excited. We’re going to create something here that everyone can be proud of.”

For additional photos of this event, see Pg. 7.

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Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING

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Naval District Washington brings energy initiatives to forefront

BY PATRICK GORDON
NAVAL DISTRICT WASHINGTON
PUBLIC AFFAIRS

WASHINGTON (NNS) -- Naval District Washington (NDW) is celebrating Energy Awareness Month in October.

Designed to inform and educate personnel about energy consumption and conservation, the campaign also hopes to encourage energy conservation and responsible usage by bringing awareness to the forefront.

"Energy Awareness Month is so important because everyone has a role and responsibility to increase energy efficiency for the Navy," said Jody Davenport, NDW N6 (Technology) program manager. "The 2013 NAVFAC/Naval District Washington energy awareness campaign will broaden our regional energy focus towards a new, comprehensive regional energy strategy consisting of five energy pillars - energy culture, energy information, energy efficiency, renewable energy/alternate fuels, and energy security."

The region's energy conservation initiatives are not just confined to the month of October, however. NDW has long been developing and instituting energy saving programs, such as the Smart Grid Pilot program started in 2012.

"In fiscal year 2012, OPNAV funded the NDW smart grid pilot activity with the

goal of establishing foundational capabilities to enable the energy mandates in a cyber-secure fashion," said Rear Adm. David Boone, director, Shore Readiness (OPNAV N46). "They have accomplished the development of the smart grid industrial control architecture that has been tested, validated and certified by fleet cyber command for Department of the Navy use. I'm excited about the progress that the NDW Pilot has made in achieving their goals."

The Navy's Smart Grid Pilot is comprised of interconnected technologies that collectively monitor, predict, control, and respond to building and utility management systems. Using Smart Grid technologies, the Navy can adjust energy distribution and controls to lower cost and divert energy to power critical assets during an emergency.

In recent months, NDW has been implementing new energy initiatives to continue its commitment to energy conservation in a secure manner. Davenport said that within the NDW N6 Technology department, personnel strive to show an impact through the use of technology to support awareness, accountability and effective planning. The smart grid provides the "technology backbone" that provides data, and the people and processes of Smart Shore allow N6 to effectively use

that technology to make smart decisions.

"The Smart Shore Report was initiated through a business process re-engineering study and allowed us to look at our program portfolio," Davenport said. "Through leveraging enterprise investments and infrastructure of ATRP [Antiterrorism/Force Protection] and AMI [Advanced Metering Infrastructure], NDW N6 optimized our portfolio of support efforts and embarked on an integrated smart grid. Our report analyzed this approach and found significant cost avoidance in allowing NDW to break even on enterprise investments that did not anticipate savings. By identifying the key energy consumers and performance trends, the smart grid foundation enables active facility management and provides the data that can support targeting key energy projects or process adjustments leading to improved energy conservation that can be monitored and maintained."

Davenport explained that energy-saving initiatives are constantly moving forward, and NDW currently has plans that are already taking shape. Among them is the transition to an integrated operations center. She said the initial staff is supporting a yearlong prototype to vet the most effective processes and begin actively operating a select group of buildings that are connected to the smart grid.

According to Davenport, approximately 26 percent of the total regional buildings were identified as beneficial to connect and actively operate.

"Through the use of a programmer and operator, the building systems and alarms can be analyzed and adjusted to support optimal operations," Davenport said. "For example, if an air handler is pulling too much outside air resulting in excessive run time, the programmer and operator could make remote adjustments. Additionally, as trouble calls come in, a programmer and operator can review the building system and perform initial diagnostics to target the root cause, thus minimizing multiple service calls."

With NDW constantly moving forward, Davenport said that the region is always looking to the future of energy conservation.

"Our main focus is to increase our presence in active facility management and work with our stakeholders, such as the NAVFAC Washington Energy Team and Recommissioning Team, to provide the data and analysis they require to measure and reduce cost of building and utility operations, continue to identify energy efficiency opportunities and maintain awareness of existing energy investments," Davenport said.

Military community and public outreach resumes

BY KAREN PARRISH
AMERICAN FORCES PRESS SERVICE

WASHINGTON - Pentagon officials have announced a plan that will enable military services to resume conducting community and public outreach activities in the new fiscal year, but at a significantly reduced capacity. This cost-cutting measure will yield a savings of \$104 million in fiscal year 2014.

Defense Secretary Chuck Hagel outlined the Pentagon's new strategic approach to community outreach in an internal memorandum to service chiefs and other military leaders. Many activities, including the Blue Angels and Thunderbirds air demonstration teams, will resume, but at a more limited frequency than in previous years.

"Even given the austere fiscal climate, Secretary Hagel believes the Defense Department must preserve vital links between service members and communities across the country," said Pentagon Press Secretary George Little.

Little said that the new guidelines are part of a careful balancing act and demonstrate the Department's determination to make the most efficient use of resources.

Community outreach brings Americans together in communities across the nation and helps inspire some to serve, builds support at home for those deployed in harm's way, and helps to ensure education, em-

ployment and wellness initiatives evolve to serve veterans, Hagel noted in the memo directing these changes. Community engagements have tangible value in that they "showcase our superior combat power, demonstrate readiness to defend the nation, and help to preserve the all-volunteer force," Hagel wrote.

"It is unfortunate that sequestration restrictions have kept us from connecting with nearly a half-billion people worldwide over the last six months, and required us to withdraw support from more than 2,800 events throughout the country," the secretary wrote.

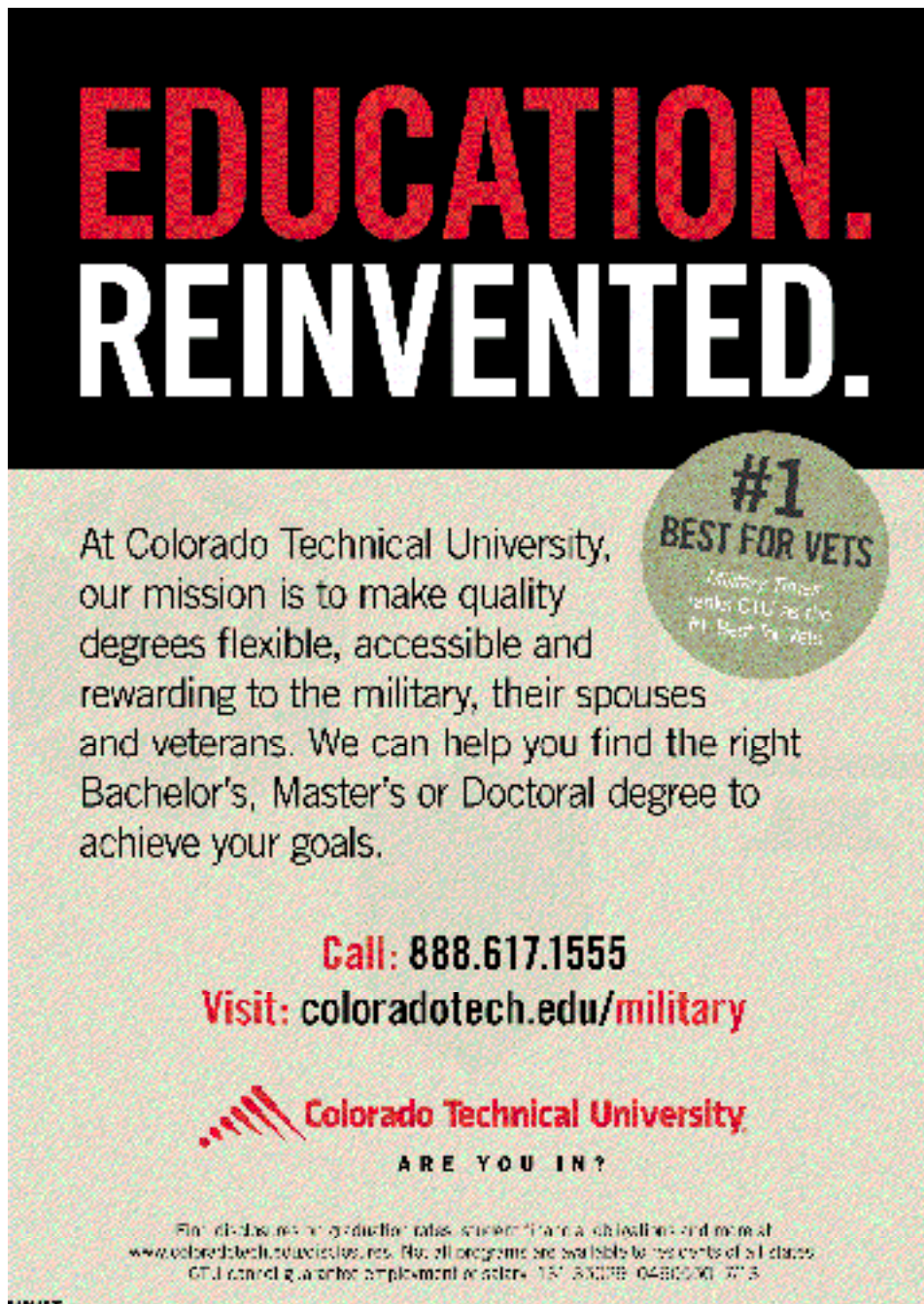
A senior defense official noted that this plan reinstates at a 45% reduced capacity: the jet and parachute demonstration teams, band and ceremonial unit appearances, port visits, service weeks, and nonprofit and corporate leader outreach.

The connections between U.S. service members and the civilians they defend are important to active and reserve service members, their families, and veterans, the secretary said in his memo.

"Community and public outreach is a crucial Departmental activity that reinforces trust and confidence in the United States Military and in its most important asset-people," Hagel asserted. "It is our obligation to sustain that trust well into the future."

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Chapel supports annual Pilgrimage of the Sea Services



COURTESY PHOTOS BY LYDIA CARROLL, NAVAL ACADEMY CHAPEL GUILD

Members of the Joint Base Anacostia-Bolling (JBAB) St. Michael the Archangel Catholic Community celebrated mass in Emmitsburg, Md. The occasion was part of its annual Pilgrimage for the Sea Services.

BY EDWARD MAYS

JOINT BASE ANACOSTIA-BOLLING CATHOLIC
PASTORAL COUNCIL

WASHINGTON - Earlier this month, a contingent from the Joint Base Anacostia-Bolling (JBAB) St. Michael the Archangel catholic community celebrated Mass in Emmitsburg, Md. The annual Pilgrimage for the Sea Services includes personnel from the Navy, Marine Corps, Coast Guard, Merchant Marine, and the U.S. Public Health Service. The pilgrimage is supported by the Archdiocese for the Military Services. The event culminates in a mass to honor Saint Elizabeth Ann Seton as Patroness of the Sea Services and ask for her intercession for all the men and women serving in our nation's Sea Services.

Saint Elizabeth Ann Seton's link to the sea services stems from the U.S. Navy service of her two sons, William and Richard. She prayed continuously for their safety and well-being while at sea.

In attendance was the Vice Chief of Naval Operations, Adm. Mark Ferguson, and the Assistant Commandant of the Marine

Corps, Gen. John M. Paxton, Jr. As JBAB Commander, Navy Capt. Anthony T. Candra noted the chapel's presence is to support the Sailors, Soldiers, Airmen, Marines, and Coast Guardsmen aboard JBAB. The annual Pilgrimage for the Sea Services covers a large segment of that population. Adm. (Ret.) William Fallon, chairs the committee that sponsors the annual pilgrimage. Fallon, a four-star admiral, served for 41 years in the U.S. military and served as the vice chief of the Naval Operations and Commander, U.S. Central Command.

Father Larry Smith, pastor for JBAB's St. Michael the Archangel catholic community, helped celebrate the mass with Rev. Monsignor Stuart Swetland.

Smith said this pilgrimage is another expression of the New Evangelism -- offering hope in the form of practical spirituality. He said this is very similar to the donations given recently in response to the military shortage of Catholic priests. The JBAB chapel catholic community and Knights of Columbus contributed over \$2,000 in support of co-sponsored seminarians.



Among those participating in the mass were members of the U.S. Navy Ceremonial Guard.

CHRISTMAS CANTATA ATTENTION ALL VOICES

Please join us to sing this year's Christmas Cantata, "The Jesus Gift," created by Tom Fettke. Rehearsal will be held every Thursday evening at 7:30 p.m. in Chapel Two. All voices are needed. Please come out and be part of this musical celebration of our Lord's birth! The Cantata will be presented to the JBAB community on Sunday, Dec. 15 at 11:30 a.m. at the Chapel Center.

For more information, call Gee Soo Hall at 202-583-5304 or email pianogeessoo@verizon.net.



Wounded warriors inspire at Army Ten-Miler



A wounded warrior finishes the 29th Army Ten-Miler with his running partner at the Pentagon.

BY LISA FERDINANDO
ARMY NEWS SERVICE

WASHINGTON - The wounded warriors who raced in the Army Ten-Miler are an inspiration to the nation, said the Army's top enlisted advisor.

Sgt. Maj. of the Army Raymond F. Chandler III said he and his wife Jeanne Chandler are especially moved by the resilience, dedication and strength of the injured service members.

Wounded warriors have "chosen to overcome their illness, their injury, and their wounds and come out here and participate," he said at the race, Oct. 20.

"It's really the most important

part of the whole race," Chandler said.

"There's nothing like it," he said.

Double amputee Mark Little raced with his team to support wounded warriors and those who are currently in harm's way.

"It's absolutely motivating. It's kind of cliché, but we don't do it for ourselves," said Little, who lost both legs below the knee in an explosively formed penetrator, blast in Iraq in 2007.

Little's team ran on behalf of Operation Ward 57, a non-profit that operates out of Walter Reed National Military Medical Center and supports wounded warriors, their families and loved ones.

"We're out here just trying to show our other brothers and sisters coming back missing legs, missing arms, blind, with traumatic brain injury, [post-traumatic stress disorder], that nothing can keep you on the couch," said Little.

It was a great day, he said, with such great people.

"I couldn't be happier," said Little, who, with his teammates, ran the 10 miles with full kits, including plates and rucksacks. He said that is what service members overseas would be wearing.

First-place female finisher Kerri Gallagher said she was inspired by the wounded warriors.

"It's just motivation and just really awesome to be able to run next



U.S. ARMY PHOTOS BY LISA FERDINANDO

Wounded warriors celebrate as they cross the finish line at the Army Ten-Miler, Oct. 20.

to them and be there with them and sharing in that same experience, even though it's on a much different level," she said.

Capt. Kelly Calway, who is getting ready to deploy overseas, was the first female military finisher. She is with Fort Carson, Colo., and ran on the U.S. All-Army Team.

"It's amazing. It's absolutely amazing," she said about running with wounded warriors in the race. "What they do, it's incredible."

Calway, who said she has visited wounded warriors at Walter Reed National Military Medical Center, said the injured service members have a great outlook on life. Instead of quitting, she said, they persevere and try that much harder.

"Just their attitude about everything is really inspiring," she said.

Ben Creswell from Cedar Falls, Iowa, drills with the 451st Army Band out of Fort Snelling, Minn. He expressed great admiration for the

resilience of the wounded warriors.

"It gives you a lot of strength seeing them work through it, and you hopefully give them some strength by cheering them on," he said.

Participants at the race also honored fallen service members.

Lt. Col. Pierre Jutras from Fort Belvoir, Va., took part in the event with family, friends and supporters, in memory of his son, Pfc. Dillon Jutras, who was killed in Iraq in 2005.

Team members wore shirts that had a photo of Dillon and included the words "Remembering An American Hero." Jutras said his son had just turned 20 years old when he was killed.

"We just miss Dillon greatly and this is one way we can show our support and honor him," he said, noting that there were dozens of people who came out to cheer them on or run the race in his son's honor.

Iron Man-style suit in early stages of development

BY DAVID VERGUN
ARMY NEWS SERVICE

WASHINGTON - U.S. Special Operations Command wants its operators to be protected with what it informally calls an Iron Man suit, named after the fictional superhero.

In September, U.S. Special Operations Command, known as SOCOM, made a broad agency announcement for proposals for prototypes of the Tactical Assault Light Operator Suit, or TALOS.

The goal of TALOS is to provide ballistic protection to Special Operations Forces, along with fire-retardant capability, said Michel Fieldson, TALOS lead, SOCOM.

"We sometimes refer to it as the Iron Man suit, frankly to attract the attention, imagination and excitement of industry and academia," he said.

"We're hoping to take products we're developing in several technology areas and integrating them into a consolidated suit to provide more protection for the [Special



U.S. ARMY SPECIAL OPERATIONS COMMAND PHOTO

Sgt. 1st Class Matthew Oliver suits up in a futuristic combat uniform with a Tactical Assault Light Operator Suit-like look at the 2012 Chicago Auto Show.

Operations Forces]."

Other technologies include sensors, communications, energy and material that can store and release energy to prevent injuries

and increase performance.

Materials that can store and release energy might be similar to the Intrepid Dynamic Exoskeletal Orthosis, now used by some

wounded warriors for lower leg limb injuries.

So TALOS would be something that wounded warriors might benefit from, he said.

Besides wounded warriors, Fieldson said Homeland Security and firefighters have expressed an interest in this technology. Also, it might eventually become available for other Soldiers.

"Our goal right now is to try to get the word out and bring industry partners together," he said, since the technologies that will go into its development are varied and it is unlikely one contractor would be able to specialize in the entire ensemble.

The traditional approach, he said, was to pick a prime contractor, usually a traditional defense partner, give them the design requirements and let them come up with the solution. That would take a long time, he noted.

"In this case, the government will be the lead integrator and we'll look to work with traditional

or non-traditional partners in industry and academia who are innovative," he said. "We'll leave no stone unturned."

The goal, he said, is to begin integrating capabilities over the next 12 months and have the first suit ready for full field testing in four to five years.

Fieldson thinks TALOS will become a reality because "it protects the warfighters and has the backing of SOCOM's commander, Adm. William H. McRaven.

"I'm very committed to this," McRaven said to industry representatives at a TALOS demonstration, July 8, 2013 in Tampa, Fla. "I'd like that last operator that we lost to be the last one we ever lose in this fight or the fight of the future; and I think we can get there."

"I'm committed to this," he continued. "At the end of the day, I need you and industry to figure out how you are going to partner with each other to do something that's right for America."

Leaders, community welcome new era of development



A jazz trio entertains guests throughout the event.

U.S. NAVY PHOTOS BY LT. CMDR. JIM REMINGTON



Del. Eleanor Holmes Norton said the project is a first step in the transformation of Martin Luther King, Jr. Ave. to an avenue worthy of its name-sake.



Planners intend to attract both community and national vendors to the pavilion. It is also designed to accommodate a farmers' market and cultural events.



Guests explore the Gateway Pavilion's terrace and open air market following the ceremony. Officers with the Federal Protective Service were among those in attendance.



The terrace atop of Gateway Pavilion offers an overlook of St. Elizabeth's East campus where visitors can stroll or sit and enjoy the view.



Guests enjoy light snacks and beverages during the reception.



A tunnel connecting St. Elizabeth's East and West campuses is open and being used by U.S. Coast Guard employees.

MWR Calendar

Domestic Violence Awareness Month

Silence Hides Violence - Give victims the strength they need to break the silence that chains them to abuse. For more information contact the Domestic Abuse Victim Advocate at 202-433-9743.

October is Gourmet Hot Dog Month!

Each week at the Potomac Lanes, we will be adding a new gourmet hot dog for you to try. During the fourth week, you can vote on your favorite hot dog to enter for your chance to win a FREE meal! Please call 202-563-1701 for more information.

Monday Night Football Special at Potomac Lanes

Enjoy Monday Night Football with a large one topping Pizza and 10 whole wings for only \$16.95. Eat in or take out. Please call 202-563-1701 for more information.

Movie Madness

Every Friday | 2 p.m. | Library
Enjoy new family friendly releases every week with free theater style popcorn and drinks. Visit the Circulation Desk or the Library's mobile marquee for movie listings. Children under the age of 10 must be accompanied by a parent or guardian who is 16 years or older. Please call 202-767-5578 for more information.

Game Night

Every Friday | 5-7 p.m. | Library
Play games for Nintendo Wii, PlayStation 3 or X-BOX 360! Game availability is first come, first served. Please call 202-767-5578 for more information.

Military Family Fun Night

Every Sunday | 5-9 p.m. | Potomac Lanes
Enjoy 2 games of bowling, shoe rental, pizza and drinks

for only \$20. Available to active military personnel and their families. Each additional person is \$5.

Fear Factor Night

Oct. 25 | 7-9 p.m. | Youth Center
Think you have what it takes to face your fears? We dare you to taste Gross-Out Cakes, Kitty Litter Cake, Blood Clot Cake & Bug and Dirt Cake just to name a few. This challenge is waiting for you. Please call 202-767-4003 for more information.

Busch Gardens Howl-O-Scream

Oct. 26 | 1 p.m. | Busch Gardens, Williamsburg, VA
Busch Gardens transforms into a park full of monsters and ghouls to go along with their attractions. Join us if you dare. Price: Free with Hero Salute form; \$40 without. Please call 202-685-1802 for more information.

Haunted House

Oct. 26 | 6-9 p.m. | Slip Inn grass area
Do you dare to be scared?? Children: \$5 Adults: \$7 Grab some food before or after your walk through the Haunted House from 6-10 p.m. at the Slip Inn Bar & Grill. Please call 202-767-4003 for more information.

Draft Blow-out

Oct. 28-31 | Slip Inn Bar & Grill
Celebrate the end of summer and help us close up the Slip Inn Bar & Grill for the winter. During the week of the 28th, we'll be serving our draft beers at rock bottom prices until it's gone! Please call 202-767-5840 for more information.

Liberty Halloween Party

Oct. 30 | 6 p.m. | Liberty Center
Break out your best costume, pumpkin carving skills and even mummify a friend at our annual Halloween Party! Enjoy food, games and compete in our costume, pumpkin carving and mummy contests for cool prizes! Please call 202-685-1802 for more information.

Children's Costume Party

Oct. 31 | 4-5 p.m. | Library
Dress up as your favorite character and enjoy ghoulish games, creepy crafts and light refreshments. Prizes will be awarded for best costume.

Halloween Parade and Carnival

Oct. 31 | 5:15 p.m. | Youth Center
Dress up in your favorite costume and walk from Geisboro Park to the Youth Center. Continue the fun at the gym with activities for all ages, followed by trick or treating in Base housing. Parade begins at 5 p.m.. Please call 202-767-4003 for more information.

See MWR, Page 10

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JNOTES

Miscellaneous items related to your health, your career, your life and your community

Immunization Clinic has new hours

The 579th Medical Group Immunization Clinic will be open Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 12:30 p.m. and from 1:30 p.m. to 4:15 p.m. On Thursdays, the clinic will be open from 8 a.m. to 12:30 p.m. and from 1:30 p.m. to 4:15 p.m. The clinic closes at 12 p.m. for training the first Wednesday of each month. For more information, call 202-404-6724.

JBAB Cub Scouts

Attention all boys grades 1st through 5th interested in scouting. Please contact the JBAB Cub Scouts, Pack 343, at jbabscouts@yahoo.com for more information. Each den holds their own meetings each month along with one pack event. Boys will earn badges together and can work on individual achievements as well. Come join us for popcorn, camping and so much more.

Toastmasters Club seeks members

The Bolling Toastmasters Club is available for everyone on JBAB as a place to practice your leadership skills. Toastmasters clubs are where leaders are made,

and leadership starts with good communication. The program is self-paced, and it works. The Bolling Toastmasters Club meets Wednesdays from 12:15 to 1:15 p.m. at the JBAB Chapel Center. Visitors are welcome. For more information, call Jim Queen at 301-452-6931.

JBAB Cyclists on Facebook

Basically a forum for all JBAB riders to get together. We organize group rides over lunch and during commuting hours. Visit us online at www.facebook.com/groups/jbabcyclists. For more information, email austin.pruneda@afncr.af.mil.

Navy Marine-Corps Thrift Shop hours

The Navy-Marine Corps Relief Society Thrift Shop has relocated to Enterprise Hall (building 72). The store hours are Tuesdays and Wednesdays 3:30 - 6:30 p.m. and the first Saturday of every month from 10 a.m. - 2 p.m. For more information call 202-433-3364.

AFOWC Thrift Shop

The Air Force Officers' Wives' Club Thrift Shop is located at 13 Brookley Ave

and is open Tuesdays, Wednesdays and Thursdays 10 a.m. - 2 p.m. Donations are accepted during business hours only. Profits from the AFOWC Thrift shop go toward college scholarships and other military charitable organizations. For more information about the AFOWC or its Thrift Shop call 202-563-6666 or email afowc-thriftshop@verizon.net.

Boys and Girls Club volunteers

The Boys and Girls Club of Greater Washington needs volunteer coaches for their youth baseball league for 10-year-olds and 12-year-olds. For more information or to sign up, call 512-560-5548 from 7 a.m.-5 p.m. or email Michael.martinez@afncr.af.mil.

Navy Wives Clubs of America

The D.C. Metro chapter of Navy Wives Clubs of America, Eleanor Roosevelt #37, hosts meetings every second Thursday of the month to discuss and plan volunteer activities in the local military and civilian communities. Military spouses of all branches are welcome to attend. For more information, email angeladowns@me.com or visit www.facebook.com/NWCA37.

JBAB Girl Scouts

Calling all Girls! Girls registered in Kindergarten - 12th grade this fall and interested in joining should contact JBAB-girlscouts@yahoo.com. The troop meets the second and fourth Wednesday of each month at the community center on Chap-pie James Blvd at 6 p.m. Girl Scouts; building girls with confidence, character and courage for 100 years.

NAVY 311

"NAVY 311" is the place to go for all types of information to help support Navy military, civilian and retiree personnel and their families. Access NAVY 311 at 1-855-NAVY-311 or (DSN) 510- NAVY-311. You can also email NAVY311@navy.mil or visit www.NAVY311.navy.mil.

Firth-Sterling Gate operations

The Firth-Sterling gate is closed on weekends. Once the gate's automated features become available, the gate will be accessible by any CAC card holder 24/7 during normal FPCON "A" conditions.

JBAB photo studio closure

The JBAB Public Affairs photo studio is closed until further notice. For official studio photography support, contact 11th Wing Public Affairs at 240-612-4430. Service members can also contact the Fort Belvoir photo studio at 703-805-2945 and the Pentagon photo studio at 703-697-2060.

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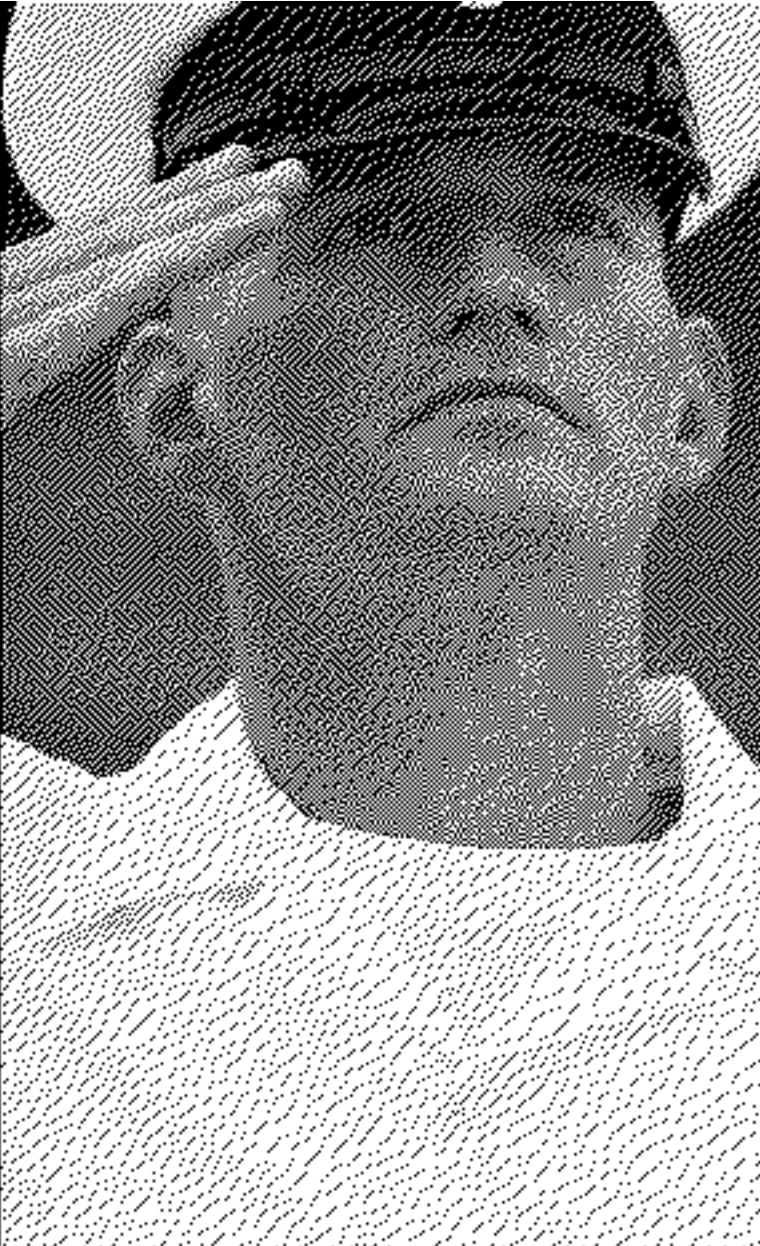


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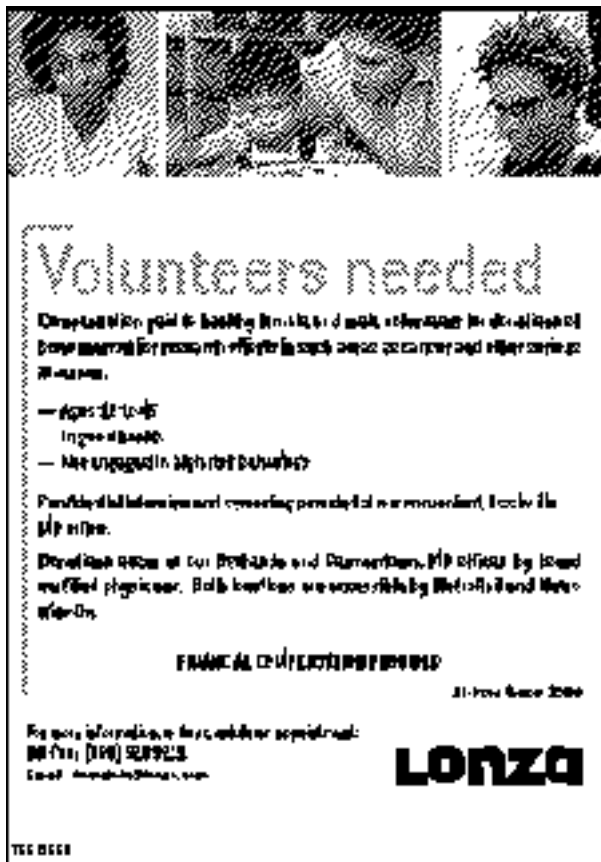
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MWR

■ continued from 8

Family Employment Readiness Program

10 a.m.-12 p.m. | MFSC Bldg. 13 Conference Room

All spouses seeking employments are encouraged to become involved in a supportive and encouraging environment that is focused on job search strategies. Classes are held the last Thursday of each month.

Topics include:

Oct. 31 – Resume Workshop

Nov. 21 – Military One Source

Dec. 26 – Networking/Interview Techniques Resume Please call 202-767-0450 for more information.

Hiring Our Heroes and Military Spouse Partnership Event

Nov. 1 | 10 a.m.-1 p.m. | Bolling Club

Join us for a job fair for veteran job seekers, active duty military members, guard and reserve members, and military spouses. This event will be a one of a kind FREE hiring fair for both employers and job seekers. Please call 202-463-5807 for more information.

Download the FREE "ABSalute" App

The Warfighter & Family Readiness Marketing Department developed a free smartphone application, bringing its resources to customers and employees on a mobile platform at Joint Base Anacostia-Bolling.

"ABSalute" is a fast and easy-to-use application designed to allow quick access to events and programs. Download the app and receive the latest information about MWR, as well as Warfighter and Family Readiness programs.

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- Facility and Event Photos

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Chapel

CATHOLIC SERVICES

Sunday 9:30 a.m. Chapel Center

Reconciliation

Sunday 9 a.m. Chapel Center

Rosary

Sunday 9:10 a.m. Chapel Center

Mass

Tuesday 11:30 a.m. Chapel Center
Wednesday 11:30 a.m. Chapel Center
Thursday 11:30 a.m. Chapel Center
Friday 7 a.m. Chapel Center
Saturday 5 p.m. Chapel Center

PROTESTANT SERVICES

Sunday Worship

Gospel 11:30 a.m. Chapel Center
General Protestant 11 a.m. Chapel 2

Sunday School

Sept - May 9:30-10:30 a.m.

Any questions about these services or other religious needs call 202-767-5900

For more news from other bases around the Washington, D.C. area,

visit www.dcmilitary.com.



Worship Guide

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