



Joint Base Journal

Vol. 5, No. 1

January 10, 2014

News and information for and about the premier
Joint Base and its region

www.facebook.com/jointbase

JOINT BASE ANACOSTIA-BOLLING

www.cnic.navy.mil/jbab

Personal, spiritual growth; better communication Focus of free weekend retreats

BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON –It's a new year and a time for new beginnings. Just ask anyone associated with the Naval District Washington (NDW) Chaplains Religious Enrichment Development Operation (CREDO). The program, which is the first of its kind in the region, recently opened an office at the Joint Base Anacostia-Bolling (JBAB) Chapel Center. The center will cater to all active-duty service members and their families.

The CREDO program originally began in the Navy more than 40 years ago as a response to helping individuals afflicted with drugs. Today, it focuses on the development of one's personal and spiritual growth through various weekend retreats and designated workshops. Such topics include marriage enrichment, self confidence, relax-

ation, combating personal affliction, suicide prevention and how to better communicate with others.

"Our goal is to help people grow spiritually and to enhance their personal readiness. There's nothing like this in the region, so I believe it has enormous value," said Cmdr. William Middleton, a Navy chaplain and the director. "We want our service members to find the answers they need. We have several retreats already lined up throughout the area. We're really looking forward to what the future holds."

During a recent kickoff ceremony for CREDO, Middleton thanked various members of the JBAB Chapel Center for their help and resources in getting the program off and running. He also extended his appreciation to members of the U.S. Navy Ceremonial Guard and Naval Support Activity Washing-

See CREDO, Page 6



U.S. NAVY PHOTO BY MASS COMMUNICATIONS SPECIALIST 2ND CLASS PEDRO RODRIGUEZ

Cmdr. William Middleton, a Navy chaplain and the director of the Naval District Washington (NDW) Chaplains Religious Enrichment Development Operation (CREDO), introduces and applauds fellow staff members during a recent ceremony at Joint Base Anacostia-Bolling (JBAB). CREDO is designed to improve job performance and enhance quality of life for service members and their families.

Air Force's newest leader takes charge

BY STAFF SGT.
DAVID SALANITRI
AIR FORCE PUBLIC AFFAIR AGENCY

WASHINGTON (AFNS) -- The Air Force's 23rd Secretary of the Air Force was formally sworn in, Dec. 20, at the Pentagon.

Deborah James assumed the position of the Air Force's highest ranking leader, making her the second female in Air Force history to serve in the role.

As James takes on her new duties, she said she knows there will be challenges, inheriting the service at a time filled with uncertainties, from the budget to management of the force.

"I think our Air Force is in great shape given that we've been living through some difficult times," James

said during her first interview as secretary. "I'm enormously optimistic about the future of our Air Force. We have nothing but opportunities to face in the upcoming years."

While James said she is confident the Air Force will prevail moving forward, she noted that the service's manning will look different in the future.

"I'm equally certain that we will become a smaller Air Force; we will remain a capable Air Force with top notch people," she said. "We're going to remain No. 1."

Over the next five years, the Air Force is slated to cut roughly 25,000 Airmen. Recently, Air Force officials announced programs that will aid the service to achieve such cuts in manning.

With these force management

programs beginning, James said senior Air Force leaders are working to give Airmen as much information as they can, as fast as they can.

"We are going to be as transparent as possible and get them information as quickly as we can," James said. "We don't want them to be consumed by worries of the future."

As she begins her tenure, James said she wants Airmen to know she is 100 percent dedicated to serving them.

"I am totally committed to every Airman," she said. "My top job is to be their advocate here in Washington and around the globe."

Before being nominated by President Barack Obama on Aug. 1, James was president of the Technology and Engineering Sector at Science Applications International Corporation.



U.S. AIR FORCE PHOTO BY SCOTT M. ASH

Timothy Beyland (left) swears in Deborah Lee James as the 23rd Air Force secretary Dec. 20, 2013, at the Pentagon. James is responsible for the affairs of the Department of the Air Force, including the organizing, training, equipping and providing for the welfare of its more than 690,000 active-duty, Guard, Reserve and civilian Airmen and their families.

INSIDE

CNO, MCPON tackle
important issues on
new "Conversation
with a Shipmate"
Page 2



Rules of the road
help keep children,
pedestrians safe
Page 3



First lady Michelle
Obama supports
Toys for Tots
annual drive
Page 6



CNO, MCPON tackle important issues on new “Conversation with a Shipmate”

BY CHIEF MASS
COMMUNICATION SPECIALIST
JULIANNE METZGER
OFFICE, CHIEF OF NAVAL
OPERATIONS

WASHINGTON (NNS) -- The top admiral and top enlisted man in the Navy released another installment Dec. 19 of the internet video series, “Conversation with a Shipmate.”

Mass Communication Specialist 2nd Class Mike DiMestico interviewed Chief of Naval Operations (CNO) Adm. Jonathan Greenert and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens aboard USS Harry S. Truman (CVN 75).

The leaders recently visited the Harry S. Truman Carrier Strike Group that is currently supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet Area of Responsibility.

With USS Gettysburg (CG 64) alongside the carrier, Greenert and Stevens answered questions that are hot topics among Sailors in the fleets. The three discussed a wide berth of issues: deployment lengths, budget cuts to uniform updates and advancement exam changes.

DiMestico used CNO's recently released Position Report as a starting point for the interview, questioning what 2014 holds for the Navy.

“We’ve heard you loud and clear when you’ve said presence is out mandate,” said DiMestico. “What is the key in 2014 in maintaining that global presence?”

Greenert said the key will be to have rotational forces forward from the east and west coasts; and then he went on to emphasize another important element, ‘places.’ Greenert explained that non-rotational forces will play a much larger role in the future. In Rota, Spain there will be four destroyers by 2016. Singapore will have four littoral combat ships operating forward out of Singapore. The Navy will also continue to develop forward deployed naval forces in Japan as well as the Darwin option, where the Australian government will host marines to be forward deployed.

Greenert said, “These non-rotational places are really the key to getting the most out of forward deployed forces.”

The conversation pivoted to

See SHIPMATE, Page 4



U.S. NAVY PHOTO BY CHIEF MASS COMMUNICATION SPECIALIST PETER D. LAWLOR

Chief of Naval Operations (CNO) Adm. Jonathan Greenert and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens visit with Sailors aboard the aircraft carrier USS Harry S. Truman (CVN 75) for an all-hands call and dinner on Thanksgiving Day. Greenert and Stevens spent time with members of their Navy-Marine Corps family during the Thanksgiving holiday period to show their support and appreciation for the many men and women who serve in the military.

Officials announce 2014 military housing allowance rates

BY TERRI MOON CRONK
AMERICAN FORCES PRESS SERVICE

WASHINGTON (AFPS) -- The 2014 basic allowance for housing rates for service members released Dec. 17, represent an average increase of 5 percent, or up to \$75 to \$80 per month, the Defense Department's BAH program manager said.

The new rates will take effect Jan. 1 at a cost of about \$20 billion for the Defense Department program, which will affect nearly 1 million service members, Cheryl Anne Woehr said. The allowance differs by pay grade, location and whether or not service members have dependents.

“How each service member is impacted is local,” Woehr said, explaining that BAH rates are based on the costs of housing for civilians with comparable incomes in 306 areas in the country with significant military populations.

“The program focuses strictly on the rental market and certain types of housing, such as rental prices for townhouses, apartments and single-family homes,” Woehr said.

BAH rate adjustments, she said, are based on three factors: data gathered from property managers for existing vacancies in each area, the costs of utilities based on data from the American Community Survey, and renter's

insurance costs, based on data collected from insurance carriers in each state.

BAH rates are routinely reviewed and are adjusted each year to account for fluctuations in rent, utilities and renter's insurance in a given location, said Navy Lt. Cmdr. Nate Christensen, a Pentagon spokesman.

“BAH is designed to assist service members assigned to permanent duty stations within the United States with acquiring housing comparable to civilians in the same income range at that location,” he added.

The largest BAH area increase for 2014 will be in Mobile, Ala., at an average of 14.9 percent, which

translates into about \$1,500 for BAH per month for service members with dependents, compared to \$1,305 per month for 2013. Increases in Honolulu County, Hawaii, and Minneapolis-St. Paul, Minn., follow at 14.7 percent and 14.5 percent, respectively.

The areas with the largest BAH decreases are Sacramento, Calif., where a 7.7 percent BAH reduction translates into \$1,998 monthly for service members with dependents, compared to \$2,132 in 2013. Yuma, Ariz., sees a 6.1 percent decrease in 2014, and BAH rates will drop by 5.9 percent at Altus Air Force Base, Okla.

The BAH rate decreases will apply only to service members who

are newly reporting to those locations. Service members already assigned to an area where BAH decreases in 2014 are “grandfathered” by the program's individual rate protection, and their rate will not go down. In areas where BAH is increasing, service members who already live there will receive the new rate.

“We do want to make sure we're fair to the service members regardless of where in the country they're stationed,” Woehr said.

A BAH primer on the Defense Travel Management Office website lays out the data collection process and has a table that links housing types to pay grades, she added.

Retiree dental program open for new enrollment

BY TRICARE RETIREE
DENTAL PROGRAM

FALLS CHURCH, Va. (AFNS) -- The TRICARE Retiree Dental Program (TRDP) offers comprehensive dental coverage to all enrolled members. Available to retired service members and their family, retired National Guard and Reserve members and their family, Medal of Honor recipients, their family and survivors, TRDP is currently open for enrollment.

TRDP covers diagnostic and preventive services, like exams and cleanings at 100 percent. Emergency services and basic re-

storative services, like fillings, are covered at 80 percent. The annual deductible is \$50 per person, each benefit year, and \$150 per family per benefit year. The annual maximum benefit is \$1,300 per person per year for enhanced enrollees; this is an increase of \$100 from last year. The annual maximum for orthodontia increased from \$1500 to \$1750. For more information, visit www.tricare.mil/Dental/TRDP/Costs.

Eligible beneficiaries can enroll online through the Beneficiary Web Enrollment website (BWE), www.dmdc.osd.mil/appj/bwe or go to www.trdp.org to print, com-

plete and mail in a TRDP enrollment application.

To enroll on the BWE, beneficiaries will need a DS logon, CAC or DFAS login.. Enrollees may be asked to enter information to establish an electronic funds transfer (EFT) method for payment of their monthly premiums, but EFT is not an option for the TRDP so enrollees should not enter anything in that section.

Federal law requires that TRDP premiums be deducted automatically through a monthly allotment from retirement pay. EFT is available only as an alternative method of payment for beneficiaries who

do not receive retired pay or whose retired pay is insufficient to cover the allotment amount. For those eligible to pay TRDP monthly premiums by EFT, visit www.trdp.org to download the EFT authorization form.

There is a 12-month commitment for initial enrollments. After a year, beneficiaries can decide to continue on a month to month basis as long as they haven't added additional family members to the plan. If a beneficiary and spouse are already enrolled, adding a child or any other family member resets the 12-month period.

Retirees who enroll in TRDP within four months of their retirement date have immediate access to the full benefit package. If they miss that four-month window, there is a 12-month waiting period for coverage of more advanced services such as crowns, bridges and implants.

Delta Dental of California manages the TRICARE Retiree Dental Program. Beneficiaries can register at www.trdp.org to access several online features such tracking claims, and adding or removing family members. For information, please visit www.tricare.mil/TRDP.

Rules of the road help keep children, pedestrians safe

BY PAUL BELLO

JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON – The holidays are over and it's back to school for students living on Joint Base Anacostia-Bolling (JBAB). As parents and a community, it's important that children receive a good education, but equally important they be safe when going or coming home from school.

School buses are generally yellow and use flashing red lights to alert motorists when they are preparing to stop. They also have an electronic stop sign arm that extends out to signal drivers to stop so children can get on or off a school bus.

The buses that transport students to and from JBAB, however, are not yellow. They also don't have flashing red lights or an electronic stop sign arm. As it turns out, they are shuttle buses not uncommon throughout the National Capital Region (NCR), according to Sandy Casey, director of JBAB's Safety Office.

"People may not realize they're following a school bus because it looks just like any other bus around this area," Casey said. "If it's in a housing area, chances are it's a school bus. We want people to be aware of this. It's really important."

All 50 states require that traffic on both sides of the road stop when students enter or exit a school bus. The area around a school bus is where children are in the most danger of being hit. Drivers should stop their car far enough from the bus to allow children the necessary space to safely get on or exit the bus, Casey said.

She encourages parents to also walk with younger children to the bus stop and wait with them until it arrives. Children should wait for the bus to come to a complete stop and never walk behind it. Casey points out there are also no school crossing guards on JBAB, so it's even more important to be alert. Some other important tips are below:

- If a child needs to cross the street after exiting the bus, he or she should take five steps in front of the bus, make eye contact with the bus driver and cross when the driver indicates it's safe. Teach children to look left, right and left again before crossing the street.

- Instruct children to use handrails when boarding or exiting the bus. Be careful of straps or drawstrings that could get caught in the door. If your children drops something, they should tell the bus driver and make sure the bus driver is able to see them before they pick it up.

- Drivers should always follow the speed limit and slow down in school zones and near bus stops. Remember to stay alert and look for children who may be trying to get to or from the school bus.

- Drivers should never pass a school bus on the right. It's illegal and could have tragic consequences.

All drivers need to recognize special safety needs of children, as well as adult pedestrians. Generally, pedestrians have the right-of-way at all intersections. As drivers, people need to exercise extreme caution to avoid hitting anyone, Casey said. On an installation like JBAB, there are many people that use the sidewalks. It's also not uncommon to see service members out for a jog or some early morning or afternoon physical training. Below are some safety tips for pedestrians and joggers.

- Watch your walkways. It's very important to walk on sidewalks and in crosswalks whenever possible. Trucks or buses make wide turns and occasionally run up onto the corner of the sidewalk. Be alert and move back.

- Be careful of blind spots. Always assume the driver can't see you and never walk behind a large vehicle when it is backing up.

- Use caution when crossing intersections and streets. Remember that trucks, cars, motorcycles and even bicyclists all have different ways of stopping.

- Make yourself visible. Wear bright or reflective clothing, especially when walking or jogging at night. Dressing to be seen is very important and will make it safer for everyone. At night, it's also suggested to carry a flashlight with you.

"What we want most is for people to follow the rules are parents taught us when we were younger. Stop, look and listen," Casey said. "It doesn't matter who has the right of way, pedestrians will get hurt if they're not paying attention. They stand to lose the most."



U.S. NAVY PHOTO BY PAUL BELLO

Motorists on Joint Base Anacostia-Bolling are urged to keep an eye out for pedestrians. Look both ways and pay attention to crosswalks and stop signs.

Confidential communications with chaplains: You hold the key

BY PAUL BELLO

JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON - Chaplains in Naval District Washington have undertaken advanced interactive training and are ready to assist service members and civilians in need of counseling. Below are some reminders on the importance of confidential communications with a chaplain.

- Sailors, Marines, Coast Guardsmen and families have the right and privilege to confidential communications with Navy chaplains.

- Chaplains have the obligation and responsibility to protect and guard what you share in confidence.

- Your command honors and respects the sacred trust between you and your chaplain.

- Chaplains support you with dignity, respect and compassion regardless of your religious beliefs.

- Your chaplain is available 24/7 to provide you a safe place to talk without fear or judgment and serves as an advocate to get you the support you need.

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

visit www.dcmilitary.com.

The Best Place for Your SPECIALTY CARE



Did You Know... that you can come to Walter Reed National Military Medical Center for Specialty Care even if you receive primary care at another location?

All TRICARE-eligible beneficiaries, including Medicare-eligible patients, can receive care at Walter Reed Bethesda (WRB).*

Home to over 60 specialty clinics, WRB has the only DoD Center of Excellence for Cancer Care, a Vision Center of Excellence, and is a verified Level II Trauma Center.

We are recognized for our distinguished level of care and broad range of specialized services, and are the referral center of choice in the National Capital Region for the most complex conditions. When health issues are beyond primary and preventive care, you can feel confident about the specialty services you receive at WRB.

Come to WRB and experience the care and commitment to our patients that makes us a world-class medical center.

**Call TODAY for Your Next Appointment!
1-855-CAPMED1 (227-6331)**

Come Home to Military Medicine

WRB is Now Open for Enrollment!

Call 1-877-TRICARE or visit www.hnfa.com to enroll. To learn more about WRB, visit www.wrnmcc.capmed.mil



*Excludes USFIP beneficiaries.

Uniform changes: Uniformity, fit, functionality

BY CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

WASHINGTON (NNS) -- Secretary of the Navy (SECNAV) Ray Mabus announced recently plans to evaluate and redesign elements of the female service dress uniform for both officers and enlisted beginning no later than May 2014.

SECNAV approved a proposal by Chief of Naval Personnel Vice Adm. Bill Moran to redesign the Service Dress Blue (SDB) uniform worn by female Sailors E1-E6 and to redesign the female combination cover for E7 and above.

"These changes ensure greater uniformity in our service and ceremonial dress, but more importantly, they send a clear signal that we are one in dress, one in standard and one in team. As you look out across a group of Sailors, you ought to see, not female and male Sailors, but Sailors," Mabus said. "I asked the Chief of Naval Personnel to present me a plan that balanced the importance for uniformity with cost and functionality - and he did just that. It's now over to his team to do the necessary testing and get these uniforms rolled out to the Fleet as soon practical."

The new E1-E6 service dress blue female uniform blends uniformity and tradition. The jumper and Dixie cup, tailored for female form and functionality, will match the recently redesigned (but not yet issued) male jumper -closely resembling the iconic image of the "Lone Sailor."

Following completion of a fit

evaluation on the female jumper style uniform and dixie cup, there will be a combined fleet introduction of the new female uniform and the previously approved male redesigned SDB uniform.

The female combination cover for E-7 and above will be redesigned to more closely resemble the male version, but will fit a woman's head in size and proportion. It was clear in the feedback from the recent test that simply issuing a male cover to females did not result in satisfactory fit or appearance. Similarly, lessons learned from the fit evaluation will be used to inform the design of the female cover.

New uniform items will be evaluated for fit, comfort and durability. Fleet introduction will begin following approval of the final design and completion of the manufacturing process. The final timeline and costs of the new items will be determined following the wear test.

"We are moving out with our plan to test these new uniforms items this spring," Moran said. "After a thorough testing, elements of these uniforms will begin to be introduced."

Feedback from a May 2013 uniform survey was instrumental in the development of these changes. More than 1,000 female officers and enlisted participated in the internal study which looked at level of satisfaction when wearing the male combination cover, Dixie Cup and the winter jumper style uniform.



PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ELLIOTT FABRIZIO

Heidi Boettger and Chief Yeoman Brianne Dentson model a prototype for the female combination cover, redesigned to more closely resemble the male version. This prototype includes several modifications from the standard male cover to accommodate a woman's head size and shoulder proportion and be compatible with standard female hair styles. This version of the cover will undergo further fit evaluations in the spring, and the results of that evaluation will determine if any further modifications are needed. The timeline for fleet introduction will begin following the approval of a final design.

"Loud and clear we heard their feedback-'don't simply put us in men's uniforms,'" Moran said. "We are taking the needed time to develop and test uniforms that more closely resemble their male

shipmates, but are designed to fit female Sailors."

Uniform officials say that further changes to female uniforms are likely, as the uniform board reviews and deliberates additional

ways to improve uniformity and functionality.

For more information on uniforms and uniform policy, visit the Navy Uniform Matters website at <http://www.public.navy.mil>.

SHIPMATE

■ continued from 2

the effects of sequestration on deployment lengths.

"After these next three carrier deployments that will take us through 2014 to 2015 we'll probably migrate to about eight months for our carriers for OPTEMPO length," said Greenert. Amphibious ready groups will be about seven and a half months, and submarines about six-month deployment lengths, he added.

"We'll be stabilized in a few years," Greenert said. "But it will take those few years to get through this of impact of sequestration."

MCPON spoke on how increasing deployment lengths have affected Sailors and their families.

"Our Sailors and their families never cease to amaze us," said Stevens, citing Sailors' perseverance through increasing deployment lengths.

"We cannot fool ourselves, this has taken a toll on and it will continue to take a toll, this is why we need to take a look on how long and how hard our Sailors are be-

ing deployed," said Stevens.

Later in the interview Greenert discussed compensation and how the Navy will deal with budget issues in the coming years.

He measures quality of service in two parts, quality of life and quality of work. Greenert explained. Quality of life being pay and benefits and quality of work being whether Sailors have adequate training and parts they need.

"Sailors say that where the Navy needs some improvement is in the quality of work," Greenert said.

The Navy has got to do better in: having right kind of leader-

ship in place, getting rid of gaps at sea, having spare parts and training, having a more predictable schedule, he said. He went on to explain that those needs will have to be balanced with what the Navy spends on compensation.

"We have to balance how we pay our people with what we need to operate," Greenert said. "We're in charge of the security of our country, we have to organize, train and equip appropriately in balance in this declining fiscal environment."

Both MCPON and CNO had messages of gratitude to all Sail-

ors operating forward.

"Thank you to our sailors and their families for the tremendous sacrifice they make in the service of our Navy and our nation," said Stevens. "We think about them, we care about them and every one of them matters."

"I'd like to say thank you to all those who are serving," Greenert said. "These are folks who are getting it done on the front. This carrier strike group is on a nine month deployment, and you wouldn't know it - these are some of the most motivated people I've come across."

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING

WASHINGTON, D.C.

PUBLIC AFFAIRS OFFICE: PHONE: 202-767-4781

EMAIL: JOSEPH.CIRONE@NAVY.MIL

This commercial enterprise Navy newspaper is an authorized publication for members of the U.S. military services, retirees, DoD civilians and their family members. Contents of Joint Base Journal do not necessarily reflect the official views of the U.S. government, Department of Defense, U.S. Navy or U.S. Air Force and does not imply endorsement thereof. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Navy, Air Force, Joint Base Anacostia-Bolling or Comprint

Military Publications of the products or services advertised.

Published by Comprint Military Publications, a division of Post-Newsweek Media, Inc., 9030 Comprint Court, Gaithersburg, MD, 20877, a private firm in no way connected with DoD, the U.S. Navy or the U.S. Air Force, under exclusive contract with Naval District Washington.

The editorial content of Joint Base Journal is edited and approved by the Joint Base Anacostia-Bolling Public Affairs Office. Tenant commands and others are encouraged to submit news, high-quality photos and informational items for publication. All submitted content must be received by noon on the Friday prior to publication. E-mail submissions to Joseph.Cirone@navy.mil.

To place display advertising, call 240-473-7538.

To place classified advertising, call 301-670-2505. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Capt. Anthony T. Calandra, USN
Commander

Joseph P. Cirone
Public Affairs Officer
202-404-7206

Lt. Cmdr. Jim Remington, USN
Public Affairs Projects

Col. Michael E. Saunders, USAF
Vice Commander

Chief Master Sgt. Richard J. Simonsen Jr., USAF
Senior Enlisted Leader

JOINT BASE JOURNAL

Paul Bello
Photojournalist

COMPRINT MILITARY
PUBLICATIONS

Maxine Minar
President
John Rives
Publisher
Deirdre Parry
Copy/Layout Editor

Military Blood Program director urges generosity

By JIM GARAMONE

AMERICAN FORCES PRESS SERVICE

WASHINGTON - Air Force Col. Richard H. McBride wants all service members to be part of a new arms race.

McBride, the director of the Armed Services Blood Program, wants service members to roll up their sleeves and donate blood to help their fellow service members and their families.

Historically, blood levels shrink around the holidays, and since 1970 January has been declared National Blood Donor Month.

"January, just like the summer months, is a time when there is a decrease in the blood supply, primarily because people are preoccupied with the holidays," McBride said during a recent interview. "This is a great time to encourage donors and keep them aware that we need donations 12 months a year, not just in the summer."

The Armed Services Blood Program is dedicated to ensuring that service members who need blood, get it. And the medics involved with the program have been getting a workout.

The fighting overseas has consumed a lot of blood resources, McBride said. One injured service member may need 40 units of blood in order to get back home.

"It's a sacred mission that we hold in our hearts," the colonel said.

The program's staff wants to ensure that every wounded warrior that can make it home does come home.

"We never want to hear that they didn't come home because they didn't have enough blood," McBride said.

The program also provides blood products for stateside service members and family members.

"Right now we collect about 10,000 units per month -- about 120,000 a year," said McBride, who hails from New York City's borough of Queens. "In peacetime, it can go as low as 90,000 [units] per year, but at the height of Operation Iraqi Freedom we were collecting about 150,000 to 160,000 a year."

One blood donation can result in four products. Red blood cells are what give blood its color and what a person needs if he or she is in danger of bleeding to death. Blood plasma is the straw-colored liquid that has clotting factors in it. Doctors use plasma to prevent bleeding.

Platelets are blood cell fragments and also help accelerate clotting. A final blood product is cryoprecipitate, which is also used to accelerate clotting.

Doctors also use whole blood and there have been times during the wars in Iraq and Afghanistan where doctors had to transfuse whole blood to wounded warriors.

In times of crises, doctors sometimes must turn to "the walking blood bank." This is an emergency whole blood collection from service members.

"It's definitely not planned, but we train for it," McBride said. "In those cases, we ask everyone to roll up their sleeves and donate at a moment's notice."

He continued, "We've never had a problem with people donating" blood throughout all the military operations.

"Our troops donate, and those deployed have no problem rolling up their sleeves if they are available to save another warrior's life," he said.

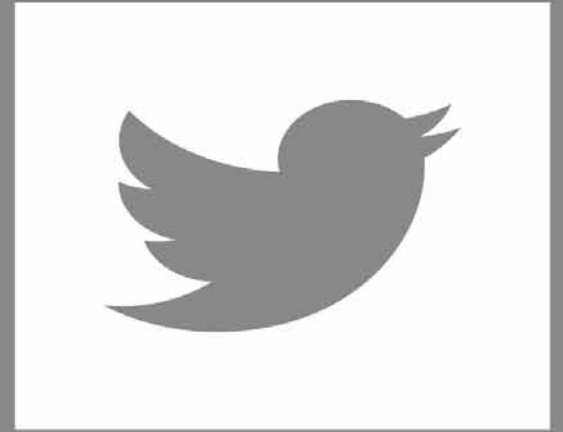
The blood program follows all Food and Drug Administration rules, even in a war zone, McBride said.

The Armed Services Blood Program has 21 blood centers in the United States and overseas. Blood donors must be 18 or older, in good health and free of any blood-borne infectious diseases. The armed services program accepts donations from service members, family members, DOD civilians, contractors and veterans, the colonel said.

The typical donation takes about 45 minutes, he said, and it could save the lives of several military brothers or sisters thousands of miles away.

"You can help bring them back to their families," McBride said.

twitter



Get the very latest
information about
Joint Base
Anacostia-Bolling

Follow Us On
twitter.com/jointbase



A simple selfless act now can protect your family's financial future.

Military Protection Plus can help protect those who count on you. It's life insurance that provides coverage beyond SGLI and stays in place after you leave the military. And once it's in place, you can add coverage with no medical questions asked.*

Protect your loved ones today.

800-531-8479 | usa.a.com/mpp



*Availability of increased life insurance coverage depends on characterization of military separation. Increases in coverage depend on your health and are subject to underwriting approval. Military Protection Plus is Level Term Life Insurance. Initial life insurance coverage limited by rank and occupation. Level Term V: Form LU490435121-05 (may vary by state). In New York, New York Term Series V: Form LU43867MY-07-04. Military Severely Injury Benefit and option to increase coverage to replace SGLI provided by riders. Increases in coverage require payment of additional premium. Rider forms LUW578431-05-06 and LUW5714031-05-07 (may vary by state). In New York, forms HUBC0469MY-06-06 and HUBC07733MY-06-07. All insurance products are subject to state availability, issue limitations and contractual terms and conditions. Life insurance and annuities provided by USAA Life Insurance Company, San Antonio, TX, and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. In most states, life insurance also provided by USAA Direct Life Insurance Company, Omaha, NE. Each company has sole financial responsibility for its own products. ©2014 USAA. 2009B2-0114

Joint Base Andrews hosts winter wonderland

BY AIMEE FUJIKAWA

11TH WING PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. (AFNS) -- On a cold and gloomy winter afternoon, thick, gray clouds loomed overhead. Parents, with their children in tow, quickly escape to the shelter of a nearby aircraft hangar. A safe-haven for those seeking refuge from the elements as guests are welcomed with friendly smiles, music, Christmas lights and balloons.

Inside, this winter wonderland celebration has been created especially for well-deserving children and their families who are weathering a storm of their own -- fighting cancer.

The winter wonderland-themed Parents and Children Fighting Cancer, or PCFC, Christmas party started in 1987, when a family stationed here had a child who was diagnosed with cancer.

Jeannette Ruffing, the family support center director at the time, heard about all the children who were registered patients at the Walter Reed National Military Medical Center, or WRNMC.

She wanted to do something to help, said Janet Grampp, the Fisher House manager here.

It was then that Ruffing decided to host the very first Christmas party for those families.

PCFC is a nonprofit organization that provides direct support to families: from house cleaning to education materials, grants for bone marrow transplants and sperm bank donations, and excursions to theme parks and other attractions.

This year, more than 40 military



U.S. AIR FORCE PHOTO BY AIMEE FUJIKAWA

A visit with Santa Claus is the highlight of the party at the 26th annual Parents and Children Fighting Cancer Christmas Party Dec. 14, 2013, at Joint Base Andrews, Md. This event allowed PCFC families to spend the day in a winter wonderland offering food, entertainment, gifts, static displays, and a visit from Santa and Mrs. Claus.

families and 45 hospital staff from the Walter Reed Pediatric Oncology Ward gathered for the 26th Annual PCFC Christmas party in a hangar here.

"This is an opportunity to celebrate the season, let the families know that they have the support and love of an entire community and to let the children just enjoy a day away from treatment," Grampp said.

Grampp has been the lead in planning and organizing the event for the past 20 years. This large undertaking is the culmination of many big-hearted individuals.

The Fisher House, Andrews, PCFC, and various organizations,

donated their time and resources for the event. More than 300 volunteers worked to make this day possible.

When you see how an aircraft hangar can be transformed in to a Christmas wonderland, it's pretty spectacular, Grampp said.

Attending the party this year was Staff Sgt. Forrest Arndt, a fire inspector with the 11th Civil Engineering Squadron. He attended the party with his wife Lindsey and their four young sons.

Arndt became involved with PCFC in the Fall of 2010, shortly after he and his family were stationed at Ramstein Air Base, Germany, where their oldest son, Za-

vian, was diagnosed with Leukemia at the age of 3.

Zavian was medically evacuated to Andrews, with is mother, where he started receiving treatment at WRNMC. Arndt joined his family shortly after and they stayed at the Fisher House for about four months where they met Grampp.

She is an amazing person and employee, Arndt said. She helped us so much and made sure the place was a suitable home for the occupants.

The Arndts celebrated Thanksgiving, Christmas and the birth of their third son, Draius, in the Fisher House.

"We developed friendships with other occupants and cooked meals together," Arndt said. "It was a special time in our lives even though we were going through a tough time."

Zavian, now 6, has undergone therapy with a positive spirit. I think that is because the boy is strong-willed and always thinks he's in charge, he said. Zavian has dealt with the illness by not letting it define him.

"And now, you would hardly be able to tell that the boy was on the verge of death," Arndt said.

"Seeing the children who have struggled through cancer therapy now having a bright, shining smile is what the event is all about," Arndt said.

Before the party, the Arndt family had only seen other families at the hospital, but being at the event was a great opportunity to meet up with others going through a similar situation.

There's something special with

these organizations, year after year they don't hesitate to help, said retired Navy Capt. Stephen Jordon, the vice president of PCFC.

Jordon is serving his second term in this position. The first time was in 2007 when he was going through Naval Attaché training in the Washington, D.C. area. His daughter Emma, 5 at the time, was diagnosed with Wilms' Tumor, a cancer of the kidneys.

She fought the cancer for a year and a half, receiving numerous types of chemotherapy, radiation and a bone marrow transplant. There was a point where she was cancer-free for three months, and then it relapsed. They then went into hospice care.

She had just turned seven when she passed away while on her Make-A-Wish trip to Disneyland in Orlando, Fl.

Her doctors did not think she could make the trip, but she was adamant that she and her three brothers would go, he said.

The PCFC party gives families a break from cancer for a few hours.

"You see the kids' faces light up when they see Santa come strolling off that C-37(A) jet and down the red carpet; that's a pretty magical thing," Jordon said.

Andrews personnel spent their off-duty time setting up, breaking down and interacting with guests at the static displays.

"Practically every organization on base was represented in some way, whether it was equipment or manpower, they were all there," Grampp said. For our military personnel it is the most-anticipated volunteer event of the year.

JBAB Cookie Caper Drive helps lift single-troops' holiday spirit



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

Gina Payton of Carlisle, Pa. and her daughter, both military dependents, deliver homemade cookies for Joint Base Anacostia-Bolling's annual Cookie Caper drive which collects and distributes holiday cookies to single service members living in JBAB's bachelor enlisted quarter.

CREDO

■ continued from 1

ton Fleet and Family Services for their support of the program.

Chaplain of the Marine Corps Rear Adm. Margaret Kibben, a Navy chaplain who also serves as the Navy's deputy chief of chaplains, said that adding CREDO was a response to the times. She commented it's also gratifying to see something in place that will serve as an outlet for fellow chaplains.

"I applaud NDW for recognizing a need that wasn't being addressed. If you stop and think of those who lean forward and the load they carry on their shoulders, one cannot realize how challenging duty is in the National Capital Region (NCR)," Kibben said. "This is a wonderful opportunity to create an informal way for people to go and find respite, fellowship and a sense of who they are professionally and spiritually."

NDW Commandant Rear Adm. Markham Rich said he could not be prouder of CREDO's presence in the region and what it will offer; it is a clear contribution to readiness and will surely make a difference to military families.

To register for CREDO or for more information, call 202-767-5900 or email: william.e.middleton@navy.mil.



U.S. NAVY PHOTO BY MASS COMMUNICATIONS SPECIALIST 2ND CLASS PEDRO RODRIGUEZ

Chaplain of the Marine Corps Rear Adm. Margaret Kibben; Cmdr. William Middleton, a Navy chaplain and the NDW CREDO director; and, Naval District Washington (NDW) Commandant Rear Adm. Markham Rich (left to right), cut into a ceremonial cake to mark CREDO's establishment within NDW.

Upcoming CREDO Retreat Dates

Marriage Enrichment Retreat (MER) at Hilton Crystal City

Retreat Dates:

| | |
|-----------------|------------|
| Jan. 17-19 | May 9-11 |
| Jan. 31-Feb. 2 | May 23-25 |
| Feb. 14-16 | June 6-8 |
| Feb. 28-March 2 | June 20-22 |
| March 14-16 | July 11-13 |
| March 28-30 | July 25-27 |
| April 11-13 | Aug. 8-10 |

April 25-27

Aug. 22-24

Personal Resiliency Retreat (PRR) at Turf Valley Conference Center

Retreat Dates:

| | |
|-------------|------------|
| Jan. 24-26 | May 16-18 |
| Feb. 21-23 | June 13-15 |
| March 21-23 | July 18-20 |
| April 4-6 | Aug. 15-17 |

Navy Secretary tightens counter fraud measures

By JIM GARAMONE

AMERICAN FORCES PRESS SERVICE

WASHINGTON (NNS) -- While the Navy already has one of the strongest counter-fraud efforts in the government, Navy Secretary Ray Mabus recently announced new measures to assure contracting integrity and to prevent fraud.

Mabus spoke amid a criminal investigation focused on Glenn Defense Marine Asia.

The U.S. Department of Justice is prosecuting the case, which alleges the company overcharged the U.S. Navy for husbanding services throughout Asia. Husbanding is the services ships receive in port and covers everything from removing sewage to providing transportation to resupply.

Some Naval officers have been arrested for their involvement in the scheme and Mabus expects more announcements as a result of the case.

Mabus is proud of the work Navy personnel did in uncovering the plot.

"The Naval Criminal Investigative Service, NCIS, along with the Defense Criminal Investigative Service, and the Defense Contract Audit Agency did and is doing incredibly impressive work to ferret

out the alleged fraud and corruption carried out by GDMA and, yes, allegations against naval personnel, as well," Mabus said.

The investigation has been under way since May 2010.

"Information gathered during this investigation was eventually turned over to government prosecutors and led to the recent charges filed in federal court," Mabus said. This included charges filed against an NCIS agent.

Throughout the investigation, Mabus repeatedly instructed NCIS agents to take the investigation wherever it led.

"This is a very serious case, and it is a serious issue," he said.

The secretary has spoken with all three- and four-star admirals about the investigation and the changes he is making.

"The conduct and the behavior alleged to have occurred in connection with this case is absolutely incompatible with the standards we require from our Navy officers and civilians," Mabus said. "If, as a result of this investigation, criminal prosecutors decide not to pursue criminal charges, but instead refer cases to the Navy for disposition, I'm announcing that those cases will be reviewed and resolved through a



DEPARTMENT OF DEFENSE PHOTO BY ERIN A. KIRK-CUOMO

Secretary of the Navy Ray Mabus briefs the press at the Pentagon. While the Navy already has one of the strongest counter-fraud efforts in the government, Mabus has announced new measures to assure contracting integrity and to prevent fraud.

consolidated disposition authority."

This authority will be a four-star admiral who will ensure that if allegations are substantiated, individuals will be held appropriately accountable, Mabus said.

Since 2009, Navy has suspended

252 contractors and debarred 400, the secretary said. Still, he said, the service must do more.

Mabus is taking steps following receipt of a report reviewing acquisition strategies for husbanding and similar contracts worldwide.

Experts are examining the husbanding contractor process from end-to-end and will recommend changes to correct deficiencies in those procedures and to provide maximum effective oversight of the process. When that task is finished, the Navy will issue a revised acquisition strategy that will be used on all husbanding contracts globally.

The Navy will "further standardize requirements, further standardize contract vehicles, further standardize administration and increase oversight of husbanding contracts and contractors," Mabus said. The Navy will increase the use of firm fixed-price line items and minimize the use and improve the oversight of unpriced line items.

The service also "will remove pay functions to husbanding service providers from ships and provide better guidance on requirements and more contracting support ship COs going overseas," he said.

The Navy will also incorporate standardized requisition processes fleetwide, and the service auditor general will conduct a special audit of husbanding and port services contracts. That report is due in June.

First lady Michelle Obama supports Toys for Tots annual drive



First lady Michelle Obama reminded Americans that it is not too late to help make a needy child's Christmas holiday more joyful. As she has done in past years, the first lady delivered toys and gifts donated by White House staff members to the Marine Corps Foundation's Toys for Tots campaign. The first lady collects a gift from one of the attending military dependents in her Santa sack.



First lady Michelle Obama hugs each Marine who recently returned from Afghanistan in time for Christmas following the Marine Corps Foundation's Toys for Tots campaign at Joint Base Anacostia-Bolling (JBAB) on Dec. 19, 2013. During her opening remarks Obama said, "I hear that there are Marines at this base that just returned home from Afghanistan last week, right in time for the holidays. So I just want to take a moment to say on behalf of myself and my husband, your commander-in-chief, 'welcome home.' We're glad to have you back."



First lady Michelle Obama poses for a group photograph with service members and military dependents after sorting donated toys for the Marine Corps Foundation's Toys for Tots campaign.



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

First lady Michelle Obama helps sort donated toys into age-appropriate boxes at Joint Base Anacostia-Bolling (JBAB) Dec. 19, 2013, in support of the Marine Corps Foundation's Toys for Tots campaign for the fifth straight year.

MWR Calendar

*Bolling Club
Theisen St, Bldg. 50
202.563.8400*

Air Force Club Membership

Become a club member by December 31 and get free dues for the first 3 months plus an instant win scratch card worth up to \$100! Club member benefits include meals discounts, access to all Air Force clubs worldwide, \$25,000 Annual Scholarship Program and more. Pick up an application at the Bolling Club or online at www.afclubs.net.

2-for-1 Steak Night

Every Thursday | 5 - 8:30pm | Wings Bar & Grill Choose from a juicy 12oz rib eye or sirloin steak, chicken or fish and your choice of a toss salad and Russet or sweet baked potato with butter, sour cream and bacon bits. All meals come with a roll and butter, as well as coffee, tea or iced tea. Select appetizers, desserts and drink specials will be offered.
Club Members: \$23.95 for two people
Non-Members: \$23.95 per person

Seafood Buffet

First Wednesday of each Month | 5 - 8:30pm | Washington Dining Room
Seafood Buffet featuring an abundant selection of crab legs, steamed shrimp, fresh oysters, fried oysters, fish and shrimp, the Club’s famous fried chicken, numerous sides, clam chowder, salad bar and home made banana pudding along with dozens of assorted cakes and pies.
Club Members: \$29.95
Non-Members: \$34.95

Champagne Sunday Brunch

Every Sunday | 10:30am - 2pm | Washington Dining Room
Enjoy the best Champagne Brunch in the Capital Region featuring an abundant selection of shrimp, fresh oysters, baked and fried chicken, turkey, beef, fish, salads, grits, bacon, vegetables, starches, eggs benedict, made-to-order waffles and omelets, seasonal fruits, homemade banana pudding, assorted cakes and pies for dessert.
Club Members: \$17.95
Non-Members: \$22.95

Boss and Buddy

January 17 | 3:30-5:30pm | Bolling Club - WASP Lounge
Follow up that monthly promotion ceremony by taking your boss to the Club for Boss and Buddy Night! Club members enjoy a FREE buffet; cost for non-members is \$10.

*Potomac Lanes Bowling Center
McChord St, Bldg. 1310
202.563.1701/1702*

Book your next occasion with us!

Whether you are hosting a birthday party or an office meeting, bowling is fun activity that people of all ages can enjoy! We have group event packages that are available for all size groups. Come eat, bowl and celebrate at Potomac Lanes and leave the cleaning up to us!

Cosmic Bowling

Every Saturday | 8pm-12am

Unlimited bowling and shoe rental for only \$15; \$12 for active military personnel and their families.

Military Family Fun Night

Every Sunday | 5-9pm
2 games of bowling, shoe rental, pizza and drinks for only \$20 (family of 4). Available to active military personnel and their families. Each additional person is \$5.

Monday Night Football Special

Every Monday
Enjoy a large, one topping pizza and 10 chicken wings for only \$16.95. Eat in or carry out.

Try EATZ New Menu Items!

Butter Breaded Mushrooms
Fried Pickles
Fried Green Beans
Traditional or Boneless chicken wings with new sauces: BBQ, Chipotle BBQ, Buffalo Caolina Gold, Honey Mustard, Sesame Teriyaki, Adobo or Churascodf. View the full menu on ABSalute, the MWR Smartphone App!

*Outdoor Recreation
Giovannoli Way, Bldg. 928
202.767.9136*

Camelback Mountain Resort

January 18 | 6am | Tannersville, PA
Snow Trip! Join us for our first snow trip of the New Year. We will Ski/Snowboard for about 12 hours. Stop by Outdoor Recreation and reserve your roundtrip seat for \$35. Lift tickets will be purchased individually at the resort. Check their website for pricing. Equipment is available for rent at the ODR bldg. 928, Fittings Highly Recommended! Minimum of 10 people for trip to go.
YHwww.skicamelback.com

Resale Lot

The Resale Lot is located on Duncan Avenue. If you are selling a car, truck, motorcycle, trailer, RV or boat, stop by Outdoor Recreation to register your vehicle. The cost is \$12 for the first month, \$22 for the second month, and \$32 for the third and final month. A copy of the current registration and insurance is needed at time of payment.

Equipment Rental

We have a large variety of sporting, camping and party equipment available! Stop by building 928 to check out the selection.

Ski and Snowboard Rentals

Get ready to play in the snow! Outdoor Recreation has ski and snowboard equipment for rent. Stop by for a FREE fitting!
Snowboard Package - \$25, first day; \$10 each additional day
Ski Package - \$25, first day; \$10 each additional day
Boots - \$8
Poles - \$5
Skis/Snowboard - \$15
Skki - \$15
Snow Shoes - \$12
Helmet - \$2

Services

Edges dull? Calibration off? ODR can also service your personal equipment with edging, waxing, calibrating and complete tuning!
Tuning - \$10
Edging - \$8
Waxing - \$7
Calibrating - \$10
Complete Tuning - \$25

Resale Lot

Sell your car, truck, motorcycle, trailer, RV or boat! Registration is required. The cost is \$12 for the first month, \$22 for the second month, and \$32 for the third and final month.

*Information, Tickets & Travel
Arnold Ave, Bldg. 4472
202.404.6576*

Niagara Falls Vacation Package

June 19-22, 2014
Fallsview, Ontario Canada
Enjoy a weekend getaway in Canada and behold the beauty of Niagara Falls. We will be staying at the Radisson Hotel & Suites Fallsview overlooking Horseshoe Falls. Prices are per person and include motor coach transportation and a 3 night stay in hotel.
Jacuzzi Suite (Couples Only): \$490 per person
Fallsview Room: Single: \$783, Double: \$457, Triple: \$360, Quad: \$312
Cityview Room: Single: \$370, Double: \$380, Triple: \$310, Quad: \$274
There is a \$10 fee, per person if there are more than 2 adults in a room. No charge for children under 2 years.
Payment Schedule: \$100 deposit due upon reservation
Half Balance due on January 24, 2014
Final Payment due on March 21, 2014
For information contact the ITT Office. Passports are required.

*Potomac Lanes Eatz
McChord St, Bldg. 1310
202.563.1701/1702*

Monday Night Football Special

Every Monday | Potomac Lanes EATZ
Enjoy a large, one topping pizza and 10 chicken wings! Eat in or Carry Out
\$16.95

Military Family Fun Night

Every Sunday | 5-9pm | Potomac Lanes EATZ
Enjoy 2 games of bowling, shoe rental and drinks for only \$20 (family of 4). Available to active military personnel and their families. Each additional person is \$5.

Cosmic Bowling

Every Saturday | 8pm-12am | Potomac Lanes
Unlimited bowling and shoe rental for only \$15; \$12 for active military personnel and their families.

DJ Cosmic Bowling

January 11 | 8pm-12am | Potomac Lanes
DJ Chris lights up the night with great music and fun! Unlimited bowling and shoe rental for only \$15; \$12 for active military personnel and their families.

Try EATZ New Menu Items!

Butter Breaded Mushrooms
Fried Pickles
Fried Green Beans
Traditional or Boneless chicken wings with new sauces: BBQ, Chipotle BBQ, Buffalo Caolina Gold, Honey Mustard, Sesame Teriyaki, Adobo or Churasco. View the full menu on ABSalute, the MWR Smartphone App!

December-January Soup Special

Cream of Crab Soup in a Bread Bowl
January Soup Special

Chili in a Bread Bowl
\$5.95
D.C. Smoke is the winner of the Hot Dog Special and has been added to the menu. For a limited time only!

*Arts & Crafts Center
Arnold Ave, Bldg. 4472
202.767.4422*

Joint Base Anacostia Woodworking Club

The JBAB Woodshop is back by popular demand. Join our woodworking club and get up to 32 hours of wood working for \$75.00 per month. We only have space for ten members per month so sign up today by calling (202) 767-4422 or stopping by the Arts & Crafts Center.
*The JBAB Woodshop is only open to the woodworking club members on Saturdays.

Arts & Crafts Gift Shop

Check out the Arts & Crafts Center Gift Shop. Choose from a wide selection of shadow boxes, flags, flag boxes and sword cases. We have rosewood pen and pencil sets, complete with beautiful maple or rosewood boxes. We also have customizable tankards and travel mugs that can be custom engraved in our shop. These all make great gifts for any occasion.

Arts & Crafts Engraving Shop

See all of our engravable items from acrylics to wooden plaques. We can engrave just about anything and also create graphics to suit all your engraving needs. Ask about our "green" bamboo plaques in variety of sizes.

Arts & Crafts Frame Shop

Decorated walls make your house a home and we can help frame your memories. Our Frame Shop is the place to get all of your occasional memories displayed using the best conservation materials

*Child & Youth Programs
Youth Center
Arnold Ave, Bldg. 4485
202.767.4003*

Rollingcrest-Chillum Indoor Splash Pool (Teens)

January 11 | 2-7pm | Chillum, MD | 13-18 years old | Sign up by January 8th
Enjoy an afternoon of swimming and then dinner. Members will be responsible for the cost of the indoor water park (\$5.00 per person) and the cost of dinner. Current membership and signed permission slip is needed for this activity. There are limited seats available on the bus. Sign up early. Questions? Call the JBAB Youth Center at 202-767-4003.

Parent’s Night Out


January 17 | 6-11pm | Youth Center | Pre-Registration: January 15
Cost: \$20. Children ages 6 weeks to age 5 (not in Kindergarten) will register at CDC II and Youth ages 5 (in Kindergarten) and up to age 8 will register at the Youth Center.
CDC II phone number is 202.404.8071 and the Youth Center’s phone number is 202.767.4003.

Emergency on JBAB?

DIAL

(202) 433-3333

For emergencies off-base, dial 911

 CUT OUT AND PLACE IN COMMON AREA

Professional Services

Call 301-670-7106

Resume

★★ THE RESUME EXPERT ★★

“Mobile Service”

- Federal/Civilian/Military Transition Resumes ■
- Database Input ■ Resume Writing Training ■
- KSA's ■ Job Search Assistance ■

★★ NON-EMPLOYMENT RELATED SVCS ★★

■ Situation Specific Writing Projects ■

Please call Phyllis Houston at 301-574-3956

Clinical Research



Volunteers needed

Completed with goal of building a team of 100 volunteers for the 2014-2015 season. We are looking for people who are interested in helping others and who are willing to commit to a regular schedule of service.

- Ages 18+ only
- In good health
- Not engaged in other volunteer work

Participated in a recent training session and received a certificate of completion. We will provide you with all the information you need to get started.

Donations of food, clothing and other supplies are also needed. If you are interested in helping, please contact us at 301-670-7106. We will provide you with all the information you need to get started.

FRANKIE L. CHURCH, Executive Director

301-670-7106

For more information, contact our volunteer coordinator:

DR. JAMES LOWTHER, Pastor

301-670-7106

TEG 0000

LONZA

Reach over 125,000 military personnel, their families and the surrounding areas

Advertise Your Professional Service Here

Call 301.670.7106

JNOTES

■ continued from 9

Center. Visitors are welcome. For more information, call Jim Queen at 301-452-6931.

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.

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.

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/jbab-cyclists. For more information, email austin.pruneda@afncr.af.mil.

JBAB Cub Scouts

Attention all boys grades 1st through 5th interested in scouting. Please contact the JBAB Cub Scouts, Pack 343, at jbabcub-scouts@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.

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.

Chapel

CATHOLIC SERVICES

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

Sunday 9:30 a.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



Worship Guide

Call 301-670-7106

Non Denominational

CAMP SPRINGS COMMUNITY CHURCH

8040 Woodyard Rd., Clinton, MD • 301-868-3000

Dr. James Lowther, Pastor

www.campspringschurch.com

Sunday: Sun. School 9:45am, Worship Services 11:00am & 6:00pm

Wednesday: AWANA, Teen Clubs, Adult Prayer & Bible Study 7:00pm

An Independent Bible Centered Church • In the Baptist Tradition - Missionary minded
Affiliated with IFCA International • Nursery Available All Services