News and information for and about Joint Base Anacostia-Bolling

www.cnic.navy.mil/jbab

Turn your clock back: Daylight Savings Time is this Sunday, Nov. 6 at 2 a.m.



# JBAB gets into the Halloween Spirit







### Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING WASHINGTON, D.C. PUBLIC AFFAIRS OFFICE: PHONE: 202-767-4781 EMAIL: MICHELLE.GORDON@NAVY.MIL

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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 Friday, at least two weeks prior to publication. E-mail submissions to michelle.gordon@navy.mil.

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# Miss America visits JBAB

#### By Eric Ritter

Joint Base Anacostia-Bolling Public Affairs

Joint Base Anacostia-Bolling hosted Miss America 2017 Miss Savvy Shields Oct. 28 as part of an area military installation tour where she visited service members and witnessed the roles they provide the military.

She first met with members of the Air Force Band's rock group, Max Impact, who gave her a walking tour of the band's hangar and explained their mission.

After that, she was taken to the Air Force Honor Guard campus where she toured the Airmen's living quarters, training areas, and also met with members who gave her a funeral detail demonstration and a show by the drill team.

Shields said the over-all experience of the tour was really eye-opening for her, since she didn't realize so much detail and professionalism went into those duties.

"I was really blown away by everything," she said. "This is more than I could have imagined. I feel like I am leaving here with a new perspective of what these folks do for us, and I can't wait to spread the word about how hard they are working. I truly feel inspired by everything I've seen here at JBAB."

Meeting Shields was also a treat for many of the Airmen and guests who took time to pose for pictures and chat one-on-one with the Arkansas native.

"It was an honor to meet Miss America," said Air Force Honor Guard member Airman 1st Class Chase Phelps. "I've met a lot of [big named] people on tours, but I've never met a Miss America. She's a superstar who was very personable to us, and really wanted to know what we did for the Air Force."



U.S. NAVY PHOTO BY ERIC RITTER

# Get a head start on holiday mailing and shipping

By Stephanie Bloom Joint Base Anacostia-Bolling Public Affairs

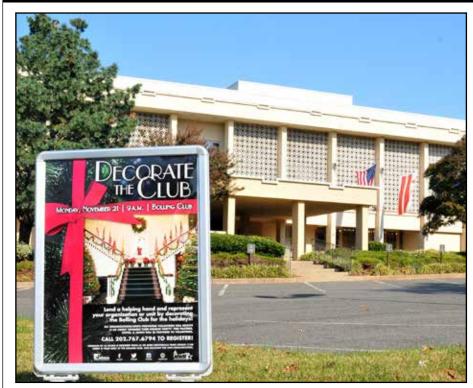
Planning to send some holiday cheer to your loved ones serving overseas before Dec. 25? The U.S. Postal Service advises that you get a head start on your mailing or shipping needs sooner than later.

The post office on Joint Base Anacostia-Bolling is open weekdays from 9 a.m. to 2 p.m. and 3 p.m. to 5 p.m. On weekends, it's open on Saturday from 9 a.m. to noon and closed Sunday.

The Postal Service recommends cards and packages going to military APO/FPO/DPO addresses overseas are sent no later than the mailing dates listed below:

Military Mail Addressed To and From	Priority Mail Express Military Service	First-Class Mail Letters and Cards	Priority Mail	Parcel Airlift Mail	Space Available Mail	U.S. Postal Service Retail Ground
APO/FPO/DPO AE ZIPs 090-092	Dec. 16	Dec. 9	Dec. 9	Dec. 2	Nov. 25	Nov. 7
APO/FPO/DPO AE ZIP 093	N/A	Dec. 2	Dec. 2	Dec. 2	Nov. 25	Nov. 7
APO/FPO/DPO AE ZIPs 094-098	Dec. 16	Dec. 9	Dec. 9	Dec. 2	Nov. 25	Nov. 7
APO/FPO/DPO AA ZIP 340	Dec. 16	Dec. 9	Dec. 9	Dec. 2	Nov. 25	Nov. 7
APO/FPO/DPO AP ZIPs 962-966	Dec. 16	Dec. 9	Dec. 9	Dec. 2	Nov. 25	Nov. 7

### Time to deck the club



U.S. NAVY PHOTO BY CHRISTOPHER HURD

Get in the holiday spirit and come help decorate the Bolling Club Nov. 21 from 9 a.m. to 3 p.m. All volunteers are welcome to lend a hand. Organizations and units providing at least four volunteers will receive a \$150 credit at the club, which can be used for upcoming holiday parties. Free pastries, coffee and lunch will also be available. To register, call the club at 202-767-6794.

# WARFIGHTER AND FAMILY READINESS EVENT CALENDAR

SATURDAY/ NOVEMBER 12

#### ROCK & BOWL

8 p.m. | Potomac Lanes Enjoy unlimited bowling to the music of DJ Chris! Only \$12 for active military personnel and their families, including shoe rental

#### SATURDAY/ NOVEMBER 12

#### **UFC FIGHT NIGHT**

Prelims starts at 8 p.m. | Bolling Club Watch UFC Fights for FREE at the Bolling Club! Enjoy food and beverage specials as you take in all the action! Eddie Alvarez vs. Conor Mcgregor

FRIDAY/ NOVEMBER 18

#### TURKEY TROT 5K & THANKSGIVING FOOD DRIVE

7 a.m. | Aerobic Center Free shirts will be given to participants while supplies last. Non-perishable food items will be accepted on race day. SATURDAY/ NOVEMBER 19

## SPAGHETTI DINNER & DANCE

6-9 p.m. | Youth Center Gym
We'll provide the food and the dance floor..
you bring the appetite and dancing shoes for
an evening of military family fun! Call
202-767-4003 for more details. Hosted by
JBAB CYP & Military and Family Support
Center.

#### MONDAY-WEDNESDAY/ NOVEMBER 21-23

#### TURKEY BOWL

10 a.m.-2 p.m. | Potomac Lanes Bowl a Turkey, Win a Turkey! The week of Thanksgiving, win a free turkey when you bowl 3 consecutive strikes at Potomac Lanes! Call 202-563-1701 for details.

#### MONDAY/NOVEMBER 21

#### DECORATE THE CLUB

9 a.m. | Bolling Club Lend a helping hand and represent your organization or unit by decorating the Bolling Club for the holidays. Register by calling 202-767-6794.

FOR MORE INFORMATION ABOUT WFR EVENTS AND PROGRAMS, PICK UP OUR MONTHLY MY WFR MAGAZINE AT ANY JBAB WFR FACILITY.

STAY CONNECTED





#### THANKSGIVING AT THE BOLLING CLUB

November 24 | Bolling Club Two Seatings: 12-2 p.m. - Washington Dining Room; 1-3 p.m - Capital Ballroom

#### Our Thanksgiving feast will include:

Roasted Turkey, Baked Ham, Prime Rib, Peel-and-Eat Shrimp, Steamed Mussels, Smoked Salmon, Corn Bread Stuffing, Candied Yams, Mashed Potatoes, Wild Rice Pilaf, Rolls, Cranberry Sauce, Gravy, Buttered Corn, Sauteed Green Beans, Assorted Salads, Desserts

Reservations are required and must be made by November 21 at 4 p.m. Please call 202-767-6794 to make a reservation.











## Chapel Schedule

#### **Catholic Services**

Reconciliation Sundays @ 0900 Chapel Center

Rosarv

Sundays @ 0910 Chapel Center

#### Mass (Chapel Center)

Tuesdays @ 1130 Wednesdays @ 1130 Thursdays @ 1130 Fridays @ 0700 Saturdays @ 1700 Sundays @ 0930

#### **Protestant Services**

Contemporary Sundays @ 0900 Historic Chapel

#### Traditional

Sundays @ 1100 Historic Chapel

#### Gospel

Sundays @ 1130 Chapel Center

#### Sunday School

Sep-May 0930-1030 Chapel Center

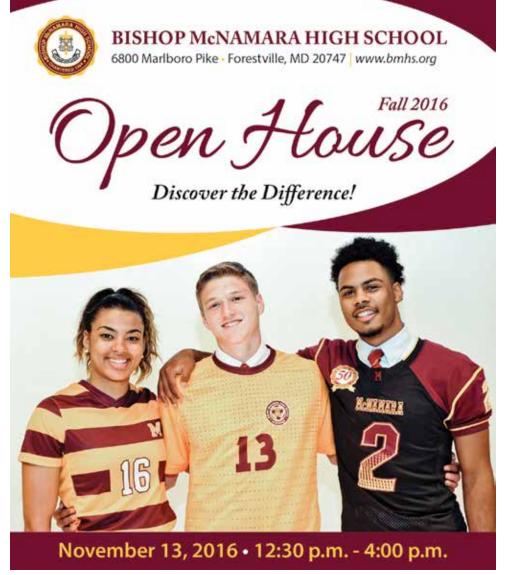
#### Chaplain's Religious Enrichment Development Operations

The Chaplain's Religious Enrichment Development Operations (CREDO) offers a variety of programs aimed at improving communication, adding resiliency, and training service members in valuable life skills.

**Marriage Enrichment Retreat (MER)** — Couples enjoy a free weekend at the Hilton Hotel in Crystal City, Virginia, where they learn and apply marriage skills such as communication and problem solving in a fun, small group atmosphere. Using personality inventories, participants learn that differences in marriages can be ways to enhance and complete one another in the marriage journey. The next MER is scheduled for Nov. 18-20.

**Personal Resiliency Retreat (PRR)** — The PRR highlights the essential components of hindsight, insight, and foresight in order to equip military personnel to accomplish the mission. Overall, the goal of a PRR is to give participants an opportunity to grow and mature as individuals by reflecting on their lives. The next PRR is scheduled for Jan. 27-29.

All retreats are free including room and meals. They are open to all active duty and reserve military members and their dependents. For pre-registration call 202-404-8830/8831. For more information contact the CREDO office, 202-767-5901/5900, send an email to: credo.ndw.fcm@navy.mil, or stop by the Joint Base Anacostia-Bolling (JBAB) Chapel and inquire within.







U.S. NAVY GRAPHIC BY CHRISTOPHER HURD

## Christmas Cantata singers needed

Courtesy of Joint Base Anacostia-Bolling Chapel

Announcing this year's Christmas Cantata, "JESUS!" Please come and be part of this powerful musical, celebrating the season of Christ's birth and honoring the gift of our Savior. Rehearsals will be held Thursday evenings at 7:15 p.m. in the Historic Chapel. Voices of every range are needed, including

young voices, ages 6 - 11 years old. The Christmas Cantata will be presented on Dec. 11, in the JBAB Chapel Center. For more information, please contact Gee Soo Hall at 202-583-5304 or pianogeesoo@verizon.net.

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nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. Having earned Charity Navigator's highest four-star rating, Wounded Warriors Family Support aids veterans and their families in healing the wounds that medicine cannot.

Wounded Warriors Family Support serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534

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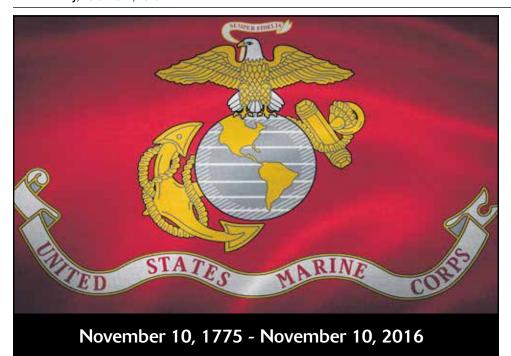




Some Restrictions Apply



8 Friday, November 4, 2016 Joint Base Anacostia-Bolling Joint Base Journal



#### HAPPY BIRTHDAY TO AMERICA'S MARINE CORPS!

Thank you to the United States Marine Corps for 241 years of service to our nation!



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