

Joint Base Journal

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News and information for and about
Joint Base Anacostia-Bolling

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Happy 241st Birthday Marine Corps!



JBAB, Air Force Band hosts Honor Flight veterans

By Eric Ritter

Joint Base Anacostia-Bolling Public Affairs

"I'll tell you what! This music has been the most awesome music!"

That was the sentiment of World War II Navy veteran Lewis "Cowboy" Bishop as he listened to the Air Force Band's Airmen of Note deliver period tunes to him and his fellow veterans with Honor Flight Dallas-Fort Worth (DFW).

The group of World War II, Korea, and Vietnam War veterans visited the band's hangar on Joint Base Anacostia-Bolling Nov. 5 as part of the Honor Flight tour that takes them to historical points throughout the National Capital Region.

"This has been such a morale builder," Bishop continued. "I'm really glad they did this for us. Everyone has lined up and shook our hand here honoring us. We really enjoyed this."

According to DFW Honor Flight Board President, Tudy Giordano, every trip she chaperones here is a new experience and never becomes routine.

"Each trip is unique," she said. "There's an experience with each flight you can't believe. These veterans are part of the history books."

She acknowledged that as these veterans age, fewer of them will be making similar future trips, so it's particularly a joy for her to see them get together like this.

"My favorite story is watching these veterans talk to each other," Giordano said. "They have that bond with each other, and this reunion lets them be kids again."

Bishop said he has been very happy for all the attention he and



U.S. NAVY PHOTO BY SCOTT PAULEY

the other Honor Flight veterans have received on this trip, but has a message he feels strongly about for current service members.

"I don't think the service members today get enough recognition. I would like to see them get everything they need, whether

it's to fight with or just to make sure they have enough clothing on their backs. That's what I want."

The next Honor Flight DFW to JBAB is scheduled for January 2017.

Air Force Band tour honors vets, inspires patriotism

By Senior Airman Jordyn Fetter

11th Wing Public Affairs

The U.S. Air Force Band and Singing Sergeants Fall 2016 Tour concluded Oct. 29 after a 10-day performance-filled trip through Ohio and Pennsylvania.

Tours are held biannually to connect with the American public in various ways.

"We do these tours threefold," said Maj. Matthew Henry, U.S. Air Force Band director of staff and associate conductor. "We try to honor those who have served and are serving, inspire the public to a greater sense of patriotism and service, and use music to impact the global community."

Each concert was jam-packed with classic concert pieces as well as music from the 1950s hit musical "Forever Plaid."

"It's been a lot of fun to see [veteran's] reactions when we play the music they know, remember and love," said Senior Master Sgt. Dennis Hoffmann, U.S. Air Force Band percussionist. "They sing right along with us."

To provide an even more interactive experience for audience members, choir and band students from each performance location were brought up on stage to participate in multiple performances.

"I hadn't seen the U.S. Air Force Band before tonight, but I was really impressed by their performance," said Matt Slocum, an audience member. "I'd recommend this show to anybody, especially those who are musically inclined. It's very enriching and educational."



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN JORDYN FETTER

Col. Larry H. Lang, U.S. Air Force Band conductor and commander, conducts the group during a Fall 2016 Tour performance in Pittsburgh, Oct. 29. The band traveled from Cincinnati to Pittsburgh during a 10-day trek through the two states to inspire patriotism, honor veterans and represent the U.S. Air Force throughout the community.

After providing the opportunity for local musicians to participate in the show, the concerts concluded with the playing of the U.S. Military service songs, during which veterans and their family members were invited to stand to show their pride and sing along.

"It really is a strong connection where we take the energy from the audience all night and put the focus right back on the veterans, where it belongs," said Master Sgt. Joseph Haughton, U.S. Air Force Band premier vocalist and music

director. "You can see the intense pride of all of our veterans as they stand."

A lot of time and effort goes into planning these tours in order to tailor them to the intended audience.

"We have a group of folks--our programming committee--who will take suggestions and offer them to our musical leadership," said Hoffmann. "Together they work on creating a program that will accomplish our mission to honor, inspire and impact."

This preparation normally takes about a year to complete because they must first discuss ideas, decide on a theme, and then mold the music to fit the band's characteristics. They then have to work out the logistics of the tour by reaching out to local connections in the tour area to secure venues and advertise their schedule.

In addition to serving local communities with both unique and familiar musical productions, band tours like these allow band members to perform in and visit their hometowns.

"This tour is special to me because I get to perform in my hometown of Pittsburgh," said Hoffmann. "A lot of my family and friends who supported me becoming a musician and coming into this career field will be able to see me perform with this band in my hometown for the first time in my 16-year career."

For many, this tour was a special experience--whether it was a performer's last tour before retiring, or a community member's first time watching a U.S. Air Force Band concert. The impression made throughout the community fell in line with the band's mission and proved a fulfilling tour for many of the musicians.

"Every time we get to play the service songs or 'God Bless America,' it means a lot to us on stage to see the audience react so positively to that," said Hoffmann. "Seeing that is comforting, in a way, and we never take that for granted. We're happy to be out here honoring [veterans] and inspiring the community to a higher sense of patriotism."

New NDW Commandant visits JBAB

Story and photos by Michelle L. Gordon
Joint Base Anacostia-Bolling Public Affairs

The commandant of Naval District Washington, Rear Adm. Charles “Chip” Rock, visited Joint Base Anacostia-Bolling Nov. 2 to tour the installation and talk to senior leaders.

Rock became the 90th commandant of NDW upon relieving Rear Adm. Yancy Lindsey during a change of command ceremony Aug. 18. Although he is stationed across the river at the Washington Navy Yard and is already familiar with most of JBAB, Rock said this visit gave him an opportunity to do a deep dive.

“I live and work close to JBAB, but I’ve never afforded myself the opportunity to come and understand all of the goodness, and perhaps some of the challenges, that exist here,” he said. “So, this is just an awesome opportunity for me to spend some dedicated time understanding what makes JBAB tick.”

During the visit, Rock had an office call with JBAB Commander, Navy Capt. Frank Mays, and he received a security briefing before setting out on a base tour. His first stop was the Liberty Center, where resident “Fun Boss,” Staci Dietrich, explained that her job is to ensure young, enlisted Sailors and Airmen know they have a place to relax and unwind.

Dietrich highlighted Liberty trips, the multiple gaming system consoles, first-release Navy Motion Picture Services, and the newest addition to the center — the free cell phone charging station. Rock was pleased with the services offered and discussed possible options to open a satellite location so more JBAB service members can utilize them.

The tour also included the Military and Family Support



New parent support nurse, Karla Abney, explained her program’s services to Rear Adm. Charles “Chip” Rock, the commandant of Naval District Washington, during his visit to Joint Base Anacostia-Bolling Nov. 2.

Center, where Rock met with the staff to thank them for making a difference in the lives of service members and their families.

“I love coming to centers because of the people who work here,” he said. “It’s a group of amazingly dedicated and highly-energetic people, and it just gives me a lot of energy to come and



Joint Base Anacostia-Bolling Liberty Center “Fun Boss” Staci Dietrich shows Naval District Washington Commandant Rear Adm. Charles “Chip” Rock the newly installed cell phone charging station at JBAB Liberty Center. Rock toured the center during his visit to JBAB Nov. 2 so he could fully understand the programs and services offered to service members stationed onboard JBAB.

see the good work that you all do. You get to actually deliver services and do good by our military and their families, so thank you for that. I think it’s really rewarding work, and I appreciate every opportunity I have to meet the heroes who are doing it.”

Helping area food bank fight hunger this holiday season

By Christopher Hurd
Joint Base Journal

Every day through Nov. 18 service members are out in front of the Joint Base Anacostia-Bolling Commissary taking non-perishable food donations as part of the third annual Turkey Trot and Thanksgiving food drive.

Each can people donate helps local families who are struggling to put a Thanksgiving day meal on the table.

“It’s really a shame to know that families and kids have to go, on a holiday season, without the traditional Thanksgiving meal,” said Senior Airman Blake J. Martin, an event coordinator. “Being able to give to those people and [make sure] no one feels left out has a great impact. Knowing you’ve helped some kid and his family come together and have a time where they can be happy and thankful for everything especially in the holiday season.”

All of the donations collected are going to the local Capital Area Food Bank (CAFB).

The nonprofit organization works with a

large number of community partners to bring healthy food to 540,000 families a year in the D.C. area.

After dropping off the collected donations, service members will go back to the CAFB on the weekends and help bag the food, each containing the essentials for a healthy Thanksgiving meal.

Through the help of its partners including local grocery stores, CAFB will be giving a turkey with each bag of non-perishable food.

Martin says that the service members are working to set up a date to bag and help hand

out the food and are still looking for volunteers.

So far, the food drive has collected about 500 pounds of food, says Tech Sgt. Maurice P. Chaney, an event coordinator. And they are looking to break last year’s mark of 4,500 pounds, which he says is well within reach if people continue to show support.

“Every can you give us is directly going back to the local communities and underprivileged families and kids,” he said. “And they are able to receive a Thanksgiving meal because of them giving to us and to our partners at the Capital Area Food Bank.”

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING
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One mind, any weapon: Marines complete MCMAP training on JBAB

Story and photos by Scott Pauley
Joint Base Anacostia-Bolling Public Affairs

Marines from the Marine Corps Barracks at 8th & I motor pool completed the final training exercise in the Marine Corps Martial Arts Program gray belt course on Joint Base Anacostia-Bolling Nov. 1.

The Marines performed several drills during a grueling physical test and showcased their training in hand-to-hand combat, ground grappling and close quarter combat with pugil sticks.

Marine Sgt. Kenneth Eaton, martial arts program instructor for the 2nd Civil Affairs Group on JBAB, said that learning these skills aides Marines in professional development in the same way that job training works for a Marine.

"In the Marine Corps, we advance in the Martial Arts Program in the same way that we advance anywhere else, and this course helps

them advance to the next belt," he said. "Today was the culminating event, which consisted of body sparring, pugil sticks, and ground grappling. On top of that, we had circuit courses as well."

The Marines Eaton trained don't work with him, but he said that isn't important, since they have to learn to fight with anyone at any time.

"They have instructors at the Marine Corps Barracks, but since I'm so close here at the 2nd Civil Affairs Group, I trained them instead," said Eaton. "Any Marine can learn from any instructor, whether it be active duty or reserve."

Driven by the philosophy of "one mind, any weapon," MCMAP combines some of the most effective unarmed techniques from various martial arts with armed techniques designed for combat.

Eaton said the training went well, and that these Marines are on their way to fulfilling the newest directive to get all Marines qualified as green belts in the MCMAP.



Marines perform a Squad Push-up for the Marine Corps during the final exercise for the Marine Corps Martial Arts Program on Joint Base Anacostia-Bolling Nov. 1.



Marine Sgt. Kenneth Eaton dodges a blow to the head during a demonstration of the pugil sticks for his students for a Marine Corps Martial Arts Program training session on Joint Base Anacostia-Bolling Nov. 1.



Marine Cpl. Julio C. Tejedadatos drags Marine Cpl. Jared E. Davidso during the buddy drag portion of the final exercise of the Marine Corps Martial Arts Program training on Joint Base Anacostia-Bolling Nov. 1.

Marine Civil Affairs reservists build on can-do spirit

By Eric Ritter

Joint Base Anacostia-Bolling Public Affairs

The Marines of the 2nd Civil Affairs Group (CAG) on Joint Base Anacostia Bolling have developed a great reputation on base as hosts for the annual Marine Toys-for-Tots holiday gift event that regularly features first lady of the United States, Michelle Obama, and on one occasion, her husband, the president, Barrack Obama.

However, there's more to the unit than just raising toys for under-privileged children.

The unit, and it's almost 200 members who come from all over the country to JBAB, are attached to Marine 2nd Expeditionary Force out of Camp Lejeune, North Carolina.

According to 2nd CAG Operations Officer, Marine Capt. Agustin Solivan, the civil affairs team, is designed to enter an area and assess what the area needs are to become more stable and safe.

"We do that by augmenting the active duty force who deploy anywhere in the world a Marine Expeditionary Unit (MEU) deploys," Solivan said.

Unlike other service's civil affairs groups, the Marines of the 2nd

CAG don't go into areas to provide long-term solutions up front.

"We help quickly set up the resources and subject matter experts from those areas who will be able to take on those long-term solutions, and we train them how to implement a successful civil affairs program of their own. It's pretty rewarding knowing they're going to rebuild their area with the knowledge we've taught them."

The Harrisburg, Pennsylvania native said the unit has been all over the world and has been involved in some of the major recent operations like Operation Enduring Freedom, and Operation Iraqi Freedom.

The members of the 2nd CAG are rarely in one place together for very long either.

"It's a continuous evolution," he said. "Supporting the MEUs is one of our main focuses. Our Marines are constantly training so that we aren't behind the curve when it gets time to deploy and to help support those active duty units."

He added it's a very interesting dynamic between the active duty and the reserves where there's a mutual respect among the two.

"The active duty element knows there's just a small Marine presence of Inspector-Instructors on JBAB who always make sure the reservists are fully qualified in training in order to be

mission-ready," he said.

The Marines of the civil affairs group are also involved with other various activities throughout the National Capital Region.

"Our Marines work really long hours supporting funerals, and we get upwards of 150 of those a year too. We will also be participating in the upcoming inauguration parade. Then there's the Toys-for-Tots program which is the largest, most yielding in the country right here."

Solivan said he is amazed at the Marine reservists for being able to tackle so many responsibilities.

"It's incredible how these reservists can handle the workload of their fulltime jobs, and then turn around and always support the unit anyway they can. I've never seen a unit more adaptive to challenges and to the things that creep up in order to meet the mission. Just point us in the right direction, and we'll be there to do the job."

He concluded that much of the unit's success goes to the reservist's full-time employers for being so understanding and willing to work with the Marines with so many added tasks.

"It really is a testament to those employers," he said. "Without their support for our mission, we may not have as many men and women who can meet the call."

First two enlisted pilots complete solo flights

By Randy Martin
12th Flying Training Wing Public Affairs

Two Air Force master sergeants became the first enlisted Airmen in six decades to complete solo flights during Initial Flight Training at the 1st Flying Training Squadron Nov. 3.

Both soloed in a DA-20 Katana at Pueblo Memorial Airport as part of the Air Force's IFT program, which is mandatory for all manned aircraft pilots, combat systems officers and remotely piloted aircraft pilots.

The Air Force announced on Dec. 17, 2015, the initiative to train enlisted RPA pilots for RQ-4 Global Hawk flying operations. As a result, the Enlisted Pilot Initial Class began Oct. 12 with four students training alongside 20 recently commissioned officers.

"The integration of enlisted RPA pilots into RQ-4 Global Hawk operations is part of a broader effort to meet the continual RPA demands of combatant commanders in the field, ensuring they are provided with intelligence, surveillance and reconnaissance capabilities in their areas of responsibilities worldwide," said Air Force Secretary Deborah Lee James.

Air Force officials selected 12 active-duty Airmen for EPIC. After IFT completion, each EPIC student will progress through the RPA Instrument Qualification Course and RPA Fundamentals Course at Joint Base San Antonio-Randolph, Texas, and the Basic Qualification Training at Beale Air Force Base, California. The



Master Sgts. Alex and Mike, 1st Flying Training Squadron Remotely Piloted Aircraft Initial Flight Training students, stand in front of a DA-20 Katana after completing an Air Force first enlisted solo flight in the DA-20 at Pueblo Memorial Airport, Colo., Nov. 3, 2016. The first Enlisted Pilot Initial Class students took their first solo flight instruction during the 1st FTS training. RPA IFT includes 41 hours of classroom training and 21 hours of pilot training and officer development.

entire training program spans almost a full year. Solo flights by enlisted pilots are relatively rare in U.S. military history. In 1912, one of the first two pilots in the Army Air Corps was a corporal. Thousands of enlisted pilots were trained and served in the military throughout World Wars I and II, including future retired Brig. Gen. Chuck Yeager. The Air Force's Cadet Aviation Program saw enlisted Airmen become commissioned officers upon completion, ending in 1961.

"It's a great opportunity that we're getting enlisted pilots back into the full force," said Master Sgt. Mike, the first EPIC student to fly solo. Mike,

a 17-year veteran with extensive flying experience, started his Air Force career in security forces and most recently served as a maintainer.

"There are a lot of opportunities that could become available to enlisted Airmen," Mike said. "If there is something you really want, it's achievable. You just have to put in the effort."

EPIC's second solo flyer, Master Sgt. Alex, had the determination Mike talked about, but no previous flight training.

"If you would have asked me if I was going to be a pilot when I was an airman first class, I would have told you no," Alex said after he completed his 20-minute flight. "I would never have

thought that possible." Alex said that when he was alone in the plane's cockpit he relied on his checklist and the voice of his instructor pilot playing over and over in his mind.

"I'm the type of guy who, if someone doesn't like an idea and says 'that's not going to work' and I think it's a good idea, I'm willing to be the guy who says 'that's a challenge, let's go see if I can do this.'"

Alex said he initially wondered why IFT was so tough on students.

"Now, I understand. Instructors are seeing if you can handle the stress of being able to make your radio calls on time, maintain proper altitude, contacting all your approaches and departures, hitting the right waypoints, getting to where you need to go," Alex said. "They put you in a lot of stressful situations so that when you get out there you can handle it."

Alex was relieved to have the solo flight behind him but he isn't ready to celebrate, despite the excitement of co-workers, his senior leaders and family back at home.

"I was excited that I soloed, but I have to maintain focus. This is not over. I've got to keep going and make sure that I get completely through the program," Alex said.

(Editor's note: Only first names were given because the Air Force limits disclosure of identifying information to first names for all RPA pilots and sensor operators throughout their careers. One of the first four EPIC students was released from training for medical reasons.)

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Human trials begin for Army-developed Zika vaccine

By Cheryl Pellerin
DoD News Defense Media Activity

A clinical trial began here yesterday at the Walter Reed Army Institute of Research, where 75 participating healthy adults were vaccinated with a Zika virus vaccine that the institute's scientists developed earlier this year, Walter Reed officials announced Nov. 8.

The Phase 1 trial will test the safety and immunogenicity — the ability of the vaccine to trigger an immune response in the body — of the purified, inactivated Zika virus vaccine called ZPIV. The vaccine is being tested at WRAIR's Clinical Trial Center in Silver Spring, Maryland.

"The Army has moved efficiently from recognizing Zika virus as a threat, producing ZPIV for use in animals and demonstrating its effectiveness in mice and monkeys, producing ZPIV for human testing, and now initiating clinical trials to establish its safety and build the case for subsequent efficacy trials," Army Col. (Dr.) Nelson Michael, director of WRAIR's Military HIV Research Program, or MHRP, and Zika program co-lead, said in a statement.

Efficacy refers to the vaccine's ability to demonstrate a health effect when tested in a clinical trial.

"All of this," he added, "was done in 10 months."

Dr. Kayvon Modjarrad, Zika program co-lead and associate director for emerging infectious disease threats at WRAIR's MHRP, said the Army was able to move so quickly in developing, manufacturing and testing a Zika vaccine "because of its extensive experience with this vaccine platform and longstanding investments in the understanding and mitigation of flaviviruses like yellow fever, dating back to the founding of WRAIR."

WRAIR officials say this study is part of the Defense Department response to the ongoing Zika outbreak in North and South America and Southeast Asia.

For service members, there are concerns about infection during deployment and travel, but also in the continental United States, where most military installations are concentrated in southern states. There, climate conditions and mosquito populations favor Zika transmission, WRAIR officials say.

As of Nov. 2, according to the Centers for Disease Control and Prevention, 149 cases of Zika infection were confirmed in the military health system, including four pregnant service members and one pregnant family member.

Zika infection during pregnancy, CDC says, can cause a birth defect of the brain called microcephaly and other severe fetal brain defects.

Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits and impaired growth. And reports have increased about Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika, CDC says.

But even Zika infections without symptoms "can lead to severe birth defects and neurological complications," Zika study principal investigator Army Maj. (Dr.) Leyi Lin said, adding, "A safe and effective Zika vaccine that prevents infection in those at risk is a global public-health priority."

Flaviviruses like Zika are found mainly in mosquitoes and ticks and cause widespread morbidity and mortality worldwide. Other mosquito-transmitted viruses that are members of the flavivirus genus include yellow fever, or YF; dengue fever, Japanese encephalitis, or JE, and West Nile viruses, according to the CDC web page.

"We want to assess the safety and immune response of the ZPIV vaccine in JE and yellow fever YF vaccine recipients because these vaccines may alter the response to the ZPIV vaccine," Lin said.

"Uniquely," he added, "illness as a result of natural infection from JE, YF or Zika could be more severe when prior flavivirus infection or vaccination exists. Our study assesses co-vaccination to learn how to reduce risk when protecting against circulating flaviviruses."

This is important for service members who are vaccinated against other flaviviruses and then stationed in or deployed to



CDC PHOTO BY JAMES GATHANY

Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito — *Aedes aegypti*, shown here, and *Aedes albopictus*. The same mosquitoes spread dengue and chikungunya viruses.

areas where Zika is becoming endemic, WRAIR scientists say.

WRAIR's inactivated flavivirus vaccine platform was the same technology the institute used to create its Japanese encephalitis vaccine, licensed in 2009.

An earlier preclinical study found that rhesus monkeys vaccinated with ZPIV developed a strong immune response and were protected against two strains of Zika virus.

The National Institute of Allergy and Infectious Diseases, or NIAID, part of the National Institutes of Health, helped identify the viral strain used in the ZPIV vaccine, supported the preclinical safety testing and is sponsoring the conduct of this trial.

WRAIR, NIAID and the Department of Health and Human Services' Biomedical Advanced Research and Development Authority, or BARDA, have established a joint research collaboration agreement to support the vaccine's development.

The Pilot Bioproduction Facility at WRAIR manufactured the ZPIV vaccine being used in Phase 1 clinical studies, and the Army recently signed a cooperative research and development agreement to transfer the ZPIV technology to Sanofi Pasteur to explore larger-scale manufacturing and advanced development. BARDA recently awarded a six-year contract to Sanofi Pasteur to further develop this vaccine to licensure, according to the WRAIR release.

WRAIR's ZPIV candidate also will soon be part of an NIH trial that began in August. The NIH vaccine contains DNA that instructs volunteers' cells to make certain Zika proteins that then illicit an immune response. As part of that study, WRAIR's ZPIV vaccine will be given to volunteers as a booster after they receive the NIH DNA vaccine, WRAIR officials say.

Three more Phase 1 trials using ZPIV are scheduled to begin this year, the WRAIR release noted:

— St. Louis University researchers, through the NIAID-funded Vaccine and Treatment Evaluation Units network, will examine the optimal dose of the vaccine to be used in larger studies.

— Beth Israel Deaconess Medical Center and Harvard Medical School researchers will evaluate the safety and immune response from a compressed vaccine schedule.

— The Ambulatory Center for Medical Research, part of Ponce Health Sciences University in Puerto Rico, will examine the vaccine's safety and immune response in participants who have already been naturally exposed to Zika or dengue viruses.

The WRAIR trial that began yesterday is sponsored by NIAID and funded by the Army and the Defense Department.

<div>COMMANDERS PICK- 6</div>						
Week 10	CAPT Mays JBAB CDR 31-22	Col Blanchette JBAB Vice CDR 35-18	CMSgt Kloeppel JBAB SEL 24-29	Col Raduege WHCA CDR 31-22	LT Miller Coast Guard CDR 29-24	CDR Reyes Navy CG CDR 26-27
	Baylor @ O.K.	Oklahoma	Oklahoma	Baylor	Oklahoma	Oklahoma
	S.C. @ Florida	Florida	Florida	South Carolina	Florida	Florida
	Penn. St. @ Ind.	Penn. State	Penn. State	Penn. State	Penn. State	Penn. State
	Den. @ N. O.	Saints	Broncos	Saints	Saints	Broncos
	Cin. @ N.Y. G.	Giants	Giants	Bengals	Bengals	Giants
	Mia. @ S.D.	Chargers	Chargers	Dolphins	Chargers	Chargers

U.S. NAVY GRAPHIC BY CHRISTOPHER HURD

Chapel Schedule

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Rosary
Sundays @ 0910
Chapel Center

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

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Sundays @ 1100
Historic Chapel

Gospel
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Chapel Center

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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.

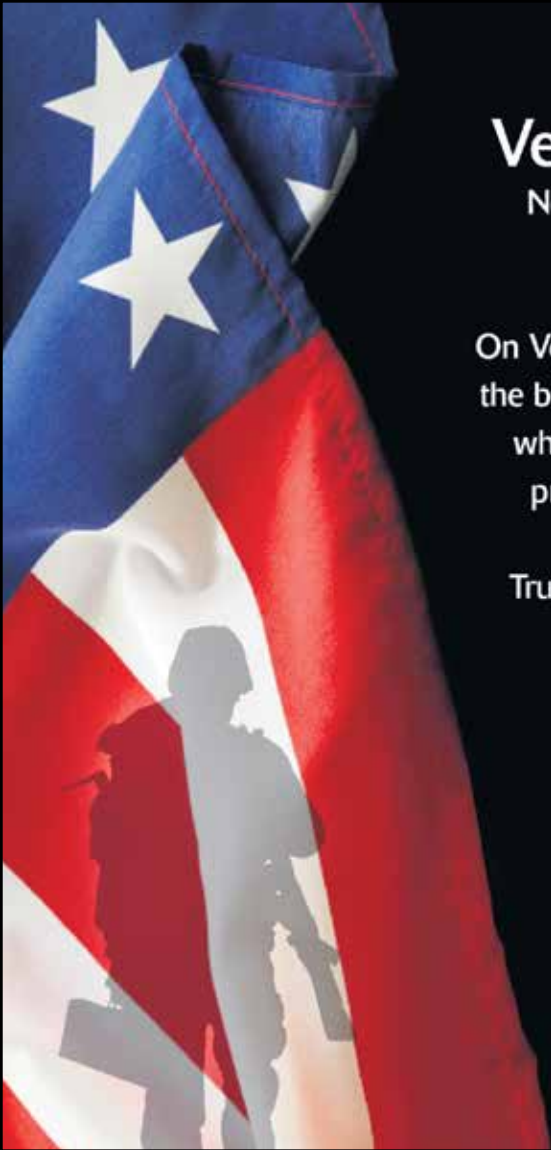
Marriage Enrichment Retreat (MER) — Couples enjoy a free weekend at the Hilton Hotel in Crystal City, Virginia, where they learn and apply marriage skills such as communication and problem solving in a fun, small group atmosphere. Using personality inventories, participants learn that differences in 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.

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**As reported by Military Times, July/August 2015*

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.



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, Sautéed 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.

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

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Tom Crispell,
Central Intelligence Agency