

Joint Base Journal

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News and information for and about
Joint Base Anacostia-Bolling



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'Beast of Bolling' returns page 3



Photo illustration by Michelle L. Gordon

'No shows' on the rise at medical clinic

By Stephanie Bloom

Joint Base Anacostia-Bolling Public Affairs

Someone schedules a medical appointment but realizes that they can't make it because life happens, and almost everyone can relate. However, when it does, people often forget to cancel or reschedule leading to 'no shows.'

Air Force 1st Lt. Jeffrey Smith, group practice manager for the 579th Medical Group, explained that missed appointments have been on the rise on Joint Base Anacostia-Bolling, and it negatively impacts patients' access to clinical services.

"People have no idea how much this affects our ability to deliver necessary patient care on the base," he said.

He stressed the importance of patients canceling their appointments at least 2 hours prior to their scheduled visit so that they can be offered to other patients.



U.S. NAVY FILE PHOTO BY CHRISTOPHER HURD

"This is especially important during the cold and flu season as people usually schedule more appointments during this time," Smith continued.

He said that when a patient does not cancel, not only are they impeding another's ability to be seen, but also the clinic's operations in a given day.

"We prepare every day based on our scheduled patients," Smith said. "This means that for every patient on the schedule, we have pulled and reviewed records, set up rooms and ensured the right equipment was available, and that takes time."

"Time is important to operating a clinic that is responsive to patient needs," he added.

Smith emphasized that communication is key to avoiding a 'no show' status.

According to clinic policy, patients who arrive more than 10 minutes after their scheduled appointment time are considered 'late arrivals.'

"If you're late, call the appointment line to notify the clinic staff," he said. "You may not be required to cancel or reschedule your appointment that day."

For appointment services, call 1-888-999-1212.

Help feed families during annual Turkey Trot, food drive Nov. 18

By Christopher Hurd

Joint Base Journal

Joint Base Anacostia-Bolling Morale, Welfare and Recreation along with the Navy Ceremonial Guard and Air Force Honor Guard are scheduled to host the third annual Turkey Trot 5k at 7 a.m. Nov. 18 at the Aerobic Center.

The run is the culmination of the month-long Thanksgiving food drive, which started Oct. 24, to spread awareness of hunger issues while also giving people the chance to give back and help others enjoy Thanksgiving.

"We hope that [base residents] will see this as a great opportunity to help those in need fight against hunger in our community this holiday season," said Air Force Airman 1st Class Marques Mitchell, event organizer.

Turkey Trot runners will receive free Thanksgiving-themed T-shirts on race day, and the male and female 5k winners will each get a free turkey.

The food drive is accepting any non-perishable food items including Thanksgiving-themed: canned vegetables, boxed stuffing, canned potatoes and cranberry sauce.

Service members will be outside of the commissary accepting donations Monday through Friday from 9 a.m. to noon up through race day.

The goal of this year's drive is 15,000 pounds of food. All donations will go to the Capital Area Food Bank.



U.S. NAVY FILE PHOTO BY TAMARA WARD

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING

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‘Beast of Bolling’ returns

By Joint Base Anacostia-Bolling
Public Affairs

New Bolling Field was established in the 1930s along the banks of the Potomac River in Washington, D.C.

At that time, the installation belonged to the Army Air Corps, the predecessor to the U.S. Air Force. However, it’s not what took place in the sky above Bolling Field that people still talk about. It’s what lurks in the river around it.

The “Beast of Bolling” was first seen in the earliest days of the installation. The creature, which has only been spotted a handful of times, lives beneath the surface of the Potomac River, and legend has it, he was here long before Bolling Field.

The first documentation of it was recounted in Captain John Smith’s journal from his first voyage in 1608, “The 16 of June we fell with the river Patowomek (Potomac). We were attacked by a savage water beast.”

One of the first sightings from modern times comes from Justin A. Fakenamea, whose father served at Bolling Field from 1930-1946.

“My dad was in the Army Air Corps, and we were one of the first families to live on Bolling Field,” said Fakenamea. “We lived over on Westover Ave. I was about 8 years old when I first saw the beast.”

Those who’ve seen it in person, like Fake-namea, describe it as a cross between an octopus and an alligator.

“I’ll never forget the first time I saw it,” said Fakenamea. “It was a warm October day and some friends and I were playing with our toy sailboats down by the water’s edge. The river was choppy because it was about to rain, so it was a great day to play sailboats,” the 88-year-old said with a grin.

“The wind picked up a bit, and I had to wade in to grab my boat before it got too far out of reach. The Potomac was cleaner in those days, so swimming was pretty common,” he added. “Just as I reached the toy, I felt a tug on my ankle. I didn’t know what it was, but I struggled to get away. I got pulled under a couple of times, and I was gasping for breath, but I eventually broke free.”



A 1940s aerial view of the Potomac River and Bolling Field appears to show one of the few known aerial shots of the “Beast of Bolling,” a river creature described as a cross between an octopus and an alligator, who lives in the Potomac River along what is now Joint Base Anacostia-Bolling.

Pausing before he continued his story, Fake-namea said he and his friends started running as fast as they could. Stopping to look back only after they were far from shore. He said he saw six tentacles rise up from the low fog hanging over the river.

“That was the first time, but it wasn’t the last time,” he said. “I saw the beast a few more times before my dad retired and we moved off base. Most of the time, people only see the tentacles, but I’ve seen the whole beast. He may have six arms, but he’s got one eye and two webbed feet. That’s the scariest part — the webbed feet — because that means he isn’t contained to the river.”

The most recent beast sighting was Oct. 21, after an afternoon rainstorm brought cooler temps to the National Capital Region. A resident along Arnold Ave. was taking pictures of the Washington Monument when tentacles emerged before quickly descending again.

Fakenamea cautions Joint Base Anacostia-Bolling residents and visitors to be on high alert, because the “Beast of Bolling” usually makes multiple appearances in late October.

“I don’t believe in the Loch Ness Monster or Bigfoot, but I’ve seen the ‘Beast of Bolling’ with my own two eyes, and I can tell you, he’s real.”
Happy Halloween!



The most recent sighting of the “Beast of Bolling” was Oct. 21, when an Arnold Ave. resident captured this picture of tentacles rising up from the Potomac River just prior to an afternoon rainstorm at Joint Base Anacostia-Bolling.

Make it a Safe Halloween

Courtesy of Naval District Fire
and Emergency Services

Check your Decorations

- Battery-operated candles in a jack-o-lantern are the safest route, but if you use a real candle place them out of the path of trick-or-treaters.
- Keep flammable decorations well away from all open flames and heat sources.
- Remember to keep exits clear of decorations, so nothing blocks escape route.

Check the Costume

- Make sure your child is visible. Have them walk with a flash light, or glow sticks.
- Make sure your child can see their surroundings through mask eyeholes.
- Keep your children away from open flames (including jack-o-lanterns).
- Stay away from costumes with long fabric and choose material that won’t easily ignite.

- Practice stop, drop and roll with your children so they know what to do if their clothes catch fire.

Check the Candy

- Encourage your children not to eat while they are trick or treating. Have a snack before you leave the house so they will not be hungry.
- Inspect all candy before your children eat it. Check the commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration,

tiny pinholes, or tears in wrappers. If it appears to be tampered with throw it away.

Have a Meeting Place

- Pick an easily found landmark at the beginning of trick-or-treating for your children to meet at in case they become lost or separated from the group.
- Review your contact information with your children including your name and phone number and instruct them to tell a trustworthy adult in case they get lost.

Energy Fair makes a buzz on JBAB

By Eric Ritter
Joint Base Anacostia-Bolling Public Affairs

For many who visited the base Exchange last Friday, Oct. 21, they may have found some displays that sparked some interest for them.

The 2016 Naval District Washington Energy Fair displayed electric cars, energy-saving light bulbs and other “smart” energy-saving technologies as part of Joint Base Anacostia-Bolling continuing October’s Energy Awareness Month.

According to JBAB Installation Energy Manager Tim Min, the fair is meant to give people a more hands-on way to see how they can save energy and why it is beneficial.

“The energy fair is our way of demonstrating to the people here [at JBAB] how their lives could be improved by saving energy,” he said. “We aren’t just displaying energy saving items like light bulbs and meters, but we’re also informing them about other incentives such as tax breaks that may be available to them.”

Freebies such as energy-saving light bulbs and other hand-outs were offered to those who inquired about the displays.

There were several organizations from the energy industry on hand to help spread the word.

One such participant was Colton Ellison with DC Sustainable Energy Utility (DCSEU) who said being a part of the fair this time of year is perfect to inform people how to save energy and money.

“We have a list of tips folks can use throughout the winter that will help them save energy and still be comfortable,” he said. “Just switching to incandescent light bulbs right now can save you money around eight to 10 percent a month. That eight to 10 percent savings can also be turned into a positive environmental impact.

“Any energy that is not being used keeps emissions down from sources [such as coal] that are used to create that energy,” he said.

Ellison added that DCSEU offers up-front rebate vouchers that customers can take to any major home-goods store to redeem. He said they also offer rebates for other energy saving appliances such as washing machines and dishwashers.



U.S. NAVY PHOTO BY ERIC RITTER
Laurisa Hatch (right), a representative from DC Sustainable Energy Utility Department displays how new incandescent bulbs can save energy and money and still be a comfortable light source for a home as part of an energy awareness fair held at the JBAB Base Exchange Oct. 21.

He admitted some of the technology can be a little confusing, so that is why these displays and interaction with people are very beneficial.

“Generally, people understand that saving energy is beneficial, but there are a lot of players out there [in the industry], and people may feel a little overwhelmed with so much of that information,” he said. “Once we boil all that information down [for them], we can see that it’s really something that everybody can get on board with.”

Min said the turnout was great, and he’s already looking forward to next year’s Energy Fair.

“There’s always going to be new technology such as these electric cars,” he added. “So, it’s always going to be new ways for people to save money.”

COMMANDERS PICK- 6						
 Week 8	CAPT Mays JBAB CDR 22-20	Col Blanchette JBAB Vice CDR 26-16	CMSgt Kloeppel JBAB SEL 19-23	Col Raduege WHCA CDR 22-20	LT Miller Coast Guard CDR 23-19	CDR Reyes Navy CG CDR 21-21
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	Phi. @ Dal.	Cowboys	Cowboys	Eagles	Cowboys	Cowboys
	G.B. @ Atl.	Falcons	Falcons	Falcons	Falcons	Packers
	Was. @ Cin.	Bengals	Bengals	Bengals	Redskins	Bengals

USNA breaks ground at new Cyber Security Studies Center

Courtesy Navy Office of Information

The U.S. Naval Academy (USNA) held a groundbreaking ceremony for its new \$106-million Center for Cyber Security Studies Oct. 21.

Three hundred people attended the event, including academy officials, Navy leaders and members of the Maryland delegation, U.S. Senator Barbara Mikulski and U.S. Representatives John Sarbanes and C.A. "Dutch" Ruppersberger.

The center was established in recognition of the critical importance that cyber operations play in our national defense and to facilitate the expansion of the Naval Academy's cyber program, which includes a cyber operations major and required cyber curriculum for all midshipmen. Cyber operations is an interdisciplinary major that includes study in computer architecture, programming, data structures, networks, internet, database systems, information assurance, cryptography and forensics, as well as policy, law, ethics and social engineering.

The USNA groundbreaking reminds us of the significant investments the Navy continues to make to reduce vulnerabilities, detect intrusions and strengthen its depth in defense, as well as the crucial role that every Sailor plays in protecting Navy systems. The academy's close relationship with U.S. Fleet Cyber Command/U.S. 10th Fleet, based at Fort Me-



U.S. NAVY PHOTO BY PETTY OFFICER 3RD CLASS BRIANNA JONES

The official part of the Hopper Hall ground breaking ceremony at the United States Naval Academy (USNA) dig out a scoop of dirt. Hopper Hall, which will house USNA's Center for Cyber Studies, is the namesake of Rear Adm. Grace Hopper who is often referred to as 'The Mother of Computing'.

ade, Maryland, provides midshipmen with a unique operational perspective through guest lectures, mentorship and summer training opportunities. During National Cybersecurity Awareness Month, recognized throughout the month of October, Sailors are encouraged to learn more about the steps they can take to support the defense of Navy systems and prevent intrusions.

The academy is the first institution of higher learning in the country to require cyber security classes for all students. The multi-story academic building will have classrooms, a lecture hall, research labs, a secure compartmented intelligence facility space--required to allow midshipmen to handle classified information--and a research and testing tank to support the engineering and weapons lab. The state-of-the-art

facility will enable midshipmen at the academy to get real-world training to prepare them for handling cyber threats, as Navy personnel are the first line of defense.

"This is a significant step in the process of streamlining our cyber education capabilities here at the Naval Academy with the needs of the fleet and Department of Defense," said Vice Adm. Ted Carter, Naval Academy superintendent. "This will be a state-of-the-art facility where our very best and brightest will get cutting edge training and education in the cyber field. I believe the building serves as yet another attraction the Naval Academy has to offer to future Midshipmen."

The building will be named after Rear Adm. Grace Hopper, known as the "mother of computing." Hopper was an American computer scientist who worked on the first computer, the Harvard Mark 1, during World War II. She was responsible for making computers more accessible by converting mathematical code into language.

Construction of the five-story building is expected to begin this winter and to be finished in September 2019.

Additional information on National Cybersecurity Awareness Month, including tips and resources for the use of local commands, can be found at a dedicated DHS webpage, www.dhs.gov/national-cyber-security-awareness-month, or on a Department of Defense page, www.defense.gov/News/Special-Reports/0415_Cyber-Strategy.

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Go for Green® fully implemented across Navy

By Kathy Adams

Naval Supply Systems Command Office of Corporate Communications

Naval Supply Systems Command (NAVSUP) has fully implemented the Go For Green® (G4G) program worldwide as of Oct. 20.

G4G is a food identification system designed to help service members identify the least processed food and beverage choices while dining in military galleys. The color codes — Green (Eat Often), Yellow (Eat Occasionally), and Red (Eat Rarely), along with a salt shaker graphic to measure sodium content — help service members choose foods and beverages that boost their performance, readiness, and health.

The G4G labeling guides service members to the best choice while still providing alternate options.

Foods labeled green are placed at the beginning of the serving line, and provide the most nutrients. Alternate menu options, labeled yellow and red, are to be enjoyed in smaller portions and less often.

All ashore and afloat galleys, as well as Navy Food Management teams; Bureau of Medicine dietitians; Morale, Welfare, and Recreation (MWR) command fitness leaders; Navy food service personnel; and Navy and Marine Corps Public Health Promotion directors have been trained on the principles of G4G.

Posters, food label cards, and table toppers are prominently displayed in the galleys to help Sailors be aware of which choices are the best for their overall health and performance.

Thirty- and 60-second video spots will begin airing during the holidays on the American Forces Network to aid in the explanation of the G4G program.

A training video on the G4G program is available at <http://www.youtube.com/watch?v=8N7loI0zAY4/>.



U.S. NAVY PHOTO BY PETTY OFFICER 1ST CLASS PETER BURGHART

Rear Adm. Jonathan Yuen, Commander, Naval Supply Systems Command (NAVSUP) takes his lunch plate at the Jewel of the East Galley on board Fleet Activities (FLEACT) Yokosuka as part of a tour of the region. FLEACT Yokosuka provides, maintains, and operates base facilities and services in support of U.S. 7th Fleet's forward-deployed naval forces, 83 tenant commands, and 24,000 military and civilian personnel.

www.youtube.com/watch?v=8N7loI0zAY4/.

NAVSUP's mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter. With headquarters in Mechanicsburg and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for food service, postal services, Navy Exchanges, and movement of household goods.

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James named honorary Tuskegee Airman

By Staff Sgt. Alyssa C. Gibson
Secretary of the Air Force Public Affairs

Air Force Secretary Deborah Lee James was named an honorary Tuskegee Airman and was presented the Tuskegee Airman red jacket during the Air Force Memorial's 10th anniversary ceremony in Arlington, Va., Oct. 14.

From the White House to Hollywood, the accomplishments of the Tuskegee Airmen and their "Red Tails" have been widely celebrated over the past 70 years.

Though the Red Tails no longer take to the skies, the Airmen who served in the once-segregated 332nd Fighter Group can now be recognized on land by their distinguishable red jackets – an item reserved only for the members of Tuskegee Airmen Inc. and those they appoint as honorary members of their elite group.

"Secretary James, just like the Tuskegee Airmen, you have been a trailblazer," said retired Brig. Gen. Leon Johnson, the president of Tuskegee Airmen Inc. "You, like them, have shown that hard work and staying on task results in success."

"It's the honor of a lifetime," James said. "My heart is palpating and it's difficult to find words ... I'm just so humbled by this honor and I'm so humbled to be with these gentlemen; they inspire us all."

To become an honorary Tuskegee Airman,



Secretary of the Air Force Deborah Lee James receives her honorary Tuskegee Airman red jacket during the U.S. Air Force Memorial's 10th anniversary ceremony in Arlington, Va., Oct. 14.

one must help preserve the Red Tails' heritage and help continue their legacy by introducing youth to aviation and science, technology, engineering and math. According to Johnson, James has done just that.

Under James' leadership, the spirit of the Tuskegee Airmen units from World War II is alive and well in the hands of active-duty, Air Force Reserve and Air National Guard units, Johnson said.

"Until recently, the 332nd Expeditionary

Wing was in Iraq overseeing a constant rotation of personnel who considered themselves the forward deployed bearers of the Tuskegee Airmen legacy," Johnson said.

In addition to being fantastic role models for the today's Airmen, the Tuskegee Airmen made huge contributions during World War II, James said.

"They grew up in an America that was different from America of today – where it was legal for businesses to refuse them because

of the color of their skin, and a law called 'separate but equal' was the law of the land," James said. "Nonetheless, they came from every corner of the country, and all they asked at that period was the privilege of serving our country."

"It's crucial we continue to tell these stories; we continue that legacy forward in the Air Force today," she continued. "We are committed to seeing that the values reflected by these Airmen do carry forward and that we do tell the young Airmen of today about our Tuskegee Airmen."

Johnson said the Red Tails are dedicated to preserving the heritage and legacy of the Tuskegee Airmen and are working with Air Force leadership on new diversity and inclusion initiatives, including the 13 new initiatives announced in September by James, Air Force Chief of Staff Gen. David L. Goldfein and Chief Master Sgt. of the Air Force James A. Cody.

"I can tell you my organization stands ready now, just as our Airmen did during World War II, to help and support moving the Air Force to the next level and meeting the diversity and inclusion challenges of the 21st century," Johnson said. "For all that you have done to support our Airmen, the men and women of Tuskegee Airmen Inc. are proud to recognize you with honorary membership in our organization ... congratulations and welcome."

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Sailors, Marines return from Haiti relief mission

Courtesy Expeditionary Strike Group 2
Public Affairs

Sailors and Marines returned to Naval Station Norfolk aboard amphibious assault ship USS Iwo Jima (LHD 7) to offload personnel and equipment Oct. 24 after conducting humanitarian assistance and disaster relief as part of Joint Task Force (JTF) Matthew.

JTF-Matthew, led by Rear Adm. Roy Kitchenner, commander of Expeditionary Strike Group 2, provided support to the U.S. Agency for International Development's (USAID) Office of Foreign Disaster Assistance (OFDA) in their efforts to provide immediate humanitarian and disaster relief assistance in the wake of Hurricane Matthew.

The deadly hurricane made landfall in Haiti Oct. 4, killing hundreds. U.S. military forces were already steaming toward Haiti when it struck, arriving just hours afterward.

Overall, JTF-Matthew conducted 400 hours of flight operations and delivered more than 600,000 lbs. of humanitarian relief supplies to some of the most impacted areas of the storm, directly aiding an estimated 100,000 citizens in the process.

"The military response helped the USAID-led team ramp up capability and capacity at the request of the government of Haiti," said Kitchenner. "Humanitarian assistance and supplies are getting to the right areas, but the recovery effort



U.S. NAVY PHOTO BY LT. JESSICA HAYDER

Sailors assigned to the Dragon Whales of Helicopter Sea Combat Squadron (HSC) 28 embrace Haitians after delivering aid to a landing zone. The amphibious assault ship USS Iwo Jima (LHD 7), with embarked HSC-28 and the 24th Marine Expeditionary Unit (24th MEU), is providing disaster relief and humanitarian aid to Haiti following Hurricane Matthew.

in Haiti is far from over."

The Honorable Peter Mulrean, U.S. ambassador to Haiti, praised the military members of JTF-Matthew for their efforts in the operation and their quick action for a neighboring country in need.

"Your ability to pull together the perfect mix of personnel and assets, whether from Honduras, Norfolk, Miami or elsewhere, is what makes the U.S. military unique in its ability to provide

rapid and targeted response," said Mulrean. "You have once again answered the call to help the people of Haiti, and have contributed to the great partnership that exists between our two countries."

Some of the JTF-Matthew forces had to accomplish the mission while also dealing with issues ashore, as their family members and friends weathered Hurricane Matthew back home.

"This mission had an additional factor that we had to pay attention to, in that our families at our homeport were directly affected by the same devastating storm," said Capt. James Midkiff, commanding officer of Iwo Jima. "I am both grateful and inspired by the way our families, our ombudsmen, and the Navy community pulled together to take care of each other. Their efforts allowed us to concentrate on our mission, knowing our friends' and loved ones' health and welfare back home were well taken care of. For some, this was their first time

integrating with other naval and Marine Corps units, and I am so proud of what everyone accomplished throughout the entire operation."

The ability to go ashore and assist those in need was one of the highlights for military personnel.

"I definitely feel like every one of us has made an impact on Haiti," said Seaman Anthony Hughes of Iwo Jima. "I feel like what we did is a great thing for the people there and it helped save a lot of lives."

The first to arrive in Haiti was the Honduras-based Special Purpose Marine Air-Ground Task Force, Oct. 7, led by then JTF Commander Rear Adm. Cedric Pringle. They were followed shortly thereafter by ESG-2, composed of amphibious ship USS Mesa Verde (LPD 19), Iwo Jima, the 24th Marine Expeditionary Unit, Naval Beach Group 2 units, Tactical Air Control Squadron 21, Helicopter Sea Combat Squadron 28, Fleet Surgical Teams 4 and 8, and members of Navy Expeditionary Combat Command.

The amphibious-based JTF provided medium- and heavy-lift helicopters to carry large relief supply loads in the western part of Haiti, which was hardest hit.

"When you think of an expeditionary strike group, you think of its ability to deploy quickly and reach anywhere in the world with a game-changing military capability," said Kitchenner. "Those same capabilities that make amphibious forces so powerful in combat also make them extremely effective conducting humanitarian assistance and disaster relief."

The Department of Defense has a longstanding history of providing initial support and capabilities to disaster relief efforts until governmental agencies and non-governmental organizations are able to provide the needed aid on their own.

Once JTF-Matthew's unique capabilities were no longer required, the JTF ceased operations Oct. 21 and transitioned the longer-term relief effort to the appropriate civilian agencies.

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Flu season: time to get vaccinated!



U.S. NAVY PHOTO BY CHRISTOPHER HURD

Flu season is in full swing and Joint Base Anacostia-Bolling's medical clinic immunization office has the influenza vaccine ready and available. Don't wait. Stop by Monday, Tuesday, Wednesday, Friday from 7:30 a.m. to 4:15 p.m. and Thursday from 8 a.m. to 4:15 p.m. to get vaccinated.

Commissaries to give patrons reusable shopping bags

Courtesy DoD News
Defense Media Activity

Starting Oct. 28, customers of Defense Department commissaries will receive a free reusable shopping bag courtesy of Military OneSource, according to a Military Community and Family Policy news release.

This free distribution is part of an ongoing campaign between the Defense Commissary Agency and the office of Military Community and Family Policy to raise awareness of the resources available 24/7/365 through the call center at 1-800-342-9647 and online.

“In the same way that this reusable bag assists in your commissary or other daily shopping, Military OneSource is there to assist you with confidential help and useful resources. I am confident everyone knows about Military OneSource, but do they really know about Military OneSource? Call us today or visit the web site to get to know us better,” said Ed Brown, Military One-

Source program director.
The Military OneSource program is a DoD-funded program that provides free confidential help, tools and information on every aspect of military life. Military OneSource’s call center and website support are available 24/7/365 to active, National Guard and reserve service members regardless of activation status, their immediate family and survivors worldwide.

“Military OneSource is a valued resource for our military community,” said Tracie Russ, DeCA’s director of sales. “Increasing the awareness of this resource through the distribution of bags will serve to remind seasoned military members that support is just a phone call away and perhaps, introduce the support program to new military members.”

Brown and Russ said these bags are one more way to raise awareness and reach out to the military community so that service members and their families have access to critical resources when and where they need them.

The bags will be available until supplies are exhausted.



DOD GRAPHIC



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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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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. 4-6.

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.

Chapel Schedule

Catholic Services	Mass (Chapel Center)	Protestant Services	
Reconciliation Sundays @ 0900 Chapel Center	Tuesdays @ 1130 Wednesdays @ 1130 Thursdays @ 1130	Contemporary Sundays @ 0900 Historic Chapel	Gospel Sundays @ 1130 Chapel Center
Rosary Sundays @ 0910 Chapel Center	Fridays @ 0700 Saturdays @ 1700 Sundays @ 0930	Traditional Sundays @ 1100 Historic Chapel	Sunday School Sep-May 0930-1030 Chapel Center

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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