

# Joint Base Journal

Vol. 7, No. 42

October 21, 2016

News and information for and about  
Joint Base Anacostia-Bolling

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NDW Fire and  
Emergency  
Services visits  
CDC I

Page 3

U.S. Navy photo by Scott Pauley

# Navy Ceremonial Guard helps JBAB celebrate Navy's 241st birthday



U.S. NAVY PHOTO BY SCOTT PAULEY

Navy Ceremonial Guard drill team members perform in honor of the Navy's 241st birthday Oct. 13 on Joint Base Anacostia-Bolling.



U.S. NAVY PHOTO BY SCOTT PAULEY

Sailors from the Navy Ceremonial Guard drill team and AAFES employees pose by the Navy birthday cupcakes on display in honor of the Navy's 241st birthday at Joint Base Anacostia-Bolling Oct. 13.



U.S. NAVY PHOTO BY SCOTT PAULEY

Navy Ceremonial Guard drill team members perform in honor of the Navy's 241st birthday Oct. 13 on Joint Base Anacostia-Bolling.

## Thrift Store reopens in Enterprise Hall after renovations

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

The Navy Marine Corps Relief Society Thrift Store reopened in Enterprise Hall Oct. 12 after a complete overhaul of its products and a redesign of the layout.

The new hours for the Thrift Store will be Tuesdays and Thursdays from 10 a.m. — 1 p.m. and the first Saturday of each month from 10 a.m. — 2 p.m. The store is manned entirely by volunteers, and it was a group of them that decided to give the store a face-lift this year.

Melodie Weddle, director of the NMCRS at Washington Navy Yard, credited the team of volunteers who cleaned up the store for their hard work and the incredible results they turned out.

"Our volunteers came in and revitalized the space, getting rid of merchandise that wasn't selling and redesigning the layout to better use this terrific space," she said. "Kim Adams, one of our volunteers, is fabulous at interior design and staging. The entire team spent a lot of time and effort to turn this store around and breathe new life into it."

The Thrift Store offers those on base a chance to buy affordable items and give back to service members in need at the same time.

"When you purchase items from the thrift shop, 100 percent of the funds go back into the bank to help our service members when they need it," Weddle explained. "The first function of the Thrift Store though is to give our service members a little more



U.S. NAVY PHOTO BY SCOTT PAULEY

Sailors talk to a volunteer worker at the newly reopened Navy Marine Corps Relief Society Thrift Store in Enterprise Hall on Joint Base Anacostia-Bolling Oct. 12. The Thrift Store was renovated and reopened after an all volunteer team decided to reorganize and restock the store.

bang for their buck. The cheaper items we sell can really help them stretch their paychecks, and that's especially important for our younger members."

She went on to say that the store hours are dictated by the availability of volunteers to staff it, and the best way to get better hours for the store is to volunteer.

For more information on the store, and to find out how to volunteer, call Melodie Weddle at 202-433-3364.



U.S. NAVY PHOTO BY SCOTT PAULEY

Navy Capt. Frank Mays, Joint Base Anacostia-Bolling commander, cuts the ribbon on the renovated Navy Marine Corps Relief Society Thrift Store during a reopening ceremony Oct. 12 at Enterprise Hall. The store's profits help to replenish the emergency fund and personal loan accounts for the NMCRS, and help to alleviate financial hardships for service members.

## Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING  
WASHINGTON, D.C.

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The editorial content of Joint Base Journal is edited and approved by the Joint Base Anacostia-Bolling Public Affairs Office.

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# Fire Department visits CDC I for fire safety week

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

Naval District Washington Fire and Emergency Services spent some time with the children at CDC I Oct. 11 in order to teach them the basics of fire safety.

The firefighters spent time at each of the CDCs on base as part of their yearly training to familiarize the children with what to do in the case of an emergency.

Victor Proctor, fire inspector for NDW fire and emergency services, said one of the hardest things for the firefighters is to keep children calm and unafraid during an emergency.

“Today we’re doing some training and getting the kids used to seeing firefighters in their suit, and getting them used to the fire truck as well,” he said. “One of the biggest problems we have is the children being scared when we show up, and when we try to rescue them they will run from us. That makes it really difficult to rescue them from a life threatening issue if they ever need us.”

October is fire prevention month, and offers the fire department a good reason to spend some time with the children on base to reaffirm the fact that they are here to help.

“We do this training during October because it’s fire prevention month, and it allows us to give them some fire safety tips and some handouts at the same time,” Proctor explained. “We teach the children the basics too, like stop drop and roll, and how to call 9-1-1 in an emergency. One of the other big topics is to teach them to pull over to the right when you see a fire truck behind you with its sirens on. It helps to get the kids to remind their parents while they’re driving.”

For firefighters like Proctor, the best part of the job is being able to help people, and to see the children’s reaction when they get to meet a firefighter, he said.

“The best part is just the face-to-face time, and the chance to get out here and show them that we’re friends, and we’re here to help,” he said. “We really just want them to know we’re here for them, and don’t be afraid to call us in an emergency.”



Jeff Roberts, fire inspector for Naval District Washington Fire and Emergency Services, dons his full suit and gets surrounded by children interested in touching the foreign materials during a fire safety briefing at CDC I Oct. 11. Roberts said the children are usually more unsure of the full gear when he does this briefing, but he didn’t mind having a class full of adoring fans for this year’s fire safety training.



Michael Glenny, a firefighter and EMT with Naval District Washington Fire and Emergency Services, helps a young girl from CDC I into his fire truck during a demonstration on fire safety Oct. 11. NDW Fire and Emergency Services taught the children the fundamentals of fire safety as well as helped to familiarize them with actual firefighters as part of the base’s fire safety week.



Maxwell, 4, smiles at Victor Proctor, fire inspector for Naval District Washington Fire and Emergency Services, while pretending to drive the massive fire truck Proctor and his coworkers brought to the CDC Oct. 11. The base’s firefighters stressed the importance of several fire safety fundamentals, and made sure the children knew what to do if they saw a firefighter during an emergency.

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# JBAB honors Breast Cancer Awareness Month

Story by Stephanie Bloom  
Joint Base Anacostia-Bolling Public Affairs

October is Breast Cancer Awareness Month, an annual campaign to raise public consciousness of the disease as well as prevention through early detection and treatment.

The 579th Medical Group clinic is an education and referral source on Joint Base Anacostia-Bolling, providing general information about breast cancer and specialty referral.

"We are the first line in prevention through referral services, patient education and encouraging self-advocacy here at JBAB," said Air Force Maj. Catarina Schlosser, director of medical management.

There are about 200 enrolled women on the base eligible to receive preventative care

through a 'well woman' exam – an elective annual exam that includes a preventative breast screening.

Schlosser added communication and trust are cornerstones to prevention. Patients are encouraged to disclose all of their health concerns during an exam as well as ask questions so that the provider can devise the best prevention plan.

"Start the discussion at age 40 [with the provider] to determine when breast cancer screening is right for you," she explained. "Some women are at a higher risk for developing breast cancer and consequently require earlier screening than others."

While the U.S. Preventative Services Task Force recommends mammograms for women starting at age 50, breast exams can be done at any time in a woman's life by herself or her

medical provider.

In fact, Schlosser added that most medical professionals encourage patients to perform self-breast exams to become familiar with how their breasts normally feel, which can help them better detect abnormalities.

Although the disease is rare among men, they make up a small percentage of breast cancer diagnoses.

"When everyone thinks breast cancer they automatically think women, but it's not just them. Men can get breast cancer too," Schlosser said.

According to the World Health Organization, breast cancer is the most common cancer among women in the world.

For more information about breast cancer or referral services, make an appointment by calling 888-999-1212.



## U.S. provides initial critical aid in Haiti

By Tech. Sgt. Russ Scalf  
Joint Task Force Matthew

Since arriving Oct. 5, U.S. service members assigned to Joint Task Force Matthew have been operating around the clock, providing aid to citizens of western Haiti.

The team has been conducting 24-hour operations at the request of Haiti's government to support the U.S. Agency for International Development's disaster relief efforts in the critical early stages of the response.

"USAID requested the unique capabilities of the military because we needed to transport critically needed relief supplies to the affected areas," said Tim Callaghan, the leader of the USAID Disaster Assistance Response Team. "Because of the airlift they provided, we were able to move food, water and other supplies — things that helped save lives — to communities that needed it most."

U.S. Southern Command established JTF Matthew under the command of Navy Rear Adm. Cedric Pringle, the deputy director of Joint Interagency Task Force South, to oversee U.S. military efforts in Haiti. To date the JTF has moved more than 480 metric tons of relief supplies to Haitians whose communities were devastated by Hurricane Matthew on Oct. 4 causing more than 1,000 deaths.

"This is an opportunity to make a difference for someone else," Pringle said.

The task force is comprised of more than 400 military members and 20 aircraft, utilizing assets from all four branches of the military and the U.S. Coast Guard to ensure aid reaches those in need. Supplies such as rice, cooking oil, hygiene kits and medical supplies arrive to an aerial port established by 134 Airmen from the 621st Contingency Response Wing based out of Joint Base McGuire-Dix-Lakehurst, New Jersey.

"We brought the newly formed Contingency Response

Group-Rapid Port Opening Element-Defense Logistics Agency team into an operation for the first time, and we had the right team to make it work," said Air Force Col. Leslie Maher, the JTF Port Opening commander. "We have been thrilled with the group we have here. From the logistical side of the operation we have been the glue to make things happen."

The supplies are accounted for and loaded for transport to communities in need. Due to the remote geography of Haiti's Tiburon Peninsula, the materials are loaded into Army CH-47F Chinook, UH-60 Black Hawk, and Marine Corps CH-53E Super Stallion helicopters for delivery.

"The amount of time, effort and planning that these guys put into this relief operation is astonishing," said Navy Cmdr. Reggie E. Johnson, the JTF Matthew Future Operations officer. "They are truly making a difference for the people of Haiti who were most impacted — it was a rapid response with results."

The task force will continue to support USAID as necessary.

COMMANDERS PICK- 6						
	CAPT Mays JBAB CDR	Col Blanchette JBAB Vice CDR	CMSgt Kloeppel JBAB SEL	Col Raduege WHCA CDR	LT Miller Coast Guard CDR	CDR Reyes Navy CG CDR
Week 7	18-18	22-14	16-20	19-17	20-16	19-17
Ark. @ Auburn	Auburn	Auburn	Arkansas	Arkansas	Arkansas	Auburn
NC St. @ Louisville	Louisville	Louisville	Louisville	Louisville	NC St.	NC St.
TA&MU @ Bama	Alabama	Alabama	Texas A&M	Alabama	Alabama	Alabama
Vikings @ Eagles	Vikings	Vikings	Vikings	Vikings	Eagles	Vikings
Bills @ Dolphins	Bills	Bills	Dolphins	Bills	Dolphins	Bills
Texans @ Broncos	Broncos	Broncos	Broncos	Broncos	Texans	Texans

# Chapel Schedule

### Catholic Services

**Reconciliation**  
Sundays @ 0900  
Chapel Center

**Rosary**  
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. 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 Oct. 28-30.

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](mailto:credo.ndw.fcm@navy.mil), or stop by the Joint Base Anacostia-Bolling (JBAB) Chapel and inquire within.

# 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. Rehears-

als 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](mailto:pianogeesoo@verizon.net).

# Holiday concerts in the National Capital Region

By Chief Master Sgt. Bob Kamhotz  
USAF Band

The holiday season is almost here! Join The U.S. Air Force Band this December for our "Spirit of the Season" concerts on Dec. 10 at 3 p.m. and 8 p.m. at DAR Constitution Hall in downtown Washington, D.C.

"We always look forward to celebrating the holidays with the National Capital Region community, as we share the joy and hope of the season through music, and remember those serving all around the globe protecting our freedoms," said Col. Larry H. Lang, commander and conductor of The U.S. Air Force Band.

Come out to hear your holiday favorites, along with a carol sing-along and other beloved Air Force Band seasonal traditions. There's nothing like hearing Leroy Anderson's "Sleigh Ride," "Rudolph the Red Nosed Reindeer" and "Santa Claus is Comin' to Town" to put you in the holiday mood.

This year's program is dedicated to the service men and women who served during the Vietnam War. Their service and sacrifice will never be forgotten



U.S. AIR FORCE PHOTO BY SENIOR MASTER SGT KEVIN BURNS  
The Concert Band and Singing Sergeants returned to DAR Constitution Hall this year to perform their Spirit of the Season holiday concert.

and the lessons learned during those difficult times helped shape our nation's future.

For a full listing of all of our upcoming holiday concerts, ticket information and additional links, please visit The U.S. Air Force Band's web calendar. Click on the "Spirit of the Season" banner on our homepage for information specific to the

concerts at DAR Constitution Hall. We are pleased to offer electronic tickets to both performances by visiting the following link: <http://usafband.eventbrite.com>.

This time of year is all about tradition and bringing people together and we look forward to seeing you at our "Spirit of the Season" performances. Happy Holidays from your U.S. Air Force Band!



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# WARFIGHTER AND FAMILY READINESS EVENT CALENDAR

**SATURDAY/ OCTOBER 29**  
**HAUNTED HOUSE & HOWL-O-WEEN**  
5-9 p.m. | Slip Inn  
Bring your whole family and get in the Halloween spirit as we host a free family-friendly Haunted House for our humans and our first annual Howl-O-Ween for your four-legged family members! Have your pet perform "Tricks for Treats," enjoy "Yappy Hour" specials at the Slip Inn, and let your mutt strut down the catwalk in the costume contest at 7 p.m. Call 202-404-7077 for more details.

**SATURDAY/ OCTOBER 29**  
**COSMIC HALLOWEEN**  
8 p.m. | Potomac Lanes  
Dress in your best costume and bowl the night away for only \$15 per person! Price includes unlimited bowling and shoe rental.  
  
Prizes will be awarded to the best costume for adult and child. Games and giveaways all night long!

**MONDAY/ OCTOBER 31**  
**HALLOWEEN COSTUME PARTY**  
4-5 p.m. | Library  
Dress up as your favorite character and enjoy ghoulish games, creepy crafts, and light refreshments! After the Library Halloween Costume Party, join in on the fun at the Annual CYP Halloween Parade and Carnival beginning at 5:15pm at Giesboro Park!

**MONDAY/ OCTOBER 31**  
**HALLOWEEN PARADE & CARNIVAL**  
5:15 p.m. | Giesboro Park & Youth Center  
Walk with us from Giesboro Park back to the JBAB Youth Center in your favorite costume. After walking in the parade, we'll be hosting a Halloween Carnival in the Youth Center gym for the whole family! On-Base Trick-Or-Treating: 6-8 p.m.



**ANNUAL HOLIDAY BAKING CONTEST**  
November 1 | 11 a.m. | Bolling Club  
Do you think you have an award winning recipe? Enter the Bolling Club's 3rd Annual Baking Contest! All entries will be judged on presentation as well as taste. First place in each category will take home the Wilton Ultimate Decorating Set! Winning recipes will also be featured on MyWFR.com! Categories: Cookies, Cakes and Pies  
To register, call the Bolling Club at 202.767.6794. Open to ages 18 and up. All entrants must provide a recipe with full list of ingredients and set up own dessert displays by 10:30 a.m. on day of contest.

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



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**Wednesday,  
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9 a.m. to 2 p.m.**  
**Club Meade**  
6600 Mapes Road,  
Fort George G. Meade, MD

**Open to all job seekers!**  
Please arrive early and anticipate lines at the installation's gate and the fair!  
**Meet employers!  
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**All Veterans and non-veterans are invited to attend!**  
**Open to the public!**

**Attention all Job Seekers!**  
Individuals who want to attend the job fair, but do not possess a Department of Defense (DoD) ID card, must go to the MD 175 and Reece Road gate and report to the Fort Meade Visitor Control Center. All individuals must present a photo ID card or driver's license.

**Free Shuttle Service**  
A frequent shuttle will take patrons to & from the Visitor Control Center at the Fort Meade entrance to the front door of Club Meade!

**ASL Interpreter Service**  
Schedule an appointment no later than 20 Oct 2016.  
To schedule reasonable accommodations with an American Sign Language interpreter, email Mr. Jerome Duncan at [jerome.duncan@maryland.gov](mailto:jerome.duncan@maryland.gov)

**Community Job Fair is hosted by:**  
- Fort George G. Meade MWR  
- DLR / American Job Center  
- Anne Arundel Workforce Development Corporation (AAWDQ)  
- Army Community Service (ACS)  
- Navy Fleet & Family Support Center  
- Soldier For Life - Transition Assistance Program

For details go to [www.meade.armymwr.com](http://www.meade.armymwr.com) or email [jerome.duncan@maryland.gov](mailto:jerome.duncan@maryland.gov)