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JOINT BASE ANACOSTIA-BOLLING

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Auxiliarist recognized for contributions to Coast Guard

BY PETTY OFFICER 1ST CLASS
BENJAMIN ATKINS
COAST GUARD STATION WASHINGTON

WASHINGTON - Lt. Col. Don Goff retired from the U.S. Army Reserve with more than 27 years of combined service in the U.S. Army and U.S. Navy. You would think he'd want to take a break, but taking a break was not in his future.

Wanting to continue his service in a different and unique capacity, Goff joined the Coast Guard Auxiliary – the all-volunteer group of men and women who augment Coast Guard forces. Within the Auxiliary, Goff has been a flotilla commander, vice division commander, telecommunications operator, auxiliary operations specialist and an auxiliary coxswain, which is a tremendous feat.

Goff has been supporting Station Washington and the surrounding area for more than five years in a variety of roles and responsibilities. Crew members at Station Washington, like all boat stations across the country, stand watch, rain or shine, hot or cold, 365 days a year. They remain ready to respond at a moment's notice, and Goff helps them maintain that readiness with his expertise, particularly in communications.

As an expert in communications technology and procedures, Goff spearheaded an

effort to facilitate a communications watchstander school for fellow auxiliary members, covering the entire certification in a weekend of practical and knowledge-based training at Station Washington.

As a result of his vision and hard work, the local division was able to provide an average of 40 hours a week of volunteer coverage, freeing up Station Washington's active duty members to perform maintenance, complete training and conduct critical operations.

But Goff doesn't just train his fellow auxiliary members. Goff makes it a point to mentor newly-reported active duty members in working towards their communications or boat crewman qualifications.

What has really set Goff apart from his peers is his drive and desire to obtain advanced certifications. Working in the FEMA incident command structure, Goff is a certified communications unit leader and assisted with national special security events, such as the 57th Presidential Inauguration.

Furthermore, Goff devoted a significant amount of personal time and commitment to his certification as a boat crewman on the station's 25-foot response boat. While Goff comes in at "somewhere north of 60," he is still required to pass the same physical fit-



U.S. COAST GUARD PHOTO

U.S. Coast Guard Station Washington commanding officer, Lt. Celina Ladyga, and operations chief, Chief Petty Officer Jasen Hollopeter, recognized auxiliarist Don Goff during an all-hands presentation at Station Washington.

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Air Force Strolling Strings delights audience during Summer Concert Series

BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

LORTON, Va. – Summer may be drawing to a close, but that hasn't stopped members of the U.S. Air Force Band from entertaining the masses at performances around the National Capital Region (NCR). On Aug. 10, the band's Summer Concert Series rolled into Lorton, Va. for a performance at the Workhouse Arts Center by its

popular Strolling Strings.

Since 1954, the Strolling Strings have performed at the White House, on Capitol Hill for members of Congress and at official diplomatic events hosted by the chairman of the Joint Chiefs of Staff and Chief of Staff of the Air Force. The group also regularly performs at official dinners hosted by secretaries of state and defense.

Though, on this particular



U.S. NAVY PHOTO BY PAUL BELLO

Violinists with the U.S. Air Force Band Strolling Strings entertain a crowd of nearly 150 at the Workhouse Arts Center in Lorton, Va. Aug. 10. The performance was part of the band's Summer Concert Series.

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Keeping soldiers active first prong on Performance Triad

BY DAVID VERGUN
ARMY NEWS SERVICE

FALLS CHURCH, Va. - "As an Army we must be ready and resilient," said the Army's surgeon general.

To achieve these goals, "we need to fully appreciate the impact that the Performance Triad has on our daily lives," said Lt. Gen. Patricia Horoho, who is also the commander of Army Medical Command. The Performance Triad includes activity, nutrition and sleep.

Lt. Col. Scott Gregg, an Army physical therapist and expert on how physical activity affects the body, said Soldiers already understand the importance of working out to build strength and stamina. But citing work done by obesity expert Dr. James Levine, he said new studies suggest that workouts alone are not a guarantee of good health.

Keep Moving

For Soldiers and family members who are sitting all day in an office or driving a vehicle, a 30-minute workout, while beneficial, is not enough to keep the pounds off and stimulate the body's metabolic engine, Gregg said, citing Levine's work.

"The human body was just not built to sit all day," he said, adding that there are some surprisingly simple and effective things Soldiers and their families can do to stay fit.

In addition to a daily workout, Gregg advises using the stairs whenever possible, taking a short walking break every hour, perhaps to the water fountain to rehydrate or just a quick trip around the building.

Ideally, moving around would be 10 minutes each hour, but unfortunately, that is not always possible, he said.



U.S. ARMY PHOTO

Activity, along with nutrition and sleep, is part of the Army's Performance Triad plan, designed to make Soldiers more ready and resilient. Shown here are Soldiers working on their muscular endurance and power of the quadriceps with the TRX sprinter's start exercise during a train-the-trainer clinic at Fort Bragg, N.C.

"The important thing is to just keep moving, ideally 10,000 steps a day, which can be measured by an inexpensive pedometer or by a smartphone app," Gregg said.

Some Soldiers can benefit by keeping a diary of how much time they spend sitting in the office or reclining in the easy chair watching TV. He said they'd be surprised at how much of the time they're sedentary.

Workouts combined with activity breaks throughout the day can contribute greatly to such things as weight loss and reducing the odds for a host of chronic disease such as depression, diabetes, heart disease, high blood pressure, stroke and some forms of cancer.

The reverse is true for those leading a sedentary lifestyle, especially those with bad habits in the sleep and nutrition aspects of the Performance Triad, Gregg said.

People who lead a sedentary lifestyle are more apt to consume junk food and have poor sleeping habits, compounding the negative effect.

"It's a synergistic effect," Gregg explained.

Don't overdo it

Gregg cautioned that too much exercise can lead to overuse injuries and is something Soldiers particularly should watch for, as many are highly motivated to be in top physical shape for personal and

mission goals.

Warning signs for overuse injuries include joint pain and muscle soreness.

"Some Soldiers think it's cool to exercise until you puke," he said. "I've even seen it on T-shirts. That's definitely not cool, and it's not healthy either."

An ideal workout would be 150-plus minutes per week, including at least two muscle strengthening sessions involving all major muscle groups, he said. There should also be time set aside to warm up prior to each workout to reduce the likelihood of injury.

Another exercise principle, he said, is to gradually increase the intensity and duration of a new workout.

"The Army has a good exercise plan in its physical readiness training manual," he said, "but I also realize many Soldiers are into other programs as well, such as CrossFit, P90X, Insanity and [Performance Triad] Pyramid."

He cautioned Soldiers not to dive right into a new exercise without a break-in period.

Also, workouts should ideally include movements for strength, endurance, balance, agility and coordination for a holistic effect. The Performance Triad has those.

Another way to decrease the odds of injury is to wear the right gear, he said, including mouthguards and other devices for used in combat training, as well as good running shoes.

Finally, Soldiers experiencing pain or acute muscle soreness should seek treatment, said Gregg. Small problems can lead to bigger ones requiring a profile or hospitalization.

Soldiers who do end up on profile should, nonetheless, remain active, he said.

"Commanders tell me they want their Soldiers on profile to get back in shape as this is a unit readiness issue," he said.

Army physical and occupational therapists and others routinely work with Soldiers, designing workouts that rehabilitate injuries and maintain conditioning so that their profile period is shortened and so that they don't need as much time to get to full recovery once they're off profile, he said.

While it is the responsibility of every Soldier to ensure he or she is physically fit, it is the responsibility of leadership to ensure Soldiers are working out correctly, he said.

The activity portion of the Performance Triad empowers leaders to engage their Soldiers in effective physical training that minimizes injury risk.

Military, civilian leaders discuss roles of reserve components

BY COL. BOB THOMPSON
AIR FORCE RESERVE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Continuing to perform an operational role, while solving manpower costs and dealing with shrinking defense budgets, was one of the challenges discussed by military and civilian leaders at the Reserve Officers Association 2013 National Security Symposium Aug. 7-10.

More than 300 people attended the conference, including senior leaders from the Department of Defense and its Reserve components.

"There's lots of talk on operational versus strategic reserve," said Lt. Gen. James F. Jackson, the chief of Air Force Reserve and commander of Air Force Reserve Command. "Each service is a bit different, but for the Air Force, it is crucial we have 'Tier One' readiness."

Tier One readiness means being ready to go at a moment's notice by keeping the Air Force Reserve and Air National Guard trained to the same standards as the regular Air Force.

Speed is the decisive factor when crisis erupts, Jackson said during a panel discussion with his fellow Reserve component chiefs.

During a State of the Air Force Reserve briefing, Maj. Gen. Richard S. Haddad, the deputy to the chief of Air Force Reserve at the Pentagon, discussed a new organization expected to have "synergistic benefits that will pay huge dividends" for national defense.

"Earlier this year the newly created Air Force Special Operations Air Warfare Center stood up at Duke (Field, Fla.)," Haddad said. "This center brings together more than 500 active-duty and Reserve Airmen for the special operations mission."

Haddad said the Air Force Reserve is planning to add five associate units, where reservists share equipment and facilities with active-duty Airmen in the growing fields of cyberspace, intelligence, surveillance and reconnaissance.

As the defense budget continues to streamline and officials look for new ways

to save money -- some suggest merging of Guard and Reserve.

"It's now more important than ever that those in the D.C. beltway understand there is a difference between the Air National Guard and Air Force Reserve," Haddad said. "We are all brothers and sisters in arms ... but we need to remind people there are differences."

The Air Force Reserve is a federal Title 10 force, always at the service of the president and secretary of defense. The Air National Guard maintains dual status, day-to-day serving in Title 32 at the service of a state's governor. Guardsmen serve under a Title 10 or federal status only when mobilized or as a volunteer with the consent of their state leadership.

Haddad outlined the history of merger attempts in 1948, 1964 and 2003 and how the past proposals were not able to successfully save money and cover the requirements for a ready-now federal reserve and support the governor-controlled state militias.

"So the talk of the Guard assimilating

the Reserve or the Reserve assimilating the Guard likely isn't within political reality," Haddad said. "Better integration needs to be a focus of our efforts."

"Today's debate should be centered on how to best capitalize on our strengths and core competencies to improve the Total Force team," Jackson said. "We're optimistic about the future, and we're working hard to shape the Air Force for the future fight in 2023."

Jackson affirmed that federal laws such as Title 10 United States Code 12304(a) guarantee the Air Force Reserve is accessible for homeland support during national emergencies and natural disasters. Also, Title 10 USC 12304(b) provides combatant commanders and DOD planners a way to incorporate cost-effective reservists into their recurring steady-state plans.

Both laws were enacted in the 2012 National Defense Authorization Act. The laws support today's operational Reserve as critical to the daily operations of the U.S. military at home and around the world.

Employee Spotlight: Army Staff Sgt. Kathy E. Simmons

BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON – Inside the walls of the White House Communications Agency (WHCA) at Joint Base Anacostia-Bolling (JBAB) sits Army Staff Sgt. Kathy E. Simmons. She is an executive assistant and a 10-year veteran of the military. Simmons has been acknowledged by her peers for not only a tireless work ethic, but a commitment to fostering a positive environment throughout the agency.

A native of Aiken, S.C., she first met her husband, Army Staff Sgt. Bernard Simmons, when the two were in middle school. They would marry years later and start a family of their own – two daughters, an eight-year-old and two-year-old, respectively.

Her roots in the military also run deep. She has both an older sister and younger brother in the Army, as well. When asked to look back on her career, she does so with the enthusiasm of a service member also looking ahead to the future.

How long have you been in the Army?

I've been in the military for almost 10 years. My husband, Army Staff Sgt. Bernard Simmons, and I both joined right after high school. The Army has been incredibly good to us. We're grateful.

What inspired you to join the military?

I've always been a people-person. I love communicating and interacting with people. I also wanted to give back to my country. I absolutely love being a Soldier!

What do you enjoy most about your work with the White House Communications Agency (WHCA)?

I get to see new programs and initiatives take shape. There's a lot to learn, so I ask questions and get a lot of feedback on things I'm interested in. That's very rewarding.

What are some of the biggest challenges you've encountered in your career?



U.S. NAVY PHOTO BY PAUL BELLO

Army Staff Sgt. Bernard Simmons and his wife, Army Staff Sgt. Kathy E. Simmons, both work for the White House Communications Agency (WHCA).

When you're married and in a dual-military relationship, there's definitely an impact on your family. When you have children, it's especially difficult, particularly when you're going through lengthy deployments. My faith in God has helped me, in addition to having confidence in myself.

Discuss the importance of teamwork in your field of work?

It's extremely important. Team communication is essential. It's very important to be a good communicator, particularly in a joint-culture like the one we have here at JBAB. I've also discovered it's important to follow and be a good Soldier, as well as lead by example.

What are some personal accomplishments you're most proud of?

I love working with WHCA. That's definitely a big accomplishment. I also graduated with an associate's degree from Central Texas College. Most of all, I love learning from my leaders and senior enlisted advisors. The network I have around me is phenomenal.

What are some of your goals for the future?

I want to retire from the Army. This is definitely my career and I want to see it all the way through. I would also like to educate myself more and possibly go into the medical profession. It certainly will not be easy, but I enjoy taking on new challenges and pushing myself.

What advice do you have for other service members?

Don't suppress your future or limit yourself to anything. If you have a goal in mind, go for it. Always strive to do your very best.

"My wife is terrific. She sets goals for herself and doesn't waver in what she wants to do," said her husband, Bernard. "We're extremely family oriented. She's a wonderful parent and role model to our children."

Simmons, who works with his wife at WHCA, has also enjoyed his time in the Army. Like his wife, he has earned a college degree and has received praise from colleagues. However, he said his greatest gratification is being a successful husband, father and Soldier.

Confidential communications with chaplains:

You hold the key

BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

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

- Sailors, Marines, Coast Guardsmen and families have the right and privilege to confidential communications with Navy chaplains.
- Chaplains have the obligation and responsibility to protect and guard what you share in confidence.
- Your command honors and respects the sacred trust between you and your chaplain.
- Chaplains support you with dignity, respect and compassion regardless of your religious beliefs.
- Your chaplain is available 24/7 to provide you a safe place to talk without fear or judgment and serves as an advocate to get you the support you need.

To learn more about confidential communication with chaplains, visit www.chaplain.navy.mil.

Attention Cub Scouts: A recruiting party will be held Aug. 24

There will be a Cub Scout recruiting party Saturday, August 24 from 5-7 p.m. at the JBAB pool.

The pack will be serving hamburgers and hot dogs. We will cover the new scout's admission to the pool, if needed.

For any questions feel free to email jbabcubscouts@yahoo.com.

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING
WASHINGTON, D.C.

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Navy creates Victims' Legal Counsel

FROM DEFENSE MEDIA ACTIVITY-NAVY

FORT GEORGE G. MEADE, Md. (NNS) -- The Navy announced the establishment of the Navy's newest Sexual Assault Prevention and Response (SAPR) initiative, the Victims' Legal Counsel (VLC) Program, which will provide legal advice and advocacy for eligible victims of sexual assault.

The Victims' Legal Counsel will help victims understand the investigation and military justice process, advocate their legal rights and interests and, when appropriate, appear in court on their behalf.

"The Navy is committed to protecting the rights and interests of victims of sexual assault and ensuring the administration of a fair, transparent and efficient military justice system that guarantees due process for the accused and promotes good order and discipline," said Vice Adm. Nanette M. DeRenzi, Judge Advocate General of the Navy. "The Navy's Victims' Legal Counsel program complements the Navy's broader efforts to care for victims of sexual assault

by providing them with legal advice and assistance throughout the military justice process."

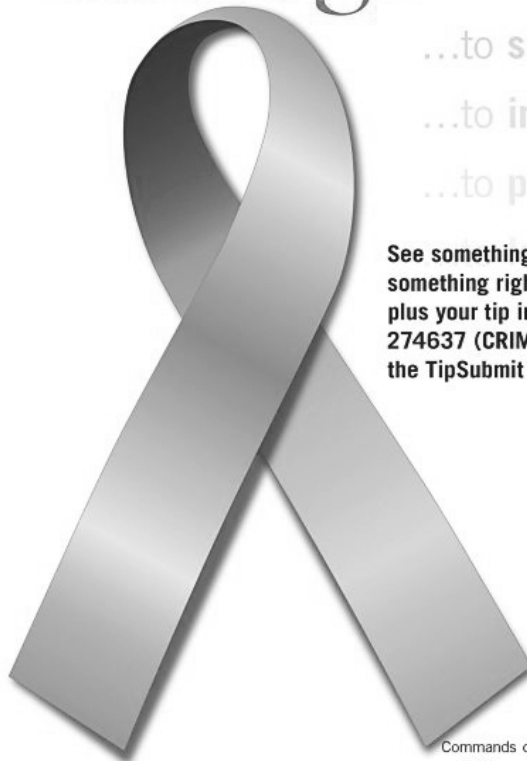
Initially, the VLC Program will consist of 29 specially-trained, independent judge advocates assigned regionally to maximize availability of counsel across the Fleet. Navy VLCs will serve every geographic region, including the United States, Europe, the Pacific, and the Middle East. The program's attorneys will not be in the victim's or the accused's chain of command and will not be involved in case prosecution or defense.

"Through increased training and bystander intervention we are confronting sexual assault fleet wide, while ensuring that we provide needed care and support to victims," said Rear Adm. Sean Buck, Director, 21st Century Sailor Office (N17). "This program further adds to that support."

For more information and resources to combat sexual assault visit www.sapr.navy.mil. Sexual assault affects Navy readiness, and the Navy is committed to preventing sexual assault. Join the Navy's conversation about sexual assault on social media and help raise awareness by using #NavySAPR.

Navy Sexual Assault Awareness Month (SAAM) April 2013

Courage...to commit



...to support
...to intervene
...to prevent

See something wrong, do something right. Text 'NCIS' plus your tip information to 274637 (CRIMES) or download the TipSubmit smartphone app.

Commands can find information on events and information on SAAM 2013 initiatives and resources at: <https://www.sapr.navy.mil>



We own it... We'll solve it... Together.

Sexual Assault Prevention and Response is an important element of the readiness area of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps. The Department of the Navy is working to aggressively to prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable.

U.S. NAVY GRAPHIC

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Some choices are hard; this one is easy. You want your family to be safe and secure, and that's what we do.

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New Chief of Naval Personnel talks way ahead at all hands call

FROM DEFENSE MEDIA ACTIVITY

WASHINGTON (NNS) -- The Navy's new Chief of Naval Personnel held an all hands call with his staff in Washington, D.C., to introduce himself, discuss his priorities and listen to Sailors' and Navy civilians' thoughts and concerns.

Vice Adm. Bill Moran assumed the duties as the 57th Chief of Naval Personnel Aug. 2. He is responsible for the overwhelming majority of policies and programs that directly affect Sailors and their families.

"We will proactively communicate with Sailors and families, and strive to be transparent in all our dealings," Moran said. He added that he wanted Sailors and their families to feel comfortable sharing ideas and concerns with him, whether at all hands calls or through social media opportunities.

"I'm honored to be here," Moran said. "I look forward to working on behalf of Sailors and families to earn their trust."

Moran takes helm of a command that has an operating budget of \$29 billion and a staff of more than 26,000 Sailors and civilians that perform a wide variety of missions, including managing Navy manpower, readiness, education and training, and professional development of Sailors.

Moran did not shy away from addressing a concern foremost on the minds of many Sailors and civilians - the budget. He said managing the force will be driven by fiscal realities, which will dictate force structure decisions and ultimately the total number of Sailors Navy-wide.

"We understand today's fiscal and operational challenges," he said. "We must reach a balance that's in the best interest of the Navy and the nation, as well as Sailors and their families."

Despite the uncertain fiscal environment, Moran said one of his main priorities remains getting Sailors to the fleet with the right skills and training.

"We will continue to provide trained and ready Sailors to meet fleet manning demands," he said.

Moran also wanted Sailors and their families to know his staff will seek ways to bring stability and certainty to the work force.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST SEAMAN JENNIFER LEBRON

Vice Adm. Bill Moran, chief of Naval Personnel, speaks with Sailors and civilians at an all hands call at the Arlington Naval Annex. Moran assumed the duties as the 57th chief of naval personnel Aug. 2 and is responsible for Navy manpower, readiness, personnel, education and training.

JNOTES

Miscellaneous items related to your health, your career, your life and your community

Immunization Clinic has new hours

As of Aug. 1, the 579th Medical Group Immunization Clinic will be open Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 12:30 p.m. and from 1:30 p.m. to 4:15 p.m. On Thursdays, the clinic will be open from 8 a.m. to 12:30 p.m. and from 1:30 p.m. to 4:15 p.m. The clinic closes at 12 p.m. for training the first Wednesday of each month. For more information, call 202-404-6724.

The Petty Officer's Association Car Wash

The Petty Officer's Association at JBAB is having a car wash on Aug. 31 from 11 a.m. to 2 p.m. in the parking lot at the AAFES Exchange (by the gas station)

JBAB Cub Scouts

Attention all boys grades 1st through 5th interested in scouting. Please contact the JBAB Cub Scouts, Pack 343, at jbabscouts@yahoo.com for more information. Each den holds their own meetings each

month along with one pack event. Boys will earn badges together and can work on individual achievements as well. Come join us for popcorn, camping and so much more.

Toastmasters Club seeks members

The Bolling Toastmasters Club is available for everyone on JBAB as a place to practice your leadership skills. Toastmasters clubs are where leaders are made, and leadership starts with good communication. The program is self-paced, and it works. The Bolling Toastmasters Club meets Wednesdays from 12:15 to 1:15 p.m. at the JBAB Chapel Center. Visitors are welcome. For more information, call Jim Queen at 301-452-6931.

JBAB Cyclists on Facebook

Basically a forum for all JBAB riders to get together. We organize group rides over lunch and during commuting hours. Visit us online at www.facebook.com/groups/jbabcyclists. For more information, email austin.pruneda@afncr.af.mil.

Navy Marine-Corps Thrift Shop hours

The Navy-Marine Corps Relief Society Thrift Shop has relocated to Enterprise Hall (building 72). The store hours are Tuesdays and Wednesdays 3:30 - 6:30 p.m. and the first Saturday of every month from 10 a.m. - 2 p.m. For more information call 202-433-3364.

AFOWC Thrift Shop

The Air Force Officers' Wives' Club Thrift Shop is located at 13 Brookley Ave and is open Tuesdays, Wednesdays and Thursdays 10 a.m. - 2 p.m. Donations are accepted during business hours only. Profits from the AFOWC Thrift shop go toward college scholarships and other military charitable organizations. For more information about the AFOWC or its Thrift Shop call 202-563-6666 or email afowc-thriftshop@verizon.net.

Boys and Girls Club volunteer opportunity

The Boys and Girls Club of Greater Washington needs volunteer coaches for their youth baseball league for 10-year-olds and 12-year-olds. For more information or to sign up, call 512-560-5548 from 7 a.m.-5 p.m. or email Michael.martinez@afncr.af.mil.

NAVY 311

"NAVY 311" is the place to go for all types of information to help support Navy military, civilian and retiree personnel and their families. Access NAVY 311 at 1-855-NAVY-311 or (DSN) 510-NAVY-311. You can

also email NAVY311@navy.mil or visit www.NAVY311.navy.mil.

Navy Wives Clubs of America

The D.C. Metro chapter of Navy Wives Clubs of America, Eleanor Roosevelt #37, hosts meetings every second Thursday of the month to discuss and plan volunteer activities in the local military and civilian communities. Military spouses of all branches are welcome to attend. For more information, email angeladowns@me.com or visit our Facebook Page at www.facebook.com/NWCA37.

JBAB Girl Scouts

Calling all Girls! Girls registered in Kindergarten - 12th grade this fall and interested in joining should contact JBAB-girlscouts@yahoo.com. The troop meets the second and fourth Wednesday of each month at the community center on Chappie James Blvd at 6 p.m. Girl Scouts; building girls with confidence, character and courage for 100 years.

Firth-Sterling Gate operations

The Firth-Sterling gate is closed on weekends. Once the gate's automated features become available, the gate will be accessible by any CAC card holder 24/7 during normal FPCON "A" conditions.

JBAB photo studio closure

The JBAB Public Affairs photo studio is closed until further notice. For official studio photography support, contact 11th Wing Public Affairs at 240-612-4430.

U.S. Coast Guard celebrates its 223rd birthday

BY PAUL BELLO

JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

WASHINGTON - The U.S. Coast Guard is 223 years old. The maritime service celebrated its birthday earlier this month across the fleet, including Joint Base Anacostia-Bolling (JBAB), which is home to Coast Guard Station Washington.

It was created on Aug. 4, 1790 and was first part of the U.S. Department of Treasury. Today, it stands as a multi-mission service under the Department of Homeland Security. In addition to traditional missions such as search and rescue and law enforcement, Coast Guard members work alongside a multitude of federal, state and local agencies to help defend against terrorism.

Here are some photos



from a birthday celebration at JBAB's Giesboro Park. The afternoon included a variety of games and activities for service members and their families.



U.S. COAST GUARD PHOTOS BY TELFAIR BROWN SR.

D.C. traffic doubles ... Thanks to improved public access to naval history

BY MASS COMMUNICATION SPECIALIST 1ST CLASS (AW) TIM COMERFORD

NAVAL HISTORY AND HERITAGE COMMAND COMMUNICATION OUTREACH DIVISION, PUBLIC AFFAIRS

WASHINGTON (NNS) -- A trial program running through August to generate greater public visitation to naval history is paying real dividends.

The initiative provides an easier, alternate entrance to allow public visits by using the Anacostia Riverwalk Trail and entering the Washington Navy Yard through the Taylor Building which houses the Naval History and Heritage Command's (NHHC) Cold War Gallery.

The month-long trial allows enhanced access to the National Museum of the U.S. Navy (NMUSN), the Cold War Gallery, and the Display Ship Barry. The initiative also extends the Barry's visiting hours.

James Bruns, director of the NMUSN, is excited to have the extra visitors learn more about the Navy's diverse history.

"The numbers have been phenomenal," Bruns said. "We are at the midpoint [of this program] and we have doubled the amount of visitors we had during this time last year."

Organizers feared furloughs might skew the visitation data, as has been seen in other areas. Across the Navy's museum enterprise, federal furloughs and cutbacks that have lowered the amount of visitors of many Navy museums by almost 10 percent. Even the National Naval Aviation Museum in Pensacola, Fla., which draws the largest crowds out of the Navy museum network, has seen a reduction in its attendance.

Bruns credits part of the success here to the reserve Sailors who have helped increase access and visiting times.

"The reservists have been absolutely essential," Bruns said.

According to Jennifer Marland, mu-

seum curator, the Sailors also help to attract the visitors. She has been spending the past two weeks helping the Sailors brush-up on naval history and navigating the museum. This allows them to help give visitors a better experience and direct them if they might have any questions.

"Our visitors are excited to talk to Sailors," Marland said. "I think it definitely helps that they actually get to speak with the people doing the jobs today that we show in our exhibitions."

Whether the attraction for visitors is ease of access or speaking with service members, the result is the same. More people are learning how Navy history has positively influenced our nation's path.

The Anacostia Riverwalk Trail is a trail running from Diamond Teague Park next to the Nationals Ball Park in

AUXILIARIST

■ continued from 1

ness test as everyone else at the station, and he routinely finishes within the standards for those in their 30s. More than the Auxiliary qualification, Goff completed the same qualification standards utilized by active duty members, and is certified to serve as a crewman alongside his active duty counterparts on search and rescue missions.

His duties keep him busy at the station and Goff is even known to get a one night "hall pass" from his wife on Friday nights to augment the active duty watch section.

For his expertise and dedication, Goff was awarded the advanced boat forces operations insignia. The gold-and-pewter-toned pin represents a heightened level of qualification, knowledge and experience, including both practical and operational components.

Goff may call this his "retirement" but his colleagues call it dedication to duty.

"His infectious smile, positive attitude and willingness to help out without asking anything in return epitomizes the service's core values," said Station Washington commanding officer, Lt. Celine Ladyga. "The fact he does this all on a strictly volunteer basis only serves to underscore his commitment to Station Washington and the U.S. Coast Guard."

NDW's CSADD promotes Sailors helping Sailors

BY PATRICK GORDON
NDW WATERLINE WRITER

WASHINGTON - A junior Sailor in a new command might feel lost his first few weeks there. Whether they are fresh out of A-school, or well into their first or second tour, it might seem out of the ordinary to think that a peer could be in any position to help should that Sailor need help with his career or a personal issue. The volunteers of Naval District Washington's (NDW) Coalition of Sailors Against Destructive Decisions (CSADD) are in place to change that mentality and let Sailors know that they are there to help their shipmates.

CSADD is a peer-to-peer mentorship program used Navy-wide. The program is geared at Sailors 18 to 25 years old, to reinforce the culture of "Shipmates helping Shipmates." The program is different because it gives young Sailors the opportunity to help each other through interaction and to come up with their own creative ways to combat destructive behavior.

"CSADD is a great organization that provides Sailors the opportunity to reach out and support their fellow junior Sailors," said Chief Electrician's Mate Noli Manaloto, NDW regional CSADD coordinator. "Our CSADD volunteers pride themselves in their ability to provide guidance to their shipmates, as well as making their local communities better places to serve. At its core, CSADD is really about Sailors helping each other and making a stronger Navy as a result."

The program exists as a way for junior Sailors to guide their



U.S. NAVY PHOTO BY PATRICK GORDON

Fleet Master Chief (SW/AW/SCW) Scott Benning, then chief of naval personnel Navy Total Force/Manpower, Training & Education, left, leads a chant at the Naval District Washington CSADD picnic Sept. 21, 2012. CSADD is a peer-to-peer mentorship program used Navy-wide. The program is geared at Sailors 18 to 25 years old, to reinforce the culture of "Shipmates helping Shipmates." The program is different because it gives young Sailors the opportunity to help each other through peer-to-peer interaction and to come up with their own creative ways to combat destructive behavior.

shipmates from making decisions detrimental to their careers as well as foster an environment of mentorship and support at the enlisted level.

"CSADD is a unique, up and coming organization in the Navy," said Hospitalman Seaman Israel Castro, Washington Navy Yard CSADD president. "It's a coal-

ition of Sailors looking out for each other and guiding one another in the right direction so that mistakes can be stopped before they begin. Sometimes all it really takes is someone saying, 'Hey, they might not be such a good idea,' to change the entire course of someone's career. It's Sailors sharing experiences that they've had and creat-

ing leadership qualities."

Castro explained that many Sailors spend much of their first year or more in the Navy learning basic - but unexpected - tasks such as eval writing and collateral duties. CSADD provides a network of Sailors in a friendly environment that is available to provide guidance in their fields of expertise that

otherwise might not have been known to a new Sailor. He added CSADD provides opportunities for those with personal issues, such as drinking or smoking cessation concerns, who may feel more comfortable reaching out to a fellow junior Sailor rather than talking with someone in their chain of command.

"It really is about guidance; whether one of our guys wants to do 20 years or five years, we want to make sure our Sailors are making the time count rather than counting the time," Castro said.

The CSADD program in NDW has grown in recent years by leaps and bounds, with chapters in bases throughout the region.

"In all there's about 14 CSADD chapters in the region," Castro said. "There are Sailors from 12 different command UICs that volunteer with just the Washington Navy Yard CSADD chapter alone. But it's not about competition between chapters; it's about us helping each other and our Sailors out. It's really a cooperative effort, and anyone is welcome to join our meetings."

Castro said that the CSADD program is growing in popularity as well, with beneficial results all around.

"We have people from two different commands shadowing the Washington Navy Yard chapter right now to learn how to start CSADD chapters at their own commands. We've also had a really positive response from the Marines over at 8th and I, and we're hoping to branch out as much as we can. The best thing I've seen so far in the program is people within CSADD going out of their way to help other people."

STRINGS

■ continued from 1

night, the music was solely intended for members of the local community, which included several military retirees. Performing such hits from artists like Led Zeppelin, Johnny Cash and Michael Jackson, musicians surrounded the crowd to make for a uniquely pleasant, intimate performance.

Christian Drover joined his wife, Alice, for the performance after reading about it on the Air Force Band's website. The couple lives in nearby Occoquan, Va. and said there was no better way to spend the evening.

"We've seen other groups with the band, but not it's Strolling Strings. This was quite a treat for us," Drover said. "My wife and I weren't expecting to hear some of the songs they played. They are an immensely talented group of musicians."

The group's repertoire included some classical, bluegrass and patriotic compositions, as well. Alex Cheynet, a retired Army major, was another guest that came away impressed with the group's performance. He especially liked the Strolling Strings military tribute to each branch of service.

"Great music done with respect. That's how I would characterize tonight's performance," Cheynet said. "I wasn't too familiar with them before, but I'm certainly a fan now. I would love to see them again."

The Strolling Strings are comprised of



U.S. NAVY PHOTO BY PAUL BELLO

The Strolling Strings performed numerous songs for guests, including hits from such artists as Led Zeppelin, Johnny Cash and Michael Jackson.

musicians who have studied and perfected their craft at leading colleges, universities and music conservatories around the world.

That background ultimately prepared them to excel during an intensive and competitive audition process before their selection

for membership in the U.S. Air Force Band. For more information about the band, visit www.usafbnd.af.mil.

MWR Calendar

Third Friday

Aug. 16 | 5 p.m.-12 a.m. | Bolling Club – Washington Dining Room

Join us on the every third Friday of each month featuring DJ Bobski. Club members will be given access to FREE hors d'oeuvres from 5 to 7 p.m., non members can enjoy these items for only \$10. In addition, the Club's famous fried chicken and Chef's specials will be available for purchase in the WASP lounge from 7 to 10 p.m. Please call 202-563-8400 for more information.

Back to School Splash/ Boat Regatta

Aug. 16 | 6-8 p.m. | JBAB Pool

Join the Youth Center Staff for our Annual Cardboard Boat Regatta Race. Pick up your free materials for your boat construction (4 pieces cardboard and one roll of duct tape per team). Supplies are limited to one boat per family. Please register your team and pick up your supplies after Aug. 9 from 10 a.m. to 5 p.m. at the Youth Center. Age groups include 5 to 7 years, 8 to 10 years, 11 to 13 years and 14 years or older.

Dive-In Movie

Aug. 16 | 8 p.m. | JBAB Pool

Join us for a family friendly movie showing at the JBAB Pool!

DC Mobile Scavenger Hunt

Aug. 17 | 11:30 a.m. | Washington, DC | E1-E-6 Single Unaccompanied Active Duty Military

Can your teams find the winning clues? Join Liberty as we journey into DC to find hidden clues. Winners will get great prizes. Please call 202-685-1802 for more information.

Teen Trip to Six Flags

Aug. 17 | 12-8 p.m. | Bowie, MD | 13-18 years old

Teens, let's go have some fun as we go to Six Flags and explore all that it has to offer. Please bring a change of clothing if you are going to the water park. Cost of admission is the member's responsibility. Remember you can purchase your discounted ticket at the ITT office located in the Arts and Crafts Building 4472. Current membership and signed permission slip is needed for this activity. There are limited seats available on the bus. Sign up early. Please call 202-767-4003 for more information.

Poetry/Rap Night

Aug. 23 | 7-9 p.m. | Youth Center | 9-18 years old

Do you write poetry or rap? Are you willing to share your thoughts with others thru a poem or music? Join us for an evening of writing and sharing with your peers. Please call 202-767-4003 for more information.

Skydive Delmarva

Aug. 24 | 6 a.m.-7 p.m. | Laurel, DE | Ages 18 & up

Outdoor Recreation is going skydiving! A Tandem is the fastest and easiest way for you to make your first skydive. Tandem Skydiv-

ing utilizes a dual harness parachute. The Tandem instructor wears the parachute and the student is connected to the instructor. You exit the aircraft from around 14,000 feet, guided during the entire jump by the Tandem instructor. \$35 for transportation fee.

Tandem Jumps: E-1-E-4 (\$180)

E-5-E-8(\$190), E-9-O5(\$200)

Non-military Participants: Tandem (\$225) Must not exceed 240lbs www.skydivedelmarva.com Please call 202-767-9136 for more information.

Hike through Great Falls Park

Aug. 24 | 8 a.m.-6 p.m. | Great Falls National Park | Sign up by Aug. 15 | E1-E-6 Single Unaccompanied Active Duty Military

Enjoy one of the most beautiful sights in the Washington DC Metropolitan area! Liberty is going on a day of hiking through Great Falls Park located just outside of McLean, VA along the Potomac River.

Please call 202-685-1802 for more information.

Youth Sponsorship and Monthly Birthday Celebration

Aug. 24 | 7-8 p.m. | Youth Center | 9-18 years old

Join the JBAB Youth Center Staff for our Monthly Birthday Celebration. If your birthday is in August this one's for you. Current Youth Center Membership is needed for this event. We invite youth new to the JBAB community to come and find out what the JBAB Youth Center has to offer to you. Come and meet fellow members and hear what they have to say about our programming, trips and activities. Please call 202-767-4003 for more information.

Pizza Cooking Class

August 20 | 5:30 p.m. | Enterprise Hall Kitchen | E1-E-6 Single Unaccompanied Active Duty Military

Learn how to create your favorite pizza from scratch with a special guest instructor. Please call 202-685-1802 for more information.

Women's Equality Day Luncheon

Aug. 22 | 11:30 a.m.-1 p.m. | Tuskegee Room, Bolling Club

Theme: Celebrating Women's Right to Vote Guest Speaker: Maryland State Senator Katherine A. Klausmeier.

\$20 for non-members and \$18 for members. Reservations are required Aug. 21. Please call 202-767-7710

Reggaefest featuring Stable Roots

Aug. 23 | 6 p.m. | Slip Inn Bar & Grill

Let's get together and feel alright... Join us for our most popular event of the year! A special performance by the reggae band Stable Roots, playing all of your reggae favorites to keep the dance floor packed all night long! Visit <http://www.myspace.com/stablerootsproductions1>.

Please call 202-767-1371 for more information.

End of Summer Pool Party

Aug. 23 | 7:30 p.m. | JBAB Pool | E1-E-6 Single Unaccompanied Active Duty Military

Summer is coming to an end, so go out with a big splash at the JBAB Pool with some food, fun and good times! Please call 202-685-1802 for more information.

Super Smash Bros. Tournament

Aug. 29 | 6 p.m. | Liberty Center | E1-E-6 Single Unaccompanied Active Duty Military

It's the ultimate Battle Royale with your favorite Nintendo Characters in Super Smash Bros. Tournament. Last man standing gets a Liberty prize bundle. Please call 202-685-1802 for more information.

Boss and Buddy

Aug. 30 | 3:30-5:30 p.m. | WASP Lounge

Follow up that monthly promotion ceremony by taking your boss to the Club for Boss and Buddy night. Our Club Members enjoy a FREE buffet; cost for non-members is \$10. Please call 202-563-8400 for more information.

Video Game Tournament Weekend

Aug. 30-31 | 7-9 p.m. | Youth Center | 9-18 years old

Get your team of two together to be the best in Xbox, Wii or Play Station 3 competition! Please call 202-767-4003 for more information.

Flag Football

Starts: Sept. 16

Deadline to sign up: Sept. 12

Flag Football is starting up for the year! It will be played on the football field located by the running track.

Volunteers Needed!

Runner's Expo and Packet Pick-up: Sept. 12-13 Navy-Air Force Half Marathon and Navy 5 Miler: Sept. 14 For more information or to register as a volunteer, visit www.navyairforcehalfmarathon.com.

Download the FREE "ABSalute" App available for Android and iPhone

The Warfighter & Family Readiness Marketing Department has recently developed and produced a free smartphone application, bringing its resources to customers and employees on a mobile platform at Joint Base Anacostia-Bolling (JBAB).

"ABSalute" is a fast and easy-to-use application designed to allow quick access to events and programs while on the go. Download the app at the Google Play or Apple App Stores and receive the latest information about Morale, Welfare and Recreation (MWR), as well as Warfighter and Family Readiness programs.

The app features:

- Facility finder including hours of operation, direct phone listings, directions and GPS capabilities

- Upcoming special events and programs that can be added directly to your personal smartphone calendar

- Outdoor Recreation and Capital Cove Marina equipment and boat rentals

- Full dining facility menus for the Bolling Club, Potomac Lanes EATZ, Slip Inn Bar and Grill and Furnari Restaurant

- Quick links to the Navy-Air Force Half Marathon and Navy 5 Miler website, CNIC JBAB website, Naval District Washington (NDW) Facebook page and the current edition of the 411 magazine

- Facility and Event Photos
- Push notifications to alert users with the most current information

Perfect for iPhone and Android devices. Feel free to email us any suggestions on how we can better enhance the MWR ABSalute app.

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Image Courtesy of the DoD.

DISA officials eye 'soft phones' to reduce costs

BY AMAANI LYLE
AMERICAN FORCES PRESS SERVICE

FORT MEADE, Md. - Officials from the Defense Information Systems Agency today described plans to reduce operating costs through the use of expanded voice-over internet protocol.

DISA official Cindy Moran called the proposed changes a milestone toward enhancing the joint information environment connecting war fighters. Users long tethered to desk phones and computer screens would instead receive tablets or laptops with telephone applications as part of their software.

"It just becomes an application on your computer instead of handing you a suitcase full of different devices to do work that can all be done on your computer," Moran said.

Cost as well as convenience and practi-

cality play a significant role in the shift, officials said.

"An IP telephone to sit on a desktop today can cost anywhere from \$300-500 a telephone, depending on capabilities ... directories and what the features are," Moran explained. "A soft phone is \$50 - from the same vendor."

For telecommuters who only need a headset and a \$50 licensing fee for the software, the decision makes financial sense to DISA officials.

"The savings to the department for that person who may not need a desktop telephone is significant," Moran said.

DISA officials described their plans at a Forecast to Industry Day event here, and say they intend to roll out the pilot of unified capabilities, including Outlook Exchange, desktop and phone switches in the coming months.

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

visit www.dcmilitary.com.



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TRAFFIC

■ continued from 6

Washington, D.C. to a path just outside the walls of the Washington Navy Yard along the Potomac River. Through the end of August, visitors can access the museums of the Washington Navy Yard through the Taylor Building which houses the Cold War Gallery or the 11th and O St. gate to the yard. The Display Ship Barry, National Museum

of the United States Navy and Cold War Gallery are open Tuesday through Sunday from 9 a.m. - 5 p.m. weekdays and 10 a.m. - 5 p.m. weekends.

NHHC's mission is to collect, preserve, and make available the artifacts, documents, art and knowledge that promote naval history and heritage's relevancy for present and future generations to remind America of the need to maintain a strong Navy to protect its citizens, their freedoms, and the global maritime commons.

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FOR NON-EMERGENCIES, CALL THE LAW ENFORCEMENT DESK AT (202) 767-5000

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CATHOLIC SERVICES	Saturday 5 p.m. Chapel Center Sunday 9:30 a.m. Chapel Center
Reconciliation	Sunday 9 a.m. Chapel Center
Rosary	Sunday 9:10 a.m. Chapel Center
Mass	Tuesday 11:30 a.m. Chapel Center Wednesday 11:30 a.m. Chapel Center Thursday 11:30 a.m. Chapel Center Friday 7 a.m. Chapel Center
PROTESTANT SERVICES	
Sunday Worship	Gospel 11:30 a.m. Chapel Center General Protestant 11 a.m. Chapel 2
Sunday School	Sept - May 9:30-10:30 a.m. Any questions about these services or other religious needs call 202-767-5900

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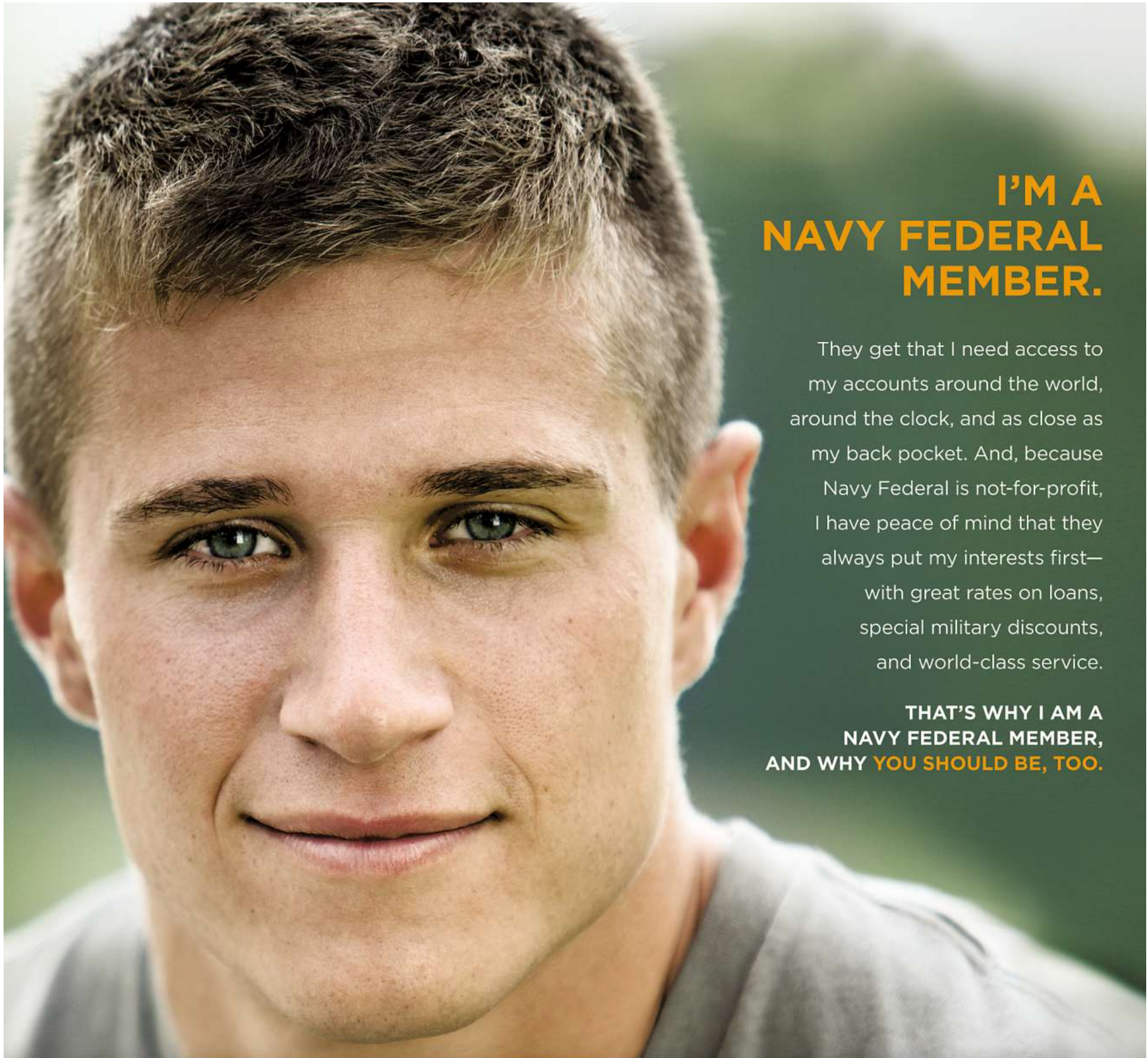
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