



Joint Base Journal

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JOINT BASE ANACOSTIA-BOLLING

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Military spouses seeking careers find help, guidance through annual expo

By PAUL BELLO

JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON – Job-seeking military spouses with eyes on tomorrow came together May 10 at the Bolling Club, as Joint Base Anacostia-Bolling (JBAB) played host to this year’s Military Spouse Employment Partnership Appreciation Expo. More than 30 organizations from the National Capital Region participated and extended a hand to nearly 100 military spouses throughout the all-day event.

The goal of this annual expo is to connect area businesses with military spouses who are seeking fulfilling careers and personal development, said JBAB Commander Navy Capt. Anthony T. Calandra. Besides making the rounds with potential employers, those attending had the opportunity to listen to guest speakers who are experts in their field, as well as participate in workshops such as dressing for an interview and how to write a fed-

eral resume.

Edward Chow, Jr., secretary of the Maryland Department of Veterans Affairs, joined Mininia Hawkins, program analyst with the Office of the Under-Secretary of Defense, and Hilary Fordwich, host of Government Contracting Weekly and senior vice-president at AOC Key Solutions, as guest speakers with insight on the task of job-hunting.

Chow, a retired Army officer and veteran of the Korean War, told audience members that Maryland has a number of initiatives in place to help military families and retired veterans. This includes a veteran’s trust where individuals can receive privately donated funds either through a grant or a loan. There is also Maryland’s very successful Warrior-to-Worker program that was created back in 2010 that also has information on how to start your own business.

“I’m very proud to say we have



U.S. NAVY PHOTO BY PAUL BELLO

The annual Military Spouse Employment Partnership Appreciation Expo was held May 10 at the Bolling Club. More than 30 organizations and nearly 100 military spouses participated in the event.

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Secretary of Air Force announces departure



U.S. AIR FORCE PHOTO BY STAFF SGT. SAMUEL MORSE

Secretary of the Air Force Michael Donley visits with 455th Expeditionary Communications Airmen at Bagram Air Field, Afghanistan. Donley announced his plan April 26 to step down June 21 as the Air Force’s top civilian after serving for nearly five years.

By SECRETARY OF THE AIR
FORCE PUBLIC AFFAIRS

WASHINGTON -- Secretary of the Air Force Michael Donley announced his plan April 26 to step down June 21 as the Air Force’s top civilian after serving for nearly five years.

“It’s been an honor and a privilege to serve with our Air Force’s great Airmen,” Donley said. “Their accomplishments have been nothing short of impressive and I’m humbled to be a part of this team. The Air Force has been a way of life for so much of my career, I know it will be bittersweet to say farewell.”

Donley was confirmed as the 22nd secretary of the Air Force Oct.

2, 2008, during a very difficult time for the Air Force. He served as the acting secretary since June of that year, as well as for seven months in 1993, making him the longest serving secretary in the history of the Air Force. He also served as the service’s top financial officer from 1989 to 1993.

“Mike has been an invaluable adviser during my first two months as Secretary of Defense and has been an outstanding leader of the Air Force for nearly five years,” said Secretary of Defense Chuck Hagel. “His leadership came during a challenging time for the Air Force, and he helped instill a culture of responsibility, initiative and professionalism to the service. Mike has been an unwavering cham-

panion for our Airmen, their families, and for American airpower. The Air Force he leaves behind is more resilient and more respected because of his leadership and personal dedication.”

Though Donley has not yet announced any future plans, he remains dedicated during his remaining time to supporting the Secretary of Defense in the many challenges that lie ahead for the service.

“In the meantime, there remains much to do,” Donley said. “This is an extraordinary and exciting time for our Air Force, filled with both challenges and opportunities. I

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Prince Harry visits troops, staff at Walter Reed Bethesda

BY BERNARD S. LITTLE
NATIONAL NAVAL MEDICAL CENTER
PUBLIC AFFAIRS

BETHESDA, Md. (NNS) -- Staff and patients at Walter Reed National Military Medical Center (WRNMMC) welcomed Prince Harry of Wales to the Nation's Medical Center, May 10.

Rear Adm. (Dr.) Alton L. Stocks, WRNMMC commander, his senior staff and Capt. Frederick Kass, Naval Support Activity Bethesda commanding officer, greeted the prince who was wearing his British Army Air Corps combat uniform and desert boots upon arrival. A captain in the British army, the prince, known as Captain Wales in the military, has served two tours of duty in Afghanistan.

Visiting the Gait Lab, Computer-Aided Rehabilitation Environment (CAREN), Prosthetics Lab and Military Advanced Training Center (MATC) at WRNMMC, Prince Harry took in the state-of-the-art technology used to treat patients at Walter Reed Bethesda with great interest, but he appeared more engaged hearing from staff, wounded warriors, and their families who receive care here.

"I believe it would be a wonderful opportunity for everyone in America to spend a day or two on this campus and see the spirit of these families and the spirit of these warriors, and their determination to move forward in their lives, whether in the military or as a full members of society," Stocks said. "It is truly amazing, and not one that I have spoken to has any regrets. They are so proud to have served their country."

Prince Harry witnessed this spirit firsthand during his visit to the Nation's Medical Center.

In the CAREN, the prince observed Army Spc. Corey Garmon, injured by an improvised explosive device (IED) in Afghanistan in July



U.S. NAVY PHOTO BY LT. CMDR. JIM REMINGTON

Prince Harry of Wales, known as Captain Wales in the British Army, paid respects at Arlington National Cemetery on May 10 by laying wreaths at the Tomb of the Unknown Soldier, in Section 60 which is the burial ground for service members killed in Afghanistan and Iraq since 2001, and at President John F. Kennedy's eternal flame. Prince Harry's visit to Arlington was an early stop on his recent tour of the United States, including a visit to the Walter Reed National Military Medical Center.

2012, go through a session in the high-tech room which combines integrated virtual reality environments with motions platforms, instrumented treadmills, surround sound and other functions. The

CAREN is used to improve the balance, stability and other capabilities of patients following serious injuries and illnesses, such as amputations, traumatic brain injuries and strokes.

When asked by the prince about the care he's receiving at WRNMMC, the Army specialist described it as "awesome." The prince thanked Garmon for his service and sacrifice, and the Sol-

dier said he appreciated his words of encouragement.

The prince also observed WRNMMC staff at work in the prosthetics lab, where they make and fit innovative prosthetics, including powered knees, hands and ankles, allowing many amputees to perform numerous daily activities and functions.

In the MATC, Prince Harry met wounded warriors, other patients and their families, and observed their rehabilitation in the facility with the latest cutting-edge equipment helping in their recovery. He shared stories with one Soldier, Master Sgt. Cedric King, whose unit was deployed to Afghanistan and served alongside British forces from the same unit as the prince.

"It was awesome that he came out to see everyone," said Army Spc. Eric Hunter, who was receiving therapy in the MATC when the prince arrived. "It always means a lot when someone like that visits," added the Soldier, injured by an IED May 31, 2012, while on patrol in Afghanistan.

Marine Cpl. Nathan Jakubisin agreed it was an honor meeting the prince. "He thanked us for what we do," added the Marine, also injured by in IED while conducting patrol in Afghanistan in June 2012.

A family member receiving care in the MATC at WRNMMC, Andrew McCaffery, 14, said the prince wished him well during their brief conversation. "It was pretty cool" meeting the prince, added the teenager. "Everyone doesn't get to meet a prince. It's a once-in-a-lifetime kind of thing."

Andrew's mother, Lisa McCaffery, agreed. "The question that [Prince Harry] asked Andrew was, 'What was his story?' I thought that was really neat. I just think the fact that [the prince] took time to stop in here and see how our Soldiers are recovering, is wonderful."

AFDW contracting civilian receives national award

BY SENIOR AIRMAN
STEELE C. G. BRITTON
AIR FORCE DISTRICT OF
WASHINGTON PUBLIC AFFAIRS

WASHINGTON - In less than two years as an Air Force District of Washington employee, a civilian Airman has proven to be a stand-out in her field by earning the National Contract Management Association's 2012 Excellence in Contracts Professionalism Award.

Mary Kathryn Robinson, AFDW Contracting Directorate Strategic Sourcing division chief, stationed at Joint Base Anacostia-Bolling in Washington, D.C., learned of her recognition through a letter sent by NCMA President Elliot B. Branch.

"The NCMA Awards and Honors Working Group voted to honor Mary Kathryn Robinson with this prestigious award that recogniz-

es individuals with a remarkable reputation for professionalism and exceptional achievement in Contracts Management," Branch said in the letter. "We are fortunate, indeed, to have in our ranks an individual like you who has contributed so much to our organization and to the profession."

Former Headquarters AFDW Contracting Director retired Col. Timothy Applegate hired Robinson to the AFDW team in 2011 as the Policy Division Chief. She moved to her current position in October 2012.

"NCMA is the leading professional resource for those in the field of contract management," Applegate said. "The organization, which has more than 22,000 members, is dedicated to the professional growth and educational advancement of procurement and acquisition personnel worldwide."

Robinson and her team provide direct contract support to the Headquarters Air Force and Secretary of the Air Force contracting offices by supporting missions to include maintaining a multiple award indefinite delivery and quantity contract valued at \$4.7 billion.

"It really meant a lot to me that the AFDW Contracting Directorate leadership nominated me for the award. I appreciate all of their support, both personally and professionally. I see NCMA's award as more recognition of the great work AFDW contracting overall is doing - and I'm glad to be a part of it," Robinson said, who helped Headquarters AFDW Contracting win the Air Force-wide Secretary of the Air Force Contracting Fiscal Year 2012 Large Contracting Directorate Award.

Robinson has been serving the

Department of Defense as a contracting officer since December 2003 when she graduated from her internship and wanted to support her country.

"This is a great environment and I've learned so much here at AFDW," she said. "Without the policy division members' and the strategic sourcing division's support I would never have won this award. I appreciate everything they do and continue to do to support the Air Force and AFDW mission."

Robinson will be publicly recognized for her accomplishments July 23 at the NCMA World Congress in Nashville, Tenn. There she will be given a one-year membership to the NCMA, a cash award and complimentary registration to the 2013 World Congress.



U.S. AIR FORCE PHOTO

Mary Kathryn Robinson, Air Force District of Washington Contracting Directorate Strategic Sourcing division chief, stationed at Joint Base Anacostia-Bolling in Washington, D.C., earned the National Contract Management Association's 2012 Excellence in Contracts Professionalism Award.

Compassion fatigue not a character flaw for health professionals

BY PAUL BELLO

JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

WASHINGTON – Chaplain (Maj.) Robin Stephenson-Bratcher, of Joint Base Anacostia-Bolling’s Chapel Center, recently held a two-day workshop at the Bolling Clinic so members of the 579th Medical Group (MDG) could learn about compassion fatigue. The idea is to remind those charged with helping others to be healthy themselves. That’s what prompts Bratcher, who conducts similar workshops throughout the National Capital Region, to reach out and normalize the discussion about compassion stress.

“It’s not uncommon that health professionals become exhausted by the exposure of emotionally draining clients constantly looking to them for help,” Bratcher said. “It’s perfectly normal to be affected by the caring for others. It means you still have the ability to be empathic, caring and connected between your internal world and the external realities.”

Compassion fatigue, according to Bratcher, is defined as a state of exhaustion and dysfunction (biologically, psychologically and socially) as a result of prolonged exposure to compassion stress. During a workshop she refers to as a “lunch and learn” workshop, she told MDG members that it’s important to not turn off one’s feelings – telling the group to listen, honor and be courageous in exploring what’s going on in their hearts and minds.

The following are 16 warning signs that Bratcher associates with compassion fatigue.

- | | |
|--------------------------------------|------------------------|
| Feeling helpless and hopeless | Sense of persecution |
| A sense that you can never do enough | Guilt |
| Hyper-vigilance | Fear |
| Diminished creativity | Anger and cynicism |
| Inability to embrace complexity | Inability to empathize |
| Minimizing | Addictions |
| Chronic exhaustion | Grandiosity |
| Inability to listen/deliberate | Dissociative moments |

There are many self care and preventive habits to combat compassion fatigue, she said. They include developing one’s spiritual side, exercising, listening to music, setting personal goals and even starting a journal. Above all else, though, Bratcher said a self-care plan must have the following elements.

“Don’t neglect your own mental, emotional, physical and spiritual needs. Write a list of things you can do when the day overwhelms you. It’s important to pay attention to your heart,” Bratcher said. “We’re all plug and play individuals. The world will go on, but we will not go on if we don’t take care of ourselves.”

National Nurse Week Spotlight: Maj. Bernice King

BY PAUL BELLO

JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

WASHINGTON - National Nurse Week is celebrated annually from May 6, also known as National Nurses Day, through May 12. It coincides with the birthday of Florence Nightingale, the founder of modern nursing, according to the American Nurses Association.

Often described as both an art and a science, nursing is a profession that features dedicated people with varied interests, strengths and passions. Air Force Maj. Bernice King is a family nurse practitioner with the 579th Medical Group on Joint Base Anacostia-Bolling (JBAB). A 14-year veteran of the military, she has been in the nursing field 18 years. She shares with us her thoughts on the profession and what a typical day is like for her.

What drew you to this profession?

I’ve always been fascinated with how the human body works. I also wanted to help take care of people. That’s the greatest reward of all.

Describe a typical day for yourself?

I will go over patient charts and make sure everyone who comes in has been properly screened by our team members. I will also order preventative services, conduct examinations and make a patient diagnosis. I usually see an average of 20 patients a day.

How did you get started in this field?

After graduating from nursing school, I worked on a medical surgical floor for a



U.S. NAVY PHOTO BY PAUL BELLO

Air Force Maj. Bernice King is a family nurse practitioner with the 579th Medical Group.

hospital in New York City. I then spent two years at a hospital in Florida doing the same type of work before getting involved with the Air Force, which is where I’ve received my combat medical training. I love working with my medical team here at JBAB. I couldn’t do this job without them.

What are your future plans?

I plan on going to school this fall to pursue my doctorate in nursing. I was recently awarded an Air Force scholarship and I plan on making good use of it. I’m really looking forward to getting my degree.

What advice do you have for people looking to enter this profession?

Nursing is a diverse career field. I recommend finding an area you love and pursue it vigorously. Bloom where you’re planted.

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING
WASHINGTON, D.C.

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NDW to celebrate 71st anniversary of Battle of Midway victory

BY NAVAL DISTRICT WASHINGTON
PUBLIC AFFAIRS

WASHINGTON (NNS) -- Naval District Washington will be honoring the service and sacrifices of the Midway veterans during the 71st Battle of Midway Anniversary at the Navy Memorial in Washington, D.C., June 4, at 9 a.m.

June 4, 1942, was a historical game-changing day for the United States military. On that day, the U.S. Fleet defeated the finest of the Imperial Japanese Navy in the waters off a small Pacific atoll named Midway.

The Battle of Midway spanned three days, at the end of which large-scale Japanese expansion in the Pacific was no more.

"It was a major battle in terms of our own ability to meet the enemy and defeat him," said Robert Cressman, a historian with the Naval History and Heritage Command. "The skill of the attacks and heroism was great on both sides."

Cressman says Midway was a significant strategic target. "If the Japanese could capture Midway then they could attack Hawaii anytime." He said recounting the plan of the Japanese Imperial Navy which was to capture Midway to lure the U.S. carriers that had roamed unimpeded between February and April, into decisive battle and destroy them. The object was to destroy what the Japanese considered its most dangerous element: its carriers.

"The Japanese planned to attack Midway and draw out our carriers," he said.

But that didn't happen thanks to intelligence, specifically the work of intelligence station HYPO Americans were ready and



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS KIONA MILLER

Retired Gunner's Mate 1st Class Hank Kudzik and retired Sonar Technician Howard Snell shake hands during a wreath laying ceremony at the Navy Memorial commemorating the 70th anniversary of the Battle of Midway. The Battle of Midway was the turning point in the Pacific War and set the stage for the U.S and its allies to win World War II.

waiting. Retired Navy Capt. John Crawford told of how cryptologists broke the Japanese code which revealed what the bearings and location of the Japanese fleet. "It was miraculous, our intelligence predicted the time of the planned attack, the distance and location of the Japanese."

Crawford was on the bridge of the aircraft carrier USS Yorktown (CV-5) when the message came in at 4 a.m. "Our intelligence solved the problem. I was happy as a clam and I was relieved as I read the message to Capt. Buckmaster."

The message also bore-out the Japanese military's ominous attack plan. "Many planes were headed to Midway," Crawford said.

"We were attacked first by dive bombers around noon, then aircraft from the Japanese carrier Hiryu followed our planes and attacked us," Crawford said.

According to Cressman, from the Yorktown's perspective, the Hiryu's dive bombers came in at about 2 p.m., and stopped Yorktown with at least three bomb hits. Yorktown repaired, had just gotten underway and was proceeding fast enough to launch planes when the Hiryu torpedo planes (their second strike, unrelated to the first), attacked at about 4:40 p.m., scoring two hits.

Cressman said, June 4, she was attacked twice. Yorktown got hit a third time, by the submarine I-168, June 6.

"After the first attack, she got underway just in time to be attacked a second time, then took two torpedo hits that stopped the ship again, forcing her abandonment," he said.

The crew was evacuated to several awaiting ships including USS Russell, the ship that now carried Crawford and some of his crewmates.

"What they did was transfer them to another ship and parcel them around," Cressman said.

The next day USS Hammann was on scene, ready to provide power and maintenance support to the disabled Yorktown. In the area were American destroyers patrolling in an effort to protect Yorktown from the enemy.

Crawford said he was relaxed aboard the rescue ship destroyer Russell, then he learned the tide had changed in favor of the Americans.

"We knew by the time we were picked up that we had sunk most of the Japanese carriers."

The Japanese had sustained relentless attacks from land and carrier based aircraft. However, danger still stalked the American fleet from beneath the waters. June 6, Japanese submarine I-168, a 1400-ton "Type 6-A" submarine torpedoed USS Yorktown and destroyer Hammann which exploded and sank immediately. The Yorktown went down the next morning.

At the outset of the Battle of Midway, the American fleet boasted three aircraft carriers: USS Hornet, USS Enterprise and USS Yorktown to Japan's Akagi, Kaga, Hiryu and Soryu.

"We nailed three of the four in the first part of the battle," said Cressman. "Hiryu, which survived the first devastating attack that morning, took mortal damage that same [June 4] afternoon. She had been the most successful Japanese carrier that day, having launched two attacks that damaged the Yorktown twice, first with bombs, second with torpedoes."

All told, a devastated Japan lost four of its six fleet aircraft carriers that had attacked Pearl Harbor. Also lost were a large number of highly trained aviation mechanics.

Cressman says the veterans who fought valiantly in the Battle of Midway more than demonstrate the characteristics of honor, courage and commitment.

"The Navy has core values and the people who fought at Midway personify them."

Robert Cressman is the author of several books, including The Official Chronology of the U.S. Navy in World War II. This chronology of American World War II naval operations greatly expands and updates a work published just ten years after the war. Drawing on information from more than four decades of additional research sponsored by the Naval Historical Center, the work addresses the operational aspects of every theater in the naval war.

Social Security honors all who serve

BY SANDRA JOHNSON
AREA DIRECTOR, SOCIAL SECURITY
ADMINISTRATION, WASHINGTON, D.C.

WASHINGTON - Every day, Americans across the nation remember friends and family members who have served and sacrificed for their country. Memorial Day is a day when we all come together to honor those who have given their lives in the defense of freedom and the principles we hold dear in this country.

May is also National Military Appreciation Month. As we observe Memorial Day and Military Appreciation Month, we would like to let members of our military

know how much we value what they do for our nation.

At Social Security, we offer a wide range of services for our service members.

Families of fallen military heroes may be eligible for Social Security survivors benefits. Learn more about Social Security survivors benefits at www.socialsecurity.gov/pgm/survivors.htm.

For service members who return home with injuries, Social Security is here to help. Visit our Wounded Warriors website. You can find it at www.socialsecurity.gov/

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National Safe Boating Week helps you start the season off right

BY CMDR. KIMBERLY HIMMER
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON - Saturday marks the beginning of Safe Boating Week. From May 18-24, the National Safe Boating Council and the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service have joined forces to provide a week's full of reminders, instruction, and advice on how to safely maximize your fun on the water this season.

According to U.S. Coast Guard statistics, 651 people died in 2012 as a result of boating accidents. Of those, 71 percent died of drowning, and of those that drowned, 84 percent were not wearing life jackets. As a result, this year's theme for Safe Boating Week is "Wear it!" - encouraging boaters to always wear a life jacket when on the water.

According to Virgil Chambers, executive director of the National Safe Boating Council, "Simply put, boating responsibility and wearing life jackets can save lives. Accidents on the water happen much too fast to reach and put on a stowed life jacket. It's important that everyone consistently wears a life jacket while on the water."

Life jackets come in a variety of shapes and sizes, to accommodate a variety of activities. Some are better designed for fishing or kayaking, and are different than one you might wear for riding a personal watercraft. However, even more important is to make sure that the life jacket fits you properly. If a jacket is too big, it may slip over your head. If a jacket is too small, it might not provide enough buoyancy. The Safe Boating Council website (www.safeboatingcampaign.org) gives terrific guidance on choosing the right life jacket.

Throughout the week, the NOAA Weather Radio will be broadcasting public service announcements on a different topic related to safe boating practices each day, in addition to its usual marine weather reports. Some of the topics will highlight other ways

to prepare for a season on the water, such as vessel safety checks, the importance of checking and understanding marine weather forecasts before you leave the dock, and what you should do if you are caught in a thunderstorm while on the water. Another major topic that will be covered is boating under the influence. The Coast Guard reports that alcohol was the leading contributing factor in fatal boating accidents in 2012.

The District of Columbia, Maryland, and Virginia all have similar basic requirements for getting on the water. All three require those who are operating a boat to have passed a basic boater safety course. Both D.C. and Virginia will accept successful completion of the free online course offered by Boat U.S. Foundation (www.boatus.org). Maryland does not accept this, but you can take a similar online course at Boat-Ed.com. Once you pass the exam, you can pay \$29.50 to receive your Maryland lifetime boater education card. Boat Ed also offers a similar test for Virginia.

There are also resources available if you would rather receive your boater certification in a classroom environment. In Washington D.C., the D.C. Harbor Patrol offers classes regularly. The D.C. Harbor Patrol website offers a schedule of classes, or you can call 202-727-4582. Both the Maryland Natural Resources Police and the Virginia Department of Game and Inland Fisheries offer courses, and their websites have more details. Additionally, the U.S. Coast Guard Auxiliary and the U.S. Power Squadron also offer courses that you can take to satisfy the state requirements. Go to www.cgaux.org or www.usps.org for more information.

With easy access to the Chesapeake Bay, and with the Anacostia and Potomac Rivers in JBAB's back yard, boating is a favorite summer activity in this region. The Capital Cove Marina on JBAB also rents boats to eligible personnel, so it is easy to get on the water. Just remember to take your boater safety course, and to always wear your life jacket!



GRAPHIC COURTESY OF THE NATIONAL SAFE BOATING COUNCIL

SPOUSE

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also established a student veteran committee to keep veterans in school and apprised of additional educational opportunities. At one point, we concluded that veterans were dropping out of school at the same rate as the general population," Chow said. "To prevent that from continuing, we have reached out to various schools and universities in an effort to make education affordable for our veterans and their families."

Both Hawkins and Fordwich offered similar encouragement to military spouses, saying they understand the challenges and that individuals like them are great hires because of their resiliency.

Dana Carissey was one of many military spouses working the Capital Ballroom of the Bolling Club - going from table to table and shaking hands with prospective employers. She feels events like the Expo are a great opportunity for someone like her, even if she doesn't land herself a job.

"In terms of finding a job, these things are a hit or miss. But, it's worth it to get out there and work on your people skills," she said. "It's important to sound professional. That's a big part of all this, too."

Calandra thanked everyone for attending and added his own well wishes for spouses. Words they hope come true.

"You will not be here next year. That's because you would have started your new, great career," he said.

DEPARTURE

■ continued from 1

remain confident that the strength and professionalism of our Airmen, and the commitment and determination of General Welsh, Chief Cody and our military and civilian lead-

ership team, will continue to see us through." Donley's 35 years of experience in the national security community also includes service in the Senate, White House and the Pentagon. Prior to assuming his current position, he served as the Director of Administration and Management in the Office of the Secretary of Defense.



Money Problems Threatening Your Service and Family?

ARK (Asset Recovery Kit) is a hassle-free, confidential, and smart way to solve your money problems. We'll provide you with a no-interest loan for up to \$500 for up to 30 days.* For more information, visit your nearest PenFed branch.

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Call 866-212-2742 or visit PenFedFoundation.org/ARK



PenFed Foundation
Because Military Heroes need heroes too

*There is a \$5 application fee, and credit counseling is required for additional loans. Pentagon Federal Credit Union (PenFed) covers all of the Foundation's labor and rental administrative expenses. Effective February 2013.

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

visit www.dcmilitary.com.

Asian Pacific Heritage Month Celebration



U.S. NAVY PHOTOS BY LT. CMDR. JIM REMINGTON

Joint Base Anacostia-Bolling (JBAB) celebrated Asian/Pacific Heritage Month with a luau at the Slip Inn on May 10. The event featured lively, colorful, and even daring entertainment ranging from Hawaiian music to hula and Tahitian dancing, and even included a fire spinner. The luau was not for spectators alone; attendees danced, sang, and enjoyed a special Asian Pacific dinner prepared by the Slip Inn staff as well as fruity, refreshing Mai Thais served up waterside at the Tiki Bar. The 2013 luau is just one of the ways JBAB is celebrating and commemorating the many contributions Asian Americans and Pacific Islanders have made to the growth and development of the United States.



FRC Mid-Atlantic brings Christmas in April

By GARY YOUNGER

COMMANDER FLEET READINESS
CENTERS PUBLIC AFFAIRS

PATUXENT RIVER, Md. - Sailors with Fleet Readiness Center Mid-Atlantic (FRCMA) Site Patuxent River celebrated Christmas in April improving a home for a St. Mary's county resident April 27.

More than two dozen FRCMA volunteers completed repairs to the home in Hollywood, Md., during the annual community relations event of Christmas in April - St. Mary's County, Maryland, Inc.

FRCMA members replaced kitchen flooring and tile in the shower, repaired a deck, created new flowerbeds and other improvements around the home. The event was part of a countywide effort that saw hundreds of additional volunteers at 18 sites for clean-up and light repairs of homes of those less fortunate, using materials donated or purchased at a discount from local businesses and individuals.

Aviation Structural Mechanic 2nd Class Jose Martinez spent much of the day replacing roofs on two storage buildings.

"I wanted to do something that would be worthwhile," he said. "My mother taught me that if you plant something good, something good will come up."

Volunteers descended upon the residence early in the morning, gathering tools and materials and reviewing their day's work assignments. Like ants at a picnic, people then scattered to their areas and went to work breaking up the morning's calm with sound of generators, hammers and saws.

"It was motivating to have the



U.S. NAVY PHOTO BY GARY YOUNGER

Three Sailors from Fleet Readiness Center Mid-Atlantic Site Patuxent River combine their efforts to repair a roof during the annual Christmas in April event held April 27. From left, Aviation Electronics Technician Airman Justin White, Aviation Structural Mechanic 2nd Class Jose Martinez and Aviation Electronics Technician 1st Class Frank Rolfe.

opportunity to help someone," said Aviation Structural Airman Brian Lathery.

Work continued until late in the afternoon as projects and volunteers moved to help others.

While Aviation Electronics Technician 3rd Class Chelsea Brown spent the day giving of her time and effort, she said she also received.

"Physically, I felt tired however I cannot measure my newly found confidence and excitement to get involved with more home renovation projects," she said. "I felt like I had become Rosie the Riveter. We can do it and we did it."

For the past 22 years, St. Mary's County volunteers have repaired more than 630 homes; 14 community nonprofit facilities

have received help with repairs; 35,900 people have shared their time and talents and have made free home repairs worth more than \$5.2 million to improve the living conditions of low-income, elderly and disabled homeowners in St. Mary's County. Christmas in April - St. Mary's County, Maryland, Inc. is a local chapter of Rebuilding Together, a national

volunteer organization that, in partnership with the community, rehabilitates the homes of low-income homeowners, particularly the elderly and disabled, so that they may live in warmth, safety and independence.

For more information about Christmas in April - St. Mary's County, Maryland, Inc., visit www.christmasinaprilmc.org.

Marines show their Natitude at MLB Marine appreciation day

By JIM DRESBACH

PENTAGRAM STAFF WRITER

WASHINGTON - United States Marines are accustomed to taking to water and invading beaches and enemy-controlled river banks.

May 8's mission was a bit more leisurely but still multi-purposed. The assignment was to converge on the northwestern bank of the Anacostia River in the name of goodwill and participate in pre-game ceremonies at Nationals Park on Marine Day as the Washington Nationals faced the reigning American League champion, the Detroit Tigers.

Following a 55-minute rain delay, an announced crowd of 34,893 met the Marine pre-game lineup, which included Marine Corps Staff Director Lt. Gen. Willie J. Williams, who threw out the first pitch, and Headquarters and Service Battalion, Headquarters Marine Corps Henderson Hall Sgt. Major Craig D. Cressman, who delivered the game ball to Nationals starting pitcher Jordan Zimmerman.

"Excited and humbled," were the words Cressman used an hour before walking to the field. "This is an honor. The best thing is I get to see Marines on the field; I'm really happy about that. They say it's rain-

ing, but Marines are amphibious by nature."

Before the 2013 season, the District of Columbia's major league baseball club held a joint military appreciation day, but home dates on the Nat's schedule this year will hold branch-specific military nights or days.

"We have these branch days, we have the Marines out today, and everyone is so appreciative," said Shawn Bertani, the team's community relations senior director. "We're offering an opportunity to thank [them]; we're offering an opportunity to showcase the Marines, and that hardly seems like enough compared to what they're doing for us. This is one small way to say thank you."

Even as Nationals players mentally prepared for the interleague contest against the Tigers, Bertani noted they were very aware and receptive of the evening's Marine tribute.

"By virtue of them playing in the nation's capital, they get that right away. They get that early on," she said of the player's appreciation of the service branches. "We believe in supporting the huge military community we have in D.C. We bring to them opportunities to have one-on-

one interactions with various members of the military."

One once-in-a-lifetime opportunity the club provides for face-to-face interaction with fans is with the Starting Eight. The Starting Eight is the team's pre-game custom of allowing fans to meet and greet a Nationals player at their respective field position. On Marine Day, the Starting Eight consisted of a lineup complete with Devil Dogs.

Gunnery Sgt. David Charlton, H&S Bn. Henderson Hall Motor Transportation staff NCO, was a member of the evening's Starting Eight. He was paired with Nat catcher Kurt Suzuki near home plate and was greeted by the umpiring crew of Hunter Wendelstedt, Jerry Layne, Alan Porter and Greg Gibson.

"Hey, that was quite a surprise; the umpires turned around and said thank you for your sacrifice," said Charlton, who was a first-time visitor to Nationals Park. "It was an awesome experience and something I'll never forget. Meeting the catcher [Kurt Suzuki] and to see how appreciative and how sincere they were was awesome."

As he came to the mound, Williams was loudly applauded for his 40 years of service to the Corps. He



PHOTO BY JIM DRESBACH

Marine Corps Staff Director Lt. Gen. Willie J. Williams (second from right) joins Marines from H&S Bn. at Nationals Park on Marine Day, May 8. The Henderson Hall Marines ran out onto the field as the "Starting 8."

then delivered his pitch to Nationals utility infielder Chad Tracy. The lieutenant general confessed that like any pitcher, he warmed up before his appearance.

"I have been practicing a little bit; I have to admit," he said. "I did throw a few back in the tunnel

there. I had to at least make sure I could get it headed in the right direction."

The other military branch recognition dates courtesy of the Nationals include the Army (June 20); The U.S. Coast Guard (Aug. 5) and the U.S. Air Force on Sept. 19.

MWR Calendar

Champagne Sunday Brunch

May 19 | 10:30 a.m.-2 p.m. | Bolling Club – Washington Dining Room

Come out and enjoy the BEST Champagne Brunch in the Capital Region. We invite you to feast on an abundant selection of seasonal fruits, shrimp, fresh oysters, salads, baked and fried chicken, turkey, beef, fish, grits, bacon, vegetables, starches, eggs benedict, made-to-order waffles and omelets, homemade banana pudding, assorted cakes and pies for dessert.

Club Members: \$17.95; Non-Members: \$22.95; \$1 gratuity will be added for parties of 10 or more. No brunch on May 26. Please call 202-563-8400 for more information.

2-for-1 Steak Dinner

May 22 & 29 | 5-8:30 p.m. | Bolling Club - Wings Bar & Grill

Choose from a juicy 12oz rib-eye or sirloin steak, chicken or fish and your choice of a tossed or iceberg wedge salad, and Russet or Sweet baked potato with butter, sour cream, chives, and bacon bits. All meals come with a roll and butter, as well as coffee, tea or iced tea. Select appetizers, desserts and drink specials will be offered.

Club Members: \$23.95 for two people
Non-Members: \$23.95 per person
Please call 202-563-8400 for more information.

Third Friday

May 17 | 7 p.m.-midnight | Bolling Club
Join us on the every third Friday of each month featuring DJ Shawn Diggs. Club members will be given access to FREE hor 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.

Extreme Bingo

May 17 | 8-10 p.m. | Youth Center | Ages 9-18 years Join the JBAB Youth Center staff an evening of playing Bingo games. Prizes will be awarded for playing. Sign up at the front desk. Please call 202-767-4003 for more information.

America's Armed Forces Kids Run

May 18 | 9-11 a.m. | Base Track
Youth Ages 5-13 are invited to come out and join in on the fun!

Youth can register online at www.Ameri-caskidsrun.org. Please call 202-767-4003 for more information.

Armed Forces Weekend

May 18 & 19 | Noon | Busch Gardens | E1-E6 Single Unaccompanied Active Duty Military

Armed Forces Day is a day to recognize and honor the military forces in our nation. Join Liberty as we venture down to Busch Gardens for a day of thrills on Saturday and for a cookout on Sunday with fun activities such as kickball, volleyball, softball and more!

Busch Gardens is FREE with a Heroes Salute Waiver Form. Please call 202-685-1802 for more information.

Atlantic City Day Trip

May 18 | 8 a.m. to 10 p.m.

Is Lady Luck on your side? Join ITT as we head to Atlantic City, NJ for the day! Walk the boardwalk, shop at the outlets, test your luck at the casino and dine at a new restaurant. For information on the casino and casino credit, please contact the ITT office. Price: \$38.75 per person

Dessert Cook Off

May 18 | 6-10 p.m. | Youth Center | Ages 9-18 years

The Youth Center is having a Dessert Cook Off for pre-teens and teens. Sign up at the front desk by Wednesday, May 15th. No desserts will be accepted if you are not signed up. Turn in a copy of your recipe and no peanut butter or nuts will be allowed in your dessert. Please call 202-767-4003 for more information.

Summer Reading Registration 2013

May 20-June 21

Hop aboard the JBAB Library this summer! We are excited to offer a journey through books with this year's Summer Reading Program. "Have Book- Will Travel!". During the seven week Summer Reading course, the Library will host a range of fun activities that encourage and support a love of reading. Participants will also win prizes for reaching goals.

Registration will run from May 20 to June 21, 2013. The program will launch June 24 (Monday) from 10-11 a.m. for ages 5-7 and June 26 (Wednesdays) from 10-11:30 a.m. for ages 8-10 & ages 11-13 from 1-2:30 p.m.

The free program provided by your JBAB Library and MWR. Please call 202-767-578 for more information.

That Guy Happy Hour

May 21 | 5-7 p.m. | Liberty Center | E1-E6 Single Unaccompanied Active Duty Military

How much is TOO much? Are you that guy or girl? Join Liberty to get the facts on binge drinking and the effects it can have on you and your life. Please call 202-685-1802 for more information.

Call of Duty: Black Ops 2 Tournament

May 23 | 6 p.m. | Liberty Center | E1-E6 Single Unaccompanied Active Duty Military

Calling all gamers! Will you accept the challenge for a chance to be crowned the best Call of Duty Champion and your name place in infamy as the best! Please call 202-685-1802 for more information.

3-on-3 Basketball Challenge

May 24 | 6-10 p.m. | Youth Center

Compete in our 3-on-3 Basketball Challenge! Teams of three sign up at the front desk. Preteens start playing at 6 p.m. and teens play at 8 p.m.. Please call 202-767-4003 for more information.

Pool Opening Memorial Day Observance

May 25 | 11:30 a.m.-2 p.m. | JBAB Pool

Join us for fun in the sun and the season opening of the JBAB Pool!

UFC 160: Velasquez vs. Silva II

May 25 | 9 p.m. | Liberty Center | E1-E6 Single Unaccompanied Active Duty Military

Please call 202-685-1802 for more information.

Extreme Putt Putt Fun

May 25 | 5-7 p.m. | Youth Center | Ages 9-18 years

Join the Youth Center staff for a late afternoon of playing Putt Putt Golf. Sign up at the front desk to play. Please call 202-767-4003 for more information.

Managing your Finances during Furlough

May 29 | 12-1 p.m. | Washington Navy

May 29 | 4-5 p.m. | Washington Navy Yard, Bldg. 101

Many families and individuals already feel financially stressed. Worries about the impact of current budgetary constraints can add to the tension. Join the Military and Family Support Center (MFSC) staff in an educational briefing to discuss:

- How to utilize a budget to track income, savings, expenses and indebtedness
- Family financial spending plan strategies to help bridge the possible 20% cash flow gap
- Stress management tools and techniques

To register, go to www.tinyurl.com/JBAB-MFSC-Class-Registration

For more information, contact MFSC at 202-767-0450 or 202-433-6151.

Asian Pacific Heritage Month Luncheon

May 30 | 11:30 a.m.-1 p.m. | Bolling Club-Tuskegee Room

Asian buffet menu with guest speakers Retired Army Colonel Douglas Dillard (National President, Veterans of the Battle of Bulge) and Korean War Veteran Dr. Richard I. Kim, a former North Korean who fled to South Korea to avoid communism but was trained by the American Army to return to North Korea to help gather intelligence. Please call 202-767-9136 for more information.

Liberty Poker Night

May 30 | 6 p.m. | Liberty Center | E1-E6 Single Unaccompanied Active Duty Military

Ready to get your poker face on? Bring it to the Texas Hold Em' Tournament and join the competition. Please call 202-685-1802 for more information.

Daddy-Daughter Dance

June 15 | 1-3 p.m. | Bolling Club

In celebration of Father's Day, join us for the 6th Annual Daddy-Daughter Dance! You see your little princess growing up so fast, join us for this event as it is meant to last. Activities include, dancing, crafts, contests and fun! Attire is semi-formal. Please call 202-563-8400 to make reservations and 202-767-4003 for more information.

Dental examinations for retirees slated for June

BY BOLLING RETIREE
ACTIVITIES OFFICE

WASHINGTON – Military retirees and eligible dependents in the National Capital Region (NCR) are again invited to participate in a dental screening program that could lead to potential treatment for selected members.

For the 19th straight year, the 79th Medical Wing's Advanced Education in General Dentistry program at Joint Base Andrews (JBA) and Joint Base Anacostia-Bolling (JBAB) is offering dental examinations. Interested persons should call the Bolling Retiree Activities Office at (202) 767-5244 from 10 a.m. to noon on Wednesday, May 29. Calls at any other time to the RAO or dental clinics will not be honored.

Dental technicians will review the caller's dental history and look for conditions that meet the needs for resident training. Selected retirees and dependents will be scheduled for examinations at the Andrews

dental clinic, Wednesday, June 5, and at the Bolling clinic, Wednesday, June 26.

Col. Jeffrey Denton, director of residency training, said they plan to offer examinations to as many as 96 people – 48 at each location.

"Results of the exams will be reviewed by the dental staff," Denton said. "Those with conditions determined to meet the educational needs of our residents will be considered for appointments, starting in October and running through next summer."

Col. John Moser, RAO director, coordinated arrangements for the program. He urged callers to be patient and courteous.

"We will use three telephone lines, but you can expect some busy signals. If your call is picked up by the recorder, simply leave your number and the call will be returned," Moser said. "The technicians will remain until all appointments have been scheduled."

Emergency on JBAB?

DIAL

(202) 433-3333

For emergencies off-base, dial 911

CUT OUT AND PLACE IN COMMON AREA

JNOTES

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

Jogging path closed

The jogging path by Giesboro Park is closed until further notice. An alternate route has been provided.

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.

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.

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.

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.

Fitness Centers I and II

The Fitness Center I basketball court will be closed

HONOR

■ continued from 4

woundedwarriors. We use an expedited process for military service members who become disabled while on active military service, regardless of where the disability occurs.

The wounded warriors website answers a number of commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. It is important to note that benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they are unable to work due to a disabling condition. Active duty status and receipt of military pay does not necessarily prevent payment of Social Security disability benefits. Receipt of military payments should never stop someone from applying for disability benefits from Social Security.

If you've served in the Armed Forces and you're planning your retirement, you'll want to read our publication, Military Service and Social Security at www.socialsecurity.gov/pubs/10017.pdf. You also may want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/retire2/veterans.htm.

At Social Security, we honor all those who served in the military and we remember those who died for their country.

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

visit www.dcmilitary.com.

April 8 - May 31 due to ceiling repairs. The front entrance to Fitness Center II will be also closed until April 15 for maintenance. Customers are asked to use the rear entrance of the building.

JBAB Girl Scouts

Calling all Girls! Girls registered in Kindergarten - 12th grade this fall and interested in joining should contact JBABgirlscouts@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.

Protocol & Special Events Office has moved

The JBAB Protocol & Special Events Office has moved to Building P-12. Coordinator Karen Smith's new phone number is 202-767-7710.

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.

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.

Air Force 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 towards college scholarships and other military charitable organizations. For more information about the AFOWC or its Thrift Shop call 202-563-6666 or email afowcthriftshop@

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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
Saturday 5 p.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

Physical training with Navy Midshipmen



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS TODD FRANTOM

Midshipmen from the U.S. Naval Academy Class of 2016 conduct early morning physical training with an inflatable raft on the shore of the Severn River as part of the U.S. Naval Academy Sea Trials. Based on the Navy's Battle Stations and the Marine Corps' Crucible, Sea Trials is the capstone training evolution for the Naval Academy freshmen class. The plebes navigate physical and mental challenges, ranging from obstacle courses, long-distance group runs, damage control scenarios, and water training.

Worship Guide

Call **301-670-7106**

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