

Joint Base Anacostia-Bolling — “The Premier Joint Base” — Celebrates its 3rd Anniversary!

Joint Base remains open; Services affected by government shutdown

BY JOSEPH P CIRONE
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON - With the government shutdown, Joint Base Anacostia-Bolling (JBAB) remains open but some services are affected due to the lack of funding.

JBAB Commander, Navy Capt. Anthony T. Calandra said the installation remains open and continues to conduct its national security and other critical missions.

While most civilian workers have been furloughed effective Oct. 1, essential services, including those pertaining to public safety, security and emergency response will remain staffed and conduct normal operations with military and selected civilian personnel who have been exempted from the furlough, Calandra assured.

“The safety and security of the installation, its conduct of essential services in



In an unusual site for the middle of any day at the Bolling Commissary, a shopping cart stands alone amidst a vacant parking lot following the commissary's closure at Joint Base Anacostia-Bolling Tuesday, Oct. 1. Bolling Commissary management posted the following notice on its door: “To our valued patrons: Due to the U.S. Federal Government Shutdown your Bolling Commissary is closed. This situation is expected to continue until government funding becomes available. Commissary customers are asked to check their local military installation news outlets and commissaries.com to monitor the operational status of their stores. Customers may also monitor the DOD website, <http://www.defense.gov>, for any breaking news that affects service members and government civilians.”

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

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Annual exercise a pathway to improved readiness for National Capital Region

BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON - Various federal, state and local agencies from Washington, D.C., Virginia and Maryland teamed up this week for Exercise Capital Shield 2014, a joint training exercise that brings first responders together to realistically test interagency operability that might be needed in the event of an emergency. Hosted by Joint Force Headquarters - National Capital Region (NCR), it also trains and prepares the Department of Defense (DOD) to support civil authorities and employ appropriate force protection measures as requested.

Training sites for this year's exercise included Joint Base Myer-Henderson Hall (JBMHH) and Davison Army Airfield at Fort Belvoir. The JBMHH portion exercised law enforcement personnel's response in an active shooter scenario followed by hostage negotiations and crime scene investigation. Participants at Davison Army Airfield exercised medical personnel responding to a mass casualty situation following a simulated earthquake. First responders established a triage site and executed a medical evacuation of patients by helicopter.

Army Maj. Gen. Jeffrey S. Buchanan, who took command of JFHQ-NCR in June, noted

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Army first responders exercise a mass casualty component of Exercise Capital Shield 2014 at Davison Army Airfield Oct. 1 by providing initial treatment to an simulated patient before moving her to a waiting U.S. Army Air Operations Group 12th Aviation Battalion UH-60 helicopter for medical evacuation.

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

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Prevent kitchen fires and observe National Fire Prevention Week

BY LT. CMDR. JIM
REMINGTON

With National Fire Prevention Week 2013 scheduled for Oct. 6 through 12, Assistant Chief of Fire Prevention for Naval District Washington's (NDW) Fire and Emergency Services Jeff Williams is urging residents and employees onboard Joint Base Anacostia-Bolling (JBAB) to learn about and take simple steps to prevent kitchen fires.

The most dangerous appliance in your kitchen is the stove; however, the stove itself is not the problem. The danger comes from the combination of an open cooking flame, or a red-hot electric burner, combined with carelessness, bad habits or inadequate fire prevention knowledge. In partnering with this year's National Fire Protection Association's (NFPA) annual fire safety campaign, the NDW Fire and Emergency Services offers the following cooking fire information and safety tips.

Cooking fires have been the leading cause of all reported home fires and home fire injuries in the United States since 1990. Believe it or not, unattended cooking is the leading cause of these fires with two-thirds of home cooking fires beginning with the ignition of cooking materials, including food, cooking oil, fat, or grease.

Cooking was cause for two of



GRAPHIC COURTESY OF THE NATIONAL FIRE PREVENTION ASSOCIATION

You can prevent kitchen fires and improve your family's readiness to respond in the event one does break out.

every five reported home fires, roughly one every seven minutes in 2010. That accounted for 15 percent of home fire deaths, two of every five home fire injuries, and eleven percent of direct property damage from home fires.

Ranges accounted for most home cooking fire incidents, about three in five, while ovens accounted for 16 percent.

Williams said that prevention is a matter of awareness and preventative efforts to keep a situation from arising in the first place, and if one happens knowing the correct action to take in an instant is key to preventing death, injury, and property damage.

There are several basic and easy steps one can take to prevent a fire in the first place. Have at least a three-foot 'kid free zone' around a stove. Keep both the stove and oven clean and free from greasy buildup, to include vents. When cooking, never leave anything on the stovetop unattended, especially if you are frying, broiling, or grilling. And be sure to check the oven often when in use. Never store items in or on your stove. Never wear loose clothing, or clothing with long, loose sleeves, while you are cooking. Following these steps you can avoid mitigate most risk of a kitchen fire.

Knowing what to do in the event a fire does break out is the other

half of prevention, and statistics show few people know the correct, safe response so they increase the danger by an instinctive but dangerous action. For example people often think that throwing or spraying water onto a fire is the best solution when in fact they risk spreading a grease fire to other areas of the kitchen or home.

"Be sure to have an over-sized lid handy to smother a pan fire," Williams said. "By simply placing the lid over the top of the fire and turning the burner off, it will go out."

Similarly many people's initial response to an oven fire is to open up the oven to fight the fire. This is also a dangerous act that significantly in-

creases the danger of the fire.

"If you experience and oven fire, well that's even easier to handle than the stovetop fire. Just leave the door closed and turn off the oven. By opening the door you could introduce air to whatever is burning making the fire larger," said Williams.

Grease fires are a common source of kitchen fires. A grease fire ignites and spreads very quickly. Never put water on grease or electrical fires. Putting water on a grease fire can cause it to splash and spread. Instead use one of the following methods to put out a grease fire: smother the fire with a pan lid as mentioned (a metal lid is preferred since a glass lid may crack or break from the high temperature of the fire), smother the fire with baking soda (many people keep a box of baking soda next to their stove in case of a grease fire), and although the chemicals will contaminate your food and the kitchen area, a dry chemical fire extinguisher will extinguish a grease fire.

The reality is that when fire strikes, your home could be engulfed in smoke and flames in a matter of minutes and your chances of escape reduced dramatically. Should this happen, be sure that

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SHUTDOWN

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support of national security, homeland defense, homeland security and other vital missions, as well as the welfare of our personnel and their families is always paramount," Calandra said.

During the furlough, JBAB's Information, Tickets and Tours office; Navy Personnel Support Detachment - Washington; Finance Office; Drug Lab and the Housing Office are among the services directly impacted by closures, according to JBAB Vice Commander, Air Force Col. Michael E. Saunders.

In addition to police, fire, emergency medical, and religious personnel, several JBAB facilities will remain open. They are the Joint Visitors' Center, Child Development Centers, all fitness centers, Public Works Department,

the Exchange, Bolling Club, Slip Inn, and all other Morale, Welfare and Recreation facilities not mentioned will remain open.

JBAB's Transportation Management Office will be open for emergencies only. The Air Force Military Personnel Flight will provide limited services for permanent changes of station, reenlistments and passport services. The chapel's administrative support will be closed but most worship services and all counseling services remain operational. The JBAB Commissary will be closed until further notice, Saunders announced.

These are initial actions and the base may modify these lists dependent on how long the shutdown lasts.

Federal employees affected by the furlough and in need of emergency financial assistance should consider contacting the Federal Employee Education and Assistance (FEEA) fund for an emergency loan at www.feea.org.

FEEA is an authorized participant in the Combined Federal Campaign (CFC), which continues until December.

"Today is a bittersweet day for JBAB as we mark the third anniversary of JBAB's establishment in 2010," Calandra said on Oct. 1. "Our establishment and joint basing in general is part of an effort to realize efficiencies and to be better stewards of taxpayer-funded facilities and property."

"With our responsibility to be good stewards of not only the funding allotted to us by Congress, but also of our environment, I ask that all furloughed employees make a special effort to ensure that each of you powers down all electrical and electronic devices and secures all windows and doors before departing your workplace, to protect governmental property and allow us to take advantage of energy savings and its positive effect on our environment," Calandra concluded.

Joint Base Journal

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WASHINGTON, D.C.

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Navy recommends security changes in wake of Navy Yard tragedy

By JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

WASHINGTON - The Navy has recommended three changes to security procedures following the Washington Navy Yard shooting Sept. 16 in which a Navy contractor killed 12 people at the facility.

Juan M. Garcia, the assistant secretary of the Navy for manpower and reserve affairs, studied the service record of the shooter - Aaron Alexis - to see how his conduct "did or did not meet the threshold for the sustainment of his security clearance and fitness for Naval duty."

One recommendation, which must go to Defense Secretary Chuck Hagel for approval, is that all Office of Personnel Management investigative reports include any available police documents related to the subject being backgrounded.

Navy Secretary Ray Mabus has already approved two other recommendations. The first will require command security manager responsibilities be assigned to executive officers or other senior members of commands. Currently, junior officers hold those responsibilities.

The second is to "require senior-level accountability on all detachment of individual evaluations/fitness reports."

A senior Navy official discussed the timeline of Alexis' service and what the Navy knew about security problems during a Pentagon background briefing. Alexis' service went from 2007 to 2011.

"Looking individually at the events, as we knew them at the time, it's very difficult to see a glaring indicator that there is any kind of potential for the events that took place last week," the senior Navy official said.

Many questions were raised about how

Alexis, a former sailor and Navy contractor at the time of the shootings, received a secret security clearance. Three years prior to his enlistment, Alexis shot out the tires of a construction worker's vehicle in Seattle. No charges were filed.

Upon entering the Navy Reserve in 2007, OPM initiated an investigation. The check turned up Alexis' fingerprints in the FBI system and investigators became aware of the incident in Seattle. OPM sent investigators to speak to Alexis at Great Lakes Naval Training Center, Ill. There was no mention of the incident involving firearms in the OPM report to the Navy.

The OPM report to the Department of the Navy Central Adjudication Facility determined Alexis was eligible for a secret clearance with one caveat - he had negative credit information.

During his Navy service, Alexis received a non-judicial punishment for an unauthorized absence during service with VF-46 in Atlanta, Ga. His unauthorized absence coincided with a brief stay in jail after being arrested for disorderly conduct outside a nightclub.

There were other incidents, but there were no further Article 15s. In one, Alexis discharged a firearm in his quarters. He stated he accidentally discharged the weapon while cleaning it.

His commander initiated actions to administratively separate Alexis from the service, but once the charges were dropped, that process stopped.

On December 2, 2010, Alexis requested separation from the service in accordance with a reduction-in-force program. On Jan. 31, 2011, he received an honorable discharge with a reentry code of RE-1 - the most favorable code.

FIRE

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you and your family know two ways out of your home. It is important to have and practice a home fire escape plan that prepares your family to think fast and get out quickly when the smoke alarm sounds. What if your first escape route is blocked by smoke or flames, would you know how to get out? That's why having an escape plan and knowing two ways out is a key part of your plan.

This year's NFPA theme, "Have 2 Ways Out!" focuses on the importance of fire escape planning and practice. Unfortunately only one-third of Americans have both developed and practiced a home fire escape plan according to an NFPA survey. Almost three-quarters of Americans do have an escape plan; however, less than half have actually practiced it. One-third of Americans households polled estimated they would have at least six minutes before a fire in their home would become life threatening. Often times the actual time is reduced to just a couple minutes.

Fire prevention week is also a great time to check on your smoke alarms for proper function and fresh batteries as these devices can play significantly into your chances of survival in the event of a fire. Almost two-thirds of reported home fire deaths resulted from fires in homes with no smoke alarms

or no working smoke alarms.

Install smoke alarm in every bedroom, outside each separate sleeping area and on every level of the home, including the basement. Interconnect all smoke alarms throughout the home so when one sounds, they all sound. Be sure to replace smoke alarms every 10 years in accordance with the manufacture's recommendations. All replaced alarms must have a 10 year sealed battery back system. Be sure to test your smoke alarms weekly in accordance with the manufacturer's recommendations. Working smoke alarms improve your chances of surviving a fire in your home by 50% and are an inexpensive device to ensure your and your family's safety. Smoke alarms that include a recordable voice announcement in addition to the usual alarm sound, may be helpful in waking children through the use of a familiar voice. Smoke alarms are available for people who are deaf or hard of hearing. These devices use strobe lights and vibration devices can even be added to these alarms. Just remember that smoke alarms are an important part of a home fire escape plan.

As a reminder, the NDW Fire and Emergency Services provides fire extinguisher training, evacuation drills and fire and life safety presentations to all commands and tenant commands to include those who live on our installations. If your department or command is interested in this vital training, please contact your installation fire prevention division.

EXERCISE

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the importance of the four-day exercise, particularly following the recent tragedy at the Washington Navy Yard where 12 civilians were killed by a lone gunman. He said maintaining vigilance and having close coordination with other organizations were vital to the region's overall safety.

"We have many emergency partners. That list continues to grow and things can be complex and difficult," Buchanan said. "That's why it's so important to be prepared. That only happens if we continue to improve our readiness."

Army Col. Burton Shields, operations officer for JFHQ-NCR, added the exercise is not only about how to work and receive forces into the region, but how to evaluate certain techniques and procedures while enhancing relationships between DOD and other agencies.

"It's important that government agencies at every level are prepared to take coordinated action in the event of an actual emergency. That can be either natural or man-made disasters," Shields said. "Working together and having a common goal are critical to our success."

John Lease, who oversaw the active shooter portion of the exercise at JBMHH, is special program team manager for Military District Washington (MDW). A veteran of special tactics training, he believes the exercise is invaluable to law enforcement personnel.

At one point during the drill, Lease said that when the participating officers were navigating down a dark hallway with fire alarms sounding and the smell of smoke all around it was an all-too real situation. Injecting that kind of realism, he said, is critical to proper training.

"This particular scenario, which we refer to as a sensory deprivation drill, attacks one's senses. The goal is to teach an individual how to adjust to their surroundings," Lease said. "It's all about proper condition response. It's one of the most effective ways a law enforcement officer can gain confidence. That goes a long way in performing life-saving missions in the event of a mass casualty."

Nearly 40 agencies participated in the exercise, including Washington Fire and Emergency Medical Support, Arlington County Fire Department, Prince George Fire Department, Fairfax County Community Emergency Response Team (CERT) and various police departments throughout NCR.

Seeking ACE-E Mentors

The Area Coalition for Education - Excellence (ACE-E) is a program focused on providing mentors to public school students who have an interest in expanding their knowledge and skills in science, technology, engineering and math.

The Joint Base Anacostia-Bolling (JBAB) chapter is looking for motivated volunteers who can dedicate 1 hour per week for a minimum of 12 weeks to be mentors at

Leckie Elementary School and Hart Middle School.

All mentors must fill out an application and attend initial training. Two training sessions are being offered at the JBAB Command Conference Room on the third floor of Building 20 on Oct. 8 and 9 from 12 to 1 p.m.

For more information, email sarah.ursetti@navy.mil.

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For more information call 202-563-3611
or visit military.umuc.edu/bollingonsite

MWR Calendar

Domestic Violence Awareness Month:

Silence Hides Violence - Give victims the strength they need to break the silence that chains them to abuse.

For more information contact the Domestic Abuse Victim Advocate at 202-433-9743.

October is Gourmet Hot Dog Month!

Each week we will be adding a new gourmet hot dog for you to try. During the fourth week, you can vote on your favorite hot dog to enter for your chance to win a FREE meal! Please call 202-563-1701 for more information.

Monday Night Football Special at Potomac Lanes

Enjoy Monday Night Football with a large one topping Pizza and 10 whole wings for only \$16.95. Eat in or take out. Please call 202-563-1701 for more information.

Movie Madness

Every Friday | 2 p.m. | Library
Enjoy new family friendly releases every week with free theater style popcorn and drinks.

Visit the Circulation Desk or the Library's mobile marquee for movie listings. Children under the age of 10 must be accompanied by a parent or guardian who is 16 years or older. Please call 202-767-5578 for more information.

Game Night

Every Friday | 5-7 p.m. | Library
Play games for Nintendo Wii, PlayStation 3 or X-BOX 360! Game availability is first come, first served. Please call 202-767-5578 for more information.

Military Family Fun Night

Every Sunday | 5-9 p.m. | Potomac Lanes
Enjoy 2 games of bowling, shoe rental, pizza and drinks for only \$20. Available to active military personnel and their families. Each additional person is \$5.

JBAB Keystone

Oct. 4 | 6:30-7:30 p.m. | Youth Center
Looking for Keystone Club members ages 14-18 years old. The Keystone club is an organization that helps develop future members with leadership and character development. Please call 202-767-4003 for more information.

Field of Screams

Oct. 5 | Field of Screams Olney, MD
Face your fears and walk into one of the scariest haunted attractions in the DC area! Join Liberty at Field of Screams, a place filled with everything you fear from ghosts, monsters and of course Zombies! Please call 202-685-1802 for more information.

Line Dance Class

Oct. 5 | 7-9 p.m. | Youth Center
Do you know the latest line dance? If so, come and join us for an evening of learning and enjoying the latest line dances. Please call 202-767-4003 for more information.

Liberty Cooking Class

Oct. 7 | 6 p.m. | Liberty Center
What's cooking at Liberty? Pizza? Pasta? Cake? Do not miss your chance to cook a cool dish and make great friends. Please call 202-685-1802 for more information.

Story Time

Tuesday and Thursday | 10 a.m. | Library

Oct. 8: Fuegos! Fire Safety
Oct. 10: Feliz Cumplianos with Navy
Oct. 15: Adios Dora! (Hispanic Heritage)
Oct. 17: Apples!
Oct. 22: Popcorn Popping!
Oct. 24: Get Spookie!
Oct. 29: Scaredy Cat!
Oct. 31: Spooktacular!

That Guy Happy Hour

Oct. 9 | 5-7 p.m. | Liberty Center
How much is TOO much? Don't be that guy or girl. Get the facts on binge drinking and effects it can have on you and your life. Please call 202-685-1802 for more information.

Navy Birthday Run 5K Run / Walk

Oct. 10 | 11 a.m. | Slip Inn Bar & Grill
Celebrate the Navy's 238th Birthday! Featuring an awards ceremony for the top finishers (male and female), a burger burn (\$7- choice of two burgers or hot dogs, chips & drink), birthday cake and live music! FREE T-shirts will be provided to the first 400 participants. Hosted by MCPON. Contact Fitness Center I at 202-767-5895 for more details.

DC Geocaching to Celebrate the Navy's 238th Birthday

Oct. 11-14
Geocaching is a free sport open to everyone with a GPS and a sense of adventure. MWR will hide caches (hidden treasures) and post the coordinates on the MWR Smartphone App, ABSalute. You must put those coordinates in your GPS, which will take you to the area of the cache. Once you're there, you will have to search for the cache on your own.

The adventure is to:

1. Physically find the cache(s)
2. Take something from the cache(s)
3. Leave something in the cache(s)
4. Write an entry in the log book
5. Replace the cache(s) as you found it
6. Leave a comment on the App to share your experience

Every entry in the log book will be entered into the Navy Birthday drawing for a chance to win a pair of Medieval Times tickets! There are three caches so the more you find the better your chances are at winning. Work as a group or individually at your own pace. Winners will be announced on October 15. For questions or help, please call 202-767-1371.

Triple Play Football

Oct. 11 | 7-9 p.m. | Youth Center
Test your football skills as we challenge you with the Triple Play Football Challenge (pass, kick & run). Sign up at the front desk. Please call 202-767-4003 for more information.

Youth Sponsorship and Monthly Birthday Celebration

Oct. 12 | 7-8 p.m. | Youth Center
If your birthday is in October 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.

Navy Birthday

Oct. 13 | 1 p.m. | Liberty Center
Happy Birthday! Join Liberty as we celebrate 238 years with food, cake, prizes and of course FOOTBALL! Please call 202-685-1802 for more information.

Generals stress collaboration, innovation during forum

BY TECH. SGT. TAMMIE MOORE

AIR FORCE DISTRICT OF WASHINGTON PUBLIC AFFAIRS

NATIONAL HARBOR, Md. - General officers candidly discussed innovation, concerns and the service's future during the professional development portion of the Air Force Association's Air & Space Conference & Technology Exposition Sept. 18.

The panel featured nine major command generals, the Air Force Reserve commander, the Air National Guard director and Chief Master Sgt. of the Air Force James A. Cody.

Air Force Chief of Staff Gen. Mark A. Welsh III led the panel and stressed the importance of engaging a cross-section of leadership to learn from, tackle challenges and remain a healthy force.

"Everything we do, every decision we make, has to cross organization and functional boundaries," he said. "There are no more fiefdoms."

Leaders stressed the importance of innovation to active-duty, Reserve and Guard components, highlighting recent examples like the certification of the first Air Force tactical critical care evacuation team of medical professionals, maintainers and aerial porters that occurred earlier this week.

"We now have a team of surgeons who can provide life-saving surgical intervention en route between a trauma hospital and the point of final medical care," said Commander of Air Mobility Command Gen. Paul J. Selva.

"We had been working on the



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS AARON STOUT

Air Force Chief of Staff Gen. Mark A. Welsh III moderated a forum of senior Air Force general officers on discussing topical issues at the Air Force Association's 2013 Air & Space Conference and Technology Exposition last month in National Harbor, Md.

problem end to end for decades," he said. "We have finally linked the last piece of the chain."

Selva noted the feat could not have been accomplished without the contributions of the Air National Guard and Air Force Reserve, who represent more than half of all the mobility capability the nation offers the warfighter.

For warfighters returning home from "outside the wire," Air Force Special Operations Command

Commander Lt. Gen. Eric E. Fiel said he's moved resources into squadrons to provide commandos direct access to mental health specialists.

"We started realizing a lot of physical issues coming back from combat, but more important we started seeing a lot of mental issues," he said. "We've put resources in the squadron not just to work with the physical ailments but also the mental. It is really having an impact."

Commander of Air Force Global Strike Command Lt. Gen. James Kowalski described "incredible strides" in the Air Force's nuclear enterprise and its associated readiness, training and inspections.

"Since summer of 2009, the readiness of those (combat-ready forces) has increased about 37 percent (and) this is a credit to the entire Air Force," Kowalski said. "When the Air Force said, 'We're going to reinvigorate the nuclear

enterprise,' we did that."

Gen. Edward Rice, the commander of Air Education and Training Command, said the Air Force is "doubling down" on the business of force development.

"We understand that the value of the individual increases in a time of resource constraints and so we're going to need every Airman to be able to do more and to do it better," Rice said. "We're continuing to turn out world-class Airmen."

Commander of Air Force Material Command Gen. Janet C. Wolfenbarger said her 80,000-member organization is making "substantial progress" in its reorganization, enabling mission-effective and affordable global vigilance, reach and power.

"When the warfighter calls for a new capability, we think it, we build it ... we make it better, we deliver it to the fight and we keep it in the fight for as long as its needed," Wolfenbarger said. "All of the indicators are going in the right direction in terms of our ability to truly bring integrated life-cycle management to our United States Air Force."

The generals also reflected on challenges and issues that keep them up at night, while caveating that having great Airmen ease many if not all concerns.

But the Air Force's highest-ranking Airman acknowledged one worry: letting Airmen down.

"I can live with all of the changes that come about in a (constrained) resource environment," Welsh said. "I can live with all of that, but if I let (Airmen) down, it would kill me."

JNOTES

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

Immunization Clinic has new hours

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.

JBAB Cub Scouts

Attention all boys grades 1st through 5th interested in scouting. Please contact the JBAB Cub Scouts, Pack 343, at jbabcubscouts@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 volunteers

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 civil-

Free tennis clinics available for military members, families

Come meet tennis pros Dick Stockton, Stan Smith, JoAnne Russell and Gigi Fernandez on Saturday, Oct. 5, as Joint Base Andrews hosts free tennis clinics at its tennis courts and West Fitness Center. Guests can register at the JBA West Fitness Center, its Youth Center or by emailing t3@hayespr.com. For more information, call Mr. Suba at 301-981-7101 or Brandon Compton at 301-981-5794.

ian communities. Military spouses of all branches are welcome to attend. For more information, email angeladowns@me.com or visit 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.

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Chapel Schedule

CATHOLIC SERVICES

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

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

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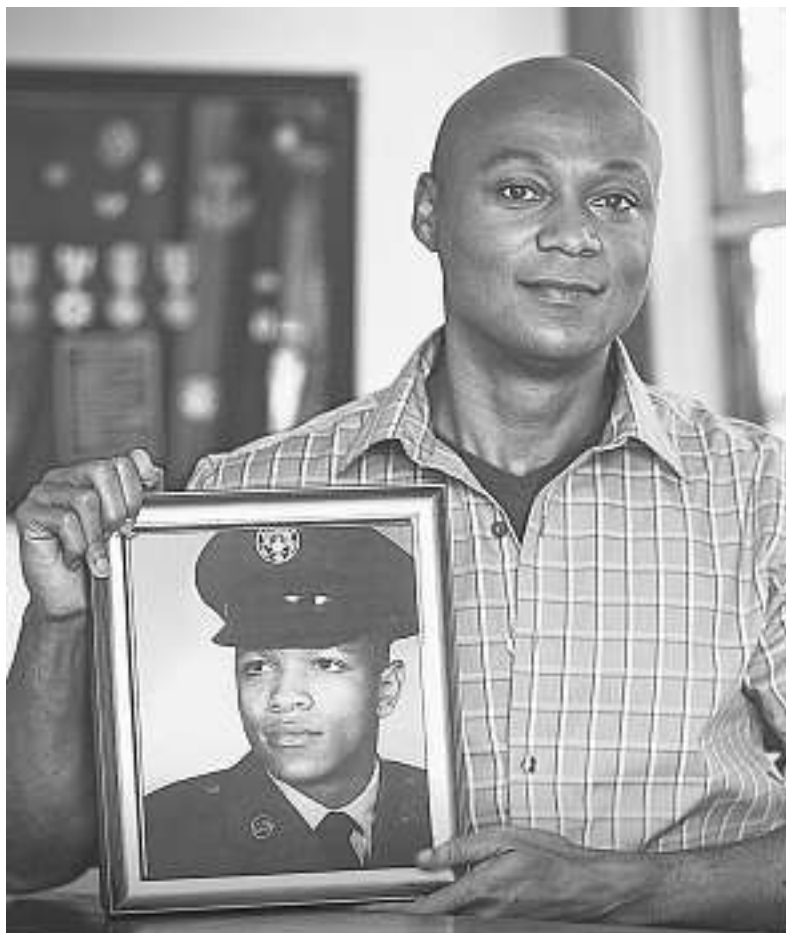
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