

# Joint Base Journal

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News and information for and about  
Joint Base Anacostia-Bolling

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TWO WEEKS  
UNTIL RACE DAY!  
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U.S. NAVY PHOTO BY SCOTT PAULLEY

# Navy/Air Force Half Marathon and Five Miler only two weeks away



By Scott Pauley  
 Joint Base Anacostia-Bolling  
 Public Affairs

The Navy/Air Force Half Marathon and Five Miler is set for Sept. 18, leaving only two weeks left to register and get ready for the race.

The annual race will start at 6:55 a.m. at the Washington Monument, and offers runners the beautiful and historic views of downtown Washington D.C. during a challenging half marathon or five mile course.

James Fournier, director of marketing for JBAB's Warfighter and Family Readiness, said this event is a great opportunity to get your first race under your belt.

"We offer a half marathon as well as a five-mile course, so there's a lot of flexibility for a first time runner there," he said. "Also, there's not a much better view when you're struggling to push through your first race than the Lincoln Memorial at dawn from the memorial bridge. That alone might be worth the registration fee."

If you want to just watch this year and see how this course and event looks, consider signing up to volunteer because there's always need for more help.

For more information, and to register to run or volunteer, visit [www.navyhalf.com](http://www.navyhalf.com).



## Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING  
 WASHINGTON, D.C.

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JOINT BASE JOURNAL

Christopher Hurd  
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# Taking time to give back

By Christopher Hurd

Joint Base Journal

Sometimes there aren't enough minutes in the day to get everything done. Finding time to go to work, workout, cook, go to school and take care of kids doesn't leave much time to help others. But if people make time and take an interest in the futures of others, it can turn a person's whole world around for the better, says Air Force Master Sgt. Sylvester 'Wes' Lawrence, Joint Base Anacostia-Bolling's career assistance adviser.

He knows, because it's exactly what happened to him.

Lawrence grew up in north Philadelphia in an area known as the 'Badlands,' for its abundant drug-related violence. He said he lost several people he knew to the violence in the 1990s.

He grew up with two older brothers and an older sister. They weren't well off, but they had both parents there to help take care of them. Lawrence's father, a Vietnam veteran, was always busy working to keep food on the table and didn't have time to help with other things in his life like basketball.

At 14, Lawrence would enter a work school program that allowed him to work two days a week for an engineering company doing electrical and plumbing. There, he met Ernest Borlandoe who ran the company.

Borlandoe heard he played basketball and decided to challenge him to a game one day.

"He thought he could take me on," Lawrence said laughing. "He couldn't beat me. He was old. I was [killing] him."

From that point on, they began to hangout, playing basketball and grabbing something to

eat after work. They would talk about life and Borlandoe would offer him advice.

"He didn't have to take time to help me, but he did," he said. "He had a job, a wife and a son around my age, but he still took time to make sure I was doing alright."

Through the advice and guidance he got, he started to see changes in his life.

"I saw how his influence on my life was benefiting me," he added. "He made me see something outside of what my little box in North Philly was. He made me understand the significance of going to college and being productive in life."

Borlandoe often took him on basketball recruiting trips and even dropped him off his freshmen year at Delaware Valley University, where he earned a basketball scholarship.

"My mentorship started [with Borlandoe] and throughout my life I've had other mentors who have played key roles."

After a year and a half of college, it wasn't working out for him. One morning, he woke up at his dad's house and decided to make a change.

"I told my dad to take me to a recruiter," he recalled. "I didn't see a future [in Philadelphia]."

He enlisted in the Air Force as part of security forces and after basic training, was sent to McGuire Air Force Base. There, he met Senior Master Sgt. Ronald Mark Vickers, now retired, who mentored him and made sure he kept on the right path.

"He looked out for me," Lawrence said of Vickers. "He saw an Airman that nobody was taking care of, and he took care of me."

Vickers put him on his first deployment and helped him get his first service medal.

After coming back from Afghanistan, Lawrence struggled to re-acclimate himself. He was stuck doing the same thing all the time.

"I was stagnant," he recalled. "I was having a hatred of my life, my marriage, my everything, and it was all based off what was going on with me coming back from war. My emotional state wasn't the same."

**"I do it to say, I grew up down the street from y'all and I didn't sell drugs, rob, kill or pillage people. I worked hard for 18 years, and that's what it's about. I go in and say 'this is what you can get based off hard work.'"**

Senior Master Sgt. Tony Laudicina saw something wasn't right with him. He asked what was going on and quickly got him pulled over to the contingency response group.

"He told me 'it's time for a change,'" Lawrence said. "I

had been at the same base and doing the same things for nine years. He was right, it was time for a change."

After pulling him over to the CGR, Laudicina got him into schools and put him up for TDYs, trying to change things up and improve his mindset.

It worked and he won NCO of the year in 2006 for the Security Force Group.

Lawrence took that advice of looking for change and went to Hawaii, Korea and then to D.C., first to Joint Base Andrews and now JBAB.

Throughout his life and military career, Lawrence has never forgotten about that first mentor

that took the time to make a difference in his life.

"I'm a mentor today based off what [Borlandoe] provided me," he said.

Knowing that, he tries to take the most valuable thing he has, and give it to others ... time.

After the riots in Baltimore last year, he went up to schools in the city to speak with the kids.

He also went home to speak with kids in North Philadelphia. He showed up driving his luxury car with his wife by his side. He did that to send a message to the kids.

"I do it to say, I grew up down the street from y'all and I didn't sell drugs, rob, kill or pillage people. I worked hard for 18 years, and that's what it's about. I go in and say 'this is what you can get based off hard work.'"

Even with his job, a wife and three kids of his own, he takes the time to talk to kids and Airmen looking for help.

"Never once has he ever turned me away," said Air Force Staff Sgt. William Dameron, one of Lawrence's mentees on JBAB. "He always makes himself available to me, to take time out to mentor me."

Dameron said Lawrence inspires him to want to "pay it forward". Something he's been doing with the Joint Uniformed Mentoring Program (JUMP!).

"If you can take time to help someone be a better person, why wouldn't you do it," Dameron said.

Now, Lawrence is trying to help make an impact on the DC community by helping spread the word about JUMP! and encouraging people to make a difference in other peoples lives.

"Give your time," he said. "I think that is the most important thing someone can do."

For more information or to get involved with JUMP!, email [jbabjump@gmail.com](mailto:jbabjump@gmail.com).

## Summer fun: JBAB Police vs JBAB Youth Center



PHOTO COURTESY POLICE LT. BIANCA BURGOS

The Joint Base Anacostia-Bolling Police Department squared off against the base Youth Center in a friendly game of softball Aug. 26 at Giesboro Park. The event allowed the kids on base to get to know the police department while enjoying some summer fun. The Youth Center provided drinks and snacks for everyone at the event.

## JBAB Police check child car seat safety at CDC II



U.S. NAVY PHOTO BY SCOTT PAULEY

Police Lt. Bianca Burgos, Joint Base Anacostia-Bolling's crime prevention officer, checks a child car seat for Tech. Sgt. Derrick Adams and his wife. Adams, who works in military commissions at the Pentagon, said the service was extremely helpful and offered them a chance to ensure they were doing it right. "It's invaluable," he said. "To know that we are going to have our little one secured properly as we travel, and to know that we have had that verified by a professional, gives us an ease-of-mind heading forward." Burgos also offers safety inspections on a by appointment basis. To schedule an appointment with her, call 202-767-1668.

# Suicide Prevention Month: We are the power to make a difference

By Franklin R. Parker

Assistant Secretary of the Navy for Manpower and Reserve Affairs

In 2012, we first recognized September as the Department of the Navy's first Suicide Prevention Month, with the goal of educating our team and fostering a culture that recognizes seeking assistance as a sign of strength. The Department continues to develop, evolve and provide evidence-based training, support programs, guidance and policy to help reduce suicidal behaviors by promoting early intervention addressing mental health and stress factors.

You are the driving force behind prevention.

Our Navy and Marine Corps team is the world's greatest expeditionary fighting force. From the deepest trenches of the Pacific Ocean to the snow-capped mountains of Afghanistan, our Department of the Navy team remains steadfast in its determination to support our allies and defend the United States of America. I want every Sailor, Marine and civilian who supports our team to know – You Make a Difference. You make a difference for our Nation and allies at sea, in the air, on the battlefield, and in all our support activities. You also make a difference in the lives of your colleagues, your peers, and your families through the unheralded roles you play every day as critical elements of their personal support networks.

You are known for your excellence and for your intense focus on accomplishing the mission, which is part of the reason for your tremendous reputation and success. You place the mission above all else, sometimes even above your own emotional health. In this context of service before self, it is important to understand that asking for personal help does not equate to weakness or to a lack of mission focus. Seeking help when needed and supporting each other during times of personal crisis only makes us stronger – not just as individuals, but as a force.

This display of strength can be extremely difficult, which is precisely why it is such a courageous action to take. By seeking support during your most difficult times, you help to ensure you are at your best for your families, your teams, and to meet the mission. By seeking the support of others when you are in need, you make yourself and others stronger; even if personally you may feel anything but strong at that given moment. By surviving that moment, however, you emerge that much more prepared for what challenges may lie ahead, armed with the knowledge that you can and will endure.

Similarly, there is no greater service we can provide than to be there for another in need, whether in armed conflict or in personal crisis. Each of you has tremendous power to impact the



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST SEAMAN TRISTAN LOTZ

Chief petty officers (CPO) and CPO selectees run across the flight deck aboard the aircraft carrier USS George H.W. Bush (CVN 77), Aug. 26. GHWB is underway conducting routine training and qualifications for an upcoming deployment.

lives of your fellow shipmates, marines, family and colleagues by understanding the key roles you play in support; and – through your compassion and example – by helping to break down the barriers that may prevent those of us dealing with a personal struggle from seeking the assistance we require.

At some point in our lives, each of us will require the compassionate support of another to help us through a difficult period. Sometimes even one kind act or timely conversation can make the difference in the life of another when it matters most. By being there for each other, whether as a sounding board, a shoulder to lean on, or to offer assistance if it appears necessary, you can impact the entire course of a life – sometimes even by one conversation that may be of greater significance than you ever realize. And, by supporting each other, we create an environment more conducive for each of us to seek assistance when we are most in need.

We are committed to you.

As Secretary Mabus has stated on numerous occasions, people are our greatest asset. Both Vice Adm. Robert P. Burke, Chief of Naval Personnel, and Lt. Gen. Mark A. Brilakis, Deputy Commandant for Manpower and Reserve Affairs, and their teams

have done a terrific job developing programs that educate, raise awareness, and strengthen the resilience of Sailors and Marines. Whether it's 1 Small Act or Protect What You've Earned, our services continue to evolve and strengthen how we support our forces and our families.

Additionally, the Department offers Sailors, Marines, civilians, and their families a number of tools at their disposal, including chaplains, counselors, health care providers, family support programs, and even nutrition and fitness experts. It's important every member of our team understands we are committed to you, both during your service and beyond, because you are our greatest asset.

If you or someone you know is in need of help, or if you want to talk about the stress in your life, please call Military Crisis Hotline (1-800-273-8255, press 1), Military OneSource (1-800-342-9647) or DSTRESS for a Marine-to-Marine approach (1-877-476-7734). Civilian employees and their families can reach out to the Civilian Employee Assistance Program (CEAP) at 1-844-366-2327, 1-866-829-0270 (international).

For more information on resources, visit the Navy and Marine Corps Public Health Center.

## Congratulations to the JBAB staff sergeant selectees!



COURTESY PHOTO

Fourteen Airmen from the 579th Med Group, Air Force Honor Guard, and DIA were promoted during a promotion ceremony at the Bolling Club on JBAB, August 26. JBAB Vice Wing Commander, Col. Wayne Blanchette presided over the event and encouraged the newly advanced Airmen to continue the Air Force values and to continue to develop their own career as well as positively influence those around them.

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# Don't mess with mama bear

By Airman 1st Class Dennis Hoffman  
21st Space Wing Public Affairs

Leadership is not an innate quality and there is no true recipe for success in regards to it. Leadership takes on many forms. Leadership has no preferred race, religion, ethnicity nor gender.

Blind to any categorization, Lt. Col. Nicole Roberts, the 21st Security Forces Squadron commander, accelerated through the enlisted and officer ranks while relying on a personable leadership style she still uses to effectively lead her 214 Airmen on Peterson Air Force Base in Colorado.

"I have been in the service for 26 years with 11 being in the Army," Roberts said. "I began as enlisted Army military police and then became a drill sergeant. Once I reached sergeant first class, I was selected for Officer Candidate School where I became an Army military police officer."

Opportunities arose in Roberts' career to progress both herself and her leadership and she took full advantage of them. She learned from her enlisted experience and her fellow brothers and sisters in arms and stored that knowledge knowing it would be beneficial to have as an officer, Roberts said.

Following a couple years of soaking up the experience as an officer, Roberts met her future husband. He was in the Air Force and she had heard great things of the Air Force so she decided to transfer between the two services.

"I did what is known as an interservice transfer," Roberts said. "There was no break in service; one day I was in the Army and the next day I was in the Air Force. It took me awhile to handle the learning curve, but I have been lucky enough and blessed enough that in my entire experience in the Air Force. I have had some great leaders."

Looking back, Roberts said transitioning to the Air Force was



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS DENNIS HOFFMAN  
Lt. Col. Nicole Roberts, 21st Security Forces Squadron commander, relies on a personable leadership style she still uses today to effectively lead her 214 Airmen at Peterson Air Force Base, Colo. Roberts is affectionately known as "Mama Bear" around her squadron.

incredibly beneficial to her. She gained valuable mentorship and her leadership style, though already developed, became more refined.

"There is no magic to it," Roberts said. "Being enlisted for a very long time, I have learned to put my Airmen first. I feel personally responsible for their welfare, safety and training. Their loved ones entrust with me their safety and I really take that to heart. My Airmen are my heartbeat, so I believe that if you love and care for your people, the mission will take care of itself."

Roberts said that on her bad days, she heads to the gates to stand with, talk and check on her Airmen. She gets a revitalized sense of her duties and her responsibilities when she sees her defenders working long hours in the heat and cold with smiles on their faces.

"She really makes it a point to let you know she is there for you," said Staff Sgt. Christopher Anderson, a member of the 21st SFS. "She is one of the most supportive leaders I have experienced in my six years of being in the Air Force. I have been at the gate and she will come up to me and take my scanner from me and make sure I am doing well. She is a mother figure to all of us in the squadron and we never want to do anything to disappoint her."

It is with that style, Roberts led the 21st SFS to multiple awards in the Air Force Space Command medium-sized SFS category. Although she accepts the award, she is quick to give credit to her Airmen and her senior NCOs for leading the way. She said the success of the squadron is directly due to how well she and her team have worked together.

With her teams and her career field being predominantly male, Roberts' leadership style has never succumbed to any negative criticism because of her gender.

"I have been in a male-dominated career field for so long that I overlook a lot of things in that regarding my gender," Roberts said. "In all honesty, I think the only time my gender really defines me is that my troops call me 'mama bear' because my troops know that if anyone messes with them, I'll break out the claws and have their back."

Leaving nothing to excuses, Roberts said she embraces herself and her gender but believes that when she dons her sage-green Airman battle uniform, she is like any other Airman and fights the same fight.

"As a female, I have seen other females who are pilots, cops and firemen - I have seen some phenomenal females in action," she said. "I have always believed that if you work hard and take care of your people, you will get every opportunity that you are supposed to get and the Air Force has done a great job at leveling the playing field for everyone. Ever since I've been blue, I've been blessed."

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# 2016 Jazz Heritage Series Announced

By Chief Master Sgt. Bob Kamholz  
U.S. Air Force Band



U.S. AIR FORCE PHOTO BY SENIOR MASTER SGT. KEVIN BURNS  
Terrell Stafford, an acclaimed trumpet player based in New York, has been hailed as "one of the great players of our time, a fabulous trumpet player" by piano legend McCoy Tyner. Stafford is recognized as an incredibly gifted and versatile player, he combines a deep love of melody with his own brand of spirited and adventurous lyricism

The Airmen of Note's Jazz Heritage Series, presented by The United States Air Force Band, provides a wonderful opportunity for the public to experience the U.S. Air Force's high level of professionalism through concerts featuring masters of the only American-born art form--jazz.

This year's concert series includes critically-acclaimed trombonist Steve Turre, Sept. 30, legendary pianist Cyrus Chestnut, Oct. 21 and GRAMMY award winning trumpeter Terrell Stafford, Nov. 11. All concerts take place at the Rachel M. Schlesinger Concert Hall and Arts Center in Alexandria, Virginia. Each free performance begins at 8 p.m. and is open to the general public. The events are not ticketed.

One of the world's preeminent jazz innovators, trombonist and seashellist Steve Turre, has consistently won both the Readers' and Critics' polls in Jazz-Times, Downbeat and Jazziz for Best Trombone and for Best Miscellaneous Instrumentalist (shells). Turre was born to Mexican-American parents and grew up in the San Francisco Bay area, where he absorbed daily doses of mariachi, blues and jazz. While attending Sacramento State University, he joined the Escovedo Brothers salsa band, which began his career-long involvement in that genre.

In addition to performing as a member of the Saturday Night Live Band since 1984, Turre leads several different ensembles. When it comes to his distinct brand of jazz, he always keeps one foot in the past and one in the future.

Soulful jazz pianist Cyrus Chestnut

Chestnut continually tours with his trio, playing live at jazz festivals around the world as well as clubs and concert halls. His leadership and prowess as a soloist has also led him to be a first call for the piano chair in many big bands including the Lincoln Center Jazz Orchestra and the Dizzy Gillespie All-Star Big Band.

Terrell Stafford, an acclaimed trumpet player based in New York, has been hailed as "one of the great players of our time, a fabulous trumpet player" by piano legend McCoy Tyner. Stafford is recognized as an incredibly gifted and versatile player, he combines a deep love of melody with his own brand of spirited and adventurous lyricism. Stafford's exceptionally expressive and well defined musical talent allows him to dance in and around the rich trumpet tradition of his predecessors while making his own inroads.

Stafford was born in Miami and raised in Chicago and Silver Spring, Maryland. Currently, he is the director of jazz studies and chair of instrumental studies at Temple University, founder and band leader of the Terrell Stafford Quintet, and managing and artistic director of the Jazz Orchestra of Philadelphia. Stafford is renowned in the jazz world as an educator, performer and leader along with countless award nominations, accolades and associated acts.

The Airmen of Note, the premier jazz ensemble of the U.S. Air Force, regularly performs and records with the leading artists in the jazz world. In 1990, the Note started its popular Jazz Heritage Series. These concerts featured internationally acclaimed jazz musicians joining forces with one of the best big bands in America--the Airmen of Note.

## Chapel Schedule

### Catholic Services

**Reconciliation**  
Sundays @ 0900  
Chapel Center

**Rosary**  
Sundays @ 0910  
Chapel Center

**Mass (Chapel Center)**  
Tuesdays @ 1130  
Wednesdays @ 1130  
Thursdays @ 1130

Fridays @ 0700  
Saturdays @ 1700  
Sundays @ 0930

### Protestant Services

**Contemporary**  
Sundays @ 0900  
Historic Chapel

**Traditional**  
Sundays @ 1100  
Historic Chapel

**Gospel**  
Sundays @ 1130  
Chapel Center

**Sunday School**  
Sep-May 0930-1030  
Chapel Center

### Chaplain's Religious Enrichment Development Operations

The Chaplain's Religious Enrichment Development Operations (CREDO) offers a variety of programs aimed at improving communication, adding resiliency, and training service members in valuable life skills.

**Marriage Enrichment Retreat (MER)** — Couples enjoy a free weekend at the Hilton Hotel in Crystal City, Virginia, where they learn and apply marriage skills such as communication and problem solving in a fun, small group atmosphere. Using personality inventories, participants learn that differences in marriages can be ways to enhance and complete one another in the marriage journey. The next MER will not be until the new fiscal year.

**Personal Resiliency Retreat (PRR)** — The PRR highlights the essential components of hindsight, insight, and foresight in order to equip military personnel to accomplish the mission. Overall, the goal of a PRR is to give participants an opportunity to grow and mature as individuals by reflecting on their lives. The next PRR will not be until the new fiscal year.

All retreats are free including room and meals. They are open to all active duty and reserve military members and their dependents. For pre-registration call 202-404-8830/8831. For more information contact the CREDO office, 202-767-5901/5900, send an email to: credo.ndw.fcm@navy.mil, or stop by the Joint Base Anacostia-Bolling (JBAB) Chapel and inquire within.

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# WARFIGHTER AND FAMILY READINESS EVENT CALENDAR

FRIDAY/ SEPTEMBER 2

## ACOUSTIC NIGHT

5:30pm | Slip Inn  
Featuring acoustic music from Larry Thomas!

## MOVIE UNDER THE STARS

Dusk | Slip Inn Parking Lot  
Bring your blankets & lawn chairs and enjoy a free family-friendly movie.  
Movie: Teenage Mutant Ninja Turtles: Out of the Shadows (PG-13)

MONDAY/ SEPTEMBER 5

## POOL CLOSING PARTY

11 a.m.-2 p.m. | Base Pool  
Free entry! Free food and beverages! \*While supplies last

FRIDAY/ SEPTEMBER 9

## HISPANIC HERITAGE MONTH 5K

7 a.m. | Aerobic Center  
Free t-shirts for participants (while supplies last)

## ROCK NIGHT

5:30 p.m. | Slip Inn  
Featuring live music from Dr. Fu!

SATURDAY SEPTEMBER 10

## UFC FIGHT NIGHT

8 p.m. | Slip Inn  
Enjoy Food & Beverage specials as you take in all the action of UFC at the Slip Inn! Prelims begin at 8 p.m.; Main card begins at 10 p.m. All fight cards are subject to change.

SATURDAY/ SEPTEMBER 17

## WASHINGTON NATIONALS TAILGATE & WATCH PARTY

11 a.m. | Slip Inn  
We're bringing the party to you! Enjoy FREE Food and Non-Alcoholic Drinks\*, along with Tailgate Games, Bounce Houses, a special appearance by the Racing Presidents, and a game watch as the Washington Nationals take on the Atlanta Braves.



## PET PALOOZA

September 10 | 10 a.m. | Base Pool

Enjoy the last "Dog Days" of Summer by taking one last dip in the JBAB Pool with your pet! Call 202-404-1143 for more information.

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

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