

# Joint Base Journal

Vol. 7, No. 37

September 16, 2016

News and information for and about  
Joint Base Anacostia-Bolling

[www.facebook.com/JBABdc](http://www.facebook.com/JBABdc)

JOINT BASE ANACOSTIA-BOLLING

[www.cnid.navy.mil/jbab](http://www.cnid.navy.mil/jbab)

## *Happy Birthday!*

The U.S. Air Force celebrates its 69th birthday, Sept. 18



*Pets have doggone good time at pool  
pages 6-7*

U.S. Navy photo by Michelle L. Gordon



# Ceremonial Guard honors fallen heroes of Flight 93



Sailors assigned to the U.S. Navy Ceremonial Guard perform colors for the Flight 93 remembrance ceremony at the Flight 93 National Memorial, Sept. 11.



Sailors assigned to the U.S. Navy Ceremonial Guard perform a flag fold during the Flight 93 remembrance ceremony at the Flight 93 National Memorial, Sept. 11.

Story and photos by Mass Communication Specialist 2nd Class Brandon Parker

Navy Ceremonial Guard Public Affairs

The U.S. Navy Ceremonial Guard (USNCG) visited the National Flight 93 Memorial in Somerset, Pennsylvania Sept. 10-11 to honor the victims and heroes on the aircraft that crashed as a result of the terror attacks of 9/11.

The occasion marked the first U.S. armed forces visit to the site to honor the victims of Flight 93 on the 15-year anniversary of 9/11, and the USNCG provided an official U.S. flag dedicated to the victims at the memorial's historic Wall of Names.

Construction on the Flight 93 Memorial Plaza, including the Wall of Names, began on Nov. 7, 2009 and the memorial was finally dedicated on Sept. 10, 2011. The wall is built along the flight path of Flight 93 and features the names of the 40 passengers and crew who perished after thwarting the hijackers' planned terrorist attack.

The Ceremonial Guard personnel felt honored to be with the family members of the passengers and crew of Flight 93 and remember the sacrifices they made 15 years ago to prevent further

destruction and loss of life.

"They were very positive. It seemed like they were just as honored to have us there as we were honored to be there," said Aviation Structural Mechanic 2nd Class James Chamberlain, a participant in the ceremonies. "I think they enjoyed the fact that the military was honoring their family members even though they weren't in the military."

Information Systems Technician Seaman Ian Vikoski, a participant in the flag folding ceremony, said that he has seen several of the previous ceremonies and appreciates finally being able to be there. Vikoski said he would be honored to repeat the performances at the memorial every year.

"I wish I could do every single memorial if possible," he said. "This is the most intense thing I've ever done with the Ceremonial Guard. I wouldn't trade it for anything."

Petty Officer Chamberlain had the opportunity to participate in the luminaria ceremony on the evening of Sept. 10. During the

ceremony, he was able to carry the lantern for passenger Richard Guadagno and place the lantern at his name on the wall of the memorial. Mr. Guadagno was headed home on Flight 93 to attend his grandmother's 100th birthday celebration.

"My favorite part of the event was the luminaria," he said. "I got to represent Richard Guadagno and I was able to be there for him while his family was unable to be there. It was good to see everyone there and the support they showed to the military and this nation's heroes."

Chamberlain said that he appreciates being able to show the same kind of support to these civilian heroes that he so often receives as a service member.

"Wherever we go, we always hear civilians thank us for what we do," he said. "It feels really good to show that same kind of gratitude for people who've sacrificed so much to protect American lives and to honor their lives with their families."

## Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING  
WASHINGTON, D.C.

PUBLIC AFFAIRS OFFICE: PHONE: 202-767-4781  
EMAIL: MICHELLE.GORDON@NAVY.MIL

This commercial enterprise Navy newspaper is an authorized publication for members of the U.S. military services, retirees, DoD civilians and their family members. Contents of Joint Base Journal do not necessarily reflect the official views of the U.S. government, Department of Defense, U.S. Navy or U.S. Air Force and does not imply endorsement thereof. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Navy, Air Force, Joint Base Anacos-

tia-Bolling or APG Media of Chesapeake, LLC of the products or services advertised.

Published by APG Media of Chesapeake, LLC, 29088 Airport Drive, Easton, MD 21601, a private firm in no way connected with DoD, the U.S. Navy or the U.S. Air Force, under exclusive contract with Naval District Washington.

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

Tenant commands and others are encouraged to submit news, high-quality photos and informational items for publication. All submitted content must be received by noon Friday, at least two weeks prior to publication. E-mail submissions to michelle.gordon@navy.mil.

To place display advertising, call 301-848-0175.

To place classified advertising, call 1-800-220-1230. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Capt. Frank Mays, USN  
Commander

Col. Wayne Blanchette, USAF  
Vice Commander

CMSgt. Kevin Kloeppel, USAF  
Senior Enlisted Leader

Michelle L. Gordon  
Public Affairs Officer

Eric D. Ritter  
Deputy Public Affairs Officer

Scott Pauley  
Public Affairs Specialist

APG MEDIA  
OF CHESAPEAKE, LLC

David Fike  
President

Art Crofoot  
Publisher

Matthew Getz  
Copy/Layout Editor

JOINT BASE JOURNAL

Christopher Hurd  
Photojournalist



# Registration now open for NFL Play 60

By Eric Ritter  
Joint Base Anacostia-Bolling Public Affairs

The Joint Base Anacostia-Bolling Youth Center has opened registration up to the JBAB community for this year's NFL Play 60 hosted by JBAB along with players and cheerleaders with the Washington Redskins football team.

The event will take place at 4:30 p.m. Sept. 26 at the base track.

The event is open to DOD children in 6th through 8th grades who have pre-registered with the JBAB Youth Center. To attend the event, the children must sign waivers at the Youth Center. Registration is also limited to the first 100 children and it's on a first-come, first-serve basis.

NFL Play 60 is a national initiative designed to tackle

childhood obesity by focusing on healthy activities and eating.

"It's pretty exciting for us to have this at JBAB," said JBAB Director of Child and Youth Programs Janet Evans. "It's a pretty impressive opportunity for our kids to learn activities and fitness from the Redskins."

Evans said this is the first year JBAB has hosted the four-year-old event, and JBAB is scheduled to host next year's Play 60 as well.

The event is open to all other DOD children from around the D.C. area as well, but those children must also pre-register with the JBAB Youth Center.

All participants must check-in at 4 p.m. at the Youth Center before attending the event.

For more information, call the JBAB Youth Center at 202-767-4003.



U.S. AIR FORCE FILE PHOTO BY AIRMAN 1ST CLASS NESHA HUMES

Washington Redskins linebacker Bryan Kehl high-fives a young girl during the Salute to Play 60 Military Challenge at Joint Base Andrews, Md., Sept. 24, 2013. The initiative is part of the National Football League's larger Play 60 campaign, which is designed to encourage kids to be active for 60 minutes a day to help reverse the trend of childhood obesity.

## NDW Energy Biggest Loser competition sparks conservation on JBAB

By Eric Ritter  
Joint Base Anacostia-Bolling Public Affairs

The competition to be NDW Energy's Biggest Loser is currently amping up during September on Joint Base Anacostia-Bolling as a way to encourage people to save energy through Oct 31.

The competition, in its second year, pitches installation buildings against each other to determine who saves the most energy during the period. This year is a little different than last year. According to JBAB Naval Facility Washington Energy Manager, Tim Min, 10 buildings were identified as the biggest energy users of the installation, and a competition like this can encourage awareness and creative ways to cut energy use.

"We looked at how much pure energy was used by these buildings during August, and then see how many more or less megawatts they use during the competition in September and October and compare how they are performing against each other as well as others throughout Naval District Washington," Min said. "We will be able to see how simple things like the temperature of the building and simply turning off lights will impact energy consumption."

Min said the building managers will be the ones who are ultimately responsible for the actions taken throughout their buildings. They will be able to control things such as the 78-degree set-point for occupied work zone times and 82-degrees in off-work times. He does encourage anyone who sees those temperatures not being maintained due to sys-

tem issues to put in a trouble ticket with the building manager.

The competition is not just about bragging rights either. Min said there is a financial prize incentive the building managers can win that may be put back into their building improvements.

"There's going to be a first and second place prize," he said. "The first prize is \$60,000 and second place is \$40,000, and the money can be used for whatever improvement they want to see on the base or in their building. They may have had an area where they've wanted sprucing up, for example, like fixing up pavilions and such that adds to the building's sustainment."

Some of the ways people can save energy is simply by turning off or unplugging items.

"Things like copy machines, coffee pots and other things plugged in can still draw in a lot of power when not in use," he said. "The general rule is if you're not using it, unplug it or completely turn it off."

Min added that it is a good general practice to get into, because it can also help you save energy everywhere you go—especially at home.

Overall, when installations save energy they are saving valuable resources and funds that can be used in other critical areas within the DOD.

"All the savings we can do here on JBAB will, in turn, go out to the operational fleet," he said. "That over all helps the effectiveness of the mission they're tasked to do."

The winners of the NDW Energy's Biggest Loser will be announced in November.

COMMANDERS PICK- 6						
	CAPT Mays JBAB CDR 3-3	Col Blanchette JBAB Vice CDR 4-2	CMSgt Kloeppel JBAB SEL 3-3	Col Raduege WHCA CDR 3-3	LT Miller Coast Guard CDR 2-4	CDR Reyes Navy CG CDR 3-3
Week 2						
Ala. @ Miss.	Alabama	Alabama	Ole Miss.	Alabama	Alabama	Alabama
Fla. St. @ Lou.	Florida St.	Florida St.	Florida St.	Florida St.	Louisville	Florida St.
Mich. St. @ N.D.	Notre Dame	Michigan St.	Notre Dame	Notre Dame	Notre Dame	Michigan St.
N.O. @ N.Y. G	Giants	Saints	Saints	Giants	Giants	Giants
K.C. @ Hou.	Texans	Chiefs	Texans	Texans	Texans	Chiefs
T.B. @ Ari	Cardinals	Cardinals	Cardinals	Cardinals	Cardinals	Cardinals



# Improper food prep, handling can lead to illness

By Christopher Hurd

Joint Base Journal

When handling and preparing food, people should be careful to make sure they are taking the right steps to keep themselves safe, says Air Force Airman 1st Class Katarina C. Slaughter, public health tech with the 579th medical group.

"Food safety is important because it is so easy and common for people to get sick," she said. "If you're not taking the right precautions it could happen to you."

According to Slaughter one of the biggest problems people have is when they prepare chicken. Often times people wash the chicken in their sinks which she says is a no go.

"It will contaminate everything in the sink," she explained.

When thawing chicken or other meats, she says it is best to take it from the freezer to the refrigerator and let it sit for six hours.

Don't leave meat out above 41 degrees for more than four hours. The temperature will rise and germs will start to contaminate the meat.

One of the most important things people can do after handling meat, dairy, or shellfish is to always wash their hands, she added.

"People don't realize how many things they touch and then they are touching their face and their food. [You need to] wash your hands."

According to the CDC, washing hands, utensils, cutting boards, dishes and countertops after preparing each food item reduces the risk of spreading diseases such as Salmonella.

When preparing food, Slaughter says people should always cook meat, eggs or other potentially hazardous foods at 135 degrees or higher. Consuming undercooked or raw meat can lead to illness caused by infectious diseases like E. coli.

If the power goes out or people are skeptical if their food is still good, Slaughter recommends always checking it with a thermometer to see if it's under 41 degrees.

When looking at a foods' expiration, sell by and use by date, it can often be tricky to know what it is still good.

Slaughter says, a 'sell by date' tells people when food is at its freshest, but it can still be good for a couple days following that date.

When food gets to its 'use by date' it is best to use it that day or throw it out because you could be running the risk of illness.

When food gets to its expiration date Slaughter says to definitely throw it out.

Whether people are cooking at home or at



U.S. NAVY PHOTO BY CHRISTOPHER HURD

Air Force Airman 1st Class Katarina C. Slaughter, public health tech, observes a Starbucks worker checking the temperature of the prepared food at the base Starbucks, Sept. 13.

a tailgate this fall, Slaughter says to remember handling always remember to wash your hands. to cook foods at proper temperatures and after

## NDW honors Ombudsmen with third regional appreciation luncheon

By Christopher Hurd

Joint Base Journal

Naval District Washington Commandant, Rear Adm. Charles W. Rock hosted the third regional Ombudsman and Key Spouse Appreciation Luncheon Sept. 14 at Joint Base Anacostia-Bolling's Bolling Club.

The annual luncheon recognized the Navy's appreciation for the selfless dedication and hard work that Ombudsmen provide for service members and their families.

"Taking one day out a year to recognize you hardly seems enough, but know that you are really the backbone of what we do in the Navy," Rock said. "If it weren't for you and if it weren't for our families and the support you provide them, we'd have a much tougher time than we do. So thank you from the bottom of my heart for supporting all of us and all of the U.S. Navy around the world."

The Navy Family Ombudsman Program is a Chief of Naval Operations initiative designed to improve communication between commands and the families of Sailors who serve in them.

Navy spouses volunteer to be a liaison between the service members' families and the command. They help resolve issues and bring up the needs and challenges that families face to the command. The role helps keep a good balance for a Sailors' family and military life.

Guest Speaker Martha Faller, Ombudsman at



U.S. NAVY PHOTO BY CHRISTOPHER HURD

Ombudsmen from around the National Capital Region pose for a photo with Naval District Washington Commandant, Navy Rear Adm. Charles W. Rock, CNO Ombudsman at large Martha Faller and NDW Command Master Chief Bobby T. Anderson at the third regional Ombudsman and Key Spouses Appreciation Luncheon Sept. 14 at Bolling Club.

large for the CNO, said the role of an Ombudsman is an important one for the Navy.

"[Ombudsmen] are these selfless volunteers who keep watch 24/7 here at home over our families so that our service members can stand the watch while they are protecting our freedoms around the world," she added. "Our CNO states 'Our fleet is only as strong as the foundation of which our Sailors stand. Our families are that foundation and the work Ombudsmen do is critical.'"

At the luncheon 19 Ombudsmen from around the region were honored.

For more information on the Ombudsman program, visit [www.cnicy.navy.mil/ffr/family-readiness/fleet\\_and\\_family\\_support\\_program/ombudsman\\_program.html](http://www.cnicy.navy.mil/ffr/family-readiness/fleet_and_family_support_program/ombudsman_program.html).

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



# JBAB shuttle schedule for AFA conference

Courtesy of Joint Base Anacostia-Bolling Public Affairs

The 2016 Air & Space Conference and Technology Exposition will be held Sept. 19-21 at the Gaylord National Resort and Convention Center at National Harbor, Maryland.

Shuttle service between Joint Base Anacostia-Bolling and the conference is free for uniformed military personnel and DOD civilians. The schedule is below.

**Sept. 19:** The shuttle will depart JBAB every

60 minutes from 7:30 a.m. until 2:30 p.m. The shuttle will depart the conference every 60 minutes from 10 a.m. until 4 p.m., with the final run being 4:45 p.m.

**Sept. 20:** The shuttle will depart JBAB every 60 minutes from 8:30 a.m. until 2:30 p.m. The shuttle will depart the conference every 60 minutes from 10 a.m. until 4 p.m., with the final run being 4:50 p.m.

**Sept. 21:** The shuttle will depart JBAB every 60 minutes from 8 a.m. until 2 p.m. The shuttle will depart the conference every 60 minutes from 10:30 a.m. until 3:30 p.m., with the final run being 4:55 p.m.

# JBAB observes POW/MIA Day with remembrance run

By Michelle L. Gordon  
Joint Base Anacostia-Bolling Public Affairs

According to the Defense POW/MIA Accounting Agency, more than 83,000 American service members remain missing around the world from past and current conflicts — leaving their families without closure.

While the search for those Americans continues, we pause as a nation and to remember them each year on the third Friday in September, which is observed as National POW/MIA Recognition Day.

To commemorate the day, Joint Base Anacostia-Bolling held its second annual POW/MIA 24-hour Remembrance Run Sept. 15-16. During the event more than 100 service members and their families from throughout the National Capital Region kept the POW/MIA flag moving for 24 hours.

“The purpose of the run is to give homage to the many brave men and women who have made the ultimate sacrifice in the defense of their nation,” said event organizer Air Force



U.S. NAVY PHOTO BY MICHELLE L. GORDON

Master Sgt. Kristine Kays. “It is my hope that people take time out of their day to remember our POW and MIAs,” she added.


The event began with brief remarks by JBAB vice commander, Air Force Col. Wayne Blanchette.

“As we run, please remember that we do this on behalf of our former prisoners of war, those still captured and our missing in action,” he said. “My best friend’s dad was a POW for six and a half years, so this event means a lot to me. It is important that we do this right today.”


Connect with the Military Community in Your Local Area


Go to  
[www.DCMilitary.com](http://www.DCMilitary.com)

Visit Us Online [www.dcmilitary.com](http://www.dcmilitary.com)



andrewsfcu.org | 800.487.5500





U.S. AIR FORCE BIRTHDAY | SEPTEMBER 18

*We the People*

The NRA Foundation and the NRA Civil Rights Defense Fund provide resources to fund programs that preserve the Second Amendment for future generations, and meet the challenges that threaten our Constitutional rights.

Make us your charity of choice in the Combined Federal Campaign.



The CFC is the only campaign authorized to solicit and collect contributions from federal employees in the workplace on behalf of charitable organizations.



CFC #10006  
[nradefensefund.org](http://nradefensefund.org)



CFC #11872  
[nrafoundation.org](http://nrafoundation.org)

Find us in the National/International Unaffiliated Section of the CFC booklet.





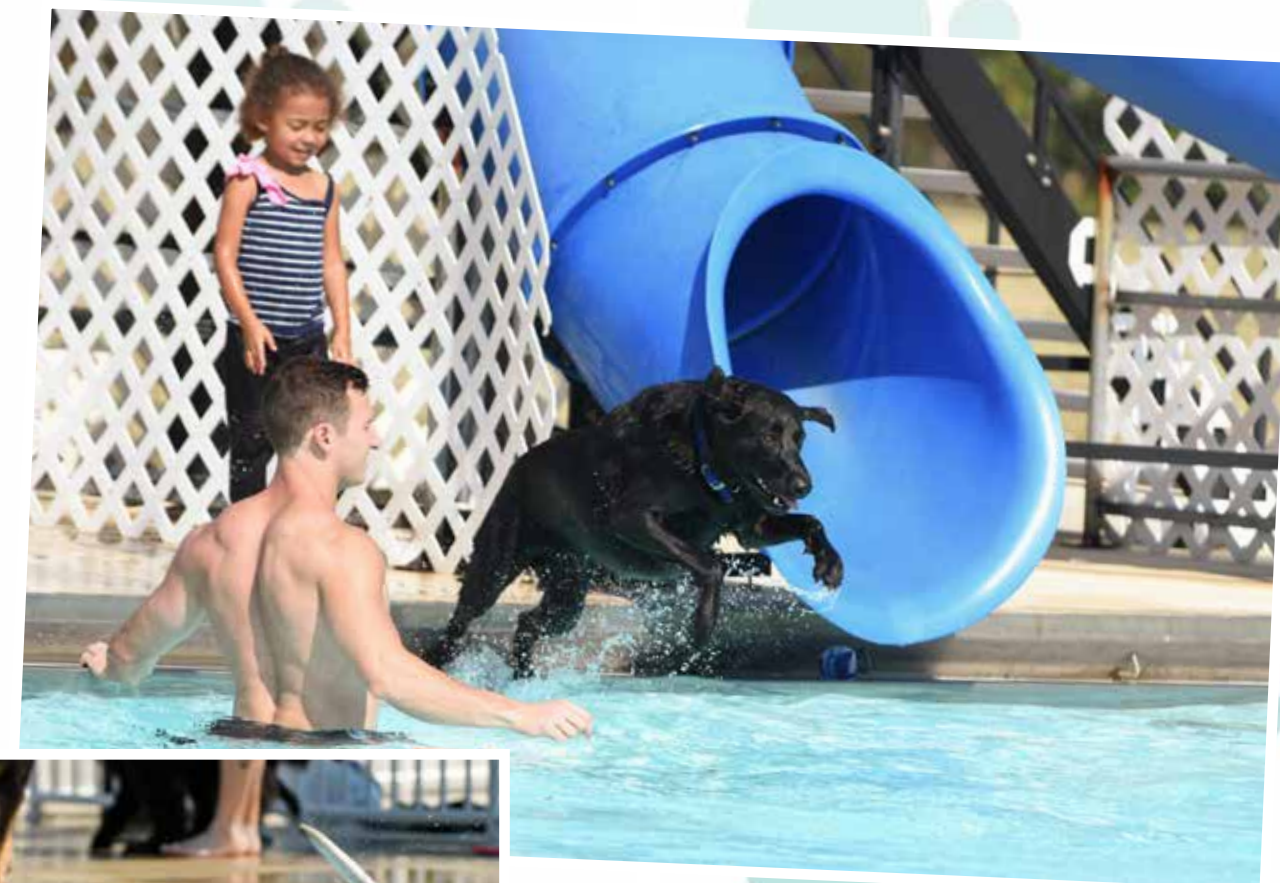
# Pets have doggone good time at base pool

Story and photos by Michelle L. Gordon  
Joint Base Anacostia-Bolling Public Affairs

The Joint Base Anacostia-Bolling pool went to the dogs Sept. 10 during Pet Palooza. Hosted by JBAB Warfighter & Family Readiness, the annual event gives four-legged family members an opportunity to cool off after a long, hot summer.

The party started at 10 a.m. and shortly thereafter, tennis balls were flying and the dogs were cannonballing into the water. More than 150 dogs and 268 patrons participated this year. Entrance was free, but families were encouraged to bring dog toys or food, which will be donated to a local shelter.

The pool is now closed for the season. It will reopen on Memorial Day.





# Fireside chat: electronic cigarettes

By Karen Montgomery  
NDW Fire & Emergency Services

The Naval District Fire Prevention Branch would like to remind base personnel that the use of electronic cigarettes “e-cigs” is not permitted in government buildings including the barracks and hotel.

The “vapors” from using e-cigs inside the building can cause fire alarms to activate forcing the evacuation of the building and the response of emergency vehicles. There are reports of e-cigs exploding in pockets, in the user’s mouth, and while charging in

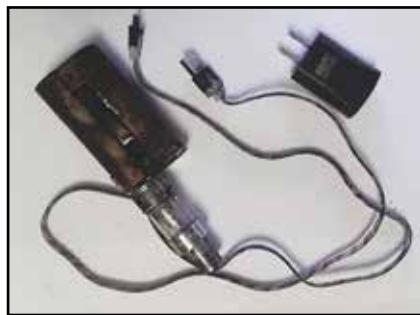


PHOTO COURTESY NDW FIRE & EMERGENCY SERVICES

cars and homes

On JBAB, the fire department runs on average seven calls a month for fire alarm activation due to e-cig vapors.

One documented incident where the Naval District Washington fire department was dispatched was a fire in housing. The fire damage was contained to a window ledge, window glass and window blinds. The source of the fire was found to be from an electronic cigarette. The e-cig had overheated and exploded due to an incompatible charger.

A lesson learned from this incident is to always use the manufacturer recommended charger when charging your electronic cigarettes. E-cigs charge at a lower amp than cell phones, so even though your chargers may fit the connection it should not be used.

## JBAB Fire & Emergency Services

### 202-433-3333

The fastest reponse on base

PRESENTS

# THE BAND PERRY

## Saturday, Oct. 1

Dahlgren  
Parade Field

VIP and Freedom Live Zone tickets in limited supply.

Buy your tickets now at [www.freedomlivendw.com](http://www.freedomlivendw.com)

Each vehicle must have at least one DoD ID card holder and all others 16 years and older must present a valid ID.

For more information contact Community Recreation Tickets and Travel at 540-653-8785.

**\*\*Stay connected for event updates\*\***

[f/freedomlivendw](https://www.facebook.com/freedomlivendw) [@freedomlivendw](https://www.instagram.com/freedomlivendw)

## SPECIAL RATES FOR MILITARY AND FEDERAL EMPLOYEES

Barcroft Apartments is now offering its garden apartments with 10% discount for military personnel & month to month leases available.

Efficiency.....	\$1004-\$1030
One Bedroom.....	\$1095-\$1130
Two Bedrooms.....	\$1340-\$1425
Three Bedrooms <i>Plus Electric</i> .....	\$1525-\$1570
Townhome.....	\$1500

*All prices subject to change. All utilities paid.*

- Park right at your door in this park-like setting.
- Walk to elementary and high school or Army National Guard Readiness Center.
- Take the express bus to the Pentagon, Ft. Myer, Henderson Hall or Ballston in 12 minutes.
- Cats welcome. No dogs.

**PLEASE CALL (703) 521-3000**  
**HOURS: MON. - FRI. 9-5 Call for Saturday hours**

## BARCROFT APARTMENTS

1130 South George Mason Drive • Arlington, VA 22204  
At Columbia Pike and So. George Mason Drive

*Some Restrictions Apply*



# Veterans’ cycling team raises suicide prevention awareness

By Shannon Collins  
DoD News, Defense Media Activity

“Who are we? Rescue 22!” the Puerto Rican veteran shouts to his team of cyclists as they gather around the recumbent and hand cyclists who are wheelchair-bound for group photos before beginning the Face of America charity ride.

For retired Army Sgt. Norberto Roman, founding the Rescue 22 cycling team for the Face of America two-day, 110-mile bike ride from Arlington, Virginia, to Gettysburg, Pennsylvania, was about the fellowship and sense of family he receives from the group while they spread the importance of suicide prevention.

The Face of America team consists of active-duty and veteran service members from all eras and is sponsored by the non-profit group, Rescue 22. The mission of Rescue 22 is to encourage veterans suffering from post-traumatic stress disorder to seek help through physical health and wellness programs, to mentor and provide encouragement in a veteran’s journey of rehabilitation.

“Our mission is to stop the suicides,” Roman said. “Our mission is to reach every veteran, to let them know that we are here, that they are not alone. We need to fix this. We want to raise awareness, and we want to stop this, whatever it takes. We want to stop the suicides.”



**DOD NEWS PHOTO BY EJ HERSOM**  
Army veteran Sgt. Norberto Roman, front, rides along the the Face of America bike route in Gettysburg, Pa. April 24. More than 150 disabled veteran cyclists were paired amongst 600 able-bodied cyclists to ride 110 miles from Arlington, Va. to Gettysburg, Pa. over two days in honor of veterans and military members.

Roman, who served 12 years as a senior cargo specialist was medically retired due to PTSD and chronic bronchitis acquired during deployments to Iraq from 2003-2005. He said he takes this mission personally.

“I tried to commit suicide myself in Iraq,

and I went through eight years of hell, through PTSD treatment, and I’m blessed to be here today,” he said. “I want to use not only my story but I want to use what I do. I’m a triathlete. I cycle, I swim, and I run. In my experience, it’s the best rehabilitation ever out there.”

Roman said he feels Suicide Prevention Month is crucial and he tries to promote the awareness throughout the year.

“Every month, every week, every day, suicide prevention is a huge deal,” he said. “This is a responsibility of everybody. This is the responsibility for military and for civilians. There are people out there suffering and taking their lives because of depression or anxiety. We all need to be involved in this, contacting our buddies, calling them over the phone, using social media, staying in touch.”

One way Roman keeps in touch with his battle buddies is events like Face of America, which also allows him to meet veterans from all eras. He said they’ve had veterans from the Vietnam era, Desert Storm, Operation Iraqi Freedom and Operation Enduring Freedom.

“It doesn’t matter what era you are from, you can do this,” he said. “We have people with disability issues bigger than others as well but we start together and we finish together. We don’t leave anybody behind. It’s not about competing. It’s about finishing together as a family.”



# Face of Defense: failed fitness test motivates Airman to change

By Air Force Airman 1st Class  
Ashley N. Steffen  
355th Fighter Wing

With her brow furrowed and jaw set, every muscle in her body tenses up as the dissonant sounds of metallic ringing, determined grunting and echoing music constructs this 25-year-old bodybuilder's place of serenity.

Air Force Staff Sgt. Macy Benjamin finds her escape from everyday life through her workouts. Starting with very little fitness knowledge, two years ago she began transforming herself from an average airman to a fitness guru.

"I got into fitness pretty seriously ... after I failed my physical training test," Benjamin said. "I decided I was done being mediocre."

The contract administrator from the 355th Contracting Squadron here began looking for a positive avenue in her life to reduce stress and develop herself. She focused on improving her physical fitness.

"[The gym is] a good place to escape," Benjamin said. "I put my headphones on, do what I have to do, then go on about my day. I feel like previously in my life, I was kind of dealing with things the wrong way."

As time passed, Benjamin learned to break through barriers while becoming adept in the art of lifting.

"Over the past couple years she has set and achieved some impressive goals," said Air Force Tech. Sgt. Matthew Wester, Benjamin's



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS ASHLEY N. STEFFEN

U.S. Air Force Staff Sgt. Macy Benjamin, 355th Contracting Squadron contract administrator, performs a squat exercise at the Haeffner Fitness and Sports Center at Davis-Monthan Air Force Base, Ariz., Aug. 25. Benjamin has used fitness to boost her self-esteem and finds happiness within her workouts.

coworker and occasional gym partner. "But she remains very humble about her accomplishments."

Like many other bodybuilders, the development of Benjamin's humility stemmed from her early, more inexperienced days of weightlifting.

"When I first started working out, I felt kind

of stupid," she said. "I didn't know what I was doing — there's a bunch of buff guys who look like they know what they're doing and I was just throwing weights around."

As her muscles strengthened, so did her confidence. Benjamin was able to see herself growing in more ways than one.

"Working out is a part of her everyday life now," said Air Force Staff Sgt. Christina Rinato, one of Benjamin's gym partners. "It's not a burden or a task, but rather something she uses for a stress reliever."

According to Benjamin, there is nothing like the high she receives from the release of endorphins after a workout. For her, it's a necessity to have this experience before she starts her day.

"I'm naturally a very reserved person," she said. "Working out has helped me get out of my comfort zone and become part of a small gym family."

Every fitness center has its own little community of regulars, who aid in the growth and development of new gym goers.

"The fitness community will come up and tell you how great of a job you're doing, and it's boosted my confidence," Benjamin said.

She said she is now able to talk to people more comfortably, has more self-confidence and inspires others.

"I always admire her and constantly go to her for advice on gym routines and nutrition," Rinato said.

Benjamin is now the physical training leader within her squadron and also trains on her own six days a week.

"I started from humble beginnings and honestly, I wouldn't change a thing," she said. "I'm really happy and I hope by telling people [my story] I can help inspire them to realize that you can start from the bottom and get to where I am today."

## SHARE THE GOOD FORTUNE

Refer up to five eligible friends and family for Navy Federal membership during September, and when they join, you'll each **get \$50.\***



**NAVY  
FEDERAL**  
Credit Union

For more information, visit [navyfederal.org/5050](http://navyfederal.org/5050), ask a representative or call 1-888-842-6328.

Federally insured by NCUA. \*Offer valid between 9/1/2016 and 9/30/2016 and can expire anytime without prior notice. Any current Navy Federal Credit Union member 18 or older and in good standing may be a referring member. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. This offer may not be combined with any other new-member offers at the time of the account opening. Referees must be eligible to join. Accounts must be in good standing for credits to be processed. Recruiters are not eligible to refer recruits. \$5 minimum balance is required to open and maintain savings account and to obtain bonus. If you have not funded your new membership savings account at the time the bonus is credited, we will hold the minimum \$5 share required for your membership. Annual Percentage Yield (APY) 0.25%, effective 8/1/2016. Bonus deposited within 14 business days of account opening. Program must be mentioned at time of joining for account to be credited. Fees may reduce earnings, and rates may change. Limit five referrals per member. Navy Federal employees and their immediate family are not eligible to participate in this program. If the referred person is ineligible for membership, Navy Federal reserves the right to reclaim the referral awards and related bonuses, and to close any resulting new accounts. © 2016 Navy Federal NCUA 10111 (8-16)





# WARFIGHTER AND FAMILY READINESS EVENT CALENDAR

FRIDAY/SEPTEMBER 16

## AIR FORCE BIRTHDAY 5K

7 a.m. | Aerobic Center  
Free shirts for participants while supplies last.

## TRUCKEROO TRIP

11:15 a.m.-1:15 p.m. |  
Meet at the Community Rec Parking Lot

## ACOUSTIC NIGHT

5:30 p.m. | Slip Inn  
Featuring the Lenny Burridge Duo!

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.

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

FRIDAY/SEPTEMBER 23

## ACOUSTIC NIGHT

5:30 p.m. | Slip Inn  
Featuring the Nick Ian & the Machine!

## MOVIE UNDER THE STARS

Starts at dusk | Slip Inn Parking Lot  
Bring your blankets & lawn chairs and enjoy FREE, family-friendly movies outdoors all summer long at the Slip Inn parking lot! Movies will be announced the Thursday prior to showing on MWR's Facebook page at facebook.com/MyWFR

SATURDAY/ SEPTEMBER 30

## OKTOBERFEST

5:30 p.m. | Slip Inn  
Don't miss the end of the Tiki Bar season at the Slip Inn with the Annual Oktoberfest Celebration, featuring live polka music from The Continentals!

German food and drink specials will be available, along with limited collector beer steins!



## THE SESAME STREET/USO EXPERIENCE FOR MILITARY FAMILIES (TWO SHOWS)

Thursday, September 22 | Moving: 2pm | Transitions: 4:30pm

Friday, September 23 | Moving: 10am | Transitions: 6pm

Location: Youth Center | Doors open 30 minutes prior to showtime.

MOVING: Featuring Katie, a military kid on Sesame Street who is moving to a new base.

TRANSITIONS: Featuring Katie, a military kid transitioning back to civilian life at Sesame Street after living on military bases the past few years.

FREE tickets available at the Youth Center starting September 1! Tickets guarantee entrance to performances. Walk-ins will be seated as permitted by space available.

STAY CONNECTED



# Maryland Fleet Week and Air Show Baltimore October 10-17, 2016



Maryland Fleet Week and Air Show Baltimore celebrates the rich naval traditions of the Chesapeake Bay and the contributions of Marylanders to the defense of the nation. The Blue Angels' Boeing F/A 18 Hornet jets and other aircraft will be on display on the Martin State Airport tarmac and in the skies over Fort McHenry and Middle Branch while schooners and U.S. and allied navy vessels will be ready for boarding visitors in the Inner Harbor, Fells Point and Locust Point.



Visit **MDFleetWeek.com**  
for more information!

Look for our event guide in Fells Point, Locust Point, and the Inner Harbor the week of the event!

To advertise in this special guide, please contact  
**Art Crofoot**  
301-848-0175