

Joint Base Journal

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News and information for and about
Joint Base Anacostia-Bolling

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JOINT BASE ANACOSTIA-BOLLING

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*JBAB hosts 2016 NAFHALF & Navy 5-Miler
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U.S. Navy photo by Mass Communications Specialist 3rd Class Shanell T. Lawrence

Navy announces new suicide prevention program

Courtesy Chief of Naval Personnel Public Affairs

On Sept. 16, the Navy's 21st Century Sailor Office announced the new suicide prevention program known as Sailor Assistance and Intercept for Life (SAIL), aimed at supplementing existing mental health treatment by providing continual support through the first 90 days after suicide-related behavior.

"This program is designed to boost our existing efforts to prevent suicide across the Fleet by showing there is someone that will stay in touch with them and make sure they are doing well," said Capt. Michael Fisher, dir., Operational Stress Control and Suicide Prevention branch. "This is part of a wide range of actions we are taking to help our Sailors. Doing this will boost our suicide prevention work that's ongoing Navy-wide."

The SAIL program started in the Pacific Northwest Region on Aug. 29, 2016, with a phased regional rollout plan scheduled for completion by the third quarter of fiscal year 2017 throughout the Navy.

The program is designed to provide rapid assistance, on-going risk assessment and support for Sailors who have exhibited suicide-related behavior and was inspired by the Marine Intercept Program (MIP), a suicide prevention project with similar goals.

Navy Suicide Prevention Branch (OPNAV N171) is partnering with Navy Bureau of Medicine (BUMED), Commander Navy Installation Command (CNIC), and SAIL Case managers who are serving as Fleet and Family Service Center (FFSC) counselors to run this new program.

Upon receiving information from commands about a Sailor who has demonstrated suicide-related behavior, Suicide Prevention Coordinators (SPC) will work with CNIC, and in turn an FFSC case manager, whose responsibility will be to reach out to the individual Sailor to see if they would volunteer to participate in the SAIL program. Case managers will contact Sailors in the 90 days following suicide-related behavior.

Suicide Prevention is a cooperative Navy-wide effort that takes leadership engagement and awareness at all commands and



U.S. NAVY FILE PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS JOHANS CHAVARRO

rank. OPNAV, BUMED, CNIC work together to provide a range of resources to include: mental health treatment, spiritual counseling, personal wellness counseling, crisis intervention as well as financial education.

The Military Crisis Line offers confidential support for active

duty and reserve service members and their families 24 hours a day, 7 days a week.

Call 1-800-273-8255 and Press 1, chat online at www.military-crisisline.net or send a text message to 838255.

For more information visit suicide.navy.mil.

Mentors needed for local schools

Courtesy of Joint Base Anacostia-Bolling Public Affairs

The Joint Uniform Mentorship Program (JUMP!) at Joint Base Anacostia-Bolling is looking for motivated individuals from all service

branches to become mentors for school-aged children in the local area.

Interested applicants should have a passion for helping children and a desire to inspire the minds of the future. Those interested in joining the mentorship team do not need to have experience working with youth or mentoring in the past.

Potential mentors must participate in one of the two scheduled orientations for 2016-17 JUMP! The first session will be held at noon, Sept. 30, and the second session will be held at 5 p.m. on Oct. 19. Both sessions will be in Stewart Theater on JBAB.

Mentors are not required to be affiliated with JBAB. Service members and DOD civil-

ians from throughout the National Capital Region are encouraged to participate. For more information or to apply, contact Air Force Tech Sgt. Chris Pearson, 202-997-8749, christ.pearson2.mil@mail.com or Horace Franklin, 202-404-1014, horace.franklin@navy.mil.

Joint Base Journal

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

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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.

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JOINT BASE JOURNAL

Christopher Hurd
Photojournalist

Flu shots available starting Oct. 5 during annual SHOTEX

By Christopher Hurd
Joint Base Journal

Fall is almost here and with it brings the potential for the return of the flu.

To help base residents get ready, the 579th Medical Group, along with help from the Navy Yard, will be holding a mass flu shot line during the annual SHOTEX, Oct. 5 at the base chapel from 8 to 9:30 a.m. for active duty and 9:30 to noon for all other Tricare beneficiaries.

Getting vaccinated is a big key to protecting people and limiting the potential outbreak and complications that come with contracting the virus, said 579th Medical Group Immunizations Chief, Air Force Maj. Nitasha Garcia.

"We can't predict who is going to get pneumonia from the flu or who's going to end up needing special treatment in the hospital," she said. "But if we can protect people from getting the flu altogether, [the flu shot] is the best way, especially for our kids."

The CDC recommends that everyone over the age of six months gets vaccinated. Especially people with low immune systems, including kids, elderly and women who are pregnant.

Parents should ready their kids for a shot this

year as the flu mist will no longer be available.

In a statement released earlier this year, the CDC advisory committee voted to not use the flu mist for the 2016-17 flu season. The decision was based on data they collected from 2013-16 showing a poor or relatively low effectiveness of the mist.

After receiving the shot, patients can expect a slight wait of 15 to 20 minutes to make sure there are no side effects. Even if someone has never had complications from the shot, they will still need to wait for safety purposes.

"Even though [the shot] has the same label of influenza, it's like getting a new vaccine introduced to you every year because the [CDC] changes the strains," said Air Force Staff Sgt. Amber Spencer, non-commissioned officer in charge of immunizations. "We require the wait with any new vaccine we introduce to your system."

If anyone is unable to make it to the SHOTEX, they can go to the base clinic starting Oct. 6 for a flu shot. The immunizations center is open on a walk-in basis Monday through Friday. For more information on the flu shot or to answer any questions, call the immunizations center at 202-404-6724.

AAFES celebrates Air Force birthday



U.S. NAVY PHOTO BY MICHELLE L. GORDON

The Joint Base Anacostia-Bolling Main Exchange celebrated the 69th birthday of the U.S. Air Force Sept. 16. Store Manager, Siapo Hesson, along with Airman 1st Class Katarina Slaughter cut the birthday cake, which was free for all shoppers to enjoy.

WARFIGHTER AND FAMILY READINESS EVENT CALENDAR

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

FRIDAY/ 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!

THURSDAY/OCTOBER 6

NAF SALE

8 a.m.- 2 p.m. | Fitness Center II
Looking for a great deal? Come out to MWR's NAF SALE!

FRIDAY/ OCTOBER 14

DOMESTIC VIOLENCE AWARENESS & PREVENTION 5K

7 a.m. | Aerobic Center
Take a stand against Domestic Violence! Free shirts will be given to participants while supplies last!

SATURDAY/ OCTOBER 15

OLD TOWN FREDERICKSBURG GHOST TOUR

1-9 p.m. | Bus departs from the Community Rec Parking Lot
Join us for a horse-drawn carriage ghost tour! \$25 per person. All ages welcome. Call 202-767-9136 to reserve your spot!



NAVY BIRTHDAY 5K

October 7 | 7 a.m. | Aerobic Center

Celebrate the Navy's Birthday! Free shirts while supplies last!

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

STAY CONNECTED



Navy-Air Force Half Marathon & Navy 5-Miler attracts runners, patriotism to DC area



U.S. NAVY PHOTO BY ENS. MARC ROCKWELL-PATE

Under Secretary of the Navy Dr. Janine Davidson, center in blue, meets Wounded Warriors participating in the 2016 Navy 5 Miler.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 3RD CLASS SHANELL T. LAWRENCE

Participants congratulate each other on a job well done after crossing the finish line of the Navy-Air Force half marathon and 5 miler.

By Tech Sgt. Eric Ritter
113th Wing Public Affairs

Nearly 10,000 runners, walkers and adaptive wounded warrior athletes met on the National Mall in Washington, D.C. Sept. 18 for the 2016 Navy-Air Force Half Marathon & Navy 5-Miler.

Racers braved a hot and humid course, but were treated to views of some of the nation's most coveted historical monuments. The race started and finished in the shadow of the Washington Monument, as well as traveled by all of the iconic Washington, D.C. memorials.

Countless organizations were represented from wounded warriors, veterans, and other charities either as individual runners or organized teams. The Joint Base Anacostia-Bolling sponsored race, which also honors the U.S. Air Force's birthday, is one of the most popular among the military services. To highlight that, the Under Secretary of the Navy, the Hon-

orable Janine Davidson, took part in the 5-mile portion of the race.

"I can't think of a better way to spend this beautiful morning than running the Navy 5-Miler," she said. "The atmosphere was electric with all participants encouraging each other and motivating everyone to finish strong. Also, having served in the Air Force and now serving in the Navy, today's race holds a special place in my heart-not just because of the run, but also the opportunity to speak to and meet so many of our service members, wounded warriors and their families."

5-Miler top three finishers:

- 1) Jack Butler (26:03)
- 2) Mark Hopely (26:58)
- 3) Grant Langevin (27:38)

Half Marathon top three finishers:

- 1) Daniel Samet (1:10:37)
- 2) Jordon Tropf (1:10:50)
- 3) Blake Taneff (1:11:17)

For more results, visit <http://www.navyhalf.com/>



U.S. NAVY PHOTO BY ENS. MARC ROCKWELL-PATE

Wounded warrior participants cross the finish line together at the 2016 Navy-Air Force Half Marathon and Navy 5-Miler held Sept. 18 in Washington D.C.



U.S. NAVY PHOTO BY ENS. MARC ROCKWELL-PATE

Daniel Samet takes first place during the 2016 Navy/Air Force Half Marathon, finishing in 1:10:37.

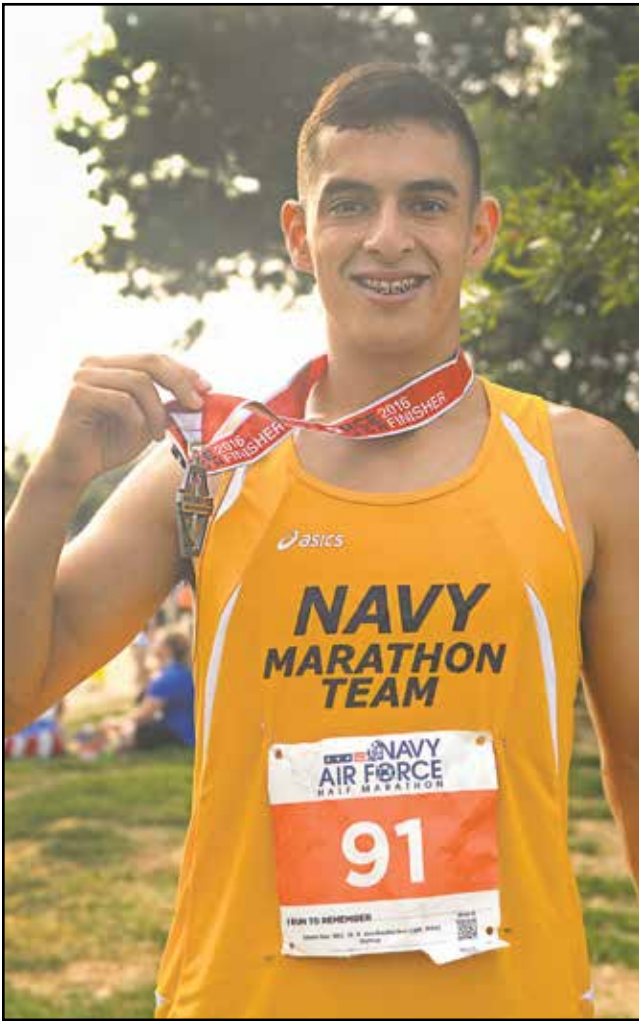


U.S. AIR FORCE PHOTO BY TECH SGT. ERIC RITTER

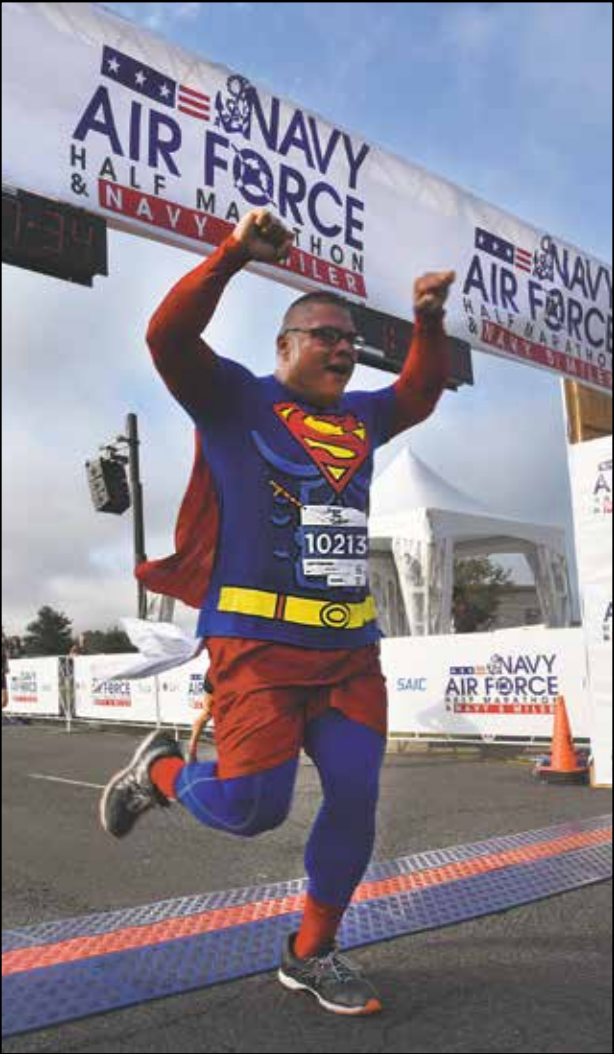


U.S. AIR FORCE PHOTO BY TECH SGT. ERIC RITTER

The 2016 Navy-Air Force Half Marathon & Navy 5-Miler began Sept. 18 with the ringing of the bell by the Navy Ceremonial Guard.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 3RD CLASS SHANELL T. LAWRENCE
Midshipmen 2nd Class Salvador Perez poses for a photo with his achievement medal after finishing the Navy-Air Force half marathon. MIDN2/C Perez ran with fellow shipmates from the Naval Academy as part of the Navy marathon team.



U.S. AIR FORCE PHOTO BY TECH SGT. ERIC RITTER

Super Man, also known as Leo Robles of Springfield, Va., completed the 13th Annual Navy 5-Miler Sept. 18 with a time of 1:09:35.

COMMANDERS PICK- 6						
	CAPT Mays JBAB CDR 7-5	Col Blanchette JBAB Vice CDR 7-5	CMSgt Kloeppel JBAB SEL 5-7	Col Raduege WHCA CDR 7-5	LT Miller Coast Guard CDR 7-5	CDR Reyes Navy CG CDR 7-5
Week 3						
Wis. @ Mich. St.	Michigan St.	Michigan St.	Michigan St.	Michigan St.	Wisconsin	Michigan St.
O.K. St. @ Baylor	Baylor	Baylor	Baylor	Baylor	Baylor	Baylor
Fla. @ Tenn.	Tennessee	Tennessee	Florida	Tennessee	Tennessee	Tennessee
Den. @ Cin.	Bengals	Broncos	Bengals	Broncos	Bengals	Broncos
Oak. @ Tenn.	Titans	Raiders	Titans	Titans	Titans	Raiders
Ind. @ S.D.	Colts	Colts	Chargers	Chargers	Colts	Chargers

U.S. NAVY GRAPHIC BY CHRISTOPHER HURD

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.

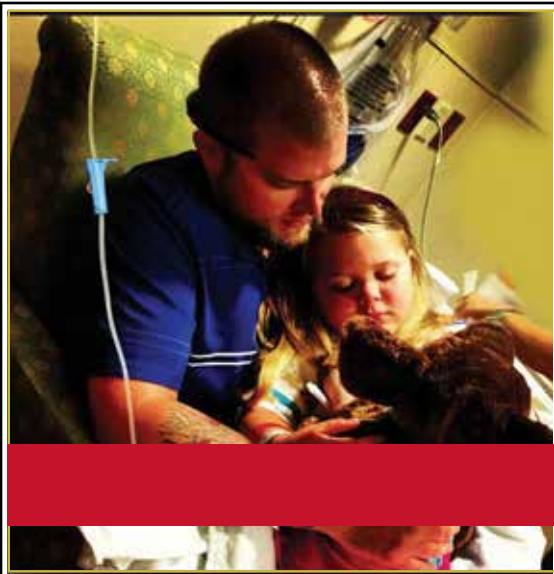
Marriage Enrichment Retreat (MER) — Couples enjoy a free weekend at the Hilton Hotel in Crystal City, Virginia, where they learn and apply marriage skills such as communication and problem solving in a fun, small group atmosphere. Using personality inventories, participants learn that differences in 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.

Visit Us Online www.dcmilitary.com

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Go to www.DCMilitary.com



Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. Having earned Charity Navigator's highest four-star rating, WWFS aids veterans and their families in healing the wounds that medicine cannot.

Visit wwfs.org for more information about our veteran programs.



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