Physical fitness program extended to civilian workforce

**By Paul Bello**

Joint Base Anacostia-Bolling

Public Affairs

Washington - Since the beginning of February, civilians on Joint Base Anacostia-Bolling (JBAB) have been allowed to participate in a physical fitness program while on the clock. The pilot program offers different levels of fitness for a period of three hours a week to be done strictly on the installation.

The program is the vision of JBAB Commander Navy Capt. Anthony T. Calandra, who likens the process to what's currently in place for service members. Calandra plans on continuing the program for the rest of the month to see how many people are interested or actually participate.

"I think it's really beneficial for our civilian workforce. We're going to see what the response is like," Calandra said. "Since I came aboard as commander, we've lost six people to health-related deaths. Something needs to be done to prevent that from continuing."

Through the installation's Health and Wellness Center (HAWC), located in the back of Fitness Center I, civilians can get started on working towards a healthier lifestyle. First step is to call and make an appointment for a baseline health assessment with Janet Grund, health promotion manager at the HAWC. An assessment is needed in order to determine any risk factors for individuals, in addition to providing nutritional information for the road ahead.

Recreation aide receives praise for job well done

**By Paul Bello**

Joint Base Anacostia-Bolling

Public Affairs

Washington - Volunteering to work an extra shift Christmas Day is typical of Isabel Navarro-Bledsoe, a part-time recreation aide at Joint Base Anacostia-Bolling (JBAB) Fitness Center I. She's friendly and always willing to help out her co-workers and guests the best she can. It's that kind of dedication and customer service that got her recognized recently by both Air Force and Navy leadership.

The Fitness Center was initially scheduled to be closed Christmas Day. A decision was made, however, to open for four hours. Bledsoe - the team player that she is - volunteered to work alone that day so her co-workers could stay home with their families. Her husband, Michael, had to work a 12-hour shift at his job, so she didn't mind coming in and doing that for service members.

"A lot of people who come here are health junkies. It was nice to see them come in. Some with their own families," Bledsoe said. "You think Christmas is all about opening gifts, but they came in to do something together. It was really nice to see."

Bledsoe went about her business as normal. Opening the center and turning on machines, restocking towels in the locker room, cleaning up the sauna and greeting visitors. During her shift she met a very special guest, Air Force Vice Chief of Staff Gen. Larry Spencer. He thanked Bledsoe for her work and said it was important to him that military personnel had a place to go and something to do for the holiday, especially those who couldn't travel to see their own families.

About two weeks later, Spencer and Bledsoe would meet again. This time when he came to the Fitness Center to personally present her with a challenge coin in recognition of her outstanding service to military members just like him.

See RECREATION, Page 9
.story by Mass Communication Specialist 2nd Class Pedro A. Rodriguez

Naval District Washington is conducting Force Protection and Anti-Terrorism Exercise Solid Curtain-Citadel Shield 2014 starting Feb. 24 through Feb 28 to enhance the training and readiness of Navy security personnel. Personnel to (can) expect increased security measures at Navy Installations throughout Washington, D.C., Maryland and Virginia.

Local area residents may also see increased military activity, and possible traffic/pedestrian congestion, associated with the exercise.

Goldsberry said that his team will be looking for ways to utilize all security and emergency resources in a crisis faster and efficiently. "This way, we can provide resources to our personnel and restore our critical missions as fast as possible," said Goldsberry.

Naval District Washington 2014 Underway for Naval District Washington

The protection of our personnel, mission and critical infrastructure has always been our primary goal," said Goldsberry. "This year, we are also concentrating on the recovery phase of operations.

The elevation of Force Protection Conditions (FPCoNs) and increased security measures can be anticipated at all Navy installations for the duration of the exercise. While mitigations to alleviate traffic are in place, installations, and base tenant commands are encouraged to highlight the potential for base-access delays within their local communities to visitors, retirees, the workforce, Sailors and their families.

During the SC-CS14 exercise, installation personnel and the surrounding communities may see an increase in delay at installation entry control points.

Story by Mass Communication Specialist 2nd Class Pedro A. Rodriguez

Preparations for Force Protection and Anti-Terrorism exercise Solid Curtain-Citadel Shield (SC-CS 14) 2014 are well underway. Personnel should expect increased security measures at Navy installations throughout Washington, D.C., Maryland and Virginia starting Feb. 24-28.

SC-CS 14 is a Force Protection exercise conducted by Commander, U.S. Fleet Command (USFC) and Commander, Navy Installations Command (CNIC) of all Navy installations in the Continental United States to enhance the training and readiness of Navy security personnel as well as establish a learning environment for security personnel to exercise functional plans and operational capabilities.

Part of this year’s Solid Curtain-Citadel Shield is to drive decision making at all levels of command through immediate analysis, fusion and dissemination of information in real-time, said Joseph Goldsberry, NDW lead analysis, fusion and enunciation command through immediate decision making at all levels of command.

"We will test and assess our pre-empive and defense in depth measures based upon a variety of threats across the region," said Goldsberry. Solid Curtain is an exercise focused on command, control, and communication (C3) between all echelons Navy wide. Citadel Shield is an installation-level training exercise to test the ability of naval security forces during an emergency.

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St. Michael’s Catholic community reflects and looks ahead to 2014

BY EDWARD MAYS
JOINT BASE ANACOSTIA-BOLLING CATHOLIC PASTORAL COUNCIL

WASHINGTON–In December 2013, Archbishop Timothy P. Broglio, the Archbishop of the Archdiocese for the Military Services, USA, visited the St. Michael the Archangel Catholic community at Joint Base Anacostia-Bolling (JBAB) and celebrated mass.

The sanctuary was filled with parishioners who worshiped God and celebrated the “surprise” visit by their shepherd. He discussed the present and future with Father Larry Smith.

The archbishop’s visit was multifaceted. The archbishop celebrated mass and had an opportunity share in fellowship with members of the Catholic community. Archbishop Broglio reiterated his conviction, “I promise to offer the best I have to the faithful who have been entrusted to my pastoral care.”

Father Larry Smith said, we are keeping faith with JBAB Commander, Navy Capt. Anthony T. Calandra’s guidance and the archbishop’s promise. The seasons of Advent and Christmas are when military personnel and their families need community the most. Here are a few things accomplished in 2013:

“We jointly sponsored with the Protestant community the angel tree. The angel tree provides a source of additional Christmas joy for military personnel in these tough economic times. In addition, the angel tree supports both Helping Hands and Missionaries of Charity. Additionally, our community helped with soup kitchens and many worthy causes in the area. We provided resources to assist with disaster relief efforts at home and abroad – especially those impacted by typhoon Haiyan in the Philippines.”

The Christmas community also participated in its annual Christmas Cantata, led by Dr. Soo Hall of the Protestant community. The Christmas Cantata culminates with music presented to personnel residing in the Armed Forces Retirement Home Washington, DC. Jacqueline Armstrong, Catholic Choir Director, led its Children’s Christmas Caroling and Lenten Tenebrae Service (i.e., cantata), in preparation for the Easter Season.

John and Mary Goodwin, government civilians in the community, also led the purchase and installation of new playground equipment at a local convent in Southeast, DC. The JBAB, St. Michael’s Knights of Columbus, led by LTC Ryan Roseberry, US Army, recently supported Wreaths Across America (wreath laying at Arlington Cemetery) and the purchase and delivery of over sixty-six coats under the Coats for Kids Program. Support was also given to the Archdiocese for the Military Services (AMS) USA, Co-Sponsored Seminarian Program. The JBAB chapel Catholic community and Knights of Columbus contributed over $2,000 in support of seminarians – we have a great need for priests, Smith said.

In addition to these tremendous acts, Tim Wolfkill, a retired U.S. Navy Cmdr., led support for the annual Pilgrimage for the Sea Services that includes personnel from the Navy, Marine Corps, Coast Guard, Merchant Marine, and the U.S. Public Health Service. Notable attendees were the Vice Chief of Naval Operations, Adm. Mark Ferguson, and the Assistant Commandant of the Marine Corps, Gen. John M. Paxton, Jr.”

The doors of faith are open. Pope Francis, has said, that our meeting with Jesus takes place when we do good to others, Broglio said during fellowship. “What I have found here is good – we are supporting our military personnel and the less fortunate in our midst. Let’s make 2014 even better.”

Tax preparation assistance and E-File now available at Joint Base

BY JOSEPH P. CIRONE
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

WASHINGTON – Volunteer tax preparation is now available at Naval District Washington’s Region Legal Service Office (RLSO) - Legal Assistance Office at Joint Base Anacostia-Bolling (JBAB).

The RLSO announced that the trained volunteers will help eligible personnel file their 2013 tax return from a self-service terminal located in JBAB’s Headquarters Building, P-20.

From the terminal, tax returns may be filed, without cost, directly to the Internal Revenue Service’s E-File system.

The number of computer terminals is limited, thus reservations are required. Appointments are available on Tuesdays, Wednesdays and Fridays until April 15, by calling 202-767-7388.

Survey needs your input

How do you want to get your news and information? Naval District Washington is asking for your input about how you prefer to get news and information about work related topics.

The online survey takes about 10 minutes to complete and is found at: https://www.surveymonkey.com/s/QGWQ93Q

It is also available at www.facebook.com/NavDistWash and www.navdistwash.org. For more information, please contact: joseph.cirone@navy.mil or chatney.auger@navy.mil.
Priceless Navy artwork returns home

BY MASS COMMUNICATIONS
SPECIALIST 1ST CLASS
TIM COMERFORD
NAVAL HISTORY AND HERITAGE
COMMAND COMMUNICATION AND
OUTREACH DIVISION

WASHINGTON (NNS) -- The
Feb. 7 release of "The Monuments
Men," a movie telling the story of a
multi-national WWll military unit
that was charged with recovering
priceless artwork that Nazis sys-
tematically took or destroyed from
countries they occupied during the
war, portrays the value the military
placed on irreplaceable art and ar-

tifacts. it's a value that holds true
today.

Though the Nazi Party of Ger-
dany may have been the most
notorious of art thieves, they were
neither the first nor the last to rec-
ognize the value of art. though
The Monuments Men story may be
"Hollywood-ized" - the illegal
acquisition of art continues today,
said Gale Munro, head curator of
the Naval History and Heritage
Command's (NHHc) navy art col-
lection. In fact, it has happened
with artworks in the Navy's col-
lection, but -- through a little luck,
both through determination
-- she and her team have been suc-

cessful in the recovery of missing
original pieces.

"it's a topic that really gets me
on my soapbox and i'm not too
likely to pull any punches when
talking about some of the expe-
riences we've had with chasing
down misappropriated art and ir-

responsible borrowers," Munro
said. "We might wish to call it 'sto-
len art,' but we make allowances
for the possibility of a misunder-
standing."

Unlike the soldiers in the mov-

ie, Munro isn't limited to arcane
records and maps or stolen intel-
ligence to try and find the artwork
that has been lost; she uses more
modern tools.

"The Internet and online auc-
tions are useful things for muse-
ums looking for misappropriated
art," Munro said. "a lot of auction
houses are putting their catalogs
online these days, so it has ex-
panded my surfing area. i have
several search criteria that make
the task efficient. Having worked
with Navy art for more than 20
years, I'm pretty good at spotting
them."

Her first experience in finding a
lost piece was when she saw an oil
painting from 1943 called "Wind-
ward Hill" by Albert Murray being
sold on the eBay website, more
than 11 years ago.

"The painting of camouflaged
anti-aircraft batteries at Guanta-
namo Bay was the first missing
painting that I found on eBay in
2001," Munro explained. "Our ear-
liest record of it being missing was
dated 1970, but it was likely gone
long before then. it was easy to
prove it was ours, because the first
thing the Combat Art Section did
when artists turned in paintings
was to number them right on the
front, usually next to the signature.
Often the second thing they did
was take a picture of it. Most art-
ists wrote descriptive captions
that they sent in with the pictures.
For this painting, the number on the
front of the painting corresponded
to the caption that described the
scene."

Once artwork is found, the
Navy Art Collection division then
presents law enforcement agen-
cies to help retrieve the object and
determine rightful ownership.

"The auction houses don't want
to talk to curators," Munro said.
"They want to hear from law en-
forcement. For the recovery of that
first painting, which somehow had
made it all the way to New Jersey,
a very nice United States Attorney
did the honors. A Naval Criminal
Investigative Service (NCIS) agent
went with him to make it official."

Once a work of art is at auc-
tion, the recovery process has to
be quick in order to retrieve the
artwork in time. it can be stressful
for a person like Munro who lives
and breathes the collection she is
in charge of.

"Recoveries are a bit nerve-

wracking because the fact that
they're in an auction puts things on
a deadline," Munro said. "Re-
cover can get a lot messier if the
painting changes hands again. To
decrease the pain to all involved,
you want to get it before it sells. If
it changes hands again, you know
you are going to ruin someone's
day over this. it truly is a case of
buyer beware' on the art market."

"After the first recovery, I would
have been just as happy if another
had never appeared," she admit-
ted.

Munro's second recovery of an
auctioned painting belonging to
the Navy was helped by a stroke of
luck.

"By chance, I saw the auction
the same day I was hanging pic-
tures in a high-level Pentagon of-
fice," she said. "The appreciative
incumbent said, 'If there's any-
thing I can ever do for you...' So
I asked for help getting the auc-
tion stopped. By the end of the
day NCIS was on red alert. The
field agent who handled it in the
field was planning a sting operation
until a field agent said 'let's just go
 knock on the seller's door and see
what happens.' The seller was very un-
derstanding, she said that she'd
bought it in a yard sale and gave it
up immediately."

The painting, "Castelmarre,
Bay of Naples," a watercolor by
Albert Murray, had been listed as
missing prior to 1989.

Since then, she has reacquired
three more pieces of art. One of
them was retrieved from a govern-
ment employee who claimed to
have "no idea" that the gift they
were given was taken from a mili-
tary collection.

"He said that his staff had given
it to him as a going-away present,"
Munro explained. "Which brings
us to another point about misap-
propriation property -- you can't
pass a bad title. If you don't own
something, no matter how many
times it changes hands, owner-
ship of the item doesn't magically
become legal at some point, even
if you have a credible tale to cover
you."

Sometimes she has been sur-
prised, when artworks are found
in offices, for example.

"All of a sudden we will get a
call from an office and they'll say,
'We have this painting and it has
your name on it on the back.' We
then ask for a description or a
snapshot of it. They send it and,
sure enough, it's one that has been
gone awhile. It doesn't happen of-
ten but it does happen," Munro
said.

It helps that there is no set time
limit on finding the property.

"There is no statute of limi-
tations on stealing government
property," Munro added. "No mat-
ter when it was taken, it will always
be government property..."

Today, the Navy Art Collection
has taken more stringent steps to
improve the security of their loans.

"Nowadays we keep a closer
eye on our borrowers," Munro
said. "We have strict rules about
borrowing paintings, borrowers
sign an annual loan agreement,
and we do office inspections."

To preserve the priceless hold-
ings, Munro recommends sailors
take a close look around their
spaces. there are often display
cases with artifacts or artwork
hanging on the walls that are ei-
ther a part of the U.S. Navy col-
lection, or if it was donated di-
rectly to the command. Register-
ning those artifacts and artwork
with NHHC will ensure the Navy
has a full accounting of its prop-
erty, that it is identified clearly
as such, and that the command
has a proper loan agreement with
NHHC. Ultimately it is about
safeguarding the Navy's past.

What should someone do if
you spot an artifact or work of art
that you believe has been misap-
propriated? Visit the Navy Art Col-
lection's web site for contact in-
formation at http://www.history.
navy.mil/branches/nhchis.htm

Recovering lost or misappro-
priated Navy art... now that's a
Hollywood ending.
Great deal of symmetry between Air Force, national commission recommendations

BY JENNIFER CASSIDY
SECRETARY OF THE AIR FORCE
WASHINGTON (AFNS) -- The national commission which was created to examine how to modify the Air Force’s structure to best fill current and future mission requirements, presented its recommendations during two public meetings on Capitol Hill Jan. 30.

The National Commission on the Structure of the Air Force was established by Congress in 2013 to comprehensively study the Air Force and its three components.

The commission’s report, which was distributed to the president and Congress Feb. 1, included full conclusions, as well as recommendations for administrative actions and legislation that may be required.

"Going forward, there’s no doubt in my mind that our Air Force is going to rely more, not less, on our National Guard and Reserve forces," said Secretary of the Air Force Deborah Lee James. "This makes sense from not only from a mission standpoint, but from an economic standpoint. I think there will be a great deal of symmetry between many of the recommendations from the commission and what the Air Force proposes for its way ahead. Our thanks go to the commissioners for their report, which will help inform us in the future."

The Air Force conducted its own total force review, led by three major generals from the active-duty, Air National Guard and Air Force Reserve components of the service, deemed the Total Force Task Force, or TF2. To continue TF2’s work and make it part of the permanent staff, Air Force Chief of Staff Gen. Mark A. Welsh directed the stand up of a transitional organization, the Total Force Continuum, or TF-C, in October. The TF-C analysis will help guide the service’s proposed fiscal 2016 budget.

While considering recent lessons learned and existing fiscal realities, Air Force officials are already taking steps to increase integration while preserving capability and capacity across all three components, James said.

"Current plans call for more collaboration and cooperation among components in the years to come; working on these relationships and seeing real improvements so that these cross-component efforts become second nature and not the exception," James said.

First, the Air Force will work on a continuum of service initiatives, to include improving personnel systems and processes to better serve Airmen and leaders. This also includes efforts to keep the best Airmen in our service by recruiting them for the Guard and Reserve, James said.

Second, the Air Force is pursuing ways to improve collaboration between component commands. This will include staff integration efforts to ensure appropriate representation is included to improve understanding of each component’s strengths and core identities.

"We must also identify ways for headquarters elements to integrate efficiently and creatively," James said.

Third, the service will continue to examine total force associations, which make the service more efficient by sharing resources and reducing duplication of effort. They also increase capability, while at the same time preserving a corporate body of knowledge, she explained.

Highly experienced Air Force Reserve and Air National Guard members allow us to retain valuable experience in the force and capitalize on the talents of part-time citizen Airmen, and help seasoned junior, regular Air Force members," she said. "Associations have been a great success story for the Air Force overall. So it’s important to capture lessons learned from our experience at the 120 current Air Force total force associations and apply them to future associations with the F-35 Lightning II and KC-46 Tanker."

James also emphasized that developing the fiscal 2015 budget proposal was a collaborative effort between active-duty, Reserve and Guard leaders, with an aim to preserve combat capability and stability for the total force.

The upcoming budget submission will rely heavily on the Guard and Reserve -- more than what we do today," James said. This approach looks at how to use the Guard and Reserve components more effectively.

"I’m a true believer in the Total Force Air Force that former Air Force senior leaders created," said Lt. Gen. Stanley Clarke, the Air National Guard director. "We will continue to adapt as one Air Force that provides the best value for America. The Air National Guard is committed to continuing to work closely with the regular Air Force and the Air Force Reserve to review requests and direction from Congress, when received. We all share the common goal of ensuring we have the best Air Force now and into the future."

Although no component is totally sheltered from reductions, the reserve components will be relied upon more in the future for the success of the overall mission, with particular emphasis in the areas of intelligence, surveillance, reconnaissance and cyber, James said.

"Today’s debate should be centered on how to best capitalize on our strengths and core competencies to improve the Total Force team," said Lt. Gen. James Jackson, the chief of Air Force Reserve and Air Force Reserve Command commander. "We’re optimistic about the future, and we’re working hard to shape the Air Force for the future fight in 2023."

District of Columbia (D.C.) Public Charter School lottery still accepting applications

BY JOSEPH P. CIRONE
JUNIOR BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS
WASHINGTON - Applications are still being accepted for potential Charter School students entering pre-kindergarten to 8th grade.

Most, but not all, D.C. Charter Schools (DCPCS) are participating in the common lottery system. The application period opened on Dec. 16, 2013 and ends on March 3, 2014.

There is no advantage for a student who applied earlier for either being matched with a school or placement on waitlists. Students may apply to as few as one or as many as 12 total schools, according to school officials.

Military and civilian families moving into the area, but have not yet established residency, may still apply. If the student is matched with a school through the lottery process, the parents must accept the match before May 1. Additionally, the parents must submit the required enrollment forms and prove residency in D.C. by that date.

Charter schools set their own order of preferences for new students. For all DCPCS schools except dual-language schools, the order is:

1. In-boundary with a sibling already enrolled at the school (Pre-K3 and Pre-K4 only).
2. In-boundary with a sibling who is applying at the same time and is matched to the school (Pre-K3 and Pre-K4 only).
3. Out-boundary (Pre-K3 and Pre-K4 only).
4. Out-of-boundary with a sibling already enrolled at the school (Pre-K3 and Pre-K4 only).
5. Out-of-boundary with a sibling who is applying at the same time and is matched to the school (Pre-K3 and Pre-K4 only).
6. Out-of-boundary within proximity of the school (Pre-K3 only).
7. No preference

For DCPS dual-language schools only, the order changes for PK3 and PK4 applicants. For these applicants, all sibling preferences (including out-of-boundary with sibling enrolled and sibling matched) come before the in-boundary preference, according to school authorities.

The lottery results will be available in the applicant-created account at www.myschooldc.org, beginning March 31 and via an email from DCPCS. Additionally, DCPCS will mail a letter to each applicant in April; and, the school accepting the student will contact the student’s family.

To apply, visit http://www.myschooldc.org. For more information, contact the My School DC hotline at 202-888-6336.

The Joint Base Anacostia-Bolling (JBAB) School Liaison Officer is available to support all families with the lottery process. He may be reached at 202-433-2566 or 202-200-8654.
Air Force introduces Volume 8 of Portraits in Courage

BY TECH. SGT. LESLEY WATERS
AIR FORCE PUBLIC AFFAIRS AGENCY

WASHINGTON (AFNS) -- The Air Force released its eighth volume of Portraits in Courage, highlighting three Air Force pararescuemen for their honor, valor, devotion and selfless sacrifice in the face of extreme danger to themselves and others.

“Our Airmen are faced with situations like this each and every day around the globe,” wrote Air Force Chief of Staff Mark A. Welsh III and Chief Master Sgt. of the Air Force James A. Cody in the volume’s preface. “And each of them has their own story. In fact, it would take many volumes to highlight them all. They believe in integrity, in service, in excellence and are ready and willing to go in harm’s way.”

Cody recognized five of the 22 Portraits in Courage recipients during the Portraits in Courage 8 Honorees Luncheon at the Women’s Memorial, Feb. 5 in Arlington, Va.

The 22 recipients represent all major commands and multiple career fields including medical, pararescue, Air Force Office of Special Investigation, explosive ordnance disposal and others. To date, the Air Force has recognized 175 Airmen through this project.

“There’s a reason I don’t worry about the future of the Air Force,” Welsh said. “It has nothing to do with technology. It has nothing to do with talent. It has to do with heart. I’ll never worry, not while these guys are on our side. This is your Air Force.”

All of this year’s Portraits in Courage stories and profiles from previous volumes are featured on the Air Force Portraits in Courage website: http://www.af.mil/specials/courage/index.html.

This volume features:

- Cadet 1st Lts. Quianna Samuels, Alison Nordlander, and Ashlyn McNeely (Baylor University Air Force ROTC nursing students, Waco, Texas) just finished their military training leader, Moody Air Force Base, Ga.
- Staff Sgt. Michael Blout (23rd Security Forces Squadron combat rescue officer and pararescueman, Joint Base Elmendorf-Richardson, Alaska) received a call for help following an insurgent attack on Bagram Airfield in Afghanistan. The number of casualties was unknown. Despite a lack of reliable intelligence, the team headed across the airfield. Amidst a blazing fuel farm and attack helicopters hovering overhead, they encountered a firefight between a British quick response force and several insurgents.
- Master Sgt. Andrew Adrian (673rd Civil Engineer Squadron EOD technician, Joint Base Elmendorf-Richardson, Alaska) partnered with British special operation forces and Afghan commandos on a mission to sweep and clear enemy compounds. His quick and fearless actions during the mission prevented the death of two commandos and protected the remainder of the unit from grave injury.
- The latest Portraits in Courage, Volume 8.

Chief of Navy Chaplains visits Coast Guard chaplain conference
Soldier prepares for Sochi luge competition

BY AIR FORCE TECH. SGT. DAVID EICHAKER NATIONAL GUARD BUREAU

ARLINGTON, Va. - For Army Sgt. Matthew Mortensen, a member of the New York Army National Guard’s 1156th Engineer Company, years of training have finally paid off: he will be competing in the 2014 Winter Olympics in Sochi, Russia.

Mortensen, 28, who enlisted in 2010, secured his spot on the U.S. Olympic luge team when he and fellow Army athlete Sgt. Preston Griffall earned a ninth-place finish in the doubles event at the Luge World Cup Dec. 13, 2013, at Utah Olympic Park in Park City, Utah.

For Mortensen, the journey to the Olympics has taken more than half of his life.

“I have been actively trying to make this Olympic team for 16 years now,” he said.

Mortensen became attracted to luge at a relatively young age. When he was about 11 years old, his father worked for a company that sponsored the U.S. luge team. He would visit his father at work and see posters for the team in the office. It was then that Mortensen said he knew what he wanted to do and after hearing radio commercials about tryouts for a luge team, his dad asked him if he wanted to go.

“It seemed like something fun to do on a Saturday,” Mortensen said, “so we went and gave it a try.”

More than 16 years later, Mortensen said he has a sense of relief and fulfillment after qualifying for his first Olympic appearance.

“I could not believe that I was actually going to go.”

Mortensen credits his military training with helping him reach his goal of becoming an Olympian.

Being competitive at this level of sport takes commitment, motivation, and hard work, Mortensen said. And he was up to that challenge.

“It is something that has made me push myself to the absolute maximum of my capabilities every year to maximize my chances of attaining my goal of going to the games.”

Training for the Olympics, he said, is a year-round practice with little time off.

“A typical day of training during the season consists of three hours at the track, video review of our runs, and two hours in a weight-lifting gym.” His off-seas- son training consists of weight lifting, sprints and use of an indoor refrigerated start facility that stays iced during the summer.

Mortensen said luge competition has its pluses and minuses.

“My favorite part of the sport is the speed and the competition,” he said. “I like the feeling that my body gets before each run and when I compete. It is a pure adrenaline rush. There is nothing that can quite compare.”

One of the downsides is having a bad race.

“I am a perfectionist at everything I do. Even if I go slow in a race, I can come to terms with it if I had good runs. When I have bad runs, I am hard on myself and it affects my attitude.”

Seeing the world in a different light is one reward of being on the Olympic luge team, he said.

“You get to see the world, observe and take part in different cultures and learn so much through the years.”

As a soldier, an athlete, and as an individual, “it is an incredible honor to be representing the United States in the Olympics.”

Those participating in the program must sign up through the Health and Wellness Center (HAWC). Additional assistance or information is also available at Fitness Center I.
By Cheryl Pellerin

AMERICAN FORCES PRESS SERVICE

WASHINGTON - In the future, when an earthquake or tsunami strikes a populated area or a terrorist attack decimates a city, teams of disaster experts partnered with robots -- whose skills are being honed in rigorous competitions funded by the Defense Advanced Research Projects Agency -- may be the first responders.

Launched in October 2012, the DARPA Robotics Challenge has held two of three trials in Florida and one virtual event in June 2013 and a live two-day event held Dec. 20-21 at the Homestead-Miami Speedway in Homestead, Florida.

The first competition tested software teams' ability to guide a simulated robot through three sample tasks in a virtual environment. In December, teams had to guide their robots through as many as eight individual physical tasks that tested robot mobility, manipulation, dexterity, perception and operator-control mechanisms.

During the final, to be held sometime in the next 12-18 months, human-robot teams will attempt a circuit of consecutive physical tasks with degraded communications between the robots and their operators. The winning team will receive a $2 million prize.

"Over a period of less than three years," program manager Dr. Gill Pratt wrote in the January-February edition of The Bulletin of Atomic Scientists, "DARPA expects the field of robotics to undergo a historic transformation that could drive innovation in robots for defense, health care, agriculture and industry.

Pratt has a doctorate in electrical engineering and computer science from the Massachusetts Institute of Technology and is a professor at the Franklin W. Olin College of Engineering in Needham, Mass. He's also the DARPA Robotics Challenge program manager in DARPA's Defense Sciences Office.

Having people and robots work together in teams is essential to robot success in disaster response, Pratt said in an interview with American Forces Press Service during a recent interview at DARPA headquarters in Arlington, Va.

"For the foreseeable future, our robots are not going to have anywhere near the intelligence they require to do even small parts of missions on their own," he said. "They're going to require a human being to figure out what the plan is, to figure out what the contingencies are (and) to understand the situation."

What robots can do, Pratt explained, is contribute sensing and physical tasks that operators who are using a human controller, operating in a dangerous environment while a human operator stays back where it's safe and direct the robots.

"Together, working as a team," he added, "they can be more effective than either one of them working by themselves."

DARPA officials know this from their own experiences.

In the days after 9/11, DARPA sent to New York City robots whose development the agency had funded. But those robots found no survivors, Pratt recalled in an analytic piece published Dec. 3 in The Bulletin of Atomic Scientists.

DARPA tried again in March 2011 in the deadly aftermath of a magnitude 9.0 earthquake centered 81 miles off the coast of the city of Sendai on the eastern coast of Honshu island, Japan.

A subsequent 49-foot tsunami killed more than 19,000 people, destroyed or damaged more than a million buildings and shut down power in and flooded Tokyo Electric Power Co.'s Fukushima Daiichi nuclear plant, melting the reactor cores of operating units 1, 2 and 3, and damaging unit 4.

Japanese officials declared a nuclear emergency later that day. By then, evacuated people initially within 1.2 miles of the plant and later within 12 miles.

Humanitarian assistance and disaster relief is a primary DOD mission. Pratt wrote in the Dec. 3 Bulletin, and as the disaster unfolded in Japan, "DARPA officials contacted researchers who had designed robots for the Three Mile Island and Chernobyl disasters and coordinated with companies that DARPA had funded to develop other robots.

"Each company already was making plans to send its robots and training personnel to Japan," he added, and others around the world sent robots as well, but it took weeks for power-plant personnel to complete training they needed to operate the robots.

By then, Pratt said, "the golden hours for early intervention to mitigate the extent of the disaster had long since passed."

Even with progress made in the DARPA Robotics Challenge and elsewhere in the industry, Pratt said, "We don't know how to make (robots) intelligent enough to do sophisticated tasks, [but] we do know how to make them do ... very specific subtasks."

"These days in a laboratory, he explained, a robot can be told to open a door and the robot will use its visual sensors to locate the door, compare that image against a library of different handles it's been programmed to recognize, turn the door handle and pull the door open.

"At the DARPA Robotics Challenge, we were trying to be successful with that out in the field, where lighting conditions are varied, where the location you're looking at the door from changes all the time, there are shadows, there are other things in front of the door," Pratt said. "We were trying to make it robust to all those changes, and that's really where the state of the art is now.

Most of the challenge tasks were on a slope that started out easy and went to medium and then hard, he said. The challenge began with 16 robot teams and ended with eight robot teams qualifying to receive DARPA funding for the finals event.

Pratt said most differences seen in the robots' performances were differences of software capabilities.

But it wasn't that the robot hardware was more capable in some cases, he said, adding that most of the robots were quite good at the tasks "and, in fact, did better than we had expected them to."

The software differentiation was mostly in how well the teams handled the communications degradation inserted into the challenge, Pratt said.

"Some teams did very well and [their] robot had enough sub-task autonomy that it was able to do some meaningful work while communications was poor. Other teams ... could only really control the robot well when the communications quality was higher," he explained.

"The key to robustness is feedback, and the key to feedback in a robot is the ability to perceive the environment well," Pratt said.

Looking toward the DARPA Robot Challenge finals, Pratt said, officials learned in the December trials that the robots were about 20 percent more capable mechanically than expected, so they will raise the bar accordingly for the finals.

The plan is to make the tasks more difficult and more authentic than they were in the trials, he said.

"My thought right now, and this is subject to change," Pratt added, "is to take the eight different tasks we had as separate events in the trials and ... combine them into an integrated task where the robot has to respond to a situation," chain- ing together capabilities it demonstrated in the trials.

Finals officials will tell the teams much less than they were told before the trials so the setup will be a surprise to all entrants. And Pratt said they're planning to degrade communications more than they did during the trials.

"We're going to have the comms go black and dead for significant lengths of time and ... see whether the robots can continue to execute some of these subtasks on their own because we know those kinds of dropouts are quite common in the austere environments we care about," he said.

Also in the finals, the robots won't use safety harnesses as they did in the December trials.

"If the robot falls down, it must first not be damaged so badly that it can't continue to work," Pratt said. "But even more difficult, it needs to be able to get itself back up, even if it falls down on rough terrain. We think those behaviors are absolutely essential for true work in austere environments."

DARPA officials aren't sure yet what the finals scenario will include, but it will focus more on disaster response than on trying to save injured people.

"Trying to affect the properties so the disaster doesn't get worse is part one, trying to save human beings who are hurt or even recover them if they were killed is part two, and part three is how to remediate the disaster and make the site safe again for use," he said. "The DARPA Robotics Challenge is really focused on the first one."

Pratt said DARPA expects roughly a dozen teams to participate in the finals, including the top eight teams from the December trials that are in contract negotiations with DARPA to receive $1 million for development this year, and other teams from around the world that will fund their own software development.

After the finals, when the winner walks away with $2 million, the technology still won't be quite ready for commercialization.

"The technology will be ready for commercialization if a market can be found in the commercial world for it," Pratt said. "What many people don't realize is that the defense market is a very small fraction of the size of the commercial market."

"After we show the feasibility of things, after we provide the spark to start it, then we need to enter a phase where the costs get driven down. And the commercial world typically is very, very good for that."
MWR Calendar

Slip Inn Grand Reopening
New Menu Items
February – April: Cream of Crab soup or Chili - $4.50 Sausage Monday: Sweet Italian Sausage served with chips - $6.50 Fish Taco Friday: 3 Fish Tacos - $5.95

Dumbbell Bench Press Competition
February 17 | Fitness Center I
Test your upper body strength in our Dumbbell Bench Press Competition! Event will be based on the number of repetitions to failure. Participants will be required to lift a third of their body weight to failure. Awards will be given to the 1st place male and female winners.

Adult Spelling Bee Happy Hour
February 19 | 6-8pm | Bolling Club I
Adults, Age 21 and over
How do you spell FUN? Become the 2014 JBA Adult Spelling Bee Champion! Prizes awarded to top finalists along with bragging rights for all of 2014. Whether you want to compete or just watch the fun, head over to the Bolling Club and hang out for a spell!

RECEPTION
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“It was beyond words. I’m incredibly grateful to Gen. Spencer that he took the time to recognize me,” Bledsoe said. “I’ve been working at the Fitness Center since September, so it really surprised me. I was just doing my job. Anyone here would’ve done the same thing.”

Not only did Spencer show his appreciation to Bledsoe, but so did JBA commander, Navy Capt. Anthony Calandra, who stopped by the Fitness Center Christmas Day to bring Bledsoe homemade cookies as a special thank you.

“I was very kind of Capt. Calandra to take the time from his family to come by and thank me. It meant so much to me,” Bledsoe said. “I told my mom and she was quite taken back by everything. She has a strong work ethic. I think it made her proud that her daughter received recognition for what she does.”

To those who work with her closely, Bledsoe’s work ethic comes as no surprise. Just ask Michael Perry, fitness complex director.

“I’m a team player. She’s always willing to step up and pick up extra shifts,” Perry said. “She’s a valuable asset to our group. I wish we had more just like her.”

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Civil Engineer Squadron EOD technician, Joint Base Charleston, S.C.) deployed directly into a known insurgent stronghold in the Helmand Province of Afghanistan to clear a homemade explosive production site. His EOD was searched for and stopped inside and in the middle of the Helmand River where they found and destroyed 50 kilograms of explosives and captured one insurgent who was scouting their movements.

Sgt. Nicole (Nellis) Richardson (802nd Civil Engineer Squadron EOD technician, Joint Base San Antonio-Lackland, Texas) faced her most challenging mission as a member of EOD team deployed to Helmand Province, Afghanistan. While his team loaded gear into their vehicles, an Afghan national police officer suddenly fell into a field of truck-mounted machine gun merely 25 feet away. Simultaneously, 15 to 20 insurgents just outside the village engaged the base with heavy machine gunfire.

Maj. R. Shaine Thrower (315th Weapons Squadron nuclear and missile operator, Nellis AFB, Nev.) was off-duty on his way to pick up his daughter from a field trip when he first noticed the bus on fire. As he was pulling up his vehicle behind the tour bus, he saw flames emanating from the left-rear wheel well. Although his professional expertise is tailored to teaching graduate-level nuclear physics and advanced intercontinental ballistic missile operation, Masters was in no way deterred from taking the actions he needed to perform.

Senior Airman Andrew Williamson (48th Rescue Squadron pararescueman, Davis-Monthan AFB, Ariz.) responded to an urgent medical evacuation request. Two soldiers were trapped inside a burning Afghanistan-geared vehicle that struck an IED. Williamson and three team members loaded a British helicopter with 200 pounds of extraction gear and landed a quarter mile from the fiery scene.

Master Sgt. Delorean Sheridan (21st Special Tactics Squadron combat controller, Pope Field, N.C.) was completing a routine pre-brief for a combat control mission at his deployed location in War- dak Province, Afghanistan. While his team loaded gear into their vehicles, an Afghan national police officer suddenly fell from the field-trip when he first noticed the bus on fire. As he was pulling up his vehicle behind the tour bus, he saw flames emanating from the left-rear wheel well. Although his professional expertise is tailored to teaching graduate-level nuclear physics and advanced intercontinental ballistic missile operation, Masters was in no way deterred from taking the actions he needed to perform.

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Joint Base Commissary offers sweet savings and Olympic style promotions in February

BY SALLIE CAITHERS
DEFENSE COMMISARY AGENCY

Whether it’s nutritious foods for better health, candy treats for that Valentine’s Day sweetheart or all foods in between, commissary patrons at Joint Base Anacostia-Bolling (JBB) will be able to find what they want with plenty of promotional savings in February.

“Between Valentine’s Day and February being ‘Heart Health Month,’ there are lots of options for our patrons to save money at their commissary,” said Randy Chandler, the Defense Commissary Agency’s (DECA) director of sales.

“For those who have an eye on their budget and eating healthier, it’s always better to buy groceries and prepare meals at home,” he added. “The JBB commissary has so many choices available with promotions that go much further than our regular 30 percent or more savings.”

Throughout February, DECA industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings.

The Exclusive Savings link, http://www.commissaries.com/partners.cfm, has more coupons, specials, promotions, sales and healthy recipes.

Coinciding with Heart Health Month or anytime of the year, JBB commissary patrons can also choose from a variety of “Good For You” foods, which are lighter in calories and more nutritious. These foods are infused with whole grains, fruits, vegetables, low-fat dairy, nuts and seeds or significant amounts of important nutrients but have reduced amounts of total fat, saturated fat, sodium and sugar.

Customers are asked to check at the JBB commissary for details on dates and times for the following upcoming promotions:

• Olympic rewards for commissary patrons – Coca-Cola, Kellogg’s, P&G and The J.M Smucker Company, sponsors of Team USA at the 2014 Winter Olympics, are offering savings to commissary patrons on a number of participating brands. Patrons can look for special commissary displays and digital coupons offered through the Commissary Rewards Card program. To join the program, simply obtain a rewards card at any commissary, register it by following the instructions on the back of the card, clip digital coupons and save additional money when you check out. Reward card users will also have the opportunity to enter for a chance to win one of eight $50 Visa gift cards by purchasing any four participating products. This promotion ends Feb. 28.

“THERE ARE so many exciting events occurring in February – the 2014 Winter Olympics, the Chinese New Year celebration, Valentine’s Day and Heart Healthy Month,” Chandler said. “Enjoy all of these events with your friends and family and don’t forget to stock up on all your party foods at your JBB commissary.”
Immunization Clinic

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.

Firth-Sterling Gate operations

The Firth-Sterling gate is closed on weekends. Once the gate’s automated features become available, the gate will be accessible by any Common Access Card (CAC) holder 24/7 during normal FPCON “A” conditions.

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 afowcthriftshop@verizon.net.

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.navymil.

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.

Navy-Marine Corps Thrift Shop hours

The Navy-Marine Corp Services 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 202-433-3384.

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.

Post Office closed for one hour

The JBAB Post Office is closed Monday - Friday for lunch from 2-3 p.m. For more information, call 202-767-4419.

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.prune-da@afncr.af.mil.

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.

** JNotes **

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

CATHOLIC SERVICES

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

Sunday 9:30 a.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.