



Joint Base Journal

Vol. 5, No. 9

March 7, 2014

News and information for and about the premier Joint Base and its region

www.facebook.com/jointbase

JOINT BASE ANACOSTIA-BOLLING

www.cnmc.navy.mil/jbab

Navy-Marine Corps Relief Society begins annual fund drive

BY SHAWN MILLER
NDW PUBLIC AFFAIRS

The Navy-Marine Corps Relief Society (NMCRS) kicked off its annual active duty fund drive with a ceremony at the Pentagon, March 4.

The drive, designed to raise funds necessary to financially assist Navy and Marine Corps personnel and NMCRS programs, will run for six weeks until April 11.

The NMCRS raises funds for programs and support services through repayment of interest-free loans, proceeds from thrift shops, the reserve fund, and most of all, contributions. Last year, the fund drive raised \$9.9 million nationally. Locally in the National Capital Region (NCR) last year, the NMCRS assisted nearly 1,300 active duty and retired Sailors, Marines, and their families, providing more than \$1 million in financial assistance.

"The fund drive is very critical for some of the young Sailors out

there who don't have a lot of financial experience," said Master Chief Petty Officer Tyrone Blockton, assistant to the 2014 NCR campaign. "This program affords them an opportunity to learn how to manage their money, how to better manage their finances, and also it helps them in cases of emergencies."

Blockton explained the goal of the campaign is not only 100 percent contact with personnel, but stressed meaningful contact that goes beyond simply asking for donations.

"In meaningful contact, you're actually explaining what the program is all about, explaining members of the program, history of the program, and how it's best set up to help your shipmates," he said.

In the 2013 drive, 48 percent of the contributions to the campaign came from active-duty Sailors and Marines helping fel-

See **FUND**, Page 5



U.S. NAVY PHOTO BY MASS COMMUNICATIONS SPECIALIST 2ND CLASS PEDRO RODRIGUEZ

USMC Maj. Gen. (Ret) Carl Jensen, Navy-Marine Corps Relief Society (NMCRS) executive vice president and chief operating officer, right, speaks to various commands' key persons during the 2014 NMCRS active duty fund drive kickoff.

Coast Guard helicopters train aboard the Navy's newest warship



U.S. COAST GUARD PHOTO LT. DAVID BLUNIER

The crews aboard the USS Somerset and Coast Guard MH-60 Jayhawk helicopters from Aviation Training Center in Mobile worked together to complete joint ship/helicopter training and qualifications Wednesday, Feb. 5, 2014. The two Coast Guard Jayhawks from ATC Mobile were the first aircraft to ever land on the Somerset.

BY PETTY OFFICER 2ND CLASS
WALTER SHINN

The Navy's newest amphibious transport dock ship and Coast Guard medium range recovery helicopters trained together in several ship and helicopter exercises Wednesday, Feb. 5, 2014, while transiting the Gulf of Mexico.

During the training, two Coast Guard MH-60T Jayhawk helicopters based out of Coast Guard Aviation Training Center Mobile in Mobile, Ala., flew parts and supplies to the pre-commissioning unit USS Somerset, conducted more than 60 day and night-vision goggle deck landings, vertical replenishment sling loads and refueling operations to help qualify

and certify the Somerset's crew for aviation operations.

The Coast Guard helicopters are the first aircraft to ever land on the 684-foot Navy ship, which is headed for Philadelphia for their upcoming commissioning scheduled for March.

"Celebrating one of the heroes aboard Flight 93, Todd Beamer's now famous quote, 'Let's Roll' is boldly emblazoned on the Somerset's hangar door," said Coast Guard Cmdr. Craig Neubecker, a Jayhawk helicopter pilot. "Calling on that spirit of taking action, this joint training exercise highlights the cooperative efforts between the Navy and the Coast Guard to protect the nation and save taxpayer dollars."

The exercises also helped the

Coast Guard aircrew complete their semiannual deck landing training. After the exercises, Coast Guard helicopters transported 10 certification experts from the ship back to shore.

The Coast Guard has upgraded the service's fleet of H-60 Jayhawk Medium Range Recovery helicopters with new avionics, communications, navigation equipment and flight instruments, converting them to MH-60Ts. The upgrade provides a Common Aviation Architecture System in the cockpit for fully integrated flight and mission management capabilities. An Electro-Optical/Infrared sensor system enables aircrews with en-

See **HELICOPTER**, Page 5

INSIDE

Military Saves Week promotes financial fitness

Page 3



Professor enlightens and inspires

Page 5



Solid Curtain-Citadel Shield tests crisis response

Page 7



DC Air National Guard airmen depart for deployment



PHOTO BY CAPT. RENEE LEE, 113TH WING PUBLIC AFFAIRS

Leadership of the District of Columbia National Guard render a farewell salute to the nearly 30 Airmen of the 113th Security Forces Squadron, 113th Wing, DC Air National Guard, as they depart for deployment. The Airmen will support the security mission of U.S. forces in Southwest Asia for five months.

BY CAPT. RENEE H. LEE
113TH WING, D.C. AIR NATIONAL
GUARD PUBLIC AFFAIRS

Nearly 30 Airmen of the 113th Security Forces Squadron departed Feb. 15 for a five-month deployment to an undisclosed location in Southwest Asia.

While deployments are certainly not unusual, what makes this one unique is the range in experience shared among the Airmen. This deployment will be the first for more than 10 of the security forces Airmen of the District of Columbia Air National Guard's 113th Wing.

"I'm very excited for my first deployment," said Senior Airman Cordero Santiago. "I volunteered to deploy because I wanted the experience and I feel prepared."

Santiago credits his confidence in his preparation for this deployment to his time spent at the intensive two-week Regional Training Center at Eglin Air Force Base, Fla., where training included small group tactics, weapons sustainment and mounted operations.

"I learned how to dismount and patrol and a lot of land navigation," said the RTC outstanding performer. "[The training] teaches you how to do your jobs in different situations we might encounter."

Like Santiago, many of the newer Airmen have since gained confidence and a better understanding of what to expect of the deployment, said Tech. Sgt. Jose Perez, one of the two squad leaders of the deploying unit. Thanks to deployment veterans like Perez, for whom this will be his sixth deployment, the newer Airmen are in good hands and have the opportunity to seek mentorship and advice from those who have deployed on numerous occasions, such as Senior Airman Ashli McEntee.

Since joining the Air Force eight years ago on active duty, McEntee has deployed seven times. This deployment with the 113th SFS will be her eighth total deployment and her second since joining the DCANG. While preparing for deployment here and at Eglin AFB, she found herself mentor-

ing younger and newer airmen for whom this will be their first time "down range."

"The newer Airmen have been coming to us and asking about the living conditions, the weather, the gear, the schedule, how we work as teams, the hours we work," McEntee said. "As we have a large amount of first timers deploying with us, I think we can offer comfort and knowledge."

Many members of the Reserve and National Guard usually see fellow Airmen and colleagues on a monthly basis; deployments offer opportunities to build stronger camaraderie and unit cohesion. After preparing for deployment here and training together at Eglin AFB, the 113th SFS Airmen will work side-by-side during their five months overseas, and "we'll end up having that bond together," said Perez.

When the unit returns home in the late summer, the 113th Wing will welcome a team of deployment veterans, including those Airmen ready to help the next generation of first-time deployers.

Fundraiser helps Sailors and Marines

BY DONNA CIPOLLONI
TESTER STAFF WRITER

Last year, across the nation, the Navy-Marine Corps Relief Society (NMCRS) distributed \$48.6 million in interest-free loans and grants to 65,358 clients comprising Sailors, Marines, their eligible family members and survivors. And every one of those dollars was donated.

With its 2014 fundraising campaign underway through April 18, NMCRS is once again relying on the generous donations that allow them to provide assistance and support to those experiencing financial difficulties resulting from deployments, separations, family emergencies or other hardships associated with the military lifestyle.

"While we do receive some corporate and private support, our biggest donors are the active and retired military community," explained Maureen Farrell, director of the NMCRS office at Naval Air Station Patuxent River. "A lot of people think highly of our society and donate. We're very lucky."

Last year at Pax River, a total of 257 interest-free loans and 30 grants were awarded to clients seeking assistance for a total disbursement more than \$196,000.

"People who donate often want to know if their dollars are staying local," Farrell said. "Last year, we collected nearly \$92,000 at Pax but disbursed over \$100,000 more than that [here]; so I think it's safe to say their dollars are being spent locally."

Of all the funds distributed last year at Pax, 57 percent went to basic living expenses such as food, rent and utilities; while



U.S. NAVY PHOTO/DONNA CIPOLLONI

Sailors volunteering as command representatives for the Navy-Marine Corps Relief Society annual fundraiser pick up their materials after the 2014 campaign kickoff, Feb. 24, at Center Stage Theater, where Vice Adm. David Dunaway was the keynote speaker.

another 21 percent paid for gas, auto insurance, registrations and repairs.

"These are not frivolous loans," Farrell said. "We're not going to help people live above their means. We're here to help those who have a true need. People can count on us being very careful with their money. We have to be."

The sound fiscal practices NMCRS demonstrates in managing its donations are evidenced by the four-star rating it earned from Charity Navigator, the nation's largest independent charity evaluator.

"Navy-Marine Corps Relief Society's coveted four-star rating puts it in a very select group of high-performing charities,"

said Ken Berger, president and chief executive officer of Charity Navigator. "Out of the thousands of nonprofits Charity Navigator evaluates, only one out of four earns four stars — a rating that, now, with our new accountability and transparency metrics, demands even greater rigor, responsibility and commitment to openness. NMCRS supporters should

feel confident that their hard-earned dollars are being used efficiently and responsibly when it acquires such a high rating."

The fund drive should also help to increase visibility for NMCRS.

"It amazes me that some of our active-duty service members still don't know we're here," Farrell said. "We want them to think of NMCRS first when they need financial assistance. We hate to see people with 14 percent interest on a loan for auto repair when we could've given them that loan for free."

Farrell also wants potential donors to know that while they may have never needed the society, they work with someone who has.

"And people alleviated of financial pressure can do a better job," she said. "Financial readiness equals operational readiness."

Anyone wishing to donate to NMCRS can do so online at www.nmcrsfunddrive.org/paxriver; service members can donate via allotment. In order to specifically track Pax River donations, and to ensure command recognition, donors are encouraged to contact their command representative and complete a paper form as well. To locate your command rep, contact Farrell at 301-342-4739.

"If everyone gave just \$5 per month, we could triple the fund drive from last year," Farrell said. "We'll make sure the dollars are well spent. They'll go to the people who need them."

Military Saves Week promotes financial fitness

BY SHAWN MILLER
NDW PUBLIC AFFAIRS

Across the country, around the world and at Naval District Washington, military personnel, family members and Department of Defense (DoD) contractors and civilians are pledging to be more financially responsible as part of Military Saves Week, an annual social marketing campaign that encourages people to save money and reduce debt.

Military Saves Week, running Feb. 24 through March 1, is part of the larger America Saves program operated by the Consumer Federation of America, and is a partner of the DoD Financial Readiness Campaign. Last year, more than 137,000 people in 471 organizations were reached as part of Military Saves, a 39% increase from 2012, according to the program's website.

"It's very important because we have members who are always out fighting the good fight," Culinary Specialist 1st Class Craig Houston, Naval Support Activity Washington (NSAW) command financial specialist, said of the campaign. "If they're worried about their families under financial stress, it puts more



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS PEDRO A. RODRIGUEZ
Rear Adm. Mark Rich, commandant, Naval District Washington, signs the proclamation declaring Feb. 24 through March 1 as Military Saves Week. Military Saves is a social marketing campaign to persuade, motivate and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

stress on them and they're not focused on the job."

Houston said the week provides personnel and their family members a chance to realistically assess their financial situations, go to seminars and find information about how to find cost savings efficiencies to help them throughout the year.

Washington Navy Yard is scheduled to host an information fair Feb. 27 in the Town Center building from 11 a.m. to 1 p.m., where a

variety of resources will be available. The Military Saves campaign only allows approved vendors to participate, Houston said, leaving out predatory loaners or other risky loan agencies.

Elsewhere in the region, installations are partnering with local banks and credit unions during Military Saves Week, as well as hosting guest speakers and financial classes, said David Rose, a personal financial manager for the Military and Fam-

ily Support Center (MFSC) at Joint Base Anacostia-Bolling (JBAB).

Rose said a large part of the campaign is getting visitors to sign the Military Saves Week pledge online.

"When you make a goal to something like that, it makes a difference if you write it down," said Rose. "If you write it down, you make yourself a pledge and hopefully that helps a person out."

While the campaign may only be highlighted for a week, the goals of Military Saves are to keep personnel aware of their financial security and promote positive savings behavior on a consistent basis.

"Military Saves Week is not just a once in a lifetime

thing," Houston said. "It's every day that you live your life that you should be making sure that you are financially stable."

Across NDW, Fleet and Family Readiness (FFR), the Navy and Marine Corps Relief Society (NMCRS), and individual command financial specialists offer year-round support on a variety of topics including credit counseling, budgeting, debt reduction and investing.

Houston said he advises everyone he sees to make a detailed budget for every pay period or every month, rather than an annual budget. Keeping a closer eye on your money on a more frequent basis allows savers to know where each dollar goes and

invest smarter, he explained. "Invest it in yourself, and if you have family, invest it in your family," said Houston. "So that way when you get to the retirement age, you don't have to stress about what your next job field is going to be. You have time and leeway to use your money wisely."

For those struggling to save because of debt, Houston encouraged making steady payments to each of one's debts while trying to pay off the smallest balances first, and then working up to getting rid of the highest-interest bills in a positive snowball effect. This practice builds credit ratings and may actually shorten repayment periods, he added.

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING
WASHINGTON, D.C.

PUBLIC AFFAIRS OFFICE: PHONE: 202-767-4781
EMAIL: JOSEPH.CIRONE@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 Anacostia-Bolling or Comprint Military Publications of the products or services advertised.

Published by Comprint Military Publications, a division of Post-Newsweek Media, Inc., 9030 Comprint Court, Gaithersburg, MD, 20877, 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 on the Friday prior to publication. E-mail submissions to Joseph.Cirone@navy.mil.

To place display advertising, call 240-473-7538.

To place classified advertising, call 301-670-2505. 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. Anthony T. Calandra, USN
Commander

Col. Michael E. Saunders, USAF
Vice Commander

Joseph P. Cirone
Public Affairs Officer
202-404-7206

Chief Master Sgt. Richard J. Simonsen Jr., USAF
Senior Enlisted Leader

Lt. Cmdr. Jim Remington, USN
Public Affairs Projects

JOINT BASE JOURNAL

COMPRINT MILITARY PUBLICATIONS

Maxine Minar
President
John Rives
Publisher
Deirdre Parry
Copy/Layout Editor

COME HOME TO MILITARY MEDICINE

We understand the unique needs of our Military Family.

Many of us who are doctors and medical professionals that care for you at Military Treatment Facilities also serve alongside you as active duty service members. We are veterans and military retirees who have been where you are; we understand where you're coming from and where you're going.

We've fought with you, laughed and cried with you, shared anxieties, conquered fears and beat the odds with you. We're family. And we care for our own like no civilian treatment facility ever could.

With 17 treatment facilities throughout the National Capital Region, we can conveniently serve you at the following locations:

Andrew Rader Army Health Clinic
Fort Myer, VA

Bolling Clinic
Washington, DC

DiLorenzo TRICARE Health Clinic
Washington, DC

Dumfries Health Center
Dumfries, VA

Fairfax Health Center
Fairfax, VA

Fort Belvoir Community Hospital
Fort Belvoir, WA

Fort McNair Army Health Clinic
Washington, DC

Joint Pathology Center
Silver Spring, MD

Kimbrough Ambulatory Care Center
Fort Meade, MD

Malcolm Grow Medical Clinics & Surgery Center
Washington, DC

National Intrepid Center of Excellence
Bethesda, MD

Naval Health Clinic
Annapolis, MD

Naval Health Clinic
Quantico, VA

Washington Navy Yard Branch Health Clinic
Washington, DC

Pentagon Flight Medicine Clinic
Washington, DC

Pentagon Tri-Service Dental Clinic
Washington, DC

Walter Reed National Military Medical Center
Bethesda, MD



Commander, Navy Installations Command visits area installations

By ANDREW REVELO

The Commander of Navy Installations Command visited Naval Support Facilities Dahlgren and Indian Head on Feb. 21 to interface with the employees and service members who serve the nation's Fleet, Navy families and warfighters. Vice Adm. William French visited several facilities on the installations and met with Naval Support Activity South Potomac leadership. Before the tour was underway, however, French officiated a reenlistment ceremony for Gas Turbine Systems Technician (Mechanical) Chief Petty Officer Terence Rambeau in Dahlgren. Another highlight of the visit was at midday, when French enjoyed lunch with Sailors based at Indian Head.

"First of all, it was great to eat with some of our outstanding young Sailors and



U.S. NAVY PHOTO BY ANDREW REVELO

Vice Adm. William French, left, Commander, Navy Installations Command, discusses the Cruiser-Destroyer Upgrade Training Facility project at Naval Support Facility Dahlgren with Lt. Cmdr. Jake Segalla, project officer, center, and Cmdr. Jeff Brancheau, public works officer at Naval Support Activity South Potomac, on Feb. 21.

re-enlist GSMC Terence Rambeau - that was a privilege and a great way to kick off the visit," said French. "I'm glad to be here, and to have the opportunity to see

first-hand the tremendous work being done."

French was impressed with the critical support that the commands and activities based at NSF's

Dahlgren and Indian Head provide to the Fleet. "Both of these installations are steeped in history and remain vitally important to our Navy in terms of ord-

nance disposal, scientific research, educating our people, and developing integrated warfare systems," he said. "These bases are right in my back yard, and it would be great to come more often. I've also enjoyed interacting with your leadership here - the base looks great, but there are plenty of challenges ahead and ways to deliver even better service to our Sailors and their families."

Of course, the budget challenges of the last few years have affected all aspects of the military, including Navy shore installations. "I think the primary challenge we face today is the incredibly dynamic fiscal environment we've been seeing," said French. "Our country's military priorities are changing which means the Navy and CNIC are reprioritizing how we spend our money. But, it's a good challenge to have,

because it forces us to find new and innovative ways to ensure we continue our mission of supporting the fleet, fighter and family - which goes hand-in-hand with the [Chief of Naval Operations'] Sailing Directions."

French zeroed in on energy conservation as one way shore installations can improve their fiscal outlook. "In addition to prioritizing how resources are spent, we have to also examine areas in which we can exert some control on expenditures," he said. "Energy bills are the single largest cost for Navy installations. So, part of our challenge is to educate our workforce on the impact of conserving energy and how savings from that conservation can be redirected back to the fleet. Bottom line is that the energy bill is one

See CNIC, Page 8

Rear Adm. Raquel Bono challenges staff to bring back eligible beneficiaries

By BERNARD S. LITTLE
WRNMMC PUBLIC AFFAIRS
STAFF WRITER

During her town hall meeting at Walter Reed Bethesda on Feb. 19, Rear Adm. (Dr.) Raquel Bono, director of the National Capital Region Medical Directorate (NCR MD), asked staff members at the "flagship of military medicine" to do three things: focus on making it easier for beneficiaries to get access to care; decrease private sector care costs; and decrease deferrals.

Walter Reed National Military Medical Center (WRNMMC) is one of the military treatment facilities (MTFs) within the NCR MD enhanced multi-service market (eMSM) network, which also includes Fort



Official Navy photo

Belvoir Community Hospital (FBCH), the Joint Pathology Center, Naval Health Clinic Quantico, Washington Navy Yard Branch Health Clinic, Naval Health Clinic Annapolis, Kimbrough Ambulatory Care Center, Andrew Rader Army Health Clinic,

Fort McNair Army Health Clinic, Malcolm Grow Medical Clinic and Surgery (779th Medical Group) Center, Pentagon Flight Clinic, Bolling Clinic (579th Medical Group) and the Pentagon DiLorenzo Health Clinic.

Bono said within the NCR MD market, there are approximately 453,000 eligible beneficiaries with nearly 271,000 enrollees. She added her goal is to bring those nearly 200,000 patients "with our fingerprints on them" not enrolled, back into the military direct care system. Those eligible beneficiaries may be currently receiving their health care from purchased care contractors. The admiral explained that bringing these eligible beneficiaries "back home" will lower costs to

Department of Defense, increase readiness and improve overall care.

"Every one of our patients, once they get in to see you, have nothing but good things to say," Bono continued. She said this is directly related to the patient-centered care provided at WRNMMC, but access to the care remains a challenge for beneficiaries throughout the region.

The NCR MD director added she is working closely with WRNMMC Director Brig. Gen. (Dr.) Jeffrey B. Clark and FBCH director Navy Capt. Jennifer Vedral-Baron to not only improve access to MTFs within the region, but also decrease deferrals of beneficiaries to providers outside of the military health system (MHS).

Clark explained this was his focus during his town hall meeting earlier this month. He said WRNMMC and FBCH, along with the regional MTFs, are partnering to provide "patient-friendly, high quality health care." As part of this partnership, less complex tests and procedures, not requiring beneficiaries to come to WRNMMC, will be provided by WRNMMC surgeons and specialists going to other MTFs to treat beneficiaries at the facilities closest to the patient, according to Clark.

"We should partner to think about the entire market as opposed to Walter Reed Bethesda or FBCH working independently, [which means determining] where it is best for patients to receive their patient-

friendly care," Clark said. He also encouraged staff to attend a clinic optimization course at WRNMMC by contacting Sheena Walker at Sheena.A.Walker@health.mil. The course is designed to assist providers in best optimizing WRNMMC services to meet the needs of patients.

Bono also stated, word-of-mouth is the best advertisement to bring eligible beneficiaries back into the MHS. "We have a great opportunity to make history," she added. "We have a lot of young active duty [service members and their families] who come here for their first duty station. I would love for them to have the time of their lives so that they know what the art of the possible is. When they leave here, they can help spread the word about the things we are doing and the opportunities that exist at a joint facility."

As the NCR/eMSM's "academic medical center," WRNMMC must capitalize on its teaching and research power for the future of military medicine. This can only be done if eligible beneficiaries are brought back into the system, Bono added.

"I think our patients are anxious to find a way back here, and we need to make that as easy as possible for them," she said. "My goal here is to make sure every one of you is successful, and to that end, I'm all ears."

Military-Friendly Career Fair

Meet with dozens of employers, schools, and other great organizations, including: Lockheed Martin; Coca-Cola; HP; State Farm; National Security Agency; Camber Corporation; Engility Corp.; Columbia Southern University; DeVry University; Acquisition, Research & Logistics; BAE; Bureau of Economic Analysis; Dante; David Griswold & Associates; GEICO; Milton Hershey School; MilitaryByOwner Advertising; Prince William County Police Department; Prince William County Public Schools; URS; Veterans Transition Forum; Virginia Department of Transportation; Yorktel; and more. Free and open to all candidates with military experience, spouses, and civilians. Free Parking. Bring plenty of resumes!

Thursday, March 13, 9 am - 12:30 pm

The Waterford, 6715 Commerce St, Springfield, VA

www.CorporateGray.com

Professor enlightens and inspires

BY JOHN JOYCE
NSWC DAHLGREN DIVISION
CORPORATE
COMMUNICATIONS

Enlightening. Inspirational. Empowering. Touching.

That's how Naval Surface Warfare Center Dahlgren Division (NSWCDD) weapon systems test engineer Janaf Wyche described the keynote speech that took place at the command's African American/Black History Month Celebration Feb. 19.

In other words, the speech — "Physics: Yesterday, Today and Tomorrow" — perfectly touched the hearts and minds of military personnel, government civilians and contractors gathered at the University of Mary Washington Dahlgren Campus for one reason: the speaker.

It wasn't the first time that Dr. Arlene Maclin's words of wisdom, knowledge and insight impacted Wyche and four of her colleagues.

The NSWCDD science, technology, engineering, mathematics (STEM) professionals are among Ma-



U.S. NAVY PHOTO

Dr. Arlene Maclin - Executive Director, Mid-Atlantic Consortium, Center for Academic Excellence, Morgan State University, speaks about "Physics: Yesterday, Today and Tomorrow" during the Naval Surface Warfare Center Dahlgren Division (NSWCDD) African American/Black History Month Celebration Feb. 19.

clin's accomplished former students.

Ironically, Maclin - the Executive Director of the Mid-Atlantic Consortium's Center for Academic Excellence at Morgan State University - also received the

right touch of inspiration, empowerment and enlightenment.

"One never knows how and whom one is influencing in the business of education but I was really touched by the outpouring of all of

the people that I met last Thursday at Dahlgren," said Maclin who said she enjoyed the reunion with her former students.

Clearly, Maclin is more than a professor to her current and former students. She is an advisor, mentor and at times - a recruiter.

"Dr. Maclin was my professor for Quantum Mechanics and Materials Science," said Wyche who has studied the Chinese language in the United States and in Nanjing, China. "Most importantly, she was my advisor and started me on my way to becoming a debt-free scholar and lifelong learner of foreign language. She recruited me from my high school in Prince George's County, Md., and gave me the confidence that I could obtain a full scholarship at Norfolk State University if I just applied."

National Society of Black Engineers Potomac River Professional Chapter Vice President Angela Nunnally reflected on her "personal connection with Dr. Maclin" after the event.

"She was my mentor and professor at Norfolk State

University," said Nunnally, a fiber optics engineer at the NSWCDD Warfare Systems Department. "I credit her for many experiences in undergrad that helped me get to where I am today - internships, conferences, grants, you name it. There are also several other people in attendance that she influenced. We are all very grateful for having her as a part of our lives."

Maclin likewise expressed the same gratefulness for the mentors in her career. The professor recounted how the mentoring of eminent scientists inspired her to look for ways to increase the numbers of students who receive degrees in STEM fields.

"My college physics professor and lifelong mentor, Dr. Alexander Gardner was the first black person to receive a Ph.D. degree in physics from the University of North Carolina at Chapel Hill," said Maclin. "Most of my mentors were among the first (African Americans) to receive doctoral degrees in their fields at major research universities."

Maclin's mentors included Dr. J. Ernest Wilkins, who

received his doctorate from the University of Chicago at age 19, and Herman Branson, a physicist and college president who worked with Nobel Prize-winning chemist Linus Pauling. Wilkins and Branson were faculty members at Howard University, where Maclin received her doctorate in Theoretical Condensed Matter Physics - the third African American woman to receive this degree.

"I believed what my professors told me and I acted on much of that," said Maclin, adding that she was the first member of her family to go to college. "I had spent the summer before going to college reading all of the 40 or so books that were recommended, including the great books such as Tolstoy's 'War and Peace', Dostoevsky's 'Crime and Punishment', and Richard Wright's 'The Invisible Man'."

At that point, Maclin answered two questions related to training 21st Century scientists and engineers.

The first question - what must historically black col-

See PROFESSOR, Page 9

FUND

■ continued from 1

low active-duty members in need, with another 12 percent coming from military retirees.

Blockton said he began donating to the drive as soon as he enlisted more than 20 years ago, but wasn't aware of all the benefits that came from the program. He said he missed a family funeral because of a lack of finances, not knowing he was eligible for aid through the NMCRS. Now, he wants to make sure every Sailor knows the resources available to them.

The NMCRS offers a range of programs beyond emergency loans, including fi-

nancial counseling, education assistance, health education and post-combat support, child budgeting, disaster relief, emergency travel funding, and access to thrift shops. By using a workforce composed mostly of volunteers, most contributions go back to service members and their families.

Rear Adm. Mark Rich, commandant, Naval District Washington, and Maj. Gen. Juan Ayala, commanding general, Marine Corps Installation Command, are co-chairing this year's regional fund drive, working with installation coordinators to ensure the meaningful impact is spread through the NCR.

For more information on the Navy-Marine Corps Relief Society and how to donate, visit www.nmcrsfunddrive.org.

Mass Communications Specialist 2nd Class Pedro Rodriguez, NDW Public Affairs, contributed to this article.

HELICOPTER

■ continued from 1

hanced capabilities to locate, identify and track surface targets day or night, critical for both search and rescue and law enforcement missions.

The USS Somerset, a 684-foot San Antonio-class amphibious transport dock, is named after Somerset County, Pa., to honor

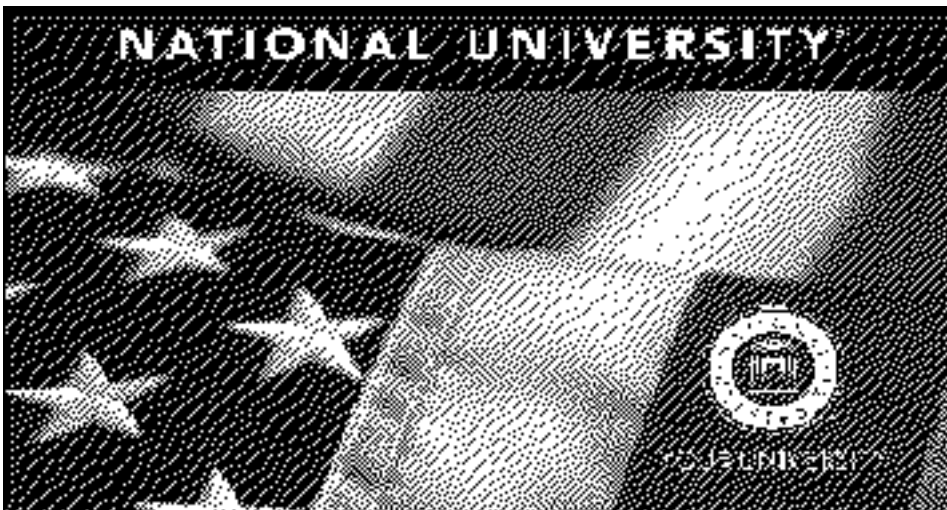
the passengers of United Airlines Flight 93, whose actions prevented terrorist hijackers from reaching their intended target by forcing the airplane to crash in Somerset County, Pa., on Sept. 11, 2001.

There are 22 tons of steel, from a crane that stood near Flight 93's crash site, used in building the Somerset. The ship was built at Huntington Ingalls Industries Shipbuilding site in Avondale, La.

The ship is scheduled to be commissioned March 1 in Philadelphia.

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

visit www.dcmilitary.com.



EARN YOUR DEGREE WITH A MILITARY-FRIENDLY, NONPROFIT UNIVERSITY

- A wide range of facilities, associates, faculty and master's programs
- Dedicated Military Affairs Office
- One-course-per-month format and enrollment anytime
- Flexible course structure allowing deployment
- Financial aid, scholarships, loans, grants, and special military tuition programs available



Learn more at the National University
Online Information Center:

703.630.3800

WWW.NU.EDU

QUANTICO TOWN
137 POTOMAC AVENUE
QUANTICO TOWN, VA



New Parent Support Program strengthens families

BY JULIA LEDOUX
PENTAGRAM STAFF WRITER

First-time and seasoned parents who are raising their children while serving the country face a myriad of challenges as they juggle the demands of their family and professional lives. Being geographically separated from extended family, frequent moves and deployments can all place added stress on the military families.

That's where the New Parent Support Program can help expectant parents and those who already have children, develop the skills they need to provide a nurturing environment for their little ones.

On Joint Base Myer-Henderson Hall, licensed clinical social workers Mary Cargill and Pam Hirsch work together in the program to enhance parent and infant bonding increase knowledge of child development, and provide connections to support services that allow parents to become nurturing and capable caregivers.

"It supplies support for our military families," Cargill said of the NPSP. "A lot of times, they are separated from their family by distance. They don't have friends in the community

because they may be new to the installation, so we can fill a void."

Cargill said the best way to describe the program is that it teaches participants things their moms would teach them about being a parent.

The program's services are free to active duty servicemembers and their families who are expecting their first child or have at least one child under 3 years old (5 years old for Navy and Marine Corps families) in their homes..

"We try to help parents have realistic expectations of where their children are and what they can do so they're not getting so frustrated with them," said Cargill.

Cargill and Hirsch said one of the hidden gems of the program is its home visit program, which provides private, in-home support for new parents. Cargill and Hirsch visit clients in their homes, or anywhere else they'd like to meet, throughout the National Capital Region.

Hirsch said new parents often feel more comfortable discussing their concerns about issues such as post partum depression, breastfeeding and baby and child care in their own homes.

"We provide a variety

of support; whatever the client needs," she said. "We're here to support and educate."

"We do developmental screenings in the home and can determine if the baby requires further assessment," added Cargill.

Hirsch and Cargill stressed that the home visit program, like all aspects of new parent support, is completely voluntary and is open to all eligible servicemembers, regardless of rank.

"We are not just for your lower enlisted," said Cargill. "We serve the entire military community."

The program also provides hospital visits for parents who have just had a child; referrals to other services offered through the military health care system, the installation or community; prenatal and parenting classes such as baby bundles and baby stages.

"I want families to be stronger. That's the fiber of our nation, our families," said Cargill, whose husband is a retired Marine and children are currently serving in various branches of the armed services.

For more information on the New Parent Support Program at JBM-HH, call 703-696-6368/3510.



PHOTO BY SGT. MICHAEL SELVAGE

A Soldier assigned to the 543rd Military Police Company, 91st Military Police Battalion, holds his newborn baby for the first time during a redeployment ceremony July 22, 2013. New and seasoned parents can learn how to overcome parenting challenges in the New Parent Support Program at Joint Base Myer-Henderson Hall.

Pax Sailor wins Controller of the Year award

BY DONNA CIPOLLONI
TESTER STAFF WRITER

Air Traffic Controller 1st Class Jesse Schenemann, Air Traffic Controller training branch chief at Naval Air Station Patuxent River, was recently named the Commander, Navy Installations Command Air Traffic Controller of the Year.

Schenemann, who has been at Pax River for five years, was singled out as a deserving candidate for the honor based on his knowledge, expertise and willingness to go above and beyond.

"The position he's holding is normally held by a senior chief petty officer," explained Lt. Cmdr. Earl Drey, who, along with Senior Chief Air Traffic Controller Joseph Stone, nominated Schenemann for the award. "He's an E-6 doing the job of an E-8 and that is hard to do at a facility like

this. That is one of the most impressive things he does here, and he does it well."

As training branch chief, Schenemann is responsible for the training and professional readiness of more than 70 Sailors, E-7 and below; five DOD contractors; and four flight planning contractors — all while ensuring the facility strictly adheres to Federal Aviation Administration and Naval Air Training and Operating Procedures Standardization (NATOPS) guidelines.

"It's a huge responsibility; the biggest within ATC," Drey said. "Because if we don't have a training program, we don't have anything."

Through his mentorship, development and leadership of air traffic controllers, Schenemann is responsible for the error-free completion of more than 14,000 radar and tow-

er manned and unmanned operations; and more than 13,000 research, development, testing and evaluation (RDT&E) aircraft operations.

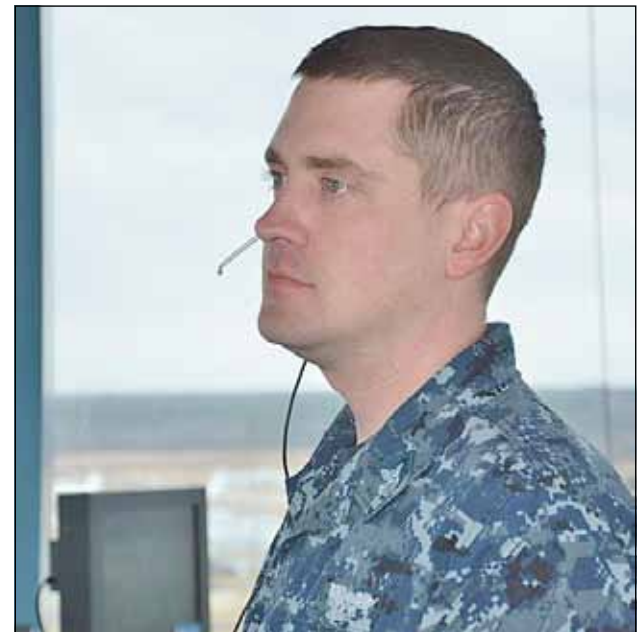
One measure of Schenemann's success was the highest score rating of "satisfactory" with zero discrepancies earned by the ATC facility during the 2013 ATC NATOPS Quality Assurance Inspection. At the command outbrief, inspectors specifically praised Schenemann for his role.

One of only two military Facility Watch Supervisors, he is the only air traffic controller to have achieved the FWS designation at both Pax River and Webster Outlying Field.

When asked about the CNIC honor, Schenemann acknowledged it and then quickly recognized the role others played in his accomplishment.

"It's one of the things I'm most proud of in my life, but I didn't do it alone," he said. "I'm the product of great leadership and the people I train and work with. I'm in very good company. I enforce the plan, but they're the ones putting in the hard work. Out of all the places I've been, [Pax River] has the best cross section of controllers I've seen. It's the most demanding place to work and they always rise to the occasion."

With the honor, Schenemann now serves as CNIC's nominee for the prestigious Vice Adm. Robert P. Pirie Air Traffic Controller of the Year award. That award, presented for outstanding contributions to operational readiness and safety applied by individual Navy and Marine Corps air traffic controllers Navywide, will be presented in late March.



U.S. NAVY PHOTO/DONNA CIPOLLONI

CNIC Air Traffic Controller of the Year award winner, ATC1 (AW/SW) Jesse Schenemann, looks out over the airfield at Naval Air Station Patuxent River. Schenemann, ATC branch training chief, is the only controller to have achieved the Facility Watch Supervisor designation at both Pax River and Webster Outlying Field.

Solid Curtain-Citadel Shield tests crisis response

By Shawn Miller
NDW Public Affairs

Military and civilian emergency services throughout Naval District Washington (NDW) this week concluded two weeks of extensive drills and crisis response training during the annual anti-terrorism and force protection exercise Solid Curtain-Citadel Shield (SC-CS).

Solid Curtain is a Navywide exercise led by Commander, U.S. Fleet Forces and Commander, Navy Installation Command, and Citadel Shield is designed to evaluate installation-level responses to a range of force protection situations.

At Naval Support Activity (NSA) Washington, leaders gathered for a tabletop exercise to discuss emergency action plans (EAP) different services would practice in the case of an actual emergency. Audrey Champagne, installation training officer, said the exercise provided valuable feedback to develop better plans for the command as well as installation tenants.

"It was solution-oriented," she said of the training. "It was focused on all the stakeholders within NSA Washington's area of responsibility and they all felt like they had an important role to help get their EAP plans and our EAP plans in the right direction."

Further south in NDW, Naval Air Station (NAS) Patuxent River hosted an active training schedule featuring an active shooter and hostage situation, a bomb threat, and base intruders, among other events.

"We had superb tenant participation this year, with all levels of leadership involved ensuring their workforce is trained and ready for unpredictable threats," said Capt. Ben Shevchuk, NAS Patuxent River commanding officer. "We do an excellent job when it comes to accomplishing the mission, but we should always take advantage of training opportunities that allow us to enhance safety and security throughout the workforce."

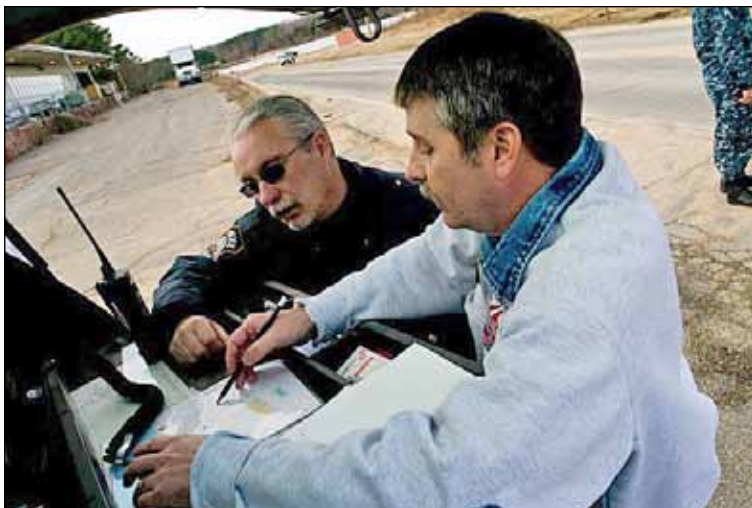
Nearby at NSA South Potomac and Joint Base Anacostia-Bolling (JBAB), exercise leaders also focused on deterring falsely-credentialed intruders along installation perimeters, as well as participating in active-shooter scenarios within the bases.

To ensure safety and security during the training, role players acting as the shooters were escorted by base personnel who oversaw and evaluated the events. As an annual exercise, SC-CS allows military and civilian responders alike to hone emergency skills as threats evolve, but in a safe environment, much like any other military drill.

Joseph Goldsberry, lead exercise planner for NDW, said SC-CS follows the classic military adage, "train like we fight."

"The same plans that we use during the exercise are the same ones we use in a real world event," he said. "Our goal is to make the exercise scenario as realistic as possible to facilitate a realistic crisis situation."

The overall event for NDW



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS KENNETH ABBATE

Security personnel set up a command post outside of the Supply Department building at Naval Air Station (NAS) Patuxent River during Solid Curtain-Citadel Shield active-shooter and hostage drill. Solid Curtain-Citadel Shield is a two-week anti-terrorism and force protection exercise that tests Navy installations on various crises in response to elevated force protection conditions due to active shooter/hostage situations, or reports of suspicious packages, vehicles or people.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS KENNETH ABBATE

Members of the St. Mary's County Emergency Response Team get into position outside of the Supply Department building at Naval Air Station (NAS) Patuxent River during a Solid Curtain-Citadel Shield (SC-CS) active-shooter and hostage drill.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS PEDRO A. RODRIGUEZ

Capt. Bill Hiscock, Naval Support Activity (NSA) Washington emergency management officer, addresses Washington Navy Yard tenant commands' emergency action officers during a table top exercise as part of Solid Curtain-Citadel Shield (SC-CS). SC-CS is a force protection exercise conducted by Commander, U.S. Fleet Forces Command (USFF) and Commander, Navy Installations Command (CNIC) on 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.

culminated with a large-scale active-shooter drill at Walter Reed National Military Medical Center (WRNMMC) in NSA Bethesda designed to mitigate damages and devise better protection plans for visitors, residents and staff.

Immediately following the tabletop exercise at Washington Navy Yard, Champagne said positive feedback about the exercise

began flowing in from participants.

"It was a success," she said. "Everyone had a better understanding of what's going on during these emergency situations and the best way we can get information to civilians who are locked down."

Personnel are encouraged to sign up for the AtHoc alert network and follow the "If you see some-



PHOTO BY ANDREW REVELO, NSA SOUTH POTOMAC PUBLIC AFFAIRS

Cpl. Joseph Walton, a police officer assigned to Naval Support Activity South Potomac, pursues a simulated active shooter through cubicles during a Solid Curtain-Citadel Shield 2014 exercise at Naval Support Facility (NSF) Dahlgren on Feb. 25.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS KENNETH ABBATE

Members of the St. Mary's County Emergency Response Team prepare to enter the Supply Department office building at Naval Air Station (NAS) Patuxent River during Solid Curtain-Citadel Shield 2014 active shooter and hostage drill.

thing, say something" rule in the case of witnessing any suspicious activity.

For more news and images of SC-CS 2014 and to stay up to date

with events in NDW, visit www.facebook.com/NavDistWash.

Connie Hempel, NAS Patuxent River Public Affairs, contributed to this article.

THE EDUCATION YOU WANT. THE SUPPORT YOU DESERVE.



You: The University of Maryland University College (UMUC) online and on-site right here at Joint Base Anacostia-Bolling. We are ready to help you pursue your degree and advance your career in cyber security, business and management, public safety and other in-demand fields.

It's person to person. UMUC's dedicated military advisors can help you:

- Make the most of your military benefits
- Identify which credits can be transferred from other colleges and military service schools and applied toward your degree
- Map out your path to degree completion
- Apply for admission and register

 **UMUC**
University of Maryland University College

AT YOUR SERVICE SINCE 1947

Recognized as a 2014 Military Friendly School
by the Department of Defense

Stop by or call

112 Brookley Avenue, Ste 110
Joint Base Anacostia-Bolling
202-563-3611 • military.umuc.edu/jbabsupport

Andrews Exchange employee devoted to serving

BY RENEE M. CARTER
ARMY & AIR FORCE EXCHANGE
SERVICE PUBLIC AFFAIRS

When Janet M. Costen began working for the Army & Air Force Exchange Service, James Earl Carter, Jr. was the president and a gallon of gas cost \$1.19.

Mrs. Costen, the Exchange Manager at Joint Base Andrews' Main Store (BX), started her career Aug. 11, 1981 as a Customer Service Representative in Nuremburg, Germany. She has spent the last thirty-two years serving a generation of Soldiers and Airmen.

"Serving those who protect our freedom is extremely rewarding," said Mrs. Costen. "It hasn't felt like a job to me - it's more of an honor and a privilege to have been able to do this for so long."

Janet Costen began her Exchange career as a Customer Service Representative in Nuremburg, Germany. Over the next 32 years, Costen has worked as a Cashier, an Assistant Supervisor of Customer Service, an Accounting Assistant, Human Resource Associate, a Shift Manager, a Sales and Merchandise Manager and as the Joint Base Andrews' Main Store Manager, where she will soon retire after a memorable career.

"It's bittersweet to think of me retiring from the Exchange and to think about the countless friends I have made during my journey," Costen said. "I will treasure those memories forever."



PHOTO/LARRY GILL

While the jobs may have changed over the years, Mrs. Costen's dedication and devotion to the men and women who have served has never wavered.

"Thinking back on the past 32 years reminds me of what an honor it has been to serve those that serve," said Mrs. Costen. "Energy prices may go up and politicians may change, but waking up and going to work alongside the best customers in the world at the Joint Base Andrews Exchange in 2014 is just as exciting and rewarding as it was my first day on the job, 32 years ago in Nuremburg, Germany."

CNIC

■ continued from 4

we have to pay, no matter what, and the higher it is, the more we take away from those people conducting training and operations. So, turning off lights, computers, you name it - that all has a direct impact on operations."

Budgetary stress or not, sexual assault prevention and response is another aspect of installation management that must evolve. "We continue our efforts to stamp out sexual assaults from our Navy," said French. "We are all working hard - from headquarters personnel to installation commanders to local base victim advocates - to take on the challenge of ensuring sexual assaults are reported, victims are taken care of and offenders are prosecuted accordingly. Sexual assaults threaten our mission readiness and must be eradicated."

Shore installations will also continue to operationalize support for the Navy's diverse missions. "Our bases have always been vital in supporting the Fleet," said French. "We manage port and air operations for one - from the wireless pier initiative, to tug boats, air traffic controllers, pier and airfield maintainers, all that goes to supporting operations every day, so our Sailors and aviators can train, prepare for and participate in deployments around the world."

"Our security forces are currently participating in Exercise Solid Curtain-Citadel Shield 2014 and their efforts in planning, coordination and execution is a testament to how important we view protecting Sailors, civilians, families and contractors so they can feel safe and secure while doing their jobs on base," French continued. "Also, we're working on more robust training for our fire and emergency services so they can be better prepared to assist ships should an in-port fire occur. Aside from direct support for operations, I think it's im-

portant to stress the impact our other services have on the morale and well-being of our Sailors. Services like child and youth care, MWR, fitness, libraries, galleys, Navy Gateway Inns and Suites, the list goes on. These services provide the essential ingredients for making our Sailors and their families healthy, both physically and mentally, so that together, we can accomplish the CNIC and Navy mission."

Regionalization is one way CNIC is maintaining its operational focus, while also controlling costs. "Regions have proven to be an effective way to manage our installations - especially on the global enterprise level," said French. "We've had some learning experiences since CNIC stood up in 2003 and we've consolidated some regions, fine-tuned our practices and now we're seeing some big dividends. The regionalization model has enabled us to align our efforts and serve all our stakeholders and customers within the fleet more efficiently and effectively."

Those changes, however, are not always easy for ground-level employees and Sailors to implement. French thanked the CNIC workforce and offered them words of encouragement as they strive to accomplish their mission in a time of fiscal stress and organizational change. "There are a lot of changes happening at the national level, and those are changes are filtering down across [the Department of Defense]," he said. "I can't predict what the future will hold, but I can say that our biggest priorities - service to the Fleet, Fighter and Family - will always be on the forefront of my mind. Stay adaptable, agile, continue to look for ways to help save money, reduce waste, and increase efficiencies. Thank you for all you do every day to support our customers - the Fleet, families and the warfighters."

PROFESSOR

■ continued from 5

leges and universities (HBCUs) do to survive?

“Develop an institutional niche,” said Maclin, adding the following recommendations for the colleges: “Have bold leadership with brave sensibilities; make decisions based on data; presidents must speak out on national higher education issues; look at retention and graduation rates and if there is no change, they must make immediate change; learn to ‘manage up’ with their funders; diversify their student body; respect faculty and their input - happy faculty equals happy students; improve student (customer) services; choose leaders with diverse experiences and perspectives; take alumni giving seriously and cultivate it; and reach out to the communities that we serve.”

The second question - what must federal agencies do to increase numbers of minorities in STEM Fields?

“Federal agencies must develop meaningful partnerships with STEM faculty at minority serving institutions and provide student support through internships and student-based scholarships,” said Maclin. “Federal grants should include minority serving institutions in a meaningful way and a committee of experts developed to provide advice on human resource requirements for the next 50 years.”

NSWCDD Commander Capt. Brian Durant emphasized this point in his opening remarks, reminding the audience of NSWCDD’s commitment to upholding the Chief of Naval Operations’ vision to develop a diverse workforce.

“We will continue to ensure that every new Sailor and civilian has an equal chance of developing his or her talents to their full-



U.S. NAVY PHOTO

The Naval Surface Warfare Center Dahlgren Division (NSWCDD) commander and employees are pictured during the African American/Black History Month celebration held at the University of Mary Washington Dahlgren campus Feb. 19. Standing left to right are: NSWCDD Black Employment Program Manager Michael Hobson; NSWCDD Disability Program Manager and Special Emphasis Program Coordinator Marcella Bushrod; NSWCDD Commander Capt. Brian Durant; NSWCDD Blacks in Government Chapter President Elma Williams-Coleman; and National Society of Black Engineers Potomac River Alumni Chapter President Dwayne Nelson.

est potential in an environment free of discrimination, preferential treatment, or any manner of exclusion or intolerance,” the CNO affirms in his diversity vision. “Each Sailor and civilian will be inspired and empowered to contribute and to attain the highest levels of leadership based upon his or her sustained level of performance.”

At NSWCDD, the best and brightest professionals from a broad spectrum of backgrounds and cultures are addressing today’s challenges to ensure the Navy’s readiness for its future mission needs across the globe.



A simple selfless act now can protect your family’s financial future.

Military Protection Plus can help protect those who count on you. It’s life insurance that provides coverage beyond SGLI and stays in place after you leave the military. And once it’s in place, you can add coverage with no medical questions asked.¹

Protect your loved ones today.

800-531-8479 | usa.a.com/mpp



¹Availability of increased life insurance coverage depends on characterization of military separation. Increases in coverage depend on your health and are subject to underwriting approval. Military Protection Plus is Level Term life insurance. Initial life insurance coverage limited by rank and occupation. Level Term V, Form LU992455131-05 (may vary by state). In New York, New York Term, Series C, Form ULTAS357NY-07-04. Military Severed Injury Benefit and option to increase coverage to replace SGLI provided by riders. Increases in coverage require payment of additional premium. Rider forms LBN5794151-05-06 and LU992714151-05-07 (may vary by state). In New York, forms WBHC0469HY-06-06 and HBHC07125HY-06-07. All insurance products are subject to state availability, issue limitations and contractual terms and conditions. Life insurance and annuities provided by USAA Life Insurance Company, San Antonio, TX, and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. In most states, life insurance also provided by USAA Direct Life Insurance Company, Omaha, NE. Each company has sole financial responsibility for its own products. © 2014 USAA. 2009RZ-0114

JNOTES

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

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.

Air Force Wives' Club Thrift Shop

The Air Force Officers' Wives' Club Thrift Shop is located at 13 Brookley Ave and is open Tuesdays, Wednesdays and Thursdays 10 a.m. - 2 p.m. Donations are accepted during business hours only. Profits from the AFOWC Thrift shop go toward college scholarships and other military charitable organizations. For more information about the AFOWC or its Thrift Shop call 202-563-6666 or email afowc-thriftshop@verizon.net.

NAVY 311

"NAVY 311" is the place to go for all types of information to help support Navy military, civilian and retiree personnel and

their families. Access NAVY 311 at 1-855-NAVY-311 or (DSN) 510-NAVY-311. You can also email NAVY311@navy.mil or visit www.NAVY311.navy.mil.

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.

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.pruneda@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 jbabscouts@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.

Navy Wives Clubs of America

The D.C. Metro chapter of Navy Wives Clubs of America, Eleanor Roosevelt #37, hosts meetings every second Thursday of the month to discuss and plan volunteer activities in the local military and civilian communities. Military spouses of all branches are welcome to attend. For more information, email angeladowns@me.com or visit www.facebook.com/NWCA37.

Navy-Marine Corps Thrift Shop hours

The Navy-Marine Corps Relief Society Thrift Shop has relocated to Enterprise Hall (building 72). The store hours are Tuesdays and Wednesdays 3:30 - 6:30 p.m. and the first Saturday of every month from 10 a.m. - 2 p.m. For more information call 202-433-3364.

Professional Services
Call **301-670-7106**

Clinical Research

Volunteers needed

Completed with goal of building a network of people who can help us in our research. We are looking for people who are interested in helping us and who can help us in our research.

- Ages 18-65
- In good health
- Not engaged in other research

Provided full training and receiving personal reimbursement. No fee to participate.

Donation of \$2000 of our products and materials. No charge for travel and parking. All expenses are covered. We are looking for people who are interested in helping us and who can help us in our research.

FRANCIS COLLEGE OF BUSINESS

For more information, contact our coordinator:
Dr. (Ph.D.) [Name] 301-670-7106
Email: [Email Address]

Lonza

Reach over 125,000 military personnel, their families and the surrounding areas

Advertise Your Professional Service Here

Call 301.670.7106

Resume

THE RESUME EXPERT
"Mobile Service"

- Federal/Civilian/Military Transition Resumes ■
- Database Input ■ Resume Writing Training ■
- KSA's ■ Job Search Assistance ■

★ ★ **NON-EMPLOYMENT RELATED SVCS** ★ ★

- Situation Specific Writing Projects ■

Please call **Phyllis Houston** at **301-574-3956**

Chapel

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 1:30 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.