



Joint Base Journal

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Joint Base and its region

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JOINT BASE ANACOSTIA-BOLLING

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Joint Base commander gains wisdom; looks ahead

BY LT. CMDR.
JIM REMINGTON

JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

From an eye-opening start to the formulation of a vision for Joint Base Anacostia-Bolling's (JBAB) future, Navy Capt. Frank Mays is fully entrenched in his job as commander of the Department of Defense's (DOD) premier joint base in the National Capital Region.

"My goal is to have a D.C. street car serving the base and a base shuttle to service the population who will use the D.C. street car within two years, by early 2016," said Mays. "A year later, I want to ensure that we have a charter school standing up right here at JBAB."

Mays, who draws on uniformed experience that began with eight years in the U.S. Air Force before a transition to the U.S. Navy where he has served the past 23 1/2 years, has the same service connections as JBAB's.

"I think I bring a different perspective of these services, both the Navy and the Air Force," said Mays. "I have an Air Force background and I hope that, along with my Navy time, helps bring a deeper understanding for the supported and supporting entities on the base. One of my mandates is to preserve the history and heritage of both the Air Force and the Navy on JBAB. I take that to heart, and I will fulfill that duty."

During his first few weeks of command, Mays toured the base, visited with his staff, the mission partners, and tenants. What he saw surprised him.

"I knew it was a joint base, but I didn't expect such a diverse mission set. After a few tours around the base in the first few weeks, it became apparent to me that all five services are well represented from the Coast Guard all the way to the Army National Guard, but we also have many federal entities on the base," Mays said. "We have everything covered. Walking in the

door I didn't have a grasp for how diverse it was. I'm just amazed at the team work and resourcefulness of our JBAB staff and our mission partners. We've really got quite a varied mission set."

Mays today finds himself at the helm of one of 12 joint bases established from the 2005 Defense Base Closure and Realignment Commission's (BRAC) decision to consolidate 26 separate entities across the DOD and in their place establish 11 joint bases and one joint region, Joint Region Marianas. At JBAB the Navy is the supporting entity while the Air Force is the supported.

Harmony and unity of purpose in the joint base structures depend in large part, on the personalities involved, according to Mays.

"It's just like back in kindergarten; it's how well you get along. [Air Force] Col. Kendall Peters [deputy commander of JBAB] and

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U.S. NAVY PHOTO BY LT. CMDR. JIM REMINGTON

Joint Base Anacostia-Bolling (JBAB) Commander Navy Capt. Frank Mays observes a U.S. Air Force Honor Guard Drill Team performance during an immersion tour Sept. 30.

Ah-choo! Time to get vaccinated against the flu, no appointment needed



U.S. NAVY PHOTO BY MICHELLE L. GORDON

Flu vaccinations are now available to all military beneficiaries, ages six months and up, on a walk-in basis at the 579th Medical Group (579 MDG) on Joint Base Anacostia-Bolling (JBAB). The 579 MDG is open Monday-Wednesday and Friday, 7:30 a.m. until 4:15 p.m., and Thursday 8 a.m. until 4:15 p.m., closed for lunch daily 12:30-1:30 p.m.

BY MICHELLE L. GORDON
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

According to the Centers for Disease Control and Prevention (CDC), influenza (flu) viruses spread mainly by droplets made when people infected with the flu cough, sneeze or talk.

The flu is a contagious respiratory illness that can cause mild to severe illness, and at times, lead to death. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

"The best way to prevent the flu is by getting vaccinated early during flu season," said Air Force Staff Sgt. Elizabeth Gannaway, immunizations noncommissioned officer in charge for the 579th Medical Group (579 MDG)

at Joint Base Anacostia-Bolling (JBAB).

"We vaccinate to keep people from getting the flu, but if you do contract the flu, the vaccine is supposed to help you fight it off much quicker and prevent it from developing into pneumonia or another severely, immune-suppressing disorder."

Gannaway said it is possible to catch the flu even after vaccination because of the numerous different strains of the virus. However, to combat the likelihood, the 579 MDG is using a vaccine which offers protection against four different strains of the virus.

"The vaccination we use protects against the same flu strains as last year, because we're still seeing a lot of the same outbreaks," said Gannaway. "It prevents two strains of type A [influenza virus] and two strains of type B [influenza virus]."

at Joint Base Anacostia-Bolling (JBAB).

"Type A viruses are spread from animals to humans, like avian flu and swine flu. Type B viruses are spread human to human. Type Bs are much harder to formulate and develop into a vaccine state, because they're not as stable as type As. So the fact that we have two type Bs in one flu vaccine is kind of a medical big deal."

Flu season officially began Sept. 1, and it will continue until June 30. Gannaway said while most people associate flu season with the colder, winter months, medical personnel do see a spike in the springtime.

"The vaccine you receive in [fall] is effective throughout the

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personnel
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Joint Base celebrates Navy
birthday with race,
picnic



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Joint Base personnel recognized for assistance provided

BY LT. CMDR.
JIM REMINGTON

JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

The Secretary of the Navy recognized four Joint Base Anacostia-Bolling (JBAB) personnel with letters of commendation for the work they performed in the aftermath of the tragic 2013 Washington Navy Yard shooting.

During an Oct. 7 ceremony in which JBAB Commander Navy Capt. Frank Mays presented the awards to his personnel on behalf of the secretary he said, "I know it was a very brutal day and JBAB helped out in a big way. Our emergency family assistance center helped out in a really big way. You set up the center and you attended to the emergency needs of that day, and the ongoing days after-taking care of folks as they needed it, and we are still giving ongoing care to this day. It's something that will live in our memories for a long, long time so thanks for your efforts."

The awardees were: Robert C. McCullough, Travis Reynolds, Leslie P. Walker, and Amelia Flores.

Mays also used the occasion to emphasize the importance of completing the active-shooter training which is offered online and a requirement for all personnel. He said it is a useful training class for its description of actions each person should take and avoid during an active-shooter situation, as well as the different roles and responsibilities of police and other first responders.



U.S. NAVY PHOTOS BY LT. CMDR. JIM REMINGTON

JBAB Commander, Navy Capt. Frank Mays, presents a Secretary of the Navy Letter of Commendation to Leslie P. Walker for exceptional support in response to the tragic 2013 Washington Navy Yard shooting on Sept. 16, 2013.



JBAB Commander, Navy Capt. Frank Mays, presents a Secretary of the Navy Letter of Commendation to Travis Reynolds for exceptional support in response to the tragic 2013 Washington Navy Yard shooting on Sept. 16, 2013.



JBAB Commander, Navy Capt. Frank Mays, presents a Secretary of the Navy Letter of Commendation to Amelia Flores for exceptional support in response to the tragic 2013 Washington Navy Yard shooting on Sept. 16, 2013.



JBAB Commander, Navy Capt. Frank Mays, presents a Secretary of the Navy Letter of Commendation to Robert C. McCullough for exceptional support in response to the tragic 2013 Washington Navy Yard shooting on Sept. 16, 2013.

Joint Base water testing underway



A 250-milliliter water bottle is filled at Joint Base Anacostia-Bolling (JBAB) Child Development Center (CDC) one, Oct. 11. Water was collected from nearly 300 water faucets located in three JBAB CDCs and the Youth Center. The water was sent to a lab where it will be checked for the presence of lead in accordance with a Chief of Naval Operations instruction. A copy of all testing results will be made available at all facilities where testing is conducted, and a follow-up story will be published in the Joint Base Journal, when the results are provided.



U.S. NAVY PHOTOS BY MICHELLE L. GORDON

Water Technician, CJ Ball, collects water from a Joint Base Anacostia-Bolling (JBAB) Child Development Center (CDC). According to the Environmental Protection Agency (EPA), lead is a naturally occurring element found in small amounts in the earth's crust, and although it has some beneficial uses, it can be toxic to humans and animals. It is particularly dangerous to children because their growing bodies absorb more lead than adults and their brains and nervous systems are more sensitive to the damaging effects. The EPA estimates that drinking water can make up 20 percent or more of a person's total lead exposure. The most common cause is corrosion of materials containing lead in the water distribution system such as plumbing pipes, solder, water coolers, and faucets.

Joint Base celebrates Navy Birthday with race, picnic and ‘camaraderie’

BY MICHELLE L. GORDON
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

Joint Base Anacostia-Bolling (JBAB) celebrated the Navy’s 239th birthday with a 5K run hosted by JBAB Morale, Welfare and Recreation (MWR) and a picnic hosted by the Master Chief Petty Officer of the Navy (MCPON).

Approximately 150 participants ran in the event, according to JBAB MWR Fitness Director Gregory Wheelless, who said the race was about celebrating the Navy’s birthday, having fun, and for military personnel, staying fit and ready.

“You have to be fit to fight, which is why the 5K is a good race distance,” said Wheelless. “It’s fun, but at the same time, you’re getting exercise and preparing yourself to go to work. We do a 5K

the first Friday of every month. I encourage everyone to come out and try it or just come by the fitness center. We can make your life healthier and better.”

The 13th MCPON, Michael Stevens, echoed Wheelless’ thoughts on the importance of physical readiness.

“I’d imagine that 239 years ago, a group of sailors weren’t getting together on a base and doing a 5K run,” said Stevens. “It just goes to show how serious all of our services take physical readiness, and it also goes to show that you can have a good time, doing something that’s good for you, and it’s good for the camaraderie of our organizations. I’m really happy and pleased to see people come out and participate.”

All race finishers received a commemorative t-shirt. The top

three male and female runners received a medal.

Following the run, participants and their cheerleaders were invited to stay for a picnic at the Slip Inn, which included entertainment by the U.S. Navy Band Cruisers, as well as the traditional cutting of a birthday cake. Stevens recognized the cheerleaders for not only their support during the race, but also for their ongoing support to the military.

“This year the theme of the Navy birthday is ‘thanking those who support us,’ and that’s what I’d like to do,” said Stevens. “I’d like to thank our families, our civilian partners and our American citizens for supporting not just the Navy, but our military as a whole. We couldn’t do what we do without everybody’s support.”



U.S. NAVY PHOTO BY MICHELLE L. GORDON

Joint Base Anacostia-Bolling (JBAB) Commander, Navy Capt. Frank Mays, presents a medal to Air Force Major Steve Wick, who was the first place male winner in the Navy Birthday 5K held Oct. 9 on JBAB, with a time of 20 minutes, 51 seconds.

Ceremonial Guard celebrates Navy Birthday with picnic, fun



U.S. NAVY PHOTO BY ERIC D. RITTER

Sailors from the U.S. Navy’s Ceremonial Guard take a break from their normal rigorous days of providing presidential and ceremonial duties throughout the Washington region to celebrate and recognize the United States Navy’s 239th birthday during a picnic on Joint Base Anacostia-Bolling (JBAB) Oct. 8.

Air Force Honor Guard welcomes new graduates



U.S. NAVY PHOTO BY ERIC D. RITTER

Air Force 11th Operations Group (110G) Vice Commander, Col. Daniel Waters, addressed the crowd of the 110G Honor Guard graduates and family members at a ceremony held at Joint Base Anacostia-Bolling (JBAB), Oct. 10.

Nine Airmen completed the eight-week course, which consisted of physical training, learning weapon’s manuals, marching, uniform and room standards, executing military customs and courtesies and committing to memory, the Air Force core values and song.

“As you take on the role of Ceremonial Guardsmen, challenge yourself every day to live out our Air Force values,” Waters said. “As Ceremonial Guardsmen, you vow to stand sharp. Remember that each day, you fulfill that vow that we trust you to represent each Airman, past and present. That’s a heavy responsibility. Wear that with pride.”

Approximately five classes go through the course at JBAB every year with each Airman being based at JBAB following graduation to perform ceremonial duties, such as full honors funerals at Arlington National Cemetery and presenting the nation’s colors throughout the area for presidential and other official events.

Joint Base Journal

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VISION

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I work overtime to ensure we get along with one another, with all the mission partners and at the next level up, our bosses get along together too," said Mays. "So far it has worked extremely well within the joint management oversight structure."

Going into the job, Mays had a mentor, a former base commanding officer, who told Mays it took him approximately six months before he felt comfortable going before the press or any given entity or to be an advocate for and tout his base's mission. Mays said that was pretty close to his experience except, he felt that way at the four or five month mark.

As he navigated his way through these first six months, Mays said he followed the same management philosophy he built throughout his career, getting directly and intimately involved only where required.

"My method of management is: I don't normally get into your business unless you give me a reason to get into your business. Early on, in a couple of occasions, that happened, so I did and I learned about certain aspects of the job earlier than I had planned," said Mays. "I learned certain lines of business which I had never previously had to delve."

Other than that, Mays said most of his first six months was deliberate work in which he was able to set a cadence for visits to all of the mission partners and getting immersion tours with his own staff.

The deliberative nature of

JBAB's business is one of the differences he cited as a departure from his command at sea.

"This is a shore command. While we have a mission, it's not tethered to a deployment schedule. That is different," said Mays. "While in command of a sea duty unit, on any given day an issue or a problem may arise that would require immediate attention and concerted effort by those involved. That doesn't occur here unless we have a situation arise like we did the other day with a water line break. Normally you can go about doing your business in a more deliberate fashion."

Another strong contrast between his past sea command and current shore command experiences is the composition of his staff. Mays' squadron was manned by Sailors. At sea, he said, those are the folks who demanded most of his attention, but here at JBAB with a staff of more than 800 civilians and only 25 active duty military, the opposite is true.

"The opposite being there is not a whole lot of demand on my time from the Sailors and the Airmen as there are few of them and they are more senior in rank, though I do like to visit them. The civilians are great and they've typically been doing their assigned job for many years."

During this first six months Mays has assessed that one of the best things his base does very well is effective communication among the five services and the many federal entities present. This enables him and his staff to ensure, from a base operating support perspective, they are set up for success to perform their mission and the tenants

have what they need from the base to perform their mission.

JBAB also provides some of the finest accommodations in all of DOD according to Mays. It has more than 1,000 family housing units and 800 single service member dorm rooms. Its Morale, Welfare and Recreation (MWR) department is the largest in the Naval District Washington (NDW), and provides world class MWR facilities and functions for more than 17,000 DOD employees and dependents who work or live on the base.

"That said, to date, a Government Accountability Office report just recently released cited in some of their findings that Joint Base Anacostia-Bolling had its installation support functions 98 percent consolidated, which is highest among all joint bases," Mays said. "So that is something for which we should be proud. While other joint bases have issues regarding proximity, we never really had that, so that's helped us. We are the target to shoot for among the other joint bases with regard to consolidation and overall integration of our efforts."

Mays further explained that of all the joint bases, JBAB is one of the only joint bases that has the base commander (supporting service) and the deputy commander (supported service) in the same office suite.

"That alone speaks volumes to how consolidated, integrated and in lockstep we are," Mays said. "We often confide, and share stories and ensure we're on the same page to make sure the mission of the joint base is paramount while at the same time helping to shepherd scarce resources in a fiscally

austere environment."

Mays credited JBAB's successful integration at the base level and the echelons above (NDW and Air Force District Washington) with the more than 150 hiring actions currently ongoing.

While Mays enjoys talking about JBAB's successes, he is not shy to discuss his assessment of what it could be doing better. That assessment is the basis of his vision for JBAB's future which includes improved access to mass transit for all personnel living or with business on the base, and top quality education for children of JBAB residents.

"Even though we're located in one of the largest metropolitan areas in America, we are somewhat isolated because of the geographic nature of the Potomac and Anacostia rivers; it is somewhat difficult to get here," Mays said.

Mays' staff is working plans for a charter school on base for the roughly 4,000 family members (there are approximately 1,000 family housing units with an average family of four living on base). Currently JBAB buses dependents to many schools in the District since there are no D.C. school buses.

"They don't exist," Mays said. "D.C. children take the Metro Bus. So we here on the biggest base in the District of Columbia, provide school busing via contracted services. We would have difficulty attracting folks to live on the base otherwise. Our population is pretty maxed out, and there're two reasons why. It's because we have 180 children who are home schooled on JBAB-it's one of the best military home schooling programs in all of DOD. Secondly, we provide

bus services for kids to go to schools."

Mays said that the local elementary school is doing a great job supporting our community.

"We don't want to encroach on that," Mays said. "So my vision for a charter school on JBAB is that it starts at the 6th grade in the 2016-2017 school year. And as those kids graduate from those grades, we will add on a grade each year until we are filled out up to the twelfth grade level."

In addition to providing a charter school to better meet the educational needs of base children, Mays' vision also includes improving access to mass transportation to, from and even on the base.

"Mass transportation-wise, we definitely have an issue," said Mays. "After September 11, 2001, a lot of that went away due to security concerns. And while security concerns are as paramount now as they have ever been, there are capabilities we now possess within our law enforcement that can help ensure the security needs of the folks who work and live on the base are still met."

Mays has directed his staff to consider, work and plan for several different solutions.

One option in the works is for a D.C. Street Car, a trolley service that would begin providing service in calendar year 2016 between Anacostia Metro Station and JBAB's Firth-Sterling Gate on the north end of the base.

"And at that point it is incumbent upon me to come up with a shuttle and shuttle schedule to get people to home or work as appropriate around the base," said Mays. "That is pretty firm. D.C. Streetcar is pretty eager to make that happen and we are too. Because we're both motivated it looks like it is on track to happen in early 2016."

Mays is also looking at ways to get Metro Bus back on base, while at the same time, not compromising security.

"That's my vision, while it's a good thing for the convenience of residents and tenants who must commute to the base daily, we're also trying to be good stewards of the environment and good partners with the National Capital Planning Commission (NCPC)," Mays said. "The NCPC has a certain ratio of parking, it's a goal that we're trying to attain over time, and in an effort to get to that goal, mass transportation plays a big part. We also want to be good neighbors for everyone around us."

One other option under consideration by multiple entities, to include JBAB, is a D.C. Water Taxi. Recently the Federal Transportation Administration provided a grant to the Northern Vir-

ginia Regional Commission which is the entity shepherding the project. The service would originate out of Alexandria, Virginia. Mays said his staff is looking at a prospective terminal somewhere on the Potomac side of JBAB.

"That would provide the ability for those who work and live in Northern Virginia, in particular Alexandria, the ability to just take a water taxi across and get to or from the base. So it's just another means of reducing pollution, automobile traffic, and will help to improve our parking ratios."

Besides schools and parking, Mays' vision includes a number of other improvements, specifically in the area of MWR.

Based on the success of the first NDW Freedom Live concert event held Sept. 20, his MWR staff is looking to host another concert in May 2015. He also wants to bring the NFL's and American Heart Association's "Play 60" campaign which challenges kids to be active for 60 minutes each day in order to help reverse the trend of childhood obesity.

"We're looking to bring the Play 60 here to our refurbished track and field," Mays said. "We recently had some stadium lighting put up, along with the restrooms which were recently connected. We were going to have them here this year, but it was in between the JBAB sponsored Air Force Half-Marathon/Navy 5-miler and NDW's Freedom Live concert. Our MWR personnel were maxed out, so I punted until next year."

Mays also said his vision for the future includes examining the feasibility of building a recreational vehicle (RV) park. This is different from the current lot where owners can store an RV. He envisions an actual camping area on the south side of the base for which he believes there is quite a large demand here in the D.C. area.

Mays, with NDW's assistance, is also looking to build a new Navy Gateway Inns and Suites lodging facility with 300 rooms projected on the base.

"My overall vision is to help the folks who live on the base with better access to educational opportunities and for everyone who lives and works here, better access to mass transit. Between what we put MWR-wise down at the Slip Inn during the summer months and into the Liberty Center - which is a state-of-the-art facility for residents of our unaccompanied housing - I want to ensure everyone is able to easily avail themselves of the MWR opportunities at JBAB, because even though we are in a city and metropolitan area, we're still relatively isolated due to the geography that surrounds the base."

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Edwards lives the Navy core values every day



U.S. NAVY PHOTO BY ERIC D. RITTER

Navy Yeoman 1st Class, Horatio Edwards works as a flag writer to the commandant of Naval District Washington.

BY ERIC D. RITTER
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

For Navy Yeoman 1st Class, Horatio Edwards, living the Navy values of Honor, Courage and Commitment is a part of his daily life.

Working as a flag writer to the commandant of Naval District Washington has been an eye-opening experience for Edwards. His previous duties as a Yeoman consisted of the standard administrative duties - writing correspondents, filing paperwork and writing awards. Although, he says he loved that part of his job, being a flag writer to the admiral has presented him with so many more opportunities.

"I love working for the admiral's staff," Edwards exclaimed. "It has been a great opportunity to do something different within the Yeoman rate."

As a flag writer, Edwards still has to take on many of the usual Yeoman duties, but he adds to his resume speechwriting, scheduling meetings and coordinating travel for the admiral.

His love for the Navy, in large measure,

drives his passion for his job.

"I do love the Navy," he said. "The Navy is one of the best decisions I've ever made in my life. It's made my life better professionally and personally as well."

His personal life is just as glowing as his professional life. When not in uniform, he is a volunteer with the Big Brothers and Big Sisters organization and has worked with the Drug Education for Youth program to teach area children the dangers of drugs. He also helped out during a recent community outreach project to help renovate the local, historic Congressional Cemetery.

"It's very fulfilling to work with the community," he said. "I really do enjoy giving back to those around me."

Somewhere during all of those activities, he still finds time to go to school to pursue his bachelor's degree and even maintains high academic scores.

"In high school, I didn't do too well," he added. "But, since I've been in the Navy, I've learned discipline, pride and time-management skills that, I believe, have helped me accomplish all those things."

For all of his accomplishments, it's only natural he has made himself into an effective leading petty officer. He helps mentor members of the US Navy Ceremonial Guard, who are temporarily assigned to the admiral's staff for various duties.

"I'm just glad I can be a positive influence on these young Sailors," Edwards said. "They need that positive feedback, and I'm glad I can provide it for them."

Edwards said, even though he loves what he is doing as a flag writer, he is also excited to look forward and upward toward his next assignment of either earning the rank of chief petty officer or as a limited duty officer.

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Navy's Birthday celebrated at Joint Base



Joint Base Anacostia-Bolling (JBAB) Commander, Navy Capt. Frank Mays, presents a medal to Sara McKenzie, who was the first place female winner in the Navy Birthday 5K held Oct. 9 on JBAB, with a time of 26 minutes, 59 seconds.



Joint Base Anacostia-Bolling (JBAB) Commander, Navy Capt. Frank Mays, presents a medal to Rochelle Wheeler, who was the third place female winner in the Navy Birthday 5K held Oct. 9 on JBAB, with a time of 27 minutes, 50 seconds.



Joint Base Anacostia-Bolling (JBAB) Commander, Navy Capt. Frank Mays, presents a medal to Daniel Ku, who was the second place male winner in the Navy Birthday 5K held Oct. 9 on JBAB, with a time of 21 minutes, 52 seconds.



Joint Base Anacostia-Bolling (JBAB) Commander, Navy Capt. Frank Mays, presents a medal to Navy Lt. William Strobel, who was the third place male winner in the Navy Birthday 5K held Oct. 9 on JBAB, with a time of 22 minutes, 24 seconds.



Thomas Zabriskie, 11, ran the Navy Birthday 5K held Oct. 9 on Joint Base Anacostia-Bolling (JBAB). He said he started running two years ago and has since completed three 5Ks and a 4-mile race. Zabriskie said while he doesn't enjoy running, he does enjoy the sense of pride after completing the run. "I don't like it while it's going-on, but I like to say that I did it. That I ran three miles," he said.



Joint Base Anacostia-Bolling (JBAB) celebrated the Navy's 239th birthday Oct. 9, with a 5K run hosted by JBAB Morale, Welfare and Recreation (MWR) and a picnic hosted by the Master Chief Petty Officer of the Navy (MCPON) Michael Stevens. Approximately 150 participants ran in the event, with awards presented to the top three male and the top three female finishers.

U.S. NAVY PHOTOS BY MICHELLE L. GORDON



Musician 1st Class Matthew R. Stuver (left) of Virginia Beach, Virginia and Musician 1st Class David A. Smith (right) of Hyattsville, Maryland are part of the U.S. Navy specialty music group, the Cruisers. The group provided entertainment during a picnic held Oct. 9 at Joint Base Anacostia-Bolling (JBAB) to celebrate the Navy's 239th Birthday.



The Cruisers, the U.S. Navy's premier contemporary entertainment ensemble, features eight of the Navy's most dynamic musical performers. The group provided entertainment during a picnic held Oct. 9 at Joint Base Anacostia-Bolling (JBAB) to celebrate the Navy's 239th Birthday. The group takes its name from the Navy's versatile, flexible, multi-missioned ship - the Cruiser. The band lives up to their namesake by having the capabilities of playing genres of music ranging from jazz & standards, rhythm & blues, classic rock, adult contemporary and pop as well as original material.



The youngest Sailor at the Navy Birthday 5K held Oct. 9 joined Joint Base Anacostia-Bolling (JBAB) Commander Navy Capt. Frank Mays (left) and Master Chief Petty Officer of the Navy (MCPON) Michael Stevens (right), as they cut the cake to celebrate the Navy's 239th birthday.



The 13th Master Chief Petty Officer of the Navy (MCPON) Michael Stevens crosses the finish line of the Navy Birthday 5K held Oct. 9 on Joint Base Anacostia-Bolling (JBAB). "I'd imagine that 239 years ago, a group of sailors weren't getting together on a base and doing a 5K run. It just goes to show how serious all of our services take physical readiness and it also goes to show that you can have a good time doing something that's good for you and it's good for the camaraderie of our organizations," he said.

FLU

■ continued from 1

entire flu season," she said. "In the spring, we get another spike - which is why it's important to have the [four strain] flu vaccination. Typically it's those type Bs that we see again in the spring."

The CDC recommends everyone six months of age and older get a flu vaccine every season. Flu vaccinations are available by shot or nasal-spray.

"There's no limitation on who can or can't get the flu shot unless they're severely allergic to eggs," said Gannaway. "[The mist] is only available for people ages two to 49 who don't have chronic medical conditions or immune disorders, or who might be pregnant - basically anyone who's part of our high-risk population. Also, if it is a child's very first flu season, they need two doses in the season, separated by four weeks."

Flu season only just began, but the 579 MDG has already administered more than 2,500 flu vaccinations, and Gannaway hopes that number will continue to rise as the temperature continues to drop. She said the biggest challenge is combating the myth about contracting the flu virus from the vaccination - something Gannaway says is "impossible."

"People often get flu-like symptoms - such as headache, body aches, maybe even a low-grade fever after receiving a vaccine," she said. "It hits some people more than others, especially a if they're already battling something internally, like a cold or seasonal allergens, but it is impossible for the flu vaccine to mutate back to its original form and give someone the live flu virus."

Flu vaccinations are now available to all military beneficiaries, ages six months and up, on a walk-in basis at the 579 MDG on JBAB, which is open Monday-Wednesday and Friday, 7:30 a.m. until 4:15 p.m., and Thursday 8 a.m. until 4:15 p.m., closed for lunch daily 12:30- 1:30 p.m.

Joint Base adopts energy plan; focuses on conservation

SUBMITTED BY NAVAL DISTRICT WASHINGTON

Joint Base Anacostia-Bolling (JBAB) as well as the rest of Naval District Washington (NDW) is adopting the Five Energy Pillars Plan to help focus on better energy conservation techniques.

The energy pillars include: energy culture, energy information, energy efficiency, renewable energy/alternative fuels and energy security.

The energy culture at JBAB will be the foundation of comprehensive energy programs and it will focus on efficient use of energy resources to ensure optimal mission readiness. Every employee should accept the responsibility of being good energy stewards who value responsible uses of energy resources. JBAB will be working toward adding these practices into the daily lives of everyone on base. The objectives include integrating energy planning into all installation master plans, creating energy teams throughout all supported and tenant commands, and raising awareness and commitment to energy excellence.

Energy information will allow installation systems to connect technologies and processes to provide useful information based on real-time and accurate data. All installation leaders will use this information to reduce consumption, integrate renewable en-

ergy and alternative fuels, and enhance security.

Each installation in NDW will integrate building control systems and utility control systems, which includes advanced metering infrastructure and supervisory control and data acquisition. NDW data management systems will collect, monitor, analyze and provide energy performance feedback to all users over a secure network, which will help drive behavioral and cultural energy change.

Energy efficiency will continue to focus on improving infrastructure and vehicle fleets through projects and consumption reduction efforts. It will also incorporate effective technology and proper management practices to reduce energy costs. These efficiencies must be cost-effective and with a high return on investments (ROI). It should also leverage alternative financing mechanisms to add energy efficiency measures like energy savings performance contracts, utility energy service contracts, and power purchase agreements in addition to traditionally funded programs.

All of NDW will incorporate sustainable building designs through the NDW/NAVFAC (Naval Facilities) Washington energy checklist and the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) green building rating system for new construction and major renovations. Alternative fuel ve-


hicles (AFVs) will be added to support the Secretary of the Navy's goal of reducing petroleum use in non-tactical (NTV) vehicle operations by 50 percent by 2015.

These renewable energy and alternative fuels will help support the overall strategy toward reducing energy consumption across all NDW installations. These new opportunities will produce energy cost savings and support energy security.

Similar to the traditional energy project portfolios, NDW will create renewable energy portfolios based on approaches that identify the best locations for renewable generation and public and private financing options. Specifically, NDW will leverage power purchase and leasing agreements to start large-scale renewable energy projects and continue to add capacity through small-scale renewable generation within an energy secure framework. NDW/NAVFAC Washington will also support the use of energy storage and increase alternative fuels in NTVs as these technologies mature and become financially viable.

JBAB and NDW will stay committed to improving its energy security posture by reducing the reliance on external energy sources through conservation, efficiency and on-site generation.

*Edited by Eric D. Ritter
Joint Base Anacostia-Bolling Public Affairs*




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Warfighter & Family Readiness Events

October is Domestic Violence Awareness Month

Relationships should be respectful, safe and positive. Visit the Military and Family Support Center for more information on how they can help you build healthy relationships.

White House Ornament

2014 White House Christmas ornaments are on sale at the Bolling Club for \$18. Purchase a 2014 ornament and receive any previous year, in stock, for only \$8! While supplies last.

Halloween Activities

Halloween Parade and Carnival

Oct. 31 | 3:15-6:30 p.m. | Youth Center
Parade Starts: 5:15 p.m.
It's time for the annual Halloween Parade and Carnival! Walk from Giesboro Park to the Youth Center in your favorite costume. All ages are welcome to participate. After walking in the parade, continue the fun in the gymnasium with activities, followed by trick-or-treating in base housing from 6:30-8 p.m.

Bolling Club

Theisen St., Bldg. 50
New phone numbers: 202-767-6794/6792

Third Friday

Oct. 17 | 7 p.m.-1 a.m. | Wings Bar & Grill
Be the star of Karaoke with DJ Chris!

2-for-1 Steak

Every Thursday | 5-8:30 p.m. | Wings Bar & Grill
Choose from a juicy 12-ounce rib eye

or New York strip steak, tossed or iceberg wedge salad and baked russet potato, sweet potato, french fries or rice pilaf, and chef's choice vegetables. Catch of the day or grilled boneless chicken breast are also available.

Club Members: \$24.95 for two people;
Non-Members: \$24.95 per person

12 Weeks of Christmas

Every Monday | Now until Dec. 15 | Any MWR Facility

In celebration of you, our valued club member, MWR wants to make this holiday season a little more cheerful. Every Monday, ANY club member, who purchases ANYTHING from ANY MWR facility, is eligible to win extra presents. All it takes is for you, the club member, to make a purchase, put your full name and phone number on your receipt and drop it in a designated drop box. A drawing will be held every Monday! If you're not a club member, sign up today and take advantage of fantastic specials and price discounts. Applications are available at the Bolling Club or online at www.myairforcelife.com. Prizes are time sensitive, non-transferrable and cannot be redeemed for cash.

During the 12 Weeks of Christmas my Bolling Club gave to me.

- 9 Lunch Buffets - Oct. 20
- 8 Oil Changes - Oct. 27
- 7 Pool Passes - Nov. 3
- 6 Two-Piece Slip Inn Chicken Combos - Nov. 10
- 5 White House Christmas Tree Ornaments (choose from an existing inventory of years) - Nov. 17
- 4 One-Hour Segway Rentals - Nov. 24

3 One-Hour Pontoon Boat Ride/Rental - Dec. 1

2 Free Tire Rotations - Dec. 8

1 Gourmet Six-Course Dinner at the Bolling Club - Dec. 15

Holiday Baking Contest

Nov. 3 (register by Oct. 28) | 10 a.m. | Bolling Club Ballroom

Enter the Holiday Baking Contest! All entries will be judged on presentation, as well as taste. First place winners in each category will receive a brand new Kitchen Aid, Artisan Series five quart tilt heat stand mixer. Winning recipes will also be featured in the December/January issue of the MWR 411 Magazine! Prizes will be awarded to second and third place winners too. Categories include: cookies, cakes and pies. Call the Bolling Club at 202-767-6794 to register.

Slip Inn

Arnold Ave., Bldg. 2482
202-767-5840

Hours of Operation
Weekdays: 11 a.m. - 6 p.m.
Weekends: Closed
Last food order will be taken at 5:45 p.m.

2nd Annual Blowout Sale

Month of October

In preparation for the winter closure, the Slip Inn is having a blowout sale all month! Stop in daily to see what special Terri has for you! The Slip Inn will be closed Nov. 3 - March 27, but will open for special events. Book your holiday party today!

Information, Tickets & Travel (ITT) Office

4570 Chappie James Blvd.
(Located inside the Commissary)
202-404-6576

Hours of Operation - Effective immediately
Weekdays: 9 a.m. - 6 p.m.
Weekends: Closed

USNA 2014 Football Tickets on Sale Now!

- Oct. 25 vs San Jose State (homecoming), \$27, gate price \$40
 - Nov. 16 vs Georgia Southern, \$22, gate price \$38
- ITT has a limited number of Navy tickets playing at neutral sites (section location upper end zone)
- Nov. 1 vs Notre Dame (FedEx Field, Landover, Maryland), \$75
 - Dec. 13 vs Army (M&T Bank Stadium, Baltimore, Maryland), \$81

Fitness Center

McChord St, Bldg. P-15 | 202-767-5895

Fall Aerobathon

Oct. 25 | 8 a.m. - noon | Fitness Center I
Qualified instructors will take you through a great workout that can really make a difference to each individual's health. Free t-shirts to participants!

Test your basic football skills as the Youth Center challenges you with the Triple Play Challenge. Pass, kick and run outside under the lights at field #3. Sign up at the Youth Center the day of the event.

Pre-teen Fright Night at Six Flags of America

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JNOTES

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

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.

Joint Base Gate Hours

Arnold (Main) Gate: 24/7
South (Joint Visitor's Center) Gate: 24/7
Firth Sterling (North) Gate: Mon-Fri - 5 a.m.-7 p.m.
Bellevue (Housing Area) Gate: Mon-Fri - 5-9 a.m. and 3-7 p.m.

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 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 noon for training the first Wednesday of each month. For more information, call 202-404-6724.

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.

Post Office weekday closure 2-3 p.m.

Due to fiscal challenges, the Joint Base Anacostia-Bolling (JBAB) Post Office is operating with one postal agent and will be closed for lunch from 2-3 p.m., Monday-Friday. Saturday hours remain unchanged. If you have questions, comments or complaints

Chaplain's Religious Enrichment Development Operations

CREDO offers a variety of programs aimed at improving the quality of communication, adding resiliency, and training service members in valuable life skills.

MER - Marriage Enrichment Retreat - Couples enjoy a free weekend at the Hilton Hotel in Crystal City where they learn and apply marriage skills such as communication and problem solving in a fun, small group atmosphere. Using personality inventories, participants learn that the differences in our marriages can be ways to enhance and complete one another in the marriage journey. Next marriage retreat is Nov. 14-16.

PREP -Prevention and Relationship Enhancement Program gives prospective and married couples effective and proven communication and relationship skills needed for the stresses of today's military relationships. PREP is offered in partnership with the Military and Family Support Center covering such topics as Communication Danger Signs, Fun and Friendship, Forgiveness, and Supporting One Another. Next Personal resiliency retreat is on Oct. 24-26.

For more information or to register, please contact the CREDO offices at 202-767-5901 or 5900, e-mail at CREDO.NDW.fcm@navy.mil, or drop by the JBAB Chapel and inquire within.

please contact the U.S. Postal Service.

MFSC moves to Building 13

The Military and Family Support Center (MFSC) supports individual and family readiness through a full array of programs and resources which help military families to be resilient, well-informed and adaptable to the Navy-Air Force environment. Until recently, these programs and services were available at two separate locations. Now everything is conveniently located in Building 13 on Brookley Avenue. To view a full list of programs and services or for more information visit www.mywfr.com or call MFSC at 202-767-0450.

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.

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 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.

Professional Services

Call **301-670-7106**

Clinical Research

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— In good health
— Not engaged in other research

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For more information, contact the research coordinator:
Dr. (Dr.) [Name] 528923
Email: [Email Address]

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Chapel Schedule

<p>CATHOLIC SERVICES</p> <p>Reconciliation Sunday 9 a.m. Chapel Center</p> <p>Rosary Sunday 9:10 a.m. Chapel Center</p> <p>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</p>	<p>Sunday 9:30 a.m. Chapel Center</p> <p>PROTESTANT SERVICES</p> <p>Sunday Worship Gospel 11:30 a.m. Chapel Center General Protestant 11 a.m. Chapel 2</p> <p>Sunday School September - May 9:30-10:30 a.m. Any questions about these services or other religious needs call 202-767-5900.</p>
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Harvest Fun Festival

The Joint Base Anacostia-Bolling (JBAB) Chapel will host a free Harvest Fun Festival Oct. 31, 6:30-8:30 p.m., at the Chapel Center. This family event will feature harvest and Bible inspired games and activities, refreshments, candy and prizes. Cute or funny costumes are encouraged. Please no scary or ghoulish costumes. For more information contact the JBAB Chapel Center, 202-767-5900.

