



Joint Base Journal

Vol. 6, No. 22

June 5, 2015

News and information for and about
Joint Base Anacostia-Bolling

www.facebook.com/JBABdc

JOINT BASE ANACOSTIA-BOLLING

www.cnmc.navy.mil/jbab



CNIC visits JBAB
page 2

U.S. NAVY PHOTO BY MICHELLE L. GORDON

INSIDE

Commandant's
Corner
PAGE 2



New fitness center
opens, offering
intense Functional
Fitness classes
PAGE 3



Scholarship
fundraiser
honors fallen JBAB
firefighter
PAGE 4



Commandant's Corner: Remembering Midway

BY REAR ADM. MARKHAM K. RICH
COMMANDANT, NAVAL DISTRICT WASHINGTON

Greetings Team 88,

On June 4, hundreds of Sailors, Marines, and Coast Guardsmen from across the national capital region, together with tourists from around the world, gathered at the U.S. Navy Memorial in honor of the 73rd anniversary of the Battle of Midway.

Since former Chief of Naval Operations Adm. Jay Johnson's declaration that the June 4 anniversary of the Battle of Midway be celebrated as one of the two most significant dates in naval history, Naval District Washington has been marking this momentous victory with a ceremony in the nation's capital as Sailors around the globe also pay tribute.

Each year we gather to commemorate the service and sacrifice of those who served, those who fought, and those who made the ultimate sacrifice for our country.

This week we honor those heroes who were instrumental in the battle that marked the turning point in the Pacific theater of World War II. Only seven months after the

Pearl Harbor attack, the outnumbered and outgunned American fleet halted the Japanese advancement across the Pacific Ocean. The U.S. Navy is what it is today in large part because of the selfless deeds in 1942 when so much hung in the balance.

Although the numbers of local Midway veterans in attendance dwindle each year, their legacy continues to live on. One of the local Midway veterans that joined us in the past was retired Marine Corps Maj. Albert Grasselli, who passed away in January. Grasselli took part in the Battle of Midway as an aerial navigator who flew ammo from Pearl Harbor to Midway and was able to navigate 24 planes safely to his base, Ewa Marine Air Station. He was a regular honorary of the ceremony and will be truly missed. Among the other local Midway veterans we honored in the past are retired Navy Capt. John W. Crawford and retired Chief Gunner's Mate Chief Hank Kudzik. Crawford, who was a cryptologist, served on the USS Yorktown (CV-5). He received the deciphered message that revealed the bearings and location of

the Japanese Fleet. Because of those efforts, the U.S. Navy was able to prevent Japan's plan to capture Midway and lure our carriers into battle and destroy them.

Kudzik, who was 17 years old then, served aboard one of the fleet's largest boats, the USS Nautilus. USS Nautilus was the submarine that played a pivotal role in the Battle of Midway.

During the ceremony, I was joined by the Vice Chief of Naval Operations Adm. Michelle Howard, leaders from the U.S. Marine Corps, and U.S. Coast Guard in honoring our living history for their extraordinary service, 73 years ago.

I cannot tell you how important it is to remember and learn from our past. As we look toward the future, we need to understand the significance of this conflict to our legacy and why we have to make sure that it's celebrated every year. We will continue to commit our time and honor our obligation to preserve our inheritance of a rich naval history.

Keep Charging Team 88!



Rear Adm. Markham K. Rich,
Commandant, Naval District Washington

CNIC impressed with JBAB facilities, personnel during visit

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

The Commander, Navy Installations Command (CNIC) toured Joint Base Anacostia-Bolling (JBAB) May 27 to observe best practices and unique services, as well as gain a better understanding of challenges affecting the base.

Upon taking command in October, Vice Adm. Dixon R. Smith made a commitment to conduct familiarization visits at each base providing shore installation support for the U.S. Navy under the Chief of Naval Operations (CNO).

"When you look across all 70 bases, every base has its own challenges and every base is doing something better than everyone else," said Smith. "I'm trying to glean those challenges and best practices, so, when it comes to resources, I can make better-educated decisions."

To get a snapshot of the quality of life around the national capital region's premiere joint base, Smith toured Bellevue Housing, Blanchard Barracks, the Military and Family Support Center, and Furnari Restaurant. At each stop, he spoke with the facility's manager to get input about current operations and ask what he could do to help. He also expressed his gratitude for their service.

"These folks are prideful of their jobs, they love what they're doing, and they love taking care of Sailors - and in the case here, Airmen. So I wanted to say 'thank you,'" he said. "That's the other piece I come out for - to see the great things our folks are doing here at Joint Base Anacostia-Bolling in support of the Air Force and Navy teams, and the families here on base."

In addition to scheduled stops, Smith made a few detours along the way, requesting to see Spinz Snack Bar and the Liberty Center.

"Spinz is a new concept, so he wanted to see it actually in the field," said JBAB Commander, Navy Capt. Frank Mays. He was



The manager of Potomac Lanes, Carl Gittings (center), briefs the Commander, Navy Installations Command (CNIC), Vice Adm. Dixon R. Smith (left), during Smith's May 27 visit to Joint Base Anacostia-Bolling (JBAB). Smith specifically requested to visit Spinz Snack Bar at Potomac Lanes because although he had seen the concept, he wanted to actually see it in the field. Smith said he was impressed with the facility itself and the fact that it is fiscally solvent.

U.S. NAVY PHOTO BY MICHELLE L. GORDON

impressed with how it is financially solvent. He was also impressed with our Liberty Center, specifically with the numbers and the amount of patronage that comes that way."

During the tour Mays and Smith discussed items such as the shortage of train-

ing slots for JBAB security force personnel and manning shortfalls, both of which are key objectives identified by Smith earlier this year. Hearing about issues affecting the base directly from the installation commander is the main reason Smith personally

visits each installation.

"If I put eyes on target, I can understand it and I can take better care of the bases," said Smith. "Because when you're taking care of the bases, really what it's about is supporting the fleet, fighter and family."

New fitness center opens, offering physically intense Functional Fitness classes

STORY AND PHOTOS BY LT. CMDR. JIM REMINGTON
JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

Joint Base Anacostia-Bolling (JBAB) and its tenant White House Communications Agency (WHCA) together opened a new fitness center in Building 72, May 20, toward the north end of the base, to host intensive fitness classes known as Functional Fitness.

Following dedication remarks and a ribbon cutting by WHCA's commander, Air Force Col. Donovan L. Routsis and JBAB Commander, Navy Capt. Frank Mays, the new center hosted an intense fitness workout titled "Murph" in honor of Navy SEAL Lt. Michael Murphy of Patchgugue, New York, who was killed in Afghanistan June 28, 2005. The "Murph" consisted of a one-mile run, 100 pull ups, 200 pushups, 300 squats, and a second one-mile run.

Building rehabilitation took more than a year and was initiated by Routsis, who was looking for a space to accommodate a new fitness program - which he calls "WHCA Fit" (pronounced whaka). He said the WHCA Fit program goes well beyond getting his service members to pass physical training (PT) tests. Rather, it aims to improve their physical and mental resilience.

"For those of you who know our mission, we travel a lot. We go to a lot of austere places. We move a lot of equipment and we get some injuries from doing that. I think having a Functional Fitness program will help us avoid some of those injuries, or help those who do get injured bounce back more quickly," he explained.

During the ribbon cutting, Routsis credited a number of key entities and personnel responsible for making the new center possible. He thanked Mays for his leadership and support, as well as JBAB elements ranging from Morale, Welfare and Recreation (MWR) to Public Works Department. He also credited members of his command including Air Force Master Sgt. Michelle Lorden and Army Staff Sgt. Eric Thoms.

Lorden performed the analysis, which determined the specifications for the \$50,000 of fitness equipment in use at the center. Thoms picked up the project from Lorden upon her PCS (permanent change of station) and led the team that physically moved all of the fitness equipment into the facility. To recognize Thoms' work, the colonel presented him with a Joint Service Achievement Medal.

Routsis then took a moment to thank Kai Riley, an Eagle Scout candidate, whose project involved fundraising, designing and executing the rehab of the center's new entrance.

During the ceremony Mays noted the building's state of disrepair before work began and the dedication, leadership, and physical manpower required to get it habitable.

"I'd like to thank Col. Routsis and the entire WHCA team for all of the resources they put into this building. Anyone who's ever been into this building prior to what they have done with it, would know what an accomplishment this is. This facility originally stopped being used about 10 years ago when they built a new gym. We got some water intrusion back in 2010. A lot of rehabilitation was needed. With a culture of fitness, WHCA took that project on, and I think



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

Kai Riley, an Eagle Scout candidate who worked a project to build the entrance for Joint Base Anacostia-Bolling's new Functional Fitness Center chips away at his goal of completing 100 pull-ups as part of the "Murph Challenge" during the center's opening. His mother, Yuki Riley (bottom right), is one of five Functional Fitness instructors overseeing participants competing in the challenge.

you're going to be amazed," Mays said.

With a bit of levity, he also acknowledged the agency's commitment to fitness.

"I'd also like to recognize that whenever we have an athletic event on base, WHCA always shows up with big numbers and they take their fair share of the prizes away from us."

The new facility now offers Functional Fitness Classes multiple times a week to anyone with access to JBAB. Early morning classes run Monday through Friday at 5 a.m. and 6 a.m. Monday, Wednesday and Friday classes are also available at 7 a.m. Noon classes are available Monday through Thursday.

See FITNESS, Page 5



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

Commander, White House Communications Agency (WHCA), Air Force Col. Donovan L. Routsis (Left) and Joint Base Anacostia-Bolling Commander, Navy Capt. Frank Mays cut a ribbon at Building 72's reopening as the base's newest fitness center which is tailored to provide physically intense Functional Fitness classes for anyone permitted on the base and WHCA Fit classes for agency employees.



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

Participants push themselves physically during the inaugural workout at Building 72 in a challenge titled "Murph." The workout, named in honor of Navy SEAL Lt. Michael Murphy of Patchgugue, New York, who was killed in Afghanistan June 28, 2005, consisted of a one-mile run, 100 pull ups, 200 pushups, 300 squats, and a second one-mile run.

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING

WASHINGTON, D.C.

PUBLIC AFFAIRS OFFICE: PHONE: 202-767-4781

EMAIL: MICHELLE.GORDON@NAVY.MIL

This commercial enterprise Navy newspaper is an authorized publication for members of the U.S. military services, retirees, DoD civilians and their family members. Contents of Joint Base Journal do not necessarily reflect the official views of the U.S. government, Department of Defense, U.S. Navy or U.S. Air Force and does not imply endorsement thereof. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Navy, Air Force, Joint Base 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 Friday, at least two weeks prior to publication. E-mail submissions to michelle.gordon@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. Frank Mays, USN
Commander

Col. Kendall D. Peters, USAF
Vice Commander

CMSgt. Kevin Kloeppe, USAF
Senior Enlisted Leader

Michelle L. Gordon
Public Affairs Officer

Lt. Cmdr. Jim Remington, USN
Public Affairs Projects

JOINT BASE JOURNAL

Jeremy K. Johnson
Photojournalist

COMPRINT MILITARY
PUBLICATIONS

Maxine Minar
President

John Rives
Publisher

Lorraine Walker
Copy/Layout Editor

Scholarship fundraiser honors fallen JBAB firefighter

BY DAVE JARRELL

FIRE AND IRON MOTORCYCLE CLUB,
STATION 161

On May 30, 2014 Battalion Chief John "Mac" McDonald was scheduled to complete his tour of duty where he was about to complete his shift. Unfortunately, it was Chief McDonald's final tour of duty. John passed away early that morning resulting in a line of duty death.

McDonald, a Navy veteran and a long-time fire official at Joint Base Anacostia-Bolling (JBAB), served as Battalion Chief at Naval District of Washington Fire and Emergency Services Central Division.

During his extensive career, McDonald also served as Chief for the Stafford County Virginia Volunteer Fire Department, Station 2, where he was a Life Member.

He was a Charter Member of the Fire and Iron Motorcycle Club, Station 161 (Northern Virginia), where he shared his passion for riding motorcycles with other fire and emergency service first responders and those affiliated with fire service.

Early in the morning on May 16, Volunteer Fire Department, Station 2, in Stafford, Va., and Fire and Iron Motorcycle Club, Station 161, hosted the first "John 'Mac' McDonald Poker Run," a motorcycle event to raise money for the newly established "John McDonald Scholarship Fund."

The run brought motorcycle enthusiasts and clubs together in McDonald's memory. Riders shared stories about 'Mac' and his life-long contribution to public and fire safety, which spanned decades. As they did, participants enjoyed scenic Virginia countryside views, with five stops along the way.



John 'Mac' McDonald

At the end of the run, the rider with the best poker hand was awarded a cash prize. Worst hand also won a few dollars. In both cases, the cash was donated to the fund in the spirit of supporting a great cause.

The event sponsors also raffled off a few handguns and the winners were announced at a post-run gathering of nearly 100 family, friends and motorcycle enthusiasts. The Poker Run and gun raffles raised nearly \$8,000. Proceeds go toward a scholarship fund to provide much needed financial aide to worthy higher education candidates.

The Poker Run organizers intend to make the ride an annual event.

Airmen foster 'Wingmanship' through gaming

BY AIR FORCE AIRMAN 1ST CLASS
RYAN SPARKS
319TH AIR BASE WING

Intramural sports have been a staple of life on Air Force bases for a long time as a way for Airmen to connect with each other and become more involved on base.

The new generation of Airmen has found another way to achieve that same goal. A "gaming" airman here has fostered a new way to connect with his fellow Airmen. Finding ways for Airmen to connect is a vital part of the Air Force's "wingmanship" teamwork concept.

Air Force Airman John Greenberg, a 319th Logistics Readiness Squadron vehicle operator apprentice, said interactive video games helped him with his transition when he arrived here for his first Air Force duty assignment.

"The day I got here, the first question was, 'Do you play games?'" Greenberg said. "It's an instant conversation starter."

Greenberg said the other Airmen in his shop play games as well, and this helped him feel like part of the team right away.

"I made instant friends with my entire shop," he said. "Sometimes, meeting new people can get awkward and gaming makes it easy to talk."

Balancing Time

But an important aspect of any hobby is knowing how to balance time. Air Force Airman Brandon Wade, 319th Communications Squadron information assurance apprentice, said balancing his time isn't very hard. He just makes sure to take care of anything he needs to do for work first.

Greenberg also said balancing his time is easy.

"From 7:30 in the morning to 4:30 in the afternoon, all my time is devoted to work," he said, adding that he has a simple view of his priorities.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS RYAN SPARKS
Airmen from the 319th Air Base Wing at Grand Forks Air Force Base, N.D., play an interactive video game in their dormitory dayroom, May 28. Gaming has become a popular way for Grand Forks Airmen to connect outside of duty hours, providing an alternative to outside activities that require good weather.

Mission Comes First

"The mission comes first," Greenberg said. "You have your positives and negatives with everything. It's just something you have to control."

Wade and Greenberg said accessibility is one reason why so many Airmen are becoming gamers. "It's not just consoles," Greenberg explained. "It's everything from your phone to your computers and consoles."

"Almost everyone has a computer," Wade said. "If you have a laptop, you can access it anywhere, as long as you have Internet access. It could be raining and you can just go inside and play."

Wade and Greenberg both said they hope to see more organized tournaments to bring Airmen together. Wade noted that gaming is similar to sports that have leagues and tournaments. "It's just a different type of sport," he added.

All the mental cooperation and teamwork required in sports also apply to gaming, Wade said.

State-of-the-art lab to help identify lost service members

BY KATIE LANGE

DOD NEWS, DEFENSE MEDIA ACTIVITY

Sifting through the remains of lost military members is no easy task, but it's one researchers and scientists take very seriously at the Defense POW/MIA Accounting Agency (DPAA) labs in Hawaii. Now, they have a brand-new building that will centralize their efforts to identify the lost.

The Senator Daniel K. Inouye Defense POW/MIA Accounting Agency building is an \$80 million, 140,000-square-foot facility on Joint Base Pearl Harbor-Hickam that will give researchers state-of-the-art laboratory, administrative and operational storage space.

Considering the work they do, it's much needed. The agency manages the largest forensic anthropology lab in the world, where researchers sift through remains of missing service members from World War II, Korea and Vietnam, then try to match them to DNA and return them to their loved ones.

"It's very, very important to provide answers to families. Families want to know what happened to their loved ones – the men who never came home," said U.S. Navy Capt. Edward Reedy, a DPAA medical examiner.

DPAA Hawaii is currently scattered throughout several older buildings. The new facility will centralize operations and provide much more space, including an entire floor dedicated to lab work and forensic

analysis that's three times larger than what was previously available.

Since the advent of DNA technology in the early 1990s, the process of identifying remains has shifted from using anthropological techniques to pulling mitochondrial and nuclear (autosomal) DNA from skeletal material. The process can take anywhere from months to decades, depending on the quality of the remains. It can be painstaking, too, since many of the lost were buried in mass graves or moved over time.

"When you're going through thousands of sets of remains, there could be 10 sets for (one Soldier) and 10 sets for somebody else. We have to be able to identify each set individually prior to making a determination," said Army Sgt. 1st Class Shelia Cooper, public affairs noncommissioned officer in charge at the DPAA.

She said 99 percent of servicemen from the Korean War and earlier conflicts don't have DNA on file, so the agency invites family members to give a sample to test the remains against. But that can still be tough, especially for those who may not have biological family available.

"We have a genealogist who works cases just like that, where they go in and look at the family tree where their ancestries are so that we can possibly get a DNA sample that way," Cooper said.

The agency has morphed a few times since it was the Army Graves Registration



PHOTO COURTESY OF DEFENSE POW/MIA ACCOUNTING AGENCY.

A rendering of what the new Defense POW/MIA Accounting Agency lab in Hawaii will look like when it's completely finished.

Service during World War II, but the mission has always been the same.

"This is a humanitarian mission," Reedy said. "We provide a way to open the door and access countries that our government hasn't previously been able to set up a dialogue with."

Much of the agency's work is conducted in foreign countries, including some that might not have the best relationships with the U.S. DPAA officials said their work transcends politics, and that's how they get their foot in the door.

"We have access to places where other facets of the U.S. military can't go," said

Gary Shaw, the deputy director of policy and negotiations at the agency. "Although our primary mission is to bring back our missing servicemen and women, there are some positive spinoffs in our relations with other countries. [The mission is] something everyone can get behind. ... It's also a reminder for us and the host nations that we operate in of the terrible price of war that must be paid."

The new, energy-efficient DPAA facility was named in honor of the late U.S. Sen. Dan Inouye, who was instrumental in getting it built. IT personnel are now working at the building, while the other DPAA divisions will slowly move in over the next few months.

The OPSEC of the future

BY APRIL GRANT

NAVY OFFICE OF THE CHIEF
OF INFORMATION

With continuous advances in technology and unlimited access to information, the Naval OPSEC Support Team (NOST) is putting forth an effort to bring Operations Security, or OPSEC, standards into the 21st Century U.S. Navy.

OPSEC, as a methodology was developed during the Vietnam War to determine how the enemy was able to obtain advanced information on military operations.

Under that idea Admiral Ulysses Sharp, then Commander-in-chief, Pacific, established the "Purple Dragon" team which conceived of and utilized the methodology of "Thinking like the wolf," or looking at your own organization from an adversarial viewpoint.

Since, the OPSEC systematic process, has proven to be successful in identifying, controlling and protecting generally sensitive but unclassified information by mitigating the adversary's ability to compromise a mission, operation or activity.

As a whole, OPSEC works through proper understanding of each of the five steps within the OPSEC process:

1. Identify critical information. The information you have that could assist an adversary in any way.

2. Analyze the threat to that information. Does an adversary have the capability to collect or use the information, and if so, how?

3. Analyze the vulnerabilities. How is the critical information relayed in the course of your daily duties and how is it protected?

4. Assess the risk. How likely is it that the information could be compromised?

5. Develop countermeasures. What can you do to protect the information from being disclosed?

NOST wants to stress the fact that everyone, including service members and family members, have a duty to protect your command, your shipmates and your family by always maintaining operations security. So the next time you send your friends a comment or post a tweet, think about who else may be seeing it.

FITNESS

■ continued from 3

The program is free for active duty. For non-military, the cost is \$4 per class, or participants can buy packages of eight classes for \$24, 20 classes for \$50, or six months of unlimited classes for \$90.

Greg Wheelless, program and fitness director for JBAB MWR, said the program will eventually come under Navy standards and be retitled Navy Operational Fitness and Fueling Series (NOFFS). The center will then be known as the NOFFS Center.

"It is basically the same thing. The big difference between NOFFS and Functional Fitness is that NOFFS will be in stages. In other words, there will be other levels you can go to, with the ultimate being Functional Fitness. Functional Fitness, like CrossFit, came out of Special Forces," Wheelless said.

Yuki Riley, Kai Riley's mother and one of JBAB's lead fitness instructors, said the program first came to the base around 2007.

"It started in the aerobics room of the aerobics center. When we started it was capped at 15 [participants]. It was started by [Air Force Maj. Gen. Kurt F. Neubauer] who used to be the base commander here," she said. "It was offered twice a week. At the time my husband was in it. He was active duty and he had PT on other days of the week. So I thought I could join him for that one day and that's how I got started. It took me a week to recover from it the first time. But that's how I started, so once a week, twice a week, just get started."

Riley explained the program's benefits. The process is based around a "workout of the day" that won't repeat within a single month, and probably not even within a six-month period. Each daily workout focuses on varying activities such as weight lifting, cardio (e.g., running, rowing or jump rope), and even gymnast-type workouts. Within the personalized routines, trainers can modify the workout to accommodate injuries or

even a need to scale back intensity because of an upcoming fitness competition.

Riley emphasized the program's ability to handle enthusiasts at all stages of fitness development. A single class can have participants ranging from first timers to those who attend five days per week and compete at a very high level, she said.

"Anybody can be here, everybody is welcome. With the new people, we will work on all of the mechanical aspects, all of the movement. If needed, we can make it simpler if the workout of the day is a little bit complicated."

"Functional Fitness is all about community," she added, pointing to a white board. "Over there you see everybody's name on the board. Everybody pretty much knows each other when you come to class. So if you finish early, normally you help other people by cheering them on. Everybody knows each other. Everybody supports each other. They're sort of competing but supporting at the same time. You might compete against your own time, your own goals, but at the same time you're supporting each other and the community."

Functional Fitness, like CrossFit, is about constantly varied functional movements performed at relatively high intensity. Functional movements are universal motor recruitment patterns; they are performed in a wave of contraction from core to extremity; and they are compound movements, or multi-joint movements.

"For those who have never attended," Riley said, "Just try it out. Come and see. We will do our best to accommodate anyone. Like I mentioned, our workout of the day is very different from day to day. You're not going to see a workout you like to do every day. Sometimes you'll see one that makes you go 'Ugh!' But overtime it will give you strength and the ability to expand your range of motion, work on the skills and the mechanics. So try it one day. Maybe stick it out for a week or two, talk to the other people in the class, and pretty soon, you should start to feel comfortable."

Air Force personnel leaders visit JBAB to discuss EES/WAPS changes

COURTESY OF AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

Personnel from headquarters Air Force and Air Force Personnel Center will visit Joint Base Anacostia-Bolling (JBAB) June 12 to share information about upcoming changes to the Enlisted Evaluation System (EES) and the Weighted Airman Promotion System (WAPS).

During the briefings, EES/WAPS subject matter experts will speak about changes that have already been implemented, those slated for implementation in the months ahead, and the reasons and philosophy behind the changes.

All JBAB Airmen are encouraged to attend a briefing and to learn more about changes to the evaluation and promotion systems, and how they affect Airmen at every level.

All briefings will take place at Stewart Theater on JBAB.

8-9 a.m. - chief master sergeants, as well as majors and above

9:30-10:30 a.m. - personalists with Air Force specialty code 3S0X1

11 a.m.-12:30 p.m. - senior master sergeants and below, as well as captains and below

2- 3:30 pm. - senior master sergeants and below, as well as captains and below

Former JBAB SEL receives Purple Heart



U.S. NAVY PHOTO BY MICHELLE L. GORDON

The Commander of Joint Base Anacostia-Bolling (JBAB) Navy Capt. Frank Mays presented a Purple Heart to Chief Master Sgt. Richard Simonsen during a ceremony held May 28. Throughout his 28-year military career, the former JBAB Senior Enlisted Leader deployed multiple times to Iraq and Afghanistan, surviving four improvised explosive device (IED) attacks. His actions earned him two Purple Hearts and a Bronze Star. A retirement ceremony honoring Simonsen was held Jan. 8, but May 28 was his last day on active duty with the U.S. Air Force.

Achievement Prep thanks JBAB families



U.S. NAVY PHOTO BY MICHELLE L. GORDON

Cloi Craig (right), a first grade teacher at Achievement Prep, a public charter school located in Ward 8 near Joint Base Anacostia-Bolling (JBAB), presented a flag to JBAB Youth Center children May 21 as way to say 'thank you' to military families for their service and sacrifice. Craig, who organized the project as part of her classroom lesson about Memorial Day, said the flag is composed of traced handprints from nearly every student in the school. More than 240 students attend Achievement Prep, including about 20 military families, many whom are assigned to JBAB. Youth Center Director Joyce Sheridan said the flag will be displayed in the center.

Newest JBAB security director continues work of keeping installation safe

BY JEREMY K. JOHNSON
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

Joint Base Anacostia-Bolling (JBAB) Security Director John Hanson joined the base's security department in January.

Hanson, a veteran of the U.S. Army, began his service in 1977, becoming a sergeant by the time he was 19. After reaching the rank of staff sergeant, he took advantage of the "Green to Gold" program and was commissioned as an officer in 1988, specializing in chemical warfare. He retired as a major in 2001.

Following his retirement, Hanson's civilian career took him to Fort Leonard Wood, Missouri; Fort Hood, Texas; Germany and Belgium.

From Belgium, he was given a priority placement to take the job as JBAB's director of security.

The job, he says, is very rewarding.

"I wouldn't be doing anything else in my life. I like the responsibility. I take it very seriously. I make sure that my people take it seriously," he explained. "They're armed, loaded and ready to go out there. I've talked about defeating a determined enemy; they're trained to do just that."

Training, he added, is a key piece of the plan to keep the installation safe from outside threats.

"The training piece of that, the weapons qualifications piece of that, and knowing how to act when faced with various scenarios, whether it's an active shooter or a gate runner, is my job. I have to make sure they're trained and professional, that they stay ready and that they take the job seriously while also ensuring their courtesy to the public and the senior officials who are here."

The role of the department expands beyond gate operations, said Hanson. The officers also provide escorts for distinguished visitors and security "behind the scenes" at special events.

Hanson said that while he's comfortable with the job requirements, there's nothing about that comfort that decreases the need for he and his team to stay alert and ready at all times.

"Security is a neverending story," he emphasized. "We talk about the need for being vigilant, but ours is a neverending story. We are law enforcement and we keep the peace 24 hours a day, seven days a week, 365 days a year. We're very cognizant of the men and women who live and work here on the base. While intelligence represents the first line of defense, our guards and our police officers working the gates really are there to detect and deter - and if necessary 'fix and defeat' - a determined adversary with ill intent."



U.S. NAVY PHOTO BY JEREMY K. JOHNSON

Joint Base Anacostia-Bolling Security Director John Hanson (left) says keeping the installation safe is a "neverending story" that requires his team remain vigilant and well-trained at all times.

U.S. Naval Academy Commissions Class of 2015

BY LT. TENG K. OOI,
U.S. NAVAL ACADEMY

Amid the snapping of cameras and popping of flash bulbs, more than 1,000 midshipmen from the Naval Academy received their diplomas at the Navy-Marine Corps

Memorial Stadium in Annapolis, Maryland, May 22.

Upon graduation, midshipmen earn a Bachelor of Science degree, are commissioned as Ensigns in the Navy, or Second Lieutenants in the Marine Corps, and serve a minimum of five years.



U.S. NAVY PHOTO BY LT. TENG K. OOI

The Class of 2015 Naval Academy celebrates their graduation and commissioning with a hat toss to bid farewell to fellow students at the Navy-Marine Corps Memorial Stadium in Annapolis, Maryland.

Promotions at JBAB

JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

Congratulations to the service members below on their selection for promotion. The Joint Base Anacostia-Bolling (JBAB) monthly promotion ceremony is held on the last duty day of each month. The next ceremony is scheduled to be held June 30 at the Bolling Club. All service branches on JBAB are invited to participate. For more information, contact Air Force Staff Sgt. Brittany Freeze, 202-404-7197.

Senior Airman Ruthanne J. Juza
Army Sgt. 1st Class Christopher F. Wagstaff



U.S. NAVY PHOTO BY MICHELLE L. GORDON

Warfighter & Family Readiness Programs & Events

View all event information at www.MyWFR.com or www.Facebook.com/MyWFR

Special Events

Jazz Night

June 5 | 6-9 p.m. | Slip Inn
Live music by Roe Cube Jazz Band

Spring Housing Bazaar

June 10 | 11 a.m.-2 p.m. | Housing Services Center, Bldg. 21 Join the Housing Services Center staff for an afternoon of information for various Joint Base Anacostia-Bolling Services including:

- Bolling Family Housing (Hunt)
- Bellevue (Lincoln Military Housing)
- Local school information
- Fleet and Family Services
- Available NAF employment opportunities
- Household Goods/Transportation
- Off base housing representatives
- Real estate experts
- Free giveaways and treats

Movie Under the Stars

June 12 | 8:45 p.m. | Marina Parking Lot Enjoy a FREE, family-friendly movie outdoors! Movies are announced on the Wednesday prior on MWR's Facebook page, at facebook.com/MyWFR.com.

Bolling Club

Theisen St., Bldg. 50 | 202-767-6794

Club Member Birthday Lunch

June 10 | 11 a.m.-1:30 p.m. | Bolling Club, Washington Dining Room If you're a club member with a birthday in June, then come in for a free lunch buffet and a slice of birthday cake. Must present your club card and proof of birthday.

Play Bingo Three times a week!

Sundays at 12:30 p.m. | Tuesdays at Noon | Thursdays at 5:30 p.m. | Win cash prizes!

Slip Inn

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

Acoustic Night

4:30 p.m. | Slip Inn

Potomac Lanes Bowling Center/Spinz

McChord St., Bldg. 1310 | 202-563-1701/1702

New Hours of Operation

Bowling Lanes
Weekdays: 10 a.m.-10 p.m. | Saturday: Noon-midnight | Sunday: Noon-5 p.m.
ProShop
Tuesday-Thursday: 5-8 p.m. | Saturday: Noon-5 p.m.
Spinz
Weekdays: 10:30 a.m.-9:30 p.m. | Saturday: Noon-11:30 p.m. | Sunday: Noon-5 p.m.
Cheeseburger Supreme Pizza - \$8.95
Limited time offer through June.

Capital Cove Marina

Giovannoli Way, Bldg. 90 | 202-767-8562

Save the Date! 3rd Annual Fishing Tournament & Boat Show June 20 | 9 a.m.-4 p.m. | Capital Cove Marina Win prizes for the largest fish, the most weight and junior angler. Complimentary bottled water, soda and hot dogs! Call 202-767-8562/9136 to register!

Information, Tickets & Travel (ITT) Office

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

Great Wolf Lodge Specials

June 26-28: \$412
Splash the day away in over 79,000 square feet of water-packed excitement, including jaw-dropping slides for thrill seekers or zero-depth entry areas for little ones. Outside the water park, the fun continues. Book today at the ITT Office!

Fitness & Sports

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

Base Pool Now Open

All active duty service members and club members have free pool access for the entire swimming season!

Pool passes are available for purchase at the Base Pool. Patrons are welcome to bring their own food and beverages to the pool area. Please refrain from any glass containers.

Swimming Lessons

Levels 1-6 now available for children ages 4 and older. Please visit MyWFR.com to view our swim guide and download a registration form. Information is also available at the pool.

Turkish Get Up Fun Challenge

June 1-30 | 7 a.m.-7 p.m. | Fitness Centers I & II This kettlebell movement will help develop stronger shoulders and core. This is a daily challenge that requires participants to add an additional two reps to the previous day's total for the duration of the month. For example, day 1 will require two reps (one right arm and one left arm). Day 2 will require four reps (two right arm and two left arm), followed by six reps, eight reps, and so on. Each individual will be allowed to use a kettlebell only and weight will be scaled as needed. Patrons who join the challenge late

can do the required reps at that time. Sign-up at the front desk at Fitness Center 1 or Fitness Center II.

Child and Youth Programs

Youth Center | Langley Way, Bldg. 4485 | 202-767-4003

Give Parents A Break

June 12 | 6-11 p.m. | CDC II
This program is designed to give family members a short break from parenting. Register through MyFFR Online Services or MyWFR.com. FREE for Respite Care referrals; \$4 per hour for all other patrons.

Jumbo Game Night

June 12 | 8-10 p.m. | Youth Center
Checkers, Connect Four, Jenga and Dominos! You'll have to push and pull the large game pieces across the board!

Daddy Daughter Dance

June 13 | 1-3 p.m. | Bolling Club, Bldg. 50 Join the Child & Youth Program (CYP) for the 8th Annual Daddy Daughter Dance as the memories are sure to last. Activities include dancing, contests and fun. Attire is semi-formal. Register by calling the Bolling Club at 202-767-6794/6792. Cost: \$25 for Club Members; \$30 for Non-Members.

Library

Tinker St., Bldg. 4439 | 202-767-5578

Summer Reading Registration

Register by June 19 | Library, Bldg. 4439 Excitement and fun await those who journey to JBAB Library and participate in the Summer Reading Program, Read to the Rhythm! The program runs from June 27-Aug. 7! Visit MyWFR.com for full details!

REGISTER TODAY FOR GEOINT 2015

Free for Government, Military & First Responders!

Don't Miss Hearing From These Leaders at GEOINT 2015



JUNE 22-25

Walter E. Washington Convention Center
Washington, DC

GEOINT2015.com



David Alexander
Deputy Chief of Information Officer,
and Director, DHS Geospatial
Management Office



Robert D. Kaplan
Author, Foreign Correspondent,
and CIA Senior Fellow



Congressman Adam Schiff
Ranking Member, House Permanent
Select Committee on Intelligence



Robert Cardillo
Director, NSA



Marc of Lettier
Acting Under Secretary of Defense
for Intelligence



Maj. Gen. Roger W. Teague
Director, Space Programs,
Office of the Assistant Secretary
for Acquisition, U.S. Air Force



The Honorable James R. Clapper
Director, National Intelligence



The Honorable Michael D. Lumpkin
Assistant Secretary of Defense
for Special Operations and Low
Intensity Conflict



Dr. Joseph F. Fontanella
Director, ANIC



**RADM Boris D. Luchniak,
M.D., M.P.H.**
Deputy United States Surgeon General



Susan M. Gordon
Deputy Director, NSA



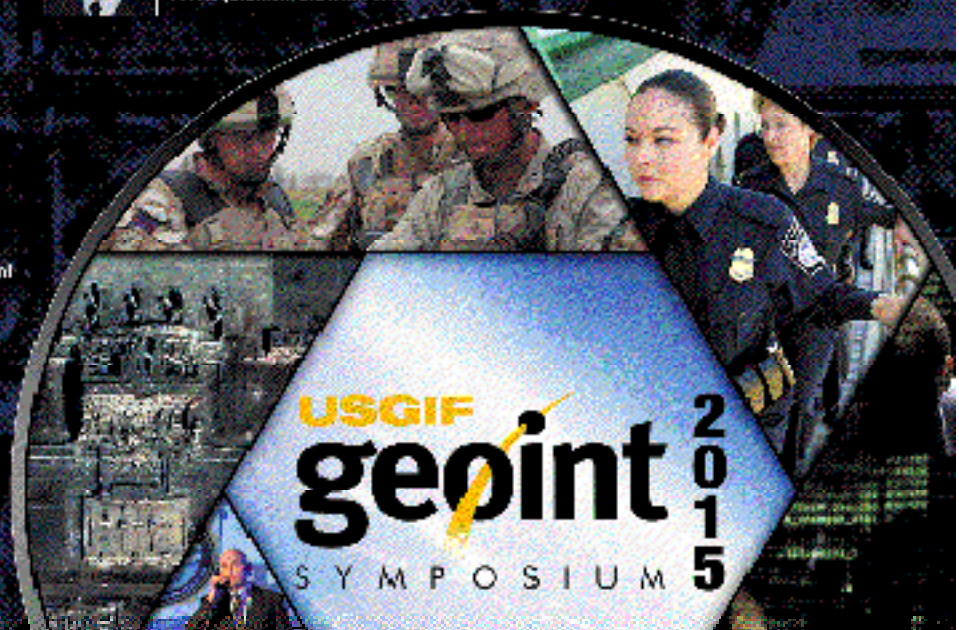
Gen. Stan McChrystal (Ret.)
Former Commander U.S.
and International Security
Assistance Force



Catharina Johnston
Director for Analysis, CIA,
and Chair, IC ITE Mission User Group



Kevin P. Melmers
Assistant Director of National
Intelligence for Acquisition,
Technology and Facilities, ONI



Nighthawk's mission complete

COURTESY OF TECH. SGT. KEVIN CEROVICH
U.S. AIR FORCE BAND

The members of the AFCENT (U.S. Air Forces Central Command) Band Nighthawk just ended their deployment in Southwest Asia. The last month brought many changes and brilliant new ideas for the band, and their audiences across three countries have loved the results! The biggest change was the addition of Senior Master Sgt. Mitch Morton on keyboard. Morton replaced Technical Sgt. Geoff Reecer, who had to leave the deployment in March. This change made the band more versatile--the rhythm section had both guitar and keyboard-- allowing Nighthawk to cover more musical styles.

The departure of the last AFCENT Band, Pegasus, saw a brilliant idea go unfinished: "Al Udeid Idol," a singing contest in the style of the hit television program "American Idol." Technical Sgt. Adam Green breathed life back into the project. He successfully coordinated a three-week long event that featured some of Al Udeid's most talented vocalists and awarded gift cards to three contestants. "It's amazing to me that there are so many talented people on these bases that would otherwise have no outlet for their gifts," said Green.

Guided by Senior Master Sgt. Jeremy Remley, the director of operations for the



U.S. AIR FORCE PHOTO

The AFCENT Band Nighthawk poses for a photo after an impromptu jam session at a forward-operating base near Kabul, Afghanistan.

group, Nighthawk recently hit the road for one last trip to Southwest Asia. They performed for more than 1,100 U.S. and coalition forces and were even joined on stage several times by a few very talented Airmen and Marines at various forward-operating bases. They were proud to bring smiles and joy to men and women serving half-a-world away from home. They also hope to help "wash away" the monotony and hardship,

if only for a song or two, for these amazing service members.

As Nighthawk prepared to leave, they welcomed and spun up their replacements, "Top Flight," from Lackland Air Force Base, Texas. This group is sure to pick up and run with the excellence laid down by Nighthawk and the AFCENT Bands that came before.

One of the Air Force's core values is "Excellence in all we do." This is never more

apparent than in a deployment environment, and the members of Nighthawk got to experience it firsthand. After an eventful and fruitful three months, the members of Nighthawk were certainly ready to return to their families. They did so, however, knowing that they were able to serve where they were needed most: bringing a small piece of home to some of our bravest and most incredible Airmen and Soldiers.

Professional Services

Call **301-670-7106**

Clinical Research



Volunteers needed

Detailed information regarding the need for volunteers is available on the website: www.fda.gov/oc/ohrt/

- Ages 18-65
- Live in the U.S.
- Not engaged in other research

Participating in this research is completely voluntary, free of charge, and confidential.

Detailed information on the benefits and procedures of this research is available on the website: www.fda.gov/oc/ohrt/

FRANCIS & TAYLOR PHARMACEUTICALS

© 2014 Francis & Taylor

For more information, contact our research coordinator:
 DR. CHRISSIE WILSON
 1-800-441-7888
 Email: chris.wilson@ftpharm.com

LONZA

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

Advertise Your
Professional
Service Here

Call
301.670.7106

Chapel Schedule

CATHOLIC SERVICES	PROTESTANT SERVICES
<p>Reconciliation Sunday 9 a.m. Chapel Center</p> <p>Rosary Sunday 9:10 a.m. Chapel Center</p> <p>Mass (Chapel Center) Tuesday 11:30 a.m. Wednesday 11:30 a.m. Thursday 11:30 a.m. Friday 7 a.m. Saturday 5 p.m. Sunday 9:30 a.m.</p>	<p>Sunday Worship Gospel 11:30 a.m. Chapel Center</p> <p>General Protestant 11 a.m. Chapel 2</p> <p>Sunday School September - May 9:30-10:30 a.m. Questions about these services or other religious needs can be directed to 202-767-5900.</p>

Chaplain's Religious Enrichment Development Operations

The Chaplain's Religious Enrichment Development Operations (CREDO) offers a variety of programs aimed at improving communication, adding resiliency, and training service members in valuable life skills.

Marriage Enrichment Retreat (MER) - Couples enjoy a free weekend at the Hilton Hotel in Crystal City, Virginia, where they learn and apply marriage skills such as communication and problem solving in a fun, small group atmosphere. Using personality inventories, participants learn that differences in marriages can be ways to enhance and complete one another in the marriage journey. The next MER is scheduled for June 12.

Personal Resiliency Retreat (PRR) - The PRR highlights the essential components of hindsight, insight, and foresight in order to equip military personnel to accomplish the mission. Overall, the goal of a PRR is to give participants an opportunity to grow and mature as individuals by reflecting on their lives.

For more information, or to register for a retreat, contact the CREDO office, 202-767-5901/5900, send an email to: credo.ndw.fcm@navy.mil, or stop by the Joint Base Anacostia-Bolling (JBAB) Chapel and inquire within.