Happy Birthday! The U.S. Coast Guard celebrates its 223rd birthday, Aug. 4!

BASE POLICE:
“SPEEDERS BEWARE. WE’RE WATCHING.”
By Jeremy K. Johnson  
Joint Base Anacostia-Bolling  
Public Affairs

In May, Joint Base Anacostia-Bolling (JBAB) base police officers stepped up efforts to raise awareness about speed limits on base. They are continuing enforcement of those limits by issuing tickets to violators. Since Jan. 1, base police have issued more than 50 tickets for speeding, including 48 for 3-point violations, seven for 4-point violations, and one for both reckless driving (six points) and speed in excess of 20 mph (five points).

The top speed permitted at JBAB is 35 miles per hour on main thoroughfares. Speed limits are significantly lower in areas around the Child Development Centers and housing.

According to Lt. Joseph Mitchell, a JBAB police watch commander, the number one concern continues to be the safety of pedestrians.

“We have a heavy amount of pedestrian traffic on base,” said Mitchell. “The safety of the populace and the employees who work here is our priority.”

Mitchell noted road travel is heaviest in the morning hours, with pedestrian traffic especially busy in the areas on the north side of the base and near DIA (Defense Intelligence Agency).

Currently, there are no fines for traffic violations; however, according to Mitchell, the base is in the final stages of receiving authority from Washington’s Metropolitan Police Department to issue tickets that carry serious consequences - including monetary penalties - for “egregious” moving violations.

“There’s no definitive date on when it will happen, but it will cover DUIs (driving under the influence), collisions, and speeding in excess of 20 miles over the [posted] limit,” he explained.

Even without fines, consequences for speeding on JBAB can be serious. The baseline penalty is issuance of a ticket with points, but speeding 10 miles per hour or more above the posted limit in residential areas can result in a 14-day suspension of driving privileges on base.

Drivers who accumulate more than 12 points can have their base driving privileges suspended for a year.

Ticketed infractions will also be reported to the driver’s supervisor or sponsor (as appropriate).

Residents and members of the base population who have concerns about speeding can contact the base police at 202-767-5000 or 5001.

Police Department to issue tickets that carry serious consequences - including monetary penalties - for “egregious” moving violations.

“We have a heavy amount of pedestrian traffic on base. The safety of the populace and the employees who work here is our priority.”

- Lt. Joseph Mitchell

Scouts hike the Billy Goat Trail near Great Falls in Montgomery County, Maryland.

By Christopher Hurd  
Joint Base Anacostia-Bolling  
Public Affairs

The scout programs at Joint Base Anacostia-Bolling (JBAB) are looking for interested kids from ages six to 20 to join the Cub, Boy and Venture Scouts.

The scouts meet every Wednesday 7-8:30 p.m. at the Chapel for those interested, said Larry Kamon, scout master for troop 343. The troop is available to join any time year round.

“We are not a do nothing troop,” he said.

They routinely go on camping, hiking and fishing trips as well as service projects.

Cub scouts is for boys six to 10, Boy scouts is for boys 10 to 18 and Venture Scouts is for boys and girls ages 13 (if you have completed eighth grade) to under the age of 21.

Scouts learn knot tying, fire building, hunting and fishing skills, as well as primitive survival skills. They learn to lead and teach others as well as learn how to deal with increased levels of responsibility, Kamon said.

Scouts is also a place to come to and experience new things, said Martha, 17, Venture Scout.

“We want to have kids come enjoy themselves doing things they don’t normally do,” she said. “It’s a fun experience that every kid should have.”

The Venture Scouts have gone on recent trips to scuba dive, sail, fly planes and last year ran a mini triathlon competition.

“It’s a real opportunity,” said Mary, 17, Venture Scout. “Normally I would sit inside and watch TV, but here I get to hike and do all that fun stuff.”

For more information on the programs, or if you are interested in joining the Boy Scouts please contact Larry Kamon at scoutmaster343@yahoo.com or attend the weekly meeting. For Cub Scouts, contact JBAB Cub Scouts, Pack 343, at jbabcubscouts@yahoo.com.

Scouts learn about metalworking from a blacksmith at Blacksmith’s Guild of the Potomac, Inc. in Arlington, Virginia, July 2013.

Find adventure with scout programs

U.S. NAVY GRAPHIC BY JEREMY K. JOHNSON

JBAB base police enforcing speed limits

“We have a heavy amount of pedestrian traffic on base. The safety of the populace and the employees who work here is our priority.”

- Lt. Joseph Mitchell

Scouts zip line at The Summit Betchel Family National Scout Reserve in Mount Hope, West Virginia, July 2013.
Those familiar with Coast Guard history know that the service’s development has been shaped in part by the nation’s response to natural and man-made disasters. Nowhere is that lesson clearer than the history of the service’s search and rescue, or SAR, mission.

The Revenue Cutter Service, one of the predecessor services to the Coast Guard, assisted mariners at sea beginning in the 1790s; however, this core mission did not receive official sanction until 1837. That year the bark Mexico came ashore near New York Harbor with the loss of over 100 passengers and crew.

In response to this tragedy, federal officials recognized the need for government assistance for ships in danger. In December of that year, Congress passed legislation assigning revenue cutters responsibility for aiding vessels requiring assistance. Ironically, that same year saw the construction of the three-masted ship Powhatan, another vessel that played a role in spurring federal lifesaving legislation.

In 1854, two major maritime disasters took place in New Jersey. In April, more than two hundred lives were lost when the Powhatan wrecked on the Jersey Shore. In November, another 220 lives were lost when the ship New Era came ashore in New Jersey.

In response to this horrific loss of life, Congress passed what became known as the Act of Dec. 15, 1854. This proved one of the most sweeping bills in U.S. lifesaving history, greatly expanding the federal government’s ability to support lifesaving efforts.

The late summer and early winter of 1870 proved another deadly shipwreck season. The numerous ships wrecking on U.S. shores raised awareness of the nation’s inadequate land-based lifesaving capability. Secretary of the Treasury George Boutwell responded by establishing a superintendent’s position to direct the Department’s Revenue Marine Division, which oversaw steamboat inspection, marine hospitals and lifesaving stations. In February 1871, Boutwell appointed Superintendent Sumner Kimball, who initiated the rapid expansion of U.S. lifesaving operations and, in 1878, established the U.S. Life-Saving Service.

The late 1800s and early 1900s, saw hundreds of surfmen from the U.S. Life-Saving Service go in harm’s way to save the victims of maritime disasters. These heroic individuals included Capt. Joshua James, who served as a lifesaver for sixty years. During his career, he earned almost every medal available to surfmen for maritime rescues. James’s medals included the prestigious Gold Lifesaving Medal, which he received in 1888 for rescuing survivors from five different shipwrecks during a severe two-day-winter storm. Kimball believed James to be the most important lifesaver in the history of the service.

During James’s lengthy career, the Life-Saving Service saw the development of improved lifesaving technology, including new rescue devices, improved flares and personal flotation devices, tractor-pulled beach equipment and motorized lifeboats. During this same period, the Revenue Cutter Service saw the technological transition of its cutters from ponderous wooden sailing vessels to fast steel-hulled propeller steamships.

In 1915, Congress passed important lifesaving legislation once again. This time, the bill merged the U.S. Revenue Cutter Service and U.S. Life-Saving Service. In so doing, this act combined the federal government’s two agencies responsible for maritime safety on land and at sea into one modern organization with overall jurisdiction: the U.S. Coast Guard.

Not long after formation of the modern-day Coast Guard, rapid advances took place in seaborne aviation technology. The service soon added an amphibian fixed-wing aircraft capability to the fleet of lifesaving boats and Coast Guard cutters already supporting the SAR mission. These new Coast Guard aircraft provided rapid response assets for over-the-horizon rescues and they served in numerous high-profile cases, including Gold Lifesaving Medal rescues in 1929, 1933 and 1937.

During the 1930s, the service continued to perfect the use of amphibian aircraft for SAR cases. However, in World War II, the Coast Guard developed the helicopter, a new form of aviation technology that has since become synonymous with the service’s SAR mission.

Coast Guard helicopters and their associated rescue hoist devices improved in the decades following the war and rotary-wing assets gradually supplanted fixed-wing amphibian aircraft as the service’s primary aviation asset. In 1983, the tragic loss of the SS Marine Electric and most of her crew, spurred Congress to pass legislation establishing the Coast Guard’s rescue swimmer program. This bill added yet another valuable piece to the service’s modern search and rescue system.

In 2006, the Coast Guard’s SAR mission saw a different call for help when Hurricane Katrina ravished the gulf coast. During the weeks that followed, the Coast Guard responded to the nearly 60,000 people awaiting rescue from rooftops and flooded homes. Of those 60,000, Coast Guard men and women rescued more than 33,500 people.

While marine accidents and changing technology has shaped the Coast Guard’s SAR mission from the early 1800s to present day, it remains clear that the Coast Guard stands ready to adapt to the changing environment and needs of the nation to provide these crucial rescue services.

Personnel assigned to the U.S. Life-Saving Service helped pave the way for the Coast Guard’s modern search and rescue mission.

U.S. Coast Guard celebrates 225 years of service to nation: search and rescue

By William Thiesen
Historian, U.S. Coast Guard Atlantic Area

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Commander

Col. Kendall D. Peters, USAF
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CMC, Kevin Kloeppel, USAF
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JOINT BASE JOURNAL
COMPRINT MILITARY PUBLICATIONS
Prolonged computer use affecting our eyes

As people spend more and more time staring at screens for the majority of the day, the question that begins to creep up is what kind of damage is this doing to our eyes? Dr. Jessica Hall, civilian optometrist with the 579th Medical Group at Joint Base Anacostia-Bolling (JBaB), says she has been seeing a steady increase in patients coming in to see her due to symptoms of computer vision syndrome (CVS).

“Get a lot of computer-related issues,” she said. “We are in the National Capital Region and a number of my patients spend all day on the computer.”

CVS is a condition resulting from the constant focusing your eye must do while you are sitting at the computer. Combine that with the glare from the screen and it is a recipe for injuries to occur, she said.

When you are looking at a computer that is an arms-length away or closer to you, your eyes have to exert effort to focus on it, she said. If you do that enough hours of the day it causes eye strain.

Common symptoms of CVS are an achy feeling around the eye that can often lead to frontal headaches. You may also experience dry eyes and possible blurred or double vision.

CVS is also caused by the repeated staring at other electronic devices.

“All electronic devices cause the same effects,” she said. “So, whether it’s a smart phone, a tablet or a computer, all of those things fall into that category.”

With younger and younger kids now using electronic devices for long hours every day, the increase in eye strain injuries could be spreading to children.

“I’m concerned,” Hall said. “Young kids under the age of five should not really be using electronic devices.”

To combat these issues there are several easy solutions that you can do. First, take breaks throughout the day. Hall recommended that for every 20 minutes of computer work you should look at something that is 20 feet away for 20 seconds. Also, just get up and move around and take an overall break once and awhile.

Second, get an eye exam every two years. However, if you are currently experiencing eye discomfort you should go in for an eye exam now. While you’re there make sure to tell your doctor about your eye problems relating to your electronic devices, she said. They can check to see if you need prescription glasses or if the prescription you have is correct which is a big key.

“Get the right prescription and get your rest breaks because it really does help,” she said.

Anyone with Tricare health insurance is eligible for a free eye exam annually. To schedule an appointment please call 202-404-6425. The optometrist office is open Monday through Friday.

Dr. Jessica Hall demonstrates how she checks for eye issues stemming from computer vision syndrome July 27 at the base clinic.

Bolling Toastmasters Club makes you a better speaker, leader

Courtesy Bolling Toastmasters Club

Join the Bolling Toastmasters at one of our meetings! We meet every Wednesday on Joint Base Anacostia-Bolling (JBaB) at the Main Chapel in room 19.

Why? In order to be a better leader, you must become a better communicator. At the meeting, you can practice your public-speaking skills and hone your leadership skills.

Does this sound familiar? It is time to get up and speak to a group of strangers. You feel,” she said, “something to say, but your heart is pounding, your mouth is dry, and your palms are sweating. You are not a “natural” when it comes to public speaking. You want it over before it has even begun.

There is only one way to get over your public-speaking jitters, practice, practice, and practice some more. Even the most experienced speaker benefits from practice. Just like anything, to become good at something, you must practice. To quote an age-old saying, “practice makes perfect.”

Come to a Bolling Toastmasters Club meeting, where you can practice and hone your communication and leadership skills before a friendly, supportive, and encouraging audience – your fellow toastmasters. And what do you get? You enhance your everyday skills. You learn how to conduct a meeting, lead a team, and become a more confident and charismatic speaker.

12 Outstanding Airmen of the Year for 2015 announced

From Air Force Personnel Center Public Affairs

Air Force officials have selected the service’s top enlisted members, naming the 12 Outstanding Airmen of the Year for 2015.

An Air Force selection board at the Air Force Personnel Center considered 35 nominees who represented major commands, direct reporting units, field operating agencies and Headquarters Air Force. The board selected 12 Airmen based on superior leadership, job performance and personal achievements.

12 Outstanding Airmen of the Year, by command of assignment when selected:


The winners are authorized to wear the Outstanding Airman of the Year Ribbon with the bronze service star device on the ribbon. They are also authorized to wear the Outstanding Airman of the Year Badge for one year from the date of formal presentation.

For more information about Air Force personnel programs go to the myPers website. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website.
Band AIM program named “Community Partner of the Year”

BY MASTER SGT. BRYCE BUNNER
U.S. AIR FORCE BAND

The U.S. Air Force Band was recently named “Community Partner of the Year” by the BRIDGES music program based at Cunningham Park Elementary School in Vienna, Virginia. Eleven members of the Band volunteered their time and musical expertise at the BRIDGES program, coaching weekly after-school sessions as a part of the Band’s “AIM - Advancing Innovation through Music” education and community outreach mission.

“I feel we had a vital impact on the program,” said Tech. Sgt. Sara Wollmacher, a manager of the U.S. Air Force Band’s AIM program and coordinator of the BRIDGES effort. “It was influential for the students to see military professionals teaching and playing the same instruments they are learning,” she added. “It’s important for new music students to have a positive role model.”

The award was presented by BRIDGES director Bonny Tynch at an end of the year celebration held for BRIDGES faculty, community partners, and participants.

“Students would leave their classes with the Air Force musicians motivated and excited about learning their instrument”, said Tynch. “We are grateful for our military musicians and for all they do in our schools, in our communities, and for our country.”

Now in its third year, the BRIDGES program, founded by Tynch and modeled after Venezuela’s highly successful “El Sistema” program, is an intensive after-school music curriculum that seeks to develop creativity and musical excellence among underserved children. Students are developed in a supportive environment where children and families from diverse cultures and socioeconomic realities are “welcomed, loved, and respected,” all at limited financial expense to the student.

The BRIDGES students also enjoyed the opportunity to see their Air Force mentors perform up close during the holiday season, when the group attended the band’s popular “Holiday Matinee for Kids” concert at Constitution Hall in December. “The BRIDGES crew was so excited to be in attendance at the concert!” said Tynch. “It was extra special because the students knew some of the performers from our AIM visits.”

Wollmacher added, “We loved getting to know these students throughout the year. Many of the beginning students had never worked with a teacher before, so it was inspiring for our band members to be out there ‘giving back’ in the greater D.C. community.”

The U.S. Air Force Band’s AIM outreach program continues to expand through local educational partnerships and events across America. In fact, the program reached over 23,000 students this school year, providing first-class music education and mentorship to students and teachers of all ages in 116 events across the country. To learn more about The AIM outreach program, visit www.usafband.af.mil.

NOSC Sailor laid to rest

FROM NAVY PUBLIC AFFAIRS
SUPPORT ELEMENT EAST

Logistics Specialist 2nd Class Randall Smith, a victim of the shooting at Navy Operational Support Center (NOSC) Chattanooga July 16 which also took the lives of four Marines, was laid to rest at the Chattanooga National Cemetery July 28.

Family members along with members of the Chattanooga Police Department and NOSC Sailors filled the First Baptist Church Fort Oglethorpe to witness the funeral.

During the funeral, speakers, including Vice Adm. Robin Braun, Commander, Navy Reserve Force, and church officials praised and honored the life of Petty Officer Smith. Angie Smith, widow of Petty Officer Smith, also sang a song as a tribute to honor her late husband.

Smith’s remains traveled in a funeral procession where citizens of Chattanooga lined the streets to pay their respects.
Warfighter & Family Readiness Programs & Events

**View all event information at www.MyWFR.com or wwwFACEBOOK.COM/MyWFR**

**Special Events**

**Last Chance to enter the MWR Cruise Giveaway**
July 31 is the last day to enter to win a FREE 7-day cruise vacation for two! Sail from Baltimore on Carnival Pride to the Eastern Caribbean! Enter by visiting www.Facebook.com/MyWFR Enter. No purchase is necessary.

**National Night Out**
August 7 | 4-6 p.m. | Slip Inn Grass Area Join your neighbors for an evening of fun out Against Crime! National Night Out is a cohesive effort to promote involvement in crime prevention activities, police community partnerships, neighborhood camaraderie, and send a message to criminals letting them know that neighborhoods are organized and fighting back.

**Family-Friendly Activities:**
- **K9 Demonstrations**
- **Police Weapons Display**
- **Fire Truck Displays**
- **Face Painting**
- **Dunk Tank**
- **Sumo Wrestling**
- **Rock Climbing Wall**
- **Bouncy House**

**Seafood Buffet**
First Wednesday of each Month | 11:30 a.m. - 1:30 p.m. | Washington Dining Room
Feast on an abundant selection of crab legs, steamed and spiced shrimp, fried oysters, fish and shrimp, the club’s famous fried chicken, numerous sides, clam chowder, salad bar and homemade banana pudding along with dozens of assorted cakes and pies.

**Slip Inn**
Arnold Ave., Bldg. 2482 | 202-767-5840

**Acoustic Night Crab Fest**
Featuring LA Young and the Unusual Suspects
August 7 | 11:30 p.m. | Slip Inn
Five Maryland blue crabs and an ear of corn for only $12

**Potomac Lanes Bowling Center / Spinz**
McChord St., Bldg. 1310
202-563-1701/1702
Shrimp Scampi Pizza - $7.95 Limited time offer - August 2015

**Play Bingo at Potomac Lanes**
Win up to $8,000 per game and daily prizes!
Sign up for your free VIP Bingo Player’s Card today at Potomac Lanes!

**Arcade**
Bring your kids or unleash your own inner child at Potomac Lanes’ recently expanded arcade! Featuring more than a dozen games, as well as numerous prizes.

**Three Easy Steps to Rent a Boat**
1. Boating Safety Course: Take the FREE safety course online at www.boatus.org and receive a safety certificate.
2. Boat Orientation: Must be 18 years or older and present your certificate. Schedules an orientation class Thursday-Saturday at 11 a.m. Course fee: $5
3. Reserve Boat: Call or visit the Marina to choose your vessel.

**Outdoor Movie Night**
July 31 | 4-10 p.m. | Youth Center Playground
Watch the latest PG-rated movie outdoors on the jumbo movie screen with free popcorn.

**Quicken Loans National PGA Tour Tickets!**
Now-August 2 | Robert Trent Jones Golf Club, Prince William County, Virginia Military members are eligible to receive up to four complimentary military tickets. Tickets are available now on a first come, first served basis at the ITT Office.

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

**Box Tops 4 Education**
Now - August 31 | JBAB Library
Drop off box tops to the JBAB Library to enter for a chance to win a weekly Prize Pack filled with MWR goodies!
How Box Tops 4 Education works:
1. Find box tops on hundreds of products.
2. Clip box tops from each package.
3. Bring in or send your box tops to the JBAB Library, Bldg. 4439, Tinker St.
4. Each box top is worth 10 cents and will be donated to our community partner, Leckie Elementary School.

**Save the Date: Summer Reading Finale and Awards**
August 7 | 10 a.m.-1 p.m. | Potomac Lanes Bowling Center
Join us for our “Read to the Rhythm” for seven weeks as part of our DOD-sponsored Summer Reading program, it’s time to PAR-TY! Let’s have as much fun “Bowling to the Rhythm” as we did with a summer filled with music and books. This event is free to all 2015 Summer Reading participants and their immediate family. Just another example of the FREE events offered by the MWR Library.

**Military and Family Support Center**
**Car Buying Strategies**
August 4, 6 and 11 | Noon-2 p.m. | MFSIC, Bldg. 14
Because purchasing a car can be a complex process, it is important that buyers understand the specific steps involved in making a wise decision. The Car Buying Strategies module is designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car and to negotiate effectively when purchasing an automobile. You must register for this event, however you can attend virtually. A link will be given when you register. Please call 202-767-0450.

**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 marriage can be ways to enhance and complete one another in the marriage journey. The next MER is scheduled for Friday.

**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.

**Chaplain Schedule**

**Protestant Services**

- **Sunday School**
  - September - May: 9:30-10:30 a.m.
  - Questions about these services or other religious needs can be directed to 202-767-0450.

**Catholic Services**

- **Reconciliation**
  - Sunday 9 a.m.
  - Chapel Center

- **Rosary**
  - Sunday 9:10 a.m.
  - Chapel Center

- **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.