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Tri-service team takes to the air

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEELE C. G. BRITTON

Airman 1st Class Alexandria Kovachevuch, 11th Security Forces Group keeps a sharp eye following dismount from a UH-60 Black Hawk during helicopter deployment readiness training, May 25, at Ft. Belvoir, Va. Military services joined forces from the U.S. Army, Air Force and Navy to practice proper procedures when mounting and protecting the aircraft in a hostile enviroment.

BY LT. COL. KJALL GOPAUL
DIRECTOR, LEMAY CENTER JOINT AND AIR STAFF LIAISON OFFICE

On May 25, Airmen, Sailors and Soldiers from the National Capital Region took part in a late spring offensive exercise by learning air assault tactics with C Company, 12th Aviation Battalion, at Davison Army Airfield on Fort Belvoir.

Enduring the season's sweltering heat and humidity, the multi-service teams, called "chalks," mastered how to tactically on- and off-load a UH-60 Black Hawk helicopter with their weapons and combat gear, communicate with the aircrew and ground forces using the aircraft's intercom system, and organize their group in the landing zone.

Cpl. Aaron Samchuck, Naval District of Washington Police Force at JBAB, described the sequence of events for the mission.

"While this was my first time flying, the pre-flight rehearsals ensured our chalk worked together as team," he said. "It's very important to do the dry-runs to identify any challenges folks have with the equipment or procedures so they can be resolved before going live, so no one gets hurt. You can't gain that proficiency by watching a Power Point presentation and reading the slides, you have to actually do it-interacting with the aircrew, the other passengers, your equipment, and the aircraft itself. Everyone needs to know their job and where they go to effectively exit the aircraft and still be ready to provide suppressive fire on a hot landing zone."

Master at Arms Second Class Crystal Baker, Washington Navy Yard Police, another trainee, underscored that the cold-load training and rehearsals were key to the success of the actual flights later that day. Even then, it took some getting-used-to as each chalk took turns conducting five-minute flights.

"The first time, everyone was in shock, but it got easier," she said. "By the second time, it came naturally. And by the third time, I was an expert-the training was awesome!"

The ground-based training also covered the communications systems of the aircraft. As each person was taught how to operate the helicopter's intercom system to talk to the aircrew, or use the radios to talk with troops on the ground or in other aircraft. They also learned how to bring their own radios aboard the aircraft and connect it to the troop commander's antenna to maintain communications with their units, if the situation required it.Chief Warrant Officer 3 Karlo Felix, C Company, 12th Aviation Battalion test pilot, offered the aviator's perspective as the pilot-in-charge.

"The focus of this exercise was on fundamentals," he said. "We took a 'crawl-walk-run' approach to learn how to load and unload the aircraft in dangerous landing zones, exit the aircraft promptly, and execute a three-step drop to the prone position to suppress enemy fire as the aircraft is departing. This training taught them the value of acting with a sense of urgency. Now they're acquainted with the seatbelts, the space inside and around the aircraft, and what they need to do while maintaining safety. This experience, mixed with the noise, rotor wash, and the adrenaline, gives them an idea what they face when they deploy downrange."

Spc. Dustin Weld, C Company, 12th Aviation Battalion flight instructor, who served as the mission's crew chief, commented on the flawless execution of the exercise and the value of the pre-flight instruction.

"We conducted some air assault training for insertion into a combat zone, and how to get into the aircraft in a timely and safe manner," he said. "The most important parts are the emergency procedures and entering and exiting the helicopter with the blades turning. Someone running up to the aircraft without training can injure themselves or their troops before the mission even starts. Today, though, there were no

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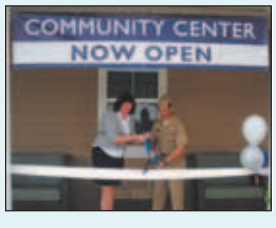

Handmade quilts cloak wounded warriors in love

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Boating safety starts with training and common sense

By Frank Hazzard,
SPECIAL TO JBAB
PUBLIC AFFAIRS

According to a U.S. Coast Guard report on 2009 boating fatalities, a lack of boat operator safety training was identified as the single biggest contributor to deaths on the water.

The report revealed that only 14 percent of 736 boating deaths occurred on boats whose operators completed a boating safety course. Furthermore, 76 percent of boat operators involved in accidents had not completed safety training.

In response to these findings, 44 of the 50 states, including Maryland and Virginia, plus the District of Columbia, now require motor boat operators to show proof of safety education, according to the report.

On base, operators are required to take both online and pier-side safety classes before they can rent a boat. "We have boat safety training at 1100 on Thursdays and Saturdays at Capital Cove Marina. We teach you how to handle a boat - take it out and bring it in. This training is mandatory before you can use one of our boats," said Allen Douglas, a marina worker at Capital Cove Marina. "Plus you must take the Boat U.S. general boater safety course online."

"Boating safely here or anywhere makes for a good day on the water," said Lieutenant Michael Bell, executive officer, Coast Guard Station Washington.

Other factors contributing to boating fatalities included improper use of life jackets, lack of vessel safety inspections and operators under the influence of drugs or alcohol, according to the study.

The most important safety factors after training are sobriety and consistent use of personal floatation devices, according to Dean McKinsey, safety specialist at JBAB.

Statistics support McKinsey's assertions. In 2009, 552 boating deaths resulted from drowning, and 85 percent of those who died were not wearing life jackets.

"Always have a PFD for everyone on the boat. Wear them at all times securely fastened on; they're for when you get knocked out and won't be able to swim," said McKinsey.

Current regulations do not require adults to wear life preservers, but the Coast Guard has been working to increase voluntary PFD use as part of a National Recreational Boating Safety Program strategic plan.

According to Coast Guard research, adults who don't wear life jackets most often cite discomfort as the reason why. This lead to a Coast Guard initiative to develop incentives, sales promotions and jacket trade-ins to increase use of inflatable life jackets which users say are more comfortable to wear. The Coast Guard is also supporting efforts to design inflatable vests for children under age 17.

Drunken boating is another leading contributing factor to boating deaths, according to Coast Guard statistics. In fact, 16 percent of 2009 fatalities were directly attributed to use of alcohol, according to the report.

"Don't drink and drive a boat; you will be arrested, tried and convicted and it will go against your driver's license," said McKinsey. "Keep in mind that we're in a tri-state environment and the laws vary slightly from one jurisdiction to another."

Vessel safety inspections are also touted as a way to decrease accidents, injuries and deaths. "The free vessel safety checks provided by the Coast Guard Auxiliary are a good idea," said Bell. "They will check your boat pier-side for all of the equipment required under federal regulations and issue a decal saying you have everything that you need. This is a great service."

In the end, experts say, a dose of common sense can go a long way on the water.

"Obviously, treat a boat as if you would any other vehicle," said McKinsey. "When in doubt, yield to everyone. We're all going to get there at roughly the same time."

"None of our people have had accidents this year and hopefully that will continue," said Douglas.

Capital Cove Marina is open every day from 0900 to 1800. For more information about boat operator safety training, call 202-767-4561 or visit www.boatus.org and www.uscgboating.org.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS TABITHA N. HAYNES

John Lowandowski, founder, president and CEO of the Disables Veterans Committee on Housing, and disabled veteran, gives an introduction for the U.S. Air Force Honor Guard Drill Team May 27 at the Historic Jordan Springs event and cultual centre, Jordan Springs, Va. Each banch of service was represented in the Memorial Day presentation.

USAF Drill Team pays tribute to servicemembers for Memorial Day

by Airman 1st Class
Tabitha N. Haynes
AIR FORCE DISTRICT OF
WASHINGTON
PUBLIC AFFAIRS

6/1/2011 - Air Force District of Washington -- Gen. George Washington once said, "The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional as to how they perceive the veterans of earlier wars treated and appreciated by their country."

The U.S. Air Force Honor Guard Drill Team paid homage to all veterans May 27 during a performance at the Historic Jordan Springs, Va., Event and Cultural Centre, for a Memorial Day event, titled "Remembering and Recognizing our Men and Women in Uniform."

The event was hosted to give honor and dignity to all

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U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEELE C. G. BRITTON

Airmen of the 11th Security Forces Group at Joint Base Andrews, Md., perform ground movements following dismount from a UH-60 Black Hawk during helicopter deployment readiness training, May 25, at Ft. Belvoir, Va. Military services joined forces from the U.S. Army, Air Force and Navy to practice proper procedures when mounting and protecting the aircraft in a hostile enviroment.

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surprises and everything went smoothly."

Specialist Weld provided his observations of the chalks' performance on the landing zone.

"For the flying portion, we executed three rotations per chalk. They really settled into what they needed to know and how to do it. With each turn, it was reinforced over and over. On the first turn, they were anxious; folks were hesitant as they ran up to the aircraft -- you could see it on their faces. Once inside, they were jittery and tried to rush through their steps. The third round was the best -- everyone knew what to do, where they were going, what to look for, and what to expect."

He added that the training is valuable not just for the passengers, but the pilots and crew chiefs as well.

"Having these air assault exercises benefits the aircrews a lot. In the NCR, we support mostly contingency and VIP missions, and training like today helps keep us proficient on our tactical troop movement skills duties."

Master Sgt. Tia Hall, JBAB base individual mobilization augmentee administrator, was another first-time flyer, and described her experience.

"The first time I got on the helicopter, I was pretty nervous and anxious because I didn't know what to expect, but my chalk leader was really observant and kept an eye on me to make sure I did everything correctly. After the first turn, I felt much better, and by turn three, I was good to go. The pre-flight rehearsals were beneficial. I see how that first flight can be overwhelming if this isn't something you've done before or if you haven't had any training. The exercise definitely takes you out of your comfort zone, but all of the training prepared me to do it safely. I think every Airman should do this early in their career, so that they know what to expect as far as performing expeditionary tasks, working around aircraft, and conducting air operations."

Sergeant Hall said that she was very impressed by the comprehensive pre-flight instruction provided by Specialist Weld. "He knew everything; he was awesome! You can tell that he was well informed and had been doing his job for a while. He is very confident and wasn't nervous, which helped to boost my confidence about this new experience.

"As an Active Guard and Reserve Airman, I haven't deployed yet myself, but the training gave me a better understanding for what deployers endure and why fitness is so important. It was hot out there, and you have to stay hydrated while engaging in a lot of physical activity. And if you aren't in shape, you're going to have a problem with keeping up and executing the mission."

After the exercise, Corporal Samchuck summarized the value of the exercise.

"I found it to be exceptional training. My chalk did three turns, improving each time. By the end, we were acclimated to the in-flight process with turns, ascending, descending, actions on landing, and managing your adrenaline. The next time I'll know what to expect. I'm now comfortable enough with a Black Hawk that I can safely work around a helicopter for operations such as disaster response or medical evacuation situations with-

DRILL

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Committee on Housing. It was the first performance in over 100 years on the centre's South Lawn due to renovations.

"It honored the men and women who came before me. They worked hard and set precedence for us, and it is a great experience to carry on a tradition of honor that they started," said Senior Airman Hunter Overton, member of the USAF Honor Guard Drill Team.

This performance was memorable for new USAF Drill Team Commander Capt. Justin Hochstein, as well. It was his first time performing with the 16 Airmen team.

"It was a very special experience to perform on Memorial Day weekend for veterans from various services," said Captain Hochstein. "They were grateful to have us there, and it was an honor to perform for them. I'm excited to be on the Drill Team and am looking forward to opportunities such as this in the future, to pay tribute all of our nation's service members."

"I feel twice as honored to have them," said Mr. Lewandowski. "The Drill Team gives these people the opportunity to see the elite of the government, and of the U.S. Air Force. What they [members of the USAF Drill Team] want to do is perform and pay back as a tribute to the veterans, and represent the U.S. Air Force."

In addition to the Air Force Drill Team, this year's ceremony included presentations from a barber shop chorus and a Marine Detachment from Winchester, Va. Special guest Marine Sgt. Robert M. Moorehead attended to represent his friend and fellow Marine, Sgt. Sean Callahan, who died in combat April 23, 2011, in Iraq.

Along with Sgt. Callahan, Cpl. William Buckles, the last U.S. World War I survivor who passed away at 110 years of age February 27, and William W. Bone, a World War II veteran, were recognized with letters from Virginia Governor Robert F. McDonald.

TRICARE ECHO helps families with special needs

BY LINWOOD OUTLAW III
TRICARE MANAGEMENT ACTIVITY

6/1/2011 - FALLS CHURCH, Va. (AFNS) -- For beneficiaries with specific mental or physical disabilities, TRICARE's Extended Care Health Option provides benefits, including financial assistance that is not available through the basic TRICARE program.

ECHO does not replace benefits from other TRICARE programs; it simply offers supplemental benefits, such as possible coverage for assistive services, durable equipment, transportation, special education, in-home medical services and in-home respite care services.

ECHO is available to active-duty family members, including family members of National Guard and Reserve members activated for more than 30 days; family members eligible for continued TRICARE coverage through the Transitional Assistance Management Program; children or spouses of former service members who were victims of physical or emotional abuse and family members of deceased active-duty sponsors during the period they are in transitional survivor status.

Children may remain eligible for ECHO benefits with no additional premium beyond the usual TRICARE eligibility age limit (21 or 23 if enrolled in college full time) as long as the sponsor remains on active duty, the child is incapable of self-support because of a mental or physical incapacity that

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Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING

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jbab.pao.fcm@navy.mil

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The first step is the hardest

COMMENTARY BY
TECH. SGT. TERRI L. KAAS
86TH AIRLIFT WING PUBLIC AFFAIRS

6/1/2011 - RAMSTEIN AIR BASE, Germany (AFNS) -- It started with an assignment I wasn't too keen on taking. We all have them, where we have already been there, done that and wanted something else. I knew the assignment would be difficult since I recently retrained into a different career field. I hadn't expected, or been told before arriving that I would be a 3-level NCO in charge of a job I was just learning. But it happens. We all work through it and adapt as needed.

Within six months of moving to our new duty location my husband deployed--leaving me alone with our 1-year-old child. This is the stuff they tell us can happen as military couples who have children. No problem, I am a modern woman; I can bring home the bacon, cook it and feed it to my family, then wash all the dishes, bathe the baby and write enlisted performance reports all night.

Then, I couldn't sleep at night. I would sometimes get only 10 hours of sleep for the entire week. It wasn't an upset baby keeping me up; just an inability to sleep, no matter what I tried. So, I decided to be productive with my insomnia and would bake the work-center cakes and cookies or even breakfast muffins, all from scratch, because what else is there to do at 2 a.m.?

I started coming to work late and getting appropriately counseled. Then I started losing weight, no matter what I ate. I could eat a double cheeseburger, a large-sized onion rings and a large strawberry shake for lunch and dinner, yet I still lost 30 pounds in just three weeks. I wasn't throwing it up, heavens no, I love food! I was living off of take out, junk food, coffee and lots of candy. How could this be happening?

I didn't know it at the time, but I learned I had some classic symptoms of depression. Symptoms can include depressed mood, loss of interest in activities you used to enjoy, feelings of guilt, hopelessness and worthlessness, sleep disturbances, appetite and weight changes, difficulty concentrating and lack of energy and fatigue.

According to the National Mental Health Association, approximately 12 million women in the U.S. experience clinical depression every year. About one in every eight women can expect to develop clinical depression in their lifetimes. Women are twice as likely as men to develop depression.

Social and cultural causes can stem from many aspects. The more roles that a woman is expected to play: wife, mother, working woman, etc., the more susceptible she is to "role strain" and its association with stress and depression. Women who receive little help at home, or are single mothers are more likely to experience depression.

I remember the first time that someone genuinely asked how I was, because they were concerned about me. Me. Someone actually wanted to know what was going on and wanted to help. And it wasn't my supervisors, my peers or my commander. It was my own Airman, who cared enough and noticed that something was wrong and helped me get the help that I desperately needed.

With the help and support of my friend, I was able to find the strength to go to the mental health clinic and receive the help I needed. I was one of the more than 60 percent of service members who think, according to the American Psychiatric Association, seeking help for mental-health issues would have at least some negative impact on their career. This isn't so.

Mental-health disorders have a biological basis and can be treated like any other health condition.

As military members, we have been briefed many times on how to recognize the signs and symptoms of someone who is in need of mental-health assistance. For someone who truly needs help, the first step to wellness is the hardest step there is. Acknowledging your problem is not a weakness, but a step made with incredible strength.

Housing opens doors to new community center

THE LANDINGS AT BOLLING PHOTO

Navy Capt. Anthony Calandra, Joint Base Anacostia-Bolling commander and Colleen Dickerson, The Landings at Bolling community director cut the ribbon to the new community center, May 26, on base. The Landings at Bolling's Community Center is home to the leasing office and offers their residents a fitness center, kids play room, resident lounge with free wireless internet access and a party room. Hours of operation are Monday through Friday from 7:30am until 5:30pm.

Leckie Elementary principal visits JBAB

BY TERENCE WISE
JOINT BASE ANACOSTIA-BOLLING EXECUTIVE DIRECTOR

Leckie Elementary School Principal Jermall Wright met with parents at the Stewart Theater for a combined open forum regarding the school, its objectives and direction May 16 at the Stewart Theater.

The next parents' meeting is slated for 7 p.m. June 21 at the Stewart Theater.

Mr. Wright's comments were followed by a question and answer period where parents and the principal engaged in an exchange of ideas, wants, needs and general comments of understanding. Mr. Wright was accompanied by the president of the Leckie Parent Teacher Association, Hattie McDuffie.

Mr. Wright explained that he is working with a shortfall of more than $600,000 this year, causing many programs and teacher positions to be eliminated or curtailed.

He said that Leckie continues to perform above the district average in reading and math on the D.C. Comprehensive Assessment System performance, and that the school is adopting more small group and center-based instruction and moving away from the old lecture format in order to better meet the individual needs of students.

Mr. Wright described the penalties schools face for not making adequate yearly progress and said that Leckie is one of only a small number of elementary schools in Ward 8 not in an improvement status under the No Child Left Behind Act.

There are 376 children attending Leckie this year, having picked up many new students from JBAB, the local neighborhood and from other wards throughout the city.

Parent feedback included lively discussions regarding behavior and back-talk from the children which leads to disrespect for teachers, a situation not tolerated within the school.

Mr. Wright stated that he is implementing common expectations in every class for next year and a positive behavioral support system. He said he is not averse to suspending children who are disruptive. Ms. McDuffie added that she tries to intervene with defiant children before they reach the point of suspension.

Many parents had positive feedback about the teachers at Leckie ES, and said that initially they were concerned about the 'toughness', but were surprised that overall the strategies used have helped. One parent remarked that her child behaves at home better now than before due to his teacher's intervention.

Mr. Wright explained that Leckie ES is fortunate not to have the type of extreme discipline problems found in other elementary school within the area.

Currently D.C. Public Schools have a small number of Early Childhood programs accredited through the National Association for the Education of Young Children, but Mr. Wright said that Leckie's Early Childhood program was selected to begin the process through a grant received through D.C. Public Schools.

In addition, Leckie is set to begin the exploration phase for the Primary Years International Baccalaureate

Program during the 2011-12 school year. This move is in line with the district's goal of establishing an

International Baccalaureate feeder pattern in Ward 8 that is being established next school year at Turner Elementary, Hart Middle School and Ballou Senior High School-similar to the pattern already established that provides students a pipeline into School Without Walls and Banneker Senior High School. The IB Program requires several phases that can take up to three to five years to complete.

New at Leckie next school year will be computer classes, smart boards, and teachers using technology more and more to include the introduction of digital media in the library such as iPads and Kindles.

There was a short discussion of Uniform Policy and the colors selected. Parents also liked the healthy lunches being provided.

U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS KIONA M. MILLER/RELEASED

WASHINGTON (June 4, 2010) Adm. Gary Roughead, Vice Adm. Sally Brice-O'Hara, Major Gen. Timothy C. Hanifen, and Rear Adm. Patrick Lorge salute during a ceremony at the U.S. Navy Memorial commemorating the 68th anniversary of the Battle of Midway.

Honors and Ceremonies ' Strong Relationships, the Bottom Line

BY TRACEY GOLD BENNETT
NAVAL DISTRICT WASHINGTON

Honors and ceremonies have been a part of the Navy's customs and traditions since its inception in 1775. It's customary in the Navy to render honors to ships, senior officials and dignitaries from other nations as well as those of the United States. Honors and ceremonies assist the United States in developing and strengthening ties with foreign nations while enabling participants to share in a special part of the Navy's heritage and history.

Frank Klem, Director of Ceremonies and Special Events and Ceremonies Scheduler Frank Lamberth have responsibility for planning events at the Washington Navy Yard (WNY,) Arlington National Cemetery, The United States Navy Memorial and other locations in the National Capital Region (NCR). Klem estimates his office plans and executes more than 1,000 ceremonies for NDW annually.

"We receive taskings from Military District Washington or the Joint Forces Headquarters National Capital Region (JFHQ-NCR) and the other half of the events are Chief of Naval Operations (CNO) or NDW Ceremonies, or requests for ceremonial support," said Klem. "We also keep the Ceremonial Guard schedule and we make sure they are available for funerals at Arlington National Cemetery in addition to all of the ceremonies they are required to participate in."

Klem says the organization process is a combined, coordinated effort.

"Military District Washington will send us tasking about a State Arrival at The White House and we'll coordinate between NDW and the ceremonial guard to make sure they have all the relevant information," he said. "Military District Washington has special requirements, such as required rosters of personnel for the Secret Service and we'll make sure the U.S. Navy Ceremonial Guard has them submitted."

There are numerous types of ceremonies that occur within NDW including CNO Arrivals, Changes of Command, State funerals, retirements, and wreath-layings, for historical commemorations like The Battle of Midway and Pearl Harbor among others.

"The Navy foreign liaison office sends us taskers for CNO arrivals (A CNO arrival is when the CNO hosts his counterpart from another nation), other varied types of ceremonies or we'll get requests for a color guard or a flag officer's retirement and we'll assist and support the project officers for those events."

Many might assume that organizing a thousand ceremonies requires a large budget. Klem says no.

"Our budget is small, the only thing we pay for are CNO arrivals. Flag Officer Changes of Command come out of that command's budget." said Klem. "When the Ceremonial Guard travels from point A to point B within the NCR, as directed by JFHQ-NCR or they travel to Arlington National Cemetery for the many funerals they annually perform there, that travel funding comes out of NDW's N4, NAVFAC's budget. They provide transportation for the Ceremonial guard."

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TRICARE

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occurs before reaching the age limit and the sponsor is responsible for more than one-half the child's support.

Qualifying conditions for ECHO include moderate or severe mental retardation, a serious physical disability and a physical or psychological condition that causes the beneficiary to be homebound.

Under the ECHO plan, active-duty sponsors are responsible for paying a cost share determined by their pay grade and separate from cost shares associated with other TRICARE programs. Regardless of the number of dependents registered in the ECHO, the sponsor pays only one cost share for benefits used in a calendar month. The maximum TRICARE cost share for all ECHO benefits combined, excluding ECHO home health care benefits, is $36,000 per fiscal year. Comprehensive services offered through the ECHO home health care benefit, which provides assistance to beneficiaries who are homebound and generally need more than 28 hours of home-based medical services each week, have their own separate reimbursement rates.

Additional information about ECHO can be found at www.tricare.mil/echo. If beneficiaries believe a qualifying condition exists, they should talk to their regional health care contractor. If stationed overseas, beneficiaries can contact their TRICARE Area Office or military treatment facility. Contact information can be found on TRICARE's website, ww.tricare.mil/contactus.

Handmade quilts cloak wounded warriors in love

BY TECH. SGT.
STACIA ZACHARY
U.S. AIR FORCES CENTRAL
COMBAT CORRESPONDENT

5/30/2011 - CAMP BASTION, Afghanistan (AFNS) -- Service members categorized as critical care aeromedical transport team patients are all leaving the contingency aeromedical staging facility with a very special package: a handmade quilt stitched with love.

Shortly after the January arrival of the current CASF team, quilts began arriving at the clinic. Wanting to provide something special for the wounded warriors and hoping to provide a touch of home, Jill Shaver, from Murfreesboro, Tenn., began fashioning homemade quilts.

"We've found that there are so many people who just want to help but don't know how," said Lt. Col. Barbara Persons, the 451st Expeditionary Aeromedical Evacuation Squadron Detachment 1 CASF commander. "These quilts are a testament to how much people care."

Straight from a supportive American's hands into the service member's lap, these handmade quilts take weeks of painstaking care to create.

"They usually come every four to six weeks and we'll get two or three of them at a time," the colonel said. "So much time and effort has been put into each and every quilt. You can just feel the love when you hold them."

The arrival of the first quilts came just prior to a CCATT patient's need for transportation.

"I remember when we first got these quilts," the colonel said. "Almost instantly we received word that a CCATT patient needed to be moved and it just seemed right that a quilt would cover him during transport."

The delivery of quilts became a harbinger to a wounded warrior's arrival.

"Within days we would have a person to give a quilt to," the colonel said. "What a heaven sent (gift) it's been to be able to provide them with something that's been made with such care and love."

The quilts are part of a volunteer program where people from the United States send items to the CASF for service members in hopes of making their stay a little bit easier.

"Everyone is so generous," said Capt. Zoe Woolston, a 451st EAES Det. 1 CASF clinical nurse. "A lot of what we have here has come from people who just want to help in some way."

The CASF staff receives regular shipments of care packages for the troops, so many that an Airman was needed to manage the program.

Senior Airman Christine Holmes volunteered to take over the program and immediately set to work organizing the items they had on hand and made an inventory of the items that service members might have need of.

"Many times, when a Marine comes in, they don't have anything, clothes, shoes, you name it," Colonel Persons said. "So, when people ask what we need, we're able to tell them because Airman Holmes has really done a great job identifying what we have on hand and what we need."

With all the care packages that come in, Airman Holmes has taken special care with the quilts. As the quilts come in, she ensures they are individually wrapped. Each bag is marked with a tag and stored in a box marked "CCATT Only."

"When the quilts arrive, I make sure I unpack them right away and put a blank anti-hijack tag on them and pack them away," said Airman Holmes, a medical technician deployed from the 95th Medical Group at Edwards Air Force Base, Calif. "When we get notified that a CCATT (patient) is ready to be moved, I start filling out the tag with his information to make sure it goes with him."

The handmade quilts are adorned with an embroidered Purple Heart medal at the center. The quilts all have decorative stitching sealing the quilts together. The stitching depicts an American bald eagle, stars and hearts. Most of them are in a red, white and blue color scheme but there is one quilt that stands apart from the rest. Mrs. Shaver made a purple one in case an injured female service member comes through the CASF.

"This one's got purple in it for a woman," Colonel Persons said. "I never like to pull these quilts out but I hope this one stays wrapped up; but if a woman does come through here who's critical, there's a very special quilt waiting for her."

When the service member opens the quilt, he or she also receives a card from the quilter wishing the quick recovery of its new owner.

"The cards that she sends are addressed to the (service members) and sometimes after the patients have recovered, they contact her," Colonel Persons said. "Jill always wonders when she's making a quilt about who it'll go to. So, if a patient contacts her, it gives a her sense of closure in a way."

The quilts are signs to the wounded that they haven't been forgotten and people back home are thinking of them.

"It's good that we can send these quilts home with our critical patients because it shows them that there's a lot of support for what they're doing," Airman Holmes said. "As they recover, it's something they can have to remind them they're not alone and they're not forgotten."

Homemade quilts even adorn the beds in the wards, providing a less sterile environment for the recovering patients.

"It's got all these comforts of home and it shows that people care about you," said. Marine Sgt. Todd Cross, an Abrams tank gunner and recovering patient. "It's a little touch of home."

The quilts are their own form of medication to the wounded warriors. As long as there is a need, critically wounded warriors will continue to receive tokens from members of a grateful nation.

"There are so many concerned people out there who just want to do something sons said. "I never like to pull these quilts out but I hope this one stays wrapped up; but if a woman does come through here who's critical, there's a very special quilt waiting for her."

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U.S. AIR FORCE COURTESY PHOTO

Shortly after the January arrival of the current contingency aeromedical staging facility team, quilts began arriving at the clinic. Wanting to provide something special for the wounded warriors and hoping to provide a touch of home, Jill Shaver, from Murfreesboro, Tenn., began fashioning homemade quilts and sending them to the CASF team.

Check out what's happening at all Military Installations around MD/DC/VA! go to DCMilitary.com

U.S NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS DIANE RUBIN/RELEASED

WASHINGTON (June 4, 2010) Chief of Naval Operations (CNO) Adm. Gary Roughead places a wreath during a ceremony at the U.S. Navy Memorial commemorating the 68th anniversary of the Battle of Midway.

BOTTOM LINE

■ Continued from 5

the NCR, as directed by JFHQ-NCR or they travel to Arlington National Cemetery for the many funerals they annually perform there, that travel funding comes out of NDW's N4, NAVFAC's budget. They provide transportation for the Ceremonial guard."

With so much responsibility and only two people, one might wonder how Klem and his office manage to make the ceremonies uniform and look perfect. Standardization is the key Klem says.

"We try to keep a standard format. We try to dissuade leadership from modifying the ceremonies, and we keep them the same with a standard knowledge base so they are performed to a high level and so the Ceremonial Guard will not have to worry about new movements and positioning."

Klem says the entire planning process begins with a script. "We give directions in the script. We plan for when the honors music and gun salutes are rendered and when various ceremonial movements are conducted," he said. "Since we have our standard and do it the same way every time, when we have the rehearsal the day before, we say for example, we're going to shoot 15 guns for this admiral . for that admiral 17 guns and so on."

He admits sometimes there are mistakes.

"For example when a flag doesn't unfurl or someone at the Ceremonial Guard passes out you'll know it. Because of the way the ceremonies are engineered we try to minimize the slip ups."

According to Klem, the ceremonies are performed so often, mistakes are anomalies.

"There are more 'at-a-boys' than 'whoops.' There are some slip-ups but they are rare and the average person probably doesn't see them. When we do make a mistake you'll know it."

Having been NDW's event organizer since 1995, one story is particularly poignant for Klem.

"It was when President George W. Bush had an arrival ceremony at the Washington Navy Yard the day before 9/11, the ceremony was very well executed, but was quickly pushed to the background because of the 9/11 attacks." he recalled.

Klem and other staffers didn't have time to celebrate the successful Presidential arrival ceremony - they didn't even make it home for some time.

"I didn't go home. I stayed for two days. There was no battle watch team at that time. No Operations Center, there was nothing like that" he said. "Several of us met with the leadership and discussed what was happening every day. We were then involved with coordinating the ceremonies such as the one month anniversary of 9/11, and other related memorials."

When asked about the reason NDW participates in ceremonies Klem offered this explanation:

"The reason we do many of these ceremonies is to strengthen the relationships with people from other countries, to enhance our heritage and to continue our customs and traditions which are key in the Navy.

One such ceremony is the CNO's 69th anniversary of the Battle of Midway Commemoration at the Navy Memorial on June 3 which will be hosted by NDW. Klem is the principal organizer of ceremonies and honors like the Midway commemoration.

"Fortunately, with Midway, the United States had a major victory that mainly went unheralded. Everyone thinks more about D-Day than they do about Midway which was the turning point of the war."

Klem says commemorations like Midway serve as reminders of our naval heritage.

In a joint environment such as Joint Base Anacostia-Bolling, however, Air Force and Navy culture and protocol require equal representation.

Jon Youngdahl, JBAB protocol officer, represents the Navy half of that office.

Youngdahl said the best example of ensuring Air Force and Navy got equal time would be the full operational capability ceremony Oct. 1, 2010 on the Air Force Ceremonial Lawn when Bolling Air Force Base and Naval Support Facility Anacostia officially merged.

"It was the senior leaders' intent to show and equal amount of Air Force and Navy influence in that ceremony," he said. "During that event, rather than a sea of white, as is usually the case in Navy ceremonies, we had instead a sea of blue and white."

That particular event was hosted by Navy Rear Adm. Patrick Lorge, Naval District Washington Commandant, who received the Bolling Air Force Base property from then-Maj. Gen. Darrell Jones, who was the Air Force District of Washington commander at the time.

"Our goal is to honor the cultures of each service," he said.

More information is available online about NDW events, ceremonies and the Ceremonial Guard.

http://www.cnic.navy.mil/NDW/About/Ceremonial-Guard/index.htm

Editor's note: Senior Airman Susan L. Moreno, Joint Base Anacostia-Bolling Public Affairs, contributed to this story.

JBAB Pool opens its doors

U.S. AIR FORCE PHOTO BY SENIORAIRMAN SUSAN MORENO

The Joint Base Anacostia-Bolling pool officially opened for the season May 28. For more information about hours of operation or renting the pool for parties, call 202-404-1143.

MWR at a glance

AQUATICS

BLDG. 51
202-404-1143

POOL HOURS OF OPERATION
Monday - Closed
Tuesday - Friday
. Lap Swim - 11 a.m.-noon
. Open Swim - noon-6:30 p.m.
Saturday and Sunday
. Lap Swim - 10-11 a.m.
. Open Swim - 11 a.m.-6:30 p.m.

Pool Party Reservations
Reserve the pool for your party today! The pool can be reserved from 6:30-9:30 p.m. Tuesday-Sunday. To submit a reservation request, obtain rules and regulations or find out reservation cost, call 202-767-5895 or visit the JBAB pool!

ARTS & CRAFTS CENTER

BLDG. 4472
202-767-4422

SUMMER YARD SALE & CRAFT SHOW
June 25 | 10 a.m.-2 p.m. | Exchange Parking Lot | $20
Create space in your garage, closet, attic or shed and sign up at the Arts & Crafts Center to reserve your space. Space will be available on a first come, first served basis. Price includes a table and two chairs. Additional tables and chairs will be available for rent on the day of the event. Sign up today at the Arts & Crafts Center!

AUTO HOBBY SHOP

Bldg. P8
202-767-4571

BASIC AUTO CARE CLASS
June 8 | 5-7:30 p.m. | $20
Come learn how to do a basic oil change, wiper blade replacement, flat tire repair and other basic auto care skills! There must be a minimum of five people signed up for the class to take place.

2011 CAR SHOW
Sept. 3 | 10 a.m.-3 p.m. | Exchange parking lot
Register your vehicle now for the 2011 Car Show. We are looking for muscle, import, classic, SUV, sport and motorcycles! Registration fee is $20 and the first 50 to sign up will receive a dash plaque and the first 35 entries will receive a free T-shirt! Trophies will be awarded at 2:30 p.m. with prize drawings throughout the day. General admission to the car show is free and the vendor table fee is $10. All vehicles must be registered at the Auto Hobby Shop during regular business hours.
*Note: All participants without base access must register by 6 p.m. Aug. 29. Those with base access can register up to noon the day of the event.

BOLLING CLUB

Bldg. 50
202-563-8400

2-FOR-1 STEAK NIGHT
Thursdays | 5-9 p.m. | Wings Bar & Grill
Choose from a 12-ounce rib eye or 12-ounce New York strip steak, a tossed or iceberg wedge salad and a russet or sweet baked potato with butter, sour cream, chives and bacon bits. Other main course choices include salmon or grilled chicken breast. All meals come with a roll and butter as well as coffee, tea or iced tea. Appetizers, desserts and a kids' menu is also available.
Club Members: $21.95
Non-Members: $39.95

FIRST FRIDAY - DJ STORM is BACK!
June 3 | 5 p.m.-midnight | Washington Dining Room
First Friday at the Club is the place to be! Music entertainment will be provided by DJ Storm! The Washington Dining Room has a large dance floor, plenty of seating and a cash bar. There is no cover charge and everyone is welcome. The Club's famous chicken wings, burgers and half-pound steamed shrimp are available to purchase from 7-11 p.m. Club members enjoy complimentary hors d'oeuvres from 5-6 p.m. (Non-members: $10).

CHAMPAGNE SUNDAY BRUNCH
June 5, 12 and 26 | 10:30 a.m.-2 p.m. | Washington Dining Room
Join us for the best Sunday brunch in the National Capital Region! The brunch features seasonal fruits, eggs Benedict, made-to-order omelets, scrambled eggs, breakfast meats, Belgian waffles, French toast, home fries, carving station, salad and dessert bar featuring soft-serve ice cream. There is also a selection of lunch entrees available. Brunch includes complimentary champagne, screwdrivers and Bloody Mary's.
Club Members: $17.95
Non-Members: $22.95

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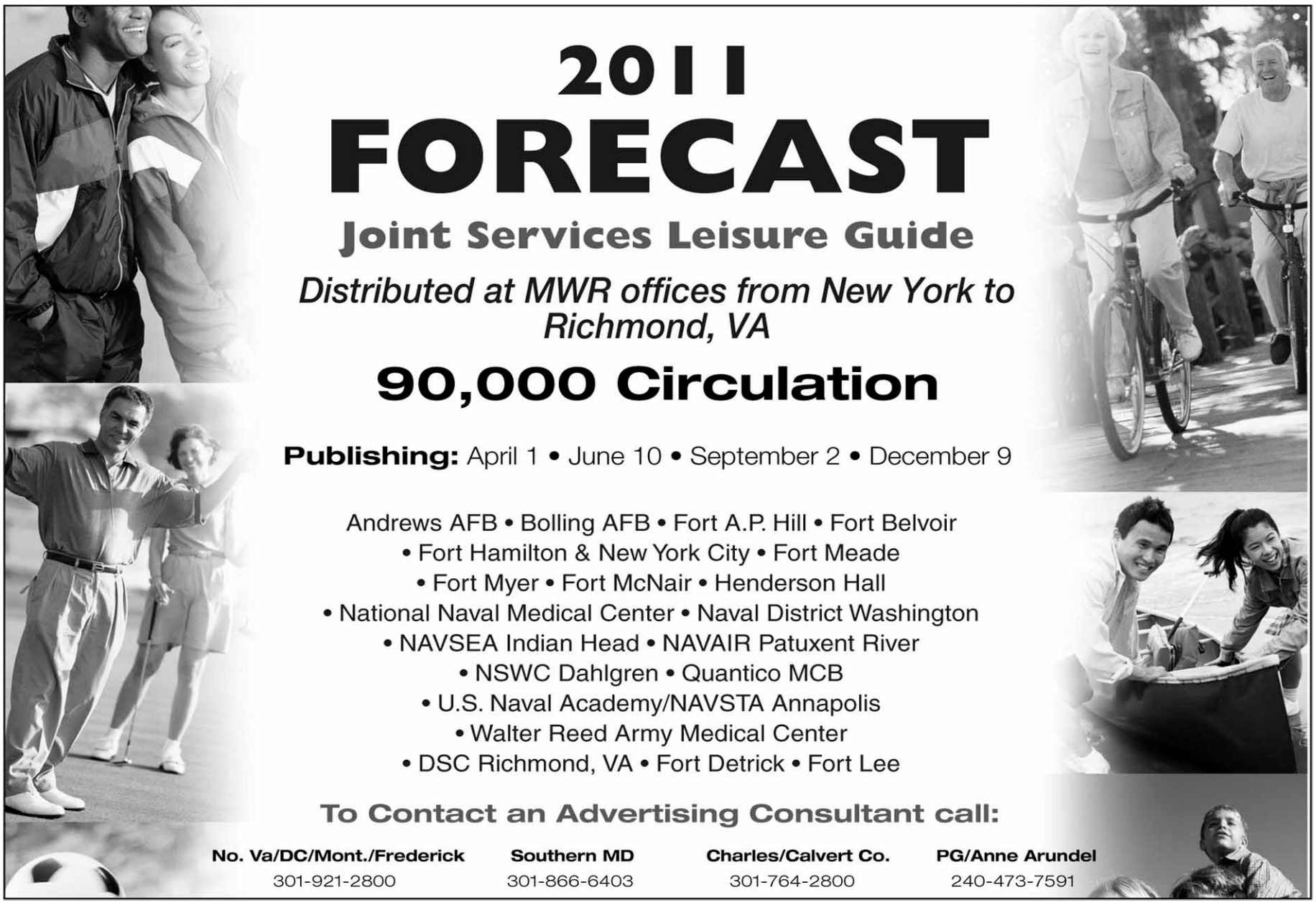
CATHOLIC SERVICES
Daily Mass
Mon - Fri....11:30 a.m.....Chapel Center
Weekend Mass
Saturday.....5 p.m.....Chapel Center
Sunday.....9:30 a.m.....Chapel Center
Reconciliation
Saturday.....4:30 p.m.....Chapel Center
Sunday.....9 a.m.....Chapel Center
Religious Education
Sep-May....10:45 a.m.-noon.....Chapel Center

PROTESTANT SERVICES
Sunday Worship
General Protestant Service... 11 a.m.
Chapel Two Gospel Service...11:30a.m.....
Chapel Center
Religious Education
Sept.-May.....9:30-10:30 a.m..
Chapel Center



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