

Schwab, David

From: rawindom [rawindom@aol.com]
Sent: Tuesday, September 27, 2011 3:26 PM
To: Windom, Robert (HRSA)
Subject: Fwd: September 2011 - Smart Brief - Benefits Available to PHS Officers

-----Original Message-----

From: DC COA Email Team <dccoemail@gmail.com>
To: DCCOA <DCCOA@groupspaces.com>
Sent: Tue, Sep 27, 2011 3:15 pm
Subject: September 2011 - Smart Brief - Benefits Available to PHS Officers

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To members of the D.C. Metropolitan Area Branch, This Smart Brief is a journal style email message intended to help keep you informed about various uniformed service benefits available to PHS officers. Please note that some offers may only apply to Armed Forces members; however, these Smart Briefs will help promote awareness and push toward including the common language of "Uniformed Services" in more legislation and benefits packages.

For the current posting (or most recent briefs), please forward any questions or comments to CDR Robert Windom at rwindom@hrsa.gov<<mailto:rwindom@hrsa.gov>>. We also welcome any hot topics or special discounts that you wish to share with your fellow officers. Thank you.

Current Posting

1. Free Fitness Center Access on Military Installations
2. 8th Annual Navy 5 - Miler
3. Downtown DC Events

Previous Posting

1. Busch Gardens Hero Salute Offer Still Available
2. Uniformed Services Member associations and programs
3. Free Fitness Center Access on Military Installations
4. Newseum Summer Fun Deal: Kids Get in Free

-----Current Posting

1. Free Fitness Center Access on Military Installations

FREE use of Military Fitness Centers for Active Duty, Retired Military, Active Reservists and DoD Civilians (active and retired with proof of retirement) and their family members throughout Naval District Washington fitness facilities. (Family members are defined as spouse and children; adult age children with valid student ID). Services may include aerobics instruction, personal trainers, and swimming pool where available (additional fees may apply). You may contact your nearest military installation to find out what services are offered there. Listed below are just a few of the DC/MD area facilities. Comfort Zone - Location - Walter Reed National Military Medical Center, Bethesda,

BRAND NEW FACILITY - BLDG 17, Contact base for more details.

Services - indoor swimming pool with two saunas, Cardio Zone exercise center, Weight Zone strength conditioning area, Personal training, stretching and abdominal training area, Locker rooms, Gymnasium, Jiu-jitsu/Karate (held in Bldg 12), Aerobics (held in Bldg 12), Seated massage (by appt), Scuba certification & swim lessons, Fun-runs, walks, golf tourneys, basketball leagues, more, more, more! Outdoor facilities - Four tennis courts, Basketball court, Softball field, Running track, Picnic pavilions.

USUHS Fitness Room - small, but convenient workout room w/ limited equipment

Location - National Naval Medical Center, Bethesda USUHS Campus, Bldg B (Security Office entrance), Open 24 hours

Fort Myer Fitness Center - Location - Fort Myer, VA, Bldg 414, Sheridan Ave, The Fort Myer Fitness Center staff is a professionally trained staff that includes, but is not limited to: personal fitness trainers, senior fitness trainers, wellness coordinators, pre- & post-natal fitness consultants, water safety and other aquatics related program initiatives, spin bike and aerobics instructors, sports specialists, and other program coordinators.

For more information call 703-696-7868 or visit <http://www.fmmcmwr.com/fitnessmyer.htm>
<<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fwww.fmmcmwr.com%2Ffitnessmyer.htm>>

The Body Shop - Location - Fort Belvoir, Bldg 1023, 1023 12th St, phone: 703-806-3100
Fort Belvoir has a vast selection of recreation and fitness options to choose from. Modern fitness centers offer a pleasant atmosphere to help you stick with your personal workout program. MWR also maintains tennis courts, softball fields and a running track at Pullen Field. Runners will enjoy choosing from any of our running trails with a variety of distances on Fort Belvoir's North and South Post. <http://www.belvoirmwr.com/fitness-center/index.html>
<<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fwww.belvoirmwr.com%2Ffitness-center%2Findex.html>>

Graves Fitness Center - Location - Fort Belvoir, 2116 Abbott Rd, phone: 703-806-5368
New Life Fitness Signature Series, Cardio Theater, Free Weights (urethane plates and dumb bells), Racquet Ball Cts (by reservation)
<http://www.belvoirmwr.com/>
<<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fwww.belvoirmwr.com%2Ffitness-center%2Findex.html>>[fitness-center/index.html](http://www.belvoirmwr.com/fitness-center/index.html)
<<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fwww.belvoirmwr.com%2Ffitness-center%2Findex.html>>

CPT Jennifer J. Shafer Odom Fitness Center - Location - Fort Detrick, Bldg. 1507
Phone: 301-619-2498, E-mail:
usagfitnesscenter@amedd.army.mil
<<mailto:usagfitnesscenter@amedd.army.mil>>

New swimming pool also available

Gaffney Fitness Center - Location - Fort Meade, 6330 Broadfoot Road
Pool Lap Swim hours also available.
For more info call 301-677-3716 or visit http://ftmeademwr.com/athletics_fitness/gaffney.htm
<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fftmeademwr.com%2Fathletics_fitness%2Fgaffney.htm>

Smith Gymnasium/Annex - Location - Marine Corps, Henderson Hall, 1555 Southgate Road, Arlington, VA. Smith Gym has a basketball and volleyball court, workout room, weight room, racquetball courts, and men's and women's locker rooms with saunas. Sports gear and equipment can be checked out with proper ID. Many programs are offered including workout classes and fitness programs. Tennis court reservations can also be made at the gym. Henderson Hall also maintains a seven-lane pool open from Memorial Day weekend through Labor Day. A small baby pool, locker rooms, and a covered patio complete the offerings. The pool deck can be reserved for private parties, with food and beverages ordered through the Marine Club.

Andrews Fitness Centers - Andrews Air Force Base,
Location - West Fitness Center, Bldg 1442, Andrews AFB, 301-981-7101

Location - East Fitness Center, Bldg 3705, Andrews AFB, 301-981-1610

Hours - Monday - Friday 6:00 a.m. to 9:30 p.m., Saturday & Sunday - 7:00 a.m. to 2:00 p.m.

For more information visit <http://316services.com/Fitness%20Center.htm>

<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2F316services.com%2FFitness%2520Center.htm>

NSA Annapolis Fitness Center - Location - Recreational Services Bldg, 89 Bennion Road, NSA Annapolis

Pool Lap Swim hours also available.

For more information call 410-293-9200 or visit <http://www.usna.edu/MWR/programs.htm>

<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fwww.usna.edu%2FMWR%2Fprograms.htm>

Joint Base Anacostia-Bolling Gymnasiums and Fitness Centers - Located in SE DC at 20 MacDill Blvd, JBAB DC 20032. Bldg 15 phone number is 202-767-5895. Bldg 419 phone number is 202-433-2962.

2. 8th Annual Navy 5 - Miler

8th Annual Navy 5 - Miler, September 25, 2011 8 a.m. Arlington, VA

Naval District Washington is hosting the 8th Annual Navy 5-Miler on September 25 at Pentagon North parking Lot, Arlington, VA. This race is open to the public!! Register

online at <http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2F2fe2ma.net%2Fgo%2F10680093181%2F3878583%2F109248937%2F12344%2Fgoto%3Ahttp%3A%2Fwww.navy5miler.com>

www.navy5miler.com

<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2F2fe2ma.net%2Fgo%2F10680093181%2F3878583%2F109248938%2F12344%2Fgoto%3Ahttp%3A%2Fwww.navy5miler.com>. Runner participation increases every year and many volunteers are essential for a successful event! If you want to volunteer, please contact:

pamela.handon@navy.mil <<mailto:pamela.handon@navy.mil?subject=>>> ,

kay.berube@navy.mil <<mailto:kay.berube@navy.mil?subject=>>> or

allison.bowman@navy.mil <<mailto:allison.bowman@navy.mil?subject=>>>

3. Downtown DC Events

Taste of DC - October 8-10, 2011. Taste of DC is a food, wine, beer, and music festival in Washington DC. The event will feature tastings and dishes from more than 80 of DC's best restaurants, eateries and food trucks, a Farm-to-Fork zone, and the chance to get up close and personal with local chefs and winemakers. Wine and craft beer pavilions will showcase wines from around the world as well as craft beers that are brewed around the region. Live entertainment will be performed on four stages with national headlining acts, local bands, chef demonstrations and family performances. A portion of the proceeds from the Taste of DC will be donated to the DC Central Kitchen, the American Red Cross and Bread for the City.

Saturday, 11 a.m.-10 p.m., Sunday, 10 a.m.-10 p.m., Mon, 10 a.m.-6 p.m.

Location, Pennsylvania Avenue NW, Between 9th St. and 14th St., Washington DC

The closest Metro stations are Federal Triangle and Metro Center

Admission, General Admission is Free, Food & Beverage Tickets are 10 tickets for \$15

MILITARY APPRECIATION NIGHT at Hard Rock Cafe Washington, DC. October 12, 2011, 7pm.

Presented by Hard Rock Cafe DC and Harley-Davidson 999 E Street NW, Washington, DC. Hard Rock Cafe Washington, DC and Harley-Davidson Washington, DC Salute our Troops. Join us for Military Appreciation Nights at the Hard Rock on the 2nd Wednesday of every month starting at 7:00 PM. Meet, Greet, Rock, Party with your fellow past and present troops. Present your valid military ID to receive your 15% discount on all food, beverage (non-alcoholic), and retail purchases. Arrive on your Harley-Davidson motorcycle and receive a complimentary Hard Rock souvenir with \$25 purchase. Bring your Hard Rock receipt to Harley-Davidson of Wash, DC and receive a free gift. Bring your Harley-Davidson receipt to Hard Rock DC to receive a free gift.

The Benefits Committee is dedicated to researching offers, incentives, and legislative topics with the purpose of increasing awareness of benefits and services available to USPHS Commissioned Corps Officers, retirees, and family members. We strongly feel that sharing this valuable information will lead to increased morale and improved quality of life for our PHS community. We hope that you have enjoyed these Smart Brief publications and we want to continue sharing topics of interest and opening dialogue with you. Please note that Smart Briefs are sent out once a month; look for future editions around the 2nd week of each month. For your convenience, a link has been created on the DC COA website that will allow you to access past Smart Brief editions. DC COA Smart Briefs<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fe.groupspaces.com%2Fclick%2F1clza-1lptl-1cfqnt0wyx%3Fu%3Dhttp%253A%252F%252Fe.groupspaces.com%252Fclick%252F16quy-1lpw2-10ue7u9zro%253Fu%253Dhttp%25253A%25252F%25252Fwww.dccoa.org%25252Fsmart%25252520Brief_Archives_subfolder%25252Fsmartbrief_archives.html%2526utm_medium%253Demail%2526utm_source%253Dgroup-mail%2526utm_term%253Dgroup-mail-20173%26utm_medium%3Demail%26utm_source%3Dgroup-mail%26utm_term%3Dgroup-mail-20173>

Thank you for your support,
CDR Robert Windom, Chair, DC COA Benefits Subcommittee
CDR Julian Canizares, Outgoing Chair
CAPT Lou Ann Rector
CDR Melissa Merideth
LCDR Eduardo Lim
LCDR Yang Wang
LT Tracy Tilghman

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Thank you for all that you do and have a great week!

LT John Diehl and LT Jessica Cole, Co-Chairs, DC COA Email Subcommittee
LCDR Keisher Highsmith
LCDR Keisha Johnson
LT Cindy Eugene

Attachments

The following file is attached to this e-mail:

<<http://media.groupspaces.com/images/icons/pdf.png>> Request for DC COA listserv dissemination.pdf
11.5Kb View<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Ffiles.groupspaces.com%2FDCCOA%2Ffiles%2F65712%2FA2A_w5xx5Tqshbug33oP%2FRequest%2Bfor%2BDC%2BCOA%2Blistserv%2Bdissemination.pdf%3Fview%26utm_medium%3Demail%26utm_source%3Dgroup-mail%26utm_term%3Dgroup-mail-20173>
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Visit the new DC COA Group Spaces page for information on upcoming and past events. <http://groupspaces.com/DCCOA><http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fgroupspaces.com%2FDCCOA%2F%3Futm_medium%3Demail%26utm_source%3Dgroup-mail%26utm_term%3Dgroup-mail-20173>

Friend DC COA on Facebook by clicking on the link: <http://www.facebook.com/group.php?gid=169173163631><<http://e.groupspaces.com/click/1fmer-1lptl-24pcu99c2r?u=http%3A%2F%2Fwww.facebook.com%2Fgroup.php%3Fgid%3D169173163631>>

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org/<<http://e.groupspaces.com/click/1fmer-11ptl-24pcu99c2r?u=http%3A%2F%2Fwww.dccoa.org%2F>>

Visit the Commissioned Officers Association homepage: <http://www.coausphs.org/><<http://e.groupspaces.com/click/1fmer-11ptl-24pcu99c2r?u=http%3A%2F%2Fwww.coausphs.org%2F>>

*The mission of the Commissioned Officers

Association<<http://e.groupspaces.com/click/1fmer-11ptl-24pcu99c2r?u=http%3A%2F%2Fwww.coausphs.org%2F>> of the U.S. Public Health Service is to improve and protect the public health of the United States by advocating for the Commissioned Corps and its officers.*

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