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JBM-HH bids farewell to deputy commander *Lt. Col. John John E. Orille retires after 24 years in Corps*

By Julia LeDoux
Pentagram Staff Writer

Joint Base Myer-Henderson Hall bid farewell April 8 to deputy commander Lt. Col. John John Orille, who retired following a 24-year career in the Marine Corps during a ceremony on the Henderson Hall portion of the joint base.

The artillery officer served as the joint base's deputy commander since September 2013.

"Throughout his career, John was assigned to many different units," said the ceremony's presiding officer, Marine Maj. Gen. Frederick M. Padilla, president of National Defense University. "All those units were successful. They were more successful because he was in that unit."

Orille, a native of Jersey City, N.J., graduated from Norwich University, the Military College of Vermont. In 1992, Orille was commissioned as a second lieutenant in the Marines. During his time in the Corps, he served in support of Operation Raven; with several Marine Air Ground Task Forces; several billets at Marine Corps Base Quantico, Va.; at Marine Corps Base Camp Lejeune, N.C.; and several deployments in support of Operation Iraqi Freedom and Operation Enduring Freedom. It was during one of

those deployments to Iraq that Orille served under Padilla as a battery commander.

"In combat or at home, John has served his country extremely well," said Padilla. "The nation owes you a debt of gratitude it can never repay. In the Naval tradition, I wish you fair winds and following seas."

Since it became a joint base in 2009, JBM-HH's command structure has included a Marine Corps lieutenant colonel as its deputy commander. Orille is the third Marine to serve as such.

During the ceremony, Orille was presented the Legion of Merit medal and his wife Elizabeth was presented with a certificate of appreciation as the couple's sons, Jack and Connor, looked on with other family members and dozens of friends.

"I have a lot to be thankful for and I want to recognize every one of you, because this ceremony is just as much about each and every one of you as it is about me," Orille said. "As you would expect, I'm a flood of emotion right now."

Orille said you don't simply join the Corps, you become Marines – a band of brothers, a family.

"It has been an incredible honor to serve side by side with the selfless men and women like you

see RETIREMENT, page 4



PHOTOS BY BOBBY JONES

Marine Corps Lt. Col. John John E. Orille, right, deputy commander, Joint Base Myer-Henderson Hall, and Marine Corps Maj. Gen. Frederick M. Padilla, left, president, National Defense University, listen as Orille's brother, James, addresses the audience during John John's retirement ceremony April 8 on the Henderson Hall portion of Joint Base Myer-Henderson Hall.



A cadre of his fellow Marine officers serving as side boys render salute to Marine Corps Lt. Col. John John E. Orille, deputy commander, Joint Base Myer-Henderson Hall, during his April 8 retirement ceremony at Henderson Hall. Orille served as JBM-HH's deputy commander for two-and-a-half years, and spent some 24 years in the Marine Corps.

Survivors thrive, build resiliency with creative arts, spirituality

By Guv Callahan
Pentagram Staff Writer

Survivors of fallen service members gathered at Joint Base Myer-Henderson Hall April 9 for a daylong seminar on building resiliency through creative arts and spirituality.

Retired U.S. Army Chap. (Maj.) Kristi Pappas, Survivor Outreach Services support coordinator for JBM-HH and organizer of the event, said the goal was to help these spouses and family members do more than just survive.

"I believe in thrivers," she said. "My goal is to thrive. We need to

see RESILIENCY, page 4



PHOTO BY BOBBY JONES

Chris Pappas, right, instructs survivors of fallen service members how to create paracord bracelets as part of a one-day seminar on building resiliency through creative arts and spirituality April 9 on the Fort Myer portion of Joint Base Myer-Henderson Hall. The workshop, hosted by the JBM-HH Survivor Outreach Services office, was intended to help spouses and family members do more than just survive, but to thrive, according to retired U.S. Army Chap. (Maj.) Kristi Pappas, Survivor Outreach Services support coordinator for JBM-HH and organizer of the event.

Looking ahead 20 years

JBM-HH planners at work on what base will look like in 2035 and beyond

By Julia LeDoux
Pentagram Staff Writer

What will Joint Base Myer-Henderson Hall look like in 20 years?

Senior leaders, including Joint Force Headquarters – National Capital Region and the U.S. Army Military District of Washington Commander Maj. Gen. Bradley Becker and JBM-HH Commander Col. Mike Henderson got a first look April 7 at a plan whose with a vision statement that calls for the installation to "retain its historic character while creating and modernizing its infrastructure to establish a

secure, sustainable compact community that is both responsive to the mission and adaptive to the needs of the NCR."

"The vision statement is supposed to be the guiding light for future development," explained Master Planner Ian Frank.

The vision plan, which will continue to be developed over the next 120 days, will also include two area development plans – one for the Fort McNair portion of the joint base and the other for the Fort Myer/Henderson Hall portions of the installation.

"This is something we've looked forward to," said Henderson of

the planning process. "The redistricting plans are very well done."

During the briefing, held at Spates Community Club, senior leaders, including Becker, stressed the importance of running/walking/biking trails for all portions of the joint base. The area development plan for the Fort Myer and Henderson Hall portions of the joint base includes a proposal for just such a trail.

"The troops and the Marines, are finding places to train that aren't necessarily designed for physical fitness," noted Marine Capt. Robert

see PLANNING, page 4

News Notes

See something? Say something!

Joint Base Myer-Henderson Hall officials ask everyone to take part in the Department of Homeland Security's "see something, say something" campaign. Noticeably unusual or suspicious activity that should be reported to military or civilian police include people monitoring or photographing JBM-HH facilities or gates. Say something, even if the activity turns out to be authorized. If someone complains of a lost or compromised security code or access card and expects you to let them in/help them out, don't let them slide by on your say so. Say something to the security personnel, military or civilian police. If you see someone trying to park a vehicle close to public events, like the Twilight Tattoo, for example, say something to the military or civilian police. When you see a substance leaking from a vehicle or suspect a hazardous material leak, say something. To report an actual incident, call 911 and provide the five "W's" to the best of your ability: Who, What, Where, When and Why (if possible).

For more information, call the JBM-HH Police Dispatch Operations at 703-696-3525 or the Police Operations Desk at 703-588-2801.

Shredding event at Fort McNair – April 14

The Environmental Management Division of Public Works has coordinated a mass

paper shredding event for the Fort McNair portion of JBM-HH April 14. Shredders will be at Bldg. 29 from 9 to 11 a.m., and Bldg. 62 from 11 a.m. to 1 p.m. For more information, including what to include and what not to include for shredding, call Mark Luckers at 703-696-2012.

Strike out! Sexual Harassment & Assault Prevention bowling – April 14

The JBM-HH Sexual Harassment/Assault Response and Prevention Office is hosting a bowling event called Strike Out! April 14 to generate awareness of sexual harassment and prevention. The event takes place 11 a.m. to 1:30 p.m. at the bowling center on the Fort Myer portion of JBM-HH (Bldg. 411 on McNair Road). Cost is \$5 per person. To register, visit <https://goo.gl/z7Fv59>. For more information, call Priscilla Ross at 703-696-6734 or email at Priscilla.ross.civ@mail.mil.

Education and career fair – April 14

Marine Corps Community Services Henderson Hall's Marine and Family Programs holds a spring education and career fair April 14 from 10 a.m. to 1 p.m. at the Cpl. Terry L. Smith Gym on the Henderson Hall portion of the joint base. The event is free and military friendly, with

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For more weather forecasts and information, visit www.weather.gov.

Fight!



PHOTO BY SGT. CODY W. TORKELSON

Soldiers from the 3d U.S. Infantry Regiment (The Old Guard) participate in a "clinch drill" during a Level 1 Army Combatives Course hosted by the 289th Military Police Company on the Fort Myer portion of Joint Base Myer-Henderson Hall April 6. The goal of the drill is for Soldiers to achieve a clinch while being pummeled by an instructor. This portion of the course is intended to desensitize Soldiers to being struck during hand-to-hand combat. To learn more about the Army's hand-to-hand combat instruction, visit <http://go.usa.gov/ctpJk> online.

Fort Myer Bus Schedule

Route 9 (rush hour only) L10

Ft. Myer (a.m. schedule)

Ft. Myer Dining Facility Bldg. 404	Ft. Myer Henderson Hall MCX	Pentagon Transit Center (L10)	Ft. Myer Rader Clinic	Ft. Myer CDC Bldg. T-482	Ft. Myer Officers' Club Bldg. 214
5:05 am	-	5:15 am	-	-	-
5:25 am	-	5:35 am	5:45 am	5:49 am	-
6:00 am	-	6:11 am	-	-	-
-	6:21 am	-	6:24 am	6:29 am	6:32 am
6:35 am	6:39 am	6:45 am	-	-	-
-	6:56 am	-	6:58 am	7:03 am	7:07 am
7:12 am	7:16 am	7:26 am	-	-	-
-	7:36 am	-	7:38 am	7:43 am	7:46 am
7:49 am	7:52 am	8:00 am	8:11 am	8:14 am	-

Ft. Myer (p.m. schedule)

Ft. Myer Officers' Club Bldg. 214	Pentagon Transit Center (L10)	Ft. Myer Dining Facility Bldg. 404	Ft. Myer Rader Clinic	Ft. Myer Henderson Hall MCX	Ft. Myer CDC Bldg. T-482
4:25 pm	4:36 pm	-	4:48 pm	4:46 pm	4:50 pm
4:54 pm	-	4:57 pm	5:00 pm	5:02 pm	-
-	5:11 pm	-	-	5:21 pm	-
-	-	-	5:23 pm	-	5:25 pm
5:29 pm	-	5:35 pm	5:39 pm	5:41 pm	-
-	5:51 pm	-	-	6:01 pm	-
-	-	-	6:03 pm	-	6:05 pm
-	6:14 pm	-	-	6:26 pm	-
-	-	-	6:29 pm	-	-
-	6:36 pm	-	-	-	-

Route 13 (departs approx. every 60 mins.) L8

Pentagon - Ft. Myer Bldg. 214

Ft. Myer Bldg. 214 - Pentagon

Depart Pentagon Transit Center (PTC)	Ft. Myer Rader Clinic	Ft. Myer Bldg. 404	Ft. Myer Bldg. 214	Ft. Myer Bldg. 214	Ft. Myer Bldg. 404	Ft. Myer Rader Clinic	Depart Pentagon Transit Center (PTC)
8:25 am	8:40 am	8:45 am	8:50 am	8:55 am	9:07 am	9:09 am	9:23 am
9:25 am	9:40 am	9:45 am	9:50 am	9:55 am	10:07 am	10:09 am	10:23 am
10:25 am	10:40 am	10:45 am	10:50 am	10:55 am	11:07 am	11:09 am	11:23 am
11:25 am	11:40 am	11:45 am	11:50 am	11:55 am	12:07 pm	12:09 pm	12:23 pm
12:25 pm	12:40 pm	12:45 pm	12:50 pm	12:55 pm	1:07 pm	1:09 pm	1:23 pm
1:25 pm	1:40 pm	1:45 pm	1:50 pm	1:55 pm	2:07 pm	2:09 pm	2:23 pm
2:25 pm	2:40 pm	2:45 pm	2:50 pm	2:55 pm	3:07 pm	3:09 pm	3:23 pm
3:25 pm	3:40 pm	3:45 pm	3:50 pm	3:55 pm	4:07 pm	4:09 pm	4:23 pm

The JBM-HH Logistics Readiness Center runs Route 9 "The Myer Flyer" and Washington Headquarters Service (Pentagon Motor Pool) operates Route 13. Route 9 "The Myer Flyer" operates Monday through Friday (except for holidays) from 5:05 a.m. to 8:41 a.m. and 4:25 p.m. to 6:29 p.m. with a route between the Pentagon Transit Center and JBM-HH stops. Route 13 operates, Monday through Friday (except for holidays) from 8:25 a.m. to 4:23 p.m. with a continuous route between the Pentagon Transit Center and JBM-HH stops. Specific bus stops on JBM-HH are listed online at <http://go.usa.gov/ck9j>. For more information or questions on these shuttle services, please call 703-696-7136.

This week in military history

Compiled by Jim Goodwin
Editor, Pentagonram

April 14 1973: Marine Corps Maj. Douglas A. Zembiec, dubbed the "Lion of Fallujah" for his tenacity during the Battle of Fallujah in Iraq in 2004, was born. Zembiec would later be killed during combat operations while serving in Baghdad, Iraq, on May 11, 2007. Zembiec was an individual augmentee deployed to Iraq with Multi-national Corps when he was killed during combat operations there. He was assigned to Headquarters and Service Battalion, Headquarters Marine Corps, Henderson Hall, at the time of his death. The Maj. Douglas A. Zembiec Pool, located on the Henderson Hall portion of JBM-HH, was dedicated in his name Sept. 9, 2010.



PHOTO BY RACHEL LARUE

A placard marks Henderson Hall's recreational pool as the Maj. Douglas A. Zembiec Pool at the Henderson Hall portion of Joint Base Myer-Henderson Hall. The pool was dedicated in memoriam of Zembiec on Sept. 9, 2010. Zembiec was a former Henderson Hall Marine who earned the nickname "Lion of Fallujah" and was posthumously awarded the Silver Star in 2007. He was born April 14, 1973.

April 15 1940: The U.S. War Department issues a new field manual, FM 1-5, which advocated the centralized use of air power against strategic and interdiction targets, according to the online U.S. Air Force History, One Hundred Ten Years of Flight. The manual dictated that airplanes could be used to support tactical commanders on the battle field.

April 16 1946: Congress passes the Army-Navy Nurses Act, providing nurses who served in both armed services commissioned rank, according to an entry on Navy.mil.

April 17 2003: Just 30 days into Operation Iraqi Freedom, U.S. troops release more than 900 Iraqi prisoners, according to the This Day in Military History website. This began the process of sorting through thousands of captured Iraqi troops during the war.

April 18 1847: The 3d U.S. Infantry Regiment (The Old Guard) participates in the Battle of Cerro Gordo during the Mexican War, according to an online history of The Old Guard. In 1922, the regiment established a custom of passing in review with bayonets fixed, commemorating the regiment's bayonet assault with the 7th Infantry up Telegraph Hill at Cerro Gordo.

April 19 1775: At about 5 a.m., some 700 British troops march into Lexington, Mass., on a mission to capture patriot leaders and seize a patriot arsenal; instead, they find 77 armed minute men, led by Capt. John Parker, waiting for them on the town's common green, according to the This Day in Military History website.

April 20 1970: In a televised speech, President Richard M. Nixon announces that some 150,000 U.S. troops will be withdrawn over the next year due to the success of the Vietnamization program, according to the This Day in Military History website. One year later to the day, the Pentagon releases figures confirming that fragging incidents were on the rise among U.S. military units serving in Vietnam, blamed largely on weakened unit cohesion, according to the This Day in Military History website.

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Cody CDC celebrates military kids with pinwheel parade

By Julia LeDoux
Pentagram Staff Writer

Blue and silver pinwheels held by eager little (and some not-so-little) hands spun merrily in the breeze April 8 as children and staff from Cody Child Development Center and the Joint Base Myer-Henderson Hall community came together during a parade to recognize April as the Month of the Military Child and Child Abuse Prevention Month.

“Throughout the month of April, we’ll have plenty of opportunities to celebrate all of you and all military children,” JBM-HH Commander Col. Mike Henderson told the youngsters. “We have several activities planned to bring awareness of child abuse prevention.”

Henderson said students at Cody will be going on scavenger hunts; will be on the lookout for ways to be nice to others and to help others be safe throughout the month.

“As parents, caregivers and commu-

nity members we work hard to protect, honor and praise our children,” he said.

Henderson said the pinwheels represent a promise to protect and honor all children.

Children watched wide-eyed as The United States Army Old Guard Fife and Drum Corps performed a musical selection before the parade began. Due to the high winds and chilly temperatures, Cody CDC Director Sunny Smith said the parade route was slightly altered so the marchers would not be outdoors for quite as long.

“This year’s parade is better than ever because we are a full house,” she added. “We’ve got 351 kids. We really get to celebrate this year because we are full and we are celebrating every single child who gets to come here. It’s their month and it’s our month to keep them all safe.”

See more photos from this event on page 11.

Pentagram Staff Writer Julia LeDoux can be reached at jledoux@dc.military.com.



PHOTO BY BOBBY JONES

William Gilbert and Maddie Hatcher, both age 4 and students at the Cody Child Development Center, hold hands and march in the 5th annual Pinwheel Parade by displaying their blue-colored pinwheels on the Fort Myer portion of JBM-HH April 8. Children and staff from Cody Child Development Center and the JBM-HH community come together annually to participate in the parade, an effort that to recognize April as the Month of the Military Child and Child Abuse Prevention Month.

Caisson Platoon stables host special guests ahead of D.C. sporting events



PHOTO BY SPC. BRANDON C. DYER

Dave Thomas, a member of the East Coast Budweiser Clydesdales, braids the mane of one of the team’s horses inside the Caisson Platoon’s horse stables April 7 on the Fort Myer portion of Joint Base Myer-Henderson Hall. The Clydesdales were in town last week to make a full-hitch appearance at the Washington Nationals baseball team’s home opener and a Washington Capital’s game.

By Spc. Brandon C. Dyer
The Old Guard Public Affairs

The 3d U.S. Infantry Regiment (The Old Guard) Caisson Platoon had some famous guests in the barn.

The East Coast Budweiser Clydesdales were in town last week to make a full-hitch appearance at the Washington Nationals baseball team’s home opener and a Washington Capital’s game.

The Clydesdales are staying in the Caisson Platoon’s stables on the Fort Myer portion of Joint Base Myer-Henderson Hall.

Dave Thomas, originally of the Chicago area, has been a member of the Budweiser Clydesdale team for 15 years.

“It’s neat to be a part of such an old tradition here with The Old Guard. These are two of the oldest horse units in the country to have been going continuously,” said Thomas. “It’s pretty cool we get to stay together from time to time.”

“It seems like we come back to Fort Myer every couple years,” said Thomas. “We enjoy coming and seeing what’s going on at the Caisson, the hospitality everyone shows us.”

“The facilities here are top notch,” said Thomas. “One of the finest around. We always enjoy coming.”

The Clydesdales will stay on military bases or mounted police barracks as they make their way across the country for their average 200 yearly appearances.

Thomas grew up showing horses and says getting a job with the Budweiser Clydesdales was his “dream job.”

Thomas said that much like the average Soldier in The Old Guard, Budweiser Clydesdales are given a haircut once a week to ensure they are always ready for a photo shoot or ceremony.

Budweiser Clydesdales have shared the stage with The Old Guard twice at Presidential inaugurations. They appeared in 1949 for Missouri native Harry Truman’s inaugural parade, and

see CLYDESDALES, page 7

Frigid winds don’t deter Cherry Blossom runners

Compiled by Jim Goodwin
Pentagram Editor

More than 100 people braved an unusually cold spring morning April 8 to participate in the second road race of the Joint Base Myer-Henderson Hall’s Commander’s Race Series, the Race along the River Cherry Blossom 5K run and 1-Mile walk.

The event, in its third annual, took place at the Fort McNair portion of JBM-HH, located in Washington, D.C.’s south west region. The race coincides with the annual blooming of cherry trees in D.C.

“The weather really did not hold back the runners and walkers from taking part,” said event organizer Todd Hopkins of JBM-HH Family and Morale, Welfare and Recreation. “The clouds above the river and D.C. had turned a shade of pink in preparation for the start of the race.”

Official results from the race included:

Overall Male Runner — Stephen Wilson, who finished in 16:13

Overall Female Runner — Daniella Lagrand, who finished in 20:07

Overall Youth — Xavier Rameriz, who finished in 28:05

Overall Male Walker — Travis Munder

Overall Female Walker — Amber McLamb

Largest Military Unit with 31 Members — Headquarters and Headquarters Company, U.S. Army Garrison.

The third race in the Commander’s Race Series is the Reelin’ and Rockin’ Sock Hop May 6 starting at the Fort Myer Fitness Center. Additionally, there are two Army Ten-Miler JBM-HH Team qualifier races taking place: May 20 and June 10. For more information about any of these races, contact Hopkins at 703-696-0594 or email at todd.a.hopkins.civ@mail.mil.

Meanwhile, Marine Corps Community Services Henderson Hall’s Semper Fit Oohrah! Run Series con-



PHOTO BY BOBBY JONES

Participants in the Race Along the River Cherry Blossom 5K race take off from the starting point next to the Officers’ Club on the Fort McNair portion of Joint Base Myer-Henderson Hall April 8 in Washington, D.C. The race, which occurs with the blooming of the cherry blossoms in Washington, D.C., is the second in the 2016 Family and Morale, Welfare and Recreation’s Commander’s Race Series.

tinues with the Iwo Jima 7K race May 18 starting at the Cpl. Terry L. Smith Gymnasium on the Henderson Hall

portion of JBM-HH. To register or for more details, visit www.mccshh.com/OohRahRunSeries/index.html.

★ ★ ★ The United States Army Band ★ ★ ★ CALENDAR OF EVENTS

April 14	7:30 p.m.	Guest conductor H. Robert Reynolds, of the USC Thornton School of Music and a University of Michigan professor, leads The U.S. Army Concert Band in a special performance at Brucker Hall on the Fort Myer portion of JBM-HH.
April 17	3 p.m.	The U.S. Army Blues will perform a tribute to Frank Sinatra featuring performances by Army Band vocalists with a “signature big band sound.” The event takes place in Brucker Hall on the Fort Myer portion of JBM-HH.
April 17	5:45 p.m.	The U.S. Army Voices will perform at St. John’s Episcopal Church, 6701 Wisconsin Avenue, Chevy Chase, Maryland.
April 20	12:30 p.m.	The U.S. Army Brass Quintet will perform at the George Mason Concert and Clinic at George Mason University’s DeLaski Hall at 400 University Drive in Fairfax, Va.
April 23	2 p.m.	The U.S. Army Blues will perform at the Archbishop Carroll Spring Arts Festival at Archbishop Carroll High School, 4300 Harewood Road N.E., Washington, D.C.
April 23	5 p.m.	The U.S. Army Chorus has kicked off a year of concerts and events in honor of the 60th anniversary of the group’s founding in 1956. The anniversary concert series will include a concert reunion of past members, many of whom have had successful careers in music education and as soloists on Broadway and opera stages around the world. This latest concert will take place at Westwood Baptist Church at 8200 Old Keene Mill Road in Springfield, Va.
April 24	5 p.m.	The U.S. Army Chorus has kicked off a year of concerts and events in honor of the 60th anniversary of the group’s founding in 1956. The anniversary concert series will include a concert reunion of past members, many of whom have had successful careers in music education and as soloists on Broadway and opera stages around the world. This latest concert will take place at Christ the King Church at 1801 North Quaker Lane in Alexandria, Virginia.

Performances are free and open to the public, unless otherwise noted. All outdoor concerts are subject to cancellation or location change due to weather considerations. Call 703-696-3399 for up-to-date information on concert cancellations or location changes. For additional details and a full calendar of performances, visit www.usarmyband.com/event-calendar.html.

RETIREMENT

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who care about the Corps and country more than themselves," he said.

Orille's brother, retired Navy Petty Officer Jim Orille, presented him with a target rifle that had been awarded him by the Secretary of the Navy.

A flag presented to Orille during the ceremony had special meaning for him and his entire family. It was presented last year during the funeral service for his father, retired Navy Petty Officer Perry Orille, who died in January 2015. Since that time, the flag was flown over the USS Barry, one of the last ships that Orille's father served aboard during his 20-year Navy career. The flag was also flown over the Marine Corps War Memorial; Headquarters and Service Battalion; Headquarters Marine Corps, Henderson Hall; and Whipple Field on the Fort Myer portion of the joint base; the Tomb of the Unknown Soldier at Arlington National Cemetery; and the Fort McNair Parade Field on



PHOTO BY BOBBY JONES

Joint Base Myer-Henderson Hall Deputy Joint Base Commander, Marine Corps Lt. Col. John John E. Orille, is warmly greeted by U.S. Army Col. Mike Henderson, JBM-HH commander, following Orille's retirement ceremony on the Henderson Hall portion of JBM-HH April 8. Orille, who served 24 years in the Corps, served with Henderson for about two years.

the Fort McNair portion of the joint base.

"This is a day that I knew would always happen, but somehow hoped would never come," concluded Orille.

Marine Corps Lt. Col. Eric W. Kelly will succeed Orille as JBM-HH deputy commander later this year.

Pentagram Staff Writer Julia LeDoux can be reached at jledoux@dcilitary.com.

RESILIENCY

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overcome."

Pappas, a Kansas City, Missouri, native and music therapist, is an Army veteran who retired in 2014 after 23 years of service in the Army Chaplain Corps. During that time, she was stationed at Fort Belvoir, Walter Reed Military Medical Center and on a yearlong deployment to Kuwait.

The seminar consisted of a lecture from Pappas on resiliency, followed by a day of activities such as quilting, yoga, meditation, poetry writing and much more, before wrapping up with a concert from The U.S. Army Band "Pershing's Own," part of the band's Therapeutic Outreach Program.

Pappas has experience with post-traumatic stress, and not just from her work as a chaplain for more than 20 years. She also witnessed the tragic walkway collapse at the Hyatt Regency Kansas City hotel in 1981, a freak architectural failure that killed 114 people and injured more than 200 others.

"I went through nightmares, I went through flashbacks, you name it," she said. "Back when I went through it, there wasn't a lot about PTSD that they knew. They were still learning. When you're dealing with traumatic stress, it impacts our bodies, it impacts our minds and it impacts our brains. The answer to it is resiliency."

A holistic approach

Pappas said that survivors can cope with their post-traumatic stress and their grief – that they can build resiliency and thrive – with a holistic approach that focuses on spirituality, creativity, exercise and work.

"God made us creative beings," she said. "He did not make us doorstops. He didn't make us birds, and even birds sing. He did not make us not to be creative."

These creative outlets, whether it's baking, writing, sewing or drawing, do more than just fill a survivor's time, according to Pappas, who has undergone surgery for a brain tumor and is educated in neuroplasticity. Creativity actually helps to build resiliency through retraining and rewiring a per-



PHOTO BY BOBBY JONES

Retired U.S. Army Chap. (Maj.) Kristi Pappas, Survivor Outreach Services support coordinator for Joint Base Myer-Henderson Hall, speaks with survivors of fallen service members about thriving and support networks April 9 during a one-day seminar on building resiliency through creative arts and spirituality.

son's brain, she said.

"It helps to build resiliency," Pappas said. "What it is is the capacity of the brain to bounce back, to get back into sync, to be able to have a vibrant life."

Survivors also have to be mindful of their grief, according to Pappas. That means being present and aware of one's feelings to combat harmful thinking patterns and depression.

"If you're mindful about your grief, you're aware of it," she said. "You can help to change it by doing little things. It may be a 30-minute walk and refocusing your brain."

A network of support

Seminar attendee Melinda Jefferson helped raise her niece and nephew after her brother-in-law died in the line of duty in 2005. In the years since, Jefferson said she has worked with a number of SOS offices and has always benefited from their support.

"That's the great thing about SOS: They open it up to all family members," she said. "It's definitely not a club that you want to be in but it's like another family."

Jefferson said she agreed with and appreciated Pappas' notion of thriving, and thought that creative arts could be a constructive outlet for survivors.

"Each family here has a different definition of what that is," she said. "Not everybody is going to share their story...but we're creating new stories by being here and that's the most important thing. It's whatever you want to take from it. I feel safe here."

In addition to the creative courses, the seminar also included sessions that helped survivors identify lines of support in their lives.

Family members, old friends, military community members or any of the military's many outreach services are all viable support options, according to Pappas. Survivors just have to be willing to ask for help if they need it.

"It's taking that first step and understanding that you're going to have good days and you're going to have bad days," she said. "You're going to have days in between, understanding that there are other people who have gone through it also."

Not just for family members

Pappas' ultimate goal is to found a creative arts and spirituality program for active duty service members.

The key is to offer these service members non-threatening outlets in a confidential setting. When she was a chaplain, Pappas said she would work with Soldiers, allowing them to be creative, to color or play music, and that it would help them open up.

"Their stress levels were going down, their self-esteem was going up," she said. "We forget that Soldiers in a unit can be survivors also."

For more information on SOS on the joint base, call 703-696-8846/8847. The office is located in Building 203 on the Fort Myer portion of the joint base.

Pentagram Staff Writer Gw Callahan can be reached at wcallahan@dcilitary.com.

NEWS

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over 100 representatives from schools and companies looking for highly qualified candidates. Resume review is available during the event. Free break and lunch refreshments are provided. The Education Services office and Career Resource Management Center on the Henderson Hall portion of JBM-HH will be closed April 13-14 in preparation for this event. For more information, visit www.mccsHH.com/SECF.

Prostate cancer support group meets at Belvoir April 14

A prostate cancer support group meets at Fort Belvoir Community Hospital the second Thursday of every month. The next meeting will be April 14, 1 to 2 p.m. and 6:30 to 7:30 p.m. in the Urology Clinic, Sunrise Pavilion, second floor. Spouses/partners are invited to attend. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Play morning – April 14, 21 and 28

JBM-HH Army Community Service hosts a morning playgroup for parents and their pre-school children April 14, 21 and 28, 10 to 11:30 a.m. in the ACS classroom in Bldg. 201 on the Fort Myer portion of JBM-HH. The playgroup provides time for socialization, play, craft, music and story time. For more information or to register, call 703-696-3512.

Baby Stages – April 15

Army Community Services offers a Baby Stages class April 15 from 10 a.m. to noon in Bldg. 201 on the Fort Myer portion of the joint base. This class provides an overview of the developmental milestones for children up to age 3. Learn how to assess your child for developmental milestones and learn about activities you can do to help improve your child's social, gross, motor and cognitive development. For more information and to register, call 703-696-3512.

Legislation bars some state IDs as unacceptable beginning April 16

Beginning April 16, some driver's licenses and identification cards from some states and territories in the United States will no longer be accepted as primary identification for persons to gain access onto Joint Base Myer-Henderson Hall and other federal installations. As detailed in the Real ID Act of 2005, driver's licenses and identification cards from Illinois, Missouri, Minnesota, Washington and the territory of American Samoa currently do not meet federal regulations and cannot be used as primary forms of ID for base access. For more information please call, 703-696-5213.

Healthcare questions? Call the nurse's hotline

TRICARE hosts a Nurse's Advice Line that can be used by TRICARE beneficiaries to obtain information on self-care and be evaluated over the phone by a healthcare professional. By calling 1-800-TRICARE (874-2273) and selecting option 1, patients talk directly with a nurse who evaluates their conditions and gives advice ranging from self-care to an immediate emergency room visit, 24/7. Call 1-800-TRICARE and choose option 1.

Children's Fair – April 16

Marine Corps Community Services Henderson Hall will host its 8th Annual Children's Fair April 16, 10 a.m. to 2 p.m. in the Cpl. Terry L. Smith Gymnasium on the Henderson Hall portion of JBM-HH. This event features games, crafts and special activities for children of all ages. Features include a caricature artist, bounce house, balloon artist, door prizes, a live D.J., self-defense for kids' workshop, Zumba, cotton candy and a showing of the movie Minions at 1:30 p.m. This event is free and open to DoD ID card holders. Guests are asked to register at the front desk of the gym. For more information, visit www.mccsHH.com/ChildrensFair.

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PLANNING

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Cooley, who briefed the group on a proposed surface trail for runners, walkers and bicyclists that would run from Henderson Hall's main gate to Wright Gate on the Fort Myer portion of the joint base.

Becker expressed interest in the proposal and for state-of-the-art fitness facilities throughout the joint base.

"We have to have conveniently-located, world-class physical fitness facilities," he said.

Becker also stressed the importance of "walkability" for all portions of the joint base as well as additional force protection measures designed to keep service members, their families, employees and visitors to the joint base safe.

"Security has to be central to any plan," he said.

The area development plan for

Fort McNair could see a community support center developed near where the Fitness Center is currently located, according to Army Lt. Col. Wade Johnson, chief of logistics for the Army Air Operations Group.

"This needs to be multi-story, this needs to be compact," he said.

The National Defense University on Fort McNair would continue to retain its college-campus environment, said Johnson.

"This academic area needs to be technology-centered," he added.

Additionally, the area development plan for Fort McNair would see no change to the green space on that portion of the joint base, Johnson said.

Work on the two area development plans will begin in earnest following the completion of the vision plan by late spring-early summer.

Pentagram Staff Writer Julia LeDoux can be reached at jledoux@dcilitary.com.



Joint Base Myer-Henderson Hall Commander Col. Mike Henderson listens as Lt. Col. Wade Johnson, chief of logistics for the U.S. Army Air Operations Group, explains potential plans to redevelop sections of Fort McNair during a master planning briefing April 7 on the Fort Myer portion of the joint base. Henderson also viewed plans that would potentially redevelop other sections of the joint base. Developers would like to modernize the joint base, making it more eco-friendly, to enhance walkability for service members and local community members while also cutting land use.



PHOTO BY DELONTE HARROD

Maj. Gen. Bradley A. Becker, commanding general, Joint Force Headquarters-National Capital Region and the U.S. Army Military District of Washington, offers suggestions to developers about the potential redevelopment plans for the Fort McNair portion of Joint Base Myer-Henderson Hall during a master planning briefing April 7 on Fort Myer. Becker received a brief from planners and developers to learn which sections of the joint base may be redeveloped in coming decades.

Prevention programs, battle buddies key to identifying substance abuse

By Spc. Brandon C. Dyer
The Old Guard Public Affairs

Drug and alcohol abuse is by no means only an Old Guard or Army problem, but is a reflection of a worldwide health issue, according to George A. Suber, the Army Substance Abuse Prevention Education coordinator for Joint Base Myer Henderson-Hall.

Suber, who enlisted in the Air Force in 1981, said he has seen an evolution for the betterment of the military's culture concerning alcohol use.

Since coming to JBM-HH in 2009, he has also seen a change in JBM-HH's relationship with alcohol as well, he said.

Soldiers from the 3d U.S. Infantry Regiment (The Old Guard) are vetted before acceptance into the Army's premier ceremonial unit, and Soldiers with past transgressions are not allowed to join the elite Old Guard.

Still, problems concerning abuse and potential abuse of substances can arise. The Old Guard works diligently to equip Soldiers to handle the pressures of working and living in a large metropolitan area like the National Capital Region, experts say.

If a Soldier develops an alcohol or other substance abuse problem, there are programs in place to help identify and address such issues.

Old Guard does it right

"They [The Old Guard] go out of their way to talk to Soldiers who they think are having a problem," said Terry Bates, clinical director of JBM-HH ASAP. "They plan social activities for them to draw them out."

Bates said ASAP's efforts to help Soldiers are totally supported by The Old Guard's leadership.

"There's not a commander or a first sergeant that I could call that I would say 'I think XYZ has a problem' that they would not consider it," she said. "I think they do a tremendous job supporting their Soldiers."

The Army Substance Abuse Program (ASAP) is comprised by a variety of individual preventative and treatment programs that emphasize readiness and personal responsibility.

"It's a supportive program," said Bates. "It is not a program that's disciplinary. It's not adverse."

The JBM-HH ASAP office serves Soldiers at The Old Guard and at the Pentagon.

The program does so by educating, raising awareness and intervening with Soldiers to eliminate alcohol and drug abuse, according to Suber.

"I think it's more of a choice than anything," said Suber. "We can lay ev-

erything out there and tell you why you shouldn't do it, but again, you have to make that choice."

Suber said his primary job is to educate units in alcohol abuse prevention.

The importance of education is instilling in a Soldier early in their assignment at The Old Guard the tools to discern what situations or behaviors will lead to problems, said Suber.

Instruction begins with the JBM-HH Start Right program, an orientation all new Old Guard Soldiers attend.

"Tools that you may put in your tool bag that you won't use today, but you may use at a later time," said Suber. "If you have the tool, then you'll recognize, 'Hey, I have a tool that will help me get beyond this.'"

These tools include teaching Soldiers to think about consequences and imagine "what-if" scenarios when going through their decision-making process, said Suber.

Soldiers must have four hours of yearly substance abuse training, per Army Regulation 600-85, said Suber.

This training can range from Power-Point presentations to guest speakers and even just handouts.

"I look at things that are current in our American Society," said Suber. "I look at things such as what is the prevalent drug that people are using in this particular area?"

Units nominate a Soldier to be the subject matter expert on drug and alcohol abuse. Unit Prevention Leaders (UPL) take a 40-hour course to become certified.

The UPL conducts unit training and oversees the unit urinalysis program, which tests for substance abuse.

In addition to prevention training at the unit level, the Army also implements regular awareness campaigns, like Alcohol Awareness Month, October's Red Ribbon Campaign, or the 101 Critical Day of Summer. These campaigns are designed for UPLs and prevention coordinators to talk to Soldiers about good habits with prescription drugs and alcohol and abstinence from illegal drugs.

National Drug Take-back

Other programs like the National Take-back, coordinated through the Drug Enforcement Agency, help raise awareness of the need to dispose of outdated or unused drugs.

JBM-HH's National Take-back is scheduled for April 29 at the Fort Myer Commissary.

All of these efforts are part of an overall strategy to help Soldiers avoid high-risk behaviors before they escalate into something more serious.

Suber meets with the battalion prevention leaders (BPL) monthly to let them know what he's seeing, and what behav-



PHOTO BY SPC. BRANDON C. DYER

A Soldier with the 3d U.S. Infantry Regiment (The Old Guard) records specimens taken March 21 during a unit urinalysis, a regular screening method used by the military to test troops for illegal substance use. The Army Substance Abuse Program (ASAP) relies on education and prevention programs, as well as unit cohesiveness and military leaders at all levels, to help identify and treat substance abuse behaviors before they become potential problems, according to Joint Base Myer-Henderson Hall ASAP experts.

iors or trends should be addressed by the UPLs, he said.

Battle buddies key

Another key to education prevention is conditioning Soldiers to rely on their battle buddies as an additional safeguard. Reliance on friends to recognize substance abuse signs can help Soldiers address behaviors before they become problems.

"I think they are successful," said Suber. "The Army has been aggressive pumping in money and effort into helping Soldiers who are identified as getting the help that they need."

It would never hurt a Soldier's career to seek help if they feel they are having a problem with alcohol, added Bates.

Soldiers who are abusing alcohol are normally doing so as a coping strategy, said Bates.

Whether it is because of isolation from being away from home or a different cat-

alyst, alcohol is employed to help reduce feelings of anxiety, she said.

Most times a Soldier who is abusing substances is not aware of the problem, said Suber. Normally, the problem only comes to light after the substance abuse leads to criminal activity, such as getting arrested for driving while intoxicated or for domestic violence.

That's when most substance abuse problems are discovered, said Suber. Prevention and identification efforts are critical to finding such systematic substance abuse behaviors before law enforcement becomes a part of the solution.

"Sometimes it is just a mere placement of education," said Suber. "Helping people to realize they made a high-risk choice."

For more information, to include available resources, about the Army's Substance Abuse Program, visit <https://acsap.army.mil>.

Volunteer preservation



U.S. ARMY PHOTO BY RACHEL LARUE

Dennis Pekoff, from Long Island, N.Y., pours concrete to stabilize a new fence post near the Welcome Center at Arlington National Cemetery, April 1. Pekoff is one of the 30 volunteers with North American Fence Contractors Association building a new fence at the cemetery. The association has volunteered the past five years annually to repair and build fencing around the cemetery as part of an ongoing community outreach project. Another organization, the Professional Landscape Network, conducts an annual Renewal and Remembrance program at the cemetery that draws volunteers from roughly 100 landscaping companies and 30 different states to volunteer to preserve the cemetery in late summer.

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*As reported by Military Times, July/August 2015

After nearly four decades of service, Gen. John F. Campbell retires

By Delonte Harrod
Pentagram Staff Writer

Calvin Coolidge, the 30th president of the United States, once said: "No person was ever honored for what he received. Honor has been the reward for what he gave." This quote encapsulates the sentiments expressed at the retirement ceremony of U.S. Army Gen. John F. Campbell at Conny Hall on Joint Base Myer-Henderson Hall April 8.

High ranking military officials, family, friends, civilians, media and government representatives all came out to support Campbell as he was honored by his peers for his more than three decades of service to the United States Army. Before retiring, Campbell oversaw forces in Afghanistan. Over 37 years of service, Campbell has received many honors and medals for his leadership and service, including: three Distinguished Service Medals, three Legions of Merit and three Bronze Star Medals.

Campbell, during his speech, spoke very little about his accomplishments. Instead, he thanked colleagues for attending and talked about his long-lasting friendships. He said that those relationships had a profound impact on his life.

"I recognize that today is not about me," he said. "As it has been throughout my career, it has never been about me. Today is much more about the people who have made this possible. While I've tried, I cannot begin to build a complete list of those I owe for this life that I have lived, this moment, and the enormous

honor I have had for serving our nation. So today is about them."

Campbell said that it was the friendships he acquired while at West Point and throughout his military career that molded him into the leader he became.

"Of all the things that I will remember, I will remember the relationships that I've fostered," Campbell said.

He also took the time to acknowledge service members who had died while serving under his leadership in Iraq and Afghanistan. He suggested that the nation never forget the sacrifice and commitment of those who died in the line of duty.

"I also will never forget our wounded and their caregivers, who continue to bear the scars of war," he said. "My thoughts will forever remain with those who served with me in harm's way in both Iraq and Afghanistan, and I can only hope that my efforts to make each day count proved meaningful in some small way to both you and your families."

Campbell also offered some advice to his fellow Soldiers, telling them that leadership matters because "it makes a difference." And because it makes a difference, Campbell said that service members should do all they can to intentionally try to make a difference every day of their lives.

Where Campbell refused to boast about personal accomplishments, Gen. Mark A. Milley, chief of staff of the Army, spoke glowingly of Campbell's contributions to the military. He summarized his military style as being "quiet" and "selfless." Campbell's father served



PHOTO BY SGT. CODY W. TORKELSON
U.S. Army Gen. John F. Campbell receives the American flag and a salute from Army Chief of Staff Gen. Mark A. Milley during a retirement ceremony for Campbell inside Conny Hall April 8 on the Fort Myer portion of Joint Base Myer-Henderson Hall. Campbell, a former Army vice chief of staff, retired after 37 years of military service. He is the second Army four-star general to retire in less than a week – former U.S. Central Command Commander Gen. Lloyd Austin III retired in a separate ceremony at Fort Myer April 5.

in the Air Force for 22 years and it was his model of service, selflessness and commitment to country that laid the foundation for Campbell, said Milley.

"[His father] instilled in him the foundational values of duty, honor and country, motivating him to a life of commitment and service to our nation," he said. "So although he isn't here, I know that your father and mother are very proud of you."

For a moment in his introduction, Milley alluded to the fact that Campbell's influence within the Army will never be forgotten and that his leadership style will trickle down to many Soldiers to come.

"You will take off that uniform today, but know that you have impacted tens of thousands of people to come," said Milley to Campbell.

Milley also said that Camp-

bell's family played a huge role in Campbell's success. Campbell would have resigned a long time ago if he didn't have his family's support, said Milley. He publicly thanked Campbell's wife Ann, his son, John Jr., and his daughter, Jennifer, for their love and sacrifice that helped make his career a bit easier.

Pentagram Staff Writer Delonte Harrod can be reached at dharrod@dcilitary.com.

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CLYDESDALE
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then again in 1993 for Bill Clinton.

For an average appearance, six people work five to six hours to get the Clydesdales ready.

The preparation for an appearance includes braiding the manes and inserting red and white roses.

Thomas said this East Coast team is based out of Merrimack, New Hampshire. It is one of three teams. The other two are based out of St. Louis and Fort Collins, Colorado.

The menu for Clydesdales Ivan, Charlie, Master, Royal, Jack, Lucky, Chuck, Phoenix, Rico, and Nomo includes as much as 20 to 25 quarts of whole grains, minerals and vitamins, 40 to 50

pounds of hay, and 30 gallons of water per day.

Standing about six feet tall at the shoulder, Budweiser Clydesdales weigh between 1,800 and 2,300 pounds on average.

In addition to the eight-hitch horses, Barley the Dalmatian is also an overnight guest.

Dalmatians were introduced as the team's official mascot in 1950.

The Clydesdales were introduced in 1933 after the repeal of Prohibition.

According to Anheuser-Busch's official website, the company owns about 250 Clydesdales, characterizing them as "an enduring symbol of the brewer's heritage, tradition and commitment to quality."

"It's been a few years since we've been back to the D.C. area," said Thomas. "We always enjoy coming."

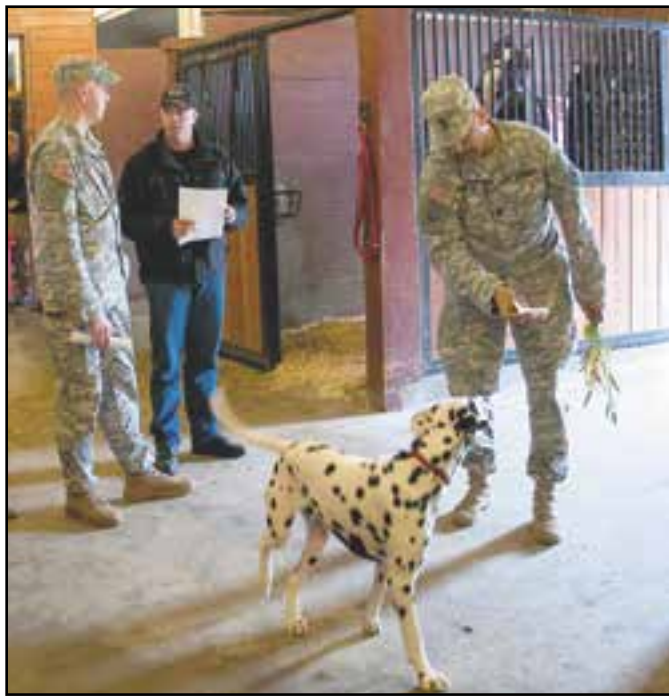


PHOTO BY SPC. BRANDON C. DYER

U.S. Army 1st Sgt. Kevin T. Engler of the 3d U.S. Infantry Regiment (The Old Guard), plays fetch with Barley, one of the team Dalmatians for the East Coast Budweiser Clydesdales, inside the Caisson Platoon's horse stables April 7 on the Fort Myer portion of Joint Base Myer-Henderson Hall. The Clydesdales were in town last week to make a full-hitch appearance at the Washington Nationals baseball team's home opener and a Washington Capital's game.

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Building resiliency through creative arts and spirituality



Yoga instructor, Laura Liddle, front, leads Lupe Maguire, left, and Loida Lefebvre, right, in performing the Master Warrior I pose during a yoga workshop at a one-day seminar on building resiliency through creative arts and spirituality April 9 on the Fort Myer portion of Joint Base Myer-Henderson Hall. Liddle is a certified yoga instructor who frequently works with veterans who suffer from post-traumatic stress and anxiety.



PHOTOS BY BOBBY JONES

Martha Douthit makes a collage as a personal reflection of life during a one-day seminar on building resiliency through creative arts and spirituality April 9 on the Fort Myer portion of Joint Base Myer-Henderson Hall. Participants, survivors and families of fallen service members, built drums, weaved paracords and even participated in music therapy as part of the resiliency workshop.



Survivors of fallen service members participated in a variety of arts and crafts April 9 during a one-day seminar on building resiliency through creative arts and spirituality, including building paracord bracelets such as this one.

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NEWS
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est traffic, readiness, family and other key events happening at all three portions of JBM-HH (Fort Myer, Fort McNair and Henderson Hall). Sign up to receive the eBulletin via the JBM-HH website at: <http://go.usa.gov/csa6m>. Recipients can also opt out at the same website.

Stress management class – April 19

JBM-HH Army Community Service is hosting a stress management class April 19 from 9:30 to 11:30 a.m. in the ACS classroom in Bldg. 201 on the Fort Myer portion of JBM-HH. Participants will be given information on the basics of identifying stressors and how to create a stress management plan. For more information or to register to attend, please call 703-614-6828.

Warrant Officer Association meeting planned – April 20

The Lord Fairfax Silver Chapter of the U.S. Army Warrant Officer Association will hold its monthly chapter meeting at the Fort Belvoir Golf Course dining room April 20 at 4:30 pm. This meeting will involve the election of chapter officers to serve for

the next two years. All active, reserve, and retired warrant officers are invited and encouraged to attend. For more information, please contact chapter president CW5 Phyllis Wilson at 703-545-6792.

Crack the code to federal hiring – April 21

Learn about the federal hiring process and how to create a federal application package that will set you apart from the competition at “Cracking the Code to the Federal Hiring Process.” This Marine Corps Community Services Henderson Hall workshop, taught by a former GS15 HR Manager from the Office of Personnel Management, is offered April 21, 1 to 3 p.m. in Bldg. 29, Rm. 104. For more information or to register to attend, please call 703-614-6828.

Sponsorship training – April 21

JBM-HH Army Community Service will provide an informational session and training for those Soldiers desiring to be sponsors for incoming service members. The next class is April 21, 1 to 2 p.m. in the ACS classroom in Bldg. 201 on the Fort Myer portion of JBM-HH. For more information or to register to attend, please call 703-614-6828.

Netsmartz – April 25

Hosted by the JBM-HH Army Community Service office, Netsmartz is an interactive class for children ages eight through 12 that addresses Internet etiquette and social media safety. The class is April 25, 3:30 to 5 p.m. in the Cody Child Development Center (Bldg. 483) on the Fort Myer portion of JBM-HH. To register or for more info, call 703-696-3512.

Earth Day speakers panel – April 26

The Washington Headquarters Service is hosting an Earth Day speakers panel titled, four Perspectives on Climate Change, April 26 from 9:30 to 11 a.m. in the Pentagon auditorium. The panel will consist of representatives from the offices of the Secretary of Defense, Army, Navy and Air Force. Each will provide their perspective on climate change. Guest speaker biographies are available online at <https://customerresources.whs.mil/FSD/SCD/ESEB>. For more information, send an email to: whs.environmental@mail.mil.

Military Spouse Employment Orientation – April 27

Military spouses are encouraged to attend an orientation to the local employment scene,

sponsored by Marine Corps Community Services Henderson Hall, April 27, 9:30 to 11 a.m. in Bldg. 29, Rm. 103. Information will be provided on the importance of the various employment programs and resources available through the DoD and local commands. For more information or to register to attend, please call 703-614-6828.

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Death notice

Anyone with debts owed to or by the estate of Spc. Martin

V. Rosenswipe of Headquarters and Headquarters Company, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard), must contact 1st Lt. Christopher P. White, the summary court martial officer for the Soldier. Rosenswipe passed away March 23. Call or email White with information at christopher.p.white1.mil@mail.mil or 717-873-1277 or 703-696-3947.

Death notice

Anyone with debts owed to or by the estate of U.S. Army Capt. Andrew N. Maitner, Able Troop, Warrior Transition Brigade-National Capital Region, must contact 1st Lt. Kevin Whiteaker, the summary court martial officer for the Soldier. Maitner recently passed away on March 27. Call Whiteaker at 301-400-0271.

News Notes submissions

Send your submissions for the April 28 edition of the Pentagon via email at pentagramjbmhh@yahoo.com no later than noon, April 20. Submissions must be 100 words or less and contain all pertinent details. Submission of information does not guarantee publication. Please note that unless otherwise noted, all events listed are free and open to all Department of Defense ID card holders.




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Commentary: A senseless loss

Mentorship, compliance crucial for safety of inexperienced motorcyclists

By Master Sgt. Edward Huffine
13th Combat Sustainment
Support Bn. Joint Base
Lewis-McChord, Washington

As a brigade sport bike and senior battalion motorcycle mentor, scores of Soldiers have asked me for advice about becoming a motorcyclist. Of these, one Soldier in particular stands out.

It was 2013, and this Soldier asked for my help, so I walked him and his company mentor through the process of becoming a motorcyclist. We assessed that the Soldier had no prior riding experience and recommended he purchase a used mid-level standard/sport motorcycle in the 300-500cc range to get a feel for riding. We helped him shop for motorcycles, but he didn't purchase one in the following weeks. When asked how things were going, he told us he was still looking.

Three weeks later, after completing the Motorcycle Safety Foundation's Basic RiderCourse, the Soldier showed up to work on a Suzuki GSXR1300R Hayabusa. I was immediately concerned and expressed this to the rider, his Motorcycle Mentorship Program mentor and his company commander. Their response was the same — disbelief. We all three counseled the Soldier on our concerns and set up a series of check rides and classes to assess his abilities and teach him how to be a responsible rider on such a powerful motorcycle.

Over the next five months, we took him on six mentor check rides and he participated in our battalion-level rider survival reaction mitigation and accident avoidance classes. The classes are designed to educate inexperienced riders how to avoid potentially fatal mistakes while riding, how to recover if mistakes are made and the basics of sound decisions while riding in and out of traffic. We followed up those classes with a mentor ride to show the riders what was taught in the classroom and how to apply it to the road.

At the time, III Corps policy required BRC-qualified riders take the MSF's Experienced RiderCourse within 180 days



PHOTO BY DAMIEN SALAS

Service members from the National Capital Region participate in a motorcycle safety ride Oct. 9, 2014, to promote safe riding practices for bikers in the military community. Master Sgt. Edward Huffine, of the 13th Combat Sustainment Support Battalion, says that the responsibility of motorcycle mentorship does not fall only on motorcycle mentors, but with all leadership.

to receive a long-term on-post riding pass. We determined this particular Soldier had learned enough to take the ERC within that 180-day period. However, over the course of a month, he twice failed to show up for his scheduled class. On his second no-show, I recommended his chain of command counsel him on noncompliance and pull his riding privileges — unless riding with a mentor or to the ERC — until he completed the course. The counseling further explained the benefits of the ERC and how it helps to progress riders through the MMP and make them better motorcyclists.

About three and a half weeks after the Soldier received his riding privilege revocation and counseling, he decided to ride his motorcycle from Fort Hood to a family event in San Antonio. Along the way, the Soldier's actions while riding resulted in his death.

Some lessons learned from this Soldier's senseless death include:

- Even if you follow the MMP to the letter, a fatality may still occur; but we still must follow the program with due diligence to ensure compliance.

- Despite the outcome described in this article, guiding and educating a Soldier through the purchasing process is the best policy.

- Tracking Soldiers' progress through the MMP with check rides, classes and counseling affords them the best opportunity to becoming safe and experienced riders.

- Having non-riding leaders involved in the MMP is a proven best practice to ensure Soldiers know their leaders are involved and care about them.

This experience made me rethink how I educate young, inexperienced riders before they purchase a motorcycle. I use this example as a teaching tool and ex-

plain how inherently dangerous motorcycling is — even in the best conditions. Losing even one Soldier in a motorcycle accident is tragic. In fiscal year 2015, we lost 26 Soldiers to PMV-2 accidents, with a large majority (90 percent) being sport motorcycles. As of March 10, we had 11 PMV-2 fatalities compared to three fatalities for the same time frame in Fiscal Year 2015. This is a disturbing trend that should make us look at what we need to improve on to lower motorcycle accidents.

In closing, first-line and company-level leaders need to be involved and informed about their Soldiers' activities and especially motorcycle mentorship. The responsibility of motorcycle mentorship does not fall only on the motorcycle mentor, but with all leadership at every level. Engaged leaders will, in my opinion, help save lives.

5th annual Pinwheel Parade



PHOTOS BY BOBBY JONES

Children raise their hands in response to a question posed by Joint Base Myer-Henderson Hall Commander Col. Mike Henderson during the 5th annual Pinwheel Parade at the Cody Child Development Center on the Fort Myer portion of JBM-HH April 8. Children and staff from Cody Child Development Center and the JBM-HH community come together annually to participate in the parade, an effort to recognize April as the Month of the Military Child and Child Abuse Prevention Month.



Children participate in the 5th annual Pinwheel Parade by displaying their blue-colored pinwheels while marching around the Cody Child Development Center on the Fort Myer portion of JBM-HH April 8. Children and staff from Cody Child Development Center and the JBM-HH community come together to participate in the parade, an effort to recognize April as the Month of the Military Child and Child Abuse Prevention Month.



Joint Base Myer-Henderson Hall Command Sgt. Maj. Randall Woods escorts children participating in the 5th annual Pinwheel Parade into Cody Child Development Center on the Fort Myer portion of JBM-HH April 8. Children and staff from Cody Child Development Center and the JBM-HH community come together annually to participate in the parade, an effort to recognize April as the Month of the Military Child and Child Abuse Prevention Month.



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