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Former NATO Commander is laid to rest in Arlington National Cemetery

By Guv Callahan
Pentagram Staff Writer

U.S. Army Gen. John R. Galvin's remains were laid to rest in Arlington National Cemetery during a full honors funeral May 12.

Family, friends and colleagues, including former Secretary of State and Chairman of the Joint Chiefs of Staff Colin Powell, gathered atop a hill in Section 30 of the cemetery for the service.

A graduate of the U.S. Military Academy at West Point, Galvin began his decades-long career as a member of the Massachusetts National Guard. His service included two tours during the Vietnam War, as well as commander of U.S. Southern Command from March 1985 to June 1987.

Perhaps less notable on Galvin's list of achievements was his participation as a member of the

U.S. Commission on National Security in the 21st Century—which produced the pre-9/11 Report of the National Commission on Terrorism called Countering the Changing Threat of International Terrorism in 2000. That report recommended numerous changes to the U.S. Government's approach to preventing terrorist attacks just a year before the deadly attacks that occurred on Sept. 11, 2001.

He also served as dean of the Fletcher School of Law and Diplomacy at Tufts University in Medford, Massachusetts, from 1995 to 2000. His memoir, *Fighting the Cold War: A Soldier's Memoir*, was published last year.

An Army news article from 2010 details how then-Gen. David Petraeus, speaking at the American Veterans Center An-

see FUNERAL, page 4



PHOTO BY RACHEL LARUE

Virginia Galvin receives the American flag during the graveside service for her husband, U.S. Army Gen. John R. Galvin in Section 30 of Arlington National Cemetery May 12, 2016, in Arlington, Virginia. Galvin was the supreme allied commander of NATO during the end of the Cold War.

JBM-HH, Arlington Co. first responders test active shooter preparedness

JBM-HH officials: 'We're not asking people to be Superman or Superwoman... [just] be vigilant.'

By Arthur Mondale
Pentagram Staff Writer

On the morning of May 17 at 9 a.m., "Sgt. Hood," a service member stationed at Joint Base Myer-Henderson Hall was picking up his son A.J. from the installation's child development center, with no idea that his wife—with whom he's currently in the process of a custody battle and divorce—had recently

see SHOOTER, page 4



PHOTO BY ARTHUR MONDALE

Joint Base Myer-Henderson Hall first responders conduct sweeps, to include treating and extracting personnel in need of urgent medical care, during an active shooter exercise on the Fort Myer portion of the joint base May 17. "Time is of the essence when you're dealing with an active shooter," said JBM-HH Police Chief William R. Johnson II. "It's very important for law enforcement to neutralize the threat quickly, and get our first responders inside to treat patients, because time is not on our side."

Review boards to assess Marines' suitability for promotion to NCO ranks

By Guv Callahan
Pentagram Staff Writer

New Marine Corps mandates will require some enlisted Marines eligible for promotion to appear before promotion review boards this fall in an effort to ensure that the Corps is cultivating the most qualified NCOs possible.

The policy, set in place by Marine Corps Commandant Gen. Robert Neller and detailed in Marine Administrative Message (MARADMIN) 200/16, will mean that lance corporals and corporals looking to move up a rank must receive an endorsement from the panel and their commanding officer in order to compete for promotion.

"In order to ensure the Marine Corps promotes only the best and fully qual-

see PROMOTION, page 4



PHOTO BY SGT. ALVIN WILLIAMS JR.

Marine Cpl. Tahira N. Lawrence, an administration clerk at Headquarters and Service Battalion, Henderson Hall, Headquarters U.S. Marine Corps, is promoted to her rank during a ceremony May 2, 2014, at Henderson Hall. According to a recent Marine Corps administrative message, Marines seeking promotion to the ranks of corporal and sergeant will be required to stand before a promotion panel of unit leaders before being considered fully qualified for promotion.



Zika virus: Get the facts, protect yourself

The Joint Base Myer-Henderson Hall Directorate of Public Works-Environmental Management Division is asking the community to be cognizant of the Zika virus, a mosquito-borne virus that has been declared a global emergency by the World Health Organization. Common symptoms of the virus are fever, rash, joint pain and red eyes, according to the Center for Disease Control. Those on JBM-HH can take precautions to help prevent the risk of contracting Zika or other mosquito-borne viruses, including wearing repellents with DEET and Department of Defense Insect Repellent Systems (for those in uniform). Emptying items that contain water, such as gutters, flower pot saucers, buckets and discarded containers, can help prevent mosquito breeding.

JBM-HH's public works will employ surveillance and control measures throughout JBM-HH specifically designed to trap female mosquitoes and test them for the Zika virus. Various traps are also employed to test for West Nile Virus, a disease carried by Culex mosquitos. Earlier this month, public works officials treated catchment basins to stop the breeding of Culex mosquitos.

For more information regarding the Zika virus, including prevention tips, visit <http://go.usa.gov/cJ3CG>.

News Notes

Semper Fit Softball sign up open till May 20

Sign up is now open through May 20 for the Marine Corps Community Services Henderson Hall Semper Fit Softball league. Teams of 20 plus a coach must sign up no later than May 20. The season begins June 1 with games played select weekdays, 11 a.m. to 1 p.m., at the joint base softball field on Fort Myer. This intramural league is open to Department of Defense ID card holders and their family members (above age 18). To register or for more information, visit www.mccsHH.com/athleticsintramural.html or call 703-697-2706

Army Ten-Miler qualifier series - May 20

JBM-HH Family and Morale, Welfare and Recreation will sponsor a team of 36 runners for the

see NEWS, page 4

Index

Local forecast

Memorial Day operating hours	page 2
Retirees' corner	page 2
Community	page 3
News notes	page 4
SFL-TAP schedule	page 7

THURS.
68 | 50



FRI.
73 | 53



SAT.
58 | 51



SUN.
73 | 52



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

Honor guard inspection



PHOTO BY SPC. DANIEL YEADON

U.S. Army Pfc. Bruce Gard of 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard), and The U.S. Army Drill Team member, serves as a judge during the 15th annual Steve Young National Honor Guard Competition and Pipe Band Competition along the west front of the U.S. Capitol May 14. The exhibition, held annually in honor of law enforcement and the nation's surviving families, is part of Police Week 2016.

JBM-HH Memorial Day Operations and services holiday hours	
Andrew Rader U.S. Army Health Clinic	Closed. For more information, call 703-696-7957.
Andrew Rader U.S. Army Dental Clinic	Closed May 26 and May 30. All dental sick-call and emergencies should report to Logan Dental Clinic, Fort Belvoir Community Hospital for support at 571-231-3126/3124.
Army Community Service	Closed. For more information, call 703-696-3510.
Army and Air Force Exchange Services – Fort Myer PX, to include: Starbucks, Subway, Barber Shop, cleaners/alterations, GNC, and the Optical Shop.	Open 10 a.m. to 4 p.m. Call individual stores for more information: Starbucks (703-527-0101); Subway (703-243-1786); Barber Shop (703-351-6569); Cleaners/Alterations (703-358-9257); GNC (703-522-6786); Optical Shop (703-528-9122).
Auto craft shop	Closed. For more information, call 703-696-3387.
American Clipper Barber Shop	Open 11 a.m. - 3 p.m. For more information, call 703-271-8177.
Bowling Center	Open noon to 6 p.m. For more information, call 703-528-4766.
MCCS Car Wash	Open 24 hours a day, seven days a week.
Cody CDC	Closed. For more information, call 703-696-3095.
Community Activities Center	For more information, call 703-696-3470.
Commissary	Open 8:30 a.m. – 4:30 p.m.; no Early Bird shopping. Call 703-696-3674.
CYSS	Closed. For more information, call 703-696-4942/0313.
Firestone	Open 8 a.m. to 4 p.m. Call 703-522-2584.
FMWR Admin Offices	Closed. For more information, call 703-696-3305.
Fort Myer Express	Open 9 a.m. to 5 p.m. Call 703-806-4371.
Fort Myer Fitness Center	Open 8 a.m. 4 p.m. For more information, call 703-696-7867.
Fort Myer Officers' Club	Memorial Day bar-be-que, noon – 6 p.m. Open for Sunday brunch. For more information, call 703-524-0200.
Fort Myer PX	Open 10 a.m. to 4 p.m. Call 703-806-4371.
Fort McNair Express	Closed. Call 703-806-4371.
Fort McNair Barber Shop	Closed. Call 703-806-4371.
Fort Myer Five Star Catering	Closed. For more information, call 703-524-0200.
Fort McNair Officers' Club	Closed. For more information, call 202-484-5800.
Fort McNair Fitness Center	Closed. For more information, call 202-685-3117.
Fort McNair Five Star Catering	Closed. For more information, call 202-484-5800.
Java Café	Open 10 a.m. - 4 p.m. For more information, call 571-483-1962.
Library	Closed. For more information, call 703-696-3555.
Marine Corps Exchange, Vineyard Wine & Spirits and NEX Uniform Center	Open 10 a.m. to 6 p.m. For more information, call 703-979-8420. NOTE: Any Marine Corps Community Services activities not listed here are closed.
Spates Community Club	Closed. For more information, call 703-527-1300/1302.
Spates Five Star Catering	Closed. For more information, call 703-527-1300/1302.
Spindrifft Café	Closed. For more information, call 703-524-3037.
Cpl. Terry L. Smith Gymnasium	Open 7:30 a.m. - 3 p.m.; group exercise classes are cancelled. For more information, call 703-614-7214.
Veterinary Treatment Facility	Closed. For more information, call 703-696-3604.
Zembiac Pool	Open 10 a.m. – 4 p.m. For more information, call 703-693-7351.

Almost all activities on Joint Base Myer-Henderson Hall will be closed Monday, May 30, the federal holiday designated as Memorial Day. Originally known as Decoration Day, Memorial Day is designated as a day of remembrance for those who have died in service to the United States. Most military personnel will have a training holiday Friday, May 27. The following facilities and places of business have reported open or closed hours for May 30. Unless otherwise noted, this list applies to May 30. This list is not all encompassing; please check with the facility you wish to visit for more details.

Retiree Corner

New Pharmacy Ticket System at Rader Clinic Pharmacy

Courtesy of **Ray LaPlante**
JBM-HH Retiree Council

A new patient queuing ticket system has been implemented at the Andrew Rader U.S. Army Health Clinic Pharmacy at Joint Base Myer-Henderson Hall.

Since the new system's implementation, the procedure to pick up medications at the pharmacy has changed slightly.

Active duty service members, military retirees and other beneficiaries will still have to retrieve a ticket at the same location in the pharmacy lobby, but the ticket will be produced based on choices made at a new touch-screen computer. The new machine adds a "call-in refill pickup" ticket option to help better organize and reduce waiting times. The three selections on the touch screen are:

- Active Duty in Uniform / Executive Medicine Prescription Check-In,

- All Others Prescription Check-In,
- Call-In Refill Pickup.

Those waiting for their called-in refills may also be called to another window when a team member is not available at Window Six, helping to reduce wait times for refills. Those with a called-in refill ticket will only go to the window once to pick up their refills, whereas, those requiring new prescriptions, renewals or refills not requested in advance will be called up to the designated window twice. The new called-in refill ticket procedure eliminates the need for patients to have to stand in line at Window Six.

This new system is expected to streamline patient flow at the pharmacy so the pharmacy team can continue providing exceptional customer service while focusing on medication safety. A similar system is expected to be implemented in the Rader Laboratory in the very near future.

Memorial Day Meal

JBM-HH DINING FACILITY

May 25

Price: \$5.55
 Discounted Rate: \$4.20
 (Dependents of E-4 and below)



Main Line

Strip Steak w/mushrooms & onions
 Salmon w/Gremolata

Cornish Hen w/peach glaze
 Au gratin potatoes ☆ Wild rice ☆ Asparagus
 California blend ☆ Hot rolls

Burgers grilled to order

Additional menu items

Fresh broccoli salad ☆ Strawberry avocado salad
 Short order ☆ Assorted desserts ☆ Assorted beverages
 Soups ☆ Salad and fitness bar

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Civilian employees learn about health, wellness at workforce town hall meetings

By Julia LeDoux
Pentagram Staff Writer

Members of the Joint Base Myer-Henderson Hall workforce were challenged to get and stay fit during town hall meetings held May 17 and 18 at the Rosenthal Theater on the Henderson Hall portion of the joint base.

During the two-hour sessions, nutrition, health and fitness experts from the Fort Myer Fitness Center and Andrew Rader U.S. Army Health Clinic provided information to attendees on the recently launched JBM-HH Employee Health and Fitness Program.

Jennifer Wescott of the Andrew

Rader U.S. Army Health Clinic said proper nutrition is vital for everyone's overall health and fitness. Choosing vegetables and fruits over fried and junk foods is the best way to start a healthy lifestyle, she said.

"This is about giving you confidence to make better choices," she said.

Mark James, fitness coordinator at the Fort Myer Fitness Center, urged attendees to come to the gym or make an appointment with him to get started on their journey to physical fitness and well-being.

"My job is to make you even more comfortable at the gym," he said.

James stressed that you don't

have to spend hours a day exercising to get into your best shape. A brisk, 30-minute walk every day is all it takes to kick up your heart rate and improve your overall cardiovascular health.

"Aerobic activity is just getting your heart rate up," he said. "That brisk walk will do that."

While you are working to get into shape, don't neglect flexibility and mobility, said Army Maj. Crystal Sims, a physical therapist at Rader Clinic.

"There are things you can do to work on to improve your movement mechanics," she said.

Ken Washington, director

see TOWN HALL, page 5



COURTESY PHOTO
Members of the Joint Base Myer-Henderson Hall workforce were challenged to get and keep fit during town hall meetings held May 17 and 18 at the Rosenthal Theater on the Henderson Hall portion of the joint base. Employees were also presented details about a new JBM-HH Employee Health and Wellness Program.

ACS: Self-awareness the key to leadership development

By Delonte Harrod
Pentagram Staff Writer

Good character and recognizing one's own strengths and weaknesses—as well as those of others—are qualities of a great leader, a theme shared by Army Community Service's Carla Moss during a class about character strength at Joint Base Myer-Henderson Hall May 16.

The class she taught to service members and civilian workers, Identify Character Strengths in Self and Others, is intended to build character and, as the title indicates, encourage leaders to know themselves and others.

Moss said the course provides tools to help build critical thinking skills, camara-

derie, self-awareness and social awareness.

"Sometimes [service members and civilians] don't understand who they are personally until they get into a situation and then they're like, 'Gosh, I could have handled that better,' or 'I could have done this with a little bit more support,'" explained Moss, JBM-HH ACS' information and referral program manager.

Participant Audrey Yap, who works at Client Services at the Military District of Washington, said through this class she learned to be more generous in terms of identifying the struggles that other people have.

"For example, I can do things to help a person to become more effective at their job," she said. "Sometimes [a person's weakness] isn't their personal failing. Some-

times it's just not a strength for them...and it's something that I can work on."

Self-reflection is something that may not come easy for all, so in order to create a self-awareness kind of atmosphere that would generate a conversation, Moss had service members and civilian workers participate in a number of events to get them to think inwardly.

Service members and civilians were instructed to place sticky notes on posters with characteristic traits like: curiosity and interest in the world, hope, authenticity, genuineness, appreciation of excellence and beauty. They held group discussions about their specific placement of the sticky notes. Moss even showed images of Michael Jor-

see STRENGTH, page 5



COURTESY OF CARLA MOSS

Service members and civilian workers placed sticky notes on posters to characterize themselves as part of a self-exploration exercise May 16 on the Fort Myer portion of Joint Base Myer-Henderson Hall during an Army Community Service class about identifying character strength. Carla Moss, ACS' Information and Referral program manager, taught the class and said the material helps participants identify strengths and weaknesses in themselves and others.

Behind the beautiful faces: Veterans go from fatigues to high fashion

By Arthur Mondale
Pentagram Staff Writer

There's a common thread that binds an Iraq War double amputee; a discontent former member of The Old Guard's Presidential Salute Battery; a military child suffering a learning disability; and approximately 30 other military-affiliated people who are reaching their potential one photo shoot at a time.

They are members of a D.C.-metro based veteran-owned, all-veteran modeling and talent agency, the brain child of agency founder/managing partner U.S. Army Maj. Jas Boothe, who is stationed at Fort Lee, Virginia.

A career Soldier, Boothe is no stranger to seeing a need among the veteran population and stepping in to support veteran causes.

In 2010, Boothe founded a non-profit to assist homeless women veterans. Her efforts resulted in providing hundreds of women and children homes; it also gave Boothe national media attention from the likes of Oprah Winfrey—she was dubbed a "community crusader" by CNN, Live! with Kelly and Michael, Fox and Friends, among a list of other media outlets and influencers.

In late 2015, she saw another need, this time in the National Capital Region and decided to start a new venture: a veteran owned, veteran focused modeling and talent agency.

"I truly bleed red, white and blue and [this] is for those who want to go from the flight line to the fashion week," Boothe said. "I teach current service members and vets their legitimacy lies in what they bring to the table. A DD 214 isn't enough in a down economy. You need a great resume, marketable skills, presentation, and confidence."

Model platoon

Boothe's agency promotes the motto, "Heroes come in all shapes and sizes." Accordingly, there is a diversified roster of models: traditional male and female fashion models, a physique (fitness) category for men, a plus size (full-figured) category for women and a children's division.

Model Girard Berry separated from the U.S. Army as a specialist in August 2015, after serving for three years in The Old Guard's Presidential Salute Battery at Joint Base Myer-Henderson Hall. He said he always knew he wanted to be a model and

see MODEL, page 6



PHOTO BY ARTHUR MONDALE

From left, photographer Marcus Bennett captures a flirtatiously playful moment between male model Girard Berry, a former member of The Old Guard's Presidential Salute Battery, and fellow model, Z., during a photoshoot April 30 in Alexandria, Virginia. "I did my job very well in the U.S. Army," Berry said. "But I knew God had a higher purpose for me—2016 is the year I said, 'I'm going headfirst into modeling and acting.'"

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

May 19	7:30 p.m.	The U.S. Army Concert Band will perform as part of Armed Forces Week, including marches by Sousa, Grainger, as well as Irving Berlin's Land That I Love and John Williams' Summon the Heroes, at Brucker Hall on the Fort Myer portion of JBM-HH.
May 20	11 a.m.	The U.S. Army Band Downrange will perform as part of Prince George's County Public Schools Music Day at Six Flags America, 13710 Central Avenue, Mitchellville, Maryland.
May 21	1 p.m.	The U.S. Army Band Downrange will perform at the Fireman's Field Music and Arts Festival at Fireman's Field, 250 South Nursery Avenue, Purcellville, Virginia.
May 25, June 1, 8	7 p.m.	Twilight Tattoo – A military pageant at Summerall Field on the Fort Myer portion of JBM-HH. The tattoo is an hour-long, sunset military pageant featuring Soldiers of the 3d U.S. Infantry Regiment (The Old Guard), The Old Guard Fife and Drum Corps, The U.S. Army Drill Team, The U.S. Army Blues, a soloist from The U.S. Army Chorus and vocalists of The U.S. Army Band Downrange and The U.S. Army Voices. This event is free and open to the public. No tickets are required. Pre-ceremony live music begins at 6:30 p.m., all shows start at 7 unless otherwise noted. Note: The May 25 performance starts at 5 p.m.
May 22	7 p.m.	The U.S. Army Chorus will perform at the First Presbyterian Church of Arlington at 601 North Vermont Street, Arlington, Virginia.
May 29	8 p.m.	The U.S. Army Band "Pershing's Own" will perform an open dress rehearsal for a PBS broadcast of the National Memorial Day Concert on the West Lawn of the U.S. Capitol in Washington, D.C.
May 30	11 a.m.	The U.S. Army Band "Pershing's Own" will participate in the National Memorial Day Observance at Arlington National Cemetery's Memorial Amphitheater in Arlington, Virginia. This event is free and open to the public. A shuttle bus will depart the ANC Welcome Center parking lot beginning at 8 a.m.

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.

FUNERAL

from page 1

nual Conference in Washington, D.C., spoke of Galvin as one of his early-career mentors. Petraeus served as an aide-de-camp to Galvin in the 1980s when both men were assigned to the 24th Infantry Division.

Petraeus is cited as characterizing Galvin as ranking “at the very top of the list for the Soldier-scholar-statesman-diplomat model that so many of our leaders now are probably trying to emulate,” according to the article. Petraeus also credits Galvin as encouraging him to push beyond his limits and to attend graduate school, telling the then-Capt. Petraeus to “broaden your horizons and extend your vision beyond the max effective range of an M-16.”

Galvin served in the military for 44 years, retiring in 1993. During his distinguished career, he served as NATO’s Supreme Allied Commander, Europe



PHOTO BY SGT. CODY W. TORKELSON

U.S. Army Lt. Col. David S. Taylor, commanding officer, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard), salutes as Soldiers fold an American flag during the Army Full Honor Funeral of Gen. John Galvin in Arlington National Cemetery May 12. Galvin was the supreme allied commander of NATO during the end of the Cold War.

from 1987 to 1992, during the end of the Cold War. He earned the Distinguished Service Medal, the Silver Star and the Legion of Merit.

Galvin passed away Sept. 25, 2015, at

his home in Jonesboro, Georgia. He was 86. He is survived by his wife, Ginny, and four daughters.

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

SHOOTER

from page 1

placed him on a restricted list. Less than 10 minutes later, the center’s receptionist was dead; a half-dozen other personnel were killed or seriously injured; and “Sgt. Hood” had put a bullet in his own head.

That’s the scenario that unfolded during a mass active shooter exercise, a simulated hostile situation at Bldg. T-482 on the Fort Myer portion of the joint base. The response to this functional scenario entailed a conglomerate of everyone involved in crisis response operations on the installation, including the Public Affairs Office to push information out to affected communities, according to Malanya Westmoreland, JBM-HH Emergency Management specialist.

“It’s very important to do these active shooter exercises because people get complacent and there’s so many ways a bad scenario can occur,” said Westmoreland.

Additionally, there are visitors to the installation—to include personnel associated with the approximately 30 funerals happening adjacent to the joint base, retirees who come to the base commissary and Andrew Rader U.S. Army Health Clinic—in addition to a range of other activities on the installation, she said.

“Look at the shootings at Fort Hood, or the shooting at the Washington Navy Yard: those installations have gates and sentries, and the reality is you never know where the threat will come from,” said William R. Johnson II, JBM-HH Police chief. “It could be [a person] from the inside or the outside.”

During the exercise, it took law enforcement seconds to arrive on scene, set up a cordon and neutralize the threat. Those efforts included setting up an incident command center with fire officials



PHOTO BY ARTHUR MONDALE

Rescue task force members, comprised of law enforcement and paramedics, treat injured patients participating in an active shooter exercise May 17 on the Fort Myer portion of Joint Base Myer-Henderson Hall. “It’s very important to do these active shooter exercises because people get complacent and there’s so many ways a bad scenario can occur,” said Malanya Westmoreland, JBM-HH emergency management specialist.

and receiving assistance from the Arlington County Police and Fire Departments. Meanwhile, inside the building, law enforcement and fire and emergency personnel (rescue task force) conducted multiple sweeps to clear the building, then treated and extracted personnel in need of urgent medical care.

“We had the support of Arlington County officials because this is a regional issue,” Johnson said. “The process that we practiced today can take eight to 10 hours in some cases.”

“I took this role and the training associated very seriously,” said Frank Hood, JBM-HH security guard who was acting as the scenario’s active shooter. “These scenarios can happen—be it on [military] installations or the recent shootings that have happened in Maryland.”

“It’s imperative that first responders on this installation understand their capabilities and know how to do their job,” added Lanessa Ferguson, another JBM-HH security guard who served as the receptionist during the active shooter exercise.

spective in H&S Battalion here, is to ensure that Marines are knowledgeable of their MOS, they’re mature and they possess the attributes that we desire in our NCOs,” Pullen told the Pentagram. “NCOs are the backbone of the Corps, so we really rely on their leadership skills. If you get some NCOs in there that are lacking a little bit in their leadership skills, it can really affect the young Marines.”

Pullen also noted that the boards will be looking for more than just test-scores from Marines hoping for promotion.

“It’s one thing to just have the score—to run a great PFT, get all the points you need to get the composite score—but it’s another thing to pin on the blood stripe and lead Marines,” he said. “It provides us a good opportunity to make sure the right people are in the right jobs.”

Lance corporals and corporals must have completed 12 months in-grade before they are eligible to compete for promotion, an increase from eight months for lance corporals in the past.

“The longer time ensures that Marines have a little bit more time in that rank and have a better opportunity to mature,” Pullen said. “Obviously, as Marines we pride ourselves and our young NCOs on being able to adapt and bloom wherever they’re planted, so if you’re given the opportunity and you get promoted, you’re expected to perform. But the extra time I think will do better things for our Corps, and our young NCOs are going to be more prepared.”

Furthermore, a non-recommendation for promotion will now be quarterly instead of monthly, so Marines who are non-recommended will have three months to prepare before the next board.

Planning has already begun for the next annual Military District of Washington active shooter exercise set for August, which will include volunteers and role players for the full-scale event. In accordance with Army Regulation 525-27, the Army Emergency Management Program (under the Directorate of Plans, Training and Mobilization) must provide a full-scale, annual all-hazard approach (exercise) to planning, preparation, response, and recovery.

Westmoreland stressed that such exercises do more than just test the joint base’s response capabilities, but also challenge everyone across the joint base to be alert to their surroundings.

“There’s continuous learning for the installation population, on the installation and on the metro and highways people take to get to and from work every day,” she said. “We’re not asking people to be Superman or Superwoman—we are asking people to be vigilant.”

Pentagram Staff Writer Arthur Mondale can be reached at awright@dcilitary.com.

“It gives them a little bit more time, if they are lacking, to overcome those deficiencies and rebuild in those 90 days” Pullen said.

Pullen and Connor encouraged Marines not to be nervous about coming into the boards and to put their best foot forward.

“We understand as leaders that Marines are going to be nervous, especially if they’ve never been in front of senior staff NCOs and officers before, being asked a series of questions,” Connor said. “We’ll definitely take that into consideration. Marines don’t need to be nervous coming into things like this. It’s an opportunity for them to show their capabilities.”

Pullen said that at the end of the day, the Corps and the boards will be looking for good, well-rounded Marines who are humble, adaptable and know how to take care of their own.

“Come with a little bit of open-mindedness, because you never know what you’re going to be up against,” he said. “Nobody gives you all the answers, so we need some critical thinkers too.”

If Marines’ promotion eligibility runs January through March of 2017, boards will be held no later than Nov. 15.

Those eligible April to June 2017 will have boards by Feb. 15 of that year.

Boards will conclude by May 15, 2017, for those with eligibility between July and September, and on Aug. 15, 2017, for Marines with eligibility between October and December.

To read the MARADMIN, visit <http://go.usa.gov/cjxDm>.

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

NEWS

from page 1

2016 Army Ten-Miler Oct. 11. The first 10K qualifier to try out for this year’s team is May 20. Registration and participation is free. All qualifying races begin at 6:45 a.m. at the Fort Myer Fitness Center, Bldg. 414 on the Fort Myer portion of the joint base. To be eligible for a space on this year’s JBM-HH ATM team, runners must be active duty. If selected as a member of the 2016 JBM-HH ATM team, FMWR pays the entry fee into the 2016 Army Ten-Miler. The second JBM-HH ATM 10K qualifier is June 10. Register online at www.jbm-hhmwr.com or register the morning of each qualifier from 5:30 to 6:30 a.m. at the fitness center. For further information, contact Todd Hopkins at 703-696-0594 or via email at todd.a.hopkins.civ@mail.mil.

Spring Wine Festival – May 21

MCCS Henderson Hall holds its “Henderson Hall Uncorked” Spring Wine Festival May 21, 11 a.m. to 3 p.m., in front of the Marine Corps Exchange. There will be more than 100 wines and craft beers to sample. The event includes a cigar demonstration, gourmet food tastings, DJ entertainment, door prizes and lunch for sale. For more information, please visit www.mccsHH.com/WineFestival. This event is free to Department of Defense ID card holders; only those age 21 and older can partake in the wine sampling.

Travel & Leisure Fair May 21

MCCS Henderson Hall hosts its second Travel & Leisure Fair May 21 from 11 a.m. to 3 p.m. in Bldg. 21 (formerly the Marine Club). The event features exhibitors from a variety of travel and leisure destinations as well as opportunities for prizes and giveaway, to include an 8-hour Northern Virginia wine tour for 24 people; a one-year car-sharing membership; a dinner cruise for four; a resort gift certificate and more. The fair is free and refreshments will be served. For more information, visit www.mccsHH.com/LTF or call 571-483-1951.

MOPH meets May 21

The Greater Washington D.C. Chapter 353, Military Order of the Purple Heart, will hold its monthly meeting at American Legion Post 176, 6520 Amherst Ave., Springfield, Va., May 21 at 1 p.m. The Warrior Cafe will be open prior to the meeting for lunch. All recipients of the Purple Heart Medal are invited, especially new medal recipients. For more information, contact Commander Gordon Sumner at gordon.sumner53@gmail.com or Adjutant William Lee at wlee95678@outlook.com.

Some state IDs now unacceptable to access federal installations

Since 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.

Vietnam veterans honored at Memorial Chapel worship services

All Fort Myer Memorial Chapel worship services held May 28 and 29 will pay homage to those who served in Vietnam. During each service - including the May 28, 5 p.m. Catholic Mass, the May 29, 7:45 a.m. general Protestant service, the 9 a.m. Catholic Mass, the 10:30 a.m. Protestant service, the noon Gospel service and the 2 p.m. Samoan service - Vietnam veterans will be honored and receive a commemorative pin. For more information, call 703-696-6635.

Blood drive – May 31

The Armed Services Blood Program is hosting a blood drive May 31, 9 a.m. to 1 p.m. at the Fort Myer Fitness Center on Joint Base Myer-Henderson Hall. The ASBP is the official blood collection, manufacturing and transfusion program for the U.S. military. The mission of the ASBP is to provide quality blood products and services for all worldwide customers in both peace and war. Appointments for this blood drive can be made online at www.militarydonor.com using the code FTMYER. On-site contacts at the event are Staff Sgt. Joseph Graves and Sgt. Samuel Machtinger. For more information, call 202-294-6674.

Coding and activity camp

Marine Corps Community Services Henderson Hall offers a five-day summer camp July 18-25 from 7:30 a.m. to 4:30 p.m. daily. Campers age 10 to 15 will use the popular game Minecraft as a tool to unlock the core mechanics of computer science to promote computer science and computer programming all across Virginia. The camp experience also includes recreational activities including pixel projects, swimming, tours and other outdoor activities. Morning and afternoon snacks will be provided. For more

PROMOTION

from page 1

ified to the grades of corporal and sergeant, the Commandant has instituted the requirement for commands to screen promotion eligible Marines for suitability for promotion,” reads the MARADMIN.

Marines stationed at the Henderson Hall portion of Joint Base Myer-Henderson Hall will need to know a few things before appearing before the panels this fall.

“It’s going to be a panel comprising staff NCOs and an officer,” said Headquarters Company 1st Sgt. Keith Connor. “Hopefully we’ll have a subject matter expert of that MOS for that individual Marine who might be able to ask specific questions about how that Marine is performing their duties.”

Connor said Marines will have to demonstrate that they have experience and the aptitude to move forward in their careers.

“I don’t think he or she has to know who every commandant of the Marine Corps is, or anything like that,” he said. “I think it’s going to be on how they have performed up to that point, and if they’re ready for the next step. It’ll have a lot to do with their past performance and their future potential.”

Sgt. Maj. Robert Pullen, Headquarters and Service Battalion, Headquarters Marine Corps, Henderson Hall, said noncommissioned officers are vital to the Corps, and the promotional panels will gauge whether a Marine is fit to lead.

“I think the aim, at least from our per-

TOWN HALL
from page 3

of human resources, outlined the JBM-HH Employee Health and Wellness program, which involves a contract between the employee and their supervisor in which the employee takes one hour, three days a week for six months to participate in some form of physical activity,

“Think about what you want us to incorporate into our health and wellness program,” he said. “We want there to be just a wealth of opportunity for individual employees to pursue their personal health and wellness goals. That’s what it’s all about.”

Town hall participants were also provided information about a 12-week walking challenge, which began May 1 and concludes July 23; The Old Guard’s safety day, set for May 23 between 8 a.m. and 1 p.m. at the Summerall Field parking lot on the Fort Myer portion of the joint base; and upcoming customer service training in June, July and August.

“The main goal of the town hall is



PHOTO BY JULIA LEDOUX

Jennifer Wescott, a dietician at the Andrew Rader U.S. Army Health Clinic, and Mark James, a fitness coordinator from the Fort Myer Fitness Center, address Joint Base Myer-Henderson Hall staff and employees during a quarterly workforce town-hall session May 17 at the Rosenthal Theater on the Henderson Hall portion of the joint base. Wescott and James talked fitness and nutrition, while JBM-HH Human Resources Director Ken Washington discussed a new joint base health and wellness program to encourage healthy lifestyles for employees.

really sharing information,” Washington said.

Participants also learned about the Department of Defense’s Emerging Leaders Program, which federal civilian employees rated GS-7 to GS-12 can apply for. The program

focuses on developing emerging leaders in the acquisition, financial management and human resources communities.

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

STRENGTH
from page 3

dan, Abraham Lincoln, civil rights icon Rosa Parks and pop culture icons like Bart Simpson and Rocky Balboa so that they could discuss their strengths and their dark side, according to Moss.

“We kind of like really admire them and don’t realize they have a bad side, that they are struggling,” said Moss. “We don’t realize they went through this struggle because they only showed us what they want us to see.”

Moss said she wants participants who take this class to go deeper and to become more self-aware.

“In this environment, it is all about team building; it is all cohesion; it is all about camaraderie, so having said that, this is why we have these classes,” said Moss. “Service members can dig a little bit deeper versus just the regular automaton of how the organization works. It has to go deeper.”

Those interested in attending future sessions of the “Identify Character Strengths in Self and Others” class should contact Moss at 703-696-2178.

Additionally, ACS offers a complete listing of all its programs and services, including forthcoming parenting, readiness and resiliency courses, in its online newsletter, “LifeYOUiversity,” which can be accessed online at www.jbmhmmwr.com/army-community-service-acs.

Pentagram Staff Writer Delonte Harrod can be reached at dharrod@dc-military.com.

Read the newspaper and find an easy to use Flip Book electronic version of the Joint Base Myer-Henderson Hall Base Guide at dc-military.com

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*As reported by Military Times, July/August 2015

MODEL
from page 3

eventually become an actor and entertainer.

“Participating in ceremonies for the president and generals of all branches at the Pentagon, the White House and for foreign dignitaries—[yet] I still didn’t have fulfillment in my life,” he said.

“I wasn’t content with just being a Soldier. I separated and took a leap of faith...and walked in my first runway show during District of Columbia Fashion Week in February. I’ll be heading to L.A. Fashion Week and New York Fashion Week later as well.”

Assisting Berry with his new found modeling endeavor is Boothe, who is helping him build his confidence, Berry said.

“You have to define your niche; modeling is not for everyone, and you have to be prepared to grind, whether it’s fashion, runway, print or commercial modeling,” Berry said. “The military taught me discipline, the importance of arriving early, and to always carry myself in a professional manner which is conducive in a career that’s subjective. Life gives us all variables, and this...is a place where we all share our connections to producers, designers, and others who help us build our brand.”

Also building her brand is 31-year-old Marissa Strock, a double amputee and former U.S. Army military police officer who was severely injured by a bomb during a convoy in Baghdad, Iraq, in 2005. An aspiring comedian and former

Ms. Veteran America pageant contestant and host, Strock said she is learning never to take a day for granted.

“The military taught me bravery, and how to take calculated risks,” said Strock, who told the Pentagram the agency is assisting her rebuild her confidence and redefine her life plan.

“I’m a Soldier who was severely injured and spent more time in Walter Reed Army Medical Center than I did in the military, recovering from my injuries,” Strock said. “But there were two others in my vehicle who died from their injuries, and for me not to move forward, would be disrespectful to these Soldiers’ memory. I’m also determined to persevere in the face of the terrorists who intended to kill me.”

Strock told the Pentagram she believes not living to her full potential would be giving the terrorists who intended to kill her what they wanted. Multi-faceted stories of survival and refining success is pertinent to Boothe’s efforts.

“This is a multi-purpose platform for veterans who want to go to the next level,” said U.S. Air Force Master Sgt. Miranda Drummond, who is a chef for general officers at Joint Base Anacostia-Bolling by day, and a photographer by night. “Whatever their aspirations. If they want to act, sing, or stay in modeling, we’re providing the resources to get these people there.”

“More veterans and active duty members should get into the mindset to try something new,” said U.S. Army Staff Sgt. Michelle Beasley, an active duty Soldiers stationed at Fort Belvoir Army installation.



PHOTO BY ARTHUR MONDALE

From left, teen model Skylar Peterson talks fashion with fellow model Marissa Strock, an Iraq veteran and double amputee, while both are prepped for a photo shoot in Alexandria, Virginia, April 30. “This is an agency that appreciates flaws—a person’s natural beauty—and encourages both military-affiliated kids and adults to be proud to be themselves,” said Lynn Peterson, Skylar’s mom.

Sentiments echoed by U.S. Army Sgt. Christopher Ashby, an active duty medic stationed at Joint Base Langley-Eustis, who said he was lured to the agency in an effort to build social capital and strengthen his professional network before he transitions out of the military, whenever that may be.

“We all have the same work ethic, values and genuinely want to see each other succeed, as opposed to working with a non-veterans, where there’s perceived support and genuine competition,” said Ashby. “We’re empowered here to be current, relevant and important and it reminds us that individually and collectively we have so much to offer. This is networking.”

Next generation of models

Few children and teens are afforded the opportunity that military life offers—the constant relocation to a new state or country—and the stressors associated with them. Boothe recognized the need to include a children’s and teens’ division within her agency.

Lynn Peterson is a retirement program manager for the Department of the Army, whose 15-year-old daughter, Skylar, was one of the first to join the roster.

“This is a trustworthy agency with a military affiliated-commonality,” Peterson said. “And that commonality makes for a good bonding experience, especially amongst the kids. And when you look at the bigger picture, how many modeling agencies would even consider models that weren’t a size zero, or a double amputee? This is an all-inclusive family.”

“When I model, it gives me a boost of confidence, it’s empowering,” the younger Peterson said, who suffers from Dysnomia, a learning disability that involves difficulty remembering words or names. “Dysnomia affects my everyday life, but I’ve made a lot of friends here, and we all accept each other’s flaws. Flaws are what make us each unique.”

“Everyone is different it’s important not to allow others to define you,” said fellow teen model Annikalake Dotte, who flew from Oklahoma to D.C. with her mother for an opportunity to participate in the agency’s recent casting call.

“My daughter is fearless, so she keeps me very busy” added Annikalake’s mom, Jeneal, a fearlessness that binds the current roster of models together.

“We envision [this agency] producing the first supermodel with a DD 214,” Boothe added. “We also want to establish the first Veteran Fashion Week, a grand display of veterans turned runway slayers...My story has led to many blessings; proof that everything happens for a reason, even the bad things.”

Pentagram Staff Writer Arthur Mondale can be reached at awright@dcmilitary.com.



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NEWS
from page 4

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Seeking to improve your public speaking skills?

Want to improve your speaking and leadership skills? The Pentagon Legacy Toastmasters Club offers free meetings every Tuesday, 5:15 to 6:30 p.m. at the Pentagon Main Cafeteria (directly under CVS and Dunkin' Donuts in the Pentagon) on a first come, first served basis. This Pentagon-based Toastmasters Club provides training and practical experience in improving public speaking, listening and leadership skills. For more information, contact Carl Sabath at carl.e.sabath.civ@mail.mil or via phone at 703-695-2804 or Bert Romero at joseh.h.romero6@mail.mil or via phone at 703-695-3443.

Henderson Hall H&S Battalion's Force Preservation Council available to help

The Headquarters and Service Battalion's Force Preservation Council is available to help any Marine who is facing personal and/or professional life stressors. From financial to relationship to emotional problems and ev-

erything in between, the council stands ready to assist in "righting the ship" for Marines in trouble. Headquarters Marine Corps officers-in-charge, staff noncommissioned officers-in-charge and civilian managers and supervisors are encouraged to leverage the council's vast resources to help any Marine who is or appears to be experiencing problems in their personal or professional lives. For more information, contact Maj. William Collins at 703-693-5360 or 1st Sgt. Keith Conner at 703-614-8876.

After hours community counseling available

After Hours Community Counseling, provided by the Marine Corps Community Services Henderson Hall's Behavioral Health Branch, is available Wednesdays, 4:30 to 7 p.m., in Bldg. 12's conference room on Henderson Hall. The Community Counseling Program provides counseling services for active-duty and retired service members and their families. They offer individual, couple, family, child, and group counseling services by appointment only. To make an appointment, please call 703-614-7204.

Save the date: Change of command - June 1

Headquarters and Headquarters Company, Headquarters Command Battalion will host a change of command ceremony

June 1 at 10 a.m. at Spates Community Club on the Fort Myer portion of JBM-HH. During the ceremony, outgoing commander Capt. Benjamin F. Murray will relinquish command to incoming commander Capt. Bradley M. Wilcox. For more information or to RSVP for this event, please call 1st Sgt. Marcos A. Morales at 703-696-8735.

Save the date: Staying home alone: Are you ready? - June 6

Army Community Services is hosting Staying Home Alone: Are you Ready? - a class designed to help parents determine if their children are ready to be left home alone, including tips and tricks to keeping safe when children (11 and older) are home alone. This class takes place June 6, 3:30 to 5 p.m. in the ACS classroom in Bldg. 201 on the Fort Myer portion of JBM-HH. For more information or to register, call 703-696-3512.

Death notice

Anyone with debts owed to or by the estate of U.S. Army Lt. Col. Claude W. Brittan, Headquarters Department of the U.S. Army, deputy Pentagon chaplain, must contact Capt. Donta White, the summary court martial officer for the Soldier. Brittan recently passed away on May 3. Call White at 703-545-4517 or email at donta.a.white2.mil@mail.mil.

Soldier for Life-Transition Assistance Program seminars and workshops

Reservations are required. Spouses are encouraged to register and attend. Call the SFL-TAP office, 703-696-0973 or log-in at www.acap.army.mil. Available to all registered clients who have completed DD2648/2648-1 and initial counseling. Location of seminars and workshops are in the SFL-TAP Bldg. 404 on the Fort Myer portion of JBM-HH unless otherwise noted.

<p>Retiring transition assistance program 8 a.m. to 4 p.m.</p> <ul style="list-style-type: none"> • May 23-27 • June 13-17 	<p>Finding and applying for federal jobs 9:30 a.m. to noon</p> <ul style="list-style-type: none"> • May 26* • June 29* 	<p>TRICARE benefits in depth 10 a.m. to noon</p> <ul style="list-style-type: none"> • June 23
<p>ETS TAP 8 a.m. to 4 p.m.</p> <ul style="list-style-type: none"> • June 6-10 	<p>Federal resume 12:30 to 3:30 p.m.</p> <ul style="list-style-type: none"> • June 23 	<p>Marketing yourself for a second career 1 to 3 p.m.</p> <ul style="list-style-type: none"> • May 24* • June 28*
<p>Entrepreneur track "boots to business" 8:30 a.m. to 3:30 p.m.</p> <ul style="list-style-type: none"> • Sept. 6-7 	<p>Accessing higher education 8 a.m. to 4 p.m.</p> <ul style="list-style-type: none"> • July 12-13* 	<p>Capstone (Every Friday by appointment) 9 a.m. to 11 a.m.</p> <ul style="list-style-type: none"> • May 20, 27 • June 3, 10, 17, 24
<p>Business franchise opportunities 3 p.m. to 5 p.m.</p> <ul style="list-style-type: none"> • June 27* 	<p>Career technical training 8 a.m. to 4 p.m.</p> <ul style="list-style-type: none"> • June 21-22 	

*Located in Education Center Bldg. 417, room 108/**218

News Notes submissions

Send your submissions for the June 3 edition of the Pentagram via email at pentagramjbmhh@yahoo.com no later than noon, May 25. 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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