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Civilian health and wellness program can help workforce stay in shape

By Julia LeDoux
Pentagram Staff Writer

Joint Base Myer-Henderson Hall civilian employees can improve their overall wellness by participating in the employee health and fitness program while they work, according to JBM-HH's top HR official.

The program permits participants to use one hour, three days a week for six months in physical or wellness activities such as exercise, nutrition and smoking cessation classes or health screening activities, said Ken Washington, JBM-HH human resources director.

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PHOTO BY SPC BRANDON DYER

Staff Sgt. Kevin Simpson participates in an Army Physical Fitness Test Aug. 23, 2015, on the Fort Myer portion of Joint Base Myer-Henderson Hall. Under a new JBM-HH policy, federal civilian employees can now participate in an employee health and fitness program that permits participants to use one hour, three days a week for six months in physical or wellness activities such as exercise, nutrition and smoking cessation classes or health screening activities.

Happy 241st, U.S. Army!



PHOTO BY RYLAN K. ALBRIGHT

U.S. Army 1st Lt. Shawn Meno of Mangilao, Guam, provides security for Provincial Reconstruction Team Farah and members of a local Kuchi tribe residing in Bawka District in Farah province, Afghanistan, June 12, 2010. The U.S. Army celebrates 241 years of service June 14.

Compiled by
Jim Goodwin
Pentagram Editor

June 14 marks the 241st anniversary since the creation of what would become the United States Army. The oldest of the U.S. Armed Services, the Army was established by

the Continental Congress in 1775 and later became a military department of the U.S. federal government under the Constitution, enacted in 1789. That Army consisted of about 22,000 militia men from across the American colonies, according to an Army. mil news article.

In the spring of 1775, New England militias were nearing a confrontation with a much more professionally-trained British Army, according to an online account by U.S. Center for Military History Historian John R. Maass.

"Recognizing the need to enlist the support of all of the

American seaboard colonies, the Massachusetts Provincial Congress appealed to the Second Continental Congress in Philadelphia to assume authority for the New England army," wrote Maass. "Reportedly, at John Adams' request, Congress

see **BIRTHDAY**, page 8

Leading the Army's oldest infantry regiment

After two years at the helm, Col. Johnny Davis reflects on his time leading The Old Guard

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

Col. Johnny K. Davis, says he has learned a quintessential lesson while serving as The Old Guard's commanding officer for two years: Well-trained Soldiers, even in the toughest of days, will overcome.

Davis, who is the regiment's 80th commander since its creation more than two centuries ago, is set to relinquish command this summer to be-

come the executive officer to U.S. Army Gen. Vincent K. Brookes, commanding general, United States Forces Korea.

A native of Milwaukee, Wisconsin, Davis said his path to service in the U.S. Army was not a straight one. While attending Cardinal Stritch University, he was on a different career path entirely, he said.

The church, the classroom or the Army

"I was on a career track to be-

see **REFLECT**, page 4



PHOTO BY ARTHUR MONDALE

From left, U.S. Army Col. Johnny K. Davis, commander of the 3d U.S. Infantry Regiment (The Old Guard), greets U.S. Army Staff Sgt. Dustin Moss, a member of The Old Guard's Presidential Salute Battery, during the opening of the U.S. Army Caisson Platoon's Spring Open House and Hayride April 2 on the Fort Myer portion of Joint Base Myer-Henderson Hall. "It's not often that members of The Old Guard get to open our doors and encourage the public to come on in and get a snapshot of what our Soldiers actually do," Davis said. Davis will relinquish command of The Old Guard this month.

New technology will help joint base firefighters avoid heat exhaustion

By Guv Callahan
Pentagram Staff Writer

The Joint Base Myer-Henderson Hall Fire Department has acquired a new piece of equipment designed to help prevent heat stroke and heat exhaustion in patients.

The Polar Breeze body cooling system is a device that assists firefighters with thermal rehab, lowering their core body temperatures and reducing the risk of heat related illness or injury in the line of duty.

"The instances of heat stroke and heat exhaustion in fire-

fighters is far higher than any other group in the United States," said Dr. Ralf Blackstone, director of research and development for Statim Technologies, which makes the Polar Breeze system.

When firefighters are on the job, surrounded by flames and covered in pounds of heavy equipment, their core temperatures can reach anywhere from 101 to 104 degrees or higher, Blackstone said. And lowering that core body temperature can take up to 80 minutes.

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PHOTO BY BOBBY JONES

Dr. Ralf W. Blackstone, right, inventor of Polar Breeze total body cooling system, explains the system to fire fighters and emergency responders from the Joint Base Myer-Henderson Hall and Washington, D.C., Fire Departments while JBM-HH Health Safety Unit member Capt. Wayne Bryant, left, receives a first-hand demonstration of the system's cooling capability May 25 at the JBM-HH Fire Station on Fort Myer.

News Notes

Reminder: Fort Myer ID center accepts web-based appointments

The DEERS/ID card section on the Fort Myer portion of JBM-HH now accepts appointments online. Appointments can be made by visiting <http://go.usa.gov/cY5qV> online. Available appointment dates are annotated in green on the site. Customers merely select the available date and appointment time, input a few details, and click "submit." This web-based system allows customers to lock in an appointment online instead of walking in to the office in hopes of an available time slot. Those who are unable to access the website can still call the DEERS/ID card section to make an appointment at 703-696-2188.

Army Ten-Miler qualifier series

JBM-HH Family and Morale, Welfare and Recreation is hosting a 10K qualifier race June 10 to select members for the JBM-HH Army Ten-Miller Team. The team will consist of 36 runners to compete in the 2016 Army Ten-Miler Oct. 11. Registration and participation is free. The June 10 qualifier begins 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. Register online at www.jbmhbm-

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

Warrior Battalion turns 233 years strong



PHOTO BY SPC. DANIEL YEADON

A Tomb Sentinel stands post at the Tomb of the Unknown Soldier June 2 following a wreath-laying ceremony in honor of the 233rd birthday of the 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard) in Arlington National Cemetery. Known as “Warrior Battalion,” the 4th Battalion was organized by the Regular Army in Pennsylvania and New Jersey June 3, 1784, as a company of the 1st American Regiment. The U.S. Army's oldest infantry regiment, The Old Guard, was created as a result of the 1783 Peace of Paris. The provisions of the treaty ended the war between Great Britain, France, and the colonies of British America (Americans know the war as the American Revolution).

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.

Local testing continues, preventative measures key:

JBM-HH's public works staff have received specialized training to conduct surveillance and control measures throughout JBM-HH to trap female mosquitoes and their eggs and test them for both Zika and West Nile viruses. Traps to test for the Zika virus were recently collected throughout the joint base and were sent to a special laboratory at Fort Meade, Maryland, for testing.

Earlier this month, public works officials treated catchment basins to stop the breeding of Culex mosquitos. Trapping and testing for West Nile Virus-borne mosquitoes began earlier this week, according to Ron Purvis, JBM-HH Pest Management Team member.

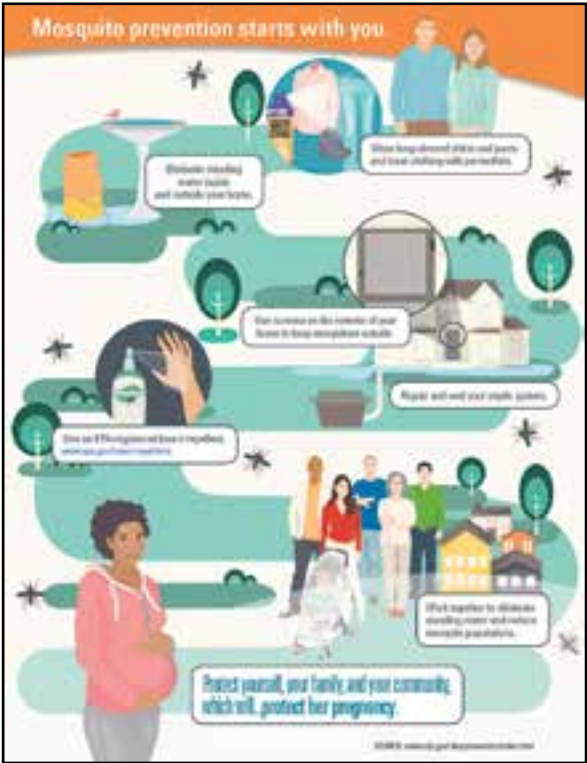
While testing helps identify and alert the community to the presence of mosquitos carrying viruses, the best way to avoid virus contraction is by preventing mosquitos from breeding in the area, said Purvis. To achieve that, Purvis and fellow team member Ronald Quarles recommends joint base residents, staff, service members and others take an active part in preventing mosquito breeding by identifying and emptying items and areas that contain standing water. Standing water, such as that collected in plant pots, wheel barrows, and other potential backyard water catchers, are where mosquitoes lay their eggs, he said.

“Mosquitos can breed in a soda cap filled with water,” said Purvis. “Make sure your trash cans have tops on them, clean your gutters and if you have a garden, empty pots and other items that collect water.”

- More preventative measures and tips include:**
- Check for standing water around faucets and repair any leaks
 - Keep swimming pools and spas chlorinated
 - Aerate ornamental pools and ponds
 - Empty children's wading pools after use
 - Store small boats upside down

More tips will be published in forthcoming issues. Additional information on preventing mosquito breeding, as well as mosquito-borne viruses, can be found on the Centers for Disease Control and Prevention website at <http://go.usa.gov/cJ3CG>.

To schedule a visit or inspection for potential mosquito-breeding areas, contact Purvis or Quarles at 703-965-6073 or 6049, respectively.



This week in military history

Compiled by Jim Goodwin
Editor, Pentagonagram

- June 9 1966:** The 1st Brigade, 101st Airborne Division encounter North Vietnamese forces in Pleiku, a central city in Vietnam that was of strategic importance for the North Vietnamese, according to the American Military History Volume II. The North Vietnamese were threatening to overrun the city's South Vietnamese-held government post. The U.S. commander called in air strikes to stop the enemy's "human-wave" attacks. Combat until June 20, when renewed American air strikes pushed the North Vietnamese regiment that started the attack off for good.
- June 10 1861:** In one of the first engagements of the Civil War, Union troops attack Confederate positions near Big Bethel Church in Hampton, Virginia, according to the spring 2016 volume of On Point: The Journal of Army History.
- June 11 1918:** A U.S. Marine Corps assault is successful in capturing two-thirds of Belleau Wood during the Battle of Belleau Wood near the Marne River in France, according to an entry on the This Day in Military History website. The capture comes at the cost of heavy casualties for the Marines, who are near exhaustion.
- June 12 1961:** A presidential proclamation, signed by President John F. Kennedy, authorizes the American flag to be flown day and night at the Marine Corps War Memorial in Arlington, according to an entry on the Marine Corps History Division's website. Previous discussion between government officials on how to better improve the monument's visibility led to a proposal to fly the flag continuously, which could only be authorized by either Congressional legislation or presidential proclamation.
- June 13 1864:** The Union's Army of the Potomac moves toward Petersburg, Virginia, ahead of a siege that would last for some nine months, according to an entry on the This Day in Military History website. Although commanded by Gen. George G. Meade, Gen. Ulysses S. Grant effectively led the Army as it fought through the Wilderness, Spotsylvania and Cold Harbor, sustaining enormous casualties against Gen. Robert E. Lee's Army of Northern Virginia.
- June 14 1775:** The Second Continental Congress authorizes creation of the Continental Army, to be led by Gen. George Washington, to unite and coordinate individual colonial militias to combat the British during the American Revolution, according to a compilation of online history sources. Most of the Continental Army would be disbanded in 1783 after the Treaty of Paris ended the war.



COURTESY CENTER OF MILITARY HISTORY

This painting depicts New England Army volunteers and militia clashing with British soldiers at Breed's Hill June 17, 1775, during the American Revolution. June 14, 2016 marks the 241st birthday of the U.S. Army, which was formed when the Continental Congress authorized enlistment of riflemen to serve the United Colonies for one year, according to the Center for Military History.

- June 15 1965:** As the U.S. bombs targets in North Vietnam, the decision is made to refrain from bombing Hanoi as well as the Soviet missile sites that surrounded the city, according to an entry on the This Day in Military History website.

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Coding and Activity Camp comes to Henderson Hall

By Julia LeDoux
Pentagram Staff Writer

Parents, looking for something to keep your kids occupied and learning this summer? Marine Corps Community Services Henderson Hall will host a coding and activity camp for youth next month. The camp is open to kids aged 10 to 15 and will take place from 7:30 a.m. to 4:30 p.m. July 18 through July 22 at Bldg. 29, rooms 104 and 105, on the Henderson Hall portion of Joint Base Myer-Henderson Hall. Morning and afternoon snacks will be provided daily. The cost of the camp is \$289 per participant.

During the week-long session, participants will use the popular game Minecraft as a tool to learn the mechanics of computer science from a Richmond, Virginia, based non-profit that promotes computer science and programming across the commonwealth. “They are coming to teach the children to use HTML and Java script,” explained Chanel Sharp, Marine Corps Community Service Henderson Hall school liaison. “It is pretty much individualized instruction,” Sharp continued. “There are two instructors.” Similar camps held in the civilian community can cost \$2,000

per participant, she said. “That is not an exaggerated number,” she said. “We are offering a great price for military family members.” The first three days of the camp will focus on computer coding, while the last two days will see the campers touring the Pentagon and various sites in Washington, D.C. There are a total of 20 spots available for the camp, but 15 of those must be filled in order for it to take place. For more information, call 703-693-8378 or register at www.mccsHH.com/SL.html. *Pentagram StaffWriter Julia LeDoux can be reached at jledoux@dcmilitary.com.*



COURTESY PHOTO
Marine Corps Community Services Henderson Hall will host a coding and activity camp for youth next month. The camp is open to kids aged 10 to 15 and will take place from 7:30 a.m. to 4:30 p.m. July 18 through July 22 at Bldg. 29, rooms 104 and 105, on the Henderson Hall portion of Joint Base Myer-Henderson Hall.

Transition with a purpose

Business leaders share success, failure stories

By Delonte Harrod
Pentagram Staff Writer

Military service members, their spouses, veterans and civilian workers gathered in Conmy Hall June 3 on the Fort Myer portion of Joint Base Myer-Henderson Hall to hear from entrepreneurs who encouraged attendees—especially those transitioning out of military service—to achieve their goals.

The one-day veterans transition conference, hosted by nonprofit American Dream U which helps service members to connect to resources—brought leaders and entrepreneurs to the joint base to speak with service members who are transitioning out of military service.

Phil Randazzo, founder of American Dream U, said he wanted “to bring world class entrepreneurs and business leaders to share with those in transition.”

Randazzo said he wanted to use the conference as a platform to inform service members to start transition early and to learn to tell their stories. The conference was also intended to teach transitioning military personnel that failure in the civilian world is OK, and that self-education and life-long learning are musts for success, said Randazzo.

JBM-HH Commander Col. Henderson said this type of event is in keeping with the military’s goal of helping to equip all branches of the military with the skills to obtain jobs once they transition out.

“American Dream U affords those in attendance the prospect of developing leadership skills, becoming better prepared to land that dream job to further their career or even to start their own business,” said Henderson in his opening speech to audience [members]. “And what better way to do that than hearing it first hand from some of the nation’s top business leaders.”

Spc. Tommy Henderson, who will soon transition out of the Army, said the information given at the conference was helpful because it provided him with more opportunities than he previously thought were available to service members.

Henderson mentioned that he wants to be an entrepreneur and his goal is to do something with music.

“The military teaches us the basics, like



PHOTO COURTESY OF COMMAND SGT. MAJ. RANDALL E. WOODS
Keynote speaker Jim Koch, founder of Samuel Adams Beer, speaks to service mebmbers, retirees, veterans, federal civilian employees and other attendees at the latest Veterans Transition Conference June 6 on the Fort Myer portion of Joint Base Myer-Henderson Hall. This was the second time the event was held on JBM-HH, which is intended to provide attendees business advice from local and national business leaders, including tactics on entrepreneurship, goal-building and business leadership.

how to finance your money, but nothing on how to promote yourself,” he said. “This seminar helped me to feel more confident [about my situation] when I transition out.”

Multiple successful entrepreneurs such as Army veteran Jas Boothe, Steve Sisler, Abbey Woodcock, Joey Coleman and keynote speaker Jim Koch, founder of Samuel Adams Beer, and others, shared their stories of failure and triumph and gave the audience tips on how to ready themselves for the civilian world.

Boothe told the audience about how she went from being broke to starting a nonprofit organization that serves homeless women veterans.

In 2005, Hurricane Katrina wiped out her New Orleans home and, as Boothe recalled, the next month she was diagnosed with aggressive head, neck and throat cancer. Boothe had to undergo med-

see TRANSITION, page 5

Community Spotlight

Name: Kara Cantrell

Job title/where do you work: Director of Internal Review and Audit Compliance



COURTESY PHOTO

What do you want people to know about your duty assignment, job, program or service?

As an internal auditor, we are here to help improve programs and processes. Many people have a negative perception of audits/auditors, but we aren’t here to get anyone in trouble. Often, we can help identify issues before something goes wrong and prevent unfavorable outcomes. So, if your organization is selected for an audit, don’t worry! I promise I don’t bite.

What’s the most rewarding part of your current position and why?

It means a lot to me that I am able to give something back to the military community. As a military spouse, often the programs I review serve other military families just like mine. It feels good to be able to make recommendations that I know could make military life just a little easier.

What’s your favorite...

Quote: “It is the mark of an educated mind to be able to entertain a thought without accepting it.” — Aristotle

Favorite sports team: Florida Gators.

Book: Too many to mention.

Band/music artist: Ben Harper.

Movie: Eat, Pray, Love.

Places you’ve ever traveled to or been stationed:

Japan, Honduras, Belize and the Dominican Republic. Most recently we were stationed at Fort Campbell, Kentucky.

What do you like most about working on/visiting JBM-HH?

The historical significance and the people here are great!

What do you like most about living in the National Capital Region?

Having access to some of the most interesting things to see and do in the U.S.

What’s the best advice you’ve ever received?

My grandfather always says, “Love many, trust few...but always paddle your own canoe.”

If you won the lottery, what would you do?

Move my family to the beach and work part time as an adjunct college professor.

What are your goals for the year?

To improve JBM-HH’s auditability in preparation for the full audit in FY17 and make a positive impact in as many areas as I possibly can.

What advice do you have for someone getting stationed at JBM-HH?

Make the most of your time in D.C. See and learn all you can while you are here. And do everything you can to avoid traffic!

★★★ The United States Army Band ★★★ CALENDAR OF EVENTS		
June 9	7:30 p.m.	The U.S. Army Concert Band and Army Voices will perform as part of its Summer Concert Series in Brucker Hall on the Fort Myer portion of JBM-HH.
June 10	8 p.m.	The U.S. Army Concert Band and Army Voices will perform as part of the Sunsets with a Soundtrack concert series at the West Side of the U.S. Capitol in Washington, D.C.
June 11	7 p.m.	The U.S. Army Herald Trumpets will perform at the Gettysburg Brass Band Festival at Gettysburg Lutheran Seminary, 61 Seminary Ridge, Gettysburg, Pennsylvania.
June 12	4 p.m.	The U.S. Army Blues will perform a concert of big band music, highlighting music of America’s only indigenous art form – jazz! The Blues will play classic arrangements by jazz giants, such as Duke Ellington and Count Basie. This event takes place at Belmont Bay Marina Pavilion in Woodbridge, Virginia.
June 14	10 a.m.	The U.S. Army Band “Pershing’s Own” will perform in Times Square in New York City as part of the Army’s 241st Birthday celebrations.
June 15, 22, 29	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.
June 16	7:30 p.m.	The U.S. Army Concert Band and Army Voices will perform as part of its Summer Concert Series in Brucker Hall on the Fort Myer portion of JBM-HH.

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 703-696-3718 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.

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“When you don’t have your health, nothing else matters,” Washington said.

Washington noted that the plan has been endorsed by JBM-HH Commander Col. Mike Henderson and Joint Force Headquarters-National Capital Region/Military District of Washington Commander Maj. Gen. Bradley A. Becker.

Quoting Becker, Washington said that civilians make up a large part of the Army team.

“We need them to be healthy,” he said. “We need to show we have a genuine concern about their well-being.”

One of the top concerns the civilian workforce presented to Henderson last year centered on the establishment of a wellness program, explained Washington. At the time, the joint base did have a wellness program that approximately 10 percent of the civilian workforce was participating in.

“We thought maybe there were some things that the



PHOTO BY NELL KING

Joint Base Myer-Henderson Hall civilian employees can improve their overall wellness by participating in the Employee Health and Fitness Program while they work, according to JBM-HH’s Director of Human Resources Ken Washington. The program permits participants to use one hour, three days a week for six months in physical or wellness activities such as exercise, nutrition and smoking cessation classes or health screening activities, said Washington.

program needed to contain that it didn’t contain,” continued Washington. “We took a holistic review of the program and took into account how individuals could pursue their own wellness goals.”

The program provides participants a folder of educational resources; measurement of height, weight and body mass index at the beginning and the end of

the program; a basic survey of fitness and well-being at the beginning and end of the program; an assessment of personal health/fitness at the beginning and end of the program; 1-hour exercise sessions three times a week for six months; and access to three wellness-related group classes.

Participants can log their activity daily. It is reviewed by the employee health and

fitness program coordinator, Reginald Battle, weekly.

And while most people focus on the physical activity that is part of any wellness program, Washington said exercise is just one part of the initiative. Nutrition and other aspects of an individual’s overall health, including quality and quantity of sleep, are also part of the program.

“I really believe the wellness program is a win-win situation,” Washington said. “Employees see that you are genuinely concerned about their well-being to the point that you adopt a program that they can take part in while they are [getting] paid.”

In order to take part in the initiative, participants have to complete a physical activity readiness questionnaire and have their doctor sign a form okaying their participation in the program. For more information on the program, contact Battle via email at reginald.t.battle.civ@mail.mil or by calling 703-696-3520.

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

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come a teacher or a pastor in the Lutheran Church,” said Davis. “All that time going through my educational journey, deep down in my soul I just wanted to serve our country in uniform.”

In 1992, Davis entered the Army as an infantry officer. He spent the next 24 years serving in a multitude of assignments.

Describing military service as “a calling,” the skills that Davis had that first inspired him to be a teacher or pastor are wholly applicable to the Army, he said.

“Both of those professions really focus on people, and I think that has allowed me to easily cross the bridge between being a teacher or pastor and a Soldier,” said Davis.

Know thy Soldiers

The emphasis on interaction has helped Davis to be an accessible and disarming leader who takes care of his Soldiers.

“I go out of my way, as many in the unit know. I try to, every single day, I can never walk by a Soldier without shaking their hand, and after two years I probably know every Soldier in

the unit,” said Davis. “I really like that opportunity to share who I am and find out about them. Remember we’re all one team; separation from the subordinates isn’t very healthy for any organization.”

“He’s probably the best commander I’ve served with at breaking down those barriers,” said Maj. Russell H. Fox, officer in charge of Regiment Public Affairs. “His ability to interact at the personal level is a testament to his character and way of caring for Soldiers.”

Davis credits the noncommissioned officers he’s worked with for teaching him the importance of Soldiers’ welfare.

The interactions have helped Davis implement several initiatives that have directly impacted Soldiers day-to-day, helping to replace the air conditioning system at the Fort Myer-based headquarters building for the U.S. Army’s Fife and Drum Corps to obtaining warmer gloves and boots for Soldiers performing ceremonial services at funerals in the winter time.

Davis has also tried to help get special duty pay for members of the U.S. Army Caisson Platoon and sentinels at the Tomb of the Unknown Soldier, two duties that have huge demands on individual



COURTESY PHOTO

U.S. Army Col. Johnny K. Davis, left, commander, 3d U.S. Infantry Regiment (The Old Guard), shakes hands with Secretary of Defense Ash Carter April 22, 2015, during Carter’s visit to Joint Bast Myer-Henderson Hall. Davis and JBM-HH Commander Col. Mike Henderson, center, greeted Carter during his visit to the Fort McNair portion of JBM-HH.

Soldiers’ time, he said. That request is still going through the approval process, he said. If approved, it will increase the pay of the Soldiers assigned to those positions.

Many of those ideas came from the feedback provided by Soldiers during Davis’ interactions in his first 30 to 45 days as the commander, he said.

“Soldiers deserve a wonderful facility, and a wonderful barracks, after a hard day’s work,” he said. “I spent a lot of time trying to do that.”

Family man and Soldier: A balancing act

Davis’ daily life as commander involves an average of

three to five uniform changes a day to meet the various demands of missions and ceremonies.

Balancing his command responsibilities with his family is only achievable by compartmentalizing and leaving work at work, said Davis.

When Davis gets home for the day, his focus changes to helping one of his six daughters with school work, and readying everyone for bed.

The Old Guard beckons
Davis took command of The Old Guard on June 18, 2014. This was his second assignment to The Old Guard.

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“You’re cooking the entire time you’re there,” he said. “That might be great for barbeque, but it’s terrible for human beings.”

Blackstone also said the Polar Breeze team is researching the machine’s long-term effects and its potential ability to help fight heart disease brought on by repeat heat exhaustion.

“You also have a problem with repetitive heat stress because of the job you do,” he said to a room full of firefighters at the Joint Base Myer-Henderson Hall Fire Department. “That heat stress is now being linked to increased instances of cardiovascular disease in firefighters.”

Polar Breeze generates a cold air stream that travels through a hose and allows the user to breathe it directly into their lungs. Users can put on a hood that will also cool their entire head.

The machine cools firefighters from the inside out, according to Blackstone.

“What that really means is

that the major organs – the brain, the heart, the lungs – are all getting a cool blood-stream much more rapidly,” he said.

The system, which is easily transportable, can cool up to three people at a time. It just depends on how much firefighters are suffering at that moment; a firefighter under severe heat stress – 104 or higher – should use the machine alone.

JBM-HH Fire Chief Russell Miller said that two of his captains attended a symposium and reported that the Polar Breeze would be an effective and potentially life-saving tool for the joint base’s fire department to have.

“That’s the first thing that brought our attention to it,” Miller said. “You’re not going to get any hotter than being in a fire. In terms of getting your core body temperature up, it’s not going to happen any other way.”

But the system’s uses don’t end there. The Polar Breeze can also be deployed throughout the summer months for special events where heat exhaustion might be a concern, according to Miller.



PHOTO BY BOBBY JONES

Dr. Ralf W. Blackstone, inventor of the Polar Breeze total body cooling system, addresses Joint Base Myer-Henderson Hall and Washington, D.C. Fire Department members and other military first responders prior to demonstrating the Polar Breeze technology at the JBM-HH fire station on Fort Myer May 25. The system was deployed with JBM-HH firefighters and emergency response technicians during Memorial Day ceremonies at Arlington National Cemetery. Cemetery officials estimated some 150,000 people visited the cemetery during Memorial Day weekend.

The system was deployed with JBM-HH firefighters and emergency response technicians during Memorial Day ceremonies at Arlington National Cemetery. Cemetery officials estimated some 150,000 people visited the cemetery during Memorial Day weekend. Thankfully, no heat casualties were reported during the weekend, said Miller.

According to the Centers for Disease Control and Prevention, an average of 675 people die every year in the United States from extreme heat events.

“We’re looking at trying to expand our capabilities to treat a number of patients,” Miller said.

Pentagram Staff Writer Guv Callahan can be reached at wcallahan@dcmilitary.com.

NEWS
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wr.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 703-696-0584 or via email at todd.a.hopkins.civ@mail.mil.

U.S. Army Garrison change of command – June 10

Headquarters and Headquarters Company, U.S. Army Garrison will host a change of command ceremony June 10 at 10 a.m. at Spates Community Club on the Fort Myer portion of JBM-HH. During the ceremony, outgoing commander Capt. Caleb A. Tallent will relinquish command to incoming commander Capt. Christopher A. Mays. For more information or to RSVP for this event, please call 1st Sgt. Marcos A. Morales at 703-696-8735.

Story walk on Fort Myer – June 11

The JBM-HH Post Library is hosting a story walk June 11 from noon to 2 p.m. This event combines all the pleasures of reading children’s books aloud with the benefits of walking together outdoors. Participants can stop by the Caisson stables during the walk for a tour. This event helps build children’s interest in reading while encouraging healthy outdoor activity for both children and their grown-ups. After the walk, stop by the library to register for the Summer Reading Program. The library is open from noon to 2 p.m. in conjunction with the StoryWalk. For more information, call 703-696-3555.

Free MLB umpire clinic – June 11

Major League Baseball is hosting a one-day umpire clinic June 11 from 10 a.m. to 3 p.m. at the Washington Nationals Youth Baseball Academy at 3675 Ely Place S.E., Washington, D.C., 20019. This free event is open to all, but the U.S. Air Force Office of Diversity and Inclusion is working with the MLB to increase the number of service members and veterans who may be interested in attending the clinic. During the clinic, MLB officials will be looking for scholarship candidates for their pro mini-camp to be held at Fort Myers, Florida, this December. To register, send an email to mlbumpirecamps@mlb.com. For more information, call 703-571-0956.

Summer hiring event – June 11

Marine Corps Community Services Henderson Hall is holding a Summer Hiring Event June 11, 9 a.m. to 5 p.m., in Bldg. 29, Suite 305 on the Henderson Hall portion of Joint Base Myer-Henderson Hall. Positions are open for sales associates in the Marine Corps Exchange and baristas in the Java Café. Schedules are flexible, and employees have free use of an outdoor swimming pool and indoor fitness center; employees also receive MCX shopping privileges. Appointments are not needed for this event; walk in, apply and interview on the spot. Those interested must be able to get on base. For more information, including directions to the event, please call 703-979-8420 ext. 306, or email macasianoc@usmc-mccs.org.

Safety Day at the Pentagon – June 14

Celebrate National Safety Month by attending a Pentagon safety event called “Safety starts with you” June 14, 10 a.m. to 1 p.m. at the second floor apex 9/10 in the Pentagon. Sponsored by the Washington Headquarters Services Facilities Services Directorate’s Occupational Safety and Health Branch, this event will provide information about distracted driving, fire prevention, office safety and emergency preparedness. For more information, call 703-693-3683.

Stress management class – June 14

JBM-HH’s Army Community Service is hosting a stress management class June 14, 9:30 to 11:30 a.m. at the ACS classroom in Bldg. 201 on the Fort Myer portion of the joint base. This class teaches how to identify personal cues of stress overload, practice techniques to reduce stress and anxiety, and offers ways to live a more productive, healthy and happier life. For more information or to register, call 703-696-3512.

Suiting Warriors event – June 15

Marine Corps Community Services Henderson Hall’s Career Resource Management Center is hosting a “Suiting Warriors” workshop June 15 from 11 a.m. to 2 p.m. at Bldg. 21 at the Henderson Hall portion of JBM-HH. This workshop, intended for transitioning service members, veterans and their spouses, helps empower those transitioning to civilian life by providing professional attire for competing in today’s job market. A selection of suits and professional attire are available to those who register in advance. To register by June 10, visit <https://sw-mccshh.eventbrite.com>.

Warrant Officer Association chapter meeting – June 15

The Lord Fairfax Silver Chapter of the U.S. Army Warrant Officer Association will hold its monthly meeting June 15 at 4:30 p.m. at the USO Center (9th Street) on Fort Belvoir, Virginia. All active, reserve and retired warrant officers

see News, page 6

Insurance coverage: You do not need it until you really need it

By U.S. Army Capt. Anouck McCall
Legal Assistance Attorney
JFHQ-NCR/MDW

In youth, we are cloaked in a feeling of invincibility. The possibility of a catastrophic medical condition or car accident seems most remote. Why expend our hard-earned money year after year on insurance coverage that we likely will not need? The answer is that out-of-pocket expenses that can arise in the absence of insurance could be asphyxiating and lead to financial ruin.

Active duty service members are further lulled into a sense of comfort – less known to those in the outside world – on account of having their healthcare automatically covered by Tricare at no cost. Unlike our civilian brethren, if we become ill or injured during the course of service, we will receive treatment and never see a bill.

Regarding life insurance, the military makes it easy by offering the Service members’ Group Life Insurance (SGLI) with coverage up to \$400,000.

The monthly premium is directly deducted from our paychecks. It has been said, “You don’t buy life insurance because you are going to die, but because those you love are going to live.”

However, when it comes to automobile or homeowner’s/renter’s insurance, we are responsible for securing those policies. Purchasing insurance is a multi-faceted exercise that includes several decision points.

First, it is important to study options or enlist the expertise of an agent familiar with the market and available discounts. Second, one must determine necessary limits and type of protection desired. Increasing the amount of liability coverage expands protection but raises the premium. Increasing the deductible lowers the premium. The premium is the periodic payment to transfer the risk from the insured (individual) to the insurer (company). The deductible is the out-of-pocket expenses the insured must pay before the insurer assumes the remaining costs. Third, one should compare quotes from various carriers. Behind the

scenes – in a process called underwriting – the insurance company evaluates the risk and merit of extending insurance, examines the insurer’s history (e.g., at-fault accidents, citations, claims, etc.) and other factors (e.g., age, other drivers, make/model of vehicle, average mileage, where vehicle is garaged, etc.), and establishes the premium.

While the carrier completes the underwriting, it can issue interim insurance known as a binder. If the underwriters discover discrepancies from the information supplied during the application, they can modify the quote upwards or decline coverage. Otherwise, the policy will be issued as quoted and proof of insurance along with a declaration page provided. Be sure to review the policy as it is a legally-binding contract.

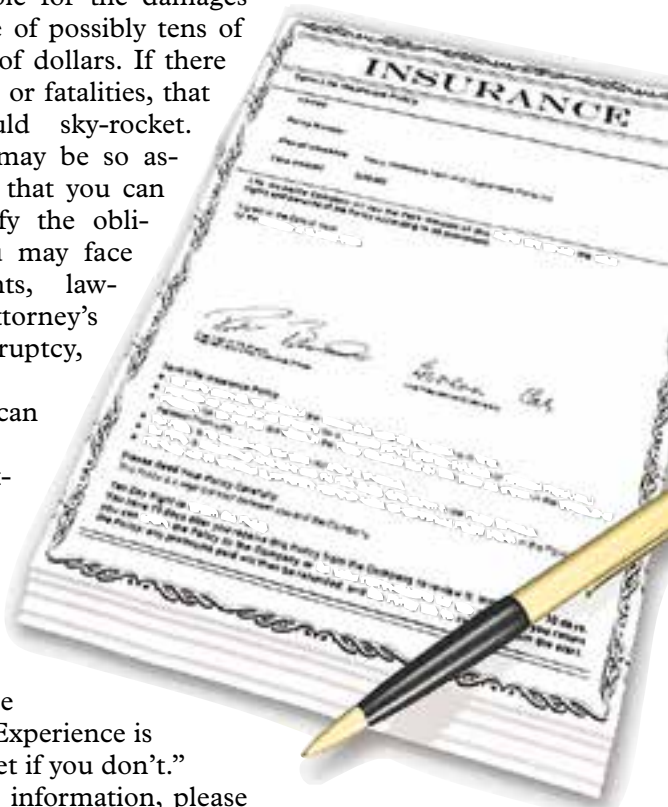
Typically, policies automatically renew semi-annually or annually. The carrier will assess whether – based on rate increases or events during the prior period – the premiums will be altered. It is imperative that the renewal payment is made on

time. Although some companies have a slight grace period, the consequences of not rendering payment can be grave. If you experience a loss or are involved in an accident and the premium was not paid, you may be personally liable for the damages to the tune of possibly tens of thousands of dollars. If there are injuries or fatalities, that figure could sky-rocket. The total may be so astronomical that you can never satisfy the obligation. You may face garnishments, lawsuits, attorney’s fees, bankruptcy, and more.

As American folk singer-songwriter, Pete Seeger, noted, “Education is when you read the fine print. Experience is what you get if you don’t.”

For more information, please contact the Military District of

Washington’s Client Services Office on the Fort Myer portion of Joint Base Myer-Henderson Hall at 703-696-0761. Operating hours are Monday through Friday, 8 a.m. to 4 p.m.



COURTESY PHOTO

TRANSITION

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ical treatment, so she could not deploy to Iraq. Shortly after, she separated from the military. In short, she found herself out of a job. Her home was gone. She said she was told to go a Veterans Affairs hospital for help. She received none, she said.

“There were no services for women in 2005,” she said. “And at that time it was just me and my oldest child, who is now in the Air Force, and I had nowhere to go. So I spent the next few months sleeping

on [a relative’s] couch. I went from being a Soldier making about \$3,000 a month to being on welfare living off of \$300 a month for me and my son.”

Boothe said she started to feel sorry for herself, but it was her military training that helped her to get up and do something with her life.

“The military teaches us to never accept defeat,” she said.

Eventually, she went on to start a nonprofit organization. Her simple message to the audience was don’t let life beat you down.

But Koch didn’t ground his advice in a rags to

riches narrative. He talked about his dream to make America one of the best places on earth to buy beer and his journey to fulfilling that goal.

Koch told service members about how he started his beer company. Koch said his father, grandfather and great grandfather were all brew masters. Since the mid-19th century, Koch said, his family had run 13 breweries and all of them ended up in bankruptcy.

“We kind of have a track record of extreme repetitive failure,” he said.

Koch’s vision for his brewery extended beyond wanting to redeem the family name. During the 1980s, craft beer competition was slim, unlike today, he said.

“During those times you basically choose between

mass produced/mass marketed beers, which was consistent, clean, cold, and you could crush the can on your forehead,” he said. “That was American beer.”

According to Koch, many Americans believed that the best beer wasn’t made in the United States.

“Everybody believed that only [people outside the U.S.] could make good beer,” he said. “I had this idea that maybe if I make really great beer here in the United States somebody would buy it.”

Koch said that was the idea that led him to starting Samuel Adams Beer. He said he chose to name his beer after one of the founding fathers because “he was one of the first ones to believe in the idea of American independence.

“I love Samuel Adam’s



PHOTO COURTESY OF COMMAND SGT. MAJ. RANDALL E. WOODS
Keynote speaker Jim Koch, left, founder of Samuel Adams Beer, and American Dream U Founder Phil Randazzo, right, speak to service members, retirees, veterans, federal civilian employees and other attendees at the latest Veterans Transition Conference June 6 on the Fort Myer portion of Joint Base Myer-Henderson Hall.

story and he was a brewer,” he said. “He represented American values.”

Koch went on to tell the audience that they should build their careers around what makes them happy instead of trying to get rich.

“People aren’t happy who want to be rich,” he said. “When you start a job or career, do something that you think will make you happy, which will lead to a great, satisfying life.”

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

For more JBM-HH event photos from this issue, visit us online at:

www.flickr.com/photos/jbm-hh

Find us online:
www.DCMilitary.com

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June 14 • 11 a.m.-3:30 p.m.

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✦ Pork Loin Roulade a la Florentine	✦ California Salad
✦ Chicken Yaki Tori	✦ Basil Lemon Sabayon
✦ Twice Baked Potatoes	✦ Assorted Pastries, Drinks & Fruits
✦ Arborio Rice w/ Mushrooms	✦ Ice Cream
✦ Grilled Vegetable Medley	

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REFLECT
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The first assignment was in the late 1990’s, when he was the commander of Delta Company.

“While I was a company commander in the 82nd Airborne in the 90’s, my goal was to command a second company,” said Davis. “At the time the two options available to us were Ranger Regiment or The Old Guard.”

Tragedy strikes

Davis’ decision to come to The Old Guard placed him just miles away from the events that unfolded on Sept. 11, 2001. On that day, Davis’ company was the primary company for performing all ceremonial details for the day’s funerals at Arlington National Cemetery, he said.

He had just returned from a full-honor funeral when he saw on the news the first plane struck the North Tower of the World Trade Center in New York City at 8:46 am.

“At the same time while standing there, we saw the second plane on live T.V.,” said Davis. “Everyone up in the company dayroom saw this; I didn’t know what to say. I was just so taken back.”

Walking outside Delta Company, Davis saw the smoke rising from the Pentagon.

“Immediately, we were notified to prepare for security operations since we are an operating force,” said Davis. “Funerals were stopped, there was aircraft debris in Arlington cemetery. We put up our ceremonial uniforms immediately and put on our battle dress uniforms.”

As a reactive force for the National Capital Region, The Old Guard boarded buses and headed to the impact site.

Davis and his Soldiers assisted in recovery operations.

“The site was unbelievable,” said Davis. “No Soldier was trained for what we were exposed to.”

Six years after witnessing 9/11 events first hand, Davis was sent to the Pentagon for a tour of duty as the aide-de-camp to the vice chairman of the Joint Chiefs of Staff. He also served as the joint capabilities staff officer.

Combat operations

In 2010, Davis returned to Fort Campbell, Kentucky, where he commanded 1st Battalion, 502nd Infantry Regiment and deployed to Afghanistan (OEF 10) as a Task Force commander until 2011.

On June 13, 2010, while serving in Afghanistan, a rocket-propelled grenade and an improvised explosive devise (IED) struck Davis’ vehicle. The grenade hit right at the seam of the vehicle, penetrating the hull and injuring Davis.

The incident would earn Davis a Purple Heart.

“Life is very precious,” said Davis. “When Soldiers put themselves at risk to protect other Soldiers, that’s something I will never, ever forget. I am driven to continue to do as much as I can to help Soldiers achieve all the things they want to achieve in life.”

Forging new leaders

Davis’ Army career now tasks him with finding the leaders of tomorrow who will take the Army into the future, he said. Davis said he looks for Soldiers who are dedicated and “hungry” to lead today’s generation of Soldiers.

“I’m looking for someone that may not know all the answers, but they’re so fired up and motivated to get it right,” said Davis.



PHOTO BY RACHEL LARUE

Commander of the troops and Commander of the 3d U.S. Infantry Regiment (The Old Guard) Col. Johnny K. Davis, left, escorts then-Secretary of Defense Chuck Hagel during the Armed Forces Farewell Tribute in Honor of Hagel Jan. 28, 2015, in Conmy Hall on the Fort Myer portion of Joint Base Myer-Henderson Hall.



PHOTO BY STAFF SGT. LUISITO J. BROOKS

Col. Johnny K. Davis, right, commander, 3d U.S. Infantry regiment (The Old Guard), holds the hand of John Francis Curtis, Jr., 77, after awarding Curtis the Tomb of the Unknown Soldier Guard Identification Badge for his one year of honorable service from August 1958 to August 1959 as a tomb sentinel during a ceremony in Philadelphia Feb. 11, 2015. After two years as commander of The Old Guard, Davis will relinquish command this summer.

“Who does not want that type of Soldier in their organization?”

Davis said he cares deeply for what The Old Guard does, and who comprises The Old Guard.

“I love what we do each and every day, honoring our nation’s fallen and the living,” said Davis. “We do it with such care, with such precise movement,

we do it with honor, and each and every one of us takes that responsibility very seriously. I know that will continue for years to come.”

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are invited and encouraged to attend this meeting, which will have a full agenda; all eligible individuals are invited and encouraged to attend. For more information, contact chapter President CW4 John Scott at 703-806-0408.

Federal Employee Viewpoint
Survey closes June 16

Did you receive an email soliciting your participation as a federal civilian employee in this year’s Federal Employee Viewpoint Survey? If so, Army leaders are asking for your input and participation in the survey to help provide input and feedback used to help senior Army leaders make decisions. The survey was released to about 74,000 Army civilians on April 26, and will closed June 16. For more information, visit <http://go.usa.gov/cSpCg>.

Adult dependents care workshop
– June 16

Marine Corps Community Services Henderson Hall will host a workshop on adult dependent care June 16, 9 to 11 a.m. at the Pentagon Library Conference Center, room B5. Participants will learn how to deal with the complexities of taking care of adult dependents, and information will be provided to help families make informed decisions regarding day-to-day care and challenges. Register with Marine Corps Family Team Building by June 13 to attend. Call 703-693-8906 or email OMBmcftbHH@usmc-mccs.org for more information.

Splash, splash, fun! – June 17

The JBM-HH Army Community Service’s New Parent Support Program is hosting a Splash, Splash, Fun! event June 17 from 10 a.m. to noon at the Virginia Highlands Park at 1600 South Hayes Road, Arlington, Virginia. Join the NPSP staff for a morning of water fun. This event is open to parents and their children (up to the age of 5); swim diapers are required for children. For more information or to register, call 703-696-3512.

MOPH to hold monthly
meeting – June 18

The Greater Washington, D.C., Chapter 353 of the Military Order of the Purple Heart will hold its monthly meeting at the American Legion Post 176, 6520 Amherst Ave, Springfield, Virginia, June 18 at 1 p.m. During the meeting, chapter members will plan the rest of the year’s events and are seeking input and support from current and potential members. The June 18 meet-

ing will be the last for the summer; the next meeting will be Sept. 17. The Warrior Café will be open prior to the meeting should anyone wish to come early and eat lunch. All recipients of the Purple Heart Medal are invited, especially new medal recipients. For more information, contact Chapter 353 Commander, retired U.S. Army Col. Gordon Sumner via email at gordon.sumner53@gmail.com, or Adjutant William Lee, at wlee95678@outlook.com.

Urban Warrior Challenge
– June 23

Joint Base Myer-Henderson Hall’s Family and Morale, Welfare and Recreation; Marine Corps Community Services Henderson Hall, and the 3d U.S. Infantry Regiment (The Old Guard) will host an Urban Warrior Challenge and Joint Base Barbecue June 23 from 9:30 a.m. to 3 p.m. at the field next to Spates Community Club along McNair Road on Fort Myer and include games for service members, civilians and families.

Sponsoring community activities will be available to provide information about their programs and services. The day begins with a series of competitive events, including various relay races and a tire toss, open to active duty personnel. Other non-competitive events are open to everyone. The competition finale: the Marines vs. Army tug-of-war. More details will be forthcoming about this event on www.mccsHH.com/UWCJBB.

Event attendance coordinating
instructions:

The event is provided at no cost to patrons and is funded out of the JBM-HH’s Department of the Army Welfare Funds (DAWF); all eligible community members must have a ticket to access the event. Tenant organizations that have withdrawn their DAWF funds are eligible to participate, but must pay for their tickets. All participants must have a prepaid ticket for meals or pay on site. JBM-HH directorates and tenants are approved to operate minimally-manned facilities during this event and should query their personnel to identify those desiring to participate. Each directorate should also provide a by-name roster of those desiring to participate and identify a directorate point of contact to pick up tickets. These lists should be provided to Daisey Ritter or Latavia Conner in Rm. 310 no later than June 15. Tickets will be available for pick up by directorate POCs on June 20 and 21 between 9 a.m. and 2 p.m.

Security-cleared military,
technical hiring event – June 24

Corporate Gray and Restart Events are hosting a free hiring event for service

members and veterans with a security clearance or technical background June 24 at the BWI Westin at 1100 Old Eldridge Landing Road, Linthicum Heights, Maryland, from 9 a.m. to 4 p.m. This event will feature dozens of companies that have job openings for security-cleared candidates with technical or military backgrounds. For more information or to register, visit www.restartevents.com.

Summertime safe swim for
EFMP – starts June 25

The Joint Base Myer-Henderson Hall Exceptional Family Member programs are hosting a summe kick-off June 25 at Zembic Pool on the Henderson Hall portion of the joint base. From noon to 2 p.m., EFMP families can enjoy games, food and swimming in a designated area of the pool. The kick-off is followed by four additional safe swim sessions on July 9 and 23, and Aug. 6 and 20. These events are open to EFMP families of all branches of service. Registration is required by the Wednesday prior to each start date (June 22 for the kick-off). For more info or to register, call 703-696-0783 or 703-693-5353

Outdoor play morning

Play Morning has returned to the great outdoors. The JBM-HH New Parent Support Programs host a play morning for children age 5 and under and their parents and caregivers Thursday mornings, 10 to 11:30 a.m., at Virginia Highlands Park in Arlington. Come enjoy a morning out,

meet other military families, and find out about the New Parent Support Program. Registration is requested; for information, please call 703-693-7206.

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

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 everything 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.

News Notes submissions

Send your submissions for the June 23 edition of the Pentagongram via email at pentagramjbmhh@yahoo.com no later than noon, June 15. 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.

Farewell, sir



PHOTO BY DELONTE HARROD

U.S. Army Capt. Benjamin F. Murray and his wife, Megan Murray, thank attendees at Benjamin’s change of command and farewell ceremony June 1 at Spates Community Club on the Fort Myer portion of Joint Base Myer-Henderson Hall. Murray was the commander of Headquarters, U.S. Army, Headquarters Command Battalion, and relinquished command to Capt. Bradley M. Wilcox during the ceremony. Murray is also leaving from the Army after eight years of service.

Route 9 (rush hour only) L10
Ft. Myer (a.m. schedule)

Ft. Myer (p.m. schedule)

Ft. Myer Bldg. 214 - Pentagon

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/cksk9j>. For more information or questions on these shuttle services, please call 703-696-7136.

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Army birthday festivities and activities

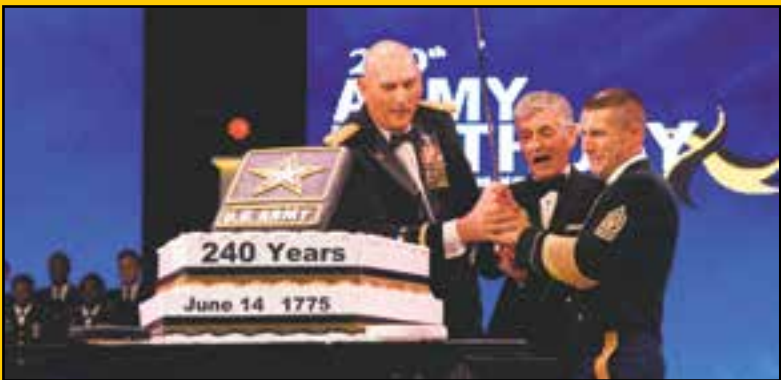


PHOTO BY STAFF SGT. STEVE CORTEZ
From left to right, then-Army Chief of Staff Gen. Ray Odierno, former Secretary of the Army John M. McHugh and Sgt. Maj. of the Army Daniel A Dailey cut the Army Birthday cake during the 2015 Army Ball in Washington, D.C., June 13, 2015. A current list of local Army Birthday events can be found at left.

Wreath-laying ceremony June 14
Join Army leaders as they lay a wreath at the Tomb of the Unknown Soldier in recognition of the nation's fallen in honor of the Army's 240th Birthday. The event takes place June 14 at 9:30 a.m. at Arlington National Cemetery. This event is free and open to the public.

Cake cutting at JBM-HH June 14
The Dining Facility on the Fort Myer portion of JBM-HH will host an Army Birthday cake cutting ceremony conducted the 3d U.S. Infantry Regiment (The Old Guard) and JBM-HH leaders. The ceremony begins at 11 a.m. Additionally, the DFAC will have a special birthday meal open to active duty service members, the families and federal civilian employees. Details, including specific menu items, cost and meal times, are available on page 5.

Twilight Tattoo June 15
A special Twilight Tattoo, hosted by senior Army leadership, will feature Soldiers from the Military District of Washington's ceremonial units who will act out scenes from the Army's 241-year history. The event begins at 7 p.m. at Fort Myer's Summerall Field with pre-show live music starting at 6:30 p.m. 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.

Capitol Hill cake cutting June 15
Join senior Army leaders at the Capitol Visitor Center Atrium at 2 p.m. June 15 for a special cake-cutting ceremony in recognition of the Army's 241st birthday.

Pentagon cake cutting June 16
Join senior Army leaders at the Pentagon courtyard June 16 at 11 a.m. for a special cake-cutting ceremony in recognition of the Army's 241st birthday. Following the cake cutting, join Army officials for a special reenlistment ceremony as Soldiers from the National Capital Region take the Oath of Enlistment and continue their service to the nation.

Army Birthday Run June 17
The U.S. Army was founded June 14, 1775. As part of its 14-day birthday celebration, which began June 1, the Department of the Army is hosting a birthday run on the Fort Myer portion of the joint base at 7 a.m. on June 17. The run will begin at the Summerall Field parking lot. Military personnel, family members and Department of Defense civilians are invited to participate in the run, which is just over three miles. See www.army.mil/birthday for other activities. Test your knowledge about the U.S. Army at the site. For more information about the run, call 703-696-7572.

Army Birthday Ball June 18
A week of Army Birthday celebrations culminates with the annual Army Birthday Ball June 18, 5 p.m. to midnight at the Washington Hilton Hotel in Washington, D.C. This year's ball celebrates the American Soldier-Always Ready, Always Leading. Information about ball registration and ticket prices may be found at www.2016ABB.com. Ticket registration will remain open until all tickets are sold; however, they are expected to sell quickly. This year's entertainment will be provided by the U.S. Army Field Band, The U.S. Army Drill Team and The Old Guard Fife and Drum Corps. For more information, contact the Army Birthday Ball Helpdesk at 1-877-614-3581 or email helpdesk@ubt.com.

BIRTHDAY
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voted to adopt the Boston troops on June 14, although there is no written record of this decision.”
The modern U.S. Army began to take shape at the turn of the 20th Century, according to the U.S. Army's website. A codified, professionalized officer corps was the first step taken toward development of today's U.S. Army. Lat-

er, perceptions that professional soldiering was limited to officer ranks were shattered during the aftermath of the Vietnam War: professional development opportunities were extended to warrant officers, noncommissioned officers and Army civilians in the post-Vietnam,

all-volunteer Army,
For more Army history, birthday graphics, messages and news, visit www.army.mil/birthday.
For a more detailed account of the Army's creation, read Robin Wright's The Continental Army online at <http://go.usa.gov/cSpDy>.

HOW WELL DO YOU KNOW YOUR NATION'S ARMY?
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Building relationships



PHOTO BY LEAH RUBALCABA
Members of the Joint Base Myer-Henderson Hall Command Team attend the annual Radnor/Fort Myer Heights Civic Association meeting June 6 in Arlington, Virginia. Posing here for a photo with keynote speaker Virginia Gov. Terry R. McAuliffe are, from left, JBM-HH Chief of Staff Glenn Wait, JBM-HH Command Sgt. Maj. Randall E. Woods, McAuliffe, JBM-HH Commander Col. Mike Henderson and JBM-HH Deputy Commander Marine Corps Lt. Col. Eric W. Kelly. The meeting was attended by dozens of Arlington County leaders. The Radnor/Fort Myer Heights Civic Association serves the residential community that borders the north side of the joint base and includes much of Rosslyn, Courthouse and Fort Myer Heights.

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