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Five things you need to know about using Henry Gate



PHOTO BY JIM GOODWIN

Col. Patrick M. Duggan, commander, Joint Base Myer-Henderson Hall, scans his common access card and to gain entry onto base via the newly-installed Enhanced Security Pedestrian Gate near Henry Gate on the Fort Myer portion of the joint base July 29. The ESPG is an automated black booth equipped to grant access to authorized Department of Defense ID card holders through use of a card-swiping device and biometrics system.

By JBM-HH Public Affairs

1. The gate is open for pedestrian use only, not for vehicular traffic: While pedestrians can access a recently-installed controlled access entry point near Henry Gate (located off of Arlington Boulevard and Pershing Drive), the gate itself remains closed to all traffic. Instead, JBM-HH has installed an Enhanced Security Pedestrian Gate, or "ESPG" – a black booth that is automated and equipped to grant access to authorized DoD ID card holders through use of a card-swiping device and biometrics system.

see GATE, page 7

Officers' Club opening up membership in September



PHOTO BY ARTHUR MONDALE

Joint Base Myer-Henderson Hall leaders recently announced that starting Sept. 1, service members of any rank or military branch will be eligible to apply for membership at the soon-to-be-renamed Fort Myer Officers' Club on Joint Base Myer-Henderson Hall. Additionally, JBM-HH officials are seeking public input for ideas as to a potential new name for the club, which is located in Bldg. 214 on Jackson Avenue at Fort Myer.

By Guv Callahan
Pentagram Staff Writer

Starting Sept. 1, service members of any rank or military branch will be eligible to apply for membership at the soon-to-be-renamed Fort Myer Officers' Club on Joint Base Myer-Henderson Hall. Membership at the club is cur-

rently available for active and retired commissioned officers of the U.S. Armed Forces and DoD civilians of a corresponding pay grade, according to the club's website.

The new club will be an "all ranks club," meaning membership eligibility will be open to any active duty or retired members of the military, family members and federal civilian em-

ployees and contractors, according to Denise James, director of JBM-HH Family and Morale, Welfare and Recreation. The application process will remain the same, James wrote in an email.

In an interview with the Pentagram, JBM-HH Commander Col. Patrick

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High heat and humidity, higher workload for first responders

By Arthur Mondale
Pentagram Staff Writer

Arlington National Cemetery, a busy destination for guided tours and pedestrian traffic, experienced its hottest day (100 degrees Fahrenheit) this summer on July 25. Not surprisingly, the days surrounding the triple-digit heat were busy for first responders.

"Some days we've been called to Arlington National Cemetery five to six times a day," said Capt. William Long, a 22-year member of the JBM-HH Fire Department. "There's thousands of people bussed into the cemetery from all over the country, so some days can be crazy with how hot it's been."

see HEAT, page 4



PHOTO BY ARTHUR MONDALE

From left, Jesse Love and Mike Humphreys, both Joint Base Myer-Henderson Hall firefighters, review a detailed map of Arlington National Cemetery while seated in a Polaris Alternative Support Apparatus MS500 (ASAP), an all-terrain vehicle with the capabilities of an ambulance July 26. The unit has proved crucial in minimizing emergency response times to heat-related emergencies in the cemetery this summer, according to Capt. William Long, JBM-HH Fire Department.

Starting Aug. 15, Fort Myer dining facility open to DoD civilians

By JBM-HH Public Affairs

The dining facility on the Fort Myer portion of Joint Base Myer-Henderson Hall will re-open to Department of Defense civilians effective Aug. 15, according to a new JBM-HH policy memo.

The memo, signed Aug. 2 by JBM-HH Commander Col. Patrick M. Duggan, details that DoD civilian employees may eat at the DFAC "on occasion" during the dining facility's operational hours: Monday through Friday from 6:30 to 8:30 a.m. (breakfast); 11:30 a.m. to 1 p.m. (lunch); and 4:30 to 6 p.m. (dinner); and on weekends, holidays, and training holidays from 9 a.m. to noon (brunch) and 4 to 5:30 p.m. (Supper).

Duggan determined that allowing DoD civilians to subsist occasionally at the DFAC is "in the best interest of the government, due to increased operational efficiency, morale, unit integrity and good community relations," according to the memo.

DoD civilians are authorized for dine-in service only and cannot purchase food to go or for take-out, according to the memo. Further, DoD civilians will be charged the DoD Standard Meal Rate: weekday breakfast — \$3.45; weekday lunch — \$5.55; weekday dinner — \$4.85. Weekend, holiday and training holiday brunches will cost \$6.25 and suppers are \$7.65.

Further, the memo denotes that service members who are authorized Basic Allowance for Subsistence are entitled to use the DFAC without charge and will receive head-of-the-line privileges at the DFAC.

The DoD Discount Meal Rate will be charged to spouses and dependents of enlisted personnel in grades E-1 through E-4, according to the memo.

All other personnel who want to eat in the DFAC must obtain the written approval of the joint base commander, according to the memo.

Additional details about the new policy will be published online and in next week's edition of the Pentagram.

The policy memo is available online at <http://go.usa.gov/x2YZw>.

Army chaplains celebrate 241 years of service

By Julia LeDoux
Pentagram Staff Writer

The United States Army Chaplain Corps celebrated 241 years of service to the nation's Soldiers and families during ceremonies at Arlington National Cemetery and a fellowship luncheon at Memorial Chapel on the Fort Myer portion of Joint Base Myer-Henderson Hall July 29.

"Our history is an anchor that grounds our identity as Army chaplains," said Chap. (Maj. Gen.) Paul K. Hurley, Army chief of chaplains. "We stand on the shoulders of those who have

see CELEBRATE, page 4



PHOTO BY RACHEL LARUE

U.S. Army Chap. (Maj. Gen.) Paul K. Hurley, U.S. Army chief of chaplains, gives remarks on Chaplains Hill in Arlington National Cemetery, July 29. The ceremony honored the 241st Anniversary of the U.S. Army Chaplain Corps.

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

The grill master



PHOTO BY SPC. DANIEL YEADON, 4TH BATTALION, 3D U.S. INFANTRY REGIMENT

Sean Urban, Joint Base Myer-Henderson Hall's civilian advisor for the Better Opportunities for Single Soldiers (BOSS) program, grills hot dogs and hamburgers for Soldiers and other service members July 27 on the Fort Myer portion of JBM-HH. BOSS is an Army-wide program that seeks to enhance the quality of life for single Soldiers, as well as provide community service opportunities.

TRS Transition Readiness Seminar Schedule Program

Transition Readiness Seminar (TRS) - Separation

Department of labor employment workshop

- Aug. 8-12
- Sept. 12-16
- Oct. 3-7
- Oct. 31-Nov. 4
- Dec. 5-9

Accessing higher education track

- Aug. 18-19
- Sept. 19-20
- Oct. 17-18
- Nov. 9-10
- Dec. 12-13

Career technical track

- Sept. 19-20
- Dec. 12-13

Entrepreneurship track

- Aug. 15-16
- Nov. 7-8

For separation, it's highly recommended that service members attend one year out.

Transition Readiness Seminar (TRS) - Retirement & Senior Leadership

Retirement TRS

- Oct. 17-21

Senior leadership TRS

- Aug. 22-26
- Sept. 22-26
- Oct. 24-28
- Nov. 14-18
- Dec. 12-16

For retirement, it's highly recommended that service members attend two years out.

All workshops are provided by the Career Resource Management Center (CRMC) at Henderson Hall. The workshops are open to all active duty service members, spouses, family members and retirees. Registration is required to attend all classes. Please contact the CRMC Office at 703-614-6828.

Soldier for Life-Transition Assistance Program 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.

Retiring transition assistance program

8 a.m. to 4 p.m.

- Aug. 8-12 or 22-26
- Sept. 19-23 or 26-30

ETSTAP

8 a.m. to 4 p.m.

- Aug. 5
- Sept. 12-16

Entrepreneur track boots to business

8:30 a.m. to 3:30 p.m.

- Sept. 6-7

Business franchise opportunities

1 to 3 p.m.

- Aug. 29

Finding and applying for federal jobs

9:30 a.m. to noon

- Aug. 24*

Federal resume

12:30 to 3:30 p.m.

- Aug. 18
- Sept. 8

Accessing higher education

8 a.m. to 4 p.m.

- Sept. 13-14*

Career technical training

8 a.m. to 4 p.m.

- Aug. 16-17

TRICARE benefits in depth

10 a.m. to noon

- Aug. 18
- Sept. 8

Marketing yourself for a second career

1 to 3 p.m.

- Aug. 23*
- Sept. 27*

Financial Independence

10 a.m. to noon

- Sept. 27*

Capstone

(Every Friday by appointment) 8:30 to 11:30 a.m.

- Aug. 12, 19, 26
- Sept. 2, 9, 16, 23, 30

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

News Notes

August is Antiterrorism Awareness Month

Did you know that every member of the Army community plays an important role in preventing terrorist acts? By teaching antiterrorism principles and concepts throughout antiterrorism plans and programs, we protect the Army community from terrorists. By understanding the indicators of potential terrorist activities and reporting suspicious behavior to military police or local law enforcement, our community members serve as "sensors" to enhance and extend the Army protection posture. Learn more at www.army.mil/article/153947.

Sales tax holiday Aug. 5-7

As students and families do their homework on finding the best deals for the new school year, the Army & Air Force Exchange Service is offering military shoppers savings that

effectively double the Fort Myer Exchange's everyday tax-free benefit. As Virginia rolls out sales tax holidays on back to school items, the Fort Myer Exchange will match local sales tax discounts to offer an additional 6 percent off select items. Virginia's sales tax holiday runs from Aug. 5 through Aug. 7. Eligible items include clothing, backpacks and select school supplies.

Grant Hall open house - Aug. 6

JBM-HH announces its next quarterly public open house of Grant Hall's historic third-floor courtroom from 10 a.m. to 4 p.m. Aug. 6. Located on the Fort McNair portion of the joint base, the courtroom is the site of the military tribunal, held from May through June 1865 of those thought responsible for the plot to assassinate President Abraham Lincoln.

Members of the public are invited to attend the free event. Guests without a Department of Defense, federal or AIE (Automated Installa-

tion Entry) ID are now required to register to attend at <https://goo.gl/c7XkK4>. Once you have completed your reservation, print a copy of your confirmation page to present to the gate guard on the day of the event.

If your computer does not allow you to access the registration site, email your reservation to usarmy.jbmhh.asa.list.pao-all@mail.mil. Full names of all attendees are required, as well as a valid telephone number or email address.

Ready for football season?

The JBM-HH Community Center begins its 2016 Washington Redskins active duty military only tickets sale Aug. 6 at 8 a.m. Ticket sales are limited to two pairs of tickets for any one regular season game per person. There is a strict limit of two pairs of tickets for any one game. Additional tickets (in pairs) can be purchased for other games. Ticket sales for everyone begins Aug. 12. Cost

per pair is \$260. Seats are located in section 129, lower level end zone. Currently, only cash and checks are accepted. No credit cards. For more information, call 703-696-3470.

Summertime Safe Swim - Aug. 6 and 20

The MCCS Exceptional Family Member Program holds two sessions of swimming for program participants Aug. 6 and 20 from noon to 2 p.m. at Zembiec Pool on the Henderson Hall portion of the joint base. For more information, call 703-693-5353 or by emailing efmpHH@usmc-mccs.org.

Parents Power Walking Group - Aug. 8

Are you looking for a way to get in shape, meet other military parents and have fun with your child? Come join the Army Community Service and the Parents Power Walking Group at Long Bridge Park, 475 Long Bridge Dr., Arlington, Va., Aug. 8, 10, 15, 17, 22, 24, and 29 from 9 to 10 a.m. The group is for parents, care-

givers and children in strollers up to age five. All fitness levels are welcome. For more information and to register, call 703-696-3512.

MCCS Henderson Hall Pentagon outreach - Aug. 10

MCCS Henderson Hall Marine and Family Programs offers outreach to the Pentagon each second Wednesday of the month from 9 a.m. to 3 p.m. Marine and Family Programs staff representatives are located in the Pentagon, Apex 1 and 2, on the second floor. Marines are invited to stop by to meet representatives, pick up information, or have questions answered. Programs represented include the Exceptional Family Member Program, Education and Career Services, Marine Corps Family Team Building, Behavioral Health, and School Liaison. Upcoming dates through 2016 are: Aug. 10, Sept. 14, Oct. 12, Nov. 9 and Dec. 14.

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CHAPLAINCY: A DUTY OF MERCY

'I do rely on and trust the fact that God has called me to do this. And He has equipped me—and that's what gives me strength, to be able to stand there and honor them [the Soldiers] the way that we do.'

Chap. (Lt. Col.) Grace Hollis
Senior U.S. Army chaplain,
Arlington National Cemetery

By Delonte Harrod
Pentagram Staff Writer

U.S. Army chaplains conduct church services, provide emotional and spiritual care for Soldiers, families, and others. To serve as a chaplain is often considered noble. For a handful of chaplains who serve inside the walls of Arlington National Cemetery in northern Virginia, these duties extend to organizing and facilitating up to 20 daily funerals, as well as providing ongoing pastoral care to the families of the deceased.

The latter are the duties performed by Chap. (Lt. Col.) Grace Hollis, the cemetery's senior U.S. Army chaplain.

The position of "chaplain" has existed before the writing of the U.S. Constitution. Congress did not formally make service in the chaplaincy an official position until July 29, 1775.

More than 240 years later, Hollis said that the cemetery's chaplains' work helps bring families a sense of closure.

Hollis, who has been at her post for one year, said that she felt a calling to do Christian service and it led her to attend The Interdenominational Theological Center, where she later received a master's degree. After graduation, she was "blessed" to get an internship at a mental institution, she said.

In 1998, she became a military chaplain following encouragement from another military chaplain.

Some 16 years later, she leads a cadre of chaplains

see **CHAPLAIN**, page 3



PHOTO BY RACHEL LARUE

U.S. Army Chap. (Lt. Col.) Timothy Hubbs speaks during a graveside service in Section 60 of Arlington National Cemetery, June 17, 2015. Chaplains assigned to the cemetery provide services for up to 20 funerals a day. July 29 marked the 241st anniversary of the U.S. Army Chaplain Corps.



PHOTO BY RACHEL LARUE

Lt. Col. Grace Hollis, left, U.S. Army chaplain, performs the graveside service for former Korean War Missing in Action Soldier U.S. Army Sgt. Wilson Meckley Jr. in Section 60 of Arlington National Cemetery, April 4. July 29 marked the 241st anniversary of the U.S. Army Chaplain Corps, which includes eight chaplains assigned to the cemetery to provide graveside services.

Editor's Note: This is part 2 of a 2-part series highlighting local chaplains on occasion of the 241st anniversary of the U.S. Army Chaplain Corps. Part 1 was published in the July 21 edition of the Pentagram.

ACS leads JBM-HH's first resiliency training workshop



PHOTO BY DELONTE HARROD

Col. Jason T. Garkey, commander, 3d U.S. Infantry Regiment (The Old Guard), addresses graduates of the first-ever Joint Base Myer-Henderson Hall Resiliency Training for Assistants course July 29 on the Fort Myer portion of the joint base. Thirty-three master resiliency trainers and resiliency training assistants participated in the four-day workshop, intended to equip service members to help leaders identify unit readiness and resiliency problems.

By Delonte Harrod
Pentagram Staff Writer

On July 29, 33 resiliency trainers and assistants received certificates during a graduation ceremony in the Joint Base Myer-Henderson Hall library for their completion of the joint base's first-ever, four-day resiliency training workshop.

According to Carla Moss, information referral program manager and JBM-HH's master resiliency trainer, the U.S. Army began a Readiness and Resiliency campaign to encourage trust, unity and

other positive characteristics in relationships and command climates between leaders and Soldiers.

The thought is that Soldiers' preparedness to serve is directly tied to their physical, mental and emotional health, according to Moss.

"To lead that effort, leaders (designated Master Resiliency Trainers and other designees) are provided training to help their unit leaders facilitate resiliency-related events, discussions and team-build-

see **TRAINING**, page 6

More than the uniform: Air Force Reserve captain competes for Ms. Veteran America title

By Julia LeDoux
Pentagram Staff Writer

Air Force Reserve Capt. Charlynda Scales was initially hesitant to sign up when her husband, Air Force Lt. Col. Michael Scales, showed her an article about the Ms. Veteran America competition.

Her hesitation turned into determination when she saw the competition was not a pageant – its mission was helping homeless female veterans and their children.

"The Ms. Veteran America competition highlights more than the strength, resilience, sacrifice and courage of our nation's military woman," she said. "It also reminds America that these women are also mothers, daughters, wives and sisters."

The woman selected to be Ms. Veteran America also serves as an ambassador for a nonprofit that provides safe housing for homeless women veterans and their children that was founded by Army Maj. Jas Boothe, Scales said.

"It was the mission of [the nonprofit] which ultimately convinced me to join the competition," said Scales.

Scales currently works as a data analyst in the Air Force Office of Small Business in the Pentagon. That office has the overall responsibility of directing, managing



COURTESY PHOTO

Air Force Reserve Capt. Charlynda Scales, pictured here, is one of 25 finalists in this year's Ms. Veteran America contest. Scales works at the Pentagon in the Air Force's Office of Small Business. She is a 10-year veteran of the U.S. Air Force.

and overseeing small business programs for the Department of the Air Force, she explained.

"I'm very passionate about helping others, businesses, and the military, so it is a very fitting position," said Scales.

see **COMPETE**, page 6

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

Aug. 4	7:30 p.m.	The U.S. Army Chorus celebrates its 60th anniversary with a special concert at Fort Myer's Brucker Hall featuring alumni soloists from six decades of the group. This performance will include traditional military music as well as Broadway, pop, folk and classical music.
Aug. 5	7:30 p.m.	The U.S. Army Chorus celebrates its 60th anniversary with a special concert at National Presbyterian Church in Washington, D.C., featuring alumni soloists from six decades of the group. This performance will include traditional military music as well as Broadway, pop, folk and classical music.
Aug. 5	8 p.m.	The U.S. Army Blues Swamp Romp will perform as part of the Sunsets with a Soundtrack concert series on the West Side of the U.S. Capitol in Washington, D.C.
Aug. 6	8 p.m.	The U.S. Army Blues will perform as part of the Arlington Summer Concert Series at Lubber Run Amphitheater, N. Columbus Street and North Second Street in Arlington, Virginia.
Aug. 13	7 p.m.	The U.S. Army Band Downrange will perform as part of the Outdoor Summer Concert Series at Avalon Theater on 14 South Harrison Street, Easton, Maryland.
Aug. 13	7:30 p.m.	The U.S. Army Band will perform a special, end-of-summer spectacular, The 1812 Overture Concert, at the Sylvan Theater at the Washington Monument in D.C. This performance includes The U.S. Army Concert Band, The U.S. Army Chorus, The U.S. Army Herald Trumpets, The U.S. Army Voices and the Presidential Salute Battery of the 3d U.S. Infantry Regiment (The Old Guard).
Aug. 18	5:30 p.m.	The U.S. Army Chamber Orchestra presents the world premiere of "Anna's Promise," a multi-media production for orchestra, solo bass, and narrator that allows the audiences to experience how musical artistry can open doors of understanding, hope, healing, and wellness. This performance takes place at 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 703-696-3399 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.

CLUB

from page 1

M. Duggan said the joint base's values have changed throughout history, and the new O-Club is a way of honoring that history.

The Officers' Club, Bldg. 214 on Jackson Avenue at Fort Myer, served as the headquarters for Army Gen. George C. Patton from 1938-40, according to retired JBM-HH Historian Kim Holien.

In a speech for the Officers' Club Council, Duggan said Patton was assigned to Fort Myer four times throughout his career, making him an integral and inspiring piece of the joint base's history.

Patton was a steadfast believer and proponent of cavalry to mechanized, armored warfare, Duggan said, one willing to see the future.

"What made Patton unique and ahead of his time was his unwavering trust

of advocacy of U.S. Army Soldiers," Duggan told the Pentagram. "Patton believed any well-trained Soldier, regardless of rank, could have monumental impacts in modern-day mechanized battle. Patton believed in Soldiers, not rank."

And like the change from cavalry to armor, the Army has changed and evolved in its "values and inclusive nature of all Soldiers," Duggan said.

The decision to open the club up to all ranks and services honors that change, he said.

"What makes the club exclusive is not the rank, but the quality of service," he told the Pentagram. "It's the values. It would be a stone-faced lie for me to just say, 'Officers only.'"

In addition to new membership, the club will also be getting a name-change.

"Starting Aug. 1, we're going to have a campaign to name it," Duggan said. "It's not going to be O-Club anymore; it could be the Patton Club or the Joint Base Myer Club... We're going to look

at all the names and try to kick up some interest and see what else is out there."

Submissions can be made starting Aug. 1 by emailing jbmhmfmr@gmail.com with the subject line "Myer Club Name Change."

Duggan also said the new membership policy would provide opportunities for different generations of service members to build relationships and share insight; for retirees and veterans to "impart their knowledge and lessons to a younger generation."

"There's a hunger for it," he said. "This is a good opportunity for them to connect. Why throw that away?"

For more information about the club and the membership application, visit www.jbmhmfmr.com/fort-myer-officers%E2%80%99-club or its Facebook page at www.facebook.com/pages/Ft-Myer-Officers-Club/152656968093040.

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

HEAT

from page 1

Members of the JBM-HH Fire Department, who are also emergency medical technicians (EMTs) have been proactive in mitigating heat casualty ailments by patrolling ANC more often. It was a mutual decision between Long, Capt. Roger Rearden and assistant Fire Chief Anthony Hopper to make good use of the department's \$70,000 2016 Polaris Alternative Support Apparatus MS500 (ASAP), an all-terrain vehicle with the capabilities of an ambulance. Usually reserved for special events and large crowds, the vehicle has proven crucial to minimizing emergency response time.

"With the heat we've seen, we'll staff the ASAP to hopefully get to a patient within 30 seconds to a minute," Long said.

On July 23, for example, Long responded to a barrage of heat related emergencies at approximately 2:30 p.m., Long responded to an unresponsive woman at the Tomb of the Unknown Soldier. Within an hour-and-a-half he was dispatched to three other incidents, including a 13-year-old dog located near the ANC Visitor Center that was experiencing heat-related injury and illness, and couldn't walk, according to Hopper.

In all responses, Long used the ASAP to access patients quickly, providing air-conditioned mobile medical treatment.

"The ASAP unit assists us with getting in and out of crowds quickly and safely," Long said. "The functionality retrieving the patient is imperative."

Knowing the layout of Arlington National Cemetery is also equally imperative, according to members of the department the Pentagram spoke with.

"Arlington National Cemetery is like a maze," said Mike Humphreys, a JBM-HH fire fighter. "You could be staged in one location and you could be dispatched to a total opposite side of the cemetery, so we have to review our maps which are placed in our arsenal of units," he said.

Once on shift, both drivers and operators have to check all EMS equipment and ensure each unit is stocked and able to handle more than one emergency.

Last summer for instance, one heat-related emergency phone call involved approximately 20 patients, Humphreys



PHOTO BY ARTHUR MONDALE
From left, Capt. William Long, Joint Base Myer-Henderson Hall Fire Department, and fire fighters Mike Humphreys, Jesse Love and Chris Strybing, check all emergency medical equipment and supplies at the start of their shift July 26. Last summer, one heat-related emergency phone call involved approximately 20 patients, Humphreys recalled.



PHOTOS BY ARTHUR MONDALE
Visitors endure temperatures topping 98 degrees Fahrenheit during a tour of Arlington National Cemetery July 26. Members of the Joint Base Myer-Henderson Hall Fire Department, who are also emergency medical technicians (EMTs), have been proactive in mitigating heat casualty ailments by patrolling ANC more often. "Some days we've been called to Arlington National Cemetery five to six times a day," said Capt. William Long, JBM-HH Fire Department.

recalled.

"We're jacks of all trades," said Chris Strybing, JBM-HH fire fighter. In addition to heat-related injuries this time of year, Strybing said there's a long list of other duty requirements the fire department handles daily throughout Arlington County.

"We provide automatic aid to Arlington County Fire Department," Strybing added. "So we respond to everything ranging from a structure fire, a stalled elevator, to someone having trouble breathing and accidents on the highway."

With many more potentially busy days of summer left, members of the JBM-HH Fire Department vow to fulfill their duties as first responders, but they also offer all potential visitors to ANC words of caution.

"Hydrate the day before you visit, bring a water source while you're visiting, and if you start experiencing the first signs of heat-related illness—feeling faint, dizzy or weak—don't continue with your tour," Long said.

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

CELEBRATE

from page 1

gone before us. Chaplains and chaplain assistants serving today have the responsibility to pass this legacy on to the next generation."

Thousands of men and women have served as Army chaplains since the chaplaincy was recognized as a military position by Congress on July 29, 1775. Hurley said the ceremony was a way to honor and remember "those who have gone before us and really shown us the way."

The day began with a traditional wreath laying at the Tomb of the Unknown in Arlington National Cemetery. From there, Hurley and dozens of his fellow chaplains, chaplain assistants and their family members moved to Chaplains Hill in Section 2 of the cemetery, where chaplains from four wars are buried. They rest in the shadow of four monuments that are dedicated to the memories of chaplains who have served in the nation's armed forces.

Guest speaker retired Chap. (Col.) Parker Thompson detailed the sacrifice of several chaplains who rest on Chaplains Hill while he paid tribute to the service of today's chaplains.

"You don't know how much this day means to me," he concluded in a voice that was full of emotion.

Thompson earned his degree from the Southern Baptist Theological Seminary

in Lexington, Ky., and served in both Korea and Vietnam and was wounded five times during combat. He was awarded both the Bronze Star Medal and Purple Heart and was knighted by the Order of St. John of Jerusalem. He retired from active duty in 1980.

"I don't have the words to express our appreciation not only for your presence here," Hurley told Thompson. "You bring with you a legacy of our Chaplain Corps. We strive to serve the way you served."

"The Chaplain Corps is also adjusting our strategies and policies to ensure we meet the demands of a changing and complex world," he added. "This process helps the Chaplain Corps to deal with the unforeseen challenges of the future."

Hurley stressed that even though the strategies of the Chaplain Corps may change over time, its fundamental mission remains the same: Chaplains and chaplain assistants take care of Soldiers, their families and civilians by providing them with religious support.



PHOTO BY RACHEL LARUE
Retired Chap. (Col.) Parker C. Thompson gives remarks on Chaplains Hill in Arlington National Cemetery, July 29. The ceremony honored the 241st Anniversary of the U.S. Army Chaplain Corps.

"The enduring message of the Army Chaplain Corps is we will continue to nurture the living, care for the wounded and honor the fallen," he said.

"As we celebrate the 241st anniversary of the Army Chaplain Corps, we honor those who have gone before us, chaplains and chaplain assistants who are examples of selfless service, commitment to the nation and who are dedicated to taking care of Soldiers, families and civilians," he said. "This is the historical legacy of the Army Chaplain Corps."

For in depth coverage of Arlington National Cemetery's chaplains, see related story on page 3.

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

NEWS

from page 2

Anger Management – Aug. 10

Individuals will receive information on emotions management and the impact of unmanaged anger during an Anger Management session Aug. 10 from 9:30 to 11:30 a.m. in the Army Community Service classroom, Bldg. 201, on the Fort Myer portion of JBM-HH. For more information and to register, call 703-696-3512.

Team Kids carnival – Aug. 10

Team Kids is hosting a family carnival for the children of military families in the Greater Washington, D.C., area Aug. 10 from 2 to 6 p.m. in Conny Hall on the Fort Myer portion of Joint Base Myer-Henderson Hall. The event is ideal for pre-Kindergartners through Sixth Graders. All children must be accompanied by an adult. To register, visit www.surveymonkey.com/r/teamkids carnival.

Parents helping Parents: Back to school – Aug. 11

This group provides an opportunity for parents to mix and mingle and discuss parent topics relative to their lives Aug. 11 from 9:30 to 11:30 a.m. at the Starbucks inside the Fort Myer Post Exchange on the Fort Myer portion of JBM-HH. First cup of coffee is free. For more information and to register, call 703-696-3512.

Play Morning – Aug. 11, 18 and 25

Join Army Community Service and the Play Morning Group Aug. 11, 18 and 25 from 10 to 11:30 a.m. at Virginia Highlands Park, 1600 S. Hayes Road, Arlington, Va. This playgroup is for parents and preschool children and provides time for socialization, play, crafts, music and stories. For information and to register, call 703-696-3512.

1812 Overture Concert – Aug. 13

The U.S. Army Band presents its annual salute to the end of summer, The 1812 Overture Concert, Aug. 13 at the Sylvan Theater on the grounds of the Washington Monument at 7:30 p.m. This concert features The U.S. Army Concert Band, The U.S. Army Herald Trumpets and vocalists from The U.S. Army Chorus and Army Voices, and live canon fire by the Presidential Salute Battery of the 3d U.S. Infantry Regiment (The Old Guard).

The event is free and open to the public; no tickets are required. Bring lawn chairs and blankets; food allowed, no glass or alcohol. Weather call will be made at 8 a.m. the day of the concert and posted at usarmyband.com and at [facebook.com/usarmyband](https://www.facebook.com/usarmyband).

Real Colors – Aug. 16

Marine Corps Family Team Building holds a Real Colors workshop Aug. 16, 9 a.m. to noon in Bldg. 12 on the Henderson Hall portion of the joint base. Department of Defense identification card holders can learn to understand their personality temperament, communication style, and how to work well with others. Register Aug. 1-11 by calling 703-693-8906 or emailing ombmcfth-HQusmc-mccs.org.

Graduation recognition ceremony

The Fort Myer Education Center is hosting the first Joint Services Graduation Recognition Ceremony for Joint Base Myer-Henderson Hall, Fort Myer Hub Education Centers and the National Guard Bureau Nov. 15 from noon to 2 p.m. at the JBM-HH Recreation Center. All service members, family members, DoD civilians, veterans and retirees who meet their degree, diploma, or certificate requirements between October 2015 and October 2016 and verified by the graduate's college/university are encouraged to participate. The guest speaker will be Sgt. Maj. of the Army Daniel Dailey. The deadline to submit the registration form is Oct. 1. Contact the Education Center at 703-696-1588 or email karen.r.powell.civ@mail.mil for a registration form.

Death notice

Anyone with debts owed to or by the estate of CW3 Gerald L. Cole, Headquarters, Department of the Army, 3/5/7, Pentagon, must contact U.S. Army Lt. Col. William "Mat" Anderson, the summary court martial officer for the Soldier. Cole passed away July 1. Call Anderson at 703-695-9846.

News Notes submissions

Send your submissions for the Aug. 18 edition of the Pentagram via email at pentagramjbmhh@yahoo.com no later than noon, Aug. 10. 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.

CHAPLAIN

From page 3

at Arlington National Cemetery who each year interact with hundreds of families who have lost loved ones.

"It's an honor," she said, sharing sentiments of Joint Base Myer-Henderson Hall-based chaplains who were featured in a July 21 Pentagram article. "You get joy when you are able to hear a family member say that you have done a great job in honoring their family member. You get a lot of joy when you are able to walk with people during that difficult time in their life. It's an honor when you get embraced by the family members."

The 3d U.S. Infantry Regiment (The Old Guard)'s Regimental Chaplain, Maj. John Scott, shares the "honor" sentiment of Hollis.

"I think people might expect it to be depressing and things like that," said Scott, who served with Hollis as a chaplain for two years at the Arlington National Cemetery. "And it is difficult, but because of having the honors of what Arlington means to the family, it really is an honor for me."

A tough business

Being a chaplain whose sole responsibility is to organize and eulogize the dead is a tough job—and it is for multiple reasons.

Hollis said she, along with her staff of six Army chaplains, conduct about 20 funerals a day. This number can fluctuate depending on the season, according to Hollis. There are more funerals in the summer than in



PHOTO BY RACHEL LARUE

the winter, she said.

Over the last couple of weeks, the National Capital Region has experienced high heat and humidity. She said the heat has been troublesome for the chaplains performing outdoor services. Thick, wool-blend uniforms are great for trapping heat. Despite this, Hollis and her team of chaplains have to carry on with their mission: honoring those who have fallen. "It can be very taxing," she said. "[But] we make sure we hydrate."

She also added that funerals can be very unpredictable.

"Sometimes a family minister may be scheduled to conduct a service, but may not show up," she said.

Hollis and Scott said that each funeral service is customized for the individual who is being buried. This takes special skill and insight, according to Hollis.

"I have to make sure that I capture the essence of the individuals, acknowledge the service they have rendered while at the same time trying to bring peace and solace to those who are grieving in a matter of seven minutes, so it's not as easy as people think it is," she said. "It takes a lot of wisdom and

insight."

Scott—whose job requires him to provide resources and spiritual support to Soldiers who perform ceremonial roles at the funerals—said that doing funerals is particularly hard when you are burying someone young or who was on active duty. Hollis agreed. She said that it can be difficult seeing the family members of the deceased struggle to cope with the reality that their loved ones aren't coming back anymore.

Once when Scott served as a chaplain at Fort Bragg, in North Carolina, he was conducting a funeral service for a 40-year-old woman who had died of cancer. It is customary for chaplains to present family members with a folded flag and this one time it wasn't the same.

"Well, one of the flags that I presented was to a girl that was like 18 months old," said Scott, who rarely officiates funerals now. She didn't know, of course, at 18 months what was going on, she was sitting on her grandma's leg, but you still present her that flag in a formal presentation and just that thought of that little girl of not ever knowing her mom is pretty difficult," Scott explained, tears

U.S. Army Chap. (Capt.) Azanda Sasa, right, conducts the graveside service for U.S. Army National Guard Staff Sgt. Thomas C. Florich in Section 60 of Arlington National Cemetery, Sept. 8, 2015. July 29 marked the 241st anniversary of the U.S. Army Chaplain Corps, which includes eight chaplains assigned to the cemetery to provide graveside services.

welling up in his eyes.

Strength, Self-care

Hollis said that it is in these times that she has to remain focused, because she has a purpose and that is to bring honor and dignity to the deceased.

Hollis and Scott both ascribe to a Christian worldview, which means they believe that death will come to all and that this life is not the only one.

"I know that there is more to this life," Hollis said. "This is not the end."

But how should chaplains care for themselves when they are in such high demand?

Former chaplain Kristi Pappas, who served with Hollis at Walter Reed National Medical Center, said that chaplains forget to take care of themselves because they are busy trying to care for other people. Pappas, now a survivor outreach services support coordinator, said self-care is critical in order to continue to do the job effectively.

"It can wear on you," explained Pappas. "If you don't do self-care, you can get secondary illnesses, aches and pains. It can have a physical effect on you. For some people, if

you are [encountering tragedy] a lot of times, it can cause you to go into depression."

She added that chaplains are not the only ones who endure a lot. The Soldiers who perform funeral-related services, such as pall bearers, also endure the realities of dealing daily with death.

"Young Soldiers are doing all kinds of funerals—they are doing retirees, they are doing active duty, and they are doing children. It can wear on you, especially when you are looking at the precision they have to do," said Pappas. "One of the first things you learn in the chaplaincy, is that you can mess almost anything up—you cannot mess a funeral up."

The importance of self-care, often referred to as resiliency, is vital. Building resiliency, the American Psychological Association suggests: that one can write about their experiences, be attentive to your own feelings, engage in activities that you consider to be relaxing, to name a few.

"Resilience involves maintaining flexibility and balance in your life as you deal with stressful circumstances and traumatic events," according to the APA website.

For Hollis, her faith helps her to be resilient.

"I do rely on and trust the fact that God has called me to do this," Hollis told Lifezette, an online publication. "And He has equipped me—and that's what gives me strength, to be able to stand there and honor them [the Soldiers] the way that we do."

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

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TRAINING

from page 3

ing," she said.

The trainers conducted a four-day workshop lasting for six hours each day. Throughout the workshop, service members learned how to identify character strengths and to develop leadership skills and set goals.

"The things that you have done over the course of these last few days are preparing you to identify where the problems are before they began to be big problems," said Col. Jason T. Garkey, commander, 3d U.S. Infantry Regiment (The Old Guard) to graduates. "That is an art. It is not a science. Most importantly, it is so that we can develop an attitude within

people, so that they understand how to cope with problems."

Pfc. Ashley Smith called the series of classes "enlightening" and said it taught her to be a better communicator.

"I don't like talking, but it actually taught me that talking helps a lot," she said. "If I needed to figure out how to communicate with someone who didn't want to communicate, then it gives me actual skills to communicate with someone without making them feel uncomfortable."

In addition to the training, the workshop is also structured for current MRT leaders/trainers to mentor RTAs so that they will one day become trainers, said Moss in an email.

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



COURTESY PHOTO
In an undated photograph, then-2nd Lt. Charlynda Scales poses for a photo with Tuskegee Airman Hiram E. Little. Scales, who currently works as a data analyst in the Air Force Office of Small Business in the Pentagon and serves as a Air Force reservist, is a finalist for the 2016 Ms. Veteran American contest.

COMPETE

from page 3

Applications for the competition were accepted beginning in January and female veterans like Scales have been competing all year for the title. Scales is one of 25 finalists who will head to the national competition Oct. 9 in Washington, D.C.

"I have to say, I've never felt a sisterhood like Ms. Veteran America has," she said. "My sisters-in-arms and I continuously encourage each other."

According to Scales, each of the contestants are raising funds for the nonprofit and the contest itself features a "push-up princess" competition to see who can do the most push-ups in 2 minutes.

The contest also features a talent competition and an interview. The grand prize winner will receive \$15,000 that they can use towards the purchase of a vehicle; educational scholarship (theirs or their children or grandchildren); or student loan repayment. The winner can also opt to use the money to start a business or as a down payment toward a home or to make home repairs.

"Ultimately, the focus is on being the best version of yourself and exuding Ms. Veteran America's tenants of grace, poise,

beauty and service," she said.

Scales said military service is part of her family legacy. Her grandfather, the late Charlie Ferrell, Jr., served as an aircraft mechanic during the Korean and Vietnam wars and encouraged her to serve.

"In 2004, I became the first female and first commissioned officer in my family [to serve]," she said, adding that although he was ill at the time, Ferrell was the first person to salute her after she was commissioned.

"In exchange, I gave him a silver dollar as a symbol of my respect and gratitude," she said. "I've now served for over 10 years. I love my uniform and serving my country."

Scales brought her background in military acquisitions with her when she became a member of the Air Force Reserves in 2015.

"During active duty, I had the honor of being program manager of several platforms to include nuclear weapons security programs, fighter aircraft and small arms," she said. "I was one of four Air Force Program Managers called to respond to the 2008 California wildfires."

To learn more about Scales, visit her at www.facebook.com/charlyndas4mva2016.

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

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

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Calling Creative Service Members for "VISIONS OF SERVICE"

Juried Art Exhibit in Arlington, VA - Fall 2016

WHERE: Arlington Central Library at 1015 N. Quincy St, Arlington, Virginia

WHEN: October 31-December 30, 2016

WHO: Artistic U.S. veterans & active military within 100 miles of Arlington County, VA (painters, sculptors, and photographers, both amateur and professional)

VETERANS AND ACTIVE MILITARY WHO CREATE ART are invited to submit visual works that express the experience of U.S. military service. Eligible for submission are U.S. veterans and active military residing within 100 miles of Arlington County, VA. All media accepted. Digital entries accepted online. \$1500 in cash prizes will be awarded. Entry deadline is September 30, 2016.

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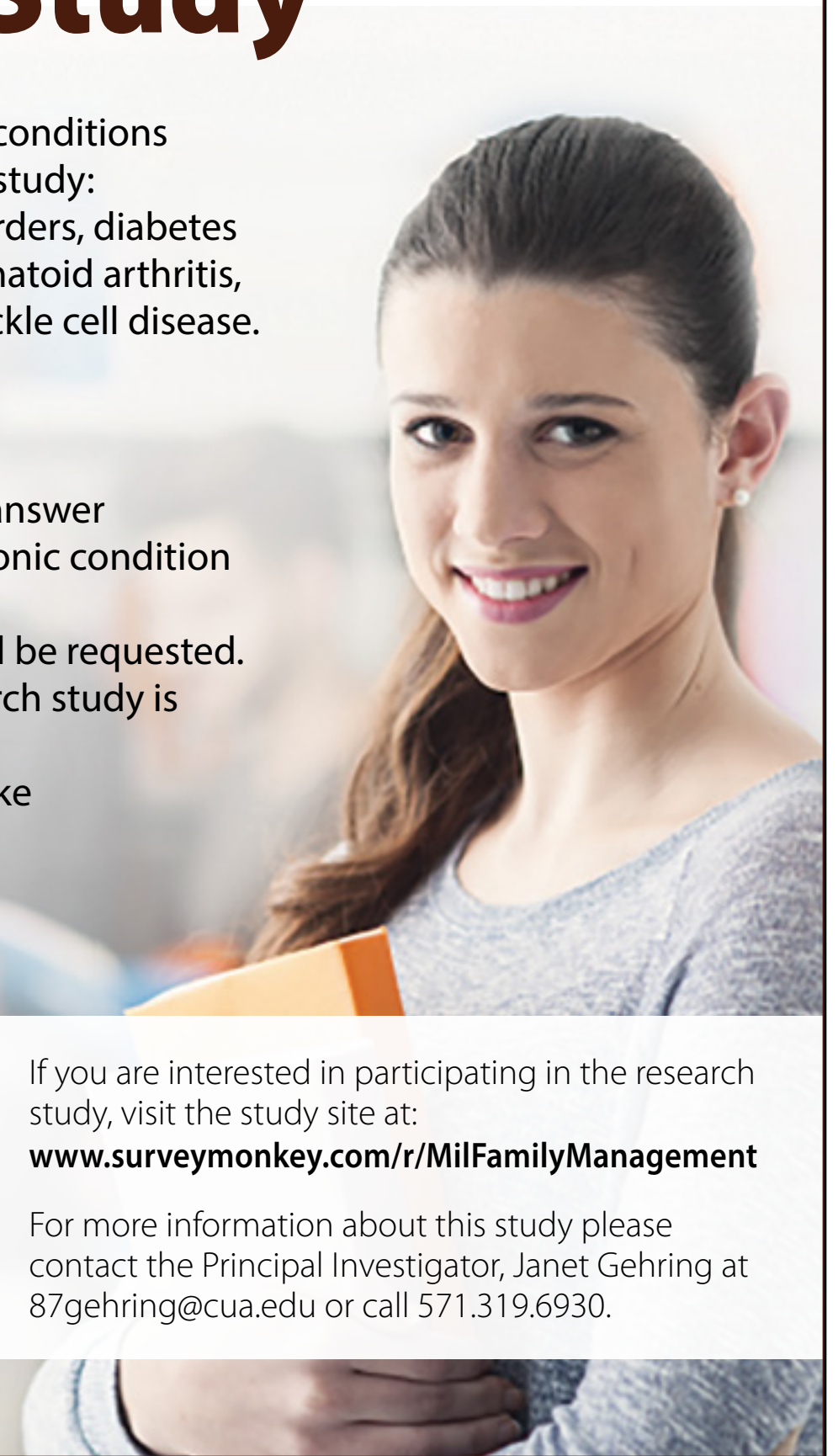
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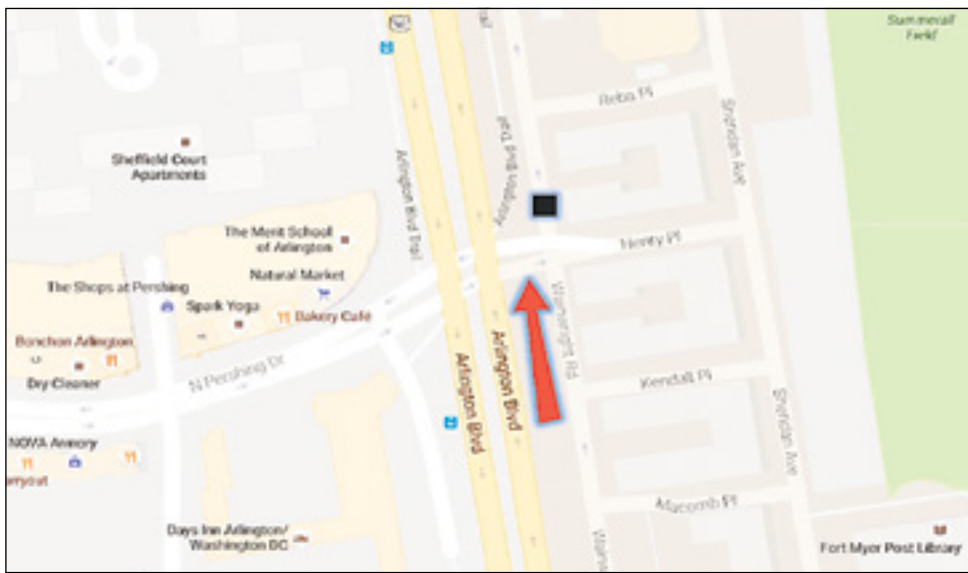
For more information about this study please contact the Principal Investigator, Janet Gehring at 87gehring@cua.edu or call 571.319.6930.



GATE
from page 1

2. Entry restricted, exiting unlimited. The ESPG requires authorized persons to swipe their DoD ID cards to access the inside of the ESPG. Once the person is inside the booth, they must use a biometrics pad for fingerprint verification to open the second door leading to the joint base. Further, motion sensors inside the booth detect movement and mass, so attempting to sneak in an extra person, or carrying large objects may trigger the ESPG system to prevent access. To avoid this, people should enter the booth one at a time, minimize movement inside the booth, and avoid carrying large objects. If you have small children, you can enter via this gate—just follow the instructions inside the booth. Anyone can use the Henry Gate ESPG to exit Fort Myer. When exiting the joint base through the ESPG, no identification or verification is necessary—simply follow the directions posted on the booth and exit. Additionally, multiple persons can exit the booth at the same time.

3. Registration required. “Authorized DoD ID cards” to use the Henry Gate ESPG include DoD Common Access Cards (CACs), as well as military retiree ID cards (DD Form 2, contains bar codes on back) and dependent DoD ID cards. Still, these cards must first be registered at the



GOOGLE MAPS GRAPHIC

With the installation of an Enhanced Security Pedestrian Gate near Henry Gate (black square on graphic), cab drivers and others waiting to pick up or drop off personnel exiting/entering the Henry Gate ESPG should do so at the right turning lane that leads into the actual Henry Gate entry point (red arrow on graphic). However, vehicles cannot actually turn and enter Henry Gate. The lane is for taxis and similar vehicles only.

JBM-HH Visitor Control Center before the cards can be used at the Henry Gate ESPG. The VCC is located at Bldg. 415 on the Fort Myer portion of JBM-HH. The VCC is open Monday through Friday, 8 a.m. to 5 p.m. and can be reached at 703-696-8968. Additionally, a person’s fingerprints will be scanned during this registration process. Those with Automated Installation Entry—or “AIE”—passes or those using any other form of non-DoD ID cannot access JBM-HH via the Henry Gate

ESPG. These individuals must continue to use one of the other gates to access JBM-HH.

4. Why use the Henry Gate ESPG? The new ESPG access control point provides access between JBM-HH and Arlington for Soldiers and other authorized DoD ID card holders. Just beyond the Henry Gate ESPG is a Metro Bus stop; across the street are numerous local businesses, including restaurants. The reopening is a win-win for base personnel and some Arlington business-

es that are a stone’s throw across Arlington Boulevard from Henry Gate. In short, personnel will be able to walk out the gate, catch a bus or visit the nearby shops. Soldiers and other personnel no longer have to use Hatfield Gate to access areas located just beyond the fence dividing Arlington County and JBM-HH at the Pershing Drive/Arlington Boulevard intersection.

5. Attention, all cabbies! An added benefit with the installation of the Henry Gate ESPG is access to new transportation methods for JBM-HH personnel. Soldiers can call and coordinate for a cab ride or other private ride service to pick them up just outside the gate. However, JBM-HH and Arlington County law enforcement officials ask that personnel coordinate such rides so that cabs and other vehicles are not waiting outside the gate for too long as vehicles idling near the fence line could invoke suspicion from local law enforcement. Instead, personnel who use the Henry Gate ESPG should be ready to immediately depart in the cab/vehicle, thereby minimizing wait time as well as potential suspicion by law enforcement. Finally, cab drivers and others waiting to pick up and drop off personnel entering and exiting the Henry Gate ESPG should do so at the right turning lane that leads into the actual Henry Gate entry point (see graphic).

For more information, contact the JBM-HH Directorate of Emergency Services at 703-588-2801.

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Westminster School

Established 1962

Preschool - 8th Grade

Presenting Challenge | Building Character | Instilling Confidence

The Class of 2016 Shines Like a Golden Griffin!



Since 1962, Westminster School has been graduating highly accomplished scholars who are also kind, courteous, responsible, poised, and confident in pursuit of their dreams. We are proud of the many honors and achievements of this year's graduating class, including:

- 52% received the President's Education Award from President Obama
- 42% were inducted into the National Latin Honor Society
- 58% won medals for the National Latin Exam
- 58% were members of the National French Honor Society
- 42% won National French awards and 33% achieved medal status
- 100% performed in a production of "South Pacific"
- 100% were members of the Builders Club, providing many hours of community service
- 65% were enrolled in Kindergarten or 1st grade (52% in KG)
- Led the MathCounts Club to achieving Gold Medal Status

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Members of the Class of 2016 Gained Admission to the Following High Schools:

- Bishop Ireton High School
- Bishop O'Connell High School
- Blue Ridge School
- Flint Hill School
- Gonzaga College High School
- Georgetown Day School
- St. Anselm's Abbey School
- St. John's College High School
- St. Stephen's & St. Agnes School
- The Madeira School
- Paul VI Catholic High School
- The Potomac School
- St. John Paul the Great Catholic High School
- Trinity Christian School

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