



# Pentagram

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## Donaldson signs on as new JBM-HH CSM

By Julia LeDoux  
Pentagram Staff Writer

Joint Base Myer-Henderson Hall welcomed Command Sgt. Maj. Carolyn Y. Donaldson as its new senior enlisted leader and bid farewell to Command Sgt. Maj. Randall Woods during a change of responsibility ceremony Aug. 26 on Summerrall Field.

“Her insights and experiences will prove invaluable, and I am fully confident that she will continue to lead our change, the kind that makes all of us believe in ourselves first before advancing as a team,” said JBM-HH Commander Col. Patrick Duggan during the ceremony.

Donaldson, a native of Florence, South Carolina, enlisted in the Army under the delayed entry program in 1988 and entered the active duty ranks in 1990. During her career, Donaldson has served in a variety of assignments both in the United States and overseas, participating in Operation Desert Storm, Iraqi Freedom, Operation New

Dawn, Operation Enduring Freedom and Operation Hurricane Sandy.

Donaldson holds a master’s degree in health care management (cum laude) from Trident University, Inc.

“This is truly an honor and privilege,” Donaldson said. “I know we may encounter some bumps along the way, but together as a team there is no doubt in my mind that we will overcome them.”

The traditional ceremony featured the passing of the colors from Woods to Donaldson.

Woods served tirelessly as the joint base CSM, providing stability in an organization where change is the only constant, Duggan said.

“Circulating everywhere and anywhere, Command Sgt. Maj. Woods engaged at every level across our very diverse workforce, forging personal bonds, solving personal problems, but most of all connecting,” he said. “Command Sgt. Maj. Woods is a compassionate leader with a stabilizing influence on others.”

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PHOTO BY BOBBY JONES  
Col. Patrick M. Duggan passes the guidon to Command Sgt. Maj. Carolyn Y. Donaldson during her change of responsibility Aug. 26. Donaldson has served in a variety of assignments in the U.S. and overseas — including in Iraq and Afghanistan.

## Pentagon tests joint response capabilities

Pentagon Force Protection Agency: ‘Unparalleled coordination’

By Arthur Mondale  
Pentagram Staff Writer

Joint Base Myer-Henderson Hall firefighters joined the Pentagon Force Protection Agency and other federal, state and local first responders for a simulated helicopter crash and mass casualty exercise at the Pentagon Aug. 25.

The agency conducts this type of exercise annually to validate the capabilities of emergency response partners to respond to an aviation crash or similar disaster by testing the agencies’ logistics, coordination and interoperability on an active airfield, Dan Walsh, director of security integration and technology for the Pentagon Force Protection Agency, said.

“It’s really unparalleled coordination because of the threat of this area, the visibility of the area and the complexity of the operating environment. We all draw on mutual aid and support from our partners,” Walsh said.

“Unfortunately events do occur and it’s our responsibility as the Pentagon Force Protec-



PHOTO BY ARTHUR MONDALE  
Joint Base Myer-Henderson Hall firefighters recover occupants of a Black Hawk helicopter during Agile Warrior, a simulated helicopter crash and mass casualty exercise at the Pentagon Aug. 25. JBM-HH firefighters were the first responders at the scene, tasked with rescuing crew members and passengers, and fighting a structure fire resulting from the crash.

tion Agency to plan, train and be able to respond to a number of likely and unlikely catastrophic incidents,” he said.

In the scenario for the 2016 exercise, a Blackhawk helicopter experienced tail rotor failure while landing at the Pentagon Mall Terrace and Heliport.

The pilot jettisoned fuel tanks in an effort to improve the stability of the aircraft, which caught fire and ignited a nearby delivery facility. The

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Jonathan Nordstrom, JBM-HH firefighter, controls the scene of the crash site while another JBM-HH firefighter checks the pulse of the injured pilot during a mass casualty exercise at the Pentagon Aug. 25. Agile Warrior is an annual drill that allows area emergency response partners in the National Capital Region to test their capabilities, logistics, coordination and interoperability.



PHOTO BY NAVY PETTY OFFICER 2ND CLASS DOMINIQUE A. PINEIRO  
Marine Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff, takes questions from National Defense University students on Fort Lesley J. McNair Aug. 23. NDU provides joint professional military education to leaders of the U.S. armed forces and select others, which prepares students to think and operate effectively at the highest levels in an international security environment.

## NDU aims to produce visionary senior leaders

By Jim Garamone  
DoD News, Defense Media Activity

After 15 years of war, senior military leaders might be excused if they think attending to their professional military education will be a break for them.

Except it’s not.

That’s what Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, told members of the Class of 2017 at the National

Defense University on Joint Base Myer-Henderson Hall’s Fort McNair, Aug. 23.

To be sure, the National Defense University and comparable schools in the services for officers and noncommissioned officers are academic institutions. The professors and administrators have credentials Ivy-league schools would envy, and many have recent operational experience as well. They are experts in

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## Introducing ‘Patton Hall’

By Delonte Harrod  
Pentagram Staff Writer

It’s official — the Fort Myer Officers’ Club is no more. Effective today, “Patton Hall” is the name of the all-ranks facility taking the place of the formerly officer-only facility.

“The new name for JBM-HH’s all services, all-ranks club... is a nod to the building’s history, as well as the spirit of change for which it stands,” said Col. Patrick Duggan, Joint Base Myer-Henderson Hall commander.

Changing the club’s name and mission to serve all service members in the National Capital Region is consistent with the installation’s tradition of innovation, he said.

Gen. George S. Patton was assigned to Fort Myer four times during his military career, and used the building as his headquarters from 1938 to 1940. Patton is well-known for his leadership during World War II. Before the war, he played an influential role in developing U.S. armored cavalry and mechanized infantry capabilities.

“Patton Hall symbolizes many of the changes, and the spirit of innovation, for which General Patton advocated during his career,” Duggan said.

Previously, the club’s membership was limited to officers, civilians of a certain rank and senior enlisted personnel.

Beginning today, club membership is open to all members of the military community, including personnel of all ranks and all branches of service.

“[Changing the rules and the name] broadens what that facility does for the community. Now everybody in the community has the ability to become a member,” said Denise James, director of the JBM-HH Directorate of Family and Morale, Welfare and Recreation.

Some opponents have argued opening the club to all ranks will hurt enrollment, creating the perception the club is a less prestigious organization.

Duggan said he disagrees.

“What makes the club exclusive is not the rank, but the quality of service,” he said.

Duggan said he believes opening the club’s ranks will create a stronger community by offering new opportunities for veterans and retirees to bond with a new generation of troops and their families.

Pentagram Staff Writer Delonte Harrod can be reached at [dcmmilitary@dcmmilitary.com](mailto:dcmmilitary@dcmmilitary.com).

## News Notes

### Fort McNair Officers Club begins weekday lunch Sept. 6

Beginning Sept. 6, the Fort McNair Officers Club will be open for lunch Monday through Friday from 11 a.m. to 1:30 p.m.

Mondays will be dedicated to grilled summertime favorites (beginning at \$7.75); Tuesdays feature tacos/Mexican foods for \$10.75; Wednesdays menu is Italian for \$10.75; Thursdays, Caribbean for \$10.75; and Fridays, Southern buffet for \$10.75.

For more information, call 202-484-5800.

### FEGLI Open Season for federal employees, Sept. 1-30

Federal employees can change their Federal Employees Group Life Insurance Program (FEGLI) options during the FEGLI Open Season, Sept. 1-30. This is the first FEGLI open season in 12 years; federal employees are strongly encouraged to evaluate their life insurance coverage and ensure it meets their current and anticipated future needs during the open season period.

Employees can enroll in the program or make changes to their enrollment during by logging into their Employee Benefits Information System (EBIS) account at [www.ebis.army.mil](http://www.ebis.army.mil) or by speaking to an ABC-C Benefits Specialist at 877-276-9287, 785-240-2222 or by DSN at 520-2222 (benefits specialists are available 7 a.m. to 7 p.m., Eastern time).

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For more weather forecasts and information, visit [www.weather.gov](http://www.weather.gov).



# Community fellowship



PHOTO BY CATHERINE CARUSO, JBM-HH PUBLIC AFFAIRS

Dancers from the Samoan Protestant Congregation perform during a Community Fellowship barbecue outside Spates Community Club on Joint Base Myer-Henderson Hall Aug. 26. The JBM-HH Chaplains' Office hosted the event for all members of the installation community, including members of several faith communities who attend worship services, host prayer sessions or other community meetings on the installation, or who utilize spiritual support, counselling, resiliency education classes, and other non-faith based services provided by the Chaplain's Office.

# Competitors sought for Military District of Washington combatives competition

By Arthur Mondale  
Pentagram Staff Writer

Military personnel from all branches of service assigned to Military District of Washington installations are invited to compete in the 2016 MDW Army Combatives Competition, Sept. 23 at the Myer Fitness Center.

"This is about more than a medal and bragging rights," said Billy Cook, Fort Belvoir Headquarters Battalion operations officer and event coordinator for the tournament.

The Modern Army Combatives Program incorporates grappling moves, bars, and submission holds drawn from several martial arts.

At the beginner, or basic level, the resulting system of hand-to-hand fighting is relatively easy learn. Limiting striking moves, such as kicks or punches, means service members incur a relatively low-risk of injury during training. Advanced practitioners are allowed to incorporate more kicks and strikes, though blows to the head or using the elbow are barred for safety reasons when sparring.

Organizers said they want the competition to be as inclusive as possible and welcome Soldiers training at all levels of the program. Students of other service-specific combatives programs, such as the Air Force Combatives Program and Marine Corps Martial Arts, and service members who study other martial arts, are also eligible to compete.

"By competing in this tournament, service members are displaying warrior ethos, the willingness to engage, close, fight and finish, which is the mentality we want every service member to have," said Sgt. 1st Class Emmanuel Neives-Rodriguez, an Army combatives instructor at the Fort Belvoir Warrior Training Center, who referee during the MDW competition.

The tournament will feature male and female competitors of any skill level in eight weight categories: heavy, light heavy,



PHOTOS BY RACHEL LARUE

Senior Airman Michael McDonnell, right, 32nd Intelligence Squadron, Fort Meade, Md., competes against Staff Sgt. Megan Lomonof, The United States Army Band, Joint Base Myer-Henderson Hall, during the welterweight championship bout at the Joint Force Headquarters-National Capital Region and Military District of Washington 5th Annual Combatives Tournament at Myer Fitness Center, Joint Base Myer-Henderson Hall April 18, 2013.

cruiser, middle, welter, light, fly and bantamweight.

Women and men will compete against each other in each weight class, with slightly different weight requirements.

Service members from all branches of service who are assigned to an installation in the National Capital Region can compete in the local competition, organizers said. However, only the top Army finishers in each weight class will qualify for the MDW Combatives Team, which will represent the organization at the 2016 All-Army Tournament at Fort Benning in December.

In preparation for the competition, Cook said there are several different "fight clubs" throughout the NCR where service members can train for the competition.

At Fort Belvoir, men and women can train at the Warrior Training Center (Bldg. 1139) Monday through Friday from 5:30 a.m. to 8 a.m.

At other installations, soldiers should contact their unit's train-

ing NCO to identify opportunities for unit-level training with a Combatives Level 3 or 4 -certified instructor or a Combatives Master Trainer in their unit. More information about the Modern Army Combatives Program is available in U.S. Army Field Manual 3-25.150.



Tech. Sgt. Joseph Matulewicz, left, Air Force Honor Guard, Joint Base Anacostia-Bolling, Washington, D.C., competes against Pfc. Denzel Davis, HHC, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard), Joint Base Myer-Henderson Hall, during the Joint Force Headquarters-National Capital Region and Military District of Washington 5th Annual Combatives Tournament's light-heavyweight championship bout at the JBM-HH Fitness Center April 18, 2013. Matulewicz went on to win the championship for his weight class.

Cook said physical conditioning is as important as learning the specific moves and rules for competition.

"Men and women will go head-to-head for three minutes during a bout and it takes a lot of energy and a toll on your body" he said.

Neives-Rodriguez emphasized that combatives isn't just a sport, it's military training.

"You never know when you may have a weapons malfunc-

tion or just not have enough time to react to use your primary weapons system. This is where combatives comes in. It gives service members the ability to close the distance and finish the fight," he said.

For more information, call 703-806-5651 or email usarmy.belvoir.imcom.mbx.hqbn-combatives@mail.mil.

Pentagram Staff Writer Arthur Mondale can be reached at [awright@dcmlilitary.com](mailto:awright@dcmlilitary.com).



Sgt Michael Pegg, left, Hotel Company, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard) competes against Spc. Jonathan Grondel, 529th Regimental Support Company, during the heavy-weight championship bout at the Joint Force Headquarters-National Capital Region and Military District of Washington 5th Annual Combatives Tournament at Myer Fitness Center, Joint Base Myer-Henderson Hall April 18, 2013.



## On your feet: Cobbler keeps The Old Guard on march with custom shoes



PHOTOS BY SPC. BRANDON DYER, 3D INFANTRY REGIMENT PUBLIC AFFAIRS  
At the Central Issue Facility on Joint Base Myer-Henderson Hall Aug. 10, Plaisance creates customized shoes for Soldiers of the 3d Infantry Regiment (The Old Guard), such as the Tomb Sentinels who stand guard at the Tomb of the Unknown Soldier in Arlington National Cemetery.

By Spc. Brandon Dyer  
3d Infantry Regiment Public Affairs

The most essential piece of equipment when marching is shoes.

That's why the 3d U.S. Infantry Regiment (The Old Guard) has the only cobbler employed by the U.S. government.

Paul Plaisance, a 12-year Army veteran who served in the 10th Mountain Division and 25th Infantry Division, is originally from Louisiana. Today, he works on Joint Base Myer-Henderson Hall, where he hand makes customized soles for every pair of shoes The Old Guard walks in.

Entering his fifth year as The Old Guard's cobbler, Plaisance is proud to see his handiwork treading what many consider hallowed ground, as part of the uniform worn by Tomb Sentinels at the Tomb of the Unknown Soldier (TUS) in Arlington National Cemetery.

"All of my shoes are pretty much at every fallen Soldiers ceremony," said Plaisance. "I'm the only one that makes the shoes."

Those shoes also walk the halls of the Pentagon, and are worn by Soldiers who stand guard at the White House, he said.

Shoes fall into a few different categories. The average Soldier wears what Plaisance calls Regimentals. Tomb Sentinels have their own type of shoe, and chaplains wear their own modified version.

The former cobbler held the position for 25 years before she retired, shortly before the last presidential inauguration. Plaisance had been working with heavy equipment at Quantico, Va., before taking on the assignment.

"There was no one doing this at all, and there were 300 pairs of these that had to be built," said Plaisance. "Over sixty Tomb shoes."

From chaplains to the newest assigned private, Plaisance builds shoes from the ground up.

While Soldiers in other units wear rubber-soled Corfram shoes, Plaisance modifies the shoes extensively to create The Old Guard's specialized Regimentals.

At the factory, a contractor adds pieces of oak and leather to the soles so tacks will stay in place.

Then, Plaisance adds steel, horseshoe-shaped "toe-taps."



Rectangular steel plates are drilled into to the instep of each heel.

"Every shoe is a little different," said Plaisance.

Before drilling, Plaisance has to modify each steel plate with a hammer so it sits flush on the side of the heel.

A larger, horseshoe-shaped piece of steel is tacked to the base of the heel. The tacks are small, and the process is awkward. Adding the base heel plates requires Plaisance to put the shoe on a stand, lift, pull the shoe toward him, and hammer the tacks into place.

The maneuver took a lot of practice to master.

Early on, Plaisance would often strike his fingers instead of the tack, he said.

Tomb shoes are even more labor intensive. While Plaisance can now modify a pair of Regimentals in minutes, creating a pair of Tomb shoes is an arduous, 19-step process and takes a week.

The process must go perfectly, or the shoes can be ruined. A small knick from sanding the sole on the 18th step will cause that shoe to fail its final inspection, he said.

To meet the demand for regimentals and Tomb shoes, Plaisance maintains a large stock of custom materials, sourced locally from companies in Falls Church and Roanoke, Virginia.

"If we are low on that but have plenty of shoes, it doesn't really matter," said Plaisance. "It's like not having a complete uniform. You can have a blouse and pants but no hat or shoes, it takes everything to make everything work."

At his fastest, Plaisance said he can produce 25 pairs of "Regimentals" in a day. In a single day, 50 pairs can walk out the door with a class of new Soldiers graduating the Regimental Orientation Program.

Despite the challenges to keep up with the demand, Plaisance receives a high amount of satisfaction from his job as the only cobbler in the U.S. Army.

"Every time you see a (member of The Old Guard) in uniform, my shoes are there," said Plaisance. "It gives me a good feeling."

Spc. Brandon Dyer is assigned to the 3rd Infantry Regiment (The Old Guard) Public Affairs Office. He can be reached at [usarmy.jbmhh.mdw.mbx.tog-pao@mail.mil](mailto:usarmy.jbmhh.mdw.mbx.tog-pao@mail.mil).

## Calling all college grads!

### Joint services graduation recognition ceremony seeks grads to don their cap and gown



PHOTO BY ARTHUR MONDALE  
Staff Sgt. Monique Maddox, a Soldier assigned to Fort Belvoir, will take part in the first-ever Fort Myer Education Center Hub joint services graduation recognition ceremony Nov. 15. She said her son made sacrifices so she could earn her degree, and the ceremony is an opportunity to celebrate her degree completion as a family.

By Arthur Mondale  
Pentagram Staff Writer

Staff Sgt. Monique Maddox is a 16-year career Soldier and human resources specialist stationed at Fort Belvoir. She's also, a single mom who juggled a fulltime career, and a household while completing a bachelor's degree in human resources management.

Last month, she finally completed her degree requirements through Columbia Southern University with a 3.83 grade point average, and graduated with high honors (magna cum laude).

Her only child wasn't completely satisfied.

"I got the transcripts in the mail recently and my son replied, 'Awesome job, mom, but when is your graduation?'" Maddox said. "I had to explain to him that I had professional and financial obligations that wouldn't allow me to travel to Alabama for the official ceremony."

In the past, those constraints would mean that Maddox couldn't participate in a graduation ceremony at all.

But that will change Nov. 15, when the Fort Myer Education Center Hub hosts its first-ever joint services graduation recognition ceremony at the Fort Myer Community Center.

Maddox, like many military-affiliated personnel stationed at installations in the National Capital Region, earned her degree while working with colleges or counselors at the hub, which serves personnel assigned to Joint Base Myer-Henderson Hall, the Pentagon, Fort Belvoir, and Fort Meade.

The hub supports a diverse population of adult learners that includes service members, DoD employees, and military family members.

"Education centers typically offer a graduation ceremony—whether inside the continental United States or outside the continental United States—and we've always had the desire to offer a graduation for our students as well," said Karen Powell, one of JBM-HH's education guidance counselors. "And we received a lot of questions as to why we didn't offer one."

Providing a graduation ceremony offers the center a way to celebrate the academic achievement of military-connected students who otherwise would not have an opportunity to experience a formal graduation ceremony due to deployment, mission requirements, geographical location, or financial limitations, she said.

Maddox said pursuing her degree was "a stressor and a challenge" for both her and her son.

"We as Soldiers, Sailors, Marines and Airmen are often recognized in a service-connected meritorious manner, accomplishments that are job-related, but we aren't often afforded recognition or a celebration that's much more personal. That's another part of us as people," Maddox said.

"My son is my motivation and it has been a 20-year challenge. I advise other service members to make the time, get the strength and motivation to educate yourself. And welcome being celebrated in that aspect," she said.

Approximately 330 service members and civilians are eligible

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# ‘Feds Feed Families’ in National Capital Region

By Lisa Ferdinando DoD News, Defense Media Activity

Diane Carter remembers what it was like to go hungry.

“There were many times that we would go without just to feed the kids,” Carter said at the Pentagon during a recent charity fair for the Feds Feed Families initiative. “And at one point in time ... I had sold everything in my house, all my furniture and everything, just to feed the kids.

“We were eating biscuits and beans and I was on welfare, because my previous husband had died,” she said. “We were struggling. We know. We’ve been there.”

Eventually, the situation turned around for Carter and her now-husband William. They obtained good jobs and retired. Now they serve others as full-time volunteers at the Bread of Life Food Pantry in Manassas, Virginia.

The Carters were at the Pentagon Aug. 23, telling federal employees about how the pantry benefits from the Feds Feed Families campaign.

**Important Initiative**

The food drive has collected nearly 57.2 million pounds of food since 2009, according to the Department of Agriculture, which leads the annual effort.

Todd A. Weiler, the assistant secretary of defense for manpower and reserve affairs, thanked military personnel and employees who donated to this year’s drive.

“I am so impressed by the work that’s being done here,” he said.

Weiler said communities and families in need are some of the same families and communities that give their sons and daughters for military service, and that he hopes this year’s donations by Department of Defense employees top last year’s contribution of more than 3.2 million pounds.

“I think it’s very important that we continue that communication, that linkage,



PHOTO BY LISA FERDINANDO, DEFENSE MEDIA ACTIVITY

Todd A. Weiler, assistant secretary of defense for manpower and reserve affairs, poses with federal workers and charity representatives at the Feds Feeding Families charity fair at the Pentagon, Aug. 23, 2016.

with our communities across the nation,” he said.

**Every Donation Helps**

DoD employee Naniece Shields said she is happy to give and proud to work for an agency that helps others.

“I know it’s the right thing to do. A lot of people do go hungry,” Shields said. “There are a lot of kids out here who do go hungry at night, so I just felt it was my duty.”

Shields said she’s been buying and donating nonperishable items all month, after her gym class instructor encouraged class members to participate. “The purpose is to help feed families and to stop hunger in America,” she said.

Linda Patterson is the executive director with Lorton Community Action Center in Lorton, Virginia, which is a partner agency with the Capital Area Food Bank and receives donations from the Feds Feed Families food drive.

“We serve 210 families a week through our food pantry and it wouldn’t be possible without our partnership with the

Capital Area Food Bank,” Patterson said.

Randy Eller, the deputy director of logistics for the Defense Commissary Agency, helped authorized commissary patrons purchase food packages to be assembled and distributed by local commissaries.

“This program is just fantastic — it generates hundreds of thousands of pounds of donations every year, so we are proud to assist,” he said.

**700,000 At Risk in the DC Area**

More than 700,000 residents in the local Washington area — 16 percent of the region — are at risk of hunger, said Holly Prater, who works with the Capital Area Food Bank. “They don’t know where their next meal is going to be coming from,” she said.

Prater said Feds Feed Families donations go directly to those in need. “It’s amazing. This is one of our biggest food drives of the year. The food really helps,” she said.

Follow Lisa Ferdinando on Twitter @FerdinandoDoD.

## Commissary shoppers donate 7,500 lbs. to food bank

By Delonte Harrod, Pentagonam Staff Writer

Members of the Joint Base Myer-Henderson Hall community had donated 7,658 pounds of food for this year’s Feds Feed Families campaign through donations at the Fort Myer Commissary, as of Aug. 30 (donations from collection boxes located around the base had not been tallied by press time).

The food is being donated to the Capital Area Food Bank, which will distribute the food to individuals and families in need at its northern Virginia and Northeast Washington D.C. locations, and through a network of nonprofit organizations in the National Capital Region (Washington, D.C., Prince George’s and Montgomery Counties, Alexandria, Arlington, and Fairfax and Prince William County).

The Feds Feed Families campaign launched in 2009 as part of President Obama’s United We Serve campaign and is managed by the U.S. Department of Agriculture. The program helps keep food banks and pantries stay stocked during summer months, when they traditionally see a decrease in donations and an increase in need.

Last year, more than 17.9 million pounds were donated and provided to food banks and pantries by military personnel and federal employees throughout the Washington D.C. area.

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

# Equality 5K Run

By Delonte Harrod Pentagonam Staff Writer

Members of the Joint Base Myer-Henderson Hall celebrated Women’s Equality Day with a 5K run/walk Aug. 26 outside Myer Fitness Center. Here are the overall race results and top finishers in each division:

- 5K Walk**  
Overall top finishers:  
Men: Kevin Stewart  
Women: Evelin Bonalba
- 5K Run**  
Overall top finishers:  
Men: Zach Szilagyi, 18:47  
Women: Natalie Meno, 21:12
- Youth (17 years old & younger):**  
Boys: Scott Anderson  
Girls: Trisha Fonseca
- 18-29 years old:**  
Men: Daniel Johnson  
Women: Veronica Regan
- 30-39 years old:**  
Male Division 5: Andrew Talone  
Female Division 6: Jean Ofrielquiqley
- 40 years old & older:**  
Men: John Camarillo  
Women: Brenda Brockington

Largest organization, unit or service participation:  
Navy



PHOTOS BY DELONTE HARROD


Service members and civilians celebrate Women's Equality Day by running a 5K race Aug. 26. The event was organized by Sgt. 1st Class William E. Reynolds, Jr. and Master Sgt. Kenny H. Kang, who work in the Equal Opportunity Office on JBM-HH.



Col. Patrick Duggan awards a medal to Zach Szilagyi, who finished with an overall time of 18:47, placing first in the runners' division at a 5K run to honor and celebrate Women's Equality Day Aug. 26.



A Navy unit crosses the finish line for the 5K run to celebrate and honor Women's Equality Day Aug. 26 on Fort Myer. The Navy won the ‘largest unit’ award.



## JBM-HH Labor Day weekend

### Operations and services holiday hours

<b>Andrew Rader U.S. Army Health Clinic</b>	Closed. For more information, call 703-696-7957.	<b>Fort McNair Fitness Center</b>	Closed. For more information, call 202-685-3117.
<b>Army Community Service</b>	Closed. For more information, call 703-696-3510.	<b>Fort McNair Five Star Catering</b>	Closed. For more information, call 202-484-5800.
<b>Auto Craft Shop</b>	Closed. For more information, call 703-696-3387.	<b>Java Café</b>	Open 10 a.m. to 4 p.m. For more information, call 571-483-1962.
<b>American Clipper Barber Shop</b>	Open 11 a.m. - 3 p.m. For more information, call 703-271-8177.	<b>Library</b>	Closed. For more information, call 703-696-3555.
<b>Bowling Center</b>	Open noon to 6 p.m. For more information, call 703-528-4766.	<b>Marine Corps Exchange and Vineyard Wine &amp; Spirits</b>	Open 10 a.m. to 6 p.m. For more information, call 703-979-8420. NOTE: Any Marine Corps Community Services activities not listed here are closed.
<b>Cody CDC</b>	Closed. For more information, call 703-696-3095.	<b>McNair Express (AAFES)</b>	Closed.
<b>Community Activities Center</b>	Closed. For more information, call 703-696-3470.	<b>Myer Express (AAFES)</b>	Open 9 a.m. to 5 p.m.
<b>Commissary</b>	Open 8:30 a.m. – 4:30 p.m.; no Early Bird shopping. Call 703-696-3674.	<b>NEX Uniform Shop (inside MCX Henderson Hall)</b>	Open 10 a.m. to 4 p.m. For more information, call 301-252-8143.
<b>CYSS</b>	Closed. For more information, call 703-696-8163.	<b>Old Guard Lounge</b>	Closed. For more information, call 703-524-0200.
<b>Dining Facility (DFAC)</b>	The DFAC will serve brunch and supper, Sept. 2-5. Brunch hours and pricing is 9 a.m. to noon, \$6.25; supper hours and pricing is 4-5:30 p.m., \$7.65. For more information, call 703-696-2087.	<b>Pentagon Express (AAFES)</b>	Closed.
<b>Fife and Drum</b>	Closed. For more information, call 703-524-0200.	<b>Spates Community Club</b>	Closed. For more information, call 703-527-1300/1302.
<b>FMWR Admin Offices</b>	Closed. For more information, call 703-696-3305.	<b>Spates Five Star Catering</b>	Closed. For more information, call 703-527-1300/1302.
<b>Fort Myer Exchange (AAFES)</b>	Open 10 a.m. to 4 p.m. Most concessions are open 10 a.m. to 6 p.m. Barber shop and ASAP Flowers & Gifts are closed. For more information, call 703-522-4575.	<b>Spindrifft Café</b>	Closed. For more information, call 703-524-3037.
<b>Fort Myer Fitness Center</b>	Open 8 a.m. 4 p.m. For more information, call 703-696-7867.	<b>Cpl. Terry L. Smith Gymnasium</b>	Open 7:30 a.m. - 3 p.m.; athletic training room and outdoor recreation gear check out are closed. For more information, call 703-614-7214.
<b>Fort Myer Officers' Club</b>	Closed. For more information, call 703-524-0200.	<b>Zembiec Pool</b>	Open 10 a.m. – 4 p.m. For more information, call 703-693-7351.
<b>Fort Myer Officers' Club Pools</b>	Open from 11 a.m. to 8 p.m. For more information, call 703-524-0200.		
<b>Fort Myer Five Star Catering</b>	Closed. For more information, call 703-524-0200.		
<b>Fort McNair Officers' Club</b>	Closed. For more information, call 202-484-5800.		

Almost all activities and offices on Joint Base Myer-Henderson Hall will be closed Monday, Sept. 5, the federal holiday designated as Labor Day. Always the first Monday in September, Labor Day is a creation of the labor movement of late 19th Century America and is dedicated to the social and economic achievements of American workers. Most military personnel will have a training holiday Friday, Sept. 2. The above listed facilities and places of business have reported open or closed hours for Sept. 5. Unless otherwise noted, this list applies to Sept. 5. This list is not all encompassing; please check with specific facilities for more details.



# Suicide prevention resources for JBM-HH

By Guv Callahan  
Pentagram Staff Writer

During the first quarter of 2016, there were 58 suicides among service members in the active component, 18 suicides in the Reserves and 34 in the National Guard, according to the Department of Defense’s quarterly suicide report.

Pentagon officials also reported 265 active-duty service members killed themselves in 2015, down slightly from 273 in 2014. Decreasing that number even further starts with recognizing the warning signs that somebody might be considering self-harm.

**Warning signs**

Some warning signs for potential suicide risk include:

- Talking about wanting to die or killing oneself.
- Talking about feeling hopeless or having no reason to live.
- Increasing use of drugs or alcohol.
- Sleeping too much or too little.
- Displaying extreme mood swings.

U.S. Army Chap. (Maj.) John Scott, regimental chaplain for the 3d U.S. Infantry Regiment (The Old Guard), said being able to notice and talk about these warning signs – removing the stigma of mental illness – is a vital part of suicide prevention.

The Old Guard has trained a number of Soldiers to be able to recognize that somebody may be having thoughts and be comfortable intervening that situation, he said. A significant portion of that training is getting comfortable asking a question: “Are you considering suicide?”


“If the answer to that is yes, then it’s really about hearing the person and respecting them with the ultimate goal of keeping the person safe for now,” Scott said.

**Emergency resources**


Service members and their families in need of immediate support can reach out to the Military Crisis Line.


Support is available through the crisis line’s phone number, online chat, and text-messaging services for all service members (active and reserve components) and veterans 24 hours a day, seven days a week, 365 days a year by visiting the Military Crisis Line website at [veteranscrisisline.net/ActiveDuty.aspx](http://veteranscrisisline.net/ActiveDuty.aspx); on-line chat at [www.veteranscrisisline.net/ChatTermsOfService.aspx](http://www.veteranscrisisline.net/ChatTermsOfService.aspx); sending a text to 838255 or calling toll free at 1-800-273-8255, option 1.


The Military Crisis Line is staffed with qualified responders from the U.S. Department of Veterans Affairs, many of whom have served in the military themselves.



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[www.DSPO.mil](http://www.DSPO.mil)

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PRESS 1



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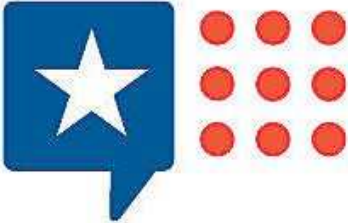
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**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Military Crisis Line**



**1-800-273-8255**

**Press 1**

**Behavioral health resources at JBM-HH**

Joint Base Myer-Henderson Hall has counseling resources available to members of the community is feeling hopeless, depressed, or having thoughts of hurting themselves.

The Behavioral Health program at Andrew Rader U.S. Army Health Clinic offers individual counseling, crisis intervention, mental status examinations and stress management services. For more information,

call 703-696-3456.

The Military OneSource website suggests community members dealing with stress and anxiety should seek out and build a support network, whether it be through family, friends, their chaplain or professional counseling.

OneSource offers tools to help community members deal with the stressors of military life, including free, confidential, non-medical counseling in person, by phone, via secure chat and by video.

The Dept. of Defense will kick-off its 2016 Suicide Prevention month campaign with an event at the Pentagon Sept. 7, 9:30 a.m. at Apex 1 and 2, second floor. Lt. Gen. Robert R. Ruark, U.S. Marine Corps, will be the guest speaker.

The Department of Defense’s theme for Suicide Prevention Month in 2016 is: “Be There - your action could save a life.”

For more information about the Defense Suicide Prevention Office and the #BeThere suicide prevention campaign, visit [www.facebook.com/Defense.suicide.prevention.office/](http://www.facebook.com/Defense.suicide.prevention.office/) or follow DSPO on Twitter at @DSPOmil.

**Coming up:**

The “Reflections of Generosity” traveling art exhibit explores how painting, sculpture and song provide hope and healing for Service members, Veterans, and military families. The exhibit will be displayed Sept. 7-9 at the Pentagon (Apex 9 and 10, second floor) and Sept. 13-15 at DoD’s Mark Center, Alexandria, Va., in the main hall. For more information, visit [www.reflectionsofgenerosity.com](http://www.reflectionsofgenerosity.com).

For more information, call 800-342-9647. For a breakdown of counseling options, visit [http://www.militaryonesource.mil/health-and-wellness/prevention-care?content\\_id=282354](http://www.militaryonesource.mil/health-and-wellness/prevention-care?content_id=282354).

Henderson Hall also has a behavioral health program within Marine Corps Community Services, providing mental health services to families, couples and individuals in need.

The Community Counseling Program, in particular, focuses on screening, prevention and intervention related stressors that can affect a Marine or his or her family. For an initial screening or to schedule an appointment with a member of the counseling staff, call 703-614-7204.

**Chaplaincy**

Chaplains are an important resource if a member of the community has expressed a desire to hurt themselves.

“At times we get people in from the units or in from a medical provider,” Scott said. “Typically we sit down with the individual and really begin by listening to their story. If we suspect someone might have thoughts of suicide or if we’ve been told, we’ll usually just ask.”

Scott said simply hearing a Soldier out can sometimes deescalate a crisis. But if a Soldier still thinks suicide is the answer after talking to a member of the chaplaincy, Scott said they’ll try to get that individual more help.

Since chaplain meetings are confidential, Scott said he and his chaplain’s assistants would ask the individual to voluntarily get the chain of command involved, or speak to a counselor in behavioral health services.

“We’re not just going to let them walk out of the office after that,” he said. “I have to keep you safe, because that’s right thing to do.”

For more information about suicide prevention, visit Military OneSource at [www.militaryonesource.mil/health-and-wellness/prevention-care](http://www.militaryonesource.mil/health-and-wellness/prevention-care).

*Pentagram Staff Writer Guv Callahan can be reached at [wcallahan@dc.military.com](mailto:wcallahan@dc.military.com).*

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# Top TOG Soldiers compete in MDW Best Warrior competition



PHOTOS BY SPC. BRANDON DYER, 3D INFANTRY REGIMENT PUBLIC AFFAIRS  
Staff Sgt. Eric G. Cutchall checks his weapon's front sight during the Military District of Washington Best Warrior competition at Fort A.P. Hill Aug. 19. Cutchall placed first among NCO in the 3d Infantry Regiment (The Old Guard) Best Warrior competition.

By Spc. Brandon Dyer  
3d Infantry Regiment Public Affairs

Spc. Jeremy R. Byrd and Staff Sgt. Eric G. Cutchall represented the 3d U.S. Infantry Regiment (The Old Guard) in the Military District of Washington's (MDW) Best Warrior Competition at Fort A.P. Hill in Bowling Green, Virginia, conducted Aug. 15 through Aug. 19.

Byrd and Cutchall became The Old Guard Best Warriors in a competition held at Fort A.P. Hill in July. Winning that competition allowed them entry into the MDW level.

Day two of the MDW competition began before dawn.

"This morning we started by getting on a black hawk," said Byrd. "We rode around a little bit, got off and then did a nine-mile ruck march."

Byrd, from Delta Company 1st Battalion, 3d Infantry Regiment was able to complete the march in two hours and 36 minutes.

Cutchall completed his ruck march in two hours, 42 minutes.

The ruck march course at Fort A.P. Hill is challenging.

"It's pretty bad, a lot of hills on this one," said Byrd.

Though the competition is taking place during a heat wave, Byrd said the heat hadn't adversely affected his performance.

Cutchall, a firing party commander from Charlie Company 1st Battalion, 3d Infantry Regiment, said the heat hasn't bothered him. Cutchall attributed his heat resilience to growing up in Louisiana.

The competition generally tested level one tasks, so the challenge is summoning the willpower to push through physically tough events like

the ruck march.

"You have to push yourself a little bit," said Cutchall. "I know what my strengths are and I know what my weaknesses are."

The Best Warrior competition challenges competitors through a series of tests including an Army Physical Fitness test, answering tough questions during a simulated news media interview, and qualifying with the M-16/M-4 rifle, M9 pistol and M240B and M249 machine guns.

Cutchall said he was most looking forward to the range.

"These are my strongest events," said Cutchall. "I'm grateful for the opportunity to compete."

The final test is an appearance before a board comprised of sergeants major.

Ultimately, The Old Guard's Best Warriors performed their best and represented themselves and the regiment with distinction.

The 2016 Best Warriors for the Military District of Washington are Sgt. Stephen M. Johnson, 53rd Signal Battalion, and Spc. Benjamin L. Moon, Criminal Investigation Command.

*Spc. Brandon Dyer is assigned to the 3d Infantry Regiment (The Old Guard) Public Affairs Office. He can be reached at [usarmy.jbmhh.mdw.mbx.tog-pao@mail.mil](mailto:usarmy.jbmhh.mdw.mbx.tog-pao@mail.mil).*



## CSM from page 1

In his remarks, Woods called leaving the joint base after serving as garrison's senior enlisted leader "bittersweet."

"The workforce here his the most dedicated and hardest working people I have ever seen," Woods said. "On numerous occasions I have

seen them perform miracles, provide first class services and handle emergencies. They support the installation and the community in a first-class manner."

"On the one hand, I don't want to leave, because I've grown to love this place and love the people," he said. "On the other hand, I know it's time to go."

Woods' next assignment is at Fort Bragg, where he will serve as

command sergeant major for the Forces Command Judge Advocate General's office. He said wherever he goes, his focus is on serving his troops, and the mission.

"Many years ago, my dad told me 'every day, you have to earn your keep.' That is all I've done, earned my keep," he said.

*Pentagram Staff Writer Julia LeDoux can be reached at [jledoux@dc-military.com](mailto:jledoux@dc-military.com)*

## TEST from page 1

helicopter then crashed, killing two crew members on impact and injuring others.

The scenario was designed to stress the capabilities of first responders.

The Pentagon Force Protection Agency activated its crash plan, prompting its partner agencies to mobilize immediately in response.

JBM-HH firefighters were the first responders at the scene, tasked with fighting a raging structure fire while rescuing crew members and passengers from the aircraft.

Nearby, a consolidated incident command post was established; leaders of responding agencies managed their personnel to ensure command and control of the scene. Federal, state and local law enforcement were charged with determining what caused the crash.

"Was it a mechanical failure or did a bad guy shoot it?" Mike Pierce, exercise and drills program lead for the Pentagon Force Protection Agency, said. "Anything that happens at this federal facility is a crime scene until we determine that it's not... the Pentagon is the symbol of American military power, so we know we're a target. So from that respect, we have to be ready."

Mechanical failures and accidents

are also something any agency or facility that hosts air traffic has to be prepared for, Pierce said. "If one of them falls, we have to be ready to put the fire out and rescue the individuals that are hurt."

A helicopter pilot who portrayed one of the crash victims during the exercise said helping first responders train was also good training for the aviation crew members who took part.

"This is awesome... we have to do it," Chief Warrant Officer 3 Dwayne Williams said. "The possibility of a crash is always there, and so we train for it and have emergency procedures in place so that when they do occur, the appropriate agencies can respond."

As the 15th anniversary of 9/11 approaches, the anniversary is on many first responders' minds, Pierce said.

"For all the tragedy of that day, the good that came out of it are those long-standing relationships that have only been forged and built on," Walsh said. "It should make the tenants and the residents



PHOTO BY EBONI EVERSON-MYART, ARMY MULTIMEDIA AND VISUAL INFORMATION DIRECTORATE  
A Joint Base Myer-Henderson Hall firefighter cuts away clothing to treat simulated wounds on a role player portraying a helicopter crash victim during a Pentagon Force Protection Agency mass casualty exercise at the Pentagon Aug. 25.

of this area assured about the kind of support and capabilities that they have protecting them in this region."

Regional partners who took part in the Pentagon Force Protection Agency exercise included JBM-HH Fire Department, Arlington County Fire & Rescue, Virginia Department of Emergency Management, Arlington County Police Department, Federal Bureau of Investigation and other National Capital Region partners. Emergency medical support was provided by physicians and nurses from the DiLorenzo Tri-care Health Clinic at the Pentagon.

*Pentagram Staff Writer Arthur Mondale can be reached at [awright@dc-military.com](mailto:awright@dc-military.com).*

## LEADERS from page 1

exploring the profession of arms.

The students have regular hours, weekends off and attend sporting and social events. There is a balance between work and family that is often lacking in the operational world.

And the students are no slouches, either. NDU and the service war colleges are often jokingly called "the school for generals [or admirals]." If you are selected to attend, that means someone believes you can handle yourself at the next level. Since the students are primarily colonels or Navy captains, that means flag-rank.

**National Security Contacts**

The university also offers an opportunity to interact with civilian counterparts in other agencies. Dunford said other U.S. government agencies

send the best they have to the school.

Given the whole-of-government approach to national security, these contacts are invaluable, he said.

The United States has the most-extensive network of allies in the world, and NDU has international students from around the globe.

Dunford urged all students to learn from each other.

NDU is a year-long course that provides its students the opportunity to read and think, and talk and write and consider, Dunford told the students.

Dunford graduated from the Army War College at Carlisle Barracks, Pennsylvania, 17 years ago. He said that as he looks back, that was the last year he had the time to read and think and write about his profession. It allowed him, he said, to think critically about the future while drawing on the lessons of the past.

The chairman met with faculty

and staff before his talk to the students. He asked them if anyone told the students the required reading was "only a lot of reading if you do it." The faculty blanched.

Dunford said he did the reading. Not doing it "is not my approach to life, nor my attitude," he told the students.



The chairman added, "From my own personal experience, when I look back on my time at the War College ... it was pretty foundational in preparing me for the challenges throughout the rest of my career."

The chairman encouraged the students to take full advantage of this unique opportunity in their careers. He told them to take full use of the university's "center of gravity" — the faculty and staff.

He told them he would be checking.

*Jim Garamone writes for Defense Media Activity. Follow him on Twitter, at @GaramoneDoDNews.*

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

Soldiers from the 289th MP Company, 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard) train, conducting an aerial insertion during an exercise at a former prison in Lorton, Va., Aug. 24.



Pfc. Jason O'Connell, a military police officer assigned to the 289th Military Police Company, 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard), stands guard behind a patrol car while training in Lorton, Va. Aug. 24.



Soldiers from the 289th MP Company, 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard) were among several units conducting room clearing and cordon and search training at a former prison in Lorton, Va., Aug. 24.

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CEREMONY  
from page 3

to participate in the ceremony.

Maj. Gen. Bradley A. Becker, commander of Joint Force Headquarters National Capital Region and U.S. Army Military District of Washington, will present diplomas and certificates.

Sgt. Maj. of the Army Daniel Dailey will deliver the commencement address.

Col. Patrick M. Duggan, Joint Base Myer-Henderson Hall commander, will also provide remarks.

“Conferment means meeting a degree requirement. Graduation is about a celebration of your diligence and the public recognition that accompanies that,” Powell said.

JBM-HH Command Sgt. Maj. Carolyn Y. Donaldson, whose military obligations prevented her from going to graduation ceremonies for both her undergraduate and graduate degrees, encouraged eligible graduates to consider taking part.

“I wish that I could have gone because to me, it motivates others watching to want to strive for that accomplishment,” she said. “To me, it’s just as important as a person’s high school graduation.”

Donaldson also urged service members to consider pursuing advanced schooling, including undergraduate and graduate degrees.

“It’s imperative for those moving up the ranks, who need a strong education to lead projects, plan, coordinate and other mission requirements,” she said.

The joint base command sergeant major said involving one’s family in recognizing academic accomplishments is important because it shows what is possible and may encourage others to pursue their own educational goals.

“I come from a family of five siblings who served as enlisted members of the military, who strived to never forget how important education was,” she said.

The Fort Myer Education Center Hub is seeking eligible service members, retirees, veterans, family members and DoD employees to don their cap and gown and participate in the first joint services graduation recognition ceremony Nov. 15, 11 a.m. to 1:30 p.m., at the Fort Myer Community Center.

“We are open to any eligible graduate in the region who would like to participate,” Powell said.

Recent graduates who are as-



PHOTO BY ARTHUR MONDALE

The Fort Myer Education Center Hub is seeking eligible service members, retirees, veterans, family members and DoD employees to don their cap and gown and participate in the first joint services graduation recognition ceremony Nov. 15, 11 a.m. to 1:30 p.m. at the Fort Myer Community Center.

NEWS  
from page 1

Please note: There is a 12-month waiting period before changes made during open season take effect (for most employees, changes will be effective October 1, 2017, and premiums will be deducted effective that same date). To continue FEGLI coverage into retirement, employees must have that coverage for their last five years of Federal service.

**Save the date: Annual Doggie Dip Sept. 10**

Join us for the “last hoorah” of the 2016 pool season before the pools close for another winter. Come on out to where “every dog has their day,” Sept.

10 from 10 a.m. to noon at the Fort Myer Club Pool Complex (weather permitting). This is a free family and pet event. Participating dog owners must sign a waiver; dogs must display a current dog license and rabies tag upon entering the Fort Myer Club Pool Complex. For more information, contact Todd Hopkins at 703-696-0594 or 703-939-1045 or email [mtodd.a.hopkins.civ@mail.mil](mailto:mtodd.a.hopkins.civ@mail.mil).

**Anger Management Sept. 14**

Get insights on emotions management and the impact of unmanaged anger at the Anger Management support group, Wednesday, Sept. 14, 9:30 to 11:30 a.m. Sessions are conducted at Army Community Service,

signed to any installation in the National Capital Region, or to Reserves or National Guard units in the local area, or who are military family members living in the local area are encouraged to participate. Students

Bldg. 201; JBM-HH. For more information and to register, call 703-696-3512.

**‘Transparenting’ seminar Sept. 19**

This seminar provides parents who are separated or divorced with tools to ensure they are able to continue supporting and encouraging their children despite changes to their family unit. The class meets Sept. 19, 2 p.m. in the Army Community Service classroom, Bldg. 201; JBM-HH. For more information or to register, call 703-696-3512.

**Hispanic Heritage month celebration Sept. 22**

The U.S. Military District of Washington celebrates Hispanic Heritage month – Embracing, Enriching and Enabling

must have met or will meet their degree, diploma or certificate requirements between October 2015 and October 2016.

For more information or to register, visit the Fort Myer Education Center, Bldg. 417,

America! Sept. 22, 11:30 a.m. to 1 p.m. at Brucker Hall, (Bldg. 400). Hosted by JBM-HH Commander Col. Patrick M. Duggan, this celebration will feature The U. S. Army Blues and an ethnic food tasting following the concert. Open to all members of the joint base and National Capital Region military community! For more information, contact Master Sgt. Kenny Kang at [kenny.h.kang@mail.mil](mailto:kenny.h.kang@mail.mil), 703-696-8729 or Sgt. 1st Class William Reynolds at [william.e.reynolds@mail.mil](mailto:william.e.reynolds@mail.mil), 703-696-2964.

**Death notice**

Anyone with debts owed to or by the estate of Pfc. Edwardo S. Ward, Walter Reed National Military Medical Center Warrior Transition Brigade, must

Room 216 in person, or call 703-696-3070/1588 or visit <https://www.surveymonkey.com/r/7DVF2BR>.

*Pentagram Staff Writer Arthur Mondale can be reached at [aright@dcmlilitary.com](mailto:aright@dcmlilitary.com).*

contact 1st Lt. Carl B. Rios, the Summary Court-Martial Officer for the Soldier. Ward recently passed away on Aug. 4. Call Rios at 301-412-7544.

**News Notes submissions**

Send your submissions for the Sept. 8 edition of the Pentagram via email at [catherine.a.caruso.civ@mail.mil](mailto:catherine.a.caruso.civ@mail.mil) no later than noon, Sept. 5. Submissions must be 100 words or less and should contain all “5W’s” (who, what, when, where, why) and a website, email address, or phone number where interested parties can locate or request more information. Submission of information does not guarantee publication. Unless otherwise noted, all events listed are free and open to all Department of Defense ID card holders.

SHARE THE GOOD FORTUNE

Refer up to five eligible friends and family for Navy Federal membership during September, and when they join, you’ll each **get \$50.\***



For more information, visit [navyfederal.org/5050](http://navyfederal.org/5050), ask a representative or call 1-888-842-6328.



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