

### MILITARY OFFICER ACHIEVES LEADERSHIP MILESTONE

CW5 Maria Martinez became the first female to take on the position of QM Corps Chief Warrant Officer during a Nov. 5 ceremony here

FOR MOR

SEE PAGE 12



#### WORDS OF CAUTION

Garrison commander emphasizes safety precautions during holiday weekend

SEE PAGE 2

TRAINING THE LEADERS

Leaders, Soldiers will participate in multiple ceremonies, tributes across Central Virginia

SEE PAGE 3

#### COMMIT το ουιτ

SEE PAGES 8-9

Clinic joins national 'Smokeout' campaign promoting healthy, tobacco-free living

RECOGNIZING **VETERANS** 

BUSINESS

**Community celebrates reopening** 

of Army Women's Museum

SEE PAGE 5

#### COMMAND SPOTLIGHT





11 S Army Photo

## Be mindful of seasonal risks including fog, slippery roads

On Monday, we will celebrate Veterans Day, a time set aside to honor and remember the many contributions and sacrifices made by our nation's veterans. Let us pay tribute to our brothers and sisters who fought so dearly for the freedoms and opportunities that we now enjoy by fulfilling our potential and them as our natural course. accomplishing our mission safely.

Onand off-duty unacceptable impediments to Army missions, readiness, well-being and morale. It is up to in Central Virginia can make our roadways each of us to maintain a safe work and home environment.

Leaders, Soldiers, civilian employees and contractors must join together in establishing and maintaining a climate that promotes safe practices. Recent near misses amplify our need to develop a culture and mindset that encourages safe practices and establishes

Privately owned vehicle crashes remain accidents are the leading cause of accidental death across the Army, and the seasonal weather changes even more challenging. The extended hours of darkness, fog, cooler temperatures and

increased wildlife activity as we move into hunting season add to our risk when traveling.

When behind the wheel, drive defensively. buckle up, don't drink or speed, and avoid distractions. If traveling, ensure you get plenty of rest, adequately prepare for your trip, and make others aware of your plans. Ensure your vehicle is in optimal running condition and you are driving with proper equipment. Don't become the next statistic.

Thank you for all you do each and every day. I hope you enjoy a well-deserved extended weekend. Have a safe and relaxing holiday. Army Safe is Army Strong!

> Col. Hollie J. Martin. Fort Lee Garrison Commander

### CID web, smartphone app facilitates crime reporting

of crimes, suspicious activity or threats, the Personal Use Mobile Apps and DoD Apps the tips are encrypted, entirely confidential Army Criminal Investigation Command has icons on their device. Android users can and completely anonymous, Users also can established a web-based app that allows the access the app using the Mobile@Work icon attach images, videos and documents with military community and American public to on their device. submit tips via computer or smartphone.

According to CID's implementation The public can access the system via any project manager, Special Agent Christopher 'tipsters' to report criminal or suspicious Internet-connected device by visiting, www. L. Adams, the system provides users a activity anonymously," Adams said. "Tips cid.army.mil. The app is available for free safe, secure and anonymous method to received will be seamlessly assigned to download from the Apple Store and Google report criminal activity and security threats various units for further investigation. Play at www.p3tips.com/app.aspx?ID=325. without concerns of retaliation or fear. He Additionally, persons providing anonymous The CID Crime Tips app is approved for explained that whenever a person submits tips will have the ability to communicate download on government smartphones a tip online, the completed form is securely with the CID agents. After submitting a tip, and devices. Apple users can access the transferred to Army CID through a Secure a reference/ID number is created that allows

QUANTICO - To facilitate the reporting app through the DoD Enterprise, Mobility Sockets Layer connection, which means their tips.

"This new system is the ideal solution for

Ζ

the tipster to create a password to check the status of the submitted information or check on the status of a reward – if applicable."

A multi-language feature for global use allows tips to be auto-converted into English on the backend regardless of what language they were submitted. Tips will be responded to in English and auto-translated back to their source language during the two-way dialog process.

According to Christopher Grey, CID's spokesman, individuals can report a crime though the CID Crime Tips app, or by contacting their local CID office.

"It is critical for people to say something SEE CID CRIME TIPS APP, page 13

FORT LEE	
Commanding General Maj. Gen. Rodney D. Fogg	
Garrison Commander	Col. Hollie J. Martin
Public Affairs Officer	Stephen J. Baker
Command Information/Managing Editor Patrick Buffett	
Senior Writer/Special Assignments T. Anthony Bell	
Production/News Assistant Editor Amy Perry	
Production Assistant	Ray Kozakewicz
To up only the Tree called Chaff call (004) 704 7147	

To reach the Traveller Staff, call (804) 734-7147.

The Fort Lee Traveller is an authorized publication for members of the DOD, printed by Gatehouse Media Virginia Holdings, Inc., a private firm in no way connected with the U.S. Government, under exclusive written contract with U.S. Army Garrison, Fort Lee, Virginia. Contents of the Fort Lee Traveller are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison, Fort Lee Public Affairs Office. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or Gatehouse Media Virginia Holdings, Inc. Everything advertised in this publication will be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation has been corrected.



Gen. StephenTownsend, commanding general of Training and Doctrine Command, and his wife Melissa check out one of the new exhibits at the Army Women's Museum following a grand reopening ceremony Friday. For more, see Pages 8-9.

# End of retiree dental, vision coverage necessitates Open Season participation

Military retirees receiving TRICARE health insurance benefits need to pay attention to the following statement: your dental and vision coverage will expire at the end of this year unless arrangements for a new plan are completed during the Nov. 12 - Dec. 10 open enrollment season.

TRICARE has been publicizing this policy change for several months with help locally from Kenner Army Health Clinic, the Soldier for Life Retirement Services Office and other community support agencies. There are concerns that some may not be getting the message – for example, retirees lacking access to military information channels – and/or those needing assistance with enrollment not knowing where to get it.

"Community members can help the cause by getting the word out to retirees in their families, neighborhoods and workplaces," said Lt. Col. Paul J. Kassebaum, Kenner Army Health Clinic commander. "A concern raised at Retiree Appreciation Day at the end of September is individuals who don't have computers or live in areas where internet service is not available. Those veterans can be directed toward the agencies that offer free workstations with online access like public libraries and the Army Community Service facility at Fort deducted from the individual's government Lee."

Those losing their TRICARE Retiree payments. Dental Plan are eligible for new coverage Vision Insurance Program. As a side note, family members of active duty personnel also have the option of enrolling for vision coverage. Active duty personnel are for the alternate program.

plan, one must go through the BENEFEDS enrollment portal at tricare.benefeds.com. an account and enroll in a plan online. To



Leslev Atkinson, KAHC Public Affairs Officer

Eagle Eye Clinic Optometrist Capt. Jasmin Filpo performs an eye exam on 2nd Lt. Joshua Adam during a routine appointment at Kenner on Nov. 5.

#### call 1-877-888-FEDS (3337).

Enrollees have 10 dental and four vision carriers to choose from, and single, couple and family plans that offer high and standard options. The BENEFEDS enrollment portal provides a comparison tool to help consumers identify the areas of coverage that are most important to them and the monthly cost - which will be automatically paycheck in the same manner as TRICARE

Don't rush through the research, advised under the Federal Employees Dental and KAHC officials. The selection of health coverage should take future needs into consideration, like braces for children or continuing needs for degenerative conditions. Pay close attention to co-pay covered by TRICARE, and are not eligible requirements, and those who don't want to lose their current provider should check

To set up a FEDVIP dental and/or vision to see if they are part of the considered insurance carrier's network.

It's equally important to be diligent in Beneficiaries are encouraged to register for completing the research and enrollment prior to the Dec. 12 deadline. Those who speak to a representative over the phone, do so will have coverage in place on Jan.

1 when the TRDP goes away. The cost of missing that target is not only a lapse of coverage, but also not having another opportunity to sign up for FEDVIP until next year's open enrollment, with the exception of "qualifying life events" such as getting married, the birth of a child, death of the sponsor or spouse, and so on.

Other features of the BENEFEDS website include a frequently asked questions section that offers more specifics about eligibility, enrollment requirements, payment options and expectations, and other topics. Registered visitors also have access to a free 12-minute webinar video about the TRDP to FEDVIP conversion.

Military retirees continuing their service as government employees also are reminded that a Civilian Personnel Advisory Centersponsored Health Benefits Fair is set for Nov. 14, 10 a.m. - 2 p.m., at Liberty Chapel near the intersection of C and Mahone avenues. For details about that event, call 804-765-0634.

- Kenner Army Health Clinic & Staff Reports



### **Local Veterans Day** events to feature **Fort Lee Soldiers**

Installation leaders, musicians from the 392nd Army Band and other Fort Lee military personnel are scheduled to participate in a number of local Veterans Day ceremonies today through Nov. 19. Community members are encouraged at attend and show their support. Some of the events are as follows:

#### November 8

 Chief Warrant Officer 4 Destria Gladney, Office of the Chief of Army Reserve, CASCOM, will speak during a Veterans Day commemoration, 1:30 p.m., at the Riverside Regional Jail, Prince George County. For details, call 804-524-6600.

 A 392nd Army Band ensemble will perform and a Fort Lee flag detail will take part in a Veterans Day ceremony, 2-4 p.m., at the Federal Bureau of Prisons, Hopewell,

For details, call 804-734-4323.

#### **November 9**

 Maj. Gen. Rodney D. Fogg, CASCOM and Fort Lee commanding general, will speak and a 392nd Army Band ensemble and a vocalist will perform during a Veterans Day ceremony, 10 a.m. - noon, at McGuire VA Hospital, Richmond. For details, call 804-675-6867.

 A band ensemble will perform during the Brunswick County Veterans Day ceremony honoring living Korean War veterans from the community. The event will take place from 10 a.m. - noon at the county conference center, Lawrenceville. For details, call 438-848-3107

 Dr. Eric Wagner, College of Professional and Continuing Education, ALU, will speak during a Veterans Day program honoring residents who served, 3-4 p.m., at the Pearl at Watkins Centre, Midlothian. For details, call 804-201-4012. SEE VETERANS DAY EVENTS, page 13

# **Clinic announces plans for Great American Smokeout**

Kenner Army Health Clinic encourages everyone to commit or recommit to healthy, tobacco-free lives during the annual Great American Smokeout campaign set for Nov. 15.

"Tobacco-free living promotes readiness, reduces the risk of chronic disease and supports the system of health in its 2020 DOD initiative for tobacco-free installations," said Cynthia Rice, Army Public Health Nurse. "To show support, Kenner is committed to education, counseling, and medical therapy to assist tobacco users to become tobacco free."

According to the American Cancer Society, cigarette smoking is the leading cause of cancer death in the United States, accounting for 29 percent of all related fatalities. In fact, smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns and illegal following: drugs combined. Smoking not only causes cancer, it damages nearly every organ in the body, including the lungs, heart, blood vessels, reproductive organs, mouth, skin, eyes and bones.

Addiction to nicotine in cigarettes is one of the strongest and most deadly an individual can have. While cigarette smoking rates have dropped (from 42 percent in 1965 to 15.5 percent in 2016), about 37.8 million Americans still engage in the habit. Each year, classroom at 4 p.m. approximately 20 million American smokers try to quit, representing more than half of the 37.8 million smokers in the U.S. Only about 1.4 million (7 percent) succeed. An even greater number of smokers (68 percent) report being interested in quitting.

GASO activities on Fort Lee include a Nov. 14 pre-campaign kickoff event at the Main Exchange from 11 a.m. -1:30 p.m. It will include lung age testing and blood pressure screenings.

Also, tobacco-free living information will be available at the following locations:

• TenStrike Bowling Center between 11 a.m. counselors or coaches. -1:30 p.m.

4:30 p.m.

• Employment Benefit Fair (Liberty Chapel,



Stock Photo

9100 C Avenue), 10 a.m.-2 p.m.

• IHG Lodge, 5-7 p.m.

GASO activities on Nov. 15 include the

• "Get over the hump" workout led by the Army Wellness Center's Will Jones at the Strength and Performance Center at noon

• Managing weight while quitting tobacco or vaping, KAHC Preventive Medicine classroom, 2nd floor at 2 p.m.

• Managing stress while quitting tobacco or vaping, KAHC Preventive Medicine classroom, 2nd floor at 3 p.m.

• Tobacco-free celebration at KAHC MGK

Quitting is hard. It takes commitment and starts with a plan. Many have tried more than one quit attempt, and success hinges on a lot of community support. Getting help through counseling and/or prescription medications can double or triple one's chances of quitting successfully.

Available assistance includes the smoking cessation programs offered at Kenner, telephone quit lines, the American Cancer Society's Freshstart program, Nicotine Anonymous meetings, self-help materials such as books and pamphlets, and smoking

For more information, visit cancer.org/ • Army Wellness Center from 7:30 a.m.- smokeout or call KAHC Health Promotion at 804-734-9304.

- Kenner Army Health Clinic

# NEWS BRIEFS

#### Kenner Announces Holiday Weekend Hours

Kenner Army Health Clinic and Mosier Consolidated Troop Medical Clinic 1 will be open Nov. 9 (training holiday) for patient care. Troop Medical Clinic 2 will be closed that day. All clinic facilities and services will be closed Nov. 12 in observance of Veterans Day.

To schedule appointments, call the Kenner appointment line at 1-866-533-5242. To request an authorization to visit an urgent care center after-hours or when the clinic is closed, call the nurse advice line at 1-800-TRICARE and choose option 1.

For an emergency, dial 911 or go to the nearest emergency room.

#### Over \$13,000 up for Grabs in 3 Contests

Three Army and Air Force Exchange Service contests open to authorized patrons have a cumulative prize package valued at more than \$13,000.

In the Wrigley Storybook Essay Contest through Dec. 25, shoppers can submit a holiday story of 500 words or less and have a chance to win a \$1,000 Exchange gift card grand prize. Second- and third-place winners will receive \$500 or \$300 gift cards, respectively. Entries should be sent to sweepstakes@aafes.com with "Sweet Holiday Story" in the subject line. Winners will be notified no later than Feb. 8.

In the Cuisinart Sweepstakes through Nov. 30, 30 winners will receive a Cuisinart Black stainless steel coffee maker valued at approximately \$189 each. The drawing will take place on or about Dec. 14.

In the Bissell Sweepstakes through Nov. 30, five shoppers will receive a Bissell pet floorcare package. The approximate retail value of the five prizes is \$5,630. The drawing will take place on or about Dec. 14.

For details, visit shopmyexchange.com/sweepstakes.

#### SAMC Accepts Food Drive Donations

The Sergeant Audie Murphy Club is seeking pledges from community members to donate a turkey or ham for its Thanksgiving Food Drive. SAMC members will distribute those items, along with other nonperishables, to Fort Lee families prior to the Nov. 22 holiday.

A \$20 donation will allow SAMC to purchase one turkey or ham. The club has set a contribution deadline of Nov. 14 to allow time for shopping and delivery.

For details, email flvsamcpresident@gmail.com.

#### Native American Observance Set for Nov. 15

The Fort Lee community is set to celebrate National American Indian Heritage Month with a special observance Nov. 15, 11:30 a.m. - 1 p.m., at the Lee Theater.

The 23rd Quartermaster Brigade is hosting the event with a theme "Sovereignty, Trust and Resilience." The event will recognize and celebrate American Indian culture, achievements and contributions to the United States and the armed forces. The guest speaker is Walter D. "Red Hawk" Brown III, the elected chief of the Cheroenhaka (Nottoway) Indian Tribe, Southampton County. He is a retired Army lieutenant colonel who served 28 years on active duty.

For details, call 1st Sgt. Carlandra. T. Moss, Victor Company, 262nd QM Battalion, at 804-734-6226 or carlandra.t.moss.mil@mail.mil.

#### Shoppers can win holiday travel prize

Five authorized Army and Air Force Exchange Service shoppers who use their MILITARY STAR card at both the PX and Commissary before Nov. 15 will each win a \$5,000 holiday travel prize.

Patrons will automatically be entered into the sweepstakes when they use their card instore or online. One individual from each branch of service will be selected for a prize. Winners will be announced on or about Dec. 15.

For rules and an alternate method of entry without purchases, visit myecp.com/ customerads/page/exchange.com.

### T. Anthony Bell

Senior Writer/Special Projects

It's not statistically uncommon for an Army recruit to cite the service of a parent, sibling or close relative as having influenced their decision to enlist.

Pfc. Cody Allen is one such Soldier, but his story took a decidedly different turn as he graduated from the Ordnance School 91H Tracked Vehicle Repairer Course here Nov. 7. The person who influenced his military venture was wearing the same uniform while proudly watching from the audience.

Chief Warrant Officer 3 Jeremy Allen is an instructor at the Technical Logistics College, an element of the Army Logistics University. Acknowledging the aforementioned family influence statistics, the proud papa said he enjoyed the "added gift" of seeing his son graduate as a fellow Ordnance Soldier and honor graduate of his AIT class.

"It's something to be proud of and pretty cool at the same time," said the 22-year officer who arrived here in August. "It's not often you can say a father and son are on the same installation at the same time, and this may be the only moment we're together in the same place."

The younger Allen is a third-generation Soldier. He had set his mind on joining the military a few years prior to graduating from high school in Jackson, Ohio, where his dad spent a year assigned to the Training with Industry program. After his 18th birthday, Cody said his thoughts first hovered around joining the Marine Corps and later, the Army. He rejected the idea of joining the sea services because he couldn't see himself "sitting on a boat for months." He finally settled upon the service in which he has a deep connection.

"I've been around the Army my whole life," he said. "I'm adapted to it. I really couldn't see myself in another branch."

The elder Allen said he saw early on that his son was largely influenced by the images and activities associated with the uniform he wore.

"He always seemed to be interested in saw he had the desire – kind of like what I was doing," said the native Tennessean, noting he refrained from pushing his do (at his age) or at least try it; you offspring into making career decisions. give it a shot and see what happens."

# Ordnance Soldier sees son graduate as.. an Ordnance Soldier



Chief Warrant Officer 3 Jeremy Allen, an instructor with the Technical Logistics College, Army Logistics University, poses with fellow ordnance Soldier and son, Pfc. Cody Allen, a recent graduate of the Ordnance School's 91HTracked Vehicle Repairer Course.

"Then, in his freshmen thru junior year, he was in the Junior ROTC program at Fountain Fort Carson High School (in Colo. Springs, Colo.). I would watch him during events and saw he had the desire – kind of like I did in watching my father. That's what I wanted to do (at his age) or at least try it; you know, give it a shot and see what happens."

Joining the military is one thing, but choosing which job to pursue is another matter. There are questions of interest, qualifications and availability. Pfc. Allen expressed curiosity in being a pilot, avionics technician and infantryman. Of the latter, his father advised him to focus on jobs with marketable skills in case he chose to one day walk away from the ranks. Being a mechanic seemed to check all the boxes.

"You're going to have your work cut out for you because there is a lot of it," said the chief to his son at the time he made his decision, speaking from the experience of toiling long hours in motor pools all over the Army.

Hands-on, challenging work, however, appealed to Cody's sense of adventure.

"It seemed like it was tough, and you get your hands dirty," he said. "What led me to that (becoming a mechanic) is I helped my uncle and dad install intakes on trucks, etc. I thought it was fun."

The Allen's coincided time here has been an opportunity to discover the newest aspects of their relationship. During the 10week course, the two spent time together and texted each other every night. Pfc. Allen said their conversations have been enlightening.

"Now, I get to know what he goes through at work," he said, indicating he has more of an appreciation for wearing the uniform. "I was told I'll have long nights; he's had long nights, CQ-duty, preparing for deployments, etc. ... he told me all about that."

CW3 Allen said having another Soldier in the family inspires a sense of pride and strengthens their bond.

"I'm just glad I can be an example he can follow," he said. "It's been a great experience for me thus far, and he's going to continue to do great things. We actually have a lot to talk about now. He can always reach back to me and say, 'Hey, they're about to do this ... does this make sense?' It's also being able to help him. You know, you help Soldiers your whole career."

Pfc. Allen has orders for Fort Carson following his graduation. "I was really hoping I got it and I did. I love that place," he said. His father was stationed there prior to Cody's senior year in high school.

Striking a further chord of legacy is Pfc. Allen's future career plans. "If I can, I want to try to go to warrant officer school like my dad did," he proudly stated. "I'm going to do the things I need to do to make this a really good career."

Or, looking at it through the eyes of his battle buddy dad, he's going to "give it a shot and see what happens."



# **BETTER CARE JUST MINUTES FROM BASE**

Open 365 days a year | More affordable than the E.R.

Walk In or Reserve Your Spot Online

## **COLONIAL HEIGHTS**

### 4600 PUDDLEDOCK ROAD, PRINCE GEORGE, VA 23875 804-704-8655



### Reward Yourself With \$100 Cash Back and More



Get a *cash*Rewards card and earn **\$100** bonus cash back when you spend **\$1,000** within **90 days** of account opening.<sup>1</sup> Plus, enjoy a **0% intro APR** on purchases for **6 months**. After that, a variable APR between **11.65%** and **18%** applies.<sup>2</sup>

With *cash*Rewards, you'll also enjoy:

- 1.5% cash back on purchases
- no annual or foreign transaction fees<sup>2</sup>
- easy redemption of cash back via mobile<sup>3</sup> or online
- An APR 4% lower than the industry standard



Apply today! Visit navyfederal.org/cashrewardsoffer.

Insured by NCUA. 'Offer valid for cardholders issued new *cash*Rewards credit card accounts. To be eligible for the \$100 cash back, you must make \$1,000 or more in net purchases within 90 days of account opening. Earn rewards on eligible net purchases. "Net purchases" means the sum of your eligible purchase transactions minus returns and refunds. Eligible purchase transactions do not include, and rewards are not earned for, the following finance charges, late fees, returned check fees, ATM cash advance fees, and and rewards are not earned for, the following charges, late fees, returned check fees, ATM cash advance fees, and may not earn rewards. Such as the yunc of earned for, the following finance charges, late fees, returned check fees, ATM cash advance fees, and may not earn rewards. Please allow up to eight weeks after the 90-day period for the \$100 to post to your rewards balance. Account must be open and not in default at the time the \$100 is scheduled post to your rewards balance. Limit of one promotional offer at account opening. Excludes Navy Federal Business cards. Offer expires 12/31/2018.<sup>2</sup>As of 11/1/18, rates range from 11.65% APR to 18% APR, are based on creditworthiness, and will vary wifederal.or of XTM. Otherwise, \$0.50 per domestic transaction or \$1.00 per foreign transaction. <sup>M</sup>essage and data rates may apply. Visit navy federal NFCU 10247-WM-CR-CB-0BFOR (10-18)

# Open on **VETERANS DAY**



# Patient First welcomes TRICARE. No referrals needed for dependents and retirees.

- Non-appointment, walk-in urgent care for routine injuries and illnesses
- Open 365 days a year, 8 am to 10 pm
- Staffed by board certified physicians
- X-rays, lab tests, and prescription drugs on-site
- 73 locations in the mid-Atlantic region
- Most major insurance plans accepted your claims filed for you
- We participate in all TRICARE plans





**Colonial Heights** 1260 Temple Avenue (804) 518-2597



**Chester** 12101 S. Chalkley Road (804) 796-3636





**Army Women's Museum grand reopening** attracts top-ranking leaders, WAC veterans

#### Amy Perry

Production/News Assistant Editor

2 to celebrate the grand reopening of the Army contributions from 1775 to present day. Women's Museum exhibit gallery.

million expansion and renovation to its facility two hours tops. The groundbreaking for the expansion was in on the inside or an outdoor exhibit," she said. "I Bonnell observed.

military and private organizations.

The physical expansion was completed late can't be too hard." A massive crowd of supporters - many last year and work on the renovation to the leaders - joined the Fort Lee community Nov, space include five teaching galleries that cover Directorate of Public Works and a detail of OM officers," he said. "In fact, I stand future generations to come."

The extraordinary work by many agencies the exhibit inside. The ribbon-cutting ceremony included moved along, but it didn't always proceed as Dr. Francoise B. Bonnell, AWM director: Lt. then the Ouartermaster General, suggested it general of Training and Doctrine Command. would be a simple process of getting into the finally get it through the museum doors.

Soldiers, and the team went to work on getting here in great part due to many (female) leaders.

speeches from Maj. Gen. Rodney D. Fogg, expected, said Bonnell. She shared a story or so to lower the mast, another 30 minutes to Purple Hearts and Combat Action Badges on the event. CASCOM and Fort Lee commanding general; of the largest exhibit, a OH-58 Kiowa. Fogg, move it into the museum and then raise the mast them. again and add the rotors," she said, "Needless Gen. Gwen Bingham, the Army's Assistant to her when she was searching for a helicopter to say, it didn't quite work out that way. Two Lee garrison commander and Quartermaster history; and yes, it's a celebration of the history

of the gallery expansion and redesign, it took to be part of the momentous occasion. and gallery. The exhibit space more than "One small obstacle stood between the the collective effort and cooperation of many, doubled from 5,000-to-11,000 square feet. helicopter becoming a signature museum piece many people to bring our vision to life," and mortar; it's about the tens of thousands of

are to all Soldiers.

"(This event) is more than just about the brick values and our warrior ethos." February 2017 and the ensuing project was had failed to take into account the height of the When Fogg took the podium at the ceremony, courageous women whose stories told will event.

and other post leaders. found the technical manual and thought, 'this recognize how important women in uniform come to know of them," she said. "Telling and about women's contributions to the Army, sharing the stories of Army women is the true

Dr. Francoise B. Bonnell, director, Army Women's Museum; Gen. Stephen

J. Townsend, commanding general, Training and Doctrine Command;

and Lt. Gen. Gwen Bingham, Assistant Chief of Staff, Installation

Management: (all in center) cut the ribbon for the grand reopening

ceremony of the AWM gallery Friday. They are joined by museum staff

Bonnell received some help from the "As a career logistics officer. I have led legacy that we celebrate today. It is a gift that of them veterans and top-ranking military gallery began. Highlights of the new exhibit Logistics Readiness Center-Lee, the and been led by great women NCOs, warrant will inspire millennials, post-millennials and I walked across the street from CASCOM

> During Townsend's speech, he asked all remarks, "I looked at this as just another event I've been inspired and honored to be in combat female veterans to stand to be recognized and "We all thought it would only be an hour and lead outstanding female Soldiers and pin said he is proud of the opportunity to speak at began to swell as soon as I arrived on-site.

"This reopening is a celebration of America's how far women's roles in the Army go back – Bingham – a highly regarded former Fort history; it's a celebration of our Army's we've always been there in some form." The Army Women's Museum is located at Chief of Staff, Installation Management; and that would fit through the doors. After finding and a half days later, a lot of hard work, elbow General - was intimately involved with a of women in America's Army," he said. "(It's 2100 A Avenue, near the Lee Avenue Gate. It Gen. Stephen J. Townsend, commanding one from another museum, Bonnell thought it grease, and a detail of Soldiers, we were able to special exhibit in the museum that features about) young women who have answered the is open from 8 a.m. - 5 p.m., Monday through female Army leaders, both Soldiers and call since the very founding of our country Saturday. Everything is free and open to the Bonnell said the museum underwent a \$3 building from its spot out in the parking lot - "This story shows that through every step civilians. She said she is humbled and grateful - the call to service; and (it's about) women public: admission, tours, programs and the Soldiers and leaders who live by our Army's research library. Tours are offered free to accommodate any size groups.

Townsend said it was great to see all the Community members can follow museum lives that will be positively changed by the female Soldiers and women veterans at the activities and see pictures of its exhibits artifacts and outreach events, at www.facebook. "truly a team effort" by Fort Lee and other rotor mast. Being a former Ordnance officer, I he said he is grateful for the opportunity to enrich the lives of those who read here and "This museum is a celebration of your *com/usarmywomensmuseum*.

service, our Army and our nation." he said. "I know that many of you could have never dreamed how far we have come today. But we note that there is still work to be done "

Earlier in the day, Bonnell and several others - Brig. Gen. Douglas M. McBride Jr. Ouartermaster General: retired Lt. Col. Delinda Creal. Friends of the AWM Association president: and Brig. Gen. Heidi J. Hoyle. Chief of Ordnance – officially unveiled the new 14th Army Band (Women's Army Corps) Memorial the museum

"We are highlighting the transformation of a beautiful garden." Bonnell said. "(It) has always been an important part of our footprint. When the museum was built at Fort McClellan Ala., the garden was an integral part of the plan. In fact, Pallas Athena, who now stands in front of the museum, was in the garden with the original WAC band monument at Fort McClellan'

When the AWM was moved to Fort Lee in 1999, the garden was up for discussion, but was ultimately included in the plans. When the museum staff began working on the current redesign, they thought the garden would be a great place for outdoor exhibits, said Bonnell, Several organizations donated money to create historical panels and plaques to teach the public

Hovle was the keynote speaker for the garden dedication. "It didn't really hit me until headquarters for this event," she said after her on my calendar, but my emotions and pride There's a lot of heritage here. I was surprised at



as part of the renovation to the garden outside (LEFT) Bria. Gen. Doualas M. McBride Jr., Quartermaster General, and his wife, Pamela, check out one of the interactive exhibits in the Army Women's Museum after the grand reopening ceremony (RIGHT) Alumni from the first co-ed West Point class scope out their class photo on one of the walls of the newly redesigned Army Women's Museum gallery. The group of 5-6 shared stories and pointed out classmates they remembered.



(LEFT) Brig. Gen. Douglas M. McBride Jr., Quartermaster General: Dr. Francoise B. Bonnell. director Army Women's Museum; retired Lt. Col, Delinda Creal, president, Friends of the AWM Association and Brig. Gen. Heidi J. Hoyle, Chief of Ordnance: and several members of the 14th Army Band (WAC) unveil the new memorial in the AWM reflection garden during a dedication Friday. (RIGHT) Previous members of the 14th Army Band (WAC) check out the new memorial in the Army Women's Museum reflection garden after a dedication ceremony Friday. (BELOW) Soldiers dressed in uniform women wore throughout the Army's history salute the flag during the national anthem at the Army Women's Museum reflection garden dedication Friday.



PB-00389624

## THANK YOU, VETERANS

For 96 years, USAA has been honored to serve you, the 20 million men and women who answered the call for our nation.

On Veterans Day — and every day — thank you for your service to America.



VETERANS DAY 2018

USAA means United Services Automobile Association and its affiliates. © 2018 USAA. 254921-1118



### PICTURE THIS: 3-D Mammography Now Available.

Appomattox Imaging is proud to offer an array of advanced medical imaging technologies, including 3-D Mammography. With board-certified radiologists, turnaround on reports in fewer than 24 hours, and same-day appointments almost always available, you don't need to go anywhere else for high-quality imaging care.



PB-00397503

- MRI
- Ultrasound
- 3-D Mammography
- Vascular
  Ultrasound
- X-ray

To learn more, visit hcavaopimaging.com or call 804-524-2340.

930 South Avenue, Suite 1, Colonial Heights

## **QM Corps welcomes first female to top CWO leadership position**

#### T. Anthony Bell

Senior Writer/Special Projects

Chief Warrant Officer 5 Maria G. Martinez and her husband, retired CW5 Mauricio E. Martinez Sr., were once the Army's only couple wearing the highest rank of the Warrant Officer Cohort.

Taking into account that less than 1 percent of Soldiers in the cohort ever achieve the rank of CW5, the chances of two in one family becomes even more remote, and consequently significant.

That milestone, however, is not likely to overshadow her latest achievement - becoming the first woman to hold the title of Chief Warrant Officer of the Ouartermaster Corps, named as such during an assumption of responsibility ceremony Monday at Mullins Auditorium in Challen Hall.

The event, hosted by Brig. Gen. Douglas M. McBride Jr., 55th QM General, drew roughly 150 supporters from throughout the sustainment community but was dominated by the presence of current and former warrant officers.

During remarks, McBride first lauded the work of CW5 Jonathan O. Yerby, the current CASCOM and preceding OM Corps CWO. Later during the speech, he celebrated the fact Martinez was the first woman to hold the position and urged audience members to applaud it as a personal and historic achievement with farreaching impacts.

vanced individual training can not only look to the command sergeant major of the 23rd Ouartermaster Brigade (CSM Lisa Haney) for inspiration and motivation, they can also look to the chief warrant officer of the OM Corps," he said. "What an inspiration for those young Soldiers."

Martinez began her career here as a logistician in 1988 in the 23rd OM Bde., training as a 92-Alpha enlisted automated logistical specialist.

McBride went on to say Martinez "always provided clear counsel to American Soldiers serving in harm's way. She has the courage. competence and commitment to lead our team into the future and take our efforts to the next level .... I know she will be up to the task."

Martinez, supported by her husband, son and mother in the audience, acknowledged her family individually and collectively. She gave special recognition to her "battle buddy" husband and her mother, Maria Sanchez, who she thanked for "unconditional love and prayers" and for bringing her to "this great land of equal opportunity."

After thanking all of her supporters, mentors and others, the native of Coahuila state, Mexico, speaking in a low tone and addressing the audience slowly and deliberately, signaled she was ready to get down to business.

"To whom much is given, much is expected,"

"Now, our female Soldiers who come to ad- excited to be a part of the quartermaster command team during this time in our Army's and nation's history.

> "I will do my absolute best to better our corps by bringing a technical, operational and strategic perspective to all our teams. It is an epic test in today's multi-domain environment but a test I have embraced."

> Mauricio, a former field artilleryman, said his wife has long focused on logistics at the bootson-the-ground level and has a keen interest in Global Combat Support System-Army, the information system that tracks supplies, equipment and costs.

> "She talks about the complexity of the system but touts the benefits as well," he said. "I think she's going to try to look at GCSS-Army as a friendlier, more beneficial way of helping Soldiers on the battlefield."

> Though looking at GCSS-A might be only a sample of what Martinez has to tackle, the work standing before her in its totality is no less than enthralling to affect change from where she sits.

> "She always wanted to contribute to the Army at the highest levels," said Mauricio. "Because she has been at the tactical level for so long, she has long ambitioned to come here and do things from the top down. It was a dream that has now become a huge accomplishment."

For the most part, uninformed observers she calmly said. "My family and I are beyond might view Martinez' demeanor and demon-

strated humility as uncharacteristic for her position. Mauricio, however, said his wife has a level of devotion that would make any Soldier proud.

"You can't have misconceptions (about her) because she's kind, quiet and observant," he said. "That doesn't mean there isn't a lot of passion and commitment behind it. To her, it always about the Army."

Martinez' closing comment during her speech was validation for what her husband has long known.

"As we look forward to Thanksgiving and the holidays, let's take time to reflect on the reasons we serve - freedom is not free!" she said, barely raising her voice. "We owe it to our Soldiers and their families to train and equip them so they can return back to their loved ones safe, sound and victorious.

"Always remember, the basis for our ability to lead is the trust we must develop with our superiors and our subordinates," she further noted. "Always be part of the team; a part of the solution and a difference in our Army and our nation."

Martinez was assigned to the Forces Command G-4 prior to her arrival at Fort Lee. She also has served at Fort Bliss, Texas, Fort Polk. La., and Rock Island, Ill., among other locations in the states. Her overseas assignments include Saudi Arabia, Iraq and Egypt.

Martinez is the 15th CWO of the OM Corps.

### Veterans Day discounts, giveaways available to military personnel

Numerous area restaurants, businesses and retail stores will offer free meals and discounts to prior service personnel, active duty military members, reservists and retirees on Veterans Day Weekend, Nov. 10 and 11, or on other days as noted.

The following is a listing of some of the offers about which the Traveller has received information. Military ID or other proof of service is required in most cases. Also, it's wise to call ahead to verify the offer – some discounts are only at participating locations. Most restaurant offers are for dine-in only.

Also, be sure to tip wait-staff based on the full price of the meal. It's the right thing to do.

#### **Restaurants: Veterans Day Nov. 11**

- Applebee's restaurants are offering a free meal from a of the year for veterans and military members. selected menu.
- · Buffalo Wild Wings will offer a free small order of traditional or boneless wings and a side of fries.

 California Pizza Kitchen will offer a free pizza, full-size salad or pasta from the special Veterans Day Menu.

· Cracker Barrel will offer a complimentary slice of Double Chocolate Fudge Coca-Cola® Cake dessert or a Crafted Coffee.

• Dunkin' Donuts will offer a free donut.

· Hooters will offer a free meal from a special Veterans Day select group of choices with a drink purchase.

• Olive Garden will offer a free entree from a special menu that includes unlimited soup or salad.

• Red Lobster is offering a free appetizer or dessert from a select list.

• Red Robin restaurants will offer a free Red's Tavern double check with other restaurants and businesses. burger and bottomless steak fires.

• Shoney's offer a 15 percent discount on any meal every day

#### **Restaurants: other days**

· Denny's restaurants will offer a free "Build Your Own Grand Slam®" Nov. 12. 5 a.m. - noon.

• Golden Corral restaurants will offer their free 17th annual Military Appreciation dinner Nov. 12, 5-9 p.m.

#### Army & Air Force Exchange Discounts

· Authorized shoppers will receive special savings and deals on Nov. 12 at the Army and Air Exchange. MILITARY STAR is offering 10 cents off every gallon of gas, double points, 15 percent off Exchange restaurant purchases and more to celebrate Veterans Day. Also, 10 percent discounts will be available on tactical gear. MuscleTech, Body Fortress and Ghost sports nutrition products Nov. 9-15.

For details on other discounts, visit www.militarywallet.com or

# LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

#### FMWR Library MakerSpace Activity | Nov. 10

The Fort Lee Community Library will hold a MakerSpace program "Let's Go, Legos!" Nov. 10, noon. Those interested should arrive close to the starting time in order to complete the project before the event is over.

MakerSpace is free and open to all ages. Participants can use tools, techniques and hands-on learning with the goal of inspiring and nurturing their interest in science, technology, engineering, art and math. The library is located on the 2nd floor of the Army Logistics University.

For details, call 804-765-8095.

#### Thanksgiving Meal RSVP Deadline | Nov. 16

Community members should make reservations by Nov. 16 for the Family and MWR Thanksgiving Dinner buffet set for Nov. 22, 1 p.m., at the Lee Club.

The cost is \$26.95 for adults and \$13.50 for children, ages 3-9. Children 2 and younger are free. The menu includes carved turkey and ham, crab imperial, spiced shrimp, various veggies, omelet and Belgian waffle stations, assorted salads, a gourmet dessert station and more. For details, call 804-734-7541 or 734-7547.

#### WWI Centennial **Commemoration | Nov. 11**

A Veterans Day Ceremony and Commemoration of the 100th anniversary of the signing of the armistice ending World War I is set for Nov. 11, 2 p.m., at the Chesterfield County Historic 1917 Courthouse, 10011 Iron Bridge Road.

The commemoration will include living history displays, musical performances, and more. For details, visit www.chesterfieldhistory.com/wwi-centennial-celebration.

### Library Read-2-Rover | Nov. 13

The Family and MWR Fort Lee Community Library will offer its next Read-2-Rover activity Nov. 13, 5:30-6:30 p.m., on the 2nd floor of the Army Logistics University, 34th Street.

The free program includes reading for, or showing picture books to, certified therapy dogs. Registration is requested but not

required. The activity is held the second Tuesday of each month, and it is open to all ages.

For details, call 804-765-8095.

#### **Career and Education Fair** Nov. 14

A Career and Education Fair is set for Nov. 14, 10 a.m. - 2 p.m., at the Lee Club. All iobseekers are welcome.

Representatives on-hand include those from colleges and universities, government agencies and local and national companies and organizations.

For details, email nastelle.p.graves.civ@ mail.mil or call 804-765-7527.

#### Fort Lee Health Benefits Fair | Nov. 14

The Fort Lee Civilian Personnel Advisory Center will host an Open Season Health Benefits Fair Nov. 14, 10 a.m. - 2 p.m., at Liberty Chapel, 9100 C Ave.

The event is in preparation for the 2018 Federal Employee's Health Benefits Open Season.

For details, call 804-765-0634.

#### **AFTB White Gloves and Combat Boots Social | Nov. 14**

Service members, family members and civilians are invited to the Army Community Service Army Family Team Building White Gloves and Company Boots Social Nov. 14, 9 a.m. - noon, at Memorial Chapel, Sisisky Boulevard. The event is free.

AFTB will provide practical and experiential learning activities on customs, courtesies, and protocols that take place at military social functions and events.

For details, call Frenchi Watts Kemp at 804-734-7979.

#### **Signup Deadline for Magic** Show | Nov. 15

Families should register for an interactive Christmas illusion and magic show by Nov. 15. The event is set for Dec. 1, 11 a.m. - 1 p.m., at the Mayes-Colbert Ettrick Recreation Center, 20621 Woodpecker Road, South Chesterfield.

It is open to the first 60 who register. The cost is \$7 per adult or child.

For details, call 804-706-2596.

For more installation and outside the gate events and activities, visit our online calendar at www.fortleetraveller.com/calendar

#### **VETERANS DAY EVENTS** continued from page 3

#### November 11

 Musicians from the 392nd Army Band will perform during the Commonwealth of Virginia Veterans Day Ceremony featuring keynote speaker Governor Ralph Northam. 11 a.m. - 1 p.m., at Dogwood Dell Amphitheater, Richmond, For details, call 804-482-8497.

• Lt. Col. Elizabeth Pura, Army Logistics University Support Battalion commander, will speak at a Veterans Day ceremony sponsored by American Legion Post 2, 11 a.m. - 12:30 p.m., Doughboy Memorial Statue, Petersburg, For details, call 804-732-1425.

• A Fort Lee firing detail will participate in a Veterans Day program sponsored by American Legion Post 284, 10:30 a.m., at Veterans Memorial Park, Colonial Heights. For details, call 804-526-4167.

• Col. Jered Helwig, Chief of Transportation, will be a quest speaker at the Prince George County Veterans Day observance, 2 p.m., in the Heritage Center.

For details, call 804-540-4700.

 Col. James Godfrey, ALU commandant, will serve as grand marshal, and Fort Lee Soldiers, Marines, Sailors, Airman and the 392nd Army band will march in a Veterans Day parade sponsored by the City of Hopewell and American Legion Post 146, 3-5 p.m., beginning at Cavalier Shopping Center and ending at Ashford Civic Plaza Center. For details, call 804-541-3735.

### CID CRIMETIPS APP

continued from page 2

when they see something. It literally can mean the difference between life and death or someone receiving the justice they deserve *www.cid.army.mil*.



Musicians from the 392nd Army Band play patriotic music during a Commonwealth of Virginia Veterans Day Ceremony at the Virginia War Memorial in 2014.

#### November 12

 A Fort Lee color guard will participate in a Charles City County Veterans Day Program, 10-11:30 a.m., at the county government facility. For details, call 804-652-4701.

#### November 19

• Col. Hollie Martin, garrison commander, will speak and a 392nd band vocalist will perform at the Varina Women's Club Women in the Military program, 7-8:30 a.m., at Laurel Hill United Methodist Church, Henrico County. For details, call 804-734-4323.

--Staff Reports

or victimizing another innocent person," Grey said. "If you haven't already done so, download the app today or bookmark CID's Report a Crime webpage."

For more information on Army CID, visit



### FOR ALMOST FIFTY YEARS, SAINT Leo has supported veterans and military families.

Saint Leo University honors those who have sacrificed to serve our country. We appreciate their service and honor them always.





GI BILL® is a registered trademark of the U.S. Department of Veteran Affairs (VA). More information about education benefits offered by the VA is available at the official U.S. government website at http://www.benefits.va.gov/gibill.

#### 8 LOCATIONS THROUGHOUT VIRGINIA Chesapeake | 757.227.4450 Jeb Little Creek-fort story | 757.464.6449 NAS oceana | 757.428.8395 NS norfolk | 757.489.0969

### Enroll today | saintleo.edu



Visit our website for a complete list of our services

www.elitenailsandspa.com • 804.504.0123

REALTY 757-690-1481

804-937-0988/



## LESS WAITING FOR EMERGENCY CARE (AND A LOT MORE CARE, IF YOU NEED IT).

In a medical emergency, every minute matters. So, at Southside Regional Medical Center and Southside Emergency Care Center, you'll find faster care in our emergency rooms. We work diligently to have you initially seen by a medical professional with the shortest wait time possible.\* And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

### For less waiting and faster care, count on the E.R.s of Southside Regional Medical Center and Southside Emergency Care Center.

**TRICARE** Accepted

#### Now with 2 E.R. locations Petersburg • Colonial Heights

To save your spot in line, visit SouthsideRegionalER.com.



owned in part by physicians

\*E.R. wait time, which is defined as the time it takes from check-in at the E.R. desk until a patient is initially seen by a physician, can change quickly. This time is dependent on the severity of the illnesses and other patients also in the E.R. Because our Emergency Department staff must treat patients based on severity of illness or iniury your time is not guaranteed. We will see you as close to your designated time as possible.



# OR 36 MONTHS SPECIAL FINANCING<sup>‡</sup>

On qualifying purchases totaling \$999 or more with your Value Plus or Signature Plus credit card made between 11/1/18–11/12/18. \*See below for details.



Prices are in effect from receipt of ad through 11/12/18 and are subject to change. Value CityFurniture (VCF) is not responsible for typographical errors. Assortments vary by location. See store for details regarding all warranties. Other restrictions may apply. See store associate for details. \*Promotions and discounts are not valid towards select Doorbusters, speacial orders, previous purchases, gift cards, delivery charges or Pure Promise. Serta iComfort, iComfort Hybrid and Beautyrest Black cannot be used in conjunction with other promotions or discounts. Selection may vary per store. **\$Subject to credit approval.** Minimum monthly payments required. Stores will accept but not require a down payment equal to sales tax and delivery charges at time of purchase to reduce the total amount financed and possible interest charges. Maximum period of repayment for applicable sales tax and delivery charges accrue from the purchase date. Paying only minimum monthly payments may not pay off the promo balance by the end of the promo period. Regular account terms apply to non-promo purchases, remaining promo balance after promo period ends and other purchases by existing cardholders. For new accounts: APR is 29.99% and Minimum Interest Charge is \$2. See store for details.