



Pentagram

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Soldiers, civilians attend JBM-HH Military Career and Education Expo at Spates Club

By Denise Caskey
JBM-HH Public Affairs

Service members learned about a wide range of programs and services available to help them advance in their career or pursue an education at the Military Career and Education Expo Aug. 12 hosted at the Spates Community Club and Conference Center by Joint Base Myer-Henderson Hall's Education Center.

The expo, organized by Army education counselors Lashante Thomas and Tabitha Reid, was the biggest in-person education event held at JBM-HH since the pandemic, according to Thomas. In all, representatives and recruiters from more than 50 schools and programs were on hand to talk to service members about what they had to offer.

"We have warrant officer recruiting, as an example," said chief of education services Timothy Battle. "We've got someone with Troops to Teachers for career opportunities in teaching elementary and secondary school after they leave the service. We also have a whole host of colleges and universities from the community college level up to four-year and master's degrees."

This was the first in-person expo since before the COVID-19 pandemic, and Reid said she couldn't be happier about the turnout.

"We really tried to do a lot of marketing to get the Soldiers over here because of the transition from being virtual to in-person; it definitely was hard trying to get Soldiers when it was virtual," she said. "We are so happy to see everybody that's here doing this in-person event and hope we are able to put on a bigger one."

To kick off the expo, joint base commander Col. David Bowling spoke about the importance of education.

"Education is one of the pillars upon which our country has been so successful," he said. "As you guys and gals look to continue on with your lives, there's no better way to do that than getting an education. The older you get, the



Joint Base commander Col. David Bowling, right, opens the Military Career and Education Expo Aug. 12 with some words of encouragement for the service members in attendance at the Spates Community Club and Conference Center. (Sherry Kuiper, JBM-HH Public Affairs)

quicker I think you realize the importance of education, so clearly you all are taking the right steps."

Among the schools present to talk with service members were: University of Maryland Global Campus, Webster University, Northern Virginia Community College, Army Military University, Troy University and Anne Arundel Community College.

Private First Class Nash Rhoderick, who is interested in pursuing a career in law enforcement, said the expo helped broaden his horizons as far as what schools were available that might offer what he was looking for.

"I've had leadership recommend schools they've attended, but being able to talk to representatives from different schools gives me a different perspective," he said.

Sergeant Nadia Spigner said being able to attend the expo was extremely helpful.

"I mainly came to speak to the (Army Medical Recruiting, Washington D.C.) Army Medical Department recruiter," she said. "It's difficult to get information online, because it's very broad. So being able to have something like this, you're able to access specific information."

Recruiters said they also saw the

Service members meet with representatives from some of the more than 50 schools and programs on hand for the Military Career and Education Expo Aug. 12 at the Spates Community Club and Conference Center.

(Sherry Kuiper, JBM-HH Public Affairs Office)



Community



During his visit to Joint Base Myer-Henderson Hall, U.S. Army Installation Management Command commander Lt. Gen. Omar Jones recognizes five employees with coins of appreciation: provost sergeant Master Sgt. Brian Healyu, budget analyst Alex Richards, CDC director Monique Naputi-Duchene, operations and maintenance supervisor Jorge Pazos and 1st Sgt. Michael King. (Sherry Kuiper, JBM-HH Public Affairs Office)



The Joint Base Myer-Henderson Hall team bids farewell to interim chief of staff Carrie Mead and executive officer to the joint base commander Tom Sivak during an awards ceremony at Patton Hall Aug. 18. (Rachel Everett, JBM-HH Public Affairs Office)

US Army's Financial Readiness Program can help Soldiers fight inflation, manage finances

By Sergeant Major of the Army Michael A. Grinston

With inflation affecting everything from gas prices to groceries to rent, some Soldiers and their families are finding it harder to get by on the budgets they've set and used before. Soldiers of all ranks can seek guidance, assistance, and advice through the Army's Financial Readiness Program.

The FRP offers a number of online resources, as well as free, credentialed personal financial counselors, to help Soldiers understand the financial landscape and to take ownership of their own personal financial management. Unfortunately, many Soldiers are not aware of these resources.

Soldiers and Families who know about and take advantage of these resources put themselves on a path toward a lifetime of solid financial health. Via online tools, phone calls with personal financial counselors and visits to the local installation Army Community Service Center, help is just a click, call or a walk away, and there's no time like the present to get started.

FINANCIAL FRONTLINE

Built as a one-stop shop, this online resource features calculators to figure out the cost of PCS moves and other expenses; educational videos on how to manage debt, spending and large purchases such as cars; a financial self-assessment tool; income tax resources, including links to free military tax consultants and software; and information on how Soldiers can find no-cost financial counselors and counseling services. It also includes helpful brochures on how to get the most out of the GI Bills, and how to lower credit card and other interest rates through the Servicemembers Civil Relief Act.

MILESTONE TRAINING

Soldiers are required to undergo financial literacy training at personal and professional milestones in their lives and careers. At Financial Frontline, Soldiers can find checklists, handouts and videos to help get their finances in order before experiencing 10 of the most important milestones: pre-deployment, post-deployment, PCSing, marriage, divorce (if applicable), vesting in the TSP, promotion, having the first child, continuation pay, enrollment in the Exceptional Family Member Program, and a disabling sickness or condition (if applicable).

Each resource provides an easy-to-follow list of all of the things a Soldier should do before approaching these life events, and standardized curriculums, products and course completion certificates are available through distributed learning, face-to-face instruction and/or group training. Additionally, standardized instruction occurs at specified institutional training and professional military education courses.

Upon completion of the mandatory training, verification should be entered into the Digital Training Management System with the assigned task identification codes. See your unit training manager for more information. Soldiers and Families who know about and take advantage of these resources put themselves on a path toward a lifetime of solid financial health. Via online tools, phone calls with personal financial counselors and visits to the local installation Army Community Service Center, help is just a click, call or a walk away, and there's no time like the present to get started.

FREE PERSONAL FINANCIAL COUNSELOR

All active-duty, National Guard and Reserve Soldiers — and their family members and survivors — are eligible to receive no-cost, confidential financial counseling services, and this website allows them to



Sgt. Maj. of the Army Michael A. Grinston discusses Army initiatives during a town hall with Soldiers from the 25th Infantry Division on Schofield Barracks, Oahu, Hawaii, May 18. (Sgt. Rachel Christensen, 298th Public Affairs Detachment)

find one. Simply click on your state and a list of counselors, who are available for in-person or virtual meetings, will appear.

In addition, Soldiers can talk to financial counselors through Military OneSource, and counselors are also available at local installation Financial Readiness offices within Army Community Service or Family Support Centers.

MILSPOUSE MONEY MISSION

This website explains in "spouse language" the aforementioned milestones and their financial considerations, and it offers a list of things that spouses should do. For example, after the birth of a child, the spouse should update legal documents, check their Soldier's leave and earnings statement to make sure it is updated and correct, apply for a social security number for the child, and enroll the child in the Defense Enrollment Eligibility Reporting System.

Similar lists for PCS moves, deployments and other milestones will make life easier and finances more manageable. There's even a MilKids section to help raise financially fit kids, which includes teaching them good values and habits, tips on saving money and how to improve their communication skills.

SERVICEMEMBERS CIVIL RELIEF ACT

On day one of joining the Army, Soldiers are granted legal protections that many people do not know about. For example, Soldiers can request a 6% interest rate cap on any debts incurred prior to military service (credit cards, loans, mortgages, etc.) for the duration of their military obligation and one year thereafter for mortgages. This applies to individual debts of the Soldier as well as those incurred jointly with his or her spouse.

Other protections include the ability to cancel cell-phone contracts without being charged an early termination fee if deploying or moving overseas, and the ability to terminate rental or automobile leases if one is going on active duty, PCSing or deploying. Soldiers are also protected from being evicted from housing if their duties affect their ability to pay rent, and they may also be protected against foreclosures of their homes. Soldiers are encouraged to ask their installation financial counselors about these and other protections, which include free legal services.

PUBLIC SERVICE LOAN FORGIVENESS PROGRAM

If you join the military and have a government stu-

dent loan, the U.S. government will pay it off in 10 years through the Public Service Loan Forgiveness Program. To see if you qualify, use the PSLF Self-Help Tool on StudentAid.gov.

ZERO INTEREST LOANS and GRANTS

Army Emergency Relief is a nonprofit organization that provides financial assistance to distressed Soldiers and families through grants, interest-free loans and scholarships. The assistance can be used to cover costs related to food, emergency or PCS travel, natural disasters, rent or mortgage problems, temporary lodging, utilities, funerals, home repairs and much, much more. Soldiers on active duty, Army Reserve and National Guard Soldiers activated on Title 10 orders for more than 30 days, and qualified dependents are eligible.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP is a U.S. government program that provides benefits to eligible low-income individuals and families via an electronic benefits transfer card that can be used like a debit card to purchase eligible food in authorized retail food stores. Service members and their families may be eligible. To determine qualification, visit the SNAP website or call the SNAP information line at 800-221-5689.

MILITARY LEADERS ECONOMIC SECURITY TOOLKIT

This toolkit helps leaders and service providers support the economic security of service members by providing information on housing availability, food insecurity, PCS moves, and financial well-being.

ARMY VANTAGE

Starting in late summer of 2022, the Army Vantage Data Analytics Platform will offer leaders a tool to track the progress of their Soldiers regarding their financial education requirements. After logging in, leaders will be able to pull data on their Soldiers' milestones and see how many have completed their training. For example, if a unit is getting ready to deploy, the leader will see how many have actually completed their training and checklists.

Those who have not can be advised to get started and to learn about the financial counseling opportunities available to them. Leaders should ensure they have access to the Vantage platform; requests can be made on the website.



ACS services are virtual

To keep all safe and healthy, Joint Base Myer-Henderson Hall's Army Community Service is closed for general service, but providing services telephonically and digitally. To contact ACS, call 703-696-3510 or 3435. Online resources such as Army One Source, myarmyonesource.com and the community resource guide are linked to the JBM-HH homepage as well.

Financial readiness training

First term Soldiers must attend a financial readiness training upon arrival at JBM-HH, which is mandated by AR 608-1, 4-38, c. This training reviews how to develop a budget,

credit-building strategies, making sense of the Thrift Savings Plan and more. Soldiers may elect to attend a group session or a one-on-one appointment.

To schedule training or for information, contact Cheyanne.n.pace.civ@army.mil or call 703-696-3510.

Find support with JBM-HH ACS

At Army Community Service, people will find all kinds of programs and services that combine fun with self-improvement. The joint base ACS office continues to serve virtually. To learn about available opportunities, call 703-696-3510. All JBM-HH ACS programs support Soldiers, civilian employees and

Families in maintaining readiness by coordinating and delivering comprehensive, responsive services that promote self-reliance, resiliency and stability.

Army Emergency Relief is here for Soldiers, Families

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest free loan, grant, or combination of the two. If a Family has a financial need, the Soldier should call ACS at 70-696-3510. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.

Department of Defense releases first department wide social media policy

By C. Todd Lopez
DOD News

The Defense Department today released a policy that for the first time spells out, from the highest levels of the defense community, how DOD military and civilian personnel should use official social media accounts to best advance the mission of the U.S. military and further instill trust in the credibility of the DOD.

DOD Instruction 5400.17, titled "Official Use of Social Media for Public Affairs Purposes," provides principles for social media use within DOD, direction regarding records management procedures for social media accounts, and guidance to ensure personal social media accounts are not misrepresented or misinterpreted as official accounts.

While some of the military services and other agencies published social media policies years ago, DODI 5400.17 is the department's first instruction that provided Pentagon-level, departmentwide guidance that specifically addresses the use of social media. The DOD chief information officer previously issued DODI 8170.01, "Online Information Management and Electronic Messaging," to provide broad policy guidance on the secure and appropriate use of social media. The new policy specifically addresses public affairs uses and responsibilities.

"It's long overdue," Andy Oare, director of digital media for the Office of the Secretary of Defense, said. "There have been efforts in the past to do this, but in an organization of this size and magnitude, you need to fully coordinate and ensure all viewpoints are heard and represented. We wanted to make sure the services were collaborators from the very beginning." Because social media changes rapidly, Oare said policies that the department may have started developing in the past but had never finalized would quickly show their age. That won't happen with the newly published instruction, and he stressed that this policy will be continually refined and updated based on the evolving social media landscape.

"We'll work across the department to be agile and responsive in our day-to-day operations as we implement this policy and update it where and when we should," Oare said.

"Social media has an effect on every one of our service members, civilians, contractors and their families — whether they run an official account or have never heard of Twitter," Oare said.

"We owe it to all of them to have one central poli-

cy that provides a clearly articulated standard of operation and accountability."

The DOD social media policy applies to Office of the Secretary of Defense personnel, the military departments, the Office of the Chairman of the Joint Chiefs of Staff and the Joint Staff, the combatant commands, and other DOD offices and agencies. In some cases, this means the new policy will supersede preexisting social media policies, but close coordination throughout its development ensured that all perspectives were considered and integrated.

"We deliberately wrote it in a collaborative manner, and it encourages component heads to continue establishing component-specific social media regulations," Oare said. "Our aim is not to be prescriptive or restrictive, but rather to lay out some commonsense rules that simply have not been formally articulated at this level."

In addition to detailing the roles and responsibilities of DOD leadership in enforcing responsible social media practices, the new policy offers guidance to department personnel who generate content on official social media platforms to ensure responsible use

of the medium, key elements to consider when establishing a new presence or expanding into new platforms, and on the authority to close unused accounts.

"If social media is mismanaged or mishandled, the U.S. government's reputation with the American public; relationships with interagency, international, state, local and tribal entities; military operations; and reputation for a high ethical and professional standard may be compromised," the policy warns social media practitioners.

The guidance in DODI 5400.17 is meant to ensure DOD's credibility and avoid controversy, while using social media to share its missions with the public, Oare said.

"In a digital world where lines of truth and authenticity are so often blurred, it's important that institutions like us have trusted, verifiable and reliable presences," Oare said. "We have a duty to the American people to show the work we're doing, to tell the story of our service members, and to present that information through channels they use in their daily lives."



The Defense Department released a new policy that, for the first time, spells out how military and civilian personnel must use social media to best advance the mission of the U.S. military to avoid pitfalls that could damage the department's credibility. (Patrick Buffet, Air Force)

Training and education focus of Anti-Terrorism Awareness Month

By Capt. Tim Hampton

In observance of the U.S. Army’s annual Anti-Terrorism Awareness Month, the Joint Task Force-National Capital Region and the U.S. Army Military District of Washington (JTF-NCR/USAMDW) increased vigilance by hosting the Anti-Terrorism Officer Basic Course (Level II), coordinating the 2022 Joint All Hazards-Response Static Expo and providing a series of actionable security tips to service members and civilians.

The Anti-Terrorism Officer Basic Course (level II), taught by a U.S. Army Military Police School Mobile Training Team, was held twice at Fort Belvoir, Virginia, August 1-5 and 8-12. The course is designed to prepare Anti-Terrorism Officers (ATOs) with the skills and knowledge needed to serve as advisors to commanders and provide anti-terrorism awareness training to their organizations.

“This is where ATOs learn to do vulnerability assessments, they learn how to write AT plans, and they go through the regulations so that they’ll know how to set RAMS (Random Anti-Terrorism Measures) and what RAMS are,” said Dr. Anita Greenlee, Anti-Terrorism, Insider Threat, and OPSEC Program Manager, JTF-NCR/USAMDW.

ATOs are responsible for building and maintaining an organization’s anti-terrorism program, creating public awareness and constantly evaluating their programs strengths and weaknesses to increase effectiveness. The 80 participants in the course included military and civilian personnel from all branches of the armed forces.

“When you have someone in your company, battalion, brigade, who is school trained, to recognize and assist you in a program that will assist in deterring, is what is ideal for any organization. There is no one single point of failure or contact,” said Greenlee.

In addition to hosting the ATO Basic Course, JTF-NCR/USAMDW also coordinated the 2022 Joint All Hazards-Response Expo featuring print products, static displays, visual aids and physical demonstrations by Joint Interagency Emergency and Consequence Management Response Teams at the Fort Belvoir Main Exchange August 10.

“We bring all of the entities that we work together with, and we allow the com-



Joint Task Force-National Capital Region the U.S. Army Military District of Washington host regional partners at the 2022 Joint All Hazards Response Expo at Fort Belvoir, Virginia, Aug. 10. (Capt. Tim Hampton)

munity to see the organizations you can reach out to. The expo is to bring out awareness to the community and to provide those of us who work together a chance to see each other,” said Greenlee.

The theme for this year’s Expo was “Partners in Preparedness.” First responders, CBRNE (Chemical, Biological, Radiological, Nuclear and Explosives) Emergency Response Team, 55th Ordnance Company “EOD,” Secret Service, American Red Cross, Counter-Unmanned Aerial Systems (C-UAS), Fairfax County Community Emergency Response Team (CERT), and Pentagon Force Protection Agency were among many were in attendance to answer questions and provide information on how to recognize and report suspicious activity to protect on and off-post communities within the National Capital Region.

“It’s really cool that [the community] can come out and see what we do. A lot of folks don’t know this asset is out there. We are an NCR asset,” said SFC Daniel Peter, NCOIC ERT CBRNE at Fort Belvoir Hospital.

Attendees learned about anti-terrorism awareness, emergency response plans and kits, fire and heat safety for children and pets, operations security, iWATCH Army, internet and social media safety, and reporting criteria and methods, and other topics.

Throughout the month of August, the JTF-NCR/USAMDW team engaged the workforce with Anti-Terrorism Awareness Month static displays and a digital information series to heighten awareness and protect U.S. Army critical resources from acts of terrorism. “Giving us an entire month allows us a chance to hit the thirteen pillars of protection. During AT month, we want the community to know it’s not just a tactical but an all-the-time protection ability that we have. And if you do it in one day, it’s not enough - so we can spread it out,” said Greenlee.

In February 2010, the Department of the Army designated August as Anti-Terrorism Awareness Month as an appropriate reminder of the Sept. 11, 2001, terrorist attacks and a lead into National Preparedness Month, held annually in September.



Pentagram



The Pentagram is an authorized publication for members of the Department of Defense. Contents of the Pentagram are not necessarily the official views of the U.S. Government, the Department of Defense, the Department of the Army, Department of the Navy, or Joint Base Myer-Henderson Hall. The content of this publication is the responsibility of the Joint Base Myer-Henderson Hall Public Affairs Office.

Col. David Bowling
Commander
Command Sgt. Maj. Matthew Majeski
Command Sergeant Major

Sherry Kuiper
Interim Public Affairs Officer
Pamela Kulokas
Command Info. Chief

Chaplain's Corner

A life of "Almost"

By Retired Chaplain (Brig. Gen.) Ray Bailey
Former deputy chief of Chaplains

One of the greatest tools the computer has to offer is the spell checker. I almost did not make it out of third grade because of my spelling, so I am very grateful for the spell checker. It hazy the ability to look threw a litter and sea if their wood bee even won wrong world. Over the year, I half groan so confident with this suspect



of the program, that I know longer knead to proof text me work. The niece think is the security I fill end knowing that the spill kicker will ever flail me nor lead me drown!

It is amazing what we place our confidence in these days.

We hope that a ton of metal can maneuver safely down a 14-foot strip of hardened man-made rock at speeds many times faster than we can walk.

We hope that a small plastic card will negotiate an agreement with a stubby metal box and convince the box to hand over hundreds of dollars any time of the day or night.

We hope that a network of very loosely organized computers, chained together by marginally reliable cable or electron lines, will deliver important messages to those we love, halfway around the world.

And the nice thing is that all the examples work most of the time. It is during the times when the email gets lost, the money machine is

down, or the car careens out of control that we begin to understand why we need a solid, secure place in which to trust the safety of our very lives.

Maybe there are other examples a little more personal that we desperately need to have confidence in.

We hope a day of our words and actions will keep our family and friendships intact and stronger.

We hope that we will have the spiritual fortitude to not lose faith in ourselves and a Creator.

We hope that at the end of the day, we can say it was a day to be proud of and full of accomplishments to encourage the next day.

We hope we are better than yesterday and even better tomorrow.

We live in a world of "almost." It is almost perfect, and it is almost flawless, it almost always works as planned. But we are being further made to deal with imperfections and flaws. You and I are Almost there, so keep striving.

RELIGIOUS SERVICES at MEMORIAL CHAPEL (Bldg. 480)

Saturdays

5 p.m. Catholic Mass

Sundays

9 a.m. Catholic Mass

10:30 a.m. Protestant Service *

Noon Gospel Service *

* The Protestant and Gospel Sunday services are streamed LIVE on the RSO Facebook page.



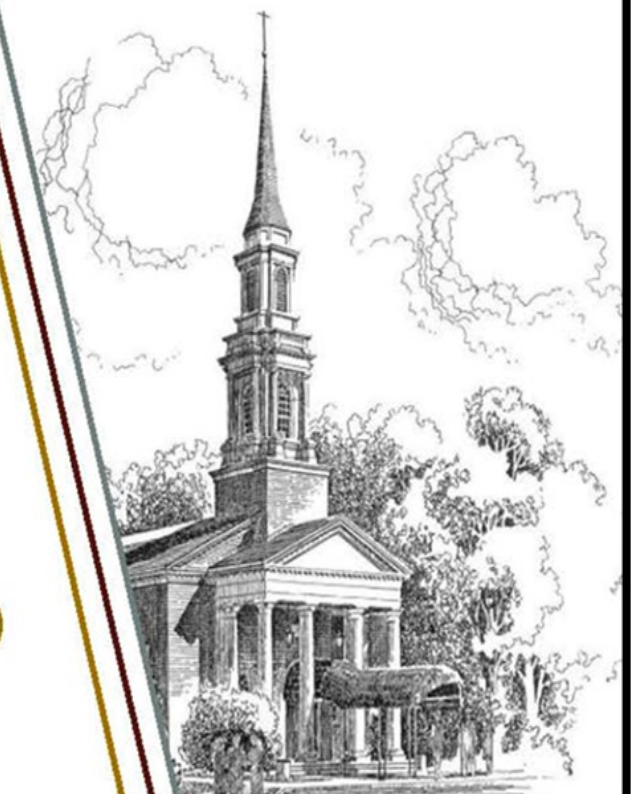
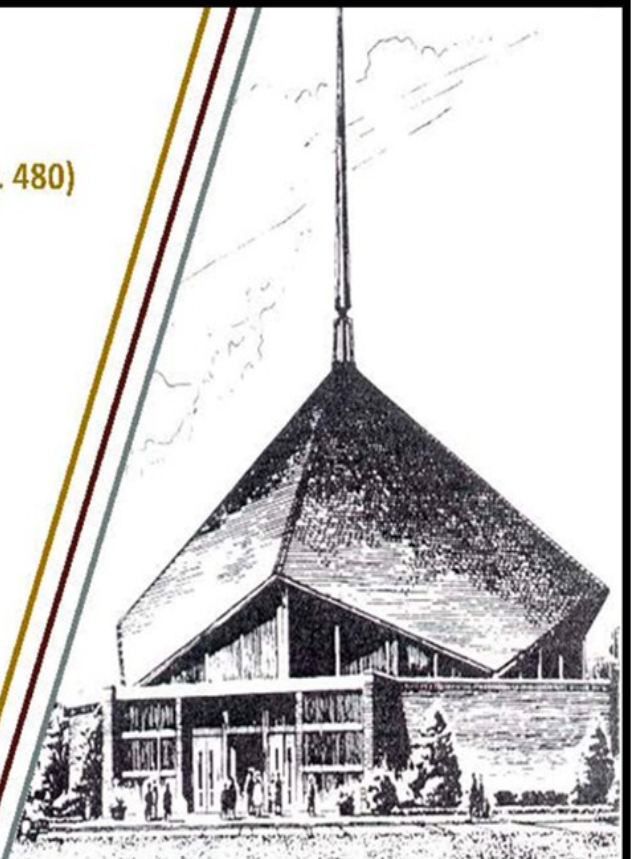
LIKE and FOLLOW the JBM-HH
Religious Support Office on
Facebook to stay up to date on the
latest Religious Support information!

Facebook.com/jbmhrso/


Sundays

10 a.m. Samoan Service

RELIGIOUS SERVICE at OLD POST CHAPEL (Bldg. 335)



VIGILANCE

August is Antiterrorism Month 



FREE NATIONAL MALL BIKE TOUR



FOR JBM-HH MILITARY MEMBERS AND THEIR FAMILIES
REGISTER NOW - SPACE IS LIMITED TO A FIRST-COME
FIRST-SERVE BASIS



Provided by the NATIONAL PARK TRUST in collaboration with the
JBM-HH Directorate for Family and Morale, Welfare and Recreation
(DFMWR)

AUGUST 20TH

10AM TO 3PM

Designed for Soldiers/Marines & Family Members (Ages 8+)
Bikes & Guided Tour Provided By Unlimited Biking
Lunch & Free Transportation Provided from JBM-HH Bowling
Center

PRE-REGISTRATION REQUIRED
USING BELOW SCAN CODE
[PARKTRUST.ORG/BIKETOUR](https://parktrust.org/biketour)

SCAN
ME
TO REGISTER!



DFAC

HOURS

WEEKDAY

BREAKFAST: 6:30-8:30 A.M. (\$3.85)

LUNCH: 11:30 A.M.-1 P.M. (\$6.15)

DINNER: 4:30-6 P.M. (\$5.35)

WEEKEND

BRUNCH: 8 A.M.-12 P.M. (\$6.90)

SUPPER: 4-5:30 P.M. (\$8.40)

THE TEMPORARY DFAC IS AT
SPATES COMMUNITY CLUB



THESE THREE DIGITS COULD SAVE A LIFE

Starting July 16, 2022, you can
call **988** and **Press 1** to reach
the Military Crisis Line.

988

SUICIDE & CRISIS LIFELINE



Call, Text, Chat

988lifeline.org/chat

What's happening at Henderson Hall?

Family Friendly Dog Swim at The Zembiec Pool Facility
8th Annual

PUPS IN THE POOL



MCPCS SEMPER FIT
FOLLOW US MORE INFO: 
Henderson Hall Aquatics Program

ALL BREEDS WELCOME
SUNDAY, OCTOBER 1
NOON-4PM

Participation is open to all Uniformed Services Members, Retirees, DoD/USCG Civilians, and their family members
Zembiec Pool Bldg. #11, Henderson Hall Marine Corps Base

PRE-REGISTER
\$5 FEE PER DOG
Payable at Pre-Registration or Entry. Credit/Debit Only.

Owners are responsible for ensuring that their dogs have received proper vaccinations in accordance with local ordinances and have been appropriately socialized.

2 DAY SELF-EMPLOYMENT WORKSHOP
IS OFFERED IN COLLABORATION AMONG THE U.S.

OPERATION BOOTS to BUSINESS
from service to startup

The "Introduction to Self-Employment" course is the foundational piece of Boots to Business (B2B). Participants are introduced to the skills, knowledge, and resources they need to launch a business, including steps for developing business concepts, how to develop a business plan, and information on SBA resources available to help.

There are Two Opportunities:
June 15-16, 2022
or
September 14-15, 2022
from
0900-1530

For registration, please call
Career Resource Management Center
Henderson Hall
703-614-6828

MCPCS HENDERSON HALL

Federal Job Results

Cracking the Code to Federal Employment
There are Two Opportunities:
July 7, 2022
September 8, 2022
1030-1130

Understanding the Federal SES Application Process
There are Two Opportunities:
July 7, 2022
September 8, 2022
1130-1230

For registration, please call
Career Resource Management Center
Henderson Hall
703-614-6828

MCPCS HENDERSON HALL

MARINE CORPS FAMILY TEAM BUILDING

DEPLOYMENT 101

Are you or your loved one going on a deployment or an individual augment (IA) soon? Feel free to join our monthly Deployment 101 brief! Here are the upcoming brief dates and times offered by MCFTB-Henderson Hall:

- **August 17**
- **September 14**
- **October 19**

All classes from 10 AM to 11 AM
Classes are held on ZoomGov or scheduled on demand

For more information, please contact us at:
MCFTBHH@usmc-mccs.org or 703.693.1253

MCPCS HENDERSON HALL

MARINE & Family

NATS on BASE



Serving the Military Community
in the Washington Region

NATS ON BASE: LADIES NIGHT PROFESSIONAL DEVELOPMENT PANEL FOR MILITARY WOMEN

FRIDAY, AUGUST 26, 2022

5:30 PM — PANEL FEATURING NATIONALS FEMALE EXECUTIVES
(PANEL SUBJECT TO CHANGE)

7:05 PM — WASHINGTON NATIONALS VS. CINCINNATI REDS

**WOMEN IN THE
WASHINGTON NATIONALS
FRONT OFFICE SHARE THEIR
CAREER PATHS AND DISCUSS
CHALLENGES FACED BY
PROFESSIONAL WOMEN.**

THE EVENT IS COMPLIMENTARY FOR
ALL SERVICE MEMBERS, MILITARY
SPOUSES, AND VETERANS. INCLUDES
TICKETS FOR THE 7:05 PM vs.
THE CINCINNATI REDS.



JACQUELINE COLEMAN
SENIOR VICE PRESIDENT, MARKETING,
BROADCAST & GAME PRESENTATION
U.S. AIR FORCE DEPENDENT



LISA MARIE CZOP, CMP, CSEP
SENIOR VICE PRESIDENT,
BALLPARK OPERATIONS



JENNIFER MASTIN GIGLIO
SENIOR VICE PRESIDENT,
CHIEF COMMUNICATIONS OFFICER



NICOLE MURRAY
DIRECTOR, COMMUNITY RELATIONS
U.S. SPACE FORCE SPOUSE



BETSY PHILPOTT
SENIOR VICE PRESIDENT &
GENERAL COUNSEL

REGISTER NOW!

WWW.NATIONALS.COM/NATSONBASEWOMEN

Joint Base Myer-Henderson Hall Education Hub
presents
Joint Service Graduation Recognition Ceremony

2022

6 OCTOBER 2022
1000 - 1200

**THURMAN AUDITORIUM
(HUMPHREYS HALL)**
5500 21st Street, Bldg 247
Fort Belvoir, VA 22060

Open to all eligible members of the military community in the National Capital Region

Scan for Application



REGISTRATION DEADLINE
26 August 2022

<https://tinyurl.com/JointServiceGradRegistration>



BENCH PRESS CHALLENGE

*Grab a team member and
get your Max on the board!*

ARMY TOOK DEADLIFTS... MARINES
CAN YOU BRING THE HEAT?

**FROM AUGUST 29
TO SEPTEMBER 2**
7 AM-NOON
HITT facility Bldg. 27



**Register in person for FREE
Men & Women**

Open to all DoD ID card holders

USAPL guidelines

Allie Scott
703-614-8759



BENCH PRESS CHALLENGE

Raw Lifting weight categories

Men's Division

52 kg	114.6 lbs
56 kg	123.4 lbs
60 kg	132.2 lbs
67.5 kg	148.8 lbs
75 kg	165.3 lbs
82.5 kg	181.8 lbs
90 kg	198.4 lbs
100 kg	220.4 lbs
110 kg	242.5 lbs
125 kg	275.5 lbs
140 kg	308.6 lbs

Women's Division

44 kg	97 lbs
48 kg	105.8 lbs
52 kg	114.6 lbs
56 kg	123.4 lbs
60 kg	132.2 lbs
67.5 kg	148.8 lbs
75 kg	165.3 lbs
82.5 kg	181.8 lbs
90 kg	198.4 lbs
100 kg	220.4 lbs



News Notes

Barracks Renovation Project

The barracks renovation project will cause some traffic delays and parking issues Aug. 24th through Sept. 24th. Crews will be bringing equipment daily through the Wright Gate and staging items in the Tri-Services parking lot – in the section across from Spates Hall.

Road closures for ANC southern expansion

As part of Arlington National Cemetery's southern expansion construction project, the westbound portion of Southgate Road from Columbia Pike to S. Oak Street has been closed for construction. This closure will last approximately three months. As part of the construction in that section of the road, the traffic pattern on the eastbound side of Southgate Road is now two way.

Walk-ins welcome at immunization clinic

The Andrew Rader U.S. Army Health Clinic now offers COVID-19 vaccination services from ages 6 months and older either by appointment or walk-in. The following COVID-19 vaccines are available: Pfizer & Moderna versions of the vaccine for 6 months to 5 years, Pfizer for ages 5 to 11 years old, and Pfizer & Moderna for over the age of 12. Services are available from 8 to 11:30 a.m. and 1 to 3:30 p.m. Monday to Thursday. On Fridays, services are available 8 to 11:30 a.m.

DFMWR pool and grill

The DFMWR Pool Complex is open 7 days a week from 11 a.m. to 8 p.m. now through Labor Day weekend. Season tickets may be purchased at Patton Hall, Bldg. 214, 10 a.m. to 1 p.m. weekdays. The MWR Grill is open to everyone daily from 11 a.m. to 7:30 p.m. daily.

Sports are back

With the return of games and events at Nationals Park and Audi Field, all are advised of the increase in traffic on roads surrounding Fort McNair, to include P Street and 2nd Street, prior to and following games. Personnel who park at Fort McNair are advised to exercise caution walking to and from the stadiums and to be aware of the potential for increased criminal activity. Be advised that the Trusted Traveler Program is suspended, so anyone 18 years of age and older must have a DoD ID, AIE pass, or a day pass to access

the installation. A day pass may be requested in advance at <https://pass.aie.army.mil/JBMHH/>. Non-DoD affiliated guests may also be dropped off outside of and before entering the installation.

Fort Myer Fitness Center

The Fort Myer Fitness Center is offering 24/7 customer access and is registering CACs for access to the facility. Active Duty Military, AD Family Members, DoD Civilians, Retirees, and their Family members may stop by the facility between 6 a.m. and 5 p.m. to register their CAC.

Never too late senior fitness classes

Never too late senior fitness classes will be held Mondays, Wednesdays and Fridays from 9:45 to 11 a.m. at the Community Activity Center, 228 McNair Rd., Bldg. 405, next to the bowling center.

The N2L fitness class is open to all Department of Defense ID card holders, military, civilians, retirees, reservists and military spouses. For more information, please contact Chester Taylor at gotlander6@gmail.com.

Civilian Leave Assist

JBM-HH Directorate of Public Works employee Daniel Wilhite and Directorate of Emergency Services employee Talia Rankin have been approved to receive leave under the Volunteer Leave Program.

Department of the Army civilian employees who would like to donate annual leave can fill out form OPM630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at www.opm.gov/forms/pdf_fill/opm630a.pdf.

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency)," at www.opm.gov/forms/pdf_fill/opm630b.pdf.

Commissary early bird hours, Click2Go

The Commissary offers early bird services every day. The Commissary hours are Monday to Friday from 7 a.m. to 7:30 p.m., Saturday 7 a.m. to 6:30 p.m. and Sunday 7 a.m. to 6 p.m. Don't forget the Commissary's CLICK2GO

online shopping and curbside pickup service individuals can access from their mobile devices. For full details, visit <https://www.commissaries.com/shopping/click-2-go>. For additional information on the JBM-HH Commissary, visit the Commissary official website at <https://www.commissaries.com/shopping/store-locations/>

DoD Dine Smart Traveler Rewards Program

The Defense Travel Management Office sends notice that DoD travelers can earn rewards when dining while on official travel through the DoD Dine Smart program. The traveler rewards program adds value for Defense travelers and supports Government Travel Charge Card policy compliance.

Once enrolled, DoD personnel earn rewards points anytime they use their travel card to pay for meals at participating restaurants when on official travel. Points can be redeemed for gift cards from retailers and restaurants.

Joint Travel Regulations require the use of a travel card for all travel expenses including meals. This program provides a benefit for travelers who adhere to policy and use their cards at participating restaurants. A toolkit with fact sheets is available at https://www.defensetravel.dod.mil/Docs/Toolkit_Dining_Traveler_Reward_s.pdf.

Army Expeditionary Civilian Workforce (AECW) Deployment Opportunities

The Army Expeditionary Civilian Workforce (AECW) has deployment opportunities available for current Army civilians. These are TDY assignments for 6, 9, or 12 months, with a variety of locations available. The deployments are considered details to a set of duties, with no change to an employee's permanent grade or position of record.

The grade level listed is a suggested grade for the experience desired; employees can be at a grade level that is close (plus or minus 1 grade interval) from what is listed. The assignment is considered a Detail to a set of duties in a TDY status.

Some locations offer financial incentives such as Post Differential or overtime, but this varies by position and location. Most importantly, these deployments offer career broadening experiences at a

level and scope that is difficult to match in a non-deployed setting. It is the chance of a lifetime to truly make a difference and to contribute in a meaningful way in direct support of our deployed soldiers.

These are deployments in field conditions. Individuals should expect to be housed in government-provided quarters (to include tents, barracks, or other similar facilities), with shared rooms, shared restroom/shower facilities, and meals provided in a DFAC. All deployments are in an unaccompanied status (family members cannot accompany the deployer).

The assignments are available to current permanent Army civilians. Individuals on overseas assignments must have at least 18 months remaining prior to their Date of Return from Overseas Station (DEROS).

Civilians who are in the Reserves must be in a Retired or Standby status (i.e., cannot be in the Ready Reserves as this would be a dual obligation for deployment). Civilians must have or be able to obtain a security clearance, at least at the Interim Secret level. Some positions require higher clearances as noted.

The AECW directly funds the TDY expenses for deployment and provides reimbursement to commands for other deployment-related expenses such as post differential, danger pay (if authorized), and overtime (if authorized).

To apply Submit a resume, recent SF-50 (to verify status), DD214 (if former military), and a signed Request for Deployment (RFD) form through your supervisory chain to your command's deployment coordinator.

Henderson Hall Baby Boot Camp Aug. 25

Baby Boot Camp is an all-day class designed to help alleviate some of that stress by teaching parents information that they will need for the first few weeks at home. The class covers such topics as diapering, bottle and breastfeeding, how to soothe a fussy infant, safe sleep, when to call the doctor and more. The class will take place 9 a.m.—2:30 p.m. in building 12 on Henderson Hall.

Henderson Hall Semper Fit OohRah Run Series

Mark your calendars for the following 5K runs:

- Sept. 16 — Devil Dog
- Oct. 16 — Haunted Hill Halloween

Our values, always
HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP