JBM-HH financial experts offer holiday spending tips to avoid budget busting

By Arthur Mondale
Pentagram Staff Writer

Talk of holiday budgets is as popular as holiday sales both at area stores and online. But financial counselors at Joint Base Myer-Henderson Hall have an important question: What do you want your bank balance to look like on Jan. 15?

JBM-HH Army Community Service Financial Counselor Jen Lam and Marine Corps Personal Financial Management Program Counselor Jim Murphy said there is still a significant population of service members who contribute to the economic phenomenon called the “lattice factor” — incrementally mindless — spending that unbottomnot to the spender—

add up.

“If you spend five dollars per day on a latte—it’s $25 per week, $100 per month—and $1,200 per year,” Lam said.

In addition to the other frivolous expenditures that can be added to the equation, Lam estimates that sufferers of the “lattice factor” are also more prone to avoid planning for the holiday season. “While this threat is ever present overseas, during the holiday season is acute in the homeland in light of the recent terrorist attacks in Paris, France, U.S. military forces have released messages reminding service members and their families of the importance of taking care of themselves and their surroundings during the holiday season. “While this threat is ever present overseas, during the holiday season it is especially acute in the homeland in light of the threat. “Why the best qualified Soldiers will be considered for nomination and assignment to this presidential support duty,” said ALARACT 179/2015. For more information, contact: Todd Hopkins at 703-696-0594 or todd.a.hopkins.ccr@mail.mil.

Tax center looking for volunteers

The Joint Base Myer-Henderson Hall Consolidated Tax Center is looking for volunteers to assist in the preparation of tax returns. For more information, contact: Todd Hopkins at 703-696-0594 or todd.a.hopkins.ccr@mail.mil.

‘Tis the season to avoid debt

By Julia LeDoux
Pentagram Staff Writer

The Women’s Health Care Clinic at Andrew Rader U.S. Army Health Care Clinic on the Fort Myer portion of Joint Base Myer-Henderson Hall has a simple mission: To treat the whole woman, not just the parts of her body that make her female.

“I’ve been here since 2008 and this is the way I’ve always functioned,” said Joyce Headen, the Women’s Health Care Clinic nurse practitioner. “I see a woman as a complete system, not just as the uterus and the breasts,” she said. “I add 10 years to the total woman.”

Headen said the Women’s Health Care Clinic offers a full range of medical tests, including cervical and breast cancer screenings and the detection and treatment of sexually transmitted infections.

The deadline to register for this year’s Semper Fit Athletics intramural basketball league is Dec. 4. Sponsored by Marine Corps Community Services Henderson Hall, the league begins next month with games played at 11 a.m. and noon at Cpl. Terry L. Smith Gym on the Henderson Hall portion of JBM-HH. Team size will be 12 players plus a coach. Rosters can be altered prior to each game. Register by completing the registration form, which can be found online or at the Smith Gym, front desk or at the Semper Fit office at Headquarters and Service Battalion Bldg. 29, Room 305, third floor. For more information, call 703-697-2056.

Ugly Sweater 5K Run and 1-Mile Walk Dec. 4 at the Fort Myer Fitness Center. Race start time is 6:45 a.m. Awards will be presented in a variety of categories, including “Ugliest Sweater.” Registration is free and will take place race day from 5:45 to 6:30 a.m. at the Fort Myer Fitness Center, Bldg. 414. Participants are encouraged to bring an unwrapped toy for the JBM-HH Army Community Service Holiday Toy Program. For further information, contact Todd Hopkins at 703-696-0594 or todd.a.hopkins.ccr@mail.mil.

Treating the whole woman at the Women’s Health Care Clinic

By Julia LeDoux
Pentagram Staff Writer

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Ten things to know about the DoD in December

Compiled by Gav Calahan
Pentagram Staff Writer

1. Holiday mail deadlines. Family members who want to send holiday packages to deployed service members should do so soon. The deadline for Priority, Airmail, or PAL, is Dec. 10. The deadline for sending packages to most areas is Dec. 17. For more information, contact: Jim Murphy at 703-697-2967.

2. Holiday vigilance. In light of the recent terrorist attacks in Paris, France, U.S. military forces have released messages reminding service members to be aware and alert of their surroundings during the holiday season. “While this threat is ever present overseas, during the holiday season it is especially acute in the homeland in light of the threat. “Why the best qualified Soldiers will be considered for nomination and assignment to this presidential support duty,” said ALARACT 179/2015. For more information, contact: Todd Hopkins at 703-696-0594 or todd.a.hopkins.ccr@mail.mil.

3. Soldiers needed. The White House Communications Agency, which provides both secure and unsecure telecommunications to the President of the United States, is seeking four Soldiers to fill positions within the agency. “Why the best qualified Soldiers will be considered for nomination and assignment to this presidential support duty,” said ALARACT 179/2015. For more information, contact: Todd Hopkins at 703-696-0594 or todd.a.hopkins.ccr@mail.mil.

4. Don’t forget to register for the Fort Myer-McLean Nativity Walk Dec. 4 at the Fort Myer Fitness Center. Race start time is 6:45 a.m. Awards will be presented in a variety of categories, including “Ugliest Sweater.” Registration is free and will take place race day from 5:45 to 6:30 a.m. at the Fort Myer Fitness Center, Bldg. 414. Participants are encouraged to bring an unwrapped toy for the JBM-HH Army Community Service Holiday Toy Program. For further information, contact Todd Hopkins at 703-696-0594 or todd.a.hopkins.ccr@mail.mil.

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Preparing a feast of thanks

Soldiers from the 36th U.S. Infantry Regiment (The Old Guard) prepare a cake to be served as part of a Thanksgiving meal at the dining facility on the Fort Myer portion of Joint Base Myer Henderson Hall Nov. 25. Senior leaders served service members, federal civilian employees and family members. The menu included prime rib, turkey, homemade cornbread stuffing and assorted desserts. For more coverage of the dining facility's Thanksgiving meal, see page 3.

This week in military history

Dec. 3
1992:

Dec. 4
1918:

Dec. 5
1949:

Dec. 6
1917:

Dec. 7
1941

Dec. 8
1976:

Dec. 9
1992:

Compiled by Jim Goodwin
Editor, Pentagram

Gen. George Washington leads the Continental Army into battle against Hessian and British troops during the Battle of Trenton, N.J., as depicted in this 1979 painting by Hugh Charles McIlhenny. Jr. Washington's force crossed the Delaware River into New Jersey the night of Dec. 25 to lead an early morning attack against the British, triggering the Battle of Trenton.

Five days after the U.S. Pacific fleet was attacked and crippled by the Japanese, the U.S. and Britain declared war on Japan. Two days later, China declared war on Japan.

Japanese torpedo bombers, dive-bombers and fighters from six aircraft carriers attack U.S. naval and air installations at Pearl Harbor, Hawaii, sinking four battleships and damaging at least nine other major warships, according to multiple online historical documents. The attack crippled the U.S. Pacific fleet. The next day, the U.S. and Britain declared war on Japan. Two days later, China declared war on Japan.

Japanese submarine U-53 torpedoes and sinks the USS Jacob Jones (DD-66) off the coast of England, according to an entry on the Marine Corps History. The attack leaves 64 dead. The U.S. submarine commander, Hans Rose, reports the location of the 38 drifting American survivors to an American base in Queenstown, Ireland.

Germany, Italy, Belgium, New York and Miami.

Its history and importance to the metro D.C. area.

To know that I am playing a part in building those opportunities is important to me.

No quote here. I have none.

What are your goals for the year?

To learn and grow professionally and most of all, get the word out about the workforce development program. By this time next year I expect that all JBM-HH employees will have a clearer picture of who they are now and how they are going to get to where they want to go in the future.

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

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

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

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

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

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

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

What are your goals for the year?

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

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

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

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

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What do you like most about working on/visiting JBM-HH?
Service members, veterans, wounded warriors cruise into Thanksgiving

By Julia LeDoux
Pentagon Staff Writer

Thanksgiving this year included not only the traditional meal of turkey and all the fixings, but a cruise down the Potomac River as the 2015 Patricians’ Thanksgiving Luncheon Cruise set sail from the Southeast Washington Waterfront Marina Nov. 24. More than 350 wounded warriors, active duty and retired service members from around the National Capital Region were aboard.

Part of Joint Base Myer-Henderson Hall’s community outreach program, the popular event was hosted by the Washington Waterfront Association and Entertainment Cruises of Washington, D.C.

“Each year, we are honored to host this luncheon cruise for you, active duty service members, wounded warriors and veterans as a ‘thank you’ for your service to the nation,” said Dan Leaman, vice president and general manager of the Entertainment Cruises of Washington, D.C.

As the Odyssey pulled away from the dock shortly after 11:30 a.m., two District of Columbia fire boats shot water into the air in a salute to the ship and its passengers. Among them was 103-year-old Army veteran George Boggs and his wife, Dorothy.

“We were married Nov. 11, 1932,” said Dorothy as she gazed fondly at her husband. “This is going to be our anniversary celebration and Thanksgiving celebration.”

The ship traveled through the Washington Channel and made its way to Georgetown and back, providing guests with views of the Lincoln Memorial, Kennedy Center and other well-known landmarks.

“Everything today is being donated,” explained Leaman. “The ship, the food and even the ship’s staff – from our captain to all the service personnel from both our Odyssey and Spirit of Washington ships – everyone is donating their time.”

Active duty volunteers like Navy Chief Warrant Officer 1 Samantha Hunaker, who is stationed at the Washington Navy Yard, will perform for the veterans throughout the cruise.

Hunaker and Army veteran William "Woodie" Wood lit up the dance floor in the ship’s bar to the nation,” said Dan Leaman, vice president and general manager of the Entertainment Cruises of Washington, D.C.

Thanksgiving is often important to service members since it is time spent with families, time to spend with loved ones and share a meal that reflects the blessings received throughout the year.

Thanksgiving is often important to service members since it is time spent with families, something of a commodity to those used to being away from friends and family.

For many, Thanksgiving is a time to reflect on what is most important in life, a time to spend with loved ones and share a meal that reflects the blessings received throughout the year.

For Sgt. 1st Class Deneca L. Payne, the dining facility’s noncommissioned officer in charge, the opportunity to provide a “joyful” food experience not only fills her mission, but reminds her to be thankful for being able to work with a chain of command and Soldiers who work as a team.

“I’m thankful for the fact I have an opportunity to do that and feel the Soldiers’ support,” said Payne.

Pentagon Legacy Toastmasters builds essential oratory prowess

By Arthur Mondale
Pentagon Staff Writer

Each week, Pentagon Legacy Toastmasters features some of the nation’s finest voices on topics like the series “Doctor/Who” and a mass protest to reverse Daylight Savings Time.

Founding member Naomi Carrington-Hockman is a former Department of Defense Inspector General auditor. Carl Sabath works in the Pentagon in information technology, both are regular attendees at the weekly sessions.

Professional diversity is evident in this Toastmasters club. For example, Yousaq Reynolds is a volunteer with the Armed Forces Hostess Association, and Herman Raynor is a director of Manpower and Administration with the Navy.

It is these diversified backgrounds infused with essential oratory skills that are a major contribution to what happens inside the headquarters of the U.S. Department of Defense, according to the club’s founders.

“You have the convergence of different cultures,” Carrington-Hockman said. “Each service has its own culture, lingo and means of speaking. Then you have government contractors, right here in the Pentagon.”

But for people like Elizabeth Mitchell, there are more personal motivations. She said she believes Toastmasters has assisted in breaking down gender barriers, for a variety of reasons when approached:

For Sgt. 1st Class Deneca L. Payne, the dining facility’s noncommissioned officer in charge, the opportunity to provide a “joyful” food experience not only fills her mission, but reminds her to be thankful for being able to work with a chain of command and Soldiers who work as a team.

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Pentagon Legacy Toastmasters meets weekly on Oct. 27 in the Pentagon Main Food Court. Weekly meetings include exchanges (talking impromptu speeches on all topics) and ice-breaker exercises.

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Regardless whether if they dined, served or prepared last week’s Thanks-giving guests alike meals that included turkey, Thursday, December 3, 2015 3
тово and is not the same thing. It is not that simple. People must still achieve the age of 60 years to retire and get a pension. The formula to calculate the pension is complex and depends on various factors such as the person’s salary, years of service, and the date of retirement. It is recommended to consult with a financial advisor to understand the implications of the pension system.

4. TRICARE webinar. A TRICARE webinar is scheduled for the upcoming week. The webinar will be discussing the benefits and opportunities available for TRICARE beneficiaries. Those interested in attending the webinar are advised to register in advance by visiting the TRICARE website at www.tricare.mil. The webinar will be of particular interest to those who are new to TRICARE or are looking to refresh their knowledge of the program.

5. Covid-19 deployment awareness. The Department of Defense announced on the 30th November that the Army announced Nov. 30 the 1st Cavalry Division’s 1st Armored Brigade Combat Team will deploy to Afghanistan. The deployment is part of a regular rotation of forces in support of Operation Freedom’s Sentinel. For more information, visit the U.S. Army Europe website at www.army.mil/eur.

6. Winter uniform wear. The Army is alerting soldiers to keep an eye on the weather as winter weather is on the way. The Army is reminding soldiers that they are permitted to wear the green fleece cold-weather jacket and other Universal Camouflage Pattern uniforms, according to an Army news article. SFC Pablo Robledo, Headquarters and Headquarters Company, takes part in the ceremonial refreshment of the new uniforms.

Staff Sgt. Pablo Robledo, Headquarters and Headquarters Company, takes part in the ceremonial refreshment of the new uniforms.

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**Preventing cold weather injury this winter**

By Gay Callahan

Pentagon Staff Writer

Editor's Note: This is the second in a four-part series of articles designed to generate awareness and provide helpful safety tips during the winter.

As temperatures in the National Capital Region near the 30s, the U.S. Army Combat Readiness Center and the Joint Base Myer-Henderson Hall Safety Office want to remind service members, veterans and community to limit their time out in the elements during this winter.

“The Army's autumn/winter ‘Ready… or Not?’ campaign, an annual safety push, provides a wide variety of information on weather safety guidelines, especially during winter conditions, staying safe at home or the office, and being prepared for adverse weather,” states the CDC website.

Frostbite, an injury caused by freezing and occurring on exposed extremities especially susceptible to frostbite. “I'm thankful for my family and friends and their support,” said Meadors.

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“My approach to them is basically in regards to sexuality, sexual involvement, STD [sexually transmitted disease] prevention, contraception and making sure they are vaccinated. It's the meningococcus vaccine, which protects against the human papillomavirus,” she said.

Headen also addresses the issue of nutrition with her patients.

“Many women who come in with elevated blood pressure and BMIs [body mass index] are due to lack of healthy eating habits and insufficient coping mechanisms,” she said. “Food is comforting, but it can be a real problem when you have to pay money for, they provide me a place I can eat for free, and I'm thankful for all of the great people I have in my life.”

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front dining room to tunes spun
by DJ Rich Barreto.

“I’m having a good time,” Wood
said. “We’re getting along fine.”
Wood and Hunaker shared
stories about their service to the
nation as they danced.

“It’s such a cool opportunity
to come out and interact with
the veterans,” Hunaker said. “I
learn so much from them.”

This marked the event’s 14th year.
Pentagram Staff Writer Julia Le-
Doux can be reached at jledoux@
dcmilitary.com.

U.S. Marine Corps Sgt. Raisa Builes
of Headquarters and Service Bat-
talion on the Henderson Hall por-
tion of Joint Base Myer-Henderson
Hall, enjoys a dance and laugh with
Henderson Hall Single Marine Pro-
gram Coordinator Marissa Johnson
during the Thanksgiving Patriot
Cruise Nov. 24 along the Potomac
River in Washington, D.C. This is the
fourth year the annual cruise has taken
place.

U.S. Marine Corps Sgt. Raisa Builes of Headquarters and Service Battalion on the Henderson Hall portion of Joint Base Myer-Henderson Hall, enjoys a dance and laugh with Henderson Hall Single Marine Program Coordinator Marissa Johnson during the Thanksgiving Patriot Cruise Nov. 24 along the Potomac River in Washington, D.C. This is the fourth year the annual cruise has taken place.

A fireboat performs a water salute to honor military service members and veterans on the Thanksgiving Patriot Cruise Nov. 24 along the Potomac River in Washington, D.C. Joint Base Myer-Henderson Hall’s involvement in this annual event is part of the commander’s community outreach program. Participants included single military service members and geographical military bachelors throughout the National Capital Region.

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Cruise from page 3

Dorothy and George Bogges pose for a photograph during the Thanksgiving Patriot Cruise Nov. 24 along the Potomac River in Washington, D.C. Bogges, a 103-year-old veteran, took his wife on the cruise to celebrate their 73rd wedding anniversary.


Lillian Miller, a resident of the Armed Forces Retirement Home, enjoys a dance with Maj. John Hatfield, a Soldier who is stationed at Fort Meade, Md., during the Thanksgiving Patriot Cruise Nov. 24 along the Potomac River in Washington, D.C. Veterans and active duty military service members were guests of the event hosted by the Washington Waterfront Association and Entertainment Cruises of Washington, D.C.

Guests of all ages enjoy mingling, dancing and conversation during a festive luncheon at the Thanksgiving Patriot Cruise Nov. 24 along the Potomac River, Washington, D.C. Joint Base Myer-Henderson Hall’s involvement in this annual event is part of the commander’s community outreach program. Participants included single military service members and geographical military bachelors throughout the National Capital Region, including Soldiers and Marines from JBM-HH.
Soldier for Life-Transition Assistance Program

Reservations are required. Spouses are encouraged to register and attend. Call the SFL-TAP office, 703-696-0973 or log-in at www.acap.army.mil. Available to all registered clients who have completed DD2648/2648-1 and initial counseling. The executive degree for today’s leaders.

Seeking to improve your public speaking skills? The Pentagon Legacy Toastmasters Club provides training and practical experience in improving public speaking, listening and leadership skills. For more information, contact Carl Sabath at cassabathjr@mail.mil or via phone at 703-695-2804 or Bert Romero at joshur.romero6@mail.mil or via phone at 703-695-3443.

NEWS NOTES
from page 4

the in and out of sexting and to protect their children from predators. This workshop is held Dec. 14, 10 to 11 a.m. at the ACS conference room in Bldg. 201 on the Fort Myer portion of the joint base. To register or for more information, call 703-696-3512.

USPS: Mail early for overseas holiday deliveries

The U.S. Postal Service has published recommended deadlines for sending holiday mail and packages to members of the armed forces and diplomatic service posted overseas. For a full listing of these deadlines and other, visit http://about.usps.com/news-national-releases/2015/151205.htm.

Prostate cancer support group

Meetings — Dec. 17

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the 3rd Thursday of every month. The next meeting will be Dec. 17 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor of the medical center. Spouses/partners are welcome to attend. Department of Defense ID cards are required for base access to Walter Reed. For those without a DoD ID, call the prostate center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Christmastown at Busch Gardens — Dec. 19

Family and friends, Willimsburg, and Re-creator’s Leisure Travel Services is hosting a day trip to Christmastown at Busch Gardens in Williamsburg, Va. Dec. 19. A bus will depart the Community Activities Center (Bldg. 407) on the Fort Myer portion of the joint base at noon and leave the Busch Gardens park to return to JBM-HH at about 8 p.m. Cost is $62.50 per person and includes admission and transportation. So, come enjoy the awesome holiday light display, walk through an authentic German Christmas market and give any last gift requests to Santa. This event is open to all Department of Defense ID card holders. Call Leisure Travel Services at 703-696-1467/1472.

Seeking to improve your public speaking skills? Want to improve your speaking and leadership skills? The Pentagon Legacy Toastmasters Club offers free meetings every Tuesday, 5:15 to 6:30 p.m. at the Pentagon Main Cafeteria (directly under CVS and Dunkin’ Donuts in the Pentagon) on a first come, first served basis. Then Pentagon-based Toastmasters Club provides training and practical experience in improving public speaking, listening and leadership skills. For more information, contact Carl Sabath at cassabathjr@mail.mil or via phone at 703-695-2804 or Bert Romero at joshur.romero6@mail.mil or via phone at 703-695-3443.

News Notes submissions

Send your submissions for the Dec. 17 edition of the Pentagram via email at pen-tagramjbmhh@yahoo.com no later than 5 p.m. on Dec. 9. Submissions must be 100 words or less and contain all pertinent details. Submission of information does not guarantee publication.

NEWS NOTES
from page 4

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The State Department alerts U.S. citizens to possible risks of travel due to increasing terrorist threats. Current information suggests that ISIL (Da’esh), al-Qa’ida, Boko Haram and other terrorist groups continue to plan terrorist attacks in multiple regions. These attacks may employ a wide variety of tactics, including conventional and non-conventional weapons and target both official and private interests. This Travel Alert expires Feb. 24, 2016.

What we know

Authorities say the likelihood of terrorist attacks will continue, and there is a continuing threat from unaffiliated persons planning attacks inspired by major terrorist organizations but conducted on an individual basis. Extremists have carried out attacks inspired by major terrorist organizations but conducted on an individual basis. Extremists have

What authorities are doing to protect us

Authorities continue to conduct raids and disrupt terror plots. The U.S. works closely with its allies on the threat from international terrorism. Information is routinely shared between the United States and our key partners in order to disrupt terrorism plots, identify and take action against potential operations and strengthen our defenses against potential threats. For further information see the State Department’s travel website for the Worldwide Caution, Travel Warnings, Travel Alerts and Country Specific Information at travel.state.gov.

travel.state.gov/content/travel/en.html.

Editor’s note: For information about the following events, call the JBM-HH Religious Services Office at 703-696-6635.

JBM-HH community events

Dec. 7 Advent concert (featuring Randall K. Sheets and Brenda) – 11:30 a.m.; Langdon – noon; Devotional – 12:25 p.m.

Dec. 12 Hanging of the Greens – 9 a.m.

Dec. 18 Advent concert (featuring The U.S. Army Voices) – 11:30 a.m.; Langdon – noon; Devotional – 12:25 p.m.

Dec. 17 Advent concert (featuring Alfa Garnett and soprano Rebeca Littig) – 11:30 a.m.; Langdon – noon; Devotional – 12:25 p.m.

Protestant chapel communities

Dec. 24 Christmas Eve Candlelight Service (Combined Protestant congregations) – 7 p.m.

Dec. 25 Christmas Mass – 9 a.m.

Dec. 26 Feast of the Holy Family

Dec. 31 Vigil for the Feast of Mary, Mother of God/Holy Day of Obligation – 7 p.m.

Jan. 1 Mass for the Feast of Mary, Mother of God – 9 a.m.

Jan. 2-3 Feast of the Epiphany

Jan. 9-10 Baptism of the Lord