



Pentagram

Vol. 63, No. 26 June 30, 2016

www.army.mil/jbmhh

Published For Joint Base Myer-Henderson Hall

JBM-HH welcomes Duggan as new commander, bids farewell to Henderson

By Julia LeDoux
Pentagram Staff Writer

Joint Base Myer-Henderson Hall bid farewell to Col. Michael D. Henderson on June 28 and welcomed Col. Patrick M. Duggan as commander during a traditional change of command ceremony June 28.

Henderson said he felt pride tempered with sadness as he stood before the crowd who gathered for the ceremony at Conny Hall on the Fort Myer portion of the joint base.

"It seems like yesterday that I was standing here after the Colors were passed to me," he said, adding that, "and while it may seem like yesterday, in reality my command has seen what feels like a lifetime of activity and changes. One day the focus was facilities and a year later completely about force protection."

Henderson said that complex dynamic is what makes up the JBM-HH community, "where high-profile events are a daily oc-

currence, where our daily news is the national news and I wouldn't change any of it."

During his two-year tenure as commander, Henderson said he was privileged to partner with some of the most incredible and selfless organizations that can be found in the nation, in Arlington County and Southwest Washington, D.C. Among the organizations he lauded were the Arlington County Chamber of Commerce; Arlington County; the Radnor-Fort Myer Heights, Lynn Park, Penrose and Foxcroft Civic Associations; the Arlington County Civic Federation; the Washington Waterfront Association; the USO of Metropolitan Washington; and the American Red Cross-NCR.

Henderson also thanked the members of his command team, including Command Sgt. Maj. Randall E. Woods; current Deputy Joint Base Commander Marine Lt. Col. Eric Kelly, who served as the commander of troops during the ceremony and his predeces-

sor, now-retired Marine Lt. Col. John Orille; Executive Officer Cisco Rivera; Chief of Staff Glenn Wait; and the Department of the Army civilians who comprise the joint base staff.

"It has been my absolute honor to have served as commander of Joint Base Myer-Henderson Hall," he said. "This position affords a commander opportunities found nowhere else in the Army." Jokingly, Henderson said he, as base commander, has had the best commute in the National Capital Region.

"But seriously, each morning I watch the Caisson roll past my house and I listen to the funeral processions march by and I am reminded every day what it means to be a Soldier and why it's great to be a Soldier," he said. "The experience has been life-changing and extraordinary."

Henderson also welcomed Duggan and his wife, Lynda, and their sons, Ethan, Evan and Sam,



PHOTO BY BOBBY JONES

U.S. Army Col. Patrick M. Duggan, left, incoming commander for Joint Base Myer-Henderson Hall, receives the joint base organizational colors from Davis D. Tindoll Jr., director, Atlantic Region, U.S. Army Installation Management Command, during a change of command ceremony June 28 on the Fort Myer portion of the joint base. Duggan took command from Col. Mike Henderson, who served nearly two years as JBM-HH commander.

see **COMMAND**, page 4

New JBM-HH access forms will streamline process

By Guv Callahan
Pentagram Staff Writer

Contractors and visitors who need to access Joint Base Myer-Henderson Hall will soon be able fill out the required forms in a newer, computer fillable format.

Starting July 30, the JBM-HH visitor control center will only accept the new versions of forms 190-16A and 190-16B, the installation control access pass applications for contractors and visitors, respectively. The forms are used for contractors and visitors to the installation, non-DoD CAC/ID card holders who require vetting prior to installation access.

These new application forms will replace a variety of access forms that people

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ACCEPTABLE FORMS: ✓

- 190-16a (Contractors), 190-16b (Visitors)
- Found at www.army.mil/jbmhh
- Dated "15JUN15"

UNACCEPTABLE FORMS: ✗

- Forms altered by user
- Forms missing info
- Dated before "15JUN15"

Ten Things to Know Around the DoD in July

Compiled by
Arthur Mondale
Pentagram Staff Writer

1. A Capitol Fourth 2016 Concert and Fireworks. The U.S. Army Band "Pershing's Own," The U.S. Army Herald Trumpets, and The U.S. Army Presidential Salute Battery are part of a large roster of performers to be showcased during the 36th annual A Capitol Fourth Independence Day celebration on the West Lawn of the U.S. Capitol July 4 from 8 to 9:30 p.m. Attendees are encouraged to arrive hours early. The National Park Service

for the National Mall and Memorial Parks reminds attendees that all visitors will be screened at entrance points. Alcohol, glass containers and personal fireworks are not permitted. To learn more visit www.pbs.org/a-capitol-fourth/home/. For a full list of other summer concerts featuring the U.S. Army Band see the events calendar www.usarmyband.com/event-calendar.html or check out the schedule on page 3.

2. Urgent care pilot program. The Department of Defense has launched a new Urgent Care Pilot Program for TRICARE Prime beneficiaries

allowing most beneficiaries enrolled in TRICARE Prime two visits to a network provider or TRICARE-authorized urgent care center without a referral or prior authorization, although network copayments still apply. Those eligible include active duty members, National Guard and reservists on active duty orders for more than 30 days in TRICARE Prime Remote, non-active duty members in TRICARE Prime, TRICARE Prime Remote, TRICARE Young Adult Prime and TRICARE Overseas Program beneficiaries traveling in the U.S. Moreover, the TRI-

CARE Nurse Advice Line allows members to speak with a registered nurse who can answer urgent care questions, give health care advice, help find a doctor, and schedule next-day appointments at military hospitals and clinics. Just dial 1-800-TRICARE (1-800-874-2273) and choose option 1.

3. Hall of Heroes induction. Retired U.S. Army Lt. Col. Charles Kettles, a Vietnam War veteran, will be inducted into the Pentagon's Hall of Heroes July 19, one day af-

see **TEN THINGS**, page 4

News Notes

Transportation advisory for Metrobus users

Effective July 1, WMATA will no longer allow DoD employees with a Common Access Card, Pentagon Facilities Alternative Credential or ALT card to ride Metrobus 28X (from West Falls Church/Tysons Corner-Mark Center) for free. The cooperative agreement between DoD and WMATA will expire June 30. Metrobus 28X services will continue, however, DoD customers will be required to pay the full fare, which is currently \$1.75. The Mass Transportation Benefits Program is available for government personnel to subsidize the cost, providing up to \$255 per month.

Healthy Lifestyle Festival – July 1-2

The Fort Myer Commissary, along with JBM-HH Family and Morale, Welfare and Recreation, and the Andrew Rader U.S. Army Health Clinic, are hosting a Healthy Lifestyle Festival July 1-2 in front of the Fort Myer Commissary 9 a.m. to 6 p.m. The event will center on a Farmer's Market-style of booths and tables to present healthy lifestyle choices to attendees. The Farmer's Market portion will be open until 6 p.m., while the various other activities will be open until 2 p.m. For more information, call 703-696-3674 extension 3303.

New JBM-HH gate hours

New operational hours and provisions for all three portion of JBM-HH have begun. Effective July 5, changes in operating hours to Fort Myer's Wright Gate and Henderson Hall's Gate 1 will commence. The revised operating hours can be found online at www.slideshare.net/JBMHH/new-gate-hours-for-jbmhh. Also, the JBM-HH Visitor Control Center hours are: Fort Myer, Bldg. 415, Monday through Friday, 8 a.m. to 5 p.m.; and Fort McNair, Bldg. 65 (immediately inside 2nd Street Gate) — Open Tuesday and Thursday from 8 a.m. to 4 p.m. Call 703-696-8968 for more information on both Visitor

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

A family affair



PHOTO BY SPC. DANIEL YEADON

The Soldiers and families of 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard) participate in a Warrior Family Day and Battalion Organization Day on the Fort Myer portion of Joint Base Myer-Henderson Hall June 24. The day's activities included music demonstrations from the The Old Guard Fife and Drum Corps, drill demonstrations from The U.S. Army Drill Team, team sports, and an obstacle course for children. Organizational days are intended to build strong bonds within a unit and allow time for families to come together for fun.

JBM-HH Independence Day Operations and services holiday hours

Andrew Rader U.S. Army Health Clinic	Closed. For more information, call 703-696-7957.
Army Community Service	Closed. For more information, call 703-696-3510.
Army and Air Force Exchange Services – Fort Myer PX, to include: Starbucks, Subway, Barber Shop, cleaners/alterations, GNC, Optical Shop, and ASAP Flowers.	Open 10 a.m. to 4 p.m. Call individual stores for more information: Starbucks (703-527-0101); Subway (703-243-1786); Barber Shop (703-351-6569); Cleaners/Alterations (703-358-9257); GNC (703-522-6786); Optical Shop (703-528-9122); ASAP Flowers (703-953-0555) . Any AAFES activities not listed here are closed.
Auto craft shop	Closed. For more information, call 703-696-3387.
American Clipper Barber Shop	Open 11 a.m. - 3 p.m. For more information, call 703-271-8177.
Bowling Center	Open noon to 6 p.m. For more information, call 703-528-4766.
MCCS Car Wash	Open 24 hours a day, seven days a week.
Cody CDC	Closed. For more information, call 703-696-3095.
Community Activities Center	Closed. For more information, call 703-696-3470.
Commissary	Open 8:30 a.m. – 4:30 p.m.; no Early Bird shopping. Call 703-696-3674.
CYSS	Closed. For more information, call 703-696-4942/0313.
FMWR Admin Offices	Closed. For more information, call 703-696-3305.
Fort Myer Express	Open 9 a.m. to 5 p.m. Call 703-806-4371.
Fort Myer Fitness Center	Open 8 a.m. 4 p.m. For more information, call 703-696-7867.
Fort Myer Officers' Club	Closed. For more information, call 703-524-0200.
Fort Myer Officers' Club Pools	Open from 11 a.m. to 8 p.m. For more information, call 703-524-0200.
Fort Myer PX	Open 10 a.m. to 4 p.m. Call 703-806-4371.
Fort McNair Express	Closed. Call 703-806-4371.
Fort McNair Barber Shop	Closed. Call 703-806-4371.
Fort Myer Five Star Catering	Closed. For more information, call 703-524-0200.
Fort McNair Officers' Club	Closed. For more information, call 202-484-5800.
Fort McNair Fitness Center	Closed. For more information, call 202-685-3117.
Fort McNair Five Star Catering	Closed. For more information, call 202-484-5800.
Java Café	Closed. For more information, call 571-483-1962.
Library	Closed. For more information, call 703-696-3555.
Marine Corps Exchange, Vineyard Wine & Spirits and NEX Uniform Center	Open 10 a.m. to 6 p.m. For more information, call 703-979-8420. NOTE: Any Marine Corps Community Services activities not listed here are closed.
Old Guard Lounge	Closed. For more information, call 703-524-0200
Spates Community Club	Closed. For more information, call 703-527-1300/1302.
Spates Five Star Catering	Closed. For more information, call 703-527-1300/1302.
Spindrifft Café	Closed. For more information, call 703-524-3037.
Cpl. Terry L. Smith Gymnasium	Open 7:30 a.m. - 3 p.m.; group exercise classes are cancelled. For more information, call 703-614-7214.
Veterinary Treatment Facility	Closed. For more information, call 703-696-3604.
Zembiec Pool	Open 10 a.m. – 4 p.m. For more information, call 703-693-7351.

Almost all activities and offices on Joint Base Myer-Henderson Hall will be closed Monday, July 4, the federal holiday designated as Independence Day, a federal holiday celebrating America's independence. Most military personnel will have a training holiday Friday, July 1. The following facilities and places of business have reported open or closed hours for July 4. Unless otherwise noted, this list applies to July 4. This list is not all encompassing; please check with the facility you wish to visit for more details.

Community spotlight

Name: Ruben Nicholas

Military service or other unit name: Logistic Readiness Center, 406th Army Field Support Battalion.

Job title/where do you work: Motor Vehicle Operator/Dispatcher

What do you want people to know about your duty assignment, job, program or service? That I provide transportation support for Military Full Honors Funerals in Arlington National Cemetery for the 3d U.S. Infantry Regiment (The Old Guard) and The United States Army Band "Pershing's Own." We also provide transportation support for the White House, Senate, Congress and the senior commander of the Military District of Washington. I've provided mission support for the presidential inauguration of President Barack Obama, President George W. Bush and President Bill Clinton. I was at the Pentagon on 9/11 and was tasked to help evacuate personnel to Fort Myer. I have three daughters (Ebony, Tiffany, Tiara) and one sister (Chunqua) who work on JBM-HH. Two daughters work for post security and one works at Andrew Rader U.S. Army Health Clinic; my sister works at the commissary.

What's the most rewarding part of your current position and why? Taking care of the Soldier, to help ensure that there are no mission failures. I never had the opportunity to serve my country in a military uniform so I'm serving my country now by providing transportation support to the Soldiers, Sailors, Airmen and Marines in the Military District of Washington.

What's your... Favorite Quote: "There is no secret to success. It's the result of preparation, hard work and learning from failure." – Retired U.S. Army Gen. Colin Powell.

Favorite sports team: Wild Bunch Drag Racers.

Book: Bible.

Band/music artist: Fantasia.

Movie: Glory.

Place you've ever traveled to or been stationed: Aruba, Cancun, Bahamas.

What do you like most about working on/visiting JBM-HH? Just like my second family

What do you like most about living in the National Capital Region? Everything is convenient.

What's the best advice you've ever received? Be truthful in word and deed; look forward and never look back.

If you won the lottery, what would you do? Buy all eight of my children new homes and pay off all their bills. Donate to my church.

What are your goals for the year? Planning for retirement and staying healthy.

What advice do you have for someone newly stationed or working at JBM-HH? Best place in the world – Our nation's Capital.



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Pentagram



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Rain doesn't dampen Army's UWC win streak



PHOTO BY SGT. CODY W. TORKELSON

Soldiers and Marines compete in a tug-of-war competition during the annual Joint Base Myer-Henderson Hall and The Old Guard Urban Warrior Challenge and Organization Day June 23. For the second year in a row, Soldiers from across the joint base swept Marines from Henderson Hall 3-0 in the tug-of-war contest that culminated the event.

By Julia LeDoux
Pentagram Staff Writer

Soldiers from Joint Base Myer-Henderson Hall didn't let the thunderstorms that rained

out virtually all outdoor athletic events at this year's Urban Warrior Challenge and Organization Day June 23 stop them from completing their mission. For the second year in a row,

Soldiers from across the joint base swept Marines from Henderson Hall 3-0 in a tug-of-war contest that culminated the event. Organizers said the purpose of

the event was to build esprit-de-corp and camaraderie among the troops while giving families a chance to see where their loved ones spend their working hours.

"This is the best event of the year that this base puts on by far," said Spc. Jason Bermudez of The Old Guard.

see WARRIOR, page 5

ACS reignites conversation on family, domestic violence

By Arthur Mondale
Pentagram Staff Writer

October may be National Domestic Violence Awareness Month, but Joint Base Myer-Henderson Hall clinical staff members within Army Community Service say they believe domestic violence intervention, outreach and education is a yearlong process.

"Domestic violence is always happening, it's not exclusive to October," said Diane Neilson, JBM-HH Family Advocacy Program victim advocate. "It doesn't matter what uniform you are wearing, your appearance or the role that you play—domestic violence happens—it's just not always talked about because it's happening behind closed doors."

In an effort to ensure domestic



PHOTO BY ARTHUR MONDALE

Joint Base Myer-Henderson Hall clinical staff, military spouses and civilian providers take part in group sessions and discussions on the prominence of domestic violence in the military during a workshop entitled "Community Response to Family Violence" June 23 at Memorial Chapel on the Fort Myer portion of the joint base. The 8-hour event was organized by the Army Community Service.

see WORKSHOP, page 7

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

July 1	8:20 p.m.	The U.S. Army Herald Trumpets will perform with the National Symphony Orchestra in an "American the Beautiful" concert at Wolf Trap National Park for the Performing Arts in Vienna, Virginia.
July 2	7 p.m.	The U.S. Army Band Downrange will perform a Stars and Stripes Spectacular at the Spotsylvania Courthouse Village at 9010 Old Battlefield Blvd., in Spotsylvania, Virginia.
July 2	8 p.m.	The U.S. Army Concert Band and Army Voices will perform in an Independence Day celebration with fireworks at the Great Plaza at Penn's Landing, Philadelphia, Pennsylvania.
July 4	9 a.m.	The U.S. Army Chorus will perform in the 54th annual Independence Day Celebration and Naturalization Ceremony at Thomas Jefferson's Monticello in Charlottesville, Virginia.
July 4	6 p.m.	The U.S. Army Band Downrange will perform in the National Park Service's Fourth of July Concert at Washington Monument Grounds in Washington, D.C.
July 4	8 p.m.	The U.S. Army Band "Pershing's Own" will perform in A Capitol Fourth on the West Lawn of the U.S. Capitol in Washington, D.C. An open dress rehearsal (no fireworks) will be open for public viewing on July 3 at 8 p.m.
July 5	8 p.m.	The U.S. Army Chorus will perform in the Charlottesville Municipal Band 94th Summer Series at the Martin Luther King Performing Arts Center at 1400 Melbourne Road, Charlottesville, Virginia.
July 6	7:30 p.m.	The U.S. Army Chorus will perform at the Wintergreen Summer Music Festival at Dunlop Pavillion, 88 Wintergreen Drive, Wintergreen, Virginia.
July 7	7:30 p.m.	The U.S. Army Blues will perform a concert of big band and premier jazz music during the Brucker Hall Summer Concert Series at Brucker Hall on the Fort Myer portion of JBM-HH.
July 8	8 p.m.	The U.S. Army Blues will perform the works of such jazz greats as Duke Ellington, Count Basie and Frank Sinatra during the Sunsets with a Soundtrack Concert Series on the West Side of the U.S. Capitol in Washington, D.C.
July 20, 27	7 p.m.	Twilight Tattoo – A military pageant at Summerall Field on the Fort Myer portion of JBM-HH. The tattoo is an hour-long, sunset military pageant featuring Soldiers of the 3d U.S. Infantry Regiment (The Old Guard), The Old Guard Fife and Drum Corps, The U.S. Army Drill Team, The U.S. Army Blues, a soloist from The U.S. Army Chorus and vocalists of The U.S. Army Band Downrange and The U.S. Army Voices. This event is free and open to the public. No tickets are required. Pre-ceremony live music begins at 6:30 p.m., all shows start at 7 unless otherwise noted.

Performances are free and open to the public, unless otherwise noted. All outdoor concerts are subject to cancellation or location change due to weather considerations. Call 703-696-3718 for up-to-date information on concert cancellations or location changes. For additional details and a full calendar of performances, visit www.usarmyband.com/event-calendar.html.

COMMAND

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to the joint base team.

"Pat, you are the right leader for the job and Beth and I look forward to hearing about your many successes to come," he said.

Henderson also thanked his wife, Beth, and children, Peter, Timothy and Grace for their unrelenting love and support throughout his Army career.

"Certainly, I have experienced things here that no other commander will ever see, but most importantly, it has afforded me the privilege of getting to know and work with all of you and we have been proud to call this our home," he concluded.

Davis D. Tindoll Jr., director, Atlantic Region, U.S. Army Installation Management Command, served as ceremony host.

"The Army does not train its officers to be joint base commanders, but it does develop leaders, leaders who are capable, innovative and motivated to handle the challenges of this type of command," he said. "That's how I'd describe Col. Mike Henderson."

Tindoll said that during his time as joint base commander, Henderson positioned the installation for continued success and set it on a path to become "an efficient, responsive and flexible organization capable of accomplishing its mission now and in the future."

Tindoll also said Henderson's tenure came at a time of resource uncertainty and other challenging requirements.

"He has ensured that every aspect of the joint base operations performed at -peak capability, despite persistent issues," Tindoll continued. "He has kept Soldier, Marine, civilian and family wellbeing at the forefront of decisions related to safety, security and professional development."

Noting that Duggan brings extensive experience to his new position, Tindoll welcomed the new commander and his family to the joint base.

"Pat, I am confident that with your demonstrated leadership you will build on the successes of your predecessors," he said. "The challenges are many, but I am confident you will bring new energy and excellence to the joint base garrison."

A native of Miami, Florida, Duggan was commissioned into the infantry after graduating from North Georgia College with a bachelor's degree in business administration in June of 1995. The career Special Forces Officer is proficient in four languages - Arabic, Spanish, Tagalog and French.

Saying that he had some "big boots to fill," Duggan said that history, tradition and legacy are the elemental aspects of the nation's profession of arms.

"These values exemplify the nature of Joint Base Myer-Henderson Hall," he said. "The very stories of Fort Myer, Henderson Hall and Fort McNair are figuratively and literally woven into the historical fabric of our nation and even today, symbolize the proud heritage of both the U.S. Army and U.S. Marine Corps."



PHOTO BY BOBBY JONES

Outgoing Joint Base Myer-Henderson Hall Commander Col. Mike Henderson, center, hugs incoming Commander Col. Patrick M. Duggan as Davis D. Tindoll Jr., director, Atlantic Region, U.S. Army Installation Management Command, looks on during a change of command ceremony June 28 on the Fort Myer portion of the joint base. Duggan took command from Henderson, who served as JBM-HH commander for nearly two years.

Despite today's bristling pace of technology, daunting national threats and unclear security challenges, Duggan said that JBM-HH's "tradition of excellence is upheld every day by the exceptional service of its diverse team of military members, government civilians, surrounding communities and tireless volunteers."

The U.S. Army Band

"Pershing's Own" provided music during the ceremony, with vocalist Master Sgt. Antonio S. Giuliano performing the National Anthem and the Army Song and Marines' Hymn; Chap. (Lt. Col.) Steven M. Jones gave the invocation.

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

FORMS

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have used in the past, said Tracie Miller, physical security specialist at JBM-HH's Directorate of Emergency Services. The change comes in an effort to make the base access application process more uniform and easier for both applicants and the joint base employees processing the paperwork.

"People are currently using multiple versions of previous forms," Miller said. "But those have been refined in a computer fillable format for ease of use and to ensure a singular, universal form that is recognizable by both users and the personnel who process them."

Miller stressed that the new papers will not complicate the application process.

"We hope it's going to be easier for all personnel across the board, since it does have the computer fillable option," she said. "Everybody is submitting the exact same form."

"Most of the forms still request the same information as previous forms. We're not adding a whole bunch of new information."

Once users have completed the application forms, they will need to turn them into the Visitor Control Center on the Fort Myer portion of the joint base for processing.

Miller said that processing will take an average of about three weeks, but clarified that it could fluctuate for a number of reasons.

"That time may vary based on volume of forms, mission requirements, citizenship issues, along with a myriad of other factors," she said.

The forms can be accessed

online on pages 28 (190-16a, Contractors) and 33 (190-16b, Visitors) of JBM-HH Regulation 190-16, which is available online at <http://go.usa.gov/x3cRw>. The forms are also available at the Visitor Control Centers on both the Fort Myer and Fort McNair (limited hours Tuesdays and Thursdays) portions of the joint base. They will also be available for in-lane vetting, according to Miller.

Sponsors and CORs, who are required to sign an application, will be able to do so via digital signatures linked to CAC cards. But applicants will still have to print out the forms and sign them by hand.

Miller noted that DES is asking people not to scan signed forms and email them at this time for information security reasons.

"We are still in the process of

working on secure submittal via encrypted mail to a central mailbox," she told the Pentagram. "We're asking personnel not to send them via email at this time to ensure that we are complying with PII requirements as well as additional social security number use restrictions."

Furthermore, any old application forms that have already been submitted for processing prior to July 30 will be processed normally.

"Passes issued on old forms are still valid, and any forms in the pipe for processing as of 30 July are still fine," Miller said. "This will only affect new applications being submitted."

For more information about the new access forms, call 703-696-5213.

Pentagram Staff Writer Guv Callahan can be reached at wcallahan@dcmilitary.com.

TEN THINGS

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ter he is scheduled to receive the Medal of Honor during a White House ceremony July 18 for valor during the war. The Medal of Honor is the highest military award for valor that can be bestowed upon a service member. Kettles was commander of the 176th Aviation Company and lead helicopters to provide support to troops during an ambush by enemy forces, in 1967. His actions saved dozens of lives. To learn more, visit <http://go.usa.gov/x33WV>.

4. Marine Corps League's annual awards deadline approaches. The Marine Corps announced recently via Marine Administrative Message 259-16 that it is seeking nominations of enlisted Marines and Sailors for outstanding contributions to the Corps for the Marine Corps League's annual awards program. Enlisted Marines and Sailors can be nominated for one of seven awards. The awards are presented each year during the Annual Modern Day Marine Military Exposition at Marine

Corps Base Quantico, Virginia. This year's exposition will be held Sept. 27-29. The deadline for nominations is July 24 and no extensions or exceptions will be granted. For more information about this awards program, including nomination criteria, visit the Marines' official website online at <http://go.usa.gov/cJ9TF>.

5. Marine Corps begins FY 2017 enlisted retention campaign. The Marine Corps announced recently via Marine Administrative Message 326-16 that on July 5 the Corps will begin Phase I of processing retention requests to support staffing across all authorized career billets and mission. Enlisted retention guidelines for the First Term Alignment Plan and Subsequent Term Alignment Plan will be published via the Total Force Retention System, and downloaded from Enlisted Retention Manpower. Phase I should end in September; Phase II begins in October and will identify slow-filing MOSs. To learn more visit the Marines' official website online at <http://go.usa.gov/x33Wh>.

6. Military OneSource launches Server Provid-



PHOTO COURTESY OF RETIRED U.S. ARMY LT. COL. CHARLES KETTLES

U.S. Army Maj. Charles Kettles, posing in front of a 121st Aviation Company UH-1H Huey helicopter, during his second Vietnam tour of duty, 1969. Kettles will be inducted into the Pentagon's Hall of Heroes July 19, one day after he is scheduled to receive the Medal of Honor during a White House ceremony July 18 for valor during the war.

er Exchange. In an effort to improve personal and financial readiness of service members, military retirees and their families, Military OneSource offers an updated interface on its website to help browsers access information. Additionally, Military OneSource has launched the Service Provider Exchange on Facebook, an online community offering valuable infor-

mation and support on policy updates and professional development topics for service members and their families. To learn more, visit www.military-onesource.mil.

7. Five installations chosen as candidates for KC-46A Pegasus transport aircraft. U.S. Air Mobility Command

see TEN THINGS, page 8

NEWS

from page 1

Control Centers. For more information about the new gate hours, call JBM-HH Operations at 703-696-3291 or the military police desk sergeant at 703-588-2801.

Aqua Aerobics - July 5 start

Aqua Aerobics start July 5 at Zembiec Pool on the Henderson Hall portion of the joint base. Shallow water sessions are Mondays and Wednesdays, noon to 1 p.m.; deep water sessions are Tuesdays and Thursdays, noon to 1 p.m. Registration is now open for July classes and opens July 25 for August classes. Department of Defense identification card holders and their family members age 15 and up may participate. The fee is \$45 per month payable in cash at the pool. For more information, visit www.mccsHH.com/pool.html or call 703-693-7351.

Parents Power Walking Group

Parents Power Walking Group will be held July 6, 11, 13, 18, 20, 25 and 27 from 9 to 10 a.m. at Long Bridge Park in Arlington, Virginia. Hosted by JBM-HH Army Community Service, this weekly group offers military parents a chance to meet other parents, have fun and get in shape. The group combines walking with specific muscle conditioning exercises along the walk routes. The group is for parents, caregivers and children (in strollers, up to age 5). All fitness levels are welcome. For more information or to register, call 703-696-3512.

Outdoor play morning

Play Morning has returned to the great outdoors. The JBM-HH New Parent Support Programs host a play morning for children age 5 and under and their parents and caregivers July 7, 14, 21 and 28, 10 to 11:30 a.m., at Virginia Highlands Park in Arlington. Come enjoy a morning out, meet other military families, and find out about the New Parent Support Program. Registration is requested; for information, call 703-693-7206.

Within My Reach - July 8 and 11

Marine Corps Community Services Henderson Hall's Behavioral Health offers "Within My Reach," a two-day workshop on developing skills for better relationship decisions, on July 8 and July 11, 8:30 a.m. to 4:30 p.m. Fifteen different topic areas will be covered including knowing yourself first, where conflict begins, making conscious and purposeful decisions, and the vision for your future. Workshops are held in the Bldg. 12 conference room on the Henderson Hall portion of JBM-HH and require pre-registration. Call 703-693-9146 to register or for more information.

Armed Forces Trivia Contest - July 11

America's first live military game show, the Armed Forces Trivia Contest, comes to Conmy Hall on the Fort Myer portion of JBM-HH July 11. Doors open at 6 p.m. and the show starts at 7 p.m. Test your trivia skills for a chance to win \$10,000 in prizes. Free tickets are available at www.triviaquest.org.

Youth Golf Camp

Child and Youth Services Sports and Fitness 2016 Golf Camp registration is now open. Camp dates are July 11-15 and Aug. 22-26. Camp is half day, 9 a.m. to noon, from 7- to 14-year-olds. Registration ends one week prior to camp dates or when camp has reached capacity. For more information, contact Annette Engum at 703-696-3728 or email at annette.e.engum.civ@mail.mil.

TransParenting - July 12

Army Community Service is hosting a TransParenting class July 12, noon to 2 p.m. at the ACS classroom in Bldg. 201 on the Fort Myer portion of JBM-HH. This seminar is designed to provide parents who are separated or divorced with the tools to ensure that they are able to continue supporting and encouraging their children despite the breakup of the family unit. For more information or to register, call 703-696-3512.

Anger Management - July 13

An anger management class, hosted by Army Community Service, will be held July 13 from 9:30 to 11:30 a.m. at the ACS classroom in Bldg. 201 on the Fort Myer portion of JBM-HH. Participants will receive information on emotions management and the impact of unmanaged anger. For information or to register, call 703-696-3512.

Veterans employment initiative recruiting day - July 14

The Northern Virginia Technology Council will hold a veteran employment initiative recruiting day July 14 from 7:30 a.m. to 3 p.m. at the Community Center on the Fort Myer portion of the joint base.

This is not a job fair. Corporate recruiters will pitch their job openings and then conduct

see News, page 9

Undersecretary Murphy: Soldiers, civilian employees responsible for telling Army story

By Jade Fulce
 IMCOM Public Affairs

The U.S. Army Installation Management Command hosted a worldwide town hall with the Under Secretary of the Army Patrick Murphy via teleconference June 28.

More than 70 garrisons connected to the town hall and employees were able to stream it live online.

In his opening remarks, Lt. Gen. Kenneth Dahl, IMCOM commanding general, said he asked Murphy to speak directly to the 58,000 civilians in the IMCOM workforce about transformations in the Army during an office call about a month ago.

"It was great for me to hear it," said Dahl. "But you really need to hear it and you need to hear it from your senior civilian leadership," he told the world-wide audience.

Wherever possible, IMCOM leaders invited Soldiers and civilians to gather in theaters and conference rooms to participate. Where that wasn't available a live stream was provided so employees could watch from their desks.

"I want to talk to the Army team," said Murphy. "The Army team is 1.3 million strong with 1 million Soldiers and 300,000 civilians. We are one team, one fight... My job is to fight for the Army."

Murphy emphasized the Army's number one priority is readiness, which means at a moment's notice being ready to fight tonight.

"We have to be ready to go," he said "That readiness is at an individual level, installation level and Army as an institution. We are all part of that readiness."



PHOTO BY TIM HIPPS

Entertainment Specialist Blair Ferrier controls the video screen at Fort Sam Houston Theatre for the Installation Management Command town hall hosted by Under Secretary of the Army Patrick Murphy and IMCOM Commanding General Lt. Gen. Kenneth Dahl from the Pentagon June 28. Webcast from the Pentagon, the digital town hall was intended for Army employees around the world.

Murphy also said the Army has to do more with less. The Army has \$100 billion less than it did five years ago, so every dollar counts. He stressed everyone has to make sure we are not wasting that money.

Murphy also said that IMCOM is a true partner in what the Army is trying to do and appreciates what we do for the Army Team.

Employees had an opportunity to ask questions and learn what

the Army leadership is planning for the Army's future following his comments. The questions ranged from transformation, Soldier for Life, and public/private partnerships to telling the Army's story.

He encouraged everyone to follow him on social media and to connect with the American public through it.

"We have to do a better job of telling the Army story," said Murphy. "Every single one of

us are a recruiting officer. We should be asking ourselves what we are doing to talk about the Army to our sons and daughters, our nieces and nephews."

The town hall ended with Murphy thanking the workforce for everything that they do.

IMCOM employee Alfreda Arnold thought that it was "a wonderful thing" that Murphy was able to take time out of his schedule and bring some light to the issues that are going on with

the Army.

Melissa Sturgeon, IMCOM deputy director for operations, said it was great seeing and hearing Murphy on the teleconference because it demonstrated his passion for the Army.

"It is nice to see that level of enthusiasm and that energy applied to leading the Army," said Sturgeon. "That make us more excited to do our job and it was obvious that he values our command."



PHOTO BY SGT. CODY W. TORKELSON

Soldiers vie for the ball at the net during a volleyball match, one of several competitions during the annual Joint Base Myer-Henderson Hall and The Old Guard Urban Warrior Challenge and Organization Day June 23. Organizers said the purpose of the event was to build esprit-de-corps and camaraderie among the troops while giving families a chance to see where their loved ones spend their working hours.

WARRIOR from page 3

Army spouse Kelly Scott said she had been looking forward to seeing such athletic events as a tire roll, the Dizzy Izzy relay and ammo can race and was sorry that they were washed away.

"But it's nice to come here and spend some time with my husband during his work day," she said. "That doesn't happen that often."

What the weather didn't cancel were the large number of organizations that provided information to Soldiers and Marines inside Spates Community Center on the Fort Myer portion of the joint base. Vendors included Army Community Service, Marine Corps Community Services, and a number of civilian financial, educational and insurance organizations and the Washington Nationals baseball team.

"I think the best thing for the

Marines is to see the Army personnel from around the base," said Headquarters and Service Battalion, Headquarters Marine Corps Henderson Hall Sgt. Maj. Robert Pullen.

Service members and their families, as well as joint base employees, also feasted on hamburgers, hot dogs, chicken and all the fixings during the event's barbecue.

Pentagram Staff Writer Julia LeDoux can be reached at jledoux@dc-military.com.

Read the newspaper and find an easy to use Flip Book electronic version of the Joint Base Myer-Henderson Hall Base Guide at dcmilitary.com

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Soldier for Life- Transition Assistance Program seminars and workshops

Reservations are required. Spouses are encouraged to register and attend. Call the SFL-TAP office, 703-696-0973 or log-in at www.acap.army.mil. Available to all registered clients who have completed DD2648/2648-1 and initial counseling. Location of seminars and workshops are in the SFL-TAP Bldg. 404 on the Fort Myer portion of JBM-HH unless otherwise noted.

Retiring transition assistance program

8 a.m. to 4 p.m.

- July 1

Accessing higher education

8 a.m. to 4 p.m.

- July 12-13*

Entrepreneur track “boots to business”

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

- Sept. 6-7

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

Zika virus: Get the facts, protect yourself

THE FOUR D'S TO DETER AGAINST MOSQUITO BORNE ILLNESS



DUSK/DAWN

Are the times of the day you should try to stay indoors. This is when infected mosquitoes are most active.



DRESS

In long sleeves and long pants when you're outside. For extra protection, you may want to spray thin clothing with repellent.



DEET

(N, N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent. Follow label instructions and always wear repellent when outdoors.



DRAIN

Standing water in your backyard and neighborhood. Old tires, flower-pots, and clogged rain gutters. These are mosquito breeding sites.

Local testing continues, preventative measures key:

The JBM-HH Pest Management team has already treated catchment basins to stop the breeding of Culex mosquitoes and are trapping and testing for West Nile Virus-borne. Although there are no immediate reports of Zika, West Nile or other viruses in JBM-HH-captured mosquitoes, the best precaution to avoiding contracting these diseases is by preventing mosquitoes from breeding in the area, said Ron Purvis, JBM-HH Pest Management Team member.

To achieve that, Purvis and fellow team member Ronald Quarles recommends joint base residents, staff, service members and others take an active part in preventing mosquito breeding by identifying and emptying items and areas that contain standing water. Standing water, such as that collected in plant pots, wheel barrows, and other potential backyard water catchers, are where mosquitoes lay their eggs, he said.

“If you're turning over the sources [of breeding], like standing water, that's vital to combating mosquito breeding,”

said Purvis. “The more we can get the community aware, the better.”

More preventative measures and tips include:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.

Additional information on preventing mosquito breeding, as well as mosquito-borne viruses, can be found on the Centers for Disease Control and Prevention website at <http://go.usa.gov/cj3CG>.

To schedule a visit or inspection for potential mosquito-breeding areas, contact Purvis or Quarles at 703-965-6073 or 6049, respectively.



Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. WWFS aids veterans and their families in healing the wounds that medicine cannot.

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WORKSHOP
from page 3

violence remains a relevant conversation, ACS hosted an 8-hour workshop entitled "Community Response to Family Violence," June 23 at Memorial Chapel on the Fort Myer portion of the joint base. Guest speaker Lundy Bancroft, an author and domestic violence specialist has researched, studied and written about the modern batterer profile and contributing factors that lead to domestic violence.

"This is a national challenge both inside and outside the military," Bancroft said. "Batterers are sometimes good Soldiers—but what type of Soldier is he behind closed doors?"

Bancroft posed this question and provided other valuable information to JBM-HH clinical staff, military spouses and civilian providers who attended the workshop. While domestic violence batterers are primarily male, class, race and national origin do not have a disparate impact on who the perpetrator, offender or victim will be in a domestic violence situation, he said.

"There is not a lot of information about this kind of abuse [or profile] in our society," Bancroft said. "Some women don't even

realize they're being abused. Some behaviors are still considered normal or the way relationships are supposed to be," particularly in a society that puts emphasis on physical and sexual violence, and less on psychological violence, emotional, mental and verbal abuse, he said.

In an effort to ensure more military-personnel are able to recognize if they may be involved in a domestic violence situation, Bancroft created what he called a consistently true modern batterer profile:

- Manipulative with a good public image
- Coercively controlling and intimidating
- Entitled and self-centered
- Believes he is the victim

Factors that influence a person to become a batterer, according to Bancroft, include substance abuse, mental illness, a lack of consequences for their actions and community collusion.

"Domestic violence is a particularly conscious offense," Bancroft said. "So what this means is domestic offenders aren't losing control of themselves [or their emotions]. The problem is they're exercising control over their spouse or domestic partner. They will not change by gaining self-control, they will change only by letting go of control over their [significant



PHOTO BY ARTHUR MONDALE
Guest speaker Lundy Bancroft, an author and domestic violence specialist, discusses the contributing factors that lead to a domestic violence situation within the military community during a workshop entitled "Community Response to Family Violence" June 23 at Memorial Chapel on the Fort Myer portion of the joint base.

other]."

He also advised against the glamorized "Beauty and the Beast" theory, which often plays out in Hollywood films and sitcoms.

"[Some] women are trained to believe they can change a man with love—they believe their love can make the most awful man lovable—Beauty and

the Beast is a myth that won't work," Bancroft said.

Neilson and other JBM-HH clinical staff members are intent on further education and outreach.

"Clinical staff members need to understand the underlying dynamics they're going to be dealing with when military families walk into their office," Neil-

son said. "It's a family secret that needs to be addressed and confronted."

Victims of domestic violence can make a report to the 24-hour domestic violence hotline by calling 703-696-6611 or 703-919-1611 (after hours).

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

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IKEA

TEN THINGS
from page 4

announced it will conduct surveys at five military installations after Air Force officials announced KC-46A Pegasus aerial refueling and strategic military transport aircraft could replace fleets at Dover Air Force Base, Delaware; Fairchild Air Force Base, Washington; Grand Forks Air Force Base, North Dakota; Travis Air Force Base, California; and Joint Base McGuire-Dix-Lakehurst, New Jersey. On-ground surveys of the installations will include impacts to existing missions, housing, infrastructure and manpower, according to American Forces Network News.

8. Classified Cyber Forum heads to Chantilly. The Armed Forces Communications and Electronics Association hosts a one-day event focused on substantial cyber

security threats and adversaries to the U.S. government on July 21 in Chantilly, Virginia. Representatives from the Department of Homeland Security, the Department of State, the Federal Bureau of Investigation and the White House will discuss the current cyber security landscape, collaborations between the public and private sector and current cyber policy.

9. Metrorail Safetrack continues in National Capital Region. Service members and Department of Defense employees in the National Capital Region should continue to plan alternate means to get to work as the Washington Metropolitan Area Transit Authority (WMATA) completes part two and three of its 15 Surge projects which will result in either around-the-clock single tracking or shutdowns of selected track segments and will have a significant impact on rush-hour commuters. According to the authority's web-

site, commuters riding the Orange, Silver and Blue lines (Surge 2) will be impacted through July 3; repairs to the Blue and Yellow lines (Surge 3) will continue through July 12, with additional repairs to the Orange and Silver line from July 20-31, according to the WMATA online schedule. For the complete schedule and progress report visit www.wmata.com/rail/safetrack.cfm.

10. Fort Myer Thrift Shop provides new summer schedule. The Fort Myer Thrift Shop on the Fort Myer portion of Joint Base Myer-Henderson Hall, which benefits military-affiliated students and families in the National Capital Region, will be closed July 1-11. New summer hours beginning July 12 through Aug. 17 are 10 a.m. to 2:30 p.m., and Aug. 13 from 10 a.m. to 3 p.m. For more information, visit www.fortmyer-thriftshop.org or www.aowcgwa.org, or call the Fort Myer Thrift Shop at 703 527-0664.



PHOTO BY SGT. CODY W. TORKELSON

The 3d U.S. Infantry Regiment (The Old Guard)'s Presidential Salute Battery fires three-inch anti-tank guns in support of the 35th Capitol Fourth Concert as part of Independence Day celebrations in Washington, D.C., July 4, 2015. This year's A Capitol Fourth event will feature the battery along with other U.S. military ceremonial units.

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NEWS
from page 4

screening and networking sessions in a face-to-face small group format. Participants will spend time talking to each recruiter. Resumes are required for registration. In order to attend, you must be a transitioning military officer, or an enlisted service member a member of the National Guard or Reserve, a veteran or military spouse.

Seats are limited. Coffee and lunch will be provided. To register, send your resume to veterans@nvtc.org.

Golf with Us

Marine Corps Community Services Henderson Hall's Semper Fit Golf with Us goes to Forest Greens July 15 for an 8:30 a.m. shotgun start. Register to play by going online to www.mccsHH.com/GolfWithUs and pay with a credit card. The fees are \$55 for civilians; \$40 for officers, staff non-commissioned officers and retirees; and \$30 for non-commissioned officers and below. This series of tournaments in Northern Virginia runs through September. The Aug. 19 tournament is at Lee's Hill and the Sept. 16 tournament is at Marine Corps Base Quantico, Virginia. For more information, call 703-693-7351.

Coding and activity camp

Marine Corps Community Services Henderson Hall offers a five-day summer camp July 18-22

from 7:30 a.m. to 4:30 p.m. daily. Campers age 10 to 15 will use the popular game Minecraft as a tool to unlock the core mechanics of computer science to promote computer science and computer programming all across Virginia. The camp experience also includes recreational activities including pixel projects, swimming, tours and other outdoor activities. Morning and afternoon snacks will be provided. For more information, call 703-693-8378 or register up to three campers online at www.mccsHH.com/SL.html.

Youth British Soccer Camp

Challenger Sports British Soccer Camp is returning to JBM-HH Child, Youth and School Services this summer. Camp dates are July 18 through July 22. Half-day camp is available from 9 a.m. to noon for 6-to-12-year-olds. Registration is open until two weeks prior to the start date. For more information, call Annette Engum at 703-696-3728 or email at annette.e.engum.civ@mail.mil.

Save the date: Gen. Colin Powell book signing - July 20

The Henderson Hall Marine Corps Exchange is hosting a book signing by retired U.S. Army Gen. Colin Powell July 20 from 11:30 a.m. to 1 p.m. Powell will personalize and sign "It Worked For Me: In Life and Leadership," published in 2014. The book will be available for sale at the MCX to

authorized Exchange patrons, and all Department of Defense identification card holders are welcome to attend. For more information, call 703-979-8420 ext. 344.

Army OCS 75th anniversary

The U.S. Army Officer Candidates School Alumni Association celebrates the diamond anniversary of OCS July 20 at JBM-HH. At 1:15 p.m. the association will lay a wreath at the Tomb of Unknown Soldier at Arlington National Cemetery in recognition of the OCS 75th birthday.

A regional reunion and other activities will follow on the Fort Myer portion of the joint base. At 7 p.m., all OCS alumni will be recognized at Twilight Tattoo. Graduates and those affiliated with any Army OCS program are invited to attend. To join the celebration, RSVP to harrisnva@msn.com. See www.ocsalumni.org for more information or call 703-618-0017.

Dive-in Movie Nights at JBM-HH July 23, Aug. 13

JBM-HH Family and Morale, Welfare and Recreation Dive-In Movie nights are back at the Fort Myer Officers' Club Pool Complex. Future "Dive-In Movie" nights include a viewing of "Despicable Me" on July 23 and "Hotel Transylvania 2" Aug. 13. Gates open at 8:15 p.m. and show time is 9 p.m. Admission is free; audience members must provide their own floatation - lounge rafts or inner tubes. In the event of severe

weather or high winds, showings will be cancelled. For further information, call 703-939-1045.

Annual Ten-Miler Online Transfer Program open

Those seeking to transfer their registration to participate in this year's Army Ten-Miler on Oct. 9 have an opportunity to do so if via the ATM Transfer Program through Aug. 19. Available online at www.armytenmiler.com, the program allows those currently registered to transfer their registration online to another person. The original runner will receive an email confirming the transfer request has been received, while the new runner will be sent an email inviting them to register for the race. All transfer requests must be submitted online. Each new runner will pay a \$25 fee to finalize the official transfer and must register for the race within 72 hours of completing the transfer. For more information about the Army Ten-Miler, visit www.armytenmiler.com or call Maida Johnson at 202-685-3361.

MCCS Henderson Hall Pentagon outreach

MCCS Henderson Hall Marine and Family Programs offers outreach to the Pentagon each second Wednesday of the month from 9 a.m. to 3 p.m. Marine and Family Programs staff representatives are located in the Pentagon, Apex 1 and 2, on the second floor. Marines are invited to stop by to meet representatives, pick up informa-

tion, or have questions answered. Programs represented include the Exceptional Family Member Program, Education and Career Services, Marine Corps Family Team Building, Behavioral Health, and School Liaison. Upcoming dates through 2016 are: July 13, Aug. 10, Sept. 14, Oct. 12, Nov. 9 and Dec. 14. For more information, please call 703-614-7200.

After hours community counseling available

After Hours Community Counseling, provided by the Marine Corps Community Services Henderson Hall's Behavioral Health Branch, is available Wednesdays, 4:30 to 7 p.m., in Bldg. 12's conference room on Henderson Hall. The Community Counseling Program provides counseling services for active-duty and retired service members and their families. They offer individual, couple, family, child and group counseling services by appointment only. To make an appointment, please call 703-614-7204.

News Notes submissions

Send your submissions for the July 14 edition of the Pentagongram via email at pentagramjbmhh@yahoo.com no later than noon, July 6. Submissions must be 100 words or less and contain all pertinent details. Submission of information does not guarantee publication. Please note that unless otherwise noted, all events listed are free and open to all Department of Defense ID card holders.



Classifieds

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SURVEYOR - Bay Engineering, Annapolis MD, Land Survey Technician. Must have working knowledge of construction stakeout, boundary, ALTA, topographic surveys and sub. plats. Candidate must be proficient with Auto Cadd/Civil 3D. We offer a competitive salary, opportunity for advancement and excellent benefits. info@bayengineering.com or fax 410-897-9295.

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