



Pentagram

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JTF-NCR readiness exercise brings together local partners

By Matthew J. Irish
JTF-NCR/MDW PAO

Members of the Joint Task Force-National Capital Region recently tested their contingency response plans and procedures during the command's annual Capital Shield training exercise. More than 200 members of JTF-NCR and interagency organizations participated in the nearly monthlong exercise conducted Sept. 7-24.

"JTF-NCR remains ready to perform a wide spectrum of operations in support of civil authorities to safeguard the nation's capital," said JTF-NCR commanding general, Maj. Gen. Allan M. Pepin. "The command routinely conducts exercises like Capital Shield in cooperation with our joint and interagency partners to maintain our ability to operate and succeed together in the complex environment of the National Capital Region."

Like previous years, Capital Shield 21 brought together emergency responders and planners from dozens of local, state and national agencies to align their various disaster response plans and discuss ways to improve their respective contingency response processes.

For Col. William (Bill) Coryell,

JTF-NCR's readiness division chief, Capital Shield 21 required a steady progression of meetings with planners from across the region.

"It takes an extraordinary amount of detailed planning to execute an exercise the size and scope of Capital Shield," Coryell explained. "The exercise team spent at least six months working with our subordinate units, interagency partners, and the JTF-NCR staff to provide the team a quality experience."

Disaster response readiness in the National Capital Region is complex in nature and requires tremendous coordination across multiple agencies and organizations. For three days during Capital Shield 21, more than 50 leaders from across the Department of Defense, various federal government agencies and local emergency re-

sponse organizations such as the D.C. Fire and Emergency Medical Services and Arlington County Police Department met at Conny Hall on Joint Base Myer-Henderson Hall to participate in what is called

a "tabletop exercise." This portion of Capital Shield 21 included discussions about how to improve partnership and interoperability between the organizations, which are crucial when a major disaster affects the region. JTF-NCR deputy command-



Photos by U.S. Army

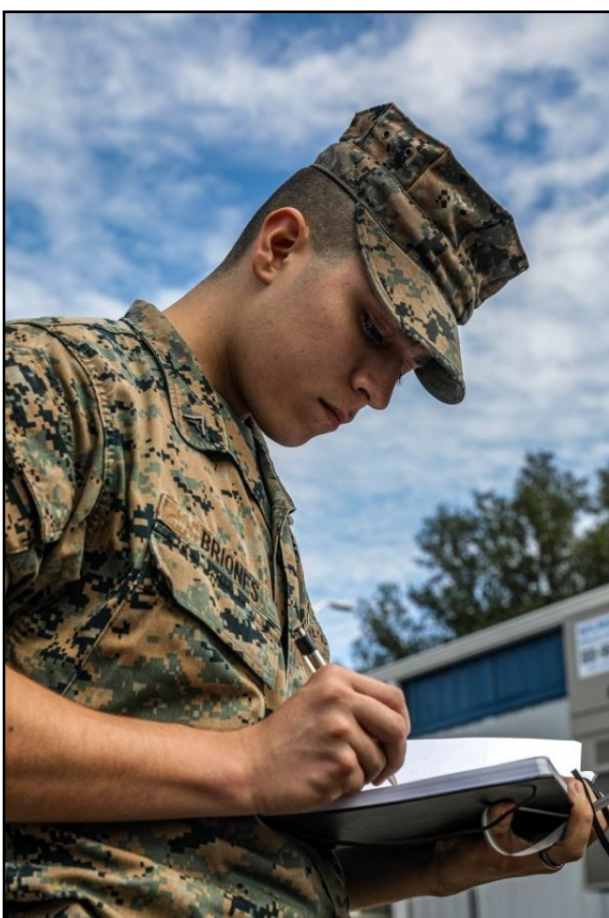
A service member verifies communication capabilities of a Mobile Command Vehicle during Capital Shield 21 on Joint Base Myer-Henderson Hall Sept. 23. Mobile command vehicles from the National Capital Region military and civilian agencies validated communications via multiple mobile platforms during Capital Shield 21. Joint Task Force-National Capital Region's annual Capital Shield exercise brings together civilian and military contingency response agencies to improve interagency communication, coordinate and evaluate regional management plans.

er, Egon Hawrylak, was instrumental in inviting emergency planning experts to serve as moderators and the primary presenters for the event.

"As we began planning for Capital Shield and established the scenarios, it was important to have facilitators who had real world experiences in disaster response issues," said Hawrylak. "We were

fortunate to have Chief Jim Schwartz, the incident commander for the 9/11 Pentagon attack, and Mr. Bob Quinn, former FBI Critical Incident Response Group Crisis Management specialist, lead our discussion and share their important lessons learned during our tabletop exercise."

See CAPITAL SHIELD, Page 2



A Marine verifies communication capabilities during Capital Shield 21 on Joint Base Myer-Henderson Hall Sept. 23.

CAPITAL SHIELD from Page 1

While many aspects of the exercise took place virtually, some of the outdoor segments were accomplished in person. One of the most notable in-person portions of Capital Shield 21 involved the mobile command posts from six different organizations. During this portion of the exercise, each of the response teams' respective mobile command vehicles demonstrated their equipment's capabilities during contingency operations.

"This is the first time that the JTF-NCR has hosted something like this," said Capt. Andrew Rekieta, the command, control, communications and computers planner at JTF-NCR. "It provided an amazing opportunity for discussion between the different organizations and provided testing on communication bridging capabilities that some of the organizations had never used before."

"The National Capital Region is complex, and the exercise is JTF-NCR's contribution to ensure the entire region is prepared to respond to an extraordinary emergency," said Coryell. "Experiences like this are mutually beneficial for our command and our joint and interagency partners by helping us to evaluate procedures and strengthen relationships."



Photo by U.S. Army
U.S. Army Soldiers from the 3d U.S. Infantry Regiment (The Old Guard) arrive at the personnel processing area for the joint reception, staging, onward movement and integration validation during Joint Task Force-National Capital Region's Capital Shield exercise on Joint Base Andrews, Maryland, Sept. 22.



Photo by U.S. Army
A member of Joint Task Force Civil Support verifies communication capabilities during Capital Shield 21 on Joint Base Myer-Henderson Hall Sept. 23.



Photo by Navy Mass Communication Specialist 2nd Class Michael Lehman
Military and civilian leaders from the National Capital Region discuss simulated rapid response during a tabletop exercise on Joint Base Myer-Henderson Hall Sept. 17.

Army Emergency Relief is here for Soldiers, Families

The U.S. Army is People First.

So are we.

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- \$2 Billion distributed as 0% interest loans, grants & scholarships
- 30+ categories of assistance such as childcare, PCS assistance and more



AER

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 (703) 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.

Pentagram



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National Museum of the Marine Corps' traveling combat art exhibit opens

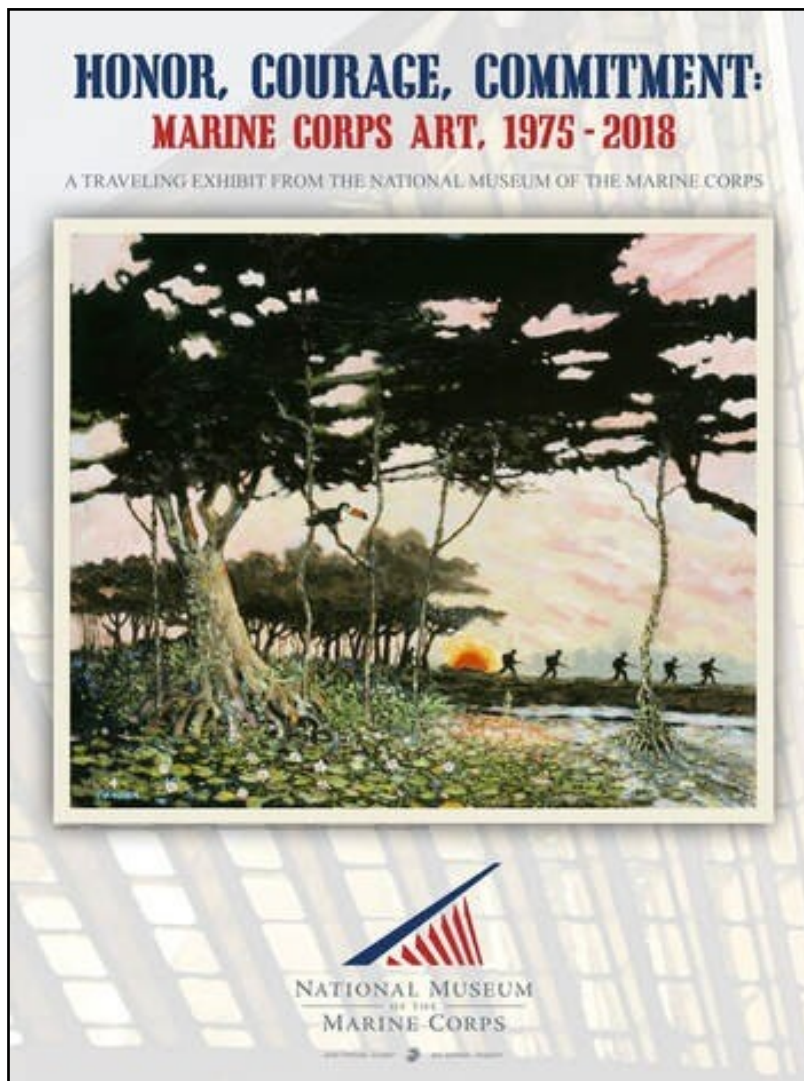
By **Marine Corps Heritage Foundation**

The Marine Corps Heritage Foundation is pleased to announce that the traveling combat art exhibition titled "Honor, Courage, Commitment: Marine Corps Art, 1975-2018" will be on display at the National Museum of the Pacific War, Fredericksburg, Texas, through Jan. 1, 2022. The exhibit features 36 works of art by 15 combat artists, focusing on Marine Corps service immediately following the Vietnam War through recent years.

"The Marine Corps Heritage Foundation proudly sponsored this exhibit in order to bring a piece of the National Museum of the Marine Corps to Americans across our great nation," said retired Marine Corps Maj. Gen. James W. Lukeman, president and CEO of the Marine Corps Heritage Foundation. "We all benefit from understanding the history, traditions and culture of the Marine Corps, and through artwork, we are able to convey those experiences in a very personal and powerful way."

The majority of the artwork on display is from the inaugural Combat Art Gallery exhibit at the National Museum of the Marine Corps, located in Triangle, Virginia. The selected pieces include 34 works on canvas and two sculptures. The art speaks to the experiences of the artists, most of whom were deployed in combat. The Marine Corps' direction to these artists was simply, "Go to war, do art." The result is a rich commentary on the men and

women of the Marine Corps who are "no better friend, no worse enemy" in their engagements around the world.



"Marine Corps art is up close and personal," said Lin Ezell, former Museum director and the curator of the traveling exhibit. "It is about the individual Marine — in combat, during training or while delivering assistance during times of great need. This art helps us better appreciate those who have worn the uniform and those who continue to serve today."

There is no extra charge for this temporary exhibit at any of the museums that have booked it. The show is traveling across the country until fall 2023. The St. George Art Museum, St. George, Utah, will host the art show February-April 2022, after which it will travel to the National Museum of the U.S. Air Force in Dayton, Ohio, from June through November 2022, the George H. W. Bush Presidential Library and Museum, College Station, Texas from May through September 2023 and one other location, which will be announced soon.

JOINT BASE MYER – HENDERSON HALL

Celebrates

Hispanic Heritage Month



Guest Speaker:
LTC Marisol Chalas
Reserve Schools Branch Chief,
HRC

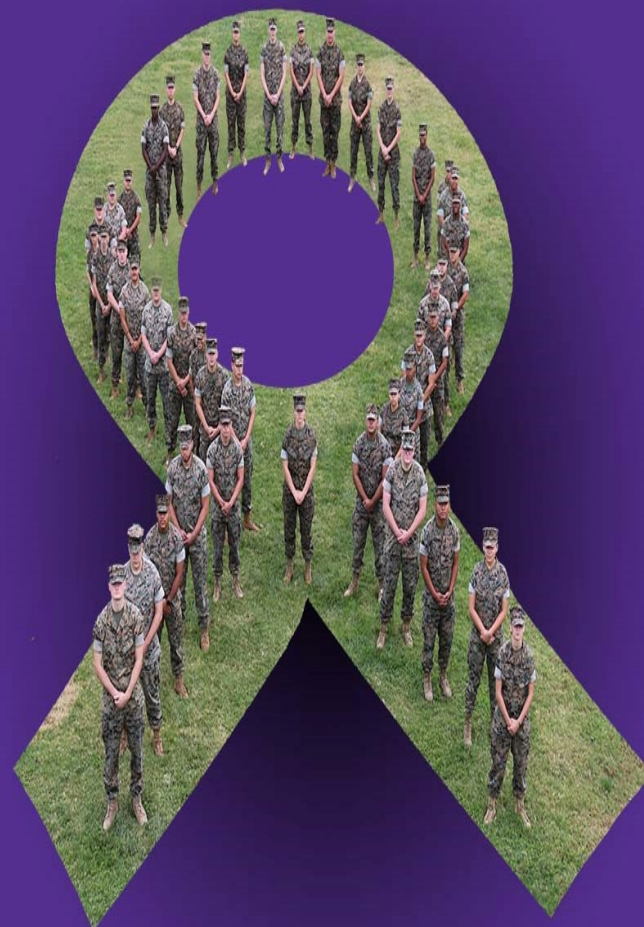
Where: JBM-HH Facebook Page

When: Friday, 15 October 2021, 11:00am

Why: National Hispanic Heritage Month pays tribute to the generations of Hispanic Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America, and who have positively influenced and enriched our nation and society.

Point of Contacts:
SFC Daly-Wilson, SFC Manahl, SFC Briscoe, SFC Taylor

H&S BATTALION, HQMC, HENDERSON HALL



STANDS UNITED TO END DOMESTIC ABUSE

#DOMESTICVIOLENCEAWARENESSMONTH2021

Annual Combined Federal Campaign kicks off

The Combined Federal Campaign of the National Capital Area launched its 2021 campaign Oct. 6. The CFCNCA is the official workplace giving program for federal employees and retirees in the Washington Metropolitan Area and surrounding regions.

In 2020, federal employees and retirees in the CFCNCA exceeded their goal and pledged more than \$37.2 million and more than 48,000 volunteer hours to support local, national, and international charities.

This year, the federal community is invited to join and help the CFCNCA surpass last year's success by pledging a monetary gift and volunteer hours at GiveCFC.org

Follow the CFCNCA on Facebook at <https://www.facebook.com/cfcnca>.



WE ARE THE FACES OF CHANGE. Members of the U.S. military. Defenders of our country. Changemakers. We serve and give to our favorite charities through the CFC to change the world together.



2021 ANDREW RADER U.S. ARMY HEALTH CLINIC ANNUAL FLU CAMPAIGN COMMUNITY CLINICS



- Who:** ALL Active Duty, Beneficiaries, Retirees, DOD Civilians
What: Annual Influenza Vaccine Community Clinics
 (FLU Shots Only for Adults, Pediatrics and Over 65 dose - if available)
Where: Joint Base Myer – Fort Myer Fitness Center (212 Sheridan Ave.)
When: Thursday from 8 a.m. to 3 p.m.
 Oct. 21 and Nov. 10 from 8 a.m. to 6 p.m. (Extended hours)
 Saturday and Nov. 6 from 8 a.m. to noon at Fort Myer Community Center
 Fort McNair Community Flu Clinic at Fort McNair Gym (Bldg. 69)
 Friday from 8 a.m. to 3 p.m.

In accordance with increased COVID-19 safety measures please ensure the following:

- If you have COVID-19 symptoms please **DO NOT** come to the clinic
- Bring military ID Card with DOD ID number
- Maintain proper social distancing and proper face mask use
- Wear clothing that allows easy access to your upper arm/shoulder area



Flu Vaccine: For Everyone, Every Year





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 more information, contact Cheyanne Pace at Cheyanne.n.pace.civ@mail.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 in person and 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 (703) 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.

Domestic violence awareness

October is Domestic Violence Awareness Month. Know the four common red flags of domestic abuse and the resources available to individuals, friends and Family members. For more information, visit <https://usmc-mccs.org/articles/united-to-end-domestic-abuse/>.

For a listings of local Domestic Violence Awareness Month events, visit the Henderson Hall MCCS website at <http://mccshh.com/dvam/>.

Mask mouth does not exist, dentists say

By Janet Aker
MHS Communications

No, mask wearing won't ruin a person's teeth.

Recently, there has been a lot of online chatter about "mask mouth" — an alleged condition that results from wearing a mask all day and causes tooth decay or gum disease, especially among children.

But the American Academy of Pediatric Dentistry has "taken a position that current evidence does not support the notion of mask mouth," said Col. Thomas Stark, consultant to the Army surgeon general for pediatric dentistry and an orofacial pain specialist at the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston, Texas.

"To date, there have not been any studies demonstrating a connection between mask use and tooth decay."

The truth is that people's dental routine and check-up schedules have been thrown off by the COVID-19 pandemic. That's why dentists may be seeing more cavities or other dental problems.

Missing dental appointments can result in a host of infections requiring root canals, or inflammatory conditions such as gingivitis (bleeding gums). However, any uptick in dental problems among children cannot be attributed to wearing masks at school, explained Maj. Matthew Eusterman, a pediatric dentist at Womack Ar-



Courtesy photo

Mask mouth is not a real phenomenon, according to dentists. Children who wear masks are not suffering tooth decay because of their masks, internet rumors of mask mouth to the contrary.

my Medical Center at Fort Bragg, North Carolina.

Any increase in cavities that dentists may be seeing, Eusterman said, is more likely attributed to other factors, such as:

The 2020 mandatory military dental clinic closures that delayed treatment for many kids

Families foregoing routine dental care for their kids during the recommended quarantines of the past 18 months

Kids spending more time at home may be snacking more of-

ten, meaning their exposure to cavity-causing foods may have increased

While spending more time at home, some Families also may be brushing their teeth less often than the suggested American Dental Association guideline of at least twice a day after meals

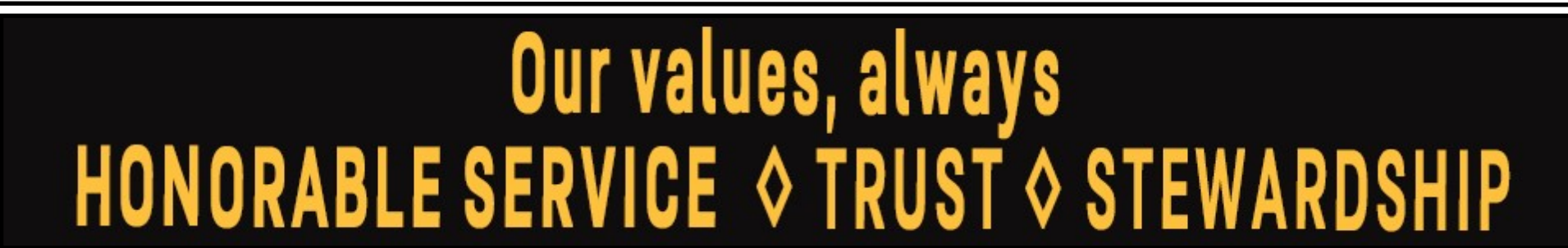
"Even if there is an increase in tooth decay since the pandemic started, we do not have the data to support a causal relationship with mask use," Stark said.

Stark noted that wearing a

mask all day is a long-standing practice in his field of medicine.

"If a link between masks and cavities were to exist, dental personnel would certainly have an increased risk since we wear masks all day," he said.

According to a March survey by the American Dental Association Health Policy Institute, there has not been a meaningful increase in oral conditions such as bad breath and dry mouth compared to pre-pandemic.



Chaplain's Corner

Ditches, spinning wheels — stuck in the moment

By Retired Chaplain (Brig. Gen.) Ray Bailey

I was listening to an album from the famous singing group U2. One of the songs caused me to pull over off the road and write down some of its lyrics. The words just stood out to me and the title was prophetic. It's called "Stuck in a Moment You Can't Get Out Of."

I can so relate to that title. I think most of us can. Maybe it may not be put to music, but we know what it feels like to be stuck and unable to get out. We know what it feels like to be so emotionally confused that we wander through the day like in a fog looking for the edge of sunlight. We know the feelings of fear, hopelessness and pain that is part of being stuck.

We go through the same routines day after day, trying to find meaning and purpose in our lives and coming up empty.

The relationship isn't working and we feel stuck. The job has lost its joy and challenge and we feel we can't get out. Bills and mortgages pile up on the table with a limited budget and we are stuck not knowing which way to go.

We repeatedly tell ourselves we've forgiven someone, hoping that if we say it enough times, it will make it true. We promise ourselves we will stop that habit and never do it again, only finding ourselves right back in the middle of it.

The list goes on in feeling stuck in a moment and can't get out. It's not a fun place to be. My Family and I were stuck on the side of the road in a ditch after I tried to pull over.

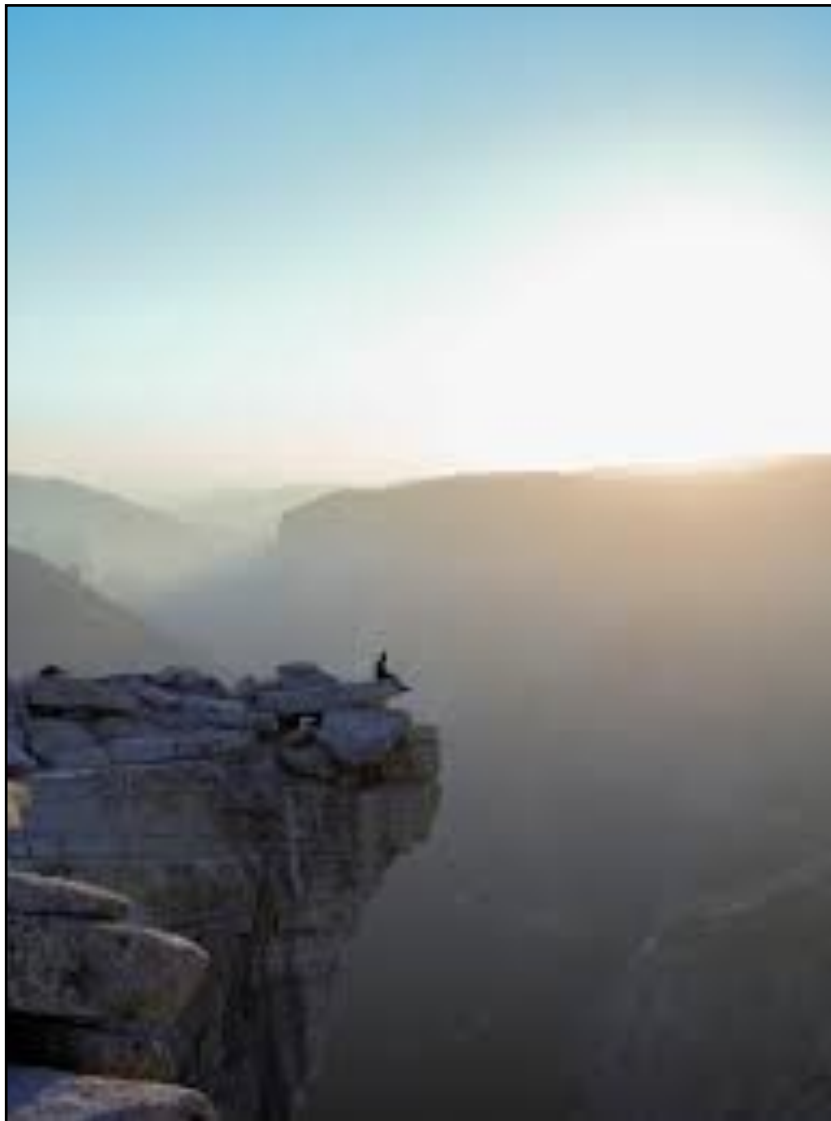


Photo by Cedarville University

Many other times I had been in this position and had always been able to figure it out, but this time was beyond my capabilities. It was impossible to get out on my own. The more I struggled and spun my tires, the deeper they became in the mud. Sometimes when we're stuck, it takes an outside source to help get us out. I called a tow truck who then pulled me out.

Often we don't realize the strength we have and that we can "unstuck" ourselves from a situation. However, other times we just don't have it in us. The fog is too thick, the circumstance is too painful, the strength is too weak, our spiritual faith too shallow and the rut too deep. Then is when we reach out a hand, hoping someone will grasp it, and he or she does. It is that friend, Family, Creator or a good empathetic stranger.

There is always a way, but maybe just beyond ourselves. You may be "stuck in a moment you can't get out of," but maybe "we" can.

JBM-HH Religious Services are on a weekly basis at Memorial Chapel.

To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhrso> or email the Religious Support Office at usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil. Services are subject to cancellation in the event of inclement weather.

Catholic Mass	Saturday at 5 p.m. and Sunday at 9 a.m.
Protestant Service	Sunday at 10:30 a.m.
Gospel Service	Sunday at noon
Samoan Service	Held the first Sunday of every month only at 2:30 p.m.

The RSO now livestreams the following Sunday services via the JBM-HH Religious Support Facebook page:

Protestant	10:30 a.m.
Gospel Service	noon

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at saralyn.astrow.ctr@mail.mil or phone at (703) 806-3393.



STAY VIGILANT
Report concerns to Base Defense Operations
Usarmy.jbmhh.id-sustainment.mbx.dptms-bdoc@mail.mil
(703)696-5113/5662 Together, keeping JBM-HH safe.
Dial 911 in emergencies. For non-emergency dispatch, call (703)588-2800/2801.





Photo by Sgt. DeUndra Brown

A Soldier fights through the pain after completing a 12-mile ruck march April 11, 2019, at the Vicksburg National Military Park in Vicksburg, Mississippi.

Five ways to manage chronic pain for military wellness

By **Human Performance Resources CHAMP at USU**

Chronic pain remains a common experience shared across military and civilian populations. This pain can result from injuries, surgeries, joint conditions or side effects from other conditions.

The good news is that there are many treatments, techniques and therapies to help a patient manage his or her pain and bring relief.

“As part of the (Department of Defense) Pain Management Task Force 2010 effort, DVCIPM recommend a number of pain-management strategies that you can use alone or with other treatments to help you manage your pain,” explained Dr. Chester ‘Trip’ Buckenmaier III, program director at Uniformed Service University of the Health Science’s Defense and Veterans Center for Integrative Pain Management. “These five treatment methods are consistent with the Department of Veterans Affairs and Department of Defense Stepped Care Model of Pain management.”

Massage

Therapeutic massage can help reduce pain in an individual’s lower back and neck. There are many different massage techniques such as Swedish massage, deep-tissue massage and sports massage. During a massage, a licensed therapist applies pressure and other forms of manipulation, such as kneading, circular movements or tapping, onto muscle and soft tissue. Massage can increase blood circulation, which can help reduce pain. Massages also help a person feel calmer or less anxious, which in turn, can also reduce pain.

Massages can be more effective

at reducing lower back pain when combined with a strengthening and stretching program. Massages are generally safe, but an individual needs to make sure he or she seeks treatment from a trained professional.

Yoga

If a person’s lower back hurts now and then, or if he or she struggles with ongoing pain in this area, consider yoga to help relieve the pain, lower anxiety and feel more relaxed. Lower back pain is common. For most people, the pain goes away in less than three months without treatment. For others, though, lower back pain doesn’t go away. When pain lasts longer than three months, it’s called “chronic” pain.

Yoga typically includes three benefits. First, breathing retraining can help calm and focus an individual’s body and mind. Second, yoga can increase a person’s flexibility, coordination and strength. Lastly, meditation exercises can help an individual become more aware of his or her actions and feelings, lower a person’s stress levels and improve his or her mood.

Yoga isn’t a replacement for seeing a doctor about pain. If a person has a medical condition, talk with a health care provider before he or she starts doing yoga. Adding yoga to an existing pain-management plan can help ease pain from injury or other painful conditions. As a mind-body approach, it often combines meditation and breathing with exercise and stretching.

Transcutaneous Electrical Nerve Stimulation

Transcutaneous Electrical Nerve Stimulation is a sort of

“electrical massage” that works by sending more “traffic” to the brain to block pain signals. A TENS system includes a small power unit connected by wires to a pair of electrodes. The electrodes are placed on the skin near the location of pain. A mild, generally painless electric current stimulates the nerves in the skin when the unit is switched on.

Most people experience a sensation of tingling and sometimes warmth during TENS treatments. This stimulation is thought to block or interfere with pain signals as they travel to the brain. That is, TENS sends more “traffic” overriding the pain. It’s also thought to increase endorphins, or the body’s natural painkillers, during treatment sessions.

Sessions typically are short, and TENS can be applied as often as needed depending on how bad the pain is and recommendations from a medical provider. TENS is noninvasive, meaning; it doesn’t go into a person’s body. While offering very little long-term benefit, it does provide short-term relief.

Trigger Point Injections

Trigger points, commonly called “muscle knots,” are tight spots in an individual’s muscles. Not everyone with trigger points experiences pain, but some people have painful trigger points. Often times, a person can treat trigger points on his or her own. At-home treatments include massage, using an individual’s hand or a massage ball and foam-rolling exercises.

However, what if a person’s painful trigger points don’t go away? He or she might need further attention from a health care professional, which could include

trigger point injections directly into the affected muscle. Trigger point injections are when a fluid or medication is injected directly into the trigger point. This injection can reduce pain or discomfort caused by irritated and stiff muscle fiber. TPI needles helps to reduce muscle inflammation so that the muscle fiber relaxes and lengthens, which causes the trigger point to get smaller or go away.

The effectiveness of TPIs for types of pain is still unclear, although some diagnosed with neck and shoulder pain, sciatica pain or connective tissue pain benefit from TPIs.

Acupuncture

Buckenmaier also suggested, “Acupuncture as a low-risk treatment that may improve pain for some people with certain types of pain conditions and involves the use of thin needles inserted through the skin into muscle or other tissue at specific points on the body.” It’s an ancient practice, which is routinely used throughout the world today. Acupuncture can be effective in improving migraines, nausea, back pain, chronic pain and more.

Whereas battlefield acupuncture, he explained, is “A form of acupuncture using needles in just the ear, rather than in various parts of the body as with traditional acupuncture, so that is easier to transport and administer in the field.”

Acupuncture should not be a replacement for treatment by a physician, so an individual should make sure to discuss with his or her doctor, as it may be able to be used in conjunction with other treatments.

DISA director says common access card showing age

By C. Todd Lopez
DOD News

The Defense Department has used the common access card for more than 20 years now, and there's no sign, as of yet, that the department is planning on doing away with the identification card. However, the director of the Defense Information Systems Agency said he thinks it might be time to look for better ways for department personnel to prove who they are to gate guards, computers and chow hall personnel.

During a conversation Friday as part of the 2021 Billington Cybersecurity Summit, Air Force Lt. Gen. Robert Skinner, who serves as DISA director and commander of Joint Forces Headquarters, Department of Defense Information Networks, said that identity management — which the CAC now plays a significant role in — is one area where the department can look to industry for a way ahead.

"I have this notion of — this little mantra of — I want to kill the CAC as the primary authentication mechanism for the department," Skinner said, adding that it will be the defense industrial base, and the U.S. industrial base, who will play a big part in helping the department find better solutions.

"We have to have something that's better. Industry has been, I'll say, using other authentication mechanisms — other things for leveraging identity management, access control. I want to leverage that. We want to leverage that technology to be able to provide greater options, so it's not just two-factor authentication, but it's truly multi-factor — and it's with the individual, it's with the device."

Identity, credential and access management Skinner said is the foundation for everything he said must happen within the department to improve data security. Being able to prove that an



Photo illustration by C. Todd Lopez

A common access card is commonly used by security-cleared personnel to access classified systems.

individual is who they say they are, that they are using a secure access device, and that they have the right privileges to access the information they want to see is a big part of that.

Skinner said the department must leverage what's happening in industry, and undergo a change in culture, to get to a "data-centric" environment versus a "network-centric" environment.

It's an environment, he said, where the department is more concerned with making sure data is protected and secure and less concerned about the infrastructure

itself. Getting there, he said, will require the department to lean more on industry.

"We're really looking at the future of the SIPRNET, and the secure environment and how we take advantage of technology today," he said, "how we take care of what industry is able to do — to really transform, not just modernize, but how do we transform so that we can truly have the multifactor, multilevel security, multi-level environment. So, that it doesn't matter where you're trying to go, that you can get access to it as long as you have the right privileges and accesses."

HALLOWEEN COSTUME CONTEST

31ST OCT

**Trick or Treat
Win a Turkey to Eat!**

Entries accepted October 1 - 31
View contest rules and details at
www.commissaries.com/halloween-costume-contest

COMMISSARIES

MP21397

Haunted Hill

5K RACE

HENDERSON HALL

REGISTER HERE

Cpl Terry L. Smith Gym

This Halloween themed event will include tricks and treats for all participants!

COSTUMES ARE WELCOME

Secretary discusses 'extraordinary year' for Army, future challenges

By Thomas Brading
U.S. Army News Service

The Army secretary took the stage Monday morning to tout several wins by Soldiers this past year and promised to keep placing people first while addressing future challenges.

"Today's Army must ask hard questions," said Secretary of the Army Christine E. Wormuth during her first keynote address to kick off the Association of the U.S. Army Annual Meeting and Exposition. "I am not convinced we have fully thought our way through all of the challenges we face in the future."

The Army secretary still expressed confidence that the force is capable of succeeding any mission if called upon.

"We aren't just any Army — we are America's Army," she said.

The Army had "an extraordinary year," she said, despite challenges such as responding to natural disasters, the insurrection at the U.S. Capitol and the withdrawal of U.S. troops from Afghanistan. All of this while operating in over 140 countries and maintaining global readiness amid the deadliest pandemic in American history.

"We have a lot to be proud of, but we also have a lot of work to do," Wormuth said, adding that the Army has found itself at a strategic crossroads, with more changes to come.

"We still face an array of challenges (from) Russia, North Korea, Iran and terrorist groups like ISIS. But one pacing challenge stands out above all — China — and we must transform to meet that challenge."

To compete with near-peer competitors, leaders must adjust how they approach the fight and not take anything for granted in order to avoid attacks on the U.S. homeland, she said.

"If deterrence fails and either China or Russia makes the strategic mistake of threatening our vital interests with military aggression, we can no longer count on having months to project combat power overseas from an uncontested homeland, nor can we count on quickly establishing air superiority so that our forces can precisely strike targets with relative impunity," she said.

In the face of growing concern, Wormuth believes the Army is "up to the challenge if we move decisively," she said, because "the future is a lot closer than some of us think. Fortunately, the Army has not been standing still — far from it."

For instance, the Army has been innovating, experimenting, and developing new weapons systems.

"This will lead to new formations as well," she said, using the Army's six security force as-

sistance brigades as an example, which continue to deploy throughout the world.

Multidomain task forces will also be strategically positioned to meet future challenges head on. "MDTFs give the Army the ability to deliver synchronized nonkinetic

"The point isn't just to respond better to episodes of sexual harassment and sexual assault; it is to stop them from happening in the first place," she said. "That's on all of us. Every leader has to ensure a command climate in which we

we have much more work ahead," Wormuth said.

In the coming year, the Army is on track to field multiple prototypes, including the Maneuver-Short Range Air Defense system, the Lower Tier Air and Missile Defense Sen-



Photo by Staff Sgt. Keisha Brown

Secretary of the Army Christine Wormuth gives the keynote address to start the Association of the U.S. Army Annual Meeting and Exposition in Washington, D.C., Monday.

and kinetic effects over long ranges. MDTFs operate across the spectrum from competition to conflict."

The MDTF concept brings together cyber, space and information operations with long-range precision fire capabilities intended to disrupt and defeat adversary targets.

Elements of the first MDTF have already operated in the U.S. Indo-Pacific Command, where they have taken part in training exercises such as Defender Pacific.

The unit is also slated to team up with Soldiers from 82nd Airborne Division this week during Project Convergence 2021, a series of joint warfighting exercises, she said.

Dignity and respect

The success of the new formations and latest technologies will depend on Soldiers. To succeed, the Army must ensure all its Soldiers work in an environment free of sexual harassment and assault, she said.

"It's not only a matter of principle, but also of national security," she added.

The Army is launching a Fusion Directorate pilot program at six active-duty Army installations to ensure it is free from negative behavior, she said, as well as to make certain the response to sexual harassment/assault is victim-centered.

take care of Soldiers as if they were members of our own family."

To put words into action, the secretary recently transformed the Army Criminal Investigation Division by hiring a civilian director and committed to staffing the organization with roughly 60% civilian agents.

War for talent

Besides caring for people, the Army is also searching for talent to retain the best Soldiers. This drives the Army to recruit and keep "the very best," she said, as well as provide excellent care to the outstanding individuals who wear the Army uniform.

Another example is how the Army selects many future leaders. Previously, leaders were selected by thumbing through personnel files. Now, to identify the best Soldiers for the right position regardless of race and gender, the Army is conducting blind interviews over several days.

This way of matching talent with jobs was initially successful for battalion and brigade commanders, so much that the Army expanded it to help select future sergeants major, she said.

The road ahead

"I'm very proud of what the Army has accomplished, but

sor, commonly called the LTAMDS and the robotic combat vehicle, she said.

In fiscal year 2022, the Army also plans to field its next-generation squad weapons, along with the new integrated air and missile defense platform and an integrated battle command system.

"Fiscal year '23 will be the year of long-range precision fires," Wormuth said. "We'll see the first battery of the new long-range hypersonic weapon that we've developed with the Navy, as well as PrSM, our mid-range capability system and the prototype of the extended-range cannon artillery."

Even with all the upcoming capabilities, the Army needs to remain ready to deal with any challenges today, she said.

"This means thinking even harder about how to deter and to fight high-end adversaries," she said, adding that units will have to adapt existing capabilities in the short term until new operating concepts and capabilities become a reality. "We're going to have to make hard decisions and follow through on them, but the Army has never shied away from a fight. And I know we're not about to start now, so let's roll up our sleeves and get to work."

News Notes

Town hall save the date

In recognition of the JBH-HH retiree community, the next town hall will be retiree focused, including details on the upcoming Retiree Appreciation Day in November. Save the date for the Oct. 21 virtual town hall. More details coming soon. To view the event and ask questions on Facebook, visit <https://www.facebook.com/jbmhh/>. Questions may also be emailed to usarmy.jbmhh.asa.list.pao-all@mail.mil.

DPW converting facilities from air conditioning to heating

The Directorate of Public Works has begun the annual changeover process of converting facility systems from air-conditioning to heating in preparation for the upcoming winter. All facilities are planned to have their heating system properly operating no later than Nov. 15. There may be some unseasonable warm or cool periods during this transition, and building occupants may experience some discomfort. Based on weather forecasts and history, this is the best time to do the conversion.

During the conversion period, please refrain from calling in service orders for “no heat” or “no air conditioning” unless it is an emergency or in a facility that has been designated as a key mission critical facility (barracks, Army Family housing, child development center, fire department, police and emergency services). DPW work crews will be diverted from the above priorities only for emergency repair. In general, heat and air conditioning emergencies are defined as instances in which indoor temperatures are below 55 degrees or above 90 degrees Fahrenheit.

If there is an emergency, please call (703)-696-3263/64/65. For additional information, call (703) 696-9175.

ASCGWA luncheon

The Army Spouses’ Club of the Greater Washington Area will host its Oktoberfest luncheon Oct. 21 from 10:30 a.m. to 1 p.m. at Patton Hall, 214 Jackson Ave., Fort Myer, Virginia.

The luncheon will feature a German menu and party music from the band Lost Lederhosen. To register, visit the ASCGWA website at armyspousesclub.org. The last day to RSVP is Monday. The cost of the luncheon is \$30. Traditional German attire is encouraged.

ASCGWA follows all local COVID mandates. It is required to wear a mask at JBM-HH regardless of vaccination status.

Celebrating Hispanic Heritage Month

On Friday, at 11 a.m., JBM-HH will celebrate Hispanic Heritage Month virtually via JBM-HH Facebook page at

www.facebook.com/jbmhh. The virtual event guest speaker is Lt. Col. Marisol Chalas, chief of the Reserve Schools Branch at U.S. Army Human Resources Command at Fort Knox, Kentucky. Among her military contributions, Chalas made history as the first Latina National Guard Sikorsky UH-60 Black Hawk pilot.

Haunted Hill 5K

The OohRah Run Series continues as Henderson Hall hosts the Haunted Hill 5K Oct. 29 at 7 a.m. The race will begin across from Smith Gym and take runners through all of the sights of Joint Base Myer-Henderson Hall, ending end back at Smith gym for a post-race awards ceremony. The first 100 participants will receive a free race T-shirt and a chance to compete for the top awards. This Halloween-themed event will include tricks and treats for all participants. Costumes are welcome. Register online at <http://www.mccshh.com/OohRahRun-Series/>.

- Check in and late registration on site starting at 5:45 a.m.
- Registration closes at 6:30 a.m.
- First 100 registered participants receive a T-shirt.
- Top three male/ female finishers awarded medals and prizes.

Costume contest

Trick or Treat, win a turkey to eat. Thanks to the commissary, individuals could win a 14 to 16 pound turkey for a Thanksgiving feast. There will be one winner per commissary store.

Customers may enter the contest by registering and uploading their favorite costume photo at www.Commissaries.com/halloween-costume-contest. One submission/entry per person. Entries must be submitted by Oct. 31. Winners will be notified by Nov. 8. For contest rules, visit www.Commissaries.com/Halloween-costume-contest.

Standing united as a community

Henderson Hall “Stands United to end Domestic Abuse.” Please continue to join Henderson Hall through the rest of October in recognizing Domestic Violence Awareness Month and learn how individuals can support those impacted by domestic violence.

If an individual is experiencing domestic violence, please reach out to the 24/7 victim response line at (202) 439-6038.

Domestic violence awareness

October is Domestic Violence Awareness Month. Do individuals know the red flags of domestic abuse? Know the four common red flags of domestic abuse and the resources available to individuals, friends and Family members. Get more information at <https://usmc-mccs.org/articles/united-to->

end-domestic-abuse/. For a listing of local Domestic Violence Awareness Month events, visit the Henderson Hall MCCA website at <http://mccshh.com/dvam/>.

Virtual transition services

The JBM-HH Transition Assistance Program wishes to remind the joint base community that all services are currently virtual. The TAP facility, located in Bldg. 404, is currently under construction. The building is closed to public access at this time. Employees who wish to enter the building in the interim must report to the trailer south of Bldg. 404, near the loading dock to receive the proper personal protective equipment.

Honor Tomb centennial at ANC

Join a once in a lifetime event at Arlington National Cemetery Veterans Day. For the first time in nearly 100 years, the public will be able to walk the Tomb Plaza and lay a flower at the base of the Tomb of the Unknown Soldier to pay respects. This two-day flower ceremony will be Nov. 9 and 10 from 9 a.m. to 4 p.m.

There will also be a historical plaque dedication, naval symposium and 21-gun salute ceremony at the Washington Navy Yard Nov. 9.

On Veterans Day, Nov. 11, there will be a series of events to commemorate the Tomb centennial and National Veterans Day observance. There will be a joint full honors procession, a joint full honors flyover with 17 aircrafts, and an armed forces full honors wreath laying ceremony followed by the National Veterans Day observance at ANC’s Memorial Amphitheater.

More information on public participation details, virtual visitation and registration to come.

Stay tuned on social media by following Arlington National Cemetery on Facebook and Twitter, and the hashtag #Tomb100.

Gym hours

All JBM-HH gyms are open to DOD ID cardholders.

The Myer Fitness Center hours are weekdays from 5 to 7:30 a.m., 11 a.m. to 1 p.m., and 4 to 6 p.m.

The McNair Fitness Center is open 24/7 daily for those with registered access. Registration for McNair Fitness Center is by appointment only. People can call and make an appointment to register for the 24/7 access by calling Lydia Mease at (571) 315-9125 Monday through Friday from 9 a.m. to 5 p.m.

The Smith Gym at Henderson Hall has new hours. The Smith Gym operational hours are Monday through Friday from 5 a.m. to 7:30 p.m. and weekends 8 a.m. to 2 p.m.

Death notices

Anyone with debts owed to or by the estate of Maj. Joshua Molgaard must contact Lt. Col. Chris-

tina Hayes, the summary-court officer for the Soldier. Molgaard recently passed away Oct. 11. For more information, call Hayes at (571) 616-5239.

Anyone with debts owed to or by the estate of Sgt. 1st Class Karl Matthew Anker, EMDP2 Company, must contact Capt. Alex Fuentes, the summary-court officer for the Soldier. Anker recently passed away Sept. 26. Call Fuentes at (301) 295-6648.

Anyone with debts owed to or by the estate of Cpl. Edgar Joel Cortés Pérez, Soldier Recovery Unit, 9045 Beale Rd., Bethesda, MD 20889, must contact Capt. Ruhollah Manavi, the summary-court officer for the Soldier. Perez recently passed away Sept. 22. For more information, contact Manavi at (301) 335-5814.

For more information, contact Cazarez at (703) 614-4982.

Zembiac Pool closed

The Zembiac Pool Facility, Bldg. 11 at Henderson Hall is closed for the fall annual maintenance and winter dome enclosure installation. The pool facility will be closed for the month of October to complete these projects.

Marine Corps Marathon

After exhausting all possibilities, the opportunity to host the 2021 MCM Weekend events live and in-person is not feasible at this time due to safety precautions. The MCM, MCM50K and MCM10K are still being offered virtually. For more information, visit ms.spr.ly/6181XbiBL.

Civilian leave assist

JBM-HH Directorate of Emergency services employees Danpats Mwesigwa and Brian Sutton, Directorate of Public Works employees Huey Vample, Wanda Scott and Lisa Barnes 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 OP-M630a, “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.

Changing of the Guard hours

The Changing of the Guard will now take place at the top of every hour. Arlington National Cemetery hours remain 8 a.m. to 5 p.m.