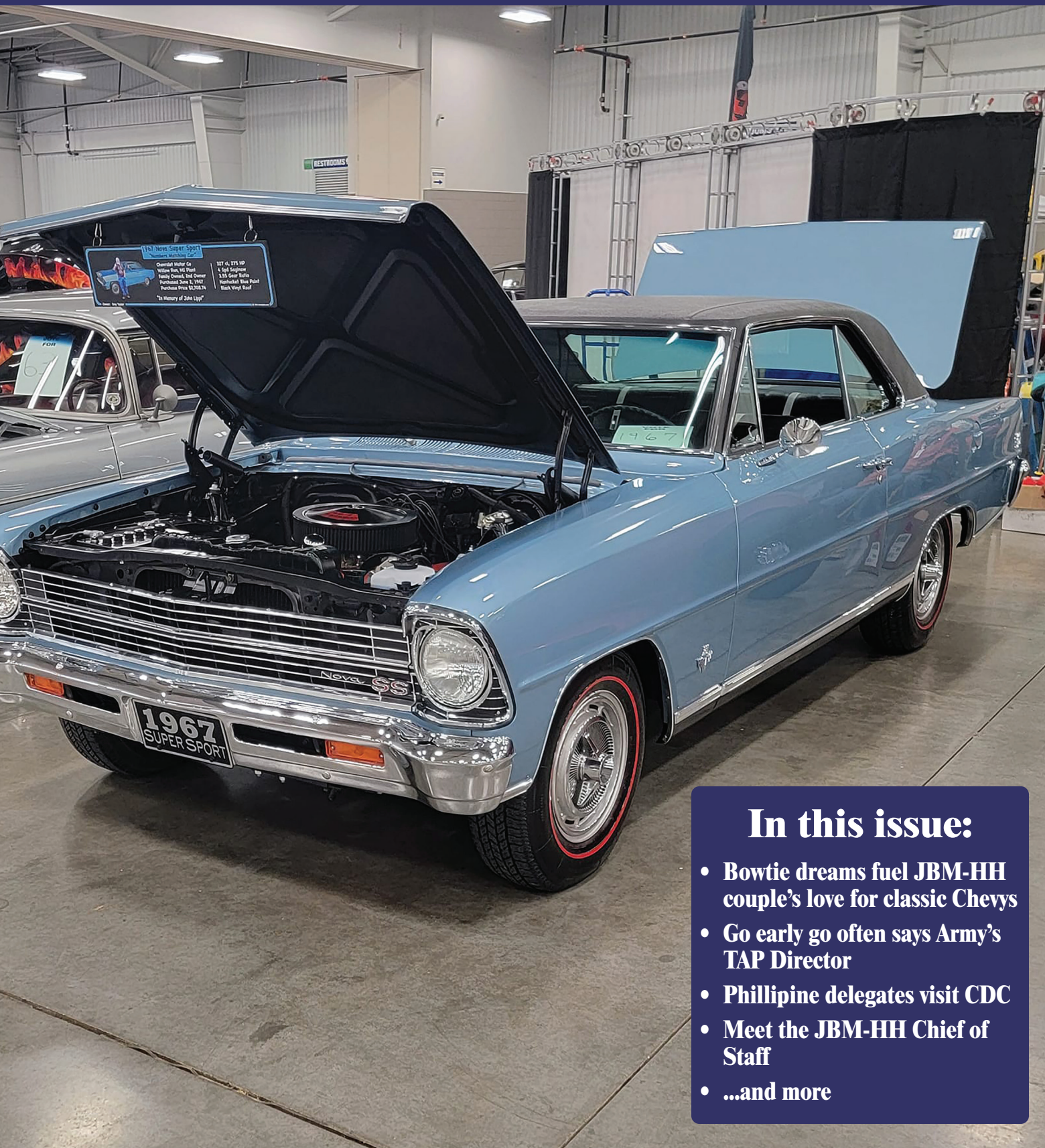


PENTAGRAM



JOINT BASE MYER — HENDERSON HALL

ISSUE 12 • JUNE 2024



In this issue:

- Bowtie dreams fuel JBM-HH couple's love for classic Chevys
- Go early go often says Army's TAP Director
- Phillipine delegates visit CDC
- Meet the JBM-HH Chief of Staff
- ...and more



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EDITOR'S NOTE



Denise Caskey
Public Affairs Specialist

It's summer on America's Post! Welcome to the June 2024 issue of the Pentagonagram.

I hope you all are having a great year so far. If you haven't seen it yet, I highly recommend you try to catch a performance of Twilight Tattoo this summer. I caught the very first matinee performance on May 8 hosted by Joint Base Myer-Henderson Hall Commander Col. Tasha Lowery, and it was an impressive display of Army history.

The health and wellbeing of our friends and family, including our extended family here at JBM-HH, is important to us. Not only your physical health, but also your mental health as well. In this issue you'll find helpful information about seasonal depression and how to prevent heat-related incidents.

In this issue, we'll also introduce you to Tony and Lisa Taylor and take you into the world of classic Chevy restoration to illustrate how taking the time to work on something you love can be tremendously beneficial for your mental health and wellbeing.

Then, you'll meet the new joint base Chief of Staff, Tekiyah Richardson, learn about the importance of the TAP program for our transitioning service members, and what a delegation from the Philippines learned during a visit to the Cody Child Development Center.

The next issue comes out in September 2024 and, as always, we invite you to share with us any ideas you might have for future issues.

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On the cover:

A 1967 Chevrolet Nova SS belonging to Anthony "Tony" Taylor sits on display in a garage. The car was in rough shape when Tony purchased it from his cousin, but Tony and his wife, Lisa, took the time to fully restore it and make it look brand new. Tony and Lisa also own fully restored 1967 and 1969 Chevy Camaros. (Courtesy)

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The Pentagon magazine is an authorized publication for members of the Department of Defense. Contents of the Pentagon magazine are not necessarily the official views of the U.S. Government, the Department of Defense, the Department of the Army, Department of the Navy, or Joint Base Myer-Henderson Hall. The content of this publication is the responsibility of the Joint Base Myer-Henderson Hall Public Affairs Office and editorial staff from APG Media of Chesapeake, LLC. Ideas and news items for The Pentagon magazine can be sent to Eli Wohlenhaus at ewohlenhaus@dcilitary.com.

The Pentagon magazine is published by APG Media of Chesapeake, LLC. APG Media of Chesapeake, LLC is located at 29088 Airpark Drive, Easton, MD 21601. Telephone (301) 921-2800. Commercial advertising should be placed with the printer. APG Media of Chesapeake, LLC Publications is a private firm in no way connected with the Department of the Army or Department of the Navy. The appearance of advertisements in this publication, to include all inserts and supplements, does not constitute an endorsement by the Department of the Army or Department of the Navy of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser shall result in the refusal to print advertising from that source.



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Commander's Corner



Col. Tasha N. Lowery

With the long days of summer upon us, I hope you make plans to take time for yourself and your families and loved ones.

We have a hard-working team here at Joint Base Myer-Henderson Hall, and sometimes we forget to use our leave and take time off to unwind, which is important for the wellbeing of not only the people, but the mission.

There are lots of great resources here at JBM-HH to help you unwind. DFMWR has everything from bowling and swimming to day trips through BOSS. A popular trip BOSS offers is kayaking at Malloys Bay-Potomac River National Marine Sanctuary in Maryland.

Now that our new dining facility, America's Kitchen, is open, you can visit the Armed Forces Wellness Center, which is located inside the building, to learn ways to stay healthy both physically and mentally with their programs.

I would be remiss if I didn't remind you to stop by Leisure and Travel to find great opportunities for fun, like tickets to a Washington Nationals or DC United game or discounted Disney tickets!

In addition to mental wellbeing, your physical health is important. The warmer temperatures and longer days often mean more time spent outside, so it's important to be aware of the warning signs of heat related illness and how to keep yourself healthy.

However you are spending your summer, I sincerely hope it includes taking time for yourself and doing something you love.

Stay safe and happy summer!

Tasha N. Lowery
Colonel, AG
Commanding

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SCAN ME



Tony and Lisa Taylor stand with their 1967 and 1969 Chevy Camaros at Whipple Field on Joint Base Myer-Henderson Hall with Washington, D.C. in the background. Tony and Lisa are self-proclaimed bowtie fanatics. Tony also owns a 1967 Chevy Nova SS, which belonged to his cousin and is the car he said got him started on his classic car journey. (Photo courtesy of Antwon Maxwell)

Bow tie dreams fuel JBM-HH couple's love for classic Chevys

By Denise Caskey
JBM-HH Public Affairs

Movies such as the “Fast & Furious” franchise, “Gone in 60 Seconds” and “American Graffiti” have one thing in common: cars.

Fast cars, stolen cars and teenage boys in cars cruising the boulevard trying to pick up girls.

America's obsession with cars fuels an auto industry dating to the late 1800s when Charles and J. Frank Duryea built the first American gas-powered motor car. In 2021, there were more than 283 million vehicles on America's roadways, according to Consumer Affairs.

For Anthony “Tony” and Lisa Taylor, civilian employees at Joint Base Myer-Henderson Hall's

Directorate of Public Works, the obsession with cars is a family affair that started when they were still children.

“My entire family have always been gearheads, so I've been around it my whole life,” said Tony. “I've always been impressed by the older cars and felt I should've grown up in the '50s and '60s as a teenager. My dad always had us in the garage handing him tools and helping out.”

When Lisa was in high school, she owned a 1978 Chevrolet Camaro. Now, she owns a red 1969 Camaro named “Miss Behavin.” She said 1969 Camaros have always been her favorite.

“The lines on the car are so precise and the way it makes me feel when driving it is astounding,” Lisa said.

Tony said he and Lisa are “bow tie” fanatics and they own two other classic Chevys; a yellow 1967 Camaro, called “The Money Pit,” and Tony’s favorite, a blue 1967 Chevy Nova SS, which used to belong to his cousin.

“It started as a childhood dream when I was eight years old — seeing my cousin’s Nova everyday as the bus passed by,” Tony said. “While at a Pigeon Forge, Tennessee, car show in April 2016, my cousin called and said he was ready to sell his car. That car started my obsession with classic cars. It still takes my breath away looking in my garage knowing I own such a classic.”

A LABOR OF LOVE

The cars that Tony and Lisa own came to them in rough shape with rusted bodies, motors that no longer turned over and interiors that had seen better days.

Restoring them would take a great deal of time and money, but they were true classics, and Tony and Lisa were determined to see them looking and sounding brand new again.

Restoration is also part of the fun of owning a classic car, Tony said.

“The restoration process is a great time to spend researching and finding parts but, most of all, spending time with family and friends through the process,” Tony said. “It’s hard to believe that restoring a car can be so enjoyable, but for Lisa and me it’s brought us closer together through a passion we both love.”

“The process is long and tedious, but the payoff is great when it’s all done,” Lisa said. “Tony and I really enjoy classic cars, so getting to spend more time together doing what we love makes it even better.”

The process of restoring a car can’t be rushed, they said, and parts are often expensive and hard to find.

“No matter how fast you want the car completed there are always roadblocks, such as parts, money and, most importantly, time,” Tony said. “Parts have always been expensive, but some are difficult to find, especially New Old Stock.”



Anthony “Tony” and Lisa Taylor pose for a photo surrounded by memorabilia from their travels with their classic Chevrolet cars April 4 in Tony’s office at the Department of Public Works Environmental Management Division.

(Photo by Denise Caskey, JBM-HH Public Affairs)

New Old Stock, also called NOS in classic car circles, is a common term used to describe older parts that are in perfect condition and still in the original package.

SHOWING OFF

Tony said during the restoration of their vehicles, to ease the pain of not having a finished car of their own, he and Lisa would attend classic car shows and, when they completed the restoration of their cars, they began entering them in shows.

Lisa said they always attend local events because it’s a great way to support their community. Most car shows require an entry fee owners pay for each car they show and, oftentimes, local shows are organized to support a school, firehouse or some community nonprofit organization.

Tony said there are also few larger shows they look forward to attending every year.

“We look forward to our hometown car show, which is the Van Wert, Ohio, Peony Festival. All our cars have been at the show and parade,” he said. “We always attend The Rod Run in Pigeon Forge, Tennessee; Cruisin’ the Boards and Endless Summer in Ocean City, Maryland; GM Nationals at Carlisle, Pennsylvania, and we have attended several Super Chevys in Virginia and Pennsylvania.”

Classic cars are a part of American history that Tony and Lisa said they are proud to be able to preserve.

“You can’t duplicate the way a classic car feels when you’re driving it,” Tony said. “You can’t replicate the sound of a classic, plus it’s even better when you know your hands have been all over the car and you’ve touched every part of it.”

“I love driving my car,” Lisa said. “It relieves the everyday stress and brings me so much joy. There is nothing better than opening up the secondaries on a 4-barrel carburetor with nobody around but me and my ’69 Camaro.”

CLASSIC CARS AND SOLDIER RESILIENCE

Giving Soldiers the ability to pursue a passion or hobby when they’re not being Soldiers is part of a holistic approach to improving their resilience.

Tony and Lisa said they remember when the JBM-HH Directorate of Family, Morale, Welfare and Recreation held car shows on the installation. In recent years, they have attended shows at Fort Belvoir and Quantico, and said the shows are a big hit with the Soldiers and Marines and are a good way to get them out of the barracks.

Tony said he also remembers the days when installations had Auto Craft shops where Soldiers could spend time working on their own cars.

“We met so many young gearhead Soldiers who love working on their own classics,” Tony said. “It relaxes you knowing that you always have something you love waiting on you. I could spend my entire time in the garage either working on or cleaning the cars. It never gets old for me!”

There is nothing better than owning a classic car, they said.

“It has brought so much joy to our life, especially getting to spend it together. A dream that started young has come full circle and we can honestly say it’s been a great ride. We have met so many great people at car shows over the years and we both have enjoyed watching the younger generations get to see why we all love the classic muscle cars of the past.”



The restoration of Anthony “Tony” Taylor’s 1967 Chevrolet Nova SS is seen in these before and after shots. (Courtesy)

Sesame Street brings sunny days to JBM-HH

By Denise Caskey

JBM-HH Public Affairs

Sunny Day/Sweepin' the clouds away/On my way to where the air is sweet/Can you tell me how to get/How to get to Sesame Street?

The days were indeed sunny, and the way to get to *Sesame Street* on May 13 and 15 was through Joint Base Myer-Henderson Hall where members of the cast stopped by for a visit.

The Department of Defense partnered with Sesame Workshop, the global impact nonprofit behind *Sesame Street* and so much more, to bring beloved *Sesame Street* characters to the joint base to capture special moments between them and military families.

Images and video from the visit will be used to raise awareness about Sesame Street for Military Families across a variety of platforms, said Janay Powell, Military Community Outreach, DOD, Military Community and Family Policy.

The SS4MF website offers a wide variety of resources on every topic from birthdays to relocation as well as links to apps and games for kids.

"We are proud to partner with Sesame Workshop to provide military families with information and resources that can help them navigate everyday challenges that can be complicated due to military life," said Patricia Montes Barron, Deputy Assistant Secretary of Defense for Military Community and Family Policy. "We want military families to know we understand their unique needs and that they have access to a large community of support."

During their visit on May 13, Elmo and Rosita spoke with the children of service members



Big Bird and the Williams family, Navy Lt. Commander Anthony Williams, his wife, Ellen, and their three children, Maxwell, 7; Maya, 5; and Margot, 13 months, take a walk down Arlington Ave. on Joint Base Myer-Henderson Hall on May 15. Big Bird, along with Elmo, Rosita and The Count, visited JBM-HH on May 13 and 15 through a partnership between the Department of Defense and Sesame Workshop to capture images and video to raise awareness about the Sesame Street for Military Families program. (Courtesy)

from around the National Capital Region who represented all branches of the United States military and were chosen through a casting call put out in preparation for the visit.

Rosita greeted children entering the CDC before going inside to meet Luke, son of Lt. Col. David Ford and Sarah Ford. Luke, 5, was timid at first, hiding behind his mother's skirt, but when he and Rosita began playing with dinosaurs, he seemed to relax and open up a little more and talked with Rosita about his pets and his family.

While Rosita left to rest for a bit, Elmo visited with Navy Petty Officer 1st Class Cody Brewster, Joy Brewster and their children, James, 10, Jacen, 7, Bryen, 3, and 8-month-old Diana.

Jacen Brewster was excited to meet Elmo and talk to him about school, his family and pets.

"My favorite part was building the dinosaur hotel with Elmo," Jacen said. "We built it a few times."



Maxwell, 7, and Maya, 5, Williams, the two oldest children of Navy Lt. Commander Anthony Williams, share a special moment with Big Bird May 15 on Joint Base Myer-Henderson Hall. The visit was arranged through a partnership between the Department of Defense and Sesame Workshop to capture images and video of special moments with beloved Sesame Street characters to raise awareness about the Sesame Street for Military Families program. (Courtesy)

On May 15, Elmo and Rosita returned and brought along Big Bird and The Count.

“I think having the opportunity for some of the *Sesame Street* characters to come and support our military families is amazing, especially when you have Elmo whose father was a National Guardsman, and Rosita whose father also served,” said JBM-HH Commander Col. Tasha Lowery, who is a fan of Big Bird.

“And then, you top it off with Big Bird. I just literally played out my childhood memories having Big Bird here,” she said.

SESAME STREET FOR MILITARY FAMILIES

For more than 50 years, Sesame Workshop has worked at the intersection of education, media, and research, creating joyful experiences that enrich minds and expand hearts, all in service of empowering each generation to build a better world.

There are more than 3.1 million military family members — 1.6 million military children — who encounter unique and sometimes challenging experiences. Recognizing that military children face unique challenges, in 2006, Sesame Workshop launched Sesame Street for Military Families.

“We recognized the need to focus on the specific needs of young children ages two through eight and their families through all the major milestones of military life, while celebrating their service,” said Powell.

SS4MF is a digital hub for free, research-based bilingual resources that cover topics ranging from deployments, homecoming, relocations, health and wellness, transitions, celebrations and much more.

It partners with the DoD and other national partners, such as Military OneSource, to find innovative ways — toolkits, apps, events, seminars, etc. — to reach military and veteran families and services that support them.

While *Sesame Street* overall is constantly evolving to meet the changing society, its characters have remained relatively unchanged. The consistency of the characters can be a comfort for military children whose lives include regular moves and uncertainty. Not to mention the fact that Elmo is also a military child — his dad, Louie, is in the National Guard — and can relate to the stress of constant change.

“Military life can present unique challenges for families, from deployment to frequent relocations, along with joyful experiences like celebrating homecomings or family bonding,” said Dr. Jeanette Betancourt, Senior Vice President of U.S. Social Impact, Sesame Workshop. “At Sesame Workshop, we are continuing our decades-long support for military families, with resources aimed to give encouragement and a sense of stability and belonging to military families whose routines and lives are ever changing.”

New JBM-HH Chief of Staff brings wealth of knowledge

By Denise Caskey

JBM-HH Public Affairs

After 32 years in federal service, Tekeyiah Richardson started the next chapter in her life and career in March 2024 as the Chief of Staff at Joint Base Myer-Henderson Hall.

Richardson has always worked as an Army civilian and says she absolutely loves her job.

“I began my career as a telephone operator in Germany,” she said. “Throughout my 32 years of service, I have served in various leadership roles with multiple Army Commands in support of the Soldiers, families and civilians across our nation.”

Richardson was born in Michigan but grew up in Los Angeles where her family moved when she was three. She has been married for 32 years to Bryan Richardson and they have three children and a couple grandchildren. Her husband served in the Army for 22 years before retiring 10 years ago.

Of all the moves her family made over the years, she said she enjoyed Fort Irwin, California, most because they were there while their children were little, and it was close to home.

“We spent a lot of years overseas. He was deployed quite a bit, which allowed our family to remain in one place for a while. This provided a bit of continuity for the kids and allowed me to progress in my career as an Army civilian. Having a sense of community and support helped us survive the recurring periods of separation,” she said.

LEARNING ABOUT THE ARMY

One of Richardson’s first duty stations was Nuerberg, Germany, where Richardson worked for 69th



Tekeyiah Richardson brings a wealth of knowledge to her new role as Joint Base Myer-Henderson Hall Chief of Staff. (Courtesy)

Signal Battalion. Many years later, she returned to Germany to work for HQs USAREUR G3 and G8. Being on the USAREUR team offered a lot of opportunity for professional development and to learn about the OCONUS environment.

“I got to learn a lot about the Army and what the Army does in terms of being a force multiplier, and the importance of also how they pre-stage and pre-position to prepare for war. Learning how the Army runs overseas and then actually getting to apply that and see it in action was a career enhancing experience,” Richardson said.

From Germany, she went to San Antonio to assist in standing up the new Installation Management Command Headquarters at Joint Base San Antonio, Texas. As the Deputy Manpower Division Chief, Office of the Deputy Chief of Staff, G8, Richardson was responsible for the Program Objective Memorandum, Total Army Analysis, and Command Plan. She stayed in IMCOM Headquarters for five years, then moved to become the Director of Resource Management, Atlantic Region.

Then in 2017, she relocated to Redstone Arsenal in Huntsville, Alabama, where she worked as the Director Resource Management, IMCOM Directorate - Sustainment because IMCOM was transforming again.

“I had never heard of Redstone other than it was one of our garrisons under the Atlantic region,”

Richardson said. “In terms of moving from a West Coast mentality to the south, I didn’t know what to expect, but it was a really great experience.”

After working a number of years as a resource management director, Richardson transitioned to the Chief, Installation Support Team where she applied her leadership acumen to execute the directorate’s organizational inspection program to ensure garrison compliance with service delivery standards, regulatory, and statutory guidance. She provided a platform to coach, teach and mentor garrison command teams through facilitating multiple garrison leader forums to ensure mutual understanding of base operations concepts and procedures to execute roles and responsibilities in support of Army Regulation 600-20.

“It was two completely different types of work, and I enjoyed both,” she said.

FROM IMCOM TO JBM-HH

When the opportunity to become Chief of Staff for JBM-HH came around, Richardson decided to pool all her knowledge and apply.

In her position at IMCOM, Richardson helped with the process of onboarding senior leaders and facilitated several garrison leader forums which provided a platform for garrison commanders to learn about the business side of leading.

“Here, we execute, right?” she said. “We have to do planning and programming. I’ve had a lot of opportunity to shape how we interact collectively and how we communicate what our needs are and provide the base commander with business informed recommendations so she can properly advise the senior commander.”

She said she thinks her work as the JBM-HH Chief of Staff will be different from her work at IMCOM because she will be able to help the joint base move forward as she’s better able to define the installations requirements and configure the messaging so senior leaders understand those needs.

As the joint base Chief of Staff, she will also have a voice in developing Intergovernmental Support Agreements with community partners off the

installation. She believes the more the joint base can utilize community partnerships, the better the joint base staff will be able to utilize its time and resources on internal operations.

She said IGSAs can open the door to partnerships with entities such as Arlington Public Schools.

“We can look at different techniques to explain what we do as government employees and what federal opportunities are offered here in terms of employment,” Richardson said. “Try and reach out to the younger generation and advertise and market a little bit differently so that folks know who we are as an employer. We want to become an employer of choice so that we’re able to hire, build and train our next generation of the federal workforce and leaders.”

ROLES AND GOALS

One of the things Richardson said she looks forward to is collaborating with partners and finding ways to improve how JBM-HH is marketed and how things coming up in the future can be advertised. She said she’s looking for innovative ideas that still allow the joint base to meet its mission.

“We have a huge job to do here taking care of our Soldiers and their family members, making sure we are of service to them,” she said. “From what I’ve seen since I’ve been here, we have very good quality, high level folks on the team who really enjoy what they’re doing.”

Richardson prides herself on being coach, teacher and mentor for staff.

“I am a resource, and I am available to help solve the problems of the day,” she said. “But really, I’m here to empower the team and help them see themselves and what their role is, because everyone plays a vital part in delivering and providing base operations support here at the installation.”

She also works with staff and directors to make sure everyone on the joint base team has updated individual development plans and is getting the training they need to meet performance standards and objectives.

Another part of her job is making sure people understand the importance of requirements, resources and risk. The joint base has a lot of cyclical events that happen around the same time every year, and she said getting those events on the calendar and then working through some backward planning is essential to successfully meet event objectives. Understanding requirements, resources and risk is vitally important to delivering base operations on the installation. Analysis is critical to providing timely and accurate information through the Joint Base Commander to the Senior Commander in support of the Military Decision-Making Process.

“Let’s have our IPRs,” she said. “We’ll do some rehearsals to make sure that you understand the audience and that you’re able to have prep time to actually go through the script so your prepared to properly present the information.”

Shortly after she arrived at the joint base, Richardson spent time with members of the Department of Emergency Services and got to see what a day in their life was like. It gave her a special appreciation for the JBM-HH staff who must work outside the traditional 9-5 shifts.

“As we talk about MWR, DES, the fire department and law enforcement, those folks are working around the clock,” Richardson said. “They’re work-

ing weekends, so I need to make sure I understand what they need and when, and then make sure we have enough money to get the PPE’s and all those things because that is what they need to fulfil their roles and responsibilities.”

Aside from making sure employees have what they need to successfully do their jobs, Richardson said one of the goals for her first year is to work on improvements in the onboarding process.

“We have a great onboarding process,” she said, “but I want to focus on onboarding within the directorates so that new folks coming in, and some of us who have been here for a while, understand the importance of onboarding so the employee is set up for success and that they have the tools and opportunities to learn.”

The Army offers a lot of great programs for employees, Richardson said, but sometimes people just need someone to listen to them and she said she’s here to do that.

“I have an open-door policy and I will always make time to sit down and have a conversation with you,” she said. “Yes, I have a calendar. Yes, I have meetings, but I’m here and I’m a resource, so use me as such. If I don’t know about it, there’s no way I can help you. We’ll make decisions together. We’ll get through things together.”



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Dr. Manuela Tolentino and her team from Binan City, Philippines, with members of Cody CDC staff and teachers. (Photo by Jason Goselin, JBM-HH Public Affairs)

Cody Child Development Center hosts international partners

Jason Goselin
JBM-HH Public Affairs

The Cody Child Development Center on Joint Base Myer-Henderson Hall hosted a delegation from the City Schools Division of Binan City, Philippines, in March as part of an international partners program through Teaching Strategies, the curriculum the CDC uses.

Dr. Manuela Tolentino, Schools Division Superintendent, and her team toured the facility, met with teachers and discussed ways to incorporate the CDC's operations into their own early education systems back home.

The day began with introductions before the team received guided classroom tours, along with a discussion surrounding observations the team made while touring. A translator was also present to easily clarify any points or questions members of the delegation had during the Q&A portion of the day.

"We learned a lot today. We can see the diversity of strategies implemented in early childhood programs," said Tolentino.

Teaching Strategies Gold, Creative Curriculum is the curriculum the CDC has been utilizing for several years, and Cody was one of four CDCs selected by Installation Management Command to ensure the Teaching Strategies Gold curriculum was a quality early childhood program.



Dr. Manuela Tolentino is the Binan City, Philippines Schools Division Superintendent. She and her team toured the Cody CDC on Joint Base Myer-Henderson Hall in March 2024. (Photo by Jason Goselin, JBM-HH Public Affairs)

During the walkthrough, Lisa Punsalan, Lead Training and Curriculum Specialist, and Suzanne Sutton, Chief, Child and Youth Services at JBM-HH, explained to the delegation additional support, guidance, regulations, sources of funding and other practices along with teaching strategies that helped

to develop successful implementation of quality programming.

The funding aspect of the program is particularly important to Dr. Edmil Recibe, Banan City's Education Officer, who is looking for alternative and creative ways to fund the scholarship program he oversees.

"Our office oversees the scholarship program and we have over 2,000 scholars under our office," he said. "We can only select a few for scholarships due to our budget and we have thousands of applicants."

The members of the delegation are excited to implement what they've learned back home in the Philippines.

"Of course, there are a lot of differences between the Philippines and Washington, D.C. but it's our dream to bring something like this back home," said Tolentino.

The Cody CDC is the largest in the Department of Defense, making it the ideal candidate to promote this international partnership and serve as the subject matter expert in what successful implementation and maintenance of Teaching Strategies' curriculum looks like.



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Go early, go often says the Army's TAP Director

Jason Goselin

JBM-HH Public Affairs

Walter Herd, the national director of the Army's Transition Assistance Program, recently visited Joint Base Myer-Henderson Hall to see how the policies and principles drafted at the congressional and director level are being implemented on the ground.

"I've seen it [TAP] evolve quite a bit. I've been the national director for about 13 years and when I got here it was basically a voluntary program called ACAP," said Herd.

Herd also has firsthand experience with the program, having completed it prior to transitioning from his own 24 years of military service.

"I went through ACAP as an O-6 brigade commander and had no idea what I wanted to do as a civilian, so I took every piece of ACAP I could," he said.

The Army Career and Alumni Program began in the 1990s to help soldiers transition back into civilian life. The pre-separation brief was the only mandatory piece, leaving many elements of the program underutilized. To remedy this, congress made the program mandatory in 2011, but the new rules also left much to be desired.

"Congress passed a law saying everybody needed to do everything, so whether you're a 22-year-old private or a 52-year-old colonel, you did the same thing, and that didn't seem to make sense," Herd said.

In 2019, the TAP assessment was implemented, which built a specific set of requirements for soldiers based on their goals and needs.



National Director of the Transition Assistance Program, Walter Herd, toured Transition Assistance Program facilities on Joint Base Myer-Henderson Hall as part of his commitment to maintaining program standards. (Photo by Jason Goselin, JBM-HH Public Affairs)

Herd said, "Now we start off with an initial individual assessment and that assessment drives your individual TAP requirements."

Soldiers can now also choose a track for their TAP experience. Tracks include employment, education, vocational or an entrepreneurial track.

The Transition Assistance Program concludes with a capstone event, reviewing the soldier's goals and how successfully they've progressed toward them. It's then signed off on by the Soldier, their counselor and their commander.

"What we tell soldiers is to go early and go

often. When you start looking for a job at least six months before the date on your DD214 you're twice as likely to find a job, and find a higher paying job," Herd said.

Soldiers are required to start TAP no later than 12 months from the Soldier's expiration term of service, or ETS date, and Herd thinks starting earlier is even more beneficial.

Herd also encourages spouses to be involved in the TAP process as well.

"If they're both on the same sheet of music, typically things go better. My wife and I went through a lot of TAP together," he said.

"Every soldier eventually takes the uniform off. There are about 100,000 soldiers a year who transition back to the civilian sector from which we all came. The TAP process allows those soldiers

to go through a deliberate thinking process about what I want to do and identify milestones to get there," Herd said.

As for the future of the program, Herd says he's excited for things to come.

"I'm excited about getting commanders and leaders more involved," he said. "The Secretary of the Army has directed that leaders begin to report on how many soldiers are going to TAP and completing their requirements. We're building better tracking systems, so commanders can see how their soldiers are doing."

Herd uses his visits to different installations to beat the drum for TAP and keep the importance of the program on everyone's radar.

For more information on the Transition Assistance Program, visit <https://home.army.mil/jbmhh/my-fort/all-services/TAP>



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Commentary:

Sharpening my leadership skills at the CES Intermediate resident course

By Denise Caskey
JBM-HH Public Affairs

Whether they are a Soldier on the battlefield or a Civilian in an office, the Army likes people who can take a group of diverse personalities and lead them toward a common goal.

Simply put, the Army likes leaders.

To that end, there are many opportunities open for both Soldiers and Army Civilians to grow into the leaders the Army believes they can be.

I recently took part in one such opportunity when I did the intermediate level Civilian Education System training at Army Management Staff College in Fort Leavenworth, Kansas. The CES course was a mix of self-guided online pre-course work and an intense three-week resident portion in Kansas.

From the day we walked into the classroom to the day we walked out with our certificates, we were inundated with information on topics such as self-awareness, the Army Leadership Model, critical and creative thinking, team building, the military decision-making process, creating a learning environment, mission command and system thinking.

It wasn't difficult, but it was a lot.

Each day was filled with discussion, individual and group activities, knowledge and assessments and more discussion. In the evenings, when we were back at the hotel, we had reading to do, journal entries to write and projects to work on.

At times, it seemed like the work was never ending, but perhaps that was on purpose. Being a leader isn't a 9 to 5 job. As a leader, you are expected to be on point 24 hours a day, seven days a week. You can't just stop being a leader when you punch out at the end of the day.

Instructions for classroom activities and projects were almost always broad and ambiguous. I concluded that this was by design, not only because of the diversity of the students and their situations – a one size fits all approach wouldn't work for everyone and would be pointless in a class where we're supposed to be able



Joint Base Myer-Henderson Hall Public Affairs Specialist Denise Caskey poses outside the joint base headquarters with the certificate she earned from Army Management Staff College for completion of the Civilian Education System intermediate level leadership course. The course is offered to all GS11 and GS12 Department of Defense civilian employees. (Photo by Susan LeRoy, JBM-HH Public Affairs)

to think for ourselves and figure out a solution – but also because the real-world situations people face don't always have a clear cut path to the desired outcome.

The process was more important than the answer. The process was where we gained the technical competence to be an effective leader.

On the last day, the instructors asked us what we would tell people when they asked us what we got out of the course.

Having so much thrown at us over the course of three weeks, I don't think anyone could go into detail about any of the classes individually. However, as a cumulative whole, attending the course showed me I am already a leader, and I can work with diverse personalities, including those I don't get along with, to solve a problem. All the things CES taught me are just additional tools to add to my leadership toolbox.

If you haven't already taken the CES courses through AMSC, you should check it out. There is a Foundations course that everyone takes, a Basic course for civilians up to GS-9, an Intermediate course for GS-11 and 12 civilians and an Advanced course for GS-13 and higher. Course information and schedules can be found by visiting <https://armyuniversity.edu/amsc/Home>.

#PeopleFirst

Ramia Husbands Plans Specialist

Directorate of Plans,
Training, Mobilization
& Security



How does the Army help you #BeAllYouCanBe ?

The Army helps me be all I can be by allowing me to continue to serve. Although I'm an Air Force Veteran, working with the Army has afforded me the opportunity to still make a difference in other's lives.

What is your favorite thing about working at JBM-HH?

My favorite thing about working at JBM-HH is my colleagues. If we all could just get paid to breathe, that would be amazing, but most of us know our co-workers are what makes work great. I have built some amazing friendships here. Aside from that, I enjoy working on an installation with such historic value.

From Paul Baker, Chief, Plans Specialist:

Mia has a bright personality and is someone we can always count on. She uplifts her colleagues daily in many ways. Whether it's offering words of encouragement or making someone laugh, she's bound to bring a smile to those she encounters. Mia's organizational skills, attention to detail and eagerness to learn have also made her a great asset to our team.

You can get SAD in summer

By Noelle Austin-Jones

Lead Health Educator, Defense Centers of Public Health, Armed Forces Wellness Center &

Michelle Gonzalez-Diener

MEDDAC Public Affairs

Remember when you were a kid and couldn't wait for summer vacation?

Long, lazy days with no school...

Ice cream trucks and swimming pools...

Family vacations or time spent with grandparents...

Those were the days.

Since we're not Peter Pan or the Lost Boys, we had to grow up and with that came a lot of changes to how we spend our summers.

Now, we must oversee the kids who are home from school. We must arrange for their supervision and entertainment, plan how to finance vacations, arrange PCS moves, deal with the heat and humidity, and adapt to changes in our routines.

Seasonal Affective Disorder — or major depressive disorder with seasonal pattern — is a type of depression that is related to changes in the season.


It is more commonly associated with the dark days of winter. However, the longer summer days and increased sunlight can affect our circadian rhythm — our natural sleep-wake cycle.

Summer SAD symptoms include irritability, anxiety, low energy, sleep or appetite changes.


WHAT CONTRIBUTES TO SUMMER DEPRESSION

The disruption in your regular routine can trigger summertime depression. Whether you're faced with the prospect of keeping grade-school children occupied all day, or your college-age children are back in the house, the routine and structure of kids not going to school can be stressful. Vacations can also disrupt work, sleep and eating habits and contribute to depression in the summer.

Summer heat has been found to make individuals diagnosed with Major Depressive Disorder with seasonal pattern feel anxious and angry. Individuals



Prevent Summer Depression




What is Seasonal Affective Disorder?

Also known as major depressive disorder with seasonal pattern, SAD is a type of depression related to changes in the season that begins and ends at about the same times every year.

Summer symptoms may include:


- Trouble sleeping
- Poor appetite
- Weight loss
- Agitation or anxiety
- Increased irritability

Factors to summer depression




Disrupted routine

Keeping kids occupied all day. Vacations disrupt work, sleep eating habits.



Summer heat


Skip exercise outside to avoid temperatures. Clothing for hotter temperatures lead to self-image concerns.



Financial worries


Paying for family vacations, summer camps or babysitters.

Methods to cope with summer depression




Get help

Talk to mental health provider or your provider. The Armed Forces Wellness Center has various classes to help meet health goals.




Plan ahead

Ask: What becomes difficult during the summer?



Get sleep

Vacations, short nights and social activities can encourage staying up late.



Exercise

Find other ways to stay active during hotter months.

may skip outside workouts to avoid hot and humid temperatures.

As temperatures climb, the layers of clothing fall off and a lot of people feel self-conscious about their bodies, and some people might start avoiding social situations out of embarrassment.

Increased expenses during summer can contribute to summer depression. Family vacations, paying for summer camps or babysitters add to the financial worries.

HOW TO COPE WITH SUMMER DEPRESSION

There are options and people who want to help. You should never feel like you have to suffer alone.

Talk to a psychiatrist, psychologist, social worker, or ask your primary care provider for an evaluation on whether medicines for depression might be appropriate. Talk to your doctor about changing your dosage if you're on medicine for depression but find that summer makes your depression worse.

It helps to plan ahead. Think about the things that become difficult during the summer and look for ways to work around them that will help prevent summer depression.

Not getting enough sleep can trigger depression. Vacations, short nights and social activities can encourage staying up later than usual. Make an effort to get to bed on time.

Regular exercise keeps depression at bay. Find other ways to stay active during hotter months. Consider adjusting to exercising earlier or later in the day when it's not so hot.

ARMED FORCES WELLNESS CENTER CAN HELP

You can also get help from the highly educated and trained professionals at the Armed Forces Wellness Center, which offers a holistic approach to improving overall health and outlook on life.

With state-of-the-art testing equipment, they can assess your body composition, metabolic rate, and cardio-respiratory fitness level to tailor a plan designed to meet your goals.

The AFWC does Individual Stress Management Training using EmWave Technology to build resiliency, and offers group education classes on stress management, healthy nutrition, healthy sleep habits and fitness.

Whether your summer itinerary is already underway or you're not ready to face it yet, the Armed Forces Wellness Center can help. You can find them currently located on Fort Meade and Fort Belvoir or at their new location in Building 404 at Joint Base Myer-Henderson Hall.

If you are struggling with thoughts of suicide, a team of dedicated volunteers are available to help. Dial 988 to reach the suicide and crisis hotline.



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Soldiers from the 3d U.S. Infantry Regiment (The Old Guard) kicked off this year's E3B testing week on March 11 at Fort Walker, VA. Over the next five days candidates will strive to earn one of the Army's three expert badges, The Expert Infantry Badge (EIB), The Expert Soldier Badge (ESB) or The Expert Field Medical Badge (EFMB). Service members training during the summer months need to be aware of the potential for heat related illnesses and follow the recommendations for outdoor activity levels. (U.S. Army photo by Staff Sgt. Antony J. Martinez)

Beat the heat

A summer safety brief

By Denise Caskey
JBM-HH Public Affairs

Barbecues. Picnics. Trips to the beach.

These are things summer is made for, but while people are out enjoying the sun, sand, water and fun, they should also be cautious and take steps to protect themselves from heat-related illnesses.

The most common illnesses people experience as the temperatures rise are heat exhaustion and heat stroke.

Signs of heat exhaustion include headache, nausea, dizziness, weakness and cool, clammy

skin. A person with heat stroke will exhibit all the symptoms of heat exhaustion, but might also be confused, have slurred speech and may also possibly be unconscious.

These illnesses are potentially fatal, especially if someone has an underlying medical condition, said Leonard Davis, Joint Base Myer-Henderson Hall Installation Safety Director.

RAISING THE BLACK FLAG

To assist in the prevention of heat related illnesses, JBM-HH's safety office utilizes the wet bulb globe temperature to determine the best work/rest schedules for outdoor work and training.

The WBGT is measured in direct sunlight and helps determine the workload individuals take on during the warmest parts of the day, Davis said.

“The wet bulb temperature is an indicator of heat related stress on the human body,” Davis said. “It considers multiple atmospheric variables that are out there, such as humidity, wind and stuff like that.”

WBGT warnings are issued as flags, black flags being most restrictive.

Davis said as the weather starts heating up, people attached to the joint base will begin receiving email notifications on days when outdoor activity should be monitored or curtailed.

On days when the WBGT indicates caution, Davis recommends scheduling training or heavy-duty outdoor work for the early morning or late afternoon when the sun’s rays aren’t as intense, taking frequent breaks and staying hydrated.

“The National Academy of Science and Engineering and Medicine says that adequate fluid intake is 15.5 cups of fluid a day for men, and for women, it’s 11.5 cups,” Davis said. “Low fat milk, sugar free drinks, tea and coffee also count towards that intake.”

Aside from checking the weather every morning and paying attention to WBGT warnings, during summer training and operations, units should implement a buddy system, Davis said.

“It reduces the risk of certain tasks by ensuring another person can assist someone if they go down,” Davis said.

He said if one person is working outside alone, it is up to that person’s supervisor to check on them at least every 30 minutes.

HELP IS ON THE WAY

Responding to heat exhaustion and heat stroke begins with knowing what to look for in the victim, Davis said.

“You should call 911 immediately and try to get them to a cool place as quickly as possible,” he said. “There are other options that you can use, such as putting a person in a cool tub of water, a cool shower or some type of cooling blanket or something like that. You can also spray a person down with a garden hose, if you don’t have anything else available.”

HOT WEATHER SAFETY

- Drink plenty of water
- Avoid strenuous activities during the hottest part of the day
- Use sunscreen and reapply often

Signs of heat related illness

- Headache
- Nausea
- Dizziness
- Weakness
- Cool, clammy skin





**HEAT STROKE CAN
BE DEADLY IF NOT
TREATED RIGHT AWAY.**

Signs to watch for:

- Red, hot and dry skin
- Rapid, but weak pulse
- Rapid, but shallow breathing
- Confusion, Faintness, Staggering
- Hallucinations
- Unusual agitation
- Coma

If you suspect it may be heat stroke, seek medical attention immediately!

WBGT As A Guide In Regulating Intensity Of Physical Exertion In Hot Weather

	WBGT Index (F)	Intensity of Physical Exercise
	<= 81.9	No flag condition.
	82-84.9	Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.
	85-87.9	Strenuous exercise and activity (e.g. close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.
	88-89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.
	90 and Above	Physical training and strenuous exercise suspended for <i>all personnel</i> (excluding operational commitment not for training purposes).

A chart illustrating the wet bulb globe test flags and the level of physical activity recommended for individuals up to suspending activity during black flag weather events. (Courtesy)

JBM-HH Fire Chief Russell Miller said he expects to see an increase in the number of heat-related injury calls the fire department gets with school visits to Arlington National Cemetery, Twilight Tattoo, National Memorial Day Observance and July 4th events taking place around the National Capital Region.

He said the main goal during these calls is to get the person out of the heat and humidity, into a cool building or the back of an ambulance and start getting them cooled down as quickly as possible.

“That could involve the use of our mini ambulances and advanced thermal rehab machine,” Miller said. “Then, based on a patient’s condition, advanced life support resources would be requested along with an emergency medical services transport unit.”

Miller describes the ATRM as a sort of mini air conditioner with a hood attached to it by a tube, which helps lower a person’s body temperature by one degree every two minutes. Tubes can also be placed under clothing to provide even more cooling, he said.

To stay safe and healthy during the warm summer months, “make sure you are well hydrated, wear sunscreen, stay out of the sun as much as possible and monitor your blood sugar levels if you are diabetic,” Miller said. “Make sure to rest if you’re feeling dizzy, focus your activity during the cooler parts of the day and moderate your activity levels when it gets hot and humid.”

The Combat Readiness Center has a wealth of summer safety information. For more information, visit <https://safety.army.mil/MEDIA/Seasonal-Safety-Campaigns/Spring-Summer-Safety-2024>.



















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