



Pentagram

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Enlisted barracks upgrades get funding, go-ahead

By Julia Simpkins
Command Information Officer

Some Marines at Joint Base Myer-Henderson Hall will soon have what they have long asked for — new barracks for their enlisted ranks.

The building they are currently housed in, Bldg. 416, is slated to start receiving major upgrades in a yearslong project — 780 days — that breaks ground in June, said Bernadette Osterhaus, project manager for the renovation.

“It’s a design-build project,” she said, “Notice to proceed was issued in early November.”

Osterhaus said the base contract is worth \$26.9 million. She said the initial portion of the design is under development, but groundbreaking should happen by early summer this year, pending relocation of the Marines.

“Barring any delays, construction is slated to be completed by December 2022,” she said.

“There are two main project delivery methods for building ren-



The outside of Bldg. 416.

ovations or construction,” said Maj. Kurt Gerfen, the special projects officer and engineering division deputy, Directorate of Public Works. “The design-bid-build and the design-build. The design-build is awarded to one contractor who is responsible for both design and construction of the build; with the

design-bid-build, one contractor is responsible for the project design and other contractors bid for construction rights.”

A design-build project is one of the Army’s swifter methods of getting construction underway, and is used when the project is

deemed critical or urgent, Gerfen said. Built in 1977, Bldg. 416 has outdated heating systems, window-mounted air conditioners and nonenergy-efficient windows, among many other things that need improving, Osterhaus said. “Bldg. 416 barracks (project) is bigger than it seems,” said Osterhaus. “It’s actually a three-story building with four different wings (416-A, 416-B, 416-C and 416-D).

There are failing building systems and components that have accumulated during the past 42 years, and a complete and comprehensive major repair project is required to improve the facility to meet current quality standards and to extend its functional life for at least 26 years.

Photo by Aaron Kendrick

See BARRACKS, page 8

Joint base receives community partnership award

By Catrina Francis
Pentagram Editor

On Jan. 13, Joint Base Myer-Henderson Hall was one of 10 installations awarded during a virtual ceremony for its support of the Army’s priorities — people, readiness and modernization.

“The Army Partnership Award highlights how important communities are to our Army and our installation,” said Lt. Gen. Jason Evans, the Army deputy chief of staff, G-9. “Today’s winners represent the total Army (outside the United States) and (continental United States).

“Partnerships we are recognizing serve as a catalyst to discover new ways of operating efficiently with limited resources. We are proud of your success and we are glad we have partnered your communities.”

Alex Beehler, the assistant secretary of the Army for installations, energy and environment, said the strength of the Army Community Partnership Program is only as strong as the bonds that the Army holds with the communities outside its gates. He added that it’s vitally important that the Army recognizes and celebrates the importance of these relationships.

“Partnerships are an important tool the Army leverages for resources, experiences and capturing new ideas and innovative solutions,” explained Beehler.

JBM-HH and the Northern Virginia Regional Commission partnered to conduct a compre-

hensive research study of cases of connected and autonomous vehicles. The study evaluated the potential to enhance mission assurance, readiness, reduce base operating cost and provide transportation services more efficiently using CAVS.

When JBM-HH Commander Col. Kimberly Peebles accepted the award, she said the joint base was humbled and honored to receive the award. She pointed out that the base has a strong history of innovation and partnership and this effort was no different. JBM-HH was the home of the first wireless communication towers, the first to place of the National Weather Service and hosted the first military flight.

“So, hosting an autonomous vehicle pilot program was in line of our long history,” Peebles said. “This partnership created the po-



Photo by Leah Rubalcaba

Joint Base Commander Col. Kimberly Peebles and JBM-HH Deputy Commander Marine Lt. Col. Mark Paolicelli receive the Army Partnership Award during a virtual ceremony Jan. 13.

tential to enhance readiness, modernize services and create cost and time efficiencies, while expanding operational and mission capabilities. Our partnership in northern Virginia are strong and this was a very special partnership.”

DOD launches ‘My MilLife Guide’ text message program to boost wellness

By Connected Health Communications Office

Finding the right support to ease the stress of navigating daily COVID-19-related challenges can be a challenge itself.

To support the military community, the Defense Department recently launched My MilLife Guide.

This new program sends text messages designed to help the military community boost overall wellness while navigating stresses related to COVID-19. The program is only available for a limited time in early 2021 and will allow service members and spouses to receive motivational messages and helpful resources on their phones.

My MilLife Guide was developed by one of the military’s flagship support programs, Military OneSource, in partnership with the Military Health System. From now until Feb. 12, users can opt in to receive messages four times a week, for a total of eight weeks. To sign up, service members can text “MilLife SM” and spouses can text “MilLife Spouse” to GOV311, or they can visit MilitaryOneSource.mil/texts.

My MilLife Guide starts each week with a text asking users to set a small goal, such as accomplishing a task on their to-do list or taking a small step to improve their sleeping habits. Topics covered over the course of the eight-week program include:

- Stress relief
- Sleeping soundly
- Self-care
- Virtual health tools
- Strengthening relationships

- Managing finances
- Getting support
- Prepping for the future

These text messages are specifically tailored for navigating the

challenges that service members and their families face. “These resources are easily accessible,” said Col. (Dr.) Neil Page, deputy and military chief, Clinical Support Division, Medical Affairs at the Defense Health Agency. “The

program provides resources and sources they can use every day, from relocation planning and tax services to confidential non-medical counseling and spouse employment. These initiatives



unique circumstances of service members and spouses as they aim to improve their physical and emotional health.

“We are excited to begin 2021 by offering a new way for service members and spouses to get support for easing stress and navigating COVID-19-related challenges texted directly to their phones,” said Lee Kelley, director of Military Community Support Programs for Military Community and Family Policy. “My MilLife Guide is like a portable health and wellness coach, supporting service members and spouses as they take care of themselves and their Families.”

“Our service members and their Families deserve the best possible care. I want to utilize all available tools to ensure their health, wellness and readiness rec-

COVID-19 pandemic showed us that sometimes these tools are best provided through digital health services. We in the Military Health System are excited to partner with Military OneSource to provide a text-based wellness program that puts valuable resources at our beneficiaries’ fingertips, in a new and innovative way.”

My MilLife Guide participants are encouraged to provide feedback on the program. The DOD will use this insight to help inform the development of possible future evolutions of similar text-based initiatives.

Part of the DOD, Military Community and Family Policy offers a suite of programs, tools and services — including the My Military OneSource app and MilitaryOneSource.mil — that connect the military community to re-

contribute to force readiness and quality of life by providing policies and programs that advance the well-being of service members, their families, survivors and other eligible members of the military community.

Military OneSource is a DOD-funded program that is a call center and a website providing comprehensive information, resources and assistance on every aspect of military life. Service members and the Families of active duty, National Guard and reserve (regardless of activation status), Coast Guard members when activated for the Navy, DOD expeditionary civilians, and survivors are eligible for Military OneSource services which are available worldwide 24 hours a day, seven days a week, at no cost to the user.



Pentagram



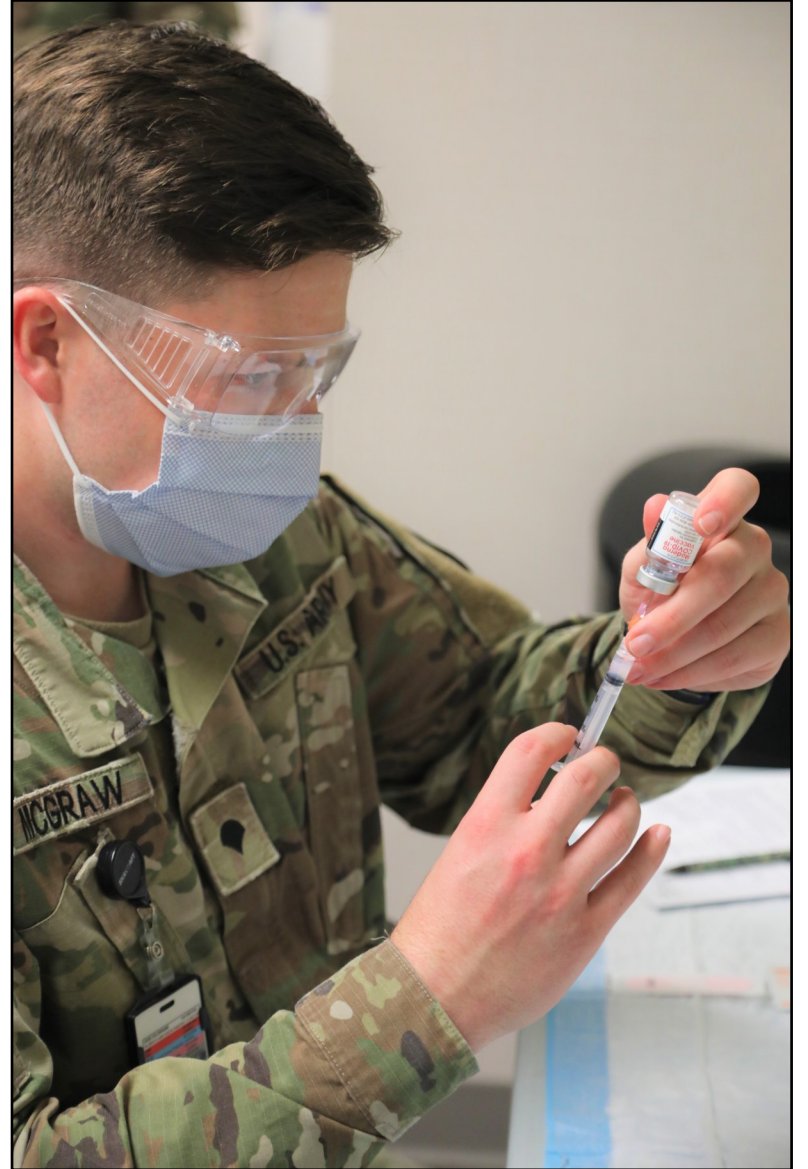
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Community

Rader Health Clinic kicks off its COVID-19 vaccination operations



Andrew Rader Health Clinic kicked off its COVID vaccination operations Jan. 14 vaccinating 40 of Joint Base Myer-Henderson Hall's emergency services and first responder personnel. Andrew Rader Health Clinic will provide vaccines to the JBM-HH workforce and community in accordance with the Department of Defense Population Schema MOD 1. The clinic will provide updates through the JBM-HH weekly Facebook live town halls, community flyers, the Pentagonagram, secure messaging and JBM-HH and Rader websites and Facebook pages.

Photos by Sgt. Roshan Bhattachan

(Above photo) Officer Abbas Malik of the JBM-HH Police Department gives a thumbs up while receiving the COVID vaccine from Spc. Taylor McGraw, a medic from the ARUSAHC Jan 13.

(Top right photo) Spc. Taylor McGraw starts the day by preparing the first Moderna COVID vaccine at ARUSAHC Jan 13.

HELP PREVENT THE SPREAD OF COVID-19 AND RESPIRATORY VIRUSES!

WASH YOUR HANDS OFTEN AND WITH SOAP AND WATER
for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

STAY HOME IF YOU ARE SICK.

COVER YOUR COUGH OR SNEEZE WITH A TISSUE
then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have tissue, cough or sneeze into your upper sleeve, not your hands.

AVOID CLOSE CONTACT
with people who are sick.

CLEAN AND DISINFECT
frequently touched objects and surfaces, such as cell phones, keyboards and doorknobs.

MASKS ARE REQUIRED
because yours helps protect your neighbor and theirs helps to protect you. Masks also help you avoid touching your eyes, nose and mouth with unwashed hands.

Chaplain's Corner

A new year, looking toward future

I remember growing. Life was so simple back then ... at least as I remember it. More recently, like as in the last year or even 75 days, you may find yourself either rejoicing or lamenting our nation's political landscape. In either case (joy or lament), the Lord is sovereign and in complete control. He has never, and will never, leave his throne.

King Solomon tells us in God's word that asking and thinking in such a way is not wise. It seems everyone does it. We're human. Even Soldiers have an expression that falls into this tendency. They say, "The best unit in the Army is the one you just left." However, I can say from having been in 10 different units in 34 years that simply is not true. Why then do we tend to look back over our shoulders and think the past was better? I believe because it is part of the "known." We tend to avoid the unknown as much as possible. The unknown is fertile ground for anxiety and fear. We don't really like to go there and so we try to simply hold onto the past and remain comfortable.

The year 2020 by most accounts was NOT that pleasant of a year. For many, it was a nightmare. Yet even if we look further back at

2019, 2009, 1999, etc. they were not perfect years either.

On the other hand, this next year is year filled with hope and opportunity. The God of the Bible is always calling his people to look

faith. Move forward. Go into the promise land. Grow. Increase. Multiply. Build community. Love others better than you love yourself. Paul wrote the church in Corinth, "The old has gone and the new has come." With the future, we

leave behind us our past failures. Therefore, ignore the disappointments and brokenness of the past. We leave behind sin. Salvation is in front of us. Salvation is always a future we can and must look toward for help. Look forward with hope and anticipation of God's promises. The only exception in Scripture where God teaches us to look back is when we are to look back and remember His faithfulness to us. That is it. Only what God accomplishes for us is worthy to recall. Otherwise, we press forward. Jesus went before us. He is

forward. Encouraging them to press on. Have

preparing a place for us.



The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

8:30 a.m. Catholic Mass

10:30 a.m. General Protestant

12:30 p.m. Gospel Service.

**THE
ADVERSARY
HAS
TWO FACES.**

**DON'T
BE
FOOLED.
PRACTICE OPSEC!**

Who Gets a COVID-19 Vaccination **FIRST?**



PHASE 1

We Are Here

Health Care Providers, Health Care Support, Emergency and Safety Personnel

- PHASE 1A**
 - Emergency room, urgent care centers, and first responders (i.e., police, search and rescue, and fire personnel, other inpatient and outpatient health care and support personnel as identified by their institution)
- Sub-tier 1**
- Sub-tier 2**
 - Health care and support personnel at military treatment facilities and clinics, along with other non-clinical staff authorized to receive vaccine from DoD, who support patient care with a high risk of exposure or potential to interface with COVID-19 positive cases
- Sub-tier 3**
 - National Guard and Reserve personnel and active duty service members supporting COVID-19 response operations
- PHASE 1B.1**
 - National critical capabilities (strategic and nuclear deterrence forces, homeland defense)
- PHASE 1B.2**
 - Personnel preparing to deploy to locations outside of the continental U.S. (OCONUS)
 - Personnel preparing to deploy within the next three months, including military civilian and contractors authorized to receive immunization from the DoD
- PHASE 1B.3**
 - Critical and essential support personnel and other hospital non-clinical staff authorized to receive vaccine with a high risk of exposure and potential to interface with COVID-19 positive cases
 - DoD education activity child and youth services personnel and food handlers on installations



PHASE 2

High Risk TRICARE Beneficiaries

- High risk beneficiaries are defined by the Centers for Disease Control and Prevention (CDC) and nursing homes and others in congregate settings to be prioritized concurrently with Phase 1B
- This category includes beneficiaries who are **over 65 years of age**, and/or who may have:
 - Cancer
 - Chronic kidney disease
 - COPD
 - Heart condition such as heart failure, coronary artery disease, or cardiomyopathies
 - Immunocompromised state from solid organ transplant
 - Obesity or severe obesity (BMI greater or equal to 30kgs)
 - Pregnancy
 - Sickle cell disease
 - Trouble quitting smoking
 - Type 2 diabetes



PHASE 3

The Healthy Population

- Healthy uniform personnel, other TRICARE beneficiaries, and those not otherwise mentioned above

Source: DoD Population Schema
<https://www.defense.gov/portals/1/spotlight/2020/coronavirus/vaccine-availability/SCHEMA.pdf>





UPDATE

Virtual play morning

On Thursdays, Jan. 7 through 28 from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along

-songs and story time for preschool children up to 5 years old.

Baby bundles

Baby bundles, which is available by request, prepares the home and relationship for the changes that are needed when the baby arrives. A brief overview of the

labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more information or to request training, call (571) 550-9052.

ACS Service YouTube channel

JBM-HH Army Community Service has announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and

marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTeK-DomPZeXmvnYddOIQkg> and click "Subscribe" and continue to receive resources available whenever.



**American
Red Cross**

RED CROSS BLOOD DRIVE

- BLOOD DONATION
- POWER RED DONATION

**Thursday
January 28, 2021**

9 AM - 2 PM

**Bldg. 27
Smith Gymnasium**



REGISTRATION ONLINE

TO SCHEDULE YOUR APPOINTMENT:

Jason Herr

703-614-6332

Open to DoD ID card holders & General public with photo ID.

Scan here



3d Infantry Regiment (The Old) Guard perform funeral honors for former commander



Photos by Sgt. Jacob Holmes
Soldiers of the 3d U.S. Infantry Regiment (The Old Guard) had the sacred and personal duty of rendering honors for Maj. Gen. Donald C. Hilbert in Section 7A of Arlington National Cemetery. Hilbert served as the 62nd regimental commander of The Old Guard and dedicated his life to serving Soldiers and Families. He was the only officer to command The Old Guard and the U.S. Army Military District of Washington. After retiring, Hilbert was unanimously selected to serve as the first honorary regimental commander. Hilbert was deeply committed to honoring the fallen in Arlington National Cemetery, celebrating national events and protecting the nation's capital. His legacy set the standard of excellence, which continues across The Old Guard today.



Army SHARP program gets victims help they need

By Kari Hawkins
Redstone Arsenal

As the Army works to ensure dignity and respect within its Soldier and civilian workforce, there is a growing reliance on the resources that can build a support network for employees who have been victimized by sexual harassment or assault in the workplace.

During the Army Materiel Command's recent Sexual Harassment/Assault Response and Prevention Summit, professionals heard not only from senior leadership and fellow SHARP program managers but also from professionals from resources outside the SHARP arena that provide a wide range of support for sexual harassment/assault victims.

"With the SHARP Summit, we bring in all of our team members from AMC's major subordinate commands and we work together collectively to learn how to better assist victims. There are always new professionals who need to build their knowledge base and network, and there are always new regulations and policies, and new environmental concerns to review and discuss," said AMC SHARP program manager Kim Green.

"This year — with the theme Building Cohesive Teams through Character, Trust and Resilience — we also brought in support organizations that we, as SHARP professionals, work with to provide victim assistance. Together, we can learn how to assist each other in helping victims."

SHARP professionals require extensive training because of the sensitivities and special needs they must respond to when assisting victims, said AMC sexual assault coordinator Maureen Trainor.

"This is a specialized field that requires a lot of training and commitment," Trainor said. "The summit helps to fulfill the training requirement and also to assist our junior SHARP professionals to develop their victim advocacy skills."

This year's summit was kicked off by Lisha Adams, the executive deputy to AMC's commanding general, who said the summit is an opportunity to exchange ideas and build the SHARP team across the AMC enterprise.

"We really do appreciate your support and your participation in this summit," Adams told the SHARP Summit attendees "We want you to have conversations,

provide feedback and ask questions. We want to learn from you from the lens of your role with SHARP. We want you to learn from each other."

The annual event allows SHARP professionals to review the program's accomplishments in helping to provide a safe and secure work environment, and to identify areas where more effort is needed.

"Are we making a difference? Are we doing everything we need to do? Are there things we can do differently for a better program and to achieve more results?" Adams asked. "We need to challenge the status

quo. We need to look at where we can improve going forward. As we chart the path ahead we must be dedicated to training and developing our workforce."

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Air Force Airman 1st Class Helyena Schmite, a medical technician with the 166th Medical Group Detachment 1, administers the first of two doses of the new COVID-19 vaccine at Robins Air Force Base, Georgia, Jan. 10. Airmen from the 116th Air Control Wing volunteered to receive the COVID-19 vaccination to safeguard Georgia National Guardsmen and to maintain the highest standards of readiness to ensure rapid response to the needs of the state and nation.

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LEADERS, SOLDIERS, FAMILIES AND CIVILIANS

SAFETY STARTS WITH YOU

What can you do to keep yourself and others safe?

JBM-HH Guidelines for reporting injury or illness

Your safety is our priority!
Please report accidents or injuries to the JBM-HH Installation Safety Office by phone at (703) 696-0828 or by email at: usarmy.jbmhh.asa.mbx.iso@mail.mil

What is a work-related injury or illness?

An injury or illness must be considered a work-relatable event or exposure if the work environment either **caused or contributed to the resulting condition, or the event significantly aggravated a preexisting injury or illness.**

When to report an accident or incident:

The Occupational Safety and Health Administration and Army Regulation AR 385-10 requires organizational leaders to report any unplanned event, accident or illness, of military and DA civilian personnel (AF and NAF) to the Installation Safety Office that results in:

- Death (Class A)
- Days away from work (Class B/C)
- Restricted work or job transfer (Class C)
- Medical treatment beyond first aid (Class D)
- Loss of consciousness (Class C)
- Any significant injury or illness diagnosed by a physician or other health care provider (Class D or higher)
- Property damage greater than \$5,000 (Class E or higher)

Accident Notification and Reporting:

Personnel involved in or aware of an accident, injury or illness **must report it immediately to the supervisor or person directly responsible** for the operation, material, or person involved.

Supervisors or leaders will report an accident, injury or illness to the JBM-HH Installation Safety Office within one hour of being notified of the event or immediately after it is safe to do so.

The Installation Safety Office is required to capture all reported, work-relatable events on the organization's OSHA 300 log within seven working days of being notified of the event. All Army Class A, B and C incidents must be reported immediately to the U.S Army Combat Readiness Center for both military and civilian personnel.

If the event results in the death of a civilian employee, the organization must report the fatality to OSHA within eight hours of the event taking place for civilian personnel.

If the event results in the in-patient hospitalization of one or more employees, an amputation, or loss of an eye, the organization must report the event to OSHA within 24 hours of the event taking place.

How to report a work-related injury or illness:

Immediate or initial notification of a work-related injury, illness, or Army accident can be made by phone or email to the ISO. If the event triggers a Commander's Critical Incident Report, all notifications shall also be made per CCIR notification and reporting requirements in addition to reporting the event to the ISO.

The Army Ground Accident Report: Shall be used to report all recordable military and Army civilian incidents. A fillable AGAR Form can be at:

<https://armypubs.army.mil/ProductMaps/PubForm/DAForm.aspx>

All AGARs shall be completed by the supervisor of the impacted employee and submitted to the ISO within seven working days from the date the incident occurred.

Federal Employee's Compensation Act:

All Federal employees or contractors who have sustained a work-related injury or illness should file a claim for benefits if eligible based of employment status.

Appropriated Fund Employees can directly file under the FECA Employee Compensation Operations and Management Portal. Once an employee has filed a claim, their supervisor will be notified directly by the ECOMP portal. Employees are required to report all incidents regardless of a claim being file.

Non-Appropriated Fund Employees can file under the Contract Claims Services, Inc. website. NAF employees are also required to notify their supervisor in the event of an incident. Management will collect employee information and file a claim for the employee through the CCSI website.

AF: WWW.ECOMP.DOL.GOV / NAF: WWW.CCSAPPS.COM

Army Accident and incident Classification:

An Army accident is defined as an unplanned event, or series of events, which results in one or more of the following:

- Occupational Illness to Army military or DA civilian personnel
- Injury to Army military on or off duty
- Damage to Army property
- Damage to public or private property and/or injury or illness to non-Army personnel caused by Army operations.

Accident classes are used to determine the appropriate notification, depth of investigation and reporting procedures. Army accident classifications are as follows:

Class A

- An injury or occupational illness which results in a fatality or permanent disability.
- An Army aircraft is destroyed, missing, or abandoned
- Property damage resulting in \$2 million or more

Class B

- When one or more personnel are hospitalized as in patient as a result of a single occurrence.
- An injury or illness the results in a permanent partial disability
- Property damage resulting in \$500,000 to less than \$2 million.

Class C

- An injury or illness that results in a temporary disability of any kind and/or is a days away from work case.
- Property damage resulting in \$50,000 to less than \$500,000.

Class D

- An injury meeting the requirements of an OSHA recordable case that does not result in death, disability or days away from work.
- Property damage resulting in \$20,000 to less than \$50,000.

Class E

Property damage resulting from a ground accident of \$5,000 to less than \$20,000

COVID-19 OSHA- Recordable:

If an employee has contracted COVID-19 the employer must make "reasonable" efforts to take into account all available evidence to determine if the illness was contracted at work.

- Employers should do ask the employee how they think they contracted the COVID-19 illness, discuss the out-of-work activities, and review the employees work environment for potential exposure.
- Evidence in the work area that the employee contracted the illness at work-
 - Confirmed close contact with a positive or potentially positive COVID-19 case while at work.
 - Lengthy and frequent exposure to the general public with ongoing community transmission
- Evidence that the employee did NOT contract the illness at work
 - The employee has had close contact with someone who (1) has COVID-19; (2) is not a coworker, and (3) exposes the employee during the period in which the individual is likely infectious.
 - Is the only employee to contract COVID-19 in their vicinity and the job duties do not include having frequent contact with the general public, regardless of the rate of community spread?

If, after the reasonable and good faith inquiry described above, the employer cannot determine whether it is more likely than not that exposure in the workplace played a causal role with respect to a particular case of COVID-19, the employer does not need to record that COVID-19 illness.



BARRACKS from page 1

We're bring it up to code to improve quality of life of Marines."

According to Osterhaus, building systems and components to be replaced include:

- roofing,
- heating,
- ventilation and air conditioning (HVAC),
- electrical distribution,
- sanitary sewer system,
- fire alarm system and fire suppression system,
- building information systems,
- lighting and illumination fixtures
- plumbing fixtures,
- exterior doors,
- windows,

- ceilings,
- flooring and floor finishes, and
- living and common areas

"It's an infrastructure upgrade and a cosmetic upgrade," Osterhaus said.

According to JBM-HH Director of Housing Derrick Lee, that will all change as part of the renovation project.

"This building will go into renovation to bring it up to a standard that people expect where they live," he said. "When it's done there will be new furniture and appliances, and mechanical mold remediation."

There are three major areas the improvements will focus on: Landscaping/grading, the HVAC systems and fixtures and appliances,

Gerfen said.

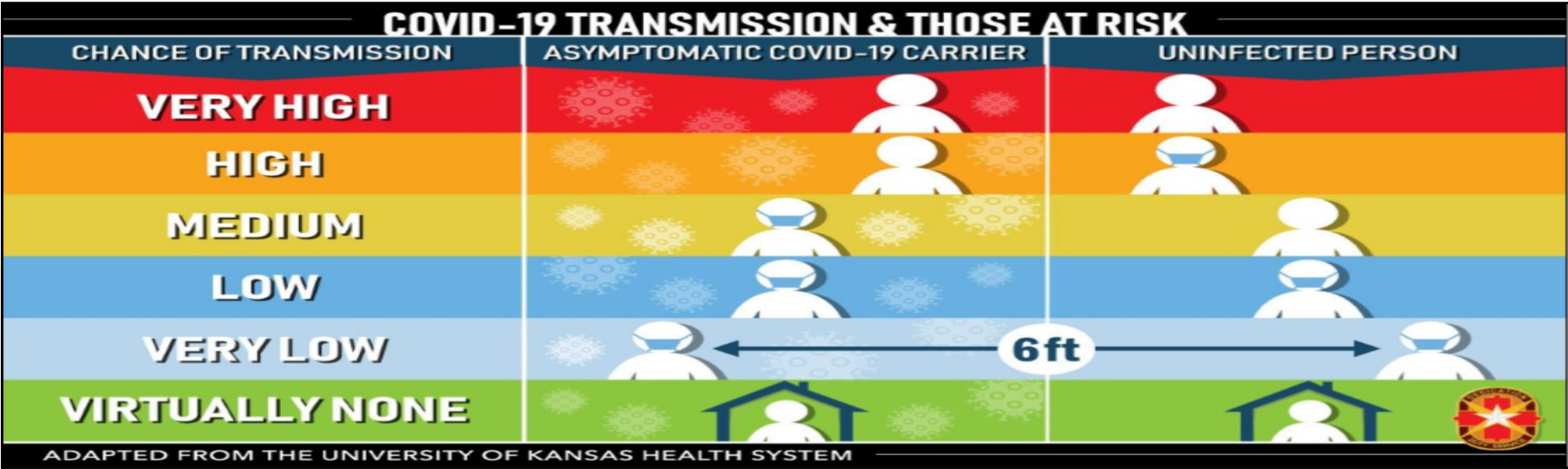
"It (the construction) is not just the building, it's the landscaping as well," Gerfen said. "The building is old and the landscape has changed, causing flooding and water drainage to infiltrate the building. Part of the project is to address that so the (nearly) \$30 million we're putting into this will be worth it in 25 years.

"The current HVAC systems are functional at best. The end state goal is to have an energy efficient, reliable system in there."

The fixtures update are part of the modernization that Lee mentioned. Gerfen said it's not just for cosmetic improvement, but also to bring the building up to military construction code.

"We're not changing the layout because that's one thing that doesn't need improvement," Gerfen said. "But when the project is done the rooms will look more modern. The overall upgrade is designed to provide a higher quality of life."

"The Marines are looking forward to the long awaited renovation of the BEQ 416. This is a project that is long overdue. We believe that the quality of life for our Marines has a direct correlation to their level of performance. The Joint Base is committed to providing quality of life improvements with this project," said Marine Sgt. Maj. Joseph Griffin, battalion sergeant major at Henderson Hall.



Army leaders talk ethical leadership

By Jim Hoeft
TRADOC Communication
Directorate

Ethical leadership was the topic of discussion Jan. 13 as retired Gen. Carter F. Ham, president and CEO, Association of the United States Army, visited U.S. Army Training and Doctrine Command during its monthly leader professional development webinar.

Ham and TRADOC commanding general, Gen. Paul E. Funk II, took a hard look at how the Army builds trust in its leaders, develops its ethics, trains its personnel to make difficult decisions and instills values in all its professionals.

“It’s important for Army professionals, uniformed and civilian, to every now and then take pause and think seriously about the profession of arms,” Ham said about why he wanted to participate in the webinar. “Think about what it is you have committed yourself to. And have a serious conversation about what that Army ethic is.”

Funk felt Ham was an ideal guest to bring clarity to the topic.

“Professionals study their profession,” Funk said. “Ethical leadership is the bedrock of our Army Profession. There is no guy better to do that than Carter Ham.”

He also said that the Army is based on values and trust.

“We get the privilege to wear the cloth of our nation,” he said. Every day we have to lead. And this is the jersey of the greatest team on Earth.”

With more than 1,400 people watching live, the generals shared how ethics has played a role in their careers as well as improving the Army, including developing organizational transparency, and highlighting the importance of diversity in creating an organizational ethic.

In explaining how a diverse force can have a common ethic, Funk said, “You have doctrine to start with. And then from there you do training and try to discuss some of these (ethical) dilemmas before you have them.” He also mentioned the importance of training exercises, simulations, and the after action review.

“We have to build on these diverse experiences to show the richness and depth of the expertise we have in our force.”

Ham added that there is an institutional recognition that “the backgrounds, experiences, cultures, beliefs, practices of a very



Photo by Capt. Jonathon Lewis

(Left) Gen. Paul E. Funk, the commanding general for U.S. Army Training and Doctrine Command, (right) hosted retired Gen. Carter F. Ham, president and chief executive officer with the Association of the United States Army, during a virtual leader professional development webinar, which was moderated by James Hoeft, TRADOC command information chief, at Fort Eustis, Virginia, Jan. 13. The generals discussed Army values and ethics as they relate to leadership, recent national issues and Operation Desert Storm during the one-hour session titled ethical leadership. The discussion was part of a livestreamed sessions on leadership and development with TRADOC leaders engaging a range of guests from different backgrounds.

diverse Army brings tremendous strength to that Army.”

But he also added that doctrine could only take the profession so far in terms of understanding Army values.

“It is important for Army professionals, uniformed and civilian, to understand doctrine; the doctrinal underpinning for what the Army does, what the Army is, and for particular aspects of Army operations,” he said. “But that’s not enough. That’s the baseline of what each Army professional must possess.

“When you combine that doctrinal knowledge and understanding, which is facilitated by small group discussions, and then you combine it with the examples like (Medal of Honor recipient Staff Sgt.) David Bellavia ... when you combine that doctrinal understanding with personal examples of the Army values, that’s when you really start to get something.”

Ham also added that creating a culture within units to have open and respectful conversations is important.

“The senior leader has to make it clear by actions and by words that it is ok to have this open and free dialogue,” he said.

The two also discussed several important initiatives changing the

Army over the course of the webinar, including the “first 100 yards” at Basic Combat Training and the Integrated Personnel and Pay System-Army. They explained how each of those programs are intended to improve the development of Soldiers, which adds to the lethality and effectiveness of the Army.

Both generals also agreed that ethical leadership requires personal presence.

“If you don’t find time — if you don’t purposely make time to be with those that you lead — then the transparency isn’t there,” Ham said. “Leaders have to be engaged.”

“Leadership is a contact sport,” Funk added. “You’ve got to be there every day. And you’re not going to get it right every day, but you have to get in the game.”

As the conversation concluded, the generals reflected on their participation in Operation Desert Storm. The 30-year anniversary of the air (Jan. 17, 1991) and ground (Feb. 24, 1991) campaigns are being observed this year.

“I learned the value of allies and partners,” Ham said. “It was an extraordinary coalition effort that was put together.”

He added that as he has served with other nations in subsequent multinational operations that

American Soldiers are held up in almost every country as the aspirational ideal of professionalism and ethical behavior.

“In almost every country they look to you for the model of what the behavior of a Soldier should be,” he said. “Competence, to be sure. Courage? Absolutely. But a strong moral component to your behavior as well.”

The U.S. Army Center of Military History is commemorating Operation Desert Storm at <https://history.army.mil>.

Funk remains committed to the LPD program and its ongoing mission to educate the Army workforce on driving cultural change, developing people of character, and promoting inclusion.

“Renewing and continuing our campaign of the study of the profession remains critically important,” Funk stated.

To watch the full webinar, all previous LPDs, and supplemental videos, visit <https://vimeo.com/showcase/usarmytradoc-lpd>.

TRADOC’s next scheduled LPD is on resiliency – “Adapt and Overcome” – with J.P. Lane, Feb. 17, 11 a.m. EST. The LPD can be viewed through the TRADOC website, DVIDS, LinkedIn, or Facebook.



News Notes

Music at the White House

Join the U.S. Army Band Jan. 29 for a virtual concert at www.facebook.com/usarmyband. Pomp & Circumstance: Music at The White House will present the rich history of music being expertly used as a diplomatic tool by the most powerful position in the land inside the most recognizable home/office in America.

Exchange to change hours Tuesday for inventory

The Exchange conducts its fiscal year end inventories in the last two weeks of January.

To comply with the Centers for Disease Control and Prevention guidelines for 6 foot distancing and provide a safe working environment for its employees conducting the inventories, the Exchange has reduced the number of employees counting and will need to close its facilities early to account for the extra time that this process will take. The following schedule change will be effective: the Fort Myer PX will close at 4 p.m. Tuesday.

OASDI tax deferral collections

The Consolidated Appropriations Act that was signed by the president Dec. 27, 2020, extended the OASDI (Social Security) Tax deferral collection period from Jan. 1 through April 10 to Jan. 1 through Dec. 31.

How will that affect an individual's pay?

For active duty military members, the 2020 deferred Social Security taxes will be collected in 24 installments, from the midmonth and end-of-month pay between Jan. 1 through Dec. 30. For reservist and guardsmen performing intermittent duty in 2021, the amount collected may not be the same every pay period. DFAS will collect 2% of net available from each weekly, midmonth and end-of-month pay, and will continue until the deferred taxes have been repaid in full.

For military FAQs, please visit <https://www.dfas.mil/taxes/Social-Security-Deferral/Military-FAQs/>.

USO Harvest Market continues

This year the USO continues a special event for the JBM-HH community.

The USO Harvest Market will take place monthly, the third Thursday of each month. The event provides free fresh produce, nonperishable goods to active duty military, veterans, retirees and Family members. The first USO Harvest Market is Thursday. The event will take place at the JBM-HH Community Center from 11:30 a.m. to 12:30 p.m. for active duty service members and their Families and from 12:30 to 1:30 p.m. for veterans, retirees and their Families. The goods will be pre-packaged and delivered via contactless drive through or walk-up service lines at the community center.

Signs will be posted and volunteers will be on site to direct customers on where to line up. Customers are asked to arrive no earlier than 11:15 a.m. Thursday. Be advised that Tri-Services Parking lots B and C, across from the Community Center, will be closed Thursday to accommodate the USO's Harvest Market event.

MLK observance

To ensure the safety of the community, JBM-HH observances are to be held virtually until further notice. Visit JBM-HH Facebook at www.facebook.com/jbmhh for a virtual MLK observance Friday.

You are not alone

Everyone reacts differently to stressful situations like COVID-19. An individual may feel anxiousness, anger, sadness or overwhelmed. Individuals can find ways to reduce his or her stress to help herself or himself and the people he or she cares about.

- Learn the common signs of stress.
- An individual can make time to unwind and do activities he or she enjoys.

Talk with family and friends by phone, text or email.

If an individual or his or her loved ones is feeling overwhelmed, get support 24/7 by calling or texting (800) 985-5990.

To learn more about stress and coping during COVID-19, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

Army Emergency Relief

The Army Emergency Relief program continues to find ways to provide financial assistance to Soldiers in need. With the increase in demand for homeschooling and child care due to COVID-19 restrictions, AER introduced a new assistance program to help Army Families address the costs associated with child care assistance.

For more information, visit <https://go.usa.gov/xAkmS>.

Donating blood is safe

It is National Blood Donor Month. Individuals can donate blood during the pandemic.

The Armed Services Blood Program continues to provide safe and potent blood products during the coronavirus pandemic, taking additional safety measures recommended by the Food and Drug Administration and Centers for Disease Control and Prevention. They are also seeking convalescent plasma donors from those who have recovered from COV-ID-19.

For information on COV-ID-19 safety measures and eligibility to donate convalescent plasma, see the COVID-19 and blood donation page at [https://www.militaryblood.dod.mil/Donors/COVID-](https://www.militaryblood.dod.mil/Donors/COVID-19andBloodDonation.aspx)

[19andBloodDonation.aspx](https://www.militaryblood.dod.mil/Donors/COVID-19andBloodDonation.aspx).4.

Stay updated with winter weather alerts

Individuals can make sure they get the latest winter weather information for the joint base. Download the Digital Garrison App, select JBM-HH as the home installation and enable push notifications.

To enable push notifications, open the app and change the installation to JBM-HH (location icon underneath the name), secondly select the notification bell in the upper left corner, thirdly click the settings wheel in the upper right corner,

JBM-HH remains at HPCON Bravo

The U.S. Army Military District of Washington commanding general announced conditions are now appropriate to transition to Heath Protection Condition Bravo. In response, Joint Base Myer-Henderson Hall will implement its phased recovery plan in close coordination with the Military District of Washington and the Andrew Rader U.S. Army Health Clinic.

Please continue to follow the joint base commander's policy regarding the use of face coverings and maintaining social distancing. We will continue to monitor the downward trend of positive cases, the capacity to test, ability treat and to conduct contact tracing within the National Capital Region.

SFL-TAP resources are virtual

Looking for a job? Need resume assistance? Make sure to check out the SLF-TAP virtual opportunities at the regularly updated page:

<https://home.army.mil/jbmhh/index.php/teamJBMHH/my-fort/soldiers/SFL>.

The SFL-TAP program provides remote or virtual services in the following areas:

- Initial counseling (one-on-one counseling DD 2648)
- SFL-TAP will provide guidance on completing any requirements through JKO online
- VA claims information and orientation

Although SFL-TAP provides some services remotely or virtually, the program continues to respond to any inquiries and conduct business via email, telephone or videoconferencing. Soldiers who complete capstone while the center is closed, will be automatically cleared by the program manager, Carlos Rodriguez, once DD 2648 is processed and signed electronically. Soldiers will ensure they get a copy of DD 2648 during their capstone appointment. For more information about the virtual and remote service being provided by SFL-TAP, please call (703) 696-0973, (703) 794-5986 or email usarmy.jbmhh.asa.mbx.sfl-tap-

center-myer@mail.mil. For more information about VA claims, please contact Eleonore Richards at (202) 641-6481 or by email at eleonore.richards@serco-na.com. For VA claims orientation, contact Chris Guthrie at (202) 480-0077 or by email at cguthrie@vfw.org.

JBM-HH COVID-19 facility updates

Due to the recent rise in COVID-19 cases in the region, please be advised of the following: The AAFES Food Court dining area is currently closed. Food options are still be available for take-out. Masks and social distancing are required. Patrons of all three JBM-HH Gyms (Myer, McNair and Henderson Hall) must now wear face masks at all times, to include during active exercise.

Gym updates

Forts Myer and McNair Fitness Centers are now open for all eligible patrons. To ensure the safety of patrons, the showers and lockers in these facilities are closed at this time. Important update: All patrons must wear masks at all times in all JBM-HH gyms. The Fort Myer Fitness Center is open Monday, Wednesday and Friday from 5 to 7:30 a.m., 11 a.m. to 1 p.m., and 4 to 6 p.m. The Fort McNair Fitness Center is open Monday, Wednesday and Friday from 5 to 10 a.m. The Patton Hall Pools remain closed. The Smith gym and Zembiec Pool are open to active duty only. Occupancy at both gyms is limited to 50 patrons at any given time on a first-come, first-served basis.

Civilian leave assist

JBM-HH Directorate of Emergency services employees Jay Vaughters and Marla A. Curry and 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. Please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at maribel.rodri-guez.civ@mail.mil.