



# Pentagram

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## Fort McNair's 140-year-old building slated for renovation

By Leah Rubalcaba  
Interim Director of JBM-HH  
Public Affairs Office

Bldg. 17, located on the Fort McNair portion of the base, is one of the three oldest Bldgs. on Joint Base Myer-Henderson Hall and is slated for a well-deserved renovation this year.

This 1 ½-story brick structure was constructed in 1881 using reclaimed brick from the former Washington Penitentiary that was built between 1825 and 1831. The only part of the penitentiary Bldg. that remains today is Fort McNair's Bldg. 20.

Bldg. 17 first served as the guardhouse of the Washington Barracks — today's Fort McNair. Fort McNair originated as a military post in 1791, when Pierre L'Enfant designated 28 acres of what was then known as Greenleaf Point as a military post, named the Washington Arsenal. The post was transferred to Quartermaster Corps in 1878, becoming the Washington Barracks, and in 1948, the barracks was named for Lt. Gen. Lesley J. McNair.

The only Washington Barracks buildings that exist on Fort McNair today include Bldgs. 17 and 20, along with Bldg. 21, known as the Model Arsenal, built in 1832.

From its beginnings as a guardhouse, Bldg. 17 was converted to housing around 1900 and served as officers' quarters.

After Fort McNair opened a 9-hole golf course in 1972 in the field just north of Roosevelt Hall, between C and D Streets, Bldg. 17 housed the golf pro-shop for many years. According to Andy Finerty, recreation specialist with Family and Morale, Welfare and Recreation, when he arrived at Fort McNair in 1995 to serve as the golf course manager, Bldg. 17 still housed the pro-shop and included a deli that was frequented by golfers and National Defense University students alike. The golf course eventually closed in 2003.

The Africa Center for Strategic Studies moved to Fort McNair in 2004 as a regional center affiliated with NDU. Some of the center's personnel were housed in Bldg. 17 and, in April 2009, the building came to be known as the Africa Center for Strategic Studies Annex.

The nearly \$3 million design build contract for the Bldg. 17 ren-



Photo by Jah-Ras (Jah) M. Hodge, USACE Baltimore District

The 140-year-old Bldg.17, known as the Africa Center for Strategic Studies Annex located on the Fort McNair portion of Joint Base Myer-Henderson Hall, will undergo a renovation this year.

ovation was awarded to XL Construction LLC.

According to project engineer Elihu Hirsch, with the U.S. Army Corps of Engineers, Baltimore District, interior demolition work has already begun to expose the original ceiling of the building.

"The 1 ½ story of the building is based on the fact that, historically, the building had an exposed structure that allowed for natural interior lighting through the use of clerestory windows," said Hirsch.

In architecture, a clerestory is a high section of wall that contains windows above eye level to admit light and fresh air.

"We are planning on restoring the interior of the building, much as it looked originally, by removing much of the interior ceiling to

expose the building roof structure and benefit from natural light from the three arched windows," said Hirsch. "We are now above a dry-wall ceiling."

Hirsch added that while the original windows will remain, damaged wood trim at the windows will be replaced. The floor and wall finishes will be updated, with the finishes inside the building restored to the way they existed in the 1800s.

Renovation work will also replace the building's HVAC and electrical systems, to include lighting. Bldg. 17 will benefit from a new access ramp installed at its entrance, as well as an Americans with Disability Act of 1990-accessible restroom and a secure

room for classified communication.

"We will also be removing a nonhistoric addition on the east side of the building that is being used for a storage room," said Hirsch.

When asked if he had any reservations about working on the 140-year-old building, Hirsch replied, "We do not anticipate any issues with historical preservation. We are working closely with Kelly Whitton (cultural resources manager for Joint Base Myer-Henderson Hall), and it is our intent to provide minimal exterior changes and restore the interior to look like it did historically."

The anticipated completion date is Jan. 23, 2022.



# Deicing impacts on water quality

By Jen Tolbert  
Environmental Management  
Division, JBM-HH Directorate of  
Public Works

If Punxsutawney Phil’s prediction is right, we may have some more snowstorms ahead of us this winter. While many of us have been spending less time on the roads this year because of the pandemic, it is still important to assess the use of deicing materials used to make the roads and sidewalks safe this time of year. While counties and cities are using their sand and salt trucks ahead of winter storms, residents have likely stocked up on deicing materials for their home driveway and sidewalks. You may be aware that deicers can be unhealthy for pets and may corrode driveways, cars and other items made of metal, but have you considered their impact to the environment, including your drinking water? While these deicers are effective, the improvement in vehicle and pedestrian safety may come at the expense of water quality if the materials are used improperly.

In line with Joint Base Myer-Henderson Hall’s commitment to protect the environment, the public and the installation’s resident animals, the Directorate of Public Works staff has been trained in the proper application of deicing materials and uses pet-friendly deicers. It is, however, important for the public to be aware of the potential impacts of deicers and how to minimize the risks.

**What are common deicers and how do they work?**

The most common materials used for deicing home driveways and walkways include abrasives such as sand or cat litter and commercial products that contain chemicals such as sodium chloride, calcium chloride, magnesium chloride, calcium magnesium acetate, potassium acetate and salt and other chemical deicers work by lowering the freezing point of water. As the minerals dissolve, they form a liquid layer in the ice

that makes the snow and ice easier to remove. Abrasives, on the other hand, only help to break up the ice and provide traction. Unfortunately, while these materials improve our safety on roads and sidewalks, they can negatively impact water quality if they are carried off the surfaces on which they were originally applied and into storm drains and streams.

**What are the potential impacts from using deicers?**

When deicing materials used to melt snow and ice are washed off the road and sidewalks by rain or melting snow, the resulting runoff, called stormwater, is polluted with chemicals, minerals and sediments from the deicers. This polluted stormwater can then flow to vegetation alongside roads, streams and ponds or stormwater inlets, which carry the water to local water bodies. Deicer chemicals can also percolate through the soil to groundwater and contaminate well water in areas that use wells for drinking water supply.

According to the National Cooperative Highway Research Program, sodium chloride, calcium chloride and magnesium chloride deicers can impact water quality and aquatic life by adding too much chloride and metals. Many metals are toxic to aquatic life, even in low concentrations. Chloride deicers also often contain phosphates, which can cause algae to grow too quickly, smothering other aquatic organisms. Acetates tend to have a high impact on water quality by adding organic content, which uses up some of the oxygen needed by aquatic organisms. The abrasive deicers impact water quality by adding sediments and increasing the cloudiness in bodies of water. The sediments from abrasives can clog small spaces and smother underwater habitats that are important to aquatic life.

In addition to aquatic life, deicing materials can negatively impact pets by causing illnesses through ingestion and by irritating their skin and paw pads. Check the



Photo by [www.cambridgema.gov](http://www.cambridgema.gov)

The most common materials used for deicing home driveways and walkways include abrasives such as sand or cat litter and commercial products that contain chemicals such as sodium chloride, calcium chloride, magnesium chloride, calcium magnesium acetate, potassium acetate and salt and other chemical deicers work by lowering the freezing point of water.

label of the deicing products and select “pet friendly” deicers to minimize the risk of your pets getting sick.

**How can we prevent and reduce these impacts?**

Many people are under the impression that more is better when it comes to applying deicers, but we need to consider these environmental impacts. Fortunately, there are several ways to reduce or prevent these impacts:

- Follow the directions on the packaging of the deicer and use the minimum amount possible. Deicers are meant to break the bond between the ice and the pavement or concrete to make it easier to remove, not to melt it all.
- Use a small amount of a deicer or anti-icer (meant for pretreatment) on roads or sidewalks before or shortly after the start of a snowfall, preventing ice from bonding to the ground in the first place. This method can help reduce the total amount of deicing material applied. However, it is important to be conservative with how much pretreatment material is applied and when it is applied; avoid applying large amounts of pretreatment chemicals for just a few flurries.
- Do some research and use the


appropriate deicer. Certain deicers work better at different temperatures and in different locations. Choosing the right one can decrease the amount of deicer needed.

- Pick up a snow shovel. Keeping up with shoveling the snow off driveways and sidewalks will help to prevent snow and ice from bonding to the pavement or concrete in the first place.

- Store deicers in a covered area and in proper containers to avoid the material from being unintentionally spread to the environment by rain or wind.

Employing these methods can help to balance the need for improving safety during dangerous weather conditions with the need to protect our environment and drinking water quality.

To report conditions that could cause storm water pollution or to get more involved with stormwater activities on base, contact the JBM-HH Environmental Management Division by calling (703) 696-1222 or by emailing [usarmy.jbmhh.asa.mbx.fort-myer-fort-mcnair-stormwater-program@mail.mil](mailto:usarmy.jbmhh.asa.mbx.fort-myer-fort-mcnair-stormwater-program@mail.mil).



# Presidents Day 2021

Call prior to visiting services not listed Presidents Day Monday. Rader Clinic is closed, including COVID-19 testing.

JBM-HH Commissary	9 a.m. to 5 p.m.
MCX and Vineyard	10 a.m. to 6 p.m.
American Clipper Barber	11 a.m. to 3 p.m.
JBM-HH Express (Myer)	8 a.m. to 6 p.m.
Panda Express	10 a.m. to 4 p.m.
Precision Tune Auto	8 a.m. to 4 p.m.
Dining Facility	<b>Breakfast</b> 6:30 to 8:30 a.m.
	<b>Lunch</b> 11:30 a.m. to 1 p.m.
	<b>Dinner</b> 4:30 to 6 p.m.

Pentagram



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# US Armed Forces continue support of NFL Super Bowl

**By the Military District of  
Washington**

During this past week, 11 service members had the privilege to represent the entirety of the United States military at the 55th Super Bowl at Raymond James Stadium in Tampa Bay, Florida.

To those watching on television, it was just a few minutes. They marched out of the tunnel and onto the field. H.E.R. performed “America the Beautiful.” The team moved forward, kept in step by the cadence of The U.S. Army Field Band percussionists flanking their formation. The colors were presented and the service flags lowered.

Eric Church and Jazmine Sullivan belted the national anthem and the U.S. Air Force “trifecta,” a B-52, B-1 and B-2 bomber passed overhead right on cue. For the first time in Super Bowl history, a formation consisting of a U.S. Air Force B-2 Spirit, a B-1B Lancer and a B-52 Stratofortress conducted a military flyover at Raymond James Stadium, according to coffeeordie.com.



*Photos by Maj. Stephen Von Jett*

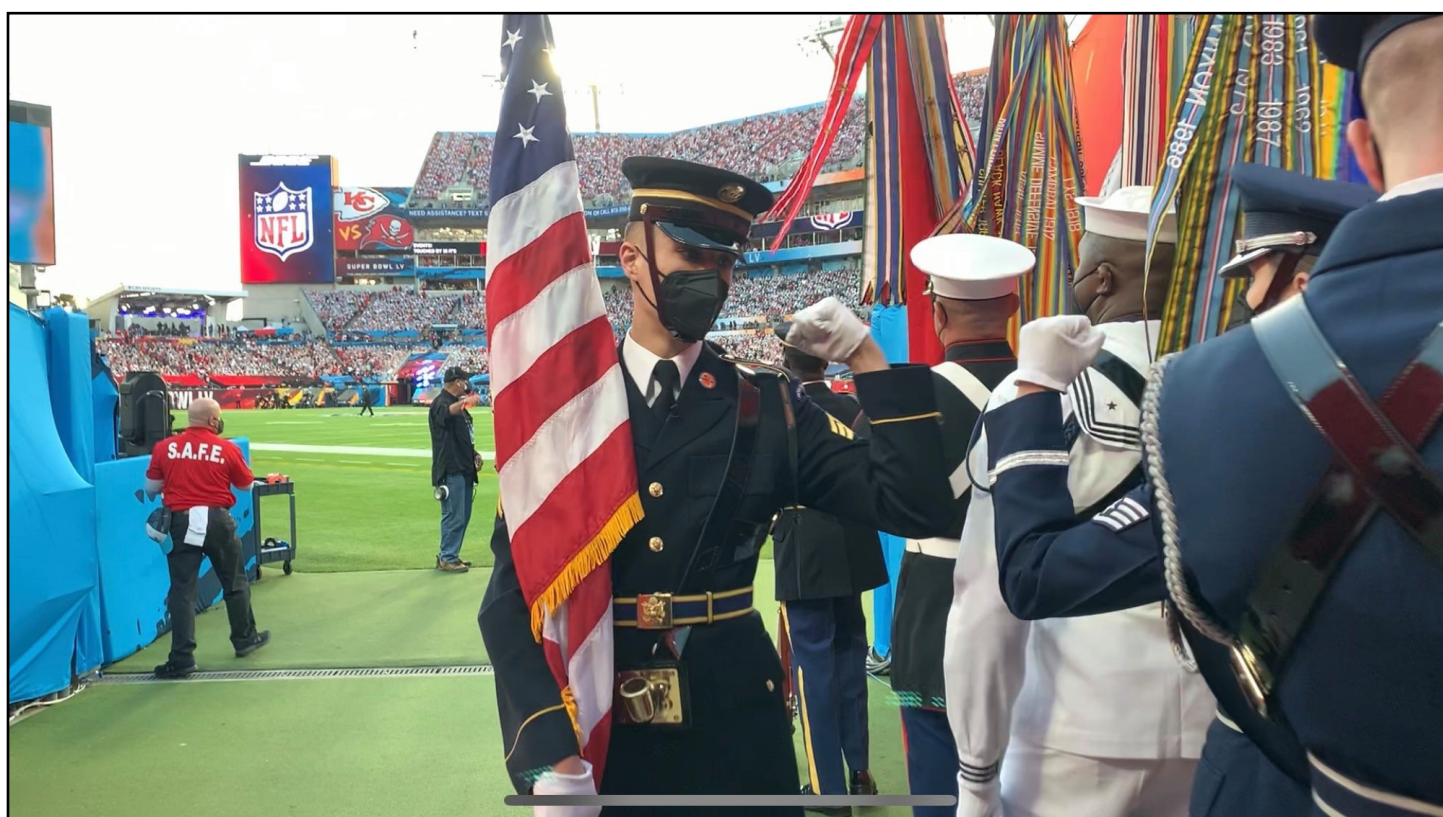
**The U.S. Armed Forces Color Guard salutes as the U.S. Air Force flyover crosses the Raymond James Stadium at Super Bowl LV in Tampa, Florida, Feb. 7, 2021. The U.S. Armed Forces Color Guard is comprised of service members from the ceremonial guard units stationed in and around Washington, D.C.**

After the flyover, fireworks erupted and the audience roared. The color guard ordered arms and

made a swift exit. Four short minutes, give or take, and the mission was complete.

Behind the scenes, those four minutes stretched into hours of practice and days of preparation. Prior to the trip, those four minutes stretched into months of drill and years of experience. Each member of the color guard brought his or her own skills and understanding to this mission. They checked and rechecked everything, debating arcane minutia of uniform and regulation not because it was the Super Bowl, but because these chosen few are proud to represent their services and honored to carry the colors.

The only demand for perfection was the one they placed on themselves. The only critic waiting for them at the end of the mission was the man in the mirror. As the hour of execution approached, their excitement was tempered with focus. In the last moments before exiting the tunnel onto that field of lights, their composure took over and this crew of young service members took the field and made their services proud.



**Sgt. Ryan Weber, bearing the National Colors, walks the line wishing his colors team luck just prior to taking the field at Super Bowl LV in Tampa, Florida, Sunday. The U.S. Armed Forces Color Guard is comprised of service members from the ceremonial guard units stationed in and around Washington, D.C.**





# Commentary

## History should be taught in schools, great people overlooked too long

By Catrina Francis  
Pentagram Editor

Over the years, I've heard people say Black History Month is about being divisive and it's not needed because we all are Americans. I partially agree with that because I am an American, but I'm also an African American and my history isn't inclusive in American history.

Since I was only taught the glossed over version about the accomplishments of African Americans, I read books. I have also read a little about prominent African Americans who served in the military, and were willing to fight and die for a country during a time when equality didn't apply to them nor was their sacrifice initially appreciated.

The 1960s was the start of the Civil Rights Movement and how African Americans were finally given the inalienable rights afforded to them in the U.S. Constitution. Those rights started with the signing of the 1964 Civil Rights Act and the 1965 Voting Rights Act.

The decade also marked the first major deployment of an integrated military to Vietnam, which for my family was my dad's draft and service in the war.

The Vietnam War saw the highest proportion of African Americans ever to serve in an American war, according to pbs.org. There was a marked turnaround from the attitude in previous wars that Black men were not fit for combat. During the Vietnam War, African Americans faced a much greater chance of being on the front line, and consequently a much higher casualty rate. In 1965 alone, African Americans represented almost 25% of those killed in action.

Following the Vietnam War and the phasing out conscription, the number of African Americans volunteering to join the Army grew exponentially, enlisting at rates far above their share of the population, according to pbs.org.

An African American who I didn't learn about in school is Sgt. William Carney who fought in the Civil War.

On Feb. 17, 1863, at age 23, Carney heeded the call for African Americans to join a local militia unit, the Morgan Guards, with 45 other volunteers from his hometown of New Bedford, Massachusetts. The unit would later become Company C of the 54th Massachusetts Infantry Regiment, according to www.historynet.com.

I have to admit that I didn't know a lot about the 54th until I watched the movie "Glory" in the

early 1990s. After watching it my interest was piqued. I wanted to know more about this all-black regiment. I also wanted to know how much of the movie was factual and how much was "Hollywood."

The more I read about the regiment the more I realized there were quite a few factual parts to the movie. For example, who can forget Denzel Washington's portrayal of the troubled Pvt. Trip. Little did I know that part of Washington's portrayal, the end of the movie, was actually based on Carney's bravery during the Battle of Fort Wagner outside of Charleston, South Carolina.

Who can forget the scene with Washington picking up the colors and yelling, "Come on!" after the Soldier who carried the colors was mortally wounded.

During the real Battle of Fort Wagner, the color bearer was wounded. Carney noticed that the Soldier was beginning to weaken and he threw his gun down and grabbed the colors before they could touch the ground. He now became the color bearer and moved forward during the assault.

Instead of retreating Carney forged ahead while bullets were flying and his fellow Soldiers were being shot. During the battle, Carney was optimistic because he thought help was on the way, but realized that hope was false when he noticed the Soldiers before him were Confederates.

As Carney advanced, he passed over a ditch with water up

to his waist. He decided to use the water as cover. When Carney raised up for a better look he was shot, which proved to be a painful mistake. As he proceeded, he was shot again.

Despite being shot two times, Carney continued to advance until he came across a Union Soldier from the 100th out of New York. As the Soldier assisted, he told Carney he would help him carry the colors. Carney said, "No" because he was adamant about keeping the colors until he could surrender them to a fellow Soldier in the 54th.

The amazing part of Carney is he was hit two more times — once in the arm and another bullet grazed his head.

I think after being shot four times most would have surrendered the colors, but Carney held on to them. The two stumbled to the rear and Carney finally gave the colors to a member of the 54th.

His famous line about his ordeal was, "The old flag never touched the ground, boys."

Although Carney's actions that fateful day were selfless, he didn't receive recognition until May 23, 1900, when he was awarded the Medal of Honor — the first African American to receive the award.

When Carney was asked about his heroic actions he replied, "I only did my duty."

After reading about Carney's heroism, I had to ask, could I be that brave in the face of adversi-

ty? I don't know. I wouldn't retreat, but I don't know if I could advance without having a weapon. With a weapon, I would at least have a fighting chance. However, Carney didn't think about defense, his only thought was the colors not touching the ground.

I wish I had learned about Sgt. William Carney and the 54th in school while I was learning about the Civil War. Instead of being taught about these men, I had to learn about African-American history from a movie.

Although Black men and women have become generals and served at the military's highest echelons, we continue to have firsts in 2021. This year, retired Gen. Lloyd Austin, the 33rd vice chief of staff of the Army and the last commanding general of United States Forces-Iraq Operation New Dawn, became the first African American to serve as the secretary of defense when he was confirmed by the U.S. Senate Jan. 22.

It's also been said that African-American history shouldn't be recognized in just one month. I agree because my history is more than one month. Since Black history is becoming inclusive with American history, there is still a need to highlight the accomplishments of prominent African Americans because our story hasn't always been taught as part of mainstream history.

Pentagram Editor Catrina Francis can be reached at [catri-na.s.francis2.civ@mail.mil](mailto:catri-na.s.francis2.civ@mail.mil).



Original sketch by Frank Vizetelly of the Union assault on Fort Wagner, South Carolina in 1863 by the 54th Massachusetts Volunteer Infantry, an all-Black Union Army regiment.

Photo by Houghton Library, Harvard University





#### Five love languages

The five love languages workshop will be held Thursday from 11 a.m. to 1 p.m. This is a virtual platform workshop. During this workshop, people will learn the five love languages and discuss ways to keep their partner's "love tank" full. Registration is required.

For more information and to register, email Megan Read at [megan.w.read.ctr@mail.mil](mailto:megan.w.read.ctr@mail.mil).

#### Transparenting (co-parenting class)

Transparenting, a co-parenting seminar, will be held during a virtual platform Tuesday and Feb. 23 from 11 a.m. to 12:30 p.m. This seminar is designed to provide parents who are separated or divorced with the tools to ensure that they are able to continue supporting and encouraging their children despite the breakup of the family unit. Registration and attendance at both sessions are required.

For more information or to register, email Megan Read at [megan.w.read.ctr@mail.mil](mailto:megan.w.read.ctr@mail.mil).

#### Virtual play morning

On Thursdays, 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 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/UCnTcKDomPZeXmvnYddOIQkg>. and click "Subscribe" and continue to receive resources available whenever.

### The Exceptional Family Member program reminds the community that February is National Heart Awareness Month.

According to the National Heart Lung and Blood Institute, heart disease is a leading cause of death in the United States.

People can protect their heart by understanding their risk, making choices and taking steps to reduce their chances of getting heart disease, including coronary heart disease, the most common type. For more information, visit <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/>.



# The parade of life

By Retired Chaplain (Brig. Gen.) Ray Bailey  
Former Deputy Chief of Chaplains

I found an article in my files that had this prayer by the acclaimed columnist Art Buchwald. It resonated with me because it exactly typifies all of us when it comes to our income taxes. Now with the delay for some in 2019 refunds and the 2020 becoming due, it especially becomes applicable.

“Heavenly Father, we beseech you in our hour of need to look down kindly on your humble taxpaying servants, who have given all we possess to the almighty Internal Revenue Service. Grant us that we have completed our Form 1040 correctly so no power will find fault with it. We pray to God that we have added lines seven through 20 accurately, and that we have subtracted line 30 from line 21 so our adjusted gross income is computed to their divine satisfaction. We ask you, O Lord, to protect our exemptions and bless our deductions as outlined in Schedule A (Form 1040, see pages 17 through 20 of instruction booklet). Have mercy on those of us who failed to estimate wisely our payments during the year and must now borrow from Peter to pay Paul. Blessed are they who spent more than they earned and contributed so much to the economy. Give us the strength, Lord, so that we may dwell in a lower tax bracket forever and ever (as outlined in Publication 17, the revised edition). Yea, though we walk through the valley of the shad-

ow of bankruptcy (see tax tables tax rate



Schedule X, Y, Z or, if applicable, Schedule D or Schedule G or maximum tax Form 4726), there is no one to comfort us.”

COVID, taxes, winter, the job market, family issues, health issues and the list grows, and we feel overwhelmed. We do the math and add up all the challenges that line up like a parade and we wonder if we can get through them all. Here are a few suggestions:

Remember your past when you were overwhelmed and you survived, if not thrived. If you can do it once, you can do it again. You have experience and the scars to prove you are resilient. Take individual steps into each challenge. Manage your efforts in doing what you are capable of at that moment. You are not a Marvel Comic hero to leap over the mountain in one try, but to climb it one-step at a time. Soon, you will look to the horizon and see your destination. Believe in yourself. Keep a positive outlook on who you are and the great things you are made of. Even if others don't respond with encouragement, as you would like, you can encourage yourself.

Take a deep spiritual breath and know that as long as you have life, you can live a good life. Say the prayers of help, do something meaningful for yourself, do something meaningful for another, and have gratitude.

Today is waiting for accomplishments. Let's begin

**JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.**

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

**To register for Catholic Mass, contact the Catholic coordinator by email at [info@jbmhhmcc.com](mailto:info@jbmhhmcc.com).**

<b>Catholic Mass</b>	<b>Saturday at 5 p.m. and Sunday at 8:30 a.m.</b>
<b>Protestant Service</b>	<b>Sunday at 10:30 a.m.</b>
<b>Gospel Service</b>	<b>Sunday at 12:30 p.m.</b>
<b>Samoan Service</b>	<b>Held the first Sunday of every month at 2:30 p.m.</b>

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

<b>Catholic Mass</b>	<b>8:30 a.m.</b>
<b>General Protestant</b>	<b>10:30 a.m.</b>
<b>Gospel Service</b>	<b>12:30 p.m.</b>

Joint Base Myer – Henderson Hall Memorial Chapel



**Ash Wednesday – Feb. 17**

Protestant Service

Noon – Small Chapel Room (Blessed Sacrament Chapel)

Sign-in upon arrival

Catholic Masses

Noon and 5 p.m. Sanctuary

Online Registration Required | Seating Capacity: 50

Registration windows:

**Active Duty:** Opens **Tuesday, Feb. 9** at 5 a.m.

**All others:** Opens **Wednesday, Feb. 10** at 5 a.m.

Closes **Thursday, Feb. 11** @ 3 p.m. – **OR** – until full

Registration forms are posted on “Announcements” at [jbmhhmcc.com](http://jbmhhmcc.com)

Distribution of Ashes Only

12:30 p.m. – sidewalk near sanctuary doors

JBM-HH Memorial Chapel ♦ 101 McNair Road, Building 480 ♦ FaceBook: [JBM-HH RSO](https://www.facebook.com/jbmhhroso/)

Catholic POC: Pam Ortiz-Marty, [info@jbmhhmcc.com](mailto:info@jbmhhmcc.com)

Protestant POC: Rita Stewart, [rita.protestantredcoordinator@gmail.com](mailto:rita.protestantredcoordinator@gmail.com)





## 2021 ANDREW RADER U.S. ARMY HEALTH CLINIC COVID-19 VACCINATION CAMPAIGN



**Who:** Patients aged 75 and older who **receive primary care** at Rader Clinic

**What:** COVID-19 Vaccine (Moderna)

**When:** February 8 to 18 by appointment only

Rader Clinic is currently providing the Moderna vaccine in line with the Department of Defense population phases. We are currently in **phase 1b** vaccinating patients aged 75 and older who **receive primary care** at Rader Clinic.

To schedule an appointment please visit [www.tricareonline.com](http://www.tricareonline.com) or send a secure message to your provider through Tricare Online at [www.tolsecuremessaging.com](http://www.tolsecuremessaging.com).

Please note, vaccine administration is **NOT** occurring within Rader Clinic at this time. Those 75 and older **AND ENROLLED** at Rader Clinic for primary care can expect to receive a letter via U.S. postal mail, an automated phone message with additional information on where to go to receive your vaccine. This information will also be provided at the time of booking.

Second dose of the vaccine will only be provided to those who received first dose with Rader Clinic.

For the most up-to-date information on the Rader COVID vaccination clinic, please use the COVAX automated hotline at (703) 696-2994.

# JBM-HH Virtual Town Hall

With leaders on the joint base

**Postponed to 1 p.m. Feb 18**

[www.facebook.com/jbmhh](http://www.facebook.com/jbmhh)

**Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19**

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks



Cloth mask over medical procedure mask



Medical procedure mask with knotted ear loops and tucked-in sides



Mask fitter



Nylon covering over mask

Other effective options to improve fit include:



# After 100 years, Harlem Hellfighters nickname is finally official

By Eric Durr  
New York National Guard

The Harlem Hellfighters are now officially the Harlem Hellfighters.

One hundred years after the New York National Guard’s 369th Infantry Regiment earned the nickname in World War I; the Army has recognized the right of 369th Sustainment Brigade Soldiers to call themselves Hellfighters.

The Army Center of Military History, which approved the official designation Sept. 21, 2020, also made it clear that Hellfighters is one word and not two.

The 369th joins 717 other Army, Army National Guard and Army Reserve units — some of which are no longer around — which have official special designations.

These range from the 3rd Infantry Division’s “Marne Division” nickname earned in World War I, to the 179th Aviation Company of the Vietnam War, which called itself “Shrimp Boats.”

The 369th’s nickname was recognized as a traditional, historical designation for the unit; much like the 42nd Infantry Division’s “Rainbow” name, or the Regular Army’s 3rd Cavalry Regiment “Brave Rifles” nickname.

The special designation program is run by the Force Structure and Unit History Branch of the U.S. Army Center of Military History on Fort McNair as part of the Army’s organizational history program. This is the same entity that provides the lineage and honors for Army units.

Units can also request special designations without any historical basis, by written request and if no other unit is using it, according to center officials.

The 369th’s quest to make their long-time nickname official began in 2019 when New York State Military Museum director Courtney Burns was looking at the Army’s list of unit special designations.

He had been working on a 369th history display at the newly renovated Harlem Armory and went looking for the certificate noting the official designation of the 369th as the Harlem Hellfighters.

He was shocked to find that a unit as famous as the 369th was not on the list.

“That was such a glaring error,” he said.

Because the military history program is a unit commander’s program, Burns contacted

Seth Morgulas, the commander of the 369th Sustainment Brigade, to let him know that the long-treasured nickname was not officially recognized.

“I said, ‘That is crazy, how does it not have it,’” Morgulas recalled.

The New York State Department of Transportation had even ceremonially renamed Harlem River Drive, which runs by the Armory on Manhattan’s west side, the Harlem Hellfighters Drive, he pointed out.

Morgulas tasked his personnel officer to work with Burns to put the right documents together and fix the issue. The entire process took about a year, he said.

The 369th Infantry began as the 15th Infantry Regiment headquartered in Harlem. It was a New York National Guard unit for African Americans in a segregated Army and National Guard.

When the United States went to war in 1917, Black Americans traveled to New York City to enlist in the 15th Infantry Regiment.

The regiment’s commander, Col. William Hayward, lobbied hard for his Soldiers to be part of the American Expeditionary Force and they shipped out in 1917.

At first, they worked unloading supply ships. However, in March 1918, they were reorganized as the 369th Infantry and loaned to the French army.

The men of the 369th fought in combat for 191 days. The unit took 1,500 killed and wounded while receiving only 900 replacements. In one offensive, the 369th outpaced French units on either side by 7 miles.

They were the first unit of the French, British or American armies to reach the Rhine River at the end of the war. The unit earned 11 French citations and a unit Croix de Guerre and 170 Soldiers were awarded the French Croix de Guerre.

The Soldiers of the 369th called themselves the “Black Rattlers” and the unit crest still features a rattlesnake coiled to strike.

The French called them “Hommes de Bronze” or Men of Bronze.

However, it was their German adversaries who gave them the name that stuck.

The Germans called the Black Americans “Hollenkampfer:” German for Hellfighters.

“They are devils,” a Prussian officer captured during the Meuse-Argonne offensive told his American captors about the 369th. “They

smile while they kill and they won’t be taken alive.”

When the men of the 369th paraded through New York City in 1919, the New York Times headline read “New York’s Hell-Fighters March up the Avenue.”

The 369th Sustainment Brigade staff put together historical references to the unit name, filled in the paperwork, and sent it to the National Guard Bureau historian.

That office, in turn, sent it to Joseph Seymour, a historian with 20 years of experience at the Army Center of Military History on Fort McNair.

Seymour is the historian at the center who deals with Army National Guard history.

When a unit needs its lineage and honors updated, or they want to add information, Seymour is the person who checks the information and makes sure it is accurate.

“If a unit feels they are entitled to a distinctive designation, we research the merits of the claim,” Seymour said. “The case of the Harlem Hellfighters is a particularly interesting claim. It was not what they called themselves. It is what the enemy called them. That is a particular distinction.”

Documenting the 369th’s claim to their historic name was not hard to do, Seymour said. There were plenty of books and articles linking the name Hellfighters to the 369th.

“They are a very famous unit,” Seymour said. “It is one of those things that everybody knew about. But because everybody knew about it, (was) never submitted a request for a distinctive designation. It was a surprise.”

For a National Guard unit to request that their traditional nickname be noted as an official Army Distinctive Designation, a request in writing has to go to the National Guard Bureau, Seymour explained.

Battalions and brigades seeking to make a traditional designation official must show that the designation has been used for at least 30 years, Seymour explained.

Because National Guard units are often reorganized and realigned, it is possible for a company of a battalion to have a different historical lineage and have their own traditional nickname, he said.

In that case, a company has to prove the nickname has been around for 50 years, Seymour said.

These designations can be changed. The 283rd Army Band, for example, used to be the “United States Army Infantry Center Band” but changed the name to the “United States Army Maneuver Center of Excellence Band” when the Infantry and Armor school merged.

There are 13 New York Army National Guard units with Army Special Designations.

Some of them are well known; like the 1st Battalion, 69th Infantry’s “Fighting Sixty-Ninth; and the 42nd Infantry Division’s “Rainbow.”

Others aren’t heard about too much. The 27th Infantry Brigade Combat Team, for example, is entitled to call itself Empire, because New York is known as the Empire State, and that was the nickname picked by the 27th Armored Division in the 1950s.

The 501st Ordnance Battalion owns the lineage of the 105th Infantry, so it also owns their designation of “Apple Knockers:” a term for upstate New York residents in the early 20th Century.

Although it is now headquartered in Kingston, the official nickname for the 104th Military Police Battalion is Poughkeepsie Invincibles.

The battalion gets that name because it traces its history back to a Poughkeepsie militia company organized in 1775 by Capt. Jacobus Frear called the Poughkeepsie Invincibles.

“Some of these nicknames are so old and obscure that nobody knows what or why they are,” Burns said.



*National Guard historic painting by H. Charles McBarron*

In this National Guard historic painting by H. Charles McBarron, Soldiers from the 369th Infantry Regiment, the Harlem Hellfighters, go into action near Sechault, France, Sept. 29, 1918, during the Meuse-Argonne offensive. Originally, the 15th New York from Harlem, the center of African-American culture in the early 20th century, the unit earned the nickname Hellfighters from its German enemies. While the nickname has been used for more than 100 years — currently by the 369th Brigade — it was only officially recognized by the Army in September 2020.



# Revised program targets health, quality of life initiatives for Army civilians

By Devon Suits  
Army News Service

An updated Army program plans to enhance the health, fitness and quality of life of Army civilians, as the force continues to refine the way it acquires and retains talent in support of the Army People Strategy.

The Army Civilian Fitness and Health Promotion Program will authorize civilians up to three hours of administrative leave per week, with no more than one hour per day, to participate in physical fitness and preventative health activities, said Todd Fore, the deputy assistant secretary of the Army for civilian personnel.

The program is outlined under Army Directive 2021-03, which was released in January, and will supersede current Army Regulation 600-63 for health promotion. The change will eliminate the one-time use, six-month duration requirement outlined in the old policy, granting civilians more flexibility to achieve their health and fitness goals.

“We received a lot of (program) feedback,” Fore said Feb. 4. “When it comes to acquiring new personnel, we have people ask about our wellness program. So we rolled out the Army Civilian Fitness and Health Promotion Program to stay competitive.”

Retaining personnel is also a top priority, as the program will continue to enhance an individual’s work and life balance as well as increase morale, Fore added.

The Army is the third-largest federal employer with close to 300,000 civilians operating throughout the entire force, officials said.

Over the summer, the Army rolled out a Civilian Implementation Plan, which covers several efforts including the health and fitness program to help transform the workforce. It also aims to modernize civilian talent acquisition, evolve career programs to be integral to the people enterprise and to help build excellent supervisors.

According to research compiled by the health program’s leaders, employees who can participate in a fitness and health promotion program experience increased readiness, resiliency and productivity. Individuals also exhibit improved job and life satisfaction, all while reducing sick leave use.

The program is not an entitlement, as it is deemed voluntary for all employees and must be preapproved by the individual’s chain of



Photo by U.S. Army

An updated Army program plans to enhance the health, fitness and quality of life of Army civilians as the force continues to refine the way it acquires and retains talent in support of the Army People Strategy. The Army Civilian Fitness and Health Promotion Program will authorize civilians up to three hours of administrative leave per week, with no more than one hour per day, to participate in physical fitness and preventive health activities.

command, Fore said.

Mission requirements will take precedence and dictate the available times for program participation, he added. Leaders will have the authority to implement and administer the program to best support their organization.

If a request is approved, an employee must submit a program participation agreement before receiving time off to engage in health and fitness activities.

Individuals and supervisors are required to account for all fitness periods and annotate it as administrative leave within the Automated Time Attendance and Production System or as a related code in similar timecard systems.

“This has been in the works for a while as we received great collaboration across the Army from various organizations,” Fore said. “I think that we have struck the right balance in implementing a wellness program for all the right reasons to best support our Army civilians.”

All employees must report to their organiza-

tion before and after an authorized fitness period, officials said. The allotted interval includes time to change, shower and travel to and from a location. Missed hours do not accumulate or carry over to future weeks.

Employees can also use the allotted time to garner positive health habits through preventive health support and education. The Federal Occupational Health agency provides access to virtual wellness programs, online health risk assessment, cholesterol and glucose testing, blood pressure monitoring and other health-related services. For more information, call (866) 436-4457 or visit their website at <https://foh.psc.gov>.

“Our civilians are critical to the Army mission,” he said. “We want a resilient civilian corps to support our many organizations.”

For more information about the Army Civilian Fitness and Health Promotion Program, individuals should contact their servicing civilian personnel office.



Amps to Zap

A IS FOR APPLIANCES

Plug major appliances directly into a wall outlet. Do not use extension cords or power strips. Only one heat-producing appliance should be plugged into an outlet.



#NBAW  
National Burn Awareness Week  
FEBRUARY 7-13, 2021





# News Notes

## Burn Awareness Week

JBM-HH Fire and Emergency services joins the American Burn Association in observing National Burn Awareness Week through Sunday.

The week is a window of opportunity for organizations to mobilize burn, fire and life safety educators to unite in sharing a common burn awareness and prevention message in our communities.

More than 73% of burn injuries occur in the home. People can learn how to keep their family safe as they balance work and play within the home.

For more information, including safety tips for the whole Family, visit

<http://ameriburn.org/prevention/burn-awareness-week/>.

These safety tips can be shared to help spread the word on the dangers that exist and what can be done to reduce the risks.

## Wreaths Across America mobile exhibit

Wreaths Across America is proud to announce the 2021 national tour for its mobile education exhibit. The MEE will hit the road this month in Maine and head southwest toward Texas for private and public scheduled events.

The MEE brings the local community, veterans, active duty military and their Families together through interactive exhibits, short films, and shared stories.

The exhibit serves as a mobile museum, educating visitors about the service and sacrifice of the nation's heroes as well as to serve as an official 'welcome home' station for our nation's Vietnam veterans.

When the MEE pulls into your area, all veterans, active duty military, their Families and the local community members are invited and encouraged to visit, take a tour and speak representatives and volunteers.

To host the MEE in your community, whether it be for a parade, a school-related or veterans' organization or a public or private event, visit <https://wreathsacrossamerica.org>. The public tours for the MEE are free and open to the public with social distancing, sanitation and COVID-19 safety procedures in place.

## Cemetery Metro closure

Beginning Saturday, the Addison Road and Arlington Cemetery Metro stations will be closed for platform reconstruction and station improvements.

The work will continue through May 23, to allow for platform reconstruction and other station improvements, including the installation of more energy-efficient LED lighting, slip-resistant tiles and new digital signage to improve customer communication.

Shuttle buses will replace trains at the two closed stations for the duration of the project, with no Blue Line service. Additional Yellow Line trains will operate from

Franconia-Springfield to Mt Vernon Square; however, week-end service adjustments may be necessary due to other scheduled track work.

For more information, view the full news release at <https://www.wmata.com/about/news/Spring-platform-reconstruction.cfm>.

## Thrift shop open by appointment

The Fort Myer Thrift Shop has reopened to the joint base community. The current hours of operation for the store are 10 a.m. to 1 p.m. Tuesday and Thursday. Customers are required to make an appointment prior to visiting.

Appointments can be made by calling (703) 527-0664 or messaging the store's Facebook page at <https://www.facebook.com/Fort-Myer-Thrift-Shop-287383261306759>.

Customers can visit the shop's Facebook albums for a preview of the shop's inventory.

## Commuter store closure

The Pentagon Commuter Store, located by the Pentagon Metro entrance, has temporarily suspended service until further notice.

As an alternative, the mobile commuter store will be available every Tuesday from 7 a.m. to 2 p.m. at the Pentagon Transit Center Bus Bay U7, offering the same commuter services to include SmarTrip cards, E-Z Passes, VRE passes and more.

## Commuting during winter weather

During winter weather, DOD shuttles servicing the Pentagon and Mark Center will operate based on the Office of Personnel Management operating status. For example, if the OPM operating status is two-hour delayed arrival, the DOD shuttle schedule will also be under a two-hour delay. Shuttle schedules and frequency may be further adjusted based on road conditions.

During the COVID-19 pandemic, additional service changes may apply. Updates will be shared as information becomes available on the Washington Headquarter Services' Transportation Management Program Office website and social media accounts.

People should exercise safety and plan their commute accordingly during inclement weather and the winter months. People can sign up for alerts from their transit providers during the winter months to receive latest updates on their commute.

## Information on COVID-19 Vaccines

JBM-HH is following DOD guidance for the COVID-19 vaccine distribution timeline. Rader Clinic is under phase 1B, with vaccine distribution for mission essential personnel.

The distribution timeline is

dependent on the how much of the vaccine the clinic receives. The Army is distributing the COVID-19 vaccine as soon as it is received and prioritizing recipients of the vaccine based on the CDC's prioritization framework.

Once the clinic receives shipments, messages will be sent out to the enrolled patient population based on the vaccination phases. For more information, visit <https://rader.nrmc.amedd.army.mil/> or <https://www.facebook.com/raderclinic>.

## Defense Commissary Agency scholarship opportunity

The Defense Commissary Agency has announced that the submission period for the 2021-22 Fisher House Scholarships for Military Children is open through Wednesday.

The scholarship program was created to recognize the contributions of military Families to the readiness of the fighting force and to celebrate the role of the commissary in the military Family community.

It is the intent of the program that a scholarship funded through contributions be awarded annually at each commissary operated by DECA worldwide.

Applications must be submitted online. For more information, visit <https://fisherhouse.org/programs/scholarships/sfmc/>.

## Army Emergency Relief scholarship opportunities

The Army Emergency Relief Maj. Gen. James Ursano Scholarship Program is a need-based scholarship program established to assist children of Army Soldiers in obtaining their first undergraduate degree. Applicants may receive assistance for up to four academic years but must meet eligibility criteria and reapply each year.

Award amounts vary each year based on the number of applicants, total approved scholarship budget, the expected family contribution found on the Free Application for Federal Student Aid Report, and the average cost of attendance of a college or university in the United States, provided by the College Board. The application cycle runs through April 1. For more information, visit <https://www.armyemergen-cyrelief.org/scholarships/child/>.

## 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>.

## 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.

## 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.