



# Pentagram

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## Joint base, Fort McNair to receive new equipment for fitness centers

By Catrina Francis  
Pentagram Editor

For those who frequent the fitness centers on Joint Base Myer-Henderson Hall and Fort McNair, there have been a few changes such as new equipment.

Kelly Nebel, the JBM-HH chief of business recreation division for the Directorate for Family and Morale, Welfare and Recreation, said each year they have an opportunity to put in requests to Army Installation Management Command's Bulk Buy Program.

Every year IMCOM develops the contracts so installations can purchase items in bulk. Nebel said the Army decides which installation is going to receive equipment and added that to gain approval, the installation has to prove it has the space and proper personnel.

"This was part of the bulk buy initiative and we received approval to get this equipment," said Nebel. "We will be getting this equipment for Fort Myer and Fort McNair."

Nebel explained that the two functional fitness packages are going to be 800-square feet of equipment for both facilities and will help enhance the indoor Army Combat



*Photos courtesy of DFMWR*

The joint base and Fort Myer have new assault bikes, which are self-propelled.

Fitness Test training areas for both facilities.

"It won't be used for official testing," said Nebel. "It's for those

who want to improve their ACFT scores. We have brand new equipment coming to enhance that and we should receive it within the next 90 days."

She anticipates receiving more equipment within the next 90 days, but said it's possi-

ble that date extends beyond 90 days due to COVID-19.

Nebel said DFMWR has also been approved for two functional fitness packages, which are different from the Bulk Buy Program.

"These two functional fitness packages are going to be 800-square feet of equipment for both facilities and it's going to help enhance the indoor (Army Combat Fitness Test) training areas in both facilities," she explained.

Another new feature will be a new turf section, which will be used on the basketball court in the fitness center on the joint base.

"We will also be creating a new turf section on the basketball court in the Myer gym so that ACFT training area, we got the funding approval for that as well," she said. "(The) turf can be laid down for training only, and then we can roll that turf up and use it for a basketball court.

"We are very thrilled we are going to be a recipient of that, and our Soldiers and community members are going to benefit from (this new equipment)."



The new assault treadmill, which is self-propelled. This new equipment is in the JBM-HH and Fort McNair Fitness centers.



# CID warns community about smishing — short message service phishing

By CID

The U.S. Army Criminal Investigation Division’s Cyber Directorate is warning the Army community about cellphone text cyber threats and offering tips to avoid this fast-growing scam.

Similar to email messaging scams, cybercriminals use text messaging to try and trick consumers into clicking links in the message.

“Smishing is very similar to phishing via email except the message is received on a smartphone as a SMS message, also known as a text,” said Edward LaBarge, assistant director of CID’s Cyber Directorate.

“Cybercriminals are combining the two social engineering tactics to place malware on your device or to obtain personal information from the user.”

With roughly 290 million smartphone users in the United States, cybercriminals have a target-rich environment. Cellular phone users, and even those with a hardline, have likely received or is familiar with robocalls and vishing attacks, which are voice phishing to obtain personal information such as financial or credit card information. The recommended course of action for these types of calls has been to ignore or hang up and register the receiving phone number with the National Do Not Call Registry through the Federal Trade Commission or block the robocall or vishing number via the receiving cellphone.

A similar tactic increasing in popularity among cybercriminals, is smishing. CID officials said the message in this scam may include a link or will request a reply with the cybercriminal goal to compromise the recipient’s personal or financial accounts or obtain personal information to commit fraud in the recipient’s name. The number of smishing messages and scam topics cybercriminals come up with is endless, similar to the number of phone numbers they may use.

### Common Smishing Attacks

- **Fraudulent account activity or account locked.** The recipient receives a message indicating their credit card or financial account was fraudulently used or is locked. The message, which includes a link to a site that looks like the real web address to their financial institution, leads to a mimicked website requesting the recipient’s personal or financial information.
- **Prize winner.** Everyone likes to win a prize. Text messages indicating the recipient has won a prize, even when the recipient has not signed up for a contest, can be convincing. The cybercriminal’s text includes a link to a legitimate looking prize website or asks the recipient to reply with personal information to collect their prize.
- **Purchase or package delivery update.** A smartphone user, whether a frequent online shopper or not, receives a text with a pur-

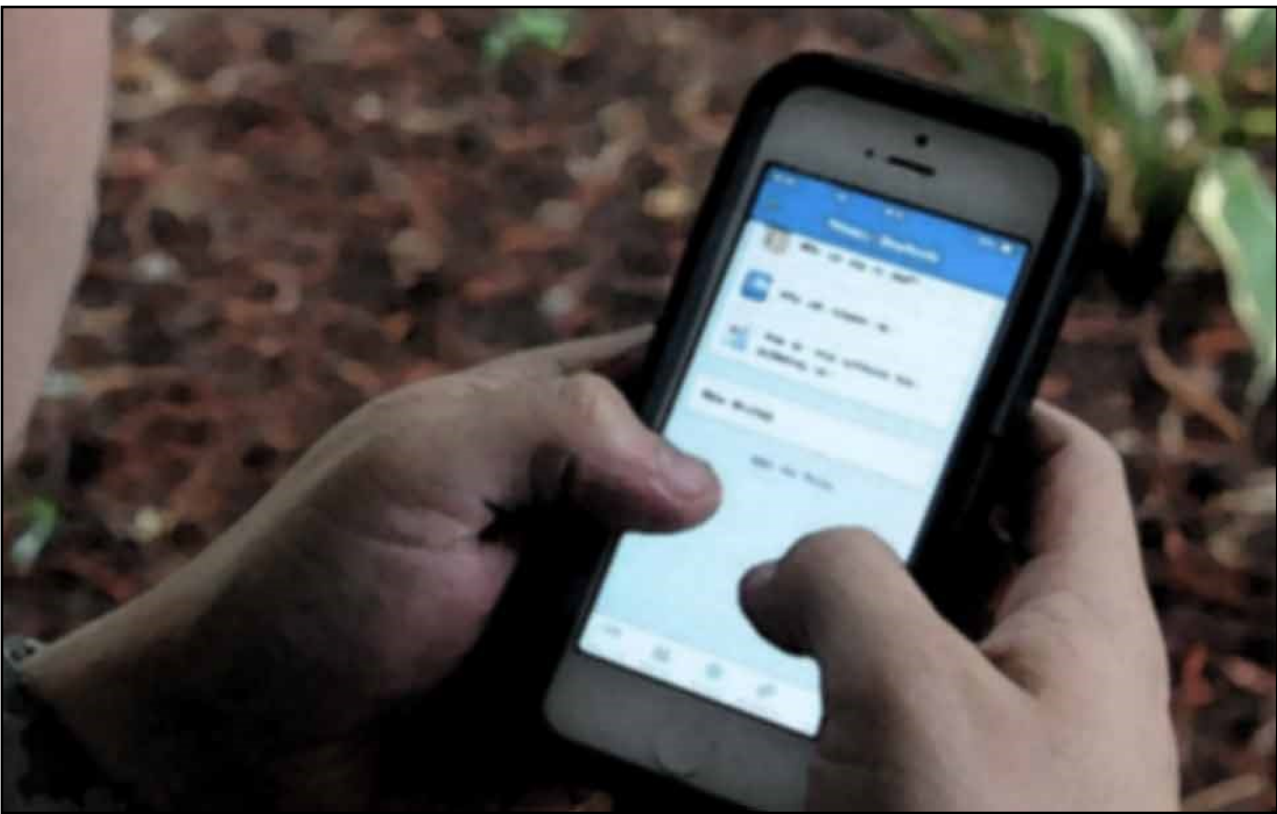


Photo by CID

Smishing is very similar to phishing via email except the message is received on a smartphone as a SMS message, also known as a text.

- chase or package delivery update. The message includes a somewhat suspicious link containing the legitimate name of an online retailer or shipping company. Clicking on the link downloads malware to the smartphone, possibly compromising the device, or leads to a mimicked website requesting specific information from the message recipient.
  - **IRS scam messages.** Now until April, people will be filing their 2021 taxes. Cybercriminals know this and will send out IRS themed messages about recalculating tax refunds, needing financial and other personal information to process a refund, requesting information to avoiding prosecution by the IRS, requesting information to avoid having the message recipient’s Social Security number canceled and a multitude of other tax themed messages to get people to respond.
- Cybercriminals and scammers continue to find new ways to compromise users. Army CID’s Cyber Directorate said remaining vigilant and aware of the threats being used in today’s technology is the best way to avoid becoming a victim.

### Smishing Protection Tips

- Individuals should verify texts from their financial institution, play it safe and call the financial institution on the phone number indicated on the financial institution’s website. It is not uncommon for financial institutions and credit card companies to send legitimate text messages to inform their customers about fraudulent activity or to verify purchase requests.
- Do not send credit card or financial infor-


- mation in a text or input in a website from a link provided in a text message without verifying sender first.
- Individuals should not send their full name, date of birth, Social Security number, other personal information or the information of Family members to unknown or trusted persons.
- Individuals should keep their smartphone operating system and the applications on cellular phones up to date.
- Do not click on links received in text messages or reply to a text message if the sender is unknown or the message looks questionable.
- Avoid responding to unknown phone numbers.
- Avoid text messages offering quick and easy money, random coupon text messages and text messages stating prize winnings.
- Most smartphones offer a way to block phone numbers. Block the number and delete the message when scam message is received.
- Report the scam number to cellphone service provider.
- The IRS does not text taxpayers. The IRS contacts taxpayers through the U.S. Postal Service unless under special circumstances, which would result in a phone call.

For more information about computer security, other computer-related scams and to review previous cybercrime alert notices and cyber-crime prevention flyers, visit the Army CID Cyber Directorate at <https://www.cid.army.mil/mcu-advisories.html>. To report a crime to Army CID, visit [www.cid.army.mil](https://www.cid.army.mil).

Our values, always

HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP

**Pentagram**



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Editor



# Community

## TUSAB Woodwind Quintet to perform Friday



*Photo courtesy of TUSAB*

The United States Army Woodwind Quintet performs the newest masterworks of today as part of The Bonita Lestina Old Town Hall Performance Series in Fairfax, Virginia Friday at 8 p.m. Enjoy an evening of new and Latin music by Paquita D’Rivera, Valerie Coleman, Amanda Harberg and more. Masks are required regardless of vaccine status and the audience is limited to 80. Old Town Hall is located at 3999 University Dr. in Fairfax. For more information, visit <https://www.usarmyband.com/calendar>.

## US Army Strings are hiring



*Photo courtesy of TUSAB*

If individuals would like to turn their passion for music into a full-time career, all while serving their country, the U.S. Army Strings are hiring. Applications are due by March 7 for auditions March 21-22. Visit [usarmyband.com/vacancies](https://usarmyband.com/vacancies) for complete details. Tag a friend who would be perfect for the job. The U.S. Army Band’s audition and hiring process values diversity, equity and inclusion.



# METOC: Marines behind Quantico’s weather forecasts

By Ashley Boster  
Marine Corps Base Quantico

“When I tell people that I’m a meteorologist or that I’m a weatherman, I get asked immediately, ‘Are you on the news?’ Then I tell them that I actually work for the Marine Corps ... I work behind the scenes,” said Marine Sgt. Nathaniel Cunningham, meteorology and oceanography analyst forecaster, Marine Corps Air Facility, Quantico, Virginia.

METOC forecaster is one of the many jobs Marines perform behind the scenes. Working around the clock, they collect data, study the atmosphere, and forecast the weather; METOC forecasters are crucial to mission success and the overall safety operations of the base.

“When you see thunderstorms moving through, to you it’s just rain, to us — it’s sending upon thousands of emails, calls and group texts to people and getting the information out as quickly as possible,” said Marine Sgt. Matthew Nguyen, METOC analyst forecaster with MCAF Quantico. Cunningham and Nguyen are seasoned METOC forecasters who provide weather updates to Marine Corps Base Quantico personnel.

Every hour they record weather data and keep a watchful eye on weather patterns. They are responsible for producing multiple daily forecasts for pilots and aircrews, as well as key leadership.

“At this station we are part of operations in preparing people, to let people know what will be coming towards them. In doing so, it’s going to enhance their safety and how they operate,” stated Nguyen.

Quantico’s forecasters work closely with Col. Michael L. Brooks, the commanding officer of MCB Quantico, to provide weather information that assists in the tactical decision-making process, which directly impacts the operations of the base.

“In the Marine Corps planning process, we are generally in the first section of briefs,” said Cunningham. “Talking with the CO, especially when there’s weather coming up, he will want to know the very specifics, down to the hour and minute of when precipitation and storms are predicted to come on station.”



U.S. Marine Corps Cpl. Haydon R. King, a meteorology and oceanography analyst forecaster with Marine Corps Air Facilities Quantico reads the information off of an anemometer at Marine Corps Base Quantico, Virginia, Jan. 26. The anemometer is a weather instrument used to read both wind speed and direction.

More recently, forecasters at Quantico have been busy preparing winter weather forecasts, determining amounts of snowfall, how much ice will be on roads and how it will affect Marines coming to and from the base.

“This new operation with working with the base CO ... really brings purpose to us,” said Nguyen. “When it’s snowing, we have to keep, (Col. Brooks) prepared on what the weather is going to be. You know power lines, snow and ice, people walking — preventing every single issue before it happens.”

Each air station in the Marine Corps has a METOC office, which falls under the Aviation Combat Element of the Marine Corps. The ACE operates as the aviation portion of the Marine Air Ground Task Force, which includes all aircraft, fixed wing and helicopters, their pilots and maintenance personnel and those units necessary for aviation command and control.

“We work closely with HMX (Marine Helicopter Squadron One), that’s our main mission — their safety, helicopters, how they fly and how they operate within the weather,” stated Nguyen.

Every Marine Corps air station uses the Automated Surface Observation System that collects weather data. The ASOS transmits meteorological observations every hour and logs the current observations of the station online. Forecasters use this data to provide flight plans and reports to pilots outlining what they can expect throughout the duration of their flights. Forecasters use the Automatic Heat Stress System to determine wet bulb globe temperatures and define the flag conditions for the base. The AHSS is an important tool that assists leadership in determining the duration and types of physical training Marines can perform during given temperatures.

METOC forecasters go through

a rigorous nine to 12 months of training at Keesler Air Force Base, Mississippi. Studies include atmospheric physics, atmospheric dynamics, collection of data and weather observations, weather forecasting and job performance at the fleet.

“We don’t just look at the national weather service, we don’t just pull out our phones and see what’s on the weather app. It does take a lot of work and a lot of know-how, to perform our jobs effectively,” said Cunningham.

Behind the scenes Marines in the METOC office report for duty rain or shine, remaining open 24 hours a day, 365 days a year, providing meteorological support to pilots, aircrews, training units and commanders across the base. These Marines continue to play a vital role in the safety and operations of MCB Quantico and the Marine Corps.

“Weather can make or break an operation,” said Cunningham.

## SLOW THE SPREAD OF COVID-19

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

Wear a cloth face covering in public spaces

Stay at least 6 feet from other people

Frequently wash your hands





### Financial readiness training

First term Soldiers must attend a financial readiness training upon arrival at JBM-HH, which is mandated by AR 608-1, 4-38, c. This training reviews how to develop a budget, credit-building strategies, making sense of the Thrift Savings Plan and more. Soldiers may elect to attend a group session or a one-on-one appointment.

To schedule training or for more information, contact Cheyanne Pace at Cheyanne.n.pace.civ@mail.mil or call (703) 696-3510.

### Find support with JBM-HH ACS

At Army Community Service, people will find all kinds of programs and services that combine fun with self-improvement. The joint base ACS office continues to serve virtually. To learn about available opportunities, call (703) 696-3510. All JBM-HH ACS programs support Soldiers, civilian employees and Families in maintaining readiness by coordinating and delivering comprehensive, responsive services that promote self-reliance, resiliency and stability.

### Army Emergency Relief is here for Soldiers, Families

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest free loan, grant, or combination of the two. If a Family has a financial need, the Soldier should call ACS at (703) 696-3510. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.

## Why today's 'Gen Z' is at risk for boot camp injuries

By Claudia Sanchez-Bustamante  
MHS Communications

For today's generation of 18- to 25-year-olds, making it through recruit training and successfully transitioning from civilian life into the military is not easy.

Today's recruits are coming from a far more sedentary lifestyle compared to previous generations, making their skeletons more prone to injuries because they're not used to the kind of intense activity they will face at basic training.

"The 'Nintendo-Generation' Soldier skeleton is not toughened by activity prior to arrival, so some of them break more easily," said Maj. Jon-Marc Thibodeau, a clinical coordinator and chief of the medical readiness service line at Fort Leonard Wood, Missouri.

A few weeks of deliberate fitness preparation before shipping out to boot camp or basic training can greatly increase an incoming recruit's chances of success by avoiding the most common injuries that can delay or derail a recruit's completion of initial military training.

"We see injuries ranging from acute fractures and falls, to tears in the ACL, to muscle strains and stress fractures, with the overwhelming majority of injuries related to overuse," said Capt. Lydia Blondin, assistant chief of physical therapy at the General Leonard Wood Army Community Hospital at Fort Leonard Wood.

These occur mostly in the lower extremities, she said. Statistically, females tend to have higher



*Photo by Mass Communication Specialist 2nd Class Camilo Fernan*  
Recruits perform a warm-up run during a physical training session inside Freedom Hall at Recruit Training Command at Great Lakes, Illinois. More than 35,000 recruits train annually at the Navy's only boot camp.

incidence of injury than their male counterparts, she added.

### What can recruits do before getting to training?

To prepare for basic training, Thibodeau recommended new recruits 'get off the couch,' and Blondin recommended they train up. Preparation can include:

- Start a training program with weight bearing exercises like running, walking and some weight training.
- Consider a "Couch-to-5K" running progression program online or something similar to help slowly build into the ri-

gors of basic training, especially if individuals have never played sports in high school, or they are older and haven't been super active for a few years, since that makes them significantly more likely to sustain an injury at training.

- Talk to a recruiter about any train-up opportunities.
- Individuals should make sure they get in that sunshine and drink some milk regularly. Blondin said they commonly see low calcium and vitamin D levels, specifically with bone stress injuries

Individuals should watch their diet. In general, diet is a huge factor in bone and muscle health and can significantly affect injury risk and recovery.

For more information to prepare for basic the training, visit <https://hprc-online.blogspot.com/2021/02/how-to-prepare-for-military-basic.html>, the Human Performance Resources by CHAMP — the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences, in Bethesda, Maryland.



## Anonymous

support for sexual assault survivors in the military

[safehelpline.org](https://safehelpline.org) | 877-995-5247



# Chaplain's Corner

## **RELIGIOUS SERVICES at MEMORIAL CHAPEL** (Bldg. 480)

### **Saturdays**

5 p.m. Catholic Mass

### **Sundays**

9 a.m. Catholic Mass

10:30 a.m. Protestant Service \*

Noon Gospel Service \*

\* The Protestant and Gospel Sunday services are streamed LIVE on the RSO Facebook page.



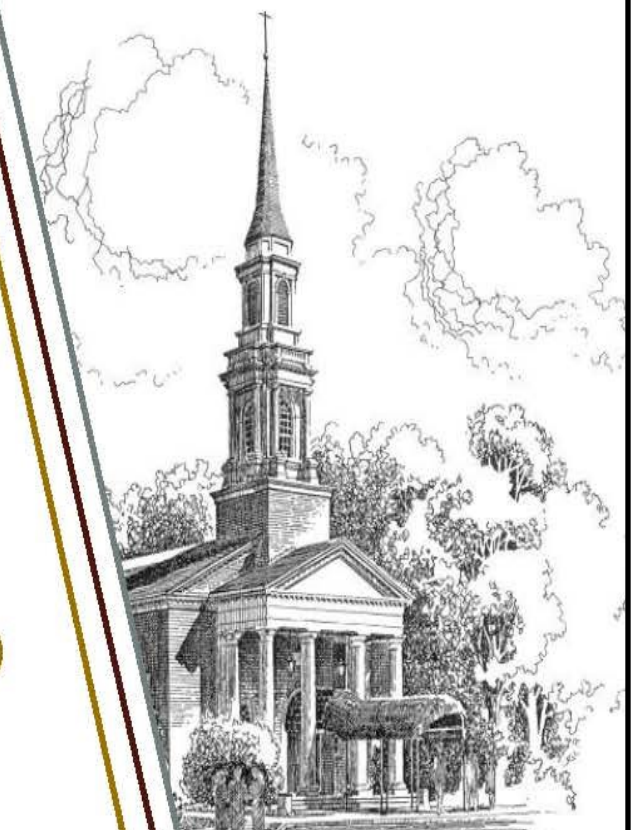
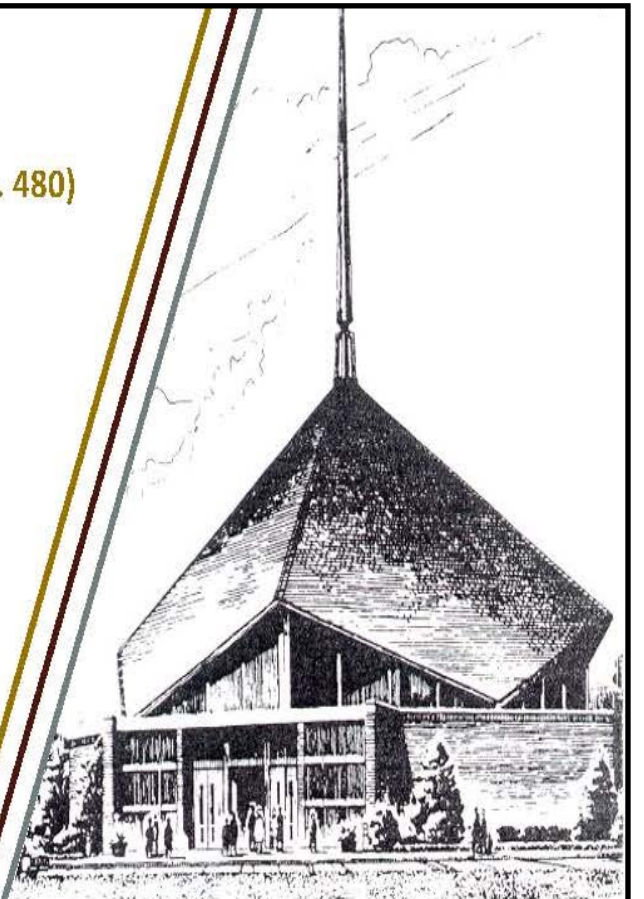
LIKE and FOLLOW the JBM-HH  
Religious Support Office on  
Facebook to stay up to date on the  
latest Religious Support information!

[Facebook.com/jbmhrso/](https://www.facebook.com/jbmhrso/)

### **Sundays**

10 a.m. Samoan Service

## **RELIGIOUS SERVICE at OLD POST CHAPEL** (Bldg. 335)



**The U.S. Army  
is People First.**

**So are we.**

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



## **Army Emergency Relief is here for Soldiers, Families**

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest free loan, grant, or combination of the two. If a Family has a financial need, the Soldier should call Trina Reliford at (703) 696-3510. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.



# Officials discuss diversity, equity, inclusion benefits to DOD

By David Vergun  
DOD News

Defense Department personnel discussed the benefits of diversity, equity and inclusion.

Don Means Jr., the director of operations and infrastructure center, Defense Information Systems Agency, and Serena Chan, the senior technical advisor of OIC, DISA, spoke Feb. 2 at an Armed Forces Communications and Electronics Association Northern Virginia Chapter virtual panel.

Equity is about promoting justice, fairness and impartiality when devising or implementing procedures, processes and programs so every person can have the opportunity to get equal possible outcomes, Chan said.

For inclusion, it's about the practice of ensuring that people actually feel and are welcomed into the group, she said.

"Inclusion outcomes are met when your organization or your program is truly inviting to all participants," said Chan.

Teamwork is making sure that all voices are heard. Having diverse groups means we're less entrenched in a groupthink, she said.

"I think homogeneity can lull people into thinking that they are making better decisions because everyone's agreeing with each other," Chan said. "But when you

have differing viewpoints, it can sharpen the performance

of the team." Diversity can really improve

the quality of decision making, she said.



Marine Corps Lance Cpl. Mylanna Jeffery, a network administrator with the Headquarters and Services Company, 1st Battalion, 23rd Marine Regiment, says goodbye to an Afghan evacuee at Fort Pickett, Virginia, Jan. 29.

Photo by Navy Seaman John Pearl

Different perspectives can also spur innovation, she added. It's been shown through studies, that everyone has what's called an unconscious bias, said Means. "That's just the way we categorize things as humans, and it can impact decision making quality depending on how you deal with it," he said. The operation center at DISA initiated a pilot project related to hiring practices. Names were removed from resumes to help ensure there was less unconscious bias and ensure that the best qualified candidates were selected, he said. "That worked phenomenally well and we're going to expand that to the entire center," Means said. Means said he spends time mentoring students from underrepresented groups to get a more diverse workforce. "It's really about getting the best talent," said Means.

## Tricare covers, waives cost of COVID-19 testing

By Tricare

COVID-19 continues to spread, now as the Omicron variant. Getting vaccinated is the most effective way to protect service members and their Family from getting seriously ill, getting hospitalized or dying. Service members should also make sure they up to date with their vaccines. Testing is another important step Soldiers can take to protect themselves and others.

"Testing is critically important to help reduce the spread of COVID-19," said Dr. Kenneth Yale, interim director of the Tricare Health Plan. "If you've been exposed to a person with COVID-19 or are experiencing COVID-19 symptoms, you should get tested. We encourage Tricare Families to follow currently approved Tricare requirements for coverage of COVID-19 testing at Tricare.mil to ensure your test is covered."

Check out the below questions and answers for guidance on COVID-19 testing and how Tricare covers tests.

**Q: How does Tricare cover COVID-19 tests administered by a provider?**

**A:** Tricare will cover a COVID- 19 test, and waive the cost of the office visit if a Tricare-authorized provider or a provider at a military hospital or clinic deems the test medically necessary. The provider can decide if the person needs a test based on his or symptoms, exposure risk and guidance from the Centers for Disease Control and Prevention.

To find a Tricare-authorized provider who can perform a COVID-19 test, use the Find a Doctor tool. Individuals can also reach out to



Photo by Sgt. Carlos Chabert

Cpl. Jovan Pabon Centelles from Joint Task Force - Puerto Rico performs a COVID-19 test on Spc. Keyleen Rentas at Bayamon Regional Hospital, Puerto Rico, Jan. 19. JTF-PR and the Department of Health of Puerto Rico assembled a health care site to provide medical treatment and COVID-19 testing to ensure the citizens' health and safety.

their local military hospital or clinic directly regarding the availability of COVID-19 testing.

**Q: Does Tricare cover COVID-19 at-home tests?**

**A:** Tricare covers the cost of COVID-19 at-home tests that are approved by the Federal Drug Administration, which includes tests approved under emergency use authorization, and ordered by a Tricare-authorized provider for a

medically necessary purpose. For example, a service member showing COVID-19 symptoms or has known or suspected close contact with a known infected person.

At this time, Tricare doesn't have authorization to reimburse COVID-19 at-home tests outside of this guideline. These tests are also referred to as self-tests or over-the-counter tests.

See COVID TEST, Page 9



# Military personnel chiefs discuss people issues before HASC panel

By Terri Moon Cronk  
DOD News

The U.S. military's No. 1 priority remains its people — service members, civilians, Families and veterans, the five services' personnel chiefs told a House Armed Services Committee military personnel panel Tuesday.

Appearing before the subcommittee were Lt. Gen. Gary M. Brito, Army deputy chief of staff; Navy Vice Adm. John B. Nowell Jr., chief of Naval personnel; Air Force Lt. Gen. Brian T. Kelly, Air Force deputy chief of staff for manpower, personnel and services; Marine Corps Lt. Gen. David A. Ottignon, Marine Corps deputy commandant for manpower and reserve affairs; and Patricia Mulcahy, Space Force deputy chief of space operations for personnel.

"All of our Army's personnel, programs and initiatives are focused on taking care of people with dignity and respect and building a culture of trust and cohesion," Brito began. "We continue to ... acquire, develop, employ and retain the very best talent, uniformed and civilian alike. One of the critical enablers from the Army People Strategy is our Army's 21st-century talent-management system, which we are continuing to build and refine today."

Bruto said personnel readiness is critical to Army readiness.

"New technology, programs, policy, innovation and management models are transforming the Army's personnel systems and will provide our Soldiers (with) more opportunities to excel and improve our ability to compete for and retain talent," he added.

The general said the integrated personnel and pay system in the

Army is the No. 1 human resource modernization effort for the total Army. The Army's new web-based HR system, which when fully deployed, will develop or deliver a single comprehensive data-rich HR and talent management system to the Total Force.

"We recognize talent management is more than just acquiring, developing and distribution," Brito said. "We fully recognize a connection to our Army Families. The Army will keep a keen eye on the impacts of (permanent-change-of-station) moves, quality of life efforts, employment opportunities and more as the Army maintains his combat readiness."

"The Navy continues to modernize talent management programs, training systems and recruiting platforms," Nowell told the panel. "It is also transforming internal business processes to improve (human resources) service delivery to its Sailors, increase agility, accelerate responsiveness and reduce cost."

"We realize PCS moves and job changes continue to factor significantly in Sailor and Family retention decisions. In response



Photo by Spc. Sarah Myrick

Camp counselor Justin Curtis, also a member of the Maine Army National Guard, runs a team-building activity for campers at the Maine National Guard Youth Camp in Gilead, Maine, July 13, 2014. The youth camp is designed to offer military youth a healthy environment in which they can grow confidence, character and friendships. Many of the counselors, like Curtis, were once campers and have returned as volunteers.

over the past five years, the Navy has focused on improving geographic stability, and currently, more than 75,000 Sailors have been at the same duty location for at least three years, with over 42,000 of those Sailors in their Family stable for four or more years."

The Navy also announced recently its new detailing marketplace assignment policy, which gives additional opportunities for improving geographic stability for Sailors electing to stay at sea beginning next month, he added.

"(It's) essential we accelerate the establishment of the environment, developmental paths and the talent-management systems needed to unlock our airmen's ability

to reach their full potential," Kelly said. "We know success squarely depends on our Airmen (and) on them having the ability to operate in a safe and inclusive environment where they can be the best airmen they can possibly be. ... It is important that current and prospective members see the Air Force as an agile employer (that is) flexible meeting the personal needs of its members and Families."

"We have decisively stepped down on talent management, designing modernization efforts to increase the readiness and the lethality of your Marine Corps to fight and win if called upon by our nation," Ottignon said. "The (Marine Corps) commandant published Force Design 2030 and it's all about the lethality and warfighting capabilities. Talent Management 2030 supports these efforts. Accomplishing these objectives of Force Design will not be possible without highly skilled, mature and mentally tough Marines to execute it."

"(As) we purposefully build a (Space Force) capable of securing the space domain, we developed and released our new human capital vision, The Guardian Ideal, in September of last year," Mulcahy said. "That approach is grounded in our values of connection, commitment, competency and courage, and combines the more traditional recruit-and-retain objectives with an eye toward connecting with our guardians and their Families, enabling a digital force while integrating wellness and resilience."

All five military personnel chiefs told the HASC panel a yearlong continuing resolution will have negative impacts on service members and their Families.



Photo by Air Force Airman 1st Class Ericka Woolever

An Airman reunites with his daughter upon returning to Aviano Air Base, Italy, Oct. 8, 2019, following a deployment.





Photo by Pfc. Lisa-Marie Miller

A U.S. Army Green Beret with 1st Special Forces Group (Airborne) sets up solar panels for operational communications at the National Training Center, Fort Irwin, California. The solar panels enable special operations forces to operate their equipment in the most remote locations and continue training forward of conventional forces while moving as a team through rough desert terrain, simulated ambushes and limited communications.

# US Army releases its Climate Strategy

By U.S. Army Public Affairs

The U.S. Army announced the release of its first Climate Strategy that guides decision making in response to threats from climate that affect installation and unit sustainability, readiness and resilience. The strategy directs how the Army will maintain its strategic advantage through deliberate efforts to reduce future climate impacts and risks to readiness and national security.

Experts have shown that climate change increases worldwide drought and insecurity, which places demands on fragile states and contributes to food scarcity, migration and security concerns, and threatens U.S. national security.

ty interests and defense objectives. As a guide for future decisions, this strategy is the next step in the Army’s decades-long effort to combat climate change in support of national security interests.

“The time to address climate change is now,” said Secretary of the Army Christine Wormuth. “The effects of climate change have taken a toll on supply chains, damaged our infrastructure and increased risks to Army Soldiers and Families due to natural disasters and extreme weather. “The Army must adapt across our entire enterprise and purposefully pursue greenhouse gas mitigation strategies to reduce climate risks. If we do not take action now, across our installations, acquisition and logistics,

tics, and training, our options to mitigate these risks will become more constrained with each passing year.”

The Army developed its Climate Strategy as a roadmap of actions that will enhance unit and installation readiness and resilience in the face of climate-related threats. Changing climate conditions requires the Army to meet new operational challenges, expand disaster response missions and address risks to our people and lands.

These Armywide efforts include enhancing resilience and sustainability on installations, reducing sustainment demand, and preparing a climate-ready force with the appropriate knowledge,

skills, concepts and plans necessary to operate in a climate-altered world.

The Army will remain the dominant land fighting force by adapting to changing global conditions including climate change. This strategy will position installations and supply chains to better withstand extreme weather, improve our training relevancy to a changing world and Soldiers will fulfill their missions under the harshest conditions.

To view the Army Climate Strategy, visit [https://www.army.mil/e2/downloads/rv7/about/2022\\_army\\_climate\\_strategy.pdf](https://www.army.mil/e2/downloads/rv7/about/2022_army_climate_strategy.pdf).

## COVID TEST from Page 7

This means if a person buys an at-home test for any reason at retailers or pharmacies without a health care provider’s authorization, Tricare won’t cover the cost of the test. However, an individual has multiple options to obtain free at-home antigen rapid diagnostic tests, as well as other tests like polymerase chain reaction tests, through federal and local government entities.

**Q: What are other options for getting a free COVID-19 at-home test?**

**A:** As of Jan. 19, individuals can order free at-home tests through the federal government at [COVIDTests.gov](https://www.covidtests.gov). Every home in the U.S. is eligible to order four at-home COVID-19 tests. Order free tests now so a person has them when he or she needs them. Here’s when an individual should take an at-home test:

- If a person begins having COVID-19 symptoms (for example, fever, sore throat, runny nose or loss of taste or smell)

If a person comes into close contact with someone who has COVID-19 (test at least five days after exposure)

Keep in mind, Tricare will only cover the test if a Tricare-authorized provider deems the test is medically necessary. If a service member or his or her family member tests positive or negative on the at-home test, follow CDC’s guidance for self-testing. And be sure to report positive test results to the provider. This free federal government initiative is just one way for a person to get at-home tests. Go to [COVIDTests.gov](https://www.covidtests.gov) to learn about other resources.

**Q: Who should get tested for COVID-19?**

**A:** The CDC recommends that a person test for COVID-19 if he or she has COVID-19 symptoms. Symptoms may appear two to 14 days after exposure to the virus and anyone can have mild to severe symptoms of COVID-19. If an individual comes into close contact with someone who has COVID-19, he or she should also get tested to check for infection. An individual should test at least five days after he or she has close contact with someone with the virus. Check the CDC website for further guidance on who should get a test and who doesn’t need a test.

Keep in mind, whether a person tests posi-

tive or negative for COVID-19, he or she should take steps to protect himself or herself and others. And follow CDC’s recommendations.

**Q: What if a person’s job or child’s school requires a COVID-19 test?**

**A:** Tricare will only cover tests that are medically necessary as determined by a Tricare-authorized provider. This means Tricare doesn’t cover tests that a person may need to return to work, school, travel or for other similar reasons. An individual should check with his or her employer, local or state public health authorities, or other party that’s requiring the test for guidance and possible coverage or reimbursement if there’s a cost. An individual can also reach out to his or her Tricare contractor if he or she has questions about testing coverage.

For more on COVID-19 testing and getting care, review guidance on the Tricare website at [tricare.mil](https://www.tricare.mil) and CDC website at [cdc.gov](https://www.cdc.gov). Remember, get up to date with COVID-19 vaccines by finding a vaccine or a booster. By taking the proper precautions, individuals can help keep themselves and others safe.



# News Notes

## DC's citywide vaccination entry requirement

For those who live or work in or travel to the District are reminded that the District now has a vaccine requirement at certain indoor venues. To enter these venues, everyone 12 and older will be required to show proof of at least one dose of a COVID-19 vaccine, and everyone 18 and older will also be required to show an ID that matches their proof of vaccination. Venues that require a vaccination include: food and drink establishments, entertainment venues and nightclubs, gym and fitness facilities and conference and meeting spaces. More information about the requirements may be found at [VaxDC.dc.gov](https://vaxdc.dc.gov).

## Free COVID-19 test kits

The United States Postal Service is now offering free COVID test kits (limit of one order per residential address — one order includes four individual rapid antigen COVID-19 tests). To order a test kit, visit <https://special.usps.com/testkits?fbclid=IwAR2ieuoJJNkK5o3DXoJKQWsZPnhe3mvnk361uiNMQYzC7dOPSWH8yDp1BHQ>. The shipping is free as well.

## JBM-HH changes HPCON, update to services

Joint Base Myer-Henderson Hall returned to Health Protection Condition Charlie, with much of the JBM-HH workforce on telework status. Some services will be offered virtually, some will operate under reduced hours and others will be closed entirely. The priority remains to protect the force, preserve readiness and mitigate the risk of transmission among personnel.

## Bowling center food specials

The Bowling Center is offering a “Soul Food Month” special during the month of February, featuring fried chicken, green beans and mac and cheese. The center will also offer a Valentine’s week breakfast special, Feb. 14-18, featuring three heart-shaped pancakes, with chocolate or maple syrup and choice of juice, coffee, tea or hot chocolate.

## Services closed/canceled:

Directorate for Family and

Morale, Welfare and Recreation sports, fitness, group exercise programs and personal training are postponed until further notice.

DFMWR Community Activities Center, Leisure Travel Services and BOSS Program Office hours are: Wednesday Thursday from 4 to 8 p.m., Friday from 1 to 8 p.m., Saturday from 10 a.m. to 5 p.m. and closed Sunday through Tuesday.

## Reduced hours and services:

Child and Youth Services will reduce services and hours of operation. Services will be provided only to mission essential personnel, verified through the CYS administration office. Reduced hours of operation are 7 a.m. to 5 p.m.

The Myer Fitness Centers will be available for active duty and emergency personnel only. Reduced hours of operation are from 5 a.m. to 6 p.m. Monday through Friday. Open federal holidays from 7 a.m. to 3 p.m.

The McNair Fitness Center will continue 24/7 availability for enrolled patrons. Only active duty and emergency personnel at this time.

Auto Detailing is available by reservation; call (703) 696-7863/7868 to make an appointment for the following options: Wednesday or Thursday from 4 to 8 p.m., Friday from 1 to 8 p.m., Saturday from 10 a.m. to 5 p.m. and closed Sunday through Tuesday.

The library is open for drop off and pick up only Sunday from 11 a.m. to 5 p.m., Monday through Thursday from 9 a.m. to 4 p.m. and closed Friday, Saturday and federal holidays.

The Bowling Center will remain open with limited operations and capacity as follows: Mondays, Thursdays and Fridays from 7 a.m. to 7 p.m., Tuesdays from 7 a.m. to 9 p.m., league only on lanes from 6 to 9 p.m., Wednesdays from 7 a.m. to 8 p.m., league only on lanes from 6 to 8 p.m.

Patton Hall by appointment only. Reservations are required; call (703) 524-0200. Events held to 50% capacity for mission-related events. Other gatherings limited to no more than 50 guests or an ETP is required. Weekends and holi-

days available only for large groups, mission related and kept at 50% capacity.

## Services closed/canceled

## Virtual services only

All Army Community Services activities will be 100% virtual. Call ACS at (703) 696-3510.

Out processing for ACS, CYS and MWR is 100% virtual. For ACS call Trina Reliford at (703) 696-8435/3510; for MWR call Blane R. Butler at (703) 459-5137; and for CYS call Ann Daffin at (703) 696-7620 or (703) 964-4950.

## Chapel services

Please see the most current chapel schedule on Page 7. The Old Post Chapel will operate at a maximum capacity of 50 people and Memorial Chapel will accommodate 100.

Due to high demand, all Catholic services will require online registration ahead of time. No preregistration is needed for the other services, however, parishioners will need to sign in before entering the chapel, so chapel personnel can control the number in the building.

Virtual services are offered for the Protestant and gospel services on RSO’s Facebook page at <https://www.facebook.com/jbmhh/>.

For registration and questions, please call the JBM-HH Religious Support Office at (703) 696-7668.

## Other

For any services not specifically listed here, leadership recommends calling ahead to verify service availability and hours of operation.

## JBM-HH face mask policy

According to the Centers for Disease Control and Prevention, Washington, D.C., and Arlington County are now “substantial” transmission areas for COVID-19 and the Omicron variant. Face coverings are now required in all indoor settings on Myer, McNair and Henderson Hall — regardless of vaccination status. The mask mandate remains in place for all unvaccinated individuals — indoors and outdoors.

## Civilian leave assist

JBM-HH Directorate of Emergency services employees Ashish Sangroula, Danpats Mwesigwa and Brian Sutton, Directorate of Public Works employees Huey Vample, Wanda Scott and Lisa Barnes have been approved to receive leave under the Volunteer Leave Program. Department of the Army civilian employees who would like to donate annual leave can fill out form OPM630a, “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](https://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](https://www.opm.gov/forms/pdf_fill/opm630b.pdf). Individuals have to do is show up in their PT gear and wear a mask — COVID-19 safety protocols are maintained during the class.

## See something, say something

iSALUTE is an Army counterintelligence reporting program to prevent espionage, sabotage, subversion and international terrorism. iSALUTE seeks Armywide community support to report threat incidents, behavioral indicators, and counterintelligence matters that are potential indicators of espionage, terrorist-associated insider threat and extremist activity.

Visit the SALUTE website at <https://www.inscom.army.mil/isalute>.

iWATCH Army is a community program to help protect Army communities from terrorist activities. Any member of the Army community can report behaviors and activities that make them feel uncomfortable and do not look right (suspicious behaviors). iWATCH Army is a program and partnership between the community and the local Military Police/law enforcement. Visit the iWATCH Army website at <https://iwatcharmy.org/index.html>.

# National Suicide Prevention Hotline

## Military Crisis Support

### 800-273-8255