



# Pentagram

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Photos courtesy of TUSAB

Flutists Staff Sgts. Carol Joe and Paige Fremder performing with The U.S. Army Concert Band.

## Celebrating women of TUSAB “Pershing’s Own”

By DOD

As the Department of Defense commemorates International Women’s Day and Women’s History Month, the Department is reflecting on progress it has made toward gender equity and equality at home and abroad, and celebrating the

invaluable expertise of women throughout the Department of Defense.

“One of our primary objectives in the Department is to better enable meaningful participation of women across the ranks of our Joint Force,” said Beth Foster, executive director of force resiliency in the Office of the Under Secretary of Defense for Personnel and Readiness.

“Our national defense is stronger when we fully leverage the skills and capabilities of all our people to the maximum extent possible. That’s why when women in our armed forces can succeed, then our military is more likely to succeed, too.”



Sgt. Major Christal Rheams performing on the steps of The U.S. Capitol building with The U.S. Army Band Downrange.

“We are tremendously proud of the women who selflessly serve in our armed forces, especially the women of ‘Pershing’s Own,’” said The U.S. Army Band director of marketing and communication Jen Maly. “Musicians support public affairs, librarians, composers/arrangers, human resources, operations, and logistics.”



Staff Sgt. Emily Kerski from The U.S. Army Ceremonial Band at The Tomb of the Unknown Soldier.



# SharePoint site streamlines public works training

By Susan Merkner  
**Installation Management Command**

The U.S. Army Installation Management Command’s PW General Fund Enterprise Business System eTraining, known as GeT, is helping garrison department of public works personnel to stay updated on training and new developments in their field by using the G-4 SharePoint site.

Jeff Michels, business operations division chief; Ward Nichols, IMCOM G-4 chief, engineering systems; contractor Paige Rosen, and Kimberly Willard, engineering systems branch, business operations division, IMCOM G-4, have collaborated on the project for much of the past year.

The goal was to make user-friendly, intuitive, standardized public works training available to all public works new hires and the 12,000 civilians, contractors and local nationals at sites worldwide. GeT allows DPW professionals to access training at any time, and is structured so they can immediately find the section they need.

In the past, PowerPoint training was developed for a specific audience, but slides were time-consuming to update regularly and new information would take time to trickle down to the end user.

The result: IMCOM project leaders developed a centralized SharePoint repository for GFEBS training and have been introducing it to garrisons in the past several months. The GFEBS, is the Army’s cloud-based financial, asset and accounting management system that standardizes, streamlines and shares critical data.

“GeT allows us to reduce defects and errors through education,” Willard said. “It contains almost everything they need to know to do their jobs. We can make changes to one SharePoint page, and the update is instantly available to all users.

“The installation buildings that people are working in, living in, we are trying our best to take care of them, along with the streets and parking.”

Nichols said the previous method used PowerPoint decks for training and service orders for work requests, both of which can be handled more efficiently now through GeT.

the 73 installations IMCOM manages. Part of the Army’s modernization efforts, ArMA is described as a fence-to-fence system for submitting and tracking work orders.

“From a customer-service perspective, integrating training and DPW orders will allow our customers to see the relationships, as one thing builds on another,” Nichols said. “When previously separate and district things are integrated in a training platform, the organization as a whole gets interconnectivity.”

Rosen said one important aspect of the new system is the ability to revise pages in real time to provide garrisons with the most up-to-date information.

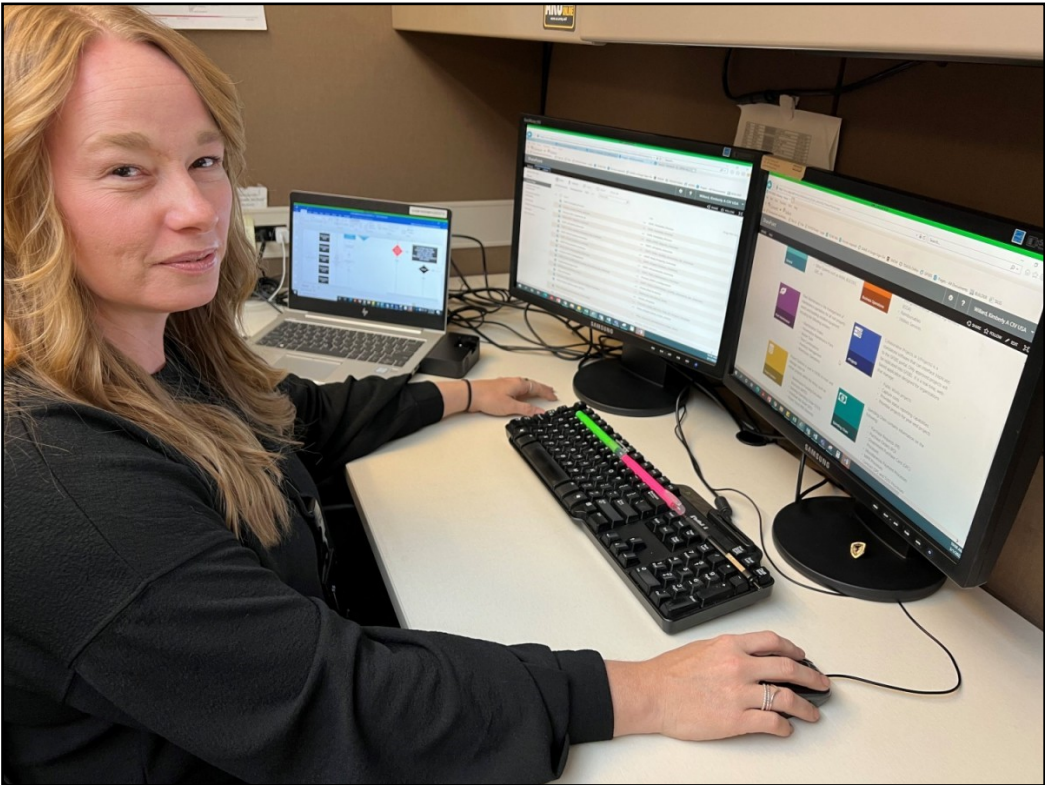
“If everyone is learning from the same book, it’s easier for us to clarify,” Rosen said. “It’s harder to repeat and reproduce the same training time after time. This system should maintain its integrity over time.”

Willard said feedback from the field has been positive.

“When we did working groups and the pilot project, we heard lots of good comments,” Willard said. “Everyone seemed excited and interested in what we’re doing. There has been zero negative feedback so far.”

Patty Scharinger, management and program analyst, Business Operations and Integration Division, Directorate of Public Works, Fort Leavenworth, Kansas, was part of a working group for the new process. “This has been a long time coming,” Scharinger said. “When GFEBS went live, there were few standardized processes. Each installation did what they could to use it.

Part of the problem with GFEBS was that things were initially done for us. We need to know ‘why’ we are doing something, not just ‘how.’ To fully use the financial system of GFEBS, you need to understand how all the pieces are interconnected.”



Kimberly Willard, IMCOM G-4 engineering systems branch, business operations division, helped develop a centralized SharePoint repository for GFEBS training, which has been introduced to garrisons in the past several months.

Photo by Susan A. Merkner

“So often, training developed at the headquarters level is created from the perspective of the (head quarter’s) officer who develops it, so they may not be considering the end users and what their needs are,” he said.

This year, the Army Maintenance Activity, is expanding to most facilities across each of



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## Pentagram



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# Community

## TOG Soldiers hone skills during training week



*Photo courtesy of TOG*

A Soldier with the 3rd U.S. Infantry Regiment, The Old Guard, looks at a map during the unit's training week. Next week, TOG Soldiers will test on skills that were honed this week. Please see the March 17 Digital Pentagonam edition for story and more photos.





# Commentary

By Rachel Deloach  
JBM-HH PAO

When I accepted a position as a public affairs fellow with the Department of the Army Public Affairs Intern Program two years ago, I could have never imagined the opportunities and plethora of experience it would bring. I was one of five individuals chosen nationwide for the prestigious program and of the five, I was one of two fellows selected to a four-star command.

In January 2020, I moved to Huntsville, Alabama, and started my career at Army Materiel Command Headquarters, the Army's Materiel Integrator in charge of managing the global supply chain and synchronizing logistics activities across the Army.

During my first year at AMC, I gained experience in each pillar of public affairs — command information, community relations and media relations; but my first year did not come without its challenges. Just six weeks after starting my new job, the world stopped due to the COVID-19 pandemic and before I knew it, I was learning Army public affairs in a full telework environment.

From January to March 2021, I attended the Public Affairs and Communication Strategy qualification course at Defense Information School, Fort Meade, Maryland. Following grad-

uation, I completed public affairs rotations at the Redstone Arsenal Garrison Headquarters, Army Office of the Chief of Public Affairs at



the Pentagon, Arlington National Cemetery and U.S. Army Security Assistance Command Headquarters.

Following the completion of my program, I accepted a full-time job on Joint Base Myer-Henderson Hall. While it is 700 miles away from my home state of Georgia, a piece of my heart is still there.

I was born in Statesboro, Georgia, and lived there for a couple of years before moving to Atlanta. I grew up with a deep appreciation for military service. My dad, who had retired from the 3rd Special Forces Group a year before I was born, would take me with him to the Fort Stewart commissary and Post Exchange.

When I was 8 years old, he took my family to Fort Bragg, North Carolina, his duty station of 13 years, to visit the U.S. John F. Kennedy Special Warfare Center and School Museum as well as the bronze sculpture of a Green Beret Special Forces noncommissioned officer.

I was always interested in the military and enjoyed hearing him tell stories of his time in the service but never knew that I could make a career out of telling the stories of our service members.

Although I am new to civil service and the Army, I am soaking in every moment and looking forward to growing in the very dynamic and rewarding public affairs career field.

## MARCH IS BRAIN INJURY AWARENESS MONTH



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[health.mil/BIAMonth](https://health.mil/BIAMonth)

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### ACS services are virtual

To keep all safe and healthy, Joint Base Myer-Henderson Hall's Army Community Service is closed for general service, but providing services telephonically and digitally. To contact ACS, call (703) 696-3510 or 3435. Online resources such as Army One Source, myarmyonesource.com and the community resource guide are linked to the JBM-HH homepage as well.

### 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.

# Sound Off! Impact, anonymity of Command Climate Survey

By Maya Jordan  
JTF-NCR/MDW

There it is ... the email requesting participation in the annual unit command climate survey. The Military Equal Opportunity Office at Joint Task Force-National Capital Region/U.S. Army Military District of Washington has invited all service members and civilians to participate. While all service members and civilians have received the request, some may not realize the impact, or level of anonymity the survey brings.

"Typically, climate assessments are done within the first 90 days of assuming command followed by an annual assessment," said David Grant, deputy director of the JTF-NCR/USAMDW Military Equal Opportunity Office. "First and foremost, we always try to encourage people (to participate). It's our opportunity to fix issues we may not be aware of."

The Defense Equal Opportunity Management Institute, the Department of Defense Equal Opportunity headquarters, at Patrick Air Force Base, Florida, creates the surveys and disburses them to local MEO Offices for use within their organizations.

Questions range from sexual harassment to suicide prevention. The anonymous surveys are designed to assess work culture, shared perceptions and opinions for betterment from respondents in day-to-day operations.

MEOs at JTF-NCR/USAMDW initially disseminated the survey in February and recently extended the deadline to Tuesday to garner a greater response. The voluntary survey takes about 20 minutes to complete and seeks to provide personnel an opportunity to provide feedback to



Maj. Gen. Allan M. Pepin, commanding general of Joint Task Force-National Capital Region and U.S. Army Military District of Washington, speaks to Soldiers.

Photo by Maya Jordan

improve the climate of their workplace and build morale and welfare.

"The command climate survey is an opportunity to provide the commanding general, command team, and command leadership a personal assessment of our organizational climate," said Col. Gregory Beaudoin, JTF-NCR/USAMDW chief of staff. "It's important that the survey remains 100% anonymous so that our people feel comfortable and confident in sharing opinions that make the command better for all of us. I encourage everyone to take a few minutes out of their day to

complete it."

The Army People Strategy highlights the importance of quality of work life through building strong, cohesive teams, enhancing rapport and trust across formations, promoting civility, equality, respect and dignity among team members and fostering the acceptance of diverse perspectives in an inclusive environment.

"Senior leaders use the survey to measure how well a command is performing from the eyes of those who matter most — our people," said Bruce Rothwell, director of the JTF-NCR/USAMDW

Equal Opportunity office.

"Our office receives the results, which get broken down to the directorate level or compiles several directorates together depending on the size of the organization. We then extract trends and issues of concern raised within the survey so the command can consider possible solutions."

"We care about our people, and it's important to hear what they have to say," said Beaudoin. "It's up to us to take care of our organization, and it's our hope that we can work together to make JTF-NCR/USAMDW the best place to work in the entire Army."



# Chaplain's Corner

## 2 am, still thinking

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

I woke up this morning at 2 a.m. and couldn't get back to sleep. Thoughts of everything I needed to do today rushed through my head. I thought about events of my past that I still have emotions about that are unresolved. I thought about the future bucket list that is still awaiting to be emptied.

I am one of those people who constantly has to remind myself that everything doesn't have to be done immediately. Feeling overwhelmed is such an easy place to go. I seem to have built a house there. Isn't that the worst feeling? The more you want to relax and rest, the harder it becomes.

The physical ramifications of worrying are terrible—like high blood pressure, lack of rest, being frozen in place and irritability. The relationship ramifications can be just as terrible as well — like self-isolation, suspicion of others motives and finding it hard to commit. But, there are spiritual ramifications as well — lack of joy, loss of faith and loneliness.

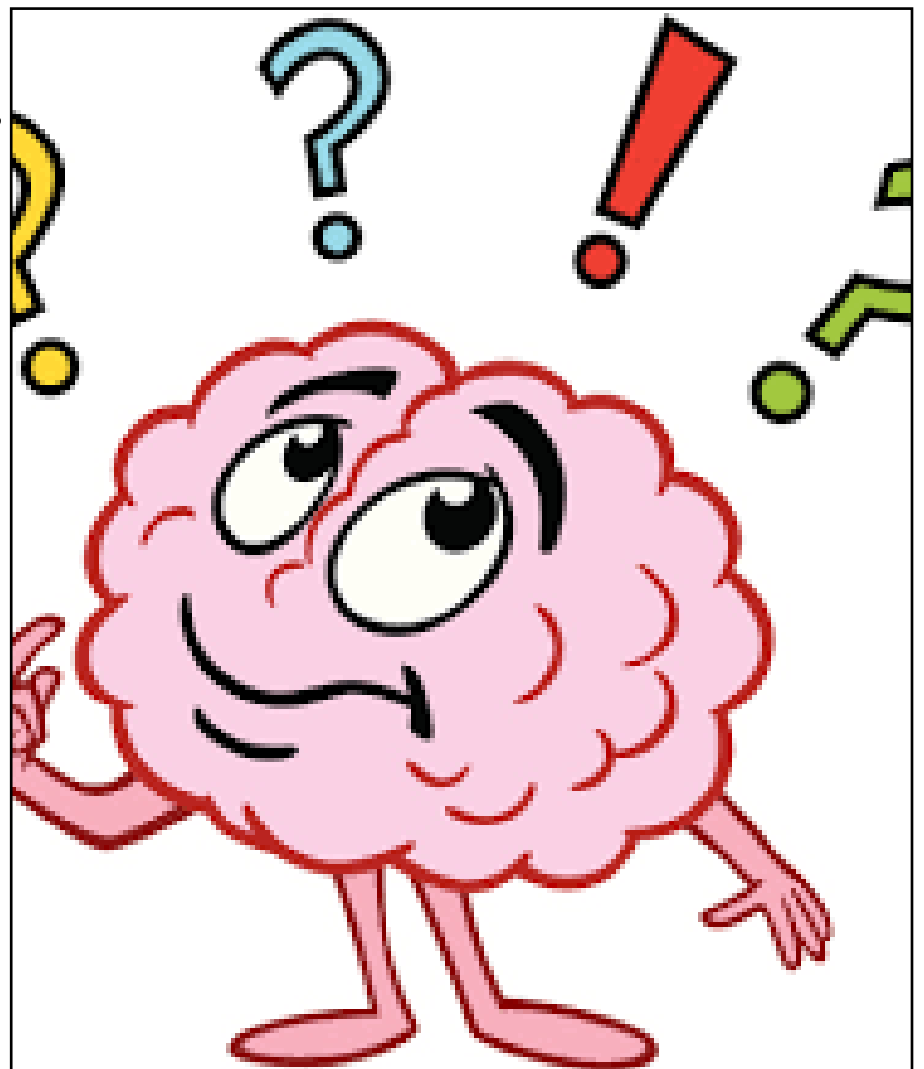
My dad used to tell me to base my judgment on how things will affect me in five years. If you don't get this done today, how will that affect you five years from now? That was his way of keeping a perspective on things. Many people say they're not worried, they're

"concerned."

If your "concerns" are keeping you from moving forward, they are "worries."

There are two things I have learned about worry. First, all things in life are temporary. If it's going well, enjoy it, it won't last that long. If it's going badly, don't worry, that won't last long either. Secondly, worrying does not take away tomorrow's troubles, it takes away today's peace out of our lives.

Well, being too tired hasn't helped in any way with all the things I need to do. Worrying about them won't get them done (if they need to be done anyway). I'll just take a big breath, find something to laugh about and ease the strain, believing in myself and others to keep life in balance and look forward to a good night's sleep. It's all in perspective.



### 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.



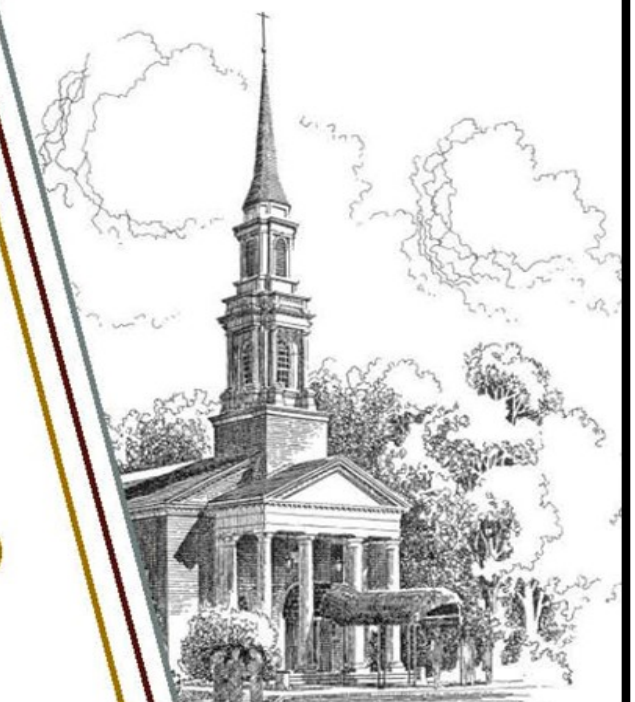
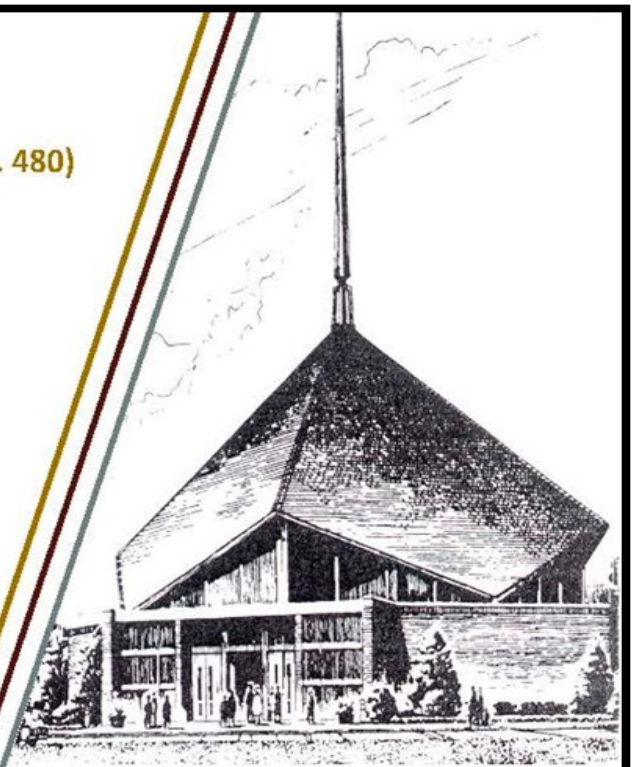
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[Facebook.com/jbmhhrso/](https://www.facebook.com/jbmhhrso/)

#### Sundays

10 a.m. Samoan Service

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





# Integrated deterrence at center of upcoming national defense strategy

By C. Todd Lopez  
DOD News

With China, Russia, Iran and North Korea all pursuing advancements in their own nuclear capabilities, and China and Russia developing advanced hypersonic weaponry and space capabilities, the United States will continue to rely on nuclear weapons as a central part of its own strategic deterrence. But there will need to be more than just nuclear weapons if the U.S. is to maintain its own security, said Sasha Baker, the deputy under secretary of defense for policy.

Right now, a new national defense strategy is in the works, and Baker said the new NDS, when released, will include the Missile Defense Review and the 2022 Nuclear Posture Review nested within it.

“As directed by the president, the NPR has examined opportunities to reduce the role of nuclear weapons while maintaining a safe, secure and effective nuclear deterrent and a credible extended deterrence,” Baker said. “In order to do so we will continue to sustain and modernize U.S. nuclear capabilities. And as we develop and implement integrated deterrence, nuclear weapons will continue to serve a unique role in our defense strategy.”

At the core of the NDS will be “integrated deterrence,” which Baker said is a framework for working across warfighting domains, theaters and the spectrum of conflict, in collaboration with all instruments of national power,

as well as with U.S. allies and our partners. Right now, Baker told lawmakers, potential U.S. adversaries are modernizing and expanding their own strategic capabilities

China, she said, is expanding its own nuclear forces and is investing in a nuclear triad like that of the United States — which includes land, sea and air-based delivery of nuclear weapons.

“The PRC is investing in a triad, implementing a launch-on-warning posture with advanced command and control architecture and increasing its stockpile,” she said.

In space, China remains the primary, long-term competitor for the United States and seeks to exploit U.S. reliance on space and space systems.

Gen. James Dickinson, commander of U.S. Space Command, told lawmakers that in January, China demonstrated the capabilities of its SJ-21 satellite, for instance.

“The recently launched SJ21 ‘Space Debris Mitigation’ satellite docked with a defunct PRC satellite and moved it to an entirely different orbit,” he said. “This activity demonstrated potential dual-use capability in SJ-21 interaction with other satellites. U.S. Space Command is committed to deter-



A B-52H Stratofortress nuclear-capable bomber flies over an undisclosed area.

Photo by Luke Hill

ring the use of these types of capabilities for nefarious purposes within the framework of the Department of Defense's integrated deterrence initiative.”

Russia also continues to modernize its nuclear, space and hypersonic capabilities, Baker said, while North Korea demonstrates advancements in both nuclear capabilities and delivery systems pose in both Asia and the U.S. homeland.

Navy Adm. Charles Richard, commander of U.S. Strategic Command, said he previously said that the U.S. must be able to deter two adversaries at the same time, but now that need is “an imperative.”

“I’ve said this before and I think it’s worth repeating — every operational plan in the

Department of Defense and every other capability we have, rests on an assumption that strategic deterrence and in particular nuclear deterrence is holding,” he said. “And if strategic or nuclear deterrence fails, no other plan and no other capability in the Department of Defense will work as designed.”

Richard said the strategic security environment is now a three-party reality.

“Our existing nuclear forces are the minimum required to achieve our national strategy,” he said. “We must modernize and recapitalize the nation’s nuclear triad, nuclear command and control, nuclear complex and supporting infrastructure to meet presidential objectives.”

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# 2022 AER campaign kicks off on JBM-HH

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*Stand with your squad*, your precious donation helps Soldiers and Army Families in need.

ARMY EMERGENCY RELIEF



The 2022 Army Emergency Relief Annual Fund Campaign has begun. Individuals can donate online by allotment (active-duty Soldiers and retirees), credit cards (all) to donate by visiting <https://www.armyemergencyrelief.org/>. To donate by check mail to Army Emergency Relief, 2530 Crystal Dr., Suite 13161, Arlington, VA 22202.



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This is not an exhaustive list of all that AER can do!  
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(AERHQ.ORG)

**For more information contact JBM-HH AER Office at (703) 696-8435.**



# Are heat-related medical conditions among Soldiers rising?

By V. Hauschild  
Army Public Health Center

The Occupational Safety and Health Administration is targeting occupational Heat Injury and Illness Prevention as part of their recent efforts to establish a universal standard to protect workers.

According to OSHA, heat is the leading cause of death among all weather-related phenomena, and it is becoming more dangerous as 18 of the last 19 years were the hottest on record.

OSHA tracks workers who develop medical conditions or die from excessive heat exposures, and describes those in construction and agriculture to be at highest risk. These medical conditions, referred to as heat illnesses or injuries, occur when the body is unable to compensate for increased body temperatures due to hot and humid environmental conditions and exertion.

Military personnel are also at risk, especially during outdoor training exercises that involve rigorous physical exertion. Physically intense military activities such as basic combat training, field training exercises and road marches more than 8 kilometers are examples of high-risk activities. Physical training tests and running competitions are also risky events. Soldiers also usually must wear full uniforms, sometime with additional protective layers and may carry heavy gear, which can further increase internal body temperatures.

Severe cases can be life threatening. Even mild illnesses can mean a person is at greater risk during future heat exposures.

“The most severe condition is heat stroke, which can be fatal if not treated immediately and properly,” said Maj. Aeri Hodges, chief of Public Health Nursing at Bayne-Jones Army Community Hospital, Fort Polk, Louisiana. She said though heat exhaustion is a less severe diagnosis, it could progress to heat stroke if the exposure is not stopped and the condition not treated.

The risk to Soldiers is highest when outdoor temperatures and humidity are high, which is the case at some of the Army installations where outdoor training occurs. Of the 43 Army installations tracked for the 2020 Health of the Force report, 10 experienced more than 100 heat risk days in 2019, mostly concentrated in the south and southeast U.S. Nearly 40% of active-duty Soldiers were stationed at one of these locations.



*Photo by Graham Snodgrass*  
**Staff Sgt. Javon Griffith, a platoon sergeant with the U.S. Army Public Health Center Headquarters, Headquarters Company takes a wet bulb reading at Aberdeen Proving Ground, Maryland, Sept. 9, 2021, in preparation for a land navigation exercise.**

According to OSHA, climate change is increasing the frequency and intensity of extreme heat events, as well as increasing daily average daytime and nighttime temperatures. The potential for this to increase the risk of heat-related conditions has also been recognized by the Army Public Health Center. The 2020 HOF (pages 74-75) also indicates that increased temperatures may increase the risk of suicides, assaults and vehicle accidents.

Because of the uniqueness of military activities, the APHC tracks its own cases and prioritizes prevention of heat-related injuries and illnesses through policies, routine surveillance, specific work teams and mandated annual training. Lt. Col. Michael Superior, a preventive medicine doctor and chief of the Disease Epidemiology Branch of APHC, explained that heat stroke and heat exhaustion are reportable medical events that must be reported by military health care providers through the Disease Reporting System internet.

“We collect data on these events throughout the entire calendar year, and publish monthly reports during the traditional heat season, April through September, says Superior. “We also report surveillance information and assess heat illness trends in the annual HOF report.”

Though cases reported through DRSi are highest during the warmer months of May through September, Soldier heat-related

casualties are reported throughout the year.

“Fluctuating and warmer than expected temperatures in winter can still be a problem,” said Hodges.

She noted that heat exhaustion cases have occurred in winter months in just 70 degree weather.

There are an average of two to three heat-related Soldier deaths each year. The number of heat stroke and heat exhaustion cases among Soldiers decreased in 2019 compared to 2018, but was still higher than cases in the prior three years.

“While it may be impossible to avoid excessive heat exposure, there are several prevention strategies that we know can help reduce the chances of becoming a heat casualty,” said Hodges.

Hodges encourages Soldiers to use the buddy system and monitor each other’s hydration and physical condition. She said that seeking medical help at the earliest signs or symptoms of a heat-related condition could save a life. As the weather warms and outdoor training increases, Soldiers should remember their heat illness training and these tips from the APHC Heat Illness Factsheet to help protect themselves and others:

Use the Army Wet Bulb Globe Temperature index to determine WBGT Risk categories and develop plan ways to reduce the risk.

Consider ways to lighten loads and modify clothing to increase air circulation.

Consider conducting high-intensity activities when cooler such as at night, before sun up or in shade.

Add 5 degrees Fahrenheit to the WBGT for ruck sack or body armor and 10 degrees Fahrenheit for full chemical protective gear to capture actual risk level.

Consider prior days’ WBGT exposures since multiple days exposures often add risk.

Gradually increase exposure (e.g., two weeks or more) to warm climates and higher exertion in warm climates; increase rest periods during high exertion.

Follow Army work/rest and water consumption guidance, remembering not to exceed one quart/hour, or 1.5 quart/hour when doing intense physical activity since excessive water consumption could lead to a serious chemical imbalance called hyponatremia.

Assess first morning urine with urine color charts to assess adequate day-to-day fluid intake.

Take personal risk factors into account — factors that increase risk of heat injury include previously having had an heat illness, not being adequately fit, currently being ill, ignoring early signs or symptoms, and/or having recently used alcohol or certain drugs (e.g., antihistamines, blood pressure medications, decongestants, antidepressants and some diuretics).

For more information, see other APHC Heat Illness Prevention resources.

Our values, always

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# News Notes

## Ride the Myer Flyer

The Myer shuttle service, between Myer, Henderson Hall and the Pentagon, has resumed. Please keep in mind that riders will be required to show their CAC or military ID to the shuttle driver.

Face coverings may be required for all riders; and only a maximum of 50% of passengers will be allowed on the bus at this time. Food or drink are not authorized while on the bus.

## Workforce development information

Civilian career and development is at an individual's fingertips. These resources are meant to help a person focus his or her career direction, identify professional goals and implement an action plan to manage and take charge of his or her career. Contact the workforce development specialist for questions regarding professional development and programs by emailing [jennifer.s.souza2.civ@army.mil](mailto:jennifer.s.souza2.civ@army.mil).

The Army's call for nominations for the Defense Civilian Emerging Leader Program is now open for Cohort 16, Class of 2023 (March-May 2023). The DCELP mission is to recruit and develop the next generation of innovative leaders who possess the technical and leadership competence to meet the future leadership imperatives of the DOD. GS-7 through GS-12 and equivalent civilians and interagency partners are eligible to apply. Please contact the workforce development specialist for questions regarding this opportunity by emailing [jennifer.s.souza2.civ@army.mil](mailto:jennifer.s.souza2.civ@army.mil).

## JBM-HH changes to HPCON B

Due to the decline in cases within the National Capital Region, Joint Base Myer-Henderson Hall and Fort McNair transitioned to HPCON Bravo.

During HPCON B, the following installation mitigation measures will remain in place: Workplace occupancy range increases to 50% (and up to 75% for units/agencies that have increased mission-requirements, a fully established testing processes in place for unvaccinated workforce members, and where 6 feet of separa-

tion can be maintained); gathering/event restrictions are still in line with DOD (>50PAX requires SECARMY approval), until further notice. This excludes military training, exercises, funerals and/or receptions at Patton Hall; and events and ceremonies in Conmy Hall will be limited to 50% capacity.

## AECW deployment opportunities

The Army Expeditionary Civilian Workforce has multiple deployment opportunities available for current Army civilians to work as Linguists in one of the following languages: Ukrainian, Russian, Slovakian, Polish, Hungarian, Bulgarian and Romanian in various locations in Europe (Poland, Romania, Germany, Bulgaria, Hungary and Slovakia). Language skills will be tested prior to receiving an offer.

These opportunities are TDY assignments for six months with potential for extensions. These are considered details to a set of duties, with no change in an individual's permanent grade or position of record. The desired grade level of the individual filling the position must range between G-11 and GS-13. Highly qualified personnel outside the grade range may be considered. Secret clearance or higher is required.

These deployment opportunities are in field conditions, meaning barracks, BOQs or other available billeting arrangements.

Permanent Army civilians are eligible to apply for these opportunities. Those who are currently on overseas assignments must have at least 18 months remaining until your date of estimated return from overseas and cannot be enrolled in the Priority Placement Program.

Term civilians are also eligible for the program as long as the expiration date of the term appointment extends beyond the end date of a deployment assignment.

There are varying financial incentives offered with these positions. Some locations are authorized a post differential rate, which is a percentage increase in the total salary. Paid overtime may also be available, based on mission needs of the deployed/in-theater

organization.

In addition to the financial incentives, deployment assignments offer career broadening experiences at a level and scope that is difficult to match in a regular assignment. It is the chance of a lifetime to make a difference and to contribute in direct support of deployed Soldiers in a contingency operation.

Application procedures: Submit a resume, recent SF-50 (to verify status), DD214 (if former military) and a signed request for deployment form. Submit these documents through the supervisory chain to the command's deployment coordinator. The command deployment coordinator will send the package to AECW at the group box. For questions, please send them to the group box at [usarmy.belvoir.aglcp.list.ecw-deployments@army.mil](mailto:usarmy.belvoir.aglcp.list.ecw-deployments@army.mil). This announcement is specifically for linguist support. Personnel applying will test to determine skill level prior to selection for deployment.

## Tax center

The Pentagon Tax Center is open for virtual appointments from now through June 3. Appointments are available Tuesdays, Wednesdays and Thursdays. Fridays are reserved for single service members and simple returns. For more information and to make an appointment, please email [usarmy.pentagon.hqda-otjag.mbx.la@mail.mil](mailto:usarmy.pentagon.hqda-otjag.mbx.la@mail.mil) or message on Facebook at <https://www.facebook.com/pentagonjtLAO>, please use subject line — Tax Prep Appointment.

## Never too late senior fitness Classes

Never too late senior fitness classes will be held Mondays, Wednesdays and Fridays from 9:45 to 11 a.m. at the Community Activity Center, 228 McNair Rd., Bldg. 405, next to the bowling center.

As of March 1, face masks are no longer required indoors in DFMWR facilities (except for the CDC). All certified instructors and current attendees are currently vaccinated. The N2L fitness class is open to all Department of Defense ID card holders, military,

civilians, retirees, reservists and military spouses. For more information, please contact Chester Taylor at [gotlander6@gmail.com](mailto:gotlander6@gmail.com).

## 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.

## Commissary early bird hours, Click2Go

The Commissary has begun early bird services every day. The Commissary hours are now Monday to Friday from 7 a.m. to 7:30 p.m., Saturday 7 a.m. to 6:30 p.m. and Sunday 7 a.m. to 6 p.m. Don't forget the Commissary's CLICK2GO online shopping and curbside pickup service individuals can access from their mobile devices. For full details, visit <https://www.commissaries.com/shopping/click-2-go>. For additional information on the JBM-HH Commissary, visit the Commissary official website at <https://www.commissaries.com/shopping/store-locations/>.

## Protect information

Individuals should be skeptical of anyone contacting them from the federal government. No agency will call, email or text demanding personal information or money to get a COVID-19 vaccine certificate or passport.

## Protect each other

The U.S. is fortunate to have the highly effective COVID-19 vaccines that are widely available for those 12 and older. People who are fully vaccinated are protected from severe disease and death, including from the Delta variant currently circulating. For more information, visit <https://health.mil/News/Articles/2021/06/28/News-Covid19-Delta-Variant-What-You-Need-to-Know-to-Stay-Safe>.

# National Suicide Prevention Hotline

## Military Crisis Support

### 800-273-8255