



Pentagram

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Photos courtesy of Pfc. Haylee Murray

Outgoing Andrew Rader Health Clinic Senior Enlisted Leader Master Sgt. Sherree Phillips (left) and incoming Senior Enlisted Leader Master Sgt. Freddy Mexicanos (right) stand at attention.

Andrew Rader US Army Health Clinic bids farewell to Phillips, welcomes Mexicanos

By Rachel Deloach
JBM-HH Public Affairs Office

On Friday, outgoing Master Sgt. Sherree Phillips relinquished responsibility of Andrew Rader U.S. Army Health Clinic to incoming Master Sgt. Freddy Mexicanos.

Chaplain (Maj.) Scott Ingram, Chaplaincy Resource Management, started the ceremony with the invocation, followed by the playing of the national anthem, passing of the colors and

remarks by Andrew Rader U.S. Army Health Clinic Commander Lt. Col. Jessica Milloy, who served as the officiating officer.

In her remarks, Milloy emphasized Phillips’ commitment to the Andrew Rader team and its mission.

“Her commitment was delivered at a critical time, as Army medicine pivoted to readiness and our nation responded to the dynamic COVID-19 pandemic,”

said Milloy. “With the loss of one great leader, we will continue the Andrew Rader tradition of excellence.”

(Left) Lt. Col. Jessica Milloy passes the flag to Master Sgt. Freddy Mexicanos.

(Right) Lt. Col. Jessica Milloy receives the guidon from Master Sgt. Sherree Phillips.

come another one, continued Milloy. “Master. Sgt. Mexicanos, you are the right leader at the right time and you will con-



USAREC outlines measures to increase inclusivity in recruiting

By Joe Lacdan
Army News Service

While growing up in the south Houston suburb of League City, Texas, Staff Sgt. Rocky Spells attended a high school with few minorities.

Raised by a single-parent household in a predominantly white community, Spells wanted to learn more about her African American ancestry. So she enrolled in the historically Black Spelman College in downtown Atlanta, where she graduated with a biology degree in 2014.

Then Spells wanted to join the medical field but suffered from financial struggles. She saw enlisting in the Army as an opportunity to advance her career while also meeting her financial goals.

“I knew I wanted to be a part of an organization that valued and respected me as a woman, as an African American, and as a future mother and wife,” she said during a media panel Thursday, where Spells and Army recruiting leadership discussed how the service has made strides to bring more diversity into its ranks.

Seven years later, Spells now serves the Army as a licensed practical nurse and currently mentors potential recruits as a career counselor at Elizabeth City Recruiting Station, North Carolina. Her husband commissioned to become a registered nurse in the Army, and the couple recently welcomed a newborn daughter. She said that she found acceptance in the Army’s ranks and her peers welcomed her regardless of her race or ethnicity. To help recruit more minorities and women within its ranks like Spells, U.S. Army Recruit-

ing Command formed the Diversity Outreach Inclusion Team, or DOIT last year. Spells, as part of the 25-member special duty squad, has spread her life story through social media videos and has spoken at various recruiting events.

A mix of junior officers and enlisted leaders comprises the team whose members speak at outreach events and engages diverse audiences.

“We are more comfortable with those who can relate to us,” Spells said. “So young females are thrilled when I tell them ‘yes, you can be a mom and still have a career.’ They are excited when I am able to share with them my experiences as far as not really having to sacrifice who I am as a person and still

versity. The service will also launch a cyber pilot program that will attract minorities to STEM career fields.

In 2021, the Army commissioned twice as many women in combat career fields as it had in previous years, accounting for 25% of newly commissioned officers. Additionally, the service reported a satisfaction rate of 73% among cadets, up 5% from the previous year, with 95% of cadets receiving their top 5 career choices. The Army currently has ROTC detachments at 69 Historically Black Colleges and various Hispanic universities. Over the past decade the Army has increased ROTC commissions for students of African American, Latino and Asian descent, said Maj. Gen. Johnny Davis, who leads U.S. Army Cadet Command.

Last year USACC began its General Cavazos internship program where it sent 30 lieutenants to spend 15-18 months at predominantly Hispanic academic institutions. The junior officers receive special training to help recruit Hispanic Americans into Army ROTC programs. Under the Army’s Urban Access program, the service has been visiting the nation’s largest cities to attract more minority recruits.

The Army has pledged to include greater inclusivity in its recruiting methods including fostering greater relationships with historically African American and Latino institutions, Davis said. Diversity push. In the urban sprawls of Houston and Los Angeles, the Army has established Strategic Officer Recruiting Detachments [SORDs] and hosted discussions on increasing diversity representation in

its officer corps. Through a partnership with the Marine Corps, the Army has also held workshops in underprivileged communities to encourage STEM and ACT participation

See USAREC inclusivity, Page 5



Staff Sgt. Rocky Spells, of the Elizabeth City, North Carolina, recruiting station, speaks with Sgt. 1st Class Gomez. Spells is a member of the 25-member Diversity Outreach Inclusion Team, a mix of officer and enlisted leaders who travel to different outreach events to speak to potential Army recruits.

Photo by USAREC

serve my country.” The Army launched the DOIT initiative to help foster diversity and inclusion in its ranks in accordance with the Army’s People Strategy. The service also announced that it will add 25 JROTC locations nationwide in areas of di-



Pentagram



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Col. David Bowling
Commander
Command Sgt. Maj.
Matthew Majeski
Command Sergeant Major

Stardust Demery
Interim Public Affairs
Officer
Catrina Francis
Editor

Community

Fife and Drum Corps welcomes new commander



Chief Warrant Officer 4 Donna L. Morgan assumes command of the Old Guard Fife and Drum Corps March 1.

Photo courtesy of TOG

CDC recognizes employees with award presentation



Photos by Rachel Deloach

On Monday, Joint Base Myer-Henderson Hall Commander Col. David Bowling presents coins to Cody Child Development Center assistant directors Lovonda Cockrell and Samar Brown, recognizing them for their successful completion of a two-year professional development training. Cockrell and Brown are the first two CDC supervisors to undergo the pilot program where they learn about child and youth services and hone training, management and operations skills.



Commentary

By Catrina Francis
JBM-HH PAO

After more than four years, I’m saying see you later to the Joint Base Myer-Henderson Hall Public Affairs Office. Before arriving to the National Capital Region, I knew this would be a special place to work, but I had no idea what that would mean.

For example, the Army has special observances such as Black History Month and Women’s History Month. I was used to attending those observances with a special guest speaker and sometimes skits were performed. Imagine my surprise when I realized working on the joint base would provide me opportunities to see those observances up close and personal in the form of visiting the plethora of museums in the District.

My first experience was Days of Observance when I had an opportunity to visit the Holocaust Museum. I’ve always wanted to visit that museum and was excited I was going to finally have a chance to visit. The visit was different because it was like taking a school field trip, except I was going on a work field trip.

This would also be the first time I had to remember an old saying I’ve used from “A League of their Own,” there is no crying in journalism. While walking through the museum, reading the information and looking at the exhibits, I couldn’t hold onto those tears. I know the history of the Holocaust and I’ve even had a chance to meet survivors, but this was different, and another reminder working on JBM-HH would be different.

Unlike other public affairs offices I worked in, working in the JBM-HH Public Affairs Office meant a change of pace. Yes, I was still writing but I had a change of pace because I had

staff writers and my job was truly being an editor. That was a change because I didn’t always have opportunities to meet and interview people



on the joint base. While it took some getting used to, being an editor also provided me with a chance to work on other aspects of public affairs like social media and expanding my duties in PAO.

Although my job title is editor, I’m still an Army journalist and I still tell the Army story as well as the stories of others. There are times I

still think I can’t believe this is my job. I’ve been working in Army Public Affairs for 16 years, it will be 17 years in about two weeks, which is odd because who would have thought I would be a journalist. I know I didn’t. In fact, journalism wasn’t on my radar but now I love teaching others about my craft.

As I prepare to enter another journey and move to Darien, Illinois, to work for an Army Reserve unit, I will miss JBM-HH because it has been an honor. Before working here I had no idea that this was “America’s Post.” I now see the name is fitting. This is a place like no other and I believe I won’t encounter another place like the joint base.

When I tell family and friends where I work they have a puzzled look on their face. However, when I say I can look out my window and see Arlington National Cemetery, they understand. When I say we have the best of the best in Army musicians, they are amazed. When I say that during the summer we have visitors from across the nation who visit to see Twilight Tattoo, they have no idea what I’m talking about.

After explaining, I see the joy and partial jealousy in their face because I’m sure those family and friends are probably wishing they had a chance to sit on those bleachers.

Prior to working on the joint base I thought it would just be stop in my career. I’m happy to admit I was wrong. I’m leaving with more than a stop. I’m leaving with experiences that I wish all of my public affairs peers had a chance to see.

Instead of saying goodbye, I will leave you with the words of William Shakespeare and Dr. Seuss. “Farewell! God knows when we shall meet again.” “Don’t cry because it’s over. Smile because it happened.”

2022

Portrait of Women in the Services

WWII

2008

2021

During World War II, all military branches enlisted women in their ranks for the first time in history; nearly 350,000 American women served in uniform.

Ann E. Dunwoody became the first female battalion commander for the 82nd Airborne Division in 1992 and the first female general at Fort Bragg in 2000. In 2008, she became the first woman in the U.S. Armed Forces to be promoted to four-star general.

Midshipman First Class Sydney Barber is the first Black woman to serve as brigade commander at the U.S. Naval Academy. She holds the highest student leadership position at the academy.

About 1 in every 6 Active Duty (AD) Service Members (SM) is a Woman

■ Total AD Service Members ■ Total Women

	Army	Air Force	Marine Corps	Navy	Total
Total AD SM	482,007	328,888	179,678	343,223	1,333,796
Total Women	74,820	69,991	16,301	70,252	231,364

About 1 in every 4 Reserve Members (RM) is a Woman

■ Total Reserve Members ■ Total Women

	Army	Air Force	Marine Corps	Navy	Total
Total RM	184,358	70,570	35,240	57,632	347,800
Total Women	46,440	19,719	1,518	14,360	82,037

About 1 in every 5 National Guard (NG) Members is a Woman

■ Total NG Members ■ Total Women

	Army	Air Force	Total
Total NG Members	337,525	108,483	446,008
Total Women	64,179	23,694	87,873

Top Five Career Fields of Women in the Services

4

USAREC from Page 2

among students. The SORD’s attempt to spread awareness of senior ROTC programs and outreach with city officials, taking part in career fairs, and through counseling sessions. “We are an Army that wants to look like America,” said Maj. Gen. Kevin Vereen, USAREC commander. “So, our men and women of different backgrounds and ethnicities are all across the U.S. in all zip codes, interacting with young men and women to really inform, educate, and allow them the opportunities to make informed decisions.”

Through the SORDs, the Army will offer scholarships to 30 seniors in the high school class of 2022. The students rank in the Top 5% of their class, typically take part in more than one varsity sport, and are leaders in their community or school.

“They’re leaders in their schools and lead-

ers in the community,” said Col. Stephen Ruth, Director of the SORD Task Force. “We are looking for people that are difference makers and impact players. And we want them to join our team so we can develop those skills in practice in service to their country ... and then come back into that community and strengthen that community.”

USAREC hopes its combined efforts within the SORD task force and the DOIT initiative, will increase diversity in the Army’s officer corps and enlisted ranks. USAREC created DOIT by selecting male and female leaders of various ethnicities and diverse backgrounds who embody Army values. Each leader that was selected has a college degree and top physical fitness.

“We’ve kind of found the right mix of non-commissioned officers and officers,” Vereen said. “We use them in a variety of ways: to help promote ... with some of our influencers

including our educational leaders who don’t have a lot of experiences about the Army. And so, it’s the personal stories that really win the day and enlightened and informed [potential recruits].”

While Vereen said that the DOIT initiative has been “effective,” pandemic restrictions have limited its reach and USAREC will have a more thorough assessment of its impact in 2022.

Brig. Gen. Daphne Davis said attracting more females to service, recruiters will present the Army Reserve as an option, allowing women more time to spend with their families while serving their country part-time.

“Many of the opportunities in the Army Reserve offer the flexibility that some of our women are looking for; they’re able to stay close to home while serving part-time in the military,” she said.

TOG Soldiers hone skills during training week



Photo courtesy of TOG

A Soldier with the 3d U.S. Infantry Regiment, The Old Guard, looks at a map during the unit’s training week. Please see the March 31 Digital Pentagongram edition for story and more photos.



Photo courtesy of TOG

Land navigation tests a TOG Soldier’s ability to find specific points on a map in an unknown terrain.

Photo by Zachery Myers

A TOG Soldier analyzes his surroundings during testing for the Expert Infantry, Soldier, or Field Medical Badge at Fort A.P. Hill, Virginia, Monday.



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.

Carrots, other vegetables can help you see in the dark

By MHS

Have you ever heard that carrots are good for your eyes, or that they can help you see in the dark?

It's true – carrots are rich in the compound beta carotene, which your body uses to make a form of vitamin A that helps your eyes adjust in the dark.

That's just one of the important links between Vitamin A and eye health. Vitamin A is critical for our ability to see, according to a recent report from the Defense Health Agency's Vision Center of Excellence Vision Center of Excellence website in Falls Church, Virginia.

"There are many factors that affect your eyes and vision, including genetics and age," said Maria Viswanathan, ophthalmologist at the VCE. "Adequate amounts of Vitamin A can help prevent the development of night blindness and slow age-related decline in sight."

With low vitamin A levels, the eye is unable to send visual signals to the brain. This can result in night blindness as an initial symptom. "High doses of vitamin A supplementation can potentially prevent vision loss," according to the VCE.

Vitamin A supports more than just eye health. It is important for the function of the immune system and reproductive systems. It also contributes to healthy heart, lungs, kidneys, and other organs, according to the VCE.

Vitamin A also boosts the immune system by stimulating the production and activity of white blood cells. It's an antioxidant that can prevent or slow damage to cells.

Additionally, vitamin A has a role in preventing inflammation and can help prevent inflammatory



Courtesy photo

Carrots are rich in the compound beta carotene, which your body uses to make a form of vitamin A that helps your eyes adjust in the dark.

conditions like acne Vitamin A as an anti-inflammatory agent page on the NIH National Library of Medicine website. But the human body cannot make vitamin A on its own, so we rely on the food we consume to help jump start the creation of vitamin A. The pigment beta carotene is a major driver of vitamin A production.

Beta carotene is found in many vegetables. It is the nutrient that gives yellow, orange, and red fruits and vegetables their color. That includes carrots, cantaloupes, apricots, sweet potatoes, mangoes, pumpkins, and papayas. Beta carotene is also found in green, leafy vegetables like spinach, kale, and collards (even though the color of

those vegetables is determined by a different chemical known as chlorophyll).

Beta carotene is also necessary for proper bone growth and development.

In immune health, beta carotene plays a key role in maintaining our body's defenses. It also keeps male and female reproductive systems healthy. During pregnancy, it ensures embryos grow and develop normally. "We should ensure that we have the right amount of vitamin A," said Viswanathan. "Too little or too much can have negative effects on your health."

However, the amount of vitamin A people need depends on

their gender and age, according to the National Institutes of Health Office of Dietary Supplements Vitamin A as an anti-inflammatory agent page on the NIH National Library of Medicine website. The average daily recommended amount for every individual is measured in micrograms of retinol activity equivalents, a metric known as RAE.

The NIH recommends adult females get 700 mcg RAE, while adult males should get 900 mcg RAE daily. Pregnant and breastfeeding women need 700 mcg RAE and 1,300 mcg RAE respectively, according

See CARROTS, Page 8

Chaplain's Corner

Just a simple plastic card

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

I was going through my desk drawer making a feeble attempt at cleaning it out. I, like many of us, use that top drawer to just “throw” odd and end small items into. As it accumulates, it becomes harder to find anything, much less know all that is in there.

On this occasion, I found a gift certificate I had forgotten I had. I wanted to quickly discover the “where?” and the “how much?” Then comes the next question: “Is this still good?” I then scan the paper for an expiration date, something that says “good thru...” or “valid until...”

These days, gift certificates come in a credit card version. You see them when you shop. There on a tall rack are a pot-pourri of cards for restaurants, sport shops, clothes shops, on-line access, and many others. You take this card to the register and they put

an amount on it or there is already one indicated for the card and they just validate it. It would seem that this would be a good target for shoplifters, but the card within itself, is worthless unless an amount is placed upon it.



Each of us are a “gift certificate card”. At a glance, value is judgmental. Through prejudice,

selfishness, experiential bias, an initial shallow opinion due to how attractive they are, or even what clothes they wear or car being driven offering a financial status, we place value.

We see the plastic and put value on the colorful outward appearance. When you come down to it, the outward plastic has very limited value in comparison to what has been placed upon it that you cannot see unless you truly seek it's worth by taking the time to cash it in.

I have an insight. Every “card” of seemingly unknown value has great value placed upon it that we many times cannot initially see. First of all, a high value was given by the Creator and then an increasing value was placed by that individual's journey of love, courage, sacrifice, and giving. That thin seemingly worthless piece of plastic has a content of richness; just like us and those around us.

By the way, there is no expiration date.

Our values, always
HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP

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.



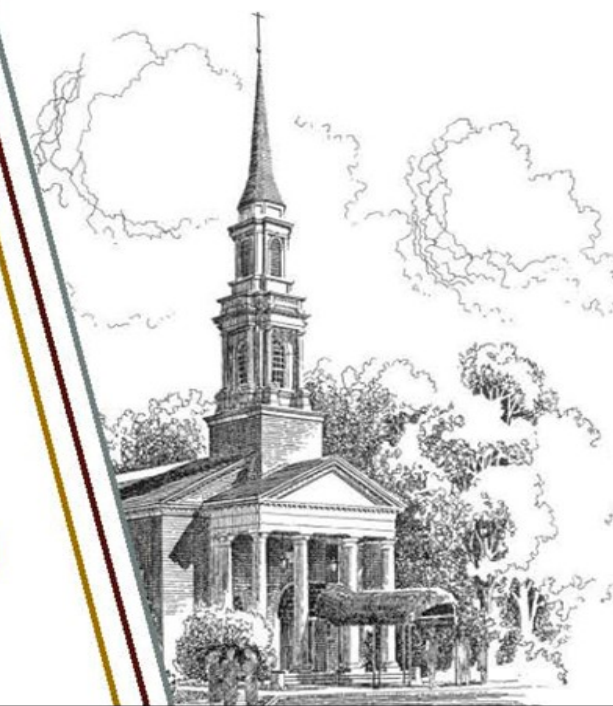
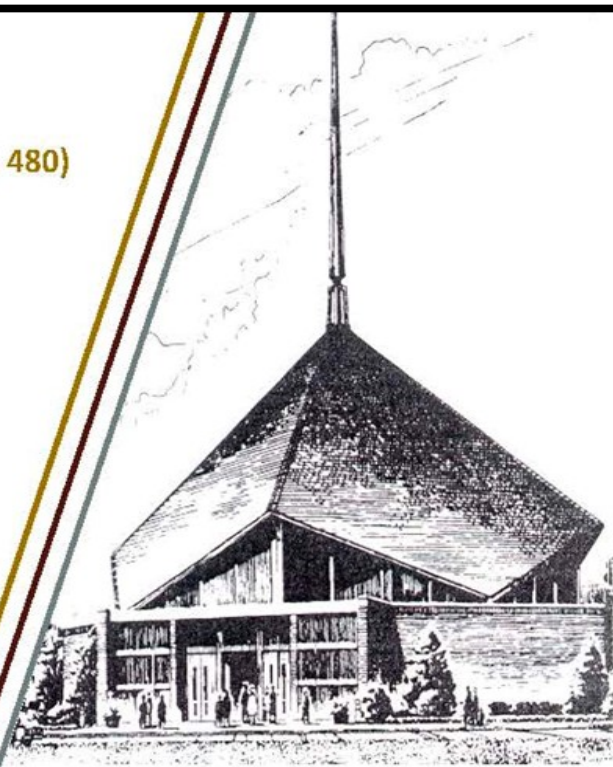
LIKE and FOLLOW the JBM-HH
Religious Support Office on
Facebook to stay up to date on the
latest Religious Support information!

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

Sundays

10 a.m. Samoan Service

RELIGIOUS SERVICE at OLD POST CHAPEL (Bldg. 335)



CARROTS from Page 6

to the NIH. Breast-feeding women need 770 mcg RAE and 1,300 mcg RAE respectively, according to the NIH.

Although vitamin A deficiency is uncommon in the developed world, it can occur in individuals who have cystic fibrosis, pancreatic insufficiency, chronic liver disease, short bowel syndrome, Crohn's or celiac disease, giardiasis, chronic diarrhea, highly selective dieting, dysphagia, mental illness, or who are bariatric surgery recipients, according to the VCE report.

Premature infants also tend to have low levels of vitamin A in their first year.

A simple blood test will let your health care provider know if you're getting enough vitamin A.

But, generally, consuming a diet rich in nutritious and varied fruits, vegetables, dairy, grains, and proteinUSDA MyPlate website should meet your body's needs for vitamins and minerals for optimal health and readiness.

"Research is ongoing to evaluate the effects of vitamin A on prevention and/or treatment of various infectious diseases," said Dr. Cecilia Mikita, a staff allergist and immunologist at the Walter Reed National Military Medical Center-Walter Reed National Military Medical Center website in Bethesda, Maryland.

"Vitamin A plays an important role in both innate and adaptive immune responses, specifically the integrity of the skin barrier and regulation of the differentiation, maturation, and function of numerous immune cells," she said.

For more information, or if you're concerned about your vitamin A levels, talk to your health care provider.

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Army emergency relief officer talks 2022 AER Campaign

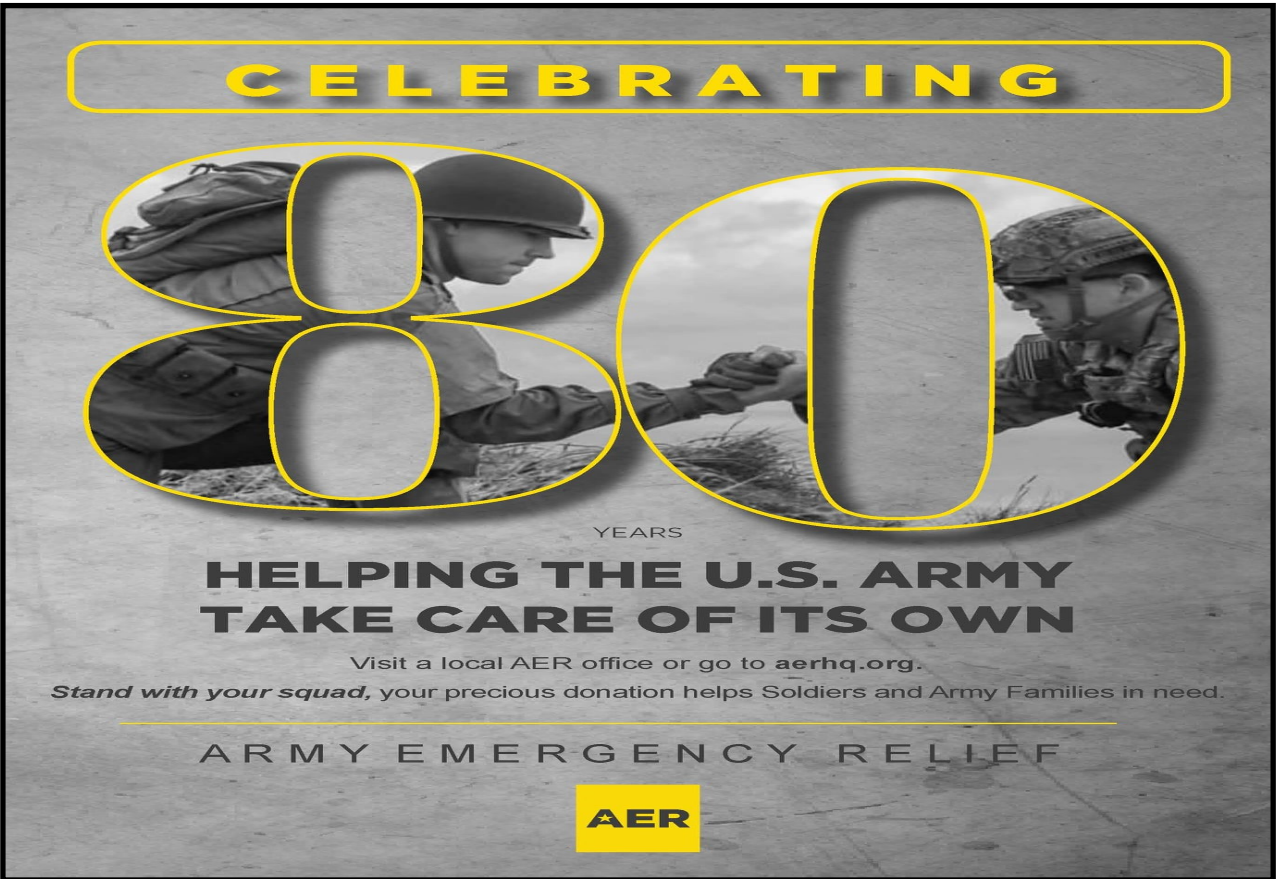
By Rachel Deloach
JBM-HH PAO

The 2022 Army Emergency Relief campaign kicked off on Joint Base Myer-Henderson Hall March 1 and will run through May 15.

Since 1942, AER has distributed financial assistance to Soldiers of all ranks on behalf of the United States Army. AER's programs are designed to support Soldiers and their Families when they need it the most by helping them save time and money. Some of the ways the AER programs provide support is through utilities, home/vehicle repair, health care and education by soliciting donations only from active duty Soldiers and Retirees.

There are several ways to donate. Active duty Soldiers and Retirees should contact their unit representative and donate by allotment. Others are able to donate via credit card at <https://www.armyemergencyrelief.org/donate> or by check mailed to Army Emergency Relief, 2530 Crystal Drive, Suite 13161, Arlington, VA 22202 with JBM-HH selected as the donation.

Army Emergency Relief officer Trina Reliford said while there is no financial goal, she would like to see an increased



awareness of AER's programs and benefits to Soldiers. "AER exists solely to help the Army care for its own," said Reliford. "Assisting eligible Soldiers, Family members and Retirees during their financial hardship(s) and providing resources is what I enjoy most about working as an Army Emergency Relief officer."

Army Emergency Relief has over 30 different assistance categories and helps over 40,000 Families each year!

ASSISTANCE CATEGORIES INCLUDE:

- Food, Rent, Utilities
- Emergency Travel
- Essential Vehicle Repairs/Maintenance
- Child Car Seats
- Initial Essential Furniture
- Medical Care
- Dental Care
- Funeral Expenses
- Delayed/Stolen Pay
- Spouse Re-Licensing Fees (PCS)
- Minor Home Repairs
- Scholarships & Much More!

AER DOES NOT ASSIST WITH:

- Ordinary Leave/Vacation
- Fines/Legal Expenses
- Debt Consolidation
- Home Purchase or Improvements
- Purchase/Lease Vehicle
- Credit Card Bills

This is not an exhaustive list of all that AER can do!
if a Soldier/Family need is not listed, **still come to AER!**
(AERHQ.ORG)

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

FRIDAY, MARCH 18

Check-In: 0530-0600

Regatta: 0600-0730

Awards/Fellowship: 0730-0800



ST. PATRICK'S DAY CARDBOARD BOAT REGATTA

Joint Base Myer-Henderson Hall Maj Douglas A. Zembiec Pool

ICCS
EMPER FIT

Registration closes March 14, 5:30 am.
St. Patrick's Day themed costumes and
decorations are **HIGHLY** encouraged!
Open to H&S Bn. Marines & Staff

Please contact Matthew Jongema
mccs.aquaticshh@gmail.com

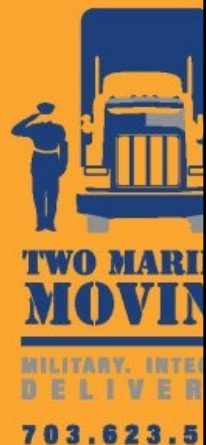
703-693-7351

**REGISTRATION
AND RULES:**



mccshh.com/pool

Cardboard
provided



News Notes

Vietnam Veterans Pinning Ceremony

JBM-HH will honor Vietnam-era Veterans with a pinning ceremony at 11 a.m. on March 29, Vietnam Veterans Day, at the JBM-HH PX. The commemorative lapel pins feature the message, “A Grateful Nation Thanks and Honors You.”

Women’s History Month

As the Department of Defense takes this time to honor the contributions of women serving in the military and DOD civilian forces, the JBM-HH Equal Opportunity team has put together a virtual observance in honor of Women’s History Month that will stream on the joint base Facebook page Thursday, Mar. 24. Please be sure to tune in.

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.

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.

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 opportu-

nities. 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. This announcement is specifically for linguist support. Personnel applying will test to determine skill level prior to selection for deployment.

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.

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 offers early bird services every day. The Commissary hours are 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/>.



Happy
St. Patrick's
Day