



# Pentagram

Online version, Vol. 3, No. 12 March 24, 2022

home.army.mil/jbmhh

Published For Joint Base Myer-Henderson Hall

## Customers, quality services at forefront of JBM-HH Transition Assistance Program



*Photos by Rachel Deloach*

(From front to back) Headquarters Battalion U.S. Army S-1 NCOIC Master Sgt. Corey Perriman, operation NCOIC Sgt. 1st Class Edward Gonzalez, Command Sgt. Maj. Tawonda Sanders, and operation 1st Sgt. Michael King learn about each phase of the transition assistance program by walking through five stations and listening to briefs from several TAP counselors.

**By Rachel Deloach**  
**JBM-HH Public Affairs Office**

Joint Base Myer-Henderson Hall Commander Col. David Bowling and Director of Human Resources Ken Washington joined five senior enlisted service members from the Headquarters Battalion U.S. Army at the Transition Assistance Program open house Friday at its new, temporary location – a trailer situated in the parking lot next to Memorial Chapel.

Headquarters Battalion Command Sgt. Maj. Tawonda Sanders, operations officer in charge Maj. Marie Hough, operations noncommis-

sioned officer in charge Sgt. 1st Class Edward Gonzalez, 1st Sgt. Michael King and S-1 NCOIC Master Sgt. Corey Perriman learned about each phase of the transition assistance program by walking through five stations and listening to briefs from several TAP counselors.

Transition services manager Carlos Rodriguez emphasized, to the battalion senior enlisted leaders, the importance of understanding the process so they can support their troops when their transition time comes and for themselves when they start the transition process.

“First sergeants and commanders, this is where we need your help the most,” said Washington. “You need to have visibility with junior enlisted Soldiers who are getting out in the next 18 months.”

When a Soldier makes the decision to start the transition process and enters the TAP office, he or she will be greeted by administrative specialist Renita Ricks-Thomas, who will set up their account and schedule them for their initial individual counseling phone call – the first step in the program.

Once the TAP office relocates from its temporary location back to Bldg. 404 following completed renovations in the next 18 months, the initial individualized counseling for Soldiers will be a 30 minute to an hour in-person meeting with lead counselor Jessica Carroll.

Carroll said since October 2019, IIC has become more specific to the service member going through the program.

“We meet one on one with the service member and figure out if their military occupational specialty aligns with their career goals, if they

are going to live on their own or if they are living with parents, and what their financial readiness is, whether they are married or have children,” said Carroll. “We do a self-assessment which tells us everything we need to know in order to cater to his or her needs.”

Timeline wise, Carroll said the latest to start the process is 18 months out for separates and 24 months for retirees, but service members looking to start the process early should not hesitate.

“There is no need to think that this (program) is going to distract them from their duties because our curriculum is distributive, meaning there are no mandatory five-day workshops and they can schedule standalone courses over a series of time,” said Carroll. “There is a lot of flexibility in scheduling.”

Carroll also debunked a common myth regarding the TAP.

“A big misconception about the TAP is that it is for individuals who only spend one or two years in service and then decide to get out, but we cater to everyone,” said Carroll. “Retirees need just as much help as everyone else so we also help them make big career changes.”

Despite the mission of helping Soldiers transition from service, TAP is also considered a retention program and that meeting with a retention counselor is a part of the TAP. Sometimes, through the program, Soldiers decide to re-enlist.

“We are all about customers, quality services, instruction, and high regard for their service to our nation,” said Rodriguez. “As they go through the process they will be able to assess their skills to convert them into civilian skills that will put them above the rest.”



Lead transition assistance program counselor Jessica Carroll briefed five senior enlisted service members from the Headquarters Battalion U.S. Army at the TAP open house.



# Wearable sensors may be future option for assessing toxin exposures

By C. Todd Lopez  
DOD News

The Defense Department, military services and Veterans Affairs are doing a lot now to assess the effects of airborne hazards, including open burn pits, on the health of current and veteran service members who may have been exposed while deployed overseas in places like Iraq and Afghanistan.

On March 16, Capitol Hill lawmakers were also interested in how the military services might one day evaluate an individual service member’s exposure to toxins with wearable sensors, rather than with the kinds of static sensors being used today.

“We’re very interested in wearables,” said Dr. Terry Rauch, the acting deputy assistant secretary of defense for health readiness policy and oversight. “The reason is because our emphasis, our focus really needs to be on individual exposure monitoring.”

Speaking before the Senate Armed Services Committee’s subcommittee on personnel, Rauch said wearable technology may allow the department to one day more closely monitor an individual’s precise exposure to health-affecting toxins in a way that’s just not possible today.

“If we can’t figure out what the dose of the exposure was and what they were exposed to, then it’s very difficult to capture their response,” he said.

Navy Capt. Brian L. Feldman, commander of the Navy and Marine Corps Public Health Center, told lawmakers the Navy is already looking at such wearable technology for use on submarines.

“One unique thing that Navy medicine is doing with research and development (is that) we’ve got some very robust submarine atmospheric monitoring, quite a robust and safe program. And (research and development) is looking at silicone bands, wearables so that you can get individual-level exposure data on a submarine,” he said.

Air Force and Army witnesses at the hearing also said that their respective services are interested in wearable detectors.

When it comes to better understanding how



Smoke billows in from all sides as Sgt. Richard Ganske, 84th Combat Engineer Battalion, pushes a bulldozer deep into the flames of the burn pit in Balad, Iraq, Sept. 24, 2004. On combat deployments, service members may be exposed to toxins, such as those from burn pits. The Defense Department is looking for better ways to track these exposures.

service members will react to exposure to toxins — such as those produced by exposure to burn pits, fuels, solvents or even dust and sand, Rauch said it’s also important for the services to know how an individual service member’s personal health habits and history might affect his or her response.

“In addition to wearables, we need to understand more about how the individual responds to environmental exposures,” Rauch said. “What risks do they bring (and) other background lifestyle factors, such as smoking a pack a day before you deploy, (as well as) other lifestyle factors or even what genetic background individuals bring. We need to understand those because they’re going to have an impact, and science isn’t there, yet, but we’re pursuing it.”

Rauch also said the Defense Department is working with the Department of Veterans Af-

fairs on a variety of tools to better inform health care providers about what a service members’ past exposure to toxins might be.

One such tool — the Individual Longitudinal Exposure Record — is expected to reach full operational capability in 2023. It allows medical professionals to match an individual service member’s or veteran’s location data — such as where they were deployed and when — against existing databases that document exposure risks, so doctors can get a better picture of what a patient might have been exposed to.

“The department remains committed to continually improving our understanding of exposures of concern and potential health effects in order to prevent and mitigate exposures and clinically assess, treat and care for our service members and veterans,” Rauch said.

## Women's HISTORY MONTH

MARCH

### JOINT BASE MYER – HENDERSON HALL

## Women's History Month Celebration

Hosted by the JBM-HH and 3D INF REG EO Team

**What:**  
Women's History Month

**When:**  
Thursday 11:45 a.m.

**Where:** [www.facebook.com/JBM-HH](http://www.facebook.com/JBM-HH)

**Why:**  
Celebrate Women's History Month This year we highlight "Women Providing Healing, Promoting Hope, paying tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and recognition of the thousands of ways women of all cultures provided both healing and hope throughout history."

**Guest Speaker**  
Soldiers, Civilians and Spouse of Joint Base Myer- Henderson Hall

**Point of Contacts:**  
Sgts. 1st Class Daly-Wilson, Manahl and Taylor

## Pentagram



The Pentagram is an authorized publication for members of the Department of Defense. Contents of the Pentagram are not necessarily the official views of the U.S. Government, the Department of Defense, the Department of the Army, Department of the Navy, or Joint Base Myer-Henderson Hall. The content of this publication is the responsibility of the Joint Base Myer-Henderson Hall Public Affairs Office.

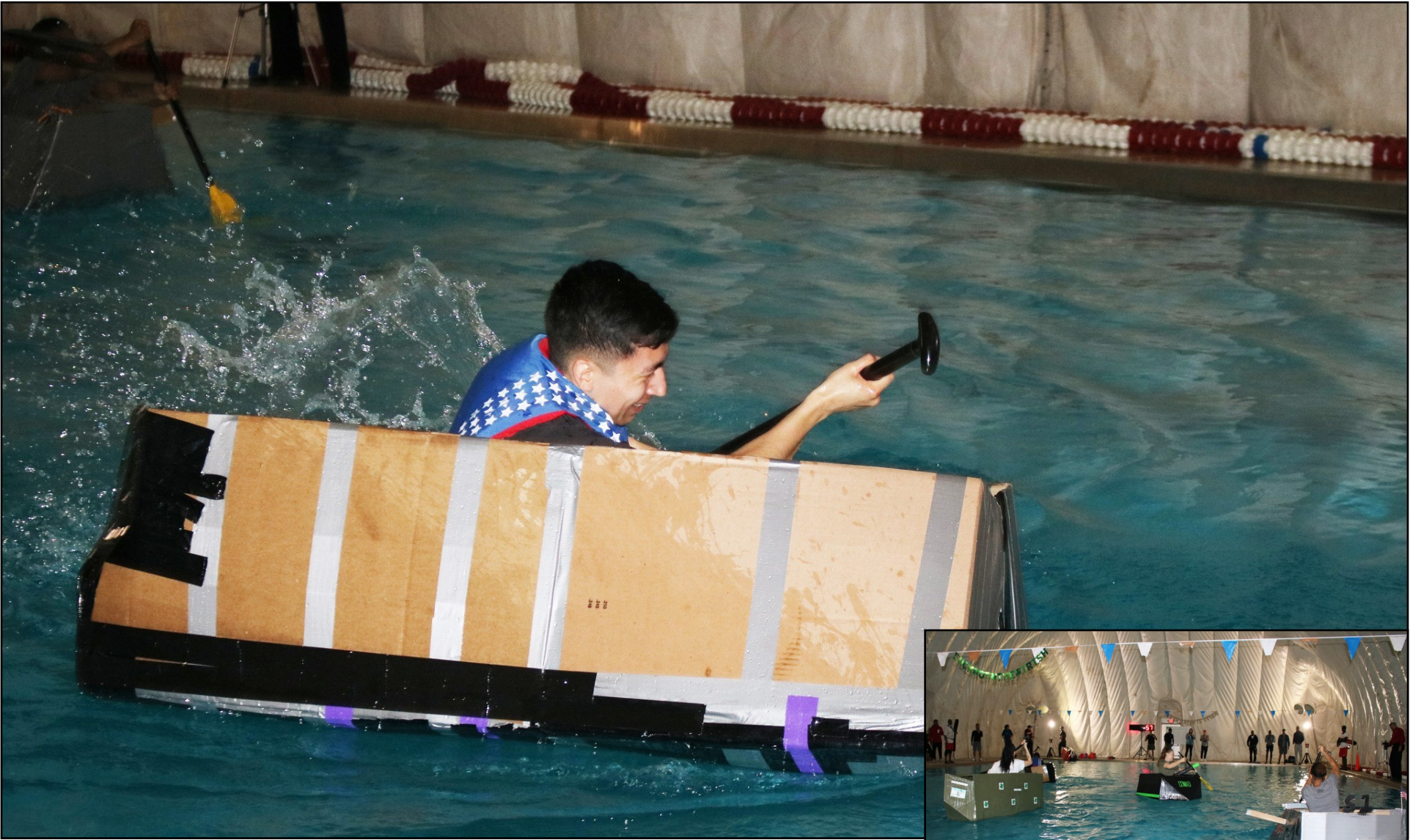
**Col. David Bowling**  
Commander  
**Command Sgt. Maj. Matthew Majeski**  
Command Sergeant Major

**Stardust Demery**  
Interim Public Affairs  
Officer  
**Catrina Francis**  
Editor



# Community

## Sink or swim: MCCS hosts cardboard boat regatta



*Photo courtesy of Felix Gonzalez*

Marine Lance Cpl. Dylan Brito from the Consolidated Administration Department, Headquarters Marine Corps, Henderson Hall, participates in the St. Patrick's Day Cardboard Regatta at Zembiec Pool Friday.

## TOG Soldier places first in St. Patrick's Day Marathon



*Photo courtesy of TOG*

Congratulations to the Old Guard's 1st Lt. Eric Savani for placing first at the 2022 St. Patrick's Day Marathon in Washington, D.C. Savani, an upcoming U.S. Army Best Ranger competition candidate, ran in the St. Patrick's Day Marathon last weekend alongside his fellow BRC teammates and finished in 2 hours, 56 minutes, 36 seconds. He qualifies for the Boston Marathon later this year.



# TOG Soldiers earn coveted badges



The 1st Battalion, 3d Infantry Regiment Commander Lt. Col. Richard Towner salutes an EIB recipient after receiving an Army Achievement Medal. Shortly after this, he receives his badge.

*Photos by Spc. Laura Stephens*



Soldiers have been chasing the Expert Infantryman, Soldier, and Field Medical Badge this week. Two hundred and seventy-one Soldiers began this endeavor and 85 of them earned their coveted badges

Our values, always  
HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP





**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.

## Colorectal Cancer Awareness Month: Observance focuses on screening and increasing public knowledge

By **MHS**

Observed during March, Colorectal Cancer Awareness Month seeks to increase the public’s knowledge about the disease and encourage people to get screened for it.

“The colon and rectum, also referred to as the large intestine, are the last several feet of the gastrointestinal tract and are responsible mostly for absorbing water prior to the evacuation of stool,” explained Maj. (Dr.) Mary O’Donnell, chief of the division of colon and rectal surgery, part of the general surgery department at Walter Reed National Military Medical Center. She is also an associate program director of the general surgery residency and assistant professor of surgery at the Uniformed Services University. “The human body is made up of cells that grow and divide regularly throughout our lives. Colorectal cancer occurs when those cells in the large intestine begin to grow or divide abnormally, invade into the wall of the colon, and sometimes lymph nodes or other organs.” The physician said CRC is often discovered on a colonoscopy, whether done for symptoms or as a screening exam, recommended for everyone at age 45.

“Luckily, much of the colorectal cancer is preventable,” she said. “Screening exams like colonoscopy and sigmoidoscopy remove pre-cancerous polyps before they can grow into cancer.” Priscilla Cullen, a registered nurse in Gastroenterology at WRN-MMC, and since 2004, the virtual colonoscopy nurse located in radiology near the CAT scan machine, explained procedures done at the medical center to screen for colorectal cancer. “At our command, we perform

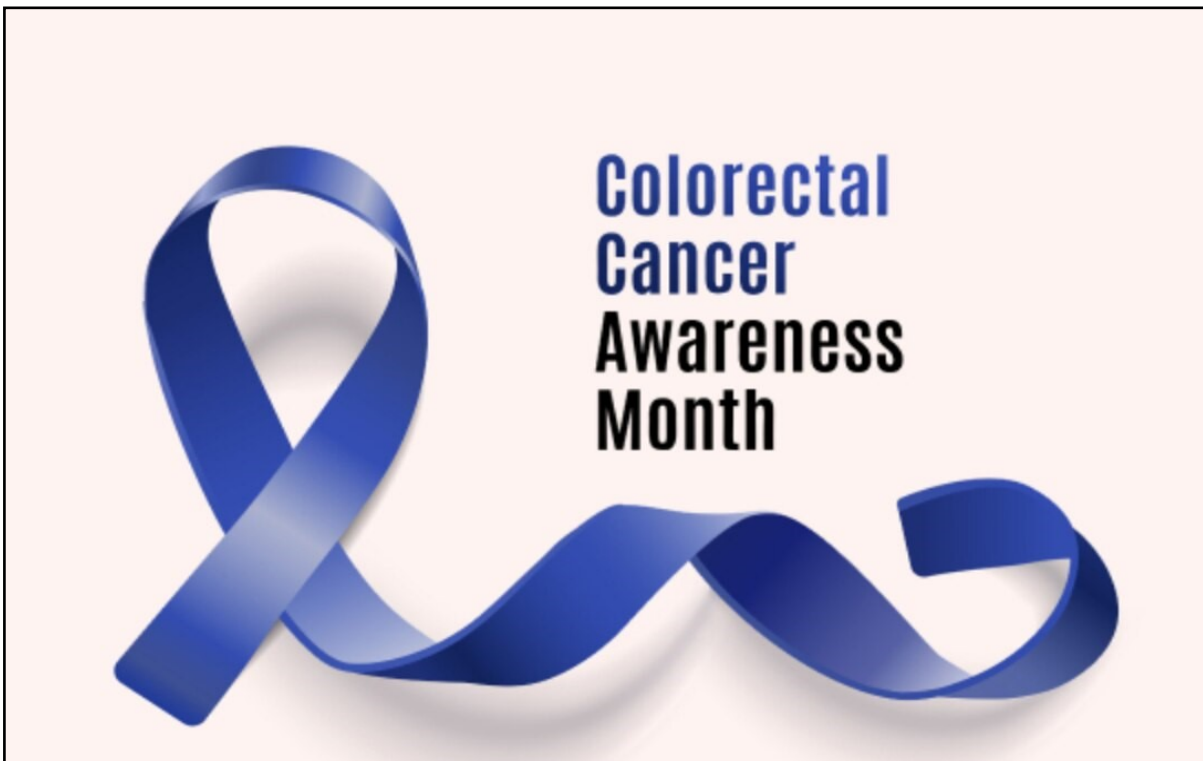
sedated and CAT scan colonoscopies Monday through Friday, and we do stool tests, call FIT test, on low-risk patients,” Cullen stated. “I think it’s wonderful we offer various methods of screenings, and patients have a voice in the method chosen.”

She added that colon cancer screening has lowered the disease mortality and morbidity in those over 60.

O’Donnell listed some of the risk factors for colorectal cancer, including: increasing age (greater than 50 years of age); a Family history of colorectal cancer or colon polyps; and diets high in animal fat and low in calcium, folate and fiber.

“Eat plenty of fruits and vegetable,” she said. “It is also recommended adults eat 25 to 35 grams of fiber daily. Exercise regularly, do not smoke and minimize alcohol intake.

“Unfortunately, colorectal cancer can often be asymptomatic. This is why screening through procedures like colonoscopy are so important in individuals who have no Family history of colon or rectal cancer. The current recommendation for a person with no Family history of colon or rectal cancer, or unknown history, is to receive their first screening exam for the



Observed during the month of March, Colorectal Cancer Awareness Month seeks to increase the public’s knowledge about the disease and encourage people to get screened for it.

disease at age 45.”

She added symptoms of colorectal cancer can include, but not limited to, blood in the stool; weight loss; changes in stool habits or caliber; diarrhea; constipation or feeling that the bowel does not empty completely; fatigue; anemia; abdominal pain or bloating; nausea and vomiting.

O’Donnell explained that while screening for colorectal cancer should begin at 45 for most people, if a person’s first-degree relative has had colorectal cancer diagnosed before age 55, then that person should be screened 10 years earlier than the age at which their relative was diagnosed. For instance, if a person’s mother or father was diagnosed with CRC at age 43, then the person should be screened for it at 33.

“Also, CRC is now tested for markers that may indicate an inherited component,” she said. “If

you have a Family member with CRC, ensure you discuss if this may affect screening in your screening exams is normal, no polyps or other findings, screening intervals for each exams are.”

- Colonoscopy – every 10 years
- Virtual colonoscopy – every five years
- Flexible sigmoidoscopy – every five years
- Fecal occult blood sample or fecal immunochemical test – every year
- FIT-DNA stool test – every three years.

“Again, these stool tests should only be done if you have no symptoms or concerns for CRC, as they are screening exams,” O’Donnell explained.

According to the American Cancer Society and the National Cancer Institute, if diagnosed early during

**See SCREENING, Page 9**



# Chaplain's Corner

## Blocking the big picture

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

We once lived in Alaska and it was beautiful. Now, there is the rub. When we tried to take pictures and even a video of the landscape, it was frustrating. Nothing could capture what we saw and felt. It was just a snapshot — a glimmer of a much bigger perspective.

It happens in other ways. An artist works meticulously in one small part of the canvas, then backs away a few steps in order to see the entire piece. Why? To gain perspective — to see the big picture.

A woman looks at a single jigsaw puzzle piece, but has to look at the box top picture to see the whole puzzle. It helps to see how it fits in to see the big picture.

An offensive or defensive coordinator coaches the game from the press box. Why there, and not from the sidelines with the team? To get a better view of the game; to see the strategies of the opponent; to evaluate the effectiveness of his team.

A bride hires a wedding consultant to help

with the planning of the big event. Why? To coordinate all the elements of such an affair; to keep the big picture in mind.

A military general looks at satellite images of the battle area to plan for the next attack. Why? To see all the terrain and where his Sol-



diers will go to win the battle.

A student looks at the degree they wish to achieve. They look at all the classes and tasks they must do. They look to see how long, how much, life's choices and it is worth the effort.

They look into the future to judge how this would impact their life. The big picture. It really is all about perspective. The big picture. The far horizon. Sometimes it's easy to lose.

Sometimes it's not so easy to obtain in the first place. The things that happen in our lives are so close to our hearts, so personal; it seems as if that event, that crisis, that emotion, is all that there is. It's in our face blocking out the view of the horizon. It's difficult to remember that every element of our lives is all part of a picture that is bigger than we can see and understand.

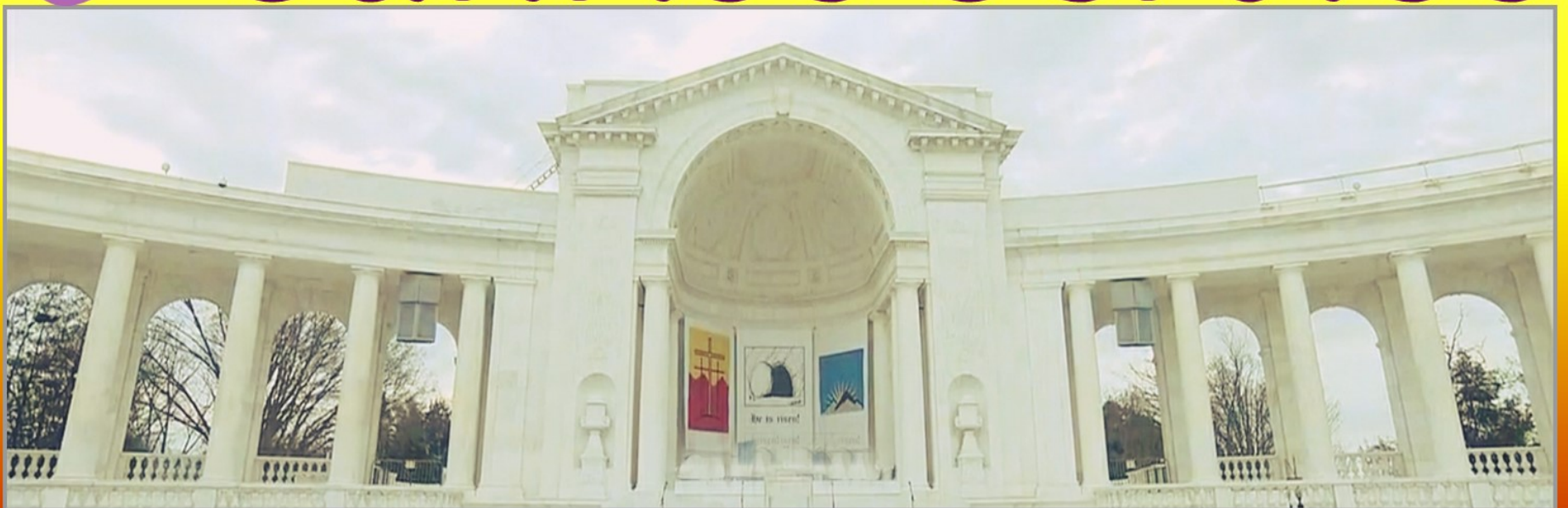
Is there something from which you need to take a few steps back? I know I need to all the time. Maybe solicit the help and perspective of a friend, counselor or someone who can be a bit more objective? That could be painful but necessary.

How do we see the big picture of our lives? Spend a few moments of quiet contemplation, honesty and truth. Truly hear what others you trust say. You might even, through faith, ask God to give you the perspective you need to handle the challenges that come your way today.

The bottom line is step back.

## Joint Base Myer-Henderson Hall

# Easter Sunrise Service



**Date:** Sunday, April 17, 2022

**Time:** 6:30–7:30 a.m.

**Location:** Memorial Amphitheater,  
Arlington National Cemetery

**POC:** RSO @ 703-696-7668

This year's service will be LIVE and IN-PERSON! It will also be live-streamed on the Joint Base Facebook page:  
[www.facebook.com/jbmhh/](http://www.facebook.com/jbmhh/).

ANC will open for entry at 5:00 a.m. Parking is available in the ANC parking garage or on JBM-HH, near Memorial Chapel. (DoD ID Cards are required for JBM-HH access. Those without DoD ID Cards should park at ANC.)

Follow the JBM-HH Religious Support Office Facebook page for more information and live updates! [www.facebook.com/jbmhrso/](http://www.facebook.com/jbmhrso/)



# Let's reduce drug-related conditions, poisonings among Soldiers

By V. Hauschild  
Army Public Health Center

For this year's National Poison Prevention Awareness Week, observed through Saturday, the Army Public Health Center encourages awareness of the poisonings that occur every day to members of the Army Family.

While many are familiar with the problem of poisonings among children, poisonings are actually a leading cause of injury hospitalizations among Soldiers.

"The majority of Soldiers' injuries are treated through outpatient medical services," said Dr. Anna Renner, an APHC injury health analyst and statistician. "But some poisonings, like overdoses of medications, over-the counter medications and illegal substances, tend to be more serious and are more likely to require inpatient care."

Surveillance of Soldier's medical records identifies codes for drug-related injuries, which can include accidental as well as possible intentional poisonings. In addition to conditions caused by ingestion and injection of drugs or medications, poisonings include adverse medical conditions caused by skin or eye contact, ingestion and inhalation exposures to chemicals or toxins.

"Poisonings accounted for 6,800 injuries among active-duty Soldiers in 2020," said Renner. "About 10% required inpatient



National Poison Hotline  
1-800-222-1222



Photo illustration by Graham Snodgrass

Army Public Health Center experts say poisonings are a leading cause of injury hospitalizations among Soldiers, accounting for 6,800 injuries among active-duty Soldiers in 2020. Increased awareness can help reduce these numbers.

stays in the hospital, and the majority of these hospitalizations were drug-related incidents."

The APHC is hoping that through increased awareness the Army Family can help reduce these numbers.

Soldiers can protect themselves and their Families with the following tips:

- Individuals should read and reread medicine labels to ensure they understand the proper dose and possible

interactions. Call a health care provider or pharmacist if there are questions.

- Dispose of unneeded products and lock up or move those that need to have hard-to-reach locations.
- If an individual is concerned about misuse of a medication or alcohol — the individual or a Family member — seek assistance through Army "Community Guide" to find local help.

- Avoid contact and inhalation of fumes to toxic chemicals and use protective eyewear and gloves.
- Save the Poison Control Center Hotline (800) 222-1222 in a cell and on/near every home phone.

If a person thinks a Family member has been poisoned:

- Call Poison Control Center Hotline if he or she is awake and alert
- Call 911 if he or she has collapsed or not breathing.



MG James Ursano  
Scholarship  
for Dependent Children



2022-2023 Academic Year  
Application Deadline  
is  
1 April 2022



<https://www.armyemergencyrelief.org/scholarships/>  
Email: [scholarships@aerhq.org](mailto:scholarships@aerhq.org)

## Lithium Ion Battery Safety for Consumers

Lithium ion batteries supply power to many kinds of devices including smart phones, laptops, scooters, e-cigarettes, smoke alarms, toys, and even cars. Take care when using them. In rare cases, they can cause a fire or explosion.

**The problem**

- These batteries store a large amount of energy in a small amount of space.
- Sometimes batteries are not used the right way; batteries not designed for a specific use can be dangerous.
- Like any product, a small number of these batteries are defective. They can overheat, catch fire, or explode.

**Safety Tips**

- Purchase and use devices that are listed by a qualified testing laboratory.
- Always follow the manufacturer's instructions.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Do not charge a device under your pillow, on your bed or on a couch.
- Keep batteries at room temperature.
- Do not place batteries in direct sunlight or keep them in hot vehicles.
- Store batteries away from anything that can catch fire.

**Signs of a Problem**

Stop using the battery if you notice these problems: odor, change in color, too much heat, change in shape, leaking, odd noises. If it is safe to do so, move the device away from anything that can catch fire. Call 9-1-1.

**Battery Disposal**

- Do not put lithium ion batteries in the trash.
- Recycling is always the best option.
- Take them to a battery recycling location or contact your community for disposal instructions.
- Do not put discarded batteries in piles.

**High-Tech Luggage**

Some major airlines no longer accept 'smart' luggage with non-removable lithium ion batteries as checked or carry-on luggage. The powerful batteries can potentially overheat and pose a fire hazard during flight.

In some instances, smart bags with removable lithium ion batteries will be allowed on board if the battery can be removed on site and taken on board with the customer. Check with your airline for restrictions.

**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards

[nfpa.org/education](https://nfpa.org/education) ©NFPA 2017





*Photo by Army/National Archives*

Members of the Women's Army Corps 6888th Central Postal Directory Battalion sort packages taken from mail sacks by French civilian employees at the 17th Base Post Office in Paris Nov. 7, 1945.

# All-Black female World War II unit to receive Congressional Gold Medal

By Katie Lange  
**DOD News**

Sorting mail might not seem like a monumental task to most, but in war-torn Europe during World War II, it certainly was for the 6888th Central Postal Directory Battalion: the only all-Black Women's Army Corps unit to be stationed overseas during the conflict.

By 1945, roughly 7 million service members, Red Cross workers and government personnel were stationed in the European theater, and mail was the lifeline connecting them to those they had left back home. Likewise, it was the only way Families could keep in touch with their loved ones on the warfront.

According to Kimberly Guise, the National World War II Museum senior curator, more than 3.3 billion pieces of mail went through military postal services to reach the front during 1945 alone. The sheer abundance of mail and a reported shortage of qualified postal officers to sort it led to a massive backlog of letters and packages, some of which were mailed up to three years prior.

The U.S. Army needed people to sort out the backlog, and they decided the newly created 6888th was the right unit for the job.

They more than succeeded. Officials expected the unit's mission to take about six months in each

location where they were assigned. Instead, it took them only three. Now, 77 years later, a measure has been signed into law that will give the unit the Congressional Gold Medal.

Unsung heroes of their time, theirs is a story of incredible postal proficiency.

## **A Historic Mission Abroad**

Of the more than 140,000 women who served in the Women's Army Corps during World War II, about 6,500 of them were Black. The Army created the 6888th in late 1944 and included five companies totaling about 850 Black women. They were commanded by Maj. Charity Adams, who finished the war as a lieutenant colonel, becoming the highest-ranking Black woman during the war.

While the unit wasn't heading to the frontlines, its Soldiers still had to go through weeks of basic training, which included obstacle courses and gas mask drills, Guise said. Army historians said the women studied enemy aircraft, ships and weapons; they learned to board and evacuate ships and even went on long marches with rucksacks.

The battalion deployed to England in February 1945, travelling by ship in U-boat-infested waters to Glasgow, Scotland. Upon their arrival, the women immediately put their training to good use. As a German V-1 rocket exploded near

the dock, they ran and took cover. The unit then took a train to Birmingham, England, where their work on the mail backlog began.

It was a daunting task. Not only were they sorting mail, but the essential foundation of their mission was to boost morale across the entirety of deployed U.S. forces. Most frontline Soldiers hadn't received any mail in months, so the unit took the mission very seriously. The women worked 24 hours a day divided into three shifts to sift, sort and redirect the backlog. Since they were a self-contained unit, they also ran their own supply room, motor pool and mess hall.

## **Cold, Dark and Complicated**

When the 6888th arrived in Birmingham, the women quickly noticed massive piles of mail reaching the warehouse ceilings. Six of those facilities were airplane hangars full of Christmas presents, which had been returned during the Battle of the Bulge, according to an Army Combat Studies Institute publication. The facility had blacked-out windows to help protect occupants from nighttime air raids, but the dark environment had unintended side effects. Rats sought out packages of cakes and cookies, which had spoiled in the unheated and poorly lit facilities.

The job had plenty of complications. The women came across recipients with the same names.

For example, reports showed there were 7,500 men named Robert Smith. The unit also had to investigate and decipher pieces of mail that only listed nicknames for the recipients or had insufficient addresses. The women often resorted to using serial and/or service numbers to figure out the correct recipient.

Since service members pushing into Germany were also constantly moving locations, many of the attempted deliveries were bounced back. The unit had to then re-sort the mail, find a new location for its recipient and try again. According to the Army Combat Studies Institute, each piece of mail was worked for 30 days. If the recipient couldn't be located in that time, the mail was marked as undeliverable and returned to the sender. When unit members discovered that an intended service-member recipient had died, they had the unenviable task of handling that return mail.

Army historians said the women processed 65,000 pieces of mail per eight-hour shift in Birmingham and cleared what was thought to be a six-month backlog in only half that time — a total of about 17 million pieces of mail.

After that job was finished, the 6888th was sent to Rouen, France, in June 1945 to continue their mission. They began their work a few

**See 6888th CPD, Page 9**



6888th CPD from Page 8

weeks after victory was declared in Europe. With the help of French civilians and German prisoners of war, the unit cleared a similarly sized backlog just as quickly as it did in England.

In October 1945, the unit was sent to Paris. About 300 of their Soldiers had been discharged by then due to the war’s end, so the workload fluctuated, and unit morale suffered. Because of the deprivations that the French people had suffered during the war, the unit’s Soldiers also dealt with a slew of package thefts. The women had to investigate these thefts, working with locals to track down those packages.

Enduring Sexism, Racism

The women of the 6888th received high praise for their work. Upon recognizing them, service members thanked them in the streets. Still, they faced discrimination due to their color and gender. According to the National Museum of the U.S. Army, several Black male service members assumed the women were sent to Europe to provide them with companionship — a notion the women of the 6888th quickly set straight. When the Red Cross denied them entry to their club and instead opened a segregated club for the women, the battalion never set foot in it to show their united disapproval of such a slight.

According to the NMUSA, some of the unit’s recreational basketball players were invited to play on an Army all-star team; however, that invitation was rescinded when the Army learned the women were Black. Mixing races in units was against Army policy at the time — even for sports teams. The team dealt with the snub by winning the European theater’s basketball championship that year, the museum said.

Furthermore, when three members of the unit died in a Jeep crash in early July 1945, the War Department didn’t provide funds for their funerals. The unit gathered its own money to perform the services to bury the fallen women in Normandy American Cemetery in



Members of the 6888th Central Postal Directory Battalion take part in a parade and ceremony May 27, 1945, which was held in honor of Joan of Arc at the marketplace where she was burned at the stake in Rouen, France.

Colleville-sur-Mer, France.

Long-Awaited Accolades

By March 1946, all of the women of the 6888th had returned to the U.S, and the unit was disbanded. Its members received the European African Middle Eastern Campaign Medal, the Women’s Army Corps Service Medal and the World War II Victory Medal; however, there was no other official recognition of their accomplishments.

That slowly changed, though. Over the years, the surviving women of the 6888th have taken part in several reunions for Black members of the Women’s Army Corps. In 1981, many of them returned to England and France, where they were honored for their wartime service.

In the past few decades, the story of the

6888th has been included in exhibits, educational programs, documentaries and public ceremonies, and many books have been published on the integral work they did. In 2018, a monument was erected in their honor at Fort Leavenworth, Kansas, and the 6888th was given the Meritorious Unit Commendation in 2019.

On Feb. 28, the House of Representatives passed legislation to award the 6888th the Congressional Gold Medal. The Senate passed the measure last year, and President Joe Biden signed the bipartisan bill March 14. It’s not clear yet when the ceremony to honor the women will be.

Although there are only a handful of members of the 6888th still living to receive the medal, the honor will cement their place in World War II history.

SCREENING from Page 5

Stage 1, nine out of 10 people survive colon cancer five or more years. If diagnosed later during Stage 4, less than two out of 10 people survive colon cancer five or more years. Also according to the ACS and NCI, colon cancer is third most common cancer in the United States and the second leading cause of cancer-related deaths in the U.S. for men and women; 90% of new colon cancer cases occur in people 50 or older; and there are more than 1 million colon cancer survivors in the United States. The disease claims more than 50,000 lives yearly in the U.S.

She added CRC disproportionately affects African Americans, who are 20% more likely to get colorectal cancer than other ethnic

groups, for reasons that are complex, including access to health-care exams and screening, according to the American Cancer Society.

“All beneficiaries in our military health-care system have access to colonoscopies and screening exams at age 45 or earlier if prescribed by your doctor,” O’Donnell stated. “It is important to talk to your doctor about any symptoms you are having concerning for CRC or if you have a Family history of CRC or colon polyps.”

Treatments for colorectal cancer vary, O’Donnell explained.

“Small colon cancers that have not yet invaded the colon wall deeply can be treated by a gastroenterologist through advanced colonoscopy techniques,” O’Donnell said. “The majority of colon can-

cers are treated through surgical removal of a portion of the colon and its associated lymph nodes. Chemotherapy can be necessary in addition not surgery based upon the stage of the cancer. Radiation and chemotherapy are often used to treat rectal cancers prior to surgery.

“One of the most common questions I get from patients is, ‘Will I need a bag?’ or ‘Do I have to have an ostomy bag?’ This is one of the most feared risks of intestinal surgery that patients have in my clinic and often leads to the avoidance of a first colonoscopy in patients. It is important to know that needing an ostomy or stoma, where stool is emptied into a bag on the abdominal wall from a connection made by bringing the intestine up to the abdominal wall, is often not necessary in the treat-

ment of these cancers. While we do create an ostomy during some of our surgical procedures, it is often temporary to decrease the risks of a procedure.

“Lastly, if an ostomy needs to be permanent to ensure the cure of a cancer, we have dedicated wound ostomy care nurses trained in helping patients adjust to having a stoma. Many people have completely normal lives with an ostomy bag.”

She encouraged people to visit the WRNMMC site to see a list of conditions treated and services offered within her division. The site is located at <https://walterreed.tricare.mil/Health-Services/Hospital-Care-Surgery/Colorectal-Surgery>.

For more information about colorectal cancer, visit <https://www.cdc.gov/cancer/dcp/>



# Anonymous

support for sexual assault survivors in the military

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



# News Notes

## Parking lot closure

Please be advised that the northern end of the Summerall Field parking lot and the Caisson parking lot will close at 9 p.m. Thursday in support of ceremonies to be held at Conmy Hall Thursday and Friday. The parking lots will reopen following each ceremony. Please plan accordingly.

## Women's History Month observance

March is Women's History Month and 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 JBM-HH Facebook page at 11:45 a.m. Thursday. Please be sure to tune in. The EO team is also hosting a food sampling in honor of Women's History Month. Stop by the Lamplighter Room at Patton Hall between 11:30 a.m. to 1 p.m. Thursday.

## Honoring Vietnam veterans

The Joint Base Myer-Henderson Hall Post Exchange will present Vietnam-era veterans with commemorative pins at a pinning ceremony to be held at 11 a.m. Tuesday, National Vietnam War Veterans Day. The Army & Air Force Exchange Service has partnered with the U.S.A. Vietnam War Commemoration to provide free commemorative lapel pins to veterans who served on active duty in the U.S. Armed Forces at any time from Nov. 1, 1955 to May 15, 1975, regardless of location. The pins feature the message, "A Grateful Nation Thanks and Honors You."

All veterans with service-connected disabilities are now eligible to shop at the JBM-HH PX, as are retirees, active-duty and military dependents. Veterans with service-connected disabilities and their primary Family caregivers can find more information on accessing the Exchange at Shop-MyExchange.com/Vets. Veterans who do not have access to the base may apply for a day pass at the Joint Base Visitor Control Center or online at <https://pass.aie.army.mil/JBMHH/>. Contact the JBM-HH PX at 703-522-4575 with questions.

## Scheduled work outside of Henderson Hall Gate

This is a reminder of work scheduled to replace an inoperable water meter just outside the outbound lane of Henderson Hall's Gate 1 at 700 S. Orme Street between 7:30 a.m. and 2 p.m. Saturday. During the work, the base will be serviced by a by-pass line and no interruption in water service is expected. Joint base outbound traffic on Southgate Road, in the direction of Gate 1, may be impacted as crews work to replace the meter. Please call (703) 696-6395 with any questions.

## Strong chlorine smell, taste expected in water

Arlington County, along with northeastern Fairfax County and the District, have begun an annual cleaning out of their tap water networks — resulting in drinking water having a stronger chlorine smell and taste — lasting through May 16. In the interim, recommendations are to run the cold water tap for about two minutes before using, get a filter system or let water sit in a container for an hour or two to allow the chlorine smell and taste to dissipate. The links below provide information about the process, along with official websites for Arlington, Virginia and Washington D.C. water utilities, which supply water to JBM-HH.

<https://patch.com/virginia/arlington-va/stronger-chlorine-smell-taste-expected-arlington-water>

<https://www.arlingtonva.us/Government/Programs/Water-Utilities/Water>

<http://dcwatch.com/wasa/>

## 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 finger-

tips. 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).

## 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.

## 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).



**FERS WORKSHOP**

WHAT'S YOUR PLAN FOR RETIREMENT?

Proper Planning!

7 April 2022  
08.00-4.00 PM

Fort Myer: Memorial Chapel (Fellowship Hall)  
101 McNair Rd. Bldg 480

Questions Answered!

Retirement planning