



WINTER'S NOT OVER YET!
See page 3 for important safety tips

IMCOM Commander visits Belvoir

By Paul Lara
Belvoir Eagle

Lt. Gen. Douglas M. Gabram, commander of Installation Management Command, visited Fort Belvoir to engage leaders and Garrison professionals about Army priorities and lessons learned operating in a COVID environment.

The Army's number one priority is people, and IMCOM leads four of the five top initiatives designed to improve the Quality of Life for Soldiers and families. The initiatives IMCOM is leading as part of the larger, Army Materiel Command team are housing, spouse employment, child care and PCS moves.



Photo by Paul Lara

Lt. Gen. Douglas Gabram, commanding general, IMCOM, left, and Col. Joshua SeGraves, Garrison commander, embark on a tour of Fort Belvoir, Feb. 9.

IMCOM Heroes

Gabram's favorite part of any installation visit is the opportunity to personally engage members of the IMCOM team and listen first-hand to their challenges, opportunities, and best practices. Twenty-plus IMCOM professionals gathered in Thurman Auditorium, and Gabram was able to do his second favorite activity while visiting, recognizing successful teammates for their efforts to improve the quality of life and readiness of our Soldiers, civilians and families.

He also visited the JoAnn Blanks Child Development Center, one of the largest in the

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and very effective. This type of vaccine is not new. Researchers have been studying and working with messenger RNA vaccines for decades. This research enabled quick development of the COVID-19 vaccine."

Lt. Gen. Douglas Gabram, commander, IMCOM, visiting Fort Belvoir Feb. 9, urged everyone to consider vaccination. "We have a (vaccine) declination rate of 18 to 20 percent, and that's going down," Gabram said. "You should educate yourself and learn the facts. If you asked me, I'd say 'get the vaccine'. We'll get more vaccines rolling out, and then the workforce scale's going to increase."

The largest category of recipients will come next in Phase 1c, and includes those authorized age 65-74 and authorized aged 16-64 with increased risk for severe illness as defined by the CDC and essential workers not previously included in 1a and 1b. Crane asked them to have a bit of patience as the clinic vaccinates those at greatest risk of severe disease.

COVID-19 vaccinations now extends to TRICARE patients over 75

By Paul Lara
Belvoir Eagle

The light at the end of the tunnel grows a little brighter, as Fort Belvoir Community Hospital's COVID-19 Vaccination Clinic, at the Fort Belvoir Community Center, has begun vaccinations for TRICARE patients 75 years and older, according to Cmdr. Gabrielle Crane, chief of Ambulatory Nursing.

Crane said that the clinic is following DoD eligibility guidance and is now in Phase 1b. The COVID-19 Vaccination Clinic has

immunized hospital staff and first responders, and has shifted access to personnel with Critical National Capabilities; personnel preparing to deploy to locations outside the United States; and authorized persons 75 years and older.

Crane said the clinic's administration of vaccines is expected to increase, as availability increases, and there are plans to administer vaccinations in Fairfax and Dumfries, but those dates aren't yet known.

"We are currently vaccinating 400-500 patients daily, and will be increasing that to 1,000 upon allocation of vaccine supply," said Crane.

"I want to help separate myth from reality, especially the myth that COVID vaccines were developed too quickly, and thus their quality is poor," said Col. Jennifer McDannald, director, Army Public Health Center. "The reality is the vaccines were developed without compromising safety, scientific rigor, or medical and scientific ethics. They are safe



Photo by Paul Lara

Lt. Gen. Douglas Gabram, commanding general, Installation Management Command, left, speaks with Navy Capt. Cindy Judy, Hospital commander, and Col. Joshua SeGraves, Garrison commander, during a visit to the COVID-19 vaccination Clinic, Feb. 9.

"Please know we look forward to scheduling and vaccinating all of our beneficiaries as soon as supply allows. We appreciate you trusting in us and allowing us to provide the best care possible and doing all we can to prevent the spread of COVID-19."

For the latest information, go to <https://belvoirhospital.tricare.mil/Health-Services/Preventive-Care/COVID-19-Vaccine> or contact the COVID-19 Vaccine Information Hotline at 571-231-7777 or DHA-IHD at 1-877-GET-VACC or via e-mail at DoDvaccines@mail.mil.

To make your COVID-19 vaccine appointment:

- Go to www.tricareonline.com
- Log In, and go to "Appointments"
- Select "COVID-19 Vaccination"
- Adjust "Date Range" as needed
- Enter Contact Phone Number
- Enter "COVID VACCINE DOSE 1" in "Reason for Appointment"
- Ensure there is a checkmark in "Send Reminders"
- Select "Search for Appointments"
- Answer the Screening Questions and click Submit
- Select desired Appointment date and time
- If no appointments are available, a warning will appear. This may be due to limited supply of COVID-19 Vaccine
- Review selected date and time, and Select "Book This Appointment"
- Your appointment will show as "Confirmed" and you will receive a text message with appointment details

NOTE: You must ensure that Ft. Belvoir is selected as your Military Treatment Facility on your profile page to schedule a COVID-19 vaccination at Fort Belvoir Community Hospital.



Photo by Larry Levine

Riders board a Metro train in this 2006 WMATA file photo.

Metro closes Blue Line stations until late May

By Paul Lara
Belvoir Eagle

Addison Road and Arlington Cemetery Metro stations have closed for platform reconstruction and station improvements, according to a release from the Washington Metropolitan Area Transit Authority.

WMATA writes that Shuttle buses will replace trains at the two closed stations for the duration of the project, with no Blue Line service. Additional Yellow Line trains will operate from Franconia-Springfield to Mt. Vernon Square; however, weekend service adjustments may be necessary due to other scheduled track work.

Service Details

- No Blue Line trains will operate.
- Additional Yellow Line trains will operate between Franconia-Springfield and Mount Vernon Square stations at

all times. (Yellow Line service between Huntington and Greenbelt is unaffected.)

- Customers traveling to downtown D.C. from stations south of Arlington Cemetery should board a Yellow Line train. Transfer at L'Enfant Plaza if necessary.
- Silver Line trains will pass through Addison Road without stopping.
- Riders traveling between Largo Town Center and Rosslyn stations should use Silver Line trains.

Travel Alternatives

Free shuttle bus service will operate Between Rosslyn, Arlington Cemetery (during operating hours), and Pentagon every 12-15 minutes; and Between Addison Road and Capitol Heights every 6-8 minutes.

Customers may also consider regular-route bus service to get around the construction areas.

For more information on service details, go to wmata.com/platforms.

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TRICARE

COVID-19 VACCINATION

SEE THE FACTS

Is It Your Time to Get the COVID-19 Vaccine?

*UPDATE

Health Care, Emergency, and Safety Personnel, and Other Essential and Critical Groups

PHASE 1A

Emergency room, urgent care centers, and first responders (i.e., police, search and rescue, and fire personnel), and Armed Forces Retirement Home residents

PHASE 1B

Health care and support personnel at military hospitals and clinics, along with other non clinical staff authorized to receive vaccine from DoD, who support patient care with a high risk of exposure or potential to interface with COVID-19 positive cases

PHASE 1C

Outpatient health care and support personnel, including National Guard and Reserve personnel as well as active duty service members deploying or supporting COVID-19 response operations in Title 10 or Title 32 duty status

PHASE 1D

National critical capabilities (strategic and nuclear deterrence forces, homeland defense)

PHASE 1E

Personnel preparing to deploy to locations outside of the continental U.S. (OCONUS)

PHASE 1F

Personnel preparing to deploy within the next three months, including military civilian and contractors authorized to receive immunization from the DoD

PHASE 1G

New! Beneficiaries age 75 or older

PHASE 1H

New! Front Line Essential Workers: Education and youth and child services staff sector, eligible defense manufacturing, DoD corrections staff, DoD postal service staff, DoD public transit workers, Commissary and other installation food service or agricultural workers

Vaccination appointments are underway for Phase 1B beneficiaries (75 years and older only) through TRICARE Online.

Source: DoD Population Schema

www.defense.gov/portals/1/spotlight/2020/coronavirus/vaccine-availability/SCHEMA.pdf

USAG FORT BELVOIR

Installation Management Command

How to Resolve Housing Concerns

LEVEL 1 – SUBMIT YOUR WORK ORDER

Online - www.villagesatbelvoir.com

In-Person - Maintenance Facility Building 1108

Phone - 24-Hour Emergency Maintenance Request Line: 703-619-3880

LEVEL 2 – MAKE CONTACT

Villages at Belvoir Management: 571-318-7546

Contact Your Chain of Command

Fort Belvoir Housing Office: 703-805-3018/3019

LEVEL 3 – CONTACT GARRISON COMMANDER

Garrison Commander's Housing Hotline: 571-259-9867

Submit concerns to the Fort Belvoir Interactive Customer Evaluation ICE System: <https://ice.disa.mil>

Residents with health concerns related to housing conditions, call Fort Belvoir Community Hospital Rapid Hotline: 571-231-2004

LEVELS OF ESCALATION

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Winter can be fun or dangerous...it's your choice

By Bridget Pilgrim

Fort Belvoir Safety Director

Winter is the coldest season of the year. It can be a season for fun-filled activities like ice skating, skiing, ice fishing, snowmobiling, and others, but winter bears unique risks. For example, hyperthermia due to exposure or dangerous roadways, especially after a snow or ice storm. The leading cause of death during winter is due to road hazards. During inclement weather, it is best to stay home; however, if you must travel, you should exercise a great deal of caution.

Vehicle Care

The harshest season for most vehicles is winter. Although it is now February, there are still some weeks of winter weather left. Before operating vehicles, perform maintenance checks and service. If you didn't accomplish this in the fall, it's not too late. Check hoses and ensure the battery is fully charged. Ensure all lights are functioning properly and get the brakes checked and serviced. Tires should have good tread depth for traction. The traction between the tires and the road surface determines how well your vehicle turns and stops. Tires should be properly inflated and in good condition. Ensure the heating and cooling system is working properly and windshield wipers should be in good condition and the windshield wiper fluid reservoir should be full.

Plan ahead when driving, especially in bad weather. Again, avoid traveling in bad weather, but if you must go out, make sure you have enough fuel, clear the ice and snow from

your vehicle and make sure the windows are clear of fog and ice. Measure your speed and wear your seatbelt at all times.

Dress to shovel

Dress properly for winter. Wear layers of thick, loose fitting clothing. Wear a warm hat and gloves, and wear the proper footwear. Footwear with traction soles are best as they will stabilize you during movement and prevent you from sliding.

A common danger is shoveling snow and, sometimes, ice. When we look outside and see the fresh snow on the ground, on the sidewalks, and on the driveway our thoughts switch to shoveling snow. Snow covered sidewalks can be a safety hazard for you, your family and your neighbors.

Shoveling snow can also cause injury. If you have a heart condition or other health issues, contact your doctor before shoveling. It is important to shovel snow properly. Protect your back by bending at the knees and do not twist. Before shoveling warm up your muscles by stretching or perhaps walking in place.

Select the right shovel

You want to select the right shovel. Purchase a shovel with a small blade. This will prevent you from piling on a significant amount of snow on the shovel. A small blade will decrease the strain on the body. Most of the hardware stores sell ergonomically-correct shovels. If you cannot lift the snow, push the snow. Also, we think of dehydration during summer activities, but hydration is important



Photo by Paul Lara

A worker clears the sidewalk in front of the Missile Defense Agency in this 2016 file photo.

when shoveling. Drink plenty of water. Apply salt or sand on the sidewalks and driveway. Walk slowly and cautiously.

These are some cautionary notes to safely negotiate winter hazards. We often forget "safety" factors when the scenery is so beautiful, so different, and so much fun. Before going outside to enjoy snowball fights, building snowmen, or sledding, make prudent risk assessments and take due care. With an awareness of winter's unique hazards, you can then enjoy the season.

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country. After a heart-warming and informative session discussing pandemic operations, Gabram told the team “You are Army first responders. You, and professionals like you across the Army, kept CDC doors open and operations safe so other mission essential Soldiers and civilians could keep performing their critical missions. Army readiness begins with you.”

Housing and barracks

Gabram toured the ongoing renovations of Fort Belvoir’s enlisted barracks, where quarters are being re-designed to provide increased privacy. There are six barracks with more than 400 permanent party units, and rooms are being re-configured from a 1+1 setup into private suites with a bathroom, and two rooms share a common kitchenette and living area. The first four barracks should be completed this spring and summer, according to Bradford Britain, Fort Belvoir’s Directorate of Public Works director.

Gabram said he was pleased with the layout, separate climate controls and privacy the new rooms will offer. “Our single Soldiers deserve quality barracks just as much as married Soldiers deserve quality housing for them and their families. Making



Photo by Paul Lara

Lt. Gen. Douglas Gabram, commanding general, IMCOM, center, visits with the team at JoAnn Blanks Child Care Center, Feb. 9.

this happen is a top priority for IMCOM, AMC and the Army.”

Gabram also toured some of the privatized family housing on the post, acknowledging both progress made and work still to be done alongside leaders from private partners Clark and Michaels. Gabram summarized a common theme from their discussions, “Improving communications with our customers — our residents, is something all leaders should continually emphasize.”

Mayors: a big win

One communications strategy that is making a big difference is the implementation of the Mayors Program, with each village resident able to reach out to a mayor or deputy mayor about any issue, large or small. Col. Joshua SeGraves, Garrison commander, said he is getting positive feedback from residents.

“Mayors now have a quarterly walk-through of their village – it’s essentially 15 mini town halls,” SeGraves said. “Strategic communication is enhancing the partnership between us and the customers.”

Gabram said it was great to see the work in place to give residents a heightened sense of trust in their homes.

Historic Homes

Belvoir Village, home to senior officers, is a 1930’s village with two-story Colonial Revival architecture, and they are protected by the State Historical Preservation Office. Gabram said repairs or renovations to historic homes take longer and cost more than the rest of the inventory. That is now changing.

“We have 30,000 historical homes in our inventory. We now have policies where we can

renovate many of them faster and cheaper,” Gabram said.

Army’s inspection pilot project

Gabram also spent time discussing the Army pilot project, already underway, with RER Solutions contracted to inspect all 2,150 privatized homes on Fort Belvoir, as required by the National Defense Authorization Act of 2020. The inspections will be conducted over the next seven months. He was briefed by Jason Kallivokas, executive vice president of RER about the inspection procedures.

“We systematically come through each room in the house, hit all the interior elements, and inspect the building systems to the extent that we can get into the attic and have a look around. It’s not an invasive inspection, so we’re not cutting into walls or damaging the unit in any way. Then we do an outside inspection,” Kallivokas said, explaining that the inspection conclusion is to provide the Army with the current condition of the home at that point in time. It also provides the Army with an estimate of time and cost to scale this service-wide.

“We are on track to continue (housing) improvements,” Gabram said, adding that technical action plans have been implemented and are on target.

Zebrowski heeds call to lead new care team

By David Fawcett
Belvoir Eagle

When Col. Tom Faichney asked Deb Zebrowski in November to lead the new Fort Belvoir Community Care Team, her first instinct was to decline the offer. Help out? Sure. But oversee a group of volunteers from all religious services? Not her thing.

But then she re-discovered two uplifting meditations that made her rethink the Garrison chaplain's request. She heard the first one originally on Christian radio and it always stuck with her to the point it became a mantra for her and one she wrote on a piece of paper: "God can do more with your surrender, than he can with your control."

She came across the second meditation during one of her readings: "God is calling you to your future potential, not where you are today."

As Zebrowski wrestled on whether to accept Faichney's offer, she found comfort in both statements and it changed her mindset. Instead of fear, she reminded herself this call was not about her, but about God. Once she released her fears and doubts to him, she felt peace and agreed to become the team lead.

Zebrowski joked that the position provided a break from enduring the limited activity caused by the pandemic.

"There's only so many jigsaw puzzles to do and sourdough bread you can make," Zebrowski said.

But on a serious note, she saw the opportunity as a way to expand her faith and connect others on a broader level.

"It's a group of people who come together for the common good of soldiers and their families," said Zebrowski, a retired Army nurse. "We're so dedicated. It's nice to see that in a time of such division."

It also helped that Zebrowski liked the way Faichney led by making himself available to the entire faith community.

"He's a breath of fresh air,"

Zebrowski said.

Faichney, who took over as post chaplain last summer, created the Fort Belvoir Community Care Team to "identify and meet the practical needs of our people and faith communities" through three subgroups: bereavement, counseling/encouragement and intercession.

Faichney made it clear this group would not "replace our individual congregations' care groups, but [would] complement and strengthen them through sharing one another's best practices as well as our burdens."

Zebrowski had some experience and leadership in the Fort Belvoir faith community. Zebrowski is an eight-year member of the Catholic Chapel and joined the base's Catholic Women of the Chapel last year.

Zebrowski stepped into a bigger role over the summer when she agreed to become the Catholic Women of the Chapel's president.

After taking over as president, Zebrowski has navigated the challenges of keeping the Catholic Women of the Chapel informed during this time, including their oldest member

who is 96-years-old.

Faichney believed Zebrowski was the perfect choice to head up this new team.

"Deb is a gifted leader devoted to caring for others with the healing grace of God," Faichney said. "She has been a successful Army professional health care leader who continues to seek out opportunities to serve. Her faith joyfully compels her service. The Fort Belvoir RSO Team agrees that Deb models faithful caring."

Zebrowski uses her first name as inspiration in taking on this mission. In the Bible's Old Testament, Deborah was a highly respected leader in Israel as the nation's fourth judge.

"Maybe I should do something with that," Zebrowski said in reference to her namesake. "I want to bring glory to God."



Courtesy photo

Retired Army nurse Deb Zebrowski is the leader for the new Fort Belvoir Faith Community Care Team.

Improving Heart Health starts NOW

By Amber Scharbo MS, ATC,
ACSM-CPT – Health Educator
Fort Belvoir Armed Forces Wellness Center

February is Healthy Heart month. Take a moment and think about your current lifestyle and daily routine. What are you doing to keep your heart healthy? Unfortunately, heart disease is the leading cause of death in both men and women in the United States. The good news is there are several things that you can do to help prevent it.

Heart disease can impact anyone, but risk factors such as high cholesterol, high blood pressure, physical inactivity, obesity, tobacco use, and alcohol abuse can increase the likelihood of developing the disease. By adopting a few healthy habits, each of us can reduce our risk. Avoiding tobacco, moderating alcohol consumption, making balanced and nutritious meal choices, and staying active can help prevent or treat conditions that lead to heart disease. Adults with heart conditions are also at increased risk of severe illness



Photo by Jessica Lewis

Heart health is maintained by proper diet, regularly activity, smoking cessation and stress management.

from COVID-19, which makes it even more important to follow these suggestions.

Take a look at the list below and see which opportunities you can make for a healthier heart.

How did you measure up?

Were there any areas that needed improvement?

If you answered **YES**, then pick **1** healthy habit to focus on improving. Decide what needs to be modified in your daily routine that supports creating sustainable, healthy change. Next, look for resources or a friend to help you make this change successful. Education and accountability are necessary in the behavior change process. Leverage technology to keep you on track. Try one of these apps: MyFitnessPal, Fooducate, FitOn, Virtual Hope Box, Breath2Relax. Check out ycq2.org for excellent resources and guidance on how to quit tobacco use.

For more information on healthy habits or the Armed Forces Wellness Center contact Amber Scharbo at amber.m.scharbo.ctr@mail.mil or Like our Facebook Page facebook.com/FortBelvoirAFWC.

HEART HEALTH CHECK LIST

Eat Healthy

Are you eating a serving of fruit or vegetables at each meal?

Get Active

Are you participating in 30 minutes of physical activity 5 days a week?

Stop Smoking

Have you made a plan to quit using tobacco?

Manage Stress

Are you taking time to relax and breathe deeply each day?

Belvoir Fire Chief Shane Crutcher bids farewell

By Paul Lara
Belvoir Eagle

After just 34 months as the chief of Fort Belvoir Fire and Emergency Services, Shane Crutcher has left to assume a new position as the Chief of Structural Fire for the National Parks Service. As leaders on post and around the region noted in a virtual ceremony, Crutcher's impact was quite significant.

Col. Joshua SeGraves, Garrison commander, said that Crutcher began firefighting in 1996, and was a federal firefighter at Fort Knox for 12 years, even spending a year in Afghanistan as a staging captain during Operation Enduring Freedom, noting that "a civilian deploying overseas is a pretty selfless and patriotic thing to do."

After a couple of years as director of emergency services in Stuttgart, Germany, Crutcher became fire chief at Fort Belvoir in the spring of 2018. SeGraves noted how Crutcher helped Belvoir earn recognition in 2020 as the IMCOM Fire Department of the Year, and drove the initiative to achieve accreditation.

"We are only one of 8 fire departments in DoD that are accredited. I'm really proud of Fire and Emergency Services for doing that," said SeGraves.

"He spends his time off-duty with family, and loves being at the baseball field. He couldn't do what he does without his wife, Carey, married 19 years, and his two children, Cooper and Kiernan, who have been a large part of your success over the last several

years," SeGraves said.

Frank Hentschel, head of Emergency Services, agreed that the family is Crutcher's center.

"There were many times chief and I would be talking, but when you talk to chief about his family, the tone of his voice changes a little, and you can tell that that is the center of his universe," Hentschel said.

Hentschel noted that in just a few years, Crutcher's additional achievements included the first time the fire department had been staffed at 100%; adding 41 new people, with 16 promotions and numerous retirements;



Photo by Paul Lara

Shane Crutcher, chief, Fort Belvoir Fire and Emergency Services, listens to parting words from the Garrison commander and Command Sgt. Maj. during an online ceremony, Feb. 11. Crutcher departed to become Chief of Structural Fire for the National Parks Service.

coordination of the construction of the fire training facility at Davison Army Airfield; modernization of the department's Risk Reduction Branch; and the prestige of national accreditation.

"This is indicative of your ethic," Hentschel said. "I can clearly say you've continued to improve this fighting position, and on behalf of DES, Fort Belvoir is a better installation for it."

Deputy Fire Chief Kevin Good said Crutcher's legacy will linger.

"We wouldn't have had such success without your vision and leadership ... and that comes from empowerment and trust," Good said.

Chief Crutcher thanked everyone for the kind words from around the world who had tuned in to the virtual ceremony, and said he'd never seen a fire department more welcomed by its community.

"This organization didn't need to validate itself, but we did it," Crutcher said. "We did it because we can, and we don't want anyone to question how good we are and what we do. That's a chip on the shoulder that comes with wearing the patch, and that's something to be extremely proud of."

Noting the FBFES assistance in the Capital last month, Crutcher pointed out how teams support each other.

"We went through some civil unrest. We supported the Army. We were able to support Soldiers doing what needed to be done to protect the nation and that was a big deal.

"There's still a lot of work to do, and we continue our focus on inclusion and diversity efforts," Crutcher said. "Stay true to our core values, and take care of people."



Octavius Catto poses for a photo; the year and place are unknown.

Poster photo courtesy of the family of Frederick Douglass

A poster recruits “men of color” to enlist in the Union Army after the Emancipation Proclamation in 1863. The flyer was written by Frederick Douglass and signed by him and 54 leaders in the Philadelphia African American community, including Octavius Catto.

By David Vergun
DoD News

Octavius Valentine Catto was born Feb. 22, 1839, in Charleston, South Carolina. His parents were African-Americans and were free.

The family later moved to Philadelphia, Pa., where Catto played cricket in school and then later took up baseball.

He graduated from Philadelphia's Institute for Colored Youth, or ICY, in 1858 and then did a year of postgraduate study. Beginning in 1859, he taught English and Math at ICY.

In 1861, when the Civil War started, Catto joined with abolitionist and statesman Frederick Douglass to recruit black men to fight for the Union. Together, they helped to raise 11 regiments of U.S. Colored Troops in the Philadelphia area. At the time, Catto was commissioned an Army major.

After the Civil War, Catto helped establish Negro league baseball in Philadelphia. He was the captain and the star player of the Pythian team there. In 1867, the team applied to join the Pennsylvania chapter of the National Amateur Association of Base Ball Players.

The application was denied, which established a segregation precedent in U.S. baseball that continued for many decades, according to Ryan Swanson, author of the book "When Baseball Went White."

Nevertheless, the Pythian team, which was not an NAA member, played the all-White Olympics team on Sept. 3, 1869, losing to the Olympics 44-23. The event was significant because it was the first baseball game ever played between a “white and colored club,” according to a New York Times newspaper article.

Catto also became the principal of ICY and worked to desegregate Philadelphia's streetcars.

Joining with Douglass, the two gave speeches calling for ratification of the 15th Amendment to the Constitution, which guaranteed that no citizen could be kept from voting “on account of race, color or previous condition of servitude.”

The amendment, which was the third and last of the Reconstruction Amendments, was ratified Feb. 3, 1870.

In 1871, Catto urged Blacks to vote, and it was the first time in Philadelphia's history that they voted, despite violence against them at voting sites.

During the voting site violence, Catto was shot and killed by a man who didn't want Black Americans to vote.

Frank Kelly was identified as the killer by multiple witnesses. He was captured and put on trial; an all-white jury exonerated him.

In September 2017, a 12-foot bronze statue of Catto was unveiled at Philadelphia's City Hall.

By Army G-4

“We had to overachieve,” said retired Sergeant Maj. Eric W. Fullford, the first African American Sergeant Major to Army G-4, when asked to reflect on his Army career where he started out as an private in 1975.

He was candid in explaining his time in the Army when reached by phone.

“There were definitely barriers for African Americans in the Army during the time I was in,” said Fullford who served for 30 years (1975-2005). “My goal was to become a sergeant, and when I made that grade, I just kept moving forward and working hard. But, you couldn’t just pass your courses, as an African American. We had to overachieve and do better than our white counterparts, and that’s how I ended up making the grade of sergeant major.”

When Fullford's military service officially ended in 2005, he turned in his military uniform for a business suit but continued to serve the Army as a civilian. Today, he is a logistics management specialist working at the Intelligence and Security Command (INSCOM) at Fort Belvoir.

"To this day, I just keep working hard and moving forward," said Fullford. "You can't rest on your laurels and expect to get places."

We asked Fullford to answer a few questions in writing. Below are the questions posed and the answers, which have been lightly edited for clarity.

- 1 Which Army G-4 Deputy Chief of Staff did you serve alongside of during your time as the Senior Enlisted Soldier at Army G-4?**

I served under two G-4 deputy chiefs of staff from 2002-2005 – Lt. Gen. Charles S. Mahan and Lt. Gen. Claude V. Christianson.

- 2** What major achievements unfolded during your time at Army G-4? Or phrased differently, what are you most proud of that occurred during your time at Army G-4?

Some of the major achievements that unfolded during my tenure at Army G-4 include:

- Both Army G-4 deputy chiefs of staff – Lt. Gen. Mahan and Lt. Gen. Christianson – pushed and enhanced the Army logistics capabilities for distribution and redistribution of equipment and supplies to the modular force, OCONUS (outside the continental United States), deployed and CONUS (in the continental United States). The intent was to establish robust logistical capability throughout the Enterprise.
- I was a part of the Army uniform change in 2004, which involved transitioning from the Desert Camouflage Uniform (DCU) to the Army Combat Uniform (ACU).
- One of my proudest achievements was to host the 1st Worldwide Senior Enlisted Logistics Conference where all Senior Enlisted NCOs from all Army Commands, as well as other service branches, were invited to participate. The conference was held at Redstone Arsenal in Huntsville, AL, and it was a major success for all who participated.

- ### 3 What are the highlights of your career in the Army?

When I think back on my career, there are three main highlights:

- Selection for and service with the President's Ceremonial Honor Guard, 3rd United States Infantry "The Old Guard," Hotel Company, at Fort Myer, Va.
- Deployment to support Operation Desert Shield/Storm during the Gulf War.



Courtesy photo

Sgt. Maj. Eric Fullford (Retired)

- Selection by Sergeant Major of the Army Jack L. Tilley to be the sergeant major to the Army's G-4 deputy chief of staff.

- 4 Can you explain how the Army G-4 was involved in the Afghanistan and Iraq Wars following the September 11, 2001 attacks?**

The Army G-4 was involved in supporting both wars by producing and publishing policies and procedures that guided the movement and transportation of classes of supplies and equipment. We designed the policies to ensure that the logistics enterprise was robust and rapid in supporting the warfighters and DoD civilians involved in executing the war on the battlefields.

- ### 5 What advice would you give to today's Soldiers?

Get your education because no one can take that away from you. Stay focused. And, to all the NCOs, get back to taking care of your Soldiers.

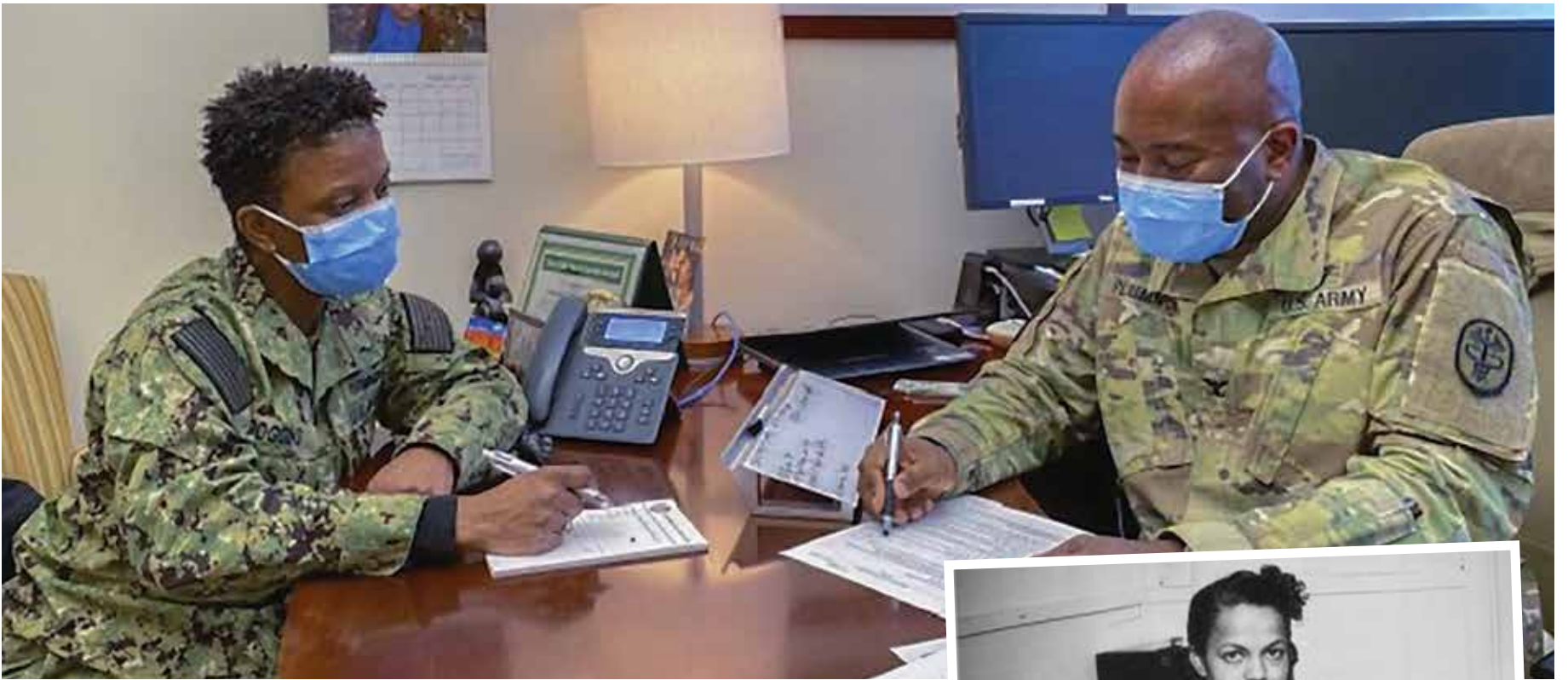


Photo by Reese Brown, Fort Belvoir Community Hospital Public Affairs

Navy Capt. Jamesetta Goggins (left) and Col. Clausyl "C.J." Plummer, deputy chief and chief nursing officers at Fort Belvoir Community Hospital at Fort Belvoir, Va., meet in Plummer's office Feb. 2.

Plummer, Goggins first Black nursing leadership duo at Fort Belvoir

By Military Health System Communications Office

Fort Belvoir Community Hospital at Fort Belvoir, Va., is in the unique position of having African Americans serving as both chief and deputy chief of nursing services. Col. Clausyl "C.J." Plummer is the chief nursing officer, and Navy Capt. Jamesetta Goggins is deputy chief nursing officer.

"That has not happened in the history of this organization and it's something I'm particularly proud of," Plummer said.

African Americans in military medicine throughout history have paved the way for the professionals present in the ranks today, including the Nurse Corps.

In the Army Nurse Corps, Plummer noted, it started with Brig. Gen. Clara M. Adams-Ender, the 18th chief of the Army Nurse Corps. Adams-Ender was born in 1939 on a tobacco farm in Willow Springs, N. C. In 1987, after working as the chief of the department of nursing in the 97th General Hospital, chief of nurse recruiting at Fort Sheridan, Ill., and chief of the department of nursing at Walter Reed Army Medical Center, Adams-Ender was promoted to brigadier general and became the chief of the Army Nurse Corps.

In 1991, she was selected to be commanding general, Fort Belvoir,



Photo courtesy of Army Nurse Corps Association

Portrait of retired Brig. Gen. Clara M. Adams-Ender, the 18th chief of the Army Nurse Corps.

Va., and served in that capacity as well as deputy commanding general of the U.S. Military District of Washington until her retirement in 1993. "Brig. Gen. Adams-Ender really paved the way as an example that we, as African Americans, have the competence, the poise and the strategic outlook to hold some of these positions," Plummer said. "She was followed by Brig. Gen. Bettye Simmons, who was an African American female as well, and currently the deputy corps chief is Col. Lozay Foots III."

Plummer said that, without people like Adams-Ender and Simmons, he likely wouldn't be where he is today, and he still looks to his predecessors for inspiration.

"I stand on their shoulders," Plummer said. "These are persons who have made this possible and continue to mentor us. All of the people I mentioned are still alive, and many of us will periodically tap into their wisdom."

"Had it not been for their competence and the chance that they were given, many of us would not be able to serve honorably in the positions that we currently do," Plummer said.

Goggins, too, said she owes a debt of gratitude to those who have come before her.

"When I came into the Navy almost 31 years ago, there weren't very many Black nurses in the Navy. I didn't encounter a Black commander in the Navy Nurse Corps until I became an officer in 1999," Goggins said. "We've come a long way, but we still have a ways to go."

Since then, she has looked to people of color who have taken opportunities and advanced as inspiration. In her current position, she said, she has made it a point to ensure that all qualified individuals have those opportunities, regardless of race.

"I want everyone to have the same opportunities I was afforded,

and I try to make myself available for that," Goggins said.

Plummer said that his advice for young African Americans thinking about a career, enlisted or officer, in military medicine is that there are always doors open to opportunity. He said that it's just a matter of finding them and walking through them.

"I have been serving for 32 years without break in service," Plummer said, but he had no idea he would be in the position that he's in now over three decades ago.

Plummer enlisted in the Army after graduating college in his native Jamaica in 1989 and said he initially had no plans to serve longer than four years.

"I had no inclination to make the military a career. I simply thought it was something to help my family, enjoy the benefits of the GI Bill and leave after four years," Plummer said.

"I was encouraged by an Army nurse to 'humor her' and go to the Army's LPN (Licensed Practical Nurse) school. She thought, then, that I might have made a good nurse and wanted to keep me in the military."

"I graduated as the distinguished honor graduate from LPN school, and that changed everything for me," Plummer said. "It showed me that I had the ability to be a good nurse."



Photo courtesy of National Archives

Maj. Della H. Raney, a graduate of Lincoln Hospital School of Nursing in Durham, N. C., was the first Black nurse to be commissioned in the Army Nurse Corps.

Belvoir Community Briefs

In Partnership with the Ft. Belvoir Exceptional Family Member Program



Introduction to Autism and ABA
FEBRUARY 18, 2021 | 11 a.m.

This workshop provides the attendees with a basic understanding of Autism Spectrum Disorder and Applied Behavior Analysis (ABA), which is one of the evidence-based "best" practices for working with individuals with autism. Participants will learn about identified characteristics of autism, be introduced to the functions of behavior and hear practical examples that families may experience.

REGISTER
<https://bit.ly/2ag3Kw3>

ACEE
(571) 231-7001
peac
www.peac.org | partners@peac.org

Introduction to Autism and ABA

Join Army Community Service's Exceptional Family Member Program for this virtual session, Friday, 11 a.m. - noon. The no-cost workshop, for military connected families only, provides a basic understanding of Autism Spectrum Disorder and Applied Behavior Analysis, one of the evidence-based "best" practices for working with individuals with autism. Registration required.

Call 571-231-7001 for details



Family Drive-In Movie: Frozen 2

Due to the past few weeks' inclement weather, MWR's Family Drive-In Movie: Frozen 2 (rated PG) has been rescheduled to Friday at 6 p.m., with parking at 5 p.m. in the lot behind the MWR Library and the Motorcycle Safety Course. Tickets are \$10 and are non-refundable. For tickets, rules and restrictions visit belvoir.armymwr.com.

Virtual PLAY MORNING 10 a.m.



2021
Jan. 8, 22
Feb. 5, 19
Mar. 5, 19
Apr. 9, 23
May. 7, 21
Jun. 4

To register, please call (571) 231-7028 or email Briana.crawford2.ctr@mail.mil

ACEE belvoir.armymwr.com BELVOIR MWR

Play Morning

Play Mornings, hosted by Army Community Service, allows families to connect virtually and have a playgroup experience together through crafts, story time and other activities. Classes are biweekly, 10 a.m., Fridays. The next session will take place tomorrow. Additional sessions will be held through June. For registration or more information, call 571-231-7028.

FORT BELVOIR



Couples 5K

Calling all couples!

PRIZE: FITBIT FITNESS TRACKERS

FEB. 1, 5 a.m. - FEB. 23, 8 p.m.

QUESTIONS? (703) 806-4430

BELVOIR.MWR

Fort Belvoir Couples Virtual 5K

Take your relationship to the next level and make physical fitness a part of your journey by participating in the Fort Belvoir Couples Virtual 5K taking place now through Feb. 25. Registration is \$15 per couple and includes a commemorative shirt for the first 50 couples. During or after the run, post a couple's selfie on the MWR Facebook Event page, but no later than Feb. 25 at 8 p.m., to enter the prize drawing. Restrictions apply. For more or to register, visit belvoir.armymwr.com.

Fort Belvoir Chapel Hours

- Belvoir Chapel**
- Friday Jewish Shabbat – 7 p.m.
 - Saturday Jewish Shabbat – 10 a.m.
 - Saturday Catholic Mass – 5 p.m.
 - Sunday Catholic Mass – 9:30 a.m.
 - Sunday Traditional Protestant – 11 a.m.
- Fairfax Chapel**
- Monday-Thursday Daily Catholic Mass - Noon
 - Sunday Anglican – 9 a.m.
 - Sunday Catholic Mass – 11 a.m.

- Resiliency Center**
- Sunday Chapel Next - 9:30 a.m.

- Thurman Auditorium**
- Sunday Gospel – 11:30 a.m.

During the current pandemic, you must register to attend services in person.

The registration link can be found on the facebook.com/FortBelvoirRSO.



Virtual Authors at Your Library Today!

During February and March, the Fort Belvoir community can join enthusiastic readers from Fort Knox and Fort Jackson to listen to nationally and internationally renowned authors discuss their latest books, the stories behind their narrations, and to ask about their next big projects. This month's featured author is New York Times and #1 internationally bestselling author Steve Berry as he discusses the newest thriller in his Cotton Malone series, The Kaiser's Web. The session will take place Feb. 27, 12 p.m. Advance registration is required. For details, visit belvoir.armymwr.com or call the MWR Library at 703-805-4244.

