

December 5, 2017



# Happy Holidays JBM-HH E-NEWSLETTER

*"A History of Innovation, A Future of Success"*


Join us for Joint Base Myer-Henderson Hall's

## Annual Holiday Tree Lighting

Wednesday, December 6  
Festivities begin at 5 PM at Building 59 (HQ JBM-HH)  
at the Holiday Tree Courtyard

Join Santa  
for refreshments immediately following  
the tree lighting at Brucker Hall (the band building).  
This event is open to all DoD ID card holders, their families, and guests.

USO  
MWR

Follow us: JBMHH-MWR       [www.jbmhmwr.com](http://www.jbmhmwr.com)

## Weekly Winter Safety Tip

Pick the Right Tool for the Job

A sturdy but lightweight shovel is best. A small plastic blade works better than a large metal one. Try coating the blade with cooking spray so the snow doesn't stick.

<http://www.popularmechanics.com/home/tools/reviews/g1064/this-year-win-the-snow-clearing-battle/slide-5>





## MWR



## Redskin's tickets still available

It's not too late to get some 2017 Washington Redskin's tickets from the JBM-HH Community Activities Center. Washington Redskins vs. Arizona Cardinals (Dec. 17) and Washington Redskins vs. Denver Broncos (Dec. 24) are available.

Seats are in section 129, lower level, end zone, rows 20, 22 and 26. Tickets are sold in pairs for \$265 and are available to all authorized patrons.

Ticket sales are Tuesday through Friday from 11 a.m. to 6 p.m. and Saturday and Sunday from noon to 6 p.m. For more information, call (703) 696-3470.

# Christmas Eve Dinner

Patton Hall's fife and Drum Dining Room, Dec. 24, 7 - 10 p.m. \$24 Members; \$34 Nonmembers. Reservations are required. Call 703-696-5147/524-3037.

# Library

The Library located in the Education Building is having a Winter Reading Program.

For more information call  
703-696-3555.

For hours, directions, and more visit <https://jbmhh.army.mwr.com/programs/library>.

# Fort Myer Fitness Center

Need help with all of those holiday treats? The Fort Myer Fitness Center offers many classes and activities to help! For more information visit <https://jbmhh.armymwr.com/categories/sports-and-fitness>.

## Religious Services

# Chapel announces holiday service schedule

The Joint Base Myer-Henderson Hall Advent Concerts with TUSAB are Dec. 7 & 14 at noon at Memorial Chapel.

See [www.slideshare.net/JBM-HH/chapel-81679081/1](http://www.slideshare.net/JBM-HH/chapel-81679081/1) for a full schedule. For more information, call (703) 696-6635.

# Bible study weekly

A joint base Bible study is being held in the command conference room of Bldg. 59, Fort Myer, Wednesdays at 11:45 a.m., lasting a little less than an hour, so you can take your lunch time. All are welcome- military and civilian- if you are interested in what Christianity is about or if you are interested in growing your faith. We will use the book "Growing Your Faith" by Jerry Bridges.

Lunch and books will be provided free to all participants. For more information, call (703) 696-6635/7671.

# Celebrating 100 years of Marine Corps Toys for Tots

The Marine Corps Reserve is celebrating 100 years of Toys for Tots at Andrew Rader U.S. Army Health Clinic. There will be a drop box for new unwrapped toys through Dec. 11.

For more information, visit [www.toysfortots.org](http://www.toysfortots.org).

# American Dream U

American Dream U is coming to Fort Belvoir. For more information visit [www.AmericanDreamU.org/FortBelvoir](http://www.AmericanDreamU.org/FortBelvoir).

# Road Work to affect Fort Myer's Wainwright Road

Weather permitting, Dominion Energy road crews will work behind Bldg. 248, closing a section of Wainwright Road between Macomb Place and Henry Place through. Workers will continue along different sections of Wainwright Road in successive weeks, closing different sections of Wainwright Road through the end of December.

Phase 2 work will be scheduled and publicized. Drive and walk with caution in construction areas.

For more information, call  
(703) 696-8692.

## Thrift Shop

The Fort Myer Thrift Shop  
will be open Saturday, Dec. 2  
and 9 from 10 a.m. to 3 p.m.  
(Open Tuesday, Wednesday  
and Thursday from 10 a.m. to  
2:30 p.m.)

The Thrift Shop will close for the holidays Friday Dec. 15 through Jan. 2, and reopen Jan. 4, 2018.

<http://www.fortmyerthriftshop.org/>



Zembiec Pool

Zembiec Pool is ready for Winter! Don't miss the Reindeer Relay Dec. 15, 6 - 8 a.m. For more information visit <https://www.eventbrite.com/e/henderson-hall-reindeer-relay-2017-aquatics-tickets-40103567851>.

MCX

MCX Henderson Hall is making sure you can get your shop on all season long!



Day	Date	MCX	Vineyard Wine & Spirits	Java Café	NEX Uniform Center
Wednesday	November 22	8 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Friday	November 24	5 am - 7 pm	8 am - 7 pm	4:30 am - 3 pm	9 am - 3 pm
Saturday	November 25	8 am - 7 pm	9 am - 7 pm	8 am - 3 pm	9 am - 6 pm
Sunday	November 26	10 am - 6 pm	11 am - 6 pm	CLOSED	CLOSED
Monday - Thursday	November 27 - 30	9 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Friday	December 1	8 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Saturday	December 2	8 am - 7 pm	9 am - 7 pm	8 am - 3 pm	9 am - 6 pm
Sunday	December 3	10 am - 6 pm	11 am - 6 pm	CLOSED	CLOSED
Monday - Thursday	December 4 - 7	9 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Friday	December 8	8 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Saturday	December 9	8 am - 7 pm	9 am - 7 pm	8 am - 3 pm	9 am - 6 pm
Sunday	December 10	10 am - 6 pm	11 am - 6 pm	CLOSED	CLOSED
Monday - Thursday	December 11 - 14	9 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Friday	December 15	8 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Saturday	December 16	8 am - 7 pm	9 am - 7 pm	8 am - 3 pm	9 am - 6 pm
Sunday	December 17	10 am - 6 pm	11 am - 6 pm	CLOSED	CLOSED
Monday - Friday	December 18 - 22	9 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Saturday	December 23	8 am - 7 pm	9 am - 7 pm	8 am - 3 pm	9 am - 6 pm
Sunday	December 24	8 am - 6 pm	10 am - 6 pm	CLOSED	CLOSED
Monday	December 25	CLOSED	CLOSED	CLOSED	CLOSED
Tuesday	December 26	8 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Wednesday - Friday	December 27 - 29	9 am - 7 pm	9 am - 7 pm	7 am - 3 pm	9 am - 6 pm
Saturday	December 30	9 am - 7 pm	9 am - 7 pm	9 am - 3 pm	9 am - 6 pm
Sunday	December 31	10 am - 6 pm	11 am - 6 pm	CLOSED	CLOSED
Monday	January 1	CLOSED	CLOSED	CLOSED	CLOSED

Regular hours resume Tuesday, January 2, 2018. Happy Holidays!

In order to allow all Rader Team members an opportunity to participate in the Annual Holiday Party, Andrew Rader US Army Health Clinic (ARUSAHC), to include the Pharmacy, will be closing at noon on Wednesday, Dec. 13. In addition, there will only be a few windows open on Thursday, Dec. 14 due to equipment upgrades. This may result in longer wait times.

DFAC

The DFAC is getting into the holiday spirit. For complete menu visit [www.facebook.com/jmbhh](http://www.facebook.com/jmbhh)



**JOINT BASE MYER - HENDERSON HALL  
DINING FACILITY**

**HOLIDAY SCHEDULE HOURS:  
DECEMBER 18<sup>TH</sup>, 2017 - JANUARY 02<sup>ND</sup>, 2018**

**BRUNCH: 0800 - 1200**  
**SUPPER: 1600 - 1730**  
**\*WEEKEND BRUNCH: 0900 - 1200**  
**\*WEEKEND SUPPER: 1600 - 1730**

**CHRISTMAS DAY MEAL:  
DECEMBER 25<sup>TH</sup>, 2017**  
**CONTINENTAL BREAKFAST: 0730 - 0900**  
**HOLIDAY MEAL: 1200 - 1400**  
**CLOSED FOR DINNER**



SFL-TAP

Reservations are required. Spouses are encouraged to register and attend!  
Call the Soldier for Life-Transition Assistance Program office at 703-696-0973.  
Available to all registered Clients who have completed DD2648 and initial counseling.  
Location is in the Soldier for Life-Transition Assistance Program building 404 unless noted.

Your Capstone appointment should be completed NLT 90 days prior to separation. Please contact our office at 703-696-0973 for scheduling.

<b>Executive TAP</b>		<b>Smart Banking &amp; Using Credit Wisely</b>	
December 11-15	0730-1600	December 18*	1300-1500
January 22-26	0730-1600	January 16	1300-1500
January 29 – Feb 2*	0730-1600	February 20	1300-1500
February 12-16	0730-1600	March 30*	1300-1500
March 19-23	0730-1600		
<b>ETS TAP</b>		<b>Financial Independence</b>	
December 4-8	0730-1600	December 19*	1000-1200
January 8-12	0730-1600	January 17	1000-1200
February 5-9	0730-1600	February 21	1000-1200
March 5-9	0730-1600	March 29*	1000-1200
<b>Mid-Grade TAP (E5/6 and O1/3)</b>		<b>Marketing Yourself for a Second Career</b>	
March 12-16	0730-1600	December 19*	1300-1500
<b>Entrepreneur Track "Boots to Business"</b>		January 17	1300-1500
December 18-19	0830-1530	February 21	1300-1500
March 29-30	0830-1530	March 29*	1300-1500
<b>Accessing Higher Education</b>		<b>Finding and Applying for Federal Jobs</b>	
December 13-14*	0800-1600	December 20	0930-1200
February 13-14	0800-1600	January 18	0930-1200
<b>Career Technical Training</b>		February 22	0930-1200
January 3-4	0800-1600	March 28	0930-1200
March 26-27	0800-1600	<b>Tricare Benefits in Depth</b>	
<b>Seven Decision Before You Retire</b>		December 21	0900-1100
December 18*	1000-1200	January 19	0900-1100
January 16	1000-1200	February 23	0900-1100
February 20	1000-1200	March 1	0900-1100
March 30*	1000-1200	<b>Federal Resume</b>	
<b>Business Franchise Opportunities</b>		December 21	1115-1545
December 20	1300-1500	January 19	1115-1545
February 22	1300-1500	February 23	1115-1545
		March 1	1115-1545

\*Education Center: Bldg 417

MDW Holiday Ready & Resilient Message



MDW Holiday Ready & Resilient Message

Whether you are just starting your military career, a seasoned warrior, or have retired, Vets4Warriors is with you all the way.

Vets4Warriors, a completely confidential and free resource available to all military personnel, family and caregivers, is a peer support hotline available 24/7. When you place a call to the toll-free number, it will be answered by one of your peers - veterans who have been where you are.

The goal of Vets4Warriors is to provide a trusting environment where service members and families can connect with a peer and learn about resources available to them. Peer representatives at Vets4Warriors are highly trained to provide exceptional peer support, which may include suggesting other complimentary treatment and services.



**Who's been helped?**  
For confidential personalized peer support by phone or chat.  
**CONTACT A VETERAN PEER NOW!**  
VETS4WARRIORS  
855-838-8255  
vets4warriors.com

Vets4warriors.com, 855-838-8255 offers Confidential peer support 24/7 by chat & hotline to Service Members, Family Members, Veterans, and military personnel

TUSAB Holiday Events



For all information regarding TUSAB Holiday concerts, performances and ticketed events visit:  
<http://www.usarmyband.com/event-calendar.html>.

Some events are sold out, but are available to watch or listen online at the site noted above.

# ACS

The holidays can be a trying time for families, finances and relationships. ACS can help.

**1 December 0900-1100**

## **Spouse Hiring Event**

**JBM-HH ACS Classroom, 202 Custer Road, Bldg 201**

Individuals will be able to network and receive information on employment opportunities from a variety of employers. For more information or to register please call 703-696-3047.

**4 December 0900-1300**

## **Scream Free Parenting**

**JBM-HH ACS Classroom, 202 Custer Road, Bldg 201, Fort Myer, VA 22211**

Scream Free Parenting is the principle based approach that's inspiring parents everywhere to truly revolutionize their Families. Moving beyond many of the child-centered, technique-based approaches, the ScreamFree way compels you to focus on yourself, grow yourself up, and calm yourself down. For more information or to register please call 703-696-3512.

**5 December 0900 - 1100**

## **Job Search for Newcomers**

**JBM-HH ACS Classroom, 202 Custer Road, Bldg 201**

Designed for recent arrivals to the Washington, DC area. This class will provide an overview of the current job market, identifying career search websites and more. For more information or to register, please call 703-696-3047/3510 or email juddy.bjoyner2.civ@mail.mil.

**5 December 0930-1130**

## **The Five Love Languages**

**JBM-HH ACS Classroom, 202 Custer Road, Bldg 201, Fort Myer, VA 22211**

Learn to strengthen your communication skills through self-exploration. For more information or to register, please call 703-696-3512.

**6 December 1700**

## **Christmas Tree Lighting**

**TUSAB, 400 McNair Rd, Fort Myer, VA 22211**

Join SOS as we attend the Christmas tree lighting event sponsored by MWR. Santa will also visit during the event. For more information or to register, please call 703-696-8848.

**7 December 0930-1130**

## **Stress Management**

**JBM-HH ACS Classroom, 202 Custer Road, Bldg 201, Fort Myer, VA 22211**

Individuals will receive information on emotions management and the impact of unmanaged stress, as well as the basics of identifying stressors in their life and how to create their own stress management plan. For more information or to register please call 703-696-3512.

**7 & 14 December 1000-1130**

## **Indoor Play Mornings**

**Memorial Chapel, 101 McNair Road, Bldg 480, Fort Myer, VA 22211**

This playgroup, for parents and preschool children, provides time for socialization, play, crafts, music and story time. For more information or to register, please call 703-696-3512/7206.

**7 December, 0930-1130**

## **Stress Management**

**JBM-HH ACS Classroom, 202 Custer Road, Bldg 201, Fort Myer, VA 22211**

Individuals will receive information on emotions management and the impact of unmanaged stress, as well as the basics of identifying stressors in their life and how to create their own stress management plan. Call to Register: 703-696-3512

**8 December 0900-1200**

## **Resume Class**

**JBM-HH ACS Classroom, 202 Custer Road, Bldg 201, Fort Myer, VA 22211**

There are six different types of resumes. Do you know which one you should use when applying for a new job? For more information or to register, please call 703-696-3047/3510.

**8 December 1100-1300**

## **EFMP Speaker Series Virginia Medicaid Waivers Pentagon Library Conference Center Room B5**

Presented by Moms In Motion. Moms In Motion provides service facilitation and case management services for Medicaid Waiver enrollees. This presentation will discuss: An overview of Virginia Medicaid Waivers, The qualification requirements and application process, The benefits of the Medicaid Wav-

ers, and The importance of getting on a waiting list. Military and civilian DOD ID card holders from all branches of service are welcome; light refreshments will be provided. Please register by calling 703-693-5353 or 703-696-0783 or emailing efmp-h4@usmc-mccs.org

**14 December 1130-1630**

## **December Crafting with Advent Concert and Lunch**

**Memorial Chapel, 101 McNair Road, Bldg 480, Fort Myer, VA 22211**

Please join SOS as we attend The United States Army Band's Advent Concert at the Memorial Chapel at 1130. Following will be lunch and then crafting until 1630. For more information or to register please call (703)696-8848.

**18 & 19 December 0830-1530**

## **AFTB Level G**

**JBM-HH ACS Classroom, 202 Custer Road, Bldg 201**

AFTB is a fun and interactive program that provides life skills training and networking opportunities for Soldiers, Army Civilians, Retirees and their Family members. Three levels of training are offered to empower individuals, maximizing personal growth and continue professional development. For information or to register, please call 703-696-3510.

**28 December, 1300 - 1400,**

## **Car Buying Strategies**

**JBM-HH ACS Classroom, 202 Custer Road (Bldg. 201), Fort Myer, VA 22211**

Learn to understand the sales process of buying a car and advantages and disadvantages of buying new, used, or leasing. Registration is required, jin-sook.lim.civ@mail.mil or 703-696-8847/6435.

## AFTB

Assess individual personality traits and personality traits of influential individuals throughout history at the Smithsonian National Portrait Gallery. This event is free! Bus will depart Patton Hall (Bldg. 214) at 9:00 AM and return by 2:00 PM. Complimentary lunch included. Open to all branches; Active Duty, Retirees, Survivors and their Families. Registration required. Call (703) 696-1229 to reserve your spot!