

December 12, 2017



# Happy Holidays JBM-HH E-NEWSLETTER

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

## Weekly Winter Safety Tip

### Be Mindful of Your Shoveling Technique

If you can, push the snow—don't lift it. Plan ahead of time where you want the snow to go so you only have to move it once. You don't want to start a pile only to realize you're blocking the garage door.

The American Academy of Orthopaedic Surgeons recommends that if you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Don't bend at the waist. Turn your body instead of twisting at the waist. Never throw snow over your shoulder, especially wet snow. It can weigh as much as 25 pounds per shovel load.





**We just got word from the North Pole!**  
**HOOHOPALOOSA**

Dec. 1 Operation Santa "Ugly Sweater Run"  
Dec. 2 Day Trip: Christmas Shopping Trip  
Tanger Outlet in Lancaster, PA and Clarksburg Premium Outlets in Clarksburg, MD  
Dec. 3 Tree Trimming Party at Patton Hall  
Dec. 6 Annual JBM-HH Holiday Tree Lighting  
Dec. 7-22 12 Days of "Santa's Crab Bag"  
Dec. 7-22 12 Days of Dining, Deals & Discounts  
Dec. 9 Day Trip: ChristmasTown at Busch Gardens  
Dec. 8-9 Operation Santa Basketball Tournament  
Dec. 10 Tree Trimming Party at Spates Community Club  
Dec. 15 Senior Fitness Challenge  
Dec. 16 Day Trip: New York City (The Ride)  
Dec. 16 Day Trip: New York City (The Rockettes)  
Dec. 23 Discounted tickets to ICE! at National Harbor

**We have AWESOME holiday trips planned!**  
Join Family & MWR on any day trip and get a FREE pair of warm, touch sensitive gloves!  
One pair of gloves per paid trip minimum. While supplies last.

Visit Family & MWR online at [www.jbmhhMWR.com](http://www.jbmhhMWR.com) for more information.

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[www.jbmhhMWR.com](http://www.jbmhhMWR.com)

## Holiday Hours

Facility	Christmas Day - Monday, December 25, 2017	New Year's Day - Monday, January 1, 2018
Family & MWR Admin, Bldg 203	CLOSED	CLOSED
Army Community Services, Bldg 203	CLOSED	CLOSED
Bowling Center, Bldg 411	OPEN: 1200-1800	OPEN: 1200-1800
Child Care, Youth and School Age Services, Bldg 483	CLOSED	CLOSED
Community Activity Center, Bldg 405	CLOSED	CLOSED
Auto Crafts/Mix Center, Bldg 227	CLOSED	CLOSED
Myer Fitness Center, Bldg 414	CLOSED	OPEN: 1200-1800
McNair Fitness Center, Bldg 80	CLOSED	CLOSED
JBM-HH Library, Bldg 417	CLOSED	CLOSED
Patton Hall, Bldg 214	CLOSED	CLOSED
Spates Conference and Community Club, Bldg 807	CLOSED	CLOSED
McNair Club, Bldg 80	CLOSED	CLOSED

## 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.armymwr.com/programs/library>

## BOSS Ski Trip

Feb. 10 & 11. Payment due Jan. 15. Includes Transportation, Lodging, Equipment Rental & Lift Pass.

For more information and to sign up, visit the BOSS Kickback in BLDG 405, Call us at 703-919-6059, e-mail [jbmhhboss@gmail.com](mailto:jbmhhboss@gmail.com), and see your BOSS Rep!

## 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 followed by a catered FREE lunch in Fellowship Hall. This week's concert will feature the U.S. Army Chorus.

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.

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

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

## EO





# MWR NYE

**NEW YEAR'S EVE CELEBRATION**  
 214 Jackson Avenue • Fort Myer, VA 22211  
**December 31**  
 Cash Bar 6pm • Dinner 7 pm

Members \$65  
 Non-Members & Guests \$85  
 Gratuity is NOT included in the price

Join us at Patton Hall for a party that includes a gourmet dinner with two entrees to choose from! This special event will be held in the Koran Ball Room featuring The Rick Thompson Band, party favors, a midnight champagne toast to the New Year then followed by a light continental breakfast.

**New Year's Eve Brunch**

MEMBERS \$35  
 NON-MEMBERS \$55  
 CHILDREN FROM 6-12 \$20

The party includes a gourmet brunch with three entrees and much more to choose from! This special event will be served in our beautiful Koran Ballroom with a great band! Party favors, accompanied by a midday champagne toast to the New Year. Please ask about our "New Year's Champagne for Two" to compliment your New Year Eve Party!

For both events contact

Patton Hall - 214 Jackson Ave. / Fort Myer, Va 22211 703.524.0200

## ACS Volunteer Association Toy Program

The ACS Volunteer Association holiday toy distribution will occur 12-14 December from 0900-1600 at Army Community Service (Bldg. 201). Service Members who are on the command referral list may pick up their toys during this time.

For questions, Service Members may contact their unit First Sergeant.

# MC

## 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

Gate 1 (MCX Gate) will be open until 7:30 p.m. Dec. 18 - 23 & 26 to help ease holiday shopping traffic.

Day	Date	MCX	Vineyard Wine & Spirits	Java Cafe	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 meus 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**

**Training Opportunities**

TARP (10 a.m. - 11 a.m.) and/or AT Level 1 (9 a.m. - 11 a.m.) certification, Dec. 15, Town Hall on Fort Myer. POC: DPTMS Security Office 703-696-0756 / ATO Office 703-696-3293.

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.

<p><b><u>Executive TAP</u></b></p> <p>January 22-26 0730-1600 January 29 - Feb 2 0730-1600 February 12-16 0730-1600 March 19-23 0730-1600</p> <p><b><u>ETS TAP</u></b></p> <p>January 8-12 0730-1600 February 5-9 0730-1600 March 5-9 0730-1600</p> <p><b><u>Mid-Grade TAP</u></b> (E5/6 and O1/3)</p> <p>March 12-16 0730-1600</p> <p><b><u>Entrepreneur Track "Boots to Business"</u></b></p> <p>December 18-19 0830-1530 March 29-30 0830-1530</p> <p><b><u>Accessing Higher Education</u></b></p> <p>December 13-14* 0800-1600 February 13-14 0800-1600</p> <p><b><u>Career Technical Training</u></b></p> <p>January 3-4 0800-1600 March 26-27 0800-1600</p> <p><b><u>Seven Decision Before You Retire</u></b></p> <p>December 18* 1000-1200 January 16 1000-1200 February 20 1000-1200 March 30* 1000-1200</p> <p><b><u>Business Franchise Opportunities</u></b></p> <p>December 20 1300-1500 February 22 1300-1500</p> <p><b><u>Interview Techniques &amp; Salary Negotiation</u></b></p> <p>December 27 0900-1100</p>	<p><b><u>Smart Banking &amp; Using Credit Wisely</u></b></p> <p>December 18* 1300-1500 January 16 1300-1500 February 20 1300-1500 March 30* 1300-1500</p> <p><b><u>Financial Independence</u></b></p> <p>December 19* 1000-1200 January 17 1000-1200 February 21 1000-1200 March 29* 1000-1200</p> <p><b><u>Marketing Yourself for a Second Career</u></b></p> <p>December 19* 1300-1500 January 17 1300-1500 February 21 1300-1500 March 29* 1300-1500</p> <p><b><u>Finding and Applying for Federal Jobs</u></b></p> <p>December 20 0930-1200 January 18 0930-1200 February 22 0930-1200 March 28 0930-1200</p> <p><b><u>Tricare Benefits in Depth</u></b></p> <p>December 21 0900-1100 January 19 0900-1100 February 23 0900-1100 March 1 0900-1100</p> <p><b><u>Federal Resume</u></b></p> <p>December 21 1115-1545 January 19 1115-1545 February 23 1115-1545 March 1 1115-1545</p>
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\*Education Center: Bldg 417



**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.

**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.

Thursday mornings, 1000 - 1130

**INDOOR PLAY MORNING**

Fellowship Hall, Memorial Chapel 101 McNair Road (Bldg. 480) Fort Myer, VA 22211  
 Join us every Thursday morning for open play, structured activities, sing along songs with instruments, and story time for preschool children 0-5 year.

9 January, 0930 - 1130

**ANGER MANAGEMENT 101**

Army Community Service Classroom, 202 Custer Rd (Bldg. 201) Fort Myer, VA  
 Individuals will receive information on emotions management and the impact of unmanaged anger, 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

17 January, 0930-1130

**HELPING CHILDREN MANAGE ANGER**

Army Community Service Classroom, 202 Custer Rd (Bldg. 201) Fort Myer, VA  
 Participants will receive tips on how to recognize triggers that impact children's ability to manage anger. Call to Register: 703-696-3512

22 January, 0900 - 1300

**PARENTING THE LOVE AND LOGIC WAY**

Army Community Service Classroom, 202 Custer Rd (Bldg. 201) Fort Myer, VA  
 Learn simple and effective strategies for parenting children from birth to young adults. Call to Register: 703-696-3512

24 January, 1400-1500

**EMOTIONAL FIRST AID**

Online course  
 Have a New Year's Resolution to take better care of yourself, or feeling isolated after the Holidays? Join us and learn new skills on how to keep small hurts from becoming large ones. Call for more information on Registration: 703-696-3512

25 January, 0930-1130

**CONFLICT RESOLUTION**

Army Community Service Classroom, 202 Custer Rd (Bldg. 201) Fort Myer, VA  
 Learn how to identify conflict and ways to manage it in the future. Call to Register: 703-696-3512

26 January, 1200 - 1500

**BABY BUNDLES**

Army Community Service Classroom, 202 Custer Rd (Bldg. 201) Fort Myer, VA

**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!