

January 9, 2018



## JBM-HH Commissary stocking update

Due to inclement weather, the JBM-HH Commissary has experienced delivery delays. Commissary Officer Mario Caputi apologizes for any inconvenience this may have caused for customers. He said that customers are a priority and the team is working hard to restock, although some products may not be stocked at full capacity.

The Commissary will have special hours, opening from 8:30 a.m. to 4:30 p.m. on the MLK holiday, Monday Jan. 15.

For commissary updates and contact information, visit [www.commissaries.com](http://www.commissaries.com) and choose "Fort Myer" as your store. To reach the Fort Myer store by phone call (703) 696-3674.



## MLK birthday

The Military District of Washington celebrates the birthday of Dr. Martin Luther King Jr., Jan. 9 from 11:45 a.m. to 1 p.m. at the Fort Myer Community Center, Bldg. 405. The event is hosted by Joint Base Myer-Henderson Hall. The guest speaker will be Marine Sgt. Maj. Edward D. Parson, the sergeant major for Headquarters and Service Battalion, Henderson Hall. The event is free and open to active duty military, retirees, Department of Defense civilians, and their Family members. There will be a food sampling after the event.

For more information, contact Sgt. 1st Class Williams Reynolds by calling (703) 696-2964, by email [william.e.reynolds20.mil@mail.mil](mailto:william.e.reynolds20.mil@mail.mil), or Sgt. 1st Class Elveter Ferguson by calling (703) 696-8729, by email [elveter.t.ferguson.mil@mail.mil](mailto:elveter.t.ferguson.mil@mail.mil)

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## MLK hours of operation

Family and FMWR services will be under a holiday schedule for on Monday Jan. 15. Please consult the table below for operational hours.

Family & FMWR Facility Operational Schedule for Martin Luther King, Jr Federal Holiday	
Monday, 15 January 2018	
FMWR Admin Offices	Closed
Army Community Services	Closed
Child Development Center	Closed
School Age/Youth Center	Closed
Community Activity Center	Closed
Auto Crafts Skills Center	Closed
Myer Fitness Center	8 a.m. - 4 p.m.
McNair Fitness Center	24 Hour Operation
JBM-HH Library	Closed
Bowling Center	noon - 4 p.m.
Spates Community Club	Closed
Spates Five Star Catering	Closed
Fort McNair Club	Closed
McNair 5 Star Catering	Closed
Patton Hall Admin	Closed
Patton Hall 5 Star Catering	Closed
Patton Hall Fife & Drum	Closed
Patton Hall Old Guard Lounge	Closed
Patton Hall Pools (Seasonal)	Closed
Spindrift Café (Seasonal)	Closed

## Exchange MLK hours of operation

The Exchange services will be under a holiday schedule for on Monday Jan. 15. Please consult the table below for operational hours.

Exchange MLK Holiday hours	
Myer PX Main Store	10 a.m. - 4 p.m.
Myer MCSS	CLOSED
Myer Express	10 a.m. - 6:30 p.m.
McNair	CLOSED
Pentagon	CLOSED
Myer Starbucks	10 a.m. - 3 p.m.
Myer Subway	10 a.m. - 4 p.m.
Myer Barber	10 a.m. - 4 p.m.
Myer Cleaners/Alteration	10 a.m. - 4 p.m.
Myer GNC	10 a.m. - 4 p.m.
Myer Optical Shop	10 a.m. - 4 p.m.
McNair Barber Shop	CLOSED
Precision Tune Auto Care	7 a.m. - 6 p.m.
Panda Express	10 a.m. - 5 p.m.

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## Contribute to the Combined Federal Campaign



Through Jan. 18, all JBM-HH employees and service members are invited to go to [CFCNCA.org](http://CFCNCA.org) and register a contribution to the Combined Federal Campaign.

Help those in need and “Show Some Love” for others. For more information, contact Kristi Pappas CFC coordinator for JBM-HH at (703) 680-6585 or [kristi.p.pappas.civ@mail.mil](mailto:kristi.p.pappas.civ@mail.mil)

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## Winter Reading Program at JBM-HH

The Library located in the Education Building is having a winter reading program.

For more information call the library information desk at (703) 696-3555.

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

## Dissertation interviews

Ketty Henderson is looking for transitioning service members to interview for her dissertation. Her dissertation will focus on the military service member transitioning to civilian life. For more information, contact Henderson by calling (703) 967-6005, (703) 696-6997, or by email [ketty.d.henderson.civ@mail.mil](mailto:ketty.d.henderson.civ@mail.mil)

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## JBM-HH Women’s Basketball Team seeking players

Recruitment is underway for female active duty service members, reservists, Department of Defense employees or DOD contractors interested in being a part of the Joint Base Myer-Henderson Hall Woman’s Varsity Basketball Team.

For more information on the team, contact coach Sherman Sherin at (703) 868-4219 or (703) 806-0801 or email [sherman.m.sherin.civ@mail.mil](mailto:sherman.m.sherin.civ@mail.mil).

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## 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.

We will be reading 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.

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# ASIST (Applied Suicide Intervention Skills Training)

Sign up for a two day workshop on Jan. 16 -17 to learn skills that may help save a life. The workshop is will be held at Memorial Chapel, and is hosted by Juliann Bryant, SPPM. Register no later than Jan 10 by emailing Juliann.l.bryant.civ@mail.mil

# 2018 Armed Forces Bowling Championship

The 2018 Armed Forces Bowling Championship and Trial Camps will be held at Fort Lee, VA from 10 - 17 April. The Trial Camp will take place from 10 - 13 April with the Armed Forces Championships 14 - 17 April

Applications are accepted electronically. To apply, please go to:  
<https://cloud.mwr.army.mil/apptrac>.

Applicants will need to enter the date they took the Level I Anti-Terrorism Training. The date must not be one-year earlier than the latest date of competition.

National Guard and Reserve may apply. These applicants must complete two additional forms that are listed at the following link:  
<https://www.armymwr.com/programs-and-services/sports-and-fitness/all-army-sports/applications/>. These forms then need to be emailed to: [usarmy.jbsa.imcom-hq-mbx.army-sports@mail.mil](mailto:usarmy.jbsa.imcom-hq-mbx.army-sports@mail.mil) prior to being considered for the camp.



**ARMED FORCES SPORTS**  
U.S. DEPARTMENT OF DEFENSE

**ASIST**  
**Learn the skills.**  
**Help save a life.**

**Suicide is preventable. Anyone can make a difference.**

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

**ASIST's impact in 2016**

87,567 participants | 108,583 interventions | 15,201 suicide attempts prevented

**ASIST works**

Studies show that ASIST participants gain:

- Knowledge about suicide
- Skills to reach out
- Confidence to help save a life

**ASIST changes lives**

Odds of improvement after receiving an ASIST intervention (2013 study):

- ▲ 35% more hopeful
- ▼ 31% less depressed
- ▼ 46% less overwhelmed
- ▼ 74% less suicidal

**ASIST is cost-effective**

**50:1** return on investment in decreasing long-term costs of suicide (2015 study)

**JBM-HH ASIST Workshop**  
Date: 16-17 Jan 2018, 7:45 a.m.  
Location: Memorial Chapel  
**CASUAL DRESS**  
Hosted by: Juliann Bryant, SPPM  
Register NLT 10 Jan 2018  
at: [juliann.l.bryant.civ@mail.mil](mailto:juliann.l.bryant.civ@mail.mil)

Next Workshop: 26-27 Feb 2018  
Registration going on NOW!!

Learn more about ASIST and see the evidence at [www.livingworks.net/ASIST](http://www.livingworks.net/ASIST)

LivingWorks | #suicidetALK | suicideTALK | safeTALK | ASIST | suicide to Hope

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## Caring for a veteran?

Caring for a veteran is important work, but a caretaker may need some support too.

Call the Department of Veterans Affairs Caregiver Support toll-free line at (855) 260-3274 Monday through Friday, 8 a.m. to 8 p.m. If you call after hours, leave a message and someone will get back to you the next business day.

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## Need help? Know someone who does?

The Veterans Crisis Line connects veterans and their loved ones in crisis with qualified, caring Department of Veterans Affairs responders 24 hours a day, seven days a week, 365 days a year. For free, confidential support call (800) 273-8255 and press 1, chat online at Veterans Crisis Line [www.veteranscrisisline.net](http://www.veteranscrisisline.net), or send a text message to 838255.

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## Prostate Cancer Support Group Meetings at Belvoir

The Prostate Cancer Support Group meets at Fort Belvoir Community Hospital the 2nd Thursday of every month. The next meeting will be 11 Jan from 1 to 2 PM and 6:30-7:30 PM in the Urology Clinic, Sunrise Pavilion, 2<sup>nd</sup> floor. Spouses/partners invited. Military ID required for base access. For those without a military ID, arrive at the gate 1 hour prior to meeting to complete paperwork for base access.

For more information, contact COL (ret) Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).

## Prostate Cancer Support Group Meetings at Walter Reed

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the 3rd Thursday of every month. The next meeting will be 18 Jan from 1 to 2 PM and 6:30 to 7:30 PM (America Building, River Conference Room, 3rd floor). Spouses/partners invited. Military ID required for base access to Walter Reed. For those without a military ID, call Prostate Center at 301-319-2900 at least 4 business days prior to event for base access.

For more information, contact COL (Ret) Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).

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## We'd love to hear from you!

Did you know that there is a fast and simple way to provide input at JBM-HH? Visit ICE at <https://ice.disa.mil>

We look forward to hearing from you!

