



# JBM-HH E-NEWSLETTER

## USO Super Bowl party



Join JBM-HH USO for a Super Bowl party Sunday, Feb. 4 at 6 p.m. in the JBM-HH USO Honor Guard Lounge. The night will include food, fun, and of course, football! Watch the game with a party complete with pizza, sandwiches, and plenty of snacks.

Open to all active members of the uniformed services (active duty, reservists, and national guardsmen) and their respective dependents only.

For more information, please contact Alex Stephen at [astephen@usometro.org](mailto:astephen@usometro.org)

## Army Band Workshops open to public

The U.S. Army Band is proud to present the 35th annual Tuba-Euphonium Workshop open to the public Jan. 31 - Feb. 3. The workshop features concerts, recitals, exhibits, master classes, and lectures by leading low brass authorities from around the world.

Any tuba or euphonium player is invited to bring his/her horn for reading sessions.

The workshop will take place at Brucker Hall on Fort Myer. For workshop schedule and registration please visit

<http://www.usarmyband.com/tuba/>

All events will be live streamed. Visit <http://usarmyband.com/watch-listen/live-webcasts.html> to tune in.



## **Grant Hall Public Open House Saturday, Feb. 3**

Joint Base Myer-Henderson Hall announces its next quarterly Public Open House of Grant Hall's historic third-floor courtroom, located on the Fort McNair portion of the Joint Base in southwest Washington D.C., from 10 a.m. to 4 p.m. Saturday, Feb. 3. The courtroom is the site of the military tribunal, held from May through June 1865, of those thought responsible for the plot to assassinate President Abraham Lincoln.

Members of the public are invited to the Public Open House, which is free to attend. Guests without a Department of Defense (DoD), federal or AIE (Automated Installation Entry) ID are asked to register in advance. Please access the following link to complete your registration: <https://einvitations.afit.edu/inv/anim.cfm?i=376341&k=0166440A7F56>; or go to the Joint Base Myer-Henderson Hall Facebook Events Page at <https://www.facebook.com/pg/jbmhh/events/> and access the Grant Hall Open House site. Click on the "find tickets" tab to access the reservation site.

If your computer server does not allow you to access the registration site, please email your reservation to [usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil). Full names of all attendees are required, as well as a valid telephone or email contact.

For the most up-to-date information on base access and parking information, go to the JBM-HH website at [www.army.mil/JBMHH](http://www.army.mil/JBMHH).

## **Henderson Hall Zembiec Pool closed**

Due to unforeseen maintenance issues with systems critical to winter operations, the Zembiec Pool Facility on the Henderson Hall side of the installation will be closed until end of February. More information will be posted at that time as to a possible reopening date.

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## **State of the Union helicopter landings**

Tune in on Jan. 30th to watch the State of the Union. There will be multiple helicopter landings and takeoff at Fort McNair between 12 p.m. and 11 p.m. Tuesday January 30. Departures from Landing Zone 1, which is in front of the National War College on Fort McNair, will occur from 12 to 4 p.m. Arrivals and departures from Landing Zone 2, which is on the parade field with the flagpole on Fort McNair, will begin at 2 p.m. and continue until 11 p.m. Expect increased noise during these times.

Everyone must stay off of the field during landings and departures because of the strong rotor wash (rotor blades forcing air downwards), rushing air that can pick up and blow objects around. Because of the rotor wash, people are also advised not to park along 4th Avenue and 2nd Avenue adjacent to Landing Zones 1 and 2.

## **New shred date coming soon**

Due to the government shutdown last week, the shredding service on the installation was cancelled. We are working to reschedule the date and will provide the update here and on our social media pages when a new date is determined.

For the latest news and information, follow #TeamJBMHH and [www.Facebook.com/jbmhh](http://www.Facebook.com/jbmhh).

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## **BOSS Ski Trip, open to active duty military**

On Feb. 10 – 11 active duty military members are invited to join BOSS for an overnight ski trip to Massanutten Ski Resort in Virginia. The trip will be departing from the JBM-HH Community Center, Bldg 405, on Feb. 10 at 10 a.m.

Sign up by Feb. 2 in person or by phone at the BOSS Office in the JBM-HH Community Center, Bldg 405. Only 30 slots available. First come, first serve. Cost includes transportation, lodging, equipment rental and lift pass. For additional information on cost and to sign up, contact the BOSS Program, Community Activity Center at (703) 696-3469.

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## **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)

## **Prostate Cancer Guest Speaker Program**

Dr. Jennifer Cullen will present "The critical role of patient-reported outcomes in improving decision-making for the treatment of prostate cancer" on Feb. 1 from 7 - 8:30 p.m. at Walter Reed National Military Medical Center in room 2525 of the America building.

The program will also be presented via video teleconference at Fort Belvoir Community Hospital on the 1st floor, Oaks Pavilion, Library Lecture Hall, Room S1.901.

For those without a military ID at Walter Reed, call the Prostate Center at (301) 319-2900 at least four business days prior for base access. For those without a military ID at Fort Belvoir, arrive at the gate one hour before the program 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).

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## **Prostate Cancer Support Group Meetings at Belvoir**

The Prostate Cancer Support Group meets at Fort Belvoir Community Hospital the second Thursday of every month. The next meeting will be Feb. 8 from 1 - 2 p.m. and 6:30 - 7:30 p.m. at the Urology Clinic, Sunrise Pavilion, on the second floor. For those without a military ID, arrive at the gate one hour before the meeting to complete paperwork for base access. Spouses/partners invited. 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).

## Blue Tie Affair 2018

Do you know someone who:

- Serves as a volunteer coach?
- Reads books to children at the local childcare center?
- Works to make sure your child is safe?
- Organizes community efforts that support the well-being of children?

The JBM-HH Family Advocacy Program recognizes individuals in the National Capital Region who have gone above and beyond in their efforts to prevent child abuse and neglect in the community. Please nominate an individual for consideration. An appointed committee will select the final recipients to be recognized at the Annual Blue Tie Affair which will be held on April 19 the Spates Community Club.

### **NOMINATION GUIDELINES**

- Deadline for nominations is **MARCH 1**
- Nominations are open to the **entire Community**—all branches of the Military, Family members, DoD Civilians, Retirees, and community partners.
- You may nominate more than one individual. Please complete a nomination form for each nominee.
- To download an electronic copy of this form, please visit <https://jbmhh.armymwr.com/programs/army-volunteer-corps>.

Please return all nomination forms no later than **MARCH 1, 2018**: Army Community Service, 202 Custer Road (BLDG 201) Fort Myer, VA 22211  
EMAIL: [Patricia.C.Sands2.civ@mail.mil](mailto:Patricia.C.Sands2.civ@mail.mil)  
FAX: 703-696-1201

*For additional information, please contact the Army Community Service, Family Advocacy Program at 703-696-6511 or [Patricia.C.Sands2.civ@mail.mil](mailto:Patricia.C.Sands2.civ@mail.mil).*

## Myer and McNair Fitness Center hours, classes

The Fort Myer and Fort McNair fitness centers offer a range of work out equipment and exercise classes. Visit in person, check the website, or call today to learn how you can meet your 2018 fitness goals!

### **Myer**

212 Sheridan Avenue, Building 414, Fort Myer, VA 22211

Hours: Monday–Friday, 5 a.m. - 8 p.m.

Saturday–Sunday, 8a.m. - 4 p.m.

For more info: 703-696-7868/67

Visit: <http://www.jbmhhmwr.com/>

### **Fort Lesley J. McNair**

5<sup>TH</sup> Avenue, Building 69, Washington DC 20319

Hours: Monday–Friday, 5 a.m. - 8 p.m.

Saturday–Sunday, 8a.m. - Noon

For more info: 202-685-3117

Visit: <http://www.jbmhhmwr.com/>

## Winter safety advisory

Although it may seem like it, we are not yet out of the winter season. Due to an incident where someone slipped and fell at JBM-HH, the Joint Base Safety Office is reminding everyone to be cautious of cold weather and icy sidewalks.

Facility managers and employees are responsible for ensuring safe walking surfaces within a 50 feet distance of their building. Each facility should be equipped with a gray ice bucket with salt to treat icy surfaces. If your building does not have a gray ice bucket please contact the Directorate of Public Works by phone at (703) 696-3263.

January 30, 2018

## **Family Advocacy**

## **Program Upcoming**

## **Classes**

Join the Army Community Service's Family Advocacy Program this February in fun and informative community classes! Read the course descriptions below to find a class for you.

All courses take place in the Army Community Services building, 202 Custer Rd, Bldg. 201 at Fort Myer. For more information, or to register for any of these courses call (703) 696- 3512 or visit [jbmhh.armymwr.com](http://jbmhh.armymwr.com). Registration is required.

### **ScreamFree Parenting**

On Feb. 13, from 9 a.m. – 1 p.m., Army Community Services will offer a course on ScreamFree Parenting. Moving beyond many of the child-centered technique based approaches, the ScreamFree focuses on providing parents relaxation techniques and strategies for individual growth.

### **The Five Love Languages**

On Feb. 14, from 9:30 a.m. – 11:30 a.m., Army Community Services will offer a course on the five love languages. Learn to strengthen your communication skills with those you love through self-exploration.

### **Chat & Chew**

On Feb. 21, from 11:30 a.m. to 12:30 p.m., the New Parent Support Program will present a Chat & Chew session, featuring parenting tips on infant and child nutrition.

Parents with children up to five years old are invited to enjoy a healthy lunch while learning about their infant and preschooler's nutritional needs. Registration is required as lunch will be provided.

## **Family Advocacy**

## **Program Indoor Play**

## **Mornings**

Join the New Parent Support Program Thursday mornings through April 26 from 10 a.m. – 11:30 a.m. in Memorial Chapel for afternoons of fun, music, and story-time. Parents, caregivers and children up to five years old are welcome to attend. Registration is requested. For general information and registration, please call (703) 696-3512 or TTY (703) 696-4675.

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## **Bible study weekly**

A joint base Bible study is being held in Memorial Chapel conference room, 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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