



*Happy Valentine's Day!*



# JBM-HH E-NEWSLETTER

## Ash Wednesday Services

Two Ash Wednesday services will be held this Wednesday in the Joint Base Myer- Henderson Hall Memorial Chapel. The services will be held in the sanctuary at noon and 6 p.m. For more information including directions and hours, visit [www.jbmhhcatholicparish.com](http://www.jbmhhcatholicparish.com) or call (703) 696-5688.

## BOSS Ski Trip new date



On Feb. 24-25 active duty military members are invited to join BOSS for an overnight ski trip to Massanutten Ski Resort, VA. 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.

## Exceptional Family Member Program Coffee

The Exceptional Family Member Program hosts a monthly coffee at the Fort Belvoir Starbucks on the last Monday of each month for EFMP families. The next coffee will be held Feb. 26 from 9 a.m. to 10:30 a.m.

Come for the coffee, stay for the conversation. No agenda or speeches will be given. The coffee is an opportunity for EFMP families to ask questions, voice concerns and get to know one another.

The event is open to all DoD ID card holders. For more information and to register call EFMP at (703) 696- 0783/3510.



February 13, 2018

## Is Your Child a Target of Bullying?

Is Your Child a Target of Bullying? This EFMP workshop, held March 8 from 11:30 a.m. to 1 p.m. in the Fort Myer Memorial Chapel offers intervention strategies for parents of children with disabilities who may be the target of bullying at school. Participants will learn how to identify types of bullying, develop strategies to prevent bullying, identify responses to bullying, talk to their child about bullying, obtain help from professionals and learn about disability harassment laws.

Open to all DoD Id card holders. For more information and registration, call (703) 696-0783/3510

## MWR Valentine's Day Dinner and Dance



Patton Hall will be hosting a Valentine's Day Dinner and Dance Wednesday in the Koran Ballroom. Dinner will be served at 7 p.m. followed by music and dancing at 8:30 p.m.

For more information, or to make pre-paid reservations call (703) 696-5147 or (703) 524 -3037.

## Dissertation interviews

Ketty Henderson would like to thank those transitioning service members who responded to her interview requests to assist with her dissertation. Henderson completed her dissertation, which focuses on the military service member transitioning to civilian life.

---

## Henderson Hall Zembiec Pool closed

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

---

## Leave support needed

Employees who desire to donate leave to Sandra "Sam" Winkelspecht should complete OPM Form 630-A for those within the agency. Those outside of the agency should use OPM Form 630B. Winkelspecht has been approved to receive leave under the Volunteer Leave Program due to an injury that she suffered earlier in the year. She still has a long way to recovery and has exhausted all of her annual and sick leave. The donation may be sent to Liz Creech by calling (703) 696-0758, by email at elizabeth.creech4.civ@mail.mil or Leslie Watts by calling (703) 696-5650 or by email at leslie.d.watts10.civ@mail.mil.

February 13, 2018

## 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 in the Spates Community Club.

### **NOMINATION GUIDELINES**

- The 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).*

## Fort Myer Thrift Shop offering scholarships

The Fort Myer Thrift Shop has begun accepting applications for the 2018-2019 academic year. Applications must be postmarked by March 29. They will also be accepted if delivered to the thrift shop. Applications will not be accepted by email.

The scholarships are awarded based on merit and are available for children and spouses of U.S. Army personnel—active duty who either live or are deployed from the greater Washington area, retired or deceased. An applicant must have a valid military dependent ID card.

Dedicated volunteers and staff give generously of their time involving numerous hours every year to raise the funds for this program.

Information with instructions and application, along with a checklist are available at [www.fortmyerthriftshop.org](http://www.fortmyerthriftshop.org) under scholarships.

For more information and questions, email [scholarshipsfmts@gmail.org](mailto:scholarshipsfmts@gmail.org).



February 13, 2018

## **Fort Myer Thrift Shop to offer community grants**

The Fort Myer Thrift Shop is now accepting applications for community grants to organizations that provide services and or/support to military organizations, personnel, and their Families. Requests are accepted from 501 c (3) and government entities in this area. Requesters have until April 19 to apply.

Additional information and application forms are available online at [www.fortmyerthriftshop.org](http://www.fortmyerthriftshop.org) under community events. Requests must be postmarked, or hand delivered to the Fort Myer Thrift Shop by April 19.

For more information or questions, email [communitygrants@gmail.com](mailto:communitygrants@gmail.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.

Your efforts will ensure the safety of all soldiers, employees and guests here at JBM-HH.

## **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.

February 13, 2018

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.

## 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.

## Presidents Day Hours

### Monday February 19

The following Myer/McNair services are **closed** on Presidents Day: FMWR Admin Offices, Army Community Services, Child Development Center, School Age/Youth Center, Community Activity Center, Auto Crafts Skills Center, JBM-HH Library, Spates Community Club, Spates Five Star Catering, Fort McNair Club, McNair Five Star Catering, Patton Hall Admin, Patton Hall Five Star Catering, Patton Hall Fife & Drum, Patton Hall Old Guard Lounge, Patton Hall Pools, Spindrift Café.

The following Henderson Hall services are **closed** on Presidents Day: MCSS, NEX.

The following Exchange services will be **closed** for Presidents Day: MCCS, McNair Exchange, Pentagon Exchange and McNair Barbershop.

#### The following services are operational on Presidents Day

|                           |                       |
|---------------------------|-----------------------|
| Myer Fitness Center       | 8 a.m. – 4 p.m.       |
| McNair Fitness            | 24 hour operation     |
| Bowling Center            | Noon – 6 p.m.         |
| JBM-HH Commissary         | 8:30 a.m. – 4:30 p.m. |
| Henderson Hall MCX        | 10 a.m. – 6 p.m.      |
| Henderson Hall Barbershop | 11 a.m. – 3 p.m.      |
| Java Cafe                 | 10 a.m. – 3 p.m.      |
| Semper Fit                | 8 a.m. – 1 p.m.       |

#### The following Exchange services are operational on Presidents Day

|                     |                     |
|---------------------|---------------------|
| Myer main store     | 10 a.m. – 4 p.m.    |
| Myer Express        | 10 a.m. – 6:30 p.m. |
| Myer Starbucks      | 10 a.m. – 3 p.m.    |
| Myer Subway         | 10 a.m. – 4 p.m.    |
| Myer Barber         | 10 a.m. – 4 p.m.    |
| Cleaners/Alteration | 10 a.m. – 4 p.m.    |
| Precision Tune Auto | 7 a.m. – 6 p.m.     |
| Panda Express       | 8 a.m. – 1 p.m.     |