



JBM-HH E-NEWSLETTER

Army Emergency campaign has begun

This year's Army Emergency Annual Fund, which runs through May 15, serves to provide emergency financial assistance to Soldiers and their families. Examples of expenses AER helps include essential POV repairs, medical/dental, emergency travel, funeral, and rent/mortgage expenses.

Please take the time to think about helping Soldiers in a tangible way, help through AER.

For more information, contact Ms. Trina Reliford, Army Emergency Relief Office at (703) 696-3510/8435.

JBM-HH Blood Drive

The Armed Services Blood Program will be holding a blood drive at the JBM-HH Fitness Center on March 13 from 9 a.m. to 1 p.m.

Appointments can be made online at militarydonor.com using the sponsor code FTMYER. For more information contact Staff Sgt. Dustin Neal at dustin.m.neal2.mil@mail.mil.



Tips

to help your body adjust to daylight saving time

- 1. Don't change your schedule**
Stick to regular waking, eating, sleeping and exercise times.
- 2. Have a nighttime routine**
Prepare your body for sleep by engaging in a few relaxing activities before hitting the hay.
- 3. Avoid long naps**
Keep naps short (between 20-30 minutes) to avoid disrupting your sleep schedule.
- 4. Get some natural sunlight**
Sunlight helps regulate your body's internal clock.



March 6, 2018

Caisson Spring Open House

You are invited to the Caisson Stables for a springtime open house on March 24 from 11 a.m. to 4 p.m. Hosted by the US Army Caisson Platoon, the event is open to the NCR community on a first come, first served basis.

Rain or shine, the afternoon will be packed with family fun activities including a jelly bean jar count, hayrides, face painting, Easter egg hunt, photo booth, and art and crafts. There will be light snacks provided.

Non-military ID/CAC holders, please enter the installation via Hatfield Gate off of I-395 North. Security protocols will be enforced. For base access inquiries, please contact JBM-HH military police at (703) 588-2800/2803.

For more event details please contact the US Army Caisson Platoon at (703) 696-3018.

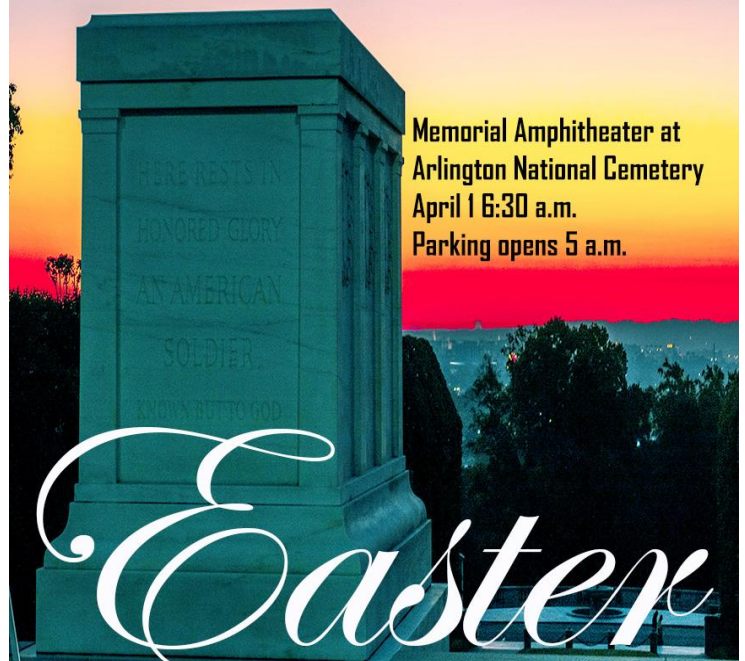


Easter Sunrise Service Save the Date!

Join us in observing an Easter Sunrise Service at Arlington National Cemetery's Memorial Amphitheater. The service will be held on April 1 at 6:30 a.m., and will feature US Air Force Chief of Chaplains Maj. Gen. Dondi E. Costin as the guest speaker.

The event will be live streamed on JBM-HH's Facebook page for those who cannot attend. Please follow www.facebook.com/jbmhh for the latest updates.

For God so loved the world that he gave his one and only son. That whoever believes in him shall not perish but have eternal life.



Memorial Amphitheater at
Arlington National Cemetery
April 1 6:30 a.m.
Parking opens 5 a.m.

Easter

SUNRISE SERVICE

GUEST SPEAKER

Chaplain Maj. Gen. Dondi E. Costin
CHIEF OF CHAPLAINS, USAF

FOR MORE INFO:

<https://www.army.mil/jbmhh>

March 6, 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.

Twilight Tattoo Coming Soon!

Twilight Tattoo is an hour-long, live-action military pageant featuring Soldiers from The 3rd U.S. Infantry Regiment (The Old Guard) and The U.S. Army Band "Pershing's Own." Experience a glimpse into American history through performances by The U.S. Army Blues, vocalists from The U.S. Army Band Downrange and U.S. Army Band Voices, The Old Guard Fife and Drum Corps, and The U.S. Army Drill Team.

For a tentative schedule of this year's performances, go online to <http://twilight.mdw.army.mil/schedule>



March 6, 2018

Civilian Employees in need of Annual Leave Assist

The following employees have been approved to receive leave under the Volunteer Leave Transfer Program (VLTP) having exhausted all of their annual and sick leave due to prolonged illness or recovery from injury: JBM-HH Directorate of Resource Management employee, Ms. Sam Winkelspecht; JBM-HH Directorate of Emergency Services employee, Gary Daughtry; Directorate of Public Works employee Shelby Parker; and MDW U.S. Army Aviation Brigade employee Marian Angie Rhoads

Department of the Army civilian employees who would like to donate annual leave to are asked to fill out form OPM630a, "Request to Donate Annual Leave to Leave Recipient Under the VLTP (Within Agency)," at www.opm.gov/forms/pdf_fill/opm630a.pdf.

Federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate Annual Leave to Leave Recipient Under the VLTP (Outside Agency)," at www.opm.gov/forms/pdf_fill/opm630b.pdf. For those who donate, please be sure to specifically include the name of the person to whom the leave is being donated to.

Send completed form for Ms. Winkelspecht to Elizabeth Creech elizabeth.creech4.civ@mail.mil or Leslie Watts leslie.d.watts10.civ@mail.mil. Send completed form for Mr. Daughtry to Fenday Thomas fenday.thomas.civ@mail.mil and Maribel Rodriguez maribel.rodriguez.civ@mail.mil. Send completed form for Shelby Parker to Maribel Rodriguez maribel.rodriguez.civ@mail.mil. Send completed form for Ms. Rhoads to Judith Damico judith.a.damico2.civ@mail.mil.

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.

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 under scholarships. Membership is not required in any organization to be eligible for a scholarship.

For more information and questions, email scholarshipsfmts@gmail.org.

March 6, 2018

Thrift Shop open **March 17**

The Fort Myer Thrift Shop will be opening for special hours March 17 from 10 a.m. to 3 p.m.

The store's normal operating hours are Tuesday, Wednesday, and Thursday from 10 a.m. to 2:30 p.m. It is also open the first Saturday of the month.

For more information call the thrift shop at (703) 527 – 0064.

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.

Go to www.fortmyerthriftshop.org and look under "community events" for an application. 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

New lunch option at Patton Hall

Patton Hall is starting a new lunch program on Mondays from 11:30 a.m. to 1:30 p.m. in the Old Guard Lounge. The service is a live action pasta station, with both vegetarian and meat options. The Old Guard Lounge is located in Patton Hall on the lower level.

For more information contact the Old Guard Lounge at (703) 524 – 0200.

AAFES Military Clothing Sales to change days of operation

Beginning Sunday, Mar. 25, the Joint Base Myer-Henderson Hall Military Clothing Sales store, located at the Fort Myer Army and Air Force Exchange Service (AAFES), will change its days of operation to open Sundays and close Mondays. Hours of operation will be 9 a.m. - 6 p.m. Tuesday-Friday; 9 a.m.-5 p.m. Saturday and Sunday, and closed Monday. Currently, the store is open Monday-Saturday.

For more Information, please call Gloria Cho, AAFES General Manager, at (703) 806-4371.

March 6, 2018

ASIST Workshop

JBM-HH ASIST will be hosting two upcoming workshops, March 13-14 and April 23-24 from 7:30 a.m. to 4 pm in Memorial Chapel. The two day workshops teach life-saving intervention skills that are widely used by professionals and the general public.

Registration for the March workshop ends March 7. Please contact Juliann Bryant at Juliann.l.bryant.civ@mail.mil to register.

Prostate cancer support group meetings

Fort Belvoir

The prostate cancer support group meets at Fort Belvoir Community Hospital the second Thursday of every month. The next meeting will be March 8 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the Urology Clinic, Sunrise Pavilion, second floor. Spouses/partners are invited. A military ID required for base access. For those without a military ID, arrive at the gate one hour prior to meeting to complete paperwork for base access.

Walter Reed

The prostate cancer support group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be March 15 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America building, River Conference Room, third floor. Spouses/partners are invited. A military ID is required for base access to Walter Reed. For those without a military ID, call the Prostate Center at (301) 319-2900 at least four business days prior to event for base access.

For more information on either of these group meetings, contact Jane Hudak by calling (301) 319-2918 or by email at jane.l.hudak.ctr@mail.mil.

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 remain closed.



Extended Forecast for Arlington, VA

Today	Tonight	Wednesday	Wednesday Night	Thursday	Thursday Night	Friday	Friday Night	Saturday
								
20% → 60%	90% 80%	70% 70%						
Slight Chance Rain/Sleet then Rain/Sleet Likely	Rain and Patchy Fog then Rain/Snow and Patchy Fog	Rain/Snow Likely and Patchy Fog then Rain Likely	Decreasing Clouds	Mostly Sunny	Partly Cloudy	Mostly Sunny	Partly Cloudy	Partly Sunny
High: 44 °F	Low: 35 °F	High: 44 °F	Low: 33 °F	High: 45 °F	Low: 29 °F	High: 45 °F	Low: 30 °F	High: 47 °F

Bon Appétit



Joint Base Myer-Henderson Hall Dining Facility

March 5th - March 9th, 2018

Every Morning the following items will be served for breakfast.

Eggs and Omelets Grilled To Order, Bacon, Turkey Bacon, Sausage, Scrambled Eggs, Boiled Eggs, Roasted Potatoes, Biscuits with SOS Creamed Beef, Oatmeal and Grits

WAFFLES: MON, WED, FRI | PANCAKES OR FRENCH TOAST: TUE & THUR

Monday

Main Line

Sweet Italian Sausage
Baked Salmon
Buttered Noodles
Rice Pilaf
Mixed Vegetables
Fried Cabbage
Italian Pasta Salad

Short Order

Reuben Sandwiches
Grilled Hamburgers
Grilled Cheeseburgers
Grilled Ham & Cheese
Grilled Cheese
Baked Beans
Hot Dogs
Ravioli
Pizza

French Fries & Onion Rings

Tuesday

Main Line

Chicken Fajitas
Groundbeef Tacos
Spanish Rice
Black Beans
California Blend
Corn O' Brien
Taco Salad

Short Order

Chicken Quesadillas
Grilled Hamburgers
Grilled Cheeseburgers
Grilled Ham & Cheese
Grilled Cheese
Chili
Baked Beans
Burritos
Pizza

Potato Wedges & Onion Rings

Wednesday

Main Line

Hamburger Yakisoba
Pork Adobo
Pork Fried Rice
Steamed Rice
Steamed Red Cabbage
Mixed Vegetables
Cucumber & Onion Salad

Egg Rolls

Short Order

Grilled Hamburgers
Grilled Cheeseburgers
Grilled Ham & Cheese
Grilled Cheese
Chili
Baked Beans
Burritos
Pizza
Potato Wedges & Onion Rings

Thursday

Main Line

Fried Chicken
Baked Chicken
BBQ Spareribs
Fried Catfish
Baked Macaroni & Cheese
Candied Sweet Potatoes
Collard Greens
Corn on the Cob
Potato Salad

Short Order

Grilled Hamburgers
Grilled Cheeseburgers
Grilled Ham & Cheese
Grilled Cheese
Cornbread
Baked Beans
Corndogs
Pizza

French Fries & Onion Rings

Friday

Main Line

Rotisserie Baked Chicken
Lemon Baked Fish Jefferson
Noodles Steamed Rice
Spinach
Mixed Vegetables
German Tomato Salad

Short Order

Turkey Reuben Sandwiches
Grilled Hamburgers
Grilled Cheeseburgers
Grilled Ham & Cheese
Grilled Cheese
Chili
Baked Beans
Hotdogs
Pizza

Steak Fries & Onion Rings

The JBM-HH Dining Facility, located on the Fort Myer side of the installation, is open during the following hours with cash only meal prices:

Monday through Friday:

Breakfast – 6:30 a.m. – 8:30 a.m. (\$3.45)

Lunch – 11:30 a.m. – 1 p.m. (\$5.60)

Dinner – 4:30 p.m. – 6 p.m. (\$4.85)

Saturday and Sunday:

Brunch – 9 a.m. – noon (\$6.25)

Supper – 4 p.m. – 5:30 p.m. (\$7.65)