

March 13, 2018



# JBM-HH E-NEWSLETTER

## JBM-HH Blood Drive Today!

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

Appointments can be made online at [militarydonor.com](http://militarydonor.com) using the sponsor code FTMYER. For more information contact Staff Sgt. Dustin Neal at [dustin.m.neal2.mil@mail.mil](mailto:dustin.m.neal2.mil@mail.mil).



## DMV at Fort Myer Thursday

On Thursday from 9 a.m. to 4 pm. the Joint Base Myer-Henderson Hall SFL-TAP will host a day with the DMV mobile unit on location. The vehicle will be located at the Spates parking lot, off McNair road.

The DMV service will be exclusively for ID Card/CAC Holders including active duty and their families, retirees, veterans with DD 214, DoD Civilians, and Contractors on location. No appointment is needed.

Among services offered include ID card application and renewal, driver's license application and tests, driving and vehicle record retrieval, and information updates.



March 13, 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](http://www.facebook.com/jbmhh) for the latest updates.

The poster features a large, dark stone monument in the foreground, set against a vibrant sunset sky with orange, yellow, and red hues. The monument has some faint, illegible text on it. In the background, there are silhouettes of trees and a distant cityscape.

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 | FOR MORE INFO:  
Chaplain Maj. Gen. Dondi E. Costin | <https://www.army.mil/jbmhh>  
CHIEF OF CHAPLAINS, USAF

March 13, 2018

## Shredding events set for Myer and McNair

Are you spring cleaning? Have files that need to be shredded and recycled? Come to JBM-HH Shred Days!

Shredding at Fort Myer and Henderson Hall is set to take place March 21. On this day, shredding will start at Henderson Hall building 29 from 9 a.m. to 10 a.m. It will continue on Fort Myer at building 59 from 10 a.m. to noon, and building 321 from noon to 1 p.m.

Shredding at Fort McNair is set to take place March 22. The shredding at McNair will take place at building 29 from 9 am to 10 a.m. and building 62 from 10 a.m. to 11 a.m.

Bring up to five boxes to shred. Paper, manila folders, staples, paper clips, and rubber bands can be shredded. Newspapers, credit cards, CDs, cardboard, 3-ring binders, and binder clips cannot be shredded. Because the shredded paper is recycled, please be sure to remove all substantial cardboard, plastic, and metal from your materials.

For more information, Mark Luckers, JBM-HH Environmental Office at (703) 696-2012.

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## Army Military Pay training hours

The Army Military Pay Offices at Fort Belvoir, Fort Myer, and Pentagon will be opened from 7:30 a.m. to 11:30 p.m. and 12:30p.m. to 3 p.m. on Wednesday

On Friday, the office will be opened from 7:30 a.m. to 11 a.m. and closed for the remainder of the day for training.

## Women's History Month at JBM-HH

Join JBM-HH Equal Opportunity in celebrating Women's History Month in the Spates Community Club on March 21 from 11:45 a.m. to 1 p.m. with guest speaker Col. Mary L. Martin from the Defense Equal Opportunity Management Institute.

The event is free and open to military, retirees, civilians, and their Family members. Food sampling will provided.

For more information please contact Master Sgt. Elveter T. Ferguson at [elveter.t.ferguson.mil@mail.mil](mailto:elveter.t.ferguson.mil@mail.mil) , (703) 696-8729 or contact Sgt. 1<sup>st</sup> Class Patricia M. Wint at [patricia.m.wint.mil@mail.mil](mailto:patricia.m.wint.mil@mail.mil) , (703) 696-2964.

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## 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.

March 13, 2018

## Lenten Concerts at Memorial Chapel

This year there two Lenten concerts and luncheons on March 15 and 22<sup>nd</sup> at Memorial Chapel. Both will begin at noon in the sanctuary with a brief meditation by a chaplain.

On March 15 Chaplain Jones will lead the reflection followed by the US Army Band Woodwind Quintet and then a free catered lunch in Fellowship Hall. Chaplain Worrell will give the meditation on March 22 with music provided by the Army Band's Army Voices, and lunch following.

For more information visit <http://jbmhccatholicparish.com/> or call the parish at (703) 696-5688.

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## 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>

## 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](http://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](http://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](mailto:elizabeth.creech4.civ@mail.mil) or Leslie Watts [leslie.d.watts10.civ@mail.mil](mailto:leslie.d.watts10.civ@mail.mil). Send completed form for Mr. Daughtry to Fenday Thomas [fenday.thomas.civ@mail.mil](mailto:fenday.thomas.civ@mail.mil) and Maribel Rodriguez [maribel.rodriguez.civ@mail.mil](mailto:maribel.rodriguez.civ@mail.mil). Send completed form for Shelby Parker to Maribel Rodriguez [maribel.rodriguez.civ@mail.mil](mailto:maribel.rodriguez.civ@mail.mil). Send completed form for Ms. Rhoads to Judith Damico [judith.a.damico2.civ@mail.mil](mailto:judith.a.damico2.civ@mail.mil) .

March 13, 2018

## **Family Advocacy** **Program Indoor Play** **Mornings**

Join the New Parent Support Program Thursday mornings through April 26 from 10 a.m. to 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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## **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. Membership is not required in any organization to be eligible for a scholarship.

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

## **Thrift Shop open** **March 17**

The Fort Myer Thrift Shop will be opening for special hours Saturday 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.

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## **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](http://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](mailto: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. to 6 p.m. Tuesday-Friday; 9 a.m. to 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.

## ASIST Workshop

JBM-HH ASIST will be hosting a workshop April 23-24 from 7:30 a.m. to 4 pm in Memorial Chapel. The workshop teaches life-saving intervention skills that are widely used by professionals and the general public.

Please contact Juliann Bryant at Juliann.l.bryant.civ@mail.mil to register.

## Prostate cancer support group meeting at 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



## Extended Forecast for Arlington, VA

Tuesday	Tuesday Night	Wednesday	Wednesday Night	Thursday	Thursday Night	Friday
Mostly Sunny	Partly Cloudy	Mostly Sunny	Mostly Cloudy	Mostly Sunny	Mostly Clear	Sunny
High: 46 °F	Low: 29 °F	High: 42 °F	Low: 29 °F	High: 50 °F	Low: 31 °F	High: 49 °F



# March is National Brain Injury Awareness Month

To increase and raise awareness of traumatic brain injuries, we recognize March as Brain Injury Awareness Month (BIAM). A traumatic brain injury affects everyone who has a relationship with the injured person — from family caregivers to medical providers.

## Help us spread the #TBICHAMPION message!

Share your traumatic brain injury story on social media and use the hashtag **#TBIChampion** and **#BIAMonth**. And follow **Defense and Veterans Brain Injury Center** and **A Head for the Future** on Facebook for updates.



MORE THAN  
**339,462**  
SERVICE MEMBERS  
have sustained a  
TBI since 2000.



The DoD offers clinical recommendations, toolkits and mobile applications to assist health care providers.

## Win at TBI

- **Be safe:** Learn the common causes of TBI, so you can take steps to prevent TBI during everyday activities, at work, while playing sports, or during a deployment. To learn more about preventing TBI, check out our safety tips and fact sheets.
- **Know the signs:** Concussions, also known as mild TBI, often go undetected or undiagnosed initially because the symptoms can be subtle and varied.
- **Get help:** If you think you, or someone you know, has a TBI, seek medical help as quickly as possible to improve your chances of a successful recovery.

For more information visit:

[www.dvbic.dcoe.mil](http://www.dvbic.dcoe.mil) or

Contact: **Susan McNeal**

TBI Regional Education Coordinator

[Susan.l.mcneal.ctr@mail.mil](mailto:Susan.l.mcneal.ctr@mail.mil)

March is Brain Injury Awareness Month

## I am a TBI champion

Learn more about #TBIchampion at

 @AHeadfortheFuture

 @AHFTF\_Page



March 13, 2018

Bon Appétit



## Joint Base Myer-Henderson Hall Dining Facility

March 12th - March 16th, 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 Creamed Beef, Oatmeal and Grits

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

### Monday

#### Main Line

Chicken Parmesan  
Lasagna  
Rice Pilaf  
Roasted Brown Potatoes  
Mixed Vegetables  
Green Beans  
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

#### DINNER

Pork Chops  
Beef Stroganoff

### Tuesday

#### Main Line

Roast Pork  
Groundbeef Tacos  
Spanish Rice  
Refried Beans  
Spinach  
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 DINNER

Caribbean Chicken  
Chili Macaroni

### Wednesday

#### Main Line

Salmon Loaf  
Honey Ginger Chicken  
Pork Fried Rice  
Steamed Rice  
Japanese Stir Fry  
Cauliflower  
Cucumber & Onion Salad

#### Short Order

## Wings!

Egg Rolls  
Waffle Fries & Onion Rings

#### DINNER

Hamburger Yakisoba  
Five Spice Chicken

### Thursday

#### Main Line

Fried Chicken  
BBQ Chicken  
Herb Baked Chicken  
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

#### DINNER

Salisbury Steak

### Friday

#### Main Line

Rotisserie Baked Chicken  
Pollock  
Red beans & Rice  
Mashed Potatoes  
Mixed Vegetables  
Spinach

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

#### DINNER

Savory Baked Chicken  
Meatloaf

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)**