

March 20, 2018



JBM-HH E-NEWSLETTER

Network modernization demonstration cancelled

The on-site U.S Army tactical modernization demonstration scheduled at Fort Myer today has been cancelled due to inclement weather.

Weather Advisory:

Early weather forecasts show a potential for snow in the region for late Tuesday through Wednesday. Please follow www.opm.gov, www.weather.gov, and www.facebook.com/Jbmhh for the latest on potential delays and closures.

Events listed in this week's e-newsletter are subject to change or cancellation based on the forecast. Please follow and contact JBM-HH on Facebook or email Public Affairs at usarmy.jbmhh.asa.list.pao-all@mail.mil for more information.

Caisson Spring Open House Saturday

You are invited to the Caisson Stables for a springtime open house Saturday 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.

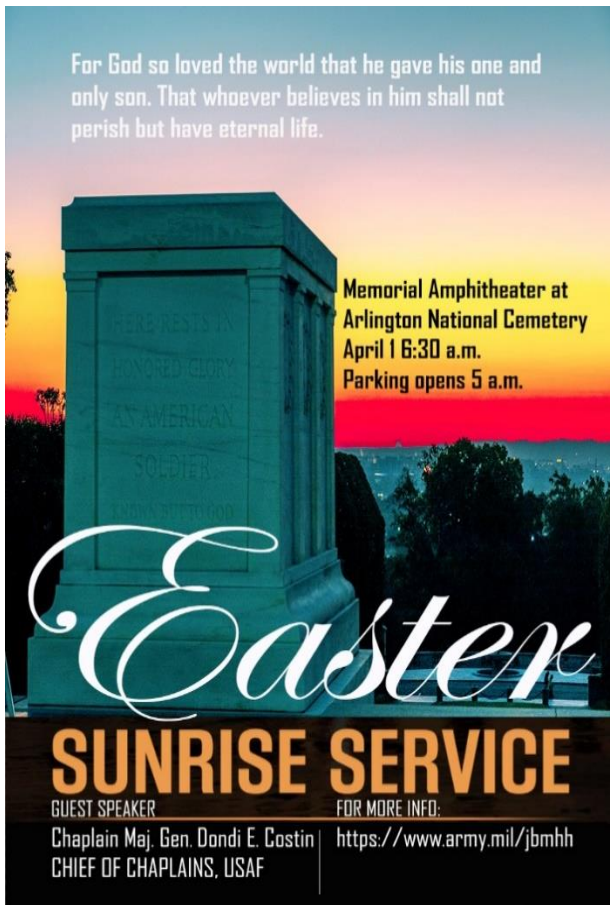


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Easter Sunrise Service Save the Date!

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>

Shredding events set for Myer and McNair this week

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 Wednesday. 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 for the NDU community is set to take place Thursday. 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.

***If the installation is closed due to inclement weather, the shredding events will be cancelled.**

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Women's History Month at JBM-HH

Join JBM-HH Equal Opportunity in celebrating Women's History Month in the Spates Community Club Wednesday 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 be provided.

For more information please contact Master Sgt. Elveter T. Ferguson at by email at elveter.t.ferguson.mil@mail.mil , (703) 696-8729 or contact Sgt. 1st Class Patricia M. Wint at patricia.m.wint.mil@mail.mil , (703) 696-2964.

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.

Lenten Army Voices Concert at Memorial Chapel Thursday

On Thursday, there will be a noon Lenten concert at Memorial Chapel, featuring the Army Band's Army Voices. Chaplain Worrell will share a meditation and the concert will be followed by a free catered lunch in Fellowship Hall.

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

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>.

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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.

AAFES Military Clothing Sales to change days of operation

Beginning Sunday, 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.I.bryant.civ@mail.mil to register.

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EXCEPTIONAL FAMILY MEMBER PROGRAM
2018 APRIL EVENTS

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.

Autism Spectrum Disorders and Public Safety Considerations

On April 18 from Noon to 2 p.m. in the Pentagon Library and Conference Center Room B10 guest speaker, retired US Army Lt. Col. Scott Campbell, will share his experiences and safety risks for individuals with special needs. He will provide insight on proactive steps to reduce the risk of potential dangers; and provide resources available in the community for emergency preparedness and safety guidelines.

Henderson Hall EFMP Respite Care Reimbursement Program

On Thursday, April 19 from, 11 a.m. to noon at Henderson Hall Bldg. 12 Conference Room The Respite Care Reimbursement Program will be available to eligible EFMP families. This workshop covers the Respite Care Reimbursement Program guidelines, eligibility, and the application process. This is an essential briefing if you will be utilizing this USMC EFMP respite care subsidy program.

Anatomy of an Individualized Education Program

On Friday, April 27, from 11 a.m. to 1 p.m. in the Pentagon Library & Conference Center Room B9 a guest speaker from the Parent Educational Advocacy Training Center will discuss the parts of the Individualized Education Program document and examine their functions individually, learning their meanings and application. The discussion will provide constructive and practical tips to help create an IEP that supports each individual student's needs.

“Supporting Military Families with Special Needs”

To register for these events, please call 703-693-5353 or 703-696-0783 or email efmphh@usmc-mccs.org.

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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. Registration is required.

ScreamFree Parenting

On April 10th, from 9 a.m. to 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.

Chat & Chew

On April 18, 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 how to reduce tantrums.

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

Family Fun Day at Roer's Zoofari

On April 27, from 10:30 a.m. to 1:30 p.m., Army Community Services New Parent Support Program will embark on a Family Fun Day at Roer's Zoofari in Vienna. Pet and feed the animals, go on a wagon ride, and enjoy socializing with other military Families with children up to five years old. Registration is required.

Stress management beginner yoga

On April 24, join ACS Family Advocacy Program from 1:30 p.m. to 3 p.m. at the Fort Myer Fitness Center for a stress management and beginner yoga class. The interactive course will provide tips on creating a stress management plan, and how to incorporate simple yoga techniques in your daily routine. Dress comfortably! Registration is required.

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

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

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.

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 or

Contact: **Susan McNeal**
 TBI Regional Education Coordinator
 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



Extended Forecast for Arlington, VA



Tuesday	Tuesday Night	Wednesday	Wednesday Night	Thursday	Thursday Night	Friday
						
90%	70%	70%				
Wintry Mix	Snow/Sleet Likely	Snow Likely	Mostly Cloudy	Partly Sunny	Partly Cloudy	Sunny
High: 36 °F	Low: 30 °F	High: 36 °F	Low: 29 °F	High: 44 °F	Low: 30 °F	High: 47 °F

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Bon Appétit



Joint Base Myer - Henderson Hall Dining Facility

March 19th - March 23rd, 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

Spaghetti with Meat Sauce
Pork Chops
Buttered Egg Noodles
Parmesan Potatoes
Squash Medley
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

DINNER

Chicken Parmesan
Beef Stroganoff

Tuesday

Main Line

Caribbean Chicken
Groundbeef Tacos
Spanish Rice
Black Beans
Mexican Corn
Spinach

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

Roast Pork
Chili Macaroni

Wednesday

Main Line

Asian Glazed Chicken
Beef and Broccoli
Pork Fried Rice
Steamed Rice
Japanese Stir Fry
Steamed Peas

Cucumber & Onion Salad

Short Order

Grilled Hamburgers
Grilled Cheeseburgers
Grilled Ham & Cheese
Grilled Cheese
Chili
Baked Beans
Hotdogs
Pizza
Egg Rolls

Waffle Fries & Onion Rings

DINNER

Hamburger Yakisoba
Five Spice Chicken

Thursday

Main Line

Fried Chicken
Herb 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

DINNER

Salisbury Steak

Friday

Main Line

Rotisserie Chicken
Baked Cod
Mashed Potatoes
Jefferson Noodles
Glazed Carrots
Green Beans

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)