

JBM-HH Change of Command

Arlington, Virginia –Joint Base Myer-Henderson Hall will host a change of command ceremony for its Joint Base Commander 10 a.m. on Friday, April 6, at Conmy Hall, located on the Fort Myer side of the base.

U.S. Army Installation Management Command Director of the Sustainment Directorate, Davis D. Tindoll, Jr., will officiate over the ceremony between outgoing Commander Col. Patrick M. Duggan and incoming Commander Col. Kimberly A. Peeples.

Everyone is invited to attend the ceremony.



Col. Patrick M. Duggan



Col. Kimberly A. Peeples

McNair's 5th Ave One-

<u>Way</u>

Beginning Monday, April 3, Fort McNair's 5th Avenue will be one way. There are signs in the area directing the traffic flow.

2018 All Star Armed Forces Classic Army tryouts

Tryouts for the army team for the All Star Armed Forces Classic will be held at Fort Belvoir on April 7^{TH} at 10 a.m. Active duty male and female soldiers are invited to apply.

The competition between the four branches includes preliminary games June 2 and 3, with a championship on July 13 at Nationals Stadium.

For more information call (703) 696- 7867/8 or email Richard.f.pulignani.naf@mail.mil.

Nationals Military Appreciation Day

The Washington Nationals are providing two complimentary tickets to upcoming Military Appreciation Day scheduled for April 12, while tickets last. Tickets are for military, civilians and retiree (must have CAC/retiree card).

Those interested would need go to any ticket window on Potomac Ave., starting at 1 p.m. of game day.



McNair's Ceremonial gate open afternoons during game days

As expedition games and baseball season near, traffic on Fort McNair will be impacted due to its proximity to Washington Nationals Stadium. Please note that on afternoon expedition and game days during the work week, the Ceremonial Gate at McNair will be open for outbound traffic.

Please follow www.facebook.com/jbmhh for the latest traffic advisories and updates for Joint Base Myer Henderson Hall.

Rader Clinic Patient Appreciation Day

The Andrew Rader U.S. Army Health Clinic invites you to a Patient Appreciation Day on Friday April 13 from 10 am – 2 p.m. The event will be held in the clinic on the 2nd floor in the Commanders Conference Room. A Patient Orientation session will be held at 10 a.m. in the adjoining conference room. Please RSVP for the Patient Orientation session by calling 703-696-7933.

The afternoon will provide information on improving health, nutrition, mental wellness, physical therapy, Health Net, Exceptional Family Member Program, Army Community Services, Relay Health, and TRICARE Online.

<u>Family & MWR Town</u> <u>Hall</u>

The next Family & MWR Quarterly Programs and Services Town Hall is Monday, April 16 beginning at 1:30 PM at the Community Activities Center, building 405. The event is open to the JBM-HH community and service providers to discuss their upcoming events.

Participation is encouraged as this is an opportunity to learn what is occurring throughout the JBM-HH community.

Remaining Family & MWR Quarterly Programs and Services Town Hall for the year at the Community Activities Center will be Monday, July 9th and Wednesday, October 10th, beginning at 1:30 PM.

For further information contact, Mitch Thompson at (703) 696-3470.

<u>Twilight Tattoo Coming</u> <u>Soon!</u>

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.

The first service is scheduled for April 25 on Summerall Field at 7 p.m.

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

<u>ASIST Workshop</u> <u>April 23 – 24 at</u> <u>Memorial Chapel</u>

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.

<u>Teal Ribbon 5K and Fun</u> <u>Run for kids</u>

On April 27, The Old Guard will host a 5k run as well as a kids one mile fun run in recognition of Sexual Assault Awareness and Prevention Month. This is a free event for Service Members, DOD civilians, family members, and retirees. The first 100 runners to register for the individual 5k run will receive an armband running light.

Sign-in for this event is from 5:30 am until 6:20 am on race day. The 5k race will begin at 6:55 am followed by the kids fun run at 7:05 am. Men and Women first place finishers will receive a trophy and all participating children will receive medals for completing the fun run. For more info, contact SFC Michael Patrick and Ms. Janet Dillingham at michael.b.patrick14.mil@mail.mil or janet.m.dillingham.civ@mail.mil.

Online registration can be found at https://the-old-guard-tealribbon5k.eventbrite.com.

Army Emergency campaign through May

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.

<u>Civilian Employees in</u> <u>need of Annual Leave</u> <u>Assist</u>

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 hours of operation

The Joint Base Myer-Henderson Hall Military Clothing Sales store, located at the Fort Myer Army and Air Force Exchange Service (AAFES), has changed its days of operation to open Sundays and close Mondays. Hours of operation are 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.

Shredding events rescheduled for April

Are you spring cleaning? Have files that need to be shredded and recycled? Come to JBM-HH Shred Days! Due to inclement weather, the previous

Shredding at Fort Myer and Henderson Hall is set to take place April 18. Shredding at Fort McNair for the NDU community is set to take place April 19.

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.

EXCEPTIONAL FAMILY MEMBER PROGRAM **2018 APRIL EVENTS**

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.

<u>Henderson Hall EFMP</u> <u>Respite Care</u> <u>Reimbursement</u> <u>Program</u>

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.

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.

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

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 April 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.

<u>Family Advocacy</u> <u>Program Upcoming</u> <u>Classes</u>

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 the courses below 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.

<u>Family Advocacy</u> <u>Program Indoor Play</u> <u>Mornings</u>

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.

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.

<u>New lunch option at</u> <u>Patton Hall</u>

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.

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 April 12 from 1 to 2 p.m. and 6:30 p.m. to 7:30 p.m. in the Urology Clinic, Sunrise Pavilion, second floor. Spouses/partners are invited. A military is 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 April 19 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

April 3, 2018

PenFed Credit Union

Visito

Parking In

VCC

WE'RE MOVING

Exchange

IMPORTANT NOTICE

The Joint Base Myer-Henderson Hall Visitor Control Center, located in Building 415 will be closed on <u>2 April</u> 2018.

This closure is to support the move of all visitor services to the NEW Visitor Control Center, Building S-507 located at Hatfield Gate.

The Visitor Control Center will open for regular services on <u>**3 April**</u> 2018 at the new posted hours.





JBM-HH Visitor Control Center Hours: Monday-Friday: 6 a.m. – 9 p.m. Saturday: 8 a.m. – 5 p.m. Sunday & Federal Holidays: Closed

Fort McNair Visitor Control Center Hours: Monday: Closed Tuesday: 8 a.m. – 4 p.m. Wednesday: Closed Thursday: 8 a.m. – 4 p.m. Friday-Sunday & Federal Holidays: Closed

New Hours Effective 3 April 2018



- Non-DoD visitors will access the VCC by parking in the lot adjacent to the VCC.
- Access to VCC parking lot is through the in bound lane of Hatfield Gate.
- DoD ID card holders can park in the VCC parking lot or the Post Exchange parking lot and walk to the VCC by following the sidewalks leading to Hatfield Gate. Parking in the Post Exchange lot will allow DoD ID card holders avoid the gate traffic congestion.

Sidewalk Direction to VCC

DoD ID card olders parki

area

Joint Base Myer-Henderson Hall Directorate of Emergency Services- Police Services Division Visitor Control Center

WEATHER SER U

Extended Forecast for Arlington, VA

Tuesday	Tuesday Night	Wednesday	Wednesday Night	Thursday	Thursday Night	Friday
40%	30%	80%		*		30
Chance Rain	Mostly Cloudy then Chance Showers	Showers and Breezy	Partly Cloudy	Sunny	Partly Cloudy	Chance Showers
High: 62 °F	Low: 55 °F	High: 66 °F	Low: 35 °F	High: 53 °F	Low: 40 °F	High: 58 °

April 3, 2018



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) Note: Meals are subject to change