



JBM-HH E-NEWSLETTER

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 a.m. to 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.

Cherry Blossom 5k

On April 13, JBM-HH will be hosting a Cherry Blossom 5k along the river at Fort McNair. Onsite registration will take place from 5:30 a.m. to 6:30 a.m. with the run starting at 6:45 a.m.

For more information contact the Myer Fitness Center at (703) 696-7867 or email richard.f.pulignani.naf@mail.mil.

Nationals Military Appreciation Day



The Washington Nationals are providing two complimentary tickets to Military Appreciation Day scheduled for April 12, while tickets last. Tickets are for military, civilians and retirees (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 Ceremonial gate open 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.

DoD card holders who want to park on McNair and go to Nationals games on gameday can park in the two large parking lots by the gym.

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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.

The first service is scheduled for April 25 on Summerall Field at 7 p.m. Please note that the performances include live fire, which may be heard in the area during this time.

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

McNair Clinic re-opened

The McNair Clinic renovations are complete and the clinic has been re-opened.

McNair's 5th Ave changes



As of April 3, a small portion of McNair's 5th Avenue is now one way. There are signs in the area directing the new traffic pattern.

CYSS in-service day Friday

Please note that Child and Youth Services will be closed Friday due to a staff in-service training and development day.

Blue Tie Affair

The Joint Base Myer-Henderson Hall 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. Award recipients will be recognized at the Annual Blue Tie Affair at 11 a.m. on April 19 at the Spates Community Club.

For additional information, contact FAP at 703-696-6511 or Patricia.C.Sands2.civ@mail.mil.

Pinwheel Parade

The ACS Family Advocacy Program will be holding a Pinwheel Parade in collaboration with the Cody Child Development Center on April 20 from 10 a.m. to 11 a.m. The parade, which takes place annually, serves as a recognition of Child Abuse Prevention Month and Month of the Military Child.

For more information call (703) 696-3512.

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Chesty's 5K

On April 20, join Henderson Hall for the 9th Annual Chesty 5K race, honoring Lt Gen Lewis Burwell Puller. Register now through April 17 at www.mccsHH.com/OohRahRunSeries. The race will take place at the Cpl Terry L. Smith Gym on the Henderson Hall side of JBM-HH.

Call (703) 614-6332 for more information.

SHARP Strike Out Sexual Assault bowling

In recognition of Sexual Assault Awareness Prevention Month, SHARP will be hosting a Strike Out Sexual Assault bowling event April 11 from 11:30 to 1 p.m. at the Bowling Center on Fort Myer. Come for bowling and for the annual SHARP proclamation signing.

For further information on this SHARP event, contact Sgt. 1st Class Michael Patrick Jr. by email at michael.b.patrick14.mil@mail.mil

Masters 50+ Basketball deadline

The deadline for participation in the Masters 50+ 3-on-3 basketball tournament is this Wednesday. The tournament is set to take place at the Myer Fitness Center April 20 through 21.

For more information contact Richard Pulignani at (703) 696-7867.

BOSS NYC Shopping Trip

Join BOSS Saturday April 28 on a trip to Woodbury Common Premium Outlets and to Macy's flagship store on 34TH street. The bus will depart from 228 McNair Road, Bldg 405 at 6 a.m.

For more information call the BOSS Office at 703.696.3469.

Family & MWR Town Hall

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.

ICE temporarily down

The Interactive Customer Evaluation System is temporarily down for non-military networks. We encourage customers to continue sharing feedback with us at www.facebook.com/jbmhh or to contact the JBM-HH Public Affairs Office at usarmy.jbmhh.asa.list.pao-all@mail.mil.

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ASIST Workshop **April 23 – 24 at** **Memorial Chapel**

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.

Teal Ribbon 5K and Fun **Run for kids**

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.

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 Sgt. 1st Class 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.

Fort Myer Thrift Shop **community grants – last** **two weeks to apply**

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.

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 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 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 and e-recycling events

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.

There will be an electronic recycling event at Fort Myer on April 17 from 9 a.m. to noon outside of building 321. Most electronics will be accepted. CRT monitors, televisions and other large sized appliances will not be accepted.

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

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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.

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.

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
efmphh@usmc-mccs.org.

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.

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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 the courses below call (703) 696- 3512 or visit jbmhh.armymwr.com. Registration is required.

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.

2018 All Star Armed Forces Classic Army tryouts

Tryouts for the army team for the All Star Armed Forces Classic will be held April 21 at 4 p.m. at Fort Belvoir Graves Softball complex Active duty male and female soldiers are invited to apply.

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

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Henderson Hall Children's Fair

Join Henderson Hall on April 21 for the 11th Annual Children's Fair at the Smith Gymnasium. Free fun for all ages! Activities and entertainment include a DJ, bounce houses, and a balloon artist.

For more information, visit
www.mccsHH.com/ChildrensFair



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.

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 ID is 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

April 10, 2018



IMPORTANT NOTICE

The Joint Base Myer-Henderson Hall Visitor Control Center, located in Building 415 will be closed on **2 April 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 **3 April 2018** at the new posted hours.

ATTENTION:
NEW HOURS OF
OPERATION

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:

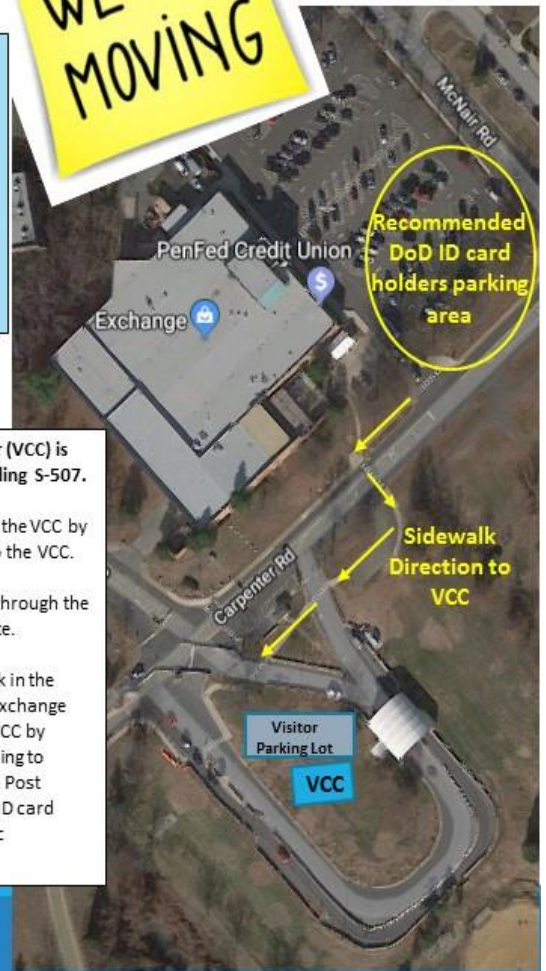
Monday: Closed
Tuesday: 8 a.m. – 4 p.m.
Wednesday: Closed
Thursday: 8 a.m. – 4 p.m.
Friday-Sunday & Federal Holidays: Closed

New Hours Effective 3 April 2018

WE'RE
MOVING

The NEW Visitor Control Center (VCC) is located at Hatfield Gate in building S-507.

- Non-DoD visitors will access the VCC by parking in the lot adjacent to the VCC.
- Access to VCC parking lot is through the inbound 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.



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



Extended Forecast for Arlington, VA

Tuesday	Tuesday Night	Wednesday	Wednesday Night	Thursday	Thursday Night	Friday	Friday Night
Isolated Sprinkles	Partly Cloudy	Mostly Sunny	Partly Cloudy	Slight Chance Showers	Partly Cloudy	Mostly Sunny	Partly Cloudy
High: 55 °F	Low: 35 °F	High: 58 °F	Low: 43 °F	High: 72 °F	Low: 53 °F	High: 79 °F	Low: 58 °F

April 10, 2018

Bon Appétit







Joint Base Myer-Henderson Hall Dining Facility

April 09th - April 13th, 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	Tuesday	Wednesday	Thursday	Friday
<u>Main Line</u> Spaghetti with Meat Sauce Grilled Pork Chop Rice Pilaf Buttered Egg Noodles Cabbage Mixed Vegetables <i>Italian Pasta Salad</i> <u>Short Order</u> <i>Reuben Sandwiches</i> Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Baked Beans Hot Dogs Ravioli Pizza French Fries & Onion Rings <u>DINNER</u> Baked Ham Beef Stroganoff	<u>Main Line</u> Beef and Broccoli Oven Baked Chicken Pork Fried Rice Steamed Rice Japanese Stir Fry Steamed Peas <i>Taco Salad</i> <u>Short Order</u> <i>Chicken Quesadillas</i> Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Chili Baked Beans Burritos Pizza Potato Wedges & Onion Rings <u>DINNER</u> Caribbean Chicken Chili Macaroni	<u>Main Line</u> SEE SPECIAL CAJUN MENU ATTACHMENT <i>Cucumber & Onion Salad</i> <u>Short Order</u> Grilled Hamburgers Grilled Cheese burgers Grilled Ham & Cheese Grilled Cheese Chili Baked Beans Hotdogs Pizza Egg Rolls Waffle Fries & Onion Rings <u>DINNER</u> Hamburger Yakisoba Five Spice Chicken	<u>Main Line</u> Fried Chicken Herb Baked Chicken BBQ Chicken Fried Catfish Baked Macaroni & Cheese Candied Sweet Potatoes Collard Greens Corn on the Cob <i>Potato Salad</i> <u>Short Order</u> Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Cornbread Baked Beans Corndogs Pizza French Fries & Onion Rings <u>DINNER</u> Meatloaf	<u>Main Line</u> Rotisserie Chicken Shepards Pie Mashed Potatoes Red Beans with Rice Sautéed Spinach Mixed Vegetables <i>German Tomato Salad</i> <u>Short Order</u> <i>Turkey Reuben Sandwiches</i> Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Chili Baked Beans Hotdogs Pizza Steak Fries & Onion Rings <u>DINNER</u> Savory Baked Chicken Salisbury Steak

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

April 10, 2018



CAJUN DAY MENU

Cajun Ten Commandments

1. Jus' be one God...and dat' all.
2. Don't pray to nobody else; jus' God.
3. Don't be cussin' nobody, 'specially the Good Lord.
4. When it be Sunday... get yer hide to God's House.
5. Don't be killin' no one... duck an' fish, dat's okay.
6. Listen to yer' mamma an' poppa.
7. Sleep wit' jus' each uttar. No cheatin'.
8. Don't take nuttin' from nobody.
9. Always told da' whole troat.
10. Don't go wantin' somebody's stuff.

ENTREES

Chicken & Sausage Gumbo

Shrimp Po'Boys

Roasted Cajun Turkey Breast

STARCHES

White Rice

Dirty Rice

Garlic Cheddar Grits

VEGETABLES

Creole Corn

Greens

DESSERTS

Lemon Pie

Caramel Bread Pudding

Shortbread Cookie with Chocolate Icing

SPECIALTY SALAD

Cole Slaw

