



Joint Base Myer
Henderson Hall
America's Post

Serving Forts Myer and McNair, and
Henderson Hall
March 2, 2021

home.army.mil/jbmhh



JBM-HH E-NEWSLETTER

Fort Myer / Henderson Hall / Fort McNair



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For daily JBM-HH
updates check out
www.facebook.com/jbmhh

Get the latest news,
including the virtual
Pentagram Thursdays at
home.army.mil/jbmhh.

New

Support Army Emergency Relief efforts

Joint Base Myer-Henderson Hall has kicked off its annual Army Emergency Relief campaign that will run until May 15.

The nonprofit organization was established in 1942 to aid Soldiers and their Family members in emergency financial situations due to no fault of their own. Financial help is given in the form of an interest-free loan, grant, or combination of the two. Loans are repaid by military pay allotment.

Active duty Soldiers and retirees can donate through an allotment and everyone else can donate on the AER website at www.armyemergencyrelief.org. When using the website, a person needs to use section code 08076 so the joint base receives credit for the donation. Donations can also be made by mailing a check to AER headquarters at AER 2530 Crystal Dr., Suite 13161, Arlington, VA 22202.

If a Family has a financial need, the Soldier should call Trina Reliford at (703) 696-8435. If there isn't an answer, please leave a message and Reliford will return the call by the end of that same day. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount.



All new

Commissary closed March 9 and 10

The Fort Myer Commissary will be closed Tuesday, March 9 and Wednesday, March 10 for formal inventory checks. To find an alternative store near you during this time, visit <https://commissaries.com/>.

The Defense Commissary Agency continues to place limitations of two packages only, on the following categories: paper towels, toilet paper, napkins, facial tissue, paper plates, household cleaners and disinfectants, sanitizers and dish soaps. These limitations will stay in place until further guidance is provided or the direction has been rescinded.

While shopping, look out for the Dietitian Approved Thumb, the commissary's new way of helping you quickly identify items in the store to improve the nutrition quality of your diet.

The commissary continues to carefully follow social distancing guidance measures, allowing a limit of 65 people in the building at a time. Patrons are reminded that the Fort Myer Commissary is not recycling bags at this time and leaving used bags at the store is not permitted.



Sexual Harassment/Assault Response and Prevention (SHARP)



Virtual Training Sessions

Virtual SHARP Training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

JBM-HH supervisors have been provided a list of SHARP virtual training opportunities through May. If you have not received this list, contact your supervisor, or reach out to your SHARP representative.

JBM-HH civilian employees in need of SHARP assistance or training should email Felicia Brice at felicia.l.brice.civ@mail.mil. Soldiers assigned to Fort Myer should reach out to Sgt. 1st Class Michael Patrick at michael.b.patrick14.mil@mail.mil.

If you need support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential,



Anonymous
support for sexual assault survivors in the military.



safehelpline.org | 877-995-5247



JBM-HH

Virtual Town Hall

With leaders on the joint base

Join us at 1 p.m. March 11

www.facebook.com/jbmhh

JBM-HH Town Hall March 11

New

The next JBM-HH Virtual COVID-19 Town Hall is set for 1 p.m. Thursday, March. 11. Town Halls are currently scheduled to take place biweekly.

Go to the JBM-HH Facebook page at <https://www.facebook.com/jbmhh> to ask questions in advance and to view the live-stream the day of.

You may also ask questions anytime by reaching out by email to the public affairs office at usarmy.jbmhh.asa.list.pao-all@mail.mil.



Visit us at our new digital home:
<https://home.army.mil/jbmhh>

Important JBM-HH face mask update

Effective immediately, in accordance with the Secretary of Defense guidance, all individuals on JBM-HH will wear face coverings and masks at all times other than at home, following the most current CDC guidelines. Individuals must wear face masks continuously while on JBM-HH **except:**

- (1) when an individual is alone in an office with floor-to-ceiling walls with a closed door;
- (2) for brief periods of time when eating and drinking while maintaining CDC distancing guidance;
- (3) when the mask is required to be lowered briefly for identification or security purposes;
- (4) when necessary to reasonably accommodate an individual with a disability.



Keep
JBM-HH
safe



Distance



Masks



Hygiene

Rader COVID-19 vaccination update



2021 ANDREW RADER U.S. ARMY HEALTH CLINIC COVID-19 VACCINATION CAMPAIGN



Who: Patients aged 75 and older who **receive primary care** at Rader Clinic

What: COVID-19 Vaccine (Moderna)

Rader Clinic is currently providing the Moderna vaccine in line with the Department of Defense population phases. We are currently in **phase 1b** vaccinating patients aged 75 and older who **receive primary care** at Rader Clinic.

To schedule an appointment please visit www.tricareonline.com or send a secure message to your provider through Tricare Online at www.tolsecuremessaging.com.

Please note, vaccine administration is **NOT** occurring within Rader Clinic at this time. Those 75 and older **AND ENROLLED** at Rader Clinic for primary care can expect to receive a letter via U.S. postal mail, an automated phone message with additional information on where to go to receive your vaccine. This information will also be provided at the time of booking.

Second dose of the vaccine will only be provided to those who received first dose with Rader Clinic.

For the most up-to-date information on the Rader COVID vaccination clinic, please use the COVAX automated hotline at (703) 696-2994.

Updates from
**Rader
Clinic**



The Andrew Rader Clinic is open Monday through Friday from **7:30 a.m. to 4 p.m.**

The following services close at 3:30 p.m. Monday through Friday: pharmacy, laboratory, radiology, and COVID-19 testing.

We are closed the first Wednesday of every month for required training, and all federal holidays.

All new



Honoring Womens History Month

March is National Womens History Month. During this observance, the Army pays tribute to the contributions of women in the building of this great nation.

Women help make us the finest fighting force in the world, and Army leadership will continue to shape policy that ensures the force of the future remains so.

Henry and Ceremonial gate updates

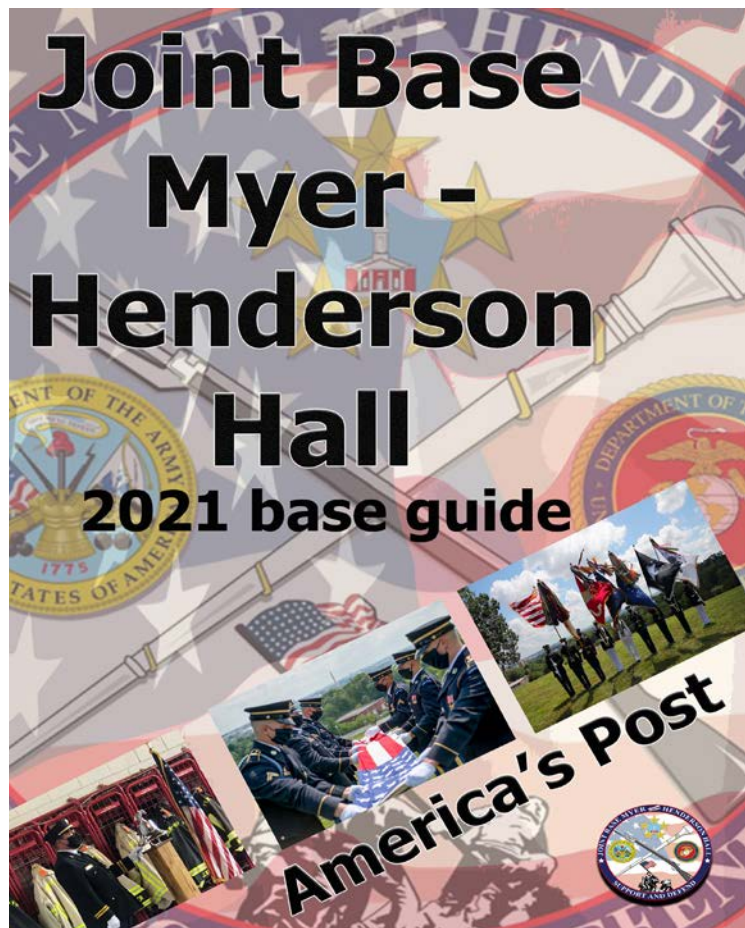
The Henry Gate pedestrian portal will be closed for updates Wednesday, March 3 from 9 a.m. to 1 p.m. Apart from this period, Henry Gate is operational.

Individuals must activate CAC cards for portal access yearly. If you recently received a new CAC, you must reactivate your Henry Gate access by going to the Visitor Control Center. The VCC is open from 6 a.m. to 5 p.m. Monday through Friday and Saturday from 10 a.m. to 3 p.m. If you are having issues with the portal, call the MPs at (703) 588-2809.

The Fort McNair Ceremonial Gate pedestrian turnstile is still inoperable at this time. Servicing is scheduled for Wednesday, Mar. 3. Updates will be provided as they become available.

2021 digital base guide

The digital base guidebook is here! Visit home.army.mil/jbmhh and click the 2021 Guidebook icon.



New



Join us on Teams



3 March 2021

@1300

RSVP

<https://www.surveymonkey.com/r/WQDXLLP>

Uniformed Services University

“America’s Medical School”

Presented by
 Tyrone Willis, MBA
 Recruiter Diversity Officer
 Office of Associate Dean of Clinical Affairs
 Uniformed Services University
 Bethesda, MD 20814



How do I become a military medical officer?

Health Profession Scholarship Program (HPSP)

- No Tuition Cost
- Unlimited Career Potential

Uniformed Services University (USU)

- USU’s Graduate Programs
- Over 15 programs (PhD & Master’s)



What type of physicians do we train?

- Family Medicine to Neurosurgery
- 20+ Medical Specialties/Sub-specialties



RSVP
<https://www.surveymonkey.com/r/WQDXLLP>
 Scan the QR code and see our Facebook page for login info



JBM-HH tax center 2021 changes

The JBM-HH Consolidated Tax Center opens Tuesday, Feb 16. The service will be remote in compliance with Centers for Disease Control and Prevention COVID-19 social distancing guidance. The service will be available only to active duty and reservists who have been on active status for the past 30 days or longer, and Gold Star Families.

To participate, customers need a .mil account. Gold Star Families without a .mil account are an exception to the requirement. Contact can only be made through the tax center's .mil email address at usarmy.jbmhh.mdw.mbx.legal-taxcenter@mail.mil.

Prior to an appointment, the IRS Volunteer Income Tax Assistance form Form 13614 must be completed. The form can be found on the center's Facebook page at <https://www.facebook.com/MYERTAXCENTER>.

Based on IRS publications 4491 and 4012, and due to budgetary and personnel constraints, the below bullet points are out of scope for the tax center.

People with any of the following issues cannot be seen at JBM-HH and it is recommended for them to seek civilian professional tax assistance.

- Taxpayers not on active duty status
- Taxpayer is an lieutenant colonel with over 15 years of service

or higher

-Taxpayers with gross income of greater than \$100,000

-Income and expenses related to paid household employees

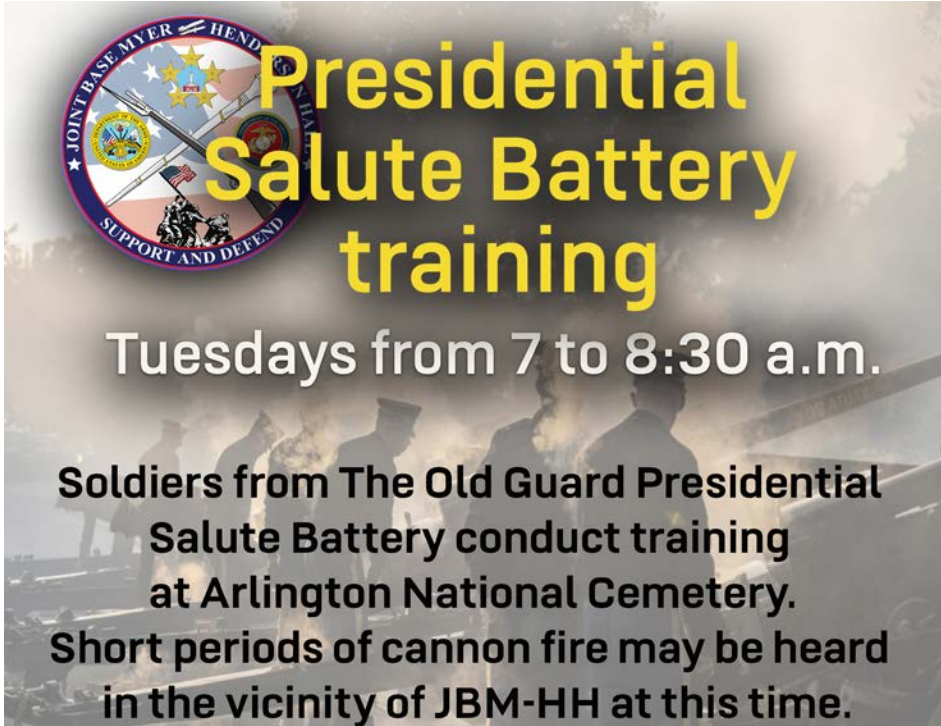
-Taxes related to business or self-employment including home-based businesses (with the exception of on-post child care providers and Lyft/Uber drivers), such as:

- Expenses for employees or 1099
- Use of home as a business
- Actual vehicle expenses costs – not mileage
- Depreciation of business assets
- Entity issues – partnerships, S corporations, LLCs
- Capital gains and losses issues
- Any partnership schedule or Form 1099 K
- Self-employment insurance deductions
- Inherited property from a person who died before 2010 (unless

the taxpayer knows the basis)

- Sale of home if ever used as rental property
- More than one rental property
- Retirement IRA rollovers which are not tax free
- Retirement ROTH IRAs with excess contributions
- Non deductible traditional IRA contributions
- Foreign income or foreign tax credits over \$300
- More than 10 stock market transactions
- Non cash charitable contributions exceeding \$500
- Adoptions

JBM-HH only prepares tax returns for the 50 states. JBM-HH reserves the right not to prepare a tax return that we feel we are not trained to do, even if the same return was prepared here in a prior year. We reserve the right to not prepare a tax return that is incomplete or inaccurate.



Presidential Salute Battery training

Tuesdays from 7 to 8:30 a.m.

Soldiers from The Old Guard Presidential Salute Battery conduct training at Arlington National Cemetery. Short periods of cannon fire may be heard in the vicinity of JBM-HH at this time.

Attention JBM-HH employees

**Sign up for or update
ALERT! messaging**

Go to
<https://alert.csd.disa.mil/SelfServiceDOD/>

JBM-HH uses the "ALERT!" system to push mass warnings and notifications to Soldiers, civilian personnel and contractors. To be effective, ALERT! requires your updated contact information. If you are unable to self-register, please contact your emergency management coordinator for assistance.

Cemetery Metro closure

The Addison Road and Arlington Cemetery Metro station are closed for platform reconstruction and station improvements.

The work will continue through Sunday, May 23, to allow for platform reconstruction and other station improvements, including the installation of more energy-efficient LED lighting, slip-resistant tiles and new digital signage to improve customer communication.

Shuttle buses will replace trains at the two closed stations for the duration of the project, with no Blue Line service. Additional Yellow Line trains will operate from Franconia-Springfield to Mt Vernon Square; however, weekend service adjustments may be necessary due to other scheduled track work.

For more information, view the full news release at <https://www.wmata.com/about/news/Spring-platform-reconstruction.cfm>.

Community weather alerts

Make sure you get the latest winter weather information for the joint base. Download the Digital Garrison App, select JBM-HH as your home installation and enable push notifications.

To enable push notifications, open the app and change your installation to JBM-HH (location icon underneath your name), secondly select the notification bell in the upper left corner, thirdly click the settings wheel in the upper right corner, then click on push notifications and select installation notifications, lastly click the 'I agree' box at the bottom.



Commuting during winter weather


During winter weather, DOD shuttles servicing the Pentagon and Mark Center will operate based on the Office of Personnel Management operating status. For example, if the OPM operating status is two hours delayed arrival, the DOD shuttle schedule will also be under a two-hour delay. Shuttle schedules and frequency may be further adjusted based on road conditions.

During the COVID-19 pandemic, additional service changes may apply. Updates will be shared on the Washington Headquarters Services' Transportation Management Program Office website and social media

Station Closures

February 13 – May 23, 2021



- Arlington Cemetery
- Addison Rd
-  Service temporarily suspended

Learn more at [wmata.com/platforms](https://www.wmata.com/platforms)

Updated

JBM-HH on site services

JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.

To view service updates, including weather related service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhrso/> or email the Religious Support Office at usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil.

To register for Catholic Mass, contact the Catholic coordinator by email at info@jbmhhmcc.com.

Catholic Mass

Saturday, March 6 at 5 p.m. and Sunday, March 7 at 8:30 a.m.

Protestant Service

Sunday, March 7 at 10:30 a.m.

Gospel Service

Sunday, March 7 at 12:30 p.m.

Samoan Service

Held only the first Sunday of every month at 2:30 p.m.

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow, by email at saralyn.astrow.ctr@mail.mil or phone at (703)-806-3393.

JBM-HH virtual services

The JBM-HH Religious Services Office now streams the following Sunday services via the JBM- HH Religious Support Facebook page.

The page is free to access online at www.facebook.com/jbmhrso.

8:30 a.m. Catholic Mass
10:30 a.m. General Protestant
12:30 p.m. Gospel Service.

WORSHIP ONLINE

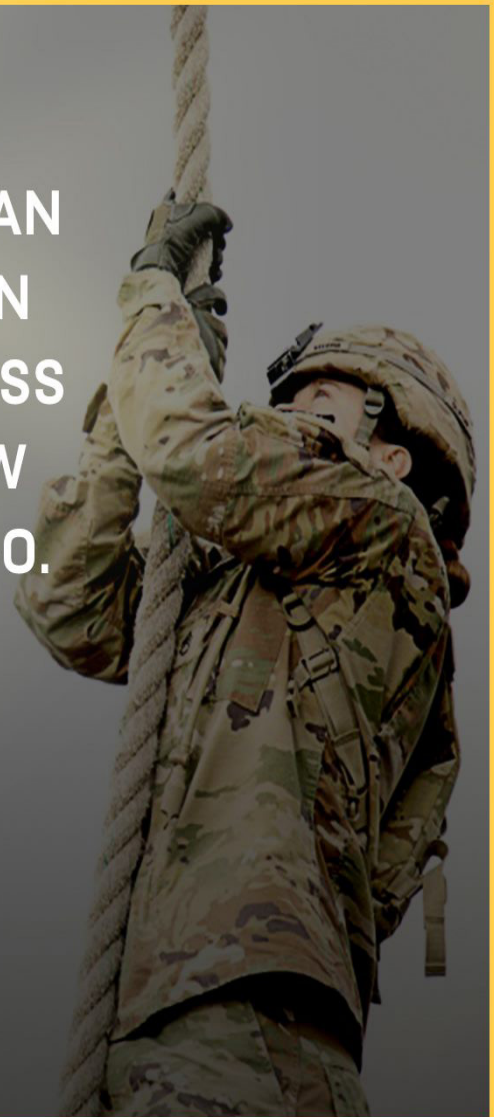
Check your local Religious Support Office page for links and times near you.

YOUR
HARDSHIPS CAN
ALWAYS TURN
INTO HAPPINESS
IF YOU ALLOW
THEM TO DO SO.

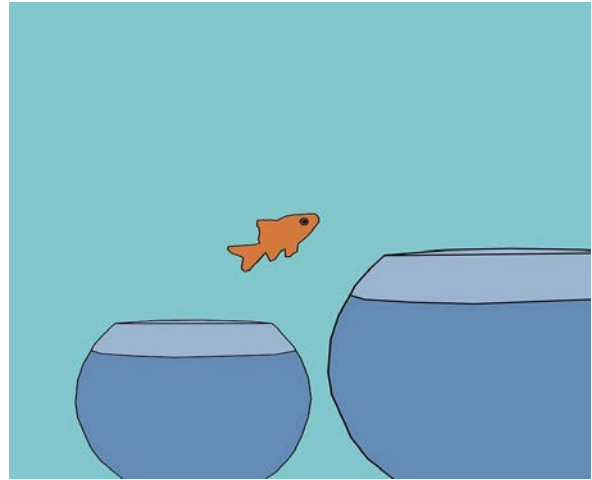
JAMIE ALDERTON



#MotivationMonday



Army Community Service Family Advocacy Program March 2021



Event: Virtual Baby Bundles

Date: Scheduling upon request by **expecting** Family

Place: Virtual Platform/Telephonic

Call for more information or to schedule (571) 550-9052

Description: Prepare your home and relationship for the changes that are needed when your baby arrives. A brief overview of the labor and delivery process, newborn care, and baby proofing your home will be discussed. Individuals will receive a gift bag of free baby care and safety items.

Event: Virtual Play Morning

Date: Thursdays, March **4 through 25**

Time: 10 **to** 10:30 a.m.

Place: Virtual Platform (Webex)

Call for more information or to register (571) 550-9052 or (703) 614-7208

Description: Join the Fort Myer **and** Henderson Hall New Parent Support Program every Thursday morning for sing along and story time for preschool children **up to** 5 years old.

Event: Anger Management 101

Date: **March 9**

Time: 11 a.m. **to** 1 p.m.

Place: Virtual Platform (Teams)

Email **Megan Read** for more information or to register **at** megan.w.read.ctr@mail.mil

Description: Individuals will receive information on emotions management and the impact of unmanaged anger, as well as the basics of identifying stressors in their life and how to create their own anger management plan. Registration required.

Event: Conflict Resolution

Date: **March 17**

Time: 11 **a.m. to** 1 p.m.

Place: Virtual Platform (Teams)

Email for more information or to register: megan.w.read.ctr@mail.mil

Description: Learn how to identify conflict and ways to manage it in the future.

Event: Stress Management

Date: March **24**

Time: 11 a.m. **to** 1 p.m.

Place: Virtual Platform (Teams)

Email for more information or to register: megan.w.read.ctr@mail.mil

Description: Individuals will receive information on emotions management and the impact of unmanaged stress as well as the basics of identifying stressors in their life and how to create their own stress management plan. Registration required.

Joint Base Myer - Henderson Hall Family Advocacy Program jbmhh.armymwr.com



JBM-HH remains at HPCON Bravo

The U.S. Army Military District of Washington commanding general announced conditions are now appropriate to transition to Heath Protection Condition Bravo. In response, Joint Base Myer-Henderson Hall will implement its phased recovery plan in close coordination with the Military District of Washington and the Andrew Rader U.S. Army Health Clinic.

Please continue to follow the joint base commander's policy regarding the use of face coverings and maintaining social distancing. We will continue to monitor the trend of positive cases, the capacity to test, ability treat, and to conduct contact tracing within the National Capital Region.

Status of JBM-HH gyms

Updated

The Smith Gym is now open to active duty on weekends from 8 to 11 a.m. and noon to 2 p.m. The gym continues to be open Monday through Friday from 5 to 7:30 p.m., 11 a.m. to 1 p.m., and 4 to 6 p.m. The locker rooms at Smith Gym have reopened for active duty only. Zembiec Pool is closed due to an issue with the dome heating system in the facility.

Forts Myer and McNair Fitness Centers are now open for all eligible patrons. To ensure the safety of patrons, the showers and lockers in these facilities are closed at this time.

All patrons must wear masks at all times in all JBM-HH gyms, to include active exercise. Occupancy at both gyms is limited to 50 patrons at a time on a first-come, first-served basis.

The Fort Myer Fitness Center is open Monday, Wednesday, and Friday from 5 to 7:30 a.m., 11 a.m. to 1 p.m., and 4 to 6 p.m. The Fort McNair Fitness Center is open Monday, Wednesday, and Friday from 5 to 10 a.m. The Patton Hall Pools remain closed.

Updates on the status of the gyms will continue to be shared at the JBM-HH Virtual COVID-19 Town Halls and at www.facebook.com/jbmhh and home.army.mil/jbmhh.

Food Court closed

At this time, the AAFES Food Court dining area remains closed. Food options are still be available for takeout. Masks and social distancing are required.

SAFETY STARTS WITH YOU

JBM-HH Guidelines for reporting injury or illness

Your safety is our priority!
Please report accidents or injuries to the JBM-HH Installation Safety Office by phone at (703) 696-0828 or by email at: usarmy.jbmhh.asa.mbx.iso@mail.mil

What is a work-related injury or illness?
An injury or illness must be considered a work-related event or exposure if the work environment either caused or contributed to the resulting condition, or the event significantly aggravated a preexisting injury or illness.

When to report an accident or incident:
The Occupational Safety and Health Administration and Army Regulation AR 385-10 requires organizational leaders to report any unplanned event, accident or illness, of military and DA civilian personnel (AF and NAF) to the Installation Safety Office that results in:
• Death (Class A)
• Days away from work (Class B/C)
• Restricted work or job transfer (Class C)
• Medical treatment beyond first aid (Class D)
• Loss of consciousness (Class C)
• Any significant injury or illness diagnosed by a physician or other health care provider (Class D or higher)
• Property damage greater than \$5,000 (Class E or higher)

Accident Notification and Reporting:
Personnel involved in or aware of an accident, injury or illness must report it immediately to the supervisor or person directly responsible for the operation, material, or person involved.
Supervisors or leaders will report an accident, injury or illness to the JBM-HH Installation Safety Office within one hour of being notified of the event or immediately after it is safe to do so.

The Installation Safety Office is required to capture all reported, work-related events on the organization's OSHA 300 log within seven working days of being notified of the event. All Army Class A, B and C incidents must be reported immediately to the U.S Army Combat Readiness Center for both military and civilian personnel.

If the event results in the death of a civilian employee, the organization must report the fatality to OSHA within eight hours of the event taking place for civilian personnel.

If the event results in the in-patient hospitalization of one or more employees, an amputation, or loss of an eye, the organization must report the event to OSHA within 24 hours of the event taking place.

How to report a work-related injury or illness:
Immediate or initial notification of a work-related injury, illness, or Army accident can be made by phone or email to the ISO. If the event triggers a Commander's Critical Incident Report, all notifications shall also be made per CCIR notification and reporting requirements in addition to reporting the event to the ISO.

The Army Ground Accident Report: Shall be used to report all recordable military and Army civilian incidents. A fillable AGAR Form can be at: <https://armypubs.army.mil/ProductMaps/PubForm/DAForm.aspx>

All AGARs shall be completed by the supervisor of the impacted employee and submitted to the ISO within seven working days from the date the incident occurred.

Federal Employee's Compensation Act:
All Federal employees or contractors who have sustained a work-related injury or illness should file a claim for benefits if eligible based of employment status.

Appropriated Fund Employees can directly file under the FECA Employee Compensation Operations and Management Portal. Once an employee has filed a claim, their supervisor will be notified directly by the ECOMP portal. Employees are required to report all incidents regardless of a claim being file.

Non-Appropriated Fund Employees can file under the Contract Claims Services, Inc. website. NAF employees are also required to notify their supervisor in the event of an incident. Management will collect employee information and file a claim for the employee through the CCSI website.

AF: WWW.ECOMP.DOL.GOV / NAF: WWW.CCSAPPS.COM

Army Accident and Incident Classification:
An Army accident is defined as an unplanned event, or series of events, which results in one or more of the following:
• Occupational illness to Army military or DA civilian personnel
• Injury to Army military on or off duty
• Damage to Army property
• Damage to public or private property and/or injury or illness to non-Army personnel caused by Army operations.

Accident classes are used to determine the appropriate notification, depth of investigation and reporting procedures. Army accident classifications are as follows:
Class A
• An injury or occupational illness which results in a fatality or permanent disability.
• An Army aircraft is destroyed, missing, or abandoned
• Property damage resulting in \$2 million or more
Class B
• When one or more personnel are hospitalized as in patient as a result of a single occurrence.
• An injury or illness the results in a permanent partial disability
• Property damage resulting in \$500,000 to less than \$2 million.

Class C
• An injury or illness that results in a temporary disability of any kind and/or is a days away from work case.
• Property damage resulting in \$50,000 to less than \$500,000.
Class D
• An injury meeting the requirements of an OSHA recordable case that does not result in death, disability or days away from work.
• Property damage resulting in \$20,000 to less than \$50,000.
Class E
Property damage resulting from a ground accident of \$5,000 to less than \$20,000

COVID-19 OSHA-Recordable:
If an employee has contracted COVID-19 the employer must make "reasonable" efforts to take into account all available evidence to determine if the illness was contracted at work.

• Employers should ask the employee how they think they contracted the COVID-19 illness, discuss the out-of-work activities, and review the employees work environment for potential exposure.
• Evidence in the work area that the employee contracted the illness at work:
○ Confirmed close contact with a positive or potentially positive COVID-19 case while at work.
○ Lengthy and frequent exposure to the general public with ongoing community transmission
• Evidence that the employee did NOT contract the illness at work:
○ The employee has had close contact with someone who (1) has COVID-19; (2) is not a coworker, and (3) exposes the employee during the period in which the individual is likely infectious.
○ Is the only employee to contract COVID-19 in their vicinity and the job duties do not include having frequent contact with the general public, regardless of the rate of community spread?

If, after the reasonable and good faith inquiry described above, the employer cannot determine whether it is more likely than not that exposure in the workplace played a causal role with respect to a particular case of COVID-19, the employer does not need to record that COVID-19 illness.

TH:NK SAFETY



Civilian leave assist

JBM-HH Directorate of Operations employee Johanna E. Martinez, Directorate of Emergency services employee Marla A. Curry and Directorate of Public Works employees Huey Vample, Wanda Scott and Lisa Barnes have been approved to receive leave under the Volunteer Leave Program.

Department of the Army

civilian employees who would like to donate annual leave can fill out form OPM630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at www.opm.gov/forms/pdf_fill/opm630a.pdf.

For 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 Voluntary Leave Transfer Program (Outside Agency)," at www.opm.gov/forms/pdf_fill/opm630b.pdf.

Please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at maribel.rodriguez.civ@mail.mil.

Workforce Development Training



March 2, 2021, 8:30 to 10 a.m.
Virtual via Microsoft Teams

Team Silos and Turf Wars: Going from a Me to We Mindset
Mr. James Bird Guess, International Success Academy

June 10, 2021, 8:30 a.m. to 4 p.m.
Face to Face (tentative)

FERS Retirement Planning Seminar
Planning, Inc.

July 20, 2021, 8:30 a.m. to 3:30 p.m.
Face to Face (tentative)

Leading From the Middle
Mr. James Bird Guess, International Success Academy

Sept. 8, 2021, 8:30 a.m. to 3:30 p.m.
Face to Face (tentative)

Excuses, Blame and Unmet Expectations
Mr. James Bird Guess, International Success Academy

Training is open to all JBM-HH civilian employees.

To register, please contact the workforce development office specialist Kathy Feehan at (703) 696-3520 or by email at kathryn.k.feehan.civ@mail.mil.



Commissary

At the beginning of the COVID-19 pandemic the Defense Commissary Agency experienced a high volume of traffic to our stores. For that reason, DeCA implemented a no visitors or guest policy. We no longer have the high volume of foot traffic. Therefore, effective immediately, DeCA will allow guests/visitors back in our stores.

Patrons are now allowed to bring reusable bags from home, on the condition that those using reusable bags package their groceries at check out. Patrons are reminded that the Fort Myer Commissary is not recycling bags at this time and leaving used bags at the store is not permitted.

The commissary is carefully following social distancing guidance measures, allowing a limit of 65 people in the building at one time. For the safety of customers and employees, face coverings are required.

The hours are Monday to Friday from 8 a.m. to 7:30 p.m., Saturday from 8 a.m. to 6:30 p.m. and Sunday, from 8 a.m. to 6 p.m. Customers are encouraged to minimize the use of cash to help reduce the spread of germs.

Curbside pick up ends at Marine Corp Exchange

The Henderson Hall Exchange has announced that the curbside pick-up program is no longer available. The Marine Corps Exchange remains open for in-person shopping.

The MCX continues to protect the health and safety of Marines, their Families and all customers and employees. For assurance the MCX has instituted measures including:

- Enhanced cleaning protocols
- Mandatory face coverings for all employees and patrons
- Plexishields at all point of sale locations
- Social distancing requirements of 6 feet apart
- Sanitation stations at entrances and elevators

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open. The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third

floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service remains open.

For more information, visit <http://www.mccshh.com/mcx/>.

Destress with Henderson Hall

Stressful situations, if not dealt with effectively, can contribute to mental and physical health problems. Henderson Hall has produced a eight session video series to help members reduce their stress levels by teaching healthy coping strategies and increase support from peers and leaders. Watch the first session at <https://www.facebook.com/mccsHH/videos/146377853890954>.



STAY VIGILANT
 Report concerns to Base Defense Operations
 Usarmy.jbmhh.id-sustainment.mbx.dptms-bdoc@mail.mil
 (703)696-5113/5662 **Together, keeping JBM-HH safe.**
 Dial 911 in emergencies. For non-emergency dispatch, call (703)588-2800/2801.



Don't Be a Passive BYSTANDER



If you See Something Suspicious, REPORT IT!

In most cases, concerning behavior was observed BEFORE an attack.

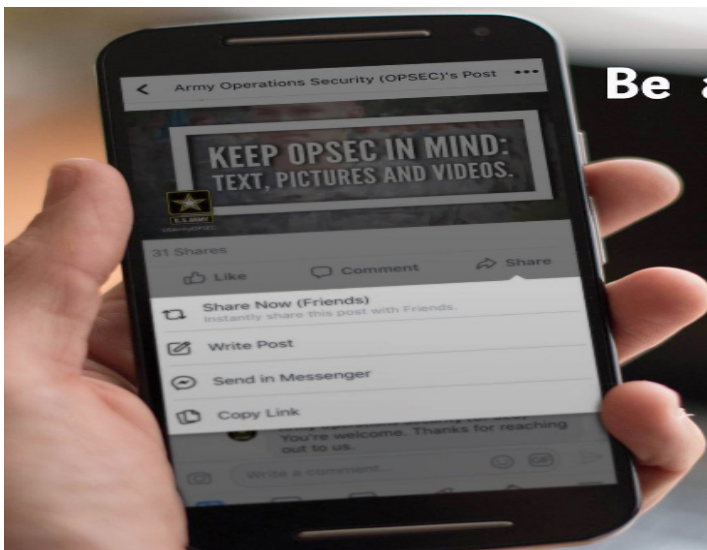


See something say something

How to report suspicious activity:

iSALUTE is an Army counter-intelligence reporting program to prevent espionage, sabotage, subversion, and international terrorism. iSALUTE seeks Army-wide community support to report threat incidents, behavioral indicators, and counterintelligence matters that are potential indicators of espionage, terrorist-associated insider threat, and extremist activity. Visit the iSALUTE website at <https://www.inscom.army.mil/isalute>

iWATCH Army is a community program to help protect Army communities from terrorist activities. Any member of the Army community can report behaviors and activities that make them feel uncomfortable and do not look right (suspicious behaviors). iWATCH Army is a program and partnership between the community and the local Military Police/law enforcement. Visit the iWATCH Army website at <https://iwatcharmy.org/index.html>.



Be aware of what you share.

Sharing info from official Army accounts is safe. Be careful sharing from other sources.

Keep OPSEC in mind when you share information on- and offline.

Sharing a post, picture or video may reveal too much information about you and others.



Joint Base Myer-Henderson Hall Dining Facility



March 1 to 5

Breakfast \$3.65 Lunch \$5.85 Dinner \$5.10 Brunch \$6.55 Supper \$8.00

Daily Breakfast Menu

Fried Eggs and Omelets to Order - Scrambled Eggs - Hard Boiled Eggs - Pork Bacon - Pork Sausage - Turkey Bacon - Corn Beef Hash - Home Fried Potatoes or Shredded Hashbrown - Oatmeal - Creamed Beef w/ Biscuits or Croissants - Waffles, French Toast, or Pancakes - Breakfast Burrito Bar (Tuesdays) - Fresh Fruit Assorted Breakfast Pastries

Daily Short Order Menu

Grilled Hamburgers - Grilled Cheeseburgers - Grilled Cheese - Grilled Cheese - Chili-Baked Beans - Hot Dogs One Short Order Specialty Item (i.e. Pizzas, Chicken Tenders, Quesadilla, etc.) Sandwich Bar

Main Menu

Monday

Chicken Alfredo - Beef Porcupines - Baked Salmon w/ Herb Vinaigrette - Noodles Jefferson - Italian Roasted Potatoes - Stew Tomatoes - Sautéed Asparagus - Italian Pasta Salad - Pizza Bar - Garlic Bread sticks Cheesecake with Strawberry Topping - Oatmeal Raisin Cookies - Yellow Cake w/ Chocolate Icing - Pudding

Tuesday

Spanish Style Casserole - Pork Chops Mexicana - Spicy Baked Fish - Aztec Rice - Hacienda Potatoes - Corn O'Brien - Steamed Broccoli - Macaroni Salad - Chicken Quesadilla - Mexican Cornbread - Cherry Pie Chocolate Cake w/ Chocolate Icing - Sugar Cookies - Jell-O

Wednesday

Oriental Pepper Steak - Firecracker Chicken - Shrimp Stir Fry - Garlic Fried Rice - Lo Mein Noodles - Fried Cabbage - Oriental Mixed Vegetables - Cucumber and Onion Salad - Hibachi Bar - Vegetable Egg Rolls Apple Pie - White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing - Jell-O

Thursday

Barbecue Spare ribs - Savory Baked Chicken - Southern Fried Cat Fish - Baked Sweet Potatoes - Macaroni & Cheese - Collard Greens - Corn on the Cob - Mustard Potato Salad - Cornbread Muffins - Peach Pie Peanut Butter Cookies - Banana Pudding

Friday

Curry Chicken - Caribbean Stew Beef - Fried Plantains - Millers Thyme Rice - Jamaican Rice & Peas Steamed Carrots - Mixed Vegetable - Fruit Salad - Dinner Rolls - Lemon Meringue Pie - Chocolate Chip Cookies - Angel Food Cake - Jell-O