



# JBM-HH E-NEWSLETTER

Fort Myer / Henderson Hall / Fort McNair

SEE something  SAY something

## See something, say something

Physical security is everyone's responsibility. We ask you to stay especially vigilant and remember to report any suspicious activity to the JBM-HH watch desk at (703) 588-2801.

## AER kickoff Thursday

On Thursday, March 5, the JBM-HH community is invited to the kickoff of Army Emergency Relief, in the base dining facility's VIP room, Bldg. 404 from 11:30 a.m. to 1 p.m.

## Welcome back USO



Renovations to the Old Guard USO lounge are complete. Service members are welcome to visit the lounge in the JBM-HH Community Center on the Fort Myer portion of the joint base.

## McNair extension roving lane closure

There will be a roving temporary lane closure on the McNair road extension from Marshall Drive to Biddle Lane to complete the ANC fence project on the Fort Myer portion of the joint base. Temporary lane closures will occur Mondays to Fridays through Friday, March 27, from 7 a.m. to 3 p.m. Travel lanes will be open and unobstructed on nights and weekends. The pedestrian path will remain open. Temporary lane closures will be approximately 400 feet long or less to ensure traffic control visibility and vehicular safety. Temporary lane closures will begin near Marshal Drive and move toward Biddle Lane and the Old Post Chapel.



## DAYLIGHT SAVING

Spring Forward 1 Hour  
this Sunday, March 8, at 2 am



March 3, 2020

## Tax Center open for active duty, opens for retirees Feb. 18

By JBM-HH Tax Center

The Joint Base Myer-Henderson Hall Tax Center is now open for preparing and filing federal and state income tax returns. The services are open to eligible active duty service members, military retirees, and authorized dependents.

The JBM-HH Tax Center will be available for simple tax returns on the second floor of Bldg. 205, 101 Bloxon St., Fort Myer, Virginia. Operated by the U.S. Army Military District of Washington, the JBM-HH Tax Center service is by appointment only. **Please be aware that the 2020 JBM-HH Tax Center will operate differently from years past.** Due to reduced manpower and limited resources, the JBM-HH Tax Center has limited the scope of services in order to provide as many complete and accurate tax returns for as many eligible customers as possible. We sincerely apologize for the inconvenience and appreciate your understanding. We appreciate all our loyal customers over the years. It is was a difficult decision to limit services.

The Tax Center began preparing taxes Feb. 3 for active duty service members and their authorized dependents only. It opened to retirees Tuesday, Feb. 18 and will continue to serve all aforementioned customers through April 15. The center will be open Monday through Friday from 8:30 a.m. to 4 p.m. Customers will be seen by appointment only. Unlike years past, **the Tax Center will no longer be seeing customers on a walk-in basis.** By moving to an appointment only system, the Tax Center hopes to cut down on long wait times and customers making the

drive to Fort Myer only to be told they cannot be seen that day. Appointments will be available every day the JBM-HH Tax Center is open. Customers can call and schedule an appointment at (703) 696-1040. Customers can check the JBM-HH Consolidated Tax Center Facebook page at <https://www.facebook.com/MYERTAXCENTER> for unexpected changes to opening or closing times.

**Please also note that limitations on the types of tax returns that the Tax Center may prepare have changed significantly since years past.**

Examples of returns that are outside the scope of the JBM-HH Tax Center this tax season include, but are not limited to: more than \$100,000 in combined gross income, more than 10 stock transactions, any foreign income or income from private business activities, more than one rental property (active duty only), and returns to be filed in Puerto Rico. Even if individuals have their taxes prepared at the JBM-HH Tax Center in past years, if individuals have any disqualifying tax situations this year, the Tax Center will be unable to assist them.

Customers must bring their military ID cards, orders to active duty if they are mobilized members of the Guard or Reserve, all income statements, Social Security cards for all Family members, employee identification number for day care providers, all documents supporting deductions and credits, copies of their 2018 federal and state returns and, if applicable, a tax power of attorney or IRS Form 2848.

For more information, please visit the website [https://www.mdwhome.mdw.army.mil/sja\\_nav/tax-center/tax-center](https://www.mdwhome.mdw.army.mil/sja_nav/tax-center/tax-center).

## Coronavirus updates



The Centers for Disease Control and Prevention continues to closely monitor an outbreak of 2019-nCoV in Wuhan

City, China. For more information, visit <https://health.mil/News/In-the-Spotlight/Coronavirus>

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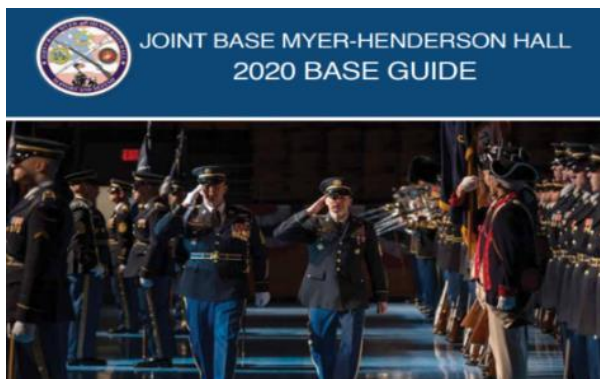
## Old Post Chapel Gate closed for construction

The Old Post Chapel Gate on the Fort Myer side of JBM-HH is closed until spring. During this time all funerals are moved to Memorial Chapel and will use Memorial Gate to access Arlington National Cemetery. There is no access, including pedestrian or personnel, to the cemetery via JBM-HH. All visitors to the cemetery must enter through the ANC Visitor's Center.

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## 2020 guidebook online

The JBM-HH 2020 Base Guide is now available online. Visit [home.army.mil/jbmhh](http://home.army.mil/jbmhh) scroll down and click on the JBM-HH 2020 Base Guide icon.



## Civilian leave assist

JBM-HH Directorate of Public Works employee Lisa Barnes has 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](http://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](http://www.opm.gov/forms/pdf_fill/opm630b.pdf).

For those who wish to donate, 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](mailto:maribel.rodriguez.civ@mail.mil).



## Inspector general visits

The Military District of Washington inspector general has announced a schedule of monthly visits to Fort Myer.

The service is designed primarily for military and government civilian members assigned to MDW units, but anyone is welcome. If you are not assigned to MDW, the inspector general's office can refer you to the appropriate command.

The walk-in visits take place at 102 Custer Rd., Bldg. 203, room 105 Fort Myer, VA 22111. The visits take place from 9 a.m. to 2:30 p.m. Wednesdays, March 4, April 1, May 6, and June 3.

Date of IG Visit	Time	IG representative
Wednesday, March 4	9 a.m. to 2:30 p.m.	Lt. Col. Erica White
Wednesday, April 1	9 a.m. to 2:30 p.m.	Ron Colaninnio
Wednesday, May 6	9 a.m. to 2:30 p.m.	Vicki Moore
Wednesday, June 3	9 a.m. to 2:30 p.m.	Ron Colaninnio

## Military Personnel Division S1 Conference

The Fort Myer Military Personnel Division is hosting a second quarter S1 Conference at the Fort Myer Community Center Thursday, March 12 from 9 a.m. to noon. This event is open to all military and Army civilian human resource professionals in the National Capital Region. For more information contact Douglas Russell at [douglas.a.russell3.civ@mail.mil](mailto:douglas.a.russell3.civ@mail.mil) or Linda Hocking at [linda.r.hocking.civ@mail.mil](mailto:linda.r.hocking.civ@mail.mil).

## Fort Myer Thrift Shop

### Applications for Scholarships

The Fort Myer Thrift Shop has begun accepting applications for the 2020 academic year. 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 this area, retired or deceased. 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 on the Fort Myer Thrift Shop web site at [www.fortmyerthriftshop.org](http://www.fortmyerthriftshop.org) under Scholarships. Applications must be postmarked by March 31, 2020. Questions may be emailed to [scholarshipsfmts@gmail.com](mailto:scholarshipsfmts@gmail.com).

## Fort Myer Thrift Shop 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. Additional information and application forms are available online at [www.fortmyerthriftshop.org](http://www.fortmyerthriftshop.org) under community grants. Requests must be postmarked by April 23. Questions may be emailed to [communitygrantsfmts@gmail.com](mailto:communitygrantsfmts@gmail.com).



March 3, 2020



## ASAP Civilian Substance Abuse Class for FY20



### Drug Free Workplace

The first Wednesday of every month from  
1 p.m. to 3 p.m., Bldg. 230, ASAP Classroom

May 6	Aug. 5	Nov. 4 (FY21)
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### Supervisors' Substance Abuse Prevention

The third Wednesday of every month from  
1 p.m. to 3 p.m., Bldg. 230, ASAP Classroom

May 20	Aug. 19	Nov. 18 (FY21)
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**All JBM-HH Soldiers looking to fulfil Army Substance Abuse Program annual training requirements should consult the schedule**



## ASAP Prevention Classes for FY20



### Prime for Life

Tuesday to Wednesday, from 8 a.m. to 3 p.m., Bldg. 230, ASAP office conference room

(five Soldiers minimum)

April 14-15	June 9-10	August 11-12	October 13-14 (FY21)
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### Unit Prevention Leader Certification

Monday to Thursday 8 a.m. to 3 p.m., Bldg. 230, ASAP office conference room

(15 Soldiers total)

April 20-23	June 22-25	Aug. 24-27
Oct. 19-22 (FY21)	Dec. 14-17	

**All JBM-HH Army civilians looking to fulfil Army Substance Abuse Program annual training requirements should consult the schedule below.**



## **March ACS Family Advocacy Program**

Below are descriptions of February ACS Family Advocacy Program classes. Unless indicated, courses take place at the JBM-HH ACS classroom, 202 Custer Rd., Bldg. 201 Fort Myer, Virginia. **Unless indicated, registration is required. To register, please call (703) 696-3512.**

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### **Parenting with logic, love**

Parenting with logic and love will be held Thursdays March 5 and 12 from 9:30 to 11:30 a.m. This training will show parents simple and effective strategies for parenting children from birth to young adulthood.

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### **Baby bundles**

Baby bundles training will be held March 18 from 9 a.m. to noon. This training will help parents prepare their home and relationship for the changes that are needed when their baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items.

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## **Stress management**

Stress management training will be held March 9 from 9:30 to 11:30 a.m. During this training individuals will receive information on emotions management and the impact of unmanaged stress as well as the basics to identifying stressors in their life and how to create their own stress management plan.

## **Anger management 101**

Anger management 101 will be held March 26 from 9:30 to 11:30 a.m. 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.

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## **Anger Management toolkit**

Anger management toolkit is a five-session training through March 24 from 9:30 to 11 a.m. This in-depth five session curriculum was designed to help regular people learn coping skills when they find themselves feeling overwhelmed and frustrated more frequently. Together Individuals will explore the physiology of anger and how to express concerns in an appropriate and respectful way. During the training individuals will discuss triggers, coping techniques, assertive communication and self-care.

## **Building strong marriages with JBM-HH Family Life**

The JBM-HH community is welcomed to sign up for a free one day family life enrichment seminar on building strong marriages. The seminar takes place from 9 a.m. to 5 p.m. Saturday, April 4 at the Hilton Alexandria Old Town. The Hilton is located at 1767 King Street, Alexandria, Virginia, 22314.

Childcare will be provided. The event includes refreshments, lunch and dinner. Reservations are limited. To make reservations contact Spc. Ashanti Bracey by phone at (703) 696-7668, or (757) 405-2062 or email at [ashanti.l.bracey.mil@mail.mil](mailto:ashanti.l.bracey.mil@mail.mil).

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## **Gift of singleness white water rafting trip**

Calling all singles! Come join JBM-HH family life in a white water rafting adventure Friday, May 1. Learn how to maximize your singleness as we discuss the importance of personal boundaries. Singleness is your time to become the person you want to be.

Make a reservation as soon as possible as spaces are limited. To make reservations contact Spc. Ashanti Bracey by phone at (703) 696-7668, or (757) 405-2062 or email her at [ashanti.l.bracey.mil@mail.mil](mailto:ashanti.l.bracey.mil@mail.mil). Transportation will be provided. Refreshments, lunch and dinner will be provided. Please be mindful that the bus departs at 7 a.m. at JBM-HH memorial chapel. Please bring a change of clothes.

## **What's your Warrior**

**What's your Warrior? One Set of Values. 150 Ways to Serve.**

This musical celebration of today's diverse Army will be held at Conmy Hall, the large indoor parade field on historic Joint Base Myer-Henderson Hall in Arlington, Virginia, Sunday, March 29 from 3 to 4:30 p.m.

For more information, including how to obtain tickets to the free performance, visit [www.usarmyband.com](http://www.usarmyband.com).



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## **Preretirement briefings**

The 2020 preretirement briefing dates at JBM-HH have been announced. The dates are March 17, April 7, May 5, June 2, July 7, Aug. 4, Sept. 1, Oct. 6, Nov. 3 and Dec. 1

The briefings are being held in the Fort Myer Community Center (Bldg. 405) from 8 a.m. to noon. Preregistration is not required. While a majority of the meetings take place on a Tuesday, please note that the March briefings is not being held on the first Tuesday of the month due to unavailability of facilities.

For more information, contact retirement services officer Linda Hocking by email at [linda.r.hocking.civ@mail.mil](mailto:linda.r.hocking.civ@mail.mil).

March 3, 2020

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## 2020 Mobile DMV

Throughout 2020, the JBM-HH Soldier for Life - Transition Assistance Program will sponsor days with the DMV mobile unit on location. The events run from 9 a.m. to 4 p.m. in the Spates parking lot off McNair Road. This service at Fort Myer will be exclusively for ID card/CAC holders including Family members, retirees, and civilians.

The tentative dates for 2020 are March 18, May 6, July 9, Sept. 16, and Nov. 6.

With the latest technology, the wireless office on wheels offers all DMV services for the state of Virginia. No lines, no appointments needed.



## Gospel service keeper of the community celebration

Joint Base Myer-Henderson Hall Memorial Chapel invites you to the gospel service keeper of the community award celebration Saturday, Feb. 29 at 1 p.m. In honor of Black History Month, the award is given to individuals who have gone above and beyond to make a difference in their communities. The event is hosted by joint base family life Chaplain (Maj.) Bryant Casteel.

Guests include retired Brig. Gen. Clara L. Adams-Ender, Darren Haynes, and the JBM-HH Gospel Service Praise team.

This event is free and open to the public. A soul food dinner follows the award celebration. For additional information, please contact Edgar Brookins by phone at (202) 330-0939 or by email at [ebrookins47@gmail.com](mailto:ebrookins47@gmail.com)

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## Upcoming EFMP

**Check out upcoming EFMP courses below. For more information, contact Muriel Williams at [muriel.g.williams.ctr@mail.mil](mailto:muriel.g.williams.ctr@mail.mil).**

**March 26**

Parenting Class  
Pentagon Conference Center B9  
11:30 a.m. to 1 p.m.



March 3, 2020

## JBM-HH Education Center February highlights



## Green to Gold briefing

There are two upcoming Green to Gold briefings at JBM-HH. Attend the Army Reserve Officers' Training Corps Green to Gold briefing May 13 for more information. The briefings will take place at the Fort Myer Army Education Center, Bldg. 417, room 218 from 2 to 3:35 p.m. For more information, contact Army guidance counselor Jennifer Souza at [Jennifer.s.souza2@mail.mil](mailto:Jennifer.s.souza2@mail.mil). Reserve a seat at <https://www.surveymonkey.com/r/33FQ785>.

## VA education briefing

Interested in learning more about the GI-Bill? Attend the VA education briefing March 17 from 1 to 3 p.m. at the Fort Myer Army Education Center, Bldg. 417. The class will be held in room 218 from 1 to 2 p.m. For more information, contact Army guidance counselor Jennifer Souza at [Jennifer.s.souza2@mail.mil](mailto:Jennifer.s.souza2@mail.mil).

Reserve a seat online at

<https://www.surveymonkey.com/r/L78SWHR>.



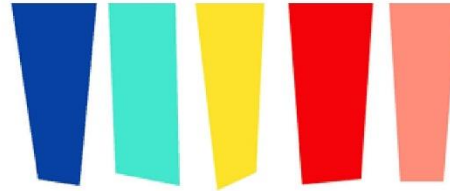
## Security Force

## Assistance Leader

## Development Briefs

The SFAB assesses Soldiers for service in more than 600 MOSs and 20 career fields. Interested soldiers are encouraged to attend briefs offered April 9 at 9:30 a.m., 1:30 p.m., and 3 p.m. in the Fort Myer Army Education Center, room 110, Bldg. 417. For more information visit <https://home.army.mil/jbmhh/application/files/5215/8315/2115/JBM-HH.pdf>.

March 3, 2020



# armymwrlibrary

## **LIBRARY HAPPENINGS!**

### **BUFFET BOOK CLUB**



**31 MAR / 28 APR**

#### **LAST TUESDAY OF EVERY MONTH**

11:30-1pm in the Fife & Drum Dining Room, Patton Hall. Enjoy the lunch buffet as we discuss the latest book club pick.

Lunch is \$11 for Patton Hall Members or \$15 for non-members.

### **BUILDER DAYS**

#### **THURSDAY OF EVERY MONTH**

We've added a ton of new learning toys to our collection. Join us on the third Thursday of every month and build the afternoon away with blocks, magnetic tiles, snap bots, and all manner of other construction materials!



**STOP IN  
ANYTIME**

**19 MAR FROM  
16 APR 3-5PM**



### **CRAFTERNOONS**

#### **1ST SUNDAY OF EVERY MONTH**

We provide the supplies and directions, you provide the creativity!

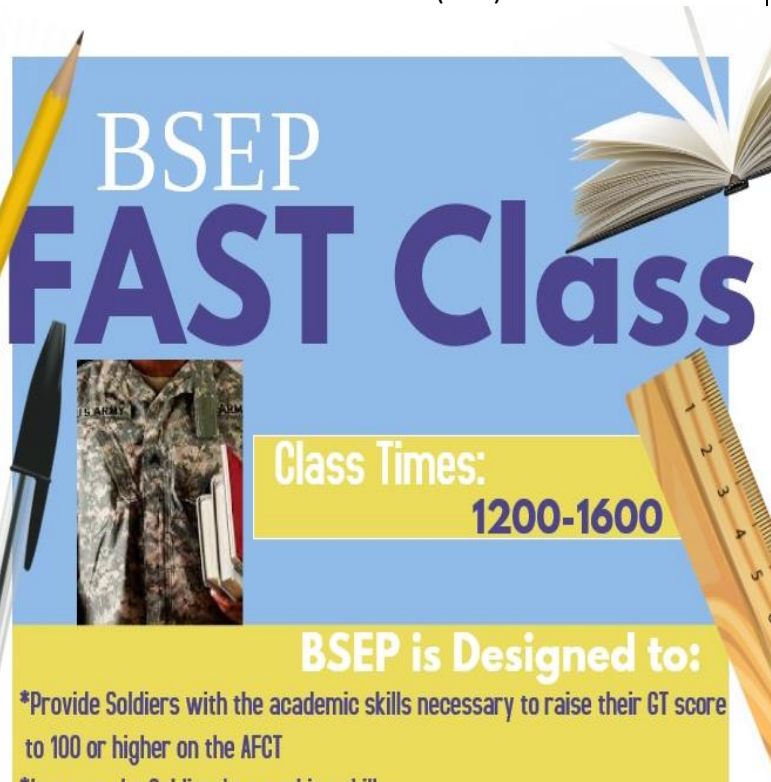
**STOP IN  
ANYTIME  
FROM**

**5 APR 2-4PM**

March 3, 2020

## Functional academic skills training for Soldiers

The Basic Skills Education Program provides Soldiers with on-duty instruction in reading, math and language skills. The goal of the course to improve job performance, prepare Soldiers for more advanced schooling, increase reenlistment options and enhance trainability. The FY20 schedule is now available. For more information, call the education center at (703) 696-3178.



**BSEP  
FAST Class**

**Class Times:  
1200-1600**

**BSEP is Designed to:**

- \*Provide Soldiers with the academic skills necessary to raise their GT score to 100 or higher on the AFCT
- \*Improve the Soldiers' test taking skills
- \*Prepare for college level English and Mathematics courses
- \*Prepare for General Education Development

**FY20 Schedule**

*2-20 March	*13 Apr-1 May	*10-28 Aug
	*4-22 May	*8-28 Sep
	*1-19 Jun	
	*6-23 Jul	

**Contact your Education Counselor about Enrollment!**

**703-696-1653/3178/1579 or in Bldg 417, RM 216**

## Workforce training

The **SharePoint Sandbox** course originally scheduled for March 10 has been postponed. The new date will be announced here once available.

**April 14, 8:30 a.m. to 3:30 p.m.**  
**JBM-HH Workforce Development Symposium**  
Spates Community Club

**May 21, 8 a.m. to 4 p.m.**  
**FERS Retirement Planning Seminar**  
Memorial Chapel Fellowship Hall  
Led by Planning, Inc.

**June 30, 8:30 a.m. to 3:30 p.m.**  
**Communicating with Credibility**  
Bldg. 417, Room 218  
Led by James Bird Guess,  
International Success Academy

**July 28, 8 a.m. to 4 p.m.**  
**FERS Retirement Planning Seminar**  
Memorial Chapel Fellowship Hall  
Led by Planning, Inc.

**Aug. 5, 8:30 a.m. to 3:30 p.m.**  
**Generational Leadership**  
Bldg. 417, room 218  
Led by James Bird Guess,  
International Success Academy

For more information on these courses, contact JBM-HH workforce development specialist  
**Kathy Feehan at**  
[kathryn.k.feehan.civ@mail.mil](mailto:kathryn.k.feehan.civ@mail.mil)

**Spaces fill quickly, sign up today!**





# *Spotlight on* *Fort McNair*

## Next Grant Hall Open House May 2

Joint Base Myer-Henderson Hall announces its next quarterly public open house of Grant Hall's historic third-floor courtroom, located on the Fort McNair portion of the joint base in southwest Washington, D.C., from 10 a.m. to 4 p.m. Saturday, May 2. The courtroom is the site of the military tribunal, held from May through June 1865, of those thought responsible for the plot to assassinate President Abraham Lincoln.

Members of the public are invited to the public open house, which is free to attend. Guests without a Department of Defense, federal or automated installation entry ID are asked to register in advance. Please go to the Joint Base Myer-Henderson Hall website at <https://home.army.mil/jbmhh/index.php/teamJBMMH/about/Base/public-affairs/community-relations/grant-hall>. Once on the site, click on the link for the open house date you choose to attend. Open the envelope, read the information and click on the "RSVP" button at the bottom of the page to complete your reservation.

If your computer server does not allow you to access the registration site, please email your reservation to [usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil). Full names of all attendees are required, as well as a valid telephone or email contact.

The most up-to-date information on base access or closures due to inclement weather or when mission dictates will be updated on JBM-HH's Facebook page at <https://www.facebook.com/jbmhh>. Please note that the February open house will be cancelled if there is snow or sleet.

For additional information, call (703) 696-3283 during normal business hours.

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## McNair turnstile reset

For security reasons, the timer at the turnstile at Fort McNair has been reset for entry. The gate is fully operational. Once you have entered your PIN number, move forward immediately. If you time out and the gate won't move forward, back out of the gate, press # to clear last entry and try to enter again. For more information, contact physical security at (703) 606-5213.

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## Fitness center access

The Fort McNair Fitness Center has 24-hour access. A key fob or registered CAC is required to access the facility. To register, visit the gym during staff hours from 6 to 10 a.m. weekdays. **Registration cannot be made by phone.** All patrons will need a 24-hour access key fob to gain entry. A CAC ID is required to register into the system. One guest per ID card holder only.





# *Happening at Henderson Hall*

## **Commissary and Exchange privileges expand**

The Department of Defense is expanding commissary, military exchange, and morale, welfare, and recreation retail privileges on U.S. military installations as specified in the Purple Heart and Disabled Veterans Equal Access Act of 2018, included in the John S. McCain National Defense Authorization Act for Fiscal Year 2019.

As of Jan. 1, access expanded to include all veterans with service-connected disabilities, veterans who are Purple Heart recipients, veterans who are former prisoners of war, and individuals approved and designated as the primary family caregivers of eligible veterans under the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers.

New patrons eligible solely under this authority should be aware that the law requires the Defense Department charge them a small user fee to offset the increased expense incurred by the Department of the Treasury for processing commercial credit or debit cards used for purchases at commissary stores.



The DOD is finalizing the details for these new privileges with the Departments of Veterans Affairs, Homeland Security and the Treasury. Information will be announced soon regarding installation access and the authentication process for these privileges.

To learn more about the commissary, military exchange and MWR expansion, visit <https://download.militaryonesource.mil/12038/MOS/Factsheets/expanding-access-fact-sheet.pdf>.

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## **Capitol Deli hours**

Capitol Deli hours are Monday through Friday from 7:30 a.m. to 2:30 p.m. and Saturdays from 11 a.m. to 4 p.m.

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## **Car wash now open**

The Henderson Hall car wash has announced that it is back and in operation. Thank you for your patience during the renovation process.

March 3, 2020



## Amazon lockers at MCX

Amazon lockers have arrived at Henderson Hall! The new Amazon hub lockers are located at Henderson Hall MCX, 1555 Southgate Rd., Arlington, VA 22214. Look for the "Devil Dog" hub when selecting your locker for delivery.

## New parents support

The New Parent Support Program from Fort Myer and Henderson Hall invites all parents and preschoolers up to 5 years of age to play morning. Play morning meets every Thursday from 10 to 11:30 am in the Henderson Hall Chapel for a fun time playing, singing songs with instruments, story time, and meeting new friends. The Henderson Hall Chapel is located at 1555 Southgate Road, Bldg. 29, Arlington, Virginia. The chapel is located next to the Navy Mutual Aid Association building. No registration is required to attend. For questions about play morning including directions, please call (703) 696-3512 or (703) 614-7204.

## Zembiec Pool open

The Zembiec Pool Facility is now open Monday through Friday from 6 a.m. to 6 p.m. The pool is closed weekends and holidays.

Water temperature is set at a balmy 80 degrees so don't let the chilly weather deter you.

## Mentors needed

Marines and civilians are needed to assist education mentors to elementary school students. Volunteers help provide mentorship and academic support while building a relationship that will shape a child's life and strengthen our community relations. As a mentor you will serve as a trusted advisor who serves to enhance a child's academic success and confidence. Join the 3 million mentors in our country who help make a difference in a child's life.

The mentorship program is a reading program where students read to the mentors and mentors provide positive feedback to assure their efforts. Did you know that a child who receives more assurance (from a mentor) is more likely to believe and trust in themselves? As a result their grades can increase as well as their likelihood of success.

Registration is required. For more information and to register, please contact Amy Fishman at (703) 693-8378 or email her at Amy.Fishman@usmc-mccs.org.

## **Marriage enrichment retreats**

The Chaplains' Religious Enrichment Development Operation is offering marriage enrichment retreats in the national capital region. Give your relationship the gift of interpersonal tools to grow a more satisfying marriage.

Retreat dates for 2020 include March 13 to 15, May 29 to 31, and Aug. 14 to 16.

The training will be held in Rockville, Maryland. Military and immediate Family dependents are welcome. For more information, contact CREDO NDW at [credo.ndw.fcm@navy.mil](mailto:credo.ndw.fcm@navy.mil) or call (202) 404-8831. Registration is required.

Meals, lodging and parking are at no cost to the participants.

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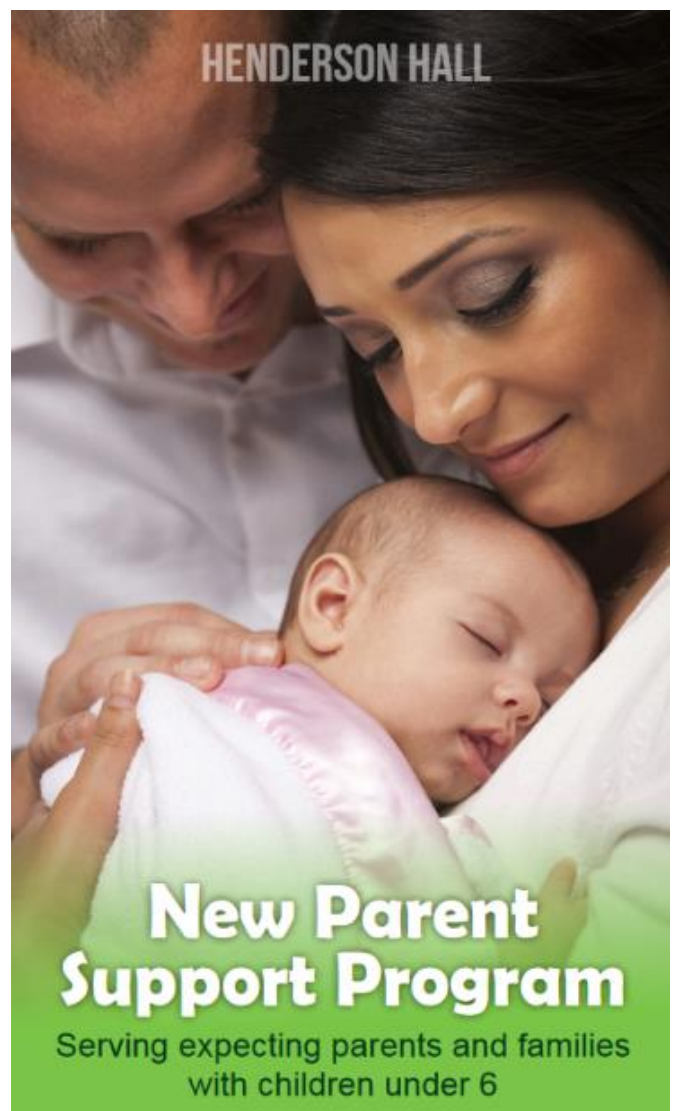
## **Personal resiliency retreat**

The Chaplains Religious Enrichment Development Operation is offering a personal resiliency retreat the weekend of April 17-19. The training will be held in Rockville, Maryland. Military and immediate family dependents are welcome. For more information, contact CREDO NDW at [credo.ndw.fcm@navy.mil](mailto:credo.ndw.fcm@navy.mil) or call (202) 404-8831. Registration is required.

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## **Infant massage**

Of the five senses, touch is most developed at birth. Research suggests that infant massage has benefits for helping babies grow and thrive including easing tummy troubles, boosting muscle development and helping soothe to sleep. Infant massage, using dolls for demonstration, will be taught over a span of five weeks, beginning Thursday, April. 2, at Henderson Hall Bldg. 12 conference room. Register by calling (703) 614-7208 or (703) 614-7204.





March 3, 2020

# Joint Base Myer-Henderson Hall Dining Facility



## March 3 to 7

Breakfast \$3.50 Lunch \$5.65 Dinner \$4.90

### Daily Breakfast Menu

Eggs and Omelets to Order - Scrambled Eggs - Hard Boiled Eggs - Pork Bacon - Pork Sausage - Turkey Bacon  
Home Fried Potatoes - Creamed Beef w/ Biscuits - Oatmeal - Grits - Waffles, French Toast, or Pancakes  
Fresh Fruit - Assorted Breakfast Pastries

### Daily Short Order Menu

Grilled Hamburgers - Grilled Cheesburgers - Grilled Cheese - Grilled Ham and Cheese - Chili - Baked Beans Self-Serve  
Hot-Dogs - **One Short Order Specialty Item** (i.e. Pizzas, Corn Dogs, Mozzarella Cheesesticks, etc.)

### Sandwich Bar

### Main Menu

#### Monday

Ground Beef Lasagna - Chicken Parmesan - Buttered Ziti Noodles - Roasted Red Potatoes  
Sautéed Summer Squash - Fresh Green Beans - Italian Pasta Salad - Garlic Breadsticks  
Cheesecake with Strawberry Topping - Oatmeal Raisin Cookies - Yellow Cake with Chocolate Icing

#### Tuesday

Stuffed Mexican Chicken - Beef and Bean Burritos - Spanish Rice - Refried Beans - Mexican Corn  
Steamed Carrots - **Chicken Quesadillas (Grill To Order)** - Fruit Salad - Jalapeno Cornbread  
Apple Filled Churros - Sugar Cookies - Chocolate Cake With Chocolate Icing - **Nacho Bar**

#### Wednesday

Sweet and Sour Chicken - Beef Yakisoba - Pork Fried Rice - Steamed White Rice - Sautéed Cabbage  
Steamed Broccoli - Vegetable Stir Fry - Vegetable Egg Rolls - Carrot and Pineapple Salad - Dinner Rolls  
Apple Pie - White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing



#### Wing Wednesday

#### Thursday



Barbecue Chicken - Braised Spareribs - Fried Catfish - Candied Sweet Potatoes - Macaroni & Cheese  
Collard Greens - Corn on the Cob - Mustard Potato Salad - Cornbread Muffins - Peach Pie  
Peanut Butter Cookies - Bread Pudding with Carmel Sauce - **Potato Bar**

#### Friday

Yankee Pot Roast - Rotisserie Chicken - Mashed Potatoes - Rice Pilaf - Glazed Carrots  
Sautéed Summer Squash - Cucumber and Onion Salad - Dinner Rolls - Cherry Pie  
Chocolate Chip Cookies - Angel Food Cake - **Build Your Own Burger Bar**

### JBH-HH Dining Facility hours and pricing

#### Monday through Friday:

Breakfast – 6:30 to 8:30 a.m. (\$3.50)

Lunch – 11:30 a.m. to 1 p.m. (\$5.65)

Dinner - 4:30 to 6 p.m. (\$4.90)

#### Saturday and Sunday:

Brunch – 9 a.m. to noon (\$6.30)

Supper – 4 to 5:30 p.m. (\$7.70)

### Save the date

*Upcoming dining facility observance meals*

- **Thursday, March 19 Women's History month meal**

Meals take place from 11:30 a.m. to 1 p.m.



March 3, 2020

# St. Patrick's Day Lunch

March 17 | 11:30 AM to 2 PM  
in the Fife & Drum Dining Room

**Taste traditional Irish  
food plus a whole lot  
of other good stuff!**

Please call (703) 524-7000  
or (703) 524-3037 for  
more information.



March 3, 2020



TEXT "CLUBS" to 797979 to join our text network!  
Visit us online at [jbmhh.armymwr.com](http://jbmhh.armymwr.com)

# MARCH Food To Go Menu

## Call 703.524.0200

1 Entree and 2 Side Dishes ... \$9.75 for a Single Meal \* \$35 for a Family of 4

### Tuesday, March 3

Garlic Rosemary Pork Chops  
Salmon Cakes

Pasta  
Rice Pilaf

Cauliflower & Broccoli  
Buttered Brussel Sprouts

### Tuesday, March 10

Grilled London Broil  
Baked Salmon w/Lemon  
Butter Sauce

Rice Pilaf  
Chunky Mashed Potatoes

Peas & Baby Carrots

### Tuesday, March 17

Corned Beef  
Lamb Stew

Chunky Potatoes  
Colcannon (Irish Potatoes)

Glazed Carrots  
Fried Irish Cabbage w/Bacon

### Tuesday, March 24

Baked Garlic Chicken  
Parmesan  
Blackened Tilapia

Yellow Rice  
Chunky Mashed Potatoes

Roasted Zucchini  
Peas & Carrots

### Tuesday, March 31

Baked Honey Mustard  
Chicken  
Blackened Tilapia

Rice Pilaf  
Chunky Mashed Potatoes

Roasted Zucchini  
Peas & Baby Carrots

### Wednesday, March 4

Grilled Top Round Steak  
Blackened Mahi-Mahi

Roasted Potatoes  
Lemony Herb Rice

Steamed Vegetables  
Zucchini & Squash

### Wednesday, March 11

Butter Chicken  
Black Pepper Fish

Chunky Potatoes  
Jasmine Rice

Zucchini & Squash

### Wednesday, March 18

Sweet & Sour Pork  
Honey Ginger Salmon

Rice  
Onion Braised Potato Wedges

Grilled Zucchini  
Broccoli & Cauliflower

### Wednesday, March 25

Sirloin Tips w/Mushrooms  
Parmesan Crusted Tilapia

Buttered Egg Noodles  
Roasted Potatoes

Roasted Butternut Squash  
Steamed Broccoli

### Thursday, March 5

Chef's Choice

### Thursday, March 12

Chef's Choice

### Thursday, March 19

Chef's Choice

### Thursday, March 26

Chef's Choice

### Friday, March 6

Southern Fried Chicken  
Baked Tilapia

Red Beans & Rice  
Oven Fried Potatoes

Sauteed Green Beans  
Corn on the Cob

### Friday, March 13

Southern Fried Fish  
Southern Chicken w/Gravy

Rice  
Herb Potatoes

Mixed Vegetables

### Friday, March 20

Fried Chicken  
Oven Baked Catfish

Wild Rice  
Baked Garlic Potato Wedges

Vegetable Medley  
Fried Brussel Sprouts

### Friday, March 27

Fried Chicken  
Baked Cod w/Red Peppers

Cilantro Lime Rice  
Mashed Potatoes

Green Beans  
Mixed Vegetables

Patton Hall | 214 Jackson Avenue, Fort Myer, VA 22211  
Tuesday - Friday, 9am - 5pm | Sunday Open for Brunch  
Monday & Federal Holidays CLOSED