



JBM-HH hosts second virtual town hall April 9

JBM-HH hosts virtual town halls via Facebook once a week, with the next taking place Thursday, April 9. The town hall begins at 1 p.m. and will feature JBM-HH leaders and subject matter experts who will speak about what the installation is doing to mitigate the virus threat on base and among personnel.

All are invited to view the town hall online and questions are welcomed. Individuals may submit questions in advance on the JBM-HH Facebook page in the event discussion or via email to usarmy.jbmhh.asa.list.pao-all@mail.mil. On the day of the virtual town hall, the live feed can be viewed at the Facebook event page <https://www.facebook.com/events/261807348171487/>. Individuals do not need a Facebook account to view the town hall. The previous April 2 town hall can be viewed on the video section of the JBM-HH Facebook page.

JBM-HH Easter sunrise livestream April 12

In a time of social distancing, a long-held tradition will continue at Arlington National Cemetery April 12. While the cemetery will not physically open to the public for the ceremony, a virtual experience will be offered for all, as long as conditions allow. The service will be live-streamed from the JBM-HH Facebook event page <https://www.facebook.com/events/157705792123976/>.

The sunrise service will take place from 6:30 to 7:30 a.m. and features guest speaker Chaplain (Maj. Gen.) Thomas L. Solhjem, the U.S. Army chief of chaplains.

The decision to stream live was made in keeping with the mission to protect the force, preserve readiness and mitigate the risk of transmission of illness among personnel.

April 7, 2020

Myer Flyer Shuttle suspended

The Myer Flyer Shuttle Route 9, which travels from the Pentagon to Joint Base Myer-Henderson Hall has been suspended. If this is impacting you, please let the motor pool know. JBM-HH is assessing how many people need this service, so your input is appreciated. Please call the motor pool at (703) 696-7009 or (703) 696-7136.

JBM-HH continues

HPCON Charlie

Joint Base Myer-Henderson Hall is at Health Protection Condition Charlie, which means there is a sustained possibility of community transmission of COVID-19.

“Ensuring the health and safety of our Soldiers, Families and civilians is one of my greatest responsibilities,” said Maj. Gen. Jones. “We will continue to work with individual installations to make certain each post has capabilities to protect our people and mitigate the spread of the virus.”

As we deal with COVID-19, our priority on JBM-HH remains to protect the force, preserve readiness and mitigate the risk of transmission among personnel.

At JBM-HH, we will continue to monitor the situation with public health officials. Garrison and tenant activities remain focused on delivery of essential services to the community and support to mission essential personnel required for mission assurance and National response efforts.



Depending upon any increase of the threat of transmission in the area, we may take the following actions.

- Further cancellation of in-person gatherings -- all commercial activities such as commissaries, exchange services must keep a distance of 6 feet between customers.
- Further reduction of garrison and tenant services -- we are working to find ways to provide virtual services as much as possible.
- Further modification of commissary, AAFES and CYS hours and services -- we will continue to focus on mitigating the risk of transmission as much as possible.

People should take the following precautions.

- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including restricted access to military installations.

Where to get COVID-19 updates

The Centers for Disease Control and Prevention continues to closely monitor the outbreak of COVID-19. For more information and guidance, visit the boldfaced sites below.

<https://www.army.mil/coronavirus/>
<https://www.coronavirus.gov/>



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Joint Base Myer-Henderson Hall Residents, Tenants, and Guests

Prevent the Spread of the 2019 Novel Coronavirus (COVID-19)

If you have fever, cough, or trouble breathing

AND YOU

**Traveled to China, Iran, Italy, Japan or South Korea
in the last 14 days,**

OR

**Had contact with someone who has traveled to China, Iran,
Italy, Japan or South Korea in the last 14 days
who has been sick,**

OR

**Have been in close contact with a person
known to have COVID19,**

Stay Home and call the appropriate number below.

**For Service Members/TRICARE Beneficiaries, call the Nurse Advice
Line (24/7) at 1-800-874-2273, select Option 1.**

**For non-TRICARE beneficiaries, contact your healthcare professional
or Arlington County Public Health Division at 1-877-275-8343.**

**For the latest news and information, refer to the Center for Disease
Control website at <https://www.cdc.gov/>.**

JBM-HH closures as of **April 7**

Hours may change as we continually assess the dynamic situation. Please call before visiting services not listed. Follow www.facebook.com/jbmhh and home.army.mil/jbmhh for latest updates from JBM-HH.

The following services **are closed**:

- The Henry Gate Pedestrian Portal is closed until further notice.
- The JBM-HH Library
- The JBM-HH Tax Center
- Patton Hall and Spates Community Club
- The JBM-HH Community Activity Center
- The Old Guard USO lounge
- Army Community Service has suspended all classes and April observances
- All JBM-HH fitness centers
- Better Opportunities for Single Soldiers (BOSS) has suspended its programs and operations until further notice.
- The JBM-HH Bowling Center
- The thrift shop on the Fort Myer portion of the joint base is closed. Please do not drop off donations.
- The lobby of Armed Forces Bank is closed. Routine transactions via drive up can be made from 9 a.m. to 4 p.m.
- The Auto Shop
- In person religious services at Memorial Chapel have been cancelled, although funeral services will still take place. Religious services can be viewed on the RSO Facebook page online at <https://www.facebook.com/jbmhhrrso>
- Arlington National Cemetery remains closed to the public, including the welcome center. Funerals and family pass holder visitation continues with social distancing procedures and winter hours continue. All eligible service members and veterans who are buried at ANC will receive military funeral honors. Military funeral honors with escort are curtailed until further notice. Family pass holders may access for gravesite visitation from 8 a.m. to 5 p.m. 100% ID check is in place. Be mindful that the Arlington National Cemetery metro station is closed. ANC updates are provided at <https://www.arlingtoncemetery.mil/Visit/COVID-19-Updates>.



The JBM-HH Dining Facility continues to serve under normal hours. Due to the recently effects from the COVID-19, the DFAC is rapidly shifting to a grab-and-go only serving style.

Monday through Friday:

Breakfast – 6:30 to 8:30 a.m.
Lunch – 11:30 a.m. to 1 p.m.
Dinner – 4:30 to 6 p.m.

Saturday and Sunday:

Brunch – 9 a.m. to noon
Supper – 4 to 5:30 p.m.

**Please call before
visiting services
not listed. The
latest updates will
be posted at
[facebook.com/
jbmhh](https://www.facebook.com/jbmhh).**

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Stay connected with religious services

Members of the joint base community are welcome to join in and view church services live. For more information, check out the offerings below and visit JBM-HH Religious Support Office online at <https://www.facebook.com/jbmhhrso>.

Worship Online

Stream to watch live or dial-in to join the JBM-HH
Gospel Service with Chaplain Bryant Casteel

Join us every Sunday at 12:00 PM



Bible Study Live

Join Chaplain Bryant Casteel for Bible Study Live

Wednesdays at 6:30 P.M. Eastern



Stream to watch live or dial-in

<https://zoom.us/j/303609381?pwd=dmpWOFIrNEo4YWlSeGJGWFrR0JLZz09>

Meeting ID: 303 609 381 Password: 746971

Telephone only dial in at +1 (646) 876 9923 (USA)

New commissary hours

The Fort Myer Commissary has new hours. The hours are Monday through 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. The Defense Commissary Agency asks patrons not to bring reusable bags from home, although they can be purchased in store for one time use. Customers are encouraged to minimize the use of cash to reduce this high touch point item.

Exchange services

There will be no dining in at all exchange facilities, with only food "to-go" available. **The AAFES Main Store on Fort Myer is open from 10 a.m. to 6 p.m. daily.**

Fort Myer Main Exchange Main Mall

- **Subway** Monday through Friday from 6:30 a.m. to 6 p.m., Saturday from 8 a.m. to 6 p.m., Sunday from 9 a.m. to 6 p.m.
- **LDC** Monday through Friday from 9 a.m. to 5 p.m., Saturday from 9 a.m. to 3 p.m., Sunday from 10 a.m. to 4 p.m.
- **Alterations** Tuesday through Friday from 10 a.m. to 5:00 p.m., Saturday and Sunday closed
- **Optical, Barbershop, Watch repair** Closed
- **H&R Block** Monday through Saturday, from 9 a.m. to 6 p.m., Sunday from 10 a.m. to 6 p.m.
- **GNC** Monday through Friday from 9 a.m. to 6 p.m., Saturday from 9 a.m. to 5 p.m., Sunday from 10 a.m. to 4 p.m.
- **Petals2Go** Monday through Friday from 10 a.m. to 3 p.m., Saturday from 10 a.m. to 2 p.m.
- **EMC Kiosk** Monday through Friday from 11 a.m. to 5 p.m.
- **Express snack area** Closed
- **Starbucks** at the AAFES Main Store on Fort Myer is still open normal hours.

Exchange Stand-alone Concessions

- **Panda Express** Monday through Friday from 10 a.m. to 6 p.m., Saturday and Sunday from 10:30 a.m. to 6 p.m.
- **Precision Tune** Monday through Friday from 8 a.m. to 4 p.m., Saturday from 8 a.m. to 3 p.m.

Fort McNair services

- **McNair Barber** Closed
- **McNair NDU Bookstore** Closed

Henderson Hall Services

- **Barber Shop** Closed

Marine Corps Exchange to sell essential items

In order to preserve the health and well-being of patrons and staff, the Henderson Hall Marine Corps Exchange will remain open for essential retail purchases only. Essential purchases are those items located on the first floor. The second and third floors will be closed until further notice. The store will operate from 10 a.m. to 6 p.m. through April 11. Beginning on April 12, hours will change to 10 a.m. to 4 p.m.

The Vineyard will remain open with the same operating hours as the main store. The Vineyard is enforcing a policy of no more than five customers inside at one time.

The Henderson Hall Marine Corps Exchange is currently no longer accepting cash payment as an option. To prevent transmission of germs, the exchange is accepting card payments only. For more information from the MCX regarding COVID-19 changes in operation, visit <http://mccshh.com/Coronavirus.html>.

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MCX tailor shop services curtailed

The MCX tailor shop has closed, with exception of New Type III's (camouflage uniforms) and request to have a nametape, branch of service tape or insignia sewn on. A tailor will come in Thursdays to accommodate those needs. Dry cleaning services have been suspended until further notice.

Old Guard Dining Facility "grab-and-go"

The Old Guard Dining Facility will take additional steps to further distance the culinary specialists from patrons. The facility has embraced a "grab-and-go" concept, meaning all food items will be labeled and prepackaged, with little to no interaction between patrons and culinary specialists. With this change, there is no impact to the current meal schedule or manning cycle. Thank you for the support and understanding in this matter.

United We Stand virtual concerts

Social distancing does not have to be without community. The U.S. Army Band continues to serve through a new online series focused on bringing people together virtually and creating a compassionate, uplifting and connected community centered on music.

Pershing's Own will continue to give performances and curate educational events to the American people, following CDC guidance, through the virtual series "United We Stand, Music to Connect Us." As the days progress, the

band will produce new content in addition to posting archival treasures.

The next scheduled concerts will be Tuesday, April 7 at 2 p.m. and Thursday, April 9 at 7 p.m. View the concerts live or after the performance at <https://www.facebook.com/usarmyband>.

Extended Deadline for National Collegiate Solo Competition

Due to current restrictions and public health concerns, the 2020 National Collegiate Solo Competition event and applications procedure are modified in the following ways.

1. The application due date will be extended. Online application and uploaded entries must be received before 11:59 p.m. Monday, April 27.
2. Unaccompanied recordings will be accepted.
3. Should the scheduled performances June 4 to June 5 be cancelled, a future date will be scheduled for the winner to perform with the U.S. Army Band in concert.

For more information, please visit <https://www.usarmyband.com/education-community/national-collegiate-solo-competition.html>.



COVID-19 reporting

guidelines for JBM-HH

personnel

The following are instructions for reporting procedures for employees and Soldiers on Joint Base Myer-Henderson Hall. It is important to immediately notify the JBM-HH Emergency Operations Center and Rader Clinic to report any quarantined and isolated cases across the installation. This will allow JBM-HH to better track and prevent further spread of the COVID-19 virus. Please send the notification to the following email addresses:
usarmy.jbmhh.asa.mbx.dptms-ioc@mail.mil,
niki.l.zimmerman.civ@mail.mil.

If an employee has a history of exposure from a COVID-19 positive individual or travel to a high risk area in the past 14 days AND has no symptoms:

Employee: Call the local health department (this will depend on where you live and not where you work) or your primary care provider and follow the provider instructions. If you are quarantined, stay home and do not leave the house. If you do not live alone, separate yourself from your family (different room, linen, plates) Call your supervisor to let him or her know that you will not be able to come to your workplace for 14 days. Monitor yourself for fever (over 100.4) cough and shortness of breath. If you develop symptoms call your primary care provider and follow his/her instructions. If your symptoms are severe, call 911 and let the operator know about your exposure. If someone drives you to the emergency room, call the facility first and tell them about your exposure. Before returning to work, obtain documentation from your primary care provider stating why you were out of work and that you can safely return to the workplace.

Supervisor: Do not allow the employee to return to the workplace for 14 days after the last time the employee was exposed. A negative test for COVID-19 during this time is not sufficient to return an employee to work. Prior to returning to the workplace, have the employee come to the occupational health clinic with documentation from their primary care provider stating why the employee was out of work and that he/she is healthy enough to return to his/her workplace.

If an employee has a history of exposure from a COVID-19 positive individual or travel to a high risk area in the past 14 days AND has symptoms:

Employee: Call your primary care provider and follow instructions. If symptoms are severe, call 911 and let the operator know about your exposure. If someone drives you to the emergency room, call the facility first and tell them about your exposure. If you are diagnosed by a medical profession with COVID-19 (either with a positive test or because of your symptoms and history), you will be isolated. If you are isolated, stay home and do not leave the house. If you do not live alone, separate yourself from your family. Notify your supervisor that you will be out of work and why. Do not return to work until cleared by your primary care provider. You will need to provide documentation from your treating provider stating that you are safe and healthy enough to return to the workplace. If you are hospitalized, either the hospital staff or your treating provider will determine when you can safely return to work.

Supervisor: Do not allow the employee to return to the workplace until the employee has been cleared to do so by the treating provider. Prior to returning to the workplace, have the employee come to the occupational health clinic with documentation from their primary care provider stating why the employee was out of work and that he/she is healthy enough to return to his/her workplace.

CYS update

Cody CYS Center is open for children of some mission essential parents. The CYS Center is open for children of the following family categories only: single/dual DOD COVID-19 mission essential, and DOD COVID-19 mission essential with a spouse who works in the health care industry or is a first responder (i.e. emergency medical technicians, paramedics, police officers, firefighters). If you submitted a form, but your family is not in one of the above categories, we are unable to provide care at this time. Forms received at the current time will be considered on a case by case basis.

Support firefighters

Firefighters answer the calling to be first responders in matters of life, health, and safety. Let's help them accomplish the mission to protect, support, and defend the JBM-HH community. If you or a loved one is feeling ill, do not visit the JBM-HH firehouses for a medical evaluation. Instead, call your doctor or medical professional right away. Your efforts can help keep our firefighters out of quarantine, working on the front line, keeping our communities safe.

Rader Clinic update

The Rader Clinic Pharmacy has initiated a drive-thru pharmacy. When approaching the clinic, please follow the directional pattern that it set up for safety and efficiency. The clinic pharmacy new closure time is 3:30 p.m. until further notice.

The Fort McNair Clinic is closed and will be centralizing all patient care at Rader Clinic for the JBM-HH and McNair beneficiaries. For any patients or residents on either Fort Myer or Fort McNair who think they may have been exposed to COVID, please stay at home and call 1-800-TRICARE (874-2273), option 1. You can also web chat at www.mhsnurseadvice.com. You will get additional instructions from the nurse at that number on what to do. We do currently have testing capability at Rader Clinic for COVID-19.

If you have concerns or would like to inquire about testing, please call 1-800-TRICARE (874-2273) option 1. A nurse will talk to you about whether it is appropriate to test you based on your symptoms, travel, and contact history. If you meet the criteria for testing, the nurse will give you detailed instructions. Lastly, if you do have an in person appointment at the Rader Clinic, we have a screening station set up in our main entrance. Please be prepared to answer some simple questions about your symptoms and your recent travels.



Help keep our #Team JBMHH Firefighters safe and ready to protect, support, and defend.

- If you are feeling sick, please do not visit a fire station for evaluation. Please call your medical professional right away.
- Please only utilize the 911 system only in the event of severe difficulty breathing or illness.
- Your efforts to protect our firefighters and will ensure that members can remain on the trucks where they can do the most good and continue to protect our communities.

April 7, 2020

Connect with Army Community Service

To keep all of us safe and healthy Joint Base Myer-Henderson Hall Army Community Service is closed for general services, but will continue providing services telephonically and digitally.

There are several ways to contact ACS:

1. Call (703) 696-3435 to reach someone who will get you the service you are looking for.
2. Scan the QR code below to be taken directly to the email link and you will be contacted.
3. You can still come by in person to ACS, bldg. 201 to request services, but your request will be routed to a provider who will contact you by phone or email.

Online resources such as Army One Source (myarmyonesource.com) and the Community Resource Guide linked to the JBM-HH homepage are available as well.

Follow the QR code to connect with
JBM-HH Army Community Service!



Henderson Hall Career Resource classes suspended

All in-person classes at the Henderson Hall Career Resource Management Center are suspended until further notice. Please contact your unit transition coordinator for the most current guidance on completing your transition readiness seminar requirements.

Staff will remain available via email and telephone to complete individual counseling and capstone review appointments and related transition services. For transition support, please contact our office during normal business hours, from 8 a.m. to 4:30 p.m. For more information on these services, visit the Henderson Hall CMRC online at <http://www.mccshh.com/crmc.html>.

Henderson Hall Car Wash is open

The Henderson Hall car wash is open at this time.



Directorate of Human Resources curtails service

The Directorate of Human Resources Services has curtailed the following services.

- ID cards and services for DEERS are being done by appointments and walk-in are being done on an emergency basis and by certain exceptions. If an individual has an ID card that will expire before June 1, he or she will be prioritized.
- Transition services has suspended its walk-in services. Transitioning customers, who include those on ETS, retirement and chapter separations are being serviced using telephonic and automated systems. All separations actions will be serviced through the transition mailbox and individual email. SBP processing will be serviced through the mailbox, email and telephone.
- Casualty operations have been curtailed and suspended its walk-in customer service. Customers will be briefed telephonically and forms will be emailed for signature where feasible with walk-in appointments by exception. At this time, the only person allowed to report to the CAC is the noncommissioned officer in charge of the Funeral Honors Team.

Education Center curtailed Services

The JBM-HH Education Center has curtailed their services. The education center will shift to virtual service delivery in the following areas:

- Guidance and counseling
 - Tuition assistance and GoArmyEd assistance
 - Credentialing assistance
 - Career Skills Program
 - College program advising and enrollment
 - On-post college representatives and all classes are in online delivery format
 - Transition counseling and accessing higher education track course
 - Miscellaneous memorandums, transcript evaluations, course withdrawals, ETPs and helpdesk cases.
- The following services will not be available at the education center:
- Testing
 - Learning center and computer lab
 - Classroom management
 - Basic Skills Education Program

For more information about JBM-HH TA, CA and GoArmyEd, please call (703) 696-3178/1541/1588/1579; Fort Belvoir TA, CA and GoArmyEd, please call (703) 805-9268/9267; or Fort Meade TA, CA, GoArmyEd, please call (301) 677-5414/2064. For questions or information about the education center, please contact the education officer at (703) 696-3195, mobile (703) 402-8007 or by email at

usarmy.jbmhh.asa.mbx.education-center@mail.mil.

Remote SFL-TAP offerings

The SFL-TAP program will provide remote or virtual services in the following areas:

- Initial counseling (one-on-one counseling)
- Preseparation briefing
- Financial counseling
- VA benefits counseling
- Capstone (completion of DD 2648)
- SFL-TAP will provide guidance on completing any requirements through JKO online
- VA claims information and orientation

Although SFL-TAP will provide some services remotely or virtually, the program will continue to respond to any inquiries and conduct business via email, telephone or videoconferencing. Soldiers who complete capstone while the center is closed will be automatically cleared by the program manager, Carlos Rodriguez, once DD 2648 is processed and signed electronically. Soldiers will ensure they get a copy of DD 2648 during their capstone appointment. For more information about the virtual and remote service being provided by SFL-TAP, please call (703) 696-0973, (703) 794-5986 or email usarmy.jbmhh.asa.mbx.sfl-tap-center-myer@mail.mil. For more information about VA claims, please contact Eleonore Richards at (202) 641-6481 or by email at eleonore.richards@serco-na.com. For VA claims orientation, contact Chris Guthrie at (202) 480-0077 or by email at cguthrie@vfw.org.

Shipments abroad

Soldiers who are permanently changing stations and Families on orders to or from a country with a Centers for Disease Control and Prevention warning level category 3 for COVID-19 (Korea and Italy) will stop movement and delay travel until May 6 or further notice, according to an Army message. If you received orders from Joint Base Myer-Henderson Hall's Military Personnel Division, please contact Douglas Russell at (703) 696-3695, douglas.a.russell3.civ@usa.army.mil, with any questions.

Department of Defense customers who are or were expected to make PCS to Korea or Italy and previously arranged to have their household goods, unaccompanied baggage and privately owned vehicle shipments and official travel tickets issued by JBM-HH are requested to contact the JBM-HH Transportation Office.

The transportation office can be reached by phone at (703) 614-7190/91 or email at m_hnhl_hqbn_dmo@usmc.mil. Please contact the office with any questions regarding the rescheduling or cancellation of your shipments and flights due to the travel restrictions that are currently in place for Korea and Italy.

The direct point of contact for this transportation announcement is transportation officer Kenny Hopkins, who can be reached by phone at (703) 693-8541 and by email at kenny.r.hopkins@usmc.mil.

April 7, 2020

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 under community grants. Requests must be postmarked by April 23. Questions may be emailed to communitygrantsfmts@gmail.com.

As a reminder, the thrift shop is closed and is not accepting drop off donations at this time.



THANK YOU

To All Those on the Front Lines
Joining Us in the Fight Against #COVID19



Event cancellations

As the joint base closely monitors the dynamic situation surrounding COVID-19, we will evaluate the hosting of events, prioritizing the well-being of our Soldiers, Families, civilians, and joint base community. Most events for the month of April, with the exception of the Easter Sunrise Service livestream, have been cancelled. Below are some of the events that have been recently cancelled.



Henderson Hall Autism Awareness 5K has been postponed.



Caisson Spring Open House and Hayride set for April has been postponed.



Workforce Development Symposium Originally slated for April 14.



Library cancellations include Builder Day April 16 and Crafternoon April 5.

April 7, 2020

Message from the **JBM-HH Client Legal** **Services and Tax Center**

Client Legal Services

Due to current operating restrictions JBM-HH Client Legal Services are no longer providing walk-in power of attorney or notary services and all appointments scheduled will be telephonic. If an individual would like to schedule a telephonic appointment, please call back during business hours which are Monday through Wednesday from 8 a.m. to noon and from 1 to 4 p.m., Thursdays from 1 to 4 p.m., and Friday from 8 a.m. to noon and 1 to 4 p.m. at (703) 696-0763. You may email client legal services at usarmy.jbmhh.mdw.mbx.jbmhh-clc@mail.mil. Additional updates can be found on Facebook at the Joint Base Myer-Henderson Hall Client Legal Services page.

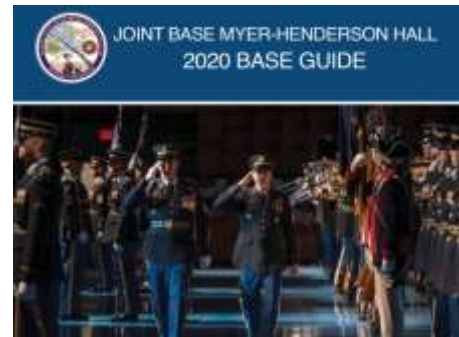
We apologize for any inconvenience this causes and we appreciate your patience and understanding while we all try to navigate these changes. Please do not leave a message as this voicemail is not currently being monitored.

Tax Center

Due to current operating restrictions, all Tax Center operations are suspended. Those with scheduled appointments will not be rescheduled and the JBM-HH Tax Center is unable to book any new appointments at this time. Taxpayers who have already been seen this tax season and whose returns are currently in-progress will be individually contacted. Active Duty Service members and their dependents are encouraged to use MilTax, a free online tax preparation service through Military OneSource, available online at <https://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services>.

2020 guidebook online

The JBM-HH 2020 Base Guide is now available online. Visit 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.

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.

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

Joint Base Myer-Henderson Hall Dining Facility



April 6 to 10

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

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

Main Menu

Monday

Baked Spaghetti & Meatsauce - Italian Herb Roasted Pork-Loins - Buttered Ziti Noodles
Roasted Red Potatoes - Sautéed Asparagus - Butternut Squash - Italian Pasta Salad - Garlic Breadsticks
Cheesecake with Strawberry Topping - Oatmeal Raisin Cookies - Yellow Cake with Chocolate Icing

Tuesday

Ground Beef Taco (Soft Shells) - Pork and Rice Burritos - Spanish Rice - Refried Beans
Mixed Vegetables - Steamed Broccoli - Fruit Salad - Jalapeño Cornbread - Apple Filled Churros - Sugar Cookies
Chocolate Cake With Chocolate Icing

Wednesday

Orange Chicken Breast- Beef and Broccoli - Lo Mein Noodles - Steamed White Rice - Sautéed Green Cabbage
Steamed Cauliflower - Vegetable Egg Rolls - Cucumber and Onion Salad - Dinner Rolls
Apple Pie White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing

Thursday

Herb Baked Chicken - Barbecue Chicken - Macaroni & Cheese - Candied Sweet Potatoes - Collard Green
Corn on the Cob - Mustard Potato Salad - Cornbread Muffins - Peach Pie - Peanut Butter Cookies
Bread Pudding with Carmel Sauce

Friday

Beef Stew - Rotisserie Chicken - Buttered Mashed Potatoes - Rice Pilaf - Seasoned Green Beans
Sweet Corn - Potato Salad - Dinner Rolls - Cherry Pie - Chocolate Chip Cookies - Angel Food Cake

During this time, due to current events, the DFAC is rapidly shifting to a grab-and-go only serving style, while maintaining the same meal schedule. The DFAC operates strictly with to-go plates, with no dining in option.

JBM-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)

The handout below provides general fire safety tips to review while we may be spending more time in our homes teleworking, home schooling, or being self-quarantined. It is to be used as general guidance for home fire safety. The JBM- HH Fire and Emergency Services recommends you check with your local Government websites or fire departments for additional information. It is important to note most fire departments are restricting access inside buildings during the current pandemic. If you cannot find answers online then call them on the phone.



Emergencies Call

911

**JBMHH
Fire Department
Non-Emergency
(703) 696-3483**

**Additional
Resources**

NFPA.org

USFA.FEMA.org

Ready.gov

NSC.org

Home Fire Safety

Have a Home Fire Exit Plan with Two Ways Out of Every Room

Fire Safety While Teleworking or Self Quarantined

Handout provides general fire safety tips to review while we may be spending more time in our homes teleworking, home schooling, or self quarantined. It is to be used as general guidance for home fire safety.

General Fire Safety

Check Home Smoke Detectors

- If older than 10 years replace the detector.
- Replace batteries annually, unless 10 year batteries are installed.

Cooking Safety

- Stay in the kitchen when cooking. No unattended cooking.
- Pot handles are always turned toward the back of the stove.

Electrical and Appliance Safety

- All electrical cords are in good condition and not broken or cut.
- Clean the dryer lint after every use.

Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

Space Heaters

- Confirm heater has a seal from a qualified testing laboratory (UL, ETL, etc...).
- Place on solid flat surface.
- Plug directly into the wall outlet. Never use an extension cord or power strip.

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Fire Prevention Office Contact Information

James Dansereau
Fire Inspector
James.m.dansereau.civ@mail.mil

Joe Barrow
Fire Inspector
Joseph.l.barrow2.civ@mail.mil

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

April 7, 2020



Beware!



**SPAM!
SCAMS!**

**Criminals adapt
to COVID-19.**

Stay vigilant.

