



Joint Base Myer Henderson Hall **America's Post**

Serving Forts Myer and McNair, and
Henderson Hall
April 27, 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.

Rader Clinic transitions to vaccination Tier 2 phase **New**

In conjunction with the joint base, Rader Clinic continues to provide the Moderna COVID-19 vaccine in line with the Department of Defense population tiers. The clinic is now in Tier 2, which includes all active duty, Tricare beneficiaries age 18 and up, and eligible DOD civilians and contractors.

The COVID-19 vaccination is offered by appointment only. To schedule an appointment, please visit <https://informatics-stage.health.mil/RaderCOVIDApp> or Tricare Online at www.tolsecure-messaging.com.

Please note, vaccine administration for those with appointments is occurring at the Joint Base Myer Henderson Hall Community Center, located at 228 McNair Road Bldg. 405 Fort Myer, Virginia.

For additional updates on the COVID-19 vaccination campaign, please call the Rader Clinic COVID-19 vaccination automated hotline at (703) 696-2994.

Please continue to follow JBM-HH communications platforms including the joint base Facebook page, website, and virtual town halls for the latest updates.

For additional updates from the clinic, please turn to page 9 of the e-newsletter.



HHC, USAG, JBM-HH SHARP Victim Advocates



The commander, Maj. Brandi James, and 1st Sgt. Dustin Hall (left) telling Sexual Assault/Harassment victims "You are Not Alone" with their facemasks.
Photo by Sgt. 1st Class Timothy Fisher



Unit Members wearing teal and sporting SHARP giveaways (below) following trivia questions from Sgt. 1st Class Denise Min
Photo by Staff Sgt. Joshua Grupp



Battalion commander, Lt. Col. Vance Brunner, and HHC commander, Maj. James, encouraging a positive command climate for SHARP victims
Photo by Staff Sgt. Joshua Grupp



Master Sgt. Robert Hawkins and Staff Sgt. Larry Parrotte (right) showing extra support with weighted running vests
Photo by Staff Sgt. Joshua Grupp



HHC, United States Army Garrison, Joint Base Myer-Henderson Hall

Commander: Maj. Brandi N. James

First sergeant: Dustin M. Hall

UNCLASSIFIED

Who: HHC, USAG, JBM-HH

What: #SAAPM2021 SHARP Victims Virtual 5K

When: Tuesday, April 26

Where: Headquarters Bn., U.S. Army, Bldg. 417 Fort Myer, VA 22211

Why: To increase the positive command climate of support for SHARP victims

Summary:

HHC, USAG conducted a Virtual 5K run and trivia giveaway in support of victims of sexual assault and harassment. Unit members were encouraged to wear Teal and to bring positive messages of support to help the organization stand together against sexual violence.



Calling all high school musicians

Did you know that the U.S. Army Band "Pershing's Own" offers video tutorials by our U.S. Army musicians to help high school students with their all-state auditions?

Check out the educational videos on the band's YouTube channel!

Visit the channel today at <https://www.youtube.com/c/us-armyband>.



New

Cemetery reopens for tour groups

Arlington National Cemetery has reopened to tour buses and tour groups. ANC is taking this action as part of a gradual reopening under improved COVID-19 conditions.

For the past year, tour buses and tour groups have not been able to visit the hallowed grounds of ANC due to COVID-19 restrictions. ANC staff continues to monitor and enhance all aspects of the cemetery in order to prepare for a full reopening in the future. This step expands access to ANC, building upon previous efforts such as the resumption of tram tours and gravesite shuttle service, as well as visitation to the John F. Kennedy Presidential Gravesite

and the Tomb of the Unknown Soldier.

Tour buses will be allowed to park on the top level of the ANC parking garage.

The public may visit the cemetery virtually through the new ANC Education Program at <https://education.arlingtoncemetery.mil>. Audiences of all ages may now discover learning modules on topics that include The Tomb of the Unknown Soldier.

Arlington National Cemetery is open daily from 8 a.m. until 5 p.m. For the latest updates and additional information prior to visiting the cemetery, visit www.arlingotncemetery.mil.

JBM-HH virtual change of command

Save the date for Thursday, May 6, for a JBM-HH virtual change of command ceremony at 2 p.m. The ceremony will be streamed via the JBM-HH Facebook page.

At the ceremony hosted by Installation Management Command Sustainment Director Davis D. Tindoll Jr. outgoing Joint Base Commander Col. Kimberly Peeples will turn over command to Col. David Bowling.

Go to the JBM-HH Facebook page at <https://www.facebook.com/jbmhh> to view the livestream the day of.

Twilight Tattoo web series

Join the Soldiers of the U.S. Army Military District of Washington Wednesday evenings in May and June as we explore history through the eyes of the American Soldier. Each week at 7 p.m., MDW will premiere an eight-minute episode on the official TWT website at <https://twilight.mdw.army.mil/>, as well as at the MDW YouTube channel and Facebook page.

MDW plans to return with our traditional hourlong, live-action public program at JBM-HH in May and June of 2022.

The graphic features a red background with a stylized American flag pattern. The words "Twilight Tattoo" are written in a large, gold, serif font. Below the text is a gold star inside a black square, with "U.S. ARMY" written in white on a black banner. A red ribbon banner at the bottom reads "experience live military pageantry".

<https://twilight.mdw.army.mil>

New

Honoring Denim Day together

April is Sexual Assault and Awareness Prevention Month and Wednesday, April 28, is Denim Day – a day that grew out of a 1998 Italian Supreme Court decision that overturned a rape conviction because the victim wore tight jeans.

The U.S. Army considers Denim Day to be significant in helping combat the erroneous and destructive attitudes and myths surrounding sexual assault. Everyone is encouraged to participate in Denim Day by wearing denim this Wednesday, April 28.

The JBM-HH SHARP team, led by Felicia Brice and Warren Hunter, will man an information table at the Post Exchange on Wednesday, so plan to stop by the Exchange to visit the SHARP team and show off your denim.

Turn to Page 12 for the full dining facility menu for JBM-HH Denim Day.



Reminder: If You Need Help

Installation 24/7 Helpline:
(202) 498-4009

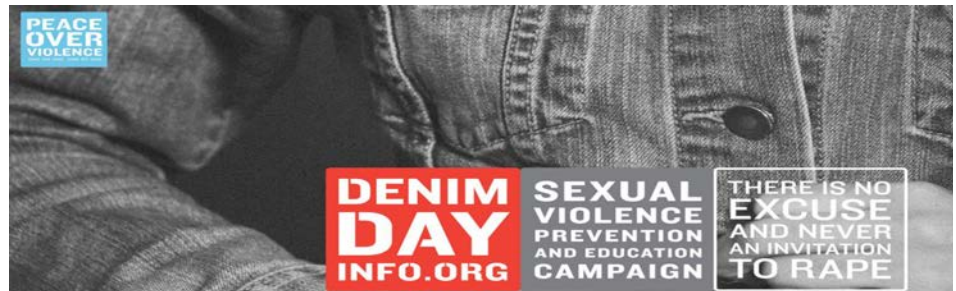
Pentagon SHARP Office:
(703) 571-3496

JBM-HH/Pentagon SARC:
(703) 696-6497

DoD Safe Helpline:
(877) 995-5247

DENIM DAY

Wearing jeans with a purpose



Join us for Our Upcoming Green to Gold Briefing via MS Teams 5 May 2021 @1300



The Army Green to Gold program provides options for Soldiers interested in pursuing a baccalaureate or graduate degree and earning a commission as a Army Officer.



Reserve your spot
at:
http://bit.ly/Gold_Bar



NATIONAL
DEFENSE
UNIVERSITY

International Fellows Community Sponsor Program



SPONSOR PROGRAM MISSION



Strengthen American foreign policy initiatives by facilitating less formal relationships between the IMS and Americans from the local community

Provide a venue for the IMS to discuss and understand more about America and its people

Create meaningful connections with American citizens that will continue after the IMS returns home

What is a Sponsor?

A Sponsor is a member of the local community who commits to developing a personal relationship, nurturing cultural exchange, and extending hospitality to an International Fellow enrolled in one of NDU's 11-month programs. Sponsors do not need to be affiliated with the military.

Who are the International Fellows?

International Fellows (or "IFs" for short) are a cohort of senior foreign military and civilian officials who come from over 70 countries. IFs earn Master's degrees and receive housing and living allowance from either the USG or their home government. They are required to have working proficiency in English and are encouraged to bring their families with them for their year in the US.

For more info:

ISMO@ndu.edu

(202) 685-4240

ismo.ndu.edu





Volunteers give their time and energy throughout the year. They work around our installations – at our medical facilities, libraries, museums, ACS, and more. Day in, day out they serve our Army communities in ways we may sometimes take for granted. When see you a volunteer, say "hi" and tell them thanks! Their service makes our world a better place.

Summer camp waitlist

Military, DOD civilian, and other eligible patrons interested in the JBM-HH Child and Youth Services School-Age Care Summer Camp may submit a request for care at Militarychildcare.com. Submitting a request will allow you to be placed on the waitlist.

Space is limited and offers for care will be made by priority category. For more information, please visit Militarychildcare.com or call the JBM-HH CYS Parent and Outreach Services office at (703) 696-0575 or (703) 696-8850.

Month of the Military Child

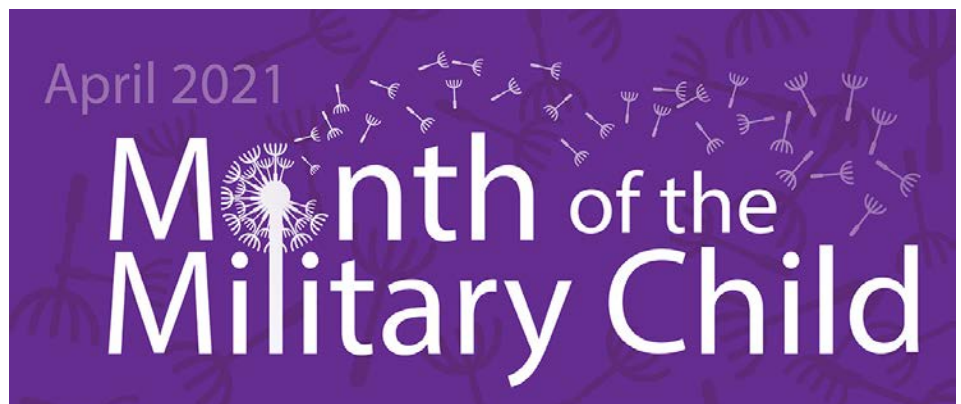
The Army and Air Force Exchange Service is committed to making life better for military communities — including our youngest heroes. The Exchange is celebrating the 2021 Month of the Military Child with virtual events, activities, games, and giveaways at <https://www.flickr.com/photos/aafespa/50999004554/in/dateposted/> throughout April.

Military Families can find details on all Month of the Military Child events — as well as coloring pages, themed recipes, video drawing and more by visiting the Exchange's community hub at ShopMyExchange.com/momc.

AAFES dining reopens

The AAFES dining area in the Exchange food court has reopened to the joint base community. Patrons are reminded that the joint base face covering policy remains in place. To ensure the safety of the joint base community, face coverings must be worn in the food court area unless eating or drinking.

For more information on AAFES services, download the Digital Garrison App, free in the Apple or Google Play stores. The Exchange is also online at <https://www.shopmyexchange.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.

Community alerts

Make sure you get the latest weather information and alerts 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.

Army Emergency Relief

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest-free loan, grant, or combination of the two.

If a Family has a financial need, the Soldier should call Trina Reliford at (703) 696-8435. 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 for loans.



Face covering policy updates

As previously reported, the joint base has been following the Secretary of Defense's face mask guidance requiring all individuals on JBM-HH to wear face masks at all times in accordance with the most current CDC guidelines. Individuals must wear face masks continuously while on JBM-HH, with some exceptions.

A memorandum from senior Military District of Washington Commander Maj. Gen. Omar Jones IV provides additional guidance and exceptions to policy that address service members performing ceremonial duties, band member rehearsals and performances, personnel speaking in a formal capacity and personnel conducting official Army physical testing events. Exceptions address residents and those conducting outdoor physical activity on base:

Installation residents may remove masks while in personally owned vehicles with members of their own household and while in their private yard with members of their own household. Masks will be worn in community areas such as playgrounds and parks.

Guidance includes clarity on how the policy applies to outdoor physical activity. Individuals may remove masks while actively conducting physical training outdoors. Individuals will maintain six feet of separation from other individuals who are not members of their immediate family. If

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


conducting physical fitness in a group and physical distancing of six feet of separation cannot be maintained, a mask is required. Physical activities include cardiovascular development, muscular strength/endurance development, and low intensity outdoor activities (ex. dog walking).

This policy will continue to be updated, and updates will be provided on our platforms, including the JBM-HH website, Facebook page, and at JBM-HH Virtual COVID-19 Town Halls.

Please wear a mask.



Maintain a distance of 6 feet whenever possible.

 cdc.gov/coronavirus

News from Rader Clinic



Sexual assault can cause physical, psychological, and emotional impacts on a victim. You can help them heal. Reach out, listen and take the steps to start the process to recovery. Visit to learn more at: <https://www.armyresilience.army.mil/sharp/>

Clinic answers COVID-19 questions

Rader Clinic has developed a public service announcement to address all the frequently asked questions about the COVID-19 vaccine being administered by the clinic. Please take a moment to view this important video, where you can meet the Rader Health Clinic team and educate yourself about the vaccine to protect yourself, your loved ones and the community. Please access the following link to view the video, <https://www.facebook.com/jbmhh/videos/861733764381647>.

**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.**

Presidential Salute Battery training



The Old Guard Presidential Salute Battery training takes place on select

* Tuesdays from 7 to 8 a.m. at Arlington National Cemetery

* Thursdays at 7:30 to 8:30 a.m. at JBM-HH Tri Services Lot

Short periods of cannon fire may be heard in the vicinity of JBM-HH.

Gate access

The Henry Gate pedestrian portal has completed maintenance and is operational. Please be advised that the turnstile at Ceremonial Gate at Fort McNair is experiencing intermittent outages. New or updated registration are not possible at this time. We will let you know as soon as service is restored.

Individuals must activate CAC cards for Henry Gate portal access yearly. If you recently received a new CAC, you must reactivate your 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.

For those who use the gate, please keep the following in mind that the gate will deactivate if sensors detect heavy objects. Likewise, only one person at a time can enter through the gate.

If you are having issues with the portal, call the military police non-emergency line at (703) 588-2800 or (703) 588-2801.

Army fitness centers expand hours of operation

All JBM-HH gyms are currently open to DOD ID card holders.

The Smith Gym at Henderson Hall hours are 5:30 to 9 a.m., 10 a.m. to 2 p.m., and 3 to 6 p.m. Weekend hours at Smith Gym are 8 to 11 a.m. and noon to 2 p.m.

Myer and McNair gyms are open Monday through Friday; the Myer Fitness Center hours are 5 to

7:30 a.m., 11 a.m. to 1 p.m., and 4 to 6 p.m. and the McNair Fitness Center hours are 5 to 10 a.m.

All patrons must wear masks at all times in all gyms, to include during active exercise.

Occupancy is limited to 50 patrons at a time on a first-come, first-served basis.



DISCIPLINE
IS JUST CHOOSING BETWEEN
WHAT YOU WANT
NOW
AND
WHAT YOU WANT
MOST.

#WorkoutWednesday #jbmhwmwr #KeepItMoving #ComingOutOfCovid #WearTheMask



Civilian leave assist

JBM-HH Directorate of Emergency Services employee Marla A. Curry and 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.

Army Civilian Education

The Civilian Education System is a progressive and sequential leader development program that provides educational opportunities for Army civilians throughout their careers. CES provides multiple levels of Civilian development to include:

Foundation Course for all grades hired after September 2006

Basic Course for general service employees GS-01 through 09

Intermediate Course for

general service employees GS-10 through 12

Advanced Course for general service employees GS-13 through 15

Continuing Education for Senior Leaders for general service employees GS-14 and 15

Action Officer Development Course

Organizational Leader Development Course

Manager Development Course

Supervisor Development Course for all supervisors

Supervisor Development Course - Executive Level

Currently, all Civilian Education System courses will be delivered in a virtual format through June 30. They may resume face to face classes beginning in the fourth quarter; however, if safety conditions do not warrant, classes will continue to be delivered virtually.

You can find additional information at <https://usacac.army.mil/organizations/cace/amsc> including instructions on how to apply via CHRTAS. If employees have questions or need assistance registering, they may contact at kathryn.k.feehan.civ@mail.mil or (703) 696-3520.



AMERICA'S ARMY OUR PROFESSION



Marine Corps Exchange

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 at Henderson Hall remains open. For more information on Henderson Hall services and hours of operation, visit <http://www.mccshh.com/mcx/>.

Commissary hours and updates

The Fort Myer Commissary is open at regular business hours, 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.

The Defense Commissary Agency lifted the customer limit on paper and cleaning items. Additionally, DECA has now approved the use of reusable bags at the store.

For additional information on the Fort Myer Commissary, visit the Commissary official website at <https://www.commissaries.com/shopping/store-locations/fort-myer/>.

New



« Prime Rib
« Rotisserie Chicken
« Blackened Fish

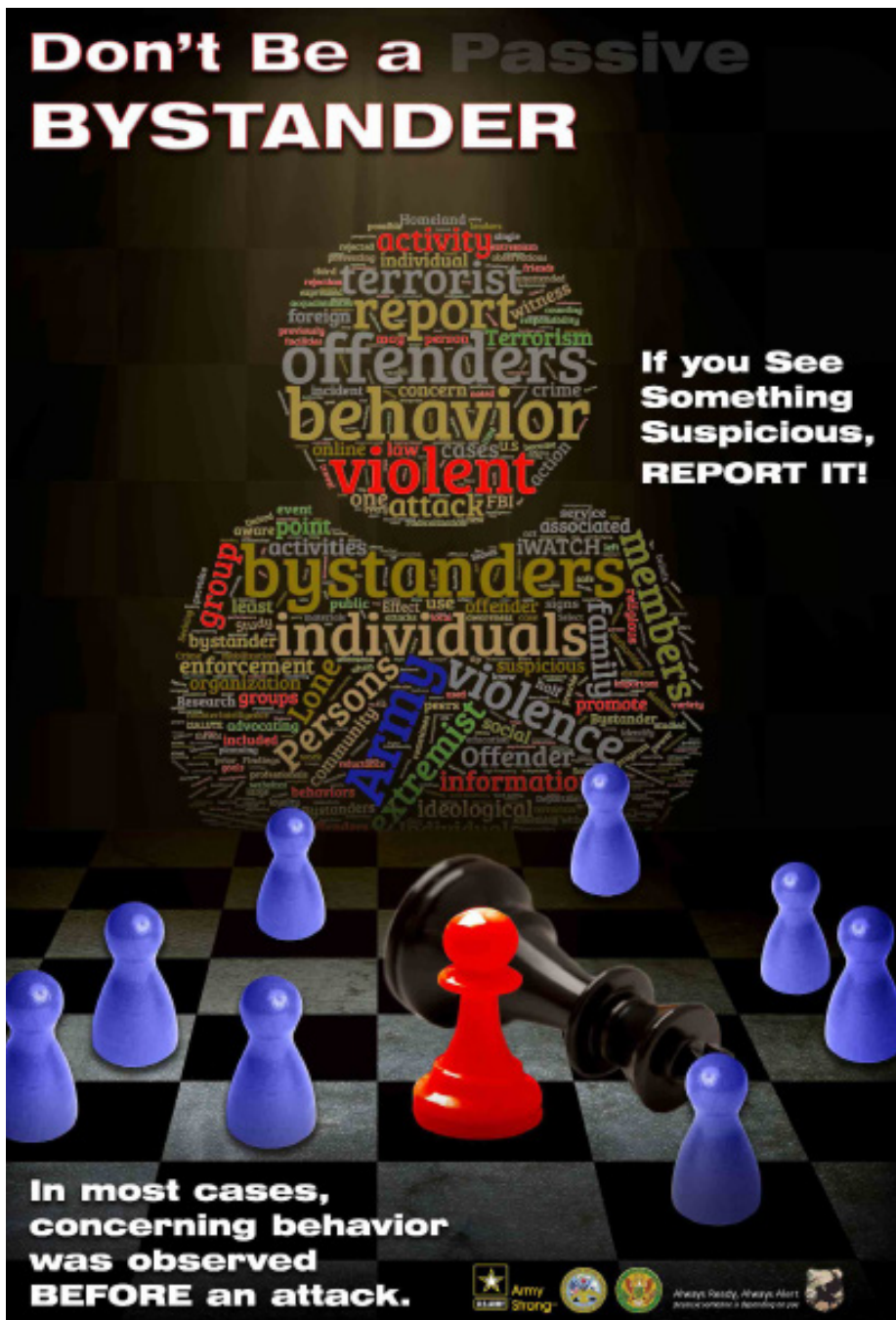
« Roasted Asparagus
« Butternut Squash

« Rice Pilaf
« Loaded Mashed Potatoes

« Assorted Drinks, Fruit & Pastries

« Denim Day Cake

Meal Price: \$5.85
Discount Rate offered for Dependents of E-4 and below meal card and cash only



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>.



Joint Base Myer-Henderson Hall Dining Facility



April 26 to 30

Breakfast \$3.65

(6:30 to 8:30 a.m.)

Lunch \$5.85

(11:30 a.m. to 1 p.m.)

Dinner \$5.10

(4:30 to 6 p.m.)

Brunch \$6.55

(8 a.m. to noon)

Supper \$8.00

(4 to 5:30 p.m.)

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

Spaghetti & Meatballs - Spicy Italian Pork Chops - Cheese Tortellini Marinara - Broccoli Cheese Rice - Italian Roasted Potatoes - Summer Squash - Roasted Cauliflower - Italian Pasta Salad - Pizza Bar - Garlic Bread Sticks - Cheesecake with Strawberry Topping - Oatmeal Raisin Cookies
Yellow Cake w/ Chocolate Icing - Pudding

Tuesday

Mexican Baked Chicken - Steak Ranchero - Spicy Baked Fish - Mexican Rice - Refried Beans w/ Cheese Mexican Street Corn - South of the Border Broccoli - Macaroni Salad - Chicken Quesadilla - Mexican Cornbread - Cherry Pie - Chocolate Cake w/ Chocolate Icing - Sugar Cookies - Jell-O

Wednesday

DENIM DAY MEAL

Thursday

Beef & Broccoli - Sweet & Sour Chicken - Grilled Salmon - Shrimp Fried Rice - Steamed White Rice - Calico Cabbage - Oriental Mixed Vegetables - Cucumber and Onion Salad - Wing Bar - Vegetable Egg Rolls
Apple Pie - White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing - Jell-O

Friday

Ginger Pot Roast - Turkey A La King - Baked Fish - Mashed Potatoes - Dirty Rice - Glazed Carrots - Mixed Vegetables Fruit Salad - Dinner Rolls - Lemon Meringue Pie - Chocolate Chip Cookies Angel Food Cake
Jell-O