



Tune in to the next virtual town hall

JBM-HH hosts virtual town halls via Facebook once a week, with the next taking place Thursday, June 18. The town hall begins at 1 p.m. and will feature JBM-HH leaders and subject matter experts. This week's town hall includes Col. Patrick Roddy and Command Sgt. Maj. Edwin Brooks of the 3rd U.S. Infantry Regiment (The Old Guard).

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/729998337812846> or www.facebook.com/jbmhh.



Father's day 'Chalk the Walk'

Through Thursday, June 18, members of the joint base community are invited to celebrate and honor Father's Day through art. Grab some chalk and draw a picture on the sidewalk that completes the following sentence: "My Dad is cool because." Tag @jbmhhfmwr to a photo of your entry and you will be placed in a competition to win a \$50 gift card.

Winners will be announced on the Family and MWR Facebook page June 19.





Army birthday events

The Army honored 245 years of service on June 14. In paying tribute to generations of service, the two events below conclude the Army birthday month observance.

Thursday, June 25

70th anniversary of the start of the Korean War.

Often referred to as "The Forgotten War," the Korean War was fought from June 25, 1950 to July 27, 1953. This day is dedicated to honoring all veterans of the Korean War, their Families, and especially those who lost loved ones in that war.

Tuesday, June 30

Army National Hiring Days begins. Army National Hiring Days is the inaugural national campaign the Army is conducting with the goal of hiring 10,000 new Soldiers in three days, June 30-July 2. Join us to find your inner warrior!

Subscribe to Army STAND-TO!



Subscribe to STAND-TO! to learn about the U.S. Army initiatives. STAND-TO! is an information paper-based web platform that supports the U.S. Army's strategic communication objectives.

The information papers — written, approved and submitted by the Army agencies — provide a broad, objective view of the Army's current operations, doctrine and programs. The "Today's Focus" topics highlight Army Staff initiatives and support Army wide strategic-level issues.

From monthly observances to information on permanent change of station moves for Soldiers, civilians and Family members, the site is a valuable resource for any member of the Army community. To subscribe, visit Army STAND-TO! Online at <https://www.army.mil/standto/>.

All published editions are sent to subscribers via email and archived daily.

STAND-TO! falls under the management of the Online and Social Media Division in the Office of the Chief of Public Affairs.



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 Joint Task Force-National Capital Region and U.S. Army Military District of Washington Commanding General Maj. Gen. Omar Jones IV. “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.





JOINT BASE MYER - HENDERSON HALL CELEBRATES ARMY HERITAGE MONTH



The month of June is designated as Army Heritage Month, centered around the Army Birthday on 14 June. The U.S. Army was founded on this date in 1775 when the Continental Congress authorized the enlistment of expert riflemen to serve in the American Continental Army. During the month of June to recognize the service and sacrifices of a diverse Army and our long history defending the nation and our national interests.

This year, the Army's 245th Birthday falls during a profoundly challenging time in American history. Through the crisis of the COVID-19 pandemic, we have the opportunity to better connect Americans with their Army by honoring those who stepped forward to make a difference when the nation needed them the most and highlighting what it means to serve.

"The soldier is the Army. No army is better than its soldiers. The Soldier is also a citizen. In fact, the highest obligation and privilege of citizenship is that of bearing arms for one's country." — GEN George S. Patton, Jr.

In case you missed it



A Golden Knights birthday

A member of the U.S. Army Golden Knights parachutes in for the 245th Army Birthday celebration on Summerall Field, Joint Base Myer Henderson-Hall, Virginia, June 12.

(U.S. Army photo by Staff Sgt. Maryam Treece)



Equal opportunity virtual observances

The Equal Opportunity Office honors two monthly observances in June, Army Heritage Month and LGBT Pride Month. Due to social distancing measures, the observances will take place virtually. Keep an eye out throughout June for observance videos on the joint base Facebook page. The videos will highlight and recognize the service and sacrifices of a diverse Army and our long history of defending the nation.



A wreath commemorates the 245th Birthday of the United States Army at the Tomb of the Unknown Soldier in Arlington National Cemetery, Virginia, June 14. The wreath was placed by Honorable Ryan D. McCarthy, Secretary of the Army. (U.S. Army photo by Sgt. Nicholas T. Holmes)

McNair exchange reopens

The Fort McNair Express has reopened for normal operations, Monday through Friday from 7:30 a.m. to 5 p.m.

From the tax center

The 2020 JBM-HH Tax Center is now closed for the season. In response to the COVID-19 pandemic, the IRS has extended the filing deadline and the deadline for 2019 tax payments to July 15. Some states have also extended their filing and payment deadlines, so taxpayers should check with their specific states for details. For those seeking an alternative to the JBM-HH Tax Center, it is recommended that active duty service members visit

www.militaryonesource.mil/miltax-software for free online tax preparation software and assistance. For retirees and other civilians, the IRS has free e-filing options for taxpayers with an adjusted gross income of \$69,000 and less. Learn more about those options at <https://www.irs.gov/filing/e-file-options>.



New virtual tool for EFMP Families

The Office of Special Needs, part of the Office of the Secretary of Defense, has launched an online tool specifically designed for military Families in the Exceptional Family Member Program. The free online tool can be accessed from the Military OneSource website at <https://efmpandme.militaryonesource.mil/>.

Service members and the immediate Family members of active duty, National Guard and Reserve service members, irrespective of activation status, are eligible to use Military OneSource, as are survivors and DOD expeditionary civilians. Veterans and their immediate Family members are eligible for Military OneSource up to 365 days post-separation or retirement.

Army Emergency Relief is here for Soldiers

AER support is available for Soldiers in need of support with more than 30 categories of assistance. In response to COVID-19, AER has implemented an online application process, with electronic payment directly into the Soldier's bank account. Soldiers may contact their chain of command by calling (703) 696-3510 or visiting <https://jbmhh.armymwr.com/programs/army-emergency-relief-aer> for more information.



Army Community Service YouTube channel

JBM-HH Army Community Service announces a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. ACS will continue to post educational, prevention-based training and informational videos, so community members are encouraged to subscribe. To see the videos, visit <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>, click "Subscribe" and continue to receive resources available whenever you need.

ACS Services are virtual!

To keep all of us safe and healthy,
Joint Base Myer-Henderson Hall

Army Community Service
IS CLOSED

for general service, but providing services telephonically and digitally. There are two ways to contact us, call 703-696-3510/3435

to reach someone who will get you the service you are looking for or scan the QR code to be taken directly to the email link and you will be contacted. **Online resources such as Army One Source (myarmyonesource.com) and the Community Resource Guide** linked to the JBM-HH homepage are available as well.

Thanks for your patience and understanding in this difficult time.

Scan me to email ACS!



We've stopped printing flyers. Need this information for later? Use your phone camera and take a picture!



Scan for best



JBMHH.ARMYMWR.COM

Follow Us @jbmhhmwr



Scan for email

Exercise with MWR on workout Wednesday

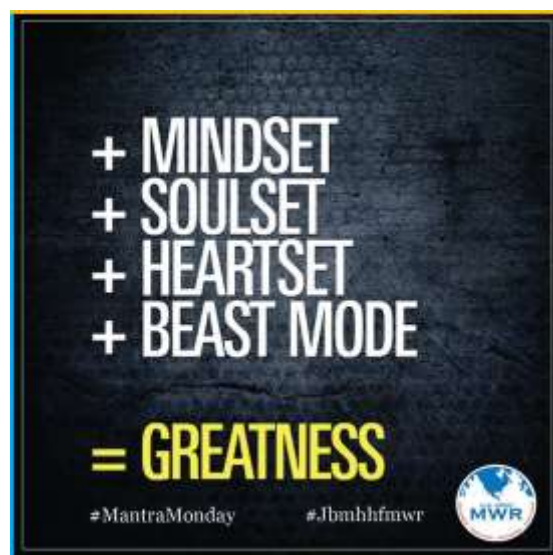
Looking for a stay at home exercise video?

Planks require your arms, your legs, and all of your abs, making them an all-encompassing workout and a more efficient way to exercise. Check out the video below for a demonstration from MWR fitness on how to properly do a plank.

<https://www.facebook.com/jbmhhfmwr1/videos/2058974167579425/>

For more family friendly resources, visit the MWR Facebook page at

<https://www.facebook.com/jbmhhfmwr1/>.



Myer Flyer Shuttle

The Myer Flyer Shuttle Route 9, which travels from the Pentagon to JBM-HH 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.

Zumba with for EFMP Families

Is your child part of the Exceptional Family Member program? If so, they will not want to miss the next virtual event. On Friday, June 26, from 3 to 3:30 p.m. the Exceptional Family Member Program will host a ZUMBA Kids on the Move virtual fitness event.

Access to the virtual event requires registration. To register, email the Henderson Hall Exceptional Family Member program at efmphh@usmc-mccs.org.



Family activity with Henderson Hall: DIY glitter jar

Looking for a family fun indoor activity? Look no more! Check out Henderson Hall MCCA Facebook page.

The page has a variety of activities including a recent video demonstration of a DIY glitter jar. The supply list for the activity is below. For instructions, check out the demonstration video <https://www.facebook.com/mccsHH/videos/290361872144937/>.



United We Stand

Social distancing does not have to be without community. The U.S. Army Band "Pershing's Own" continues 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."

The next scheduled concerts will be Tuesday, June 16 at 2 p.m., Thursday, June 18 at 3 p.m., and Friday, June 19 at 4 p.m.

View the concerts on Facebook at <https://www.facebook.com/usarmyband>.

Working in extreme heat conditions

For the best protection from heat-related illness, workers should spend rest periods in a cool place, for example, in a lightly air conditioned room, trailer or vehicle. If these options are not available, workers should seek full shade.

During rest periods, workers may continue to perform mild or light work, such as completing paperwork, sorting small parts, attending meetings, and receiving training.

Have a knowledgeable person at the worksite that is well-informed about heat-related illness and has the ability to modify work activities and the work/rest schedule as needed. When evaluating an appropriate work/rest schedule shorten work periods and increase rest periods:

- As temperature rises
- As humidity increases
- When sun gets stronger
- When there is no air movement
- When protective clothing or gear is worn

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

- For heavier work

Assign new and workers who aren't acclimatized lighter work and longer rest periods. Monitor these workers more closely.

When possible, more frequent shorter periods of exposure to heat are better than fewer longer exposures. This means that the work/rest schedules are often based on one-hour cycles and might call for a rest period of 15 minutes every hour during hot weather, and 45 minutes per hour when temperature and humidity are extreme. Individual requirements may vary greatly. Setting appropriate work rest schedules is critical for protecting our personnel during outdoor work.

For additional information on heat injuries, visit <https://safety.army.mil> or https://www.osha.gov/dts/osta/otm/otm_iii/otm_iii4.html.





Joint Base Myer-Henderson Hall

Rader Clinic updates

ALL Things COVID-19

If you have been in close contact with someone that has tested positive for COVID-19 or if you have COVID-19 like symptoms (cough, fever, chills) remain at home and contact your primary care manager. Outside of business hours, please call the Nurse Advise Line at 1-800-874-2273, option 1. **For emergencies call 911.**

COVID-19 testing is being conducted at Rader Clinic in an outdoor screening/testing area for patients with active symptoms Monday through Friday from 7:30 a.m. to 4 p.m.

*****SAFETY ALWAYS*****

Please continue to practice safety measures including physical distancing, wearing face coverings in public, wiping down surfaces, and washing hands frequently.

Pharmacy, Laboratory & Radiology

Pharmacy Services are Drive-thru only. Hours of operation are 7:30 a.m. to 3:30 p.m.

If you have questions or concerns about your prescriptions please call the pharmacy at (833) 853-1392, option 3.

To request prescription refills call (800)-377-1723 or visit Tricare Online at <https://www.tricareonline.com/tol2> (Allow 72 hours for refills).

Laboratory and Radiology (x-ray) services are available on a walk-in basis from 7:30 a.m. to 4 p.m.

Clinic Services & Operations

Rader Clinic is open Monday to Friday from 7:30 a.m. to 4 p.m. ALL personnel entering the clinic will be screened and required to wear a face covering or mask.

Outside Business Hours call the Nurse Advise Line at 1-800-874-2273, option 1. For emergencies call 911.

Most appointments are currently being conducted using tele-medicine. Face-to-face visits are for required or urgent matters only. To schedule an appointment call (855) 227-6331.

Behavioral Health services available via virtual health and telemedicine call (703) 696-3456.

SOLDIER READINESS CONTINUES! PHAs are being conducted virtually by your PCM. Complete part 1 of your PHA and call (855) 227-6331 to schedule an appointment.

Physical Therapy services continue. Face-to-face visit are reserved for post-surgical patients only. Virtual appointments available, call (855) 227-6331 to schedule.

Army Wellness Center services available online to all beneficiaries. Schedule with Shelby.L.beattie.ctr@mail.mil or speak to the health educator at (301) 677-2006.

Rader Dental Clinic is currently open for emergent care. Category 4 and Deployment Dental appointments available by Appointment only. All other non-urgent services will resume at a later date. Call (703) 696-3460 for the Dental Clinic. Sick call Monday through Friday from 8 to 8:30 a.m. Service Hours Monday to Thursday 8 a.m. to 4 p.m. Friday 8 a.m. to 3 p.m.

Fort McNair Clinic is open Monday and Wednesdays ONLY for Hearing and Basic Vision screening by appointment only. Call (855) 227-6331.

Please note: During the COVID pandemic due to reduced staffing and increased safety measures you may experience increased wait times for face-to-face services.

****Rader and McNair Clinics will be CLOSED July 3 for Independence Day Observation****

For the latest information and updates:

JBM-HH: <https://home.army.mil/jbmhh/>; <https://www.facebook.com/jbmhh>

Rader Clinic: <https://rader.nrmc.amedd.army.mil/>; <https://business.facebook.com/raderclinic/>

Preparing for hurricane season

The Atlantic hurricane season has begun. Now is a good time to dust off your hurricane “go kit” to make sure you have the things you need to protect yourself and your loved ones from COVID-19 if you need to evacuate. In addition to the usual personal items, it is important to add in cloth face coverings, bar or liquid soap and hand sanitizer. For a comprehensive source of information, visit the CDC’s hurricane preparedness site at <https://go.usa.gov/xwYXS>.

Stay Safe During a Hurricane



Stay Informed

- ✓ Listen for emergency information and alerts.
- ✓ If told to evacuate by local officials, do so immediately.



Dealing with the Weather

- ✓ Determine how best to protect yourself from high winds and flooding.
- ✓ Take refuge in a designated storm shelter, or an interior room for high winds.
- ✓ If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.
- ✓ Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- ✓ Stay off bridges over fast-moving water.



Personal Safety

- ✓ If you must go to a community or group shelter remember to follow the latest guidelines from the Centers for Disease Control and Prevention (CDC) for protecting yourself and family from COVID-19. **COVID-19**
- ✓ Be prepared to take cleaning items with you like soap, hand sanitizer, disinfecting wipes, or general household cleaning supplies to disinfect surfaces you may need to touch regularly. **COVID-19**
- ✓ Maintain at least 6 feet between you and persons not part of your immediate family while at the shelter (by avoiding crowds or gathering in groups) as much as possible. **COVID-19**
- ✓ Anyone over 2 years old should use a cloth face covering while at these facilities. **COVID-19**
- ✓ Only use generators outdoors and away from windows.

COVID Coach for all

The U.S. Department of Veterans Affairs has created a free online app called COVID Coach. Information on obtaining the app can be found at https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp. COVID Coach is for everyone, including veterans and service members, to support self-care and overall mental health during COVID-19.

Free Red Cross course

The Red Cross is offering a free online course entitled "Mental Health First Aid for COVID-19." The course is available online from the Red Cross at <https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014Zlg.html>.

Mental Health Tip:

Find ways to relax by doing things that work for you – take deep breaths, stretch, meditate, pray or engage in other activities you enjoy.



Reminder to wear face coverings



Remember to always have a cloth face covering with you in case you are in a situation where you cannot keep a distance of 6 feet between you and others. Cloth face coverings are required on all military installations, properties and facilities (except residences). Individuals must wear a face covering in the PX, MCX, and commissary.

Marine Corps Exchange **new hours**

The Marine Corps Exchange announced new store hours of 9 a.m. to 7 p.m. Monday through Saturday and 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open.

The MCX continues to maintain safety requirements including social distancing, use of face coverings, daily cleaning protocols, Plexiglas protectors at registers, and sanitation stations at entrances and elevators. The use of fitting rooms and trying on of shoes is temporarily prohibited. There may be purchase limits on high demand items.

MCX stores will not accept exchanges and returns until July 1. Purchases prior to and during this suspension period will be accepted for return or exchange from July 2 to 22. The store is currently no longer accepting cash payment as an option. The store is only accepting card payments at this time.

The Henderson Hall Alteration Shop (uniforms) is closed until further notice. The tailor shop for civilians is open Tuesday through Thursday from 11 a.m. to 4 p.m. and Friday through Saturday from 10 a.m. to 4 p.m. Capitol Deli continues curbside delivery and carry-out. Customers can call (571) 483-1962 Monday to Friday from 10:30 a.m. to 1:30 p.m.

Customers are reminded gym remains closed at this time. The car wash is open.

Henderson Hall ID Card **center reopened**

The Henderson Hall ID Card Center has reopened and relocated to the third floor of the Marine Corps Exchange. The ID card center will maintain the hours of 9 a.m. to 5 p.m. with the last customer being called in at 4:30 p.m. In order to maintain appropriate safety measures, there will only be one ID card representative in the office at one time and they will only allow one customer in the office at a time. In accordance with the commanding officer's policy, anyone entering the Marine Corps Exchange is required to wear a mask or face covering.

In reference to MarAdmin 261/20, CAC transactions will be limited to those requiring initial issuance or reissuance of an expired CAC. Reissuance does not include information changes such as rank or name. All CAC holders with an expiration date on or before April 16 are directed to get a new card as soon as practical at a RAPIDS site. All CAC holders with an expiration date on or after April 17 will re-key the card with PKI certificates valid until Sept. 30 using the ID card office online service at https://www.dmdc.osd.mil/self_service.

Please note that if you have swipe access to work locations such as the Pentagon the Henderson Hall ID Card Center cannot load your card with those specific permissions.

You may also visit <https://www.cac.mil/Coronavirus> for step-by-step instructions and eligibility.

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/jbmhrso>.

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=dmpWOFIrNEo4YWlSeGJGWfVrR0JLZz09>

Meeting ID: 303 609 381 Password: 746971

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

Remote SFL-TAP offerings

Looking for a job? Need resume assistance? Make sure to check out the SFL-TAP virtual opportunities at the regularly updated page:
<https://home.army.mil/jbmhh/index.php/teamJBMMH/my-fort/soldiers/SFL>.

The SFL-TAP program provides 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 provides some services remotely or virtually, the program continues 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.

Myer Exchange extends refund policy

For military shoppers who need to make a return but are hesitant to visit the Fort Myer Exchange during the COVID-19 pandemic, the Army and Air Force Exchange Service is extending its return policy. All purchases made since March 16, are eligible for returns through July 1.

“While extensive preventive measures have been implemented at the Fort Myer Exchange to keep the military community safe, we understand that some shoppers may not feel comfortable going to a public place at this time,” said Exchange General Manager JoAnne Cahalan. “Extending the return window gives military shoppers peace of mind.”

The extended return policy applies only to items purchased in brick-and-mortar Exchanges. Since items ordered online can be mailed back, there is no extended return policy for online orders.

Myer Exchange curbside pickup

The Fort Myer Exchange has four parking spaces designated for curbside pickup. Authorized patrons can place an order online at shopmyexchange.com and select to pick up their purchases in store.

Once the store processes the order, the customer will receive a phone call alert that the order is ready for pick up. Designated spaces are provided for curbside pickup. When parked, a customer can either call or text the phone number on the sign, which is (703) 472-7342 to let the Exchange know which numbered space the vehicle is parked at. Exchange employees will

be able to walk to the vehicle and deliver the purchased items.

For more information, please visit https://www.facebook.com/pg/MyerExchange/posts/?ref=page_internal.

H&R Block kiosk closed

The H&R Block kiosk at the Fort Myer PX has closed.

There is an H&R Block Shop located at Fort Belvoir PX Mall open year-round.

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 the 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 any 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 p.m., Saturday and Sunday closed
- **Optical, Watch repair, H&R Block, Express snack area** 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.
- **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 NDU Bookstore** Closed

Barbershops

- Open only to Active Duty service members by appointment. Phone numbers for appointments are Myer/McNair: (703) 351-6569 and Henderson Hall: (703) 271-8177. Phone numbers go live at 8 a.m. Wednesday.

Equal Employment Opportunity training

IBM-HH civilian employees are reminded that EEO Anti-Harassment and No Fear training is an annual requirement. Employees are allowed duty time to complete the training.

EEO-203A Army EEO, Anti-Harassment and No Fear Training (for nonsupervisors only)
[HTTPS://WWW.ATTRS.ARMY.MIL/SELFDEVCTR/CATALOG/COURSE.ASPX](https://www.atrrs.army.mil/selfdevctr/catalog/course.aspx)

EEO-203B EEO, Anti-Harassment and No Fear Training (for supervisors only)
[HTTPS://WWW.ATTRS.ARMY.MIL/SELFDEVCTR/CATALOG/COURSE.ASPX](https://www.atrrs.army.mil/selfdevctr/catalog/course.aspx)

Civilian development

There are many opportunities for community members to grow as Army professionals. To learn about those opportunities, watch this video for Army civilians from workforce development specialist Kathy Feehan at <https://www.facebook.com/368408587073/videos/2845654492215496/>.

The Army Management Staff College Civilian Education System courses provide quality instruction and fulfill prerequisite requirements for some other centrally-funded training, education, and professional development. To register for virtual CES courses, visit <https://www.atrrs.army.mil/channels/chrtas/student/login.aspx>.

Warrant officer briefs

Virtual warrant officer briefs will be conducted on a weekly basis. Briefings will be conducted every first and third Wednesday of the month at 1 p.m. and the second and fourth Thursday of the month at 1 p.m. To access the brief, individuals must have CAC access. Visit <https://conference.apps.mil/webconf/gowarrantnowNCR> to sign in. For more information, please contact Chief Warrant Officer 3 Sara Sewall at sara.w.sewall.mil@mail.mil or Staff Sgt. Nicolas Cassano at Nicolas.j.cassano.mil@mail.mil.

For more class offerings from the education center visit the education center webpage at <https://home.army.mil/jbmhh/index.php/teamJBMHH/my-fort/all-services/education-center>



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, while keeping our communities safe.

Civilian leave assist

JBM-HH Directorate of Public Works employees Wanda Scott and Lisa Barnes, and Directorate of Emergency services employee Jenaleigh DeLuca 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.

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.

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.

The 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.



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.
- 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.



Joint Base Myer-Henderson Hall Dining Facility



June 15 to 19

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

Daily Breakfast Menu

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

Daily Short Order Menu

Grilled Hamburgers - Grilled Cheeseburgers - Grilled Cheese - Grilled Ham and Cheese - Chili
Baked Beans - Hot-Dogs - French Fries - Onion Rings - Variety of Potato Chips
One Short Order Specialty Item (i.e. Pizzas, Corn Dogs Mozzarella Cheesesticks, etc.)

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
Strawberry Topping Cheesecake - Oatmeal Raisin Cookies - Yellow Cake with Chocolate Icing

Tuesday

Mexican Chicken - Beef and Bean Burritos - Spanish Rice - Refried Beans - Mexican Corn
Steamed Carrots - Fruit Salad - Jalapeno Cornbread - Apple Filled Churros - Sugar Cookies
Chocolate Cake With Chocolate Icing

Wednesday

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

Thursday

Barbecue Chicken - Braised Spareribs - 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

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

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)