

HQ SVC BN
HQMC
HENDERSON
HALL



Weekly Gouge

12 June 2020

SPECIAL POINTS OF INTEREST:

- DEERS/RAPIDS
ID CARD CENTER
RELOCATED!!
- A WORD FROM
THE CHAPLAIN

“GARBAGE IN, GAR-
BAGE OUT”

INSIDE THIS ISSUE

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Commanders Corner

All, H&S Bn will continue to provide all essential functions during this period of dispersed operations and maximum telework. Some services have been reduced or modified and walk-in hours reduced. See below for details, or contact your company staff with specific questions.

Col Wisner

ATTENTION

Per **April 5, 2020** guidance, **ALL** individuals on DoD property, installations and facilities **are REQUIRED to have face coverings in/on their possession at all times.** With your safety and security in mind, we are adapting our policy. **ALL** individuals are **REQUIRED to WEAR face coverings when they cannot maintain 6 FEET of social distance in public areas.**



By order of the Henderson Hall
Commanding Officer
Colonel Robert L. Wisner



For the more updated information please visit:

[Joint Base Myer-Henderson Hall Notifications](#)

[MCCS Closures, Modified Hours of Operations and Event updates](#)

A Word from the Chaplain

Garbage In, Garbage Out

HQ BN HQ USMC BN Chaplain – LT Jonathan Maruszewski, CHC

“Garbage in, garbage out!” Perhaps you have heard this phrase? I heard it all the time growing up. It was literally the response I got when I wanted to begin collecting Garbage Pail Kids cards along with my friends. The term refers to the consumption of harmful and trashy content and the results they produce in our lives. Another term I have come across in studying our culture and times is the phrase “Doom Surfing.” This term refers to the perpetual consumption of bad news or bad reports concerning COVID19, violent rioting and looting, injustices performed against particular people groups, violence recorded in TikTok videos, and staged beat downs of certain individuals to name a few. Like a bad accident on the highway, we are shocked, but we can’t look away and our media feeds continue to display the disheartening content. All this consumption affects our worldview, our outlook on life, and our view of humanity. There are multiple consequences to the consumption of this constant feed of negative content. We may find ourselves straying down the paths of indignation, numbness to real need, prejudice or intolerance of certain persons and ethnicities based on the negative media we consume. The remedy? Recognize the harmful effects of the content you are consuming and reduce or eliminate it entirely. There are better things to think about and more wholesome content to consume. Here is a good filter to apply to the things you allow in your life: Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if anything exists that has virtue, or is worthy of praise: **THINK ON THESE THINGS.** It is good to be aware of the times and knowledgeable of the good and bad going on around you. Be wise as you determine how much of the garbage you allow into your life.

If you need some suggestions on healthy content or some assistance in figuring out how to improve your mental and spiritual fitness - your Chaplain is available! Call (703) 614-9280 or stop by the Henderson Hall, Bldg 29 Chapel.

Marine Corps Exchange New Hours and High Risk Shopper Program

The Marine Corps Exchange has announced new store hours of 10 a.m. to 6 p.m. daily effective May 31, to include the Vineyard. All three levels are open for customers' convenience.

Beginning May 26, the Exchange will begin an early-bird program for shoppers in the high risk population demographic. High risk customers can shop on Tuesday and Thursday from 9 to 10 a.m. prior to the general public. The MCX continues to maintain safety requirements including social distancing, use of face coverings, daily cleaning protocols, Plexiglas protectors at registers, offering sanitation stations at entrances and elevators. Fitting rooms & and trying on of shoes is temporarily prohibited as well. 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 accepting card payments.

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. The Barber Shop and gym remain closed at this time. Car wash is open.

NEW STORE HOURS effective June 14, 2020 will be:

Monday—Saturday 0900-1900
Sunday and Holidays 1000-1800

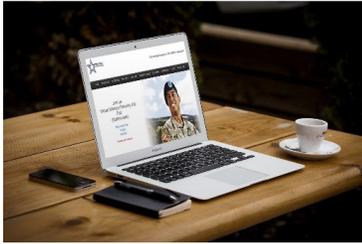
NEW Commissary Hours

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.

Personal and Professional Development



MEET YOUR FUTURE EMPLOYER - ONLINE -

June 19, 2020 * 10 am - 2 pm (ET)

Virtual Military-Friendly Job Fair

Meet dozens of employers - online - at the Corporate Gray VIRTUAL Military-Friendly Job Fair. Registered companies and government agencies include Lockheed Martin, Leidos, LHM, AHServices, U.S. Postal Service, U.S. State Department, and many others. Especially for transitioning and former military and family members seeking employment. Free and open to all job seekers.

Pre-registration for this event is required.
<https://www.corporategray.com/jobfairs/421>

Sponsored by Corporate Gray, publisher of "The Military-to-Civilian Transition Guide" and "Social Media and Your Job Search."
The Department of Defense and the Service Branches do not endorse any company, sponsor, or their products or services.

You are invited to participate in the **Friday, June 19 Virtual Military-Friendly Job Fair**, which will be held online from 10 am to 2 pm (EDT). See the list of companies below and here: <https://www.corporategray.com/jobfairs/421>, which includes a link to the companies' profile and job listings.

Interactions with the company recruiters will be in the form of one-on-one text chats and an option to do video chats. All you would need is a computer or mobile device with Internet access. You can view each company's job listings on Corporate Gray Online and apply in advance to those positions best matching your skills and interests. You can also easily find your LinkedIn connections by visiting the June 19 Job Fair page listed above and then clicking the LinkedIn button next to each company's name. We encourage you to contact your LinkedIn connections to benefit from their first-hand knowledge of the company and its job openings. It may also result in you being referred into the company.

Registering for the June 19 Virtual Military-Friendly Job Fair

The first step is to register on Corporate Gray Online:

1. Create a Corporate Gray Online account at www.corporategray.com/applicants/new or sign-in to an existing account at www.CorporateGray.com/login
2. Click the JOB FAIRS link on the menu bar
3. Click the "register" link for the June 19 Virtual Job Fair
4. Upload your resume and click the "Register" button

You will then be directed to complete your registration on the eCareerFairs website, which will be used to host this Virtual Job Fair. When you're on the site, be sure to visit the booths, read the company overviews, view their job listings, and note the recruiters who will be staffing the booths.

On June 16, there will be a **Virtual Job Fair Training Session for Job Seekers**. An invitation will be sent to all those individuals who are registered for the June 19 event both on Corporate Gray Online and on eCareerFairs.

Please be sure to register soonest so that you receive an invitation to the June 16 Virtual Job Fair Training Session for Job Seekers. Good luck!

- Corporate Gray

[Job Seeker Tips: Preparing for a Virtual Job Fair](#)

Exceptional Family Member Program

EFMP Henderson Hall Lucy Arruffat is inviting you to a scheduled Zoom meeting.



Zumba with Kids on the Move!

The summer is upon us and kids are super excited! Quarantine has kept all of us cooped up. How about some dancing and fun! Wear your favorite superhero costume or any theme you want! Open to all of our military families and friends! Please make sure to register through the OMB Link: efmphh@usmc-mccs.org

**June 26th
3 p.m.—3:30 p.m.**

Join Zoom Meeting

[https://urldefense.com/v3/_https://us04web.zoom.us/j/4280349918?pwd=OTJNYkpsWVJrUmc0bFcwSTBwajN0QT09_!!J8WyRnyfhQ!p79uXPwZtl8kut-V4JaPcx-n7P6uLRzZ8ZlPvqxy27tnuo4eeikkM3cyTZtvwgdaOfk_Qm8\\$](https://urldefense.com/v3/_https://us04web.zoom.us/j/4280349918?pwd=OTJNYkpsWVJrUmc0bFcwSTBwajN0QT09_!!J8WyRnyfhQ!p79uXPwZtl8kut-V4JaPcx-n7P6uLRzZ8ZlPvqxy27tnuo4eeikkM3cyTZtvwgdaOfk_Qm8$)

Meeting ID: 428 034 9918
Password: 855435

[EFMP June Newsletter](#)

Virtual SAPR Annual

Training is accessible via computer, smartphone, or other devices with internet access.

E4-E5

Tuesday, June 16 @ 1100 & 1330
meet.google.com/gxh-jpge-vas

E6-O6

Thursday, June 18 @ 1100 & 1330
meet.google.com/avj-eawd-fex

For more information, please contact Priscilla Willett, MSW
Sexual Assault Response Coordinator (SARC)
Priscilla.willett@usmc.mil, 202-439-5827.

Sexual Assault Annual Training Now Available Virtually

E4-E5

Tuesday June 16 @ 1100 & 1330
meet.google.com/gxh-jpge-vas

E6-O6

Thursday, 18 June @ 1100 & 1330
meet.google.com/avj-eawd-fex

Accessible via computer, smartphone, or other devices with internet access

For further information please contact
Priscilla Willett, SARC
Priscilla.willett@usmc.mil
202-439-5827

ID Card Center Re-located to the MCX

The Henderson Hall ID Card Center re-opened on 1 June 2020. It has been relocated to the 3rd floor of the Marine Corps Exchange.

The ID card center will maintain the hours of 0900-1700 with the last customer being called in at 1630.

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 one 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 16 April 2020** 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 17 April 2020 will re-key the card with PKI certificates valid until 30 September 2020 using ID Card Office Online at [https://](https://www.dmdc.osd.mil/self_service)

www.dmdc.osd.mil/self_service.

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

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

Assistance: For questions or concerns, please contact the DEERS/RAPIDS Center at (703) 693-7152.

DEERS/RAPIDS ID CARD CENTER

IS NOW ON THE
3RD FLOOR OF THE MARINE
CORPS EXCHANGE.



Monday - Friday
9 a.m. - 5 p.m.
(With the last customer being called in at 4:30 p.m.)

S-3 Training

Be advised that the following information is subject to change in this fluid and uncertain time:

- **ALL PFT's ARE CANCELED per MARADMIN 260/20 and 269/20.** Marines meeting one of the exemptions listed in Paragraph 5 of MARADMIN 269/20 must contact the S3 to schedule a PFT and/or CFT: 703-693-8917 / 9063. CPTRs are not authorized to conduct PFTs or CFTs at this time.
- **Henderson Hall S-3 has suspended all semi-annual height & weight verifications for all H&S Bn, HQMC Marines until Joint Base Myer – Henderson reduces HPCON to Bravo.** Marine's requiring command photos for boards or re-enlistment must schedule a weigh-in with the Bn S3: 703-693-8917 / 9063.
- **CPTRs are not authorized to conduct weigh-in until further notice.**
- All annual training classes are canceled until further notice. The battalion is developing alternatives to complete UMPATIC, and PAC training requirements. Marines are directed to maximize utilization of annual training courses via MarineNet.
- Monitor the CDC website and MARADMINs for further updates as the situation evolves.
- The S-3 continues to operate and have a representative on site daily from 0730 - 1200.
- We will continue to evaluate our policies on a bi-weekly basis to ensure we remain aligned with current guidance and the local COVID-19 situation.

Pistol Range Information:

The Battalion will conduct a pistol qualification range on 8 July for all OOD qualified Marines. Range details to include number of shooters are still be coordinated. We anticipate to be able to qualify between 40 and 60 Marines. This range is being organized and executed by H&S Bn, HQMC Marines and not Weapons Field Training Battalion Quantico. To register contact the S-3 OMB: hnhl_s3_training@usmc.mil

Command Safety Office

The Command Safety Office presents, June "Safety Checks" newsletter. This edition will focus on Hurricane Safety, Fireworks, Pool Safety and Automotive Repair Safety tips.

Below are two safety messages to support your safety discussions.

[CMC SD CSAC 101 Days of Summer Newsletter](#) [Naval Safety Centers LL – Mishaps of Summer](#)

HNHL Safety & Information web app, can be downloaded from your respective App Store/iTunes/Google Play Store, by searching for "HNHL Safety & Information App".

Take care and stay safe.

Ken Barnett
Director of Safety

Volume 6, Issue 1
Safety Checks June 2020

Henderson Hall Safety "Safety Checks"

Make the right decisions! Your family, your membership, and fellow Marines are counting on it!



From the Director of Safety

Hello Marines, civilians and family members of Henderson Hall. I hope everyone had a safe and enjoyable Memorial Day weekend.

Hopefully, everyone had an opportunity to review all the presentations and documents that the Battalion put together. I am certain that these items will help prepare you for the upcoming 101 Critical Days of Summer. If you need additional resources, please don't hesitate to contact our office.

Take care and stay safe!

R/L,
Your Command Safety Office



101 Days of Summer Begins

We just completed the first hurdle with this past Memorial Day weekend and with only had a few reports-able mishaps - enterprise-wide. As we progress this summer, continue to put those best practices and safety mitigation controls into place. Your safety is most important to you family and our Marine Corps.

As the weather transitions, and the COVID 19 challenges remain, family get-togethers, going to the beach, and cooking out on the grill is beginning to increase. However, no matter what your plans entail we must ensure that social distancing and limited gatherings are considered. Additionally, continue to be mindful of the state and federal guidelines.

This month's Safety Checks newsletter will cover some summer activities that continue to cause preventable injuries. We hope you review and take away some tips to keep you and your family members safe and healthy.

Special points of interest:

- Grilling Safety
- Pool / Water Safety
- Hurricane Season

Inside this issue:

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[NSC Spring Safety Magazine](#)

(password: springahead)

[Henderson Hall Safety:](#)

[June Safety Checks](#)

CONAD Office

CONAD Advisory 012-20

In the effort to maintain proper social distancing and limit the amount of time it will take to process the influx of Marines reporting to Henderson Hall due to the termination of the stop movement, the Inbound Section of the Consolidated Administration (CONAD) Center will begin conducting mass check-ins. This will drastically reduce the time and individual Marine spends in processing with CONAD. Marines are still required to have their orders endorsed by CONAD or the Battalion OOD before 2359 of the no later than date listed on their orders. Beginning on 15 June 2020 there will be two briefs conducted Monday, Tuesday, Wednesday, and Friday in the auditorium at 0900 and 1400. The Thursday brief will only be conducted at 0900 due to afternoon closure for administrative training. We ask that all Marines arrive at least 15 minutes prior to the scheduled brief in order to have their documents printed and prepared prior to the start time. All members will need to attend one of these briefs in order to complete their audit and travel claim so that they may be processed into the Battalion. If a member cannot report in at one of the specified times, he/she must have their orders endorsed by CONAD or the Battalion OOD before 2359 of the no later than date listed on orders so that they may attend the next scheduled brief. If the auditorium is not available due to a scheduled command function an alternate location will be determined and pushed out prior to via the daily gouge.

Assistance: For questions or concerns, please contact the CONAD at (703) 614-7171 or the ID Card Office at (703) 693-7152.

Listed below are the steps to access the MOL EPAR system:

Log into MOL <https://mol.tfs.usmc.mil>

Locate and select "Home" Tab

Locate and select "MyEPAR" Tab

Assistance: For questions or concerns, please contact the CONAD at (703) 614-7171.

[MOL Travel Voucher](#)

Information and Referral Resources

1. TRICARE Select Navigator is administered by Accolade and provides free, personalized health benefits support from a team of nurses to eligible beneficiaries

- Find a nearby network doctor or specialist

- Have an Accolade nurse schedule a doctor's appointment

- Understand if a test or procedure is covered

- Get help with a confusing or incorrect bill

You can learn more about the program and to see if you are eligible, by visiting TRICARE.mil/SelectNavigator
Phone: 833-400-9603.

To register: https://militaryfamilieslearningnetwork.org/event/61161/?utm_campaign=mos-enews-june2020&utm_content=text&utm_medium=email&utm_source=govdelivery

2. Telehealth Resources for Your Emotional Well-Being

The COVID-19 pandemic may lead to anxiety or sadness. Military OneSource offers service members and their families a number of ways to care for their mental health from home. View the options https://www.militaryonesource.mil/family-relationships/family-life/covid-19-resources/telehealth-services-during-covid-19?utm_campaign=mos-enews-june2020&utm_content=text&utm_medium=email&utm_source=govdelivery

3. Military and Family Life Counseling Program (MFLC) 1-800-342-9647

In response to COVID-19 restrictions, the MFLC Program implemented telehealth services, and continues face-to-face counseling where conditions permit

- ~ 1,800 MFLCs are currently providing telehealth support

- ~ 300 MFLCs are currently providing in-person support

4. Magellan's confidential mental health crisis line is now offered free-of-charge to the community to assist individuals as they try to cope with feelings of fear, sadness, anger and hopelessness. Crisis line callers may also seek information and guidance to other available resources, such as community-based support.

The toll-free number to access free, confidential counseling services is 1-800-327-7451 (TTY 711).

www.magellanhealth.com/crisiscommunications, includes tip sheets available to download, and links to resources on the Ready.gov website

5. EFMP and ME <https://efmpandme.militaryonesource.mil/>

This is a new online resource and mobile application enabling users to navigate pertinent resources and information on special needs anytime and anywhere, 24/7.

6. In recognition of military spouses and the important role they have in keeping the force financially ready, the Department of Defense Office of Financial Readiness offers MilSpouse Money Mission, a financial education resource just for military spouses. This is the DoD's primary resource designed for military spouses to provide them with trusted information they can use to be more empowered and actively involved in making financial decisions for their families' financial well-being and achievement of financial goals. <http://www.milspousemoneymission.org/>

7. What questions do you have for some of the largest employers hiring Veterans?

Veterans Affairs and community partners like Amazon, USAA, Walgreens, Walmart, American Corporate Partners, Blue Star Families and more will be answering questions live on June 16th at 3PM ET in this Veterans Experience Live event. Ask your questions beforehand to ensure they are seen.

ASK [<https://www.rallypoint.com/answers/veterans-experience-live-vetxl-hiring-together-live-q-a-with-va-and-hiring-partners-on-rallypoint>]

Willie Acevedo
Information & Referral Resources Specialist

Additional Office Information and Resources

Additional Office Info & Links
Shuttle Service Schedule
BN Phone Directory
S-1 Adjutant
Consolidated Admin (CONAD): Check-in/out; ID Center
(NEW) S-3 Operations: CFT, Rifle /Pistol, PHA information and more...
S-6/Communications: Restart Computers, Training Opportunities
Company Command: (NEW) HQ & A Co , B Co , and C Co
Chaplain ; Pentagon Chaplain Religious Service
(NEW) EFMP
Civilian Employees
Personal Financial Management
(NEW) Volunteer Opportunity
(NEW) HH MCX Sales and Promotions
USO Metro
(NEW) JBM-HH E-Newsletter
Pentagram

To view all MARADMINS and other publications, please visit www.marines.mil.

For updated information, please visits the websites below

[U.S Marine Corps \(COVID-19\)](#)

[Coronavirus Disease 2019 \(COVID-19\)](#)

[What the U.S. Government is Doing](#)

[WHS COVID-19 Guidance](#)

[Center of Disease Control-](#)

[U.S Department of Defense-](#)

For additional guidance regarding civilians, to include FAQs and policy guidance:
<https://www.manpower.usmc.mil/webcenter/portal/MPC40>