Headquarters & Service Battalion, Headquarters Marine Corps, Henderson Hall

Weekly Gouge

29 April - 7 May 2023
Volume 12 Issue 4

INSIDE THIS ISSUE

April 2023 Awareness	2
Day of Remembrance	3
PMP Course & Retirement at HH Request	4
Passport Process Delay	5
Ball Committee Fundraiser	6-7
HH Field Meet	7
S-3 Training Updates	8
SAPR "May" Training Dates	9
April 2023 Safety Checks, and more	10-11
Myer Flyer "Route 9"	12
CREDO NDW Classes, Retreats & April Religious Services	13
Marine Family Program April Calendar, Playgroup	14
EFMP Workshops & May Newsletter	15
Education Programs and Events	16
Drive Thru Backpack Giveaway	17
Virtual Job Fair & Personal Readiness Seminar	18
Personal Finance Management Program Virtual Classes	19
FY23 Transition Readiness Program Events	20-21
SMP Events	22
Zembiec Pool: Cardboard Regatta Hours, Memorial Day Hours	23
Yoga Class & Intramural Volleyball	24
HITT Competition& HITT Hours	25
Ooh rah Run Series & Iwo Jima 7K Race	26
Evening Parade & Tuesday Sunset Parade Information and Dates	27-28
Additional Links	29

Battalion Updates

Classroom Closure

The last Week of May the classrooms in building 29 , 1st fl , will be closed for updates. Please be sure to reach out to the S-3 to reschedule if you have not done so already.

Zembiec Pool Closed

29 May the pool will be closed until further notice for remodeling . Also, please view page 24 for Memorial Day hours of operation and the Annual Cardboard Regatta.

FTAP Brief

Career Planner is holding a FTAP brief on Wednesday, 18 May 2023, 1300-1400, this is for FY24 Marines

Scan to view our Command Website

Awareness and Recognitions

April Awareness /Recognition

Child Abuse Prevention Month
Month of the Military Child
Sexual Assault Prevention & Awareness
Volunteer Appreciation Month
Alcohol Awareness Month

Battle of Okinawa- 1 April
Palm Sunday - 2 April
Battle of Fallujah- 4 April
Gold Star Spouse Day - 5 April
Passover (Begins at sunset) - 5 April
Good Friday - 7 April
Easter - 9 April
Eid al-Fitr - 21 April
Earth Day - 22 April

Navy Marine Corps Relief Society - Active Duty Fund

The annual Active Duty Fund Drive supporting Navy-Marine Corps Relief Society will be conducted from March 1st to April 30 this year. For more than a hundred and nineteen years this non-profit organization has provided invaluable financial assistance and education to members of the United States Navy, United States Marine Corps and their eligible family members. Your contribution enables Navy-Marine Corps Relief Society to provide confidential interest-free loans, grants, and services such as visiting nurses and budget for baby workshops. Supporting Navy-Marine Corps Relief Society is supporting our shipmates and fellow Marines when they need it most.

Goals:

1. To raise awareness of the programs and services available to active duty Sailors and Marines. The more knowledge Sailors and Marines have about our resources, programs, and services (and when and how to get assistance)
the more operationally ready they will be.

2. To raise funds to support the programs and services offered by the NMCRS. Your support of the Active Duty Fund Drive provides shipmates financial support when their family has trouble making ends meet and allows your fellow Marine an emergency trip when needed back home.

https://www.nmcrs.org/pages/adfd

Command Updates and Training

2023 Days of Remembrance & Holocaust Remembrance Day

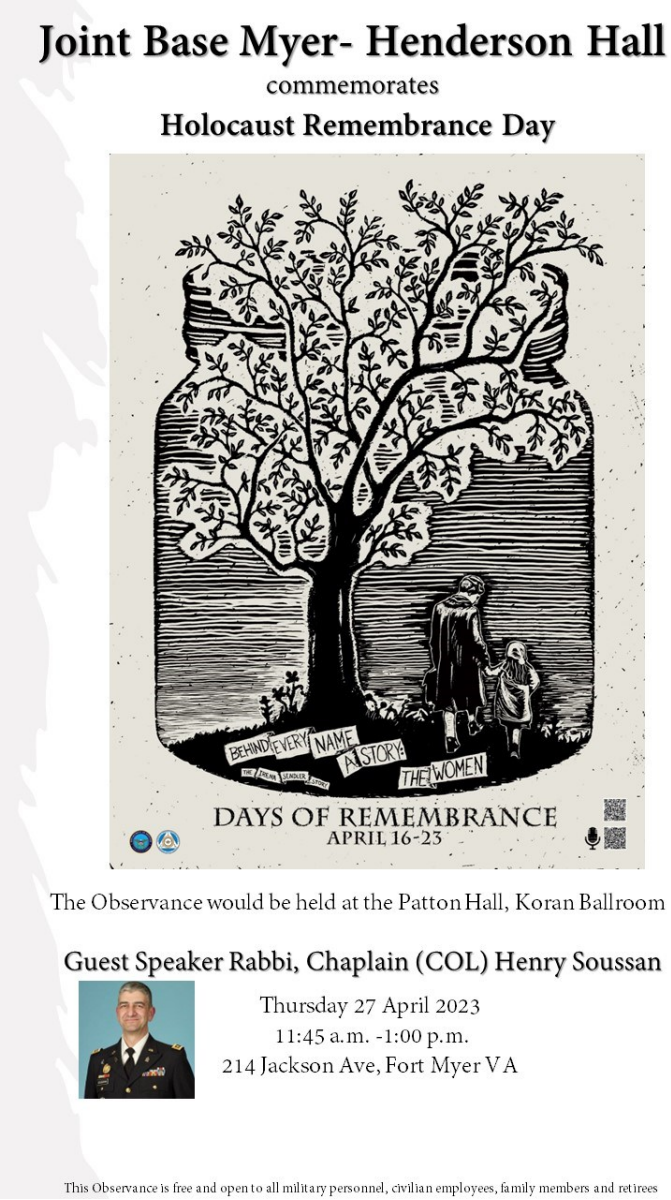
2023 Days of Remembrance & Holocaust Remembrance Day

DEOMI 2023 Theme: Behind Every Name a Story: The Women

Days of Remembrance was established by the U.S. Congress to memorialize the six million Jews murdered in the Holocaust as well as the millions of victims who were targeted for racial, political, ideological, and behavioral reasons. More than one million children were killed. Millions of ordinary people witnessed the crimes of the Holocaust in the countryside and city squares, in stores and schools, in homes and workplaces.

Across Europe, the Nazis found countless sympathizers who willingly worked with them or were complicit in their crimes. The victims had no control over their fates. The rescuers, on the other hand, made choices. The rescuers chose to risk their families' lives to intervene and help those being persecuted. Irena Sendler made the choice. She smuggled 2,500 Jewish children to safety.

To finish reading the above story, please click **here.**



Command Updates and Training

PMP Pro Learn Course

Henderson Hall will be hosting a
Project Management Professional (PMP) Boot Camp
Monday-Friday
15-19 May
Henderson Hall

May course is FULL for PMP but we can still take names for standby . Registrations for the August and November courses.

This course will be taught by a certified instructor from PM ProLearn. The Boot Camp will prepare students to pass the PMP certification exam and improve their Project Management Skills. Henderson Hall will fund the first 20 students to register.

This includes the cost of the PMP exam fee and access to PM ProLearn's online learning platform for one year. Please note that once you have register, you MUST attend the course for the entire week.

To register, contact Maj Scott, Arthur at Arthur.Scott@usmc.mil.

Are You A Service Member Looking To Retire At Henderson Hall?

Below is the "Unit Request Form" where the Company Office can help filter what is requested for a memorable ceremony.

Please read and complete the document below and send it back to hnhl_hqco@usmc.mil for processing. If you have any questions, contact Company Gunny, GySgt, Noe Santana at Noe.Santana@usmc.mil, or 703-614-7154.

Retirement Ceremony_Unit Request Form

Command Updates and Training

Passport Process Delays (State Department)

Update on Passport Processing Times

On March 24, the Department of State updated the processing times for U.S. passport applications. Routine processing will take 10-13 weeks and expedited processing, which costs an additional $60, will take 7-9 weeks. These new processing times only apply to new applications submitted on or after March 24. Processing time begins the day we receive an application and do not include mailing time.

Processing times are cyclical and rise and fall based on seasonal demand. However, the volume of applications we have received during periods this year has outpaced records set by last year's volume by more than 30 percent.

By adjusting our processing times, we are giving U.S. citizens more precise information about how long it may take them to receive a new passport. We continue to urge U.S. citizens to check their passport expiration date and renew now if they are planning international travel this year. Visit travel.state.gov/passport to plan your 2023 travel with the latest passport guidance and processing tips in mind. We encourage all U.S. citizens traveling overseas to enroll in the Smart Traveler Enrollment Program so they can receive important messages about their destinations directly, including timely Alerts and updates to Travel Advisories, and to enable us to assist in an emergency.

2023 Peak Moving Season Preparation

2023 Peak Moving Season Preparation : MarAdmin 211/23

The Electronic Foreign Clearance Guide (FCG) (pentagon.mil)

COVID-19 and Personal Property Shipment and Storage Requirements 28 Mar 2022.pdf (marines.mil)

POV Shipment and Storage

For information on how to prepare a POV for shipment or storage, review the documents Shipping Your POV, Appendix K3 and Storing Your POV, Appendix K4 of the Defense Transportation Regulation, Part IV Personal Property at

https://www.ustranscom.mil/dtr/part-iv/dtr_part_iv_app_k_3.pdf

https://www.ustranscom.mil/dtr/part-iv/dtr_part_iv_app_k_4.pdf

The official Marine Corps Facebook Page for Passenger Travel is located at www.facebook.com/usmcpassengertravel

Executing the Move

The residence or other pickup location must be ready for the packers to begin their work. Pre-move preparations are fully explained at this website: https://www.militaryonesource.mil/moving-housing/moving/moving-resources/.

Command Updates and Training

Ball Committee Fundraiser

Krispy Kreme Donut Fundraiser

Single Krispy Kreme Certificate—$14
Present this certificate on your next visit to Krispy Kreme and receive (1) dozen of their Original Glazed Doughnuts!

Krispy Kreme BOGO cards—$ 22
With the 'Buy One Dozen Get One Dozen card you can purchase (1) dozen Original Glaze Doughnuts and then you will receive an ADDITIONAL (1) dozen of their Original Glazed Doughnuts at the same time FREE! Each card has 10 coupons to be used.

All proceeds go to support the 248th Marine Corps Birthday Ball !

For more information or to purchase these items, please contact Sgt Pereira 703-614-7191 or RP Bowman 703-693-4732.

HQMC Henderson Hall Unit T-Shirts and Hoodies

The H&S BN Marine Corps Birthday Ball Committee is selling HQMC Henderson Hall Unit T-shirts and Hoodies.

Shirts: $20

Available in green and black . Sizes Small through X-Large

Hoodies: $45

Available in green and red. Sizes Small through X-Large

Hoodies will be ordered once a minimum of 25 units are purchased.

T-Shirts and Hoodies can be purchased with CASH or Credit Card from Sgt Pereira in the DMO office or RP2 Bowman in the Chaplains Office.

Command Updates and Training

Ball Committee Fundraiser

HQSVC BN, Henderson Hall Field Meet

Command Updates and Training

S-3 Training

PFT DATES

May 5th, 12th, 19th at 0700
June 9th, 16th, 20th-23rd at 0700

Command Physical Training Representative (CPTR)/Monitor Briefs :

Trainings are held on the 2nd Wednesday of each month at 0900 in the S-3 Conference Room.

10 May 2023

**********WEIGH-IN's**********

Walk-in's are welcomed for height and weight. Per MCO 6110.3W, Ch 1, para 3.F.3 "Uniform. The only authorized uniform for the weigh-in and BCE (if necessary) is the Marine Corps approved green-on-green T-shirt, shorts and socks. No other uniform or clothing garment is permitted."

*****Please bring your green on green with you. **NO EXCEPTIONS!**

BCP PROGRAM UPDATE

***MCB 6110:* Marine Corps Body Composition and Military Appearance**

MARADMIN 652/22

FIELDING OF BIOELECTRICAL IMPEDANCE ANALYSIS DEVICES IN SUPPORT OF THE MARINE CORPS BODY COMPOSITION AND MILITARY APPEARANCE PROGRAM > United States Marine Corps Flagship > Messages Display (marines.mil)

To view the video visit Marines TV.

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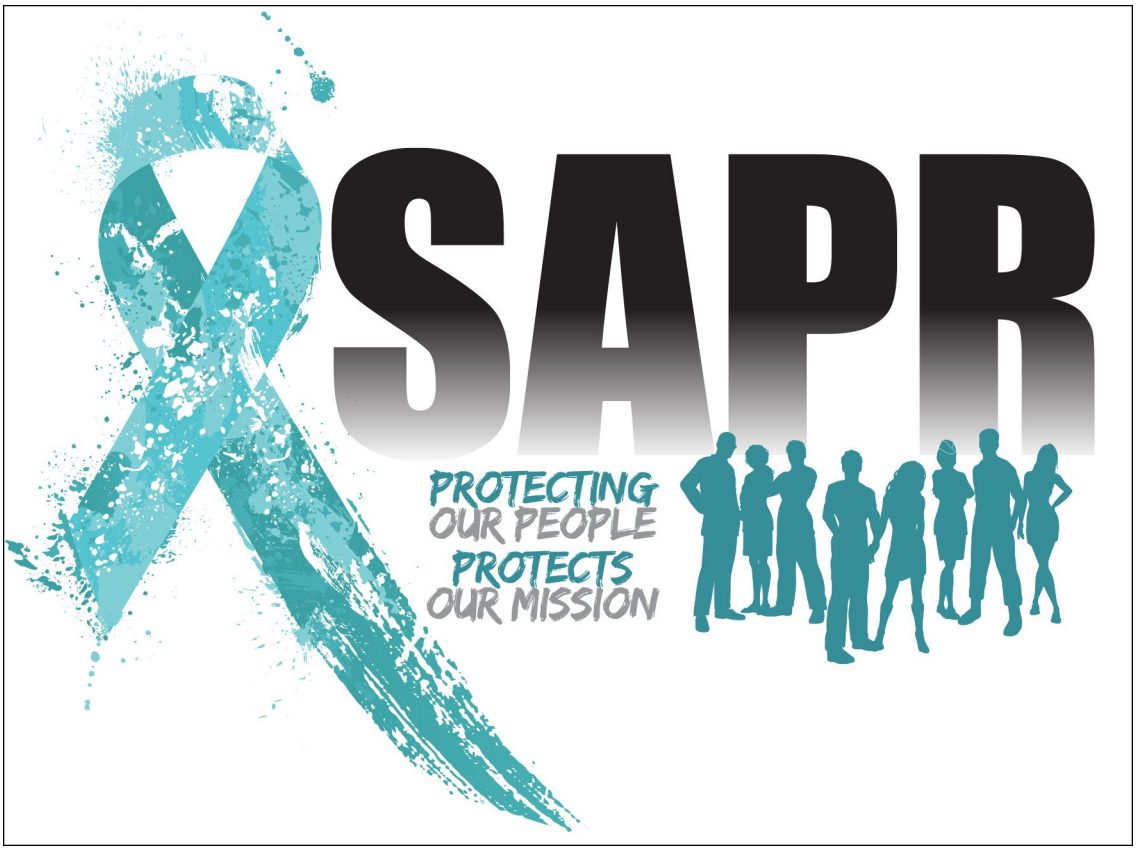
UPDATE: April Range dates

To view more information on **rifle/pistol range dates,** PHA , S-3 points of contact and more , please click **here.**

Command Updates and Training

SAPR Training Schedule



Training/Rank	Date	Time	Location
E1 - E3	16 May	0900	Virtual
NCO	16 May	1000	Virtual
Officers/SNCO's	18 May	0830	Pentagon CC Rm M1
Officers/SNCO's	18 May	0930	Pentagon CC Rm M1
Officers/SNCO's	23 May	0900	Virtual
Officers/SNCO's	23 May	1000	Virtual
All Ranks	24 May	0800	101 Days of Summer, HH, Smith Gym

Command Updates and Training

Command Safety Office

Volume 4, Issue 4

Safety Checks April. 2023

HQMC Henderson Hall "Safety Checks"

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

From the Director of Safety

Leaders, Staff and Family Members,

April brings a lot of significant topics that all of us should take time out to recognize, gather information and determine how we can do our part to support. These topics include: Autism awareness, Sexual Assault, Child Abuse Prevention, Environmental Awareness, Distracted Driving Awareness and much more. Anticipate more guidance on these topics throughout the month from both MCCS and the command team.

In this month's edition, readers will find many "Safety" take a ways that should be considered as the weather breaks and as more vehicles hit the roadways. Enjoy, Stay Safe and make good decisions.

R/s, Your Command Safety Office

Special points of interest:

- Motorcycle Safety
- Distracted Driving
- Hiking Safety

Inside this issue:

Motorcycle Safety	2
Motorcycle Safety Continued	3
Distracted Driving	4
Hiking Safety	5
Yardwork Safety	6
Playground Safety	7

Command Web App

Spring has Sprung!

Anyone with allergies knows that Spring is here... Besides the pollen, April also brings us showers, flowers, Easter and warmer weather.

As warmer weather approaches, many of us will be doing more outdoor activities such as: Riding motorcycles, hiking, and possibly some yard work around the house. On pages 2 and 3 and also 5 and 6 you will find some quick tips to get you back in the swing of things safely.

As mentioned earlier, April is also National Distracted Driving Awareness month. Did you know that in the DMV Region (Washington D.C., Maryland & Virginia), it's illegal to use a hand-held cellular device while driving? You must use a hands-free device. **PHONE DOWN, EYES UP.** Also, stopping for pedestrians in a crosswalk is a Virginia state law therefore, pay attention to crosswalks while driving! See page 4 for more information.

Lastly, please remember to continue to think of the safety of others, as well as your own. **Stay safe and healthy!**

Click the image above to view

"April Safety Checks Newsletter"

Good Afternoon Henderson Hall Leaders and Staff,

Below is NAVSAFECOM's latest safety awareness dispatch: SA 23-12 Lithium-Ion Battery Fires. They have covered this topic before, but the Naval Safety Command continues to see lithium-ion-fires roll across their databases That said, they wanted to push out another reminder of the hazards associated with lithium-ion batteries.

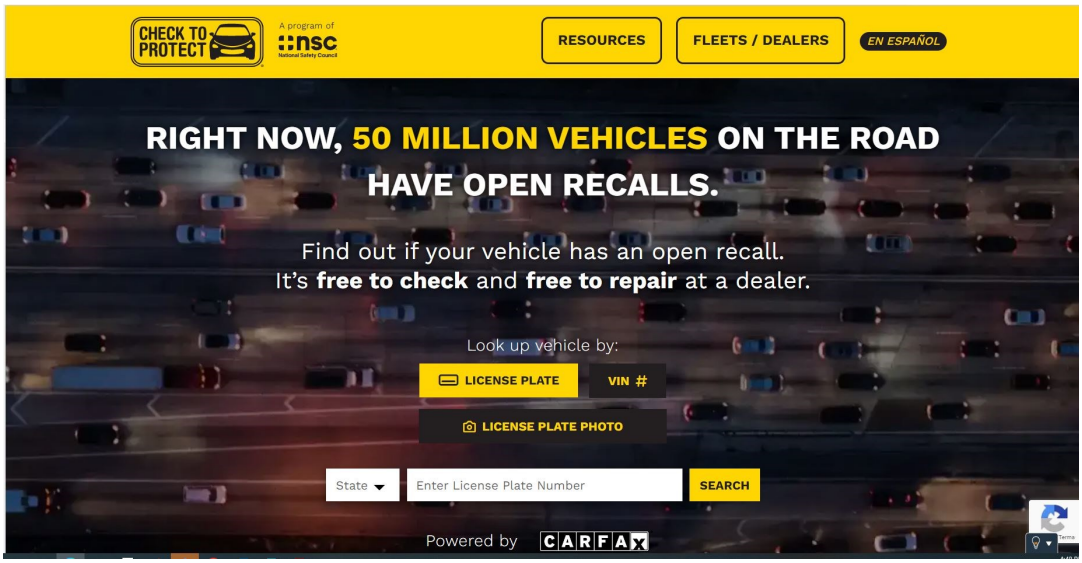
NOTE: The mishap examples are on duty, but the factors that caused them could just as quickly happen at home too. Have a read and share widely with your chain of command and with your family and friends.

———————————————————————————————————

"Check To Protect", a program of the National Safety Council, is a national public awareness campaign that encourages drivers to check the recall status of their vehicle and have open safety recalls fixed immediately. This FREE vehicle safety recall tool allows drivers to insert their vehicles license plate or VIN to determine if they have a safety recall. If it is identified that you do have a safety recall, you will be directed to schedule a FREE repair at a dealer. All major car manufactures to include Chrysler, Dodge, Jeep and Ram. Toyota, Volvo, Ford, BMW, and GM are members of the Check To Protect Coalition. So, check it out, and pass this on to your peers, family and friends.

R/S,

Safety Department



Click the image above to be directed to the website or visit the webpage directly at Vehicle Recall Check by VIN or License Plate | Check to Protect (https://www.checktoprotect.org)

Command Training and Updates

101 Days of Summer Brief

101 Critical Days of Summer: Safety Campaign.
Wednesday, May 24
9:00–11:30 AM
Smith Gym, Henderson Hall

Come kick off the 2023 101 Critical Days of Summer Safety Campaign with your fellow Marines, Sailors, and Civilians.
The Command SARC will be providing SAPR training from 0800 to 0845.
This is a perfect opportunity to knock out this annual training requirement.

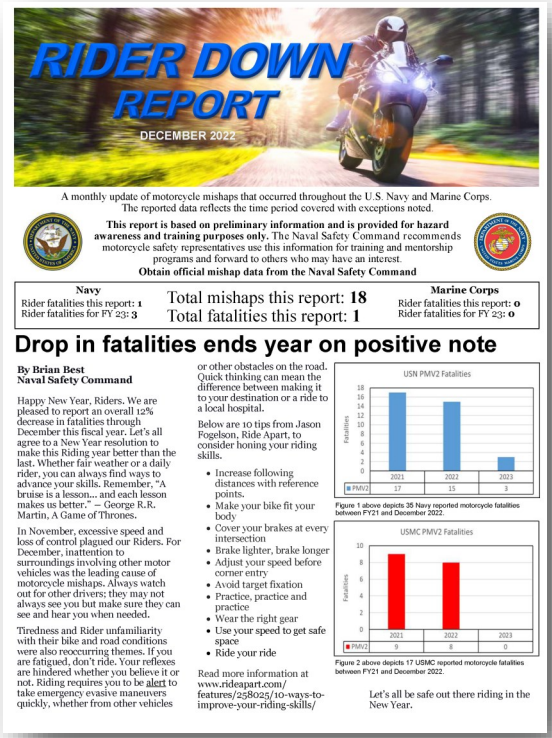
Speakers:
• Priscilla Willett, Sexual Assault Response Coordinator (SARC)
• Ken Barnett, Director of Safety.
• Bernie McGrenahan, An Inspirational Resilience, Prevention & Risk-Reduction Speaker.
Transportation will be provided to and from the Pentagon.

Pentagon departure times:

0730, 0745 (SAPR Training)
0800, 0815, 0830, 0845 (Summer Safety Campaign Training)

Smith Gym departure times: 1200, 1215, 1230 and 1245.

Henderson Hall Motorcycle Riding Season Safety Checks



HH Motorcycle Club Leaders,

At the link below is the July 2022 Rider down report. **July 2022 showed a 2% drop in motorcycle mishaps across the Department of the Navy; however, we still need to remain vigilant throughout the rest of the riding season!

Roadside Emergency Safety Tips

***NEW **Rider Down Report (February)**

Please read and share widely within your chain of command and with your families and friends.

Navy/Marine Corps Motorcycle Training Courses and to access Global Training Registration

U.S. Marine Corps training command motorcycle safety website

Command Training and Updates

Joint Base Myer -Henderson Hall "Myer Flyer" Schedule– Route #9

Below are the morning and afternoon schedules for Route 9 to the Pentagon L10. Please keep in mind that riders will be required to show their CAC or military ID to the shuttle driver.

Face coverings will be required for all riders; and only a maximum of 50 percent of passengers will be allowed on the bus at this time.

Food or drink are not authorized while on the bus.

Joint Base Myer-Henderson Hall "Myer Flyer" Shuttle Schedule — Route 9 to the Pentagon

Morning Schedule

Evening Schedule

Religious Services

Marriage Enrichment Retreat

Marriage Enrichment Retreat (MER)
May 19 - 21
Solomons Island, MD

Marriage Enrichment Retreat (MER) Give your relationship the gift of interpersonal tools used to grow a more satisfying marriage. Participants will be exposed to the tools and concepts from PREP, Gottman Institute and Myers Briggs Type to better understand themselves, their spouse and get the most out of their marriage. Whether you have been married for two weeks or twenty years, this retreat will bring an additional spark to your partnership.

Meals, lodging and parking are provided at no cost. Childcare Available.

Open to all Military Active Duty Orders & must be legally married to attend.

To register, email us at Credo.NDW@us.navy.mil or call 202-404-8831.

Personal Resiliency Retreat

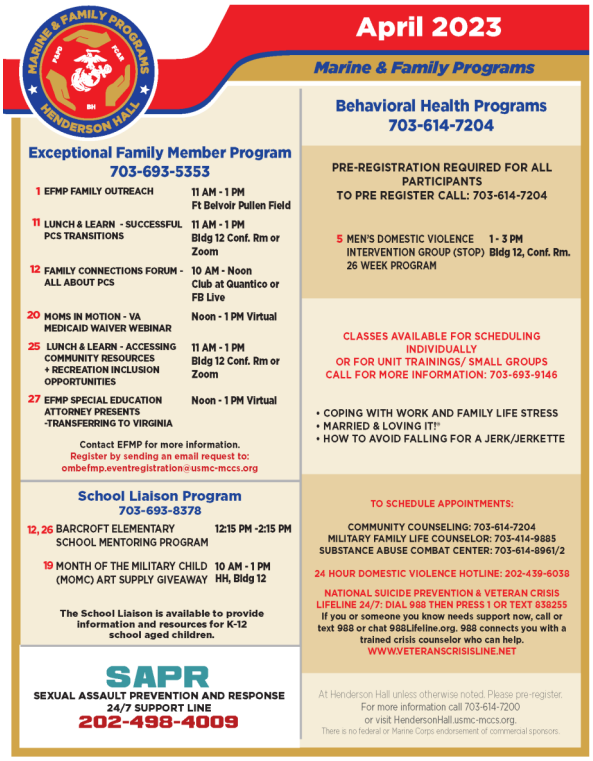
Personal Resilience Retreat
June 9 - 11 2023
0900-1500
Baltimore Inner Harbor

During the weekend participants will increase self-awareness, enhance well-ness, and deepen their sense of purpose. Participants will gain increased ability to remain productive and positive when faced with stress, uncertainty and change.

To register, email us at Credo.NDW@us.navy.mil or call 202-404-8831.

MCCS Programs, Events and more

Marine and Family Programs April Calendar



April 2023

Marine & Family Programs

Exceptional Family Member Program
703-693-5353

1	EFMP FAMILY OUTREACH	11 AM - 1 PM Ft Belvoir Pullen Field
11	LUNCH & LEARN - SUCCESSFUL PCS TRANSITIONS	11 AM - 1 PM Bldg 12 Conf. Rm or Zoom
12	FAMILY CONNECTIONS FORUM - ALL ABOUT PCS	10 AM - Noon Club at Quantico or FB Live
20	MOMS IN MOTION - VA MEDICAID WAIVER WEBINAR	Noon - 1 PM Virtual
25	LUNCH & LEARN - ACCESSING COMMUNITY RESOURCES + RECREATION INCLUSION OPPORTUNITIES	11 AM - 1 PM Bldg 12 Conf. Rm or Zoom
27	EFMP SPECIAL EDUCATION ATTORNEY PRESENTS -TRANSFERRING TO VIRGINIA	Noon - 1 PM Virtual

Contact EFMP for more information.
Register by sending an email request to:
ombefmp.eventregistration@usmc-mccs.org

School Liaison Program
703-693-8378

12, 26	BARCROFT ELEMENTARY SCHOOL MENTORING PROGRAM	12:15 PM -2:15 PM
19	MONTH OF THE MILITARY CHILD (MOMC) ART SUPPLY GIVEAWAY	10 AM - 1 PM HH, Bldg 12

The School Liaison is available to provide information and resources for K-12 school aged children.

SAPR
SEXUAL ASSAULT PREVENTION AND RESPONSE
24/7 SUPPORT LINE
202-498-4009

Behavioral Health Programs
703-614-7204

PRE-REGISTRATION REQUIRED FOR ALL PARTICIPANTS
TO PRE REGISTER CALL: 703-614-7204

5 MEN'S DOMESTIC VIOLENCE INTERVENTION GROUP (STOP) 26 WEEK PROGRAM — 1 - 3 PM Bldg 12, Conf. Rm.

CLASSES AVAILABLE FOR SCHEDULING INDIVIDUALLY
OR FOR UNIT TRAININGS/ SMALL GROUPS
CALL FOR MORE INFORMATION: 703-693-9146

- COPING WITH WORK AND FAMILY LIFE STRESS
- MARRIED & LOVING IT!®
- HOW TO AVOID FALLING FOR A JERK/JERKETTE

TO SCHEDULE APPOINTMENTS:

COMMUNITY COUNSELING: 703-614-7204
MILITARY FAMILY LIFE COUNSELOR: 703-614-9885
SUBSTANCE ABUSE COMBAT CENTER: 703-614-8961/2

24 HOUR DOMESTIC VIOLENCE HOTLINE: 202-439-6038

NATIONAL SUICIDE PREVENTION & VETERAN CRISIS LIFELINE 24/7: DIAL 988 THEN PRESS 1 OR TEXT 838255
If you or someone you know needs support now, call or text 988 or chat 988Lifeline.org. 988 connects you with a trained crisis counselor who can help.
WWW.VETERANSCRISISLINE.NET

At Henderson Hall unless otherwise noted. Please pre-register.
For more information call 703-614-7200
or visit HendersonHall.usmc-mccs.org.
There is no federal or Marine Corps endorsement of commercial sponsors.

April 2023

Marine & Family Programs

Personal & Professional Development
703-614-9104

3-7	TRS SEPARATION To register contact Roland Dotson: hnhl_trs@usmc.mil	8 AM - 4 PM Bldg. 21 HH
17-21	TRS RETIREMENT To register contact Roland Dotson: hnhl_trs@usmc.mil	8 AM - 4 PM Bldg. 21 HH
6	STARS hnhl_trs@usmc.mil	9 AM - 4 PM Virtual
12, 13	BOOTS TO BUSINESS hnhl_trs@usmc.mil	9 AM - 3:30 PM Bldg. 21 HH
19	INTRODUCTION TO DEBT MANAGEMENT	11 AM - 12:30 PM Virtual https://meeting.marinenet.usmc.mil/debtmgt/
6, 13, 20, 27	BUDGETING AND DEBT MANAGEMENT CLASS email: pfc.henderson.usmc@zeiders.com for link to class	11 AM - 12:30 PM Virtual
5, 12, 19, 26	TA BRIEF - Pre-screening required prior to enrolling for briefing - email hnhl_edu@usmc.mil	Virtual 10 - 11 AM
11, 25	DLPT (Defense Language Proficiency Test)	email: hnhl_edutest@usmc.mil - for prescreening and registration
6, 13	AFCT (Armed Forces Classification Test)	email: hnhl_edutest@usmc.mil - for prescreening
6, 13	DLAB (Defense Language Aptitude Battery)	email: hnhl_edutest@usmc.mil - for prescreening and registration

Career Resource Management Center
703-614-6828
Please contact your Unit Transition Coordinator (UTC) for guidance and scheduling.

Marine Corps Family Team Building
703-693-8906

18	PASSPORT TO VOLUNTEERING	10 - 11 AM
25	PRE-DEPLOYMENT SUCCESS	10 - 11:30 AM
27	FOUR LENSES FOR KIDS	4:30 - 6 PM

Register today at:
mcftbhh@usmc-mccs.org!
All classes will be held via Zoom.
We'll see you soon!

New Parent Support Program
703-614-7204

4, 18	PLAY GROUP	10 - 11:30 AM CBIRF-Indian Head CDC

Information & Referral Program
703-614-6950

25 WELCOME ABOARD ORIENTATION
27 SMOOTH MOVE PCS CLASS
27 SPONSORSHIP TRAINING

Training can be in a workshop setting, or virtually at Marine Net. A completion certificate must be given to everyone trained, and must be provided to the S-3 training section to be recorded in MCTMS as "US" (unit sponsor).

Personal Financial Management Program
703-614-6950

5	CAR BUYING STRATEGIES	11 AM - 12:30 PM	Copy link: https://meeting.marinenet.usmc.mil/budget/

PRE-REGISTRATION REQUIRED FOR ALL PARTICIPANTS
TO PRE REGISTER CALL: 703-614-6950

MOL FEAP TRAINING AVAILABLE
INDIVIDUALLY OR FOR UNIT TRAININGS
CALL FOR MORE INFORMATION: 703-614-6950

VIRTUAL FINANCIAL CLASSES
Please register for the class by contacting Steve Harris at
steven.r.harris@usmc-mccs.org

New Parent Support Program Playgroup

NPSP Playgroup on JBM-HH
Every other Wednesday
10:30am
DFMWR Library (239 Sheridan Ave., Ft. Myer, VA 22211).

Join us for:

- Circle time.
- Story time and crafts.
- Geared for ages infant to five.
  Free play and meet other parents.

For more information, contact us at 703-696-6511 or 703-614-7204.
No registration required.

MCCS Programs, Events and more

Exceptional Family Member Program

MAY 2023

EFMP NEWSLETTER

Henderson Hall's Exceptional Family Member Program

MAY IS MENTAL HEALTH MONTH
TAKE SOME TIME TO
LOOK AROUND, LOOK WITHIN

May Is Mental Health Month!

MENTAL HEALTH AMERICA (MHANATIONAL.ORG)

Since 1949, May has been observed as Mental Health Month. Millions of people spread the word that mental health is something everyone should care about. It's a time to share information, stories, and resources, and we invite you to join Mental Health America's celebration!
MHA's 2023 Mental Health Month campaign is focused on how surroundings impact mental health, and we are calling for individuals to look around, look within.
Topics that MHA specifically addresses include:

- Safe and Stable Housing
- Healthy Home Environments
- Neighborhoods and Towns
- The Outdoors and Nature

We'll help people understand how these topics impact mental health, provide tips for actions people can take to change their surroundings in favor of their well-being, and suggestions for how to cope if change isn't realistic.
MHA's May is Mental Health Month Outreach Toolkit has been created to help individuals and organizations work smart as they plan for raising mental health awareness during the month of May.
https://mhanational.org/mental-health-month#download

Henderson Hall's Exceptional Family Member Program

1555 Southgate Rd, Bldg. 12, Arlington, VA 22214
Office Hours: M-F 0730-1630
EFMPHH@USMC-MCCS.ORG

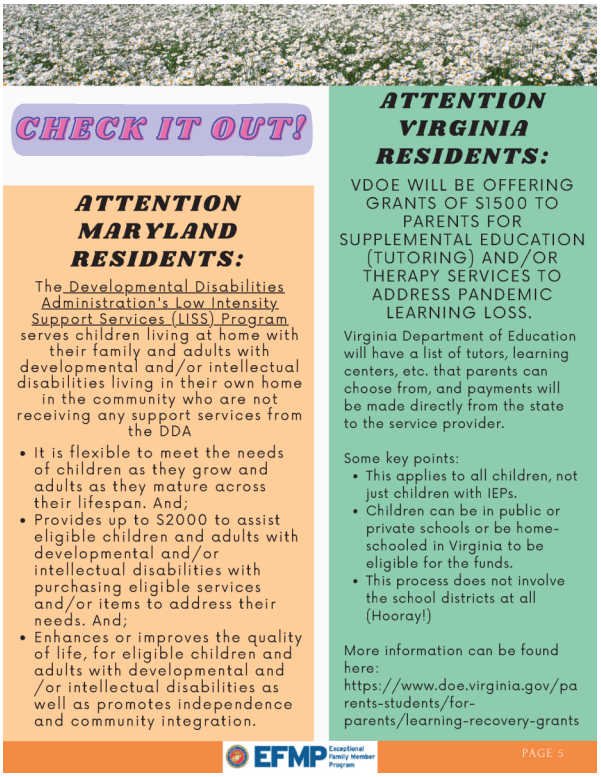
Program Manager
Amy Proce
703-693-6510
Amy.Proce@usmc-mccs.org

Administrative Assistant
Christina Chipman
703-693-7195
Christina.Chipman@usmc-mccs.org

Family Case Workers
Vacant

Training, Education, & Outreach Specialist
Gracie Pak
703-693-5353
Gracie.Pak@usmc-mccs.org

MARINE & Family | EFMP Exceptional Family Member Program | MCCS HENDERSON HALL | PAGE 1



CHECK IT OUT!

ATTENTION MARYLAND RESIDENTS:

The Developmental Disabilities Administration's Low Intensity Support Services (LISS) Program serves children living at home with their family and adults with developmental and/or intellectual disabilities living in their own home in the community who are not receiving any support services from the DDA

- It is flexible to meet the needs of children as they grow and adults as they mature across their lifespan. And;
- Provides up to $2000 to assist eligible children and adults with developmental and/or intellectual disabilities with purchasing eligible services and/or items to address their needs. And;
- Enhances or improves the quality of life, for eligible children and adults with developmental and /or intellectual disabilities as well as promotes independence and community integration.

ATTENTION VIRGINIA RESIDENTS:

VDOE WILL BE OFFERING GRANTS OF $1500 TO PARENTS FOR SUPPLEMENTAL EDUCATION (TUTORING) AND/OR THERAPY SERVICES TO ADDRESS PANDEMIC LEARNING LOSS.

Virginia Department of Education will have a list of tutors, learning centers, etc. that parents can choose from, and payments will be made directly from the state to the service provider.

Some key points:

- This applies to all children, not just children with IEPs.
- Children can be in public or private schools or be home-schooled in Virginia to be eligible for the funds.
- This process does not involve the school districts at all (Hooray!)

More information can be found here: https://www.doe.virginia.gov/parents-students/for-parents/learning-recovery-grants

EFMP Exceptional Family Member Program | PAGE 5

Click on the image above to view

"May EFMP Newsletter"

EFMP WEBSITE: https://hendersonhall.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program

You are doing GREAT!

MAY THE FOURTH BE WITH YOU

MAY 29 IS MEMORIAL DAY!

MEMORIAL DAY IS A FEDERAL HOLIDAY IN THE UNITED STATES TO HONOR AND MOURN THE U.S. MILITARY PERSONNEL WHO HAVE DIED IN THE COURSE OF CARRYING OUT THEIR DUTIES. THE HOLIDAY IS OBSERVED ON THE LAST MONDAY OF MAY. TAKE A MOMENT THIS MEMORIAL DAY TO REMEMBER THOSE WHO LOST THEIR LIVES SERVING OUR COUNTRY.

To register for events or get more info contact: OMBEFMP.EventRegistration@USMC-MCCS.ORG

May 2023

To register for events or get more info contact: OMBEFMP.EventRegistration@USMC-MCCS.ORG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 GOOD things ARE COMING	2	3	4 The Autism Resource Clinic @ Ft. Belvoir Community Hospital	5 Cinco De Mayo	6
7		9 Lunch & Learn: Intro to EFMP	10	11 Christina Jones Training: Public or Private School?	12	13
14 HAPPY MOTHER'S DAY	15	16	17	18	19 OORAH Run Series: Iwo Jima 7K	20
21	22	23			26	27
28	29 Memorial Day	30 Lunch & Learn: Service Animals	31 EFMP @ Ft. Myer Cody CDC 1530-1730		It Gets Better	

EFMP Exceptional Family Member Program | PAGE 7

EFMP Webpage

Education and Hiring Events

Navy Mutual Aid: Candid Conversations

A military career provides some great benefits to take care of a member's family if they were to pass away while serving. How do you continue the protection post-service? Join us to explore your survivor benefit resources.

Date: 3rd Friday of each month Time: 12 pm and 7 pm EST Location: Virtual (you choose!)
https://nmaa.adobeconnect.com/survivorbenefits/

Spouses Welcomed and Encouraged To Attend!

Class is open to all members of the uniformed services and/or their spouses. Get comfortable, grab your device, and join us to learn more.

Topics Covered Include:

*** The Survivor Benefit Plan (SBP)**
*** VA Survivor Benefits (DIC and DEA)**
*** Social Security Retirement Benefits**
*** TSP Options (post-service and for survivors)**

Military Academic Skills Program (MASP)
March 6—April 7
Monday - Friday, 8:00 AM - NOON

Haven't been to school in a while?

Want to improve your GT score?

Considering a professional enhancement?

Then MASP is for you!

- FREE 4-Week Program
- In-Person Classes: Monday - Friday, 8:00 AM - NOON
- Sponsored by Northern Virginia Community College

For More Information Contact:

Voluntary Education Center

3089 Roan St., Quantico, VA 22134

703.784.2375

MCCSQuanticoVECTesting@usmc.mil

Register by emailing the address above.

MCCS Programs, Events and more

Drive Thru Backpack Giveaway! FREE

FREE Drive Thru Backpack Giveaway

Tuesday, 25 July 2023

1000 - 1300

HH, Parking lot next to the Zembiec Pool & Car Wash

Joint Base Myer-Henderson Hall parking lot next to the Zembiec Pool & Car Wash.

For more information, email amy.fishman@usmc-mccs.org

Active Duty only; must show ID.

Education and Hiring Events

GDIT Military Hiring Summit

GDIT Military Hiring Summit

Wednesday, 17 May 2023

1:00 pm EST

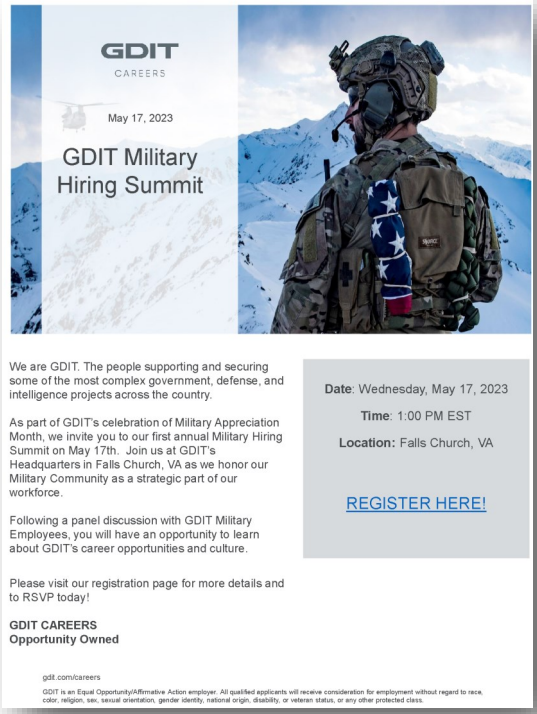
Falls Church , VA

We are GDIT. The people supporting and securing some of the most complex government, defense, and intelligence projects across the country.

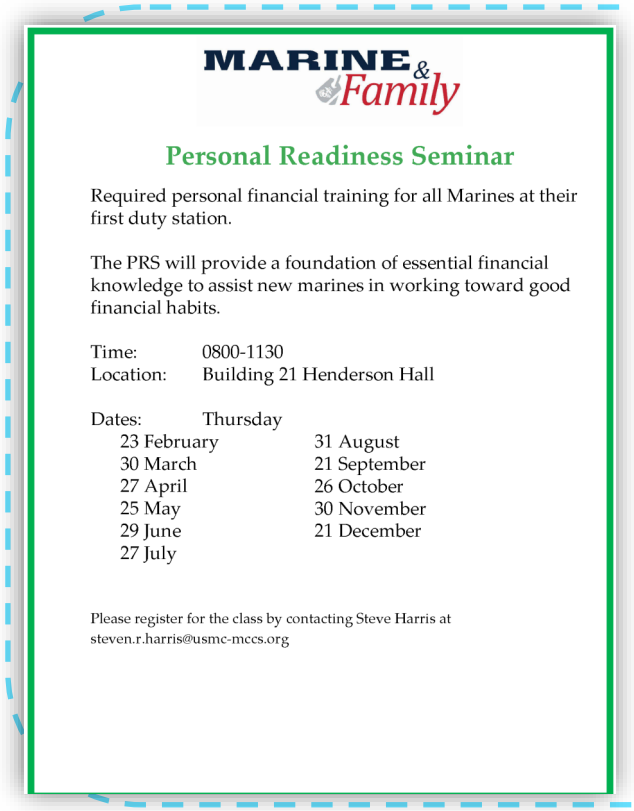
As part of GDIT's celebration of Military Appreciation Month, we invite you to our first annual Military Hiring Summit on May 17th. Join us at GDIT's Headquarters in Falls Church, VA as we honor our Military Community as a strategic part of our workforce.

Following a panel discussion with GDIT Military Employees, you will have an opportunity to learn about GDIT's career opportunities and culture.

Please visit our registration page for more details and to RSVP today!



Personal Readiness Seminar CY 23 Dates



MARINE & Family

Personal Readiness Seminar

Required personal financial training for all Marines at their first duty station.

The PRS will provide a foundation of essential financial knowledge to assist new marines in working toward good financial habits.

Time: 0800-1130
Location: Building 21 Henderson Hall

Dates: Thursday

23 February	31 August
30 March	21 September
27 April	26 October
25 May	30 November
29 June	21 December
27 July	

Please register for the class by contacting Steve Harris at steven.r.harris@usmc-mccs.org

Personal Readiness Seminar

Thursday, 25 May

0800 - 1130

HH, Bldg 21

This seminar is required personal financial training for all Marines at their first duty station.

The PRD will provide a foundation of essential financial knowledge to assist new Marines in working toward good financial habits.

Please register for the class by contacting Steve Harris at Steve.r.harris@usmc-mccs.org

Education and Hiring Events

PERSONAL FINANCIAL MANAGEMENT PROGRAM

MARINE & FAMILY PROGRAMS
HENDERSON HALL

VIRTUAL CLASSES 2023

TO ACCESS THE CLASS CLICK THE LINK BELOW

Introduction to the Thrift Savings Plan (TSP)
https://meeting.marinenet.usmc.mil/tsp/
Wednesday, February 8 / May 10 July 12 / October 4 / December 6

Recognizing Consumer Fraud
https://meeting.marinenet.usmc.mil/fraud/
Wednesday, May 24 / November 16

Developing a Spending Plan
https://meeting.marinenet.usmc.mil/budget/
Wednesday January 11 / March 1 / June 7 / September 13

Deployment Financial Planning for Deployment and Extended Absences
https://meeting.marinenet.usmc.mil/predep/
Wednesday June 21

Car Buying Strategies
https://meeting.marinenet.usmc.mil/auto/
Wednesday April 5

Planning Your Retirement
https://meeting.marinenet.usmc.mil/retirement/
Wednesday March 15

Military Compensation and Deductions
https://meeting.marinenet.usmc.mil/riv7ng93bkvl/
Wednesday August 2

Military Retirement
https://meeting.marinenet.usmc.mil/milpen/
Wednesday August 16

Introduction to Investing
https://meeting.marinenet.usmc.mil/saveinvest/
Wednesday January 25 / September 27

Introduction to Credit
https://meeting.marinenet.usmc.mil/credit/
Wednesday March 29 / July 26 / November 1

Crypto Currency 101
https://meeting.marinenet.usmc.mil/rahpaj0n6bal/**Wednesday February 22 / November 15**

Introduction to Debt Management
https://meeting.marinenet.usmc.mil/debtmgt/
Wednesday March 19 / October 18

ALL CLASSES HELD FROM 11AM - 12:30 PM

Open to DoD ID card holders & General public with photo ID

Education and Hiring Events

HH Transitions Seminar Schedule

TRANSITION READINESS PROGRAM, MCCS HENDERSON HALL

FY2023 MARINE & Family | Transition Readiness Program FY2023

Henderson Hall Transition Seminar Schedule

SEPARATION TRS	TRS PATHWAYS			
	EMPLOYMENT	MY EDUCATION	VOCATION	ENTREPRENEURSHIP
31 Oct - 04 Nov 2022	02 - 04 Nov 2022			16 - 17 Nov 2022
09 -13 Jan 2023	10 - 13 Jan 2023	12 - 13 Jan 2023		18 - 19 Jan 2023
13 - 17 Feb 2023				
06 - 10 Mar 2023	08 - 10 Mar 2023			
03 - 07 Apr 2023	05 - 07 Apr 2023	06 - 07 Apr 2023		12 - 13 Apr 2023
15 - 19 May 2023				
05 - 09 Jun 2023	07 - 09 Jun 2023		08 - 09 Jun 2023	
				19 - 20 Jul 2023
07 - 11 Aug 2023	09 - 11 Aug 2023	10 - 11 Aug 2023		
11 - 15 Sep 2023	13 - 15 Sep 2023			

RETIREMENT TRS	SPOUSE TRANSITION & READINESS SEMINAR (STARS)	EXECUTIVE CAREER TRANSITION SEMINAR (ECTS)
17- 21 Oct 2022		
		14 - 18 Nov 2022
		12 - 16 Dec 2022
23 - 27 Jan 2023	05 Jan 2023	
		20 - 24 Mar 2023
17 - 21 Apr 2023	06 Apr 2023	
		12 - 16 Jun 2023
17 - 21 Jul 2023	13 Jul 2023	
		21 - 25 Aug 2023
		25 - 29 Sep 2023

Please contact your Unit Transition Coordinator (UTC) for pre-requirements and registration details.

https://hendersonhall.usmc-mccs.org

The Transition Readiness Program has updated their schedule.

Separation TRS Dates

TRS Pathways :

- **Employment**
- **My Education**
- **Vocation and**
- **Entrepreneurship**

Retirement TRS
Spouse Transition & Readiness Seminar (STARS)
Executive Career Transition Seminar (ECTS)

Please contact your Unit Transition Coordinator (UTC) for pre-requirements and registration details.

TRS Instructions
HH IC and Prework Checklist
Self Assessment_ITP 2

Education and Hiring Events

FY23 Transition Readiness Program Schedule

Henderson Hall's **Transition Readiness Program (TRP)** ensures Marines are prepared for their transition from military to civilian life and provides Marines and their families with the tools and resources needed to meet Department of Defense (DoD) directed Career Readiness Standards (CRS).

The **TRP** provides career/employment assistance, vocational guidance, and transition information to separating/retiring Marines and their families. Marines are counseled and advised on the availability of transition support services and their responsibility for attending the mandatory Transition Readiness Seminar (TRS) prior to leaving the military.

To register, please contact your Unit Transition Coordinator, GySgt Santana, Noe at noe.santana@usmc.mil or 703-614-7154 .

Registrations (Registration Form and Pre-Sep Certificates) are due by Close of Business on the due date. Please do not submit forms for anyone who has not completed the MANDATED Pre-requisites.

Due to limited capacity, these trainings are limited to personnel administratively attached to Henderson Hall.

Transition Assistance Program

If you wish to attend a seminar at Quantico, you must contact Company Gunny, GySgt Santana, Noe prior to registering at the alternate site. The seminar will suffice for Marines separating as the transition requirement but if you fall under HH H&S Battalion, the final transition requirement is the Capstone interview which is required to be conducted with HH transition staff and the company commander for HQ, A, B, or C.

Washington DC Area Regional Transition Assistance Programs List

Company GySgt Santana, Noe at Noe.Santana@usmc.mil 703-614-7154.

Education and Hiring Events

Single Marine Program

SMP Bowling at the White House (FREE)

Friday, 12 May 2023

0745

Motor T Bus

Henderson Hall SMP is going bowling at the White House! We will have access to the Truman Bowling Alley for two hours, from 0900-1100. After bowling, we will get a tour of the Eisenhower Executive Office Building.

Friday, May 12 at 0745 at Motor T.

Register on Eventbrite **here**. Registration closing date: May 8 at Noon.

MCCS Athletics

Zembiec Pool

SMP Event

Annual Cardboard Regatta

Thursday, 11 May 2023

0700-0900

Zembiec Pool

- Check-in: 0630
- Regatta: 0700
- Awards/Fellowship: 0830-0900

Registration closes May 5th.
Team themed costumes and decoration are hightly encouraged!

Open to H&S Bn. Marines & Staff.

For rules and regulations, email matthew.jongema@usmc.mil

Sponsored by Fist Command.

Cardboad provided by: Henderson Hall MCX and the Commissary.

P.O.C: Matthew Jongema , matthew.jongema@usmc.mil, (703) 693-7351 .

The Zembiec Pool Hours of Operation:

Facility Hours:

Monday-Friday: 0600-1900
Saturday-Sunday: Closed
Holidays: Closed

Please continue to follow us here on our Facebook page for more information.
https://www.facebook.com/ZembiecPoolHH

MCCS Athletics

Yoga

Yoga

Wednesdays

11:30 am - 12:30 pm

HH, Smith Gym

A vinyasa flow style yoga class that welcomes all levels.

Command PT Yoga is available by reservation.

Open to Active Duty, Reservists, Dependents, and all Dod.

Scan the QR code on the flyer to register for the class.

POC: Allie Scott, Alexaundria.Scott@usmc-mccs.org, 703-614-8759.

Intramural Volleyball League

Intramural Volleyball League

Season starts May 18, 2023. FREE of charge.

Teams of 12 Players and 1 Coach. Rosters may be changed prior to game play.

Registration forms located in Smith Gym or online. Completed forms to be turned in to Semper Fit Athletic Office and MCCS Hold Harmless Agreement form. Registration closes May 11 at Noon.

Open to DOD ID Card Holders.

For more information, contact Marcus Page, Sports Specialist at 703-697-2708 or Marcus.Page@usmc.mil.

MCCS Athletics

HITT

The **Washington Nationals** invite you to a HIIT workout for service members at Nationals Park.

Tuesday, April 25, 2023

Wednesday, May 17, 2023

Tuesday, June 27, 2023

Tuesday, July 18, 2023

Thursday, September 28, 2023

0730-0900

•Parking provided
•PT uniform required
•Prizes awarded

Register at

nationals.com/BaseHIIT

BASE HIIT

The **Washington Nationals** invite you to a HIIT workout for service members at Nationals Park.

Tuesday, April 25, 2023
Wednesday, May 17, 2023
Tuesday, June 27, 2023
Tuesday, July 18, 2023
Thursday, September 28, 2023

0730-0900

- Parking provided
- PT uniform required
- Prizes awarded

Register at
nationals.com/BaseHIIT

NATS ON BASE
Serving the Military Community in the Washington Region

HITT
HIGH INTENSITY TACTICAL TRAINING

RAW COMPETITION

Guidelines are through USAPI with exceptions:
Boots and Utes are authorized
PT Gear

Colonel's Cup: throughout challenges and programs through MCCS a single point is awarded to those who participate in these activities and at the end of the year the section with the most points is presented with this cup to house until the next year.

MCCS Athletics

Iwo Jima 7K

Iwo Jima 7K Race

Friday, 19 May 2023

0700

HH, starting outside at the PT field

Register online NOW through 11:50 PM May 17 On-site registration open 5:45 - 6:30 AM. Scan the QR code on the flyer to register.

For more Information please call, 703-614-6332.

The 2023 OOHRAH Run Series at Henderson Hall is proudly hosting the 2023 Iwo Jima 7k. The race will begin across from Terry L. Smith Gym and take runners through all of the sights of Joint Base Myer/ Henderson Hall to the Iwo Jima Memorial and end back at Smith Gym for our Post Race Awards Ceremony.

The first 100 Early Bird participants will receive a Free race T-Shirt as well as a chance to compete for our top awards. Top 3 in the Male/ Female divisions 14 years and up will receive a medal. Top 3 in the youth division 13 and under winners will receive a trophy.

On- site registration will be available the day of the race from 05:45 to 06:30 am.

On Behalf of Marine Corps Community Services & Semper Fit we welcome you to be a part of our healthy lifestyle events and compete with your fellow friends, family and Service Members!

FAQs

Who can register?

The event is open to all DOD ID card holders with access to the Joint Base Myer/ Henderson Hall. (Active Duty, Retiree, Civilian, and Dependents)

Are there ID or minimum age requirements to enter the event?

No. Youth are more than welcome to participate in the race. Please keep in mind that a parent or guardian must accompany any runner under age 17 throughout the course.

What are my transportation/parking options for getting to and from the event?

Parking is available in the lot in front of Smith Gym (Bldg. 27), or you may park across the way in the flood lot located behind Zembiec Pool (Bldg. 11) on Henderson Hall.

What can I bring into the event?

Feel free to bring your phone, ID, jacket, etc. with you to the event. However there is no bag check and any items brought into the event are your responsibility. Semper Fit and MCCS is not responsible for any lost or stolen items. Headphones are not allowed on course.

How can I contact the organizer with any questions?

For any questions, please contact Jason Herr at jason.herr@usmc.mil or 703-614-6332.

Marine Barracks Events

Friday Evening Parade Schedule 2023

Reservations for the 2023 Parade Season are open.

Attendance at this parade is a one-of-a-kind experience. For more than 60 years, the "Oldest Post of the Corps" has displayed the pride, professionalism, and esprit de corps of Marines throughout the world.

Guests will see the finest in military excellence including performances by "The President's Own" United States Marine Band, "The Commandant's Own" United States Marine Drum and Bugle Corps, and the esteemed United States Marine Corps Silent Drill Platoon. Following the ceremony, our guests will have the opportunity to meet Marines who performed throughout the parade as well as take photographs with the Marine Barracks mascot, Chesty XVI.

WEATHER CANCELLATIONS

Because Marine Barracks Washington D.C. is dedicated to showcasing ceremonial excellence, typically a Sunset or Evening Parade will not be cancelled until right before show time. Please go to our Facebook or Instagram pages for immediate information about parade cancellations.

Marine Barracks Facebook Page: http://www.facebook.com/marinebarracks
Marine Barracks Instagram Page: http://www.instagram.com/marinebarrackswashington

For more information, Getting to the Barracks, Arrival Instructions and History of the parade, please visit Friday Evening Parade (marines.mil) .

Click on the dates below to register for the event or visit the website above!

MAY	JUNE	JULY	AUGUST
May 5, 2023	June 2, 2023	July 7, 2023	August 4, 2023
May 12, 2023	June 9, 2023	July 14, 2023	August 11, 2023
May 19, 2023	June 16, 2023	July 21, 2023	August 18, 2023
May 26, 2023	June 23, 2023	July 28, 2023	August 25, 2023
	June 30, 2023		

Marine Barracks Events

Tuesday Sunset Parade

Reservations are not required to attend Tuesday Sunset Parades at the Marine Corps War Memorial.

[Tuesday Sunset Parade (marines.mil)]

JUNE	JULY	AUGUST
June 6, 2023 Marine Corps War Memorial	July 11, 2023 Lincoln Memorial	August 1, 2023 Lincoln Memorial
June 13, 2023 Marine Corps War Memorial	July 18, 2023 Lincoln Memorial	
June 20, 2023 Marine Corps War Memorial	July 25, 2023 Lincoln Memorial	
June 27, 2023 Marine Corps War Memorial		

Useful Links

Additional Resources
BN Phone Directory
Medical Facilities in the NCR
Company Command: HQ Co , A Co , B Co, C Co
HH Events and more
USO Metro JBM-HH

JBM-HH Useful Links

Access Control & Gate Information :: Joint Base Myer-Henderson Hall (army.mil)

JBMHH (army.mil)

Construction and Closures :: Joint Base Myer-Henderson Hall (army.mil)

Joint Base Community Events :: Joint Base Myer-Henderson Hall (army.mil)

Henderson Hall Duty Numbers

OOD:

DNCO (Cell Phone):	202-439-6136
SDNCO (Cell Phone):	202-439-5941
Duty Hut:	703-614-5973
Duty Driver:	571-587-5807