Greetings, Team

First, I’d like to thank everyone who showed support at the 101 Critical Days of Summer training and at the Battalion Field Meet last week. Everyone had a great time because of the outstanding support that you provided, the CO, XO, and I thank you. The winning team for the Battalion Field Meet is our one and only IPAC, please join me in congratulating the IPAC for their outstanding display of team work, commitment, and strength. Congratulations, IPAC!

Also, congratulations to all those who were promoted this month!! I am very proud of you and look forward to seeing you grow in your new rank. In addition to promotions, we have a few important events happening around the Battalion this month, including the Sergeant Major of the Marine Corps speaking engagement with the SNCOs on 6 June, the Marine and NCO of the Quarter boards on 16 June, and the Change of Command Ceremony on 30 June.

In closing, Andrew Carnegie once said, “Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objective. It is the fuel that allows common people to attain uncommon results.” We are able to attain uncommon results because we work good together as a team. We can provide outstanding support with limited resources because of the strong teamwork we have. As Marines, Sailors, Civilians, and as an organization, teamwork is everything. We can be excellent as individuals, but the team is the reason why we succeed. I ask all of us to continue to collectively work together as a team with a unified focus on the mission. Remember that, “None of us is as smart as all of us.” -Ken Blanchard.

Have a great weekend. You are a valuable member on our Team so come back safe and ready to take down targets.

Semper Fidelis,

SgtMaj Charles W. Tyler
June Awareness /Recognition

**Pride Month** *(MarAdmin 275/23)*
National Caribbean-American Heritage Month
Black Music Appreciation Month
Post Traumatic Stress Disorder Awareness Month
**Risk Awareness Month** *(MarAdmin 279/23)*

Flag Day — 14 June
**Juneteenth** - 19 June *(MarAdmin 244/23)*
Father’s Day— 18 June
PTSD Awareness Day — 27 June

**National Suicide Prevention Lifeline: 988**

What is 988?

Congress designated 988 as an easy to remember three-digit dialing, texting, and chat code for the Suicide and Crisis Lifeline, effective on 16 July 2022. The objective is for 988 to be as easy to use and remember as 911 or 411. By dialing 988 and then pressing 1, callers will be connected with a counselor who understands the challenges Service Members and their loved ones face. The 800 number (800-273-8255, press 1) will remain available, but the three-digit option is easier to use and to memorize. For more information, visit: veteranscrisisline.net/find-resources/spread-the-word.

The Suicide and Crisis Lifeline is also available OCONUS:
In Afghanistan, call 00 1 800 273 8255 or DSN 111.
In Europe, call 00800 1273 8255 or DSN 118.
In Korea, call 080-855-5118 or DSN 118.
In the Philippines, call #MYVA or 02-8550-3888 and press 7.
In Japan, dial the country code and then 1-800-273-8255.

(International calls may incur a charge, depending upon the location of the caller and the network provider. Service Members overseas may contact the crisis lifeline via the chat modality at veteranscrisisline.net/get-help-now/military-crisis-line/.)
Command Updates and Training

Pride Month

DEOMI 2023 Pride Theme: “Equality Without Exception”

The 2023 Pride Month Observance poster highlights gay rights activist Harvey Milk, and one of the U.S. Navy’s newest John Lewis-class fleet oilers named in his honor.

In 1977, Harvey Milk was elected to serve on the San Francisco Board of Supervisors, making him the first openly gay man elected to public office in California. In this position, he fought against discrimination based on sexual orientation. Milk was shot and killed the following year.

Harvey Milk was a Lieutenant in the U.S. Navy during the Korean War, where he served as a diving officer aboard the submarine rescue ship USS Kittiwake. In 1955, he was forced out of the Navy because of his homosexuality.

In July 2016, the 75th U.S. Secretary of the Navy Ray Mabus commissioned the USNS Harvey Milk. The oiler officially launched during a christening ceremony held on Nov. 6, 2021. It is the second of six ships in the Navy’s fleet oiler program to be commissioned and named in honor of civil and human rights leaders. During the christening ceremony, 78th U.S. Secretary of the Navy Carlos Del Toro expressed hope that the ship naming helps right past wrongs and he reaffirmed the Navy’s commitment to providing a welcoming and inclusive environment for all qualified Americans who want to serve.

Juneteenth 2023

DEOMI 2023

The first Juneteenth celebration took place in Texas in 1866. Although all enslaved people were declared free as of 1 January 1863 by President Lincoln in the Emancipation Proclamation, this “did not end slavery in the nation.” Trapped by the Federals near Appomattox Court House, Confederate General Robert E. Lee surrendered to Union General Ulysses S. Grant, ultimately leading to the end of the Civil War. However, while General Lee surrendered his Army to General Grant in April 1865, federal troops led by Major General Gordon Granger did not arrive in Galveston, Texas until 19 June 1865. Major General Granger issued General Order No. 3, informing the people of Texas that all enslaved people were now free. The 13th Amendment, ratified in December 1865 officially abolished slavery in the United States.

As we celebrate Juneteenth, our Marine Corps is engaged in a deliberate effort to promote a culture of inclusion where all Marines are unified by a common cause to combat inequality, discrimination, and destructive behaviors. The Marine Corps is committed to living the values we defend and treating everyone equally, and with dignity and respect.

The Marine Corps will continue to become a more lethal force by building strength through diversity, equity, and inclusion, while remaining dedicated to promoting a professional environment free from personal, social, and institutional bias and discrimination.
PTSD Awareness Month

Pride Month is celebrated each year in the month of June, and during this month we take the opportunity to recognize the contributions of lesbian, gay, bisexual, transgender and queer (LGBTQ) service members.

Talent Management 2030, states, “The Marine Corps draws its collective strength and identity from all Marines, so it is critical that we prioritize policies that maximize the individual strengths of every Marine regardless of race, gender, sexual orientation, creed, or any other marker.” The Marine Corps is committed to living the values we defend and treating everyone equally, and with dignity and respect.

In the past and today, Marines who are LGBTQ have served and fought valiantly for our Nation. Their readiness and willingness to serve make our Corps stronger and the Nation safer. Throughout Pride month, we recognize Marines who are LGBTQ for their contributions to the Corps as their hard work, courage, and determination are part of the success of our diverse team.

As we commemorate and recognize the service of LGBTQ service members, the Marine Corps continues to focus on building readiness and lethality that come from the strength of diversity, equity, and inclusion. We also remain dedicated to promoting a professional environment, free from personal, social, or institutional obstacles, that enables and encourages all Marines to achieve their full potential.
Command Updates and Training

PMP Pro Learn Course

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

**August 14-18 (Course is FULL)**

**November 13-17 (Course is FULL)**

(Still accepting names for a waitlist_November )

Henderson Hall

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)

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


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

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.
Command Updates and Training

HQMC Henderson Hall Unit Memorabilia

The H&S BN Marine Corps Birthday Ball Committee is selling HQMC Henderson Hall Unit

T-shirts and Hoodies, Coins and Mugs

All items may be purchased with CASH or Credit Card from Sgt Pereira in the DMO office or RP2 Bowman in the Chaplains Office.

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.

Coins: $15
Available in 2 designs

Mugs: $20

All proceeds go to support the 248th Marine Corps Birthday Ball!
Command Updates and Training

S-3 Training

PFT DATES

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.

14 June 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.

Rifle and Pistol Range

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

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<tr>
<th>Training/Rank</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>E1-E3</td>
<td>6-Jun</td>
<td>900</td>
<td>Virtual</td>
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Link to Virtual classes: [https://meeting.marinenet.usmc.mil/hhsapranualtraining/](https://meeting.marinenet.usmc.mil/hhsapranualtraining/)

In Person Training located in the Pentagon Library Conference Center  
(Corridor 8/North Parking/DeLorenzo Clinic)

POC: HQBN SARC, Priscilla Willet, 703-693-4733, priscilla.willett@usmc.mil.
Command Training and Updates

Leaders, Marines and Peers,

The MARADMIN for Risk Awareness Month has just been released. As I mentioned during our 101 Critical Days of Summer Kick-Off, Risk Awareness Month begins today and runs through the rest of the month of June. Though we already conducted our training, we may carve out some time later in the month for additional training.

**In addition to the this MARADMIN release, June has also been deemed National Safety Month by the National Safety Council (reference link: [https://www.nsc.org/workplace/national-safety-month](https://www.nsc.org/workplace/national-safety-month)).

Let's all continue to make the right decisions - both on and off duty!

R/S,

Safety Department
Command Training and Updates

OSHA Courses

**OSHA 10 Hour Course**
- 14 & 15 June
- 2 & 3 August

**OSHA 30 Hour Course**
- 17-20 July

All classes **0800-1600**

Must be present for all days of the class to get their card.

HH Building 29, Classroom 105

You must attend both days of training to receive your OSHA card. Training is open to any Marine or Civilian employee administratively attached to HQMC Henderson Hall. If you or any of your marines are interested in attending either of these courses please email names to Karen. Please let me know if you need additional information or have any other questions.

POC: Karen Bettilyon at 703-693-8771 or email karen.bettilyon@usmc.mil.

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**

**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

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Personal Resiliency Retreat

March 24-26
June 9-11
Baltimore Inner Harbor

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

Email us to register at: CREDO.NDW@US.NAVY.MIL

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

During the weekend participants will increase self-awareness, enhance wellness, 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.

For more information on CREDO NDW and classes please click here.
MCCS Programs, Events and more

Marine and Family Programs June Calendar

June 2023

Exceptional Family Member Program
703-693-5333

13 BUILDING NETWORKS OF SUPPORT
11 AM - 1 PM
Hibl Bldg 12 Conf. Rm or Zoom

15 CHILD PDR/ELIGIBILITY
11 AM - 1 PM
Zoom

27 EARLY INTERVENTION OVERVIEW
11 AM - 1 PM
Hibl Bldg 12 Conf. Rm or Zoom

Contact KEMP for more information.
Register by sending an email request to:
Contacted.information@usmc.mil

School Liaison Program
703-693-8778

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
CALL: 703-614-7204

COMMUNITY COUNSELING
703-697-5786

MILITARY FAMILY LIFE COUNSELOR
703-414-9885

SUBSTANCE ABUSE COMBAT CENTER
703-614-9961

NATIONAL SUICIDE PREVENTION VETERAN CRISIS LIFELINE: 25/7. DIAL 1-800-273-TALK (8255). If you or someone you know needs support now, call or text 8255 or chat 8255 from your cell phone. 8255 connects you with a trained crisis responder who can help.
WWW.VETERANSCRISISLINE.NET

FAMILY ADVOCACY
703-614-7204

NEW'S DOMESTIC VIOLENCE INTERVENTION GROUP (STOP)
24 WEEK PROGRAM
R.I.S.E SUPPORT GROUP
Call for referral options
ANGER MANAGEMENT
Call for referral options

24 HOUR DOMESTIC VIOLENCE HOTLINE: 202-439-6038

Personal & Professional Development
703-614-9104

18, 29
26 BUDGETING AND DEBT MANAGEMENT CLASS
11 AM - 12:30 PM Virtual
Email: ph.berreault.com.mccs.mil/for the class

5 TRS SEPARATION
To register contact your Unit Transition Coordinator (UTC)

7 DEVELOPING A SPENDING PLANNING
11 AM - 12:30 PM Virtual
Email: provost.marine.mil/for the class

14, 21, 28 TAX FILE
Pre-screening required prior to emailing for tutorial

12, 26 TRS ECF
To register contact your Unit Transition Coordinator (UTC)

21 DEPLOYMENT FINANCIAL PLANNING (FOR DEPLOYED AND EXTENDED ASSIGNS)
11 AM - 12:30 PM Virtual
Email: provost.marine.mil/for the class

27 WELCOME ABOARD BRIEF
8 - 9 AM
Hibl Bldg 21

29 PERSONAL READINESS SEMINAR
8 - 9 AM
Bldg 12 Conf. Bar or Zoom

29 SPONSOR
1 - 3 PM
Bldg 12 Conf. Bar or Zoom

29 SMOOTH MOVE

Marine Corps Family Team
Building
703-693-4840

6 L.I.M.S. SAFE AND SOUND ALL-AROUND SOCIAL MEDIA TRAINING
11 AM - 1 PM Virtual

13 FOUR LENSES
11 AM - 1 PM Virtual

20 DEPLOYMENT SUCCESS
11 AM - 1 PM Virtual

27 DSCC TRAINING - DATA TOOL
11 AM - 1 PM Virtual

New Parent Support Program
703-614-7204

CALL FOR REFERRAL OPTIONS

AGES & STAGES
BABY BOOT CAMP
Breastfeeding Support
Budgeting for Baby
Cooperative CoParenting

FAITH FATHERHOOD SUPPORT
PARENTING GROUPS
PEDiatrics & Care
PLAY GROUPS
INFANT MASSAGE
Exceptional Family Member Program

MCCS Programs, Events and more

Exceptional Family Member Program

June 2023

HENDERSON HALL
EFMP TEAM
Email: efmp@mc.rock.mil
Website: http://www.mccs-efmp.com

Program Manager
Sandy Fosse
703-693-6500

Family Case Worker
Deida McKenzie
703-693-6508

Family Case Worker
VASCAC
703-649-4172

Training, Education, Outreach Specialist
VASCAC
703-693-5555

Administrative Specialist
Christine Gehringer
703-649-1741

EFMP SERVICES
- Family support/CASE management (including deployment support)
- Informed consent screening
- Special housing consideration (FPMHC EFMP)
- EFMP attorney assistance
- Recruiters and referrals
- Supportive IF meetings
- Eligibility for Trauma ECHO (with qualifying conditions)
- Transition assistance

Heat Injuries

Heat Cramps - Occur after several hours of physical exertion in the heat.
- Symptoms: Painful muscle cramps usually in the leg or abdomen.
- Treatment: Get out of the heat and into the shade. Hydrate with water or sports drink, and stretch the muscle.
- Prevention: Acclimatize to the environment so your body adapts to the heat. Hydrate with water or sports drink before and during. Avoid excessive during the hottest part of the day. Wear light, loose clothing & use sunscreen.

Heat Exhaustion - Due to loss of water & salt through sweat
- Symptoms: Headache, nausea, dizziness, weakness, and cool clammy skin.
- Treatment: Stop and rest, hydrate and get into a cool room or shade. Loose clothing and apply cool wet towels or pour cool water over the head.
- Prevention: Stay out of heat camp prevention.

Heat Stroke - A serious condition when the body’s cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death.
- Treatment: Reduce body temperature by cooling the body and removing unnecessary clothing. Apply water, cool air, wet sheets or ice on the neck, groin and temples to accelerate cooling. Seek medical attention immediately.
- Prevention: Some procedures concerning heat cramps or heat exhaustion.

Click on the image above to view
“June EFMP Newsletter”

Read Beyond the Beaten Path

From May 29 - September 4, 2023

Read every day this summer to earn incentives during the Summer Reading Challenge!

Log your daily reading and be entered to win gift cards.

Go to www.dodsummereading.beanstack.org/ for more information and rules.

Henderson Hall EFMP

Lending Library and Loan Locker

If you haven’t tried the opportunity to check out Henderson Hall EFMP’s Lending Library or Loan Locker this might be a good time to do so. The lending library and Loan locker are located in building 12 at Henderson Hall. It was recently updated with many new and exciting items. You can try out items for free on a first come, first serve basis.

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)  
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.
**Personal Financial Management Program**

**Virtual Classes 2023**

TO ACCESS THE CLASS CLICK THE LINK BELOW

- **Introduction to the Thrift Savings Plan (TSP)**
  - [https://investing.mymilitary.com/military/](https://investing.mymilitary.com/military/)
  - Wednesday, May 17 / May 24 / May 31

- **Military Compensation and Deductions**
  - [https://investing.mymilitary.com/military/](https://investing.mymilitary.com/military/)
  - Wednesday, August 2

- **Recognizing Consumer Fraud**
  - [https://investing.mymilitary.com/military/](https://investing.mymilitary.com/military/)
  - Wednesday, May 24 / November 9

- **Developing a Spending Plan**
  - [https://investing.mymilitary.com/military/](https://investing.mymilitary.com/military/)
  - Wednesday, January 11 / March 2 / June 7 / September 2

- **Deployment Financial Planning for Deployments and Extended Absences**
  - [https://investing.mymilitary.com/military/](https://investing.mymilitary.com/military/)
  - Wednesday, June 21

- **Car Buying Strategies**
  - [https://investing.mymilitary.com/military/](https://investing.mymilitary.com/military/)
  - Wednesday, April 8

- **Planning Your Retirement**
  - [https://investing.mymilitary.com/military/](https://investing.mymilitary.com/military/)
  - Wednesday, March 15

**Command Financial Specialist Class**

- **19-23 June 2023 Henderson Hall Building 21 (TRS classroom)**

The Command Financial Specialist (CFS), as the officially designated command representative, is the core of the Personal Financial Management (PFM) program. The basic function of the CFS is to provide financial education and training, counseling, and information referral at the command level.

**Requirements:**
- B6, WO, or above
- Highly motivated and financially stable
- Designated, in writing, by the Commanding Officer
- Minimum of one year remaining on board present command
- Successfully completed Personal Readiness Seminar (PRS) Survival Skills Training JSP-US-395 or JKO
- Ref: MCO 1700.77 - mandates 1 CFS per 75 Marines assigned to Command

To register for the class, please contact:
steven.r.harris@usmc-mccs.org 703 614 6996

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**Personal Readiness Seminar CY 23 Dates**

**Personal Readiness Seminar**

**Thursday, 29 June**

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

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**Thursday, 29 June**

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**

**USO: Free Online Webinars**

**Virtual Webinars**

**Navigating VA Home Loans with Movement Mortgage**

**Jun 5th, 2023 - 7:00 PM EDT (1900)**

Have questions about your VA Home Loan Benefits? Join the USO as we bring in the experts to assist! Open to Active Duty, military spouses, National Guard, and Reservists.

[Register here](#)

**Education Kickstart with the USO**

**Jun 6th, 2023 - 7:00 PM EDT (1900)**

Are you preparing for a career change, interested in re-skilling, or adding a valuable certification to your resume? Join the USO Transition team for an orientation session highlighting the many free education opportunities & learning pathways available through the USO.

Open to Active Duty, military spouses, National Guard, and Reservists.

[Register here](#)
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.
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.
**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, Alexis.Scott@usmc.mccs.org, 703-614-8759.

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**Dodgeball Tournament**

**Henderson Hall Dodgeball Tournament**

**Friday, 16 June 2023**

**Cpl Terry L. Smith Gym**

To view the team roster (registration), click [here](#).

For more information, email marcus.page@usmc.mil or call 703-697-2708.
**MCCS Athletics**

**HIIT**

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

- 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

**MCX Father’s Day Event**

**Dad’s Around the World**

- Saturday, June 17
- Noon - 5:00pm

Henderson Hall MCX

Henderson Hall MCX invites you to join us in honoring Dad's Around the World.

- Food, Fun, Family, Tastings of the Spirits, and much more.
- Fashion Show at MCX Lower Level from 1:00-3:00pm
- Enter to win giveaways.
- Parking will be in the Garage and the Flood Basin.
Iwo Jima 7K

Chesty’s 5K Race

Friday, 23 June 2023

0700-0900

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 Chesty 5K. 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!

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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)

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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