INTO THIS ISSUE

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 2023 Awareness, Independence Day</td>
<td>2</td>
</tr>
<tr>
<td>From the Desk of the Primary Prevention Integrator</td>
<td>3</td>
</tr>
<tr>
<td>PMP Course &amp; Retirement at HH</td>
<td>4</td>
</tr>
<tr>
<td>Passport Process Delay &amp; Facilitation</td>
<td>5</td>
</tr>
<tr>
<td>Ball Committee Fundraiser</td>
<td>6</td>
</tr>
<tr>
<td>S-3 Training Updates</td>
<td>7</td>
</tr>
<tr>
<td>Welcome Aboard Brief &amp; Cpls Course</td>
<td>8</td>
</tr>
<tr>
<td>July 2023 Safety Checks, and more</td>
<td>9-10</td>
</tr>
<tr>
<td>Update on Myer Flyer “Route 9”</td>
<td>11</td>
</tr>
<tr>
<td>CREDO NDW Classes, &amp; Retreats</td>
<td>12</td>
</tr>
<tr>
<td>EFMP Workshops &amp; August Newsletter</td>
<td>13</td>
</tr>
<tr>
<td>Education Programs</td>
<td>14</td>
</tr>
<tr>
<td>Personal Finance Management Courses</td>
<td>15</td>
</tr>
<tr>
<td>FY23 Transition Readiness</td>
<td>16-17</td>
</tr>
<tr>
<td>SMP: Mini golf &amp; Pull-Up Challenge</td>
<td>18</td>
</tr>
<tr>
<td>Smith Gym NAF Sale &amp; Intramural Softball League</td>
<td>19</td>
</tr>
<tr>
<td>Golf With Us September &amp; BASE HIIT Training with the Washington Nats</td>
<td>20</td>
</tr>
<tr>
<td>Ooh rah Run Series &amp; Chesty 4K Race</td>
<td>21</td>
</tr>
<tr>
<td>Evening Parade &amp; Tuesday Sunset</td>
<td>22-23</td>
</tr>
</tbody>
</table>

SAVE THE DATE

248th U. S. Marine Corps Birthday Ball
Friday, 3 November
Crystal Gateway Marriott

More information to follow.
Lethal means safety involves making a method less available and/or more difficult to access when someone is at risk for suicide.

Lethal means safety can be applied to firearms, medications and other means used for self-harm. It extends the time available for a change of heart or for someone to intervene.

It is important to make sure that service members and household members understand the safety guidelines concerning handling of your firearm and storage at work or on the range.

Simply put, removing access and improving lethal means safety can reduce the number of suicides, save lives, and protect you and your family/loved one.

National Suicide & Crisis Lifeline: 988, then press one or text 838255
Command Updates and Training

From the Desk of the Primary Prevention Integrator

Suicide is a serious public health problem that can have long-lasting effects on individuals, families, and communities. The good news is that Suicide is Preventable! Preventing suicide requires strategies at all levels of society. This includes prevention and protective strategies for individuals, families, and communities. Everyone can help prevent suicide by promoting prevention and resilience, and a commitment to social change.

Strategies and Factors to Protect against Suicide

**Individual**
Effective coping and problem-solving skills
Have reasons for living (i.e. family, friends, pets, etc.)
Strong sense of cultural identity

**Relationship**
Support from spouse, partners, friends and family
Healthy peer norms (behaviors, beliefs, attitudes, practices)
Improve household financial security

**Community**
Create protective environments (community, clinics, schools, workplace)
Strengthen Economic Support
Support resilience through education programs

**Societal**
Reduce access to lethal means among persons at risk of suicide
Lessen harms and prevent future risk
Report and message about suicide safely

MAKE THIS THE WEEKEND WE DON’T LOSE ANY OF YOU
National Suicide & Crisis Lifeline: call or text 988
National Domestic Abuse Hotline: 1-800-799-7233
SAPR 24/7 Support line: (202) 498-4009
DoD Safe Helpline: 877-995-5247
Military One Source: 800-342-9647
Investing in MARINES for DUTY, HOME & SELF
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 the waitlist_November_Course)

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 Smith, Wynton at **Wynton.Smith@usmc.mil** or **703-693-8425**.

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 **hnml_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.
Command Updates and Training

HQMC Henderson Hall Unit Memorabilia

The Ball Committee has created a way for everyone to take part in choosing this year’s Marine Corps Birthday Ball gift.

To vote on this year’s Ball Gift, scan the QR code with your phone’s camera and select the gift you think is the best.

For more information or questions, please contact Sgt Pereira 703-614-7191 or RP Bowman 703-693-4732.
Command Updates and Training

S-3 Training

CFT DATES

August 11th, 18th
September 8th, 22nd

Location: Long Bridge Park, Arlington, VA

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.

9th August 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.
Command Updates and Training

Welcome Aboard Brief

Welcome Aboard Brief
Tuesday, 29 August 2023
0800 — 1030
HH Rosenthal Theater

Welcome Aboard Orientation is to inform new joins of all programs and benefits available to them in the National Capital Region. Set Aside Program, Child Care Subsidy programs, Mass Transit Benefits, Single Marine Program, Marine Corps Exchange, TriCare, Life Long Learning just to name a few.

If you have any questions please feel free to contact Mr. Steve Harris at 703-614 6950 or email Steven.Harris2@usmc-mccs.org.

Information & Referral (usmc-mccs.org)

Corporals Course

Henderson Hall Cpl Course
Sept 23 - Oct 13

More information will follow.

POC: GySgt Santana, Noe at Noe.Santana@usmc.mil 703-614-7154.
Good morning Leaders and Staff,

Summer is now in full swing, and Independence Day is almost here!

Your Command Safety Office has put together some topics in this month’s newsletter to help you have a safe and enjoyable 4th of July, as well as the rest of the summer season. These include fireworks safety, boating safety, staying safe in the sun, safe travel tips, and some information on how to avoid those pesky mosquitoes.

Below is NAVSAFECOM’s latest Safety Awareness Dispatch: **SA 23-21 Team Sports Injuries**. This one is for all the team sports players out there, families included. As you will read in this dispatch, team sports are ranked third in total number of off-duty mishaps during last year’s 101 Critical Days of summer.

**Pre-Trip Inspection Checklist**

Take care and stay safe.

Safety Department
Command Training and Updates

OSHA Courses

OSHA 10 Hour Course
2 & 3 August
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 May

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

DoD Bus Schedule

Pt. Myer Dispatcher
703-696-7109

Pentagon Transit Center

L10

Route 9

Departures every 20-40 Minutes

<table>
<thead>
<tr>
<th>FT. MYER FLYER (AM SCHEDULE)</th>
<th>FT. MYER FLYER (PM SCHEDULE)</th>
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<tr>
<td>FT. Myer Dining Facility Bldg 404</td>
<td>No PM Service effective July 17, 2023. Please use Alternate Public Transit Services listed below.</td>
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<td>Ft. Myer Henderson Hall MCX</td>
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Alternate Public Transit

<table>
<thead>
<tr>
<th>Outbound From Pentagon</th>
<th>Inbound To Pentagon</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-42 - Bus Bay U3 - 2nd St @ Courthouse Rd</td>
<td>ART-42 - 2nd St @ Courthouse Rd</td>
</tr>
</tbody>
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**PLEASE ARRIVE 10 MINUTES PRIOR TO YOUR SCHEDULE DEPARTURE**

Updated: 7/13/2023
Religious Services/Retreats/Workshops

NDW CREDO Workshops and Retreats

We can bring workshops to you! Please email us if you would like us to bring a workshop to your command – credo.ndw@us.navy.mil

Below is a list of the Naval District Washington, Chaplains Religious Enrichment Development Operation (NDW CREDO) events that are currently scheduled as of June 22. They are available for your members to participate. Please promote and forward through your commands and networks. Additional workshops may be added.

NDW CREDO WORKSHOPS: CREDO NDW is offering the following workshops. These workshops are open to all military, dependents and civilian employees.

Registration is required for all workshops. Contact CREDO.NDW@US.NAVY.MIL or 202-404-8831

SafeTALK is a suicide awareness program that focuses on why we miss, dismiss and avoid talking about suicide. It is required for people with certain responsibilities and recommended for all.
- June 23 0900-1200 at Dahlgren
- August 7 0900-1200 at NSA Bethesda
- T4T Sep 12-13 at JBAB

ASIST is the world’s leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that ASIST method helps reduce suicidal feelings for those risks.
- July 12-13 0830-1600 at JBAB

Relationship Enrichment Workshop (dating couples or married) This one-day workshop is being offered in a small group setting. It is designed to address issues that are holding your relationship back from being the thriving, vibrant, fulfilling relationship it can be.
- July 11 0930-1230 at JBAB
- August 2 0930-1230 at Ft Meade

Women’s Resiliency Workshop - “Thriving in Uncertainty” Take a day out of your normal routine to self-reflect, reconnect with your purpose, harness your inner strengths and learn how to use adversity to your advantage in a group setting.
- June 26 0930-1500 at JBAB

Personal Resiliency Workshop - During this workshop 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.
- July 20 0930-1230 at JBAB (PREP: Got Your Back)

NDW CREDO RETREATS: Overnight retreats are open only to Active-Duty military, their dependents and Reservists in an Active Status (SELRES/IRR). They will take place from Friday afternoon to midday Sunday at the Baltimore Marriott Inner Harbor at Camden Yards. Lodging, food, and parking are provided at no cost to the participants. Childcare is not offered.

Personal Resiliency Retreat (PRR) This is the original CREDO retreat that started it all. 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.
- September 15-17 (full but accepting registrations on the waitlist)
- November 3-5

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.
- August 18-20 (full but accepting registrations on the waitlist)
MCCS Programs, Events and more

Exceptional Family Member Program

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

Event: Henderson Hall EFMP Lunch & Learn—Accessing Community Resources & Recreation Inclusion Opportunities

Date: Tuesday, August 8 2023
Time: 11:30 - 12:30 pm
Location: Henderson Hall, Bldg. 12, Conference Rm. Or MS Teams

Event: Henderson Hall EFMP Lunch & Learn—Introduction to EFMP+ Respite Care

Date: Tuesday, August 22, 2023
Time: 11:30 - 12:30 pm
Location: Henderson Hall, Bldg. 12, Conference Rm. Or MS Teams

Call 703-693-5353 for more information

Ready Marine Corps Kids
Emergency Preparedness Program
Preparing the youngest members of the U.S. Marine Corps

Fun Activities [marines.mil]

Have some fun living Ready Marine Corps!
Try Chesty’s fun activity sheets. You can complete them on your own or as a family. Share them with your family and friends!
Go on a treasure hunt for emergency supplies for your bug out bag and family kit.
Practice your plan, including calling your special contact, often. You can take turns being the emergency plan leader and see who remembers your family plan best.
Get creative. Invent a game you can play when there is no power.

EFMP Webpage
MCCS Programs, Events and more

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 Readiness Seminar CY 23 Dates

Personal Financial Management Program

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

Recognizing Consumer Fraud
https://finmgmt.marinemc.mil/Fraud
Wednesday, May 24 / November 16

Developing a Spending Plan
https://finmgmt.marinemc.mil/Budget
Wednesday, January 11 / March 1 / June 7 / September 13

Deployment Financial Planning for Deployment and Extended Absences
https://finmgmt.marinemc.mil/Predep
Wednesday, June 21

Car Buying Strategies
https://finmgmt.marinemc.mil/Auto
Wednesday, April 5

Planning Your Retirement
https://finmgmt.marinemc.mil/Retirement
Wednesday, March 11

Military Compensation and Deductions
https://finmgmt.marinemc.mil/MC/Dep
Wednesday August 2

Military Retirement
https://finmgmt.marinemc.mil/MR/Dep
Wednesday August 16

Introduction to Investing
https://finmgmt.marinemc.mil/Invest
Wednesday, January 25 / September 29

Introduction to Credit
https://finmgmt.marinemc.mil/FinCredit
Wednesday, March 29 / July 26 / November 1

Crypto Currency 101
https://finmgmt.marinemc.mil/Crypto
Wednesday, February 22 / November 15

Introduction to Debt Management
https://finmgft.marinemc.mil/Debt
Wednesday March 15 / October 14

All classes held from 11AM - 12:30PM
Open to DoD id holders and general public with photo ID.

Personal Readiness Seminar

Thursday, 31 August
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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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

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
The Transition Readiness Program has updated their schedule.

**Separation TRS Dates**

**TRS Pathways:**
- Employment
- My Education
- Vocation
- 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

FY24 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.
MCCS Events and Activities

Single Marine Program: SMP Mini Golf

SMP Mini Golf Trip
Friday, August 11
1030 – 1300
Historic District (8902 Mathis Ave., Manassas, VA 20110)

Come enjoy a fun day of mini golfing with SMP!!

Meet at Motor T on Henderson Hall at 0900 for roll call.

The magic putting place is an outdoor mini golf so dress accordingly.

Marine may bring money for snack bar at location.

Reserve a spot at [SMP Mini Golf trip Tickets, Fri, Aug 11, 2023 at 10:30 AM](https://Eventbrite)

For more information, contact Allie French at Allisya.French@usmc-mccs.org

Pull-Up Challenge

Pull Up Challenge
Thursday, August 24
6:00am – 2:30pm
HITT Facility at Henderson Hall

**Challenge:** The participant will sign in and then proceed to do as many pull ups as they can in one sitting. There are two brackets; male and female. The winner will be the top female or male with the most pull ups.

Open to all DoD ID card holders.

For more information, contact Allie Scott at alexandria.scott@usmc-mccs.org
MCCS Athletics

Smith Gym NAF Sale

Smith Gym NAF Sale
Saturday, July 29
8:00am - 4:00pm
Cpl Terry L. Smith Gym, Henderson Hall

Open to all DoD ID card holders.

All items will be sold ‘AS IS’. Purchased items must be removed no later than 4 pm on day of event - NO EXCEPTIONS!

- Delivery is not available for items purchased.
- Weight benches for sale (plates not included).
- You can stop by and see for yourself.
- No equipment will be ‘held’ or ‘reserved’ prior to the event.

CREDIT CARDS ONLY! NO REFUNDS! FIRST COME, FIRST SERVE!!

Special note: Staff will not assist in moving/loading purchased equipment.

Intramural Softball League

Intramural Softball League
Starting on August 15
Ft. Myer Softball Field

Games will be played at Ft. Myer Softball Field from 11:00am to 1:00pm on select weekdays.

This tournament is FREE of charge. Registration forms are at Cpl Terry L. Smith Gym and Semper Fit Athletics Office. Turn in completed forms to Smith Gym or Athletics office in Bldg. 27 by July 28.

Open to all DoD ID card holders, including Active Duty, Retirees, Ft. Myer-HH Staff, and DoD Civilians.

Uniform provided by Washington Nationals. Season ends on September 28.

Click here to see the flyer and registration form.

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

Gold With Us

Golf With Us
Friday, September 15
0830 – 1430
Prince William Golf Course in Nokesville, VA,

Join us for a day filled with golf, camaraderie, and unforgettable memories!

What is included?
• A round of golf
• Green fees
• Cart Rental
• Delicious lunch

All this, bundled together for one AMAZING price! E-5s and below: $25. Staff SNCOs, Officers, and Retirees: $50. DOD Civilians: $65.

To secure your spot, register and pay here... Don’t wait too long—spaces are limited!

For more information contact us at 703-697-2706.

BASE HIIT

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

Thursday, September 28, 2023
0730-0900

• Parking provided
• PT uniform required
• Prizes awarded

Register at
nationals.com/BaseHIIT
Devil Dog 5K Race

Devil Dog 5K Race
Friday, 22 September 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.

Chesty the bulldog will be here from 8th ad I from 0630-0745.

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!

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.


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

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

<table>
<thead>
<tr>
<th>JULY</th>
<th>AUGUST</th>
</tr>
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<tbody>
<tr>
<td>July 28, 2023</td>
<td>August 4, 2023</td>
</tr>
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<td>August 11, 2023</td>
<td>August 18, 2023</td>
</tr>
<tr>
<td>August 25, 2023</td>
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</tbody>
</table>
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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**AUGUST**

August 1, 2023  
Lincoln 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