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**May 17 JBM-HH face mask update**

- Consistent with Deputy Secretary of Defense guidance, fully vaccinated individuals (who are at least two weeks beyond their final dose) are no longer required to wear face coverings indoors or outdoors on post. Service providers (CYS, AAFES, DeCA, etc.) and tenant commands may retain a face covering requirement, so please keep one handy. However, fully vaccinated individuals may now enjoy this beautiful spring weather and go over to friends' houses without a mask. To be clear, the mask mandate remains for all non-vaccinated individuals.

- Our job is to defend our Nation's Capital and to be the face of the US Military. Vaccinating against COVID-19 is key to our continued success. Your efforts will make a difference in the fight against this disease. Be a part of the solution – get vaccinated.

- The virus is still out there. As conditions change in the local area we must continue to remain vigilant at work and home. Get vaccinated and follow DOD, local and CDC guidelines --- protect yourself, protect the team, protect the mission.

- As we increase our presence at the Headquarters, we will continue to monitor the pandemic in the NCR and refine our conditions-based plan and continue to protect the team and protect the mission.

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JBM-HH remains at Health Protection Condition Bravo. We continue to be focused on protecting the force, preserving readiness and mitigating the risk of transmission among personnel.

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For the more updated information please visit:

**Joint Base Myer-Henderson Hall Notifications**

**MCCS Closures, Modified Hours of Operations and Event updates**
July 2021 Awareness / Recognition

International Plastic Bag Free Day - July 3rd
Independence Day - July 4th
Black, Indigenous and People of Color Mental Health Month

Clean Beaches Week—July 1st-7th
World Chocolate Day - July 7th
Don’t Step on a Bee Day - July 10th
World Population Day - July 11th
World Emoji Day - July 17th
World Friendship Day - July 30th

DONCEAP: Black, Indigenous and People of Color Mental Health Month

Accessing needed mental health care is often more difficult within BIPOC (Black, Indigenous and People of Color) communities.

1. People in marginalized communities face systemic barriers to care.
2. Individuals within many BIPOC demographic categories experience disproportionate psychological distress, depression and suicidality.
3. Providers need to foster trusting, healing mental health environments and help eradicate minority stigma.

Call your The DON CEAP at 1-844-366-2327 (TTY 711) or visit MagellanAscend.com for helpful resources.
Back-To-School Events on JBM-HH

Drive Thru Backpack Giveaway
Tuesday, 27 July 2021
10 AM - 1 PM
Joint Base, Myer-Henderson Hall
Parking lot next to Zembiec Pool and car wash

For more information, please contact Mrs. Amy Fishman at Amy.fishman@usmc-mccs.org

Operation Homefront Hosts: Back-To-School Brigade School Supplies Distribution Drive Thru Backpack Giveaway

Operation Homefront Back to School Brigade School Supply Distribution or BTSB is now open. There are plenty of slots available for you to register and to receive school supplies for your family or loved ones!

Who: E1-E6 Service members, Post 9/11 wounded, ill, or injured Service members of any rank

When and Where: 13 August 2021 11:00 AM – 12:30 PM, Springfield, VA

How: Please register at www.myOperationHomefront.org

Please ensure that you create a profile or login and then follow the prompts to select the 13 August event in Springfield, VA to register.

When selected, this event will then be uploaded under your OH profile with event instructions.

Active Duty only, must show ID. First come first served. No registration required.
**CFTs**

- Little known fact. IAW MCO 6100.13A pg 1-5 states “Marines who did not take a PFT/PPFT or CFT/PCFT for the semiannual/annual re-
  quirement due to physical/medical reasons, will be administered a PFT/CFT no less than 30 days and no more than 90 days after return to
  full duty.” Failure to complete this requirement means your Code 5 medical exemption goes away and you receive a RDNT which has adverse
  effects for promotion, schools, etc. We will be sending hit lists to all Marines who did not take the CFT due to light duty chits. If you are on
  Limited Duty, you are totally exempt.

- If you run a CFT/PFT without a verified PHA or run a CFT/PFT with an expired PHA, H&S Bn S-3 will not run the score and you will have to
  run the CFT/PFT again after completing your PHA. (See MCO 6100.13A Pg 2-2 Chapter 2, 4.a and Pg 3-1 Chapter 3, 4.a).

- Command Physical Training Representative (CPTR)/Monitor Briefs are held on the second Tuesday of the month at 0900 in the S-3 Confer-
  ence Room. This is the opportunity for sections to add CPTRs to replace those that have PCS’d and to receive any updates to the PFT/CFT
  course and process at H&S Bn.

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**S-3 Training: PFT Reconciliation, CFT schedule and more...**

The CY 2021 semi-annual PFT and CFT requirements remains in effect. Marines are able to conduct the PFT per the TECOM
Human Performance Division at [https://www.fitness.marines.mil/](https://www.fitness.marines.mil/).

**PFT Update:** Henderson Hall S-3 received more than 200 NAVMC’s the final week of June and is currently reconciling training rosters in
MCTIMS. Due to system errors (IAW MARADMIN 321/21 all partial PFTs must be entered via Unit Diary vice MCTIMS. If you ran a partial PFT and
your score is not reflected in MOL please contact the S-3 at [hnhl_s3_training@usmc.mil](mailto:hnhl_s3_training@usmc.mil) with the date you ran your PFT and who the CPTR was
that submitted your NAVMC. Required Did Not Take (RDNT) codes will be entered into MCTIMs for all Marines that did not complete a PFT NLT 30
July.

**CFT Schedule:** All CFTs will be conducted at the Joint Base Myers – Henderson Hall LZ located adjacent to the CDC and AFFES Exchange.

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To view more information regarding , please click [here](mailto:here),

703-614-1471
HNHL_S3_Training@usmc.mil.
CONAD Office

In accordance with Secretary of Defense guidance and effort to reduce the risk of exposure and community spread of the novel coronavirus disease (COVID-19) outbreak, the Consolidated Administration Center (CONAD) will be limiting close contact with supported personnel and conducting the majority of administrative tasks via Marine Online (MOL) Electronic Personnel Administrative Requests (EPAR). All members requiring routine support will be directed to utilize this online system to process their requests. Members reporting for duty on PCS or PCA orders and members issued PCS or PCA orders that require signatures to accept are still permitted and required to physically report to CONAD as these actions need to be completed in person with an administrative specialist. Beginning February 16, 2021, the Consolidated Administration Center (CONAD) will be transitioning to adjusted hours by opening at 0730, with the last customer being serviced at 1600, Monday through Wednesday, and Friday. Thursday, the CONAD will be open from 0730-1200.

CONUS COLA CHANGE

On January 1, 2021 NCR Members COLA changes to their payments. CONUS COLA monthly payments range from $32 to $60 month for members with dependents and $22 to $46 monthly for those without dependents. Washington, DC (us) and Warren, VA fall under this change so do not be surprised by this change in your direct deposits. Please Check out DoD’s CONUS COLA calculator for details.

REITERATION OF PTAD FOR RESERVE MARINES

This advisory is to reiterate the policy concerning permissive temporary additional duty (PTAD) for the Reserve component. Per the leave and liberty manual, Reserve Marines who have been mobilized on active duty orders DO NOT rate any type of PTAD. Active Duty and Active Reserve component Marines are the only Marines entitled to PTAD.

Assistance: For questions or concerns, please contact the CONAD at (703) 614-7171 or the Customer Service/Pay section SNCO, GySgt Kelly at samuel.kelly@usmc.mil. For more information and updates, please click here.

Command Sponsor PME

Lance Corporal Seminar this educational event focuses on the personal and professional development of Lance Corporals, and it is part of the Professional Military Education progression for enlisted Marines.

16 August to 20 August
Nominations are due to Sgt Dominguez NLT 13 Aug.
melisa.dominguezrosa@usmc.mil

Corporals Course provides students with the basic knowledge and skills necessary to become successful small-unit leaders using realistic problem-based situations that a Marine corporal will encounter.

13 September to 1 October
Nominations due to SSgt Newton NLT 10 Sep
peter.newton@usmc.mil
101 Days of Summer Safety Campaign 2021

Marines, Sailors, Civilians and family members of Henderson Hall,

Memorial Day weekend marks the beginning of the Marine Corps “101 Critical Days of Summer Safety campaign” (May 28 - September 6). The goal of this campaign is to remind Marines and sailors of their responsibility to make the right decisions and manage risk every day, both on and off duty. Typically, we would gather all Marines here at the Battalion to discuss summer safety measures and touch on other important topics such as, Suicide awareness, substance abuse etc. however, we are still challenged with gathering limitations. Therefore, our command team has put together another round of virtual presentations.

I ask you to pause to review these presentations. The presentations include, Summer Safety Tips, Suicide Awareness, Ms. Brittany Morrow “Experiences of a Crash Test Dummy” and presentations from three local inmates who are/were incarcerated at Prince William County Adult Detention Center. You may view all these presentations from both the Command Safety web page or our Command Information Web App under the 101 Days of Summer icon.

2021 USMC Summer Safety Message: (MARADMIN 244/21)

Commands Safety Web Page

Commands Web App: “HNHL Safety and Information”

*NOTE: Our one of a kind web app can be downloaded from the google play store or at iTunes.

Command Safety Office

We are more than a month into the 101 Critical Days of Summer, and the temperatures are rising, along with the risk of heat injuries. Please take a few minutes to read and share the Naval Safety Center’s most recent edition of Lessons Learned, Heat-Related Mishaps, LL 21-18.

This useful information should be shared with your Marines, civilians, and family members, as it applies to anyone who spends time outdoors.

Please take the time to review and discuss the below documents with your Marines and Civilians.

**NSC Lessons Learned 21-18: Heat-Related Mishaps**

**HH 4th of July Safety Checks 2021**

**NSC Lessons Learned 21-16: Fireworks Mishaps II**

**NSC Lessons Learned 21-15 Motorcycle Mishaps**

**NSC Lessons Learned 21-14 E-Scooters**

**NSC Lessons Learned 18-18 Why Don’t We See Motorcycles**

**HH Hurricane Safety Checks**

**NSC Lessons Learned 21-12 Animal-Related Injuries**

**NSC Lessons Learned 21-10: Off-Duty Firearms Mishaps**

**NSC Lessons Learned 21-11: Summer Vacation**

**Blue Threat: The New Marine Corps Safety Management System**
Chaplain’s Corner

Chaplain Maruszewski, LT, CHC, USN
HQ BN HQ USMC, Henderson Hall

Compassion

Ever watch those “the dodo” videos? They usually show an animal in an urgent state of need and tell the story about someone who had compassion on that animal to rescue it and nurse it back to health. Puppies with tetanus limbs locked stiff, turtles with infected shells, dogs with mange so bad they are nearly bald. For animal lovers, these stories are heart-breaking as they show you a desperate creature in obvious agony that struggles to accept the aid of a kind human taking compassion on them. Sometimes I wonder how many people drove by that animal, unaware or oblivious to the need. Perhaps they were jaded by the many other animals they have seen and have become calloused to the need so they are not affected by it.

Similarly, how many times have we passed by people we see in an obvious state of need? What would a simple act of kindness do for a person or a family desperate for compassion? “Kindness in action” is how some have described compassion. Kindness is the actionable sum of many fruits a person yields in their life. Love, joy, peace, patience, goodness, gentleness, and self-control – all these internal qualities can best be seen in the actions of a person who is kind. When a kind person sees a need – their compassion drives them to do something about it. How do you show compassion to those you come in contact with? A simple act of kindness, driven by compassion could save a life burdened by the cares and concerns of this world. In my experience, a spiritually fit person will also be a kind person.

To discuss this or anything else, your Chaplain is available in person or virtually. Please call (703) 614-9280 or stop in to our building 29 chapel to schedule an appointment, or email: jonathan.maruszewski@usmc.mil.

Welcomed a Newborn?

The Chaplains Office has commissary gift cards for those E6 and below members who have recently welcomed a newborn into the world. It can be used for diapers, formula, whatever can be purchased at the commissary for use in caring for your new young one. Please contact us at jonathan.maruszewski@usmc.mil or chelese.bowman@usmc.mil for more information.
Beginning 12 July 2021, the HNHL chapel will be available as usual for a prayer service at 0700 and will continue every Monday throughout the summer/fall. If you are interested – feel free to stop in to pray/meditate. We will open each prayer service with a short devotional from the book “Draw the Circle” which will be our guide and available for free throughout the summer/fall. If you telework or are unable to come in to the chapel but would like to attend virtually, we will have a zoom link available. Please reach out to the Battalion Chaplain, LT Jonathan Maruszewski at jonathan.maruszewski@usmc.mil or (703) 614-9280 if you would like more details.
Exceptional Family Member Program

Special Needs Trusts (with NAMI Prince William County)
Date: July 27, 2021
Time: 6:30 pm - 7:30 pm

It is important to ensure that your child is financially secure when you are no longer around to provide help.

In this presentation, learn about the roles of Special Needs Trusts in safeguarding government benefits while ensuring your (adult) child’s personal needs and aspirations continue to be met in the future.

Your Speaker:

Tia Marsili oversees The Arc of Northern Virginia’s Trust department and works one-to-one with families and individuals to plan futures and establish SNTs throughout Maryland, Virginia, and Washington, DC. She educates the community, professionals, and agencies about comprehensive Futures Planning and SNT services. Under her stewardship, the program has established over 1800 trusts and in collaboration with KeyBank manage a combined $49 million in cash and assets.

Tia is a multi-lingual, well-traveled professional with over 28 years of experience in the world of disabilities. She’s the mother of two daughters with disabilities and is passionate about creating systems that provide equality.

Register

Trust Talk Tuesday – August 3rd, 2021 (ZOOM meeting)
Date: August 3, 2021
Time: 10:00 am - 11:30 am

These small group discussions will focus on Special Needs Trusts and futures planning. Tia Marsili, Director of Trusts at The Arc of Northern Virginia, will walk you through the importance of planning for the future of your loved one with a disability, why trusts are important, and other critical services and programs and benefits that you should consider.

Please register here.

Note due to COVID-19, this is a Zoom virtual meeting rather than in-person meeting.

To request more information on how to attend please email efmphh@usmc-mccs.org.

For more workshops and information, please click here.
The Myer shuttle service, between Myer, Henderson Hall and the Pentagon, has resumed. 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.

JBM-HH and Andrew Rader Clinic have transitioned to Tier 2 COVID-19 vaccinations

JBM-HH has shifted vaccination efforts to the Radar Clinic Vaccine clinic. Vaccines are available on walk-in basis to all eligible personnel.

You may also schedule an appointment by visiting the below websites.

Visit the ARUSAHC COVID-19 Vaccine Appointment Portal at https://informatics-stage.health.mil/RaderCOVIDApp/ or through Tricare online at https://www.tricareonline.com
DOD and Coast Guard appropriated fund and nonappropriated fund civilian employees are authorized to shop at military exchange stores in the United States and the U.S. territories and possessions. Online exchange access will also be available for active and retired DOD and Coast Guard appropriated fund and nonappropriated fund civilian employees by mid-October. This shopping access does not include the purchase of military uniforms, tobacco products or alcohol.

Previous in-store exchange access for DOD and Coast Guard civilian employees was limited to those on service agreements overseas (i.e., in foreign countries and the U.S. territories and possessions) and access was limited to overseas exchanges. The expansion will allow all DOD and Coast Guard civilian employees to shop in exchange stores in the United States and the U.S. territories and possessions.

Online exchange access will be available later this year for all active and retired DOD and Coast Guard civilian employees with a U.S. mailing address, including territories and possessions and APO and FPO addresses. Online exchanges are not permitted to ship to local addresses in foreign countries.

To learn more about military exchange access, visit the commissaries and exchanges webpage on the Military OneSource website.

FY 21 Transition Readiness Training 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.

Transition services are available to Marines and their families throughout their Marine For Life Cycle. Services are also available, as space is available, to Veteran Marines up to 180 days following their end of active service.

For registration, please contact your Unit Transition Coordinator (UTC).

Due to limited capacity, these trainings are limited to personnel administratively attached to Henderson Hall.
Open to DoD ID card holders (Active Duty, Civilians, and Retirees. No guest allowed.)

Only 50 patrons will be allowed inside the facility at a time.

- Availability will be on a first come first served basis. We ask that all workouts do not exceed 1 HOUR.
- Unit training reservations and recreational usage of the facility is prohibited.
- The H.I.T.T. facility will be closed. Group workouts are prohibited.
- Smith Gym Locker Rooms and showers are now OPEN!

Zembiec Pool is now OPEN.

Monday—Friday
6:00 am—7:00 pm

CLOSED weekends and holidays.

Adult lap and open swim is available all day. Youth lap and open swim hours are 8 a.m. to 5 p.m.

JBM-HH All Star Softball Team Tryouts

Open to all service members assigned to JBM-HH.

July 28, 29 and 30
6:00 p.m. - 8:00 p.m.
Fort Myer Softball field (Next to Hatfield gate)

All players must be Active Duty and assigned or attached to JBM-HH

Top 16 players will represent Fort Myer in the Battle of the Bases Tournament presented by the Washington Nationals Baseball Team. Players will receive Nationals Uniforms!

Preliminary Tournament is August 28—29 at Joint Base Anacostia–Bolling Softball Complex

Top 2 Teams advance to the Championship game at the Nationals Park

September 18 following the 4:05 p.m. Nationals game.
Resilient Individuals Supporting Each Other (R.I.S.E) Support Group

This group is for individuals seeking a safe place to discuss and receive support regarding relationship patterns that are causing you to feel isolated, belittled, controlled or unsafe. Henderson Hall FAP Staff will facilitate discussions.

For Who: All DOD uniformed personnel and those who are able to be seen at a military treatment facility.

When: The last Thursday of every month from 1 - 3pm

Where: Henderson Hall Bldg 12 x (next to Bldg 12 and the car wash)

For more information and classes, please click here.

Golf With Us!

Join your friends and colleagues on the greens one Friday a month May to October! Golf With Us and we provide a round of golf, fees, cart and a delicious lunch - all for one AMAZING price. You provide the camaraderie and fun!

E5 & below Golf Sets can be checked from Henderson Hall Outdoor Recreation for Free.

NCOs and below: $25 | Officers, SNCOs, and Retirees: $50 | DOD Civilians: $65

August 20, 2021
Somerset Golf Course, Locust Grove, VA
Register by August 13, 2021

Click here to register and pay or call 703-697-2706 for more information.

Semper Fit is committed to providing reasonable accommodations upon request. Please contact us at 703-697-2706 at least one (1) week in advance of event.

Open to DoD ID card holders and their guests.
The Marine Corps Marathon Organization (MCMO) is excited to announce that the 2021 Marine Corps Marathon (MCM) Weekend will be held live and in-person this October 29 – 31 in Arlington, Virginia and the nation’s capital! The 2021 MCM Weekend includes the live 46th MCM, MCM50K and MCM10K on Sunday, October 31, with all three events being offered as virtual options as well between October 1 and November 11.

At this time, access to the virtual event is closed. If available, general entries to the live event will open to the public on Wednesday, May 26 at noon Eastern.

Please continue to check the MCM website and our social media channels for updates. All questions may be directed to MCMCustomerService@usmc-mecs.org.

Marine Barracks 8th & I: 2021 Evening Parade

The 2021 Parade Season is here! Beginning Friday, May 21, Evening Parades will be open to the public at a limited capacity. Navigate to the “Parade Schedule & Reservations” tab to reserve your tickets. Marine Barracks Washington will continue to follow DoD guidelines and CDC recommendations in order to ensure the safety of the Marines, Sailors, and our community.

Due to guidance from the DoD and CDC, masks are no longer required for guests who have been fully vaccinated. Guests who are not fully vaccinated (2 weeks following the final dose) are required by DoD guidelines to wear a mask and maintain 6 ft. distance from personnel who are not from the same domicile family. Persons displaying any of the following symptoms are asked to not attend the parade: nausea, fever or chills, cough, shortness of breath, difficulty breathing, loss of taste or smell, sore throat, congestion or runny nose, diarrhea.

Please stay tuned to our website and social media for updates. As restrictions continue to lift, Marine Barracks Washington looks forward to safely opening parade capacity further.

46th Marine Corps Marathon Weekend Update

The Marine Corps Marathon Organization (MCMO) is excited to announce that the 2021 Marine Corps Marathon (MCM) Weekend will be held live and in-person this October 29 – 31 in Arlington, Virginia and the nation’s capital! The 2021 MCM Weekend includes the live 46th MCM, MCM50K and MCM10K on Sunday, October 31, with all three events being offered as virtual options as well between October 1 and November 11.

At this time, access to the virtual event is closed. If available, general entries to the live event will open to the public on Wednesday, May 26 at noon Eastern.

Please continue to check the MCM website and our social media channels for updates. All questions may be directed to MCMCustomerService@usmc-mecs.org.
DEERS/RAPIDS ID Card Center

The Henderson Hall ID Card Center will be operated by appointment only.

The Henderson Hall ID Card Center is now located on the 3rd floor of the Marine Corps Exchange. The ID card center has new hours of 0900 to 1700 with the last customer being called in at 1630, by appointment only. In order to maintain appropriate safety measures there will be only two customers allowed in the office at one time.

In order to maintain appropriate safety measures there will only be one ID Card Representative in the office at one time and they will only allow one customer in the office at one time.

All personnel are required to use the following website to book appointments: https://idco.dmdc.osd.mil/idco/locator.

All personnel issued a new CAC will be required to logon to their government workstation used for telework and connect to the MCEN network in order to cache the PKI credential that were loaded to their new ID Card prior to returning to telework. Network access to the support telework through the workstation will not be available until this action is complete.

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

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

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

Commissary Updates

The Commissary has begun early bird services every day. The Commissary hours are now Monday to Friday from 7 a.m. to 7:30 p.m., Saturday 7 a.m. to 6:30 p.m. and Sunday 7 a.m. to 6 p.m.

This week the commissary said hello to Commissary CLICK2GO, an online shopping and curbside pickup service you can access from your mobile devices. For full details, visit https://www.commissaries.com/shopping/click-2-go.

For additional information on the Fort Myer Commissary, visit the Commissary official website at https://www.commissaries.com/shopping/store-locations/
Personal Financial Management

Payroll Deferral Update

Payroll Tax Deferral - The Good News is the repayment deadline has been extended from April 2021 to December 31, 2021, lengthening the repayment period for Federal Workers and Service members.

Collection Information on Tax Deferral: https://www.dfas.mil/taxes/Social-Security-Deferral/Military-FAQs/

Frequently Asked QUESTIONS?

· Will I be required to pay back the Social Security taxes that are deferred?

· I had taxes deferred between September and December 2020. How will the deferred taxes be repaid?

· How will a military member know the total amount of 2020 deferred taxes to be collected in 2021?

· How will this affect my 2020 and 2021 W-2?

· Will I be required to file a 2020 amended tax return after receiving the Form W-2C?

· Does this affect any of my other tax withholdings?

· How will the Social Security (OASDI) deferred taxes impact my federal and state income tax liability?

· Does the Social Security (OASDI) tax deferral impact contributions to my Thrift Savings Plan (TSP) account?

· Is my military retirement pay impacted by the Social Security tax deferral?


If you are planning to or have separated in 2021:

If you separate or retire in 2021, before the deferred Social Security tax is collected in full, the unpaid balance will be collected from your final pay. If there are insufficient funds to collect the full amount, you may receive a debt letter with instructions for repayment.
An Update from your SACO

Below is an article discussing Poison Control Center raising concerns about Delta-8 THC.

LYNCHBURG, Va. (WSET) —

There’s a new warning about a dangerous trend happening in Virginia.

The Blue Ridge Poison Center at UVA Health has seen more calls over the past six months for adverse reactions to Delta-8 THC, a substance extracted from hemp and marijuana plants or created synthetically. The poison center received dozens of calls related to Delta-8 THC between January and June 15 of this year, compared with zero calls during the same time period of 2020. Dr. Christopher Holstege with UVA Health is studying this new on the scene substance. “This is one that recently popped up and caught us off guard,” Holstege said.

The Delta-8 THC is being sold in vape cartridges, gummies, and other edibles. It can be purchased over the counter at gas stations, CBD and vape shops, convenience stores, and online. “It’s an interesting substance because it’s very closely released to delta 19 which is what people get from marijuana,” Holstege explained. “This one is also natural and is in marijuana plants but usually is in low concentrations. We usually don’t think of this chemical and suddenly it showed up in products in higher concentrations.”

Holstege believes it is being synthetically made. This form of THC is legal, but totally unregulated so Holstege said you don’t know exactly what’s in the product you buy.

“What’s also scary about this is you can get it over the counter, at the store, at the gas station. It’s out there and easily available.” Holstege said calls into the Blue Ridge Poison Center vary, depending on the dose. Holstege is concerned there will be even more calls like this once marijuana is legal in Virginia on July 1.

“We know from other states, such and Washington, Colorado, that there is more exposure to children, or youth using more, so I have a lot of concerns about what is going to happen after July 1,” Holstege said. “The public is going to have to be really careful, especially when we are talking about kids.”

For more information and the complete article, please click here.

HQMC COVID-19 Reporting Procedure

**WHAT:** HQMC Staff Organizations are responsible for reporting COVID-19 cases within the Pentagon and NSF-A

**WHERE:** Reporting guidance may be found on the Office of the Director, Marine Corps Staff (DMCS) website - https://www.hqmc.marines.mil/DMCS/

**WHEN:** If a HQMC Staff Organization within either the Pentagon or NSF-A has a positive COVID-19 case, please go to the “DMCS Website” and follow the HQMC COVID-19 REPORTING PROCEDURES outlined on this site.

**DISCUSSION:** When reporting the incident:

Please complete all required information on the DD 3112 form available in step 1 “Form” link or located at: https://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd3112.pdf

Please be aware of the PII encryption requirements and additional guidance if unable to send an encrypted email.

Please send your report to both the listed PFPA and HQMC e-mail address.

**CONTACT INFORMATION:** If you have any problems accessing the "DMCS Web Page" or reporting the event, please contact:

Russell Noyes@ 703-692-5151 or 540-310-3703 - russell.noyes@usmc.mil
To view all MARADMINs and other publications, please visit www.marines.mil.

For updated information, please visits the websites below

U.S Marine Corps (COVID-19)
Coronavirus Disease 2019 (COVID-19)
What the U.S. Government is Doing
WHS COVID-19 Guidance
Center of Disease Control
U.S Department of Defense

For additional guidance regarding civilians, to include FAQs and policy guidance:

https://www.manpower.usmc.mil/webcenter/portal/MPC40

Scan to view our Command Website