ATTENTION

Per February 17, 2021 guidance, ALL individuals on DoD property, installations and facilities are REQUIRED to have face coverings in/on their possession at all times. With your safety and security in mind, there is an additional guidance to our policy. However, ALL individuals are REQUIRED to WEAR face coverings when they cannot maintain 6 FEET of social distance in public areas.

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

MARADMIN 075-21: MARINE CORPS GUIDANCE ON USE OF MASKS AND OTHER CONTAINMENT MEASURES FOR 2019 NOVEL CORONA-VIRUS (COVID-19)

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.

For the more updated information please visit:

Joint Base Myer-Henderson Hall Notifications

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

Mental Health Awareness Month
2021 National Asian American & Pacific Islander Heritage Month
Suicide Prevention Month
Substance Abuse Awareness Month
Maternal Mental Health Awareness Month
Employee Health and Fitness Month
National Clean Air Month

National Teachers Day - May 5, 2021
Mother’s Day - May 9, 2021
National Marine Time Day - May 22, 2021
Memorial Day — May 25, 2021

Mental Health Awareness : “What Works For Me”

May is Mental Health Awareness Month. Let’s help remove the stigmas and promote a healthy Marine Corps and society where anyone affected by mental illness can get the support and care to live healthy, fulfilling lives.

Resource links
D-Stress line:
https://www.usmc-mccs.org/index.cfm/services/support/dstress-line/

MCCS Behavioral Health Branch and Marine and Family Programs:
http://www.mccshh.com/behavioralhealth/
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”. 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.

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.

Thank you and stay safe!

Respectfully,
Colonel Robert L. Wiser, USMC
Commanding Officer

S-1: ADJUDANT

MARADMIN 261/21 : FISCAL YEAR 2022 (FY22) MECEP, ECP, RECP AND MCP-R SELECTION BOARD

Application deadlines for the Henderson Hall FY22 MECEP, ECP, RECP AND MCP-R Selection Board is as follows:

Application Process begins: 17 May 2021
Submit to the Company Office no later than: 1 JUNE 2021
Submit to Battalion S-1 no later than: 7 JUNE 2021
Board 16 JUNE 2021 (plan for an in-person board, coordinating instructions to follow)
DMCS No later than: 25 JUNE 2021
MCRC No later than: 9 JULY 2021
**CONAD Office**

**Closure Notice**

Due to the Battalion’s Formation and Social Event on 28 May 2021, CONAD will NOT be accepting customers or in processing New Joins. All new joins directed to check in with Officer of the Day to get their orders endorsed. Ensure to leave copy of the endorsed orders with the OOD. All New Joins are required to return on 1 June 2021 to conduct an audit at the 0900 or 1400 mass New Join audit session.

Reminder, Marines are required to be in Service Alpha when conducting official check in.

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.

For questions or concerns, please contact the CONAD at (703) 614-7171. For more information and updates, please click here.

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**S-3 Training**

**Physical Fitness Test (PFT)**

The CY 2021 semi-annual PFT requirement 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/).

- May 28 (at 0800)
- June 2, 3, 4 (at 0700)
- June 9, 10, 11 (at 0700)
- June 16, 17, 18 (at 0700)
- June 22, 23, 24, 25 (at 0700)

Meet at the Smith Gym pull-up bars at 0800. Beginning in June, the start time will move to 0700. For more information, please call 703-614-1471 or email at HNHL_S3_Training@usmc.mil.
Command Safety Office

The Command Safety Office has prepared our monthly Safety Checks Newsletter for the month of May to help safeguard you, your family, and fellow Marines and Sailors. This edition includes information about Bicycle Safety, Electric Scooters and Skateboards, Exercise, Avoiding Heat Injuries, and 101 Days of Summer Safety Campaign information. We have also included two Lessons Learned from the Naval Safety Center which highlight Off-Duty Firearms Mishaps and Summer Vacation. Please take the time to review and discuss the attached documents with your Marines and Civilians.

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

R/S,
Your Command Safety Office

Henderson Hall Safety: May 2021 Safety Checks Newsletter

Family Safety & Health Magazine
(click above to view magazine)
Password: Spring2021
Starting May 1, 2021, 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.

“Every shopper of the exchange helps improve the military community and the benefit for service members and their families,” said Patricia “Patty” Montes Barron, deputy assistant secretary of defense for military community and family policy. “We welcome our DOD and Coast Guard civilian employees to take advantage of the convenience and familiarity of military exchanges. Shopping at our military exchanges is a quality of life experience that serves the community in ways no other commercial entity does.”

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.

**About Military Community and Family Policy**

Military Community and Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our service members, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These Department of Defense services can be accessed 24/7/365 around the world.
Cpl Terry L. Smith Gym Hours

Open to DoD ID card holders (Active Duty, Civilians, and Retirees. No guest allowed.)

New hours of operation for the Smith Gym starting April 1st, 2021.

- Face masks required.
- 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.
- Locker rooms and showers ARE OPEN.
- The H.I.T.T. facility will be closed. Group workouts are prohibited.
- Smith Gym Locker Rooms and showers are now OPEN!
- Our saunas will remain closed until further notice.

Zembiec Pool is Shutdown due to safety/temperature issues until further notice.

Online Auction NAF Sale

MCCS is doing some spring cleaning! Come to Go-dove.com for great deals on used furniture & office equipment, exercise gear, outdoor items and more.

All sales are final. No refund or exchange. Items will be sold as-is.

**MAY 17-31**

Pick-up Dates: June 1 - 9, 2021

Open to the Public
Chaplain’s Corner

LT Jonathan Maruszewski
BN Chaplain, HQSVC BN HQ USMC, Henderson Hall

Teen Wolf

If you are from my generation – there was a popular movie starring Michael J. Fox called “Teen Wolf” that followed the antics of a young man who became a werewolf. Acquiring the new powers and features of his genetic shift, he acquired popularity and skills that made him an instant hit. It also disrupted his family life and normal friendships. Perhaps your teenagers have acquired some shifting due to the environment we find ourselves navigating. In a broader audience – I’d like to address some of the concerns I assisted families with over the course of the last year. Here are the top three that I assisted families with:

How do I communicate with my teenager when they shut down? In my early years of youth pastoring and then into my years as a parent of two teenage boys, I dealt with this question often. Advice I picked up from various resources and put to use for good results boiled down to this: **Time is the currency of teenagers.** Teens respond to the amount of quality time you spend with them. Time spent doing the things that interest them – participating in a hobby, playing video games together, time put towards an athletic activity, time shared doing something of value or towards a cause are all viable sources to build currency with your teen. Once you have this currency stored up – you can leverage it to ask those questions you need answered and share your stories and experiences to influence them in their decisions and attitudes. Finally – teens respond more positively when they are talked with rather than talked to. Again – this takes time to develop that relationship that allows there to be the proper respect in place to allow a discussion rather than a chew out session.

What do I do when I’ve messed up and lost my temper with my teen, saying something hurtful or demeaning and possibly ruining our relationship? The answer to this question is actually easier than it seems. Simply APOLOGIZE. Own up to your loss of your temper, for saying things you did not mean and for hurting them with your words or actions. Teens are actually very forgiving – especially when someone humbles themselves enough to seek out forgiveness. Raging hormones can make them extremely sensitive to conflict and can cause them to carry the trauma of harmful conversation for a long period of time. Once you’ve cooled down and processed the ordeal, if you realize you over-reacted or said things you should not have – demonstrate the proper way to handle conflict by owning up to your faults and seeking reconciliation.

How do I parent my teen when my spouse and I have different ideas on how to deal with things? A teen, and any child aware enough – can pick up immediately when there is tension between two parents and will leverage that tension to get what they want. This phenomenon is found in every home – a parent is either more lenient, more complacent, disconnected, or more strict than the other. Having a united front, a team of parents who are agreed on how they deal with every challenge that comes up is the best remedy. Getting there is the tough part. It takes deciding to not discuss disagreements in front of your teen, hearing each other out and making decisions together in a mutual manner. As tempting as it may be to try and be your teens’ “friend, buddy, or BFF”, this is harmful to your role as the parent and will cause you to compromise on those values you want to instill. Reinforcing the parent team decisions in private with the teen will help solidify the team parent concept.

Your Battalion Chaplain is available to discuss this or any other concerns you have! Call (703) 614-9280 or stop in to the chapel at building 29 on JBM-HH to set up an appointment!
Welcomed a Newborn?

Reminder: The Chaplains Department has commissary gift cards for those 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

Solo Parent Society

Solo Parent Society

We help single parents raise healthy kids.

Prepares and enriches single parents and their families.

Our Mission

We help single parents raise healthy kids by encouraging, equipping, and empowering them. We do this so they can better love themselves, their families and their Creator. We mobilize churches, companies, and communities to do the same to help these families thrive.

Group Information

If you are a single parent, YOU BELONG HERE!
Solo Parent Society is a group of single moms and dads meeting weekly for connection, understanding, and support. We meet online and, as available, in person.

This is a time to connect, learn, and share to ultimately be a community doing life together. Everyone chooses how they will participate in the conversation or just listen.

If you are interested in joining the JBM-HH Solo Parent Program – contact Chaplain Maruszewski at (703) 614-9280 or stop in to Bldg. 29 Chapel.

NDW CREDO Virtual Relationship Enrichment

*Committed/engaged/married couples are welcome (one must be military). You may register for any or all of the virtual workshops. A recommended order for completing the workshops is provided above, but they may be completed in any sequence. For more information, contact NDW CREDO at credo.ndw@navy.mil (preferred) or (202) 404-8831. Learn more about NDW CREDO at www.facebook.com/NDW-CREDO

PREPARE-ENRICH® (VIRTUAL RELATIONSHIP ENRICHMENT WORKSHOP #1): Couples utilize an online assessment to measure satisfaction levels in 12 relationship categories. They then work with a trained Prepare-Enrich Facilitator to gain personalized insights into relationship dynamics, commitment levels, personality, spiritual beliefs, and family systems. It provides an opportunity to discuss topics that may have been previously ignored. Learn more at www.prepare-enrich.com.

MBTI FOR COUPLES® (VIRTUAL RELATIONSHIP ENRICHMENT WORKSHOP #2): Couples complete an online Myers-Briggs Type Indicator (MBTI) personality inventory as a starting point in understanding their differences in behavior, perception, and judgment based on Carl Jung’s theory of psychological types. A trained MBTI facilitator will debrief the results with the couple and provide tailored insights for relationship enrichment based on the couple’s unique personality types. Learn more at www.myersbriggs.org.

E-PREP® (VIRTUAL RELATIONSHIP ENRICHMENT WORKSHOP #3): A complete relationship enrichment workshop that you can take at a time convenient for you in the comfort of your home! Personalized, over the phone coaching from a trained PREP Facilitator is included. Curriculum covers (1) improving your relationship; (2) filters that may secretly be wreaking havoc; (3) events, issues, and hidden issues; (4) important conversations; (5) problem solving; (6) fun and friendship; and (7) putting it all together. Learn more at www.lovetakeslearning.com.
**Getting the COVID-19 Vaccine at Civilian Pharmacies**

Tricare beneficiaries can also receive the COVID-19 vaccine at any civilian pharmacy free of charge.

**IMPORTANT!!!** You must have told your COVID POC that you want the vaccine and be on their list of vaccine recipients BEFORE making your appointment online. Failure to do so may result in your appointment not being confirmed.

The COVID POC’s for Henderson Hall are HM3 Medina (daniel.c.medina@usmc.mil) and Capt Jacquier (daniel.jacquier@usmc.mil). Thank you.
**Virtual Play Morning**

Join us every Thursday morning for open play, structured activities, sing-along-songs with instruments, and story time for preschool children 0-5 years old. Registration is necessary.

Hosted by: New Parent Support Program

**Every Thursday**

10:00 am - 10:30 am

For more information call, 703-614-7208 or 571-550-9052 or email, Diane.waters@usmc-mccs.org or Laszakovitslh@MagellanFederal.com

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**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.
Welcome Aboard Brief

Welcome Aboard Orientation is designed 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.

Joseph Rosenthal Theater
Tuesday, 25 May 2021, from 0800—1030

I am going to keep the same speaking schedule as always, having the HQBN Marines brief from 0800-0900 and MCCS/MFP and the rest of the speakers brief from 0900-1030.

For more information or questions, please contact Mr. Willie Acevedo, Relocation/Information & Referral, at 703-693-9197 or email william.acevedo@usmc.mil

Henderson Hall Health News

Hello!

This is the May edition of the Henderson Hall Health News Newsletter! We are excited to bring you monthly health topics to motivate you, increase your health knowledge, and improve your overall wellbeing. Through these monthly periodicals, we hope our topics provide encouragement to lead a more healthful, productive lifestyle and that small tidbits of information are learned along the way.

May 2021 Topics
Mental Health
Stroke Awareness
Allergies
COVID-19 Update

Registered Nurse Case Manager
Exceptional Family Member Program

New Enrollment Forms have been Published!!
The new versions of the DD 2792 and DD 2792-1 forms are now live and published. We will continue to accept the 2014 version of the forms through 30 April 2021, allowing those who have already initiated completion of the forms to finish with the old version. Please email your Family Case Worker if a new enrollment or update is needed or you can access a blank copy on our website.

EFMP Virtual Mental Health Awareness Workshop
Date: Wednesday, May 26, 2021
Start time: 1:00 pm
Description: Life in Balance: Relaxation & Stress Relief Workshop presented by Military & Family Life Counselors. Email Liesa.Jacobs.ctr@mail.mil to receive your link to this event. For additional information call 301-677-5662.

EFMP Virtual Sip-N-Share Support Group
Date: Thursday, May 27, 2021
Start time: 6:00 pm
Description: In recognition of Mental Health Awareness Month let’s talk about the importance of Self-Care. Come join us to meet/talk with EFMP staff, connect with EFMP Families, and share resources & experiences. Email Liesa.Jacobs.ctr@mail.mil to receive your link to this event. For additional information call 301-677-5662.

Building Networks of Support
Date: Tuesday, June 1, 2021
Time: 11:00 am – 1:00 pm
Description: Informal networks of support are people who are part of a family’s social network like family members, friends, neighbors, co-workers or members of a faith-based community. Formal networks of support are typically individuals from organizations or agencies that provide help or a service to the family. Learn how to find resources and how to build a support system by sharing and networking with others who are dealing with the same challenging circumstances. To request more information on how to attend email: efmphh@usmc-mccs.org

To register and for more information visit: https://www.able-now.com/resources/events/

For more workshops and information, please click here.
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 you 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.
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?
- I am separating from military service, how will my deferred Social Security taxes be collected?
- How can military members calculate their Social Security tax deferral to prepare for repayment in 2021?
- Other Tax Deferral Impacts
  - 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
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

Commissary Updates

The Fort Myer Commissary is open at regular business hours, Monday through Friday from 8 a.m. to 7:30 p.m., Saturday from 8 a.m. to 6:30 p.m. and Sunday, 8 a.m. to 6 p.m. The Defense Commissary Agency lifted the customer limit on paper and cleaning items. Additionally, DECA has now approved the use of reusable bags at the store.

For additional information on the Fort Myer Commissary, visit the commissary’s official website at https://www.commissaries.com/shopping/store-locations/fort-myer/.
To view all MARADMINs and other publications, please visit www.marines.mil.

For updated information, please visit 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:

Scan to view our Command Website