



JOINT BASE MYER-HENDERSON HALL WEEKLY GOUGE



HEADQUARTERS & SERVICE BATTALION INFORMATION

HQCo
(703)614-7140

S-1
(703)614-2014

CONAD
(703)614-7171

S-3
(703)614-1471

S-4
(703)614-9455

S-6
(703)693-9530

SUPPLY
(703)614-7131

MOTOR-T
(703)614-1332

DMO
(703)614-7191

CHAPLAIN
(703)614-9280

FRO
(703)697-7342

SAFETY &
ENVIRONMENTAL
(703)614-1900

CAREER PLANNING
(703)614-9208

January 10, 2014

DON SEXUAL ASSAULT SURVEY

Secretary of the Navy Ray Mabus directed the Department of the Navy Sexual Assault Prevention and Response Office (DON SAPRO) to conduct a voluntary, anonymous, department-wide sexual assault survey to explore the true frequency of sexual assaults involving sailors and marines, the circumstances surrounding those assaults, and factors affecting their reporting. The DON will use this information to help build and assess our sexual assault prevention and victim support activities. The 2013 DON-wide sexual assault survey is short and completely anonymous. It can be accessed from any web-enabled computer, tablet or smartphone at www.donsapro.navy.mil/donsas.html beginning 15 October 2013. The password for all military participants is 2013 survey and the survey will be available through 6 January 2014. Please contact the Sexual Assault Response Coordinator (SARC) Program Manager at 703-693-4733 or lisa.m.thomas@usmc.mil for more information.

COMMAND COMMUNICATION

Make sure that you and your family members are receiving update information from the command by updating your Family Readiness Contact information on MOL. It's easy and fast to update, just go to your "Personal Info" tab in MOL, select the "Family Readiness" and update your info, spouses, family members or whoever you would like to receive official command communication.

DECLARE YOUR MOTORCYCLE OWNERSHIP

If you own or operate a motorcycle, Marine Corps regulations require that you report such ownership/operation to your command. ALMAR 014-08 which was published in 2008 mandated that all Marines declare motorcycle ownership (even if cycle is not at their current duty station or is not being currently ridden) and/or ridership within 48 hours from checking into their command. In many cases this is not happening. Failure to comply with the ALMAR subjects the violator to punitive actions under the UCMJ and possible loss of benefits in the event of a motorcycle accident or mishap involving bodily injury. Declaration of motorcycle ownership and/or ridership is easy. Contact the HQBN Safety and Environmental Officer at 703-693-2501 and request that a Motorcycle Owner Information Sheet via email or fax, fill it out and send it back. That's all that is required. Contact GySgt Dunston at 703-614-7190/91 or Maurice.dunston@usmc.mil for more information.

BEHAVIORAL HEALTH WEEKLY MEETINGS

The Marine Corps Community Services Behavioral Health Branch offers weekly meetings throughout the month. A men's domestic violence intervention group (STOP) meets Tuesdays, 9 – 11 a.m., for 26 weeks, in Bldg. 12's conference room. An anger management workshop meets Wednesdays, 9 – 11 a.m. (location to be announced). A women's support and empowerment group also meets; please call for details on this group. For more information on the groups and other services provide to active duty personnel and their families, please call 703-614-7204.

"RUACH WARRIOR" WEEKLY BIBLE STUDY

"Ruach Warrior" Weekly Bible Study is held every Wednesday 11:30-1200 in the Henderson Hall Chapel. This is a non-denominational study of the Bible to encourage and uplift your spirit on key Godly principles. Everyone is invited and there will be refreshment at the end. Please call the 703-614-9280 for questions or additional information.

SHOPETTE
(703)979-8420
EXT: 107

UNIFORM SHOP
(703)979-8420
EXT: 340

ATHLETIC/SPORTS
(703)697-2706

SMITH GYM
(703)614-7214

SMP
(703)614-4947

ZEMBIEC POOL
(703)693-7351

FAMILY ADVOCACY
(703)614-7204

EDUCATION
(703)614-9104

RELOCATION
ASSISTANCE
(703)614-7202

FINANCIAL
MANAGEMENT
(703)614-6950

ITT
(571)483-1963

VOLUNTEER
PROGRAM
(703)693-1253

CAREER RESOURCE
MANAGEMENT
CENTER
(703)614-6828

CHANGES TO TUITION ASSISTANCE PROGRAM FOR FY14

There are changes to Tuition Assistance Program for FY14, per MARADMIN 456/13. Please ensure you meet the new criteria or if you are the authorizing authority, that the Marine meet the new criteria PRIOR to submitting any new TA applications for FY 14.

FINANCIAL MANAGEMENT ASSISTANCE AVAILABLE

The Marine Corps Community Services Personal Financial Management Program assists with everything from budgeting to investing. Classes are held throughout the month on a variety of topics, to include planning for retirement. For a list of upcoming topics, please visit www.mccsHH.com/Finance.html. For more information, please call 703-614-6950.

AFTERNOON TOASTMASTERS

Would you like to improve your public speaking, listening, or leadership skills? You are nervous giving briefings, but would like to learn how to control the biggest fear of all. If so, the new toastmasters club invites you to our weekly meeting Tuesdays, 17:30- 18:45 in the Pentagon Main Cafeteria (directly under CVS and behind Subway & Dunkin Donuts). First come first served. For more information, contact Carl or Bert at carl.e.sabath.civ@mail.mil (703) 695-2804 or jose.h.romero6@mail.mil (703) 695-3443. Toastmasters International, www.toasmasters.org endorsed by OPM 24 Sept 2000, 13 Jul 2009.

VICTIM ADVOCACY PROGRAM

If you need to speak with a Victim Advocate during regular business hours (Monday–Friday, 7:30 a.m. – 4:30 p.m.), you can call the Family Advocacy Program at (703) 614-7204 and speak with one of our Victim Advocates. If you need to speak with a Victim Advocate after regular business hours, you can call the Victim Advocacy Hotline at (703) 693-6611. If you are an active duty service member and you are a victim of sexual assault, you may also speak with the Sexual Assault Response Coordinator (SARC) or Uniformed Victim Advocate (UVA) assigned to your Command for additional information about the Sexual Assault Prevention and Response (SAPR) program, for Restricted and Unrestricted reporting options or to report an assault. The H&S Battalion SARC can be reached during working hours at (703) 693-4733 or by cell phone at (571) 205-1298. The H&S Battalion UVA can be reached during working hours at (703) 693-7407 (office) or by cell phone at (202) 439-5827. National hotline for victims of domestic abuse, the national Hotline for victims of sexual assault is available 24 hours a day, seven days a week. **The toll-free number is 1-800-656-HOPE.** <http://www.hqmc.marines.mil/Agencies/HeadquartersandServiceBattalion/SAPROffice.aspx>

DSTRESS Available 24/7

The United States Marine Corps challenges Marines to win your personal battles. Help is available through online chat or phone for anonymous, peer-to-peer counseling 24/7. Online chat is at DSTRESSLINE.com or call 877-476-7734.

H&S BN, HQMC WEBSITE MOVED

H&S Bn website has moved to the following address:

<http://www.hqmc.marines.mil/Agencies/HeadquartersandServiceBattalion.aspx>

MCCS Henderson Hall on Facebook and Twitter

Keep aware of MCCS Henderson Hall activities by liking mcsHH on Facebook and following mcsHH on Twitter. Also visit our website, www.mcsHH.com. On a mobile device? You'll be automatically redirected to our mobile site.

SOCIAL MEDIA FOR H&S BN, HQMC

Make a comment, identify yourself or others, and download hi-res images from H&S BN, HQMC, HH on Flickr

 <http://www.flickr.com/photos/107757436@N08/>

Become a fan of H&S BN, HQMC, HH on Facebook



<https://www.facebook.com/hendersonhall>



JOINT BASE MYER-HENDERSON HALL

WEEKLY GOUGE

MCCS INFORMATION

<http://www.mccshh.com>



Monday, January 13

- The Tutor & Buddy program takes mentors to Barcroft Elementary School 11:40 AM – 1:05 PM. To make a difference in a child's life, find out more: 703-693-8378
- The MCX will close early for inventory at 4 PM today and reopen at the regular hour of 10 AM tomorrow.
- Cooperative Parenting and Divorce is held noon – 4 PM in Bldg. 12's conference room. Register: 703-614-7204
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. 703-614-2125

MARINE VOLUNTEER:

1. The Close-Up Foundation is the nation's largest non-profit, non-partisan citizenship educational organization, working to promote responsible and informed participation in the democratic process through a variety of educational program seminars. These seminars help to familiarize students with the workings of the government and the military. Additional information on the Close-Up Foundation can be found at www.closeup.org.
2. This is a great opportunity for service members to sharpen their public speaking skills and craft messages on a variety of issues. Each session is strictly "non-attribution" and requires no specific expertise by the service member involved; other than personal experiences as a military service member. Panelists are asked to arrive at least 15 minutes earlier than the scheduled session time. Panelists should expect to stay 10-15 minutes after the scheduled session for photos and student interaction.
3. The easiest method of getting to the WIMSA is via the Metro Rail, Blue Line, and getting off at the Arlington Cemetery stop. Volunteers are encouraged to sign up for at least one session, but can sign up for several if desired. Sessions are scheduled on a first come, first serve basis.

Who: Marine officer ranks, 02-04 and Enlisted Marines, ranks E5-E8

What: Close-Up Foundation Educational Program Panel Sessions

When: Various dates listed below; 1430-1530

Where: Women in Military Services for America (WIMSA) Auditorium, Arlington Cemetery, Arlington, VA

Attire: Service Charlie's

Role: Serve as a panelist providing students general information regarding military services; the workings of the government and your own personal experiences the military, your career, and life in the military.

Available dates: Feb 18, 25; Mar 4, 11, 18 and 25; Apr 1, 8, 15, and 29; May 6, 13, 20 and 27; Jun 3 and 10.

If interested in participating, please contact Ms. Hattie Powell-Ray at (703) 692-1528 or hattie.powell-ray@usmc.mil.



HITT



HIGH INTENSITY TACTICAL TRAINING

Nominations are now being accepted for motivated NCOs and above

— HITT LEVEL ONE — INSTRUCTOR COURSE

Monday – Friday

January 27 – 31

0800 – 1600

The USMC HITT program is a comprehensive combat-specific strength and conditioning program that is essential to a Marine's physical development, combat readiness and resiliency. Program emphasis is on key components with relation to superior speed, power, strength, flexibility, endurance, and overall combat readiness while reducing the likelihood of injury and ensuring that all Marines are physically prepared for real-time combat/tactical situations while in theater.

Interested in becoming an instructor?

Contact GySgt Nguyen K. Le at len@usmc-mccs.org

or 703-979-8420 ext. 389

First come, first served – 30 people max.

COMBAT FIT. COMBAT READY.





JOINT BASE MYER-HENDERSON HALL WEEKLY GOUGE



UPCOMING AND ONGOING EVENTS:

- **Welcome Aboard.** Marine Corps Community Services holds a Welcome Aboard orientation Tues., Dec. 10, starting at 8 a.m. in the Marine Club. Briefers from MCCS and the joint base will welcome newcomers and provide information on their programs. All newcomers and their families are welcome to attend. The brief includes an optional walking tour of the Henderson Hall portion of the joint base, break for lunch, and a bus tour of the local area. Each sponsor receives a coupon for lunch at the club or the Java Café. Please register in advance by calling 703-614-7202.
- **Stress Workshops Offered in January.** Marine & Family Programs offers workshops on coping with work and family stress beginning January 14. The 12-session, evidence-based series, designed to teach strategies for dealing with stressors, is held Tuesdays, 2:30 – 4 p.m., in Bldg. 12's conference room on the Henderson Hall portion of the joint base. Topics include identifying stressors, deep breathing and muscle relaxation, assertive communication, changing your self-talk, eating right, exercise, and developing a person stress management plan. The workshops are open to active duty personnel, their family members, and military retirees. To register, please call 703-614-7204.
- **Anger Management Workshops Resume in January.** Marine & Family Programs offers anger management workshops beginning January 8. The weekly sessions, Wednesdays 9 – 11 a.m., are designed to teach eight tools for managing anger. Participants may start at any time, but must attend all eight sessions to receive a certificate of completion. Sessions are in Bldg. 12's conference room on the Henderson Hall portion of the joint base. The workshops are open to active duty personnel, their family members, and military retirees. To register, please call 703-614-7204.
- **Monster Jam Tickets.** Witness the excitement Monster Jam trucks at Verizon Center in January! The MCX Henderson Hall ITT Office has tickets available for sale for the following dates: Friday, January 24, 7 p.m., and Saturday, January 25, 2 p.m. and 7:30 p.m. The price is \$16.25 per person. Please call 571-483-1963 for availability.
- **Winter Intramural Basketball.** MCCS Semper Fit Winter Intramural Basketball signup is under way. Play begins Jan. 13 and runs through March at the Cpl Terry L. Smith Gymnasium. Register by Dec. 19. For details, please call Mr. Jody McBride at 703-697-2706.
- **Zembiec Pool Closed Indefinitely.** Due to damage as a result of a power outage, the Maj Douglas A. Zembiec Pool is closed indefinitely. We regret this loss of a popular workout venue and will be working diligently to reopen as soon as possible.
- **Education & Career Services.** For ongoing tests given by Education & Career Services, please phone 703-614-9104 or visit www.mccsHH.com/learning.html <<http://www.mccshh.com/learning.html>>.
- **New MCX Price Match Program.** MCX is committed to offering you the best price every day. If you find a lower price in a local competitor's store, ad, or on certain major online sites (see below for qualifying sites), we'll match the price! Some exclusion applies. MCX will match the price on the online sites of Walmart.com, Target.com, Amazon.com, BestBuy.com, Sears.com, ToysRUs.com or BabiesRUs.com only. Prices of third parties doing business on these websites will not be matched. The qualifying competitive online price may be presented on a mobile device such as a tablet computer or smart phone. Printed copies of a web site are not acceptable. For more information, please visit <http://mymcx.com/index.cfm/support/price-match-guarantee/>
- **MCX Java Café.** Sugar & Spice happy hour at the MCX Java Café weekdays 1 – 2 PM: half price seasonal beverages. 571-483-1962

HEADQUARTERS AND SERVICE BATTALION HENDERSON HALL

SHUTTLE SERVICE

Henderson Hall Motor Transport has adjusted the Shuttle Service which will now be running between Henderson Hall, the Pentagon, and the Naval Support Facility (NSF). The hours of operation for this service will be from **1000** to **1500**, with no service on weekends and observed holidays. This service is open to all military and civilian personnel within Henderson Hall, the Pentagon, and the Naval Support Facility.

The shuttle van will depart at the scheduled times regardless of passenger counts. Please do not address or coerce the drivers to wait for additional passengers, or to drop-off/pick-up at locations other than the locations below. The pick-up locations are as follows:

- **HENDERSON HALL: SMITH GYM (BL-27), PULL UP BARS**
- **NAVAL SUPPORT FACILITY: BUS STOP, OUTSIDE MAIN GATE**
- **PENTAGON: SOUTH PARKING, MOTORCYCLE LANE**

Questions or concerns can be directed to the Henderson Hall Motor Transport Section at (703) 614-1332 or the Henderson Hall S-4 office at (703) 614-5979.

SHUTTLE SCHEDULE AND PICK-UP LOCATIONS

*****EFFECTIVE 18 NOVEMBER 2013 *****

HENDERSON HALL SMITH GYM (BL-27) PULL UP BARS	NAVAL SUPPORT FACILITY BUS STOP (OUTSIDE MAIN GATE)	PENTAGON SOUTH PARKING MOTORCYCLE LANE	
DEPART	DEPART	DEPART	
1000	1015	1030	
1045	1100	1115	
1130	1145	1200	
1215	1230	1245	
1300	1315	1330	
1345	1400	1415	
1430	1445	1500	

RETURN TO MOTOR POOL