



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

EDUCATION AND TUITION ASSISTANCE

MARADMIN 611/13. "The USMC budget for Tuition Assistance, FY14-2nd quarter is exhausted. TA funding will be available next on 01 April. Please submit applications no more than 30 days in advance of the course start date." For further assistance contact education & career services (703)614-9104 in Building 29, Room# 204.

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.

CONAD PENTAGON ROAD SHOW

CONAD will be conducting a road show at the Pentagon every Wednesday unless otherwise advised. Located is in Room 4B548 (Division of Public Affairs Conference RM) from 0900-1400. CONAD will continue with the road shows every Wednesday at the same location in order to provide administrative support for the Marines who work in the Pentagon. If any of your Marines need any administrative support I ask that you direct them our way. CONAD sends e-mails the Marines that are due to have their triennial audits, dependent over 21 audits and CSB audits completed on weekly basis. This is a great time to have your Marines meet this requirement.

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.

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.

FREE THROW CONTEST

Come test your skills! The Cpl Terry L. Smith Gymnasium holds a free throw contest Friday, February 14, starting at 12:30 p.m. The event is open to authorized patrons age 18 and older. Registration, which opens January 28, is required and ends February 11. Contestants have one minute to shoot 15 basketballs from the free throw line. The contestant who makes the most shorts will be declared champion, and prizes will be awarded for the top three performers. For more information, please call 703-614-8759. TO register, please visit <http://conta.cc/1jzDxTk> or go to the MCCS website, www.mccsHH.com/smithgym.html for a link to register.

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.toastmasters.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 [mccsHH](https://www.facebook.com/mccsHH) on Facebook and following [mccsHH](https://twitter.com/mccsHH) on Twitter. Also visit our website, www.mccsHH.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>

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



JOINT BASE MYER-HENDERSON HALL

WEEKLY GOUGE

MCCS INFORMATION

<http://www.mccshh.com>



Monday, January 27

- Senior Leadership Retirement Transition Readiness Seminar is held this week 8 AM – 4 PM in Bldg. 29, Rm. 103. The session is full. For more information on upcoming seminars, please call 703-614-6828
- Starting today, discount movie tickets are available for sale at the MCX Customer Service counter. 703-979-8420
- Be a Tutor Buddy! Go to Barcroft Elementary school to mentor a student and gain valuable experience in making a difference in a child's life. Transportation leaves Smith Gym at 11:40 AM and returns to base at 1:05 PM. To volunteer: 703-693-1253
- Triple P! The Power of Positive Parenting, one of the most effective evidence-based parenting programs in the world, is offered 2 – 3:30 PM, in Bldg. 12. Triple P! gives parents simple and practical strategies to help them confidently manage their children's behavior, prevent problems from developing, and build strong, healthy relationships. Pre-registration by January 24 is required: 703-614-7204.
- HITT level 1 course is offered at the Cpl Terry L. Smith Gymnasium HITT Center today through January 31. Contact GySgt Le at 760-975-2449 for more information.
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. 703-614-2125

Tuesday, January 28

- Own them today: "Cloudy with a Chance of Meatballs 2" Blu-ray Combo \$24.99; "Bad Grandpa" Blu-ray Combo \$24.99 and DVD \$17.99. Prices good today through February 1. Low price guaranteed: ask an associate for details.
- The Men's Domestic Violence Intervention Group (STOP) is 9 – 11 AM in Bldg. 12's conference room. This is a 26 week program. For information: 703-614-7204
- The MCX "Simply Home" sale ends today. See online sales fliers at www.mccsHH.com/MCX.html <<http://www.mccsHH.com/MCX.html>> . 703-979-8420
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. 703-614-2125

Wednesday, January 29

- An 8-week anger and stress management group meets 9 – 11 AM. Call 703-614-7204 for details.
- Little Patriots Play Group meets at the Indian Head, Maryland, USO 10 – 11:30 AM. Refreshments sponsored by Navy Mutual Aid Association <<http://www.navy mutual.org>> . 703-614-7204
- The MCX "Sweetheart Gifts" sales flier is online at www.mccsHH.com/MCX.html <<http://www.mccsHH.com/MCX.html>> . The front cover features "Loveswept," a new philosophy® fragrance available at the MCX. Also, look for the "Puppy Love" promotion of perfect gift suggestions, coming February 3.
- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. 703-614-2125

Thursday, January 30

- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. 703-614-2125

Friday, January 31

- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. 703-614-2125

Saturday, February 1

- Be ready for the big game: get your big screen HDTV from the Marine Corps Exchange: low price guarantee and no sales tax ever! See the featured TVs in the sales flier online at www.mccsHH.com/MCX.html <<http://www.mccsHH.com/MCX.html>> . 703-979-8420

Sunday, February 2

- The Single Marine Program holds a Super Bowl party in Barracks 416 starting at 6 PM. Free pizza and soda for all SMP participants. 703-979-8420 ext. 389

Monday, February 3

- The Marine Club offers menu service, soup and salad bar 11 AM – 2 PM. 703-614-2125

Upcoming and Ongoing...

- Be a Tutor Buddy! Go to Barcroft Elementary school to mentor a student and gain valuable experience in making a difference in a child's life. To volunteer: 703-693-1253
- 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>> .
- Ongoing through February 12 from Alexandre London: a Made to Measure combo sale! Pay for a jacket and get two pairs of trousers free. See associate for full details or call 703-271-8500.
- Keep aware of MCCS Henderson Hall activities by liking mcsHH on Facebook and following mcsHH on Twitter. Also visit our website, www.mccsHH.com <<http://www.mccshh.com/>> . On a mobile device? You'll be automatically redirected to our mobile site.
- The United States Marine Corps challenges Marines: 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](http://www.DSTRESSLINE.com) <<http://www.DSTRESSLINE.com>> or call 877-476-7734. This is a service of the United States Marine Corps.

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.



FAST & FREE



HEADQUARTERS, U.S. MARINE CORPS TAX CENTER

**FAST AND FREE TAX PREPARATION
AND ELECTRONIC FILING FOR
FEDERAL AND STATE TAX RETURNS**

Opens January 21, 2014

Monday thru Friday 0800 to 1600

Henderson Hall, Bldg 29, Rm 105

For Information Call (703)693-7001

No appointments are necessary, however, appointments are available for more complex tax returns.

Please bring:

- Military ID
- All W2's
- All 1099s, 1098s, etc..
- Social Security cards for all family members
- EIN for day care providers
- All documents supporting deductions and credits
- Copies of your 2012 federal and state tax returns
- Tax power of attorney or IRS Form 2848 (POA).



FAST & FREE

**Headquarters, US Marine Corps
Dr. Martin Luther King, Jr.
Commemorative Observance**



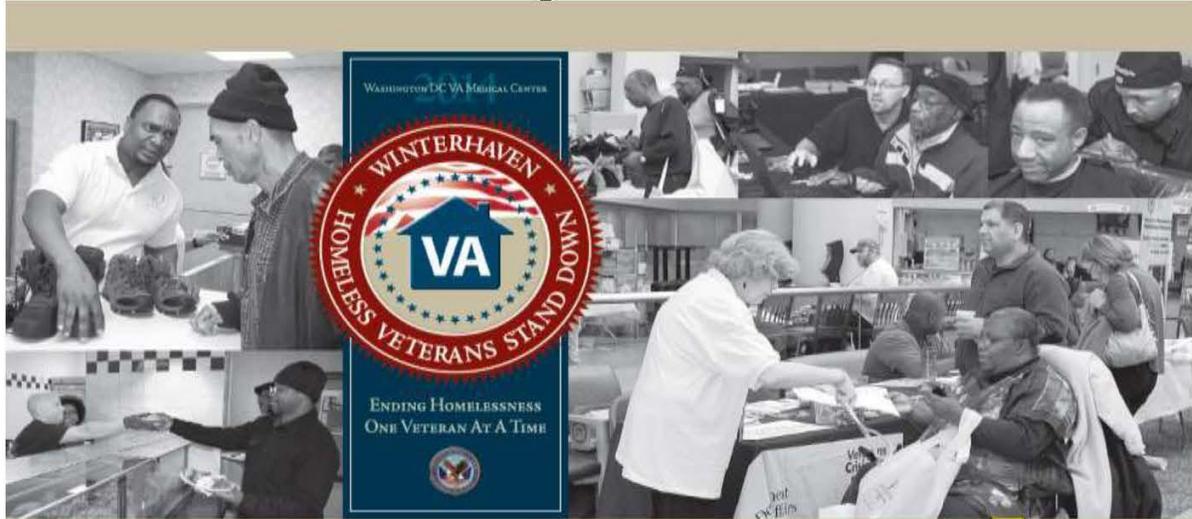
**Guest Speaker
Mr. Will A. Gunn
General Counsel
Department of Veterans Affairs**

**Thursday, 30 January 2014
0930-1030
Marine Memorial Chapel
Marine Corps Base Quantico**

Open to all HQMC personnel, military and civilian

**Sponsored by:
HQMC EEO Office**

Be A Part Of Henderson Hall's Veterans Helping Veterans Program



Join the Washington DC Veterans Affairs Medical Center

January 25, 2014 9:00 a.m. to 2:00 p.m.

Washington DC VA Medical Center 50 Irving Street NW, Washington, DC 20422

Winterhaven Homeless Veterans Stand Down Ending Homelessness, One Veteran At A Time

Services Offered

from over 70 participating federal, state and community agencies.

Support Services

Vet Centers
Employment Support and
Education Support
Free Tax Preparation
Transportation Assistance
Housing and Housing
Counseling
Lunch will be served
Haircuts
Veterans Benefits Administration
Veterans Service Organizations
Vouchers for Thrift Store Clothing
Boots and Warm Clothing
Distribution

General Health Screenings

Influenza and H1N1 Shots
Prostate Screening
Cholesterol Check
HIV Testing

Consultative Services

Nutritional Counseling
Eye Exam
Oral Health
Women's Health
Infectious Disease
Podiatry

Psychosocial Services

PTSD and Trauma Services
Substance Abuse
Mental Health

Bus Transportation

To arrive via bus, take Metro
bus H4 Tenleytown or H2
Brookland to Michigan Ave.
and North Capitol St.
You may also take bus D8
Union Station to Washington
Hospital Center and the
Medical Center.

Free Transportation from Metro

Free transportation from
Brookland/CUA Metro Station and
Union Station. Take Metro's Red
Line to the Brookland/Catholic
University Station or Union Station.
Look for DCVAMC shuttle buses to
transport you to the Medical Center.
<http://www.wmata.com/>

For more information
Please phone the Homeless
Outreach Program at 202-636-7660
or visit: www.washingtondc.va.gov/



more information at matoryk@usmc-mccs.org or 703-693-1253

MARINE CLUB
HENDERSON HALL

LUNCH SPECIAL

\$5.99

HAMBURGER COMBO

PRICE WITH COUPON

INCLUDES 4 OUNCE HAMBURGER, FRENCH FRIES, & DRINK

Get the coupon at
www.mccsHH.com/marineclub.html

TUESDAY – FRIDAY
11 AM – 2 PM
JANUARY 21 – 24



... for you!

... hamburger, french fries and a
... or ice tea. Comes with lettuce
... and your choice of condiments.

... Limit one coupon per person per day.
... January 24, 2014.





JOINT BASE MYER-HENDERSON HALL WEEKLY GOUGE



UPCOMING AND ONGOING EVENTS:

- **Welcome Aboard.** Marine Corps Community Services holds a Welcome Aboard orientation Tues., Feb. 4, 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.
- **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			