



Joint Base Myer Henderson Hall America's Post

Serving Forts Myer and McNair,
and Henderson Hall
July 13, 2021

home.army.mil/jbmhh



JBM-HH E-NEWSLETTER

Fort Myer / Henderson Hall / Fort McNair



New

JBM-HH Town Hall

The next JBM-HH Virtual COVID-19 Town Hall is at 1 p.m. Thursday, July 15 with host Joint Base Commander Col. David Bowling. This week's guest is Nicole Leth, director of the Fort Belvoir Armed Forces Wellness Center. View the event live and ask your questions on the JBM-HH Facebook page at <https://www.facebook.com/jbmhh/>. Questions may also be emailed to usarmy.jbmhh.asa.list.pao-all@mail.mil.

Live concerts are back

The U.S. Army Band "Pershing's Own" live concerts are back.

The band has released a comprehensive summer lineup through September.

Check out the full calendar at <https://www.usarmyband.com/calendar>

As always, the band's concerts are free and open to the public!



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For daily updates visit
www.facebook.com/jbmhh.

Read the virtual
Pentagram Thursdays via
the JBM-HH website at
home.army.mil/jbmhh.

Army Strong at the Olympic Summer Games

Army Strong!

Join the Army Family in congratulating the 20 Soldier-athletes on their way to the 2020 Olympic Summer Games:

U.S. Army World Class Athlete Program

- 1st Lt. Amber English, shooting
- Staff Sgt. Sandra Uptagrafft, shooting
- Staff Sgt. Nikolaus Mowrer, shooting
- Sgt. 1st Class Elizabeth Marks, para swimming
- Staff Sgt. Naomi Graham, boxing
- Sgt. John Wayne Joss, para shooting
- Staff Sgt. Kevin Nguyen, para shooting
- Sgt. Amro Elgeziry, modern pentathlon
- Sgt. Samantha Schultz, modern pentathlon
- Sgt. Ildar Hafizov, wrestling
- Spc. Alejandro Sancho, wrestling
- Spc. Benard Keter, 3,000-meter steeple chase

U.S. Army Marksmanship Unit

- SGT Phillip Jungman, Men's Skeet
- SPC Alison Weisz, Women's 10m Air Rifle
- SPC Sagen Maddalena, Women's 50m Smallbore
- SGT Patrick Sunderman, Men's 50m

U.S. Army Reserve

- 1LT Sam Kendricks, Pole vaulting

WCAP Coaches

- Sgt. 1st Class Dennis Bowsher, head coach Team USA modern pentathlon
- Sgt. Terrance Jennings, coach Team USA taekwondo
- Staff Sgt. Spenser Mango, coach Team USA wrestling delegation

The 2020 Summer Olympic Games in Tokyo, Japan are July 23-Aug. 8 and the Paralympic Games are Aug. 23-Sept. 5. Don't miss any of the action at www.armywcap.com.



Ask A Tomb Guard

This year, Arlington National Cemetery is celebrating the Tomb of the Unknown Soldier Centennial. On Nov. 11, 1921, the World War I Unknown was laid to rest at the Memorial Amphitheater plaza. The 3d U.S. Infantry Regiment The Old Guard has the honor of guarding the Tomb.

As a part of ANC's yearlong education program leading up to the Centennial, the Old Guard has provided a short 2 minute video that answers the most common Tomb Guard questions. Watch the video at <https://www.facebook.com/usarmyoldguard/videos/1331114027282894>.

Hydrate at ANC

Arlington National Cemetery encourages all visitors to hydrate for their safety. Bring a water bottle; there are water fountains in the welcome center and throughout the cemetery.

Shaded areas can be found near Arlington House, near Memorial Amphitheater and in the Columbarium Courts. If you need medical attention, call 911.

Stay cool at work

New

Heat illness is a threat to individual health and to military operational success. Leaders must continually be aware of the condition of their Soldiers and be especially alert for signs and symptoms of heat illness.

Remember to beat the heat and stay cool.

Learn about heat illness prevention and sun safety from the Army Public Health Center online at <http://spr.ly/6181ynq6x>.

Get additional information from the CDC online at <https://www.cdc.gov/disasters/extreme-heat/index.html>.

McNair parking advisory

Effective through July 30, 2022, the Fort McNair Fitness Center parking lot to the west of the front entrance will be closed for use as a temporary construction staging area.

The parking lot to the north of the gym will remain open, and the existing ADA spaces west of the gym will be relocated to the Lincoln Hall parking lot to the south of the gym.

The western parking lot will be utilized by Ritz Construction, the construction contractor currently completing renovations of NCO Duplexes 23-27. This project will provide 10 modernized housing units for Army Families.



IT'S HOT OUTSIDE! STAY COOL. STAY HYDRATED. STAY INFORMED.

- Drink plenty of water and **don't wait** until you're thirsty to drink.
- Drink from two to four cups of water every hour when you exercise or work outdoors.
- Avoid alcohol or liquids containing large amounts of sugar.

www.cdc.gov/nceh/extremeheat

 Centers for Disease Control and Prevention
National Center for Environmental Health

CS215352



GOLF WITH US!
MAY - OCTOBER 2021
 Visit: www.mccsHH.com/GolfWithUs
 for the link to register and pay
 Call 703-697-2706 for more information

JBM-HH gyms and pools are open

All JBM-HH gyms are open to DOD ID card holders .

The Myer Fitness Center hours are weekdays from 5 to 7:30 a.m., 11 a.m. to 1 p.m., and 4 to 6 p.m. and the McNair Fitness Center hours are weekdays from 5 to 10 a.m.

The DFMWR pool is open daily from 11 a.m. to 8 p.m. until Labor Day, Sept. 6. Seasonal pool memberships and daily pool passes are on sale from 10 a.m. to 4 p.m. Monday through Friday at the Patton Hall Community Club and Conference Center Catering Office, Bldg. 214.

The Smith Gym at Henderson Hall has new hours. The Smith Gym operational hours are Monday

to Friday from 5 a.m. to 7:30 p.m. and Saturday to Sunday 8 a.m. to 2 p.m. Smith Gym workouts should do not exceed one hour. Unit training reservations and recreational usage of the facility is prohibited. Locker rooms and showers are open.

The Zembiec pool facility is open Monday through Friday from 6 a.m. to 7 p.m. and is 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. The facility is open to active duty and reserve uniformed service members, Retirees, dependents, and current DOD/USCG Civilians with an ID card.

Pool announcements

On Wednesday, July 21, DFMWR Pool Complex will be treated with an insect pesticide following the conclusion of the Fort Myer Swim Team practice at 10 a.m. The pool area will be temporarily closed from 10 a.m. to 3 p.m. to allow treatment and drying. The pool will reopen at 3 p.m.

DFMWR will present two "Dive-In Movie" nights this summer. The first showing will be Disney's Teen Beach Movie, rated G, Saturday, July 24. The second showing will be Disney's Descendants, rated G, Saturday, Aug. 14. Gates for both shows will open at 8:15 p.m. with show time at 9 p.m. Admission to both showings is free for all DFMWR Seasonal Pool Members and \$3.00 per entry for non-pool members. Audience members must provide their own floatation devices. In the event of severe weather, the showing will be cancelled.

For more information, contact Todd Hopkins at (703) 939-1045 or email todd.a.hopkins.civ@mail.mil.





Marine Corps Exchange

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open.

The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service at Henderson Hall remains open. For more information on Henderson Hall services and hours of operation, visit <http://www.mccshh.com/mcx/>.



AAFES dining open

The AAFES dining area in the Exchange food court has reopened to the joint base community. Individuals not vaccinated should continue wearing face coverings. For more information on AAFES services, download the Digital Garrison App, free in the Apple or Google Play stores.

Commissary early bird hours and Click2Go

Updated

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/>

Curbside Pickup is as Easy as 1-2-3 with CLICK2GO

- 1 Place your order on our website.
- 2 We'll select and bag your groceries.
- 3 Drive to the store and pick it up!



Now You're Saving Money AND Time!

COMMISSARY

New



Welcome back JBM-HH Myer Flyer!

Ride the Myer Flyer

The Myer shuttle service, between Myer, Henderson Hall and the Pentagon, has resumed. Please check out the morning and evening schedules on the last two pages of this newsletter.

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.

Starbucks revised schedule

Management at the Myer Post Exchange reports that Starbucks will be temporarily closing for the following two Sundays, July 18 and 25, due to staffing issues.

This is only temporary, and the plan is to be back to regular hours of operation by the end of the month.

For this period, hours of operation are 8 a.m. to 4 p.m. Saturday, closed Sunday, and 6a.m. to 5 p.m. Monday to Friday.

For more information on AAFES operation, download the Digital Garrison app today!

Virtual SHARP training

If you are part of the JBM-HH workforce, looking to complete annual training, know there are several upcoming opportunities.

Virtual SHARP training is currently available. Ask your supervisor for details or contact SHARP representatives Felicia Brice at felicia.l.brice.civ@mail.mil Warren Hunter at warren.g.hunter.civ@mail.mil.

Reminder: If You Need Help

Installation 24/7 Helpline:
(202) 498-4009
Pentagon SHARP Office:
(703) 571-3496
JBM-HH/Pentagon SARC:
(703) 696-6497
DoD Safe Helpline:
(877) 995-5247

JBM-HH Full Scale Exercise "Patriot Response"

JBM-HH will conduct an emergency preparedness exercise Wednesday, Aug. 4 from 7 a.m. to 5 p.m.

→ **EXPECT TO SEE** an increase in emergency response vehicles on post until 9 p.m.
TO HEAR the garrison's external "giant voice" loudspeaker.
TO EXPERIENCE delays in transportation as certain roads or access control points may be closed and traffic will need to be rerouted. Drivers are asked to be patient and allow for extra time while traveling on the installation during the exercise.



JBMHH EDUCATION CENTER (HUB)

Fort Belvoir

Fort Meade

Fort Myer

ACES Hub Virtual Education Services Available

JBM-HH

TA, CA & GoArmyEd - (703)696-1541/8715/3178/1588/1579

Ft. Belvoir

TA, CA & GoArmyEd - (703)805-9267

Ft. Meade

TA, CA & GoArmyEd - (301)677-5414/2064

Transition Counselor
703-696-1652

Education Services Officer

Office: (703)696-3195, Mobile: (703)402-8007

Email address for all education centers
usarmy.jbmhh.asa.mbx.education-center@mail.mil

New

Credentialing assistance

The next credentialing assistance course will be offered via TEAMS at 10 a.m. Aug. 5.

A reservation is required. Those interested may contact the education center via the contact information on the left.

Reservations may also be made via an online form at <https://forms.gle/y2pPLjXKz5s7Qr8q7>.



Warrant Officer Kristina Multani prepares to fly a UH-60 Black Hawk during the 28th rotation of the Kosovo Forces mission, Nov. 6, 2020 at Camp Bondsteel Kosovo.

Photo by Capt. Nadina Wiley De Moura

Fort Myer

U.S. Army Warrant Officer Briefings

The U.S. Army Warrant Officer Recruiting Team will be in your area to conduct briefings on qualification and application procedures to become an Army Warrant Officer.

Briefing Information

Every 2nd & 4th Thursday of the month at 1 p.m. at Fort Myer Education Center Room 110

*Briefings are subject to change, call prior to attending to ensure that the event is still occurring as scheduled.

Contact Information

CW3 Sara Sewall

(253) 888-1933

sara.w.sewall.mil@mail.mil

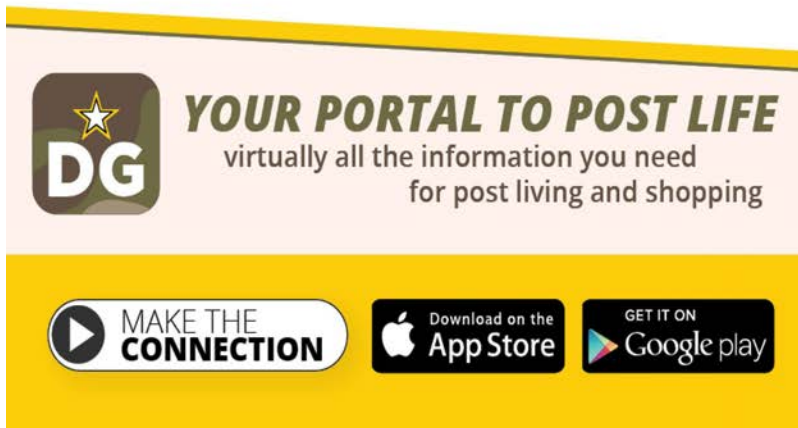
SFC Nicholas Cassano

(502) 655-8192

nicholas.j.cassano.mil@mail.mil

Text **WARRANT** to 462-769 **GOWARRANTNOW.COM**

Download Digital Garrison



DG **YOUR PORTAL TO POST LIFE**
virtually all the information you need
for post living and shopping

MAKE THE CONNECTION Download on the **App Store** GET IT ON **Google play**



Religious services at JBM-HH

The graphic to the right is a reminder of the weekly schedule of services at Joint Base Myer - Henderson Hall. Registration is no longer a requirement to attend service. Please join the religious services team in the sanctuary for any of our week-end services.

In accordance with new CDC and secretary of defense guidance, masks are not required for individuals who are two weeks past their full vaccination series. Masks are still required for those who have not yet been vaccinated for COVID.

Thank you for your continued understanding and overwhelming support of our ongoing COVID-mitigation measures.



RELIGIOUS SERVICES at MEMORIAL CHAPEL

Saturdays

5:00 pm Catholic Mass **

Sundays

All weekly Sunday services are also streamed LIVE on our Facebook page:

facebook.com/jbmhhrso/

8:30 am Catholic Mass **

10:30 am Protestant Service

12:30 pm Gospel Service

2:30 pm Samoan Service ***

** Registrations **no longer** required. Please visit the JBM-HH Military Catholic Community's website for more information and details about their community:

jbmhmc.com

*** First Sunday of each month **ONLY**.



**If you are a single
parent ...
YOU BELONG HERE!**

**Join Us Every Wednesday
Starting June 16 from 11:30 a.m. to 1 p.m.
JBM-HH Memorial Chapel
Lunch will be provided**

**Solo Strong is a group of Military single moms and
dads meeting weekly for
connection, understanding, and support.
This is a time to connect, learn, and share to
become a community doing life together.**

Hosted by Sgt. Betty Midgette and Chaplain (Maj.) Scott Kennaugh

Sponsored by the JBM-HH RSO

Please contact Sgt. Betty Midgette for any additional info:

Betty.Lmidgette.mil@mail.mil or (609) 556-4986.

Welcome back to the bowling center

Updated

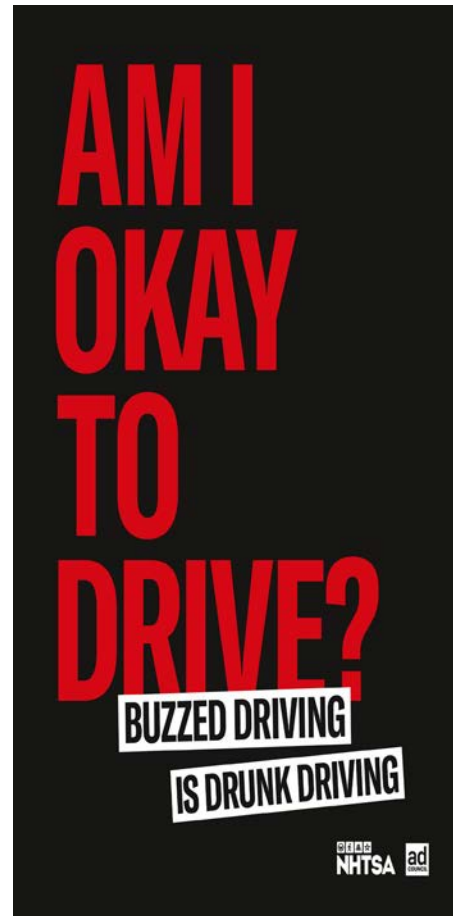
The JBM-HH Bowling Center is now open at capacity with lanes open for bowling and seating for indoor dining. All with base access are welcome.

The bowling center grill continues to offer its grab-n-go food service during the center's hours of operations, which are 7 a.m. to 7 p.m. Monday through Thursday and 7 a.m. to 8 p.m. Fridays. The bowling center is not open during weekends at this time.

New hours for USO MilFam Market

The USO continues to support Soldiers, Families, retirees and the joint base community through its MilFam Market, taking place the third Thursday of every month.

Those with base access can continue to pick up non-perishable goods in the Tri Services parking lot across from the community center during the event. Due to the warmer summer weather, the event is now held earlier, from 10:30 to noon. Note that USO may ask voluntary basic demographic questions in order to ensure they know how much food to order for the next month's market.



Presidential Salute Battery training



The Old Guard Presidential Salute Battery training takes place on select

* Tuesdays from 7 to 8 a.m. at Arlington National Cemetery

* Thursdays at 7:30 to 8:30 a.m. at JBM-HH Tri Services Lot

Short periods of cannon fire may be heard in the vicinity of JBM-HH.

Community notice: ceremonial duties on JBM-HH

As the premier ceremonial unit for the Army, the 3d U.S. Infantry Regiment The Old Guard supports events daily (to include weekends), at Joint Base Myer-Henderson Hall, Arlington National Cemetery, the White House, on the grounds of the U.S. Capitol, on the National Mall, and in and around the National Capital Region -- upwards of 40 ceremonies/events a month (during normal times).

Ceremonies include events for the president of the United States; official State visits by leaders from other countries; senior leader change of commands, retirements and promotion ceremonies; special annual events such as Twilight Tattoos, the 1812 Overture concert and 4th of July, Memorial Day and Veterans Day events; and funerals at Arlington National Cemetery (the cemetery holds upwards of 30 funerals a day).

The Presidential Salute Battery conducts blank fire drills and

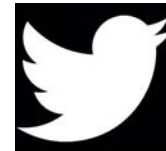
ceremony honors using its 81mm cannons. The Old Guard also has rifle teams who conduct the 21-gun salutes during funerals in Arlington National Cemetery and at ceremonies and special events on base. There are nine funeral teams, and the rifle teams have to train between the hours of 9 a.m. and 5 p.m. Monday through Friday – unless they are performing funerals. These teams must maintain proficiency and perfection; constant training through drills is required throughout the year.

The Old Guards' ceremonial duties stopped last year due to the pandemic, but now that Virginia, Washington and Maryland are opening up, the ceremonies have begun and the drills are necessary.

In an effort to communicate this information to our neighbors, the public affairs office will send notice to the presidents of the civic associations (of our neighborhoods that surround the base) of special events set to take

place outside of the regular work hours on the base – 7 a.m. to 5 p.m. – where blank gun shots will be heard.

Follow the joint base's online platforms indicated below for the latest community notices, including traffic and noise alerts.



Twitter
[@JBMHH](https://twitter.com/JBMHH)



Facebook
www.facebook.com/jbmhh



JBM-HH website
home.army.mil/jbmhh



**Contact JBM-HH
Public Affairs**
usarmy.jbmhh.asa.list.pao-all@mail.mil



2021 ANDREW RADER U.S. ARMY HEALTH CLINIC COVID-19 VACCINATION CLINIC



- COVID-19 Vaccination Campaign Update:
The COVID-19 vaccination clinic has moved to the Andrew Rader Clinic **Readiness Section**
- **WHO:** All Active Duty, eligible Tricare beneficiaries age 18 and up, and eligible DoD Civilians/contractors.
- **WHEN:** Monday through Thursday from 8am to 2:30pm by appointment only. There is no walk-in availability.
- For additional updates on the Joint Base Myer Henderson Hall Covid-19 Vaccination campaign, please call our automated hotline at **703-696-2994**.



HOW: COVID-19 Vaccines are appointment only. There are two ways to schedule an appointment.

- Visit the ARUSAHC COVID-19 Vaccine Appointment Portal at <https://informatics-stage.health.mil/RaderCOVIDApp/> or Through Tricare online at <https://www.tricareonline.com>



DEVCOM Army Research Laboratory's Video Game Design Camp



Military Dependents in grades 5 – 7 at Ft. Meade, Aberdeen Proving Ground, and in surrounding communities are invited to step into the role of computer scientists and video game programmers in a 2-part STEM camp designed just for them!

Session 1 (September 11, 2021, 0900-1230): Engage with Army Research Laboratory Soldiers & Scientists as you design and program your own video game.

Session 2 (September 18, 2021, 0900-1230): Engineer a video game controller and use it to play the game you designed Learn about STEM educational opportunities and careers from Army Research Laboratory STEM Researchers.



- facebook.com/ArmyResearchLaboratory
- twitter.com/armyresearchlab
- flickr.com/photos/armyresearchlab
- www.youtube.com/user/ARLTVNews
- www.instagram.com/armyresearchlab
- www.linkedin.com/company/armyresearchlab

This virtual workshop is FREE!

Registration will be open from June 1 until August 30, or until seats are filled. Space is limited, so register today!
Registration Link: <https://cvent.me/qMA4eo>

JBM-HH remains at HPCON Bravo

The U.S. Army Military District of Washington commanding general announced conditions are now appropriate to transition to Health Protection Condition Bravo.

In response, Joint Base Myer-Henderson Hall will implement its phased recovery plan in close coordination with the Military District of Washington and the Andrew Rader U.S. Army Health Clinic.

Please continue to follow the joint base commander's policy regarding the use of face coverings and maintaining social distancing.

We will continue to monitor the trend of positive cases, the capacity to test, ability treat, and to conduct contact tracing within the National Capital Region.

Make a Vaccination Appointment



Find COVID-19 vaccines near you at [vaccines.gov](https://www.vaccines.gov).

1812 OVERTURE CONCERT



1812 Overture Concert

We are happy to present this annual concert on the grounds of the new National Museum of the U.S. Army located just outside Fort Belvoir in Virginia! (Rain Date Aug 8 8pm)

Sat / Aug 7 / 8 pm

SEE something  **SAY** something

Civilian leave assist

JBM-HH Directorate of Emergency Services employees Brian Sutton and Danpats Mwesigwa and public works employees Huey Vample, Wanda Scott and Lisa Barnes have been approved to receive leave under the Volunteer Leave Program.

Department of the Army civilian employees who would like to donate annual leave can

fill out form OPM630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at www.opm.gov/forms/pdf_fill/opm630a.pdf.

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate

Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency)," at www.opm.gov/forms/pdf_fill/opm630b.pdf.

Please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at maribel.rodriguez.civ@mail.mil.

Army Civilian Education

The Civilian Education System is a progressive and sequential leader development program that provides educational opportunities for Army civilians throughout their careers.

COURSE OFFERINGS:

Foundation Course
for all grades hired after September 2006

Basic Course
for general service employees GS-01 through 09

Intermediate Course
for general service employees GS-10 through 12

Advanced Course
for general service employees GS-13 through 15

Continuing Education for Senior Leaders
for general service employees GS-14 and 15

Action Officer Development Course

Organizational Leader Development Course

Manager Development Course

Supervisor Development Course
for all supervisors

Supervisor Development Course - Executive Level

For the safety of students, faculty, and staff, all Civilian Education System courses will be delivered in a virtual classroom modality through Sept. 30

The revised CES course schedule is posted in ATRRS, and applications can be submitted through CHRTAS.



AMERICA'S ARMY
OUR PROFESSION

Due to renovations at Bldg. 404, the JBM-HH Dining Facility will now be operating out of Spates Hall, Bldg. 407, for the foreseeable future. Dine-in options for customers is back in effect.

Joint Base Myer-Henderson Hall Dining Facility



July 12 to 16

Breakfast \$3.65 Lunch \$5.85 Dinner \$5.10 Brunch \$6.55 Supper \$8.00

(6:30 to 8:30 a.m.) (11:30 a.m. to 1 p.m.) (4:30 to 6 p.m.) (8 a.m. to noon) (4 to 5:30 p.m.)

Daily Breakfast Menu

Fried Eggs and Omelets to Order - Scrambled Eggs - Hard Boiled Eggs - Pork Bacon - Pork Sausage - Turkey Bacon - Corn Beef Hash - Home Fried Potatoes or Shredded Hashbrown - Oatmeal - Creamed Beef w/ Biscuits or Croissants - Waffles, French Toast, or Pancakes - Breakfast Burrito Bar(Tuesdays) - Fresh Fruit Assorted Breakfast Pastries

Daily Short Order Menu

Grilled Hamburgers - Grilled Cheeseburgers - Grilled Cheese - Grilled Cheese - Chili-Baked Beans - Hot Dogs
One Short Order Specialty Item (i.e. Pizzas, Chicken Tenders, Quesadilla, etc.) Sandwich Bar

Main Menu

Monday

Spaghetti & Meatballs - Chicken Pressman - Garlic Buttered Baked Fish - Franconia Potatoes - Broccoli Cheese & Rice - Roasted Cauliflower - Stewed Tomatoes - Italian Pasta Salad - Pizza Bar Garlic Bread sticks - Cheesecake with Strawberry Topping - Oatmeal Raisin Cookies
Yellow Cake w/Chocolate Icing - Pudding

Tuesday

Mexican Baked Chicken - Beef Tacos - Onion Lemon Baked Fish - Refried Beans - Mexican Rice - Mix Vegetable - Mexican Corn - Macaroni Salad - Chicken Quesadilla - Mexican Cornbread Cherry Pie - Chocolate Cake w/ Chocolate Icing - Sugar Cookies - Jell-O

Wednesday

Sweet & Sour Chicken - Teriyaki Beef - Grilled Salmon - Pork Fried Rice - Stir Fry Noodles - Oriental Blend Stir Fry Cabbage - Cucumber and Onion Salad - Wing Bar - Vegetable Egg Rolls Apple Pie - White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing - Jell-O

Thursday

Southern Style Fried Chicken - Beef Stew - Lemon Peppered Cat Fish - Hopping John - Baked Sweet Potatoes Season Green Beans - Cauliflower Combo - Mustard Potato Salad Cornbread Muffins - Peach Pie - Peanut butter Cookies - Banana Pudding

Friday

Prime Rib - Chicken Pot Pie - Fried Shrimp - Mash Potatoes - Dirty Rice - Broccoli - Mix Vegetable - Dinner Rolls - Lemon Meringue Pie - Chocolate Chip Cookies - Angel Food Cake - Jell-O

Joint Base Myer-Henderson Hall Dining Facility



July 19 to 23

Breakfast \$3.65 Lunch \$5.85 Dinner \$5.10 Brunch \$6.55 Supper \$8.00

(6:30 to 8:30 a.m.) (11:30 a.m. to 1 p.m.) (4:30 to 6 p.m.) (8 a.m. to noon) (4 to 5:30 p.m.)

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Fried Eggs and Omelets to Order - Scrambled Eggs - Hard Boiled Eggs - Pork Bacon - Pork Sausage - Turkey Bacon - Corn Beef Hash - Home Fried Potatoes or Shredded Hashbrown - Oatmeal - Creamed Beef w/ Biscuits or Croissants - Waffles, French Toast, or Pancakes - Breakfast Burrito Bar(Tuesdays) - Fresh Fruit Assorted Breakfast Pastries

Daily Short Order Menu

Grilled Hamburgers - Grilled Cheeseburgers - Grilled Cheese - Grilled Cheese - Chili-Baked Beans - Hot Dogs One Short Order Specialty Item (i.e. Pizzas, Chicken Tenders, Quesadilla, etc.) Sandwich Bar

Main Menu

Monday

Italian Sausage w/ Peppers & Onions - Beef Lasagna - Cheese Tortellini Marinara
Buttered Egg Noodles - Garlic Roasted Potatoes - Summer Squash - Sautéed Asparagus
Italian Pasta Salad - Pizza Bar - Garlic Bread Sticks - Cheesecake with Strawberry Topping
Oatmeal Raisin Cookies - Yellow Cake w/Chocolate Icing Pudding

Tuesday

Herbed Cornish Hen- Stacked Beef Enchiladas - Spicy Baked Fish - Spanish Rice
Refried Beans with Cheese - Mexican Street Corn - California Blend - Macaroni Salad - Chicken Quesadilla
Mexican Cornbread - Cherry Pie - Chocolate Cake w/ Chocolate Icing - Sugar Cookies - Jell-O

Wednesday

Honey Ginger Chicken - Beef and Broccoli - Fried Shrimp - Steam White Rice - Lo Mein Noodles
Calico Cabbage - Oriental Mixed Vegetables - Cucumber and Onion Salad - Wing Bar
Vegetable Egg Rolls - Apple Pie - White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing
Jell-O

Thursday

Cantonese Style Ribs - Beef Pot Pie - Baked Salmon - Sweet Potatoes w/ Marshmallows
Macaroni & Cheese - Buttered Milk Corn on the Cob - Butternut Squash - Mustard Potato Salad
Cornbread Muffins - Peach Pie Peanut butter Cookies - Banana Pudding

Friday

Honey Glazed Cornish Hen - Meatloaf - Blackened Baked Fish - Mashed Potatoes - Steam Rice
Glazed Carrots - Green Beans - Fruit Salad - Dinner Rolls - Lemon Meringue Pie
Chocolate Chip Cookies - Angel Food Cake - Jell-O

**JOINT BASE MYER-HENDERSON HALL
MYER SHUTTLE
AM WORK RUN – ROUTE # 9**

| <u>PICKUP/DROP POINT</u> | <u>TIME</u> | | | |
|-------------------------------|-------------|------------|-------|-------|
| | <u>ARR</u> | <u>DPT</u> | | |
| Bldg 404, Fort Myer | 0504 | 0505 | _____ | _____ |
| Pentagon, Transit Center, L10 | 0514 | 0515 | _____ | _____ |
| Bldg 404, Fort Myer | 0524 | 0525 | _____ | _____ |
| Pentagon, Transit Center, L10 | 0535 | 0536 | _____ | _____ |
| Rader Clinic | 0544 | 0545 | _____ | _____ |
| Bldg 404, Fort Myer | 0548 | 0549 | _____ | _____ |
| Pentagon, Transit Center, L10 | 0610 | 0611 | _____ | _____ |
| Henderson Hall MCX | 0620 | 0621 | _____ | _____ |
| Rader Clinic | 0623 | 0624 | _____ | _____ |
| Patton Hall | 0631 | 0632 | _____ | _____ |
| Bldg 404, Fort Myer | 0634 | 0635 | _____ | _____ |
| Henderson Hall MCX | 0638 | 0639 | _____ | _____ |
| Pentagon, Transit Center, L10 | 0644 | 0635 | _____ | _____ |
| Henderson Hall MCX | 0655 | 0656 | _____ | _____ |
| Radar Clinic | 0657 | 0658 | _____ | _____ |
| Patton Hall | 0706 | 0707 | _____ | _____ |
| Bldg 404, Fort Myer | 0709 | 0712 | _____ | _____ |
| Henderson Hall MCX | 0715 | 0716 | _____ | _____ |
| Pentagon, Transit Center, L10 | 0725 | 0726 | _____ | _____ |
| Henderson Hall MCX | 0735 | 0736 | _____ | _____ |
| Radar Clinic | 0738 | 0737 | _____ | _____ |
| Patton Hall | 0745 | 0746 | _____ | _____ |
| Bldg 404, Fort Myer | 0748 | 0749 | _____ | _____ |
| Henderson Hall MCX | 0751 | 0752 | _____ | _____ |
| Pentagon, Transit Center, L10 | 0758 | 0800 | _____ | _____ |
| Radar Clinic | 0810 | 0811 | _____ | _____ |
| Patton Hall | 0815 | 0816 | _____ | _____ |
| Bldg 404, Fort Myer | 0818 | | | |

**JOINT BASE MYER-HENDERSON HALL
MYER SHUTTLE
PM WORK RUN – ROUTE # 9**

| <u>PICKUP / DROP POINT</u> | TIME | | _____ | _____ |
|-------------------------------|------------|------------|-------|-------|
| | <u>ARR</u> | <u>DPT</u> | | |
| Patton Hall | **** | 1625 | _____ | _____ |
| Pentagon, Transit Center, L10 | 1635 | 1635 | _____ | _____ |
| Henderson Hall MCX | 1645 | 1645 | _____ | _____ |
| Patton Hall | 1650 | 1650 | _____ | _____ |
| Bldg 404, Fort Myer | 1653 | 1653 | _____ | _____ |
| Rader Clinic | 1656 | 1656 | _____ | _____ |
| Henderson Hall MCX | 1658 | 1658 | _____ | _____ |
| Pentagon, Transit Center, L10 | 1710 | 1710 | _____ | _____ |
| Henderson Hall MCX | 1720 | 1720 | _____ | _____ |
| Patton Hall | 1725 | 1725 | _____ | _____ |
| Bldg 404, Fort Myer | 1728 | 1735 | _____ | _____ |
| Rader Clinic | 1738 | 1738 | _____ | _____ |
| Henderson Hall MCX | 1740 | 1740 | _____ | _____ |
| Pentagon, Transit Center, L10 | 1750 | 1750 | _____ | _____ |
| Henderson Hall MCX | 1800 | 1801 | _____ | _____ |
| Radar Clinic | 1802 | 1803 | _____ | _____ |
| Pentagon, Transit Center, L10 | 1813 | 1813 | _____ | _____ |
| Henderson Hall MCX | 1825 | 1826 | _____ | _____ |
| Radar Clinic | 1828 | 1829 | _____ | _____ |
| Pentagon, Transit Center, L10 | 1835 | 1836 | _____ | _____ |
| Bldg 404, Fort Myer | 1845 | **** | _____ | _____ |