

# FOCUS

DECEMBER 2021



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**MWR's winter  
festivities**

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adventures winter brings

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# #exploreJBLM



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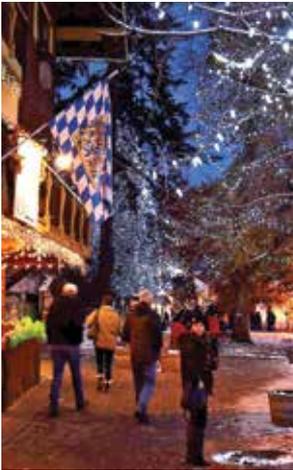
NOTE: *Events mentioned in this issue may be canceled or revised after publication date. For current updates, visit <https://jblm.armymwr.com/promos/covid>.*

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**JOIN**  
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**Z**

*Flexible hours!*

JBLMmwr    

# *Anyone can apply!*

## **Benefits:**

- Shopping privileges at the Exchange.
- Gym and pool access.
- Full access to leisure activities (bowling, golf, skate parks, beachside picnic areas, on-base dining, special events and festivals).
- Discount tickets to popular attractions across the U.S., movies, sports and more.
- Affordable recreational rentals.
- Access to MWR ranges, marina, cabin rentals, travel camps and more.
- Use of self-help auto center, arts & crafts center, library programs and more.



[WorkAtJBLM.com](http://WorkAtJBLM.com)

# What does MWR do for you?

Meet MWR employees who serve with you in mind

**A**lex's heart is for the military, and he began pursuing his goal of serving our Service members and country by joining MWR in 2011. His first MWR job in club operations overseas matched his personality, talents and desire to serve. As he climbed the rungs of MWR club, restaurant and recreation operations — including serving as catering manager, club manager, Warrior Zone manager and specialized recreation supervisor — Alex feels that his experiences have been simply amazing from the first day up to the present.

"I really enjoy creating positive memories," Alex says. "Providing Service members good food, drink, fun and laughter has been gratifying. Now that I'm supervising specialized recreation, bowling, auto crafts and arts and crafts, I see more opportunities to create awareness of our services and get people out of their homes to enjoy some fun."

"I have a blend of positivity and pragmatism

in my outlook," Alex continues. "For instance, while current supply chain issues, such as keeping chicken wings in stock, can make it challenging to keep people engaged in MWR recreation, I won't let current impacts defeat us — we will adapt our operating environment.

"Being half pragmatist can sometimes be perceived to be a negative, but actually, it's a positive. We're all capable of so much more than we realize when we focus on details and develop a plan on how to make something happen despite obstacles. Pragmatism means being flexible and not giving up.

"My advice to being flexible in this changing environment is to look at the big picture and your part in it. Most issues that we get upset about are the small things. If this is all we have to worry about, then we're doing well!"

Alex has one practical and positive piece of advice for everyone: "Find the silver lining — there's always a silver lining!"



# What adventures winter brings!



**O**utdoor recreation is swooping into winter mode this month. While seasons and types of recreation change, the fun always remains! Trips and tours description and registration is available at [JBLM.armymwr.com](http://JBLM.armymwr.com). Here's what we've planned for December.



### Women's snowshoe at Gold Creek

Women and girls are invited to sign up for Saturday, Dec. 4's easy snowshoe trek across the wide, flat terrain around Gold Creek Pond near Snoqualmie Pass — the perfect place for first-timers or seasoned snowshoers alike. Enjoy views of the surrounding mountains, including the looming Kendall Peak. This is premiere terrain for winter enthusiasts!

Ages 10 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$45 cost includes transportation, equipment and instruction.

Pack meals, water, waterproof boots and warm clothing (see how to layer on page 12).

### See Leavenworth's holiday lights

Leavenworth has done it again! Saturday, Dec. 4 or Sunday, Dec. 12, join us for a trip to this Bavarian-inspired town, nestled in the Cascades, to ring in the holidays! Come see the village turn itself into a real-life snow globe dazzling with thousands of Christmas lights!

This family-friendly trip is open to all ages (with parent or guardian supervision for minors). The \$55 cost includes transportation and parking fees.

Wear warm, layered clothing and bring money for shopping and meals.

### Snowshoe the Cascades

Explore the dazzling winter landscape blanketing the flanks of the Cascades Sundays, Dec. 5 or 19. Snowshoeing gives you the perfect way to explore with both flotation and traction! The trip leader will determine the location and distance, depending on snow conditions. Plan for 3–5 miles on forested trails.

Ages 12 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$45 cost includes transportation, equipment and parking fees.

Pack meals, water, waterproof boots and warm clothing (see how to layer on page 12).

## Take an Oregon brews & falls tour

Enjoy a day out Sunday, Dec. 5 for a scenic drive along the Columbia! We'll start on Washington's Highway 14, then cross the river to Oregon's Historic Columbia River Highway along the picturesque Columbia Gorge. We'll stop at some of Oregon's popular craft breweries and also take in a few famous waterfalls.

Adults ages 21 and older are welcome to sign up. The \$45 cost includes transportation. Wear comfortable walking shoes and weather-appropriate outdoor clothing, and bring your wallet with money and IDs for the breweries.

## Float the Skagit River to view eagles

The banks of the Skagit River teem with life as our national bird, the bald eagle, weathers the winter by feeding on abundant salmon. Join us Saturdays, Dec. 11 or 18 for this spectacularly scenic float over 8 miles down the calm waters. Keep your cameras handy for the birds!

Ages 8 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$65 cost includes transportation, equipment and guide.

Pack lunch, water and a camera and wear warm clothing (see how to layer on page 12).

## Learn how to ski tour

Ski touring provides the best way to efficiently explore the backcountry in winter — and it's fun to swoosh through pristine snow!

Come learn the basics Sunday, Dec. 12 as we explore the winter wonderland of the Cascades — you'll learn about the equipment required, avalanche considerations, uphill travel techniques and downhill methods (you must already have previous skiing experience).

Ages 16 and older (with parent or guardian supervision for minors) are welcome to sign

up. The \$55 cost includes transportation, skitouring equipment and instruction.

Wear ski clothing layers and bring a daypack with food and water.

## Classes & instruction

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### Learn how to rock climb indoors

Learn the basics needed to start rock climbing on Adventures Unlimited's indoor climbing wall Fridays, Dec. 3 or 17, 6–8 p.m. The course provides a comprehensive introduction to top-rope climbing, including how to secure a harness, tie in as a climber, complete the proper system checks and communicate with your climbing partner.

You'll also learn how to belay (manage the rope in order to keep the climber safe), catch a fall and lower your climber back to the ground.

This course is open to ages 14 and older with parent or guardian supervision for minors. Perfect for new climbers, the \$25 cost includes rental gear. Register by calling 253-982-2303. Adventures Unlimited is at 739 Battery Rd., McChord Field.

### Get certified in scuba diving

Escape gravity with JBLM scuba courses! Take beginning, intermediate or advanced scuba classes for less than half the cost of what the region has to offer. The next course is Dec. 6–12.

For beginners, the 5-star PADI-certified instructor starts you off in the pool. Only when you master basic skills will you be headed out to the Puget Sound for open-water dives to complete your certification.

Questions about the scuba course? Call the Scuba Dive Center at 253-967-3405 or Northwest Adventure Center at 253-967-7744.



Note: These trips and classes may be filled or canceled after the publication date. To check on availability, call 253-967-7744 or 253-982-2206.



# Winterproof your family

Be prepared for winter weather when you go on outdoor trips

By Patti Jeffrey

**A**re you anticipating playing in the snow once ski resorts open? Are you planning on cutting down your own Christmas tree near the mountains?

Build a more solid bubble of cold-weather protection around yourself and your loved ones with these tips from your outdoor recreation experts:

- **Beware of cotton** — it's a killer. Cotton, while refreshing to wear in summer because it keeps you cool, sucks away vital heat in winter. That's why cotton is called a negative insulator.
- **Layer up correctly.** When recreating outdoors in freezing weather, wear lots of various-thickness layers from the sports and sleepwear sections of the store — polyester underwear and T-shirts, poly-fleece pajama bottoms, tops and sweatpants, synthetic-fiber leggings, poly-fleece or nylon-fiber-filled vests, silk or bamboo tops and bottoms. Top off your layers with wind- and rain-resistant jackets and coats. Also bring along a waterproof hooded poncho for occasional downpours.
- **Socks are tops.** Socks are more important than shoes for keeping feet warm, according to outdoor recreation experts. If you wear quality hiking or boot socks made of wool

blends or bulky synthetic fibers, even if your shoes get soaked, the heat won't be pulled away from your feet.

- **Stiff soles help on hills.** For walking on hilly trails, wear a stiff-soled shoe or boot. The soles will do the work of keeping you level on hills rather than wearing out your leg muscles. Get boots or shoes that fit your heels snugly so your ankles don't rub and get blisters.
- **Replace wet with dry.** Bring an extra hat, gloves and socks for each person on your trip, and keep them in a plastic bag so they won't get wet. Once you get back to your car, you'll need to replace your soggy socks, gloves and hats with dry ones to maintain your body heat.

If you're new to a colder climate or have little or no experience in snow or frigid weather, bring an experienced person or guide with you when you're trekking outdoors. Even better, sign up for group trips with knowledgeable Outdoor Recreation program guides. You can learn to snowshoe, cross-country ski and much more this winter! See pages 8–11 for a variety of December outdoor adventures.

For more advice, drop by or call Northwest Adventure Center (253-967-7744) or Adventures Unlimited (253-982-2206) and ask the experts. They'll be happy to help!





# Enjoy winter festivities with MWR

## Winter skating



Get an hour of free winter skating at the MWR Fest Tent Dec. 4–10, 10 a.m.–4 p.m. Your skate rentals are also free!

Saturday, Dec. 4, experience stage entertainment and participate in karaoke on the stage. Refreshments also will be available for purchase on-site Dec. 4.

The Fest Tent is at 2200 Liggett Ave., Lewis Main.

## Trees for Troops

Trees for Troops is giving away free Christmas trees to all valid DOD ID active duty personnel and their families with ranks E-5 and below Saturday, Dec. 4. Register at Northwest Adventure Center for your pickup time. The NAC is located at 8050 NCO Beach Rd. at Lewis North.

Leftover trees will be available on a first-come, first-served basis after 5 p.m. Dec. 4.

The trees are located at the corner of N. 12th Street and Liggett Avenue in a fenced lot.



# Holiday Parade

We're coming to a JBLM neighborhood near you Dec. 15–18 with our Holiday Parade of vehicles decorated with holiday lights, music and good cheer! Details are at [fb.com/JBLMmwr](https://fb.com/JBLMmwr) and [JBLM.armymwr.com](https://JBLM.armymwr.com).



# Tree Lighting Ceremony

Everyone is invited to attend JBLM's annual Tree Lighting Ceremony Saturday, Dec. 4 in front of Jensen Family Health & Fitness Center. Starting at 4 p.m., come watch musical performers onstage featuring CYS youth. At 4:30, the ceremonial tree will be lit and stay lit throughout December for all to enjoy.

Get your cameras ready and watch for a special guest to arrive in his sleigh!

Jensen is located on Liggett Avenue and Division Street at Lewis Main, a block west of First Corps headquarters.



2022



# Holiday happenings

Come out and enjoy active recreation celebrating Christmas and New Year's Eve! We have some fun events lined up for you

## Christmas parties

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### Holiday bowl at Bowl Arena Lanes

Bowl Arena Lanes invites you to drop by on Christmas Eve, Saturday, Dec. 24 for fun holiday cheer!

The family fun lasts noon–6 p.m. with hourly door prizes, small gifts for youth ages 15 and younger and limited-edition JBLM MWR ornaments that will be given away throughout the event while supplies last (see pages 32–35 for more gifts from MWR).

Listen for announcements about bowling challenges with prizes for winners!

This event is open to all valid DOD ID card holders. Bowl Arena is at 2272 Liggett Ave. at Lewis Main.

### Warrior Zone hosts holiday games

If you're part of the JBLM community ages 18 and older, you're invited to Warrior Zone on Christmas Eve and Christmas Day.

Join us Saturday, Dec. 24 for e-gaming challenges across different games and platforms in our traditional holiday spirit of competition. Door prizes will be announced throughout the day.

Sunday, Dec. 25 starting at noon, NBA holiday games will be displayed on projectors and throughout the facility.

Warrior Zone Café will be open both days with food and beverage specials, and the movie theater will be showing popular holiday movies.

Warrior Zone is on the corner of N. 17th and D streets at Lewis North.

## New Year's Eve parties

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### Last Bowl of 2021

Join in New Year's Eve fun Friday, Dec. 31, 3–9:30 p.m. at Bowl Arena Lanes.

Bowling challenges will be announced 5–8 with prizes for winners. Starting at 9, watch the Times Square official "ball drop" that rings in the New Year on the East Coast.

Get in on hourly door prizes, gifts for youth ages 15 and younger and our limited-edition JBLM MWR ornament giveaway.

Complimentary apple cider and champagne (for ages 21 and older) will be handed out at 8:50 right before the ball drops!

This event is open to all valid DOD ID card holders. Bowl Arena is at 2272 Liggett Ave. at Lewis Main.

### Warrior Zone New Year's Eve party

Come out to Warrior Zone to celebrate the coming year Friday, Dec. 31. Door prizes will be given away 6–11 p.m., New Year's hats and more will be passed around, and at 11:50, we'll hand out complimentary champagne (for ages 21 and older) to celebrate the start of 2022 at midnight!

The facility will be open noon–12:30 a.m., so drop in anytime. Open to DOD ID card holders ages 18 and older. Warrior Zone is on the corner of N. 17th and D streets at Lewis North.

# THE SPARE ROOM!

Your party and celebration room  
(located inside Bowl Arena Lanes)

**The room is available to reserve  
for 3 hours and includes:**

**A) 10 people: \$250 (2 lanes)**

- 3 hrs. of bowling / shoes
- 3 large pizzas (up to 3 toppings)
- 2 pitchers of soda

**B) 15 people: \$300 (3 lanes)**

- 3 hrs. of bowling / shoes
- 4 large pizzas (up to 3 toppings)
- 3 pitchers of soda

**C) 20 people: \$350 (4 lanes)**

- 3 hrs. of bowling / shoes
- 5 large pizzas (up to 3 toppings)
- 4 pitchers of soda



**To reserve, visit front counter  
or call 253-967-4661.**



JBLMmwr



# Here's more fun recreation!

## Attend Army-Navy game

### **We're hosting the 20th annual game**

Join us for the 20th Annual Army vs. Navy Flag Football Game Friday, Dec. 10 at Cowan Stadium, starting at 12:30 p.m. We'll hold a field-goal kicking contest for five lucky spectators for a chance to win a pair of Seahawks tickets! Admission is free. Cowan Stadium is located at 2170 Bitar Ave. and S. 12th St., Lewis Main.

## Relax at Warrior Zone

### **Join fun times with us**

Want a place to hang out after a duty day or on weekends? Warrior Zone offers games, competitions and recreation for adults:

- Watch pro football Sundays and Thursdays on our big screens and overhead TVs. Grab a strategic spot after you grab a burger and brew to watch your favorite team.
- Compete for prizes in our pool tourneys Wednesdays starting at 6 p.m.
- Join us for Taco Thursday Trivia every week starting at 7 p.m. — it's free to play! Kahoot! trivia questions will be displayed throughout the facility and players use your personal devices to answer. Play for bragging rights and café food vouchers. While you're playing, try our yummy taco specials!
- Get in on Super Smash Bros. game night Fridays starting at 7. Compete and show off your slick skills with Super Smash Bros. on Nintendo Switch!
- Join us for Anime Night Saturdays at 7.
- Also watch for special guest appearances and live telecasts, such as UFC and boxing.

UFC 269 is showing Saturday, Dec. 11 on our big screens and out on our heated covered patio.

## Drop by McChord Pub

### **Watch UFC at the pub**

McChord Pub is opening at 6 p.m. with food and drink specials for Saturday, Dec. 11's UFC 269 fights with Charles Oliveira vs. Dustin Poirier for lightweight title and Amanda Nunes vs. Julianna Pena for women's bantamweight title. The pub is at 700 Barnes Blvd., McChord Field and is open to ages 18 and older (you must be age 21 with ID to order alcohol).

## Have fun bowling

### **Enter bowling doubles tournaments**

Bowlers of all skill levels can have fun competing with other teams at Bowl Arena Lanes' nine-pin no-tap doubles team tourneys the second Saturday of the month (Dec. 11).

Check in and register at 12:15 p.m., practice 12:45–1 and begin play at 1. Scores are based on three games bowled and partner's scores totaled for placing. The cost is \$60 per team. Questions? Call 253-967-4661.

### **Get in on Pizza & Bowling Sundays**

Bring your group to Bowl Arena Lanes Sundays in December noon–6 p.m. and receive one large one-topping pizza for \$3 off the regular price (limit two pizzas).

Show your bowling receipt to the Strike Zone Café staff to receive your discount. Pizza redemption must be made on the same Sunday you bowl.



# Merry fitness!

Check out what the Sports, Fitness & Aquatics program offers

## Join a fitness class

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### Choose from variety of fitness options

We're offering a wide variety of fitness classes to capture your interest and challenge you! Shake up your fitness routine and join a class in indoor cycling, indoor cycling paired with yoga moves, cardio kickboxing, strength training, Zumba, yoga, MixxedFit or a high-intensity, full-body bootcamp workout! Note that classes are at 50% capacity and participants must wear masks during workouts (as of time of publication).

Find a fitness center near you at JBLM with the schedule of classes at [JBLM.armymwr.com](http://JBLM.armymwr.com) under Sports & Fitness.

## Enter CC Basketball

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### Active duty can compete in Commander' Cup basketball

Are you active duty military at JBLM and good at competitive basketball? Plan to attend one of the Commander's Cup basketball informational coaches' meetings Tuesday, Jan. 11:

- At noon at Soldiers Field House.
- At 1:30 p.m. at McChord Fitness Center.

Sign-ups are due Tuesday, Jan. 18. The season lasts Jan. 25–March 3 with the championship tournament March 8–10.

Each team consists of up to 12 players with

five competing on the court. Games are hosted 6–8 p.m. Tuesday–Thursdays evenings.

For sign-up information, call 253-967-6420 or email [usarmy.jblm.imcom.list.dfmwr-sports@mail.mil](mailto:usarmy.jblm.imcom.list.dfmwr-sports@mail.mil).

## Heads up for fun race

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### Join 'Run Rudolph Run, Run, Run'

If you want to get into the holiday spirit, join us online for our virtual "12Ks of holidays" run with prizes Dec. 4–15! Details are at [fb.com/JBLMmwr](http://fb.com/JBLMmwr) and [JBLM.armymwr.com](http://JBLM.armymwr.com).

## Challenge yourself with Fit Club

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### Compete for prizes in challenges

Continue your pursuit of an overall healthier lifestyle with these challenges:

- Death Grip 400. Each participant needs to walk or run 400 meters as fast as possible with two 40-pound kettlebells or dumbbells (one in each hand; weights cannot rest on shoulders). Kettlebells and dumbbells are available for check-out from Cowan Stadium weekdays with prior arrangement. The first 50 finishers for this event each receive a Fit Club T-shirt. The fastest male and female finishers each receive a new custom kettlebell.

*Continued on page 23.*



BASIS  
25

JOINT BASE  
**279**  
LEWIS MCCORD



**FREE**



# FITNESS RESOLUTION FAIR

**Saturday, Jan. 8  
8-11 am**

**MASKS REQUIRED**

**Wilson Sports & Fitness Center**

## On-Site Services

- Blood-pressure check
- Body Fat/BMI check
- Healthy Smoothie/Meal Prep Demo

**Class Schedule:** 25 max per class  
8-8:30 am

**MixedFit:** Basketball Court  
**WOD:** Functional Fitness Area  
**Spin Class:** Spin Room

8:40-9:10 am

**Zumba;** WOD: Functional Fitness Area  
**Spin Class:** Spin Room

9:20-9:50 am

**Cardio Kickboxing:** Basketball Court  
**WOD:** Functional Fitness Area  
**Spin Class:** Spin Room

10-10:30 am

**Yoga:** Basketball Court  
**WOD:** Functional Fitness Area  
**Spin Class:** Spin Room

**Registration required:**



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Participants must check in with all vendors and participate in one class to be entered into drawing.

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- Challenge 2021. Each participant needs to perform 2,021 repetitions out of four exercise options — sit-ups, push-ups, air squats or burpees. The first 50 finishers for this event each receive a Fit Club T-shirt. The first male and female finishers each receive a custom Fit Club hoodie.
- Proof of completion for each event can be in the form of a photo, smart watch, staff verification or other recording device. Annotate name, contact information and proof of completion or verification with a photo or short video and send to *usarmy.jblm.imcom.list.dfmwr-sports@mail.mil*.
- Finishers of each challenge receive one entry into the grand-prize drawing. Complete both challenges to receive five entries into the grand-prize drawing. The winner of the grand prize, a Rogue Echo Bike, will be announced Wednesday, Jan. 5, 2022.

## Train to be a lifeguard

### Get in on JBLM lifeguard training & hiring fair

Want to become a lifeguard at a JBLM pool? Take advantage of our December training course and hiring fair!

Classes will be held Friday, 5–10 p.m., Saturday, 9 a.m.–5:30 p.m. and Sunday, 9 a.m.–5:30 p.m. Dec. 10–12. To become a lifeguard student, you must be age 15 or older. Call 253-967-5390 to schedule an in-water pretest at least two days prior to the first day of class. The pretest consists of a 300-meter front crawl or breaststroke swim, two-minute tread using legs only and a timed brick retrieval.

Upon successful completion of the pretest, the instructor will email you the blended learning online content and directions to make your \$100 class payment. The payment includes training, pocket mask and certification. You must complete an online course (approximately seven hours) prior to the first day of class. Expect a physically strenuous class with skills

work both in and out of the water.

A lifeguard hiring fair will take place the Friday following the completion of the lifeguard training course (Dec. 17). If you wish to be hired, expect to complete an application on site, as well as an interview. You may receive a tentative job offer on the same day.

Those who complete JBLM lifeguard training and get hired will receive a \$200 incentive bonus after working 100 hours at JBLM.



# MWR Staff Picks

I like Bowl Arena Lanes for their food (I'm obsessed with their grilled cheese sandwiches and fries), and Leisure Travel Services for the great deals on tickets for sporting events. They always have the best seats!

*Jamie*





Linh

Participating in JBLM MWR races is one of my favorite MWR activities. If you enjoy spending time with friends, challenging yourself physically and achieving personal goals, then running MWR races also could be one of your favorites. (I use the term “running” loosely, since the time given to complete the races are generous and you’re free to walk if you need to.)

My entire family participated in a Reindeer Dash, including my mother-in-law and my son — he was 6 years old at the time! My husband wanted to challenge himself, so he ran as fast as he could and my mother-in-law wanted to

accomplish a milestone and complete her first 10K, so she walked it. MWR races offers something for everyone, regardless of your fitness level or goals.

As a COVID-19 mitigation measure, MWR moved its races to virtual. This was awesome as it allowed everyone to run at their own pace in a safe environment and still get race swag to show for their achievements.

I recently participated in a 15K on my treadmill and simply sent a picture of my treadmill display to validate that I completed the required distance. A few days later, I received a medal and a race T-shirt in the mail!

See our latest virtual fun run on page 20 — the ‘Run Rudolph Run, Run, Run’!

# JBLM Library Resources

## Check out

Books, audiobooks, study guides, movies, series, documentaries, Roku, WiFi hotspots, museum passes, Discover passes and video games for Xbox, PlayStation, Switch, Wii and DS.

## In-house Resources

Meeting rooms, study rooms and gaming stations, including Xbox, PlayStation, Switch and DS. Printing, faxing, scanning, 3D printing and free computer and WiFi access.

## Online Resources

Over 50 online resources including e-books, audiobooks, magazines and topics such as language study, business, genealogy and entertainment.

## How to Access Online Resources

- Register with your library.
- Go to Online Resources tab at:  
[mwrlibrary.armybiznet.com](http://mwrlibrary.armybiznet.com)
- Select a database and log in with your web login and PIN.

## Need volunteer hours?

Stop in or call for more information on how to become a volunteer with the libraries. We love our volunteers!

### **McChord Library**

851 Lincoln Blvd.  
McChord Field  
253-982-3454

### **Grandstaff Library**

2109 N. 10th St.  
Lewis Main  
253-967-5889

### **Book Patch Children's Library**

2109 N. 10th St.  
Lewis Main  
253-967-5533



**NEW  
PATIENTS  
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TO  
MADIGAN**

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TRICARE COVERAGE,  
APPOINTMENTS, AND MUCH MORE.**



Whether you and your family are just arriving to your new assignment here in the Pacific Northwest or are coming home to Madigan Army Medical Center from local civilian care, we are pleased you and your family are becoming our valued patients in one of our Patient Centered Medical Home primary care clinics.



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Website

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# Curl up with cozy reading & fun

Our December programs are open to everyone!

## Special events

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### Read for fun & prizes in Winter Reading Program

When winter winds howl, warm up with a good book and join our Winter Reading Program!

The reading program runs Dec. 20—Jan. 31 for all ages (adults can read to prereaders). Sign up online at [JBLM.armymwr.com](http://JBLM.armymwr.com) under the libraries pages.

Patrons with youth in third grade or lower can pick up a reading log at Book Patch Children's Library or McChord Library, or you can download it from online. Enter the books read on your log and complete a bingo line to earn prizes. The last day to pick up prizes from the libraries is Dec. 31.

All other ages earn prizes for every two novels or chapter books read. Record your progress on your online account.

### Enter your dog or cat in Santa Paws Pet Costume Contest

If you're on Facebook, enter our online contest starting Wednesday, Dec. 1 and show off your fur-kids, both dogs and cats, dressed in holiday attire or with Santa!

All you do to enter is post a photo on our Facebook announcement at [fb.com/JBLMLibrary](http://fb.com/JBLMLibrary). One costume winner for dogs and one for cats will be chosen and announced Wednesday, Dec. 29.

Winners receive a dog or cat prize basket filled with pet goodies (treats, toys, shampoo, brush, soft blanket and more)!

**McChord Library**  
851 Lincoln Blvd.  
McChord Field  
253-982-3454

**Grandstaff Library**  
2109 N. 10th St.  
Lewis Main  
253-967-5889

**Book Patch  
Children's Library**  
2109 N. 10th St.  
Lewis Main 253-967-5533





# **Green up your holiday!**

## **Reduce your energy use with LED lights**

**You use 90% less energy than conventional holiday lights and can save lots on your energy bills during the holiday season!**

**If you get a new cellphone or tablet for the holidays, recycle your old ones and keep hazardous elements — mercury, cadmium and lead — from ending up in our landfills.**



**SUSTAINABLE JBLM**

**[fb.com/SustainableJBLM](https://fb.com/SustainableJBLM)**

## Fun activities

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### Build at Family Lego nights

We provide the Lego sets and you provide the imagination! Come and get creative at JBLM Libraries' Family Lego Nights at 4 p.m. the first Thursday of each month at Book Patch Children's Library and the first and third Friday of the month at McChord Library.

Families can choose a kit or free-build Lego sets for creative family bonding time. Also look at our collection of Lego books that show you new ways to build.

Join us Dec. 2 at Book Patch Children's Library and Dec. 3 and 17 at McChord Library.

Registration required — call your library for registration information.

## Join teen clubs

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### Make movies at teen film club

McChord Library offers a Teen Film Club for ages 11–18 Mondays at 4 p.m. (except Dec. 27). Learn the art of filmmaking and creating original short films step by step. There's no need to register; just drop in!

### Enjoy library club for teens

All JBLM teens ages 13–18 are welcome to "After-Hours" Teen Club at JBLM Libraries the first Friday of the month, 6–8 p.m. that helps build friendships, leadership skills and teamwork with participation in crafts, activities and more. This month, come out Dec. 3 and join the fun at McChord Library for game night!

## Adult book club

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### Take part in discussing books

Come join other adults at a monthly book club that meets at McChord Library the second

Thursday of each month at 4:30 p.m. (Dec. 9). Pick up the current December book selection, "The Huntress" by Kate Quinn, and plan to join us!

Books are available at each meeting and at the circulation desk following the meeting. A limited number of books are available to check out. We also can help set you up with e-book or audiobook versions.

## Youth reading times

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### Join us for in-person storytime

McChord and Book Patch Children's libraries offer weekly children's storytimes where reading is fun for the entire family.

- Kinder-Ready storytime for families with children ages 3–5 meets at 10 and 11 a.m. every Tuesday at Book Patch Children's Library. Storytime includes songs, rhymes, games or crafts to develop essential skills in preparing children for kindergarten. You're encouraged to participate with your child in this fun learning atmosphere.
- Each Wednesday at 3:30 p.m., Book Patch Children's Library shares a story for all ages with a free craft kit.
- Every Thursday, McChord Library presents a storytime at 11 a.m. with free craft kits.  
*Registration is required* — call your library for registration information.



FEATURE

# Find unique holiday



# gifts with MWR



**S**tumped on finding a holiday gift? No time to run around looking for ideas? Hate crowded shopping centers? MWR offers unique gifts you can buy at lunch or after work right here at JBLM. Take a look at some great ideas for gifts that will always be remembered.

## Give personalized gifts

Your Arts & Crafts Center is also your holiday gift shop! The staff is thrilled to offer you traditional beanies and caps along with cotton canvas duffle bags that can be customized to make fabulous gifts for everyone on your shopping list (or for yourself!)

Pick up these quality-made souvenirs for family or friends early; JBLM Washington cap, beanie and duffle bag quantities are limited.

If you'd like to create your own personalized designs, the experts can help design and complete your order.

Also add custom-engraved wooden ornaments to your tree! JBLM MWR and Washington state ornaments for 2021 are available while supplies last.

Want to frame that beloved photo portrait or landscape for the wall? The Arts & Crafts Center can make it happen with lots of color

choices and styles to suit your décor and tastes. Bring in your photos and walk away with one-of-a-kind treasures to last a lifetime.

Discover more gifts you can create:

- Order coffee mugs printed with your favorite photos.
- Make a colorful ceramic plate with your child's handprints on it for parents or grandparents to hang on the wall or for display. Make an appointment to come in to create your gift in the ceramics studio.
- Bring in a gift you've already purchased to have it personalized with engraving.

If you're looking to have your unit, family or network of friends show off their camaraderie, the Arts & Crafts Center's silkscreen department has what you need. Get your custom T-shirts in a number of styles and colors that anyone would be proud to wear.

Check out Arts & Crafts Center's online catalog to see product samples and ideas for your gifts at [JBLM.armymwr.com](http://JBLM.armymwr.com) under Arts & Crafts Center.

## Give them unforgettable experiences

For that hard-to-please person on your gift list, the easy solution is to give them an adventure they won't forget!

Sign up your family or friends for a trip with you to explore the great outdoors through the Outdoor Recreation program.

Turn to pages 8–10 for a list of upcoming trips and sign up for an adventure of your choice this winter!

Go even bigger with a surprise trip to an entertainment destination for the entire family with discount tickets from Leisure Travel Services, located inside Northwest Adventure Center.



Robert Guest

*Continued on page 35.*



To find the latest special offers from Disneyland, Disney World, Universal Orlando, Universal Hollywood, Legoland, Sea World, Kennedy Space Center and more, visit [JBLM.armymwr.com](http://JBLM.armymwr.com) under Recreation. If what you're looking for isn't listed, call LTS at 253-967-3085. Chances are they can direct you to discounts on another website.

You can drop in and buy your tickets, purchase them over the phone and pick up later, or have the tickets sent to you (for an additional shipping fee).

- If you're a military family planning a Disney vacation, buy special 2022 Disney Military Salutes tickets. Also reserve your specially priced Disney Resort room (for active duty and retired U.S. military personnel).
- Buy your Military Freedom Pass if you're planning on visiting Universal Orlando, with options for upgrades.

### **Buy recreational gear at our shops**

For the golfers among us, be sure to get in on JBLM golf courses' annual holiday Candy Cane Sale through Friday, Dec. 24. Pick a candy cane off the tree and you'll find bargains with in-stock items at a minimum of 10% off, plus door prizes and holiday treats. The more you spend, the more you save! (All sales items exclude special orders and PING 425s.)

Eagle's Pride Golf Course is off I-5, Exit 116 (253-967-6522). Whispering Firs is located at 895 Lincoln Blvd. at McChord Field (253-982-2124).

Want to buy seasonal gear for your outdoor adventures? Stop by the Northwest Adventure Center retail store for a wide variety of snow sports accessories, fishing, hunting and scuba gear, hiking accessories and much more! Best of all, you never pay tax, so you'll spend less than at off-base outfitters.

The NAC is at 8050 NCO Beach Rd. at Lewis North. For more information, call 253-967-7744. For more ideas on gifts, browse our facilities, classes and events at [JBLM.armymwr.com](http://JBLM.armymwr.com).





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## LET US HELP YOU DO IT YOURSELF!

### OUR FACILITIES

- 11 work stations
- Engine hoists
- Parts cleaning station
- Welding booth
- Bead blasting cabinet
- Battery chargers
- Tire mounting and balancing
- Oil changing canisters
- Hand tools
- Receptacles for used oil and antifreeze

McCHORD AUTO SKILLS CENTER  
1120 Barnes Blvd., McChord Field

JBLMmwr    

### SPECIAL SERVICES

- Free 16-point maintenance inspection for deployed spouses
  - Lemon-Aid safety inspection - \$35
  - Complete engine diagnostic
- Call for an appointment.*

### CLASSES & INSTRUCTION

- Lube and Oil Change - \$25
  - Car Check-up
- Call for an appointment.*

For more details, price list  
and business hours  
visit [JBLMmwr.com](http://JBLMmwr.com)  
or call 253-982-7226



# The power of listening

Let your loved ones know they matter

*By Jeanne Morrow, Air Force Community Support Coordinator*

**I have a 9-year-old daughter.** Like most 9-year-olds, she talks and talks and talks. About everything. About nothing. And sometimes, despite my best intentions, I'm multi-tasking while I pseudo-pay attention to what she's telling me. It goes something like this:

"Mom, Ellie didn't bring a book for quiet time reading today, so I let her borrow my book but then I didn't have a book. So I read your magazine that I took to school with me, but then Ms. Smith saw it and asked me why I had "People" magazine in my backpack and I said, 'It's because my mom likes to read it while she's helping me with my homework and last night I took the magazine when she was done with it because I saw that it had Justin Bieber in it and my sister really likes Justin Bieber and even went to one of his concerts once, but first she had a hamburger from that place that has really good French fries.' Mom? Are you listening to me?"

The truth is, I was half-listening. And she knows it. How did her 9-year-old intellect pick up on the fact that her mother was not fully paying attention? Because it doesn't take much effort or insight to realize when someone isn't engaged in your conversation.

So, my 9-year-old will stroll over to me and reach up and place her hands gently on either side of my face and say, "Mom, you were not paying attention!"

## “Mom, you were not paying attention!”

Well, why is paying attention so important? Because paying attention is the ultimate way we show someone else that they're important to us. Whether it's our 9-year-old chatty daughter or our spouse who has had a miserable day at work and wants to tell us all about it, someone in your life wants to tell you about their day.

Listening. It's one of the most significant and yet simple ways that we can show our children that we love them. You're the parent of a child who wants your time, attention and approval. Even teenagers who pretend they couldn't care less very much want your approval.

We've all had great news given to us. While we're joyful about the news, one of our first thoughts is often “Wait until I tell \_\_\_\_\_.” You fill in the blank. Is it your spouse? Your sister? Your best friend? Often, it's our parents. Even into adulthood, we long to share good news with parents. We learned as children that our parents love us so much, they genuinely share our sadness and our joy.

But maybe our parents haven't been the ones who share our joys. We know this by the messages they've given us in the past: Uh, that's nice, honey, or Well, I am sure you will do better next time or Go tell your dad.

If we listen, we need to be aware of our responses. Are they dismissive? Negative? Encouraging?

Often we're busy and it's a not a good time to listen. Offer to talk when you can be your child's captive audience — Family dinner time!

If you listen to your children and they know you pay attention, they're more likely to share with you. If you continually ignore them, they get the message you don't care about their daily lives and may eventually think, “So, why tell them?” It could lead to them becoming secretive, isolated and alone. They may act out.

You've heard it before: If you only pay attention to your child when she does something wrong, prepare yourself for a lot of bad behavior. If your child knows they'll get your attention for good behavior, you'll see some great stuff coming from your kids!

So put down your book, remote control or blow dryer, and listen to what your child's saying. You'll be showing your child they matter to you while teaching them the valuable skill of listening.





# HILLSIDE YOUTH CENTER IS OUT OF THIS WORLD!



## Hillside Youth Center's Values

- Trustworthiness
- Respect
- Caring
- Responsibility
- Fairness
- Citizenship



### Our Programs:

- SMART Moves
- Passport to Manhood
- Healthy Habits
- Diplomas 2 Degrees
- Babysitting Course
- Funky Fit
- Keystone
- Youth Sponsorship Program
- Youth of the Year
- Youth of the Month
- Junior Staff

### Our Facility Offerings

Meals, virtual schooling amenities\*, full court gym, music and dance room, video game room.  
\*Paid programing

### After-School Activities

We offer "Power Hour" homework help, Book & Writing Club, Anime Club, Money Matters, Hail & Farewell, craft time, cooking, field trips, service projects and much more.

### Open Recreation

Monday-Friday,  
2:30-7 p.m.



### Super Saturdays

Special Event Saturdays  
with guest speakers  
and fun activities.

For more information, call 253-967-4441.

See our monthly calendar of activities at [JBLM.armymwr.com](http://JBLM.armymwr.com).



JBLMmwr





# Enroll in winter youth sports



**CHILD&YOUTH SERVICES**

*CYS Youth Sports families — indoor winter break sports are starting soon! As a reminder, masks are required inside all JBLM facilities for anyone ages 5 and older, regardless of vaccination status. This applies to all Youth Sports participants and spectators. We appreciate your cooperation and assistance in keeping our youth safe and healthy!*

**Youth sports stresses safety & inclusion**

Our comprehensive youth sports program enhances youth attitude, physical fitness and self-esteem. We host recreational leagues that are inclusive of all ages of youth who want to learn the fundamentals and have fun.

For players with advanced sports skills and greater ambition, parents may wish to check local alternatives.

Enrollment is open for winter break sports (see chart). Sign up on WebTrac through [JBLM.armymwr.com](http://JBLM.armymwr.com) under youth sports.

**We need your energy for youth sports!**

Do you come to all your child’s games or meets and connect well with kids and parents? Share your love of sports with JBLM youth as a volunteer sports coach.

Youth Sports provides training and offers sports fee vouchers. A background check is required for all volunteers.

For more details, stop by the Youth Sports office at 6398 Garcia Blvd., Lewis Main.

The office is open from 8:30 a.m. to 5 p.m. weekdays. Questions? Call 253-967-2405.

**Winter break camps & monthly activities**

Camps	Registration	Age	Cost	Dates	Time/Location
Basketball Camp	through Dec. 17	5–15	\$35	Dec. 20–22	10 a.m.–noon for ages 5–8; 1–3 p.m. for ages 9–15 at 2295 S. 12th St. (at Bitar,) Lewis Main
Volleyball Camp	through Dec. 23	9–15	\$35	Dec. 27–29	10–11:30 a.m., 2295 S. 12th St. (at Bitar,) Lewis Main
Funky Fit Games and Racquet Sports	through Dec. 23	5-15	\$35	Dec. 27–29	12:30–2 p.m., 2295 12th St. (at Bitar), Lewis Main
Karate	online monthly	4–18	\$40/mo.	Times online	Meet at 6398 Garcia Blvd.

YOUR IN-NETWORK PROVIDER



# Dental Health

ASSOCIATES

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**Family, Cosmetic, and Sedation Dentistry**  
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*since 1972*



6001-100th St. SW in Lakewood | [DHAonline.com](http://DHAonline.com)



**CHILD & YOUTH SERVICES**

# JBLM kids need you!

## **BECOME A FAMILY CHILD CARE PROVIDER!**

Earn up to **\$2,000** per month.

Free training, resources & support from Child & Youth Services! \$1,000 bonus for new providers.\*

**Orientation: Tuesday, Jan. 25, 6–8 p.m.**

**Call 253-967-3039 for appointments.**

**2275 Liggett Ave., Lewis Main**

Due to the importance of the meeting, children are not allowed.

\*Conditions apply. Call 253-967-3039 for details.

# Youth fun pages

## Find the Hidden Objects

Can you find 10 objects, plus the extra bonus object hidden in this holiday picture?



BONUS OBJECT



FIND CAT  
IN THE PICTURE

ANSWER ↴



# Discover the Path

Help our holiday shoppers find their way home to place their gifts under the Christmas tree!



# SOUNDING OFF

Each month, hear what different JBLM Service members, family members, civilians and others like to do in their spare time.



## 1st Lt. Haley Roberson



*Courtesy photo.*

### Last injury:

---

*Turf toe Oct. 22.*

### Last song you listened to:

---

*"Sola" by Nina Cobham.*

### Last food you ate:

---

*I had some amazing pineapple curry.*

### Last TV show you watched:

---

*"Sabrina the Teenage Witch."*

### Last movie you watched:

---

*"Cruella" — I highly recommend.*

### Last time you tried something new:

---

*Last year, I tried snowboarding for the first time and rented the equipment from Northwest Adventure Center.*

Find winter outdoor adventures with the Outdoor Recreation program on pages 8-11.

# give yourself **SOME** **CREDIT**



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TRICARE



Coverage effective Jan. 1, 2022

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briefing, request a free info kit,  
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**CALL: 866-750-1658**  
**VISIT: [USFHPbenefits.org](https://USFHPbenefits.org)**

*Due to COVID-19 social distancing  
restrictions, seating may be limited.  
Reserve your seat today.*



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\*2020 Consumer Assessment of Healthcare Providers and Systems (CAHPS)

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