

FOCUS

JUNE 2022



Join us for summer events

Enjoy the
ODR Expo &
Fishing Derby

Details on pages 10-11

Attend Wine & Jazz,
Blues & Brews
& Kids' Call

See pages 18-21

Sign up for Summer
Reading Program

Pages 34-35





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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>.

FOCUS



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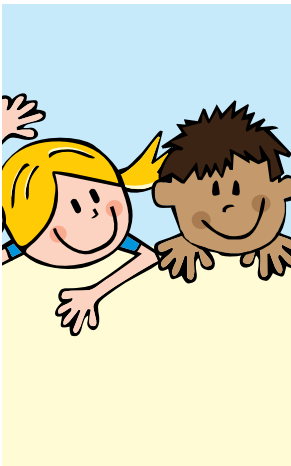
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the MWR
TEAM!

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- Gym and pool access.
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- 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



What does MWR do for you?

Meet MWR employees who serve with you in mind

Meet Greg, JBLM's new Outdoor Recreation program director, who recently transferred from Fort Campbell as their ODR director. He says, "I wanted a fresh start and new adventure, so what better place to come than the Pacific Northwest?"

Greg, originally from Wisconsin, says he always had a desire for outdoor recreation, such as hunting and fishing, playing sports and just being active outdoors. A 20-year military veteran, Greg started in MWR at Fort Campbell as a transportation supervisor, then worked at improving ODR equipment check-out for four years before he received the opportunity to become the ODR director.

As part of his 35 years of government service, Greg has worked in MWR for over 10 years and says he can't think of anything better.

"The privilege to come in every day and experience so many different things, working with the patrons and Service members, is my ultimate joy," says Greg. "I get paid to have fun and I cannot believe I get to go to work here and see people who have such a smile on their face. It's so cool to be here."

Greg sees both challenges and opportunities in his new job. "Of course, we've had challenges in being able to satisfy everybody

during this time around COVID. We all work with constraints — not having enough staff members to lead whitewater rafting, the equipment to rent or expanded hours of operation — and that's the biggest challenge. I want to see everybody come here and make sure they have a good time like they want and expect. When we aren't able to do that, it hurts.

"What's different is the amount of opportunities we have here versus Fort Campbell," he says. "We didn't have mountains to climb, rivers to raft down, or skiing. We had hiking, biking, hunting and fishing. To come here and have so many more opportunities is a big difference.

"I see opportunities at JBLM. With such a robust outdoor recreation operation, we can offer multiple events, whether over a period of months or over a weekend. The biggest opportunity I see is making people aware of what we can do for them here."

In spite of the long COVID period, Greg's outlook on ODR has remained sunny. "I've seen outdoor recreation excel, due to the fact that people were cramped up in their home, not having anything to do," he says. "I've seen opportunities for families to spend together outdoors with more family-friendly activities than just playing board games indoors.



Patti Jeffrey

"It's all about getting people out to experience nature. I told a friend back in Tennessee that since I've been here, just walking outside my door, the air smells so clean and crisp. It really makes you feel so good being outdoors. Looking in the mirror every morning, I'm happy to be alive, and I love my job. I'm anxious to get outdoors and am more appreciative of what the outdoors can do for my outlook."

Greg also has some advice: "What's the 'new normal'? Still enjoying what you want to do! My advice is to not be afraid to take

chances. I wouldn't be here today at JBLM if I didn't take a chance. You never know what to expect on the other side. I have customers who've said, 'I've never been hiking ... I've never been skiing... I've never been whitewater rafting... and I want to try that.' The first time I ever ziplined, I was standing on a ledge with my heart beating so fast. Taking that first step was terrifying, but then I took off, gliding down, feeling the wind, seeing the scenery and experiencing the thrill. I want that for everyone."





Outdoor Recreation staff



Plunge into exciting new adventures

Get outside and enjoy the Pacific Northwest on Outdoor Recreation program trips! Go on a new adventure with us this month! Registration is available at JBLM.armymwr.com. Here's what we've planned for June.

Join us for whitewater rafting

Beat the summer heat with us on the cool waters of the Wenatchee! This beautiful section of wild whitewater pours off the east side of the Cascade Range through a beautiful river corridor. Your trained instructors will guide you in four- to eight-person rafts as you paddle together through class III waves and rapids.

You'll be driving to Leavenworth and meeting us at the public boat launch or Dryden Dam. Consider making a weekend out of your journey and stay overnight in Leavenworth before or after your trip. This trip is being offered Saturday, June 4, Sunday, June 5 and Sunday, July 17.

Ages 10 and older (with parent or guardian supervision for minors) are welcome to sign up. Swimming confidence is a must.

The \$65 cost includes instruction, personal gear and equipment. Bring clothes to get wet in, a dry change of clothes, lunch, water and sunblock.

Continued on next page.

Learn outdoor photography

Every good photo begins with the right exposure. As adept as automatic mode on cameras are, they aren't perfect and cannot make an artistic setting. Elevate your picture-taking from good to great as you begin to understand the most important elements of proper exposure in this half-day beginner's class Saturday, June 18, 9 a.m.–1 p.m. at Russell Landing Marina.

Ages 14 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$45 cost includes instruction and practice outdoors.

You must have a digital single-lens reflex camera (not a smart phone). Also bring any extra lenses, memory card and extra batteries.

Take a whale-watching tour

The calm waters near the San Juan Islands are one of the best places in the world to view wild orcas. Humpback whales, minke whales and gray whales also call the region home and are frequently seen throughout the year.

We'll meet at Northwest Adventure Center for this Sunday, June 19 trip at 6:30 a.m. and return by 6:30 p.m.

Register no later than Monday, June 13; there are no refunds after this date. The cost is \$155 for ages 13 and older, \$125 for ages 2–12 and \$10 for infants ages 1 and younger. Ages 17 and younger must be accompanied by a parent or legal guardian.

The cost includes transportation, ticket and fees. Be sure to bring layers with you for your tour, regardless of the weather. Temperatures can feel 10–20 degrees cooler on the water, so it's recommended that everyone in the group bring a sweatshirt and jacket.

The vessel offers hot food, snacks, beverages and beer and wine for sale, credit card only. Bring your camera and telephoto lens for recording your exciting adventure!



Monthly activities

Join sporting clay shoots

Like to shoot clays? Join us at the JBLM Shotgun Shooting Complex for the Sporting Clays 100 target shoot!

Events are held once a month on Saturdays.

The next scheduled event is June 18.

Sign up the day of the event from 9 a.m.–12:15 p.m. Shooting starts at 10:30 a.m. No shotgun? Rent one for \$10!

The cost is \$35 for nonregistered shooters; \$42 for registered shooters.

Park outside the Scouts Out Gate at Lewis Main and walk the short distance to the Skeet Range and ATV Park. For more information, call 253-967-7056.



JBLM Public Affairs



Toby Bartley

Enjoy free Outdoor Recreation Expo & Fishing Derby

You're invited to the Outdoor Recreation program's Expo and Fishing Derby Saturday, June 11 at Shoreline Park, Lewis North.

Children and families can fish at the fishing derby 7–10 a.m. Preregister at Northwest Adventure Center June 1–10 and be entered to win a free rod and reel set. No license is required that day. For more fishing derby details, visit JBLM.armymwr.com under the event.

From 9 a.m.–1 p.m., everyone can see ODR equipment demonstrations, try the fishing tank, enjoy the climbing wall, bounce houses and mini axe-throwing and learn how to use stand-up paddleboards and kayaks on American Lake.

ODR also will have on-site retail of fishing products for purchase. Workshops and activities will be hosted throughout the event by experts on a variety of outdoor recreation subjects.

Also enjoy:

- ODR adventure films on the outdoor portable screen.
- Organized SUP races and ODR activities.
- Food and drink concessions.

Shoreline Park is at the end of Shoreline Beach Road.

Why not try pickleball?

You've been asking, and now we've got it at JBLM

Pickleball is a uniquely Pacific Northwest invention now known worldwide as a legitimate sport. The USA Pickleball Association says it's a fun sport combining elements of tennis, badminton and ping-pong and can be enjoyed by all ages and skill levels.

Like all great stories, the invention of pickleball came about on a sunny day with little to do.

The story goes like this: Joel and Joan Pritchard lived in Seattle and spent their summers with their kids at their home on nearby Bainbridge Island.

In the summer of 1965, the Pritchards invited Bill and Tina Bell to stay with them at their Bainbridge compound. One day after golfing, Joel and Bill returned home to find Joel's disgruntled 13-year-old son, Frank, in one of those moods.

Frank recalls, "I was bitching to my dad that there was nothing to do on Bainbridge. He said that when they were kids, they'd make games up." Frank bitterly responded to his dad, "Oh, really? Then why don't you go make up a game?"

Joel loved a challenge and started to hatch a plan to bring an end to the group's summertime woes. His property had an old badminton

court, so they started there with hopes of playing. However, they couldn't find enough rackets for a full game, so he improvised by using spare ping-pong paddles and a wiffle ball. With these bits and pieces lying around, a brand-new game was born — pickleball.

As the weekend went on and time flew by, they enhanced their makeshift game further with their own set of house rules. At first, the net was set at badminton's regulation height of 60 inches, but the group found that the wiffle ball bounced well on their asphalt court, so they lowered it down to 36 inches.

At this point, there weren't many rules to their game, so during the following weekend, Joel and Bill introduced their new creation to another family friend, Barney McCullum. From there, with heavy inspiration from badminton, the three dads created new rules with the sole purpose of family play and accessibility in mind.

Two years later in 1967, Joel constructed the first, permanent pickleball court in the backyard of Bob O'Brian, who was Pritchard's neighbor and close family friend. The decision to build a dedicated and permanent court further cemented their homemade game into a loveable pastime.



As the game started to gain steam in the Pacific Northwest, a corporation by the name of Pickleball, Inc. was founded in 1972 to help interested players buy equipment to play the game. This included paddles, nets, and balls that weren't taken from other racquet games, but were created specifically for pickleball. Not only did the founding of this corporation help people find the right equipment to play pickleball, but it helped transition the game from a local pastime to a legitimate sport.

Give it a shot this summer

Want to give it a shot? Pickleball is now available at Soldiers Field House! Check out equipment at the front desk (paddles, balls and net) and then set your game up in the new pickleball court next to the outdoor tennis court. We're also working on expanding pickleball to McChord Field! For more information, call Soldiers Field House at 253-967-4771.

Story sources: longcoveclub.com and pickleball-magazine.com



For a complete list of Fields of Friendly Strife events,
visit JBLM.armymwr.com/programs/fofs.



Join us for fun and fitness

Enter a variety of sports

Sign up for open soccer

JBLM DOD ID card holders are invited to sign up for the open soccer league! An informational meeting is being held Tuesday, June 14, 6 p.m. at the Lewis North Athletic Complex.

The season lasts June 28–July 14 with the championship week July 19–21.

Registration deadline is Tuesday, June 21. Call 253-967-6420 for sign-up information, or email usarmy.jblm.imcom.list.dfmwr-sports@army.mil.

Compete in CC outdoor basketball

Active duty Service members can compete in the upcoming Fields of Friendly Strife Commander's Cup outdoor basketball June 13–July 22 with the championship tournament July 25–29.

Registration deadline is Monday, June 6. Commander's Cup sports are open to JBLM's active duty Service members ages 18 and older. Call 253-967-6420 for sign-up information, or email usarmy.jblm.imcom.list.dfmwr-sports@army.mil.

Earn points in combat biathlon

Active duty Service members can enter a new competitive event, the Combat Biathlon, to earn Fields of Friendly Strife Commander's Cup points for their unit.

The event takes place at the Rifle & Pistol Range (Range 15) Saturday, July 9, 9:30–11:30 a.m. and costs \$10 per participant. Bring your own registered firearm (or have your firearm registered on-site), ammunition and ear and eye protection. A safety briefing at 9 a.m. is required for participation.

The event consists of a timed target shooting, run and final target shooting for each participant. Find complete details and registration at JBLM.armymwr.com under the event.

Aquatics training

Try Deep Water Running class

Want a new way to strengthen your muscles without the stress of gravity? Jump into our Deep Water Running class held Mondays and Wednesdays, 2:15–3:15 p.m. at Soldiers Field House Pool.

Continued on page 17.

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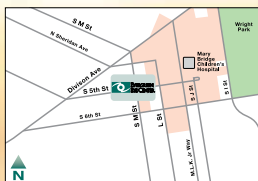
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This non-impact aerobic workout improves overall wellness and cardiovascular fitness. No registration is required; space is limited.

Lifeguard training & hiring

Want to become a lifeguard at a JBLM pool? Take advantage of our training course and hiring opportunities! The course takes place June 3–5. Classes are held 5–10 p.m. Friday and 9 a.m.–5:30 p.m. Saturday and Sunday.

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 hiring opportunity will take place following the completion of the lifeguard training course. If you wish to be hired, you'll get help completing an application on site by the instructor. Those who complete JBLM lifeguard training and get hired will receive a \$200 retention bonus after working 100 hours at JBLM.

Try out a fitness class

Choose from variety of fitness options

We're offering a variety of free fitness classes to capture your interest and challenge you! Shake up your fitness routine and join a class in cardio kickboxing, indoor cycling, Zumba, yoga or MixxedFit — no registration needed!

Also join iStroll parent-and-child fitness class (participants pay a fee) and free water aerobics in the pool.

Find the schedule of classes at *JBLM.armymwr.com* under Sports & Fitness.

NEW at JBLM SFA!

PERSONAL TRAINER

	COST	DURATION
One session:	\$40	30 min
One session:	\$55	60 min
Four sessions:	\$152	30 min
Four sessions:	\$208	60 min
One session with two patrons:	\$30 ea	30 min
One session with two patrons:	\$40 ea	60 min
Four sessions with two patrons:	\$114 ea	30 min
Four sessions with two patrons:	\$152 ea	60 min

**Available Monday–Friday,
10 a.m.–2:30 p.m.
at Soldiers Field House**

Improve your fitness with a certified personal trainer! They will develop a plan to fit your specific needs and to help you reach your fitness goals.

**For more information or to
register call: 253-967-4771**



JBLMmwr



Wine & Jazz saxophonist/singer
Maureese Itson (top) and the
Fred Hoadley Trio with bass,
piano, tres and congas (below).





Summer sparks special events

It's time to party at JBLM!

Drive & park at free outdoor movies

Come on out to "Wheels & Reels," our free monthly outdoor movies lasting all summer!

Join us Friday, June 3 at American Lake Conference Center's parking lot to watch "Doctor Strange" (PG-13) at 6:30 p.m.

Sound will be transmitted via 87.9 FM on your car stereo. Parking is available one hour prior to show time. Patrons will have access to facility restrooms.

Please follow these guidelines for the best enjoyment:

- Remain in vehicles unless utilizing restrooms.
- Drive slowly for the safety of others.
- We ask that trucks and large vehicles park in the last row to provide better viewing for low-seated vehicles.
- Bring your own snacks and drinks for the movie.

ALCC is at 8085 NCO Beach Rd., Lewis North.

Enjoy an evening of wine tasting & jazz

The Wine & Jazz Festival is making a return to JBLM Friday, June 17, 7–10 p.m. at McChord Club! Make it a date and invite your friends for live jazz, wine tasting and appetizers.

Featured musicians are saxophonist/singer Maureese Itson and the Fred Hoadley Trio with bass, piano, tres and congas.

Reserve your places early for this popular event!

Continued on next page.



The club is offering preordered wine-tasting appetizer platters that complement and enhance the wines you'll be tasting. Order your platter choice that serves one or two (share the double-platter cost with your friend!). Menu and ordering details are at JBLM.armymwr.com under the event.

Make your reservations by Friday, June 10 by calling 253-982-2795 or 253-495-8684 during weekday business hours or email usarmy.jblm.id-readiness.list.dfmwr-central@army.mil.

General admission is \$18 per person (for ages 21 and older only). Club members pay \$15. Admission includes four 2-ounce tastings and a souvenir wine glass (pay separately for additional wine by the bottle or glass).

The Club is located at 700 Barnes Blvd. at McChord Field.

Join us for Blues & Brews

Reserve your spots in the MWR Fest Tent Saturday, June 25, 7–11 p.m. for Blues & Brews, an evening of live music, good food and great brews! Blues &

Brews headliners are the Blues Power Revue, a Blues Brothers tribute band, and the 56th Army Band playing rhythm and blues favorites. Purchase and fill a souvenir beer mug while you're there (ages 21 or older with ID).

Reserve your places by calling Leisure Travel Services at 253-967-3085 or emailing usarmy.jblm.imcom.list.dfmwr-special-events@army.mil. The cost is \$15 per person or \$25 per couple.

Get ready for JBLM fireworks

Heads up for the Fourth of July at JBLM! Enjoy a small assortment of food truck specials and our huge fireworks show Monday, July 4 at Cowan and Memorial stadiums at Lewis Main!

Food for purchase is available starting at 5 p.m. until they run out, and the fireworks show starts around 10:15 p.m., at dusk.

If you're wondering about a JBLM summer festival, look for our big end-of-summer party with live entertainment coming in August!



Courtesy photo

The Blues Power Revue is playing live at JBLM's Blues & Brews, along with the 56th Army Band playing rhythm and blues favorites.



Bring the family out!



Wednesday, June 22
McChord Club • 5–8PM
Dinner • Entertainment • Prizes

Reservations required. Call 253-982-2795.
\$10/adult; \$5/youth • Club members: \$8/adult; free/youth

*Ask about
becoming a
Club member!*

McChord Club is at
700 Barnes Blvd.
McChord Field



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Relax with MWR recreation

Golf at JBLM courses

Compete in golf scrambles all season

Enjoy Friday CG Golf Scrambles at JBLM golf courses! Enter as a four-person team or be placed on a team. Upcoming shotgun-start scrambles are:

- June 10, 1 p.m. at Eagle's Pride Golf Course.
- July 15, 1 p.m. at Whispering Firs Golf Course.
- Aug. 12 at Eagle's Pride Golf Course.
- Sept. 16, 12 p.m. at Whispering Firs Golf Course.
- Oct. 7, 11 a.m. at Eagle's Pride Golf Course.

The cost is \$42 per person and includes your green fee and cart rental. Registration starts two weeks before each event; call the pro shop at Eagle's Pride (253-964-2786) or Whispering Firs (253-982-2124) or email usarmy.jblm.imcom.list.dfmwr-golf@army.mil. Pay in person the day prior or the day of. Three divisions are paid out: Active, Senior and Open.

Scrambles are open to DOD ID card holders and sponsored guests.

Improve your golf game with lessons

Learn to better your game with summer golf lesson packages taught by PGA instructor John Eisentrout at Eagle's Pride. Call 253-964-2786 for more information.

Drop by Warrior Zone

Compete in Halo tourney

Compete in Warrior Zone's 2v2 Halo Infinite tournament Saturday, June 18 starting at 4 p.m. Sign-ups will be in person on the day of the tournament 2–4 p.m. Players without partners can be paired up as sign-ups occur. Tournament will begin at 4.

Prizes (Exchange gift cards) will be awarded to the top three pairs: \$200 for first place, \$100 for second place and \$50 for third place.

If you're a DOD ID card holder age 18 or older, you can compete for these prizes and bragging rights.

Join fun times with us

Want a place to hang out Wednesdays–Sundays? Warrior Zone offers games, competitions and recreation for adults:

- Watch sports on our big screens and overhead TVs. Grab a strategic spot after you grab a burger and brew to watch your favorite team.
- Join us for Wednesday Trivia every week starting at 7 p.m. — it's free to play! Trivia questions will be displayed throughout the facility and players use your personal devices to answer. Play for bragging rights and café food vouchers.

Continued on page 24.







- Compete for prizes in our pool tournaments Thursdays starting at 7 p.m.
- Get in on Fighting Games Night Fridays starting at 7. Compete and show off your slick skills on our gaming stations!
- Saturdays, come out for Anime Night at 7.
- Join us for PlayStation VR all day Sundays.
- See sports action on our overhead TVs.
- Also watch UFC 275 showing Saturday, June 11, 3 p.m. on our big screens and out on our patio — order some appetizers and drinks!

Drop by McChord Pub

Watch UFC at the pub

McChord Pub is open to ages 18 and older with food and drink specials for Saturday, June 11's UFC 275 stacked ticket with light heavyweight title bout between Glover Teixeira and Jiri Prochazka, and flyweight champion Valentina Shevchenko vs. Taila Santos, plus middleweights Robert Whittaker vs. Marvin Vettori. Fights start at 3 p.m. The pub is inside McChord Club at 700 Barnes Blvd.

Go bowling with friends

Get in on Pizza & Bowling Sundays

Bring your group to Bowl Arena Lanes Sundays in June noon–6 p.m. and receive a 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.

Bowl Arena is at 2272 Liggett Ave., Lewis Main. Questions? Call 253-967-4661.

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 tournaments the second Saturday of the month (June 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.

Good food done right

Check out Habañero Mexican Grill

When you want something tasty and fresh, think south-of-the-border tacos, burritos, quesadillas, salads, Southwest-style appetizers and more! Habañero Mexican Grill at Whispering Firs Golf Course offers made-to-order alternatives to your usual fast-food drive-throughs for breakfast and lunch.

Enjoy ample seating and casual comfort for dining. In a hurry? Call your order in and pick up on your way to work or home.

Habañero is at 895 Lincoln Blvd., McChord Field. Visit JBLM.armymwr.com under Dining for the complete menu.

Eat happy at Warrior Zone Café

Warrior Zone Café has something on our menu for nearly everyone's appetites. From hearty burgers and loaded sandwiches to light wraps, we're keeping it tasty!

DOD ID card holders ages 18 and older can drop in to order your favorites. Whether you like flatbread pizzas, gourmet salads or other favorite, we offer a variety of tastes! Also order up a cold brew or drink to go with your meal.

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



You can find activities to relax and get you involved with the JBLM community. Consider joining a yoga or deep-water running class at a JBLM fitness center or pool, or take up fishing on American Lake with rentals from the Outdoor Recreation program.

Check out JBLM open leagues you can join, or volunteer as a CYS youth sports coach. Also join adventure trips with the Outdoor Recreation program, take part in JBLM's summer reading program and attend special events outdoors this summer.

Adjusting to the 'new normal'

By JBLM's Employee Assistance Program

The pandemic has impacted most of us and changed how we navigate our lives. Keep in mind that an adjustment period also follows as we try to adapt to a new normal.

The new normal includes the repercussions of pandemic shutdowns, such as inflation, workplace shortages and uncertainty of future outbreaks.

As we readjust, many of us may be trying to find ways to cope with daily lives that may be different. As is normal with life-changing events, we may find ourselves feeling anxious and stressed. The Anxiety and Depression Association of America published the following tips that may help mitigate anxiety and stress as we adapt to this new normal.

Take a time-out. Practice a relaxing hobby or ritual, such as playing an instrument, meditating or engaging in low-impact body movement.

Eat well-balanced meals. Easier said than done, we know. Consider keeping healthy snacks available to ward off emotional eating before planned meals.

Limit alcohol and caffeine. Both substances can aggravate anxious symptoms. Reach for a calming tea or water.

Get enough sleep. When under stress, the body needs additional time to recover; catching Z's will be important when adapting or implementing new daily routines.

Take deep breaths. Inhale and exhale slowly. Consider downloading a free app to help guide the deep-breathing technique.

Count to 10 slowly. Counting to 10 or up to 100 may help calm the body and brain during a stressful event.

Do your best. Seeking the best version of ourselves versus seeking perfection may ward off stress and anxiety.

Accept that you cannot control everything. As we have learned during the pandemic, we may not be able to control world events, but we can control our actions and expectations.

Welcome humor. A good, hearty laugh is priceless.

Maintain a positive attitude. Reframe a negative thought with a positive one. For example, instead of "I can't," consider "I'll try."

Get involved. Engage in activities that bring you joy and purpose — volunteering, playing a sport, spending quality time with loved ones or starting or joining a support group.

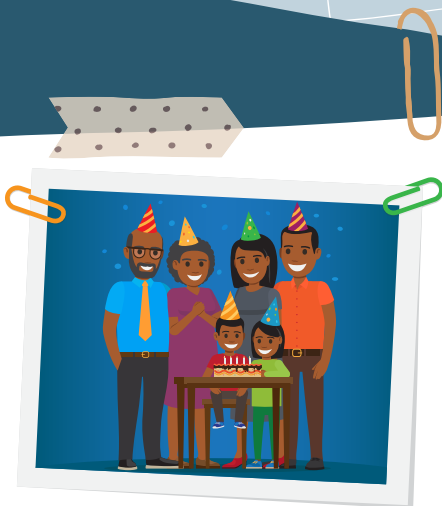
Learn what triggers your anxiety. Awareness of what might trigger anxiety can help identify possible stress patterns.

Talk with someone. Reach out to family, friends, trusted colleagues or the JBLM Employee Assistance Program if you find yourself feeling overwhelmed. Call the EAP program at 253-732-2214 and let them know how they can help.

MWR Question of the Month



JBLMmwr



We asked our Facebook followers:

If you could live one day over again, which one would it be?

Here's what many of you said.

Tina: My **wedding** day!

Denisse: My 23rd **birthday** celebration.

Megan: The day I **gave birth** to my kids.

Taylor Ann: My **wedding** day.

Lateshia: The day I **married my husband**.

Lilith: My **son's 9th birthday** just after his sister's 12th we went to see Foster the People in Seattle with their best friends in 2012.

Lee: I would live over the day **my daughter was born**, even though I was working, having contractions and had a baby shower. That night I was supposed to have a final exam for a class I was taking — she was like, “not today!”

Sonja: The day **my son was born** — he made us so happy and now he is a wonderful father to two little girls.

Gina: That would be the 7th of November 2020, **my dad's last birthday**. I asked him what he wished for. He said to go back to America and be united again with my mom. I never replied because it was impossible at that time. My parents, I have given them everything, anything they asked for but that wish was out of my hands and it turned out to be his last because after about three months, he passed.

Sarena: My **wedding** day!

Estefania: **The day before** my dad and mom passed away.

Nesha: The **day that I left for Washington**. My dad hugged me so tight like he didn't

want to let his baby girl go. Little did I know that would be the last time I had a hug from my dad. I would relive that day and that moment over and over again.

Chrissi: The day I **knew I wanted to spend the rest of my life with my husband**. Not my wedding day, but there is something about THAT day, when I just knew.

Helen: Was **married, that was 67 years ago** and my husband just passed away a few weeks ago.

Kathleen: **My wedding day!** I wish I could have had an actual wedding instead of standing in the middle of a courthouse, although I still got to marry my best friend.

Helen: That was back in 1955, **the day I got married**.

Yu Ling: The day when I dropped off my husband at the airport for TDY and the day I **had my first baby** was the best day, it was such joyful moment.

Michelle: **The day before my daughter's 21st birthday**. I secretly flew to where she was attending college and her best friend helped me sneak onto campus to surprise her. My little girl was in shock and at first just stood there with mouth open and started to shake. Then the tears came. I just held her and let her cry. Even when they're grown and starting to become independent they'll always still need you or want you! It's the best feeling a parent can have!

Diamond: The day **we landed in my husband's hometown as a family for the first time** on the Virgin islands, the first time I've ever clapped for a landing.

Sustainable JBLM Quick Recycling Tips

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coffee cups
or lids.



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recyclables
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and dry.



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OUTDOOR MOVIES

FRIDAY, JUNE 3
ALCC parking lot

7PM: DOCTOR STRANGE (PG-13)

Park your car & watch an outdoor movie! Tune your car radio to 87.9.

Parking opens one hour
prior to showtime.

**American Lake
Conference Center**
is at 8085 NCO Beach Rd.
Lewis North

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Youth fun activity puzzles are on pages 46–47. Don't peek at these answers!



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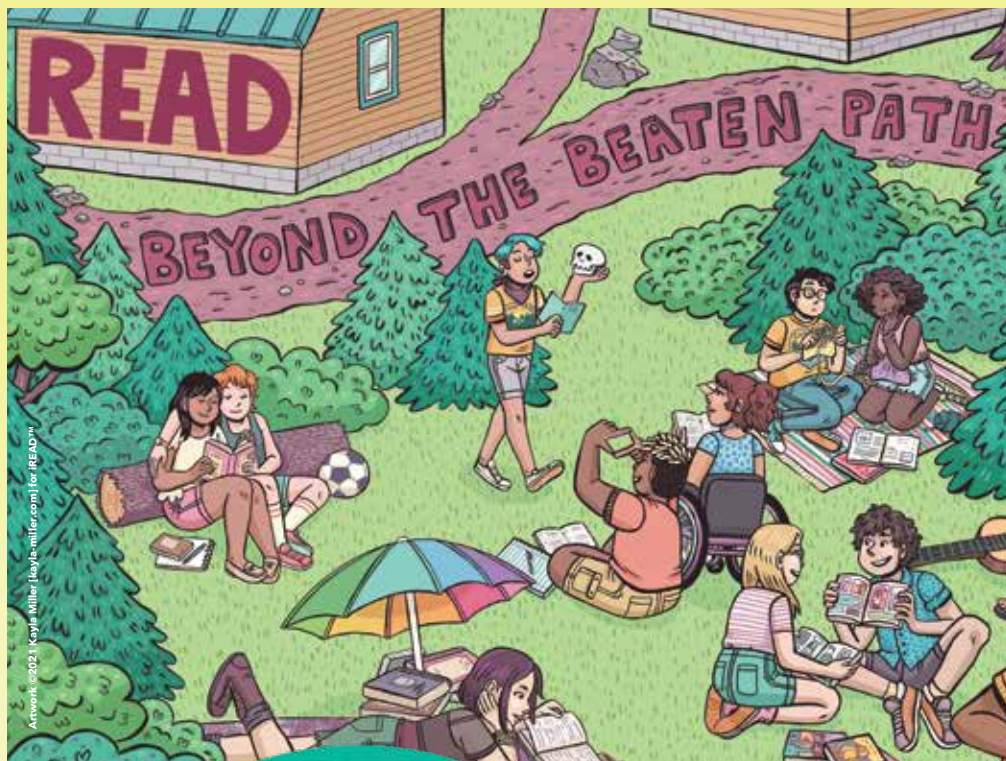
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McChord Library

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



JBLMlibrary

The 2022 Army MWR Library Summer Reading Program is presented by United Through Reading.



‘Read Beyond the Beaten Path’

Join JBLM libraries’ summer reading program!

Join McChord, Grandstaff and Book Patch Children’s libraries for an amazing summer filled with reading, fun, prizes and a party. Pick up your registration bags for the 2022 Summer Reading Program, “Read Beyond the Beaten Path” with registration opening Tuesday, June 21.

Once you’ve registered at your library of choice, each time you complete 10 hours of reading (up to 30 hours), you’ll receive a prize. Once you’ve read 30 hours, you’ll be invited to a grand finale party that rewards those who complete the program Thursday, Aug. 18, 4–6 p.m. at the MWR Fest Tent.

For a fun kick-off event, teens ages 13–17 can enjoy outdoor adventure laser tag Saturday, June 25, 11 a.m.–2 p.m. outside Grandstaff Library on the west lawn.

But that’s just for starters — you’re also invited to attend weekly events at your library with entertainment for all ages.

McChord Library’s summer of fun events are at 4 p.m. each Tuesday June 28–Aug. 9, and Grandstaff and Book Patch Children’s libraries fun and activities are held at 4 every Thursday June 30–Aug. 11.

We’ll kick off our summer reading program with:

- A special family movie night.
- Sound Down Seattle.
- Old McDebbie’s Farm.
- Reptile Isle.
- And much more!

The grand finale party includes music, costumed guests, games, prizes and more! See you soon to start your summer reading fun!

Why summer reading is important

The benefits of summer reading are clear. National research finds that students who participate in library summer reading programs scored higher on reading achievement tests at the beginning of the next school year than those who did not participate. Even adults who join the summer reading program benefit by reading to their prereaders, showing tots how fun reading can be, plus reading books for their own pleasure.

What's new this month

Super Smash Bros. Tournament

Enter JBLM libraries' free Ultimate Super Smash Bros. Tournament at Grandstaff Library Saturday, June 4, 10 a.m.–3 p.m.!

Register on-site and compete for first place to win a \$70 Game Stop gift card for each age category: 8–12, 13–18 and all-ages.

The single-elimination bracket determines the winner for each age group.

All competitors receive free snacks and drinks.

Join us for summer movie series

Enjoy JBLM libraries' outdoor family movie night that kicks off this month!

McChord Library is showing "Spiderman: No Way Home" Wednesday, June 8 at 4:30 p.m. and Grandstaff and Book Patch Children's libraries are showing "Ice Age: Adventures of Buck Wild" Friday, June 10 at 4:30 p.m. Pop-

corn and snacks are available for purchase. Bring your lawn chairs and blankets!

Stay tuned for additional movie releases!

Read under the Northern lights

Families are invited to come to Book Patch Children's Library Friday, June 24 at 3 p.m. to a Courage Time event, "Read Under the Northern Lights." You'll see colorful lighting that mimics the Northern Lights, and each child will receive a keepsake mini flashlight and Linus Project blanket to use and keep.

Choose a comfy spot to sit together and read from the preselected assortment of books. Enjoy free popcorn while you read!

Attend Travel & Culture Talk

Grandstaff and McChord libraries are offering a Travel & Culture Talk Saturday, June 25. Ages 16 and older are welcome to attend the free presentation on Iceland with a Q&A session and snacks afterward!

The presentations take place 10:30 a.m. at



Grandstaff Library and 1:30 p.m. at McCord Library.

Fun activities

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 and third Wednesday of the month at McCord Library and the first Thursday of each month at Book Patch Children's Library. (This program will pause during July and August).

Families can choose free-build Lego sets (McCord) or a kit (Book Patch) for creative family bonding time. McCord Library even puts your projects on display!

Look at our collection of Lego books that show you new ways to build.

See you June 1 and 15 at McCord Library and June 2 at Book Patch Children's Library!



Join 'Little Sprouts' learning time

Parents with children up to 24 months can attend Book Patch Children's Library's "Little Sprouts Music and Stories" each Thursday at 10 a.m. (parent participation required).

This special time enhances your young ones' development through engaging storytimes with songs, rhymes and dance and movement with activities such as puppets, color parachute, peek-a-boo scarves and simple instruments.

Drop by for this free learning and play time — no registration needed!

Attend Courage Time

Starting Friday, June 24, McCord and Grandstaff libraries offer "Courage Time," a family fun program the last Friday of each month beginning at 3 p.m.

McCord Library activities include movies, game night, storytime, STEM activities, crafts and more. Grandstaff Library offers the opportunity to enjoy a variety of Lego sets!

Join teen clubs

Enjoy teen club

All JBLM teens ages 13–18 are welcome at "After-Hours" Teen Club at JBLM libraries the first Friday of the month at 5 p.m.

Come build friendships, leadership skills and teamwork with participation in crafts, activities and more.

This month, come out June 3 to join the fun at McCord Library for a summer party!

Make movies at teen film club

McCord Library offers a Teen Film Club for ages 11–18 Mondays at 4 p.m. Learn the art of filmmaking and creating original short films step by step.

There's no need to register; just drop in! The June 13 meeting is the last for the summer months.

Continued on page 39.



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Adult book club

Take part in book discussions

Come join other adults at book clubs that meet at McChord Library the second Tuesday of each month at 4:30 p.m. (June 14) and second Friday of the month at Grandstaff Library at 5 p.m. (June 10).

Pick up the current June book selection, “The Immortal Life Of Henrietta Lacks” by Rebecca Skloot, and plan to join us!

Current and upcoming 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

Join us for in-person storytime

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

Storytimes are held at 11 a.m. Wednesdays at McChord Library and 3:30 p.m. at Book Patch Children's Library.

Afterward, each child is invited to make a craft to take home and enjoy!

Read ‘Books with Bogan’

Kids can spend time reading their favorite book to a reading assistance dog at Book Patch Children's Library's “Books with Bogan.” Bogan visits 3:30–4:30 p.m. the second and fourth Thursdays of the month (June 9 and 23). Note that this program will take a short pause in July and August and return in September.

By providing quiet comfort, the trained dog transforms into a supportive reading buddy and trusted friend in a safe, welcoming space.

Call 253-967-5533 to reserve your spot. Bogan's waiting to hear from you!

Get library help

Book a Tech Expert

Are you puzzled by new devices, downloads and software? Get one-on-one help with your technology questions at JBLM libraries with Book a Tech Expert. We're here to:

- Assist you with digital resources, such as library's e-books or audiobooks.
- Help you get familiarized with your phone, laptop or tablet.
- Help you better learn your software.

To get started, book a free session with a tech expert at any JBLM library by email (from JBLM.armymwr.com), by phone or in person.





A place to belong

Congrats to JBLM's Youth of the Year, Sam Coleman!

Sam, a sophomore at Lakes High School, has been awarded the title of JBLM Youth of the Year!

Sam's been a member of Hillside Youth Center for four years, participating in Torch Club, Keystone Club, gardening club, the youth sponsorship program, SMART MOVES and more. He also has volunteered at MWR's Arts & Crafts Center.

We wish Sam good luck as he competes in the Pacific Region competition. Here's Sam's essay:

We're in a time where we as a nation had to overcome the struggles of COVID-19, where separations of friends and family has devastated America and the world still to this day.

I and other youths had to adjust to so many changes, but the one thing I knew was that my Hillside Youth Center-affiliated Boys & Girls Club would not change.

Hillside is the community and home that has always been a safe haven, a constant support for me and other youth where they taught and had me find [my own] resiliency.

It was in Washington at the Hillside Youth Center and at Pippin Youth Center that I have attended over the last seven years that have been a vital part of me growing up and being the leader I continue to work toward to this today.

During COVID 2020, I started to see places close down and began to lose hope of their doors opening once more. With closing doors and separation from friends and family, I was on a downward spi-

ral. Before COVID, I struggled daily with anxiety, depression and PTSD and COVID was putting me back in that same depressing mindset.

I knew I wasn't the only military youth or teen going through it, and hearing some of my friends saying they were depressed and missing the center made me want to bring back the closeness of a community once more.

Many youths at my center that I kept in touch with felt the same, and many were suffering from mental illnesses. Not only did I lose my second home, but other teens who were just getting adjusted to the center and felt like they belonged lost a place where they could go and just be a club kid.

When I finally got news of my club reopening its doors, I felt that my second home has returned to stay. Upon entering its reopened doors, I participated in anything the club had to offer. As a middle schooler and Torch Club President back in 2019, it wasn't uncommon to find me in the Teen Room sneaking into the Keystone meetings. And now as the president Keystone, I no longer needed to sneak into a meeting (in fact now I sneak into Torch Club because they usually have cookies), I was promoting and encouraging other youth to volunteer in the community.

By doing 'Holiday Cookies' for Service members and clothes and canned food drives, we were able to give back to the community even during times of COVID.

Helping with expressive arts along with our guests, I was able to see and hear the importance of how much my center has not only affected



Sam C.
2022 Finalist
Boys & Girls Clubs at
Joint Base Lewis-McChord
Hillside Youth Center/Teen Zone

***"In a time of bullying and exclusion of others,
 its up to the youth of today to stand up
 against the turmoils of the past and
 progress towards the acceptance of all for
 the future. No youth should feel unsafe,
 unsupported or feel that they have no voice."***

youth but how just having a place to be yourself and felt heard was needed where they felt like they belonged.

It was through art and art therapy that I began to learn who I was and who I wanted to be in the future. Through every form of art that I could get my hands on, I would escape into a world of creativity and just breathe.

My club helped me become resilient even in the face of COVID and any obstacles I had and will have to overcome. It was a place I was comfortable and helped me remained focused on the task at hand, despite my anxieties and fears.

I knew that I was never going to be the kid who threw the football and got a touchdown, I knew I was never going to run a marathon and win a race, but I knew that I was the kid who would persevere and remain resilient in the face of adversity and challenges.

It was at my club that I knew I had a place to go and not worry about the troubles of the world. It was a place where I belonged and welcomed with open arms. My youth center helped me understand that everyone needs a safe place to just be

themselves, a place where a troubled teen can learn to become stronger, braver and more prepared for their future, where they don't turn to drugs, self-harm or underage drinking. It's at a club like mine that they should find their passion and excitement and know that they are included and heard, that their voice and opinions matter.

In a world of uncertainty, a teen should never have to feel uncertain that they have a place to belong, where they can feel safe. I know at my club we strive to make everyone feel that they have a voice and provide a safe place for them to flourish and explore their interests.

I want to encourage those with anxieties, fears and painful pasts to know that there is a community they can and will get better in. That someone out there knows they are important and they have value. No matter what obstacles or hardships that are thrown our way, from COVID-19 to the Ukraine crisis, I know as club kids we will persevere, remain resilient and together we will stand strong.

I am Samuel Coleman and I would be honored to be your Washington State Military Youth of the Year.



Enroll in fun weekday camps

If your family is already CYS-registered, enroll your kids in school-age center camps online through *MilitaryChildCare.com*. Choose from Cascade School Age Center, Lewis North SAC or McChord SAC for grades K–5.

If you're not registered with CYS, call Parent Central Services at 253-966-2977 to make an appointment today. Meanwhile, you can sign up on a waiting list at *MilitaryChildCare.com*.

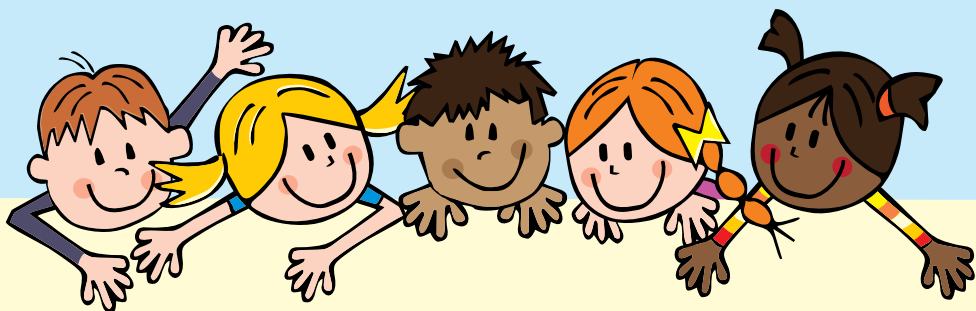
Cascade SAC themes

Cascade SAC camps are fun for every interest and include:

- **Sports n' Games** June 20–24 with a variety of indoor and outdoor games.
- **Around the World in Five Days** June 27–July 1 with an exploration of cultures, music and traditions.
- **Freedom Week** July 5–8 featuring explosive

experiments, patriotic art and scrumptious treats.

- **Exploring Your Senses** July 11–15 with slimy, fragrant, tasty and soothing activities.
- **Cultural Cuisine** July 18–22 exploring foods from around the world.
- **Adventureland** July 25–29 with a lineup of challenges like you've seen on *Fear Factor* and *Mission Impossible*.
- **Full STEAM Ahead** Aug. 1–5 with science, technology, engineering, art and math projects.
- **Wilderness Week** Aug. 8–12 with a focus on the great outdoors.
- **Water Adventures** Aug. 15–19 with wild and wet fun all week.
- **Wild Creature Discovery** Aug. 22–26 to explore everything that walks, climbs, hops or slithers.



Lewis North camps

Lewis North SAC offers a variety of activities:

- **Getting to Know You** June 20–24 with a warm welcome through games and team building.
- **Hiking We Will Go** June 27–July 1 with an emphasis on survival skills.
- **Getting back to Nature** July 5–8 with fun crafts, exploration and treasure hunts.
- **Call of the Wild** July 11–15 with lessons and crafts in exploring nature.
- **Rumble in the Jungle** July 18–22 with an exploration of jungle inhabitants.
- **One Fish, Two Fish, Three Fish, How Many More Fish** July 25–29 with an under-sea creature feature.
- **Happy Trails to You** Aug. 1–5 where you investigate outdoor critters and see how butterflies evolve.
- **Into the Wildlife** Aug. 8–12 with an emphasis on preserving habitats.
- **Dig In** Aug. 15–19 discovering how fossils are made and exploring archeology.
- **Summer Reflections** Aug. 22–26 with an end-of-summer barbecue and reflection of good times.

McChord SAC weeks

McChord SAC theme weeks offer a wide selection for every interest:

- **Amped for Camp** June 20–24 featuring a block party and barbecue.
- **Sweat It Out** June 27–July 1 featuring active outdoor games and field days.
- **Medieval Times** July 5–8 with a travel back in time to make-believe kingdoms, dragons, royalty and magic.
- **Welcome to the Twilight Zone** July 11–15 featuring time travel to past decades.
- **Disney Week** July 18–22 reliving great Disney film moments.
- **Unplugged** July 25–29 with getting back to old-fashioned games and art and science projects.
- **Surf's Up** Aug. 1–5 with soaking-wet water fun all week.
- **Design It!** Aug. 8–12 for all designers of art, fashion, architecture and photography.
- **DC vs. Marvel** Aug. 15–19 featuring a comic-con and dodgeball tournament.
- **Bummer, End of Summer** Aug. 22–26 that celebrates campers with games and fun in a carnival setting.



Transitioning back to school

Each SAC will also have a final Back-to-School week Aug. 29–Sept. 2 where the center will assist in making the first day of school more enjoyable for everyone.

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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 activity pages

Summer Word Search

V E P D T S U N F C U H C H
T C A L O H A N T Y H A P X
C A M P D C G M R Q D M G H
R B Y K F U N B I L O N P D
B W A T E R M E L O N Q O H
J O I C K M H A R B E F O O
H A U T M J D C Y D I O L T
Y I O N I J O H A S H K Q Y
W S U N H A T N F E K L E K
S W I M W D O W F W P V B U
Q V I R K M V A C A T I O N
S U M M E R U Q P I C N I C
U P J L S L G F T X F K C M
G G T W W F I S H I N G B C

ALOHA
BIKE
CAMP
PICNIC

HOT
SUNHAT
VACATION
POOL

SUMMER
SWIM
FISHING
SUN

FUN
LEMONADE
WATERMELON
BEACH



Hidden Animals in the Park

There are 10 hidden animals in the park. Can you find them all, plus a bonus: An *extra* hidden tiger?



FIND THE TIGER
IN THE PICTURE

MWR Staff Pick



Each month, hear
what staff members
across MWR like best
about our services!

Lisiel

MWR has a diversity of programs and activities for you and your family to enjoy, such as adventure programs, shooting ranges, swimming/karate lessons and more!

While there are so many to choose from, my pick is the special events held throughout the year as it brings new experiences for my kids.

JBLM is where they were able to experience their first egg hunt, first ice skating, first Kids' Fest, and I'm looking forward for them to experience more as I capture memories to look back to as they get older and continue to enjoy everything that MWR offers.

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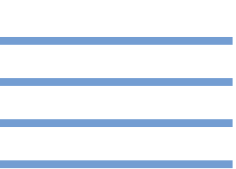
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