

FOCUS

AUGUST 2022



**Find fantastic fun
at Beach Bash**

Details on page 19

**Enter Cascade
Traverse Challenge**

Pages 12-13

Let us help you with car care

Pages 28-29

**Tips for preparing for
new school year**

Pages 38-39

Join Hillside Youth Center

Pages 40-41



**FREE TEETH
WHITENING
FOR LIFE!***

BELL
Family Dental

*FOR ALL NEW PATIENTS AGES 16 & OLDER WITH COMPREHENSIVE
EXAM, NECESSARY X-RAY AND CLEANING

*Providing dental care for military members,
their families and retirees of all ages!*

Enjoy the lazy
days of summer,
but not on your
mouth care!



A full-service dental office conveniently located in Lakewood.
253-584-2250
BELLFAMILYDENTALWA.COM

JBLM.armymwr.com 1

FOCUS



IN THIS ISSUE

TABLE OF CONTENTS



8

JOIN US FOR OUT-
DOOR ADVENTURES



14

GET IN ON SUMMER
RACES & SPORTS



18

ENJOY OUR SPECIAL
EVENTS

FEATURES

12 Enter the Cascade Traverse Challenge

Are you up for a triathlon-type challenge using less-conventional means to explore lesser-known areas of JBLM? Then you're going to enjoy Outdoor Recreation program's Cascade Traverse Challenge Sept. 1–30!

28 We can help you take care of your car

From your basic oil change to a complete overhaul, and with a total of 20 bays available, MWR auto centers are here to help. See all that we have to offer you!

38 Preparing for the new school year

Help reduce your youth's stress (and your own) by planning ahead for the upcoming school year. JBLM School Support Services offers you some insight into how to prepare your students for a smoother start.

40 Come join us at Hillside Youth Center

If you're looking for a youth center, see what Hillside Youth Center is all about. You can be assured that your preteen and teen will get heard, understood and challenged!



22

BOWL WITH FAMILY
& FRIENDS



36

TAKE PART IN
LIBRARY ACTIVITIES



42

ENROLL YOUTH IN
LEAGUES & CAMPS



JOIN
the MWR
TEAM!

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



What does MWR do for you?

Meet MWR employees who serve with you in mind

By Josh Soldan, MWR deputy director

MWR has been a highly impactful part of my life. I've been a part of the military all of my adult life — either in uniform or as a civilian. Working for the military is not the easy choice.

An organization such as MWR strives to improve the lives of those who make the choice to serve in the military. I'd like to hear from our patrons on what MWR does for you. Customer feedback feeds the actions we take within MWR and, without our customers telling us what they'd like to see, do and participate in, we're throwing darts in the dark.

Luckily, JBLM MWR offers a wide variety of outstanding options for our community, from being a joint base and experiencing how we can better work with each other to American Lake and the opportunities it affords us.

The local topography JBLM and the Pacific Northwest provide ample opportunity to enjoy life. We're currently looking for ways to better capitalize on some of these existing opportunities and are always looking for good partners, so if you're interested in teaming up, we'd love to hear from you! See JBLM.armymwr.com/partner-with-us for details.

Currently, we have considerable restraints

on what we'd like to be able to do because of our staffing. MWR as a whole is at 65% staffing, and we're looking to fill 300 or more positions within our workforce.

What this means to me is that we have to be even more targeted in what we offer our community because we can't afford to waste our efforts.

This again is where we need our JBLM community to tell us and answer the question(s): *What would you like to see from us? How can we support you?* I'd love to hear from you.

One of the most important things to me is being able to “wow” our community with the product that we offer. I'm a big believer that coming out of COVID we have an opportunity to re-attract JBLM authorized users in MWR facilities, because it will almost be like a new, first impression. We haven't been able to execute much programming over the past couple of years the way we normally would, so I'm hopeful you'll stay tuned for good things ahead of us.

If you have suggestions or ideas on how we can support our community in new ways, please email JBLMMWRFeedback@army.mil.

Thanks for your support of JBLM MWR!





Outdoor Recreation staff

Join active outdoor adventures with us

Outdoor Recreation offers trips, treks & challenges

For fun outdoor adventures, you can't beat JBLM's Outdoor Recreation program! Join us for a variety of upcoming activities. Find registration information at *JBLM.army mwr.com*. Here's what we're planning for you.

Learn stand-up paddleboarding

Never tried stand-up paddleboarding before or don't have one? Join one or more of our classes that introduce you to the sport!

We'll meet Thursdays, Aug. 4, 11, 18 and 25, 6–8 p.m. at Northwest Adventure Center.

Classes are open to ages 12 and older (with parent or guardian supervision for minors). We'll spend time learning about the equipment, beginning strokes, turning, balance and how to get back on from the water. Once you're ready, we'll all explore American Lake.

The cost per class is \$25. We'll provide the paddleboard, personal safety vest, dry bag for your belongings and instruction.

You'll bring water and snacks and wear weather-appropriate clothing.

Backpack mountain forest

Join us for a beautiful weekend in the North Cascade mountains with sweeping views of Mount Baker and surrounding peaks.

We'll hike four miles to an overlook and camp overnight for evening chats and star gazing Aug. 6–7.

The trip is open to ages 14 and older (with parent or guardian supervision for minors). The \$85 cost includes transportation, tents, backpacks and stoves. Ask if you need personal gear (boots, sleeping bags and pad, hiking poles or rain gear).

You'll be emailed a complete packing list after you register.

Mount Baker summit attempt

Advanced climbers ages 18 and older can join our Mount Baker summit attempt Aug. 12–14 with our experienced guide. The cost is \$579, which includes mountain guide, permits and some equipment. The packing list will be provided by your trip leader once you register and pay.

Attend free Youth Shoot

Register your youth ages 8–16 for the free 13th Annual Youth Shoot at the Shotgun Shooting Complex Saturday, Aug. 13, 10 a.m.–2 p.m. with a free lunch included. First-time shooters and experienced shooters are welcome to attend!

All equipment is provided — gun, ammunition, hearing protection and safety glasses. The event includes an introductory briefing, equipment-handling demonstration, shooting stations and safety oversight and supervision.

Continued on page 11.



Outdoor Recreation staff

Parents must stay on site with youth for the entire event.

Registration is first-come, first-served by phone and is open through Friday, Aug. 12. To register, call 253-967-7056.

Kayak Hope Island

Hope Island State Park in the South Sound is only accessible by boat. This island jewel is covered with old-growth forests and saltwater marshes.

We'll kayak to the island Saturday, Aug. 20 and spend the day exploring. The round-trip kayak is approximately four miles.

The trip is open to ages 14 and older (with parent or guardian supervision for minors). The \$65 cost includes transportation, guide, kayak, dry bags, safety gear and neoprene footwear (if needed).

You'll pack water, food, appropriate clothing, sun-shielding hat and sunglasses.

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 Aug. 20.

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.

Catch some crabs

Go crabbing at Westport Saturday, Aug. 27 — a perfect place to find Dungeness and red rock crab. Also stroll along the boardwalk, try

fresh seafood and see ships coming and going at the port.

The \$60 cost include transportation, bait, crab ring and ice. You'll need a license (combination or shellfish/seaweed) and crab container.

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 a half-day beginner's class Sunday, Aug. 28.

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

Bring your digital single-lens reflex camera, any extra lenses, memory card, extra batteries and appropriate outdoor clothing.

Hike the famous Ape Cave

Head to Mount St. Helens with us to explore the Ape Cave Sunday, Sept. 4. Travel deep into the underside of a 2,000-year-old lava flow to scramble under and climb over volcanic formations in this over two-mile-long tube. In this subterranean environment, the average year-round temperature is 42 degrees.

Youth ages 18 and younger with parent or guardian supervision are welcome to sign up. You must be comfortable in tight spaces and be able to easily climb over or under obstacles.

The \$65 cost includes transportation, park fee, trip leader and headlamps. Pack a lunch and snacks, water and flashlight (two sources of light are required; cellphones excluded).

Wear warm clothing and sturdy shoes.



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.





Enter the Cascade Traverse Challenge

Are you up for a triathlon-type challenge using less-conventional means to explore lesser-known areas of JBLM? Then you're going to enjoy Outdoor Recreation program's Cascade Traverse Challenge Sept. 1–30!

Register Aug. 15–31 at Northwest Adventure Center (registration is accepted in-person only); the cost is \$30 per person. Once you've registered, you'll receive an event T-shirt, instructions and a map of locations to complete the event. Any ODR rentals you need for the event will be free of charge.

Here's what to expect:

- You'll earn Fields of Friendly Strife points for your unit if you're an active duty Service member or a family member. Points will be awarded for participation and mileage.
- You'll be completing the first part of the challenge with a kayak, canoe or stand-up paddleboard around the American Lake shoreline at JBLM, a total of 1.5 miles (to use ODR gear, please take the required free paddle sports safety course at boaterexam.com/paddling).
- Next, you'll be mountain biking three laps around Engineers Bluff at Lewis Main for a total of just under 5 miles.
- Finally, you'll go trail running at Porter Hills on a 1.75-mile route at McChord Field.
- At any of these locations, you'll get additional points for finding and photographing our geocaches with the course completion (two extra points per geocache found; timestamps need to be on photos).
- Earn bonus points by completing the challenge Sept. 1–7 (10 points), Sept. 8–14 (seven points), Sept. 15–21 (three points) or Sept. 22–30 (one point).
- Complete the events and track or record your time and distance using an activity-monitoring device. Once you complete an activity, email your proof of completion to usarmy.jblm.imcom.list.dfmwr-odr@army.mil. You'll need to submit all events completed by Friday, Sept. 30 in order to receive a completion medal.

Make it extra-fun by gathering your group and doing each challenge together! For any updated information, visit JBLM.armymwr.com and search for Cascade Traverse Challenge.



Get in on summer race & sports

Sign up for August race

Join us for triathlon

Enter JBLM's Saturday, Aug. 27 Fields of Friendly Strife Triathlon at Shoreline Park starting at 7:30 a.m.

The triathlon consists of a 500-meter swim, 12-mile bike ride and 5K run.

The cost for Service members ranks E1–E4 is \$50; for all other DOD ID card holders the cost is \$60. If you register as a team, the team cost is \$90 for E1–E4 and \$120 for all other DOD ID card holders (teams are up to three members).

See registration details at JBLM.armymwr.com under the event.

Join team sports

Enter CC flag football

Service members can enter the Fields of Friendly Strife Commanders Cup Flag Football and earn points for your unit.

Attend the informational meeting Tuesday,

Aug. 2 at Lewis North Athletic Center at noon or McChord Fitness Center at 1:30 p.m.

The season runs Aug. 16–Sept. 22 and ends with the championship week Sept. 26–30 at the Lewis North Athletic Complex.

Sign-ups are free and are open to active duty Service members assigned to JBLM.

Register by calling 253-967-6420 or by emailing usarmy.jblm.imcom.list.dfmwr-sports@army.mil.

Join open basketball tourney

All JBLM DOD ID card holders ages 18 and older are invited to join the free 3-on-3 Outdoor Basketball Tournament Aug. 20–21 at Lewis North Athletic Complex.

Come to the informational meeting Wednesday, Aug. 3 at Lewis North Athletic Complex at 6 p.m.

Sign-ups are being taken through the Intramural Sports office by walk-in, calling 253-967-6420 or emailing usarmy.jblm.imcom.list.dfmwr-sports@army.mil.

Continued on page 17.



JBLM Public Affairs



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

NOW 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
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    

Compete in volleyball

Active duty Service members are invited to join Fields of Friendly Strife Commander's Cup Volleyball. The season is Sept. 12–Oct. 20 with the championship Oct. 24–28.

Attend an informational meeting Tuesday, Aug. 30 at noon at Soldiers Field House or at 1:30 p.m. at McChord Fitness Center.

The cost is free; call 253-967-6420 or email usarmy.jblm.imcom.list.dfmwr-sports@army.mil to register.

Lifeguard training

Become a JBLM lifeguard

Want to become a lifeguard at JBLM? Take advantage of our free training course and hiring opportunities! Courses are Aug. 5–7 and Sept. 9–11. 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 training content. You'll also receive a pocket mask and certification upon completion. You must complete the 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 \$500 retention bonus after working 50 hours and an additional bonus of \$500 after 100 hours at JBLM.





Lional Kam

Enjoy our special events



Celebrate summer at Beach Bash

We're throwing an end-of-summer party Saturday, Aug. 13 and you're invited! Park your car at American Lake Conference Center, and we'll take you out to Summer Cove (by Russell Landing Marina) for a day's worth of games, food, giveaways and water fun 11 a.m.–6 p.m.

Here are some of our planned activities:

- **Family activities** — outdoor games, sandcastle-building competition, rock wall climbing, water slide, slip-and-slide, bounce houses and much more.
- **A FireFest™ barbecue competition** for Fields of Friendly Strife points — enter the barbecue competition before the event for a chance to win a grand prize and bragging rights for your unit. Each team can have up to six people, with at least one team member representing their military unit. Sign up on WebTrac; visit JBLM.armymwr.com for details and event registration.
- **A Gary Sinise Foundation and FireFest™ “Salute”** to JBLM Service members and families with 2,000 **free pulled pork sandwiches**; limit one dish per person, first-come, first-served while supplies last.
- **Live stage entertainment** — Last Men Standing (country music), plus Disney Cruise's tribute bands for The Beach Boys and The Beatles.
- **Free pontoon boat rides and free kayak rentals on site** (you must complete a paddle sports safety brief beforehand at boaterexam.com/paddling).

- **Free school supplies** (while they last), sponsor booths and food/refreshments available for purchase.

Please note that you won't be able to park at Russell Landing Marina or Summer Cove the day of the event. We'll transport incoming participants from the American Lake Conference Center parking lot to the event and back throughout the day.

Drive & park at free outdoor movies

Come on out to “Wheels & Reels,” our free monthly outdoor movies lasting into the fall. Join us Friday, Aug. 19 at Summer Cove to watch “Clifford the Big Red Dog” (PG) at 6:30 p.m.

Remember to bring lawn chairs, picnic blankets and snacks. Patrons will have access to nearby portalets.

Summer Cove is by Russell Landing Marina at the end of American Lake Avenue, Lewis North.

Enjoy Polynesian luau

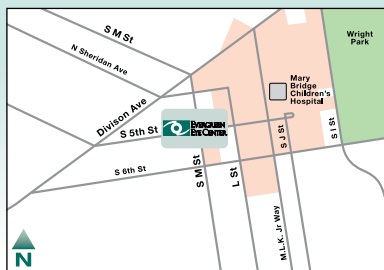
Enjoy a fun time and good food at our Polynesian Luau with live Polynesian entertainment and a sumptuous luau buffet Wednesday, Aug. 24, 6–9 p.m. at Whispering Firs Golf Course. Cocktails will be available for purchase at the bar.

The cost is \$25 for ages 13 and older, \$17 for ages 5–12 and free for ages 4 and younger. McChord Club members receive \$2 off. Advance reservations are required by calling 253-967-3085; deadline is Friday, Aug. 19.

Events are subject to change. Visit JBLM.armymwr.com for updates.

See your WORLD more CLEARLY

The ability to see is precious. It's integral to every aspect of life. For over 30 years, we have continued to deliver the most advanced treatments and patient-centered care. Our results have proven how truly exceptional our ophthalmologists are whose purpose is to preserve and improve eyesight. At Evergreen Eye Center, you are our focus.



502 South M. St. Tacoma, WA 98405

Services:

Cataract Surgery Retina Care
All Laser LASIK Corneal Crosslinking
Glaucoma Care and more
Dry Eye Treatment



EVERGREEN
EYE CENTER

(206) 681-9006 • EvergreenEye.com
Seattle • Burien • Federal Way • Auburn • Tacoma

BOSS

**BETTER OPPORTUNITIES FOR
SINGLE SERVICE MEMBERS**

Join Single Service member Day party

All JBLM single Service members are invited to JBLM's Single Service Member Day Friday, Aug. 26, 10 a.m.–4:30 p.m. at Warrior Zone, Lewis North. The day features these activities and competitions:

- Car show.
- Tug-of-war competitions.
- Skateboard competition.
- Sports competitions with dodgeball, volleyball and 3-on-3 basketball.
- E-sports tournaments.



Photos: Lionel Kam

- Carnival games.
- Rock wall.
- Mechanical bull rides.
- Bounce house fun.
- Nerf fights.
- Slip and slide.
- Resiliency painting workshop.
- Food and beverages available for purchase.

Call BOSS headquarters at 253-967-5636 for more information. Warrior Zone is located at 11592 17th St. at Lewis North.





Bowl with friends & family

JBLM Public Affairs

Sign up for junior & adult leagues

Involve the family in bowling for friendly competition! Adult and junior leagues are now forming at Bowl Arena Lanes and leagues will resume in September.

The first Saturday morning junior program meets at 10 a.m. Saturday, Sept. 10. Register on-site starting at 9. Bumper Bees play two games, and intermediate and advanced play three games each week; call for current registration information.

Adult leagues will meet Thursdays, Fridays and Sundays:

- The Thursday night league team meeting is Thursday, Aug. 18 at 6:30 at Bowl Arena Lanes. The first league night is Sept. 8.
- The Friday night league has its team meeting Friday, Aug. 19, 6:30 p.m. at Eagle's Pride Golf Course snack bar area. This league's first night is Sept. 9.



- The Sunday night doubles league meets up Sunday, Aug. 21, 4 p.m. at Bowl Arena Lanes; register for the league at the meet-up.
Call 253-967-4661 for more sign-up details.

Join daily 'Kids Bowl Free'

You still have time to participate in the "Kids Bowl Free" summer program daily through Wednesday, Aug. 31. Register your children ages 17 and younger for a free bowling pass (two free games of bowling a day) at Bowl Arena Lanes. Rental shoes are not included.

Registration is online at KidsBowlFree.com/army. Find and fill out the registration form for JBLM and submit. Your coupon notification will be sent directly to your email to print out and redeem.

The program is available to all authorized DOD ID card holders and sponsored guests.

Bowl Arena Lanes is at 2272 Liggett Ave., Lewis Main. Call 253-967-4661 for more information.

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 (Aug. 13).

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.

Check out pro shop sale

Get in on Bowl Arena Lanes' pro shop sale on select bowling balls, bags and shoes this summer so you can have new gear for bowling leagues this fall!

Get in on Pizza & Bowling Sundays

Bring your group to Bowl Arena Lanes Sundays in August 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.





W A T C H

Here's more leisure fun

P
L
A
Y
T
O
W
I
N

Drop by Warrior Zone

Play to win at Texas Hold 'Em

Come out to Warrior Zone for a one-day Texas Hold 'Em Tournament Saturday, Aug. 6 for DOD ID card holders ages 18 and older. Buy in for \$20; play begins at 3 p.m.

The top five winners receive Exchange gift cards: First place wins \$200, second wins \$150, third wins \$100, fourth wins \$50 and fifth wins \$25. Door prizes will be given away during the event.

Questions? Call 253-477-5756.

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.
- Compete for prizes in our pool tourneys Thursdays 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 278 showing Saturday, Aug. 20 on our big screens and out on our patio — order appetizers and drinks!



Visit McChord Pub

Watch UFC at the pub

McChord Pub is open to ages 18 and older with food and drink specials for UFC 278, Saturday, Aug. 20. The pub is inside McChord Club located at 700 Barnes Blvd.

Golf at JBLM courses

Compete in open golf scrambles

Enjoy Friday GC Golf Scrambles at JBLM golf courses! Enter as a four-person team or be placed on a team.

Upcoming Friday shotgun-start scrambles are:

- Aug. 12, 1 p.m. 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 (253-967-6522) 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 guests.

Courage Time events

Attend fun active duty & family time

Courage Time is a JBLM initiative designed to encourage more balance between work and play to strengthen Service members and their families' resilience. Soldiers' duty day is 9 a.m.–3 p.m. on the last Friday of the month. Here are upcoming Courage Time leisure events Friday, Aug. 26 starting at 3 p.m.:

- Free live entertainment with Cap'n Arrr the Pirate at Freedom Park.
- Kids Bowl Free program at Bowl Arena Lanes.
- Family time at splash parks.
- No Name Bar until 7 p.m. at 2400 Bitar Ave., Lewis Main.



U.S. ARMY INSTALLATION MANAGEMENT COMMAND



Arts & Crafts Contest

The 2022 U.S. Army Arts & Crafts Contest recognizes the artistic talent and creativity in two experience levels and nine categories.

Entry deadline: Aug. 15

Enter online at:

www.armymwr.com/artsandcrafts

arts
& crafts
CONTEST



www.ArmyMWR.com

Get creative
at the

Arts & Crafts Center

Here's an easy way to get custom-made gifts, awards and memorabilia — check out what the Arts & Crafts Center can do for you.

Need to get something engraved? Let our master engraver wow you with the results.

Looking to custom-frame family photos? We have endless options to fit any taste.

Want to show off your business or unit in style? Give us your business, unit or command logo or design and choose the garment, style and color and we'll do the rest.

When you work with the us, you get professional staff who are eager to work with you on any project you may have. Step up your game with the Arts & Crafts Center!

The **Arts & Crafts Center** is at 1121 Barnes Blvd. at McChord Field. Call 253-982-6719 for more information.

Take a look at our virtual catalog
at [JBLM.armymwr.com/
programs/arts-crafts](http://JBLM.armymwr.com/programs/arts-crafts).

We help you take care of your car



Lizzie Hoscheit

By Lizzie Hoscheit

From your basic oil change to a complete overhaul, and with a total of 20 bays available, MWR auto centers are here to help. At both Lewis Auto Center and McChord Auto Center, you'll find workers and volunteers who have decades of experience between them, as well as a clean and safe environment to get your work done.

The ultimate goal of the auto centers is to provide education and peace of mind for our Service members and their families. They'll provide you with the skills to be more independent and give you honest information and feedback about your vehicle.

Self-help is the goal

JBLM auto centers don't provide services like your traditional auto shop because the goal isn't to solve a problem for you but to teach you to solve the problem, allowing you to become more self-sufficient and empowered throughout the project.

At each bay, you have access to a full toolbox as well as nearly any tool you can imagine available for checkout at the desk.

At McChord, come in for a full vehicle inspection followed by suggestions of what to work on first, knowing that you and your vehicle are in good hands.



Advice is always free, and so is Wi-Fi to access YouTube tutorials and other tools to help throughout your project as needed.

You can find online access to Chilton auto repair manuals, which provide detailed information about your vehicle as well as a breakdown of complete service, repair and maintenance information in a user-friendly format. The Chilton manuals can be accessed through the MWR libraries online resources page at JBLMLibraries.com.

If you're less experienced, call McChord Auto Center to schedule a car-care class that covers maintenance such as oil change or brakes.

More than just an auto shop

McChord offers more than just maintenance and repair services; they also offer vehicle welding at an hourly rate and act as a disposal site.

Lewis, which is open one day a week on Saturdays, offers a quick lube service and three-hour projects, with a 20% discount for ranks E1–E4. For engine maintenance, Lewis is an ideal location for Army Service members.

Some disposal services offered at both locations are tire, battery and engine, which allow you to start and finish your project all in one place.

Free inspection & oil change

MWR auto centers are here to serve the people who make the commitment to serve every day. The team of employees and volunteers are honored to do so. Dealing with a deployment is stressful enough, which is why the auto centers are here to help.

A special service offered at McChord Auto Center is the maintenance inspection for deployed spouses.

When you bring in a copy of your spouse's orders to McChord Auto Center, you'll get a free vehicle inspection by appointment, so you know if there's any work that needs to be done on your vehicle or if there's any upcoming maintenance that will be needed.

Both auto centers offer a free oil change for deployed spouses. Bring in a copy of your spouses' orders by appointment for this service and your own supplies (oil and filter).

Whether you know what you're doing and need the space and equipment or are a beginner and looking to further your education in all things automotive, MWR auto centers have all that you can ask for.

Learn a new skill, become more self-sufficient, feel empowered and get your work done — giving yourself peace of mind in knowing that your vehicle is in good shape.

Visit JBLM.armymwr.com for location details.

MWR Question of the Month



JBLMmwr

We asked our Facebook followers:

What's your favorite MWR spot to visit during the summer months?

Here's what many of you said.



So: **Summer Cove** — love it. Take kids to play at playground, walk the beach, husband and son fishing. About to have a barbecue at the cove pavilion this weekend — can't wait.

Sue: **American Lake** for my oldest and the splash pads for the littles. Definitely the **pools** and the **fun summer reading activities** at the library!

Meghan: **The libraries!** The **Summer Reading Program activities** got us through a long summer last year of living in lodging and not having friends/neighbors when we first arrived. The librarians made us feel welcome and the weekly activities gave us something to look forward to.

Ashley: **American Lake!** There are trails for walking and picking blackberries, an amazing park next to the beach with easy entry for little swimmers and paddleboarding. Sometimes we've been lucky enough to see the Soldiers jump from the helicopters into the water! Plus, the splash pad adds an amazing element for cooling off without sand. It's our go-to every season!

Danielaa: **America Lake!** I'm from Texas and American Lake is my favorite place. It's huge — great for kids and adults! Not so much new here but hoping to learn more!

Amber: **American Lake!** The splash pad is amazing and such a fun treat for the kiddos!

Janette: Our favorite is the blue park and splash pad! **We've made the best friends there!**

Sara: **American Lake.** It's just the nicest little lake around here. Relaxing. Take a boat or kayak out. Always see a little wildlife. Thank you!

Erin: We've just arrived so we don't have a favorite spot just yet! We've just began exploring them with this beautiful weather. We look forward to so **many new adventures** here!

Alie: We love **Summer Cove** because when we get too hot from playing, we can go to the splash pad or the lake and cool off.

Jasmine: Our favorite spot is American Lake

and all the rentals! **Boats, tubes, kayaks** all in our backyard on a beautiful lake. Can't beat it and so thankful for it.

Jessica: **Bowl Arena Lanes** and **Warrior Zone** — both places have **great food**.

Mary: We love Summer Cove — the beach and playground. However, though not an actual spot, we really enjoy going to **Outdoor Rec** and being able to **rent all the fun essentials** (tables, grill, corn hole, bounce house and more) to have a great cookout with friends, whether it's in our backyards or on the lake.

Valerie: We love fishing and skipping rocks from the **trail** along American Lake! Definitely our favorite since it goes from **Shoreline Park to Russell Landing**, so we can enjoy it all.

Kay: We love **Bowl Arena Lanes!** **Great food** and great music.

Krystyl: Lewis North **Travel Camp** and **Northwest Adventure Center** are great summer spots. Love camping on American Lake and making summer memories with my family. Northwest Adventure Center has great amenities for all outdoor life. Love going in and just looking around.

Ashley: We absolutely love **Holiday Park famcamp**. It's a beautiful step away from everyday hustle and bustle. We can just go and have fun at the park or go to camp. Whichever one, it's truly the most relaxing place we have found at JBLM.

Christina: The **Summer Reading Program** at the library. My three kids love it, from my youngest to my two teenagers. They love all the great activities and they keep reading all summer about so many different topics.

Nikki: We love Bowl Arena Lanes! Especially with the **Kids Bowl Free program!**

Char: We love **Bowl Arena Lanes** and the splash pad!

Alexandra: Our favorite place is the **splash pad at Freedom Park**.

Olena: **Habañero Mexican Grill at McChord** — tacos and tequilas.

Continued on page 33.

Seibert Stake areas are environmentally sensitive and are “no-go” zones

Seibert stakes protect cultural and riparian areas.

If you see a black strip, you're in a “no-go” zone. Stay on the colored side of seibert stakes.



Be aware — not all environmentally sensitive areas are demarked with seibert stakes. Consult your Avenza map.



SUSTAINABLE JBLM

fb.com/SustainableJBLM

Alice: Always **Bowl Arena Lanes**, love enjoying that AC during the summer months!

Stacy: Going to the **pool at McChord Field**. Hopefully this year we'll get to have fun at American Lake, as well.

Jen: I do love a good **game of bowling in cool AC** in the summer!

Amy: **Skate park and splash pad** — kids love just hanging out watching choppers fly over!

Samantha: **Book Patch Children's Library** for the morning and then American Lake.

105th Surgical Augmentation Detachment: The 105th loves holding events at **Shoreline Park**!

Haleigh: We loved visiting **Shoreline Park** for the fishing derby day! Renting boats, too!

Krystal: American Lake! And also camping at **Northwest Adventure Center's Travel Camp**! We have a campsite already booked for after the 4th, can't wait!

Ree: American Lake and **the cabins** as well as the **RV camp** — every year we reserve spots and BBQ — just our fav!

Lisa: **Travel camp** off American Lake to pick blackberries and cool off in the water!

Ange: We like the dock on American Lake and will be staying at the **cabins** next month.

Christina: **ORV Park**! We'll be back out in the fall (new baby). Planning to rent one or two youth quads next time.

Hannah: **American Lake cabins**! Plus we do lots of bowling and days at the parks.

Jenelee: **McChord Outdoor Pool**.

Patty: **Northwest Adventure Center**! They have everything you need to have a safe and fun time this summer!

Helen: Our favorite spot is Bowl Arena Lanes! **My family loves to bowl**! My son even won his very first bowling ball from the Month of the Military Child drawing and he's been so happy and over the moon and tells everyone!

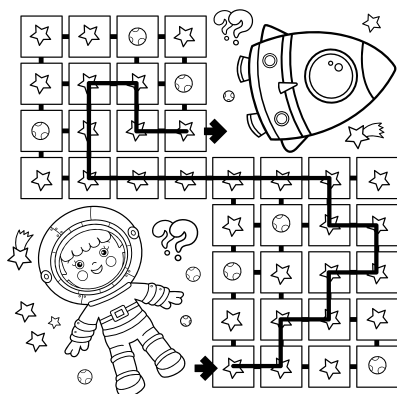
KiMi: **Russell Landing Marina and Summer Cove**! We rented a boat from the marina to voyage across American Lake every summer for the past eight years.

Oscar: Taking the family out on American Lake with your **boat rentals** — the 115hp Lund is a beast.

Nataly: We looove **Summer Cove**! Out of all the bases we've lived in, there has never been a cooler spot! Lake, splash pad and playground all in one!

Keira: American Lake and **renting a pontoon boat or kayak from MWR**!

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



MORE OPTIONS, MORE ACCESS TO CARE!

TRICARE Beneficiaries, welcome to Doctor On Demand

Available when you are and without the hassle of the waiting room. Connect in minutes with board-certified providers over live video from the safety of home or where ever you might be.

dr. on demand



LEARN MORE

doctorondemand.com/hnfs

TRICARE accepted without a copay

Medical visits with any Doctor On Demand physician are \$0 to make it easier for you to access high-quality, safe care during COVID-19.

TRICARE is waiving copays for Beneficiaries during the public health emergency as permitted by government policy. This policy may change at any time.

\$0

Urgent care and Therapy
visits



Scan Me

AUTOMATIC REFILLS

Skip the trip to the
pharmacy

EXPRESS SCRIPTS



Scan Me

**Enjoy worry-free home delivery.
Start automatic refills and receive your
medication before you run out.**



EXPRESS SCRIPTS

Call 1-877-363-1303

or visit <https://militaryrx.express-scripts.com/home-delivery>
for more details and to register!



Visit
Our
Website

MADIGAN.TRICARE.MIL





**NEW
PATIENTS
WELCOME
TO
MADIGAN**

**INFO ON DEERS ENROLLMENT,
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.



SCAN ME!



Visit
Our
Website

MADIGAN.TRICARE.MIL



Take part in library activities

Fun activities & events

Enjoy teen club activities

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 fun activities.

This month, come out Aug. 5 to join the fun at McChord Library for trivia night!

Watch summer movie series

Enjoy JBLM libraries’ outdoor family movie night this month! McChord Library is showing “Sonic the Hedgehog 2” Wednesday, Aug. 10 at 4:30 p.m. and Grandstaff and Book Patch Children’s libraries are showing “Chip & Dale Rescue Rangers” Friday, Aug. 12 at 4:30 p.m. Popcorn and snacks are available for purchase. Bring your lawn chairs; seating starts at 4. In case of rain, movies will move indoors.

Adult book club

Take part in book discussion

Come join other adults at a book club that meet second Friday of the month at Grandstaff Library at 5 p.m. (Aug. 12).

Pick up the current August book selection, “The Darkest Child” by Delores Phillips, 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

Join us for 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



Emiliano Hernandez

Wednesdays at 11 a.m. 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.

Read for fun & prizes

Experience the fun at Summer Reading Program

August is the final month of the Summer Reading Program for all ages, even adults! Earn prizes for reading and attend free weekly family programs at 4 p.m. (Tuesdays at McChord Library through Aug. 9 and Thurs-

days at Grandstaff Library through Aug. 11).

Enter to win huge grand prizes and gift baskets and be invited to the Grand Finale party Thursday, Aug. 18, 4–7 p.m. at the MWR Fest Tent with bounce houses, food, music, games, prizes and more.

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

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

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



JBLMlibrary



Preparing for the new school year

By Antoinette Walker, School Support Services

Summer break will be over soon and the start of a new school year will begin.

It will be a fresh start for some and a new school and new teachers for others. Students anticipate new classmates, a new classroom and the chance to see their friends again. Some students may be nervous about how hard the work will be and if they will make new friends.

As their parents, you're also excited for your youth's fresh start and might be nervous about whether the services and supports your child needs will be in place. You can help reduce your youth's stress (and your own) by planning ahead and establishing a positive relationship with the classroom teacher and the school.

JBLM School Support Services offers you some insight into how to prepare your students for the start of the school year.

Helping your child get ready for school

Here are some tips on preparing your youth for their new school or grade:

- Talk positively about school and remind

them what they liked last year.

- Ask questions to find out what your child is looking forward to and what might be worrying them. Provide reassurance.
- Walk or drive to school to visit the school grounds.
- Post a calendar where the daily and weekly assignments can be recorded. Mark special events on the calendar.
- Establish a daily routine. A week before school starts, make sure your youth goes to bed and gets up earlier.

Follow these tips for your **elementary**

school student:

- Move bedtime back a half-hour each week about four weeks before school starts until you reach the desired bedtime for your child.
- Talk to your child about expectations for the school year.
- Organize your child's school supplies and backpack a week before school starts.
- Help them pick out clothes for school.
- Keep talk about school positive and point out the good things about going to school.

For your **middle and high schoolers:**



- Go shopping together to get school supplies.
- Talk about after-school activities they would like to participate in and make necessary arrangements.
- Address any concerns your youth may have about going back to school.
- Focus on the parts of school that they enjoy. Remind them of different extra-curricular activities they can join.
- Ensure they have a designated space for homework.

When schools, parents and students work together, school can be an opportunity for tremendous development. Students who feel comfortable in their new environment are able to learn and grow effectively.

School registration

Registration for most school districts is being conducted online only. The following documents are needed:

- Proof of residency (housing lease/utility bill).
- Birth certificate (kindergarten only).
- Immunization records.
- Last report card from previous school (if applicable).
- vIEP/504 plan (if applicable).

For more information

If you're new to JBLM and need help, call School Support Services at 253-967-7195 or email usarmy.jblm.imcom-fmwrc.mbx.slo@army.mil. We're located at 2295 S. 12th St. (at Bitar Avenue), Lewis Main.



Come join us at Hillside Youth Center

If you're looking for a youth center, see what Hillside Youth Center is all about. You can be assured that your preteen and teen will get heard, understood and challenged!

Hillside Youth Center is an open-rec program available to youth in grades 6–12 for recreational, academic and social opportunities. Stop by and check out the variety of programs we offer this month and during the school year!

We teach our youth the importance of trustworthiness, respect, fairness, responsibility, citizenship, caring and leadership. We give our youth opportunities to know us, get involved and get out there to change their world!

During the school year, you'll see kids playing ball in the full-court gym, competing in the video game room, getting homework help, being taught how to cook up new dishes, meeting in various clubs, eating meals and so much more.

Here's what we have to offer your preteens and teens:

- Middle School/Teen programming. Summer hours are 1–7 p.m. weekdays (look for new school hours in September). We offer a technology lab, full-court gym, art room, snack bar, music and dance room, video game

room, Teen Zone and more.

- Super Saturdays during the school year with a variety of fun activities.
- Power Hour with homework help.
- Clubs where youth learn positive values and life skills and develop healthy minds and bodies. Clubs and classes include SMART Girls, Passport to Manhood, Healthy Habits, Torch Club, Keystone Club, Diplomas 2 Degrees, SMART Moves, Funky Fit, the Youth Sponsorship program, Junior Staff, babysitting training, 4-H projects, Youth of the Year and more.
- Our monthly Teen Town Hall the first Friday of the month. Youth gather to help plan programs and events for the center. They also can voice concerns and ideas in a safe and judgment-free environment.
- Rides on base for pickup and drop-off. Call us at 253-967-4441 for information on transportation from schools.

Hillside membership is free! If your youth is already registered in Child & Youth Services, all they need to do is fill out our application.

We're located at 6397 Garcia Blvd. at Lewis Main. If you have questions or want more information, call us at 253-967-4441.







Enroll youth in leagues & camps

Youth sports stresses safety & inclusion

Our comprehensive youth sports program hosts recreational leagues that are inclusive of all ages of youth who want to learn the fundamentals and have fun.

Youth must be registered with JBLM's Child & Youth Services to participate in youth sports.

Parents may wish to check local alternatives for players with advanced sports skills and greater ambition.

We need your energy for youth sports!

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. Questions? Call 253-967-2405.

Sign up for gymnastics & karate

Weekly gymnastics classes are available for ages 3–4, 4–5, 6 and older, plus intermediate and advanced students!

Also find karate classes for ages 4–18 in differing ages and skills.

Enrollment is ongoing for each of these classes; find available times in your specific age group when you sign up at JBLMcysRegistration.com.

Enroll in sports, camps and classes at JBLMcysRegistration.com. The Youth Sports office is located at 6398 Garcia Blvd., Lewis Main. Questions? Call 253-967-2405.

LEAGUE SPORTS	Enrollment	Ages	Cost	Practices	Season Ends
Flag Football & Cheerleading	Aug. 22–Sept. 22	5–15	\$65	Oct. 10	Dec. 3

CAMPS/ACTIVITIES	Enrollment	Ages/Cost	Dates
British Soccer Camp	challengersports.com	3–16	McChord: Aug. 8–12
Volleyball Camp	Through Aug. 5	9–18; \$35	Aug. 9–11
Backyard PE Games	Through Aug. 5	5–15; \$35	Aug. 9–11
Gymnastics	JBLMcysRegistration.com	3–18; \$40	ongoing
Karate	JBLMcysRegistration.com	4–18; \$40	ongoing

YOUR IN-NETWORK PROVIDER



Dental Health

ASSOCIATES

FREE CHILD CARE IN THE SMILE ZONE
Family, Cosmetic, and Sedation Dentistry
Schedule a complimentary consultation:
253-DENTIST

*In the business
of making you
smile
since 1972*



6001-100th St. SW in Lakewood | DHAonline.com



CHILD & YOUTH SERVICES

JBLM kids need you!

BECOME A FAMILY CHILD CARE PROVIDER!

Earn up to \$2,000 a month

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

Orientation: Tuesday, Aug. 16, 6–8 p.m.
Call 253-967-3039 for appointments.
2275 Liggett Ave., Lewis Main

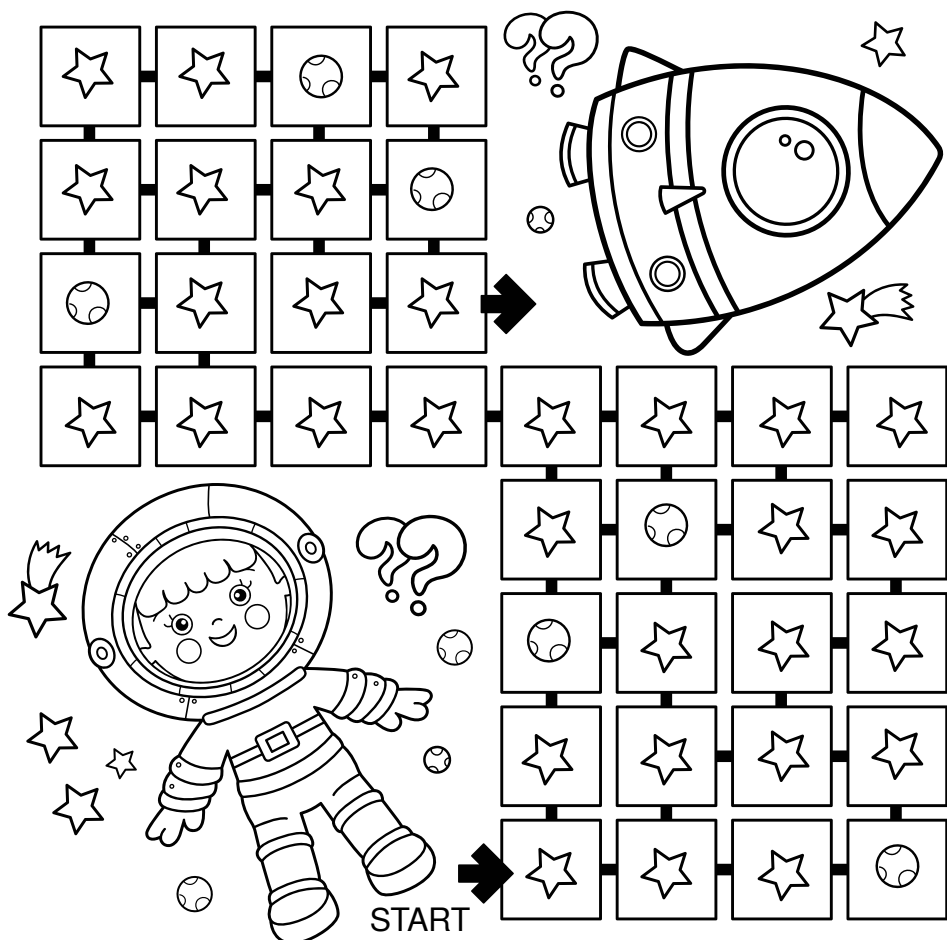
Due to the importance of the meeting, children are not allowed.

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

Youth fun activity pages

Help the Astronaut Board Her Ship

You only can move through the **stars** that have *connecting* lines.
After you're done, color in the picture!



Spot 10 Differences

Circle the differences you see between the two pictures.



MWR Staff Pick



Courtesy photo

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

Lilith

What I absolutely love about JBLM MWR are all the ways they allow you to shine by challenging and showing yourself off from rock climbing, runs, arts and competitions to dancing and open mic opportunities!

Currently, my favorite is

the bar (that is yet to be named) on Bitar Avenue. I usually like to drop in after work since it's right down the street, especially on Fridays to occasionally see a live band and even sing a few tunes on the microphone!

I regularly follow @JBLM mwr on Facebook and check [JBLM.armymwr.com](https://www.facebook.com/JBLM.armymwr.com) for updates on hours and events that are happening!



Choose your own personal doctor?

That's TRICARE® Prime with the US Family Health Plan.

- ✓ Choose a doctor from our extensive network of board-certified physicians.
- ✓ Your primary care doctor is your healthcare team leader and makes sure all your care works together for your better health.
- ✓ Plus get exclusive extras only with the US Family Health Plan.



CALL: 866-750-1658 | VISIT: USFHPbenefits.org



A Department of Defense TRICARE Prime® option



LEWIS MAIN AUTO CENTER

COME ON IN!



SATURDAYS ONLY

8 A.M.–3 P.M.

Available for same-day “DIY quick-lube” projects only.

- Fluid Checks and Changes
- Tire Rotations
- General Checkup Inspections

Minor projects only, not
anticipated to exceed
3 hours start to finish.

Vehicle must drive in and out same day.

NEW DISCOUNTED PRICING
RANKS E1–E4

**20% off all
rental/service
fees.**



**4043 West Way
Lewis Main
253-967-3728**

JBLMmwr

