

FOCUS

SEPTEMBER 2022



Enjoy music & fun at Oktoberfest

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Get in on new outdoor
recreation trips & tours
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Discover great times
around JBLM
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at JBLM libraries
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Director, Family & MWR Venicia Morse

Marketing director Kimberly Perrenot

Editor/Writer Patti Jeffrey

Design/Layout Toby Bartley, Emiliano Hernandez, Patti Jeffrey

Contributors JBLM MWR Facebook followers

Contributing photographers Emiliano Hernandez, JBLM Public Affairs, Patti Jeffrey, Lionel Kam

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NOTE: Events mentioned in this issue may be canceled or revised after publication date. For current updates, visit JBLM.armymwr.com.

FOCUS



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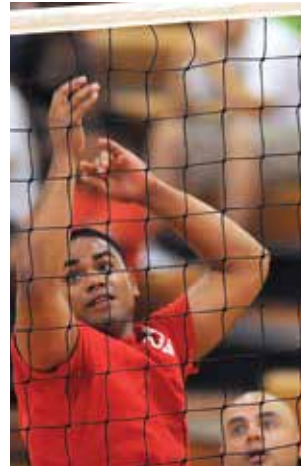
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Our professional guides at JBLM's Outdoor Recreation program can help you plan a trip to any destination you can imagine! We provide the transportation for you in our vehicles, so you can relax and enjoy the journey along the way. Trips depart from the Northwest Adventure Center and are open to active duty personnel, retirees, DOD civilians, your families and non-military guests.

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You've been good at keeping the kids busy all summer with outdoor play. Now that school takes a big chunk out of the day, take a look at another way to keep kids active outdoors during September weekends or evenings!



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ENROLL YOUTH IN
LEAGUES & CLASSES



JOIN
the MWR
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Anyone can apply!

Benefits:

- Shopping privileges at the Exchange.
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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

Mmeet Ty, who works at Wilson Sports & Fitness Center as facility operator. His path to where he is now was shaped by being a Service member, and the way he enjoys his job has been shaped by people like you.

When recalling his path to this place in his life, Ty talks about his transformation from being a self-described introvert to being a leader who's comfortable with a wide variety of people from different cultures.

Ty joined the army in 1996, trained in infantry four years, then was reclassified to 15 Tango (Black Hawk) aviation. He says, "I loved it. The experiences I had in infantry set the tone for my entire military experience. It was my foundation. I took a lot of that discipline to aviation, and from there I got more leadership roles."

Ty's aviation career took him to Germany and back, then he was deployed with his division in 2003. After he returned stateside, he became an instructor and states that it was one of the best experiences he had. He says, "I was an introvert, and I learned about how to be comfortable around people. As an instructor for not just the army, but other armed forces, wherever we traveled I learned about their cultures, their languages, their food and how they interacted with others, their elders and their community. I took all that with me. That was a new experience, that was awesome, it

was my life."

Ty retired from the military at JBLM with his family in 2018, took some time off and worked in a variety of customer service jobs. He says, "When this job became available to me, I was like, 'This is a perfect job for me — I like being around people.' The favorite part of my job is definitely the interaction with customers.

"When I see my customers who have put in the hard work of getting in shape and staying consistent, I tell them that they're doing a good job. I know what they're going through and, for some of them, it makes all the difference in the world.

"For example, when someone wants to do pullups and I see them struggling, I might ask them, 'Can I show you something? This is what I do — do you want to try it?' They say okay, so I show them and I explain to them the different mechanics of pullups. Then they do it — they show up, they do the hard work, they stay consistent and they can see the change and say, 'I get it!' and I say, 'All right, I see you, you're awesome,' and every time they come in, we say hi, and they're excited to work out.

"Some who are here don't know how to ask for help; when I see that and recognize it, I say, 'Hey, do you need me to explain something to you?' Most of the time they say yes."

Ty continues, "Sometimes in my job, I see

challenges. I see the need for empathy for others and being aware of what they're going through and trying to accomplish. Sometimes you're so challenged and get so focused on your job that you forget that people are people who are going through the same things you are. Sometimes all they want is for other people to say, 'Hey, I get it' or 'Hey, how are you doing?' and that makes a difference.

"I see customers who come in, walk by, make eye contact, but they don't say anything, so I walk up and say hi, and I might have to say hi 10 different times, but after that they say hi all the time, like, 'Hey bud, how you doing?' Now when I see them, they tell me more about what's going on in their lives, what they're going through. Even though it's only a moment, all those moments add up to know more of their story."

Ty also sees opportunities for people to connect with each other. "I used to work out at home, but now I come into work early and work out here. Sometimes customers come in and watch and ask about a technique and I tell them how I do something. I'm also able to help them interact with each other. For instance, I can make connections with Service members who also are bodybuilders and those wanting to get more instruction in bodybuilding. I can act as a mediator to bring them together to help each other."



Patti Jeffrey

Ty offers some advice that applies to any situation: "The one thing I've noticed about customer service is just caring, just reaching out and talking to people. One thing that's common across the military is that you always greet people — officers, other Service members, civilians. That's one of the things I enjoy — I say hi to everybody, but not everyone says hi back. Once they realize that, 'Oh, I remember you, I know you,' then they start opening up and interacting. That's why I love it here."



Come along on a new adventure

The Outdoor Recreation program offers new trips & treks

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.

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.

Explore Washington's crags

Join ODR on a tour of Washington's most popular rock-climbing destinations throughout September and October. You'll start close to home on the Saturday, Sept. 10 trip at Exit 38 overlooking the Snoqualmie Valley.

Get experience climbing on a wide variety of

rock types over this series of climbing trips.

Youth ages 14 and older with parent or guardian supervision are welcome to sign up.

The \$40 cost includes transportation and rock-climbing equipment. Wear clothing in layers and bring food and hiking boots. If you own rock-climbing gear, you can bring it along.

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 Saturday, Sept. 10.

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.

Discovery Park photowalk

Explore trails and views from wooded forest to waterways as you come on the photowalk at Discovery Park with ODR's expert instructor Sunday, Sept. 11.

Open to all levels of photographers and all

Continued on page 11.







types of cameras, the park offers plenty of opportunities to learn how to take great landscape photographs.

Youth under age 18 must have parent or guardian supervision. The \$45 cost includes transportation, instruction and practice outdoors.

Bring your camera or smartphone, rain protection for lenses (for any drizzles), walking shoes or boots for varying terrain, snacks, water and appropriate outdoor clothing.

Kayak paddle to 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 Sunday, Sept. 11 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 non-cotton clothing, sun-shielding hat and sunglasses (cotton is a bad insulator and will chill you if you get wet; quick-drying clothes are a must).

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 Sept. 17.

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.

Take an overnight bike trip

Come explore one of the most remote canyon waterfall systems on a bicycle on a 30-mile overnight trip Sept. 24–25.

You'll start with a scenic 13-mile ride through picturesque Eastern Washington farmlands, then travel two miles on gravel and canyon trails to the overnight camping area (where all the overnight gear will be waiting).

On the second day, you'll have a chance to hike around several trails before heading to the pickup location.

Ages 14 and older (with parent or guardian supervision for minors) are welcome to sign up. You must be an intermediate-level biker and be comfortable on uneven surfaces and sitting on a bike over several days.

The \$99 cost includes a mountain bike, helmet, flat tire and maintenance gear, plus drinking water and stoves to boil hot water.

You'll pack food, clothing, riding gear, tent and camping gear.



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.





Build a private trip with ODR

Our professional guides at JBLM's Outdoor Recreation program can help you plan a trip to any destination you can imagine! We provide the transportation for you in our vehicles, so you can relax and enjoy the journey along the way. Trips depart from the Northwest Adventure Center and are open to active duty personnel, retirees, DOD civilians, your families and non-military guests.

Planning an itinerary

Our guides can assist you with your itinerary options, including departure and arrival times, rest stops, stops at multiple locations and lunch and/or dinner options while traveling. We can help create a budget that includes transportation fees, group event/venue discount tickets, parking fees, ferry and bridge tolls and other travel costs. Some destinations offer special midweek discounts and can be less congested for your group, allowing for more personal tours.

Popular destinations include:

- Seattle: Seattle Aquarium, Space Needle, Pike Place Market, Pioneer Square, Ride the Ducks, Woodland Park Zoo and Argosy Cruises.
- Mountains: Mount St. Helens National Volcanic Monument, Mount Rainier National Park, White Pass, Crystal Mountain, Stevens Pass and Snoqualmie Pass.

- Leavenworth.
 - Olympic Peninsula.
 - Victoria, B.C.
 - Wine tasting or brewery tours.
- Outdoor activities include:
- Mountain biking, hiking and backpacking.
 - Sea kayaking and whitewater rafting.
 - Horseback riding.
 - Snowshoeing and cross-country skiing.
 - Snow camping.

Prices, payment and cancellation

Costs vary according to the number of participants, trip duration, mileage, tickets and other fees (the larger the group, the less each person pays). The typical cost is \$300–\$500. The cost includes a 15-passenger van, driver for the day and a prepared itinerary (you can provide us your own if you wish).

Full payment is required seven days prior to trip departure. The NAC accepts cash, checks and credit cards. If you cancel a trip outside 48 hours before trip departure, we'll refund the cost unless actual expenses have been made.

A \$10 processing fee is applied when you cancel a trip. MWR reserves the right to cancel a trip due to circumstances beyond our control.

For more information, email usarmy.jblm.imcom.list.dfmwr-odr@army.mil or call 253-967-7744.

Find your sport with





JBLM Public Affairs

Join team sports

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.

Registration deadline is Tuesday, Sept. 6. The cost is free; call 253-967-6420 or email usarmy.jblm.imcom.list.dfmwr-sports@army.mil to register.

Sign up for races

Enter active-duty 2-miler

JBLM active duty Service members can enter the Fields of Friendly Strife Commander's Cup 2-Miler that takes place Friday, Sept. 30 near the MWR Fest Fest, located at 2200 Liggett Ave. at Lewis Main.

The registration deadline is Wednesday, Sept. 28 on active.com (follow the link from JBLM.armymwr.com under the event).

The cost is free; trophies will be awarded to the top two teams and medals for the top three finishers in each age group (ages 19–younger, 20–29, 30–39, 40–49 and 50–older).

Get ready for Costume Dash 5K/1K

Here's your chance to run for fun in your Halloween getup! Enter the Costume Dash that takes place Saturday, Oct. 15 starting from McChord Pub. The 1K starts at 10 a.m.; the 5K starts at 10:15.

The 1K costs \$12 for DOD ID card holders and \$10 for ranks E1–E4. The 5K costs \$30 for DOD ID card holders and \$25 for ranks E1–E4.

Packet pickup is at McChord Pub Friday, Oct. 14, 11 a.m.–6 p.m. The pub is located at 700 Barnes Blvd., McChord Field.

Register on active.com or in person at Soldiers Field House (3236 2nd Division St. at Handrich Street, Lewis Main).

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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 JBLM gyms ::

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.

Register online, at Soldiers Field House front desk or by calling: 253-966-9867

usarmy.jblm.imcom.list.dfmwr-sports@army.mil



JBLMmwr    

Lifeguard training

Become a JBLM lifeguard

Want to become a lifeguard at JBLM? Take advantage of our free training course and hiring opportunities! The course is 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.

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.



JBLM Public Affairs

Discover fun times around JBLM

You're invited to more of MWR's events & leisure activities

Drive & park at free outdoor movies

Come on out to "Wheels & Reels," our free monthly outdoor movies lasting into the fall. Join us Friday, Sept. 2 at McChord Club to watch "Black Panther" (PG) at 6:30 p.m.

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

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

The last Wheels & Reels of the season will show a double feature at American Lake Conference Center Saturday, Oct. 29. See "Coco" (PG) at 6:30 p.m. and "The Lost Boys" (R) at 8:30.

Bowl & play at Sounders Lanes

Sounders Lanes at McChord Field is open Tuesdays, Sept. 6 and 13. Join us noon–6 p.m. for bowling fun!

Fundraising opportunities are available for booster clubs, SFRGs and professional organizations to sell concessions at Sounders Lanes. To reserve a concession table, visit JBLM.armymwr.com/partner-with-us or call 253-967-6551.

Sounders Lanes is at 737 Jackson Blvd.

Enjoy Oktoberfest

Immerse yourself in German-style family fun at JBLM's Oktoberfest Saturday, Sept. 24, 11 a.m.–8 p.m.!

Taste and experience authentic food, brew

and live entertainment in the MWR Fest Tent at Lewis Main.

Admission and entertainment are free; purchase food, beverages and brews inside the fest tent.

The good old-fashioned family fun lasts all day and includes a lineup of German-style bands, games, prizes, kids' crafts, dancing, wagon rides and more.

German brews are available for ages 21 and older with valid IDs.

The MWR Fest Tent is located next to Bowl Arena Lanes at 2200 Liggett Ave.

Visit JBLM.armymwr.com for more details, including the menu and entertainment lineup.

Also watch for announcements at fb.com/JBLMmwr.

Bowl with Veterans Classic pros

Get a couple of opportunities over Veterans Day weekend to bowl with the pros at the 2022 PBA Veterans Classic at Bowl Arena Lanes.

Open to patrons and guests with base access, the cost is \$50 and includes three games of bowling and shoe rental Nov. 11–12.

Spectators also will enjoy watching some of the top bowlers on tour at the pro bowling tournament and championship rounds Nov. 12–13.

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

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Lional Kam

Enter NFL Pick 'Ems for prizes

Come out to Warrior Zone to fill out your weekly football picks starting Thursday, Sept. 1 for the NFL Pick 'Ems contest lasting all NFL season.

At the end of the season, first place wins a \$250 Exchange gift card, second place wins a \$100 Exchange gift card and third place wins a \$50 Exchange gift card.

Participants also can enter a drawing once weekly to get a chance to win an NFL jersey of your choice at the end of the season.

NFL Pick 'Ems are open to DOD ID card holders ages 18 and older. Warrior Zone is on the corner of N. 17th and D streets at Lewis North. Questions? Call 253-477-5756.

Watch football season at Warrior Zone

While you're watching the NFL kickoff Thursday, Sept. 8 at Warrior Zone, purchase food and drink specials from the Warrior Zone Café!

Drop in for Sunday and Thursday NFL football and Saturday college football all season, whether you watch on the big screen, overhead TVs in the café or outdoors on the heated, covered patio.

Book private viewing parties

Did you know Warrior Zone features a private party room? Get more information and book your date for an exclusive viewing or draft parties by calling 253-477-5756 during Warrior Zone business hours.

Compete in Madden 23 Tournament

Come out to Warrior Zone Saturday, Sept. 10 to enter the Madden 23 Tournament and compete for one of the top three player prizes — a \$200, \$100 and \$50 Exchange gift card.

Enjoy UFC 279 & boxing event

Want something to do Saturdays? Drop in to Warrior Zone to view live UFC 279 fights featuring Khamzat Chimaev vs. Nate Diaz Saturday, Sept. 10 and Canelo Alvarez vs. GGG 3 Boxing Saturday, Sept. 17.

Events are open to DOD ID card holders ages 18 and older.

Watch UFC at McChord Pub

McChord Pub is open to ages 18 and older with food and drink specials for UFC 279 fights featuring Khamzat Chimaev vs. Nate Diaz Saturday, Sept. 10.

The pub is inside McChord Club located at 700 Barnes Blvd., McChord Field.

Enter kids in junior bowling league

Involve the family in bowling for friendly competition! The junior league is now forming at Bowl Arena Lanes.

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 253-967-4661 for current registration information.

Get in on Pizza & Bowling Sundays

Bring your group to Bowl Arena Lanes Sundays 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.

Continued on page 23.

FOOTBALL SEASON

AT WARRIOR ZONE



**STARTING
SEPTEMBER 8**

Sundays and Thursdays

**Check out the best spots for grabbing a burger
and brew while watching your favorite team!**

- **50+ BIG SCREEN TVS • COVERED OUTDOOR PATIO**
- **GAMING STATIONS • BILLIARD TABLES**



Open to DOD ID card
holders ages 18+

JBLMmwr    

11592 17th & D St. | Lewis North | 253.477.5756

Must be 21+
to drink.





Compete in open golf scrambles

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:

- 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.

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.

Join more fun times at Warrior Zone

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 tournaments 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.

Events are open to DOD ID card holders ages 18 and older. Warrior Zone is on the corner of N. 17th and D streets at Lewis North.

Note: MWR-related activities may be canceled or rescheduled after the publication date. To check on updates, visit JBLM.armymwr.com.



Sasquatch Saloon
JOINT BASE LEWIS-MCCHORD

LEWIS MAIN, 2400 BITAR AVE.
OPEN WED-FRI, 3-7 PM

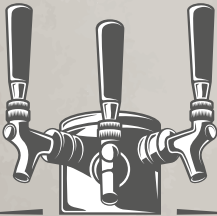


Hold your Right Arm Nights
with us! Call 253-966-7466.

TEXAS HOLD 'EM TOURNNEY WEDNESDAY

Select Wednesdays, Aug. 17-Nov. 30 at 4 p.m. with \$20 buy-in.
Open to DOD ID card holders ages 18 and older. Register day of
event on-site.

Dates: Sept. 14 & 28, Oct. 12 & 26, Nov. 16 & 30



TAP TAKEOVER

TAP TAKEOVER THURSDAY

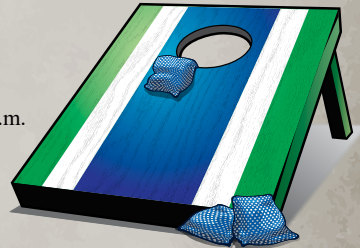
Third Thursday of the month, come out for special tap takeover
night! A brewery representative will be on-site to promote a specific
craft beer and give out door prizes.

Dates: Sept. 15, Oct. 20, Nov. 17

CORN HOLE TOURNAMENT FRIDAYS

Bring your team and compete for bragging rights! Two-person
teams, single-elimination. Sign up day of event, starting at 4 p.m.
Winners receive a personalized mug. \$25 value. Free entry.

Date: Sept. 9



COURAGE TIME FRIDAYS

Last Friday of the month for Courage Time with a live
band or DJ with karaoke starting at 4:30 p.m. Food will
also be available to purchase. No cover.

Dates: Sept. 30, Oct. 28



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).

Keep kids active with local hikes

By Patti Jeffrey

You've been good at keeping the kids busy all summer with outdoor play. Now that school takes a big chunk out of the day, take a look at another way to keep kids active outdoors during September weekends or evenings!

Take a day or early evening hike

The list for easy kid-friendly day hikes is endless for this region, but some noteworthy hikes are just outside JBLM.

For instance, the Nisqually Wildlife Refuge has an amazing boardwalk and level nature paths for people of any ability to explore the tidal basin.

Priest Point State Park offers forested trails that lead to beach-combing fun in the South Puget Sound.

Point Defiance Park in North Tacoma is sprinkled with trails, beachfront walks and scenic vistas overlooking Puget Sound.

Other nearby hikes include Millersylvania State Park's Deep Lake, Capitol State Forest's Porter Falls and Tolmie State Park, a saltwater shoreline park.

If you want to venture further out, find easy mountain forest trails around the region at wta.org/go-outside/kids while the weather's still warm.

Also locate hikes by region at parks.state.wa.us. The regional maps show all the parks in that region, and clicking on a specific park

gives you all the details.

Need a backpack? Get a free Check Out Washington backpack from JBLM libraries. Also take a look at daypack and child-carry backpack rentals from Adventures Unlimited and Northwest Adventure Center. Rental lists are at JBLM.armymwr.com under Outdoor Recreation

Get your passes for free admission

The library backpacks contain a special-use Discover Pass for exploring state lands. You also can get a one-day Discover Pass or go for a free State Park day Saturday, Sept. 24 (see discoverpass.wa.gov for passes and details).

If you're an active duty military or Reserve family, get your America the Beautiful free pass to national and federal parks, such as Mount Rainier. It can be obtained in person at federal recreation sites that charge entrance or standard amenity fees.

See a complete list of sites you can visit at store.usgs.gov/pass/access.html.

Learn trail etiquette and safety

While you're on your family hikes, take the time to learn a bit more about the wonders of Mother Nature and make it not only fun, but educational.

Also teach your kiddos that the best way to preserve our natural parks is to know how we can leave the parks a beautiful place for others to enjoy.



The rule is simple: Leave alone what you find and pick up what you bring. For instance, don't pick up and take any natural feature you find along the trail — you might disturb rocks or brush where creatures live. Never leave any trash on the trail — it may lure wild animals to go toward the trail and increase the risks for those coming behind you.

Keep everyone safe!

September weather can be variable — sunshine in the morning and rain in the evening. Prepare not only for the weather, but for rain and cold — just in case a quick weather shift appears and you need to put on rain gear and extra clothes.

If you choose to hike near the mountains or

at the passes, always dress in layers on a hike and bring extra food and water, sun protection, a map and compass (or GPS receiver), flashlight, multiuse tool and duct tape for quick repairs to a shoe, torn backpack or torn clothing. Include a waterproof tarp for emergency shelter in a downpour.

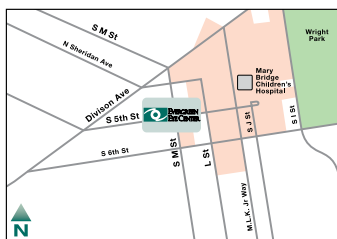
Bring a first aid kit wherever you hike — scrapes, cuts, bites and rashes are common for adventurous kids outdoors.

Establish rules for your children when you're hiking so no one gets lost. Also remember to keep your trash until you find a good place to throw it away, let other hikers pass on the trail and don't take anything from the wilderness.

Most of all, have fun and enjoy each other's discoveries on your day hikes!

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Volunteering at JBLM is rewarding

Volunteering at JBLM allows you to explore new career fields or update your existing skills and accumulate experience.

It's also a wonderful opportunity to meet others who are active participants in the JBLM community.

You'll receive free training, can earn service award points (for military promotions) and are provided worker's compensation (as a statutory volunteer).

If you volunteer as a youth sports coach for Child & Youth Services, you may receive household credit. Call 253-967-2405 for details.

If you're a single Service member, join Better Opportunities for Single Service members at JBLM. Call BOSS at 253-967-5636 for details.

For information about other volunteer opportunities within MWR, such as MWR Marketing, Outdoor Recreation or JBLM libraries, call the Installation Volunteer Corps at 253-967-2324. Visit JBLM.armymwr.com/partner-with-us for more information.



MWR Question of the Month

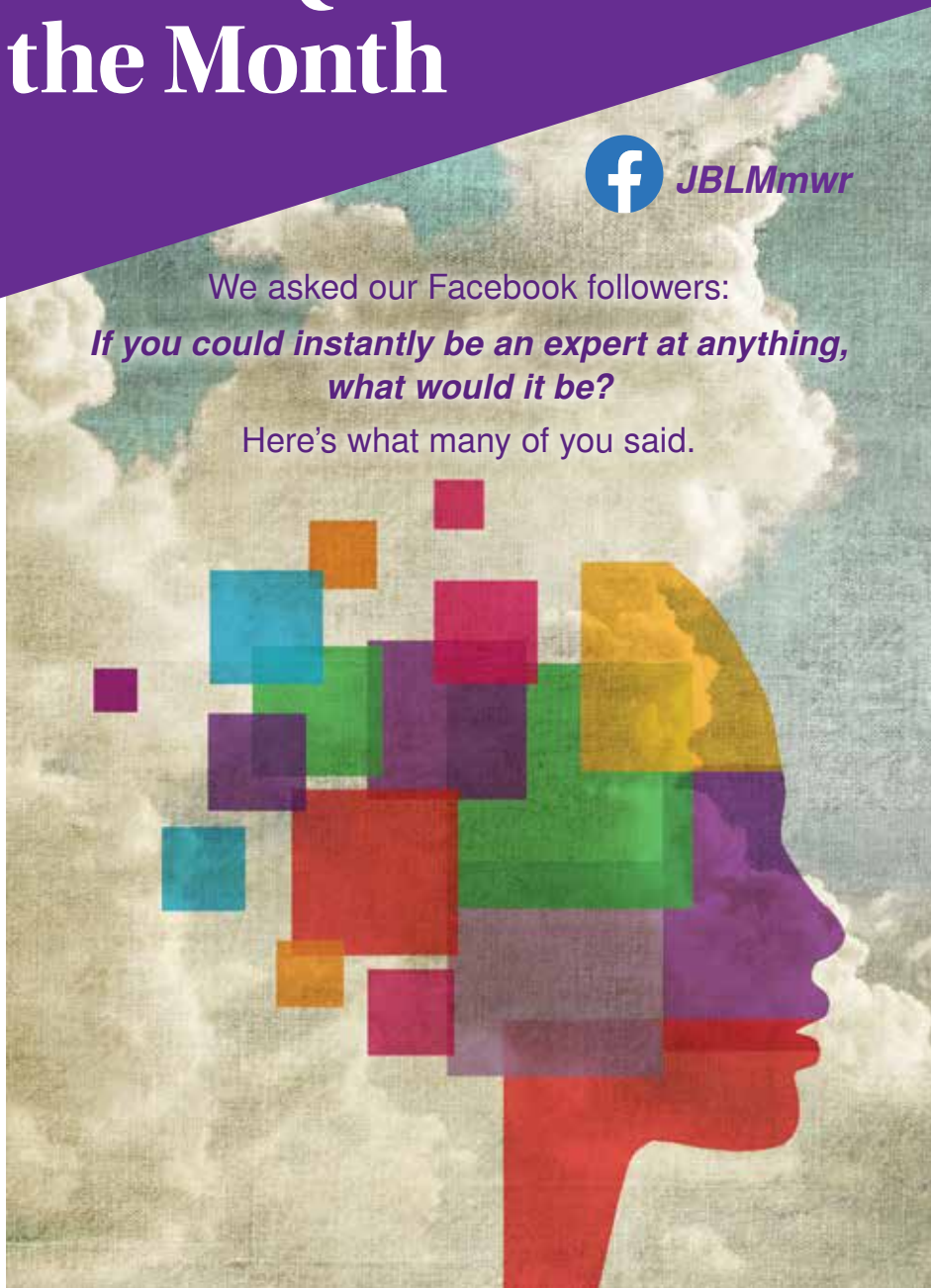


JBLMmwr

We asked our Facebook followers:

***If you could instantly be an expert at anything,
what would it be?***

Here's what many of you said.



Gina: I'd choose to be an expert on **how to cure all cancers**.

Shanise: **Interpreting every language**.

Alejandra: **Investments and finances**.

Sammie: I would love to be **fluent in ASL**. I don't think it's something enough hearing people actually know.

Sarah : **Foreign languages and traveling**.

Rebecca: A **mycologist** because I find fungi interesting. Fungi are a crucial part in recycling nutrients and important to the ecosystem.

Reyn: **Parenting** — especially parenting a toddler.

Molly: **Being a mom**. I wish I knew what all the best choices and answers were for each child.

Brittany: **Fixing an AC unit**.

Dottie: Foreign and sign language.

Stefanie: **Astronomy**, or really anything STEM-related.

Antoinette: **Understanding the brain**.

Candy: **Sign and foreign language and food**.

Matt: I'd be an expert at **flying a helicopter for a hospital or wildfire pilot**.

Lilith: Love.

Sierra: **Language!** I'd love to be able to understand and communicate with anyone and everyone I meet.

Amy: Understanding **how people really need to be loved** and what to do to show them that love.

Yuri: A **helicopter pilot**.

Carissa: To **design luxury bags**.

Patty: **Computer science**.

Sue: All types of **medical conditions**.

Key: Good example of **moral leadership**.

Julia: **Investments**.

Jennifer: **Cooking techniques and secrets**.

Jim: **Lotteries**, so I could help underprivileged.

Sheril: **Speaking and understanding any language**.

Gabrielle: **Science and medicine**.

Jesse: **Boat motor/engine mechanic**.

Rebecca: **Languages**.

Taina: **Investments!**

Rachael: **Speaking any language**.

Amber: **Art and music**.

Lateshia: Definitely **parenting**.

Jessica: **Investments**.

Isabel: **Technology**.

Amy: **Parenting!**

Tamari: **Life**.

Patty: **Speaking different languages**.

Gudrun: Sadness and loneliness. **To make people feel better**.

Chelsi: **Parenting**.

Krystal: **Childhood behaviors**.

Kerstin: **Stocks**.

Jessica: I was going to comment "Spanish," but I see that many people already mentioned languages. Instead I will say **finances or swimming!**

Annabel: Definitely **homestead farming** and living off the land.

Angel: Natural or **holistic**

medicine.

Megan: A **mechanic**, because paying for vehicles to be fixed is expensive.

Marie: **Medicine**.

Eboni: **Parenting**.

Charity: **Investments and trading**.

Jazman: **Traveling and real estate!**

Mary: **Real estate** and investing or foreign languages would be great.

Angel: **Worldwide linguist**.

Fallon: **Investments**.

Jennie: **Neurobiology**.

Amy: **Parenting**.

Mel: **Linguist**.

Nancy: **Technology**.

Leslie: **Public speaking**.

Lisa: **People**.

Stephanie: **Engineering**.

America: **Neuroscience**.

Racheal: **ASL**.

Kayla: **Autoimmune diseases and migraines**.

Sheila: All ways in **child education**.

Alex: **Parent**.

Kaylee: **The law**.

Trina: **Health**.

Rose: Understanding covid/cancer/medical problems and **creating a cure** so no one got sick.

Hope: As a counselor, **mental health and behavior**.

Michael: **Gambling**.

Lidia: **Baking**.

Amanda: **Children**.

Mary: **Mental health and addiction**.

Ceilia: **Cooking**. I love making people happy through food.

Tami: **Foreign languages**.

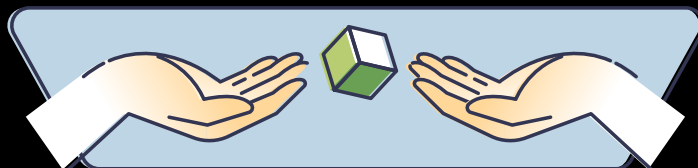
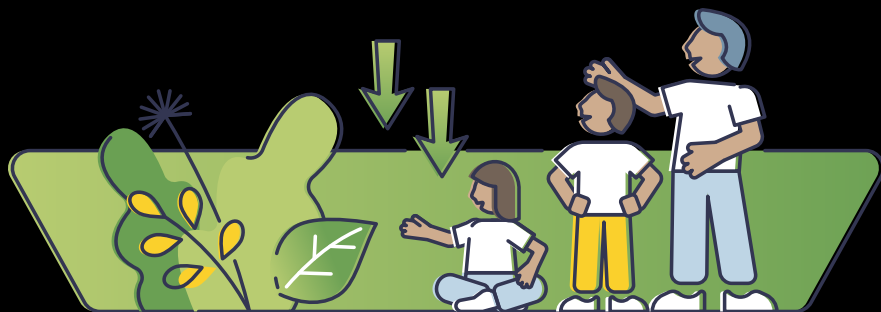
CREATE RENEWAL

REDUCE consumption waste.

REUSE gently used clothing, shopping bags, utensils, cloth napkins, paper and oddities into crafts and other reusable items.

RECYCLE food waste into compost, recyclable containers, electronics and packaging.

RENEW your environment — you have the power!



SUSTAINABLE JBLM

fb.com/SustainableJBLM



Watch outdoor movies
with MWR!

OUTDOOR MOVIE NIGHTS

Library movies will move indoors in case of rain

Sept. 2: McChord Club, 6:30 p.m.,
"Black Panther" (PG-13)

Sept. 7: McChord Library, 4:30,
"DC League of Super-Pets" (PG)

Sept. 9: Grandstaff/
Book Patch Children's libraries, 4:30,
"DC League of Super-Pets" (PG)

Oct. 29: American Lake
Conference Center,
"Coco" (PG) at 6:30 and
"The Lost Boys" (R) at 8:30.

*Events are subject to change without notice.
For updates, visit JBLM.armymwr.com or fb.com/JBLMmwr.*



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Get ready for fall fun & imagination at JBLM libraries

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





Engage in special activities

Fun & learning

Join Little Sprouts learning time

Parents with children up to 24 months can attend McChord Library's Little Sprouts Music and Stories each Tuesday at 10 a.m. starting Sept. 13 (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 Travel & Culture Talk

Grandstaff and McChord libraries are offering a series of Saturday Travel & Culture Talks. Ages 16 and older are welcome to attend the free presentations with a Q&A session and snacks afterward!

Presentations take place 10:30 a.m. at Grandstaff Library and 1:30 p.m. at McChord Library.

This month's presentation is Sept. 24 and focuses on Central Europe, World War II and the Cold War.

Oct. 29's presentation is on the country and culture of Romania.

Come and learn while having fun!



Arts, crafts & creativity

Join Sidewalk Art Competition

Come out to McChord and Book Patch Children's libraries for a Sidewalk Chalk Art Competition Saturday, Sept. 10, 10 a.m.–3 p.m.

Families can enjoy a friendly time outside making creative chalk art drawings on the designated spaces.

Winners will be chosen and notified of their prize. The first-place family prize is a \$50 gift card; second place receives a \$25 gift card for the family.



New craft time for girls

Girls ages 7–12 can attend McChord Library's Enchanted Forest Friends free craft time Tuesday, Sept. 13 at 4 p.m. Free refreshments are also provided.

New Straw-tacular Fun for boys

Boys ages 7–12 are invited to join the Straw-tacular Fun Tuesday, Sept. 27, 4 p.m. at McChord Library. You'll enjoy fun games and crafts made with straws and ping-pong balls.

Each month, we'll meet and try new games, experiments and hands-on fun.

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 fourth Wednesday of the month at Grandstaff and McChord libraries.

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

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

See you Sept. 28 for building creatively!

Enjoy lively reading times & book clubs



Book clubs for adults

Take part in monthly book discussion

Like to discuss current books? Join JBLM libraries' book discussion group for adults that meets the second Tuesday of the month at McChord Library at 4:30 p.m. and the second Friday of the month at Grandstaff Library at 5 p.m.

Come this month to discuss "The Great Alone" by Kristin Hannah at Grandstaff Library (McChord Library isn't meeting this month). A limited number of copies are available; register in person to receive a copy. Digital e-books or audiobooks also may be available. Check out next month's selection, "Maid" by Stephanie Land.

Family reading fun

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 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.

Reserve your spot for Kinder-Ready Storytime

Come join us at Book Patch Children's Library for Kinder-Ready Storytime. We offer two sessions every Tuesday at 10 and 11 a.m. The first session starts Sept. 13.

This hands-on teaching time helps develop essential skills to prepare children ages 3–5 for kindergarten. The program teaches social and emotional skills, letter and number recognition and academic skills through songs, rhymes, games and crafts. Parents are encouraged to participate in your child's activities.

Registration is required due to space and group size limit for more individualized attention. Call 253-967-5533 to reserve your place.





Enroll youth in leagues & classes

Sports develop self-esteem, team-building skills

Sign up now for open youth sports

Take advantage of youth sports activities for your up-and-coming athletes! Kids can learn a new team sport or work on improving their game. Here's a quick lineup of open registration deadlines:

- Sign-up for **Flag Football** for ages 5–15 is open through Thursday, Sept. 22. The cost is \$65 per youth; practices begin Monday, Oct. 10 and the season ends Saturday, Dec. 3.
- Enrollment for **Flag Football Cheerleading** for ages 5–15 is open through Thursday, Sept. 22. The cost is \$65 per youth; practices begin Monday, Oct. 10 and the season ends Saturday, Dec. 3.
- Weekly **Gymnastics** classes are available for ages 3–4, 4–5, 6 and older, plus intermediate and advanced students. Find available times in your specific age group when you sign up at JBLMcysRegistration.com.
- Sign-up for **Karate** classes (ages 4–18) in differing ages and skills is ongoing; find times in your specific age group when you sign up at JBLMcysRegistration.com.

The First Tee Golf, Special Olympics Bowling and Winter Sports Camps sign-ups

are opening soon! Check online at JBLMcysRegistration.com for registration details and updates.

We need your energy for youth sports!

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

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

For details, stop by the Youth Sports office at 6398 Garcia Blvd., (Lewis Main). The office is open from 8:30 a.m. to 5 p.m. weekdays. Questions? Call 253-967-2405.

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.



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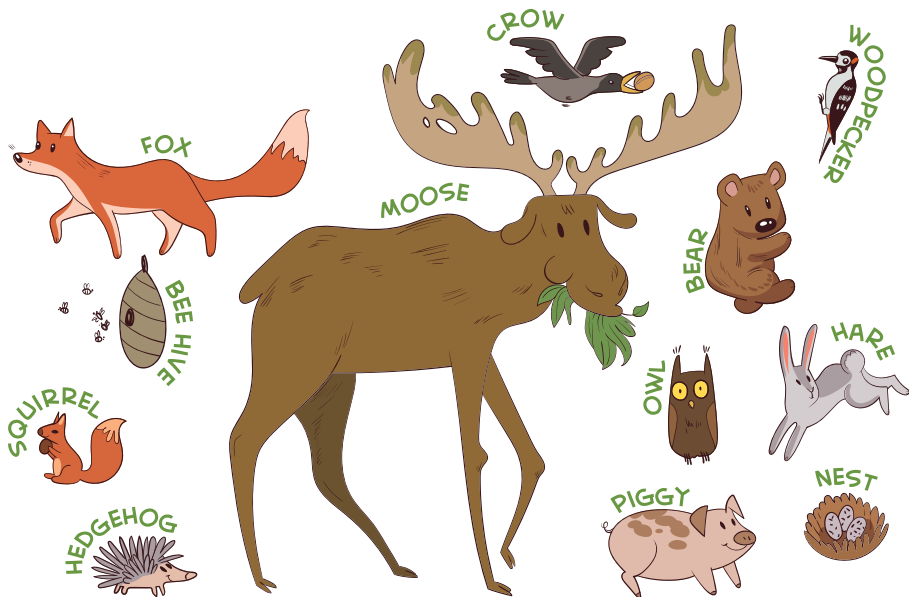
Orientation: Tuesday, Sept. 13, 6–8 p.m.
Call 253-967-3039 for appointments.
2275 Liggett Ave., Lewis Main

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

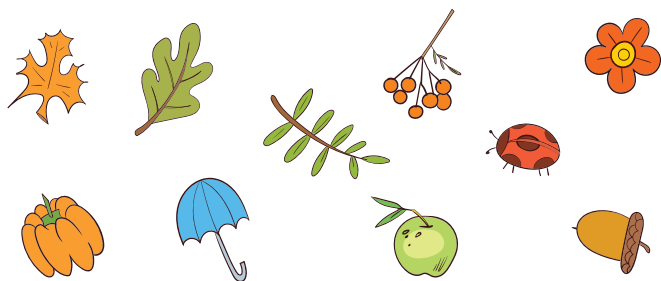
*Conditions apply. Call 253-967-3039 for details.

Youth fun activity pages

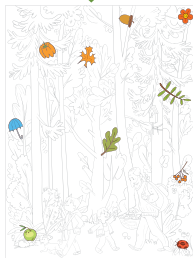
FIND FOREST DWELLERS



FIND 10 HIDDEN OBJECTS



ANSWER ↓



Hidden Pictures

This forest walk is full of wildlife! Find the forest dwellers and hidden objects.



MWR Staff Pick



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

Nickol

My favorite thing about MWR is all the programming and events offered to our community. As a whole, MWR ensures every person in our JBLM community has something offered to them, whether it's the races offered by Intramural Sports, group exercise classes offered at the fitness centers across the installation, CYS that offers so much for youth, or

family events offered in collaboration with all areas of MWR.

My favorite event since being back with MWR is the Haunted Crooked Road, which has the option for a kid-friendly version earlier in the day and a scarier version at night. The thing I love most about MWR is the commitment to serve everyone in your family!

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