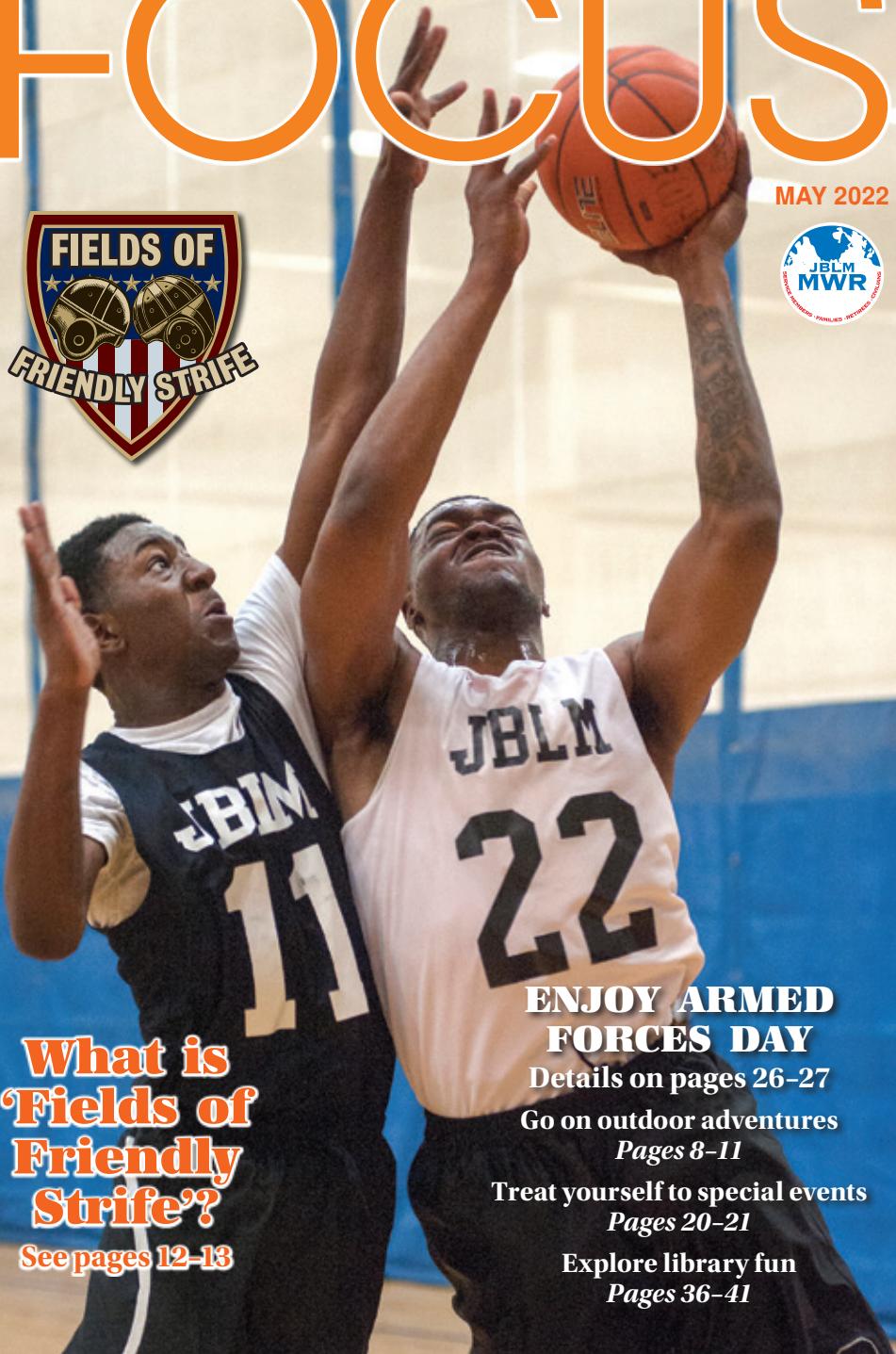


# FOCUS



MAY 2022



**What is  
'Fields of  
Friendly  
Strife'?**

See pages 12-13

**ENJOY ARMED  
FORCES DAY**

Details on pages 26-27

Go on outdoor adventures

Pages 8-11

Treat yourself to special events

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Explore library fun

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Director, Family & MWR Venicia Morse

Marketing director Kimberly Perrenot

Editor/Writer Patti Jeffrey

Design/Layout Toby Bartley, Michael Hamilton, Patti Jeffrey

Contributors Amanda Anderson, JBLM MWR  
Facebook followers, Tory Lamb

Contributing photographers Toby Bartley,  
Brenda Camren, Brittany Catanzaro, Emiliano Hernandez, JBLM Public Affairs, Patti Jeffrey,  
Diana Neff

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

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May is Volunteer Appreciation Month — why not use this opportunity to go out of your comfort zone? The endless volunteer opportunities in our community are looking for those special individuals willing to give their time so that we can continue to thrive and grow. See how easy and rewarding volunteering at JBLM is.



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- 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

**K**evin is a bowling expert — as a 20-year Army veteran, he spent a year on the All-Army Bowling team and was one of the top five bowlers in U.S. Armed Services competition. He taught bowling to high school students and is a certified bowling coach with 20 years of experience. He spent many Saturdays coaching teams of youth center teens and other high-schoolers on the youth bowling league, and his son even went to college on a bowling scholarship.

“Bowling is our family theme,” Kevin says. “The great thing about bowling is that it doesn’t matter how good or athletic you are, if it’s raining or shining or whether you’re 5 or 90 years old — there are no restrictions to enjoying bowling as a family.”

Kevin says that the favorite part of his job as Bowl Arena Lanes manager is seeing a family or group come in and enjoy the full experience

that they have to offer. “Being an Army veteran, I understand the sacrifices today’s Service members and families make, so it’s great to see Service members enjoying themselves when they get the opportunity. They can relax, bond with their family and friends, and develop

camaraderie with their unit or group at bowling events.”

Along with other MWR facilities, Bowl Arena Lanes experienced challenges during COVID mitigation efforts when patronage was limited to 50% capacity. Kevin says, “For so long, we were at 50%, so we made sure our customers doubly enjoyed the experi-

We've all been through so much in the past two years that there's no need to rush and make up for lost time. Just enjoy every day as it comes and take full advantage of each day.”

ence. We wanted to give them that escape and forget about the things that caused them stress. While customers here enjoyed our services, we couldn’t hold the group events that so many others enjoy. We learned how to improvise and adjust our programming so



*Patti Jeffrey*

our customers could have a more enjoyable experience during a very trying time."

He continues: "Now that we've fully reopened and have doubled and sometimes tripled our business, our emphasis is on providing first-class service. The staff is working hard to make coming here just as enjoyable as when we were at 50% capacity. Whether they're a veteran, active duty military, guest or civilian, they choose to come here and it's our responsibility to give them excellent service."

Part of the excellent service Kevin and other staff members bring is the interactions with customers. "Matt [pro shop manager] and I will walk around and see who needs help. We sometimes give them pointers if they ask. We

also offer one-hour bowling lessons for those who want to learn or improve their game."

Kevin adds that Bowl Arena Lanes offers full unit and group events and that the party room is booked every weekend — "What a pleasant surprise," he says.

Kevin also offers a piece of encouragement: "Just be patient. Everyone — both customers and staff — has a lot going on in their lives. People have bad days, and we want to make sure that they can have the best time here as possible. We've all been through so much in the past two years that there's no need to rush and make up for lost time. Just enjoy every day as it comes and take full advantage of each day."





# Discover new adventures

**G**et outside and enjoy the Pacific Northwest on Outdoor Recreation program trips! Go on a new adventure with us this month! Registration is available at *JBLM.armymwr.com*.

Here's what we've planned for May.

## Learn outdoor photography

Every good photo begins with the right exposure. As adept as automatic mode on cameras are, they aren't perfect and cannot make an artistic setting. Elevate your picture-taking from good to great as you begin to understand the most important elements of proper exposure in this half-day beginner's class Saturday, May 7, 9 a.m.–1 p.m. at Russell Landing Marina.

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

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

## Get exposed to nighttime photography

Cities take on a completely different vibe at night. Take advantage of this unique feeling to enjoy some creative photography Satur-

day, May 14, 5–9 p.m. You'll learn about long exposures to capture headlight trails, creating starbursts with street lights and photographing illuminated billboards and signs to capture the unique persona of the city at night.

We'll meet at Northwest Adventure Center and combine classroom instruction with a trip to downtown Tacoma to capture some great nighttime images.

Ages 16 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$45 cost includes instruction, transportation and practice.

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

## Join us for Leavenworth getaways

Leavenworth is the go-to tourist spot for springtime charm, Bavarian food, shopping and fun. This month's women-only trip transports you to this delightful village nestled in the Cascades Saturdays, May 14 and 28!

Ages 10 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$55 cost includes transportation and parking fees. Be prepared for rain and variable weather, walking, shopping and meals.

*Continued on page 11.*



Brittany Catanzaro

## **Try American Lake paddle**

Kick off the summer with our introduction to stand-up paddle boarding course Sunday, May 15, 11 a.m.–2 p.m.! Equipment use, paddle strokes, safe paddling practices and opportunities to explore the cool, calm waters of American Lake await right out our back door!

Ages 6 and older (with parent or guardian supervision for minors) are welcome to sign up — confidence in water is a must; children may share a board with a parent. The \$35 cost includes equipment and instruction. Bring snacks and water and wear water clothing and sunscreen.

## **Explore tide pools**

Explore the intertidal zone at Salt Creek Recreation Area along the Salish Sea Sunday, May 22 on this all-day trip. The tide pools at

Tongue Point are often populated with sea anemones, starfish, sea urchins, mussels and other aquatic life.

Ages 6 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$55 cost includes transportation and guide. Bring snacks, water and waterproof boots and wear weather-appropriate clothing.

## **What's in season for hunting?**

If you're a hunter, you'll like hunting at JBLM! Register at the Shotgun Shooting Complex or Northwest Adventure Center; for details on registration, call 253-967-7056.

During the spring season, cougar, turkey, bobcat, fox, raccoon, rabbit, hare and coyote are allowable game to hunt. See information, rules for hunters and the range allocation website at [JBLM.armymwr.com/programs/hunting-fishing](http://JBLM.armymwr.com/programs/hunting-fishing). Visit the NAC for licensing and more!

# **Instruction & activities**

## **Get certified in scuba diving**

Escape gravity with JBLM scuba courses! Take beginning, intermediate or advanced scuba classes for less than half the cost of what the region has to offer.

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

The next basic classes are May 2–8, 9–15 and 23–29. More advanced classes are also available to certified scuba divers.

Questions about the next scuba course? Call Northwest Adventure Center at 253-967-7744.

## **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 May 21.

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.

Note: Trips and classes may be filled or canceled after the publication date.

To check on availability, call 253-967-7744 or 253-982-2206.



# Playing the Fields of Friendly Strife

By Patti Jeffrey

**A**thletics are a natural part of military life for Service members. But more than that, athletics play a major role in developing confidence and competence, inspiring the pursuit of excellence and preparing them to lead when it most counts in their units and squadrons.

Renowned military leader GEN Douglas MacArthur, West Point graduate and superintendent, understood this concept quite well. He used athletics to help shape future military leaders. A quote that new West Point cadets

are required to memorize is GEN MacArthur's saying, "Upon the fields of friendly strife are sown the seeds that, upon other fields, on other days will bear the fruits of victory."

## What is JBLM's Fields of Friendly Strife program?

Fields of Friendly Strife is a competition-based program for Service members and their families. Earn points and bragging rights for your unit by participating in sports, races, esports and more. Participation in branded



Emiliano Hernandez

events at JBLM earns points for your unit toward the FoFS Commander's Cup presented at the end of the competition year by JBLM Leadership (May 2022–April 2023).

"Fields of Friendly Strife is a Commander's Cup of intramural sports programs that hopefully will build the level of resilience and cohesion that we're missing at JBLM and the Army today," JBLM Commander COL Phil Lamb says. "Our attempt is to build more camaraderie and esprit, bring out our families, bring out our Service members to compete on the



#### Fields of Friendly Strife."

The kickoff event is Saturday, May 7 with the Down & Dirty Trail Run (see details on page 16).

"It will be the beginning of us keeping track of points for every single event that we throw on," says COL Lamb. "It's going to be competitive in nature, and the more people participate, the more people accrue points. Obviously, winning matters and those who win accrue more points for their organization. So it's not just an individual event, it's team competitive events that will bring unit cohesion and esprit on teams, as well."

#### Building esprit de corps

COL Lamb emphasizes that everyone can be part of building team camaraderie by:

- Attending your Service member's games and cheering them on.
- Service members and their families earning points for the unit through participating in youth sports, special events (such as the ODR Fishing Derby), bowling, fun runs, outdoor recreation events, Warrior Zone programming, branded family activities and much more throughout the year.
- Unit commanders posting a selfie of their attendance at any FoFS event at [fb.com/groups/jblmfofs](https://fb.com/groups/jblmfofs) using the hashtag #JBLM FoFS.

For the rules of engagement and a complete list of branded events, visit [JBLM.armymwr.com/programs/fofs](http://JBLM.armymwr.com/programs/fofs).



## COMMIT-STAY FIT!

STEP

**1** Attend featured wellness events at JBLM.

STEP

**2** Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle.

STEP

**3** Gain valuable fitness tips throughout May by visiting [ArmyMWR.com/STRONGBANDS](http://ArmyMWR.com/STRONGBANDS)

We're focusing on Balance, Activity, Nutrition, Determination and Strength throughout the month.





Army installations worldwide are banding together for the annual Strong B.A.N.D.S. campaign in recognition of National Physical Fitness and Sports Month during May.

Strong B.A.N.D.S. promotes physical fitness, nutrition, optimal health and resilience by focusing on Balance, Activity, Nutrition, Determination and Strength — forming the acronym B.A.N.D.S.

Here are some JBLM events centering around these themes:

**Balance** May 1–7:

Down & Dirty Trail Run (page 16)

**Activity** May 8–14:

Outdoor Recreation trips (pages 8–11),  
group fitness classes (page 19) and  
Library StoryWalk (page 37)

**Nutrition** May 15–21:

Have a salad or wrap at Warrior Zone, Bowl Arena Lanes or Habañero Mexican Grill

**Determination** May 22–28:

Friday for the Fallen run (page 16) and  
JBLM libraries' Courage Time Friday (page 39)

**Strength** May 29–June 4:

Group fitness classes (page 19)

*For tips and articles for motivating yourself and your family,  
visit [ArmyMWR.com/STRONGBANDS](http://ArmyMWR.com/STRONGBANDS).*



# Sign up for spring sports & races

## Run the obstacle trail

### Get in on Down & Dirty Trail Run

Sign up to walk or run in JBLM's Fields of Friendly Strife Down & Dirty Trail Run Saturday, May 7 by Soldiers Field House at Lewis Main with DJ entertainment and refreshments!

Approximately 3 miles of varying terrain features obstacles located throughout the course. Beginning at 9 a.m., waves of 25 participants will be released every five minutes.

Wash stations and hoses will be provided for clean-up after the race.

Participants receive a custom race T-shirt, medal and bib. Service members receive Fields of Friendly Strife participation and mileage points. For more information, visit *JBLM.armymwr.com/programs/fofs*.

Register early so you can pick up your packet Friday, May 6, 11 a.m.–6 p.m. at Soldiers Field House. The cost is \$30 per person.

Registrants can sign up at *JBLM.armymwr.com* or on-site on race day and pick up your packets after race day.

### Register for Friday for the Fallen run

In recognition of Memorial Day and as an opportunity to promote athletic competition, MWR is holding an in-person Friday for the Fallen 5K/1K run/walk May 27 at the MWR Fest Tent starting at 10 a.m.

The cost is \$25 for the 5K and \$10 for the 1K. Participants receive a medal, shirt and race bib. Register by following the link at *JBLM.armymwr.com*. Packets can be picked up at Bowl Arena Lanes Thursday, May 26, 11 a.m.–6 p.m. Day-of-race sign-ups start at 8 a.m.

Additionally, Service members who participate will earn participation and mileage points for their unit/group in the Fields of Friendly Strife competition (see pages 12–13).

## Enter spring sports

### Compete in CC softball

Active duty Service members can compete in the upcoming Fields of Friendly Strife Commander's Cup softball May 16–June 24 with

*Continued on page 19.*



JBLM Public Affairs

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the championship week June 20–24. Registration deadline is Monday, May 2. Commander's Cup sports are open to JBLM's active duty Service members ages 18 and older. Call 253-967-6420 for sign-up information, or email [usarmy.jblm.imcom.list.dfmwr-sports@army.mil](mailto:usarmy.jblm.imcom.list.dfmwr-sports@army.mil).

### **Sign up for open dodgeball**

JBLM DOD ID card holders are welcome to sign up for the open dodgeball league! An informational meeting is being held Monday, May 23 at McChord Fitness Center.

Teams play a three-week round-robin June 13–24 Mondays and Tuesdays, followed by a single-elimination tournament June 27–28.

Registration deadline is Tuesday, May 31. Call 253-967-6420 for sign-up information, or email [usarmy.jblm.imcom.list.dfmwr-sports@army.mil](mailto:usarmy.jblm.imcom.list.dfmwr-sports@army.mil).

## **Aquatics training**

### **Try Deep Water Running class**

Want a new way to strengthen your muscles without the stress of gravity? Jump into our Deep Water Running class held Mondays and Wednesdays, 2:15–3:15 p.m. at Kimbro Pool (until it moves to Soldiers Field House Pool Monday, May 23).

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

### **Lifeguard training & hiring**

Want to become a lifeguard at a JBLM pool? Take advantage of our training courses and hiring opportunities!

Course dates are May 6–8 and June 3–5.

Classes will be 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 253-967-5026 before Monday, May 23 (or 253-967-5390 after that date) to schedule an in-water pretest at least two days prior to the first day of class. The pretest consists of a 300-meter front crawl or breaststroke swim, two-minute tread using legs only and a timed brick retrieval.

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

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

## **Try out a fitness class**

### **Choose from variety of fitness options**

We're offering a variety of free fitness classes to capture your interest and challenge you! Shake up your fitness routine and join a class in cardio kickboxing, indoor cycling, Zumba, yoga or MixedFit — 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](http://JBLM.armymwr.com) under Sports & Fitness.



# Treat yourself to special events

## Drive & park at free outdoor movies

Come on out to "Wheels & Reels," our free monthly outdoor movies starting this month!

We'll be kicking off our movie series with a double feature Friday, May 6 at McChord Club's parking lot:

- Watch "Fantastic Beasts and Where to Find Them" (PG-13) starting at 6:30 p.m.
- Starting at 9 p.m., see "Fantastic Beasts: The Crimes of Grindelwald" (PG-13).

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

Please follow these guidelines for the best enjoyment:

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

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

Next month's outdoor movie, "Doctor Strange" (PG-13) will be shown Friday, June 3, 7 p.m. at American Lake Conference Center, Lewis North.

## Take Mom out to tasty lunch

Does Mom have a lot on her plate? Let us dish up something she'll really like at the annual Mother's Day Lunch Sunday, May 8 at McChord Club.

The three-course lunch includes appetizer and dessert plates and a plated lunch with a choice of Gorgonzola-butter-crusted sirloin, lemon and rosemary chicken breast or vegetarian pasta dish with roasted vegetables. We'll also be giving each mom a rose!

Mimosas, wine, beer and cocktails are available for purchase.

Seating is at 11 a.m. and 2 p.m. The cost is \$28 for ages 13 and older and \$18 for ages 12 and younger. Club members receive a \$2 discount. Reservation and payment is required by Wednesday, May 4; call 253-982-2795 or 253-495-8684.

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



# Spend your leisure time with us

## Hang out at Warrior Zone

### May the Fourth be with you

Warrior Zone is offering a special edition of trivia Wednesday, May 4, 7–9 p.m. Star Wars Trivia Night will challenge your knowledge of wookies and princesses to warships and planets! You'll go through three rounds of 15 questions with progressive difficulty. Think you have what it takes? Come in and vie for prizes!

The event is open to DOD ID card holders ages 18 and older.

### Compete in Fortnite Duos tourney

Compete as pairs in Warrior Zone's Fortnite Duos tournament against other teams Saturday, May 14 starting at 4 p.m.

Sign-ups will be in person on the day of the tournament 2–4 p.m. Players without partners can be paired up as sign-ups occur. Tournament will begin at 4.

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

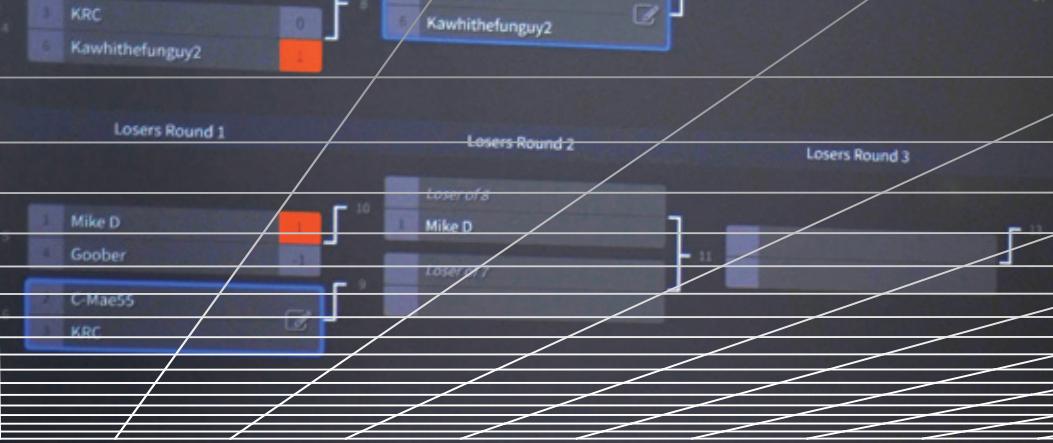
If you're a DOD ID card holder age 18 or older, you can compete for these prizes and bragging rights.

### Join fun times with us

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

- Watch sports on our big screens and overhead TVs. Grab a strategic spot after you grab a burger and brew to watch your favorite team.
- Join us for Wednesday Trivia every week starting at 7 p.m. — it's free to play! Trivia questions will be displayed throughout the facility and players use your personal devices to answer. Play for bragging rights and café food vouchers. While you're playing, try our tasty specials!
- Compete for prizes in our pool tourneys Thursdays starting at 7 p.m.
- Get in on Fighting Games Night Fridays starting at 7. Compete and show off your slick skills on our gaming stations!
- Join us for PlayStation VR all day Saturdays and Anime Night at 7.
- Also watch for special guest appearances and live telecasts, such as UFC and boxing. UFC 274 is showing Saturday, May 7 on our big screens and out on our patio — order some appetizers and drinks!

*Continued on page 25.*





## Bowl Arena Lanes

# Pizza & Bowling Sundays

2272 Liggett Ave.,  
Lewis Main

**253-967-4661**

**Receive one large  
one-topping pizza for  
\$3 off regular price (limit two  
pizzas), with each reservation  
made noon–6 p.m. Sundays.**

**Show your bowling receipt to the  
Strike Zone Café staff to receive  
your discount. Pizza redemption  
must be made on the day of  
the reservation.**

All COVID-19 mitigation rules  
will be applied, including  
masks.

Warrior Zone is located at 11592 17th and D streets, Lewis North. For more information about events, call 253-477-5756.

## Go bowling with friends

### Get in on Pizza & Bowling Sundays

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

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

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

### Enter bowling doubles tournaments

Bowlers of all skill levels can have fun competing with other teams at Bowl Arena Lanes' nine-pin no-tap doubles team tourneys the second Saturday of the month (May 14).

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.

### Rent a party space for active fun

Did you know that you can host birthday parties and more at Bowl Arena Lanes? Rent out the "Spare Room" for up to three hours with packages that include pizzas and soda pitchers, bowling and shoe rentals. Choose from packages for 10, 15 and 20 attendees.

Questions? Call 253-967-4661 or visit the front counter.

## Get creative

### Paint ceramics at Arts & Crafts Center

Create a unique gift or home decor at the Arts & Crafts Center!

Check out our "Paint & Go" ceramics studio! Dabble in underglazes and acrylic paints, then leave your items for firing and pick up your finished piece the following week.

Call 253-982-6719 to make your appointment and come choose from a variety of ceramics!

### Order custom matting & framing

The Arts & Crafts Center has a new selection of mats, frames and prints for all your projects — from awards, shadowboxes and flag displays to laser-engraved and custom matting and framing.

Come in to browse the selection and get estimates and ideas on your unit, squadron, retirement and personal projects.

Arts & Crafts is located at 1121 Barnes Blvd., McChord Field.

### Get custom silk-screen printing

The Arts & Crafts Center offers professional silk-screen printing with experienced staffers eager to make you stand out in a crowd!

Proudly wear your unit, sports team, work or family reunion logos and designs on a comfortable high-quality shirt in a choice of colors and styles to fit any season.

The possibilities are nearly endless with the Arts & Crafts Center covering your back (and your front).

Contact the knowledgeable and friendly staff today to find out what they can do for you. For more information, call 253-982-6719.



★ ★ ★ ★ ★ **Armed Forces Day** ★ ★ ★ ★ ★  
JOINT BASE LEWIS-MCCHORD

# Celebrate Armed Forces Day

By Patti Jeffrey

**B**ack in 1949, the separate branches of our military were unified under one entity—the newly established Department of Defense. A single-day observance of all five military branches was announced by the Secretary of Defense.

We celebrate Armed Forces Day to thank our military members for their service to our country.

In an excerpt from the Presidential Proclamation of Feb. 27, 1950, President Harry S. Truman stated: "Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea and air defense."

It's still true today.

## JBLM renews annual tradition

Now that we can host in-person large events again, we invite you to enjoy activities for all ages at JBLM's Armed Forces Day Saturday, May 21, 11 a.m.–6 p.m. at Heritage Hill, McChord Field. Admission, parking, military displays, historical reenactments and entertainment are free.

## What to see at Armed Forces Day

Explore static military aircraft and vehicle displays, including infantry-carrying vehicles and weapons displays. See living history encampments representing past military life.

Enjoy live entertainment, pump track (bring your bicycle and helmet), military dog demonstrations, laser tag, games, food and craft vendors and more.

Visit [JBLMArmedForcesDay.com](http://JBLMArmedForcesDay.com) for complete details, schedule, directions and current COVID mitigation strategies.



Toby Bartley

# MWR Question of the Month

We asked our Facebook followers:

*If you could eat any food in any amount without gaining weight, what would it be?*

Here's what many of you said.



JBLMmwr



Sue: Chocolate sounds good to me!

Jessica: Cookies. Always cookies. They are my downfall.

Mandy: Bread and cheese!

Angela: Everyone has so many great answers! For me, it would be ice cream.

Elizabeth: Funnel cakes and elephant ears from the fair.

Christina: I would eat endless amounts of jalapeños stuffed with cream cheese and wrapped in bacon.

Libby: Bread and bagels with cream cheese; pizza.

Donica: Cheesecake and chips!

Tyray: Cheesecake, oxtails, peas, rice and cabbage, ice cream, ribs, BBQ chicken, crab-cakes, shrimp, any type of pasta.

Savannah: Bread. ALL the bread.

Blesserene: Ice cream!

Kaitlyn: Krispy Kreme doughnuts.

Mitchell: Probably the Nazar Kebab outside gate 4 at Camp Carroll South Korea.

Leslie: Street tacos of all different kinds all day every day.

Kaitlan: Pizza.

Jennifer: Strawberry creme cake!

Makayla: Hamburgers with extra extra pickles.

Chrysta: Street tacos and jalapeño poppers.

Brittney: Texas Roadhouse.

Rachel: Breakfast tacos from back home.

Dee: Chocolate chip cookies. Freshly baked, still warm chocolate chip cookies.

Maritza: Quesabirra tacos and pizza!

Shelly: Tex-Mex and Dr. Pepper.

Robert: Italian (spaghetti and lasagna).

Julia: Steak and potatoes.

Neth: Steak with fries.

Marybeth: Nachos with allll the cheese!

Jacqueline: Potatoes, pasta or tacos.

Jenelee: Sushi.

Elaine: Tacos or steak.

Nakeshia: Garlic Parmesan wings.

Andrew: Sushi and poke bowl.

Brooke: Sushi! But I'd also want it to be free. That stuff isn't cheap.

Lilith: Seafood... ALL of it. But I promise

they'll be a world of it left in the ocean.

Don: Oysters Rockefeller.

Jolene: Street tacos! Yummy.

Julie: Cheesecake.

Tawny: Anything chocolate.

Kelly: Noodles.

Tami: Frozen custard.

Chris: Subway sandwich.

Jessica: Gimme donuts.

Carol: Chocolate.

Kayla: Bellacino's cheesy bread.

Katti: Brownies!

Samantha: Reeses Christmas trees.

Vicky: Tuna casserole.

Nancy Jo: Pancakes!

Kyrie: Garlic bread.

Murphy: Fried chicken.

Brittney: Pad thai.

Chris: Fried chicken.

Jong: Chicken wings.

Jordan-Santina: Cookies.

Amanda: Chick-Fil-A.

Mark: Tootsie rolls.

Robin: Cake.

Kerstin: Belgium milk chocolate. No thinking required as a chocoholic!

Justin: Buffalo chicken pizza with extra cheese.

Chris: Pizza.

Aba: Whataburger 100%.

Chih: Ramen.

Sarah: Nachos.

Nancie: Haitian Pork Griot.

Gabrielle: Cinnamon rolls!

Toni: Potato salad and pasta!

Dsy: Fish.

Canda: Cobbler.

Missy: Sonoran hot dog!

David: Cornbread and gizzards!

Carola: Cupcakes.

Talya: Street tacos, Olive Garden breadsticks, grilled cheese and bacon sandwiches!

Brianna: Sweets! Literally anything sweet.

Kateri: Suuusshhiii.

Britni: Loaded baked potatoes.

Malinda: Good chocolate.

America: Flan.

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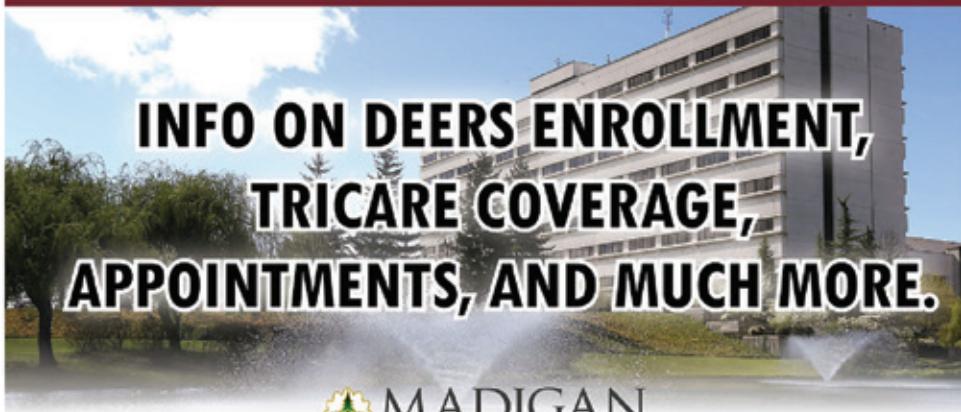
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JBLM MWR is excited to offer partnership opportunities to SFRGs/Booster Clubs, Private Organizations and community volunteers. If you're interested in joining Team MWR, visit [JBLM.armymwr.com/partner-with-us](http://JBLM.armymwr.com/partner-with-us).



# Serving for free

## We're celebrating Volunteer Appreciation Month

By Tory Lamb

**V**olunteers are the cornerstone of the Army. Cohesive and resilient communities require robust volunteerism, which epitomizes the stewardship and pride in that community. Cohesive communities seem to be dwindling across the Army, and volunteerism can assist in creating and maintaining that true sense of community we've come to appreciate and love in military life.

It's fairly safe to say that all of us have volunteered in some fashion and yet we haven't put much thought into it — after all, this is part of our service-oriented mindset in support of our nation. Our social networks and community relations are increased by a strong group of volunteers. On a daily basis, Service members, family members, youth and retirees give back to their community in an attempt to built solidarity and make our installations better places to live — but more importantly, a better place to thrive.

The Army Volunteer Corps was established in Feb. 6, 1812, when it anchored its importance to the Army community. A dedicated civilian professional runs this robust organization on each garrison and assists in finding the perfect volunteer position for anyone, regardless of scope.

At JBLM, we're fortunate to have Lori Parker, who oversees the Army Volunteer Corps program. She helps place volunteers in one of thousands of vacant opportunities available on the installation.

Not sure what you're interested in or what's available? Lori sits down with individuals or does phone interviews to help place volunteers with a warm handoff to the appropriate organization. She also can guide volunteers through the quick-start program on the garrison website in an effort to find the perfect fit. Positions can range from single projects to career-building positions within the government system.

Recently, the Army updated the often dreaded "legacy VMIS" to a more modern, user-friendly and browser-friendly version where volunteers can record their hours in a much easier fashion. Lori can assist in merging your old account so that nothing is lost and volunteers can maintain continuity with all of their projects and accomplishments.

For more details, visit [JBLM.armymwr.com/programs/volunteer](http://JBLM.armymwr.com/programs/volunteer).

Volunteers at JBLM serve in a variety of positions in organizations such as the Red Cross, Boy and Girl Scouts, Santa's Castle, the spouses club, youth sports, SFRGs and so many more. Many of our amazing programs would not exist without their often-unrecognized dedication. Countless hours are dedicated to organizations and services that many take for granted and might not realize are volunteer-run.

For example, the thriving yoga program at our fitness centers would not be as successful without the devotion of Birgit Free. She's a

*Continued on page 35.*

# Illegal dumping: Don't be that troll

Illegal dumping contributes to the pollution of our environment, is unsightly and dangerous to human health, attracts vermin and costs money to clean up.

To report illegal dumping on JBLM, call 253-967-3107.

Together, we can stop the littering and dumping and make JBLM a better place to train, work and live.



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

former Army spouse who moved to JBLM in 2009 and sought a yoga certification to give back to her community. Her twice-weekly classes have an average attendance of 20 diverse students from a mix of cultures and backgrounds.

Birgit loves creating strong bonds and has generated a sense of community with the attendees. While she also credits the class schedule for keeping her sane during the pandemic, it has allowed transitioning or retiring Service members and family members the ability to develop and maintain a routine while staying connected with their community.

It's that sense of community that's so often lost today and Birgit cherishes the opportunity to cultivate it through her classes.

2nd Lt. McCarthy is another stellar example of a full-time Army nurse who finds time to give back to her community at the community garden.

She started gardening at the community garden upon her arrival last summer and has dedicated a campaign to give the community garden a makeover.

Over the past year she outlined several goals, such as constructing a seed library

on-site to promote seed swapping and sharing among gardeners.

She says, "Most importantly, I'd like the garden to grow enough food to supply fresh produce donations to the free, self-service food pantries on JBLM. This aim is to assist military Service members and their family members who may be struggling with food insecurity; thereby promoting community health and wellness."

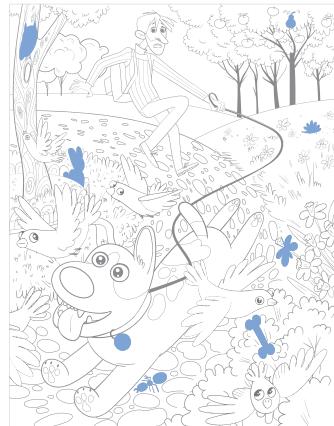
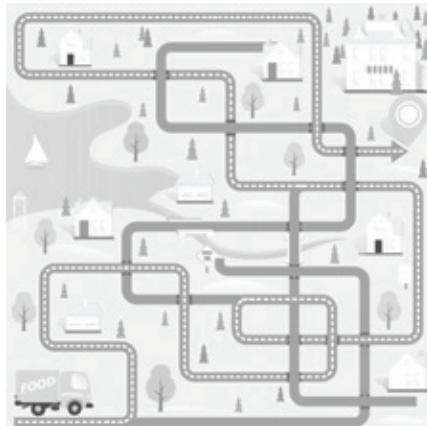
It's this sense of volunteerism within a community that builds a true sense of belonging and solidarity.

The strength of our Army and our community is dependent on our volunteers. So many programs and services we've come to enjoy and appreciate over the years are greatly impacted by their support especially in a resource-constrained environment.

May is Volunteer Appreciation Month — why not use this opportunity to go out of your comfort zone? The endless volunteer opportunities in our community are looking for those special individuals willing to give their time so that we can continue to thrive and grow the sea of goodwill that nourishes our community.

Editor's note: For more information on Birgit's yoga classes, see the class schedule at *JBLM.armymwr.com* under "Sports & Fitness." For more details about JBLM's community gardens, visit *JBLM.armymwr.com/happenings/community-garden-plots*.

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





**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



# Explore fun library events

## What's new this month

### Mother's Day Tea & Bingo

Register now for JBLM libraries' free Mother's Day Tea & Bingo event Saturday, May 7 at 3 p.m.

Tables will be formally set with light refreshments and drinks at the buffet table. Each guest will be given a bingo card, and moms will get a special bingo card. All guests can win small prizes, and mothers can win grand prizes!

A craft station will be available for children to create a Mother's Day take-home gift.

Space is limited! Register by calling Grandstaff Library at 253-967-5889 or Book Patch Children's Library at 253-967-5533.

### Take a StoryWalk

Join JBLM libraries as we celebrate STRONG B.A.N.D.S. with StoryWalk® during May. StoryWalk combines two of our favorite activities — reading and taking a walk.

Our StoryWalk begins outside the library. Simply follow along the path, reading the pages of some of our favorite books at each stop along the way. Turn back to read a different story on the opposite side of the post. When you complete the round-trip path, come inside McChord or Book Patch Children's library to receive a prize!

Visit our libraries any time in May to learn where the path starts.

(See more STRONG B.A.N.D.S. activities on page 15.)

*The StoryWalk Project was created by Anne Ferguson of Montpelier, Vermont, and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.*

### Join special book discussion

JBLM libraries invite you to Grandstaff Library Wednesday, May 18, 5–7 p.m. to discuss "Fields of Friendly Strife" by Timothy Brown. Also help yourself to refreshments.

Come join us! A limited number of books are available to check out from McCord and Grandstaff libraries.

### Come to Travel & Culture Talks

Grandstaff and McCord libraries are offering a Travel & Culture Talk series the fourth Saturday of the month through June. Ages 16 and older are welcome to attend these free presentations that cover a specific country's or region's culture each month with a Q&A session after each presentation.

We'll also offer free snacks relevant to the country we're covering!

You'll learn about Egypt May 28, 10:30 a.m. at Grandstaff Library and 1:30 p.m. at McCord Library.



Brenda Camren

## **Patron engagement drive**

If you're new to JBLM, we'd love to welcome you here and to come in and register as a new JBLM library patron!

We offer an abundance of resources for learning, reading, family fun, community-building and sharing. Find out what we offer by asking at the front desk or by visiting *JBLM.armymwr.com* under JBLM libraries. Also follow us at *fb.com/JBLMlibrary* to see upcoming events and happenings!

Current and new patrons may enter into our monthly drawing for a \$100 gift card each time you check out library materials — return them on time for extra entries!

## **Fun activities**

---

### **Build at Family Lego Nights**

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

Families can choose free-build Lego sets (McChord) or a kit (Book Patch) 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 May 4 and 18 at McChord Library and May 5 at Book Patch Children's Library!

### **Explore STEAM concepts**

JBLM families are invited to Grandstaff Library the fourth Thursday of the month at 4 p.m. to explore STEAM concepts with your choice of the library's kits:

- Circuit Builders.
- K'Nex.
- National Geographic's STEAM kits.
- Curiosity sets.

- Ozobots.
- Lego Mindstorms.
- Dash & Dot.
- Makey Makey.
- 3Doodler.
- PS4 Virtual Reality.
- E-Blox ...and much more!

### **Join 'Little Sprouts' learning time**

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

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

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

### **Attend Courage Time**

McChord and Grandstaff libraries offer "Courage Time" Family Fun Friday the last Friday of each month starting at 3 p.m. (May 27). At McChord, activities include movies, game night, storytime, STEM activities, crafts and more! At Grandstaff, play with Lego sets!

## **Friendly youth clubs**

---

### **Get creative at kids' clubs**

Book Patch Children's Library invites youth to monthly clubs with fun activities to help build confidence, creativity and friendships.

- SuperGirls Club for ages 7–11 meets the second Thursday of the month 4–5 p.m. (May 12).
  - Mudspots & Robots Boys Club, open to boys of all ages, meets the third Thursday of the month 4–5 p.m. (May 19).
- Both clubs meet in the conference room.



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## Join teen clubs

---

### Enjoy teen club

All JBLM teens ages 13–18 are welcome at “After-Hours” Teen Club at JBLM libraries the first Friday of the month at 5 p.m. Come build friendships, leadership skills and teamwork with participation in crafts, activities and more. This month, come out May 6 to join the fun at Grandstaff Library to build your own droid!

### Make movies at teen film club

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

## Adult book club

---

### Take part in book discussions

Come join other adults at book clubs that meet at McChord Library the second Tuesday of each month at 4:30 p.m. (May 10) and second Friday of the month at Grandstaff Library at 5 p.m. (May 13).

Pick up the current May book selection, “Keepsake” by Kristina Riggle, and plan to join us!

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

## Youth reading times

---

### Join us for in-person storytime

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

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

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

### Read ‘Books with Bogan’

Kids can spend time reading their favorite book to a reading assistance dog at Book Patch Children’s Library’s “Books with Bogan.” Bogan visits 3:30–4:30 p.m. the second and fourth Thursdays of the month (May 12 and 26).

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

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

### Reserve your spot for Kinder-Ready

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.

This hands-on teaching time helps develop essential skills to prepare children ages 3–5 for kindergarten. Call 253-967-5533 to reserve your place.

## Get library help

---

### Book a Tech Expert

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

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

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



# Enjoy youth sports

## Kids' fun run

### Sign up for free kids' run

Join a free youth run for fun! The 2022 America's Armed Forces Kids Run is Saturday, May 21 at McChord School Age Center. Parking is at Carter Lake Elementary.

Registration forms and entry boxes are available at JBLM School Age Centers, commissaries and CYS Parent Central offices. The last date to preregister is Thursday, May 12.

Late registration is May 13–21 only at the Youth Sports office at 6398 Garcia Blvd., Lewis Main; call 253-967-2405 for hours.

Same-day registration will be on-site start-

ing at 8 a.m., an hour before the run begins. Check [JBLMmwr.com](http://JBLMmwr.com) for race site information.

Race packet pickup for preregistered participants is May 18–20, 11 a.m.–2 p.m. at the Youth Sports office; call 253-967-2405.

Please note that late and same-day registrations will not be guaranteed a T-shirt.

## Youth sports

### 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.



See youth sports registration details here:



*Courtesy photo*

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

### Enroll in spring baseball

Keep your kids active outdoors with spring baseball for ages 5–15 and Lil' Batters T-ball for ages 3–4. Practices begin Monday, June 27 and the season ends Thursday, Aug. 18 for Lil' Batters and Saturday, Aug. 27 for baseball.

Enrollment for both is open May 1–June 9. Ages 3–4 cost \$25 and ages 5–15 cost \$65.

### Monthly enrollment in karate

Karate (ages 4–18) offers differing times and dates (see the current registration for your choice of classes). Register through the end of the month for the next month. The cost is \$40.

### Take part in British Soccer Camp

Enrollment is open at [ChallengerSports.com](http://ChallengerSports.com) for British Soccer Camp for ages 3–16.

Camps will be run July 16–20 at Lewis Main and Aug. 13–17 at McChord Field. Prices and times are listed for each camp on the website.

### How to enroll

Enroll at [JBLMcysRegistration.com](http://JBLMcysRegistration.com) or call Youth Sports at 253-967-2405. You'll need a full Child & Youth Services registration on file and a current sports physical.

Not yet enrolled in CYS? To get started, call Parent Central Services at 253-966-2977.

### We need your energy for youth sports!

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

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

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

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**Orientation: Tuesday, May 24, 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

## Road Maze

There's a rush delivery but only one way to the destination. How fast can you find your route?



# Find 8 hidden objects below



Answers on page 35.

# MWR Staff Pick



*Courtesy photo*

I've been working for JBLM MWR for over 11 years now and am still amazed by all of the opportunities MWR offers to our JBLM community.

It's hard to narrow it down to one, but my favorite would have to be Russell Landing Marina!

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

## Amanda

Although a small facility, it provides so many services. Boat rentals, kayak rentals, pavilion rentals, moorage, convenience, resale — it really has it all to enjoy a day out by the lake (not to mention American Lake is one of the most beautiful lakes in the surrounding area with views of Mount Rainier and frequent bald eagle sightings)!

My family and I spend many summer days out at the lake, and I'm looking forward to the warmer days on the water!



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