

EXPLORE JBLM



**Stay involved
& inspired**

In the loop

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**SPOUSE
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JBLM MORALE, WELFARE & RECREATION GUIDE



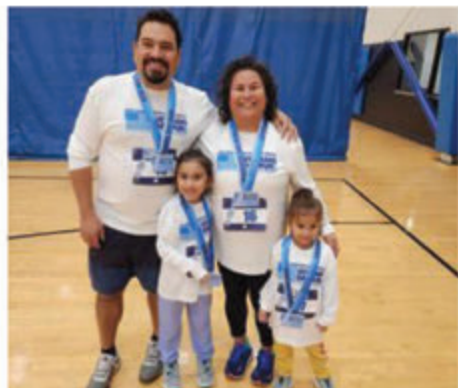
We Can Do It!





2 ExploreJBLM Winter 2024

MWR & you



Renteria family

at the 2023 wear blue: Veterans Day Run

Show us how you enjoy MWR events, programs and activities by sending in your photos by email or FB message. Letters to the editor are welcome, too! Be sure to mention "MWR and you" in your message.



Valerio Family

at the 2023 Shamrock Run



Gabe Andrews

at Whispering Firs Golf Course

Keep reading. Keep smiling.
Keep living, working and playing JBLM!



JBLMmwr

USArmy.JBLM.ID-Readiness.MBX.DFMWR-Marketing@army.mil

EXPLOREJBLM



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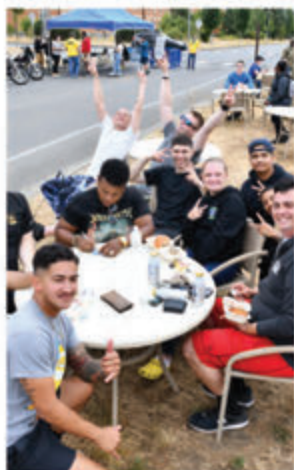
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As we welcome 2024, join us in celebrating all the wonderful times 2023 held and help provide feedback about events, programs and resources you would like to see MWR introduce in the future.



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Your guide to JBLM



WELCOME

to JBLM! There's an enormous amount of information out there to match Joint Base Lewis-McChord's gigantic physical size.

MWR services and resources

The needs of JBLM community members are as individual as each little flake of snow that falls this winter. MWR is here to meet your needs and support you through our programs and services. Options for families include child care, Youth Sports, the youth and teen center, School Support Services and more. Single Service Members can link up with BOSS (see page 33) as a starting point and whole units can take advantage of their Unit Funds, Commander's Cup sports and Warrior Adventure Quest activities (see page 32).

Not to mention, eligible patrons can enjoy our libraries, fitness centers, the Arts & Crafts Center, auto care centers, golf courses, Bowl Arena Lanes, indoor and outdoor pools and playgrounds, Outdoor Recreation programs, discounted tickets from Leisure Travel Services and classes, resources and programs from AFCS. The possibilities are endless!

On the cover

Dig into the riveting topic of military spouse employment. With can-do attitudes and positive advice for others, MWR employees have an empowering message to share in celebration of Rosie the Riveter Day on March 21.

In this issue

As you flip through the pages, look for ways to stay in the loop and glance back over the past year with MWR. Resolve to have a healthier year when you focus on your heart health and overall fitness. Fill your calendars with activities such as winter camping, playtime at Sounders, the Shamrock Run or Spring Flea Market. Plus, see what others at JBLM are up to on our "MWR & You" page! Read on and you'll discover why JBLM is a great place to live, work and play.

For resources, plus fun

events & activities,

visit  **JBLMmwr**

and look at our events list!

Celebrating you and good health



Happy birthday to you

Happy 2024 and happy birthday, too. We'll each be making one more lap around the sun this year, and that's certainly something to celebrate! MWR facilities offer party packages at several locations to help you plan your special day.

The Northwest Adventure Center packages offer inflatable games such as jousting, archery or billiards, yard games such as tug-o-war, cornhole, ladder golf or Jenga and, of course, tables, chairs, canopies, coolers and food — choose from hot dog, popcorn, sno cone or cotton candy machines.

At Bowl Arena Lanes, you can reserve The Spare Room and pick a package that fits your style. How long will you bowl, and how many friends will join you? How much pizza will you devour? Plus, you don't want the pitchers of soda to fizzle out before the fun does!

Rather make a splash at your party? Kimbro & Soldiers Field House pools are calling your name! You can fill out a reservation form and email it in, which means the only calling you'll need to do is during a game of Marco-Polo with your fellow pool party guests.

Rocking a swimsuit doesn't suit you? Rock climbing it is! Call the Northwest Adventure Center at 253-967-7744 to book your party at the Adventures Unlimited Climbing Wall.

Party on over to JBLMmwr.com/Happenings/Birthdays for all the details about these locations. Hold the phone! You'd like to host your party at a different MWR facility? No problem. Call MWR Catering at 253-966-7466.

Heart health month

By the numbers, the second month of the year is American Heart Health Month, the average human heart pumps 2,000 gallons of blood every day, the American Heart Association was founded 100 years ago and heart disease is the number one cause of death in the United States. Total it up, and there are plenty of reasons to take care of one of your most precious organs.

Your heart is a muscular organ, and just as with all muscles in your body, the best way to strengthen it is to work it. How? With exercise! Take a stroll, stop by one of the fitness centers on base for a workout of your choice or attend a group fitness class (see page 27), swim a few laps, register for one of our races, go for a hike with ODR or play a few rounds of golf — skip the cart and you'll wind up walking several miles each time you play.

The food you eat affects your heart health as well. Prepare heart-healthy meals as a part of your regular diet. Did you know that there's a whole cookbook collection at the libraries? For those who have just arrived and are waiting for HHG shipments, take advantage of the AFCS lending closet. Complete with pots, pans, dishes, toasters and crockpots, you'll be the master of your otherwise sparse kitchen. Even on the

busiest days, when prepping food falls to the wayside, there are healthier menu options available to help you make good choices. Salads are offered at the Bowl Arena Lanes Strike Zone Café, Warrior Zone Café and Habañero Mexican Grill. You can also get smoothies, protein shakes or V8 vegetable juice at Warrior Zone.

Stress can also impact your heart health. Resources are available to you to help you learn to manage your stress in healthy ways. Take time to relax and unwind with fun events (see page 30), immerse yourself in nature (see page 34) or cozy up with a good read from the libraries. If you're going through a particularly trying time, Military and Family Life Counselors are available through the Family Advocacy Program.

The importance of making your cardiovascular and heart health a priority cannot be overstated. Remember, when it comes to health and wellness, it's important to have regular checkups and discussions with your doctor. Individualized health and fitness coaching can be beneficial, too. The Armed Forces Wellness Center, now located 3168 2nd Division Dr. at Lewis Main, can help you with health assessments and developing goals.



JBLM MWR



Patti Jeffrey

JBLM community ins & outs

By Angie Andrews

Whether you've just arrived at JBLM or have been around for a bit, you belong in this community. How you interact and connect is up to you. Find out the information you need, reach out to knowledgeable and caring staff and come hang out with MWR!

Find out

MWR website

Wondering about hours of operation for fitness centers, the libraries or Warrior Zone? Looking for ways to explore the great outdoors? Planning out your weekly activities? Ready to register your kiddos with CYS? Discover your next employment opportunity, connect with a financial counselor or learn about the New Parent Support Program. Visit JBLMmwr.com, where the details are all just a click away.

Explore JBLM

Explore JBLM is your installation magazine. Published quarterly, both in print and digitally, readers will discover why JBLM is such a great place to live, work and play. Current versions are uploaded to our MWR website and all archived issues are on issuu.com. Free print copies are available at your favorite JBLM MWR facilities. Be on the lookout for the latest copy every January, April, July and October.

MWR At-A-Glance

Straight to your inbox once a month, *MWR At-A-Glance* emails will grant you sneak peeks of *Explore JBLM* and additional articles, provide friendly reminders, easy access to AFCS and quick links to the MWR calendar,

job opportunities and highlighted programs. To sign up, you can share your email address at the Weekly Welcome Luncheon or by emailing the MWR Marketing Team (address at right).

Digital Garrison app

The Digital Garrison app includes access to much of the information our JBLM MWR website does. It also integrates other installation information such as weather and gate updates. Tap on the "community" button to find MWR events and info.



Reach out

Social media

Take your information gathering a step further and get social with us. When you follow JBLM MWR on Facebook, Instagram, LinkedIn or Twitter, you'll find important announcements, job opportunities, giveaways, news and events. React, comment, tag, share and best of all, message away! MWR staff members are ready to respond to your questions and receive feedback. Plus, select MWR programs such as AFCS, CYS, BOSS and the libraries also have social pages you can follow.

Email


Looking to contact a specific MWR program? Each program's page within our website has an "Email Us" button. If you're ever not sure who to contact, you can also reach out to our MWR Marketing Team, and we'll be happy to point you in the right direction.

USArmy.JBLM.ID-Readiness.MBX.DFMWR-Marketing@army.mil

Phone directory

Each issue of Explore JBLM magazine has a copy of our phone directory included (see page 47), copies are available at the MWR Marketing Office and you can also find it on our website. You can reach every program this way — from Leisure Travel Services and Outdoor Recreation to individual child care locations, Parent Central Services, golf courses, the bowling center, libraries and more. As a friendly reminder, all JBLM phone numbers start with the area code 253.



 Head to our handy "Links" page!





JBLM MWR



Emiliano Hernandez



Emiliano Hernandez

Hang out Calendars

Utilize our published calendars to fill your agenda! The main MWR calendar is found on our website as are group fitness class schedules, library monthly offerings, Outdoor Recreation adventure trip dates, AFCS classes and appointments, registration dates for youth seasonal sports and camps, BOSS monthly activities and youth swim lessons. You may also pick up paper copies of calendars from some program locations.

Events/programs

MWR events and programs' success is only possible with you! Come out, have a great time and enjoy all JBLM has to offer. There is a huge selection to choose from: large and lively events such as concerts, holiday festivals or flea markets; smaller, more mellow programs such as the low-sensory hour at Book Patch Library or classes at the Arts & Crafts Center; and even routine, community-building activities such as bowling leagues, book clubs and the Teen Anime Club.

Volunteer

Sharing your talents can be one of the best ways to find your fit in the community and build connections. Most MWR programs have opportunities for regularly scheduled volunteers. You can also provide one-time volunteer support at special events. Volunteer options and registration information can be found on our website under the "Partner With Us" link on the main page. Not sure where to start? AFCS offers a Volunteer Orientation Training (see page 14).

Once you've discovered all the ways to join in, you'll have life at JBLM figured out in no time!

Cash in on opportunities



Putting the “fun” in funds

Would you like a few bucks? Sure! Who wouldn't, right? Well, good news, Service Members: Every unit and squadron receives Unit Funds to support morale events of your choice. We'll wager you already have some great ideas in mind for how to put those funds to good use, such as a barbecue cookout, pizza party, ski trip or kayaking adventure.

Here at JBLM, the allotted amount is \$4 per fiscal year per Service Member assigned to your unit or squadron. The funds roll over each year and, in some instances, you can add funds to your account by volunteering and providing support detail personnel to MWR. There are regulations associated with your funds, the most important of which is that monies must be spent in a way benefiting every member of your unit or squadron.

Have more questions about Unit Funds? Answers from the MWR Unit Funds Office will always be right on the money. Be sure to visit JBLMmwr.com/Programs/Unit-Funds for more information, including an MOI. To get in touch, call 253-966-4300 during business hours: Monday–Friday, 8 a.m.–4 p.m.



Volunteers are classy

By its very nature, volunteering is an outstanding way to make a positive impact on the community you choose to serve. Where do you start? When do you get involved? What skills can you share? These are all great questions, and AFCS offers a Volunteer Orientation Training class to help you discover the answers. Offered on Thursdays at 9 a.m. (Jan. 11, Feb. 8 and March 7) at the Family Resource Center, potential volunteers will learn about both on- and off-base opportunities. Information shared includes understanding the different types of volunteers, knowing what questions to ask organizations you're interested in working with, how to navigate the Volunteer Management Information System (plus why you must utilize it!) and recognize important information pertaining to and benefits of volunteering.

The class is optional and open to anyone

interested in volunteering at JBLM or surrounding communities. There is no age minimum for class participants, however, for those with youth or teens interested in volunteering, please note that some individual organizations will have age requirements for their volunteers. If you have questions about the class or would like to register, please contact the Installation Volunteer Corps office at 253-967-2324.

Once you're up to speed and well-versed in being an awesome volunteer, consider volunteering with MWR. We're more than happy to see your talents in action. You can get involved in one-time experiences and help out at special events or sign up to volunteer regularly with a particular MWR program. You could volunteer to be a fitness instructor, a Youth Sports coach (see page 38), a library aid or photographer. Have another idea? Let us know when you explore the "partner with us" button right on our MWR homepage.



Boosting babysitting skills

Hillside Youth Center offers babysitting classes for youth ages 13 and older. Teen entrepreneurs can increase their skill set, gain Red Cross certifications and even be eligible to join the JBLM babysitters list by completing the Monday–Friday course, which lasts approximately two–three hours daily. Upcoming classes are planned for Jan. 22–26, Feb. 12–16 and March 18–22. Classes need at least five participants to be held as planned, and interested youth must be registered members of Hillside Youth Center. For any questions and to enroll, please call 253-967-4441.



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Spouse employment is a riveting topic

By Angie Andrews; Photography by Emiliano Hernandez



Step onto any military installation, survey any group of military families, hang out with a handful of military spouses, and you'll almost certainly wind up discussing spouse employment. Glancing back to learn from the past, chatting with NAF HR and rounding up some of JBLM MWR's military spouses shed light on this very riveting topic.

Rosie the Riveter

A workforce development poster. A magazine cover. A song. A cultural phenomenon. Still the single most successful government campaign to date. Real person, fictitious character or a collective group of people — what or who is Rosie the Riveter? When you dig into the facts, one is undisputed: WWII and the homefront efforts associated with it changed the workforce in the United States forever.

In 1942, J. Howard Miller made what is now regularly recognized as a Rosie the Riveter poster. The woman pictured flexes her arm, wears a red bandana and arguably has flawless makeup on her determined face. But

she's not Rosie. At least she wasn't when the Miller poster was displayed for only two short weeks in the '40s. Soon the "Saturday Evening Post" featured a similar image by Norman Rockwell, and a Rosie the Riveter namesake song started playing, and the campaign's subsequent influence on history was cemented.

Beyond an inspirational image, Rosies were real women who went to work during WWII. Six million of them, in fact. And of those, three million were married. Connecting the dots to the over 16 million Service Members who fought during WWII, it's safe to say the majority of married Rosies were military spouses.



As they charged forth and blazed new trails in the defense industries, particularly the aviation field, they embodied the spirit of the empowering and positive message Mr. Miller's poster touted. Several thousand of them even joined the Armed Forces, forming the Women's Auxiliary Army Corps and Women's Airforce Service Pilots.

JBLM's Rosies

The "We Can Do It!" slogan is one military spouses can take to heart, especially those looking to make the most of their own professional growth while supporting Service Members' careers. With the same Rosie can-do attitude, military spouses can be optimistic about the opportunities available to them.

Across the globe, Family and MWR employs 28,000 people. Locally, JBLM is Pierce County's largest employer by personnel count and MWR currently has 900 employees working in over 70 programs and facilities.



A behind-the-scenes look at our employee photoshoot.



How many are military spouses? At JBLM MWR, the answer is at least eight percent, but likely more. Sixteen spouses who are also MWR employees volunteered to showcase how "We Can Do It!" in order to celebrate Rosie the Riveter Day (March 21). This group of spouses includes those who've just started their journey in the military lifestyle, those more "seasoned," one whose currently active Service Member started off in the National Guard, an Air Force spouse, folks who have worked within multiple MWR departments and at different installations, plus one spouse who is also in the Army Reserves. Check out their words of wisdom starting on page 20.

Advice for military spouses

Job searching, identifying a career path that interests you and building your professional experiences are daunting tasks for anyone. Add in the fact that military families move to new locations, on average, every two to three years, and the effort it takes to stay on track and inspired becomes tremendous. Keeping your inner mantra tied to Rosie's motto and being open to advice along the way is imperative.



We Can Do It!

Here are some tips:

- Current job openings are always listed on our website under "Employment," as are details about benefits to MWR employees. Visit JBLMmwr.com for details.
- To read full job descriptions and apply, follow the links to the USA Jobs announcements.
- MWR hosts All MWR Job Fairs and CYS Job Fairs. Success rates for candidates are fairly high at these events and in 2023, over 400 job seekers attended with over 200 of them successfully onboarding and starting their new MWR jobs. Bring all applicable documents with you! Your résumé, transcripts, PCS orders, marriage certificate and cover letters or letters of recommendation are all good to have on hand. Pro tip: It's a helpful to also keep electronic versions of these files during your many PCS moves.
- Use your spousal preference when applying for applicable jobs. There will be a questionnaire within USA Jobs where you must select "Yes" as your answer to your military spouse status and you must upload any documents requested in the description. From an HR standpoint, NAF HR Officer Kathleen (Kat) Piunti shared it is a common occurrence for spouses to only complete one of those two steps and therefore miss out on the hiring preference as an active-duty military spouse.
- AFCS has an Employment Readiness Program, which offers classes about federal jobs, résumés, networking and interview skills. You'll also find information about internships, fellowships, certifications and licensures.
- Networking with other MWR employees can help you understand which positions are available, what flex, full- and part- time schedules entail and what might be your best fit role.
- PCSing doesn't mean you have to resign! Spouses are entitled to 365 days of leave without pay to avoid a break in service.
- Through the Civilian Employee Assignment Tool, some MWR employees may have the option to transfer from one Army installation to another. Check our website for details and guidance about CEAT.

Soon you'll be the one rolling up your shirtsleeves, flexing your successfully employed muscles and smiling because of your accomplishments. From all of us at JBLM MWR, we sincerely hope you find that success with us!



= time as a military spouse



= loves



= time as an MWR employee



= words of wisdom

Rick — Wilson Sports & Fitness Center



1 year



a few months



"All the support provided from MWR and the weather of Washington."



"[Seeking employment] It is worth it!!"



Cecilia Alejandro-Green — CYS, Lewis North School Age Center



5 years



2 years



"Feeling like we are family; MWR is the best! The togetherness within MWR is a feeling I've never experienced within a company before."



"Just do it! It may seem hard, especially when your spouse is gone, but you gain a family outside your immediate family who will offer support when you feel like you have none."



Candace Hickey — JBLM Libraries



7 years



6 months



"Being able to provide fun family events to boost morale. I'm amazed at how welcoming people are; we moved 32 hours away from home and found our people."



"Visit every place you have access to. You never know who may be hiring and you will get to see what the installation has to offer."



Jessica Garceran — CYS



13 years



1 year



"Being able to serve those who serve us and being part of such a good community."



"Go for it! It's (MWR's) a great family!"

Ellie Garcia — McVeigh Fitness Center



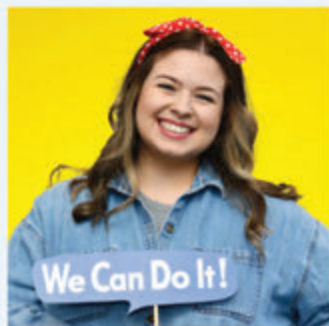
4 years



2 years

♥ "Working with people who understand the ups and downs of being a military spouse. Working with and supporting the Soldiers makes the job so rewarding!"

💬 "You should always apply for jobs that are open. What's the worst that could happen?"



Chelsea Davies — CYS



9 years



5 years

♥ "The smiles on the children's faces and that at the end of the day, I helped support the mission and the families in our care."

💬 "Nothing is easy, but at the end of the day it is worth it to have a job that can transition, support others and have benefits! Every day is a new day!"



Meek Ward — AFCS, Employment Readiness Program



15 years



1 year

♥ "Being directly aligned with support of our military community. My passion and purpose lies in identifying hidden talents and connecting them to opportunities."

💬 "As the ERP manager, I encourage you to come visit us so we can assist in furthering your career goals! I've grown accustomed to overcoming adversity and uncertainty and find pleasure in building confidence in others to do the same. Various challenges have now transformed into opportunities to learn and showcase resilience, leadership and excellence. We can do it!"



Natasha Cole Perez — Outdoor Recreation



18 years

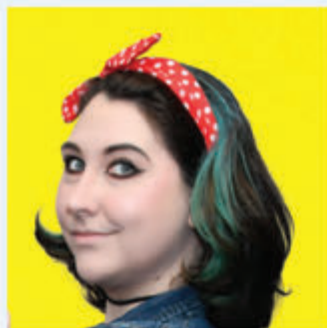


15+ years

♥ "Working with the Soldiers and other members of the military."

💬 "There are plenty of options to fill your passions while supporting our military."





Amanda D. Thomas — JBLM Libraries



9 years



3 years

♥ "Being a part of such a large community. So many people are in a new place, away from their hometowns or families, but they are able to build a sense of family and community here on JBLM based on shared experiences. Working with MWR allows me to have a direct hand in building that for people."



"Don't be afraid to try something new or bring your personal experience or story to a new place. There are meaningful connections to be made, and your perspective could really change someone's life!"



Darlene — McVeigh Fitness Center



2 years



3 months

♥ "[The] sense of community and contributing to the well-being and quality of life of our Service Members and their families."



"Explore opportunities. Apply for any job that supports military spouses. Stay persistent, persevere and be resilient."



Janée Ayers — CY5, Madigan CDC



3 years



1 year

♥ "Feeling appreciated by both the management and the Soldiers who trust us with their children. Being able to serve those who serve gives me pleasure knowing I can help them uphold the mission."



"Use all of the resources available to help with your résumé and assistance using USA Jobs!"



Moriah — Sheridan Fitness Center



7 years



3 months

♥ "Being able to support current and former Service Members and their families and being able to put a smile on their face."



"Even though it's hard moving every couple years, it's possible to have a career."

Shantel Hernaiz — CY5, HQ Admin Assistant



6 years



3 years

“That MWR is a wonderful place to work. Being able to thrive in an organization and love my job is a blessing. I have had an amazing three years with MWR staff from management to my peers, being able to work for such an organization and to be able to move around wherever my husband’s [orders take us].”



“Don’t stop. There are so many open resources to help you achieve your MWR career in many different fields.”



Suzanne Miles — McVeigh Fitness Center



5 years

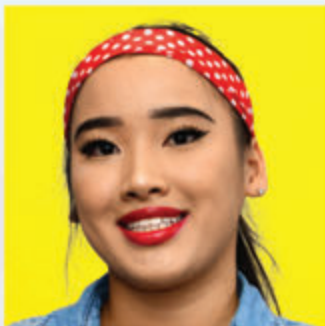


11 months

“The flexibility of knowing that when we do leave the current base we are at, I will be able to find employment.”



“Keep trying to look for opportunities even when you think you can’t find anything.”



Ken Brown — Outdoor Recreation



2 years



6 months

“The diversity of my job requirements, the services we provide for military and their families and my coworkers and staff I supervise.”



“Seek employment within the MWR or your installation. There is a wide variety of opportunities for all passions and skills.”



Mrs. Michaela Hall — Parent Central Services



13 years



7 years

“Making a positive impact with families, active duty, retirees and children. Loving them and being there for people. MWR has been a blessing, and I love being a part of this community.”



“Be open for the new and better things. Get your education. Love yourself and your career!”





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the MWR
TEAM!

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JBLMmwr



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



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Prioritize how you socialize



Ken Dietiker

Group fitness classes

Your health and wellness are affected by the healthy choices you personally make, but you don't have to go it alone. Positive motivation is often found in your connections with others. Join a group fitness class and find yourself surrounded by like-minded individuals who will encourage and egg you on as you work out! Pick your favorite or attend them all to sample plenty of different workout styles.

Bust some stress with a Yoga class. Move and groove at Dance VIBE (more on page 31) and Zumba classes. Take dance a step further at a Mixxed Fit class, which adds in bodyweight toning. Power through cardio routines at a Cycling or Water Aerobics class. Train your body with HIIT or Tai Chi classes. Ensure you get a full body workout at Cardio & Strength or Cardio Kickboxing classes. And, if you really want to challenge yourself with a high-intensity program, then Bootcamp is where it's at. One additional class, iStroll, is a fee-based fitness class for parents and children together.

Classes are designed for inclusion of all ability levels and are available at multiple locations. Times vary, and weekly schedules for fitness classes are routinely posted on our website and Facebook.

Other ways to find your fit:

If you're sweating the idea of heavy perspiration around your buddies, here are some other ways to catch up with your crowd:

- Book clubs at the libraries
- Bowling leagues
- Arts & Crafts classes
- Golf leagues, lessons or outings
- Esports, trivia, pool, watch parties or just chilling at Warrior Zone
- Connect with BOSS (see page 33)

JBLMmwr   

Family time plays out (inside!)



Sounds like playtime

Shrieks and squeals of joy, pitter-patter of sock-covered feet and uninhibited laughter fill the air. Primary colors, enticing inflatables and classic playground equipment signal great fun. Both kids' and parents' positive reactions splash into conversations. Of which awesome location do we speak? Sounders indoor playground, of course!

How you channel all your energy is totally up to you. Climb the ladders, slide through tunnels and bounce around on the inflatables. Hang out on your own or choose to attend the New Parent Support Playgroup on Wednesdays from 10–11:30 a.m.

Sounders is a free-play location, which military families can enjoy for free! Operating hours are posted online and Sounders is located at 737 Jackson Blvd. on McChord Field.



A day of play at Sounders

By Bianca McClendon

On an early rainy Saturday morning, our family of three headed over to the Sounders indoor playground located on McChord Field. The goal was to find local indoor entertainment for our 6-year-old son to play and make friends in a safe, family-friendly environment.

We were excited to discover that Sounders offered all of this, plus it was free of cost to enter and play. The MWR Team member was welcoming and knowledgeable of everything Sounders had to offer currently and in the near future. The staff member led us to the playroom and showed us the new features that have recently been added. The dino world inflatable seemed to be the star of the show as our son ran to it excited to explore what was inside.

As we scanned the playroom, we also noticed that Sounders has added small table-and-chair sets filled with dolls and toys for younger children to add more inclusivity for all ages to the play area. There is also a bookcase full of books, a life-size Connect 4 game, two more large inflatable bounce houses and the large colorful indoor playground itself.

Our son played alongside other kiddos – younger toddlers up to children around his age – and we loved that children of all ages were welcome and enjoying themselves. While our son was playing, we were able to make small talk with other parents while we kept eyes on our children. We enjoyed our family time at Sounders indoor playground, and we plan to continue to come back and play!

Editor's note: This location is also an MWR Info Center. Stop in during operating hours to find info about upcoming events and programming. For current hours, visit JBLMmwr.com.



*Photos: This page: Top, Emiliano Hernandez; Middle: Bianca McClendon; Bottom, Emiliano Hernandez
Facing page: Bianca McClendon*

Mark your calendars!

Ushering in champions

For being the shortest month of the year, February holds the event many fans have waited the longest for — the big game! AFC, NFC ... you and me, we're all invited to watch and usher in the football champs. We know you're also rooting for game day snacks, the halftime show and legendary commercials, so as Feb. 11 draws closer, huddle up with the MWR calendar to find your preferred spot to catch the action.

What a rush

On Saturday, March 16, while distance runners are busy fleeing the starting line, bargain hunters will be gearing up for the Spring Flea Market, which will be held in conjunction with the Shamrock Run. JBLM community members are encouraged to sell their handcrafted goods and garage sale items. If you're interested in being a seller, please contact Special Events to secure your spot.

Now, runners, there are three leaves on a shamrock, and we've got three reasons you should slip on those sneakers for the Shamrock Run. For the green: you'll sport all your lucky attire and get in a festive St. Paddy's Day mood a day early. For the gold: you'll speed through the 5K or 1K like there's a pot of gold at the finish line. And lastly, for the glory: you'll feel like a champ when you're done! Ready to register? Spring on over to JBLMRaces.com for more details.

Eggcellent weekend plans

Mark your calendar for the last weekend in March because teens will be searching for treasure with flashlights, your little ones



Kayla Williams

will be dashing for eggs and active-duty Service Members will be racing through the Commander's Cup 10-miler.

Hillside Youth Center will host a flashlight egg hunt Friday, March 29 and on Saturday, March 30, the Easter Bunny will be dropping off his many festive eggs and goodies at Cowan Stadium. After scrambling to gather them, your kiddos can trade them for a bag of treats before the next group gets a turn to collect. It's quite the sight, so plan to hop by and snap some photos.

As for the 10-miler, also scheduled for Saturday, visit JBLMRaces.com for details and to register.

For the most up-to-date info, check our MWR calendar and FB page announcements.

JBLMmwr



Dance & splash to thrive

By Olivia Lamkin



Kayla Williams

Dance the cold away

Shake up your routine and groove into the coolest dance class here at JBLM! Whether you're a seasoned dancer or just looking for a fun way to crush your fitness goals, Dance VIBE has the moves for you! Get ready to move, sway and let loose in this electrifying atmosphere. This one-hour class is designed to give our community a dose of pure fitness fun.

Since 2016, this fitness class has been led by an instructor who's dedicated to giving you a fun way to work out! Regina Jones is certified, makes her own choreography and is more than willing to welcome any new DoD ID card holders who are looking to make their heart race.

Lace up your sneakers and immerse yourself in an environment filled with infectious energy, great music and a supportive, welcoming community! If you want to see some of our other fitness classes, flip back to page 27.

Let's make a big splash

Missing summer? Fear not! You can still make a big splash when you dive into winter's aquatics offerings. Boost your immune system and elevate your mood, which is an excellent counter to the winter blues. Keep your spirits — and your heart rate — up even on the coldest days at the indoor pool located at Soldiers Field House.

This aquatic oasis has six spacious lanes that are 25 meters in length and is a haven for health enthusiasts seeking an invigorating workout! Swimming isn't just a great way to stay active, though; it's an awesome full-body workout that engages muscles you might not even know you have. The low-impact nature of swimming makes it an ideal exercise for DoD ID card holders of all ages and fitness levels. It's easy on the joints and perfect for those with mobility concerns. Whether you're an experienced swimmer or just looking to paddle around, Soldiers Field House offers a welcoming environment for all.

So dig up that swimsuit, grab a towel, make a big splash and embrace winter with a refreshing dip. Soldiers Field House is closed on the weekends, but our website under the Aquatics tab always shows an up-to-date schedule.



JBLM MWR

Catch the active-duty action



Branch adventure programs

Warrior Adventure Quest and Recharge for Resiliency are both free programs developed to support resiliency, with WAQ trips available as an Army tool and R4R offerings available for the Air Force and Space Force. Detailed information for both individuals and units/squadrons is available online, but points of contact include Outdoor Recreation and your chain of command.

WAQ is only available to active-duty units and focuses on coping mechanisms for Soldiers and high-adventure activities such

as ropes courses, zip-lining, skeet shooting, fishing, rock climbing and more. Winter specific adventures at JBLM include glacier exploration, cross-country skiing, alpine skiing and snowshoeing.

R4R includes eligible family members in certain circumstances. While viewing eligibility and directions to set up your trip, look for the linked R4R form at [JBLMModr.com](https://www.jblm.mil/Modr.com). Trip choices are listed on the form and include paintball, mountain biking, guided museum tours, horseback riding, golf, arts, bowling and much more!



Photos: Facing page: rock wall, Emiliano Hernandez; bungee jumping, Song Jordan; this page: Emiliano Hernandez

Opportunity knocks with BOSS

Calling all single Service Members, those geo-batching and Service Members who are also single parents! Whether this is your first or final duty station (or somewhere in between), you're an Airmen or Soldier, you're on active duty or in the reserves, BOSS opportunities are knocking at your door with three main focuses: community service, leisure and recreation and quality of life. Together, these core components will help you lead a much fuller and balanced life.

As a "for you, by you" program, you'll be able to develop new skills, including a knack for leadership. Each unit can have a BOSS rep, and the community meetings held once a month at the Stone Education Center provide a chance for your voice to be heard. There are also many volunteer opportunities through BOSS, which are voluntary and often promote personal skills and growth.

BOSS participants are not only able to attend leisure and recreation activities but can get involved in the planning and executing of events, too. To find out about what's happening, check the BOSS calendars

(published monthly), get the information from your unit rep or visit JBLMmwr.com.

Lastly, the mission of the BOSS program is to enhance the morale and welfare of single Soldiers and Airmen, increase retention, and sustain combat readiness. BOSS is the collective voice of single Soldiers and Airmen through the chain of command, which serves as a tool for Commanders to assess the morale of single Soldiers and Airmen regarding quality-of-life issues. Additionally, BOSS also sponsors a variety of activities before, during and after deployment to maintain the morale of those affected by increased operational tempo and deployment stress. Most of all, BOSS is a great organization with great people and an abundance of opportunities for our Service Members to connect and meet new teammates across the garrison and the surrounding community.

Ready to connect with the BOSS team? Visit JBLMmwr.com/Programs/BOSS for info. You can also find them at every Welcome Luncheon (held on most Fridays) or at the BOSS office located inside Warrior Zone.



Navigating winter nature

Test your camping limits

Do you even “snow” how to camp? Outdoor Rec is geared up and ready for an overnight camping trip at Mount Rainier National Park! This trip focuses on the unique challenges presented to winter campers and backpackers.

Educate yourself about safe snow travel and practical winter camping skills with the help of our ODR instructor team. We’re departing from the Northwest Adventure Center Saturday, Feb. 10 at 7 a.m. and returning Sunday, Feb. 11 at 7 p.m. During your overnight stay, you’ll practice snowshoeing, discover long-distance winter backpacking, learn about car camping and enjoy a winter wonderland.

This trip has prerequisite classes scheduled for Thursdays, Jan. 25 and Feb. 1 from 6–9 p.m. Interested campers should chat with ODR staff about the full itinerary and packing list so you’ll know what ODR provides and you should bring. Definitely plan ahead to have a sleeping bag rated to zero degrees or below and warm winter clothing. This trip is restricted to participants ages 16 and older and to those able to carry 30 pounds or more while backpacking one to two miles. If you have questions, stop by the NAC or call 253-967-7744.

Winter wonderlands are a shoo-in

Stellar views for the win?! Yes, please and thanks. While it's absolutely a great way to get in some low-impact aerobic exercise during the colder months, snowshoeing is a sure way to take in gorgeous winter scenery. Join ODR on one of their 15 snowshoe adventure trips!

As an activity supporting all skill and ability levels, anyone can strap on snowshoes and enjoy a day out in nature. The majority of the planned snowshoe trips are rated as difficulty levels one or two out of five, so even beginners are sure to succeed with the help of our expert guides. We'll teach you basic tips and techniques and, of course, provide the transportation, snowshoes, poles and gaiters. You should plan to wear non-cotton layers to keep you warm and dry, bring water, snacks, a camera and, believe it or not, sun protection because the snow can reflect harmful UV rays.

Many of the trips leave the NAC at 7 a.m., offering you full-day adventures, but there are also two moonlight trips on the calendar. Explore the central Cascades, June Lake, Mount Rainier National Park, Gold Creek Pond, Franklin Falls, Kendall Peak Lakes, Mount Catherine or Hex Mountain.

As you check out the winter calendar, here are a few things to remember: some trips have participant age requirements, there's a bundle-and-save series available for the four women-only trips and since each snowshoe trip costs \$65, that makes them Air Force R4R eligible. Get stepping and trek on over to JBLMmwrRegistration.com to sign up.



Photos by Brittany Catanzaro

WINTER CALENDAR

JANUARY

6: (W) Gold Creek Pond Snowshoe	\$65
6: Photography 101	\$45
6: Cross-Country Skiing	\$65
7: Explore Victoria, B.C.	\$135
12: Little Si Hike	\$55
13: Steam Plant Photo Walk	\$55
13: June Lake Snowshoe	\$65
14: Paradise Snowshoe	\$65
20: Explore Victoria, B.C.	\$135
21: Poo Poo Point Hike	\$55
21: Snow Tube/Snowshoe Hyak	\$45
27: Moonlight Snowshoe	\$65
27: (W) Franklin Falls Snowshoe	\$65
28: Mount Rainier Snowshoe	\$65

(W) = Women's Series: Bundle and Save!

Duck Hunting Private Trip: \$225/day, min 2 hunters.

Private Shuttle Trips: \$550, max 14. Call for details.

JBLMmwrRegistration.com



FEBRUARY

3: Photography 101	\$45
3: Razor Clam Dig	\$65
4: West Tiger Hike	\$55
4: Mount Rainier Snowshoe	\$65
10-11: Mount Rainier Winter Camp*	\$149
*Prerequisite classes required.	
10: (W) Cross-Country Skiing	\$65
16: (W) Kendall Peak Snowshoe	\$65
17: Fat Tire Snow Biking	\$65
17: Vino & Valentine's Day Date	\$55
18: Explore Victoria, B.C.	\$135
18: Triangle of Fire Trip	\$95
24: Mount Catherine Snowshoe	\$65
24: Whale Watching	\$155
25: Moonlight Snowshoe	\$65

Trips less than \$200 are Air Force R4R eligible.

NW Adventure Center | 253-967-7744
8050 NCO Beach Rd., Lewis North

MARCH





From the CYS playbook

Kickin' it with youth soccer

"Look, Ma! No hands!" Usually a phrase that can instill dread in the heart of parents while daring youngsters attempt risky feats, the no-hands concept is right there in the rule book for a sport dependent upon feet. Youth Sports is kicking off the year with enrollment for soccer Tuesday, Jan. 2 for children ages 3–15. Sign-ups are open through Thursday, Feb. 8.

For complete registration details including prices, check out the Youth Sports webpage, look for enrollment options through WebTrac, and should you need the assist, knowledgeable staff at CYS Sports are suited up and ready to field your questions.



Score a Youth Sports coaching gig

Volunteering as a Youth Sports coach or assistant is doubly rewarding because you not only have the opportunity to help influence and mold young athletes, but if your children are playing in the same sports season that you coach, you can receive a discount on their registration fee. Not to mention, coaching earns you 70 hours of volunteer time per season, which can be applied to your Military Outstanding Volunteer Service Medal. Sounds like a winning situation! Call the Youth Sports Office at 253-967-2405 for details.



Photos by JBLM MWR

ENROLLING IN CHILD CARE AT JBLM...

AS EASY AS 1-2-3

1

Register with MilitaryChildCare.com.

Register from anywhere in the world at MilitaryChildCare.com to request care at a CYS center at JBLM and get placed on the waitlist.

- Once registered, the site provides an anticipated placement time based on family priority, spaces available for specific age groups and requested location. This is only an estimate — placement times can fluctuate both down and up.
- Parents are responsible to manage the waitlist and are required to reconfirm request every 30 days.

- MilitaryChildCare.com generates all notifications — placement offers and reminders — via email.
- Once offer is extended by the site via email, parent must contact Parent Central Services by phone or in person within two business days to make an appointment to complete enrollment requirements.
- It's important to remember that MilitaryChildCare.com is a waiting list management data system that allows you to manage your own wait list. It does not enroll you at JBLM CYS. You'll need to go to Parent Central to register (step 2).

2

Register your children at Parent Central Services.

As soon as possible, families should register their children at Parent Central Services. Patrons will need the following documents in order to

complete the registration process to use care:

- DOD ID card.
- Contact information for home and work.
- Two local emergency contacts.
- Official shot record from your physician or medical facility.
- Full month of most recent LES or pay stubs or proof of full-time student.

Go to JBLMcsysRegistration.com and click on

the "Start New Registration" button to expedite registration.

- All paperwork must be completed prior to the child's enrollment.
- Registration appointments are recommended by not required.
- Public computers are available at Parent Central Services and staff is available to assist with MilitaryChildCare.com registration and WebTrac preregistration.
- If you're enrolled at Parent Central prior to being offered a child care space, you can start care right away once you're offered a space from MilitaryChildCare.com.*

3

Only want to register for programs or sports? Start here.

Do **not** register at MilitaryChildCare.com if you only want youth programs or sports.

Families should register after arriving at JBLM with the following documents:

- DOD ID card.
- Contact information for home and work.

- Two local emergency contacts.
- Official shot record from your physician or medical facility.

Once registered with JBLM Child & Youth Services, families may sign up for sports online using WebTrac at JBLMcsysRegistration.com.

*Prior to starting care, you must attend CYS orientation at your child/school age care program. This will be explained more during your Parent Central appointment.

Parent Central Services is located at 2295 S. 12th St. (at Bitar Avenue), Lewis Main.
For more information, call 253-966-2977.

ONLINE COUNSELING RESOURCES



Need someone to talk to?



JBLM RESOURCE FINDER

From Madigan's Department of Behavioral Health

Connect to the right resource at the new JBLM Resource Finder, a comprehensive list of resources to point you in the right direction for assistance!

MADIGAN.TRICARE.MIL/COUNSELING



MADIGAN
ARMY MEDICAL CENTER



Visit
Our
Website

MADIGAN.TRICARE.MIL

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**NEW
PATIENTS
WELCOME
TO
MADIGAN**

**INFO ON DEERS ENROLLMENT,
TRICARE COVERAGE,
APPOINTMENTS, AND MUCH MORE.**



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



SCAN ME!



**Visit
Our
Website**

MADIGAN.TRICARE.MIL



Feature

2023

Year in review, year ahead

By Angie Andrews

2024

Everyday opportunities

- 24/7 access to fitness facilities
 - Child care centers
 - Indoor and outdoor pools
- Outdoor Rec equipment retail & rentals
 - Leisure Travel Services tickets
- Library collections, resources and services
 - Golf, bowling and esports
 - Personal and professional development classes
 - Dining facilities
 - Golf lessons
 - Paint-and-go ceramics

Each year, tradition implores us to make resolutions and start anew. Fresh, blank, open calendars are waiting to be filled. But before rushing forward, how about a look back over the past year?

When you break it all down, JBLM MWR has 77 programs and facilities and over 900 employees on a mission to serve you. Moment by moment, life can seem like a blur; looking back certainly confirms 2023 was an eventful year for JBLM MWR!

More than 2.8 million patron interactions with MWR included a range of offerings.

Scheduled programming

- Billiards, bowling, esports and sports tournaments
 - Trivia
 - Free movies
 - Storytimes
- Group fitness classes
- Races and fun runs
 - Adventure trips
 - Intramural sports
- Youth sports and seasonal camps
 - Job fairs
 - UFC watch parties
 - Bowling leagues
- Art and photography contests
- Summer Reading Program

Holiday-themed events

- Shamrock Run
- Easter Eggstravaganza
- Mother's Day Brunch
- Father's Day Cookout
- 9/11 Stairclimb Challenge
 - Oktoberfest
- A Labyrinth of Horrors
- ODR trips to Christmastown (Leavenworth Lights)
- Thanksgiving meals at Warrior Zone
- Thanksgiving To-Go meals by MWR Catering
 - Run, Rudolph, Run
 - Winterfest

Military celebrations

- Armed Forces Day
- Month of the Military Child, *Purple Up!* events and Kids' Fest
- wear blue: Veterans Day Run
- Single Service Member Day

A sampling of specific events

- Reading with a therapy dog at McChord Library
- Free concerts including music from the Darin Jones Band, Storm Rider and Hell's Belles
- Regiment Gaming tournament at Warrior Zone (COD Modern Warfare II and Madden 24)
 - Fitness Resolution Fair
- NFL Pro-camp with Dre'Mont Jones
 - MLB Play Ball event
- Wine & Jazz at McChord Club
 - Down & Dirty Trail Run
- Back-to-School Beach Bash
- JBLM Airshow & Warrior Expo



Here's to making 2024 one for the books as well! You can count on many of the same everyday offerings and scheduled programming. We'll have plenty of special events including the Fitness Resolution Fair in January, the "big game" watch parties in February, the Shamrock Run, Spring Flea Market and Easter Dash all in March and much, much more! Be sure you're always in the loop with all the ins and outs of the JBLM community (see page 10). We also invite you to share your thoughts about events, programming and activities you'd like to see in the future.

Provide your feedback today!



The graphic features the words "Giveaway Time" in a large, white, sans-serif font. The text is centered and appears to be floating above or attached to a cluster of colorful, 3D-style squares. The squares are in shades of blue, red, green, and yellow, with some having a slight gradient and shadow. They are arranged in a somewhat chaotic but balanced pattern around the text, with some squares overlapping the letters. The overall effect is vibrant and eye-catching.

Giveaway Time

**For giveaway details included in this issue,
please pick up your free print copy of
Explore JBLM at any MWR location.**



INSTALLATION MANAGEMENT COMMAND

Joint Base Lewis-McChord Family and MWR



Go to JBLM.armymwr.com for more information.

Phone area code is 253.

LM = Lewis Main | LN = Lewis North | MF = McChord Field

LEISURE RESOURCES

BETTER OPPORTUNITIES FOR SINGLE SERVICE MEMBERS (BOSS)

11592 17th & D St. LN 967-5636

LEISURE TRAVEL SERVICES

8050 NCO Beach Rd. LN 967-3085/2050

WARRIOR ZONE

11592 17th & D St. LN 477-5756

OUTDOOR RECREATION

HOLIDAY PARK MF

Pavilion Info & Reservations 982-7744

Holiday Park/Fam-Camp 982-5488

FREEDOM PARK

2275 Liggett Ave. LM

SPLASH PARK (Summer only) 967-4661

NORTHWEST ADVENTURE CENTER

8050 NCO Beach Rd. LN

OUTDOOR ADVENTURE PROGRAMS LN 967-7744

EQUIPMENT RENTAL (NAC) LN 967-7744

TRAVEL CAMP & CABIN RENTAL LN 967-7744

RUSSELL LANDING MARINA

(Open Memorial Day through Labor Day)

8981 American Lake Ave. LN 967-2510

SHORELINE PARK

Shoreline Beach Rd., Pavilion info LN 967-7744

OFF-ROAD VEHICLE PARK

2 miles past the Skeet Range 967-7056 for access

RIFLE & PISTOL RANGE (RANGE 15)

0015 East Gate Rd. LM 967-9803

SHOTGUN SHOOTING COMPLEX

3969 2nd Div Range Rd. LM 967-7056

AQUATICS

KIMBRO POOL

2161 Liggett Ave. LM 967-5026

MCCHORD FIELD OUTDOOR POOL

(open summers only)

736 5th St. MF 982-2807

SOLDIERS FIELD HOUSE POOL

3236 2nd Div. & Handrich LM 967-5390

SPORTS & FITNESS

PT occurs between 6:30–7:30 a.m.

JENSEN FAMILY HEALTH & FITNESS CENTER

2022 Liggett Ave. & Div. LM 967-5975

MCCHORD FITNESS CENTER

729 5th St. MF 982-6707

MCCHORD FITNESS CENTER ANNEX

726 5th St. MF 982-6700

MCVEIGH SPORTS & FITNESS CENTER

2160 Liggett Ave. LM 967-5869

SHERIDAN SPORTS & FITNESS CENTER

3759 Stryker Ave. LM 967-3797/4467

SOLDIERS FIELD HOUSE

3236 2nd Div. & Handrich LM 967-4771

WILSON SPORTS & FITNESS CENTER

11596 D St. & 41st Div. LN 967-7471

INTRAMURAL SPORTS OFFICE

3236 2nd Div. & Handrich LM 966-0635

BOWLING CENTER

BOWL ARENA LANES

2272 Liggett Ave. LM 967-4661

GOLF COURSES

EAGLE'S PRIDE GOLF COURSE

Located off I-5, Exit 116 967-6522

WHISPERING FIRS GOLF COURSE

895 Lincoln Blvd. MF 982-2124

ARTS & CRAFTS

McCHORD ARTS & CRAFTS CENTER

1121 Barnes Blvd. MF 982-6719

AUTO

McCHORD AUTO CENTER

1120 Barnes Blvd. MF 982-7226

LEWIS MAIN AUTO CENTER

4043 West Way LM 967-3728

LIBRARIES

GRANDSTAFF MEMORIAL

2109 N. 10th & Pendleton LM 967-5889

BOOK PATCH CHILDREN'S LIBRARY

(inside Grandstaff)

2109 N. 10th & Pendleton LM 967-5533

McCHORD LIBRARY

851 Lincoln Blvd., Ground Floor MF 982-3454

DINING & CLUBS

MWR CATERING

8085 NCO Beach Rd. LN 966-7466

AMERICAN LAKE CONFERENCE CENTER

8085 NCO Beach Rd. LN 966-4998/3987

HABAÑERO MEXICAN GRILL at

WHISPERING FIRS GOLF COURSE

895 Lincoln Blvd. MF 982-3271

McCHORD CLUB

700 Barnes Blvd. MF 982-2795

Catering Office 982-8175

STRIKE ZONE CAFÉ

2272 Liggett Ave. LM 967-4661

WARRIOR ZONE CAFÉ

11592 D St. & 17th LN 477-5835/5833

CHILD DEVELOPMENT CENTERS

BEACHWOOD CDC

8300 American Lake Ave. LN 967-2600/477-5379

CLARKMOOR CDC

2095 Bitar Ave. LM 967-2300/5455

HILLSIDE CDC

6396 Garcia Blvd. LM 477-3125/3126

MADIGAN CDC

6995 Jackson Ave. LM 967-2800

McCHORD CDC

578 Lincoln Blvd. (EAST) MF 982-0413/982-4903

McCHORD CDC

560 Lincoln Blvd. (WEST) MF 982-4166/4178

YOUTH PROGRAMS

CASCADE SCHOOL AGE CENTER

2402 Bitar Ave. LM 966-8977/8978

HILLSIDE YOUTH CENTER/TEEN ZONE

6397 Garcia Blvd. LM 967-4441

LEWIS NORTH SCHOOL AGE CENTER

8584 American Lake Ave. LN 966-7166/7167

McCHORD SCHOOL AGE CENTER

3032 Dogwood St. MF 982-2203

YOUTH SPORTS

6398 Garcia Blvd. LM 967-2405

OTHER CHILD & YOUTH SERVICES

PARENT CENTRAL SERVICES

2295 12th & Bitar LM 966-2977

FAMILY CHILD CARE

2275 Liggett Ave. LM 967-3039

SCHOOL SUPPORT SERVICES

2295 12th & Bitar LM 967-7195

ARMED FORCES COMMUNITY SERVICE



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GHCFairgrounds.com | 360.482.2651

32 ELMA MCCLEARY RD, ELMA, WA 98541

Paid ad. No federal endorsement implied.

UPCOMING EVENTS:

JAN
6-7

SWAP MEET & POSSE RODEO

1-5 QUARTER MIDGET RACING

JAN
13-14

JAN
20

ELMA CHAMBER WINTER WINE FESTIVAL

SWAP MEET & POSSE RODEO

FEB
3-4

FEB
10-11

3RD ANNUAL RAILROAD TRAIN SHOW

SWAP MEET

MAR
3-4

MAR
22-24

GH MOUNTED POSSE RODEO

No federal endorsement implied.