



Joint Base Lewis-McChord

"We are a Joint Force Power Projection Platform"

Trust and Transparency - Collaboration - Collective Responsibility



Garrison Update Agenda



- 0930-0935 – Welcome – COL Nicole Lucas, Joint Base Garrison Commander
- 0935-0945 – Opening Remarks:
 - SGM Victor Ballesteros, I Corps
 - Col Scovill Currin, 62d Airlift Wing Commander
- 0945-1000 – Installation Hot Topics:
- 1000-1010 – Madigan Army Medical Center, COL Thomas Bundt, Commander Madigan
- 1010-1030 – Updates
 - Personnel & Family Readiness, Ms. Alecia Grady, D/Personnel & Family Readiness
 - Sustainability Program, Ms. Catherine Hamilton-Wissmer
 - Housing Office, Mr. Steve Perrenot, D/Public Works
 - MWR, Ms. Kelly Wetzel
 - BOSS, SGT Jin Lim, President
 - Religious Support, CH (COL) Randy Brandt
 - Commissary Update, Ms. Lisa Campbell
 - Post Exchange Update, Mr. Roy Turner
 - DHA Usability Lab, Mr. Jason Wiedemann
 - Lewis Community Spouses Club, Ms. Jamie Lynn Blum
- 1030-1045 - Command Comments – Next Community Update **7 Aug 19 at McChord Club**



Commander's Comments

SGM Victor Ballesteros, I Corps

Col Scovill Currin, 62 Airlift Wing Commander



ARMY MEDICINE
One Team... One Purpose
Conserving the Fighting Strength Since 1775



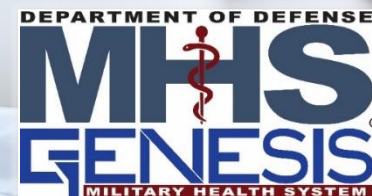
Madigan Army Medical Center



Community Update July 2019

**NEW
IMPROVED
DESIGN**

Establishing a DS LOGON is the first step to accessing the MHS GENESIS Patient Portal.



- Improved navigation
- Simplified Password Creation/Changes
- Passwords now valid 180 days!



Need assistance? Contact the
DMDC/DEERS Support Office:

800-538-9552

Madigan has also created video tutorials to assist you on the Madigan website at:

<https://www.mamc.health.mil/patients/mhs-genesis.aspx>





Measles

- No new cases within Pierce County
- Given the absence of these new cases, we no longer feel that immediate concern exists for this condition
- Continued vigilance will be necessary
- Vaccination is safe and effective Especially important prior to overseas travel

West Nile Virus

- Madigan's Environmental Health Section completes up to 1,200 yearly mosquito tests in recent years
- 3 batches of sampling completed thus far in 2019 - All negative to date
- Testing will continue throughout the season

Department of Preventive Medicine(253) 968-4443

Water Safety



REDUCE YOUR RISK



LEARN HOW TO SWIM



WEAR A LIFE JACKET



**SUPERVISE CHILDREN
WHEN AROUND WATER**



**AVOID ALCOHOL DURING
WATER ACTIVITIES**



BRING A FRIEND

**Department of Preventive Medicine
(253) 968-4443**



HEAT EXHAUSTION

Heavy sweating
Weakness
Cold, pale, clammy skin
Fast, weak pulse
Nausea or vomiting
Fainting

WATCH FOR THE SIGNS

Seek medical care **immediately** if you have or someone you know has symptoms of heat-related illness. Warning signs and symptoms vary but may include:

High body temperature
(above 103°F)*
Hot, red, dry or moist skin
Rapid and strong pulse
Possible unconsciousness

HEAT STROKE

*104°F taken rectally is the most accurate

IT'S **HOT** OUTSIDE!

Extremely hot weather can cause sickness or even death.

STAY COOL. Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

STAY HYDRATED. Drink plenty of water and don't wait until you're thirsty to drink.

STAY INFORMED. Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

KNOW WHEN IT'S HOT!

Check local news for extreme heat alerts and safety tips.

NMSU

Environmental
Health & Safety
<http://safety.nmsu.edu>

www.cdc.gov/nceh/extremeheat

IT'S **HOT** OUTSIDE!

STAY COOL.
STAY HYDRATED.
STAY INFORMED.

Centers for Disease
Control and Prevention
National Center for





Back to School Physicals

Call the TRICARE Regional Appointment Line to book a school physical appointment with your child's primary care provider.

To make an appointment, call 1-800-404-4506.



Lakes HS



Stellacoom HS



Rogers HS



Harrison Prep



Pioneer MS



Woodbrook MS



Mann MS



Bethel HS



Bethel MS



River Ridge HS



Please contact your clinic for specific instructions.



MADIGAN
ARMY MEDICAL CENTER



**School Based
Health Clinics**
where the classroom is the waiting room

MADIGAN PATIENTS INVITED AS ADVISORS



Patient & Family Advisory Council

Helping us improve the
healthcare experience
for everyone

Contact Patient Advocacy at (253) 968-1145, Option 4



Joint
Outpatient
Experience
Survey



Your feedback is important
to us!



Don't throw away your chance to make Madigan better.

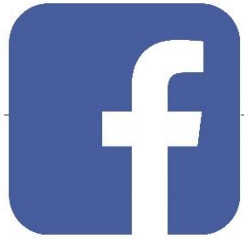
Patients are our top priority at Madigan and we want to ensure that we provide you with a positive patient experience. Patient feedback has allowed us to update waiting rooms, add more staff members, extend hours in certain parts of the hospital and so much more!

The next time you receive a Joint Outpatient Experience Survey (JOES) in the mail, please respond online or by phone, and participate in making Madigan better.



MADIGAN
ARMY MEDICAL CENTER

FOLLOW MADIGAN



Are you following Madigan Army Medical Center on social media? We are active on multiple social media platforms for your convenience. Follow us today to keep up to date on the latest news involving Madigan!



Facebook.com/MadiganHealth
Twitter.com/MadiganHealth
Instagram.com/MadiganMedicine
YouTube.com/c/MadiganArmyMedicalCenter



www.mamc.health.mil



Directorate Plans, Training, Mobilization, and Security

Key Events – June 2019-August 2019



- 03 JUN 19, Seattle Hiring Expo with the Seattle Mariners, Times TBD, T-Mobile Field (Seattle), Lead: DPFR
- 08 JUN 19, Sound to Narrows Military 12K, 0630, Vassault Park, Tacoma, Lead: DFMWR
- 14 JUN 19, CG Golf Scramble, Time TBD, Eagles Pride Golf Course, Lead: DFMWR
- 14 JUN 19, Army's 244rd Birthday & DONSA
- 21 JUN 19, Monthly Retirement Ceremony, 1400, Carey Theater, Lead: I Corps
- 22 JUN 19, Rainier Cup, 1300, Whispering Firs Golf Course, Lead: DFMWR
-
- 04 JUL 19, Freedom Fest, 1100-2300, Cowan and Memorial Stadiums, Lead: DFMWR
- 05 JUL 19, DONSA & AF Family Day
- 12 JUL 19, CG Golf Scramble, 1300, Whispering Firs Golf Course, Lead: DFMWR
- 13-14 JUL 19, Seattle to Portland Bicycle Classic, Time TBD, Lewis-Main Training Area, Lead: JBG
- 19 JUL 19, Monthly Retirement Ceremony, 1400, Carey Theater, Lead: I Corps
- 19 JUL 19, JBGC Change of Command (CoC) (COL Lucas/COL Duncan), 1000, Watkins Field, Lead JBGHQ
- 20 JUL 19, Freedom Run 10-Miler, 15K/1K, Time/Location: TBD, Lead: DFMWR
- 26 JUL 19, Latin Night, 1900, Samuel Adams Cascade, Lead: DFMWR
-
- 01 AUG 19, Single Service Member Day, 1000-1600, Warrior Zone, Lead: DFMWR
- 02 AUG 19, DONSA
- 02 AUG 19, Wingman Day, Lead: 62 AW
- 06 AUG 19, Summer Reading Program Finale Event 2019, Times/Locations TBD, Lead: DFMWR
- 08 AUG 19, Summer Reading Program Finale Event 2019, Times/Locations TBD, Lead: DFMWR
- 09 AUG 19, CG Golf Scramble, 1300, Eagles Pride Golf Course, Lead: DFMWR
- 16 AUG 19, McChord Field Community College of the Air Force (CCAF) Graduation, 1300, McChord Theater, Lead: 62 AW
- 16 AUG 19, Monthly Retirement Ceremony, 1400, Carey Theater, Lead: I Corps
- 17 AUG 19, Pacific Pathways Triathlon, 0500-1100, Shoreline Park, Lead: DFMWR
- 24 AUG 19, Fall Flea Market, 0900-1300, MWR Fest Tent, Lead: DFMWR
- 24-25 AUG 19, Club Championship, 0730/0830, Whispering Firs Golf Course, Lead: DFMWR
- 26 AUG 19, Women's Equality Day Observance, Time/Location TBD, Lead: 17 FA
- 30 AUG 19, DONSA



DPFR

Your Community Navigator

Jul. - Dec. 2019

JBLM | Directorate of Personnel & Family Readiness

Supports CHPC Priority: Improve Financial Fitness

Financial Readiness Program

Provides classes & counseling, a benefit provided by the Military to help Service members, DoD Civilians, Retirees & their Families develop financial independence.

Call **253-967-1453** for assistance or information.

Classes

All classes held on JBLM McChord Field

THRIFT SAVINGS PLAN (TSP) & BLENDED RETIREMENT SYSTEM (BRS)

2:00-3:30 p.m.

Jul. 10

100 COL Joe Jackson Blvd - Room 1091

FINANCIALLY FIT

Budget Setting & Debt Reduction Strategies

1:00-3:00 p.m.

Aug. 14 | Sep. 11 | Oct. 9 | Dec. 11

100 COL Joe Jackson Blvd - Room 1091



FINANCIALLY PREPARING FOR HOME BUYING

9:30 a.m.-3:30 p.m.

Aug. 14 | Sep. 17 | Dec. 17

McChord Ed Center - 851 Lincoln Blvd

One-On-One Appointments



Meet with one of our certified financial counselors to learn more about financial goal setting, budgeting, money management, banking, debt elimination, credit reports and scores, car buying, home buying, investment basics, student loans, the Thrift Savings Plan (TSP), the Blended Retirement System (BRS), and more.

Two locations to serve you:

Waller Hall

2140 Liggett Ave., Lewis Main

DPFR McChord

100 COL. Joe Jackson Blvd., McChord Field

Joint Base Lewis-McChord
**Directorate of Personnel
& Family Readiness**

JBLM DPFR

Your Community Navigator

FRP (253) 967-1453

jblmdpfr.com | (253) 967-7166



Make AER & FRP appointments & register for classes online!

jblmfrp.timetap.com

To schedule an AER appointment, select either AER Intake (an initial appointment to discuss a new emergency financial situation) or an AER Return (a follow-up appointment scheduled after you have completed an AER Intake appointment).

Created by JBLM DPFR Marketing | Updated Jun. 27, 2019





Prescribed Burns on JBLM



Fish & Wildlife do prescribed burns:

- To benefit Service member training
- To maintain the open fire resilient landscapes
- To benefit wildlife habitat including endangered species
- Prescribed burns are carefully planned & conducted by fire professionals
- Weather conditions are closely monitored
- Burn schedules posted on Sustainable JBLM Facebook page



www.Facebook.com/SustainableJBLM



Water Conservation

To ensure a sustainable water supply exists for present and future training needs at JBLM, here's a quick guide

HOUSING: 10 minutes per day

Level 1: Even numbers water on even days; odd numbers water on odd days

Level 2: Even numbers water on Wed/Sat; odd numbers water Thu/Sun

Level 3: Outside water use is not allowed

General landscape and turf-non-pride areas: 10 minutes per day

Level 1: Water every 3rd day (optimum)

Level 2: Water every 4th day (deficit)

Level 3: Every 7th day (survival)

Pride areas, sports fields, golf course and parade fields have specific guidance based on turf type, irrigation system and intensity of use





GO Lewis-McChord: GO Transit, GO Bikes, GO Rideshare



- **GO Transit:** 20 minute headway during most service hours, 80+ stops across the installation
- **FREE** on- and off-base transit system. Connections with Pierce Transit and Sound Transit
- **GO Bike:** FREE bike checkout for up to 2 weeks to DoD card holders!
- **GO Rideshare:** Share the ride- JBLM Service members and DoD employees qualify for the Mass Transit Benefit (\$265)



www.GOLewisMcChord.com





On Base Family Housing Refuse Changes 1 Aug 2019



- Lemay (Waste Connections) has notified Lewis McChord Communities they will begin charging for overflowing trash bins as of 1 August 2019.
- The overflow garbage charge is \$8.00 per trash container that is overflowing. Lewis McChord Communities pays Lemay a service charge in order to maintain and service JBLM. Any overflow trash charges documented will be added to a resident ledger as applicable.
- Residents must make sure garbage lids are completely closed. Lemay has set July as the month to allow our Communities to practice getting in the habit of properly closing trash totes without overflow.
- If Residents know their trash cans will overflow prior to a pick-up, they can go to their District Office and pay, via check, a \$5.25 fee for a 32 Gallon pre-paid Lemay Bag to place next to their garage cans to prevent "overflow," and avoid additional charges.
- Residents can contact their District Office if they have any questions



MWR Happenings



July Events



McChord Pub's GRILL & CHILL

CHOICES
NY steak or ribeye
Weekly fresh fish
Free-range grilled chicken

COMES WITH
Fresh grilled veggie of the week, small salad & roll.
Choice of: Garlic mashed potatoes, baked potato or rice.
Kid's menu available.

Drop Zone
(outdoor patio)
Thursdays
5-10 p.m.
Starting June 20

\$9.55 & UP

700 Barnes Blvd | 253-982-5581 | JBLMmwr.com



Art & Crafts
SCREEN PRINT SHOP

COMING SOON

For questions & other services, contact McChord Arts & Crafts Center at:
JBLMmwr.com | 253-982-6721/6726 | JBLMmwr

PROUDLY SPONSORED BY
HARBORVIEW



Honoring all those who have served
Saturday, July 20
MWR Fest Tent, Lewis Main
10-Miler at 7 AM • 1K at 7:15 AM • 5K at 7:30 AM
2200 Liggett Ave., Lewis Main • Race bib pickup 5-6:30AM

Race and sign up details
at JBLMraces.com
or call 253-967-6420

Active duty participants in the 10-Miler have an opportunity to qualify for the Army Ten-Miler team.

US FAMILY HEALTH PLAN
USAA
BRANDMAN UNIVERSITY

- **eSports Tourney Black Ops IV 2v2**
13 July @ WZ
- **BBQ on the Course** 13 July @ Whisp. Firs
- **All you can eat Taco Bar** 15 & 29 July @ Habanero Mexican Grill
- **MWR Job Fair** 16 July @ Eagles Pride GC
- **Latin Night** 26 July @ Sam Adams Cascade
- **UFC 240** 27 July @ McChord Club, Sam Adams & Warrior Zone
- **Seahawks ticket registration** 20 July-2 Aug
- **Wilson Fit Ctr** partial closure begins 29 July



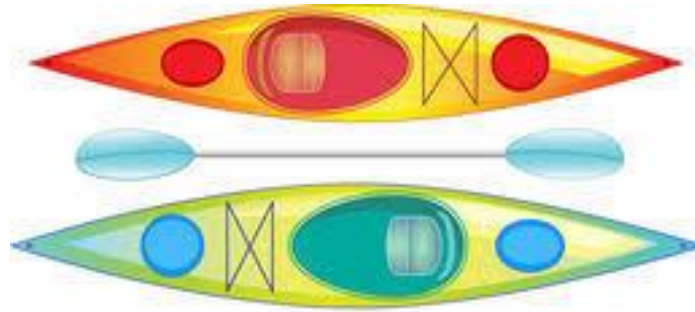
Outdoor Rec Programs



- 12 July After Work Stand-up Paddle
Wheels & Wine Bike Ride
Hunter Ed. Course
- 13 July Photography 101
- 20 July Sporting Clays Skeet Shoot
Intro to Kayaking



- 11 Aug Photoshop Editing
- 15 Aug Full Moon Kayak
- 17 Aug Full Moon Hike
- 20 Aug Kayak Skills
- 23 Aug After Work Stand-up Paddle
- 25 Aug Cape Flattery Hike
- 30 Aug-2 Sep Kayak San Juan Islands
- 30 Aug Smith Rock Weekend



- 21 July Lavender Wine Tour
- 26 July After Work Stand-up Paddle
- 27 July Mt. Rainier Astrophotography
- 28 July Intro to Kayaking
- 4 Aug Rock Climb Snoqualmie
- 9 Aug After Work Stand-up Paddle
- 10 Aug Intro to Kayaking
Photography 101





MWR Happenings



Coming in August

1 Aug	Single Service Member Day	Warrior Zone
3 Aug	Seahawks Drawing event	LTS-Bowl Arena
10 Aug	End of Summer Sale	NW Adventure Center
10 Aug	Outdoor Movie	McChord Club
10 Aug	Youth Shooting event	Skeet Range
17 Aug	Pacific Pathways Triathlon	Shoreline Park
24 Aug	Flea Market	MWR Fest Tent
24 Aug	Aloha Luau	McChord Club



Coming in September

7 Sep	UFC 242	McChord Club, Sam Adams & Warrior Zone
14 Sep	Wine & Jazz Festival	McChord Club
21 Sep	Oktoberfest	MWR Fest Tent
27 Sep	Wine & Canvas	Nelson Rec
28 Sep	eSports: Madden 20	Warrior Zone



Community Service



Suits for Service Members: June 17th

- BOSS sized and organized donated suits for service member leaving the armed forces.

Volunteers: 5

Hours Volunteered: 25

Body Building: June 23rd

- BOSS assisted Sports, Fitness & Aquatics in their body building competition.

Volunteers: 6

Hours Volunteered: 32

CYS Whitewater Rafting: June 23rd

- BOSS accompanied CYS on a whitewater rafting trip to assist with their mental resiliency class for youths. It was a great event that ended with a trip to Leavenworth.

Attendees: 3





Recreation and Leisure/ Life Skills



Spelunking at Saint Helen: June 14th-June 15th

- Single service members explored the Ape Caves and enjoyed an overnight camping trip by the lake.

Attendees: 20

Tacoma Rainiers Baseball Game: June 23rd

- Cheney Stadium donated 25 tickets to BOSS in tribute to Armed Forces Day, allowing 25 single service members to watch Tacoma face off with the El Paso Chihuahuas .

Attendees: 25

Horseback Riding: June 29th

- BOSS took single service members up to Ravensdale, WA to partake in a beginner's course of horseback riding.

Attendees: 6





July Events



July 13th: Horseback Riding

- If you have never seen or ridden on a horse, this is the class for you. This is a beginner's course to horseback riding.

Slots Available – 6

July 16th: Suits for Service Members

- Help BOSS size and organize donated suits for service members leaving the armed forces.

Volunteers Needed – 6

July 20th & 21th: Spelunking at Saint Helen

- Explore the Ape Caves and enjoy an overnight camping trip by the lake.

Slots available – 20

July 26th: WA Veteran's Transitional Home

- Assist Building 10 as we renovate and rebuild, creating a better place for veterans to live in.

Volunteers Needed – 6

Single Service Member Day- August 1st

SINGLE SERVICE MEMBER DAY

THURSDAY, AUG. 1
WARRIOR ZONE | LEWIS NORTH

- CAR SHOW • DODGEBALL • 3V3 BASKETBALL
- 5V5 FOOTBALL • CARNIVAL GAMES
- WATER PONG • POOL TOURNEY • ESPORTS
- PAINTING & ART DISPLAYS • KARAOKE

253-967-5636 • [f bossJBLM](#)

Event Sponsored by:

boingo | USO | acu | BRANDMAN University | NUGGETS MARKETS | SUNSET | USAA | xfinity

No other endorsement implied



RELIGIOUS SUPPORT OFFICE



Building our Faith with LEGOS



Ephesians 2:21 In him the whole building is joined together and rises to become a holy temple in the Lord.

* We'll spend the afternoon building our faith with friends. Activities will include learning on how to build our faith as individuals and a community, a fun craft project, time to build with Legos, and watching the Lego movie.



In addition there will be a Lego Church/ Temple competition. Bring in your completed building for judging. Age groups will be four year-olds through 1st grade, 2nd through 4th grade, and 5th through 6th grade. The winner of each category will receive an age appropriate Lego set.

PASSPORT TO FAITH

See you Wednesday, July 17th, 2019, 1:00 to 4:00 p.m.

Main Post Chapel, JBLM

Sponsored by the Lewis Main Ministry Team.

Reservations need to be made

with the Chapel office Monday through Friday 8:00 a.m. to 3:00 p.m. call 253 967-4681 / 967-4721



**Fun & Adventure
2019 Summer Day Camp**



Black Diamond™
Adventure Camps



Black Diamond Camp in Auburn, WA is offering 200 Day Camp Scholarships to military children in Kindergarten through 6th grade during these four weeks.

Daily: 9am – 4pm
12-16 August (Session #8)
19-23 August (Session #9)

Regular Day Camp Cost:	\$235.00
Camp Scholarship 75%:	- \$176.25*
Cost per Military Child:	\$ 58.75

**Parents provide family transportation or limited transportation available by reservation through the RSO.
Additional scholarships may be available to families demonstrating financial need.**

*Entering a promotion code provided by the JBLM Religious Support Office will apply scholarship.
On-line registration at www.blackdiamond.org.

For registration, scholarships and transportation inquiries contact: james.a.freitag4.civ@mail.mil,
Office (253) 966-7396 / Cell (253) 495-2760

Summer Day Camp Theme: Encore—the Greatest Adventure is Yet to Come!

This does not constitute an endorsement by the U.S. Military of Black Diamond Day Camp or its services.



RELIGIOUS SUPPORT OFFICE



JBLM Religious Support

Building Spiritual Readiness and Strengthening Souls



Visit us at jblm.army/ReligiousSupport and
LIKE us on Facebook @JBLMReligiousSupport



MCCHORD COMMISSARY



July 12-14 2018 Hot Days Of Summer Warehouse Sale



© Can Stock Photo



© Can Stock Photo - csp19152638



PresenterMedia





LEWIS MAIN-MCHORD COMMISSARY



MEAT POWER BUY BOXES

Economy MAKING THE COMMISSARY WORTH THE TRIP
ECONOMY POWER BUY BOX

15 LBS. OF GRILLING ITEMS FROM YOUR MEAT DEPARTMENT

Power Buy Box \$28.00

Economy 15 lb. Box consists of these featured items:

- 4 LBS. 85% 1 lb. CHUB GROUND BEEF
- 3 LBS. BONELESS CENTER CUT PORK CHOPS
- 3 LBS. BOTTOM ROUND RST OR STEAKS
- 3 LBS. BEEF CUBE STEAKS
- 2 LBS. BONELESS PORK TENDERLOIN

33% SAVINGS

ABOVE DECA'S REGULAR RETAIL PRICE

ASK YOUR COMMISSARY MEAT MANAGER FOR DETAILS



HEALTHY ALTERNATIVE MAKING THE COMMISSARY WORTH THE TRIP
HEALTHY ALTERNATIVE POWER BUY BOX

20 LBS. OF GRILLING ITEMS FROM YOUR MEAT DEPARTMENT

HEALTHY POWER BUY BOX \$45.00

Premium Healthy Alternative Box consists of these featured items:

- 4 LBS. 93% LEAN 1 LB. CHUB GROUND BEEF
- 2 LBS. BEEF KABOB
- 2 LBS. LONDON BROIL
- 2 LBS. BEEF TOP ROUND STIR FRY
- 2.5 LBS. USDA CHOICE TOP SIRLOIN
- 3.5 LBS. PORK BABYBACK RIBS
- 4 LBS. BONELESS PORK CHOPS

36% SAVINGS

ABOVE DECA'S REGULAR RETAIL PRICE

ASK YOUR COMMISSARY MEAT MANAGER FOR DETAILS



SUPER TAILGATE PARTY MAKING THE COMMISSARY WORTH THE TRIP
SUMMER TAILGATE POWER BUY BOX

22 LBS. OF GRILLING ITEMS FROM YOUR MEAT DEPARTMENT

Power Buy Box \$65.00

Summer Tailgate Box consists of these featured items:

- 10 LBS. 75% FROZEN BEEF PATTIES
- 7 LBS. PORK BABYBACK RIBS (APPROX 2 SLABS)
- 5 LBS. CHOICE RIBEYE STEAK BNLS

39% SAVINGS

ABOVE DECA'S REGULAR RETAIL PRICE

ASK YOUR COMMISSARY MEAT MANAGER FOR DETAILS



NEW POWER BUY BOXES AVAILABLE AT YOUR COMMISSARY MEAT DEPARTMENT. BIG SAVES GREAT SELECTION. PLACE AN ORDER AND PICK UP WHEN YOU SHOP OR WE WILL FILL YOUR ORDER WHILE YOU WAIT. ASK A MEAT ASSOCIATE FOR DETAILS.



EXCHANGE UPDATES



McChord Main Exchange

- Friday 5 July- Thursday 11 July: Christmas in July Toy Sale event. Toys up to 30-50% off . Customers receive an additional 10% off when using your Military Star Card.
- Saturday 6- Thursday 11 July: Super Dollar Day Sales
- Saturday 6 July: Spider-Man Event (1000-1400). Kids can come dressed as Spiderman and play with a variety of Spidey Blasters, Spidey Web Slingers & MORE! Customers can save 20% on featured Spiderman toys and customer bedding
- Saturday 13 July- Friday 26 July: Christmas in July Toy Sales event. Toys up to 30-50% off . Customers receive an additional 10% off when using your Military Star Card.
- Thursday 25 July: Celebrate with the McChord Main Store our Exchange 124th Anniversary. Cake cutting and refreshments at 1200 hours at the front of the store. Manager's specials throughout the day

Lewis Main Exchange

- Friday 12 July- Saturday 13 July: Lancôme Demo CC Cream Event (1000-1600)
- Friday 12 July- Gold Bond Demo (1100-1300)
- Wednesday 17 July: National Hot Dog Day/ Grill Safety Demo Event (1100-1300)
- Friday 19 July- Saturday 20 July: Lancôme Eye Shadow Demo Event (1000-1600)
- Saturday 20 July: Hula Hoop Relay Race (1100-1300). Watch the Exchange staff compete it out in a race to the end.
- Thursday 25 July: Celebrate with the Lewis Main Store our Exchange 124th Birthday (1100-1300)
- Friday 26 July- Saturday 27 July: Lancôme SPF and Skin Care Demo Event (1000-1600)
- Saturday 27th July: Series 3 and 4 Apple Watch Demo (1100-1500)

FILL THE BUCKET WATER RELAY CHALLENGE

at your Lewis Main Exchange

**Saturday 13 July
1100-1300**

Ages: 4-6, 7-9 and 10-12

**This is a water activity and will be conducted outside.
Clothing that can get wet should be worn for this event.**

*A parental consent/ liability release form will
have to be filled out before participation.*





We're offering a **HIRING BONUS** of **\$100** for awesome individuals who **JOIN OUR TEAM** this summer!

ApplyMyExchange.com

If you have any questions, contact the JBLM Exchange Human Resources Office
(253) 964-4002 or (253) 964-2522



DHA Usability Lab



We Need Your Help:

Currently seeking Active Duty service members and Dependents for volunteer opportunities testing website and mobile app prototypes

Many Locations:

Volunteers can participate at our location at the Madigan Annex, at our outreach events, or at your location

Volunteering is Fun:

Volunteers who participate report that they “Love the experience!”



Your participation results in real changes to resources for your fellow Soldiers, Airmen, Sailors, and Marines!





Usability Lab Background



We need volunteers to help us with two big projects!

After Deployment Self-Assessment: Are the results helpful to you?



Seeking active duty service members, spouses, veterans or retirees

Plan My Move: How useful are the checklist tools during a PCS?



Seeking active duty service members and dependents who have (or expect to) experienced a PCS move



How to Volunteer

- Go to health.mil/usability
- Click on Volunteer Today!
- Include your name and contact info in an email

Health.mil
The official website of the Military Health System

Contact Us | FAQs | Gallery | TRICARE

Search

Home | About the MHS | Topics | Training | Policies | Reference Center | News & Gallery | I am a...

IHS Home > About the MHS > OASD(HA) > Defense Health Agency > Operations (13) > Clinical Support Division > Connected Health > Usability Lab

About the MHS

MHS Leadership Biographies

Careers

Office of the Assistant Secretary of Defense for Health Affairs

- Principal Deputy Assistant Secretary of Defense for Health Affairs
- Health Resources Management & Policy
- Health Readiness Policy & Oversight
- Health Services Policy & Oversight
- Defense Health Agency
 - Component Acquisition Executive (J4)
 - Congressional Relations
 - Defense Health Board
 - Defense Healthcare Management Systems
 - MHS Speakers Bureau
 - DoD/VA Program Office
 - Education and Training (J7)
 - Health Information Technology (J6)

Usability Lab

DHA Usability Lab

Watch later | Share

DHA Usability Lab

Have a say in the development of applications and services that serve you. Become a test subject with the Usability Lab.

Volunteer Today!

Call Us:
(202) 755-3000

Visit Us:
The DHA Usability Lab
9933-C West Hayes Street
Joint Base Lewis-McChord,
WA 98431
(Within the "Old Madigan"
Annex Complex)

What we do:

- Evaluate and improve electronic and printed resources (e.g., mobile apps, clinical support tools, patient handouts, podcasts).
- Collect beneficiary and provider feedback.
- Figure out beneficiaries' and providers' technology needs.
- Conduct studies

Are you in the DHA and have a need for our services to evaluate a product? Send us an [email](#) to find out more information.

[View in Google Maps](#)

DHA Usability Lab

Have a say in the development of applications and services that serve you. Become a test subject with the Usability Lab.

Volunteer Today!



DHA Contact Information



Kelly Blasko, PhD

DHA Government Staff

kelly.a.blasko2.civ@mail.mil

Office Line: (253) 341-2415

Jason Wiedemann

Usability Lab Manager

Jason.m.Wiedemann.ctr@mail.mil

Office Line 1: (253) 968-2982

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Lewis Community Spouses Club



You're invited!
Lewis Community Spouses' Club

Super Sign-Up

Eagles Pride Sam Adams
1529 Mounts Rd (exit 116)
Sunday, August 18 10am-2pm

- *Come learn what LCSC is about
- *Find a Sub-Club that peaks your interest
- *Shop and meet local vendors
- *Enjoy socializing with other local military spouses

www.lewiscommunityspousesclub.org

Upcoming events:

24 AUG

Super Sign Up

Sam Adams, Eagles Pride Golf Course

12 SEPT

Pineapple Party: Stand Tall, Wear a Crown

Sam Adams, Eagles Pride Golf Course

10 OCT

Costume Party & BINGO

McChord Club

19 OCT

Family Nerf Night Fundraiser

Location TBD

The Lewis Community Spouses' Club is a volunteer run, non-profit, all ranks, spouses group at JBLM.

Membership is open to all spouses of Active Duty, Reserve, National Guard and retired personnel of the Armed Forces. We are also honored to extend membership to Gold Star spouses.



Garrison Update



Next Garrison Update

7 Aug 19 @ 0930

McChord Club



Garrison Update



Garrison Commander Comments

