



# Joint Base Lewis-McChord

*"We are a Joint Force Power Projection Platform"*

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Trust and Transparency - Collaboration - Collective Responsibility



# Garrison Update Agenda



- 0930-0935 – Welcome – COL Nicole Lucas, Joint Base Garrison Commander
- 0935-0945 – Opening Remarks:
- 0945-1000 – Installation Hot Topics:
  - Housing Assessment & Barracks Inspection
  - Hiring Our Heroes – Spouse Event, Mr. Arnie Norem, ESO
- 1000-1010 – Madigan Army Medical Center, COL Thomas Bundt, Commander Madigan
- 1010-1030 – Updates
  - D/Plans, Training, Aviation, Mobilization & Security, Mr. Buck James
  - Personnel & Family Readiness, Mr. Norem, ESO
  - Sustainability Program, Ms. Catherine Hamilton-Wissmer
  - Housing Office, Ms. Beth Wilson
  - 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
  - Lewis Community Spouses Club, Ms. Jamie Lynn Blum
  - Lewis Scholarship Fund, Ms. Angela Melnyk
- 1030-1045 - Command Comments – Next Community Update **3 Apr 19 at McChord Club**



# Commander's Comments

LTG Gary Volesky, Commanding General, I Corps

Col Erin Staine-Pyne, Vice Wing Commander, 62 AW



# Housing Assessment & Barracks Inspection



**Guidance:** JBLM assesses the scale, scope, and status of US Army Privatized housing and barracks issues in order to increase readiness of Soldiers and their Families.

**Status:** Conducted two Town Halls and three Training Sessions

Assessed 4,021 of 5,159 homes

Inspected 6,872 of 7,908 occupied barracks spaces

(If your home has not been visited, contact your chain of command or call the Housing Hot Line)

## Key Dates:

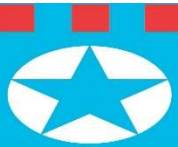
10 March	Finish assessments and inspections
11-12 March	DAIG Visit
20 March	Final Report to FORSCOM and DA

## Contact Information:

Housing Hot Line:	253-967-3831
Lincoln	253.912.3500 or toll free at 888.578.4141

<https://lincolnservicetrack.securecafe.com/residentservices/apartmentsforrent/userlogin.aspx>





# MILITARY SPOUSE CAREER EVENT

JOINT BASE LEWIS-MCCHORD | MARCH 19-20, 2019



Join us at the American Lake Conference Center for a special catered networking reception and hiring fair for all military spouses, Gold Star spouses, military members, employers, and service organizations.

**MARCH 19  
7 - 9 P.M.  
NETWORKING RECEPTION**

Network with vetted employers, community leaders, senior military spouses, and other job seekers. Gain valuable insight on career planning and how to stand out as a candidate. A DoD SECO career counselor will be available to offer career guidance and a professional photographer will be taking headshots.

**MARCH 20  
10 A.M. - 1 P.M.  
HIRING FAIR**

Bring your resume and get ready to put your best foot forward with employers who want to hire you. Need a resume? Visit [MyCareerSpark.org](http://MyCareerSpark.org) to build your skills-based resume right from your smartphone. Powered by Toyota.

**EMPLOYERS & MILITARY SPOUSE JOB SEEKERS REGISTER AT  
[HIRINGOURHEROES.ORG/EVENTS](http://HIRINGOURHEROES.ORG/EVENTS)**

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**HIRING OUR HEROES**  
U.S. CHAMBER OF COMMERCE FOUNDATION



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



# Madigan Army Medical Center

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**Community Update March 2019**



Tired of Missing work for your child's  
medical appointments?

Now you don't have to!



## School Based Health System

*where the classroom is the waiting room*



Lakes HS



Steilacoom HS



Rogers HS



Harrison Prep



Pioneer MS



Woodbrook MS



Mann MS



Bethel HS



Bethel MS



River Ridge HS

Call the TRICARE/Puget Sound Military Appointment Line for appointments at: **800-404-5406**  
and specify the appointment is for one of Madigan's School-Based Health Clinics.

If you are having trouble scheduling, you can call the SBHS Office directly at: **253-968-4804**



The Madigan Traumatic Brain Injury Program and Intrepid Spirit Program, both located within the Intrepid Spirit Center, offers our patients a team of healthcare professionals who discuss and identify issues related to their injuries and create coordinated treatment plans

#BIAMonth



March is

**BRAIN INJURY**  
AWARENESS MONTH



Military Health System

[health.mil](https://health.mil)

To contact Madigan's Intrepid Spirit Center, call (253) 968-6478



National Nutrition Month

# *Everything You Eat Matters*

There's no one diet that is right for everyone. You can follow a healthy eating plan that's packed with tasty foods and that keeps your unique lifestyle in mind.

## When developing your plan:

- Choose whole fruits
- Vary your veggies
- Opt for whole grains
- Choose low-fat or fat-free dairy
- Pick healthy proteins



**NEED GUIDANCE?** The Madigan Nutrition Clinic offers a broad range of nutritional services designed to deliver patient-centered healthcare to Joint Base Lewis-McChord active duty service members, families and retirees. For more info, contact: **253-968-0547**



To learn more, visit:  
[www.health.mil/Nutrition](http://www.health.mil/Nutrition)



## Measles Symptoms

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Rash (3-5 days after symptoms begin)
- White dots inside of the mouth (in some cases)

HHS.gov

**Contact Madigan's Pediatric Clinic: 253-968-3066, use option #3 to speak with a nurse.**

**Nurse Advice Line | Call 1-800-TRICARE (1-800-874-2273), option 1 (24 hours a day, 7 days a week.)**

**MHS Genesis Patient Portal: <https://patientportal.mhsgenesis.health.mil/>**



# THE MADIGAN PHARMACY HAS MORE REFILL PICK-UP OPTIONS!



Madigan Refill Line:  
**253-968-2999**

**YOU CAN NOW SELECT MADIGAN'S SOUTH SOUND OR PUYALLUP COMMUNITY MEDICAL HOMES AS PICK-UP LOCATIONS WHEN YOU CALL THE MADIGAN REFILL LINE!\***

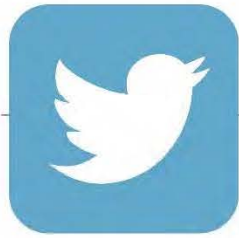
- \*Applies to automated refill line ONLY
- \*For existing prescriptions ONLY
- \*Some medications may not be eligible



**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](http://www.mamc.health.mil)**



## Directorate Plans, Training, Mobilization, and Security

### *Key Events – March 2019-May 2019*



- 06 MAR 19, Ash Wednesday Services, 1200, Four Chaplains Memorial Chapel, Lead: Chaplain
- 09 MAR 19, Operation Care Fair, Time/Location: TBD, Lead: DFMWR
- 15 MAR 19, Monthly RET Ceremony, 1400 (Retirees Show at 1230), Carey Theater, Lead: I Corps/593 ESC
- 16 MAR 19, Shamrock'n Run, Time/Location: TBD, Lead: DFMWR
- 26 MAR 19, CYS Job Fair, 0800, Eagles Pride Golf Course, Lead: DFMWR
- 27 MAR 19, Commander's Cup Golf Season Begins, Time TBD, Whispering Firs Golf Course, Lead: DFMWR
- 29 MAR 19, Wine and Canvas Night, 1745-2030, Nelson Rec Center, Lead: DFMWR
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- 01 APR 19, Better Opportunities for Single Service Members (BOSS) Recognition Ceremony, Time: TBD, Nelson Recreation Center, Lead: BOSS/DFMWR
- 01-05 APR 19, Spring Break (Bethel, Central Kitsap, Clover Park, Olympia, North Thurston. Selah, Shelton, Tacoma, Tenino, Tumwater, Yelm)
- 01-05 APR 19, Spring Clean Up, Times vary, C5A Mock-up & various other Locations, Lead: JBG/DPTAMS/I Corps
- 04 APR 19, Kids Fest (Month of the Military Child Kick-off), 1300, MWR Fest Tent, Lead: DFMWR
- 07-13 APR 19, Volunteer Appreciation Week, Lead DPFR
- 08-12 APR 19, Spring Break (Auburn, Federal Way, Franklin Pierce, Orting, Puyallup)
- 09 APR 19, CYS Job Fair, 0800, Eagles Pride Golf Course, Lead: DFMWR
- 16 APR 19, Commander's Cup Outdoor Soccer Season Begins, Time TBD, LNAC and Cowan Stadium, Lead: DFMWR
- 18 APR 19, Monthly RET Ceremony, 1400 (Retirees Show up at 1230), Carey Theater, Lead: I Corps/7 ID
- 19 APR 19, DONSA



## Directorate Plans, Training, Mobilization, and Security

### ***Key Events – March 2019-May 2019***



- 19 APR 19, Commander's Cup 10-Miler Qualifier, 0430-0830, Location: TBD, Lead: DFMWR
  - 20 APR 19, Easter Dash, Time TBD, Cowan Stadium, Lead: DFMWR
  - 23 APR 19, CYS Job Fair, 0800, Eagles Pride Golf Course, Lead: DFMWR
  - 26 APR 19, Latin Night, 1900, Samuel Adams Cascade, Lead: DFMWR
  - 26 APR 19, Wine and Canvas Night, 1745-2030, Nelson Rec Center, Lead: DFMWR
  - 27 APR 19, Spring Flea Market, 0900-1300, MWR Fest Tent, Lead: DFMWR
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- 01 MAY 19, Garrison Community Update, 0930-1030, Nelson Recreation Center, Lead: DPFR
  - 01 MAY 19, Holocaust Remembrance Day & Days of Remembrance, Location/Time TBD, Lead: 42 MP
  - 01 MAY 19, Asian American / Pacific Islander Heritage Month Observance, Location/Time TBD, Lead: 555 EN
  - 02 MAY 19, JBLM National Prayer Breakfast, 0700, McChord Club, Lead: Chaplain
  - 03 MAY 19, Wingman Day, Lead: 62 AW
  - 11 MAY 19, Northwest Adventure Center (NAC) Open House and Yard Sale, 0900-1700, NAC, Lead: DFMWR
  - 11 MAY 19, Down & Dirty Mud Run, 0900-1300, Soldiers Field House, Lead: DFMWR
  - 12 MAY 19, Mother's Day Brunch, Time TBD, McChord Club, Lead: DFMWR
  - 17 MAY 19, Retiree Appreciation Day, 0730-1600, American Lake Conference Center, Lead: DPFR
  - 17 MAY 19, Monthly Retirement Ceremony, 1400, Carey Theater, Lead: I Corps
  - 24 MAY 19, DONSA
  - 27 MAY 19, JBLM Memorial Day Ceremony, 1130-1230, Camp Lewis Cemetery, Lead: Protocol





# GO Transit gets you there!



Need a ride? Catch *GO* Transit!  
If you can get on base, you can ride for FREE!

The shuttle service runs every 20 minutes  
to over 80 stops!  
0700-1800 Mon-Friday  
1000-1800 Weekends

Keep Service members in formation:

- Use *GO* Transit to get to appointments
- Travel all over the installation
- Family members can use it for FREE
- Connect to off-base locations
- No car, no worries!



[www.GOLewisMcChord.com](http://www.GOLewisMcChord.com)

You Tube





# March is Water Quality Month



Protect the Puget Sound and our waterways  
Only Rain down the Drain on JBLM!

Household cleaners should never be poured down  
the drains, on the ground, into storm sewers  
JBLM Housing Residents can take their HHW to  
Building 1210, Mann Ave: 253-967-4786



If it goes in there

It ends up here

If it's on the ground

It's in our water

