



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
- 0935-0940 - Recognition
- 0940-0945 – Opening Remarks:
 - MG William Graham, Deputy Commanding General, I Corps
 - Col Staine-Pyne, Vice Commander, 62d Airlift Wing
- 0945-1000 – Installation Hot Topics:
 - Construction, Mr. Steve Perrenot, Director, Public Works
 - Changes to Mil Spouse PPP, Ms. Kim Fallen, Employment Readiness Program Manager
- 1000-1010 – Madigan Army Medical Center, COL Thomas Bundt, Commander Madigan
- 1010-1030 – Updates
 - D/Plans, Training, Aviation, Mobilization Services, Mr. Buck James
 - Personnel & Family Readiness, Mr. Arnie Norem, Education Services Officer
 - 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. Laura Basye
 - DHA Usability Lab, Mr. Jason Wiedmann
- 1030-1045 - Command Comments – Next Community Update **5 Jun 19 at McChord Club**



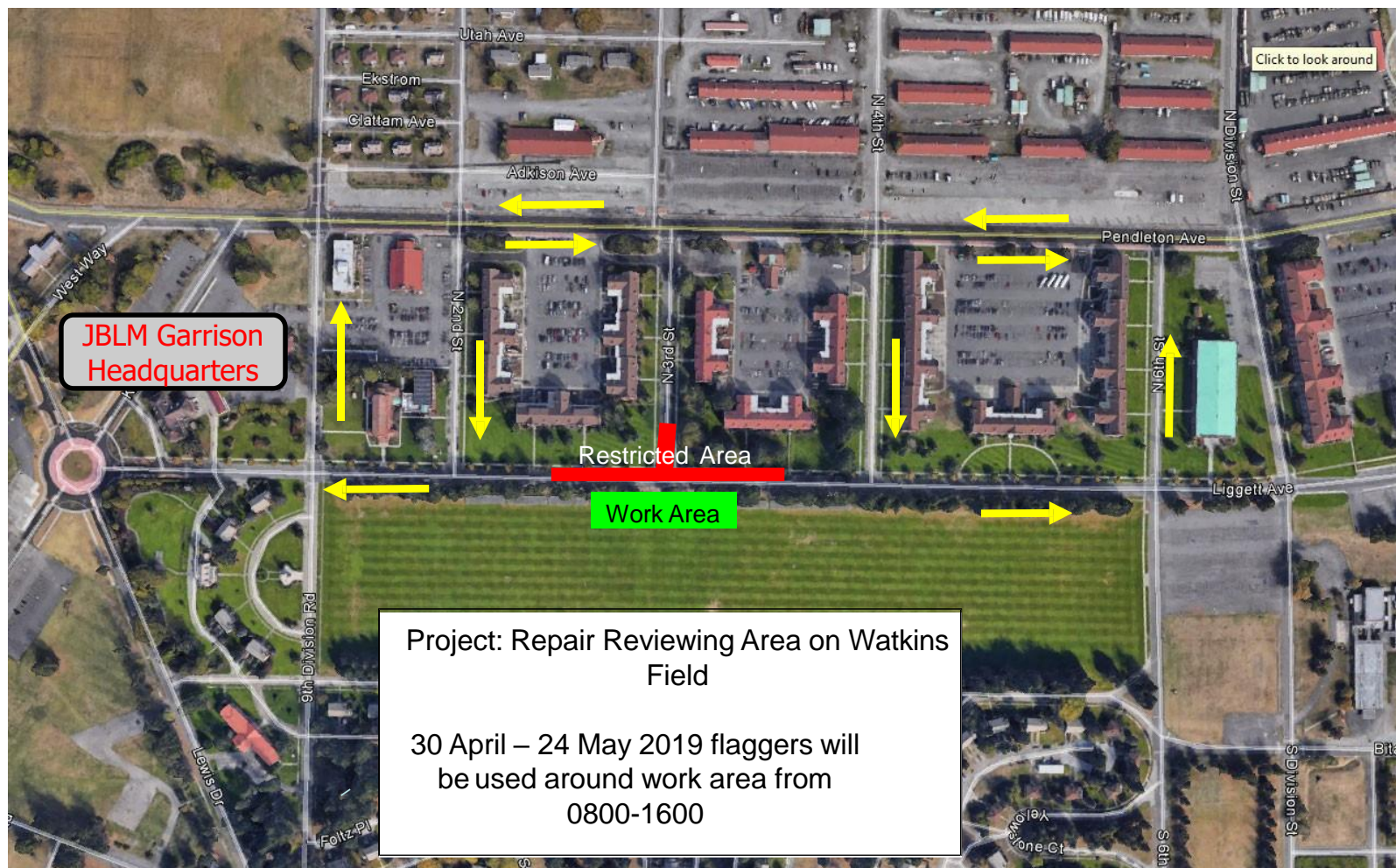
Commander's Comments

MG William Graham, DCG

Col Erin Staine-Pyne, Vice Cmdr, 62d Airlift Wing

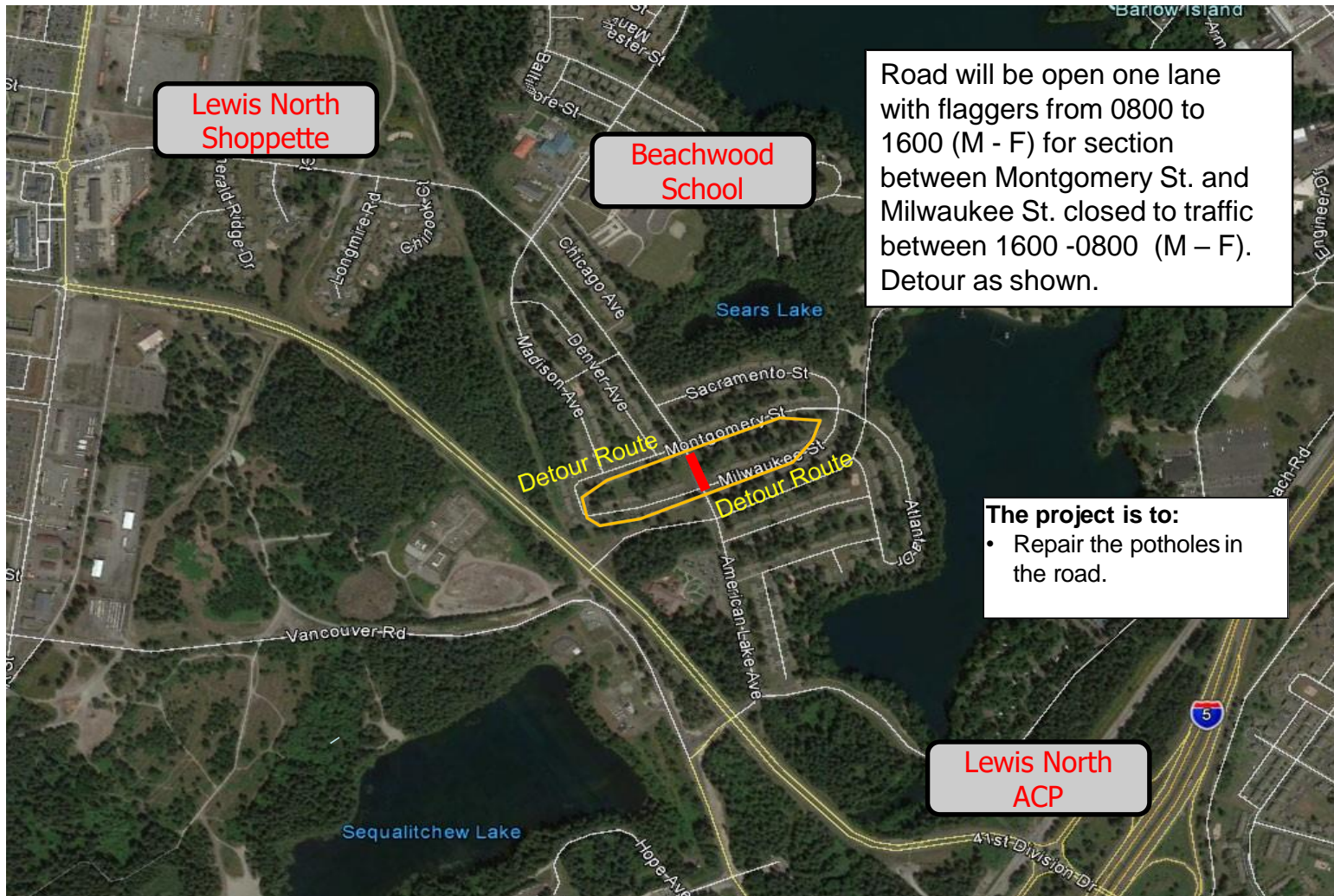


Liggett Ave between N 2nd St & N 4th St – 30 Apr-24 May





American Lake Ave between Montgomery St and Milwaukee St – 1-7 May

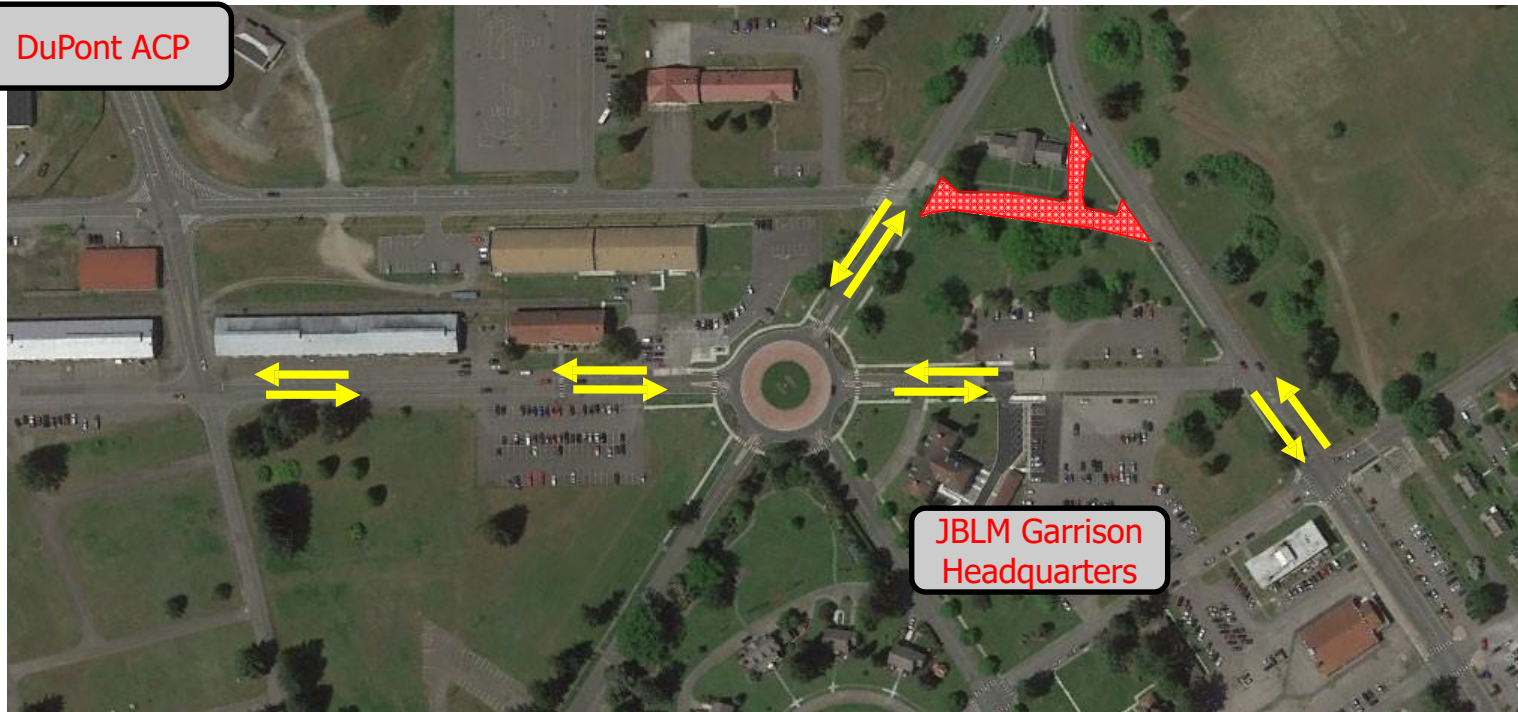




West Way between Lewis Dr & Pendleton Ave



DuPont ACP



The project is to:

- Repair road by replacement of concrete panels with asphalt and removing trees lifting concrete panels, replace sidewalk along West Way
- 6 May – 20 Jun



Railroad Ave



Railroad Ave will be closed from 18 Mar thru 15 May 2019 for the Garrison Joint Warfighting Assessment (JWA) exercise. Access will be provided to the facilities and parking will be provided for authorized personnel. Vehicles will be detoured around the area. The RCF gate will operate under normal hours.



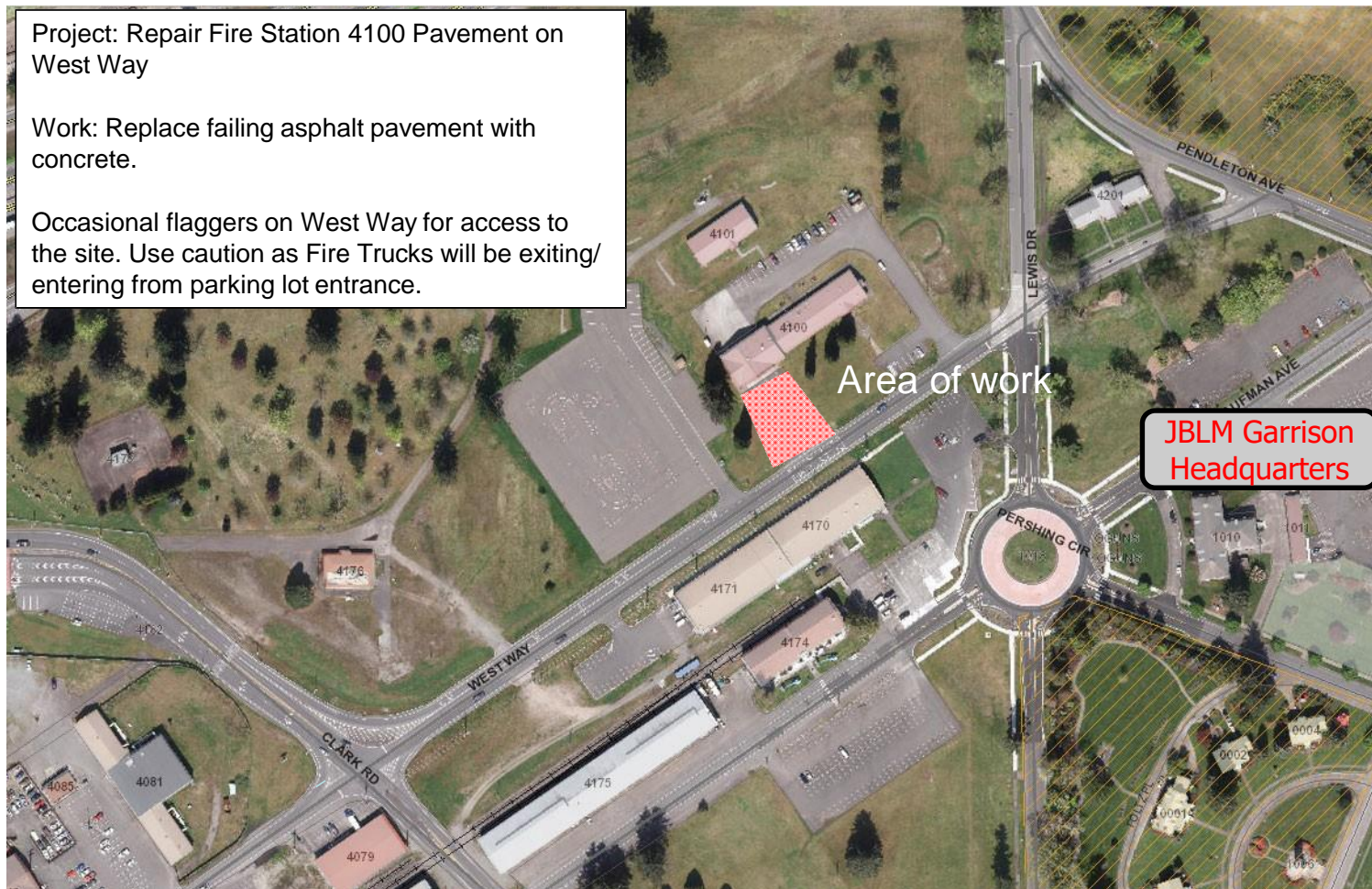
Fire Station 4100 West Way



Project: Repair Fire Station 4100 Pavement on West Way

Work: Replace failing asphalt pavement with concrete.

Occasional flaggers on West Way for access to the site. Use caution as Fire Trucks will be exiting/entering from parking lot entrance.



8 Apr – 8 Jun



D Block Demolition

April 2019 – February 2020



Project: Demolish 'D' Block

Work: To remove old buildings.

Haul Route of demolished buildings will be will be 41st Div. Dr. and I St.



Military Spouse Priority Placement Program 2019



New streamlined process to claim military spouse preference

Registration in the PPP is no longer required for spouses

MSP applies to DoD positions being filled in the U.S., in overseas locations, and in U.S. possessions and territories. (exceptions may apply)

Eligibility:

- Married prior to PCS and be on active duty member's order
- Reside in the commuting area of sponsor's permanent duty station
- Meet all pre-employment criteria and qualifications in job announcement

Exercise MSP: (What to include in your USAJobs Application)

- Narrative resume - PCS orders - Marriage certificate/license - Signed self-certification checklist

* (if applicable) - SF50 - SF75 - Veteran's Preference - Transcripts

https://www.dcpas.osd.mil/Content/documents/EC/PPP_Self_CertificationChecklist.pdf

Limits/Termination

- Only be used 1x per duty station upon Acceptance/Declination of a permanent position
- No limit on applying to Temp or Term positions
- Loss of spousal status due to divorce, death of sponsor, or sponsor's retirement or separation from active duty; or spouse no longer meets the requirements for noncompetitive appointment eligibility.



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



Madigan Army Medical Center



Community Update May 2019

Joint Base Lewis-McChord | 2019
Directorate of Personnel & Family Readiness

Retiree

**May
17**



Appreciation Days

7:30 am Registration opens.

THE SAME CLASS WILL BE OFFERED
3 DIFFERENT TIMES

EDUCATION AREA #1

0820-0835 0940-0955 1100-1115

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE!

Come learn the importance of getting timely preventive care health services like screenings, check-ups, and patient counseling in order to help you prevent or delay the onset of illness and disease or to detect illness at an early stage when treatment is likely to work best.

0840-0855 1000-1015 1120-1135

FIBER: THE FORGOTTEN SUPERFOOD!

Let's be honest, there is nothing exciting about fiber. However, it is one of the unsung heroes in a balanced diet and offers an amazing number of health benefits. Please join us to find out more!

0900-0915 1020-1035 1140-1155

PREVENTING FALLS

Falls affect millions of people annually and can result in serious injuries such as broken bones or head injuries. Identifying risk factors may reduce your risk of falling. Join us for a discussion on those risk factors and get involved with a beginner chair based-yoga lesson to help decrease your risk!

Joint Base Lewis-McChord | 2019
Directorate of Personnel & Family Readiness

Retiree

**May
17**



Appreciation Days

7:30 am Registration opens.

THE SAME CLASS WILL BE OFFERED
3 DIFFERENT TIMES

EDUCATION AREA #2

0800-0815 0920-0935 1040-1055

TRICARE PLUS/TRICARE FOR LIFE

Discuss the different healthcare plans TRICARE has to offer

0820-0835 0940-0955 1100-1115

SURVIVOR OUTREACH SERVICES (SOS)

Come learn how the SOS Survivor Coordinators and Financial Planners can help you to obtain copies of documents; navigate local, state, and federal agencies; direct you to additional Survivor resources and ensure you get the information you need to make sound financial decisions

0840-0855 1000-1015 1120-1135

myPay

Learn to view, print, and save leave and earnings statements; View and print tax statements; Change federal and state tax withholdings and much more using the on-line myPay website

0900-0915 1020-1035 1140-1155

YOU AND YOUR SOCIAL SECURITY BENEFIT

Learn about Social Security Retirement, Survivor, and Disability Benefits. What are the best ways to file and get information regarding SSA programs

**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>



Your line of sight should remain
clear and unobstructed.
Glasses make that difficult.

Free PRK / LASIK / ICL surgery for all qualifying
Service Members. Available across all branches.*
Call **253.968.5516** to set up a free consultation.





Join the celebration & learn
what you can do to lead a
healthier life at any age!

May 12-18, 2019 is National

WOMEN'S HEALTH WEEK



armymedicine.health.mil

womenshealth.gov/nwhw





nami.org/Find-Support/Veterans-and-Active-Duty

MENTAL HEALTH

AWARENESS MONTH



<https://www.mamc.health.mil/clinical/behavioral-health>

MAY
2019



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

Now you don't have to!



MADIGAN
ARMY MEDICAL CENTER

School Based *Health System*

where the classroom is the waiting room



Lakes HS



Steilacoom HS



Rogers HS



Harrison Prep



PIRATES
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 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

May 4

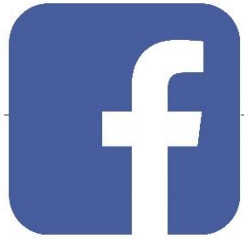
2019 “Young Heroes” Awards



**MADIGAN
FOUNDATION**

1:00 pm in Letterman Auditorium

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 – May 2019-July 2019



- 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
 - 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
 - 27 MAY 19, JBLM Memorial Day Ceremony, 1130-1230, Camp Lewis Cemetery, Lead: Protocol
 - 31 MAY-02 JUN 19, Special Olympics of Washington (SOWA) Spring Games, Various Times/Locations, Lead: I Corps/DPTAMS
-
- 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



MILITARY HIRING EVENT

06.03.19 | T-MOBILE PARK | SEATTLE, WA



IN COLLABORATION
WITH



9:00 AM
REGISTRATION

10:00 AM - 2:00 PM
HIRING FAIR

7:10 PM
GAME TIME

ATTEND & SCORE 2 FREE TICKETS TO THE GAME*

HIRING FAIR

At our Seattle Hiring Expo with the Seattle Mariners, you're invited to connect directly with recruiters and hiring managers from local and national companies of all sizes. This event is free and is open to active duty service members, Guard and Reserve, veterans, and military spouses.

NEED A RESUME?

Resume Engine is the quickest and easiest way to send your resume to employers at the Hiring Expo. Translate your military experience, and build a powerful resume at ResumeEngine.org. Powered by Toyota.

SEE THE FULL SCHEDULE AND REGISTER BY VISITING
HIRINGOURHEROES.ORG/EVENTS

**Tickets are limited. All registered veterans and military spouses are eligible to receive up to two free tickets to attend that evening's game.*

HIRING OUR HEROES
U.S. CHAMBER OF COMMERCE FOUNDATION



**Apr.-Jun.
2019**

JBLM | Directorate of Personnel & Family Readiness

Relocation Readiness Program

DPFR

Your Community Navigator

We offer counseling, welcome packets, lending closet, multicultural workshops, international spouse orientations and assistance for foreign-born Service members & Family members, Sponsorship training, PCS/moving workshops & briefings, and a Newcomers' Orientation.



Visit jblmdpfr.timetap.com to register for an upcoming event/class or to make an appointment with a relocation counselor. For assistance, call 253-967-3633 or 253-982-2695.

Image courtesy of istock.com



Updated Feb. 15, 2019 | Created by JBLM DPFR Marketing

Classes & Events

NEWCOMERS' ORIENTATION

Apr. 16 | May 14 | Jun. 11

American Lake Conference Center

Orientation 9 a.m.-12:15 p.m. | Army & AF Report 8:30 a.m.

Register: jblm-newcomers.eventbrite.com

RELOCATION BRIEFINGS

Overseas Cultural Orientation

Prepare for your move overseas

Mondays (weekly), 2:30 p.m. (WH)

Smooth Move Workshop

For Airmen & Families PCSing out of JBLM

Apr. 2, May 7, Jun. 4

10-11:30 a.m. (MC)

Alaska Briefing

Apr. 8, May 13, Jun. 10

1 p.m. (WH)

Hawaii Briefing

Apr. 2, May 7, Jun. 4

1 p.m. (WH)

Re-Entry Briefing

For those returning from overseas

Apr. 4 & 18, May 2 & 16, Jun. 6 & 20

1-2 p.m. (WH)

First PCS Move

Get the basics & ask questions

Available by appointment

INTERNATIONAL & MULTICULTURAL SERVICES

International Spouse Cooking Demonstration

Meet friends, share foods & learn about resources.

Apr. 12, 11 a.m.-1:30 p.m. (FRC)

International Spouse Orientation

Obtaining a driver's license, employment, English as a 2nd language, & knowing your legal rights.

May. 3, 9-11 a.m. (WH)

USCIS Immigration Appointments

Meet with a USCIS rep for immigration assistance.

Apr. 10 & Jun. 12, 8 a.m.-3:30 p.m. (WH)

Must schedule an appointment. online: jblmdpfr.timetap.com

Hearts Apart/Waiting Families Support Group

For Families whose Service member is on an unaccompanied tour, extended TDY or training exercise.
253-967-3633

SPONSORSHIP TRAINING

By Appointment Only: 253-967-3633

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

JBLM DPFR

Your Community Navigator

Relo (253) 967-3633

McChord: (253) 982-2695

jblmdpfr.com | (253) 967-7166

DPFR Waller Hall (WH): 2140 Liggett Ave., (Lewis Main)

DPFR McChord (MC): 100 Col. Joe Jackson Blvd. (McChord Field)

FRC: 4274 Idaho Ave. & 9th Div. Dr., (Lewis Main)



Sponsorship Training

Learn how to be a
successful sponsor from
Relocation Readiness/TASP

*We can bring the
training to you or
provide training at our
office location.*

Waller Hall, DPFR

2140 Liggett Ave. | JBLM-Lewis Main

(253) 967-3628 | (253) 967-3633



Created by JBLM DPFR Marketing | Updatd Nov. 20, 2018



Recycling on JBLM

RECYCLING

PREPARATION
empty · clean (quick rinse) · no lids

PLASTIC

Recycle plastics by shape.
Ignore numbers/symbols on packaging.



PAPER



METAL



<https://home.army.mil/lewis-mcchord>
253.966.6444

GARBAGE

Want to know why some things belong in the garbage?
piercecounitywa.gov/reminders



DROP-OFF

Find locations for these items plus options for electronics, appliances, mattresses, clothing, foam packaging and more: piercecounitywa.gov/recyclemenu

Bring glass, toner cartridges and electronics to our recycling centers (open Tue-Sat 0730-1600)
JBLM-Main: Nevada Ave **McChord Field: 516 South Gate Rd** (near commissary)





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





GO Bikes: We bike together



GO Bikes:

- Free to any DoD Card holder over 18!
- 6 Bike checkout locations
- Safety equipment supplied
- Bike for PT, fun, exercise or to appointments!
- Check out a bike to get around JBLM



BIKE LIKE THE MOUNTAIN IS OUT

BikeMonth
TACOMA-PIERCE COUNTY

Log your trips and win at PierceTrips.com

BIKE EVERYWHERE CHALLENGE
MAY 1 - 31, 2019

Find bike rides and events at BIKE253.com

SOUTH SOUND PROUD

PierceTrips.com keeping people on the move!
Pierce County
Pierce Transit
Tacoma

DOWNTOWN: On the go!
RUSTY GEORGE CREATIVE

www.GOLewisMcChord.com





On Base Housing HQDA Family Housing Survey



- Headquarters, Department of Army Resident Annual On Base Housing Survey
 - This is an annual effort which allows you and your family to tell us how well the Housing Privatization Program is doing to meet your on-base housing needs.
- The information you and your family provide will guide us and our partners in providing future improvements for services and facilities that are important to you.
- This survey is being distributed to all other installation participating in the Housing Privatization Program.
- HQDA emailed the housing survey to all JBLM residents on 23 April 2019.



Timetable 2019



Event

Date

Survey Launch

April 23, 2019

Prizes:

Survey Weekly Prizes

☐ **4 weeks** - 5 X \$100 Gift Cards per week (Total \$2k)

Survey Close

May 24, 2019

Grand Prize Giveaway. 1 Month Free Rent per 1000 responses received during survey. (Example 2500 responses = 1 Month Free x 2 given away).

Winners will be drawn on 5 June @ the Garrison Community Update

Contact your District Manager if you did not receive the survey link via email.



MWR Happenings



May Events



FALL SOCCER & BUMBLEBEE SOCCER

Registration Dates: May 1-July 31

FALL SOCCER	BUMBLEBEE SOCCER
Ages 5-15; \$65	Ages 3-4; \$25
Parent Meeting Aug. 15	Parent Meeting Aug. 14
Practices Start Aug. 19	Practices Start Aug. 19
Season Ends Oct. 12	Season Ends Oct. 5

JBLMmwr.com f JBLMcys
JBLMcysRegistration.com



Habañero's Celebration Day
Friday, May 3, 3-7 p.m.

Hump Burrito Challenge
Air Force vs. Army
6 lbs of burrito must be eaten
in an hour or less by one person
(Also open to all non-competitive eaters)
Call 253-982-3271 to sign up
for the challenge!

Food & drink specials
Swag giveaways

895 Lincoln Blvd. | McChord Field
Whispering Firs Golf Course

Harborstone Credit Union

- **Super Smash Bros Tourney** 4 May
@ Warrior Zone



Northwest Adventure Center

OUTDOOR MOVIE NIGHT
Ralph Breaks the Internet

FREE!
Friday, May 10
Northwest Adventure Center
8050 NCO Beach Rd., Lewis North

Movie starts at 6 p.m.
Bring lawnchairs
& blankets!

Free snacks & firepit
for roasting
marshmallows &
making s'mores

- **Down & Dirty Mud Run** 11 May @
Soldiers Field House
- **Open House/Yard Sale** 11 May
@ NW Adventure Ctr
- **Mother's Day Brunch** 12 May
@ McChord Club
- **CG's Golf Scramble** 17 May @
Eagles Pride

- **61st Fort Lewis Amateur Tourney**
4-5 May @ Eagles Pride



Celebrate Armed Forces Day



2019 **Armed Forces Day**

JOINT BASE LEWIS-McCHORD



Saturday, May 18 • 11 am—7 pm

Cowan & Memorial Stadiums

Free Admission!

Military Equipment Displays, Reenactors, Roving Entertainment, Food & Craft Vendors, Carnival Rides,
Bounce Houses, America's First Corps Band & More!

Open to the public! Must use I-5 Exit 119

JBLMArmedForcesDay.com

Proudly Sponsored by



Sponsorship does not imply federal endorsement



MWR Happenings



Coming in June

1 Jun	Equipment Sale	MWR Supply
8 Jun	Sound to Narrows 12K	Vassault Park
14 & 28 Jun	Aquatics Hiring Fair	Soldiers Field House
14 Jun	CG's Scramble	Eagles Pride
17 Jun	Summer Reading Prog	JBLM Libraries
22 Jun	Bodybuilding Championship	Nelson Rec
28 Jun	Game Night – Darts	McChord Pub



Coming in July

4 July	Freedom Fest	Cowan/Memorial
6 July	UFC 239	McChord Club, Sam Adams & Warrior Zone
12 July	Aquatics Hiring Fair	Soldiers Field House
13 July	eSports Black Ops	Warrior Zone
20 July	Freedom Run 10m/15K/1K	TBD
26 July	Latin Night	Sam Adams Cascade
26 July	Game Night	McChord Pub



MWR Closures



- NW Adventure Center: Closed through 2 May for inventory
- Soldiers Fieldhouse Pool: Closed 4-5 May for mandatory staff training
- Kimbro Pool: Closed for renovations through mid-June
- Wilson Fitness Center: Partial closure for renovations starting mid-May; 24/7 access will be disabled during renovation



Community Service



- **Building 10: April 2nd**
 - BOSS returned to Building 10 and helped paint one of the many corridors in the facility. We are hoping to return and continue helping with their renovations.
 - **Volunteers: 14**
 - **Hours Volunteered: 122**
- **Awareness Color Run: April 6th**
 - BOSS helped out Suits for Service Members by sizing and organizing the suits that were donated.
 - **Volunteers: 5**
 - **Hours Volunteered: 15**
- **Suits for Service Members: April 9th**
 - BOSS helped out Suits for Service Members by sizing and organizing the suits that were donated.
 - **Volunteers: 6**
 - **Hours Volunteered: 36**
- **Easter Prep: April 19th**
 - Single service members came to the BOSS Office on Saturday to help fill up Goodie Bags for the Easter Dash.
 - **Volunteers: 10**
 - **Hours Volunteered: 20**
- **Easter Dash: April 20th**
 - BOSS turned Cowan Stadium into an Easter wonderland full of candy, bunnies and egg hunts.
 - **Volunteers: 20**
 - **Hours Volunteered: 200**





Recreation and Leisure/ Life Skills



- **Clam Digging: April 6th**
 - BOSS enjoyed a Clam-tastic trip to the Twin Harbors State Park outside of Westhaven, WA where we spent an amazing morning digging for clams guided by Bruce our local resident expert. After we collected and dug for clams we enjoyed a clam fry for lunch!
 - **Attendees: 7**
- **Clam Digging: April 21st**
 - BOSS went out on another trip to the coast, this time to Moclips where single service members learned how to dig and prepare clams for an awesome clam fry.
 - **Attendees: 5**





May Events



- **Mud Run Prep: May 6th-May 10th**
 - From 0900 to 1600, come out to assist BOSS and MWR Sports, Fitness & Aquatics with building and renovating the Mud Run course behind Soldier's Field House. All volunteers will get an opportunity to run the course for free after the race.
 - 4-5 Volunteers requested
- **Mud Run: May 11th**
 - From 0900-1600 help out on Mud Run. All volunteers must be able to stay for the entire event. Afterward, they will get a chance to run the course for free.
 - 50-60 Volunteers requested
- **Scuba Class: May 13-19th**
 - Learn the fundamentals of scuba diving and walk away with a life time scuba certification. The training portion is Monday-Friday, with 1800-1930 in the classroom, followed by 1930-2200 in the pool. You must be available for the whole week. There will be a swimming assessment conducted prior to training.
 - 8 Slots available
- **Suits for Service Members: May 14th**
 - Help BOSS size and organize donated suits for ETSing service members.
 - 5-6 Volunteers requested
- **Armed Forces Day: May 18th**
 - BOSS will be kicking off their first fundraising event of the year! We'll need assistance in setting up, cooking and tearing down. All volunteers interested in grilling will need a food handler's license.
 - 20 Volunteers requested
- **Building 10: May 24th**
 - BOSS will be traveling to Building 10 to help paint, renovate and landscape the facility
 - 6-7 Volunteers requested



Ramadan:

Begins Evening of 5 MAY

Ends Evening of 4 June

**Jumu'ah Prayer – Evergreen Chapel
1200 Friday**



WEB Address:

<https://home.army.mil/lewis-mcchord/index.php/about/Directorates-support-offices/chaplains>



FACEBOOK: JBLMReligious Support

McChord Commissary Sidewalk Sale



1-2-3-4 May 2019





LEWIS MAIN COMMISSARY



MILITARY APPRECIATION SIDEWALK SALE

MAY 17-20 2019

**BIG SAVINGS ON SOME OF YOUR
FAVORITE ITEMS. SHOP EARLY
FOR BEST SELECTION**



"PROUD, COMMITTED AND MORE"





EXCHANGE UPDATES



Lewis Main Exchange

- Beauty Night Out: Saturday, 4 May
1400 hours
- Asian American Pacific Islander Heritage Celebration:
Saturday, 11 May
1300-1500 hours
- Military Spouse Appreciation Day: Tuesday 14 May
0900-1100 hours
- Retiree Appreciation Day: Friday 17 May
In-store promotions all day
- Pet Show: Saturday, 18 May
1100-1300 hours
- Bike Safety Clinic: Saturday, 25 May
1100 hours

McChord Main Exchange

- Military Spouse Appreciation Day: Friday, 10 May
All Day Specials
- Fragrance Demos, Make-Up Consults & Jewelry
Cleaning: Friday, 10 May: 1100-1400
- Mother's Day Specials: Sunday 12 May
All Day Specials
- Retiree Appreciation Day: Friday 17 May
In-store promotions all day
- Meet the Manager & Military Star Info: Saturday 18 May
1200-1300 hours
- Pet Show: Saturday, 18 May
1130-1400 hours
- Bike Safety Clinic: Saturday, 18 May
1130-1400 hours



Download the FREE Military Star Card Mobile App NOW available in the Apple App Store and Google Play! Have access to your account and MILITARY STAR promotions at the palm of your hand!

NOW CLOSED



Visit the below GNC locations for your nutritional supplements!



Lewis Main Exchange
Monday- Saturday 0900-2000
Sunday 0900-1900
253-912-8402



MvChord Field Exchange
Monday- Saturday 0900-2000
Sunday 1000-1900
253-589-3295

COMING SOON TO LEWIS NORTH!



NOW OPEN!



Only at your McChord Food Court

**OPEN 7 DAYS A WEEK!
1000-1800 HOURS
Phone: 253-581-5145**

100% Clean Smoothies, Juices, Rice Bowls, Salads, Wraps & More!

05.8.2019

JOIN LCSC YEAR-END LUNCHEON!

SAM ADAMS, EAGLES PRIDE

10:30-1:00PM

WELCOME NEW BOARD MEMBERS

"TACKY TOURIST" ATTIRE

VENDOR SHOPPING

"MAYCATION"

RSVP BY MAY 1ST | CASH BAR | LUNCHEON \$20

WWW.LEWISCOMMUNITYSPOUSESCLUB.COM

Upcoming events:

8 May

Maycation Luncheon
Sam Adams at Eagles Pride

June Summer Social
Location, TBD

July LCSC Movie Night
Carey Theater, JBLM
Date TBD

**Thank you to everyone who came out to
support LCSC at ACE night last month!**



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.



DHA Usability Lab



Kelly Blasko, PhD
mHealth Clinical Integration
Government Lead
Connected Health



Jason Wiedemann
Usability Lab Manager
Solution Delivery Division
Web and Mobile Technology





Usability Lab Background



- Testing mobile apps and websites for the Defense Health Agency since 2012
- Our usability tests have benefitted numerous important projects for the military community:



Military Kids Connect



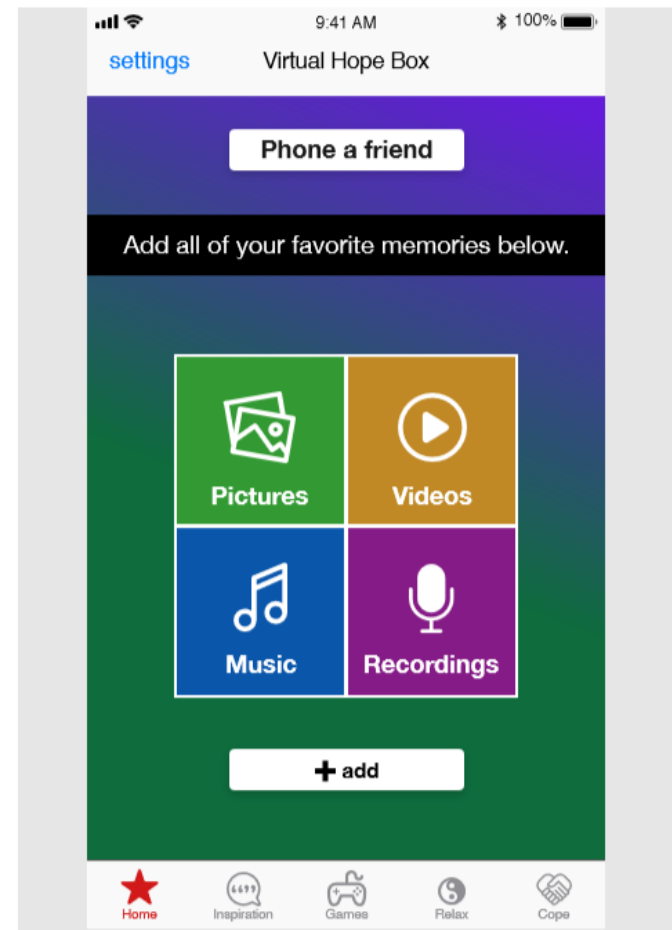
Breathe2Relax



Virtual Hopebox



Success Story





Usability Lab Video





DHA Contact Information



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Jason Wiedemann

Usability Lab Manager

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Garrison Update



Next Garrison Update

5 Jun 19 @ 0930

McChord Club



Garrison Update



Garrison Commander Comments

