



# 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:
  - LTG Gary Volesky, Commander General America's 1 Corps
  - Col Scovill Currin, Commander, 62d Air Lift Wing
- 0945-1000 – Installation Hot Topics:
  - Gate Options, D/Emergency Services, Mr. Ted Solonar
  - Grounds Maintenance, D/Public Works, Mr. Steve Perrenot
  - Army Ball
- 1000-1010 – Madigan Army Medical Center, COL Thomas Bundt, Commander Madigan
- 1010-1030 – Updates
  - D/Plans, Training, Aviation, Mobilization Services, Mr. Buck James
  - D/Personnel & Family Readiness, Ms. Alecia Grady
  - 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, Mr. Michael Cruz
  - Post Exchange Update, Mr. Roy Turner
  - Lewis Community Spouses Club, Ms. Laura Basye
  - SGM Association Golf Tournament, SGM James Bagg
- 1030-1045 - Command Comments – Next Community Update **10 Jul 19 at Nelson Rec Center**



# Commander's Comments

---



Commanding General, America's 1 Corps

Commander, 62d Air Lift Wing

# Joint Base Directorate of Emergency Services

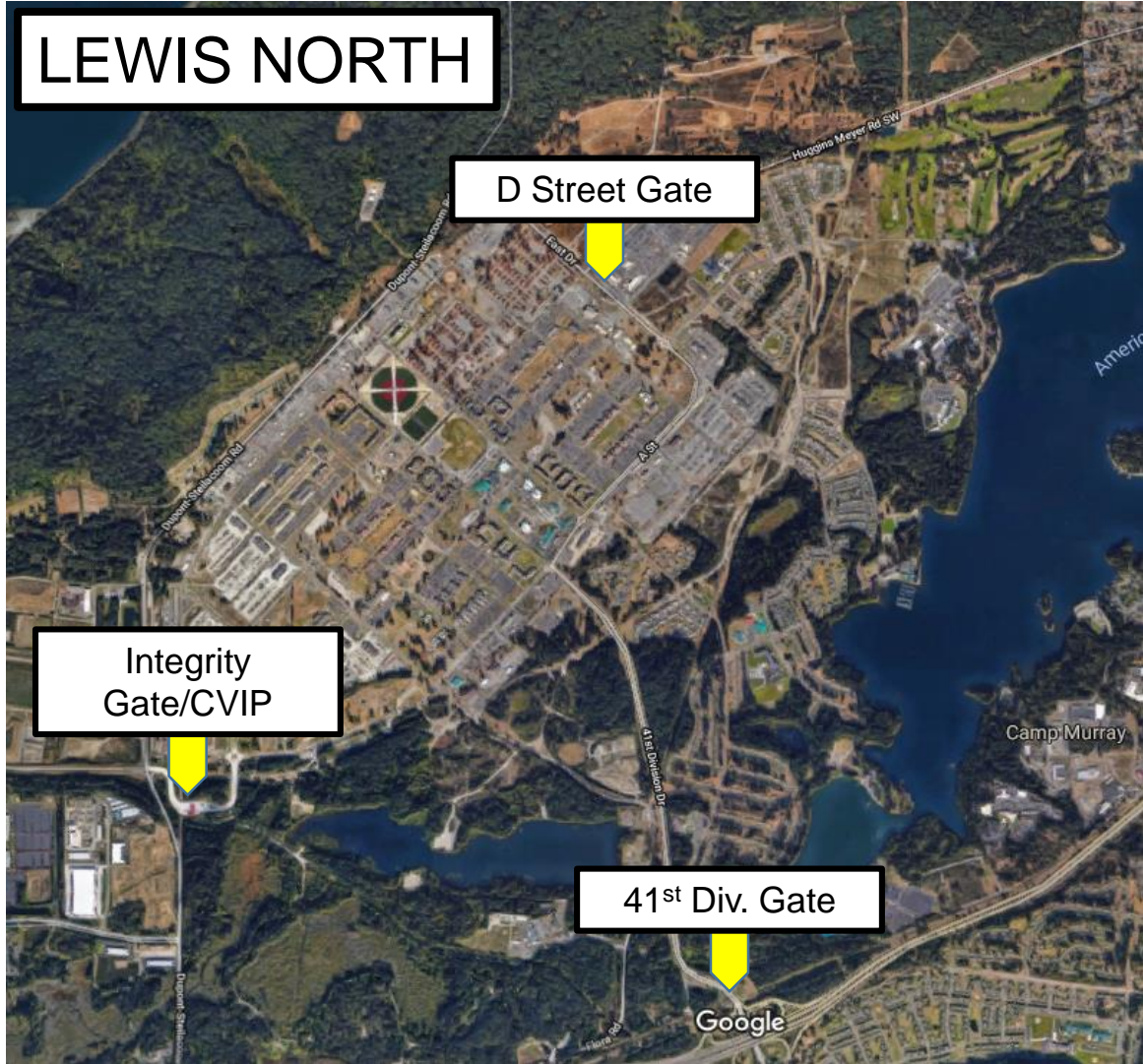
## JBLM Gate Options





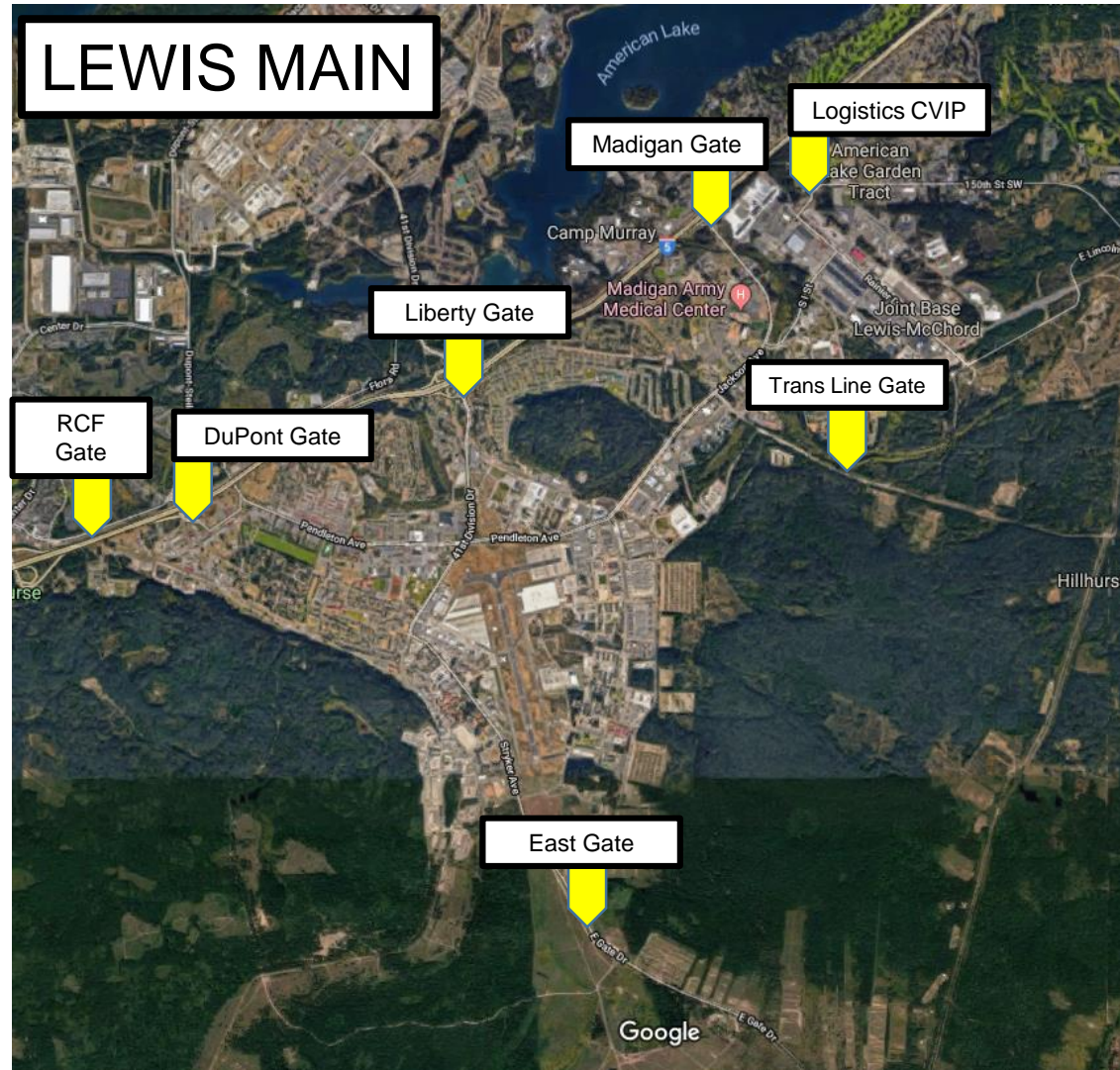
☐ Gates Hours

- ☐ 41<sup>st</sup> Division Gate: 24/7
- ☐ Integrity Gate:
  - ☐ M-F: 0500-1900
  - ☐ Sat/Sun/Holiday: Closed
- ☐ Integrity CVIP:
  - ☐ M-F: 0500-1300
  - ☐ Sat/Sun/Holiday: Closed
- ☐ D Street Gate:
  - ☐ M-F: 0500-2100
  - ☐ Sat/Sun/Holiday: 0800-2100



### Gates Hours

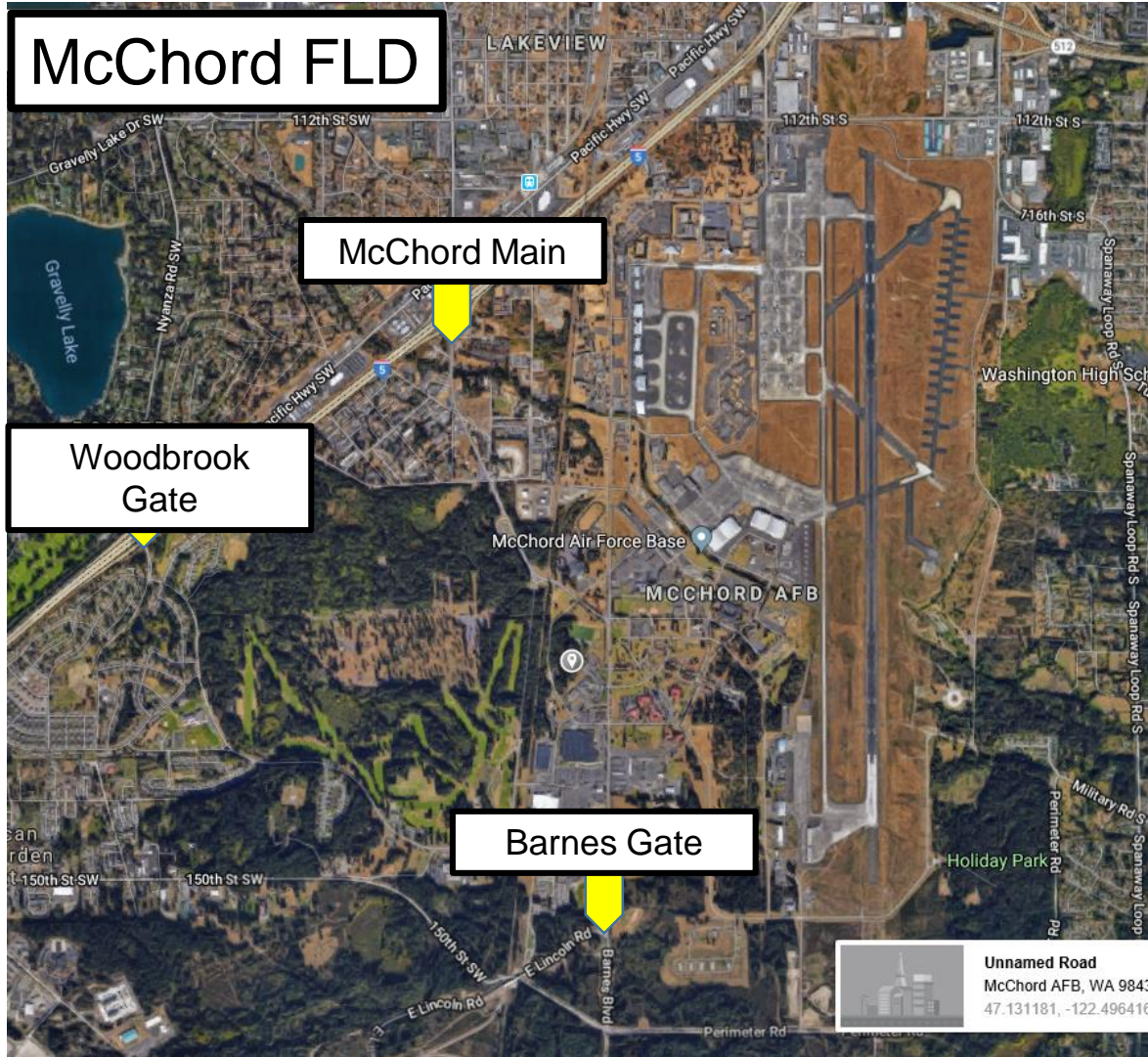
- ☐ RCF Gate (Mounts Gate):
  - ☐ M-F: 0500-0800/1500-1900
  - ☐ Sat/Sun/Holiday: Closed
- ☐ DuPont Gate:
  - ☐ M-F: 0500-2100
  - ☐ Sat/Sun/Holiday: 0800-2100
- ☐ Liberty Gate: 24/7
- ☐ Madigan Gate: 24/7
- ☐ Logistics Gate:
  - ☐ M-F: 0500-1900
  - ☐ Sat/Sun/Holiday: Closed
- ☐ Transmission Line Gate:
  - ☐ M-F: 0500-1800
  - ☐ Sat/Sun/Holiday: Closed
- ☐ East Gate: 24/7





### Gates Hours

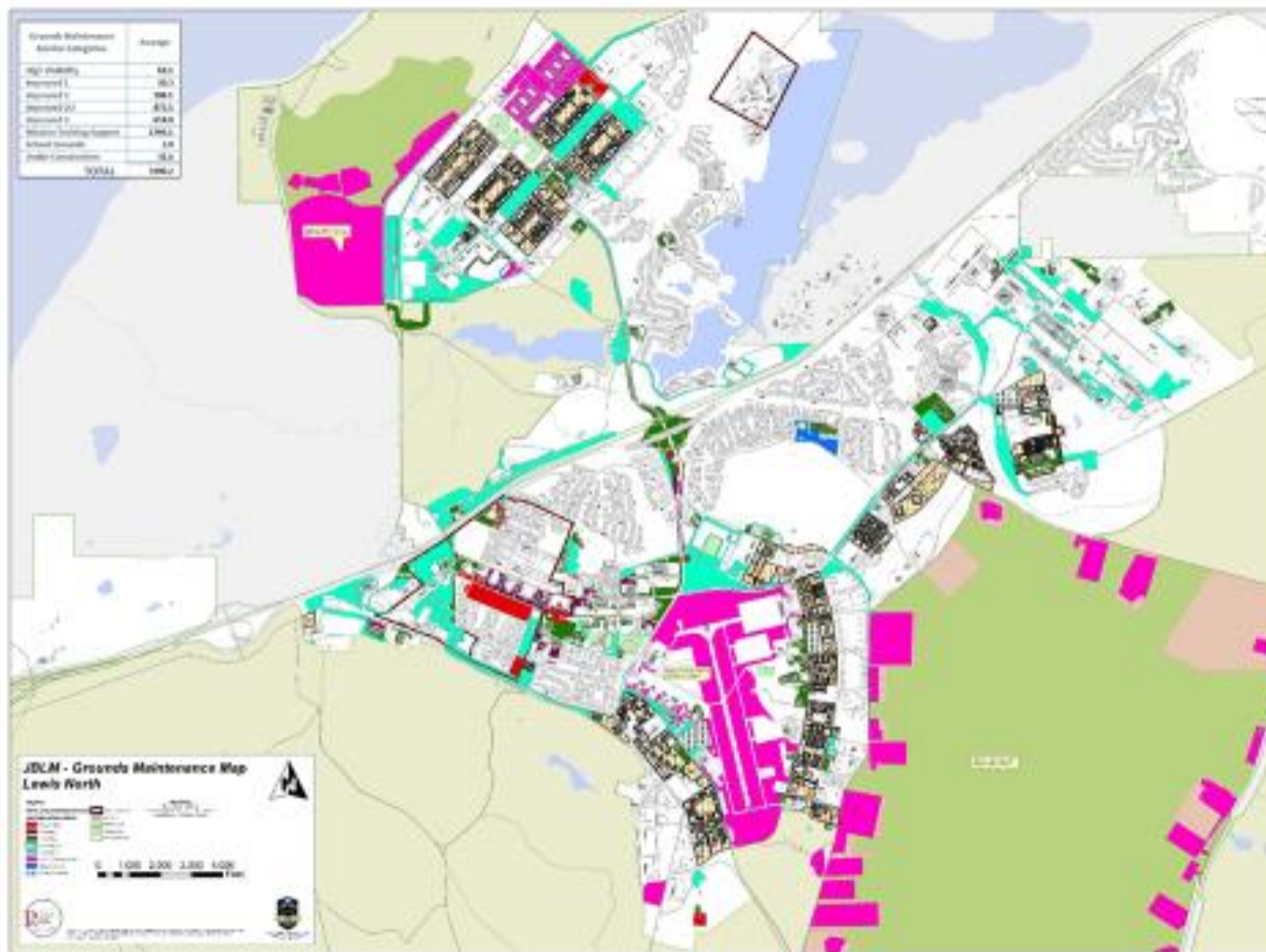
- ❑ Woodbrook Gate:
  - ❑ M-F: 0500-0900/1500/1900
  - ❑ Sat/Sun/Holiday: 0800-1700
- ❑ McChord Main Gate: 24/7
- ❑ Barnes Gate:
  - ❑ M-F: 0500-1900
  - ❑ Sat/Sun/Holiday: 0500-1900



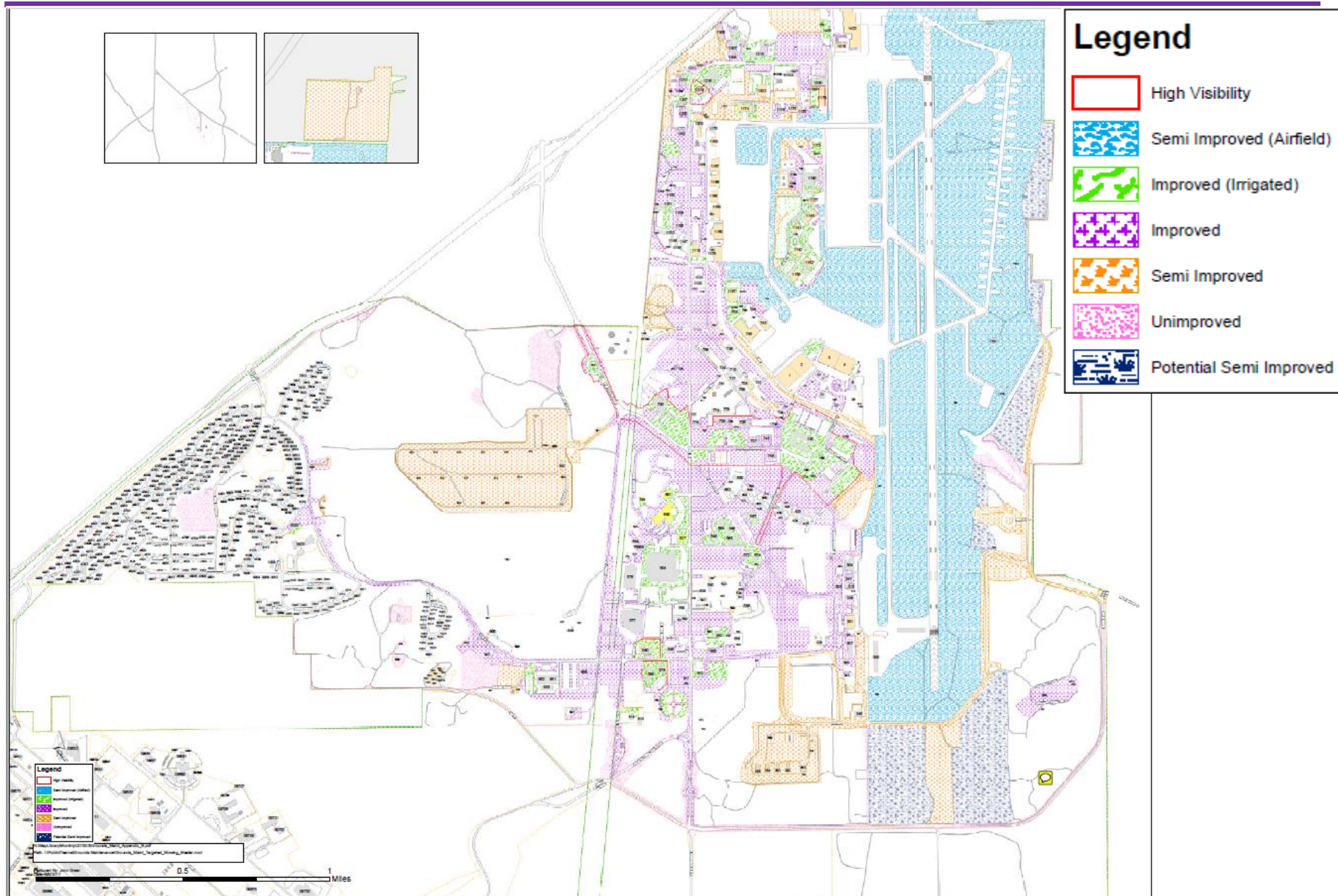


U.S. AIR FORCE

# Grounds Maintenance - PW





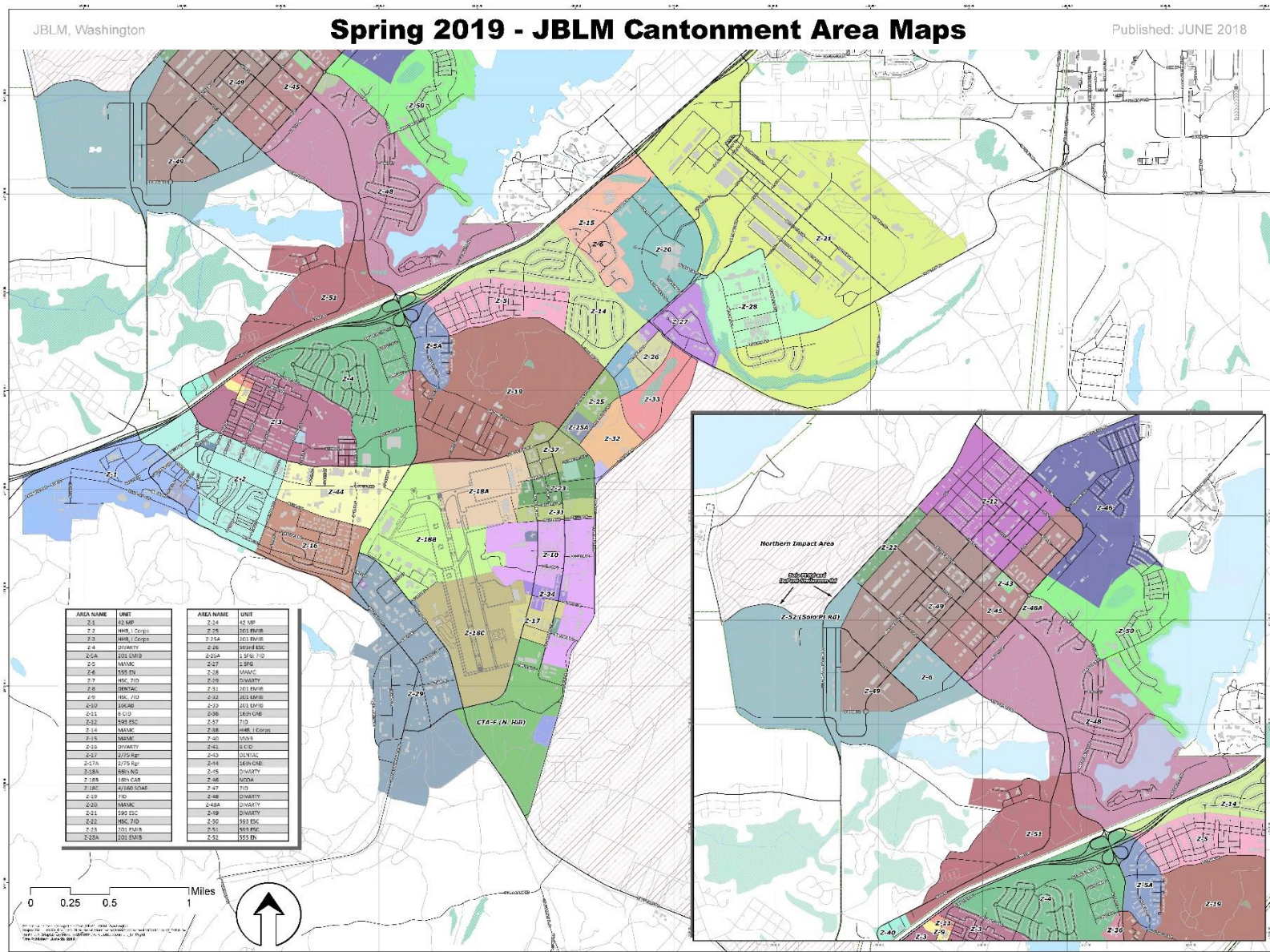






U.S. AIR FORCE

# JBLM Unit Responsibilities







**AMERICAN HERITAGE, HONORING THE CALL  
TO SERVICE FROM D-DAY TO TODAY!**

# **244th U.S. Army Birthday Ball**

**Greater Tacoma Convention Center  
June 14, 2019**

**Reception begins at 5 p.m.  
Program begins at 6 p.m.**

**General Admission: \$50  
E-6 and Below: \$40**

**Open to all Joint Base Lewis-McChord military personnel, family  
members, and surrounding communities.**

**Registration is open through June 7. Seating is limited.  
Please see event website for details and to purchase tickets:**

**<https://www.eventbrite.com/e/244th-us-army-birthday-ball-tickets-60323582459>**







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



# Madigan Army Medical Center

---



**Community Update June 2019**

# MEN'S HEALTH WEEK

## June 10-16



Nutrition  
Rest & Sleep  
Exercise  
Physical Well-Being



Reduce Stress  
Mental Health  
Healthy Food Choices  
Staying Active



Spiritual Health  
Heart Health  
Weight Control  
Regular Doctor Visits



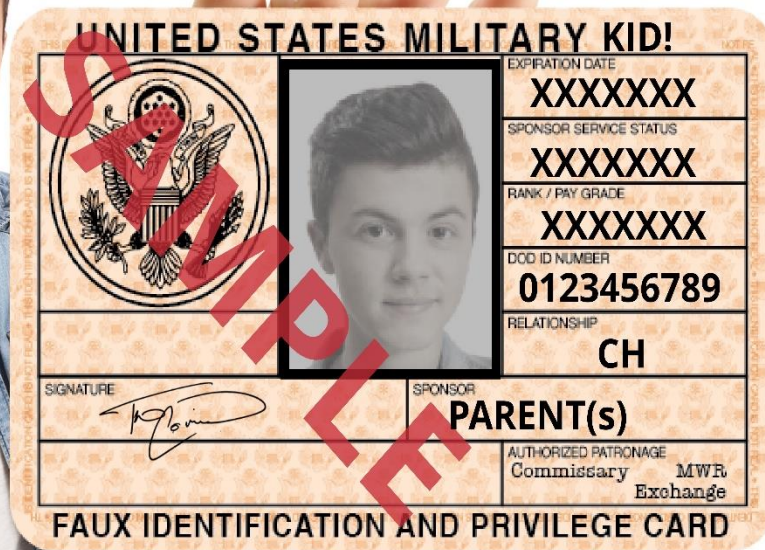
# 14 Or Older?

## Don't Forget Your DoD ID Card!

For Dependents age 14 yrs & older,  
a DoD ID is *required* to be presented for:

- Picking up Prescriptions
- Refilling Prescriptions

***Parents will need their child's  
Dependent DoD ID when picking  
up prescriptions on their behalf!***

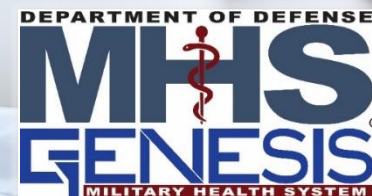


**MADIGAN**  
ARMY MEDICAL CENTER



**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>**





Effective 5 JUNE 2019

# Rainier EBH

Embedded Behavioral Health



To provide greater support for nearly 12,000 soldiers who currently access Denali & Yukon Clinic's EBH services, Madigan's Department of Behavioral Health is combining Denali EBH & Yukon EBH clinics to form the all-new Rainier Embedded Behavioral Health Clinic to improve walk-in processes, administrative processes, group availability, and to provide better access to care.

*There will be 2 access points for Rainier EBH from the Ramp 3 corridor at the Madigan Annex:*

Rainier EBH scheduled appointment check-in will be at **9921A**

Rainier EBH walk-in and group check-in will be at **9920A**

**POC's:**

Chief, Ms. Amy St Luce

Deputy Chief, Dr. Tamela Bresler

Rainier EBH Phone 253-968-4851



**MADIGAN**  
ARMY MEDICAL CENTER





# 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



Pioneer MS



Stellacoom HS



Woodbrook MS



Bethel MS



Rogers HS



Mann MS



River Ridge HS



Harrison Prep



Bethel HS



Please contact your clinic for specific instructions.



**MADIGAN**  
ARMY MEDICAL CENTER



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



# 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





# MEDICAL SERVICE CORPS



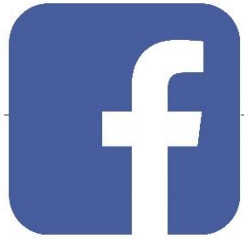
2019

Follow Madigan On Social Media  
for more MSC Anniversary Content:





# 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 – June 2019-August 2019*



- 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, JBG 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: DFWMR
- 26 AUG 19, Women's Equality Day Observance, Time/Location TBD, Lead: 17 FA
- 30 AUG 19, DONSA





2019

# JBLM FAP Weekly Play Groups



## Talk & Play

(6 wks - 6 mos)

**Wednesdays | 10:30-11:30 am**  
**Raindrops & Rainbows (Lewis North)**

Meet new parents, develop relationships, and have great conversation while stimulating your baby's development through play. A NPSP group facilitator introduces a hot topic related to parenting or baby development. Bring your own ideas for conversation.

### Monthly Topics



**May:** Baby Blues & Purple Crying

**June:** Baby's Here - Now What???

**July:** The 4th Trimester

**August:** Growing our Love: Bonding & Attachment

**September:** The Power of Play

**October:** You're Feeding Me What?! Nutrition

**November:** Baby Brain, Baby Development

**December:** You & Me, Baby Makes 3: Relationships



## Toddler Play Group

**Tuesdays | 1:30-3 pm**

**Escape Zone (McChord Field)**

Toddlers (1-3 yrs) socialize in a comfortable atmosphere and learn new ways to communicate. Parents receive support from other parents about resources in the area, parenting tips, sleeping routines & more.

## Baby Play Group

**Thursdays | 1:30-2:30 pm**

**Raindrops & Rainbows  
(Lewis North)**

Parents and infants (0-12 mos) begin socializing & learning new ways to communicate. Parents may benefit by receiving support from other parents.



## Mindfulness for Toddlers

**1st & 3rd Tuesdays | 10:30-11 am**

**Raindrops & Rainbows  
(Lewis North)**

A happy interactive half hour to help 2 ½ - 4 year olds manage emotions through mindfulness exercises.

**NEW TIME  
Starting  
JULY 2019**

## Playmorning

**Fridays | 10:30-11 am**

**Raindrops & Rainbows  
(Lewis North)**

A lovely laid back atmosphere for parents & 1-4 year olds to begin socializing with one another. Toddlers learn through music & playtime (we have bubbles!). Parents receive support from NPSP Staff.

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

**JBLM DPFR**

Your Community Navigator

**NPSP (253) 967-7409**

[jblmdpfr.com](http://jblmdpfr.com) | (253) 967-7166





2019 | JBLM FAP

# Classes for Parents

## **Baby Boot Camp**

*One 4-Hour Session*

**Are you an expectant parent, or have infants and/or toddlers?**

Join us for this interactive class and learn how to take care of a newborn, understand developmental stages, how to care for a sick child, and more!

## **1-2-3 Magic**

*Four 2-Hour Sessions*

**Who's in charge at your house? Join us for this free class & learn how to:**

- Discipline without arguing, yelling, or spanking
- Control obnoxious behavior
- Handle the 6 kinds of testing & manipulation
- Strengthen your relationship with your child

## **Recipe for Positive Parenting**

*One 2-Hour Session*

**Is there a difference between discipline and punishment?**

Learn to be successful in using both in appropriate ways, as well as what other relationship variables are needed to be a confident parent based on your child's developmental and age needs.



Register for classes online at:  
**[jblmdpfr.timetap.com](http://jblmdpfr.timetap.com)**

*under "FAP Parenting Classes"*

*Childcare vouchers available upon request*

## **Mindfulness Parenting**

*Four 1.5-Hour Sessions*

**Do you feel overwhelmed or are you parenting alone? Is parenting stressful to you?**

Join us and learn of resources, information, and mindfulness skills that help decrease the stress of parenting. We will explore ideas to enrich your day-to-day life with your Family.

## **Infant Massage**

*Two 1-Hour Sessions*

**Bring your infant to this workshop and learn to:**

- Help your baby eat & sleep better
- Soothe colicky symptoms
- Increase brain development
- Help your baby smile more
- Provide another special way to bond with your new baby

## **24/7 Dad**

*Two 2-Hour Sessions*

**Being the best Dad you can be is the most important kind of home improvement you can do for your Family.**

Whether you're becoming a new Dad or you're a Dad already, join this workshop and learn what you can do for your Family.

## **StepParenting: Keeping it Sane!**

*Two 2-Hour Sessions*

**Learn skills to build a successful stepfamily.**

*Topics Include:*

- Family Histories / Values
- Healthy Boundaries
- Non-Violent Techniques
- Communication
- Loyalty Conflicts
- Power Struggles
- Loss & Grief

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

**JBLM DPFR**  
Your Community Navigator

**FAP (253) 967-5901**

[jblmdpfr.com](http://jblmdpfr.com) | (253) 967-7166

## **5 Love Languages for Children**

*One 2-Hour Session*

**Discover how to speak your child's love language.**

This class is for parents of children 5-12 years old who want to learn ways to understand their children's love languages. Build a solid foundation for your child to trust you and flourish as they grow.





May-Aug.  
2019

## JBLM | Directorate of Personnel & Family Readiness

Supports CHPC Priority: Strengthen Individual Life Skills & Resiliency

Mobilization, Deployment & SSO Program | DPFR McChord

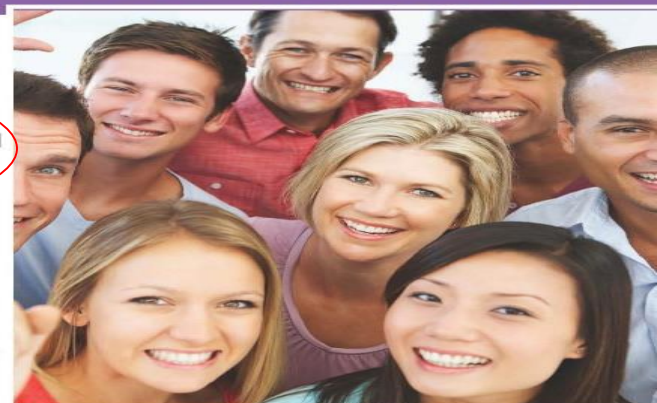
# SFRG & KEY SPOUSE PROGRAMS

DPFR

Your Community Navigator

### **Soldier & Family Readiness Group (SFRG) Training (Army)**

SFRGs are a command-sponsored organization comprised of volunteers who provide support & a network of communication between Family members, chain of command, and community. Once known as FRGs, the Secretary of the Army directed the new title "Soldier & Family Readiness Group" to critically link the Soldier's readiness to the Family. It also ensures commanders incorporate all unit personnel, to include single Soldiers and their Families, into the communication of activities and community network of the SFRG.



### **Key Spouse Training (Air Force)**



The Key Spouse Program is a formal unit program that offers informal peer-to-peer/Wingman Family support. Key Spouses are volunteers appointed by the unit commander who work with unit leadership to enhance readiness & establish a sense of community. For details see your unit First Sgt. or call 253-982-7027.

## *Soldier & Family Readiness Group Training | Key Spouse Training*

### **SOLDIER & FAMILY READINESS GROUP TRAINING**

*All classes held at the DPFR Waller Hall Classroom\**

#### **SFRG Leadership Training**

Daytime (9 a.m.-2:30 p.m.)

May 22-23 | Jul. 17-18

Evening (6-8 p.m.)

Jun. 5, 12, 19 | Aug. 15, 22, 29

#### **SFRG Funds Custodian Training**

Daytime (9:30-11:30 a.m.)

May 17 | Jun. 14 | Jul. 12 | Aug. 9

Evening (6-8 p.m.)

May. 21 | Jun. 18 | Jul. 23 | Aug. 20

#### **SFRG Key Contact Training**

Daytime (9:30-11:30 a.m.)

May 6 | Jul. 8

Evening (6-8 p.m.)

Jun. 10 | Aug. 12

#### **SFRL Training (Military)**

9:30 a.m.-12:30 p.m.

May 15 | Jul. 24

#### **SFRG for Command Team**

*Company Commanders & 1SGs*

*Available upon request*

### **KEY SPOUSE TRAINING**

*All classes held at DPFR McChord\*\**

#### **Key Spouse Initial Training**

9:00 a.m. - 3:00 p.m.

Apr. 25 | Jul. 20

#### **Key Spouse Continual Training**

11:30 a.m. - 12:30 p.m.

May 23

#### **Key Spouse Annual Suicide Awareness & Sexual Assault and Prevention Training**

9:00 - 11:00 a.m.

Apr. 6 | Aug. 24

*You must be appointed as a Key Spouse and registered for training prior to attending; call 253-982-7027.*

Free childcare available for daytime classes. Call CYS hourly care for reservations (253-966-2977); a childcare coupon will be provided during class.

Joint Base Lewis-McChord

**Directorate of Personnel  
& Family Readiness**

**JBLM DPFR**

Your Community Navigator

SFRG (253) 967-3397

Key Spouse 982-7027

jblmdpfr.com | (253) 967-7166



\*DPFR Waller Hall/WH Classroom (2140 Liggett Ave., Lewis Main)

\*\*DPFR McChord (100 Col Joe Jackson Blvd., McChord Field)

### **Registration required**

FRG: [jblmdpfr.timetap.com](http://jblmdpfr.timetap.com) | Key Spouse: 253-982-7027

Created by JBLM DPFR Marketing | Updated May 2019





# Taste Testing at Dining Facilities



**25 June @ Courage Inn DFAC**  
**26 June @ Ghost DFAC**  
**28 June @ Lancer DFAC**  
**1 July @ 1<sup>st</sup> Special Forces Group DFAC**



## SOUP

Zesty Bean Soup  
Potato Kale and White Bean Soup  
Black Bean Soup  
Creole Soup with Brown Rice  
Sweet Potato Chili  
Garden Veggie Soup  
Creamy Carrot Soup

## SALAD

Taco Salad  
Spinach Apple Salad  
Quinoa Cabbage Salad  
Fruit Salad with Spiced Yogurt Dressing  
Bean Salad with Asian Dressing  
Mandarin Quinoa Salad

## SANDWICH

Falafel Sandwich  
Chicken Salad Sandwich  
Cranberry Walnut Chicken Salad Sandwich  
Tuna Cranberry Wrap  
Veggie Sandwich

## DESSERTS

Brownie Thins  
Skinny Pineapple Cheesecake Bites  
Peanut Butter Mousse  
Mixed Berry Parfait  
Mango Avocado Jalapeno Parfait  
Power Cookies





**Friday, June 28<sup>th</sup>, 2019**  
**12:00 PM Shotgun Start**

**Eagles Pride Golf Course**  
**1-5 Exit 116 JBLM Lewis Main**

Join us for a great day of fun, comraderie, and golf!  
All proceeds go towards supporting our area JBLM  
and Camp Murray Soldiers and their families.

- Team & Individual Golfers
- Scramble Format
- Prizes & Dinner





# Smart Water Use on JBLM



## To ensure a sustainable water supply exists for present and future training needs at JBLM

- Wash your car at a commercial car wash or MWR Auto craft shop
- Irrigate between the hours of 7am-10am and 6pm-9pm
- Adhere to JBLM Water Conservation Policy when implemented
- Use a broom rather than a hose to clean hardscapes
- Repair or report leaks promptly to save thousands of gallons of water each month. If you live in the barracks or work in a JBLM office call: 253-967-3131 to place a service order with DPW.
- If you live in Lewis-McChord Housing, contact your neighborhood center





# Fire Pits in Housing

- Fire pits must be above ground, movable, and commercially purchased
- Must be 15-20 ft away from home
- Do not use under any overhangs, in the carports, or garage area
- Only burn clean, dry wood, or presto logs
- Flames cannot be greater than 3 feet in height or diameter
- No open burning of yard waste or garbage on JBLM
- Be aware of and comply with State and County burn bans







# Get around JBLM using GO Lewis-McChord



## GO Transit



- FREE transportation for everyone on-base
- Predictable schedule
- Supports mission readiness by keeping individuals in formation or on-task



## GO Bikes

- FREE bike rental for Service members, DoD civilians, and JBLM contractors
- Reflective gear, bike lights, locks, and helmets as available
- 6 bike fleet locations for check-in/out
- Bike for PT, appointments, exercise, or fun!

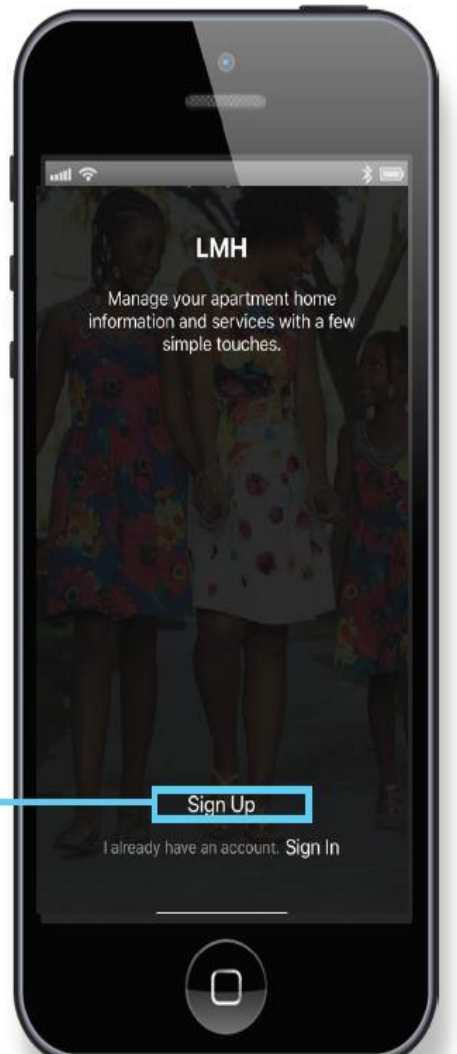


[www.GOLewisMcChord.com](http://www.GOLewisMcChord.com)





# Lincoln Military Housing Unveils New App for Residents



The Lincoln Military Resident App makes it easy for your family to manage maintenance of your Lincoln Military Housing home, even when you are on the go. The app makes it easy to request maintenance on your home and track the progress.

The OPEN REQUEST section will display and track all pending maintenance requests. The ALL REQUEST section will display history of all maintenance requests.

If you have an emergency in your home that requires immediate attention, please contact Lincoln At Your Service, 253-912-3500 or 1-888-578-4141, 24-hours a day, 7-days a week.

<https://lincolnmilitary.com/who-we-are/news/lincoln-military-housing-unveils-new-app-for-residents/>



# On Base Family Housing Construction Project



- **New Fences**
  - **Westcott Hill:** In the process of receiving privacy cedar fenced
    - Project started June and will be completed Sept
  - **Heartwood III:** Renovation Prototype
    - The first unit is a prototype to determine the major Scope of Work. ETA date of completion will be Sept.
- **Garages / Sheds**
  - **Broadmoor:** Garage (2323 & 2322) residing project will begin Aug and be completed in Sept
  - **Bricks:** Garage roof replacement in progress and will be completed in Aug
  - **Beachwood South:** Repair/replace 324 sheds/ramps will begin on 17 June and be completed on 20 Aug
  - **Madigan:** Converting carports into garages in process and will be completed Oct.
- All projects are scheduled Mon-Fri between 0800 and 1700 hours
- Resident Notification letter will provide guidance on what to expect during the construction/project

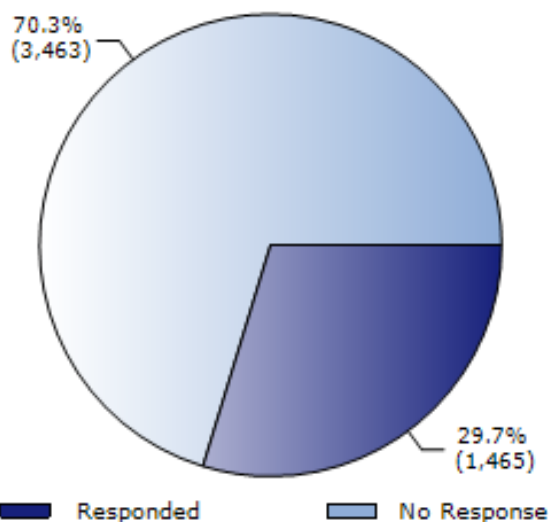


# On Base Housing HQDA Family Housing Survey



## Response Rates: Lewis-McChord

Response Rate - Overall



Name	Total Distributed	Total Received	% Received
LEWIS-MCCHORD,EAGLEVIEW	131	61	46.6 %
LEWIS-MCCHORD,BEACHWOOD II	106	47	44.3 %
LEWIS-MCCHORD,MERIWETHER LANDING	265	113	42.6 %
LEWIS-MCCHORD,BEACHWOOD	494	204	41.3 %
LEWIS-MCCHORD,STONY OAK	154	63	40.9 %
LEWIS-MCCHORD,DISCOVERY VILLAGE	476	172	36.1 %
LEWIS-MCCHORD,EVERGREEN	133	48	36.1 %
LEWIS-MCCHORD,NEW HILLSIDE	508	173	34.1 %
LEWIS-MCCHORD,WESTCOTT HILL	31	10	32.3 %
LEWIS-MCCHORD,OLYMPIC GROVE	86	27	31.4 %
LEWIS-MCCHORD,BROADMOOR	159	49	30.8 %
LEWIS-MCCHORD,TOWN CENTER	202	52	25.7 %
LEWIS-MCCHORD,HEARTWOOD	242	62	25.6 %
LEWIS-MCCHORD,CARTER LAKE	271	69	25.5 %
LEWIS-MCCHORD,GREENWOOD	247	54	21.9 %
LEWIS-MCCHORD,PARKWAY	191	41	21.5 %
LEWIS-MCCHORD,THE BRICKS	25	5	20.0 %
LEWIS-MCCHORD,MADIGAN	96	19	19.8 %
LEWIS-MCCHORD,CLARKDALE	485	94	19.4 %
LEWIS-MCCHORD,CASCADE VILLAGE	62	12	19.4 %
LEWIS-MCCHORD,DAVIS HILL	405	69	17.0 %
LEWIS-MCCHORD,HILLSIDE	159	21	13.2 %

## Highest Scoring Questions

## Department of the Army Family Housing Resident Satisfaction Survey, 2019

Score	Question
87.0	Courtesy of maintenance personnel
84.2	Professionalism with which you were treated
82.9	Courtesy and respect with which you are treated
81.7	Safety
81.0	Overall level and quality of the leasing office





# MWR Happenings



## June Events

2019 JBLM SPORTS FITNESS & AQUATICS CALENDAR		
<b>June</b>	Commander's Cup Softball Sound to Narrows Military Run Open Basketball Open Volleyball	Monday, June 3* Saturday, June 8 Saturday, June 8* Saturday, June 15*
<b>July</b>	Freedom Run 10-mile/5K/1K Open Women's Volleyball Commander's Cup Flag Football	Saturday, July 20 Saturday, July 20* Monday, July 29*
<b>August</b>	Pacific Pathways Triathlon	Saturday, Aug. 17
<b>September</b>	Open Fall Softball Commander's Cup Indoor Soccer	Saturday, Sept. 7* Monday, Sept. 9*
<b>October</b>	Face Your Fears/Not-So-Scary Fun Run Commander's Cup 5K Championship Commander's Cup Swim Championship	Saturday, Oct. 5 Friday, Oct. 18 Tuesday, Oct. 22*
<b>November</b>	Turkey Trot/Drumstick Dash 5K/1K	Saturday, Nov. 16
<b>December</b>	Jingle Bell Jog & Reindeer Romp 5K/1K	Saturday, Dec. 14



\*Informational/coaches meeting.  
Sports will begin two weeks after meeting.

f JBLMSportsFitnessAquatics

JBLMsfa.com

Intramural Sports Coordinator  
253-967-6420

- **UFC 238** 8 June @ McChord Club, Sam Adams & Warrior Zone
- **MWR Job Fair** 11 June @ Eagles Pride

**2019 SUMMER READING PROGRAM**

**IT'S SHOWTIME AT YOUR LIBRARY!**

**REGISTRATION BEGINS MONDAY, JUNE 17**

Weekly events each Tuesday, 1 p.m. at McChord library  
and each Thursday, 4 p.m. at Grandstaff library

- **Aquatics Hiring Fair** 14 & 28 June @ Soldiers Field House Pool

JOINT BASE LEWIS-McCHORD

**Classy Chassis**

**CAR SHOW**

PRESENTED BY SUNSET AUTO

**Thursday, July 4th**  
**Memorial Stadium**

\$15 per vehicle.  
Day-of-event registration is \$20.

**Pre-registration strongly advised by June 16; call 253-967-3728.**

Dash Plaque & Goody Bags for first 200 entries

**For more details, visit JBLMmwr.com**

**2019**

JOINT BASE LEWIS-McCHORD

**BODYBUILDING CHAMPIONSHIP**

**SATURDAY, JUNE 22**  
Nelson Rec Center  
Register now at JBLMsfa.com!

**\$35 for military**  
**\$45 for civilians**

Registration ends June 4

Please contact Lt Franz for additional details at 253-477-4204.

f JBLMSportsFitnessAquatics

- **Wine & Canvas** 28 June @ Nelson Rec





# 4<sup>th</sup> of July Freedom Fest



2019  
**Freedom Fest**  
4<sup>TH</sup> OF JULY 11 AM-10:30 PM  
COWAN & MEMORIAL STADIUMS  
Featuring:  
**MONTGOMERY GENTRY**  
**JBLMFreedomFest.com**

Proudly sponsored by

No federal endorsement implied.







# MWR Happenings



## Coming in July

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/5K/1K	MWR Fest Tent
20 July-2 Aug	Seahawks Ticket entry	Leisure Travel Services
26 July	Latin Night	Sam Adams Cascade
26 July	Game Night	McChord Pub



## 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



# Community Service



## Mud Run Prep: May 6<sup>th</sup>-May 10<sup>th</sup>

- This year BOSS assisted Sports in the Mud Run. During the week, service members donated their time to help create the course.
- **Volunteers: 14**
- **Hours Volunteered: 122**

## Mud Run: May 11<sup>th</sup>

- Volunteers came out to help run the event acting as road guards and safeties.
- **Volunteers: 60**
- **Hours Volunteered: 600**

## Suits for Service Members: May 16<sup>th</sup>

- BOSS helped out Suits for Service Members by sizing and organizing suits that were donated.
- **Volunteers: 6**
- **Hours Volunteered: 36**

## Armed Forces Day: May 18<sup>th</sup>

- Our first cook out fundraiser of the year went off with a blast, as we cooked over 500 hamburgers, hotdogs and brats.
- **Volunteers: 12**
- **Hours Volunteered: 144**

## Memorial Grove Clean up: May 22<sup>nd</sup>

- BOSS assisted in a landscaping project by PGMS at Memorial Grove by planting flowers and cleaning the grounds.
- **Volunteers: 5**
- **Hours Volunteered: 30**

## Building 10: May 24<sup>th</sup>

- Volunteers moved heavy gym equipment as well as wax the floors at the WA Veteran's Transitional Home.
- **Volunteers: 7**
- **Hours Volunteers: 42**







# Recreation and Leisure/ Life Skills



## Scuba Diving Class: May 13<sup>th</sup>-May 19<sup>th</sup>

- BOSS hosted their first scuba certification class. Our single service members attended a week long course and obtained a 60ft diving certification that is valid for life.
- **Attendees: 6**



## Rattle Snake Hike: May 25<sup>th</sup>

- BOSS took single service members on a four mile hike. There was an amazing view of the valley and lakes surrounding the area.
- **Attendees: 12**





# June Events



## WA Veteran's Transitional Home: June 8th

- Assist Building 10 as we renovate and rebuild, creating a better place for veterans to live in.
- 5-6 Volunteers requested

## Spelunking at Saint Helen: June 14<sup>th</sup>-June 15<sup>th</sup>

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

## Suits for Service Members: June 17th

- Help BOSS size and organize donated suits for any service member leaving the armed forces.
- 5-6 Volunteers requested

## Horseback Riding: June 29th

- 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.
- 6 Slots Available







# RELIGIOUS SUPPORT OFFICE



## Worship on Sunday Nights

With Weekly Dinner Fellowship



They devoted themselves to the Apostles teaching and the Fellowship, to the breaking of bread and the prayers.

-ACTS 2:42

Beginning 9 JUN

JBLM's newest worship opportunity, Sunday Evening's "Open Table" at Four Chaplains Memorial Chapel, is a diverse Christian community shaped by traditional main-line Protestant denominations: Episcopalian/Anglican, Lutheran, Methodist, and Presbyterian. While remaining scriptural and sacramental, our service invites its members to experience God through ancient practices in a more casual, family centered atmosphere set around the table, both Eucharistic and the Family Dinner table. As a military community we welcome and affirm all persons be in worship with us. Worship begins at 1700 and will be followed by weekly dinner fellowship. Families that pray together, grow together; and families that eat together, stick together. "Open Table" wants to be the sacred place that make this true."



## Happy Father's Day

### Father's Day Pancake Breakfast

*hosted by Knights of Columbus*

16 Jun 2019

Main Post Chapel

(following 0900 Mass And 1030 Prot. Service)

1000-1230

All are welcome!





# RELIGIOUS SUPPORT OFFICE



## Summer Religious Education Programming

--Specific Details will be Soon Posted on the JBLM RSO Facebook Page



SUMMER  
CAMP

**Black Diamond Adventure Camp** is offering 200 scholarships for military kids to offset the cost of week-long Day Camp. (Kindergarten - 6th Grade).

**Passport to Spiritual Adventures**--Worshipping Communities family program (mid-July and mid-August).

**Child Evangelism Fellowship Five-Day Clubs.** (Kindergarten through 5<sup>th</sup> Grade).



POC: Mr. Jim Freitag (253) 966-7396





# LEWIS MAIN COMMISSARY



## HEALTHY LIFESTYLE FESTIVAL

FARMERS MARKET JUNE 13-16





# McChord Commissary Sidewalk Sale



# Healthy Lifestyle Festival

## June 27-28-29 WAREHOUSE SALE







# EXCHANGE UPDATES



## Lewis Main Exchange

- New Balance Product Demo: Saturday, 08 June 1100-1400
- 5.11 Product Demo: Friday, 14 June 1100-1300hrs
- Firearms Promo Event: Friday 14 - Saturday 15 June 0900-1900
- Healthy Lifestyle Festival: Saturday 15 June 1000-1600hrs. In-Store demos throughout the day
- Military Star Tabling Event (Newcomers Orientation): Tuesday 11 June 0900-1200hrs
- U.S. Army 244<sup>th</sup> Birthday Celebration: Friday 14 June 1100-1300
- Oakley Product Demo: Saturday 15 June 1100-1400

## McChord Main Exchange

- Enter to Win Father's Day Gift Baskets: Monday 10 - Saturday 15 June
- Manager's Specials on select items for Father's Day: Saturday 15 June
- Healthy Lifestyle Festival: Saturday 29 June  
In-Store demos/product sampling throughout the day

## Now Open on Lewis North!



**Bldg. 11569**  
**Phone: 253-330-8101**  
**Mon-Sat 1000-1800**

# U.S. ARMY BIRTHDAY CELEBRATION

★ ★ ★ ★ JUNE 14, 2019 ★ ★ ★ ★

**15%  
OFF**

any food purchase  
at participating  
Exchange restaurants  
with MILITARY STAR\*

**SAVE  
10¢**

per gallon  
of gas with  
MILITARY STAR\*

**5% OFF**

Select Tactical Gear  
with MILITARY STAR.

(Online only. Valid June 14-15, 2019)

Case sensitive online code: MILPRIDE19  
[shopmyexchange.com/tactical](http://shopmyexchange.com/tactical)

**\$10  
OFF**

Exchange  
concessions  
purchase of  
\$25 or more with  
MILITARY STAR\*  
*coupon required*





# SPECIAL PRESENTATION



# Exchange Traffic Change – June 10

## TRAFFIC NOTICE:

Exchange parking lot west entrance off N. 14<sup>th</sup> St. closed June 10

Entrance /  
Exit open  
June 10

Entrance / Exit  
remains open

West Entrance / Exit  
will close June 10







## Upcoming events:

13 June  
Summer Social  
Powderworks Park, DuPont

11 July  
LCSC Movie Night  
Carey Theater, JBLM

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

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.

# Sergeants Major Association of the Northwest Annual Charity Golf Tournament

## Team Registration Form

### Event Details

**July 26, 2019**

Shotgun Start 12:00 PM

Eagles Pride Golf Course

JBLM, WA 98433 (Exit 116 off I-5)

### Starting Times

10:30 AM Registration

Golf Scramble Format

Buffet Dinner Follows

### Awards

First - Third Place Prizes

Longest Drive

Closest to the Pin

### Team Member Information

**Golfer Name**

**Email Address**

**Phone #**

**Team Name**

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**\$80 per person**

(includes green fees, shared cart, bucket of balls, gifts & buffet dinner)

### Payment Options/Additional Details

**Registration Form:** Please email to [SMANorthwest@gmail.com](mailto:SMANorthwest@gmail.com) or mail to **SMA of Northwest, PO Box 33551, JBLM, WA 98433**

**Check or Cash:** Please make all checks payable to SMA of NW. Mail to **SMA of Northwest, PO Box 33551, JBLM, WA 98433**

**Credit Card:** Accepted at the day of the event.

**Invoice:** Email [SMANorthwest@gmail.com](mailto:SMANorthwest@gmail.com) and request a payment invoice. **Contact Info:** 505-933-1015, SGM Mark Munoz

There is a limit of 144 registered golfers. Individual golfers are welcome; we will pair you up to form teams.





# Garrison Update



Next Garrison Update

10 Jul 19 @ 0930

Nelson Recreation Center



# Garrison Update

---



## Garrison Commander Comments



