







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 Skye Duncan, Joint Base Garrison Commander
- 0935-0940 Recognition
- 0940-0945 Opening Remarks:
  - MG William Graham, Deputy Commanding General, I Corps
  - Col Scovill Currin, 62d Airlift Wing Commander
- 0945-1000 Installation Hot Topics:
  - Construction Update, Mr. Steve Perrenot, Director, Public Works
- 1000-1010 Madigan Army Medical Center, COL Thomas Bundt, Commander Madigan
- 1010-1030 Updates
  - Personnel & Family Readiness, Ms. Alecia Grady, Director
  - Sustainability Program, Ms. Catherine Hamilton-Wissmer
  - Housing Office, Ms. Beth Wilson, Housing Manager
  - · MWR, Ms. Kelly Wetzel
  - BOSS, SGT Dawson Nauglesuchman, President
  - Religious Support, CH (COL) Randy Brandt
  - JPPSO-NW, Ms. Shevonne Niehaus
  - · Commissary Update, Mr. Michael Cruz
  - Post Exchange Update, Ms. Celeste Gillum
  - Lewis Community Spouses Club, Ms. Jamie Lynn Blum
- 1030-1045 Command Comments Next Community Update 11 Sep 19 at Nelson Rec Center





### Commander's Comments

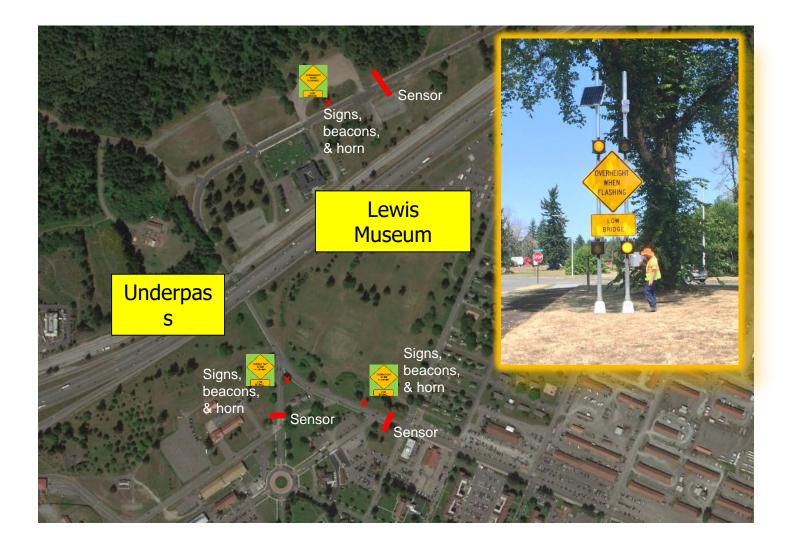
MG William Graham, Deputy Commanding General, I Corps

Col Scovill Currin, 62 Airlift Wing Commander



## Pendleton Underpass Overheight Warning System







# Pendleton Underpass Over height Warning System





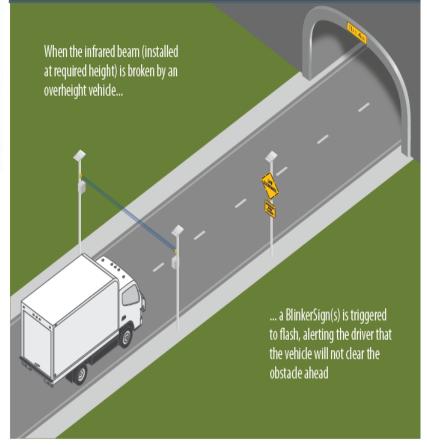
Warning Sign with Flashing Beacons & Audible Horn:

"OVERHEIGHT WHEN FLASHING" "LOW BRIDGE"



#### **Infrared Sensor Detection**

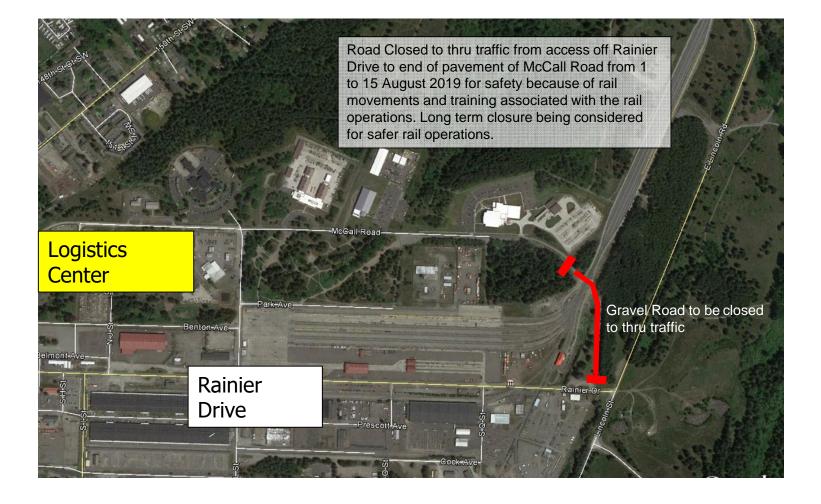
Infrared transmitter and receiver sensors are mounted on either side of the road in advance of the low structure, creating an infrared beam over the road. When an over height vehicle breaks the infrared beam, the receiver sends a wireless signal to activate the warning alert, notifying the driver that their vehicle won't clear the structure ahead. System also sounds an audible horn to alert drivers they are over height.





## McCall Road – Closure 1-15 Aug 19

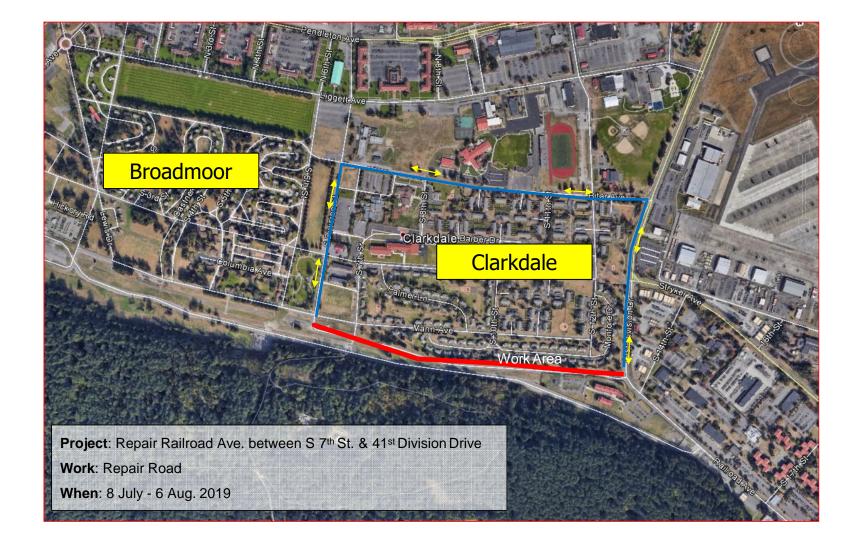






## Railroad Ave between S Division Dr & 41<sup>st</sup> Division Dr 8 Jul – 6 Aug

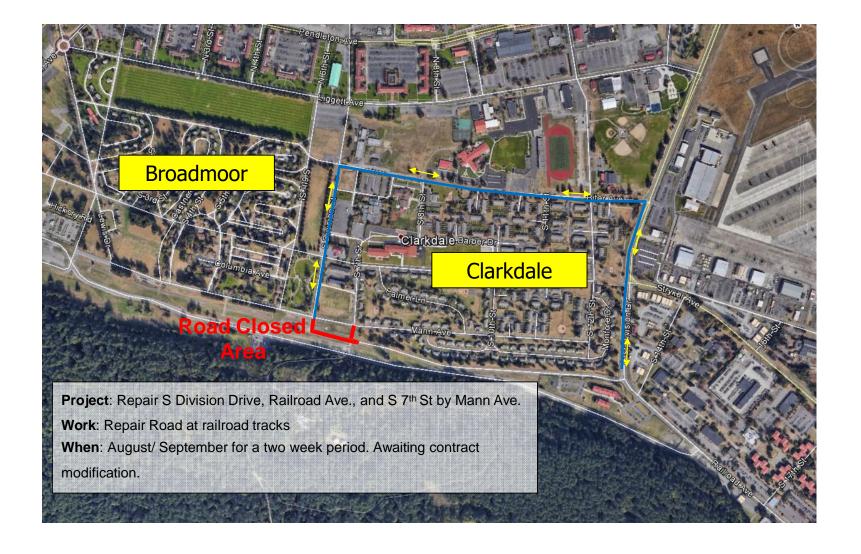






## S Division Dr, Railroad Ave & S 7<sup>th</sup> St Road Closure (Aug/Sep)

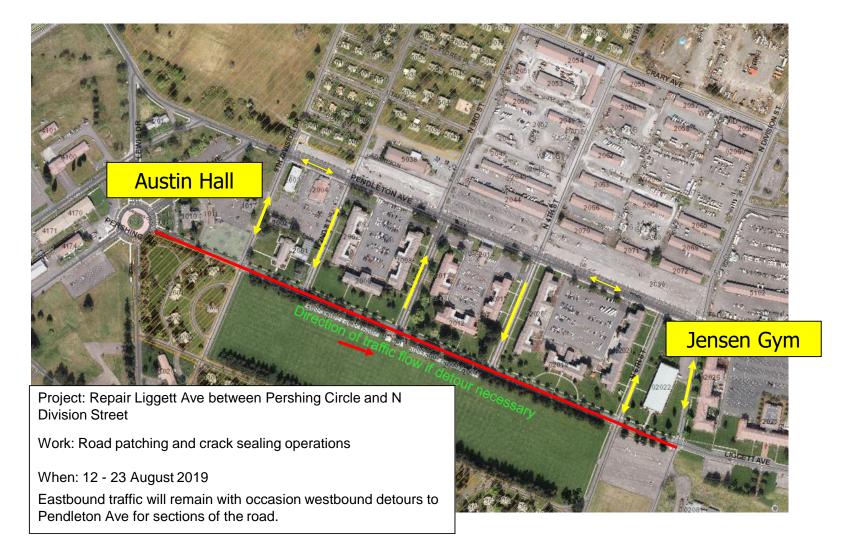




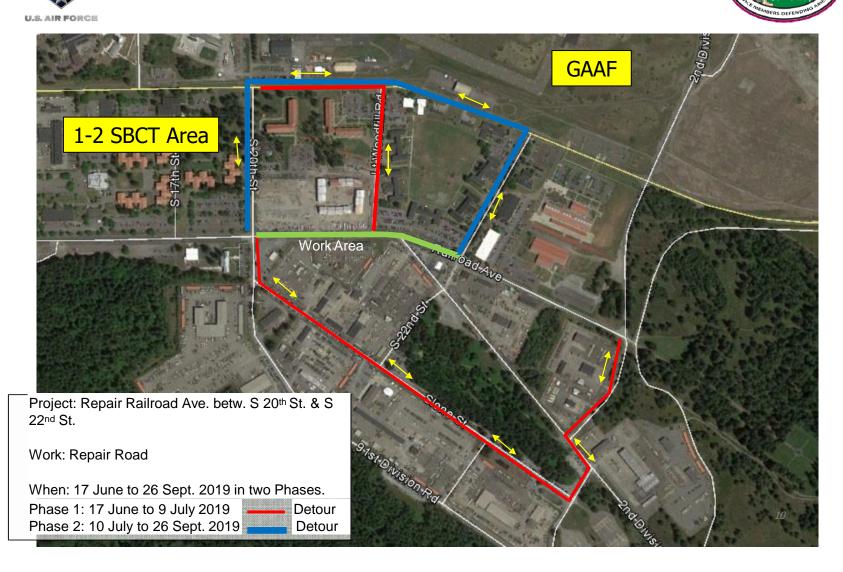


# Liggett Ave between Pershing Cr & N Division St (12-23 Aug 19)





## Railroad Ave between S 20<sup>th</sup> St and S 22nd St 17 Jun – 26 Sep 19 (Road Closure)





## D Block Demolition Apr 19 – Feb 20

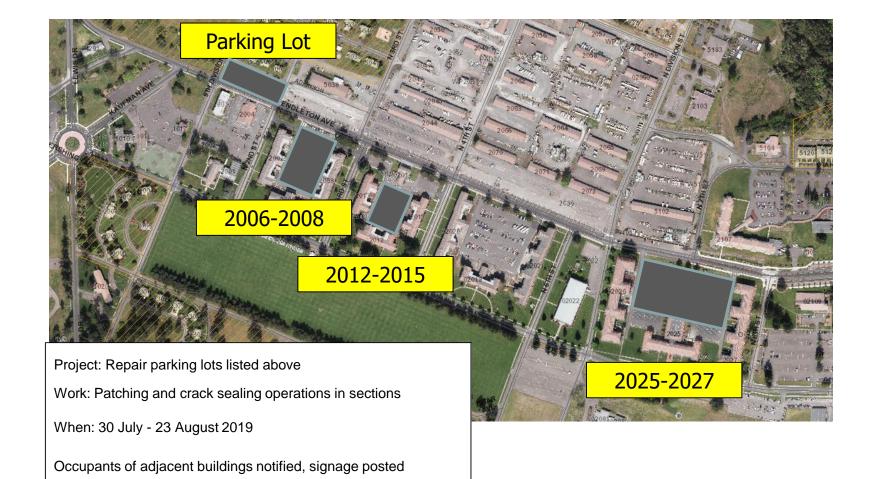






## Parking Lot Repairs 30 Jul – 23 Aug









## **Madigan Army Medical Center**



**Community Update August 2019** 

# IMMUNIZATION & INFLUENZA VACCINE

**AWARENESS MONTH** 









Questions? Contact Madigan Preventive Medicine at (253) 968-4443

or the MHS GENESIS Patient Portal's Secure Messaging

PROTECT YOU & YOUR LOVED ONES. Find out more: vaccines.gov





POWERED BY
PUGET SOUND
MILITARY HEALTH SYSTEM

https://www.tricare.mil/immunizations

## Does your child need a sports physical for the upcoming school year?



## DON'T WAIT!

Beat the end-of-summer rush by calling the Puget Sound Military Appointment Center at:



















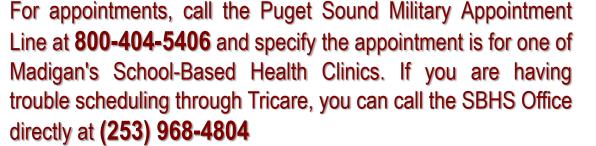








River Ridge HS







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.asp







To get more info about PHAs call Madigan's Department of Soldier Readiness Services at **(253) 968-0528** or the MHS GENESIS Patient Portal's Secure Messaging.





\*May affect wait times & appointment availability\*

ARTHENT OF Madigan has adjusted scheduling, increased civilian providers, and taken precidenty measurement of request an appoint via the MHS GENESIS Patient Portal.

## MADIGAN OB/GYN CHANGES

Madigan OB/GYN is now offering a new dedicated Clinic Nurse Line & the MHS GENESIS Patient Portal to maximize available resources & provide support to our OB patients. \*Walk-in services have been discontinued Ask your nurse about a same-day appointment by phone or Patient Portal Secure Messaging.



Speak directly with an Madigan OB Nurse:

• Call the Clinic Nurse line 7:30am - 3:00pm\* at (253) 968-1406, Option 3

(\*If line is busy, leave a message for a call back within 24-48 hours.)

Same Day Response to your Pregnancy Concerns

• Message the OB Clinic in the Patient Portal ats
"JIBIHM Madigan\_OB CHIN Messages





## HEAT STROKE SYMPTOMS AND PREVENTION



#### SYMPTOMS OF HEAT STROKE



UNCONSCIOUSNESS



TIREDNESS AND WEAKNESS



CONFUSION



DECREASE IN BLOOD PRESSURE



DIZZINESS AND HEADACHE



THROBBING HEADACHE



NO SWEATING



NAUSEA AND VOMITING

#### PREVENTION

#### ATTENTION!

#### WHO IS AT RISK OF HEAT-RELATED ILLNESS?

- Age older than 65 years or younger than 15 years;
- People who are overweight;
- People with chronic conditions;
- · People who exercise or work in the heat;
- · People who are using certain medications;



USE A UMBRELLA



WEAR LIGHTWEIGHT CLOTHING



PROTECT AGAINST SUNBURN



DRINK PLENTY
OF FLUIDS

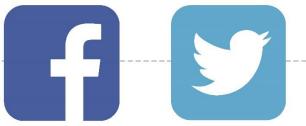


NO ALCOHOL



COOL SHOWERING

# 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!

















www.mamc.health.mil

JBLM | Directorate of Personnel & Family Readiness

Guest Speaker & Meet and Greet

## Sep. 10

## Herschel Walker

In partnership with Patriot Support Program Anti-stigma Campaign



"There is no shame in asking for help, I did."

-Herschel Walker
Professional Athlete, Author and Businessman



Join us at one of these free sessions to hear Herschel Walker speak about his personal journey.

Since the release of his 2008 memoir, "BREAKING FREE: My Life with Dissociative Identity Disorder," Herschel has visited numerous military installations and shared his story of hope with thousands of Service Members and their Families.

Attendees are welcome to bring memorabilia for Herschel to sign. Limit one autograph per person.

#### <u>9 a.m.</u>

Carey Theater Bldg. 2136, Liggett Ave. JBLM Main

#### <u>1 p.m.</u>

McChord Theater
Bldg. 742 COL Joe Jackson Blvd
JBLM McChord Field

For more information, visit our website at: jblmdpfr.com.

To learn more about Herschel Walker's journey or the Patriot Support Program, visit: www.patriotsupportprogram.com/.



Facebook.com/JBLMDPFR



Twitter.com/JBLMDPFR



Instagram.com/JBLMDPFR



### CAREER SUMMIT

JOINT BASE LEWIS-MCCHORD

SEPTEMBER 24-25, 2019



AMERICAN LAKE CONFERENCE CENTER 8085 NCO BEACH RD, JOINT BASE LEWIS-MCCHORD, WA 98438

GET ALL THE DETAILS AT HIRINGOURHEROES.ORG/EVENTS

TUESDAY, SEPT. 24
5:00 - 7:00 P.M.
Service members, veterans, and military spouses are invited to network with companies at a free reception featuring hosted refreshments.

WEDNESDAY, SEPT. 25
8:00 A.M. - 2:00 P.M.
Service members, veterans and military spouses are invited to join career planning workshops, employer panel discussions, and LinkedIn premium membership overview with free professional headshot before engaging with local, regional and national level employers at the career fair.

2:00 P.M. - 5:00 P.M. The career fair will be held in the 16th CAB Hangar.

@HIRINGOURHEROES | HIRINGOURHEROES.ORG



JBLM | Directorate of Personnel & Family Readiness | Military Personnel Division

## ID Card & DEERS **Appointments** at JBLM

#### **A**PPOINTMENTS

**Appointments on Lewis Main** Waller Hall | 2140 Liggett \*Mon-Fri | 8 am-3:30 pm 253-967-5065 (DSN: 347-5065)

Make appts in Waller Hall https://go.usa.gov/xPWz5

Appointments on McChord Castle (Customer Svc Mall) 100 Joe Jackson Blvd. \*Mon-Fri | 7:30 am-3:30 pm

253-982-9755 (DSN: 382-9755) Make appts on McChord Field

https://go.usa.gov/xPWzt Appointments for Service Members Service members assigned to the units below must see their BDE S-1's for ID CARDS and will not be seen at Waller Hall or McChord:

2-2 SBCT, 1-2 SBCT, 555 EN BDE, 17 FA, 16 CAB, 62 MED BDE, I Corps, 6th MP Group, **42 MP BDE, 201 E-MIB** 

REQUIRED DOCUMENTS

only required if Sponsor is not present)

Make appts with your Unit: https://go.usa.gov/xPcpF

Completed DD Form 1172-2 (Completed & digitally signed by Sponsor or POA

Supporting eligibility documentation (proof of relationship to Sponsor)

• Two forms of ID for Dependents ages 18+ (common forms of ID: Unexpired

Save yourself time you'll never get back!

Make an

Don't walk-in & wait.

Service Members make appointments with your Unit!

onvenient



Created by JBL M DPFR Marketing Updated Nov. 6, 2018

\*Closed on all Federal Holidays, including DONSAs in conjunction with Christmas, Thanksgiving, New Year's, 4th of July. For all other DONSAs, ID Cards/DEERS will continue to remain open.

#### DEERS Enrollment & Initial ID Card Issuance

- Completed DD Form 1172-2 (Completed & digitally signed by Sponsor or POA - only required if Sponsor is not present)
- Supporting eligibility documentation (proof of relationship to Sponsor & verifies Dependant's SSN or tax ID number)
- Two forms of ID for Dependents ages 18+ (common forms of ID: Unexpired Passport, Driver's License, SS card)
- Non-Active Duty (& Former) Service & Family Members may require additional documentation (see link below)

Available at

https://go.usa.gov/xUhkt

Complete list of REQUIRED DOCUMENTS

Complete list of ACCEPTED IDENTIFICATION Available at

Passport, Driver's License, Social Security card)

https://go.usa.gov/xUh8k

If you have questions or need assistance call (253) 967-5065.

Schedule an appointment in Washington & other areas: https://rapids-appointments.dmdc.osd.mil/

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

**ID Card Renewals** 

**JBLM DPFR Your Community Navigator** 

ID Cards (253) 967-5065

jblmdpfr.com | (253) 967-7166



## **JBLM Car Washing Activities**





#### **WHAT YOU CAN DO:**

- Use commercial car washes
- Wash on lawns or other surfaces where water can seep into the ground
- Divert wash water away from storm drains

Soap, scum, and oil grit produced from car washing activities flow across surfaces, into storm drains, and directly into lakes, streams, and the Puget Sound without treatment, violating JBLM Stormwater permit.

#### JBLM STORMWATER PROGRAM

Email: usarmy.jblm.imcom.list.dpw-stormwater@mail.mil





## **Recycling Centers on JBLM**

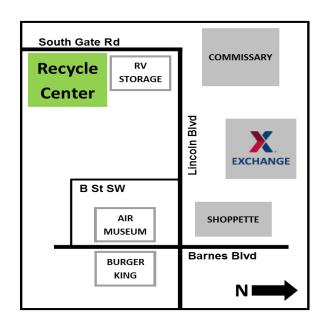


#### **ACCEPTED:**

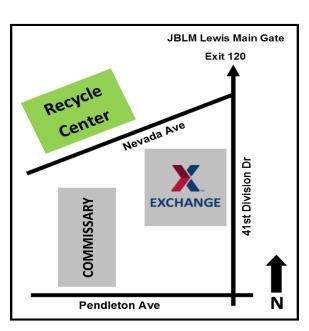
- Glass, metal, plastics, paper and cardboard
- Toner, Lightbulbs (mercury), yard waste, clean wood
- Microwaves & other appliances with a cord, Scrap metal of all kinds
- Items collected for reuse: Packing material & boxes, Books, Clothes, Shoes

#### **NOT ACCEPTED:** (Take to your local landfill)

 Garbage, furniture, mattresses, painted wood, tires, plastic bags, water coolers, a/c units, refrigerators, wine coolers









# GO Rideshare: Vanpools forming now



Pierce Transit (Pierce County) and Intercity Transit (Thurston County) offer recruitment incentives for vanpools:

- Vanpools from Pierce County, Kitsap County, King County, Grays Harbor County, Mason County, and Lewis County
- Need a ride? Check out the ride-match options at www.golewismcchord.com

#### The Mass Transit Benefit Program is \$265 for Active & DoD Civilians

Already in a Vanpool? Become a Vanpool Ambassador! (Pierce & Thurston Counties)

- Become a Vanpool Ambassador to receive prizes!
- \$50 gift code for every new vanpool rider recruited





## On Base Housing Back to School Block Parties



- Lincoln is sponsoring 4 Block Parties from 1700-1900
  - Lewis North on 19 Aug
  - Lewis East on 20 Aug
  - Lewis Main & Lewis West on 22 Aug
  - McChord/Madigan on 23 Aug
- The parties will have face painters, caricature artists, bouncy houses, DJ, games, prizes, good and Einstein's/Starbucks from AAFES
- Families can sign-up their school aged dependents to receive free school supplies
- Raffles will be given to win a super back pack
- Prizes include tablets, supplies, headphones and more
- Fun for the Whole Family!



## **MWR Happenings**



## August Events







- End of Summer Inventory Blowout
   10 Aug @ NW Adventure Ctr 0900-1730
- Family Outdoor Cinema 10 Aug @ McChord Club lawn 1900 "Toy Story"
- UFC 241 17 Aug @ WZ, Sam Adams & McChord Pub
- Parent Caddy Golf Jamboree 21 Aug @
   Whispering Firs Golf Course
- Wine & Canvas 23 Aug @ McChord Club
- Avengers Movie Night 31 Aug @ WZ, 1700



### Arts in the Armed Forces





8 Aug, 1800 (Free pizza & beverages served at 1700 for the 1st 100 people)
Nelson Rec Ctr –18 & older only

AITAF brings arts performances to Service Members & families. Actors Jeremy Bobb ("Jessica Jones." "Russian Doll," "Escape at Dannemora"), Francois Battiste ("Person of Interest," "Ten Days in the Valley"), Will Rogers ("Bridge of Spies") & Tracee Chimo ("Orange is the New Black") read the play "Lobby Hero" & following the performance they'll interact with the audience.



## **MWR Happenings**





## 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

### Coming in October

5 Oct Zombie Apocalypse Run TBD

6 Oct UFC 243 McChord Club, Sam Adams & Warrior Zone

12 Oct eSports: Mario Kart Warrior Zone

18 Oct CC 5K Championship MWR Fest Tent

19 Oct Harvest Fest Youth Center

22 Oct CC Swim Meet Championship SFH Pool

26 Oct Trunk or Treat Shoreline Park

TBD Theatrical Nightmare Shoreline Park







#### **Suits for Service Members: July 15th**

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

**Volunteers: 7** 

**Hours Volunteered: 42** 







### Recreation and Leisure/ Life Skill 18



#### **Horseback Riding: July 13th**

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

**Attendees: 7** 

#### Spelunking at Saint Helen: July 20-21

• Single service members explored the Ape Caves and enjoyed an overnight camping trip by the lake. The next day they went to Lower Lake Falls and had a time swimming in the river.

**Attendees: 15** 

#### Single Service Member Day: August 1st

• Enjoy a fun filled day full of activities, competitions, and carnival games. Single service members got a chance to win free prizes and gift cards, listen to music from the I Corp Army band and resiliency painting.

Attendees: 1300







### **August Events**



#### August 18th: Kayaking

 Come out and learn how to kayak on the beautiful American Lake.

**Slots Available –10** 

#### **August 13th: Suits for Service Members**

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

**Volunteers Needed – 6** 

#### **August 24th: Escape Room**

• Single service members will be spending the day solving riddles and enigmas at the Escape Room in Gig Harbor.

Slots Available – 12

#### August 30th: 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** 

#### **August 31st: White River Rafting**

 BOSS will be taking single service members white river rafting. They will get a chance to explore nearby Yakima.

**Slots Available - 17** 







## **Religious Support Office**





## Fort Lewis Mothers of Preschoolers

We are a Christian based organization who believes in empowering women to reach their full potential through their relationship with Jesus and support group that provides tools and guidance to surviving motherhood in the early years.

Where: North Fort Chapel
When: Twice a month on Mondays
from 9:30am-11:30am
POC: Chantel Waibel
Coordinator, Fort Lewis MOPS

fortlewismops@gmail.com

503-319-5995

**FB: JBLM Religious Support** 



## **Religious Support Office**



Want your Kid to have a blast on Sunday afternoons while building a relationship with God at the same time?



Since 1941, AWANA has been leading kids to Christ while having fun at the same time.

Every Sunday afternoon, we have Game Time, Handbook Time, and a variety of exciting activities for your child to experience.

Club time is from 3:30pm to 5:00pm every Sunday afternoon Starting in September and ends in May.

**No Registration Fees** 

**No Fees for Books** 

Online Registration

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#### Location:

Main Chapel – Lewis Main 9th Division Rd Email:

awanacommanderlewis@g mail.com

Facebook: JBLM Religious Support

#### Levels:

Cubbies 3-5 y/o\*
Sparks K-2 Grade
T&T 3-6 Grade
Trek 7-8 Grade
Journey 9-12 Grade

#### Sign up Link:

http://shinerecordke eping.org/register1/ KQMIRSBifiKiW0L

Kick Off date 8 September

Orientation 25 August TBD

Volunteers (age 16+) are needed in all areas of AWANA. Email for more info.

\*Must be 3 by Aug 30 and potty trained





# **Religious Support Office**



Fun & Adventure 2019 Summer Day Camp





Daily: 9am – 4pm

1-5 July (Session #2)

8-12 July (Session #3)

12-16 August (Session #8)

19-23 August (Session #9)

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

> 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

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







Joint Personal Property Shipping Office
Northwest (JBLM)







### Introduction

"A successful move is not a matter of chance. It is the result of planning and hard work. At the center of these efforts is you, the customer. If you expect a good move, you must play an active Role"



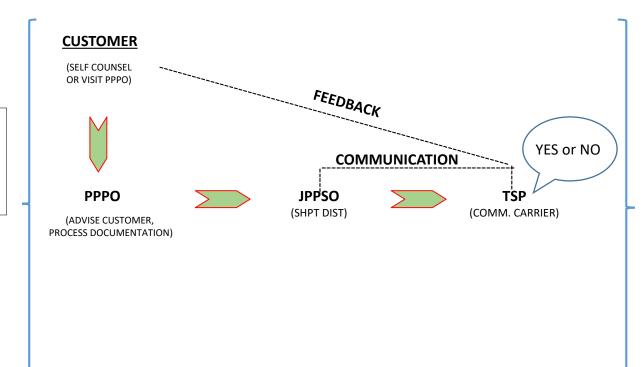




## **Process (In a Nut Shell)**

#### **TYPE MOVE**

- DPM
- LOCAL MOVE
- HHG (D)
- HHG (NTSR)
- UB
- HHG (I)
- OTO



### ALTERNATIVES/ CONSIDERATIONS

- PPM
- NON-AVAIL
- CHANGE DATES
- NTS
- RELEASING AGENTS





### **Things to Remember**

- 1. CUSTOMER RESPONSIBILITY
- 2. WEIGHTS
- 3. SPECIALTY REQUEST
- 4. CRATING
- 5. CONTACT INFORAMTION
- 6. RETIREES / SEPERATEES

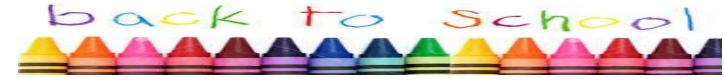






# MCCHORD COMMISSARY





# SIDEWALK/WAREHOUSE SALE 16-19 AUG



















## **LEWIS MAIN COMMISSARY**



# FALL INTO SAVINGS SIDEWALK SALE

**Lewis Main Commissary** 

September 27-30







Big savings on some of your favorite items. Sale located in warehouse just follow the signs

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$



# **EXCHANGE UPDATES**



#### **Lewis Main Exchange**

- Playdoh Event: Saturday 10 August 1100-1400hrs
- Cool School Look Beauty Event: Saturday 17 August 1100-1500hrs
- Book Signing event by US Army Ranger Mat Best for his upcoming book "Thank you for My Service": Thursday 22 August 1100-1300 hrs
- LG TV Demonstration: Saturday 24 August 1200-1500 hrs
- BTS Fashion Show: Saturday 24 August 1400hrs
- Up to 30% Off Select School Supplies

#### **McChord Main Exchange**

- Playdoh Event: Saturday 10 August 1100-1400hrs
- RSR Firearm sale: Friday & Saturday 16-17 August 0900-1800hrs. Receive 10% off plus additional 5% when purchased with star card.
- Cool School Look Beauty Event: Saturday 17 August 1100-1500hrs





# First Run Movie Begins 14 August







**Proudly Presents** 

THE ANGRY BIRDS MOVIE 2

at your

REEL TIME THEATER





# **Lewis Exchange Project Update**







- SCH: Scheduled power outage is still on track for 07 AUG from 2300-0400. Exchange computer operator and EUCT will be present to ensure proper shutdown and startup of all systems before and after outage.
- SCH: Northeast parking lot still on track for completion 08-10 AUG.
- SCH: Southeast retention pond is still in progress.
- SCH: Southeast parking lot set for curb install 06-08 AUG.
- SCH: New ODL steel erection on track to begin 29 JUL.
- SCH: Sector Q (Stockroom expansion) interior (sheetrock, electrical, paint, and drywall) on track to completion 16 AUG.
- SCH: Sector M/L (Class Six) interior (sheetrock, electrical, paint, and drywall) on track to completion 21 AUG.
- SCH: Sector G/H (MCSS) interior (sheetrock, electrical, paint, and drywall) on track to completion 21 AUG.
- SCH: East Mall roofing has begun and on track to completion 15 AUG.
- SCH: Sectors B,C and D (East Mall) Framing, Sheathing and Air Weather Barriers in progress and on track for completion by 13 AUG.
- SCH: Sectors B,C and D (East Mall) masonry for outer walls will begin for 08 AUG beginning with Sector D.
- SCH: Remaining glass panels have now been completed demolished.
- SCH: Food Court steel erection began 22 JUL and on track for completion 30 JUL.







### **Upcoming events:**

18 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

11 Sep 19 @ 0930

**Nelson Recreation Center** 



# **Garrison Update**



# Garrison Commander Comments

