



## **Joint Base Lewis-McChord**

*Garrison Community Update*

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

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Trust and Transparency - Collaboration - Collective Responsibility



U.S. AIR FORCE

# Garrison Update Agenda



- 0930-0935 – Welcome – COL Skye Duncan, Joint Base Garrison Commander
- 0935-0940 - Recognition
- 0940-0945 – Opening Remarks:
  - LTG Gary Volesky, Commanding General, America's 1<sup>st</sup> Corps
  - Col Skovill Currin, Commander, 62d Airlift Wing
- 0945-1000 – Installation Hot Topics:
  - Construction, Mr. Steve Perrenot, D/Public Works
  - Civilian Hall of Fame, Mr. Joe Piek, Garrison PAO
  - Operation Clean Up, Mr. Ted Solonar, DES
- 1000-1010 – Madigan Army Medical Center, COL Thomas Bundt, Commander Madigan
- 1010-1030 – Updates
  - Personnel & Family Readiness, Ms. Alecia Grady, D/Personnel & Family Readiness
  - Sustainability Program, Ms. Catherine Hamilton-Wissmer
  - Housing Office, Ms. Beth Wilson, Housing Manager
  - MWR, Ms. Kelly Wetzel
  - BOSS, SGT Dawson Nauglesuchman, President
  - Religious Support, CH (COL) Randy Brandt
  - Commissary Update, Mr. Michael Cruz
  - Post Exchange Update, Ms. Celeste Gillum
  - Joint Personal Property Office, Ms. Shevonne Niehaus
  - Base Supply Center, Mr. Andy Bacon
  - Lewis Community Spouses Club, Ms. Jamie Lynn Blum
  - Wear Blue – Run to Remember, Ms. Lisa Hallet
- 1030-1045 - Command Comments – Next Community Update **6 Nov 19 at Nelson Rec Center**

# **Commander's Comments**

**LTG Gary Volesky, Commanding General, I Corps**

**Col Skovill Currin, Commander, 62d Airlift Wing**



## September 23 - November 19:

Crews will construct noise panels north of the JBLM Main Gate towards Berkeley Street.

## November 19 - January 20:

Crews will construct noise panels south of the JBLM Main Gate.

WSDOT understands construction noise can be an inconvenience. The contractor will minimize equipment noise and lighting as much as possible while maintaining crew safety.



SEPTEMBER 2019

## Northbound I-5 Noise Wall Panel Installation

## WHAT'S HAPPENING?

Contractor crews working for the Washington State Department of Transportation are widening I-5 and building new bridge structures at Thorne Lane and Berkeley Street. On Sept. 23, crews will begin installing 481 noise wall panels adjacent to northbound I-5 from 41st Division Drive to just west of Sycamore Lane. You are receiving this flyer because we want you to be prepared for construction noise and lights throughout this process.



## WHAT TO EXPECT

During this work, crews will close the right lane of northbound I-5 from 41st Division Drive to Berkeley Street, Monday through Friday from 8:30 p.m. to 4:30 a.m.

September 23 - November 19:

Crews will construct noise panels north of the JBLM Main Gate towards Berkeley Street.

November 19 - January 20:

Crews will construct noise panels south of the JBLM Main Gate.

WSDOT understands construction noise can be an inconvenience. The contractor will minimize equipment noise and lighting as much as possible while maintaining crew safety.



**For more information:**

Project hotline: 206-467-2171

Visit: [wsdot.wa.gov/Projects/I5/Steilacoomdupontrdttothornelnimprove](http://wsdot.wa.gov/Projects/I5/Steilacoomdupontrdttothornelnimprove)

For updated weekly ramp and lane closure schedules, visit: [wsdot.wa.gov/travel/construction-updates/pierce](http://wsdot.wa.gov/travel/construction-updates/pierce)

**Title VI Statement to Public:** WSDOT ensures full compliance with Title VI of the Civil Rights Act of 1964 by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its federally assisted programs and activities. For additional information regarding WSDOT's Title VI Program, contact the Department's Title VI Coordinator at 360-705-7090.

**Americans with Disabilities Act (ADA) Information:** Materials can be made available in an alternate format by emailing the Office of Equal Opportunity at [wdsdotada@wsdot.wa.gov](mailto:wdsdotada@wsdot.wa.gov) or by calling toll free, 855-362-4ADA (4232). Persons who are deaf or hard of hearing may make a request by calling the Washington State Relay at 711.





**Ongoing:** JBLM Police Abandoned Vehicle Section locates and identifies abandoned and illegally parked vehicles (POVs, boats, RVs, etc.)

Upon identification, abandoned vehicles are issued a DD Form 2504 (Abandoned Vehicle Notice). Attempts to contact the owner or unit are made prior to any impoundment action. Unit CSMs are key in this process.

### Operation Clean-Up Vehicle Removal:

On 15 October, vehicles that are inoperable, pose environmental hazards, or have failed attempts to contact, owners no longer assigned to JBLM, no DOL records, no registration, or expired plates, are removed from JBLM same-day.



Vehicles in parking lot of BLDG 11476, 2-2 SBCT Barracks

## Reporting

Abandoned vehicles are reported via telephone. Provide the following information: individual who found the vehicle, location, and vehicle identification number if possible.

POC: Officer Timothy Durga, JBLM Police  
Abandoned Vehicle Section, (253) 966-6970 (office),  
(253) 343-4103 (cell) or  
[timothy.w.durga.civ@mail.mil](mailto:timothy.w.durga.civ@mail.mil).



# JBLM Civilian Hall of Fame



**2019**

## **JBLM Civilian Hall of Fame**

**LTG William H. Harrison Service Award**

**Nomination period Jan. – Oct. 2019**

~ ~ ~

- Established in 2003
- Recognizes community member(s) who have contributed to the community as a civilian for three or more years, and who through their efforts, made an exceptional impact on Service members, military families, or the JBLM community
- 25 inductions since 2004

**For more information, contact JBLM Garrison Public Affairs, 253-967-0148 or 0168**

2018 Mary Findlay – Suits for Service members  
2016 John and Margaret Farrell -- Farelli's and McNamara's restaurants  
2016 John Caulfield -- City Manager, City of Lakewood  
2015 Amy Tiemeyer -- America's Credit Union / AUSA  
2014 Joan Shalikashvili -- USO -- Puget Sound  
2013 Carlene Joseph -- Harborstone Credit Union / AUSA  
2012 Tamara Jenkins -- Mayor, City of DuPont  
2012 Ken Swarner -- Swarner Communications  
2011 CSM (Ret.) Herb Schmeling -- USO, AUSA, SMA Assoc., Fisher House  
2011 Janice Buckley -- Operation Homefront  
2010 Mike Fried -- Volunteer, 201st Battlefield Surveillance Brigade  
2010 Denise Dhane -- Operation Make A Soldier Smile  
2010 Vicky Mohler -- Support America's Armed Forces, Operation Santa  
2007 Nadine Gulit -- Operation Support Our Troops  
2007 Al Eckroth -- Military Family Support March (Lacey)  
2006 Kathy Turner -- Mayor, City of Puyallup  
2006 Marion Sydenham-Ball -- Volunteer, Lewis Army Museum  
2005 Dick Muri -- Councilmember, Pierce County  
2005 Adam Smith -- U.S. Representative (WA-9)  
2005 LTG (Ret.) Bill Harrison -- Mayor, City of Lakewood  
2004 Mark Foutch -- Mayor, City of Olympia  
2004 Ron Lucas -- Mayor, City of Steilacoom  
2004 Richard Beaver -- Deputy Mayor, City of Lacey  
2004 Doc Hastings -- U.S. Representative (WA-4)  
2004 Norm Dicks -- U.S. Representative (WA-6)





**OCTOBER 2019**

**MADIGAN ARMY MEDICAL CENTER**  
**COMMUNITY UPDATE**



# OPEN ENROLLMENT



TRICARE Open Season is the annual period when you can enroll in or change your health plan for the next year. The 2019 TRICARE Open Season begins on Monday, **November 11th** and ends on Monday, **December 9th.**

**MADIGAN ARMY MEDICAL CENTER**

**COMMUNITY UPDATE**





# OPEN ENROLLMENT

## During TRICARE Open Season, you can:

**Do nothing:** You'll continue in your current health plan through 2020 or as long as you're eligible.

**Enroll in a plan:** If you're eligible for a TRICARE Prime option or TRICARE Select but not enrolled, you can enroll in a plan now.

**Change plans:** If you're already enrolled in a TRICARE Prime option, or TRICARE Select, you can *switch plans* and switch between individual and family enrollment.

MADIGAN ARMY MEDICAL CENTER  
COMMUNITY UPDATE



# OPEN ENROLLMENT

## During TRICARE Open Season, you can:

**Enroll into US Family Health Plan:** For ADFMs, Retirees and their Families. PACMED clinics are the contracted healthcare providers. For more information, call 1-888-958-7374 or click [www.usfhp.com](http://www.usfhp.com)

**Qualifying Life Event:** A QLE is a certain change in your life, such as marriage, birth of a child, or retirement from active duty, which may mean different TRICARE options are available to you. A TRICARE QLE opens a 90-day period for you to make eligible enrollment changes. A QLE for one family member means all family members may make enrollment changes. To learn more, visit [www.tricare.mil/lifeevents](http://www.tricare.mil/lifeevents).

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**COMMUNITY UPDATE**





# INFLUENZA VACCINE UPDATE

## DID YOU KNOW?

TRICARE covers Flu Shots and you can get yours at no cost in 3 ways:

- At a Military Hospital or clinic\*
- Participating Network Pharmacy
- TRICARE-Authorized Provider

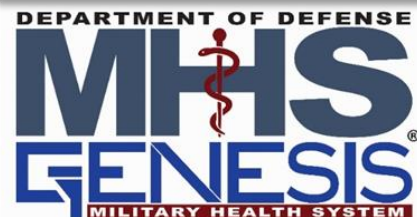
*\*Contact your PCM to discuss options and availability regarding you and your families flu vaccine*

*\*More information coming soon regarding Madigan's Annual Beneficiary Flu Drive!*

- Family Members & Dependents
- Beneficiaries
- Retirees
- [www.tricare.mil/flu](http://www.tricare.mil/flu)

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## COMMUNITY UPDATE



To access & message your care team via the Patient Portal, visit:  
<https://patientportal.mhsgenesis.health.mil>



*Contact Madigan's Breast Imaging Service  
(253) 968-3669 or (253) 968-0997*



*With an estimated 1 in 8 women likely to get breast cancer, according to the CDC, mammograms can help to detect cancer in its early stages.*

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Any person can develop depression due to intense stress, such as the loss of a loved one, divorce & even traumatic events such as injury from a car crash or returning from a war zone. Help break the stigma & visit [adaa.org](http://adaa.org) for more information.

# OCTOBER 2019 IS • depression AWARENESS MONTH

For info about Madigan's Behavioral Health Services, contact your PCM via the Patient Portal Secure Messaging or call the Madigan Appointment Line at **(800) 404-4506**

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**COMMUNITY UPDATE**





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



Puyallup HS



Sedro Woolley HS



Woodbrook HS



Bethel HS



Rogers HS



Mason HS



River Ridge HS



Harrison Prep



Bethel HS

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

**800-404-4506**

If you are having trouble scheduling, you can call the SBHS Office directly at:

**253-968-4804**

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# COMMUNITY UPDATE





*Access to Care: Nurse Advice Line*

# GOT HEALTH QUESTIONS?

TALK DIRECTLY  
TO A REGISTERED  
NURSE **24/7**

**1-800-TRICARE**  
874-2273  
OPTION 1



**Military Health System**  
*Your health, our priority 24/7*



**MADIGAN ARMY MEDICAL CENTER**  
**COMMUNITY UPDATE**



# Access to Care: Your Urgent Care Benefit

## TRICARE Prime Plans

If you are a(n)...	To get Urgent Care...
Active Duty Family Member	You don't need a referral. You can get urgent care from any TRICARE authorized urgent care center or network provider <sup>1</sup>
Retiree or Retiree Family Member	
Active Duty Service Member Enrolled in TRICARE Prime Remote	
Active Duty Service Member Living in a TRICARE Prime Service Area <sup>1</sup>	You should seek care at a military hospital or clinic when/where available, or contact the Nurse Advice Line for assistance.

## TRICARE Select and All Other TRICARE Plans

If you are a(n)...	To get Urgent Care...
Active Duty Family Member	You don't need a referral. You can get urgent care from any TRICARE authorized urgent care center or provider. <sup>3</sup>
Retiree or their Family Member	

**MADIGAN ARMY MEDICAL CENTER**  
**COMMUNITY UPDATE**





# MADIGAN HAPPENINGS!



**MADIGAN'S ANNUAL "FALL FESTIVAL"  
& COSTUME CONTEST OCTOBER 31!**

**Limited Services  
NOV 8, 2019**

**Clinical Training Day**

**MADIGAN ARMY MEDICAL CENTER**

## COMMUNITY UPDATE



**October 8  
SSG Charles Allen Memorialization  
Ceremony for 1-2 SCMH**



**OCTOBER 26  
TROOP BATTALION  
HALLOWEEN CARNIVAL**





# 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](https://Facebook.com/MadiganHealth)  
[Twitter.com/MadiganHealth](https://Twitter.com/MadiganHealth)  
[Instagram.com/MadiganMedicine](https://Instagram.com/MadiganMedicine)  
[YouTube.com/c/MadiganArmyMedicalCenter](https://YouTube.com/c/MadiganArmyMedicalCenter)



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

**MADIGAN ARMY MEDICAL CENTER**  
**COMMUNITY UPDATE**





# Volunteers Needed: Prairie Oak Preserve Restoration

Help Joint Base Lewis-McChord and  
**Make a Difference** in our Community

**Saturday, Oct. 26**  
**10:00 am - 2:00 pm**

Volunteers are needed to assist in the restoration of Prairie Oak Preserve by planting native plants and removing scotch broom.

Recruit your family, friends, coworkers to join the team and contribute to our nation's most encompassing day of making a difference.



**Volunteers**  
**MAKE A WORLD**  
**OF DIFFERENCE**

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

**JBLM DPFR**  
Your Community Navigator

**IVC (253) 967-2324**

jblmdpfrcom | (253) 967-7166



**Registration opens September 24:**

[jblm-make-a-difference-day-2019.eventbrite.com](http://jblm-make-a-difference-day-2019.eventbrite.com)

Make A Difference Day is the most encompassing national day of helping others. Held annually on the fourth Saturday in October, millions of Americans are rallied into a single day of action to help change the world. Share your community spirit at JBLM by getting your unit, organization, and/or co-workers involved.



**USA WEEKEND**  
**MAKE A DIFFERENCE DAY**





# Sponsorship Training

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



*Training is  
available upon  
request with at  
least 24 hours  
advance notice,  
and can be held  
at the requesting  
unit's location*

**DPFR - Waller Hall**  
2140 Liggett Ave. | JBLM Main  
**(253) 967-3631**



**DPFR** Directorate of Personnel  
& Family Readiness  
jblmdpfr.com | (253) 967-7166  
Your Community Navigator

JBLM DPFR Marketing | August 2019

For additional classes & services, visit [jblmdpfr.com](http://jblmdpfr.com) | Follow us on Social Media! [@jblmdpfr](https://twitter.com/jblmdpfr)





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# Energy Resilience Is Critical To Mission Readiness



## Energy Month poster contest

- JBLM school students grades 1st-5<sup>th</sup>
- Entries due 12 October 2019

## Tips to reduce energy waste

- Check thermostat, adjust to proper set points
- Keep door & windows closed, prevent heat loss
- Clean heating duct and registers
- Dress Appropriately, wear warm clothing



## Joint Base Lewis-McChord Energy Program

- Energy Conservation Class contact: (253)-966-9011
- email: [usarmy.jblm,imcom.list.dpw-energy@mail.mil](mailto:usarmy.jblm,imcom.list.dpw-energy@mail.mil)



**Report Energy Waste**

Call or text

(253) 219-2394



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# Don't Make Your Trash JBLM'S Problem



Do **NOT** bring your trash from home/quarters to your Organization

- **Don't be 'That Guy'!**
- Recycling Centers do not accept personal garbage
- JBLM surveils for dumping- fines are issued.



**Barracks:** Call recycling outreach 966-6444

**LMC Housing:** Weekly trash pickup must be out by 0600. IF you have extra trash that will not fit in your can, purchase a 32 gallon bag for \$5.25 from your District Manager. Place bag next to your trash can for pick up on designated pickup day.

**Off Base:** Take your extra trash to local landfill

**Illegal dumping Email:** [usarmy.jblm.imcom.list.dpw-trash-cop@mail.mil](mailto:usarmy.jblm.imcom.list.dpw-trash-cop@mail.mil)

**Environmental Division website:**

[https://home.army.mil/lewis-mcchord/index.php/my-Joint-Base-Lewis-Mcchord/all-services/public\\_works-environmental\\_division](https://home.army.mil/lewis-mcchord/index.php/my-Joint-Base-Lewis-Mcchord/all-services/public_works-environmental_division)



JBLM Recycling Brochure





U.S. AIR FORCE

# Why GO Lewis-McChord?

## GO Transit, GO Bikes, GO Rideshare



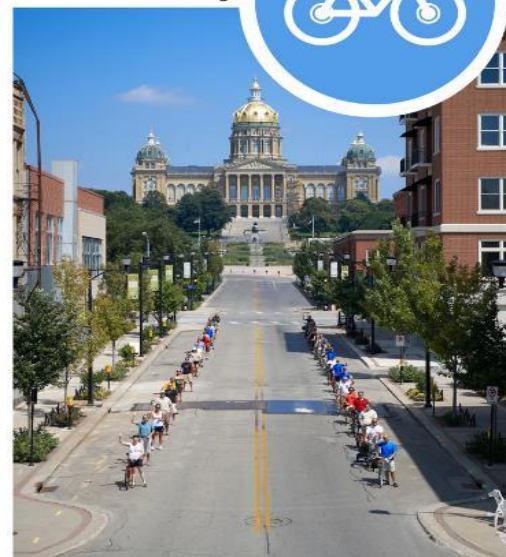
40 by



40 by



40 by



Amount of space required to transport the same number of passengers by car, bus, or bicycle.

- Many Service members and their family have one car
- Save money, reduce traffic, improve air quality



[www.GOLewisMcChord.com](http://www.GOLewisMcChord.com) | [www.Facebook.com/SustainableJBLM](https://www.Facebook.com/SustainableJBLM)





# On Base Housing HQDA Family Housing Survey

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- Headquarters, Department of Army has decided to have semi-annual On Base Housing Resident Satisfaction Surveys
- This effort 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.
- Survey starts 12 Nov 19 and closes on 12 Dec 19.
- Summary of results provided on 1 Feb 20.



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# On Base Housing Open House

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- Heartwood Prototype Open House
  - 4311A/4311B Birch St SW
  - 16 Oct ; 1000-1400
  - Light Food and Drink Items
  - Walk unit and see the great improvements





# On Base Housing Decoration Removal Schedule



## DECORATION REMOVAL SCHEDULE:

- Halloween Decorations – Remove by 8 Nov
  - ☐ Consists of blow up characters, Jack o' lanterns (carved pumpkins, skeletons, ghosts, spider webs, spooky décor, etc.
- Fall seasonal decorations – Remove by 13 Dec
  - ☐ Consists of leaves, scarecrows, gourds, whole un-carved pumpkins, natural wreaths, hay bales, corn stalks, etc.
- December holiday decorations – Remove by 10 Jan
  - ☐ Consists of Santa Claus, presents, lights, blow up characters, wreaths with ornaments, stockings, holiday trees, etc.
- Winter seasonal decorations - Remove by 13 Mar
  - ☐ Consists of snowmen, snowflakes, winter wreaths, etc.



## SAFETY FIRST:

- Restricted to first story gutters.
- Not allowed to climb onto any roof for any reason.

# MWR Happenings

## October Events



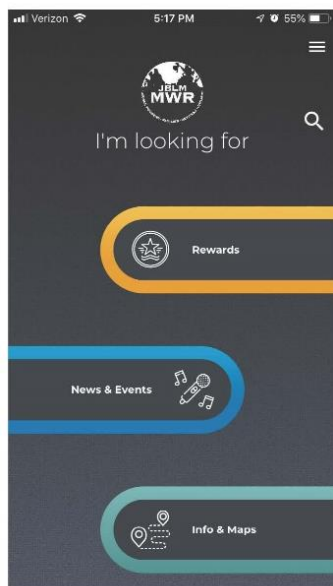
- **German Buffet** 16 Oct, 1730 @ McChord Club
- **UFC 243** 5 Oct @ McChord Club, Sam Adams & WZ
- **Harvest Fest** 19 Oct @ Youth Center

- **Madden NFL 20** 5 Oct @ Warrior Zone
- **Doubles 9-pin No-tap** 12 Oct @ Bowl Arena
- **Trivia Night** 18 Oct @ Sam Adams Cascade





## Now available in the Apple Store and Google Play



### Rewards

Earn discounts & freebies from MWR with the Loyalty Rewards Program

### News & Events

Find upcoming event information for on & around the installation



### Info & Maps

Locate MWR facilities & programs on base, as well as find contact information (call-from-app feature is active) with the installation mapping feature

# MWR Happenings



## Coming in November

1 Nov	Dia de los Muertos/Latin Night	Sam Adams Cascade
2 Nov	UFC 244	McChord Club, Sam Adams & Warrior Zone
2 Nov	Family Dance	McChord Club
2 Nov	Smash Bros Tourney	Warrior Zone
5 Nov	MWR Job Fair	Eagles Pride
16 Nov	Turkey Trot/Drumstick Dash	MWR Fest Tent
16 Nov	NBA2K20 eSports Tourney	Warrior Zone
27 Nov	Holiday Tree Lighting	Jensen Fit Ctr
28 Nov	Thanksgiving Buffet	McChord Club



### Private Organization Gift Wrap Fundraiser

Who: Any valid on-base PO, SFRG or informal fund/booster club

What: Wrap gifts for donations

When: 29 Nov through 24 Dec 2019

Where: Lewis & McChord Exchanges

Why: Annual opportunity for groups to make big \$\$

Instructions release: 11 Oct on MWR Facebook Registration online starts 1 Nov





# Community Service



## Sep. 3: Suits for Service Members

- BOSS went out to Steilacoom Town Hall to assist the Association of the United States Army (AUSA) Suits for Service Members team with sizing, sorting, and storing ~50 suits of various brands and styles. Suits for Service Members is a program that provides transitioning Service Members out of the military, two free suits to assist with getting a job/professional image in the Civilian sector.

**Volunteers in attendance- 4**



## Sep. 21: Oktoberfest

Why should the kiddos miss out on the fun? BOSS held a root beer float stand during Oktoberfest at the MWR tent. We had a great turn out of volunteers that help serve and rotate in and out of shifts on the Designated Driver van.

**Volunteers in attendance- 14**



## Sep. Weekends: Designated Driver Program

- BOSS had an amazing time providing a safe trip for our intoxicated Soldiers back to their barrack facilities all across JBLM. We provide a no questions asked way for Soldiers to make it back on Post from establishments that are within a 15 mile radius of JBLM.

**Personnel Helped – 23**





# Recreation and Leisure/ Life Skills



## Sep. 6- FOOFARAW

As a way to show their gratitude to our service members Olympia Yacht Club held their Annual FOOFARAW bash. The days activities included but were not limited to a cruise out to OYC's Island, BBQ lunch and drinks, sports events, and door prizes.

**Attendance- 30**

## Sep. 11- Hershel Walker

The legendary Heisman trophy winner Hershel Walker was gracious enough to stop by the Warrior Zone and converse among service members. He touched on the subjects of depression/suicide awareness, culinary skills, fitness and wisdom about life.

**Attendance- 7**

## Sep. 13- State Fair/Ciara Concert

Service members attended the Washington State Fair in Puyallup. In addition to having access to the fair grounds they were about to witness a concert from Ciara and Seattle's own Sir Mix-a-lot.

**Attendance-22**







# October Events



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## **OCT. 1 – Suites for Service Members**

Suits for Service Members give two free suits to any service member leaving the military. They need help sizing, organizing and cataloging the suits. Come get volunteer hours with BOSS and help out your fellow service members.

**Volunteers need- 4**

## **OCT. 1-11- Haunted House Prep**

Preparation for the Haunted House at Shoreline Park continues as we finalize area before Theatrical Nightmare opens. Come get volunteer hours with BOSS.

**Volunteers needed- 10-15**

## **OCT. 4 - Outdoor Rock Climbing**

Join us on our trip to Leavenworth, WA. This is the perfect place to start your journey and learn key techniques that are required to get outside safely. Rock climbing is a great way to meet new people, develop new skills and stay physically fit 365 days a year.

**Slots available- 12**

## **OCT. 5- JBLM Main Thrift Store**

Come out and assist the JBLM Main Thrift Store with sorting, organizing, and restocking of the items that have been donated to the Thrift Store.

**Volunteers needed- 4**

## **Weekends starting the 11<sup>th</sup> of October – A Walk in the Dark at Shoreline Park**

It's that time again, the Theatrical Nightmare Haunted House is back!! Come out to Shoreline Park for a gruesome, ghoulish, spine-curling time.

**Volunteers needed- 50-60**

## **OCT. 14 - WA Veteran's Transitional Home**

Get your hands dirty and volunteer at Building 10. Located in Port Orchard, the WA Veteran's Transitional Home has an amazing backdrop to work in. Come out and help your local veterans.

**Volunteers needed- 10**

## **OCT. 26 - Zombie 5K:**

Come join BOSS and scare those pesky runners to death. Whether you're trying to burn off those bite-sized candy bars or simply get into the spirit, this race will do the trick. Grab your running shoes and come dressed in your best Halloween costume to face the creatures of the dark on this haunted course.

**Volunteers needed- 50-60**

## **OCT. 28- Haunted House Teardown**

All petrifying things must come to an end. This is another great opportunity to get volunteer hours with BOSS as we tear down and put away material from the haunted house until next year.



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# Jewish High Holidays



## Yom Kippur

- Tuesday October 8<sup>th</sup>
  - 6:00 p.m.- Candle lighting followed by the Kol Nidrei Service
- Wednesday October 9<sup>th</sup>
  - 10:00 a.m. Morning Services
  - 5:00 p.m.- Afternoon Services to followed by Neilah. Evening service, Havdalah service concluding with the Break the Fast.
- All services held at JBLM Main Post Chapel (T-2002) and lead by Chaplain (COL) Jacob Goldstein, U.S. Army Retired
- For more information contact CH(LTC) Ernest Ibanga at (253)967-1750



# Religious Support Office



## ***HARVEST FEST 2019*** ***HOSTED BY GRACE GOSPEL CHAPEL*** ***FUN FOR THE WHOLE FAMILY!***



**Date: 31 October  
2019**

**Location: MWR Fest Tent on JBLM Main**

**Time: 5:30-8:30 pm**

**Balloon  
Twister**

**Games**

**Refreshments**

**Cotton Candy**

**Activities**

**Inflatables and more...**

**Please no scary costumes**





U.S. AIR FORCE

# Religious Support Office



## JBLM Religious Support

*Building Spiritual Readiness and Strengthening Souls*



Visit us at [jblm.army/ReligiousSupport](http://jblm.army/ReligiousSupport) and  
LIKE us on Facebook @JBLMReligiousSupport



# HAPPY HALLOWEEN

Come and Trick or Treat  
with your McChord Commissary  
at our Warehouse sale on  
18<sup>th</sup> and 19<sup>th</sup> Oct





U.S. AIR FORCE

# Lewis-McChord Commissaries



## WIC EBT

(Women, Infants and Children Electronic Benefits Transfer)

- Lewis Main and McChord Field Commissaries can now accept the WIC EBT cards at the register.
- Washington State will be issuing WIC EBT cards to replace WIC checks starting October 1, 2019.
- WIC Checks will still be accepted until January 1, 2020 as long as the check has not expired.
- See the commissary Customer Service Office for more details or call
  - Lewis Commissary – 253-966-8476
  - McChord Commissary – 253-982-3285 and press 3 for Customer Service





U.S. AIR FORCE

# Lewis – McChord Commissaries



## INTERNATIONAL CHRISTMAS COMING IN OCTOBER



**COMING IN OCTOBER CANDY AND GIFT TINS  
FROM EUROPE AT YOUR COMMISSARY. TAKE  
ADVANTAGE OF THE SAVINGS AND GIVE A  
UNIQUE GIFT FOR THE HOLIDAYS. LIMITED  
QUANTITIES AVAILABLE SHOP EARLY FOR  
THE BEST SELECTION**





U.S. AIR FORCE

# EXCHANGE™



## Lewis Main Exchange:

05 Oct	Write in the Rain Demo	1100-1300
12 Oct	Halloween Costume Fashion show	1400-TBD
18 Oct	Night Eyes Demo	1100-1300
18 Oct	Hamilton Beach	1100-1330
19 Oct.	Toyland Grand Opening	1100-1600
22 Oct	National nut day Demo	1100-1300
25-26 Oct	Blend Tec 2 day Demo	TBD

## McChord Main Exchange:

14 Oct	Columbus Day Hours	0900-1800
26 Oct	Monster Mash party	1100-1400

## Toy Book 18 OCT – 27 NOV 2019

Military Star Card special financing on \$199+

## Fall Fashion Trend Book

\$10 off \$60 with cash/credit purchase

\$30 off \$150 with Military Star Card

18 - 31 OCT 2019



## Express October Specials:

BUY 2 Doritos,  
7-11.25-oz. Assorted.  
GET 1 Cheetos,  
7.5-9-oz. Assorted.  
**FREE**  
or regular price each



**\$1.25 SALE**  
Reese's king size peanut butter  
pumpkins, 2.4-oz.



**SAVE \$1**  
on purchase of any 2 Hillshire Farm  
Smoked Sausages and a bag of single  
serve Frito-Lay chips, 2-4.25-oz.





U.S. AIR FORCE

# EXCHANGE™



**NEED EXTRA SPENDING MONEY FOR  
THE HOLIDAYS?**

**The Exchange is hiring seasonal  
associates!**

**APPLY NOW!**



**JBLM Exchange HRO**  
**9503 Rainier Dr, Room 230**  
**253-964-4002**  
**253-964-2522**  
**[jblmhroffice@aafes.com](mailto:jblmhroffice@aafes.com)**









“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”





## Pro-Gear Rule

- ◆ **Not** be considered as PBP&E per Joint Travel Regulation (JTR):
  - ◆ **Computers, plaques, awards and other types of mementoes - memorabilia.**
  - ◆ **Furniture is not consider Pro-Gear.**
- ◆ Member or employee responsibility to make sure Pro-Gear is annotated on inventory sheets and separated from primary household goods before Transportation Service provider has arrived to residence
- ◆ Constructive weight for Professional Books Paper and Equipment (PBP&E)
  - ◆ Pro-gear can be weigh on bathroom or platform scale
  - ◆ 7 lbs. per cubic for used when it is impossible or impractical to weigh the Pro-Gear
- ◆ Service members spouse authorize PBP&E in the amount up to 500 pounds needed for employment or community support activities.
- ◆ Service members will be restricted to a maximum limit of up to 2,000 pounds.
- ◆ **Not charge against Military or Civilian employees Authorized weight allowances**





## Common issue

- Common cause of delay in packing and loading of HHG's
    - Messy House
      - Items on kitchen counters
      - Items on floor
    - Dirty House
      - Bad odor
      - Dirty dishes in the sink
      - Pet feces and urine on the floors
      - Dirty diapers on the floor
- ❖ 2019 DP3 TOS states that Quality Assurance will be immediately notified upon discovery of any concerns with the conditions of the customer's residence.







# **CUSTOMER APPRECIATION DAY!**

**FRIDAY OCT 25<sup>TH</sup>, 2019**

**LIVE MUSIC • FOOD • FREE!**

Stop by anytime from 1100 – 1800

**ABILITYONE BASE SUPPLY CENTER  
FT. LEWIS — MAIN POST  
BLDG 2072 PENDLETON AVE • FT. LEWIS  
SHOP ONLINE AT: [BASESUPPLIES.COM](http://BASESUPPLIES.COM)**



**BASE SUPPLY CENTER™**

Operated by The Lighthouse for the Blind, Inc.

# AbilityOne Base Supply Centers are your go-to for all your fire extinguisher needs!



- ★ Go to your local AbilityOne BSC for a free quote
- ★ New fire extinguishers on hand for sale
- ★ Provide annual inspection tags
- ★ Provide recharging and disposal if necessary
- ★ We will track annual due dates so you don't have to!





U.S. AIR FORCE

# Lewis Community Spouses' Club



MCCHORD CLUB HOUSE  
700 Barns Blvd, McChord AFB, WA 98438

You are invited to a  
**COSTUME**  
*Party*  
AND BINGO NIGHT

EAT  
*drink*  
BE  
spooky

TICKETS AVAILABLE AT: <https://www.lewiscommunityspousesclub.org/costume-party>

**10**  
OCTOBER



*Come dressed  
TO IMPRESS*

PRIZES FOR: BEST GROUP COSTUME, BEST GROUP TABLE  
DECOR AND BEST INDIVIDUAL COSTUME

SIX O'CLOCK IN  
THE EVENING

**ONLY \$10 PER PERSON**

**LCSC PRESENTS**

# NERF WARS

**19 OCT 2019**

CYS Gym North Fort  
8300 American Lake Ave  
Ages 5-9 | 11:30 - 1  
Ages 10-14 | 2:30 - 4

Waiver required for all participants. A parent/guardian is required to stay for supervision. Protective eyewear must be worn at all times. NERF bullets provided, must bring your own NERF gun. Pizza, cookie and bottled water provided to paid participants.

**GEICO**  
LOCAL OFFICE

**BOOK NOW**  
only 150 participants  
per age group

[www.lewiscommunityspousesclub.org/nerf-wars](http://www.lewiscommunityspousesclub.org/nerf-wars)

## Upcoming events:

10 OCT Special Event  
Costume Party & BINGO  
McChord Club

19 OCT Special Event  
Family Nerf Wars Fundraiser  
CYS North Fort Gym

21 NOV Luncheon  
Farmers Market:  
Make it! Bake it! Fake it! Exchange it!  
Sam Adams, Eagles Pride



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.



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**Honor the Fallen.  
Mentor their Children.**

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Spring 2020.  
Register today.  
[wearblueruntoremember.org](http://wearblueruntoremember.org)





# Garrison Update

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Next Garrison Update

6 Nov 19 @ 0930

Nelson Rec Center



# Garrison Commander Comments



