



## **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 Volesky, Commanding General I Corps
  - Col Collins, Vice Commander, 62d Airlift Wing
- 0945-1000 – Installation Hot Topics:
  - Road Closures / Disruptions to Traffic
  - 9-Gate Access Plan
  - Inclement Weather Information
  - Retail Sales of Tobacco Products
  - WA State Patriotic Day
- 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) Dave Shoffner
  - Commissary Update, Ms. Lisa Campbell, Assistant Grocery Manager – JBLM Main
  - Post Exchange Update, Ms. Hafeez McCullough, Operations Manager
  - Joint Personal Property Office, Mr. Francisco Aguirre
  - Fort Lewis Family Member Scholarship Fund, Ms. Angela Melnyk
  - Lewis Community Spouses Club, Ms. Jamie Lynn Blum – President
- 1030-1045 - Command Comments – Next Community Update **5 Feb 20 at McChord Club**

# Commander's Comments



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# Road Closures/ Disruptions to Traffic



**1. Vancouver Road** is closed to traffic for reconstruction until 1 March 2020.

**2. Collier Avenue between 3rd Division Drive and 4th Division Drive** is closed to traffic at the 3rd Division Drive end due to a temporary heating supply/ return line repairs until 30 April 2020.

**3. East Division Area** Sanitary Sewer System repair and Electrical Line installation in the East Division area will disturb traffic until the end of February 2020. Work requires lane closures with flaggers. Roads will remain open through the construction but will be down to one lane when working in specific areas.

**4. Railroad Ave (between Alder Road and Mann Ave)** Railroad Ave will be closed from 20 Jan. thru 17 Feb. 20 for the upcoming exercise. Access will be provided to the facilities and parking will be provided for authorized personnel and vehicles. All other vehicles will be detoured around the area. The RCF gate will operate under normal hours.

Road closures shown at: <https://pwapps.lewis-mcchord.army.mil/arcgis/home/index.html> JBLM Road Closure Map on JBLM network





U.S. AIR FORCE

# 9-Gate Access Plan 26-27 Feb.



## JBLM Nine-Gate Access Plan

February 26, 7 p.m., to  
February 27, 7 p.m.

Liberty	24 hours
Madigan	24 hours
Lewis North	24 hours
East Gate	24 hours
McChord Main	24 hours
DuPont	5 a.m. – 9 p.m.
Log Center	5 a.m. – 6 p.m.
Integrity	5 a.m. – 7 p.m.
Barnes	5 a.m. – 8 p.m.
RCF	CLOSED
Transmission Line	CLOSED
D Street	CLOSED
Woodbrook	CLOSED
McChord CVIP	CLOSED
McChord North	CLOSED





# Inclement Weather Information



## JBLM WEATHER ALERT



Inclement weather may happen any day. JBLM is subject to freezing fog, black ice, or snow. If road conditions deteriorate, or if there is an early release or late arrival, the JBLM Operations Center and the JBLM Garrison Public Affairs Office will alert service members, family members, and civilian employees via:

- JBLM Facebook – <https://www.facebook.com/JBLewisMcChord>
- JBLM Twitter page – [https://twitter.com/JBLM\\_PAO](https://twitter.com/JBLM_PAO)
- JBLM Website – <http://www.lewis-mcchord.army.mil/>
- JBLM Ops Center ROAD CONDITIONS page – (on the JBLM website)  
<http://www.lewis-mcchord.army.mil/roadconditions/roadcon.pdf>
- JBLM Ops Center Recording – Call (253) 967-1733 for updated information
- News Media –  
TV - [KOMO 4](#), [KING 5](#), [KIRO 7](#), [KCPQ 13](#); Print - [The News Tribune](#)  
Radio - [KIRO News Radio 97.3 FM](#) and [KOMO News Radio 97.7 FM](#)



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# Retail Sales of Tobacco Products



**FDA announced Dec. 20 that the new legal age for purchasing tobacco products is 21-years-old, and has gone into effect immediately.**

- On Dec. 20, 2019, the President signed legislation to raise the federal minimum age of sale of tobacco products from 18 to 21 years.
- Now illegal for retailers to sell any tobacco product – including cigarettes, cigars, e-cigarettes and vaping cartridges – to anyone under 21.
- At least 19 states already have laws requiring a person to be 21 to purchase tobacco. Washington State's law raising age to 21 went into effect 1 Jan 2020.
- AAFES HQs working with OSD for implementation guidance
- TBD – AAFES' implementation of 21-years-old for sale of tobacco/vaping products



SOURCE

<https://www.fda.gov/tobacco-products/compliance-enforcement-training/retail-sales-tobacco-products>





# WA State Patriotic Day 2020



## Washington State Patriotic Day – Annual massing of organizational colors Military – First Responders – Veteran Organizations – Scouts -- Others

**Saturday, Feb. 22, 2020**

- Stadium High School, Tacoma
- 2 - 4 p.m.
- FREE ADMISSION

### Participate in two ways:

1. **Spectator:** On the floor or in the stands
2. **Flag Unit:** In the Massing of the Colors
  - A. Carry just the American Flag
  - B. Carry American Flag and Organizational Flag

[www.washingtonstatepatrioticday.org/](http://www.washingtonstatepatrioticday.org/)

\*Download or print the 3-page flyer, or to fill out the online application

[www.facebook.com/groups/WashingtonStatePatrioticDay/](https://www.facebook.com/groups/WashingtonStatePatrioticDay/)

For more information, please call:

Carroll Dickson, 253-566-5870, [carrolldickson@comcast.net](mailto:carrolldickson@comcast.net)





***JANUARY 2020***

***COL Thomas S. Bundt***

***MADIGAN ARMY MEDICAL CENTER***

***COMMUNITY UPDATE***



# URGENT CARE CLINICS IN THE TRICARE NETWORK

## Attention TRICARE beneficiaries: It's covered!\*

*If you use TRICARE Prime or any other TRICARE plan, you may visit any TRICARE-authorized network urgent care center for urgent care.\**

*Urgent care is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care conditions include a sprain, rising temperature or sore throat. It isn't an emergency and doesn't threaten life, limb or eyesight.*

**\*Madigan's enrolled Active Duty Family Members, Retirees, and Retirees Family Members are authorized to visit a TRICARE-authorized network urgent care center for acute care, no PCM referral required!**



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



For more information, visit:

<https://www.mamc.health.mil/patients/tricare-urgent-care.aspx>



A co-pay of \$30 will be required for all retirees and retiree family member seen at a network urgent care clinic. Active Duty family member will not have a co-pay.\*\*

**\*\*For a full list of co-pay cost information, visit:**

[https://www.tricare-west.com/content/hnfs/home/tw/prov/benefit/cost/urgent\\_care\\_cost.html](https://www.tricare-west.com/content/hnfs/home/tw/prov/benefit/cost/urgent_care_cost.html).

For questions related to your urgent care visit, contact the Madigan Referral Management Center at 253-698-1145, and choose option #5.

**To find a TRICARE Authorized Urgent Care Center near you:**

[www.tricare-west.com](http://www.tricare-west.com)

**\*Active Duty Personnel are NOT  
authorized urgent care clinic visits  
without a referral**

**MADIGAN ARMY MEDICAL CENTER  
COMMUNITY UPDATE**





# INFLUENZA VACCINE UPDATE

## DID YOU KNOW?

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

- At your Madigan Clinic
- Participating Network Pharmacy
- TRICARE-Authorized Provider

- Family Members & Dependents
- AD—at SCMH/Airman's Clinic
- Retirees
- [www.tricare.mil/flu](http://www.tricare.mil/flu)

MADIGAN ARMY MEDICAL CENTER

## COMMUNITY UPDATE

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





- Flu season has started early this year.
- Herd immunity of > 90 percent vaccinated.
- Typically flu season peaks around Super Bowl time frame.
- Wash hands, sneeze into sleeve and if you get sick, stay home.
- Walk-in flu shots for enrolled patients in Madigan primary care medical homes (Puyallup, South Sound, McChord, Winder).
- Enrolled Peds patients open all day (closed for lunch) and enrolled patients of Family Medicine recommend making appt.
- Enrolled Internal Medicine patients can walk-in during clinic hours.

## MADIGAN ARMY MEDICAL CENTER COMMUNITY UPDATE

**TAKE 3 ACTIONS TO FIGHT FLU**

**GET YOURSELF AND YOUR FAMILY VACCINATED!**  
A yearly flu vaccine is the first and most important step in protecting against flu viruses.  
Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

**STOP THE SPREAD**  
Take everyday preventive actions to help stop the spread of flu viruses!  
Avoid close contact with sick people; avoid touching your eyes, nose, and mouth; cover your coughs and sneezes; wash your hands often (with soap and water).

**ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS**  
Take antiviral drugs if your doctor prescribes them!  
Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

WWW.CDCOVFLU | FIGHT it!! | CDC



# 2020 Tricare Cost Increases

## TRICARE Prime Out-of-Pocket Costs

ADSMs, ADFMs, and transitional survivors		
Covered service	Group A	Group B
All covered services	\$0	\$0
Retirees, their families, and all others		
Covered service	Group A	Group B
Preventive Care Visit	\$0	\$0
Primary Care Outpatient Visit	\$20	\$20
Specialty Care Outpatient Visit	\$31	\$31
Urgent Care Center Visit	\$31	\$31
Emergency Room Visit	\$62	\$62
Inpatient Admission (Hospitalization)	\$156/ admission	\$156/ admission

Slight cost increases:

Plan cost increases vary from \$1-\$12 for Retirees and Families

Prescription costs more ranging from \$3-7 for drugs

For more info go to:  
[www.tricare.com/cost](http://www.tricare.com/cost)

Pharmacy types	Formulary drug costs		Non-formulary drug costs	Non-covered drug costs
	Generic	Brand-name		
Military pharmacy 30 day supply	\$0	\$0	Generally not available without medical necessity	Not available
TRICARE Pharmacy Home Delivery 90 day supply	\$10	\$29	\$60	Not available
TRICARE retail network pharmacy 30 day supply	\$13	\$33	\$60	Full cost of drug

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





**JOINT BASE LEWIS MCCORD**

**AWC**  
**ARMED FORCES WELLNESS CENTER**

**NEW YEAR  
NEW YOU!**



**AWC & YOU:**

Individualized goals to address your current needs, motivation, and confidence level. Services are provided at no cost to eligible participants.

**CORE PROGRAMS OFFERED AT THE AWC:**

Holistic approach that takes into account each individual's unique physical, psychological, and social needs when providing services/programs.



**OUR MISSION:**

To provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles and to improve the overall well-being of Active Duty Members and Family Members.



**CONTACT INFORMATION:**

Armed Forces Wellness Center -  
Joint Base Lewis McCord  
**Building 2022**

Liggett Ave & Division  
Joint Base Lewis McCord - Main  
Tacoma, WA, 98433-9500  
Phone: **253-966-3757**  
Hours: **7:30 a.m. - 4 p.m.**



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





***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>**

**MADIGAN ARMY MEDICAL CENTER**

**COMMUNITY UPDATE**



# Stay Connected with **Madigan**

For the latest news and information.



<http://www.mamc.health.mil/>

Powered by  
**PUGET SOUND**  
MILITARY HEALTH SYSTEM

Facebook.com/Madiganhealth

Twitter.com/Madiganhealth

Instagram.com/Madiganmedicine

Linkedin.com/company/madigan-army-medical-center/

YouTube.com/c/MadiganArmyMedicalCenter







**DPFR**

*Your Community Navigator*

**WEDNESDAY  
FEB. 5**

**11:00 a.m.  
- 2:00 p.m.**

**Hear from top employers  
in the region about IT Careers**

**Discover what these employers  
look for in IT applicants**

**Learn how you can maximize  
your opportunity for these  
positions**

**Find out which company  
is the best fit for you?**

***Admission is free but  
advanced registration  
is required.***

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

**JBLM DPFR**

*Your Community Navigator*

**SFL-TAP (253) 967-5599**

jblmdpfr.com | (253) 967-7166

**JBLM | Directorate of Personnel & Family Readiness**

# **IT CAREER DAY**

*at the Hawk Career Center*



Service Members, Veterans and military spouses hear from top employers in the region about IT careers. CIO's and personnel from area employers will present "a day in the life" for IT in their organizations.

This event will include employer presentations, a question and answer session, and networking opportunities.

**Below is a list of employers expected to be at the event:**

- City of Bellevue
- City of Tacoma
- City of Lakewood
- City of Seattle
- TIAG
- Sound Transit
- Amazon
- BAE Systems
- Heritage Bank
- TekSystems
- Zillow
- Kaiser Permanente
- WATech
- WA Dept. of Labor & Industries
- WA Dept. of Social & Health Services
- WA Healthcare Administration
- Puget Sound Naval Shipyard

## **REGISTER ONLINE:**

<https://www.eventbrite.com/e/it-career-day-jblm-05-feb-tickets-83353006085>

## **HAWK CAREER CENTER**

11577 41st Division Dr.  
Lewis-North  
Joint Base Lewis-McChord, WA 98433



TRANSITION ASSISTANCE PROGRAM  
Start Strong. Serve Strong. Reintegrate Strong. Remain Strong.

JBLM DPFR Marketing | Dec 2019



**2020**  
**JBLM**

# **NEWCOMERS' ORIENTATION**



**Jan. 13 • Feb. 11 • Mar. 17 • Apr. 14 • May 12 • Jun. 16**  
**Jul. 14 • Aug. 18 • Sep. 15 • Oct. 13 • Nov. 17 • Dec. 15**

**Register at: [jblm-newcomers.eventbrite.com](https://jblm-newcomers.eventbrite.com)**

**Mandatory for all Service members (Army & AF) within 30 days of arrival. Uniform attire required.**

**Spouses, Civilians and other military members are welcome and encouraged to attend.**

*Includes light breakfast for attendees*



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

JBLM DPFR Marketing | Updated Oct. 10, 2019

## **American Lake Conference Center**

**8085 NCO Beach Rd.  
Joint Base Lewis-McChord (JBLM North)**

**9:00 a.m. - 12:00 p.m.**

**8:00 a.m. Report time for all in-processing  
Service Members**

**8:30 a.m. Arrival for all other Service Members**

**Free on-site child care provided.** Child must be registered with JBLM CYS, and have a completed Kids on Site (KOS) packet with current immunization record on hand the day of the event for your child to attend. For more information, or to register your child, contact CYS Parent Central at 253-966-2977 or visit [jblm.armymwr.com/programs/cysreg](https://jblm.armymwr.com/programs/cysreg)

**Questions about Newcomers Orientation? Call 253-967-3633 or 253-982-2695**





**DPFR**

Your Community Navigator

**Jan. - Jun. 2020**

## What is an SFRG?

SFRGs are command-sponsored organizations 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 & their Families, into communication of activities & community network.

Our office provides training for SFRGs, with both daytime and evening sessions available.

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

**JBLM DPFR**  
Your Community Navigator

**SFRG (253) 967-3397**

jblmdpfr.com | (253) 967-7166

**JBLM | Directorate of Personnel & Family Readiness  
Mobilization, Deployment & SSO Program**

# Soldier & Family Readiness Groups (SFRG)

*Supports CHPC Priority: Strengthen Individual Life Skills & Resiliency*



## SOLDIER & FAMILY READINESS GROUP TRAINING

*All classes held at the Family Resource Center  
4274 Idaho Ave. · JBLM Main*

### SFRG Leadership Training

[Daytime \(9 a.m.-2:30 p.m.\)](#)

Jan. 21-22 | Mar. 24-25

May 26-27

[Evening \(6-9 p.m.\)](#)

Feb. 13, 20, 27 | Apr. 16, 23, 30

Jun. 11, 18, 25

### SFRG Funds Custodian Training

[Daytime \(9:30-11:30 a.m.\)](#)

Jan. 8 | Feb. 5 | Mar. 11

Apr. 8 | May 6 | Jun. 10

[Evening \(6-8 p.m.\)](#)

Jan. 23 | Feb. 18 | Mar. 19

Apr. 21 | May 21 | Jun. 23

### SFRG Key Contact Training

[Daytime \(9:30-11:30 a.m.\)](#)

Jan. 6 | Mar. 9 | May 4

[Evening \(6-8 p.m.\)](#)

Feb. 3 | Apr. 6 | Jun. 8

### SFRL Training (Military)

[9:30-11:30 a.m.](#)

Jan. 15 | Feb. 12 | Mar. 18

Apr. 15 | May 20 | Jun. 17

### SFRG for Command Team

*Company Commanders & 1SGs*

Available upon request



**Registration required for all classes**  
**[jblmdpfr.timetap.com](http://jblmdpfr.timetap.com)**



# Don't flush trouble!



Don't flush cleaning wipes, grease, paper towels, medications, hair, diapers, nursing pads, baby wipes, condoms, hygiene products or clothing down the drain

The label may say 'flushable' but ONLY flush the 3 P's: pee, poop, and toilet paper

Putting the wrong things down toilets and sinks can cause big problems!





# No Shred in Recycling Containers



Shredded paper is not recyclable.  
Please dispose in the trash.

IF you need assistance with destruction of  
PII or HIPPA:

- Follow Organization guidelines
- Reach out to a commercial shredding company to complete

Community Shred Days are available in the  
community for personal document  
shredding. Check Solid Waste website for  
your County.

Questions? 253-966-6444



# Wading through Winter?



ISSUE	<u>FREE</u> SOLUTION
The <u>bad weather</u> makes for a terrible commute.	Try out a <b>vanpool</b> to let someone else do the driving.
My commute takes too much <u>time</u> and costs too much <u>money</u> .	Try out a <b>vanpool</b> to make the commute easier (and cheaper).
My Service members take too much <u>time</u> driving each other to appointments.	Have them take <b>GO Transit</b> for free instead of asking for a ride.



[Home.army.mil/lewis-mcchord/transportation](http://Home.army.mil/lewis-mcchord/transportation)







# JBLM 2020 Basic Allowance for Housing with Dependent Rate



Pay grade	2019	New BAH Rate 2020	\$ Change	% Change
E1	\$1,794	\$1,833	\$39	2.17%
E2	\$1,794	\$1,833	\$39	2.17%
E3	\$1,794	\$1,833	\$39	2.17%
E4	\$1,794	\$1,833	\$39	2.17%
E5	\$1,914	\$1,974	\$60	3.13%
E6	\$2,025	\$2,217	\$192	9.48%
E7	\$2,040	\$2,235	\$195	9.56%
E8	\$2,058	\$2,244	\$186	9.04%
E9	\$2,124	\$2,283	\$159	7.49%
W1	\$2,034	\$2,232	\$198	9.73%
W2	\$2,049	\$2,241	\$192	9.37%
W3	\$2,079	\$2,253	\$174	8.37%
W4	\$2,145	\$2,307	\$162	7.55%
W5	\$2,232	\$2,400	\$168	7.53%
O1E	\$2,043	\$2,238	\$195	9.54%
O2E	\$2,067	\$2,247	\$180	8.71%
O3E	\$2,157	\$2,319	\$162	7.51%
O1	\$1,929	\$2,007	\$78	4.04%
O2	\$2,022	\$2,214	\$192	9.50%
O3	\$2,076	\$2,250	\$174	8.38%
O4	\$2,259	\$2,433	\$174	7.70%
O5	\$2,391	\$2,577	\$186	7.78%
O6	\$2,409	\$2,598	\$189	7.85%
O7 +	\$2,430	\$2,622	\$192	7.90%

<http://www.defensetravel.dod.mil/site/bahCalc.cfm>



# JBLM 2020 Basic Allowance for Housing without Dependent Rate



Pay grade	BAH 2019	BAH 2020	\$ Change	% Change
E1	\$1,392	\$1,386	(\$6)	-0.43%
E2	\$1,392	\$1,386	(\$6)	-0.43%
E3	\$1,392	\$1,386	(\$6)	-0.43%
E4	\$1,392	\$1,386	(\$6)	-0.43%
E5	\$1,569	\$1,581	\$12	0.76%
E6	\$1,680	\$1,704	\$24	1.43%
E7	\$1,797	\$1,836	\$39	2.17%
E8	\$1,938	\$2,025	\$87	4.49%
E9	\$1,965	\$2,097	\$132	6.72%
W1	\$1,761	\$1,794	\$33	1.87%
W2	\$1,935	\$2,022	\$87	4.50%
W3	\$1,971	\$2,100	\$129	6.54%
W4	\$2,025	\$2,217	\$192	9.48%
W5	\$2,043	\$2,226	\$183	8.96%
O1E	\$1,914	\$1,977	\$63	3.29%
O2E	\$1,962	\$2,076	\$114	5.81%
O3E	\$2,016	\$2,211	\$195	9.67%
O1	\$1,671	\$1,692	\$21	1.26%
O2	\$1,875	\$1,929	\$54	2.88%
O3	\$1,980	\$2,217	\$147	7.42%
O4	\$2,034	\$2,220	\$186	9.14%
O5	\$2,046	\$2,229	\$183	8.94%
O6	\$2,058	\$2,232	\$174	8.45%
O7 +	\$2,103	\$2,256	\$153	7.28%



# BAH Service Representatives



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DTS is available.
EWTS is available.
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## ALLOWANCES

[Basic Allowance for Housing \(BAH\)](#)
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[Currency](#)
[Other Rates and Allowances](#)
[Overseas Cost of Living Allowances \(COLA\)](#)
[Overseas Housing Allowance \(OHA\)](#)
[Per Diem Rates](#)
[Station Allowance Changes](#)

[Programs & Services](#) > [Allowances](#) > [Basic Allowance for Housing \(BAH\)](#) > BAH Service Representatives

### BAH Service Representatives

The primary source for specific entitlement questions is the **local finance office or command**. Also [BAH Frequently Asked Questions](#). However, if additional information is needed, contact your Service BAH representative listed below. All electronic inquiries must include the written response provided by your chain of command. Click the service name to send an e-mail to your BAH POC.

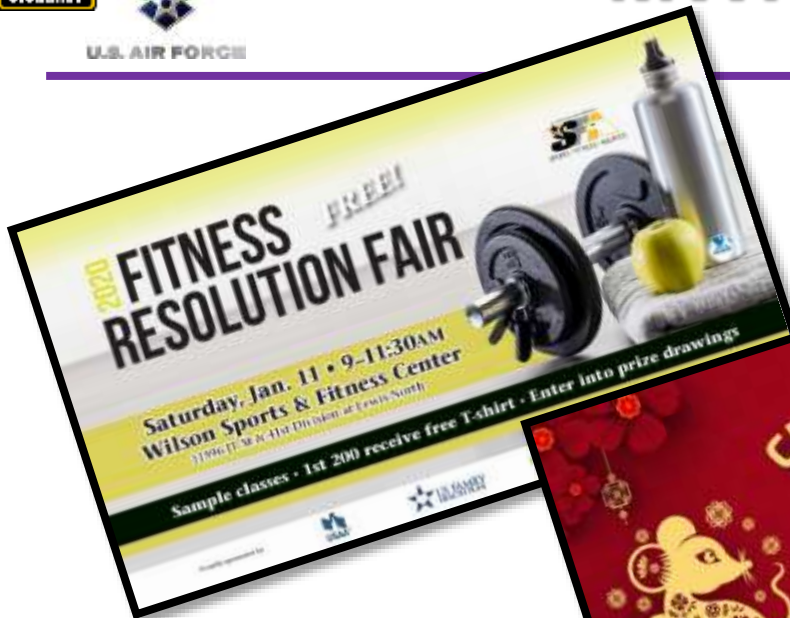
<b>US Air Force</b>	All Air Force personnel <b>MUST</b> contact the local finance office for specific entitlement questions; who, in turn, will contact the MAJCOM, if necessary.
<b>US Army</b>	Army personnel must contact MACOM RM: <a href="#">AMC</a> TEL: 256-450-6577 <a href="#">Army Reserve</a> TEL: 877-462-7782 <a href="#">Cadet Command</a> TEL: 757-788-3835 <a href="#">Hawaii</a> TEL: 808-438-2070 <a href="#">HQDA</a> TEL: 703-692-5256 DSN: 222 <a href="#">TRADOC</a> TEL: 757-788-5183 <a href="#">USAREC</a> TEL: 502-626-0263 DSN: 536
<b>US Coast Guard</b>	TEL: 202-475-5398
<b>US Marine Corps</b>	Contact your local finance office or command for specific entitlement questions before addressing to the USMC BAH representative. TEL: 703-784-9386
<b>US Navy</b>	Individuals should contact local PSD or command regarding specific entitlement questions before contacting the NAVY BAH representative. OPNAV N130C TEL: 703-604-5477
<b>NOAA</b>	TEL: 301-713-1045
<b>Public Health Service</b>	TEL: 240-276-8799



# MWR Happenings



## January Events



- **Trivia Night** 10 Jan @ Sam Adams Cascade
- **UFC 246** 18 Jan @ McChord Club, Sam Adams Cascade & WZ
- **CC Volleyball Starts** 28 Jan
- **CoD Modern Warfare Tourney** 25 Jan @ Warrior Zone
- **Latin Night** 25 Jan @ Sam Adams Cascade
- **10-week TX Hold'em Tourney** starts 29 Jan @ WZ



# MWR Happenings



## Coming in February



2 Feb	Madden 20/Super Bowl	Warrior Zone
7 Feb	Trivia Night	Sam Adams Cascade
8 Feb	UFC 247	McChord Club, Sam Adams & WZ
15 Feb	Wine & Jazz Festival	McChord Club

## Coming in March



7 Mar	UFC 248	McChord Club, Sam Adams & WZ
6 Mar	Trivia Night	Sam Adams Cascade
7 Mar	Shamrock'n 5K	McChord Club
14 Mar	Apex Legends Tourney	Warrior Zone
21 Mar	Spring Flea Market	MWR Fest Tent

# MWR Happenings



## Sports & Fitness Update

- Kimbro Pool – Leaks identified – anticipate re-opening late Feb
- Wilson Fitness Center – 24/7 access still down, projected online late Feb;
- Lifeguard Training @ Soldiers Field House Pool 17-19 Jan
- Jensen Fitness Center – Closed through 17 Jan for floor resurfacing
- McChord Fitness Annex – Closed 20 Jan – 13 Feb for floor resurfacing
- McChord Main Fitness Center – Closed 14 Feb-12 Mar for floors
- CC Bowling starts 20 Feb @ Bowl Arena Lanes

## ***MWR Training & Org Day***

**All of MWR,  
including Child Development Centers,  
will be closed Friday, Feb. 14  
for our Training & Organizational Day**





# Community Service

## **Dec. 02- Tree Lighting Ceremony**

- Come join us at Jensen Gym while we kick off the holiday season with family, friends, and Christmas spirit.

**Volunteers- 3**

## **Dec. 03- Suits 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 - 4**

## **Dec. 07 –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 - 2**

## **Dec. 07-Winterfest**

- Come join the BOSS team at the MWR tent for pictures with Santa, food, and Christmas festivities.

**Volunteers - 3**

## **Dec. 14- Breakfast with Santa**

- Come out and enjoy a hot breakfast with Santa Claus. Enjoy your morning with a delicious breakfast meal with Santa and his elves.

**Volunteers - 3**

## **Dec. 18- McChord Library Santa**

- Come out and see Santa at the McChord Library and explore the magical winter wonderland that awaits all who come visit.

**Volunteers – 1**

## **Dec 16 – 20- Toys for Tots**

- BOSS went out to Kent, WA to help support our sister service the USMC for their annual Toys-for-Tots drive.

**Volunteers – 8**

## **Dec. Weekends- Designated Driver**

- 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



## **Dec. 16- Movie Night**

- Come out and join us in your favorite pajamas and enjoy fresh made popcorn and hot cocoa with the BOSS team at our Christmas double feature.

**Attended- 5**

## **Dec. 18- Auburn Trip**

- Come join us for the day to enjoy new surroundings and get that last minute Christmas shopping taken care of.

**Attended- 12**

## **Dec. 20- Snowflake Lane**

- Come join us for a magical night out filled with delicious smells, good cheer, and colorful lights. BOSS will be traveling to Bellevue for the annual Snowflake Lane Christmas parade.

**Attended- 24**

## **Dec. 21- Leavenworth Christmas Trip**

- Come out and enjoy a magical wonderful filled with amazing lights, smells, and good cheer. BOSS will be traveling out to the town of Leavenworth to experience the magic of their annual Christmas lighting ceremony.

**Attended -22**

## **Dec. 23- Go Kart**

- Want to take a couple trips around the track? Come join us for some high speed, competitive fun at the Grand Prix Raceway.

**Attended-24**

## **Dec. 27- Bellevue Botanical Gardens**

- Have you ever seen such an array of exotic flowers and colorful arrangements? Come out and join us for a trip to the Bellevue Botanical Garden.

**Attended-24**

## **Dec. 28- Ice Skating**

- Come join BOSS on our trip to Sprinker recreation center to skate and dance across the ice for a magical Christmas.

**Attended-24**

## **Dec. 30- Boomshaka**

- Join the BOSS team on our trip to Boomshaka for extreme air sports entertainment, fitness and fun like you've never experienced!

**Attended-24**





# January Volunteer Events

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## **Jan. 04- 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 - 2**

## **Jan. 07- Suits for service**

- 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 – 4**

## **Jan. 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.

**2 volunteers per day**



# January Events



## **Jan. 03- Escape room**

- Single service members attempted to solve their way out of 2 different Escape Rooms.  
**Slots available- 12.**

## **Jan. 04- Snow shoeing**

- BOSS will be taking a group of service members to Mount Rainer to learn how to use snowshoes.  
**Slots available- 12**

## **Jan. 11- Laser Tag**

- Come join BOSS to see who is the true champion of laser tag. for an exciting night of laser tag fun.  
**Slots available- 12**

## **Jan. 17- Snow Activity**

- Come out and enjoy the winter weather and crisp snow with BOSS.  
**Slots available- 12**

## **Jan. 20- Point Defiance Zoo/Aquarium**

- Come out and enjoy various species of animals and fish at Point Defiance with BOSS.  
**Slots available- 12**

## **Jan. 25- Rattlesnake Ridge**

- Take a hike with BOSS and experience the outdoors at Rattlesnake Ridge.  
**Slots available- 12**





# Chaplain- Holiday Giving Review



- On 20 December, 40 Displaced Families each received \$100 in commissary gift cards (\$4000 total). These commissary cards are funded by Chapel tithes and offerings and designated gifts from other Community partners, like AUSA, the SGM Association, and the Pierce County Business Association.
- Additionally, the JBLM Garrison and I Corps UMTs supported the following other events for our PEOPLE:
  1. Operation Turkey Drop, 13 NOV 2019, 1,300 Turkeys Delivered
  2. Operation Helping Hand Commissary Gift Cards - over \$10,000 given with support ongoing throughout the Holidays
  3. Operation Ham Grenade, 12 DEC 2019, 1,040 Hams Delivered
  4. Gospel Congregation Food baskets for families

# Religious Services Schedule



## Buddhist

Buddhist Med. Circle Mon. 12:00 P.M., Madigan 2nd Floor, Room 2-27-18

Buddhist Service Thur. 6:00 P.M. Soldiers Chapel

## Catholic

Catholic Conf. M-F before noon daily Mass 4CMC

Catholic Conf. Sat. 3:00 P.M. McChord Chapel 2

Catholic Conf. Sun. 8:00 A.M. MPC

Catholic Mass Wed. 12:00 P.M. McChord Chapel 2

Catholic Mass (Daily) Mon.-Fri. 12:00 P.M. 4CMC

Catholic Mass (Daily) Tues.-Fri. 11:45 A.M. MAMC

Catholic Mass Sat. 4:00 P.M. McChord Chapel 2

Catholic Mass Sat. 4:30 P.M. MAMC

Catholic Mass Sat. 5:30 P.M. MPC

Catholic Mass Sun. 9:00 A.M. MPC

Catholic Mass Sun. 9:00 A.M. MAMC

Catholic Mass Sun. 10:30 A.M. McChord Chapel 2

Catholic Mass Sun. 12:00 P.M. MPC

## Islamic

Islamic Prayer Fri. 12:00 P.M. Evergreen Chapel

## Wiccan

Wiccan Circle Meetings Sun. 2:00 P.M. Bldg. #T-6195  
Lewis Main

## Jewish

Jewish Mincha Service Wed. 15:45, Madigan 2nd Floor, Room 2-27-18

Jewish Services Fri. 6:00 P.M. MPC

Jewish Services Sat. 10:00 A.M. MPC

## Protestant

Prot. Grace Gospel Service Sun. 11:00 A.M. Lewis North Chapel

Prot. Life Chapel Sat. 4:45 P.M. Evergreen Chapel

Prot. (Traditional) Sun. 8:30 A.M. McChord Chapel 1

Prot. Liturgical Worship Sun. 5:00 P.M. 4CMC

Prot. Chapel Next (Contemp.) Sun. 10:00 A.M. 4CMC

Prot. (Contemp.) Sun. 10:00 A.M. McChord Chapel 1

Prot. Worship Sun. 10:30 A.M. Lewis Main Chapel

Prot. (General) Sun. 10:30 A.M. MAMC Chapel

Prot. SUMMIT Chapel 3rd Wed. 6:00 P.M. French Theater





# Lewis Main- McChord Field Commissaries



## The Fisher House Scholarships for Military Children Program is accepting applications December 16 2019 - February 24, 2020

Scholarships awarded to each store!

**ELIGIBLE :** Children of active duty, reserve/guard, or retired military personnel may apply for a scholarship under this program. Eligibility will be determined by Scholarship Managers; it is not the responsibility of store personnel to monitor eligibility. Scholarship Managers will screen the completed applications, not DeCA or Fisher House. Students with questions regarding the application should contact Scholarship Managers directly at (856) 616-9311 or [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com)

- Applications will be submitted online only between December 16, 2019, and February 24, 2020.
- Scholarship Managers will notify recipients of their selection. This notification will be prior to the store director's notification, which will be on or about May 15, 2020. Results will be posted on the scholarship Web site at [www.militaryscholar.org](http://www.militaryscholar.org) on or about May 20, 2020.

FOR MORE INFORMATION VISIT: [WWW.COMMISSARIES.COM](http://WWW.COMMISSARIES.COM)





U.S. AIR FORCE



The McChord Commissary  
wants to wish you and your family:



*Welcome to the McChord Commissary and shop for  
the Post Holiday Bargains in our warehouse sale  
from January 16<sup>th</sup> thru 19<sup>th</sup>.*



1/9/2020



U.S. AIR FORCE

# Lewis Main- McChord Field Commissaries



**Weekend GAME day is easy at your commissary. Party trays, Veggie trays, Nacho trays are available. Call to place your order today with 24 hour notice**

## **LEWIS MAIN COMMISSARY**

**Deli department: 253-967-6117**  
**Produce department: 253-967-6680**  
**Meat department: 253-967-5669**  
**All other special orders 253-966-8476/966-8458**



## **McChord Field Commissary CALL 253-982-3285 THEN DIAL THE EXTENSION BELOW**

**Deli/BAKERY department EXTENSION: 3039**  
**Produce department EXTENSION: 3026**  
**Meat department EXTENSION: 3031**







Starting January 2020, the Department of Defense is expanding in-store military exchange and commissary shopping privileges as well as MWR resale facility use to all:

- Veterans with service-connected disabilities
- Purple Heart recipients
- Former Prisoners of War
- Registered primary caregivers in the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers

## Authorized ID Card

### New Veteran Health Identification Card (VHIC)



### Old Veteran Health Identification Card (VHIC)



## Unauthorized ID Cards

### Veteran Identification Card (VIC)



### State and Local Issued Veterans Cards



- This card serves as proof of service in the Armed Forces of the United States and does not reflect entitlement to any VA or DoD benefits under the 10 U.S.C. Section 1065 patronage expansion and is not valid for access to commissary, exchange, and MWR facilities. Only the VHIC will be accepted.







U.S. AIR FORCE

# EXCHANGE™



Lewis Main Burger King is currently going through replacement of their floor tiles and is currently closed. Scheduled reopen end of March 2020



A long awaited Starbucks is scheduled to open in the New Lewis Main Expansion Early April 2020.



FOODCOURT

Food locations will start opening May/June 2020 to include Charleys, Subway, Arbys and Sarku Japan.



Wahlburgers will open 4<sup>th</sup> Quarter 2020 in the newly expanded Lewis Main Exchange Food Court.



U.S. AIR FORCE

# EXCHANGE™



## The Exchange is hiring!

Now accepting applications  
for both entry level and  
crafts and trades positions.



Join Our Team!  
Apply at [applymyexchange.com](http://applymyexchange.com)





# SHORT FUSE SHIPMENTS

- Shipments submitted with less than 5 business days notification
  - Might not get the dates/TSP requested
  - Shipment request are offered out to all TSP's
  - NTSR shipments require 5 business days notification
- Pack/pickup dates must be finalized & entered into DPS NLT 1 business day prior to requested dates
- Our mission is to ensure you and your family's property is handled with the greatest of care and ensure a positive transition to your new location
  - Provide as much advanced notice as possible
  - Provide all possible contact information







U.S. AIR FORCE

# Family Member Scholarships



## Fort Lewis Family Member Scholarship Fund

- Eligibility: Military ID Card Holder and one of the following criteria:
  - Immediate family member (child or spouse) of an active duty Service Member assigned to and residing within a fifty mile radius of JBLM
  - Surviving family member of an Service Member residing within a fifty mile radius of JBLM
  - Family member of a retired Service Member residing within a fifty mile radius of JBLM
- Application can be found at <https://www.fortlewisscholarship.com>
- Application Postmark Deadline: 16 March 2020



U.S. AIR FORCE

# Lewis Community Spouses' Club



Lewis Community Spouses' Club Presents  
*An Evening Of*



**GAMES  
& PAJAMAS**

*February 13, 2020 | 5pm to 8:30pm*

MCCHORD CLUB JBLM		EVENT PRICE \$22
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- Bring some yummy snacks to share at your table.
- Bring any board games you want to play with others.
- Cocktails will be from 5-6 | Games & Dinner 6-8:30
- Wear your Pajamas!

Register Online: [lewiscommunityspousesclub.org](http://lewiscommunityspousesclub.org)



## Upcoming events:

16 JAN Luncheon  
Literary: Book Swap  
Sam Adams, Eagles Pride

13 FEB Luncheon  
Game Night: PJ Party  
McChord Club

13 March ACE  
Night Circus Fundraiser  
McGavick Center, Tacoma

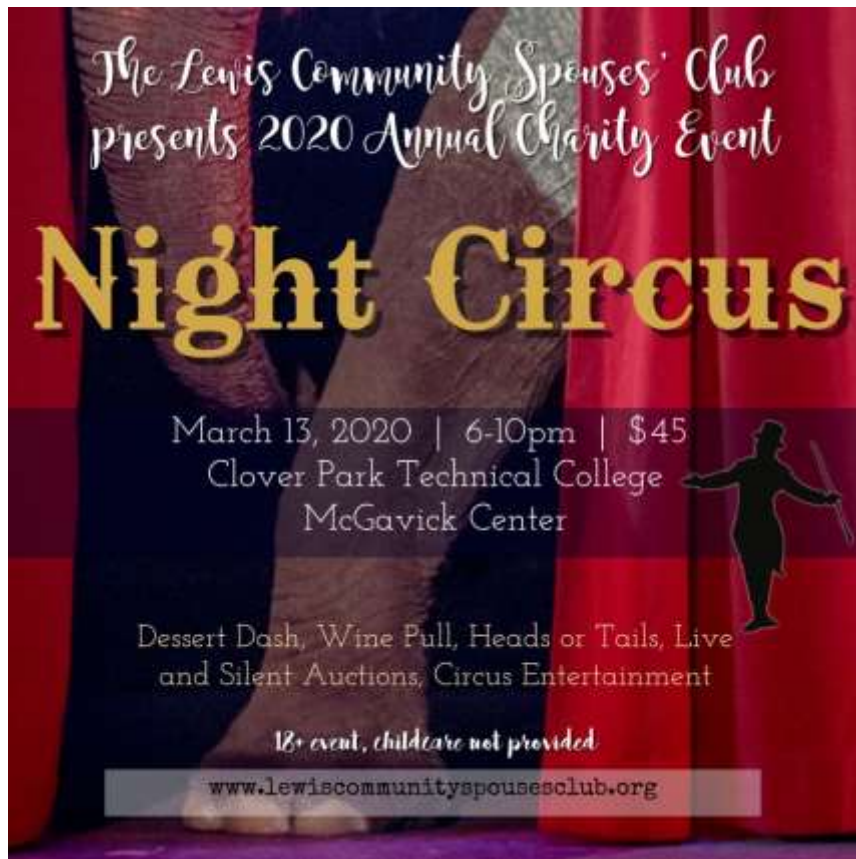
April Nerf Wars Fundraiser  
Date and Location TBD

23 April Luncheon  
Unlock Your Inner Chef  
Sam Adams, Eagles Pride



U.S. AIR FORCE

# Lewis Community Spouses' Club



Last year LCSC raised over \$35,000 at ACE Night to give back to our community through grants and scholarships. We were able to give to the Fort Lewis Family Member Scholarship Fund, multiple Lakes High School athletic teams, the Children's Museum of Tacoma, Operation Homefront, Dogs on Deployment, SafePlace, Wear Blue: Run to Remember, the Buffalo Soldiers Museum, multiple Boy Scout troops, and many more.

**2020 LCSC Community Grant  
Applications due by 29 March**

**[www.lewiscommunityspousesclub.org/community-grants-1](http://www.lewiscommunityspousesclub.org/community-grants-1)**

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.



# JBLM360 QR Code



U.S. ARMY





# Garrison Update

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Next Garrison Update

5 Feb 20 @ 0930

McChord Club

# Garrison Commander Comments



