



U.S. ARMY®



U.S.A.F.



Garrison Community Update

4 March 2020

COL Skye Duncan
JB Garrison Commander
JBLM

Garrison Community Update Agenda



- Welcome – COL Skye Duncan, Joint Base Garrison Commander
- Opening Remarks:
 - MG William Graham, Deputy Commanding General, I Corps
 - Col Brian Collins, Vice Commander, 62d Airlift Wing
- Installation Hot Topics:
 - COVID 19
 - Lewis Main Exchange Renovation
 - I-5 Expansion
 - Election Year Guidance
- Updates
 - Medical
 - Housing
 - Community
 - Recreation
- Next Community Update **1 Apr 20 at Nelson Rec Center**

Link to GCU Video and Slides:

<https://jblm.armymwr.com/view-event/jblm-garrison-community-update/3717906/41270>





U.S. ARMY



Commander's Comments

MG William Graham
Col Brian Collins





U.S. ARMY

Garrison Community Update Agenda



- **Installation Hot Topics:**
 - COVID 19
 - Lewis Main Exchange Renovation
 - I-5 Expansion
 - Election Year Guidance



CORONAVIRUS: COVID-19

CORONAVIRUS UPDATE

SYMPTOMS



cough,
sore throat



diarrhea



headache



difficulty
breathing



runny nose



fever

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health
Organization

BEFORE ARRIVING AT ANY MEDICAL FACILITY FOR TREATMENT: Call your healthcare professional if you develop symptoms, and have been in close contact with a person known to have COVID-19, *OR* if you have recently traveled from an area with widespread or ongoing community spread of COVID-19.



Not sure what to do? Call the MHS Nurse Advice Line 24/7, at no cost to you, to talk to a registered nurse by calling:
1-800-TRICARE (874-2273), Option 1



MADIGAN
ARMY MEDICAL CENTER

Lewis Main Exchange Renovation



- ✓ Old 175,000 sq. ft. Lewis Main Exchange – built in 1995
- ✓ 280,000 sq. ft. renovation – completion o/a 11 Nov 20
- ✓ Larger, modern retail shopping experience
- ✓ New food court includes: Slim Chickens, Subway, Charley's, Arby's, WahlBurgers, Sarku Japan, Auntie Anne's and Starbucks
- ✓ New mall has: military pharmacy, barber shop, optometry and optic center, Petco, MAC cosmetics store, nail salon, beauty salon, floral store, Pro Image Sports, tactical store, UPS, Military Clothing Sales, dry cleaning, alteration service and AAFES Class Six
- ✓ Texas Road House being built adjacent to Lewis Main Exchange



U.S. ARMY



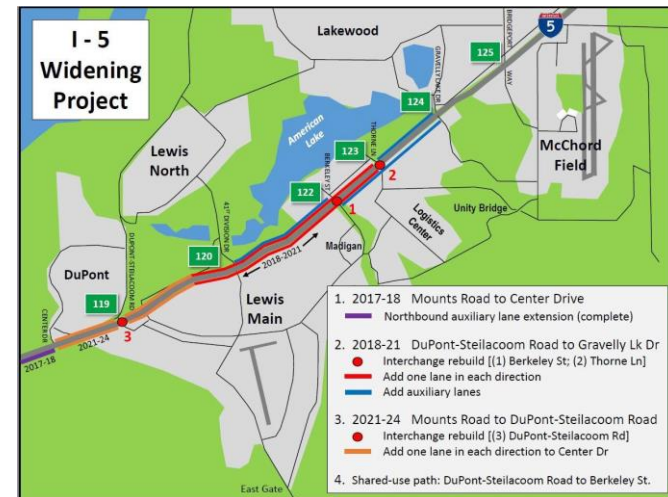
I-5 (Stage-2) JBLM Main/North To Gravelly Lake



Issue: I-5 project goals: To relieve chronic traffic congestion and improve person and freight mobility along I-5 in the vicinity of Joint Base Lewis-McChord while maintaining access to the communities and military installations neighboring the highway.

Background/Discussion:

- ✓ \$495M State funded project to widen I-5 from 3 lanes to 4 lanes in both direction, construct above grade rail road crossing at Thorne, Berkeley, and DuPont, and construct a non-motorized path connecting Tillicum to DuPont. Note: At grade crossing at 41 Div. to remain as is.
- ✓ Schedule:
 - Stage-1. Center Dr. to Mounts Rd. FY17-FY18 (complete)
 - **Stage-2. Thorne Ln. to 41 Div. FY18-FY21 (underway)**
 - Stage-3. 41 Div to Center Dr. (FY21-FY25 (design)
 - Stage-4. Tillicum to DuPont. (FY22-FY24) (TBD)



Madigan Gate/ACP closed
28 February – 3 March 2020

☐ Status:

- ☐ Phase-2 will be complete 1st Qtr FY21
- ☐ Phase-3 construction to start 3rd Qtr FY21



I-5 Final Configuration (Mid to Late March 2020)

- ✓ Madigan Gate/ACP closed 28 February – 3 March
- ✓ Final bridge work: 3-16 March (Opened!)



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Watch closely for the detour traffic signs!!!



Election Year 2020 Guidance

"... We uphold DoD's longstanding tradition of remaining apolitical as we carry out our official responsibilities. Maintaining the hard-earned trust and confidence of the American people requires us to avoid any action that could imply endorsement of a political party, candidate or campaign ..."

Mark T. Esper, Secretary of Defense Feb. 5, 2020

Military members MAY:

- Display political bumper stickers on their POV (one per candidate)
- Place a campaign sign in the yard of their **off-base** residence. **None on-base**
- Contribute (\$\$) to a campaign off-duty; but not at work, and not using govt. resources
- Express personal opinions about candidates or issues when off-duty (but *do not use your govt. position or title*)
- Attend, but not be an active participant, of a political event when off-duty and not in uniform

Military members MAY NOT:

- Display large political sign, banner or poster on their POV
- Engage in partisan political activities or campaigning
- Make a campaign speech or distribute campaign literature
- Organize a political rally or fundraiser
- Serve on a phone bank
- Share social media posts (Facebook, Twitter, etc.) from campaigns or political parties



Election Year 2020 Guidance

Additional Guidance:

- Military or civilians may wear political candidate's campaign t-shirt, button, hat, etc., on base as long as they're not actively campaigning, on duty, or in uniform (i.e., at Commissary, Exchange, Madigan, Armed Forces Day, Freedom Fest, etc.)
- No campaign signs on JBLM (other than a political bumper sticker), and no distribution of political literature by JBLM personnel or campaign staff on base
- Civilian DoD employees may participate in certain political activities, but the extent and nature of their participation is limited by the Hatch Act and DoD policy
- Although civilian employees may engage in political activity, they may never engage in such activity while on-duty, in a Federal building, or with the use of government resources, such as equipment (computers, printers, etc.)
- Service members and Department of Defense civilians are encouraged to exercise their right to vote and participate in our political process within the bounds of existing laws, regulations, and policies

The permitted and restricted behavior described on these slides is not an exhaustive list, and personnel should consult their servicing Judge Advocate with any questions



U.S. ARMY



Garrison Community Update Agenda



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- Updates
 - **Medical**
 - Housing
 - Community
 - Recreation



IN THE NEWS

These Military Medical Facilities Will Stop Seeing Retirees and Military Family Members

By: Karen Ruedisueli

FEBRUARY 19, 2020



Photo by Tech. Sgt. Ave I. Young/Air Force

Approximately 84,000 active duty family members and 110,000 military retiree beneficiaries will be impacted by military treatment facility (MTF) downsizing

BREAKING NEWS

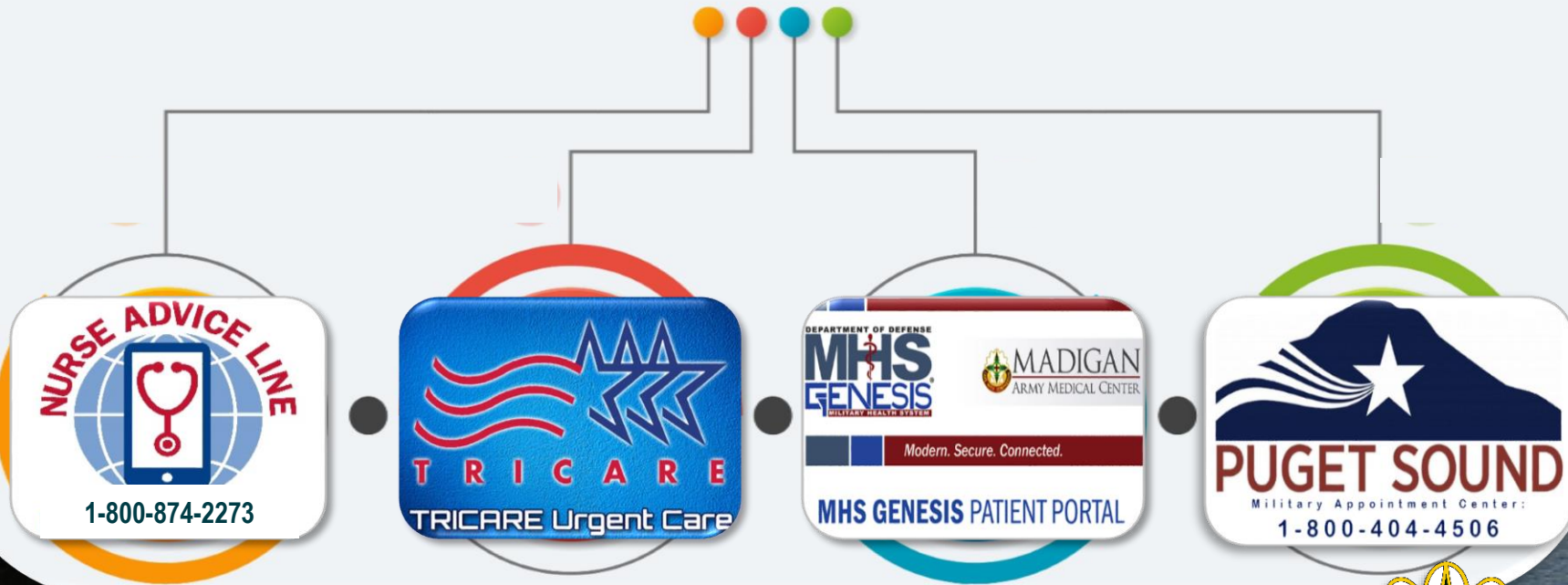
Madigan is not affected by recent reports and ensuing media coverage of selected military treatment facilities' change in patient care. Madigan continues to serve its entire patient population now and into the future providing safe, high quality care.

MADIGAN ARMY MEDICAL CENTER

COMMUNITY UPDATE



Resources Available To Madigan Patients



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



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

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

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

**MADIGAN ARMY MEDICAL CENTER
COMMUNITY UPDATE**





Head & Neck Cancer Screen Drive

20 minutes that can save your life!

Madigan Ear, Nose and Throat Clinic
Apr. 15, 8 a.m. - 1 p.m.



You may walk-in or reserve a slot by calling the Ear, Nose and Throat Clinic at 253-968-6145. *No referral needed.*



MADIGAN ARMY MEDICAL CENTER
COMMUNITY UPDATE

**OPEN
HOUSE**

**Intrepid Spirit Center
Open House
March 19, 2:00p.m. – 4:00p.m.**

Speech Language Pathology:

Demonstration of Cognitive Strategies to Enhance Performance.

Occupational Therapy:

Demonstration of Vision Therapy, Assistive Technology and Driving Simulator.

Traumatic Brain Injury Research Teams:

See what medical research is being conducted on and around JLBM.

Physical Therapy:

Demonstration on Vestibular/Balance Rehabilitation following TBI.

Medical:

Importance of Performance Triad on Brain Health.

Behavioral Health/Neuro-Psychology:

Art Therapy:

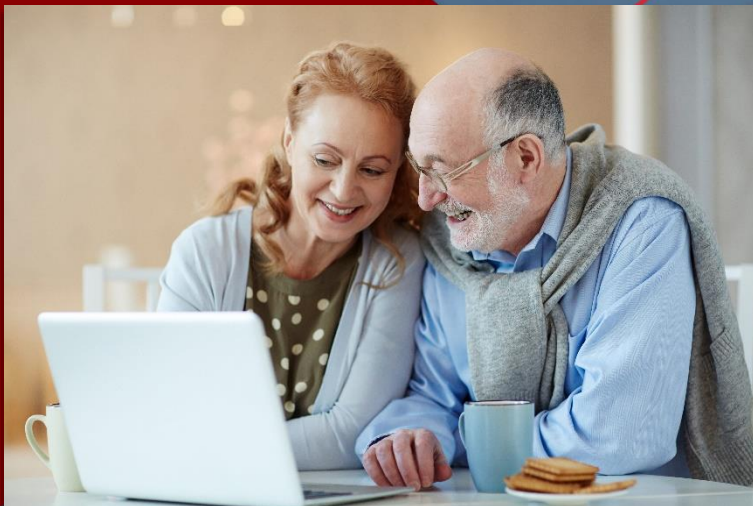
Mask and poetry display, creative café.

Integrative Therapy:

Mindfulness Based Stress Reduction Activities and Yoga Demonstration.

**MADIGAN ARMY MEDICAL CENTER
COMMUNITY UPDATE**





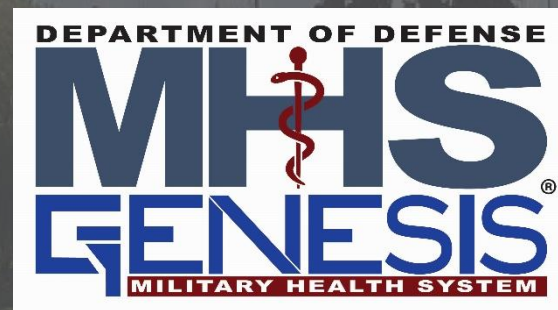
Establishing a DS LOGON is the first step to accessing the MHS GENESIS Patient Portal.

- **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



FOLLOW MADIGAN



Are you following Madigan Army Medical Center on social media? We are active on multiple social media platforms for your convenience. Follow us today to keep up to date on the latest news involving Madigan!



Facebook.com/MadiganHealth
Twitter.com/MadiganHealth
Instagram.com/MadiganMedicine
YouTube.com/c/MadiganArmyMedicalCenter



www.mamc.health.mil

MADIGAN ARMY MEDICAL CENTER
COMMUNITY UPDATE



Garrison Community Update Agenda



U.S. ARMY



- Updates
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 - **Housing**
 - Community
 - Recreation



Moving Out of On-Base Housing



✓ Timely Notice

- ✓ If you do not have orders but know you are leaving contact your Housing District office in your neighborhood
- ✓ As soon as you have orders, notify your Housing District office and schedule an appointment to submit your move out notice

✓ Written Notice to Lincoln (Must be at least 30-days prior to moving out)

- ✓ Bring your orders
- ✓ READ the move out packet that will be given to you
- ✓ Ask questions and be sure you understand what is expected
- ✓ Schedule your **pre-inspection** and **final move out** appointment
- ✓ Sign a **Notice to Vacate (NTV) Form** with your Housing District Office

Have a specific concern? You may request a government quality assurance representative be present during your final inspection by contacting the DPW Housing Branch at (253) 967-2524.





Key and Essential Moving Survey



- Lincoln District Managers conducts a survey for Key and Essential assigned to Broadmoor, Westcott and Meriwether Landing Annually
 - Survey results help project availability and wait times for inbound Key and Essential personnel
- Residents will be emailed a survey link from the District Manager
- Survey is 4 questions and takes about 2 minutes to complete



Joint Personal Property Service Office



U.S. ARMY



STORAGE MANAGEMENT (NTS & SIT)

– Non-Temporary Storage (Long Term Storage)

- Overseas - length of tour
- Retirement - **1 year only** (no extensions for storage)
- Separating - **6 months only** (no extensions for storage)

– Storage in Transit (Temporary storage)

- Initial 90 days authorized for HHG Shipments for military members
- **Must** apply for additional 90 days by contacting JPPSO-NW Storage Management **PRIOR** to storage expired
- Additional storage requests are **NOT** guaranteed. Approvals can take time we request for **30 days** prior to expiration if possible

– Provide **ANY** contact information to avoid conversion of property.

- Emails/phone numbers/in transit address
- Stay in contact with JPPSO-NW Storage management:
usarmy.jblm.usamc.mbx.jppsonw-sm@mail.mil



Garrison Community Update Agenda



U.S. ARMY



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UNCLASSIFIED//FOUO

D/Personnel & Family Readiness



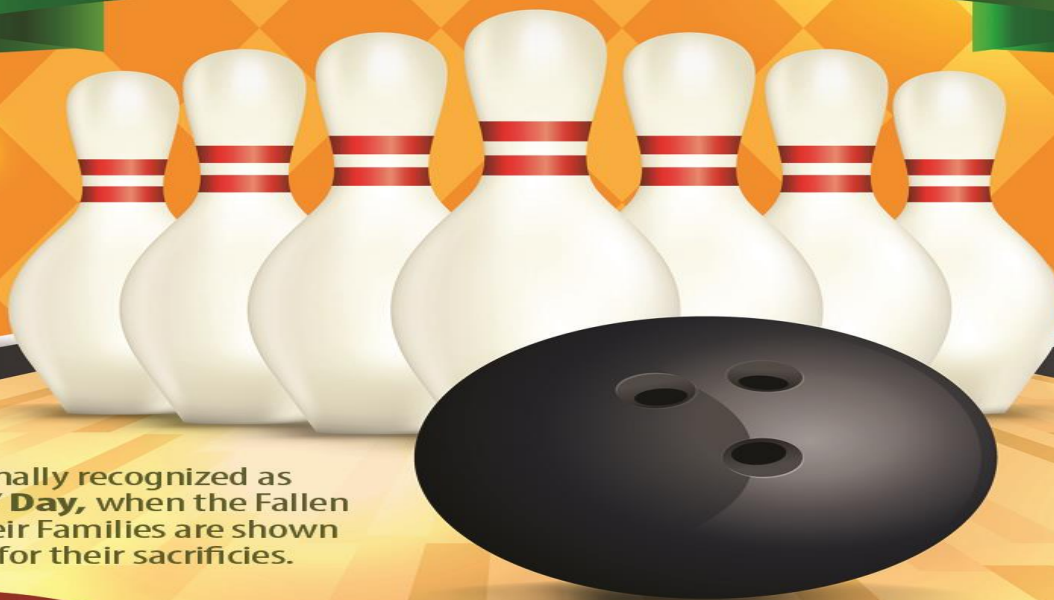
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Joint Base Lewis-McChord



Gold Star Spouses' & Families Day Recognition Event



April 5th is nationally recognized as **Gold Star Spouses' Day**, when the Fallen are honored and their Families are shown our appreciation for their sacrifices.



JBLM DPFR Marketing | February 2020

Sunday
Apr. 5th
.....
Bowl Arena Lanes
2166 Liggett Ave · JBLM Main
2 - 4 p.m.

JBLM Survivor Outreach Services invites our Gold Star Spouses & Families to show off your bowling skills and enjoy free hors d'Oeuvres & beverages at this year's event. To register, please visit:

<https://gold-star-spouses-day-2020.eventbrite.com>



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

JBLM DPFR Survivor Outreach Services provides support & brings Survivors together. For more information about this event, program, or resources, please call 253-477-5848.

UNCLASSIFIED//FOUO

D/Personnel & Family Readiness



U.S. ARMY



JBLM | Directorate of Personnel & Family Readiness

Exceptional Family Member Program (EFMP) &
Service Member & Family Assistance Center (SFAC)

2 0 2 0



Luck o' the Irish



BINGO



FRIDAY
March 13

4:00-6:00 PM

JBLM CARES

6993 Jackson Ave. · JBLM Main

Come Play bingo, socialize, and enjoy snacks!

This event is free for JBLM EFMP & SFAC families, courtesy of our sponsors. Reservations are required as sensory friendly space and bingo prizes/drawings are limited.

EFMP provides support for military Families with special medical & educational needs

SFAC provides compassionate, coordinated services to wounded Service Members & their Families



Registration Required

<https://jblm-efmp-sfac-bingo2020.eventbrite.com>



**JBLM
CARE-S**
Center for Autism Resources, Education and Services



**US FAMILY
HEALTH PLAN**
at PacMed

No Federal Endorsement of sponsors implied



**Questions? Email us through webpage: jblm.armymwr.com/programs/EFMP
jblmdpfr.com | Follow us on Social Media: @jblmdpfr**

D/Personnel & Family Readiness



U.S. ARMY



WE WANT

YOUR
FEEDBACK

**JBLM DPFR is conducting a
Needs Assessment Survey
February 11 - April 14, 2020**

Visit the link below & let us know:

- Which DPFR programs you have utilized?
- What additional services should we offer?
- Are your expectations of DPFR being met?



JBLMDPFRSurvey.com

253-967-7166 · JBLMDPFR.com · Follow us on Social Media: @jblmdpfr



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ARMY EMERGENCY RELIEF

EST. 1942

Annual Campaign

March 1-
May 15





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Recycle Right on JBLM



Empty, clean and dry

Empty out liquids, rinse or scrape out food residue, make sure paper and cardboard are dry, and keep your recycling bin closed to shut out rain.



Keep recyclables loose, **do not** bag them



Not everything can be recycled

Even items that have the recycling symbol may not be accepted for recycling in your program or even in the state.



Protect Stormwater on JBLM



U.S. ARMY



March 22 is World Water Day-

- Let's do our part on JBLM to be mission ready
- Only rain down the drain!

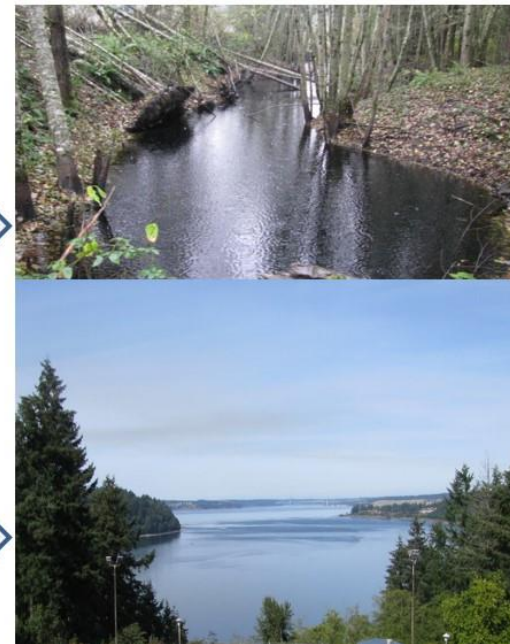


If it goes in there

It ends up here

If it's on the ground

It's in our water



Follow SustainableJBLM on



GO Lewis-McChord



U.S. ARMY



GO Transit:

- Ride for **free** around JBLM!! Shuttle runs during Duty hours and on DONSA's.
- Route information on website!
- Connect with Sound Transit and Pierce Transit for travel to DuPont, Lakewood, SeaTac Airport, Seattle and more.

GO Rideshare:

- Leave your POV at home and save money by commuting to JBLM in a vanpool. Only need 3 riders to get a vanpool started!

GO Bike•

- **Free** bike checkout for use on and around JBLM for up to 14 days for free.



www.GOLewisMcChord.com

Follow SustainableJBLM on



JBLM Religious Support Office



U.S. ARMY



U.S.A.F.

National Day of Prayer Breakfast

at the
McChord Club

07 May 2020 from 0700 to 0830

Tickets will be presented at entry—Donations will be accepted at the entrance





U.S. ARMY



U.S.A.F.

Catholic Lenten/Easter Services & Events

MARDI GRAS FAT TUESDAY DINNER & BINGO – 25 February | 1730 @ MPC

ASH WEDNESDAY MASS – 26 FEBRUARY

1200 & 1730 @ MPC | 1200 @ MC#2 | 1130 & 1630 @ MAMC

FRIDAYS OF LENT – STATIONS OF THE CROSS – 28 FEB; 6, 13, 20, 27 MAR; 3, 10 APR

1630 @ MAMC | 1730 @ MPC (followed by Soup Suppers hosted by CCD classes)

First Confessions on 28 February 1730 @ MPC

Confessions available 1730-1900 every Thursday from 27 FEB until 2 APR at MPC

Lenten Bible Study based on the book "Fulfilled" – Thursdays 5 MAR through 2 APR, 1830-1930 @ MPC

HOLY WEEK

PALM SUNDAY (distribution of Palms) – 5 APRIL

0845 – Regular MPC 0900 Mass will begin early this day; 0900 @ MAMC; 1030 @ MC#2; 1200 @ MPC

HOLY THURSDAY – 9 APRIL

1700 – Mass of the Lord's Supper @ MPC

1700 – Maundy Thursday (Washing of the Feet) @ MAMC

GOOD FRIDAY – 10 APRIL

1500 – Good Friday Service @ MAMC

1700 – Celebration of the Lord's Passion @ MPC

HOLY SATURDAY – 11 April

1700 – Holy Saturday Service @ MAMC

Sunset/Dusk – Easter Vigil @ MPC

EASTER SUNDAY – 12 APRIL

Regular Services Schedule

Easter Egg Hunt follows 0900 MPC & 1030 MC#2 Masses

Chapel Abbreviation Key:

**MAMC – Madigan Army Medical
Center Chapel**

MC#2 – McChord Chapel #2

MPC – Main Post Chapel

Like us on Facebook: [RomanCatholicJBLM](#)



Collective Protestant Lenten/Easter Services



ASH WEDNESDAY

ASH WEDNESDAY – 26 FEBRUARY 2020

1200: Ash Wednesday Worship @ Four Chaplains Memorial Chapel



MAUNDY THURSDAY

MAUNDY/HOLY THURSDAY – 9 APRIL 2020

1900: Maundy/Holy Thursday Worship @ Lewis Main Chapel



GOOD FRIDAY

GOOD FRIDAY – 10 APRIL 2020

1900: Combined Protestant Good Friday Worship @ Lewis Main Chapel



EASTER SUNDAY

EASTER SUNDAY – 12 APRIL 2020

0600: Easter Sunrise Service @ Watkins Parade Field

Join us after worship for breakfast across the street at Main Post Chapel (Fellowship Hall).

0615: Easter Sunrise Service @ McChord Chapel #1

Religious Support Office

www.jblm.army/ReligiousSupport

Facebook @JBLMReligiousSupport

253-967-3718

**JOURNEY TO THE
RESURRECTION**





U.S. ARMY



U.S.A.F.

The McChord Commissary
welcomes you in the lucky month of:

March

Celebrate the month of St. Patrick with us.
Enjoy our Kellogg's sale this month from
13-15 March!





U.S. ARMY

Lewis Main Commissary

St. Patrick's Dinner:



U.S.A.F.

MARCH



Create a St. Patrick's Day Feast
with our "one stop shopping".

- **Corned Beef, Cabbage, Carrots, Potatoes.....**



Lewis Main Commissary....Where your savings add up!





EXCHANGE™



Lewis Main Exchange

07 Mar 20	Disney princess and Frozen Kids Play Day	1000-1400
12 Mar 20	Info book at Pacific Path Deployment Fair	0900-1400
14 Mar 20	Dr Seuss's Birthday Kid's Play Day	1300-1500
17 Mar 20	St Patrick's Day: Luck of the Irish Spin Game	1200-1300
19 Mar 20	Info book at Pacific Path Deployment Fair	1500-1800

McChord Main Exchange

07 Mar 20	Frozen 2 Event with Hasbro	1000-1400
12-13 Mar	Two Day Philosophy Event	1100-1500
14 Mar 20	Paint a Shamrock Cookie	1000-1400
21 Mar 20	Slam Dunk – Kids Basketball Event	1000-1400
28 Mar 20	Outdoor Living GRAND Opening	

**Check local dates throughout the month for new items,
tastings, sweepstakes and promotions at your
Exchange Express and Troop Stores!**

JOIN THE EXCHANGE TEAM!

**ARE YOU A VETERAN OR
SERVICE-CONNECTED
DISABLED VETERAN WITH
A SMALL BUSINESS?**

The Exchange provides opportunities for veteran-owned businesses to stay connected to their military community.



"After I retired from the Army, the Exchange gave me the opportunity to work for myself."

~MASTER SGT. FRANK JOHNSON, USA, RET.

**Contact our Services Business Office for
more information: (253) 964-5122**



FAMILY > SERVING < FAMILY

...because there are times when we all need a helping hand.

Your contribution provides critical support to fellow
★★★ military members and their families. ★★★

Army Emergency Relief - OR - Air Force Assistance Fund



www.aerhq.org

Ask cashier for more details.

www.afassistancefund.org





EXCHANGETM



Located upstairs at
the Log Center,
Bldg. 9503



Now Open!
Self-Serve Micro Market



Featuring hundreds of
Snacks, Meals and
Beverages to satisfy
any cravings anytime
of the day

Check it out!
Located upstairs at
JBLM Logistic Center
Bldg. 9503
Open Building Hours
Monday-Friday



Download the Canteen App and pay by phone



**BUFFALO CHICKEN
PIZZA**


Inside your Liberty Express





only **\$10.99**
HERE FOR A
LIMITED TIME

Available for a short time
at your Liberty Express,
Bldg. 6038


Enter to Win
with
Trolli



Enter for a chance to Win
**ONE (1) of FIVE (5)
\$300 Exchange
Gift Cards**

EXCHANGE



Enter March 1- 31, 2020 at
www.shopmyexchange.com/sweepstakes





EXCHANGE™



**Lane Closure to
Lewis Main Exchange
24 Feb – 8 May 2020**



Lewis Community Spouses' Club



The Lewis Community Spouses' Club
presents 2020 Annual Charity Event

Night Circus

March 13, 2020 | 6-10pm | \$45
Clover Park Technical College
McGavick Center



Dessert Dash, Wine Pull, Heads or Tails, Live
and Silent Auctions, Circus Entertainment

18+ event, childcare not provided

www.lewiscommunityspousesclub.org

Upcoming events:

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

14 May Luncheon
Happiness Blooms from Within
Sam Adams, Eagles Pride
*Induction of 2020-2021 Board

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

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.



Fort Lewis Family Member Scholarship Fund



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. ARMY

Garrison Community Update Agenda



- Updates
 - Medical
 - Housing
 - Community
 - **Recreation**



MWR Happenings



U.S. ARMY



JBLM Shamrockin' 5K
 & Leprechaun 1K

Costume contests • Kids' crafts
 • Face painting • Balloon art

Register for the 5K by March 16 to get Irish stew and a beverage; register by March 11 to also get a custom race T-shirt!

The first 400 to register for the 5K receive a custom pint glass (for ages 21+)

All race packets include a finisher's medal & collector's race bib.

Registration at
JBLMraces.com

Saturday, March 21 at McChord Club
 700 Barnes Blvd., McChord Field

Operation Rising Star

Prizes
 1st: \$500
 2nd: \$250
 3rd: \$100

Free to enter!

737 Jackson Blvd. | Info: 253-223-9117

Sounders Lanes
 Fridays, 6 pm

March 13: Sign Ups & Auditions
 March 20: Round 1
 March 27: Round 2
 April 3: Finals

Categories: vocal performers, singers, rappers & spoken word

Open to all active duty Service members but anyone can come and support.

2019 Winner Angel Santana III

JBLMmwr

NORTHWEST ADVENTURE CENTER

BYE WINTER

BUY winter & spring clothing & gear at up to 20% off at the NAC 9 a.m.-5:30 p.m.

SALE MARCH 6-7

8050 NCO Beach Rd., Lewis North • 253-967-7744

- **UFC 248** 7 Mar @ McChord Club, Sam Adams Cascade & WZ
- **St Paddy's Day Party** 13 Mar @ Sam Adams Cascade

- **Apex Legends Tourney** 14 Mar @ WZ & WZ Annex
- **Music in the Library** 23 Mar, 1000-1130, Grandstaff
- **Spring Flea Market** 28 Mar, 0900-1300 @ Wilson Fit Ctr





MWR Happenings

UNCLASSIFIED//FOUO



Seattle Mariners
Home game tickets
are for sale at
Leisure Travel Services!

Call 253-967-3085/2050
or 253-982-2206 for details.

JBLMmwr

Texas Rangers
Thursday, March 26, 1:10 PM
Opening Day
\$64

Boston Red Sox
Saturday, April 11, 6:10 PM
Kyle Seager Bobblehead
\$48

Detroit Tigers
Saturday, May 16, 6:10 PM
Salute to Armed Forces Night
\$42

Atlanta Braves
Saturday, May 30, 7:10 PM
Marco Gonzales Bobblehead
\$48

Kansas City Royals
Sunday, June 21, 1:10 PM
Father's Day
\$46

Philadelphia Phillies
Friday, July 3, 7:10 PM
Fireworks
\$48



SEE THE 2019 MLS CUP CHAMPIONS!

SEATTLE SOUNDERS FC

LTS Price: \$42-\$45
Section 126 Row S, T & JJ

Enter one of
18 drawings for
Sounders FC swag!
You could win an
autographed jersey,
scarf or more!
See staff for details*

2272 Liggett Ave. 253-967-3085/2050

*No purchase necessary. Open to DOD ID cardholders ages 18 and up.

Chicago Fire
Sun. March 1, 12:00 PM

Columbus Crew SC
Sat. March 7, 7:00 PM

FC Dallas
Sat. March 21, 7:00 PM

Vancouver Whitecaps FC
Sat. April 18, 7:00 PM

DC United
Sat. May 2, 2:30 PM

Colorado Rapids
Sat. May 9, 7:00 PM

Montreal Impact
Wed. May 27, 7:30 PM

Real Salt Lake
Sun. May 31, 3:00 PM

Sports & Fitness Update

- Kimbro Pool – Leaks repaired!– awaiting approval inspection
- Wilson Fitness Center – 24/7 access online!
- McChord Main Fitness Center – courts closed through 12 Mar for floors
- Aquatics Hiring Fairs 13 Mar & 3 Apr
- McVeigh Fit. Center – racquetball courts closed 13 Mar-8 Apr for floors
- Commanders Cup 10-miler – 10 Apr, Scouts Out Gate



MWR Happenings



U.S. ARMY



U.S.A.F.

Coming in April

2 Apr	Kids Fest	McChord Club
3 Apr	Trivia Night	Sam Adams Cascade
11 Apr	Easter Dash	Cowan Stadium
12 Apr	Easter Brunch	McChord Club

Coming in May

2 May	Open House/Movie Night	NW Adventure Ctr
2 May	Latin Night	Sam Adams Cascade
5-6 May	Pitch, Hit & Run	CYS Practice Fields
9 May	Down & Dirty Run	Soldiers Field House
16 May	Armed Forces Day	Cowan/Memorial Stad



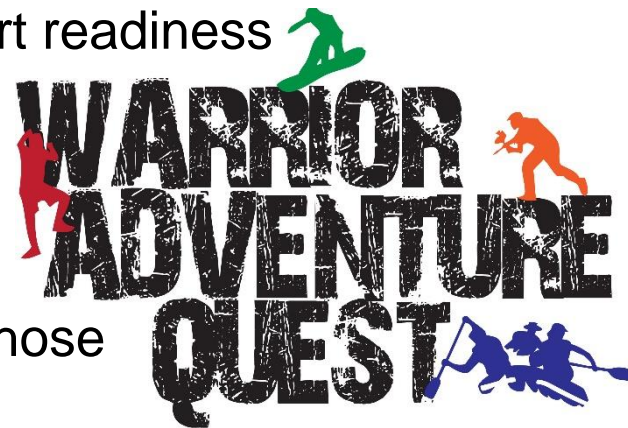
Warrior Adventure Quest (WAQ)



U.S. ARMY



- Army Outdoor Recreation program through MWR
- Provides Service Members w/high-adventure activities during the duty day to boost resilience & support readiness
- Designed to introduce redeployed Service Members to adrenaline-pumping activities as alternatives to potentially destructive behaviors
- Now caters to troops in training: Beneficial for those preparing for/returning from deployment
- Sharpens outdoor skills to assist with mission readiness
- Provide alternatives to high-risk behaviors during off-duty time
- Combines events such as paintball, mountain biking, climbing, paddling, mountaineering & whitewater rafting with resilience & readiness training, & leader-led after action debrief (L-LAAD), developed by Army medical professionals



BOSS

February Events.....

- **1 Feb Chinese New Year:** BOSS took single service members to the Chinese New Year festival in Bellevue.
- **1 Feb Thrift Store:** Volunteers went to JBLM Main Thrift Store and assisted with sorting, organizing items that have been donated.
- **4 Feb Suits for Service Members:** Volunteers helped the ladies of AUSA reorganize their building after a flooding.
- **8 Feb Axe Throwing:** BOSS took single service members axe throwing in Seattle.
- **17 Feb Olympic Curling:** Single service members used their physical strength and athletic prowess to knock the opponents rocks out of the ring.
- **19 Feb Nutrition & Cooking Class:** BOSS took single service members to the commissary to learn different foods that are healthy .





BOSS

March Events.....



- **3 Mar 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. **Volunteers Needed: 5**
- **7 Mar Ceramics at Arts & Craft:** BOSS will be heading over to McChord Field to find our inner Bob Ross at their Arts & Craft Center. **Slots Available: 15**
- **7Mar Thrift Store:** 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**
- **16-22 Mar Scuba Diving Class:** Warn your open water scuba certification at the Northwest Adventure Center and gain new skills as well as a new hobby with the BOSS. **Slots Available: 8**
- **21 Mar Hockey Game:** Experience the high adrenaline, blood pumping sport of hockey. **Slots Available: 20**
- **25 Mar Nutrition & Cooking Class:** Want to learn about healthier eating habits and/or how to prepare meals? We got you covered. Learn for a register dietitian and follow 92G battle buddy. **Slots Available: 20**
- **28 Mar Motor Cross Event:** It's fast and it's loud! Come join BOSS for an exciting night out as we see professional motor cross racer do what they do best and live life in the fast lane. **Slots Available: 24**



JBLM360 QR Code



U.S. ARMY



Next Garrison Update

1 Apr 20 @ 0930

Nelson Rec

Link to GCU Video and Slides:

<https://jblm.armymwr.com/view-event/jblm-garrison-community-update/3717906/41270>





U.S. ARMY



Garrison Commander Comments

