

# FOCUS

JANUARY 2022



## Stay heart happy, heart healthy

Pages 14-17

Who's up for snow trips?

Pages 8-11

How to build your  
running stamina

Pages 22-23

Where to find good  
food & relaxation

Pages 24-25

Lighten winter doldrums  
with reading fun

Pages 32-35

Join youth activities & sports

Pages 38-43



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WHITENING  
FOR LIFE!\***

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# #exploreJBLM



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NOTE: Events mentioned in this issue may be canceled or revised after publication date. For current updates, visit <https://jblm.armymwr.com/promos/covid>.

# FOCUS



IN THIS ISSUE

## TABLE OF CONTENTS



8

---

WHO'S UP FOR  
WINTER FUN?



18

---

RESOLVE TO BE FIT



24

---

WE OFFER FUN &  
RELAXATION



FEATURES

14 Be heart healthy, heart happy

Our resolve at JBLM MWR is to improve your morale, look out for your welfare and give you ways to recreate. For the new year, we've brainstormed some ways to help keep you healthy and motivated throughout your stay with us at JBLM.

22 How to build your running stamina

If you're new to running and want to make it your goal to participate in JBLM races this year, here are some tips to begin your new running program. Since our races are typically 1K or 5K, train for a 1K first and work your way up to a 5K.



28

WHAT SUPERPOWER  
WOULD YOU WANT?



32

LIGHTEN WINTER  
DOLDRUMS THROUGH  
READING



40

SIGN UP FOR SPRING  
YOUTH SPORTS



**JOIN**  
the MWR  
**TEAM!**

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JBLMmwr



# *Anyone can apply!*

## **Benefits:**

- Shopping privileges at the Exchange.
- Gym and pool access.
- Full access to leisure activities (bowling, golf, skate parks, beachside picnic areas, on-base dining, special events and festivals).
- Discount tickets to popular attractions across the U.S., movies, sports and more.
- Affordable recreational rentals.
- Access to MWR ranges, marina, cabin rentals, travel camps and more.
- Use of self-help auto center, arts & crafts center, library programs and more.



**[USAJobs.gov](https://www.usajobs.gov)**



# What does MWR do for you?

Meet MWR employees who serve with you in mind

**F**amily Child Care at JBLM is Mineola Marshall's profession as director, trainer, USDA inspector and administrative manager. She fills a lot of shoes and roles at the FCC office — and brings passion about child care to her work each day.

"I absolutely love children and working with their parents," Mineola says. She has invested 25 years in Child & Youth Services and 23 years in helping FCC providers get a smooth start by training them to be professionals in their Army-sponsored home child care businesses on base.

"The interaction I have when I visit a provider's home lifts my spirits," Mineola says. "I get to see how providers enjoy the children in their care and really understand how to run a successful business."

Mineola says that the COVID-19 challenges haven't affected the quality of care FCC children receive. In fact, it has improved, due to the sanitation and COVID mitigation strategies FCC providers have in place at their doors.

A challenge that the FCC program does face is illegal full-time child care. "I hear about unofficial child care at JBLM," says Mineola. "What

many parents don't understand is that those homes don't have the background checks, training, curriculum support and oversight that authorized FCC homes do. FCC homes are visited regularly by the FCC director and fire, safety and health inspectors. They also provide teaching and learning experiences tailored to each age group. As a parent, I would wonder how safe my child would be outside of an FCC home."

Mineola encourages those who love children and want to set up a child care business at JBLM to get in touch with her. "We can help those who want to start a child care business at JBLM to not only become proficient at running their business but also to better their lives and futures while in the program."

The advantages of the FCC program are exceptional:

Training, supplies, coaching and support are free for providers. FCC partners with each provider to provide high-quality child care and create a long-lasting career with resources for continued professional growth. No matter where providers PCS, their career moves with them.





*JBLM Public Affairs*

Providers will always have clients provided by FCC, and the program allows providers to fit their schedules to what suits their family's stage of life. While FCC providers must care for a minimum of two children, each provider determines the type of care they offer, whether it's full-time infant care, before- and after-school care or anything in between.

To help set goals for children and develop plans to help each child meet appropriate milestones, all providers have access to Teaching Strategies Gold, an online curriculum tool. Providers also have the opportunity to pursue

a CDA credential or NAFCC accreditation, at no cost to them, to further their career and set them up for success.

One bit of advice Mineola gives to parents is to "look at your kids as the special kids they are. You want to keep them safe while you're at work, so please use CYS FCC child care."

If you are aware of unauthorized in-home child care taking place at JBLM, please call the FCC office so they can take appropriate action to keep our children and families safe.

The FCC Office is at 2275 Liggett Ave. at Lewis Main. Questions? Call 253-967-3039.

# Who's up for outdoor winter fun?

**T**he outdoor recreation program is loving winter with this month's activities. While seasons and types of recreation change, the fun always remains! Trips and tours description and registration is available at [JBLM.armymwr.com](http://JBLM.armymwr.com). Here's what we've planned for January.

## Float the Skagit River to view eagles

The banks of the Skagit River teem with life as our national bird, the bald eagle, weathers the winter by feeding on abundant salmon. Join us Sundays, Jan. 2 or 23 or Saturday, Jan. 15 for this spectacularly scenic float over 8 miles down the calm waters. Keep your cameras handy for the birds!

Ages 8 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$65 cost includes transportation, equipment and guide.

Pack lunch, water and a camera and wear winter clothing.

## Snowshoe the Cascades

Explore the dazzling winter landscape blanketing the flanks of the Cascades Saturday, Jan. 8 or Sunday, Jan. 16. Snowshoeing gives you the perfect way to explore with both flotation and traction! The trip leader will determine the location and distance, depending on snow conditions. Plan for 3–5 miles on forested trails.

Ages 12 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$45 cost includes transportation, equipment and parking fees.

Pack meals, water, waterproof boots and extra layers of winter clothing.







### **Women's snowshoe in the Cascades**

Women and girls are invited to sign up for Saturday, Jan. 8's snowshoe trek. Come enjoy a day in the snow with other women outdoor enthusiasts and take in the beautiful sights of snow covered mountains! The trip leader will determine the location and distance, depending on snow conditions. Plan for 3–5 miles on forested trails.

Ages 12 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$45 cost includes transportation, equipment and instruction.

Pack meals, water, waterproof boots and winter clothing.

### **See Leavenworth sparkle with fun**

Leavenworth is the go-to winter tourist spot for Bavarian food, shopping and fun. Let us drive you to this delightful village nestled in the Cascades Sundays, Jan. 9 or 16 or Saturdays, Jan. 22 or 29!

This family-friendly trip is open to all ages (with parent or guardian supervision for minors). The \$55 cost includes transportation and parking fees.

Wear warm, layered clothing and bring money for shopping and meals.

### **Take the ski shuttle to Snoqualmie**

Let us drive you to Snoqualmie Pass for skiing and snowboarding without the hassle of winter driving, finding a parking place or beating the crowds.

We'll be driving up Sundays, Jan. 9, 16 and 30 and Saturday, Jan. 22. The staff driver will drop you off at the lift site and provide shuttle support to and from the mountain.

Passengers must purchase your own lift tickets online before registering for our shuttle. Ski and snowboard rentals are available at Northwest Adventure Center or Adventures Unlimited with a 50% discount for shuttle pas-

sengers.

The shuttle is open to all ages (with parent or guardian supervision for minors) and costs \$35 for transportation.

Wear warm, layered clothing and bring your purchased lift tickets.

### **Cross-country skiing for women**

Looking for a fun way to get outdoors in the winter months? Cross-country skiing offers a great way for outdoor enthusiasts of every skill level to get out and explore winter.

Sunday, Jan. 23, we'll explore the beautiful groomed trails that the mountains offer. Cross-country skiing doesn't require special skills and has a small learning curve, making it the perfect outdoor activity for everyone.

Ages 16 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$65 cost includes transportation, skitouring equipment and instruction.

Wear ski clothing layers, and bring a day-pack with sunglasses, food, water and extra clothing.

### **Learn how to camp in snow**

Winter and cold weather add unique challenges to any camping or backpacking trip. Jan. 29–30, join our instruction team and learn how to make a comfortable home for yourself out in the snow!

We'll start at the trailhead with a quick intro to snowshoeing and then head out on our winter wonderland overnight trip.

Our goal is to teach safe snow travel techniques and practical winter camping skills for use in every cold-weather situation, from car camping to long-distance backpacking.

Ages 16 and older (with parent or guardian supervision for minors) are welcome to sign up. The \$125 cost includes transportation, equipment and instruction. Contact the ODR staff for a full itinerary and packing list.







# SPORTING CLAYS

## 100 TARGET SHOOT



### Shotgun Shooting Complex

Park inside Scouts Out Gate & walk out to the range, or travel from East Gate Road through the training area.  
For more info, call 253-967-7056.

### SATURDAYS

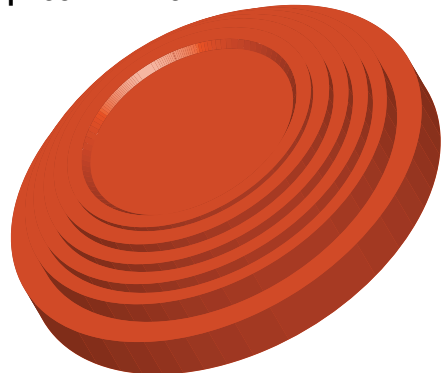
## Jan. 15 | Feb. 19 | March 19 | April 23

**Register: 9 a.m.–12:15 p.m. • Shooting starts: 10:30 a.m.**

**Entry Fee: \$35 for nonregistered shooters; \$42 for registered shooters.**

**3969 2nd Division Range Rd. | 253-967-7056**

Note: All guns brought onto any part of JBLM must be registered at Waller Hall or the Visitor Control Centers in accordance with JBLM 190-11. New gun registration form can be acquired by accessing installation link <https://home.army.mil/lewis-mcchord/index.php/my-Joint-Base-Lewis-Mcchord/all-services/vehicle-weapon-registration> and filling out HJB FORM 816-1. Type or print legibly all information and read back side of the form (Do not bring firearms into the building). Visitor Center personnel will provide further direction and guidance to complete the registration process. Personnel are responsible for ensuring that guns being transported are not loaded and in a soft or hard gun case. Ammunition will be stored separately and all items will be located out of arm's reach (e.g., trunk, back seat, etc). Individuals having guns are to go directly to the firing range and are restricted from stopping at installation facilities including, but not limited to: Lewis Exchange, Gas Station, etc.



JBLMmwr



## Classes & instruction

### Learn how to rock climb indoors

Learn the basics needed to start rock climbing on Adventures Unlimited's indoor climbing wall Fridays, Jan. 7 and 21, 6–8 p.m. The course provides a comprehensive introduction to top-rope climbing, including how to secure a harness, tie in as a climber, complete the proper system checks and communicate with your climbing partner.

You'll also learn how to belay (manage the rope in order to keep the climber safe), catch a fall and lower your climber back to the ground.

This course is open to ages 14 and older with parent or guardian supervision for minors. Perfect for new climbers, the \$25 cost includes rental gear.

Register by calling 253-982-2303. Adventures Unlimited is at 739 Battery Rd., McChord Field.

### We also teach kids' rock climbing

Join our climbing instructor each week to work on fitness and climbing techniques for

bouldering and sport climbing on our indoor climbing wall. Techniques include belaying, verbal commands, footwork and knots.

Kids ages 5–12 will work as a group while having the opportunity to advance in skills at their own pace.

Class dates are Thursdays, 5:30–7 p.m. The course costs \$125 and consists of eight classes Jan. 6–March 3. Parents or adult guardians must remain on site during each class.

### Get certified in scuba diving

Escape gravity with JBLM scuba courses! Take beginning, intermediate or advanced scuba classes for less than half the cost of what the region has to offer.

For beginners, the 5-star PADI-certified instructor starts you off in the pool. Only when you master basic skills will you be headed out to the Puget Sound for open-water dives to complete your certification.

Questions about the next scuba course? Call Northwest Adventure Center at 253-967-7744.



*Brittany Catanzaro*



Note: These trips and classes may be filled or canceled after the publication date. To check on availability, call 253-967-7744 or 253-982-2206.







# Heart healthy, heart happy

Here are five ways to have a more positive year

By Patti Jeffrey

**O**ur resolve at JBLM MWR is to improve your morale, look out for your welfare and give you ways to recreate. For the new year, we've brainstormed some ways to help keep you healthy and motivated throughout your stay with us at JBLM.

## 1: Do what you love, love what you do

You might not have your exciting dream job, but you can create a sense of purpose in what you do. There's a story about several men at a construction site who were asked what they were doing. One man replied that he was laying bricks, a second said he was building a wall, but the third said he was building a cathedral. You can sense which man got the most satisfaction from work.

You can find a sense of purpose in just about any activity, whether you get paid for it or not, when you realize you're helping to build something big — from raising children to raising the flag.

If you're looking for a meaningful activity where you can make a difference, try volunteering to coach a youth sports team for JBLM's Child & Youth Services, training to be an FCC provider (if you live on base), applying for a job at our child care centers or volunteering for Better Opportunities for Single Service members.



## 2: Treat your heart to healthy habits

We all know it's hard to quit a bad habit. It's actually easier to start a new habit when you target what you want to stop doing. Your brain doesn't really register what you're not going to do, but

*Continued on next page.*



when you focus on a new goal, such as going to a fitness classes three times a week or eating fresh food instead of fast food for weekday lunches, you can change your lifestyle for the better.

It helps when you know what's readily available. For instance, MWR offers free fitness classes at our fitness centers and lap swims at our pools. If you're just starting out and are a DOD civilian working at JBLM, check out the Civilian Fitness Program with the Army Wellness Center that can tailor your fitness program with measurable goals.

Also check out upcoming virtual fitness events with incentives on [fb.com/JBLMmwr](https://fb.com/JBLMmwr).

Another way to work out is rock climbing. You and your kiddos can learn how to rock climb with our ODR program (see page 13). When you get more confident in all the basic skills, take it outside on ODR rock-climbing trips!

Also find healthy lunch alternatives at our eateries, such as a variety of yummy salads and lighter options instead of fried or fatty foods. See menus at [JBLM.armymwr.com](https://JBLM.armymwr.com) under Dining.

### 3: Find stress-less outlets

Everyone needs time out for fun, rest and relaxation! Our outdoor recreation program is staffed with experts on play — snowshoeing, climbing, scenic touring — however you want to explore the great outdoors in our region. Find upcoming trips on pages 8–11.

Take up a new activity — ceramics with the Arts & Crafts Center, monthly sporting clays at the Shotgun Shooting Complex or MWR fun runs coming this year!

Also turn to the libraries and youth sections for fun family outings, activities and youth sports.



### 4: Create new connections



Creating new connections throughout our lives is the best therapy for relief from the aches and pains of living. If you want some free how-to's, take classes from DPFR to learn how to develop closer relationships with your family, transition more smoothly into new situations, the ins and outs of caring for your first baby and more classes. Visit [JBLM.armymwr.com](https://JBLM.armymwr.com) and look under Home Life, DPFR Programs for their programs and classes.

We also offer free activities that encourage new friendships. For instance, meet with other adult book

lovers at the monthly library book club or bring your kids to our library storytimes and Lego Clubs (pages 32–35). Single Service members can drop in at Warrior Zone after a duty day for gaming or pool tournaments, or on weekends to watch a movie, televised sports or UFC with others (page 24).

## 5: Let go of the ‘what ifs’ & enjoy the moment

When we worry about the future, the joys of today are overlooked. Worry causes our body to stress out and we soon feel overwhelmed. The fact is that we cannot control the future, but we can decide how today will be lived.

The best thing to do with worry? Let go and get going! Go to the movies, go bowling on base, go play at the Warrior Zone, go on a getaway — enjoy whatever happiness today brings.

Before you go, check out discount tickets at Leisure Travel Services (located inside Adventures Unlimited and Northwest Adventure Center), such as vacation packages, select sports, tourist spots and more.

For complete details on MWR activities, visit our website at [JBLM.armymwr.com](http://JBLM.armymwr.com).





# Resolve to be fit

Check out what the Sports, Fitness  
& Aquatics program offers you

## Join a fitness class

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### Choose from variety of fitness options

We're offering a wide variety of fitness classes to capture your interest and challenge you! Shake up your fitness routine and join a class in indoor cycling, indoor cycling paired with yoga moves, cardio kickboxing, strength training, Zumba, yoga or MixedFit! Note that classes are at 50% capacity and participants must wear masks during workouts (as of time of publication).

Find a fitness center near you at JBLM with the schedule of classes at [JBLM.armymwr.com](http://JBLM.armymwr.com) under Sports & Fitness.

## Enter CC Basketball

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### Active duty members can compete in Commander's Cup basketball

Are you active duty military at JBLM and good at competitive basketball? Plan to attend one of the Commander's Cup basketball informational coaches' meetings Tuesday, Jan. 11:

- At noon at Soldiers Field House.
- At 1:30 p.m. at McChord Fitness Center.

Sign-ups end Tuesday, Jan. 18. The season lasts Jan. 25–March 3 with the championship tournament March 8–10.

Each team consists of up to 12 players with five competing on the court. Games are hosted 6–8 p.m. Tuesday–Thursdays evenings.

For sign-up information, call 253-967-6420 or email [usarmy.jblm.imcom.list.dfmwr-sports@army.mil](mailto:usarmy.jblm.imcom.list.dfmwr-sports@army.mil).







## Train to be a lifeguard

### Get in on JBLM lifeguard training & hiring opportunity

Want to become a lifeguard at a JBLM pool? Take advantage of our training courses and hiring opportunities!

Course dates are Jan. 21–23, Feb. 4–6 and March 4–6. Classes will be held Friday, 5–10 p.m., Saturday, 9 a.m.–5:30 p.m. and Sunday, 9 a.m.–5:30 p.m.

To become a lifeguard student, you must be age 15 or older. Call 253-967-5390 to schedule an in-water pretest at least two days prior to the first day of class. The pretest consists of a 300-meter front crawl or breaststroke swim, two-minute tread using legs only and a timed brick retrieval.

Upon successful completion of the pretest, the instructor will email you the blended learning online content and directions to make your \$100 class payment. The payment includes training, pocket mask and certification. You must complete an online course (approximately seven hours) prior to the first day of class. Expect a physically strenuous class with skills work both in and out of the water.

A hiring opportunity will take place following the completion of the lifeguard training course. If you wish to be hired, you'll get help completing an application on site by the instructor. Those who complete JBLM lifeguard training and get hired will receive a \$200 retention bonus after working 100 hours at JBLM.

## Get ready for Fit Club competition

Calling all fitness competitors!  
Enter the JBLM Fit Club functional fitness competition Saturday, Feb. 12 at Sheridan Sports & Fitness Center.

You'll be tested on physical endurance, strength and agility in four competitive divisions (men, women and teams) for both military and non-military DOD ID card holders.

The first- and second-place winners in each division will be awarded a medallion. All participants will receive an event T-shirt.

Registration costs \$15 per person. Find the registration link at [JBLM.armymwr.com](http://JBLM.armymwr.com) under "Sports & Fitness."



Event subject to change/cancellation without notice.



# You can afford to golf!

If you've wanted to golf but didn't want to pay full price, get in on discount winter golfing at Eagle's Pride and Whispering Firs golf courses!

- Practice your swing at heated, covered driving ranges.
- Rent a cart and clubs if you need equipment.
- Find winter greens fees price lists and more at [JBLM.armymwr.com](http://JBLM.armymwr.com).

Want golf lessons to sharpen your swing? Call Eagle's Pride Golf Course for more information.



**EAGLE'S PRIDE**

Located off I-5 exit 116

253-967-6522



**WHISPERING FIRS**  
GOLF COURSE

895 Lincoln Blvd.

McChord Field

253-982-2124

# How to build your running stamina

## Tips for newcomers to JBLM 5K races

**I**f you're new to running and want to make it your goal to participate in JBLM races this year, here are some tips to begin your new running program. Since our races are typically 1K or 5K, train for a 1K first and work your way up to a 5K.

### **Wear the right type of gear**

Your shoes and clothes can either help or hinder you from getting up to speed. If you don't buy the correct shoes for running, you may injure joints or tendons. If you don't wear the right type of clothes, you may overheat or develop a rash from wet clothing.

Buy a pair of running shoes that fit comfortably and are the correct style for the type of running you are doing. Go to a store where staff are knowledgeable about the different types of running shoes they sell.

You'll be starting in cold weather and gradually be training in warmer weather in the spring. You'll need to wear fabrics that wick moisture away from your body and that don't impede your range of motion, continually rub against you or ride up when you're in stride.

The best types of clothes are those that are designed for running. However, you also can

wear gym clothes that are lightweight and close-fitting, such as leggings or jogging pants made from synthetic materials. Wear light layers in winter to keep your legs, knees and feet warm so your muscles don't cramp up. Once the weather warms up, you can switch to looser-fitting clothing to help disperse heat and sweat.

### **Start slow and increase distance gradually**

Start your running program in short distances, increasing the distances gradually until you feel ready to go further. You can combine your runs with intervals of walking to lessen stress on your joints until your muscles develop. Run only as fast as you can comfortably talk. If you're out of breath, slow down.

Aim for consistency rather than speed. Having a regular routine is far better than running until you're exhausted and not starting up again for a week.

### **Change up your training**

Other types of activities that help build the muscle groups in your entire body will not only help keep you from burning out on running,





*Emiliano Hernandez*

but also help with injury prevention. Examples include cycling, swimming, aerobics classes and strength training.

To keep yourself motivated while running, you can change up rest times, running routes, listening to music or running with a partner or group.

### **Other things to consider**

Your running form helps you go farther without injuries. Consult a running expert or those who have running experience to help troubleshoot your form.

Your choices where to run, such as on the road, trail, track or treadmill, will help you in different stages of your conditioning. Before you start on any path, make sure you slowly warm up your muscle groups before you run and cool down with stretching after you run.

Bring water with you on long runs. Hydrate before you run and stay hydrated while you run to avoid cramps and damage to your system. You can become dehydrated even in winter.

Stay focused on your goal and we'll see you on your first JBLM fun run!

Sources: [healthline.com](https://www.healthline.com) and [verywellfit.com](https://www.verywellfit.com).



# We offer more fun & relaxation

## Have fun bowling

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### Enter bowling doubles tournaments

Bowlers of all skill levels can have fun competing with other teams at Bowl Arena Lanes' nine-pin no-tap doubles team tourneys the second Saturday of the month (Jan. 8).

Check in and register at 12:15 p.m., practice 12:45–1 and begin play at 1. Scores are based on three games bowled and partner's scores totaled for placing. The cost is \$60 per team. Questions? Call 253-967-4661.

### Get in on Pizza & Bowling Sundays

Bring your group to Bowl Arena Lanes Sundays in January noon–6 p.m. and receive one large one-topping pizza for \$3 off the regular price (limit two pizzas).

Show your bowling receipt to the Strike Zone Café staff to receive your discount. Pizza redemption must be made on the same Sunday you bowl.

We're located at 2272 Liggett Ave., Lewis Main. Questions? Call 253-967-4661.

## Relax at Warrior Zone

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### Join fun times with us

Want a place to hang out after a duty day or on weekends? Warrior Zone offers games, competitions and recreation for adults:

- Watch pro football playoffs on our big

screens and overhead TVs. Grab a strategic spot after you grab a burger and brew to watch your favorite team.

- Compete for prizes in our pool tourneys Wednesdays starting at 6 p.m.
- Join us for Thursday Trivia every week starting at 7 p.m. — it's free to play! Trivia questions will be displayed throughout the facility and players use your personal devices to answer. Play for bragging rights and café food vouchers. While you're playing, try our café specials!
- Get in on Super Smash Bros. game night Fridays starting at 7. Compete and show off your slick skills with Super Smash Bros. on Nintendo Switch!
- Join us for Anime Night Saturdays at 7.
- Also watch for special guest appearances and live telecasts, such as UFC and boxing. UFC 270 is showing Saturday, Jan. 22 on our big screens and out on our heated covered patio.

### Compete in quarterly pool tourney

Compete for big prizes in our quarterly 8-ball pool tourneys at Warrior Zone! The next tourney is Saturday, Jan. 29 starting at 3 p.m.

Come in and sign up early on the day of the event. Door prizes will be given away throughout the tournament. The first-place winner receives a \$250 VISA gift card, second place is awarded a \$100 VISA gift card and third place receives a \$50 VISA gift card.



*Warrior Zone staff*

The tourney is open to DOD ID card holders ages 18 and older. We're on the corner of 17th and D streets at Lewis North. For more information, call 253-477-5756.

## Drop by McChord Pub

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### Watch UFC at the pub

McChord Pub is open with food and drink specials for Saturday, Jan. 22's UFC 270 fights with Ngannou vs. Gane for heavyweight title and Moreno vs. Figueiredo for flyweight championship. The pub is inside McChord Club at 700 Barnes Blvd. and is open to ages 18 and older.

## Good food done right

---

### Check out Habañero Mexican Grill

When you want something tasty and fresh, think south-of-the-border tacos, burritos, quesadillas, salads, Southwest-style appetizers and more! Habañero Mexican Grill at Whis-

pering Firs Golf Course offers made-to-order alternatives to your usual fast-food drive-throughs for breakfast and lunch.

Enjoy ample seating and casual comfort for dining with physically distanced tables. In a hurry? Call your order in and pick up on your way to work or home.

Habañero is at 895 Lincoln Blvd., McChord Field. Visit [JBLM.armymwr.com](http://JBLM.armymwr.com) under Dining for the complete menu.

### Eat happy at Warrior Zone Café

Warrior Zone Café has something on our menu for nearly everyone's appetites. From hearty burgers and loaded sandwiches to light wraps, we're keeping it tasty!

All DOD ID card holders ages 18 and older can drop in to order your favorites. Whether you like flatbread pizzas, gourmet salads, chicken tenders or other favorite, we offer something for everyone's tastes! Also order up a cold brew or drink to go with your meal.

We're located on the corner of 17th and D streets at Lewis North.

Get creative  
at the

# Arts & Crafts Center

Here's a New Year's resolution that's easy to keep: check out what the Arts & Crafts Center can do for you.

**Need to get something engraved?** Let our master engraver wow you with the results.

**Looking to custom frame family photos?** We have endless options to fit any taste.

**Want to show off your business or unit in style?** Give us your business, unit or command logo or design and choose the garment, style and color and we'll do the rest.

When you work with the us, you get professional staff who are eager to work with you on any project you may have. Step up your game with the Arts & Crafts Center this year!

The **Arts & Crafts Center** is at 1121 Barnes Blvd. at McChord Field. Call 253-982-6719 for more information.

Take a look at our virtual catalog at  
[JBLM.armymwr.com/programs/arts-crafts](http://JBLM.armymwr.com/programs/arts-crafts).



# THE SPARE ROOM!

Your party and celebration room  
(located inside Bowl Arena Lanes)

**The room is available to reserve  
for 3 hours and includes:**



**A) 10 people: \$250 (2 lanes)**

- 3 hrs. of bowling /shoes
- 3 large pizzas (up to 3 toppings)
- 2 pitchers of soda

**B) 15 people: \$300 (3 lanes)**

- 3 hrs. of bowling /shoes
- 4 large pizzas (up to 3 toppings)
- 3 pitchers of soda

**C) 20 people: \$350 (4 lanes)**

- 3 hrs. of bowling /shoes
- 5 large pizzas (up to 3 toppings)
- 4 pitchers of soda



**To reserve, visit front counter  
or call 253-967-4661.**



JBLMmwr



# MWR Question of the Month



***What one unlimited superpower would you want if you could have it?***

Here's what our Facebook followers said.



Savannah: **Shape shifting** (like walking through walls or fitting through tiny holes or whatever)!

Tamia: **Clone power** so I can clone myself for my kids and husband and maybe I'll be able to rest!

Magdalena: The power of **limitless power**.

Jazelle: Power to **change into any animal**. I could fly with the birds or swim with the dolphins. Or even be super playful with ferrets. Or otters.

Sara: **Invisibility**!

Sandy: **Teleportation** ...just to avoid the I-5 Tacoma Dome construction mess.

Renzo: Be **fluent in every language** in the world.

Haleigh: The power to **make anything appear**.

Duncan: Whatever **Superman** has; the ACFT would be a breeze.

Claudia: **Mind control** (so I can control everyone's minds) — yay — I'll become an empress queen.

Melinda: **Superman** (not for me but for my husband). He looks up to Superman and I know that would be an amazing thing.

Clara: **Teleportation**! I was gonna say flying but naaaah, I don't wanna get bugs in my face.

Diana: **Speed**. I could get so much more done in my day so I can have fun time with my family.

Denisse: **Teleportation**.

BobbiLynn: **Mind reading** would be a fun one. Or moving objects with my mind.

Jaylena: **Time travel** for sure.

Chrissi: I would want to have **unlimited knowledge**. How to fix anything, how to make anything, how to handle any situation.

Reyn: The ability to **freeze chunks of time**. I'd go back, spend time with my sister (before her stroke, before she passed), let her know how much I love her. I don't think I

said it enough.

Elba: **Energy** — lol.

Angela: **Superpowers of a wizard**. Just wave a wand to get things done.

Kirsten: **Power over the elements** (earth, air, fire and water). I could provide heat or cold where needed, provide water where there is drought, and travel through the air!

Lilith: **Super intelligence**.

Luis: The ability to **give others common sense**.

Nancy: **Mimicry**, just so I can get everyone's power and have them all.

Rebecca **Invisibility**.

Nicole: **Time stop** or **teleportation**.

Easter: **Teleportation**.

Chee Chee: **Invisibility** for sure. So I can be nosey (haha).

Jess: I've always wanted to **be able to fly**.

Meredith: **Time travel**.

Chris: If I have unlimited superpower, I want to be a "**SuperLove**." I will give my superpower for all mankind to bring love and peace all over the world.

Jessica: **Teleportation**!

Sonja: Superpower to **stop coronavirus**.

Emma: **Telekinesis**.

Rose: **Healing**. The ability to heal others.

Mikyla C.: Captain America's **super strength**.

Lo: The **ability to heal**!

Sarah: **Teleportation** — no traffic or expensive airfare to deal with.

Karen: The **power to heal diseases** and other medical conditions.

Chad: **Ability to heal others**.

Denise: The **ability to heal loved ones** from sickness.

Vandi: I'd have to pick **teleportation**. Not having to buy plane tickets to see people. Imagine the money saved!

Celicia: **Be able to stop someone from harming another human** being before it starts.

## MORE OPTIONS, MORE ACCESS TO CARE!

### TRICARE Beneficiaries, welcome to Doctor On Demand

Available when you are and without the hassle of the waiting room. Connect in minutes with board-certified providers over live video from the safety of home or where ever you might be.

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### TRICARE accepted without a copay

Medical visits with any Doctor On Demand physician are \$0 to make it easier for you to access high-quality, safe care during COVID-19.

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# Lighten winter doldrums with reading fun

See what JBLM libraries  
offer you this month!




**McChord Library**  
851 Lincoln Blvd.  
McChord Field  
253-982-3454

**Grandstaff Library**  
2109 N. 10th St.  
Lewis Main  
253-967-5889

**Book Patch  
Children's Library**  
2109 N. 10th St.  
Lewis Main 253-967-5533





## Special events

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### **Read for fun & prizes in Winter Reading Program**

When winter winds howl, warm up with a good book and join our Winter Reading Program! The reading program runs through Monday, Jan. 31 for all ages. Sign up online at [JBLM.armymwr.com](http://JBLM.armymwr.com) under the libraries pages.

Patrons with youth in third grade or lower can pick up a reading log at Book Patch Children's Library or McChord Library, or you can download it from online. Enter the books read on your log and complete a bingo line to earn prizes (maximum two prizes per reader).

All other ages earn prizes for every two novels or chapter books read (maximum two prizes). Record your progress on your online account.

### **Bring in your stuffed animal to sleep over**

Families are invited to bring your kiddos for a special after-hours pajama storytime 3:30 p.m., Friday, Jan. 14 at JBLM libraries (wear your favorite PJs!). Afterward, leave the stuffed animals overnight and come back to retrieve them the next day and see photos of what they were doing for fun! Children will be given a special keepsake photo of their stuffies' sleepovers with JBLM libraries.

### **Participate in #LibraryShelfieDay**

Wednesday, Jan. 26, come into any JBLM library to take a photo of yourself (you'll be given library swag while supplies last). Post your photo to [fb.com/JBLMLibrary](https://fb.com/JBLMLibrary) to share why you love reading!





*Brenda Camren*



## Fun activities

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### Build at Family Lego nights

We provide the Lego sets and you provide the imagination! Come and get creative at JBLM Libraries' Family Lego Nights at 4 p.m. the first Thursday of each month at Book Patch Children's Library and the first and third Friday of the month at McChord Library.

Families can choose a kit or free-build Lego sets for creative family bonding time. Also look at our collection of Lego books that show you new ways to build.

Join us Jan. 6 at Book Patch Children's Library and Jan. 7 and 21 at McChord Library.

Registration required — call your library for registration information.

## Join teen clubs

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### Make movies at teen film club

McChord Library offers a Teen Film Club for ages 11–18 Mondays at 4 p.m. Learn the art of filmmaking and creating original short films step by step. There's no need to register; just drop in!

### Enjoy library club for teens

All JBLM teens ages 13–18 are welcome to "After-Hours" Teen Club at JBLM Libraries the first Friday of the month, 5–7 p.m. that helps build friendships, leadership skills and teamwork with participation in crafts, activities and more. This month, come out Jan. 7 and join the fun at Grandstaff Library for Bad Art Night!

## Adult book club

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### Take part in discussing books

Come join other adults at monthly book clubs that meet at McChord Library the second Thursday of each month at 4:30 p.m. (Jan. 13) and second Friday of the month at Grandstaff Library at 5 p.m. (Jan. 21).

Pick up the current January book selection, "The Woman in the Castle" by Jessica Shat-

tuck, and plan to join us!

Books are available at each meeting and at the circulation desk following the meeting. A limited number of books are available to check out. We also can help set you up with e-book or audiobook versions.

## Youth reading times

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### Join us for in-person storytime

McChord and Book Patch Children's libraries offer weekly children's storytimes where reading is fun for the entire family.

- Kinder-Ready storytime for families with children ages 3–5 meets at 10 and 11 a.m. every Tuesday at Book Patch Children's Library. Storytime includes songs, rhymes, games or crafts to develop essential skills in preparing children for kindergarten. You're encouraged to participate with your child in this fun learning atmosphere.\*
- Each Wednesday at 3:30 p.m., Book Patch Children's Library shares a story for all ages with a free craft kit for each child.
- Every Thursday, McChord Library presents a storytime at 11 a.m. with free craft kits.

*\*Registration is required — call your library for registration information.*





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- Tire mounting and balancing
- Oil changing canisters
- Hand tools
- Receptacles for used oil and antifreeze

McCHORD AUTO SKILLS CENTER  
1120 Barnes Blvd., McChord Field

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### SPECIAL SERVICES

- Free 16-point maintenance inspection for deployed spouses
  - Lemon-Aid safety inspection - \$35
  - Complete engine diagnostic
- Call for an appointment.*

### CLASSES & INSTRUCTION

- Lube and Oil Change - \$25
  - Car Check-up
- Call for an appointment.*

**For more details, price list  
and business hours  
visit [JBLMmwr.com](http://JBLMmwr.com)  
or call 253-982-7226**



# Hillside youth learn, play & grow

**If you've wondered** what Hillside Youth Center/Teen Zone is all about, rest assured that your preteen and teen will get heard, understood and challenged here!

We teach our youth the importance of trustworthiness, respect, fairness, responsibility, citizenship, caring and leadership.

We give our youth opportunities to get to know us, get involved and get out there to change their world!

If you walked in here on any given day, you would see kids playing ball in the full-court gym, competing in the video game room, getting homework help, being taught how to cook up new dishes, meeting in various clubs, eating meals and so much more.

This year, we're in the swing of things with COVID safety being mandated at the door with masks required. Here's what we have to offer your preteens and teens:

- Middle School/Teen programming 2:30–7 p.m. weekdays. We offer a technology lab, full-court gym, art room, snack bar, music and dance room, video game room, Teen Zone and more.
- Super Saturdays for youth with fun activities.

- Power Hour with homework help.
- Clubs where youth learn positive values and life skills and develop healthy minds and bodies. Clubs and classes include SMART Girls, Passport to Manhood, Healthy Habits, Torch Club, Keystone Club, Diplomas 2 Degrees, SMART Moves, Funky Fit, the Youth Sponsorship program, Junior Staff, Youth of the Month or Year and more.
- Our Teen Town Halls where youth gather to help plan programs and events for the center. They also can voice concerns and ideas in a safe and judgment-free environment.
- Hails and Farewells when we say goodbye to those who are moving to another station and a big welcome to those who are new to JBLM.
- On-base transportation for pickups and dropoffs weekdays only. If transportation is needed, call us!  
Hillside membership is free! If your youth is already registered in Child & Youth Services, all they need to do is fill out our application.  
We're located at 6397 Garcia Blvd. at Lewis Main. Call us at 253-967-4441 for more information or if you have a question.





# HILLSIDE YOUTH CENTER IS OUT OF THIS WORLD!



## Hillside Youth Center's Values

- Trustworthiness
- Responsibility
- Respect
- Fairness
- Caring
- Citizenship



### Our Programs:

- SMART Moves
- Passport to Manhood
- Healthy Habits
- Diplomas 2 Degrees
- Babysitting Course
- Funky Fit
- Keystone
- Youth Sponsorship Program
- Youth of the Year
- Youth of the Month
- Junior Staff

### Our Facility Offerings

Meals, virtual schooling amenities\*, full court gym, music and dance room, video game room, \*Paid programming

### After-School Activities

We offer "Power Hour" homework help, Book & Writing Club, Anime Club, Money Matters, Hail & Farewell, craft time, cooking, field trips, service projects and much more.

### Open Recreation

Monday-Friday,  
2:30-7 p.m.

### Super Saturdays

Special Event Saturdays  
with guest speakers  
and fun activities.



For more information, call 253-967-4441.

See our monthly calendar of activities at [JBLM.armymwr.com](http://JBLM.armymwr.com).



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\* Due to COVID-19 mitigation, mask are required and health screenings take place at the door. Please see [JBLMmwr.com](http://JBLMmwr.com) for more details.







# Spring youth sports sign-ups start now

## Help us help you

---

### COVID mitigation

As a reminder for all CYS youth sports families, masks are required inside all JBLM facilities for anyone ages 5 and older, regardless of vaccination status. This applies to all youth sports participants and spectators. We appreciate your cooperation and assistance in keeping our youth safe and healthy!

### Youth sports stresses safety & inclusion

Our comprehensive youth sports program enhances youth attitude, physical fitness and self-esteem. We host recreational leagues that are inclusive of all ages of youth who want to learn the fundamentals and have fun.

For players with advanced sports skills and greater ambition, parents may wish to check local alternatives.

Enrollment is opening through the next several months for spring and summer sports ([see chart on next page](#)). Sign up through [JBLM.armymwr.com](http://JBLM.armymwr.com) under youth sports.

### We need your energy for youth sports!

Do you come to all your child's games or meets and connect well with kids and parents? Share your love of sports with JBLM youth as a volunteer sports coach.

Youth Sports provides training and offers sports fee vouchers. A background check is required for all volunteers.

For more details, stop by the Youth Sports office at 6398 Garcia Blvd., Lewis Main.

The office is open from 8:30 a.m. to 5 p.m. weekdays. Questions? Call 253-967-2405.

## League sports

---

### Spring soccer

Enrollment is open Jan. 1–Feb. 10 for youth spring soccer ages 5–15 and for bumblebee soccer for ages 3–4. The cost is \$65 for spring soccer and \$25 for bumblebee soccer. Practices start Monday, Feb. 28 for both age groups. The season ends Saturday, April 16 for the older age group and Saturday, April 9 for the younger children.

### Special Olympics soccer skills

Special Olympics youth sports are open to both special needs and non-special needs youth. Feb. 1–March 3, sign up for Special Olympics aquatics and Special Olympics soccer skills for ages 8–18. The cost is \$60 per sport. Enrollment ends Thursday, March 3 and the season lasts March 8–May 24 for aquatics and March 10–May 26 for soccer. If you have any questions, call 253-967-2405.

# Create cleaner indoor air this winter



Replace your furnace and air filters • Add indoor plants to your home • Use a humidifier and air purifier



**SUSTAINABLE JBLM**  
[fb.com/SustainableJBLM](https://fb.com/SustainableJBLM)



# SPRING 2022 YOUTH SPORTS CALENDAR



LEAGUE SPORTS	Enrollment Dates	Ages	Cost	Practices Start	Season Ends
<b>Spring Soccer</b>	Jan. 1–Feb. 10	5–15	\$65	Feb. 28	April 16
<b>Bumblebee Soccer</b>	Jan. 1–Feb. 10	3–4	\$25	Feb. 28	April 9
<b>Special Olympics Aquatics</b>	Feb. 1–March 3	8–18	\$60	March 8	May 24
<b>Special Olympics Soccer Skills</b>	Feb. 1–March 3	8–18	\$60	March 10	May 26
<b>Spring Flag Football &amp; Cheerleading</b>	March 1–April 7	5–15	\$65	April 25	June 18
<b>Spring Baseball</b>	May 1–June 9	5–15	\$65	June 27	Aug. 27
<b>Spring Baseball - Lil' Batters</b> (no games)	May 1–June 9	3–4	\$25	June 27	Aug. 18

CAMPS & ACTIVITIES	Enrollment Dates	Ages & Cost	Dates	Time & Location
<b>Start Smart Camp</b>	Feb. 14–March 31	3–4; \$25	April 5–7	9:30–10:30 a.m.   Youth Sports, 2295 S. 12th St.
<b>PE Games Camp</b>	Feb. 14–March 31	5–15; \$35	April 5–7	11 a.m.–12:30 p.m.   Youth Sports, 2295 S. 12th St.
<b>CYS Soccer Camp</b>	Feb. 14–March 31	5–15; \$35	April 5–7	1–2:30 p.m.   Youth Sports, 2295 S. 12th St.
<b>Flag Football Camp</b>	Feb. 14–March 31	8–18; \$35	April 5–7	3–4:30 p.m.   Youth Sports, 2295 S. 12th St.
<b>The First Tee Golf 1</b>	March 7–April 18	7–18; \$35	Tues., April 19–May 24	4:15–5:45 p.m.   Eagle's Pride Golf Course
<b>The First Tee Golf 2</b>	March 7–April 20	7–18; \$35	Thurs., April 21–May 26	4:15–5:45 p.m.   Whispering Firs Golf Course
<b>Pitch, Hit &amp; Run</b> At Kids' Fest, Lewis Main	On-site; bring birth certificate	7–14; FREE	April 30	1–3 p.m.   Youth Baseball Fields
<b>Armed Forces Kid's Run</b>	Feb. 15–March 21; Registration forms and drop-off boxes at CYS Sports & Commissaries	5–16	Saturday, April 2: FREE	Late Reg. at 8 a.m. Run 9–10:30 a.m. at Cowan Stadium
<b>British Soccer Camp</b>	challengersports.com	3–16; Online Packages	Lewis: July 11–15; McChord: Aug. 8–12	Times online
<b>Karate</b>	Monthly	4–18; \$40	Online	Online

**Sign-up is link at [JBLM.armymwr.com](https://JBLM.armymwr.com) under Youth Sports**

Youth sports are recreational leagues inclusive of all youth who want to learn the fundamentals and have fun. You must be registered with Child & Youth Services to enroll in sports. For the most current schedule, details and a registration checklist, visit [fb.com/JBLMmys](https://fb.com/JBLMmys). Call 253-966-2977 to enroll.

**Get involved as a coach. Sports fee vouchers are available. Details: 253-967-2405.**

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**CHILD & YOUTH SERVICES**

# JBLM kids need you!

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**Earn up to \$2,000 per month.**

Free training, resources & support from Child & Youth Services! \$1,000 bonus for new providers.\*

**Orientation: Tuesday, Jan. 25, 6–8 p.m.**

**Call 253-967-3039 for appointments.**

**2275 Liggett Ave., Lewis Main**

Due to the importance of the meeting, children are not allowed.

\*Conditions apply. Call 253-967-3039 for details.

# Youth fun pages

## Hopscotch Maze

Help the girl make her way to hopscotch with her friend.



# Find the Hidden Objects

Can you find the 10 hidden in this picture? Keep track by circling each object you find.





# MWR Staff Pick



*Courtesy photo*

Each month, hear what staff members across MWR like best about our services!

Tabatha

My favorite service that MWR offers is Family Child Care. FCC provides a warm and loving home environment while also offering all of the services that are provided by traditional day cares. My child thrives in the small settings and one-on-one time she gets with her provider.

(See related interview on pages 6–7.)



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