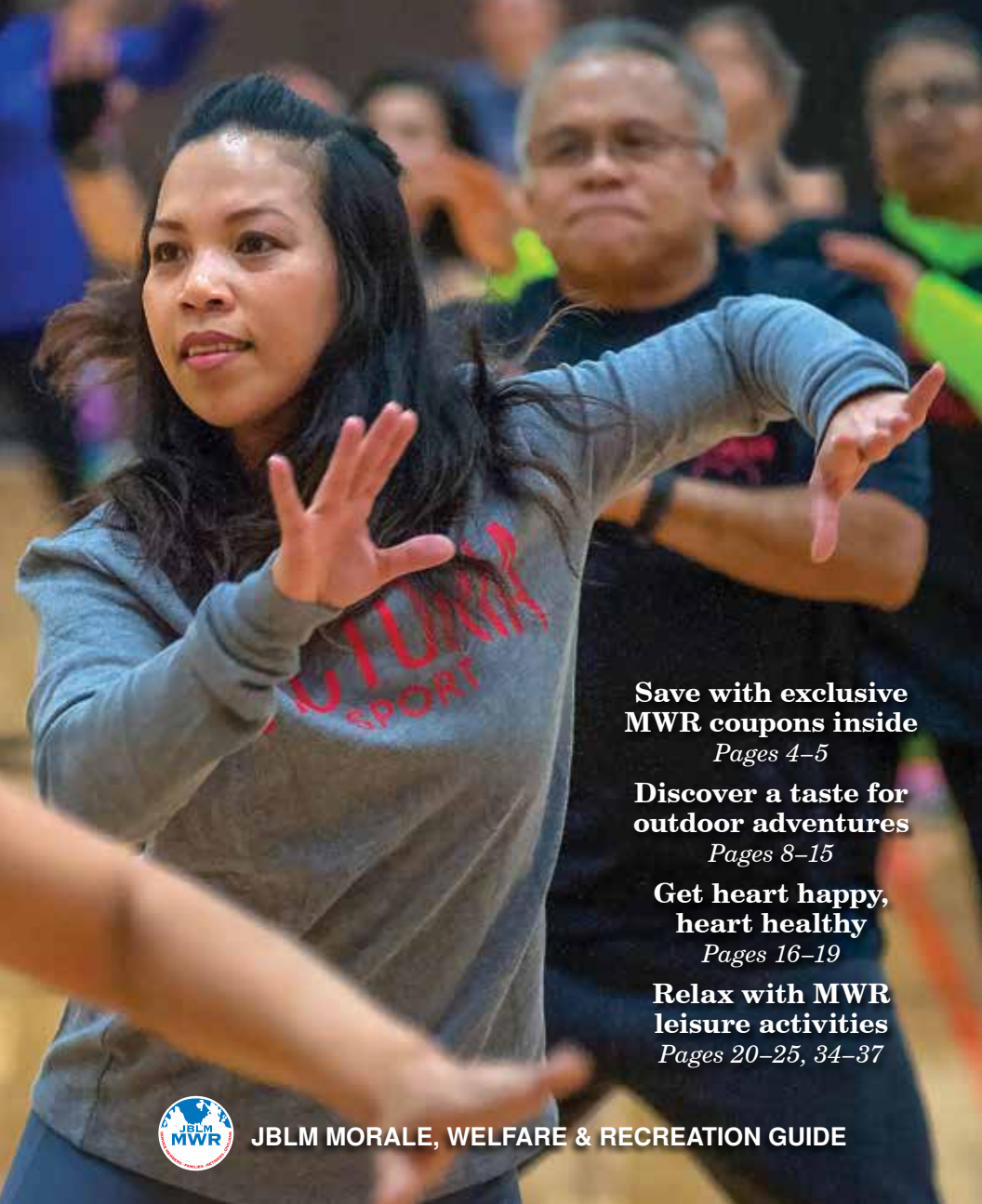


# EXPLORE JBLM



**Save with exclusive  
MWR coupons inside**

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**Discover a taste for  
outdoor adventures**

*Pages 8-15*

**Get heart happy,  
heart healthy**

*Pages 16-19*

**Relax with MWR  
leisure activities**

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**JBLM MORALE, WELFARE & RECREATION GUIDE**



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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 [JBLM.armymwr.com](http://JBLM.armymwr.com).

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ENROLL YOUTH  
IN SPORTS





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the MWR  
**TEAM!**

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## **Benefits:**

- Shopping privileges at the Exchange.
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- 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.



**[WorkAtJBLM.com](http://WorkAtJBLM.com)**

# Get a taste for outdoor adventures

Outdoor Recreation offers a variety of adventures for everyone

## Explore Victoria, B.C.

Hop on the ferry and spend the day exploring Victoria, B.C. by foot Monday, Jan. 2. Enjoy a bite to eat at a local restaurant or check out the local shops within walking distance of the ferry terminal, close to major Victoria attractions. Stop in the Royal B.C. Museum, take in high tea at the Empress Hotel (reservations recommended) or visit China Town.

Time in Victoria is 10 a.m.–3:30 p.m.

## Introduction to fly fishing

Sign up for our Saturday, Jan. 7 fly fishing beginners' class, a great way to be introduced to fly fishing. Available at Northwest Adventure Center, these fun and engaging classes cover all the fundamentals, including rods and reels, basic rigging, essential knots, fly selection and basic casting.

## Women's snowshoe trip

Snowshoeing is one of the best ways to get out and enjoy hiking in the winter months. Open to women ages 16 and older, enjoy a day in the snow with other outdoor enthusiasts Sundays, Jan. 8 and 22 and take in the beautiful sights of snow-covered mountains. Location is contingent on conditions and trip leader discretion.

We provide transportation, instruction, snowshoeing equipment and parking fee. You pack

food, water, weather-appropriate clothing, a small daypack and waterproof snow boots.

## Photography 101

Every good photo begins with the right exposure. As adept as modern cameras have become, they aren't perfect, and they're not good at making artistic decisions. Elevating your picture-taking from good to great requires a general understanding of the three elements of exposure: aperture, shutter speed and ISO. Understand the interplay between these three elements, and you'll be able to anticipate great photographs, rather than wait for happy accidents.

This class is a combination of classroom and outdoor hands-on training. Sign up for Sunday, Jan. 8 or Saturdays, Jan. 28 or March 25.

## Cross-country skiing

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

Explore beautiful groomed trails that Washington offers Sunday, Jan. 8.

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.

*Continued on page 11.*







## **Snoqualmie Pass ski shuttle**

Join us for skiing at Snoqualmie Pass without the hassle of winter driving, finding parking or beating the crowds. Our staff team will drop you at the base of the lifts and provide shuttle support to and from the mountain. All participants must purchase their own lift tickets online before registering for a shuttle. Rental equipment is available at MWR facilities at 50% off for shuttle participants. Shuttles will transport you Saturdays, Jan. 14 and 21, Feb. 11, 18 and 25 and March 4, and Sunday, Feb. 12.

Please note that equipment cannot be rented on departure day; visit the NAC 9 a.m.–5 p.m. on the Thursday, Friday or Saturday prior to your trip.

## **Cascade snowshoe trips**

Snowshoeing is one of the best ways to get out and hike in the winter months. Enjoy a day in the snow with other outdoor enthusiasts Sunday, Jan. 15, and take in the beautiful sights of snow-covered mountains. Location is contingent on conditions and trip leader discretion.

We provide transportation, instruction, snowshoeing equipment and parking fee. You pack food, water, weather-appropriate clothing, a small daypack and waterproof snow boots.

## **Fly fishing advanced clinic**

Once you've completed the beginners' class or if you have a little bit of experience, join us for fly fishing 201 Saturday, Jan. 21. This class is designed to build on your casting skills and teach about fly selection, types of rigging and knot-tying.

## **Mount Rainier winter camping**

Winter and cold weather add unique challenges to any camping or backpacking trip. Join the ODR instructor team to learn how to make a comfortable home for yourself out in the snow! Choose from overnight trips Jan. 28–29 or Feb. 18–19; note that you must attend lectures Thursdays, Jan. 12 and 19, 6–9 p.m. at the NAC.

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.

You'll need to carry 30 pounds over snow for 1–2 miles. We provide insulated winter boots, tents, sleeping pads, cooking equipment, snow travel equipment, transportation and instruction.

You'll need to pack a sleeping bag rated to 0 degrees or below, your winter clothing items, sunglasses or dark goggles, overnight personal items and food. ODR staff will give you complete instructions, a full itinerary and packing list.

## **June Lake snowshoe**

Strap on your snowshoes and explore the Marble Mountain trails with a gentle hike to June Lake in the shadow of Mount St. Helens Sundays, Jan. 29 and Feb. 12. The trail heads up through second-growth forest and gains about 500 feet over the next 1.5 miles before dipping back down to the creek. Along with a few snowshoe tips and techniques, we'll also

*Continued on next page.*

provide all the equipment (snowshoes, trekking poles and gaiters).

You pack food, water, sunglasses, weather-appropriate clothing and a day pack for extra clothing layers.

### **Alpine climbing course**

Want to learn to climb mountains for a lifetime? Take our comprehensive alpine climbing course Jan. 30–March 19. If you have a desire to learn technical mountaineering skills and are dedicated to significant investment in time and energy, this course is for you!

The course combines classroom lecture, field instruction and climbing experience designed to provide the basic skills necessary to safely climb rock, snow and glaciated peaks of the Pacific Northwest. The course covers the selection and care of equipment, wilderness travel and camping, glacier travel, belaying, rappelling, rock climbing, crevasse rescue and many other topics.

During field trips and actual climbs, you'll put these skills to use with the guidance of experienced mountaineers. You'll be able to borrow mountaineering boots and most of your technical equipment for the course at no cost.

### **Snow tube and snowshoe trips to Hyak Sno-Park**

Join us Saturday, Feb. 4 as we enjoy a family day out in the snow sledding and exploring beautiful Snoqualmie Pass. We'll provide sledding tubes, snowshoes and hot chocolate for a "choose your own adventure" kind of day.

Hyak is a fantastic location to get outside and enjoy winter. With trails for snowshoeing, hills for sledding and even an area just for building snowmen, there are plenty of options to keep everyone in the family happy. Bring child safety seats if you have youngsters. Also wear warm winter layers that include snow suits, winter boots, hats and gloves.

### **Moonlight snowshoe**

Here's your chance to experience the serenity of winter in a whole new way Sunday, Feb. 5! If you've never snowshoed at night, you're in for a treat. Our expert guides will lead you on the snow-covered trails of Gold Creek Pond under the night sky. Along with a few snowshoe tips and techniques, we'll also provide all the equipment and headlamps. You pack snacks, water and cold-weather clothing.

### **Steam plant photo walk**

Whether you like edgy urban photography, macro, black and white, intimate scenes, architecture or just cool old stuff, you're going to want to join us at the Georgetown Steam Plant Saturday, Feb. 11.

Built in 1906 for the Seattle Electric Company, the plant provided both AC and DC currents for the streetcar and Georgetown power needs at the turn of the century. The plant has been remarkably well-preserved, and with its brass-plated temperature gauges, small steering wheels, turbines, ladders and pipes, the photographic possibilities are endless.

Bags, backpacks and purses larger than 11"x17"x8" are not allowed inside.

### **Mountain snowshoe trips**

Snowshoeing is one of the best ways to get out and enjoy hiking in the hills in the winter months. Come enjoy a day in the snow with other outdoor enthusiasts and take in the beautiful sights of snow-covered mountains. Trips are planned for Saturdays, Feb. 11 and March 11, and Sundays, Feb. 26, March 5 and 26. Location is contingent on conditions and trip leader discretion.

We'll provide transportation, instruction, snowshoeing equipment and parking fee. You pack food, water, weather-appropriate clothing, small daypack and waterproof snow boots.

*Continued on page 14.*





## **Women's cross-country skiing**

Looking for a fun way to get outdoors in the winter months? Cross-country skiing offers a great alternative for outdoor enthusiasts of every skill level to get out and explore winter. We'll get together with other women to explore the beautiful groomed trails that Washington has to offer Sunday, Feb. 12 and Saturday, March 11. Cross-country skiing doesn't require specialized skills and has a small learning curve, making it the perfect outdoor activity for all.

## **Razor Clam Festival**

Join us Saturday, March 18 for a family-friendly trip to Oceans Shores for their annual Razor Clam Festival! Check out the vendors and listen to local music. If you want to taste the best of the town's locally made chowder, buy a tasting passport to sample nine different chowders.

## **Camp & rock climb at Vantage**

Come with us for an unforgettable weekend March 25–26 climbing the towering basalt columns of Frenchman's Creek at Vantage overlooking the Columbia River Gorge. We'll camp in tents on the sagebrush steppe and explore these special places while we get to know our growing community of climbers.

You must be comfortable tent camping in cold weather. We provide climbing instruction and equipment, group cooking equipment and camping equipment. You need to pack all meals and weather-appropriate clothing. Bring your personal climbing and camping equipment if you wish.



*Dylan Weldin*



## UW photo walk

The University of Washington is known for its classical architecture and beautiful landscaping. Come with us Sunday, March 26 for a photo walk among the sea of cherry trees blooming in the "Quad." We'll provide transportation and instruction. Bring your camera and wear weather-appropriate clothing.

## Get in on trip extras

Here are a few extras to take advantage of when signing up for or planning your outdoor trips:

- Winter camping trips and the alpine climbing course have class lectures included in the cost.
- Rental equipment is available at Northwest Adventure Center at 50% off for Snoqualmie Pass shuttle participants.
- If you sign up for all the women's trips, you'll receive one trip free.
- Additional fly-fishing trips will be run in a private trip capacity; call for details.
- Private winter shuttle trips are available for \$500 per trip (includes driver).



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

JANUARY	Cost
Jan. 2: Explore Victoria, B.C.	\$135
Jan. 7: Intro to fly fishing 101	\$45
Jan. 8: Woman's snowshoe trip	\$65
Jan. 8: Photography 101	\$45
Jan. 8: Cross-country ski trip	\$65
Jan. 14: Snoqualmie snow shuttle	\$50
Jan. 15: Cascades snowshoe	\$65
Jan. 21: Advanced fly fishing 201	\$65
Jan. 21: Snoqualmie snow shuttle	\$50
Jan. 22: Woman's snowshoe trip	\$65
Jan. 28–29 Winter camping trip (course)	\$149
Jan. 28: Photo 101	\$45
Jan. 29: June Lake snowshoe trip	\$65
Jan. 30: Alpine course lecture series (course)	\$550
FEBRUARY	Cost
Feb. 4: Snow tubing and snowshoeing	\$45
Feb. 5: Moonlight snowshoe trip	\$65
Feb. 11: Steam plant photo walk	\$55
Feb. 11: Snowshoe trip	\$65
Feb. 11: Snoqualmie snow shuttle	\$50
Feb. 12: Snoqualmie snow shuttle	\$50
Feb. 12: June Lake snowshoe trip	\$65
Feb. 12: Woman's cross-country ski trip	\$65
Feb. 18-19: Winter camping trip (course)	\$149
Feb. 18: Snoqualmie snow shuttle	\$50
Feb. 25: Snoqualmie snow shuttle	\$50
Feb. 26: Snowshoe trip	\$65
MARCH	Cost
March 4: Snoqualmie snow shuttle	\$50
March 5: Snowshoe trip	\$65
March 11: Snowshoe trip	\$65
March 11: Woman's cross-country ski trip	\$65
March 18: Razor Clam Festival	\$55
March 25: Photo 101	\$45
March 25–26 Vantage climbing overnight trip	\$125
March 26: UW campus photo walk	\$55
March 26: Snowshoe trip	\$65





# 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 (see page 40), training to be an FCC provider if you live on base (page 47), applying for a job at our child care centers or volunteering for Better Opportunities for Single Service members (page 25).



## 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 class 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 Armed Forces Wellness Center that can tailor your fitness program with measurable goals.

Also check out upcoming races and events at [JBLM.races.com](http://JBLM.races.com).

Another way to work out is alpine climbing. Sign up now with our ODR program for the comprehensive alpine climbing course (see page 12). When you get more confident in all the basic skills, you'll take it outside on alpine- and mountain-climbing trips!

Also find healthier lunch alternatives at our eateries, such as salads and lighter options instead of fried or fatty foods. See menus at [JBLM.armymwr.com](http://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 8–15.

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, Arts & Crafts Center and youth sections for more 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 DHR 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 [JBLMdhr.timetap.com](http://JBLMdhr.timetap.com) and look under the scheduler 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 free library storytimes, crafts, events and games (pages 34–37). Single Service members can drop in at Warrior Zone after a duty day for gaming or pool tourneys, or on weekends to watch a movie, televised sports or UFC with others (page 21).

## 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 Northwest Adventure Center), such as vacation packages, select sports, tourist spots and more.

**For complete details on current MWR events and activities, visit [JBLM.armymwr.com](http://JBLM.armymwr.com).**







*Patti Jeffrey*



# Relax with us for fun & games

Discover more of MWR's events & leisure activities

## Warrior Zone fun

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### Join fun times at Warrior Zone

Want a place to hang out Wednesdays—Sundays? Warrior Zone offers games, competitions and recreation for adults:

- Watch sports on our big screens and overhead TVs. Grab a strategic spot after you grab a burger and brew to watch your favorite team.
- Join us for Wednesday 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.
- Compete for prizes in our pool tournaments Thursdays at 7 p.m.
- Get in on Fighting Games Night Fridays starting at 7. Compete and show off your slick skills on our gaming stations!
- Saturdays, come out for Anime Night at 7.
- Join us for PlayStation VR all day Sundays.

Warrior Zone events are open to DOD ID card holders ages 18 and older and is located on the corner of 17th and D streets at Lewis

North. Questions? Call 253-477-5756.

## Go bowling with friends

---

### Get in on Pizza & Bowling Sundays

Bring your group to Bowl Arena Lanes Sundays noon–6 p.m. and receive a 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.

Bowl Arena is at 2272 Liggett Ave., Lewis Main. Questions? Call 253-967-4661.

### Rent a party space for active fun

Did you know that you can host parties and more at Bowl Arena Lanes? Rent out the "Spare Room" for up to three hours with packages that include pizzas and soda pitchers, bowling and shoe rentals. Choose from packages for 10, 15, 20, 25 or 30 attendees.

Questions? Call 253-967-4661 or visit the front counter.

# Get creative

**D**id you know you have opportunities at the Arts & Crafts Center to get creative — even if you're a beginner?

The direction the Arts & Crafts Center is taking is not only more community involvement, but also community morale and resiliency building. "We're offering various arts and crafts kits that we've pieced together — paint by number, mosaic and dot art with instructions," says Alicia Butler, Arts & Crafts Center business manager. "Plus, we're coming up with more types of kits, free for active duty Service members and veterans as part of the Resiliency Through Art program. They're also available for purchase at a low cost for everyone else!"

The resiliency program specifically focuses on fostering morale, mental health and good habits for Service members and veterans who are in need of it. "Our military goes through a lot of continual stress, and sometimes they need a minute to de-stress. Art provides that in a unique way — it gives you something to do with your hands, it takes your mind off the stress and, when you create something, usually you feel better about it because you've made something," Alicia says. "The kits are simple enough for anybody to make and feel happy with the results. We bring these kits to those in the Soldier Recovery Unit."

## Ceramics classes offered first Saturdays of the month

Arts & Crafts staff offer on-the-spot ceramics and painting, plus kits you can work on in the studio. Bring your family or friends in for arts and crafts time!



### Canvas and acrylic markers craft kit

The purpose of this craft kit is to provide a fun opportunity to explore color, texture, and basic composition.

Acrylic markers are user-friendly and allow for painting over elements that are not desired. They blend while wet and allow for overlaying of colors when dry.



The small size of the canvas board allows for it



to be held in hand while working so this activity can be done sitting at a table or even while kicked back in a recliner.

Saturday ceramics classes are being offered for \$20 per class the first Saturday of the month, 11 a.m.–3 p.m. Different themes are offered, such as painting bowls, platters and serving plates to hold warm food Jan. 7, love and heart-inspired pieces for Valentine's Day

Some instructions are included along with a few samples to serve as inspiration — either adhere to the instructions or choose to do your own thing as this project is as much about the process as it is the finished product.

Some things to note when working with acrylic markers:

1. To achieve a darker tone of color, first apply the darkest blue, then allow to dry. When ready, apply color over the blue. Remember that blue and yellow will always make green and red over blue makes purple.



2. If the composition involves an object that is to be as close to white as possible, simply leave that area blank, then apply a subtle use of color to enhance the object.

3. To achieve thinner lines, simply hold the marker so that only one edge of its tip (the nib) contacts the canvas.



## Same concept, different techniques



The painting on the left consists of dots of paint. Start with one color and cover the canvas then use a second color and continue filling the canvas with dots. To achieve a perfectly round moon, simply trace around any round object available to

you. The lightest blue is used to create the moon features and, along with white, result in the illusion of light radiating from the moon. Once your background is filled in you can dot in your trees.

The painting on the right consists of fine and fat lines of paint that go around the entire circumference of the moon. Start with a light color to outline the moon and draw in some craters, then create another line next to the first line. Create at least four of these lines, then switch to another, slightly darker tone of paint and continue creating lines. The final circular lines will be white to convey light radiating from the moon. Then you will paint in your trees.



There are no wrongs or rights when it comes to creativity. Go with your instincts, but above all else, have fun with this project!

gifts Feb. 4, and Easter egg decorating (with six eggs per person) March 4.

Everyone can take part in Arts & Crafts Center activities and services. Paint a piece of ceramic, make a dot painting, try a mosaic. You just might find a new hobby you love!

Come in and take an hour to paint ceramics or take a kit home and try it out.

The Arts & Crafts Center is located at 1121 Barnes Blvd., McChord Field. For more information, call 253-982-6719. See more of their services at [JBLM.armymwr.com](http://JBLM.armymwr.com).



**BETTER OPPORTUNITIES FOR  
SINGLE SERVICE MEMBERS**

# Connect with others in BOSS

**B**etter Opportunities for Single Service members aims to improve your quality of life while you're stationed at JBLM, including your personal growth and development and living environment.

When you join BOSS, your voice will be heard, since BOSS serves as a representative for single Service members by assisting the chain of command and other agencies with identifying and addressing your quality-of-life issues.

## Volunteer & earn points

Volunteer opportunities and community service, combined with fun events, are enjoyed by both Soldiers and Airmen.

Past opportunities have included:

- Easter Dash.
- Rent-a-Santa (and elf).
- Blood drive.

- JBLM Earth Day and clean-up events.
- Santa's Castle.
- Designated Driver program.

By volunteering, you can earn your Military Outstanding Volunteer Service Medal worth 10 promotion points!

## Enjoy BOSS events

Join us for monthly recreation and leisure activities, planned by our own members for single Service members, single parents and geographical singles ages 18 and older.

## For more information

Questions? Call BOSS at 253-967-5636 (Lewis North) or 253-982-2677 (McChord Field). We're located inside Warrior Zone, 1592 17th and D streets, Lewis North.

See current information on Facebook and Instagram: @jblmBOSSteam.







*Above photo: Emiliano Hernandez. Below and left photos: Courtesy of JBLM BOSS Facebook*



# Winterproof your family

Stay warm with the right clothing when you go on outdoor trips

By Patti Jeffrey

**Are you planning on recreational outdoor activities, skiing, snowshoeing, snowtubing or traveling over mountain passes?**

Build a more solid bubble of cold-weather protection around yourself and your loved ones with these tips from your outdoor recreation experts:

- **Beware of cotton** — it's a killer. Cotton, while refreshing to wear in summer because it keeps you cool, sucks away vital heat in winter. That's why cotton is called a negative insulator.
- **Layer up correctly.** When recreating outdoors in freezing weather, wear lots of various-thickness layers from the sports and sleepwear sections of the store — polyester underwear and T-shirts, poly-fleece pajama bottoms, tops and sweatpants, synthetic-fiber leggings, poly-fleece or nylon-fiber-filled vests, silk or bamboo tops and bottoms. Top off your layers with wind- and rain-resistant jackets and coats. Also bring along a waterproof hooded poncho for occasional downpours.
- **Socks are tops.** Socks are more important than shoes for keeping feet warm, according to outdoor recreation experts. If you wear quality hiking or boot socks made of wool

blends or bulky synthetic fibers, even if your shoes get soaked, the heat won't be pulled away from your feet.

- **Stiff soles help on hills.** For walking on hilly trails, wear a stiff-soled shoe or boot. The soles will do the work of keeping you level on hills rather than wearing out your leg muscles. Get boots or shoes that fit your heels snugly so your ankles don't rub and get blisters.
- **Replace wet with dry.** Bring an extra hat, gloves and socks for each person on your trip, and keep them in a plastic bag so they won't get wet. Once you get back to your car, you'll need to replace your soggy socks, gloves and hats with dry ones to maintain your body heat.

If you're new to a colder climate or have little or no experience in snow or frigid weather, bring an experienced person or guide with you when you're trekking outdoors. Even better, sign up for group trips with knowledgeable Outdoor Recreation program guides. You can learn to snowshoe, cross-country ski and much more this winter! See pages 8–15 for a variety of winter outdoor adventures.

For more advice, drop by or call Northwest Adventure Center (253-967-7744) and ask the experts. They'll be happy to help you suit up for the best outdoor experience!





# BETTER VISION FOR A GREAT LIFE

The ability to see is precious. It's integral to every aspect of life. For over 30 years, we have continued to deliver the most advanced treatments and patient-centered care. Our results have proven how truly exceptional our ophthalmologists are whose purpose is to preserve and improve eyesight. At Evergreen Eye Center you are our focus.

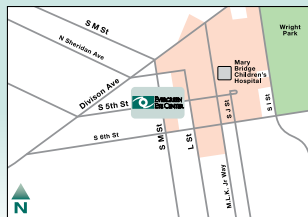


**Come see us before your  
medicare deductible  
starts over for 2023.**

**We still have  
appointments left or  
the remainder of 2022.**

## Services:

- Cataract Surgery
- All Laser LASIK
- Glaucoma Care
- Dry Eye Treatment
- Retina Care
- Corneal Crosslinking
- Oculoplastic



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# **Hey military spouses!** **Start your career** **with MWR!**

**Now hiring Child & Youth Program Assistants,  
food & beverage positions and more!**

Offering flexible and part-time opportunities, plus a worldwide transfer process, MWR is a portable career option perfect for military families!

As a CYPA, receive priority childcare placement, discounted childcare and recruitment/retention bonuses.


Many positions in food & beverage, aquatics and the custodial field also offer bonuses.

Visit **WorkAtJBLM.com**  
for more information on  
joining Team MWR!



JBLMmwr





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.



# Volunteering at JBLM is rewarding

**V**olunteering at JBLM allows you to explore new career fields or update your existing skills and accumulate experience.

It's also a wonderful opportunity to meet others who are active participants in the JBLM community.

You'll receive free training, can earn service award points (for military promotions) and are provided worker's compensation (as a statutory volunteer).

If you volunteer as a youth sports coach for Child & Youth Services, you may receive household credit. Call 253-967-2405 for details.

If you're a single Service member, join Better Opportunities for Single Service members at JBLM. Call BOSS at 253-967-5636 for details.

For information about other volunteer opportunities within MWR, such as MWR Marketing, Outdoor Recreation or JBLM libraries, call the Installation Volunteer Corps at 253-967-2324. Visit [JBLM.armymwr.com/partner-with-us](http://JBLM.armymwr.com/partner-with-us) for more information.





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Our  
Website

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## ONLINE COUNSELING RESOURCES



## Need someone to talk to?



JBLM RESOURCE FINDER

from Madigan's Department of Behavioral Health



Connect to the right resource at the new JBLM Resource Finder, a comprehensive list of resources to point you in the right direction for assistance!

**MADIGAN.TRICARE.MIL/COUNSELING**



MADIGAN.TRICARE.MIL





**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

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





# Explore your JBLM libraries

## For families

---

### **Kids' baking & cooking classes**

Let your youth ages 8 and older learn to cook the fun way with Book Patch Children's Library's new baking and cooking classes the second and fourth Tuesdays of the month through March. Classes begin at 4 p.m. and are free! Register by calling 253-967-5533 (limited to 10 slots per class).

### **Play at Pokémon gaming club**

Families of all ages are invited to McChord and Grandstaff libraries on the first and third Saturdays for Pokémon games 10:30 a.m.–12:30 p.m.

Join this friendly competition under the eye of a Nintendo-certified Pokémon Professor. Don't know how to play? No problem, we'll teach you — we have demo decks! Also enjoy snacks and drinks, plus prizes.

### **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 4:30–6 p.m. the fourth Wednesday of the month at Grandstaff and McChord libraries.

### **Little Sprouts learning time**

Parents with children up to 24 months can attend McChord Library's Little Sprouts Music and Stories each Tuesday at 10 a.m. (parent participation required).

This special time enhances your young one's development through engaging storytimes with songs, rhymes and dance and movement with activities such as puppets, color parachute, peek-a-boo scarves and simple instruments.

Drop by for this free learning and play time — no registration needed!

### **Join us for storytime**

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

• Storytimes are held Wednesdays at 11 a.m. at McChord Library and 3:30 p.m. at Book Patch Children's Library. Afterward, each child is invited to make a craft to take home.

### **Sign up for Kinder-Ready Storytime**

Come join us at Book Patch Children's Library for Kinder-Ready Storytime. We offer two sessions every Tuesday at 10 and 11 a.m.

*Continued on page 37.*

# JBLM Library Resources

## Check out

Books, audiobooks, study guides, movies, series, documentaries, Roku, WiFi hotspots, museum passes, Discover passes and video games for Xbox, PlayStation, Switch, Wii and DS.

## In-house Resources

Meeting rooms, study rooms and gaming stations, including Xbox, PlayStation, Switch and DS. Printing, faxing, scanning, 3D printing and free computer and WiFi access.

## Online Resources

Over 50 online resources including e-books, audiobooks, magazines and topics such as language study, business, genealogy and entertainment.

## How to Access Online Resources

- Register with your library.
- Go to Online Resources tab at:  
[mwrlibrary.armybiznet.com](http://mwrlibrary.armybiznet.com)
- Select a database and log in with your web login and PIN.

## Need volunteer hours?

Stop in or call for more information on how to become a volunteer with the libraries. We love our volunteers!

### **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

JBLMmwr    

This hands-on teaching time helps develop skills to prepare children ages 3–5 for kindergarten. The program teaches social and emotional skills, letter and number recognition and academic skills through songs, rhymes, games and crafts. Parents are encouraged to participate in your child's activities.

Registration is required due to space and group size limit for more individualized attention. Call 253-967-5533 to reserve your place.

### **Book time for 'Books with Bogan'**

Kids can spend time reading their favorite book to a reading assistance dog. "Books with Bogan" is here on the second and fourth Thursdays, 10–11 a.m. He'll alternate between locations — the second Thursday, he's at McChord Library and the fourth Thursday, he's at Book Patch Children's Library.

If you'd like to read with Bogan, call the location you'd like to come to register ahead of time.

Bogan's waiting to hear from you!

## **For everyone**

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### **Join tabletop gaming club**

Everyone is invited to Grandstaff Library's new tabletop gaming club that meets the third Friday of each month starting Jan. 20 at 4:30 p.m.

Welcome to the gaming community! Each month, we'll have a focus game that new players can learn and other players can better your game, such as Warhammer, DnD or Pathfinder. We'll also have shorter tabletop games (board or card) on the side.

### **Attend Travel & Culture Talks**

Grandstaff and McChord libraries are offering a series of monthly Travel & Culture Talks with a Q&A session and region-themed snacks for ages 16 and older. Presentations take place 10:30 a.m. at Grandstaff Library and 1:30 p.m. at McChord Library.

## **For adults**

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### **Take part in monthly book discussion**

Like to discuss current books? Join JBLM libraries' book discussion group for adults that meets the second Tuesday of the month at McChord Library at 4:30 p.m. and the second Thursday of the month at Grandstaff Library at 5 p.m.

A limited number of copies are available; register in person to receive a copy. Digital e-books or audiobooks also may be available.

### **Check out fan/sci-fi book club**

Grandstaff Library is offering a fantasy/sci-fi book club for adults the fourth Monday of the month that meets in the conference room 4:30–6 p.m. Each month, we'll alternate genres.

If you enjoy fantasy and science fiction and want to discuss this underserved genre with other like-minded adults, join us for our monthly meeting. A limited number of copies will be available for checkout at the library circulation desk.



# Start a home business as an FCC provider

It's easy with free FCC training & resources

**L**ooking for a fun and rewarding home business? If you live on base at JBLM, become a Family Child Care provider and make a difference in the lives of military children and their families. FCC providers may qualify for subsidies and receive free resources for your business.

Learn about FCC at the monthly evening orientations at the FCC office (no children allowed at the orientation due to space/discussion topics). Full-day training classes will meet weekdays following the orientation. All classes are required for FCC certification.

FCC has unique qualities that make it a preferred choice for many families. It offers flexible hours — full-day, part-day, extended or overnight, weekend and hourly care in a comfortable home setting.

FCC providers are vetted and only the best qualified candidates are recommended for certification. Providers must complete background checks and regular home inspections as a part of certification. They also receive paid ongoing training for professional development.

We're offering two bonuses to qualified FCC providers:

**Relocation Bonus:** Up to a \$1,000 relocation bonus will be provided to FCC providers who successfully relocate their home business to a gaining installation. Providers will receive payments over a 12-month period. Payments will begin upon home certification and enrollment of at least two children who are unrelated to the provider. Payments will be disbursed monthly with an initial payment of \$120 and \$80 thereafter (for the next 11 months). If the home closes or certification is lost during this time, all remaining payments will be forfeited.

**Recruitment Bonus:** Up to a \$1,000 recruitment bonus will be provided to FCC providers who successfully open their homes. Providers will receive payments over a 12-month period. Payments will begin upon home certification and enrollment of at least two children who are unrelated to the provider. Payments will be disbursed monthly with an initial payment of \$120 and \$80 thereafter (for the next 11 months). If the home closes or certification is lost during this time, all remaining payments will be forfeited. This is a one-time incentive.

The FCC Office is at 2275 Liggett Ave., Lewis Main. Call 253-967-3039 to reserve a spot. Visit [JBLMcys.com](http://JBLMcys.com) for more details.





*Kelsey Ferguson*

Above: FCC provider Erin Moore's dedicated space in her on-base home child care business is stocked with supplies. Any FCC provider can pick up free supplies and equipment from the lending library. To learn more about becoming a provider, call 253-967-3039.



# Enroll youth in sports

Sports develop self-esteem, team-building skills

## Youth sports stresses safety & inclusion

Our comprehensive youth sports program hosts recreational leagues that are inclusive of all ages of youth who want to learn the fundamentals and have fun.

Youth must be registered with JBLM's Child & Youth Services to participate in youth sports.

Parents may wish to check local alternatives for players with advanced sports skills and greater ambition.

## Adults, we need your energy for youth sports!

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 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.



See youth sports  
registration  
details here.



LEAGUE SPORTS	Enrollment Dates	Ages	Cost	Practices Start	Season Ends
Spring Soccer	Jan. 3–Feb. 9	5–15	\$65	Feb. 27	April 15
Bumblebee Soccer	Jan. 3–Feb. 9	3–4	\$25	Feb. 27	April 8
Special Olympics Aquatics	Feb. 1–March 3	8–18	\$65	March 7	May 30
Special Olympics Soccer Skills	Feb. 1–March 3	8–18	\$65	March 14	May 30
Special Olympics Track & Field	Feb. 1–March 3	8–18	\$65	March 14	May 30
Spring Flag Football & Cheerleading	March 1–April 6	5–15	\$65	April 24	June 17
Spring Baseball	May 1–June 8	5–15	\$65	June 26	Aug. 12
Lil' Batters (no games)	May 1–June 8	3–4	\$25	June 26	Aug. 3

CAMPS & ACTIVITIES	Enrollment Dates	Ages & Cost	Dates	Time & Location
Developmental Sports Camp	Feb. 14–March 31	3–4; \$25	April 4–6	9:30–10:30 a.m. Youth Sports, 2295 S. 12th St.
PE Games Camp	Feb. 14–March 31	5–15; \$35	April 4–6	11 a.m.–12:30 p.m. Youth Sports, 2295 S. 12th St.
CYS Soccer Camp	Feb. 14–March 31	5–15; \$35	April 4–6	1–2:30 p.m. Youth Sports, 2295 S. 12th St.
Flag Football Camp	Feb. 14–March 31	8–18; \$35	April 4–6	3–4:30 p.m. Youth Sports, 2295 S. 12th St.
The First Tee Golf 1	March 6–April 17	7–18; \$40	Tues., April 18–May 23	4:15–5:45 p.m. Eagle's Pride Golf Course
The First Tee Golf 2	March 6–April 19	7–18; \$40	Thurs., April 20–May 25	4:15–5:45 p.m. Whispering Firs Golf Course
Punt, Pass & Kick (at Kids' Fest)	On-site	7–14; free	April 29	1–3 p.m.   CYS Fields by Skate Park
Armed Forces Kid's Run	Feb. 15–April 3; Registration forms and drop-off boxes at CYS Sports & Commissaries	5–16; free	Saturday, April 29	Late Registration at 9:30 a.m. Run 10:30 a.m.–noon at Cowan Stadium
British Soccer Camp	<i>challengersports.com</i>	3–16; Online Packages	Lewis: July 17–21; McChord: Aug. 7–11	Times online
Karate & Gymnastics	Monthly	4–18; \$40	Online	Online

**Sign-up link is at [JBLM.armymwr.com](http://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/JBLMcs](http://fb.com/JBLMcs). Call 253-966-2977 to enroll.



# Hillside youth can learn & play

**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 lots of special events along with regular programs. Here's what regular programs 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 Saturday for youth with field trips.

- 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 and a big welcome to those who are new to JBLM.
  - Late Night the first Friday of each month.
  - 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



### Youth 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, full court gym,  
music and dance room  
and video game room.

### After-School Activities

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

### Open Recreation

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

### Super Saturday

Special field trip  
on a Saturday  
once a month.



For more information, call 253-967-4441.

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



CHILD & YOUTH SERVICES

JBLMmwr





**CHILD & YOUTH SERVICES**

# New to JBLM? Join CYS!

## Registration is easy

It's easy to register your family in Child & Youth Services to access before- and after-school programs, child care, youth sports, Hillside Youth Center and more.

Once you arrive at JBLM, you should register your children as soon as possible with CYS to take advantage of all the programs offered during the school year and beyond. Find a registration checklist at [JBLM.armymwr.com](http://JBLM.armymwr.com) under Parent Central Services. Call 253-966-2977 for an appointment.

If you need child care, you can place your family members on the waitlist at [MilitaryChildCare.com](http://MilitaryChildCare.com) even before you register at JBLM's Parent Central Services. You'll manage the waitlist by checking in once a month to reconfirm your request. You'll receive reminder and placement offer emails to help you see where you are from month to month.

If you only want to register for youth center programs or youth sports, you won't need to register at [MilitaryChildCare.com](http://MilitaryChildCare.com).

Parent Central Services is located at 2295 S. 12th St. at Bitar Avenue, Lewis Main.

**Parent Central Services** is at 2295 S. 12th St. (at Bitar Avenue), Lewis Main; call 253-966-2977 for an appointment.

**Family Child Care** is at 2275 Liggett Ave., Lewis Main; 253-967-3039.

**Hillside Youth Center/Teen Zone** is at 6397 Garcia Blvd., Lewis Main; 253-967-4441.

**Youth Sports** is at 6398 Garcia Blvd., Lewis Main; 253-967-2405.

Visit [JBLM.armymwr.com](http://JBLM.armymwr.com) for more information.



JBLMcys

# ENROLLING IN CHILD CARE AT JBLM...

## AS EASY AS 1-2-3

# 1

### Register with [MilitaryChildCare.com](http://MilitaryChildCare.com).

**Register from anywhere in the world at [MilitaryChildCare.com](http://MilitaryChildCare.com) to request care at a CYS center at JBLM and get placed on the waitlist.**

- Once registered, the site provides an anticipated placement time based on family priority, spaces available for specific age groups and requested location. This is only an estimate — placement times can fluctuate both down and up.
- Parents are responsible to manage the waitlist and are required to reconfirm request every 30 days.

- [MilitaryChildCare.com](http://MilitaryChildCare.com) generates all notifications — placement offers and reminders — via email.
- Once offer is extended by the site via email, parent must contact Parent Central Services by phone or in person within two business days to make an appointment to complete enrollment requirements.
- It's important to remember that [MilitaryChildCare.com](http://MilitaryChildCare.com) is a waiting list management data system that allows you to manage your own wait list. It does not enroll you at JBLM CYS. You'll need to go to Parent Central to register (step 2).

# 2

### Register your children at Parent Central Services.

As soon as possible, families should register their children at Parent Central Services. Patrons will need the following documents in order to

complete the registration process to use care:

- DOD ID card.
- Contact information for home and work.
- Two local emergency contacts.
- Official shot record from your physician or medical facility.
- Full month of most recent LES or pay stubs or proof of full-time student.

Go to [JBLMcsysRegistration.com](http://JBLMcsysRegistration.com) and click on

the "Start New Registration" button to expedite registration.

- All paperwork must be completed prior to the child's enrollment.
- Registration appointments are recommended by not required.
- Public computers are available at Parent Central Services and staff is available to assist with [MilitaryChildCare.com](http://MilitaryChildCare.com) registration and WebTrac preregistration.
- If you're enrolled at Parent Central prior to being offered a child care space, you can start care right away once you're offered a space from [MilitaryChildCare.com](http://MilitaryChildCare.com).\*

# 3

### Only want to register for programs or sports? Start here.

Do **not** register at [MilitaryChildCare.com](http://MilitaryChildCare.com) if you only want youth programs or sports.

Families should register after arriving at JBLM with the following documents:

- DOD ID card.
- Contact information for home and work.

- Two local emergency contacts.
- Official shot record from your physician or medical facility.

Once registered with JBLM Child & Youth Services, families may sign up for sports online using WebTrac at [JBLMcsysRegistration.com](http://JBLMcsysRegistration.com).

\*Prior to starting care, you must attend CYS orientation at your child/school age care program. This will be explained more during your Parent Central appointment.

Parent Central Services is located at 2295 S. 12th St. (at Bitar Avenue), Lewis Main.  
For more information, call 253-966-2977.

**YOUR IN-NETWORK PROVIDER**



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ASSOCIATES

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**Family, Cosmetic, and Sedation Dentistry**  
**Schedule a complimentary consultation:**  
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smile  
since 1972*



6001-100th St. SW in Lakewood | [DHAonline.com](http://DHAonline.com)



**CHILD & YOUTH SERVICES**

**JBLM kids  
need you!**

**BECOME A FAMILY  
CHILD CARE PROVIDER!**

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

**Monthly orientations, 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.



# Create cleaner indoor air this winter



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



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***Find out what's  
happening at JBLM!***





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