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EXERCISE WINTERHOOK

## Exercise lets Airmen prove their readiness

Airmen from 62nd AW, 627th ABG test their CBRN environment skills

BY SENIOR AIRMAN TRYPHENA MAYHUGH  
*62nd Airlift Wing Public Affairs*  
More than 100 Airmen assigned to the 62nd Airlift Wing and 627th Air Base Group participated in Exercise Winterhook at Joint Base Lewis-McChord from Jan. 22 to 26. Winterhook was a two-phase readiness exercise designed to

test Team McChord’s Airmen’s ability to survive and operate in a chemically or biologically contaminated environment. Throughout the exercise, the Airmen wore mission-oriented protective posture gear, which is protective gear used by U.S. military personnel in a toxic environment, such as during a chemical, biological,

radiological or nuclear strike. “The purpose of this exercise is to take a look at the skills an Airman should have when we go into a CBRN environment,” said Capt. Anthony Hertach, Exercise Winterhook director and 62nd Maintenance Squadron operations officer. “It’s really making sure we possess that capability and we’re ready for the next theater war and any threat that can be thrown at us.” During Phase I, Airmen were



Tech. Sgt. Ryan Pappas, left, discusses load plans with Senior Airman Darius Freeman during Exercise Winterhook on McChord Field Jan. 25.

SEE AIRMEN, 12A

ROTC TASK FORCE RANGER CHALLENGE

## CADETS TASTE ARMY LIFE



SCOTT HANSEN Northwest Guardian

Claremont McKenna College cadets make their way to the next challenge during the Task Force Ranger Challenge on Lewis North Jan. 26.

UW team wins annual event on Lewis North

BY DEAN SIEMON  
*Northwest Guardian*  
As the 8th Brigade, U.S. Army Cadet Command (ROTC) kicked off its annual Task Force Ranger Challenge on Joint Base Lewis-McChord just before Jan. 26 at 8 a.m., rain sprinkled on top of the cadets representing three schools: the University of Washington in Seattle, Wash.; Boise State University in Boise, Idaho; and Claremont McKenna College in Claremont, Calif. The team from UW was able to win the overall competition, earning a berth at the



A team of ROTC cadets from Boise State University completes the Zodiac Competition on Sequelitchew Lake during the annual Task Force Ranger Challenge on Lewis North Jan. 26.

SEE CADETS, 12A

AIR MOBILITY COMMAND

## Everhart focuses on team readiness

Leader observes Airmen in action

BY AIRMAN 1ST CLASS SARA HOERICHS  
*62nd Airlift Wing Public Affairs*  
The commander of Air Mobility Command visited McChord Field on Joint Base Lewis-McChord Jan. 25 and witnessed full-spectrum readiness in action. According to Gen. Carlton Everhart II, full-spectrum readiness describes the way the Air Force maintains the skills and knowledge required to deploy quickly and operate effectively in a full range of combat environments. Readiness and enabling war-fighter lethality is a primary focus for AMC, and that was on display as Team McChord held operational readiness exercise Winterhook Jan. 22 to 26. “Being fully ready is a perishable skill,” Everhart said. “It’s critically important for Airmen to practice things like loading airplanes and to simulate going through a simulated chemical or biologically contaminated environment. Generating challenging scenarios ensures our Airmen are prepared, confident and able to generate airplanes and get them out the door in any environment.” Everhart said he was impressed by the way the readiness scenarios generated questions from exercise participants. The general stressed the importance

SEE AMC, 12A

IN THE NEWS



U.S. Army Photo

The Dragoon, an upgraded Stryker XM1296 Infantry Carrier Vehicle, sits on display on JBLM.

AN EYE ON THE FUTURE

Army leaders assembled at Joint Base Lewis-McChord for a two-day conference to adopt a common vision for the future of Stryker Brigade Combat Teams and to see the improvements to the Stryker vehicle. **See story, A9**

2ND BATTALION, 1ST SPECIAL FORCES GROUP (AIRBORNE)

## Indian, U.S. special operators join forces on JBLM

BY SPC. JON RIVERA  
*1st Special Forces Group (Airborne) Public Affairs*  
Green Berets assigned to 2nd Battalion, 1st Special Forces Group (Airborne), conducted a joint training exercise with Indian special operation forces Jan. 14 to Monday at Joint Base Lewis-McChord. Exercise Vajra Prahar is an annual two-week exercise, which highlights bilateral training that improves the ability to react efficiently to any number

of contingencies. The training rotates between India and JBLM. “Our military-to-military partnership is invaluable,” said Master Sgt. Shane, a team sergeant involved in the training. “It not only strengthens our international bond but it contributes to the strategic relationship between the two countries. India is an essential partner, both for the regional security of



STAFF SGT. MARCUS BUTLER U.S. Army Photo

An Indian special operations soldier gathers his parachute after completing a jump during exercise Vajra Prahar on JBLM Jan. 17.

SEE SPECIAL, 12A



JBLM EXCEPTIONAL FAMILY MEMBER PROGRAM

# Mobile exhibit brings space to JBLM children

BY RUTH KINGSLAND  
*Northwest Guardian*  
Seven-year-old Aiden Gutierrez, a second-grader at Graham Elementary School, removed his diffraction glasses and began writing on the spectra worksheet he'd been provided by Ishin Iwasaki, the Pacific Science Center outreach coordinator.

Aiden's mom, Heidi Gutierrez, an Army wife, assisted the youth with some of the colors she remembered seeing around a tube of hydrogen gas, held by Iwasaki in the darkened classroom, before the lights came back on.

"I saw yellow, green and blue," Gutierrez said. "No, Mom, not blue — it was violet," Aiden said.

Iwasaki asked the dozens of Exceptional Family Member program students and parents gathered in a room at the Joint Base Lewis-McChord CARES center Jan. 26 to remember the colors of the spectra — rainbow-like effects — created by each of several types of gasses displayed, and write them down as they were recalled.

The activity was part of a special presentation for EFMP families coordinated by the Directorate of Personnel and Family Readiness, the Pacific Science Center on Wheels, JBLM's Family and Morale, Welfare and Recreation and Madigan Army Medical Center.

EFMP conducts one special event monthly for its students with various disabilities, including physical and other health issues.

More than 120 EFMP children and parents participated in the event, which was planned months in advance by a board of parents and JBLM leadership.

The Pacific Science Center brought its mobile exhibit to the JBLM facility to entertain and educate the kids, since many EFMP children aren't able to go on field trips, according to Megan O'Day, EFMP systems navigator for JBLM's Directorate of Personnel and Family Readiness.

"The Pacific Science Center opens early for special needs kids, but the traffic is the problem for us being able to go there for a field trip," she said.

"It's hard for any kid to ride that far in traffic, but especially for our kids — a one- to two-



Courtesy Photo

Aiden Gutierrez, 7, a second-grader at Graham Elementary School, tests out diffraction glasses during an EFMP workshop presented by the Pacific Science Center at the JBLM CARES center on Lewis Main Jan. 26. His mom, Heidi Gutierrez watched from behind Aiden.

hour trek in traffic is not happening."

For those sitting at desks at the CARE Center, it was hard to differentiate between the kids with disabilities and their siblings and classmates.

"Wow!" Aiden and several other children exclaimed after they put back on their diffraction glasses and the lights again went out.

Iwasaki lifted another gas-filled tube that shone brightly, surrounded by spectra designs. "There are rainbows on the sides," said 9-year-old Tabitha Rojas, of eight spectra petals that illuminated the tube of gas.

Tabitha and her siblings, Jayden Rojas, 6, and Ivanna Santos, 10, participated in the event with their parents, Cary Vasquez and Sgt. 1st Class Victor Rojas, 301st Maneuver Enhancement Brigade, 416th Theater Engineer Command.

Jayden was diagnosed with autism at the age of 3, but reacted well to the colorful stimulus and scientific lessons his sisters enjoyed.

"We've been to the Museum of Glass and a few other museums, but never the Pacific Science Center. I guess we will have to visit there," Vasquez said.

"Did you see purple?" Ivanna asked Tabitha.

"Yes," she answered.

"I've never seen anything like this before," Ivanna said.

Iwasaki said he enjoys bringing his passion for science

to children who couldn't otherwise visit the center.

"They get so excited and love learning about stars and astronomy," he said.

Four-year-old King Isaiah Bankston-Levette also enjoyed the bright colors and learning about space at the event.

The child moved to JBLM with his parents, Soncel'ra Bankston-Levette and Sgt. Muhammad Levette, 23rd Brigade Engineer Battalion, 1st Brigade, 2nd Infantry Division, in May from Atlanta.

Prior to that, King Isaiah underwent a series of surgeries and physical therapy, following being in a coma and on life support shortly before his second birthday.

"He had a hard time; he had to learn to crawl and sit up again," his mother said of the illness that affected his right side and caused extreme fatigue and muscle atrophy. "It's a slow process."

Bankston-Levette said her son is doing better, but still has difficulties.

"He does enjoy science and learning about planets and space though," she said.

Several of the families expressed interest in purchasing similar diffraction glasses for their children to learn with in the future.

"We're going to have to look online for some glasses," Gutierrez told Aiden.

"Yes, I want some," Aiden said, with a smile.

TACOMA ART MUSEUM

# Museum now free to service members

BY RUTH KINGSLAND  
*Northwest Guardian*

Imagine a world where it's free to view and enjoy museum exhibits all year. One can bring the family for free as well.

Well, it takes no imagining for service and family members as well as veterans to visit the Tacoma Art Museum for free now, thanks to donors who recently decided to thank military families for their service with free admittance.

As a longtime participant in the Blue Star Museum program, which offers free admittance to certain museums for active-duty military and their families from Memorial Day to Labor Day, the museum opened its doors free to the military during the summer.

That all changed on Veteran's Day last fall. Seventy museum donors and the museum's development department decided the museum could do more to thank local military, according to Adrienne Edmondson, director of marketing and communications at the Tacoma Art Museum.

"We welcome service members and their families and wanted to make the museum more accessible for them," she said.

Not only are service members and veterans allowed into the museum for free every day throughout the year when the museum is open, but their families are also, Edmondson said, adding it's expected that no one will take advantage and bring in extended family and friends.

"We're not talking about 20 or 50 family members," she said.

Exhibits at the museum vary



Tacoma Art Museum

The Tacoma Art Museum is now offering free admission to service members, families and veterans year-round.

## If you go

**What:** Tacoma Art Museum

**Where:** 1701 Pacific Ave., Tacoma

**When:** Tuesday-Sunday from 10 a.m. to 5 p.m

**To learn more:** Call 253-272-4258 or visit TacomaArtMuseum.org.

from the current "Animals: Wild and Captured in Bronze," from big horn sheep to elk buffalo, to the politically charged, "Immigrant Artists and the American West," which allows visitors to see how art relates to immigration issues.

A few new exhibits also will open later this month, including: "Native Portraiture: Power and Perception," featuring paintings

of or by Native Americans; "Place to Call Home: Settlements in the West," artwork depicting houses, pueblos and settlements from San Francisco to San Antonio; and "Winter in the West," a selection of paintings from the Erivan and Helga Haub collection, which celebrate the cold, crisp season of winter.

The Haub family, originally from Germany but longtime Tacoma residents, has honored the museum not only with a donation of more than 300 pieces of Western art, ranging from artwork from the 1700s to current works, but also through donation of a new wing at the museum, currently under construction and expected to open soon.

The museum also offers an extensive display of Dale Chihuly glass, outdoor sculptures, a cafe, museum store and an art studio.

NEWS IN BRIEF

## Washington State House, Senate honor Amtrak first responders

The Washington State legislature invited the first responders and good Samaritans who responded to the Amtrak 501 train derailment Dec. 18 to attend the reading of the Amtrak Response Resolution in the Washington State Capitol in Olympia Wednesday morning.

Among those attending to be recognized were service members and civilians from Joint Base Lewis-McChord.

Both the Washington State House and Senate adopted a bipartisan resolution to honor all good Samaritans, first responders and government agencies who responded to the derailment that killed three people and injured about 100. Washington State Sen. Steve O'Ban, 28th Legislative District, invited the JBLM members to be on hand for the reading.

Amtrak 501 was making its inaugural run from Tacoma to Portland when the train derailed a mile from the JBLM-DuPont gate. More than 40 service members and civilians from JBLM were the first people on the scene after the crash.

The National Transportation Safety Board is still investigating the crash. The NTSB transported the locomotive and all 12 passenger cars of Amtrak 501 to JBLM for the investigation.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

## Interest-free student loans for military service may be available

The Department of Defense is collaborating with the Departments of Education and Veterans Affairs to educate service members and veterans about a significant student loan benefit based on their military service.

Federal law exempts members of the military from paying interest for up to 60 months on certain student loans while serving or having served in an area that qualifies them to receive hostile fire or imminent danger pay. Service members and veterans can also apply retroactively based on previous qualifying military service.

This benefit applies to direct loans or a portion of a direct consolidation loan made on or after Oct. 1, 2008.

"The DOD is excited to collaborate with our federal partners to make sure members of the uniformed services are aware of this education benefit and know how to take advantage of it," said Fred Drummond, deputy assistant secretary of defense for force education and training. "It's also important for service members and veterans to know that if they overpaid student loan interest they can take action to get a refund."

To build awareness of the benefit among military borrowers, the DOD joined forces with Departments of Education and the VA on a multifaceted communications campaign to reach service members and veterans, and their families, through a variety of platforms.

Taking advantage of this student loan benefit is simple and straightforward. Eligible active duty, national guard, and reserve service members and veterans can take these actions to avoid student loan interest:

- Check your loan type and servicer by logging in to "My Federal Student Aid" at StudentAid.gov/login.
- Contact your loan servicer to find out how to provide a leave and earnings statement showing receipt of hostile fire or imminent danger pay, a certifying official's statement and signature or military orders showing service in a hostile area.

For more information about the zero percent student loan interest benefit, visit StudentAid.gov.

— DEPARTMENT OF DEFENSE NEWS SERVICE

## Joint Base Lewis-McChord has upcoming late-night firings

Units on Joint Base Lewis-McChord will conduct day, evening and nighttime artillery and mortar training Friday and the next few weeks.

Mortar training will take place Friday until 11:59 p.m. Training will occur throughout daytime and nighttime hours.

The unit will take part in 60 mm, 81 mm and 120 mm mortar training on JBLM.

Mortar training will take place Feb. 13 from 7:30 a.m. to 11:59 p.m. Training will occur throughout daytime and nighttime hours. The unit will take part in 120 mm mortar training.

Mortar training will take place from Feb. 20 at 6:30 a.m. to Feb. 23 at 9:30 p.m. Training will occur throughout daytime and nighttime hours. The unit will take part in 60 mm, 81 mm and 120 mm mortar training.

This is required training, which allows military members to practice and improve skills necessary during combat. As often as possible, JBLM conducts larger scale artillery firing and demolition training at the Yakima Training Center in an effort to minimize inconvenience for the surrounding communities. However, some training must take place on base.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

## Construction starts around the Grandstaff Library, Waller Hall

Construction will begin Feb. 9 on the parking lot next to the Grandstaff Library and Waller Hall on Lewis Main. During this time the Grandstaff Library and Waller Hall will be open.

Construction we be conducted in two phases.

Phase one will begin in the main parking lot located in Front of Grandstaff Library and Waller Hall to include 10th Avenue, which will also be closed down.

During this time, the main entrance to the library will be closed off and access will not be allowed. Patrons will be able to enter the building via the rear entrance located on the opposite side of the building near North Eighth Street. The drive-up access book drop will be relocated to the pass-through located on Pendleton Avenue.

Phase two of the construction will begin in early summer. The remainder of the parking lot will be upgraded at that time to include parking in front of the Grandstaff Library as well as the end of Waller Hall and America's Credit Union.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

## 2018 AFSA Pitsenbarger Award nominations sought by March 1

Officials are currently accepting nominations for the 2018 Air Force Sergeants Association Pitsenbarger Award. The award will be presented to an Air Force enlisted member who has performed an heroic act between from Jan. 1-Dec. 31, 2017, on or off duty, which resulted in the saving of life or prevention of serious injury.

Each major command, combatant command, field operating agency or direct reporting unit may submit one enlisted nomination. Nominations are due no later than March 1.

For more information, visit mypers.af.mil.

— AIR FORCE NEWS SERVICE



QUOTE OF THE WEEK

“There ought to be more than just a little bit of irony in your mind that we are trying to deliver a proposed budget on time to the Hill, when we don’t actually know what we are going to get for ’18. This is called gambling.”

**Air Force Gen. Paul Selva**  
Vice chairman of the Joint Chiefs of Staff



DEAN SIEMON Northwest Guardian

**HEALTH AND FITNESS:** JBLM Wolf Pack contributes to the American Public Health Association’s “One Billion Step Challenge.” **See story, 1B**

NWGUARDIAN.COM

● **New Army uniforms:** In 2015, the Army announced a change in the combat uniform from the Universal Camouflage Pattern to the Operational Camouflage Pattern. The mandatory date for possession for the OCP is Oct. 1, 2019. For Soldiers who are curious about the new look and various components of the OCP, Army.mil has launched a newly redesigned, interactive uniforms site at army.mil/uniforms. The site also features full-body photos and information on the Service Uniform and Physical Fitness Uniform, various combat badges and a helpful FAQ page for the most commonly-asked uniform questions.

● **Off to space:** Less than a year after changing the name of the Joint Interagency Combined



Space Operations Center to the National Space Defense Center, the NSDC transitioned to 24-7 operations Jan. 8, marking a significant step for the expanding, interagency team focused on protecting and defending the nation’s critical space assets. The NSDC is a partnership organization, strongly supported by both the Defense Department and Intelligence Community.

593RD EXPEDITIONARY SUSTAINMENT COMMAND

TACOM leaders address JBLM sustainers

BY CAPT. CAIN CLAXTON  
*593rd Expeditionary Sustainment Command*

Leaders from the U.S. Army Tank-automotive and Armaments Command addressed sustainment Soldiers at the McChord Field Theater at Joint Base Lewis-McChord Jan. 24 about sustainment and readiness.

TACOM commanding general Maj. Gen. Clark LeMasters Jr. and Command Sgt. Maj. Ian Griffin spoke with Soldiers at the quarterly JBLM Sustainment Warfighter Forum, hosted by the 593rd Expeditionary Sustainment Command.

“Everybody has priorities,” LeMasters told the crowd of more than 150 Soldiers. “My job is readiness.”

LeMasters proceeded to explain how TACOM sustains the Army and ensures the force is ready for the fight.

TACOM and its Program Executive Officers partners, headquartered at Detroit Arsenal in Warren, Mich., is responsible for 500 of nearly 800 Army acquisition programs — about half of Army Materiel Command’s 3,000 end items and 47,000 spare parts, LeMasters said.

The command manages the life cycle of tanks, weapons, uniforms, parachutes and even chemical and biological defense equipment, as well as sets, kits and outfits and combat vehicles.

LeMasters invited the Soldiers to visit Detroit Arsenal for a first-hand look at the organization through a program he called, “TACOM 102.”

“It is an opportunity for support operations leaders and senior maintenance technicians to see behind the curtain of TACOM so they can understand



CAPT. CAIN CLAXTON U.S. Army Photo



ABOVE: Maj. Gen. Clark LeMasters Jr. explains the structure and mission of Tank-automotive and Armaments Command to Soldiers attending the Joint Base Lewis-McChord Sustainment Warfighter Forum at McChord Theater Jan. 24.

LEFT: Maj. Gen. Clark LeMasters Jr., center, and Command Sgt. Maj. Ian Griffin, right, hold a memento presented by 593rd Expeditionary Sustainment Command’s commanding general Brig. Gen. James Moore, left.

the process,” of how repair parts are requested and delivered to the field, LeMasters said.

LeMasters fielded questions from Soldiers in the audience, particularly about delays in

fielding repair parts for vehicles and gun systems. He explained that the ability of TACOM to

supply the field is based on data the Army used when it was primarily engaged in wars in Iraq and Afghanistan.

“Our history of projections is wrong,” for the current demand, he said. “Most of our projections were based on years our equipment was sitting at home station while we fell in on equipment down range.”

LeMasters said it will take about two years to satisfactorily improve TACOM’s ability to meet the field’s demand for repair and replacement parts.

“We are still hurting, but we are improving,” he said.

LeMasters and Griffin both stressed the importance of command maintenance programs. Squad and platoon leaders must understand fully the maintenance status of everything in their charge, Griffin said.

LeMasters emphasized that maintenance was more than a one-day a week event and said it requires detailed planning.

“Make time for maintenance,” LeMasters said. “Planning for maintenance begins at least six or seven weeks out when you put it on your training calendars, but you also have to plan all the time you need to (prepare for maintenance).”

The TACOM CG also reminded leaders that on-the-spot maintenance corrections save everyone valuable time.

“Verify the fault,” he said. “If you can fix it on the spot, don’t deadline it.”

More than that, the two leaders spoke about the importance of leadership development, particularly of junior officers by senior noncommissioned officers.

The 593rd ESC announced the next gathering of JBLM sustainers is planned for June 12 to 14.

13TH COMBAT SUPPORT SUSTAINMENT BATTALION

Quartermasters conduct supply support field activities

*593rd Expeditionary Sustainment Command Public Affairs Office*

Soldiers of the 24th Composite Supply Company, 13th Combat Support Sustainment Battalion, conducted the unit’s first ever “jump” of total supply support activities to a training area at Joint Base Lewis-McChord Jan. 20 to 26.

In Army parlance, “jump” refers to the tactical relocation of operations from one location to the next. For the 24th CS Co., it meant moving operations, including all equipment and supply stock, from permanent structures near the logistics gate to the austerity of a field site at Training Area 12 on JBLM, with minimal impact to the seven brigades that draw supply from the SSA.

The goal was to assess the mobility index of the SSA, gauge its readiness posture and obtain solutions to meet and exceed the standards of the Army.

It seemed just short of impossible, according to platoon leadership.

For the Soldiers in the SSA, this opportunity was not only to be their first in terms of moving stock, but also their first time being in a field environment. Leaders did their best to prepare the very young and inexperienced platoon of 24 Soldiers for the field.

“They had accepted the

challenge; the Soldiers were excited, anxious and ready to prove their worth beyond the walls of their usual workplace,” said 2nd Lt. Ornella Brierre, SSA platoon leader.

Once they arrived on site in the morning of Jan. 20, the SSA platoon immediately began establishing base defenses. In a few hours, they had stretched triple-strength c-wire around the perimeter, set up the command post and secured the two entry control points, Brierre said.

Next, the Soldiers established the different sections of the SSA, putting up the tents, down-loading parts and supplies and continued to refine the security posture of the area. The platoon worked with little rest through the weekend in order to be ready and open for business Jan. 22 at 8 a.m.

At 8:45 a.m., the SSA served its first customer: the 657th Forward Support Company, 301st Brigade Support Battalion, 17th Field Artillery Brigade.

The platoon supported 12 customers out in the field Jan. 22 while also performing clear and search procedures and camouflage training.

“We should be able to adapt to any environment and still be able to carry on with our duty,” said Sgt. Antonio Crew, the SSA stock control noncommissioned officer in charge. “We completely demolished our task.”



2ND LT. ORNELLA BRIERRE 24th Composite Supply Company

Soldiers of the 24th Composite Supply Company rehearse chemical and biological defense drills during a field exercise at JBLM Jan. 23.

Even as they supported customers in the field, the Soldiers honed their individual and team fighting skills by practicing chemical and biological defense drills, casualty carries and perimeter defensive measures.

Leaders noted a couple of tools that made the operation more efficient — a newly-fielded ruggedized computer tablet that interfaces with the Global Combat Support System-Army network, and field packing units that simplified the SSA’s movement and storage of supplies.

“The ability to be have wireless connection with the VSAT

allowed Soldiers to fully take advantage of being mobile within their area of operation,” said Chief Warrant Officer 2 Raul Almendarez, the SSA supply technician. The large touch screen, weatherproof and rugged body didn’t falter under JBLM’s constant rain and winds, he said.

“The Soldiers were able to work outside their protective tents, assisting customers during their transactions and (did not have) to worry about equipment damage.”

The field packing units also played a vital role in the SSA’s

ability to move its equipment and stock to the field. The FPU’s are 20-foot containers configured to allow easy loading of palletized equipment with forklifts.

“The FPU’s provided us with maximum storage space, reduced our operational footprint out in the field, increased efficiency by maximizing the modular inserts and enhanced our mobility in making the SSA an expeditionary asset,” Almendarez said.

The Soldiers in this platoon have never been prouder of the work they do, what they mean to the supply distribution chain and how important they are to overall combat readiness for their customers, Brierre said.

The SSA platoon sergeant, Sgt. 1st Class Rodrigo Aguilar, agreed.

“There were many who had low expectations for this field problem, but I am so proud of each and every one of you, because you made history and exceeded the standard for our SSA,” Aguilar said to the SSA Soldiers after a week in the field.

“This jump would simply not have been possible without the SSA’s hard-working Soldiers,” Brierre said. “As leaders, we would like express our greatest thanks to them for showing their grit, their pride and their excellence as logisticians in the United States Army.”



Viewpoint



Commander, I Corps and Army Senior Commander, JBLM  
Lt. Gen. Gary Volesky

Commander, 62nd Airlift Wing and Air Force Senior Commander, JBLM  
Col. Rebecca Sonkiss

Joint Base Garrison Commander, JBLM  
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STRAIGHT TALK

To join the "Straight Talk" conversation, visit facebook.com/JBLewisMcChord



How do you stay dry and happy during the rainy season?

"When it starts to get to me, I will crack my window at night so I can fall asleep to the sound. It's so soothing and calming — makes me not resent it in the morning."

— ANNA BRUUN

"I sit and read by a happy light, use the gym and take deliberate walks in the rain to splash puddles."

— LINDA SHUBLAK

"Hit the gym, indoor pool and hot tub, go outside literally anytime its not raining, and invest in waterproof jackets and shoes to make going outside bearable."

— LOGAN BARNES

"Forget about the weather. It's just the way it is, and us natives don't let it stop us from doing what we want to do."

— SAM LYNN

"Basking in everyone else's disdain for the inclement weather keeps me dry and warm."

— KYLE MOIR

"Load up on coffee, put on a rain jacket and boots and go outside! Can't change it; so join it."

— ASHLEY BIRD

Next week's question

What are your plans for Valentine's Day?

VIEW FROM THE TOP



TECH. SGT. TIM CHACON 62nd Airlift Wing Public Affairs / 2016

Chief Master Sgt. Shelina Frey, AMC command chief, speaks during an all-call on McChord Field April, 7, 2016.

Mobility Airmen ready to meet any challenge

BY CHIEF MASTER SGT. SHELINA FREY  
*Air Mobility Command Command Chief Master Sergeant*

Mobility Airmen delivered mission success globally in 2017. I'm tremendously proud of each of you and humbled by your professionalism and dedication.

From providing air refueling operations that enabled Air Force bombers to fly around the world in support of Operation Inherent Resolve; to the first Mobility Guardian exercise; to airlifting humanitarian aid to Hurricane Maria survivors in Puerto Rico; to providing aeromedical evacuation for wounded service members serving in Afghanistan — Mobility Airmen delivered.

Frey

You are the lifeblood of the joint fight, and I can't wait to see what you accomplish this year.

Now that you're still plotting out how to maintain your resolutions, I want to share my focus for 2018 with you. The new year is a time of forward-thinking and goal-setting, and I'd like Mobility Airmen to focus on Total Force Full Spectrum Readiness.

Defining this phrase requires breaking down the individual

concepts. Most people in the Air Force should be familiar with the term total force, meaning all of our components — all uniformed and civilian members of the Air Force, active duty, Guard, Reserve and the Civil Air Patrol.

I like to expand that definition when I say, "big 'A' Airmen," to also include our contractors, family members and retirees.

Total Force Full Spectrum Readiness includes all of our Airmen under the total force umbrella, across the entire spectrum — from home station to deployed locations.

While you continue to excel, we must also continually seek out opportunities to improve. Total Force Full Spectrum Readiness requires improving equipment and tactics used to meet the complex threats being developed and proliferated among potential adversaries.

To help us continue moving in the right direction, Airmen can look forward to a Superintendents 101 course, a flight commanders' course, a Mobility Capability Assessment study and integrating more with international partners when planning scenarios during exercises — just like we did during Mobility Guardian at Joint Base Lewis-McChord.

The readiness aspect is critical in all we do — readiness entails being ready for the fight — from having

our family prepared on the home-front; to conducting and completing the training we need to accomplish the mission; to ensuring we have the equipment and expertise we need to not only sustain the fight, but to win the fight. Whatever challenge the world presents, we have to do everything possible to ensure our Airmen's readiness.

As Airmen in today's Air Force, we are not strangers to confronting challenges. From personnel cuts to budget constraints, times have been tough. But, in the face of adversity, you have triumphed.

You are the key to overcoming future challenges and ensuring readiness now and in the future. And you are delivering. Each time I visit a base, I'm amazed by the innovations I see from our Airmen — from mixed virtual reality glasses to help our maintainers with inexpensive real-time training to developing mock-up flight decks to provide our flying crew chiefs the ability to step through procedures that would otherwise require an aircraft to be present.

Through engaging our total force across the entire spectrum, we are going to ensure readiness now and in the future. This concept is going to help us continue to drive innovation across the entire Air Force for generations to come.

I hope you're ready 2018; our Mobility Airmen are!

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel  
Saturday, 5 p.m. — McChord Chapel No. 2 (reconciliation at 4 p.m.)  
Sunday, 9 a.m. — Lewis Main Chapel  
Sunday, 9 a.m. — Madigan Chapel  
Sunday, 10 a.m. — McChord Chapel No. 2  
Sunday, noon — Lewis Main Chapel  
Sunday, 5 p.m. — Lewis Main Chapel  
Weekdays, noon — Lewis North Chapel  
Weekdays, 11:45 a.m. — Madigan Chapel; call 253-968-1125  
1st Friday, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soldiers' Chapel  
8:30 a.m. — Traditional — McChord Chapel No. 1  
10 a.m. — Contemporary — Four Chaplains Memorial Chapel  
10:30 a.m. — Collective — Lewis Main Chapel  
10:30 a.m. — Collective — Madigan Chapel  
10:30 a.m. — Contemporary — Evergreen Chapel  
11 a.m. — Contemporary — McChord Chapel Support Center  
11 a.m. — Gospel — Lewis North Chapel

DIVERSE WORSHIP

**Jewish**  
Friday, 7 p.m. — Lewis Main Chapel  
**Islamic**  
Friday, 12:30 p.m. — Evergreen Chapel, 253-968-1125  
**Buddhist**  
Friday, 6 p.m. — Soldiers' Chapel, 253-966-5959  
**Pagan/Wiccan**  
Wednesday, 7 p.m. — Building 6230, Lewis Main, 907-952-4156

JBLM SNAPSHOT



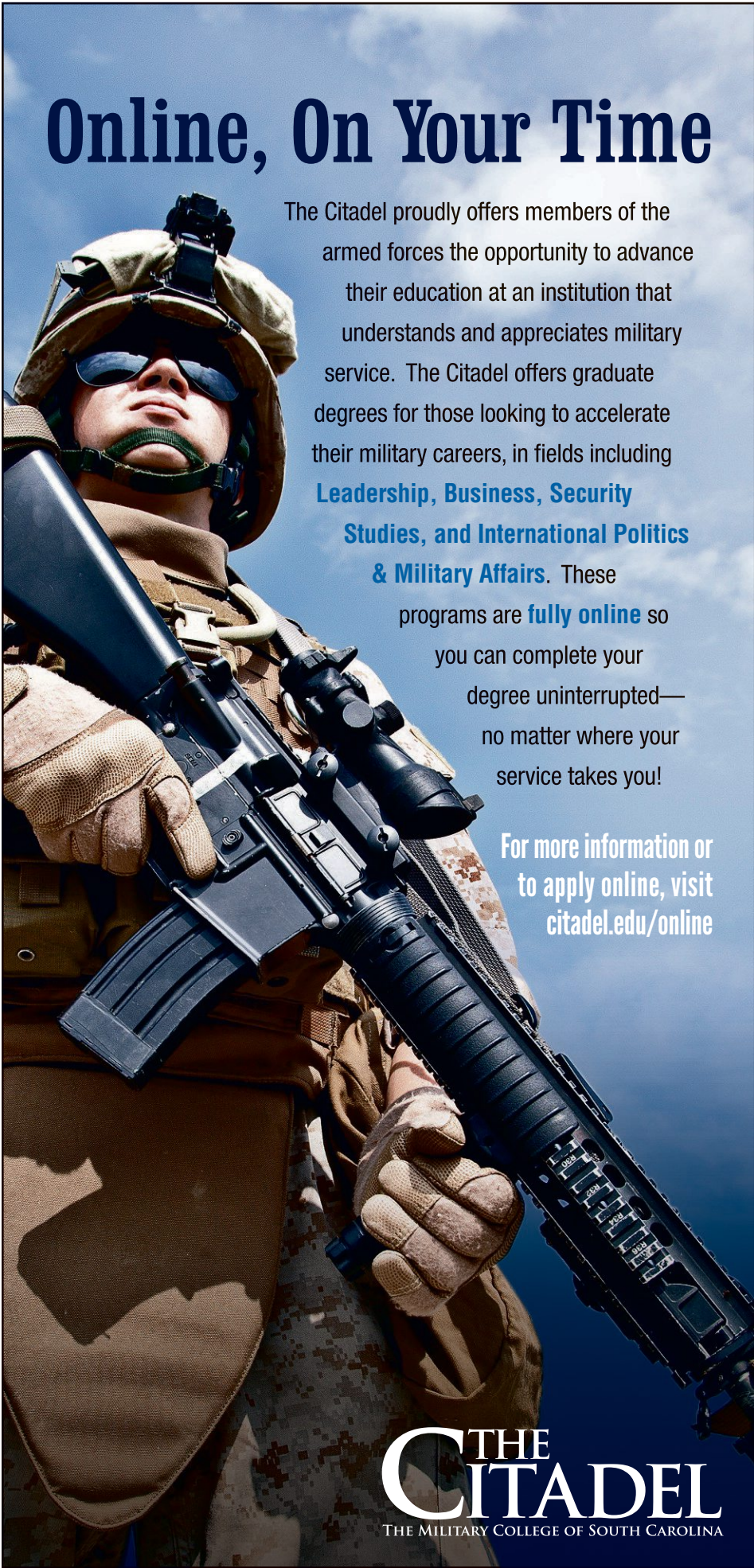
ALEJANDRO PEÑA U.S. Air Force Photo

Airmen assigned to the 732nd Air Mobility Squadron de-ice a C-17 Globemaster III out of Joint Base Lewis-McChord while conducting flight operations at Joint Base Elmendorf-Richardson, Alaska, Jan. 25. During the harsh Alaskan winters, de-icing keeps aircraft operational by removing layers of snow, ice and frost.

THIS WEEK IN HISTORY

- Feb. 2, 1887:** First Groundhog Day.
- Feb. 3, 2005:** Gonzales becomes first Hispanic U.S. attorney general
- Feb. 4, 1938:** Disney releases "Snow White and the Seven Dwarfs."
- Feb. 5, 1918:** U.S. steamship Tuscania is torpedoed and sinks.
- Feb. 6, 1952:** Elizabeth II becomes queen of Great Britain and Northern Ireland.
- Feb. 7, 1964:** The Beatles arrive on American shores.
- Feb. 8, 1943:** Americans secure Guadalcanal.






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\* Based on a member of the military who transfers in the maximum amount of credit toward the stated degree. Coursework reduction reflects an educational mapping based on the completion of the standard courses required for rank advancement as well as credit for occupation duties. Credit awards have service-level requirements. Exact transfer amount may vary depending on completed military courses and occupations as listed on your official Joint Service Transcript(s). State-specific requirements, as listed in the University Catalog, may apply. All credits must be validated on official transcript(s) to be eligible for transfer.

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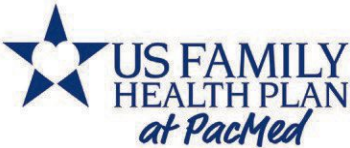

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MADIGAN ARMY MEDICAL CENTER

# Honoring 34 years as a volunteer

Madigan comes together to bid a special goodbye

BY KIRSTIN GRACE-SIMONS  
*Madigan Public Affairs*

Lillian Flores, who goes by Penny, started at Madigan Army Medical Center 17 years ago. Learning the ropes of being a licensed practical nurse can be daunting in the best of circumstances.

Flores' circumstances were not the best. Then she met Ruth Knasel, an American Red Cross volunteer in a family medicine clinic in the primary care service line at Madigan.

It was not until Flores told the crowd gathered to celebrate Knasel's 95th birthday at a party held in the Eagle/Falcon clinic Jan. 5 that the volunteer knew how close to tears Flores was the day she met Knasel.

Over the last 34 years, Flores is just one of many to receive Knasel's assistance, knowledge, experience and compassion.

"She used to set up all the rooms, all the packs, get all the medications ready," said Bilvir Radach, a neighbor of Knasel's, who retired from working as a licensed practical nurse in the clinic a few years ago. "She used to change the bed and get things ready for me so I could go from patient to patient."

But that wasn't all. "I used to babysit, too," Knasel said, explaining that she would go to clinics to watch a patient's kids while they had a procedure done.

Decades of doing what



Licensed practical nurses Elma Ware, left, and Bilvir Radach, middle, pose for a photo with Ruth Knasel at a party to celebrate Knasel's 95th birthday and 34th year as a volunteer for the American Red Cross and at Madigan Army Medical Center Jan. 5.

needed to be done all started with a need to feel useful.

When her husband passed away from Alzheimer's disease in the early 1980s, she knew it was past time to offer her caring attention outside of her home.

Her own doctor asked if she would volunteer in his clinic.

She spent time in a variety of clinics, but landed quickly in the family medicine world that is now known as the Eagle/Falcon team in the primary care

service line.

Over time, Knasel has reduced her hours in the clinic to just one day a week, down from a full-time schedule. Now, with eyesight weakening, she viewed her birthday party as her retirement party as well.

The party drew retirees and other departed staff members, as well as a steady stream of current staffers from around the facility, to thank Knasel, give her hugs and a couple of coins.

Having heard of her years of dedicated service, some even came simply to meet her.

Speaking with the accent that still belies her German roots, Knasel imparted her beliefs to the gathered crowd.

"I miss all of you," Knasel said. "It's something that kept me alive and brought me here now."

"And I hope that lots of people take note of that — when you keep busy, you will live a

"I miss all of you. It's something that kept me alive and brought me here now. And I hope that lots of people take note of that — when you keep busy, you will live a longer life."

**Ruth Knasel**  
Volunteer at Madigan Army Medical Center

longer life."

Colonel John Kent, Madigan's deputy commanding officer, presented Knasel with a commander's coin.

"I can't imagine how many patients' lives you've touched in 34 years here," Kent said.

Jenifer Dow, a registered nurse with the clinic, offered some of the patients' perspectives.

"The patients like seeing her," Dow said. "She brings a great spirit to the team."

Major Angelika Chiri, chief nurse of the primary care service line, also presented Knasel with the line's coin.

"All the little things you've done for our patients have made a big difference," Chiri said.

When all of the praise was over, Knasel was thankful and expressed her wish to return to the clinic to help.

"Thank you to all of you for working with me and for having the patience to teach me whatever I learned here," she said.

"And that was a lot, but not enough. I like it here; can you tell?"

"I'm married to this place."

JBLM VOLUNTEER OF THE MONTH

## JBLM spouse, volunteer always ready, willing to help

Since becoming an Army spouse, she helps others

BY RUTH KINGSLAND  
*Northwest Guardian*

If you ever need someone to step up and teach a class or do whatever needs to be done, expect a swift hand up from Cinda Doggett, according to Steve Wegley, program manager for Joint Base Lewis-McChord's Armed Forces Family Team Building.

Doggett is JBLM's February Volunteer of the Month. She volunteers with Armed Forces Family Action Plan and 1st Special Forces Group (Airborne) Family Readiness Group.

Nearly every month, a volunteer from one of the more than 300 organizations on base is highlighted for dedication and service, according to Lori Parker, JBLM Installation Volunteer Corps program manager, Armed Forces Community Service.

Wegley said Doggett goes above and beyond as a volunteer and can be counted on for any teaching task that becomes available with Armed Forces Family Team Building.

"She willingly volunteers and she will take on anything," Wegley said.

Doggett has performed a long



Courtesy Photo

list of volunteer activities since she became an Army wife. Her husband is a warrant officer in the 1st Special Forces Group (Airborne).

The couple met while both were scuba instructors in the Cayman Islands. She's originally from Des Moines, Iowa, and graduated from Danville High School, in Danville, Ill.

Her husband entered the Army after the terrorist attacks

of 9-11. The couple married in Honduras in 2006, and Doggett joined her husband in Okinawa, Japan, in 2007.

In 2012, the couple moved to JBLM.

"I love it here in the Northwest," she said, adding the hiking, skiing and other winter activities make for an enjoyable lifestyle.

Doggett began her military volunteerism while in Okinawa,

and it was a natural progression to take on what needed to be done at JBLM.

"The Army is smaller in Okinawa, and Soldiers are gone a lot so volunteers are needed," she said.

Doggett was new to the military then, so acting as a team point of contact for her husband's unit Family Readiness Group also served as a way to meet people and make friends,

Cinda Doggett, JBLM Volunteer of the Month, facilitates a forum for the 1st Special Forces Group (Airborne) Family Readiness Group. Doggett also teaches classes for Armed Forces Family Team Building.

"Anything I can do for the spouses I want to do because I want them to thrive; it's important for them each to have their own identity and not just be a military spouse."

**Cinda Doggett**  
JBLM Volunteer

as well as help other military spouses.

Since moving to JBLM, she has earned certifications, including for the master resiliency course, through AFCS' family team building.

She's also the chair of the Friendship Information Resiliency Support Trust program.

"I went through the resiliency course, so I can teach resiliency skills to the spouses," Doggett said. "Anything I can do for the spouses I want to do because I want them to thrive; it's important for them each to have their own identity and not just be a military spouse."

In addition to her volunteerism, Doggett enjoys traveling with her husband. She also has her own home business selling Juice Plus, a vitamin supplement, and flipping real estate.

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GIG HARBOR PUBLIC AFFAIRS FORUM

# Partnerships key to JBLM’s success

## Panel members hear about their JBLM partners

BY STAFF SGT. CHRIS MCCULLOUGH  
*201st Expeditionary Military Intelligence Brigade*

GIG HARBOR — The Joint Base Lewis-McChord garrison commander served as the key-note speaker Jan. 25 at the weekly Public Affairs Forum hosted by the Gig Harbor Chamber of Commerce at the Cottesmore of Life Care facility in Gig Harbor.

Colonel Nicole Lucas spoke to chamber members about the joint military base — the fourth largest in the United States — and the importance of the partnerships the base has with the surrounding communities.

“There is not an installation that has such a community connection like we have here in this part of the country,” Lucas said. “The way that we interact with the community is dependent on all of our partnerships.”

She pointed out that a lot of what goes on inside JBLM is able to be done because of community connections with towns like Gig Harbor.

“It’s not just about what’s going on inside the fence line at Joint Base Lewis-McChord, but rather we’re able to do what we do because of those connections within the community,” Lucas said.

Lucas also discussed the base’s reaction to the recent Amtrak train derailment just outside the installation — how



Joint Base Lewis-McChord garrison commander Col. Nicole Lucas speaks to the Gig Harbor Chamber of Commerce Jan. 25. Lucas was the featured speaker during the Gig Harbor Public Affairs Forum.

Soldiers and Airmen from the base reacted and the positive impact joint training between JBLM and the community played in their response.

“It was really amazing to be able to watch how the community and installation were able to respond ... because of the (joint) training they do together,” Lucas said.

Scheduled construction on base that is expected to impact the communities surrounding JBLM was also discussed, as well as Madigan Army Medical Center and how it positively affects the area.

“The other thing that makes

JBLM so special is the size and support that Madigan Army Medical Center can provide for the region,” Lucas said, elaborating on some of the beneficial technologies and programs specific to Madigan.

Lucas also spoke about the commitment the base has to balancing its military readiness alongside maintaining the vast prairie it occupies.

“JBLM is on a lot of (the last of) what was the original prairie, and we fulfill our obligations there, but are there things that we can do more of with the communities to protect species

and land — not just inside JBLM’s fences, but outside as well,” Lucas said. “We’re also partnered with the community to make sure that there’s other efforts that protect what needs to be protected here, and then build on those programs.”

Lucas also talked about the economic impact JBLM has in the local area. She noted that 60 percent of the population that works on JBLM lives outside the base in communities like Gig Harbor.

Last year, businesses in Washington State did more than \$7 billion of work for the Defense Department, Lucas

“There is not an installation that has such a community connection like we have here in this part of the country. The way that we interact with the community is dependent on all of our partnerships.”

**Col. Nicole Lucas**  
Joint Base Lewis-McChord garrison commander

said, and JBLM is the one of the state’s largest employers — third only to state government and Boeing.

“So, yes, JBLM is a big economic driver for the South Sound area and the state,” she said.

Following her remarks, Lucas answered questions from the audience which included queries about the possibility of upcoming deployments, base population and traffic flow around the base.

Since March 2000, Joint Base Lewis-McChord units have partnered with Puget Sound communities in an effort to build a positive community partnership.

In doing so, JBLM hopes to increase interaction between the base and the local populace, enhance a better understanding of today’s Army and Air Force and develop and maintain strong and positive community partnerships.

For more news from Joint Base Lewis-McChord, visit [lewis-mcchord.army.mil](http://lewis-mcchord.army.mil) or [facebook.com/JBLewisMcChord](https://facebook.com/JBLewisMcChord).

## I Corps hosts SBCTs for Stryker Symposium

### Army leadership gathers at JBLM to discuss future

BY STAFF SGT. MICHAEL ARMSTRONG  
*2nd Brigade, 2nd Infantry Division Public Affairs*

Leaders from across the Army assembled at Joint Base Lewis-McChord’s American Lake Conference Center for a two-day conference Jan. 25 and 26 to adopt a common vision for the future of Stryker Brigade Combat Teams and to see the upcoming upgrade and improvements to the Stryker vehicle.

Lt. Gen. Gary Volesky, I Corps and JBLM commanding general, spoke on the need for the Stryker community to come together and develop what and where the SBCTs will provide to the Army, and how to best move forward to face, not only today’s, but tomorrow’s challenges on the battlefield.

“The strength of the SBCT,” Volesky told the attendees, “is the nine-Soldier dismounted squad, enabled with the firepower, mobility and networked Mission Command architecture



STAFF SGT. MICHAEL ARMSTRONG 2nd Brigade, 2nd Infantry Division

of the Stryker vehicle.”

The Stryker Interim Armored Vehicle, developed pre-9-11, has the ability to rapidly fight the enemy in complex and restricted terrain.

Riding on wheels rather than tracks, it is lighter than most Army combat vehicles and easier to transport by plane.

“Our purpose for this summit is to gain consensus from the Stryker community on where we want to be in the next 20 years,”

Volesky said.

“We have the ability to shape the future of the SBCT. Now the window of opportunity is open.”

With that goal in mind, Volesky brought in subject matter experts as well as SBCT command teams from throughout the Army to discuss improvements, lessons learned, funding and feedback from Soldiers in the field.

With the shared vision for the SBCTs, it helped to drive topics

of discussion for the symposium, but more importantly gave a frame of reference when discussing ways ahead for the Stryker formation.

“This event was very insightful — to hear current brigade commanders discuss the particular challenges their formations face and to see some of the common trends,” said Lt. Col. Michael Berriman, commander, 8th Squadron, 1st Cavalry Regiment, 2nd Brigade, 2nd Infantry

Division. “There appeared to be a commonality from the brigade commanders on how to employ the SBCT.”

Static displays of the improved Mission Command and 30 mm Dragoon variant of Strykers were also on hand for the commanders to see what is next in the near term for the SBCTs.

“I’m very excited to see how we begin to employ the 30 mm Dragoon variant in the formation,” Berriman said. “With that variant alone, I believe it will provide the ability for Cavalry Squadrons to fight for information and better establish the security zone for the brigade.”

The open forum event provided the opportunity for commanders, leaders and Soldiers to voice their opinions and agree to the path going forward, especially when talking about the future of the Stryker community.

Volesky said he plans to host the symposium more than once a year and will bring in representatives from the Army’s Centers of Excellence to keep current concerns and initiatives on the forefront.

“We want the SBCT to remain the formation of choice for combatant commanders — now and in the future,” he said.

WESTERN AIR DEFENSE SECTOR

## WADS air battle manager graduates Navy TOPGUN

BY CAPT. COLETTE MULLER  
*Western Air Defense Sector Public Affairs*

An Air National Guardsman was the second Guardsman to graduate from the United States Navy Fighter Weapons School — TOPGUN — at Naval Air Station Fallon, Nev., recently.

Captain Jason Allenton, a member of the 225th Air Defense Squadron of the Western Air Defense Sector at Joint Base Lewis McChord, graduated from the course, enabling him to return to his unit and share new techniques and best practices with his fellow Airmen.

Allenton spent nine challenging weeks learning new concepts in joint integration and employment as well learning how to be an advanced execution instructor. He is now charged with integrating his newfound knowledge into the Battle Control Center’s air defense role.

“As one of very few Air National Guardsmen to attend

TOPGUN, we are proud of his accomplishment and look forward to integrating his new skill sets into the WADS mission,” said Col. Brett Bosselmann, 225th ADS commander.

“Resilience and determination are key to becoming a better operator,” Allenton said. “I learned that you cannot be afraid to fail. Standards and expectations are very high. The course mentally challenges you to learn to deal with failure and overcome it.”

Having a Guardsman graduate TOPGUN provides the NORAD enterprise — active-duty Air Force and the Navy — a fixed position within the continental U.S. for continuity in Navy tactics. A TOPGUN graduate can talk to aircraft all over the country and integrate with those units in both the Air Force and Navy, speaking the same language.

TOPGUN is different from other Air Force schools as it



Courtesy Photo

focuses on specific Navy air employment and integration, according to Allenton.

“Integration will be more seamless moving into the future, executing in a joint environment,” Allenton said. “It provides the fleet with an additional resource for air-to-air tactic instruction. There are several Navy installations nearby, and their members come to train at

WADS using our capability. With a TOPGUN graduate, now these members will receive first-class instruction and training — increasing the DOD’s combat effectiveness.”

The TOPGUN school came out of the Cold War and Vietnam era. The U.S. needed to reduce its unacceptable ratio of combat losses and found the need for an advanced fighter

weapons school, designed to train aircrew in all aspects of aerial combat — including the capabilities and limitations of Navy aircraft and weapon systems, along with those of the expected threat.

In 1969, TOPGUN was established to develop and implement a course of graduate-level instruction in aerial combat. Today, TOPGUN continues to provide advanced tactics training for FA-18A-F aircrew in the Navy and Marine Corps through the execution of the Strike Fighter Tactics Instructor Course.

TOPGUN is the most demanding air combat syllabus found anywhere in the world, according to the U.S. Navy. The SFTI course ultimately produces graduate-level strike fighter tacticians, adversary instructors and air intercept controllers who go on to fill the critical assignment of training officer in fleet units.



Health Beat

MADIGAN SHOUT OUT

William “Sully” Sullivan has been a vital fixture in Radiology at Madigan Army Medical Center from 1967 until his retirement Jan. 3.

His service to patients and mentorship of staff were honored at a ceremony Jan. 17.

Col. Michael Place, Madigan’s commander, and Command Sgt. Maj. Mark Bivins, Madigan command sergeant major, presented Sullivan with a flag, plaque and commander’s coin.

Sullivan joined the Army as a combat medic in 1960 then trained at Madigan in radiology. Over nearly 60 years of serv-



ice, Sullivan took more than 500,000 X-rays and mentored hundreds of colleagues.

Sullivan heard words of appreciation and heads into retirement knowing he has made a significant impact at Madigan.

MADIGAN ARMY MEDICAL CENTER

**GENERAL SERVICES**  
**Emergency:** 911  
**Nurse Advice Line:** 1-800-874-2273, option 1  
**Madigan directory:** 253-968-1110  
**Tricare Regional Appointment Center (TRAC):** 800-404-4506  
**Tricare On-Line:** [tricareonline.com](#)  
**United Health Care:** [uhc-militarywest.com](#), 877-988-9378  
**Pharmacy Refill:** 253-968-2999  
**Tricare Express-Script pharmacy service:** 877-363-1433 or [www.express-scripts.com](#)  
**Referral Coordination Center**

**Hotline:** 253-968-2903  
**Patient Admissions:** 253-968-3827/3829  
**Patient Advocacy:** 253-968-1145  
**Beneficiary Counseling Assistance Coordinator:** 253-968-3348/3491

**BEHAVIORAL HEALTH SERVICES**  
**Soldier Readiness Service:** 253-968-5140  
**Child and Family Behavioral Health:** 253-968-4843  
**Military One Source:** 800-342-9647  
**National Suicide Prevention**

**Life Line:** 800-273-8255 (Option 1)  
**Exceptional Family Member Program:** 253-968-0254/1370  
**Armed Forces Blood Bank Center:** 253-968-1850  
**Fisher House:** 253-64-9283  
**Public Affairs Office:** 253-968-1901  
**Veterinary Treatment Facility:** 253-982-3951  
**Madigan Directory Assistance:** 253-68-1110  
**Madigan Army Medical Center website:** [mamc.amedd.army.mil](#)  
**Email:** [usarmy.jblm.medcom-mamc.mbx.pao@mail.mil](#)  
**Fisher House:** 253-964-9283

GEORGIAN MINISTRY OF DEFENSE

Civilian deployment provides aid

BY KIRSTIN GRACE-SIMONS  
*Madigan Public Affairs*

Those in uniform are used to having a new challenge come their way every few years. For civilians, opportunities require more pursuit, but they are out there.

Typically it is physicians or psychologists who are wanted from Army Medicine. But, when Frank Bannister, group practice manager for the Puyallup Community Medical Home at Madigan Army Medical Center, was ready for a change of pace, he found a health care administrator was needed in the country of Georgia to develop their Wounded and Injured Warrior Department.

“I have a lot of background working with wounded warriors,” Bannister said. “I actually started the first deployed warrior medical management center in 1992 back in Landstuhl. This was when we had the Kosovo/Bosnia war and then the first Afghan war. So, we introduced the concept of case management.”

After an initial eight weeks of training in adviser roles and duties, effective communication, especially in volatile situations, and diplomatic awareness, Bannister expected his days to be busy immediately.

“Even though we had culture and language training, you really have to take time to absorb Georgia.”

Currently, the country has 198 wounded warriors; 43 are amputees. Twenty-three of these



Georgian Ministry of Defense

service members injured in Iraq and Afghanistan received care in other countries, including the United States. Georgia wants to care for its wounded warriors at home and is working to develop a comprehensive, multidisciplinary program akin that found in the U.S.

Stepping into the role of senior medical adviser for the Georgian Ministry of Defense in February, Bannister is nearing completion of a yearlong deployment. His focus has been on strategic organization, developing the staff’s understanding of team-based care, integrating mental health into rehabilitation services and working to encourage employment opportunities.

Bannister took over a program that was a mere two years old. The original program had a very narrow scope that established the basic capabilities to care for soldiers with single and double amputations.

From that small start with seven staff members, Bannister grew the operation to 38 people with combined social services, psychology and rehab staff. He put his health care management experience to good use to get them organized, align their resources and start talking about marketing and branding.

“It seems slow at the time, but when you look back over a year, or three years to when the program started, it’s like, ‘Wow,

we’ve come a long way,’” Bannister said.

Bannister deems the Georgian sitting volleyball team’s gold medal win at the Invictus Games in Toronto in September to be the biggest accomplishment of the year.

“They just started playing volleyball two years ago,” Bannister said. The team of nine wounded warriors with various amputations beat the U.S. team, the two-time standing champion. We got back to Tbilisi and the entire Ministry of Defense was there; the entire general staff was there. You would have thought they won the Super Bowl.”

They are now leveraging that win to inspire others and grow

the program even more.

Bannister and the local Georgian program leaders have also mentored talented people who have proven they can lead and make a difference. He has developed programs, peer support groups, resiliency training and techniques that can help with post-traumatic stress and traumatic brain injury with Tata Onaini, a clinical psychologist who has quickly become a leader in wounded warrior care.

Bannister understands that the program manager took a risk in promoting a young, untested woman for a leadership role in a traditional culture like Georgia’s. It is starting to shed the stigma surrounding mental health and to embrace people with disabilities.

Folding these changes into the strong points of its traditions — family, social structure and spirituality — is helping to move its wounded warrior program forward.

“The goal is to develop their own capacity based on their own culture and their own values,” Bannister said. “We’re trying to improve upon what they have.”

Of all the things he will bring back to his clinic from this experience when he returns home in February, Bannister suspects his biggest challenge in Georgia will be the greatest realization — tactical patience. At home, he is so focused on execution and results.

“But sometimes,” he said, “you’ve got to let things develop.”

FITNESS TRACKERS

Wearable devices may give too much info

BY JIM GARAMONE  
*Department of Defense News Service*

WASHINGTON, D.C. — Defense Department officials are studying security issues raised by physical conditioning trackers that also can be used to track service members’ whereabouts, a Pentagon spokesman told reporters Monday.

The concern comes from a “heat map” posted by Strava, the makers of a fitness tracking application, that shows the routes service members run or cycle in their daily exercises. These maps can show military bases and may be used to target individuals.

“We take these matters seriously, and we are reviewing the

situation to determine if any additional training or guidance is required, and if any additional policy must be developed to ensure the continued safety of DOD personnel at home and abroad,” said Army Col. Robert Manning III, during a conference at the Pentagon Monday.

Wearable electronic fitness trackers upload data to Strava, which then publishes a heat map of the activity so people can download the maps to find good running or cycling routes.

“The rapid development of technology requires the rapid refinement of policy and procedures to enhance force protection and operational security,” Manning said. “DOD personnel are



JIM GARAMONE Department of Defense News Service

advised to place strict privacy settings on wireless technologies and applications.”

Service members are prohibited from wearing such wireless technologies in some areas and during

some operations, Manning said.

Manning didn’t say what the department will do about the issue.

“We have confidence in commanders to employ tactics, techniques and procedures that

enhance force protection and operational security with the least impact to individuals,” the colonel said.

All DOD personnel go through annual training on information security. The training urges service members and DOD civilians to limit profiles on the internet, including personal social media accounts, Manning said.

“Furthermore, operational security requirements provide further guidance for military personnel supporting operations around the world,” he said.

Manning said the heat map incident re-emphasizes the need for service members to be cautious about what data to share via wearable electronic devices.

NUTRITION

Good nutrition makes for a strong, healthy heart

BY 2ND LT. EMILY RICE  
*Madigan Army Medical Center Dietetic Intern*

February is American Heart month, and eating a well-balanced diet and exercising regularly can help control body weight, cholesterol and blood pressure. All of these things are important to keep a heart healthy.

The key to good nutrition is eating a variety of fruits, vegetables, whole grains, dairy, lean meats and fish. These foods provide the body with the nutrients it needs for a strong beating heart.

Choosing healthy foods can seem confusing, but it does not have to be. One way to know if a food is heart-healthy is to look for the Heart-Check mark. This

indicates that the product has been certified by the American Heart Association to meet specific nutrition requirements.

Keep in mind that not all heart-healthy foods are labeled with the Heart-Check mark. Recommendations for an overall heart-healthy, nutrient rich diet include:

- Fruits and vegetables — Consume a variety of fruits and vegetables, and try to include all colors of the rainbow. These include fresh, frozen, canned and dried options.
- One cup of 100 percent fruit juice is considered a serving of fruit; however, it does not contain as much fiber as whole fruit. The 2015-2020 Dietary Guidelines for Americans, produced by the U.S. Department of

Health and Human Services and Department of Agriculture, advises to be aware of added sugars often hidden in fruit juices and high-calorie sauces added to frozen and canned options. When it comes to vegetables, look out for added sodium.

- Whole grains — Choose whole instead of refined grains. The Whole Grain Council recommends whole grains in their most natural state. Refined grains are processed which removes fiber, iron and other nutrients. At least half of a daily diet’s grains should be whole grain.
- Dairy — Choose fat-free or low-fat — 1 percent — dairy products to include milk, yogurt and cheese. Low-fat dairy

provides the same nutrients but has less fat than 2 percent and whole milk options, according to the 2015-2020 Dietary Guidelines.

- Meat — The American Heart Association recommends consuming red meats in moderation because they have more saturated fat than poultry. When choosing meat and poultry, look for the leanest cut without skin and prepare it in a healthy way. Try baking or grilling instead of cooking it in oil.
- Fish — Both the dietary guidelines and the American Heart Association recommend that adults consume 8 or more ounces of fish per week. It is important to eat a variety of fish containing omega-3 fatty acids such as salmon, herring,

sardines and albacore tuna. Omega-3s are beneficial to heart health and have been shown to reduce the risk of heart disease.

- Fats — Fat found in plant and animal foods helps absorb certain vitamins: A, D, E and K. Omega-3s and omega-6s are essential fatty acids because the body cannot make them itself. Good sources include walnuts, flaxseed, salmon, herring, soybean oil and canola oil. The dietary guidelines caution limiting saturated fat and trans fat in the diet for optimal heart health.

Try incorporating at least one healthy choice each day. Small changes in the diet can become healthy habits that will contribute to long-term health benefits, a healthy heart and a happier you.



# Community Ledger

## ATTENTION

Event announcements must be received no later than the Friday before publication. They can be emailed to [nwgeditor@nwguardian.com](mailto:nwgeditor@nwguardian.com). Announcements can be viewed online at [nwguardian.com](http://nwguardian.com). The Northwest Guardian office is in the basement of 1010 Liggett Ave. on Lewis Main. For more information, call 253-477-0182.



## SNAPSHOT Bayonet Focus

Soldiers of A Battery, 1st Battalion, 37th Field Artillery Regiment, 2nd Infantry Division Artillery hone their artillery skills during their Table 18 qualification Saturday at Camp Roberts, Calif. This was part of their battalion certification prior to a National Training Center rotation.

STAFF SGT. SAMUEL NORTHROP U.S. Army photo

## LET’S HEAR IT

What do you want to know in 2018? The Northwest Guardian, Joint Base Lewis-McChord’s command authorized source for installation news and information, wants to hear from you. Go to the JBLM Facebook page to answer the Straight Talk question of the week on Page A4, or submit a 1MB JPEG of your favorite photo of life on JBLM. Got a news tip or know a story you’d like to see in the Guardian? Coordinate with your unit public affairs section, then call 253-477- 0182.

### SCHEDULED HOLIDAYS AND FAMILY DAYS

The following are the scheduled dates for Army’s Day of No Scheduled Activity and Air Force’s Family Days and federal holidays on Joint Base Lewis-McChord.

- Feb. 16 - Army DONSA
- Feb. 19 - George Washington’s birthday
- March 30 - Army DONSA
- April 2 - Army DONSA
- May 25 - Army DONSA
- May 28 - Memorial Day
- June 14 - Army DONSA
- June 15 - Army DONSA

### ATTEND GROUNDHOG DAY PARTY FRIDAY

Early spring? More winter? Only Punxsutawney Phil knows for sure. Either way, celebrate at the McChord Pub’s inaugural Groundhog Day party Friday from 4 to 8:30 p.m. Play trivia and other games with food and drink specials. You don’t need to be a Club member to attend the party, so invite your co-workers and friends. The pub is located inside the McChord Club at 700 Barnes Blvd.

### NAC SKI SHOP NOW OPEN FOR BUSINESS

Gear up for skiing, snowboarding and all your mountain snow adventures with JBLM’s Outdoor Recreation Program. The Northwest Adventure Center has opened its ski shop for equipment rentals and clothing and outfitting purchases. The NAC is open seven days a week from 9 a.m. to 5:30 p.m., located at 8050 NCO Beach Road on Lewis North. Call 253-967-7744 for more information.

### SPIRITUAL TALK AT GRANDSTAFF

Award-winning author and internationally recognized spiritual medium Jeffrey Marks, joined by Washington State Ghost Society president Dave King, reveal what Modern Spirit research has uncovered about those who have surpassed the confines of the physical body and our three-dimensional reality Saturday at 1 p.m. The talk is for ages 18 and older; no registration is needed. Call Grandstaff Library at 253-967-5889 for more information.

### DISNEY MILITARY SALUTE KICKOFF

Are you a military family planning a Disney vacation? Buy special 2018 Disney Military Salutes tickets starting now at Leisure Travel Services on Lewis Main inside Bowl Arena Lanes at 2272 Liggett Ave. Also plan on attending the kick-off event Saturday from noon to 4 p.m. at LTS with two free games of bowling, refreshments and door prizes. Purchase your Disney vacation tickets while at the event. For more information, call 253-967-3085.

### ARMY, AIR FORCE PCS MOVE WORKSHOPS

Joint Base Lewis-McChord’s Armed Forces Community Service hosts a First PCS Move workshop Mondays from 3 to 4 p.m. at Waller Hall, 2140 Liggett Ave., Lewis Main, and the second Thursday of each month at the Service Member and Family Readiness Center, 551 Barnes Blvd., McChord Field. For more information, call 253-967-

3633 or 253-982-2695. To register, visit [jblmafcscheckappointments.com](http://jblmafcscheckappointments.com).

### JBLM FAMILY HOUSING FIRE SAFETY CLASS

Base housing residents are required to take a Family Housing Fire Safety class within 30 days of moving in to Lewis-McChord Communities. Service member must attend; spouse is welcome and encouraged. Classes take place Tuesdays and Thursdays at 1 p.m. at Bldg. 2014, Fire Station 107 Pendleton on Lewis Main. Doors open at 12:30 p.m.; class starts at 1 p.m. Parking is limited, so arrive early.

### BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. in Bldg. 2014 at Fire Station 107 Pendleton on Lewis Main. Next class is scheduled for Wednesday. Fire Safety Class is limited to the first 25 people. Doors will open at 8:30 a.m. For more information, call 253-966-7164.

### JOIN MCCORD FIELD LIBRARY BOOK CLUB

Enjoy discussing books? Join the McChord Library’s Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m. The next meeting is Feb. 14 to discuss “A Reliable Wife” by Robert Goolrick. Registration is required in person. Copies will be available at the circulation desk, 851 Lincoln Blvd., on McChord Field. For more information, call 253-982-3454.

### SMA OF NORTHWEST MONTHLY MEETING

The general membership meeting of the Sergeants Major Association of the Northwest meets at Samuel Adams Brewhouse, Bldg. 2400 on South Division Street on the third Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is Feb. 15.

### ATTEND MONTHLY KIDS’ BOOK CLUB

Kids in grades three to five are invited to join McChord Library’s monthly Kids’ Book Club meeting the third Wednesday of the month at 4 p.m. Read fun books, meet fun people. Parents, bring your children by the McChord Library now to register and get a copy of this month’s book. Check out “The Watsons Go to Birmingham - 1963” by Christopher Paul Curtis for the Feb. 21 book club meeting. McChord Library is located at 851 Lincoln Blvd. at McChord Field. For more information, call 253-982-3454.

### JBLM NEWCOMERS’ ORIENTATION BRIEF

Joint Base Lewis-McChord has grown and changed over the years. Whether you’re new, returning or just want to learn your way around the base, all service members, civilians and adult family members are invited to attend the Newcomers’ Orientation Feb. 27 at American Lake Conference Center at 8085 NCO Beach Road on Lewis North. Report time for Soldiers and Airmen is 7:30 a.m. Orientation is set to begin at 8 a.m. Complimentary hot breakfast and free on-site child care is available upon request with registration; call 253-966-2977. For more

information, call 253-967-3633 or visit [jblmafcscheckappointments.com](http://jblmafcscheckappointments.com).

### 24/7 DAD CLASS FOR FATHERS

Join a class for dads, “24/7 Dad,” where fathers support fathers. Learn how to become a better father, and receive support from other dads who understand the day-to-day struggle of raising children. Classes take place on the second and third Tuesdays, every other month from 10 a.m. to noon at the 16th Combat Aviation Brigade’s Raptor Resilience Center, 3204 Second Division Drive on Lewis Main. Next classes are March 13 and 20. Online registration is available by visiting [jblmafcs.checkappointments.com](http://jblmafcs.checkappointments.com), or call 253-967-5901 to register via phone. 253-967-6416.

### FREE BIKE RENTALS NOW AVAILABLE

The GO Bike program has expanded availability to include Department of Defense family members ages 18 and older. Now all DOD employees, their family members ages 18 and older and JBLM contract employees can check out a free GO Bike for up to two weeks. Use the bikes to run errands, get to appointments or spend some exercise time outside. Find the GO Bike check-out locations on [GOLewisMC-Chord.com](http://GOLewisMC-Chord.com).

### FIRE EXTINGUISHER ANNUAL SERVICING

All facility fire extinguishers on base must be recertified and retagged annually. Accomplish this either by contractor via GPC card or hand-carry facility extinguishers to the fire extinguisher shop located at the rear of Bldg. 2014 on Lewis Main. The maximum number of

extinguishers one facility manager may rotate a day is 10. For more information, call the fire extinguisher shop at 253-966-2600.

### FREE RIDE TO DUPONT WITH GO TRANSIT

Enjoy a free ride out to the City of DuPont with GO Transit Route 1 weekdays from 7 a.m. to 5:40 p.m. with 20 minute frequencies. Route goes from the City of DuPont to Madigan Army Medical Center. Visit popular DuPont restaurants and coffee shops, take a stroll, run errands, make a connection to Seattle or Tacoma, or access JBLM without driving a car. Common Access Card is required to board at the DuPont stop. For more information, call 253-966-3939 or visit [GOLewisMcChord.com](http://GOLewisMcChord.com).

### SCORE THE BEST DEALS ON TEXTBOOKS

The next college quarter starts soon. You don’t have to break the bank on books; let Family and Morale, Welfare and Recreation’s Bookstore inside Stone Education Center help you get your books for less. For more information, call the bookstore at 253-964-8185.

### MOVING RESOURCES AVAILABLE ONLINE

Automated Housing Referral Network is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military families. Visit [ahrn.com](http://ahrn.com). Defense Travel Management Office consolidates, streamlines and centrally manages commercial travel. This single point of contact ensures consistency in the department’s focus, policy and execution, marking a new era in government

## TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

Find jobs on the “JBLMUnlimited” website at [jblmunlimited.com](http://jblmunlimited.com) or on Facebook at [facebook.com/jblmunlimited](https://facebook.com/jblmunlimited).

The following is a snapshot look into some upcoming employment fairs and networking opportunities:

**Operation GoodJobs!** Fridays 2 p.m. Starbucks, 10314 S. Tacoma Way, Lakewood. For more information, email [vetservicesinfo@goodwillwa.org](mailto:vetservicesinfo@goodwillwa.org) or call 253-573-6789.

**Hawk Job Fair** take place Mondays (except DONSA and federal holidays) at Hawk Transition Center Auditorium at 11 a.m. Come out and speak to recruiters with employment opportunities. Walk-ins are welcome.

**Career Skills Program Briefings** take place Mondays at Hawk Transition Center Auditorium. Walk-ins are welcome. Noon: trades/skills/technology/business brief.

**WorkSource Veterans Service Orientation Briefings** take place the first and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton. Next meeting is Wednesday. For more information, call 206-205-3500.

**Brown Bag Mini Job Fair** Wednesdays from 11:30 a.m. to 1:30 p.m. in the Hawk Transition Center Lobby. Walk-ins are welcome. Employer registration is now required by emailing [shenathan.d.burton2.civ@mail.mil](mailto:shenathan.d.burton2.civ@mail.mil) and [mitchel.s.watson.civ@mail.mil](mailto:mitchel.s.watson.civ@mail.mil).

**Worksource Pierce Weekly Meetings** Thursdays from 1 to 4 p.m., the WorkSource Pierce Career Center hosts a meeting for job seekers unemployed for 27 weeks or longer, seeking assistance to re-enter the workforce. Location is 1305 Tacoma Ave. South, Tacoma.

Fore more information, call 253-593-7300 or email [backtowork@workforce-central.org](mailto:backtowork@workforce-central.org).

**Camo2Commerce** has orientations Thursdays at 3:30 p.m. at the Stone Education Center on Lewis Main for military leaders in mid-level management roles, ideally staff and senior noncommissioned officers and junior to mid-grade officers in transition. Camo2Commerce has created the Heroes Corporate Fellowship Academy can help you land a job in a position commensurate with knowledge, skills, abilities and experience. For more information, visit: [camo2commerce.com/heroes](http://camo2commerce.com/heroes) or email [rob@pacmtn.org](mailto:rob@pacmtn.org).

**What’s My Next Move?** Second Monday of the month from 1:45 to 3:15 p.m. at Work Source Pierce. Next meeting is set for Feb. 12. Email [kmyers@esd.wa.gov](mailto:kmyers@esd.wa.gov), or call 253-552-2547.

**Earn money at home as a Family Child Care provider** Looking for a fun and rewarding home business? If you live on base, become a Family Child Care provider and make a difference in the lives of military children and families. FCC providers earn up to \$2,000 a month, may qualify for subsidies and receive free resources for their business. Learn about FCC at the Feb. 27 orientation from 6 to 8 p.m. at the FCC office. No children are allowed at the orientation due to space/discussion topics. Full-day training classes will meet weekdays from 8 a.m. to 4:30 p.m. following the orientation; all classes are required for FCC certification.

The FCC Office is located at 2013B Third St. at Pendleton Avenue on Lewis Main. For more information, call 253-967-3039.

**Spotlight Events and Employer Hiring** Check for employer spotlight events on social media at [facebook.com/jblmunlimited](http://facebook.com/jblmunlimited) for more information. Sign up at [sfl-tap.army.mil](mailto:sfl-tap.army.mil) or with your SFL-TAP Center at 253-967-3258/5599.

**Boots to Business** This is a three-day workshop covering topics related to how to start a business. Gain tools and knowledge needed to identify a business opportunity, draft a plan and launch an enterprise. Day three is a field trip. Classes are at Hawk Transition Center. For more information, call 253-967-3258.

**Onward to Opportunity** The NW Edge is a six-week program facilitated by different partnering agencies providing specialized transition workshops covering: speaking civilian, social media-LinkedIn, WA state economic demographics, resume tailoring, interviews, WA state opportunities, and a NW Edge social with employers. For more information, email Ben Dufay at [bjdufay@syrr.edu](mailto:bjdufay@syrr.edu).

### LEAD PERMIT WRITER AND FACILITY MANAGER

Washington State Department of Ecology — Salary: \$49,020 to \$64,296 annually. The Water Quality Program within the Department of Ecology is looking to fill a lead permit writer and facility manager position in the Central Regional Office in

Union Gap, Wash. Seeking applicants with excellent communication, organizational and analytical skills, and are adaptable and flexible. As an agency, we invest in our employees to create and sustain a working environment that encourages creative leadership, effective resource management, teamwork, professionalism and accountability. For more information, visit [ecology.wa.gov](http://ecology.wa.gov) and [careers.wa.gov](http://careers.wa.gov).

### SECURITY OFFICER AT PORT OF VANCOUVER

Port of Vancouver USA — Salary: DOQ. The Port of Vancouver USA is a multipurpose port authority located in Vancouver, Wash. along the banks of the Columbia River. The port has handled a variety of bulk and break bulk cargos since 1912 and is a hub for more than 7 million tons of cargo moving from as far away as the Midwest to the Middle East, making its way on barges, rail, ships or trucks — all converging on port docks. The bulk of cargo at the port includes wheat, minerals, autos, large project cargo and liquids. The port is in a period of transition to triple our cargo tonnage in the coming years. We are a versatile, hard-working port on a mission to create jobs and trade for the region. Our \$275 million rail project supports growing wheat, corn and soy exports, while attracting new customers and other commodities. We seek a professional and knowledgeable security officer for an on-call position. For more information, visit [tinyurl.com/y8372wel](http://tinyurl.com/y8372wel).

travel. For more information, visit [defensetravel.dod.mil](http://defensetravel.dod.mil). Defense Personal Property System is a centralized, integrated one-stop source for managing personal property moves. For more information, visit [move.mil](http://move.mil).

### GET CREATIVE AT ARTS AND CRAFTS CENTER

Relax, de-stress and learn a new skill at the Arts and Crafts Center on McChord Field. Classes include sculpture, painting, drawing, book binding, knitting, sewing, quilting, Zentangle, matting/framing and more. For current class descriptions and schedules, visit [jblmmwr.com/arts\\_crafts](http://jblmmwr.com/arts_crafts). For more information, call 253-982-6723.

### SIGN UP FOR JBLM ALERT NOTIFICATIONS

Joint Base Lewis-McChord Alert Notifications is a free service that allows you to sign up and receive emergency notifications about road closures, severe weather, utility service interruptions and public safety messages from Pierce County and the base. For more information, call 253-966-7526 or visit [tinyurl.com/gl5g3sq](http://tinyurl.com/gl5g3sq).

### CALL THE ENERGY WASTE HOTLINE

To stop energy waste and save valuable resources, the base Energy Program has launched the Energy Waste Hotline. The primary objective is to collect information about day-burners, incandescent bulbs, damaged fixtures, steam leaks and nonfunctional thermostats, etc. If you notice any opportunity to reduce energy waste, call or text 253-219-2394. The goal is to improve efficiency, eliminate waste and save money.

### THE USE OF SPACE HEATERS ON JBLM

The Joint Base Lewis-McChord Fire Department is not the authority for the use of space heaters on the base in your work area; the Directorate of Public Works’ Energy Conservation is the OPR for the use of all space heaters on the base. Contact Eric Waehling at 253-966-1772, or Amin Sakhawat at 253-966-9011. If DPW authorizes the use, JBLM Fire Prevention will ensure space heaters are used in a fire-safe manner.

### LEARN THE BASICS OF SOCIAL MEDIA

Do you or someone you know struggle to understand setting up an email or social media account? Do your kids, grandkids or friends wish you could join them online? Would you like to keep in touch with receive photos and messages more often? The Arts and Crafts Center offers a new social media class for beginners, on-demand. The course teaches youLearn how to establish, use and maintain an email account and introduce you to use Facebook. You’ll also be given an overview of other social media sites to see where your newfound skills can be applied. Grab a friend and check out what you can do online. The cost for the class is \$5. The Arts and Crafts Center is located at 1121 Barnes Blvd. on McChord Field. For more information, call 253-982-6726/6718.



FROM PAGE 1A

# AIRMEN

tasked to deploy in a scenario, while Phase II tested Airmen on their ability to complete their day-to-day tasks and continue the fight during a chemical threat.

“We know there is a threat out there, but being in (finance) we don’t always see that,” said Airman 1st Class James Cortez, Exercise Winterhook player and 62nd AW comptroller squadron budget analyst. “Being in the MOPP gear and face mask really puts it in perspective what’s out there.”

The Airmen participating in Winterhook were not only inspected by an internal team, but the Air Mobility Command Inspector General watched how Team McChord responded to the threat.

“We are setting the standard for the command because we are the very first the AMC IG has visited to assess how we’re going to move forward,” said Lt. Col. Barry Flack, 62nd Maintenance Group deputy commander and wing readiness officer. “That’s one thing we have been trying to impart on our Airmen:



STAFF SGT. WHITNEY TAYLOR U.S. Air Force Photo

Senior Airman Darius Freeman prepares a C-17 Globemaster III for cargo upload during Exercise Winterhook on the McChord Field flightline on McChord Field Jan. 25.

They are setting the standard. No other wing or organization can say that, so I think it’s really important, and Airmen should be proud of that.”

The mission of Team McChord is to provide rapid global mobility. Exercises such as Winterhook provide the training to enhance Airmen’s skill sets to operate in any condition.

“Without the ability to operate in a chemical or other environment, if we go to a theater of

war, we may not be able to fulfill our mission in certain areas,” Hertach said. “Ensuring that capability exists is how we continue to provide rapid global mobility as the 62nd AW and 627th ABG.”

The Airmen participating in the exercise were inspected for their ability to properly don their MOPP gear, perform their duties in their gear and administer self-aid and buddy care on simulated injured wingmen during a

chemical attack.

“I hope the Airmen will take away that this is important; this is something we need to be thinking about,” Hertach said. “It is something that probably hasn’t been on the forefront of many people’s minds for the last decade as we have been fighting terrorists. This is a very real threat, and we need to understand how it affects our mission and what we can do to make our capabilities better so we can better accomplish the mission.”

The measure of merit learned from Exercise Winterhook will be learning what Team McChord Airmen don’t know and apply that as they move forward, Flack said.

“I think success will be knowing where our shortfalls are and where we can improve,” Hertach agreed. “I believe we will see those areas, and we will move forward on them and make the wing better.”

A key objective is building confidence in Airmen’s ability to achieve their mission while wearing MOPP gear, which includes protective clothing, gloves and a gas mask.

“I think we’re building confidence in our skill sets,” Flack said. “We’re training, validating and exercising to ensure we get

this repetition down because we want this to become second nature to them — not only to be able to do their job, but to be able to build the confidence to do their job in certain threat environments.”

Having confidence and building muscle memory in putting on MOPP gear makes it easier for Airmen to fulfill their duties and can save lives when there is a limited amount of time.

“When the alarm went off and we had to put our gas masks on, you could tell a few people were not as confident,” Cortez said. “They were looking around seeing what everyone else was doing, and you only have so much time to put that mask on before something happens. It’s super important everyone knows exactly what they’re doing.”

Exercise Winterhook was a collaborative effort among everyone on McChord Field.

“When we’re talking about readiness, it’s a total Team McChord effort between the 62nd AW and 627th ABG, and it’s done very well,” Flack said.

Team McChord is planning another exercise in April to continue to grow and strengthen its skills to provide rapid global mobility for the Air Force.

FROM PAGE 1A

# CADETS

Sandhurst Competition at the U.S. Military Academy at West Point, N.Y. set for April 13 and 14. The team was not bothered by either the cold or wet conditions, which are pretty similar to the training conditions in nearby Seattle.

“We’re pretty much acclimated to this terrain for four years and training in this for five days a week (up in Seattle),” said Cadet 2nd Lt. Daniel Montesa, UW team captain. “I remember I used to be wet and cold, but it’s all good.”

UW will join the regional representatives for each ROTC brigade across the country, as well as international military teams, in a competition designed to inspire excellence. Montesa said going to the Sandhurst Competition allows the team to see their hard work come to fruition.

“Just because I’m in the position of the so-called leader doesn’t mean I’m the person who’s always leading the charge,” Montesa said. “We have a lot of people who have different strengths, and we try to utilize them to the best of our abilities.”

The event was split between two days, with most of the action taking place Jan. 26, with an obstacle course, the evaluation and evacuation of a casualty, land navigation and a stress shoot.

The second day wrapped up with the Cadet Physical Fitness Challenge to close out the two-day event. The Ranger Challenge not only prepared the



SCOTT HANSEN Northwest Guardian

Claremont McKenna College teammates complete the water jug carry during the annual Task Force Ranger Challenge on Lewis North Jan. 26.

winning team for the Sandhurst Competition, but it gave cadets a look at the future Cadet Summer Training camp at Fort Knox, Ky.

It’s also a chance for the cadets to see how the U.S. Army works on an installation like JBLM.

“Being able to come to a military installation and seeing Strykers driving by, aircraft flying, guys out doing PT — normal stuff for us — it’s new for a lot of cadets,” said Col. Jon Tussing, 8th Bde. ROTC commander.

The team from Claremont McKenna College held their own by finishing in second place. With temperatures close to freezing, the weather was certainly different from the typical training conditions in Southern California.

Cadet Sgt. 1st Class Caesar Enriquez, team captain for Claremont McKenna College, said the conditions didn’t affect them going into the competition. The third-year cadet was part of the team that competed in last year’s Ranger Challenge — won by the cadets from Gonzaga

TEAM RESULTS

1) University of Washington, 114

2) Claremont McKenna College, 102

3) Boise State University, 97

University of Spokane.

“The cold and rain is) something that we get used to easily,” Enriquez said. “As soon as we get moving, you warm up and you kind of start ignoring it.”

Although the team from Boise State finished last of the three,

there’s a lot of potential with six new members this year. Cadet 2nd Lt. Sam Diehl, Boise State team captain, a senior, saw his team improve by beating Gonzaga at the Ranger Challenge’s Task Force East competition in Boise, Idaho, Nov. 3 and 4.

“We’re pretty new, but everyone works hard, and these are like the 10 best cadets in the program,” Diehl said. “I’m proud to have them here with me.”

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1A

# AMC

of asking if the way they are doing things is the best way, or if there are better ways of completing the task.

Exercises like Winterhook are designed to progressively build up skills to include ability to survive and operate in mission-oriented protective posture gear.

“The wing has extremely capable Airmen,” said Col. Steve Snelson, 62nd Airlift Wing vice commander. “Our roadmap to readiness ensures each of them will not only survive in austere

environments, but thrive. When a C-17 lands on a far flung airstrip or screams across a remote drop zone, our service members, allies and adversaries alike know that aircraft represents the strength and resolve of the United States.”

Because of JBLM’s location and mission, readiness is of particular importance. The C-17 Globemaster III is the aircraft that gives McChord Field its capability.

“When you’ve got a capable platform such as Joint Base Lewis-McChord, all you have to do is turn and ask and it gets done,” Everhart said. “That’s a powerful tool for our nation.”



SENIOR AIRMAN TRYPHENA MAYHUGH U.S. Air Force photo

Ready Airmen and joint mission partners operating seamlessly together, leveraging a strategic location in the state of Washington, significantly

enhances the rapid global mobility posture.

“You’re talking about a base that’s literally at the epicenter of what can happen if any events

occur in the Pacific,” Everhart said. “Power projection comes right out of this base.”

The Pacific, however, isn’t the only location of interest to AMC.

“With all of our mobility bases and with the mobility Air Forces as a whole, we know the globe is our area of responsibility,” Everhart said. “That’s why it’s essential to practice our skills constantly, so we continue to be ready to fight tonight. I can tell you, as I see our mobility Airmen like those here at Joint Base Lewis-McChord at work practicing full-spectrum readiness, I don’t worry about our ability to carry out the mobility mission at all.”



STAFF SGT. MARCUS BUTLER U.S. Army Photo

Green Berets conduct weapon training with Indian special operation forces as part of Vajra Prahar at Joint Base Lewis-McChord Jan. 23.

FROM PAGE 1A

# SPECIAL

south Asia and the maritime security. There is no doubt that what we are doing here directly contributes to that by working with their special operation forces.”

The spirit of this exercise highlighted the two countries working together to safeguard the maritime security and freedom of navigation as well as strengthening their partnership to combat terrorism and piracy.

“The exercise focuses on maritime operations, troop movements and everything in between, so everything that we did was driven and with a

purpose in mind,” said Capt. John, a team leader. “From the opening ceremony to the conclusion, this training exercise encompasses the true professionalism of each nation and highlight a sustainable learning environment for both.”

A part of that precise tactical training involved airborne operations.

“We trained for this at home, and it is great to share knowledge with our brothers in arms from the Green Berets,” said Lt. Col. Shailender Singh Ahlawat, Indian special operations company commander. “This is training is necessary. This military interaction between the countries will be good for our future.”

Ahlawat said that the training

strengthens the partnership, builds relationships and provides better interoperability.

The U.S. is committed to broadening ties with Indo-Asia-Pacific partners. As part of the rebalance, the U.S. is strengthening traditional alliances while enhancing forward presence in Southeast Asia, in Oceania and the Indian Ocean.

“The greatest benefit for our Soldiers is any chance that we get to work alongside our allies,” John said. “It was a good exercise, and we got a lot out of it, and everyone came away a better-trained soldier.”

● *Editor’s note: Due to the mission of Special Forces Soldiers, some members of the 1st Special Forces Group (Airborne) prefer not to use their full names.*



II

Sports

PNW MILITARY USSSA SUPERDRAFT

Military softball tournament set for March

All-Army player Andrew Renaud looks to make a throw to first base during the Armed Forces Softball Championships at Joint Base San Antonio in 2016.



Armed Forces Sports / 2016

Service members are invited to register for upcoming team draft

BY DEAN SIEMON  
*Northwest Guardian*

Ever since Jacob Ramos joined the Army in 1989, the retired major has played on a variety of softball clubs near and on various duty stations. In an effort to increase the military participation in softball locally to the Pacific Northwest, he’s helping coordinate a military-only event in March.

The Pacific Northwest Military United States Specialty Sports Association SuperDraft

softball event is scheduled for March 10 and 11 at the Sprinker Recreation Center in Spanaway. Ramos’ goal is to provide a venue to introduce service members to competitive softball outside of the local military installations.

“A lot of them already are with civilian teams; there are a few military teams,” Ramos said, who is the Pacific Northwest Military USSSA director. “But I want to grow it to when I was stationed in Texas or when I was stationed in North Carolina,

there were numerous tournaments that were strictly military.”

His goal is to attract a 180 participants to make 15 teams. With this being the first Pacific Northwest Military USSSA event, Ramos would be just as happy with 100 players. The event is open to military retirees, veterans and first responders.

“It gives an opportunity to the guys who haven’t really been playing softball for a while and experience with guys who play at a higher level,” Ramos said.

Softball and the local military

SEE DRAFT, 2B

ON THE SCHEDULE

**SOUNDERS LAKES HOSTS BLACKLIGHT BOWLING**  
**Recreation:** Sounders Lanes on McChord Field has Blacklight Bowling Saturdays from 7 to 11 p.m. Bowling for two hours, plus shoe rental, is \$12 per person. There is also an indoor playground, a Laser Maze game and an arcade machine with multiple retro video games. For more information, call 253-982-5954.

**ENROLLMENT FOR YOUTH SPORTS OPENS MONDAY**  
**Youth:** Youths registered with Joint Base Lewis-McChord’s Child and Youth Services will have the opportunity to sign up for spring youth sports season. Enrollment begins Monday for spring baseball for ages 5 to 15; fee is \$55 per child. Lil’ Batters for ages 3 and 4 is \$25 per child. Youths ages 8 to 18 can be signed up for Special Olympics aquatics, soccer and track and field sports; the fee is \$50 per youth per sport. Register online at jblmcsregistration.com or call 253-967-2405.

**SPECIAL TEXAS HOLD ’EM TOURNAMENT CONTINUES**  
**Recreation:** The Warrior Zone is hosting a special 10-week long Texas Hold ’em tournament starting Wednesday. Registration opens at 6 p.m.; tourney begins at 6:30 p.m. Entry fee is \$7. Weekly winners get a \$50 Visa gift card. First place winners from each week, along with top 30 ranking players, compete in the finals April 4. Ages 18 and older only. For more information, call 253-477-5756.

**TACOMA STARS TO SALUTE LOCAL SERVICE MEMBERS**  
**Sports:** The Tacoma Stars of the Major Arena Soccer League will offer special ticket offers for active-duty service members for Military Appreciation Night during the game against the San Diego Sockers at ShoWare Center in Kent Feb. 9 at 7:35 p.m. Each active-duty service members can receive two free tickets from the USO Northwest at the SeaTac Airport. For groups of 10 or more, call Jamie Hoffman at 253-257-5464.

**WADS CANADA VS. USA HOCKEY CHALLENGE**  
**Sports:** The Western Air Defense Sector and the JBLM Canadian Detachment will host its 24th annual Canada/USA Hockey Challenge at Sprinker Recreation Center in Spanaway Feb. 23 at 1:30 p.m. Open practice for interested players within WADS is set for Feb. 15 from 1:30 to 2:30 p.m. at Sprinker Recreation Center. Charity raffle will raise money for Habitat for Humanity.

APHA ONE BILLION STEPS CHALLENGE



DEAN SIEMON Northwest Guardian

Danielle Knutson, Ph.D., middle, health promotion coordinator for 62nd Medical Squadron, leads the pack toward the Busy Beaver Trail she made near McChord Field Clinic during a JBLM Wolf Pack walk on Joint Base Lewis-McChord Jan. 25.

TEAM TAKES FITNESS ONE STEP AT A TIME

JBLM Wolf Pack helps contribute to overall goal of one billion steps

BY DEAN SIEMON  
*Northwest Guardian*

Taking one billion steps seems like a huge undertaking. But not when there are hundreds of people teaming together to be more active.

The American Public Health Association began its One Billion Steps Challenge Jan. 1, opening the door for teams to join at stridekick.com/tc/apha. Danielle Knutson, Ph.D., health promotion coordinator for 62nd Medical Squadron, registered a Joint Base Lewis-McChord team called the Joint Base Lewis-McChord Wolf Pack.

“We’re working together as a group to get these one billion steps,” Knutson said.

According to the website, there are nearly 700 teams that have a wide variety of membership numbers — some have only one and there are a few with more than 150 steppers.

The JBLM Wolf Pack has 15 members. Knutson said that some of the members walk individually since everyone has their own schedule, but she recommends trying to get a group of family and friends to come along.



Sgt. Kim Lopez, right, and Tech Sgt. Danielle Mitchell, both of 62nd Medical Squadron, participate in a JBLM Wolf Pack walk along the Busy Beaver Trail near McChord Field Clinic during a JBLM Wolf Pack walk on Joint Base Lewis-McChord Jan. 25.

SEE STEPS, 2B

ARMY WORLD CLASS ATHLETE PROGRAM

Olympic bobsled team member wears two uniforms proudly

BY SUSAN MERKNER  
*U.S. Army Installation Management Command*

SAN ANTONIO — If, as William Shakespeare said, “Clothes make the man,” then Sgt. Nick Cunningham’s wardrobe reflects a man accomplished in two realms — the U.S. Army and the Winter Olympics.

Cunningham, 32, a member of the U.S. men’s two-man and four-man bobsled teams, joined the Army in 2011 and earned a spot in the World Class Athlete

Program, which is operated by the U.S. Army Installation Management Command. The native of Monterey, Calif., is a construction masonry engineer with the New York Army National Guard Joint Force Headquarters.

“When I put on my uniform for the first time in basic training, I felt a sense of pride I had never imagined,” Cunningham said. “Having the word Army across my chest is something I definitely don’t take for granted.”

Speaking from Calgary, Alberta, Canada, where the U.S. bobsled team is practicing, Cunningham said they were “training smart so we can keep our continuity” two weeks before the opening ceremonies in PyeongChang, South Korea.

One of the more experienced athletes on the team, Cunningham is making his third trip to the Winter Games with hopes of medaling. He was a member of



DAVID VERGUN Department of Defense photo

Sgt. Nick Cunningham, of the New York Army National Guard, pushes a modified bobsled during practice at Lake Placid, N.Y., Aug. 23.

SEE ATHLETE, 2B





STEVE BROWN Air Force Sports / 2016

JBLM’s Andrew Renaud was one of two service members to play for the All-Armed Forces team during the ASA Men’s Slow Pitch Class A National Championships at the ASA Hall of Fame Stadium in Oklahoma City in 2016.

FROM PAGE 1B

## DRAFT

have a history that dates back to the formation of the Fort Lewis Guzzlers in 2002; comprised mostly of Army, Air Force and Navy service members. Over time, the team has evolved and is now called Legends Sports — with Ramos first becoming the coach in 2014.

Players from the current Legends Sports team will act as player-coaches who will draft their teams. Andrew Renaud, a sergeant with 5th Battalion, 3rd Field Artillery Regiment, 17th Field Artillery Brigade on JBLM, said he is excited about being able to build

a team for the inaugural tournament.

“We’ll have a bunch of military guys who don’t usually play off (base),” Renaud said. “It’ll be fun for them to see what the competition is like.”

Renaud has All-Army and All-Armed Forces softball experience after playing for both teams in 2016. He has also been part of various softball clubs off base since coming to JBLM in 2013.

Renaud has already begun recruiting prospective players from his unit, as well as other service members on JBLM.

“I know there’s a lot of unnoticed talent in all of the (military) branches that don’t always come out to play,” Renaud said.

Interested players, regardless of softball experience, have until March 2 to register for the SuperDraft, which will take place at Infernos Brick Oven Pizza in Lacey March 9 at 6:30 p.m.; with teams being officially posted online that night.

The first day of the event will feature a home run derby for all to enter. The second day will feature the actual softball tournament where the drafted teams can also be joined by additional teams that can register the day of the event.

Registration is \$30 per player and can be done online at [washingtonussa.com/pnw-military-superdraft](http://washingtonussa.com/pnw-military-superdraft).

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FROM PAGE 1B

## STEPS

“It motivates us, especially in the clinic where we have desk jobs,” said Sgt. Kim Lopez, a deployment technician for the 62nd MDS’ Public Health Flight. “Walk around, take a breather, mentally distress and take a break.”

Knutson said participating in the challenge also provides an opportunity to see more not only on the installation, but in neighboring cities like Tacoma, Lakewood, DuPont and Olympia. Putting together a group of friends to see a fair or one of Pierce County’s attractions is a win-win situation.

Knutson has developed three trails near the McChord Field Clinic — Busy Beaver Trail (0.34 miles), Great Spirit Trail (0.8 miles) and Champion Trail (0.91 miles). She has also been working on a trails map for the entire installation with Karen Lesniak, Ph.D., of Madigan Army Medical Center.

Lesniak has helped form a “Madigan Trails” brochure, part of Madigan’s “Move to Health” effort that is available at Madigan with a map of eight trails inside and outside of the Army hospital.

“There’s a perfect opportunity to explore something you haven’t explored before,” Knutson said.

Knutson said that participants can connect their step-tracking devices to Stridekick so that any steps taken during the workday or in leisure time will count toward the one billion step goal.

Walkers can still join a team, or form their own by visiting the website. The One Billion Steps Challenge deadline is before the APHA’s National Public Health Week celebration April 9.

At the end of the challenge, Knutson will give out small prizes to those who have accumulated the most steps. She has also sent out regular message comments to the rest of the group to offer words and emojis of encouragement. She’s also sent pictures of her cat, Pumpkin, sleeping on the coach saying “Don’t end up like Pumpkin.”

Knutson aims to establish the group again next year, and an increased participation year after year until there is a community of family and friends walking together.

“My goal was that we’re a community and it’s good as a community to work toward a common goal together, instead of doing things individually all the time,” Knutson said.

There is a direct link to the JBLM Wolf Pack group page available on [jblmmwr.com](http://jblmmwr.com). For more information, email Knutson at [danielle.o.knutson.civ@mail.mil](mailto:danielle.o.knutson.civ@mail.mil).

Dean Siemon: 253-477-0235, @deansiemon



DEAN SIEMON Northwest Guardian



ABOVE: Danielle Knutson, Ph.D., left, and Juanita Eligio, right, lead the pack along the Busy Beaver Trail she made near the McChord Field Clinic during a JBLM Wolf Pack walk on Joint Base Lewis-McChord Jan. 25.

LEFT: Tulee Schwanitz, left, is full of smiles as she walks with 62nd Medical Squadron Airmen along the Busy Beaver Trail near McChord Field Clinic during a JBLM Wolf Pack walk on Joint Base Lewis-McChord Jan. 25.

FROM PAGE 1B

## ATHLETE

the 2010 and 2014 men’s bobsled teams at the Olympics and has been a member of the U.S. World Team four times.

Unlike many WCAP participants, Cunningham already was an Olympic athlete when he joined, after learning about the program from a teammate. Cunningham attended his first WCAP meeting with a healthy dose of skepticism.

“I had not really ever seen myself in the military, and frankly, I went to the (WCAP) meeting trying to find some faults with the program,” he said. “I was thinking, what’s the catch? But as I met people, I

realized I wanted to be part of this family. I never thought I’d feel this way about the military. No other program could be as good as this. WCAP is a group of people who support each other and work together. Without WCAP, I couldn’t do this.”

The novelty of being an Olympic athlete never wears off, Cunningham said, and now he is looking forward to sharing the experience with his 2018 teammates.

“I’ll always remember my first Olympics as such a special time,” he said. “You’re going through it with your team. You’re on the world stage to compete. You’re part of a small fraternity of athletes; that title is something no one can ever take away from you. It’s such an incredible moment when you

step into the arena with the U.S. team and everyone cheers. Our team this year has several first-time Olympians, as well as some attending for the third time. It’s going to be great.”

Both his Army duties and his athletic responsibilities have a foundation of preparation which leads to readiness and resiliency, Cunningham said.

“Success is 95 percent preparation and readiness, being in the moment, and 5 percent luck. In bobsled, your luck depends on many things: decisions made, the weather and when a course has 20 turns — and you run it four times — that’s 80 corners for each event.”

A Soldier’s level of readiness in the Army has real-life consequences, and working in a small bobsled squad shares some



Cunningham

similarities.

“The Army taught me realistic goal setting, how to set smaller goals for yourself and then work up to the biggest ones. The Army also teaches preparation and how to overcome adversity, and that plays a role in our sport, too — readiness and being ready to go.”

Although Cunningham’s family attended the 2010 and 2014 games to cheer him on, they are not able to make the trip to Korea this year. So he has planned for that scenario.

“My community back home and my family is my backbone,” he said. “In a sport of no constants, my family is my constant.

They always make me feel grounded. It definitely helps.”

While in PyeongChang next month, “I’m going to focus on the goals that I’m there to achieve,” he said. “We can celebrate afterward.”

The Army Family and Morale, Welfare and Recreation program staff in Monterey also is very encouraging, Cunningham said.

“There’s a sense of community pride in what I’m doing. Win or lose, they’re behind me — well, especially if I win. It’s nice to feel that. My brothers and sisters in the military are very supportive. I understand that I represent a whole group of people when I step onto that starting block.

“The Olympic uniform and the Army uniform represent something bigger than yourself.”





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SALUTES THE  
**U.S. ARMED FORCES**

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RESORT

Join us for the...

# 2018 Disney Military Salute Kick-Off Event

**Saturday, Feb. 3**  
**Noon – 4 pm**  
**Leisure Travel Services**  
**Lewis-Main**  
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**Door Prizes!**



**2 FREE Games of Bowling\***

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Food & drink specials  
Buffet \$16.95  
Games & prizes  
Best touchdown dance  
Family-friendly until 6 p.m.  
2400 Blitar Ave.  
253-964-2012

## Super BIG GAME PARTIES

**SUNDAY, FEB. 4, 3:30 PM**



Food & drink specials  
Patio BBQ: Tailgate Special \$12.95  
18 Wing Special: \$20  
Free Madden Tournament  
Open to ages 18 and older  
Corner of 17th & D St.  
253-477-5756

You can watch it at: Nelson Rec Center and Sam Adams Eagles Pride too!


**CELEBRATE at the McCHORD PUB**

**Friday, Feb. 2**  
**starting at 4 p.m.**  
**Open to everyone at JBLM!**


**700 Barnes Blvd. inside the Club at McChord Field**

More details at [fb.com/McChordClubMWR](http://fb.com/McChordClubMWR)

Play trivia & other games (winners receive \$15 & \$10 Exchange gift card prizes), enjoy food & drink specials & free cookies!



**GROUNDHOG DAY**

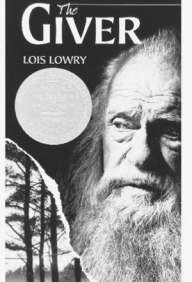


## TEEN BOOK CLUB

**Wednesday, Feb. 7**  
**4:30–5:30 p.m.**

[JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)

This month we will be discussing "The Giver" by Lois Lowry.



Copies of the book are available for check out at the McChord Library.

Transportation will be available from Hillside Teen Zone as long as you are registered with CYS and Teen Zone.

851 Lincoln Blvd. McChord Field 253-982-3454

## The Novel Navigators

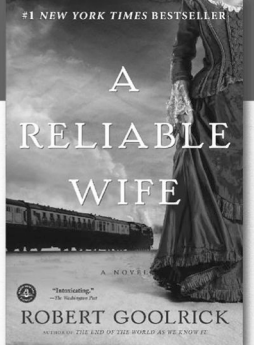
*Adult Book Discussion Group*

**Feb. 14 • 4:30 p.m.**  
**McChord Library**

Join us the second Wednesday of each month at McChord Library for our book discussion group. This month we'll be discussing "A Reliable Wife" by Robert Goolrick.

**Registration is required.**

851 Lincoln Blvd., McChord Field | 253-982-3454 | [JBLMmwr.com](http://JBLMmwr.com)



#1 NEW YORK TIMES BESTSELLER

**A RELIABLE WIFE**


A NOVEL

**ROBERT GOOLRICK**

Author of THE LAST THING HE SAW

*McChord Library Presents*

## PIRATE DAY



**Saturday, Feb. 17 • 1–2 p.m.**

851 Lincoln Blvd | JBLM McChord Field | 253-982-3454

Aho! there, Matey! Help us search for lost treasures! Beware: there'll be lots o' swashbucklin' fun, some grub & you may have to walk the plank! Be sure to wear your best piratey get-up.

[JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)

[f /JBLMlibrary](https://www.facebook.com/JBLMlibrary)

851 Lincoln Blvd | JBLM McChord Field | 253-982-3454

**McChord Library**

## DREAM IN STEAM

Science Technology Engineering Arts Math

**FRIDAY, FEB. 16**  
**4–6 P.M. | AGES 8+**

**3<sup>RD</sup> FRIDAY OF EVERY OTHER MONTH**

Kids will learn how to design, build, problem-solve, create & learn through Science, Technology, Engineering, Art & Mathematics! Beginning in February, this club will meet bimonthly to explore and engage in learning through fun STEAM-related activities!


Are you ready to imagine, build and play with K'NEX? In February, we will be entering into a world of unlimited imagination with K'NEX!

Registration is required. For more details, call 253-982-3454.

[f /JBLMlibrary](https://www.facebook.com/JBLMlibrary)

851 Lincoln Blvd. McChord Field  
[JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)

## EXTREME NIGHT OUT



**Saturday, Feb. 10**  
**4–6:30 p.m. | 6:30–9 p.m.**  
**Ages 6–18 | \$15/person**

Parents celebrate an early Valentine's Day out on the town while your child participates in extreme ninja courses, timed challenges, mat mazes, pizza party, prizes and more!

Enroll at [JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)

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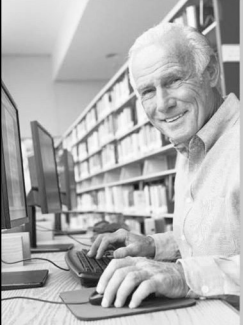
6398 Garcia Blvd. | Lewis Main | 253-966-3539

6398 Garcia Blvd. | Lewis Main | 253-966-3539

**McChord Library**

## COMPUTER AND INTERNET BASICS CLASS

**Feb. 12 & 14**  
**Two-part class**  
**Noon to 2 p.m.**



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851 Lincoln Blvd. McChord Field  
[JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)

Would you like to learn useful beginner computer skills? Designed for people with little to no experience using computers, this teaches you the skills needed to help you accomplish tasks, such as navigating the Internet, searching for websites and creating and using email.

Registration required and begins Jan. 29. Register online or call us at 253-982-3454.

## Daddy-Daughter Sweetheart

### Ballet Class & Tea Party



**Friday, Feb. 9**  
**5–7 p.m. • Ages 3–16**

Photo booth, treats and crafts to take home! Enroll on [JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)

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**BOOK PATCH LIBRARY**



## TEEN HORROR FRIGHT NIGHT

**FRIDAY, FEB. 23**  
**6 PM | AGES 11–17**

Teens, come to our horror movie night. Slurp, pop and crunch while watching a horrifying, spine-tingling, eye-cringing, hair-raising movie!

No registration required! For more details, call 253-967-5533.

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Spring  
Youth Sports

 JBLMCYS  
 @JBLMYouthSports

LEAGUE SPORTS	Enrollment Dates	Cost & Ages	Parent Meeting	Practices Start	Season Ends
Jr Olympic Archery	through Jan. 31	8–18; \$65	Feb. 2	Feb. 2	April 27
Special Olympics Aquatics	Feb. 1–March 5	8–18; \$50	March 9	March 13	April 21
Special Olympics Track & Field	Feb. 1–March 12	8–18; \$50	March 16	March 20	April 28
Special Olympics Soccer	Feb. 1–March 19	8–18; \$50	March 23	March 27	May 6
Spring Baseball	Feb. 5–March 19	5–15; \$55	March 30	April 9	June 2
Lil’ Batters (no games)	Feb. 5–March 19	3–4; \$25	March 29	April 9	May 17
Flag Football & Cheer	April 9–May 21	5–15; \$55	June 1	June 4	July 27
Fall Soccer	May 1–July 31	5–15; \$55	Aug. 18	Aug. 20	Oct. 20
Bumblebee Soccer	May 1–July 31	3–4; \$25	Aug. 18	Aug. 20	Oct. 13

CAMPS & ACTIVITIES	Registration Dates	Ages & Cost	Dates	Time & Location
Start Smart Camp	Feb. 27–March 27	3–4; \$25	April 2–4	10–11 a.m.   Youth Sports, 2295 S. 12th St.
CYS Soccer Camp	Feb. 27–March 27	5–15; \$35	April 2–4	4–5:30 p.m.   Youth Sports, 2295 S. 12th St.
Flag Football Camp	Feb. 27–March 27	8–18; \$35	April 2–4	4–5:30 p.m.   Youth Sports, 2295 S. 12th St.
The First Tee Golf Camp 1	March 1–April 23	7–18; \$35	Tue, April 24–May 29	4:15–5:45 p.m.   Eagles Pride Golf Course
The First Tee Golf Camp 2	March 1–April 25	7–18; \$35	Thu, April 26–May 31	4:15–5:45 p.m.   Whispering First Golf Course
The First Tee Lil’ Drivers	March 1–April 25	5–6; \$25	Thu, April 26–May 31	4:15–5:15 p.m.   Eagles Pride Golf Course
Pitch, Hit & Run	Onsite with birth cert	7–14; FREE	April 28	12–2 p.m.   Lewis & McChord Youth Ball Fields
*Armed Forces Kids Run*	March 1–31	5–16; FREE	April 14	9 a.m.   Cowan Stadium

<b>British Soccer Camp</b>	challengersports.com	3–16; online	July 16–20, Lewis Aug. 13–17 McChord	Times online
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\* Registration forms at [fb.com/JBLMcys](https://fb.com/JBLMcys); drop off at Youth Sports, 2295 S. 12th St., Lewis Main or JBLM Commissary dropbox. Onsite day-of-race registration is at 8 a.m.

**JBLMCSREGISTRATION.COM**

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 details & a registration checklist, visit [fb.com/JBLMcs](https://fb.com/JBLMcs).



## CHILD&YOUTH SERVICES



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**Questions? Call 253-967-3039.**



BOOK PATCH LIBRARY PRESENTS

## Come Craft, Create and Conversate Girls Club!

Ages 7 – 15  
6–7:30 P.M.



**HEAT SENSITIVE CHANGING SLIME!**  
February 9


**SHIMMER, GLIMMER & GLITTER!**  
March 16

**MIXED MEDIA WEARABLE ART!**  
April 13


**FLOAT LIKE A BUTTERFLY!**  
May 11

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2109 N 10<sup>th</sup> & Pendleton  
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## TODDLER TIME at Book Patch Library




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**10:30 A.M.**

Parents/Caregivers, join us for a musical rhythmic story as we sing, dance, wiggle and giggle plus much, much more!

**NO REGISTRATION REQUIRED!**  
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To Apply: go to the SPIPA website for detailed job descriptions, required qualifications and additional information. Complete Application form and send resume with cover letter describing how you are the best fit for the position and send with three work related references to: Dolly Garcia, Human Resources Manager, South Puget Intertribal Planning Agency, 3104 SE Old Olympic Hwy, Shelton, WA 98584 or email to [dgarcia@spipa.org](mailto:dgarcia@spipa.org) SPIPA application is available on line at <http://spipa.org> or by calling 360.426.3990. Native American preference/EO Employer: Disability/Veteran. Open until filled. First review is 2/8/18.

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## Pick up a copy of this month's Focus Magazine

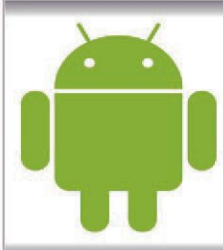
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JBLM  
NORTHWEST

# guardian weekend

SECTION C

ALSO INSIDE:

For more fun things to do,  
see the JBLM calendar. 2C

COVER STORY

## WHERE TO WATCH THE SUPER BOWL

The best viewing parties on JBLM, 4C





FOR THE WEEK OF FEB. 2-8

2

**McCHORD PUB** 4 to 8:30 p.m. Groundhog Day party that's open to everyone. Play trivia and other games to win gift card prizes, plus enjoy free cookies and food and drink specials. Also watch programs on four overhead televisions and challenge your friends to a game of darts or poker.

**McCHORD GRILL** 11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, soup of the day, pasta made to order, burgers and sandwiches with fries.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 10 p.m. Chicken-fried steak for \$8.25.

3

**SOUNDERS LANES** 11 a.m. to midnight Cosmic Blacklight Bowling 7 to 11 p.m. Two hours plus shoe rental for \$12 per person, plus the Laser Maze and PAC-Man.

**SAMUEL ADAMS BREWHOUSE JBLM** 4 to 11 p.m. Watch your favorite sports right here with appetizers and brew.

4

**SAMUEL ADAMS BREWHOUSE JBLM** 1 to 10 p.m. Big Game party includes a buffet for \$16.95, games and prizes, best touchdown dance and more. Family-friendly until 6 p.m.

**SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE** Open to the public. Bring your friends for food and drinks.

5

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Meatball sandwich for \$8.25.

**HABAÑERO MEXICAN GRILL** 7:30 to 10:30 a.m. and 11 a.m. to 2 p.m. Buy one lunch burrito and get the second lunch burrito half off.

**BATTLE BEAN AT McCHORD FIELD** 7 to 11 a.m. Order breakfast with your made-to-order coffee.

**BATTLE BEAN AT STONE EDUCATION CENTER** 7:30 a.m. to 5 p.m. Take-away breakfast and lunch with a variety of pastries.

6

**WHISPERING FIRS HABAÑERO MEXICAN GRILL** 7:30 to 10:30 a.m. and 11 a.m. to 2 p.m. Cheese quesadilla, soup and fountain drink for \$7.50.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Beef stroganoff with noodles for \$8.25.

**WARRIOR ZONE** Try the Zone's turkey, Thai chicken, chicken chiptole and turkey Caesar wraps, tuna salad, veggie, roast beef, turkey and chicken sandwiches. Ages 18 and older.

7

**McCHORD GRILL** 11 a.m. to 1 p.m. Reuben on rye with fries and a drink for \$8.50.

**WARRIOR ZONE** 10-week Texas Hold 'Em Tournament; register at 6 p.m. and play at 6:30 p.m. \$7 entry fee each week. Earn points for the finals. Ages 18 and older only.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. BBQ pulled pork sandwich for \$8.25.

**STRIKE ZONE AT BOWL ARENA LANES** 4:30 to 7 p.m. All-you-can-eat pizza and bowling. Reserve your lane by calling 253-967-4661.

8

**SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE** Order a club sandwich, cup of chili, chips and a fountain drink for \$8.95 until 2 p.m.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Jaegerschnitzel for \$8.25.

**McCHORD PUB** Did you know the pub can be used for Right Arm events, Commander's Calls, Hails and Farewells and more? Call 253-982-5582 to make a reservation.

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Caddy Shack Bar & Grill	253-964-2792
Cascade Community Center/ Heroes Lounge	253-964-0331
Globemaster Grill at McChord Club	253-982-5581
McChord Catering	253-982-8175
The Bistro at Russell Landing	253-964-2813
The Warrior Zone (Lewis North)	253-477-5833
Whispering Firs Habanero Mexican Grill	253-982-3271
To see menus, visit JBLMmwr.com.	

## AT THE MOVIES

### Carey Theater on Lewis Main

**Insidious: The Last Key (PG-13)**  
Friday at 7 p.m.

**Insidious: The Last Key (PG-13)**  
Saturday at 1 p.m.

**Molly's Game (R)**  
Saturday at 7 p.m.

**Pitch Perfect (PG)**  
Sunday at 1 p.m.

**Lady Bird (R)**  
Sunday at 7 p.m.

## MOVIE TIMES

For movie times, contact your local theater.

**TACOMA AREA**  
**BLUE MOUSE THEATRE:** 253-752-9500  
**GRAND CINEMA:** 253-593-4474  
**LAKEWOOD TOWNE CENTER CINEMAS:** Not available by phone, online [fandango.com](http://fandango.com)  
**REGAL LAKEWOOD STADIUM 15:** 844-462-7342 411#  
**CENTURY POINT RUSTON AND XD:** Not available by phone, online [cinemark.com](http://cinemark.com)

**PUYALLUP**  
**LONGSTON PLACE:** 253-770-9901  
**SOUTH HILL MALL SIX:** 253-445-8801

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**REGAL TALL FIRS 10:** 253-891-5445

**GIG HARBOR**  
**GALAXY UPTOWN THEATRE:** 253-857-7469

**PORT ORCHARD**  
**REGAL SOUTH SOUND 10:** 360-871-2294

**SOUTH KING COUNTY**  
**CENTURY FEDERAL WAY 16:** 253-946-0942  
**FEDERAL WAY GATEWAY 8:** Not available by phone, online [fandango.com](http://fandango.com)

**YELM**  
**YELM CINEMAS:** 360-400-3456

**OLYMPIA/LACEY**  
**MARTIN VILLAGE STADIUM 16:** 360-455-5003  
**CENTURY OLYMPIA:** 360-943-0769



Universal Pictures

Saoirse Ronan, left, Saoirse Ronan, right, Saoirse Ronan, and Tracy Letts star in the new Universal Pictures release, "Lady Bird."



*Bowlero*  
LYNNWOOD

# GRAND OPENING PARTY

SATURDAY, FEBRUARY 3<sup>RD</sup>

12PM-4PM

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SCOTT HANSEN Northwest Guardian

The Samuel Adams Brewhouse on Lewis Main will host a special Super Bowl LII viewing party, featuring food and drink specials and contests with prizes during the game Sunday.

The Warrior Zone on Lewis North is a popular destination for fans. The facility features more than 50 big-screen televisions.



## WHERE TO WATCH SUPER BOWL LII

# BIG GAME, BIG SCREEN

BY DEAN SIEMON  
*Northwest Guardian*

There aren't a lot of things bigger than Super Bowl Sunday. Football fans from across the country are making their plans to watch the Philadelphia Eagles

take on the New England Patriots for the National Football League's Vince Lombardi Trophy Sunday at 3:30 p.m.

While some people might choose to sit at home with friends and family to watch the big game, there are places on

Joint Base Lewis-McChord to watch the big game on big screens. Consider it a way to enjoy the game with food and drinks without having to do any of the dishes.

SEE WATCH, 11C



## FEBRUARY 3 SNOWSHOE TRIP AT HURRICANE RIDGE

Hurricane Ridge in Olympic National Park is one of the most spectacular places to snowshoe in Washington. Enjoy stunning alpine views while trekking across ridge lines decorated with snow sculptures, constantly being reshaped by the legendary winds for which the area has earned its name. Distance: 6 miles, roundtrip; elevation gain: 800 feet.

Minimum age: 12; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:30 a.m.

Due to winter conditions, location is subject to change for safety reasons. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$90.**

## SEMINAR FOR INTERNATIONAL TRIPS

Attend one of the monthly free seminars touching on a wide range of introductory topics. Learn a new skill, ask some questions or figure out how to use your gear in a few hours with our instructors. This class will go over the basics of planning your dream trip abroad.

Work with a travel enthusiast and international guide to learn how to plan an incredible experience anywhere in the world, from choosing housing locations, finding volunteer opportunities, interacting with local people, getting the most from your trip and how to be the best traveler instead of tourist you can be. No equipment necessary.

This class is held at McChord Field's Adventures Unlimited at 11 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **Free.**

## FEBRUARY 3-4 CLASS ABOUT BASIC ALPINE CLIMBING

During this course, you'll receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. Unlike Rainier, the Cascades are part of a huge mountain range with scores of peaks topping 8,000 feet and upwards of 400 glaciers and countless

permanent snowfields. This program is designed for the beginner or intermediate climber who wishes to develop strong fundamental skills in all aspects of snow and glacier climbing. It serves as a prerequisite for many of our basic-level climbs and is a stepping stone to more technically difficult mountains, including Denali.

This course has served as a springboard to many climbing careers, including numerous Rainier summiteers, and has developed a foundation of skills for hundreds of independent climbers. Taught over two weekends the first half is classroom based skill sessions.

The following weekend is an overnight field skills practice on the slopes. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$125.**

## FEBRUARY 4 CITYSCAPE PHOTO EXCURSION IN SEATTLE

Seattle is full of beautiful and interesting sites, and on this

excursion, the group will travel to a few of the locations, learning various techniques for landscape and cityscape photography.

From Kerry Park to Ballard Locks, from the Seattle waterfront to the Seattle Center, Seattle is a photographer's paradise to hone those skills.

Depart from the Northwest Adventure Center at Lewis North at 9 a.m. or McChord Field's Adventures Unlimited at 9:30 a.m.

Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$65.**

## AN INTRODUCTION TO BACKCOUNTRY SKIING

Ski all over the Cascade Mountains this winter. Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing.

Trip includes all the gear to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and

guide.

Minimum age: 16 years; children younger than 18 must be accompanied by an adult. You must be an intermediate skier. Due to weather, location is subject to change for safety.

Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$110.**

## FEBRUARY 7-11 WINTER EXPEDITION TRAINING SEMINAR

During this course, receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. Unlike Rainier, the Cascades are part of a huge mountain range with scores of peaks topping 8,000 feet and upwards of 400 glaciers and countless permanent snowfields.

This program is designed for intermediate climbers who wish to develop strong fundamental skills in all aspects of snow and glacier climbing.

It serves as a prerequisite for and is a stepping stone to more

technically difficult mountains, including Denali. Taught over four days as overnight field skills practice on the slopes.

Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$350.**

## FEBRUARY 9 YOGA CLASS DESIGNED FOR SKIERS

Both skiing and snowboarding go together with yoga like peas and carrots. Like yoga, skiing and snowboarding are activities where focus and strength is essential.

All require complete concentration of mind and attention to the body and what will make it perform with every swerve, bump and steepening of the slope.

Join other outdoor recreators in a 60-minute class away from the studio designed specifically for preparing the muscles to endure long runs down a powdery hill this winter. Class takes place at 6 p.m. at McChord Field's Adventures Unlimited building surrounded by inspiring outdoor gear.

The Northwest Adventure Center's first Basic Alpine Climbing Course will take place Saturday-Sunday. The class teaches basic skills needed to be a rope team member on a glaciated climb.



JBLM Outdoor Recreation

## FEBRUARY 10 LEARNING THE BASICS OF PHOTOGRAPHY

This is the perfect training session for anyone looking to learn the fundamentals of photography. Whether someone is a new photographer needing to learn the basics or a seasoned shooter wanting to brush up on the world of digital, this class puts all students on firm ground for advancing their photography. Learn the basic principles of photography including:

SEE OUT, 8C

**BLUE MOUSE THEATRE**  
**FERDINAND**  
2011 B. Proctor  
Nightly at 7:00 pm  
Rated PG  
Sat & Sun Matinee at 4:00 pm  
253-752-9500 [www.bluemousetheatre.com](http://www.bluemousetheatre.com)



EVENTS  
COMMUNITY

**America's Largest Antique and Collectible Show** 9 a.m. to 6 p.m. Saturday and 10 a.m. to 3 p.m. Sunday. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$7. christinepalmer.net.

**Alzheimer's Advocacy Day** 7 a.m. to 5 p.m. Feb. 9. Washington State Capital Building, 215 Sid Snyder Ave., Olympia. Visit legislators in Olympia to discuss the importance of continued support for people impacted by the disease. Free. Visit alz.org or call 800-272-3900.

**Wine and Chocolate** 6 to 8 p.m. Feb. 9. WW Seymour Conservatory, 316 G St. South, Tacoma. Enjoy live music as you stroll through the romantically lit floral displays of the Conservatory. VIP \$60, Non-Members \$45, Conservatory Members \$35. 253-591-5330, metroparkstacoma.org/conservatory-wine-and-chocolate.

**Pinology Market** 6 to 9 p.m. Feb. 9 and 10 a.m. to 4 p.m. Feb. 10. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. Featuring vendors on top of all current trends on Pinterest. \$7. pinologymarket.com.

**Asia Pacific New Year Celebration** 11 a.m. to 6 p.m. Feb. 10. Tacoma Dome, Tacoma. "Korea" is themed country, annual celebration including food, arts, retail, games, crafts and live entertainment. Free.

**CageSport MMA** 7 p.m. Feb. 10. Emerald Queen Casino, 2024 E. 29th St., Tacoma. \$35-\$100 Ticketmaster.

**F.L.Y. Gala** 6 to 8:30 p.m. Feb. 10. University of Washington Tacoma's William W. Philip Hall, 1918 Pacific Ave., Tacoma. A night of elegance for girls grades 6-12. Email girlsheartsonfire@gmail.com or message us on FB to sign up for a time slot from 11 a.m. to 5 p.m. Step two: Come to the location with proof of purchased Gala ticket and choose your dress at 5631 Tacoma Mall Blvd, Tacoma. \$25. 253-882-6084, girlsheartsonfire.org/store/c1/Featured\_Products.html.

**Healthcare With A Heart** 9:30 a.m. Feb. 10. The Grand Cinema, 606 S. Fawcett Ave., Tacoma. Come watch the movie "Fix It" and get your petitions so we can start collecting signatures for universal healthcare initiative. There will also be an auction.

Starting at \$10. 917-716-1865, wholewashington.org/tacoma\_campaign\_launch.

**Meeker Mansion Friendship Valentine Tea** 1 to 3 p.m. Feb. 10. Meeker Mansion, 312 Spring St., Puyallup. For reservations call: 253-848-1770. \$15 per guest. meekermansion.org.

**Pixie and Pirates Father Daughter Dance** 6 to 8 p.m. Feb. 10. McGavick Conference Center, 4500 Steilacoom Blvd SW, Lakewood. \$25-\$30 father/daughter pair; \$10 each additional daughter. 253-983-7887, bit.ly/Father-Daughter2018.

**Annual "A Valentine's Affair" Bazaar** 10 a.m. to 5 p.m. Feb. 10. Mount Tahoma High School, 4634 S 74th St, Tacoma. More than 60 vendors, both hand crafters and direct sales. 253-831-7894, 253-571-3800.

**Second Saturday: Mehndi Madness** 2:30 p.m. Feb. 10. Key Center Library, 8905 Key Peninsula Hwy N, Lakeway. Discover the art of Mehndi-henna body painting with local artists Illyana Lund and Kristen McCurdy. Registration required. Free. 253-548-3309, piercecounty-library.org/calendar.

**ASTRA Auditions for "Beauty and the Beast"** 10 a.m. to 4 p.m. Feb. 10 and 1 to 5 p.m. Feb. 11. All Saints School, 504 Second St. SW, Puyallup. Open auditions. 253-579-6192, astramusical.com.

**Best of the Northwest Cheerleading and Dance Championships** Feb. 10-11. Greater Tacoma Convention and Trade Center, 1500 Broadway, Tacoma. \$10.

**Corvette and High Performance Meet** 8 a.m. to 3 p.m. Feb. 11. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. More than 900 booth automotive swap meet features new and used cars and parts, with a focus on Corvettes and Muscle Cars. \$8-\$11. thefair.com.

**Heron's Key Lunch and Learn** 10:30 a.m. to 12 p.m. Feb. 15. Heron's Key, 4340 Borgen Blvd., NW, Gig Harbor. Guests will see and learn about Heron's Key's distinctive features including independent living, rich amenities, active lifestyle, financial security and more. heronskey.org/event/taste-herons-key, 253-851-8100.

**Early Bird Automotive Show and Swap Meet** 8 a.m. to 5 p.m. Feb. 17 and 9 a.m. to 3 p.m. Feb. 18. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. 1,000 booth automotive swap meet features cars and

parts for all collectible makes and models, plus a large selection of antique and collectibles for the antique buff. thefair.com.

**History After Hours: Press Play 21+** 7 to 10 p.m. Feb. 22. Washington State History Museum, 1911 Pacific Ave., Tacoma.

Series kicks off with fun and games for ages 21 and older only. Enjoy the new exhibition Toytopia while games take over the entire museum for the evening. \$20 advance; \$25 at the door; or \$60 for all four History After Hours events. 253-272-3500,

washingtonhistory.org.

**Northwest Aviation Conference and Trade Show** 9 a.m. to 5:30 p.m. Feb. 24 and 10 a.m. to 4 p.m. Feb. 25. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. Washington Aviation Association annually hosts

the Aviation Conference with free seminars, career forums, more than 350 exhibitors and airplane displays. thefair.com.

**So Northwest Womens Show** 9 a.m. to 6 p.m. Feb. 24 and 10

SEE EVENTS, 9C



JAN 19 - FEB 4 • FRI/SAT 7:30PM • SUN 2:00PM

### Tacoma Little Theatre CHILDREN OF A LESSER GOD

**Tacoma Little Theatre**  
210 N I Street, Tacoma, WA 98403  
A love story about a speech teacher who falls for a beautiful yet distant deaf girl in a school for the deaf, and the obstacles that they face due to their differences. Pay What You Can February 1 at 7:30pm  
**Ticket Info:** \$24 Adult | \$22 Sr/St/Mi  
\$20 Children 12 and under  
www.tacomalittletheatre.com 253-272-2281

SUNDAY, FEBRUARY 11 • 4:30PM - 6:30PM

### Tacoma Musical Playhouse WINE & CHOCOLATE - MY WAY!

**7116 Sixth Avenue - Tacoma, WA 98406**  
Enjoy locally crafted wines and decadent chocolates all to delight your senses and palate along with Grand Concert Pedal Harpist Twyla Eddins, a free TMP wine glass and fun raffle!  
**Ticket Info:** Tickets \$25.  
253-565-6867

FEB 2-25 • FRI & SAT 7:30PM • SUN 2PM • SAT FEB 17 & 24 2PM

### Tacoma Musical Playhouse MY WAY: A MUSICAL TRIBUTE TO FRANK SINATRA



**7116 Sixth Avenue, Tacoma, WA 98406**  
Relive the legendary career of FRANK SINATRA as eight actors share more than 50 of his beloved hits, "Fly Me to the Moon," "Chicago," "New York, New York," and "The Way You Look Tonight," are just some of the songs showcased in this musical tribute to Ol' Blue Eyes.  
**Ticket Info:** \$31 Adults; \$29 Senior, Military, Students; \$22 Children (12 and under); \$27 Groups of 10 or more; Reserved Seating

FEBRUARY 10-18 • SATURDAY 11AM • SUNDAY 7PM

### TMP Family Theater POLKADOTS: THE COOL KIDS MUSICAL

**7116 Sixth Avenue - Tacoma, WA 98406**  
Lily, the first Polkadot in an all Square school, faces daily bullying to segregated drinking fountains. Polkadots serves as a colorful history lesson for children, reminding them that our individual differences make us awesome, not outcasts. Saturday, Feb 10 at 11am & 1pm; Sunday, Feb 11 at 7pm; Saturday, Feb 17 at 11am; Sunday, Feb 18 at 7pm  
**Ticket Info:** \$15 Adults | \$13 Senior, Military, Students  
\$12 Children (12 and under) | \$10 Groups of 10 or more  
Reserved Seating

FEBRUARY 15, 16, 17, 2018 • 7PM

### Pierce College AN EVENING OF FILMS FROM THE PIERCE COLLEGE COMMUNITY

**Pierce College For Steilacoom, Black Box Theatre, Cascade Level 3, 9401 Farwest Drive SW, Lakewood WA 98498**  
Films written and performed by members of the Pierce College Community. Performance will run approximately 90 minutes.  
**Ticket Info:** Tickets are \$5 each available at PierceCollegeEvent.com or at the door.

FEBRUARY 3 & 9 • 7:30P.M. FEBRUARY 11 • 2:00P.M.

### Tacoma Opera presents CARMEN BY GEORGES BIZET



**Pantages Theater**  
The story of the beautiful gypsy who gave her love, but could not be possessed, never fails to excite! Sung in French with supertitles.  
**Ticket Info:** \$35 - \$90.  
Box Office: 253-591-5894  
For tickets & info visit tacomaopera.com.



Sponsored by The News Tribune and participating Art Groups  
For advertising information, contact Melissa Meissner 253.552.7061 • Fax 253.552.7057



## ON SALE THIS WEEK

### DAVE MATTHEWS BAND

Aug. 31-Sept. 2. Gorge Amphitheatre, George. Tickets go on sale Friday.

**JAMES TAYLOR AND BONNIE RAITT** June 6. KeyArena, Seattle. Tickets go on sale Friday.

**ALVIN AILEY AMERICAN DANCE THEATER** April 29. Paramount Theatre, Seattle. Tickets go on sale Friday.

**PENN AND TELLER** Nov. 30. Paramount Theatre, Seattle. Tickets go on sale Friday.

**CHRIS STAPLETON "ALL AMERICAN ROAD SHOW"** July 21. White River Amphitheatre, Auburn. Tickets go on sale Friday.

**JOURNEY AND DEF LEPPARD** Sept. 29. Gorge Amphitheatre, George. Tickets go on sale Saturday.

**GABRIEL "FLUFFY" IGLESIAS** Sept. 22. Washington State Fair, Puyallup. Tickets go on sale Saturday.

**KEVIN HART IRRESPONSIBLE TOUR** June 14, KeyArena, Seattle. Tickets on sale this week.

## ALREADY ON SALE

**KATY PERRY** 7:30 p.m. Saturday. Tacoma Dome, Tacoma.



NICK UT The Associated Press

Comedian Gabriel "Fluffy" Iglesias is scheduled to perform at the Washington State Fair in Puyallup Sept. 22.

**ANN WILSON** 8:30 p.m. Feb. 9. Emerald Queen Casino, Tacoma.

**AIR SUPPLY** 8 p.m. Feb. 14. Emerald Queen Casino, Tacoma. **TOBYMAC** 7 p.m. Feb. 16. KeyArena, Seattle.

**JO KOY: BREAK THE MOLD TOUR** 7 p.m. Feb. 17. ShoWare Center, Kent.

**MARK MORRIS DANCE GROUP** 8 p.m. Feb. 17. The Moore Theater, Seattle.

**GOGOL BORDELLO** 8 p.m. Feb. 20. Neptune Theatre, Seattle.

**SOUTHERN SOUL FEATURING LOMAX SPAULDING** 7:30 p.m. Feb. 20. Temple Theater, Tacoma.

**RYAN CARAVEO** 9 p.m. Feb. 23. Neptune Theatre, Seattle. **JOEL MCHALE** 7 p.m. March 3. Moore Theater, Seattle.

**JAY PHAROAH** 7 p.m. March 8. Neptune Theatre, Seattle.

**LORDE'S MELODRAMA WORLD TOUR** 7 p.m. March 9. KeyArena, Seattle.

**RICHARD MARX** 8 p.m. March 9. Tulalip Resort Casino. **JEFF DUNHAM: PASSIVELY**

**AGGRESSIVE** 5 p.m. March 10. Tacoma Dome.

**BLUE OYSTER CULT** 8 p.m. March 10. Emerald Queen Casino, Tacoma.

**CHIPPENDALES** 6 p.m. March 17. Tulalip Resort Casino, Tulalip. **TREVOR NOAH** 7:30 p.m. March 23. Paramount Theatre, Seattle.

**TIME MACHINE/MASHINA VREMENI** 8 p.m. March 28. Moore Theatre, Seattle.

**SOMO: THE RESERVATIONS TOUR** 8 p.m. March 30. Neptune Theatre, Seattle.

**PAW PATROL LIVE: RAVE TO THE RESCUE** April 3. McCaw Hall, Seattle.

**KEITH SWEAT** 8:30 p.m. April 7. Emerald Queen Casino, Tacoma.

**MONSTER ENERGY AMA SUPERCROSS** April 7. CenturyLink Field, Seattle.

**BILL MAHER** 8 p.m. April 14. Paramount Theatre, Seattle.

**PBR TOUR** April 14-15. Tacoma Dome, Tacoma.

**JUDAS PRIEST: FIREPOWER 2018 NORTH AMERICAN TOUR** April 15. ShoWare Center, Kent.

**CASPAR BABYPANTS** 10:30 a.m. April 28. Neptune Theatre, Seattle.

**KHALID: THE ROXY TOUR** May 3. WaMu Theater, Seattle. **KENDRICK LAMAR** 7:30 p.m. May 5. White River Amphitheatre, Auburn.

theatre, Auburn.

**LITTLE BIG SHOW NO. 21: NADA SURF, CELEBRATING THE 15TH ANNIVERSARY OF LET GO** 8 p.m. May 9. Neptune Theatre, Seattle.

**PINK: BEAUTIFUL TRAUMA WORLD TOUR** 7:30 p.m. May 13. KeyArena, Seattle.

**CHRIS YOUNG: LOSING SLEEP WORLD TOUR 2018** 7:30 p.m. May 19. Tacoma Dome.

**STARS ON ICE** 7:30 p.m. May 20. KeyArena, Seattle.

**WEIRD AL YANKOVIC: ILL ADVISED TOUR** 8 p.m. May 20. The Moore Theater, Seattle.

**MAROON 5** 7:30 p.m. May 30. Tacoma Dome.

**CELTIC WOMAN: HOME-COMING TOUR** 7:30 p.m. June 2. Paramount Theatre, Seattle.

**NATALIA LAFOURCADE** 8 p.m. June 2. Neptune Theatre, Seattle.

**ANDREA BOCELLI IN CONCERT WITH THE SEATTLE SYMPHONY** 7:30 p.m. June 24. KeyArena, Seattle.

**DEAD AND COMPANY SUMMER TOUR** 7 p.m. June 29. Gorge Amphitheatre, George.

**KENNY CHESNEY: TRIP AROUND THE SUN TOUR** 4 p.m. July 7. CenturyLink Field, Seattle.

**TIM MCGRAW AND FAITH HILL SOUL2SOUL WORLD TOUR 2018** July 13. KeyArena, Seattle.

**FOREIGNER - JUKE BOX HEROES TOUR** 7 p.m. July 27. White River Amphitheatre, Auburn.

**NIALL HORAN: FLICKER WORLD TOUR** 7 p.m. Aug. 2. White River Amphitheatre, Auburn.

**WEEZER AND PIXIES** 7:30 p.m. Aug. 4. White River Amphitheatre, Auburn.

**DARYL HALL AND JOHN OATES WITH TRAIN** 6 p.m. Aug. 11. KeyArena, Seattle.

**JACK WHITE** 8 p.m. Aug. 13. WaMu Theater, Seattle.

**ED SHEERAN: 2018 NORTH AMERICAN TOUR** 7 p.m. Aug. 25. CenturyLink Field, Seattle.

**ZAC BROWN BAND: DOWN THE RABBIT HOLE LIVE** 7 p.m. Aug. 31. Safeco Field, Seattle.

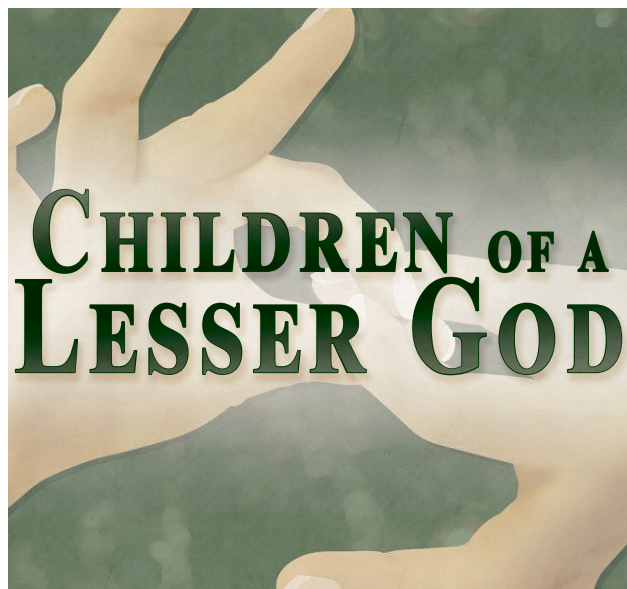
**GAME OF THRONES LIVE CONCERT EXPERIENCE** Sept. 6. Key Arena, Seattle.

**ROD STEWART, WITH SPECIAL GUEST CYNDI LAUPER** 7:30 p.m. Sept. 1. White River Amphitheatre, Auburn.

**FOO FIGHTERS: CONCRETE AND GOLD TOUR** Sept. 1. Safeco Field, Seattle.

**SAM SMITH: THE THRILL OF IT ALL TOUR** 8 p.m. Sept. 8. KeyArena, Seattle.

**RASCAL FLATS** 7:30 p.m. Sept. 23. Washington State Fair, Puyallup.



JAN. 19 - FEB. 4, 2018  
Fridays & Saturdays | 7:30 pm  
Sundays | 2:00 pm

PAY WHAT YOU CAN  
PERFORMANCE  
• THUR FEB. 1 •

TACOMA  
Little  
THEATRE

Tickets: \$24 Adults | \$22 Students/Seniors/Military | \$20 Children 12 & Under  
Call 253.272.2281 or purchase online at [tacomalittletheatre.com](http://tacomalittletheatre.com)  
TACOMA LITTLE THEATRE  
210 North I Street, Tacoma, WA 98403

SINCE 1918

AT SPRING LAKE CAFE  
IN FIRCREST

## FASCHING CELEBRATION

*Special German Menu*  
Saturday, February 10 from 4-8pm

- Beef Rouladen served with Spaetzle and Rotkohl
- Wiener Schnitzel
- Sauerbraten
- Jaeger Schnitzel
- Sausage Sampler: Bockwurst, Knackwurst and Bratwurst
- Poached Salmon
- Taste of Germany Combo Platter

All Entrees include Soup or Salad and Original Bavarian Pretzel

LIVE GERMAN & INTERNATIONAL MUSIC with Accordionist Gary Hausman

Thur & Fri Night Dinners are back starting Feb 2-3, 4-8pm  
Thur - Prime Rib Dinner  
Fri - TGIF \$10 Dinner

**RESERVE NOW** Seatings at 4:00, 5:30 and 7:00pm

Spring Lake Cafe

616 REGENTS BLVD, FIRCREST | 253.460.0919  
for reservations call 253.460.0919  
No coupons accepted

44th Annual

# CORVETTE

& High Performance Meet

**Sunday, February 11, 2018**  
WASHINGTON STATE FAIR EVENTS CENTER • PUYALLUP, WA  
**Open: 8:00am - 3:00pm**  
GENERAL ADMISSION: \$11 ADULTS • \$10 SENIORS 65+ & ACTIVE MILITARY • \$8 YOUTH 13-16  
For pre-purchase ticket information, please call **360-786-8844 by February 5th**

**A NW AUTOMOTIVE SOCIAL EVENT LIKE NO OTHER!!**

- INDOOR CAR SHOW
- VALVE COVER RACES
- 900+ VENDORS SELLING NEW AND USED PARTS/CARS
- Pinstripers Brush Bash... & more!
- FREE PARKING (no for sale signs)

FOR MORE INFORMATION  
360.786.8844  
[WWW.CORVETTEHP.COM](http://WWW.CORVETTEHP.COM)



FROM PAGE 5C

## OUT

● Camera settings: Learn the settings and get your camera set up right.

● Depth of field: What it is and how to use it to make better photos.

● Exposure: Get it right in the field without any fuss.

● Focus: Learn how focus is affected and how to take control of it.

● Composition: Explore the rules and learn when to break them.

Minimum age: 12; children than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. Register at JBLMmwrRegistration.com. **\$45.**

## RED WINE AND CHOCOLATE TOUR

Calling all chocolate lovers and wine connoisseurs; join as the Northwest Adventure Center heads to the Olympic Peninsula where each winery will pair a sumptuous chocolate fare with a variety of wine samples and a commemorative glass. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. or McChord Field's Adventures Unlimited at 9:15 a.m. Minimum age: 21. Register at JBLMmwrRegistration.com. **\$85.**

## LADIES DAY WITH SKI/SNOWBOARD

Ladies who want to take the plunge into the backcountry will enjoy this backcountry ski/snowboard class. Designed for all levels, this educational day will teach you everything from how to set up your ski kit, how to engage the avalanche float bags and perfecting your turns in deep powder.

Get away from the lift lines and learn how to earn your turns anywhere the snow falls. Northwest Adventure guides will lead the group on an adventure. Ground transportation, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included.

Come get fitted for gear the



JBLM Outdoor Recreation

week before your trip. Due to weather, location is subject to change for safety. Minimum age: 16; children younger than 18 must be accompanied by an adult.

Participants must be intermediate skiers. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

FEBRUARY 11  
SNOWMOBILING,  
BACKCOUNTRY SKI

Take a snowmobile tour around Sasse Mountain in Cle Elum for fun, action, beauty and excitement. People who are looking for the most fun-filled winter experience should check out this snowmobiling trip through the Cascade Mountains. Transportation, snowmobile, helmet, boots, gloves and snowsuit are provided.

Dress in layers. Minimum age to drive: 16. Backcountry skiing/snowboarding refers to areas not covered by a resort or lifts including terrain reached by hiking, split-boarding, touring or sledding (snowmobile).

The backcountry usually has the best snow because it's not

easily accessible to others. Join the guides for a mega-fueled snowmobiling adventure where participants can get dropped off at the top of a hill, shred it on skis or snowboard, then hop back on and do it all over again. Ground transportation, snowmobile, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included.

Depart from the Northwest Adventure Center at Lewis North at 7 a.m. Register at JBLMmwrRegistration.com. **\$185** for snowmobiling; **\$75** for passengers for ages 14 and younger; **\$165** for backcountry ski.

SEATTLE NIGHT PHOTO  
WORKSHOP TRIP

Just because the sun's gone down, it doesn't mean the day of photography has to end. Night photography is fast becoming one of the most popular forms of digital photography. Take a journey of Seattle after dark. Minimum age: 12; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 3:30 p.m. or McChord Field's Adventures Unlimited at 3:45 p.m. Register at

JBLMmwrRegistration.com. **\$65.**

FEBRUARY 16  
SNOWSHOE TRIP AT  
HURRICANE RIDGE

Hurricane Ridge in Olympic National Park is one of the most spectacular places to snowshoe in Washington. Enjoy stunning alpine views while trekking across ridge lines decorated with snow sculptures, constantly being reshaped by the legendary winds for which the area has earned its name. Distance: 6 miles, roundtrip; elevation gain: 800 feet. Minimum age: 12; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:30 a.m. Due to winter conditions, location is subject to change for safety reasons. Register at JBLMmwrRegistration.com. **\$90.**

FEBRUARY 16-19  
OVERNIGHT SKI TRIP  
TO THREE SISTERS

Spend four days immersed in Oregon's Three Sisters wilderness. Ski tour or split-board a

different route every day through the Oregon Cascades from Mount Bachelor to Sisters through old growth Hemlock forests and hidden meadows that offer sweeping views of the Three Sisters Mountains. Enjoy a beautiful home in the snow-covered wilderness, complete with a home-cooked meal and hot shower to end the day. All equipment, transportation, meals and instruction included. Minimum age: 16; children younger than 18 must be accompanied by an adult. Preregister by Feb. 1. Register at JBLMmwrRegistration.com. **\$1,000.**

FEBRUARY 17  
BACKCOUNTRY SKI TRIP  
IN CASCADE MOUNTAINS

Ski all over the Cascade Mountains this winter. Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing. The trip provides all the gear you need to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche

The JBLM Northwest Adventure Center has several backcountry skiing trips planned, including trips to the Cascade Mountains.

safety kit and guide. Minimum age: 16 years; children younger than 18 must be accompanied by an adult. Participants must be intermediate skiers. Due to weather, location is subject to change for safety. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

FEBRUARY 17-18  
BACKCOUNTRY SKI TRIP  
IN CASCADE MOUNTAINS

Receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. It serves as a prerequisite for many of our basic-level climbs and is a stepping stone to more technically difficult mountains, including Denali. This is the second half of the Basic Alpine Course classroom portion. This course is an overnight in deep snow conditions

SEE OUT, 10C

 The Grand Cinema  
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***Phantom Thread*** (R)

Fri-Thu: 12:00, 2:45, 5:35, 8:25

***The Post*** (PG-13)

Fri-Sun: 11:15 AM, 1:45, 4:15, 6:45, 9:15  
Mon-Thu: 1:45, 4:15, 6:45, 9:15

***Darkest Hour*** (PG-13)

Fri-Thu: 3:50, 9:15

***The Shape of Water*** (R)

Fri-Mon: 12:45, 8:45  
Tue: 8:45; Wed-Thu: 6:00, 8:45

***Three Billboards  
Outside Ebbing  
Missouri*** (R)

Fri-Mon: 3:30, 6:15  
Tue: 3:30; Wed-Thu: 1:00, 3:30

***Lady Bird*** (R)

Fri-Sun: 11:20 AM, 1:30, 7:00  
Mon-Wed: 1:30, 7:00; Thu: 1:30

***Groundhog Day*** (PG)

WEIRD ELEPHANT SERIES: Sat: 11:00

***Django*** (NR)

TUESDAY FILM SERIES: Tue: 1:00, 6:15

***Santa and Andrés*** (NR)

SISTER CITIES FILM FEST: Thu: 6:30

Now serving local beer & wine!  
Tacoma's only nonprofit movie theater.



FROM PAGE 6C

# EVENTS

a.m. to 5 p.m. Feb. 25. Tacoma Dome. Celebrating 30 years with fashion, fun, freebies and more. \$15. [nwwomensshow.com](http://nwwomensshow.com).

## TALKS

**What Our Teachers Never Told Us About the American Revolution** 2 to 4 p.m. Feb. 9. Steilacoom Community Center, 2301 Worthington St, Steilacoom. Author Don Glickstein explores rarely heard perspectives on the war in his illustrated talk and links aspects of the war to Washington state. Free. 253-548-3313, [piercecountylibrary.org/calendar](http://piercecountylibrary.org/calendar).

**All Things Medicare** 1:30 to 4 p.m. Feb. 10. Buckley Library, 123 S. River Ave., Buckley. Free 253-548-0300, [piercecountylibrary.org/calendar](http://piercecountylibrary.org/calendar).

**Tacoma Historical Society: A Tacoma Mayor's Life Journey** 7 to 8:30 p.m. Feb. 12 University of Puget Sound's Kilworth Memorial Chapel, 1500 N. Warner St., Tacoma. Featured speaker Victoria Woodards will share stories from her journey of life, work, and service in Tacoma. Free 253-472-3738, [tacomahistory.org](http://tacomahistory.org).

**Grit City Think and Drink** 6:30 to 8 p.m. Feb. 13 **The Swiss Pub, 1904 S. Jefferson Ave., Tacoma.** Dr. Ingrid Walker explores contemporary representations of drug and alcohol users in U.S. popular culture followed by an extended discussion session between the scientist and audience. Free. 253-692-4450, [facebook.com/events/563631577303089](https://facebook.com/events/563631577303089).

**The Black Origins of Western Religion** 7 to 8:30 p.m. Feb. 13, 20 and 27. First United Methodist Church of Tacoma, 621 Tacoma Ave. S., Tacoma. Dr. Donald H. Matthews, will present a three-lecture series in honor of Black History Month on the Black origins of Judaism, Christianity and Islam. Donation. 253-627-0129, [fumcot.com](http://fumcot.com).

**Wisdom Cafe** 2 to 3:30 p.m. Feb. 13. University Place Library, 3609 Market Place W. University Place. Designed with older adults in mind, an opportunity to meet and converse with others on a variety of topics. This month we'll discuss the positive aspects of aging. Free 253-548-3307, [piercecountylibrary.org/calendar](http://piercecountylibrary.org/calendar).

**Going Really Deep with**



MATT FERRIS

Tyrone Henderson will compete during CageSport 49 at the Emerald Queen Casino in Tacoma Feb. 10.

**Y-DNA: A Case Study** 1 to 3 p.m. Feb. 14. Heritage Quest Research Library, 1007 Main Street, Sumner. Presented by Dr. Laura Livingston. \$15. 253-863-1806, [hqrl.com](http://hqrl.com).

**Points Northeast Historical Society Annual Meeting** 7 to 9 p.m. Feb. 15. St. Matthew Episcopal Church, 6800 Eastside Drive NE, Tacoma. Special Speaker, Bill Baarsma. Free 253-927-2536, [pointsnortheast.org](http://pointsnortheast.org).

**Scholarly Selections: Understanding Changing Approaches to Quality and Treatment of Storm Water** 6:30 p.m. Feb. 15. Washington State History Museum, 1911 Pacific Ave., Tacoma. How much do you know about the link between storm water and aquatic health? Learn more with research scientist Dr. Katherine Peter of the Center for Urban Waters at University of Washington Tacoma. Free 253-272-3500, [washingtonhistory.org](http://washingtonhistory.org)

**Alan Archambault: Camp Lewis and Its Role in WWI** 2 to 3 p.m. Feb. 18. DuPont Community Presbyterian Church, 502 Barksdale Ave., DuPont. Free. 253-964-2399, [dupontmuseum.com](http://dupontmuseum.com).

## VOLKSSPORT/WALK

**Capitol Volkssport Club** Wednesday. Yelm Town and Trail Walk. Meet at 9:15 a.m. at the Martin Way Park 'n Ride to carpool or at 9:45 a.m. at Safeway, 1109 Yelm Ave., Yelm. This is an easy 11K walk with a 5K option. Next event is Feb. 15 with the Lacey Historic Walk. Meet at 9:45 a.m. at the Lacey Safeway, 6200 SE Pacific Ave., Lacey. Walk historic Lacey, St. Martin's Uni-

versity campus, cemetery and surrounding area. 10K walk with 5K option. Free. [capitolvolkssportclub.org](http://capitolvolkssportclub.org).

**Daffodil Valley Volkssport Tuesday.** Yelm Town and Trail Walk. Meet at 9:15 a.m. at the Safeway, 1109 Yelm Ave. We'll go through the town of Yelm, through parks and on the Yelm-Tenino trail. There is a 5K and a 10K route available. Next event is Feb. 14 with the Buckley Walk. Meet at 9:15 a.m. Arrow Lumber and Hardware, 28280 State Route 410 E. Buckley. We'll drive to the start of the walk at the post office from the registration meet up location. For more info go to [meetup.com/south-sound-walkers](http://meetup.com/south-sound-walkers). Free. 253-845-6592, [daffodilvalleyvolkssport.com](http://daffodilvalleyvolkssport.com).

## WORKSHOPS

**DNA and Genealogy Today 1 to 3 p.m. Wednesday.** This class will define many of the terms you will hear when dealing with DNA. You will learn about the different types of DNA and who you may and may not get that DNA from. Heritage Quest Research Library, 1007 Main Street, Sumner. \$15. 253-847-2126, [hqrl.com](http://hqrl.com).

**Pierce County Conversations: Managing Debt After College** 6 p.m. Wednesday. Graham Library, 9202 224th St. E., Graham. Free. 253-548-3322. Take a realistic look at post-college living expenses, understand loan restructuring and consolidation options, create a budget for post-college life, and set long-term financial goals that incorporate savings and debt management. Conversations continue 4 p.m. Feb. 9 at Summit

Library, 5107 112th St. E., Tacoma, and 6 p.m. Feb. 13 at the Parkland/Spanaway Library, 13718 Pacific Ave. S., Tacoma. [piercecountylibrary.org/calendar](http://piercecountylibrary.org/calendar).

**Life After High School: Financial Foundations** 1 p.m. Feb. 10. University Place Library, 3609 Market Place W., University Place. Learn to choose the financial institution that's right for you, understand what they are doing with your money and how to get the best service. Free 253-548-3307, [piercecountylibrary.org/calendar](http://piercecountylibrary.org/calendar).

## NIGHTLIFE

### FRIDAY

**Magic with Cary Durgin** 6 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

**Open Mic Night** 6 p.m. Urban Timber Coffee, 6621 166th Ave. E., Sumner. All ages, family friendly. 253-826-3936.

**The Prophets of Addiction, Klondike Kate and Green Denim** 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

**Old School Fellas** 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

**Notorious** 253 9 p.m. Emerald Queen I-5 Nightclub, 2024 E. 29th St., Tacoma. 253-594-7777.

**Harmonious Funk** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

**Friday Night Dance Party** 10 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. No cover. 253-396-9169.

**Preacher Lawson** 10:30 p.m. Tacoma Comedy Club, 933 S. Market, Tacoma. All other shows sold out. [tacomacomedyclub.com](http://tacomacomedyclub.com).

### SATURDAY

**The Rockadiles** 8 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.

**Blaze of Glory and Mas Tequila** 8 p.m. Louie G's, 5219 Pacific Highway E, Fife. \$10. 253-926-9700.

**The Subjectors, Tunnel Vision SC, Neutralboy and 13 Scars** 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

**Live Music with Blues, Breads and Barbecue** 8 p.m. Uncle Thurm's Finger Lickin' Ribs and Chicken, 3709 S. G St., Tacoma. 253-475-1881.

**Notorious** 253 9 p.m. Emerald Queen I-5 Nightclub, 2024 E. 29th St., Tacoma. 253-594-7777.

**Harmonious Funk** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

**The Spazmatics** 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

**Cole Z, Littoral Seven da Pantha, Revert, 4stro F4me and DJ Wamo** 9 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$10 advance, \$20 door. [realarttacoma.com](http://realarttacoma.com).

**Da Roots Reggae Party: JB and Groove Fiery** 9 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. \$10-\$15. 253-396-9169.

### SUNDAY

**Groovin' Higher Jazz Orchestra and Country Roadhouse Jam with Dave Nichols** 5 p.m. and 8:30 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

**Tim Hall Band** 8 p.m. Dawson's Bar and Grill, 5443 South Tacoma Way, Tacoma, 253-476-1421.

### MONDAY

**Open Mic with Chuck Gay** 7 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

**Rockaroake with Live Band** 10 p.m. Jazzbones, 2803 Sixth Ave., Tacoma, 253-396-9169.

### TUESDAY

**Live at the Tides Tavern: Marc**

**and Joey Niemann** 7 p.m. Tides Tavern, 2925 Harborview Dr., Gig Harbor. 253-858-3982.

**Blues Jam with Roger Williamson** 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way. 253-473-2255.

**New Talent Tuesday** 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, [tacomacomedyclub.com](http://tacomacomedyclub.com).

**Karaoke with Virginia** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

### WEDNESDAY

**Mike's Movie Riff Off** 8 p.m. Acme Tavern, 1310 Tacoma Ave. S., Tacoma. No cover. 253-503-6712.

**The Blu Tonez** 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

**Open Mic Comedy** 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, [tacomacomedyclub.com](http://tacomacomedyclub.com).

**Caliente Salsa Dancing** 7 p.m. La Fondita Mexican Restaurant, 2620 N. Proctor St., Tacoma. With DJ Arturo Rodriguez. Salsa dance lessons from 7 to 8 p.m. Music and dancing from 8 p.m. to close. \$15 for salsa lessons and cover, \$10 for cover only. 253-752-2878, [facebook.com/pg/LaFonditaProctorDistrict/events](https://facebook.com/pg/LaFonditaProctorDistrict/events).

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## FROM PAGE 8C

## OUT

to practice all the skills learned in the classroom. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$125.**

## FEBRUARY 18 CROSS-COUNTRY SKIING AT WHITE PASS

Offering some of the most enjoyable rolling and winding groomed trails in the Northwest, spend the day at the White Pass Nordic Center.

Tour among 11 miles of double-track trails weaving through the Wenatchee and Gifford Pinchot National Forests. Elevation gain: 300 feet; difficulty: novice to advanced.

Guests must be fitted for equipment at Adventure's Unlimited by the Friday prior to trip departure.

Depart from McChord Field's Adventures Unlimited at 7:30 a.m. Preregistration required before Feb. 15 at noon.

Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$70.**

## SNOMOBILE TOUR AT SASSE MOUNTAIN

Take a snowmobile tour around Sasse Mountain in Cle Elum. Fun, action, beauty and excitement. For those seeking the most fun-filled winter experience, check out this snowmobiling trip through the Cascade Mountains. Transportation, snowmobile, helmet, boots, gloves and snowsuit are provided. Dress in layers. Minimum age to drive: 16. Passengers younger than 15 cost **\$75.** Depart from Northwest Adventure Center at Lewis North at 7 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$185.**

## FREE SEMINAR FOR FEMALE TRAVELERS

Join monthly free seminars touching on a wide range of introductory topics. Learn a new skill, ask some questions or figure out how to use your gear in a few hours with the Northwest Adventure Center instructors. This introduction class will go over being a female traveler. Work with a travel enthusiast and international

guide to learn how to explore the world specifically as a lady traveling alone. It's possible. Exploring unknown lands alone is an incredibly empowering and life-changing experience — it can and should be done. We want to show you how. No equipment necessary. This class is at 11 a.m. at McChord Field's Adventures Unlimited. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **Free.**

## FEBRUARY 20 LEARNING BASICS IN SEA KAYAK SKILLS CLASS

The course will offer five levels within the two-hour kayak skills class. Start at any time, and master as many of the five levels as you like.

- Level 1: Proper paddling techniques and how to buddy rescue.

- Level 2: Edging maneuvers and self-rescue.

- Level 3: Recovery techniques and muscle memory exercises for the roll.

- Level 4: Multi-day kayak trip prep and T-rescue.

- Level 5: Learning the kayak roll.

After the fifth level, continue to perfect the roll. Minimum age: 12; children younger than 18 must be accompanied by an adult. Meet at Kimbro Pool at 7:30 p.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$35.**

## FEBRUARY 23 YOGA CLASS DESIGNED FOR SNOWSHOERS

After spending the day exploring a winter wonderland, trudging up, down, across and zigzagging through waist deep snow, it's inevitable to get tight calves, hamstrings, hip flexors and quads.

Join other outdoor recreators in a 60-minute class away from the studio designed specifically for preparing the muscles to endure the snow-filled adventures ahead of you this winter.

Class takes place at 6 p.m. at McChord Field's Adventures Unlimited surrounded by inspiring outdoor gear. Minimum age: 12; children younger than 18 must be accompanied by an adult.

Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$17.**

## FEBRUARY 24 WINTER SUMMIT AT MT. ST. HELENS

On this steep snowshoe trip/mountain climb, snowshoers can walk strait up this snow-piled volcano to the rim of a massive crater from the 1980 eruption. Once at the summit, you can cautiously view over the edge to view the lava dome, as well as the miles of destruction. Difficulty: most difficult; hiking time: nine hours; distance: 8 miles; elevation gain: 5,700 feet. Minimum age: 18. Meet at McChord Field's Adventures Unlimited at 1 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$110.**

## LEARNING THE BASICS OF PHOTOGRAPHY

It's often difficult for beginners to know where to start, but this Photoshop 101 seminar covers nearly every tool and menu available in detail. This is the starting point for getting introduced to the editing possibilities in Photoshop. Learn how to edit quickly, build confidence in your skills and ensure your images come out looking great. Topics include layers, masking, groups, typography, quick

masks, introduction to filters and more. Meet at the Northwest Adventure Center at Lewis North at 9 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$45.**

## BACKCOUNTRY SKI TRIP TO CASCADE MOUNTAINS

Ski all over the Cascade Mountains this winter. Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing. This trip provides all the gear you need to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and guide. Minimum age: 16 years; children younger than 18 must be accompanied by an adult. Participants must be intermediate skiers. Due to weather, location is subject to change for safety. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$110.**

## FEBRUARY 25 ADVANCED PHOTOSHOP SKILLS WORKSHOP

Build on the basic experiences working with Photoshop

and learn some of the program's most powerful tools. Learn Adobe Camera RAW, learn actions, adjustment layers, create custom brushes, advanced brush options, dodge and burn, blending modes and more. Meet at the Northwest Adventure Center at Lewis North at 9 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$45.**

## INTRODUCTORY MOUNTAIN BIKING TRIP

Experience the thrill of mountain biking. The trip will start by addressing proper bike fit and making any necessary adjustments to your bike. Next, the experts will demonstrate riding techniques, including body and pedal position, shifting, braking, climbing, descending and navigating minor obstacles on the trail.

The course will also go over important communication skills and mountain biking trail etiquette with the aim of keeping multi-use trails open and safe for everyone. Practice all these new skills on a great trail ride. Minimum age: 14; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$35.**

## MARCH 2 MOONLIGHT SNOWSHOE TRIP AT SNOQUALMIE

Head to the Snoqualmie Pass area to snowshoe in the moonlight. Dress warm because you won't see the sun on this trip. Difficulty: beginner; distance: 1.5 miles; elevation gain: 50 feet; time: two hours. Depart from the Northwest Adventure Center at Lewis North at 5:30 p.m. or McChord Field's Adventures Unlimited at 6 p.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$50.**

## MARCH 3 SNOWSHOE ADVENTURE AT SNOW LAKE

The Pacific Northwest is a unique location with mountains offering visitors tranquility in vast forests, high alpine lakes and breathtaking scenery. Snow Lake is no exception. Due to winter conditions, location is subject to change for safety reasons. Difficulty: moderate; distance: 8 miles; time: three to four hours. Minimum age: 12; children younger than 18 must be accompanied by an adult. Meet at the Northwest Adventure Center at Lewis North at 8:30 a.m. Register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). **\$65.**

upcoming events >>



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[ezra@meekermansion.org](mailto:ezra@meekermansion.org)

### FRIENDSHIP VALENTINE TEA

Saturday, February 10th • 1pm

Enjoy a Victorian tea while touring the Mansion.

\$15 per guest  
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# Valentine's Day



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### Specials available all weekend long 9th - 14th

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per couple

**Appetizer:** (To Share)  
Bruschetta

Soup or Salad for each

**Choice of entree:**  
Prime Rib, Grilled Halibut,  
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FROM PAGE 4C

## WATCH

JBLM's Family and Morale, Welfare and Recreation is advertising super parties for the Super Bowl with specials, games and prizes at both the Samuel Adams Brewhouse on Lewis Main and the Warrior Zone on Lewis North.

For the Samuel Adams Brewhouse, this year marks the first real attempt at hosting a Super Bowl viewing party since opening in June 2016. Only about 40 people braved the snow storms to watch the game at the brewhouse last year.

"I think that definitely affected people who weren't sure if they wanted to be (snowed in) at the bar," said Tamara Fogel, manager of the Samuel Adams Brewhouse on Lewis Main.

The brewhouse is offering food and drink specials that include a tailgating buffet with meatballs, chicken chili and more for \$16.95. There will be a variety of games played, including Football Squares and a "Best Touchdown Dance" competition for prizes.

Families are welcome as the brewhouse will have tables set up in their conference room with large-



SCOTT HANSEN Northwest Guardian

Bartender Shaun Brown pours a beer for a customer at the Sam Adams Brewhouse at Eagles Pride Golf Course on Lewis Main. The 2,100-square foot facility features eight different beers on tap.

screen televisions showing all of the action.

"You're closer to the food, it's a calmer atmosphere (than the bar) and it's more ideal for families," Fogel said.

The brewhouse's doors will open around 1 p.m., so football fans can come early to secure seating

while enjoying the pre-game coverage on television.

## WARRIOR ZONE

The Warrior Zone has long been viewed as a Super Bowl stable since its grand opening in 2012. The multimillion dollar facility is home to more

than 50 high-definition televisions scattered throughout the 29,00-square-foot Warrior Zone.

In addition to the games that can be watched inside and outside on their covered, heated patio, the Warrior Zone also provides a fun opportunity for video game enthusiasts

with a NFL Madden tournament that will be played during the event with a laptop computer as the grand prize.

The Warrior Zone will be offering food and drink specials, including an 18-wing special for \$20 and a barbecue special on the patio for \$12.95.

## Where to watch

**Samuel Adams Brewhouse JBLM** — 2400 Bitar Ave., Lewis Main

**Warrior Zone** — 17th and D St., Lewis North

**Samuel Adams Brewhouse at Eagles Pride** — Exit 116 of Interstate 5, Lewis Main

**Nelson Recreation Center** — 3168 2nd Division Drive, Lewis Main

"Our facility has a little bit of something for everyone; whether they're a foodie or a gamer," said Jessica Gomez, assistant manager at the Warrior Zone.

There will also be a number of giveaways, including the Warrior Zone's snack bar holding a drawing for a free NFL jersey — \$12 to enter. The winner will be able to pick a jersey of their favorite team.

## OTHER LOCATIONS

JBLM Family and MWR has other places around JBLM to watch the Super Bowl — the Samuel Adams Brewhouse, inside the clubhouse of Eagles Pride Golf Course, and the Nelson Recreation Center on 2nd Division Drive on Lewis Main.

If you haven't been here lately, you've gotta come back!

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**Feb. 23 • 7:30 p.m.**  
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Times vary • Theater on the Square

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**BROADWAY CENTER PRESENTS**  
**Paula Poundstone**  
**Mar. 9 • 7:30 p.m.** • Pantages Theater

Tickets start at \$19

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**BROADWAY CENTER PRESENTS**  
**Twilight Zone UnScripted**  
**Mar. 24 • 7:30 p.m.**  
Pantages Theater

Tickets start at \$19

Enter a dimension of improvisation in the style of classic sci-fi tv series.

**BROADWAY CENTER PRESENTS**  
**TODRICK**  
**HALL AMERICAN**  
**THE FORBIDDEN TOUR**  
**APRIL 5**

**Apr. 5 • 7:30 p.m.** • Pantages Theater

Tickets start at \$19

Between assisting in the choreography of Beyoncé's music video, writing YouTube parodies and starring on Broadway, Todrick is a powerhouse in entertainment!

**BROADWAY CENTER PRESENTS**  
**TACOMA Wined Up**

**Apr. 7**  
5:00 p.m.  
Tacoma Armory

Tickets start at \$30

Spend an evening tasting 20+ Northwest wines, spirits, and ciders. Plus, there will be food and artisan vendors, plus a silent auction to benefit Arts Education programs.

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**May 6 • 7:30 p.m.**  
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