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It's time for spring outdoor adventure, 3c

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Team prepares the winning recipes, 7A

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ARMY EMERGENCY RELIEF CAMPAIGN

AER support vital to Soldiers, families

Annual Army fundraiser kicks off with rousing rally at Carey Theater

BY RUTH KINGSLAND
Northwest Guardian

A near-packed crowd of service members filled Carey Theater March 2 for the kickoff to the Army Emergency Relief Program, which runs now through May 15.

The kickoff involved motivational speeches from Col. Nicole Lucas, Joint Base Lewis-Mc-

Chord garrison commander, and Command Sgt. Maj. Walter Tagalicud, 1 Corps command sergeant major, as well as inspirational testimonies of a handful of Soldiers who previously received aid through AER.

“Your support to our program is critical; it’s our way of being able to take care of our own with emergency financial assistance,”

Lucas said. “As many of you may know, one of the biggest sources of stress for Soldiers and families here on JBLM is financial readiness. AER allows us to help Soldiers and families during emergencies with grants and interest free loans to help with critical needs, (car) repairs, emergency travel. We all agree these are critical. What we can offer in terms of assistance is a far better option than payday lenders outside our gates.”



Command Sgt. Maj. Walter Tagalicud talks about the Army Emergency Relief program with service members at the AER kickoff Friday.

SEE AER, 10A

RUTH KINGSLAND Northwest Guardian

YOUTH BOXING ACADEMY

LESSONS IN LIFE, BOXING



SCOTT HANSEN Northwest Guardian

Lydell Spry, left, works with Gabriel Everett, 9, during a youth boxing academy open house at SKIESUnlimited on Lewis Main March 1.

Young boxers demonstrate skills for visitors at recent open house

BY DEAN SIEMON
Northwest Guardian

Troy Charley, 13, has only been part of the SKIESUnlimited — Schools of Knowledge, Inspiration, Exploration and Skills — youth boxing academy at Joint Base Lewis-McChord for about two months, but he didn’t seem new to the sport when he demonstrated what he’s learned during an open

house event March 1 on Lewis Main.

“We’re going to put him to the test,” said Lydell Spry, a boxing instructor, to the parents and children attending the demonstration.

Troy went over the six-step basic boxing stance, the 19 defensive boxing moves and the most effective way to throw

SEE BOXING, 10A



Instructor Lydell Spry, left, wraps the hands of boxer Micheal Everett, 5, in preparation for a youth boxing academy open house at SKIES-Unlimited on Lewis Main March 1.

SHARP SUMMIT

Coming together against assaults

Program seeks cultural change

BY SGT. JACOB KOHRS
17th Field Artillery Brigade Public Affairs

An ominous voice comes over the speakers.

“I am the ulcer in the belly of your organization, the degradation of your seven core values — I’m sexual harassment and assault; I’m a combat-minimizer. If you can’t win the war against me, you’ll never be able to defeat your country’s enemies.”

As the spoken word poem by Chief Warrant Officer 3 Edward Wilson finishes, the room is silent.

The senior and junior leaders of both 17th Field Artillery Brigade and 201st Expeditionary Military Intelligence Brigade came together on Joint Base Lewis-McChord as one for the Sexual Harassment/Assault Response and Prevention program summit March 1 to discuss and understand ways to prevent a culture of sexual harassment and assault within their ranks, the military and the world around them.

“What we would like to do is ensure that this is an opportunity where we can wrap our arms around SHARP as a program and weave it into something that we do day in and day out as a part of our lives,” said Lt. Col. James Dunwoody, 17th FA Bde. deputy commanding officer. “It has to be a program where the tenets are fully embraced by the

SEE SHARP, 10A

JBLM NEWCOMERS ORIENTATION

JBLM spouses welcome to join newcomers briefing

BY RUTH KINGSLAND
Northwest Guardian

Whether one is new or returning to Joint Base Lewis-McChord, one of the quickest ways to learn more about JBLM — and changes that may have occurred while one was elsewhere — is through the JBLM Newcomers Orientation offered monthly on the installation.

The event not only addresses services and activities available on base; it also helps one learn how to get around the massive

installation, which serves nearly 140,000 people and is the third largest employer in the state.

“This is a great way for spouses to come and learn what’s on the installation, as well as what’s available for them outside the installation, so they can acclimate themselves,” said Monica Ulibarri, relocation readiness program manager for the Directorate of Personnel and Family Readiness.

SEE JBLM, 10A



Courtesy Photo

Monica Ulibarri speaks to a group at a recent JBLM Newcomers Orientation at the American Lake Conference Center on Lewis North.



U.S. Army Photo

Soldiers reload rockets for an AH-64 Apache helicopter at Fort Hunter Liggett, Calif., Saturday.

LIVE-FIRE TRAINING

The 4-6 ARS trained and improved its unit readiness during a live-fire gunnery qualification training in California from Feb. 26 through Saturday. **See story, 3A**

WOMEN IN THE WOODS



KAWEKA STONEY

The JBLM Northwest Adventure Center and Adventures Unlimited are offering a free Women in the Woods seminar on outdoor activities for women. The seminar will take place on McCord Field March 17.

New outdoor courses geared toward women

BY RUTH KINGSLAND
Northwest Guardian

St. Patrick’s Day isn’t just a time for little green men to frequent the woods.

For those women who don’t consider themselves too girly for a wildlife adventure, Joint Base Lewis-McChord’s Outdoor Recreation is offering a free seminar, Women in the Woods, at Adventures Unlimited in Building 739 on Battery Road at McCord Field, March 17 at 11 a.m.

The seminar is expected to offer safety tips as well as ideas for making camping, hiking and other outdoor trips more fun and comfortable, while also exciting and challenging. No advance registration is required for the free seminar.

In addition to Women in the Woods, Adventures Unlimited and Northwest Adventure Center offer various programs geared toward women’s outdoor activities — from yoga to cycling, hiking, skiing, rafting and more.

“These trips are for women who want to adventure with other women, make friends, learn new skills and create lasting memories,” said Alisha Bator, a guide with Adventures Unlimited.

Bator has been on staff at Adventures Unlimited for nearly three years and is currently the only female guide with that program.

Prior to joining the McCord Field staff, she worked as a civilian staffer at four other military bases.

Among her other roles, Bator previously worked as a guide with various international civilian programs and with high school and college students.



The JBLM Northwest Adventure Center and Adventures Unlimited are also offering outdoor activities geared for women.

If you go

What: Women in the Woods, a outdoor adventure seminar for women.

Where: Adventures Unlimited, Building 739 on Battery Road at McCord Field.

When: March 17 at 11 a.m.

“I love talking about women being empowered in the outdoors, and have a lot of tips for making it safer and easier and healthier,” she said.

The women’s adventure trips function out of both Adventures Unlimited and Northwest Adventure Center on Lewis North. When one signs up for a particular activity on the online site, information is provided as to which location the trip leaves from.

A few of Bator’s favorite outdoor trips involve skiing and rafting.

“I love being out in the elements,” she said.

Bator suggests women who’d like to design a private trip for their family or a group of friends contact her at the Adventure Center, 253-967-6263, or by email, with “Alisha” in the subject line to jblmadventure-trips@gmail.com.

She said she has enjoyed traveling to other countries and learning about different cultures, while volunteering and exploring.

During the time she’s been at Joint Base Lewis-McChord, Bator has run many female empowerment programs designed to bring women together to foster a healthy environment in the outdoors.

NATIONAL WOMEN’S HISTORY MONTH

Event to honor women in the military

BY RUTH KINGSLAND
Northwest Guardian

The importance of women in the military, as well as in positions of prominence throughout history, will be celebrated during the National Women’s History Month observance at French Theater on Lewis Main March 20 at 11:30 a.m.

The Joint Base Lewis-McChord monthlong theme is “Honoring trailblazing women who have paved the way for future generations.” Women who have shaped our country’s history and its future through public service and government leadership will be recognized.

“It is important to honor women within our military and the (adversity) they have had to overcome,” said Sgt. Jacob Kohrs, 17th Field Artillery Brigade’s public affairs noncomisioned officer.

The event is hosted by the 17th FA Bde. and will feature I Corps Chaplain (Col.) Yvonne Hudson and Command Sgt. Maj. Phelicia Redd, of the 308th Brigade Support Battalion, 17th Field Artillery Brigade, as guest speakers.

“I’m honored to be part of the

If you go

What: National Women’s History Month observance

Where: French Theater, Pendleton Avenue, Lewis Main

When: March 20 at 11:30 a.m.

Women’s History Month event and to be part of America’s First Corps as the first woman chaplain for I Corps,” Hudson said.

Hudson has been in the military for 25 years. It was a long process becoming a chaplain in the Army, she said.

“I’d always wanted to be in the Army, and becoming a chaplain was my calling, but it was kind of a double male environment,” she said. “God and my faith enabled me to become a chaplain and stay the course.”

Hudson said she had some great mentors along the way, both male and female.

Women make up 16.2 percent of the country’s military, according to the Department of De-

fense. That’s 170,000 enlisted service members and 44,000 officers.

Women’s History was first recognized in the United States as Women’s History Week, the week of March 7, 1982, by former President Ronald Reagan. Five years later, Congress expanded the observance to one month — March.

During the JBLM event, a video “Women in the Military” will be shown, highlighting some of the many women who have played a part in America’s military achievements, including the service of 223 women sent to France with the U.S. Army Signal Corps in 1918.

American women have played a role in this country’s battles long before the wars in Europe and prior to receiving the right to vote when the 19th Amendment was ratified in 1920.

According to the Department of Defense website, in addition to the many women who served as nurses, seamstresses and cooks in the Revolutionary War, 400 women disguised themselves as men to fight in the Union and Confederate armies during the Civil War.

NEWS IN BRIEF

Nominations accepted for JBLM’s 5 Volunteer of the Year awards

Nominations are being accepted for the Joint Base Lewis-McChord Volunteer of the Year award now to March 19.

Category descriptions are:

- Adult Volunteer of the Year: JBLM volunteers who are spouses of active duty members and civilian volunteers.
- Active-Duty Volunteer of the Year: JBLM volunteers who are active-duty service members stationed at JBLM.
- Retiree Volunteer of the Year: JBLM volunteer must be a retired service member, spouse of a retired service member or retired from a civilian job.
- Family Volunteer of the Year: Nomination must include the impact and contributions of each family member as a JBLM volunteer.
- Community Volunteer of the Year: Nominations are for volunteers who volunteer on JBLM, but contribute the majority of their volunteer service to communities/organizations outside of JBLM.

Nomination forms and category information flier are available at the Installation Volunteer Office at the Family Resource Center, by an email request to lori.j.parker2.civ@mail.mil or by visiting jblmafcs.com.

To nominate an individual or family, describe in no more than 750 words the volunteer’s or family’s accomplishments, the impact of their accomplishments to the organization or community and why those nominated should be recognized.

Nominations must be accompanied with a completed nomination form and may be hand-carried to the Family Resource Center 4724 Idaho Ave., or emailed to lori.j.parker2.civ@mail.mil by March 19 at 4:30 p.m.

Winners will be announced at the annual at the annual JBLM Volunteer Recognition Ceremony May 10.

For more information, call 253-967-2324.

— INSTALLATION VOLUNTEER OFFICE

COMET Team offers courses for maintainers, logisticians on JBLM

The I Corps’ Command Maintenance Evaluation and Training Team, known as COMET Team, offers sustainment Global Combat Support System-Army Courses to maintainers and logisticians on a monthly basis.

In order to attend either the maintainer or the logistician courses, attendees must submit an Army Training Requirement and Resource System request through their organizations’ school representatives. The courses are 40 hours in duration and are taught in Bldg. 3203 on Lewis Main.

The courses are designed to enhance the technical skills of leaders and users of the system in order for them to input, execute, audit, build, modify and generate reports and information.

For more information on the courses’ dates, times and points of contact, visit tinyurl.com/y8qkdstr.

— COMMAND MAINTENANCE EVALUATION AND TRAINING TEAM

JBLM civilian hall of fame, service award nominations accepted now

Every year or two, units and agencies across base nominate a civilian member of the Puget Sound community to be considered for the Joint Base Lewis-McChord Hall of Fame Lt. Gen. Bill Harrison Service Award.

Units across JBLM are invited to submit nominations by March 30 to be considered for the 2016 hall of fame award.

Established in 2003, the hall of fame program recognizes one community member annually who has contributed to the community as a civilian for three or more years, and who through their efforts, made an exceptional impact on our service members, military families or the JBLM community.

Hall of fame nominations can be submitted to the JBLM Garrison Public Affairs Office. Nominations will be reviewed and rank-ordered independently by three senior representatives from the Joint Base Garrison HQs, I Corps and 62nd Airlift Wing, respectively.

The hall of fame point of contact for nominations is John Norgren. For more information, contact Norgren at 253-967-0168 or john.r.norgren.civ@mail.mil.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

I CORPS COURTS-MARTIAL

U.S. V. SPC. MORALES, 16TH CAB

On Feb. 13, Spc. John M. Morales, 16th Combat Aviation Brigade, was convicted of assault consummated by a battery and false official statement. Morales was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for four months and to be discharged from the service with a bad conduct discharge.

U.S. V. SFC. MCDANIEL, I CORPS

On Feb. 14, SFC Scott D. McDaniel, Headquarters and Headquarters Battalion, I Corps, was convicted of larceny. McDaniel was sentenced to be reduced to the grade of E-4, to perform hard labor without confinement for 45 days and to be discharged from the service with a bad conduct discharge.

U.S. V. SFC. COFFEY, DIVARTY

On Feb. 21, Sgt. 1st Class Bradley W. Coffey, 2nd Infantry Division Artillery, was convicted of indecent language, failure to obey an order or regulation, rape, solicitation of rape of a child and assault consummated by a battery. Coffey was sentenced to be reduced to the grade of E-1, to be confined for two years and to be discharged from the service with a dishonorable discharge.

U.S. V. SPC. DYSON, 51ST SIG. BN.

On Feb. 23, Spc. Kemarrius Dyson, 51st Expeditionary Signal Battalion, was convicted of sexual abuse of a child. Dyson was sentenced to be reprimanded, to be reduced to the grade of E-3, to be restricted for 60 days and to perform hard labor without confinement for 45 days.

U.S. V. SGT. PROVENZANO, 1ST. BDE., 2ND INF. DIV.

On Feb. 26, Sgt. Peter P. Provenzano, 1st Brigade, 2nd Infantry Division, was convicted of distribution of child pornography, indecent language, and aggravated assault. Provenzano was sentenced to be reduced to E-1, to be confined for 12 months and to be discharged from the service with a bad conduct discharge.

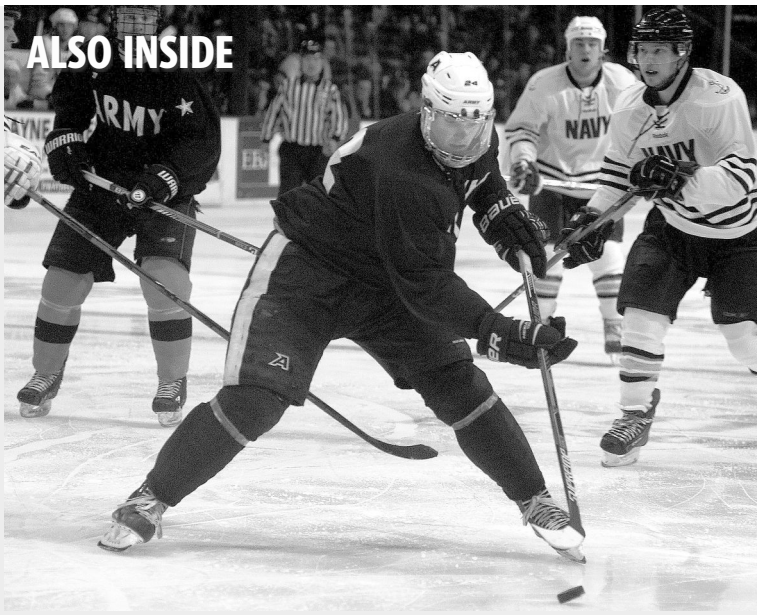
All articles are violations of the Uniform Code of Military Justice. I Corps and 7th Infantry Division are committed to preventing sexual harassment and sexual assault. Leaders at every level of the chain of command have an obligation to safeguard service members through prevention, education, investigation, victim advocacy, and, when appropriate, prosecution. One hundred percent of unrestricted reports of sexual assault and all reports of sexual harassment will be properly investigated and appropriately acted upon by the command.

QUOTE OF THE WEEK

“If there is no other reason to bring new technologies and capabilities into our force today, it’s to make damn sure that no asymmetry from an outside force can prevent us from projecting American force and American power and American influence at the point in place of our choosing.”

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

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

HOCKEY: Navy came from behind to defeat Army, 7-5, in the annual Pacific Northwest Army vs. Navy Hockey Game Saturday. **See story, 1B**

NWGUARDIAN.COM

● **Race for life:** After enduring countless hardships and overcoming unimaginable obstacles, Air Force Airman 1st Class Guor Maker found his way out of war-torn South Sudan and into the U.S. nearly 20 years ago. As one of roughly 20,000 children uprooted by the gruesome second Sudanese civil war, Maker’s childhood was far from normal. After losing 28 family members, including eight of his nine siblings, 8-year-old Maker set out on foot from South Sudan to live with his uncle.

● **Arctic Eagle exercise:** More than 200 Air and Army National Guard service members travelled by ferry, plane and vehicle to the outlying community of Valdez, Alaska, to participate in a portion of exercise Arctic Eagle Feb. 20 to



26. Arctic Eagle is a statewide exercise involving national, state and local agencies designed to provide opportunities for 1,100 participants to conduct sustained operations in arctic conditions. After landing in Anchorage, more than 60 personnel and equipment were bussed 70 miles to Whittier, Alaska, and loaded onto a ferry for a more than 5-hour nautical journey to the Port of Valdez.

16TH COMBAT AVIATION BRIGADE

Unit conducts live-fire gunnery

4-6 ARS Soldiers train to improve gunnery mastery

BY SGT. MARICRIS MCLANE
16th Combat Aviation Brigade
Public Affairs

The 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade at Joint Base Lewis-McChord is one of the few units within the Army which was reflagged as an attack reconnaissance squadron during the 2015 Army Aviation Restructuring Initiative.

As a squadron assigned with manned and unmanned aircraft, the 4-6 ARS trained and improved its unit readiness during a live-fire gunnery qualification training at Fort Hunter Liggett, Calif., from Feb. 26 through Saturday. The squadron saw an opportunity to conduct the live-fire gunnery while in California in conjunction with Bayonet Focus 18-02.

“The aircrews are already down here (Fort Hunter Liggett), the aircraft are already down here and they also have the ranges set up here,” said Capt. Jay Laing, Bravo Troop Commander with 4-6 ARS. “So it is a good target of opportunity for us.”

As Bayonet Focus ends, the unit set up the plan to use the opportunity and qualify using live ammunition.

“This is a training event for an attack reconnaissance battalion or squadron like us,” Laing said. “So just like an infantryman has to be qualified in his M4, this is that kind of qualification for our aircrew.”

This gunnery training is one step for the squadron to build on their individual and collective tasks.

“What we are doing here is qualifying individual crews for each individual aircraft in their



SGT. MARICRIS MCLANE 16th Combat Aviation Brigade Public Affairs

Soldiers with 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade, reload rockets for an AH-64 Apache helicopter at Fort Hunter Liggett, Calif., Saturday.



tasks to perform as Apache (AH-64) pilots,” said Capt. Ryan Coker, 4-6 ARS assistant operations officer.

The unit aims to train and be ready on all the mission essential tasks it needs in order to be combat ready as a squadron.

Along with accomplishing essential tasks, the squadron also used the opportunity to enhance the unit’s combat read-

Pfc. Christian Herrera, AH-64 armament, electrical, avionic systems repairer with 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade, prepares a rocket to load for the live-fire gunnery at Fort Hunter Liggett, Calif., Saturday.

“First, you get qualified to shoot your Apache and then qualify to shoot with other Apaches then qualify to shoot as a squadron. As we progress further in the year, we’ll do more complex gunneries.”

Capt. Ryan Coker
Assistant Operations Officer, 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade

ness as a whole. “First, you get qualified to shoot your Apache and then qualify to shoot with other Apaches then qualify to shoot as a squadron,” Coker said. “As we progress further in the year, we’ll do more complex gunneries.”

The Soldiers qualify as a crew, then qualify as a platoon with four aircraft and then qualify as a troop or company of up to eight aircraft — all the way to qualifying as a whole squadron, Coker said. In addition to qualifying as aircrew, conducting the training in a different location benefits the unit.

“Being able to have experience in all types of environment is beneficial,” Laing said. The terrain in Fort Hunter Liggett mimics a high-desert terrain.”

Different environment and terrain add a benefit in increasing the unit’s experience variation.

“It is definitely beneficial to see a different flight profiles,” Laing said. “Because as crews are trying to qualify and gaining proficiency, we don’t necessarily know where our next fight is going to be.”

Trained and ready for combat is always a priority for this unit as they continue to improve their proficiency and combat readiness.

1ST BRIGADE, 2ND INFANTRY DIVISION

Bayonet Focus displays Soldiers skills

1st. Bde., 2nd Inf. Div. prepares for its NTC rotation

BY STAFF SGT. SAMUEL NORTHRUP
1st Brigade, 2nd Infantry Division

FORT HUNTER LIGGETT, Calif. — Soldiers of 1st Brigade, 2nd Infantry Division conducted Exercise Bayonet Focus 18-02, Feb. 6 to 27, at Fort Hunter Liggett and Camp Roberts, Calif., to prepare Soldiers for the rigors of sustained land combat.

The purpose of the exercise was to prepare 1st Bde., 2nd Inf. Div. Soldiers for their upcoming National Training Center rotation at Fort Irwin, Calif., and included force-on-force engagements using MILES gear, blank ammo and simulation ordnance; Soldiers acting as role-players in multiple roles such as civilians, detainees and reporters; live-fire training with small arms, vehicle-mounted weapons, helicopters and artillery.

“Bayonet Focus is an exercise that exercises all warfighting functions, stresses our systems

and tests the processes we have at the brigade down to the lower echelons,” said Maj. Edward Kim, the brigade operations officer.

They were able to do that in a way that forced them to exercise all the systems of the brigade as part of a deployment, said Col. Jasper Jeffers, 1st Bde., 2nd Inf. Div. commander. They would not have the opportunity to do that other than deploying to a combat training center.

It gave the whole brigade the time to fine tune the way they work as a team, from the lowest echelon all the way up to the brigade staff, said Sgt. 1st Class Michael Shoop, who was the brigade battle noncommissioned officer-in-charge during the exercise.

“During the exercise, the brigade was put in a tough situation against a near-peer adversary and our decisions and responses to the scenario were tested,” Kim said. “This training is done in the harshest conditions possible to build our proficiency at Soldier tasks.”

Putting them in an environment such as this gets them used to not having those com-



STAFF SGT. SAMUEL NORTHRUP 1st Brigade, 2nd Infantry Division

Soldiers of the 1st Brigade, 2nd Infantry Division hone their room clearing procedures at Fort Hunter Liggett, Calif., Feb. 22.

forts of home and also and allows them to focus on the mission at hand, Shoop said. Through repetition, these Soldiers become experts in their field craft and how to use and wear their equipment.

“Soldiers must become familiar with their weaknesses and learn how to overcome those weaknesses,” Shoop said. “If they find they are not familiar

with a piece of equipment they need to use, they must study it and learn how to become proficient at its use so they can operate effectively in a field environment.”

Part of this is to fully function together as a brigade team, Jeffers said. The relationships, the people and understanding how they can leverage capabilities, not just at the brigade

“If they find they are not familiar with a piece of equipment they need to use, they must study it and learn how to become proficient at its use so they can operate effectively in a field environment.”

Sgt. 1st Class Michael Shoop
Noncommissioned officer-in-charge, 1st Brigade, 2nd Infantry Division

staff level, but at each battalion task force, each company team, everyone on the battlefield needs to know the people they need to call on and know the capability they can provide.

“This is all about readiness,” Jeffers said. “We will depart here and we have the rotation at the National Training Center at Fort Irwin, California. This will put us on a glide path to be the most ready Stryker brigade in the United States Army. We could not do that without being able to test those systems at Bayonet Focus.”

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 rate parking on JBLM?

"Not many people are parking in the reserved spots. It ties up handicapped parking!"
— JOSEPHINE WHITE

"My spouse and I use the courtesy spaces for Gold Star family, but you have to register for the stickers at ACS."
— JASON PAXTON

"I feel disabled folk could benefit from more spots, but the higher rank spaces could be done away with. Rarely do I see them filled at Madigan, where parking is at a premium."
— MANDY EVERSOLE

"Parking at Madigan is ridiculous most of the time. Put in a parking garage. As for reserved spaces, they are almost always empty except the handicap ones. Parking at the actual units is pretty limited, too — usually just in some uneven gravel lot."
— LAUREN WAY

"Waller Hall has become a nightmare. Common sense should have played a bigger role before they shut down half the parking in front of an in/out processing building. They could have started with the library first, then worked their way over."
— JENNIFER MUSICK

Next week's question

What's the first thing you're going to do when the weather stays nice for a whole weekend?

VIEW FROM THE TOP



SCOTT HANSEN Northwest Guardian / 2017

The JBLM ShamROCKin' Run will take place at the Family and Morale, Welfare and Recreation Festival Tent Saturday.

Warmer spring weather is just around the corner

BY JOSEPH PIEK
JBLM Garrison Public Affairs Officer
This Sunday, it's time to once again spring forward an hour for daylight saving time. When we do, we'll only be nine days away from March 20 — the first day of spring.

The practice of advancing clocks ahead so that spring and summer evening daylight lasts longer was first proposed by New Zealand entomologist George Hudson in 1895. Hudson initially proposed a two-hour daylight shift to give himself more time to collect insects.

The German Empire, and its World War I ally the Austro-Hungarian Empire, first observed daylight saving time in 1916 to conserve coal during wartime. Other European countries soon adopted the practice. Russia did so in 1917, while the United States adopted it in 1918.

Worldwide, the use of daylight saving time was an on-again, off-again practice until it became widely adopted in North America and Europe during the 1970s energy crisis.

Here in the Pacific Northwest, long-time residents associate springing forward with looking forward to warmer temperatures; longer, sunnier days; and outside activities that don't involve snow (sorry skiers and snowboarders). For military families new to the

Pacific Northwest, get ready to experience a summer with highs in the 80s, low humidity and daylight that lasts until 9:30 or 10 p.m.

Here on base, one of the first signs of spring is Saturday's annual ShamROCKin' Run 5K, which kicks off a series of Family and Morale, Welfare and Recreation runs from now through December.

The next run is the America's Armed Forces Kids Run 2018 at Cowan Stadium on April 14, followed by the Down and Dirty Mud Run May 12 at Soldiers Field House.

On May 19, JBLM will celebrate Armed Forces Day with military static displays, carnival rides, military reenactors and food. This event is open to the public, so feel free to bring your friends. It's a great opportunity to see and touch the military equipment service members train with every day, and to ask Soldiers and Airmen about their day-to-day military life.

JBLM celebrates America's independence with Summerfest July 3 and Freedom Fest July 4. Cowan and Memorial stadiums on Lewis Main will be decked out in red, white and blue and there will be carnival rides, food and a variety of entertainment.

Summerfest is for Department of Defense ID-card holders and their guests. Freedom Fest is open to the public. It concludes with a concert by America's I Corps Band and traditional fireworks.

Of course, while summer is a

great time to enjoy the great weather, JBLM leaders want you to enjoy it safely — please make safety a priority while you're having fun.

That means taking extra precautions when you take out the barbecue grill for another season of grilling burger, steaks, hot dogs and whatever else your heart desires. To help you avoid common grilling hazards, we'll once again start publishing fire safety stories in the Northwest Guardian written by Ed Chavez, Directorate of Emergency Services fire inspector.

Warmer weather also means boating, rafting, swimming and other water sports, so please make water safety a priority, too. Always wear an appropriate flotation device when you're around the water.

Even strong swimmers can and do drown every year, particularly when the warm temperatures entice them into an early spring dip in a nearby lake or river's frigid waters. While the air may be warm, the water below the surface isn't — it's still ice-cold and can induce hypothermia and cramps very quickly.

Finally, a good practice with changing your clock is changing the batteries in smoke detectors and carbon monoxide detectors.

Remember to set your clocks one hour ahead Sunday, and don't worry about losing that hour of sleep. You'll get it back Nov. 4 when daylight saving time ends.

Let's look forward to a fun and safe spring and summer.

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



U.S. Army Photo

The 1st Battalion, 5th Infantry Regiment hosted Command Sgt. Maj. Walter Tagalicud, middle right, I Corps command sergeant major, during a squad live-fire exercise at Joint Base Elmendorf-Richardson, Alaska, Feb. 21. Tagalicud observed the live-fire and emphasized the value of quality repetitions in training.

THIS WEEK IN HISTORY

- March 9, 1781: Spanish siege of Pensacola begins.
- March 10, 1959: Rebellion in Tibet.
- March 11, 2009: Toyota sells 1 millionth hybrid in U.S.
- March 12, 1933: FDR gives first fireside chat.
- March 13, 1942: U.S. Army launches K-9 Corps.
- March 14, 1990: Gorbachev elected president of the Soviet Union.
- March 15, 1965: President Lyndon Johnson calls for equal voting rights.

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593RD EXPEDITIONARY SUSTAINMENT COMMAND

593rd ESC leads movement effort

BY SGT. 1ST CLASS MIRIAM ESPINOZA
593rd Expeditionary Sustainment Command

The 593rd Expeditionary Sustainment Command Transportation Branch conducted mobility training on Joint Base Lewis-McChord Jan. 26 to Jan. 28 to expand the knowledge of unit movement officers on moving their unit from one place to another.

The course taught 25 unit movement officers the hands-on of what it takes to plan, coordinate and move their units for deployment, redeployment and training exercises.

“The things we are focusing on during this three-day course are things that are not covered during the two-week unit movement officer course, like hands-on,” said Sgt. 1st Class Lorna Zunic, highway movement noncommissioned officer, Headquarters and Headquarters Company, 593rd ESC. “We are also teaching them specific requirements for JBLM when it comes to shipping equipment from here to other areas.”

The Soldiers learned how to navigate websites that are in place to help them coordinate their unit’s planned move, document their equipment, label equipment and request mode of transportation.



SGT. 1ST CLASS MIRIAM ESPINOZA, 593rd Expeditionary Sustainment Command Staff Sgt. Benjamin Westbrook, right, 140th Movement Control Team, conduct a class on palletizing equipment at Joint Base Lewis-McChord Jan. 27.

They learned the importance of coordinating early with the several entities involved in moving a single unit. Soldiers also learned proper accountability procedures that minimize damage and loss of equipment, Zunic said.

“Paperwork is one of the biggest issues, when sensitive items are not identified correctly and they are lost or damaged that can cost the unit and government money,” Zunic said. “We are trying to alleviate that with this training.”

Movement requirements differ from installation to installation based on resources available to move equipment.

“Learning the rules and regulations that apply here on JBLM is useful so everything is done the way it needs to get done,” said Sgt. Brian Williams, Alpha Company, 47th Combat Support Hospital.

Some of the 25 Soldiers in attendance, who are currently serving as unit movement officers in their units, had not yet attended the two-week unit movement officers course, which is also offered on JBLM.

“The course was designed to help the Soldiers who have not had the time to go to Virginia for the course help their units a lot quicker,” Zunic said.

“It was a nice mix between the technical side and the actual hands-on portion,” said 2nd Lt. Edward Andrews Jr., 523rd Composite Truck Company, 13th Combat Sustainment Support Battalion.

This was the first time the 593rd ESC has conducted this course, but there are plans for future courses that would involve unit movement officers from across the installation.

“I hope this course has provided the tools necessary to help with the movement process,” Zunic said. “I want them to understand why packing, labeling, and tracking their unit equipment is important.”

43RD ANNUAL JOINT CULINARY TRAINING EXERCISE

JBLM culinary team prepares for gold

BY SGT. YOUTOY MARTIN
5th Mobile Public Affairs Detachment

With the 43rd Annual Joint Culinary Training Exercise quickly approaching, the Joint Base Lewis-McChord Culinary Arts Field Team displayed dishes and served members from their command teams and other guests four-course meals during a final preparation luncheon Feb. 22.

The luncheon served as training for culinary tasks the team will face in the upcoming competition at Fort Lee, Va., that started Thursday and runs through March 16. It also gave the command teams the opportunity to see the progress their Soldiers have made over the past few months.

After placing third last year in the Best Installation category, this year’s JBLM culinary team is working overtime to match or surpass that, aiming for gold. Staff Sergeant Marc Susa, installation culinary instructor and team adviser, said he hopes the team’s hard work and extra time in the kitchen pay off at the competition.

“They have been working long hours, six-day schedules that can range from 12 to 16 hour days,” Susa said. “It can be rough for these Soldiers, but I think they will come out on top at the end of the day.”

While there are no returning



SGT. YOUTOY MARTIN, 5th Mobile Public Affairs Detachment

members from last year’s team, Susa is confident the ingredients needed to bring home the gold are within this year’s team.

Susa brings a wealth of experience in culinary competitions having been a part of the gold-winning Fort Hood Culinary team in 2013. He also competed for Team USA’s military team at the Annual Internationale Kochkunst Ausstellung International Culinary Exhibition, known in cooking circles as the “Culinary Olympics.”

Susa said he is especially looking forward to the student team consisting of junior enlisted members and their performance. He believes they will be the “X-factor” in earning a medal for installation of the year.

The best installation winner is based on a cumulative score from team and individual events in eight categories some of which include Armed Forces Chef of the Year, Student Chef of the Year and Military Hot Food Kitchen.

The lone Air Force member on the team, Airman 1st Class Italia Sampson, of the 627th Force Support Squadron, is scheduled to be one of the junior enlisted to compete in an individual event. She said she is still working to refine the pastry dish she plans to submit in the competition and has been hum-

bled by the whole experience of the culinary team.

“The fact that you get to bond with your team, realize that sometimes you do have to rely on other people and you don’t know everything — basically humbling yourself — I feel is a really good thing,” Sampson said.

She added that before joining the team, she thought she knew a lot about food and cooking, but culinary fine dining was a whole different world.

For team captain, Staff Sergeant Paula Sanchez with Headquarters and Headquarters Company, 593rd Expedition Sustainment Command, joining the team revealed culinary arts as one of her hidden talents. Serving in the Army almost 14-years, this was her first time being a part of a culinary team, she said.

Sanchez said she, like Susa, believes the junior service members will be the driving force to securing an installation medal and win their events in the military competition.

“I feel the team has a really good chance of winning installation,” Sanchez said. “The students’ hearts are in it. They are all very motivated and with every run-through they just keep getting better and better. I feel really confident about our student team winning and possible going to nationals.”

TEAM MCCORD CHIEFS INDUCTION CEREMONY

Four Reserve Citizen Airmen reach top enlisted rank

BY TECH. SGT. BRYAN HULL
446th Airlift Wing Public Affairs

Steeped in spirit and tradition, the Team McChord’s 24th annual Chiefs Induction Ceremony recognized the newest chief master sergeants from active duty, Reserve and the Washington Air National Guard. Out of nine chiefs selected to the highest enlisted rank in the Air Force at McChord Field, four were from the 446th Airlift Wing, which took place Feb. 8 at the Club at McChord Field.

The four Reserve Citizen Airmen selected for chief master sergeant are: Chief Master Sgt. Kenneth Mazzuca, 446th Security Forces Squadron, Chief Master Sgt. Cherie Rogers, 446th Airlift Wing, Chief Master Sgt. Daniel Skoglund, 446th Maintenance Squadron, and Chief Master Sgt. Marshall Stokoe, 86th Aerial Port Squadron.

“I had the opportunity to sit down with all the chiefs before they stepped into their new rank,” said Chief Master Sgt. Kennelias Smith, 446th Airlift Wing command chief. “As the wing is going through a time of transition, I think this newest

group of chiefs is going to bring a great deal of diversity to the wing.”

Reaching the pinnacle of the enlisted ranks is no easy task and has been quite the journey for one chief.

“My career to this point has definitely been adventurous,” Stokoe said. “Over the last 24 years, I have worked with some of the best people our great nation has to offer. I have spent the last 20 years of my career with the 86th APS, and they are truly are my second family. I couldn’t ask for a better group of folks to work with, and I look forward to serving them as their chief going forward.”

With six deployments and traveling to four of the seven continents in a career spanning more than two decades, Stokoe has no plans of slowing down.

“As chief of the 86th APS, my top priority is mentorship,” Stokoe said. “We have already been placing a greater focus on our mentorship program, and I want to continue to expand on that. I see great potential in our Airmen, but they need our help — at all levels. We need to lead by



Courtesy Photo

Chief Master Sgt. Marshall Stokoe, center, 86th APS, poses with his commander, Lt. Col. Klinton Gager, right, and superintendent, Chief Master Sgt. Brandi Reyna, at the chiefs induction ceremony Feb. 8.

example and show our folks the way forward.”

Stokoe said people are his greatest asset. While mentorship is a priority, he also wants to hear what they have to say.

“We have far too many outstanding and creative Airmen in the 446th AW to let their ideas be ignored,” Stokoe said. “The breadth of experience our people

bring from both their military and civilian careers is awe inspiring. Making them part of the conversation and bringing their ideas together can only make us a stronger, and more effective organization.”

There is no easy button for balancing a civilian career, school, family, and military responsibilities, Stokoe said. It’s

not easily managed and sometimes can be overwhelming.

“Probably the biggest challenge that Rainier Wing Reservists face is time — or lack thereof,” Stokoe said. “Each month we have to squeeze 30 days of work into two. We are working hard to streamline our monthly schedule to ensure we are utilizing the time we have in the most efficient way possible. This allows us to dedicate time for training each month and eliminate unnecessary meetings. We have to continue to encourage our folks to manage their time effectively, and show them that their sacrifices are appreciated.”

While promoting to the highest rank in the enlisted force is the pinnacle in an Airman’s career, it does not signal the end.

“I am proud of all of our wing’s newest chiefs and I celebrate with all of them in this significant accomplishment,” Smith said. “This group has really paid their dues and earned the right, not to be called E-9s, but to be called chiefs. I look forward to serving with them, as this is truly the beginning of their career and not the end.”

LAND RESTORATION

Win for training area, native lark

Land renovation project is for the birds, exercises

BY CATHY HAMILTON-WISSMER
Directorate of Public Works
Around Close-In Training Area F near Gray Army Airfield on Joint Base Lewis-McChord, 85 acres have been selected as a mitigation site by the U.S. Fish and Wildlife Service and the Army Installation Management Command to replace habitat loss caused by construction projects in priority habitat for the endangered streaked horned lark.

The 555th Engineer Brigade; 2nd Battalion, 75th Ranger Regiment, Center for Natural Lands Management and JBLM Fish and Wildlife have teamed up to perform the renovation and restoration to improve this landscape’s training capabilities and streaked horned lark nesting potential.

“The size and location of the site allow 555th (Engr. Bde.) the chance to train at their convenience on a task that may not occur elsewhere on the installation,” said Fiona Edwards, the JBLM biologist managing this project. “Restoring the training area provides for military training, as well as creates an improved space for wildlife. Before we started working out here, it was mostly just a field of Scotch broom and trash, but this spring it will resemble a native prairie.”

The 2-75th Rngr. leases the training area and allows access and provides input on training needs for the area. Restoration activities, including seeding, planting, herbicide and prescribed fire will be completed by JBLM Fish and Wildlife and (through a cooperative agreement) Center for Natural Lands



CATHY HAMILTON-WISSMER Directorate of Public Works

Soldiers from the 555th Engineer Brigade practice making tank trenches during training on Close-In Training Area-F Nov. 29.



CATHY HAMILTON-WISSMER Directorate of Public Works

Management. The 555th Engr. Bde. conducts earthmoving and tree removal as a training opportunity.

The goals of the renovation area are to create an open landscape for streaked horned lark

nesting and improve training conditions for service members. Nuisance vegetation such as Scotch broom and blackberry bushes will be removed and replaced with smaller, native plants which larks nest beneath.

Perches, including trees, will be removed to eliminate predator attractants.

Project work started in 2014. Since then, prescribed burns have been conducted, invasive plants have been mowed down,

“Restoring the training area provides for military training, as well as creates an improved space for wildlife. Before we started working out here, it was mostly just a field of Scotch broom and trash, but this spring it will resemble a native prairie.”

Fiona Edwards
JBLM Directorate of Public Works biologist

tree stumps ground down and cottonwood trees cleared, chipped and sent to JBLM’s Earthworks composting facility completing the circle.

The training area will continue to be used for training with improved opportunities now that debris and unnavigable vegetation have been removed. While it may be years before larks use the newly-created habitat, the site will host other native species which may have previously avoided the area.

“I saw a western bluebird on January 15th”, said Nate Johnson, Center for Natural Lands Management invasive species specialist and project manager on site for the chipping project. “I think they like the work we are doing.”

JBLM’s Installation Sustainability Training Land goals are to assist in the recovery of all listed and candidate federal species in South Puget Sound region and to maintain the ability of JBLM to meet current and future military missions without compromising the integrity of natural and cultural resources, both on the installation and regionally. This joint endeavor is an example of meeting the needs of all the partners.

To keep up to date with latest environmental happenings on JBLM, visit SustainableJBLM/ Facebook.

CHAMBERS-CLOVER CREEK WATERSHED

Protect all that goes in storm drains for water quality

BY CATHY HAMILTON-WISSMER
Directorate of Public Works

We all live in a watershed. On Joint Base Lewis-McChord, ours is the Chambers-Clover Creek Watershed.

When water falls or flows over JBLM, it ends up in creeks, lakes, streams and the Puget Sound. Simple choices in our daily activities affect the quality of water we drink, we play in and the water that fish and other wildlife rely on.

Rainwater runoff (or storm-water runoff) picks up potential pollutants like cigarette butts, animal waste, chemical fertilizers, motor oil, eroded topsoil and other pollutants and carries them directly into the waters where we fish and play.

Some pollutants may even seep through the ground into our drinking water on JBLM.

In a very rainy place like ours, there is a lot of storm-water to manage. The Directorate of Public Works on JBLM designs facilities to capture the water in places where plants, soil mixtures, and other media can help treat it before it infiltrates into the ground.

Some things you can do at home to protect our waters and the Puget Sound:

- Don’t let your pooch pollute. Clean up after your pets. Scoop it, bag it and trash it every time.

- Use a commercial car wash. Washing your privately owned vehicle in the housing area on JBLM is not allowed. A commercial car wash uses less water and treats dirty water before it goes down the drain.

- If you want to hold a car washing fundraiser, consider selling tickets instead. Tickets

can be sold rain or shine and your group will be preserving our water quality. Puget Sound Car Wash Associations website has details at charitycarwash.org.

- Don’t drip and drive. Vehicle leaks shorten the life of your ride and are a major source of stormwater pollution. Visit fixcarleaks.org for a \$50 coupon for leak repairs.

- Household hazardous waste should never be poured down the drain, onto the ground, into storm sewers or thrown in the trash. JBLM housing residents can bring their household hazardous waste to the Environmental Operations Building, 1210 Mann Ave., weekdays from 1 to 3:30 p.m.

To keep up to date with latest environmental happenings on JBLM, visit SustainableJBLM/ Facebook.



BECKY KOWALSKI Directorate of Public Works

When water falls or flows over Joint Base Lewis-McChord, it will find its way into creeks, rivers and lakes on base, like into Murray Creek.

GO Lewis-McChord provides convenient, affordable transportation options.

Ride for free around JBLM — even evenings and weekends! Connect with Sound Transit, Pierce Transit and Intercity Transit for travel to Lakewood, Seattle and more.

Most government employees are eligible for a free ride to and from work with a vanpool.

Borrow a bike for use on and around JBLM for up to 30 days.

Want to get to Seattle for around \$10? Check out our Facebook page for a how-to video!
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Community Ledger

ATTENTION

Event announcements must be received no later than the Friday before publication. They can be emailed to nwgeditor@nwguardian.com. Announcements can be viewed online at 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

Combatives tourney

Pvt. Todd Bevan of the 7th Infantry Division, right, competes against his opponent during round two of the 2018 Fort Bragg Combatives Tournament invitational at the 82nd Airborne Division's Ritz-Epps Physical Fitness Center, Fort Bragg, N.C. March 2.

SGT. CHRISTOPHER GALLAGHER
82nd Airborne Division

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.

- March 30 - Army DONSA
- April 2 - Army DONSA
- May 25 - Army DONSA
- May 28 - Memorial Day
- June 14 - Army DONSA
- June 15 - Army DONSA
- July 4 - Independence Day
- July 5 - Army DONSA
- Aug. 3 - Army DONSA
- Aug. 6 - Army DONSA

MARCH MADNESS READING MANIA

Prereaders, early readers and chapter readers, stop by Book Patch Library this month to check out some crazy-cool books. Every time you check out books, you'll be entered into a weekly raffle. Prereaders and early readers need to check out 10 books or more and chapter readers three books or more. Two winners will be notified each Friday in March. Grandstaff and Book Patch libraries are at 2109 N. 10th Street on Pendleton Avenue on Lewis Main. For more information, call 253-967-5889.

CHANGE CLOCKS, CHANGE BATTERIES

Daylight saving time begins Sunday. Have you changed your smoke alarm battery yet? Remember, the NFPA recommends that when you when you change your clocks to change your batteries. Before returning the alarm to the base, test it by pushing the button. Does it beep? Now test it by blowing smoke into the alarm to ensure the smoke activates the alarm. After this return to base. Replace any smoke alarms that do not operate properly. For questions about operation of smoke and carbon monoxide alarms in base housing, call Lincoln Residential Maintenance at 253-912-3500.

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 jblmafcs.checkappointments.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 Tuesday and March 20. Online registration is available by visiting jblmafcs.checkappointments.com, or call 253-967-5901 to register via phone. 253-967-6416.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

The McChord Library's Novel Navigators is an adult discussion group for book lovers that meets the second Wednesday of each month at the McChord Field Library at 4:30 p.m. The next meeting is Wednesday to discuss "The Walk" by Richard Paul Evans. Registration is required in person. Copies will be available at the circulation desk, 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

POTATOES CAN FUEL YOUR HEALTH

March is National Nutrition Month, so join the dietitians from Madigan's Nutrition Care Division as they read Tomie DePaola's classic book "Jamie O'Rourke and the Big Potato: an Irish Folktale," talk about how potatoes can help fuel an active lifestyle and demonstrate making and using potato stamps to decorate cards.

- Book Patch Library: Wednesday at 10:30 a.m. and 3 p.m.
- McChord Library: March 22 at 11 a.m. and 3 p.m.

Grandstaff and Book Patch libraries are located at 2109 N. 10th on Pendleton Avenue on Lewis Main; 253-967-5889. McChord Library is located at 851 Lincoln Blvd. on McChord Field. For more information, call 253-982- 3454.

I CORPS RETIREMENT CEREMONY MARCH 16

The I Corps monthly retirement ceremony will be March 16 at 2 p.m. at Carey Theater on Joint Base Lewis-McChord. Anyone with access to JBLM is welcome to attend to watch the ceremony.

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 March 20 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.

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. Two copies of commander-signed memorandums are required for admittance to the class. Next class is scheduled for March 21. 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.

ATTEND MONTHLY KIDS' BOOK CLUB

Kids in grades three to five are invited to join McChord Field 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

Field Library now to register and get a copy of this month's book. Check out "Gregor the Overlander" by Suzanne Collins for the March 21 book club meeting. The library is located at 851 Lincoln Blvd. on McChord Field. For more information, call 253-982-3454.

BRING THE FAMILY TO FREE EASTER DASH

Everyone at Joint Base Lewis-McChord is invited to attend the annual Easter Dash, a free egg hunt at Cowan Stadium March 31. Bring your own baskets for each child. Also look for a surprise visit from the Easter bunny. Special needs youth with parents can collect eggs at noon. Children ages 3 and younger can collect eggs at 12:30 p.m., ages 4 to 7 at 1 and ages 8 to 12 at 1:30. All youth receive a free goody bag. Cowan Stadium is located at 2170 Bitar Ave. at 12th Street on Lewis Main.

JBLM VOLUNTEER FAIR SET FOR APRIL 4

Attend the JBLM Volunteer Fair April 4 from 9 a.m. to noon at the Club at McChord Field, 700 Barnes Blvd., and meet organizations who have volunteer opportunities available on JBLM. For more information visit jblm-volunteer-fair-2018.eventbrite.com or call 253-967-2324. Registration is not required.

ENJOY FREE KIDS' FEST APRIL 5

JBLM's Kids' Fest kicks off the celebration of Month of the Military Child April 5 from 1 to 4:30 p.m. at Family and Morale, Welfare and Recreation's Fest Tent and Bowl Arena Lanes at Lewis Main. Enjoy hands-on activities, exhibits, displays, interactive games, free bowling and

entertainment. The Fest Tent is located next to Bowl Arena Lanes at 2200 Liggett Ave.

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 second Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is set for April 12.

BRING THE FAMILY TO FREE EASTER DASH

The annual Easter Dash, a free egg hunt at Cowan Stadium, is set for March 31. Bring your own baskets for each child. Also look for a surprise visit from the Easter bunny. Special needs youth with parents can collect eggs at noon. Ages 3 and younger can collect eggs at 12:15 p.m., ages 4 to 7 at 12:30 and ages 8 to 12 at 1 p.m. All youth receive a free goody bag. Cowan Stadium is located at 2170 Bitar Ave. at 12th Street on Lewis Main.

RESERVE TENTS, CABIN RENTALS ONLINE

Warm weather is on the way. Want to make reservations for tent camping, the travel camp or cabins at Lewis North? Reserve your place now at JBLMmwr.Registration.com. Here's how:

- Sign in or create an account, if you don't have one yet.
- Click on Outdoor Recreation under Family and MWR programs.
- Click on Northwest Adventure Center on Lewis North, then click which type of reservation you'd like to make — tent camping, travel camps or cabins

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

Find jobs on the "JBLMUnlimited" website at jblmunlimited.com or on Facebook at 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 or call 253-573-6789.

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 Monday. Email kmymers@esd.wa.gov, or call 253-552-2547.

Hawk Job Fair take place Mondays (except DONSA's 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.

VIE-25 Information Brief and Workshop Tuesday from noon to 2 p.m. at Hawk Transition Center's auditorium. Hear in-depth information about VIE-25. Service members can speak directly with partnered colleges as well as Stone Education Center's transition counselors at the event. Camo2Commerce and WorkSource will also be on hand to provide information about job placement and readiness. This opportunity allows the service member the chance to start all components of the VIE-25 process in one location and to ask any questions they may

have about the MOA, college application, enrollment, program information and financing options. For more information, call 253-967-0319.

Get job training with Micro-soft Military Program Staff members from the Pierce County Public Library are at McChord and Grandstaff libraries the fourth Wednesday of each month at noon to explain the benefits of the Microsoft Military Program. Pierce County Library staff members are also available from 11 a.m. to noon and 12:30 to 1:30 p.m. to answer individual questions. Once you enroll in this free program, you can take Microsoft certification tests for the office specialist and technical assistant certifications. Tests are free and study materials are available. For more information, email mmp@pcl.us. Grandstaff and Book Patch libraries are at 2109 N. 10th Street on Pendleton Avenue at Lewis Main; 253-967-5889. McChord Library is at 851 Lincoln Blvd. at McChord Field; 253-982-3454.

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

WorkSource Intermediate Resume Thursday from 1:30 to 3:30 p.m. at the Hawk Transition Center in room 217. For more information, call 253-967-3258.

C2C Interview Strategies Thursday from 8:30 a.m. to

4:30 p.m. at the Hawk Transition Center in room 216. Participants will craft answers to challenging interview questions, explain military experience in terms everyone can relate to and will review what not to say in an interview. This class is a must for anyone expecting to interview in the coming months. This class is open to applicants for the Corporate Fellowship and C2C participants.

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. For more information, call 253-593-7300 or email 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 or email rob@pacmtn.org.

Spotlight Events and Employer Hiring Check for employer spotlight events on social media at facebook.com/jblmunlimited for more information. Sign up at

sfl-tap.army.mil or with your SFL-TAP Center at 253-967-3258/5599.

L&I APPRENTICE CLAIM MANAGER IN TUMWATER

WA State Dept of Labor and Industries — Salary: \$3,467 per month. This employee helps injured workers heal and return to work and helps make workplaces safe. Come be part of the team that works for the employer of choice. Claim managers adjudicate and manage workers' compensation claims by authorizing or denying medical, vocational and monetary benefits and ensuring statutory time limits are met. As an apprentice you will do this while having your work checked for quality and accuracy. The right person for this job will enjoy a challenging, ever-changing environment and possess the ability to work with people needing help. For more information, visit tinyurl.com/yae2soho.

MEDICAL LABORATORY TECHNICIAN IN TACOMA

Frontline National — Salary: DOQ. Frontline National is currently seeking several medical laboratory technicians for full-time opportunities near Tacoma. Frontline National is a nationally-renowned staffing firm dedicated to identifying and placing superior candidates who possess the qualification, energy and talent to match the high standards of client's expectations. Frontline National is a participant in the Department of Defense Military Spouse Employment Partnership. For more information, call 513-528-7823.

— and follow the instructions at each window or field.

For more information, call 253-967-7744. Make your reservations for McChord Field's Holiday Park by phone or in person. For more information, call 253-982-2206.

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.

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 GOLewisMcChord.com.

FIRE EXTINGUISHER ANNUAL SERVICING

All facility fire extinguishers on base must be recertified and retagged annually. You can 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 a car. Common Access Card is required to board at the DuPont stop. For more information, call 253-966-3939 or visit GOLewisMcChord.com.

MOVING RESOURCES AVAILABLE ONLINE

Automated Housing Referral Network, sponsored by the Department of Defense, is designed to improve the process of securing available housing for relocating military families. Visit 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 travel. For more information, visit 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.

FROM PAGE 1A

AER

Tagalicud continued Lucas’ support of the AER program and its impact on America’s Soldiers locally and around the world.

“Those AER funds are used every day,” Tagalicud said, talking of a tornado in Georgia when “the heroes of the AER Relief Fund came to the rescue” followed shortly thereafter by “one of the biggest hurricanes Georgia has ever seen.”

The storms raged all the way through Savannah and Fort Stewart and service members were displaced all the way to Fort Benning, Tagalicud said. That doesn’t just happen in other parts of the country, he said.

“What if there was an earthquake right here, right now?”

He also spoke of outside lenders charging exorbitant rates, which can lead to further financial crisis; whereas, “Ta-da!

AER, if you are qualified, will help you out. ... you don’t know what’s going to happen tomorrow.”

Staff Sergeant Simon McTizic, 5th Mobile Public Affairs Detachment, was one of three service members to talk about how he was helped by AER.

At the time he needed assistance, McTizic was serving at Redstone Arsenal in Alabama when his wife called him from Oklahoma to let him know the family’s car broke down. She had no way to get the kids to school and other activities.

“I was living paycheck to paycheck,” he said. “I didn’t know what to do.”

Fortunately, his superior steered him to AER.

“How much money do you need,” McTizic said the drill sergeant asked him. “I told him the high number knowing there was no way he could get me that.”

“We got you taken care of,” his drill sergeant said.

The financial assistance in his time of need inspired McTizic to



RUTH KINGSLAND Northwest Guardian

Sgt. Major Andrew Garate, left, Sergeants Major Association president, presents a \$250 check from the association to the Army Emergency Relief fund during the AER kickoff at Carey Theater Friday. Accepting the check are (from left) Command Sgt. Maj. Walter Tagalicud, I Corps command sergeant major; Col. Nicole Lucas, JBLM garrison commander; and Master Sgt. Dustin Holland, an AER campaign coordinator.

do what he can now to help fellow Soldiers.

“Now, that’s something I donate to every year,” he said.

Since its inception, AER has distributed more than \$1.7 billion to Soldiers, their families and veterans. In 2017, Joint Base

Lewis-McChord’s AER provided Soldiers and their families with more than \$2.3 million.

The Armywide campaign has a goal of \$12 million, established by AER in order to provide the same level of assistance realized in past years. AER is supported by voluntary contributions from Soldiers, retirees, veterans and civilians during the Army’s annual campaign.

Donations to AER are tax deductible and can be made with a personal check, allotment, cash, credit or debit card.

AER is a private nonprofit organization, incorporated in 1942 by the secretary of the war and the Army chief of staff, with the sole mission of helping Soldiers, survivors and family members. The funds are available in order to continue to Army tradition of “Soldiers helping Soldiers.”

The program also provides scholarships for military spouses and children.

For more information, visit jblmmwr.com/acs/acs_aer.html.

FROM PAGE 1A

BOXING

a punch from a boxing position. Spry then had Troy demonstrate a mixture of combinations. Troy rarely missed a beat.

“That’s a lot of information that he’s absorbed and can do it on rapid fire,” Spry said to prospective students in the bleacher seats. “Two-and-a-half months; you can do it.”

Other students who were as young as 5 showed what they’ve learned in their time spent with Spry, who has been involved with the sport since he was 13 in Los Angeles. Spry boxed through college and during his time in the Army — even making the All-Army boxing team and winning a title in Europe.

Spry has been teaching the sport since 1984 and has since established youth programs with the Thurston County Police Athletic League in Tumwater. He’s been teaching the sport on the installation since 2004.

In years past, the class has had as few as two or three young strikers, but the current enrollment averages between eight and 12 kids per class — a sign of growth for the program.

It’s a basic operation. While using one of the academy’s former classrooms, there are boxing gloves and headgear available to borrow. There are no punching bags. Parents are only required to purchase the hand wraps and mouth guards for their kids.

Spry’s focus is on the instructional part; he’ll decide if a youth is ready for a competitive boxing match at a local youth tournament.

“You can’t ride a bicycle unless you ride a tricycle,” he said.



SCOTT HANSEN Northwest Guardian

Isabel Everett, 7, demonstrates her boxing skills during a youth boxing academy open house at SKIESUnlimited on Lewis Main March 1.

It’s not just a program that teaches how to throw a hook, uppercut, jab or a combination of punches; it’s more than something that can be used for sport or self-defense. Spry sprinkles in life skills that he expects to be taken home, to school and beyond.

“(I’m teaching) how to be courteous and respectful in this program — responsible, accountable and reliable,” Spry said.

“And you need that anywhere in life, if you’re the CEO or the person just starting out.”

Heather Everett has enrolled her three children into the boxing program: Gabriel, 9, Isabel, 7 and Michael, 5. The oldest has been in the class for more than a year, and his siblings have for approximately six months. Each of them are signed up for different reasons.

Everett said Gabriel is an

athlete who hasn’t tried a sport he doesn’t like. Isabel uses the boxing class for exercise and the physical education portion of her homeschooling curriculum. Michael is getting an early introduction to discipline through the activity.

Everett said Spry requires his students to be just as respectful at home as they are expected to be in his class.

“All in all as a family, we be-

lieve in what Coach Spry is doing with this program,” Everett said. “They absolutely respect coach’s word, and it’s helped to have his support for our parenting.”

For more information about SKIESUnlimited’s boxing academy, visit jblmmwr.com/cyss-skies or call 253-966-3539.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1A

SHARP

individuals that have the capacity to effect a change in our organization.”

SHARP reinforces the Army’s commitment to end sexual harassment and assault through policies that help build awareness and prevention through training, education and accountability.

“This is part of the SHARP training,” said Dr. Carolyn West, a professor of clinical psychology at the University of Washington-Tacoma. “It is a refresher course to give people some additional information about what we know about sexual assault in the military and some hands on information on what they can do to make culture changes.”

West continued saying that she would like leaders to know



SGT. JACOB KOHRS 17th Field Artillery Brigade Public Affairs

Panel members from the 17th Field Artillery Brigade and the 201st Expeditionary Military Intelligence Brigade speak to the brigades’ senior leaders about the how to get the younger Soldiers to listen and be mentored by their leaders at Joint Base Lewis-McChord March 1.

they are the ones who are able to set the stage for changing the culture within their units. It is not beyond their ability and power to make those changes.

“It is largely this group (of senior leaders) that can affect change,” Dunwoody said.

The training was broken into two groups, the senior leaders —

sergeant first classes and above; and the junior leaders — specialists to staff sergeants along with lieutenants.

“I really want the junior leaders to understand consent,” West said. “I am going to talk about the neurobiology of trauma and how perpetrators operate within the units. I want them to start grappling with hard conversations around social media, revenge porn and how consent seems so easy to determine but it is not an easy topic.”

At the end of the training there was a panel of experts and junior enlisted Soldiers to help both the senior and junior leaders understand how to better speak, teach and mentor. The leaders in both units understand what it is to be in the junior ranks and know that these junior Soldiers are able to see and hear more of what their peers are understanding in the messages and training that they are given.

The leaders want to ensure

the messages and training are relevant to these Soldiers.

“There is a gap between the senior leaders and junior Soldiers,” said Spc. Jimmy Lerma, from 5th Battalion, 3rd Field Artillery, 17th FA Bde. “They are using us as the roots, or most direct resource as to what is going on, whether it is the work environment or living environment. I feel like this went really well and there will be a change in the way that we are taught and mentored.”

With readiness being the military’s top priority, sexual harassment and sexual assault have no place within the military, the Army or within the companies and batteries of each of these units.

“This is an opportunity to engage in a discussion and, one way or another, help us embrace the SHARP tenets,” Dunwoody said. “So we may apply it in every aspect of everything we do.”

FROM PAGE 1A

JBLM

One of the most important elements of the event for newcomers is the ability to learn what employment opportunities are available, she said.

“If you’re new and need a job, there are employers and if you’re looking for child care, those representatives are there as well,” Ulibarri said. “Everything from A to Z, including reps from Outdoor Recreation, are at the orientation.”

The orientation offers ideas

for families to maintain a balance of work and play, by taking advantage of the many opportunities on base and in the surrounding communities, from Seattle to Portland.

It’s mandatory for service members to attend an orientation during their first 30 days of service at JBLM, but it’s optional, informational and free for spouses and adult family members. On-site child care also is provided at no charge during the event by Child, Youth and School Services.

The next JBLM Newcomers Orientation is March 20 at 8 a.m. at American Lake Confer-

ence Center, 8085 NCO Beach Road on Lewis North. Service members should report at 7:30 a.m.

And don’t think one has to skip breakfast or rush through a fast food restaurant before arriving at the event. A free hot breakfast is provided for attendees. There are some pretty elaborate giveaways at the end of the event from some of the corporate sponsors, Ulibarri said.

All in all, the JBLM Newcomers’ Orientation is worthwhile and provides important knowledge for service members, spouses and family members, she said.

“Newcomers (Orientation) offers so many resources and information valuable to spouses who seek knowledge of JBLM and the surrounding communities,” Ulibarri said.

The orientation includes briefs for service members and spouses, from Lt. Gen. Gary Volesky, I Corps commanding general, and Command Sgt. Maj. Walter Tagalicud, I Corps command sergeant major, and other senior leaders from the installation.

“One of the great things about the orientation is the spouses of JBLM commanders also are there and are ready to answer

and questions; you have their ear(s),” she said.

There’s also a combined joint orientation session with the Joint Base garrison command team, Command Sgt. Maj. Ken-ny Clayborn and Chief Master Sergeant Nicholas Hollinger, senior enlisted adviser.

Dozens of local businesses and base-related organizations also are available to provide information during breaks from information sessions.

Registration is required and can be accessed at jblm-newcomers.eventbrite.com. For more information, call 253-967-3633.

IIID

Sports

BAYONET WARRIOR ATHLETE PROGRAM

Competition promotes functional fitness

Event stresses technique to help service members prevent injuries

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

Twenty-five competitors from across Joint Base Lewis-McChord attended a special competition hosted by the 7th Infantry Division's Bayonet Warrior Athletic Program March 2 at the Bayonet Academy on JBLM.

The Brostrom, named after Pfc. Leonard Carl Brostrom, a Medal of Honor recipient,

challenged the competitors to back squat their body weight on a continuous clock: one squat, during the first minute, two, during the second and so on until the athlete can no longer keep up with the clock.

Sergeant Aaron Apolinario, 2nd Infantry Division Artillery, won the competition with more than 84 repetitions in under 15 minutes.

Bayonet Warrior Athletic Program instructors and coaches were on-hand to grade each

properly-executed repetition and to ensure the athletes were doing them to standard.

"The (Bayonet Warrior Athletic Program) cadre know what they're doing, said Command Sgt. Maj. Ronald Graves, 2nd Brigade, 2nd Infantry Division command sergeant major. "They know what the proper form is and what right looks like to prevent injuries."

The Bayonet Warrior Athletic Program's number one priority is to strengthen Soldier, civilian and family fitness. These special competitions are just the catalyst for the broader scope of

SEE FITNESS, 2B



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

Sgt. Arbin Upreti, 14th Brigade Engineer Battalion, 2nd Infantry Division, back squats 170 pounds during The Brostrom competition on JBLM March 2.

PACIFIC NORTHWEST ARMY VS. NAVY HOCKEY



SCOTT HANSEN Northwest Guardian

Army's Andrew Phillips, left, shoots on Navy goalie Nic Haupt during the annual Pacific Northwest Army vs. Navy Hockey Game Saturday.

LATE NAVY BARRAGE SINKS ARMY SKATERS

Army can't stop rival after taking 4-2 lead

BY DEAN SIEMON
Northwest Guardian

After a group of Joint Base Lewis-McChord service members and veterans were strong in 2016 and 2017, the third time was the charm for Navy Region Northwest in the 2018 Pacific Northwest Army vs. Navy Hockey Game March 3.

Both teams took the ice at the Angel of the Winds Arena in Everett — the home of the Everett Silvertips of the Western Hockey League. Navy took the trophy for the first time with a 7-5 win.

After entering the second period ahead 4-2, JBLM was outscored 5-1 in the second and third periods. Navy's Nicholas Morin made it a one-goal game after Kenny Harris' shot rebounded off of Army goalkeeper



SEE HOCKEY, 2B

Army's Maurice Alvarez, middle, breaks in on the Navy net during the annual Pacific Northwest Army vs. Navy Hockey Game at Angel of the Winds Arena in Everett Saturday.

ON THE SCHEDULE

SHAMROCKIN' RUN 5K TO OPEN JBLM RACE SEASON
Races: The first race of 2018 for Joint Base Lewis-McChord is the ShamROCKin' Run 5K and Kids' Rainbow Rush 1K outside Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main Saturday. Packet pick-up and day-of registration opens at 8:30 a.m. with a costume contest at 9:30 a.m. The 1K begins at 10 a.m., followed by the 5K at 10:30. The 5K for day-of-registration in the 5K is \$35 for military ID cardholders and \$45 for others. The fee for the kids' 1K is \$25 with military affiliation; \$30 without. Register by 11:59 p.m. Wednesday for possible T-shirt. Finisher's medal for first 500. Runners will also receive a grilled Irish banger sausage and a custom pint glass given to 5K runners only, with a free fill available to runners age 21 and older. Register online at tinyurl.com/yaucutv9.

INTRAMURAL GOLF SET TO BEGIN APRIL 9
Intramurals: The Joint Base Lewis-McChord Commander's Cup golf season begins April 9 with a championship match scheduled for June 4 at noon. Units are invited to attend a representative meeting at Whispering Firs Golf Course on McChord Field Wednesday at noon. Open to active-duty service members. For more information, call 253-967-1195 or visit jblmmwr.com/intramural.

OPEN LEAGUE SOFTBALL MEETING THURSDAY
Intramurals: All Joint Base Lewis-McChord community military ID cardholders, ages 18 and older, are invited to participate in the JBLM open spring softball league starting April 7 at the Lewis North Athletic Complex. An informational meeting is Thursday at noon at Nelson Recreation Center on Lewis Main. Players without teams are encouraged to attend. Cost is \$250 per team. For more information, call 253-967-1195 or visit jblmmwr.com/intramural.

WOMEN'S BASKETBALL MEETING MARCH 22
Intramurals: Joint Base Lewis-McChord's open women's basketball league starts April 7 at the McChord Field Fitness Center, with a league tournament scheduled for May 19-20. An information meeting is March 22 at 6 p.m. at the Nelson Recreation Center. Registration cost is \$20 per player. Open to all JBLM community ID cardholders ages 18 and older. For more information, call 253-967-1195 or visit jblmmwr.com/intramural.

SPECIAL OLYMPICS WASHINGTON

JBLM Tigers team earns medals in basketball, cheerleading

BY DEAN SIEMON
Northwest Guardian

The Joint Base Lewis-McChord Tigers participated in the Special Olympics Washington's Winter Games March 2 to Sunday in Wenatchee, leaving with medals in both basketball and cheerleading.

The Tigers' master team for ages 22 and older was able to take the gold medal after finishing the double-elimination tournament with a 3-1 record. The Tigers defeated the

Spokane Wolfpack March 2, 92-87; followed by a win over the South Whidbey Wind, 92-87, later that day.

The Tigers faced the Wind a second time, losing 89-86. Both teams were in the final match, which JBLM won 95-89.

The Team Skills A group included Anthony Newlander, 28; Cathy Fowler, 25; Kyle Stewart, 19; Tina Facer, 18; and Elijah Hammon, 18. Christian Rivera-Perez, 19, was the team's alternate.

"They were able to stay fairly consistent, said JBLM head coach Genia Stewart. "We had three new players from last year, and that's a testament to my coaches (Jim and Maggie Newlander)."

During the team skills competitions, four players stood at the corners of the baseline square and fifth, standing about two meters from the basket. The perimeter players either bounce

SEE TIGERS, 2B



Courtesy Photo

The JBLM Tigers master division team receives gold in the Team Skills A competition during the Special Olympics Washington Winter Games Sunday.

Sgt. Aaron Apolinario, 2nd Infantry Division Artillery, back squats his body weight during The Brostrom competition at the 7th Infantry Division's Bayonet Academy March 2.



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

FROM PAGE 1B

FITNESS

Task Force Bayonet’s program. According to recent national stories, about only 29 percent of males in the United States, from the ages of 17 to 24, are physically eligible to enlist in the Army. More than 100,000 Soldiers are physically nondeployable. Because of that, the Bayonet Warrior Athletic Program has a two-part initiative. The first part is educating all physical readiness leaders on the aspects of

personal fitness, to include proper execution of exercise, proper nutrition and proper recovery. The second is implementing a comprehensive fitness program for Soldiers across Joint Base Lewis-McChord that also educates healthy lifestyle choices and ensures progression, fitness and readiness. “We want to build a foundation of fitness,” said Command Sgt. Maj. Stephen Helton, 7th Infantry Division command sergeant major. “We want our Soldiers to not only have the spirit of competition, but also to promote a culture of health and wellness.”

Helton also wants the athletes to carry the culture back to their units. The Bayonet Warrior Athletic Program provides training for service members to become certified instructors for their respective units. Soldiers who score at least 265 on the Army Physical Fitness Test qualify to take the instructor course through the division’s Bayonet Academy. Once certified, Bayonet Warrior Athletic Program instructors are qualified to teach functional fitness to the 15,000 Soldiers throughout the division.

Game summary

Army 4 10 – 5

Navy 2 4 1 – 7

TEAM STATISTICS

Shots on goal – Army, 50; Navy, 34. **Goalie saves** – Army 26; Navy, 44. **Penalty minutes** – Army, 16; Navy, 22.

FIRST PERIOD

- A** – Jake Riihmaa (Steven Wardynski assist), 5:00
- N** – Carolyn Ross (Ryan Azar, Adam Pettit assist), 5:26
- A** – Clint Carlisle (Riihmaa, Eduardo Cid assist), 12:44
- N** – Pettit (Spencer Alvarez, Sean Woodring assist), 17:42
- A** – Brandyn Kaufman (unassisted), 18:25
- A** – Maurice Alvarez (unassisted), 19:44

SECOND PERIOD

- N** – Nicholas Morin (Kenny Harris assist), 3:53
- A** – M. Alvarez (Steven Breault assist), 5:44
- N** – Killian Ferrel (Harris assist), 6:27
- N** – Rex Hartung (Eric Bowen assist), 8:24
- N** – Ferrel (unassisted), 9:49

THIRD PERIOD

- N** – Woodring (unassisted), 0:53



SCOTT HANSEN Northwest Guardian

Army’s Clint Carlisle, left, shoots past Navy defender Spencer Alvarez during the Pacific Northwest Army vs. Navy Hockey Game Saturday.

FROM PAGE 1B

HOCKEY

Matthew Parker. After JBLM’s Maurice Alvarez scored about two minutes later, Navy’s Killian Ferrel tallied his first of two second-period goals, off another rebound originally from a Harris shot. “(JBLM made) the initial stop, but they had more second chances before our (defensive) guys could come back,” Alvarez said. Navy tied the game at 5-5 after Rex Hartung continued the offensive run at 8:24 in the second. JBLM caught what seemed like a break with a tripping call on Navy’s Sean Woodring. Unfortunately, Ferrel scored on an unassisted breakaway to give Navy its first lead in the rivalry. Woodring scored the lone goal of the third at 55 seconds into the period. JBLM had 18 shots on goal near the end and had a number of great scoring opportunities — all stopped by Navy goalie Nic Haupt. Some shots toward the goal were stopped via Navy defensemen laying out, taking pucks off their body to preserve their lead. “If someone falls on a puck, you have to do a slapshot and



Army’s Evan Fowler, middle, passes the championship trophy to Navy during the Pacific Northwest Army vs. Navy Hockey Game Saturday.

hope they go with (the puck),” said JBLM team captain James Schuyler. JBLM’s Jake Riihmaa was the first player on the board with a goal assisted by Steven Wardynski, which was quickly followed up by a Navy goal from Carolyn Ross 26 seconds later. Army’s

Clint Carlisle and Navy’s Adam Pettit exchanged goals in the middle of the first. Army did pull away with Brandyn Kaufman scoring an unassisted goal with less than two minutes left. Alvarez had a high-light goal with 15.9 seconds left in the opening period with a shot



Army’s Eduardo Cid, left, battles for a loose puck along the boards with Navy’s Devin Laviano during the Army vs. Navy game Saturday.

in the top left corner of Navy’s goal while falling down. It wasn’t the type of game the Army team expected, considering it was able to get a few players with experience playing for the Army Black Knights at the U.S. Military Academy at West Point. N.Y. “Our team was close to being as good as last year,” Schuyler said, referencing the Army team that defeated Navy 11-4 in 2017. Army won 9-4 in 2016. Despite the loss to the Navy, JBLM skaters also took joy playing in front of a crowd of nearly 600 hockey fans. It took JBLM’s Alvarez back to his junior hockey days playing for the Pembroke Lumber Kings in Ontario from 2009 to 2011. “It’s an amazing opportunity,

especially when you have 500-plus fans,” Alvarez said. “It makes you cherish every single moment you have on the ice.” Schuyler spoke with Navy Region Northwest’s coach Sean Joyce about the possibility of having more games, including one at the ShoWare Center in Kent — home of the WHL’s Seattle Thunderbirds. Joyce is also looking at forming a military hockey tournament in the local area. Based on having hundreds attend this year and last year, Joyce said he sees the potential. “Hockey is growing, and I hope it grows with the military community,” he said. Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B

TIGERS

passed or chest passed the ball to each other before the ball got to the center player for a shot attempt. Five rounds in each half gave each player a chance to shoot. Teams then switched at halftime for another five rounds. The total possible points in each game was 110. “They’re getting the experience of switching baskets and the coordination of passing and shooting,” Stewart said. The Tigers’ junior team, ages 8 to 15, competed in the Team Skills B bracket; however, it was the only team with younger players. Still, the Tigers competed closely in two losses against the Sky Valley Hawks (95-86)


and the Puyallup Vikings (85-82); both were master teams placed in the B bracket. JBLM’s Team Skills B team included Ryan Nelson, 13; Ethan Crow, 11; Alina Torres, 11; Aaron Self, 10; and Joshua Velez-Ayala, 10. “I’ll give credit to the coaches there, too,” Stewart said. “They did really well, considering the age difference.” The JBLM Tigers’ cheerleading team joined two other programs to compete in the first cheerleading competition in SOWA. Prior to this year’s Winter Games, cheerleading teams were not able to have a competitive stage to showcase what they learned through the season. The team itself was formed three years ago when Kelbie Pogoncheff, 17, now a senior at Lakes High School, approached Stewart about forming a cheer



Courtesy Photo

The Joint Base Lewis-McChord Tigers’ cheerleading team gathers after competing in the first Special Olympics Washington cheerleading event during the SOWA Winter Games in Wenatchee. team. Stewart talked to SOWA about including cheerleading at the state-level. “It was a trial for Special Olympics to see how it would go,” Stewart said.


All three teams received gold for competing in their respective categories. JBLM competed in the Small, Unified Division — non-tumble, non-stunt. The team was composed of Donovan Gerg, 27; Sammie Elliott, 20; Soleil Baca, 18; Meghan Dirk, 16; TyAnna Brandley, 15; Myriam RiveraPerez, 12; Royale Laie, 11; and Shea Castellano, 9. Clara Link, 45; Brittni Wain-scott, 26; and Brandon New-lander, 12, each received gold medals in individual skills. “Now the word is out, so that everyone else can see that cheerleading is happening now in Special Olympics Washington,” Stewart said. “Hopefully, it will spread and get some more teams involved in good, friendly competition.” Dean Siemon: 253-477-0235, @deansiemon



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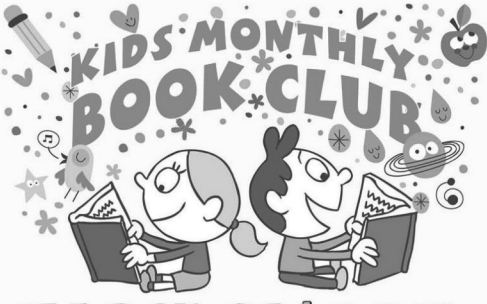
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JBLMmwr.com Youth Sports: 253-967-2405











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The Club at McChord Field

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Ages 3 & younger eat free.

Club members get a \$2 discount
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Open Spring Softball

Season begins April 7 at the Lewis North Athletic Complex

Sign-up Meeting
March 15 @ noon
Nelson Recreation Center

Registration Cost
\$250 per team

League Tournament May 5

Players without teams encouraged to attend coaches meeting for team placement.

Open to JBLM Community ID cardholder ages 18+

For more information, visit JBLMmwr.com/intramural or contact the Intramural Sports Office at 253-967-1195.





BIG BANG VARIETY SHOW

Saturday, April 14, 6 pm

Nelson Recreation Center

Tickets:
\$15/couple
\$10/person

JBLMmwr.com

Ages 18 & up
Food, beer and wine available for purchase.







COMMANDER'S CUP BASKETBALL

REP MEETING:
March 28 at noon
Nelson Rec Center
March 29 at noon
McChord Fitness Center

League Play:
April 17

CC Championship:
June 4-7

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March	Shamrock n' Run 5K/1K CC Soccer	Mar 10 Mar 12
April	Open Women's Basketball Open Softball CC Golf Open Flag Football CC Basketball CC 10 Miler Qualifier Awareness Run 5K	Apr 7 Apr 7 Apr 9 Apr 14 Apr 17 Apr 20 Apr 28
May	Down n' Dirty Mud Run	May 12
June	CC Softball Sound to Narrows 12K Military Run Open Basketball Open Volleyball	Jun 11 Jun 9 Jun 16 Jun 16
July	Freedom Run 10 Miles/5K/1K	Jul 4
August	Pacific Pathways Sprint Triathlon CC Paintball Open Softball II CC Flag Football Salmon Run 12K/5K/1K	Aug 4 Aug 11 Aug 18 Aug 20 Aug 25
October	CC Indoor Soccer Zombie Apocalypse Run 5K/1K CC 5K Championship	Oct 1 Oct 13 Oct 19
November	CC Swim Meet Turkey Trot 5K/1K	Nov 6-8 Nov 17
December	Jingle Bell Jog 5K/1K	Dec 8

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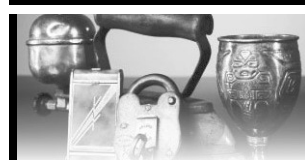
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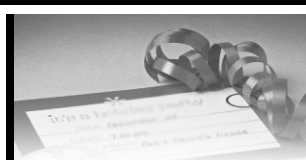
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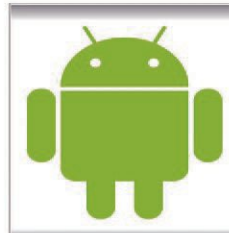
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SECTION C

ALSO INSIDE:

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COVER STORY

THE TOUGH GET GOING

A preview of upcoming
JBLM Outdoor Recreation
spring adventure trips, 3C

FOR THE WEEK OF MARCH 9-15

9

McCHORD PUB 4 to 8:30 p.m. Relax after work. Enjoy programs on four overhead televisions and challenge your friends to darts or poker.

McCHORD GRILL 11 a.m. to 1 p.m. Fish and chips and a drink for \$8. Add a cup of clam chowder for \$1.50 more.

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WARRIOR ZONE 10 a.m. to 11 p.m. Weekly competitions include Super Smash Brothers and trading cards at 9 p.m. Ages 18 and older.

10

SAMUEL ADAMS BREWHOUSE JBLM 4 to 11 p.m. Sham-ROCKin’ play your way to Saint Paddy’s Day with food and drink specials and green beer. Show your Sham-ROCKin’ Run race bib and receive 50 percent off any appetizer. Bin-go starts at 6 p.m.

11

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE Open to the public. Come in for great meals, good brew and your favorite sports.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7:30 to 10:30 a.m. Enjoy a traditional breakfast with a view.

12

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Chicken club combo 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 half off.

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

WHISPERING FIRS GOLF COURSE March Madness customer appreciation week means daily specials.

13

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. Swedish meatballs over rice for \$8.25.

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

14

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Chicken bacon ranch wrap for \$8.25.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7:30 to 10:30 a.m. and 11 a.m. to 2 p.m. The hefty six-pound burrito challenge is back. Order between 11 a.m. and 2 p.m. If you can eat it in 45 minutes or less, it’s on the house.

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.

15

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE Come in for great meals, good brew and your favorite sports.

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

WARRIOR ZONE DINING 10 a.m. to 11 p.m. Try our hot-from-the-oven flatbread pizzas, grilled sandwiches and Battle Bean coffee drinks. Ages 18 and older only.

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

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

Battle Bean at AFC Arena253-964-8837

Bowl Arena Strike Zone253-967-4661

Caddy Shack Bar & Grill253-964-2792

Cascade Community Center/ Heroes Lounge253-964-0331

Globemaster Grill at McChord Club253-982-5581

McChord Catering253-982-8175

The Bistro at Russell Landing253-964-2813

The Warrior Zone (Lewis North)253-477-5833

Whispering Firs Habanero Mexican Grill253-982-3271

To see menus, visit JBLMmwr.com.

AT THE MOVIES

Carey Theater
on Lewis Main

Fifty Shades Freed (R)

Peter Rabbit (PG) Friday at 7 p.m.

12 Strong (R) Saturday at 1 p.m.

Peter Rabbit (PG) Saturday at 7 p.m.

Fifty Shades Freed (R) Sunday at 1 p.m.

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

REGAL LAKEWOOD STADIUM 15: 844-462-7342 411#

CENTURY POINT RUSTON AND XD: Not available by phone, online cinemark.com

PUYALLUP

LONGSTON PLACE: 253-770-9901

SOUTH HILL MALL SIX: 253-445-8801

BONNEY LAKE

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

YELM

YELM CINEMAS: 360-400-3456

OLYMPIA/LACEY

MARTIN VILLAGE STADIUM 16: 360-455-5003

CENTURY OLYMPIA: 360-943-0769



Sony Pictures

Domhnall Gleeson, Rose Byrne and Sam Neil and the voices of James Corden, Daisy Ridley, Margot Robbie and Elizabeth Debicki are featured in the new Sony Pictures release, “Peter Rabbit.”



Courtesy Photo

The Northwest Adventure Center and Adventures Unlimited are planning a variety of trips this spring, including backcountry skiing, snowshoeing, snowmobiling and snow tubing.

JBLM OUTDOOR RECREATION

SPRING INTO ACTION

BY RUTH KINGSLAND
Northwest Guardian

Thinking about a day trip to the mountains, but not sure what kind of equipment is needed or when is a relatively safe day to plan in order to avoid avalanches or severely in-climate

weather? Or how about learning yoga and how to integrate it with other outdoor pastimes?

Joint Base Lewis-McChord's Northwest Adventure Center on Lewis North and Adventures Unlimited on McChord Field have it covered.

With a wide range of

opportunities — from Yoga for Skiers and Spring Equinox Yoga to Backcountry Skiing, Snowshoeing, Snowmobiling, and Snow Tubing — most equipment is provided, as well as transportation for off-site adventures.

SEE SPRING, 11C



Snow tubing is just one of the many outdoor adventures available to JBLM service members and families this spring.

EVENTS

COMMUNITY

Tacoma Waldorf School Roaring 20s Benefit Auction 5 to 11 p.m. Friday. STAR Center, 3873 S. 66th St., Tacoma. \$50. 253-383-8711, tacomawaldorf.org/support/annual-auction.

2018 Tacoma Remodeling Expo Noon to 7 p.m. Friday; 10 a.m. to 7 p.m. Saturday; 11 a.m. to 5 p.m. Sunday. Greater Tacoma Convention Center, 1500 Commerce, Tacoma. Connect with some of the most knowledgeable and experienced remodeling and building experts in the region. Adults \$4; Children 17 and younger free. 800-374-6463, TacomaRemodelingExpo.com.

All Things Irish 5 to 8:30 p.m. Friday. Point Defiance-Ruston Senior Center, 4716 N. Baltimore St., Tacoma. Benefiting the Point Defiance-Ruston Senior Center. \$10 prior to Wednesday; thereafter \$15. 253-756-0601, 253-759-1070.

Seattle Kennel Club Dog Show 8 a.m. to 5 p.m. Saturday-Sunday. CenturyLink Field Events Center, 800 Occidental Ave., Seattle. With demonstrations, competition. Learn about breeds, agility, obedience and rally action. \$8-\$12. seattledogshow.org.

Free Computer and Electronic Recycling Event 10 a.m. to 1 p.m. Saturday. Coldwell Banker Bain of Gig Harbor, 2801 Holycroft St., Ste. A, Gig Harbor. No CRT TVs or projection-style TVs will be accepted at this event. We will be accepting all computer related items and electronics. For a list of items, we take please visit our website, sbkrecycle.com. If you have any questions, please call us 253-539-9095.

Meeker Mansion Psychic Fair 10 a.m. to 4 p.m. Saturday. Meeker Mansion, 312 Spring St., Puyallup. \$5 entry fee will be used for the restoration of the mansion and psychics will charge additional fees. 253-848-1770, meekermansion.org.

Poetry Out Loud State Final 1 p.m. Saturday. Theater on the Square, 915 Broadway, Tacoma. 360-586-8093, tinyurl.com/y7q5dxem.

South Sound Wedding Workshop 2 to 4 p.m. Saturday. Titlow Lodge, 8425 Sixth Ave., Tacoma. Engaged couples, their wedding party and parents are invited to attend to learn helpful tips from premier South Sound wedding professionals. Each couple will

receive a bag filled with goodies, including South Sound Wedding and Event magazine. Free. Register at southsoundwedding-show.com/workshops.

Studio West Dance Theater: Annual Dance to Make a Difference 6 to 9:30 p.m. Saturday. Kenneth J. Minnaert Center for the Arts, 2011 Mottman Road SW, Olympia. \$40 (gala and performance); \$15 (performance only). 360-753-8586, washingtoncenter.org.

The People's Gathering: A Revolution in Consciousness Conference 8 a.m. to 5 p.m. Wednesday. Pacific Lutheran University — Anderson University Center, Park Avenue South and 122nd Street South, Tacoma. A professional/personal development learning experience and networking opportunity designed to move the "Race Conversation" forward. The conference creates a supportive space in which participants engage in frank and open dialogue about race and racial disparities that are systematically present in work, school and everyday life. \$225 general admission; \$125 students. 253-535-7722, plu.edu/peoplesgathering.

Free Family Flick: "The Last Starfighter" 10 a.m. March 17. Grand Cinema, 606 S. Fawcett Ave., Tacoma. 1984 sci-fi movie, seating is free for all, first-come, first-served basis. Free. grandcinema.com.

T-Town: Play, Explore and Learn 10 a.m. to 3 p.m. March 24. Tacoma Dome, 2727 E. D St., Tacoma. City services expo, learn services available, how city government works, share ideas and feedback. Free.

GROUPS

Square Pegs Adult Autism Support Group 6 to 8 p.m. First and third Wednesdays. Elmer's Restaurant, 7427 S. Hosmer St., Tacoma. Ongoing discussion group. Free. 206-696-5794, meetup.com/Squarepegs.

Memory (Alzheimer's) Cafe 3 to 4:30 p.m. Fourth Wednesday. Elmer's Restaurant, 7427 S. Hosmer St., Tacoma. A regular gathering of individuals with memory loss and their caregivers for a meal, conversation and entertainment. 253-722-5691, lcsnw.org.

ONGOING

Black Hills Audubon Society Bird Walk 8 a.m. to noon Wednesdays. Nisqually National Wildlife Refuge, 100 Brown Farm

Road, Olympia. Phil Kelley leads a bird walk. \$3 parking fee.

TALKS

Five Wishes and More 10 a.m. Saturday. Pierce County Community Connections — Sound View

Building, 3602 Pacific Ave., Tacoma. Helps people better understand their own values and the relationships that are most important to them when it comes to their care. An informational presentation. Free; No RSVP required. 253-798-4600,

PierceADRC.org.

"From Mainz to Austin:" Carl H. Pforzheimer's Gutenberg Bible 3 to 4 p.m. Tuesday. Gig Harbor Library, 4424 Point Fosdick Drive NW, Gig Harbor. A discussion led by the Curator of Rare Books at Princeton

University, Eric White, about the Ransom Center's Gutenberg Bible. Free 253-548-3305, pierce-countylibrary.org.

Grit City Think and Drink 6:30

SEE EVENTS, 6C



FEB. 16 - MAR. 11, 2018 • FRI. & SAT. 8PM • SUN. 2PM

Lakewood Playhouse

TENNESSEE WILLIAMS' THE GLASS MENAGERIE

5729 Lakewood Towne Center Blvd SW, Lakewood, WA 98496

Amanda Wingfield strives to give meaning to her life and those of her children, Tom and Laura. An American Classic.

LAKEWOOD: Shop, Eat, Play, Stay!

Ticket Info: Full Price \$26 Seniors/Military \$23 Students/Educators \$20 (253) 588-0042 or online www.lakewoodplayhouse.org

MARCH 10-18 • SATURDAY 11AM & 2PM • SUNDAY 2PM

TMP Family Theater

KNUFFLE BUNNY: A CAUTIONARY MUSICAL

Tacoma Musical Playhouse
7116 Sixth Avenue Tacoma, WA 98406

A trip to the Laundromat takes a turn when "somebunny" is left behind in the musical that is full of adventure and gigantic dancing laundry.

Ticket Info: \$15 Adults | \$13 Senior, Military, Students | \$12 Children (12 and under) \$10 Groups of 10 or more.
Reserved Seating 253-565-6867 | tmp.org

MARCH 9-10, MARCH 15-17, 7:30PM; MARCH 18, 2PM

School of Arts & Communication, Pacific Lutheran University

LOVE'S LABOUR'S LOST



Eastvold Auditorium
Karen Hille Phillips Center
for the Performing Arts

Buy your tickets now through Eventbrite!

Ticket Info: \$10 general admission \$5 alumni, military, 60+ and PLU Community
Free 18 and younger

MARCH 9 - APRIL 1 • FRI/SAT 7:30PM • SUN 2:00PM

Tacoma Little Theatre

JESUS CHRIST SUPERSTAR

210 N I Street Tacoma, WA 98403

Andrew Lloyd Webber's rock opera, Jesus Christ Superstar, is a timeless work set against the backdrop of an extraordinary and universally-known series of events but seen, unusually, through the eyes of Judas Iscariot.

Ticket Info: \$24 (Adult) \$22 (SR/ST/MI) \$20 (Children 12 and under) Pay what you can March 22 at 7:30pm. www.tacomalittletheatre.com 253-272-2281

MARCH 12

Tacoma Historical Society

VIRNA HAFFER: A TURBULENT LENS

MONDAY

Murray Board Room,
Wheelock Student Center,
University of Puget Sound

David Martin will discuss the art and life of Tacoma photographer Virna Haffer (1899-1974), one of the most original and accomplished photographers ever active in the Pacific Northwest. Martin will share personal stories about the artist and will be available to answer any questions about her life and career.

Ticket Info: Free, no ticket required; contact (253) 472-3788 for questions.

7PM

SUN, MAR 11, 3PM • TUES, MAR 13, 7PM • FRI, MAR 16, 7PM • WED, MAR 21, 7PM

Pierce College

WINTER MUSIC CONCERTS

Pierce College Fort Steilacoom,
Cascade Building Performance Lounge
Fort Steilacoom Choir:

March 13, 7pm

Pierce College Puyallup performances
located in the Arts Allied Health Theatre
Puyallup Concert Band:

March 11, 3pm and March 13, 7pm

Puyallup Choir:

March 16, 7pm

Puyallup Orchestra:

March 21, 7pm

Ticket Info:

\$5 General Admission. Tickets available at the door or by visiting

www.piercecollegeevents.com.

Sponsored by The News Tribune and participating Art Groups

For advertising information, contact
Olivia Bidleman 253.597.8809 • Fax 253.552.7057

THE NEWS
TRIBUNE
[thenewstribune.com]

MARCH 9

YOGA CLASS DESIGNED FOR SKIERS

Skiing and snowboarding go together with yoga like peas and carrots. Like yoga, skiing is an activity where focus and strength is essential. Both 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. Minimum age: 12; children younger than 18 must be accompanied by an adult. Register at JBLMmwrRegistration.com. **\$17.**

MARCH 10

LEARN THE BASICS IN PHOTOGRAPHY 101

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:

- 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 younger 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.**

BACKCOUNTRY SKIING AT CASCADE MOUNTAINS

Ski all over the Cascade



JBLM Outdoor Recreation / 2017

The JBLM Northwest Adventure Center expert guides will lead a snowshoe adventure trip at the Commonwealth Basin in the Snoqualmie Pass Sunday.

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. JBLM Outdoor Recreation's 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; children younger than 18 must be

accompanied by an adult. Anyone who participates 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. **\$110.**

MARCH 11

SNOWSHOE TRIP AT COMMONWEALTH BASIN

The Cascades in the winter is a snowshoeing paradise and none more so than Commonwealth Basin at the Snoqualmie Pass. The proliferation of snow keeps the trail ever changing. Soft blankets smooth the landscape forming snow bridges over creeks and making stumps look like soft bumps in the landscape. Distance: 8 miles,

SEE OUT, 7C

BLUEMOUSE THEATRE
2011 N. Proctor
**STAR WARS:
THE LAST JEDI**
Nightly at 7:00 pm • Rated PG-13
Sat & Sun Matinee at 3:15 pm
ROCKY HORROR PICTURE SHOW SATURDAY AT 11:30 PM
253-752-9500 www.bluemousetheatre.com

THE GRAND CINEMA
The Grand Cinema
606 S Fawcett Ave
GRANDCINEMA.COM
253-593-4474

Film Stars Don't Die In Liverpool (R)

Fri-Tue: 1:30, 6:35, 8:55
Wed: 1:30, 8:55; Thu: 1:30, 6:35, 8:55

The Party (R)

Fri-Sun: 11:30 AM, 1:20, 3:10, 7:35, 9:20
Mon-Thu: 1:20, 3:10, 7:35, 9:20

Call Me By Your Name (R)

Fri-Thu: 3:50

Phantom Thread (R)

Fri-Thu: 2:15, 5:20

The Post (PG-13)

Fri-Sun: 11:40 AM, 5:00, 8:15
Mon-Thu: 5:00, 8:15

The Shape of Water (R)

Fri-Mon: 1:00, 3:40, 6:20, 9:00
Tue: 3:40, 9:00; Wed: 1:00, 3:40, 6:20, 9:00
Thu: 1:00, 3:40, 9:00

The Room (R)

WEIRD ELEPHANT SERIES
Fri-Sat: 11:00

Animation Show of Shows (NR)

TUESDAY FILM SERIES: Tue: 1:00, 6:20

The Woman's Balcony (NR)

SISTER CITIES FILM FESTIVAL
Thu: 6:30

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

FROM PAGE 4C

EVENTS

to 8:30 p.m. Tuesday. The Swiss Pub, 1904 S. Jefferson Ave., Tacoma. "Tales of Geology on the High Seas" with UW Tacoma faculty member Peter Selkin, an associate professor in science and mathematics. He and his students use magnetism and magnetic materials to study Earth's history and deep time. Free. 253-692-4450, tacoma.uw.edu/sias/think-ndrink.

VOLKSSPORT/WALK

Capitol Volkssport Club's DuPont Boyhood Memories Walk 9:15 a.m. Friday. Martin Way Park 'n Ride to carpool. Participants can also meet at 9:45 a.m. at the DuPont 76 Station, 100 Barksdale Ave., DuPont. This is an easy 10K walk with a 5K option. Free. capitolvolkssportclub.org.
Daffodil Valley Volkssport's New Olympia Walk: 9:15 a.m.

Wednesday. The Briggs YMCA, 1530 Yelm Highway SE, Yelm. Participants will enjoy views of Ward Lake as we walk in neighborhoods surrounding the lake. Everyone must register before the walk. For more info go to meetup.com/south-sound-walkers. Free. 253-845-6592, daffodilvalleyvolkssport.com.

Capitol Volkssport Club's Olympia Waterfront Walk 9:45 a.m. Thursday. Walk begins at 10 am at Bayview Thriftway, 516 W. Fourth Ave, Olympia. 10K walk with 5K option is rated 1A (easy). Pick up parking pass at registration. Free. capitolvolkssport-club.org.

WORKSHOPS

South Sound Wedding Workshop 2 to 4 p.m. Saturday. Titlow Lodge, 8425 Sixth Ave., Tacoma. Engaged couples, their wedding party and parents are invited to attend to learn helpful tips from premier South Sound wedding professionals. Each couple will receive a bag filled with goodies, including a copy of the South

Sound Wedding and Event magazine. Free. Register at south-soundweddingshow.com/workshops.

Tacoma Women's Sailing Association's Spring Sailing Classes Tuesdays starting April 10. On the water training for six weeks. Sign up by calling Nini Tayet, 253-686-3307, or Rod, 253-686-3282.

NIGHTLIFE

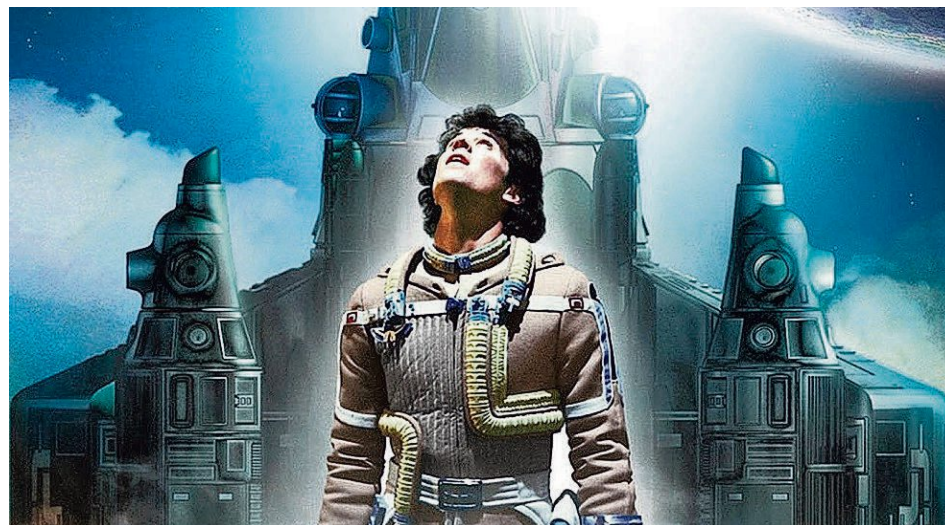
FRIDAY

Magician Cary Durgin 6 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

Open Mic Night 6 to 10 p.m. Urban Timber Coffee, 6621 166th Ave. E., Sumner. All ages, family friendly. 253-826-3936.

Jamie Lissow 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$18-\$25. 253-282-7203, tacomacomedy-club.com.

Girls Love Rockets, Enloe and Letters form Traffic 8 p.m. Jazzbones, 2803 Sixth Ave.,



Universal Pictures

"The Last Starfighter" will be featured during a special free family screening at the Grand Cinema in Tacoma March 17.

Tacoma. \$10. 253-396-9169.

The Pearls 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

Rumor 6 9 p.m. Emerald Queen I-5 Nightclub, 2024 E. 29th St., Tacoma. 253-594-7777.

Chapter 5 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

U253 and Every Breath 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

SATURDAY

Jamie Lissow 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$18-\$25. 253-282-7203, tacomacomedyclub.com.

Lost Cat 8 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.

Bloodshot Bill and Wildcat Rose 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

Wild Child 8 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. Tribute to ladies of rock. \$10-\$15. 253-396-9169.

Live Music featuring Blues, Brews and Barbecue 8 p.m. Uncle Thurm's Finger Lickin' Ribs and Chicken, 3709 S. G St., Tacoma. 253-475-1881.

The Spazmatics 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

Rumor 6 9 p.m. Emerald Queen I-5 Nightclub, 2024 E. 29th St., Tacoma. 253-594-7777.

Chapter 5 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

SUNDAY

Junk Yard Jane 7 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.

Tim Hall Band 8 p.m. Dawson's Bar and Grill, 5443 South Tacoma Way, Tacoma. 253-476-1421.

The Dope Show 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$14-\$20. 253-282-7203, tacomacomedyclub.com.

Country Roadhouse Jame with Dave Nichols 8:30 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

MONDAY

Open Mic with Chuck Gay 7 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

Rockaroake with a Live Band 10 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.

TUESDAY

New Talent Tuesdays (Comedy) 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

Blues Jam with Roger Williamson 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

Jonathan Warren and the Billy Goats 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

Karaoke with Virginia 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood.

253-396-0500.

WEDNESDAY

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. 253-752-2878.

Blu Tonz 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.

Mike's Movie Riff Off 8 p.m. Acme Tavern, 1310 Tacoma Ave. S., Tacoma. A movie night where attendees berate, mock and interject on the classiest trash that cinema has to offer. 253-503-6712.

THURSDAY

Theo Von 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$10-\$18. 253-282-7203, tacomacomedyclub.com.

Power Rock Jam with Howard Comfort 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

Billy Shew Band 8 p.m. Dawson's Bar and Grill, 5443 South Tacoma Way, Tacoma. 253-476-1421.

Open Mic with Dustin 8 p.m. Rock The Dock, 535 Dock St., Tacoma. 253-272-5004.

Ethnic Celebration

City of Lacey
LACEY
PARKS
& RECREATION

**food • art
culture • dance
children's activities**

**Saturday, March 10
10am-6pm**

Saint Martin's University 5300 Pacific Ave SE
Lacey, WA 98503

ci.lacey.wa.us/events
FREE EVENT

PERFORMANCE SCHEDULE

10:00am: Olympia Area Chinese Association

10:25am: Olympia Peace Choir

10:50am: Crow Drummers

11:15am: Olympia Highlanders Pipe & Drum

11:45am: Alaska Kuteeyaa Dancers

12:10pm: Vietnamese Lien Hoa Lion Dance

12:35pm: OKK TAIKO

1:00pm: South Bay Elm. Choir

1:25pm: Filipino American Community of SPS and Filipinana Multicultural Dance Group

1:50pm: India South Sound Assoc.

2:15pm: Khalsa School India Dance & Drum

2:40pm: Vivat Musica

3:05pm: Bong Lang Ruam Jai

3:30pm: Kampuchean Assoc.

3:55pm: Evergreen Chinese Orchestra

4:20pm: Panama Folklore

4:50pm: Slieveloughane Irish Dancers

5:15pm: River Ridge Taiko Drum

FROM PAGE 5C

OUT

roundtrip; elevation gain: 2,300 feet. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$65.**

PHOTOGRAPHING THE SITES OF SEATTLE

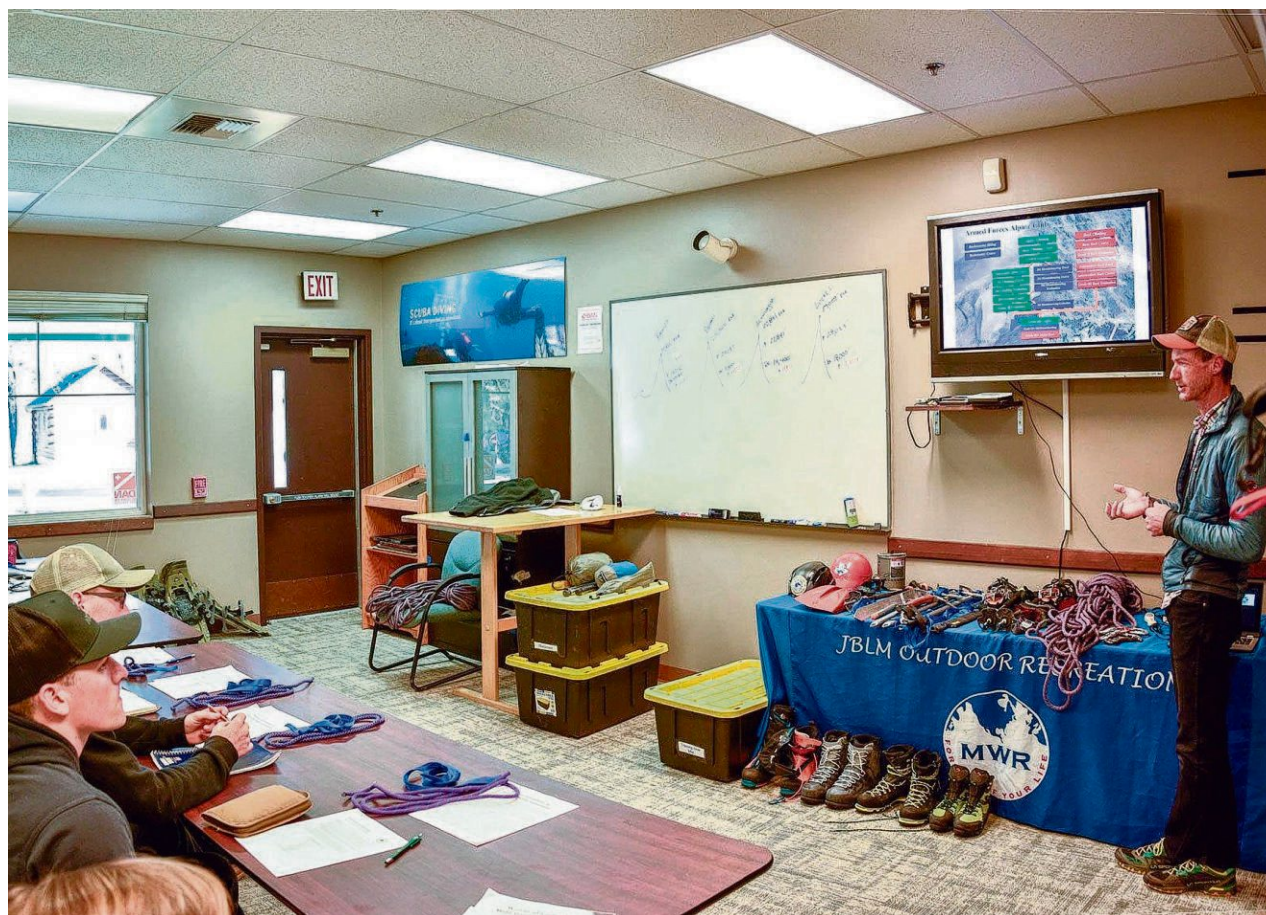
Seattle is full of beautiful and interesting sites, and on this excursion, photographers will travel to a few of the locations, learning various techniques for landscape and cityscape photography. From Kerry Park to Ballard Locks, from the Seattle waterfront to the Seattle Center, Seattle is a photographer's paradise to hone your 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. **\$65.**

SNOWMOBILING, BACKCOUNTRY SKIING

Take a snowmobile tour around Sasse Mountain in Cle Elum for fun, action, beauty and excitement. Anyone who is 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 sledging (snowmobile).

The backcountry usually has



JBLM Outdoor Recreation

The JBLM Northwest Adventure Center hosts a number of introductory classes for outdoor enthusiasts, including the JBLM Basic Alpine Climbing Course March 17-18.

the best snow because it's not easily accessible to others (almost all of the best snowboard vids are filmed in the backcountry). Participants can enjoy a mega-fueled snowmobiling adventure where they 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 ages 14 and

younger; **\$165** for backcountry skiing.

MARCH 17 PACIFIC NORTHWEST WATERFALL TOUR

Explore the great concentration of waterfalls in the continental United States. The tour will be traveling along the

historic Columbia River Highway, which has an abundance of small waterfalls viewable from the road. The group will stop and see at least five major waterfalls, to include the world-famous Multnomah Falls, which plunges more than 620 feet from its origins. There will be a stop in Hood River, Ore., for lunch. Trip fee includes round-

trip transportation. A great trip for the entire family. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. **\$70; \$45** for ages 5 to 12; **\$20** for ages 4 and younger.

CROSS-COUNTRY SKI AT KEECHELUS LAKE

This will be a great day in the snow-filled Cascades spent skiing along Keechelus Lake near Snoqualmie Pass. Gear, transportation and basic instruction are provided. Please go to the Northwest Adventure Center to be fitted for gear no later than the day before trip. Difficulty: easy; distance: 5 miles; time: three hours. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$65.**

'WOMEN IN THE WOODS' SEMINAR

Join McChord Field's Adventures Unlimited for monthly free seminars touching on a wide range of introductory topics. Learn a new skill, ask some questions or figure out how to use necessary gear in a few hours with the expert instructors. This introduction class will go over being a woman in the woods. Work with a female adventure instructor to learn tips on being a powerful woman while backpacking, rock climbing or even skiing in the backcountry. Learn what gear to use, what feminine hygiene products to bring and what it means to be all that is woman away from civilization. The seminar is designed give women some tested tips to make it even more enjoyable. Exploring the wilderness is an incredibly empowering and life-changing

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ON SALE THIS WEEK

PENTATONIX July 15. White River Amphitheatre, Auburn. Tickets go on sale Friday.

THIRD DAY - FAREWELL TOUR May 31. Moore Theatre, Seattle. Tickets go on sale Friday.

BRIAN MCKNIGHT. June 2. Emerald Queen Casino, Tacoma. Tickets go on sale Friday.

BILL BURR July 15. Paramount Theatre, Seattle. Tickets go on sale Friday.

LUCIUS: AN INTIMATE, ACOUSTIC PERFORMANCE Sept. 12. Moore Theatre, Seattle. Tickets go on sale Friday.

EVANESCENCE AND LINDSEY STIRLING Sept. 7. White River Amphitheatre, Auburn. Tickets go on sale Friday.

CHILDISH GAMBINO WITH RAE SREMMURD Sept. 29. KeyArena, Seattle. Tickets go on sale Friday.

WRANGLER PRO RODEO TOUR FINALE Sept. 8-9. Washington State Fair, Puyallup. Tickets go on sale Sunday.

ALREADY ON SALE

LORDE'S MELODRAMA WORLD TOUR 7 p.m. Friday. KeyArena, Seattle.

RICHARD MARX 8 p.m. Friday. Tulalip Resort Casino.

JEFF DUNHAM: PASSIVELY AGGRESSIVE 5 p.m. Saturday. Tacoma Dome.

BLUE OYSTER CULT 8 p.m. Saturday. 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.



DIANE BONDAREFF Invision/AP

Pentatonix is scheduled to perform at the White River Amphitheatre in Auburn July 15. Tickets are on sale now.

ALVIN AILEY AMERICAN DANCE THEATER 8 p.m. April 27 and 28; 2 p.m. April 29. Paramount Theatre, Seattle.

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.

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

SEVEN LIONS: CHRONICLES 6 p.m. May 12. WaMu Theater, Seattle.

ANDREW LLOYD WEBBER'S "LOVE NEVER DIES" 2 and 8 p.m. May 12. Paramount Theatre, Seattle.

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

DAVID BLAINE 8 p.m. May 16. Paramount Theatre, Seattle.

PAUL SIMON HOMEWARD BOUND FAREWELL TOUR 8 p.m. May 18. KeyArena, Seattle.

KOOL AND THE GANG 8:30 p.m. May 19. Emerald Queen Casino, Tacoma.

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.

SASQUATCH MUSIC FESTIVAL 3 p.m. May 25-27. The Gorge Amphitheatre, George.

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

CELTIC WOMAN: HOMECOMING TOUR 7:30 p.m. June 2. Paramount Theatre, Seattle.

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

JAMES TAYLOR AND BONNIE RAITT 7:30 p.m. June 6. KeyArena, Seattle.

KEVIN HART IRRESPONSIBLE TOUR 7 p.m. June 14. KeyArena, Seattle.

JIMMY BUFFETT AND THE CORAL REEFER BAND 8 p.m. June 23. KeyArena, 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.

PHISH 7:30 p.m. July 20-22. The Gorge Amphitheatre, George.

CHRIS STAPLETON "ALL AMERICAN ROAD SHOW" 7 p.m. July 21. White River Amphitheatre, Auburn.

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.

PEARL JAM 7:30 p.m. Aug. 8 and 10. Safeco Field, Seattle.

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

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

SMASHING PUMPKINS SHINY AND OH SO BRIGHT NORTH AMERICAN TOUR 7 p.m. Aug. 24. KeyArena, 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.

DAVE MATTHEWS BAND Aug. 31-Sept. 2. Gorge Amphitheatre, George.

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

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

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.

RAIN: A TRIBUTE TO THE BEATLES 7:30 p.m. Sept. 10. Washington State Fair, Puyallup.

TERRY FATOR 7:30 p.m. Sept. 14. Washington State Fair, Puyallup.

TOBY KEITH WITH NED LEDOUX 7:30 p.m. Sept. 15. Washington State Fair, Puyallup.

GABRIEL "FLUFFY" IGLESIAS 7:30 p.m. Sept. 22. Washington State Fair, Puyallup.

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

JOURNEY AND DEF LEPPARD 7 p.m. Sept. 29. Gorge Amphitheatre, George.

JUSTIN TIMBERLAKE: THE MAN OF THE WOODS 7:30 p.m. Nov. 12. Tacoma Dome.

PENN AND TELLER 8 p.m. Nov. 30. Paramount Theatre, Seattle.

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OUT

experience. No equipment necessary. This class takes place at 11 a.m. Register at JBLMmwrRegistration.com. **Free.**

MARCH 17-18

JBLM BASIC ALPINE CLIMBING COURSE

Receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. It serves as a prerequisite for many of JBLM Outdoor Recreation's 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 overnight in deep snow conditions to practice all the skills learned in the classroom. Register at JBLMmwrRegistration.com. **\$125.**

MARCH 18

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. The Northwest Adventure Center's trip provides all the gear needed to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and guide. Minimum age: 16; children younger than 18 must be accompanied by an adult. Anyone who participates must be an intermediate skier. Due to weather, location is subject to change for safety. Depart from McCord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

PEDDLES AND PINTS IN WOODINVILLE

Join the Northwest Adventure Center as the group heads to Woodinville and bike along the Sammamish River Trail to Marymoor Park and

back. The trip will conclude with a tour of the famous Red Hook Brewery and dinner at the Forecaster Pub. Minimum age: 21. Difficulty: beginner-intermediate; Distance: 12.5 miles. Departure time and location: Northwest Adventure Center at 10 a.m. No McCord pickup. Preregistration required. **\$60.**

MARCH 20

SEA KAYAK SKILLS CLASS

The Northwest Adventure Center offers five levels of the two-hour kayak skills class. Participants can start at any time and master as many of the five levels as they would 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. **\$35.**

MARCH 23

SPRING EQUINOX YOGA SESSION

The season of new beginnings is upon us. With the arrival of spring, we shift from the hibernation of the winter months to an awakening of sunshine and greenery. Spring invites us to open back up, delight in warmer days and plan new adventures. Support the body through this transition with a 60-minute class away from the studio for balance as we prepare for this upcoming season. Minimum age: 12; children younger than 18 must be accompanied by an adult. Class is at 6 p.m. at McCord Field's Adventures Unlimited. Register at JBLMmwrRegistration.com. **\$17.**



JBLM Outdoor Recreation / 2017

The JBLM Northwest Adventure Center has backcountry skiing adventure trips scheduled for Sunday at Sasse Mountain in Cle Elum and at the Cascade Mountains March 25.

MARCH 24

DAY TRIP TO EXPLORE VICTORIA, B.C.

Hop on the ferry and spend the day exploring Victoria, B.C., by foot. Downtown Victoria has everything from antique shops to artisan chocolate shops. Also visit the Royal B.C. Museum or watch a thrilling IMAX film. Trip fee includes walk-on round-trip ferry ticket and transportation to and from Port Angeles, Wash. Depart from the Northwest Adventure Center at Lewis North at 4:30 a.m. or McCord Field's Adventures Unlimited at 4:45 a.m. Passport or an enhanced driver's license is required for this trip. **\$85; \$70** for ages 5 to 11; **\$55** for ages 5 and younger.

SNOW TUBING FUN FOR THE WHOLE FAMILY

Travel to one of Washington's best tubing hills for a day in the snow. Dress warmly, and get ready to go for a wild ride. Tubing is a blast for all ages.

SEE OUT, 10C

BRIAN REGAN



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LIVE NATION

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OUT

Snow tubes and transportation provided. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. or McChord Field's Adventures Unlimited at 9 a.m. Register at JBLMmwrRegistration.com. **\$45; \$25** for ages 6 to 12; **\$5** for ages 5 and younger.

MARCH 24-25

INTRO TO SKI MOUNTAINEERING

Anyone who travels in the backcountry in winter conditions knows the statistical probability of encountering an avalanche jumps dramatically. Indeed, every single person who spends time in the mountains in a winter context will encounter avalanche terrain and avalanche conditions.

Join the Northwest Adventure Center for an instructional day on skis or snowboards and learn all about avalanche awareness. Tye Peak is an amazing place to see much varied terrain and

learn about avalanches. Ground transportation, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included.

Register at JBLMmwrRegistration.com. **\$200.**

MARCH 25

BACKCOUNTRY SKI, SNOWMOBILE TRIP

Take a snowmobile tour around Sasse Mountain in Cle Elum, Wash., for fun, action, beauty and excitement. For those looking for the most fun-filled winter experience, this is a great 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 and 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 Northwest Adventure Center guides for a mega-fueled snowmobiling

adventure where you 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. Snowmobiling, **\$185**; snowmobile passengers ages 15 and younger, **\$75**; backcountry skiing, **\$165**. Register at JBLMmwrRegistration.com.

RUBY BEACH PHOTOGRAPHY TRIP

Ruby Beach is one of the most beautiful and accessible beaches in Olympic National Park. With tide pools and sea stacks, this is a photographer's paradise. Spend time photographing the beach and try to capture an amazing sunset. Even in rain, this area is great to capture interesting images. Depart from the Northwest Adventure Center at Lewis North at 2:30 p.m. Register at JBLMmwrRegistration.com. **\$65.**

MARCH 31
EXPEDITION PLANNING AND LOGISTICS

This course is intended for our Denali expedition team members, but all who wish to learn about expedition planning are welcome. In this course, we cover basic logistics, route planning, weather routing, contingencies, travel options, permits requirements and many other considerations. Register at JBLMmwrRegistration.com. **\$95.**

APRIL 6
YOGA CLASS DESIGNED FOR HIKERS

Hikers can commonly spend the entire day outdoors. They've been on Washington's sandy beaches, winding trails and beautiful views. They've also been hiking up, down, across and zigzagging along paths. This inevitably leads to tight calves, hamstrings, hips and quads. Join other outdoor recreators in a 60-minute yoga class away from the studio designed specifically for preparing the muscles to endure the adventures ahead this winter.

Classes will be held at McChord Field's Adventures Unlimited at 6 p.m., surrounded by inspiring outdoor equipment. Minimum age: 12. Register at JBLMmwrRegistration.com. **\$17.**

MAY 7-31

PLAN YOUR DENALI EXPEDITION

Formerly known as Mount McKinley in Alaska, the highest mountain in North America has been the goal of aspiring high-altitude climbers since it was first climbed in 1913. Its reputation as a highly-coveted summit derives from its location near the Arctic Circle and the Pacific Ocean (Gulf of Alaska), giving it some of the most ferocious weather in the world. Because of its notorious weather and ease of access, some climbers use Denali as a training ground for climbing the 8,000 meter peaks of the Himalaya and for extended expeditions in the Arctic or Antarctic. For the peak baggers, Denali is the highpoint of the Denali Borough, the state of Alaska, the United States, the Alaska Range and all of North America. Denali offers one of

the world's greatest expedition challenges. Although it is exceeded in elevation by peaks in South America and Asia, its great height above the Alaskan plain make it a severe test of personal strength, team work and logistics. Denali rises 17,000 feet above its surrounding plain; Kilimanjaro is 14,000 feet and Everest is 13,000 feet. Vertical elevation gain on Everest from the normal base camp for the South Col route is 11,000 feet; from the landing spot on the Kahiltna Glacier Denali's summit rises another 13,000 feet. Further, the mountain (and all mountains this far north or south) behaves like it's taller than it really is — the reason being that the barometric pressure in the northern/southern latitudes is less than at the equator which makes climbers feel higher than they really are. West Buttress and the climb is undoubtedly considered as an exceptional mountaineering challenge. Prospective climbers should be highly competent in travel on moderately steep snow/ice slopes and exposed traverses. Register at JBLMmwrRegistration.com. **\$5,000.**



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FROM PAGE 3C

SPRING

Most activities require 24 hours or more advanced registration. Some, with less equipment and travel involved, can be signed up for as late as the day of the activity.

There are day trips and week-long escapes as well as hour-long classes and seminars.

“(We offer) something for anyone and any stage of expertise and desire for physical activity,” said Kaweka Stoney, an outdoor recreation programmer for JBLM’s Northwest Adventure Center.

The yoga classes are aimed at beginner, intermediate and advanced yogis. Classes are taught by a certified yoga instructor and include Saturday’s Yoga for Skiers class and a March 23 Spring Equinox Yoga class, each offered for \$17.

There’s also Yoga for Hikers, planned for April 6, at that same \$17 price.

Backcountry Skiing — Saturday and April 14 — is a bit more pricey, at \$110, but includes equipment, guides and transportation, Stoney said a better deal can’t be found.

“Outside (of JBLM), you wouldn’t be able to do that for less than \$300,” he said.

It’s also important note that safety is an important concern. Safety is taken into consideration by Northwest Adventure Center staff when planning outdoor adventures, such as Backcountry Skiing, according to Stoney.

“Our guides are trained in avalanche awareness, and we look at weather conditions for the day of an activity. (We’ll) adjust or cancel, with refunds, if



Courtesy Photo

JBLM Outdoor Recreation has a snowshoeing trip to Commonwealth Basin near Snoqualmie Pass planned for Sunday.

there is a concern,” he said.

Backcountry Skiing is

for the intermediate to advanced skier. Participants must be at least at

the blue square of a resort run, intermediate, in order to participate, Stoney said.

Northwest Adventure Center also offers Introductory Skiing and

other classes, including an Intro to Backcountry Skiing March 18 for \$110.

Sunday’s Snowshoe activity at the Commonwealth Basin near Snoqualmie Pass costs \$65 and is a bit less demanding than the Backcountry activities, Stoney said.

As with any sport, it’s important to dress appropriately, he said. Along with other equipment, snow shoes, poles and gators — the waterproof over pants and boots attire — are available.

Stoney also teaches a photography course through Northwest Adventure Center. For those more interested in catching the right shot than participating in sports, there’s a Photography 101 class Saturday for \$45 and a Seattle Photo Excursion Sunday for \$65.

To register for these or other Northwest Adventure Center activities, call 253-982-2303 or visit, tinyurl.com/ybjvg244.

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