



GUARDIAN WEEKEND
A preview of Easter activities on JBLM, 3c

ALSO INSIDE
Ghost Brigade cooks hone their skills, 3A

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2018 ASSOCIATION OF THE U.S. ARMY GLOBAL FORCE SYMPOSIUM

Symposium envisions Army of the future

Army secretary outlines his vision during event’s opening ceremony

BY DEVON SUITS
Army News Service
HUNTSVILLE, Ala. — By 2028, the U.S. Army will be fully ready to deploy, fight and win decisively against any adversary, anytime and anywhere in a joint, multi-domain, high-intensity conflict, the Army’s secretary said Monday in Huntsville, Ala. While doing those things, the

Army will also be able to simultaneously deter the aggression of adversaries and conduct irregular warfare. Secretary of the Army Mark Esper laid out his vision of U.S. Army capabilities during opening statements at the 2018 Association of the U.S. Army Global Force Symposium and Exhibition.

“The Army will do this through an employment of modern, manned and unmanned ground combat vehicles, aircraft, sustainment systems and weapons coupled with robust combined arms formations and tactics based on a modern war-fighting doctrine and centered on exceptional leaders and Soldiers of unmatched lethality,” he said. Also helping achieve that goal will be the Army Futures



Army Secretary Mark Esper outlines key priorities for Futures Command during the 2018 Association of the U.S. Army Global Force Symposium Monday.

SEE ARMY, 8A

DEVON SUITS Army News Service

ANNUAL TOMODACHI RECEPTION

AN ALLIANCE OF VALUES



SGT. YOUTOY MARTIN 5th Mobile Public Affairs Detachment

Yoichiro Yamada, middle, the consulate-general of Japan in Seattle, and his wife welcome Lt. Gen. Gary Volesky, I Corps commanding general, to the official residence in Seattle March 23. Several senior leaders and other service members attended the annual reception.

Annual gathering helps to ensure continued U.S., Japan partnership

BY SGT. YOUTOY MARTIN
5th Mobile Public Affairs Detachment
Several senior leaders from Joint Base Lewis-McChord joined the consulate-general of Japan in Seattle for his annual Tomodachi Reception March 23, to celebrate Japan’s continued partnership with the United States. Yoichiro Yamada, the consulate-general of Japan in Seattle, hosted the event at his official residence, where he thanked

and welcomed the service members while expressing the importance of the U.S. and Japan alliance. “First of all, I’d like to convey Japan’s gratefulness to the service and friendship you give,” Yamada said. “U.S. military presence in Japan and in the Pacific and your commitment to peace provides regional stability and security that is the basis of our well-being.” He said that under the Treaty



Service members from JBLM and guests chat over refreshments during the Tomodachi Reception in Seattle March 23.

SEE JAPAN, 8A

INFORMATION NIGHT

Students explore academy options

Rep. Heck hosts annual program

BY RUTH KINGSLAND
Northwest Guardian
LACEY — Nearly 100 parents and youth learned how to apply for a congressional nomination to a military academy, as they packed the City Hall Council Chambers in Lacey Monday night for the first of two annual U.S. Service Academy Information Nights. The second took place at Lakewood City Hall Tuesday evening. “It is a given that we are seeking the best and brightest, and I am confident that the best and brightest are here,” said U.S. Rep. Denny Heck, 10th Congressional District, host of the event. “This is the biggest crowd we’ve ever had,” Heck said, at the Lacey event. Heck talked about what it takes to earn one of the coveted nominations. He is allowed five nominations to each academy at one time. That means if five of his nominations are accepted, each must complete their studies at the academy before their slot is re-filled. However, there are “other ways around that,” he said. “We get in as many as we can.” In addition to Heck and representatives of each of the five military academies, members of the District’s Service Academy Nominating Board were on hand

SEE OPTIONS, 8A

RETIREMENT CEREMONY

DPW employee retires after five decades of service

BY RUTH KINGSLAND
Northwest Guardian
There were hugs, laughter and a few tears as Michael Grenko, compliance branch chief with Joint Base Lewis-McChord’s Directorate of Public Works, was honored with a retirement celebration at the Family Resource Center on Lewis Main Tuesday. Grenko officially retires Sunday after 50 years of federal government service — combined military and civilian — and more

than 30 years of that at JBLM. “President Johnson was still in office when you began your career,” joked Tom Knight, JBLM chief of staff, as he presented Grenko with the first of several certificates, awards and mementos, including a flag flown on JBLM in Grenko’s honor, from military and civilians at the event. “That is a heck of a commitment over time, and I’m sure



SCOTT HANSEN Northwest Guardian

Tom Knight, left, JBLM chief of staff, presents Michael Grenko, right, with a certificate during a ceremony at the Family Resource Center Tuesday.

SEE RETIRES, 8A



JIM WILKERSON The Museum of Flight

Air Force Col. Rebecca Sonkiss speaks at the Women Fly event.

WOMEN FLY EVENT SHOWCASES AVIATION

The Museum of Flight’s 13th annual Women Fly event March 23 encouraged young women to pursue STEM futures and aviation and aerospace-related career fields. See story, 3A

JBLM KIDS’ FEST



Julian Posch, 3, greets PBS “Ready Jet Go!” character Jet Propulsion with a high five during the JBLM Kids’ Fest celebration inside Family and MWR’s Fest Tent on Lewis Main in 2017.

This annual celebration is all about nature, kids

BY DEAN SIEMON
Northwest Guardian

With kids on Joint Base Lewis-McChord going on spring break next week, parents can look forward to marking the annual JBLM Kids’ Fest Thursday.

The event will provide free activities, games and entertainment for military youths at Family and Morale, Welfare and Recreation’s Festival Tent and Bowl Arena Lanes on Lewis Main from 1 to 4:30 p.m.

“We just want to give everyone the option to be entertained for a few hours,” said Mallory Loy, lead coordinator for Kids’ Fest.

Kids’ Fest also acts as the unofficial kickoff for the Month of the Military Child on JBLM. The Department of Defense designated April as the Month of the Military Child 32 years ago.

One of the popular attractions that will be returning this year is a variety of static displays brought by various units across the joint installation. While it’s something the kids enjoy as a chance to see what their parents use, it’s equally enjoyable for the service members who bring pieces of their work to the event.

If you go

What: JBLM Kids’ Fest

When: Thursday 1 to 4:30 p.m.

Where: Family and MWR’s Fest Tent and Bowl Arena Lanes, 2200 Liggett Ave., Lewis Main

“I know the units and the (military police) appreciate the chance to let the kids climb aboard and take pictures,” Loy said.

This year’s theme is “Nature’s Alive.” Loy said the various activities will revolve around rainforests. For example, children can make bugs out of arts and crafts supplies.

There will also be face-painting, a “parlor” for temporary tattoos, balloon artists and a prize pit for kids to enter after helping color a Kids Fest poster. Kids also can enjoy games of free bowling at Bowl Arena Lanes next door.

“We try to plan activities for kids of all ages,” Loy said.

Kids’ Fest also provides a chance for SKIESUnlimited to showcase their programs. Instructors and students will provide performances and demonstrations throughout the afternoon – boxing at 1 p.m., dancing at 2 and 3 p.m., gymnastics at 2:30 p.m. and karate at 4 p.m.

In the past, Loy has scheduled SKIESUnlimited’s dance group to perform at other community events – including last October’s JBLM Zombie Apocalypse Run.

“It’s exciting to see everyone’s reactions to the dance groups, but it’s cool to see the variety in what the kids are doing (at SKIESUnlimited),” Loy said.

Along with musical entertainment, Marvel’s Thor will also be making an appearance at Kids’ Fest. The God of Thunder and member of The Avengers is scheduled to perform at 1:30 and 3:30 p.m. He will also roam around the Fest Tent to meet youths and post for pictures.

Loy said Spider-Man’s visit last year was definitely one of the highlights for JBLM families.

“It’s pretty awesome when the characters come out (to Kids Fest),” Loy said. “It’s cool to see (the kids) get excited.”

JBLM VOLUNTEER FAIR

Volunteers ‘really make a difference’

BY RUTH KINGSLAND
Northwest Guardian

Nearly two dozen local businesses and organizations each looking for a few willing hands to help with a variety of tasks will gather at the Club at McChord Field Wednesday from 9 a.m. to noon for the Joint Base Lewis-McChord Volunteer Fair.

The JBLM Volunteer Fair is designed to offer networking opportunities for those looking for a chance to get out of the house, enhance their job skills and resumes and make a difference in their community, according to Lori Parker, program manager for the installation Volunteer Corps, Directorate of Personnel and Family Readiness.

“Volunteering is one of the best ways to really make a difference,” Parker said.

Although not paid for their services, volunteers have an opportunity to learn work ethics and skills that easily transfer to a resume or college application, Parker said. Many volunteers she has known through the years have gone on to professional positions either with the organization they volunteered for or currently use the skills they learned and mastered as a volunteer in their jobs.

Being a longtime volunteer set the stage for Army spouse Jeannie Dimico’s current job as a volunteer specialist for North Thurston School District in Lacey.

“It seems I’ve had a million years of being a volunteer,” she said with a laugh, adding she’s learned many skills and also had a lot of fun as a volunteer.

In 2001, Dimico married Master Sgt. Anthony Dimico, master leader course facilitator at JBLM’s Henry L. Lind NCO



Jeannie Dimico, right, receives a Volunteer of the Month award from Lt. Gen. Darryl Williams, commander of the U.S. Army Africa, in Vicenza, Italy, in March 2016.

If you go

What: JBLM Volunteer Fair

Where: The Club at McChord Field, 700 Barnes Blvd.

When: Wednesday from 9 a.m. to noon

To learn more: 253-967-2324

Academy. The couple has two children, Alex, 15, and Sarah, 11, both students in North Thurston Schools.

Jeannie Dimico began as a volunteer at Fort Bragg, N. C., mostly with her husband’s unit’s Family Readiness Group. She continued her volunteerism when the family was stationed at JBLM from 2007 to 2010.

In March 2016, Dimico was honored as Vicenza’s Garrison Volunteer of the Month for her

time spent as a volunteer and instruction for Army Community Services.

“I loved being in Italy, because I was taking care of the spouses when our husbands were gone, and they were gone a lot,” she said. “We went to wineries, grape stomping, had dinners, did fundraising and lots of fun stuff.”

The family returned to JBLM last summer, and Dimico was hired at North Thurston Schools in September.

“I’ve loved being a volunteer and taking care of the families,” she said. “But, being a volunteer with the Family Readiness groups and all my other volunteer work is what got me the job I’m in now — and I love it.”

The JBLM Volunteer Fair is free to service members and their families, as well as anyone with base access. Registration is not required.

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

NEWS IN BRIEF

USASOC conducting readiness exercise through Friday

Soldiers from an element of U.S. Army Special Operations Command, stationed at Joint Base Lewis-McChord, are conducting a routine military readiness exercise through Friday. This type of exercise is used periodically to maintain a high level of combat readiness.

This element is the U.S. Army’s premier special operations raid force that conducts forcible entry operations and special operations raids across the entire spectrum of combat. Soldiers must be ready to deploy worldwide with a moment’s notice. Therefore, tough, realistic training conducted regularly gives the Soldiers a decisive edge for real-world missions. Training such as this is the best method to test their readiness capabilities.

Soldiers will use training ammunition and other training devices to make the exercise as real as possible. There will be periods of increased air traffic to include low-flying helicopters and fixed-wing airplanes during hours of darkness.

Increased aircraft activity will be observed through Friday as aircraft depart McChord Field during the evening and return during the early morning hours.

This training exercise was coordinated with Joint Base Lewis-McChord and local officials. The training is closed to the public and the media.

Participating units are extremely sensitive to the impact that such military exercises have on local citizens. Units intend to train safely and courteously. Every measure will be taken to reduce the amount of noise associated with this training.

USASOC would like to thank Joint Base Lewis-McChord and the neighboring communities for their support during the exercise and their understanding of any inconveniences this training may cause.

For more information, contact the USASOC Public Affairs: 910-432-6005.

— U.S. ARMY SPECIAL OPERATIONS COMMAND PUBLIC AFFAIRS

Exchanges to host Disney Princess Party in honor of MOMC

Military children can kick off Month of the Military Child by stepping into the magical world of Disney princesses Saturday from 11 a.m. to 2 p.m. at the Lewis Main and McChord Field exchanges.

During the Disney Princess Party event, kids ages 4 and older can play with Disney princess dolls and Little Kingdom Magical Movers figures and playsets, dress up and primp Disney fashion dolls and get creative with Disney-themed Play-Doh sets.

Little princesses can also complete their look with free face and nail gems and up to two hair accessories or pieces of jewelry, while supplies last. Participants are welcome to dress as their favorite Disney princess.

“The Army and Air Force Exchange Service wants to make kids at JBLM feel like the belle of the ball,” said Exchange general manager, Mike Einer. “We are honored to celebrate the Month of the Military Child by giving military children the opportunity to feel like a real Disney princess.”

For information about Exchange sweepstakes, offers and events in support of Month of the Military Child, visit Shop-MyExchange.com/momc.

— ARMY AND AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Joint Base Lewis-McChord late-night artillery training

Units on Joint Base Lewis-McChord will conduct day, evening and nighttime artillery training Tuesday-Thursday.

- Artillery training will take place Tuesday from 6:30 a.m. to Thursday 11:59 p.m. Training will occur throughout daytime and nighttime hours.

The unit will take part in 155 mm artillery training on JBLM. Increased levels of activity will be noticed.

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

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

DOD’s finest communicators to host recruitment brief April 12-13

The Joint Communications Unit will conduct a recruitment brief at Stone Education Center in Room C235 April 12 from 2 to 3 p.m. and April 13 from 10 to 11 a.m. to answer questions and provide information on the unit, benefits and application process.

The JCU is a technical unit of the United States Special Operations Command charged to standardize and ensure interoperability of communication procedures and equipment of the Joint Special Operations Command and its subordinate units.

The JCU was activated at Fort Bragg, N.C., in 1980, after the failure of Operation Eagle Claw. For more information, visit jcu.mil, call 910-243-0203 or email jcurecruiting@jdi.socom.mil.

— THE JOINT COMMUNICATIONS UNIT

Counterintelligence Special Agent recruitment April 20-21

On April 20-21, the U.S. Army’s Counterintelligence Special Agent recruiting team will be on Joint Base Lewis-McChord to conduct information briefings on reclassifying to MOS 35L.

These information briefings will be conducted at the 1 Corps’ Headquarters in Room 129, located at 2025 Liggett Ave. on Lewis Main. For directions, call 253-477-1396.

These presentations will provide information concerning career field MOS 35L, CI Special Agent, to include criteria for entry into the MOS and how to apply for reclassification, as well as the missions, assignments, and training opportunities CI Special Agents have.

These presentations are primarily directed at grades of E4 and E5. Army CI is made up of unique individuals who have a genuine desire to detect, identify, assess and then neutralize or exploit foreign intelligence and security service activities against U.S. Forces.

CI Special Agents work against these foreign intelligence and security services through the conduct of CI investigations and operations, surveillance, evidence processing, analysis, source operations, and of course the use of computer systems.

For more information, call 520-538-1432 or email: william.g.phillips10.civ@mail.mil.

— 1 CORPS

QUOTE OF THE WEEK

“Together, we are going to make our military stronger than ever. We in the military are humbled and grateful to the American people for their sacrifices on behalf of this funding. Now it’s our responsibility in the military to spend every dollar wisely, in order to keep the trust and the confidence of the American people and the Congress.”

Jim Mattis
Secretary of Defense

ALSO INSIDE



DEAN SIEMON Northwest Guardian

GOLF: Not only will golf instructors on JBLM help straighten your drives, they’ll teach you how to have fun while golfing. **See story, 1B**

NWGUARDIAN.COM

● **Future vertical lift team aims to elevate Soldiers:** Historically, it has taken well over a decade to bring a new aircraft into the Army’s inventory, but the branch can’t wait that long to replace its fleet of rotary-wing aircraft, said Brig. Gen. Walter Rugen, deputy commander for support, 7th Infantry Division. So now, the Army plans to deliver a whole family of new vertical-lift aircraft in less than 10 years. Rugen, a rotary-wing pilot with more than 2,200 hours of flight time in the MH-60K/L Black Hawk, UH-1 Iroquois, and OH-6 Little Bird, is dual-hatted as the head of the Army’s newly-created Future Vertical Lift Cross-Functional Team.

● **USS Olympia visits Pacific Northwest:** Sailors assigned to



the Los Angeles-class fast-attack submarine USS Olympia (SSN 717) demonstrated high-quality service and experienced local culture during a namesake visit to the Pacific Northwest, March 16 to 21, that included a series of engagements with key civic and government leaders, and locally-based organizations in the Washington State capital city of Olympia and surrounding areas.

62ND AIRLIFT WING

Women Fly showcases aviation

BY JASON WAGGONER
62nd Airlift Wing Public Affairs
SEATTLE — The Museum of Flight’s 13th annual Women Fly event March 23 showcased aviation as part of encouraging young women to pursue STEM — Science, Technology, Engineering and Mathematics — futures and aviation and aerospace-related career fields.

Colonel Rebecca Sonkiss, 62nd Airlift Wing commander, joined the event to share her experiences in aviation as the keynote speaker.

Sonkiss kicked-off the high school portion of the event with a presentation about her life and career, followed by a question and answer session from the audience. As one of the most combat-experienced Wing commanders in the Air Mobility Command, her aviation experiences captivated the audience.

“It’s exciting and a great honor to be here and have the opportunity to speak to such a large group of women who are aspiring to start careers in aviation, aerospace and STEM,” she said. “You are here surrounded by engineers, aviators, scientists, researchers and many others involved in STEM. I must say that there has never been a more exciting time to start your own journey in one of these fields than now.”

Young women from across the region were invited to participate in the half-day event of motivational and career-oriented activities while meeting dozens of exceptional women working in these fields. The event included a STEM and Aerospace College and Career Resource Fair, featuring representatives from schools and colleges, aviation groups and local industries.

Aviation industry and military leaders have voiced the need to boost the growth of women in aviation.

During the question and answer portion, Sonkiss responded to student queries with candor



JIM WILKERSON The Museum of Flight

Two young ladies take on the flight simulator at the Museum of Flight during the 13th annual Women Fly event March 23. The event encouraged young women to pursue aviation and aerospace-related careers.



Air Force Col. Rebecca Sonkiss, commander of the 62nd Airlift Wing, shares her experience as one of the most combat-experienced Wing commanders in the Air Mobility Command at The Museum of Flight’s 2018 Women Fly event in Seattle March 23.

Before taking command of the 62nd AW in summer of 2017, Sonkiss was the vice commander of the 455th Air Expeditionary Wing at Bagram Air Base, Afghanistan.

While there, she oversaw

“You are here surrounded by engineers, aviators, scientists, researchers and many others involved in STEM. I must say that there has never been a more exciting time to start your own journey in one of these fields than now.”

Col. Rebecca Sonkiss
62nd Airlift Wing commander

operations involving close air support, air mobility, combat search and rescue, intelligence, surveillance and reconnaissance, air control and communications and electronic attack operations in support of U.S., coalition and partner forces in Afghanistan. Those experiences gave her the real-world material to respond to questions about serving in military aviation versus a career in commercial aviation.

After her presentation and the questions and answer session, students participated in a variety of workshops including aerospace safety, flight planning: who/why/how, overcoming imposter syndrome, exploring the solar system and careers in aviation.

Participating in community events is a priority for AMC to help foster retention and interest in the Air Force. The Air Mobility Command’s STEAM initiative is looking to get Airmen into schools located near installations to help encourage students to pursue careers in STEAM: Science, Technology, Engineering, Arts and Mathematics.

General Carlton Everhart II, AMC commander, said his Airmen are committed to working STEAM initiatives to bolster interest in the Air Force, enhance relationships with local schools, and creates avenues for future interaction to include follow on engagement in STEAM areas of study.

1ST BRIGADE, 2ND INFANTRY DIVISION

Ghost Brigade cooks hone skills in field chow competition

BY STAFF SGT. SAMUEL NORTHRUP
1st Brigade, 2nd Infantry Division
A team of food service specialists assigned to 1st Brigade, 2nd Infantry Division represented United States Army Forces Command during the Department of the Army level of the Philip A. Connelly Program for field feeding March 22 at Joint Base Lewis-McChord.

Evaluators from the Department of the Army inspected the team’s field feeding site, situated at Training Area 12 on JBLM, questioning members of the team and examining the team’s operational implementation of regulations covering food service. Results of the competition will be posted later this year.

“The goal of the program is to improve the professionalism of the food service personnel,” said Chief Warrant Officer 2 Andy Martinez, the 1st Bde. 2nd Inf. Div. food adviser. “This motivates the Soldiers to hone their skills so they can provide the best quality food and service to the diner. It also provides an opportunity to recognize the individual Soldiers for their management practices of food service



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

personnel and their field site.”

Some of the items the teams are graded on for the Philip A. Connelly Program are training and supervision, headcount operations and cash collection, receipt and storage of rations, field food service safety, appearance and attitude of food service personnel, kitchen site setup and layout, food preparation and quality, troop acceptability and maintenance of equipment.

“This competition helps train them to be better culinary specialist in the field environment,” Martinez said. “Everything is by the book, so it forces them to get into their manuals and pay attention to detail.”

Teams have worked their way from division all the way to DA level. Along the way, they have had these culinary experts grading and critiquing them on how they operated; that is invaluable

in and of itself, Martinez said.

Food is essential for morale, according to Sgt. Orlando Foster, a culinary noncommissioned officer with 296th Brigade Support Battalion, 1st Bde. 2nd Inf. Div. After a long day, the Soldier looks forward to a good meal, he said, noting it is important to prepare a meal they can look forward to.

“We try to find ways to improve the dining experience,”

A Soldier with the 1st Brigade, 2nd Infantry Division serves breakfast at Joint Base Lewis-McChord during the Department of the Army Philip A. Connelly Competition March 22. Evaluators from the Department of the Army inspected the team’s field feeding site, situated at Training Area 12 on JBLM.

said Spc. Marilyn Guzman, a culinary specialist with 1st Battalion, 37th Field Artillery Regiment. “For instance, we were given Unitized Group Ration - A Option dehydrated eggs. Instead of just hydrating and scrambling them, we added spinach, tomatoes and seasoning to enhance the flavor.”

Small details such as presentation is important as well, she said. Ensuring the food is easily seen and presentable to the customers is an important factor.

The purpose of culinary specialists cooking in the field is to help give Soldiers a glimpse of home through good food, Guzman said. This can help keep the morale up for Soldiers during a field exercise.

“What I have learned during the competition is having fun while you are working and getting everything done is key,” she said. “You’ve got to have a passion for what you are doing and what you are doing it for; that is key. This has kept me motivated to do other competitions. The chance to represent myself, the unit, showing people what I know: this is motivation to hone my skills.”



**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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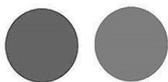
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STRAIGHT TALK

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



What have you purchased recently that you paid too much for?

“A sandwich and drink at Midway International Airport was \$26. I fell out of my seat.”

— ANDREAS CRAMER VON CLAUSBRUCH

“A house. This market is rough.”

— LACEY WHITE RUSSELL

“\$440 for a wallet.”

— ROBERT TINDELL

“The commissary two days before until two days after payday. Pay attention folks.”

— PHILIP RISHELL

“New pipes from my water main to the house after a leak. Sure I got screwed, but what can you do? Twenty-four hours without water was not fun!”

— ANDREA LYNNE

“On base housing. Rooms are smaller than my barracks room I had at Fort Carson.”

— MAHAREASHA NICHOLE COOK

“A dozen eggs. Nice how they jack up the prices the week before Easter!”

— WENDY HEAD-CHAPMAN

“My 2001 v6 automatic Chevy Camaro: 187,000 miles for \$14,000.”

— JACOB CUTRELL

Next week’s question

Describe the ultimate post-PT breakfast. What’s on your plate?

VIEW FROM THE TOP

7th ID remains ready to answer nation’s call

BY COMMAND SGT. MAJ. STEPHEN HELTON
7th Infantry Division

My family and I are excited to join the team here at I Corps and Joint Base Lewis-McChord. I am personally humbled and honored to join this team as the 7th Infantry Division’s senior noncommissioned officer. This is my first time being stationed in the Pacific Northwest,



Helton

but the exceptional reputation of this amazing community and installation have proven true since my arrival in January. I entered military service in 1990 from Los Angeles and trained as a scout helicopter crew chief.

Throughout 27 years of service, I have led, trained and mentored Soldiers at every level — most recently as the Army Special Operations Aviation Command’s senior enlisted leader. I look forward to a continued focus on the Soldier and family readiness of the Bayonet Division.

My assignment with Army Special Operations provides clarity and emphasis on the ambiguous and dangerous world we operate in today. We must be ready to deploy, fight, and win anywhere in the world whenever our nation calls.

Our ability to do this is squarely on the shoulders of our noncommissioned officer corps. We are responsible to train individual, crew and team fundamental skills — enabling complex, partnered operations to defeat our adversaries.

We do this through our commitment to mastering “America’s Big 6.” Physical Readiness Training, marksmanship, warrior tasks and battle drills, medical training, maintenance, and mission command.

Discipline, physical condition and resiliency are the keystones to readiness. Tough, daily physical training promotes physical and mental health and resiliency.

Soldiers must be physically capable of winning decisively across a wide spectrum of environments and conditions. The better we replicate adversity in training, the better we will perform in combat.

I look forward to continuing the Bayonet Division’s commitment to physical readiness through our Bayonet Academy and a more holistic approach to optimize Soldier performance. We will leverage our Army’s outstanding programs, initiatives and resources to generate trained and ready brigades, recognized as the “force of choice” for



STAFF SGT. SAMUEL NORTHRUP 1st Brigade, 2nd Infantry Division / 2017

A Soldier with 2nd Brigade, 2nd Infantry Division fires an 81mm mortar during Exercise Bayonet Focus 17-03 at Yakima Training Center June 26, 2017.

combatant commands.

It is clear the Division continues to build on its phenomenal reputation and maintains its legacy of combat capability and innovation. It is truly my honor to join this talented team of professionals.

Since my arrival, the Bayonet Division has continued at a high operational tempo. It was my pleasure to observe the dedicated “Ghost” Soldiers from 1st Brigade, 2nd Infantry Division as they participated in Exercise Bayonet Focus 18-02 at Fort Hunter-Liggett and Camp Roberts, Calif.

This tough, realistic training event prepared Soldiers for challenges they will face at the National Training Center at Fort Irwin, Calif., in April. Ghost will sharpen its skills while training in the desert under the constant pressure of a highly-trained opposing force.

The success of Bayonet Focus was enabled by the dedicated efforts of almost every unit in the Division.

The 2nd Brigade, 2nd Infantry Division, 2nd Infantry Division Artillery, 16th Combat Aviation Brigade, and 7th Inf. Div.’s Headquarters Support Company all provided necessary support to ensure successful execution of this critical training event. All units demonstrated out-

standing teamwork and commitment that validates our motto: “Trust in me.”

I look forward to meeting and working with colleagues across the installation, and I recognize the incredible support of our teammates and regional partners. The Soldiers of 7th Inf. Div. are fortunate to have the resources, capabilities and assistance of this awesome installation network.

My wife and I have noted the dedication to families and amazing opportunities for us to live, work and play in this beautiful region. Our ability to deploy from and come home to this area are second to none and only realized through the remarkable efforts of our Soldiers, Airmen, Department of the Army civilians and dedicated community partners.

As the Division continues to build and maintain readiness, we rest assured knowing our ability to get to the fight and the welfare of our families are in the capable hands of an equally-dedicated team of professionals.

I am proud to serve the Soldiers of the Bayonet Division and will continue to honor the legacy of those brave warriors who have gone before me.

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



STAFF SGT. NICOLE DYKSTRA 78th Training Division

U.S. Army Reservist 1st Sgt. Richard Giertz, of the 349th Chemical Company (CS) from Joint Base Lewis-McChord, provides security during Combat Support Training Exercise 78-18-03 at Fort Knox, Ky., March 22. The exercise ensures America’s Army Reserve units and Soldiers are trained and ready to deploy.

THIS WEEK IN HISTORY

- March 30, 1981:** President Reagan shot in the chest.
- March 31, 1995:** Longest strike in Major League Baseball history ends.
- April 1, 1970:** Nixon signs legislation banning cigarette ads on TV and radio.
- April 2, 1917:** Woodrow Wilson asks U.S. Congress for declaration of war.
- April 3, 1865:** Confederate capital of Richmond is captured.
- April 4, 1968:** Martin Luther King Jr. is assassinated.
- April 5, 1792:** Washington exercises first presidential veto.

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FREE HEALTH TALK

St. Clare Hospital

Advances in joint replacement:
Robotic arm-assisted surgery

If hip or knee pain is keeping you from the activities you love, attend this free talk to learn about long-lasting solutions.

Join knee and hip specialist, orthopedic surgeon Joshua Johnston, MD, as he reviews hip and knee conditions and treatment options, including robotic arm-assisted surgery, and what to expect from surgery through the recovery process.

Thursday, April 12
6 – 7 p.m.

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Health Beat

MADIGAN SHOUT OUT

Capt. (Dr.) John Paul Kuckel-man, a general surgery intern, along with staff mentors Col. (Dr.) Matthew Martin, a physi-cian, and Lt. Col. (Dr.) Matthew Eckert, a general surgeon, won the Earl Young Prize for Clinical Research during the Western Trauma Association Meeting March 1.

The winning research project is highly relevant to military medicine, as it works to stop bleeding in the body's trunk.

This year's win represents the third consecutive year Madigan has taken the first place honor.



MADIGAN ARMY MEDICAL CENTER

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

Hotline: 253-968-2903
Patient Admissions: 253-968-3827/3829
Patient Advocacy: 253-968-1145
Beneficiary Counseling As-sistance Coordinator: 253-968-3348/3491
BEHAVIORAL HEALTH SERVICES
Soldier Readiness Service: 253-968-5140
Child and Family Behavioral Health: 253-968-4843
Military One Source: 800-342-9647
National Suicide Prevention

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

MADIGAN ARMY MEDICAL CENTER

Madigan fights opioid epidemic

Residents reduce patients' opioid usage

BY SUZANNE OVEL
Madigan Army Medical Center

Residents at Madigan Army Medical Center are reducing the use of opioids by surgery patients thanks to new quality improvement projects.

When a resident brought a study on post-operation opioid reduction to the attention of the Department of Surgery's quality improvement board last fall, they decided to implement a similar initiative at Madigan.

With the ongoing opioid crisis in the United States, the board was concerned about contributing to it by over-prescribing opiates.



JOHN WAYNE LISTON Madigan Army Medical Center

The Department of Surgery launched a quality improvement initiative to reduce the number of opioids taken by post-operative patients.

Soldiers reported misusing opioids during the last 12 months, according to the Mil-itary Medicine journal.

When the QI board dug into how post-operative prescriptions may contribute to long-term opiate use, they found that patients who took opioids for longer initial periods were more likely to use them long-term, according to the Center for Disease Control and Pre-vention.

Sheldon stressed, however, that safe opiate use is a key part of many patients' post-operative pain management.

"They have a good reason for pain," he said. "Surgery is not a normal state, and we are in-tentionally creating trauma in order to heal them of a greater problem. Opiates are still our strongest pain medication. That said, their use is limited and needs to be done appropri-ately."

The key is finding the right number of opiates to prescribe. The QI board decided to start

by reviewing surgery's prescrib-ing habits for laparoscopic re-moval of appendixes and gall-bladders. They found that the range of opioids prescribed here fluctuated greatly.

"(It) is incredibly variable ... which was frankly unsurprising, because in medical school you're taught pain is the fifth vital sign, and you're taught that to alleviate people's pain, you give them pain medica-tion," Sheldon said. "We know that opiates can be addicting; we're taught that they can be addicting, but we have a com-plete lack of good data of how long people should be on these medications, how much people typically need and what the best way of doing that is."

Based off the Michigan study and another study by Baylor University, the QI board devel-oped a standard protocol of giving patients 10 opiate tablets as a starting point for home pain management after these surgeries. Patients are also given Tylenol and ibuprofen

and are encouraged to take these medications on a regular schedule to avoid "chasing the pain" while taking opioids as needed.

"This was a comprehensive reform of how we do post-oper-ative pain," Sheldon said.

These efforts are expanding outside of the general surgery department, as orthopedic sur-gery later began a similar initia-tive.

"As a top five in the medical role prescriber, we have a role in helping to decrease the ex-cess," said Capt. (Dr.) Taylor Mansfield, an orthopedic sur-gery resident who is leading a similar QI initiative for out-patient procedures.

Like orthopedic surgery, general surgery is surveying patients at follow-up appoint-ments to gauge the effective-ness of the reduced prescrip-tions. So far, patients say they're satisfied with their pain management; in fact, many don't use all of the opioids they were given.

"Seventy percent of people who start misusing opiates have either a valid prescription or a family member with a valid prescription — suggesting that opiate latency, or opiates just sitting around the house, are a real problem. I want to treat your pain; I want to make sure you have enough pain medication, but I don't want to give you too much because it could be a danger to you or your family members."

Capt. (Dr.) Rowan Sheldon
Madigan Army Medical Center, general surgery resident

Sheldon said that patients who find they have extra pills can return them to the Madigan pharmacy for safe disposal.

Although they're still digging deep into the data, the first month of the QI results show opioid prescriptions for appen-dix and gallbladder surgery patients decreased by 64 per-cent. Orthopedic surgery is seeing positive results too.

"Despite what a lot of people felt was cutting back drastical-ly, we're still seeing people with good pain relief," Mansfield said.

Both departments plan to continue and possibly expand their initiatives. Eventually, Sheldon hopes to work with other large military treatment facilities to encourage them to adopt similar programs.

"We want to try to push it to as many different patient pop-ulations as possible, because we see opioids are a problem," he said. "Anything that we are adding into that is our portion of that problem. The Depart-ment of Defense has a big push to decrease chronic opiates, and if we can help that at all, we'd like to."

NATIONAL NUTRITION MONTH

Spring clean your diet, lifestyle this season

BY 1ST LT. DANA LARSEN
Madigan Army Medical Center

Spring is the time for fresh starts and new beginnings — a time to look, once again, at pri-orities and motivations. As Na-tional Nutrition Month comes to a close, the attention brings the importance of dietary choices into sharper focus.

Recharging your diet doesn't have to be like climbing Mount Rainier. Eating a healthy diet, filled with lean meats, nuts, fruits and vegetables, low-fat or fat-free dairy and whole grains, can be achievable with every lifestyle.

"The biggest barrier (to mak-ing lifestyle changes) for service members is time. This lack of time is due to work demands, but it's also their personal choic-es about what is a priority in their life," said 1st Lt. Stephanie Meno, chief of Madigan Army Medical Center's Community and Outpatient Services.

One of the first things Meno recommends to service members or anyone interested in making lifestyle changes is to observe their current behaviors such as sleep, nutrition and activity.

"By tracking what they cur-rently do, they are able to better



KIRSTEN GRACE-SIMONS Madigan Army Medical Center

identify the areas that require improvement," she said. "I then ask them to pick one or two things to focus on changing."

Small changes, such as using skim milk in coffee instead of cream or replacing soda with diet soda or water can add up over time to big wins, Meno said. In addition to tracking current behaviors, Meno also stresses

the importance of having a plan.

"If you leave your nutrition choices up to chance, you are likely to make decisions that are convenient and probably un-healthy," she said.

Lifestyle changes can leave people feeling overwhelmed, confused or unsure of how to start.

To work on health and diet,

the Nutrition Care Division at Madigan can provide resources to guide the journey to wellness.

The Madigan Nutrition Clinic offers a variety of services — from group classes to individual appointments with a registered dietitian. Appointments and classes are available to active-duty service members, family members and veterans.

1st Lt. Vladislava Ivanova quizzes Col. Ricardo Nannini at a booth to inform patients and staff on nutrition in observance of National Nutrition Month March 15.

Referrals are not needed to make an appointment, except with a pediatric dietitian. To schedule an appointment, call the clinic at 253-968-0537.

Current class offerings in-clude: Fit for Performance for active-duty personnel, Bariatric Pathways, Heart Healthy Car-diac class and Fit for Health for civilians.

Additionally, using evidence-based practices, Madigan dietitians can provide individual-ized medical nutrition therapy and counseling to cover a wide variety of health conditions such as: renal, diabetes and prediabetes, eating disorders, high blood pressure, weight management and high cholest-erol.

The clinic also has a board certified pediatric dietitian on staff.

Health doesn't take a break when life gets crazy and time feels short. A person needs to identify what is most important to them and what will motivate them to make the change, Meno said.

Make a plan, find your person-al motivation and spring forward into health this new season.

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

Rooftop rappelling

U.S. Marines with 3rd Reconnaissance Battalion, 3rd Marine Division, III Marine Expeditionary Force; British Royal Marines with J Company, 42 Commando and Sailors with Explosive Ordnance Disposal Mobile Unit 5 conduct raids training with a section of MH-60Ss from Helicopter Sea Combat 25 on Guam March 20.

CPL. CARL KING U.S. Marine Corps Photo

LET’S HEAR IT

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

SCHEDULED HOLIDAYS AND FAMILY DAYS

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

- Friday - Army DONSA
- Monday - 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
- Aug. 31 - Army DONSA
- Sept. 3 - Labor Day

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 Saturday. 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 p.m. and ages 8 to 12 at 1:30 p.m. All youth will receive a free goody bag. Cowan Stadium is located at 2170 Bitar Ave. at 12th Street on Lewis Main.

RESERVE YOUR SPOTS FOR EASTER BRUNCH

You and your family are invited to the Club at McChord Field’s annual Easter Buffet Sunday. This is a favorite at Joint Base Lewis-McChord, so make your reservations early. The menu includes a traditional breakfast line, roast beef, glazed ham, gourmet ravioli, roasted fingerling potatoes, glazed carrots, green bean casserole, chilled shrimp and smoked salmon display, fresh fruit, assorted salads, desserts and beverages and more. Seating is at 10 a.m., noon and 2 p.m. The cost is \$28.95 for ages 13 and older, \$14.95 for ages 4 to 12 and free for children ages 3 and younger. Call 253-982- 5581 to make a reservation. The Club at McChord Field is located at 700 Barnes Blvd.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

Joint Base Lewis-McChord’s Armed Forces Community Service hosts a First PCS Move workshop Mondays from 3 to 4 p.m. at Waller Hall, 2140 Liggett Ave., Lewis Main, and the second Thursday of each month at the Service Member and Family Readiness Center, 551 Barnes Blvd., McChord Field. For more information, call 253-967-3633 or 253-982-2695. To register, visit jblmafcscheckappointments.com.

JBLM VOLUNTEER FAIR SET FOR WEDNESDAY

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

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 Wednesday. Fire Safety Class is limited to the first 25 people. Doors will open at 8:30 a.m. For more information, call 253-966-7164.

ENJOY FREE KIDS’ FEST THURSDAY

JBLM’s Kids’ Fest kicks off the celebration of Month of the Military Child Thursday 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 at 2200 Liggett Ave.

RHC-P PROFESSIONAL DEVELOPMENT APRIL 9

Regional Health Command-Pacific invites the Joint Base Lewis-McChord medical community to a professional development session April 9 from 1 to 5:30 p.m. at American Lake Conference Center. Featured speakers are John Nance, author of “Why Hospitals Should Fly,” and Kathleen Bartholomew. The topic is, “What now? A dynamic and cutting-edge program for healthcare leaders and physicians.” Materials for the session (optional/not required) may be purchased at the following link: <http://store.seconddriverhealthcare.com>. Select the title, “Why Hospital’s Should Fly.” To preregister, call 253-967-8027.

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.

EXPERIENCE THRILLS AT VARIETY SHOW

Everyone ages 18 and older is invited to the Amazing Johnathan’s Big Bang Variety Show April 14 at 6 p.m. at Nelson Recreation Center. The show, brought to you by Army Entertainment, stars the Amazing Johnathan, magician-comedian and performer. The evening will be hosted by comedian Key Lewis and features a Cirque-style acrobatic team Duo Enchantment and contortionist Anna Brown. Food, beer and wine will be available for purchase. Tickets cost \$10 or \$15 per couple and are available at JBLMmwrRegistration.com. Nelson Rec is located at 3168 Second Division Dr. on Lewis Main. Doors open at 5:30 p.m.

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 April 17 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.

SELL TREASURES AT SPRING FLEA MARKET

One person’s trash is another one’s treasure at the annual Spring Flea Market in Family and Morale, Welfare and Recreation’s Fest Tent April 21 from 9 a.m. to 1 p.m. Clean out your closet, garage or attic so you can rent tables or spaces and sell your gently used items for cash. The cost for two tables, spaces or a combination is \$26. For three spaces, tables or a combination, pay \$30. Each additional table or space is \$6. For more information on renting your sale area, email specialevents@JBLMmwr.com or call 253-967-6772. The Fest Tent is located at 2200 Liggett Ave. on Lewis Main.

RESERVE SPOTS FOR PARENT-SON DANCE

Enjoy a fun-filled evening at the Club at McChord Field’s Parent-Son Dance May 4 from 6 to 9 p.m. with appetizers, cake, punch, coffee, tea and DJ dancing. Reservations and prepayment are required; the cost is \$20 per pair and \$8 per additional son. For reservations, call 253-982-5581/0718. Payment is required prior to the event; no walk-ins allowed at the door.

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 JBLMmwrRegistration.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 — 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.

SOS MOVES OFFICE TO WALLER HALL

Survivor Outreach Services moved from its former location to Waller Hall, 2140 Liggett Ave. It is now colocated with other support services in Waller Hall to better serve all Gold Star families. Check out the new space near Official Travel. SOS is committed to serving families of the fallen. When you call, you will be connected to a dedicated person who will guide you through available agencies and help you get the benefits and support you need. Save the date for an open house May 1. For more information, call 1-866-963-2538 or visit fb.com/SOS-WAState.

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.

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.

Hawk Job Fair take place Mondays (except DONSA and federal holidays) at Hawk Transition Center Auditorium at 11 a.m. 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.

What’s My Next Move? Second Monday of the month from 1:45 to 3:15 p.m. at Work Source Pierce. Email kmyers@esd.wa.gov, or call 253-552-2547.

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 Veterans Service Orientation Briefings First and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton. For more information, call 206-205-3500.

Get job training with Micro-soft Military Program Staff 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@pcls.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.

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.

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

Military to Manufacturing Career Pathways Program is a manufacturing industry-driven program sponsored by the Center for Advanced Manufacturing Puget Sound. M2M is a two-day workshop focusing on entry-level, semi-skilled, skilled and leadership positions in the manufacturing industry. Emphasis is placed on helping military personnel understand advanced manufacturing and the skills translation from military to manufacturing positions. CAMPS works through the process that results in job placement. For more information, email Stacie Buchanan at stacie.buchanan@campus-us.com or Marcus Warren at marcus.warren@campus-us.com.

DEPUTY SHERIFF IN MONTESANO

Gray’s Harbor County Civil Service Commission — Salary: \$4,562 per month plus benefits. Serving in Grays Harbor

County, deputies must demonstrate professional, ethical standards during routine patrol, traffic enforcement, collision investigation, criminal investigation, report writing, public relations. Will attend and graduate Basic LE Academy and annual training. For more information about the job, visit co.grays-harbor.wa.us.

PERMIT WRITER/MANAGER POSITION IN SPOKANE

Washington State Department of Ecology — Salary: \$42,264 to \$55,476 annually. The Water Resources program is currently looking to fill a permit writer/manager Quincy ground water management subarea environmental specialist three position in the eastern regional office in Spokane. Employee serves as a staff permit writer with a customer service focus. For more information about the position, visit tinyurl.com/y7qeldoe.

ENTRY/LATERAL POLICE OFFICER IN CLYDE HILL

Clyde Hill Police Department — Salary: \$5,284 to \$6,704 monthly. The City of Clyde Hill, Wash., currently has a position open for an entry/lateral police officer. Qualifications include minimum age 21, high school graduate, current Washington State driver’s license, U.S. citizen and no felony or domestic violence-related convictions. Lateral applicants must be Washington State Criminal Justice Training Commission 720 certified, with two years’ experience. For more information about the job, email cori@clydehill.org.

FREE BIKE RENTALS NOW AVAILABLE

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

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.

JOIN THE MONTHLY SCRAPBOOKING CLUB

If you’re into scrapbooking and want to socialize with others, check out the monthly club. The Arts and Crafts Center is located at 1121 Barnes Blvd. on McChord Field. For more information, call 253-982-6721/6718.

GET CREATIVE AT ARTS AND CRAFTS CENTER

Relax, de-stress and learn a new skill at the Arts and Crafts Center on McChord Field. Scheduled classes include sculpture, painting, drawing, book binding, knitting, sewing, quilting, Zentangle, matting/framing and more creative ideas. For current class descriptions and schedules, Visit jblmmwr.com/arts_crafts. For more information, call 253-982-6723.

SIGN UP FOR JBLM ALERT NOTIFICATIONS

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

JBLM FAMILY HOUSING FIRE SAFETY CLASS

New base housing residents are required to take a Family Housing Fire Safety class when they sign up for quarters at the Lewis-McChord Communities housing office. New residents will view a DVD at the housing office and digitally sign acknowledging viewing the presentation to ensure one-stop acceptance of quarters. For more information, call 253-966-7164.

CLAIMS AGAINST THE ESTATE OF AIRMAN

Anyone with claims against Air Force Staff Sgt. Clinton P. Field, deceased March 13, or his estate, need to contact Maj. Matthew Onxley, 62nd Operations Support Squadron. Onxley is the summary court officer and can be contacted at 253-982-1295.

FROM PAGE 1A

ARMY

Command. Announced in October, the new command is expected to stand up this summer. The Army’s fourth command will have equal footing with U.S. Army Forces Command, U.S. Army Training and Doctrine Command and U.S. Army Materiel Command, said under secretary of the Army Ryan McCarthy.

As the initial operating capability of Futures Command continues to be defined, McCarthy said, the Army’s integration, research and development, acquisition and science and technology communities should expect to see some changes in their organizational alignment. However, the undersecretary

emphasized that realigning under the Futures Command organizational structure does not suggest that existing organizations will physically move to a new location. The undersecretary also said the Army will need to be judicious with existing funding, if it wants to meets its modernization goals. “The budget control act looms large in 2020,” McCarthy said. “In order to maintain momentum and not fall off the pending fiscal cliff, we will initiate a robust reform effort that will require a comprehensive relocation of resources within our portfolios to support modernization efforts.” Eventually, the Army will name a location for the Futures Command headquarters. Right now, Army leaders are in the process of narrowing down a list

of about 150 possible locations to just 10. McCarthy said the basing decision for the new command will be determined by proximity to talent, the private sector and academia. The Army is also looking at quality-of-life measures, cost, time assessment, as well as civic and regional support. Once the Army determines those 10 cities, McCarthy said, he and vice chief of staff of the Army Gen. James McConville will visit each location to decide which one will best support the Army’s newest command. “We will then announce the Futures Command location, with initial operating capability, this summer,” McCarthy said. “As much as the location is important, so is selecting the right leaders.” McCarthy said the Army expects to announce the

commander for Futures Command within the next few weeks. While the Army has been focused on fighting and winning in the Middle East, Esper said, “China and Russia have invested in advanced technologies, professionalized their militaries ... and have reduced our military advantage.” Even if the U.S. never faces either of those nations on the battlefield, Esper said, the effects of their military advancement will be felt. “We should expect to see their weapons and equipment and tactics used by adversaries against us,” Esper said. “This brings to mind North Korea and Iran, (which) will continue to threaten regional stability, our allies, and U.S. security interests.” While U.S. adversaries are

bolstering their own militaries, Esper said, the U.S. Army is doing the same. That effort, he said, currently involves modernization focused on six areas, which include long-range precision fires, a next-generation combat vehicle, future vertical lift platforms, a mobile and expeditionary Army network, air and missile defense capabilities and Soldier lethality. Supporting those modernization efforts are eight newly-created cross-functional teams, which will eventually be a part of Army Futures Command. In addition to six modernization priorities, Esper outlined five areas of consideration as the Army faces the threats posed by an increasingly complex global security environment: doctrine, organization, manning, training and equipping.

FROM PAGE 1A

JAPAN

of Mutual Cooperation and Security between the United States and Japan, thousands of U.S. military personnel are stationed at U.S. bases all over Japan. “Our alliance is more than for the defense of territory,” he said. “It is for the defense of universal values, such as our freedom.” The word Tomodachi is a Japanese word meaning “friends.” Yamada said since 2015, the government of Japan has made it a priority to host such receptions at each local Japanese consulate in the states to express appreciation to U.S. service members. I Corps and Joint Base Lewis-McChord commander, Lt. Gen. Gary Volesky, the senior U.S. military officer present, said it was important to build and strengthen the U.S.-Japan partnership. “We are honored to have all of our service members represented from Joint base Lewis-



SGT. YOUTOY MARTIN 5th Mobile Public Affairs Detachment

McChord,” Volesky said in his opening remarks. “I want you to know it’s an honor for us to be here today. It’s another demonstration of the importance of our relationship together — not only as nations but as friends.” Volesky said he had never been to the Asia-Pacific region before becoming the I Corps commander, but he generated

laughs from the audience explaining he’s now been there twice in 10 months of command and suspects he will be back throughout his tenure. Yama Sakura, an annual bilateral command post exercise involving the U.S. military and the Japan Ground Self-Defense Force, was the training event that brought Volesky, as well as

other service members at the reception, to Japan. Other distinguished guests at the event included representatives for Congressman Adam Smith, U.S. Congressman, Washington state, and members from the Nisei Veterans Committee. Army veteran Walter Tanimoto, now serving as commander

of the Nisei Vets Committee, issued a few words on the six-year relationship with I Corps, 7th Infantry Division and the JGSDF before leading the reception in a Kampai toast. Following the toast, guests were able to mingle, reflect and share experiences and time spent in Japan, while enjoying a buffet spread of Japanese-Style food and friendships. During his remarks, Yamada touched on the bitter wars fought in the past by the two nations but stressed the importance of the partnership as key to international security in the world today. Volesky wrapped up his opening remarks, emphasizing the U.S. views the JGSDF as partners, fighting together in whatever problem sets that may arise, while building on great relationships today and for the future. “As you look at these great Airmen who are here with us today, it is symbolic of how we operate,” Volesky said. “We fight jointly. We fight together, and that’s exactly what we will do with our great Japanese partners if called upon.”

FROM PAGE 1A

OPTIONS

to answer questions. Greta Buccellato, chief of the Resource Management Office at Joint Base Lewis-McChord, is a member of the nominating board and spoke at the event. “As you embark on this journey, think really hard on three things,” she said. “Why do you want to serve and lead America’s armed forces? What do you personally have to offer? And, what is the service academy of your choice going to offer you as a scholar and a warrior?” Buccellato spoke of difficulty involved in applying for a nomination. “It’s complex, bureaucratic and challenging — and in part, that’s to make sure you have what it takes to succeed in the Department of Defense.” The U.S. Military Academy, Air Force Academy, Naval Academy, Merchant Marine Academy and Coast Guard Academy each had representatives at the event. The Coast Guard Academy



RUTH KINGSLAND Northwest Guardian

Douglas Peecher, 16, right, a sophomore at Olympia High School, talks with Bruce Clark, a representative of the U.S. Naval Academy, during Service Academy Information Night at Lacey City Hall Monday. my doesn’t require a nomination; however, Heck writes recommendations for applicants to that academy when requested. So, what’s it take to receive a congressional nomination? “A lot of things,” Heck said. “It’s important that to be a leader in the Armed Services,

you be a well-rounded individual.” He suggested applicants get involved in multiple community service and extracurricular activities. It’s not important applicants plan to make the military their career, but they must be open to

that possibility, Heck said. “If you’re not open, it won’t be a good fit,” he said. To apply, students must complete a packet including test scores for various physical and scholastic requirements to Heck’s office, 420 College St. SE, Lacey, by Nov. 21. Heck said he looks forward to Service Academy Information Nights because of the enthusiasm and aptitude of the young people who attend. “People worry about America’s future, but if they came to one of these events they could stop worrying,” he said. At the end of the evening, 16-year-old Douglas Peecher, a sophomore at Olympia High School, talked with Bruce Clark, representative of the U.S. Naval Academy. Peecher is the son of retired Naval and Marine Officer Carl Peecher and hopes to follow in his dad’s footsteps as a military pilot. “I don’t want my career to be on land,” the youth said. Peecher asked Clark what kind of letters of recommendation are required.

Clark suggested Peecher get a recommendation letter from his Boy Scout leader, as he’s currently working on his project to become an Eagle Scout. Sixteen-year-old Bethany Comstock, a sophomore at Shelton High School, is in JROTC, Girl Scouts, drill team and Civil Air Patrol. Comstock’s dad is a Marine veteran, and she wants to attend the U.S. Naval Academy. “I want to be a member of the Judge Advocate General’s Corps,” she said. “I want to make a difference.” Retired Lt. Col. Tom Morgan, West Point representative, spent time promoting the academy to Wyatt DeMers, a sophomore at Tumwater High School, and his dad, Dan DeMers, an Army veteran. “The military is in my blood, and I’ve always liked strategy, so I want to go into military service,” Wyatt said. “I think it would be a good opportunity.” For more information on congressional recommendations, contact Heck’s office at 360-459-8514 or visit dennyheck.house.gov.

FROM PAGE 1A

RETIREES

there is a story with each of those years,” Knight said, of Grenko’s five decades of federal service. The retirement celebration was attended by more than 50 friends, family, colleagues and military officials. Some traveled thousands of miles to attend the event. “Are you kidding? Are you kidding me? This is such a surprise,” Grenko said, as he was greeted by longtime friend and former Air Force subordinate, John Fraser. Fraser and his wife, Mary, live in Powell, Wyo., and drove two days to attend the ceremony. Their friendship began in 1970, when Grenko was a captain at Elmendorf Air Force Base, in Anchorage, Alaska, and Fraser was a second lieutenant. “Congratulations on your 50 years of governmental service; your career accomplishments could fill a book,” Fraser said. He and several others in the crowd spoke of their relationship with Grenko through the years. “Forty-six years ago, Michael was my first military mentor and he provided guidance and even

some attitude adjustments ... but, he became a friend as well,” Fraser said, speaking of fishing trips and other outings the two families shared during their time together. Grenko met and married his wife of 39 years, Patti, while in Alaska. The couple lives in Tumwater and has two adult children. Patrick, 36, is a claims adjuster for State Farm Insurance in Lacey, and Lara Bagwell, 32, works and lives at Fort Bragg, N.C., with her husband, Master Sgt. Chris Bagwell and their 3-year-old daughter, Juliette, who attended the retirement ceremony with her mom. The couple is expecting twins in the summer. Grenko grew up in Dunsmuir, Calif., and graduated from Dunsmuir High School in 1961. He was in ROTC and earned a bachelor’s degree in forestry from the University of California at Berkeley in 1966 and a master’s degree in forestry in 1967. In 1967, he began his military career as an Air Force civil engineer officer in the Upper Peninsula of Michigan at the former Kincheloe Air Force Base. Grenko served in Thailand during the Vietnam War, where he earned a Bronze Star. He served at Elmendorf Air



SCOTT HANSEN Northwest Guardian

Michael Grenko, left, visits with Doug Skitch, an environmental protection specialist with the Directorate of Public Works, during a retirement ceremony at the Family Resource Center Tuesday. Force Base and worked for the Federal Aviation Administration in Anchorage from 1968 to 1969. In 1969, Grenko became an environmental manager in Air Force Civil Service at Elmendorf and transferred to JBLM in 1986. In 2010, his service transferred to Army Civil Service. While at JBLM, Grenko has led his team at McChord Field and within the Directorate of Public Works to several national and regional awards, including the Secretary of Defense Environmental Quality Award, McChord, 1990; the Secretary of Defense Quality Award, individual, 1992; and the Secretary of Defense Recycling Award, McChord, 1997. He also earned several White House and Department of Defense awards, including the Hammer Award from former Vice President Al Gore for environmental progress and

impact. “It’s a flicker in the night, how fast this has gone by,” Grenko said, of his decades of service. “I’m just hoping for a nice long retirement,” he added. Grenko said he was amazed so many came to honor him and was most surprised and happy to see John and Mary Fraser at the event. “This is incredible — such good friends,” he said. Another good friend and co-worker at the event was Donna Dahlstrom, program manager with JBLM’s DPW, who has worked with Grenko since 2001. “This is a tough one,” Dahlstrom said, with tears in her eyes, as she presented Grenko with a few pieces of memorabilia during the event. She spoke of Grenko’s creativity and ability to make things happen with limited resources. Later, as the crowd gathered for refreshments, Dahlstrom continued her praise for Grenko, who left his fingerprint across JBLM, she said. From the cypress trees on McChord Field and the fishing derbies and viewing station at Morey Pond, “we can thank Mike Grenko,” Dahlstrom said. “You never know the accomplishments of one person behind a desk.”

Sports

SEIZE THE OAR ROWING CLUB

Program offers recreational therapy for vets

Rowing club provides therapeutic outlet to service members, veterans

BY DEAN SIEMON
Northwest Guardian
Rowing can be quite a strenuous sport that tests one's physical limitations, but with the local Seize the Oar program, it can also be a recreational therapy outlet for those who were injured serving in the U.S. military.
Rowing club Seize the Oar under the Freedom Rows program provides opportunities to wounded service members and veterans to train with

experienced coaches. There is also a competitive team that is formed to compete in U.S. Rowing sanctioned events.
The club is having a 2018 season (April to October) launch party Saturday at 1 p.m. at the Renton Rowing Center. It is also celebrating the club's five-year anniversary, and the public is invited to attend.
Tara Morgan, founder and head coach for Seize the Oar, said there are several benefits that injured service members

and veterans have gained from joining their team. One is an improved quality of life.
"The opportunities we provide involve fitness, conditioning, teamwork and being outside," Morgan said. "All of those factors are proven to heal faster, rehabilitate and enhance quality of life."
Morgan said she likes to interview prospective club members about their goals in joining the club, whether they be competitive or recreational.
"If they have an injury, or something chronic, we have many ways to adapt the sport to



Army veterans Kelly Bailey, right, and Toai Nelson of Seize the Oar prepare to compete at the American Lake Fall Classic last year.

SEE ROWING, 2B

OUTDOOR RECREATION



Art Romero, director of instruction at Eagles Pride Golf Course on Joint Base Lewis-McChord, right, works with Sgt. 1st Class Micah Tilley on ways to improve his swing during a lesson on Lewis Main March 1.

AIR FORCE RETIREES SHARE GOLF TRICKS

Instructors help teach others game they love

BY DEAN SIEMON
Northwest Guardian
Both golf courses on Joint Base Lewis-McChord have instructors who are able to provide the tips, tools and tricks for anyone on base who would like to improve their game.
Art Romero provides one-on-one lessons at Eagles Pride Golf Course on Lewis Main, as the director of instruction for the course. On the other side of JBLM, Steve Holshouser provides instruction at Whispering Firs Golf Course on McChord Field.
Both served in the U.S. Air Force and both have been part of the local military golf scene, such as the Rainier Cup and the



Retired Air Force master sergeant Steve Holshouser practices his chipping skills on the practice green at Whispering Firs Golf Course on Joint Base Lewis-McChord March 1.

SEE GOLF, 2B

ON THE SCHEDULE

ARMED FORCES KIDS' RUN SIGN-UP OPEN
Youth: The 2018 Armed Forces Kids' Run sign-up period is open through Saturday. Registration forms and drop-off boxes are available at Joint Base Lewis-McChord's Child and Youth Services Sports and at both commissary locations. The run is April 14 at 9 a.m. at Cowan Stadium on Lewis Main. Day-of registration opens at 8 a.m.

LIFEGUARD TRAINING STARTS MONDAY
Aquatics: Aquatics staff is offering an American Red Cross Blended Learning lifeguard certification course is scheduled to begin Monday and continue through April 6 at Keeler Pool, located at 9993 Garfield St. Students must be age 15 and pass a pretest that includes a 300-yard swim, a two-minute tread and underwater retrieval. Schedule a pretest at Kimbro Pool at McVeigh Sports and Fitness Center: 253-967-5026.

WOMEN'S BASKETBALL LEAGUE STARTS APRIL 7
Intramurals: Joint Base Lewis-McChord's open women's basketball league is scheduled to start April 7 at the McChord Field Fitness Center, with a league tournament May 19-20. Information meeting is Thursday 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.

ENROLL YOUR KIDS FOR SPRING YOUTH SPORTS
Youth: Children ages 5 to 15 on Joint Base Lewis-McChord can be enrolled for flag football and cheerleading April 9-May 21. The fee for each sport is \$55 per youth. Enrollment opens May 1 for fall soccer for ages 5 to 15 at \$55 per youth and bumblebee soccer for ages 3 and 4 at \$25 per youth. Youths must be registered with Child and Youth Services and have a current sports physical. Visit jblmcsregistration.com. For more information, call 253-967-2405.

MONTHLY NO-TAP BOWLING TOURNAMENTS ON JBLM
Bowling: Bowl Arena Lanes on Lewis Main will host the Team No-Tap Saturday tournaments scheduled for April 14. Check-in opens at noon; play starts at 12:30 p.m. The next tournament is set to take place May 12. Sign-up in advance at the front counter. For more information, call 253-967-4661.

JBLM COMMANDER'S CUP BOWLING CHAMPIONSHIP

62nd Med. Bde. team wins Commander's Cup bowling title

BY SGT. ERIC JOHNSON
5th Mobile Public Affairs Detachment
Five teams competed in the finals of the bowling portion of the 2018 Joint Base Lewis-McChord Commander's Cup March 21 at Bowl Arena Lanes.
The winning four-man team was the Awkward High Fives of the 56th Multifunctional Medical Battalion, 62nd Medical Brigade, with a total score of 2,585 pins.
The Commander's Cup is an

annual sporting competition among units on JBLM. The competition is comprised of twelve events including soccer, golf, bowling and flag football. The winner of the Commander's Cup is the unit with the most combined points from all of the events.
Captain Andrew Bressler, a member of the Awkward High Fives, said that the Commander's Cup is a great way to build esprit de corps.
"This is a way to support the

post and Commander's Cup, and it's a group of guys just trying to have fun," Bressler said. "We really didn't think we had a chance coming into the finals. We even had to come out of the field to compete in tonight's championship."
Bressler was field training with his battalion in the medical mission command force health protection exercise that included night drivers training, field



The Awkward High Fives, of the 62nd Medical Brigade, show off their medals at the 2018 JBLM Commander's Cup Bowling Tournament March 21.

SEE TITLE, 2B

FROM PAGE 1B

ROWING

serve just about any population,” Morgan said. “Even somebody who’s fairly disabled and far down the line, we have lots of gadgets and cool equipment to adapt the sport and make it really fun.”

Kelly Bailey, a medically-retired Army first lieutenant who left Joint Base Lewis-McChord in 1999, has been able to compete in rowing despite his injuries.

Bailey lost his left leg above the knee during his service, but it hasn’t stopped him from competing in a few races last year — including the American Lake Fall Classic in Lakewood last October.

Although there is the option of being strapped to the boat’s seat to prevent sliding, Bailey is able to row



Courtesy Photo

Army veteran Toai Nelson competes in the American Lake Fall Classic event in Lakewood with fellow veteran Kelly Bailey in October 2017.

regularly against able-bodied rowers.

“When you get into the flow

of rowing, it felt to me like running in the Army,” he said. “It’s one of the few sports that I’ve

been able to do where I forget about my leg.”

Morgan comes from an Army family herself. Her father Norman “Mickey” Mulvenon served as a first lieutenant in the 1950s. Coupled with her mother’s family’s background in firefighting services, Morgan understood service to the community.

She said she also understood the importance of providing opportunities treating all people fairly.

“It’s important to) make sure your work is inclusive,” Morgan said.

To be an inclusive rowing club, Morgan holds the door open for anyone who wants to visit the club’s regular practices in Renton or ride along during an outdoor practice in the summer.

Morgan said Seize the Oar often schedules rowing workshops and clinics in a partnership with the Seattle chapter of the Department of Veteran Af-

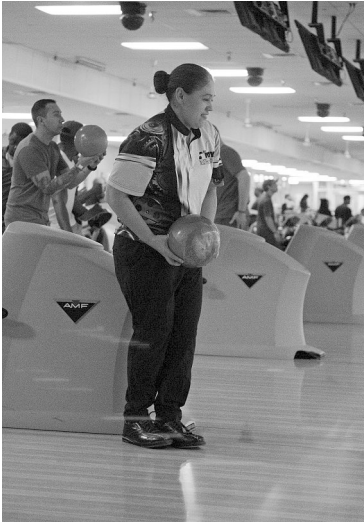
fairs, which she considers an entry point to have patients referred to their club. She is looking to expand on the club’s regional scope with more workshops and clinics near JBLM, Naval Base Kitsap and other local military installations.

“(It’s important) to provide opportunities for veterans in such a veteran-heavy area,” Morgan said. “We take our programs out (of the Seattle area), because we know a lot of veterans don’t come into the city.”

Bailey said anyone interested in the sport should at least visit Seize the Oar’s upcoming launch party. In addition to being part of a great community, Bailey said it’s a chance for veterans to get the body moving again.

“Instead of sitting at home not sure what to do next, rowing is a great way to get active again,” he said.

Dean Siemon: 253-477-0235, @deansiemon



Col. Lisa Keough competes during the bowling championship portion of the 2018 Joint Base Lewis-McChord Commander’s Cup March 21.

FROM PAGE 1B

TITLE

sanitation and eye examinations.

Other members of the Awkward High Fives were Capt. Brad Sonoda, Capt. Gerry Messner and Sgt. 1st Class Mitch Borane.

The second place team was the First Special Forces Group Maintenance, trailing the Awkward High Fives by 96 pins. The eight-week bowling tournament started with twelve teams and, after three games per week, was reduced to five teams in the championship game.

“We are fortunate enough that the timing worked out and that we had the opportunity to represent our unit and bowl in the Commander’s Cup for points,” said Col. Lisa Keough, a member of the 593rd Expeditionary Sustainment Command’s bowling team.

The soccer portion of the Commander’s Cup is currently underway. The next event is golf, which begins April 9.

The first event in the Commander’s Cup was volleyball. The current leaders in the Commander’s Cup are the 62nd



SGT. ERIC JOHNSON 5th Mobile Public Affairs Detachment

Sgt. Johnathan Luttery, a mechanic with Headquarters Support Company, I Corps, participates in the bowling championship portion of the 2018 Joint Base Lewis-McChord Commander’s Cup March 21.

Medical Brigade and 42nd Military Police Brigade, who are tied for first place with 80 points each.

The Commander’s Cup runs from January through December. The winning brigade will be announced in December and

will have its name added to the trophy base, on display for a year.

For more information on the

Commander’s Cup contact Bruce Antonowicz, director of sports, fitness and aquatics, at 253-967-9210.

FROM PAGE 1B

GOLF

Fort Lewis Amateur golf tournament.

They also enjoy fitting more golf into their respective schedules and relish in the opportunity to help golfers of various skill levels and abilities.

“(My students are) really motivated to learn the game, and I’m motivated to teach them,” Romero said. “Even my intermediate and advanced students — they’re motivated to score lower and take it to tournaments.”

Romero is a retired Air Force master sergeant who served on McChord Field from 1979 to 1991. He retired in 1999 after serving in the 97th Air Mobility Wing at Altus Air Force Base, Okla.

He returned to Washington in 2004 when his late father Henry, a retired Army major fell ill.

Before that, Romero’s golfing resume included being the head professional for the Altus Country Club and the director of instruction for Windy Trails Golf Course on Altus.

He became the assistant golf professional at the PGA Learning Center in Olympia for five years before he was diagnosed with three types of cancer:



DEAN SIEMON Northwest Guardian

Art Romero, right, works with Sgt. 1st Class Micah Tilley on his swing during one-on-one instruction at the Eagles Pride Golf Course driving range on Joint Base Lewis-McChord March 1.

seminoma, prostate and non-Hodgkins lymphoma — all within three years. Romero was able to get back into teaching golf, but then he had to take another 14 months off in 2016 when the lymphoma returned.

Having been a four-time cancer survivor certainly has changed how he approaches the game of golf, he said.

“I’m enjoying it more, obviously because I feel better,” Romero said. “I don’t get

stressed out from a poor shot or hit a tree or whatever. I just try to hit the next shot better.”

For Romero, lessons with any golfer — beginner or experienced — starts with a sit-down meeting about goals. He interviews students about their personal history with the sport before establishing what they want to accomplish through his instruction.

“(I ask) what do they want to accomplish out of this lesson,

and then we work on achieving that goal together as a team,” Romero said.

Holshouser finished his Air Force career as a master sergeant in 1999 out of the 62nd Supply Squadron on McChord Field.

He often provided lessons to anyone who asked while he was active duty. It wasn’t anything official; people asked, “Hey Steve, could you help me with this?”

Holshouser’s experience golfing on JBLM includes winning Whispering Firs’ club championship 11 times and setting the course’s record of 63 in August 1991.

At that time, Holshouser didn’t charge any fee for the few impromptu lessons given out on a weekly basis. He recalls that about 100 active duty service members consistently played golf at Whispering Firs.

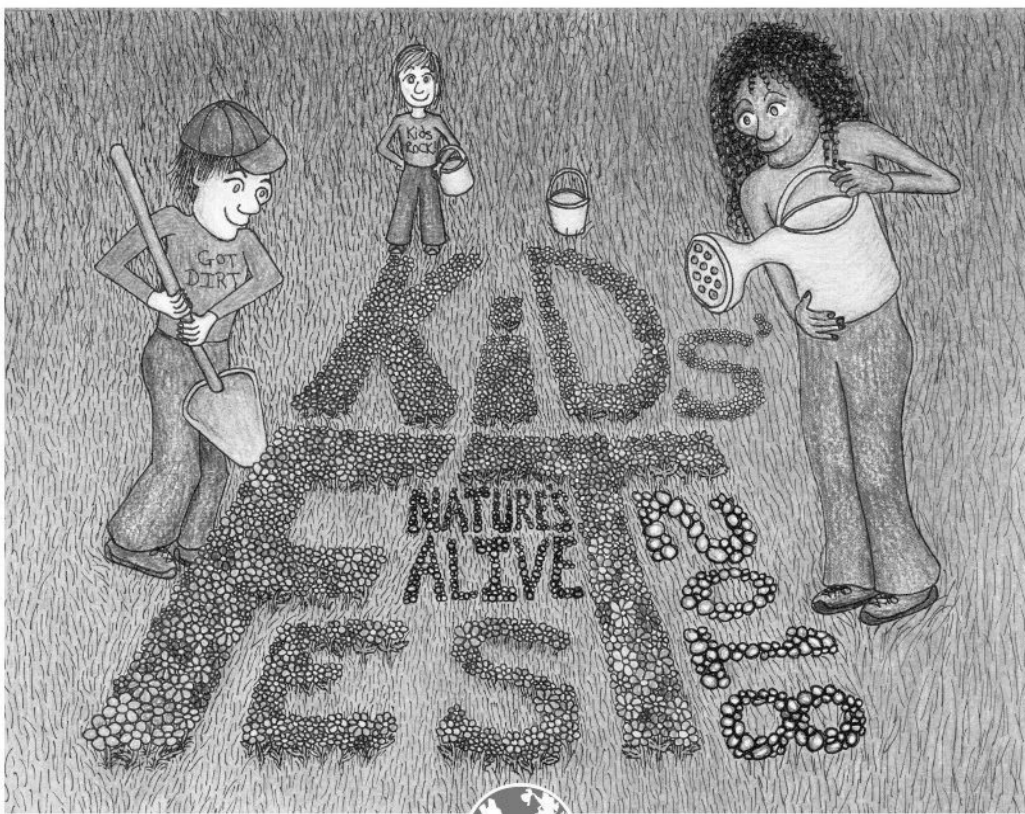
“I just did it just to do it for the love of the game,” said Holshouser, who officially became the instructor at Whispering Firs last year. “If they were willing to learn the game of golf, then I was willing to help.”

Similar to Romero’s procedure, Holshouser begins with an interview where he learns about a student’s background. He also tries to see what their true goals as a golfer are and asks if they want to be a tournament player or just someone who wants to have a better round with friends.

In the end, Holshouser said he won’t give any false hopes or expectations if someone doesn’t seem to have the skills necessary for a serious career.

“The main thing about golf is to have fun,” Holshouser said. “Enjoy the people (who) you play with and just being out there on the golf course. It’s like a walk in the park.”

Celebrating the Month of the Military Child



JBLM MWR
JBLMmwr.com

Thursday, April 5
1-4:30 p.m.

MWR Fest Tent

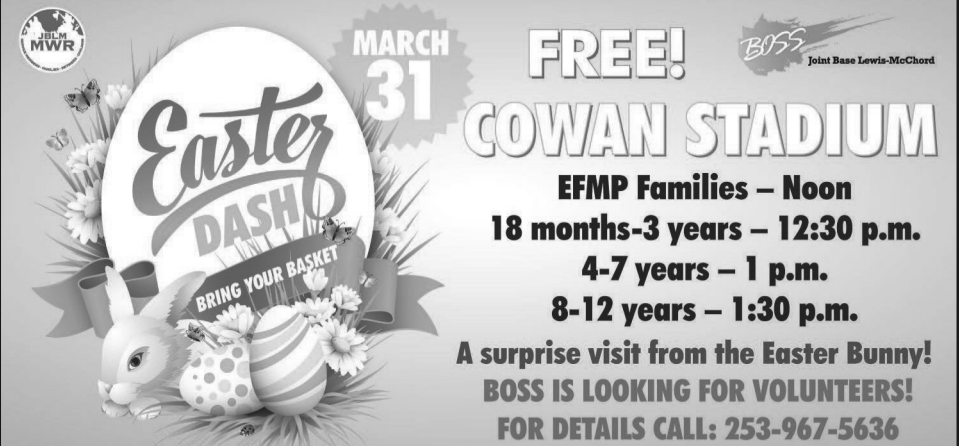
2200 Liggett Ave., Lewis Main

Free bowling & entertainment

- Hands-on crafts • Games & prizes • Treats & more!



No federal endorsement implied



ARMY Entertainment
PRESENTS **THE AMAZING JOHNATHAN'S BIG BANG VARIETY SHOW**
Saturday, April 14, 6 pm
Nelson Recreation Center
Tickets: \$15/couple \$10/person
Ages 18 & up
Food, beer and wine available for purchase.
JBLMmwrRegistration.com

DISCOVER THE NEW
McCHORD LIBRARY DESIGN STUDIO
Welcome to the brand-new McChord Library Design Studio! McChord Library is holding a few workshops highlighting some of our new Makerspace technologies and offerings.
April 2-6
Monday, Wednesday and Friday
11 a.m. Cricut Vinyl Cutting Workshop
1 p.m. 3Doodler Pen Workshop
3 p.m. Button-Making Workshop
Tuesday and Thursday
11 a.m. Silhouette Stamp-Making Workshop
1 p.m. Embroidery Machine Workshop
3 p.m. Photo Fun Workshop
JBLMmwr.com/libraries
851 Lincoln Blvd. McChord Field 253-982-3454
f /JBLMLibrary

THE FIRST TEE Golf Camps
Camp 1 for ages 7-18: Tuesdays at Eagles Pride, April 24-May 29 4:15-5:45 p.m. \$35
Camp 2 for ages 7-18: Thursdays at Whispering Pines, April 26-May 31 4:15-5:45 p.m. \$35
Lil' Drivers for ages 5-6: Thursdays at Eagles Pride, April 26-May 31 4:15-5:15 p.m. \$25
Enroll at JBLMmwrRegistration.com from March 01 - April 23 for Camp 1 and March 01 - April 25 for Camp 2 and Lil' Driver's
LAKESWOOD, DICK'S SPORTING GOODS, US FAMILY HEALTH PLAN, pepsi, GIB, USAA

FREE ADMISSION!
JBLM SPRING FLEA MARKET
MWR FEST TENT SATURDAY APRIL 21 9AM-1PM
Want to sell your home & yard items? For details, email speialevents@JBLMmwr.com. You must be an authorized ID cardholder to sell.

BOOK PATCH LIBRARY MONDAY FUN DAY FOR KIDS!
Monday, April 2
Kids, come to one or all of our fun-filled activities.
Noon-2 p.m. Face Painting & Movie
2:30-3:30 p.m. Rocket Balloon Fun
4-5 p.m. Slime Time
No registration required.
For more details, call 253-967-5533.
JBLM MWR, 2109 N. 10th & Pendleton Lewis Main JBLMmwr.com/libraries, HALF PRICE BOOKS

12th Annual NW Military Masters Bowling Tournament
Saturday, April 21
Check-in: 9 a.m.
Practice: 9:30 a.m.
Qualifying: 10 a.m.
Entry: \$100 Cash
1st place prize: \$1,000 Based on 36 Entries
JBLMmwr.com
Open to all active duty, retired military, civilian employees & spouses.
Bowl Arena Lanes 2272 Liggett Ave. 253-967-4661

The Club at McChord Field
THURSDAY APRIL 26
German buffet & live oompah band 5:30-7:30 p.m.
Reservations required; call 253-982-5581
\$21.95/ages 11-older; \$11.95/ages 4-10; Free/ages 3-younger. Club members save \$2.
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Attend the Friday, April 6 JOB FAIR at Kimbro Pool
2161 Liggett Ave. at JBLM-Lewis Main
9-11 a.m.
Bring your résumé & copies of certification. Multiple positions available. For more details, call 253-967-5026

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Easter DASH
BRING YOUR BASKET

MARCH 31

COWAN STADIUM

EFMP Families:
Noon
18 months-3 years:
12:30 p.m.
4-7 years:
1 p.m.
8-12 years:
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KIDS' FEST
NATURES ALIVE
FEST

JBLM MWR

Celebrating the Month of the Military Child

KIDS' FEST

Thursday, April 5

1-4:30 p.m.

MWR Fest Tent

2200 Liggett Ave., Lewis Main

Free bowling & entertainment,
hands-on crafts, games
& prizes, treats & more!

2018

MONTH OF THE MILITARY CHILD

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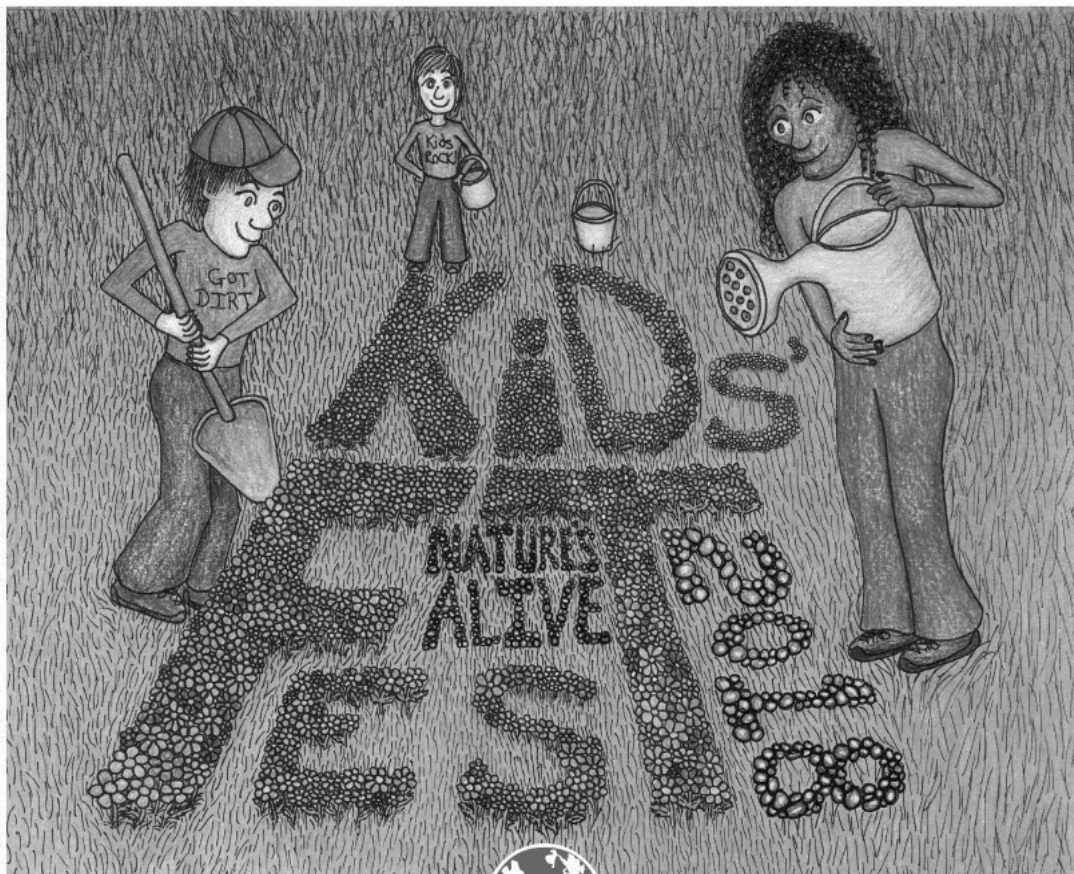


Tickets: JBLMmwrRegistration.com

Ages 18 & up



Celebrating the Month of the Military Child



JBLMmwr.com

No Federal endorsement implied

Thursday, April 5
1–4:30 p.m.

MWR Fest Tent

2200 Liggett Ave., Lewis Main

Free bowling & entertainment

- Hands-on crafts • Games & prizes • Treats & more!

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6B

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FRIDAY MARCH 30 2018

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SECTION C

ALSO INSIDE:

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

COVER STORY

HAPPY HUNTING!

A preview of annual JBLM Easter activities, 3C

FOR THE WEEK OF MARCH 30 TO APRIL 5

30

McCHORD GRILL
11 a.m. to 1 p.m. Fish and chips and a drink for \$8.

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

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

THE CLUB AT MCCHORD FIELD
Make your Volksfest reservations now for April 26. \$21.95 for ages 11 and older, \$11.95 for ages 4 to 10 and free for ages 3 and younger. Club members save \$2. Call 253-982-5581.

31

WHISPERING FIRS AND EAGLES PRIDE
Enjoy Family Golf after 2 p.m. \$30 includes nine holes, cart, rental clubs, range balls and hot dog with soda.

SOUNDERS LANES
11 a.m. to midnight Cosmic Blacklight Bowling 7 to 9 p.m. two hours plus shoe rental for \$12 per person.

1

THE CLUB AT McCHORD FIELD
Make your Easter Brunch reservations by Friday. \$28.95 for ages 13 and older, \$14.95 for ages 4 to 12 and free for ages 3 and younger. Club members save \$2. Call 253-982-5581.

2

STRIKE ZONE AT SOUNDERS LANES
11 a.m. to 8 p.m. Today's special: Chicken cordon bleu 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 Mondays and Wednesdays in April.

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

WARRIOR ZONE DINING April dessert specials: Warm brownie a la mode with chocolate sauce for \$4.50; New York cheesecake with caramel, chocolate or raspberry sauce for \$4.50. Ages 18 and older.

3

SAMUEL ADAMS BREWHOUSE JBLM
4 to 10 p.m. Enjoy burgers, wraps, salads, flatbreads, appetizers an 16 brews on tap.

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

WARRIOR ZONE DINING Caprese burger or Reuben sandwich for \$7. Ask about our non-alcoholic drink specials to go with your meal: Arnold Palmer, sweet tea, lemonade and green tea frappuccino. Ages 18 and older.

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

4

STRIKE ZONE AT SOUNDERS LANES
11 a.m. to 8 p.m. Today's special: Pulled pork sandwich for \$8.25.

WHISPERING FIRS HABAÑERO MEXICAN GRILL The Hefty 6-pound Burrito Challenge is back. Order from 11 a.m. and 2 p.m. Eat it in 45 minutes or less, and it's on the house.

WARRIOR ZONE DINING April appetizers: Pickle fries with dipping sauce for \$3.50 and garlic bread for \$3.95.

STRIKE ZONE AT BOWL ARENA LANES All-you-can-eat pizza and bowling, 4:30 to 7 p.m. Call to reserve your lane: 253-967-4661.

5

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE Open to the public. Enjoy our April special: A half-sandwich and house salad for \$7.95.

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. April pizza specials: 12-inch Margherita pizza for \$8.50; deluxe pizza for \$9.50. Ages 18 and older.

SAMUEL ADAMS BREWHOUSE JBLM 4 to 10 p.m. Shoot some pool and watch big-screen TV with dinner or appetizers and 16 brews on tap.

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253-964-8837

Bowl Arena Strike Zone

253-967-4661

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Cascade Community Center/ Heroes Lounge

253-964-0331

Globemaster Grill at McChord Club

253-982-5581

McChord Catering

253-982-8175

The Bistro at Russell Landing

253-964-2813

The Warrior Zone (Lewis North)

253-477-5833

Whispering Firs Habanero Mexican Grill

253-982-3271

To see menus, visit JBLMmwr.com.

AT THE MOVIES

Carey Theater on Lewis Main

Red Sparrow (R)

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

Black Panther (PG-13) Saturday at 1 p.m.

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

Red Sparrow (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](#)

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

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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



Jennifer Lawrence, Joel Edgerton, Matthias Schoenaerts and Jeremy Irons star in the new 20th Century Fox release, "Red Sparrow."

20th Century Fox



Courtesy Photo

JBLM children will have a chance to hunt for candy during the annual JBLM Better Opportunities for Single Soldiers Easter Egg Dash at Cowan Stadium on Lewis Main Saturday.

JBLM children can meet the Easter Bunny during the Better Opportunities for Single Soldiers Easter Egg Dash at Cowan Stadium on Lewis Main Saturday.



JBLM EASTER ACTIVITIES

HUNTING FOR SWEETS

Activities on JBLM include the annual BOSS Easter Dash

BY RUTH KINGSLAND
Northwest Guardian

Easter is more than just egg hunts and the Easter Bunny. At Joint Base Lewis-McChord, there are many options for celebrating the holiday — and its subsequent spring break vacation time.

[MORE INSIDE](#)

There will be a Protestant Easter sunrise service on Watkins Field Sunday, **9C**

Here's a roundup of some fun Easter and spring break happenings on base.

For those wishing to celebrate

the holiday's Christian services, a Combined Protestant Good Friday Service is scheduled at the Lewis Main Chapel Friday from 7 to 8 p.m. An Easter Sunrise Service at Watkins Field, on Lewis Main, is set for Sunday at

SEE EASTER, 11C



JBLM Outdoor Recreation/2015

JBLM Outdoor Recreation is offering outdoor enthusiasts a chance to learn about mountain biking in an introductory setting April 7. Guides will teach techniques that include pedal position, braking, shifting, climbing, descending and navigating obstacles.

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 SPECIALLY 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.**

APRIL 7 MONTHLY FREE TRAVEL PHOTOGRAPHY SEMINAR

Join us 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 the camera gear in a few hours with experienced instructors. This introduction class will go over the basics of being a photographer who travels around the world. Work with an avid traveler and international photographer on what it means to photograph outside of the local environment. Learn how experienced photographers respectfully capture the faces of people they interact with, perfectly shoot the scenic moments

that make the experience special and even learn how to care for the camera equipment while traveling. No equipment necessary. Class is at 11 a.m. at McChord Field's Adventures Unlimited. Register at JBLMmwrRegistration.com. **Free.**

AN INTRODUCTION TO MOUNTAIN BIKING

Experience the thrill of mountain biking. The class will start by addressing proper bike fit and making any necessary adjustments to each participant's bike. Next, guides will demonstrate riding techniques, including body and pedal position, shifting, braking, climbing, descending and navigating minor obstacles on the trail. They'll also go over important communication skills and mountain biking trail etiquette with the aim of keeping multi-use trails open and safe for everyone. Minimum age: 14; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure

Center at Lewis North at 8 a.m. Register at JBLMmwrRegistration.com. **\$35.**

APRIL 7-8 JBLM BASIC ALPINE CLIMBING FIELD COURSE

Receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. It serves as a prerequisite for many of the Northwest Adventure Center's basic-level climbs and is a stepping stone to more technically difficult mountains, including Denali. This course is an overnight in deep snow conditions to practice all the skills learned in the classroom. Register at JBLMmwrRegistration.com. **\$125.**

APRIL 8 AN INTRODUCTION TO PHOTOGRAPHY SESSION

This is the perfect training

SEE OUT, 6C



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Offer expires June 30, 2018
11:59 PM

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Courtesy Photo

Easter Egg hunts are scheduled for noon at Sehemel Homestead Park in Gig Harbor and 10 a.m. Wright Park and Jane Clark Park in Tacoma Saturday.

EVENTS COMMUNITY

The Jordan World Circus 1 and 7:30 p.m. Friday, 11 a.m., 3 and 7 p.m. Saturday, 1 and 4 p.m. Sunday. Washington State Fair Event Center, 110 Ninth Ave. SW, Puyallup. \$14-\$18. thefair.com.

Folk Songs of the Civil Rights Movement 11 a.m. to 12 p.m. Saturday. Summit Library, 5107 112th St. E., Tacoma. The Civil Rights Movement inspired and made use of great American music. This sing-along program features folks songs that were sung from the Montgomery Bus Boycott to the March on Washington. All ages. Free. 253-548-3321, piercecountylibrary.org.

Hanshik and Ching Ming Festivals 11 a.m. to 2 p.m. Saturday. Mountain View Funeral Home, 4100 Steilacoom Blvd. SW, Lakewood. The community is invited to place the names of loved ones on a Prayer Board,

enjoy traditional Korean music, dancing, ribbons, drumming and food. Free performances by Chinese lion dancers will scare away "bad" spirits, while Buddhist and Taoist monks perform traditional blessings. Free. 415-359-2312, mountainviewtacoma.com/who-we-are/community-events

Stream Bug Spectacular 10 a.m. to 4 p.m. Saturday. LOTT's WET Science Center, 500 Adams St. NE, Olympia. Join Stream Team to discover the types of bugs living in local streams. A brief presentation at 2 p.m. introduces facts about their habitat and role in a healthy ecosystem. Bug lab in the classroom all day. Register required. Free. 360-664-2333, wetsciencecenter.org/events.

PAW Patrol Lve! Race To The Rescue 6 p.m. Monday. McCaw Hall, 321 Mercer St., Seattle. \$19-\$65. Ticketmaster.

Prairie House Museum Kids' Day 1 to 3 p.m. Wednesday.

Prairie House Museum, 812 E 176th St., Spanaway. Enjoy life at the turn of the century. Tour 1890's farm house and out-buildings. Make butter, popcorn and see farm animals. Free, donations accepted. 253-536-6655.

Rod and Custom Car Show 10 a.m. to 3 p.m. April 7. Harmon Brewery and Restaurant, 1938 Pacific Ave., Tacoma. Free to public, \$30 to enter car. 253-377-2525, harmonbrewingco.com.

Tacoma Wined Up 5 to 9 p.m. April 7. Tacoma Armory, 715 S. 11th St., Tacoma. Spend an evening tasting more than 20 Northwest wines, spirits, and ciders. Plus, there will be food vendors, artisan vendors, and a silent auction that will benefit the Broadway Center's Arts Education programs. VIP Tickets: \$60; \$40; Designated Driver Tickets: \$12. 253-591-5894, broadwaycenter.org.

Annual Spring Lu'au 5 p.m. April 14. Memorial Fieldhouse,

University of Puget Sound, 1500 N. Warner St., Tacoma. Hosted by Ka 'Ohana me ke Aloha Club. Dinner is from 5 to 6:30 p.m. at the Wheelock Student Center; Live stage entertainment at 6:30 p.m. \$10. 253-879-3100.

Community Clean Up Central Tacoma 10 a.m. to 1:45 p.m. May 19. Franklin Elementary School, 1402 S. Lawrence St., Tacoma. Free. Volunteer registration at 253-242-3579.

HOLIDAY

Easter at Bass Pro Shops and Cabela's 2 to 8 p.m. Friday and 2 to 3 p.m. Saturday. Bass Pro Shop, Tacoma. Cabela's, Lacey. Family fun, activities and crafts, meet Easter Bunny. Egg hunt for kids 2-10 years old, registration begins at 1:30 p.m. brass-pro.com/easter.

Spring Easter Egg Hunt Noon to 2 p.m. Saturday. Sehemel Homestead Park, 10123 78th St. NW, Gig Harbor. Hosted by PenMet Parks. Hunts are divided

into age groups. \$2 suggested donation per child.

Tacoma Easter Egg Hunts 10 to 11:30 a.m. Saturday. Wright Park, 316 S. G. St., Tacoma and Jane Clark Park, 4825 N. 39th St., Tacoma. Activities include egg hunting, bouncy castles, and more. Free. 253-365-2553, nccta-coma.org/easter.

Easterfest 10 a.m. to 12 p.m. Saturday. Federal Way Church of the Nazarene, 1525 SW Dash Point Road, Federal Way. Egg Hunts organized by age, free popcorn, bouncy houses, photo booths and games for the whole family. Every child will get candy. Please bring a non-perishable donation for the local food bank. Free. 253-839-6085, federalwaynazarene.org.

O Bee Credit Union Egg Dash 11 a.m. to 1 p.m. Saturday. Regional Athletic Complex (RAC), 8345 Steilacoom Road SE, Lacey. Bring a basket or something to hold eggs. Organized by age. In each age group one

egg will contain a grand-prize slip for a new bike and helmet. Free. 360-943-9937, mixx96.com/egg-dash.php.

ARTS AND MUSIC

Free Neighborhood Nights at Tacoma Art Museum 5 to 8 p.m. Thursdays. Tacoma Art Museum, 1701 Pacific Ave., Tacoma. Open late and free to the community. Find your inner artist and sketch in the galleries with an expert teaching artist. Test your knowledge and win prizes with live trivia. Free. tacomaartmuseum.org/events.

Anne Donane Through Thursday. Puyallup City Hall, Fifth Floor, 333 S. Meridian, Puyallup. More than 30

SEE EVENTS, 7C

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The Death of Stalin (R)
Fri: 1:00, 3:30, 6:00, 8:40
Sat-Sun: 11:40 AM, 1:00, 3:30, 6:00, 8:40
Mon-Thu: 1:00, 3:30, 6:00, 8:40

Loveless (R)
Fri-Thu: 2:30, 5:15, 8:00

Thoroughbreds (R)
Fri: 2:00, 4:20, 6:40, 9:05
Sat-Sun: 11:45 AM, 2:00, 4:20, 6:40, 9:05
Mon: 2:00, 4:20, 6:40, 9:05
Tue: 4:20, 6:40, 9:05
Wed-Thu: 2:00, 4:20, 6:40, 9:05

Oh Lucy! (NR)
Fri-Wed: 4:00, 9:00; Thu: 4:00

The Shape of Water (R)
Fri-Mon: 1:15, 6:20; Tue: 1:15
Wed: 1:15, 6:20; Thu: 1:15

The Big Lebowski (R)
WEIRD ELEPHANT SERIES
Sat: Party at 10 PM, Film at 11:00 PM

The Rape of Recy Taylor (NR)
TUESDAY FILM SERIES
Tue: 1:45, 6:20

Love (NR)
SISTER CITIES FILM FEST
Thu: 6:30

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FROM PAGE 4C

OUT

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 the 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.



JBLM Outdoor Recreation/2014

The Sea Kayak Skills class taught by JBLM Outdoor Recreation goes over several techniques.

Register at JBLMmwrRegistration.com. **\$45.**

APRIL 14 CHANCE TO WATCH WHALES IN PACIFIC NW

The early spring provides one of the best whale watching opportunities in Washington.

The Pacific Northwest is home to a vast array of wildlife.

The diverse ecosystems range from the mountain ranges to the numerous island and waterways to the open ocean.

The Pacific Northwest is home

to bears, elk, mountain lions, eagles, salmon, giant Pacific octopus, whales and more.

The highlight for most visitors is the resident and transient orcas, humpback whales, minke whales and gray whales.

Depart from the Northwest Adventure Center at Lewis North at 7 a.m. and McChord Field's Adventures Unlimited at 7:15 a.m.

Preregistration is required by April 11 at noon. Register at JBLMmwrRegistration.com.

\$80; \$60 for ages 3 to 17; **\$25** for ages 2 and younger.

BACKCOUNTRY SKI IN CASCADE MOUNTAINS

Ski all over the Cascade Mountains this winter. Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing. This trip provides all the gear someone would 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. All participants must be intermediate skiers. Due to weather, location is subject to change for safety. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

APRIL 15

FREE SEMINAR ON 'LEAVE NO TRACE' PRINCIPLES

Join instructors from JBLM Outdoor Recreation 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 outdoor gear in a few hours with expert instructors. At this

seminar, discuss the "Leave No Trace" principles. The future of wilderness camping, hikes and other sustainable outdoor recreation depends on more people adopting what's known as "Leave No Trace" principles. The instructors will discuss the seven principles to provide a framework for outdoor recreation decision-making. No equipment necessary. This class takes place at 11 a.m. at McChord Field's Adventures Unlimited. Register at JBLMmwrRegistration.com. **Free.**

APRIL 17

TWO-HOUR SEA KAYAK SKILLS CLASS

Instructors from JBLM Outdoor Recreation offer 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.

SEE OUT, 9C

Fabulous Easter Brunch

Sunday, April 1st
9am-2pm

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Sun 8am-8pm

FROM PAGE 5C EVENTS

paintings, including many Pacific Northwest landscapes.

Finding Tacoma: The Changing Faces of the Northwest Environment 8 a.m. to 4 p.m. Monday-Friday, or by appointment through Wednesday. Pacific Lutheran University — University Gallery, 12180 Park Ave. S., Tacoma. The University Gallery features the latest photography of PLU Professor Bea Geller, drawn from work completed during her recent sabbatical.

"Our Dreams" Mixed Media Exhibit April 13-June 17. Seymour Conservatory, 316 S. G St., Tacoma. Works by the women of Hilltop Artists' Arts Connect Program using glass, paint, paper, writing and sound. Artists reception: 5 to 7 p.m. April 13.

Michael Johnson's Sculptures; Wenda Gu: Landscape Ink

on Paper; Wang Dongling's Calligraphy 10 a.m. to 5 p.m. weekdays; noon to 5 p.m. Saturdays through April 14. Kirtredge Gallery — University of Puget Sound, 1500 N. Warner St., Tacoma. Closing reception 5 to 7 p.m. April 13.

Ebb and Flow 8 a.m. to 5 p.m. weekdays through April 27. Tahoma Center Gallery — Catholic Community Services, 1323 S. Yakima Ave., Tacoma. Rainier League of Arts juried show will have a variety of styles with the theme of water. 253-502-2617.

With a Loving Eye: The Photographs of Jini Dellaccio 10 a.m. to 5 p.m. Tuesday-Saturday; 1 to 5 p.m. Sundays through April 29. Harbor History Museum, 4121 Harborview Drive, Gig Harbor. Inaugural exhibit of the museum's new Traveling Exhibition program. harborhistorymuseum.org.

Steilacoom Fireside Gallery: Guest Artist Series 9 a.m. to 7:30 p.m. Monday-Thursday, 9 a.m. to 4:30 p.m. Fridays

through April 30. Steilacoom Community Center, 2301 S. Worthington St., Steilacoom. Featuring Donna Graham and Elaine Fister Erickson, both of Pacific Gallery Artists. 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

Redistricting: Why it Matters 1 to 3 p.m. Saturday. Milton/Edgewood Library, 900 Meridian Ave. E., Milton. Join a non-partisan discussion of the process to determine our voting districts and how it affects our voice in the democratic process. Discussion led by Alison McCaffrey, director of Politics of the Possible and a member of the

League of Women Voters of Tacoma-Pierce County. Free. 253-720-6813.

VOLKSSPORT/WALK

Daffodil Valley Volkssport 9:45 a.m. Wednesday. Willapa Trail in Chehalis Walk. Holiday Inn, 730 NW Liberty Place, Chehalis. This is an out-and-back route rated 1A. 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 9 a.m. Thursday. University Place Walk. Safeway, 3842 Bridgeport Way, University Place. Meet at 9 a.m. at the Martin Way Park and Ride to carpool or at 9:45 a.m. at Safeway. 10K walk with 5K or 12K

option, rated 2 (moderately easy). Free. capitolvolkssportclub.org.

WORKSHOPS

Interviewing and Audio Recording Workshop with RadioActive 4 to 5 p.m. Wednesday. Parkland/Spanaway Library, 13718 Pacific Ave. S., Tacoma. Teen event. Learn how to ask great interview questions and get a chance to practice the skill using RadioActive's professional audio recorders. Free. 253-548-3304, piercecounty-library.org.

Beginner Square Dancing Lessons 7 to 9 p.m. Thursdays. Sumner VFW Hall, 1705 Willow St., Sumner. Weekly lessons take

SEE EVENTS, 10C



MARCH 23 - 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: \$26 (Adult) \$24 (SR/ST/MI) \$22 (Children 12 and under) Pay what you can March 22 at 7:30pm. www.tacomalittletheatre.com 253-272-2281

MARCH 30-APRIL 22 • FRI & SAT 8PM • SUN 2PM

Lakewood Playhouse

PETER AND THE STARCATCHER

5729 Lakewood Towne Center BLVD SW Lakewood, WA 98496
Peter and the Starcatcher playfully explores the depth of greed and despair... and the bonds of friendship, duty, and love.
LAKEWOOD: Shop, Eat, Play, Stay!
Ticket Info: Full Price \$26. Seniors/Military \$23. Student/Educators \$20. 253-588-1142 or online www.lakewoodplayhouse.org

APR 6-29 • FRI & SAT 7:30PM • SUN 2PM • SAT, APR 21 & 28 2PM

Tacoma Musical Playhouse

CATCH ME IF YOU CAN

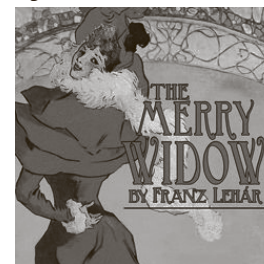
7116 6th Avenue, Tacoma, WA 98406
Based on the hit film and incredible true story, *Catch Me If You Can* is the high-flying musical comedy about chasing your dreams and not getting caught.
Ticket Info: Adult: \$31; Senior (60+), Military, Students: \$29; Children: \$22; Groups of 10 or more: \$27
All seating is reserved.

APRIL 14 & 20, 7:30PM • APRIL 22, 2PM

Tacoma Opera presents

THE MERRY WIDOW

By Franz Lehár



Rialto Theater

Don't miss the intrigue and romance of Tacoma Opera's last production of the 50th anniversary season, *The Merry Widow*.

Ticket Info: \$25 - \$90.
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ON SALE THIS WEEK

PANIC AT THE DISCO: PRAY FOR THE WICKER TOUR Aug. 10. KeyArena, Seattle. Tickets go on sale Friday.

LEON BRIDGES: GOOD THING TOUR Sept. 14. WaMu Theater, Seattle. Tickets go on sale Friday.

NEED TO BREATHE: FOREVER ON YOUR SIDE TOUR Sept. 15. WaMu Theater, Seattle. Tickets go on sale Friday.

CELTIC THUNDER X TOUR Nov. 5. The Paramount Theatre, Seattle. Tickets go on sale Friday.

KINGS OF LEON June 22. The Gorge Amphitheatre, George. Tickets go on sale Friday.

CHRIS BROWN HEARTBREAK ON A FULL MOON TOUR June 19. White River Amphitheatre, Auburn. Tickets go on sale Friday.

MACKLEMORE Sept. 21. Washington State Fair, Puyallup. Tickets go on sale Saturday.

STEVE MILLER BAND WITH PETER FRAMPTON Aug. 25. Chateau Ste. Michelle Winery, Woodinville. Tickets go on sale Saturday.

JACKSON BROWNE July 27. Chateau Ste. Michelle Winery, Woodinville. Tickets go on sale Saturday.

ZZ TOP: TONNAGE TOUR July 30. Chateau Ste. Michelle Winery, Woodinville. Tickets go on sale Saturday.

“LES MISERABLES” Opening June 7. The Paramount Theatre, Seattle. Tickets go on sale Monday.

ALREADY ON SALE

SOMO: THE RESERVATIONS TOUR 8 p.m. Friday. Neptune Theatre, Seattle.

PAW PATROL LIVE: RAVE TO THE RESCUE 10 a.m., 2 p.m. and 6 p.m. Tuesday. 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.

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

CASPAR BABYPANTS 10:30



MATT SAYLES Invision/AP

Macklemore is scheduled to perform at the Washington State Fair in Puyallup Sept. 21. Tickets go on sale Saturday.

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, Tacoma.

THIRD DAY - FAREWELL TOUR 7:30 p.m. May 31. Moore Theatre, Seattle.

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

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

BRIAN MCKNIGHT 8:30 p.m. June 2. Emerald Queen Casino, Tacoma.

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

LISA LAMPANELLI 8 p.m. June 8. Neptune Theatre, Seattle.

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

DANE COOK 8:30 p.m. June 16. Emerald Queen Casino, Tacoma.

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 Amphitheater, George.

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

LOGIC WITH NF: “THE BOBBY TARANTINO VS. EVERYBODY TOUR” 7 p.m. July 13. White River Amphitheatre, Auburn.

TIM MCGRAW AND FAITH HILL SOUL2SOUL WORLD TOUR 2018 7:30 p.m. July 13. KeyArena, Seattle.

BILL BURR 7 p.m. July 15. Paramount Theatre, Seattle.

PENTATONIX 8:30 p.m. July 15. White River Amphitheatre, Auburn.

G-EAZY 6:30 p.m. July 20. White River Amphitheatre, Auburn.

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

LADY ANTEBELLUM AND DARIUS RUCKER 7 p.m. Aug. 19. White River Amphitheatre, Auburn.

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 Amp-

hitheatre, 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.

EVANSCEENCE AND LINDSEY STIRLING 7 p.m. Sept. 7. White River Amphitheatre, Auburn.

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

WRANGLER PRO RODEO TOUR FINALE Sept. 8-9. Washington State Fair, Puyallup.

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

LUCIUS: AN INTIMATE, ACOUSTIC PERFORMANCE 8 p.m. Sept. 12. Moore Theatre, Seattle.

BOY GEORGE AND CULTURE CLUB 7:30 p.m. Sept. 13. Washington State Fair, Puyallup.

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

THE AVETT BROTHERS AND THE HEAD AND THE HEART 5 p.m. Sept. 15. Gorge Amphitheater, George.

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

LAUREN DAIGLE WITH ZACH WILLIAMS 7:30 p.m. Sept. 17. Washington State Fair, Puyallup.

BRETT ELDRIDGE WITH RUNAWAY JUNE AND DEVIN DAWSON 7:30 p.m. Sept. 20. 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.

CHILDISH GAMBINO WITH RAE SREMMURD 6:30 p.m. Sept. 29. KeyArena, Seattle.

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

JAY-Z AND BEYONCE 7:30 p.m. Oct. 4. Century Link Field, Seattle.

COURTNEY BARNETT: TELL ME HOW YOU REALLY FEEL 7:30 p.m. Oct. 8. The Paramount Theatre, Seattle.

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.

EASTER SUNRISE SERVICE

Celebrate Easter at daybreak Sunday

BY RUTH KINGSLAND
Northwest Guardian

Easter will be celebrated at Watkins Field on Lewis Main at 6 a.m., near the break of dawn Sunday morning.

Other than Christmas — a celebration of the birth of Jesus Christ — Easter is most important for followers of Christ, as that's the celebration of the resurrection. He'd been crucified on what's celebrated as Good Friday, and the body of Christ was no longer in the grave when the stone was rolled away from the tomb.

"Up from the grave he arose," and "Christ the

Lord is risen today, alleluia" — those are the lines of two traditional Christian hymns set to be sung at the Joint Base Lewis-McChord Protestant Easter sunrise service.

The event also will feature responsive readings, prayers, communion and special music from singer Daisy Ashford and America's I Corps Band.

An Easter message, entitled "What If?" from Chaplain (Col.) Marc Gauthier, JBLM garrison chaplain, will be delivered.

"This is a great way to celebrate our savior and his conquering sin and

death; it's what Easter's all about," said Staff Sgt. Jill Hermesen, JBLM garrison religious affairs specialist, noncommissioned officer in charge.

Hermesen said Gauthier's sermon will be themed and ask the question: "What if Jesus didn't rise from the dead and couldn't conquer sin and death, where would Christians be?"

"When we die, because of Jesus, we rise from the dead for joy unspeakable," she said. "That's the hope of Easter."

The responsive scripture reading from Matthew 28:1 through 6 tells the story of Mary

Magdalene and Mary, the mother of James, visiting Christ's tomb at dawn: "There was a violent earthquake, for the angel of the Lord came down from Heaven and going to the tomb, rolled back the stone and sat on it ... The angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; He is risen, just as He said.'"

Chaplain (Lt. Col.) Young Kim, JBLM garrison operations and plans chaplain, said he's expecting at least 300 people to attend the service.

It will take place under

If you go

What: JBLM's Protestant Easter sunrise service

Where: Watkins Field, Lewis Main

When: Sunday at 6 a.m.

Cost: A free breakfast will follow the service at Lewis Main Chapel at 7 a.m.

the sheltered area of bleachers on Watkins Field.

"I'm excited, and I know other people are too

because this is all about celebrating Jesus," Kim said. "He is risen."

It's advised that people dress in warm clothing and shoes for the event, and bring blankets to sit on and wrap up in, Hermesen said.

A free breakfast is scheduled immediately following the service at the Lewis Main Chapel, across the street from the event.

For those who'd like to observe more of the weekend's events, a combined Protestant Good Friday service is scheduled at the Lewis Main Chapel Friday from 7 to 8 p.m.

FROM PAGE 6C OUT

Meet at Kimbro Pool at 7:30 p.m. Register at JBLMmwrRegistration.com. **\$35.**

APRIL 21-22 BASIC ALPINE CLIMBING COURSE AT CASCADES

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 an overnight trip in deep snow conditions to practice all the skills learned in the classroom. Register at JBLMmwrRegistration.com. **\$125.**

JUNE 4-26 PLAN YOUR DENALI CLIMBING 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.

While 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.

No peak in the world has greater relief. 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.

Although there are no technically difficult sections on the route, many stretches of "The Butt" leave very little margin for error (the lower glacier in warm conditions, Windy Corner, the Autobahn, Denali Pass and the Summit Ridge).

Prospective climbers should be highly competent in travel on moderately steep snow/ice slopes and exposed traverses. Register at JBLMmwrRegistration.com. **\$5,000.**

**THE BOYS
R BACK**
SINGLE GAME TICKETS
ON SALE NOW

TACOMARAINIERS.COM

FROM PAGE 7C

EVENTS

individuals of all ages step by step from simple moves to all you need to know to dance mainstream. No partner or previous knowledge necessary. Beginners are paired with more experienced dancers in a fun welcoming atmosphere. \$5. 360-463-8532, squaredance-rainier.org/classes.

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.

Tahoma Audubon Budding Scientist Classes 9:45 to 10:45 a.m. and 1:45 to 2:45 p.m. April 16. Tacoma Nature Center, 1919 S. Tyler St., Tacoma. Features story-time, sensory-based activities, songs and outside time. Theme is Animal Homes. May 14 is Plants. \$3-\$5 per child. Registration encouraged. 253-404-3930.

NIGHTLIFE

FRIDAY

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

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

Sam Morril 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$20-\$28. 253-282-7203, tacomacomedyclub.com.

Walking Papers 8 p.m. Jazzbones 2803 Sixth Ave., Tacoma. \$18-\$22. 253-396-9169.

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

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

Deathbed Confessions, Swampheavy, Kyerbox and DJ Damo 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

SATURDAY

Gary Shutes with Milo Peterson 3 to 5 p.m. CRAFT.19 Espresso and Creperie, 1201 Main St., Sumner. Free. 253-447-7957.

Walking Thins, Bernie and the Wolf, Foxtrot Epidemic and The Fibs 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$10. realarttacoma.com.

Sam Morril 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$20-\$28. 253-282-7203, tacomacomedyclub.com.

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.

Cosmo's Dream 8 p.m. Shakah Java, 2618 Sixth Ave., Tacoma. Donation. facebook.com/cosmosdreamband.

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

All Vinyl All Night: Eliot Lipp and Michna 9 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.

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

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

SUNDAY

Groovin' Higher Jazz Orchestra and Country Roadhouse Jam with Dave Nichols 5 and 8 p.m. Stonegate Restaurant

Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

Down North, Pulp Romance and The Placeholders 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$10. realarttacoma.com.

Overlake and Black Nite Crash 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

Open Invitational Comedy Competition 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$13.20-\$22. 253-282-7203, tacomacomedyclub.com.

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

MONDAY

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

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

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

TUESDAY

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

Raanan Hershberg 8 p.m.

Wingman, 509 1/2 Puyallup Ave., Tacoma. \$5-\$10. facebook.com/events/112258456258160.

Suss Law, Victims Panel, Ruptured Silence, Pain Appendix and Snob 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

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

Karaoke with Virginia 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

WEDNESDAY

The Blu Tonz 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way. 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 you berate, mock and interject on the classiest trash cinema has to offer. No cover. 253-503-6712.

D4G Talent Showcase with Malik Banks 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma.



Courtesy Photo

Comedian Sam Morril is scheduled to perform two shows at the Tacoma Comedy Club Saturday at 8 and 10:30 p.m.

253-572-2821.

THURSDAY

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.

HOP IN FOR *Easter* BRUNCH

Spring Lake Cafe

616 Regents Blvd, Fircrest • 460.0919

<p>2018 EASTER BRUNCH</p> <p>FIRST COURSE Fresh fruit plate & assorted scones, muffins, and croissants</p> <p>BRUNCH ENTREES Prime Rib & eggs with potatoes Obrien \$19.95 Smoked Salmon Frittata with scallions, cream cheese, caper and spinach And potatoes Obrien \$17.95 Dungeness Crab Enchilada with chipotle hollandaise, two eggs and potatoes Obrien \$19.95</p> <p>CREATE YOUR OWN OMELET Ham, bacon, sausage, mushroom, bell pepper, green onion, mushroom, tomato, asparagus Cheddar, jack, swiss, feta, pepper jack, Italian blend \$17.95</p> <p>HOME TOWN BRUNCH Two eggs with your choice of bacon, ham, apple sausage or patty sausage With potatoes Obrien \$16.95</p> <p>CHICKEN FRIED STEAK & EGGS With Potatoes Obrien and our famous SOS Gravy \$17.95</p> <p>EGGS BENEDICT With Potatoes Obrien \$16.95</p>	<p>BRUNCH COMBINATIONS</p> <p>MALTED WAFFLE With fresh strawberry, banana & coconut compote' \$16.95</p> <p>FRENCH TOAST Topped with warm sweet peaches and fresh whip cream \$16.95</p> <p>CHEESE BLINTZ Crepes filled with sweetened ricotta cheese \$16.95 (brunch combinations are served with two eggs and choice of bacon, ham, apple sausage or patty sausage)</p>
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For reservations call 253-460-0919
for three seatings at 9 am, 10:30 am, and 12:30 pm. No coupons accepted

PIERCE COUNTY READS 2018

The biggest reading event in the state!

March 11-May 11

Explore the Civil Rights Movement with the award-winning, #1 New York Times best-selling graphic novel trilogy

Learn more!
Come to an event:
piercecountyreads.org

MARCH

JOHN LEWIS
ANDREW AYDIN NATE POWELL

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Pierce County Library System
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[thenewstribune.com]

Pierce County Library Foundation

KeyBank Foundation

FROM PAGE 3C

EASTER

6 a.m., with a free breakfast at Lewis Main Chapel at 7 a.m.

An Easter Brunch at the Club at McChord Field also could be a nice way to enjoy fellowship and good food with family and friends. Seatings are available at 10 a.m., noon and 2 p.m.

Cost is \$28.95 for ages 13 and older, \$14.95 for ages 4 to 12 and free for ages 3 and younger. Club members get a \$2 discount. Reservations are required. Call 253-982-5581.

And, although the Aquatic Easter Egg Hunt at Kimbro Pool was canceled this year due to ongoing maintenance problems at the wading pool, there are still opportunities for military children to have a blast collecting colorful plastic eggs filled with Easter goodies.

JBLM's Better Opportunities for Single Soldiers will present its annual Easter Dash at Cowan Stadium on Lewis Main Saturday, including a special visit from the Easter Bunny.

Separate times are available for different age groups, with an Exceptional Family Member Program dash beginning at noon.

Children ages 18 months to 3 years can participate in a dash at 12:30 p.m., followed by ages 4 to 7 years at 1 p.m. Children ages 8 to 12 are scheduled at 1:30 p.m. Children should bring their own Easter baskets to collect eggs.

If that's not enough excitement and fun, Grandstaff Library, located at 2109 N. 10th and Pendleton streets on Lewis Main, has events planned for Monday and Tuesday to keep the kids active on spring break.

Activities at the library include: Monday Fun Day face painting from noon to 2 p.m., rocket ball from 2:30 to 3:30 p.m. and slime time from 4 to 5 p.m.



Courtesy Photo

JBLM children will have a chance to hunt for candy and meet the Easter Bunny during the annual Easter Egg Dash at Cowan Stadium Saturday.

Teen Tuesday includes a Makerbot introduction at noon, henna tattoos from 1:30 to 3:30 p.m. and 3-D origami from 4 to 5:30 p.m.

No registration is required either day.

For more information, call

253-967-5533.

At the McChord Library, events are planned throughout the week, beginning with daily activities Monday through Friday: fun with keva blocks from 11 a.m. to 1 p.m., PlayStation for virtual reality at 1 p.m. and

movies and popcorn at 3 p.m.

Call the library to find out which movie is playing each day at 253-982-3454. Events also are planned for teens and adults on Monday, Wednesday and Friday: cricket vinyl cutting workshop at 11 a.m., 3-doodler at 1

p.m. and button-making workshop at 3 p.m.

On Tuesdays and Thursdays, enjoy the silhouette stamp making workshop at 11 a.m., embroidery machine workshop at 1 p.m. and photo fun workshop at 3 p.m.

TACOMA'S HISTORIC THEATER DISTRICT
PANTAGES THEATER • RIALTO THEATER • THEATER ON THE SQUARE • TACOMA ARMORY



Apr. 5 • 7:30 p.m. • Pantages Theater

Tickets start at \$19

You've seen him on American Idol and Ru-Paul's Drag Race. This Broadway and YouTube star is a powerhouse in entertainment!

BROADWAY CENTER PRESENTS



Apr. 7 • 5:00 p.m.
Tacoma Armory

VIP Tickets: \$60
[admission at 4 p.m.,
15 tasting tokens,
reserve wine tastings]

Regular: \$40
[10 tasting tokens]

Designated Driver: \$12

A wine tasting event with 20+ Northwest wines, spirits, and ciders vendors; food and artisan vendors; and silent auction to benefit Arts Education.

MUST BE 21+ FOR ENTRY



BROADWAY CENTER PRESENTS

Dennis Miller

Apr. 8 • 7:30 p.m.
Pantages Theater

Tickets start at \$39

Fox News commentator, syndicated radio talk show host, and SNL alum offers sharp, edgy wit and outspoken takes on today's hot topics.

Mature themes and language, adults only.



BROADWAY CENTER PRESENTS

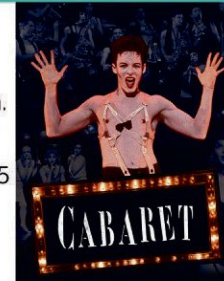
CABARET

Apr. 10 • 7:30 p.m.
Pantages Theater

Tickets start at \$55

Broadway's definitive Tony-winning musical masterpiece!

SPONSORS



BROADWAY CENTER PRESENTS
Deepak Chopra

Apr. 12 • 7:30 p.m.
Pantages Theater

Tickets start at \$39

The New York Times bestselling author shares a unique "whole system" approach that integrates mind and body into one entity.



BROADWAY CENTER PRESENTS

Pink Martini WITH CHINA FORBES

Apr. 20 • 7:30 p.m. • Pantages Theater

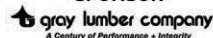
Tickets start at \$34

The Northwest's favorite little orchestra!



HURRY! LIMITED AVAILABILITY.

SPONSOR



BROADWAY CENTER & THE HONORARY CONSUL OF SPAIN PRESENT

Flamenco Guitar Maestro José Antonio Rodríguez

Apr. 21 • 7:30 p.m.
Theater on the Square

Tickets start at \$25

"(he) took us to the highest spheres of the flamenco guitar universe... exceptional composing skills." — Diario Córdoba



BROADWAY CENTER PRESENTS

Shadow Theatre Fireflies

Apr. 29 • 3:00 p.m.
Pantages Theater

Tickets start at \$19

The beauty of visual storytelling in a shadow fusion of color, shape and music.

SPONSORS



BROADWAY CENTER PRESENTS



May 6 • 7:30 p.m.
Pantages Theater

Tickets start at \$39

Enjoy a good ol' fashioned Tupperware Party filled with funny and outrageous tales!



BROADWAY CENTER PRESENTS

The Weepies

Hideaway 10 Year Anniversary Tour
May 18 • 7:30 p.m. • Rialto Theater

Tickets start at \$29

With 7 records in 10 years, the stars have aligned to celebrate folk-pop duo in concert on a rare tour!

BROADWAY CENTER PRESENTS

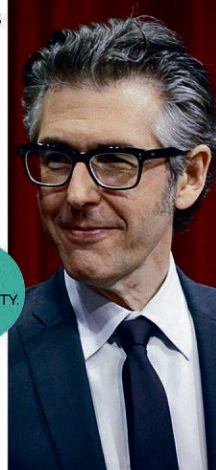
Seven Things I've Learned: An Afternoon with Ira Glass

June 24 • 3:00 p.m.
Rialto Theater

Tickets start at \$29

Hear creator, producer & host of This American Life in an intimate venue!

Photo by Jesse Michener



HURRY! LIMITED AVAILABILITY.

BROADWAY CENTER PRESENTS

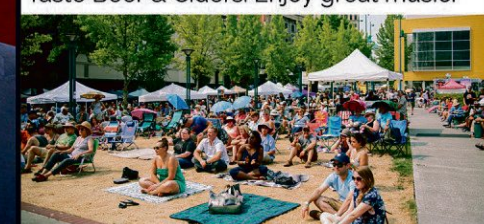


August 11

1:00 p.m.
Block Party on Broadway

Tickets \$25 before July 24

Taste Beer & Ciders. Enjoy great music!



Buy today!

253.591.5894

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