

# guardian

III Authorized newspaper of Joint Base Lewis-McChord, Washington • January 5, 2018

AMTRAK TRAIN DERAILMENT

## TRAINED FOR TRAGEDY



JOHN WAYNE LISTON Madigan Public Affairs

Teams of physicians, doctors and nurses saw 19 patients after the Amtrak train derailment along Interstate 5 near DuPont Dec. 18.

### JBLM first responders trained for derailment scenario last summer

BY DEAN SIEMON  
*Northwest Guardian*

Last summer, members of Joint Base Lewis-McChord's Directorate of Emergency Services partnered with local civilian groups at Camp Murray for a simulated train derailment scenario.

The exercise, which was hosted by Amtrak's Northwest regional emergency management team, presented a situation where a train derailed near the National Guard base and spilled onto the freeway. No one would have imagined a real-life incident would happen Dec. 18 near DuPont.

"For us as first responders, we have a mentality 'it's not if, it's when,'" said Maj. Jolene Ayers, JBLM provost marshal. "We'd rather be prepared than unprepared."

Dec. 18, at approximately 7:33 a.m., Amtrak 501 derailed during its first trip on a new high-speed route to Portland — all 12 cars coming off the rails atop an overpassing bridge and spilling onto the southbound lanes of Interstate 5. Forty-one first responders from JBLM were part of the initial dispatch that arrived four minutes later.

Christopher Barnard, assistant chief of operations for JBLM Directorate of Fire and Emergency Services, was the initial incident scene commander. Although he trained for moments like this, he said it was a sight he never could have imagined

SEE TRAGEDY, 10A



AT LEFT: Members of the Joint Base Lewis-McChord Fire Department and Washington State Patrol work together at Incident Command Post Dec. 18.

BELOW: Pfc. Darien Haynes of 504th Military Police Battalion, 42nd Military Police Brigade, directs traffic Dec. 19 from JBLM's Perimeter Road and onto the Nisqually Road SW for a detour related to the train derailment on the southbound lanes of Interstate 5 near DuPont.



DEAN SIEMON Northwest Guardian

AMTRAK TRAIN DERAILMENT

### Base PAOs kept busy in derailment aftermath

BY DEAN SIEMON  
*Northwest Guardian*

On Dec. 18, several fire and emergency services teams worked tirelessly in the aftermath of the Amtrak 501 derailment near DuPont onto the southbound lanes of Interstate 5 near Joint Base Lewis-McChord.

While more than 40 JBLM first responders were at the scene tending to more than 100 wounded, the JBLM Public Affairs Office was busy fielding

inquiries from local and national media outlets soon after the train cars derailed and entered the morning commuter traffic.

Whether for news reports or for social media, the goal remained the same — getting the information out accurately and rapidly.

"We become the eyes and ears for the media who didn't have contact (yet) with the first responders and (Washington

SEE PAO, 10A



JOHN WAYNE LISTON Madigan Public Affairs

2nd Lt. Robert McCoy, left, Lt. Col. Christopher Sloan, middle, and Maj. Michael Livingston are interviewed by a crew from CNN Dec. 20.

CHANGE OF RESPONSIBILITY

## Garrison welcomes new CSM to JBLM

He began career as an infantryman

BY RUTH KINGSLAND  
*Northwest Guardian*

As a few hundred service members and other community members watched, leadership was transferred from former garrison Command Sgt. Maj. Richard Mulryan to incoming Command Sgt. Maj. Kenny Clayborn at a change of responsibility ceremony at French Theater Dec. 19.



"As we say goodbye to a phenomenal leader, we welcome another exceptional one," said Col. Nicole Lucas, Joint Base Lewis-McChord garrison commander, as she hosted the event.

"You have led here in a truly exceptional fashion over the last two years," Lucas told Mulryan, adding that his work at JBLM "truly culminates a long and distinguished career."

Mulryan is retiring from the Army May 1 after 27 years of service and will go on transitional leave and participate in a transition program before securing a management position in a service organization, he said.

SEE CSM, 10A

REDEPLOYMENT CEREMONY

## 5-3 FA Soldiers return home in time for holidays

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

Soldiers of the 5th Battalion, 3rd Field Artillery Regiment, 17th Field Artillery Brigade reunited with their families and friends Dec. 24 on Joint Base Lewis-McChord after a nine-month deployment to Iraq, Jordan and other areas of U.S. Central Command region.

"Lt. Col. James Dunwoody and Command Sgt. Maj. John Black lead their team of 'First Round' Soldiers for the last nine months supporting Jordanian and United Arab Emirate part-

SEE 5-3 FA, 10A

IN THE NEWS



U.S. Air Force Photo

Elinor Otto, right, better known as a Rosie the Riveter, look at a poster after Otto signed it Dec. 18.

ROSIE THE RIVETER

Elinor Otto travels, appears on television, honored with awards, planting Rosie the Riveter memorial rose gardens and sharing her inspiring Rosie the Riveter message. See story, 6A

## REBOOT COMBAT RECOVERY COURSE

# Service members get help with their PTSD recovery

BY DEAN SIEMON  
*Northwest Guardian*

Ancient Chinese philosopher Lao Tzu is known for the phrase “give a man a fish, you feed him for a day, but if you teach him how to fish, you feed him for a lifetime.”

The REBOOT Combat Recovery Course on Joint Base Lewis-McChord has taught 17 service members and veterans to “fish” — a metaphor for living life well after the effects of post-traumatic stress disorder.

A special graduation ceremony was hosted for graduates of the first REBOOT course on base Dec. 14 inside Letterman Auditorium at Madigan Army Medical Center. The graduates were honored for completing a 12-week program designed to accomplish goals like rebuilding strong character, engaging in a healthy community and reclaiming leadership roles.

It also helped participants develop a support network. Some attempted to tackle their problems on their own, but they made new friends through the course.

“No matter how strong you think you are, you will get to a point where you need help,” said former Army sergeant Christopher Cardillo. “But I slowly started seeing the light and digging myself out.”

Although the JBLM Warrior Transition Battalion offers a number of resources, including social workers and clinicians, REBOOT is a unique program focused on spiritual healing.

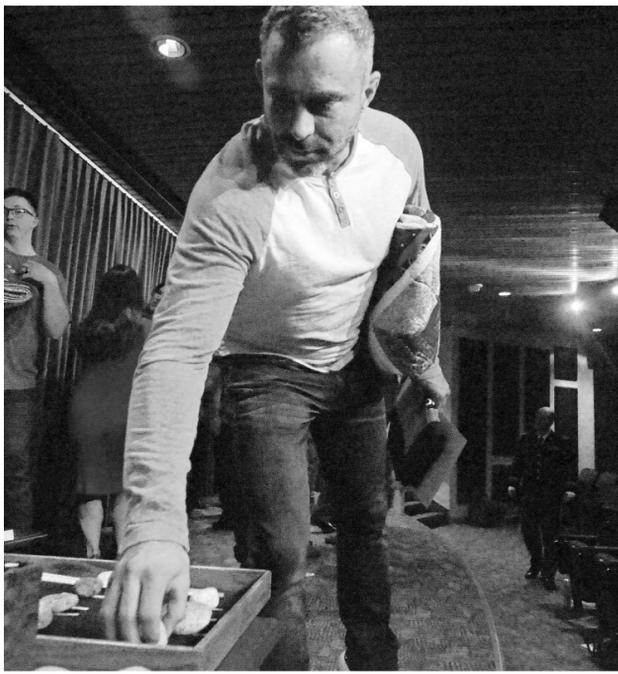
“Believe it or not, you cannot avoid the spiritual side,” said JBLM WTB Chaplain (Capt.) Gabriel Bultz. “Everybody has a little bit of faith. Our job is to give you another avenue to approach your own issues.”

REBOOT was founded by Dr. Jenny Owens, an occupational therapist, in 2011 with a class at Fort Campbell, Ky. The 12-week courses began to be offered to various military installations, and civilian communities began participating in 2014.

According to the group’s website, REBOOT has more than 2,000 program graduates with 47 percent becoming leaders to mentor other military families. But this was the first one held in the Pacific Northwest. JBLM Garrison Chaplain (Col.) Marc Gauthier said he’d like to see REBOOT expanded at JBLM.

“We’d love to see more awareness and exposure from our chaplains so they can see this as another tool in their portfolio when they’re counseling Soldiers and they’re thinking this person may have PTSD,” Gauthier said.

Gauthier had heard about the program from a retired chaplain who helped him connect with the founders in Kentucky. That same day earlier this year, Gauthier met Michael Johnson, a retired Army major who has



DEAN SIEMON Northwest Guardian

worked with several similar programs. He wanted to talk to Gauthier about REBOOT as well.

One thing led to another and Johnson was asked to help coordinate the group with the JBLM WTB.

“It was really a good convergence of program and person and the connection to the resources,” Gauthier said.

Since leaving I Corps in 2006, Johnson began his journey to spiritual healing 11 years ago. There were some highs, like going to school to become a transformational life coach, and there were some lows, he said, like the time he said his wife told him “to leave and not come back.”

Johnson has since been involved with various programs, but he was reintroduced to REBOOT last June while he was attending a Branches of Valor event. He learned about how the two programs partnered to combat trauma — focusing on moral injury and the wounded soul.

“These were all principles and areas I was interested in being a part of,” Johnson said.

The course is open not only to active duty, retired and veteran service members of all branches, but also to family members. The group of JBLM graduates included youths and spouses. Johnson said family is one of the main parts of REBOOT’s DNA, along with community and service.

“Whatever the service member is going through, there are secondary effects that the spouse is going through,” Johnson said. “Whatever is impacting me is impacting everything

around me, including the spouse and the children. If I’m looking at my stuff but I’m avoiding my stuff, I’m not seeing it; but she’s seeing it.”

The fact that REBOOT was open to family members and retired service members was what prompted Lisa Palmer to register. She made it optional for her husband William, a retired Amy lieutenant colonel, who had driven her away at one point from the effects of PTSD.

Palmer said she felt like she was existing just to keep her husband alive without a support network outside the installation.

“But who’s the team for your soul?” Palmer said during her testimony. “Then we had REBOOT, and this was our team.”

There will be another JBLM REBOOT course at the Service Member and Family Assistance Center starting Feb. 1. Additional programs will be hosted in churches and community centers from Everett to Olympia.

Eight of this graduating class are also prepared to act as leaders for some of these programs. Johnson is already scheduled to make a trip to Yakima in February to help work with pastors in implementing similar programs, allowing veterans and retirees to have access to a support network.

“When you’re in the uniform, you have that built in support network with that service member to your left and right,” Gauthier said. “You may not have that same benefit being in a civilian church and not as well networked or connected.”

Dean Siemon: 253-477-0235,  
@deansiemon

## NEWS IN BRIEF

## Dr. King observance to be held Thursday at the Carey Theater

There will be a celebration of the life of Dr. Martin Luther King Jr. Thursday from 11:30 a.m. to 12:30 p.m. at Carey Theater on Lewis Main. The event is free, and everyone with access to Joint Base Lewis-McChord is invited to attend.

Chaplain (Lt. Col.) Khalid Shabazz, 7th Infantry Division chaplain, will be the guest speaker for the event.

The event is hosted by the 201st Expeditionary Military Intelligence Brigade. For more information, contact Sgt. 1st Class Eric Avant at [eric.a.avant.mil@mail.mil](mailto:eric.a.avant.mil@mail.mil) or 210-464-1007.

— 201ST EXPEDITIONARY MILITARY INTELLIGENCE BRIGADE

## 16th CAB’s Raptors’ Nest Dining Facility up against best in Army

Colonel Peter Crandall, 404th Army Field Support Brigade commander, presented the fiscal 18 Regional Garrison Philip A. Connelly award, for food service, to 16th Combat Aviation Brigade Dec. 11. The competition provides an opportunity to raise culinary excellence and professionalism in food service operations throughout the Army.

Over the last few months, 16th CAB received evaluation visits from 7th Infantry Division, I Corps and the 404th AFSB. According to Master Sgt. Candice Williamson, 16th CAB culinary management noncommissioned officer, the evaluators were thorough and scrupulous in their assessments in 11 major areas.

Throughout January, 16th CAB will compete for the Army-wide Philip A. Connelly Award alongside other regional award recipients. During The final phase of this competition, evaluators will visit the Raptors’ Nest Dining Facility.

“This has been a long hard road, and we have gained a lot of experience and knowledge through the journey,” Williamson said. “We have worked together as a team in order to get to this level, and continue to grow and learn while moving forward. We are confident and are looking forward to the challenge at the (Army) level.”

— 1ST LT. SEAN CICOGNA, 404TH ARMY FIELD SUPPORT BRIGADE

## McChord C-17 supports NASA in Orion spacecraft parachute test

Airmen and testers from the 418th Flight Test Squadron joined Army, NASA and contractor personnel to participate in an airdrop of a mockup of the Orion spacecraft. The capsule was airdropped from a C-17 Globemaster on loan from Joint Base Lewis-McChord over the Yuma Proving Ground in Arizona. NASA is continuing contingency tests of the Capsule Parachute Assembly System, or CPAS.

According to the space agency, NASA’s Orion spacecraft is built to take humans farther than they’ve ever gone before. The craft will serve as an exploration vehicle that carries a crew to space and sustain them during their space travel. The spacecraft is designed to re-enter the Earth’s atmosphere safely and land by using a system of 11 parachutes.

The Orion capsule was airdropped Dec. 15 with the planned failure of some of the chutes to test aerodynamic stresses on the remaining Orion parachutes.

Aircrew members assigned to the 418th Flight Test Squadron included Lt. Col. Zachary Schaffer, Maj. Daniel Edelstein, Capt. Eric Michael, Senior Master Sgt. Michael Gordon, Staff Sgt. Kermit Maronge, Staff Sgt. Leah Starks, Staff Sgt. Vanessa Jordan, Jacob St. Germain, Dean Van Oosterhout, Christian Turner and Christopher Okula.

Read more about the Orion parachute tests at [tinyurl.com/ydeb8e65](http://tinyurl.com/ydeb8e65).

— KENJI THULOWEIT, 412TH TEST WING

## Joint Base Lewis-McChord has late-night firing over 3 weeks

Two infantry units and two Special Operations units on Joint Base Lewis-McChord will conduct day, evening and nighttime mortar training over the next three weeks.

● Late-night motor firing starting Jan. 17 at 6:30 a.m. to Jan. 18 at 11:59 p.m. Training will occur throughout daytime and nighttime hours.

The 2nd Battalion, 1st Infantry Regiment, 2nd Brigade, 2nd Infantry Division will take part in 120 mm mortar training on JBLM.

● Mortar training will also take place Jan. 23 at 6:40 a.m. to Jan. 26 at 9 p.m. Training will occur throughout daytime and nighttime hours.

Three different units will take part in 60 mm, 81 mm and 120 mm mortar training on JBLM.

● Mortar training will also take place Jan. 30 at 12:01 a.m. to Jan. 31 at 11:59 p.m. Training will occur throughout daytime and nighttime hours.

The 2nd Battalion, 75th Ranger Regiment will take part in 60 mm, 81 mm and 120 mm mortar training on JBLM.

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

## JBLM civilian hall of fame, service award nominations accepted now

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

Units across Joint Base Lewis-McChord are invited to submit nominations by March 30 to be considered for the 2016 hall of fame award.

The impact can be based on long-term support or short-term actions that have made a difference. The hall of fame is named for retired Lt. Gen. William Harrison. Harrison served as the commander of I Corps from 1987 to 1989 and he became the first mayor of the city of Lakewood in 1995. He is known throughout the JBLM communities for his high standards, dedication and commitment to making his community a better place for all.

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

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

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

## SURVIVOR OUTREACH SERVICES

## Benefits call to aid Gold Star families

BY RUTH KINGSLAND  
*Northwest Guardian*

For those who have recently lost a military loved one or haven’t been a surviving spouse long enough to know all the ins and outs of rules and red tape, here’s an opportunity to get questions answered and learn what to do at specific milestones — Joint Base Lewis-McChord’s Survivor Outreach Services is offering a milestone benefits conference call Jan. 24 from 1 to 4 p.m.

The free dial-in number is 605-475-4120, access code 8475028.

This is the first time the event has been offered, and it’s expected to save valuable time for clients who have a variety of questions for different agencies and don’t want to spend all their time calling one organization after another.

“If you’ve been through trying to call Social Security or other agencies for hours, you can appreciate an opportunity to talk to everyone you need to in one call,” said Tina Mann, SOS financial counselor.

“We’re doing (the call-in) because many survivors aren’t

aware of certain milestones,” she said. “Sometimes survivors come in (to the SOS office on Lewis Main) and say their benefits have stopped, and they want to know why. This is something you need to mentally prepare yourself for, so you don’t miss the milestones.”

A few of the milestones Mann refers to involve medical care. The surviving spouse receives TRICARE for three years before their care switches to retiree status, Mann said.

“The child gets TRICARE until they age out,” she said.

The event will be on a timed schedule, so it’s important to call in at the time a representative will be available for your specific need.

### CALL SCHEDULE

**1 to 1:30 p.m.** Veterans Affairs representative — dependency and indemnity; the Marine Gunnery Sgt. John David Fry Scholarship — which provides GI Bill benefits to the children and surviving spouses of service members who died in the line of duty while on active duty after September 10, 2001. Eligible beneficiaries attending school

may receive up to 36 months of benefits at the 100 percent level; and remarriage.

**1:30 to 2 p.m.** Social Security Administration representative — benefits for children when they turn 18 and are still in school; also widows benefits start at age 60.

**2 to 2:20 p.m.** TRICARE — New changes for TRICARE and if benefits end if surviving spouse remarries.

**2:20 to 2:50 p.m.** Retirement Services Officer — Survivor benefits for spouse and child. Benefits change when child turns 18; benefits for spouses who remarry.

**2:50 to 3:15 p.m.** Exceptional Family Member Program — benefits continue for child and spouse when sponsor dies.

**3:15 to 3:45 p.m.** Employment Readiness Program — Benefits for surviving spouse interested in getting into the Federal Government and services offered.

**3:45 to 4 p.m.** General questions and answers.

# Page Three

## QUOTE OF THE WEEK

"A revolution in technological affairs does not equal a revolution in military affairs. At times, we've placed too much hope and credit on the winning ingredient being technological solutions. Technology is a necessary ingredient to any and all winning combinations of strategy and force, but it is insufficient alone. The key is human talent. It's the pure and noble courage of the American Soldier that counts the most."

Retired Gen. Lloyd Austin III

## ALSO INSIDE



MIKE STRASSER All-Army Sports

**ALL-ARMY HOCKEY:** Two Army brothers from JBLM help lead the All-Army hockey team to a 4-2 win over the Canadians. **See story, 1B**

## NWGUARDIAN.COM

● **Seven-decade wait:** More than seven decades after participating in the most harrowing battles of World War II, William Grant Jr.'s heroic and meritorious Army service was recognized with the Bronze Star Medal Dec. 29 in Las Vegas. Grant, 92, awarded the medal following the war's conclusion, never realized he had received it until his son reviewed his father's discharge papers before a visit to the Veterans Administration four years ago.

● **Major EPR change:** Air Force officials announced Thursday Enlisted Performance Reports are no longer required for active-duty Air Force Airmen in the grade of airman first class and below with less than 36 months' time-in-service or Air Reserve Component Airmen below the



grade of senior airman. This policy change supports the focus on revitalizing the squadron and saving Airmen time. It eliminates an unnecessary administrative requirement and empowers frontline supervisors, raters and commanders to frequently engage with their Airmen face-to-face, said Lt. Gen. Gina Grosso, deputy chief of staff for Manpower, Personnel and Services.

## 7TH INFANTRY DIVISION

# Lightfighter statue comes home

BY RUTH KINGSLAND  
*Northwest Guardian*

Former 7th Infantry Division Soldier Mike Carline, of Vacaville, Calif., was just getting off a 24-hour patrol at Fort Ord, Calif., in the late 1980s when he was told to get his picture taken for use as a model for a statue being created.

He was told only his face and hands would be used. Carline said he didn't think much about it for about a year, until he came across the statue at the front gate at Fort Ord.

"I knew it was me," he said, adding that he moved to Joint Base Lewis-McChord soon after that and was surprised to see the statue also had moved, along with the division, to JBLM.

The Lightfighter statue, created for the 7th Infantry Division, moved with the division to Alaska, but came home to JBLM in time for the division's 100th anniversary celebration and statue unveiling ceremony in front of the division's headquarters at Harrison Hall on Lewis Main Dec. 15.

Carline and several other 7th Inf. Div. dignitaries and former and present Soldiers were part of the unveiling ceremony.

"It never meant so much before (to see the statue in his image), but now with it being a historical statue — well, I'm pretty proud," Carline said after the ceremony.

The Bayonet Division was first activated Dec. 6, 1917, during World War I.

Its troops have served on the Western Front in France, reclaimed American soil from the Imperial Japanese Army in the Aleutian Islands, were the first Americans to set foot on Japanese soil at Kwajalein Atoll, followed by major actions on Leyte and Okinawa, according to Lt. Col. Fredrick Williams, 7th Inf. Div. public affairs officer.

During the Korean War, the 7th Inf. Div. took part in the



RUTH KINGSLAND Northwest Guardian

Maj. Gen. Willard Burleson III, right, stands with a group of former 7th Inf. Div. Soldiers, including, directly to Burleson's left, Mike Carline, of Vacaville, Calif., who was the face and hands model for the statue.



RUTH KINGSLAND Northwest Guardian

Maj. Gen. Willard Burleson III, commanding general of the 7th Infantry Division, speaks at the unveiling ceremony of the Lightfighter statue outside Harrison Hall Dec. 15. The ceremony was part of the division's 100th anniversary celebration.

Inchon Landings. That's where Gen. Douglas MacArthur first called the division his "bayonet

division" — allegedly because it would stab into the heart of Korea and defeat the enemy.

The name has stuck with the division through the years. In recent years, Soldiers of

the 7th Inf. Div. have deployed to Afghanistan in support of Operation Freedom's Sentinel and Operation Just Cause.

The division's motto is "Trust in Me," which "reiterates the nation's confidence and trust in the 7th Infantry Division's ability to provide units that are trained and ready to deploy, fight and win decisively, given any mission, in any environment," according to the division's Facebook page.

Ninety-five-year-old Korean War veteran, Frank Tanagi, of Seattle, attended the Dec. 16 ceremony with his wife of 58 years, Fay.

Tanagi, who transitioned out of the military as a first lieutenant, said he was invited to be part of the JBLM ceremony because of his service with the 7th Infantry Division from 1941 to 1946.

"I am very honored," he said.

The Bayonet Division is currently led by Maj. Gen. Willard Burleson III, commanding general, and consists of a support staff of 250 Soldiers and also oversees about 15,000 Soldiers in multiple brigades across the installation.

During the ceremony, Burleson said it was important to host the ceremony and prior 7th Inf. Div. Centennial Week events.

"We want to celebrate the Soldiers who have served in this division as well as those family members who have supported them," he said.

Other events in the weeklong celebration included a Commander's Holiday Reception at Burleson's home, a celebration hosted by retired Maj. Gen. John Hemphill at McNamara's Pub in DuPont, a Commander's Symposium at American Lake Conference Center, a Living History Social at Lewis Army Museum, an Open House following the Lightfighter Statue unveiling ceremony and a formal dinner at American Lake Conference Center.

## 1ST SPECIAL FORCES GROUP (AIRBORNE)

# Special Forces single Soldiers hit the trail

BY SGT. BRANDON WELSH  
*1st Special Forces Group (Airborne)*

Single Soldiers often find themselves far from home and family when arriving at a new duty station. Army leaders have long sought ways to welcome these mostly young new Soldiers and build a sense of unity and esprit de corps through programs and activities.

One Special Forces unit, the 3rd Battalion, 1st Special Forces Group (Airborne) took a unique approach to taking care of their single Soldiers by providing them with series of events designed to both bring them together and promote unit cohesion. Unlike most single service members programs, which offer day and weekend trips in and around the local area, the battalion's Soldiers take theirs during the work day.

"We have multiple single Soldier initiatives ranging from events with Better Opportunities for Single (Service Members) to Duty Days with the Chaplain to rally points at resilience events that are put on by Joint Base Lewis-McChord's (Family and

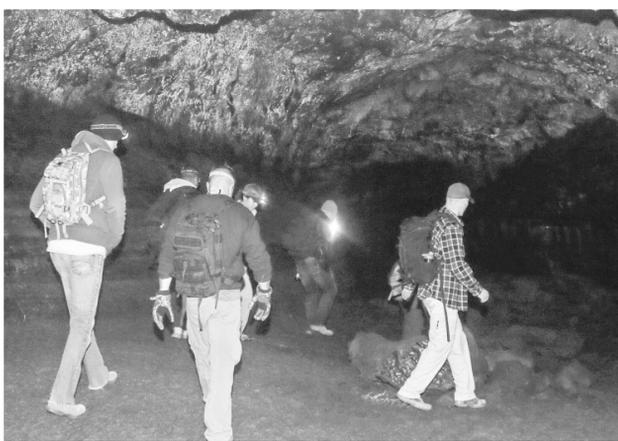
Morale Welfare and Recreation," said Chaplain (Capt.) Christopher Kitchens, the battalion chaplain.

In the middle of a work week Dec. 13, 12 Soldiers led by Chaplain Kitchens, left JBLM to explore the Ape Caves, located south of Mount St. Helens, Wash. The 2.5-mile hike in the Gifford Pinchot National Forest took Soldiers through the longest continuous lava tube in the U.S. and exposed the Soldiers, many not from the Pacific Northwest, to the unique natural phenomenon.

"These events help me to reset and relax," said Staff Sgt. Mike, a single Special Forces Soldier in the battalion. "It's great that we can do this in the middle of the week."

During the hike, Kitchens talked to the Soldiers individually and collectively about resiliency. Getting out for the day, away from the flagpole, is a much needed escape for Soldiers that doesn't come often enough during their busy schedule, Kitchens said.

"Single Soldiers events provide these Soldiers with a guilt



SGT. BRANDON WELSH 1st Special Forces Group (Airborne)

Soldiers from 3rd Battalion, 1st Special Forces Group (Airborne) explore the Ape Caves during a single Soldier retreat Dec. 13.

free opportunity to step away from the proverbial plow for a day, reset, and get back in the fight with a renewed sense of purpose and a fresh vision," Kitchens said. "This ultimately increases Soldier readiness as well as sets the stage for longer and more productive careers." Lieutenant Colonel Joshua

Thiel, battalion commander, and a self-declared geo-bachelor due to his wife's job, said he used his newfound perspective to emphasize a more balanced engagement for the Soldiers and families in the unit.

"We are finding that we are stronger together," Thiel said. Thiel and Command Sgt. Maj.

Christopher Schleif, along with Kitchens and Stephanie Roe, the Family Readiness Support assistant, have taken personal ownership and placed a command emphasis on their family and single Soldier member programs.

One of the command's programs encourages Soldiers to participate in JBLM organized events by sending their unit guidon and establishing it as a rally point. Soldiers and family members, who otherwise would not likely meet, can rally and partake in the JBLM event together.

In line with the Special Forces principle of people being more important than hardware, the battalion leaders have found their initiative to have been well received.

"These have been great, said Staff Sgt. Mike. "I've met more and more people and I'm looking forward to attending other events, especially ones on a work day!"

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

# Viewpoint



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

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

**Joint Base Garrison Commander, JBLM**  
Col. Nicole Lucas

**Public Affairs Officer**  
Joseph Piek

**Editor**  
Bud McKay

**Journalists**  
Dean Siemon  
Ruth Kingsland

**Assistant Editor**  
Pamela Kulokas

**Photojournalist,  
Page Designer**  
Scott Hansen

To contact the **Northwest Guardian**, call 253-477-0182. The newspaper office is in Building 1010, Joint Base Lewis-McChord, WA 98433-9500; email [NWGEditor@nwguardian.com](mailto:NWGEditor@nwguardian.com). Provide feedback online at <https://ice.disa.mil>.

Contents of the **Northwest Guardian** are not necessarily the official views of or endorsed by the U.S. government, the Department of Defense, the Department of the Army or Joint Base Lewis-McChord. The **Northwest Guardian** is an authorized, unofficial newspaper published every Friday by the JBLM Public Affairs Office, Building 1010, ATTN: IMWELEW- PA, Joint Base Lewis-McChord, WA 98433-9500, under exclusive contract with The News Tribune, a private firm incorporated in the State of Washington and in no other way connected with the Department of Defense or the U.S. Army. Circulation is 20,700.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

A confirmed violation or rejection of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source until the violation is corrected.

All editorial content of the **Northwest Guardian** is prepared, edited and provided by the Joint Base Lewis-McChord Public Affairs Office. The civilian printer is responsible for all commercial advertising.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense or The News Tribune, of the firm, products or services advertised. Call the advertising staff at 253-428-8000 for classified or Bernie Fernandez at 253-597-8504 for display ads.

For mail subscriptions call 253-597-8711. Base information can also be found on the Joint Base Lewis-McChord home page at [www.lewis-mcchord.army.mil](http://www.lewis-mcchord.army.mil), or the online edition of the paper at [nwguardian.com](http://nwguardian.com).

## STRAIGHT TALK

To join the "Straight Talk" conversation, visit [facebook.com/JBLewisMcChord](https://facebook.com/JBLewisMcChord)



## Happy new year! What are your goals for 2018?

"Use my cellphone less, and use my time for family, and read books more — especially my Bible."

— RAE AND TABBY POMBO

"I don't make goals. The defiant turd in me rebels and says, 'You can't tell me what to do! I do what I want!' and boycotts whatever it is the goal is. Goal to lose weight equals never getting off the couch, etc. Reverse goals wouldn't work either! I just hate being productive."

— ADRIENNE LABARE

"To become a famous poet and get my poetry published. I already have my foot in the door, now it'll just be a matter of time to when I can get the ball rolling."

— NICOLE TAYLOR

"Get that much closer to ETS date."

— ALEX TAYLOR

"Begin competing in duathlons."

— JEFF SHACKELFORD

"Saving a lot of money!"

— MIHYEON S. FOX

## Next week's question

What was the best part of your holiday season?

## VIEW FROM THE TOP



446th Airlift Wing

Col. Scott McLaughlin, 446th Airlift Wing commander, leaves the wing Friday to move onto become the director of staff at 4th Air Force, at March Air Reserve Base, Calif.

# Rainier Wing is postured for a very positive future

BY COL. SCOTT MCLAUGHLIN  
*446th Airlift Wing Commander*

When I assumed command of the 446th Airlift Wing, I remember saying that I was looking forward to working with our Army partners and learning more about



McLaughlin

the functional relationships between the active duty, reserve, guard and Army components here at Joint Base Lewis-McChord.

As I wrap up over three years of command at the Rainier Wing, I can honestly say I have learned a tremendous amount about many of the impressive units comprising the Joint Base Lewis-McChord community. Needless to say, I consider this assignment to be the best of my career.

Having the opportunity to represent this wing in the community certainly has been a highlight for me. With many assignments under my belt and having lived in many different parts of the country, I can without a doubt say the local com-

munity here is the most supportive I have ever encountered.

With annual events like the operations Turkey Drop and Ham Grenade, the community supports JBLM with a generosity I've never witnessed elsewhere.

Although I am transitioning to a new installation and community, I will always remember my time at JBLM positively. Reflecting on all that has happened in the years of my command here, I am most proud of the accomplishments of not just the Rainier Wing, but of all JBLM Airmen and Soldiers as well.

Our Airmen and Soldiers are some of the most professional and dedicated service members in the country, which makes JBLM such an awesome and formidable power projection platform.

I will officially hand over the reins to a new commander Friday, and I'm confident in saying the Rainier Wing is postured for a positive future. In 2016, the wing was rated "Effective" and scored "Highly Effective" for the Major Graded Area of Improving the Unit, which is the highest rating a wing can achieve for any graded area.

Also, the Rainier Wing fostered a culture of innovation through Continuous Process Improvement, performing an Enterprise Value Stream Analysis for each of our 18 units. This endeavor identified 86 wing processes requiring immediate improvement.

Finally, realistic military exercises are the norm for the JBLM community. During my tenure, the wing participated in Air Mobility Command's Mobility Guardian exercise that challenged our aeromedical evacuation squadron to critical patient stabilization training in an international training environment.

It has been such an honor to serve as a wing commander at Joint Base Lewis-McChord. I've made many friends inside and outside of the installation's gates, and I know I'll keep in touch with many of them for the rest of my life.

I never like to say goodbye, so I'll leave by saying thank you JBLM for the opportunity to grow as an officer and commander and for re-introducing me to the beauty of kindness of my native Pacific Northwest.

## 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



PETTY OFFICER 3RD CLASS CHARLES GADDIS IV U.S. Navy photo

Aviation Boatswain's Mate (Handling) 3rd Class Phillis Troupe, from St. Louis, Mo., performs daily announcements on the 1MC aboard USS John C. Stennis (CVN 74). John C. Stennis is in port in Bremerton conducting routine training as it continues preparing for its next scheduled deployment.

## THIS WEEK IN HISTORY

**Jan. 5, 1643:** First divorce granted in the colonies.

**Jan. 6, 2008:** Disney-MGM Studios becomes Disney's Hollywood Studios.

**Jan. 7, 1959:** United States recognizes new Cuban government.

**Jan. 8, 1790:** President George Washington delivers first State of the Union.

**Jan. 9, 1493:** Columbus mistakes manatees for mermaids.

**Jan. 10, 2000:** AOL-Time Warner formed.

**Jan. 11, 1863:** Battle of Arkansas Post.

**FREE** OPERATION Baby Shower

Saturday, Jan. 20, 11 am – 4 pm, American Lake Conference Center

Enjoy educational & pampering products, vendors, refreshments, baby shower games, baby/maternity clothing swap and entertainment!

MedCerts GOLD FINANCIAL SERVICES HEALTH NET FEDERAL SERVICES USAA acu AMERICA'S CREDIT UNION BELL Family Dental The Tsang Team OnQ Financial Mortgages Simplified US FAMILY HEALTH PLAN

**CYS JOB FAIRS**

Jan 9, 16, 23, & 30

8 am – 3 pm

Eagles Pride Golf Course

We are hiring Child & Youth Program Assistants!

Qualifications, pay bands & paper application: [fb.com/JBLMcys](http://fb.com/JBLMcys)

**GREATER TACOMA 37TH ANNUAL COIN SHOW**

TACOMA ELKS LODGE 2013 S. CEDAR

Saturday Only Jan 6 - 10 to 4

FREE PARKING FREE APPRAISALS

253-565-6565 for info

\$3 GEN ADM | FREE TO CURRENT ELK MEMBERS

**ALL4 FOR ALL ROADS.**

TAKE HOME A NEW 2018 MINI COOPER COUNTRYMAN STARTING AT \$30,315.

Always ready for adventure, the MINI ALL4 All-Wheel Drive system was designed to help keep you on track. Along with Dynamic Stability Control, the system calculates the ideal traction distribution to optimize control and enhance agility on the road. Whether you choose the rugged MINI Cooper S Countryman ALL4 Sports Activity Vehicle, or the refined MINI Cooper S Clubman ALL4, amazing adventures await just beyond your driveway. To experience the ALL4 All-Wheel Drive system that makes the journey as great as the destination, stop by Northwest MINI today.

**NORTHWEST MINI**  
3901 20TH ST E  
TACOMA, WA 98424

253-284-6464  
[NorthwestMINI.com](http://NorthwestMINI.com)

See dealer for complete details. Certain restrictions may apply. © 2017 MINI USA, a division of BMW of North America, LLC. The MINI name, model names and logo are registered trademarks.

**FREE FINANCIAL SEMINAR**

Saturday, January 13  
10:00 AM - 12:00 PM

Speaker **Tim Rosen**  
([www.timrosen.org](http://www.timrosen.org))

"Developing Healthy Money Habits"  
"A Wise Approach to Investing"

Refreshments will be served

The results are in...

- 47% of American households would have great difficulty handling a \$400 unexpected expense
- Financial issues are a major cause of divorce in America
- The average debt for a millennial is \$30,580

**We could probably use some help!**

**TEMPLE BAPTIST CHURCH** | 3806 College St SE  
Lacey, WA 98503

**(360) 491-3395 | [www.tbclacey.org](http://www.tbclacey.org)**



YOU'RE INVITED TO OUR

**ONE-YEAR ANNIVERSARY CELEBRATION!**

Please join us for our one-year anniversary event! Enjoy brunch. Plus, we'll have activities for kids—including a reading from local children's author Wendy Wahman. You will also have a chance to meet our providers and our south-end US Family Health Plan representative.

**SATURDAY, FEBRUARY 3 10:00AM-12:00PM**

Please **RSVP to [RSVP@PacMed.org](mailto:RSVP@PacMed.org)** or call 1.833.386.1125 to request more information

**PacMed™ Lacey**  
4800 College St SE, Suite A  
Lacey, WA 98503  
[www.PacMed.org/Lacey](http://www.PacMed.org/Lacey)

PacMed is a trademark of Pacific Medical Centers. TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.



## MARCH AIR RESERVE BASE

# Rosie the Riveter honored

## Otto honored by top Air Force leaders Dec. 18

BY STAFF SGT. HEATHER COZAD  
452nd Air Mobility Wing

When Elinor Otto enters a room, her orange hair might be the first thing noticed, but her energy, joy and sense of humor quickly supersede. Despite turning down an opportunity to be an actor as a young woman, according to John Perry, her grandson, she has now reached celebrity status.

Otto has spent the last few years traveling, appearing on television, being honored with awards, planting Rosie the Riveter memorial rose gardens, and sharing her inspiring message with young people. Everywhere that she travels, people line up to shake her hand and ask for a photograph together.

A brisk and bright Dec. 18 morning found her in Southern California at March Air Reserve Base finally receiving the opportunity to fly aboard one of the aircraft she helped build over the course of her 68-year career in the aeronautical industry.

The day began with a ceremony to recognize Otto and was hosted by top Air Force leaders, including Gen. Carlton Everhart II, Air Mobility Command commander, and Lt. Gen. Maryanne Miller, Air Force Reserve Command commander and former member of the 446th Airlift Wing at Joint Base Lewis-McChord, and was completed by a flight aboard a C-17 Globemaster.

While receiving a Lifetime Achievement Medal from the Air Force Association, it came to the attention of Everhart that Otto, despite helping build each of the 279 C-17 Globemaster aircraft to roll out of the factory, she had never had the opportunity to fly in one. Inspired by Otto's personal mission to share her story with young people with the hope to inspire future generations of Rosies, an idea was sparked.

Quickly turning into flames, a special mission was organized to honor the contributions of Otto and to create an inflight mobile classroom to promote education in science, technology, engineering and math to young women and young men. This unique flying classroom aboard the C-17 Globemaster would host Junior ROTC, ROTC, Civilian Air Patrol cadets with the opportunity to witness aeromedical crews perform medical training and as well as experience the inflight refueling process.



Elinor Otto, right, better known as a Rosie the Riveter, and members from March Air Reserve Base, Calif., look at a "We Can Do It" poster after Otto signed it Dec. 18.



Maj. May Goldsmith, part of an all-female KC-135 aircrew from the 336th Air Refueling Squadron, March Air Reserve Base, Calif., signs a "We Can Do It" poster after an aerial refueling mission Dec. 18. The KC-135 aircrew refueled a C-17 Globemaster III carrying Elinor Otto, better known as a Rosie the Riveter, on her first C-17 flight.



Elinor Otto watches an aerial refueling from the cockpit of a C-17 Globemaster III near March Air Reserve Base, Calif., Dec. 18.

During the ceremony, Otto shared her passion for youth particularly young women,

considering their future as high-tech Rosies. "I'm looking forward to what

they are going to do, and I pray that they will beat the men!" she said. "I know that they are ambitious, willing to try anything, and I am proud of them. If I can inspire one person in my life, it is such an honor."

After the ceremony, people of all ages lined up to meet Otto, many with "Rosie the Riveter" posters ready for her to autograph. Elinor greeted each person with a kind smile and posed for many photos with forearm curled.

The legacy of Otto began in the 1942 when she answered the wartime call of a poster to work in an aeronautical factory. It read, "Men are going off to war, come and do your part." Otto, and what would soon become a boom of women, entered the workforce and were hired into industrial positions formerly occupied by men. "Us woman were all excited,"

"I'm looking forward to what they are going to do, and I pray that they will beat the men. I know that they are ambitious, willing to try anything, and I am proud of them. If I can inspire one person in my life, it is such an honor."

**Elinor Otto**  
Rosie the Riveter

said Otto, who began her decades-long career as a real-life Rosie the Riveter at Rohr Aviation in Chula Vista making 65 cents per hour. "It was a great challenge. And I thought, oh that is wonderful, I can learn what men are doing and if they work as hard as they say they do."

Later, a 1942 Westinghouse poster proclaiming, "We can do it!" symbolized this generation of woman who answered their nation's call and continues to inspire generations of women. Also working for McDonnell-Douglas and later Boeing, never putting down the riveting gun, Otto earned the title of "Longest working Rosie the Riveter."

Her riveting gun was only laid to rest at age 95 when the factory was reconfigured. When asked about her longevity, Otto spoke about how much she enjoyed the work.

"I enjoy doing physical work instead of sitting in an office with a typewriter that I did once," she said. "I was bored."

Otto shared about learning about all the different tools, climbing around the fuselage, and working hard with the rivet gun.

"It was fun," she said. "Hard work, but fun. We didn't know we were doing anything important. We didn't. We just kept working; we had to get schedules out. There was no nonsense about silly things to make us feel important and everything. So, we didn't know and when they laid us off."

And most of this came without much recognition, Otto said.

"They still didn't say anything nice like you did a great job or anything," she said. "So, we just went along our business until decades later, all of a sudden, they realized that we did do something. We are proud of that and honored that this generation does realize it."

Otto's dedication to share her passion of aircraft, education and her hopes for the future was inspiring to all attendees - her passion and joy contagious. She waved from the cockpit of the C-17, her wide grin visible from the ground below as the plane prepared to taxi.

## 62ND AIRLIFT WING

# Award recognizes squadron's wellness

BY MASTER SGT. SHANDA DE ANDA  
62nd Airlift Wing Public Affairs

The 4th Airlift Squadron earned the Healthy Squadron Award during the trophy's inaugural presentation on McChord Field Dec. 13. Colonel Rebecca Sonkiss, 62nd Airlift Wing commander, presented the trophy to Master Sgt. Benjamin Harrison, 4th AS first sergeant, on behalf of his unit, in recognition of wellness accomplishments throughout 2017.

The Healthy Squadron Award supports the Commander's Wellness Program pilot, which is an environmental and policy approach to influencing the health of Airmen. The objective of the program is to provide an evidence-based approach to influencing behavior change, which, in turn, has a positive effect on productivity, presentism and absenteeism.

This also has potential impacts to readiness, which makes it a priority.

"The commander authorizes us to take 90 minutes (for physical training), three days a week, and with flying schedules and ops tempo, we do (independent PT)," Harrison said. "Everyone just makes sure they get done what they need to get done."

This philosophy is one that the program hopes to further encourage. Doctor Danielle Knutson, 62nd Medical Squadron



MASTER SGT. SHANDA DE ANDA 62nd Airlift Wing Public Affairs

health promotion coordinator, took the Commander's Wellness Program pilot objective and, using the evidence-based County Health Rankings Framework as a model, ranked each squadron's CWP health findings.

"Since counties are available in all sizes and shapes, and the research review shows they can rank their health promotion data, it makes sense to rank squadrons' health promotion data since they, too, come in all sizes and shapes," Knutson said.

Knutson compared the Team McChord findings with overall Air Force averages. This ranking included scores for body mass indexes, tobacco use, physical training and deployment rates.

"The major goal of rankings is to raise awareness about the many factors that influence health and to provide squadron commanders with solid data to better target intervention and resources to areas where they like to improve," Knutson said about the program. "Also,

adding a nice annual traveling trophy is fun, too, and hopefully encourages healthy competition and collaboration."

That spirit of healthy competition seems well on its way.

"We're going to stay the course; (and, as Richard Morgan Fliehr, better known as Ric Flair of 1980s and 1990s wrestling notoriety, would say,) 'to be the man, you have to beat the man.'"

For the next unit to earn the annual roving Commander's

Col. Rebecca Sonkiss, left, 62nd Airlift Wing commander, presents Master Sgt. Benjamin Harrison, 4th Airlift Squadron first sergeant, with the Healthy Squadron Award trophy at Joint Base Lewis-McChord Dec. 13.

## 2017 Top 10 Healthy Squadrons

- 1) 4th Airlift Squadron
- 2) 7th Airlift Squadron
- 3) 8th Airlift Squadron
- 4) 1st Air Support Operations Group
- 5) 627th Logistics Readiness Squadron
- 6) 1st Weather Squadron
- 7) 5th Air Support Operations Squadron
- 8) 627th Civil Engineer Squadron
- 9) 62nd Maintenance Squadron
- 10) 62nd Operations Support Squadron

Wellness Program pilot trophy, it will have to excel in additional areas not ranked this year, but will contribute to 2018 CWP rankings. Those areas include sleep, nutrition and physical activity measures using annual physical health assessment data analysis.

For more information on Air Force wellness programs for service members and units, contact Knutson at danielle.o.knutson.civ@mail.mil or 253-982-6947.

## WINTERFEST

# Inaugural JBLM event fun for all

## More than 1,000 visited American Lake center

BY RUTH KINGSLAND  
*Northwest Guardian*

It was the most wonderful time of the year as more than 1,000 Joint Base Lewis-McChord members enjoyed the holiday spirit — decorating cookies, getting temporary airbrush tattoos, making holiday wreaths or ornaments and listening to Christmas music — at the first of its kind Winterfest at American Lake Conference Center Dec. 16.

The event was organized by Family and Morale, Welfare and Recreation and Child, Youth and School Services. It involved booths from various local organizations, as well as music from America's I Corps Band and entertainment from numerous dance groups from SKIESUnlimited, including step, jazz, ballet and performances from "The Nutcracker."

Three hundred Christmas trees also were given away at the event, as part of Trees for Troops.

Overall, the event offered something fun for all ages. Everything was free, except food.

"It's a great event," said 1st



SCOTT HANSEN Northwest Guardian

Photographer Nicolette Oliver, left, helps Catlan Sardina, 4, middle left, and his sisters Catherine, 1, middle right, Kinley, 5, third from left, and Kennedy, 4 months, pose for a photo booth session during JBLM Winterfest 2017 at the American Lake Conference Center on Lewis North Dec. 16.

Sgt. J.R. Collins, rear provisional command sergeant major, 47th Combat Support Hospital, 62nd Medical Brigade.

He and his wife, Joan, and their 4-year-old son, Jaisen, went through the various booths and activities. Jaisen said he was having fun getting a

tattoo — something his dad hasn't yet done.

The family is originally from Honolulu and arrived at JBLM from Fort Eustis, Va., about a year ago.

"We're loving it here," Joan Collins said.

Jaisen showed off a bag his

parents held that contained several items the child collected from the event, including a few balloon animals and an oven stick and pot holder given away for fire protection awareness at the Directorate of Fire and Emergency Services' booth.

Several other children also

walked away from that booth wearing red plastic firefighter hats.

Eight-year-old Ta'Nyah Noel and her friend, Aaliyah Case, 7, both second-graders at Rainier Elementary School, worked on snowmen and gingerbread men Christmas tree ornaments at the Hillside Youth Center booth.

Kira Meredith, 15, and Haley Wohl, 14, both students at Lakes High School in Lakewood, helped the younger children create the ornaments.

"You have to be creative," Kira said, as she showed Ta'Nyah how to put ears and ribbons on her ornament.

"You can put a hole in its head so you can hang it on the tree," she said, as the younger child made a face at the thought of cutting a hole in her creation's head.

"I don't want to put a hole in mine's head," Aaliyah said.

"Well, I guess you can't hang it up then," Kira said.

"That's OK, I still love it," Aaliyah said.

Aaron Jones, community recreation coordinator for Family and Morale, Welfare and Recreation, said that although the event is new, he's pretty sure it will be repeated in future years on the installation.

"It went really well, and everyone seemed to have a good time," Jones said.

## WREATHS ACROSS AMERICA

# Fallen honored at Camp Lewis Cemetery

BY RUTH KINGSLAND  
*Northwest Guardian*

It began with a handful of service members and officials driving to various memorials on the installation, early in the morning Dec. 16, setting lush evergreen wreaths with bright, red ribbons at each site.

A few hours later, nearly 1,000 people lined the walk into Camp Lewis Cemetery on Lewis Main for the second-annual Wreaths Across America event. This was one of more than 1,200 such events across the country, honoring America's fallen service members.

The National Wreaths Across America event began as a solitary event in 1992 at Arlington National Cemetery. By 2015, more than 900,000 wreaths were placed at military headstones at cemeteries from sea to shining sea.

Although this was only the second time JBLM has participated in the event, volunteers more than doubled from last year's about 400 volunteers. Many of those who participated this year have participated at other such events nationwide.

Captain Tim Flagg, 864th Engineer Battalion, 555th Engineer Brigade brought his sons, Hunter, 9, and Jon, 7, to lay a wreath at the 555th Engineer Brigade Memorial in the Memorial Park on Lewis Main before the ceremony.

Hunter said he thought it was exciting to be part of the event. He and his family previously



RUTH KINGSLAND Northwest Guardian

watched the Arlington, Va., event when his dad was stationed near there.

"I think it's an honor to do this," Hunter said, as he and Jon placed a wreath at the foot of the Triple Nickle Memorial and their dad saluted solemnly.

Army veteran Joshua Roddenberry, of Graham, placed a wreath by a bench bearing the words "Seize the high ground," at the nearby memorial for his unit, the 5th Brigade, 2nd Infantry Division — which is now 2nd Brigade, 2nd Infantry Division.

Behind the bench, two tall pillars bore the names of several soldiers who fought with Roddenberry in Afghanistan.

"It's very emotional," Rodden-

berry said. "These were the guys who died in Afghanistan."

He pointed at one name on the memorial.

"Tyler Walshe: he was in my platoon," Roddenberry said, with tears in his eyes.

During the ceremony at Camp Lewis Cemetery, Duane Denfeld, historical and cultural resources expert for the Directorate of Public Works, talked of the historical significance of the cemetery.

The creation was instigated by then-Capt. David Stone, who had been assigned to create a National Army Camp on what is now Joint Base Lewis-McChord. Service members and their family members were laid

to rest beginning in 1917.

"Over the past 100 years, servicemen and women from all the major conflicts were buried here," Denfeld said. "Military spouses are buried here. Military family children and infants are buried here. Civilian members are buried here. Three former German prisoners of war are buried here. Major General David Stone and his wife, Anita, are buried here."

"As we lay wreaths on the headstones, it's up to us who are still here to remember and contemplate the lives of those buried in this hallowed ground. All of them continue to live in our grateful memories."

Colonel Nicole Lucas, garrison

Participants salute the flag in honor of the fallen service members during a Wreaths Across America ceremony at Camp Lewis Cemetery Dec. 16.

commander at JBLM, also spoke about the importance of the cemetery and the changes that have taken place there in recent months as part of a restoration project.

Thirty trees were removed inside the cemetery fence line due to roots damaging headstones, burial sites and the pavement, she said. There also was concern that the trees could have fallen and injured cemetery visitors.

"We understand these are significant changes, but we feel these were necessary to ensure the solemnity and beauty of the cemetery far into the future," Lucas said.

At the conclusion of the event, Lucas and her family, as well as the many volunteers who attended the event, walked through the cemetery, placing wreaths on headstones, saying aloud the name of those buried there and thanking that individual for their service to this country.

Lucas and her family have participated in numerous Wreaths Across America services at Arlington National Cemetery, she said.

After the ceremony at the JBLM cemetery, Lucas and her husband, Col. Lang Lucas, deputy chief of staff, I Corps, walked with the couple's three sons, Gabriel, 12; Nathaniel, 10; and Joshua, 8, as each placed a wreath on a headstone.

"Jack Dale McClure," Joshua read. "Thank you for your service."

## JBLM HAM GRENADE

# Hams provide holiday meals for junior service members

BY RUTH KINGSLAND  
*Northwest Guardian*

More than 1,000 hams made it to holiday tables for Joint Base Lewis-McChord and Yakima Training Center junior service members and their families in December due to Operation Ham Grenade.

Both events were coordinated by Operation Turkey Drop and Operation Ham Grenade founder Carlene Joseph and Sgt. 1st Class Ruben Cruz, JBLM Headquarters. This is the eighth year both events have helped make the holidays brighter and stomachs happier on and around the installation.

"It went very well, as it has for the past eight years," Joseph said after the Dec. 14 Operation Ham Grenade.

Many local businesses and organizations help sponsor the events, and several of the same volunteers help with the turkey and ham deliveries — including Helen Drasher of DaVita Tacoma Dialysis. Drasher dressed as

an elf to fit in with the dozens of other volunteers in Santa hats or other holiday wear.

"I'm very passionate about helping our service members," said Drasher, whose dad is retired Master Sgt. John Drasher, who served at JBLM from 1971 to 1973.

A handful of riders from the Combat Vets Motorcycle Association, Chapter 11-4 in Olympia, also demonstrated their concern for military at the holidays as they escorted the convoy of cargo trucks, a bus and several cars and pickup trucks from unit to unit, across McChord Field to Madigan Army Medical Center, Lewis Main and Lewis North Dec. 14.

At each stop, service members greeted the Ham Grenade gifters with smiles, hands and arms ready to carry the 1,100, 5-pound Christmas dinner mainstays into the unit facilities for distribution to junior service members.

Staff Sergeant Michael Cushman, 4th Battalion, 160th Special



SCOTT HANSEN Northwest Guardian

Operations Aviation Regiment, said he was glad to pass on the donated hams to younger Night Stalkers.

"It definitely will help our younger Soldiers," he said, adding he personally won't be eating the ham, but will have Christmas dinner with his wife, Sandi, and

other family members in their hometown of Lakewood.

"It's nice that we're near home and have family," he said. "A lot of younger service members are far from home during the holidays."

Over on McChord Field, 495 of the hams were delivered for

young Airmen and their families.

Lieutenant Colonel Jason Thiessen, director of staff for 225th Air Defense Group, Western Air Defense Sector, said the longtime support of community partners, through Operation Turkey Drop and Operation Ham Grenade, is important to WADS and the Airmen who serve here and throughout service areas in this region of the country.

"Some of our Airman won't be able to spend Christmas with their families because they will be providing air defense over the western half of the United States," Thiessen said. "Some of the donated hams will provide a holiday meal to the Airmen who are on duty guarding America's skies."

About 180 hams also were delivered to the Yakima Training Center and Army recruiters at various locations.

"As they have every year, the community really comes together to support our military," Joseph said.

# Health Beat

## MADIGAN SHOUT OUT

Dorothy Redding, right in the photo, is a nurse who embodies the spirit of caring and selfless, compassionate service. Redding, a registered nurse at Madigan, aided a family after the mother of three young children received unexpected news while her husband was having a procedure. Redding gathered the children and stayed with them so their worried mother could go to the procedure room. For hours, well after her scheduled shift ended, Redding read to the children, gave them snacks, looked after their belongings, provided comfort to the mother and helped



her figure out the next steps for treatment for her spouse. When a co-worker asked Redding if she was heading home soon, she said, "They still need me." She stayed past her shift, after a full day because she knew someone needed comfort.

## MADIGAN ARMY MEDICAL CENTER

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

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

### BEHAVIORAL HEALTH SERVICES

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

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

## WARRIOR TRANSITION BATTALION

# Career skills taught at JBLM WTB

BY KIRSTIN GRACE-SIMONS  
*Madigan Public Affairs*

Injury and illness can derail plans in an instant. They can upend a career and unsettle a family. Soldiers in the Warrior Transition Battalion live through the many, potentially long-term, adjustments needed to make the most of their new reality.

"When I meet with them, one of the questions I ask in my initial in-processing interview with them is what is your overall goal?" said Mary Ball, transition coordinator with the WTB.

"Most of the time, it's 'I just need to provide for my family.' That's a huge stressor, and they don't know where to start."

Soldiers transitioning out of the Army at Joint Base Lewis-McChord are asked to do the Service Member for Life-Transition Assistance Program. Unlike other transitioning service members, WTB Soldiers do not have to balance their regular assigned duties with transition.

"Their job is to heal from whatever is going on with them," said Lt. Col. Julie Craig, WTB commander. "Once their treatment has evened out, they can shift to thinking about leaving the Army and focusing on the career and education readiness activity."

Among the 14 courses to the Career Skills Program on JBLM is the only roofing education program in the Department of Defense. One of the shorter courses, it consists of three weeks of hands-on training taught by local industry professionals followed by a week of interviewing and networking with potential employers.

Upon completion, graduates go into the civilian world equipped with all the certifica-



Transitioning Soldiers in the Career Skills Program roofing course on Joint Base Lewis-McChord get hands-on training from local industry professionals recently.

tions, tools and clothing needed, ready to work on day one.

Specialist Michael Jones knew he wanted to work outdoors with his hands. He attended the Career Skills Program brief that provided an overview of all of the courses offered.

"I was already going to go into the construction industry when I got out," Jones said. "I went to the one I liked best."

Ken Garcy, instructor with GAF Roofing Academy which functions in the Career Skills Program through a DOD memorandum of understanding with Army Installation Management Command, appreciates his wounded warrior trainees in

return. He lived through much the same situation they have.

"But, the WTB wasn't around then," he said. "There wasn't the awareness and investment in transition as there is now."

Garcy understands the processes involved in dealing with whatever the new reality may be, and he shares strategies he's found, like goal planning and organizing materials needed, for the next class or work day the night before.

The roofing education program was hard work and intense with 10-hour days and a great deal of information packed into its month time frame. But, the Soldiers found it rewarding.

"This program is helping me smoothly transition out of the Army," said Spc. Jon Paul Bonilla, a JBLM WTB service member. "Directions have changed and now I've got to work with what I've got. For me, it definitely made it a lot easier and smoother — talking to people who've done, and had experience in, what I want to get into."

"It made it a lot easier because they're giving me guidance and steps on what to do, who to talk to, where to go and that definitely made it a lot easier for me."

It is not just this connection leading them to success,

"Directions have changed and now I've got to work with what I've got. For me, it definitely made it a lot easier and smoother — talking to people who've done, and had experience in, what I want to get into."

**Spc. Jon Paul Bonilla**  
 JBLM Warrior Transition Battalion

though. Unique to the WTB, the transition coordinator is the Soldier's champion and conduit for information and resources.

Ball, one of the battalion's three transition coordinators, explained that it is their job "to help funnel them to the right resource." Working with the Soldier to coordinate medical treatment needs with career and education readiness program activities, often to include the Career Skills Program, the coordinator makes use of the array of good working relationships they have established to smooth the path.

"We don't just hand them a sheet of paper and say, well you can try these folks," Ball said. "No, we're going to close that gap. And then we follow up."

The transition coordinators work in partnership with all the players in the transition process to knit together the variety of opportunities and responsibilities facing the outbound Soldier.

"(They are all) looking for reasons to help someone be successful," Ball said

Jones and Bonilla finished the course just before Thanksgiving, both had job offers by the end of November, and Jones was hired by mid-December.

## CLINICAL NUTRITION SERVICES

# Madigan helps focus on healthy living

BY KIRSTIN GRACE-SIMONS  
*Madigan Public Affairs*

The most common New Year's resolution is to get fit and healthy. Typically, that involves dieting and losing weight. Making any change, especially one that has lasting effects, is a process.

It starts with a goal and a reason for it.

"Keep on coming back to the why, and what is the real purpose behind that," said Capt. Joshua Lockwood, chief of Madigan Army Medical Center's Clinical Nutrition Services, regarding the establishment of a new diet. Outlining the end goal is vital to designing a path to achieve and sustain it.

If the end goal is to drop a few pounds to pass the tape measurement portion of the physical fitness test, the ideal choice is likely a strict and quick diet. If improved health is the intent, significant changes to habits both in terms of diet and physical activity are likely necessary, Lockwood said.

Once the goal is defined, Lockwood recommends doing a baseline assessment.

"Usually awareness is the number one factor of change, so just become more aware of what your current habits are," Lockwood said. "Just for a week, record one to three days, and just kind of see what that looks like, see if anything jumps out at you. From that point, you can start making changes because



SGT. DANIEL LYBECK 364th Expeditionary Sustainment Command

The 364th Expeditionary Sustainment Command, in Marysville, Wash., conducted a Warrior Fit Camp for 22 of its Soldiers recently.

the general recommendations for nutrition have not changed."

Tracking food, physical activity and even sleep — an often overlooked element vital to overall health — can be done simply with a notepad or by taking advantage of a plethora of smartphone apps, many of which are free.

When choosing a diet and exercise plan, there are many aspects to consider. How much energy is needed for the typical day and expected activity level? What sort of metabolism is at play? What foods are particularly challenging, for example, are carbohydrates a favorite food that would be particularly diffi-

cult to completely cut out of a diet?

"There are so many variables, and that's where coming in and talking to your dietitian can help," Lockwood said.

He would also recommend that diabetic and renal patients consult their providers before changing their diets. Young teenagers should also receive some attention to ensure there is no development of eating disorders or overuse injuries due to changed diets or physical activity.

Attending a class offered by the Nutrition Clinic at Madigan could also prove useful in getting started on planning and



goal setting for increased health. Class options focus on requirements for the physical fitness tests, civilian weight management and cardiac care. Classes do not require a referral.

"Environment plays a big role, whether the physical environment or the social environment," Lockwood said.

A significant key to success that is part of the social environment is support, according to Lockwood. A class may offer some support, as would walking groups at work and engaging family and friends at home in a health improvement effort.

Establishing a support system around realistic goals will help make the effort more fun, and therefore more sustainable, and inject accountability. People are

more cognizant of their behavior when there is an expectation of reporting on it.

Changes in the physical environment can include placing treats out of sight. Lockwood explained that studies show removing visual cues helps resist emotional eating — eating because of boredom, loneliness, exhaustion or unhappiness instead of hunger.

Making the physical environment conducive to making healthy choices can also happen through planning for the realities of life. Given that weekdays are busy and cooking a healthy meal at home is not always realistic, having quick go-to options that are still healthy can help.

Doing some meal preparation ahead of time, like on the weekend, can work. Also, involve the whole family in choosing and using new recipes.

"Bouncing ideas off of other people works very well, and asking each family member to come up with a new recipe for the week," Lockwood said.

Visit the Army Quartermaster Corps' Joint Culinary Center of Excellence nutrition page for additional information and resources to include an index of recipes and training materials on the Army Food Program at [tinyurl.com/7u94un7](http://tinyurl.com/7u94un7). Nutrition information can also be found at [choosemyplate.gov](http://choosemyplate.gov).

• *Editor's note: Suzanne Ovel contributed to this story.*

# Community Ledger

## ATTENTION

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



## SNAPSHOT

### Line launch

Navy Seaman Chance Vaughan tosses a heaving line to a tugboat from the guided-missile destroyer USS Carney as the ship prepares to moor in Brindisi, Italy, Dec. 30, 2017.

PETTY OFFICER 2ND CLASS JAMES TURNER  
U.S. Navy 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.

Jan. 12 - Army DONSA  
Jan. 15 - Martin Luther King, Jr.'s birthday  
Feb. 16 - Army DONSA  
Feb. 19 - George Washington's birthday  
March 30 - Army DONSA  
April 2 - Army DONSA  
May 25 - Army DONSA  
May 28 - Memorial Day  
June 14 - Army DONSA  
June 15 - Army DONSA  
July 4 - Independence Day  
July 5 - Army DONSA

## ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

## 24/7 DAD CLASS FOR FATHERS

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

## JBLM FAMILY HOUSING FIRE SAFETY CLASS

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

## JOIN MCCORD FIELD LIBRARY BOOK CLUB

Enjoy discussing books? Join the McChord Library's Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m. The next meeting is Wednesday to discuss "A Girl's Guide to Homelessness" by Briana Karp. Registration is required in person. Copies will be available at the circulation desk, 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

## LEARN TO BE A RED CROSS LIFEGUARD

JBLM Aquatics is offering an American Red Cross Blended Learning Lifeguard Course Jan. 12-14 for \$150 at Keeler Pool. Call Kimbro Pool at 253-967-5026 to schedule the pre-test at Kimbro for the course or for more information. Kimbro is at 9993 Garfield St. at Lewis Main. Keeler Pool is at 9993 Garfield St. at Lewis Main.

## ATTEND MONTHLY KIDS' BOOK CLUB

Kids in grades three to five are invited to join McChord Library's monthly Kids' Book Club meeting the third Wednesday of the month at 4 p.m. Read fun books, meet fun people. Parents, bring your children by the McChord Library now to register and get a copy of this month's book. Check out "Hatchet" by Gary Paulsen for the Jan. 17 book club meeting. McChord Library is located at 851 Lincoln Blvd. at McChord Field. For more information, call 253-982-3454.

## BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. in Bldg. 2014 at Fire Station 107 Pendleton on Lewis Main. Next class is scheduled for Jan. 17. 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.

## SMA OF NORTHWEST MONTHLY MEETING

The general membership meeting of the Sergeants Major Association of the

Northwest meets at Samuel Adams Brewhouse, Bldg. 2400 on South Division Street on the third Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is Jan. 18.

## 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 Jan. 23 at American Lake Conference Center at 8085 NCO Beach Road on Lewis North. Report time for Soldiers and Airmen is 7:30 a.m. Orientation is set to begin at 8 a.m. Complimentary hot breakfast and free on-site child care is available upon request with registration; call 253-966-2977. For more information, call 253-967-3633 or visit [jblmafcscheckappointments.com](http://jblmafcscheckappointments.com).

## HARRISON PREP TO HOST INFO BRIEFING

Military families with youth going into 6-10 th grades in the fall 2018 school year are invited to attend a parent information briefing with the principal from Harrison Prep Academy Wednesday, Jan. 24 from 6 to 8 p.m. at Parent Central Services gymnasium at 2295 S. 12th St. at Lewis Main. For more information, call 253-967-7195. The event is hosted by JBLM School Support.

## ARMY DIGITAL PHOTO CONTEST

Enter your best photos by Jan. 31 into the Army's annual Digital Photography Contest. You could see

your photo online in the contest's gallery as a winner. Enter as an active-duty military member, family member, retiree or Department of Defense civilian. Seven categories are available: animals, design elements, digital darkroom, military life, nature and landscape, people and still life. Categories include both color and monochrome photos. Enter up to three photos per category. Cash prizes will be awarded for each division and category. First place is \$300, second place is \$200 and third place is \$100. To enter and for rules, visit [armymwr.com/digital-photo.aspx](http://armymwr.com/digital-photo.aspx).

## FREE BIKE RENTALS NOW AVAILABLE

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

## FIRE EXTINGUISHER ANNUAL SERVICING

All facility fire extinguishers on base must be recertified and retagged annually. Accomplish this either by contractor via GPC card or hand-carry facility extinguishers to the fire extinguisher shop located at the rear of Bldg. 2014 on Lewis Main. The maximum number of extinguishers one facility manager may rotate a day is 10. For more information, call the fire extinguisher shop at 253-966-2600.

## TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

Find jobs on the "JBLMUnlimited" website at [jblmunlimited.com](http://jblmunlimited.com) or on Facebook at [facebook.com/jblmunlimited](https://www.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 [vet-servicesinfo@goodwillwa.org](mailto:vet-servicesinfo@goodwillwa.org) or call 253-573-6789.

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

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

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

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

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

253-593-7300 or email [backtowork@workforce-central.org](mailto:backtowork@workforce-central.org).

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

**WorkSource Veterans Service Orientation Briefings** take place the first and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton. Next meeting is Jan. 17. For more information, call 206-205-3500.

**Recruit Military Job Fair** Jan. 18 from 11 a.m. to 3 p.m. at American Lake Conference Center. This event targets transitioning service members, spouses, family members and veterans seeking to meet face to face with companies looking to hire for a multitude of different markets including: law enforcement, healthcare, finance, educational institutions, federal/contract positions, transportation, logistics and more. This event is free. To preregister visit: [RecruitMilitary.com/JBLM](http://RecruitMilitary.com/JBLM) or <https://events.recruitmilitary.com/exhibitors/schedule>.

**Spotlight Events and Employer Hiring Check** for employer spotlight events on

social media at [facebook.com/jblmunlimited](https://www.facebook.com/jblmunlimited) for more information. Sign up at [sfl-tap.army.mil](mailto:sfl-tap.army.mil) or with your SFL-TAP Center at 253-967-3258/5599.

**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](mailto:stacie.buchanan@campus-us.com) or Marcus Warren at [marcus.warren@campus-us.com](mailto:marcus.warren@campus-us.com).

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

## OIL SPILL RESPONDER JOB IN SEATTLE

Global Diving and Salvage — Salary: DOQ. Responders shall be highly motivated, reliable and flexible personnel to participate in the oil spill

response labor pool and be part of the global team. This is a great opportunity for people working part of the year who are interested in filling their time off with an occasional call out to a spill response or other marine response projects. In addition, Global offers opportunities to receive paid training onboard spill response vessels. Global will not ask you to miss work at your regular employer. This is not a full-time, part-time or guaranteed position; it is on an as needed basis. All responders are required to live within five hours of Port Angeles or Tacoma. For more information, visit [gdiving.com/about/employment](http://gdiving.com/about/employment).

## AIR OPERATING PERMIT MANAGEMENT SPECIALIST

Washington State Department of Ecology — Salary: \$49,020 to \$64,296 annually. The Air Quality Program is looking to fill an air operating permit management specialist position located in the Eastern Regional Office in Spokane. The position serves as the senior/lead Air Operating Permit and Title 5 regulatory expert for the Eastern Regional Office AQP Section with responsibility for evaluating the air emissions for the region's largest and most complex industrial and commercial pollutant sources and determining the permit limitations and state and federal requirements necessary to protect and preserve air resources and public health and welfare while supporting economic vitality. For more information, visit [careers.wa.gov](http://careers.wa.gov).

personal property moves. For more information, visit [move.mil](http://move.mil).

## GET CREATIVE AT ARTS AND CRAFTS CENTER

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

## SIGN UP FOR JBLM ALERT NOTIFICATIONS

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

## SKIESUNLIMITED INSTRUCTORS NEEDED

SKIESUnlimited is looking for talented people to join the team. Share your talent or hobby with youth as a SKIES contractor or subcontractor. Areas of need include gymnastics, karate, dance, art, music, boxing, theater and more. Interested? For more information, call 253-966-3539 or email [cindyj.arnold.naf@mail.mil](mailto:cindyj.arnold.naf@mail.mil).

## CALL THE ENERGY WASTE HOTLINE

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

## THE USE OF SPACE HEATERS ON JBLM

The Joint Base Lewis-McChord Fire Department is not the authority for the use of space heaters in your work area; the Directorate of Public Works' Energy Conservation is the OPR for the use of all space heaters on the base. Contact Eric Waehling at 253-966-1772.

## LEARN THE BASICS OF SOCIAL MEDIA

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

## ARMED SERVICES BLOOD BANK CENTER

# Blood bank staff busy after derailment

BY VICTOR SHERMER  
ASBP Blood Donor Recruiter  
Joint Base Lewis-McChord

In the mist of the Dec. 18 Amtrak train derailment tragedy outside of Joint Base Lewis-McChord came inspiration as people lined up at the Armed Services Blood Bank Center-Pacific Northwest to donate blood for those injured.

Immediately, the call went out for blood donations to Madigan Army Medical Center at JBLM, a level 2 trauma center and the closest hospital to the incident; sharing services with two other local civilian, level 2 hospitals. Within an hour of the accident, the donor center filled with donors from Madigan and other military commands on the installation.

The response was incredible. Overall, 176 donors came in

throughout the day.

One such donor was Airman 1st Class Royce Lee, from Lockhart, Texas, a communications technician with only eight months in service and four months at McChord Field. He responded to the call after his noncommissioned officer in charge informed him about the blood drive.

This was his first time donating blood and stated it was a good experience. When asked what he would tell his fellow Airmen, Lee said, "Go donate, it can't hurt."

Army Maj. Veronica Ortiz, the Armed Services Blood Bank Center-Pacific Northwest director, was proud of how the team, on short notice, executed the mission supporting the mass casualty call.

"It was refreshing to see the

fast response of Madigan employees within minutes of the call, when the call had gone out," Ortiz said. "Our donor center staff was able to accommodate the donors with the limited time and space within the center."

During the day, she maintained communications with the Madigan Emergency Operations Center providing the status of the operation, as well as with the leadership of the Army Blood Program, and the Regional Health Command-Pacific.

Sadly, tragic events like this reinforce the need for blood. However, from this tragedy, came hope and inspiration because of those willing to give of themselves by donating blood as the Armed Services Blood Bank Center-Pacific Northwest witnessed when the call went out.



VICTOR SHERMER Armed Services Blood Bank Center-Pacific Northwest

The staff of the Armed Services Blood Bank Center-Pacific Northwest drawing donations from blood donors answering the call after the Amtrak train derailment Dec. 18.

## FROM PAGE 1A

## TRAGEDY

walking up to.

"(The train cars) were hanging from the bridge, and there were easily 50 to 60 people scattered across the road," Barnard said.

Barnard was able to establish a plan to have not only JBLM's six engine crews, but crews from nearby cities like Lacey, Lakewood and DuPont, provide support. There was additional support from county and statewide agencies.

Barnard said he expected double-digit fatalities at the scene of the train derailment. With more than 100 people injured between the freeway and the train, three were deceased at the scene; the rest were sent to nearby hospitals with moderate to severe injuries.

"At that point, we were really gunning for these people to fully recover," Barnard said. "If everyone is still alive, to us that was going to be our win."

JBLM has mutual aid agreements with civilian services, one of which appoints JBLM to have a 911 call center on base that automatically receives calls from the I-5 corridor between exits 114 to 123. These agreements also create an understanding that JBLM will support nearby civilian emergency units when they need it and vice versa.

"And that shares a load between fire departments so that when these big moments occur, they don't have to take all of the responsibilities alone."

Service members and civilians from JBLM were among drivers on I-5 when the incident happened. Some became first responders themselves, helping care for the injured. Madigan Army Medical Center's Lt. Col. Christopher Sloan and Maj. Mike Livingston and Lt. Robert McCoy, of the 62nd Medical Brigade, rendered medical aid.

Madigan nurse Tanya Porter was driving home from the night shift and established an emergency triage. Less than eight miles north of the accident, Madigan Army Medical Center

was prepared to accept patients from the scene.

Nineteen patients — the most of any of the area hospitals — arrived at Madigan's Level II trauma center. Some Madigan employees stayed on to help after their shifts were over; additional personnel also were called in to assist those originally scheduled to work.

Jay Ebbeson, Madigan's public affairs officer, considers the hospital's support as another example of JBLM's collaboration with the region — which includes Madigan being part of the Tacoma Trauma Trust.

"We're proud of being an engaged community partner in the South Sound," Ebbeson said. "We do so with collaborations and partnerships. We do it with reoccurring training exercises and responding to emergencies."

The closure of the interstate's southbound lanes did create a bit of a problem for commuters driving to and from cities like Lacey, Olympia and even as far south as Tumwater. Washington Department of Transportation

informed the general public of detours that took drivers through Kitsap and Mason counties or through the rural roads of Yelm, McKenna and Roy.

A JBLM route was made available, allowing drivers to take Exit 118 from I-5 South to enter the base at Perimeter Road. Drivers exited the base to reconnect with Nisqually Road to return to I-5 just south of the accident.

The detour was the result of a joint operations working group formed between JBLM emergency services, Washington State Patrol and local police agencies, with JBLM providing traffic flow support if an I-5 accident near the base took place.

"With us, we are part of the local communities, and it's important for us to support them as needed and as necessary," Ayers said. "We do belong to the joint base, but we also belong to the larger community here. We see ourselves as one big family."

JBLM also provided support for the National Transportation Safety Board to find a safe place to keep the train cars for their

investigation. It started with an email the evening of the accident sent by Todd Eckstein of JBLM Directorate of Plants, Training, Mobilization and Security.

The email included a list of courses of action in response to the train derailment, which sought a place for the train cars to be transported. Just before midnight, Chuck Markham — acting director of JBLM's Directorate of Public Works — and his team were able to decide on having the train cars sent to a secure area on Lewis North.

Markham said the development of this action flowed from some of the other drills that DPW and DPTMS were working on, limiting potential distractions for an investigation NTSB stated online could take between 12 to 24 months.

"That area is fenced, accessible and it's isolated," Markham said. "We didn't want to put it in the middle of JBLM like in the AAFES parking lot."

Dean Siemon: 253-477-0235, @deansiemon

## FROM PAGE 1A

## PAO

State Department of Transportation)," said Gary Dangerfield, chief of external communications for JBLM Public Affairs.

Information started coming to Joint Base Lewis-McChord Public Affairs a little more than an hour after the incident took place. Dangerfield said it was important to get the correct information from JBLM police chief Ted Solonar first before releasing any statements to the

local and national media.

Dangerfield said once the initial report came in, he was given direction by Joseph Piek, Joint Base Garrison public affairs officer, about the role they would play and whether the incident was being taken over by the Washington State Department of Transportation or Pierce County Emergency Management.

"Once that became established, we stepped back," Dangerfield said. "Other than providing first responders, it was really a WSDOT or Pierce County responsibility."

Dangerfield added that his

team did receive calls about Madigan Army Medical Center accepting patients from the scene of the accident, as well as calls about service members and medical staff who were driving home when the derailment happened; however, Madigan's Public Affairs team took the reins by answering media inquiries.

In addition to keeping the local and national media updated with proper information, updates were also provided to the JBLM community through the installation's official Facebook and Twitter accounts.

Rayna Holley, the public af-

fairs specialist who handles JBLM's official social media and website, spent between 16 to 18 hours each in a three-day period proving updates regarding I-5 South and nearby detours for morning and evening commutes. She said she tracked the feeds of both Washington State Patrol and Washington State Department of Transportation.

Some information posted on JBLM social media came from continual updates from Maj. Jolene Ayers, JBLM provost marshal.

"She would make a call or come over here if there were

updates, giving us plenty of time for the information to trickle down to everyone in the JBLM community," Holley said.

Holley also credited continued updates from the Joint Base Operations Center and the JBLM Emergency Operations Center. She relied on them to help debunk Facebook rumors in the comments section.

"A lot of what I had to do was track down rumors, find the truth and go to the comments section and explain," Holley said.

Dean Siemon: 253-477-0235, @deansiemon



RUTH KINGSLAND Northwest Guardian

Outgoing Command Sgt. Maj. Richard Mulryan passes the colors to Col. Nicole Lucas, garrison commander, Dec. 19.

## FROM PAGE 1A

## CSM

His successor, Clayborn, is returning to JBLM after service as command sergeant major of the 1st Brigade United States Army Cadet Command at Fort Knox, Ky.

During the ceremony, Lucas described Clayborn as a proven leader, team builder and problem solver. She also spoke of his enthusiasm and supportive family.

His wife, Sandy, said being stationed at JBLM previously was an enjoyable experience.

"We're excited; we love it here," she said.

Clayborn echoed that sentiment.

"This is truly a phenomenal community," he said.

Clayborn entered the military in Cincinnati, Ohio, in October 1990 and completed basic combat training and advanced individual training at Fort Benning, Ga., as an Infantryman.

He has served in Fort Drum, N.Y.; Schofield Barracks, Hawaii; Marion, Ohio; Fort Leavenworth, Kan.; and at Joint Base Lewis-McChord as command sergeant major of 4th Battalion, 23rd Infantry Regiment, 2nd Brigade, 2nd Infantry Division.

## FROM PAGE 1A

## 5-3 FA

ners and also firing over 1,500 rockets in support of our operations against ISIS in Iraq," said Col. Christopher Wendland, commander of 17th Field Artillery Brigade. "They did a superb job at answering our nation's call."

The 5-3 FA didn't have just one mission while deployed to U.S. Central Command Area of Operation, they had several. They were spread throughout the region, located in five countries and 12 locations. Their two primary missions were Operation Spartan Shield and Operation Inherent Resolve.

Operation Spartan Shield is a combined forces contingency operation within Central Command's area of responsibility

and plays a role both in deterring regional aggression and reacting to possible threats within the Middle East.

The 5-3 FA's part of it was to work on the interoperability of the High Mobility Artillery Rocket Systems between the U.S. Army, the Jordanian Army and United Arab Emirates' Army.

In support of Operation Inherent Resolve, 5-3 FA shot more than 1,500 rockets in the defense of U.S. and Allied Forces against the Islamic State of Iraq and Syria. Helping to leave ISIS in its current depleted state.

Family is always a big deal when units return home, and this homecoming was no different.

Over and over again the family members exclaimed how excited they were to have their Soldiers back for Christmas. Some of them were excited



SGT. JACOB KOHRS 17th Field Artillery Brigade

Army leaders greet 5th Battalion, 3rd Field Artillery Regiment, 17th Field Artillery Brigade troops as they arrive at McChord Field Dec. 24.

because of a new born baby, like Abigale Argulles.

"We just had our first son a month before Jordan left," Argulles said. "It has been

hard doing it myself, but I am super excited to have him back now."

Other families were just glad to have their Soldier back, like

Vallerie Conrad and her three kids.

"Dustin left six months after getting here," Conrad said. "So, it has been a long time and this is a good present for us. The best Christmas present ever."

The Soldiers were just as excited at being home as the family members.

"It was a long deployment, and it is great to be home for Christmas," said Staff Sgt. Mark Mignone.

"It is great to be back," said Sgt. Jerry Friend. "I have my family here and it is going to be a great Christmas!"

With the colors back on JBLM and the Soldiers' safe at home for Christmas, Wendland said it best "We are proud of these phenomenal Soldiers. There are 265 of them standing before you and we are excited as you are that they made it home for the holidays."

# Sports

## OUTDOOR RECREATION

# JBLM fishing hole open for chum salmon

## Nisqually River location now open to members of JBLM community

BY DEAN SIEMON  
*Northwest Guardian*

The Washington Department of Fish and Wildlife has officially opened the Nisqually River to fishing for salmon and game fish through Jan. 31, and Joint Base Lewis-McChord has a convenient fishing spot for service members and families.

The fishing spot can be found by going south on Nisqually Road SW. Before crossing the bridge that goes over the Nisqually River, there is a dirt road

on the right that takes fishing enthusiasts down near the river.

Bruce Bolding, WDFW's warm water fish program manager, said the area provides a big advantage for service members, families, retirees and veterans in the JBLM community: they can avoid the "combat fishing" on the south side of the river and along both the Puyallup and Cowlitz rivers.

"When the fishing is good, people come out, and it can get shoulder to shoulder along the

banks," Bolding said.

Even for those who have common access cards, all recreational fishers must have a current Washington state fishing license to fish on the base. They must also have a salmon catch record card, which comes free with a fishing license.

Getting a fishing license can be done online at [wdfw.wa.gov/licensing/fishing](http://wdfw.wa.gov/licensing/fishing). Fishermen can also purchase a license at the Lewis Main and McChord Field exchanges and the Northwest Adventure Center on Lewis North.

According to a WDFW press



DEAN SIEMON Northwest Guardian

Service members, veterans and retirees can fish along the Nisqually River on JBLM property just off Nisqually Road SW south of DuPont.

SEE FISHING, 2B

## ALL-ARMY HOCKEY



MIKE STRASSER All-Army Sports

Carson Omilusik (12) of JBLM was part of the first All-Army Ice Hockey Team that challenged their counterparts from the Canadian Armed Forces in an international competition at the Watertown Municipal Arena in Watertown, N.Y., Dec. 16.

# ARMY BROTHERS HELP U.S. DEFEAT CANADIANS

## JBLM service members contribute to All-Army hockey team's 4-2 win

BY DEAN SIEMON  
*Northwest Guardian*

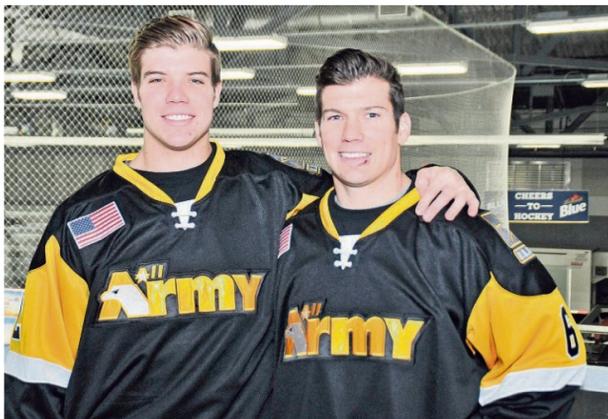
Brothers Cody and Carson Omilusik played hockey through their childhood years in Traverse City, Mich., but they rarely competed on the same ice, being seven years apart in age. Now both stationed at Joint Base Lewis-McChord with the Army, the brothers were finally able to play together on the first All-Army Ice Hockey team.

The Omilusiks attended the trial camp that began Nov. 29 at

Fort Drum, N.Y. Both were selected to represent All-Army Sports' first team on the ice for a series of games that included a 4-2 victory over a Canadian Armed Forces team Dec. 16 in Watertown, N.Y.

"What a cool opportunity to play with your younger brother with such an age difference," said Cody, a captain in JBLM's 4th Battalion, 160th Special Operations Aviation Regiment. "Now we're kind of getting

SEE HOCKEY, 2B



Sgt. Carson Omilusik, left, and Capt. Cody Omilusik, both of JBLM, helped the All-Army hockey team defeat the Canadian team Dec. 16.

## ON THE SCHEDULE

### SPORTING CLAYS MONTHLY EVENT SET FOR SATURDAY

**Recreation:** The Joint Base Lewis-McChord Skeet and Trap Range on Lewis Main will host the monthly Sporting Clays shooting competition Saturday at 10:30 a.m. Registration starts at 9 a.m., and cost is \$35 per person. Competition includes 10 stations with a total of 100 clay targets that simulate unpredictability of live-quarry shooting. For more information, call the Skeet and Trap Range at 253-967-7056.

### SOUNDERS LANES HOSTS BLACKLIGHT BOWLING

**Recreation:** Saturdays from 7 to 9 p.m. at Sounders Lanes on McChord Field. Bowling for two hours, plus shoe rental, is \$12 per person. For more information, call 253-982-5954.

### FREE FITNESS RESOLUTION FAIR SCHEDULED JAN. 13

**Fitness:** Joint Base Lewis-McChord fitness center staff and fitness trainers are hosting a free Fitness Resolution Fair at Wilson Sports and Fitness Center Jan. 13 from 9 to 11:30 a.m. Trainers will lead 30-minute classes, including Zumba, MixedFit and indoor cycling. There will also be functional fitness demonstrations. First 150 participants receive a T-shirt, and there will be a prize drawing. For more information, call 253-967-7471.

### JBLM COMMANDER'S CUP BOWLING MEETING JAN. 17

**Intramural:** The Joint Base Lewis-McChord Commander's Cup bowling season starts Feb. 8. An informational meeting for unit representatives is Jan. 17 at noon at Bowl Arena Lanes on Lewis Main. Active-duty service members at JBLM can apply; unit entry deadline is Jan. 31. Top four teams will compete in Championship is April 5. For more information, visit [jblmmwr.com/intramural](http://jblmmwr.com/intramural) or call 253-967-4661.

### CYS BUMBLEBEE SOCCER ENROLLMENT NOW OPEN

**Youth:** Enrollment for Joint Base Lewis-McChord's soccer season is open now-Jan. 18. Bumblebee Soccer for ages 3 and 4 is \$25 per child. Soccer for ages 5 to 15 is \$55 per child. Parents meet for both seasons Feb. 10; both seasons kick off Feb. 12. The Bumblebee soccer season will end March 24, with youth soccer ending March 31. Youth must be registered with CYS and have a valid sports physical to participate. Register at [jblmcysregistration.com](http://jblmcysregistration.com). For more information, call 253-967-2405.



TECH. SGT. CHRISTOPHER RUANO U.S. Air Force

2nd Lt. Brittany Talbot follows a strict diet and exercise regime as directed by her coach to maintain her fitness levels.

## HEALTH & FITNESS

# Bodybuilding helps Airman transform her career

BY TECH. SGT. CHRISTOPHER RUANO  
*90th Missile Wing*

FRANCIS E. WARREN AIR FORCE BASE, Wyo. — When it comes to flexing muscles, 2nd Lt. Brittany Talbot, 320th Missile Squadron, Francis E. Warren Air Force Base, Wyo., combat missile control officer, can flex with the best of them.

A year ago, weighing nearly 200 pounds, Talbot set a goal to lose weight and participate in a bodybuilding competition.

Bodybuilding competitions, she said, make her a better officer.

"I have always been into fitness," Talbot said. "I was fit, but I wasn't where I wanted to be physically. I started working with my coach in March, and now I am currently about 150 pounds. It took me a while to get acclimated to my coach's diet and workout plan, but it paid off in a big way. Now I am comfortable in my body and my uniform."

Training and competing in bodybuilding inspired Talbot to change her lifestyle, she said, which has positively impacted both her personal and professional life.

"Talbot is the kind of officer that anyone would be proud to have in their organization," said Air Force Lt. Col. George Chapman, Talbot's squadron commander. "She has demonstrated an unparalleled ability to set goals and work steadfastly in accomplishing them."

Talbot set out to accomplish goals that would require hours upon hours of hard work and dedication, Chapman said.

"I am definitely a lot more structured," Talbot said. "I have to be organized with all my meals and my workout schedule. This experience has improved my time management skills in the gym and at work."

Talbot said she likes to help others. Helping her team mem-

SEE AIRMAN, 2B

## U.S. PACIFIC AIR FORCES

## AF Reserve doc does double duty with UFC

BY SENIOR MASTER SGT. TIMM HUFFMAN  
*Air Force News Service*

When Ultimate Fighting Championship hall-of-famer Forrest Griffin was in the octagon, he knew who to turn to when a pummeling led to lacerations — Dr. Gregory Hsu.

That's because Hsu, an Air Force Reserve colonel who serves as the Individual Mobilization Augmentee to the U.S. Pacific Air Forces surgeon general, is a highly experienced ophthalmologist and plastic surgeon with more than 24 years of experience.

Hsu is a solo-practitioner in Las Vegas and has operated his own eye clinic for the past two decades. As a doctor who specializes in diseases of the eye, he has to be at the top of his game when it comes to patching his patient's faces after their treatment.



Courtesy Photo

Dr. Gregory Hsu, left, treats famed UFC fighter Conor McGregor after a recent fight. Hsu, who is also an Air Force Reserve doctor, has provided medical support to the UFC since 2005.

contender for season champ and a spot in the UFC. In the penultimate fight, he received a cut severe enough that the safety commission wanted to disqualify him from the final fight. That's when Hsu got the call.

"I knew the (chief financial officer) of The Ultimate Fighter, and he asked if I could do a suture job that would hold up through the fight," Hsu said.

Hsu closed the wound to the satisfaction of the safety board and Griffin went on to win the final fight and earn a spot in the UFC at a time when the fighting format was exploding in popularity. Today, Griffin is retired from fighting but he continues with the organization, serving as the vice president of athletic development at the UFC Performance Institute in Las Vegas.

Hsu said it can be a balancing act to serve with the Air Force while also managing his business, UFC gig and family, but ultimately he loves being in uniform and helping to get the mission done.

The doctor said he provides two primary services that keep the UFC fighters happy. First, good-quality plastic surgery keeps them healthy and returns them to the fight faster. Second, is the ability to skip a lengthy emergency room visit, allowing injured fighters to participate in news conferences, meet with fans and be a part of the post-fight buzz.

The cuts are not typical for what he would see in his clinic.

"Sometimes it takes me an hour to work on these guys," he said. "The cuts are from gloves, knees (and) hands; they're not the same as planned cuts in surgery."

That skill, Griffin said, is what makes Hsu so valuable to the UFC and its fighters. When someone gets cut in a fight, that wound has to be closed up in such a way that it doesn't open back up or form scar tissue,

which leaves the skin susceptible to opening up in the future.

Hsu's and Griffin's UFC histories are tightly intertwined. Griffin was a contestant on season 1 of The Ultimate Fighter reality TV show in 2005; a top

## FROM PAGE 1B

## FISHING

release, the spawning goal for chum salmon for Nisqually River and its tributaries were met. This allows both WDFW and the Nisqually Tribe to open their fisheries. Last year, fishing was closed due to lower-than-expected numbers of returning chum salmon.

After being closed to fishing to protect the returning chum salmon, the river is re-opened to catch-and-release fishing for game fish under the state's sport fishing rules for 2017-18. Fishers can retain up to six salmon, but only two can be adult fish. They

will be required to release game fish, wild chinook salmon and steelhead trout.

Unlike some types of fish, chum salmon tend to be pretty easy to catch.

"They are aggressive biters, so that makes them easier to catch," Bolding said. "If the bite is on, it's easy to catch them, and they put up a great fight."

Bolding recommends fishing enthusiasts try to take advantage of the opportunity to catch these salmon, since the returning chum are remaining bright — meaning they are still silvery and the flesh is nice and firm, best for when they are prepared to eat.

"Grilling is not bad if it's still

bright and you grill it the same day," Bolding said. "But I recommend smoking them yourself or if you have a buddy."

Chum salmon fishing in the Nisqually River and its tributaries will close Jan. 31 at 11:59 p.m. Because the state's fishing rules are subject to change, WDFW also has a fishing hotline for the latest rule information at 360-902-2500; press 2 for recreational rules.

For more information, call James Losee, the district fish biologist for Thurston and Pierce counties, by calling 360-902-2741 or by emailing james.losee@dfw.wa.gov.

Dean Siemon: 253-477-0235, @deansiemon



DEAN SIEMON Northwest Guardian

A sign for fishing enthusiasts is posted near the fishing area along the Nisqually River just off Nisqually River SW south of DuPont.

## FROM PAGE 1B

## HOCKEY

back into the glory days."

The younger brother, Carson, a sergeant with 2nd Battalion, 75th Ranger Regiment, was credited with two assists. The elder Omilusik had an assist and a goal in the final minute of the game on an empty net on the Canadian side — an attempt to tie the game when it was 3-2.

After the defense made a play, Cody got the puck out of their zone on a breakaway toward the Canadian Armed Forces' net.

"I skated all the way to the net," Cody said. "I didn't want to take chances. You don't want to be that guy (who misses)."

The All-Army team played its first game together Dec. 1 with a 5-3 win against the West Point Club Hockey team in Watertown, N.Y. The same arena hosted both of the All-Army team's games against the Watertown Wolves of the Federal Hockey League.

All-Army won both games against the Wolves by scores of 8-6 Dec. 8 and 9-7 Dec. 13.

The Omilusik brothers were on the ice together as starting skaters for All-Army in all four exhibitions — Cody as a forward and Carson as a defenseman. It didn't take long during the trial and four games to return to the glory days on their dad's backyard pond back in Michigan.

Carson took several shots toward the net during power plays, and Cody got a stick on the puck to redirect it.

"When we were kids on the pond, we would shoot the puck back and forth, practicing tipping it (the puck) in the air," Cody said.

The brothers played hockey since they were old enough to walk. Although they were able to play in their backyard in Michigan, they never had the opportunity before the All-Army trial to play on the same team due to their age difference.

"By the time I was getting hockey figured out, he moved away for hockey," Carson said.

Cody began playing junior-level hockey in 2004 and 2005



Cody Omilusik (71) of JBLM skates past a member of the club team from the U.S. Military Academy at West Point during a 5-3 exhibition win in Watertown, N.Y. Dec. 1.

with the Marquette Electricians in Wisconsin. After high school, he played for the Bozeman Ice-dogs in Montana (2005-06) and the Santa Fe Roadrunners (2006-07) — both of the North American Hockey League.

Cody entered basic training in the summer of 2007 and played collegiate hockey with the Army Black Knights for four seasons at West Point, N.Y.

Since then, he said his hockey experience has been limited to

men's league action, as well as the local Army-Navy hockey exhibitions during the last two years.

Carson has the about the same level of hockey experience since coming to JBLM in 2013. And although there's pride in helping the JBLM team defeat Navy Region Northwest the last two years (scores of 9-4 and 11-4), it doesn't quite measure up to playing for All-Army against the Canadian Armed Forces.

"(The) Army-Navy game is cool, but it still has that men's league feel," Carson said. "(In the All-Army trials), we're doing drills (and practices). It almost seems real again; it brings back memories."

All-Army Sports is planning on bringing the team to the Baltic Military Championships Jan. 21 to 26 in Lithuania. Cody said his work-related responsibility might not allow him to participate.

He does hope Carson and his

other All-Army teammates are able to go. Cody said he's grateful to have had the opportunity to not only participate in the first All-Army men's hockey camp, but to make the team — even if he likely cannot continue in Lithuania.

"It makes you appreciate having this opportunity to be on that team and be (among) the first," he said.

Dean Siemon: 253-477-0235, @deansiemon

## FROM PAGE 1B

## AIRMAN

bers, she said, enables them to see that they, too, can make a positive transformation.

Talbot competed in her first

competition near her home state of North Carolina in September. More recently, she competed in the National Physique Committee Phil Heath Yellowstone Classic bodybuilder competition at Little America in Cheyenne, Wyo., in October. She won in three categories, including the

military division.

"When I got to Warren, I knew competing was something I wanted to do, but knew my missleer schedule would make it more difficult," Talbot said. "I wouldn't be where I am right now if it wasn't for my coach, family and friends. Without

(them) behind me, I definitely wouldn't be here. They are just so motivating and want me to do better."

Talbot's coworkers attended her most-recent bodybuilding competition to show their support, Chapman said.

"As a relatively younger

missleer, Talbot's reputation is becoming more widely known, and we are all proud of her accomplishments," Chapman said. "(Although) she has only recently begun to compete in her sport, I am confident that the more she does, the larger her following will become."

# 2018 FITNESS RESOLUTION FAIR

FREE!

Saturday, Jan. 13 • 9-11:30AM  
**Wilson Sports & Fitness Center**  
 11596 D. St & 41st Division at Lewis North



• Sample classes • Prize drawings • First 150 participants receive a free T-shirt

Federal endorsement of sponsors not intended



**JBLM Child & Youth Services**  
**RECRUITING FAIR**

**JAN. 9, 16, 23 & 30**  
**EAGLES PRIDE GOLF COURSE Off I-5 at Exit 116**

8-10 a.m.  
 CPAC receives applications and resumes

9:45 a.m.-3 p.m.  
 CYS facility managers conduct initial interviews  
 NAF HR extends tentative job offers

Child & Youth Program Assistants (for child development centers, school-age care, before/after-school & camps), full-time, part-time and flex positions available.

Qualifications, pay bands & paper application:  
[fb.com/JBLMcyS](http://fb.com/JBLMcyS)

**FREE OPERATION Baby Shower**

Saturday, Jan. 20, 11 am - 4 pm, American Lake Conference Center

Enjoy educational & pampering products, vendors, refreshments, baby shower games, baby/maternity clothing swap and entertainment!

**GRANDSTAFF LIBRARY**  
**STEAM MAKERSPACE**  
 Science Technology Engineering Arts Math

First Friday of the month | 6-7:30 p.m.

January 5 Littlebits Coding Ages 8 & older	March 2 Makey Makey Ages 6 & older
February 2 Dash & Dot Ages 6 & older	May 4 Drones Ages 14 & older
April 6 Ozobot Ages 6 & older	

Our library's Makerspace will inspire all participants to uncover their talents and interests by making, producing, solving, creating, collaborating and thinking.

**For more details, call 253-967-5533.**

2109 N. 10th & Pendleton Lewis Main  
[JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)

**JOINT BASE LEWIS-McCHORD**  
**BOWLING COMMANDER'S CUP**

**REP MEETING:**  
 January 17 at noon  
**Bowl Arena Lanes**  
 All teams must have at least one representative at this meeting.

**LEAGUE PLAY:**  
 February 8

**LEAGUE CHAMPIONSHIP:**  
 April 5 at 6 p.m.

Open to active duty Service members attached to JBLM only

Bowl Arena Lanes  
 2272 Liggett Ave.  
 JBLM Lewis-Main

For more details, contact  
 253-967-9210 or email  
[sports@jblmmwr.com](mailto:sports@jblmmwr.com).

Interested in working as a JBLM lifeguard? Up to \$1,000 signing bonus! (\*some restrictions apply)

**Attend the Friday, Jan. 5 JOB FAIR**  
 at Soldiers Field House Pool  
 3236 2nd Division & Handrich at JBLM-Lewis Main  
**3-6 p.m.**

Bring your swim gear & a towel.  
 CPAC will be on-site with tentative job offers for qualified candidates.  
 Multiple positions available for \$11.25+/hr.

Questions?  
 Call 253-966-9807

**BOOK PATCH LIBRARY**  
**Teeny-Weeny Read-Along Book Club**

2109 N. 10 & Pendleton  
 JBLM-Lewis Main

6 p.m.	Jan. 25
Feb. 22	Mar. 22
Apr. 26	May 24

**Kindergarten-2nd grade**

Listen and read along with our awesome books! Then, enjoy some activities, crafts and snacks and teeny-weeny prizes! No registration required. For more info, call 253-967-5533.

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

**Disney SALUTES THE U.S. ARMED FORCES**  
 Walt Disney World, Resort  
 Disneyland

**BUY YOUR DISNEY MILITARY SALUTE TICKETS AT LEISURE TRAVEL SERVICES**

**MILITARY DISCOUNT TICKETS**  
 at Leisure Travel Services

Disneyland  
 3-Day Hopper \$165  
 4-Day Hopper \$185

Disney World  
 4-Day Hopper \$224 w/ Waterpark \$264  
 5-Day Hopper \$243 w/ Waterpark \$283

LTS in  
 Bowl Arena Lanes  
 2275 Liggett Ave.  
 JBLM Lewis-Main  
 253-967-3085

LTS in  
 Sounders Lanes  
 737 Jackson Blvd.  
 JBLM McChord Field  
 253-582-2224

**WARRIOR ZONE TEXAS HOLD 'EM**  
**10-WEEK TOURNAMENT**

**EVERY WEDNESDAY**  
 REGISTRATION: 6 PM  
 TOURNAMENT: 6:30 PM  
 \$7 ENTRY FEE

WINTER 2018 STARTS **JAN. 24**  
 FINAL STARTS **APR. 4**

Weekly winners get a \$50 Visa gift card. First place winners from each week, along with the top 30 ranking players, compete in the finals.

Facebook: /JBLMWarriorZone AGES 18+ FOR DETAILS CALL: (253)477-5756

**BOOK PATCH LIBRARY PRESENTS**  
**Come Craft, Create and Conversate Girls Club!**  
 Ages 7 - 15  
 6-7:30 P.M.

**PAINT NIGHT PARTY NIGHT!**  
 January 12

**HEAT SENSITIVE CHANGING SLIME!**  
 February 9

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

**MIXED MEDIA WEARABLE ART!**  
 April 13

**FLOAT LIKE A BUTTERFLY!**  
 May 11

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

2109 N 10th & Pendleton  
 JBLM Lewis Main  
[JBLMmwr.com](http://JBLMmwr.com)

**JOIN US FOR STORYTIME**

**Bookpatch Library Wednesdays 10:30 a.m. & 3 p.m.**

**McChord Library Thursdays 11a.m. & 3 p.m.**

JBLMmwr.com/libraries  
 Facebook: /JBLMLibrary

**KEEP IN TOUCH ON THE GO!**  
 with JBLM MWR's apps for iOS & Android.  
 Event Info, GPS directions & Hours of Operation



# 2018 FITNESS RESOLUTION FAIR

**Saturday, Jan. 13 • 9–11:30AM**  
**Wilson Sports & Fitness Center**  
 11596 D. St & 41st Division at Lewis North



**FREE!**



- Participate in sample classes
- Visit vendors to be entered into prize drawings
- First 150 participants receive a free T-shirt

Schedule	Classes
9–9:10	Warm-Up
9:10–9:40	Zumba/Indoor Cycling/Functional Fitness
9:40–9:55	Transition
9:55–10:25	STRONG/Indoor Cycling/Functional Fitness
10:25–10:40	Transition
10:40–11:10	MixedFit/Functional Fitness
11:10–11:20	Cool Down



Federal endorsement of sponsors not intended





**FREE**

**OPERATION**

## Baby Shower







**Saturday, Jan. 20, 11 am – 4 pm, American Lake Conference Center**

Enjoy educational & pampering products, vendors, refreshments, baby shower games, baby/maternity clothing swap and entertainment!



# Southsound Classifieds

Northwest Guardian

your easy solution anytime, **print+online**

**253.428.8000**

**southsoundclassifieds.com**  
place your ad. browse by listing. search by keywords.

**Merchandise**

**Appliances**

APPLIANCES- Largest Selection Of Washers - Dryers - Ranges- Refrigerators- Freezers. Terms & Delivery Available- Recycling Appliances in Pierce Co. Since 1982 TV Time - 581-3406. 8814 Bridgeport Way- Home of the 1-yr Warranty

**Animals & Pets**

**Dogs**

AKC FEMALE SHIH-TZU, 1 year old, fixed, cream color, approx. 12lbs. Will meet. \$600 360-785-3213

SHIH-TZU/POODLE 2 M, black, no shedding, family raised, \$600 360-970-8595

**Agricultural**

**Misc. Farm & Equip**

Hand fed, young steer, no shots, no hormones, ready to butcher. 360-895-0441

**Real Estate**

**Apartments/Condos**

**Olympia**

CALL ABOUT MOVE IN SPECIAL!!! 1BR apts \$950, 2BR apts \$1050 mo w/s/g/ parking & on busline. 360-584-2120

Local news with a **global perspective**

The News Tribune brings news about our military community home to you. Whether reporting from local bases or half way around the world, **we deliver the news that matters.**

**Try Our Sunday Best**  
News, sports, entertainment, money saving coupons, comics and more!  
**13 Sundays for \$20** (pre-paid)

Call 800.289.8711 or click [thenewtribune.com](http://thenewtribune.com) to subscribe

THE NEWS TRIBUNE  
[thenewtribune.com](http://thenewtribune.com)

**Want to jump start your business?**

Put an ad in our Business & Services Directory.

**253.428.8000**

**Pets**

PERFECT GOODBYE IN HOME PET EUTHANASIA Dr. Robin Gardner 253-312-6283

Isn't there something you'd like to sell? PLACE YOUR AD NOW!  
253 428-8000  
[www.southsoundclassifieds.com](http://www.southsoundclassifieds.com)

**Misc Employment**

**Employment Wanted**

Caregiver Available - CNA. Very Experienced, Focused, Patient, Live-In Available. References. 360-522-5821

Shop and sell from the comfort of your own home! Find what you need in print or online today  
253 428-8000  
[www.southsoundclassifieds.com](http://www.southsoundclassifieds.com)

**Want to jump start your business?**

Put an ad in our Business & Services Directory.

**253.428.8000**

## Who Does It!

Find the right business for your home, garden, pet, personal service needs and more right here!

**Business and Services**

**Home/Business Improvement**

ACE CONSTRUCTION "ROOF PROS"  
Complete Roofing Service  
BEST PRICES and IMPECCABLE REFS.  
Leak Repair Special. BBB "A" rated  
Free Est. Senior Disc. #acecoc932de  
CALL BRUCE 253-389-4758

**Home/Business Improvement**

ALL YOUR CONCRETE NEEDS  
Driveways, Foundations, Patios, Walls, Etc. FREE ESTIMATE!  
Lic# TEAGAC\*887NH 253-224-7466

DAVE OWENS PAINTING  
Interior/Exterior  
FREE ESTI 20 yrs exp! Military and Sr Disc. #dave00p895qb 253-202-8196

DON'S ROOFING & CONSTRUCTION  
Repair & Replacement Free estimate  
253-984-0743 donsci973kb  
[www.donsroofingandconst.com](http://www.donsroofingandconst.com)

**Home/Business Improvement**

FRIENDSHIP BUILDERS  
BATHROOMS: Tubs, Tile, Floors, Dry Rot, Etc. LIC#frienb\*946p3 Nate 253-405-0463

JT ROOFING Specialist, tear off & reroof, framing, Press. washing, 15 years exp. FREE EST! LOW PRICES! 253-222-1136  
[www.jtroofinglandscaping.com](http://www.jtroofinglandscaping.com)

Tired of seeing that junk in your garage? Too much stuff in the basement? Make some quick cash! Sell it with Classifieds!  
253 428-8000  
[www.southsoundclassifieds.com](http://www.southsoundclassifieds.com)

**Home/Business Improvement**

Senior Citizen Plumbing  
\$20 OFF ANY ONE SERVICE!  
"We Do All Ages!"  
[www.seniorcitizenplumbing.com](http://www.seniorcitizenplumbing.com)  
253/858-7599, 848-5221, 475-6115  
Lic/Bond/Ins. Lic# seniop882d3

The Great Northwest Building Company Inc  
FREE On Site Consultation & Estimate, Design / Build Room Additions & Homes, Garages, All types of Remodeling, Kitchens, Bathrooms, Structural Repairs, Decks / Foundation to Finish greatnorthwestbuilding.com  
Lic#greatnb022n4 | 253-847-4710

**Lawn/Lndscpng/Trees**

Alpha y la Omega  
Time for Trimming! Hardscaping all landscape construction & Maintenance, Resid/comm., Clean ups, Patios, Decks, Fences, Hauling, Removal Tree Pruning. 10% disc for new customers & seniors.  
Lic#ALPHAYLA944LI  
360-880-3347 | 360-740-7954  
ALPHAYLAOMEGA.COM

MILLER'S TREE SERVICE  
30 Years Experience, serving Pierce & S. King Co. Lic/bond/ins lic# millets872bw  
Call for FREE estimate! 253-223-0189

Place a nice ad! Have a nice day!  
253 428-8000

**Misc**

JT FENCE  
New Fences & Repair, wood/chainlink, decks, comm/residential Free est.  
jtlanif889me Lower Prices!  
[www.jtroofinglandscaping.com](http://www.jtroofinglandscaping.com)  
★ 253-222-1136 ★

**Want to jump start your business?**

Put an ad in our Business & Services Directory.

**253.428.8000**

Interact with the FUN side of the military!

**VISIT US ONLINE**  
at Joint Base Lewis-McChord

iFollow JBLM  
JBLMmwr.com/  
mobile

facebook.com/  
JBLMFamilyMWR

MWR  
SERVICE MEMBERS • FAMILIES • RETIREES • CIVILIANS

twitter.com/JBLMmwr

flickr.com/jblmmwr/sets

**www.JBLMmwr.com**

**Pick up a copy of this month's Focus Magazine**  
Joint Base Lewis-McChord MWR's fun, food, travel & well-being guide

Available at MWR facilities and select JBLM locations.  
Prefer a digital copy? Visit [JBLMmwr.com/focus](http://JBLMmwr.com/focus)



**KEEP IN TOUCH ON THE GO!**

MOBILE JBLM MWR  
Scan the QR code for easy access!

with JBLM MWR's apps for Android and iPhone  
Search for JBLM MWR

MOBILE JBLM MWR  
Now in the App Store. Scan the QR code for easy access!




JBLM  
NORTHWEST

# guardian weekend

SECTION C

**ALSO INSIDE:**

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



COVER STORY

## WINTER IS CALLING

A preview of outdoor winter adventure trips  
for JBLM service members and families, 3C

FOR THE WEEK OF JAN. 5-11

5

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 10 p.m. Chicken-fried steak for \$8.25.

**McCHORD GRILL**

11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, pasta made to order, fresh, never frozen, grilled burgers and sandwiches with fries.

**McCHORD PUB** 4 to 8:30 p.m. Drop in to relax after work. Enjoy programs on four overhead televisions and challenge your friends to a game of darts or poker. Order appetizers from the pub menu to go along with your favorite drinks.

6

**SAMUEL ADAMS BREWHOUSE JBLM**

4 to 11 p.m. Watch playoff sports right here with appetizers and brew.

**SOUNDERS LANES**

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

7

**SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE**

Open to the public. Come in for great meals and good brew.

**WHISPERING FIRS AND EAGLES PRIDE**

Enjoy Family Golf Saturdays and Sundays after 2 p.m. \$30 includes nine holes, cart, rental clubs, range balls and hot dog.

8

**McCHORD GRILL**

11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, pasta made to order, grilled burgers and sandwiches with fries.

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 8 p.m. Chicken cordon bleu for \$8.25.

**WARRIOR ZONE**

Margarita special. Open to all ID cardholders ages 18 and older; ages 21 and older for alcohol sales.

9

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 8 p.m. Three pulled pork sliders for \$8.25.

**BATTLE BEAN AT STONE EDUCATION CENTER**

7:30 a.m. to 5 p.m. Take-away breakfast and lunch with a variety of pastries.

**WARRIOR ZONE** Try the Zone's turkey, Thai chicken, chicken chipotle and turkey Caesar wraps stuffed with great flavor and seasonings. Also indulge in tuna salad, veggie, roast beef, turkey and chicken sandwiches. Ages 18 and older.

10

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 8 p.m. Spaghetti and meatballs for \$8.25.

**STRIKE ZONE AT BOWL ARENA LANES**

4:30 to 7 p.m. All-you-can-eat pizza and bowling. Reserve your lane by calling 253-967-4661.

**BATTLE BEAN AT McCHORD FIELD**

7 to 11 a.m. Order breakfast with your made-to-order coffee.

11

**SAMUEL ADAMS BREWHOUSE JBLM**

Watching your waistline? Order a tasty house salad or wedge salad and red pepper hummus dish with veggies and flatbread.

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 8 p.m. Meatball teriyaki sandwich for \$8.25.

**McCHORD PUB** Did you know that you can use the McChord Pub for Right Arm events, Commander's Calls, Hails and Farewells and more? Call 253-982-5582 and make your reservation today.**JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY**

Battle Bean at AFC Arena	253-964-8837
Bowl Arena Strike Zone	253-967-4661
Caddy Shack Bar & Grill	253-964-2792
Cascade Community Center/ Heroes Lounge	253-964-0331
Globemaster Grill at McChord Club	253-982-5581
McChord Catering	253-982-8175
The Bistro at Russell Landing	253-964-2813
The Warrior Zone (Lewis North)	253-477-5833
Whispering Firs Habanero Mexican Grill	253-982-3271
To see menus, visit JBLMmwr.com.	

**AT THE MOVIES****Carey Theater on Lewis Main****Wonder Wheel (PG-13)**

Friday at 7 p.m.

**COCO (PG)**

Saturday at 1 p.m.

**Den of Thieves (R)**

Saturday at 7 p.m.

**COCO (PG)**

Sunday at 1 p.m.

**Last Flag Flying (R)**

Sunday at 7 p.m.

**MOVIE TIMES***For movie times, contact your local theater.***TACOMA AREA****BLUE MOUSE THEATRE: 253-752-9500****GRAND CINEMA: 253-593-4474****LAKEWOOD TOWNE CENTER****CINEMAS: Not available by phone,****online [fandango.com](http://fandango.com)****REGAL LAKEWOOD STADIUM 15:****844-462-7342 411#****CENTURY POINT RUSTON AND XD:****Not available by phone, online [cinemark.com](http://cinemark.com)****PUYALLUP****LONGSTON PLACE: 253-770-9901****SOUTH HILL MALL SIX: 253-445-8801****BONNEY LAKE****REGAL TALL FIRS 10: 253-891-5445****GIG HARBOR****GALAXY UPTOWN THEATRE: 253-857-7469****PORT ORCHARD****REGAL SOUTH SOUND 10: 360-871-2294****SOUTH KING COUNTY****CENTURY FEDERAL WAY 16: 253-946-0942****FEDERAL WAY GATEWAY 8: Not available by phone, online [fandango.com](http://fandango.com)****YELM****YELM CINEMAS: 360-400-3456****OLYMPIA/LACEY****MARTIN VILLAGE STADIUM 16:****360-455-5003****CENTURY OLYMPIA: 360-943-0769**

Walt Disney Studios Motion Pictures

The voices of Anthony Gonzalez and Benjamin Bratt star in the new Walt Disney Studios Motion Pictures release, "Coco."



KAWEKA STONEY Northwest Adventure Center / 2015

A group of skiers pose during a December 2015 backcountry skiing trip at Hurricane Ridge hosted by the Northwest Adventure Center.

# Outdoor trips an opportunity for winter fun

## Trips include skiing, snowshoeing

BY DEAN SIEMON  
*Northwest Guardian*

**W**hen the snow falls, some people choose to grab a warm blanket, drink a hot beverage and pull up their favorite shows on a streaming service. Others see the opportunity for fun and adventure through various winter activities.

Joint Base Lewis-McChord's Northwest Adventure Center has several options for guided trips where individual outdoor enthusiasts and families can enjoy some winter fun.

One activity that is becoming more popular is backcountry skiing and ski touring, with

several opportunities in January and February. Backcountry skiing is a chance to utilize paths that are rarely used compared to normal slopes at resorts.

Skiers travel both up and downhill without needing to remove the skis. In addition to skiing, these backcountry tours also include options for snowboarders.

"The advantage of backcountry skiing is that you are able to reach new snow," said Kaweka Stoney, adventure programmer for JBLM NAC. "For our trips, (we) require skiing experience. If you are able to ski the blue

**SEE WINTER, 7C**



KAWEKA STONEY Northwest Adventure Center / 2017

One of the JBLM Northwest Adventure Center's most popular winter trips for families is snow tubing at Sno-Hyak Park near Snoqualmie Pass.

## JANUARY 6 LADIES DAY FOR SKI/SNOWBOARD

Ladies, if you want to take the plunge into the backcountry with your skills, this class is perfect. Designed for all levels, this educational day will teach everything from how to set up a ski kit, how to engage the avalanche float bags and perfecting turns in deep powder.

Get away from the lift lines and learn how to earn those turns anywhere the snow falls. Let our guides lead you on an adventure. Ground transportation, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included. Come get fitted for gear the week before your trip.

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

You must be an intermediate skier. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwr Registration.com. **\$110.**

## LEARN THE BASICS IN PHOTOGRAPHY 101

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

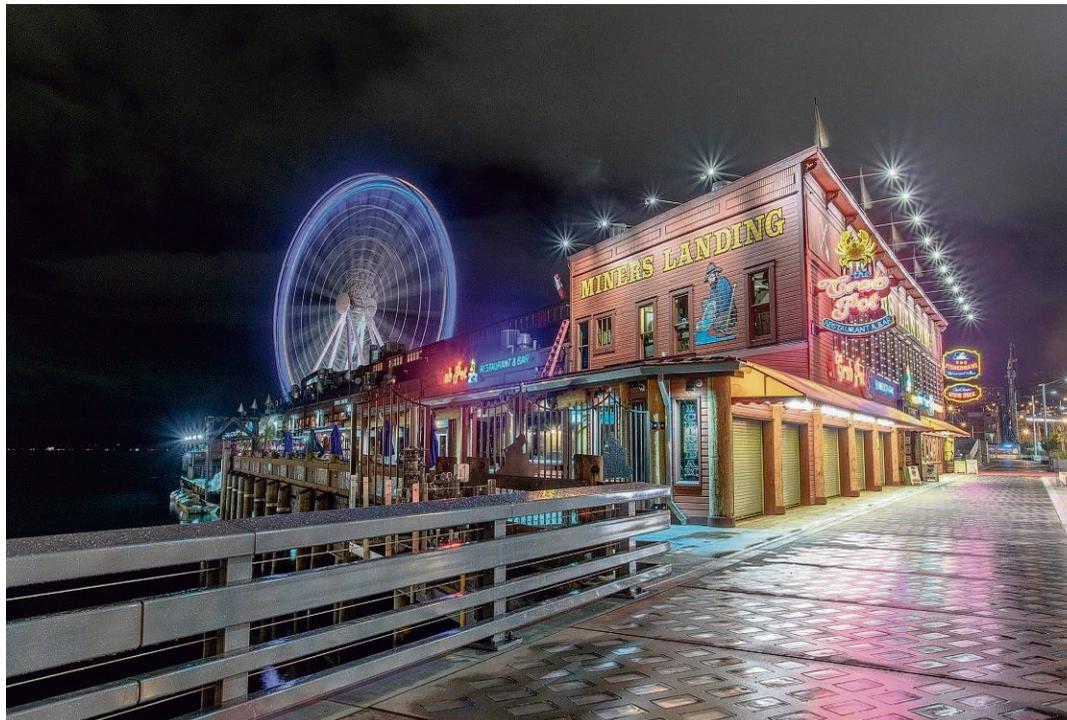
Learn the basic principles of photography including:

- Camera settings: Learn the settings and get your camera set up right.
- Depth of field: What it is and how to use it to make better photos.
- Exposure: Get it right in the field without any fuss.
- Focus: Learn how focus is affected and how to take control of it.

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

Minimum age: 12; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 9 a.m.

Register at JBLMmwr Registration.com. **\$45.**



KAWEKA STONEY JBLM Outdoor Recreation / 2017

## SNOWSHOE TRIP ALONG THE CARBON RIVER

Due to the historic floods in 2006, the road to the Ipsut Creek Campground is permanently closed. This provides a beautiful snowshoeing trek along the old service road, through old-growth forests and along the incredible Carbon River.

This winter there should be plenty of snow, solitude and great scenery. Difficulty: moderate; distance: about 9 miles roundtrip; elevation gain: 800 feet.

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

Register at JBLMmwr Registration.com. **\$65.**

## JANUARY 7

### SNOWSHOE ADVENTURE TO SALMON LA SAC

Salmon La Sac is nestled in the wilderness outside of Roslyn. The group will weave their way through the snow-covered woods to Cooper Lake and end the day with a jaunt through the historic downtown.

Due to winter conditions, location is subject to change for

safety reasons. Difficulty: moderate; distance: 8 miles; time: three to four hours. Minimum age: 12; children younger than 18 must be accompanied by an adult.

Depart from the Northwest Adventure Center at Lewis North at 7:30 a.m. Register at JBLMmwrRegistration.com. **\$90.**

## A SNOW TUBING ADVENTURE WITH NAC

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

Snow tubes and transportation provided. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. or McChord Field's Adventures Unlimited at 9 a.m.

Register at JBLMmwrRegistration.com. **\$45; \$25** for ages 6 to 12; **\$5** for ages 5 and younger.

## JANUARY 11

### YOGA CLASS FOR SKIERS/SNOWBOARDERS

Skiing/snowboarding and yoga go together like peas and carrots; like yoga, skiing is an activity where focus and strength is essential.

Both require complete

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

Join other outdoor recreators in a 60-minute class away from the studio designed specifically for preparing the muscles to endure long runs down a powdery hill this winter.

Class is at 6 p.m. at McChord Field's Adventures Unlimited building, surrounded by inspiring outdoor gear. Minimum age: 12; children younger than 18 must be accompanied by an adult.

Register at JBLMmwr Registration.com. **\$17.**

## JANUARY 12

### BALD EAGLE FLOAT TRIP/PHOTO TOUR

In winter, large numbers of bald eagles migrate from as far away as Alaska to the Skagit River and its tributaries. There are many opportunities to observe and photograph bald eagles perching in the bare limbs of cottonwood trees or feeding on spawned-out chum salmon on gravel bars.

Depart from the Northwest Adventure Center at Lewis North at 7:30 a.m. Register at JBLMmwrRegistration.com. **\$65.**

The JBLM Northwest Adventure Center will host a Photography 101 course with Kaweka Stoney, who will go over the basic tips and tricks for taking great pictures around the South Sound.

Wilderness. Ski tour or split-board a different route every day through the Washington Cascade Mountains around Steven's Pass through old growth Hemlock forests and hidden meadows with sweeping views of the Cascades.

Enjoy a beautiful home in the snow-covered wilderness, complete with a home-cooked meal and hot shower to end the day. All equipment, transportation, meals and instructor are included in the cost.

Minimum age: 16; children younger than 18 must be accompanied by an adult. Preregister by Jan. 1 at JBLMmwr Registration.com. **\$900.**

## JANUARY 13

### SNOWSHOE TRIP AT THE COMMONWEALTH BASIN

The Cascades in the winter is a snowshoeing paradise and none more so than Commonwealth Basin. The proliferation of snow keeps the trail ever-changing.

Soft blankets smooth the landscape forming snow bridges over creeks, making stumps look like soft bumps in the landscape.

Distance: 8 miles, roundtrip; elevation gain: 2,300 feet. Depart

## JANUARY 12-15 BACKCOUNTRY SKI TRIP TO STEVEN'S PASS

Spend four days immersed in Washington's Snoqualmie-Baker

SEE OUT, 6C

## January 5, 6 & 7 AT THE SHOWPLEX Washington State Fairgrounds

### FOR THE HOMEOWNER

- Local Builders & Remodelers
- Shop, Compare and Save

### FOR THE GARDEN ENTHUSIAST

- The Northwest's Finniest Gardener, Ciscoe Morris, Sunday, Jan. 7 at 1pm
- Garden & Landscape Exhibits, Plant & Flower Sale
- Tour Real Wood Tiny Houses



FIRST 100  
GET IN  
FREE  
EACH  
DAY!

Friday and Saturday, 10am-7pm  
Sunday, 10am-5pm

ALL INDOORS  
FREE PARKING | puyalluphomeshow.net

ADMISSION  
\$8  
KIDS 17 AND  
UNDER, FREE

EVENTS  
COMMUNITY

**Tacoma Winter Wedding Expo** 9:30 a.m. to 3 p.m. Saturday-Sunday. Tacoma Dome, 2727 E. D St., Tacoma. \$16. bridesclub.com/Tacoma-Wedding-Expo.

**Battle at the Boat (Boxing)** 8 p.m. Jan. 12. Emerald Queen Casino, 2024 E. 29th St., Tacoma. \$30-\$100. Ticketmaster.

**Flannel Formal** 8 p.m. Jan. 12. WaMu Theater, 800 Occidental Ave. S., Seattle. Seattle's lumberjack prom. Flannel or plaid outfits required for entry. Starting at \$20. bit.ly/2C81twj, 206-381-7555.

**Elvis Birthday Bash** 7:30 to 10:30 p.m. Jan. 13. Capitol Theater, 206 Fifth Ave. SE, Olympia. See the award-winning movie "Almost Elvis," then rock out with World Champion Elvis Impersonator, Robert Washington and the Kentucky Rain band, an Elvis art show and costume contest. 360-754-6670, olympiafilm-society.org.

**Seattle Wedding Show** 10 a.m. to 5 p.m. Jan. 13-14. Washington State Convention Center, 705 Pike St., Seattle. \$18 advance; \$20 day of. 800-505-5900, wedding-show.com.

**Great Hall of Washington History Public Opening and Reception** 5 p.m. Jan. 18. Washington State History Museum, 1911 Pacific Ave., Tacoma. Celebrating recently renovated galleries in the Great Hall of Washington History with a performance of Northwest Passages by the award-winning Living Voices program. Hear from special guest Governor Jay Inslee at the ribbon cutting ceremony with community partners and exhibit contributors. Free. 253-272-3500, washingtonhistory.org.

**Tacoma RV Show** 11 a.m. to 8 p.m. Jan. 18-20 and 11 a.m. to 5 p.m. Jan. 21. Tacoma Dome, 2727 E. D St., Tacoma. \$12. ot-shows.com/trv.

FILM

**Film Focus: "Mary Poppins"** 3 p.m. Sunday. Theatre on the Square, 915 Broadway, Tacoma. \$7. 253-591-5894, broadwaycenter.org.

NIGHTLIFE

FRIDAY

**Magician Cary Durgin** 6 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way,

Tacoma. 253-473-2255.

**Courtesy, Dax Odyssey, Pink Polo, Kid Genius, Lil Keezy K. and Bath Toys** 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$10. realarttacoma.com.

**Brad Upton** 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedy-club.com.

**Manson's Girls with Horns, Red Hex and Treader** 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

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

**Sonic Funk** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

SATURDAY

**The Working Stiff, Danny Cash and the Gallows and Travis Ness** 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

**American Wrecking Company, Deviation, December in Red and Sons of Mercury** 8 p.m. Louie G's, 5219 Pacific Highway E., Fife. \$10. 253-926-9700.

**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.

**Brad Upton** 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedy-club.com.

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

**Sonic Funk** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

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

SUNDAY

**Groovin' Higher Jazz Orchestra and Country Roadhouse Jam with Dave Nichols** 5 p.m. and 8:30 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

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

**Monica Nevi** 8 p.m. Monica Nevi. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedy-club.com.

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

MONDAY

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

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

TUESDAY

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

**New Talent Tuesdays** 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedy-club.com.

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

WEDNESDAY

**Caliente Salsa Dancing** 7 p.m. La Fondita Mexican Restaurant, 2620 N. Proctor St., Tacoma. With DJ Arturo Rodriguez. Salsa dance lessons from 7 to 8 p.m. Music and dancing from 8 p.m. to close. \$15 for salsa lessons and cover, \$10 for cover only. 253-752-2878, facebook.com/pg/LaFonditaProctorDistrict/events.

**Open Mic with Virginia** 8 p.m.



Walt Disney Studios

Film Focus will feature the 1964 Walt Disney classic, "Mary Poppins," at the Broadway Center in Tacoma Sunday.

Rock The Dock, 535 Dock St., Tacoma, 253-272-5004.

**Comedy Open Mic Wednesdays** 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedyclub.com.

**Mike's Movie Riff Off** 8 p.m. Acme Tavern, 1310 Tacoma Ave. S., Tacoma. All you need is a phone capable of texting, your wit and your comments will

appear live on the movie. Free. 253-503-6712.

**The Blue Tonz** 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

THURSDAY

**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.

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

**Gabriel Rutledge** 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedy-club.com.

**Buy One Get One FREE!**  
Two house pastas with house sauce dishes for **\$16.99**  
(includes soup or salad, limit one per table)

**Joeseppis**  
Italian Ristorante

2207 No. Pearl St.  
**253-761-5555**  
www.joeseppis.com  
www.facebook.com/joeseppistacoma

**TUESDAY:** Spaghetti & Meatballs \$10.99

**WEDNESDAY:** 1/2 off bottled wine with dinner

**THURSDAY:** Dessert free with entree

Reserve Now For Our Annual Sweetheart Dinner February 14

**Grassis**  
Ristorante & Catering

2811 Bridgeport Way W | University Place | 253-565-0633  
www.grassis-ristorante.com

**Pine Cone Cafe**  
A UNIVERSITY PLACE TRADITION FOR MORE THAN 60 YEARS

BREAKFAST ANYTIME ★ GIFT CARDS AVAILABLE  
BANQUETS AVAILABLE FOR UP TO 30 PEOPLE

WWW.PINECONECAFE.NET

FREE WI-FI

Mon-Sat 6am-8pm  
Sun 8am-8pm

7912 27TH ST W, UNIVERSITY PLACE | 253-565-5690

cravin' mexican?

**Antojos** MEXICAN GRILL

5502 Orchard St. W  
University Place  
(253) 212-0914  
elantojo.com/Mexicangrill

BUY ONE FOOD + TWO ENTREE + DRINKS  
GET A FREE FOOD ENTREE

Second dish must be same or lesser value.  
One coupon per person. One per visit. One coupon per day.  
Not valid in combination with any other offer or coupon. Expires 01/16/2018

## FROM PAGE 4C

## OUT

from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$65.**

## CROSS-COUNTRY SKIING AT LAKE EASTON

Short trails, rolling hills, groomed trails and beautiful views make a great day of cross-country skiing at Lake Easton. Gear, transportation and instruction are provided. Participants must go to the Northwest Adventure Center to be fitted for gear no later than the day before trip. Meet at McChord Field's Adventures Unlimited at 8 a.m. Difficulty: moderate; distance: 5 miles; elevation gain: 50 feet; time: three hours. Minimum age: 12; children younger than 18 must be accompanied by an adult. Register at JBLMmwrRegistration.com. **\$65.**

## JANUARY 14

## SNOWMOBILING TOUR ADVENTURE IN CLE ELUM

Take a snowmobile tour around Sasse Mountain in Cle Elum for fun, action, beauty and excitement. For those seeking the most fun-filled winter experience, check out this snowmobiling trip through the Cascade Mountains. Transportation, snowmobile, helmet, boots, gloves and snowsuit are provided. Dress in layers. Minimum age to drive: 16. Depart from Northwest Adventure Center at Lewis North at 7 a.m. Register at JBLMmwrRegistration.com. **\$185; \$75** for ages 14 and younger.

## INTRODUCTION TO BACKCOUNTRY SKIING

This class is for anyone who wants to take the plunge into the backcountry with their skills. An educational day will teach participants everything from how to set up a ski kit, how to engage the avalanche float bags and perfecting turns in deep powder. Get away from the lift lines and learn how to earn those turns anywhere the snow falls. Our expert guides will lead the outdoor adventure. Ground transportation, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included. Come get fitted for

gear the week before the trip. Due to weather, location is subject to change for safety. Minimum age: 16; children younger than 18 must be accompanied by an adult. All participants must be intermediate skiers. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

## SEATTLE NIGHT PHOTOGRAPHY TRIP

Just because the sun's gone down, it doesn't mean the day of photography has to end. Night photography is fast becoming one of the most popular forms of digital photography. Take a journey of Seattle after dark. Minimum age: 12; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 3:30 p.m. or McChord Field's Adventures Unlimited at 3:45 p.m. Register at JBLMmwrRegistration.com. **\$65.**

## JANUARY 16

## SEA KAYAK SKILLS CLASS

The Northwest Adventure Center offers five levels of the two-hour kayak skills class. Start at any time and master as many of the five levels as you 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 your roll. Minimum age: 12; children anyone younger than 18 must be accompanied by an adult. Meet at Kimbro Pool at 7:30 p.m. Register at JBLMmwrRegistration.com. **\$35.**

## JANUARY 20

## BACKCOUNTRY SKI THE CASCADE MOUNTAINS

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

Center's trip provides all the gear you need to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and guide. Minimum age: 16 years; 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.**

## LEARN THE BASICS IN PHOTOSHOP 101

It's often difficult for beginners to know where to start, but this Photoshop 101 seminar covers nearly every tool and menu available in detail. This is the starting point for getting into the editing possibilities in Photoshop. Learn how to edit quickly, build confidence in skills and ensure images come out looking great. Topics include layers, masking, groups, typography, quick masks, introduction to filters and more. Meet at the Northwest Adventure Center at Lewis North at 9 a.m. Register at JBLMmwrRegistration.com. **\$45.**

## JANUARY 21

## CROSS-COUNTRY SKI TRIP TO LAKE EASTON

Combine short trails, rolling hills, groomed trails and beautiful views and you have a great day of cross-country skiing at Lake Easton. Gear, transportation and instruction are provided. Participants must go to the Northwest Adventure Center to be fitted for gear no later than the day before trip. Meet at McChord Field's Adventures Unlimited at 8 a.m. Difficulty: moderate; distance: 5 miles; elevation gain: 50 feet; time: three hours. Minimum age: 12; children younger than 18 must be accompanied by an adult. Register at JBLMmwrRegistration.com. **\$65.**

## SIGN UP FOR ADVANCED PHOTOSHOP CLASS

Build onto basic experience working with Photoshop and learn some of the program's most powerful tools. Learn Adobe Camera RAW, learn actions, adjustment layers, create custom brushes, advanced brush options, dodge and burn, blending modes and more. Meet at the

Northwest Adventure Center at Lewis North at 9 a.m. Register at JBLMmwrRegistration.com. **\$45.**

## SNOWMOBILING, BACKCOUNTRY SKI

Take a snowmobile tour around Sasse Mountain in Cle Elum for fun, action, beauty and excitement. People who are looking for a fun-filled winter experience should check out this snowmobiling trip through the Cascade Mountains. Transportation, snowmobile, helmet, boots, gloves and snowsuit are provided. Dress in layers. Minimum age to drive: 16. Backcountry skiing/snowboarding refers to areas not covered by a resort or lifts including terrain reached by hiking, split-boarding, touring or sledding (snowmobile). The backcountry usually has the best snow because it's not easily accessible to others. Many of the best snowboard videos are filmed in the backcountry. Join the Northwest Adventure Center for a mega-fueled snowmobiling adventure where you can get dropped off at the top of a hill, shred it on skis or snowboard, then hop back on and do it all over again. Ground transportation, snowmobile, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag

included. Depart from the Northwest Adventure Center at Lewis North at 7 a.m. Register at JBLMmwrRegistration.com. Snowmobiling: **\$185; \$75** for ages 14 and younger. Skiing: **\$165.**

## JANUARY 26

## YOGA CLASS DESIGNED FOR SNOWSHOERS

The class is designed for those who spent the day exploring a winter wonderland, trudging up, down, across and zigzagging through waist-deep snow, inevitably leading to tight calves, hamstrings, hip flexors and quads. Join other outdoor recreators in a 60-minute class away from the studio designed specifically for preparing the muscles to endure the snow-filled adventures ahead of you this winter. Class is held at 6 p.m. at McChord Field's Adventures Unlimited, surrounded by inspiring outdoor gear. Minimum age: 12; children younger than 18 must be accompanied by an

adult. Register at JBLMmwrRegistration.com. **\$17.**

## JANUARY 27

## BACKCOUNTRY SKI THE CASCADE MOUNTAINS

Ski all over the Cascade Mountains this winter. Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing. The Northwest Adventure Center's trip provides all the gear one needs to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and guide. Minimum age: 16 years; children those 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.**

**BLUEMOUSE THEATRE**  
2011 N. Proctor  
**WONDER**  
Nightly at 7:00 pm • Rated PG  
Sat & Sun Matinee at 3:45 pm  
253-752-9500 www.bluemousetheatre.com



## Seatac's Premier Self-Parking Facility

- 24 Hour Door-To-Door, Airport Shuttles
- No Coupon Required
- [mparkseattle.com](http://mparkseattle.com)

**\$9.95** Per 24 Hour Day  
Does not include taxes/fee  
Offer expires Feb. 28, 2018  
11:59 PM

3035 South 160th Street, SeaTac WA

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

**Darkest Hour** (PG-13)

Fri-Thu: 11:15 AM, 2:00, 3:45, 6:30, 9:15

**The Shape of Water** (R)

Fri-Thu: 12:30, 3:15, 6:00, 8:40

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

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

**Lady Bird** (R)

Fri-Thu: 11:20 AM, 1:30, 4:45, 7:00, 9:10

**Thelma** (NR)

WEIRD ELEPHANT SERIES  
Sat: 11:00

**God's Own Country** (NR)

TUESDAY FILM SERIES  
Tue: 1:45, 6:45

**Film Awards Party**

Sunday, March 4, 4 PM  
TICKETS ON SALE NOW!  
GRANDCINEMA.COM

Now serving local beer & wine  
Friday-Sunday evenings!  
Tacoma's only nonprofit movie theater.

## If you go

Upcoming JBLM Northwest Adventure Center winter trips:

**Snowshoe trip** along Carbon River — Saturday. **\$65.**

**Snowshoe trip** to Salmon La Sac — Sunday. **\$90.**

**Snowtubing trip** with Northwest Adventure Center — Sunday. **\$45;** **\$25** for ages 6 to 12; **\$5** for ages 5 and younger.

**Introduction** to backcountry skiing — Jan. 14. **\$110.**

**Backcountry skiing** in the Cascade Mountains — Jan. 20. **\$110.**

FROM PAGE 3C

## WINTER

square runs at (the) resort, then you should have the skills required for this trip.”

Stoney said the NAC does offer introduction to backcountry skiing classes. The guides often provide the technical gear along with the trips, as well as the necessary safety equipment such as avalanche bags and beacons.

Although these trips are designed for the experienced enthusiasts, the trips are managed well by the NAC expert guides.

“Ski touring often requires good awareness of the risks of traveling in the backcountry to include avalanche(s),” Stoney said. “Our guides have the knowledge to asses and test the snow conditions to minimize the risk of (an) avalanche.”

One of the most popular family trips that the NAC offers is snow-tubing. The next snow tubing trip is scheduled for Sunday, with another one currently planned for March 4.

The location can change depending on weather and availability. The usual tubing spot



JBLM Outdoor Recreation

The Northwest Adventure Center has several activities planned this winter, including snow tubing, skiing and snow boarding and snowshoeing.

is at Hvak Snow Park at Snoqualmie Pass, but the NAC has also taken families to Mount Rainier.

“We have the slippery racer snow tubes that are the envy of the hill,” Stoney said. “With the groomed tracks and kiddie hill, there is fun for everyone.”

Stoney also said families can participate in the NAC’s snowshoeing trips along the Carbon River Saturday and at Salmon La Sac on Sunday.

These snowshoe trips that are taking place throughout January and February have a minimum

age requirement of 12; equipment is provided.

Stoney said there is a lot of interest in the NAC’s moonlight snowshoe trips for the 1-mile loop hike at Gold Creek Pond at Snoqualmie Pass. The next one is planned for March 2.

“With our headlights and the glow of the resort, it makes a surreal excursion,” Stoney said.

Although equipment is often provided for many of the NAC trips, there are some important things to do before the day of any NAC outdoor adventure. Stoney said it’s important to

dress appropriately, dressing in layers to maximize comfort in the great outdoors.

“Dressing in layers is a simple concept that allows you to make adjustments based on activity level and the weather,” Stoney said.

The base layer clothing, meant to manage moisture, should be composed of merino wool, synthetic fibers or silk. The middle layer should be composed of natural fibers, such as wool or fleece. The outer layer should be roomy enough to fit the other layers without re-

stricting movement, such as waterproof and breathable shells like Goretex.

Stoney also recommends checking the weather forecasts to properly plan for upcoming trips. The NAC often uses the National Weather Service to make decisions based on weather conditions, as well as the Northwest Avalanche Center.

For more information on weather, visit [weather.gov](http://weather.gov) or [nwac.us](http://nwac.us).

Dean Siemon: 253-477-0235, [@deansiemon](https://twitter.com/deansiemon)

## ALREADY ON SALE

**"BOOK OF MORMON"**

Various times now-Jan. 14. Paramount Theatre, Seattle. stgpresents.org.

**MONSTER JAM TRIPLE THREAT SERIES** Various times. Jan. 12-14. Tacoma Dome. Tacoma.

**OMG HEART AND SOUL SERIES WITH THE WHISPERS, THE STYLISTICS, BLOODSTONE AND MILES JAYE** 7 p.m. Jan. 13. ShoWare Center, Kent.

**THE COMEDY GET DOWN** 7 p.m. Jan. 20. KeyArena, Seattle.

**SMOKEY ROBINSON** 8 p.m. Jan. 20. Emerald Queen Casino, Tacoma.

**LEWIS BLACK: THE JOKE'S ON US TOUR** 8 p.m. Jan. 20-21. Moore Theater, Seattle.

**QUEENS OF THE STONE AGE: VILLIANS TOUR 2018** 7 p.m. Jan. 25. KeyArena, Seattle.

**RICKY GERVAIS: HUMANITY** 7:30 p.m. Jan. 27. Moore Theater, Seattle.

**MIRANDA LAMBERT** 7 p.m. Feb. 1. Tacoma Dome, Tacoma.

**KATY PERRY** 7:30 p.m. Feb. 3. Tacoma Dome, Tacoma.

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

**TOBYMAC** 7 p.m. Feb. 16. KeyArena, Seattle.

**AIR SUPPLY** 8 p.m. Feb. 14. Emerald Queen Casino, Tacoma.

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

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

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

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

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

**JEFF DUNHAM: PASSIVELY AGGRESSIVE** 5 p.m. March 10. Tacoma Dome.

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

**TREVOR NOAH** 7:30 p.m. March 23. Paramount Theatre, Seattle.

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

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

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

**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.

**KHALID: THE ROXY TOUR** May 3. WaMu Theater, Seattle.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



KEVORK DJANSEZIAN Associated Press

Comedian Lewis Black is scheduled to bring his "The Joke's On Us" tour to the Moore Theater in Seattle Jan. 20-21. Tickets are available now.



JANUARY 5 - 23 • FRI &amp; SAT 8PM • SUN 2PM

Lakewood Playhouse

## GREEN DAY'S AMERICAN IDIOT

Lakewood Playhouse  
5729 Lakewood Towne Center Blvd SW,  
Lakewood, WA 98496

Johnny, Tunny and Will struggle to find meaning in a post-9/11 world in this energy-fueled rock opera from Green Day. LAKEWOOD: Shop, Eat, Play, Stay!  
Ticket Info: Full Price \$30; Seniors/Military \$28; Students/Educators \$25  
(253) 588-0042 or online [www.lakewoodplayhouse.org](http://www.lakewoodplayhouse.org)

JAN. 7, 2018

## Second City Camber Series SPOTLIGHT 1; "NEIGHBORS OF THE NORTH SEA"

SUNDAY

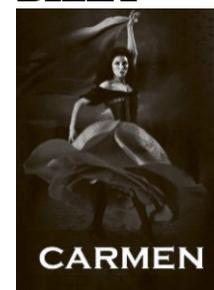
4:00 P.M.

First Lutheran Church,  
524 South "I" Street, Tacoma  
Join Rachel Nesvig on Hardanger Fiddle and Brandon Vance on Scottish Fiddle in a concert exploring the folk traditions of Scandinavia and Scotland  
Ticket Info: \$25 Regular Admission, \$23 Seniors or Military, Under 18 free  
(253) 572-TUNE (8863)/[www.schamberseries.org](http://www.schamberseries.org)

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

Tacoma Opera presents

## CARMEN BY GEORGES BIZET



Pantages Theater

The story of the beautiful gypsy who gave her love, but could not be possessed, never fails to excite! Sung in French with supertitles.

Ticket Info: \$35 - \$90.  
Box Office: 253-591-5894  
For tickets & info visit [tacomaopera.com](http://tacomaopera.com).

TACOMA  
OPERA

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