



ONLINE LEWIS-McCHORD

Joint Base Lewis-McChord, Wash.

The Online Lewis-McChord MWR Weekly News Source

Sept. 3, 2010

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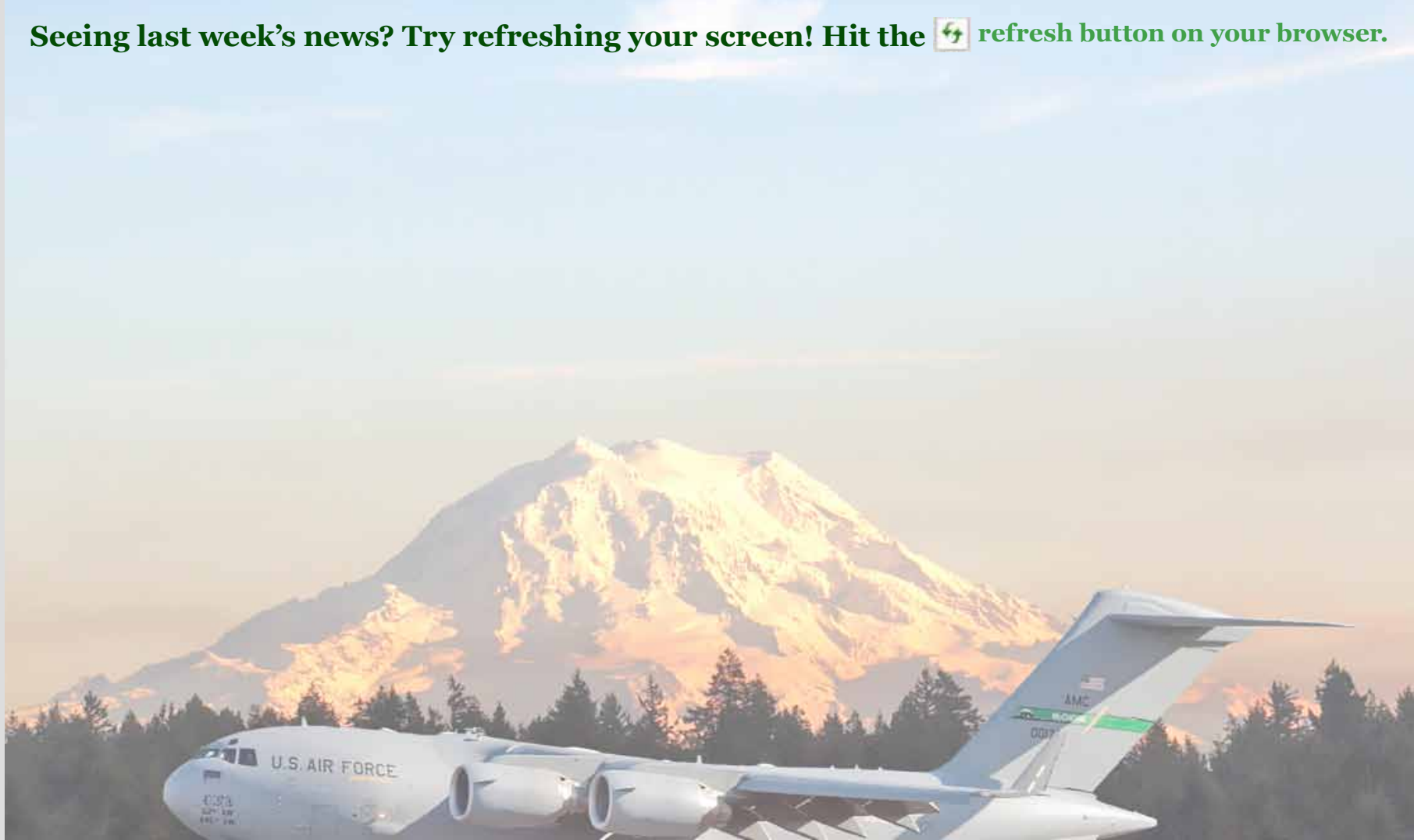
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Get your car ready for fall with expert advice



Take advantage of expert advice when it comes to keeping your vehicle in good shape for every season.

Andy Garcia and Thomas Graves at the McChord Field Auto Center have accumulated years of vehicle maintenance and repair experience — and they're more than willing to answer any of your questions.

Here's how you can prepare your vehicle for cooler weather in coming months.

- It's critical to check your fluids no matter what season it is.

Make sure your vehicle has adequate antifreeze, even if it's not being used. Your engine block is in danger of freezing and cracking (an expensive repair) without antifreeze to protect it.

Use all-season oil, which won't get thick in colder temperatures. Most new cars use 5W/20 or 5W/30.

Check to see if your windshield washer is formulated for winter temperatures. Even window washing solutions have some anti-freeze to prevent your windshield from icing up.

Remember to check your transmission and brake fluid levels before you go on any trip.

- Check your wiper blades to see if they are proper for use all year. Some blades can freeze and become rigid rather than remain flexible.
- Make certain your tire pressure is adjusted for cool weather. Tire pressures are naturally higher in warm temperatures and lower in cool temperatures. Underinflated tires wear out more quickly.

- Speaking of tires, buy good all-season tires that wear well in both summer and winter.
- Get your battery and battery cables serviced. You wouldn't want to get stuck somewhere in the rain and cold.
- Carry an organizer in your vehicle with these essentials: De-icing fluid, quart of oil, quart of transmission fluid, jug of 50/50 mix of antifreeze, bottle of brake fluid, flares, paper towels, portable air pump, and a blanket.

If you ever need help, you'll have the supplies on hand to quickly get back on the road.

Need more help?

If you need help learning how to prepare your car for fall, sign up for a car check-up class for \$20 plus supplies, or a lube and oil change class for \$25 plus supplies. Classes are one-on-one with an expert at the Auto Center.

Also get a complete engine diagnosis for only \$39.95 — the best price you'll find around!

**McChord Field Auto Center
Building 1120 Barnes Blvd.**

(253) 982-7227

Open Wednesdays–Fridays

10 a.m.–7 p.m.

& Saturdays 9 a.m.–5 p.m.

TIP of the week

Have fun while learning in creative classes

Now that the kids are back in school, you have more time to spend on your own learning — for fun! Here's a few ideas to get your creative juices flowing.

Check out belly dancing and piano lessons at the community center

Belly Dancing is hotter than ever at the McChord Field Community Center! It's a great way to firm and control core muscles while relieving stress.

Meet for a new belly dancing session Wednesday, Sept. 15 to Oct. 20 from 5 to 6 p.m. Pay \$40 and get six one-hour lessons.

If you've always wanted to try piano, now's your chance. Sign up for individual adult piano lessons for \$20 per half-hour lesson, offered on Mondays and Tuesdays.

Call the McChord Field Community Center at 253-982-0718 for available openings.

Learn how to frame prints, create with wood at Arts & Crafts Center

Sign up and save money by learning how to do creative projects yourself at the Arts and Crafts Center at McChord Field. Choose from beginning matting and framing, shadowbox design or basic woodworking.

You'll learn two methods of cutting mats in the beginning matting and framing class. Learn to join frames, cut out glass and assemble the project to take home. The Arts and Crafts Center's specialists can put on final touches, such as laser engraving. You also can arrange for individual instruction in advanced matting and framing and shadowbox design at a time convenient for you.

If you're interested in working with wood, sign up for a woodworking course at your convenience. In the basic woodworking course, you'll learn how to use basic hand and power tools while completing a furniture project you can take home and enjoy.

For registration details, call 253-982-6726.



Highlights of McChord Field MWR Events for Sept. 3–Sept. 11

Friday, Sept. 3

ADVENTURES UNLIMITED: Sign up by today for the family trip to Northwest Trek Sept. 5. Call 253-982-2206 for more details.

Saturday, Sept. 4

BASE THEATER: Watch free movies this weekend at the base theater. Saturday showtimes are 4 p.m. and 7 p.m. The Sunday matinee is at 4 p.m. [See what's playing!](#)

Sunday, Sept. 5

WHISPERING FIRS: Active duty families get 2-for-1 burritos at Habañero Mexican Grill weekends after 11 a.m. Call 253-982-4927 for more details.

Monday, Sept. 6

ADVENTURES UNLIMITED: Sign up by today for Tuesday's after-work kayak paddle. Call 253-982-2206 for more details.

Tuesday, Sept. 7

THE CLUB: Two-fer Tuesdays, 11 a.m.–1 p.m. Buy one lunch and beverage, get the second lunch and beverage of equal or lesser value free!

Wednesday, Sept. 8

THE CLUB: Family Feed Wednesday Night Taco Bar, 4:30–6:30 p.m. \$3 for members, \$6 for nonmembers, \$2 for ages 6–10, free for ages 5 & under.

Come cheer on vocal competitors in Operation Rising Star at the club from 6–9 p.m. beginning tonight.

ADVENTURES UNLIMITED: Sign up by today for Thursday's after-work hike. Call 253-982-2206 for details.

Thursday, Sept. 9

ADVENTURES UNLIMITED: Sign up by today for the Blake Island Kayak Trip & Campout Sept. 11–12; a mandatory meeting is today at 5 p.m. at Adventures Unlimited. Call 253-982-2206 for more details.

Friday, Sept. 10

THE CLUB: Wing First Friday, 4 p.m. Free for club members, \$5 for nonmembers.

ADVENTURES UNLIMITED: Sign up by today for Sunday's Seattle Outlet & Tulalip Casino trip. Call 253-982-2206 for more information.

Saturday, Sept. 11

WHISPERING FIRS: Western Washington Sweeps through Monday. Call 253-982-4927.

Coming up:

- Let Adventures Unlimited take you on the Third Thursday Museum Walk in Tacoma Sept. 16 and a kayak around Ketron Island Sept. 18.
- Retirees can enter the Pacific Northwest Military Retiree Tournament at Whispering Firs Sept. 18–19. Call 253-982-4927 for details.

Return to [our website](#) for more events and classes!

