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# *USAF MSC Association* **NEWSLETTER**

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APRIL 2010

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## FROM THE CHAIRMAN OF THE BOARD

The Christmas holidays have come and gone; we have ushered in a new year; and winter is but a cold memory (in San Antonio anyway). I hope your holiday season brought many blessings to you and yours.



The Board has been busy working on the 2011 reunion. Colonels Deb Cavanaugh, Tim Morgan and Mac McClean (as Senior Consultant) comprise the Reunion Committee. After considerable discussion of the pros and cons presented for each site nominated by the Committee, the Board selected Scottsdale, Arizona.

We are targeting a Friday, Saturday and Sunday in October 2011, about 17 months from now. Deb Cavanaugh volunteered to be our on-site Project Officer and I want to publicly thank her for taking on that responsibility! At press time, Deb advised that the rates might be substantially better mid-month. She is in the process of scouting out our hotel and meeting place options and we should have more details to report soon.

Keep an eye on the web site <http://mscassociation.org> and click on Reunions for more details. Enjoy the rest of the newsletter.

Jim Moreland, Association Chairperson

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## FROM THE PRESIDENT

The MSC Association successfully nominated Lt Colonel Art Small for the 2010 Commitment to Excellence Award (Retiree Category). Lt Colonel Small distinguished himself while on active duty and has continued to contribute to military and civilian healthcare since his retirement. A little known fact, Art not only supported the Corps and the Association, but continued service to his country as a member of the New York Air National Guard, where he was promoted to the grade of Brigadier General before fully retiring. He has contributed from the beginning of our Association as one of the founding members, and served faithfully as a Board member and Officer, culminating in his election as Chairman of the Board for the period 2007-2009.

He was recognized for his extraordinary service to the Association and military community at the Air Force Awards Banquet held in Chicago in March. The Corps Chief, Brigadier General Michael Miller made the presentation of the Commitment to Excellence Award to Lt Colonel Small. Congratulations to Lt Colonel Small for this well deserved recognition. This is the Seventh year the Association has nominated a retiree to the Corps Chief for this award.

Joe Vocks, Association President

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## HSA TEAM BUILDER AWARD WINNERS AND OUR NEWEST LIFETIME MEMBERS

Welcome and congratulations to two of our newest Lifetime Membership award winners; 1Lt Cynthia Newberry and 2Lt Clifford Giampietro. Cynthia graduated from HSA Class 10-A and Cliff from Class 10-B. Each was selected by their peers to receive the Team Builder Award, sponsored by our Association.



Cynthia hails from Houston, TX. Her first assignment is with the 88<sup>th</sup> MDSS at Wright-Patterson AFB, OH. Cynthia has a B.S. in Kinesiology from Louisiana State University (2005) and has a Masters in Healthcare Administration from the University of Houston in 2008.

Prior to joining the Air Force, Cynthia worked in a clinical and administrative role for Texas Children's Hospital in Houston. She is married to her husband Adam, and together, they have a Goldendoodle named Maggie.



Cliff claims Riverside, NJ, as his hometown. He is married to his wife Diana, and has two children, Michael and Nathaniel. Cliff started active duty in 1996 and transition to the Air National Guard in 2004. He was commissioned in the Medical Service Corps on 2008. He has a BA from Rutgers, and hopes to be a physics/math professor after finishing his graduate degree. Cliff will remain with the 21 CST (ANG) at Fort Dix, NJ.

Both Cynthia and Cliff are off to a great start! Welcome to the Air Force Medical Service Corps and our Association!

## **MSC ASSOCIATION DUES ARE DUE!!**

There were several articles in our December 2009 Newsletter about renewing our annual dues in January, converting to Lifetime Membership, and notifying the Association of changes to your contact information. In February Emails were sent to those of you who had not renewed and postcards were sent to those who do not have Email addresses. Some Emails bounced and postcards were then sent to these folks. However, our efforts to contact everyone are only as good as the contact information you provided us.

While many have responded, approximately 140 of you still have not. Your current status as of 17 March 2010 is on your Newsletter mailing address label – DUES PAID THRU XXXX. This is your last chance to get your dues in before the “absolute deadline date of 1 May 2010.” If dues are not received by 1 May 2010 then we will move you to the Inactive List and we would hate to lose you as an active member. (We had to go to press on 17 March 2010. If you paid your dues after 17 March 2010, please disregard).

For any questions pertaining to the above issues, please contact Col Charlie Brown, Association Secretary, at 1-866-818-2110 toll free or email me at our email address [info@mscassociation.org](mailto:info@mscassociation.org).

Dues are \$20 a year for everyone except Active Duty or drilling Guard and Reserves in the ranks of 01- 04. Send dues to: USAF MSC Association, Inc., 860 Oak Hills Drive, Monument, CO 80132. You can also use PayPal by going to the Website at [www.mscassociation.org](http://www.mscassociation.org)

While you're at it, send in any changes to your contact information that varies with the April 2010 Roster. Just send in the 2010 Renewal Form or Email us at the address above. Again, the absolute deadline for dues is 1 May 2010.

Thanks everyone.

Charlie Brown, Association Secretary

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## **3,900 SATURDAYS**

Not long ago, I received a letter from one of our Association members. He said, "Wayne, I love getting your Newsletter and had to send you this beautiful story. I don't know who wrote it, but I hope you can find a way to share it with our Association members."

I did love it, and thought it would be a great story to include in this Association Newsletter. It's called 3,900 Saturdays. Here'tis. [Editor]

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The older I get, the more I enjoy Saturday morning. Perhaps it's the quiet solitude that comes with being the first to rise, or maybe it's the unbounded joy of not having to be at work. Either way, the first few hours of a Saturday morning are most enjoyable.

A few weeks ago, I was shuffling toward the garage with a steaming cup of coffee in one hand and the morning paper in the other. What began as a typical Saturday morning turned into one of those lessons that life seems to hand you from time to time. Let me tell you about it:

I turned the dial up into the phone portion of the band on my ham radio in order to listen to a Saturday morning swap net. Along the way, I came across an older sounding chap, with a tremendous signal and a golden voice. You know the kind; he sounded like he should be in the broadcasting business. He was telling whomever he was talking with something about "a thousand marbles." I was intrigued and stopped to listen to what he had to say.

"Well, Tom, it sure sounds like you're busy with your job. I'm sure they pay you well but it's a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work sixty or seventy hours a week to make ends meet. It's too bad you missed your daughter's dance recital," he continued; "Let me tell you something that has helped me keep my own priorities." And that's when he began to explain his theory of a "thousand marbles."

"You see, I sat down one day and did a little arithmetic. The average person lives about seventy-five years. I know, some live more and some live less, but on average, folks live about seventy-five years.

"Now then, I multiplied 75 times 52 and I came up with 3,900, which is the number of Saturdays that the average person has in their entire lifetime. Now, stick with me, Tom, I'm getting to the important part.

"It took me until I was fifty-five years old to think about all this in any detail," he went on, "and by that time I had lived through over twenty-eight hundred Saturdays. I got to thinking that if I lived to be seventy-five, I only had about a thousand of them left to enjoy. So I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores to round up 1,000 marbles. I took them home and put them inside a large, clear plastic container right here in the shack next to my gear.

"Every Saturday since then, I have taken one marble out and thrown it away. I found that by watching the marbles diminish, I focused more on the really important things in life.

"There's nothing like watching your time here on this earth run out to help get your priorities straight.

"Now let me tell you one last thing before I sign off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure that if I make it until next Saturday then I have been given a little extra time. And the one thing we can all use is a little more time.

"It was nice to meet you Tom. I hope you spend more time with your family, and I hope to meet you again here on the band. This is a 75 year old man, K9NZQ, clear and going QRT, good morning!"

You could have heard a pin drop on the band when this fellow signed off. I guess he gave us all a lot to think about. I had planned to work on the antenna that morning, and then I was going to meet up with a few hams to work on the next club newsletter.

Instead, I went upstairs and woke my wife up with a kiss. "C'mon honey, I'm taking you and the kids to breakfast."

"What brought this on?" she asked with a smile.

"Oh, nothing special, it's just been a long time since we spent a Saturday together with the kids. And hey, can we stop at a toy store while we're out? I need to buy some marbles."

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What I love about stories like this is that they can speak to our soul. Sometimes, our greatest challenge is getting inside our own heads to determine what makes us tick?

I've already used up my 3,900 marbles plus a goodly number more. And, now I'm enjoying all those extra Saturdays to the fullest. Many of you still have some of your marbles left – enjoy each Saturday to the fullest. And, for those of you who have already used up all 3,900 of your marbles – keep on enjoying all those extra Saturday's to the fullest. I hope this little story helps you get your priorities straight. [Editor]

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### WORK OR PLEASURE?

An Air Force colonel was about to start the morning briefing with his staff. While waiting for the coffee machine to finish its brewing, the colonel decided to pose a question to all assembled. He explained that his wife had been a bit frisky the night before and he failed to get his usual amount of sound sleep.

He posed the question of just how much of sex was "work" and how much of it was "pleasure?" A Major chimed in with 75-25% in favor of work. A Captain said it was 50-50%. A Lieutenant responded with 25-75% in favor of pleasure, depending upon his state of inebriation at the time.

There being no consensus, the colonel turned to the Airman who was in charge of making the coffee. What was HIS opinion? Without any hesitation, the young Airman responded, "Sir, it has to be 100% pleasure."

The colonel was surprised and, as you might guess, asked why?

"Well, sir, if there was any work involved, the officers would have me doing it for them."

The room fell silent.

God Bless the enlisted man.

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A government big enough to give you everything you want,  
Is strong enough to take everything you have.

~ Thomas Jefferson ~

## THE SACK LUNCHES

I put my carry-on in the luggage compartment and sat down in my assigned seat. It was going to be a long flight. 'I'm glad I have a good book to read. Perhaps I will get a short nap,' I thought. Just before take-off, a line of soldiers came down the aisle and filled all the vacant seats, totally surrounding me. I decided to start a conversation.

'Where are you headed?' I asked the soldier seated nearest to me. 'Petawawa. We'll be there for two weeks for special training, and then we're being deployed to Afghanistan.'

After flying for about an hour, an announcement was made that sack lunches were available for five dollars. It would be several hours before we reached the east, and I quickly decided a lunch would help pass the time.

As I reached for my wallet, I overheard a soldier ask his buddy if he planned to buy lunch. 'No, that seems like a lot of money for just a sack lunch. Probably wouldn't be worth five bucks. I'll wait till we get to base.' His friend agreed.

I looked around at the other soldiers. None were buying lunch. I walked to the back of the plane and handed the flight attendant a fifty dollar bill. 'Take a lunch to all those soldiers.' She grabbed my arms and squeezed tightly. Her eyes wet with tears, she thanked me. 'My son was a soldier in Iraq; it's almost like you are doing it for him.'

Picking up ten sacks, she headed up the aisle to where the soldiers were seated. She stopped at my seat and asked, 'Which do you like best - beef or chicken?' 'Chicken,' I replied, wondering why she asked. She turned and went to the front of plane, returning a minute later with a dinner plate from first class. 'This is your thanks.'

After we finished eating, I went again to the back of the plane, heading for the rest room. A man stopped me. 'I saw what you did. I want to be part of it. Here, take this.' He handed me twenty-five dollars.

Soon after I returned to my seat, I saw the Flight Captain coming down the aisle, looking at the aisle numbers as he walked. I hoped he was not looking for me, but noticed he was looking at the numbers only on my side of the plane. When he got to my row he stopped, smiled, held out his hand and said, 'I want to shake your hand.' Quickly unfastening my seat belt I stood and took the Captain's hand. With a booming voice he said, 'I was a soldier and I was a military pilot. Once, someone bought me a lunch. It was an act of kindness I never forgot.' I was embarrassed when applause was heard from all of the passengers.

Later I walked to the front of the plane so I could stretch my legs. A man who was seated about six rows in front of me reached out his hand, wanting to shake mine. He left another twenty-five dollars in my palm.

When we landed I gathered my belongings and started to deplane. Waiting just inside the airplane door was a man who stopped me, put something in my shirt pocket, turned, and walked away without saying a word. Another twenty-five dollars.'

Upon entering the terminal, I saw the soldiers gathering for their trip to the base. I walked over to them and handed them seventy-five dollars. 'It will take you some time to reach the base. It will be about time for a sandwich. God Bless You.'

Ten young men left that flight feeling the love and respect of their fellow travelers.

As I walked briskly to my car, I whispered a prayer for their safe return. These soldiers were giving their all for our country. I could only give them a couple of meals. It seemed so little.

A veteran is someone who, at one point in his life, wrote a blank check made payable to 'The United States of America' for an amount of 'up to and including my life.'

'That is Honor, and there are way too many people in this country who no longer understand it.'

### **TRICARE IS SAFE AND SOUND UNDER HEALTH REFORM**

In recent days, a particularly disturbing myth about health insurance reform has resurfaced. Opponents of reform have dredged up the baseless charge that reform somehow will affect or increase the cost of the TRICARE benefits on which America's troops and veterans depend.

The President believes our nation's greatest strategic asset is our men and women in uniform. Our servicemen and women and their families have always sacrificed selflessly in defense of our ideals. That is why one of the President's top priorities since coming into office has been to give our veterans "the care they were promised and the benefits that they have earned." That began with the largest single-year increase in VA funding in three decades, and with initiating the Virtual Lifetime Electronic Record that will follow a member of the Armed Forces through their transition into VA care and stay with them for life.

And, it's why there is absolutely nothing in health reform that will affect TRICARE benefits.

The most recent TRICARE fear-mongering comes by way of viral email and relies on a document prepared by the government analysts before President Obama took office which outlined potential options for containing healthcare costs. But, here's the thing: *none of these options have been proposed by President Obama or adopted in health reform legislation.*

In addition, there are reports out there that new taxes will be imposed on TRICARE. That is not true either. There are no new taxes. No cuts in benefits. If you hear a politician telling voters that health reform will hurt TRICARE, don't believe him.

If you rely on TRICARE, you have nothing to worry about.

[SOURCE: Jan 15, 2010 – The White House by Matt Flavin] *Matt Flavin is the Director of Veterans and Wounded Warrior Policy*

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"The greatest pleasure in life is doing what people say can't be done."

## GREAT SERVICE IS A CHOICE

No one can make you serve customers well. That's because great service is a choice. Years ago, my friend, Harvey Mackay, told me a wonderful story about a cab driver that proved this point. He was waiting in line for a ride at the airport. When a cab pulled up, the first thing Harvey noticed was that the taxi was polished to a bright shine. Smartly dressed in a white shirt, black tie, and freshly pressed black slacks, the cab driver jumped out and rounded the car to open the back passenger door for Harvey. He handed my friend a laminated card and said:

"I'm Wally, your driver. While I'm loading your bags in the trunk, I'd like you to read my mission statement."

Taken aback, Harvey read the card. It said:

### Wally's Mission Statement

*To get my customers to their destination in the quickest, safest, and cheapest way possible in a friendly environment*

This blew Harvey away. Especially when he noticed that the inside of the cab matched the outside. Spotlessly clean!

As he slid behind the wheel, Wally said, "Would you like a cup of coffee? I have a thermos of regular and one of decaf."

My friend said jokingly, "No, I'd prefer a soft drink."

Wally smiled and said, "No problem. I have a cooler up front with regular and Diet Coke, water and orange juice."

Almost stuttering, Harvey said, "I'll take a Diet Coke."

Handing him his drink, Wally said, "If you'd like something to read, I have *The Wall Street Journal*, *Time*, *Sports Illustrated* and *USA Today*."

As they were pulling away, Wally handed my friend another laminated card. "These are the stations I get and the music they play, if you'd like to listen to the radio."

As if that weren't enough, Wally told Harvey that he had the air conditioning on and asked if the temperature was comfortable for him. Then he advised Harvey of the best route to his destination for that time of the day. He also let him know that he'd be happy to chat and tell him about some of the sights, or, if Harvey preferred, to leave him with his own thoughts.

"Tell me, Wally," my amazed friend asked the driver, "have you always served customers like this?"

Wally smiled into the rear view mirror. "No, not always. In fact, it's only been in the last two years. My first five years driving, I spent most of my time complaining like all the rest of the cabbies do.

Then I heard the personal growth guru, Wayne Dyer, on the radio one day. He had just written a book called *You'll See It When You Believe It*. Dyer said that if you get up in the morning expecting to have a bad day, you'll rarely disappoint yourself. He said, 'Stop complaining! Differentiate yourself from your competition. Don't be a duck. Be an eagle. Ducks quack and complain. Eagles soar above the crowd.'

"That hit me right between the eyes," said Wally. "Dyer was really talking about me. I was always quacking and complaining, so I decided to change my attitude and become an eagle. I looked around at the other cabs and their drivers. The cabs were dirty, the drivers were unfriendly, and the customers were unhappy. So I decided to make some changes. I put in a few at a time. When my customers responded well, I did more."

"I take it this has paid off for you," Harvey said.

"It sure has," Wally replied. "My first year as an eagle, I doubled my income from the previous year. This year I'll probably quadruple it. You were lucky to get me today. I don't sit at cabstands anymore. My customers call me for appointments on my cell phone or leave a message on my answering machine. If I can't pick them up myself, I get a reliable cabbie friend to do it and I take a piece of the action."

Wally was phenomenal. He was running a limo service out of a Yellow Cab. I've probably told that story to more than fifty cab drivers over the years, and only two took the idea and ran with it.

Whenever I go to their cities, I give them a call. The rest of the drivers quacked like ducks and told me all the reasons they couldn't do any of what I was suggesting.

Wally the Cab Driver made a different choice. He decided to stop quacking like ducks and start soaring like eagles. How about you?

*Excerpt from: The Simple Truths of Service, by Ken Blanchard and Barbara Glanz*

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### **A NEW SCAM TECHNIQUE USED BY ROBBERS**

This Safety Notice was just sent in mid-March 2010 from the Virginia Department of Transportation (VDOT). Please provide widest dissemination. Safety Notice!

Folks are becoming crueler daily. But this is just the beginning of pangs of distress. With the decline in economy and job losses, we can expect anything. Just can't be too careful these days.

If you are driving at night and eggs are thrown on your windshield, do not operate the wiper or spray any water on the windshield because eggs mixed with water become milky and block your vision up to 92.5%, forcing you to stop along the roadside and thus potentially become a victim of robbers.

This is a relatively new technique used by robbers. Please inform your friends and relatives.

[Source: VDOT, Lynchburg, VA]

## **A VETERAN'S SELDOM USED BENEFIT**

Please pass this information along to all veterans and individuals with veterans in their family.

"Aid and Attendance" is an underutilized special monthly pension benefit offered by the Veterans Administration for veterans and surviving spouses who require in-home care or live in nursing homes.

To qualify, a veteran (includes the surviving spouse) must have served at least 90 days of active military service, one day of which is during a period of war, and must be discharged under conditions other than dishonorable.

The veteran's benefit is \$18,234 annually (paid monthly) and is increased to \$21,615 if a veteran has a dependent. The surviving spouse alone is \$11,715 annually.

For more information, call 1-800-827-1000 or Visit <http://www.va.gov/>; (type "Aid and Attendance" in the search block), or contact your local VA office. Or, you may apply on-line at <http://vabenefits.vba.va.gov/vonapp/main.asp> or <http://vabenefits.vba.va.gov/vonapp/main.asp>

Contributed by Bill Zellers

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## **SENIORS – DON'T MESS WITH THEM**

Two businessmen in Florida were sitting down for a break in their soon-to-be new store.

As yet, the store wasn't ready, with only a few shelves set up.

One said to the other, "I bet any minute now some senior is going to walk by, put his face to the window, and ask what we're selling."

No sooner were the words out of his mouth when, sure enough, a curious senior walked to the window, had a peek, and in a soft voice asked, "What are you sellin' here?"

One of the businessmen replied sarcastically, "We're selling butt-holes."

Without skipping a beat, the old timer said,

"You're doing quite well. Only two left."

Seniors – don't mess with them.

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**“Persistence is what makes the impossible possible, the possible likely, and the likely definite.”**

**~ Robert Hall, Personnel Executive ~**

## **2010 CENSUS TO BEGIN**

### **WARNING: 2010 Census Cautions from the Better Business Bureau**

#### **Be Cautious About Giving Info to Census Workers by Susan Johnson**

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race and other relevant data.

The big question is – how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

- If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.
- Census workers are currently only knocking on doors to verify address information.
- Do not give your Social Security Number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.
- Remember, no matter what they ask, you really only need to tell them how many people live at your address.
- While the Census Bureau might ask for basic financial information such as a salary range, you don't have to answer anything at all about your financial situation.
- The Census Bureau will not ask for Social Security, bank account or credit card numbers, nor will employees solicit donations. Anyone asking for that information is NOT with the Census Bureau.
- Further, the Census Bureau has decided not to work with ACORN on gathering this information. No ACORN worker should approach you saying he/she is with the Census Bureau.
- Eventually, Census workers may contact you by telephone, mail or in person at home. However, the Census Bureau will not contact you by Email. So, be on the lookout for Email scams impersonating the Census.
- Never click on a link or open any attachments in an Email that are supposedly from the US Census Bureau.

**PLEASE SHARE THIS INFORMATION WITH FAMILY, COLLEAGUES AND FRIENDS.**

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**The best sermons are experienced, not preached.  
~ Cowboy Wisdom ~**

## **DUMBEST KID IN THE WORLD**

A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you."

The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves.

"What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream store. "Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied, "Because the day I take the dollar, the game's over!"

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## **BASE RETIREE ACTIVITIES OFFICES WORLDWIDE NEED VOLUNTEERS**

Release No. 12-04-09 | 8 Dec 2009

By Tech. Sgt. Matthew McGovern  
Defense Media Activity-San Antonio

**SAN ANTONIO (AFRNS) – Retiree Activities Office members currently need volunteers at more than 100 offices at active-duty, Reserve and Guard bases worldwide.**

"All of the Retiree Activities Offices are suffering for a new group of people to volunteer because the core of (current volunteers) are getting sick, getting older and passing away," said Patricia Peek, the chief of Air Force Retirees Services. "None of the retiree activities offices have a surplus of people; we need their time, their efforts and their talents at these offices."

Volunteer opportunities for retired military and their family members occur in several areas, depending on the base. Most bases have openings in areas like the hospital, clinic and pharmacy administration sections; thrift shops; legal offices; family support centers and the retiree activities office itself.

Retired Master Sgt. Joseph Rowan has volunteered in the Retiree Activities Office at Travis Air Force Base, California, for more than 25 years.

"If I didn't like it, I wouldn't be here as long as I have," Sergeant Rowan said. "Giving back to the Air Force by helping others and showing people where they can give back is what's enjoyable about volunteering."

Retiree Activities Office volunteers assist retirees with several actions including: serving as an information center for space-available travel, Tricare and base services; offering referrals for

financial assistance and pay matters; counseling active-duty Airmen nearing retirement; and providing literature on retirement issues.

"Anybody can be beneficial to a Retiree Activities Office; it mainly takes the right attitude and the right feeling about retirees," said retired Lt. Gen. Steven R. Polk, co-chairman of the Air Force Retiree Council.

During a recent Retiree Activities Office area meeting, General Polk said he had an opportunity to witness the dedicated people working as Retiree Activities Office volunteers and was impressed with their enthusiasm. He hopes it's contagious.

"I think it's important for each of us individually to stay engaged (after retirement) to keep our mind working and to stay busy. Volunteering is one way we can do that later in life," the general said.

"We've all benefited from our time on active duty, and we've benefited from the training and education that were provided. During that phase of life where you do have some time to give back volunteering, it can be very rewarding to do that," he said.

"This is the Year of the Air Force Family and that family includes not only our active duty, but it includes our civil service, our contractors, our family members and it includes our retirees. So the motto of the retirees is 'still serving,' so where a base needs help, it's important for volunteers to provide that help."

For more Retiree Activities Office information and locations near you, visit [www.retirees.af.mil/raos/](http://www.retirees.af.mil/raos/). (Courtesy of Air Force News Service)

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## **OFFICIALS LAUNCH NEW AIR FORCE COMMUNITY WEB SITE**

By Master Sgt. Stan Parker, Secretary of the Air Force Public Affairs Office

WASHINGTON (AFRNS) -- Air Force officials have launched a new Web site to meet social and informational needs of Airmen, civilians, retirees and their families.

The entire Air Force family: all Airmen married and single; spouses; children; Air Force civilians; and retirees are invited to log on to [www.usafservices.com](http://www.usafservices.com), the official community Web site of the Air Force. The Web site allows users to add friends, send messages and update their personal profiles to notify family and friends about themselves.

Registered users will find the site allows for real-time socializing through the use of private or public chats, according to Mrs. Eliza Nesmith, Airmen and family services chief. Officials are not just optimistic based on the site's popularity, but also by feedback received regarding its functionality. Additionally, users can join networks or create forums ranging in topics from deployed-spouse support to families with special needs.

"The new Web site is going to be very exciting and useful for Airmen and their families," said Ms. Nesmith. "We now have about 2,200 users who are using the site right now, from an initial 600."

Although Airmen and families may be surprised by the absence of Air Force Crossroads, officials emphasized this important capability will continue to exist under the new domain.

Airmen will see advantages of the new site, particularly the new social networking feature, Ms. Nesmith said. The feature called "My Journal", under the "Share" tab functions much like Facebook and allows registered users to invite friends, join groups and post photos or videos. Like commercial sites, users can restrict access, allowing only those known to them to view their information and post messages.

Active duty, retirees, reservists, Guardsmen, Department of Defense employees and others who are enrolled in the Defense Enrollment Eligibility Reporting System may register as users on the site.

Users will notice that the Web site does not require the use of a common access card, but under optimized security measures, users can create a unique account username and a 15 character password, Ms. Nesmith said. Despite increased security measures, the site will be accessible from government and personal computers, she added.

As this new site was launched, Air Force officials discontinued GI Mail. Over the past few years, officials have noticed the feature was an important tool for families to stay in touch, while others used it for their official mail or even to pay bills.

"We are very sensitive to drawing down that capability – but the social networking and contact with family during a deployment is going to be an easy and important part of usafservices.com," Ms. Nesmith said, noting a messaging feature, forums and a real-time.

While there is no capability or contact list link between Air Force Crossroads/GI Mail and the new usafservices.com Web site, users can click on the webmaster link to solicit help.

"Once Airmen and their families get accustomed to using the Web site, they will find that it is a very user friendly site that will give them much more flexibility than they have had on similar Web sites," Ms. Nesmith said. "During this Year of the Air Force Family, we really want to take a look at policies and procedures and see what we can do better. This is one of them."

Senior leaders have designated July 2009 through July 2010 as the Year of the Air Force Family, maintaining their commitment and attention to Airmen and their families as a top priority. Airmen and Family Support is one of the four pillars on which the Year of the Air Force Family is built, including Health and Wellness, Education, Development and Employment and Airman and Family Housing. (Courtesy of Air Force Print News)

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The human race has only one really effective weapon, and that is laughter. The moment it arises, all your irritations and resentments slip away and the sunny spirit takes their place."

~ Mark Twain ~

## A THANK YOU TO ALL VIETNAM VETS FROM A MARINE IN IRAQ

A guy gets time to think over here and I was thinking about all the support we get from home. Sometimes it's overwhelming. We get care packages at times faster than we can use them. There are boxes and boxes of toiletries and snacks lining the center of every tent; the generosity has been amazing. So, I was pondering the question: "Why do we have so much support?"

In my opinion, it all came down to one thing: Vietnam Veterans. I think we learned a lesson, as a nation, that no matter what, you have to support the troops who are on the line, who are risking everything. We treated them so poorly back then. When they returned was even worse. The stories are nightmarish of what our returning warriors were subjected to. It is a national scar, a blemish on our country, an embarrassment to all of us.

After Vietnam, it had time to sink in. The guilt in our collective consciousness grew. It shamed us. However, we learned from our mistake. Somewhere during the late 1970's and on into the 80's, we realized that we can't treat our warriors that way. So, starting during the Gulf War, when the first real opportunity arose to stand up and support the troops, we did. We did it to support our friends and family going off to war. But we also did it to right the wrongs from the Vietnam era. We treat our troops of today like the heroes they were, and are, acknowledge and celebrating their sacrifices, and rejoice at their homecoming – instead of spitting on them.

And that support continues today for those of us in Iraq. Our country knows that it must support us and it does. The lesson was learned in Vietnam and we are all better because of it.

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### SOUNDING TAPS

Col Barton L. Aspling	12 Dec 2009
*Lt Col Pierce F. Carney	2007
*Major James P. Fortner	24 Dec 2009
1 <sup>st</sup> Lt Harold P. Frey	Unknown
Major Francis Hammer	Unknown
Major Chester B. Havilland	Unknown
*Major Ralph K. Neff	Apr 2009
Lt Col Robert J. Preston	Unknown
*Col Elisabeth E. Smith	16 Jun 2009
*Major Stewart E. Stiling	12 Feb 2010
*Col Walter H. Williams	17 Jan 2010

\*Denotes Life Member Status

## IN MEMORIAM

Ginny Myers, wife of Lt. Gen. Paul Myers, passed away on Valentine's Day after 65 years of marriage. Graveside Services were conducted on Friday 19 February 2010 at Fort Sam Houston National Cemetery.

Junis Lewis, Captain, USAF, (Ret), husband of our former Corps Chief, Brigadier General Pat Lewis, passed away on 12 January 2010. Funeral services were conducted on 16 January 2010, at the Fairfax Memorial Funeral Home in Fairfax, Virginia. Internment will take place at the Columbarium, Arlington National Cemetery on 7 July 2010 at 11:00AM.

## UPDATE ON COL FRANK PERRI, RETIRED AF MSC, WHO RECENTLY HAD A STROKE

[Editor's Note: Fred Graves has been corresponding with Col Frank Perri since his recent illness. Below is a response from Frank Perry to Fred Graves.]

Fred,

Thanks for asking about my health. I am doing pretty good; still my right leg, however, feels like a hunk of lead but I can walk without a cane or walker. And after six months, I am finally driving. My buddies are warning all my friends that I am back on the road.

Considering everything, I am doing very well and feel very blessed. Take care and again I always enjoy your emails.

Frank

[Editor's Note: Anyone wishing to drop Frank Perri a line can reach him at 814 Arizona Ash, San Antonio, TX, 78232 or email at [groundhogp@sbcglobal.net](mailto:groundhogp@sbcglobal.net).] Contributed by Fred Graves.

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## 'TRICARE UNIVERSITY' OFFERS BENEFIT EDUCATION

Release No. 01-09-10 | Jan. 27, 2010

FALLS CHURCH, Va. (AFRNS) – If you are new to Tricare and eager to learn about your health care benefits or an old hand who wants to know the latest changes, Tricare University is the place to go.

Tricare University offers free online courses 24 hours a day, seven days a week, 365 days a year at [www.tricare.mil/tricareu](http://www.tricare.mil/tricareu).

The courses can be taken anytime and you can learn at your own pace. It's the simplest way to learn about your Tricare benefit.

Of the different courses online, the Tricare Public Course provides the quickest and easiest way to get a general overview and basic knowledge of Tricare programs. There is no registration for this course and it is accessible to anyone who wants to know more about Tricare.

The Tricare Fundamentals Course is much more in-depth as it is primarily designed for benefit counselors and family support staff who provide counseling and assistance to Tricare beneficiaries. Topics covered include Tricare eligibility, Tricare programs and plans and online resources. Registration is needed to take the course and “graduates” who pass the test at the end of the course receive a certificate from Tricare.

To take one of the offered courses, go to [www.tricare.mil/tricareu](http://www.tricare.mil/tricareu) and click “online training” for a list of options. (Courtesy of Tricare)

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### **THIRTEEN THINGS YOUR BURGLAR WON'T TELL YOU**

1. Of course, I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste – and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
5. If it snows while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
7. A good security company alarms the window over the sink – and the windows on the second floor, which often access the master bedroom – and your jewelry. It's not a bad idea to put motion detectors up there too.
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door, that's understandable. But understand this: I don't take a day off because of bad weather.
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
11. Here's a helpful hint: I almost never go into kids' rooms.
12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.
13. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television. (Find it at [faketv.com](http://faketv.com).)

**It's a choice, not chance that determines your destiny.**

**~ Jean Nidetch ~**

## **8 MORE THINGS A BURGLAR WON'T TELL YOU**

1. Sometimes, I carry a clipboard. Sometimes, I dress like a lawn guy and carry a rake. I do my best to never, ever look like a crook.
2. The two things I hate most: loud dogs and nosy neighbors.
3. I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.
4. I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?
5. I love looking in your windows. I'm looking for signs that you're home, and for flat screen TVs or gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.
6. Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address.
7. To you, leaving that window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.
8. If you don't answer when I knock, I try the door. Occasionally, I hit the jackpot and walk right in.

**Sources:** Convicted burglars in North Carolina, Oregon, California, and Kentucky; security consultant Chris McGoey, who runs [crimedoctor.com](http://crimedoctor.com); and Richard T. Wright, a criminology professor at the University of Missouri-St. Louis, who interviewed 105 burglars for his book "Burglars on the Job."

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## **HEART ATTACKS AND DRINKING WARM WATER**

This is a very good article. Not only about the warm water after your meal, but about Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water. Maybe it is time we adopt their drinking habit while eating.

For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

### **Common Symptoms of Heart Attack**

A serious note about heart attacks – You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better the chances are that we could survive.

A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. Read this and send to loved ones and friends. It could save a life – So, please be a true friend and send this article to all your loved ones and friends you care about.

**WE JUST DID!**

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### **INTERESTING TIDBIT FROM THE RECENT PAST**

The following is from an Army Aviator friend who took a trip down memory lane:

It was just before Thanksgiving of 1967 and we were ferrying dead and wounded from a large GRF west of Pleiku. We had run out of body bags by noon, so the Hook (CH-47 Chinook) was pretty rough in the back. Suddenly, we heard a 'take-charge' woman's voice in the rear.

There was the singer and actress, Martha Raye, with a Special Forces beret and jungle fatigues, with subdued markings, helping the wounded into the Chinook, and carrying the dead aboard. 'Maggie had been visiting her Special Forces 'heroes' out 'west.'

We took off, short of fuel, and headed to the USAF hospital pad at Pleiku. As we all started unloading our sad pax's (passengers), a 'Smart-Ass' Captain said to Martha "Ms Raye, with all these dead and wounded to process, there will not be time for your show!"

To the surprise of us all, she pulled on her right collar and said "Captain, see this eagle? I am a full 'Bird' in the US Army Reserve, and on this collar is a 'Caduceus' which means I am a Nurse, with a surgical specialty. Now, take me to your wounded." He said, "Yes ma'am, follow me".

Several times at the Army Field Hospital in Pleiku, she would 'cover' a surgical shift, giving a nurse a well-deserved break.

Martha is the only woman buried in the Special Forces cemetery at Ft. Bragg.

Hand-Salute!

**Martha Raye Civilian Warrior**

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Well Folks, that's a take. This has been a fun Newsletter because we had the opportunity to cover the waterfront. From the serious to the delirious. As I prepare this, today is Saint Patrick's Day. So, Happy St Paddy's Day. And, by the time you receive your Newsletter, you will have celebrated Easter. So, Happy Easter to all.

In closing, thank you for your continuing readership. And, feel free to submit items for future Newsletter issues.

**WGT**