



THE SENTINEL

"One Team...One Voice"

A SEMI-MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

AUGUST 1-14, 2004

Meet Your "Match" at Selfridge...Become a Volunteer!

By Lori Grein

Army Volunteer Corps Coordinator

We are looking for singles, married couples, youth, civilians, active duty personnel, reservists, and family members to join our program!

Who are we? We are the Army Volunteer Corps, representing a tradition of service for the Selfridge joint military community. Our goal is to meet the needs of the community by matching your skills and interests with volunteer opportunities in and around the base.

Reasons for volunteering are varied. Some volunteers simply want to "make a difference," "help others," or "give something back;" others want to learn new talents, gain work experience, or sharpen current skills. I have discovered personally that volunteering is just a great way to meet people. I have fun while serving a good cause.

The volunteer "spirit" is spread all over the Selfridge Community. Family support groups are active in providing assistance to troops and their family members. Religious programs are available with activities for all ages, including Bible Study Groups, Vacation Bible School, and Club Beyond. The Spouse Club provides numerous services to its members and operates the Thrift Shop and Gift Wrap Booth to fund its Scholarship and Community Benefits programs. The Selfridge Firefighter's Association sponsors a Golf Benefit for two youth programs on base, the Young Heroes and Starbase. Volunteers continue to staff the American Red Cross, the Boy and Girl Scouts, the Selfridge Air Museum, and

Retiree Affairs Office. Other organizations that appreciate and utilize volunteer services include the Dental Clinic, Health Clinic and MWR Marketing, Child & Youth Services, Selfridge Community Service, and the Library.

The Army Volunteer Corps Coordinator is the match-maker and serves as a central point of contact to assist with opportunities and issues for volunteers and

volunteer managers. The office of the Army Volunteer Corps Coordinator is located in Building 780, Room 16. Please feel free to call (586) 307-2923, or send an e-mail to GreinL@tacom.army.mil.

The Selfridge community offers a wide variety of opportunities to serve. You're bound to find the perfect match! Give us a try!

Local AAFES Employee Serves with the Military in Kuwait

By Janet Larson

AAFES Public Affairs Representative

Local Army & Air Force Exchange Service (AAFES) employee and Contingency Team Volunteer Marina Blea has been working at Ali Al Salem Air Base, Kuwait since April 2003. Marina had been tasked as a Reorder Associate at the Selfridge ANGB Exchange before volunteering for the AAFES Contingency Team. Suddenly Marina was tasked with multiple job duties: managing the Exchange, driving the forklift, delivering merchandise to other camp sites, escorting deliveries, offloading trucks, receiving and transferring merchandise, counselor and mother to the younger troops. She is doing it all in conditions that were, in her words, "Damn hot and very sandy!"

When Marina first arrived in Kuwait, she lived in a tent but now lives in a dorm, which, "seems like a penthouse!" When

not working in the AAFES facility, she tries to catch up on her sleep, watch movies, and talk to know her fellow exchange workers and volunteers, Tasha and Simone. She also checks in with other facilities after hours and talks to the military personnel to make sure they get items they need to make their deployment a little more comfortable. These items can range from bath sponges, shoes, memory cards, games, movies, CDs and even jewelry. Marina, who was a military for the military. She says delivering a bit of Selfridge to deployed troops is a

(Article continues on page 2)

Inside this issue...

AAFES Saves You Money Every Day.....	2
MWR Has What You Need for Summer.....	4
Use Safe Eating Habits This Summer.....	7
Classifieds.....	8

Club Beyond Hosts First “Beat the General” Golf Outing

by Kevin Collins
 Director, Community Youth Ministries

Fifty golfers launch this first year golf outing for Club Beyond—Youth for Christ. *Beat the General* was the theme of the outing and Brigadier General Roger Nadeau was the team to beat. In a scramble format, the vast majority of the teams scored well under par, yet none were able to “beat the General.” General Nadeau graciously withdrew from the awards allowing the next ranked team to win the prize.

Rik Bond, manager of the Selfridge Golf Club, officiated the event and awarded the prizes and trophies to winners in many categories. Rik said of the tournament, “this was a very professionally, well-run outing, benefiting a very worthy cause.”

Club Beyond students assisted the golfers by greeting them at their cars, carrying their clubs to their carts, serving cold water at the turn and generally making them feel welcome.

Next year’s event has been scheduled for Sunday, July 17 with a 1 p.m. shotgun start. Several sponsors are already committed and the majority of golfers will bring additional teams.

Club Beyond is for military teens in high school. In addition to weekly meetings on Thursdays during the school year, they attend concerts, hold events such as pool parties, laser tag, all night lock-ins, retreats and movie nights.



COL Donald Kotchman, COL David Ogg and COL Robert Groller head out to participate in the Club Beyond “Beat the General” Golf Outing.



Club Beyond teens Garrett Langhauser, Lydia Stebbins and Sterling Hamilton welcomed golfers and kept them “hydrated” during the tournament.

Local AAFES Employee Serves with the Military in Kuwait

(Continued from page 1)

rewarding experience. “I’m really enjoying what I’m doing and know that I’m part of history in the making.” She is thrilled with the gratification and the appreciation that the troops show her, from thank you’s to hugs. The troops worry and miss Marina when she goes on R&R and welcome her back when she returns. While Marina feels that the troops in Kuwait have “become my extended family,” she still misses her family back home, especially grandbabies Liesa-Mari and Devin, and her daughters. Because of cultural considerations, she also misses being able to wear shorts in the 110 to 130 degree heat!

AAFES has 56 Contingency locations throughout Operations Iraqi and Enduring Freedom (OIF/OEF) ready to serve deployed military men and women. Deployed troops today will find the latest in electronics, DVDs, CDs and souvenirs. Beyond products, AAFES also offers a variety of services in contingency locations including Name Brand Fast Food and call centers. Anyone wishing to “Help Our Troops Call Home” can help bridge the gap between the front lines and the home front by logging on to www.aafes.com and sending a calling card to a particular

service member or “any service member.”

Hundreds of AAFES associates have volunteered to bring a little bit of home to deployed locations. Currently there are 99 AAFES associates in Kuwait and 278 in Iraq. AAFES truly lives the motto, “We Go Where You Go.”



The Golf Committee, from left to right, included Jerry St. Onge, Kevin Darden, 1stSGT (ret) Shannon Brasher, Kevin Collins, Director of Club Beyond Selfridge, and MAJ (Ret) Andy Stass, Golf Committee Chairman.

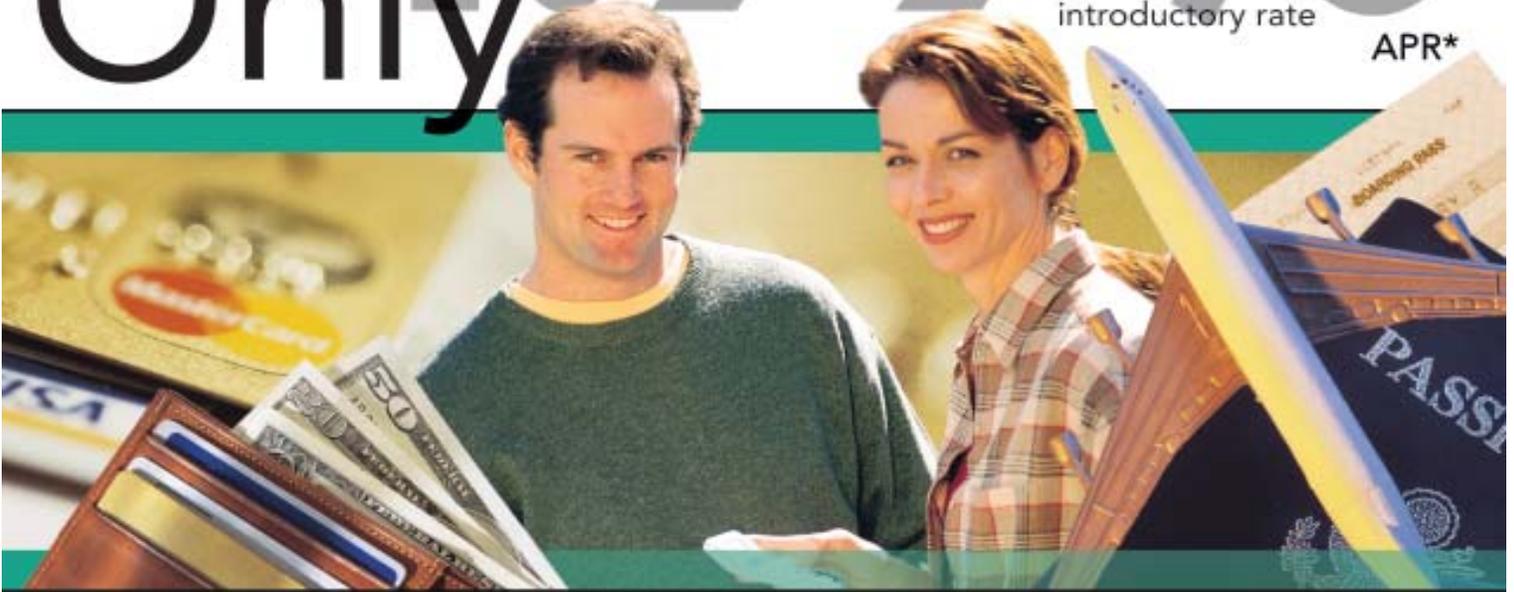
Yesterday's Gallery



*Antiques - Collectibles
 Finer Used Furniture
 Home Accessories - Jewelry*

Steve & Lynn Humphreys
 200 South Main Street
 Mt. Clemens, MI 48043
(586) 469-3901

Home Equity
Only **1.99%** Earn More, Pay Less
introductory rate APR*



Apply today for your Home Equity Line of Credit and LOCK in your rate!

Take advantage of our low 90 day 1.99% APR* introductory rate. You will receive one of the BEST RATES IN TOWN for 90 days. Then, your rate will be locked up to 5 years** at rates as low as 3.95% APR.

* APR - Annual Percentage Rate
**Rate adjustments are determined by product.

www.cmccu.com

Main Office 586-466-7800
Selfridge Branch 586-468-1177



Be A Member

To become a member, you must live, work or worship in Clinton Twp., Mt. Clemens, or Harrison Twp.

MWR Has What You Need for Summertime Fun

Sports Center - Building 165

COED Sandlot Volleyball Tourney
 Saturday, August 28, 9 a.m.-5 p.m.
SELFRIIDGE TOP 4 PICNIC AREA
 USA Beach Volleyball Rules apply
 State-registered official
 Double elimination tournament
 \$60.00 entry fee includes registration, T-shirts, and trophies for top three teams
 For more information, contact the Sports Center at (586) 307-5202/5571.

Intramural Flag Football League
 Begins September 13. Games are held Monday and Wednesday, 6 p.m.-9 p.m., on the field by the front gate. You must be a minimum of 18 years to participate. Free to active-duty personnel.
 \$15 per person (non-active duty) registration fee applies. Coaches Meeting on August 12 at 4 p.m. at the Sports Center. This is a Commander's Cup event.

Golf Course

Selfridge Family Fun Afternoon - Four - Fore - Forty

Get in the swing this summer with the entire family! Selfridge Golf Course is hosting a family fun afternoon on **August 15 & 29** with Four - Fore - Forty! A family of four can golf *fore* just \$40! That's a \$78 value. This great family package includes four cart rides, four small range tokens and *fore* nine-hole games, all for only **forty dollars!** Tee off between 2 p.m. and 6 p.m. This special is available to parents and their children under the age of 17. Call the Selfridge Pro Shop at (586) 307-4653 for tee times and more information.

Monday Madness - August 2, 9, 16, 23, and 30

Chase away the Monday Blues at the Selfridge Golf Course with Monday Madness. For just \$20 per person, you'll get 18 holes of golf with cart. Call for tee time reservation at (586) 307-4344.

Senior's Special

Golfers over the age of 50 can now play Mondays and Tuesdays from 7 a.m. - 12 p.m. for only \$18! Cost includes 18 holes of golf and cart.

Selfridge Bowling Center (Bldg 826)

Children's Birthday Parties
 Plan to have your child's birthday party at the Selfridge's Bowling Center! Birthday Party Packages for children ages seven and under include: one game of bowling with free shoe rental, pizza (or hot dog), soda and room rental for \$4.50 per child. For ages eight and up, you get two games of bowling with free shoe rental, pizza (or hot dog), soda and room rental for \$5.50 per child. Call 307-5941 to make a reservation.

2 For 1 Bowling!

The Bowling Center now offers 2-for-1 Bowling every Monday and Saturday, 11 a.m.-9 p.m. Shoe rental is included! This offer is valid to all patrons through Labor Day.

Reggie's Pub (Bldg 826)

DJ Dance Party & Karaoke Contest
 Stop by Reggie's Pub on July 17, 6-10 p.m., for our DJ Dance Party and Karaoke Contest. The karaoke contest begins at 8 p.m. and prizes will be awarded for 1st, 2nd and 3rd prize. Call Reggie's Pub at (586) 307-5941 for info.

Reggie's Pub Summer Special

Bowl a FREE GAME with the purchase of any Reggie's Pub Signature Sandwich, Masterpiece Creation or Specialty Wrap. Call for details.

Free Games of Pool!

Sharpen your cue and then your billiard skills for free every Wednesday at Reggie's Pub from 11 a.m. until 9 p.m. Stop by during lunch and order from our great selection of Signature Sandwiches, Masterpiece Creations, Jumbo Dogs, sides and snacks.

After 6 p.m., Reggie's Pub offers full bar service and appetizers.

Youth Center Building 2250

Open Recreation

Available Monday-Friday from 12 Noon-6 p.m. Call (586) 598-1770 for more information.

Upcoming Middle School/Teen Summer Events

Registration taken for all events in Building 780, Jefferson Ave, Room 15. Call

(586) 307-4840 for details.

Teens vs. Adults Basketball Game
 Thursday, August 19, 6:30 p.m. at the Youth Center. Join us for a rousing game of basketball followed by a BBQ. Call the Youth Center for more information at (586) 598-1770.

Tiger Baseball Game Family Outing
 Saturday, August 21. Bus departs from the Youth Center at 5 p.m. Game starts at 7 p.m. Cost is \$15 per person. Register by August 13. Children under age 10 must be accompanied by parent. Call the Youth center at (586) 598-1770 for more information.

Youth Center (Continued)

Youth Sponsorship Night

Come to the Youth Center on August 26 to meet other teens and enjoy an afternoon of free food and games. Enjoy the fun from 4 until 6 p.m. Call the Youth Center at (586) 598-1770 for more information.

Selfridge Community Service, Bldg 780

Newcomer's Briefing

Thursday, August 5, 8:30 a.m., in Bldg (Article continues on page 5)

First Participants in the Selfridge Golf Course "Four - Fore - Forty" Family Fun Afternoon Program



Commander Edward Eng, U.S. Coast Guard Group - Detroit, with (left to right) Alexis, 10; Branden, 7; and Ashley 13, enjoy the fresh air and sunshine on a beautiful day at the Selfridge Golf Course.

If you and your family would like to participate in this new Golf Course program, please call 307-GOLF (4653).

Get into Some Great Summer Fun with MWR!

(Article continued from page 4)

780, Room 106. Childcare available with pre-registration. Call (586) 307-5949 to register or for more information.

Army Family Team Building class (AFTB), Level III "Building Self Esteem"

Wednesday, August 11, 11 a.m.-1 p.m. Students learn how to empower themselves and gain a higher self-worth. Students also learn to take care of themselves first so they can help others. Register by August 2. Call (586) 307-5903.

Selfridge Lodging

Offering top-quality customer service and a variety of lodging selections to choose from are trademarks of Selfridge Lodging. Hotel suites and 1, 2, 4 and 5 bedroom Guest House Apartments are available to all authorized MWR patrons and family members. Accommodation rates range from \$35-75! Vacationing family members are eligible to stay at Selfridge Lodging, offering a safe location and close proximity to the local area. So

take advantage of our great prices and excellent service and call for a reservation today! The reservation line, (586) 307-4062, is manned 24 hours a day, 7 days a week.

Outdoor Recreation Center

Youth Fishing Trips

Located in building 903, the Outdoor Recreation Center has Youth Fishing Trips every Wednesday from 9 a.m. to 11:30 a.m. for youths age 5-16 years. The cost is just \$3.50 per child and includes boat

ride & bait. All participants must provide their own fishing pole and hooks or lures. Pre-registration is required at least one day prior. The Youth Fishing Trips will take place every Wednesday through August 18. Call (586) 307-5499 to register and for more information.

Equipment Rentals

Outdoor Recreation has all kinds of summer fun items for rent, from grills to speed boats, and new pop-up campers!

Selfridge Firefighter's Association 14th Annual Golf Benefit Tournament

August 27, 10 a.m.

\$75 per person/ \$300 per team. Price includes 18 holes of golf, 2 golf carts per team, lunch, dinner, door prizes, raffle, beverages.

Proceeds from the event help support the Starbase and Young Heroes Youth programs at Selfridge. Donations are welcome. Please RSVP by July 30th.

Call Jerome Shackling at (586) 307-4234 for more information.

Let the **Dog's Inn** be a home away from home for your pets.



If it's grooming that is needed, let our **Groom Room** staff be of service.



- Clipper cuts
- Scissor finish
- Nails clipped
- Mat removal
- Skin check-up
- Brushing
- Flea bath
- Pampering



Affiliated with the Animal Medical Surgical Critical Care Center.
Dr. Paul Michael Turkal, DVM
Special fees for military families - ID required

Located at
22941 Fourteen Mile Road
Clinton Township, MI 48035
(586)792-1810 for Appointments

Exercise Safe Picnicking Habits This Summer

by Eugene Yuells

USAG-M Safety Office

Be carefree as long as you handle food properly. Pack well-wrapped food in an insulated cooler. Keep your cooler in the shade with the lid on. When barbecuing, cook burgers until they are no longer pink in the center, and cook poultry until the juices run clear from the thickest part of the meat. Eat everything within a two-hour period and return leftovers to the cooler.

It is fun to grill burgers, but do so safely, cautions the National Fire Protection Association. Keep your grill far from anything that can burn - your home, car, dry vegetation, kids and pets. If someone suffers a burn, run cool water over the injury for 10 to 15 minutes. Do not rub butter on a burn because it can seal in the heat and further damage the tissue. Serious burns should receive medical attention.

GAS GRILLS - If you smell gas, there may be a leak. **DO NOT START THE GRILL** until you have run a safety check and know there are no problems. If your grill needs repair, have a professional do the job. You received an operator's manual with your grill when it was new - read it!

CHARCOAL GRILLS - Make sure you allow enough time for your briquettes to warm up. There are ways to speed up the process but there are no safe ways to speed up the process. Briquettes are often pre-soaked with quick start chemicals. Do not add your own "quick start" such as lighter fluid or gasoline. Many injuries have been caused by a sudden burst of flame from adding one of these. Flames can quickly get out of hand and cause a fire or you could receive serious burns.

Any type of grill attracts children. Do not leave a grill unattended even for a minute or some little one will decide to "help you." Children may knock the grill over or they may touch it and receive serious burns. There is also the chance of a sudden burst of wind coming up and fanning the flame, taking it out of the grill, and causing a fire. You should always have a fire extinguisher or a hose ready in case of this type of accident. Be careful where you set your

grill up, because a hot grill too close to the house can lead to a fire. Also, never set your grill under trees.

If the chicken or meat you are cooking contains too much fat, the melted fat can fall onto the coals and cause excessive smoking. Select lean cuts of meat or place fatty food in a pan on the grill.

Never move outdoor grills into the garage or other closed area. If it should rain or become uncomfortably hot or cold, remember that within minutes, smoldering charcoal can build up lethal concentrations of carbon monoxide. Even with an open window, the fumes can kill you.

When cleaning up, never put ashes or briquettes in a cardboard carton or other combustible container, since the coals could ignite. Never try to store "dead" charcoal, because they can re-ignite even a day later.

All those great foods you serve to go with the grilled meat need special attention too. No one wants to skimp and not serve enough food but it is important to try to plan as close as possible the right amount

of cold foods. Bacteria can contaminate mishandled food and cause food poisoning.

Keep perishable foods like lunchmeat, cooked chicken, shrimp, and potato or pasta salads cool. You can use a cooler with several inches of ice or frozen gel-packs. You can use double dishes, take a larger bowl and put ice in it, then add a second bowl inside the first bowl and place your food in. Many companies make insulated containers. Whatever you use, keep the food in the refrigerator until you are ready to eat and place it back in the refrigerator as soon as you are done (not more than two hours). Select a spot in the shade to set up your table.

Food sitting at outside temperatures for more than two hours is not safe. At 90 degrees or above, food should not sit out for over one hour. At high temperatures food spoils quickly. If you have any doubts, throw it out!

Not all foods require refrigeration. Think about some non-perishable foods for your barbecue: fruits, vegetables, nuts, trail-mix, and peanut butter and jelly.

Babies Don't Come with Instructions

by Anna Samulski

Employee Assistance Center

The Selfridge Family Advocacy and Employee Assistance Programs provide newborn layettes to military members/spouses who are pregnant or recently delivered an infant. This promotion is ongoing and available free of charge due to generous donations of hand made quilts, afghans, sweaters, etc. from local community quilting guilds, senior centers and individual volunteers. Each layette is filled with a number of baby products, linens, toiletries, and parenting books or videos and is approximately \$150 in value. To obtain a layette, please contact 586-307-5211/5611 or come to Bldg. 780, Room 16.

On August 11 from Noon to 1 p.m., there will be a workshop in Bldg. 780, Staff Lounge promoting good parenting

through the *New Parent Support Program*. This in-home program is free to any military member with children ranging from newborn to age 3. Representatives from Downriver Community Services and CARE will be available to answer questions on prenatal and newborn care, family stress, health and nutrition of mother and child, strategies for effective parenting. Plenty of information, layettes, prizes and refreshments will be available.

For information or to register for this program, contact 586-307-5211/5611 or e-mail samulska@tacom.army.mil.

Upcoming MWR Events

Monday, August 2-Saturday, August 7

Drug Education for Youth (DEFY) Camp - For students ages 9-12, 8 a.m.-4:30 p.m., Vandenberg Conference Center. Call 307-5530 for more information.

Thursday, August 5

Newcomer's Orientation - Bldg 780, Room 106, 8:30 a.m.-12 Noon. Child care is available for those who pre-register. Call 307-5949 to register.

Monday, August 9-Friday, August 13

All Sports Advanced Camp - For youth ages 10-15, 12 Noon-4 p.m., Bldg 780 Gym/Fields, \$30 per person. Sports include basketball and soccer. Call 307-5530 for more information.

Wednesday, August 11

Army Family Team Building Level II - Building Self Esteem - Bldg 780, Room 106, 11 a.m.-1 p.m. Child care is available with pre-registration. Call 307-5903 for more information.

Friday, August 13

Christian Music Concert with FFH and Brian Smith Band at McMorran in Port Huron - Activity sponsored by Club Beyond and Youth Center. Call 307-4193 for more information.

Sunday, August 15

Student Leadership Meeting - 12 Noon at the Chapel. Call 307-4193 for more information.

Ongoing

Parent Advisory Committee Meeting - 3rd Tuesday of every month, Bldg 780 Staff Lounge, 6:30-7:30 p.m. Call 468-5619 for more information.

Veterinary Clinic Hours - Every Tuesday, 5-8 p.m., and Thursday, 9 a.m.-12 Noon. Call 307-5246 for appointment.

Thrift Shop - The Thrift Shop is open on Tuesdays, Thursdays and the first Saturday of the month, 9 a.m.-3 p.m. Call 307-4405 for information.

LifeMAP Class - Every Tuesday, 4-5:30 p.m., Bldg. 780 Room 102. Call 307-5211 for information.

Chapel Services - Men's Bible Study every Friday, 6:30-8 a.m. Call 307-4020 for more information.

Multi-Craft Classes - Ceramic and Porcelain Doll Classes - Tuesdays and Thursday from 6-9 p.m. **Stained Glass Classes** - Every Monday from 6-8 p.m. Both classes are in the Multi-craft Center, Bldg. 780. Cost for the class is determined by the project chosen. Call 307-6848 for more information.

Youth Sports Clubs - Youth ages 8-12 can participate in the **Jr. Sports Club** every third Thursday of the month in the Bldg. 780 Gym, beginning at 6:15 p.m. If your child/ren are ages 13-17 they can go to their monthly **Sports Club** meeting the third Thursday of every month at the same place. Call 307-5530 for more information.

Items available at Outdoor Recreation - Summer bait sales, theme park tickets, boat and equipment rentals, Top 4 Picnic Area reservations, boater safety certification, privately-owned boat launch, and Five Flags Campground facilities. For more information on any of these programs, please call 307-5499.



gentle dental

ST. CLAIR SHORES
21537 Harper

NEW BALTIMORE
35521 23 Mile Rd.

586 779-0150 586 725-8282

*We can help keep them safe...
Our professional and friendly staff are
happy to provide a full range of dental
services for everyone in your family.
Remember, families are favorites here!*

MOST INSURANCE PLANS ACCEPTED – TRICARE (Active Duty, Retired & Family) PROVIDER



CLASSIFIED ADS

For more information

CALL 307-4159/5404

DEADLINE

4 weeks before your desired start date

RATES

Classified Ad (35 words)	\$5
Graphics Ad	\$25-\$100
Various sizes available Discounts for Selfridge affiliates	

CLASSIFIED OFFICE HOURS

Monday-Friday
8:00 a.m. – 3:00 p.m.
Bldg. 780, Room 4B * Selfridge ANG Base

The New You, Inc., Body Wraps - Lose 6 to 20 inches in one hour, guaranteed! For a FREE consultation, call (586) 323-0355 and schedule an appointment. Located at 8801 Hall Road in Utica (between M-53 and Van Dyke).

Volunteer Opportunities: Gain work experience! Sharpen current skills! Be involved! Be a volunteer! Volunteers are needed to staff the following positions: Marketing Assistant, Dental Clinic Receptionist, Youth Sports Coach. For more information, contact the Army Volunteer Corps Coordinator at (586) 307-2923, or GreinL@tacom.army.mil.

"Timeless Treasures" Scrapbook for Hire - Love the idea of a one-of-a-kind photo album but lack the time? I'll create your treasure for you! Call Lori Conner at (586) 598-0905 for more information.

For additional Garrison information, visit our website:

www.selfridge.army.mil

You'll find a lot of good information about Morale, Welfare and Recreation, *The Sentinel* newspaper, Selfridge Community Service, six-month Community Calendar, Commissary, Exchange, Chapel, Education Center, Health and Dental Clinics, History of Selfridge, and even MWR Employment Opportunities.

Do you have questions or comments about an MWR facility or service?

Pick up the phone and call the

MWR Customer Feedback Line!

307-4999

Call anytime - 24 hours a day, 7 days a week.

We are committed to returning your call not later than the next business day.

URGENT CARE CENTERS

If you haven't visited urgent care centers lately, now is a good time to become acquainted with our quality services and specialists. From extended urgent care hours to enhanced outpatient rehab, we're constantly growing and changing to better meet your health needs.

- **Urgent Care**
Weekdays, 8 a.m.-10 p.m.
Weekends and Holidays, 10 a.m.-6 p.m.
- **Physical Therapy**
- **Mammography & Ultrasound**
- **Physician Specialists**



Chesterfield Health Center
30795 23 Mile Road
Chesterfield Twp.
(586) 421-3050

Fraser Health Center
15717 Fifteen Mile Road
Clinton Twp.
(586) 286-3850



Enhance the skills you already have.

You've already gained impressive skills as a member of our nation's military. Now take your training above and beyond with a part-time job in the Air Force Reserve. In most cases, you'll retain your rank and continue to accrue retirement benefits. To learn more, go to www.afreserve.com/prior or call 800-AFR-8279.



800-AFR-8279 ★ www.afreserve.com/prior