



THE SENTINEL

"One Team...One Voice"

A SEMI-MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

AUG. 15 - SEPT. 4, 2004

U.S. Army Garrison-Michigan Receives New Commander

by Margaret Compton
Public Affairs

The Director of the Installation Management Agency, Northwest Region, J. Randall Robinson (pictured below passing the flag), officiated at a change of command ceremony on the lawn outside of the Vandenberg Conference Center at Selfridge Air National Guard Base, July 13. Lt. Col. Kevin J. Austin, pictured below, who hails from North-western Pennsylvania, will lead the organization and split his time between the Warren and Selfridge locations. The outgoing Commander, Lt. Col. Craig L. Johnson accepted a position at the Army Special Operations Command at Ft. Bragg, North Carolina. A hearty welcome goes out to Lt. Col. Kevin Austin!



The new Commander, LTC Kevin Austin, addresses the audience.



LTC Austin receives the guidon from Mr. Robinson, Director, IMA, NWR.

Military Can Buy Cheap Lions Tickets

Attention Football Fans! Your Detroit Lions have a special deal for all military ID cardholders. Upper deck, end-zone tickets for the September 2 pre-season game with the Buffalo Bills, regularly priced at \$40 each, are available to service members for just \$10 each! Interested parties can purchase tickets at the Ford Field ticket office from 10 a.m. until 6 p.m., Monday through Friday, or at any Ticketmaster location. Ticketmaster charges a fee for its services.

For more information on this great opportunity, please call (313) 262-2003.

Unfortunately, discounted regular season tickets for military members are not available.

Give Blood and Give the Gift of Life

by Nancy Zajdel
Emergency Assistance Officer

The American Red Cross Bloodmobile will be in the Fitness Center of Bldg 780 on Friday, September 3 between 9 a.m. and 3 p.m.

Please take time to donate blood. Check with your supervisor to see if you are entitled to four hours of administrative leave for donating blood.

A few facts from the American Red Cross about donating blood:

- American Red Cross is in constant need of blood. Alarming, fewer than 5% of healthy Americans eligible to donate blood actually do so each year.

- Who should donate blood? A safe and available blood supply is like pure water and clean air; a community resource. There is no substitute for blood. It's the responsibility of every eligible and healthy adult to donate.

- What are the qualifications for donating blood? Donors must be at least 17 years old, weigh at least 110 pounds

and be in good health. There is no upper age limit. In addition, donors must wait at least 56 days between donations.

- How long does it take to donate blood? The whole process takes about an hour. It starts with registration, a health history, and then a blood sample and mini-physical are done with one of our Red Cross nurses. Your actual donation usually takes no more than ten minutes. That's all followed by light refreshments.

Please call the American Red Cross office at (800) 448-3543 to schedule an appointment to donate. If you have concerns as to whether you can donate, call (800) 552-5466 and ask for Nursing.

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Compare: AAFES Saves You Money Everyday

AAFES News Release

DALLAS – The Army & Air Force Exchange Service (AAFES) saves customers money by offering low prices everyday. A national independent market basket survey of AAFES prices compared to comparable retailers reveals that AAFES prices are on average 21.89 percent lower than the competition. This savings is before any additional savings from the tax-free advantage of shopping AAFES. Check out the survey results at www.aafes.com.

The survey, conducted in January by Comparative Prices International, sampled everyday prices of 150 items (see additional pricing info below) at AAFES facilities and competitors located near military installations in six military communities. Communities surveyed included Ft Meade, MD; Ft. Walton Beach, FL; Fort Hood, TX; Ft Lewis, WA; Offutt AFB, NB; and Luke AFB, AZ. Retail Policy Specialist, Ralph Byerly, explains, “We compared our prices to the most popular retailers where our customers also shop.”

All major retail departments were represented in AAFES’ Market Basket Survey. The survey was designed to focus on the most popular items sold in AAFES facilities. “It’s not only important to offer the lowest price, but also the best product,” said Sales Directorate Vice President, Dale Linebarger. Prices surveyed were for national name brand items. AAFES private labels save customers even more over national brands.

AAFES provides quality merchandise at uniformly low prices to active duty military, Guard and Reserve members, military retirees and family members, regardless of where they’re stationed. AAFES Commander, Maj Gen Kathryn Frost said she is especially proud of the survey’s results because these low prices are not just found in CONUS, but at AAFES facilities throughout the world, including Tactical Field Exchanges in Operations Iraqi and Enduring Freedom. “This survey confirms that not only does AAFES ‘Go Where You Go,’ but our prices stay the

same.” AAFES surveys nationally. AAFES surveys locally. AAFES offers prices cuts. AAFES puts items on sale and clearance. If AAFES still has a higher price than a competitor, we’ll match it. All this and no

tax! The results speak for themselves. AAFES consistently offers an exclusive savings to valued military customers. AAFES will continue to conduct annual surveys to ensure prices are the lowest possible.

Location/Product	AAFES	Off-base	Savings
Luke AFB/Levi’s 550 Jeans 8-14	\$16.00	\$19.99	19.96%
Ft. Meade/Turtle Wax Zip Car Wash 64-oz.	\$3.95	\$4.99	20.84%
Ft. Walton Beach/Colgate Total toothpaste	\$2.60	\$4.94	47.37%
Offutt AFB/Wilson 11” MLB Youth Baseball Glove	\$29.95	\$39.99	16.06%
Ft. Hood/Timberland Nubuck 6” boot	\$107.63	\$129.99	17.20%
Ft. Lewis/Camelbak M.U.L.E. Max Gear 100-oz.	\$39.98	\$74.99	46.69%

MAP Class Designed to Make You More Productive in Your Personal Life

by **Richard Van Daele, MSW, CAC II Counselor**

The Family Advocacy Program, in partnership with the Employee Assistance Center, offers a unique on-going class to military members, civilian employees and their families. The class is known as the Life MAP Program, or Motivational Awareness Program, and is designed to help individuals become more productive and constructive in their personal lives and journeys. Since the beginning of the program over 3 years ago, Life MAP has helped enrich the lives of over 250 people. Members of the class come from all walks of life, many have differing goals but they all have one central desire: to become successful in their personal, family, and professional lives.

The goal of the Life MAP Program is to motivate the participants into constructing meaningful changes in a sometimes confusing and meaningless world. Most of the participants find relief and direction in the class as they learn how to write and live a mission statement. Class members can choose their own discussion topics from a large list of popular subjects ranging from stress and anger management to Transactional Analysis, and a variety of sociological and psychological subjects. The class is facilitated by an experienced Clinical Social Worker, Richard Van Daele

MSW, CSW, CAC-II, who provides direction in a non-judgmental, informal, and oftentimes humorous way.

There are only two rules in attending the Life MAP Program. First, class members are required to respect and adhere to the confidentiality of each other and secondly, members of the class are asked to commit to at least an eight-week series. The success of the group is highlighted by the fact that many participants seek to return for an additional series or two after they have graduated from the first, eight-week series. For more information on how to register for this unique class, please contact 307-5211/5611.

THE SENTINEL
ONE TEAM...ONE VOICE

Commander.....LTC Kevin J. Austin
MWR Director.....Frankie Stull
Articles.....Rose Spaulding
Design.....Joe Stockslager

Please submit all articles and community information to the MWR Marketing Office at least 45 days prior to allow time for adequate advertising. Office located in Rm 4, Bldg 780, Selfridge ANGB. Call (586) 307-4159/5404 for hours of operation and more information. Commercial advertising in this publication is not endorsed by any portion of US Army Garrison-Michigan, the Department of the Army, or the United States Government.

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Be A Member

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

Vacation Values *NOT* Too Good to Be True

by Barb Ferrence
 Manager, Outdoor Recreation Center

We have all been warned, "if it sounds too good to be true, it probably is." Well, there is at least one exception to that rule, The Armed Forces Vacation Club.

The Armed Forces Vacation Club (AFVC) is a "Space-A" vacation condominium rental program developed to benefit members and civilian employees of the

Have Yourself a "Smooth Move!"

by Angela Kelly
 Selfridge Community Service

Smooth Move Briefings are held *quarterly* on the third Thursday of the month. The briefings are designed to provide departing service members and families with vital information prior to relocating to their stateside and overseas assignments. The next briefing is scheduled for **October 21** from 8:30 a.m. until 12:15 p.m. in Bldg. 780, Room 104. Spouses are welcome and encouraged to attend. Childcare is available at no cost to Smooth Moves Briefing attendees. The number of available slots for childcare is limited. Early registration will ensure attendees requiring this childcare receive one of the available slots.

Pre-registration is required. *Registrants should schedule the Smooth Moves Briefing at least 6 months in advance* (when possible). *Army members in the grades of E-4 and below are required to attend.* Pre-register for the Smooth Moves Briefing by calling (586) 307-5949 or stopping by Selfridge Community Service, Bldg. 780, Room 12. E-mail registration is also available at kellyang@tacom.army.mil or warek@tacom.army.mil. The pre-registration deadline is the Friday preceding each briefing. POC is Angie Kelly or Kevin Ware at (586) 307-5949.

Future dates for the briefings are:

October 21, 2004

**January 20, April 21, July 21, and
 October 21, 2005**

U.S. Uniformed Services, National Guard and Reserves.

Condos at privately owned resorts normally sit empty when the owners aren't using them. Now, rather than let these condos go unoccupied, AFVC makes them available to eligible individuals for a flat rate of only **\$249 per week!**

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AFVC is as easy as 1,2,3:

1. Go to web site www.afvclub.com
2. Use "Search for availability" to

find a resort.

3. Call **1-800-724-9988**, give them account #7033-00000 and installation #118 to reserve a condo and start packing!

** MWR programs receive cash rebates for every reservation booking made from individual installations. You must provide your installation number to make a reservation.*

Fellow veterans have already reserved over 24,000 one-week "Space A" vacations. Shouldn't you start saving today? Contact the Outdoor Recreation Center for additional information at (586)307-5499.

Friends and Family Can Now Stay at Selfridge Lodging

by Bill Paling
 Lodging Manager

Are you having a party, wedding, or other social event this summer? Or maybe you have relatives visiting for an extended stay and your house is already full!

If you need extra space for your friends and relatives, be sure to check out Selfridge Lodging to fill those needs. Relatives and guests of Armed Forces members assigned to the installation can utilize Army Lodging on a space-

available basis, and make reservations up to seven days in advance.

Why put your guests in an off-base establishment when they can enjoy a safe, clean, and pleasant environment right here at Selfridge Army Lodging? Call our friendly desk clerks for reservations at (586) 307-4062, 24 hours a day, 7 days a week.



Summer Special

Buy a Reggie's Pub Signature Sandwich, Masterpiece Creation, or Specialty Wrap and get 1 FREE Game of Bowling!

Offer valid through September 5

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(586) 307-5941

Monday - Saturday 11:00am - 6:00pm

Selfridge Newcomers Welcomed into the Local Community

by Angie Kelly
Relocation Program Manager

Newly arrived personnel (active duty, retired, reserve/guard, and civilian) and their family members can learn a lot about their new Military Community by attending the monthly Newcomer Briefing, held on the first Thursday of each month, in Bldg. 780, Room 106, from 8:30 a.m. to 12:15 p.m. *The briefing, which is "mandatory" for all military members residing in government quarters (to include bachelor quarters), is highly recommended for all personnel and their spouses.* Childcare is provided on a reservation basis. A childcare reservation can be made by calling (586) 307-4711. Parents who have not yet registered their children with Child and Youth Services (CYS) should ensure their children's shot records are available when they arrival at the Child Care Center on the day of the briefing.

Selfridge and local school districts' personnel are available to inform newcomers of what is available to them

at Selfridge and to answer specific questions. **TRICARE representatives** provide a detailed briefing from 8:30 to 9:30, and are available to answer individual questions, assist with enrollment into the TRICARE North Region and throughout the morning. General information may found at the Health Net Federal Services Web Site <https://www.hnfs.net/bene/home/> or <http://www.tricare.osd.mil/north/default.cfm>. Call the TRICARE Service Center, newly located on base at 183 Arnold Circle in building 944. The hours of operation are 8:30 a.m.-12:30 p.m. Monday, Wednesday and Friday, and 12:30-4:30 p.m. Tuesday and Thursday. Call 1-877-TRICARE (877-874-2273) to speak to a representative.

The U.S. Army Garrison-Michigan Commander and/or Sergeant Major welcome newcomers, provide an overview of the installation and the Garrison's mission, and ensure attendees are treated to a

continental breakfast. Other presenters include staff from the Education Center, Army Health Clinic, Selfridge Spouse Club, Morale, Welfare and Recreation, Selfridge Community Service, Child and Youth Services, Base Exchange, Commissary, Housing, Fire and Police Departments, and the Base Chapel.

Contact Selfridge Community Service's (SCS) Relocation Readiness Program, located in Bldg. 780, Room 12, for additional information. Phone (586) 307-4258/5949 or email scs@tacom.army.mil. Visit one of the following web sites to view comprehensive installation information: U.S. Army Garrison-Michigan - www.selfridge.army.mil or SITES - <https://www.dmdc.osd.mil/appj/sites/index.jsp>.

Newcomer Briefings are informative, interesting, a great way to meet new people, and can ensure a smooth transition into *one of the best kept secrets in the Department of Defense: Selfridge!*

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Be Safe and Avoid Injuries This Basketball Season

by Eugene Yuells
USAG-M Safety Office

The 2004 Olympic Summer Games begin August 15, but whether you are a member of the United States Men's team - the three-time defending Olympic champions - or you are playing for the neighborhood Gold, you can still get injured. In 2003 alone, the Consumer Product Safety Commission reported more than 1.5 million basketball-related injuries treated in hospitals, doctor's offices, clinics, ambulatory surgery centers, and emergency rooms.

"Professional players gearing up for the 2004 Summer Olympics are spending a good portion of their time on conditioning programs including cardio vascular training, core (abdomen area) strengthening and flexibility exercises to avoid injuries, specifically overuse injuries," according to Nicholas DiNubile, MD, orthopedic surgeon and consultant to the Philadelphia 76ers basketball team.

"Stressing an area over and over until it is damaged and begins to hurt is known as an overuse injury, and one of the most common types of injuries," explained Dr. DiNubile. One common type of overuse injury is patellar tendonitis, or "jumper's knee," which is characterized by pain in

the tendon just below the kneecap.

Achilles tendonitis is another common overuse injury in basketball players. The Achilles tendon is the strong band of tissue connecting the heel to the calf muscles, and when ruptured or inflamed, causes pain in the back of the leg, just above the heel.

The American Academy of Orthopedic Surgeons offers the following helpful tips to prevent basketball injuries:

- Always take time to warm up and stretch before and after you play. Warm up with jumping jacks, stationary cycling, running or walking in place for three to five minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.
- Play only your position and know where other players are on the court to reduce the chance of collisions. Don't hold, block, push, charge, or trip opponents. Use proper techniques for passing and scoring.
- Select basketball shoes that fit snugly, offer support and are non-skid. Ankle supports can reduce the incidence of ankle sprains.
- Protective knee and elbow pads will help protect you from bruises and

abrasions.

- Use a mouth guard to protect your teeth and mouth.
- If you wear glasses, use safetyglasses.
- Do not wear jewelry or chew gum during practices or games.
- Avoid playing in extreme weather or on courts that are not properly lit in the evening.
- Baskets and boundary lines should not be too close to walls, bleachers, water fountains or other structures. Goals, as well as the walls behind them, should be padded.
- Be prepared for emergency situations and have a plan to reach medical personnel to treat injuries such as fractures, dislocations, sprains, head injuries, contusions and lacerations or abrasions.




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Seniors age 50 and up can play 18 holes on Mondays & Tuesday from 7:00am -12:00pm for only \$18(includes cart)

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MWR & Community Events

Now through August 31

Youth Fall Sports Registration

Flag Football - ages 5-12, Fall Soccer - ages 4-12 and Teen Basketball - ages 12-17. Registration taken in Bldg. 780, Rm. 15. Call 307-4840 for info.

Sunday, August 15

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

Sunday, August 15 & August 29

Selfridge Golf Family Fun Afternoon A family of four can golf for just \$40! Tee time between 2:00pm and 6:00pm. Package includes four carts, four small range tokens and four 9 holes games for \$40. Special available for parents and their children under the age of 17. Call 307-4659 for tee times.

Thursday August 19

Teen Vs. Adult Basketball Game 6:30pm at the Youth Center. Call 598-1770 for information

Friday, August 20

Club Beyond Bike Road Rally 1:00pm at the Top Four Picnic Area. Call 307-4193 to register
"Rock Your Socks Off" Music Concert 7:00pm at the Middle School/Teen Center. Free to all.

Thursday, August 26

Youth Sponsorship Night 4:00pm at the Middle School/Teen Youth Center. Call 598-1770 for information. Free food, games, meet other teens!

Saturday, August 28

Co-ed Sand Volleyball Tournament - 9 a.m. - 5 p.m., Top 4 Picnic Area. 4-on-4 competition with up to six players per team. The deadline to register is August 23. For more information, contact the Sports Center in Bldg 165, (586) 307-5202/5571.

Sunday, August 29

Selfridge Spouse Club Summer Social and Back-To-School Fashion Show 2:00pm-4:00pm Vandenberg Community Center. Fashions provided by Selfridge BX/PX. Raffles, Sweets and Lemonade! Come out and meet new friends, learn what's going on in the community and welcome newcomers!

Thursday, September 2

Newcomer's Orientation - Bldg 780, Room 106, 8:30 a.m. - 12 Noon. Child care is available for those who pre-register. Call 307-5499 to register

Veterinary Clinic Hours -The Vet clinic will be closed August 16, 17, 23 and 24.

Regular Hours of Operation are Monday, Wednesday & Friday 9:00am-4:00pm and Tuesdays, 12:00pm-8:00pm. Call 307-5246 for appointments.

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.

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.

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.



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