



# THE SENTINEL

*"One Team...One Voice"*

A SEMI-MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

**JULY 18-31, 2004**

## TRICARE Service Center to Open on Selfridge

by Greg Swanson

Selfridge TRICARE Representative

On July 1, Health Net Federal Services became the managed care support contractor for the new TRICARE North Region. Health Net has been providing TRICARE services to military members, retirees and their families for over 15 years, and is now looking forward to providing TRICARE services to the nearly 3 million beneficiaries in the new TRICARE North Region, formerly regions 1, 2 and 5.

In an effort to provide the highest quality services to TRICARE beneficiaries, Health Net has decided to relocate the Detroit, Michigan, TRICARE Service

Center from Livonia to Selfridge ANGB. The Service Center will be located at 183 Arnold Circle in Building 944. Hours will be Monday, Wednesday and Friday from 8:30 a.m.-12:30 p.m. and on Tuesday and Thursday from 12:30-4:30 p.m.

Under the next generation of TRICARE contracts in the North Region, TRICARE Services can be accessed in three ways:

Internet at [www.healthnetfederal.com](http://www.healthnetfederal.com). The Health Net website beneficiaries can access program information, TRICARE forms, check DEERS information, review claims and much more.

A single toll free telephone number 1-877-TRICARE offers services for expanded hours from 8 a.m.-7 p.m. eastern time seven days a week, as well as an interactive voice response feature available 24 hours a day.

If needed, TRICARE services can also be accessed by visiting the new Selfridge TRICARE Service Center located in building 944.

The Selfridge TRICARE Service Center will open for business on July 19 at 8:30 a.m. Health Net Federal Services invites all beneficiaries to an open house from 8:30 a.m.-12:30 p.m.

## Get into Some Great Summer Fun with MWR!

### Top 4 Swimming Pool

Located in Building 672 of the 400 Housing Area, the swimming pool is now available for open swimming on Mondays. Hours of operation are as follows: Monday - 1-5 p.m., Tuesday - Closed, and Wednesday through Sunday - 12-8 p.m. For more information on swim lessons and pool passes, contact the Fitness Center at (586) 307-5053.

### Sports Center, Bldg 165

#### 2nd Annual FISHING DERBY

July 31, 8 a.m. - 12 p.m.

Mark your calendars for this great chance to show off your fishing skills! There will be two categories - Boat and Shore. Prizes will be awarded for 1st, 2nd and 3rd in both categories. Age groups include Adult (ages 17 & up) and Youth (ages 16 & below). Fee is \$3 for active

duty and \$5 for all other participants. Registration will be taken at the Sports Center (Bldg 165) and the Outdoor Recreation Center (Bldg 903). Please register by July 27. The Fishing Derby will take place at the Outdoor Recreation Center. For more information, call the Sports Center (307-5571/5202) or the Outdoor Recreation Center (307-5499/5799).

### Youth Sports

#### Teen Basketball Registration

August 1 - 31

Ages 12-17 Fee \$20

#### Fall Soccer

August 1 - 31

Ages 4-12 Fee \$35

Registrations are taken in Building 780, Room 15. Call (586) 307-5530 for more information.

### Selfridge Bowling Center (Bldg 826)

Plan to have your child's birthday party at the Selfridge's Bowling Center! Birthday Party Packages for children age 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 (586) 307-5941 to make a reservation.

**(Article continues on page 5)**

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# What's New @ the Selfridge Library

by Jo Ann Bonnett  
Librarian

Are you looking for a resident camp that will offer your child an enriching experience this summer? Perhaps he or she wants to sail, canoe, play a specific sport, or ride horses. Maybe you are looking for one that specializes in the performing arts, wilderness trips, computer technology, specific medical conditions, or offers a program affiliated with a particular religious philosophy.

For over 100 years, the American Camping Association (ACA) and its community of camping professionals has been committed to providing safe and nurturing camping experiences for children. An ACA-accredited camp voluntarily requests to have all aspects of its operation observed first-hand, every 3 years, by a team of camping professionals for compliance with up to 300 nationally recognized standards. Did you know that only 25-30% of America's resident and day camps are actually ACA-accredited!

Stop by the Selfridge Library and peruse the latest issue of the American Camping Association's Guide to accredited camps located throughout the United States, or use one of our computers to access the information online.

Selfridge Library regularly adds new materials to the Adult and Youth Collections. We invite you to browse through the following list of noteworthy new titles awaiting checkout. If you would like to place a reserve on any of these items or for more information about the library, please call (586) 307-5238 or visit us in Room 107A, Bldg 780.

## ADULT FICTION

*Little Scarlet* by Walter Mosley  
*Ten Big Ones* by Janet Evanovich  
*R is for Ricochet* by Sue Grafton  
*The Madman's Tale* by John Katzenbach  
*Sam's Letters to Jennifer* by James Patterson

## ADULT NONFICTION

*Bill Clinton...My Life*  
*Generation Kill...New Face of American War*  
*The Church that Forgot Christ*  
*In the Ghost Country: a Lifetime Spent on the Edge*  
*The Right Word in the Right Place at the Right Time*

*Blood Work*  
*Gosford Park*  
*Lost in Translation*

## MOVIES ON DVD

## JUVENILE TITLES

*The MIAI Abrams...Main Battle Tanks*  
*Summer Olympics...Definitive Guide*  
*The Man Who Walked Between the Towers*  
*Swifter, Higher, Stronger...Summer Olympics*  
*How to Draw Anime & Game Characters*

*Intolerable Cruelty*  
*My House in Umbria*

For the most up-to-date information, please visit our website:

**[www.selfridge.army.mil](http://www.selfridge.army.mil)**

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

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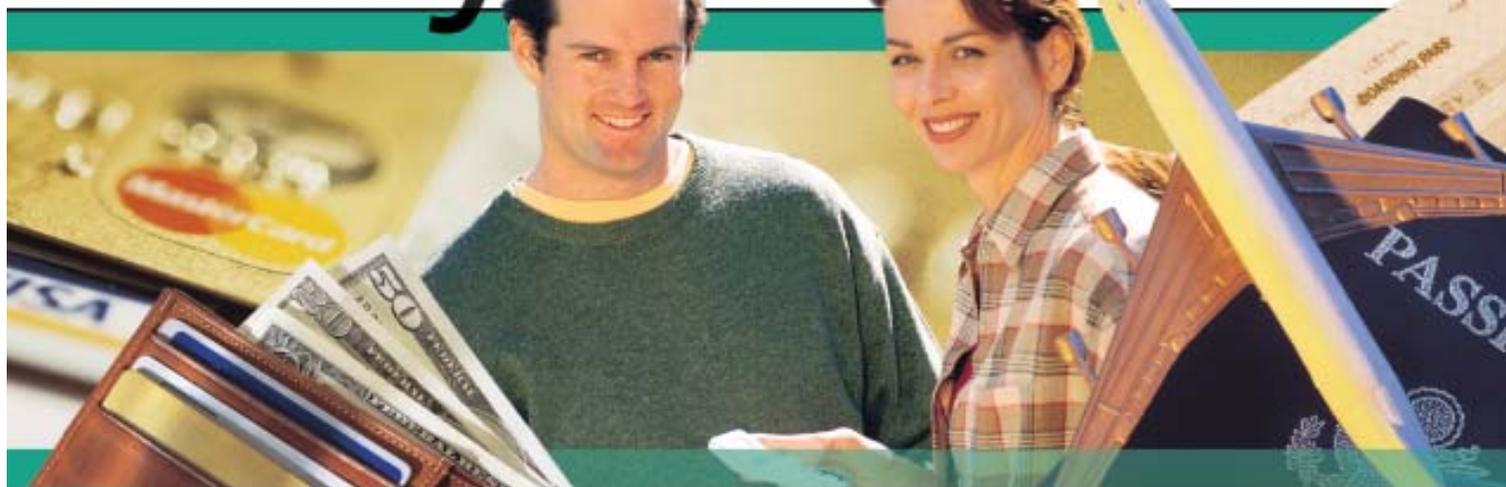
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Main Office      Selfridge Branch  
586-466-7800    586-468-1177



# Be A Member

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

# Local Military Personalities Can Greet AAFES Shoppers

*AAFES Press Release*

If you hear a familiar voice next time you're in the PX/BX, it's part of the AAFES Radio Network program to record greetings from commanders, Command Sergeant Majors and Chief Master Sergeants, other senior leaders, family readiness groups, sports teams or local personalities to remind you of any community message and of the value of shopping at your local exchange.

The AAFES Radio Network is the in-store music and information programming that also brings local announcements to customers.

"We want everyone to know about this great opportunity to keep community members informed and to also know about the importance of the mission and benefit of AAFES!" said Selfridge Exchange General Manager Doug Jeffries. "A good way to demonstrate the partnership between local command and AAFES is through informational announcements from our base officials."

AAFES plays a pivotal role in the quality of life at Selfridge and saves you money everyday. Your exchange provides products and services to authorized

customers worldwide and generates earnings to supplement appropriated funds for Army and Air Force morale, welfare, and recreation (MWR) programs. Earnings fund the construction and renovation of exchange stores and about 70 percent goes for MWR programs - over \$220 million last year. AAFES shelf prices provide you 21 percent overall savings plus tax compared to off-base retail operations. While you can enjoy your exchange benefit in many ways, the greatest value is AAFES' pledge to "Go Where You Go!"

The Army and Air Force Exchange Service (AAFES) is a joint command of the U.S. Army and U.S. Air Force, and is overseen by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through their Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fun earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs.

Please contact Janet Larson, Selfridge

Exchange Public Affairs (586) 307-5793 or [larsonj@aafes.com](mailto:larsonj@aafes.com) if you are interested in broadcasting messages through the AAFES Radio Network.

## Yesterday's Gallery



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

**Steve & Lynn Humphreys**  
200 South Main Street  
Mt. Clemens, MI 48043  
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### ATTENTION ALL VETERANS



#### Looking for a New Loan Program?

Check out the benefits this VA Loan has to offer:

#### VA Hybrid 3/1 ARM

- Low initial start rate for first 3 years.
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Senior Loan Officer  
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## Do you have photos that are aged, scratched or torn?

Your treasured photographs, damaged due to wear and tear, need to be rejuvenated, and now it's affordable!

### REJUVENATION STATION, INK

A photograph repair and restoration system using computer technology.

Check those albums, open those wallets - - whatever the condition, we can improve it, if not make it perfect!

We will be at the Selfridge ANGB Exchange for the period of July 26 through August 14. We will observe about the same business hours as the Exchange.

Robert G.S. Plant, USN, Retired, Proprietor

# Get into Some Great Summer Fun with MWR!

(Article continued from page 1)

## 2 For 1 Bowling!

Selfridge 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.

## 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

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.

## Golf Course

### Monday Madness - July 12, 19 & 26

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.

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



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 (586)792-1810 for Appointments

# Stay Safe Throughout the Summer Season

by Eugene Yuells  
USAG-M Safety Office

One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles, and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.

Use layers of protection to prevent a swimming pool tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.

Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.

When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and do not attempt to light the grill until the leak is fixed. Newer grills and propane tanks have improved safety devices to prevent gas leaks.

Make sure your home playground is safe. Falls cause 60 percent of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Use at least 9 inches of wood

chips or mulch.

Use softer-than standard baseballs, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.

If you are a soccer mom or dad, beware that movable soccer goals can fall over and kill children. Make sure the goal is anchored securely at all times and never allow anyone to climb on the net or goal framework or hang from the cross bar. Remove nets when the goals are not in use.

To prevent serious injuries while using a trampoline, allow only one person on at a time, and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under 6-years-old should not use full-size trampolines.

Do not allow a game of hide-n-seek to become deadly. The Consumer Product Safety Commission has received reports of numerous suffocation deaths involving children who crawled inside old cedar chests, latch-type refrigerators and freezers, iceboxes in campers, clothes dryers and picnic coolers. Childproof old appliances, warn children not to play inside them.

If summer plans include camping and you want heat inside your tent or camper,

use one of the new portable heaters that are equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). Do not attempt to use alternative sources of heat or power to warm a tent or camper. Traditional camping heaters, charcoal grills, camping lanterns, and gas generators also can cause CO poisoning.

Install window guards to prevent children from falling out of open windows. Guards should be installed in children's bedrooms, parents' bedrooms, and other rooms where young children spend time. Alternatively, install window stops that permit windows to open no more than 4 inches. Whenever possible, open windows from the top - not the bottom. Also, keep furniture away from windows to discourage children from climbing near windows.

Summer also means yard work. When mowing, keep small children out of the yard, and turn the mower off if children enter the area. If the lawn slopes, mow across the slope with the walk-behind rotary mower, never up and down. With a riding mower, drive up and down the slope, not across it. Never carry children on a riding mower.

## Family Member Employment Readiness Program

**Job Search Assistance**

Receive guidance on resume writing and interviewing techniques. Attend workshops and seminars. Learn how to find the job that is right for you.

**Resource Room**

Provides computers to access the Internet to hunt for jobs, create a cover letter, or send a fax to potential employers.

**Career Counseling**

Get assistance with career planning, take a skills assessment, and receive information on furthering your education.

Open to all community members -  
Monday - Friday  
7:30 a.m. - 4:30 p.m.

For details, contact:  
Mr. Kevin Ware at (586) 307-5949  
warek@tacom.army.mil  
or visit our website:  
[www.selfridge.army.mil/scseap.htm](http://www.selfridge.army.mil/scseap.htm)

### 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-Selfridge, the Department of the Army, or the United States Government.*

## Upcoming MWR Events

**Sunday, July 25**

**Army Community Service's 39th Birthday** - Call 307-5949 for more information.

**Tuesday, July 27-Friday, July 30**

**Transition Assistance Workshop** - Are you prepared for your upcoming military separation or retirement? Don't leave your future to chance! Attend the 3-day Transition Assistance Workshop and get prepared. To be held in Bldg 780, Room 104. Pre-registration is required by July 22. Call 307-4258 to sign up or for more information.

**Wednesday, July 28**

**Army Family Team Building Level II - "Introduction to Effective Leadership"** - Bldg 780, Room 106, 11 a.m. - 1 p.m. Child care is available with your pre-registration. Call 307-5903 to register.

**Friday, July 30**

**National Kids Day/Family Fun Fest** - Open to all kids. Come out to the Soccer field just south of Bldg 780 for fun and games. 10 a.m. - 2 p.m. Call 307-5530 for more information.

**Saturday, July 31-Sunday, August 8**

**Colorado High School Camp for Club Beyond** - For high school students. Located at Crooked Creek Camp in Colorado. Call 307-4193 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.

**Wednesday, August 11**

**Army Family Team Building Class, Level III, "Building Self-Esteem"** - 11 a.m. - 1 p.m., Bldg 780, Room 106. Students learn how to empower themselves and gain a higher self-worth. Students will also learn how to take care of themselves first so they can help others. Register by August 2 - Call 307-5903.

**Ongoing**

**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.



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# CLASSIFIED ADS

For more information

CALL 307-4159/5404

## DEADLINE

4 weeks before your desired start date

## RATES

<b>Classified Ad (35 words)</b>	<b>\$5</b>
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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

**For Sale - 1996 Buick Roadmaster:** Custom-limited, Digital Climate and Cruise Control, CD/Radio/cassette, Alarm, Keyless-Entry, Anti-Theft Etching, Remote-trunk, heated leather seats, Power windows and locks and more. Well-maintained, excellent condition, one owner, rust free Florida driven, 52K miles. \$6,500 (under blue book) call (586) 421-2210.

**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.

**Room For Rent:** Chesterfield Twp. home, very nice room for rent. Available in July. \$400.00 per month includes utilities, plus security. 3 miles from Selfridge. Call (586) 855-1836.

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.  
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- **Physical Therapy**
- **Mammography & Ultrasound**
- **Physician Specialists**



**Chesterfield Health Center**  
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**Fraser Health Center**  
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800-AFR-8279 ★ [www.afreserve.com/prior](http://www.afreserve.com/prior)