



# THE SENTINEL

*“One Team...One Voice”*

A SEMI-MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

**JULY 4-19, 2004**

## 2nd Annual Ride For Freedom is a Huge Success!

by Joe Stockslager  
Marketing Specialist

While “Born to be Wild,” perhaps the most popular biker song ever, blared from the disk jockey’s platform, Morale, Welfare and Recreation, U.S. Army Garrison-Michigan, and Wolverine Harley-Davidson kicked off the second annual “Ride for Freedom” on Sunday, June 20.

Riders and their passengers were charged up with patriotism in anticipation for the ride that not only put pride in their hearts and good food in their stomachs, but also contributed money to the local military community at Selfridge Air National Guard Base.

Riders and those who volunteered to assist in the ride enjoyed donuts, bagels, and other baked goods, along with fresh fruit, orange juice and coffee, all before departing from the Wolverine Harley-Davidson dealership on the morning’s 60-mile ride.

The ride truly took on a military theme as participants witnessed the Selfridge Joint Honor Guard present the Colors and Ms. Ruth Rosario sing the National

Anthem. This was followed by a rousing, patriotic speech delivered by local U.S. Congresswoman Candice Miller. After the riders were advised of the road rules and other safety issues, Lieutenant Colonel Craig L. Johnson, Commander, U.S. Army Garrison-Michigan, gave the command to “start your engines.” With the U.S. Coast Guard Air Station-Detroit helicopter flying overhead, the Macomb County Sheriff’s

Department Motorcycle Patrol Division led more than 1,000 motorcycles over the 60-mile ride through central and northern Macomb County, while local police departments provided regional traffic support.

The ride ended at the Detroit Arsenal in Warren. There participants relished in good food like Italian sausage, barbecued

**(Article continues on page 4)**

## New Hotel Project on Track for 2005

by Bill Paling  
Lodging Manager

Progress is well under way on the \$7.4 million dollar hotel project. The new lodging facility, selected for construction by Army Lodging under the Army’s Wellness Program, will feature state-of-the-art accommodations and amenities.

Several meetings have transpired, resulting in the evolution of the project from concept, to the offering of the Requests for Proposals (RFP) from contractors’ interested in the project. Contract award is estimated in the July/August time frame. Construction is anticipated to begin in the spring of 2005.

The new hotel is intended to be situated to the east of the Selfridge Main Gate, in the area currently occupied by the softball field. The 65-room, two-story facility will consist of 24 standard rooms, 25 extended stay suites, and 16 family suites. All guest

rooms will provide the latest in hotel lodging and services. Additional conveniences are the offering of a continental breakfast in the lobby area, fitness room, in-house laundry, and much, much more. A highly skilled and dedicated staff will also be there to assist guests during their stay.

The Selfridge Lodging staff is eagerly looking forward to this unique growth opportunity, and look forward to serving the Selfridge Community in this new facility. It is our goal to provide you with a “home away from home,” and to make your stay with us as enjoyable as possible when you travel. We will continue to update you on the progress of the new hotel project and hope to see you at the groundbreaking ceremony.



Riders participating in the second annual “Ride for Freedom” on 11 Mile Road just before entering the Detroit Tank Arsenal in Warren.

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# All-Services Major Appliances Exchange Catalog Now Available

*Army and Air Force Exchange Service  
Public Announcement*

DALLAS, TEXAS - Easier. Faster. Better. That's what the military customer wants out of life today, more time for themselves, family and friends and less time doing household chores-like cooking, cleaning and washing. The Exchange Catalog is proud to introduce the 2004 Major Appliances Supplement. This new supplement offers the hottest brand names and coolest technological wonders in washers and dryers, refrigerators and freezers, ranges and microwaves, dishwashers and kitchen appliances.

Some of the washers handle the biggest loads imaginable; the dishwashers operate so quietly, you can talk on the phone while doing other things in the kitchen; and the refrigerators store everything a family needs, all the day-to-day foods as well as gallon jugs of milk and a birthday cake for parties. So sit back, kick your feet up, have a look through the 2004 Major Appliances Exchange Supplement, and when you're ready, just pick up the phone or order online. Easier. Simpler. Better.

Prices in this all-services catalog are valid May 3 - August 31, 2004 and anyone with exchange privileges can order from it. Active duty military members of the Army, Air Force, Navy, Marines and Coast Guard, as well as military retirees, reservists, National Guardsmen, Department of Defense civilians stationed overseas, exchange employees and their family members are authorized to shop.

Orders can be placed by mail, fax or phone. To place orders toll free from the United States, Puerto Rico or Guam just call 1-800-527-2345. The AAFES catalog center is open around-the-clock, seven days a week and complimentary international access calling is available from several countries.

Authorized customers can also shop the 2004 Major Appliances Exchange catalog on the Internet at [www.aafes.com](http://www.aafes.com), [www.usmc-mccs.org](http://www.usmc-mccs.org), [www.navy-nex.com](http://www.navy-nex.com), or [www.cg-exchange.com](http://www.cg-exchange.com). Anyone with exchange privileges can shop the Major Appliances catalog.

Earnings generated by purchases in the Exchange, Exchange Online Store as well as Exchange Catalogs such as the Major Appliances catalog are returned to the military community in the form of funding for Morale, Welfare and Recreation (MWR) facilities and programs.

The Army & 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, 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 fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs. To find out more about AAFES' history and mission or to view recent press releases, please visit our Web site at [www.aafes.com/pa/default.asp](http://www.aafes.com/pa/default.asp).

## Friends and Families of Marine Support Group Sell Cookbook

The families and friends of Marine Wing Support Group 47 at Selfridge Air National Guard Base have created a new cookbook featuring recipes from across the United States. The cookbook contains 500 recipes, and many of them are highly-requested dishes contributed by restaurants throughout the country.

This cookbook is already in such high demand that the group has had to increase its initial order by 50 percent.

Proceeds gained through cookbook sales will be used to provide emergency financial assistance to military members, benefit programs at Veterans Hospitals, send

packages to troops overseas, and set up scholarship programs.

The cookbooks will be ready for distribution in October. To order, send a check or money order for \$15 to: **Key Volunteers of MWSG-47, c/o Claudia Thomas, 855 Glen Meadows Drive, S. Lyon, MI 48178.** For additional information, call (248) 446-7323 or send an e-mail to [proudusmcmom@aol.com](mailto:proudusmcmom@aol.com). The family and friends of Marine Wing Support Group 47 thank you!

## Library Summer Programming Update

Due to an unexpected hiring freeze, the Selfridge Library will not be able to offer special children's programming this summer; however, it should be remembered that visiting the library, on a regular basis, helps a child to bridge the gap between the end of one school year and the beginning of the next. Reading reinforces skills so a child does not slip backwards in proficiency during the summer break. The Selfridge Library offers an extensive selection of fiction and nonfiction titles for juveniles and young adults.

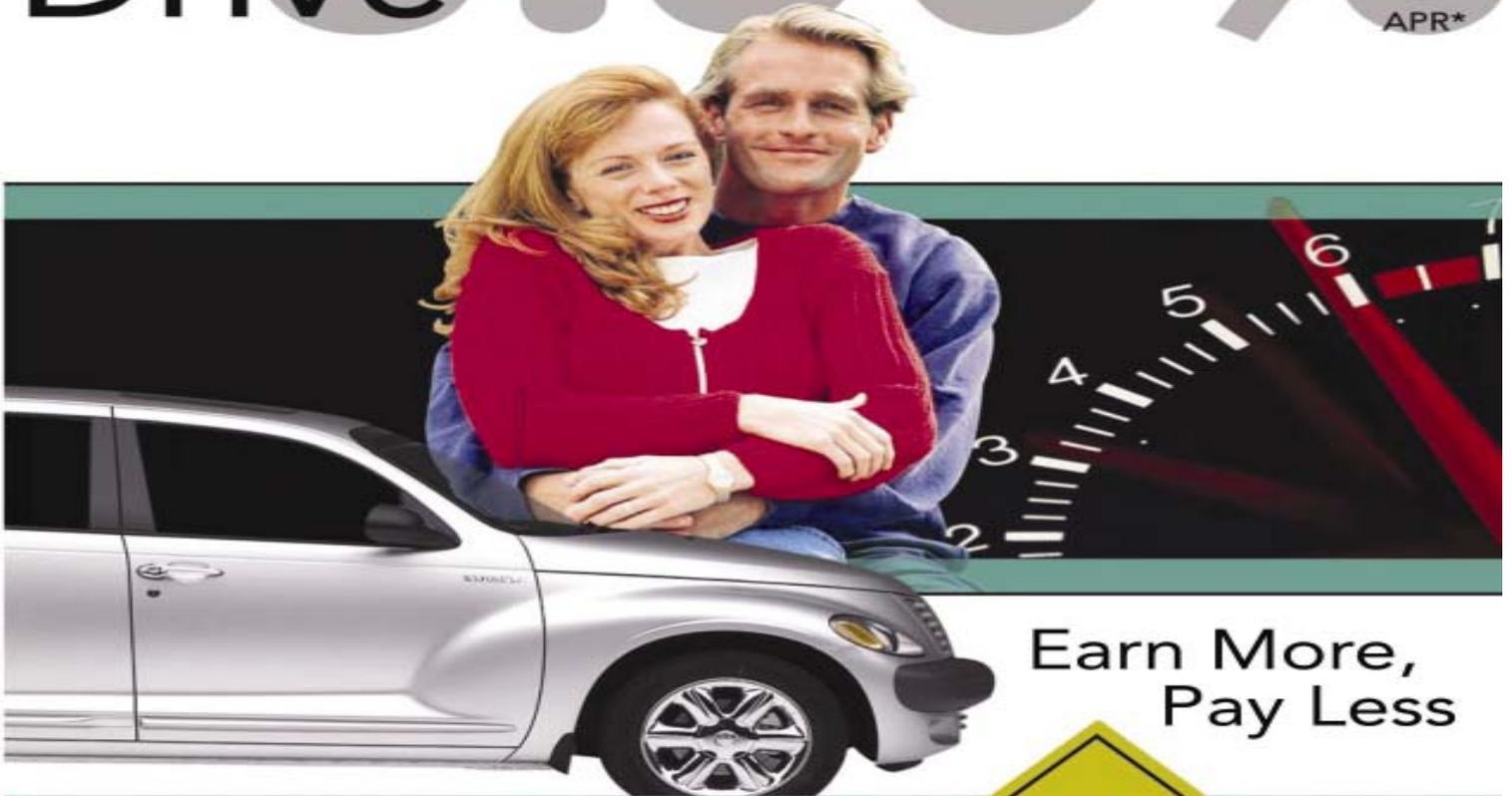
**For the most up-to-date information, please visit our website:  
[www.selfridge.army.mil](http://www.selfridge.army.mil)**

### THE SENTINEL ONE TEAM...ONE VOICE

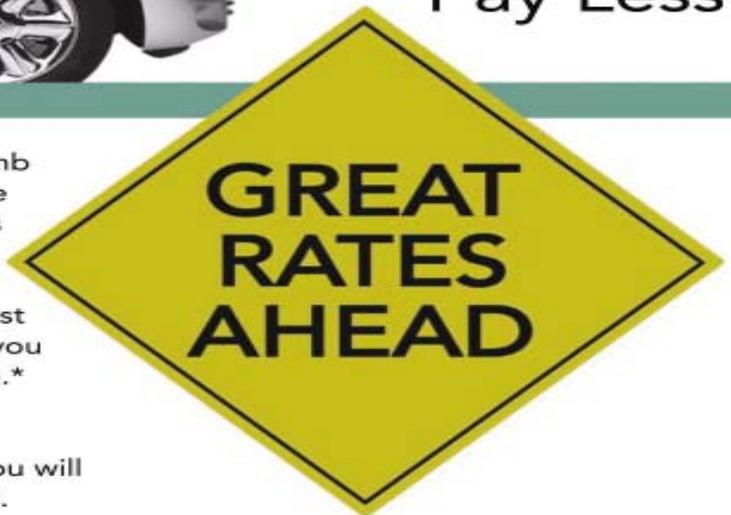
Commander.....LTC Craig Johnson  
MWR Director.....Frankie Stull  
Articles.....Rose Spaulding  
Design.....Joe Stockslager

*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.*

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# 2nd Annual Ride For Freedom Huge Success!

(continued from page 1)

chicken, kielbasa with sauerkraut, baked beans, and multiple cold salads. The Heathen Kats, a local rock band, played many familiar tunes. A silent auction, with great items to bid on like a hammock, two airline tickets from Spirit Airlines, a hockey jersey signed by National Hockey League-great Derian Hatcher, and a portable gas grill, attracted many interested folks.

The proceeds accrued from this ride will benefit the Selfridge joint military community to include military personnel deployed from Selfridge. The Selfridge Joint Military Community consists of all services: Army, Navy, Air Force, Marine Corps, and Coast Guard. Benefits include but are not limited to financial assistance,

upgrade of recreational and fitness programs in support of military readiness, and increased programming for family members.

LTC Johnson extends his sincere thanks to all of the commercial sponsors and volunteers for the support they provided to make this event a success!!

Sponsors participating in the Ride for Freedom 2004 included Central Macomb Community Credit Union, Coca-Cola North America, Greg Construction, Anchor Bay Packaging, Macomb Daily, Produce Palace International, Crest Volvo, Tony V's, Comcast, CATS Veterinary, Absopure Water, Spirit Airlines, Selfridge ANGB Commissary, Mortgage One, Sugarbush Tavern, Aspen

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## Babies Don't Come with Instructions

by Anna Samulski

Selfridge 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 307-5211/5611 or come to Bldg. 780, Room 16.

To promote good parenting, we will offer a workshop called "New Parent

Support Program," on August 11 from Noon to 1 p.m. in the Staff Lounge of Bldg. 780. This in-home program is free to any military member with children ranging from newborn to age 3. Representatives from Downriver Community Services and Macomb County Community Assessment Referral & Evaluation (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, call 307-5211/5611 or send an e-mail to [samulska@tacom.army.mil](mailto:samulska@tacom.army.mil).

## Part-day Preschool Offered on Base

by Michele Corder

Education Technician

Bryant Child Development Center

The Bryant Child Development Center's Part-day Preschool Program is now accepting enrollment for the 2004-2005 school year. Classes are offered for children whose birthdays fall before December 1. The program for three year olds meets on Tuesdays and Thursdays from 9 a.m. to 12 Noon. The program for four year olds meets Monday, Wednesday, and Friday from 9 a.m. to 12 Noon. School starts September 13 (the Monday after Labor Day) and follows a school calendar through Memorial Day.

As part of the Child Development Center, the Part-day Preschool also falls under accreditation by the National Association for the Education of Young Children. The program incorporates hands-on learning experiences that allow young children to learn in a natural, playful, and social environment. Weekly activities that facilitate development in areas such as language, literacy, mathematics and science are introduced.

For more information or to enroll in the program, contact the Child Development Center at 307-4711.

## Clinic Offers Youth Sports Physicals

by Ed Rosario

Clinic Administrator

The U.S. Army Health Clinic will offer sports physicals on July 14 and 21 for all eligible youth beneficiaries. Call 307-4022 to schedule an appointment. If you have more than one child requiring a physical, please inform the person making your

appointment so an additional slot is allocated. Bring the appropriate forms to be completed. Any youth under the age of 17 must be accompanied by a parent or guardian. Please call 307-4022/5254/5599 for more information.

# MWR Facility Summer Update

## Selfridge Bowling Center, Building 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/shoe rental, pizza (or hot dog), soda, and room rental for \$4.95/child. For ages eight and up - you get two games of bowling/shoe rental, pizza (or hot dog), soda and room rental for \$5.50/child.

Call (586) 307-5941 to make a reservation.

### 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 Building 826

Stop by Reggie's Pub July 17, 6 p.m. - 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.

### Selfridge Lodging

Offers top-quality customer service and a variety of lodging selections to choose from. 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 great service and call for a reservation today! The reservation line, (586) 307-4062, is manned 24 hours a day, 7 days a week.

**The Outdoor Recreation Center** located in building 903, 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, hook 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.

**The Top 4 Pool, located in Building 672 400 area, is now open for open swim 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.

### Monday Madness July 12, 19 and 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

All Seniors 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.

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# Runners Compete in Commander's Cup 10K Run

by Rose Spaulding  
Marketing Specialist

A total of 42 runners representing the Navy, Tank-automotive and Armaments Command (TACOM), Marine Wing Support Group 47 (MWSG-47), Coast Guard Air Station Detroit, Coast Guard St. Clair Shores, Air Force Reserve's 927th Air Refueling Wing, Michigan National Guard's 1st Battalion - 126 Armor Regiment, Army's Dental Clinic at Selfridge, and the Marine Corps Cadets from Lansing competed in the 10-kilometer Commander's Cup Race on 24 June. The weather was perfect as the runners lined up at 7 a.m. in front of the U.S. Army Garrison - Michigan (Selfridge) Headquarters building on North Jefferson Avenue. Garrison Commander LTC Craig Johnson and Garrison Sergeant Major

SGM David Austin gave the order to start and the runners took off on the 6.2 mile run. Crossing the finish line in first place with a time of 39:29 was Quartermaster 2nd Class Patrick Merolla, Naval Reserve Center. Following a close second was Lt. Col. Scott Allen, MWSG-47, finishing in 41:45. In third place was runner Doug Edwards of TACOM with a respectable time of 42:10.

The runners came out to participate for a variety of reasons. Army Specialist Arturo Duron stated, "I just arrived at Selfridge in January and want to represent the Dental Clinic in community events like these." USMC Cadet SSgt. Andrew Perkins said he came because he didn't want to miss a good chance to PT.

MWR would like to thank all those who participated and special thanks to Eugene Yuells, Safety Officer and the U.S. Army Garrison - Michigan police department.



**Quartermaster 2nd Class Patrick Merolla, Naval Reserve Center, receives the first-place trophy from LTC Craig Johnson, left, and SGM David Austin.**

## Wear a Helmet When Biking to Avoid Head Injuries

by Eugene Yuells  
USAG-M Safety Office

No matter what your age or level of experience, whenever you bike, inline skate, ski or engage in other activity where your head is vulnerable to injury, you should wear a helmet.

**Why wear a helmet?** Cuts, bruises and even broken bones will heal, but damage to your brain can last a lifetime. Even a low-speed fall can change your life forever.

**How do helmets protect you?** When you fall or crash, your helmet absorbs much of the force of impact that would otherwise hurt your head. Thick plastic foam (firm polystyrene) inside the hard outer shell of your helmet crushes to cushion the blow. The helmet takes the hit instead of your head. (Note: Replace your helmet after a crash.)

Each year, bike-related crashes kill about 900 people and injure 567,000 others. Wearing a bike helmet reduces your risk of serious head and brain injury by 85 percent.

**Choosing a bike helmet.** Bicycle shops and discount department stores offer

many models of helmets, priced around \$20 and up. Choose one that meets the standards of the Consumer Product Safety Commission (CPSC) or the Snell Memorial Foundation. Take some time trying on helmets and choose one with the right size and fit. Look for a helmet that fits snug, is level and stable. Choose a color that motorists will see.

**Children and helmets.** Young children are particularly vulnerable to head injuries. They have proportionally larger heads, higher centers of gravity and their coordination is not fully developed. Children aged 5-14 have the highest injury rate of all bicycle riders and bike accidents are a leading cause of death for children. You can teach children the importance of wearing a helmet by wearing one yourself and buying a helmet that your child thinks is cool and fits well.

More children than adults wear bike helmets. Bike helmets do save lives and prevent injuries, but in some cases they are not appropriate. Children should not wear helmets when they climb trees or

playground equipment. A helmet may get stuck on a tree or piece of equipment and strangle a child. And finally, a baby's neck muscles may not be strong enough to support a helmet, do not ride a bike at all with a child under the age of one.

### Yesterday's Gallery



*Antiques - Collectibles  
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## Upcoming MWR Events

**Monday, July 12-Friday, July 16**

**All Sports Camp** - Bldg 780 gym/fields, 9 a.m.-4 p.m. \$50 covers the cost of flag football, tennis, hockey, and volleyball. Call 307-5530 for more info.

**Sunday, July 18-Wednesday, July 21**

**Outdoors Camp** - Youth can go hiking, horseback riding, and camping for just \$50. Call 307-5530 for location and registration - space is limited.

**Wednesday, July 21**

**Youth Sports Summer Olympics** - Bldg 780 fields, 9 a.m. - 1 p.m. Call 307-5530 for more information.

**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.

**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.

**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 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.

**For Sale - 2003 Pontiac Grand Am GT Sedan -** 1K miles, Silver w/ spoiler, 3.4 liter V6, CD/tape stereo, stainless steel dual exhaust, keyless-entry theft-deterrent system, power windows/locks/driver seat, AC, split folding rear seat. \$18,500/OBO. Call (248) 588-7992.

**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.

**For Sale - Nordic Track 303 Ski Machine:** Excellent condition, video and owner's manual included. Great workout in your own home. \$150. Call Janet at (586) 307-5793

**\*\*\* Sports Writer Needed \*\*\*:** The Sentinel is looking for a volunteer sports writer to cover and photograph league sports and the Commander's Cup Tournaments. The writer will have a regular column in the Sentinel. Call (586) 307-4519 for more information or stop by Bldg. 780 Room 4B.

  
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### Retain your rank and retirement benefits.

Once you've decided to leave the military, think about going 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](http://www.afreserve.com/prior) or call 800-AFR-8279.



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