



THE SENTINEL

“One Team...One Voice”

A SEMI-MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

MARCH 7-20, 2004

New Name Selected to Replace “Has It All”

By Christina Killmar
Marketing Specialist

Public Affairs representatives from the U.S. Army Garrison-Michigan, the 127th Wing, the 927th Air Refueling Wing and the Naval Air Reserve Center emerged triumphantly from a one-hour think tank session with the new name for the Morale, Welfare and Recreation Newsletter. Over 50 entries were considered before the name “The Sentinel – One Team...One Voice” was chosen.

Popular themes for the names submitted were the word “five” for the five military branches housed on Selfridge, the color purple to signify the fact that Selfridge is the only truly joint base in the United States, and Selfridge MWR. In the end “The Sentinel – One Team...One Voice” was chosen because it portrayed not only the

jointness of continuing ventures at Selfridge and the Detroit Arsenal in Warren, but also the very nature of our military.

By definition, a sentinel is “one who watches or guards.” Although vastly different in their execution, each tenant’s mission on Selfridge and at the Arsenal is to watch or guard our nation, its people and uphold freedom. MWR would like to thank everyone who submitted an entry as well as the public affairs officers that came out to choose this name. “Any opportunity to come together to collaborate with our various services, missions, and backgrounds, will result in the best outcome for everyone involved,” stated Nancy Guy, 127th Wing Public Affairs Officer.

MWR would like to thank everyone

who submitted an entry, the Public Affairs officers, and Commander Ralph Merg, Naval Reserve Center, for his suggestion of “The Sentinel.”



Susan Olson, wife of 1SG Kirby Olson, Detroit Military Entrance Processing Station in Troy, submitted the winning name of “One Team...One Voice” in the New Newsletter Name Contest. Susan is pictured here with her children Blaise and Calista.

Employee Assistance Center Hosts Healthy Eating Class

By Anna Samulski
Social Worker

The Employee Assistance Center hosted a lunch time learning on Healthy Eating = Healthy Living on January 27. Guest dietician Katy Paver from St. Joseph’s Mercy Hospital of Macomb provided tips on lifestyle change, the real deal on low carb, Atkins and South Beach diets, and the need for water. Also addressed were questions specific to diabetes management. Katy then gave

samples of pumpkin brownies. The EAC has partnered with St. Joseph’s Mercy for a variety of workshops concerning wellness. The Employment Assistance Center holds several lunchtime learning sessions throughout the year with guest speakers. Look for upcoming events on the Selfridge website at www.selfridge.army.mil or in the MWR newsletter.



Dietician Katy Paver instructs class attendees on proper eating habits.

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Autocraft Center is Here for You with New Equipment

by **Christina Killmar**
Marketing Specialist

Morale, Welfare and Recreation has finally finished a one-year labor of love to renovate and update the Autocraft Center, one of the most popular facilities on the installation. Customers can save hundreds of dollars restoring their classic automobiles, maintaining their day-to-day vehicles, and completing major repair work as well with the guidance of skilled staff members. Classes on auto repair and maintenance are provided throughout the year, and special services such as storage and anti-theft etching are available on a continuous basis.

The biggest change to this facility was the removal and replacement of four of the five vehicle lifts. The old lifts were showing their age, and those that were still working were not rated to accept the added weight of the High Mobility Multipurpose Wheeled Vehicles (HMMWV) being worked on by local security units. These were replaced by four new Rotary Four Post lifts rated to withstand 12,000 pounds, several thousand pounds more than the average

HMMWV. Other equipment replacements included a brake lathe, tire changer, and arbor press.

In addition to these purchases, other improvements to include a new asphalt parking lot, new windows for the facility, a fresh coat of paint to the building's interior and exterior, and application of an epoxy-based resin finish to the floor.

The Autocraft Center, located in Bldg. 104 off George Ave., is open Saturday and Sunday from 9 a.m. until 4:30 p.m., Monday through Wednesday from 11 a.m. until 8:30 p.m., and is closed Thursday and Friday. Autocraft is open

on federal holidays that fall on Mondays, Tuesdays, and Wednesdays from 9 a.m. until 4:30 p.m. Call (586) 307-4535 if you have any questions or visit the webpage on the www.selfridge.army.mil website.



A High Mobility Multipurpose Wheeled Vehicle (HMMWV) sits on one of the four new lifts at the Autocraft Center.



The new brake lathe at the Autocraft Center.

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Go to www.selfridge.army.mil and select "NAF Employment Page."

For more information, call 307-5701 or 5691.

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.

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THE SENTINEL - ONE TEAM...ONE VOICE

Commander.....LTC Craig Johnson
MWR Director.....Frankie Stull
Articles.....Christina Killmar
Layout/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 Room 4, Building 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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- * **Direct Deposit/Payroll Deduction** – automatically deposit your paycheck and save time on your payday.

Youth Sports Offers Many Programs This Spring

By Tanya Blatz
Director, Youth Sports Program

We are in the midst of our Youth Basketball and Cheerleading program. The Youth Sports Program would like to recognize a few athletes who show excellent sportsmanship and dedication: Mason Mahaffey, Chelsea Plant, Kyle Crawford, Jason Kuilan, Lewis Sheffield, Vinette Harris and Kiayra Dancy. Our 7th-8th grade boys will be competing in the National Alliance for Youth Sports Basketball tournament in April. Wish them luck!

Looking for something exciting to do once the snow lets up? Join us for our spring soccer league for ages 4-17 years old. The soccer clinic is March 27th at 10 a.m. on the soccer fields next to Bldg 780. Or maybe archery is more your sport....free for ages 6-17. **We are accepting registrations for soccer and archery March 1-31 at Bldg. 780, Room 15.** Last spring Selfridge

Boys & Girls Club received a grant from Major League Baseball to establish a Rookie Baseball Pitching Machine League in our community. The fee will be \$35 (includes uniforms, trophy & glove if needed). Come join us and support our exciting new league for ages 6-14 years old. **Registrations for Rookie baseball will be accepted now through April 30th.**

Are you wondering what there is for your 2-5 year olds to do? Well, here it is. Our **START Smart** program teaches and enhances your little one's motor skills, basic sports skills, socializing, and is so much fun! Join us for dancing, aerobics, free time, games, and more. Register now for either our Tuesday or Wednesday, 9:30-10:30 a.m., sessions. The fee is \$10 for 5 weeks and receive 2 weeks free. This program will run all year round at Bldg. 780 Gym. Come join

us. Parents are welcome to participate.

Sports club news: accepting new members all year long. We now have two clubs: Jr. Sports Club for youth ages 8-12 and Sports Club for youth 13-17. Join us at our monthly meetings to discuss field trips, sports activities, volunteering, community services, team building and lots of games. Sports club members receive free field trips, discounted trips and volunteer hours. Don't be shy! If you like sports, you'll love our club. Meetings: Jr. Sports Club is the third Tuesday of each month and Sports Club is the third Thursday of each month at the gym in Bldg. 780.

See Youth Sports & Fitness calendars for changes or exact dates of all sports activities, events and leagues. For more information, please call Youth Sports at (586) 307-5530.

The Little Parlour Ltd.

welcomes their new stylist

Danielle Perkins

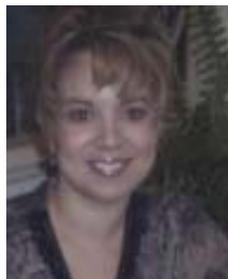
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Pollution Prevention Starts at Home

by Sara Hiller Wallon
Environmental Engineer

Did you know, that in fiscal year 2003, U.S. Army Garrison - Michigan (Selfridge) generated 2,089.5 tons of garbage and only recycled 170 tons? That means we only recycled/reused 8.15% of our total waste generation!

The Department of Defense (DoD) has set a goal for all federal facilities to recycle/reuse 40% of generated waste, reduce energy consumption by 30%, and continuously reduce water and wastewater consumption by end of fiscal year 2006.

In 2003 we have actually increased our energy consumption every year. We have a long way to go! But, you can help. There are many ways you can prevent pollution at home. If we each do a little, it can add up to a lot. Here are just a few ideas of things you can try:

Create Less Waste

- Reduce the amount of trash going into our landfills and help keep toxic metals out too. Use your orange recycling bins. You can recycle paper, glass, plastic, and tin.

- Instead of buying sandwich bags and brown paper bags for lunches, pack lunches in reusable containers and reusable bags.

- Purchase rechargeable batteries. Some batteries, especially the small "button" types and rechargeables, can be recycled.

Conserve Energy

- Turn off lights when you leave the room to save energy and money. One fourth of the energy generated in America is used for lighting.

- Turn the water off when you brush your teeth.

- Only run full loads in the washing machine or dishwasher.

- Buy products that contain recycled materials.

Use Less Toxic Products

- Use non-toxic glue and water-based markers for your arts and crafts projects.

- Use herbs to deodorize your rooms. Set out a small dish of vanilla or leave an open box of baking soda in the room.

- Use cat litter or sand instead of salt on icy walks.

- If you change your own oil, recycle the used oil at Building 104 or at a service station.

Pass the pollution prevention message along and let others know what they can do to prevent pollution. Any comments or questions? Call the Environmental Staff at (586) 307-4701 or 5665.



Expand your skills with paid training.

With a part-time job in the Air Force Reserve you'll gain skills that are directly transferable to the civilian workforce. In most cases, you'll also 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

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.

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Weekdays, 8 a.m.-10 p.m.
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Bullet Points Can Help You Get the Ideal Job

by Kevin B. Ware

Employment Readiness Program

Why Bullet Points Matter

You will probably spend more time reading this article than the average recruiter will spend reading your resume.

The majority of recruiters spend less than three minutes reviewing a resume, according to a survey conducted by the Society for Human Resource Management. That is why resumes need good organization. In addition, a well-organized resume allows recruiters to quickly find what they are looking for. Bullet points help organize information into nuggets and make resume more manageable.

Bullet Points That Go 'Bang'

While quite lengthy, this bullet point from the resume of an advertising industry veteran is still one of the best I have seen in my short time as the Employment Readiness Program Manager for US Army Garrison-Michigan Selfridge Community Service.

- Eleven days after script approval, had an abandoned runway cleared, an authentic looking bus stop built, nine talent cast, a DC-10 commandeered for taxi and takeoff, an off-hour pilot co-opted, and four spots transferred, edited, voiced and foleyed, all on time and under budget.

It makes sense that this bullet point

comes from someone with a background in advertising; he does a fantastic job here of advertising himself.

I like this bullet because it clearly communicates that this person is capable of completing multiple projects in a high-stress environment, it seamlessly incorporates successes with the details of the job, and it has a perfect ending: The "on time and under budget" is icing on the cake.

Use Bullets Sparingly

Often people complain that they just cannot summarize their jobs with less than five bullets points. However, when I came across this resume for a client, I could not help but wonder, if he can summarize his job in four bullet points, can't you do the same?

Well, if you are a "Cytotechnologist" looking for some bullets to use in your resume, I have put some in the article that just might help you with the process.

- Responsible for the day-to-day operation of the cytopathology section of this laboratory.
- Conducted highly complicated testing of clinical specimens, quality control, and quality assurance in all aspects of anatomic pathology.

- Perfected special staining techniques to assist with the day-today operation of the histology section.

- Promoted hospital's FNAB service substantially increasing department revenues and visibility.

Even as a military professional, you need to understand the mindset of an employer! What they may or may not think about your resume can keep you from the ideal job.

Your resume bullets bring to the forum the top issues that affect hiring of our military family members. To say that you're not really concerned about what your resume may or may not say to the employer is an oversight because you will not get the job.

I highly recommend you take a closer look at what you have in your resume and, if you need assistance, call the Employment Readiness Program Manager's office to make an appointment and get assistance in creating and polishing your resume.

On the other hand, just come to fill your curiosity bag about a particular field or industry so you will know what employers are looking for when they hire.

Active Duty, Reservists, Separated/Retiring Veterans

Are you seeking NEW or BETTER employment?

As Veterans Employment Assistance Representatives, we can provide assistance to you.

- Open job notifications specific to your professional skills and local to your residence can be viewed for your action.
- Company listings, germane to the type of industry where your occupation can be employed, can be provided.
- Local Jobs in any U.S. location from border to border can be isolated, viewed and acted upon for application.

Are there barriers to employment of concern?

- If you are physically impaired, ie: blind, deaf, loss of limb or wheel-chair bound, we work in conjunction with the Michigan Department of Rehabilitative Services with the goal of your being gainfully employed.
- If you are senior in years, there are employers looking for both full and part-time experienced employees.

Other services and assistance we can provide to address your concerns.

- Information about resume writing (your most important document) can present your talents and skills that will reveal your being the best candidate for the job.
- A good Job Search Plan can be established to get you hired into the job you want.
- Educational assistance can be secured for those who qualify. This can be facilitated through our Michigan Works partners.

OUR SERVICES ARE AT NO COST TO THE JOB SEEKER

Feel free to contact us at any time by telephone, or e-mail, then stop by the office during normal working hours at your convenience.

A Veterans Employment Representative that is readily available to assist you is:

Mr. Conrad Herring
Phone: (586)469-7702
herringc@michigan.gov

We are also available at:
Selfridge Air National Guard Base in Building 780, Room #16.
Wednesdays – 9 a.m. to 4 p.m.

Mr. Dennis Krannich
Phone: (586)286-9513
krannichd@michigan.gov

Upcoming MWR Events

Monday, March 1

Youth Sports Registrations – Registration begins for the following sports and age groups: Rookie Baseball (ages 6-8, 9-11, 11-14), T-Ball (ages 4-6), Soccer (ages 4-17), and Archery (ages 6-16). Call (586) 307-5530 for more information.

Wednesday, March 3

Middle School/Teen Youth Spaghetti Dinner – 6 p.m. at the Youth Center. Call (586) 598-1770 for more information.

Thursday, March 4

Newcomer's Orientation – Held the first Thursday of each month at 8:30 a.m. in Bldg. 780, Room 106 – these briefings are designed to welcome new members into our community. Free child care is offered with pre-registration and spouses are encouraged to attend. Contact the Selfridge Community Services Office for registration information and child care reservation at (586) 307-5949.

Friday, March 5

Middle School Late Night – Outing to Laser Edge and return to the Youth Center for a movie. 6 p.m. - 12 a.m. \$15 includes Laser Edge and a pop. Call (586) 598-1770 for more information.

Wednesday, March 10

Selfridge Spouse Club Luncheon - 11:30 a.m. @ Mulligan's – RSVP by March 4. Call (586) 307-4405 for more information and to RSVP.

Work Force Prep: Resume Writing for Teens – 6 p.m. at the Youth Center. Call (586) 598-1770 for more information.

Friday, March 12

St. Patrick's Day Dance – 7-9 p.m. @ the Youth Center (Bldg. 2250 in Seville Manor). Open to youth 1st-5th grade. Call (586) 307-6875 for more information.

Saturday, March 13

Spouse Club Fashion Show – Includes Silent Auction and Dancing at Vandenberg, 6:30 p.m. RSVP by March 6th. Call (586) 263-1769.

Tuesday, March 16

Jr. Sports Club – Third Thursday of every month in Bldg. 780 Gym. Begins at 6:15 p.m., for ages 8-12. Call (586) 307-5530 for more information.

Thursday, March 18

Sports Club – Third Thursday of every month in Bldg. 780 Gym. Begins at 6:15 p.m. and is open to ages 13-17. Call (586) 307-5530 for more information.

Saturday, March 20

Teen Spring Fling Dance – 7-11 p.m. at the Youth Center. Please bring a canned food donation. Registered teens may bring a guest. Call (586) 598-1770 for more information.

Ongoing

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.

VA Outreach Counselor – Every Tuesday, 8 a.m.-4 p.m., Bldg. 780 Room 16. Call 307-5211 for an appointment.

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

Chapel Services – **Club Beyond** program for high school students **every Thursday** night at the chapel, **Club JV** program for junior high students **every Monday** night at the chapel, **Protestant Women of the Chapel every Thursday**, 9:30-11:30 a.m., **Men's Bible Study every Friday** 6:30-8 a.m. Call 307-4020 for more information.

Stained Glass Classes – Every Monday from 6-8 p.m. in the Multi-craft Center, Bldg. 780. Try your hand at this delicate and beautiful art. Our teaching staff makes it fun and accessible regardless of your experience level. Cost for the class is determined by the project chosen. Call 307-6848 for more information.

Ceramic and Porcelain Doll Classes – Every Tuesday and Thursday, 6-9 p.m. in the Multi-craft Center, Bldg. 780. Cost is determined by the project chosen. Call (586) 307-6848 for more information.

Youth Sports News

March 1-20, 2004

Call 307-5530 for more info.

Jr. Sports Club Meetings -

3rd Tuesday/month, 6 p.m. @ 780 Gym. Come Join Us. Ages 9-12.

Sports Club Meetings -

3rd Thursday/month, 6 p.m. @ 780 Gym. Come Join Us. Ages 13+

Youth Sports Registrations -

Sign up now for Soccer (ages 4-17), T-Ball (ages 4-6), Rookie Baseball (ages 6-14), and Archery (ages 6-16).

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



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RATES

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Korean Traditional-style Furniture - various sizes and pieces, reasonable prices. Call 774-7206 for more info.

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Harley Davidson Sportster Stock
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New Cost \$2500, Sell for \$550
Body Solid Lifeflex Home Gym -
8 months old, \$150
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Now Open at the Bowling Center!



The very first Reggie's Pub!

Reggie's Pub is sure to become your favorite place to eat and hang out!

Featuring:

Great tasting Pubwiches like The Reggie Veggie, Brewmaster Roast Beef, Italian Hero, and Club Sub! We also offer along with mouth-watering starters, snacks, and crisp salads, with reasonable prices and friendly service!

Monday - Saturday

11 a.m. - 8 p.m.

Sunday

12 Noon - 5 p.m.

Selfridge Bowling Center (Bldg 826)

Eat lunch at Reggie's and you could win a \$100 gift certificate from AAFES!

Certain restrictions apply.

Play Bonanza Bingo when you eat at Reggie's Pub. You could win up to \$1,000!